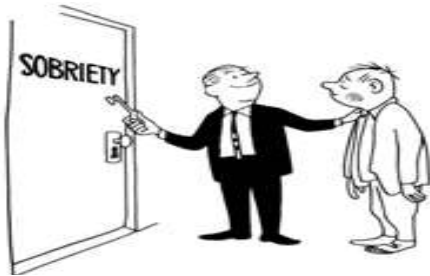




Heart to Heart



**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 3, Faith, P.A.W., and Fellowship

Also included: Alcoholism: The Family Disease

\$ Tradition 7

Share the message! Pass this newsletter on.

March 2011

STEP 3

Made a Decision to turn our will and our lives over to the care of God *as we understood him.*

So how, exactly, can the willing person continue to turn his will and his life over to the Higher Power? He made a beginning, we have seen, when he commenced to rely upon A.A. for the solution of his alcohol problem. By now, though, the chances are that he has become convinced that he has more problems than alcohol, and that some of these refuse to be solved by all the sheer personal determination and courage he can muster. They simply will not budge; they make him desperately unhappy and threaten his new-found sobriety. Our friend is still victimized by remorse and guilt when he thinks of yesterday. Bitterness still overpowers him when he broods upon those he still envies or hates. His financial insecurity worries him sick, and panic takes over when he thinks of all the bridges to safety that alcohol burned behind him. And how shall he ever straighten out that awful jam that cost him the affection of his family and separated him from them? His lone courage and unaided will cannot do it. Surely he must now depend upon Somebody or Something else.

-Twelve Steps and Twelve Traditions, page 39
Reprinted with permission.

TRADITION 3

The only requirement for A. A. membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overly impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he has been to AA before? What his other problems are?

CONCEPT 3

To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

- Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
- Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself?

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



THE 3rd PRINCIPLE



The Way of Strength

We need not apologize to anyone for depending upon a Creator. We have good reason to disbelieve those who think spirituality is the way of weakness. For us, it is the way of strength.

The verdict of the ages is that men of faith seldom lack courage. They trust their God. So we never apologize for our belief in Him. Instead, we try to let Him demonstrate, through us, what he can do.

-As Bill Sees it page 129
Reprinted with permission

One Power Leads to Another

After my life unravelled, I wandered in and out of AA for five years. I tried to stop drinking but could never find the God you guys always talked about, so back to drinking I'd go, again and again. Finally, a day came when I had to choose: Either try AA one more time or end my existence here on earth. I didn't want to drink, but I couldn't stop on my own.

I gave up and returned to AA. This time, I didn't look for a big guy on a throne; I looked for a power greater than myself.

The first power I found was music. I realized that music helped me control my feelings. Music made me happy, and it made me smile. When I turned my will and my life over to Bob Marley and the Wailers, I was able to stop drinking. To a reggae beat, I learned how to live without a drink.

Other higher powers showed their faces and, with each, I learned more about the God of my understanding. All of my stand-ins for a Higher Power were tools that God used to bring me to where God is. For me, that's everywhere.

-AA Grapevine, March 2007, page 13
Reprinted with permission

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 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



"I'll keep the coffee coming, Frank, but you really don't need to study all night to speak at a meeting."

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.



"He comes home from a meeting and just sits there and smiles."

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

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.





Home Away from Home

Shannon C.....March 4.....6 years
Jane S.....March 27.....17 years

NuLife Group

Janie H.....March 16.....16 years
Dustin R.....March 18.....8 years
Peter H.....March 22.....7 years

South Hillsdale Group

Chris S.....March 21.....24 years

Friday Eureka Lunch Group

Arthur A.....March 7.....44 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

Kathy C.....1 year....March 14, 8:00 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: Northside Group, Wed/Fri Breakfast, Noon No Name Group, Harmony Group, Acceptance is the Answer Group



Have you heard about P.A.W. ???

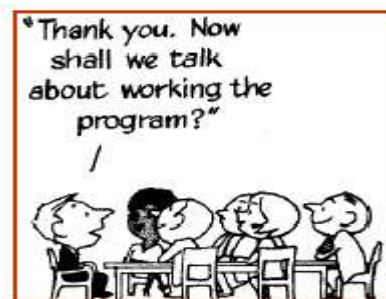
(Post Acute Withdrawal)

Symptoms:

1. Inability to think clearly
2. Memory problems
3. Emotional overreactions or numbness
4. Sleep disturbances
5. Physical coordination problems
6. Stress sensitivity

The symptoms of PAW typically grow to peak intensity over three to six months after abstinence begins. The damage is usually reversible, meaning the major symptoms go away in time if proper treatment is received. So there is no need to fear. With proper treatment and effective sober living, it is possible to learn to live normally in spite of the impairments. But the adjustment does not occur rapidly. Recovery from the nervous system damage usually required from six to 24 months with the assistance of a healthy recovery program. Recent research is showing that for some recovering people the symptoms of PAW often occur at regular "moon cycle" intervals and without apparent outside stressors. Often those 30, 60, 90, 120, 180, and 1 & 2-year sobriety dates seem to be "triggering" times for PAW symptoms to increase. People recovering from long term opiate and stimulant use often have PAW symptoms for no apparent reason for up to 10 years after they have stopped using their drug of choice. Often PAW symptoms appear to come and go without apparent reason and without any specific pattern. Individuals who intend to have consistent long-term recovery must learn to recognize these symptoms and learn how to manage them.

Excerpted From "Staying Sober" By: Terence T. Gorski reprinted with permission



Road to Happy Destiny



Weyburn's 54th Annual

A.A. Family Roundup

March 25 and 26, 2011

Friday, March 25

Knox Presbyterian Church,

136 - 2nd St. NE., Weyburn, Sask.

8:00 p.m.-A.A. Speaker: Jim C. - Regina

Saturday, March 26,

Grace United Church Hall (upstairs)

210 - 3rd St. NE

9:00 a.m.-Registration (Tradition 7)

More Information call

Vic W., (306) 861-1770

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

IT'S IN THE BOOK

TOWARD PARTNERSHIP



When the distortion of family life through alcohol has been great, a long period of patient striving may be necessary. After the

husband joins A.A., the wife may become discontented, even highly resentful that A.A. has done the very thing that all her years of devotion had failed to do. Her husband may become so wrapped up in A.A. and his new friends that he is inconsiderately away from home more than when he drank. Each then blames the other.

But eventually the alcoholic, now fully understanding how much he did to hurt his wife and children, nearly always takes up his marriage responsibilities with a willingness to repair what he can and accept what he can't. He persistently tries all of A.A.'s Twelve Steps in his home, often with fine results. He firmly but lovingly commences to behave like a partner instead of like a bad boy.

-As Bill Sees It, page 292
Reprinted with permission.

A Word on FELLOWSHIP

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

You are going to meet these new friends in your own community. Near you, alcoholics are dying helplessly like people in a sinking ship. If you live in a large place, there are hundreds. High and low, rich and poor, these are the future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of "Love thy neighbor as thyself."

Big Book Page 152 Reprinted with permission

Alcoholism: A Family Disease

Acceptance was the Answer

My major problems were marital. "If you had my wife, you'd drink too." Max and I had been married for twenty-eight years when I ended up in A.A. It started out as a good marriage, but it deteriorated over the years as she progressed through the various stages of qualifying for Al-Anon. At first, she would say, "You don't love me. Why don't you admit it?" Later she would say, "You don't like me. Why don't you admit it?" And as her disease was reaching the terminal stages, she was screaming, "You hate me! You hate me! Why don't you admit you hate me?" So I admitted it.

I remember very well saying, "There's only one person in the world whose guts I hate worse than yours, and those are my own." She cried a bit and went to bed; that was the only answer to problems that she had left. I cried a bit and then mixed myself

another drink. (Today, we don't have to live like that anymore.)

Max hadn't gotten that way because I didn't care. Indeed, it seemed that I cared too much. I had sent her to four consecutive psychiatrists, and not one of them had gotten me sober. I also sent my kids to psychiatrists. I remember, one time, even the dog had a psychiatric diagnosis. I yelled at Max, "What do you mean, 'The dog just needs more love'? You tell that dumb cat-and-dog doctor he's not a Beverly Hills psychiatrist. All I want to know is, why does that dog wet in my lap every time I hold him?" (That dog hasn't wet my pants once since I joined A.A., and neither have I!)

The harder I worked with Max, the sicker she got. So, when it ended up at a psycho ward, I wasn't all that surprised. But then, when that steel door slammed shut, and she was the one that went home, I truly was amazed.

Big Book Page 407 Reprinted with permission



Who said you were an active alcoholic?

Empty On The Inside

So, divorced, I moved back home. Within a year I was under arrest for child endangerment. I had left my sleeping children home alone and gone to drink. They were removed from my custody and placed with my mother. Then started my rounds of the treatment centers. I could talk a good game. After all, I had grown up with A.A. I was the one the counsellors talked to talk to other women who were reluctant to leave their kids long enough to go into treatment. I could give the whole speech: "We can't be good mothers

if we're not sober." The problem was, inside, I was relieved that my kids had to live with my mom. I was too hard to be apparent. But I couldn't tell people that-they might think I was a bad mom.

And I was a bad mom. I was a terrible mom. No, I didn't beat them, and of course I told them I loved them. But the message my kids got from me was "Yes, I love you; now go away." They had to be practically invisible in their own home. I had absolutely nothing to give them emotionally. All they wanted was my love and attention, and alcoholism robbed me of the ability to give it. I was empty on the inside.

Big Book Page 515 Reprinted with permission.

**I Can't. God Can.
I'll let Him.**

History & Archives

Q. Who wrote Chapter 8 of the Big Book, "To the Wives"?

A. Bill was the author of the 'To Wives' chapter. It is commonly thought that Lois wrote it. But, as Pass It On describes (page 200), Lois said, "Bill wrote it, and I was mad." She added, "I wasn't so much mad as hurt. I still don't know why Bill wrote it. I've never really gotten into it - why he insisted upon writing it. I said to him, 'Well, do you want me to write it?' And he said no, he thought it should be in the same style as the rest of the book." (G.S.O.'s Archives can provide extensive historical information about A.A.W.S.'s literature and pamphlets: origins; content; editions; printings; changes; and corrections that have been made over time.) www.aa.org/FAQ's Reprinted with permission.

Hi!

Let's have some fun! Round ups around the province are into full swing. I have attended many since becoming a member of A.A. Round ups provide me a safe, alcohol free environment to socialize, practice the principals of our programs, and to just have some fun. Go to a Round up, volunteer, or join the committee, it's a great way to meet people affected by alcoholism, just like you (and me).

—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.