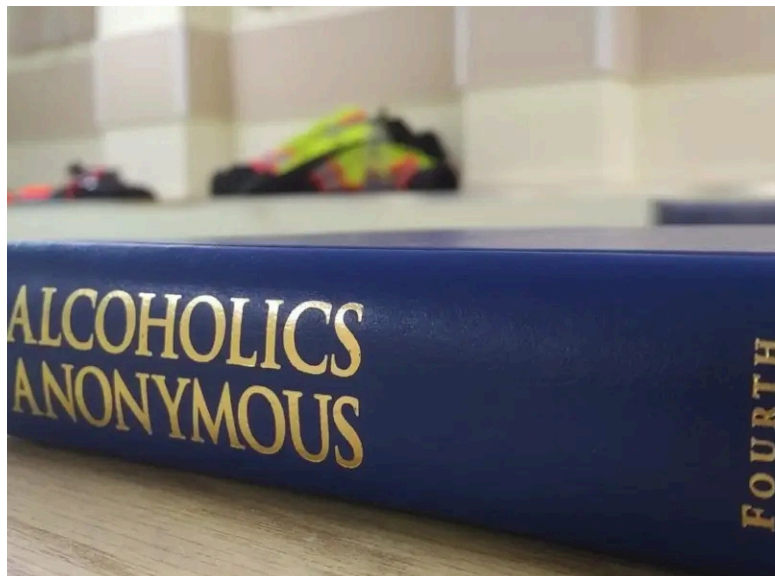


HEART2HEART

Regina & Area Alcoholics Anonymous Intergroup Regina



Regina AA Central Office

Central Office is open Monday,
Wednesday, Friday 10AM – 3PM
Closed Statutory Holidays
Suite 107-845 Broad Street
Regina, SK S4R 8G9
email: a.a@sasktel.net
phone: (306) 545-9300

Service Meetings

All members of AA are welcome to attend:

- Monthly Intergroup and Office Committee Meetings are held the first Wednesday of the month @ 6:30PM at St. Pauls 12th & McIntyre Street. The next meeting is June 4, 2025
- Districts 15, 17, 18 meet the second Wednesday of the month @ 7:30PM at Mount Olive Lutheran Church, 2015 4th Avenue North, Regina



Step 6

"Were entirely ready to have God remove all these defects of character."

Tradition 6

"An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise..."



aaregina.org



24 Hour Answering
Line (306) 801-
6500



Regina & Surrounding
Area

LETTING GO OF CONTROL

Step 6

Step 6 is all about willingness. After seeing our character defects in Step 5, Step 6 invites us to prepare our hearts for change. But readiness doesn't mean perfection — it means we no longer cling to the old ways that caused harm. We don't fix ourselves; we get out of the way and let our Higher Power begin the transformation.

12 Steps



Tradition 6

This tradition is a boundary that keeps our purpose clear. AA exists to help the still-suffering alcoholic, not to promote treatment centers, political causes, or outside ventures. When we stay in our lane, we preserve AA's spiritual foundation. Letting go of control over other issues protects our unity and message.

Concept 6

"The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board."

Concept 6 teaches us about delegation and trust. It reminds us that in AA, leadership isn't about power — it's about responsibility. Trusted servants are empowered to make decisions, and the rest of us practice letting go of control, trusting that those chosen to serve will act in AA's best interest.

June's step, tradition, and concept all share a common thread — learning to let go of control. Whether it's control over our personal defects, our group's affiliations, or the roles we play in service, recovery teaches us to loosen our grip and trust something greater. Step 6 asks us to become ready to release what no longer serves us.

Tradition 6 reminds us to keep AA's purpose clear and avoid becoming entangled in outside matters. Concept 6 calls us to trust our trusted servants to lead with responsibility. Together, they invite us to surrender ego, embrace humility, and allow true growth to unfold — not by force, but by faith.

GETTING INVOLVED



Service Opportunities

Looking to get more involved? Service is a cornerstone of recovery! Consider joining:

- Round-Up Committee (Meets every Monday at 5:30PM - Smitty's 211 N Albert Street, Regina)
- Alcathon Planning Committee (Contact the Alcathon Chair - Rhonda B)
- Chair Meetings at Treatment Facilities (Contact the Treatment Chair - Jeffrey G)

Announcements

- Regina Round-Up 2025 - September 19, 20 2025! Volunteers needed!
- Alcathon Planning - Join the committee
- AA International Convention - Vancouver, BC - July 3-6, 2025 | Theme: "90 Years - Language of the Heart"
 - Registration is still OPEN! www.aa.org/international-convention

A.A.'s Responsibility Statement

"I am responsible, when anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible"

Getting involved in A.A. service

Most A.A. members participate by going to meetings at their local groups. But there are many opportunities for service in A.A., and most of us have found that volunteering to do service improves the quality of our recovery. We freely share our time and talent in an effort to stay sober and carry the message of Alcoholics Anonymous to those who are suffering from alcoholism. In other words, you get what you give.

<https://www.aa.org/participating-in-aa>



What's an alcoholic's least favourite exercise?

- Step aerobics...too many steps!

Why did the alcoholic bring a ladder to the AA meeting?

- Because he heard the steps lead to a higher power!

How many alcoholics does it take to change a light bulb?

- Just one, but they really have to want to change.

Serenity Prayer

"God, grant me the serenity to
accept the things I cannot change,
Courage to change the things I can,
And the wisdom to know the
difference."



June Birthdays

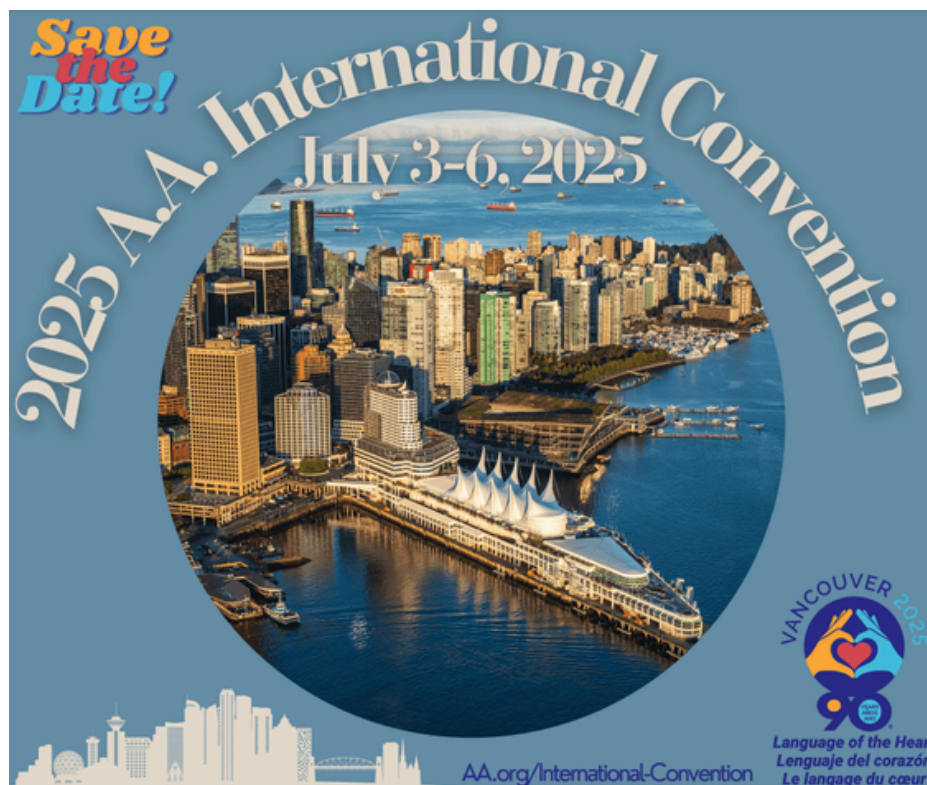
Reed L. - 1 year June 6 @ 7:30PM-8:30PM
Nu-Life Group - First Presbyterian Church

Congratulations to all celebrating another
year of sobriety this June!



Meeting Guide is a free of charge meeting
finder app for iOS and Android that
provides meeting information from A.A.
service entities in an easy-to-access format
<https://meetings.aa.org.au/guide/>

**"Our primary purpose
is to stay sober and
help other alcoholics
to achieve sobriety"
AA Preamble**



Make plans to attend the 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada.

Taking place once every five years, the A.A. International Convention marks the anniversary of Bill W.'s first meeting with Dr. Bob and the birth of Alcoholics Anonymous in 1935. A.A. members and their families and friends from around the globe attend the event. At the International Convention, people attend meetings, workshops, dances, and events. A highlight is the traditional flag ceremony to celebrate sobriety worldwide.

Vancouver will welcome A.A. members worldwide for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will occur from July 3 – 6, 2025, at the Vancouver Convention Centre and BC Place Stadium.

As the Convention approaches, we will update our website with registration information. Let's celebrate sobriety together in Vancouver in 2025!

<https://aascv.org/events/2025-a-a-international-convention-hybrid/>

EDITOR'S STATEMENT

June reminds me that readiness isn't loud. It's quiet. It's the moment we whisper, "I'm tired of carrying this." Step 6 isn't about fixing ourselves — it's about becoming ready to let go. That's big. That's vulnerable. That's real.



When I first came into recovery, I thought change meant doing everything at once. I wanted to skip to the "fixed" version of me — without the messy middle. But what I've learned, is that real change begins when I stop gripping so tight. Healing doesn't come from force — it comes from surrender.

Letting go of control hasn't always been easy for me. I used to feel safest when I was running the show — even when everything was falling apart. But recovery taught me something different: I don't have to run the show anymore. I just have to be willing, honest, and open.

Taking on this role as Heart2Heart Editor came from that same place of willingness. Month after month, I kept seeing the vacancy listed. And something in me said, "You can do this." I knew I had the tools to create something meaningful — to carry the message, to connect with others, and to be of service in a way that felt aligned with who I am becoming.

Tradition 6 reminds me to stay focused on what really matters. Concept 6 reminds me that I don't have to do it all — we have trusted servants in this Fellowship for a reason. We lean on each other, we trust each other, and we grow together.

This Father's Day, I'm thinking about the people who showed up for me — maybe not always perfectly, but with love. And I'm learning how to show up too, with softness, humility, and a willing heart.

Thank you for letting me be of service,

Sarah I
Heart to Heart Editor, AA Regina

