



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 9, Open Service Positions, Our Greatest Danger: Rigidity
\$ Tradition 7 Share the message Pass this newsletter on September 2009

FROM THE EDITOR

To some I have become known as a Big Book thumper. I don't mind this ribbing at all. I have been known to in answer to someone begging and stating in a meeting that they wish the answers to life were written down, to with a loud thud drop the Big Book in front of them. It has and continues to be my experience that this treasured book is literally a life saver. In my first meetings there was an elderly fellow who after I would speak would give me a note with a page number on it and tell me if I read it I would find an answer to my problem. I will be forever grateful to "Ole Roy" for teaching me to have an open mind and look for identification rather than differences, like the book was written in the 30s and by men with a slant of wording for men. I was every bit as alcoholic and hopeless as Bill and have found myself in many pages. I have studied the book many times and continue to find the answers too many of my life's problems. So I really don't mind being called a big Book thumper and those alcoholics in my life know that they will be directed toward the book to find answers to their difficulties. Honesty, Open-mindedness, and Willingness are all that is needed to make a start!

Please send in upcoming birthdays, group anniversaries and celebrations, events, humor, and articles to Jen at the Intergroup Office by the 15th of the month for the next month's 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 (306)545-9300 for clearance and more information. Meetings are Tuesday nights at 7:00. The jail has requested a 2nd meeting for another night.

Any groups starting a **Step Group** are asked to let Central Office know as calls are coming in looking for one.

THANK YOU

CONTRIBUTED TO INTERGROUP

JUNE: HERO, SOUTH HILLSDALE, WOMEN'S STEP, 449

JULY: HERO, NU-LIFE, MEETING IN THE PARK

Intergroup has had a \$594.12 shortfall to cover expenses over the first 6 months of 2009. The money contributed is used to operate Central Office, and 12th step work such as answering service. All contributions are greatly appreciated.

I HEARD THAT

Some of my greatest disappointments have come from getting that which I insisted on having! Beth P.

OPEN SERVICE POSITIONS

The Intergroup body exists to serve the Regina AA community and requires your help to continue to provide vital 12-step services. As with all 12-step work the reward we receive is far greater than the effort it takes to help out. 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.

Corrections Chair – Carries the AA message to inmates in the prisons and correction facilities.

Public Information Chair – Informs the general public about AA and the services that are available locally.

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

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

HOW ABOUT A ROAD TRIP!



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

Greg Lake Campout Round-Up

Sept. 4-7, 2009 - Meadow Lake Provincial Park

For details contact Central Office (306)545-9300

Cochin AA Group Potluck & Supper Meeting

Sept 18, 2009 at 6:30pm - R. C Church, Cochin, SK

For detail contact saskroundups@hotmail.com

Hudson Bay Family Round Up

September 19, 2009 - Anglican Parish Hall.

For details Contact Central Office (306)545-9300

Melfort AA & Al-anon Round Up

October 3, 2009 - Legion Hall. For details Contact

Central Office (306)545-9300

SERVICE FUNCTION and POTLUCK SUPPER

Saturday September 26, 2009 CATHEDRAL AREA COMMUNITY
CENTRE 2900 13TH AVE. REGINA

Cost is Tradition 7 For details Contact Central Office (306)545-9300

REGINA FALL ASSEMBLY 2009

October 23 – 25th, 2009 - Miller High School, corner of
Winnipeg St. and College Ave.

**We are looking for group and individual donations of
baking and fresh fruit** for our attendees.

Banquette, speaker, and dance tickets being sold by
committee members will be available to all not attending
the Assembly for \$20.00 starting the last week in Sept.

For details contact Central Office (306) 545-9300

GRATITUDE NIGHT 2009 HAPPY, JOYOUS, and FREE

Saturday November 7, 2009 St. Mary's Parish Hall

2020 Winnipeg St.

Looking for Volunteers

For more information call Central Office @ (306) 545-9300



AA CELEBRATES SOBRIETY



SEPTEMBER BIRTHDAYS

Although no groups have submitted birthdays for this month, I would like to extend well wishes to all celebrating another 365 "One Day at a Time".

I do encourage groups to submit birthdays to Jennifer at Central Office either by phone or email by the 15th of the month for the next month's issue. (If you don't want to call every month your group can submit a list with all birthdays to ensure members celebrating get included.) Sobriety Anniversaries are a reminder to all of us that Alcoholics Anonymous works!

TRADITION 9

A.A., as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve. (Reprinted from *Alcoholics Anonymous*, page 564 with the permission of A.A. World Services, Inc).

CONCEPT 9

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the general Service Board of Alcoholics Anonymous. (Reprinted from the *A.A. Service Manual* page 36 with the permission of A.A. World Services, Inc).



The District Meeting will be resuming
September 9, 2009

OFFICE NEWS

Central Office will be closed September 18th & 21st

The General Hospital has requested A.A. literature (new or used) for the psych ward, so there is a donation box set up at Central Office. You can either drop off literature or send in a check with instructions as to what literature you would like purchased for the donation box.

THIS IS HOW WE WORK IT



STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Good judgment, a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine.

After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

As soon as we begin to feel confident in our new way of life and have begun, by our behavior and example, to convince those about us that we are indeed changing for the better, it is usually safe to talk in complete frankness with those who have been seriously affected, even those who may be only a little or not at all aware of what we have done to them. The only exceptions we will make will be cases where our disclosure would cause actual harm. These conversations can begin in a casual or natural way. But if no such opportunity presents itself, at some point we will want to summon all our courage, head straight for the person concerned, and lay our cards on the table. We needn't wallow in excessive remorse before those we have harmed, but amends at this level should always be forthright and generous.

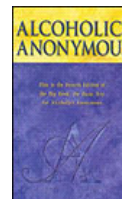
Above all, we should try to be absolutely sure that we are not delaying because we are afraid. For the readiness to take full consequences of our past acts, and to take responsibility for the well being of others at the same time, is the very spirit of Step Nine. (Reprinted from *The Twelve Steps and Twelve Traditions*, pages 83, 85, and 87 with the permission of A.A. World Services, Inc).



Self-Importance

Like many people, I have a constant battle with self-importance. Sometimes I am very pleased with myself and believe that other people's happiness depends on me. Much more often, I have self-doubts and believe that I am inadequate. I fully identify with the words my friend Philip wrote recently, "I usually go back and forth between feeling like I'm more important than I really am or that I'm not important at all. Either way is simply self-centeredness. What I would like to be all day, every day, is God-centered."

I find self-centeredness to be a great cause of self-inflicted suffering, whether it shows up as an inflated ego or as feeling worthless. For me, happiness comes when I remember that others' opinions of me are just their opinions - nothing more. I find happiness in moving toward my goals regardless of the applause or the jeers of others. Submitted by Shirley G.



The Promises

1. If we are painstaking about this phase of our development, We will be amazed before we are half way through.
2. We are going to know a new freedom and a new happiness.
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations, which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

(Reprinted from *Alcoholics Anonymous*, pages 83 and 84 with the permission of A.A. World Services, Inc).

Here in Canada our cows aren't mad; they're just restless, irritable, and discontented. (Copyright © The AA Grapevine, Inc. (October 2003) Reprinted with permission.)

NO MUSTS IN AA

Before taking drastic action, which might implicate other people, we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we **must** not shrink. (Reprinted from *Alcoholics Anonymous*, page 80 with the permission of A.A. World Services, Inc).

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).

DEFINE IT

Now I was to plunge into the dark, joining the endless procession of sots who had gone on before. I thought of my poor wife. There had been much happiness after all. What would I not give to make **amends**. But that was over now. (Reprinted from *Alcoholics Anonymous*, page 8 with the permission of A.A. World Services, Inc).

Amends: To repair a relationship; to make up; to resolve an argument or fight; to make reparations or redress

Reparations: repair: the act of putting something in working order again

Redress: act of correcting an error or a fault or an evil

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.

Recovery  changes all things

OUR GREATEST DANGER: RIGIDITY

By BOB PEARSON (1917-2008)
General Manager of the General Service Office
From (1974-1984)

I echo those who feel that if this Fellowship ever falters or fails, it will not be because of any outside cause. No, it will not be because of treatment centers or professionals in the field, or non-Conference-approved literature, or young people, or the dually addicted, or even the "druggies" trying to come to our closed meetings. If we stick close to our Traditions, Concepts, and Warranties, and if we keep an open mind and an open heart, we can deal with these *and any other* problems that we have or ever will have. If we ever falter and fail, it will be simply because of us. It will be because we can't control our own egos or get along well enough with each other. It will be because we have too much fear and rigidity and not enough trust and common sense.

If you were to ask me what is the greatest danger facing A.A. today, I would have to answer: the growing *rigidity*—the increasing demand for absolute answers to nit-picking questions; pressure for G.S.O. to enforce" our Traditions; screening alcoholics at closed meetings; prohibiting non-conference-approved literature, i.e., "banning books"; laying more and more rules on groups and members. And in this trend toward rigidity, we are drifting farther and farther away from our co-founders. Bill, in particular, must be spinning in his grave, for he was perhaps the most permissive person I ever met. One of his favorite sayings was, "Every group has the right to be wrong." He was maddeningly tolerant of his critics, and he had absolute faith that faults in A.A. were self-correcting.

SERVICE MEETINGS

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

Intergroup Meeting

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

Districts 15,17 & 18 Meetings

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

