



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 12, Service
Do We Need the Alcathon, A Season Of Gratitude**

\$ Tradition 7

Share the message! Pass this newsletter on.

December 2011

Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all affairs.

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics. You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on a new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

-Big Book, page 89

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After all, our problems were our own making. Bottles were only a symbol. Besides, we have stopped fighting anybody or anything. We had to!

-Big Book, page 103

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Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?

2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?

3. In my opinions of and remarks about other AA's, am I implying membership requirements other than a desire to stay sober?

4. Do I ever try to get a certain AA group to conform to *my* standards, not its own?

5. Have I a responsibility in helping an AA group fulfill its primary purpose? What is *my* part?

6. Do I fulfill all AA responsibilities in such a way to please privately even in my own conscience?

-Grapevine May 1971

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Concept 12

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

1. How do we guard against becoming a "seat of perilous wealth and power"?

2. How do we practice prudent use of our 7th tradition contributions and literature revenue?

3. Do we insure the spiritual liberties of all A.A. members by not placing any member of absolute authority over others?

4. Do we try to reach important decisions by discussion, vote, and where possible, substantial unanimity.

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 12th Principle

SERVICE

(Awakening into sober usefulness.)

We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely enjoy insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders. When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal. For his sake, we do not recount and almost relive the horrors of our past.

So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience. out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others.

-Big Book page 132
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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

Intergroup Needs Help



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
(cont'd Pg. 3)

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.
No Meeting the month of July

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.

Round Ups and Events

Visit www.aaregina.com for more details

December 8th, 2011

Nu-Life Group 23rd Annual Family Christmas Party
St. Mary's Hall, 2020 Winnipeg Street Regina, SK
Adults \$20 - Children 7-10 \$10
Doors Open: 5:45 p.m.

December 6th, 2011

Milden Come As You Are AA & Al-Anon Annual Christmas Supper & Joint Meeting to follow
Pot Luck Supper at 6:30pm

December 31, 2011

Prince Albert
AA New Years Eve Party
Calvary United Church
Tradition 7
Doors Open: 8:00pm

December 24th - 26th, & December 31st - January 1, 2012

1165 Pasqua St., Regina
Check the Regina AA website for up-to-date information
www.aaregina.com

February 24th - 26th, 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





Celebrating Sobriety

Big Book Focus Group: Friday, December 9th @ 7:30 pm for Lisa C. 5 years in the Wascana Rehab Centre Board Room

Please submit your group member birthdays birthday milestone announcements 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.

Vacant Positions (cont'd)

12 Step Trustee has been vacant for quite some time and is in desperate need of trustee. Also the 12 step call list (male and female) needs to be updated. Many of the names on the list are no longer valid or contact numbers are out of date. At this time of year many people are seeking help and without available volunteers on the 12 step call list, a lot of these calls go unanswered. You can volunteer by calling the **Office** at **545-9300** and have your name added to the 12 Step List.

A long-time member finds real peace in letting go.



"I throw up my hands on the huge roller coaster of living and scream with delight."

You know, I'm such an alcoholic type. I get more amazed as my sobriety lengthens as to how "garden variety" I really am.

Retrieved from:

<http://www.aagrapevine.org/feature/282>

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

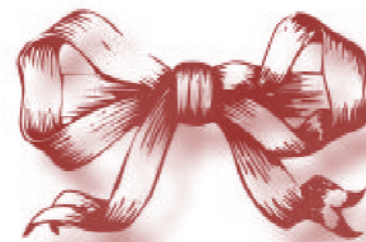
Thank
You

Contributions

Thank you to the following groups for their recent contributions to Intergroup: Harmony Group, Vista Group, Free Speech Group, and Last Chance Group.

Heart to Heart Newsletter

The Heart 2 Heart will have a new editor in place for the next issue. The format and content will be announced at that time. Your stories, articles, and announcements still can be submitted to the Office a.a@sasktel.net with subject line "H2H".



Remember What Is Most Important...

As the holiday lights come on, we give thanks.

Thanks for the inner light which is our sobriety in A.A.

Thanks for the light of hope in the face of the sick alcoholic who is reborn.

Thanks for the light of the present — the awareness of this precious moment.

Thanks for the light of new attitudes.

And humble Thanks for the glorious light of love through fellowship and service.

May the grace of light fill each day of the coming year



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.

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.

Do We Need The Alcathon?

The question could be asked, "Do we need the Alcathon to ensure our own sobriety?" Surely for many of the recovered alcoholics who now have the spiritual tools that allow them to enjoy comfortable and sane holidays with family and friends the answer may seem to be that we don't. But whether their sobriety is measured in days, weeks, months or years there are many alcoholics who find this coming time of year overwhelming and dangerous. The Alcathon provides a safe haven for those struggling to stay sane and sober over the holiday season as it has done for many, many years. As it maybe had once done for those who are now comfortable.

But if there is no one to offer a cup of coffee, an open hand, an open heart and maybe a shared tear or two then we may lose many of those who came to find fellowship only to find none. Our continued existence as a Fellowship and as individuals depends upon our constant actions for suffering alcoholics and so the answer to the above question, "Do we need the Alcathon to ensure our own sobriety?", I believe, is an assured yes.

Please, as an individual or as a Group, consider a donation either in time or in money so that those of us who find themselves lost may find a safe place to rest.

To make financial donations call:

Kirk H.- 205-1074

For all other Inquiries call:

Mike K.- 545-9022



A Season of Gratitude

The holiday season can be difficult for many A.A.s, especially the newcomer. The pressure to drink may feel overwhelming when it seems all the world is hoisting glasses in one toast after another. At these times, the prospect of the usual round of holiday parties can be as inviting as a stroll in a minefield to the alcoholic struggling to stay away from the first drink.

The A.A. group, though, can be a refuge. Meeting marathons provide a safe place for recovering alcoholics who are on their own, as well as those looking for a break from family festivities. Some groups schedule dances or potluck dinners, providing a place to congregate and celebrate in sober fellowship.

It's safe to say that A.A. group celebrations are held in most parts of the world, wherever seasonal festivities are celebrated. Large or small, in remote rural areas or big cities, the sharing and hospitality always center on a regular A.A. meeting. But the styles of group gatherings are as varied as the members and regional customs dictate. Some A.A. members will create a tradition of going to dinner with friends on the holidays. A.A.s generally do better with structure, and we can make it easier on ourselves by planning ahead. Arranging our own get togethers with A.A. members is a good way to make the best of the holidays. Obviously, we can have a New Year's Eve party like anyone else, minus the alcohol (and the hangover).

Some find it rewarding to throw themselves into carrying the message of A.A. by visiting hospitals, treatment centers or correctional facilities. One A.A. returned each year in December to the rehab where he got sober. Another A.A. bakes "cop cookies" and hands them out to officers who used to arrest her.

The story of the first holiday season for A.A. was the subject of an article in the December 1952 Grapevine. Bill W. remembered only a quiet day in New York that first Christmas — there were so few members. Meanwhile, the six men who constituted the whole of A.A. in Akron gathered with their families at Dr. Bob's house. The

Grapevine article quotes one A.A. member at that gathering: "There were thanks that we had come this far. However, I am certain that there was still considerable fear and trembling . . . not fear that this new way would not work, but doubt that we would be able to hold onto it. We remembered our many failures and thanked God for what he had already granted us and prayed for continued strength."

This time of the year can be fraught with yearning for a feeling about the holidays remembered from long ago. It is also natural that if you imagine yourself out of step with what's called a season of joy, you will feel isolated. And it's widely accepted that the pressure to be merry, on cue, is stressful. A.A. members, though, have the benefit of a program that teaches the value of acceptance, an antidote to the enforced gaiety of a season when loneliness may seem a failing as well as a misery.

And A.A. members have a way or remaking their worlds, or rediscovering what they once had. In the words of the Twelfth Step, the program of Alcoholics Anonymous is about "the joy of good living." As Doug H. in Maine looks back on his drinking days, he remembers the holidays as "something to dread — too much free time to reflect on how lonely I was, what a failure I was. And how was I going to make sure I had enough booze around to keep the demons at bay? Then there were all the people I 'had' to see, get-togethers that would remind me, lest I forget, what a failure I was. Now holidays are just what they're supposed to be, a break from work, a time to relax. Above all, they are a time to reflect on what the A.A. program has given me and to do what I can do in return."

One member says, "I'm Jewish, but we celebrated all the holidays — had a Christmas tree, the whole thing. Of course, my now ex-wife did everything and I drank." Now sober 16 years, he reports that, "My first wife has invited me and my current wife to celebrate Thanksgiving at her house. It comes around full circle. The journey continues." And, when all else fails, contact your local intergroup/central office meetings and events your area.

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