

September 2013

Garden Island Sobriety

'Step Nine'

"Made direct amends to such people wherever possible, except when to do so would injure them or others."



He said: Step 9 is another step towards conscious contact with my higher power

and away from the bondage of self. Resolving the wreckage of my past allows me to be present day to day and **act on, not react to**, new experiences.

When I am ready to make direct amends it reflects that I have evaluated a situation and understand my part. Amends are not just an apology. They are recognition of an event or circumstance to the extent that I move in a new direction, amend my behavior, and not act in a similar situation the same way again.

There is much written about timing and what is meant by how an amends can injure others. It is for this reason that I sought the council of my sponsor, who has an objective viewpoint for advice.

One sound recommendation that I received was that I rehearse all the possible outcomes and reactions that will come back to me so that I don't get caught off guard and then react, starting the whole cycle over again. It is very important to remember that I am making an amends for my part. I have to let go of everything else and not expect a specific response.

When I was drinking I got in a hit and run accident, damaging property only, **thank God**. Going through the court system I found they were less than efficient in filing all charges. When I got through the first round of making all my plea bargains and was leaving the court the prosecutor says "You're not done yet." Then he handed me a summons for the DUI charge. Well 'I' was done and never went back, thinking I got away with it. But where I worked we served the public, including the police department, so for over 4 years every time a patrol car pulled up to the shop I thought ... **"Is this the day they haul me in?"** After getting sober this was one of the first amends I made,

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She said: From my Step Four I made a list of people I had harmed. I am willing to do

whatever it takes to stay sober. This is the action step, to do the amends, whatever it may be.

My first amends still continues today. My children deserve a living amends. I take responsibility for the good, bad, and ugly that I taught them. They lived through so much with my drinking and alcoholic behavior. They were preteens and teens when my behavior went from ordinary to insane. I knew it would take a whole lot more than saying sorry, money, and expensive toys to earn their trust, love, and compassion. Staying sober today allows my children to share their thoughts, feelings, and ideas with me without judgment, insane thinking, and insecure results. They make me want a better future.

Next was my mom, who taught me about God, education, kindness, unconditional love, and most of all forgiveness. She and my dad were best friends, partners, and great parents. By this time it had been well over ten years since my dad passed and my mom gave her love to God and her grandchildren. My mom was there every time I called! During my insanity, I disrespected her, spoke poorly of her, and told her how disappointed I was in her. I was a mess! My gratification is that I got the opportunity to know my mother for the woman she was, she got to know the sober me, and we became friends before she passed.

Then there is me. I needed to make amends to myself. I needed to stop chasing what I could have been and begin accepting who I am. I needed to change my thinking about myself. I am worthy. I am good enough. God believes in me.

Our real purpose is to fit ourselves to be of maximum service to God and the people around us.

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AA Hotline 245-6677

He Said: (cont.) including making restitution for the damage. I was prepared to face the full punishment for the DUI which, because of the time that had lapsed and the fact that I never got into trouble in that span, was dismissed.

Sometimes the best possible outcome happens and today I can look squarely in the eyes of our police department. But I don't recommend this as a method for beating a DUI.

~ Jay A., Kauai

She Said: (cont.) **Through making amends** we are allowed to be of maximum service to others. We are able to release the burden of the past, the baggage of the future, and be present in the moment. This is where we are at our best - in the NOW! Helping others in the now, being present at each moment, we will receive the promises.

~ Anonymous on Kauai

Birthday Celebrations

South Shore

- Koloa Monday Women's 'Na wahine ku pono'
5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- Aloha Group - 7:30 p.m. Speaker Meeting, 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!

Happy Birthday

Samantha F.	8/15	1989	24 yrs
Forest	8/5	1990	23 yrs
Myra L.	8/18	1990	23 yrs
Joy	8/21	1991	22 yrs
Sue G.	8/4	1991	22 yrs
Lenny I.	8/3	1992	21 yrs
Grekhen	8/8	1992	21 yrs
Jeff T.	8/10	1997	16 yrs
Linda B.	8/11	1997	16 yrs
David H.	8/1	2000	13 yrs
Haarold	8/24	2001	12 yrs
Elle N.	8/12	2003	10 yrs
Jenn	8/13	2004	9 yrs
David B.	8/5	2005	8 yrs
Manny R.	8/8	2005	8 yrs
Nancy M.	8/29	2005	8 yrs
Rhonda	8/18	2006	7 yrs
Duanne	8/14	2006	7 yrs
Damione V.	8/28	2007	6 yrs
Denny M.	8/31	2008	5 yrs
Jay A.	8/23	2009	4 yrs

Congratulations Everyone!!

~About Publishing Birthdays~

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

To Have a birthday published in the GIS News. Contact
District6newsletter@hotmail.com

Expect A Miracle

A.A. Meeting Places



Parish Hall, St. Williams Church

5292-A Kuhio Hwy., Hanalei
(At the corner of Malolo & Kuhio Hwy)

The Meetings:

- ⊕ Thursday 7:30pm, Speaker-Discussion
- ⊕ Saturdays 5:00pm, Women's Meeting
- ⊕ Saturdays 5:00pm, , Big Book Study



Water Meeting & BBQ

This Month on September 15th
At Lydgate Pond

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



Last Saturday Potluck

This Month on September 28th at 7:00 pm
At the Koloa Salvation Army Hall

- Speaker at 7:50 pm
- Sponsored by the Koloa Nooners

Ice Cream Social

September 25th, 2:00pm - 5:00pm

At Lihue Lutheran Church

(On German Hill)



Hosted by Al-Anon

- ✱ Speakers from Al-Anon and AA
- ✱ Music and Entertainment
- ✱ Ice Cream and Donation Drawing
- ✱ Tickets \$6.00 advance / \$7.00 at door



Halloween Festivities

October 27th at Wailua House Lots Park

- ✱ Costumes, Games, Prizes, FUN!
- ✱ More details will soon be revealed!!



THANKATON 2013

NOVEMBER 28TH , 2013

The planning committee is beginning its magic!

A.A. meetings at 10:00 am and 2:00 pm.

Potluck assignments for this year are:

- ⊕ East Side – Desserts
- ⊕ North Shore – Salads and Vegetables
- ⊕ South & West – Stuffing, Yams, or Potatoes

CALLING TO ALL GROUPS: We also need Nine uncooked Turkeys donated for the Dinner.



Traditions Checklist

Tradition IX:

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- Do I still try to boss things in AA?
- Do I resist formal aspects of AA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn't every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- What has rotation to do with anonymity? With humility?

Find A.A. in Hawaii



at: www.area17aa.org



AA ARCHIVES

How did the world-wide custom of saying, “I am an alcoholic”, at AA meetings begin?

Unfortunately, there are very few old-timers left and none of them have been able to provide plausible theories.

According to an early friend of AA, the late Henrietta Seiberling, this expression dates back to meetings of AA's forerunner, the Oxford Group, which had its heyday in the 1920's and 1930's. Henrietta had sought spiritual help in the Oxford Group when they first showed up in Akron. She is credited with introducing our founders Bill and Dr. Bob at her home on Mothers' Day, May 12th, 1935. All three of them were active Oxford Group members. At small Oxford Group meetings the members knew one another and didn't need to identify themselves. But, at large meetings, where there was 'witnessing', along the lines of an AA meeting today, personal identification became necessary so the alcoholics would know each other. "Chances are," Mrs. Seiberling said, "at some time one of the men stood up to share and after giving his name said, 'I am an Alcoholic' and the phrase just took off from there."

Early AA members do not remember that phrase being used at early AA Meetings as much as other words, at least in Akron, Cleveland area. Other words used to describe themselves were Drunks, Rum Hounds, or Boozers ... reminiscent of the temperance movements that gained adherents during prohibition and which most members of AA had lived through.

In New York, where Bill was from, the word 'Alcoholic' was rarely used before the publication of the Big Book. Some early east coast members said, according to their recollection, they first heard the expression as "I am an Alcoholic and my name is ...", and it came into being after World War II, 1945 or 1946. It is a matter of record that in 1947 a documentary film entitled, "I am an Alcoholic" was produced by RKO Movie Company in Hollywood and from then on it began to be heard at most of our meetings.

By 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

Kauai Intergroup

**The Next Intergroup Meeting:
September 7th, 9:30 am, at
The Lihue Neighborhood Center**

Intergroup Treasurers Report

July 2013

Income:

Thursday Koloa 12x12 books	\$ 46.00
Large print book	\$ 9.00
Friday Koloa Mtg. (books and donation)	\$ 46.00
4 th July seventh tradition	\$ 69.00
Founders Day 7 th tradition	\$ 41.00
It's Not Them	\$ 5.00
4 th Dimension	\$ 20.00
TGIF Lihue	\$114.62
TGIF books	\$ 22.50
Jerry V Nooners	\$100.00
North Shore Aloha	\$140.00

Expenses:

Hi Telcom	\$ 25.54
Guardian Self-Storage	\$114.58
Mark M. (sec expenses)	\$ 10.00
Mark M. (sec expenses)	\$ 10.00
Inkspot (GIS)	\$150.00

Balance	\$3618.05
Less Prudent Reserve	\$ 500.00
Total Available	\$3118.05

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

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



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!

- **Printable Kauai AA meeting schedule**
- **Check out Kauai AA Events Calendar**
- **Link to other Hawaiian island websites**

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.

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

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

District 6 Committee:

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

District 6 Treasurer's Report

July, 2013

GROUP CONTRIBUTIONS:

North Shore Aloha	\$ 80.00
Koloa Nooners	\$ 100.00
Princeville Hanalei	\$ 183.75
Happy Hour	\$ 43.70
Whiskey & Milk	\$ 30.00
Step Sisters	\$ 25.92
INCOME JULY:	\$ 463.37

EXPENSES:

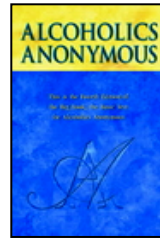
DCM travel	\$ 152.20
Kauai County Farm Bureau	\$ 528.13
EXPENSES July:	\$ 680.33

BALANCE	\$2263.68
PRUDENT RESERVE	\$ 500.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

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



-From The Big Book-

We are average Americans. All sections of this country and many of its occupations are represented, as well as many political economic, social, & religious backgrounds. We are a people who would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captains table. Unlike the feelings of the ships' passengers, however, our joy in escape does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.

~ The Big Book pg 17



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

Please include "District 6" & Group Name on check