



Heart to Heart



Tradition 7

February 2008

Responsibility Declaration

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.

Please read and pass around

Regina AA Intergroup

THIS ISSUE: "BIRTHDAYS", "EVENTS", "ROUNDUPS", "STEP TWO"

REGINA AA INTERGROUP OFFICE:

#312 – 845 BROAD ST.

BROAD STREET BUSINESS CENTRE

E-mail: a.a@sasktel.net

OFFICE HOURS: Monday, Wednesday & Friday

12:00pm – 5.00pm

Closed Statutory Holidays

24 Hour Answering Service (306) 545-9300

Go to www.aaregina.com for more information.

ROUND UPS ROUND UPS

HUMBOLDT AA & AL-ANON ROUND-UP

February 9, 2008

"The Heart of True Sobriety"

Legion Hall (328 Main Street), Humboldt

Call Regina Central Office at 545-9300

SASKATOON AND AREA 41st ANNUAL AA INTERGROUP ROUND-UP

February 22-24, 2008

"Steps to Freedom"

Saskatoon Inn (2002 Airport Drive)

Call Saskatoon Central Office at 665-6727

2008 WESTERN CANADA REGIONAL FORUM

February 22-24, 2008

Ramada Plaza and Conference Centre

Abbotsford, BC

Call Regina Central Office at 545-9300

WEYBURN 51st ANNUAL AA FAMILY ROUND-UP

March 7 & 8, 2008

Weyburn, SK

Call Regina Central Office at 545-9300

REGINA AND AREA AA ROUND-UP

March 14-16, 2008

West Harvest Inn

See page 3 for more information

BIRTHDAYS BIRTHDAYS

ACCEPTANCE IS THE ANSWER GROUP

REBECCA C. February 12 1 year

NORTHERN LIGHTS GROUP

GARY S. February 16 18 years

All birthday submissions can be sent to the AA Office before the 15th by email (a.a@sasktel.net) or by phone.

Afternoon of Service

Presented by Districts 15, 17 and 18

What: Information will be presented on the different AA service positions and how to get involved

When: February 10, 2008 from 2-4pm

Where: Mount Olive Lutheran Church
2015 4th Avenue North, Regina

Why: For an afternoon of fellowship, fun and information

Potluck – please bring appetizers to share

Coffee and tea will be provided

Cost: Free

MEETINGS MEETINGS

ACCEPTANCE IS THE ANSWER GROUP

A new group has been formed to replace the former *Daily Eureka Luncheon*:

Acceptance is the Answer Group meets Monday, Tuesday, Wednesday and Thursday at 12 noon at the Eureka Club (1165 Pasqua Street)

* The **Friday Eureka Luncheon Group** continues to meet on Friday at noon at the Eureka Club.

HOME AWAY FROM HOME 12X12 GROUP

Our building has asked that we keep the door locked so someone will be at the door until 8:10pm to let people in. Thank you for your cooperation.

Tuesday at 8:00pm at the Cathedral Neighbourhood Centre (2900 13th Avenue)

NEW HOPE GROUP

Meetings have resumed:

Sunday at 8:00pm at the Cathedral Neighbourhood Centre (2900 13th Avenue)

Not sure where or what time a meeting is?

CHECK IT OUT at www.aaregina.com

Want to know when the next Roundup is?

CHECK IT OUT at www.aaregina.com

Wonder how many days you have been sober?

CHECK IT OUT at www.aaregina.com

What positions are available for Intergroup?

CHECK IT OUT at www.aaregina.com

NEW WEB-MASTER

Thanks to Jill S. who has taken over updating the AA Regina web-site. Check it out at www.aaregina.com.

STEP TWO

Came to believe that a Power greater than ourselves could restore us to sanity

I took Step 2, "Came to believe that a power greater than ourselves could restore us to sanity" in three parts. First I came, then I came to and then I came to believe. As I look back on my first year or so I can see how this process occurred in my recovery.

The first part of Step 2 meant coming to meetings. In my experience this was more than just showing up and filling a seat. I tried it this way for about a year and the only result was that I stayed drunk. I had to get involved and take an active role in my recovery. This meant doing the work, like sharing at meetings, staying afterwards to help cleanup, going for coffee, calling my sponsor, working the steps and doing service work.

The second part of Step 2, the coming to, occurred as I stayed sober and the alcoholic fog that clouded my brain cleared. This process continued over several months as the damage I had done to my body and mind gradually healed. It was during this time that I first saw the insanity that I had lived in when I was drinking. The more trouble I got into, the more I drank. Today, it seems so simple, all I had to do was stop drinking and many of the problems I was having would go away. My thinking then was that alcohol was the solution not the problem. Thank God for that one moment of clarity that finally broke the awful cycle. For me that is big part of coming to – seeing things how they actually are and not how I want them to be.

The third part is coming to believe. This was the beginning of my personal relationship with God as I understand him. I grew up believing in God, unfortunately I also grew up fearing God. The God of my understanding punished people like me, he didn't help them. It took time and a lot of help from friends to get past this fear. When I look at my life since I stopped drinking, I have been given so many things for which I am grateful. My sanity with regards to alcohol has been restored. I had wanted to die and was instead given the gift of a new life in AA. I found a new sense of belonging and a new purpose. All of this, and much more, was freely given with no expectation of anything in return. This is not the work of a punishing God. It was the work of a God who loves and accepts me for who I am, a God of my new understanding.

Peter H.
Nu-Life Group

GRAPEVINES

Old issues of Grapevines are very helpful to people in correctional facilities. If you would like to donate yours, please drop them off at the Regina AA Office and Andy L. will make sure that they get to the Regina Correctional Centre.

FROM THE ROUND-UP COMMITTEE

Thank you to all those who submitted suggestions for the Regina Roundup.

56th Annual REGINA & AREA AA ROUNDUP

Easy As... "ABC"*

MARCH 14, 15, 16, 2008

West Harvest Inn

Regina, Saskatchewan

**Refer to Chapter 5 – How It Works, Alcoholics Anonymous*

Weekend Pass:

\$45

Includes: All Events
Saturday Supper
Sunday Breakfast
Purchase Tickets
Early!

FRIDAY	SATURDAY	SUNDAY
Registration Starts at 6:00 pm	Registration Starts at 8:30 am	Breakfast 8:00 am – 9:30 am (Sharp)
AA Speaker: Michele R. – Saskatoon, SK	AA/Al-Anon Workshops	Al-Anon Speaker: TBA
Karaoke Dance Party	Al-Anon Speaker: TBA	AA Speaker: Roni S. – Regina, SK
	AA Speaker: Warren D. – Calgary, AB	Farewell
	Buffet Supper – 6:00 pm Countdown	
	AA Speaker: Greg N – Nipawin, SK	
	Dance	
Night Owl Meeting – 11:00 pm	Night Owl Meeting – 11:00 pm	

Please contact Regina Central Office for tickets or more information:

306-545-9300

a.a@sasktel.net

For reservations for the West Harvest Inn call: (306) 586-6755 or 1-800-853-1181

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Please recycle this newsletter – pass it on to a friend or a still suffering alcoholic.

HISTORY HISTORY

The following article was printed in the May 14, 1947 issue of the Regina Leader-Post. If you have more information regarding the first AA group in Regina, please call the AA office.

Alcoholics Anonymous

First group of Alcoholics Anonymous in Saskatchewan has been formed in Regina.

Alcoholics Anonymous is a continent-wide association with branches in almost every American and Canadian city. It is an association of men and women who in the past have had difficulty in controlling their drinking.

Purpose of the association is to strengthen its members in their determination not to drink and to assist others to resume a normal life when the liquor problem threatens them.

The movement has the active support of Rev. H. E. Fosdick, famous Protestant preacher of New York, the editor of the Directors Bulletin, a Catholic publication, and many eminent medical men. Those wishing to get in touch with the Regina group should write to Box 258B, Leader-Post.

This article was re-printed from the Regina Public Library microfilm collection.

GROUP CONTACT INFORMATION

The AA Central Office is updating records for 2008. Please submit your **GSR** and **Intergroup Rep's** name, mailing address (or e-mail) and phone number. In an effort to keep mailing costs low, let us know if you would prefer to receive your minutes by e-mail.

**Contact the office at 545-9300 Monday, Wednesday or Friday from 12-5pm
or e-mail us at a.a@sasktel.net**

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 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.***

GROUPS CONTRIBUTING TO INTERGROUP IN JANUARY

North Side Group Sunrise Group

Thank you!

MAKING CONTRIBUTIONS:

Regina & Area AA Intergroup Office:

- Mail to or drop off at #312-845 Broad Street, Regina, SK S4R 8G9
- Make the cheque or money order payable to **Regina AA Intergroup**
- Please include your **District Number** and **Group Name**

Area 91:

- Mail to Area 91 Treasurer
- Make cheque or money order payable to **Area 91 Provincial Assembly** (not the treasurer)
- Please include your **District Number** and **Group Name**

GSO:

- Mail to General Service Office, P. O. Box 459, Grand Central Station, New York, NY, 10163
- Make cheque or money order payable to **General Service Fund**
- Please include Area 91, **District Number** and **Group Service Number** on the cheque or money order. (If you are unsure of your Group Service Number, please contact your DCM)

SERVICE MEETINGS

Intergroup Meeting

1st Wednesday of the month
7:30 pm at St. Paul's Cathedral,
1861 McIntyre Street

Districts 15, 17 & 18 Meeting

2nd Wednesday of the month
7:30 pm at Mount Olive Lutheran Church
2015 4th Avenue North

Intergroup Office Committee Meeting

Last Wednesday of the month
7:30pm at Central Office
#312 – 845 Broad Street

All A.A. members are welcome at service meetings. Come out and see how the program functions, get involved and try out a service position.

You might be surprised at what you can do, and at what WE can do together.