



Heart to Heart



Tradition 7

September 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: "ELECTIONS", "BIRTHDAYS", "ROUND-UPS"

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

Intergroup Office Chairperson – chairs the Office Committee Meeting – reports to Intergroup on what happened at Office Committee Meeting – reports on the financial position of Central Office – responsible for overseeing Central Office for Intergroup.

Central Office Trustee – responsible for overseeing the Central Office Secretary and financial operation of Central Office – reports at the Office Committee Meeting

Intergroup Secretary – responsible for taking the minutes at the Intergroup Meeting and sending them to Central Office to be distributed.

Treatment Facility Chairperson – responsible for finding volunteers to chair meetings and speak at Speaker's Meetings at Pine Lodge – reports at the Office Committee Meeting.

Corrections Committee Chairperson – responsible for finding volunteers to chair meetings at the Correctional Center – reports at the Office Committee Meeting

12 Step Trustee – responsible for maintaining a 12 Step volunteer list – reports to the Office Committee Meeting
*At present time this position reports at the Intergroup Meeting.

Web Master – responsible for maintaining and updating Regina AA website – reports to the Office Committee Meeting.

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

INTERGROUP ELECTIONS OCTOBER 1st, 2008

As you may know, elections at Intergroup are held every two years for all committee and chairperson positions. Everyone currently serving will rotate out of their positions and possibly run for other positions. Intergroup Rep positions at the group level are also up for elections every two years.

Please consider the following positions:

Intergroup Chairperson – chairs the Intergroup Meeting – attends the Office Committee Meeting and the District Meetings.

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

Intergroup Treasurer – keeps the financial records of Intergroup and reports monthly at the Intergroup Meeting.

Heart to Heart Editor – responsible for producing a monthly newsletter (with a committee) which informs AA members of current events within the local AA community – presents a draft copy for review each month at the Office Committee Meeting.

Public Information Committee – responsible for informing the general public about AA and the services that are available locally – also includes duties of the **Co-operation with the Professional Community Committee** which is responsible for keeping in touch with professionals in order to inform them of the services provided by the Regina AA community – reports at the Intergroup Meeting – funding is provided by Intergroup and Central Office.

Social Committee Chairperson – responsible for planning social functions for the AA community – reports at the Intergroup Meeting.

Alcathon Committee – responsible for planning and hosting the Alcathon at Christmas and New Year's – reports at the Intergroup Meeting.

Round Up Committee – responsible for planning and hosting the annual Regina AA Round Up – reports at the Intergroup Meeting.

By allowing your name to stand as an Intergroup representative for you group and/or allowing your name to stand for any of the above positions, you are doing valuable 12 step work. Taking on service positions enhances your sobriety. Sobriety is more than just going to AA meetings; you also have to work with others to help carry the message of sobriety. Come and join others on the Intergroup Committee and Office Committee to make the next two years successful for our AA community as a whole. You will see growth in your sobriety by giving of yourself to others. For when I came to AA I was desperate and I wanted help. Now that I am sober, I am willing to help in any way that I can

to keep AA alive and available to those that need help, and for that I am responsible.

Yours in Service,
Ed L.

For more information on these positions, please call the office at 545-9300 during office hours (Monday, Wednesday and Friday from 12:00 – 5:00pm) or plan to attend the Intergroup Meeting on October 1st, 2008 at 7:30 pm at St. Paul's Cathedral 1861 McIntyre Street, Regina.

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

ROUND-UPS
ROUND-UPS

ESTEVAN AA & AL-ANON FAMILY ROUND-UP

September 27, 2008

St. Paul's United Church Auditorium
Call the office at 545-9300 during office hours or e-mail a.a@sasktel.net for details.

MEADOW LAKE 37TH ANNUAL HARVEST ROUND-UP

September 27, 2008

Meadow Lake Catholic Church Hall
506 3rd Avenue East
Call the office at 545-9300 during office hours or e-mail a.a@sasktel.net for details.

DELEGATE REPORT & SOCIAL

SPEAKER: John F. Delegate to New York

Saturday September 27, 2008

Knox Metropolitan Church

2340 Victoria Ave.

5:45 Door Opens

6:00 Potluck

Bring Your Favorite Dish to Share

7:15 Surprise Speaker

followed by

Delegate's Report

then

Ice Cream Social

Cost: 7th Tradition

BIRTHDAYS BIRTHDAYS

NU-LIFE GROUP

Matt M. September 18 1 year
Walt P. October 9 31 years

HOME AWAY FROM HOME 12x12 GROUP

Bonnie A. September 14 12 years
Gary M. September 26 18 years

43rd GROUP

Dee S. September 10 34 years

WALSH ACRES GROUP

Brent S. September 7 10 years
(celebrating September 9)

SOUTH HILSDALE GROUP

Shawn S. September 8 15 years

ONE WAY GROUP

Greg M. September 6 18 years
Morag A. October 1 6 years
Archie H. October 1 35 years
Patrick B. October 9 27 years

All birthday submissions may be sent to Central Office by e-mailing a.a@sasktel.net or by calling 545-9300 during office hours.

Check us out on the web at
www.aaregina.com

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.*

JULY/AUGUST INTERGROUP CONTRIBUTORS

Nu-Life Group
Last Chance Group
43rd Group
Vibank Group

THANK YOU

CELEBRATION CELEBRATION

Home Away from Home 5 Year Group Birthday Celebration

Sunday, September 14, 2008

Open Meeting at 12:15 p.m.

BBQ to follow - bring your own food to cook
At the Totem Pole in Wascana Park,
east of Hill Avenue and Albert Street, just
south of the Walter Scott Building

EVERYONE WELCOME!

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.