



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 3, Intergroup Co-Chair, New Speaker Meeting Chair

\$ Tradition 7

Share the message Pass this newsletter on

March 2010

STEP 3

Turned our will and our lives over to the care of God as we understood Him.

* (Step One) - Yes or No:

Have you learned and have you fully conceded to your innermost self that you are an alcoholic?

* (Step Two) - Yes or No:

Do you believe, or are you even willing to believe, that there is a power greater than you?

* (Step Three) - Yes or No:

(a) Are you convinced about steps one and two?

(b) Are you convinced that any life run on self-will can hardly be a success?

(c) Are you convinced that your troubles are basically of your own making, and that they arise out of you and that you are an extreme example of self will run riot?

(d) Are you convinced that you must be rid of this selfishness?

(e) Are you convinced that your selfishness is killing you?

(f) Are you convinced that there is often no way of entirely getting rid of self without a higher power's aid?

(g) Are you convinced that you have to have a higher power's help?

(h) Are you convinced that you have to quit playing the role of a higher power - which it never worked?

(i) Are you convinced that a higher power is going to be your director, principle, father and employer?

(j) Are you convinced that you have thought well about taking this step?

(k) Are you convinced that you can at last abandon yourself utterly to a higher power?

Are You Ready To Take Step Three?

TRADITION 3

The only requirement for A.A. membership is a desire to stop drinking.

1. In my mind, do I prejudice some new AA members as losers?

2. Is there some kind of alcoholic whom I privately do not want in my AA group?

3. Do I set myself up as a judge of whether a newcomer is sincere or phoney?

4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?

5. Am I overly impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one sick human, like the rest of us?

6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives?

What his domestic arrangements are? Whether he has been to AA before?

What his other problems are?

God I offer myself to You - to build with me and do with me as You will. Relieve me of the bondage of self that I may better do Your will. Take away my difficulties, that victory over them may bear witness to those I would help of Your power, Your love, and Your way of life. May I do Your will always!

CONCEPT 3

To insure effective leadership, we should endow each element of A.A.— the Conference, the General Service Board and its service corporations, staffs, committees, and executives— with a traditional "Right of Decision."

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

The "Right of Decision" means that we choose Delegates, Group Service Representatives and other Trusted Servants whom we trust to make good decisions in the meetings where they represent us. Of course, whenever possible they will want to inform and consult with us whom they represent before decisions are made. Also, we should expect thorough reporting on actions taken, and make an effort to understand these. It's a common misunderstanding in A.A. that our representatives are to be directly instructed by our groups or assemblies on how to vote. Instead, we are to choose some one we trust to make a good decision, once they've heard and considered all of the arguments for and against any question. Summarized from The A.A. Service Manual, and the pamphlet, The Twelve Concepts for World Service, Illustrated.



**SPOTLIGHT
ON SERVICE
OPEN POSITION:**

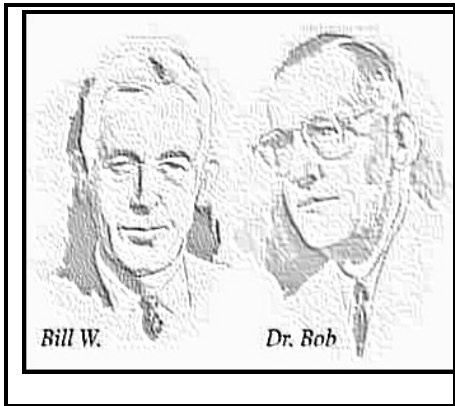
**Intergroup
Co-Chair**



- Responsible for attending monthly Intergroup meeting
- Chair meeting when Chairperson can not attend
- Keep contact with Chairperson
- 2 years of sobriety with knowledge of the traditions.

Is your meeting represented at Intergroup?

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



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

Nu-Life

- Janie H. 15years March 16, 1995
- Dustin R. 7 years March 18, 2003
- Peter H. 6 years March 22, 2004

B.Y.O.Beverage Women's

- Karen K. 4 Years March 6, 2006
- C.W. 2 Years March 19, 2008

Sunrise Breakfast

- Gord A. 12 years March 17, 1998

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

JANUARY: Sunrise Breakfast, Vibank, Regina beach, 12 Steps to Recovery, Northside, and a special thank you to the Alcathon Committee for their generous contribution.

Intergroup will need contributions of at least \$22,000.00 this year to maintain the Central Office and our 12th Step work!

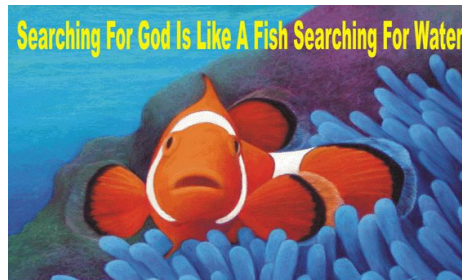


IT'S IN THE BOOK

This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that

hereafter in this drama of life; God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

AA@ Big Book, Pg. 62



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Alcoholics Anonymous is the only place in the world where you can walk into a room of total strangers and reminisce!



**ROAD OF HAPPY
DESTINY**



2010 INTERNATIONAL CONVENTION

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

March 26&27, 2010
7th Tradition
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.
For more information contact Central Office 545-9300

Naicam Round-up

March 27, 2010 Naicam Legion Hall
7th Tradition
For more information contact Central Office 545-9300

Zealandia 30th Family A.A. Round-Up

March 28th, 2010 Zealandia Elks Hall
7th Tradition
For more information contact Central Office 545-9300

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

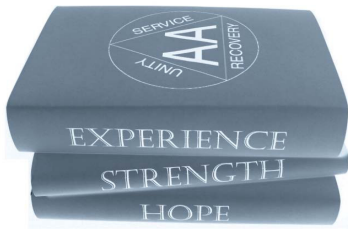
April 10, 2010 Vibank Community Hall
Registration Starts at 11:30 Noon.
7th Tradition
Soup will be served from 11:30 until 12:30
For more information contact Central Office 545-9300

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

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. 306-242-888
There is no Fee Register at www.aa.org



Embers of Hope

A new perspective on the other side of experience! I have sipped the finest whiskey in the fanciest of establishments and I have chugged the cheapest beer in the seediest of places. I drank in bars to fit in and to be socially accepted, then I drank alone to escape society and the reality that was my life. I have been honest and respectful, crooked and perverse. I have abused and I have been abused. None of it worked. I am an alcoholic. The best thing I thought I could do in life was get drunk. I didn't always know why I drank the way I did, I just knew that I had the knack for getting wasted at all the wrong times. I was the bewildered one.

In my active addiction, I regularly passed out so anesthetised that I wet the bed. Did I think this odd behaviour? Hardly; I just figured this was the price I had to pay for my drinking. Anyway, my wife would clean it up (oh, what I put her through). I remember I got my first DWI on the morning after my eighteenth birthday (some present, eh?). While childhood friends were pursuing sports, careers, education, and life, I was losing my driving privileges because of John Barleycorn. I also remember my last DWI, twenty years later, when in a blackout I got caught at two o'clock in the morning driving the wrong way on a four-lane highway sixty-five miles from home. To this day, I have no idea what I was doing there. For many years, I bounced in and out of the rooms of AA, mostly to get the courts and my family off my back, but I didn't get it. I hadn't had enough. I hadn't hit my bottom and for me to get there I had to go subterranean. I had to build a crawl space under my bottom to find it. Five years ago, I thought I had finally admitted my own personal powerlessness over alcohol and made what I thought was an honest attempt to get clean and sober. I went to rehab for the third time and this time I completed my stay. When I got out I started doing some of what I was told to do. I even managed to get sixty days clean. However, I did not do the Steps that are suggested as a program of recovery. Yes, I would sit in the meeting rooms and read them off the wall, but what I got were off the wall results. Then, when my sixty days clean did not seem to be clearing up the thirty years of damage my drinking had caused, I grew discouraged and depressed, and reverted back to my old friend alcohol—and drink I did. This is the fun I remember having with my last drink. I isolated myself, turned off the phone, and made my stand. I barricaded myself in my home with enough alcohol to get properly drunk and for two days I drank. Then, on Labour Day 2001, I drank myself into oblivion and made some deadly serious, selfish, and irreversible decisions.

In the ultimate act of selfishness, I set into motion a plan to commit suicide, but I couldn't carry it out. So I set fire to the house where my mother and I lived (a duplex). Staggering drunkenly into the woods behind my home, I put a 410 shotgun with a rifle slug under my chin and pulled the trigger. Amazingly, I woke up about an hour later, filled with disgust for failing to end my life. I had only brought one shell with me and with my home now fully ablaze and twelve fire companies on the scene, there was no way I could go back for more. So I crawled further into the woods, hoping against hope that before anyone could find me I'd bleed to death. This was the longest and cruellest forty-five minutes of my life. Not only was I in the worst physical pain I had ever experienced, but I was in emotional and spiritual turmoil as well. Nevertheless, in what I can only describe as an act of Providence, I had a moment of clarity. Somehow, I found the strength to get up and walk the distance I had crawled into the woods. Covered in blood, with half my jaw blown away and my left eye dangling from its socket, I made it to the edge of the woods. There I fell and began to crawl, hoping that someone would see me. My yard was full of people, yet no one did; their attention was focused on the fire. Then a lady who was taking pictures for the local newspaper saw me. At first, she thought I was a Halloween decoration. Thankfully, she directed the firemen to my aid. I was flown to the nearest trauma center, where the doctors told me it was a miracle that I was alive. The bullet had been deflected by the bones in my face and did not damage my brain. Had I waited another ten minutes in the woods, they said, I most likely would have bled to death. In the hospital, I awoke one morning and standing next to my bed was the pastor from the local church in my community. He

asked me in no uncertain terms if I had had enough yet and handed me a Bible and the AA Big Book. With tears streaming down my face, I reached out for the books. With a nod of submission, I started my journey into recovery. God has turned my shadow of death into another morning and AA is giving me the tools to live in this day. I am powerless over alcohol, and I firmly believe that what my human helplessness could not overcome, God's divine enablement can. I have hurt many and lost much due to my inability to admit and accept the fact that I am an alcoholic. Gone are family, friends, my teeth, my eye, and my sense of smell and taste. Since my incarceration, my mother has died and my wife has divorced me. All of my worst fears have been realized, yet thankfully, I am still sober and recovering. Today, I know life is full of trials and tribulations, but they are not designed to make me give up, but to help me grow--and growing I am. I have come out the other side of my experience with a new perspective on life, with a new strength and a new hope. I have stopped living in the problem and have discovered that AA's answer for my life is the road I must tread. Copyright © AA Grapevine.org June 2007 reprinted with permission



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

Kirsten B. Let her name stand for this position at the January Intergroup meeting and was voted in as Speaker meeting Chairperson.



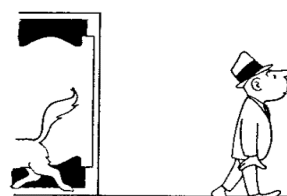
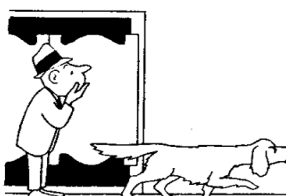
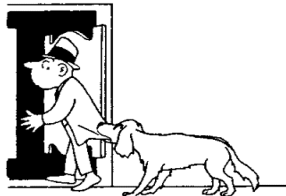
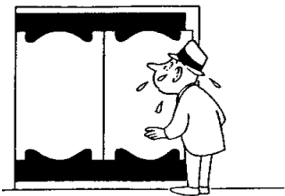
OFFICE NEWS

The office will be closed March 24th,
April 7th and 9th

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



"He comes home from a meeting and just sits there
and smiles!"



Victor E. Cartoon reprinted from the Grapevine

THE THIRD PRINCIPLE

FAITH

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.

I stood off and took a long look at life and the values I found in it: I saw a paradox that he who loses his life does indeed find it. The more you give, the more you get. The less you think of yourself the more of a person you become. In A.A. we can begin again no matter how late it may be. Experience Strength and Hope, pg. 431



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.