



Heart To Heart

www.aaregina.com

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

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

Intergroup resumes on September 4th at our new location St. Paul's Cathedral 1861 McIntyre St.

STEP NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

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.

She Finds Synchronicity in Her Step Nine Amends

My first time in AA, I attempted to work all of the Twelve Steps with a sponsor, but failed to do so “to the best of my ability.” I got through the Steps, but I brushed over the Ninth.. I had made amends to my parents because I knew they would forgive me, but the scary amends... I never got around to those. I ended up never really knowing what Step Nine could do for me, and eventually I drank again. So the second time I arrived in AA, I knew I had to do the Ninth Step – even the ones I was terrified of.

This time, I started making amends to more people than my parents, and when I went to make my first financial amends, I was full of fear. My heart was beating out of my chest, my palms were sweaty, and to top it off, my “normy” mother questioned the whole thing. “What if they call the cops on you!? Are you sure you want to do this?” she repeatedly questioned me.

I closed my eyes and prayed for God to give me the courage to walk through this fear and to direct my thinking during my amends. I repeated this prayer over and over again until we arrived at the restaurant I had “dined and ditched” at. As my mother pulled into parking lot, a car pulled in next to us. To my surprise, I saw a friend of mine get out of the car, someone from the program with many 24 hours under his belt.

As I explained to him why I was, he reassured me that I could walk through the fear and make that amends. Right then and there, I knew that this man being there was in fact God helping me out. That sober man's pep talk gave me the strength to walk into the establishment with my head held high and clean up my side of the street. After I completed that amends, I knew I had the strength to finish all of my amends, and I was sure that if I needed courage, all I had to do was ask God for His help.

- Sarah S. The Coin September 2015

She First Had to Become Willing to Make Amends

When it came time to make my Ninth Step Amends, I found myself stuck over the principle of avoiding harm. My most difficult amends were to my ex-husband, and did I ever owe that man amends for the harm I caused him during the end stages of my disease. But my first year of sobriety and my first trip through the Twelve Steps took place in the midst of our bitter, contentious, on-going divorce and custody battle.

In the very beginning, I could no more fathom making amends to him than I could imagine sprouting wings and flying away. I was so steeped in anger and resentment at how he had treated me during our marriage – not to mention the fact that he had left me the very day before our ten-year wedding anniversary and had plotted for months to take custody from me of our only child – that to sit before him and humble myself with no possibility of reciprocal penitence was more than I could bear.

As I moved through my Steps and came to understand and embrace the principles behind them, however, I came to see my part in all that had happened, and I found my bitterness melting away into remorse, then acceptance, and then compassion. My recovery is not contingent on his making amends to me, but it is absolutely contingent on my owning my behavior, my harms. If I was to stay sober, I had to make my amends to him. My sobriety depended on it.

It is Step Eight, not Step Nine, that says “we became willing to make amends,” but it wasn't until I was on my Ninth Step that I realized I truly was willing to make my amends to my ex.

- Anonymous The Coin September 2015



RECOVERY

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

GOOD judgement, a careful sense of timing, courage and prudence — these are the qualities we shall need when we take Step 9.

After we have made the list of people we had harmed, have reflected care-fully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

Most of us begin making certain kinds of direct amends from the day we join Alcoholics Anonymous. The moment we tell our families that we are really going to try the program, the process has begun. In this area there are seldom any questions of timing or caution. We want to come in the door shouting the good news. After coming from our first meeting, or per-haps after we have finished reading the book “Alcoholics Anonymous,” we usually want to sit down with some member of the family and readily admit the damage we have done by our drinking.

Twelve Steps and Twelve Traditions—Page 83-84



"It's not a resentment really, she just makes me sick!"

Spiritual Principle
Step Nine

LOVE FOR OTHERS

It has been my experience that it is not making a mistake that is the problem. It's defending it that causes the damage.

Anonymous



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

The AA Promises:

1. If we are painstaking about this phase of our development, we will be amazed before we are half way through.
 2. We are going to know a new freedom and a new happiness.
 3. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.
 4. No matter how far down the scale we have gone
 5. We will see how our experience can benefit others.
 6. That feeling of uselessness and self-pity will disappear.
 7. We will lose interest in selfish things and gain interest in our fellows.
 8. Self-seeking will slip away.
 9. Our whole attitude and outlook upon life will change.
 10. Fear of people and of economic insecurity will leave us.
 11. We will intuitively know how to handle situations which used to baffle us.
 12. We will suddenly realize that God is doing for us what we could not do for ourselves.
- Are these extravagant promises? We think not. They are being fulfilled among us -sometimes quickly, sometimes slowly. They will always materialize if we work for them. — Alcoholics Anonymous p. 83-84.

Harmony

Andrew L.....1yr.....Sept. 17, 2018

Mike K.....5yrs.....Sept. 26, 2014

Women's Serenity

Olive Q.....1yr.....Sept. 2, 2018

Celebration Sept. 6 open mtg

St. James Sherwood Dr. 7:30

Lyndsi D....2ys.....Sept. 5, 2017

Lyndsay M....2yrs.....Sept. 9, 2017

Ashley G.... 3yrs.... Sept. 13, 2016

Carol O.....1yr.....Sept. 13, 2018

Celebration Sept. 13 open mtg

St. James Sherwood Dr. 7:30

U N I T Y

Tradition Nine

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principle newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness. Alcoholics Anonymous 4th Edition pg 565

...Just as the aim of each AA member is personal sobriety, the aim of our services is to bring sobriety within reach of all who want it. If nobody does the group's chores, if the area's telephone rings unanswered, if we do not reply to our mail, then AA as we know it would stop. Our communications lines with those who need our help would be broken.

AA has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies. Though Tradition Nine at first sight seems to deal with a purely practical matter, in its actual operation it discloses a society without organization, animated only by the spirit of service... a true fellowship.

Bill W. Excerpted from AA Grapevine

Spiritual Principle
Tradition Nine

STRUCTURE

New Meeting Guide App



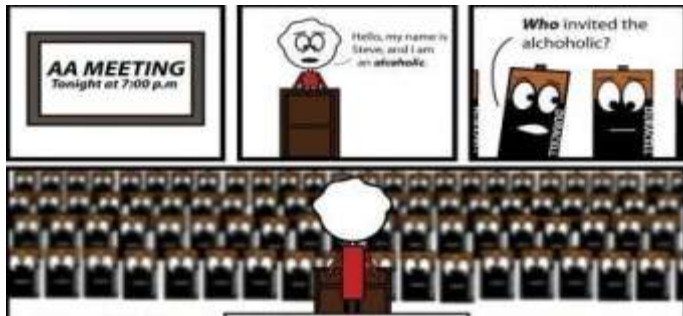
Go to App Store, Google Play
Type in: Meeting-Guide
Click on: Folding Chair logo
Click on: Install

Tradition Nine:

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

www.aagrapevine.org



Intergroup currently has 85 different meetings put on by 73 different groups in 47 locations in Regina and area.

The least possible organization, that's our universal ideal. No fees, or dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of AA who is for simplicity. Terrified of anything organized, he tells us that AA is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals, and clubs only coddle slippers. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after the. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon simplicity is the AA promoter. Left to himself, he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great AA hospitals, batteries of paid organizer, and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoters dream. "Yes, sir," he would bark. "My two-year plan calls for one million AA members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the AA movement never gets overly organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of AA.

We shall, naturally, take the firm and safe middle course. AA has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain special services; mostly those absolutely necessary to effective and plentiful Twelfth Step work.

If, for instance, an AA group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a foundation, a general office or a Grapevine, then we are organized for service. The AA book and pamphlets, our meeting places and clubs, our dinners and regional assemblies -- these are services, too. Nor can we secure good hospital connections, properly sponsor new prospects, and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services has our spiritual or social activity, the great current of AA, ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor, for our service expenses are trifling.

With such assurances, we shall without doubt continue to improve and extend our vital lifelines of special service; to better carry our AA message to others; to make for ourselves a finer, greater Society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

SERVICE

Concept Nine

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees. www.aagrapevine.org

1. Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
2. Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"
3. Do I set a positive leadership example?

Spiritual Principle
Concept Nine
ABILITY



"Since you've been in AA, I've noticed you open the garage door before you put the car in!"

Leadership Matters

Concept Nine supplies the General Service structure with leaders. We already know about "servant leadership" from Traditions Two and Nine, and Concepts Three and Five. Concept Nine is about the need to continuously find good leaders at all levels, and about the leadership role of the Board of Trustees. It ends with a popular Grapevine article by Bill W. On leadership, this applies to all AA leaders including sponsors.

"Weak leadership can hardly function at all, even in the best of structures," Bill wrote. "Furnishing our service structure with able and willing workers has to be a continuous activity." First he stressed the importance of the GSRs, who elect District and Area workers, and Delegates. "These are the direct agents of the AA groups; these are the indispensable linkage between our Fellowship and its world service; these are the primary representatives of AA's group conscience.... Hence great care needs to be taken by the groups as they choose these Representatives." The GSRs, in turn, also need to show care. "Personal ambitions will have to be cast aside, feuds and controversy forgotten. 'Who are the best qualified people that we can name?' This should be the thought of all." As in Concept Five, Bill emphasized the value of the Third Legacy voting procedure described in the Service Manual. "This system of choosing has greatly reduced political friction; it has made each Delegate feel that he or she is truly a world servant rather than just the winner of a contest. In committee members and delegates alike, our Third Legacy methods have generally produced people of a high level of dedication and competence."

In Concept Nine, the 66-year-old Bill discussed the inevitable passing of his remaining leadership duties to the General Service Board. He hoped the composition of the Board would change in order to strengthen and better suit it for that leadership role. In those days, two-thirds of the Board was Class A (non-alcoholic) Trustees, and some of them served for decades. Three years later, in 1965, the ratio was changed to one-third Class As, and much later the Board also agreed to term limits for all trustees. In keeping with Concept Nine, we continue to consider changes to the Board. For instance, we recently dropped the old rule that the Chair of the Board must be a Class A.

The third and longest part of the chapter on Concept Nine is a reprint of Bill's 1959 Grapevine article, "Leadership in AA: Ever a Vital Need." This is some of Bill's best writing, but it can require multiple readings, since he was trying to thread a very fine needle. Remember that the Traditions remove most forms of power from AA - personal authority, membership requirements, money, property, prestige, politics, fame, and even seniority. How is it possible to lead in that "benign anarchy?" The answer is something like attraction. "Our leaders do not drive by mandate, they lead by example.... A leader in AA service is therefore a man (or woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job."

This takes balance, as Bill showed in numerous examples of the "careful discrimination and soul-searching that true leadership must always try to exercise." For instance: "Good leadership originates plans, policies, and ideas... But in new and important matters, it will nevertheless consult widely before taking decisions and actions... [and] often discard its own cherished plans for others that are better." Leaders must know when to yield, since "progress is nearly always characterized by a series of improving compromises. We cannot, however, compromise always. Now and then it is truly necessary to stick flat-footed to one's conviction about an issue until it is settled." It may seem contradictory, but Bill is really saying, "These are situations for keen timing and careful discrimination as to which course to take."

Another key trait is the ability to listen openly to criticism, discern whatever truth may be in it, and engage or move on appropriately. Then there's "the all important attribute of vision.... As individuals and as a fellowship, we shall surely suffer if we cast the whole job of planning for tomorrow onto a fatuous idea of Providence. God's real Providence has endowed us human beings with a considerable capacity for foresight, and He evidently expects us to use it." This is true at all levels, but Bill wrote that it's essential for Trustees. "Most of them, in my view, should be chosen on the basis that they have already demonstrated an aptness for foresight in their own business or professional careers."

In the end, Bill brought it home to where we all live: "We shall be in continual need of these same attributes - tolerance, responsibility, flexibility, and vision - among our leaders of AA services at all levels." This includes sponsors, he wrote. "Every sponsor is necessarily a leader.... What the sponsor does and says how well he estimates the reactions of his prospects, how well he times and makes his presentation, how well he handles criticisms, and how well he leads his prospect on by personal spiritual example - these qualities of leadership can make all the difference."

Here's Concept Nine: "Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."

-Jim F. The Coin September 201

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.