

October 2018

Garden Island Sobriety

'Step Ten'

" Continued to take personal inventory and when we were wrong, promptly admitted it"



He said:

The first time I took my personal inventory there were so many things I found that had been swept under the rug. I was upset with myself for being so reckless and irresponsible and my behavior had been one of complete insanity. I'd been extremely careless about people who cared about me and I had no God.

Though there were many people around to help me I still felt lonely. I became depressed and did not wish to continue this step as I found more and more horrible things that I had been responsible for.

I had ruined past relationships with girlfriends, friends, and work. I did not recognize the harm to my family that I was causing. I was also doing much physical and mental harm to myself during my using, financial harm as well. Even though I always seemed to be doing well in the eyes of my family as I never needed financial help. I was functioning as well as I could. Barely squeezing by, paying bills monthly.

Not much has changed financially today, even after I have a substantial amount of clean time, but I am much happier today with less money. I always seem to get the things I want or need. God has been generous. I can focus on my career for the first time. I continue with prayer to help get me there and it's working!

I continue to take my personal inventory and for the first time when I am wrong promptly admit that yes I, Mr. Right, is WRONG. I don't know if I am a perfectionist, but I really have a difficult time accepting being wrong. It's easier nowadays. Maybe I am getting old?

Through the program of AA, I continue to learn about myself right or wrong. I have been gifted a blueprint for life that has made my life better than it's ever been. I think EVERYONE could learn from the program of AA. It has changed my life in a way I never

(Cont. p. 2)



She said:

Step Ten has become a daily habit in my life, much like making my bed and brushing my teeth. I do these tasks as part of my sober life. These simple exercises help my physical, emotional and spiritual life, stay centered around a God-Consciousness.

When first getting sober, I learned to pray, both in the morning and before retiring for the night, carefully reviewing my days' events and the people in it. I would pray for everyone who participated in my day, whether it was casual or more intimate. If any of my interactions appeared selfish or dishonest, I asked my Higher Power for forgiveness and those who I had wronged. This practice of a daily review, has enabled me to have a kind of sixth sense about my behavior in the world. I rarely "speak my mind" without careful thought of how my words will affect others. Step Ten has become a life line to my spiritual well being.

The practice of Step 10 has reminded me daily to stay honest with myself, God, and others. If I remain willing to review my words and actions on a daily basis, I renew my commitment to sobriety one day at a time. I have not sworn off liquor for eternity, I have simply protected it for the next 24 hours.

When a situation comes up where I am not able to make amends, I do the next right thing, which is to selflessly help another human being. This step has had benefits that I had not expected. Those feelings of uselessness and terminal uniqueness have diminished over time through the daily practice of Step 10. Knowing that I have the ability and dignity, to right any wrong doing I have participated in, calms my mind and allows me to rest at night and start my day with a sense of confidence that my presence in the world is, and should be, to be of maximum service to my fellow beings.

Step 10 is one of many tools, our AA program avails

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AA Hotline 245-6677

He Said (cont.) thought possible. I never thought I would be happy being in AA. It did not start this way. It was a process. It takes staying connected and doing what is suggested. I am grateful and wish to continue with the program of Alcoholics Anonymous.

~Mike H., Kauai

Birthday Celebrations

West Side

- **Ala i ke Ola Hou, Waimea Cyn. Group** - 5:30 pm
Last Friday of the month, **Kekaha-MacArthur Park VOLLEYBALL, CAKE & BBQ 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).
- **Happy Hour** - 5:00 pm Last Saturday of the
month. **CAKE FOR BIRTHDAYS!**

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!**

She Said (cont) us, that enable me to achieve our primary purpose, which is stay sober and help other alcoholics to achieve sobriety. This was a noble "job" I had sought and longed for all my life. A chance to be part of a solution, rather than part of a problem. We begin to understand, as sober alcoholics, that the "principle which has kept us in everlasting ignorance, contempt prior to investigation" will no longer rule our lives. We embrace honesty, willingness, and open-mindedness in all aspects of our lives.

When we retire at night and awake in the morning, it is only our own thoughts and actions we review. We are no longer consumed with perceived wrongs made by others. We learn we are no longer "in-charge." The relief I feel as I practice all of the steps in my thoughts and actions, far surpasses any relief I imagined alcohol gave me.

Through Step 10, I have the opportunity to gratefully acknowledge I was not perfect, nor will I ever be. I get to be in this world along with, not separate from, my fellow people. This step keeps my internal spiritual thoughts and feelings in line with a loving presence who has granted me another day sober.

Michelle E., Kauai

Happy Birthday

Jerry V.	9/9	1974	44 yrs
Sheila H.	9/13	1982	36 yrs
Gabrielle	9/10	1987	31 yrs
Karen L.	9/19	1989	28 yrs
Dennis C.	9/24	1993	25 yrs
Jack M.	9/22	1994	24 yrs
Dana W.	9/22	2000	18 yrs
Michele R.	9/14	2005	13 yrs
Elaina B.	9/26	2005	13 yrs
Patty C.	9/22	2007	11 yrs
Ryan M.	9/5	2009	9 yrs
Erin	9/11	2012	6 yrs
Chad N.	9/25	2012	6 yrs
Alison T.	9/13	2013	5 yrs

Congratulations Everyone!!

A.A. Activities



The Happy Hour Cookout

October 12th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on October 26th

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset



Steps to Freedom Birthdays

Potluck This Month October 29th

6:30pm, Kapa'a United Church of Christ

1315 Ulu Street, Kapaa, Speaker Meeting 7:30pm

57th Annual Hawaii Convention

November 1 – 4, 2018



"The Family Afterward"

At The Hilton Hawaiian Village, Honolulu

Registration and Info. at:

<http://www.annualhawaiiiconvention.com/registration>

A.A. Meeting Places

Kauai Community Correctional Center



A.A. Meetings held in the KCCC:

- **Men's Meeting** - 2:15 pm Tuesdays
- **Women's meeting** - 5:45 pm Sundays

Calling for A.A. KCCC volunteers!

A.A. District 6 (island of Kauai) is looking for volunteers to carry the message into the Kauai Community Correctional Center (KCCC).

Requirements: **'Volincor Training'**, 2 years Sobriety, No felony convictions*, 5 years free from imprisonment, 3 years free from supervised freedom, TB test (administered free by the county), Close-toed shoes, Long pants (no shorts), Collared shirts, No sun glasses, No belts, No metal, No weapons of any kind (including pocket knives). * **In some cases exceptions can be made for felony convictions, handled on a case-by-case basis**

Volincor Training Session

Saturday, October 20, 2018

8:00 am - 4:00 pm

Lihue Missionary Church, 4383 Rice St.

Lunch and Refreshments will be served

New volunteers and those needing re-certification (every 2 yrs) must attend

Questions?

Call Jeannie- 241-3050 ext235 weekdays

Clayton, 212-5756 – nights are better or text

Or AA Hotline-245-6677

PLEASE RSVP BY THURSDAY THE 18th so the Church knows how much food to prepare.



AA Archives

The Best of Big Book Dave:

Month of October in Our History:

October 20, 1928: Beginning on this date, and for the next several years, was the increased frequency of Bill's pledges to stop drinking, as he wrote vows on the flyleaf of Lois's family bible. Experts have found that Bill's promise can be matched by a fear legible in the handwriting itself as it moves down the page. It is at this time that Bill crossed over the invisible line, which every alcoholic crosses, into chronic inebriation. Bill developed a fear of even leaving their home because someone or something would "kill him."

October A.D. 780: Medical records discovered show Italian physicians offered this standard prescription for "alcohol consumption beyond the normal." "Chopped beef fried with many onions."

October 1937: Meetings for Alcoholics only are being held weekly at Bill and Lois's home at 182 Clinton St. in Brooklyn, New York.

October 1941: Fitz Reverend Sam Shoemaker breaks away from the 'Oxford Group' which by this time had changed its name to the 'Moral Re-Armament'.

October 1947: A.A. was established in Australia. The American actress Lillian Roth came to South Australia to address a public meeting arranged by the Methodist Church to help alcoholics. The very first meeting was held at 'Central Mission' on Franklin St., St. Adelaide, Australia.

October 30th, 1951: 'The Lasker Award' is presented to AA for outstanding contributions to public health.

R.I.P. 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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

Slogans for Sobriety:

**Be Part of The Solution,
Not Part of the Problem**

What seems to be the problem? This is the penultimate question that inevitably brings us back to the bitter sweet pill of self. Do you trust AA enough to share what your real problem is?

When I think about my problems they inevitably start in the past, are happening now and continue into the future. Although the existential truth is that problems only ever exist in the now, in my mind my solutions only exist in the future. This is a serious handicap. My problems have a 3:1 advantage over my solutions and I haven't done anything yet. What a bum steer!

To level the playing field I may need to give myself credit for the myriad solutions I have made thus far, and to realize that right now I'm doing the best that I can. With this approach, and a good sponsor, I'm better prepared to make choices that guide me away from suffering and closer to a loving connection with everyone else.

That's all pretty cool stuff because for a long time I thought getting rid of "I" was the solution to my problems and I knew a few people who would've backed me up on that. But this begets another problem, like it or not, there's no getting rid of I. I suppose that's part of the fine print with this slogan.

The best suggestion I can think of for a universal solution that's based on our program is don't ever give up on Love. The best I can tell, the cause of most problems, be it yours, mine or ours, can be tracked down to Fear, where it's always open season to be taken down! WE must learn to Love even ourselves.

~Aaron W., Kauai

Expect A Miracle

Kauai Intergroup

The Next Intergroup Meeting:
October 6th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

August 2018

Income:

Koloa Aloha Group	7th	100.00
Third Tradition	7th	95.00
Sunrise Sobriety	Literature	45.00
Hui Ohana	Literature	23.00
Turn It Over	Literature	40.00
Steps To Freedom	Literature	54.00
Sunday Serenity	Literature	14.31
Happy Hour	Literature	<u>73.00</u>

Total Deposits **444.31**

Expenses:

Guardian Storage	Locker	156.25
Hawaiian Telcom	Hotline	25.81
Ink Spot	Newsletter	150.00
GSO	Literature	<u>756.00</u>

Total Expenses **1088.06**

Previous Balance	511.29
Net Profit or Loss	643.75
Current Bank Balance	917.54
Less Prudent Reserve	<u>1050.00</u>
Operating Balance	<u>132.46</u>

~ Report prepared by JoRina H.~

SEND YOUR CONTRIBUTIONS TO:

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



Concepts Checklist

CONCEPT X:

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

- Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of "authority" so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of "authority?"

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Group Secretaries: Please Send the

Dates of your Member's Birthday's to:

district6newsletter@hotmail.com

Intergroup Officers:

Chair:

Chris K.

Alt. Chair:

Pattilyne L.

Treasurer:

JoRina

Secretary:

Aaron W.

Literature:

Bob B.

Hotline:

Kelvin

District 6, Kauai:

**The Next District Meeting:
October 13th, 9:30 am
The Lihue Neighborhood Center**

➡ **Meeting 1 Week Earlier Than Usual**

District 6 Treasurer's Report

Report of September 15, 2018

Group Contributions:

Princeville Hanalei	200.00
Young People's Kapaa	100.00
Koloa Aloha	200.00
Sunday Serenity	100.00
Total Contributions for September	600.00
Income Year to Date	3368.95

Expenses Year to Date:

PO Box	134.00
Founders Day	375.00
DCM Travel	386.38
PRAASA DCM	981.00
Treatment/Accessibility	45.00
Corrections	131.25
PI	639.99
CEC	56.00
Website	125.00
Delegate Expenses	87.20

Total Budget	4646.00
Total Expenses Year to Date	2817.83
Total Expenses Year to Date	2138.83

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:

Alt. DCM:

Secretary:

Treasurer:

Steve Q.

Janice M.

Jonathan D.

OPEN

--- We Still Need A New Treasurer ---

GRAPEVINE

Quotes of the Day

October 1, 2018

"Keeping a Tenth Step journal about my day-to-day life, my relations with other people, and the stuff that still roiled around in my head helped me see patterns in my thoughts and behavior, which I could discuss with my sponsor. And once I began to sit quietly, reflect on what I'd written, and pray, I began to sleep peacefully for the first time in my life."

"Peace at Last," Manchester, New Hampshire, March 2001,
In Our Own Words: Stories of Young AAs in Recovery

Find A.A. in Hawaii



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
1253 S. Beretania St., #2107
Honolulu, HI 96814-1822

