

August 2018

# Garden Island Sobriety

'Step Eight'

**"Made a list of all persons we had harmed, and became willing to make amends to them all."**



## He said:

I never did this before and I could not believe I was about to! I knew I had harmed many people but many of them I could not even remember their names. By the time I was at this step many whom I may have harmed were long gone. I **apologized** to my mom and dad first off, mainly for all my childhood mistakes. That must have made them about lose their minds; Skipping school, getting F's on my report card, being a rebel, being as difficult as a child could be. The list is long. They accepted my apologies and my first amends were made.

I **also apologized** to myself and made an amends to myself. I never thought to do this before. It has been a very powerful step in my recovery. I could not believe how poorly I had treated myself. Mentally, physically, and financially. I never had very much to begin with money wise. I spent it all like there was no tomorrow. Eventually I would always make it out of another tailspin to find I had spent all my money again. This happened frequently. Always scrambling to make ends meet. My employers always seem to be on the verge of firing me, but it never happened. It took me getting sober for that to happen. Got sober and got fired. Hahaha.

**The things I can laugh** about today would have sent me into a raging tailspin before. I did not wish to rehash many of the persons I had harmed. I spoke to God about many of them. He was able to forgive me for all to whom I had done harm to.

I **use prayer everyday** now. I used to pray before but not for the same reasons as today. Prayed the liquor store don't close before I got there, prayed for the dope man to be home, prayed the hangover goes away, and the list goes on. Today I pray for serenity, health, and family. I am glad to have this program in my life today. It has helped me in many different life

*(Cont. p. 2)*



## She said:

Sometimes you want to make amends to someone, desperately need to, but you can't because they are gone.

**It's not always as simple** as paying back money you owe, replacing things you've broken, or even facing someone and apologizing. The one you have harmed may have died, or even never had the chance to be born. Perhaps the person you want to express regrets to has disappeared or is actually a threat to your life. If you know someone who has treated you violently and cannot be trusted, it is best not to see them at all.

**In some cases, there were people** who I had engaged with in a way that truly offended my sense of morality. Yet, these people saw nothing wrong at all with what we had done. Should I apologize for being a bad influence on them? How do you make amends in cases like these?

I **wondered if I should take** such difficult cases off my list, but it turns out, I didn't have to. My sponsor understood perfectly the dilemma I was facing and assured me that I was not alone. Many people face the same problems, she said. She made a suggestion that allowed me to keep my list complete.

I **was going to write letters** to all these people, pouring out my regrets onto the written page. She said that the letters need not be mailed, or even read by anyone but me, for I had already shared with her, and with God, all the details in my Fourth Step. She suggested that if I were to do this sincerely I would find my burden lifted. As hard as it was going to be to write these letters I was grateful to have a way to make restitution and demonstrate my willingness to do so. In the end I kept all the names on my list, even the people who I would never be able to find.

**There was another group of people** who I wanted to make amends to, but a mere apology would never

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**AA Hotline 245-6677**

**He Said** (cont.) situations. The program has introduced me to God. He helps me make decisions that keep me sober. My sobriety is reliant on God and program. I never had a god before and I am glad that He exists in my life today. I have also made an amends with Him.

**This step has allowed** me to forgive myself and to be forgiven for a lot harm I had placed on others. This step has taught me about forgiveness.

~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.) suffice. I had become aware of things about myself in Step 4 that had left a long trail of estrangement behind me. I did not even know how to begin to understand what harm I might have done to these people. I'm talking about my family. The only way I was going to make amends to them was through time and a consistently new behavior. I didn't need to be perfect, but if I stayed sober and made the 12 Steps of Alcoholics Anonymous an integral part of my life, progress would be made. In time this progress, born of an ever-evolving spiritual awakening and reflected in my new behavior, has naturally changed my relationship with my family.

**These are what is called a 'living amends'** and most of us have them to make. These living amends have become a reality for me as a result of working the 12 steps. I often now intuitively know how to handle situations that used to baffle me. I am eternally grateful, as is my family, for the promises of AA fulfilled.

~ Linda B., Kauai

## Happy Birthday

Mary C.	7/20	1979	39 yrs
Kathryn B.	7/9	1982	36 yrs
Wink - <b>R.I.P.</b>	7/4	1983	35 yrs
Judith E.	7/14	1984	34 yrs
Jerrie S.	7/17	1984	34 yrs
Gordy W.	7/11	1986	32 yrs
Keola	7/6	1990	28 yrs
Rick G.	7/4	1991	27 yrs
Paul H.	7/1	1993	25 yrs
Becky	7/31	1995	23 yrs
Lisa D.	7/4	1996	22 yrs
Charlie S.	7/27	1996	22 yrs
Kellie	7/1	1998	20 yrs
Dave A.	7/9	2004	13 yrs
Brandy	7/1	2012	6 yrs
John	7/12	2013	5 yrs
Margaret	7/7	2015	3 yrs
Jamie	7/19	2017	1 YEAR

**Congratulations Everyone!!**

# A.A. Activities



## The Happy Hour Cookout

**August 11<sup>th</sup>, 2:00 pm**

**At Nawiliwili Beach Park**

Cookout & Games. Meeting is a 5:00 pm



## Steps to Freedom Birthdays

**Potluck This Month August 27<sup>th</sup>**

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

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



## WCG at Kekaha-MacArthur Park

**This Month on August 31<sup>st</sup>**

**5:30pm Meeting then Birthday Potluck**

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset

**Attention Group Secretaries:**

**Send the dates of your Group**

**Member's Birthday's to**

[district6newsletter@hotmail.com](mailto:district6newsletter@hotmail.com)

**We will Publish Them in the**

**GIS the following Month**

# A.A. Meeting Places



## Kauai Veterans Memorial Hospital

**4643 Waimea**

- Monday 5:30 pm - Waimea Cyn Group 12 & 12 Step Study, Conference rooms A & B
- Thursday 5:30 pm - Waimea Cyn Group, Conference rooms A & B
- Friday 5:30 pm - Waimea Cyn Group, Living Sober Book Study, conference rooms A & B



**August 16 - 19**



**Aloha Kōkua**

Volunteers needed for the **AA booth** at the **Kaua'i County Farm Bureau Fair.**

Check the AA Announcements page on the KauaiAA.org website. Link is on the top to view the slots available, with instructions to contact the editors. **Mahalo!**

## **The Best of Big Book Dave:**

### **Month of August in Our History:**

**August 3<sup>rd</sup>, 1911:** Dr. Earl Marsh is born. His story is in the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> editions of The Big Book, 'Physician Heal Thyself.'

**August 1915:** Dr. Bob and Anne bought a home at 855 Ardmore Ave. in Akron, Ohio. It had just been built and it would be their only home for the rest of their lives. We can still visit it today.

**August 1932:** Book 'For Sinners Only' by A.J. Russel; one of eleven books (including the Bible) that influenced how The Big Book would be written.

**August 1937:** Lois and Bill stopped going to Oxford Group meetings.

**August 9, 1943:** A picnic is held at Sycamore Grove Park in Los Angeles, with Bill in attendance. Over 400 members attended from all over Southern California. At this time L.A. had eleven groups and 1200 members. There was a good article printed up in the Los Angeles newspaper about this event.

**August 1946:** Marty Mann, whose story is in the Big Book ('Women Suffer Too'), is invited to co-host a very popular radio show nation-wide called 'We the People', on the CBS Network. She explains A.A. and alcoholism over an 8-week period while answering letters sent into the show by listeners.

**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:**

### **"You Will Intuitively Know"**

This slogan brings us to two thoughts: Recognizing the "intuitive" knowing and then what you do after you know.

**Making sense** of this "knowing" may be to identify which of the following questions best fits your needs, What, How, When, Where, or Why, and then apply (or borrow) some healthy logic to find an answer to whatever situation you're in.

**Look at your** questions and begin to pick apart the probabilities of certain outcomes being favorable or not. You could look at this as a choice making matrix where you're beginning to narrow down your "intuitive" choices in order to make the best choice possible for all involved.

**Look at past** choices and results, future hopes/desires and consequences in the now. The objective of this process is to create the best "intuitive" choice for you *now* while establishing a habit you can revisit when you need to.

**After whittling the** options to a handful it's time for extra credit: call a friend, be patient and let it sink in. If you can, think about love and the scenario that could benefit the most people. Then remove all but the best two choices.

**Now go ahead** and make the you-can't-go-wrong intuitive choice you've been waiting for.....God knows you've earned it! repeat as necessary and you'll never have a no know or know no miss!? God's got a sense of humor mates!

**The beauty of** this slogan is it can carry some weight for you if you respect its needs, and in today's age when 'a give' is a 'getting it', using the right tools can make all the difference!

~Aaron W.

## **GRAPEVINE**

**Quotes of the Day**  
July 21, 2018

**"I make a conscious effort to keep it simple, because the simpler I make it, the happier I become."**

"An English Gentleman," Clevedon, Somerset, December 1999  
Voices of Long Term Sobriety



**The Next Intergroup Meeting:**  
**August 4<sup>th</sup>, 9:30 am**  
**The Lihue Neighborhood Center**

### Intergroup Treasurers Report

**June 2018**

#### Income:

Sobriety in Paradise	7th	50.00
Koloa Aloha	Literature	53.75
Stick Meeting	Literature	63.00
Northshore Aloha	Literature	136.00

**Total Deposits** **302.75**

#### Expenses:

Guardian Storage	Locker	145.83
Hawaiian Telcom	Hotline	25.92
Ink Spot	Newsletter	150.00

**Total Expenses** **321.65**

Previous Balance	86.02
Net Profit or Loss	<b>18.90</b>
Current Bank Balance	1117.12
Less Prudent Reserve	1050.00
<b>Operating Balance</b>	<b>67.12</b>

~ Report prepared by JoRina H.~

### CONCEPT VIII:

(Short Form) The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. grapevine) and the General Service Board?
- How can the business term "custodial oversight" apply to the trustees' relationship to the two corporate service entities?
- Does my home group subscribe to G.S.O.'s bimonthly newsletter Box 4-5-9? The A.A. Grapevine? Do I?



### Send Area Contributions

**ADDRESS IT EXACTLY LIKE THIS:**

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



### SEND YOUR CONTRIBUTIONS TO:

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



### 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:**  
**August 18<sup>th</sup>, 9:30 am**  
**The Lihue Neighborhood Center**

## **District 6 Treasurer's Report**

### **Report of July 21, 2018**

#### **Group Contributions:**

Poipu Beach Sunrise	200.00
Step Sisters	23.90
Monday Noon Meeting	50.00
Steps to Freedom	16.00
<b>Total Contributions for July</b>	<b>289.90</b>

<b>PREVIOUS BANK BALANCE</b>	<b>4841.06</b>
<b>WEBSITE RESERVE</b>	<b>375.00</b>
<b>PRUDENT RESERVE</b>	<b>1200.00</b>
<b>OPERATING BALANCE</b>	<b>3266.06</b>

### **SEND YOUR CONTRIBUTIONS TO:**

**Kaua'i District Committee**

**P.O. Box 1503**

**Kapa'a, HI 96746**



## **District 6 Committee:**

<b>DCM:</b>	<b>Steve Q.</b>
<b>Alt. DCM:</b>	<b>Janice M.</b>
<b>Secretary:</b>	<b>Jonathan D.</b>
<b>Treasurer:</b>	<b>OPEN</b>

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

### **Request a newsletter**



**by e-mail**



**Contact:** [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

**Editor:** Linda B.



## **From Your Alternate DCM**



**June and July** have been exciting and action packed! On June 24th District 6 celebrated 83 years of A.A. by hosting a Founders Day event at the Kilauea Parish Hall. We had 5 speakers with varying lengths of sobriety from all over the island. Forty-five members attended for delicious food, fellowship and fun.

**What I saw**, heard and felt was AA's from all over the island enjoying their sobriety and sharing their experience strength and hope! It's not always easy to attend all the events we have here on Kauai. We work, go to meetings, have families and responsibilities. We have these gifts because we are sober! While I'm not able to attend every event, I try to be there when I can to share in our amazing fellowship. Hearing how people are staying sober and loving their sober lives despite all the trials and tribulations gives me the inspiration and courage I need to trudge the road to happy destiny. The speakers were, Mitchell A. North Shore, Danette N., Steps to Freedom, Laurie L., South Shore, Sammy H, Steps to Freedom, Conrad M. Princeville Hanalei. Hope to see you there next year!

**The other fabulous** AA bash was the July 4th cookout out at Poipu Beach Park hosted by Intergroup. There was a great turnout, with great food, an awesome meeting and the district invited our Delegate Bob H. to come from Oahu to give his General Service Conference Report Back. Part of Bob's responsibility is to keep us informed of important proposals, information and actions happening at the General Service Office in New York. He does this by attending the General Service Conference in NY and then reporting back what he learned to the Hawaii Area. This is why it is so important for groups to be involved in General Service. If a group is not involved in General Service they will not be informed of what is happening with AA's big picture. If we are not informed, major changes to our finances, literature, committees, or public relations can occur without us knowing. The good news is, becoming informed is easy. Come to the District Meeting on the 3rd Saturday of the month at 9:30 at the Lihue Neighborhood Center and find out what we do and how to get involved! Everyone is welcome! Mahalo to everyone who participated in these wonderful events! We can't do it alone and we no longer want to!

**~ Janice M.**

**For more detailed** information regarding the Hawaii area and our Delegates GSC report please go to:  
<http://www.area17aa.org/assemblies-and-committee-meetings/>