



# Heart to Heart



Tradition 7

March 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: Meetings--- Fall Assembly--- Round-Ups---Step 3**

### 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)

## Meetings

### Healing Spirits Group

Tuesdays at 6:30pm  
Red Ribbon Place, 2735 5<sup>th</sup> Avenue  
This meeting needs your support. Please call  
Central Office at 545-9300 for details.

### Keep It Simple Group - Inactive

Monday – Friday at 10:30am at the Indian Métis  
Christian Fellowship Building is no longer  
meeting.

### Jo-Cor Group – Correctional Centre

Volunteers are desperately needed to attend  
meetings at the Regina Correctional Centre.  
Please contact Central Office at 545-9300 for  
clearance and more information.

## 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.

**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.

If you are able to serve in one of these positions,  
please call Central Office at 545-9300 during  
office hours for more information.

## Fall Assembly 2009

Mark your calendar! The Area 91 Fall Assembly  
will be held in Regina on:

**October 23 – 25<sup>th</sup>, 2009**

More details to follow...



### CONTRIBUTORS TO INTERGROUP

Sunday @ 9 Group  
Massey Road Group  
Home Away from Home Group  
Walsh Acres Group  
District 15

**THANK YOU**

Heart to Heart 1

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

# District 17 News

Hello from District 17,  
District meetings have started up again and we would like to invite the following groups to participate in their district. There are many opportunities to participate in service work at the district level including the Gratitude Night Committee and the Fall Assembly Committee.

**Everyone is welcome.**

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- Nu-Life Group
  - Sunday at Nine Group
  - Fellowship Group
  - Four Aces Group
  - Southey Group
  - No Name Group
  - Home Away from Home Group
  - New Hope Group
  - 43<sup>rd</sup> Group
  - One Way Group
  - Detox Group
  - Happy Hour Group
  - Gratitude Group
  - Healthy Hearts Group
  - Piapot Group
  - Wednesday Breakfast Group
  - Red Road Group
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**When:** 2<sup>nd</sup> Wednesday of every month at 7:30pm

**Where:** Mount Olive Lutheran Church  
Hamilton & 4<sup>th</sup> Avenue N.

**Contact:**

Central Office at 545-9300 during office hours for more information.

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## Birthdays

### Healthy Hearts Group

**Taryn L.** March 21<sup>st</sup> 1 year  
(celebrating at 8:30pm)

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## Round-Ups

### **Weyburn AA Family Round-Up**

with the Co-operation of Al-Anon

March 6 & 7, 2009

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

### **Regina AA Round-Up**

March 13, 14 & 15, 2009

West Harvest Inn

4025 Albert Street, Regina

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

### **Melville Family Round-Up**

April 18, 2009

Melville Community Works

800 Prince Edward Street

Registration: 12:00 pm

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

### **Rosetown AA Round-Up**

April 18, 2009

Rosetown Elks Hall

Hwy #4 N, Rosetown

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

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## Step 3

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

### **Will or Will Not**

It is when we try to make our will conform with God's that we begin to use it rightly.

IN NOVEMBER of 1977, after five years in the AA program and two previous hospitalizations for treatment of my disease, I prepared to enter my third alcoholic treatment center. I hadn't had a drink in those five years, but I was miserable, lonely, resentful, and frightened to death of what

seemed to lie ahead. I was estranged from my family, at great odds with the people I worked with, and at cross purposes with the world. The fear of suicide was part of my state of mind. It looked to me as if this center was to be a last resort for one of those "constitutionally incapable of being honest with themselves."

During those last days prior to entering the facility, I was groping for some straw to hold my head above the troubled waters of my life. Somehow, I chanced upon a suggestion that I determined to act upon during my stay in the treatment center. At some time or other, I had read--and I believe it was in the Grapevine--an article about the Third Step ["Overcoming Depression," August 1977]. In it, the author suggested reading Bill's explanation of the Step in *Twelve Steps and Twelve Traditions* twice each day for a period of thirty days. She promised nothing but that "something" would happen during or just after the thirty-day reading period.

I was in a place where almost anything that might happen to me seemed preferable to the daily plague of fears and resentments I was experiencing. The thirty-day reading period was certainly available, so with my entry into the center, I began regular, twice-daily readings of Bill's interpretation of Step Three.

At first, the reading seemed redundant and foolish. After two weeks of it, I was reading almost by rote, getting nothing from the Step and seemingly as little help from my counsellor and fellow patients.

I can't recall when or how the change in me occurred, but I know that through this combination of loving care and study, I was returned to the First Step of the AA program--to my powerlessness and to my unmanageable life. Most important of all was the sure knowledge that from then on, I must put the suggested Steps of recovery first, accept my alcoholism, begin to act on that acceptance, and instead of just mouthing the program, make it the center of my life. And not until that happened did a sense of serenity and an awareness of my Higher Power begin to take over.

While I was preparing a talk on the Third Step several weeks ago, Bill's often-read statement on page 40 of the "Twelve and Twelve" struck me again with its simplicity and its truth: "It is when we try to make our will conform with God's that we begin to use it rightly."

Could I take that statement and actually come up with one or two firm statements about my own life that I really believed were God's will for me? And inversely, could I find one or two types of behaviour that I was quite sure were *not* God's will for my life? That seemed to be the way to start.

I began a list in two columns, though I believed that only a few thoughts, at best, would see the light of day. As I started to jot down notes on this simple list, a door strangely seemed to open up. With a rush, I wrote quite a number of statements that I knew were right and honest for me. I'll list them here as examples, certainly not complete, and even more certainly aimed at just one recovering alcoholic--me.

1. *First column--His "will" for me:* I will (1) go to meetings regularly, (2) read the AA literature, (3) pray and meditate each morning, (4) stay in contact with recovering winners in the program, (5) live one day at a time, (6) try always to say yes when asked for help--anytime, (7) pray for the courage to be honest, (8) be grateful for all I've been given.
2. *Second column--His "will not "for me:* I will not (1) take the first drink, (2) seek out slippery places, (3) take the inventory of others, (4) lie or expand my story, (5) allow room in my life for loose sexual habits or acquaintances, (6) look back in guilt or remorse, (7) try to play God, (8) be pessimistic about situations or others, (9) forget where I came from, or what my prime disease is, (10) become complacent about my recovery, the AA program, or life.

As the Big Book says, "What an order!" No, I can't "maintain anything like perfect adherence" to that list, any more than I can to the Twelve Steps. However, it is a revelation to see that some fixed points have emerged from my years in the program. I know now that there are some absolutes regarding God's will for me, as simple and elementary as they are. My hope is that I'll find more such guideposts as I continue to "trudge the Road of Happy Destiny."

P. A.

Excelsior, Minnesota

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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 Social*

*Saturday, March 21<sup>st</sup>, 2009*

*Cathedral Neighbourhood Centre  
2900 13th Avenue, Regina*

*2:30 pm – 6:00 pm*

*Everyone Welcome*



*7th Tradition*