

October 2017

Garden Island Sobriety

'Step Ten'

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



He said: Step ten marks the point where we move from the past into the present. It's my experience that the future becomes none of my business at step three when I turn my will and life over to the care of my Higher Power. At four and five, we look back to find out who has harmed us, as well as getting an idea of how we think and act when rubbed the wrong way. At six and seven we look at our reactions in the past and try and make them better as we move forward. With eight and nine we talk to those whom we have hurt and who have hurt us. If we've done some changing through the previous steps, it becomes evident here. But then we're done with the past – really.

As for me, as I finished the glaring amends on my list, and became ready to make living amends with the others, it's now my job to leave it there. It's become apparent to me, especially with the people whom I've made amends to, my relationships become different. So it's my job to leave that baggage I carried around in the past – and walk with my much lighter backpack. That's why, I think, Bill talks about how important it is for us to – at once in the Big Book or promptly in the step itself – get rid of the fears, selfishness, etc. that come up on a daily basis. Now our focus becomes the day – period – as well as finishes those amends that come up.

For me, I'll never be done with my ninth step. As I change and grow in AA, things that were once OK become character defects, and it becomes my job to clean up the new messes as I see them. This idea of fixing all my problems daily has become a goal of mine, but I'm far from there. So, when my backpack gets all filled up again, I need to empty it out by doing some more housecleaning.

The real positive change that comes from working the tenth step is when I go back and do inventories on a specific item. I have had some situations (Cont. p. 2)



She said: "Telling on myself" and admitting that I needed to get sober was not nearly as hard as actually doing it. For that I had to completely surrender my pride and the façade that I was so desperately clinging to. Once I had really given up the sham I called my family to confess my situation. They had no idea how bad it was for me. I instinctively knew that I had to 'tell on myself' before I had a change of heart and drank again. It still had not occurred to me to go to an AA meeting but my family quickly guided me there.

Getting sober in AA was the most monumental and rewarding task that I have faced in my lifetime. It was both painful and full of relief. In AA meetings I learned how to be honest with myself and with others. I learned to explain what I was thinking and feeling out loud instead of holding it in. I began to have a voice that could express my hopes and fears and to confess my own shortcomings without fear of judgment.

I really didn't know how sick I was until I joined AA. Sitting in meetings and hearing others be honest without being judged, gave me the courage to open up. I had never been in a room of people who could do this before. Soon I didn't have to force myself to go to meetings, I wanted to go. There is no place in the world like an AA meeting. People there don't just tell their stories of failure and fear; they share their genuine experience, strength and hope in overcoming these burdens.

Getting sober is one thing but staying sober is quite another. The 10th Step calls for continued honesty and humility. I must continue to 'to tell on myself' when I realize that I am wrong. To face life insisting that I am always right sets a barrier between me and the rest of humanity. It is a lonely, stubborn place and leads to one of two things; either I find myself desperately in need of escape, which my alcoholism (Cont. p. 2)

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AA Hotline 245-6677

He Said: (cont) where I got stuck. I could not move forward without dragging the past harms done to me around. So I had to do another fourth step, specifically on that issue. Then when I talked to another person about it, I was able to find my fault in the situation, make an effort to ask God to remove my defects, make amends, and then move on. The key for me, is to move on. **Recently,** I went to the Mainland to see my father who is ill. I once went two years without talking to him. I hated him as a teenager. But after working the steps and making a true amends with him, I sat in his living room without any of the crap I carried from my childhood. But most of all I was able to love him, not for what I want him to be, but for who he is today, and that's a wonderful thing

~ Tom F., Kauai

She Said: (cont) would love to provide, or I am a miserable 'dry drunk'. Neither of these are what I want now. After experiencing the fullness of life again, with a clear mind and unpolluted senses, I want to learn how to stay sober.

Step 10 is my cornerstone for a life of joyful sobriety. Self examination must be a way of life for me now. I work at not falling into a bout of self condemnation and concentrate on a hopeful willingness to continually grow in wisdom and spirit. Others far wiser than I have pointed out that this attitude comes from a loving heart. **As we admit our** wrongs we must learn to forgive ourselves just as we forgive others. After all, alcoholic or not, we are all in the same boat. We all have our difficulties and sickness of spirit to struggle with.

~ Linda B.

Happy Birthday

Jerry V.	9/9	1974	43 yrs
Sheila H.	9/13	1982	35 yrs
Gabrielle	9/10	1987	30 yrs
Karen L.	9/19	1989	28 yrs
Dennis C.	9/24	1993	24 yrs
Jack M.	9/22	1994	23 yrs
Dana W.	9/22	2000	17 yrs
Michele R.	9/14	2005	12 yrs
Elaina B.	9/26	2005	12 yrs
Patty C.	9/22	2007	10 yrs
Ryan M.	9/5	2009	8 yrs
Erin	9/11	2012	5 yrs
Chad N.	9/25	2012	5 yrs
Alison T.	9/13	2013	4 yrs

Congratulations Everyone!

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!**

A.A. Activities



Came to Believe - Pizza Night

This Month October 25th

6:00pm Saint Michael's Church Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

This Month on October 27th

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

This Month October 30th

6:45pm, Kapa'a United Church of Christ

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

Men's 9th Annual Eh Eh Retreat

This year October 27-28-29

At Camp Hale Koa, Koke'e



Pre-registration \$90.00

Post-registration \$110.00

Bring a Blanket, Pillow and your Time

CALL THE AA HOTLINE 245-6677

A.A. Meeting Places

The Lydgate Park Picnic Tables



Hui 'Ohana Group Meeting Daily 7:00 am

- Sunday: "Daily Reflections" – Discussion
- Monday: "Big Book" – Discussion
- Tuesday: "Living Sober" – Discussion
- Wednesday: "Came To Believe" – Discussion
- Thursday: "12 X 12" – Discussion
- Friday: "As Bill Sees It" – Discussion
- Saturday: "Stick Meeting" - Discussion



THANKATON 2017

**Coming in November
At the Stone Church in Lihue
More Will Be Revealed!**

Expect A Miracle



AA Archives

The Best of Big Book Dave:

October in Our History:

Highlight for this Month: October 31, 1953

The weekend edition of the Munich newspaper announced the first AA meeting in Germany. The result was the first AA Group in the country consisting of 20 American soldiers, who were AA members, and several German drunks with an interpreter. By 1962 AA Groups had taken hold in Berlin, Dusseldorf and Frankfurt. In 1990 the few clandestine AA Groups that had survived in former East Germany finally were able to join AA worldwide and to prosper. In 2003 AA in Germany celebrated its 50th anniversary with 2,700 Groups and aprox. 30,000 members.

October 1939: Liberty Magazine was the first national magazine to do an article about AA. It was called 'Alcoholics And God,' and brought in over a thousand inquiries and sold 100 of our newly published book 'Alcoholics Anonymous.'

October 1941: Reverend Sam Shoemaker begins the break-away from The Oxford Group. Bill W. gives credit for 10 of our 12 Steps to Rev. Sam. Ask your sponsor, "Where do we find this information in our approved AA literature?"

October 1954: The "Alcoholic Foundation" becomes "The General Service Board."

October 1960: Out of New York City a series of radio programs begin called "Alcoholism, The Problem and The Hope," featuring our General Service Office Staff members and Marty M.

October 5th, 1988: Bill W.'s wife Lois died at 97. An informal Quaker style memorial service is held at "Stepping Stones" and she is buried next to Bill in Bill's home town, East Dorset, Vermont.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska
Submitted by Mathea A., Mahalo!



Traditions Checklist

from the AA Grapevine

Tradition Ten

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

- **Do I ever give the impression** that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
- **Can I honestly share** my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
- **What in AA history** gave rise to our 10th Tradition?
- **Have I had** a similar experience in my own AA life?
- **What would AA be** without this Tradition? Where would I be?
- **Do I breach** this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- **How can I manifest** the spirit of this Tradition in my personal life outside AA? Inside AA?

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



Kauai Intergroup

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

Intergroup Treasurers Report

June 2017

Income:

Thursday Koloa 12x12	Literature	80.60
Friday night Koloa	Literature	49.10
Corrections	Literature	69.80
Hui Ohana	Literature	15.00
Men's Lokahi	Literature	88.25
	Literature	25.11
	Literature	27.00

Total Income **354.86**

Expenses:

GSO	Literature	703.20
Guardian Storage	Locker	145.83
Ink Spot	Printing	150.00
Hawaiian Tele	Phone	25.72
Tom R.	Schedules	111.78

Total Expenses **1136.53**

Previous Balance	1820.87
Net Profit or Loss	781.67
Current Balance	1039.20
Less Prudent Reserve	900.00
Balance	139.20

~ Report prepared by JoRina ~

SEND YOUR CONTRIBUTIONS TO:

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



Slogans: "Easy Does It"

How it Works for Me

- Slowing down and being honest puts me in touch with fears I'd rather not think about or deal with. The biggest reason I drink is to avoid the fears that slowing down allows me to feel.
- Slowing down opens my mind to new senses that both scare and excite me. Being open to this can help heal wounds, with the right intuition and judgement.
- Slowing down with courage can be a rebel's nightmare. The time for rebellion is over!
- Slowing down and gracefully letting go is about not knowing and yet still not holding on.

~ Aaron W.

Kauaiaa.org

Visit Our Website



- **Kauai A.A. Meeting Schedule**
- **Kauai A.A. Events Calendar**
- **Link to HI Island AA websites**



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**

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonya B.
Hotline:	Kelvin

District 6, Kauai:

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

GRAPEVINE Quotes of the Day

October 2, 2017

"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."

Manchester, N.H., March 2001,
"Peace at Last," AA Grapevine

District 6 Committee:

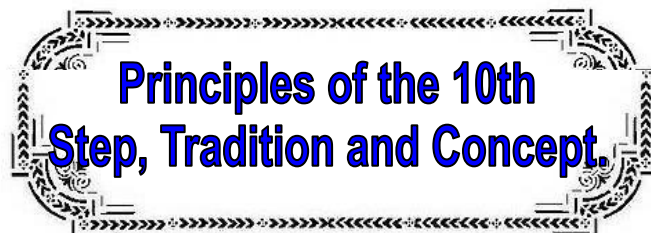
DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

SEND YOUR CONTRIBUTIONS TO:

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



From Your DCM



The Tenth Step, Tradition and Concept of service are all related. The Tenth Step teaches me to continue to examine myself in writing on a nightly basis, and to promptly practice Steps five through nine when I'm wrong. The Tenth Tradition teaches me that by taking my own inventory, I stay out of controversy by not taking your inventory. The Tenth Concept teaches me not to take inventory on how I shape up according to my vision of myself, but to take inventory of God's vision of me: Am I of service by accepting the responsibilities, to carry the message that God gives me? And it also challenges me to change my alcoholic attitudes towards authority.

The cycle begins with frustration. If I fail to deal with my frustration, it becomes anger born of fear. Anger that is not overcome with some love and tolerance becomes resentment. Resentments trigger self-pity or depression. Self-pity always preceded my first drink.

Without a nightly written inventory, I become involved with the wrongs of the world that I think keep me from being happy. Dwelling on the defects of others prevents me from seeking my own and what I have to change.

In Sobriety, I have the authority to accomplish many responsibilities that make my life a very rich one. I can give up completely my old ideas about resenting anyone else's authority and instead respect it as God given. Your authority is no longer a threat to me, but an opportunity for me to be of service to you in any way you call upon me. Helping you do God's will is a whole new view of authority I never had before.

Mahalo! Steve Q

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.