



Heart to Heart



**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

This Issue: Step 4, Public Information Chair, Who Me Angry? A Sponsor Is

\$ Tradition 7

Share the message Pass this newsletter on

April 2010

STEP 4

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES

If you are new in the program, the 4th Step is the step where we "clean house". This means we look deep within ourselves and do our best to unearth, look at and get rid of those things in our lives that may cause us to drink alcoholically. My first attempt at the 4th Step was, I believe a thorough look at myself and my life. I made list of every resentment I could think of; resentments that I had held for my entire adult life based on things that happened in my childhood. These resentments had shaped my life, not always for the better. They had made me rebellious and distrustful of authority which, in college, led me to alcohol, drugs and "dropping out". I had every reason in the world to drink and drug - you would too if you had to live in the world I lived in. The 4th Step brought these feelings back to the surface where I could examine them with a sober mind and the help of my sponsor. I found out that I had a part in causing most of them myself and this process allowed me to let go of those resentments. Where I didn't have a part, I was able to see that the other people were just like me - going through life doing the best they could do with what they had to work with. I was able to forgive them and let go of the resentments. Through a similar process, I was able to get rid of fears and guilt which stifled me in life and relationships. I worked as hard as I could to get everything down on paper and out of the darkness of my psyche. Hindsight now shows me that it wasn't perfect but whether it was perfect or not doesn't matter. What mattered immensely was that it was good enough because it produced a strong psychic change in me. Since that day, everything changed, as they say, at least the things that really matter. I wanted to die for a long time before coming to the program. Then,

one day, after having done the 4thStep, I had a subtle realization that I was happy and wanted to live a very long life - as I had when I was younger. I looked at people and life in an entirely different way - not as enemies to struggle against but as friends to struggle through life with. I trusted people more and loved them more. I felt relieved of the bondage of self, born again, if you will. I was given a new start in life, free of the burden of my inner demons. If you haven't done the 4th Step yet, I highly recommend it. What I said above may sound like a bunch of Pollyanna-ish hogwash but I assure you, it is not. It brought me a new freedom and a new happiness. -Rich H.Maui
Serenity Gazette

TRADITION 4

Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behaviour when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths--his lengths, not mine--to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

CONCEPT 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

"There is another good reason for 'participation,' and this one has to do with our spiritual needs. All of us deeply desire to *belong*. We want an A.A. relation of brotherly partnership. It is our shining ideal that the 'spiritual corporation' of A.A. should never include any members who are regarded as 'second class.' Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principal reason why we should continue to ensure 'participation' at every important level. Just as there are no second-class A.A.'s, neither should there be any second-class world service workers, either."
Bill W., quoted with permission of A.A. World Services, Inc. from *Twelve Concepts for World Service*.





**SPOTLIGHT
ON SERVICE
OPEN POSITION:**

**Public Information
Chair**



- The first qualification for doing P.I., or any other service work, is sound sobriety. All committee members need to be thoroughly familiar with the A.A. program and able to provide consistent and accurate information about the Fellowship. Experience in public relations is not essential.
- An understanding of the Twelve Traditions, including a firm grasp of the Anonymity Traditions, is most important.
- Some examples of visits might include schools, local businesses, church and civic groups. Where no C.P.C. committee exists, P.I. committees might also be in contact with professionals such as the clergy, health care providers, lawyers and teachers. In advance of initial contacts, P.I. committees often distribute a simple letter describing their availability and how interested persons can make contact for more information. They might also plan a visit by two or more committee members.
- A P.I. visit might include distribution of A.A. Literature, a brief talk and/or showing an A.A. video. It is essential that participating A.A.s agree on the basic outline for the visit, and are familiar with the details in "Speaking at Non-A.A. Meetings" and "Understanding Anonymity."
- A complete description of this position can be found on our website under Intergroup Positions (Intergroup Services) www.aaregina.com

Is your meeting represented at Intergroup?

**For more information call
Central Office @ 545-9300**



**We have a lot to celebrate!
AA Works!!!**

Nu-Life

Dana M. 3 years April 20, 2007
Ed L. 13 years April 22, 1997
Dan H. 2 years April 25, 2008

B.Y.O.Beverage Women's

Gail B. 5 years April 1, 2005
Cathy S. 10 years April 14, 2000

Big Book Focus

Meranne J. 10 years April 13, 2000

449

Nathan K. 5years April 21, 2005

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Nicole G. 1 year April 24, 2009

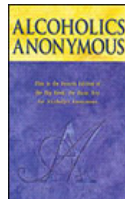
The Conference-approved pamphlet:
"Self-Support: Where Money and Spirituality Mix"
Offers the following suggestions for the distribution of group funds after group expenses have been paid:

- 50% Regina Intergroup
- 30% General Service Office
- 10% Area 76
- 10% District Committee



**CONTRIBUTED TO
INTERGROUP**

February: One Way, Nu-Life



IT'S IN THE BOOK

Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

Page 64 of the Big Book of Alcoholics Anonymous

**Maintaining sobriety is like
feeding a parking meter ---
It's all about change!**

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



**GROUP
NEWS**

**JO-COR GROUP -
CORRECTIONAL CENTER**

Volunteers are desperately needed to attend meetings at the Regina **Correctional Center**. Please contact Andy L. 791-0320 for clearance and more information. Meetings are Tuesday nights at 7:00. The jail has requested a 2nd meeting for another night. The **Dojack** meeting is in need of volunteers, for more information and clearance contact Dave C. 540-6560

SPEAKER MEETING

May 1, 2010 **8:30 pm.**
Cathedral Community Center
Speaker: Sarain S. Dance to follow

ROUND-UP MEETING

May 2, 2010 **2: pm.**
St. Paul's Cathedral Church

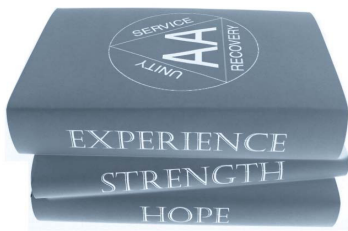
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A SPONSOR IS:

- An A.A. member who guides us in our understanding of the Alcoholics Anonymous program and the twelve steps to recovery.
- A member of the same sex as you, who has been sober for at least one year.
- A member who is familiar with the inner workings of Alcoholics Anonymous and has successful experiences with the program of recovery.

I NEED ONE BECAUSE:

- Unlike ourselves when we are new, he or she has learned a way of living without alcohol and can share precisely how they went about obtaining their sobriety.
- A sponsor can help us avoid others past mistakes and mistakes they themselves have made.
- Sharing difficulties with your sponsor before you make decisions can help you to make more informed choices.
- Our sponsors can also help anchor us to the fellowship and may become a lifelong friend upon whom we can rely.



Emotional Sobriety

Good judgment comes from experience, and often experience comes from bad judgment.

Rita Mae Brown

Why do I feel the need to save face after making a mistake?

For me, I think it has to do with ego and pride. I make a mistake and my self image changes, and not for the better. I attempt, insofar as possible, to maintain the illusion I have of my perfect self, because admitting I am wrong damages my ego. Yet, the very thing that destroys my ego, the admission, is also the cure. The admission brings my will back in line with my higher power's will for me. I understand what is right for me and the pressure is relieved.

Strip away my false pride and I am who I should be - just a regular guy, going through life as best I can - emotionally sober. In the end, with the help of Step 4 (or Step 10), I can live with my damaged pride and I can triumph over it all because this Step takes me from "what was" to "what is." Now, I can move on with a more appropriate pride, a pride that I am doing the right thing and living honestly with healthy confidence that all things work out for the best. If I do the right thing and admit my mistakes, my false pride is replaced by a healthy self-esteem that allows me to go on and enjoy life rather than trying to conquer it.

My most powerful lessons come from facing and admitting my mistakes, making amends, and moving on. Hopefully, my judgment will improve so I don't have to make the same mistakes over and over again. -Rich

Note: Willingness to let go of old ways of thinking and behaving seems to be what emotional sobriety is all about. The book Emotional Sobriety is available for sale at Central Office.

Who, me? Angry

Anger in all its aspects is a universal human problem.

But it poses a special threat to alcoholics; our own anger can kill us. Recovered alcoholics almost unanimously agree that hostility, grudges, or resentments often make us want to drink, so we need to be vigilant against such feelings...

Here is a list of some of the shapes and colors anger seems at times to arrive in:

Intolerance Snobiness

Tension Distrust

Contempt Rigidity

Sarcasm anxiety

Envy Cynicism

Self-pity Suspicion

Hatred Discontent

Malice Jealousy

~Living Sober, pg. 38

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

~Chinese proverb

Holding anger is a poison. It eats you from the inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harms we do, we do to ourselves.

~Mitch Albom

As the Big Book "Alcoholics Anonymous" puts it, "Resentment is the number one offender." It is a primary cause of relapses into drinking. How well we of A.A. know that for us "To drink is eventually to go mad or die." Much the same penalty overhangs every A.A. group. Given enough anger, both unity and purpose are lost. Given still more 'righteous' indignation, the group can disintegrate; it can actually die. This is why we avoid controversy. This is why we prescribe no punishment for any misbehaviour, no matter how grievous. Indeed, no Alcoholic can be deprived of his membership for any reason whatever. "Punishment never heals. Only love can heal"

~As Bill See It, page 98

Speak when you are angry and you will make the best speech you will ever regret.

~Just For Today submitted by Craig B. April 2008

**I have walked through many walls of fear
to get what's good!**



ROAD OF HAPPY DESTINY



The 2010 International Convention of Alcoholics Anonymous will be held July Thursday 1st- Sunday 4th, 2010 in San Antonio, Texas with the theme "A Vision for You." A.A. members and guests from around the world will celebrate A.A.'s 75th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Alamo dome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels.

We are currently looking at renting a 15 passenger van from Regina to go to San Antonio Texas. For more information and registration call Central Office @ 545-9300 or www.aa.org

Vibank 20th Annual A.A. Round-Up With Al-anon participation

April 10, 2010 Vibank Community Hall
Registration Starts at 11:30 Noon. 7th Tradition
Soup will be served from 11:30 until 12:30
For more information contact Central Office @ 545-9300

Melville Family Round-Up

April 17, 2010 MELVILLE COMMUNITY WORKS 800 PRINCE
EDWARD STREET (In the Shade of The water Tower)
Adults \$20.00 – Youth \$ 15.00 – Children (6-10 yrs) \$ 10.00
Registration 1:00 pm

Beinfait Round-Up

April 24, 2010 Weldon School 1:00 pm registration
7th Tradition Potluck with Ham and Turkey provided
For more information contact: Central Office @ 545-9300

Yorkton's 12th Spring Round-Up

May 1, 2010 Legion Hall 380 Broadway St. W.
Adults \$20.00 16 & under \$15.00
For more information contact Central Office @ 545-9300

Turtleford's 31st Annual Round-Up

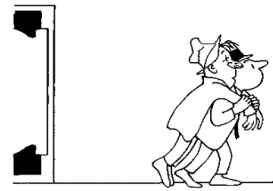
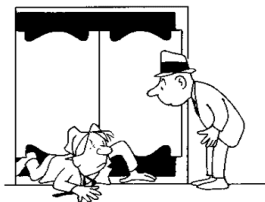
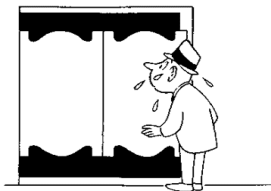
May 1-2, 2010 Turtleford Community Center
Tradition 7 Registration 1:00 pm
Camping Facilities available at the Lion's Park.
Hotel Accommodations Available at the Four Leaf Inn 845-2400
For more information contact Central Office @ 545-9300

2010 Western Canada Regional Forum

May 14-16, 2010, 7pm to 10pm Friday, 9am to 9:45pm Saturday,
9:30am to noon Sunday
Travelodge Hotel, 106 Circle Drive West Saskatoon, SK. 306-242-8881
There is no Registration Fee – Registration on-line at www.aa.org

PA Gateway Round-Up

Is a go this year
June 5 & 6th at the PA Exhibition Centre
More information to follow



Victor E. Cartoon reprinted from the Grapevine

THE FOURTH PRINCIPLE

COURAGE

Members of Alcoholics Anonymous do not arrest alcoholism or gain recovery by merely agreeing with the principles of AA philosophy — We recover only if we live them.



OFFICE NEWS

The office will be closed April 7th and 9th

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.



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.)

SERVICE MEETINGS

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

Intergroup Meeting: 1st Wednesday of the month @ 7:30pm, St. Paul's Cathedral 1861 McIntyre St.

Districts 15, 17, & 18 Meeting: 2nd Wednesday of the month @ 7:30pm, Mount Olive Lutheran Church 2015-4th Ave. N.

Intergroup Office Committee Meeting: Last Wednesday of the month @ 7:30pm Central Office #312-845 Broad St.

The goal of the inventory is to clear away all blocks (character defects) that could interfere with the decision to turn our will and lives over to the care of God as we understood him that is made in step three



HAVE YOU REACHED OUT TO SOMEONE TODAY



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.