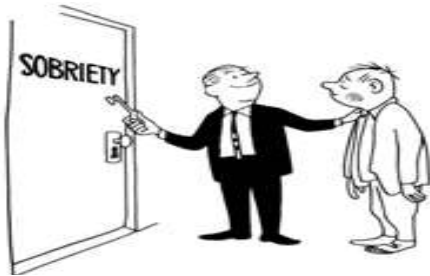




# Heart to Heart



***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 10, Perseverance  
Youth and A.A.**

**\$ Tradition 7**

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

**October 2011**

## **STEP 10**

***Continued to take personal inventory and when we were wrong promptly admitted it.***

Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.

This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfish, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

-Big Book, page 84  
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## **TRADITION 10**

***Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.***

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists?

Churches? Hospitals? Freudianism? Catholicism? Judaism? Agnosticism? Jails? Alcohol? Drinking? Psychiatrists? Other alcoholism agencies? Jungianism? Protestantism? Or . . .

2. The Federal or state government? Alcohol education? Legalizing marijuana? Vitamins? Theories of alcoholism? Detoxification centers? Missions? Research into alcohol problems? Paraldehyde? Teen-age drinking? Tax-supported alcoholism programs? Al-Anon? Alateen? The alcoholic beverage industry? Non-alcoholics?

3. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"? How?

-Grapevine May 1971  
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## **CONCEPT 10**

***Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.***

Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?

Why is delegation of "authority" so important to the overall effectiveness of A.A.?

Do we use this concept to define the scope of "authority"?

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**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 10<sup>th</sup> PRINCIPLE

# PERSISTENCE

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee-Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

-Big Book page 85

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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

Speakers Meeting 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

Visit [www.aaregina.com](http://www.aaregina.com) for more details



### October 22, 23 & 24, 2011

2011 Fall Assembly

Location: Jack Fish Lake

Contact DCM 18 Rep for details

### October 29<sup>th</sup>, 2011

Fishing Lake A.A. Fall Roundup

Location: Kuroki Community Hall,  
Kuroki, SK

Cost: 7<sup>th</sup> Tradition

Registration: 11:00 am

### 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, 12 & 13, 2011

B.C. Young People in AA

Location: Delta Burnaby Hotel &  
Conference Centre; 4331 Dominion

Str. Burnaby, BC

Cost: \$25



"He passed the sobriety test. Now I think he's just showing off."



Free Speech Group

Michelle F....October 24...1 year

Nu-Life Group

Walt P.....October 9.....34 years

Lem B.....October 11.....35 years

Last Chance Group

Abe G.....October 5.....28 years

Adam W....October 26.....2 years

Dave C.....November 8.....10 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**

Nu-Life Group: October 14 @ 7:30 pm for Lem B...35 years

Free Speech Group: October 27 @ 8:00 pm for Michelle F...1 year

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**

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 .

**Heart to Heart Newsletter**

In the next issue: Step, Tradition, Concept and Principle 11: Spirituality, 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.

**The antidote for holiday blahs is to adopt a mind set which will not allow negative thinking to dominate the psyche. Then, by consciously and consistently giving thanks. Giving thanks is an act of choice and can be particularly up-lifting even in the midst of adverse situations**



## Exerts from General Service Conference Approved Literature

### TOO YOUNG??

We all felt the same when we came into A.A.- that we were too young to be alcoholics. Some of us hadn't been drinking that long. Some of us didn't drink hard liquor. Some of us didn't fall down or have memory lapses.

"Just sit down and listen," we were told. "You can always go back to drinking if you want. But first try some A.A. meetings, because you wouldn't be here at all if you didn't have a drinking problem."

Soon we heard that it doesn't matter how much you drink, where you drink, what you drink, or how old you are-what matters is what alcohol does to you inside. You are the best judge of whether or not you have a problem. And you know this from your gut-whether you feel guilty, lonely, ashamed; whether alcohol is interfering in your life.

All of us felt strange about going to A.A. But we've come to see that A.A. saved our lives and gave us a new beginning-it is the best thing that ever happened to us.

-Young People and A.A. page 5  
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### MYTHS AND TRUTHS ABOUT ALCOHOL AND A.A.

*Myth:* I'm a bad, weak-willed person because I drink.

*Truth:* Alcoholism is an illness, not a moral weakness. Like most other illnesses, such as heart disease, diabetes, and cancer, it can strike anyone. The illness of alcoholism can't be cured. It can only be arrested. We don't take medicine to arrest this illness. Instead, we go to A.A. meetings.

*Myth:* I know I have a problem. But I can't beat it.

*Truth:* Alcoholism is a progressive illness, which means that if an alcoholic keeps on drinking, the illness will always grow progressively worse.

*Myth:* But I can take one drink and get away with it.

*Truth:* All of us can sometimes take just one drink and not drink again that night or the next day. But sooner or later, in a week or a month or a year, if we have this

illness, we'll drink again to excess. Just the attempt alone to control our drinking is a sign that there is something wrong.

*Myth:* If the party is a real success, then naturally nobody can remember it.

*Truth:* Most people do not have blank spots in their memory when they drink. These blank spots, where we walk and talk and act normally but can't remember doing so, are called "blackouts." Blackouts are not normal, and are considered a symptom of alcoholism.

-Young People and A.A. page 5-6  
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### My name is Diane, and I'm an alcoholic (15 years old)

When I first came to AA, I couldn't have been an alcoholic. It was impossible at the age of 14!

I had my first drink at the age of six. Being the only girl out of three and being the youngest child, I could get my way. I now believe I was an alcoholic from the first drink, because from then on I set up my life in the alcoholic pattern. I lived in fear of the day, in hatred, in resentments in a dream world. I would dream I had six closets full of clothes and all the girls were jealous of me. In real life, I was fat, overbearing, and jealous of others. I hated my mother because she would spank me and not let me go without a shirt, like the boys.

We moved away from that town just before I entered fourth grade. I was really lonely. I had no friends, and I couldn't make any. Then I met kids who smoked, drank, and took drugs. My parents begged me, beat me, and argued with me. But what the hell! They were the ones who put me through all the years of misery. Now was the time to pay them back, I decided.

I started taking drugs and drinking. My self-pity caught fire. Booze and drugs helped me relieve it all. Wow! It was really weird. Sex also became very important, because I wanted love. Lots of love!

I thought my home life was the problem, so I started going to counselors, church, head-shrinkers, the whole bit. It didn't work. So here came the booze again.

I always wanted to belong. Anything they said to do, I did. But I didn't like it, and I wanted out. My bottom came up and hit me. I didn't go down and hit it.

I got in contact with A.A. through a dooper friend. She just needed something to do, so she didn't stick around. I stayed. I like the love that I got. I needed that love. I stayed in, drunk, wanting to be "a part of, not apart from."

Finally, after 11 months, I started working the program. Things began changing, and it was really beautiful. My relationship with me parents and other people is great. The love I receive, I pass along to still-sick alcoholics. God-my God- is very patient, thank goodness for that. I am now losing weight and feel fine. (I weighed 200 lbs.)

I still get some questioning looks from old timers, but I know I am an alcoholic, and that's all that counts. I feel rejected at times because the young people in our group are married and get together quite often, without me. God willing, in about four years I'll be married, too, and then I'll remember to ask the single young person to join in.

My father is still drinking, but I have to "let go and let God." Maybe someday God will find him also. I am an alcoholic, and in two months I'll be 16.

-Do you think your different?. page 19-20  
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