

HEART TO HEART

DECEMBER 2018

www.aaregina.com

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

STEP TWELVE

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

I Stand By The Door

Sam Shoemaker (Oxford Group)

I stand by the door. I neither go too far in, nor stay too far out. The door is the most important door in the world- It is the door through which men walk when they find God. There is no use my going way inside and staying there, When so many are still outside and they, as much as I, Crave to know where the door is. And all that so many ever find Is only the wall where the door ought to be. They creep along the wall like blind men. With outstretched groping hands, feeling for a door, knowing there must be a door, Yet they never find it. So I stand by the door.

The most tremendous thing in the world is for men to find that door- the door to God. The most important thing that any man can do is to take hold of one of those blind, groping hands and put it on the latch- the latch that only clicks

And opens to the man's own touch.

Men die outside the door, as starving beggars die on cold nights in cruel cities in the dead of winter. Die for want of what is in their grasp. They live on the other side of it-

Live there because they have not found it.

Nothing else matters compared

to helping them find it, and open it, and walk in, and find Him. So I stand by the door.

Go in great saints: go all the way in- go way down into the cavernous cellars

and way up to the spacious attics. It is a vast, roomy house where God is. Go into the deepest of hidden casements, of withdrawal, of silence, of saint-hood. Some must inhabit those inner rooms And know the depths and heights of God, And call outside to the rest of us how wonderful it is. Sometimes I take a deeper look in, Sometimes venture in a little farther, But my place seem closer to the opening.

So I stand by the door.

There is another reason why I stand there. Some people get part way in and become afraid Lest God and the Zeal of His house devour them; For God is so very great and asks all of us. And these people feel a cosmic claustrophobia And want to get out. "Let me out!" they cry. And the people way inside only terrify them more. Somebody must be by the door

To tell them that they are spoiled.

For the old life they have seen too much: One taste of God and nothing but God will do anymore. Somebody must be watching for the frightened Who seek to sneak out just where they came in, To tell

them how much better it is inside. The people too far in do not see how near These are to leaving: preoccupied with the wonder of it all. Somebody must watch for those who have entered the door But would like to run away. So for them too,

I stand by the door.

I admire the people who go way in. But I wish they would not forget how it was Before they got in. The they would be able to help The people who have not yet even found the door. Or the people who want to run away again from God. You can go in to deeply and stay in too long And forget the people outside the door. As for me, I shall take my old accustomed place, Near enough to God to hear Him and know He is there, But not so far from men as not to hear them.

And remember they are there too.

Where? Outside the door- Thousands of them. Millions of them. But- more important for me- One of them, two of them, ten of them. Whose hands I am intended to put on the latch. So I shall stand by the door and wait

For those who seek it.

I'd rather be a door keeper

So I stand by the door.

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

aa@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 Meeting
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.

STEP TWELVE

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

I remember my sponsor's answer when I told him that the Steps were "suggested." He replied that they are "suggested" in the same way that, if you were to jump out of an airplane with a parachute, it is "suggested" that you pull the ripcord to save your life. He pointed out that it was "suggested" I practice the Twelve Steps, if I wanted to save my life. So I try to remember daily that I have a whole program of recovery based on all twelve of the "suggested" steps. *Daily Reflections*, p. 344

When we developed still more, we discovered the best possible source of emotional stability to be God Himself. We found that dependence upon His perfect justice, forgiveness, and love was healthy, and that it would work where nothing else would. If we really depended upon God, we couldn't play God to our fellows nor would we feel the urge wholly to rely on human protection and care. These were the new attitudes that finally brought many of us an inner strength and peace that could not be deeply shaken by the shortcomings of others or by any calamity not of our own making.

Twelve Steps and Twelve Traditions, p. 116

When a man or woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resource alone. He has been granted a gift which amounts to a new state of consciousness and being.

As Bill Sees It, p. 84

Practical Experience Shows...

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail."

(From the Big Book of Alcoholics Anonymous, page 89)



If you find mistakes in this publication, please consider they are there for a reason. We publish something for everyone, and some people are always looking for mistakes.

Mark Twain



A few words of Wisdom!

from Dr. Bob's last talk

"Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance." Thank you very much." "And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers. Thank you very much."

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TRADITION TWELVE

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

The spiritual substance of anonymity is sacrifice. Because AA's Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit—well symbolized by anonymity—is the foundation of **them all. It is AA's proved willingness to make these sacrifices that gives people their high confidence in our future.**

But in the beginning, anonymity was not born of confidence: it was the child of our early fears. Our first nameless groups of alcoholics were secret societies. New prospects could find us only through a few trusted friends. The bare hint of publicity, even for our work, shocked us. Though ex-drinkers, we still thought we had to hide from public distrust and contempt.

Twelve Steps and Twelve Traditions, p. 184

Dr. Bob was essentially a far more humble person than I, and anonymity came rather easily to him. When it was sure that he was mortally afflicted, some of his friends suggested that there should be a monument erected to in honor of him and his wife, Anne—befitting a founder and his lady. Telling me about this, Dr. Bob grinned broadly and said, God bless em. They mean well. But lets you and me get buried just like other folks." In the Akron cemetery where Dr. Bob and Anne lie, the simple stone says not a word about AA This final example of self-effacement is of more permanent worth to AA than any amount of public attention or any great monument.

A.A. Comes of Age, pp. 136-137

Central Office

Has medallions and cards available for purchase.

My Medallion

I always carry my medallion, A simple reminder to me of the fact that I'm in recovery no matter where I may be. This metal coin is not magic nor is it a good luck charm. It isn't supposed to protect me from every possible harm. It's not meant for comparison, or for all the world to see, It's simply an understanding between my Higher Power and me. Whenever I doubt the cost I paid for recovery, I look at my medallion to remember what used to be. It reminds me to be thankful for my blessings day by day, and to practice the principles in all I do and say, it's also a daily reminder of the peace and comfort I share with all who work the Program and show they really care. So I carry my medallion to remind no one but me that the promises will unfold if I let God work for me.

CONCEPT TWELVE

"The Conference shall observe the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principles; 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." Isn't it interesting the way God whispers to us? But we don't always hear his messages. That's why it is so important for me to work on my relationship with God. I believe the Divine to be Incarnate in all things, but the only way I know how to honour my Higher Power is to talk to Him as if He were a person. I never ask Him for things anymore, I don't believe He is a genie who grants wishes, but I do believe He gives me strength and hope and an appreciation of life and goodness. This concept is of great comfort to me, and I think it's what we try to achieve through the spiritual Steps of Alcoholics Anonymous.

Emotional Sobriety, p. 105

Few of us are anonymous so far as our daily contacts go. We have dropped anonymity at this level because we think our friends and associates ought to know about AA and what it has done for us. We also wish to lose the fear of admitting that we are alcoholics. Though we earnestly request reporters not to disclose our identities, we frequently speak before semipublic gatherings. We wish to convince audiences that our alcoholism is a sickness we no longer fear to discuss before anyone.

The Grapevine, January 1946



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

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.*

Twelve Signs of a Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything in return.



Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 *Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.*



2 *Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.*



3 *Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.*



4 *Find out about the special holiday parties, meetings, or other celebrations*

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 *Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.*



6 *If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.*



7 *Don't think you have to stay late. Plan in advance an "important date" you have to keep.*



8 *Worship in your own way.*



9 *Don't sit around brooding. Catch up on those books, museums, walks, and letters.*



10 *Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."*



11 *Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.*



12 *"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.*

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Message from the Editor

Hello to all my fellows, my name is Donna J. and I have been elected as the Heart to Heart newsletter editor for the next service term 2019/2020. My home group is the Women's Serenity Group and my sobriety date is January 4, 1987. I have held this position at 2 separate times in the past but it has been a number of years ago. I encourage you to get involved by sending me your birthdays, events, announcements, and feedback. Please refer to our webpage aaregina.com for any birthdays, events, or announcements not included in this issue.

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.