



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 8, A Few Words of Wisdom from Dr. Bob & Bill W.

\$ Tradition 7

Share the message Pass this newsletter on

August 2010

STEP 8

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

Willingness resides at the heart of our program. Our "foundation of complete willingness" ("Bill's Story" p. 12) paves the way for our surrender to a new way of life, as we renew our embrace of a power greater than ourselves. Willingness prepares our release from the "bondage of self" (Third Step Prayer), and it scaffolds our courage as we risk a study of the exact nature of our humanity, in the pattern of our defects and virtues. Moreover, willingness shines a light on our progress in subsequent steps. "Were entirely ready..." in Step Six describes a posture of willingness born of acceptance and serenity. And our prayer in Step Seven is no small gesture of willingness. This prayer is founded in the belief that a Higher Power can and will do what we absolutely cannot do on our own: cleanse our conscience of past wrongs. Our willingness in Step Eight is a fresh new phase – another room in the home whose foundation is complete willingness. Based on the premise that making direct amends in Step Nine calls for a special act of courage, many A.A. members cultivate their willingness in Step Eight as an opportunity to rehearse – to "do a get-ready" – for the humble and forthright act of making direct amends later on. Our willingness in Step Eight offers the chance to begin stitching together all the steps in a coherent pattern. A list of "all persons we had harmed" is catalogued, for many recovering alcoholics, in the pages of our Fourth Step inventories. The act of naming and analyzing our past behaviour in Step Five is a vocal warm-up (to borrow a choir metaphor) for making direct amends in Step Nine. Our willingness to be receptive and humble in Steps Six and Seven provides a deepening of healthy self-love: a foundation for putting *ourselves* onto the amends list, in case our own names belong there. "Baby steps" fill the farcical self-help world of Bill Murray in *What About Bob?*, but the all-important preparatory step of assembling our willingness to make amends isn't a farce for recovering alcoholics. By listing all the persons we had

harmed and affirming our willingness to make amends – with a sponsor's support, with the Big Book at hand, and with God as our guide – we renew our commitment to sobriety "with all the earnestness at our command."

Thanks to Phil B., Defogged Men's Group, Intergroup volunteer St. Paul, MN.

TRADITION 8

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

1. Is my own AA behaviour accurately described by the Traditions? If not, what needs changing?
2. Do I know who wrote down each one of my Traditions, and why? What would AA be like without them?
3. When I chafe about any particular Tradition, do I realize how it affects the others?
4. Do I sometimes try to get some reward--even if not money--for my personal AA efforts?
5. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
6. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
7. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition? Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition--How It Developed?
B. L., Manhattan, New York
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CONCEPT 8

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

"This arrangement is in line with the modern corporate business practice. The General Service Board is in effect a holding company, charged with the custodial oversight of its wholly-owned and separately incorporated subsidiaries [A.A. World Services, Inc. and A.A. Grapevine, Inc.], of which each has, for operating purposes, a separate management. We have demonstrated to our satisfaction that this corporate basis of operation is superior to any other."
Reprinted from Twelve Concepts for World Service, page 34, by permission of A.A. World Services, Inc.

1. Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board?
2. How can the business term "custodial oversight" apply to the trustees' relationship to the two corporate service entities?
3. Does my home group subscribe to G.S.O.'s bimonthly newsletter? Box 4-5-9? The A.A. Grapevine? Do I?





SPOTLIGHT ON SERVICE

OPEN POSITION

WANTED IMMEDIATELY

Newsletter Editor

I regret that this issue of the Heart to Heart will be my last. It has been an honour to serve and I appreciate all the positive feedback I have received since becoming the Editor. I would encourage you to step up and take on this job yourself or form a committee. I would be happy to share my files and resource information with the next Editor.
In Fellowship, Donna J.
Outgoing Editor

Web Servant

Jill is done this position in August.

The guidelines for this and all positions can be found on www.aa.org

Contact the Office for further information @ 545-9300

Who is representing your meeting at Intergroup?



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

Sunset

Joan L. 2 years August 8, 2008

Vista

Linda L. 26 years July 7, 1984
Brian T. 7 years August 29, 2003
Bruce L. 3 years August 15, 2007

Acceptance is the Answer

Barb B. 3 years August 7, 2007
Barb S. 6 years August 4, 2004
Bonnie H. 3 years August 22, 2007
Cheryl R. 1 year August 13, 2009
Mike K. 10 years August 28, 2000

Home Away from Home

Ray M. 18 years August 11, 1992
Joan M. 18 years August 22, 1992
Basil S. 13 years August 28, 1997



ROAD OF HAPPY DESTINY

Flin Flon Round-Up

August 7, 2010 7th Tradition
Scout's Hall
Contact: the Office 545-9300

SPRING LAKE Round-up

August 8, 2010 1:00 p.m.
Contact: the Office 545-9300 (from Beechy corner, hwy 42, 6.4 km east, OR, west from Lucky Lake on hwy 42, 12 km, then south, watch for the Spring Lake sign, balloons on the lake corner)

Saskatchewan Youth Round-Up

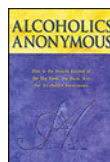
August 27- 29th, 2010 7th Tradition
Manitou District Regional Park (Camp Kitchen #1)
Contact: the Office 545-9300 Book your campsites early (306-946-2588)

Medicine Hat & District Round-Up

September 10-12, 2010
Medicine Hat Legion Hall
702 - 2nd Street S.E. Full Tickets: \$40.00,
Speakers only: \$20.00
Contact: the Office 545-9300

Hudson Bay 41st Annual Round-up

September 18th 2010 Tradition 7
10:30 - 12:00 Registration
12:00-1:00 Borsch and Bannock
Contact: the Office 545-9300
Accommodations: Norwood Motel 865-2216 (\$55.00 and \$60.00 plus tax),
Desrocher Hotel 865-2461 (\$35.00 plus tax)
Fir River Ranch 865-3105 (call for pricing)



IT'S IN THE BOOK

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.
Alcoholics' Anonymous pg. 76

Two Sicknesses Don't Make



Although loving and being loved is an important aspect of balance in our lives? Relationships are never the solution to drinking and other drug taking. We sometimes focus on the strong emotion of love from another rather than face loving ourselves by working the program.

Love does not cause suffering: what causes it is the sense of ownership, which is love's opposite.

-- Antoine de Saint-Exupery

Today I act as if I am worth loving.

As I was talking with a sponsee this morning, I suddenly realized that today I pray over the same things that I used to drink over!

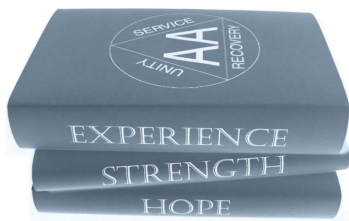
The Conference-approved pamphlet: "Self-Support: Where Money and Spirituality Mix" Offers the following suggestions for the distribution of group funds after group expenses have been paid:
50% Regina Intergroup
30% General Service Office
10% Area 76
10% District Committee



CONTRIBUTED TO INTERGROUP

There was no Intergroup meeting held in July

449 Group has been missed as a regular financial contributor to the Intergroup Office.



A few words of Wisdom! From Dr. Bob's last talk

"Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance." Thank you very much.
"And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers. Thank you very much." Reprinted with permission of A.A. World Services, Inc.

Self-Acceptance and Self-Knowledge

God, grant me the serenity
To accept the things I cannot change
Courage to change the things I can
And wisdom to know the difference.

This well-known prayer expresses some key guidelines to our philosophy of living. One group member explained it this way:

"For me, the things I cannot change are other people, places, and circumstances. The only things I can change are my attitudes, reactions and action toward the people, places and circumstances in my life.

"The wisdom to know the difference, well, that's a hard one. I don't always know what I can and cannot change until I try changing it. Wisdom comes by trial and error. The more experience I have, the more understanding, knowledge, and wisdom I have." Anonymous

Bill W. Letter, 1966

Today I will accept that much of my wisdom can only come through my daily experiences. I need to expect to make some mistakes in my attitudes, actions, and judgment of what I can and cannot change. I will learn to be patient with myself and others as I gain more understanding from my mistakes.

"There was a time when we ignored trouble, hoping it would go away. Or, in fear and in depression, we ran from it, but found it was still with us. Often, full of unreasoning, bitterness, and blame, we fought back. Yet

these mistaken attitudes, powered by alcohol, guaranteed our destruction, unless they were altered.

"Then came A. A. Here we learned that trouble was really a fact of life for everybody—a fact that had to be understood and dealt with. Surprisingly, we found that our troubles could, under God's grace, be converted into unimagined blessings.

"Indeed, that was the essence of A.A. itself: trouble accepted, trouble squarely faced with calm courage, trouble lessened and often transcended. This was the A.A. story, and we became a part of it. Such demonstrations became our stock in trade for the next sufferer." Reprinted with permission. "Pass It On" Bellevue WA

Let's Make AA Better

I love AA. It saved my life and, more so, gave me a life worth living. I show my gratitude by going to a lot of meetings, greeting newcomers warmly, doing service work at my Home Group as well as Intergroup and looking for other opportunities to give back.

My way of making AA better is to suit up and show up. I want to look presentable at meetings to perhaps be a good example of how we clean up once we're sober. I put on a clean shirt and slacks when I go to a meeting. How different that is from when I was drinking and wearing the same clothes for days at a time. I get to meetings early to help if need be and I stay afterward to visit and clean up.

Another way that I believe I can make AA better is to talk AA. I mean I go to meetings and talk about the Steps and the ever important Traditions. I can ask how someone is doing and really mean it. I can refuse to listen to gossip and surely not to repeat any I might hear. I can be a positive example today.

I've certainly got a long way to go to achieve all these things consistently. But I strive for excellence because that is what the old-timers taught me; be the best you can be and pray that God will guide you on a path that makes you a little better every day.

That's my goal on the 24 hour plan I live. I owe it to the newcomer to show up and suit up, to be attentive and caring, to talk AA at meetings and to live in such a way that someone might say, "I want what those AA's have." Reprinted with permission from the Akron Intergroup News Volume 56, Issue 9 July 2009



OFFICE NEWS

The Office will be closed
August 16-20 while Kolette is
on holiday.



GROUP NEWS

Jo-Cor Group – Correctional Center

Volunteers are desperately needed to attend meetings at the Regina Correctional Center. Please contact Contact: the Office 545-9300 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: the Office 545-9300

Speaker Meeting & Dance

August 7, 2010 Speaker TBA 7:00
Tradition 7 Karaoke \$5.00

Home Away from Home 8th Anniversary

August 8, 2010 12:30 p.m.
Wascana Park beside Totem pole
Open meeting, bar-b-q to follow
Bring the food you want to cook and eat

Fresh Start Youth Group

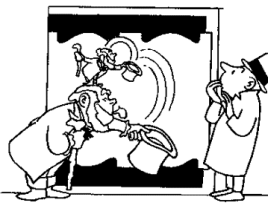
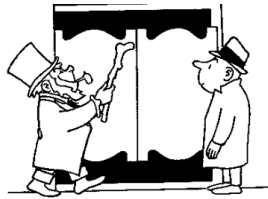
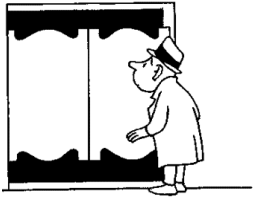
Time: 7:30 p.m. to 8:30 p.m. Tuesdays
Location: Wascana Rehabilitation Centre
Meeting Room 5 (By the cafeteria) or Room 2,3 (in the Hostel)
Meeting Open to all A.A. members

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



"All he keeps saying is, 'I should have called my sponsor.'"

Ron J., Yorktown, PA



Victor E. Cartoon reprinted from the Grapevine

THE EIGHTH PRINCIPLE

BROTHERLY LOVE

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.

When I stop trying to control events or people,
When I can just be supportive of them, we are all much happier.

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.

I've found that asking myself three questions have saved me countless amends:
Does it need to be said?
Does it need to be said now?
Does it need to be said by me?



HAVE YOU REACHED OUT TO SOMEONE TODAY



"Kinda hard to believe you 'n' me got a common problem."

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.)

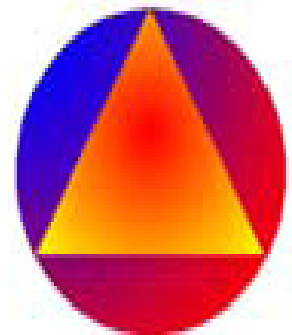
SERVICE MEETINGS

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



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