



Heart To Heart

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

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

www.aaregina.com

STEP TEN

“Continued to take personal inventory and when we were wrong promptly admitted it.”

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
 St. Paul's Cathedral 1860 McIntyre St.

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

The Dividends of Step Ten

I Love the Tenth Step! It has gotten me out of and kept me out of trouble, to the point that it has become one of my most valuable tools for keeping my side of the street clean. It has been a long time since I went to sleep angry. Step Ten has taught me restraint of pen and tongue, nipping in the bud one of my biggest character defects. It has taught me that by virtue of the fact that I am an alcoholic, I don't have a right to either justified or unjustified anger. When my first sponsor explained the process of the Steps - Trust God, Clean House and Work with Others - she also explained that Steps Ten, Eleven, and Twelve are the "Maintenance Steps," and she said to study them in the 12 Steps and 12 Traditions, discuss them with her, and use her as needed during my initial Step process toward housecleaning.

For me, Step Ten brought quick relief when the need arose. It helped in my spiritual and emotional development in the beginning, and for me, will continue to do so, one day at a time as needed. Irritable, negative, short-tempered? By the grace of God, not as long as I continue my Tenth Step. Not doing it would put my self-honesty and humility to a huge test, which I am not willing to go through today. Resting on my laurels will never work for me.... I feel a continual spiritual prodding to grow further, expand my spirit, knowledge, and wisdom. Just as nourishment is needed for my body, spiritual nourishment is needed for my soul, and Step Ten helps me maintain that honesty and humility, which keeps me open to my daily spiritual "food" so I can keep developing.

Steps Four through Nine gave me freedom from guilt, and I want to keep it that way, so if I'm wrong, I promptly admit it. An important life lesson has been to realize that it's OK to do this for my own sake; that it's OK not to condemn myself anymore - just to say "I'm sorry" and try to do better next time, and be totally willing to accept" the outcome without manipulating it in any way.

"Progress, not perfection" is so true. Growth hasn't happened overnight for me, but a huge dividend of Step Ten, for me, is that it has even showed me new character defects that try to worm their way into my being every now and then, as situations arise. They are fewer than before, but they still need to be dealt with according to the Tenth Step.

I still use my years-old 12&12, which has a multitude of highlighting and underlining and tons of notes in the margins, and I can absolutely, truthfully say that I love consulting it, doing so on a regular basis as I work with my ladies, sharing what I've learned from my AA teachers over the years.

Love, appreciation, and gratitude to God are my feelings for my Tenth Step, and so it goes ...

one day at a time, by God's grace.

- Danette G. The Coin October 2017



RECOVERY

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. *We vigorously commenced this way of living as we cleaned up the past.* We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for *selfishness, dishonesty, resentment, and fear.* When these crop up, we *ask God at once to remove them.* We *discuss them with someone immediately* and *make amends quickly if we have harmed anyone.* Then we resolutely turn our thoughts to someone we can help. *Love and tolerance of others is our code.*

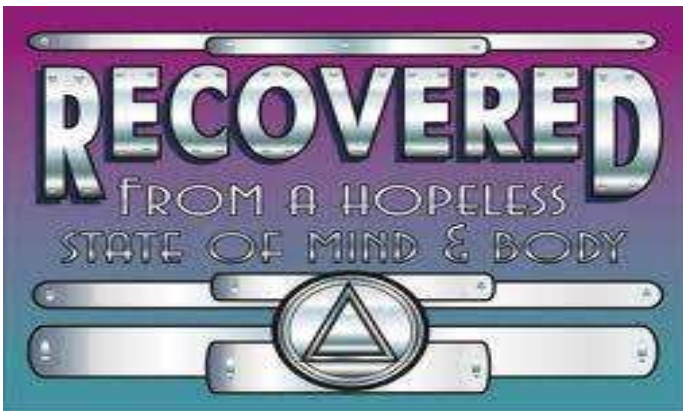
THE STEP TEN PROMISES

And *we have ceased fighting* anything or anyone—even alcohol. For by this time *sanity will have returned.* We will *seldom* be interested in liquor. If tempted, we recoil from it as from a hot flame. *We react sanely and normally,* and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the *miracle* of it. We are not fighting it, neither are we avoiding temptation. *We feel as though we had been placed in a position of neutrality—safe and protected.* We have not even sworn off. Instead, *the problem has been removed.* It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we *keep in fit spiritual condition.*

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. *We are not cured of alcoholism.* What we really have is a daily reprieve *contingent on the maintenance of our spiritual condition.* *Every day* is a day when we must carry the vision of God’s will into *all* of our activities. “How can I best serve Thee—Thy will (not mine) be done.” These are thoughts which must go with us *constantly.* We can exercise our will power along this line all we wish. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have *carefully followed directions,* we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

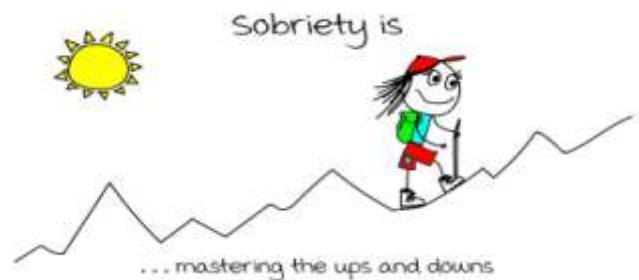
Alcoholics Anonymous 4th Edition pgs 84&85



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

Women’s Serenity

Debbie B.....22yrs.....Oct. 20, 1997
Coralie L.....3yrs.....Oct. 31, 2016



It's not who's right, but what's right.

Spiritual Principle Step Ten



U N I T Y

Tradition Ten

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Alcoholics Anonymous 4th Edition pg 565



"Sorry buddy, we don't serve spirits here!"

Spiritual Principle
Tradition Two

NEUTRALITY

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquillizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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Tradition Ten: Abstinence (from Outside Issues, that is)

Arguably, nothing is more sacred in the rooms of AA than the fanatical aversion toward any active participation in "outside issues." To quote Tradition Ten, "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy."

Clearly students of history, Dr. Bob and Bill W. did some research surrounding a predecessor of AA by the name of the Washingtonian Society. Our two founders devoted two paragraphs in the 12x12 to specifically pointing out the positives as well as the fatal flaw in this early movement dedicated to helping alcoholics (or "drunkards," as they were called in the mid-1800s).

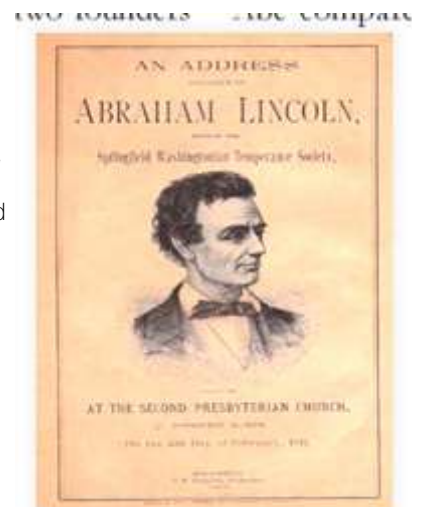
History clearly shows that this movement had an incredibly strong following, with membership peaking as high as 600,000 in 1845 (according to a book by the name of Lincoln and Prohibition, published in 1921). This was just five years after being founded by six gentlemen in a bar in Baltimore on April 2, 1840. To put that in perspective, with today's population that would mean that there would be 11.6 million people in the United States in our program. How, then, did such an incredibly large movement collapse? The answer to that question is the basis for Tradition Ten.

Notice the flier for this highly publicized speech that was given at a church in Springfield, Illinois in February of 1842. This was prior to his election to the U.S. House of Representatives, but during his tenure as a member of the State Assembly for Illinois. Abraham Lincoln was already a celebrity of sorts as a prominent lawyer, politician, and advocate of various public policy issues.

To those of you who think that the writings of Bill W. are antiquated and difficult to read, I challenge you to read Lincoln's speech given that day. Suffice to say, the Washingtonian Society was deeply embroiled in "outside issues." In his speech at the Society meeting, Honest Abe compared temperance to "the cause of political freedom," and intertwined the abolition of slavery and the saving of drunkards. Specifically, he referred to a time "when there shall be neither a slave nor a drunkard on earth."

Though it is impossible to fault the desire to rid the earth of both slavery and alcoholism, the entire speech reeks of a very dangerous precedent. When Lincoln spoke of a desire to reach "the political and moral freedom of the species," he sounded eerily like some of the politicians of today. Can anyone imagine Donald Trump speaking at an AA meeting in 1983 as he was finishing Trump Tower in New York City, or Bernie Sanders speaking while Mayor of Burlington, Vermont, in that same year? I rest my case.

We alcoholics have opinions, just like anyone else. But we keep those opinions where they belong – outside of the rooms of AA. Lest our incredible program suffer a fate similar to those of the Washingtonians in 1845, we must all ensure that we continue to do so.



SERVICE

Concept Ten

Every service responsibility should be matched by an equal service authority, with the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description, by appropriate charters or by legal instruments.

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

Concept Ten: Trusted Servants

The General Service Structure was created to connect the AA groups to our World Services organization in New York. The Twelve Concepts of World Service describe the principles of that structure, including the Traditional Rights (Decision, Participation, and Appeal), the balance of power between the Conference, Trustees, and Directors, and the importance of good leadership at all levels. Building on this, Concept Ten talks about effective delegation. As we saw in the first two Concepts, the groups (hopefully guided by a Higher Power) are at the top of the upside-down triangle. They have the ultimate responsibility and authority for AA's world services, but it's not practical for 65,000 groups to manage our day-to-day business. So they delegate to the GSRs, who in turn delegate to the area delegates, and so on. It's like this: Groups > GSRs > Delegates > Trustees > Corporate Directors > Executives > Workers. The structure is more than just a communication channel. At each step along the way, we also have positions and committees that perform services at that level. This may include officers (chair, secretary, treasurer, etc.), traditional committees (PI, CPC, accessibilities, etc.), special committees (e.g., for workshops, archives, websites, finances, or events), and individual workers.

In each of these cases, when we give someone a job, we are delegating responsibility and authority. Ralph is bringing donuts (responsibility), and has an approved budget (authority). The Workshop Committee will host a Traditions workshop (responsibility), has a budget, and can choose the location and agenda (authority). The area delegate is expected to know what the area thinks (responsibility), but is allowed to vote his or her own conscience (authority).

Concept Ten states the obvious – that when we give someone a job, we should always give them the authority to do it. Anything less would lead to micromanagement – constantly interfering or changing the rules, or requiring people to constantly ask for permission. Do that, and you will not only have arguments and inefficiency, you will run out of good workers. We should always be clear where the ultimate authority lies – who the final “boss” is. But we should also give workers plenty of delegated authority – that is, clear job descriptions and enough room to do their work. And we should almost never step in and use that ultimate authority unless it's an emergency.

“When delegated authority is operating well,” Bill wrote, “it should not be constantly interfered with. Otherwise, those charged with operating responsibility will be demoralized because their authority to do their work will be subject to arbitrary invasion, and because their actual responsibility will be made greater than their real authority.”

Bill wanted this Concept to be more than just a good intention. He wanted “structurally to restrain the natural human tendency of those in ultimate authority to usurp and take over the needed operational or delegated authority.... In our structure, we have tried to create at each level accurate definitions of authority and responsibility.” Bill saw micromanagement as a sort of tyranny that needed checks and balances, and he wrote that protections against it are woven into the Conference Charter, the corporate Bylaws, and the Concepts. Along with clearly delegating authority with responsibility, we should also watch out for cases where authorities might conflict or overlap. Bill wrote that good communication can solve many such problems. For instance, if two committees have overlapping interests, then each committee might invite a representative of the other committee to attend their meetings in order to stay mutually informed. And in such cases, he recommended that leadership always be clear which party has the “senior” or “primary” jurisdiction in the matter, so that people can plan accordingly and resolve issues without constantly appealing to a higher authority. This leads to a point that Bill also stressed in Concept Eleven: “It should always be clear where the point of final decision is located. A condition to be avoided at all costs is double-headed business or policy management. Authority can never be divided into equal halves.” So we should be clear who is responsible, and what they are responsible for, and give them the authority they need to do the job.

That covers the principle and some practical applications of Concept Ten, which reads, “Every service responsibility should be matched by an equal service authority – the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description, or by appropriate charters and bylaws.”

– Jim F. The Coin October 2016

Spiritual Principle
Concept Ten
CLARITY

Concept Ten

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

1. Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
2. Why is delegation of “authority” so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of “authority?”

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H&I: Seeing Service from the Other Side of the Fence

Recently asked to share on the topic of “service” at a meeting, I stood at the front and was reminded of the service others have shown. Being new to the fellowship of AA, it wasn't too long ago that I was in county jail, using a meeting as an excuse to get out of my cell. I was the guy in the back, writing letters during the meeting, until something I heard caught my ear. The speaker asked, “Who is tired of coming to jail?” Of course, I raised my hand, and he said, “Welcome to the solution.”

From then on, I developed an affinity for those gentlemen, who because of their service and dedication, came faithfully to my unit every week. Today, I am in a program, working the Steps with the same man, who now sponsors me. I'm grateful for the service commitment of H&I, which saved me when I was hopeless. I'm grateful to the fellowship of AA, which provides service by sharing their experience, strength, and hope. Today, because of the service of others, I am no longer facing twelve years of consequences, but instead a lifetime of recovery.

– Joshua W. The Coin October 2016

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 to Intergroup over the summer of 2019

JUNE

Ramada @ 9, Sunday Morning 12x12, NorWest, Harmony, Men's Fellowship, Women's Serenity, Vibank Roundup, Pioneer Fellowship, Friday Eureka Fellowship

JULY

Recovery First, Hero Group, Noname Group, Fireside, Ramada @ 9, Sisters In Sobriety

AUGUST

Heartview, South Hillsdale, 43rd Group, Home Away From Home