



Heart to Heart



Tradition 7

April 2009

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: Meetings---Grapevine Contest--- Round-Ups---Step 4

REGINA AA INTERGROUP OFFICE

**#312 – 845 Broad Street
Broad Street Business Centre**

OFFICE HOURS:

Monday, Wednesday & Friday
12:00 p. m. – 5.00 p. m.
Closed Statutory Holidays

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

E-mail: a.a@sasktel.net
Web-site: www.aaregina.com

Thank You

CONTRIBUTORS TO INTERGROUP

Out to Lunch Bunch Group
Nu-Life Group
First Things First (Fort Qu'Appelle) Group
12 Steps to Recovery Group

AAGRAPEVINE.org
The International Journal of Alcoholics Anonymous

What's your Grapevine?

Grapevine is having a contest to celebrate Grapevine's 65th Anniversary year. And we are looking for that one special word (or two—or three) that describes what the Grapevine means to you.

How would you complete this sentence? "Grapevine is..."

Tell us at: www.aagrapevine.org,
or send your words to:

"Grapevine is..." Contest
Room 1040, 475 Riverside Drive,
New York, NY 10115

Your words will be posted on the Grapevine web-site, in Grapevine magazine, and other distribution throughout the Fellowship.

Meetings

Red Road Group

Wednesdays at 8:00pm

*** New Location – 1355 Albert Street**

Red Road Group will be celebrating their group's One Year Birthday on April 1st with traditional soup and bannock.

Jo-Cor Group – Correctional Centre

Volunteers are desperately needed to attend meetings at the Regina Correctional Centre. Please contact Central Office at 545-9300 for clearance and more information.

Office Hours

Central Office will be closed on Friday, April 10th, Monday, April 13th, and Wednesday, April 15th for Easter break.

Check us out on the web:
www.aaregina.com

Round-Ups

Vibank 19th Annual AA Round-Up (with Al-Anon participation)

April 4, 2009
Vibank Community Hall
Registration: 11:30 am
For details, please call Central Office at
545-9300 during office hours.

Battleford's 48th AA Family Round-Up

April 4 & 5, 2009
Knights of Columbus Hall
1202-150th Street, North Battleford
Registration: 1:00 pm
E-mail: saskroundups@hotmail.com

Melville Family Round-Up

April 18, 2009
Melville Community Works
800 Prince Edward Street
Registration: 12:00 pm
For details, please call Central Office at
545-9300 during office hours.

Rosetown AA Round-Up

April 18, 2009
Rosetown Elks Hall
Hwy #4 N, Rosetown
For details, please call Central Office at
545-9300 during office hours.

Wynard AA/Al-Anon Family Round-Up

April 18, 2009
Wynard Civic Center
1st Street West, Wynard
Registration: 1:00 pm
For details, please call Central Office at
545-9300 during office hours.

Bienfait 4th Annual Round-Up

April 25, 2009
Weldon School, Bienfait
Registration: 1:00 pm
For details, please call Central Office at
545-9300 during office hours.

Yorkton's 11th Spring Round-Up

May 2, 2009
Legion Hall, 380 Broadway Street W.
Yorkton
Registration: 12:00pm
For details, please call Central Office at
545-9300 during office hours.

Fall Assembly 2009

Mark your calendar! The Area 91 Fall Assembly
will be held in Regina on:



October 23 – 25th, 2009

More details to follow...

51st ICYPAA

International Conference of Young People in AA

The Georgia Host Committee for the 51st
International Conference of Young People in AA
extends a warm Southern invitation for you to
join us in the heart of downtown Atlanta on
May 21-24th, 2009. More information is
available at www.icypaahost.org or call Central
Office at 545-9300 during office hours.

"A Vision for You"

2010 International Convention

The 2010 International Convention will celebrate
AA's 75th Anniversary, July 1st to 4th, in San
Antonio, Texas. Members of the Fellowship, as
always, are now gearing up for this wonderful
event. More information will be available
throughout 2009 and 2010 on GSO's web-site,
www.aa.org and at Central Office.

**We hope to see you in San Antonio to
celebrate 75 years of carrying the message
of Alcoholics Anonymous.**

Birthdays

Share the Good News!

Please send your group's birthday list by e-mail
to: a.a@sasktel.net, by mail to #312-845 Broad
Street, Regina, SK S4R 8G9 or call 545-9300
during office hours.

Step 4

Made a searching and fearless moral inventory of ourselves.

Self appraisal which attains any real accuracy is unquestionably a difficult process. We all find it so easy and pleasant to view ourselves through a rosy hue of complimentary half-truths and so hard and unpleasant to take a look in the uncompromising and glaring light of the unvarnished truth.

The 4th Step is, indeed, a real challenge to honesty with oneself. In this way, it is both preparation and a complement to the 5th Step. To make the "searching and fearless moral inventory" called for in the 4th Step, one must first of all be searchingly and fearlessly honest about himself. The degree of honesty one can achieve will determine the accuracy and therefore the usefulness of the moral inventory.

One practical way of starting this very practical Step--or at least a way that helped one newcomer--is to prepare a record sheet with two columns, one headed, "Liabilities" and the other, "Assets."

Under "Liabilities" can be listed personality deficiencies and faults, such as intolerance, selfishness, indecisiveness, fear, indolence, a bad temper, impatience and a whole host of other qualities which most everyone at this early stage discovers he has in abundance.

Under "Assets," if any, can be listed the opposite positives--tolerance, generosity (and this does not mean giving the poor bum a dime for a cup of coffee and feeling noble about it for two blocks), thoughtfulness of other people, humility, patience, and a few other attributes. Few persons, if honest, ever work up much of a list on this side of the ledger for their first moral inventory.

The actual process of deciding what to put in each column consists of asking oneself some pointed questions. Am I tolerant of other people's peculiarities, other creeds, other colors, other races, other opinions? Or do I dislike somebody because of the way he combs his hair or ties his tie? How many favors will I do other people without expecting one in return? Will I really go out of my way to help someone, or only when it's convenient? Do I feel superior to others? Am I impatient of others' shortcomings, while being very patient about my own? Am I honest, or do I

practice deceit and double-talk, and then excuse myself afterwards with some fancy rationalizing? Am I kind, considerate, gentle?

The more questions one asks himself along this line the clearer become the entries he should make in each column.

If this is the first moral inventory one has taken of himself, or at least the most honest one, he will find it the most trying. But he also will find that in itself it will give him a certain feeling of relief. Finally he has begun to face facts. Finally he has worked up enough courage to face himself as he really is, and not as he has been dreaming he is. This is a courageous step forward. It is another step onto the path to sanity, stability and happiness.

The first inventory should not be the last by any means. In fact, the principle and the technique of the moral inventory become a vital part of the new life. The first is the most difficult. Subsequent inventories show where progress has been made, where more effort still needs to be placed. If an inventory be taken at regular intervals, one has at hand a guide for keeping on the beam.

The moral inventory is one of AA's most effective techniques. Of course, as with other AA techniques, its effectiveness depends on how well it is used. The inventory will not work by itself. The benefit comes about through the efforts made to change that which the inventory reveals should be changed.

T.D.
Manhattan, New York

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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 the permission of A.A. World Services, Inc).

Regina Intergroup

The following Intergroup positions remain vacant. Please consider signing up.

Intergroup Co-Chair – chairs the Intergroup Meeting when the Chairperson cannot attend.

Intergroup Treasurer – keeps the financial records of Intergroup and reports monthly at the Intergroup Meeting.

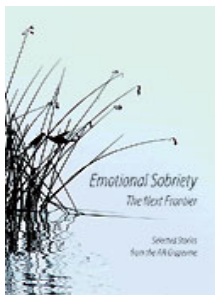
12 Step Trustee – responsible for maintaining a 12 Step volunteer list.

Speaker's Meeting Chair – responsible for organizing the weekly Speaker's Meeting.

Heart to Heart Editor – responsible for producing a monthly newsletter which informs AA members of current events within the local AA community.

If you are able to serve in one of these positions, please come to the next Intergroup Meeting (May 6th at 7:30pm at St. Paul's Cathedral, 1861 McIntyre Street) or call Central Office at 545-9300 during office hours for more information.

Have you Read?



Emotional Sobriety \$11

In this collection of Grapevine stories, sober women and men describe the transformation sobriety can bring as they practice the principles of AA in all aspects of their lives.

This title and many others are available at Regina Central Office. We also carry audio CDs, VHS tapes, posters, wallet cards, and pamphlets. If you wish to purchase literature, please call the office at 545-9300 during office hours or stop by at #312-845 Broad Street, Monday, Wednesday or Fridays from 12:00 – 5:00pm. We accept cash or cheques only.

Thank you for your support!

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
7:30 pm at Central Office
#312 – 845 Broad Street

All AA 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.

Articles Needed



We would love to hear from you about your AA related experience, strength, and hope. The H2H is always looking for stories and such to include in the newsletter every month. If you would like to submit a story relating to your AA experience, please e-mail Central Office at a.a@sasktel.net or stop by during office hours.

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.*