



Heart to Heart



Tradition 7

December 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---Step 12---Round-Ups---Tradition 7

REGINA AA INTERGROUP OFFICE

**#312 – 845 Broad Street
Broad Street Business Centre**

OFFICE HOURS:

Monday, Wednesday & Friday
12:00 p. m. – 5.00 p. m.
Closed Statutory Holidays

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

E-mail: a.a@sasktel.net

Web-site: www.aaregina.com

CHRISTMAS/NEW YEAR'S OFFICE HOURS

Central Office will be closed starting from December 22nd until January 1st. Regular office hours will resume on January 2nd, 2009.

Do You Just Belong?

Are you an active member, the kind that would be missed?

Or are you just content that your name is on the list?

Do you attend the meetings, and mingle with the flock?

Or do you stay away, and criticize and knock?

Do you take an active part to help the work along?

Or are you satisfied to be the kind that "just belong"?

Do you ever go to visit or call a member who is sick?

Or leave the work to just a few, and call them the "clique"?

There's quite a program scheduled, that we are sure you've heard about;

And we'll appreciate it if you too, will come and help us out.

Some come to the meetings often and help with hand and heart –

Don't be "just a member", take an active part.

Think this over friends, you know right from wrong!

Be an **active member**, and "**do NOT just belong**"!

Author Unknown

Submitted by Lem B.

Birthdays

43rd Group

Joan R. December 10 19 years
Randy H. December 26 16 years

Sunrise Breakfast Group

Carol H. December 1 5 years
(celebrating Dec. 14 @ 10am at the Eureka Club)
Barb M. December 12 25 years
Brenda G. December 15 8 years

All birthday submissions may be sent to Central Office by e-mailing a.a@sasktel.net or by calling 545-9300 during office hours.

CONTRIBUTORS TO INTERGROUP

Heartview Group Regina Beach Group
Last Chance Group Lumsden Group

Step 12

INTERGROUP ELECTIONS

The following positions remain vacant:

Intergroup Treasurer
Intergroup Secretary
Treatment Facilities Chair
Corrections Chair
12 Step Trustee
Speaker's Meeting Chair
Newsletter Editor
Alcathon Chair

Please elect **Intergroup Representatives** so that YOUR group has a voice. Taking on service positions enhances your sobriety. Sobriety is more than just going to AA meetings; you also have to work with others to help carry the message of sobriety. Come and join others on the Intergroup Committee and Office Committee to make the next two years successful for our AA community as a whole. You will see growth in your sobriety by giving of yourself to others. For when I came to AA I was desperate and I wanted help. Now that I am sober, I am willing to help in any way that I can to keep AA alive and available to those that need help, and for that I am responsible.

For more information on these positions, please call the office at 545-9300 during office hours (Monday, Wednesday and Friday from 12:00 – 5:00pm) or plan to attend the next Intergroup Meeting on the first Wednesday of the month at 7:30 pm at St. Paul's Cathedral 1861 McIntyre Street, Regina.

Yours in Service,
Ed L.

12 STEP VOLUNTEERS

Please consider signing up to be on the 12 Step Call List. Becoming a 12 Step volunteer offers you the opportunity to help an alcoholic who still suffers. The simple gift of answering a phone call could make the difference for someone in despair learning there is a way for recovery, that they are not alone. Please call (545-9300 during office hours) or e-mail (a.a@sasktel.net) the office to add your name to the list today!

Tradition 7

Regina & Area AA Intergroup:

- 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**

District 15, 17 or 18:

- Mail or drop off at #312-845 Broad Street, Regina, SK S4R 8G9
- Make the cheque payable to either **District 15, District 17** or **District 18**.
- Please include your **Group Name**.

Area 91:

- Mail to **Area 91**, C/O #312-845 Broad Street, Regina, SK S4R 8G9
- Make cheque or money order payable to **Area 91 Provincial Assembly**
- 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)

THE HEART TO HEART NEEDS YOU!

The H2H is always looking for stories to include in the newsletter every month. If you would like to submit a story or your experience with the 12 Steps or 12 Traditions or anything else relating to alcohol, please email them to Central Office at a.a@sasktel.net or drop them off at the office during office hours.

Check us out on the web at
www.aaregina.com

Round-Ups

Nipawin AA & Al-Anon Round-Up

December 6, 2008

Legion Hall, 328 1st Avenue East

Registration: 3:00pm

For details, please call Central Office at 545-9300 during office hours.

Humboldt AA & Al-Anon Round-Up

February 14, 2009

Legion Hall, 324 Main Street, Humboldt

Registration: 12:30pm

For details, please call Central Office at 545-9300 during office hours.

Saskatoon & Area AA Intergroup Round-Up

(with Al-Anon participation)

February 20-22, 2009

Travelodge Hotel, Saskatoon

For details, please call Central Office at 545-9300 during office hours.

SERVICE MEETINGS

Intergroup Meeting

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

Districts 15, 17 & 18 Meetings

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
7:30 pm at Central Office
#312 - 845 Broad Street

All AA 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.

2007 Membership Survey

Following are some excerpts from the 2007 Membership Survey. To read all the results stop by the office to purchase the pamphlet or visit www.aa.org.

In 2007 more than 8,000 AA members from the US and Canada participated in a random survey of the membership. Such studies have been conducted every three years since 1968 by the General Service Office.

Alcoholics Anonymous conducts this survey to keep members informed on current trends in membership characteristics. The survey also provides information about AA to the professional community and to the general public as part of AA's purpose to carry our message to those who still suffer from alcoholism.

Ages of Members

Under age 21 - 2.3%

Age 21-30 - 11.3%

Age 31-40 - 16.5%

Age 41-50 - 28.5%

Age 51-60 - 23.8%

Age 61-70 - 12.3%

Over 70 - 5.3%

Gender of Members

Men - 67%

Women - 33%

Length of Sobriety

More than 10 years - 33%

Between 5-10 years - 12%

Between 1-5 years - 24%

Less than 1 year - 31%

*Average sobriety of members is more than **eight** years.*

Sponsorship

***79%** of members have a sponsor.*

***73%** got a sponsor within 90 days.*

Group Membership

***85%** of the members belong to a home group.*

(reprinted from Alcoholics Anonymous 2007 Membership Survey, with the permission of A. A. World Services, Inc.)

Nu-Life Group

20th Annual Family Christmas Party

and

51st Group Anniversary Celebration

Everyone Is Invited!

When: December 11, 2008 (Thursday)

Where: St Mary's Hall
2020 Winnipeg St, Regina

Time: Social: 5:45 pm, Supper: 6:30 PM
Program, Santa, and singing to follow.

Cost: Adults - \$17. Children under 10 yrs - \$8.50

Tickets: Available through many Nu-Life members, or contact:
Regina Central Office at 545-9300 during office hours.

Please Join us and
Celebrate the Holiday

Tickets go on sale November 1 until December 6

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.*

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