



Heart to Heart



Tradition 7

PLEASE TAKE ONE HOME

February 2005

Inside This Issue:

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A Big Bouquet of Thanks to all the individuals and groups that help make 2004 Alcothan a great success. We are so very fortunate to be able to hold such an event year after year. We might never know for sure how many lives are touched during this special time. It is a difficult for many alcoholics and it is so great to have a place where there are food, friends, and fun! Much gratitude goes to Bruce O. the chairperson for his contribution and leadership, as well as, his great team of volunteers.

Volunteers are still needed!!

Intergroup needs volunteers to fill some very important vacancies - one of them being the **Chairperson for Office Committee**. These are vital positions and require people to come forward and let their name stand. You can let your name stand by telephoning the Office at 306-545-9300 or email a.a@sasktel.net giving your name and telephone number and the position you are interested in filling. Thank you for volunteering. Check out the various positions available on the Regina AA website.

REGINA AA INTERGROUP OFFICE:

#5 1812 Arthur St., Regina, SK. S4T4W7

Email - a.a@sasktel.net

OFFICE HOURS:

Monday and Friday 12:30-5:30pm

Wednesday 3:30-7:30pm

Closed Statutory Holidays

**24 Hour Answering Service
(306) 545-9300**

www.aaregina.com



Webpage Report

Web page	Hits in January /05	Hits in 2004
Home page	443	5288
Events	53	584
Meetings List	216	2591
Speakers Meeting	51	544
Intergroup	48	448
Literature	135	1116
Donations	23	205
12 Step Calls	50	527
Roundups	64	1608
Districts	77	589
Newsletter	44	634
Website Features	42	309
Website Policy	13	176
Contact Us	39	410
Sobr. calculator	103	105

Heart to Heart is the newsletter voice of Regina area AA. It is published by Regina Intergroup as a service to the AA community. It uses the basic intent of the AA Grapevine policy and mission statement as it's editorial policy.

It's intent is to enhance an already strong recovery community by providing a vehicle for sharing the combined recovery messages and our experience 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 opinions of the writers and do not necessarily reflect official AA position.

February Birthdays

Free Speech Group:

John F.	February 4 / 94	11 years
Brandy L.	February 7 / 04	1 year
Catherine K.	February 11 / 92	13 years
Craig M.	February 18 / 01	4 years
Marilyn A.	February 28 / 88	17 years

449 Group

Lorne L	February 19	12 years
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Friday Noon Eureka Luncheon Group

Liz S.	February 2	2 years
Ron R.	February 2	3 years

Walsh Acres Group

Tony H.	February 1 st	23 years
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South Hillsdale

Donalda H.	February 2, 1984	21 years
Annette K.	February 14, 1999	6 years
Kelly D.	February 14, 1999	6 years
Amber C.	February 19, 1997	8 years
John C.	February 27, 1988	17 years

We would like to see more birthdays, so please send your group birthday information early (by the 15th of the month or sooner) to the office so it can be put in the next issue.

Meetings

NEW Meeting

Wednesday 12:00pm-1:15pm

All Nations Group

All Nations Healing Hospital

Fort Qu'appelle

Non-smoking & wheelchair accessible

Contact Grant at 1-866-748-8922

Saturday Night Speakers Meeting at 7:30 pm

Joint Districts has volunteered for February.

For the latest up-to-date list of speakers please visit the

"Speakers Meeting" webpage at

http://www.aaregina.com/aa_speakers.htm

The 70th Anniversary of AA...

will be celebrated at the 2005 International Convention June 30 to July 3, 2005 in Toronto.

Details on housing and registration available at

<https://www.one-stop-registration.com/2005ic/OSR.0?lang=0>

The 12 Step Answering Service 545-9300 24 hours/day

The office 12-step list *desperately* requires volunteers (especially females) to take 12 step calls from the office. Please consider submitting your name for the phone list.

Roundups

Regina and District 53rd Annual Roundup

With Al-Anon Participation

May 6th, 7th, and 8th, 2005

Centre of the Arts

For more information

Contact the Regina AA Office or visit the website at

www.aaregina.com and click on Roundups

Weyburn's 48th Annual

A.A. Family Round-Up

March 11th and 12th Theme: *By the Way*

With the cooperation of Alanon & N.A.

Friday, March 11th - 8pm

Meeting @ Knox Presbyterian Church: 136 2nd St. N.E.

Speaker Stan M. Avonlea (Fellowship to Follow)

Saturday, March 12th

9:00am Registration @ Royal Canadian Legion 150 3rd St. N.E.

10:30-11:30 - Workshops

1:00-2:00 A.A. Speaker (Vern K. - Wawanesa, Manitoba)

2:30 -3:30 Alanon Speaker (Faye Z. Manor, Sk.)

4:00-4:30 N.A. Speaker (Steve D, Weyburn)

6:00 -7:30 Banquet

7:30-8:30 A.A. Speaker (Cathy K. Wawanesa, Manitoba)

9:00-1:00 Dance to The Knox Brothers Band (Great Variety)

For More Info & Advance Tickets Please Contact:

Bob G. 306-842-0425

Doreen K. 306-842-6010

Vic W. 306-848-0172

Registration Fees:

Adult \$30.00 Teen \$10.00 Children 12 & Under Free

Banquet Only \$15.00

Banquet & Dance \$25.00

Speaker & Dance \$10.00

MELVILLE A.A. FAMILY ROUNDUP

APRIL 8TH & 9TH 2005 Theme: *"FAITH"*

MELVILLE COMMUNITY WORKS

800 PRINCE WILLIAM ST.

(In the Shade of the Water Tower)

Kick-Off Meeting Friday April 8th - 7:30 P.M.

Basement Hall - St. Pauls Lutheran Church

238 - 3rd Ave E (Across from the Classic Inn)

A.A. Speaker: Sheldon A. - Bangor Sk.

Registration - Noon - April 9th

Melville Community Works - 800 Prince William St.

Red Ball Meeting - 1:00 P.M. - 2:30 P.M.

Al-Anon Speaker: Diane B. Nipawin Sk. 3:00 P.M. - 4:30 P.M.

BANQUET 5:30 P.M. - 6:30 P.M. (Table Prizes!!)

Western Canada Regional Trustee: Tom K. (Vibank Sk.) 6:45 P.M.

A.A. Speaker: Michael M. - The Pas Mb. 7:15 - 8:30 P.M.

Dance to the music of Len Gadica 9:00 P.M. till 1:30 A.M.

(Spot Dances)

Adults - 22.00 Children 11-15 - \$ 16.00 Children 6-10 - \$11.00

"Registration and/or Dance Only - \$ 10.00

For pre-registration contact Lawrence @ 728-3144 or

Lil @ 748-2230