



# Heart To Heart

As groups begin meeting in person again, there will be limits on the number that can attend.

Ask yourself "Am I willing to give up my seat for a newcomer".

[www.aaregina.com](http://www.aaregina.com)

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

[a.a@sasktel.net](mailto:a.a@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

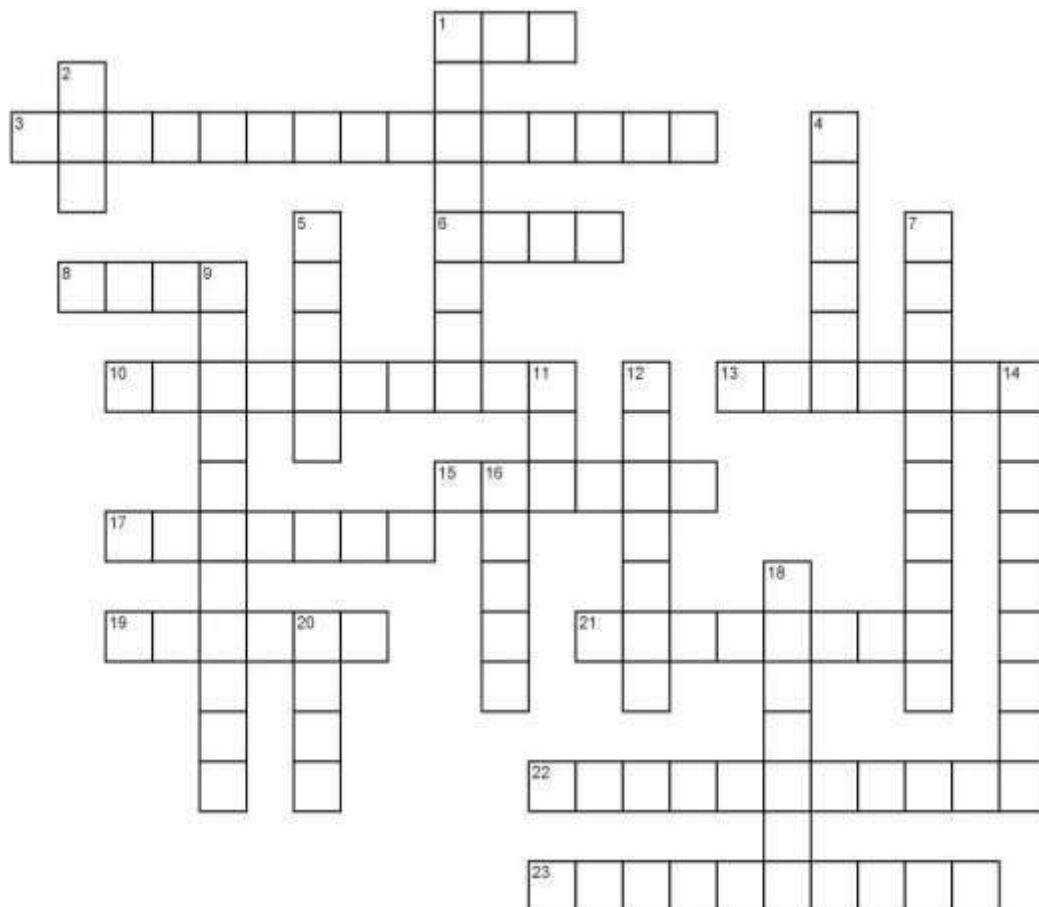
St. Paul's Cathedral  
1860 McIntyre St.

Districts 15, 17, 18  
Second Wednesday of the month  
7:30

Mount Olive Lutheran Church  
2015-4th Ave. N.

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

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



## ACROSS

- 1 In the last survey, most AAs attended an average of this many meetings per week
- 3 Original company that published the Big Book (2 words)
- 6 Bill's longtime secretary
- 8 As \_\_\_\_\_ Sees It
- 10 What we can't afford
- 13 it is a phenomenon
- 15 soundness of mind
- 17 In the last AA survey, most alcoholics were this
- 19 June conference (2 words)
- 21 A \_\_\_\_\_ View of Alcoholics Anonymous
- 22 August conference (3 words)
- 23 International Convention 2010 location

## DOWN

- 1 Circle and \_\_\_\_\_
- 2 What Happened to \_\_\_\_\_
- 4 Author of "The Keys of the Kingdom"
- 5 Intoxicated
- 7 the name of the April Central Office fundraiser (2 words)
- 9 AA received this in 1951 from the American Public Health Association
- 11 36% of AA members are sober over \_\_\_\_ years
- 12 Most common occupation amongst AA members
- 14 meeting in print
- 16 It Happened to \_\_\_\_\_
- 18 State where Bill W was born
- 20 Akron

# RECOVERY

## Step Seven

**“Humbly asked Him to remove our shortcomings.”**

### HOW DO YOU TALK ABOUT BEING HUMBLE?

I've been in meetings where the topic has been humility and thought, “how do you talk about being humble?” One time I chuckled at this question and was called on to share. Honestly, I didn't know what it meant, but I've looked it up and I read, “not proud or haughty; not arrogant or assertive”, which is the exact opposite of my natural disposition. My Higher Power must have been working through me that night because I shared in a way that also is against my nature. I didn't talk exclusively about me!

Instead, I talked about doing things for others which is not something that I do naturally unless I know I'm going to get a return on my investment. Because of the program of Alcoholics Anonymous, I've learned that giving to someone else can be its own reward. The best return I've ever gotten from investing my time and money into something big was a smile and a thank you.

It was amazing that night to sit with my two best friends and listen to that person talk about how grateful she was to have six months sober. Everyone could see the light in those eyes and how the future looked so promising for that person. I'll never forget that night no matter what happens to any of us. I'm grateful that I listened to my sponsor and passed it on like I was told to.

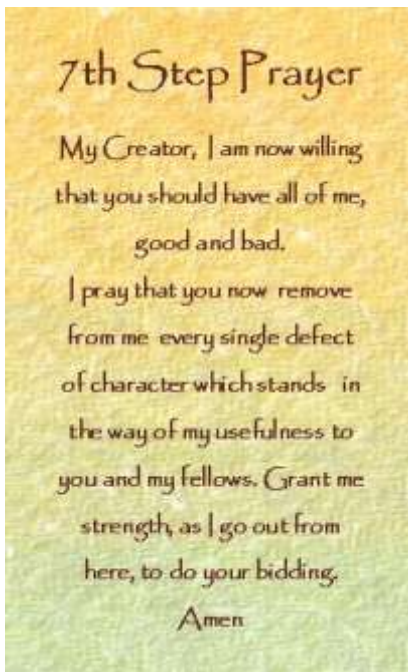
I passed on the message because people told me that it would keep me sober. So, really, I was being selfish while working with that person and I still don't know if it was a humble act. Most of what I said came from the Big Book, Twelve and Twelve, meetings, and, of course, my sponsor and friend. The amazing thing about how this works is that I learn as much from working with others as I do when working with my sponsor and I'll never stop learning.

Please read the following from A.A. Comes of Age, page 287, which talks about humility in a way that I could understand. I hope passing it on here might help you:

“At the beginning, we sacrificed alcohol. We had to, or it would have killed us. But we couldn't get rid of alcohol unless we made other sacrifices. We had to toss self-justification, self-pity, and anger right out the window. We had to quit the crazy contest for personal prestige and big bank balances. We had to take personal responsibility for our sorry state and quit blaming others for it.”

“Were these sacrifices? Yes, they were. To gain enough humility and self-respect to stay alive at all, we had to give up what had really been our dearest possessions – our ambition and our illegitimate pride.”

Anonymous Desert Lifeline, June 2014



Happy Birthday to those  
celebrating milestones  
of sobriety...

### Women's Serenity

Sheila C.....2 yr.....July 2, 2018  
Harmony  
Nick K.....1yr.....July 1, 2019  
Ron L.....31yrs.....July 12, 1989  
Jay L.....5yrs.....July 15, 2015  
Scott S.....4yrs.....July 19, 2016  
James B.....2yrs.....July 25, 2018  
Darwin M.....38yrs.....July 31, 1982

Some of my greatest  
disappointments have come from  
getting that which I insisted on  
having!

# U N I T Y

## Tradition Seven

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Alcoholics Anonymous 4<sup>th</sup> edition pg 564

In the early years, AA thought, if they had a lot of money, they could do great work through hospitals and education. It created problems of how the money would be spent and who would decide when-and-where it would be spent. These problems resulted in AA and money being totally separate. However, we almost went broke, because everyone decided AA shouldn't have any extra money. Fortunately, common sense prevailed through the Foundation's (now General Services) principles: AA remain poor, but have a prudent reserve AA would accept no outside contributions, thus no outside influence would be present. We have survived for 74-years and will continue to survive if each individual member will contribute regularly and donate a little extra when AA needs additional funds. Many of us make amends to different charities for things done in the past. I hope we all realized that AA must be our number one priority. Without AA, we would not be sober and, more than likely, not making donations to any cause.

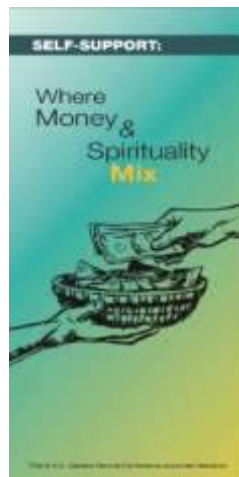
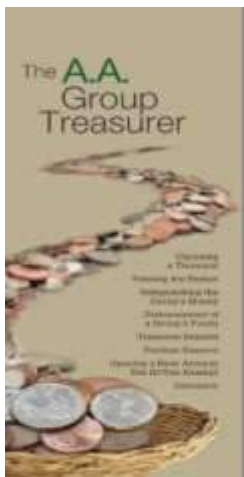
Mike Doyle No Rules Group La Quinta, CA Desert Lifeline, July 2017

### Tradition Seven Implores Us to Become Givers

"We AAs were once a burden on everybody. We were 'takers.' Now that we are sober, and by the Grace of God have become responsible citizens of the world, why shouldn't we now about face and become 'thankful givers'! Yes, it is high time we did." So says our founder, Bill W., in a June 1948 article in the *Grapevine*. One of the exercises that I did as part of my Kaiser CDRP program was to write down how much my alcoholism had cost me financially. The result was both informative and chilling. This was part of gaining a complete understanding of Step One, to help me admit that I was powerless and that my life was unmanageable. I would highly recommend this rather simple assignment.

From there, think about a reasonable contribution for yourself when it comes to AA. Suddenly, a \$5 or \$10 or even \$15 or \$20 weekly contribution does not seem so large. When I realize that this is less than 1% of my court fees, bar bills, and what I paid my lawyer(s), then I can put everything in perspective. That is the least I can do, now that I have become a "responsible citizen of the world" (as Bill so cleverly put it).

- JD D. the COIN July 2017



Tradition Seven Checklist:  
Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

www.aagrapevine.org



Spiritual Principle  
Tradition Seven  
**RESPONSIBILITY**



# SERVICE

## Concept Seven

“The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.”

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

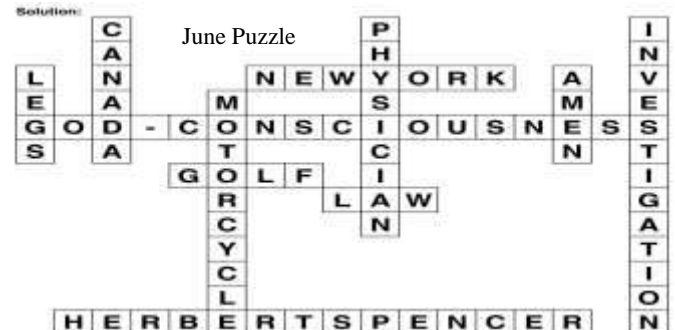
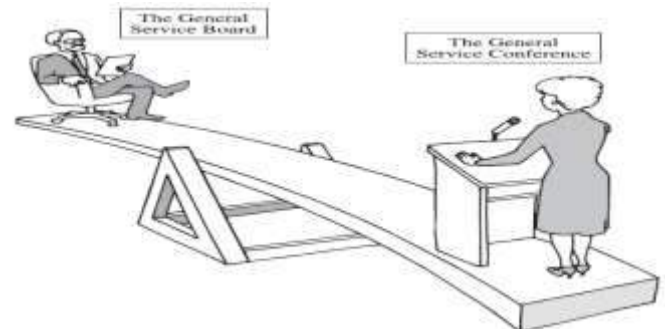
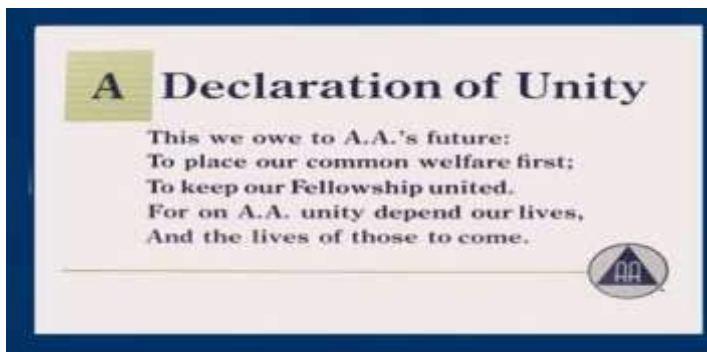


### Concept Seven Checklist:

1. Do we act responsibly regarding the “power of the purse?”
2. Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?

www.grapevine.org

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments; that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document; that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness. At first glance, this concept may seem contradictory. In reality, it is further insurance that the Trustees and the Conference cooperate in the spirit of Service and Fellowship. Although the Conference has the “real” power of the traditions and the fellowship behind it, the trustees have the legal and financial power, bestowed by the conference. The way I understand this Concept is simply this: Our founders had the foresight to protect the future of the fellowship by creating a Board of Trustees to handle financial and legal matters, similar to giving the purse strings and power of attorney to “Mom and Dad”. And there the power rests, unless revoked by the Conference, i.e. Delegates elected by the general fellowship. Bills goal, in this and all of our concepts, was to keep AA safe from ANYONE who would try to “break it”. But we are always reminded that the ultimate responsibility and power lies with us, the members. Brian C Sunny Dunes Fifth Tradition Group, Palm Springs Desert Lifeline, July 2015



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.

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.