

Garden Island Sobriety

'Step Four'

"Made a searching and fearless moral inventory of ourselves."



He said: I woke up this morning and I did not take a drink. Not drinking today is the most important thing in my life. By the grace of God and the program of Alcoholics Anonymous I have a life today in sobriety that is beyond anything I could have imagined.

For me, to take a drink today would be to die spiritually in all of my affairs. My family, my relationships, my work, would all wither with one drink. I know this from the stories I hear of relapse in the rooms. I believe you when you say the relapse started with a resentment.

When I hang out with a resentment, I am stuck between anger and being ok.

Either I find peace with my actions or I am doing nothing but contributing to the problem.

Inventory is a process of understanding what is mine, what is yours, what is ours.

Step Four is not an opportunity to minimize the things in life. Inventory is the place to understand, "Wow, how did this happen to me. How can I be spiritually broke and have put this distance between me and life?" The inventory process allows for surrender and acceptance.

Until I could surrender and find acceptance for where I was, I could not move forward. I was pinned down by resentments. The key is in action. Today I need to find 100% acceptance. I need to know it is my resentment, not her's, not your's, not their's. Where I used to minimize, today I stand and face it. And until I face it, I will punish everyone around me with my resentment. I need to find some peace with where I am at. I find peace by doing what I need to do as revealed through my inventory.

I am grateful my sponsor is a "Do The Steps Or Die" sponsor. The 4th Step is one we take to relieve the pressure of the things we were going to drink over, both those we have from before we (cont. page 2)



She said: I cannot say that taking a moral inventory of myself was a fearless experience.

When I began examining and listing the fears I had, I was astounded to find that by the time I got sober I was afraid of almost everything. Even worse, the main thing I was afraid of was myself. "How can someone be afraid of themselves?" I remember wondering in quiet desperation. I was terrified of my own mind.

I must admit that the Fourth Step was by far the hardest step. When I began I could not see the benefit of drudging up past anger and hurt I had worked so hard to forget. It felt like wading through a muddy swamp. It was easily the lowest point of my life, and I feared it would take me down so low I would never be able to breathe again. I tell you this not to discourage you, but to be honest. And you can trust me when I say, (in hindsight), that the Fourth Step was also the most liberating experience of my life. Be encouraged; the Fourth Step was my first taste of a "New Freedom." This new freedom is also known as forgiveness.

Forgiveness – "The immediate application of Love" to any wound. When I began the Fourth Step I thought I knew what forgiveness was and hoped everyone would forgive me for all the wrong I had caused. But, the Serenity Prayer says, "Grant me the Serenity to accept the things I cannot change, and the Courage to change the things I can." The freedom of forgiveness didn't depend on someone else forgiving me. The beauty of forgiveness began to unfold when I learned to forgive myself for things such as: failure, being afraid, not knowing everything, time I'd wasted, people I'd used, bridges I'd burned, and marvelous opportunities I'd squandered. Most of all I had to figure out how to forgive myself for continued, self-imposed abuse to my body with my own mind. Why had I continued this pattern for so long, and to such extremes, long after the people wounded me were gone? Seeing the pattern I felt (cont. page 2)

He Said: (cont.) drank and those we pick up in sobriety. Inventory takes the power out of my role in whatever is disturbing me. I have yet to encounter an instance where a four column inventory has not worked. And let's face it, as an alcoholic the first three columns are easy. (1) I point my finger at you, (2) I blame you for what you did to me, (3) I explain how deeply you hurt me. And then it happens (4) I look at my role in the resentment. Column 4 is where I find acceptance for what I did to become who I am today. And all of a sudden the spiritual awakening is a reality.

~ Paul M., Kauai

Happy Birthday

John G.	3/2	1972	42 yrs
Dick W.	3/17	1973	41 yrs
Pat Q.	3/7	1977	37 yrs
Bebe S.	3/10	1980	34 yrs
Gerry J.	3/4	1981	33 yrs
Dave G.	3/7	1987	27 yrs
Judy B.	3/2	1987	27 yrs
Larry	3/24	1987	27 yrs
Julie M.	3/1	1987	27 yrs
Ed H.	3/14	1988	26 yrs
Norman P.	3/1	1991	23 yrs
Kathy	3/12	1997	17 yrs
Julia O.	3/11	1997	17 yrs
Sherwood C.	3/17	1998	16 yrs
Bill E.	3/17	1999	15 yrs
Shoshanah	3/14	2003	11 yrs
Heather C.	3/10	2004	10 yrs
Julie H.	3/30	2004	10 yrs
Jennifer C.	3/5	2005	9 yrs
Eddie	3/1	2005	9 yrs
Linda R.	3/20	2006	8 yrs
Mike H.	3/5	2008	6 yrs
Cindy T.	3/14	2008	6 yrs
Susan O.	2/2	2009	5 yrs
Kelsey B.	3/6	2011	3 yrs
Brandi R.	3/1	2013	1 YEAR

Congratulations Everyone!!

We Publish All Sobriety Birthdays
On The Month After Their Occurrence.

She Said: (cont.) empowered to change. It always began in my mind and it was a constant rejection of my own self. Actually "Why" was not the answer, only the information I needed to get started.

Forgiveness was (still is) the conscious choice to stop a cycle of self-abuse. OK....I am imperfect....there it is. But my life is my own. I own these wounds and only I can choose to heal them. There will be new wounds, and I can heal those too – with forgiveness. I refuse to deny my imperfection any longer. It's futile. Now I realize that it is in these imperfections that our divine beauty emerges. When we admit our own imperfections, or recognize them in others, it's an opportunity to connect with love, through forgiveness. When I remember ones I have loved, it's never because of how perfect they were. No way! The moments that mattered were when we connected with genuine humanity; where we were allowed vulnerability, acceptance, understanding, and the freedom to be completely ourselves. We felt safe together in our imperfections. We celebrated them.

Heal your wounds with the 'immediate application of Love'. Offer yourself forgiveness and the safety to be completely you, AS IS. No one's perfect, and that's exactly what makes you the LOVELY that you are. Who would've thought the secret to perfection was simply acceptance? Practice makes perfect. ~ Jill R., Kauai

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!



Big Island Bash

~ Happy Joyous and Free ~

April 11, 12 & 13, 2014

The 26th Annual Big Island Bash –

An AA & Al-Anon Activity held at the magnificent
Sheraton Keauhou Bay Resort and Spa



Go to: www.bigislandbash.com

Maui Women's Retreat

"To Thine Own Self Be True"

April 25 - 27, 2014

Camp Keanae on the Road to Hana

Meetings, Fellowship & Fun! Bring your Big Book & Swimsuit! \$95 registration (includes food & lodging). Retreat grounds are open 3pm Friday, (no earlier).

Go to: <http://aamaui.org/special.html>



Last Saturday Supper

Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on April 26th, 7:00 pm

Sponsored by Koloa Nooners - Speaker at 7:45^{pm}



Steps To Freedom Birthdays

Kapaa United Church of Christ

1315 Ulu St. Kapaa

This Month on April 28th, 6:45 pm

Celebrate March AA Birthdays - Speaker meeting 7:30^{pm}

A.A. Meeting Places



"THE WATER MEETING" AT LYDGATE POND

**Held the 2nd Sunday of Every Month, 1:00pm
This Month on April 13th, at Lydgate Park**

- 11:00 am the Potluck/BBQ begins
- 1:00 pm it's time for a Meeting in the Water!

**Bring a floatation device and experience
an A.A. meeting in the water!
Refreshments are provided!**

[~ Sponsored by The Young People's Group ~](#)

New AA Meetings

Mondays in Kapaa:

Meditation Meeting at 11:15 am

- At the First Hawaiian Church, 4-1325 Kuhio Highway

Fridays in Waimea:

Beginners' Meeting at 5:30 pm

- Living Sober Book Study, Smokey Valley Clubhouse,
4700 Ala Wai Road.

Discontinued:

The Saturday 2pm Women's meeting at
McKenna Recovery Center has been discontinued.

Attention! Location Changes!

- **Friday Waimea Living Sober Meeting:**
Will be at Lucy Wright Park, April 4th and June 20th
(normally it meets at the Smokey Valley Clubhouse).
- **The Men's meeting at McKenna:**
Has moved to Moises' garage, at 4301 Puaole, Lihue.



AA ARCHIVES

March in Our History:

February 1910: Opening in New York City, ‘Charles B. Townes’ Hospital for Alcoholism. Under Dr. Silkworth’s care in years to come, Bill W. and many of our early old-timers sobered up there.

Question: “Is it still standing today?” Answer: YES! Located at 293 Central Park West, it is now a co-op apartment building, But that doesn’t stop A.A. members from around the world stopping by and taking pictures of the outside of this building that is a foundation in our history! Mr. Townes later opened an annex behind the main facility to provide treatment for patients of ‘moderate means.’ Hospital fees had to be paid-in-advanced. They ran from \$75.00 to \$150.00 in the main hospital (\$1560 to \$3120 today) and \$50.00 \$1040 today) in the annex.

February 11, 1938: The sobriety date of A.A. #13, Earl T. Earl’s story is in the Big Book. He worked with Bill W. in the writing of the ‘short form’ of our Traditions that is read at most meetings and groups.

February 8, 1940: John D. Rockefeller Jr. held a fund-raising dinner for A.A. at the ‘Union League Club’ in New York City. Bill, Dr. Bob and a handful of A.A. members attended. Bill was the main speaker.

February 1948: Father ‘John Doe’ founded the ‘Catholic Clergy Conference on Alcoholism’ which brought the A.A. message to priests and nuns who were suffering from alcoholism.

February 1949: The Hazeldon Foundation Alcohol Treatment Center opens in Center City, Minnesota.

February 1959: A.A. granted permission to tape the Big Book to ‘Recording for the Blind.’

February 1962: The A.A. Grapevine published the first ‘Victor E.’ cartoon.

~ Submitted by Mathea A.



Concepts Checklist

Concept IV:

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

- **Do we understand** the spiritual principles underlying the “Right of Participation”?
- **What does** “in reasonable proportion” mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- **Do we expect** that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

Find A.A. in Hawaii

at: www.area17aa.org

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:
April 6th, 9:30 am, at
The Lihue Neighborhood Center



Need Literature?

- ➡ Get It At The Intergroup Meeting!
- ➡ Books*Pamphlets*Newsletter*Meeting Schedules
- ➡ Or We Can Deliver It To You!
- ➡ Call the AA Hotline With Requests at: **245-6677**

Intergroup Treasurers Report

February 2014

Income:

Steps to Freedom	\$ 138.25
Step Sisters	\$ 33.00
TGIF Lihue	\$ 110.00
Princeville/ Hanalei	\$ 195.20
Sunrise Sobriety	\$ 600.00
Young Peoples	\$ 25.00
Koloa Aloha	\$ 82.50
Marcel books	\$ 46.00
Jim D pamphlets, books	\$ 8.55

Expenses:

Tom Schedules	\$ 234.41
Mo L Superbowl	\$ 82.80
Inkspot (GIS)Feb.	\$ 150.00
Hi Telcom	\$ 25.56
Guardian Self-Storage	\$ 114.51
Balance	\$2190.11
Less Prudent Reserve	\$ 150.00
Total Available	\$2040.11

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauaiaa.org
Visit Our Website!

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

website.intergroup@gmail.com

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Intergroup Officers:

Chair:	Bob B. chair.intergroup@gmail.com
Alt. Chair:	Susan ON.
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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:
April 19th, 9:30 am, at
The Lihue Neighborhood Center

PACIFIC REGION ALCOHOLICS ANONYMOUS



Service Assembly Report:

Hawaii - Alaska - California - Oregon - Washington -
Arizona - Nevada - Utah - Idaho

I want to thank God and District 6 for sending me to PRAASA in San Diego. I have to be honest, prior to departure from Kauai I was not interested in going. I just went because it was service. I didn't want to disrupt my comfortable life style! PRAASA has changed the lives of many members involved in service. I said I wasn't looking forward to PRAASA, but that feeling gradually changed. Everyone was grateful to AA and worked hard to make the assembly possible. People from different cities, outside of San Diego, joined in to help. Desire to do God's will came naturally. "Service" is the tool that helps every alcoholic stay sober.

I met new friends there, very nice people who once were demons and monsters like me. Now they are sharing their experience strength and hope with each other. God willing I will attend PRAASA next year.

What Is The Purpose Of PRAASA?

- Create unity, exchange ideas and practice the legacy of AA Service, which begins with transformation from Selfish to Selfless; a gift not to be taken lightly.
- Encourage Home Group members to get involved in General Service. Nevertheless, let's not fill in positions just to fill up the blanks. We must help pass on our experience and knowledge to grow and learn together. The GSR is indispensable between GSO and the groups. AA Groups must be connected as a whole. We need to continue passing on what we are learning here. Service transforms the experience of AA. Service commitments help us feel part of AA. We are not alone. We are guided by those who came before us.

■ Share the Concepts with home group members at business meetings. We have to protect and preserve the Traditions & Concepts. Where would we be right now without them? We do it for the alcoholic that will be knocking or crawling at the door of our rooms. Remember we wouldn't have life without AA.

■ Group inventories are vital cornerstones. Remember to do them. I'm not going to tell you how often, just remember inventories help us get rid of unsalable merchandise. The inventory process is a tool to enhance AA's future.

■ We have a job to make everyone welcome, treat them with kindness and love, and protect the rooms from predators. Listen to the inner voice and try to remember why you are here, think about the alcoholic who is not here yet, not about "me". I'm just a little piece of the whole, follow the will of GOD'.

~ Alejandro H., Kauai

District 6 Treasurer's Report

March 2014

Group Contributions:

TGIF	66.00
Princeville/Hanalei	170.80
Total Income	36.80

Expenses:

Office expenses	82.26
DCM travel	97.63
Area Assembly expense	506.69
Total Expenses	686.58

BANK BALANCE:	3,614.01
PRUDENT RESERVE	1,000.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:	Ron A. DCM6@area17aa.org
Alt. DCM:	Alejandro H.
Secretary:	George K.
Treasurer:	Jay Y.