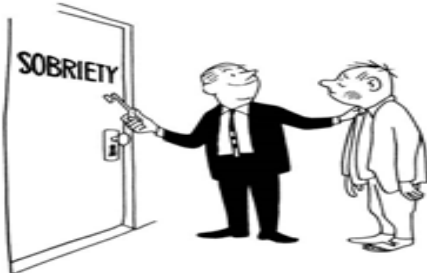




# Heart to Heart



***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 5, Integrity, A Members Service Story  
Mother's Day Special**

**\$ Tradition 7**

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

**May 2011**

## ***STEP 5***

***Admitted to God, to ourselves and to another human being the exact nature of our wrongs.***

When we reached AA, and for the first time in our lives stood among people who seemed to understand, the sense of belonging was tremendously exciting. We thought the isolation problem had been solved. But we soon discovered that while we weren't alone any more in a social sense, we still suffered many of the old pangs of anxious apartness. Until we had talked with complete candor of our conflicts, and had listened to someone else do the same thing, we still didn't belong. Step Five was the answer. It was the beginning of true kinship with man and God.

This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done. Often it was while working on this Step with our sponsors or spiritual advisors that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us. Our moral inventory had persuaded us that all-round forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly *knew* we'd be able to receive forgiveness and give it, too.

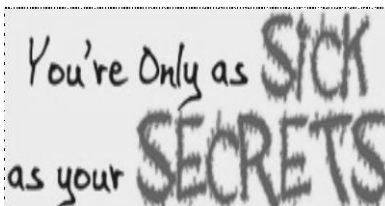
-Twelve Steps and Twelve Traditions, pages 57-58  
Reprinted with permission.

## ***TRADITION 5***

***Each Group has but one primary purpose - to carry its message to the alcoholic who still suffers.***

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission-to carry the A.A. message to those who don't know there's a way out.

-Twelve Steps and Twelve Traditions, pages 151  
Reprinted with permission.



## ***CONCEPT 5***

***Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."***

- Do we encourage the minority opinion, the "Right of Appeal", to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

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



## THE 5<sup>th</sup> PRINCIPLE

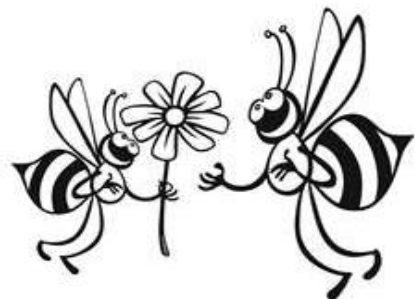
# INTEGRITY

When I first came to A.A. I knew nothing of integrity. What I know now of it is only what I have experienced and felt.

My first experience with integrity came very early in sobriety. When first introduced to the steps, I looked at them and said "Ya, I can do this!" and promptly set out to move Step 3 to where Step 5 was, Step 4 to where Step 12 was and reorder the wording in 11 so that it would be easier to read and not so long winded. I laugh today about this because I remember thinking "oh their gonna be so happy I came along to help fix this program".

Clearly I thought I knew better than my predecessors (ego), even though I had tried every method I could think of on my own to stay sober and failed miserably. My "help" with the steps would not help at all. What I needed to do was what people in A.A. were already doing, working the Steps in the order that they are. So I put the "fix this program" plan aside and worked the Steps. I continue to work the steps as they are and I continue to find what this program promises, freedom. Gratefully, I haven't had to "fix" anything in A.A. since.

-Carol K.; Free Speech Group



*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



### A DECLARATION OF UNITY

*This we owe to A.A.'s  
future: to place our  
common welfare first:  
to keep our Fellowship  
united. For on A.A.  
unity depend our lives,  
and the lives of those  
to come.*

**Regina AA Intergroup Office**  
#312 – 845 Broad Street

**Broad Street Business Center**  
Office Hours:

**Monday, Wednesday & Friday**

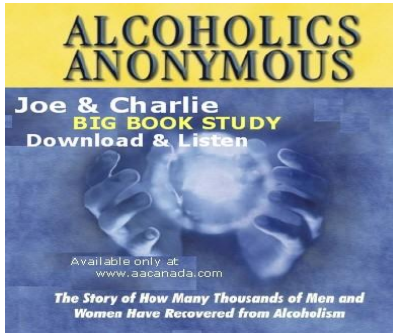
**12:00 p. m. – 5.00 p. m.**

**Closed Statutory Holidays**

**24-Hour Answering Service:**

**(306) 545-9300**

**E-mail: [a.a@sasktel.net](mailto:a.a@sasktel.net)**



*Things we cannot change.....*

Charles Parmley  
1929-2011



Charlie was the co-founder of the House of Hope Inc. Recovery Center in Grove, Oklahoma and

was a 41 year old friend of Bill W.

I wanted to take a moment to let you know that last night we lost the second 1/2 of a legacy. Charlie Parmley passed away last night about midnight after suffering a massive heart attack. He and Joe McQ. and Joe McC. touched the lives of hundreds of thousands of people all over the world. His understanding of the Big Book, and his way of interpreting it in a way an average drunk could understand it was amazing. They say that when the student is ready... the teacher will appear! Last night we lost a great teacher. Please say a prayer for Barbara and his children. His service is tentatively scheduled for Tues. 4/26 in Jay, OK, but this is not finalized. If folks would like to contribute, just a suggestion, request that they send a little something extra in Charlie P.'s name to their local Central Office. I think he would have liked it that way.

-Jim G. Cornerstone Gp. Southwest City, MO

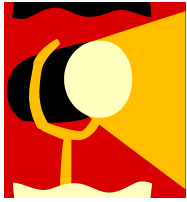
Charlie and Joe McQuany started the Big Book Studies in the early 70's, traveling the world carrying the AA Big Book Message. Joe passes away October 27, 2007.

For the Joe and Charlie Big Book Study download visit:

<http://www.aacanada.com/joemandcharlie.html>

Charlie's Memorial Website:

<http://luginbuefuneralhome.frontrunnerpro.com/runtime/3060/runtime.php?SiteId=3060&NavigatorId=54126&viewOpt=dpaneOnly&ItemId=723627&op=tributeMemorialCandles>



## 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



### My Service Story

In 2004, I experienced one of my great losses during the short five years I was sober. Not even considering the fact that I was volunteering already for various service functions, chairing meetings, serving coffee, and most important lending an ear. In September my father passed away, a pillar in my life and sobriety. My sobriety was basically hanging by a thread, and really unsure how to continue to walk through the pain. A couple months passed and a familiar voice phoned me and asked if I would participate with the Alcathon committee again. In the previous year, I volunteered as the Kitchen Coordinator for the Alcathon where we needed to find volunteers to prepare, cook, and serve food during the Christmas season event. After working close to 96 hours, I thought "never

again". But when I got asked to do the same job at the next Alcathon it ended up being the perfect remedy to saving my sobriety - giving unconditionally without expecting anything in return, along with spending the holidays with my AA family.

Service has one of the greatest gifts of my sobriety, from chairing events to mopping floors, each job has provided me with tools to either continue to carry the message or use in my daily life. When I came into AA, I was shy, a new mother, and had limited friends. I struggled with what to do for "fun" and how to live life outside of meetings. In April 2001, I went to my first round up and was amazed to see the teamwork and effort to put on an event like that. An event that would bring over 200 people together into one room in fellowship. That summer I went to a few more round ups and events and my interests were peaking. Being a second generation AA member, I witnessed first had the impact on service in a person's sobriety. Watching my family member go to district meetings, round ups, and participate in fellowship; I knew that this was something that I wanted. What was I willing to do to get it?

In December 2001, I participated in my first volunteering job at the Christmas Alcathon. A friend of mine was the chairperson that year and I was amazed to see the work being done prior to it starting. He told me that if you want to see change in an event then participate on the committee; therefore, the next year, I joined the committee. This started the 'drive' to continue and participate in various local Intergroup events and committees. Working in various committees within the Alcathon, Round Up, Barbecue and within the Intergroup committee. Each job has provided me with more courage to speak up and encourage change.

A couple years ago, I was involved in so much that I forgot about me and my family. Other events took priority and my sanity was starting to take its toll. At this time I stepped down from my position within Intergroup and did not join in any committees. Believing in the spirit of rotation, I believed that my turn was completed and I can now focus on my family. Well... after some time, my meetings started to slowly trickle down and sobriety was on a thin line. The only thing that would get me back the feeling of 'being part of' AA again was to get back into service. I am happy to be back into service again and extremely grateful for the gifts that I have received from service and look forward to the next days ahead. This year I am excited to attend the World Service Intergroup Seminar where I can meet other Intergroup representatives to discuss issues, challenges, and information share. Who knew that this timid, unemployed, single mother blossomed into a confident career woman who - with the help of my higher power - can now balance time between home and service.

Yours in Service,  
Lesley W. – Intergroup Regina

### 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.

#### 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.



12 Steps to Recovery Group

Beth M.....May 22.....1 year

South Hillsdale Group

Pat W.....May 1.....21 years  
Barry B.....May 14.....3 years  
Jack D.....May 22.....24 years  
Colleen S.....May 23.....23 years  
David H.....May 25.....18 years

Nu Life Group

Brad O.....May 5.....5 years  
Chris C.....May 8.....19 years  
Wayne H.....May 27.....22 years  
Chuck S.....May 31.....35 years

Acceptance is the Answer Group

Norm D.....May 30.....11 years

One Way Group

Bob M.....April 12.....36 years  
Duane S.....April 29.....15 years  
Don V.....April 30.....33 years  
Jack L.....May 5.....5 years  
Terry M.....May 30.....25 years  
Kurt R.....May 13.....6 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

12 Steps to Recovery Group

1 year.....May 30.....8:00pm.....Beth M.

Acceptance is the Answer Group

1 year.....May 24.....Noon.....Kathryn P.

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).

### Round Ups and Events

SEE INSERT  
CALENDARS OF EVENTS FOR  
SPRING/SUMMER 2011

### 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.

## IT'S IN THE BOOK

### MOTHER'S GUILT

There's an almost infinite list of things we can feel guilty about as mothers. Often we've been overprotective, so fearful that things will happen to our kids that we can hardly let them out of our sight. Or maybe we've clung to our kids to avoid feeling lonely. Either way, we burden our children by expecting them to take care of our emotional needs. They can't have their own lives if we hover around them in anxiety or never let them go.

At the other extreme, we may have been indifferent toward our kids. We may have been so obsessed with drinking or using (or shopping, eating, or having sex), that we neglected our children's basic needs. Many of us are so numb that we don't realize our children might actually be in danger. We may leave them home alone when they're really too young to look after themselves. We may ignore signs of abuse. We may not notice that they've become isolated because they're too embarrassed to bring their friends home. When we can't even take care of ourselves, it's impossible for us to be aware of what's really happening in our children's lives.

*A Woman's Way Through the Twelve Steps - pgs 89 & 90; 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; Speakers Meeting Monday, May 9, Louise D.

### 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: Nu Life Group, Nor West Group, Last Chance Group, Sunrise Breakfast Group, Happy Hour Group, No Name and Hero Group



## MOTHER'S DAY IS SUNDAY, MAY 8, 2011

### Mothers and Recovery

What alcoholic in recovery doesn't have mom at the top of the resentment list? If mom is at the top of the resentment list, then she probably tops the amends list. One of the most positive aspects of being in a 12 Step recovery program is that we learn to uncover and face the truth about ourselves. In facing ourselves we begin to see our own faults and we can no longer play the victim role. "I'm this way because my mom was an alcoholic"; or "it is my mom's fault that I'm controlling", or "I'm unhappy because my mom never acted like she loved me" are all only excuses to remain a victim and blame someone else.

Moms take a heavy rap for whatever ails us and those of us in recovery probably have used her as one of our best excuses to remain addicted.

The 12 Steps have given us the tools to understand and live life on life's terms and that includes every feeling, past and present, we ever had about our moms. We have a new respect and appreciation of our moms because we understand ourselves. Ask yourself "How would I have mothered me?"

*Kathy L - 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.