



# Heart to Heart



## RESPONSIBILITY DECLARATION

*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*

*Regina AA Intergroup*

**This Issue: Step 6, Regina Events, Open Service Positions**

**\$ Tradition 7**

**Share the message Pass this newsletter on**

**June 2009**

## FROM THE EDITOR

I was asked why would I take on this job? When hearing people talk about service it is as though the word is being spat out like it's something distasteful. I was very involved at the district and intergroup levels for the first 9 1/2 years of sobriety. I moved to Saskatchewan and did not attend meetings for 6 (Dry drunk) years. I have been back among the land of the living for 7 years and several times it was suggested to me that I do some service, to which I spat out the word and said that I'd done that already. I got a sponsor who is very involved in service and she asked me to help her with a job she'd taken on, then she asked me to be on a committee she was on where I took a small job and my involvement in service has grown but so has my sobriety. I have found that getting out and being with my fellow alcoholics in service to the very entity that saved my life, gives back to me as they say, 10 fold. So not only do I belong in this outfit, through service I truly feel a part of it. Recovery is only one part of our program; Service and Unity complete it. So I am grateful to a sponsor who subtly but effectively got me involved. Please send in upcoming birthdays, group anniversaries and celebrations, events, humor, and articles to Jen at the Intergroup Office by the 15<sup>th</sup> of the month for the next months issue.

a.a@sasktel.net Subject: Heart to Heart  
In fellowship, Donna J. Editor

## GROUP NEWS

### JO-COR GROUP – CORRECTIONAL CENTER

Volunteers are desperately needed to attend meetings at the Regina Correctional Center. Please contact Central Office at 545-9300 during office hours for clearance and more information. Meetings are **Tuesday nights at 7:00**. The jail has requested a 2<sup>nd</sup> meeting for another night. There are not enough people to accommodate this request.

### Meeting Announcement:

The **Meeting in the Park Group: Sundays @ 11:00am** has again started meeting in the park (weather permitting) by the totem pole, south west of the Legislative Building. Please bring lawn chairs if you wish.

## I HEARD THAT

Acceptance is not submission; it is the acknowledgement of the facts of a situation, then deciding what you're going to do with it.

Anonymous

## THANK YOU

### CONTRIBUTED TO INTERGROUP in APRIL

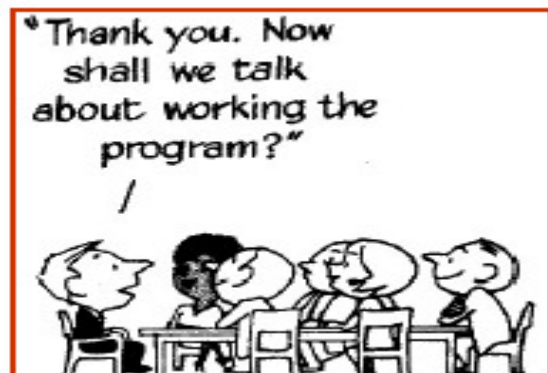
Nu Life Happy Hour North Side AA  
Free Speech Northern Lights Nor West  
Balgonie Out of Towner's

**THAT FEELING OF USELESSNESS AND SELF-PITY WILL DISAPPEAR.** (Reprinted from Alcoholics Anonymous, page 84 with the permission of A.A. World Services, Inc).

## DEFINE IT

"We feel, after many years of experience, that we have found nothing which has contributed more to the rehabilitation of these men than the **altruistic** movement now growing up among them." (Reprinted from Alcoholics Anonymous, page XXVI with the permission of A.A. World Services, Inc).

**Altruistic:** (all true iss tik) helping others / showing concern for the welfare of others



## HOW ABOUT A ROAD TRIP!



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

### Prince Albert Gateway Round Up

**June 5-7, 2009** Prince Albert Exhibition Ctr. 6th Ave. E. & Exhibition Dr. For details, please call Central Office at 545-9300 during office hours. [www.princealbertroundup.ca](http://www.princealbertroundup.ca)

### Calgary Gratitude Round up

**June 12-14, 2009**  
Coast Plaza Hotel, 1316 - 33 St. NE, Calgary  
Contact: Calgary Central Office @ 403-777-1212

### Cypress Group Round up

**June 13, 2009**  
Elks Hall, 5th Avenue, Maple Creek Contact: Central Office at 545-9300 during office hours.

### Churchill Lake AA Round up

**June 20, 2009**  
Buffalo Narrows Complex, Buffalo Narrows Contact:  
Central Office at 545-9300 during office hours.

### Milden AA & Al-anon Round-Up

**June 21, 2009** Milden United Church For details Contact:  
Central Office at 545-9300 during office hours.

### Pike Lake/Delisle Round Up

**August 14-15, 2009** Pike Lake Ukrainian Park For details Contact:  
Central Office at 545-9300 during office hours.

### Saskatchewan Youth Round Up

**August 21-23, 2009** Manitou Regional Campground Contact:  
Central Office at 545-9300 during office hours.

## "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.

### 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...

## REGINA EVENTS

### EVERYONE WELCOME

**Spring Fling - June 13, 2009** Cathedral Community Center 2900-13<sup>th</sup> Ave. (across from Safeway) **Door open 6:30pm**  
**6:45** Potluck Supper (bring your favorite dish to share)  
**7:30** Speaker: Albert K. Area 91 Corrections Chair  
**7<sup>th</sup> Tradition**

**Music Jam- June 20, 2009** Cathedral Community Center 2900-13<sup>th</sup> Ave. (across from Safeway) **Door open 6:30**  
**Jam from 8:00-10:00** If you'd like to perform just show up and bring your musical instrument  
**7<sup>th</sup> Tradition**

## AA CELEBRATES SOBRIETY



## JUNE BIRTHDAYS

### Women's BYOBeverage

Marie 22 years June 1 Shirley G. 1 year June 30

### Sunrise Breakfast Group

Dan A. 5 Years June 7 (10:00am at the Eureka Club)

### Nu-Life Group

Jane F. 15 years June 3 Rhonda P. 14years June 9  
Scott P. 25 years June 11 Debbie K. 24 years June 12

## TRADITION 6

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. (Reprinted from Alcoholics Anonymous, page 565 with the permission of A.A. World Services, Inc).

## CONCEPT 6

On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous. (Reprinted from the A.A. Service Manual page 22 with the permission of A.A. World Services, Inc).

## CENTRAL OFFICE NEWS:

GSO is raising book prices so we will follow suit and raise our book prices on **July 1, 2009**

Central Office now has available the 2009-2010 Area 91 Provincial Directories for sale at **\$1** each.

Central Office will be **closed** on June 12<sup>th</sup> and 15<sup>th</sup> 2009



### 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 6

We were entirely ready to have God remove all these defects of character.

So Step Six is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words: entirely ready "underline the fact that we want to aim at the very best we know or can learn.

How many of us have this degree of readiness? In an absolute sense practically nobody has it. The best we can do, with all the honesty that we can summon, is to *try* to have it. Even then the best of us will discover to our dismay that there is always a sticking point, a point at which we say "No I can't give this up yet." And we shall often tread on even more dangerous ground when we cry, "This I will never give up!" Such is the power of our instincts to overreach themselves. No matter how far we have progressed, desires will always be found which oppose the grace of God.

Many will at once ask, "How can we accept the entire implication of Step Six? Why-that is *perfection!*" This sounds like a hard question, but practically speaking, it isn't. Only Step One, where we made the 100 percent admission we were powerless over alcohol, can be practiced with absolute perfection. The remaining eleven Steps state perfect ideals. They are goals toward which we look, and the measuring sticks by which we estimate our progress. Seen in this light, Step Six is still difficult, but not at all impossible. The only urgent thing is that we make a beginning, and keep trying.

If we would gain any real advantage in the use of this Step on problems other than alcohol, we shall need to make a brand new venture onto open-mindedness. We shall need to raise our eyes toward perfection, and be ready to walk in that direction. It will seldom matter how haltingly we walk. The only question will be "Are we ready?" (Reprinted from *The Twelve Steps and Twelve Traditions*, pages, 63, 66, and 68 with the permission of A.A. World Services, Inc).

One of the best ways to learn about the Traditions of Alcoholics Anonymous is to serve on an A.A. committee or go through a divorce from someone in the program!

Anonymous

## 12 YEARS AROUND A.A.

In all these years, Jack never worked the Twelve Steps. Why not? "I didn't understand how and was ashamed to ask, particularly after all the years I'd been going to meetings," he said. Nobody ever took him aside and explained to him that he got drunk because he hadn't worked the program. Finally, he got drunk again -- and this time something happened. He ran into some AAs who told him that "how it works" means that this is how the program works. In addition, they guided him each Step of the way in working the Twelve Steps. "In a period of twenty-four hours," he declared, "I took Step Three aloud with another AA as it suggests on page 63 of the Big Book. I wrote a 'searching and fearless' Fourth Step and then took my first Fifth Step with another AA member, who took his with me at the same time. Then we discussed Steps Six and Seven and prayed to have our character defects removed. Then, with his help, I listed the people I had harmed, and we talked about making direct amends starting right then. I began with my wife that same evening. I did more work with the Steps in twenty-four hours than I had done in twelve years around AA before that day. (P.M. Riverside, IL Copyright © The A.A. Grapevine, Inc. March 1978 Vol. 34, No. 10 Reprinted with permission.)



### STEP SIX PRAYER

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things, which we have admitted are objectionable? Can He now take them all-every one? If we cling to something we will not let go, **we ask God to help us be willing.** (Reprinted from *Alcoholics Anonymous*, page 76 with the permission of A.A. World Services, Inc).



"What do you mean you're not willing to pay the price for that drink?"

## OPEN SERVICE POSITIONS

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

**Trusted Servants of Intergroup** – Any group within our service area wishing to affiliate with Intergroup may do so simply by observing the 12 Traditions and designating one of their group members as their Intergroup Representative. It is good practice to also name a second person as their alternate. It is suggested that A.A. members be elected who show a desire to be of service and are willing to carry out their obligation to the best of their ability in the spirit of unity and cooperation.

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

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

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

If you are able to serve in one of these positions, please call Central Office at 545-9300 during office hours for more information.

### Two Wolves

*One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between 2 wolves." One is Evil. It is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith." The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?" The old Cherokee simply replied, "The one you feed."*

## 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.

## 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).

### RISK

Moving forward involves risking what is unknown. The old, familiar rut, depressing as it is, is a known quantity. Moving out of it requires that we have courage and that we trust in One who knows and cares. To move on, we must act. Insights do not produce growth until they are accompanied by specific actions.

## 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.

## NO MUSTS IN AA

Once more: The alcoholic at certain times has no effective defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense **must** come from a Higher Power. (Reprinted from Alcoholics Anonymous, page 43 with the permission of A.A. World Services, Inc).

*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).

