



Heart to Heart

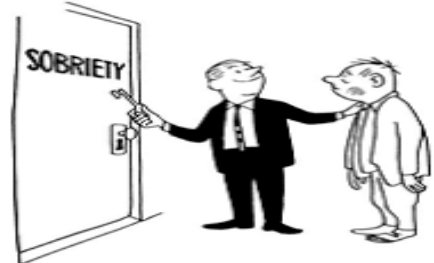


*I AM RESPONSIBLE,
WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP,*

I WANT THE HAND OF A.A. ALWAYS TO BE THERE,

AND FOR THAT:

I AM RESPONSIBLE



This Issue: Step 1

\$ Tradition 7

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January 2012

STEP 1

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

For those who are unable to drink moderately the question is how to stop altogether. We are assuming, of course, that the reader desires to stop. Whether such a person can quit upon a non-spiritual basis depends upon the extent to which he has already lost the power to choose whether he will drink or not. Many of us felt that we had plenty of character. There was a tremendous urge to cease forever. Yet we found it impossible. This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish.

-- *Alcoholics Anonymous*, pages 34
Reprinted with permission.

The Serenity Prayer

**God, grant me the serenity
to accept the things I cannot change,
Courage to change the things I can
and Wisdom to know the difference.**

TRADITION 1

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

Ask yourself:

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?

CONCEPT 1

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

- that our group has a general service representative (G.S.R.); that we feel our home group is part of A.A. as a whole; that our group's decisions and actions reflect that;
- that we hold regular group conscience meetings and encourage everyone to participate; that we pass that conscience on to the district, area, and the local intergroup meetings;
- that the "collective conscience" of Alcoholics Anonymous is at work in my home group and in my area;
- that we fit in the upside-down triangle of A.A.;
- that we are willing to do what it takes to insure that our democracy of world service will work under all conditions.

Re-formatted from Twelve Concepts for World Service, reprinted with permission from AA World Services Inc

If drinking is interfering with your work, you're probably a heavy drinker. If work is interfering with your drinking, you're probably an alcoholic.

THE 1ST PRINCIPLE

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different from his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The idea that somehow, someday we will control and enjoy our drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

(Reprinted from Alcoholics Anonymous, with the permission of A.A. World Services, Inc).

SERVICE MEETINGS

All members of Alcoholics Anonymous are welcome to attend 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 @ 7:30 pm, Mount Olive Lutheran Church, 2015 – 4th Ave N.

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



BYOB Women's Group

Donna J.....January 4.....25 years (celebrating on January 13th)

12 Steps to Recovery

Allison V January 1.....10 years (celebrating on January 9th)

GROUP NEWS

Celebrating Sobriety

BYOB Women's Group

Katrina Z ... February 10

Please submit your group member birthdays to the Regina A.A. Intergroup Office at a.a@sasktel.net



Contributions

Personal Donation - December \$1,000.00.

November 2011: Free Speech Group, Vista Group, Harmony Group, Nu Life Group.

December 2011: Northern Lights Group, Pasqua Group, One-Way Group, BYOB Women's Group, Regina Beach Group.

An alcoholic is an individual who takes the most simple program and works on it until he has reduced it to it's most complicated form."

Member to Member

Surrender to live – What if I can't trust?

O.K. so you convinced me I had to surrender only because I failed so terribly and couldn't stand my life anymore. Oh yeah, and they were going to put me in a psyche ward. I tried to surrender and found out that no matter how much I tried or if I thought I had, circumstances showed me I had even failed at that. I was truly hopeless.

I can tell you why I couldn't surrender; it was a combination of ego, fear, hating the God I currently understood, past unanswered prayers and seeing evil in the world thrive. I faced life without much help from anyone and developed incapacity to trust due to abuse and abandonment from those who represent God in childhood - my parents. At an early age fear and survival techniques ingrained in me not to trust anyone. So, how does one get past all that in order to surrender at any honest or effective level?

My sponsor and the big book told me that the requirement is to remain honest, open and willing and my higher power would do the rest. There was my answer, so in my rebellious, cocky way I put it out to the universe (life source, God, higher power) that it was up to him (her, it) to "surrender me" because I was incapable of having that level of trust – and that was the truth. Go ahead, I mocked – you are supposedly all-powerful and all knowing so you try and get past all the layers and invoke a heart felt surrender so I can stay sober.

I didn't prove to be the challenge to this higher power that I thought I was going to be. Instead, I experienced a deep, soul wrenching surrender that resonated in my whole being, convincing me that I wasn't alone and that there was something full of intelligence and love that would manage my life. The relief washed over me and I stopped fighting. I knew there was hope.

This higher power continues to "surrender me" as I practice openness, honesty and willingness in every area of my life. Most of my work in this program is getting out of the way and experiencing the wonder of life unfolding. I can trust! I can wake up with passion for life. That is a miracle. No, that is thousands of miracles happening over time as I persevere in walking the AA walk with a power I do not understand but I experience.
Marie K.

Hi! And welcome to Alcoholics Anonymous! I'm new here. Just shy of 2 years ago, I walked through the doors. I have found the place I belong and find love and friendship like I've never known. Thank You. If you have feedback or input, please reply through the AA Office.

**Thanks
Kathy C.
Heart 2 Heart Editor.**

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.

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