

February 2015

Garden Island Sobriety

'Step Two'

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said:

He Said without hesitation, “My name is blank and I am an alcoholic” (speaking of myself, “He”, as a third party).

I **have to say** that after a few consecutive weeks of showing up on a daily basis, getting used to the bright glaring fluorescent lighting, and these no longer irritatingly happy people, I find myself sipping the coffee and cracking a smile. People know my name and say hello and how nice it is to see me. Do they really mean it? I have no choice at this point to have doubt, but maybe just a little. Some folks even tell me how good I'm looking and that feels really nice. What could they want from me I say to myself? Why are they so nice? The voices, OMG the voices...I *am* feeling better! I *do* see the difference in the mirror. That is when I get the nerve to actually look at the man in the mirror, something which I've avoided and or forgotten to do for a very long time.

So yes, the fog is settling. My view and perception of things are clearing up a bit. Oh I should also mention, when it comes to the rooms, and I say the rooms because they've become a huge part of my daily living, yes the rooms feel larger, the people seem more familiar and I find that I can still hear what was said in these rooms for hours after I've gone home. Sometimes into the late night, much thanks to the coffee.

My employer and co workers are showing interest in what's going on with me? Finally for the good! It's too early to tell, too early to say, because at this point I myself am still questioning it. All I can say is I've been following the suggestions and I 'keep going back.' I definitely know that I'm powerless and unable to manage my own life. And lately I've been hearing something else, which at this point I have no reason to question, because they've been right up till now. I

(cont. p. 2)



She said:

There is a **Higher Power** working in all of our lives, whether we understand it or not. There are many names that are associated to this power yet it actually doesn't matter what word we use to describe it. This is a sticky point for many, as it was for me, when I heard other alcoholics use the word God. When I brought this up it was suggested that I see the word God as an acronym - “Good Orderly Direction” or a “Group of Drunks”. It was also suggested that I find a word that was comfortable for me because again, it's not about the name that we give it, it's about the fact that it exists and that only It can restore sanity.

I believe the 12 Steps, along with much of the literature, was divinely inspired. I also believe that everything is worded very specifically and that there are no mistakes. That is how I learned that “came to believe” is a process. It became imperative for my recovery that I be willing for the process of “coming to believe” to unfold. I needed to let go of the old notion that I was the one who could restore ‘me’ to sanity. I had to be willing to let go of control, knowing that I had already tried again and again to orchestrate my life. I already knew where that brought me.

Would I be able to get past that word that brought up memories of my childhood religion's version of a guilty condemning God? Yes. Why? I was completely over living the way that I was living. This was a spiritual program and something had to change (me). That meant that I could create my Higher Power to be whatever I needed it to be and I could let go of all the old false ideas and beliefs. Spirituality is the absolute foundation of my recovery and as I looked around the world I began to see God everywhere; If God was

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AA Hotline 245-6677

He Said: (cont.) hear it and I'm eager to say that tonight I am "there." Where is there you ask? What I know for sure is that , I came, I came to and I'll be darned but I can actually say that I've come to believe...That a power greater than myself could restore me to sanity. And for that, for now, I want more. **I'll keep coming back**, and besides the people really are nice.

**With love and service,
~ Mahalo, Lance L.**

She Said: (cont.) everywhere then that must include me.

This step became a turning point in my life because I no longer had to walk this path alone. In fact, I had never been alone. The disease of alcoholism created the illusion of isolation yet this Higher Power had ALWAYS been in and around me. This awareness dawned on me over time, like the light of the morning, and I came to believe that a power greater than myself could indeed restore me to sanity. The more I believed, the more evidence of this truth showed up in my life as it changed day by day, week by week, year by year.

**In Love and Light
~ Michelle L.**

Happy Birthday

Dotty	1/31	1973	42 yrs
Susan C.	1/20	1988	35 yrs
Laurie L.	1/20	1988	35 yrs
Gloria C.	1/12	1984	31 yrs
Stevie G.	1/11	1986	29 yrs
Barbara J.	1/1	1987	28 yrs
Chris H.	1/11	1987	28 yrs
Laurie L.	1/19	1988	27 yrs
Mickey M.	1/6	1990	25 yrs
Bill M.	1/24	1990	25 yrs
Tatiana	1/27	1992	23 yrs
Mike M.	1/20	1992	23 yrs
Maureen M.	1/7	1995	20 yrs
Tony C.	1/18	1997	18 yrs
Steve M.	1/26	1998	17 yrs
Bob H.	1/18	1999	16 yrs
Luis R.	1/1	2001	14 yrs
Kathie G.	1/11	2001	14 yrs
Clark	1/22	2002	13 yrs
Kurt	1/7	2002	13 yrs
Susan ON	1/7	2003	12 yrs
Ele J.	1/16	2005	10 yrs
Laurel R.	1/26	2007	8 yrs
Aakara	1/20	2008	7 yrs
Liz O.	1/22	2008	7 yrs
Emma S.	1/1	2008	7 yrs
Matt	1/24	2009	6 yrs
Lee	1/12	2010	5 yrs
Paul	1/26	2010	5 yrs
Rick C.	1/11	2011	4 yrs
Sarah A.	1/3	2011	4 yrs
Kirk F.	1/24	2012	3 yrs
Terance B.	1/17	2013	2 yrs

Congratulations Everyone!!

Birthday Celebrations

West Side

- **Ala i ke Ola Hou** 5:30 pm Last Friday of the month, Smokey Valley Clubhouse. CAKE AND POTLUCK

South Shore

- **Koloa Monday Women's** - 5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK
- **Aloha Group** - 7:30 p.m., Koloa Union Church, last Tuesday of the month - CAKE FOR BIRTHDAYS!

East Side

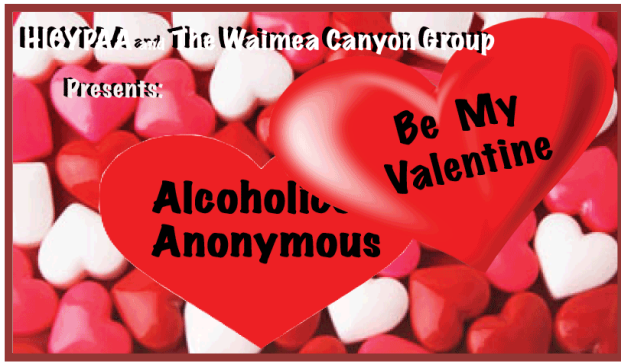
- **Hui Ohana** - 7:00-8:00 am Last Saturday of the month. CAKE FOR BIRTHDAYS!
- **Steps to Freedom** - 6:30 pm Last Monday of the month. CAKE & POTLUCK (7:30 pm meeting).

North Shore

- **North Shore Aloha Group** - 7:30 pm Last Monday of the month - CAKE FOR BIRTHDAYS!
- **Princeville-Hanalei Group** - 7:30 pm Last Thursday of the Month - CAKE FOR BIRTHDAYS!

Expect A Miracle

♥ At Salt Pond Pavilion



February 14, 2:00 pm to 9:00 pm

The Waimea Canyon Group is full of gratitude for the support and growth we have seen in the past year!

We currently host 3 meetings at KVMH (Kauai Veterans Memorial Hospital, Waimea) on Mondays, Thursdays, and Fridays in the Conference Room, as well as Tuesdays at the UCC Church in Hanapepe, across from the library. All meetings begin at 5:30pm. Come check us out on the Westside!

Because of our love for AA, the Waimea Canyon Group has teamed up with HICYPAA (and with the support of Intergroup) to put on a Valentine's Day gathering on Saturday, February 14th, at Salt Pond Main Pavilion from 2pm – 9pm. There will be:

- ✿ An AA Meeting at 3pm with Hawaiian music
- ✿ Dancing to our HICYPAA DJ, Games, & Fellowship
- ✿ A BBQ and Potluck
- ✿ A Raffle to help support HICYPAA, as they prepare to host the conference this year on Kaua'i.

For more information, please contact Corina or Shoshanah through the AA Hotline at **245-6677**.

Kokua is always appreciated!



The Water Meeting & BBQ

At Lydgate Park and Pond

This Month February 15th at Lydgate Park

11:00 am Potluck/BBQ, 1:00 pm Meeting in the water

A.A. Meeting Places



Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

- Monday 7:30 pm - Speaker/Discussion
- Tuesday 10:00 am - Big Book Study
- Tuesday 7:30 pm - Beginners Meeting
- Wednesday 7:30 pm - 12 x 12 Candelight



The Happy Hour Cookout

At Nawiliwili Beach Park

This Month on February 15th, 2:00 pm

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month's Potluck February 23rd, 6:45pm

Celebrate AA Birthdays, Speaker Meeting 7:30pm



The Last Saturday Supper

At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on February 28th, 7:00 pm

Speaker at 7:45 pm. Sponsored by Koloa Nooners

January in Our History:-

Jan. 1914: Ebby T. took his first drink of alcohol, 19 years old at the Hotel Ten-Eyck, Albany, New York. He will become Bill W.'s one and only sponsor.

Jan., 1928: Ralph Pfau (Father John Doe) has his first total breakdown due to alcoholism. He will have a total of four before he comes into A.A. in 1943.

Jan. 1933: Henrietta Seiberling, distressed over family problems, separated from her husband Fred and moves into their estate gate house to raise their 3 children. On this date she attended her first Oxford Group meeting in Akron, Ohio, and joined. If she had not joined the Oxford Group our two co-founders never would have met. There would be no A.A.

Jan. 8, 1939: Richmond Walker, author of "The 24 Hrs A Day Book" joined the Oxford Group. 50 yrs old and 30 years of heavy un-controlled drinking under his belt, Richmond will join A.A. in Boston two years later. He never had another drink.

Jan 23, 1943: The 'Star Newspaper' in Washington D.C. reports that 300 members attend the capital's first A.A. banquet.

Jan. 1949: Readership expands to Canada and Europe as The Grapevine becomes known worldwide.

Jan. 9, 1952: Al-Anon Headquarters established in New York City.

Jan. 14, 1966: "The National Center For The Prevention and Control of Alcoholism" is created within "The National Institute On Mental Health."

Jan. 24, 1971, 11:30 pm: our co-founder Bill W. moved on up to the 'Big Meeting' at the Miami Heart Institute, Miami, Florida.

Jan. 1979: The two millionth copy of the Big Book presented to H.E.W. Secretary Joseph Califano in a ceremony at G.S.O.

From 'Big Book Dave', Elected Archivist, Interior Alaska
~ Submitted by Mathea A.

★ **OUR THANKS to B.B. Dave & Mathea A.**

 **Tradition Two**

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Who is actually in charge in Alcoholics Anonymous? Most people who look at our Society ask this question. Every newcomer or visitor to an AA meeting often wonders this also. Most people think it is the person "running the meeting". Is it the person doing service work or the long-timer in the meeting? For quite a few months, I too had no idea who was in charge, even though it is read at every meeting as we "pass the hat", but I couldn't grasp the concept yet of a Loving God.

My relationship with Tradition Two comes from my own experience with it in its practical application by the group. Imagine two people getting into a fight in a meeting of AA, I mean the kind where there is furniture moving involved and people are yelling and trying to break it up, but the combatants are determined to beat the hell out of each other and refuse to back down. A bit dramatic you might think. What should be done about this kind of behavior? How do we as a group in recovery handle these kinds of things? This is where the group conscience comes into play, for the welfare of the group. So what would a loving God as expressed in the group conscience do about a situation like this? Think about it carefully, before you rush to answer. Remember that we are not just dealing with the fight, but we are also dealing with a Life and Death matter!

I will share with you my Experience, Strength and Hope. It was me who was one of the furniture movers in the example. I was asked by the group to refrain from attending that particular meeting, but I was free to attend other meetings in the same building, as long as I was willing to behave myself. The group Conscience put me in time-out, and because I was willing to go to any lengths for victory over alcohol, I abided by the decision of the group. Eventually amends were made on both sides of the conflict and we were both free to attend the meeting together and even sit side by side and laugh about it along with everyone else. The Traditions are indispensable; they are the glue which holds our Fellowship together. Without them, we would most likely implode or disappear from the scene, such as the Washingtonian Group and the Oxford Group.

~ In Love and Service, ~ Ron L.

Kauai Intergroup

The Next Intergroup Meeting:
February 7th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

December 2014

Income:

Koloa Big Book-Books	104.00
7 th Tradition From Thankathon	117.00
Step Sisters	14.00
North Shore Aloha Books	16.00
Poipu Beach Sunrise Books	30.00
Na Wahine Koloa	75.00
Exp Strength And Hope	18.44
Waimea Canyon Group	68.50
Lihue Church Refund Deposit Thankathon	58.76
Koloa Aloha Group	50.00
Sobriety In Paradise	30.00
Princeville Hanalei	225.00

Expenses:

Tom R Schedules	235.41
Mark M Stamps Etc	10.00
Alejandro H Thankathon	333.89
Guardian Self-Storage	130.21
Hi Tel Com	25.57
Ink Spot	150.00

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766

SERVICE ALERT

The AA Hotline Needs:

- ➔ **Volunteers** for temporary & permanent vacancies
- ➔ **Volunteers** to take 12-Step calls.

Please email the Hotline Chair hotline@kauaiaa.org
or call 245-6677. Mahalo!



Need Literature?

- ➔ **Get It At The Intergroup Meeting!**

*Books*Pamphlets*GIS Newsletter*Meeting Schedules

- ➔ **Or We Can Deliver It To You!**

Call the AA Hotline With Your Request at: 245-6677

Kauaiaa.org

Visit Our Website!

■ Kauai A.A. Meeting Schedule



Compact 2-pg schedule
--prints on legal-size 8½x14"

■ Kauai A.A. Events Calendar

■ Link to HI Island AA websites

Contact: website.intergroup@gmail.com

Intergroup Officers:

Chair:	Bob B. chair.intergroup@gmail.com
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda
Hotline:	Danette M. hotline.kauai@gmail.com
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

District 6, Kauai:

The Next District Meeting:
February 21st, 9:30 am
The Lihue Neighborhood Center

Find A.A. in Hawaii



at: www.area17aa.org

District 6 Treasurer's Report

January, 2015

Group Contributions:

Princeville –Hanalei 197.05

Expenses:

GSR Travel 90.50

Bank Balance 5,318.33

Prudent Reserve 1,000.00

~ Prepared by Steve Q. ~

PI Committee



A Service Opportunity

We meet every 3rd Saturday, 3:00^{pm}


On the Happy Hour Tables

At Nawiliwili Beach Park.

publicinfo@kauaiaa.org

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee
P.O. Box 1503
Kapa'a, HI 96746



**Next PI Committee Meeting is
on February 21st**

Please Join Us!

NEW District 6 Committee:

DCM: Paul M
Alt. DCM: George K
Secretary: Jon S
Treasurer: Steve Q

**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com
Editor: Linda B.



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
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Honolulu, HI 96814-1822

