

Heart of Canada Intergroup Newslette

February 2013

Announcements:

*****February 22 evening and 23rd join us in the Celebration of Unity day @ 220 Helmsdale details to be announced ☺**

- 1) **Public Information Committee still looking for interested members to join their endeavors ☺ next meeting February 16th at 9am just prior to Sat. meeting @ 220 Helmsdale.**
- 2) **The summary from our last Intergroup meeting on January 19th/13 is attached at the end of this newsletter.**
- 3) **Next Intergroup meeting March 17th @ 9am @ Victoria General Hospital.(in the back part of the Cafeteria which is in the basement)**
- 4) **Intergroup Elections coming up in May, please contact Darrell (204-802-1460 or gmd316@gmail.com) if you would like to let your name stand for either Intergroup Chair or Secretary, applications must be in one month prior to elections.**
- 5) **We now have a web page for heart of Canada OA area, <http://heartofcanadaoig.blogspot.com/> it is in progress and will be another spot for the public to get updates on announcements and information about our intergroup and OA area.**
- 6) **Approximately 150 OA telephone meetings each week as well as many online meetings, visit www.aa.org and click on find a meeting.**
- 7) **www.xa-speakers.org on this website you have only to enter OA in the search bar and all the OA speakers on the site will come up, then ckick on or choose a speaker and download to listen on your computer.**
- 8) **OA “Hour of Power” telephone meeting Mon-Friday 12noon and 8pm (central time). Reading + sharing on Big Book and AA 12+12 as used to recover from compulsive overeating. Not a discussion meeting, started by and chaired by members who have recovered from Compulsive overeating through the practice of the twelve step instructions as laid out in the Big Book of Alcoholics Anonymous. # 1-712-432-5200 pin 956915#**
- 9) **List of all meetings in our intergroups @ the end of this newsletter**

AA 12 + 12 Treasure

“Although all inventories are alike in principle, the time factor does distinguish one from another. There’s the spot-check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There’s the one we take at day’s end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due. Then there are those occasions when alone, or in the company of our sponsor or spiritual adviser, we make a careful review of our progress since the last time. Many A.A.’s go in for annual or semiannual housecleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation. (cont’d next page)

(Cont'd from p.1)

Aren't these practices joy-killers as well as time-consumers?...Well, hardly....Once this healthy practice has become grooved, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier."

(Taken from AA's Twelve Steps and Twelve Traditions p.89-90)

Big Book Treasures

I get out of bed and go to the man's room. He is reading. "I must ask you a question," I say to the man. "How does prayer fit into this thing?"

"Well," he answers, "you've probably tried praying like I have. When you've been in a jam, you've said, 'God, please do this or that,' and if it turned out your way that was the last of it, and, if it didn't, you've said 'There isn't any God' or 'He doesn't do anything for me.' "Is that right?"

"Yes," I reply.

"That isn't the way," he continued. "The thing I do is to say 'God, here I am and here are all my troubles. I've made a mess of things and can't do anything about it. You take me, and all my troubles, and do anything you want with me.' "Does that answer your question?"

"Yes, it does," I answer. I return to bed. It doesn't make sense. Suddenly I feel a wave of utter hopelessness sweep over me. I am in the bottom of hell. And there, a tremendous hope is born. It might be true.

I tumble out of bed onto my knees. I know not what I say. But slowly a great peace comes to me. I feel lifted up. I believe in God. I crawl back into bed and sleep like a child.

(taken from (Big Book) Alcoholics Anonymous p.215 (4th edition)

Sponsorship Corner

"What do you do when you realize you are fearful or anxious now in your day to day life?"
(sponsee)

"I remember that as my sponsor taught me, today I have a choice. I can rely on myself and stay in the fear or I can trust God and get back in the moment. My fears are always based on the future and my relying on myself in my mind's eye in that future scenario" (recovered sponsor)

"That's it?!" (sponsee)

"Yip, that's it. It's that simple. In the beginning this new way was totally unnatural to me but the more I practiced it, with my sponsor frequently reminding me, the more I saw that it really works and the more I came to see that I really can trust God with more and more and eventually with everything. So today I remember I have a choice....Do I want to live in fear and anxiety.. or trust God? (recovered sponsor)

January 2013 IG Meeting Summary

1. Unity Day Workshop FEB 22 and 23 - at the Helmsdale meeting location, pamphlets will be ready this week . A Speaker from Region 4 will be leading the workshops on a variety of topics. suggested 7th tradition of 5.00 per session or day as you can. Will start Friday evening, continue Saturday morning afternoon and into the evening, with lunch and dinner breaks.
2. Used Clothing sale during the workshop, bring your clothes in and give to Roberta or Tracey or your group rep as soon as possible so they can begin sorting and pricing.
3. Volunteers are needed to return messages left on the OA general phone message line. The months of April, July, October and December are open. 3 months abstinence requirement
4. Groups are encouraged to change their group contact number to the OA general phone number.
5. each group has a telephone answering kit to be kept by the volunteer during the month they are returning messages and RETURNED to your group at the end of your month of service. these kits will be kept up to date by your group rep.
6. Anyone with 6 months abstinence willing to make 12 step calls please let your group rep know, or Wanda or Richard so your name can be included in the TAS (telephone answering) kit.
- 6.b) Call out for sponsors and support by attending Monday night meeting to those who can.
- 6.c) Sunday and Thursday Victoria hospital location , meetings will take place in the overflow room off the cafeteria until May 1 as the classrooms are not available.
7. Intergroup literature rep now has a good supply of literature available if needed please contact Carolyn.
8. Newsletter articles/stories are welcome to Catherine via email would be great - great way to do service and get the message out.
9. Next intergroup meeting will be March 17 at 9am at Victoria Hospital
10. Positions of Chair and SSecretary are up for election in May, please consider volunteering, if interested Darrell is the chair of the nominating committee.
11. Groups are encouraged to continue to pass the hat a second time to raise funds for world service rep attendance at Region and world service meetings.

Meeting List on the next page

Meetings in Winnipeg

Monday, 7:00 p.m., Bethel Mennonite Church (speaker meeting, all are welcome 1st Monday of the month), 465 Stafford st. (Entrance @ north side of building, meeting in basement ring buzzer if no door person)

Tuesday, 7:30 p.m., Kirkfield United Church, 472 Kirkfield St. (basement)

Wednesday, 7:30 a.m., Augustine United Church, River Ave. & Pulford (last entrance off Pulford) “Kick Start”

******New weekly meeting started November 15th/12****Thursday, 730pm in education classrooms, basement of Victoria General Hospital, 2340 Pembina Hwy.**

Saturday, 10:30 a.m., St. Stephan’s Anglican Church (open to all speaker meeting last Saturday of the month), 220 Helmsdale (basement, use buzzer if door locked)

Sunday, 10:30 a.m., Victoria General Hospital, 2340 Pembina Hwy. (classroom #1, basement)

Celebrating Abstinence Milestones meeting (open to all—speaker meeting) will be on the first Sunday of each month (unless it’s a long-week-end in which case it will be the 2nd Sunday) at 7:30pm at Bethel Mennonite Church. 465 Stafford st. (Entrance @ north side of building, meeting in basement, use buzzer if no doorperson)

Outside of Winnipeg meetings

Brandon - Saturday morning 10:30 AM Brandon General Hospital basement (turn left at cafeteria, meeting room at end of hall)

Thunder Bay, ON – Thursday, 7:00-8:00 p.m., Margaret Smith Centre, 35 Algoma St.

Local OA phone line : 334-9008 or world wide OA website www.aa.org

SUBMISSIONS WELCOME @ cbridgetcampbell@hotmail.com It’s your newsletter and you can contribute short or long eg; little things God as you understand him has revealed to you or how you used the program in a particular situation or something more lengthy like your story. All submissions will be kept anonymous. Thanks in advance!
