



Heart to Heart



RESPONSIBILITY DECLARATION

I AM RESPONSIBLE. WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP, I WANT THE HAND OF A.A. ALWAYS TO BE THERE. AND FOR THAT: I AM RESPONSIBLE

Regina AA Intergroup

This Issue: Step 5, Open Service Positions, Legacy of Service
\$ Tradition 7 Share the message Pass this newsletter on May2009

FROM THE EDITOR

Hello everyone, my name is Donna and I am an alcoholic and your newsletter editor. I am looking forward with excitement to producing a newsletter that is fun, informative, and thought provoking. I would like to thank Jen at the Intergroup Office for putting out the newsletter over the last year while waiting for the next editor. I hope you enjoy the new format and will contribute to the newsletters success. Please send in upcoming birthdays, group anniversaries and celebrations, events, humor, and articles to Jen at the Intergroup Office by the 15th of the month for the next months issue.

a.a@sasktel.net Subject: Heart to Heart
In fellowship, Donna J., Editor

GROUP NEWS

- HAVE YOU STARTED A NEW GROUP?
- IS YOUR GROUP HAVING AN ANNIVERSARY?
- HAS YOUR GROUP FOLDED OR MOVED?

JO-COR GROUP – CORRECTIONAL CENTER

Volunteers are desperately needed to attend meetings at the Regina Correctional Center. Please contact Jennifer at C.O. 545-9300 for clearance and more information. Meetings are Tuesday nights at 7:00. The jail has requested a 2nd meeting for another night.



Who said you were an active alcoholic?

I HEARD THAT

“It is impossible to be a total failure. It is impossible to be a perfect success. The first gives us hope and the second gives us humility.”

Anonymous

THANK YOU CONTRIBUTED TO INTERGROUP

Northern Lights Group

NO MATTER HOW FAR DOWN THE SCALE WE HAVE GONE, WE WILL SEE HOW OUR EXPERIENCE CAN BENEFIT OTHERS. (Reprinted from *Alcoholics Anonymous, page 84 with the permission of A.A. World Services, Inc.*)

DEFINE IT

“I was soon catapulted into what I like to call the **fourth dimension** of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes.” (Reprinted from *Alcoholics Anonymous, page 8 with the permission of A.A. World Services, Inc.*)

Forth Dimension: something outside the range of ordinary experience/ a dimension in addition to the three rectangular dimensions of length, breadth, and depth, which is often considered to be time

REGINA AA INTERGROUP OFFICE

#312 – 845 Broad Street
Broad Street Business Center

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

HOW ABOUT A ROAD TRIP!



AT HOME OR A FEW MILES AWAY,
ALWAYS GREAT FUN AND FELLOWSHIP

36th Annual Lloydminster AA Round-Up

(with Al-Anon/Alateen Participation)

May 29-31, 2009 Lloydminster Legacy Center

5101 46th St. For details, Contact Jennifer at C.O.

306-545-9300

Prince Albert Gateway Round-Up

June 5-7, 2009

Prince Albert Exhibition Ctr. 6th Ave. E. & Exhibition Dr.

For details, Contact Jennifer at C.O. 306-545-9300

Albert K is seeking a female to speak (tell their story) at the women's jail in the morning, on the Sat. at 1030. He is also hoping some women who go to the roundup will even be willing to go to the meeting. The clearance forms are available online. www.princealbertroundup.ca

Milden AA & Al-anon Round-Up

June 21, 2009

Milden United Church

For details, please Contact Jennifer at C.O. 306-545-9300

Pike Lake/Delisle Round Up

August 14-15, 2009

Pike Lake Ukrainian Park

For details, please Jennifer at C.O. 306-545-9300

Saskatchewan Youth Round-Up

August 21-23, 2009

Manitou Regional Campground

51ST ICYPAA

INTERNATIONAL CONFERENCE OF YOUNG PEOPLE IN AA

The Georgia Host Committee extends a warm Southern invitation for you to join us in the heart of downtown Atlanta on **May 21st-24th, 2009**. More information is available at www.icypaahost.org or call Central Office at 545-9300 during office hours.

"A VISION FOR YOU"

2010 INTERNATIONAL CONVENTION

AA's 75th Anniversary, **July 1st to 4th**, San Antonio Texas. More information is available at www.aa.org or call Central Office at 545-9300 during office hours.

FALL ASSEMBLY 2009

Mark your calendar! The Area 91 Fall Assembly will be held in Regina on: **October 23 – 25th, 2009** More details to follow...

AA CELEBRATES SOBRIETY



MAY BIRTHDAYS

Nu-Life Group:

Dana M. 2 years April 20 Ed L. 12 years April 22

Dan H. 1 year April 25 Brad O. 3 years May 5

Chris C. 17 years May 8 Chuck S. 33 years May 31

Wayne H. 20 years May 27

Sunrise Breakfast Group:

Phil W. 5 years May 3 (celebrating at the Eureka Club - 10am)

Balgonie Group

Betty K. 15 years April 4 (celebrating May 2 Balgonie Out of Towners Meeting at 7:30 p.m. - United Church.)

Vista Group

Terri S. 19 years May 10 Bob G. 11 years May 29

TRADITION 5

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*-that of carrying its message to the alcoholic who still suffers. (Reprinted from *Alcoholics Anonymous*, page 565 with the permission of A.A. World Services, Inc).

CONCEPT 5

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered. (Reprinted from the A.A. Service Manual page 22 with the permission of A.A. World Services, Inc).

VIBANK ROUNDUP A SUCCESS

WODDDWHODDD!

It is estimated that 210 were in attendance for fellowship. The attendees were from all over Southern Saskatchewan, and a few from farther North. The speakers were inspiring, the roast beef dinner was fabulous, and at the dance many were shaken their grove thang. Everyone seemed to have a good time and said they'd be back next year.

Central Office now has available the 2009-2010 Area 91 Provincial Directories for sale at \$1 each.



THIS IS HOW WE WORK IT



STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

All of A.A.'s Twelve Steps ask us to go contrary to our natural desires. . . they all deflate our egos. When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

A.A. experience has taught us we cannot live alone with our pressing problems and our character defects, which cause or aggravate them. If we have swept the searchlight of Step Four back and forth over our careers, and it has revealed in stark relief those experiences we'd rather not remember, if we have come to know how wrong thinking and action have hurt us and others, then the need to quit living by ourselves with those tormenting ghosts of yesterday gets more urgent than ever. We have to talk to somebody about them.

Provided you hold back nothing, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur. Many an A.A. once agnostic or atheistic tells us that it was during this stage of Step Five that he first actually felt the presence of God. And even those who had faith already often become conscious of God, as they never were before.

This feeling of being at one with God and man, this emerging from isolation through the open and honest sharing of our terrible burden of guilt, brings us to a resting place where we may prepare ourselves for the following Steps toward a full and meaningful sobriety. (Reprinted from *Twelve Steps and Twelve Traditions* pages 55 and 62 with the permission of A.A. World Services, Inc).

"You know what they say, "In A.A. there's a wrench for every nut." Copyright © The AA Grapevine, Inc. (February 2001) Reprinted with permission.

THE SECRET

I hung around the A.A. program for eight years before I finally surrendered to a Higher Power and A.A. Each time I walked through the doors (usually drunk), I was greeted with open arms, and throughout each meeting I understood that "these people" had found something I wanted: The Secret to staying sober. After each meeting, I used to corner whomever had the most

sobriety and ask them what The Secret was, and each time I was told that to find out I had to keep coming to meetings.

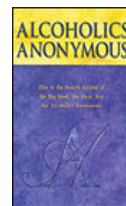
This was not an acceptable answer! I didn't have time to go to meetings when I had so many important things to do: I had a wife, a family, a job, ect.

So I did it my way. After only seven treatment centers, a mental institution, a divorce, and my local hospitals telling me that I was no longer welcome, did it begin to dawn on me that my way might be flawed.

And I still didn't know The Secret. I finally convinced (begged) one of the treatment centers I had been to give me one more chance, promising that I would do anything to get sober. They accepted me only on the condition that I commit myself to a long-term treatment facility one hundred miles away, and as soon as an opening became available, off I went.

A year later (six months more than required), I move to a small town in Southern Illinois and started college because I knew I couldn't stay sober in the retail business I had been in.

Today, I'm married to a wonderful woman who is also in the program and am continuing my education beginning with my understanding of how it works. The Secret is, there is no Secret! Working the steps with a sponsor, going to meetings, helping others, and above all, keeping God and sobriety first have kept me sober almost five years now. I always had heard that things in plain sight are the hardest to find! Scott J., Vandalia, Illinois Copyright © The AA Grapevine, Inc. (February 2001) Reprinted with permission.



STEP FIVE PROMISES

1. We can be alone at perfect peace and ease.
2. Our fears fall from us.
3. We begin to feel the nearness of our creator.
4. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.
5. The feeling that the drink problem has disappeared will often come strongly.
6. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

(Reprinted from *Alcoholics Anonymous*, page 75 with the permission of A.A. World Services, Inc).

OPEN SERVICE POSITIONS

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

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

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

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

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

A DECLARATION of UNITY

This we owe to A.A.'s future: to place our common welfare first: to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come. (Reprinted from the A.A. Service Manual with the permission of A.A. World Services, Inc).

NO MUSTS IN AA

Frothy emotional appeal seldom suffices. The message, which can interest and hold these alcoholic people, **must** have depth and weight. In nearly all cases, their ideals **must** be grounded in a power greater than themselves, if they are to re-create their lives. (Reprinted from *Alcoholics Anonymous*, page XXVI with the permission of A.A. World Services, Inc).

WHAT DOES IT MEAN TO YOU?...



Heart to Heart is the newsletter voice of Regina area AA. Regina Intergroup as a service to the AA community publishes it. 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.

A.A.s LEGACY of SERVICE

Our Twelfth step- carrying the message- is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principals; it is a society for alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer-ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the fellowship. (Reprinted from the A.A. Service Manual page s5 with the permission of A.A. World Services, Inc).

SERVICE MEETINGS

All members of Alcoholics Anonymous are welcome to attend these service meetings.

Intergroup Meeting

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

Districts 15,17 & 18 Meetings

2nd Wednesday of the month 7:30 pm at Mont Olive Lutheran Church 2015 4th Ave. N.

Intergroup Office Committee Meeting

Last Wednesday of the month 7:30 pm at Central Office #312-845 Broad St.

We shall be with you in the fellowship of the Spirit, and you will surely meet some of us as you trudge The Road of Happy Destiny. May God bless you and keep you-until then. (Reprinted from *Alcoholics Anonymous*, page 164 with the permission of A.A. World Services, Inc).

