



# Heart To Heart

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

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

www.aaregina.com

## STEP THREE

**“Made a decision to turn our will and our lives over to the care of God as we understood Him.”**

### Gift of Desperation Brought Her to the Third Step

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  
 6:30

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.

As I began working the steps early in my sobriety, I knew Step 3 would be very challenging. I was raised on the importance of self will and having strong will power. I remember often being reminded, “If you want something done right, do it yourself.” For many years self will and self determination served me well. I usually accomplished what I set out to do: my independence and self-reliance gave me a sense of pride and self confidence. So why would I want to change it? Why would I want to turn over to the care of God something that served me (my will)? What did I know about God? I believed in the existence of God, but I’d never felt God was a loving being who cared about me. I saw God as punitive; a judgemental, disapproving entity. How could turning my will and life over to the care of God help me?

I was now at a crossroads. My drinking had been out of control for years, and with the “gift of desperation” I had finally made it to the rooms of AA and announced myself as an alcoholic. I knew I needed to make some big changes, but where should I begin?

I was fortunate to have a sponsor helping me work the steps. As we embarked on Step 3 she introduced me to the Third Step Prayer. “Relieve me of the bondage of self, that I may better do Thy will.” This phrase made me realize my self will may have benefitted me in the past, but it also allowed my alcoholism to flourish and my life to take a downward spiral. What I considered a positive personality trait had certainly turned out to impact my life in a negative way; I had become a slave to my will and it held me in bondage. My self will had resulted in my vain attempts to control people, places and things. My life had become a constant struggle to have everything “my way.” I knew I had to give it up, but how?

My sponsor suggested that I create a higher power, “a God of my understanding” that I felt I could connect with and pray to for help. I was skeptical, but I tried. What did I have to lose? To my great surprise it really helped! The mere act of getting on my knees and reciting the Third Step Prayer made me feel more humble. This, in turn, seemed to loosen the bonds of my self will and self centeredness. Perhaps I could trust in my higher power and have faith that his will was preferable to mine. As a result I felt calmer, like my life didn’t need to be a constant struggle anymore.

Five years into my sobriety I continue to recite the Third Step Prayer on a daily basis. Being able to surrender my will and embrace God’s will has given me more serenity than I ever could have imagined.

Anonymous

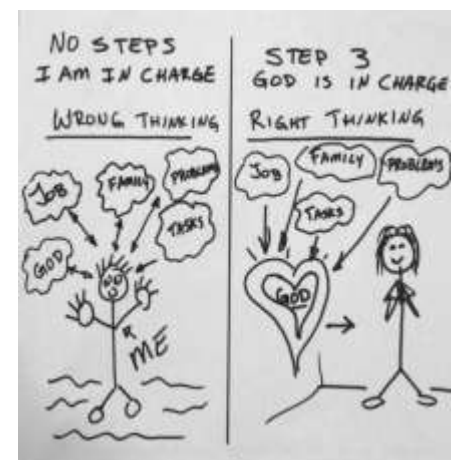
Written by James K. Regina, Sk.

If we are having trouble turning our will over to the care of God as we understand him. It’s because we find some aspect of our life or situation still manageable by us! And we will not turn it over completely 100% until we accept the fact that our lives are 100% unmanageable.

As alcoholics who may or may not have some sobriety under their belt and/or may have gained some material possessions along the way, life appears to be great. Our pride and ego flourish and our disease filled brains unknowingly start taking over control again. Our sick minds say, “Well, if I can manage that situation then I must be able to manage that one too!” And so on and so forth. Next thing we know, we’ve taken our will back yet again until we crash hard enough that it forces us to look at steps 1+2 again!

It’s an endless cycle, so that’s why we read the bottom of pg 87 for our antidote. It says we constantly remind ourselves that we made a decision to let a power greater than us in our life to help us.

Thanks



# RECOVERY

## Step Three

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

(REVIEW)

\* (Step One) - Yes or No:

Have you learned and have you fully conceded to your innermost self that you are an alcoholic?

\* (Step Two) - Yes or No:

Do you believe, or are you even willing to believe. That there is a power greater than you?

\* (Step Three) - Yes or No:

(a) Are you convinced about steps one and two?

(b) Are you convinced that any life run on self-will can hardly be a success?

(c) Are you convinced that your troubles are basically of your own making, and that they arise out of you? And that you are an extreme example of self will run riot?

(d) Are you convinced that you must be rid of this selfishness?

(e) Are you convinced that your selfishness is killing you?

(f) Are you convinced that there is often no way of entirely getting rid of self without a higher power's aid?

(g) Are you convinced that you have to have a higher power's help?

(h) Are you convinced that you have to quit playing the role of a higher power - that it never worked?

(i) Are you convinced that a higher power is going to be your director, principle, father and employer?

(j) Are you convinced that you have thought well about taking this step?

(k) Are you convinced that you can at last abandon yourself utterly to a higher power?

Are You Ready To Take Step Three?

- A. That we were alcoholic and could not manage our own lives.
- B. That probably no human power could have relieved our alcoholism
- C. That God could and would IF He were sought.

*The first requirement is that we be convinced that any life run on self-will can hardly be a success.*

Alcoholics Anonymous 4 Edition Pg. 60

Spiritual Principle  
Step Three

## FAITH

Admitting they may be somewhat at fault, they are sure that other people are more to *blame*. They become *angry, indignant, self-pitying*. What is their basic trouble? Are they not really a Self-seeker even when trying to be kind? Are they not the victim of the delusion that they can wrest satisfaction and happiness out of this world if they only *manage* well?

Our actor is *self-centered—ego-centric*.

Alcoholics Anonymous 4 Edition Pg. 61



Selfishness—Self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid.

**We had to have God's help.**

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

We were now at Step Three.

Alcoholics Anonymous 4 Edition Pg. 662, 63

*"Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us."*

*Our liquor was but a symptom. So we had to get down to causes and conditions."*

Alcoholics Anonymous 4 Edition Pg. 66



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

### Women's Serenity

Jade F.....1yr.....Feb. 27, 2018  
Celebration March 1, 2019 @ 7:30 open mtg.

Alison S.....7yrs.....Mar. 17, 2012  
Harmony

Tom G.....17 yrs.....Mar. 17, 2002  
Linda C.....2 Yrs.....March 25, 2017  
Peter N.....7 Yrs.....March 27, 2012

### STEP THREE PRAYER

Higher power I offer myself to You  
To build with me and do with me as You will. (Steps 1, 2, 3)  
Relieve me of the bondage of self,  
That I may better do Your will. (Steps 4 & 5)  
Take away my difficulties, (Steps 6, 7, 8, & 9)  
That victory over them may bear witness to those I would help of (Steps 10, 11, & 12)  
Your power, Your love, and Your way of life.  
May I do Your will always.

Alcoholics Anonymous 4 Edition Pg. 63

### My Will

If you want it, go and get it. If it belongs to someone else, take it away. If there are obstacles in your way, knock them down. Whatever you do, do it by your own strength!

Attitudes such as these have put most of the population of this planet into some form of self bondage at one time or another, not the least of which are we alcoholics. My every attempt to organize, run, steer, and power my own life my own way eventually met with disaster with a few very brief tidbits of success mixed in. I nearly killed myself with the idea that I was not an alcoholic. I drank because I wanted to, and I could quit when I wanted to, that was my idea. And when I tried to quit with all my will power, I found that my idea did not work. I came to AA and found a new, simple, but not easy idea of turning myself and my will over to the care of God. An idea of having faith and letting Him control my thinking and my actions using His power, while putting my own power to work doing what I believe to be His will for me. That idea is the essence of the AA 12 step program.

My ideas about the power of my own will, and the perfection of my own knowledge, did not work. But the God idea did. God's strength has allowed me to stay sober one day at a time for several years now. I am thankful for the grace and love that He continues to show me to this day, and for AA!

Caruth the Messenger Ft. Smith Area 2008 A.A. Newsletter

# U N I T Y

## Tradition Three

“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.”

Alcoholics Anonymous 4 Edition Pg. 63

A timely reminder of our primary purpose:

ARE YOU a member of A.A. if you say you are? Not necessarily! “The only requirement for A.A. membership is a desire to stop drinking.” The last four words of this Tradition suggest that there is a definite requirement in that there must be problem drinking involved.

All of us know members who suffered from both alcoholism and drug addiction. These people have always been welcome as long as alcohol is the primary problem. Any reference to pills or other drugs, except as it relates to the alcoholic problem, has no place in A.A. meetings.

Many of our newer members coming from treatment centers to A.A. find our Third Tradition difficult to understand. They say that as patients of the centers they attended A.A. meetings along with people addicted to pills or other drugs, and that they were told by doctors and counselors that, “a drug is a drug is a drug”, “that alcohol was their drug of choice,” and that they were “addicted to the drug alcohol.” For the most part, they seem sincere in their bewilderment and would probably accept a logical statement explaining why their non-alcoholic, drug or pill addicted friends are not accepted as members of A.A.

About this time, however, some well-meaning but uninformed member will interrupt with a quotation from Twelve Steps and Twelve Traditions: “When in doubt ask yourself, What would the Master do?” There is but one answer: The Master a program for the ills of all mankind; Alcoholics Anonymous has a program only for the ills of alcoholics!

The Big Book says that we suffered from a disease known as alcoholism, not addiction to the drug alcohol. Our Preamble makes it clear that “our primary purpose is to stay sober [abstain from alcohol] and help other alcoholics [non-alcoholics are not mentioned] to achieve sobriety.” A.A. is a fellowship that specializes in alcoholism—recovery assistance only, and if it should begin to lose its ability to specialize by branching out into other areas, it would thereby lose its effectiveness.

A.R. Clarkson, Georgia

Spiritual Principle  
Tradition Three

## IDENTITY

Vibank Roundup  
April 6, 2019  
Regina Roundup  
April 26,27, 2019  
Weyburn Roundup  
March 22-23, 2019  
Battleford Roundup  
June 8, 2019

New Meeting Guide App



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



## AA's Three Legacies

Taken together, the Steps, Traditions and Concepts embody what are known as the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Recovery has given us a second chance to find happiness and freedom; to live useful and productive lives. The 12 steps and the Big Book are known as Recovery and are the entire foundation of the program. Bill W.'s words in the forward of the book Twelve Steps and Twelve Traditions states that; “AA's 12 Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole”

Unity has provided us with a fellowship made up of people who share our own common problem; who give us the love and support necessary to maintain our sobriety. AA's 12 Traditions present the principles which support the unity of the AA fellowship at the group level. ” AA's 12 Traditions apply to the life of the Fellowship itself. They outline the means by which AA maintains its unity and relates to the world about it, the way it lives and grows.” from AA co-founder Bill W.

Service offers us the opportunity to implement our primary purpose ” to carry the message to the alcoholic who still suffers” Service in AA is based in the 12 spiritual principles know as the 12 Concepts, which are found in the General Service Manual and the appendix of the Big Book of AA. “Our Twelfth Step – carrying the message – is the basic service that the AA Fellowship gives; this is our principle aim and the main reason for our existence. Therefore, AA is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither, and those who haven't been given the truth may die.” from AA's Legacy of Service, The AA service Manual

” So the solution to our Alcoholism is found in the Three legacies – Recovery, Unity, Service – given to the whole membership of AA by its co-founders (Bill W. and Dr. Bob) and their fellow old-timers. Each legacy has 12 guiding Spiritual principles for a total of 36 guiding principles.”

With Gratitude, Mark K. (jaywalkerlodge.com)

Tradition Three:

The only requirement for AA membership is a desire to stop drinking. In my mind, do I prejudice some new AA members as losers?

1. Is there some kind of alcoholic whom I privately do not want in my AA group?
2. Do I set myself up as a judge of whether a newcomer is sincere or phony?
3. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
4. Am I over impressed by a celebrity? By a doctor, a clergyman, and ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
5. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

www.aagrapevine.org

# SERVICE

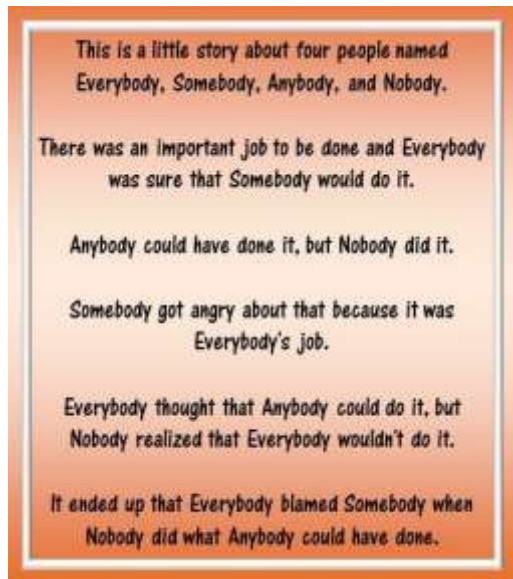
## Concept Three

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

The "Right of Decision" means that we choose Delegates, Group Service Representatives and other Trusted Servants whom we trust to make good decisions in the meetings where they represent us. Of course, whenever possible they will want to inform and consult with us whom they represent before decisions are made. Also, we should expect thorough reporting on actions taken, and make an effort to understand these.

It's a common misunderstanding in A.A. that our representatives are to be directly instructed by our groups or assemblies on how to vote. Instead, we are to choose some one we trust to make a good decision, once they've heard and considered all of the arguments for and against any question.

Summarized from *The A.A. Service Manual*, and the pamphlet, *The Twelve Concepts for World Service, Illustrated*.



## Spiritual Principle Concept Three

# TRUST

Area 91  
SPRING ASSEMBLY  
Carlyle, Sk. March 15-17, 2019

## 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 Jan. 2019

Contributions to Intergroup  
Lumsden Valley, Big Book Focus,  
Walsh Acres, Nor West,  
Regina Morning Recovery First,  
Fireside, Sisters in Sobriety,  
Ramada @ 9

Contributions to Central Office  
District 15

## Service is an Opportunity

I have been involved in service continually since getting sober in 1988. When I had 6 months, my sponsor suggested that it was time. She also suggested that people who do service stay sober. I very much wanted to stay sober, so I did what was suggested.

Service is an opportunity for so many things (of which I never imagined!). It is an opportunity -- to give back, to become self-less, to do the Higher Power's will, to feel a part of, to have my heart opened to compassion, to be reminded of how I fit into the scheme of things, to be rejuvenated, to experience joy, and to see how my experience can benefit others.

I answer the diverter, and have for many years. Actually, it is how I came to get sober-- I called the diverter and someone directed me to my first meeting. Working the diverter has helped me immensely. It takes me away from my all important self and enables me to be freed from that bondage.

I secretary a meeting at noon. This enables me to step out of myself again, and fulfill my responsibility to nurture and care for my sobriety. I sponsor women. This has been the most rewarding of all the service that I've done over the years. It's one alcoholic talking to another. It keeps me in the basics. It affords me a mirror into myself. All of the service commitments I've had help me to fulfill my responsibility that whenever someone reaches out for help, I serve as the hand of AA.

Cacy C, San Jose

Concept Three: To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

1. Do we understand what is meant by the "Right of Decision"? Do we grant it at all levels of service or do we "instruct"?
2. Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself.

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