

heart to heart

regina & area

alcoholics anonymous®intergroup

Tradition One:

“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”

Service Meetings

All members of AA are welcome to attend:

- Office Committee Meeting Mondays before Intergroup 6:30
- Intergroup First Wednesday of the month 6:30
- Districts 15, 17, 18 Second Wednesday of the month 7:30

For the most up-to-date list of meetings on Zoom or in-person, please visit www.aaregina.com.

REGINA AA CENTRAL OFFICE

Central Office is staffed Monday & Wednesday from 10 - 3PM & Friday 10 - 2PM.

Closed statutory holidays.

Please feel free to stop by with any questions or concerns.

A.A.-approved literature is available for purchase as well as a selection of sobriety anniversary cards and medallions for sale.

Suite 107 - 845 Broad Street
Regina, Sask. S4R 8G9
email: a.a@sasktel.net
306-545-9300

24 HOUR ANSWERING SERVICE TO SPEAK TO ANOTHER ALCOHOLIC OUTSIDE OF OFFICE HOURS 306.545.9300



THE PRINCIPLE OF HONESTY IN STEP 1 AS THE FOUNDATION OF A HEALTHY RECOVERY

There are 12 steps, and for every step, there is a principle. The principle behind Step One is Honesty, and when we take a closer look at this step, it just makes sense: the first step asks us to take an honest look at our lives and tell the truth. For many practicing addicts and alcoholics, this may be the first time in forever that they have actually done so.

The thing about Step 1 is, it only can be complete if we admit to our innermost selves, rather than to any other, that we are powerless over our drug of choice and that our lives have become unmanageable. Many of us were used to lying or omitting key facts about our lives where others were concerned: we have invented excuses for tardiness, explained away drained bank accounts, cast blame on others, denied wrongdoing. We may even have learned to fool ourselves to some degree. But in the end, self-honesty had to win out. When we could look at the man or woman in the mirror and admit that we had lost control over our addiction, and that our lives were suffering as a result, we had truly taken Step 1.

HONESTY REALLY IS THE BEST POLICY

Depending on our upbringing and values, we may have learned to avoid being completely honest long before addiction took over our lives. When honesty brought nothing but misery and punishment, we learned to lie. When we were exhorted to take control of our lives, do it right the first time, succeed at whatever we put our minds to, it became harder and harder to admit to mistakes and to not having all the answers. It was very lonely, trying to keep track of the endless lies and pretending that we really could juggle our responsibilities plus a burgeoning addiction that had its own demands, but try we did, until things got so bad we couldn't pretend anymore.

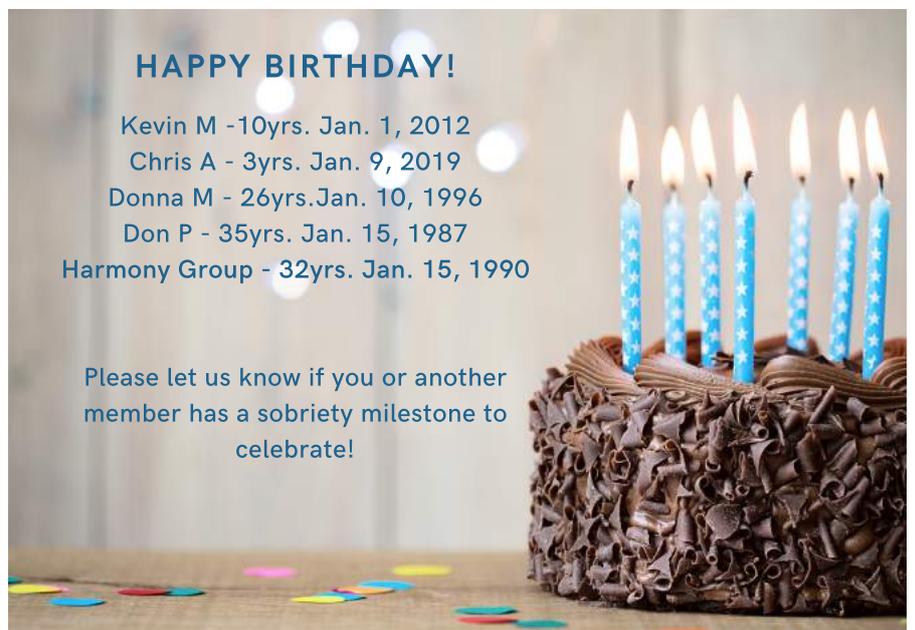
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PLEASE NOTE: THE RECENT DISRUPTION OF NORMAL CHANNELS OF COMMUNICATION IN OUR FELLOWSHIP HAS REDUCED THE NUMBER OF CELEBRANTS WE ARE MADE AWARE OF. IF YOU CAN LET THE OFFICE KNOW WE WILL BE ABLE TO LIST YOU OR THOSE YOU KNOW OF HERE ON A MONTHLY BASIS.

HAPPY BIRTHDAY!

Kevin M - 10yrs. Jan. 1, 2012
Chris A - 3yrs. Jan. 9, 2019
Donna M - 26yrs. Jan. 10, 1996
Don P - 35yrs. Jan. 15, 1987
Harmony Group - 32yrs. Jan. 15, 1990

Please let us know if you or another member has a sobriety milestone to celebrate!



With honesty came the humility of admitting we needed help. These twin attitudes of honesty and humility in recovery helped us achieve great things we did not at first believe possible. Some of the benefits of remaining honest and humble in recovery include:

- Being able to ask questions again without fear of looking stupid – meaning we could actually learn new things, and become teachable
- Being able to get much needed support when things were not going well, instead of trying to fight addiction alone
- Admitting to personal problems, which invites needed help, rather than suffering in silence
- Feeling so much lighter now that it's no longer necessary to keep secrets and lead a double life
- Instead of putting limits and rules in place for ourselves where substance abuse was concerned (like no drinks before 5 pm or setting a spending limit on using), then feeling the shame, guilt and self-loathing of breaking these rules again and again, we can finally be honest that there is no way for us to use safely
- No more wasted time reminiscing about the 'good old days'; an honest appraisal can clearly show those days to not be as good as we once fantasized about
- Ability to examine our lives honestly, see where we went wrong, and also see what still needs to change both within us and in our surroundings
- Ability to see things clearly and learn from experience rather than the hard way.

At first, such a degree of honesty may seem impossible, but by persisting in the recovery process and working the steps, our ability to be honest with self and others will only grow until it forms the foundation of our healthy, satisfying, lasting recovery.

<https://renascent.ca/principle-honesty-step-1-foundation-healthy-recovery/>

Thank You



I would like to thank all the people who stepped forward to make the Alcathon for 21/22 a success.

Thank you to everyone who volunteered to host and/or chair meetings during Alcathon. To have every spot filled by volunteers in such short order just proves once again you can always count on the fellowship of AA in and around Regina when a service call goes out. Thanks to Tom K. for organizing our traditional long-timers' wind-up meeting, with 86 in attendance, it was a tremendous success.

And thank you to everyone who participated and shared their experience, strength and hope in the meetings and the Alcathon as a whole. Passing on our message at this vulnerable time of year for many is one of the greatest gifts any of us can give.

In Gratitude and Service,

Jim J.
Alcathon Chair

Notes from Intergroup

Happy New Year everyone. I am very excited to tell you about developments that some of the Intergroup committees are looking at. First though, I must acknowledge the amazing Alcathon.

Congratulations to the Alcathon Committee, which came together with very short notice, and special thanks to Jim J, the Chairperson, and sidekick Angela L's hard work and commitment to setting the event in motion. As a result, A.A. was available continuously over the holidays for all people who struggle with alcoholism, especially the newcomers and those finding themselves alone. Many thanks to all of the volunteers who chaired, hosted, entertained, and those who coordinated the whole event. What a wonderful way to end off 2021 and to start 2022.

The 12th step chair has a committee of four and they are researching the possibility of changing the 12th step answering service to a system that will require volunteers (four at a time) rotating each month. This move would reduce that expense considerably - currently the fees are \$3-400/month. The new service, "Freedom Voice", would be a mere \$19.95 US/month. Please watch for more details in the coming months and if curious for more information contact the 12 Step Chair through the Intergroup tab at www.aaregina.com.

More chairing opportunities will be available soon for the Detox Centre. If you or your group are interested, please contact the new and enthusiastic Treatment Facilities chairperson through the Intergroup tab at www.aaregina.com.

We now also have a Public Information/CPC (cooperation with the professional community) committee up and running and the members are eager to carry the A.A. message to groups in the community and other Public Information opportunities. Please contact them with any suggestions you may have through the aaregina.com under the Intergroup tab, Information committees chair.

As you can see, Intergroup is developing some new and exciting opportunities for service. Let's keep that enthusiasm going by filling the vacant positions: The Central Office Trustee, Central Office Chair, Secretary, Webservant, and the Social Committee Chair. Please consider letting your name stand for one of these positions.

The Next Intergroup meeting is Wednesday, February 2nd at 6:30pm.

Yours in Gratitude and Service,

Catherine S.
Intergroup chair

P.S. Intergroup chair positions are for two years and we like to adhere to the principle of rotation to ensure everyone has an opportunity to experience new challenges and growth. However, we have several positions for which the chairpersons are starting a third year, but kind enough to stay until the positions have been filled, namely the Office Trustee/chair, Webservant, and the Intergroup Secretary. They are ready and anxious to step down.

STEP ONE OF AA: THE JOURNEY BEGINS

Step One

We admit we are powerless over alcohol – that our lives had become unmanageable.

If lucky, our journey has taken us to arriving at a point of surrender. For some people the road they traveled getting to the first step in AA has been more than enough to convince them that unconditional surrender is the only option for recovery.

For a lot of people in recovery, walking into a treatment center or an AA meeting the first time is a major part of “working” step one. Your simple and humble act of asking for help is effectively an admission of powerlessness and unmanageability.

Most addicts are filled with guilt, shame, remorse, and self-loathing when they come into the rooms of AA. They’ve also gotten very used to keeping secrets from pretty much everyone, so opening up about the nature and extent of your alcoholic behavior is going against the grain. It may even feel completely unnatural and you probably don’t want to do it. But sharing your experience and the unmanageability lifts the burden of lugging them around in secret. Letting go of your secrets frees you up to move forward with a different, better life. For many people, the act of sharing Step One in an AA meeting is the true start of recovery.

However, becoming abstinent from alcohol will also be a requirement for starting to work the first step. The first step is all about looking at the effects of alcoholism in your life and for what is needed to be clean: to find a way to stop the behaviors with a perspective that isn’t clouded by alcohol. If you’ve been clean for a while, then the first step is about powerlessness over behaviors that make your life unmanageable.

STEP ONE: DOING THE “WORK”

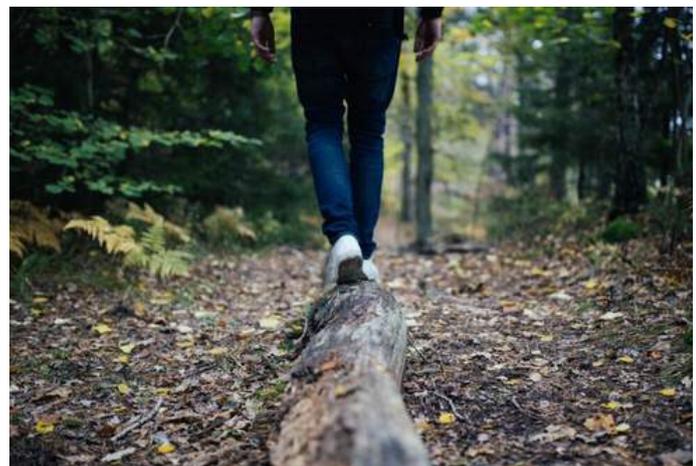
There are a lot of things alcoholics can do to fully work Step One. Most of the work is designed to unearth your complete history of use and abuse.

Inventories are a great way to work the steps—even starting with Step One. You can make a few lists:

A Consequences List: The easiest way to break through the fog of addiction is to create a list of consequences related to the behavior.

Powerlessness List: Go for as many examples of your powerlessness over your addictive behavior as possible. Be as fearlessly honest as you can, starting with early examples and ending with the most recent. (A note on “Powerlessness” this is used to exemplify the cravings in an alcoholic [or any addict] that are so intense that the ability to resist is almost impossible. Once an alcoholic takes a drink, a chemical reaction occurs within that body, setting off an intense craving for more.)

Unmanageability List: Write out the ways in which your addiction has created chaos and destruction in your life.



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HERE ARE SOME OTHER REALLY GREAT QUESTIONS TO ASK YOURSELF WHILE DOING STEP ONE:

- What does the disease of addiction mean to me?
- How has my disease affected me physically? Mentally? Spiritually? Emotionally? Financially?
- How does the self-centered part of my disease affect my life and the life of those around me?
- Have I blamed other people for my behavior?
- Have I compared my addiction with other people's addictions?
- What does unmanageability mean to me?
- What troubles have been caused because of my addiction?
- Have I used alcohol or drugs to change or suppress my feelings?
- What reservations am I still holding onto?
- Do I accept that I'll never regain "control" over drinking, even after a long period without use?
- What could my life be like if I surrendered completely?
- Am I WILLING: to follow a sponsor's direction, go to meetings regularly and give recovery my best effort?
- Have I made peace with the fact that I'm an alcoholic and that I'll have to do things to stay clean?

RESPONSIBILITY & ACCEPTANCE IN AA

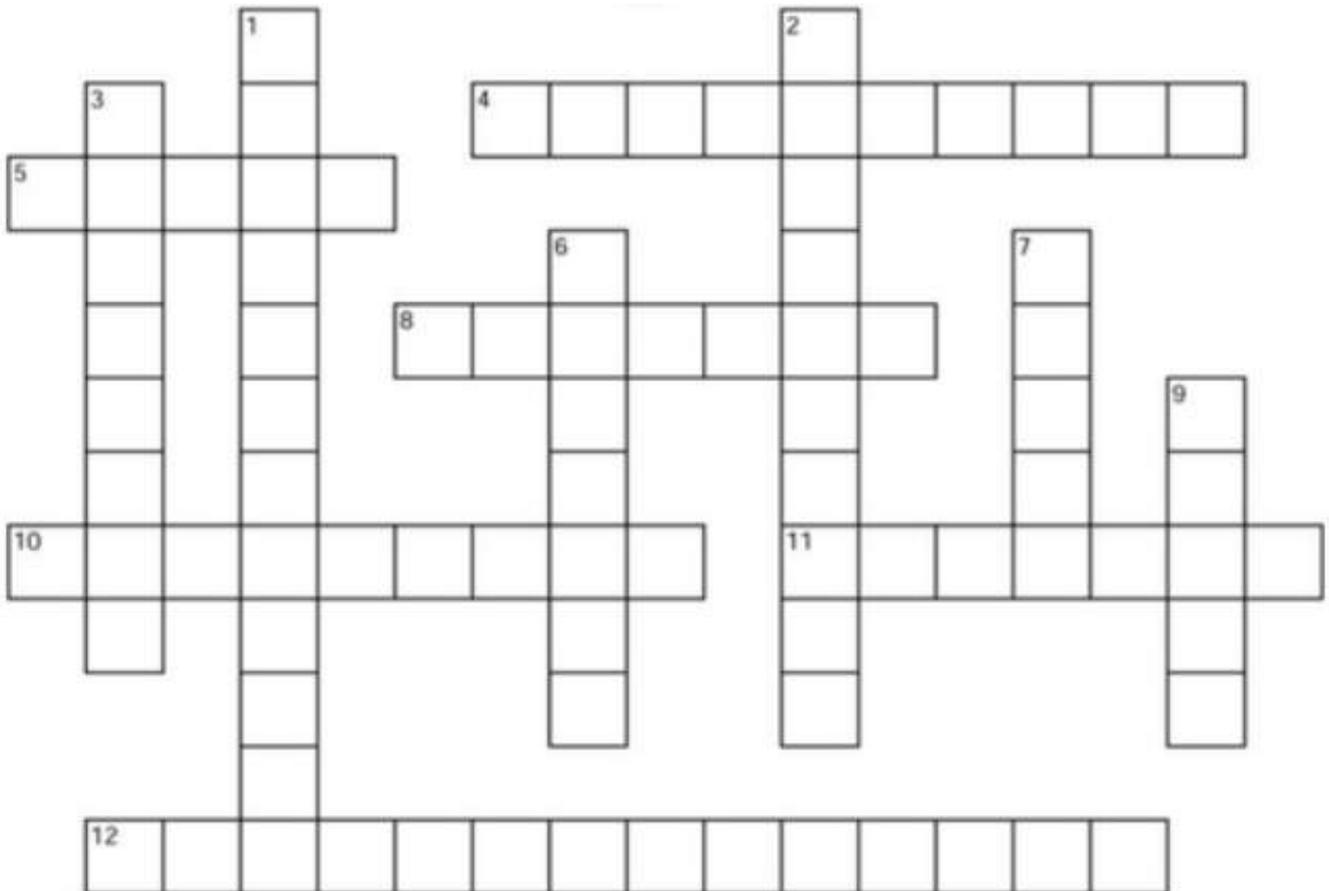
For each and every one of the millions of success stories in AA you will hear repeatedly about responsibility. It is our responsibility to stay involved in sobriety and follow our sponsor's suggestions. It is our responsibility to actively cultivate and grow willingness. It's important to grasp that you are not "powerless" completely: you do have the power to engage in a program of recovery, the power to choose not to abuse substances....but you are powerless over drugs and alcohol if you put them in your body.

Acceptance comes when we feel a profound sense of hope and peace in coming to terms with our addiction and recovery. We don't dread a future of meeting attendance, sponsor contact and step work; instead we begin to see recovery is a precious gift.

It has been my experience that doing the steps has brought me serenity and the welcome realization that AA is not just a program where sick people get well—it is a way of living that is rewarding in and of itself.

Lot's of people find that once they do Step One, that all manner of help appears! I feel grateful to have a program that expands as I grow. Having a firm foundation in recovery through steps has also given me a welcoming fellowship to accompany me in my journey.

JANUARY CROSSWORD



www.CrosswordWeaver.com

ACROSS

- 4 The final responsibility and the ultimate authority for AA world services should always reside in the collective conscious of our whole _____.
- 5 Living _____ was published in 1975.
- 8 The main _____ of the alcoholic centers in their mind, rather than in their body.
- 10 We admitted we were _____ over alcohol - that our lives had become unmanageable.
- 11 Which state hosted the first International Conference of Young People in AA (ICYPAA)? [2 words]
- 12 In 1962, the General Service Conference accepts Bill's long-awaited manuscript for _____ for World Service. [2 words]

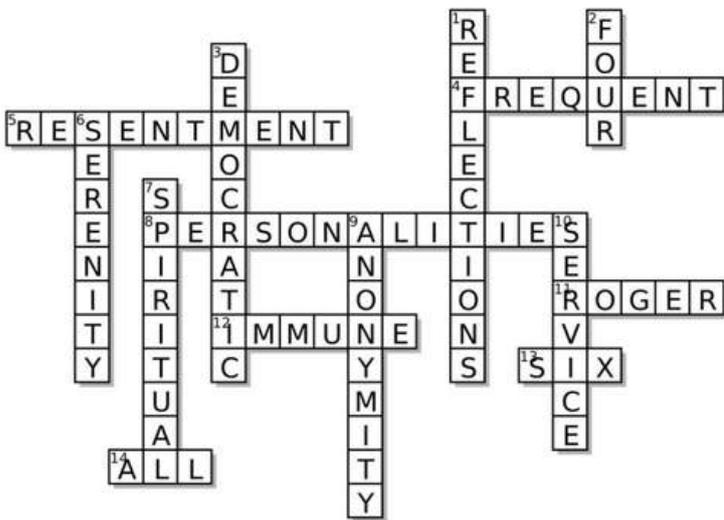
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- 1 Our meeting in print. [2 words]
- 2 In July 1955, Bill W officially hands leadership of AA over to the members, making the General Service _____ the sole successors of its co-founders, Dr. Bob and Bill.
- 3 "The tremendous fact for every one of us is that we have discovered a common _____."
- 6 Spiritual principle of the Step 1.
- 7 Tradition 1: Our common welfare should come first; personal recovery depends on AA _____.
- 9 Which month is PRAASA (Pacific Region Alcoholics Anonymous Service Assembly) 2022 taking place?

FIRST STEP PRAYER

I ADMIT I AM POWERLESS. I
ADMIT THAT MY LIFE IS
UNMANAGEABLE WHEN I TRY TO
CONTROL IT. HELP ME THIS DAY
TO UNDERSTAND THE TRUE
MEANING OF POWERLESSNESS.
REMOVE FROM ME ALL OF MY
DENIAL.

December Puzzle Solution



AREA 91 REMOTE CONNECTIONS

Sundays @ 7PM

Zoom Meeting

ID# 498 714 649

Password: 912020

REMOTE COMMUNITIES
aasask.org

TEN ALCOHOLICS

- 10 Alcoholics, all in a line.
One got to thinking
--then there were Nine.
- 9 Alcoholics, one said, "Wait!
A near beer can't hurt!"
then there were Eight.
- 8 Alcoholics, lookin' up to heaven.
One cut out meetings
--then there were Seven.
- 7 Alcoholics, doing service for kicks.
One started grumbling
--then there were Six.
- 6 Alcoholics, glad to be alive.
'Til one smoked pot
--then there were Five.
- 5 Alcoholics, greeters at the door.
One played the Big Shot
--then there were Four.
- 4 Alcoholics, for fun and for free.
One's case was "different"
--then there were Three.
- 3 Alcoholics, knowing what to do.
One rewrote the Big Book
--then there were Two.
- 2 Alcoholics, having some fun.
One started lying
--then there was One.
- 1 Alcoholic, talking to HP,
"If only one is sober
--then I'm glad it's me."

<https://aainthedesert.org/wp-content/uploads/2022/01/January-Final.pdf>