



Heart to Heart



***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

**In this Issue: Step, Tradition & Concept 4, Honesty, Slips
How to Color Easter Eggs**

\$ Tradition 7

Share the message! Pass this newsletter on.

April 2011

STEP 4

Made a searching and fearless moral inventory of ourselves.

So when AA suggests a fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Both his pride and his fear beat him back every time he tries to look within himself. Pride says, "You need not pass this way," and Fear says "You dare not look!". But the testimony of AA's who have really tried a moral inventory is that pride and fear of this sort turn out to be bogeymen, nothing else. Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful light falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable. These are the first fruits of Step Four.

*-Twelve Steps and Twelve Traditions, page49-50
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TRADITION 4

Each group should be autonomous except in matters affecting other groups or AA as a whole.

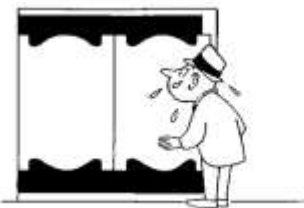
1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths--his lengths, not mine--to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

CONCEPT 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in a reasonable proportion to the responsibility that each must discharge.

- Do we understand the spiritual principles underlying the "Right of Participation"?
- What does "in reasonable proportion" mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

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THE 4th PRINCIPLE

Honesty

This Matter of Honesty

“Only god can fully know what absolute honesty is. Therefore, each of us has to conceive what this great ideal may be-to the best of our ability.

“Fallible as we all are, and will be in this life, it would be presumption to suppose that we could ever really achieve absolute honesty. The best we can do is to strive for a better quality of honesty.

“Sometimes we need to place love ahead of indiscriminate ‘factual honesty.’ We cannot, under the guise of ‘perfect honesty,’ cruelly and unnecessarily hurt others. Always one must ask, ‘What is the best and most loving thing I can do?’”

-As Bill Sees it page 172
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An Old Timers Checklist June 1989

When I was sober less than a year in Alcoholics Anonymous, I longed for the “prestige” of five years. As I approached five, I yearned for the “recognition” of ten and fifteen. At twenty-five, and later, there’ve been moments when I’ve had no doubt that I had “arrived”. Papa Ego was glutting himself on a menu of attitudes until he was fairly bursting at the seams.

I have found myself expecting all kinds of acknowledgement simply because of my sober longevity. It was only recently, when I met a contented man, sober thirty-nine years, (I actually became tongue tied!), that I started to think about my length of sobriety in terms of what Bill W. called “unrealistic expectations”. I got out the old, dusty inventory pad and headed up the page “Self-centeredness, aka Uniqueness and Big-shotism.”

-Voices of Long-Term Sobriety, page 136
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The Conference-approved pamphlet: “Self-Support: Where Money and Spirituality Mix” Offers the following suggestions for the distribution of group funds after group expenses have been paid:

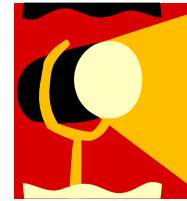
- 50% Regina Intergroup
- 30% GSO
- 10% Area 91
- 10% District Committee



“I was so sick when I was new, at one point I asked another guy in my home group if I could copy his Fourth Step.” -Anonymous

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

An Al-Anon and an AA member went on a camping trip together. Each had been active members of their programs for twenty-three years and were enjoying themselves tremendously. Then night came, and they went to sleep in their tent. About three in the morning, the Al-Anon woke the alcoholic and asked, “What do you see?” “Why I see a sky full of brilliant stars and gorgeous moonlight,” the alcoholic replied. “How great is our Higher Power for creating such a beautiful night. What do you see?” The Al-Anon answered, “I see that somebody has stolen our tent.”



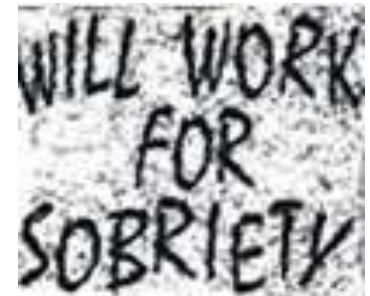
SPOTLIGHT ON SERVICE

Critical service positions are currently vacant and AA Regina needs your help. Please attend the next Intergroup meeting to find out how you can give back.

Vacant positions
Intergroup Co-Chair
Treatment Facility Chair
Alcathon Chair
12 Step Trustee
Public Information Chair

Do you have service experience you'd like to share? Please submit your service story to a.a@sasktel.net, subject: Heart to Heart Service Story.

Contact the Intergroup Office for further information on service work @ 545-9300



SERVICE MEETINGS

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

Intergroup Meeting:
1st Wednesday of the month @ 7:30pm, St. Paul's Cathedral 1861 McIntyre St.

Districts 15, 17, 18 Meeting:
2nd Wednesday of the month @ 7:30 pm, Mount Olive Lutheran Church, 2015 – 4th Ave N.

Intergroup Office Committee Meeting: Last Wednesday of the month @ 7:30 pm, Central Office #312-845 Broad St.



NuLife Group

Dana M.....April 20.....4 years
Ed L.....April 22.....14 years

Fresh Start Youth Group

Tania R.....April 14.....1 year

12 Steps to Recovery

Rob M.....April 9.....6 years
Doug T.....April 13.....20 years
Lesley W.....April 14.....12 years

Walsh Acres Group

Martine P.....April 6.....20 years

South Hillsdale Group

Joan F.....April 4.....27 years
Stan M.....April 15.....14 years

Sunrise Breakfast Group

Rick G.....April 16.....8 years

449 Group

Jim P.....April 12.....1 year
Nathan K.....April 21.....6 years

Please submit your group member birthdays to the Regina A.A. Intergroup Office at a.a@sasktel.net

God grant me the laughter to help me see the past with perspective, face the future with hope, and celebrate today---without taking myself too seriously.

Celebrating Sobriety

Walsh Acres Group: April 19; 7:30 p.m.
New Hope Lutheran Church, 370
McIntosh Street; .Martine P; 20 years

Help Wanted

Jo-Cor Group Correctional Center

Volunteers are desperately needed to attend meetings at the Regina Correctional Center. Please contact **Craig H. 502-5669** for clearance and more information. Meetings are Tuesday nights at 7:00. The jail has requested a 2nd meeting for another night.

Fresh Start Youth Group: Attendance is needed. Tuesdays, 7:30 p.m. to 8:30 p.m., Wascana Rehabilitation Centre Meeting Room 5 (By the cafeteria) or Room 2,3 (in the Hostel)

Contributions

Thank you to the following groups for their recent contributions to Intergroup:
Noon No Name & Home Away from Home
Special Thank you to the following groups who donated to the 2010 Alcathon:
Acceptance is the Answer, Friday Eureka Luncheon, Sunrise Breakfast Group, 12 Steps to Recovery, Speaker's Meeting, South Hillsdale, Vista, 449 Group, BYOB Woman's Group, Free Speech, Fresh Start Youth Group, Harmony Group, Heartview Group, Home Away from Home, Last Chance Group, Lumsden Valley Group, No-Name Group, North side AA Group, Northern Lights Group, Nu-Life, Out to Lunch Bunch, Phoenix Residential Society, Red Road Group, Regina Beach, Saturday at Nine, Vibank, and Walsh Acres.

Road to Happy Destiny



Battleford Round Up

April 2 & 3, 2011
Knights of Columbus Hall
1202 – 105th Street, North Battleford, SK
1:00 Registration: 7th Tradition

Unity Gratitude Night

April 9th, 2011
Corner of Main St. and 5th Ave., Unity, SK
5:30 Supper; 7th Tradition
Speakers to follow

Wynyard Family AA Round Up Celebrating 60 years AA in Wynyard

Saturday April 16th, 2011
Wynyard Civic Centre, Wynyard, SK
1:00 Registration 7th Tradition

Canora A.A. 50th Anniversary

April 30th & May 1, 2011
Saturday, April 30th @ Rainbow Hall
203 – 1st Ave E., Canora, SK
12:00 p.m. Registration \$20.00
Includes Supper, Speakers & Entertainment
Sunday May 1 @ Canora Golf Club
8:30 a.m. Breakfast Tradition 7
For more information call
Glen L (306) 563-7911
Reg K. (306) 782-1837

Yorkton 13th Spring Round Up

Saturday, May 7, 2011
Legion Hall, 380 Broadway St. West.
Yorkton, SK
12:00 pm Registration
Adult \$20, 16 & under \$15

A Word on SLIPS

On Easter weekend 1944, I found myself in a jail cell in Montreal. By now, I was drinking to escape the horrible thoughts I had whenever I was sober enough to become aware of my situation. I was drinking to avoid seeing what I had become. The job I'd had for twenty years and the new car were long gone. I had undergone three stays in a psychiatric hospital. God knows I didn't want to drink, yet to my great despair I always returned to the infernal merry-go-round.



Big Book Page 195 Reprinted with permission



IT'S IN THE BOOK

THREE ESSENTIALS – MARCH 2002
When God finally led me to Alcoholics Anonymous on October 14, 1997 (my sobriety date), I was no "vision for you". I was desperate, I was dying, and I had no hope. I walked into the Saturday morning men's meeting and briefly told my story to the group. The love and understanding I received from these men saved my life. When I got home from the meeting, I had ten phone numbers in my pocket.

I was told by a sober member of AA that if I wanted to stay sober I would need to do three things: get a sobriety date and don't change it, get a sponsor, and get a home group. I did these three things on blind faith because I didn't understand how they were going to keep me sober.

Now I understand. The sobriety date gives me a sense of purpose, the sponsor gives me a sense of direction, and the home group gives me a sense of belonging.

-Beginners' Book-. Getting and Staying Sober in AA, page 30; Reprinted with permission.

History & Archives

In 1951 (60 years ago this year) the Lasker Award was given to Alcoholics Anonymous. The citation reads in part as follows:

"The American Public Health Association presents a Lasker Group Award for 1951 to Alcoholics Anonymous in recognition of its unique and highly successful approach to that age-old public health and social problem, alcoholism..... In

emphasizing alcoholism as an illness, the social stigma associated with this condition is being blotted out...Historians may one day recognize Alcoholics Anonymous to have been a great venture in social pioneering which forged a new instrument for social action; a new therapy based on the kinship of common suffering; one having a vast potential for the myriad other ills of mankind."

Big Book page 571; Reprinted with permission <http://www.aa.org/Awardsandrecognition>



Make some Easter Eggs



How are you going to fill in time over the holiday? Daydream about that bottle of beer, glass of whiskey your missin' out on? Worry about that big family supper? DRINK?!?!?

Why not try coloring eggs instead. Get your sober friends together and have some sober fun!

The first thing you need is either hard boiled or blown eggs. If you use hard boiled eggs they must be kept refrigerated if you intend to eat them. Do not eat if they have been left out or painted with acrylic paints. If you want to keep your decorated eggs it is best to use blown eggs. However, blown eggs are much more fragile and harder for young kids to handle. To make a blown egg, poke a small hole in each end of the egg with a large needle. Push needle into egg and twist around to break yoke. Hold the egg over a bowl and blow hard through the hole until the shell is empty. Rinse eggshells well and allow to dry. (save the raw eggs and scramble for breakfast).

Food Coloring Dye

- Food coloring
- Hot water
- White vinegar
- Small bowls or cups
- Slotted spoon
- Cooking oil
- Soft cloth

For each colour, measure 1/4 tsp. food coloring in small bowl. Add 3/4 cup hot water and 1 tbsp. white vinegar to each color. Add eggs and allow to sit until they are the desired color.

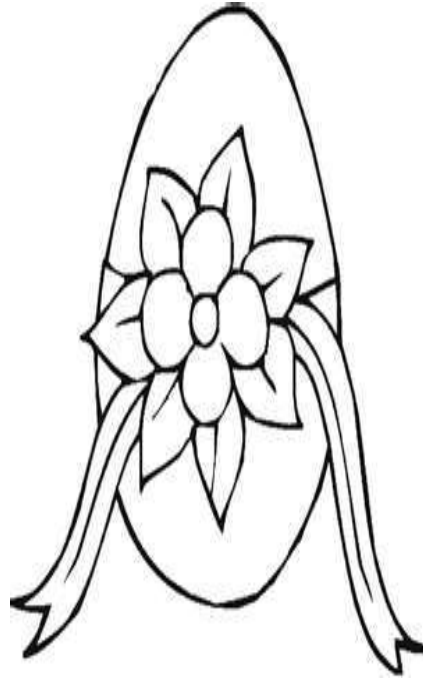
Remove with slotted spoon. Polish dry eggs with small amount of cooking oil and soft cloth.

Waxed Eggs

- Wax crayons
- Paper towels
- Egg dyes in different colors
- Slotted spoon
- Cooking oil
- Soft cloth

Using wax crayons draw a pattern on the hard boiled egg. Dip egg in egg dye, preferably a dark color. Leave in dye until desired color is reached. Remove with slotted spoon and place in 200 degree F oven for a few minutes until wax is melted. Wipe with paper towel and dip again in lighter dye to fill in pattern where wax was. Polish finished eggs with cooking oil and soft cloth.

WELL COLOUR ME HAPPY!



Stinkin' thinkin' leads to drinking

Intergroup Office is closed for Easter Holiday April 22, 2011



Hi!

For me the holidays were not always the best or easiest days to get through sober. Family gatherings usually ending in drunken' mishaps and blackouts. Eventually, I just stayed home, afraid of doin' it all over again. Remember last time? Ugh! In AA, we have a chance to do something different. Don't drink, talk with a sponsor, make plans, and be flexible to change. That's what's worked for me in the beginning and continues to work for me today.
-Yours in Service, Carol K-Editor

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.