



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 6, The Beast Within, Autobiography in 5 Short Chapters

\$ Tradition 7

Share the message Pass this newsletter on

June 2010

STEP 6

Were entirely ready to have God remove all these defects of character.

Remove Our Shame
Following the example of an old-timer friend of mine, whose quality of sobriety I admired, I printed, in ink, each one of my separate defects on a white poker chip. Then all twenty-seven chips went into a small, fat, yellow pitcher. Every morning on awaking, I plunged my hand into it (like picking a number from a goldfish bowl) and came up with the "chip for today." The defect might be anger, fear, pride, resentment, gossip, snobbery, self-pity, and so on, but whichever one it was had to be concentrated upon for the next 24 hours, and either reduced to a minimum or cast away. It was a kind of game. I enjoyed wrestling with one "defect" a day. I felt I was making progress, really working the AA program. It hadn't yet occurred to me that I had gone overboard on this "defect" business. Twenty-seven indeed! How is that for the "pride" defect? Of course, most of them were not serious flaws of character, such as the inability to be honest with oneself. Most were bad habits possessed, in some degree, by most humans. Fortunately, just about that time our group was slated for discussion of Step Six. I opened my copy of Twelve Steps and Twelve Traditions and read the Step all the way through. Although I had read it many times before, it seemed as if I saw its meaning for the first time. I gathered that, instead of fighting mightily against a defect, I had to let go of it. Just simply open up my hands, my heart, and my mind and say to my Higher Power. "Here it is this defect. I give it to you. Please remove it from me." In this case, it was the bitter and destructive resentment that I wished to be rid of. And so it happened. It faded away and never returned. F. C. Manhattan, New York

TRADITION 6

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

1. Should my fellow group members and I raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AA's familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, shouldn't we have these facilities?

B. L., Manhattan, New York

Copyright AA Grapevine, August 1970
Used with permission

When working Steps Six and Seven we honestly have to ask ourselves "Do I really want to give up the defect? Or do I just want to give up the result of the defect?"

CONCEPT 6

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

"Why should our Trustees be given this very wide latitude of judgment and action? The answer is that we A.A.'s are holding them mainly responsible for all our service activities . . . They are the active guardians of our Twelve Traditions."— Reprinted from *Twelve Concepts for World Service* p.

1. Are we familiar with how our General Service Board (G.S.B.) Class A and Class B trustees serve A.A.? Are we familiar with how our other trusted servants serve A.A.?
2. Are we clear about the terms, "chief initiative" and "active responsibility"? Can we see a direct link to our home group?

DEFECTS

Rejection
Dishonest
Fear
Frightened
Inconsiderate
Pride
Greedy
Anger
Envy
Impatient
Intolerant
Resentment
Hate
Self-Pity
Self - Justification
Self - Importance
Self - Condemnation
Suspicion
Gluttony
Sloth

ASSETS

Acceptance
Honesty
Faith
Courage
Considerate
Humility
Giving
Calm
Grateful
Patience
Tolerance
Forgiveness
Love
Self - Forgetfulness
Humility
Modesty
Self - Forgiveness
Trust
Moderation
Action



SPOTLIGHT ON SERVICE

INTERGROUP CHAIRPERSON



- Have at least one year of sobriety
- An understanding of the Traditions and concepts
- Make a commitment to a Two year term of office
- Precedes over elections every two years in November of even numbered years
- Set the agenda for the meeting
- Keep Intergroup meeting flowing
- In the event of a tied vote, the chairperson casts the deciding vote
- Can not table motions
- Co signing authority for allocation of funds to Central Office
- Attend the Office Committee meeting

For more information call Central Office @ 545-9300

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

March: 43rd Group, Northern lights 449 Group, Friday Noon Luncheon

April: BYOB Women's, Hero Group Big Book Group, Massey Road Group Nor West Group, South Hillsdale



IT'S IN THE BOOK

If we would gain any real advantage in the use of Step Six on problems other than alcohol, we shall need to make a brand new venture into open-mindedness. We shall need to raise our eyes toward perfection, and be ready to walk in that direction. It will seldom matter how haltingly we walk. The only question will be "Are we ready?"
Twelve Steps And Twelve Traditions, page 68



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

Vista
(Correction)
Bob G. 12 years May 29, 1998

B.Y.O.B. Women's
Shirley G. 2 years June 30, 2008

Sunday @ 9
Marie K. 23 years June 1, 1987

Nu-Life
Larry C. 1 year June 1, 2009
Jane F. 16 years June 3, 2007
Rhonda P. 15 years June 9, 1995
Scott P. 26 years June 11, 1984
Debbie K. 25 years June 12, 1985

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

ANY CHANGE TO IMPROVE OUR NATURE

When my mind is still and alone with the beating of my heart, I can sense my basic humanity, and then I know that all men and women are my brothers and sisters. Nothing but my own fear and distrust can separate me from the love of friends. If I can trust others, accept them, enjoy them, then my life shall surely be richer and more full. If I can accept others, this will help them to be more truly themselves, and they will be more able to accept me.

Paul Beattie



GROUP NEWS

Jo-Cor Group – Correctional Center

Volunteers are desperately needed to attend meetings at the Regina **Correctional Center**. Please 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. The **Dojack** meeting is in need of volunteers, for more information and clearance contact Central Office @ 545-9300

Speaker Meeting

June 12, 2010 7:00 Tradition 7
Speaker: Donna J.
Dance to follow \$5.00
Cathedral Neighbourhood Center 13th Ave.
(across from Safeway)

Spring Fling

June 19, 2010 Tradition 7
6:30 PM: Doors Open
6:45 PM: Potluck Supper
7:30 PM: Panel on the 12 Traditions
Cathedral Neighbourhood Center 13th Ave.
(across from Safeway)

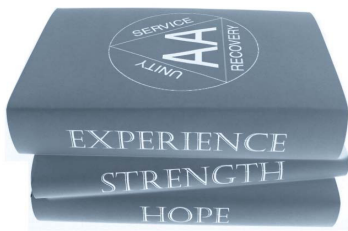
Roundup Committee

June 13, 2010 2:00 pm
St. Paul's Cathedral Church

New Group on Tuesdays

Fresh Start Youth Group
Time: 7:30 p.m. to 8:30 p.m.
Location: Wascana Rehabilitation Centre Meeting Room 5 (By the cafeteria)
Meeting Open to all A.A. members





ROAD OF HAPPY DESTINY

THE BEAST WITHIN

There lies deep within my being ... my soul, a Beast who lies in wait, for the moment to strike SHH... It's sleeping now, and I am painfully aware of what little it takes to Awaken my Beast within. My Beast is patient, cunning, and powerful, always ready to pounce and consume me, when my guard is down. I must remain ever vigil, ever spiritual, and ever prepared to stand my ground. SHH... my Beast within is sleeping now. It thrives and grows on my despair, loneliness, and self-pity, awakening to my soul sickness. To devour me... in whispered lies and promises of better days to come. And when in my grief and darkness, I choose to follow my beast, I am led to the most painful dark pit of hell, I have ever known. The sights, sounds, and tastes to tangible to put into simple words. Lies, tears, broken promises, and utter devastation are all my Beast ever brings. So I pray and climb the Spiritual ladder my Higher Power lowers into the depths of my sick, fractured soul. I slip and crawl... my mind swirling at where I have been... and where I can go... And I remember once again with renewed faith, strength, and hope that I must remain ever vigil, ever spiritual, and ever prepared. SHH... my Beast within sleeps once again. by Pam W.

An Autobiography in Five Short Chapters By - Portia Nelson

I.

I walk down the street.
There is a hole in the sidewalk.
I fall in – I am lost...
I am helpless – It isn't my fault.
It takes forever to find a way out.

II.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes a long time to get out.

III.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in...
It's a habit my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

IV.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

V.

I walk down another street

The 15 passenger van to the World Conference in San Antonio has been cancelled due to a lack of interest

Leipzig Serenity Retreat

June 11-13, 2010
\$25.00 per person, includes camping
For more information contact Central Office @ 545-9300

Marean Lake Family Round-up

June 18-20, 2010
Registration: Adults \$20 ~Family \$50 ~Single Family \$25.
Sunday Breakfast & Speakers Tradition 7
For more information contact Central Office @ 545-9300

Lakeshore Round-Up

July 16, 17 & 18, 2010 7th Tradition
Murray point Campground at Emma Lake, SK (follow signs)
There are various resorts and hotels in area. Go to www.sasktourism.com for information.

La Ronge AA Round-Up & Campout

July 30-August 1, 2010 Wadin Bay Campground, 27 KM North of La Ronge
Registration, \$15 Children \$7 Under 5 Yrs. Free
For more information contact Central Office @ 545-9300

3rd Annual Saskatchewan Youth Round-Up.

August 27- 29th, 2010 Manitou District Regional Park (Camp Kitchen #1)
7th Tradition
For more information contact Central Office @ 545-9300 Book your campsites early (306-946-2588)

Medicine Hat Round-Up

September 10-12, 2010
Medicine Hat Legion Hall
702 - 2nd Street S.E.
Full Tickets \$40.00 Speakers Only \$20.00
For more information contact Central Office @ 545-9300

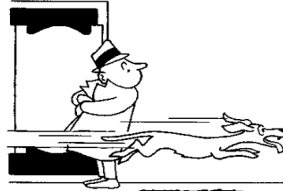
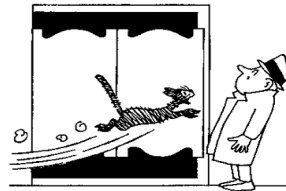
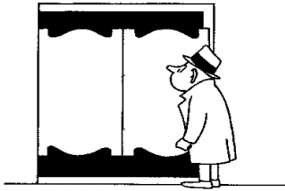
RENT-A-SPONSOR

- o **Are you tired of being told like it is?**
- o **Still looking for that easier, softer way?**
- o **Had enough of that same old time-tested direction?**

No Reading! No Writing! No Deadlines!

STANDARD FEATURES INCLUDE:

- *Listening to your sniveling without constant reference to the Big Book or Steps!
- *Co-signing your excuses and rationalizations!
- *Work only the Steps you want, in the order you choose!
- *Learn the secret of giving it away before you even have it!
- *Why "walk the walk" when you can just "talk the talk?"
- *Remember, it's better to look good than to feel good!
- *Why save your ass at the cost of losing your face?



Victor E. Cartoon reprinted from the Grapevine

THE SIXTH PRINCIPLE



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.

I may not always walk the way I talk, but thank God I don't walk the way I THINK!

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'm sober but I'm still broke. Coffee costs as much as booze."

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.

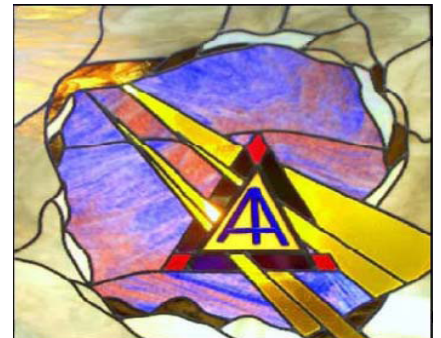
Intergroup Meeting: 1st Wednesday of the month @ 7:30pm, St. Paul's Cathedral 1861 McIntyre St.

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 alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. The patient simply didn't follow directions. For the alcoholic, A.A. offers the directions.

-- SLIPS AND HUMAN NATURE, William Duncan Silkworth, M.D.



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.