



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 9, Discipline

Things we cannot change: Marg H.

\$ Tradition 7

Share the message! Pass this newsletter on.

September 2011

STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Search for Motives

Some of us clung to the claim that when drinking we never hurt anybody but ourselves. Our families didn't suffer, because we always paid the bills and seldom drank at home. Our business associates didn't suffer, because we were usually on the job. Our reputations didn't suffer, because we were certain few knew of our drinking. Those who did would sometimes assure us that, after all, a lively bender was only a good man's fault. What real harm, therefore, had we done? No more, surely, than we could easily mend with a few casual apologies.

This attitude, of course, is the end result of purposeful forgetting. It is an attitude which can be changed only by a deep and honest search of our motives and actions.

*-As Bill Sees It, page 64
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TRADITION 9

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

9. Each AA group needs the least possible organization. Rotating leadership is usually best. The small group may elect its secretary, the large group its rotating committee and the groups of a large metropolitan area their central committee, which often employs a full time secretary. The trustees of The Alcoholic Foundation are, in effect, our General Service Committee. They are the custodians of our AA tradition and the receivers of voluntary AA contributions by which they maintain AA General Headquarters and our General Secretary at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal publication, The AA Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in AA are but trusted and experienced servants of the whole. They derive no real authority from their titles. Universal respect is the key to their usefulness.

*-Grapevine November 2007 page 48
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CONCEPT 9

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

- Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- Do we recognize the need for group officers? What is our criteria for election?
- Do we sometimes give a position to someone "because it would be good for them?"
- Do I set a positive leadership example?

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"It's not a great mission statement, but we'll revise it if things get better."

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 9th PRINCIPLE

DISCIPLINE

I have been attending A.A. for a number of years now and that has been such a blessing in my life. I attend a home group that is small but strong. There is a core group of 5 members now and we have recently completed our 2nd group inventory, which has been a very unifying experience. We hold business meetings monthly and at each of those we read a few paragraphs from the pamphlet "The Home Group". That little pamphlet is full of guidelines for AA groups, and one of the suggestions is the group inventory.

The group inventory consists of 13 suggested questions:

1. What is the basic purpose of the group?
2. What more can the group do to carry the message?
3. Is the Group attracting alcoholics from different backgrounds? Are we seeing a good cross section of our community?
4. Do new members stick with us, or does the turnover seem excessive? If so why? What can we as a group do?
5. Do we emphasize the importance of sponsorship? How effectively? How can we do better?
6. Are we careful to preserve anonymity of our group members and other AA's outside the meeting rooms? Do we also leave the confidences they share at meetings behind?
7. Do we take the time to explain to all members the value to the group of keeping up with the kitchen/housekeeping chores and other essential services that are part and parcel of our 12th step efforts?
8. Are all members given the opportunity to speak at meetings and to participate in other group activities?
9. Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care?
10. Are we doing all we can to provide an attractive meeting place?
11. Does the group do its fair share toward participating in the purpose of AA-- as it relates to our Three Legacies of Recovery, Unity and Service.
12. What has the group done lately to bring the AA message to the attention of professionals in the community- the physicians, clergy, court officials and others who are often the first to see the alcoholics in need of help?
13. How is the group fulfilling its responsibility to the 7th Tradition?

The core group decided to set a date to meet in a member's home, simply because we were unable to complete the questions in business meetings, which are held monthly for an hour prior to the meeting. We planned a potluck and amazingly all members attended, bar one (no pun intended). We really didn't know how to start but a format soon fell into place. For each question the group members were asked, in turn, their thoughts on each question. We brainstormed very honestly which was the only way. We knew that our primary purpose as a group was to carry the message of recovery and to hold our meetings in a location that provided access for everyone wishing to attend that was attractive and clean. But any areas of improvement needed to be addressed and the inventory questions really helped us to objectively focus. The ideas flowed freely and I believe everyone felt very fulfilled, connected, and unified at the end. I know I sure did. We had just experienced AA's 3 legacies of recovery, unity and service. The session ended with "I am responsible" pledge, a wonderful supper, fellowship and a commitment to follow up with an action plan.

So again, after a few months passed, we decided to set a date for a potluck to review our brainstorming, which by the way, had all been recorded. A few years ago, when we completed our first inventory, we decided to change to a larger meeting room to allow for more 12th stepping in the form of getting the room ready for the meeting, and for putting away the chairs and tables at the end. That, we thought, would encourage fellowship and people wouldn't just rush off. We also decided to have a greeter at the building entrance door. Both changes have been very successful. With this current inventory we decided, for a 6 month trial period, to change the way the room was setup. The meeting format was also streamlined and simplified to allow more time for sharing. We all realized that an area that needed improvement was to emphasize sponsorship which could be done by talking more about it when sharing at the meeting. In addition we will place the phone number cards in the 7th Tradition basket, with a pen, for anyone wishing to pass their phone number to a struggling member.

I feel very privileged to belong to a group that is constantly changing and growing, that it knows there is always lots of room for improvement and that the benefits of a group inventory are to make sure that the purpose of the group is to carry the message to the still suffering alcoholic. And for that I am truly grateful.

*-Catherine S - Home Away from Home
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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
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, 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.

No Meeting the month of July

Round Ups and Events

Visit www.aaregina.com for more details



September 2, 3 & 4th, 2011

Clear Lake 12 Step Retreat
Location: Anglican Memorial Camp
Cost: \$75

September 2, 3, 4 & 5th, 2011

Greig Lake Campout Roundup
with Al-Anon Participation
Cost: 7th Tradition
Campsites are first come first serve

September 9th, 2011

Cochin Mini Roundup
Location: Cochin R.C. Church
Cost: 7th Tradition
Pot Luck Supper: 6300 pm
Speaker to follow

September 9, 10, 11th, 2011

Medicine Hat & District
AA Roundup
Location: Royal Canadian Legion
Cost: see poster on website
Registration: 6:00 pm Friday

September 10th, 2011

Institution's Round-Up
Prince Albert, Sask.

September 17th, 2011

Social & Speaker Committee Event
Location: St. Paul's Cathedral
Time: 6:30
Cost: 7th Tradition
Speaker: Basil K.
Music Jam Session to follow



September 17th, 2011

Meadow Lake Roundup

September 17 & 18th, 2011

Swift Current AA Roundup
with Al-Anon Participation
Location: Salvation Army Community
Church

September 24th, 2011

Estevan AA & Al-Anon Family
Groups Roundup
Location: St. Paul's United Church
Registration: 12:00
Cost: 7th Tradition

October 1st, 2011

Melfort AA & Al-Anon Roundup
Location: Royal Canadian Legion
Cost: 7th Tradition
Registration: 3:00 pm



Acceptance is the Answer Group

Nicole K.....September 23...1 year
Lori-Ann M...September 29...2 years

Nu-Life Group

Carl C.....August 12.....5 years
Walt P.....October 9.....34 years
Lem B.....October 11.....35 years

South Hillsdale Group

Isabelle M...September 2...20 years
Kim S.....September 12.....24 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.

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



“Hi, my name is Nervous”

Group News

Novelco Group: is having a Step group Monday nights 7:30-9:00 pm starting September 12, 2011. Phone Charles 586-8603 if you want to attend.

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

Balgonie Out of Towners are celebrating the Groups 10 year anniversary on September 24.

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 (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.

Contributions

Thank you to the following groups for their recent contributions to Intergroup: Sunrise Breakfast Group; South Hillsdale, Last Chance; Regina Beach, Noon No Name; Friday Eureka Lunch; Sunday at 9.

Celebrating Sobriety

South Hillsdale Group: September 19 @ 8 pm for Isabelle M... 20 years

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

Out of Towners: September 17 @ 7:30 pm for Charlene L...10 years

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.

Heart to Heart Newsletter

Submit your stories, articles, and announcements today!

Things we cannot change...



HURTIG (nee Newton), Marge (BOORMAN)

It is with great sadness that we announce the peaceful passing of our mother Marge on June 26th, 2011 at the age of 79 years, 9 days shy of her 80th birthday. She is survived by her loving sons: Terry (Marina), Chris (Darlene), John and Jim (Dana); 3 grandsons: Layne, Riley and Ronnie; 3 granddaughters: Franky, Samantha and Terrina; brother, Bill (Dola); and several nieces and nephews. Marge was predeceased by her parents, John and Jean Newton; brothers, John, Chris and Tommy; and sisters, Cathy, Jean and Ada. Friends and relatives can join us in celebrating Marge's life on Tuesday, July 5th, 2011 at 2:00 p.m. in the Central Butte United Church, with a luncheon to follow at the Legion Hall. A Regina celebration of life to be announced at a later date. Donations may be made in Marge's name to a charity of one's choice. Arrangements are entrusted to Moose Jaw Funeral Home, 268 Mulberry Lane. James Murdock, Funeral Director. 693-4550



A.A. Members Remember....

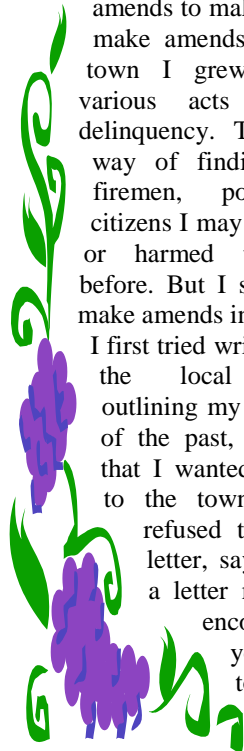
Marge Hurtig

The fellowship group recently put on a memorial for Marge H (aka Rocky's Mom). It became apparent very quickly that Marge loved the characters in AA, but just as important was how she made all the Moms and Dads in our programmes realize that there is hope for our children, that we are not alone, and somehow no matter what the outcome, just never give up. We are going to miss you Marge, thank you for the inspiration to never give up.

-Kevin M.

IN THE BOOK

When I arrived at the Eighth and Ninth Steps, I found I had an unusual amends to make. I needed to make amends to the entire town I grew up in, for various acts of juvenile delinquency. There was no way of finding individual firemen, policemen, or citizens I may have involved or harmed twenty years before. But I still wanted to make amends in some way.



I first tried writing a letter to the local newspaper, outlining my transgressions of the past, and declaring that I wanted to apologize to the town. The editor refused to publish my letter, saying that such a letter might actually encourage other young people to misbehave. So I turned the whole

thing over to my Higher Power and went on about the business of living in sobriety.

One day, after about a year in the program, I sat down on a park bench to rest. It occurred to me that someone ought to paint the bench, spruce it up. I thought about doing it myself, but I realized I would need a whole bagful of tools, besides the paint, to do a good job. It was too much for me to deal with. So I turned it over to my Higher Power.

Another year had gone by when I sat on another bench in another park and I thought, "Somebody ought to paint this bench!" I realized that over the preceding year I had acquired most of the tools I would need. All I needed to buy was some paint and some brushes. I bought the needed supplies, assembled my tools, put them all in a large shopping bag and I began to paint park benches. I took it one day at a time, painting one bench at a time. Over a period of three years I painted about thirty benches in three parks. Some of the benches were getting tough use and those I painted twice. I used a rasp to smooth out coarse edges and sandpaper to roughen the surface of the smooth, weatherworn boards so they would take the paint. I did a priming coat and another day a finishing coat. It took about four hours' work altogether to do one bench.

I want to say that I enjoyed the work. It wasn't drudgery for me. I was outdoors, in the parks, out in the sun and the wind, listening to the birds, watching the squirrels, and sometimes interacting with people in the park.

I never told anyone, outside of AA, that I was doing this to make amends. I just said that it needed doing and I enjoyed doing it. Some people asked if this was required court-ordered community service, and I said, "No, I'm just a volunteer."

Then came a day, after about three years, when it occurred to me that I was done. I had made my amends to the town. I didn't have to do it anymore.

Several years have passed. I still use those parks as a place to sit and rest. Occasionally I see a bench that needs painting and I remember the work I did. But I don't do it anymore. Now the town does it.

If you can't figure out how to make amends, just turn it over to your Higher Power. In time, there will be an answer, there will be a way.

-Jack A.; Montclair, New Jersey Grapevine Magazine September 1991

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