



## HOW ABOUT A ROAD TRIP!



AT HOME OR A FEW MILES AWAY, ALWAYS GREAT FUN AND FELLOWSHIP

### "A VISION FOR YOU"

#### 2010 INTERNATIONAL CONVENTION

AA's 75<sup>th</sup> Anniversary, **July 1<sup>st</sup> to 4<sup>th</sup>**, San Antonio Texas. More information is available at [www.aa.org](http://www.aa.org) or call Central Office at 545-9300 during office hours.

#### Lakeshore AA Round Up

**July 10 -12, 2009.** Murray Point Campground, Emma Lake, SK. For details Contact Connie at 764-7448 or e-mail Donna at [dbrooks@sasktel.net](mailto:dbrooks@sasktel.net).

#### Pike Lake/Delisle Round Up

**August 14-15, 2009**

Pike Lake Ukrainian Park

For details, please call Kim @ 934-3843

#### Saskatchewan Youth Round Up

**August 21-23, 2009**

Manitou Regional Campground

#### Hudson Bay Family Round Up

**September 19, 2009** - Anglican Parish Hall. For details Contact Kevin C. @ 865-2256.

#### Melfort AA & Al-anon Round Up

**October 3, 2009** - Legion Hall. For details Contact Marv T. @ 717-5056

### FALL ASSEMBLY 2009

Mark your calendar! The Area 91 Fall Assembly will be held in Regina on: **October 23 – 25<sup>th</sup>, 2009** More details to follow...

## OFFICE NEWS

Central Office now has available the 2009-2010 Area 91 Provincial Directories for sale at **\$1** each.

Here is a list of some of the **new book prices** taking affect on **July 1<sup>st</sup>**.

Big Book – Hard cover \$13, Soft cover \$11  
Large print \$12, Pocket size \$8

12 x12 – Hard cover \$12, Soft cover \$10  
Large print \$12, Pocket size \$8

Daily Reflections - \$12, large print \$13

Came to Believe \$6

Living Sober- \$6

AA Comes of Age \$15

Dr Bob \$15

Pass It On \$15

Experience, Strength & Hope \$15

As Bill Sees It \$12, Soft cover \$11

## AA CELEBRATES SOBRIETY



### JULY BIRTHDAYS

#### Vibank

Chris G 10 years July 17 Jason M 1 year April 26

#### Women's BYOBeverage:

Tracey T. 2 years July 28

### TRADITION 7

Every A.A. group out to be fully self-supporting, declining outside contributions. *(Reprinted from Alcoholics Anonymous, page 564 with the permission of A.A. World Services, Inc).*

### CONCEPT 7

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness. *(Reprinted from the A.A. Service Manual page 29 with the permission of A.A. World Services, Inc).*



**That feeling of uselessness and self-pity will disappear.** *(Reprinted from Alcoholics Anonymous, page 84 with the permission of A.A. World Services, Inc).*

#### 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](mailto:a.a@sasktel.net)

### I HEARD THAT

Loneliness is when my heart is telling me I need people at the same time my ego is telling me I don't. Anonymous

## THIS IS HOW WE WORK IT



### STEP 7

#### Humbly asked Him to remove our shortcomings

Indeed, the attainment of greater humility is the foundation of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety; they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.

As we approach the actual taking of step Seven, it might be well if we A.A.'s inquire once more just what our deeper objectives are. Each of us would like to live at peace with himself and with his fellows. We would like to be assured that the grace of God can do for us what we cannot do for ourselves. We have seen that character defects based upon short sighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God.

The chief activator of our defects has been self-centered fear—primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

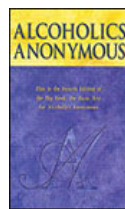
The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have. (Reprinted from *The Twelve Steps and Twelve Traditions*, pages, 70 and 76 with the permission of A.A. World Services, Inc).



## And a . . .Anonymous

#### The danger of being different

I am an alcoholic anda. . . .” I hear it at every meeting, and I go to between four and six meetings a week. Someone at each AA meeting is always an “anda.” I understand that the AA program is based on the identification of one alcoholic with another. All of us have other issues. All of us! However, I have never heard anyone say, “I am an alcoholic ‘anda’ coin collector.” I am sure we have coin collectors in AA and probably some of them are obsessed with collecting coins. I could be an alcoholic “anda” Baptist, former Catholic, Native Texan, Indian, German, Irish, fisherman, guitar player, song writer, singer, husband, and father. There are probably twelve-step programs for some of these things, but my original sponsor said I couldn't go to any other twelve-step programs until I finished this one. When I sobered up on July 8, 1971, at thirty years of age, “anda” was seldom, if ever, heard. I think it came from treatment centers. The centers could process more people by grouping all clients into one “addictive” box. I think that there is a connection between the “andas” and our **singleness of purpose**. What I hear from the “anda” is: I am different from you. It's not enough to fit in. The “anda” has to stand out. He or she has to be different from the alcoholics. So if you ever start to use the term “anda” in an AA meeting, stop and think for a second: **Why am I trying to be different?** Being “different” kept most of us drunk for a long time before we got to AA. Let's all stick to our **singleness of purpose** and keep it simple, just for today. Corky S. Bayou Vista, TX Copyright © The AA Grapevine, Inc. May, 2004 Reprinted with permission.



#### STEP SEVEN PRAYER

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.” We have then **completed** Step Seven. (Reprinted from *Alcoholics Anonymous*, page 76 with the permission of A.A. World Services, Inc).

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?”

## DEFINE IT

Belief in the power of God, plus enough willingness, honesty and **humility** to establish and maintain the new order of things, were the essential requirements. (Reprinted from Alcoholics Anonymous, page 13 and 14 with the permission of A.A. World Services, Inc).

**Humility:** So, humility is not thinking less of yourself, it is thinking of yourself less. The way we have come to look at humility is that it is a virtue, one of the principles that AA teaches us to live. The definition we have adopted pictures us as standing naked before God, without pretense nor reservation. It means hiding nothing, being our real selves, both good and bad. A good synonym for humility is honesty.

### 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.* (Reprinted from the A.A. Service Manual with the permission of A.A. World Services, Inc).

## NO MUSTS IN AA

Above everything, we alcoholics **must** be rid of this selfishness. We **must**, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. (Reprinted from Alcoholics Anonymous, page 62 with the permission of A.A. World Services, Inc).

## WHAT DOES IT MEAN TO YOU?...



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.



The Alcoholics Anonymous Camel symbol

The camel each day goes twice to his knees.  
He picks up his load with the greatest of ease.  
He walks through the day with his head held high.  
And stays for that day, completely dry.

## 20<sup>th</sup> World Service Meeting: Service-Gratitude in Action

When simmered down to their last, "said A.A. co-founder Dr. Bob in 1950, "Our Twelve Steps resolve themselves into the words **love and service**. We understand what love is and we understand what service is. So let's bear those two things in mind." These were among Dr. Bob's last words to the fellowship, delivered at the First International Convention of Alcoholics Anonymous in Cleveland, Ohio. As he delivered these brief remarks, it's unlikely that he could have foreseen the establishment of the World Service Meeting, nearly two decades later, yet his words captured the essence of A.A., an essence reflected in the world service Meeting's own Statement of Purpose, adopted at the third WSM in 1974, held in London: "The **primary purpose** of the World Service Meeting is the same as that of all A.A. activity-to carry the message to the alcoholic who still suffers, wherever in the world he may be, whatever the language he speaks..." Echoing Dr. Bob's distillation of A.A. principals, this statement reflects those same simple words: **love and service**. (Reprinted from box 459, Vol.54 No.6 / Holiday Issue 2008 page 3 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

1<sup>st</sup> Wednesday of the month 7:30 pm at St. Paul's Cathedral  
1861 McIntyre St.

### Districts 15,17 & 18 Meetings

2<sup>nd</sup> Wednesday of the month 7:30 pm at Mount Olive  
Lutheran Church 2015 4<sup>th</sup> Ave. N.

### Intergroup Office Committee Meeting

Last Wednesday of the month 7:30 pm at Central Office  
#312-845 Broad St.

*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).

