



Heart to Heart



Tradition 7

July 2008

Responsibility Declaration

I am responsible. When anyone, anywhere, reaches out for HELP, I want the hand of AA always to be there. And for that: I am responsible.

Please read and pass around

Regina AA Intergroup

THIS ISSUE: "BIRTHDAYS", "SERVICE", "ROUND-UPS", "STEP SEVEN"

REGINA AA INTERGROUP OFFICE:

#312 – 845 BROAD STREET

BROAD STREET BUSINESS CENTRE

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

Go to www.aaregina.com for more information.

SERVICE SERVICE

VOLUNTEERS NEEDED...

for the Gratitude Night Committee. Please contact Central Office by e-mail at a.a@sasktel.net or call 545-9300 during office hours for information.

VOLUNTEERS ALSO NEEDED...

for Corrections - to attend a meeting every other week at Regina Correctional Center. Meetings are at 7:00 pm on Tuesday or Wednesday. Usual attendance is between 15 and 20, and meetings are greatly appreciated by those in attendance. Please contact Central Office at 545-9300 for clearance.

INTERGROUP POSITIONS AVAILABLE:

Intergroup Chair

Treatment Facilities Chair

Newsletter Editor

Speaker's Meeting Chair

If you are interested in learning more about these important service opportunities, please contact Central Office by e-mail at a.a@sasktel.net or call 545-9300 during office hours.

QUOTE OF THE MONTH

"Habits are like cork or lead – they tend to keep you up or hold you down."

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BIRTHDAYS BIRTHDAYS

NU-LIFE GROUP

GORDON R.	July 16	35 years
BERNIE M.	July 18	18 years
ILONA B.	July 26	15 years

HOME AWAY FROM HOME 12x12 GROUP

HERB L.	July 16	19 years
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All birthday submissions may be sent to Central Office by the 20th of the month at a.a@sasktel.net or by calling 545-9300 during office hours.

SUMMER 2008 OFFICE HOURS

Regina Central Office will be **closed from July 18 - 28** for vacation. The office will re-open on Wednesday, July 30th.

ROUND UPS ROUND UPS

ICYPAA CONFERENCE

International Conference of Young People in AA

July 3-6, 2008

Oklahoma City, Oklahoma, USA

Contact Central Office at 545-9300 during office hours for details.

LAKESHORE AA ROUND-UP

July 11-13, 2008

Murray Point Campground at Emma Lake, SK
Contact Central Office at 545-9300 during office hours for details.

MANITOU BEACH 10TH ANNUAL FAMILY CAMP-OUT ROUND-UP

July 18 - 20, 2008

Manitou Beach Regional Camp-Ground
(3 miles north of Watrous)

Contact Central Office at 545-9300 during office hours for details.

SASKATCHEWAN YOUTH ROUND-UP

July 25-27, 2008

Manitou Beach Regional Camp-Ground
(3 miles north of Watrous)

Contact Central Office at 545-9300 during office hours for details.

28th ANNUAL PIKE LAKE DELISLE ROUND-UP

August 15 – 17, 2008

Pike Lake Provincial Park
(20 km southwest of Saskatoon)

Contact Central Office at 545-9300 during office hours for details.

MAY/JUNE INTERGROUP CONTRIBUTORS

B. Y. O Beverage Group

449 Group

Saturday Night Speaker's Meeting

Nu-life Group

THANK YOU

STEP SEVEN STEP SEVEN

Humbly asked Him to remove our shortcomings.

From the Big Book:

*When ready, we say something like this:
"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen"*

TRADITION SEVEN TRADITION SEVEN

(the short form)

Every AA group ought to be fully self-supporting, declining outside contributions.

(reprinted from *Alcoholics Anonymous*, pages 59, 76 and 562 with the permission of A. A. World Services, Inc.)

Did you know?

Personal donations to the Regina AA Central Office are tax deductible. Your AA Central Office is a registered charitable organization with Revenue Canada; therefore, we are permitted to issue income tax deductible receipts for donations. Please consider making a financial contribution to support AA in Regina and District. You can mail your donation, or come into the office and make it in person. You will receive your tax-deductible receipt immediately. We encourage you to consider your AA Central Office.

7th Annual **CLASSIC COOKOUT** 2008

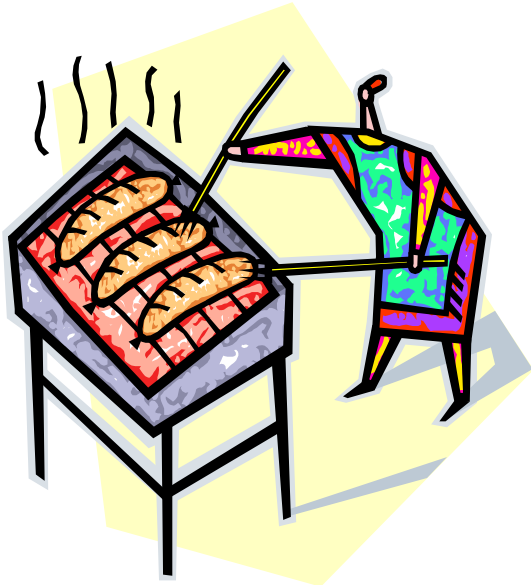
Come out and enjoy fellowship, burgers, hotdogs, and some dancing:

When: Saturday, August 9th, 2008

Time: 6:00 pm – 1:00 am

Where: Regina Wildlife Federation

12.5 kms outside of Regina on Highway #1



Advance tickets: **\$8.00**

Children 8 and under FREE

Advance tickets will be on sale until August 8, 2008 – door admission \$9.00

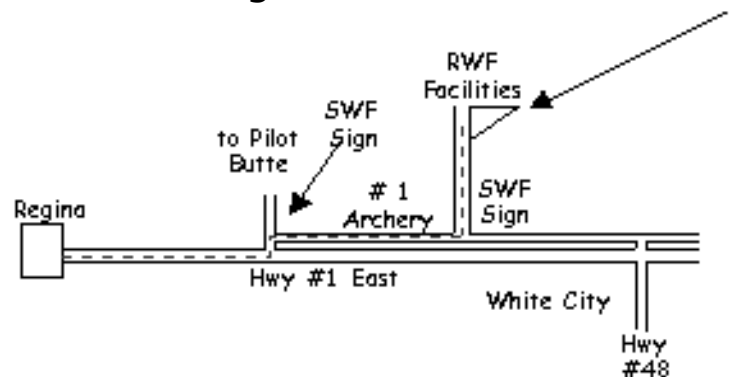
Agenda Includes:

- ❖ Eating & Fellowship
- ❖ Speaker Meeting
- ❖ Dancing
- ❖ Bring lawn chairs!

For more information contact:
12 Steps to Recovery Group –
Monday Nights 8:00 PM
(4th Ave N. & Hamilton)

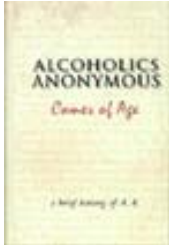
or

Contact the AA Central office
at a.a@sasktel.net or 545-9300



Sponsored by:
12 Steps to Recovery Group

HAVE YOU READ? HAVE YOU READ?



AA COMES OF AGE

\$13.75

Bill W. tells how AA started, how the Steps and Traditions evolved, and how the AA Fellowship grew and spread overseas.

This title and many others are available at Regina Central Office. We also carry VHS tapes, audio CDs, posters, wallet cards, and pamphlets. It is important to make your purchases from an AA office because that office purchases their literature from GSO in New York; therefore, you are supporting Alcoholics Anonymous. If you wish to purchase literature please call the office during office hours or stop by. We accept cash, cheque, or money order as a method of payment. Thank you for your support!



THE HEART TO HEART NEEDS YOU!

The H2H is always looking for stories and such to include in the newsletter every month. If you would like to submit a story or your experience with the 12 Steps or 12 Traditions or anything else relating to alcohol, please email them to Central Office at a.a@sasktel.net or drop them off at the office during office hours.

Heart to Heart is the newsletter voice of Regina area AA. It is published by Regina Intergroup as a service to the AA community. 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.

LET LITERATURE CARRY THE MESSAGE, TOO.



Stop by the office and check out the newly designed pamphlets!

SERVICE MEETINGS

Intergroup Meeting

1st Wednesday of the month
7:30 pm at St. Paul's Cathedral
1861 McIntyre Street

Districts 15, 17 & 18 Meetings

2nd Wednesday of the month
7:30 pm at Mount Olive Lutheran Church
2015 4th Avenue North

Intergroup Office Committee Meeting

Last Wednesday of the month
7:30 pm at Central Office
#312 – 845 Broad Street

All A. A. members are welcome at service meetings. Come out and see how the program functions, get involved and try out a service position. You might be surprised at what you can do, and at what WE can do together.