



# Heart To Heart

Regina and Area AA Intergroup Monthly Newsletter (Sk. Canada)

Please have all birthdays, celebrations, announcements, poems, and articles for February submitted to the Editor by January 15th for February publication.

www.aaregina.com

## STEP ONE

**“We admitted we were powerless over alcohol—that our lives had become unmanageable.”**

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible.



Regina AA Central Office

Broad St, Business Center  
#107-845 Broad St.  
Regina, Sk. S4R 8G9  
Open: Mon. Wed. Fri.  
12:00-5:00  
a.a@sasktel.net  
Closed Statutory Holidays

24 Hr. Answering Service  
306-545-9300

### Service Meetings

All members of Alcoholics Anonymous are welcome to attend.

Office Committee  
Monday before Intergroup  
7:30  
Central Office  
Broad St, Business Center  
#107-845 Broad St.

Intergroup  
First Wednesday of the month  
7:30  
YWCA-1940 McIntyre St.

Districts 15, 17, 18  
Second Wednesday of the month  
7:30  
Mount Olive Lutheran Church  
2015-4th Ave. N.

### Piecemeal

When I came to A.A., I knew I had a problem with booze, but I was reluctant to admit I was an alcoholic. To me, an alky was a stereotype: a white man over fifty wearing a smelly old trench coat, lying in a bus shelter, and holding a bottle of cheap wine in a paper bag. I spent my thirty-eighth birthday in a detox. After the twenty-eight day treatment program, I attended one-hundred-forty meetings in ninety days because I knew my way of living didn't work. My best attempts at controlling my drinking and my best efforts at managing my life all drove me to my bottom. So, I took Step One piecemeal:

We ...

I listened to other people share their experience with booze. My head nodded up and down like a bobble head doll. Although my circumstances were different-I never went to jail (I never got caught)-I could relate to their feelings and their thinking. These people were like me in every respect except one: they were staying sober.

... admitted ...

These A.A.'s reminded me that admitting something was voicing the willingness to accept it. That worked for me. In the beginning, I was unsure and leery about acceptance. But admitting my problem among people who were like me was something I could do. ...we were powerless over alcohol...

I attended more than a hundred meetings and listened to chapter five, "How It Works," in each one. I got a Big Book and finally realized that I needed to read "The Doctor's Opinion," too. In that section, I found simple text that described my illness. I knew I was messed up in my head, but in "The Doctor's Opinion" I learned how my body reacts to alcohol. Here, something new really opened my eyes. I knew alcohol didn't affect my nonalcoholic friends or my ex-wives like it affected me. They got sleepy, dopey, and often queasy if they had one drink over their limit. I didn't have a limit. When I drank, a switch flipped on inside me and I felt elated, alert, outgoing, powerful, and beautiful. Magically, I became a different person-the person I was too shy and scared to become without booze. I always wanted to be someone other than myself. I lived with low self-worth. As a teenager, I discovered that booze

took my feeling of smallness away. My brain had found a simple solution to a difficult problem, and it didn't look for another one.

When I felt small, I drank. When I drank, I entered a zone of big. Inside that zone, I had to have more alcohol. This was a direct result of my body reacting to alcohol. The allergy and the unique phenomenon of craving were things I knew had happened to me. For over twenty years, I knew I was mentally weak when alcohol was involved. I was obsessive. I depended on alcohol to drown my unwanted feelings and fears. But on that day in my early recovery, I discovered that what made me an alcoholic was my body, not my mind. This was very important. It was no longer a matter of will. It was a matter of understanding that my body would always react the same way to booze. It helped me to see that I was not the disease, but that I had a disease-forever. No matter how much I grew through the Twelve Steps, my body would always react the same way to alcohol. ... that our lives had become unmanageable ...

"No problems with that part," many of us say when we come into AA. But the phrase means more than throwing our hands in the air and declaring life a chaotic mess. It means that my disease is progressive. If I am truly powerless over alcohol and there is no earthly power that can relieve me of my obsession to drink, then I need a power greater than human power.

Declaring our lives unmanageable places one foot forward, thereby entering Step Two. In doing so, we no longer have one foot remaining in the problem. We move into the solution.

Eric S., Ottawa Ontario  
AA Grapevine, January, 2007



"I may be a little late, honey. Charlie's in town and wants me to have a New Year's Eve drink with him."

# RECOVERY

## Step One

We admitted we were powerless over alcohol—that our lives had become unmanageable.

### “The Doctors Opinion”

We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker. These allergic types can never safely use alcohol in any form at all; and once having formed the habit and found they cannot break it, once having lost their self-confidence, their reliance upon things human, their problems pile up on them and become astonishingly difficult to solve. Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight. In nearly all cases, their ideals must be grounded in a power greater than themselves, if they are to re-create their lives.

Alcoholics Anonymous 4th Edition xxvi

Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks—drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

Alcoholics Anonymous 4th Edition xxviii–xxvix

—that our lives had become unmanageable.

1. We were having trouble with personal relationships.
2. We couldn't control our emotional natures.
3. We were a prey to misery and depression.
4. We couldn't make a living.
5. We had a feeling of uselessness.
6. We were full of fear.
7. We were unhappy.
8. We couldn't seem to be of real help to other people.

Alcoholics Anonymous 4th Edition pg. 52



**Happy Birthday to those celebrating milestones of sobriety...those 24hrs add up!**

#### Women's Serenity

- Tracy Mc.....8yrs.....Jan. 01, 2011  
 Joan B.....5 Yrs ..... Jan.03, 2014  
 Celebration Jan.04, 2019 7:30 Open mtg.  
 Everyone Welcome  
 Donna J... 32 Yrs ... Jan. 04, 1987  
 Lavinia D.....3yrs.....Jan. 06, 2016  
 Harmony  
 Kevin M.....7yrs.....Jan. 01, 2012  
 Donna M...23yrs.....Jan. 10, 1996  
 Don P.....32yrs.....Jan. 15, 1987  
 Northside  
 Lucy D.1yr ...Celebration Jan. 13, 2019  
 One Way  
 Daniehl P.....5yrs..... Jan. 14, 2014  
 Cory P.....7yrs.....Jan. 17, 2012  
 Acceptance is the Answer  
 Sue B.....17yrs.....Jan. 1, 2002  
 Taryn A.....1yr.....Jan. 1, 2018  
 Celebration Jan. 2, 2019 Alano Club @ Noon  
 Ken A.....3yrs.....Jan. 4, 2016  
 Jessica K.....2yrs.....Jan. 7, 2017  
 Del P.....5yrs.....Jan.12. 2015  
 Celebration Jan. 14,2019 Alano Club @ Noon  
 Margaret C...30yrs.....Jan. 22, 1989  
 Celebration Jan. 24, 2019 Alano Club @ Noon



**MEETINGS AND  
NO STEPWORK  
IS JUST COFFEE  
AND  
BULL**



I've been fighting addiction all my life, just...not very hard...

The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.

We learned that we had to fully concede to our innermost selves that we were alcoholics.

This is the first step in recovery.

The delusion that we are like other people, or presently may be, has to be smashed.

Alcoholics Anonymous 4th Edition pg. 30

1. If, when you honestly want to, you find you cannot quit entirely, or
2. if when drinking, you have little control over the amount you take, you are probably alcoholic.

If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.

Alcoholics Anonymous 4th Edition pg. 44

Spiritual Principle  
Step One

**HONESTY**

# UNITY

## Tradition One

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.



"I thought you said this was an Elkathon!"

- Kindersley Roundup  
January 26-27, 2019
- Saskatoon Roundup  
February 22-24, 2019
- Vibank Roundup  
April 6, 2019
- Regina Roundup  
April 26, 27, 2019

**Tradition One:** *"Our common welfare should come first; personal recovery depends upon AA unity."*

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

[www.aagrapevine.org](http://www.aagrapevine.org)

The unity, the effectiveness, and even the survival of A.A. will always depend upon our continued willingness to give up some of our personal ambitions and desires for the common safety and welfare. Just as sacrifice means survival for the individual alcoholic, so does sacrifice mean unity and survival for the group and A.A.'s entire Fellowship. ~Bill W.

### We Agnostics

Check out one of our newest meetings @ 7:00 on Mondays  
Northeast Community Center 160 Broad St.

### Spiritual Principle Tradition One

## UNITY

### New Meeting Guide App



Go to App Store, Google Play  
Type in: **Meeting-Guide**  
Click on: Folding Chair logo  
Click on: *Install*



"Happy New Year"



Bill W. wrote of Intergroup Offices, "Though not costly, these agencies are absolutely essential to our continued expansion-to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength-and that, under our Tradition of self support, we are all going to foot the bill."

"Self Support Where Money and Spirituality Mix" Pamphlet

# S E R V I C E

## Concept One

Until the early 1950s, Bill W. and Dr. Bob made all the major decisions for A.A. as a whole. At the local level, many of the groups relied on Bill and Dr. Bob when questions arose on how to run the group, or about A.A. service activities. When Dr. Bob became terminally ill, Bill saw that A.A. needed to become self-sufficient to prepare for the inevitable day when the founders would be unable to give their advise. The A.A. General Service Conference was created as the decision-making body for A.A. as a whole. The General Service Conference is made up mostly of Delegates from all of the Areas of the U.S. and Canada, along with the General Service Office staff, the A.A. Grapevine staff, the Trustees of the General Service Board, and the Corporate Directors of A.A. World Services and The A.A. Grapevine, Inc. At the St. Louis International Convention in 1955, world service responsibilities were transferred to the General Service Conference, which today meets annually to express the collective conscience of A.A. as a whole.

Summarized from The A.A. Service Manual, Twelve Concepts for World Service.

Area 91 Committee Mtg  
January 11-13, 2019 Moose Jaw

### Spiritual Principle Concept One

# UNITY



### Help To Carry The Message Behind The Walls

The need is always present for Active A.A. Members, both Men and Women, to Chair A.A. Meetings in Regina Area Correctional Facilities. We would be able to hold additional meetings at these facilities if a suitable number of A.A. Meeting Chairpersons where available, the need is great.

Currently Correctional Meetings are held as follows:

- White Birch, Ladies Correctional Facility, on Wednesdays at 7:30 P.M.
- Jo- Cor Group Men's Meeting at on Tuesdays at 7:00 P.M. Regina Provincial Correctional Centre
- The requirements to Chair Meetings at these facilities are as follows:
- Currently active A.A. Member with a minimum of 1 year sobriety.
- Successfully complete the clearance process of a Criminal Records check and a Vulnerable Sector Check.

If you are interested in starting the clearance process or would like more information regarding the meetings please contact the Regina Intergroup Corrections Facilities Chair via email at:

- aaregina.com
- Regina Intergroup Committees
- Corrections Facilities Chair



### Intergroup wants to express our appreciation

for those groups and individuals who have made generous financial contributions, and give a special thank you to all the members who volunteer their time to help the sick and suffering alcoholic. The following Groups made contributions in Nov. 2018

#### Contributions to Intergroup

Heartview, Meeting in the Park, Novalco, 12 Steps to Recovery.

#### Contributions to Central Office

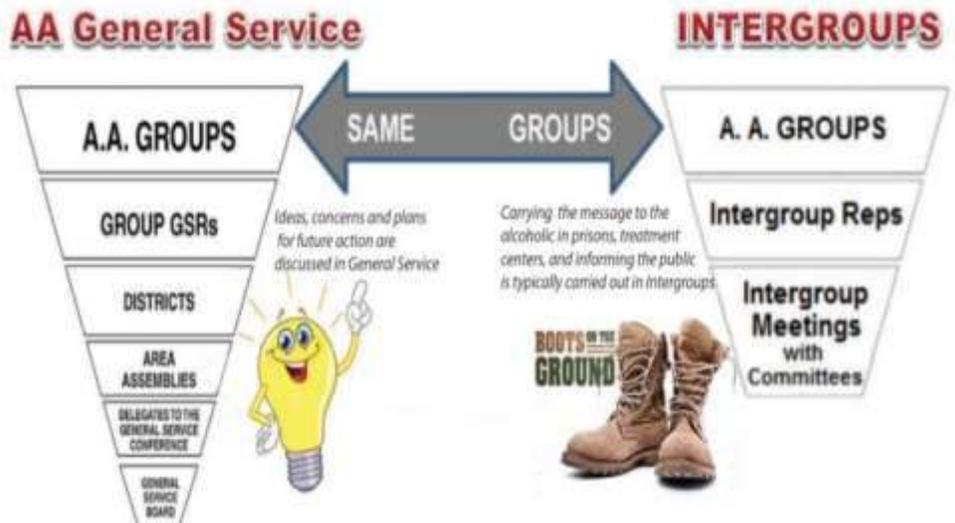
We Agnostics, Four Aces

**Concept I: "Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."**

\* Does our group have a general service representative (G.S.R.)?

1. Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
2. Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
3. Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
4. Where do we fit in the upside-down triangle of A.A.?
5. Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

www.aagrapevine.org



*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.*