



## HOW ABOUT A ROAD TRIP!



AT HOME OR A FEW MILES AWAY,  
ALWAYS GREAT FUN AND FELLOWSHIP

### Flin Flon, Manitoba Round Up

**August 7-9, 2009** Rotary Wheel Campground  
For details Contact Helen G. 204-687-5235 or Heidi D. 204-687-3825

### Pike Lake/Delisle Round Up

**August 14-15, 2009** Pike Lake Ukrainian Park  
For details, Contact Kim @ 934-3843 or Bruce @ 493-2663

### Saskatchewan Youth Round Up

**August 21-23, 2009** Manitou Regional Campground contact  
Monique @ 717-2614

### Medicine Hat & District Round Up

**September 11-13, 2009** Medicine Hat stampede Grounds  
2055-21 Avenue S.E. For details Contact Lorne 403-5807064  
plotslo@telus.net or Linda 403-528-3830

### Hudson Bay Family Round Up

**September 19, 2009** - Anglican Parish Hall. For details Contact  
Kevin C. @ 865-2256.

### Estevan A.A. & Al-Anon Family Round Up

**September 26, 2009** St. Paul's United Church  
For details Contact Kevin S. 634-5429 or Red S. 634-3714

### Melfort AA & Al-anon Round Up

**October 3, 2009** - Legion Hall. For details Contact Marv T. @ 717-  
5056

## FALL ASSEMBLY 2009

Mark your calendar! The Area 91 Fall Assembly will be held in Regina  
on: **October 23 – 25<sup>th</sup>, 2009** more details to follow...

## "A VISION FOR YOU"

### 2010 INTERNATIONAL CONVENTION

AA's 75<sup>th</sup> Anniversary, **July 1<sup>st</sup> to 4<sup>th</sup>**, San Antonio Texas. More  
information is available at [www.aa.org](http://www.aa.org) or call Central Office at 545-  
9300 during office hours.

## OFFICE NEWS

Central Office will be closed on **Friday, Sept. 4<sup>th</sup>** and  
**Mon., Sept. 7<sup>th</sup>** for Labour Day.

## AA CELEBRATES SOBRIETY



## AUGUST BIRTHDAYS

### Nu-Lfe

Dustin W. 1 year July 18      Aden S. 10 years July 29  
Rod A. 23 years August 18      Mark S. 21 years August 27

## TRADITION 8

Alcoholics Anonymous should remain forever non-  
professional, but our service centers may employ special  
workers. (Reprinted from *Alcoholics Anonymous*, page 564 with the  
permission of A.A. World Services, Inc).

## CONCEPT 8

The Trustees of the General Service Board act in two primary  
capacities: (a) With respect to the larger matters of over-all  
policy and finance, they are the principal planners and  
administrators. They and their primary committees directly  
manage these affairs. (b) But with respect to our separately  
incorporated and constantly active services, the relation of the  
Trustees is mainly that of full stock ownership and of custodial  
oversight, which they exercise through their ability to elect all  
directors of these entities. (Reprinted from the *A.A. Service  
Manual* page 33 with the permission of A.A. World Services, Inc).

### REGINA AA INTERGROUP OFFICE

#312 – 845 Broad Street  
Broad Street Business Center

#### 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](mailto:a.a@sasktel.net)



## THIS IS HOW WE WORK IT



### STEP 8

**Made a list of all persons we had harmed, and became willing to make amends to them all.**

This is a very large order. It is a task, which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

Having carefully surveyed this whole area of human relations, and having decided exactly what personality traits in us injured and disturbed others, we can now commence to ransack memory for the people to whom we have given offence. To put a finger on the nearby and most deeply damaged ones shouldn't be hard to do. Then, as year by year we walk back through our lives as far as memory will reach, we shall be bound to construct a long list of people who have, to some extent or other, been affected. We should, of course, ponder and weigh each instance carefully. We shall want to hold ourselves to the course of admitting the things **we** have done, meanwhile forgiving the wrongs done us, real or fancied. We should avoid extreme judgments both of ourselves and of others involved. We must not exaggerate our defects or theirs. A quiet, objective view will be our steadfast aim.

Whenever our pencil falters, we can fortify and cheer ourselves by remembering what A.A. experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God. (Reprinted from *The Twelve Steps and Twelve Traditions*, pages, 77,78, 81 and 82 with the permission of A.A. World Services, Inc).



### CAMEL PRAYER

**"The tasks of the day can pass with ease when a camel or I start on our knees. One Master we serve, the camel and I, and stay for that day completely dry."**

### Surrender to live - What if I can't trust?

O.K. so you convinced me I had to surrender only because I failed so terribly and couldn't stand my life anymore. Oh yeah, and they were going to put me in a psych ward. I tried to surrender and found out that no matter how much I tried or if I thought I had, circumstances showed me I had even failed at that. I was truly hopeless.

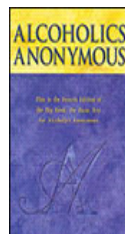
I can tell you why I couldn't surrender; it was a combination of ego, fear, hating the God I currently understood, past unanswered prayers and seeing evil in the world thrive. I faced life without much help from anyone and developed incapacity to trust due to abuse and abandonment from those who represent God in childhood - my parents. At an early age fear and survival techniques ingrained in me not to trust anyone. So, how does one get past all that in order to surrender at any honest or effective level?

My sponsor and the big book told me that the requirement is to remain honest, open and willing and my higher power would do the rest. There was my answer, so in my rebellious, cocky way I put it out to the universe (life source, God, higher power) that it was up to him (her, it) to "surrender me" because I was incapable of having that level of trust - and that was the truth. Go ahead, I mocked - you are supposedly all-powerful and all knowing so you try and get past all the layers and invoke a heartfelt surrender so I can stay sober.

I didn't prove to be the challenge to this higher power that I thought I was going to be. Instead, I experienced a deep, soul wrenching surrender that resonated in my whole being, convincing me that I wasn't alone and that there was something full of intelligence and love that would manage my life. The relief washed over me and I stopped fighting. I knew there was hope.

This higher power continues to "surrender me" as I practice openness, honesty and willingness in every area of my life. Most of my work in this program is getting out of the way and experiencing the wonder of life unfolding. I can trust! I can wake up with passion for life. That is a miracle. No, that is thousands of miracles happening over time as I persevere in walking the AA walk with a power I do not understand but I experience.

Submitted by Marie K.



### STEP EIGHT PRAYER

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris, which has accumulated out of our effort to live on self-will and run the show ourselves. **If we haven't the will to do this, we ask until it comes.** Remember it was agreed at the beginning we would go to any lengths for victory over alcohol. (Reprinted from *Alcoholics Anonymous*, page 76 with the permission of A.A. World Services, Inc).

**Our whole attitude and outlook upon life will change.** (Reprinted from *Alcoholics Anonymous*, page 84 with the permission of A.A. World Services, Inc).

## DEFINE IT

Every A.A. has found that he can make little headway in this new adventure until he first backtracks and really makes an accurate and unsparing survey of the human **wreckage** he has left in his wake. (Reprinted from The Twelve Steps and Twelve Traditions, page, 77 with the permission of A.A. World Services, Inc).

**Wreckage:** An act, instance, or consequence of breaking/ the act of destroying or state of being destroyed/ the remains of something destroyed, disintegrated, or decayed

## A DECLARATION of UNITY

*This we owe to A.A.'s future: to place our common welfare first: to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.* (Reprinted from the A.A. Service Manual with the permission of A.A. World Services, Inc).

## NO MUSTS IN AA

Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We **must** not shrink at anything. (Reprinted from *Alcoholics Anonymous*, page 79 with the permission of A.A. World Services, Inc).

There are two ways you can live your life.  
One is as though nothing is a miracle.  
The other is as though everything is a miracle.

Albert Einstein

## WHAT DOES IT MEAN TO YOU?...



Heart to Heart is the newsletter voice of Regina area AA. Regina Intergroup as a service to the AA community publishes it. 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.



## Twelve Steps of a Relapse

1. I decided I could handle any emotional problems if other people would just quit trying to run my life.
2. I firmly believe that there is no greater power than myself and anyone who says differently is insane.
3. I made a decision to remove my will and my life from God, who didn't understand me anyway.
4. I made a searching and thorough moral inventory of everyone I know, so they couldn't fool me and take advantage of my good nature.
5. I sought these people out and tried to get them to admit to me, by God, the exact nature of their wrongs.
6. I became willing to help these people get rid of their defects of character.
7. I was humble enough to ask these people to remove their shortcomings.
8. I kept a list of all the people who had harmed me, and waited patiently for a chance to get even.
9. I got even with these people whenever possible except when to do so would get me into trouble.
10. I continue to take everyone's inventory and when they are wrong, which is most of the time, I promptly make them admit it.
11. Sought through the concentration of my willpower to get God, who didn't understand me anyhow, to see that my desires were best, and He ought to give me the power to carry them out.
12. Having maintained my emotional problems with these steps, I can thoroughly recommend them to others who don't want to lose their hard-earned status, but wish to be left alone to practice neurosis in everything they do for the rest of their days.

## SERVICE MEETINGS

All members of Alcoholics Anonymous are welcome to attend these service meetings.

### Intergroup Meeting

1<sup>st</sup> Wednesday of the month 7:30 pm at St. Paul's Cathedral 1861 McIntyre St.

### Districts 15,17 & 18 Meetings

2<sup>nd</sup> Wednesday of the month 7:30 pm at Mount Olive Lutheran Church 2015 4<sup>th</sup> Ave. N.

### Intergroup Office Committee Meeting

Last Wednesday of the month 7:30 pm at Central Office #312-845 Broad St.

*We shall be with you in the fellowship of the Spirit, and you will surely meet some of us as you trudge The Road of Happy Destiny. May God bless you and keep you-until then.* (Reprinted from Alcoholics Anonymous, page 164 with the permission of A.A. World Services, Inc).

