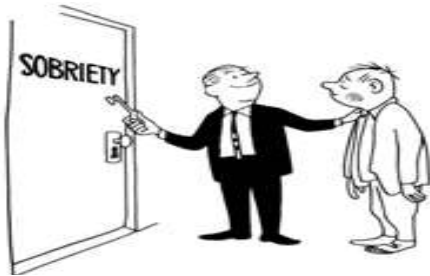




Heart to Heart



***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

This Issue: Step, Tradition and Concept 2, Hope, and Sponsorship

\$ Tradition 7

Share the message! Pass this newsletter on.

February 2011

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Much to our relief, we discovered we did not need to consider another's conception of God. Our own conception, however inadequate, was sufficient to make the approach and to effect a contact with him. As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek.

*-- Alcoholics Anonymous, pages 46
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As Heard in Meetings:
"I may not know God's will for me but I sure know what it's not."

TRADITION 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.

Ask yourself:

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with any AA Twelfth Step job or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussions, or can I yield in good spirit to the group consensus and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?
7. Am I as considerate of AA members as I want them to be of me?

CONCEPT 2

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs-

- have an understanding of the history of the General Service Conference (the "Conference");
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M. area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions;
- Our group meeting its wider Seventh Tradition responsibilities

Re-formatted from Twelve Concepts for World Service, reprinted with permission from AA World Services Inc



"My sponsor says I don't change when I see the light, I change when I feel the heat!"

THE 2nd PRINCIPLE

HOPE

Do not be discouraged.

Few experiences are of less value to me than fast sobriety. Too many times discouragement has been the bonus for unrealistic expectations, not to mention self-pity or fatigue from my wanting to change the world by the weekend. Discouragement is a warning signal that I may have wandered across the God line. The secret of fulfilling my potential is in acknowledging my limitations and believing that time is a gift, not a threat.

Hope is the key that unlocks the door of discouragement. The program promises me that if I do not pick up the first drink today, I will always have hope. Having come to believe that I keep what I share, every time I encourage, I received courage. It is with others that, with the grace of God and the Fellowship of A.A., I trudge the road of happy destiny. May I always remember that the power within me is far greater than any fear before me. May I always have patience, for I am on the right road.

*-Daily Reflections pg 70
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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

A.A Regina Intergroup Office will be closed Monday, February 21, 2011 for the Family Day Holiday

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:

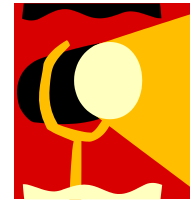
50% Regina Intergroup
30% GSO
10% Area 76
10% District Committee



STRUCTURE OF THE CONFERENCE (U.S. and Canada)



The General Service Office in New York needs your help! Please submit your stories for literature focusing on spirituality and for the pamphlet "A.A. & the Armed Forces". Contact the Regina AA Intergroup Office for more information.



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

Treatment Facility Chair
12 Step Trustee
Public Information Chair
Web Master

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.



Fresh Start Youth Group

Ryan B.....January 24.....1 year
Kirsten B.....February 29.....3 years

NuLife Group

Don G.....February 5.....1 year
Helen S.....February 28.....2 years

South Hillsdale Group

Angie W.....January 1.....16 years
Chris S.....January 20.....10 years
Donalda H.....February 2.....27 years
Annette K.....February 14.....12 years
Kathy C.....February 28.....1 year

Sunday Sunrise Group

Tracy M.....January 27.....19 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.

GROUP NEWS

Acceptance is the Answer Group, 12:00 noon Eureka Club, will be having a Traditions Meeting the first Wednesday of each month.

Celebrating Sobriety

South Hillsdale Group

Chris. S....10 years....Feb 14, 8:00 pm

Vibank Group

Cathy D..... 25 years.... Feb. 25, 7:30 pm

Announce your group member milestone celebrations in the Heart to Heart. Send your announcements to the Regina A.A. Intergroup Office at a.a@sasktel.net.

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.

The Dojack meeting is in need of volunteers, for more information and clearance contact Dave C. 540-6560

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)

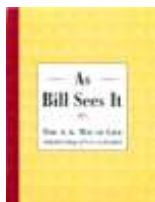
Contributions

Thank you to the following groups for their recent contributions to Intergroup:

BYOB Group and One Way Group

"A.A. will work for people who believe in God; A.A. will work for people who don't believe in God; A.A. will not work for people who believe they are God."

IT'S IN THE BOOK



CAN WE CHOOSE?

We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings-that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose.

<<<<<< >>>>>>

"As active alcoholics, we lost our ability to choose whether we would drink. We were the victims of a compulsion which seemed to decree that we must go on with our own destruction.

Yet we finally did make choices that brought about our recovery. We came to believe that alone we were powerless over alcohol. This was surely a choice, and a most difficult one. We came to believe that a Higher Power could restore us to sanity when we became willing to practice A.A.'s Twelve Steps.

In short, we chose to 'become willing', and no better choice did we ever make."

-As Bill Sees It, page 4
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Read any good books lately?

Road to Happy Destiny



Blaine Lake Rainbow Al-Anon Family Group
Gratitude Night

Saturday, February 5, 2011 7:00 p.m.
Blaine Lake Gospel Church,
Railway Ave., Blaine Lake Sask.
EVERYONE IS WELCOME!
A.A. & Al-Anon Speakers: TBA
cold pot-luck lunch & loonie auction to follow the meeting.
More Information call Blanche C. 497-2477
Or Wendy S. 226-4727

Humboldt AA & Al-Anon Group Round-up
Giving Up Insanity

Sat., February 12, 2011 12:30pm Registration
Bella Vista Hotel, Hwy #5, Humboldt, SK
Voluntary Contributions
More Information call Ken L. 682-3761

Saskatoon & Area 44th. Annual AA
Intergroup Round-up

with Al-Anon Participation.
February 25th & 27th, 2011.
Travelodge Hotel. 106 Circle Drive West.
Registration: Full~\$65.00, Includes Saturday Banquet. Partial ~ \$25.00 Includes Speakers, Meetings and Fellowship.
More Information call Central Office 665-6727

Alcoholism: An Illness

Some strongly object to the AA position that alcoholism is an illness. This concept, they feel, removes moral responsibility from alcoholics. As any AA knows, this is far from true. We do not use the concept of sickness to absolve our members from responsibility. On the contrary, we use the fact of fatal illness to clamp the heaviest kind of moral obligation onto the sufferer, the obligation to use AA's twelve steps to get well.

In the early days of his drinking, the alcoholic is often guilty of irresponsibility. But once the time of compulsive drinking has arrived, he cannot very well be held fully accountable for his conduct. He then has an obsession that condemns him to drink, and a bodily sensitivity to alcohol that guarantees his final madness and death.

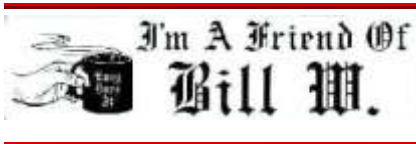
But when he is made aware of this condition, he is under pressure to accept AA's program of moral regeneration.

[Bill W., from a talk given in 1960]

A Word on SPONSORSHIP

12 Differences between your Sponsor and your Therapist:

1. Your sponsor isn't all that interested in the "reasons" you drank.
2. Your therapist thinks your root problem is your lack of self-esteem, negative self-image, and your poor self-concept. Your sponsor thinks your problem is a 3-letter word with no hyphens: YOU.
3. Your therapist wants you to pamper your "inner child". Your sponsor thinks it ought to be spanked.
4. Your sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your sponsor tells you not to confront them, but to make amends to them.
6. The only time your sponsor uses the word "closure" is before the word "mouth."
7. Your sponsor thinks "boundaries" are things you need to take down, not build up.
8. Your therapist wants you to love yourself first; your sponsor wants you to love others first.
9. Your therapist prescribes caretaking and medication. Your sponsor prescribes prayer making and meditation.
10. Your sponsor thinks "anger management skills" are numbered 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12.
11. Now that you haven't had a drink in 6 months, your therapist thinks you should make a list of your goals and objectives for the next 5 years, starting with finishing up that college degree. Your sponsor thinks you should start today by cleaning the coffee pots, helping him carry a heavy box of literature to the jail, and making your bed.
12. Your sponsor won't lose his license to practice if he talks about God.



History & Archives

What Does a Sponsor Do?

If you are looking to become a sponsor please review the following information so you can get a clear understanding of role in the sponsor/sponsee relationship.

Though there is no true references to the word sponsorship with in the first 164 page of the AA Big Book "Alcoholics Anonymous" it is mentioned in several of the personal stories that are contained later in the book. The early history of AA tells us that even Bill W. had a sponsor who's name was Edwin T. Thatcher who was born 1896, and died in 1966.



A.A. Co-founder, Bill Wilson with Edwin "Ebby" Thatcher in 1955

Sponsorship has become one of the foundations of the recovery programs for of all the 12 step fellowships and one of the greatest blessings of membership. With it we can help one another to succeed and arrest the disease called addiction one day at a time regardless of the nature.

So just What does a sponsor do? In some ways, a sponsor is like a :

- good friend
- teacher
- tutor
- experienced guide
- older brother/sister

A sponsor is someone who has been where we want to go in our twelve step program and knows how we can best get there. Their primary responsibility is to help us work the 12 steps by applying the principles of the program to our lives. They lead us by example as we see how the program works in their lives through sharing their personal experiences and stories of where they were and where they are now. We start to learn how to become sober by listening and doing the footwork that our sponsor shows us on a daily basis. In time we make these new changes a habit which helps us to remain sober one day at a time.

AA defines a sponsorship in this way: "An alcoholic who has made some progress in the recovery program who shares that experience on a continuous, individual basis with another who is attempting to attain or maintain sobriety through AA".

Something that is sometimes missed with newcomers to our program is the assignment of a "Temporary Sponsor" for that person. Someone to help them get through those rough first days and weeks and to encourage to keep coming back.

-VOLUME 1, ISSUE 2 Edson AA Newsletter

A fellow told a friend that a physician had prescribed a shot of bourbon at bedtime for his insomnia. "Sounds like a good idea," said his buddy. "Does it help?" "Sure does," answered the fellow. "Now I go to bed five or six times night."

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Hi!

It's time to settle in. I was about to leave treatment when they told me to call this woman and ask her to be my temporary sponsor. I called and asked her for coffee and a meeting. She wanted nothing from me but my story. With her help, I settled in to the loving care of our AA principals of sponsorship. -Yours in Service, Carol HK-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.