



Heart To Heart

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

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

www.aaregina.com

STEP TWO

“Came to believe that a Power greater than ourselves could restore us to sanity.”

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
 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.

“God” Does Not Have To Be a Problem

Once I had admitted, through Step One, that I was powerless over alcohol and that my life had become unmanageable – hardly a stretch given the utter shambles my life was in – my sponsor said that if I was going to stay sober, I had to come to believe that a power greater than me could restore me to sanity (Step Two). There are two very important points there:

1) All I had to do was find a way to believe that it was *possible*. I didn't have to figure out how – or when, or even if – I'd be restored to sanity. I just had to believe that it *“could”* happen.

2) It just had to be a power greater than me. It didn't have to be *God*; it just couldn't be *me*.

(I'd certainly never been able to restore myself to sanity, no matter how many times I tried to get my drinking “under control.”)

To the latter point, my sponsor was very clear – it didn't have to be *God*, per se. It just couldn't be *me*. I heard her say at the podium once that if one has a problem believing in a power greater than him/herself, all he/she needs to do is watch the sun rise, or the tide come in, and ask if he/she had anything to do with it. I'm quite clear on the fact that I cannot make the sun rise or the tide come in. So there must be a power greater than me. That much is pretty straightforward.

But that's where, for some, it gets trickier.... I feel fortunate that I didn't come into the rooms of AA with the “God problem,” as I call it. It's easy to see how someone coming into the program from an agnostic or an atheist point of view might be entirely

put off by what may seem to be the religious nature of the program. (Note that I said “*seem* to be.”)

Heck, we say the Lord's Prayer at the end of most meetings.

The reality is that AA really is a *spiritual* – read: *not* religious – program, unless one chooses to bring his/her religion in (which also works just fine). Anyone who stays around long enough and embraces the AA program can attest to the fact that it's not in fact a Christian cult – or Christian, or a cult. The program *does* have its roots in the Oxford Group, which *was* a Christian organization, and AA was founded by white, Anglo-Saxon Protestant men. Point being, it's understandable that some of the rhetoric that survives to this day is rooted in Christian precepts. And some members, to be sure, hold Jesus Christ to be their lord and savior. Yet others, like myself, are former or practicing members of other religious or spiritual faiths – Judaism, Buddhism, Hinduism, Islam, and others – and still others are firmly agnostic or devoutly atheist. And many of us stay sober as well.

It's really quite simple: In order to stay sober, we must find a power greater than (as in *other than*) ourselves. And we must come to believe that it's possible that we, too, might be able to be restored to sanity. We don't have to accept antithetical viewpoints or believe anything beyond the fact that *we cannot stay sober* – meaningfully, happily, truly sober – for any length of time *on our own beliefs and our own will alone*. And we don't have to figure anything else out. It's all laid out for us in the Steps.

Stephanie L. The Coin AA Santa Clara County February 2018 Newsletter

Regina and Area Thank You. From the Alcathon Committee

It is with heartfelt gratitude, that the Regina Intergroup Alcathon Committee would like to thank each and everyone of you and the Groups that helped, donated and reached out to make this event the best possible. It's a community effort that helps host the Alcathon and it can't be done without all of you. Everyone made this year overwhelming and the fellowship at this event is incredible. Thank you so much to our committee your dedication is amazing. We also want to thank the North East Community Centre (No AA affiliation) for going above and beyond the call of duty for helping us host this event. The Alcathon has changed all of us on the committee forever; it has given back to us 10-fold what we put in. It has made us friends for life and our wish is that you join us next year to host Alcathon 2019/2020.

Debbie G. Zena B. Brian B. Darrel R. Jim J. Nicole S. Sadie B. Rebecca C. Dustin C. Beverly O. Kevin M. Alcathon Committee

RECOVERY

Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

The Big Book of Alcoholics Anonymous in the chapter "More About Alcoholism" gives us 3 examples of the insanity that proceeds the first drink.

Jim did not drink until he was thirty-five. In a few years he became so violent when intoxicated that he had to be committed. On leaving the asylum he came into contact with us. We told him what we knew of alcoholism and the answer we had found. He made a beginning. But he failed to enlarge his spiritual life. He agreed he was a real alcoholic and in a serious condition. I felt hungry so I stopped at a roadside place where they have a bar. I had no intention of drinking. I just thought I would get a sandwich. "Suddenly the thought crossed my mind that if I were to put an ounce of whiskey in my milk it couldn't hurt me on a full stomach. I ordered a whiskey and poured it into the milk. I vaguely sensed I was not being any too smart, but felt reassured as I was taking the whiskey on a full stomach. The experiment went so well that I ordered another whiskey and poured it into more milk. That didn't seem to bother me so I tried another." He had much knowledge about himself as an alcoholic. Yet all reasons for not drinking were easily pushed aside in favor of the foolish idea that he could take whiskey if only he mixed it with milk!
Alcoholics Anonymous 4th Edition Pg.35

A man of thirty was doing a great deal of spree drinking. Once he started, he had no control whatever. He made up his mind that until he had been successful in business and had retired, he would not touch another drop. He remained bone dry for twenty-five years and retired at the age of fifty-five. Then he fell victim to a belief which practically every alcoholic has - that his long period of sobriety and self-discipline had qualified him to drink as other men. In two months he was in a hospital, puzzled and humiliated. He attempted to stop altogether and found he could not. He went to pieces quickly and was dead within four years.
Alcoholics Anonymous 4th Edition Pg.32



The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power.
Alcoholics Anonymous 4th Edition Pg.43

Fred "It was the end of a perfect day, not a cloud on the horizon. "I went to my hotel and leisurely dressed for dinner. As I crossed the threshold of the dining room, the thought came to mind that it would be nice to have a couple of cocktails with dinner. That was all. Nothing more. I know little of where I went or what I said and did. Then came the hospital with unbearable mental and physical suffering." Not only had I been off guard, I had made no fight whatever against the first drink. This time I had not thought of the consequences at all". I now remembered what my alcoholic friends had told me, how they prophesied that if I had an alcoholic mind, the time and place would come - I would drink again. They had said that though I did raise a defense, it would one day give way before some trivial reason for having a drink. Well, just that did happen and more, for what I had learned of alcoholism did not occur to me at all. I knew from that moment that I had an alcoholic mind. I saw that will power and self-knowledge would not help in those strange mental blank spots. I had never been able to understand people who said that a problem had them hopelessly defeated. I knew then. It was a crushing blow. An alcoholic mentality, such as I had exhibited in Washington, was a hopeless condition.
Alcoholics Anonymous 4th Edition Pg.39



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

One Way

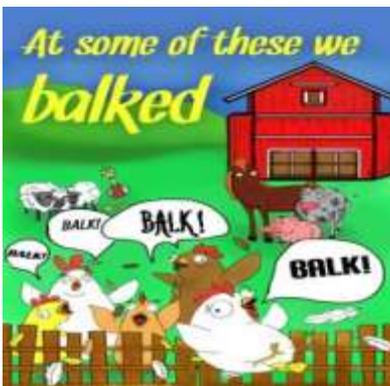
Rod Mc.....33yrs.....Feb. 01, 1986

Women's Serenity

Jade F.....2yrs.....Feb. 27, 2017

Harmony

Tammy M....29yrs.....Feb. 14, 1990



At some of these we balked

Hope is the first step in discovering the solution which is identifying with a power that can help dispel the obsession created by the addiction. The gift in this step is discovering and believing that change is possible.

Spiritual Principle
Step Two
HOPE

"...We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commence to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God." "Much to our relief, we discovered we did not need to consider ANOTHER'S conception of God. OUR OWN conception, however inadequate, was sufficient to make the approach and to effect a contact with Him. As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, PROVIDED (or IF) we took other simple steps. We found that God does NOT make too hard terms with those who seek Him. To us, the Realm of Spirit is broad, roomy, ALL inclusive: NEVER exclusive or forbidding to those who EARNESTLY seek. It is open, we believe, to all..."
Alcoholics Anonymous 4th Edition Pg.46

"Actually we were fooling ourselves, for deep down in EVERY man, woman, and child, is the fundamental idea of God. It may be obscured (or made unclear) by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of the power in human lives, are facts as old as man himself.
Alcoholics Anonymous 4th Edition Pg.55

"We need to ask ourselves but one short question. 'Do I NOW believe, or am I even WILLING to believe, that there IS a Power greater than myself?' As soon as a man can say that he does believe, or is willing to believe, we emphatically (or strongly) assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built."
Alcoholics Anonymous 4th Edition Pg.47

"Lack of power, THAT was our dilemma. We HAD to find a power by which we could live, and it HAD to be a POWER GREATER THAN OURSELVES.
Alcoholics Anonymous 4th Edition Pg.45

The Big Book describes insanity: Whatever the precise definition of the word may be, we call this plain insanity. How can such a lack of proportion, of the ability to think straight, be called anything else?
Alcoholics Anonymous 4th Edition Pg.37

WATER

Water is everywhere & in all living things - we cannot be separated from water. No water, no life. Period. Water comes in many forms - liquid, vapor, ice, snow, fog, rain, hail. But no matter the form, it's still water. Human beings give this stuff many names in many languages, in all its forms. It's crazy to argue over what its true name is. Call it what you will, there is no difference to the water. It is what it is. Human beings drink water from many containers - cups, glasses, jugs, skins, their own hands, whatever. To argue about which container is proper for the water is crazy. The container doesn't change the water. Some like it hot, some like it cold, some like it iced, some fizzy, some with stuff mixed in with it - like coffee, whatever. No matter. It does not change the nature of the water. Never mind the name or the cup or the mix. These are not important. What we have in common is thirst. Thirst for the water of Life! As it is with water, so it is with the Higher Power.
Robert Fulghum

U N I T Y

Tradition Two

The Discipline of Tradition Two

When I came to Alcoholics Anonymous in 1983, I wondered, sometimes aloud, why didn't someone "take over." The process of group conscience seemed ponderous and some members seemed not astute enough to make the "right" decisions. I was told by my sponsor that in the group conscience our ultimate authority, God, speaks and that we trust that that loving God's Will takes us in the right direction. Needless to say, I was sure she didn't mean what she said. I was sure that secretly the "wise" and "educated" members met and took the group where it needed to go. I was wrong.

In group conscience we listen to the least educated with as much attention as we do to the most educated. We weigh the opinion of the youngest member with as much regard as we do the longest sober member. We consider the opinion of the minority view and many times we change the direction of the group because we had never considered the merits of the obscure view having been expressed by the only "nay" when given the opportunity to tell us why she voted "nay."

Tradition Two leads me to "trust God" in all things undertaken by the Fellowship. Many times over the past twenty-eight years, I've questioned "group conscience" only to find that in the end the decision made was the best direction for all. That is the beauty of "group conscience," it is God's voice telling us what is best for all of us, not just some of us. Each group is a fellowship of equals. No matter what an individual member's background, education or professional expertise, no member has authority over the group. In this way, the Fellowship reaches out to all who would seek its comfort and provides the atmosphere of a sense of belonging to all members.

I am constantly amazed that the lessons of early sobriety and the direction of a sponsor who did not seem wise at the time, still serve as the basis of a happy, joyous and free sober life.

Betty H. Central Office of Salt Lake

New Meeting Guide App

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

Spiritual Principle Tradition Two **TRUST**

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

Tradition Two:

For our group purpose there is but one ultimate authority—a loving GOD as HE may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern:

1. Do I criticize or do I trust and support my group officers, AA committees, New comers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

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Fellowship Meeting Styles



Continued from Recovery Pg.2

Native American Prayer

My Creator, please lean close and hear my commitment that I may begin the process of healing. My Creator, I am hurting. Oh Great Spirit, accept the pact I make with you today. I am a spiritual seed. On my own I don't know how to grow and be happy. Plant me near you that I may grow under your power and wisdom. Great Spirit, alone I don't know how to do this. Creator, mold and shape me into a spiritual warrior. Oh Great Mystery, please hear me.

Buddhism

In the Second Noble Truth the Buddha tells us the cause of our suffering is our ceaseless desire for pleasure (tanha) and ignorance (avijja). The abandonment of desire is a core value of Buddhist practice. For suffering to end, we must learn how to cease our craving, and acquire the wisdom we do not have. Suffering is caused by our desire to have things be different than they are; it is a grasping for self-satisfaction and fulfillment from external sources.

Hinduism

Atman is the eternal light of consciousness that illumines the mind. It is not the mind; this Atman is Brahman. The goal of spiritual discipline is knowledge (jnana) of the identity between one's true Self (the higher Self) and Brahman which leads to liberation from (samsara) the cycle of birth and death perpetuated by karma. The true Self is the light of consciousness that shines deep within the mind. The true Self is changeless. The journey home is impossible without external assistance because the conditions of captivity are so disorienting that the deluded are unable to find their way home under their own power.



S E R V I C E

Concept Two

When, in 1955, the A.A. Groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society.” **The General Service Conference meets once each year in April, when the Area Delegates and the staff and trustees of A.A. World Services, the General Service Office and the A.A. Grapevine make decisions on matters affecting A.A. as a whole.** There are two items on which the General Service Conference may NOT act: Changes to the Twelve Traditions, or to Article 12 of the Charter of the General Service Conference. Article 12 is, word for word, the Long Form of the Twelfth Concept. Changes to the Traditions or to Charter Article 12 require the written consent of three quarters of all the A.A. groups.

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

VIBANK 29th ANNUAL ROUNDUP April 6th, 2019

The 2019 Vibank Roundup committee would like to thank everyone for their ongoing support of our Roundup, held this past year on April 7th, 2018. We would also like to take this opportunity to invite you to attend our next Roundup on Saturday, April 6th, 2019.

This past year's Vibank Roundup was a huge success thanks entirely to all of you who came out and supported it with your attendance, participation and generosity in the registration basket at the door. Two hundred and thirty-eight (238) people were in attendance, coming from communities across the province. There were people from Yorkton, Melville, Esterhazy, Kipling, Fishing Lake First Nation, White Bear First Nation, Fort Qu'Appelle, Pilot Butte, Balgonie, Estevan, Weyburn, Moose Jaw, Saskatoon and of course Regina! There were many other communities represented as well, too numerous to mention. The theme for this past year's Roundup was *"Rarely have we seen a person fail...."* and registration was, as in the past, Tradition 7.

With our Tradition 7 registration, our Roundup is available for all to attend, regardless of their financial means. If there is any surplus realized after expenses have been met, it is contributed to the various local arms of A.A. service: district, area, intergroup and our General Service Office in New York, where it helps to "carry the message" to those who still suffer.

If you would like to join our committee or would like more information about it, direct inquiries to vibankroundup@gmail.com We again thank you for the opportunity to host this annual event and look forward to seeing many of you again on Saturday, April 6th, 2019 at the Vibank Community Hall, where we will again celebrate and share our experience, strength, hope and recovery with each other.

The theme for the 2019 Roundup is
"Pass It On"

Concept Two: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

- Do we have an understanding of the history of the General Service Conference (the "Conference")?
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider Seventh Tradition responsibilities?

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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 Dec. 2018

Contributions to Intergroup Heartview, One Way, Vista, Harmony, Balgonie Out of Towner's, Hero, Regina Beach, Ramada @ 9:00,

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

Spiritual Principle
Concept Two

CONSCIENCE

7TH TRADITION CHALLENGE

"Now that we are sober in A.A., the word 'support' has to do with sharing, people, self-respect, gratitude, and what we are privileged to give - not take - in material terms."



We are self-supporting through our own contributions - Many of our branches are suffering from lack of support (GSO, Area, H&I, Central Office). How much does one drink cost? If it were not for Alcoholics Anonymous, we'd be drinking plenty!

Drop the cost of one drink into your home groups basket when it comes by... you can't afford not to!