



# 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 11, Attunement  
Thank You, AA and the Armed Services**

\$ Tradition 7

Share the message! Pass this newsletter on.

November 2011

## STEP 11

***Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.***

It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.

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. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

-Big Book, page 86  
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## TRADITION 11

***Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.***

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around-even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

-Grapevine May 1971  
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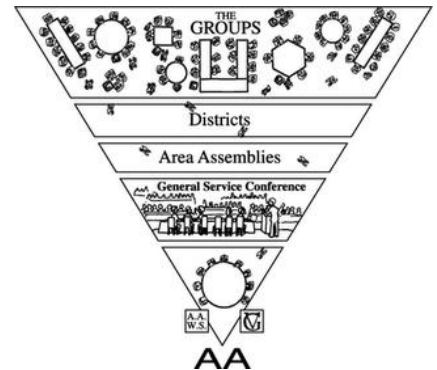


## CONCEPT 11

***The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.***

1. Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help serve and strengthen the committee system?
2. How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
3. Do we practice rotation in all our service positions?

Re-formatted from *Twelve Concepts for World Service*, reprinted with permission



*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.*

## THE 11<sup>TH</sup> PRINCIPLE

# ATTUNEMENT

(Becoming as one with our Higher Power.)

Those of us who have spent much time in the world of spiritual make-believe have eventually seen the childishness of it. This dream world has been replaced by a great sense of purpose, accompanied by a growing consciousness of the power of God in our lives. We have come to believe He would like us to keep our heads in the clouds with Him, but that our feet ought to be firmly planted on earth. That is where our fellow travelers are, and that is where our work must be done. These are the realities for us. We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness.

One more suggestion: Whether the family has spiritual convictions or not, they may do well to examine the principles by which the alcoholic member is trying to live. They can hardly fail to approve these simple principles, though the head of the house still fails somewhat in practicing them.

*-Big Book page 130  
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### Regina and Area 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](mailto:a.a@sasktel.net)



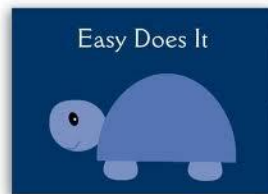
## SPOTLIGHT ON SERVICE

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  
Newsletter Editor  
Treatment Facility Chair  
12 Step Trustee  
Public Information Chair  
Alcathon Chair

Do you have service experience you'd like to share? Please submit your service story to [a.a@sasktel.net](mailto: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:

1<sup>st</sup> Wednesday of the month @ 7:30pm, St. Paul's Cathedral 1861 McIntyre St.  
No Meeting the month of July

### Districts 15, 17, 18 Meeting:

2<sup>nd</sup> Wednesday of the month @ 7:30 pm, Mount Olive Lutheran Church, 2015 – 4<sup>th</sup> Ave N.

Intergroup Office Committee Meeting: Last Wednesday of the month @ 7:30 pm, Central Office #312-845 Broad St.  
No Meeting the month of July

*Round Ups and Events*  
Visit [www.aaregina.com](http://www.aaregina.com) for more details

### November 5<sup>th</sup>, 2011

Districts 15, 17, & 18  
37<sup>th</sup> Annual Gratitude Night  
Location: St. Mary's Hall, Regina, SK  
Cost: \$25.00  
Doors Open: 5:00 p.m.

### November 5<sup>th</sup>, 2011

District 11  
Area 91 Gratitude Day  
Location: Presbyterian Church, Tisdale, SK  
Doors Open: 12:30 p.m. District Mtg.

### November 5<sup>th</sup>, 2011

Makwa Freedom Group Round Up  
Location: Makwa Community Hall  
Cost: 7<sup>th</sup> Tradition  
Registration: 2:00 p.m.

### November 11<sup>th</sup>-13<sup>th</sup>, 2011.

28th Moose Jaw & District AA Family Roundup.  
"Acceptance Is The Key"  
At the Heritage Inn  
1590 Main Street N. Moose Jaw, Sask.  
1-306-693-7550 or 1-888-888-4374  
Full Admission \$50 includes Banquet, Breakfast, Speakers & Dance.  
\$25 Includes Speakers & Dance.

### November 11, 12 & 13, 2011

B.C. Young People in AA  
Location: Delta Burnaby Hotel & Conference Centre; 4331 Dominion Str. Burnaby, BC  
Cost: \$25

### November 19<sup>th</sup>, 2011.

9th Annual Colonsay AA Roundup  
At Community Hall, Colonsay, Sask.  
"Celebrating The Gift Of Sobriety"  
Cost: 7<sup>th</sup> Tradition  
Registration: 1:00 p.m.

### February 24<sup>th</sup> to 26<sup>th</sup>, 2012

45th Annual  
Saskatoon District and Area  
AA Intergroup Roundup  
(with Al-Anon Participation).  
"Freedom"

Full Admission \$60 includes Banquet.  
Partial Admission \$25 Includes Speakers & Dance



Nu-Life Group

Garry K..... November 9..... 24 year

Last Chance Group

Dave C..... November 8..... 10 years

South Hillsdale Group

Ann Marie H...November 1.. 16 years  
Marian M.....November 7... 19 years  
Shane B.....November 28.... 1 year

Please submit your group member birthdays to the Regina A.A. Intergroup Office at [a.a@sasktel.net](mailto: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*

Nu-Life Group: November 8 @ 8:00 pm for Dave C.20 years. Use back door and go up-stairs.

12 Steps to Recovery Group: November 7 @ 8:00 pm for Shannon M. 25 years.

Novalco Group: November 16 @ 8:00 pm for Trevor N. 1Year.

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](mailto:a.a@sasktel.net).



*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

*Group News*

12 Steps to Recovery Group, Mondays at 8:00 p.m. will be moving to a new home effective Monday, October 31, 2011. Meetings will now be held at the Zion United Church, 120 Broad Street, Side Door.

Acceptance is the Answer Group: NOON, Eureka Club, will be having a Traditions Meeting the first Wednesday of each month. Note: Meetings that fall on a Statutory Holiday will be "Open Meetings"

Saskatoon A.A Central Office is pleased to inform that they have found a "new home". The new address is now: #515 GLENGARRY BUILDING; 245 – 3RD AVENUE SOUTH. Phone number remains the same (306) 665-6727

NEW MEETINGS:

- \*5-25 Rolling Home Group; Eureka Club Monday to Friday 5:25 pm
- \*General Hospital Fridays 7:30 pm Rm 4



*Contributions*

Thank you to the following groups for their recent contributions to Intergroup: No Name Group, Friday Eureka Lunch Group, Sunday @ 9 Meeting Group, NorWest Group, NuLife Group, Vibank AA Group, 43<sup>rd</sup> Group, and Happy Hour Group.

*Heart to Heart Newsletter*

In the next issue: Step, Tradition, Concept and Principle 12: Service, Christmas, Birthdays, Celebrations, Round Ups, Events and, Group News. Submit your stories, articles, and announcements today!



**Remember What Is Most Important...**

It's not having everything go right; it's facing whatever goes wrong.

It's not being without fear; it's having the determination to go on in spite of it.

Remember that every day ends and brings a new tomorrow full of exciting new things. Love what you do, do the best you can, and always remember how much you are loved.



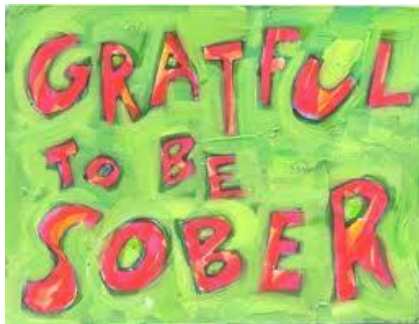
*Help Wanted*

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 2<sup>nd</sup> 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 (in the Hostel)

The Intergroup Social Committee is in need of volunteers. If interested in helping out, contact Mike K at the next Intergroup meeting.



## THANK YOU!

For the past 10 years, the 12 Step to Recovery Group has been hosting the Classic Cookout; held at the Regina Wildlife Federation. The event consisted of an evening of fellowship, barbecue, speaker meeting, and a dance that allowed us to carry the message to other alcoholics who were still suffering. Each year was becoming more successful with more people coming out to celebrate the fellowship.

However, the past couple years had its challenges with date changes due to availability, other outside round ups, attendance dwindling down and people leaving early, the event was establishing a deficit due to rising costs. The committee wanted to continue to carry the message to the fellowship that allowed all members to come out and have fun with no "set rate". This past year's event was held on August 27<sup>th</sup>, 2011, and for the first time at Tradition 7.

To the group's surprise over 130 people came out to enjoy food, listen to three inspiring speakers – Recovery, Unity & Service – and stayed for the dance. The event is budgeted on average \$1100, and year with tradition seven, pop sales, and returns, the committee, and cost saving measures; the committee was able to break even, with no losses.

The 12 Steps to Recovery Group would like to thank everyone that came out to celebrate fellowship to make our first tradition seven – and certainly not the last – Classic Cookout a success! And will be looking forward to seeing more people come out to the 11<sup>th</sup> Annual Classic Cookout on August 25<sup>th</sup>, 2012 at the Regina Wildlife Federation and cost will be Tradition Seven.

## Exerts from General Service Conference Approved Literature



### I was miserable and failing badly.

Hi, my name is Carolyn and I am an alcoholic. I grew up in a home and my own drinking began early and escalated quickly. Among my peers, I was considered a "natural leader" when I was not seeking attention by getting drunk and doing crazy things. When I was 13 I attended a New Year's Eve party where there was a bunch of army cadets. There was a lot of drinking at this party and I was the only one doing crazy things. I had found where I belonged and joined the cadet corps the following week. The next four years were full of slipping grades in school, youth detention centres, and outstanding achievements as a cadet. Drinking was the bright spot in my life.

When I was 17, I joined the Canadian Armed Forces. My original enrolment was for the military police, but in the bar, the night before I took my oath, some of my new friends said that it would be disaster if I joined the MPS and encouraged me to change my trade to Mobile Support Equipment Operator.

I was a truck driver and I had never had a drivers licence. The first time we went on an exercise someone told me to drive a two-and-a-half-ton truck. I was too embarrassed to say I didn't know how, so I just pretended I knew what I was doing. I was to repeat this response whenever I didn't know what to do, in all areas of my life, for many years to come. Drinking seemed to be central to military life. We had regimental drinks, drinking contest and drinking games. When someone was promoted they bought a round of drinks, and when someone "rang the bell" another round was coming. The junior ranks mess was the first place I reported for duty on posting. I won praise for my hard work and I received many awards as well as an advance promotion to master corporal. My drinking escapades were considered

"antics" and won me as much status as any of my hard work did. In fact, I was elected president of the junior ranks mess, which meant I was in charge of the bar. I felt immune to serious consequences for my drinking because I hadn't suffered yet.

My drinking continued to escalate, and over the next two years in the Canadian Armed Forces sent me to treatment for alcoholism three times. I called a "spin dry" and didn't take it seriously. It didn't occur to me that I needed to do anything different, except not get caught. Then came the "big one": in a blackout I stole one of our battalion trucks and had an accident; well actually, I flattened a light standard. I was in a lot of trouble; my blood alcohol was 0.32 and I went to jail. Finally I was put on counselling and probation for "misuse of alcohol," which, according to the Canadian Forces Administration orders, is the final attempt to save a member's career; I was 20 years old. For the next five years I served only part time in the reserves. I tried desperately to control my drinking while on military property; I was miserable and failing badly. Many well-meaning people covered for me to prevent the dishonourable discharge that was looming. I left the Canadian Armed Forces for one reason and one reason only – I couldn't control my drinking...

I attended meetings every day. I found a home group and a sponsor, and I began my journey through the Twelve Steps. I started to feel excited about life. I hadn't picked up any hobbies while I was drinking so I had a lot of time on my hands, and I started doing service work. I began to form real relationships with people in A.A. and that seed of hope that was planted around Step Three began to grow. Through Steps Four through Nine I discovered a new world; I formed a new relationship with the God of my understanding, and I gained a new relationship with myself. Steps Ten, Eleven and Twelve are gifts that allow me to build on what I have been given and to give someone away to the next suffering alcoholic. I've only been sober for 18 months, but the worst moments have been much better than my life before; and the best moments, I have experienced a joy of living I had never known was possible.

*-AA and the Armed Services page 38-41  
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