



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 2, Twelfth Step Trustee, The Chip in My Pocket

\$ Tradition 7

Share the message Pass this newsletter on

February 2010

STEP 2

Came to believe that a power greater than ourselves could restore us to sanity.

Open Mind, Insert Faith
"Listen if you will, to these three statements. First, Alcoholics Anonymous does not demand that you believe anything. All of it's 12 Steps are but suggestions. Second, to get sober and to stay sober, you don't have to swallow all of Step Two right now. Looking back, I find that I took it piecemeal myself. Third, all you really need is a truly open mind. Just resign from the debating society and quit bothering yourself with such deep questions as whether it was the hen or the egg that came first. Again I say, all you need is the open mind."

Twelve Steps and Twelve Traditions, pg 26

TRADITION 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with any AA Twelfth Step job or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussions, or can I yield in good spirit to the group consensus and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

CONCEPT 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

When, in 1955, the A.A. Groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society." The General Service Conference meets once each year in April, when the Area Delegates and the staff and trustees of A.A. World Services, the General Service Office and the A.A. Grapevine make decisions on matters affecting A.A. as a whole. There are two items on which the General Service Conference may NOT act: Changes to the Twelve Traditions, or to Article 12 of the Charter of the General Service Conference. Article 12 is, word for word, the Long Form of the Twelfth Concept. Changes to the Traditions or to Charter Article 12 require the written consent of three quarters of all the A.A. groups. Summarized from *The A.A. Service Manual*, and the pamphlet, *The Twelve Concepts for World Service, Illustrated*.





SPOTLIGHT ON SERVICE OPEN POSITION:

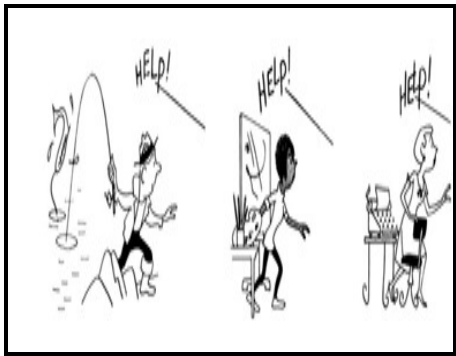


TWELFTH STEP TRUSTEE

- Responsible for maintaining a 12 step volunteer list
- Keep list updated and rotate volunteers
- Keep contact with answering service
- Visit groups to sign up volunteers
- Report to the intergroup body

Is your meeting represented at Intergroup?

For more information call
Central Office @ 545-9300



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

Vista

Kirsten B. 2 years Feb. 29, 2008

Nu-Life

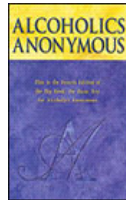
Helen S. 1 year February 28, 2009



"Passing the basket" at meetings is our way of meeting our responsibility for the work of A.A. Our own contributions support the group, the General Service Office, and all A.A. activities

CONTRIBUTED TO INTERGROUP

December: Norwest, 12 Steps to Recovery, 449, Acceptance is the Answer, Nu-Life, Indian Head, Vista



IT'S IN THE BOOK

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss." AA@ Big Book, Pg. 89



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.

ALCATHON

The Regina Alcathon is pleased to report that our social event was successful financially and in spite of the cold weather, was well attended. An especially good time was had by a packed house at our New Year's Eve jam.

A big thank you to the many individuals who contributed books, money, goods and service.

We are very much appreciated the support of the following groups: 12 Steps to Recovery, 449, Acceptance is the Answer, Friday Noon, Heart view, Last Chance, Lumsden Valley, No Name, North Side, Northern Lights, One Way, Our to Lunch Bunch, Pioneer Fellowship, Saturday @ 9, South Hillsdale, Sunday @ 9, Sunday Sunrise and Vista.

We apologize if we forgot anyone. Thank you all,
Bob G., Chair, Regina Alcathon



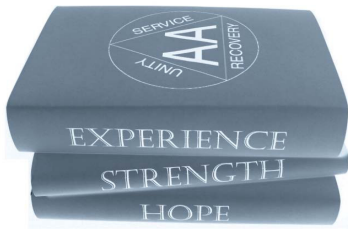
"I know you told me no new relationships for a year, but he's got seven months and I've got five--does that count as a year?" — Sheila O., Massachusetts

IF MY LIFE IS A MESS
THEN WHAT I BELIEVE IS
UNTRUE

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

HAPPY
OUR
PROGRAM
EXISTS

You are heading towards a slip when you remember the good times more than the bad.
Do not give up. It is often the last key of the bunch that opens the door.
We together can do what I alone cannot.



ROAD OF HAPPY DESTINY



The Chip In My Pocket

I carry a chip in my pocket - A simple reminder to me, of the fact that I am a drunk, no matter where I might be.

This little chip is not magic, nor is it a good luck charm, It isn't meant to protect me, from emotional or physical harm.

When I put my hand in my pocket, to bring out a coin or a key, the chip is there to remind me, of the price I pay to be free.

To acquire a foundation to stay sober, I must surrender self-will, asking help from a Higher Power, and allow my mind to be still.

A service commitment at meetings, and listening to what my sponsor does say, a quiet prayer asking for guidance, at the start and end of each day.

The chip reminds me to be grateful, for my sobriety, one day at a time, and to be thankful to my Higher Power, that my illness is not a crime.

It's also a daily reminder, of the peace and comfort I share, with all other sober drunkards, who walk with His loving care.

So I carry a chip in my pocket, reminding no one but me, that, by turning my will over to Him, He has brought me sobriety.

- Anonymous ■

For more information and registration call Central Office @ 545-9300 Or www.aa.org

Humboldt AA & Al-anon Round-Up

February 13, 2010 Bella Vista Hotel Highway #5
For more information contact Central Office @ 545-9300
Cost is 7th Tradition

Edmonton's 25th AA Winter Round-Up

February 12&13, 2010 King Edward Park Community League Hall
7708-85 Street Tickets are \$25 per adult until January 31 and \$30/adult (if available) For more information Contact
Edmonton's AA Central Office (edmontonaa@hotmail.com)
Edmonton's AA Central Office at 780-424-5900

43rd Annual Saskatoon and area AA/Al-anon Round-Up

February 19-21, 2010, Travel Lodge Hotel
For more information and to purchase tickets, Contact the Saskatoon Central Office @ 306-665-6727 Monday to Friday - 8:30 am to 11:30 am; 12:00 pm to 3:00 pm or by email, centraloffice@asaskatoon.org

58th Regina & Area AA Round-Up

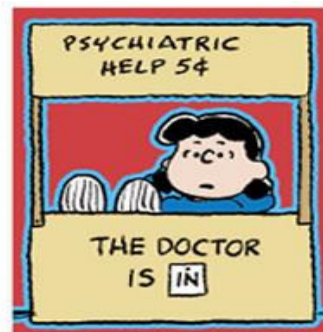
March 12-14, 2010 West Harvest Inn 4025 Albert Street
Purchase Tickets Early
Weekend Pass \$55
Includes All Events, Saturday Supper, Sunday Breakfast
Excluding Meals \$20, Karaoke \$10, Dance \$10
Tickets Available from Central Office 545-9300

Weyburn's 53rd Annual A.A. Family Roundup With the Co-operation of Al-Anon

March 26&27, 2010
Friday, March 26th, 8:00 P.M.
Meeting at Knox Presbyterian Church: 136 2nd St. N.E.
Saturday: March 27th 9:00 AM
Grace United Church Hall (upstairs): 210 3rd St. N.E.
More information to follow

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





Victor E. Cartoon reprinted from the Grapevine

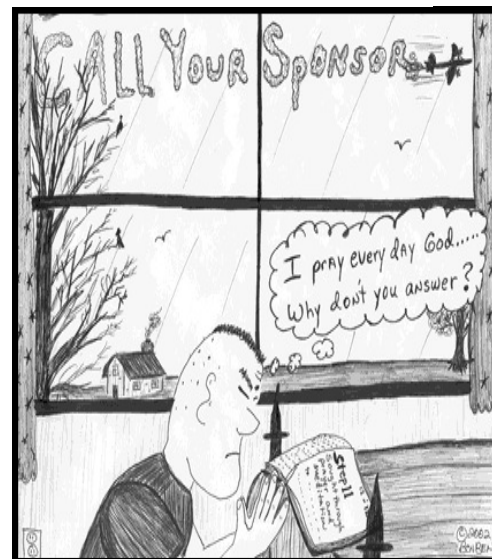
THE SECOND PRINCIPLE

HOPE

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.

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.

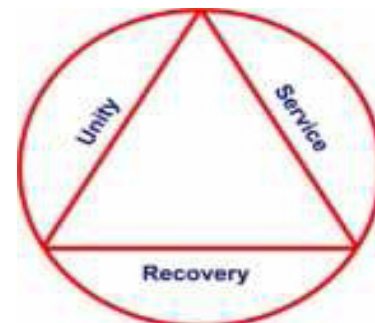
Intergroup Office Committee

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

A SOBER FATHER WAS RAISING his young son with the help of AA slogans and sayings. If the boy was angry or agitated, his dad would say, "Easy Does It." If the boy was sad or unhappy, his father would counsel, "Let Go and Let God." This plan backfired one day when the boy asked to go to the toy store. "Absolutely not!" said the father. "Aw, c'mon Dad," said the boy. "Bring the body and the mind will follow."



HAVE YOU CALLED 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.