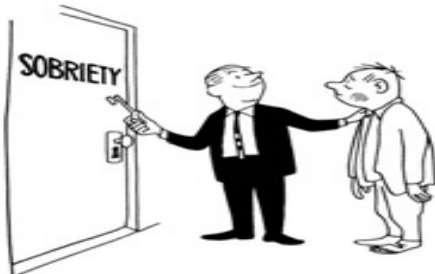




Heart to Heart



*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 1, Speaker Meeting, Step Study Starting, New Literature

\$ Tradition 7

Share the message Pass this newsletter on

January 2010

STEP 1

We admitted we were powerless over alcohol—that our lives had become unmanageable.

First Step Prayer

Today, I hit my bottom and ask

for Your help with my addiction to alcohol.

Denial keeps me from seeing how

powerless I am and how my life is

unmanageable.

I pray to become open-minded

and admit complete defeat against alcohol.

I pray to remember that I have an incurable

disease with a mental obsession plus

physical allergy.

Help me to know that I am dealing

with alcohol—cunning, baffling, and

powerful. And that abstinence is the only

way to deal with it.

Give me the strength and willingness

to straighten out my past and teach me

tolerance, patience and good will toward

all. Amen.

TRADITION 1

Our common welfare should come first; personal recovery depends on A.A. unity

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?

2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?

3. Am I gentle with those who rub me the wrong way, or am I abrasive?

4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?

5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?

6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?

7. Am I as considerate of AA members as I want them to be of me?

8. Do I spout platitudes about love while indulging in and secretly justifying behaviour that bristles with hostility?

9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?

10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

CONCEPT 1

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Until the early 1950s, Bill W. and Dr. Bob made all the major decisions for A.A. as a whole. At the local level, many of the groups relied on Bill and Dr. Bob when questions arose on how to run the group, or about A.A. service activities. When Dr. Bob became terminally ill, Bill saw that A.A. needed to become self-sufficient to prepare for the inevitable day when the founders would be unable to give their advise. The A.A. General Service Conference was created as the decision-making body for A.A. as a whole. The General Service Conference is made up mostly of Delegates from all of the Areas of the U.S. and Canada, along with the General Service Office staff, the A.A. Grapevine staff, the Trustees of the General Service Board, and the Corporate Directors of A.A. World Services and The A.A. Grapevine, Inc. At the St. Louis International Convention in 1955, world service responsibilities were transferred to the General Service Conference, which today meets annually to express the collective conscience of A.A. as a whole. Summarized from *the A.A. Service Manual, Twelve Concepts for World Service*



SPOTLIGHT ON SERVICE OPEN POSITION:

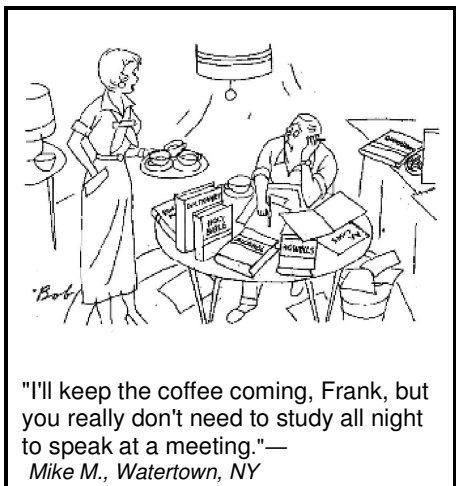


SPEAKER MEETING CHAIR

- Responsible for organizing the weekly speakers meeting
- You do not have to commit to be there every week and you would not have to do this service on your own, enlist the aide of program friends or your Home Group
- You would arrange for a meeting chair
- You would maintain a current list of available speakers and schedule a speaker for each week
- It is up to you where you will hold this meeting, the Eureka Club, Cathedral Community Center, a Church etc. and be responsible to negotiate a rental agreement, following our 7th Tradition
- What time on Saturday night would the meeting start, 6:30 7:00, 7:30, 8:00
- Report to the intergroup body

Please come to the next Intergroup meeting, the first Wed. of the month and let your names stand for this position.

Is your meeting represented at Intergroup?



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

B.Y.O.Beverage Women's

Donna J. 23 Yrs. Jan. 4, 1987



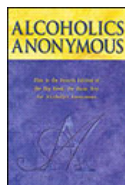
"Passing the basket" at meetings is our way of meeting our responsibility for the work of A.A. Our own contributions support the group, the General Service Office, and all A.A. activities

CONTRIBUTED TO INTERGROUP

November: Hero, Monday @ 7 am, Balgoni out of Towner's, Happy Hour, B.Y.O.Beverage Women's, Lumsden Valley

Treasurers Report

Intergroup would like to thank all the groups and Districts for their monetary contributions in 2009. It was much appreciated. Contributions were down 45% from the budgeted amount of \$17,340, potentially putting a financial strain on the operations of the office. Out of the 50 plus groups within the three districts, 32 groups made one or more contributions in 2009. In order to meet Intergroup's obligation of spreading the message, providing unity and service within the AA community and helping the alcoholic who still suffers more contributions would be a benefit. Let this be a year to show your financial support to Intergroup and the Regina AA office. I would like to close with "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." Your contributions, little or small are always welcome. Thanks again for your support and have a joyous and alcohol free 2010. Yours in service Stan M. (Intergroup Treasurer)



IT'S IN THE BOOK

"Try to remember that though God has wrought miracles among us, we should never belittle a good doctor or psychiatrist. Their services are often indispensable in treating a newcomer and in following his case afterward."
Alcoholics Anonymous .133



ROAD OF HAPPY DESTINY



2010 INTERNATIONAL CONVENTION

Proposed Charter Bus to International Convention 2010 San Antonio Texas

Charter through Sun West Coach Proposed Departure June 29 - Return July 6 Arrive in San Antonio June 30 and Leave July 5 Bus holds 50 passengers Cost \$300 per person Two Nights Hotel one on the way down and one on the way back Sun West to book but cost not included in price. Individuals are responsible for registration and accommodations for Convention. Seats available on a first come first serve basis Payment of \$150 non-refundable deposit by March 30, 2010

Passport Information to be included: Full Legal Name (including middle name), Date of Birth, Place of Birth, Citizenship, Name at Birth (maiden name for ladies), Passport Number Possible second bus if more than 50 people interested. Price includes Drivers Hotel in San Antonio. Price Subject to possible fuel cost surcharge. Please contact Central Office @ 545-9300

Cec C. 58th AA Birthday Luncheon.

Saturday, January 9, 2010. Travelodge Hotel Ballroom, Downstairs 3551 - 2nd Ave. West. Prince Albert Sask. Fellowship 11:30 AM Lunch 12:00 A.M. By Advance Ticket Only - \$15.00 - Includes Lunch, Fellowship, Lunch, Speakers Don't Miss This Great Birthday Party! For more info contact Central Office @ 545-9300

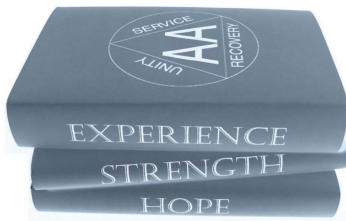
Southey/Cupar AA/AI-anon Round-Up

January 30, 2010, Southey Memorial Hall Registration 1:00pm, Banquet 6:00pm For more info contact Central Office @ 545-9300

43rd Annual Saskatoon and area AA/AI-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@aasaskatoon.org





Piecemeal

When I came to A.A., I knew I had a problem with booze, but I was reluctant to admit I was an alcoholic. To me, an alky was a stereotype: a white man over fifty wearing a smelly old trench coat, lying in a bus shelter, and holding a bottle of cheap wine in a paper bag. I spent my thirty-eighth birthday in a detox. After the twenty-eight-day treatment program, I attended one-hundred-forty meetings in ninety days because I knew my way of living didn't work. My best attempts at controlling my drinking and my best efforts at managing my life all drove me to my bottom. So, I took Step One piecemeal: We ... I listened to other people share their experience with booze. My head nodded up and down like a bobble head doll. Although my circumstances were different--I never went to jail (I never got caught)--I could relate to their feelings and their thinking. These people were like me in every respect except one: they were staying sober.

... admitted . . .

These A.A.'s reminded me that admitting something was voicing the willingness to accept it. That worked for me. In the beginning, I was unsure and leery about acceptance. But admitting my problem among people who were like me was something I could do.

. . . we were powerless over alcohol . . .

I attended more than a hundred meetings and listened to chapter five, "How It Works," in each one. I got a Big Book and finally realized that I needed to read "The Doctor's Opinion," too. In that section, I found simple text that described my illness. I knew I was messed up in my head, but in "The Doctor's Opinion"

I learned how my body reacts to alcohol. Here, something new really opened my eyes. I knew alcohol didn't affect my non-alcoholic friends or my ex-wives like it affected me. They got sleepy, doxy, and often queasy if they had one drink over their limit. I didn't have a limit. When I drank, a switch flipped on inside

me and I felt elated, alert, outgoing, powerful, and beautiful. Magically, I became a different person--the person I was too shy and scared to become without booze. I always wanted to be someone other than myself. I lived with low self-worth. As a teenager, I discovered that booze took my feeling of smallness away. My brain had found a simple solution to a difficult problem, and it didn't look for another one. When I felt small, I drank. When I drank, I entered a zone of big. Inside that zone, I had to have more alcohol. This was a direct result of my body reacting to alcohol. The allergy and the unique phenomenon of craving were things I knew had happened to me. For over twenty years, I knew I was mentally weak when alcohol was involved. I was obsessive. I depended on alcohol to drown my unwanted feelings and fears. But on that day in my early recovery, I discovered that what made me an alcoholic was my body, not my mind. This was very important. It was no longer a matter of will. It was a matter of understanding that my body would always react the same way to booze. It helped me to see that I was not the disease, but that I had a disease--forever. No matter how much I grew through the Twelve Steps, my body would always react the same way to alcohol.

...--that our lives had become unmanageable . . .

"No problems with that part," many of us say when we come into AA. But the phrase means more than throwing our hands in the air and declaring life a chaotic mess. It means that my disease is progressive. If I am truly powerless over alcohol and there is no earthly power that can relieve me of my obsession to drink, then I need a power greater than human power. Declaring our lives unmanageable places one foot forward, thereby entering Step Two. In doing so, we no longer have one foot remaining in the problem. We move into the solution.

Eric S., Ottawa Ontario
AA Grapevine, January, 2007



GROUP NEWS

JO-COR GROUP – CORRECTIONAL CENTER

Volunteers are desperately needed to attend meetings at the Regina Correctional Center. Contact Central 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.

NOVALCO GROUP

A Step Study will be starting on Monday, January 11 @ 8:00pm Our Saviour's Lutheran Church, 190 Massey Road (parking lot door) Contact Central Office @ 545-9300 for more information



OFFICE NEWS

The Intergroup Committee would like to thank Jennifer for her dedicated service to Alcoholics Anonymous and wish her well.

We have hired a new Office Secretary, her name is Kolette.

Central Office has new literature for sale:

"A Rabbit Walks into a Bar" Best Jokes & Cartoons from AA Grapevine.

Cost: \$11.00

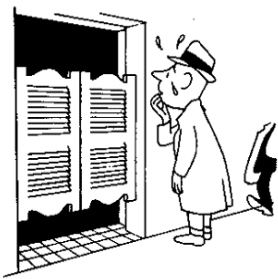
"Voices of Long-Term Sobriety"

Old-timers Stories from AA Grapevine.

Cost: \$11.00

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

SOBRIETY
LOSING
IT'S
PRIORITY



Victor E. Cartoon reprinted from the Grapevine

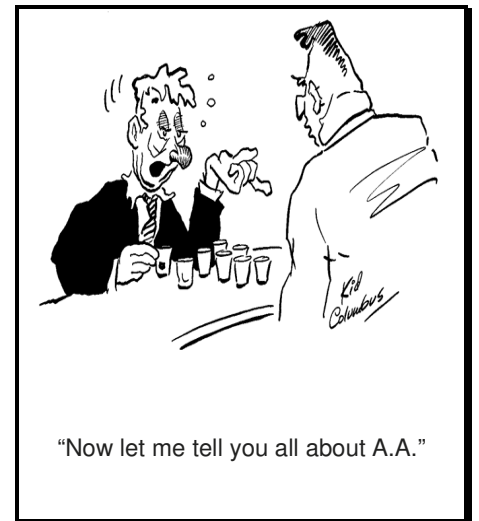
THE FIRST PRINCIPLE

HONESTY

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.



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.

WHEN I WAS DRINKING I NEVER HAD A SOBER DREAM!



HAVE YOU CALLED SOMEONE TODAY

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.)



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.