



Heart to Heart



Tradition 7

April 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: "BIRTHDAYS", "MEETINGS", "ROUND-UPS", "STEP FOUR"

REGINA AA INTERGROUP OFFICE:

#312 – 845 BROAD STREET

BROAD STREET BUSINESS CENTRE

E-mail: a.a@sasktel.net

OFFICE HOURS: Monday, Wednesday & Friday

12:00 pm – 5.00 pm

Closed Statutory Holidays

24 Hour Answering Service (306) 545-9300

Go to www.aaregina.com for more information.

MEETINGS MEETINGS

RED ROAD GROUP

New Meeting - Wednesdays at 8:00 pm at the North Central Family Centre (basement), 2931 5th Avenue & Robinson Street
(Closed meeting)

BIRTHDAYS BIRTHDAYS

NU-LIFE GROUP

KAREN L.	April 10	4 years
EDWARD L.	April 22	11 years
JUSTIN R.	April 27	1 year
CHRIS C.	May 8	16 years

ONE WAY GROUP

BOB M.	April 12	33 years
DUANE S.	April 29	12 years
DON V.	April 30	30 years

43rd GROUP

MAY H.	April 19	30 years
BRENDA M.	May 5	19 years

NORTHERN LIGHTS GROUP

SHEILA B.	April 12	5 years
ROCHELLE K.	April 27	11 years

All birthday submissions can be sent to the AA Office before the 15th by email (a.a@sasktel.net) or by phone (545-9300 during office hours).

Not sure where or what time a meeting is?

CHECK IT OUT at www.aaregina.com

Want to know when the next Roundup is?

CHECK IT OUT at www.aaregina.com

Wonder how many days you have been sober?

CHECK IT OUT at www.aaregina.com

What positions are available for Intergroup?

CHECK IT OUT at www.aaregina.com

GROUP CONTACT INFORMATION

The AA Central Office is updating records for 2008. Please submit your **GSR** and **Intergroup Rep's** name and mailing address (or e-mail) to the office. In an effort to keep mailing costs low, let us know if you would prefer to receive your minutes by e-mail.

Contact the office at 545-9300 Monday, Wednesday or Friday from 12-5pm or by e-mail at a.a@sasktel.net

ROUND UPS ROUND UPS

VIBANK 18th ANNUAL AA ROUND-UP

(with Al-Anon participation)

April 5, 2008 at 11:30 am

Vibank Community Hall

Call Central Office at 545-9300 for details

ZEALANDIA FAMILY AA ROUND-UP

April 6, 2008 at 12:00 noon

Zealandia Hall

Call Central Office at 545-9300 for details

DISTRICT 3 ANNUAL AA ROUND-UP

April 18-20, 2008

Harbour View Community Centre

Cold Lake, Alberta

Call Central Office at 545-9300 for details

WYNYARD AA/AL-ANON ROUND-UP

April 19, 2008 at 1:00 pm

Wynyard Civic Centre

Call Central Office at 545-9300 for details

MELVILLE AA ROUND-UP

April 19, 2008 at 12:00 noon

Melville Community Works

800 Price Edward Street

Call Central Office at 545-9300 for details

BEINFAIT 3rd ANNUAL AA ROUND-UP

April 26, 2008 at 1:00 pm

Weldon School Gym

Call Central Office at 545-9300 for details

YORKTON'S 10th SPRING ROUND-UP

May 3, 2008 at 1:00 pm

Legion Hall, 380 Broadway Street West

Call Central Office at 545-9300 for details

NEWSLETTER ARTICLES NEEDED

We would love to hear from you about your AA related experience, strength, and hope. **In the May issue we're looking for stories about Step 5, Tradition 5 or Concept 5.** Submissions should be between 250 and 500 words, with your full name, group, and a phone number where you can be reached (your anonymity will be protected). Material should be submitted by the 20th of the month for it to be printed in the next month's issue.

Articles may be submitted to the editor at a.a@sasktel.net or dropped off at Central Office during office hours.

INSPIRATIONS

I have been through hard times in and out of sobriety, but before AA it didn't matter how good things got – I always had a feeling that something was wrong. Since AA, it doesn't matter how bad things get – I always have a feeling that everything is going to be all right.

(Reprinted from Alcoholics Anonymous, page 381 with permission of A.A. World Services, Inc.)

SERVICE MEETINGS

Intergroup Meeting

1st Wednesday of the month
7:30 pm at St. Paul's Cathedral,
1861 McIntyre Street

Districts 15, 17 & 18 Meetings

2nd Wednesday of the month
7:30 pm at Mount Olive Lutheran Church
2015 4th Avenue North

Intergroup Office Committee Meeting

Last Wednesday of the month
7:30pm at Central Office
#312 – 845 Broad Street

All A.A. members are welcome at 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, and at what WE can do together.

FOUR FOUR

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

“No-Help” Help

I was six weeks new in the Fellowship when I first experienced "no-help" help, AA style. This is what I call help directed to my needs instead of to what I want. Here's what happened.

As I sat in the meeting that night, all my thoughts were on my problem at the bank earlier that day. I couldn't pay two overdue credit card accounts and I wanted a low monthly payment loan to exchange for them. But the two young whippersnapper clerks I'd just met insisted that I couldn't get the loan unless I answered some questions--questions I wasn't about to answer.

"Do you realize I've been a preferred customer here for years?" I asked indignantly. "Many's the time I've gotten a bigger loan than this from my ol' buddy the Vice President, with no such questions." Just then, the V.P. himself walked in. But for some reason he refused to talk to me. I was outraged! I felt a storm welling up inside me.

I was scared, too. If I answered the questions, I thought, it would ruin my "image" with the credit community, and worse, the bank might refuse me the loan anyway and garnish my meager wages. I was desperate, desperate enough to seek help.

My thoughts turned to the AA meeting in progress, and I saw just the one to help me--"the world class borrower." He'd repaid humongous debts since joining AA, all the while keeping his creditors off his back. I cornered him after the meeting.

"I need your help," I began, and told him about the happenings at the bank. "I know they're stepping on my rights," I said, "but I don't know the specifics. How do I put these upstarts in their place and make it stick?"

His response staggered me: "Why not tell them the

truth? You stole the money, didn't you?"

All I could do was get out of there, fast. On the way home, the storm I'd brought to the meeting seemed to double in severity.

"If this is AA help, who needs it?" I muttered to myself. "That (expletive deleted), he's not my friend! He's vicious, calling me a thief!"

That night was a sleepless one, but at dawn a funny thing happened. Somehow it came to me that what I'd done really was stealing. I'd had no way to pay for the credit card purchases when I made them. I remembered bragging in meetings that my last days of drinking had been spent only in the best bars because my only money was "plastic money." Looking at it this way, I felt relieved. Then an even stranger thing happened. I realized I was at peace with that world class borrower and with those two young men at the bank as well. I even went to the bank that morning, answered the questions (truthfully), and got the loan. And at that night's meeting, I told the world class borrower what I'd learned about myself.

I could see that the "no-help" help he'd given me had been exactly what I needed. It had shocked me into seeing myself honestly and cleared the way for the mysterious workings of God to produce my turn-about attitude. Without my new sponsor-to-be's biting remark, though, my storm of resentment would have lasted much longer, and I'd have been in danger of drinking.

I did not realize then how essential this kind of need-served help would be to my long-term sobriety. Without if I'm sure I never would have taken thoroughly Steps Four through Nine.

I always had a rockhead resistance to those "garbage removal" Steps. Sure, I could believe it when I'd hear people in meetings describe how they'd shrunk back from taking, say, Step Four; how it hadn't been as bad as they'd feared; and how the benefits had been great. But this had only an intellectual effect on me. Gut-wise, I have been like the mule who wouldn't take the next step until his owner whacked him between the eyes with a two-by-four. Pain was the only thing that made him move, but who wants pain? Not me.

For several years, I looked on the anticipated pain of Steps Four, Five, Six, Seven, Eight, and Nine as unbearable (a sort of moral surgery without anesthesia). But meanwhile I was experiencing many personal storms which followed the pattern of the bank episode. Each time, my reaction to "no-help" help from sponsors generated enough extra pain for me to deflate my ego and go through an adequate garbage removal process. I am amazed today to see in the bank episode that I actually went through all the actions of Step Ten as spelled out on page 84 of the Big Book. And these actions constitute all the critical actions of Steps Four through Nine. I am amazed because, with only six weeks in the program, I did this naturally--even though I knew nothing about the Steps and had no conscious contact with God. It was genuine, too. I know from that delicious feeling of peace.

Although I didn't see the connection between Steps Four through Nine and these experiences of limited scope, all these nipped-in-the-bud storms were conditioning me for the garbage removal "biggies." Each one softened my resistance a little bit until finally I became willing. And "helping by not helping" provided the vital ingredient all along the way.

There were other storms in my early years where I didn't bother to ask for help. Either that or I found some "kind" AA who'd help me my way. Then I'd try to bury my disturbance, or "forget" it. In those cases, real garbage removal was beyond my reach. Sometimes, my sobriety was hanging by only a thin thread. Once I went on an egoistic binge and ended up in the locked ward of a mental hospital--at the request of the sheriff. I didn't take a drink, but it was a near thing.

I am very, very grateful that "helping by not helping" is always available wherever I go in AA. I wonder if it would be this way today had it not been so since the earliest days of our society. The

Rev. Samuel Shoemaker, writing of those days, gives us this word picture of what he termed "drastic personal dealing"

"AAs know all the stock excuses. . . .They've heard them all, and know them for the rationalized pack of lies they are. They constitute, taken together, the Gospel of Hell and Failure. I've heard them laboring with one another, now patient as a mother, now savage as a prizefighter, now careful in explanation, now pounding in a heavy personal challenge, but always knowing the desperate need and the sure answer."

"The desperate need and the sure answer." I try to keep these two things foremost in my mind when I am the one who is trying to help others, but it is not easy. It's often easier for me to think, "I'd better not tell this guy what he needs to hear--it might make him go out and get drunk." But I've found that's a cop-out in almost every case. The reality is that I'm simply afraid I'll lose a friend, or--more likely--that I'm not willing to go through the hard work of l-i-s-t-e-n-i-n-g to find out where he is at. But when I give need-served help the right way--in honesty with my will in God's hands--I feel clean and good down deep inside.

Then it is truly helping by not helping, because God is doing all the helping while I am merely a channel.

V. M.
St. Augustine, Florida

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MARCH INTERGROUP CONTRIBUTORS

Saturday @ 9 Group	Free Speech Group
Saturday Speakers Meeting	449 Group

THANK YOU!

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 experiences, 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 opinion of the writers
and do not necessarily reflect official AA position.*