



# Heart to Heart



Tradition 7

February 2009

## 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 2---Round-Ups---Have you Read?**

### 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](mailto:a.a@sasktel.net)  
Web-site: [www.aaregina.com](http://www.aaregina.com)

If you are able to serve in one of these positions, please come to the next Intergroup Meeting (March 4<sup>th</sup> at 7:30pm at St. Paul's Cathedral, 1861 McIntyre Street) or call Central Office at 545-9300 during office hours for more information.

*Thank you*

The 2008 Alcathon Committee would like to thank all the groups and volunteers who contributed to the success of the 2008 Alcathon! 347 people were registered guests at the Alcathon (this didn't account for everyone who attended), and a number of Big Books were handed out to folks trying to make it through their first holiday season without drinking. Many members involved in the 2008 committee plan to be involved for 2009 as well, and want to encourage all who have ideas on how to "make it better" to step forward and be involved for 2009!

**Thanks REGINA!**

*Urgently Needed!*

The following Intergroup positions remain vacant. Please consider signing up.

**Intergroup Co-Chair** – chairs the Intergroup Meeting when the Chairperson cannot attend.

**Intergroup Treasurer** – keeps the financial records of Intergroup and reports monthly at the Intergroup Meeting.

**Treatment Facility Chair** – responsible for finding volunteers and speakers for meetings at Pine Lodge.

**Corrections Committee Chairperson** – responsible for finding volunteers to chair meetings at the Correctional Center.

**12 Step Trustee** – responsible for maintaining a 12 Step volunteer list.

**Speaker's Meeting Chair** – responsible for organizing the weekly Speaker's Meeting.

**Heart to Heart Editor** – responsible for producing a monthly newsletter which informs AA members of current events within the local AA community.

*Birthdays*

### Out of Towners (Balgonie) Group

**Lee B.** February 27 10 years

### 449 Group

**Lorne L.** February 19 16 years

Birthday submissions may be sent to Central office by the 20<sup>th</sup> of each month by e-mailing [a.a@sasktel.net](mailto:a.a@sasktel.net) or calling 545-9300 during office hours.

# Round-Ups

# Step 2

## **Humboldt AA & Al-Anon Round-Up**

February 14, 2009  
Legion Hall, 324 Main Street, Humboldt  
Registration: 12:30pm  
For details, call Regina Central Office at  
545-9300 during office hours.

## **District 2 (Moose Jaw) Winter Party**

February 14, 2009  
Kiwanis River Park Skating Oval  
2:00pm – 11:00pm  
For details, call Regina Central Office at  
545-9300 during office hours.

## **Saskatoon & Area AA Intergroup Round-Up (with Al-Anon participation)**

February 20-22, 2009  
Travelodge Hotel  
106 Circle Drive West, Saskatoon  
Registration: 5:00pm (Friday)  
For details, please call Saskatoon Central Office  
at 665-6727

## **Regina AA Round-Up**

March 13, 14 & 15, 2009  
West Harvest Inn  
4025 Albert Street, Regina  
Registration: 6:00pm (Friday)  
For details, please call Regina Central Office at  
545-9300 during office hours.

## **Vibank 19th Annual AA Round-Up (with Al-Anon participation)**

April 4, 2009  
Vibank Community Hall  
Registration: 11:30 am  
For details, call Regina Central Office at 545-  
9300 during office hours.

## **Yorkton's 11<sup>th</sup> Spring Round-Up**

May 2, 2009  
Legion Hall, 380 Broadway Street W.  
Yorkton  
Registration: 12:00pm  
For details, call Regina Central Office at 545-  
9300 during office hours.

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## **CONTRIBUTORS TO INTERGROUP**

One Way Group  
Sunrise Breakfast Group  
Acceptance is the Answer Group  
Norwest Group

**THANK YOU**

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

THERE WAS a time when I blitzed through the Twelve Steps because I wanted to get well in a hurry. I reasoned that if these Steps were the program for recovery, well, I'd just recover that much sooner and stop hurting.

That was several years ago. I still feel despondent and hurt from time to time. I also still have my moments of insanity, during which I seem deliberately to do each one of the items on my checklist of no-nos, even though I know better. For instance, I take myself far too seriously, try to change the things I can't, try to do everything by yesterday, believe I can do it alone, hang on to resentments, put first things last and generally procrastinate, seek out and dwell on the negative aspects of events or persons, *expect* too much, and *accept* too little. You get the idea.

Just now is such a time. But despite all appearances (and as I was told in AA meetings but never quite believed), my worst moments sober are still far, far better than my best moments drunk. At least, today I know I'm not going to have to lie about my drinking, mouth off to a friend or employer, pass out, or black out, any of which would make tomorrow impossible to face and would require another day of anaesthesia, *ad infinitum*.

I don't have to cringe from the future these days, thanks to AA. More than the physical retching, throbbing headaches, and all, I remember the paranoia. I skulked around avoiding family, friends, associates, and neighbours, wondering what I had done the day before and absolutely certain they were all talking about my drunkenness and conspiring to put me away. I'm plenty grateful to be free of that!

At the moment, there are three facts of life I am trying to learn to accept.

First, recovery comes slowly for good reason: to teach me persistence, perseverance, and patience, all qualities I lack. Blitzing through the Steps before I was mentally and emotionally competent was just another sign of my impatience. I need to work on the Twelve Steps continually, for as my head clears, my emotions stabilize, and my self-honesty improves, I find more garbage I need to rid myself of.

Second, hurting is part of getting better. I had anaesthetized myself from feeling real emotions, from experiencing painful situations, and from developing any solid relationships with family and

friends. Now, resuming an emotional and spiritual growth interrupted early in my teens with the onset of alcoholism, I am finding that this growth is sometimes painful. I need to learn to accept these growth pangs, along with whatever else life throws my way, as necessary for my growth.

Third, understanding that there is a Higher Power active in my daily life is necessary to my continued sobriety and serenity. I thought I had no problem taking the Second Step. As a youngster, I'd been given a good religious background, and I did not need to come to believe. I already believed (or so I thought). In a later study of the Steps, I paused at that one and pondered it: "Came to believe that a Power greater than ourselves could restore us to sanity." I hadn't really taken that Step. Just to be safe, I turned to Chapter Four in the Big Book, "We Agnostics." I'd skipped that part before, since I didn't consider myself an agnostic.

Then I realized that had my belief in a Higher Power been stronger and viable before, I probably never would have followed a style of life that made it possible for me to become an alcoholic. So I needed to work Step Two. I saw that the phrase was "came to believe," not "already had a belief," or some such misreading.

The "sanity" part of "could restore us to sanity" was no problem. I had persisted in drinking in the face of overwhelming and painful evidence that I couldn't drink normally--what else but insane?

My mind fixed on "Power. . . could restore. . .," and I perceived that I had only to come to believe in order to receive active help from this Power greater than myself. Through this Step, the founders of the AA program were telling me a simple truth: Those successful in AA had developed, as an active part of their recovery, a belief in a Power outside themselves that was evident and active in their daily lives.

The wisdom of the founders in not being more specific about the form of this belief had once been lost on me but now became quite clear. This belief has to be arrived at individually, often through a *gradual* spiritual awakening of the type William James called "educational," in terms of one's own needs and experience, and in a way that is practical for each individual. This power of the good, which I choose to call God, is not my earlier abstract concept, taken down from the shelf from time to time and dusted off when things got rough; it is a useful, practical, and active force for good in my life.

Having come to this point with Step Two, there was no turning back. Step Three followed logically: If God as I understood Him was an active force for good in human affairs, I should have no fear of turning my will and my life over to His care. And Step Eleven, reminding me to actively maintain this

newfound awareness, suggested that I could improve this consciousness by praying to know and do His will.

D. S.  
Hawaii

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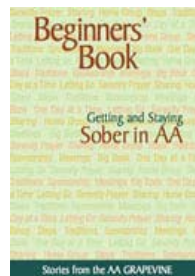
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## Have you Read?

### Beginners' Book

\$11

AA members share what helped them get sober and handle their new lives of recovery. Full of useful suggestions, insights, and solutions to problems common to the newly sober, this book provides solid tools of recovery.



### Featuring "Nobody's Fault but Mine" by Greg N. from Nipawin, Saskatchewan.

This title and many others are available at Regina Central Office. We also carry VHS tapes, audio CDs, posters, wallet cards, and pamphlets. If you wish to purchase literature, please call the office (545-9300) during office hours or stop by (#312-845 Broad Street). We accept cash, cheques, or money orders as a method of payment.

Thank you for your support!

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.*

# *Alcoholics Anonymous Socials*

*Saturday, February 21st, 2009*

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*Saturday, March 21st, 2009*

*Cathedral Neighbourhood Centre*

*2900 13th Avenue, Regina*

*2:30 pm – 6:00 pm*

## *Everyone Welcome*



*7th Tradition*