



# Heart to Heart



Tradition 7

March 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", "MEETINGS", "ROUND-UPS", "STEP THREE"**

### REGINA AA INTERGROUP OFFICE:

#312 – 845 BROAD STREET

BROAD STREET BUSINESS CENTRE

E-mail: [a.a@sasktel.net](mailto:a.a@sasktel.net)

OFFICE HOURS: Monday, Wednesday & Friday

12:00 pm – 5.00 pm

Closed Statutory Holidays

24 Hour Answering Service (306) 545-9300

Go to [www.aaregina.com](http://www.aaregina.com) for more information.

## MEETINGS MEETINGS

### NEW MEETING

New Meeting - Wednesdays at 8:00 pm at the North Central Family Centre (basement), 2931 5<sup>th</sup> Avenue & Robinson Street  
(Closed meeting)

### MEETING INACTIVE

Pine Lodge Group - Friday at 7:00 pm at the Eureka Club is no longer meeting.

### HOME AWAY FROM HOME 12X12 GROUP

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

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

## BIRTHDAYS BIRTHDAYS

### NU-LIFE GROUP

KEN B.	March 1	5 years
JANIE H.	March 16	13 years
DUSTIN R.	March 18	5 years
PETER H.	March 22	4 years

### ONE WAY GROUP

NEIL K.	March 4	5 years
DARREN G.	April 6	8 years
JOE G.	April 6	1 year

### 43<sup>rd</sup> GROUP

JACKIE A.	March 9	19 years
SCOTT M.	March 15	3 years

### HOME AWAY FROM HOME 12X12 GROUP

SHANNON C.	March 4	3 years
BRIAN S.	March 14	21 years
JANE R.	March 27	14 years

All birthday submissions can be sent to the AA Office before the 15<sup>th</sup> by email ([a.a@sasktel.net](mailto:a.a@sasktel.net)) or by phone.

### **Not sure where or what time a meeting is?**

**CHECK IT OUT** at [www.aaregina.com](http://www.aaregina.com)

Want to know when the next Roundup is?

**CHECK IT OUT** at [www.aaregina.com](http://www.aaregina.com)

Wonder how many days you have been sober?

**CHECK IT OUT** at [www.aaregina.com](http://www.aaregina.com)

What positions are available for Intergroup?

**CHECK IT OUT** at [www.aaregina.com](http://www.aaregina.com)

# ROUND UPS ROUND UPS

## WEYBURN 51<sup>st</sup> ANNUAL AA FAMILY ROUND-UP

March 7 & 8, 2008  
Weyburn, SK

Call Central Office at 545-9300 for details.

## NAICAM REACH OUT ROUND-UP

March 15, 2008  
Naicam Legion Hall

Call Central Office at 545-9300 for details.

## REGINA AND AREA AA ROUND-UP

March 14 -16, 2008  
West Harvest Inn

See page 3 for more information

## VIBANK 18<sup>th</sup> ANNUAL AA ROUND-UP

(with Al-Anon participation)  
April 5, 2008

Vibank Community Hall  
Call Central Office at 545-9300 for details.

## MELVILLE AA ROUND-UP

April 19, 2008  
Melville Community Works

Call Central Office at 545-9300 for details.

# ASSEMBLY ASSEMBLY

## AREA 91 SPRING ASSEMBLY

March 28, 29, 30, 2008  
Moose Jaw, SK  
Heritage Inn

Call Central Office at 545-9300 for details.

## STEP THREE

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

## TRADITION THREE

(the long form)

Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation.

## CONCEPT THREE

(the short form)

To insure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives –with a traditional “Right of Decision.”

(reprinted from *Alcoholics Anonymous*, pages 59, 563 and 574 with permission of A.A. World Services, Inc.)

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## SPEAKER'S MEETING

Saturdays at 8:00 pm

Eureka Club, 1165 Pasqua Street

**Open Meeting**

**Everyone and Anyone Is Welcome**

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## AA LITERATURE

The Regina AA Intergroup Office is a great place to pick up that much needed literature for your group or your own reading pleasure. The Office stocks only AA approved literature from World Services and Grapevine. We currently have in stock:

**Books**

**Newcomer Kits**

**Audio Cassettes**

**AA Guidelines**

**Pamphlets**

**Audio CD's**

**VHS Tapes**

**Wallet cards**

Stop by the office to or view the complete literature price list online at [www.aaregina.com](http://www.aaregina.com).

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: Josephine W. – Kawacatoose First Nation	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	

Tickets and more information are available from the Regina AA Central Office  
 #312-845 Broad Street, Regina  
**(306) 545-9300**

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

## GROUP CONTACT INFORMATION

The AA Central Office is updating records for 2008. Please submit your **GSR** and **Intergroup Rep's** name and mailing address (or e-mail) to the office. 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 by e-mail at [a.a@sasktel.net](mailto:a.a@sasktel.net)**

## INTERGROUP COMMITTEE POSITIONS

Regina AA Intergroup elections were held on November 1, 2006. These positions are for a 2 year term beginning January, 2007.

### **Positions filled are:**

Intergroup Chairperson - Lesley W.  
Alternate Intergroup Chairperson – Dan A.  
Office Committee Chairperson - Ed L.  
Speakers Meeting Chair - Darren S.  
Intergroup Treasurer - Stan M.  
Office Trustee - Gord A.  
Public Information Chair - Marvin D.  
Intergroup Secretary - Lana W.  
Corrections Chair - Andy L.  
12 Step Chair - Stew S.  
Web-servant - Jill S.

### **Positions vacant are:**

Newsletter Editor  
Treatment Facilities Chair

Each of these positions and its committees provide important 12 step services to the Regina AA community. If you are interested in being involved in service, please come out to the regular Intergroup Meeting held the first Wednesday of each month downstairs in St Paul's Cathedral at 1861 McIntyre Street. If you are unable to attend the meeting but would like to let your name stand,

please either contact the office or any Intergroup table officer. **As with all 12 step work, the reward we receive is far greater than the effort it takes to help out.**

## GROUPS CONTRIBUTING TO INTERGROUP IN FEBRUARY

Sunday @ 9 Group 449 Group  
Northern Lights Group Nu-Life Group  
12 Steps to Recovery Group

## THANK YOU

## NEWSLETTER ARTICLES NEEDED

Please share your experiences with us! Articles may be submitted by the 20<sup>th</sup> to the editor at [a.a@sasktel.net](mailto:a.a@sasktel.net) or drop off at the office (Mondays, Wednesdays and Fridays from 12 – 5 pm). Thank you for your help.

## SERVICE MEETINGS

### **Intergroup Meeting**

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

### **Districts 15, 17 & 18 Meeting**

2<sup>nd</sup> Wednesday of the month  
7:30 pm at Mount Olive Lutheran Church  
2015 4<sup>th</sup> 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.

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.*