



# 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 6, Willingness, History & Archives  
Founding Father's Day Tribute & Stoney's Grapevine Interview**

**\$ Tradition 7**

**Share the message! Pass this newsletter on.**

**June 2011**

## ***STEP 6***

***We were entirely ready to have God remove all these defects of character.***

So Step Six is A.A.'s way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words: entirely ready "underline the fact that we want to aim at the very best we know or can learn.

How many of us have this degree of readiness? In an absolute sense practically nobody has it. The best we can do, with all the honesty that we can summon, is to try to have it. Even then the best of us will discover to our dismay that there is always a sticking point, a point at which we say "No I can't give this up yet." And we shall often tread on even more dangerous ground when we cry, "This I will never give up!" Such is the power of our instincts to overreach themselves. No matter how far we have progressed, desires will always be found which oppose the grace of God.

*-Twelve Steps and Twelve Traditions, pages 65-66  
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## ***TRADITION 6***

***An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.***

After the Jack Alexander article was published in 1941 it brought down a deluge on our little New York office of thousands upon thousands of inquiries from frantic alcoholics, their wives, their employers and at that moment we passed out of our infancy and embarked upon our next phase- the phase of adolescence.

Well, adolescence by definition is a troubled time of young life and we were no exception as groups began to take shape all over the land and these groups immediately had trouble. We made the very sad discovery that just because you sobered up a drunk you haven't made a saint out of him by a long shot. We found that we could be bitterly resentful and we discovered that we had a much better booze cure than we thought possible. A lot of us found that we could gripe like thunder and still stay sober. We found that we were in all sorts of petty struggles for leadership and prestige. A lot of members were very suspicious of the Book enterprise in the hands of that fellow Wilson who has a truck backed up to Mr. Rockefeller who has all the dough. And we began to have all sorts of troubles.

*-Bill W.; Chicago, IL; February 1951  
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## ***CONCEPT 6***

***The conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.***

·Are we familiar with how our General Service Board (G.S.B.) Class A and Class B trustees serve A.A.? Are we familiar with how our other trusted servants serve A.A.?

·Are we clear about the terms, "chief initiative" and "active responsibility"? Can we see a direct link to our home group?

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



## THE 6<sup>th</sup> PRINCIPLE

# WILLINGNESS

I had been sentenced to AA some twelve years earlier after one of my many brushes with the law. I found those AAs to be the most sickeningly happy people I had ever met. I wanted no part of it. After all, every real drinker knows that AA meetings are nothing more than a bunch of long-faced, ex-drunks, who sit around and whine about how they can't drink any longer. They just pretend to be happy to sucker guys like me into enlisting. I attended two whole meetings and left, vowing never to return. Yet there I was, twelve years later, those two capital As my only ticket out of jail. What else was I to do? I went to AA.

-Greg N.; Nipawin, Sask.; November 2003;  
Read the full story in *Beginners Book Pg 2*  
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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



**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  
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



### MapleCreek A.A. Round Up and Al-Anon Participation

June 4, 2011

Elks Hall 521-5<sup>th</sup> Ave, Maple Creek, SK  
Registration: 9:30 a.m.

Cost: \$25/person includes Banquet

### Calgary AA Round Up

June 9, 10 & 11, 2011

### Oldtimers Meeting

June 11, 2011

Cathedral Neighborhood Centre in Regina

Men's Mtg: 6:45-7:45pm

Break for Fellowship

Women's Mtg: 8:15-9:15pm

### Marean Lake Round Up

June 17, 18 & 19, 2011

Camping available.

### Speakers Meeting

June 18, 2011

Roy R

St. Paul's Gym, Regina, SK

Time: 7:30 pm

Cost: Tradition 7

### 34<sup>th</sup> A.A./Al-Anon Campout Coronach Pioneer Group

June 24, 25 & 26, 2011

Wood Mountain Reg. Park

(Approx 25 miles S.W. of Assiniboia)

8 cabins available or free RV parking

Registration: 4:00 pm

Full Admission: Adults \$25 Alateen \$10

Day Admission: Adults \$15 Alateen \$5

### Milden A.A. and Al-Anon Round Up

June 26, 2011

Noon-District 4 meeting, NY delegate

Report, AA speaker, Al-anon speaker

Pot Luck Supper

### Lakeshore Round Up

July 8, 9 & 10, 2011

Murray Point Campground, Emma Lake, SK

Camping spots still available in the Round

up Group camping area (10 spots  
available)

### LaRonge Round Up

July 29, 30 & 31, 2011

### 12 Steps to Recovery Annual Cook Out

August 27, 2011

6:00 pm – 12:00 am

Regina Wildlife Federation

(12.5 kms outside Regina on Hwy #1)

Admission: Tradition 7



# TRIBUTE TO OUR FOUNDING FATHERS

## History and Archives

1935- A short-term job opportunity takes Bill to Akron, Ohio. In the lobby of his hotel, he finds himself fighting the urge to join the conviviality in the bar. He consults a church directory posted on the wall with the aim of finding someone who might lead him to an alcoholic with whom he could talk. A phone call to Episcopal minister Rev. Walter Tunks results in a referral to Henrietta Seiberling, a committed Oxford Group adherent who has tried for two years to bring a fellow group member, a prominent Akron surgeon, to sobriety.

Bill's group within a group.

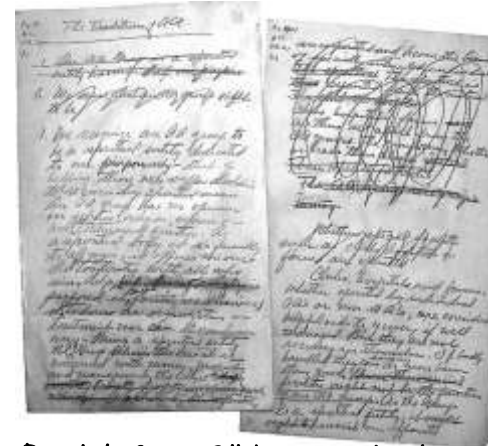
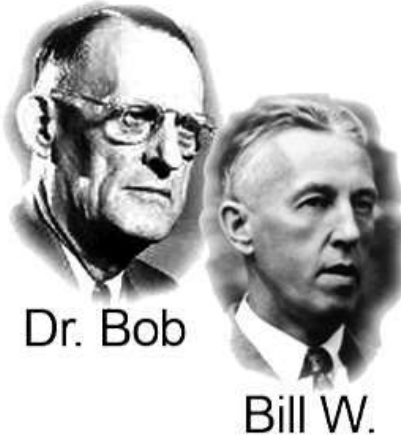
Bill is asked to speak at a large Oxford Group meeting at Calvary House. His subject is alcoholism, and after the meeting Bill is approached by a man who says he desperately wants to get sober. Bill invites the man to join him and a small group of alcoholics who meet at nearby Stewart's cafeteria after the meetings. Bill is unsuccessful in his efforts to reach these alcoholics. Eventually his ability to help alcoholics grows, after he seeks counsel from Dr. William Silkworth of Towns Hospital. Dr. Silkworth suggests he do less preaching and speak more about alcoholism as an illness.

[-http://www.aa.org/aatimeline/timeline](http://www.aa.org/aatimeline/timeline)  
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June 1935 - Dr. Bob lapses into drinking again but quickly recovers. The day widely known as the date of Dr. Bob's last drink, June 10, 1935, is celebrated as the founding date of Alcoholics Anonymous. Dr. Bob and Bill spend hours working out the best approach to alcoholics, a group known to be averse to taking directions. Realizing that thinking of sobriety for a day at a time makes it seem more achievable than facing a lifetime of struggle, they hit on the twenty-four hour concept.

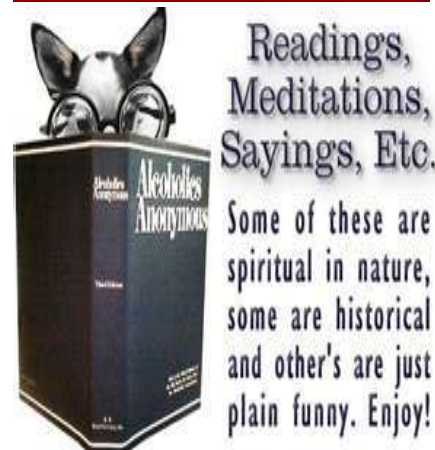
[-http://www.aa.org/aatimeline/timeline](http://www.aa.org/aatimeline/timeline)  
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*Pencil draft, as Bill began to sketch out the First Tradition*

June 1941-The Serenity Prayer  
Ruth Hock receives a newspaper clipping of the Serenity Prayer that had been printed in the *New York Herald Tribune* in June 1941. Ruth and many A.A. members in New York and elsewhere all immediately feel this prayer's relevancy to A.A.'s principles. Soon, the prayer is printed on cards and is being passed out to A.A. members everywhere. The prayer has since become a central part of A.A. heard in meetings around the world. The prayer's authorship is generally attributed to well-known Protestant theologian Dr. Reinhold Niebuhr.

[-http://www.aa.org/aatimeline/timeline](http://www.aa.org/aatimeline/timeline)  
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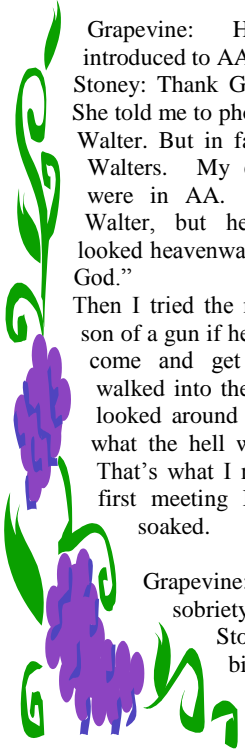


June 1944-The AA Grapevine debuts; An eight-page bulletin intended to bring A.A. news to members (including soldiers overseas) expands to become the Fellowship's official magazine, with the first issue published in June 1944. It comes to be called A.A.'s "meeting in print."

[-http://www.aa.org/aatimeline/timeline](http://www.aa.org/aatimeline/timeline)  
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**"We want to keep enlarging on this idea for the sake of the full length history to come..." — Bill W., 1957**

## A FINE OLD TREE



Grapevine: How were you introduced to AA?

Stoney: Thank God for my ex-wife. She told me to phone this chap named Walter. But in fact, there were two Walters. My ex-wife knew they were in AA. I called the first Walter, but he wasn't home. I looked heavenward and said, "Thank God."

Then I tried the next guy. I'll be a son of a gun if he wasn't home. "I'll come and get you." he said. I walked into the meeting room and looked around very meekly to see what the hell was going on there. That's what I remember about the first meeting I went to. I was soaked.

Grapevine: What was early sobriety like for you?

Stoney: After I got a bit of sanity into my life, I realized, My God! I have to live a life that isn't involved with alcohol. I have to learn to live with my family.

Grapevine: Did you have children?

Stoney: Yes, I had four boys and two girls. I thank God that my young sons didn't see me drunk – they were just youngsters. I never drank at home. But it was a challenge to look after them, which I really didn't do when I was drinking. I tried to make amends for all the damage that was done.

Grapevine: You got divorced?

Stoney: yes. In 1970. I remarried in 1974. We have two daughters who have only seen me sober.

Grapevine: What kind of work did you do after you got sober?

Stoney: I did carpentry work or plumbing – if I could find work in construction. After the operation in 1969, I tried to go back to plumbing and pipefitting, but my strength was gone. So I went to work in the field of alcohol and drug abuse.

Grapevine: You've lived a full life and have helped many alcoholics.

Stoney: Well, God willing, I think I did. I hope I did, anyway. I give thanks to the

men and women of AA, and most of all, to the Great Spirit.

-AA Grapevine June 2006 Read the whole interview on Page 37; Reprinted with permission

## Group News

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

## 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.

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: NuLife Group, Balgonie Out of Towners, 449 Group, Vibank AA Group, Happy Hour Group



## Heart to Heart Newsletter

will not be printed for the month of August 2011. Please submit all August events, announcements, birthdays and Group News by June 24, 2011.



### Home Away from Home Group

Percine R.....June 1.....7 years  
Marvin D.....June 5.....9 years

### Nu Life Group

Jane F.....June 3.....17 years  
Rhonda P.....June 9.....16 years  
Scott P.....June 11.....27 years  
Debbie K.....June 12.....26 years  
Chuck S.....June 17.....35 years  
Kelly J.....June 27.....1 year

### One Way Group

John G.....June 1.....1 year  
Trevor L.....June 1.....13 years  
John C.....June 4.....8 years

### Harmony Group

Marie K.....June 1.....24 years  
Dean P.....June 8.....3 years

### South Hilldale Group

Brenda H.....June 8.....33 years

### Last Chance Group

Lisa M.....June 18.....8 years

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

### NuLife Group

June 17.....7:30pm.....Chuck S....35 years

### Minto Group (6 birthdays 4-58 years)

June 26...7:30..Minto, SK...United Church  
1036 7<sup>th</sup> Ave NW (hour/half drive South)

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).

## FATHER'S DAY IS SUNDAY, JUNE 19, 2011



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.