



# Heart to Heart



Tradition 7

January 2008

## Responsibility Declaration

**I am responsible. When anyone, anywhere, reaches out for HELP,  
I want the hand of AA always to be there. And for that: I am responsible.**

**Please read and pass around**

**Regina AA Intergroup**

**THIS ISSUE: "STEP ONE", "ROUNDUPS", "BIRTHDAYS", "EVENTS"**

### REGINA AA INTERGROUP OFFICE:

**#312 – 845 BROAD ST.**

**BROAD STREET BUSINESS CENTRE**

E-mail: [a.a@sasktel.net](mailto:a.a@sasktel.net)

**OFFICE HOURS:** Mon, Wed and Fri 12:00pm – 5.00pm

Closed Statutory Holidays

**24 Hour Answering Service (306) 545-9300**

Go to [www.aaregina.com](http://www.aaregina.com) for info if possible.

### LOOKING FOR A NEW EDITOR

I have enjoyed the last year as newsletter editor. When I started doing the newsletter I had little experience with computers and absolutely no experience with formatting and editing a newsletter. I have learned a lot about computers, formatting and layouts, and the organizational structure of Alcoholics Anonymous. It has been frustrating, exciting and an amazing opportunity to learn new skills and give back to A.A.

It has been a year of changes for the organizational structure of A.A. The Intergroup Office has moved to Broad Street, the Alcathon venue and focus has changed. It has been a good year to be part of things, and to understand that the principles of A.A. have a practical application outlined in guidelines established by the A.A. offices in the United States. There has been a real concern within the Intergroup Office committee that we try and adhere to these principles. That being said, it has been a year of growth, but not a year without controversy. Hopefully the next year will be a year that brings more cohesion and unity.

It is with regret that I have resigned my position as editor. This will be my last edition as an exciting work opportunity has left me without the time to continue as editor of the Heart to Heart. Intergroup is currently looking for someone to take on this role. If you are interested please contact the Intergroup Office during hours of operation, attend the next Intergroup meeting (first Wednesday of the month), or contact Ed or Leslie.

Thanks to all,  
Julie M.

### BACK TO BASICS

The holiday season can be a hard time for alcoholics. It is a time of abundance. Parties and alcohol seem to be everywhere. Families, always important, grow in significance. If your family relationships aren't at their best this becomes so much more apparent at this time of year. The Alcathon is an antidote to a season of too much. This year the Alcathon Committee decided to get back to basics. There was no hot meal, there was more reliance on individual members to donate ready-to-serve food, the focus of the Alcathon was on meetings and providing a place to gather. It was not open for the full 24 hours, but it was open for many of these hours. Although the Alcathon was scaled back this year it still took an incredible amount of volunteer hours to have it come off successfully.

And successful it was. Over 200 people had come through the doors by the last few hours of Boxing Day. It was a bright, relaxing and cheerful place to be. It was great to see faces of old friends, and get a chance to catch up. There seemed to be plenty of food, and yet the focus was on the people, more so than any year that I have seen, and I was so happy to attend the Alcathon, to see the program in action. There was one person who said that this is a hard time of year for them every year. I was glad that they had a place to go, and people to be with. I was glad that I had a place to go and people to be with. I can't think of a better reason for the Alcathon to exist, all the rest is window dressing.

Many thanks go out to the volunteers and to the members of the Alcathon Committee. They took a risk in changing the venue and focus of the Alcathon. They put countless hours into providing a comfortable and welcoming event and made sure that meetings were available for the alcoholic who needed it. You can't ask for more than that!

Here's to this year's success and here's to seeing you all next year.

(Factual information received from Alcathon Chair, all else written by editor)

Julie M

# ROUNDUPS

## SASKATOON AND AREA 41<sup>ST</sup> ANNUAL AA INTERGROUP ROUND-UP

February 22, 23 and 24<sup>th</sup>, 2008

THEME: "STEPS TO FREEDOM"

At the SASKATOON INN (2002 Airport Drive)

ADMISSION ~ Registration and Speakers \$20

Registration, Speakers, Banquet and Sunday Breakfast \$60

### SOUTHEY AA/AL – ANON ROUND-UP

January 26, 2008

Call Intergroup office for details

#### Not sure where or what time a meeting is?

**CHECK IT OUT** on the [www.aaregina.com](http://www.aaregina.com)

Want to know when the next roundup is?

**CHECK IT OUT** on the [www.aaregina.com](http://www.aaregina.com)

Wonder how many days you have been sober?

**CHECK IT OUT** on the [www.aaregina.com](http://www.aaregina.com)

What position are available for intergroup?

**CHECK IT OUT** on the [www.aaregina.com](http://www.aaregina.com)

### Highlights From 2007's Personal Stories

#### Step One

I was shown the true spirit of Christmas in a Detox Centre – generosity and compassion- and I experienced such a deep gratitude. All of these gifts are priceless and they're available and accessible in AA everyday when I'm open to them.

#### Step Two

*When I went to put step 2 on paper I struggled with putting a face or a name on my higher power. Sometime later, I realized it didn't need a name or a face. It only mattered that I did believe in a loving, caring power greater than myself.*

#### Step Three

I am very aware now that God has been with me all my life and when I finally asked for help and willingly turned my life over, the help was there. When I look back at what has happened to me since starting recovery I see how I have been led along. I see how I have been taken care of when I trusted that my Higher Power was in charge.

#### Step Four

Again I had to look at when I was at fault and what I could have done differently. Here again I needed to use the one basic principle I have learned in A.A. -----I AM RESPONSIBLE.

#### Step Five

Step Five has given me the freedom from my past by looking at it and letting it go. I couldn't forgive myself for my wrongdoings until I got it all out and had a chance to go through it, understand it, learn from it and let it go. Then my process of forgiveness could begin

#### Step Six

It wasn't until I uncovered and exposed my defects of character in Steps 4 and 5, and had a starting point for Step 6. I began to demonstrate courage, willingness, trust in my Higher Power. Then positive assets have begun to re-develop: integrity, determination, consistency, and diligence - without any reservation of mind or body whatsoever.

#### Step Seven

Became willing to have God remove all these defects of character." My sponsor told me I would know the willingness had come when I found myself praying the seventh step. So I kept praying for the willingness. I love that part of the program. Whenever I come up against my powerlessness to do anything, even one of the steps, I can just pray for the willingness until it comes as the key that opens the next door

#### Step Eight

Step eight says "Made a list of all persons we had harmed and became willing to make amends to them all." This step, to me, is about personal relations. I was very scared and went through a lot of feelings of guilt, remorse and shame. I didn't want to do this step at all. Serenity prayer and the ever lasting AA slogans came very handy in the process.

#### Step Nine

I had done my moral inventory in Step 4 so at Step 9 I wanted my first direct amend to be to my son because I felt I wasn't a very good mother while I was drunk. It was an awesome experience to sit face to face with my son using the tools of AA, and asking a God of my understanding to help me make my direct amends to him. I was afraid he wouldn't want me to be his mother anymore; however, we are best friends today.

#### Step Ten

I don't ever want to be filled with such negativity again. I am human and thank God again for Step 10, because life continues to happen especially now that I'm sober. My eyes are wide open and I can feel. Today I see progress and the only perfection I strive for is to be perfectly me.

#### Step Eleven

Through the AA meetings, our literature, the retreat house and many individual AA members, I have come to understand and use Step 11 in my daily life. I have learned that there is no right or wrong way to pray or meditate. I do whatever is comfortable for me at the time

#### Step Twelve

How we live our lives in sobriety may be the only message of hope that someone sees, we often carry the message when we are least aware of it, it is a smile for someone lonely, a kind word for someone troubled, a hug for someone who is hurt and most importantly the willingness to share our stories and listen to the heartbreaks of the newly recovering or the currently drinking

### SERVICE MEETINGS

Intergroup – 1<sup>st</sup> Wednesday of the month.

7:30 pm St. Paul's Cathedral

1861 McIntyre

Districts 15, 17 & 18 – 2<sup>nd</sup> Wednesday of the month

7:30 pm Mount Olive Lutheran Church

Hamilton St. & 4<sup>th</sup> Ave. North

Intergroup Office Committee – Last Wednesday of the month

#312 – 845 Broad Street

(All A.A. members welcome to service meetings. Come out and see how the program functions, get involved and try out a service position. You might be surprised at what you can do, at what WE can do together

Heart to Heart is the newsletter voice of Regina area AA. It is published by Regina Intergroup as a service to the AA community. It uses the basic intent of the AA Grapevine policy and mission statement as its editorial policy. Its intent is to enhance an already strong recovery community by providing a vehicle for sharing the combined recovery messages and our experience strengths and hopes. You and your group can contribute to its financial survival through your group and tax deductible donations to Regina AA Intergroup Office. *Any of the articles in this publication are the opinions of the writers and do not necessarily reflect official AA position.*