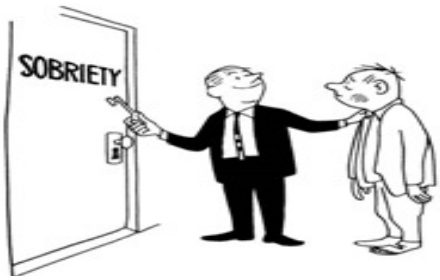
Heart to Heart



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 5, Tribute to God, Corrections Chair

$ Tradition 7 Share the message Pass this newsletter on May 2010

STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 5: Remove Our Shame

I had been sober in A.A. for two years when I went to a meeting and admitted I felt ashamed of being an alcoholic. The feedback I got was very extensive and helpful, and something one fellow said to me really clicked. "It seems to me as if you're ready for step 5," he said. I was between sponsors at the time, so I asked a woman who attended one of my regular meetings if she would hear my Fifth step. Using all I had learned about Step Four in the meetings, I set about writing my inventory. Searching and fearless it was, as I proceeded to write pages that unearthed memories I'd long buried. And along with my past history, I realized I wanted to be rid of resentment against someone I had been carrying since getting sober. I had tried to pray for the person and to let go of the resentment, but everyday my anger toward this person still simmered. I knew I was finally ready to be rid of the resentment when I admitted it was hindering my progress toward my sobriety and peace. When I finished my Step Four writing, a friend suggested that I not let too much time go by between writing my inventory and sharing it. So one cold February day in 1990, I sat at her table and read my inventory. Before I started, however, she offered some important guidance: "Remember that our Higher Power is also here listening." And "You can trust that nothing you say will leave this room." The second statement was especially helpful because if anything was an exercise in trust for me, it was this experience. As I read my inventory, I was sure she'd be shocked or judgmental. What a relief to encounter understanding and acceptance. I felt my shame melt away. When I finished, she said, "The things you've talked about today are over and no longer a part of you. If you do another Step Four and Five, it won't be on what you've addressed now, for that's gone." I left her home that day feeling relieved of a huge burden and also cleansed. Several days later, I realized I hadn't once thought of the person I'd resented so much. This was a miracle. Through Step Five, God had removed my shame about being an alcoholic as well as the resentment I'd harboured for so long. And that freedom still exists, years later.
Teresa P. Lifeline May 2008, Salt Lake City Central Office, Salt Lake City, UT

TRADITION 5

Each group has but one primary purpose-to carry its message to the alcoholic who still suffers

1. Do I ever cop out by saying, "I'm not a Group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favour or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who he is or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose? Does my group *carry* the message, or do we expect people to come get it?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Copyright AAGrapevine

CONCEPT 5

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Newcomers to A.A.'s General Service Conference are often surprised at the pains taken by the presiding office to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which a "substantial unanimity" is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself. This is A.A.'s "Right of Appeal" in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of grave importance, the minority has the actual duty of presenting its views. This "Right of Appeal" recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.
Reprinted with permission of A.A. World Services, Inc. from the pamphlet, *The Twelve Concepts for World Service, Illustrated.*

SPOTLIGHT ON SERVICE

Corrections Chair

- The purpose of a corrections committee is to coordinate the work of individual A.A. members and groups who are interested in carrying our message of recovery to alcoholics behind the walls, and to set up means of smoothing the way from the facility to the larger A.A. community through pre-release contacts.
- Corrections committees, when allowed to do so; take A.A. meetings into facilities within their area. They encourage "outside" group participation in this kind of Twelfth Step work. In some areas, each group has a group corrections representative. The committee provides a liaison between the correctional facilities groups and meetings and groups on the outside, and also coordinates pre-release contact.
- A.A.s in this Twelfth Step work seeks to understand, respect, and adhere to all corrections regulations.
- A good understanding of the Traditions in particular Traditions 5, 6, 11, and 12.
- Responsible to report back to the Office Committee and Intergroup.
- A full description of Carrying the Message to Correctional Facilities can be found at **wwwaa.org**

"This Step Five may take awhile; I would hate for you to fall asleep in the middle of it."
— Joe H., Vancouver, British Columbia

THE PSYCHIATRIST SAYS to the 40-year-old alcoholic: "So, tell me about your childhood--that is, your life up until now."

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

Nu-Life

Brad O.	4 years	May 5, 2006
Chris C.	18 years	May 8, 1992
Carol H.	1 year	May 12, 2009
Corey H	2 years	May15, 2008
Wayne H	21 years	May27, 1989
Chuck S.	34 years	May 31, 1976

B.Y.O.Beverage Women's

Michelle D.	5 years	May 3, 2005
Marissa K.	1 year	May 29, 2009

Vista

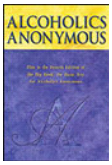
Billie D.	1 year	April 20, 2009
Terry	20 years	May 10, 1990
Bob	10 years	May 29, 2000

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

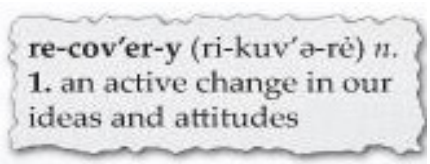
March: Walsh Acres, District 15



IT'S IN THE BOOK

STEP 5 PROMISES

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.
Page 75 of the Big Book of Alcoholics Anonymous



ROAD OF HAPPY DESTINY

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**

37th Annual Lloydminster AA Roundup

May 28-30, 2010 Tradition 7
Legacy Center 5101 46th St
Accommodations:
West Harvest Inn 1-780-875-6113
Tropical Inn 1-780-219-5244
Ramada 1-780-871-6940
Hotel Inn 1-780-870-5050
Central Suite 1-780-875-8989
Best Western 1-780-875-4404
Rolling Green Golf & RV Park 1-780-875-4653 $30/per night c/w hook-ups
Weaver Park Campground 1-306-825-3726 $32/per night c/w hook-ups
Contact: Central Office @ 545-9300

PA Gateway Round-Up

Is a go this year
June 5 & 6th at the PA Exhibition Centre

LAKESHORE A.A. ROUNDUP

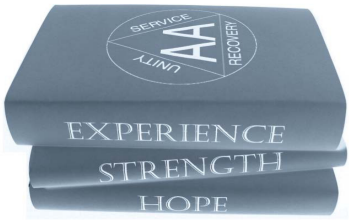
July 17-19, 2010 Tradition 7
Murray point Campground at Emma Lake
Contact: Central Office @ 545-9300

3rd Annual Saskatchewan Youth Round-Up.

August 27- 29th, 2010 Manitou District Regional Park (Camp Kitchen #1)
7th Tradition
For more information call:
Central Office @ 545-9300

A couple of good reasons for your meeting to be represented at Intergroup

- It's a good place to share and receive information about what's going on in our A.A. community.
- It's the place to pick up the Heart to Heart Newsletter for your group.



Tribute to GOD, AA and to Bill Wilson

We died of pneumonia in furnished rooms where they found us three days later when somebody complained about the smell. We died in single vehicle accidents up against bridge abutments and nobody knew if it was suicide and we probably didn't know either, except in the sense that it was always suicide. We died with a shotgun in our mouth, or jumping off a bridge, and everybody knew it was suicide. We died in hospitals, our stomachs huge, distended and there was nothing they could do. We died in cells, never knowing whether we were guilty or not, we couldn't remember what we had or hadn't done, or even where we were or whom we had seen. We went to priests, they gave us pledges, they told us to pray, and they told us to go and sin no more, but go. We tried and we died. We died of overdoses; we died in bed (but usually not the Big Bed). We died in straitjackets, in the DT's seeing God knows what, creeping, skittering, slithering, shuffling things. And you know what the worst thing was? The worst thing was that nobody ever believed how hard we tried. We went to doctors and they gave us stuff to take that would make us sick when we drank on the principle of "so crazy, it just might work," I guess, or maybe they just shook their heads and sent us to places like 'Drop-kick Murphy's'. And when we got out we were hooked on paraldehyde or maybe we lied to the doctors and they told us not to drink so much, just drink like me. And we tried, and we died. We drowned in our own vomit or choked on it, our broken jaws wired shut. We died playing Russian roulette and people thought we'd lost, but we knew better. We died under the hoofs of horses, under the wheels of vehicles, under the knives and boot heels of our brother drunks. We died in shame. And you know what was even worse was that we couldn't believe it ourselves, that we had tried. We figured we just thought we tried and we died believing that we hadn't tried, believing that we didn't know what it meant to try. When we were desperate enough or hopeful or deluded or embattled enough to go for help, we went to people with letters after their names and prayed that they might have read the right books, that had the right words in them, never suspecting the terrifying truth, that the right words, as simple as they were, had not been written yet. We died falling off girders on high buildings, because of course ironworkers drink, of course they do. We died "cleaning our gun," or "suicide by cop," or behind (or inside) Dempsey dumpsters of skid row bars. We died under the Southeast Expressway, with our hands tied behind us and a bullet in the back of our head, because this time the people we disappointed were the wrong people. We died in convulsions, or of "insult to the brain," we died incontinent, and in disgrace, abandoned. If we were women, we died degraded, because women have so much more to live up to. We tried and we died and nobody cried. And the very worst thing was that for every one of us that died, there were another hundred of us, or another thousand, who wished that we could die, who went to sleep praying we would not have to wake up because what we were enduring was intolerable and we knew in our hearts it wasn't ever going to change. One day in a hospital room in New York City, one of us had what the books call a transforming spiritual experience, and he said to himself "I've got it" (no, you haven't, you've only got part of it) "and I have to share it." (now you've ALMOST got it) and he kept trying to give it away, but we couldn't hear it. We tried and we died. We died of one last cigarette, the comfort of its glowing in the dark. We passed out and the bed caught fire. They said we suffocated before our body burned, they said we never felt a thing, that was the best way maybe that we died, except sometimes we took our family with us. And the man in New York was so sure he had it, he tried to love us into sobriety, but that didn't work either, love confuses drunks and he tried and we still died. One after another we got his hopes up and we broke his heart, because that's what we do. And the worst thing was that every time we thought we knew what the worst thing was something happened that was worse. Until a day came in a hotel lobby and it wasn't in Rome, or Jerusalem, or Mecca or even Dublin, or South Boston, it was in Akron, Ohio, for Christ's sake. A day came when the man said I have to find a drunk because I need him as much as he needs me (NOW you've got it). And the transmission line, after all those years, was open, the transmission line was open. And now we don't go to doctors and priests, and we don't go to people with letters after their names. We come to people who have been there, we come to each other. And we try. And for the first time, they don't talk to us about OUR drinking; they talk to us about their drinking. And we identify. And we don't have to die.

Welcome to AA!!!!!! Anonymous

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

ROUND-UP COMMITTEE MEETING

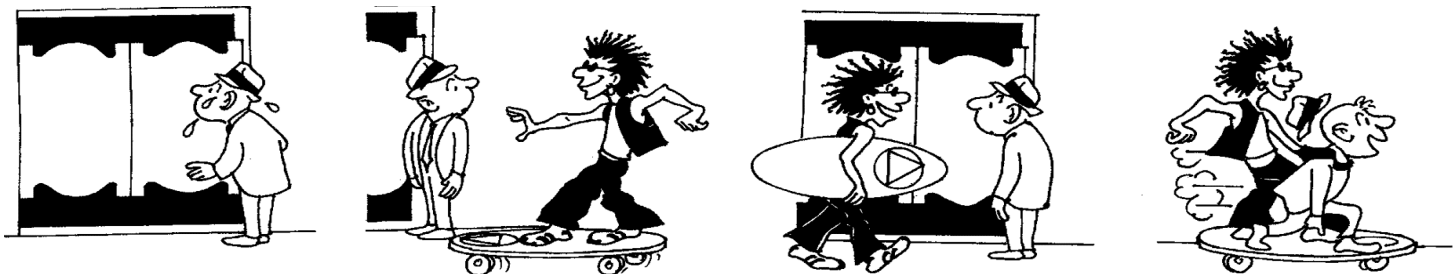
June 6, 2010 **2:00 pm**
St. Paul's Cathedral Church

SUNDAY MEETING IN THE PARK

Moving BACK to Wascana Park (beside the Totem pole) as of June 1st

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

F ACE
E VERYTHING
A ND
R ECOVER



Victor E. Cartoon reprinted from the Grapevine

THE FIFTH 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.

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.

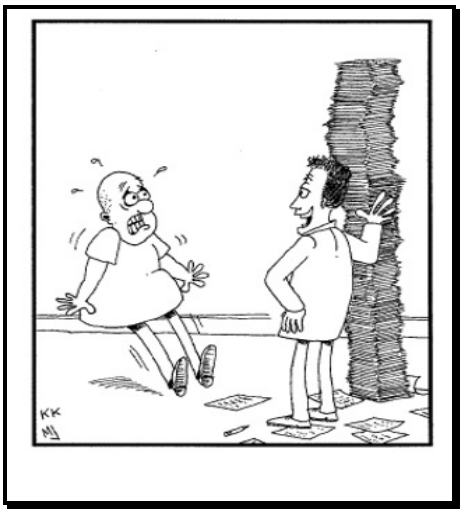
Intergroup Office Committee Meeting: Last Wednesday of the month @ 7:30pm Central Office #312-845 Broad St

A 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.

Quit griping about the program; if it was perfect, you couldn't belong.

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