



Heart to Heart



Tradition 7

June 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", "MEETINGS", "ROUND-UPS", "STEP SIX"

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.

MEETINGS MEETINGS

NEW GROUP – HEALING SPIRITS

Tuesdays at 6:30 pm

Red Ribbon Place, 2735 5th Avenue 

*Closed Meeting

NEW SUMMER OUTDOOR MEETING

Sundays in June at 11:00am (weather permitting)

Wascana Park, beside Totem pole (behind

Legislative Building)

*Open Meeting

BIRTHDAYS BIRTHDAYS

NU-LIFE GROUP

DEBBIE K.	June 12	23 years
FREDDIE H.	June 15	4 years

43rd GROUP

JOHN M.	June 15	23 years
DELORES P.	June 30	31 years

All birthday submissions may be sent to Central Office.

MAY INTERGROUP CONTRIBUTORS

Acceptance is the Answer Group

Nu-Life Group Nor-West Group

THANK YOU

HELP! 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.

HELP! VOLUNTEERS 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 for clearance to attend these meetings. Almost everyone is welcome, and desperately needed.

INTERGROUP POSITIONS AVAILABLE:

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.

ROUND UPS ROUND UPS

PRINCE ALBERT GATEWAY ROUND-UP

June 6-8, 2008

Exhibition Centre

6th Avenue East & Exhibition Drive

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

MAREAN LAKE FAMILY ROUND-UP

June 13-15, 2008

Christ the King Church Camp

Marean Lake, SK

Call 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-Grounds
(3 miles north of Watrous)

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

SASKATCHEWAN YOUTH ROUND-UP

July 25-27, 2008

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

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

STEP SIX STEP SIX

STEP SIX

Were entirely ready to have God remove all these defects of character.

TRADITION SIX

(the long form)

Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think therefore, that any considerable property of genuine use to AA should be separately incorporated and managed, thus dividing the material from the spiritual. An AA

group, as such, should never go into business. Secondary aids to AA, such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the AA name. Their management should be the sole responsibility of these people who financially support them. For clubs, AA managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside AA – and medically supervised. While an AA group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An AA group can bind itself to no one.

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THE 6TH STEP

I have attacked Step Six many times. It has attacked me in return. We have had open warfare, and we have had moratoriums. For periods of time, I have purposely ignored this Step. Often, I have stated that it did not make sense to me.

The battle began some years back, when I regularly attended Step-discussion meetings. I had done my best on the first five Steps, I thought. I had even made a written list of all my defects. They counted up to twenty-seven.

Following the example of an old-timer friend of mine, whose quality of sobriety I admired, I printed, in ink, each one of my separate defects on a white poker chip. Then all twenty-seven chips went into a small, fat, yellow pitcher. Every morning on awaking, I plunged my hand into it (like picking a number from a goldfish bowl) and came up with the "chip for today." The defect might be anger, fear, pride, resentment, gossip, snobbery, self-pity, and so on, but whichever one it was had to be concentrated upon for the next 24 hours, and either reduced to a minimum or cast away.

It was a kind of game. I enjoyed wrestling with one "defect" a day. I felt I was making progress, really working the AA program. It hadn't yet occurred to me that I had gone overboard on this "defect" business. Twenty-seven indeed! How is that for the "pride" defect? Of course, most of them were not serious flaws of character, such as the inability to be honest with oneself. Most were bad habits possessed, in some degree, by most humans.

Nevertheless, I kept up this game for two or three years, telling many AA friends about it and urging them to go and do likewise. I explained that, although the Step

suggested that God would remove these defects when and if I became ready to let go of them, I was of the school that believed in the saying "Pray for potatoes, but reach for the hoe." I did ask my Higher Power to lend a hand on the day's defect I happened to confront, but I felt that He expected me to use energy on rooting it out of my character.

Still, these dozens of defects I had laid claim to kept cropping up again and again, over and over. It seemed that the harder I fought them, the harder they fought back. I became quite discouraged. I decided I had been willing, I had tried, and I would now let Number Six, and myself, have a vacation. I put the little yellow pitcher on a shelf behind some books and only now and then dipped into it. I kept busy and active in AA; I felt comfortable being sober; I was trying to practice the AA principles in all my affairs. Then, out of nowhere, came a deep resentment toward an AA friend. I agonized over it, prayed over it, but discussed it with no one. I had insomnia, indigestion, and fatigue. (Any good doctor can tell you that negative emotions make people physically ill.)

Fortunately, just about that time our group was slated for discussion of Step Six. I opened my copy of Twelve Steps and Twelve Traditions and read the Step all the way through. Although I had read it many times before, it seemed as if I saw its meaning for the first time. I gathered that, instead of fighting mightily against a defect, I had to let go of it. Just simply open up my hands, my heart, and my mind and say to my Higher Power. "Here it is, this defect. I give it to you. Please remove it from me." In this case, it was the bitter and destructive resentment that I wished to be rid of. And so it happened. It faded away and never returned.

Since then, I have followed the same procedure on other serious emotional problems, with the same result. I just have to keep in mind that if I am not 100 percent sincere in my willingness to be rid of the problem, the procedure won't work. I have come to realize that Step Six means exactly what it says. No more, no less.

When, and if, I become ready to have painful, inhibiting, or long-standing flaws removed, they will be. Not always permanently, not all of them. But if and when they return, they will be weaker and much easier

to let go of. As for all those bad habits I once listed as defects, I am trying to arrest them a day at a time, as I do my alcoholism.

A little progress has been made on pride. I can now admit that most of my troubles stem from one large and glaring defect: self-centeredness. For how can I wallow in self-pity, weep over resentments, be sick with righteous anger, ache with envy, tense up with fears and anxieties unless all my thoughts are exclusively on poor me?

A long time ago, a very wise man, Marcus Aurelius, wrote: "A man's life is what his thoughts make it." Through Step Six, I have learned how true this is. I may never comprehend it fully, yet I know its value to me. It calls forth the most precious asset any recovering alcoholic can have: the willingness to get out of the driver's seat, to stop trying to run the show. I need to keep the Sixth Step message of letting go and letting God in my own thoughts at all times.

F. C., Manhattan, New York
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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.

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.

Regina and District Areas
Presents
3rd Annual Spring Fling

Speaker: Gordon W. (Area 91 Archives)

When: Saturday, June 14, 2008

Time: 7:00 pm - 1:00 am

Where: Gathering Place (4001 - 3rd Avenue North)

Price: \$8.00 per person



Munchies, light lunch,
dance to follow



For more information or if you would like to volunteer
contact Central Office at 545-9300 during office hours.