



Heart to Heart



RESPONSIBILITY DECLARATION

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

Regina AA Intergroup

**This Issue: Step 11, The Challenge of Normalcy, The Road of Happy Destiny,
\$ Tradition 7 Share the message Pass this newsletter on November 2009**

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 more information and clearance. Meetings are Tuesday nights at 7:00. The jail has requested a 2nd meeting for another night.

Alcathon

We are looking for people to chair meetings during the 2009 Alcathon, as well as members with 25 years or more to participate in the Long-Timers Meeting. Your help is needed and appreciated. Call Central Office @ 545-9300 for more information

Meeting in the Park

(Sundays at 11:00am) has moved to their winter location at the CNIB Building, 2540 Broad Street.

Healing Spirits Group

Has started meeting again on Tuesdays at 3:00pm at Red Ribbon Place, 2735 5th Avenue.

Circle of Life Group

Is now meeting on Wednesdays at 7:00pm Health Centre, Peepeekisis Reserve. Call Central Office @ 545-9300 for more information

THANK YOU

CONTRIBUTED TO INTERGROUP

August: Indian Head, Sunrise Breakfast Group, North Side A.A. Group

September: Nu Life, Vibank, Southey, Novalco, Monday Noon Eastside, Heartview, Big Book Group

Intergroup would like to thank all the groups who responded to the request that went out in the September Heart to Heart.

Please remember we are able to continue to carry the message of sobriety through your contributions. Both group and personal contributions are accepted.

**7 days without a meeting
makes one weak**

I HEARD THAT

It has been my experience that the MAGIC of Alcoholics Anonymous happens between the Serenity Prayer and the Lord's Prayer and the MIRACLE of Alcoholics Anonymous happens between the Lord's Prayer and the Serenity Prayer. Judy G

We will intuitively know how to handle situations which used to baffle us. (Reprinted from *Alcoholics Anonymous*, page 84 with the permission of A.A. World Services, Inc.)

OPEN SERVICE POSITIONS

The Intergroup body exists to serve the Regina AA community and requires your help to continue to provide vital 12-step services. As with all 12-step work the reward we receive is far greater than the effort it takes to help out. The following Intergroup positions remain vacant. Please consider signing up.

Trusted Servants of Intergroup – Any group within our service area wishing to affiliate with Intergroup may do so simply by observing the 12 Traditions and designating one of their group members as their Intergroup Representative. It is good practice to also name a second person as their alternate. It is suggested that A.A. members be elected who show a desire to be of service and are willing to carry out their obligation to the best of their ability in the spirit of unity and cooperation.

Intergroup Co-Chair – chairs the Intergroup Meeting when the Chairperson cannot attend.

12 Step Trustee – responsible for maintaining a 12 Step volunteer list.

Speaker's Meeting Chair – responsible for organizing the weekly Speaker's Meeting.

Corrections Chair – Carries the AA message to inmates in the prisons and correction facilities.

Public Information Chair – Informs the general public about AA and the services that are available locally.

If you are able to serve in one of these positions, please call Central Office at 545-9300 during office hours for more information.

HOW ABOUT A ROAD TRIP!



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

2010 WORLD CONFERENCE in SAN ANTONIO, TEXAS

"District 7 of Area 91 has arranged a charter flight to San Antonio, departing July 1, 2010 (early afternoon) from Regina with a pick-up in Saskatoon or Winnipeg and returning midday July 4, 2010. The flight is direct and 3 hours in duration. Confirmed price, assuming they fill all 137 seats will be \$850/person (including taxes) with a possible fuel surcharge if the cost of fuel is above 80 cents per litre. They suggest interested persons budget \$1,000 for the flight. A deposit of \$500 by November 1, 2009 is required to confirm a seat. The balance will be due on March 1, 2010. Contact Central Office 545-9300 for details."

Moose Jaw & District AA Family Round-Up

November 6-8, 2009 Heritage Inn
1590 Main Street N.
Call Central Office @ 545-9300 for more information

Fishing Lake Round-Up

Sat. Nov. 7, 2009 Kuroki Community Hall
Call Central Office @ 545-9300 for more information

Melville Appreciation Night

November 14, 2009 United Church, 5th Avenue East
Pot-luck Supper 6:00pm Speakers 7:00pm
7th Tradition, Contact Central Office for more info: 545-9300

Colonsay Round-Up

November 21, 2009, Colonsay Community Hall
Registration 1:00pm
Call Central Office @ 545-9300 for more information.

Southey/Cupar AA/Al-anon Round-Up

January 30, 2010, Southey Memorial Hall
Registration 1:00pm
Call Central Office @ 545-9300 for more information.

REGINA EVENTS

GRATITUDE NIGHT 2009 HAPPY, JOYOUS, and FREE

Saturday November 7, 2009 St. Mary's Parish Hall
2020 Winnipeg St.
Newcomer meeting from 2:00 to 3:00 pm
Supper Doors open at 5:00 pm
For tickets contact Jen at the Central Office at 545-9300

Nu-life Group 21st Annual Family Christmas Party & 52nd Group Anniversary Celebration

December 10, 2009
St. Mary's Hall, 2020 Winnipeg Street
Social 5:45pm, Supper 6:30pm
Program, Santa and singing to follow...
Adults: \$18, Children 10 & under: \$9
Tickets: From Nu-Life Members or Central Office
Call Central Office @ 545-9300 for more information
Please join us and celebrate the holiday!
Tickets on sale until December 5.

AA CELEBRATES SOBRIETY



NOVEMBER BIRTHDAYS

B.Y.O.Beverage Women's Group

Val R. Oct. 11 4 yrs

Nu-Life Group:

Richard T. Nov. 20 1 year Garry K. Nov. 29 22 years

South Hillsdale

Ann Marie H. Nov. 1 14 yrs Marian M. Nov. 7 17yrs

449 Group

Darren S. Nov 17 12 yrs

TRADITION II

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us. *(Reprinted from Alcoholics Anonymous, page 567 with the permission of A.A. World Services, Inc).*

CONCEPT II

While the Trustees hold final responsibility for A.A. world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs, and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs, and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern. *(Reprinted from the A.A. Service Manual page 43 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

THIS IS HOW WE WORK IT



STEP II

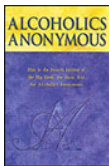
When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives.

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will not mine be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works it really does.

We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined. *(Reprinted from Alcoholics Anonymous, pages 86, 87, 88 with the permission of A.A. World Services, Inc).*



STEP II PRAYER

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. *(Reprinted from Alcoholics Anonymous, pages 87 with the permission of A.A.)*



The Challenge of Normalcy

Grapevine (November 1955), pp. 34-36

Sgt. Bill S. (Sonoma, California)

The new member of Alcoholics Anonymous who has attended only a few meetings is full of hope and faith. He is sure that this new way of life is the solution to many of his ills and he is looking forward to the time when he can say, "I have one year of sobriety." He feels that he is floating on a pink cloud because he has overcome the one evil in life that has been a stumbling block to his success. Without these shackles curtailing his every move he feels free as the school child on the first day of summer vacation. He now has time to do things that he has wanted to do for years. He can play golf, go fishing, be a part of society in general, and still be free from the desire to drink. This is a revolutionary period in his life. He can look at things in their true perspective without any thought of drinking. As time passes, these new experiences give way to routine living without the bottle. Like the child two weeks after Christmas, the luxury wears off and he is faced with the task of living in reality for the first time. His family and loved ones become complacent with his new-found happiness because they do not understand the true nature of his problem. The glory and praise wear thin and the man who was once the town drunk is now Mr. Average Citizen. Sobriety might become monotonous because of lack of insight or acceptance. Realism has come into play to spoil the honeymoon. The phase of the AA program that is very important is the one following this so-called honeymoon period. During this period attendance at meetings is particularly important. This is a transition from dependence to a somewhat independent state. Now the application of AA philosophy becomes vital to survival. Alcoholics Anonymous doesn't make us immune to problems: material, domestic, or financial. It does provide a means to attack these problems through realism, objective thinking, and desire. We in AA are fortunate to have a program whereby we can discipline our every action. To the new member of AA, seemingly impossible obstacles can become enlightening challenges through the application of this philosophy. We have all heard of peace of mind and serenity in AA. I feel that these two expressions are grossly misunderstood and perhaps over-used. This presents a picture of complete harmony and accord to the new member. Total serenity and peace of mind becomes the objective. When this condition is not reached, the new member feels that the AA program has failed him. He might again slip into obscurity if he succumbs to this first challenge. Older members in AA are neither in complete accord nor without problems. They are not infallible. They are human and subject to all the complex social problems known to man. They are in a better position to meet this challenge because of the desire to be realistic, mature and objective in their thinking. Those who stay sober in AA live with their defects. They recognize them and are constantly striving to do something constructive to control these emotional problems. Through discipline and constant vigilance, the aggression, self-pity, remorse, resentments, hate, guilt, intolerance, and selfishness give way to a positive, objective approach. We have to live with others in AA as well as on our job. The new member should accept or reject the philosophy of others with an impersonal attitude. The expression, "Everyone is entitled to his or her opinion" is a very good one. We can air our beliefs and feel a part of the AA program by so doing. This being the case, we cannot afford to evaluate a person according to his or her philosophy. Sincerity is the hallmark of quality in AA. If the new member is sincere in his desire to overcome excessive drinking and destructive thinking, then some of the above situations should not become a burden to him. He will stay sober in spite of his changing position. He will accept his changing attitude as moral and spiritual strength and continue to grow in this wonderful program. The AA program is for you. Know your needs and meet them with AA's never-ending supply of wholesome guidance.



NO MUSTS IN AA

Every day is a day when we **must** carry the vision of God's will into all of our activities.

(Reprinted from Alcoholics Anonymous, page 85 with the permission of A.A. World Services, Inc).

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).

DEFINE IT

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for **inspiration**, an **intuitive** thought or decision. We relax and take it easy.

Inspiration: Divine guidance or influence exerted directly on the mind and soul of humankind.

Intuitive: Knowing, or perceiving, by intuition; capable of knowing without deduction or reasoning. *(Reprinted from Alcoholics Anonymous, page 86 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.

*I am the Blacksheep
of the Family;
I came to the Rooms
& Discovered the
Rest of My Flock.*

FROM THE EDITOR

THE ROAD OF HAPPY DESTINY

The sentiment is that we will trudge the road of happy destiny, it does not say to happy destiny. I have lived most of my sober life thinking that someday I will get to that road like it's a far off destination. I am discovering that of means right here right now! This is it; everything in our sober life, every negative and positive feeling or thing that happens in our life is the road. Yes I want to share the positive, to spout wonderful words of wisdom at meetings to show others that life is worth living sober. What I forget is that when things in my life are negative and I feel like I can't go on without crying my eyes out are the times when I show others that no matter what life hands me I am learning with the help of our program to live sober. So I will continue to share honestly what's going on with me, good or bad, and how A.A. has given me the tools to face life on life's terms no matter what those terms are. I am on the road of happy destiny today.

Please send in upcoming birthdays, group anniversaries and celebrations, events, humor, and articles to Jen at the Intergroup Office by the 15th of the month for the next month's issue.

a.a@sasktel.net Subject: Heart to Heart

In fellowship, Donna J., Editor

SERVICE MEETINGS

All members of Alcoholics Anonymous are welcome to attend these service meetings.

Intergroup Meeting

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

Districts 15,17 & 18 Meetings

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

