

June 2017

Garden Island Sobriety

'Step Six'

“Were entirely ready to have God remove all these defects of character.”



He said: **Step six hurts.** There's no way else to put it. It's been the hardest for me to work, and it's even an idea that seems pretty hard to comprehend. To work this step, we pray and ask God to have us become willing to remove our defects. So how do I become willing? Pain. Period.

Early on, I heard a woman talk about the sixth step, and it's been only recently that I understood what she was saying, and what this step is all about. She said, "You can always tell when a person is working a sixth step. They're usually mean, irritable, and hurting. It's because they're looking at their defects." For me, the only way to become "entirely ready" is to suffer from my defects. They have to hurt and cause me pain enough to 1) pray for help, and 2) do something different. I change through pain. I wish I could say I was different and wise, but the truth is pain is the greatest motivator. It works better than anything else when it comes to changing myself.

When I did a fifth step I was able to see patterns of behavior and character defects that had caused me difficulty and pain in the past. But I became ready to give up my defects only after they were staring me straight in the face and I could not avoid them anymore. They weren't working.

In college, after a number of years of sobriety, I was stuck with procrastination to a point so bad that I could not do anything. I wanted to drop out of school. I went to a shrink, prayed about it, but nothing seemed to work. Then I talked to a very wise woman in A.A. who taught me how to work a seventh step. She walked me through that trying time and I made it through that semester. I never would have asked her for help had I not been completely defeated through my own measures. Now, I'm not saying I don't procrastinate. This letter is already past the deadline. But it has never

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She said: This is the step that is between you and God and the process of daily living.

What I found out in sobriety was that I couldn't continue to do things as I had before, and I really did *want* to do them differently. I began to understand my destructive personality twists by going to AA meetings, listening to others, whose stories were like my own, and doing a 4th step. I realized that I had developed ways of responding to life's obstacles in the past that had simply not worked, not at all.

For instance, when my feelings were hurt I reacted with resentment, re-feeling the hurt again and again. I dwelled on my injuries in a self-sabotaging spiral. My thoughts were like a broken record, screaming out the same negative messages until my nerves were so brittle they would snap. Believe me, I was not the only one who suffered. So did everyone around me.

Anger, fear and resentment had become my weapons of choice. I had used them to fight the world, or else as vehicles in which to flee. What I did not have was patience. My perspective on life was that I was in charge and I never completely trusted a power greater than myself to lead the way.

There are a lot of obstacles within me to being ready to have God change me. Stubbornness, false pride and denial are just a few. But lack of patience is one of the worst. Why should I take the time to ask God to help me? I'll just fix things myself. And I'm going to fix things right now! Yeah, right. If I keep trying to do things my way then I'm not entirely ready for improvement yet. I am still on the path of suffering and I usually just have to hurt enough to be ready to surrender to God.

In Alcoholics Anonymous I have learned a new way to live. I sometimes find myself seeing clearly the wrong path to take and wanting to do things differently, but have no idea how to. That is where faith in my higher

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AA Hotline 245-6677

He Said: (cont) gotten that bad again. And if it does get bad I can call my friends, ask for help, and follow the path to freedom. It's also about the faith that the troubling times in my life -- either through my own decisions or what I see as the circumstances of events - have tremendous meaning.

I don't believe that any situation I have suffered through has been in vain. Each one has made me take stock, ask for help to make changes, and come out a different person. And I've seen it in others. I've seen people in A.A. suffer crushing defeats, lose loved ones, not get what they really wanted, or were entitled to. I've seen them come out better, stronger people.

So it's my opinion that Step Six is a straight-up faith step. To me, it's a step where we say, "look, God, you know better than me, so let me become willing in any way that you must. This has to have a meaning. I'm trusting you to show it to me." That's why the 12 and 12 says, "This is the step that separates the men from the boys."

~ Tom F., Kauai

She Said: (cont) power comes in. For me this is the ultimate moment of truth and it brings me to my knees. It is the moment of trust and surrender.

I have to slow things down, recognize my part in a problem and sincerely want to *not* make things worse. I have to take a lot of 'time outs' these days and wait for my emotions to subside.

All of my defects of character were not immediately revealed to me when I stopped drinking. There is a process involved, the process of living. Once I am aware of some new twist in my unproductive behavior I still seem reluctant to be rid of it immediately. Why that is I do not know. But if I am to live at all, it is by the 12 steps of AA. Becoming entirely ready to relinquish my old way of doing things is part of the journey and ultimately leads to a life that is happy, joyous and free.

~ Linda B., 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).

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

Tom G.	5/20	1981	36 yrs
Kathleen P.	5/21	1982	35 yrs
Cindy C.	5/12	1985	32 yrs
Joy	5/20	1992	25 yrs
Mary L.	5/1	1993	24 yrs
Susan D	5/13	1993	24 yrs
Uncle Tim	5/13	1994	23 yrs
Kat	5/2	2000	17 yrs
Catherine G.	5/10	2002	15 yrs
Dana M.	5/23	2002	15 yrs
Annie	5/1	2004	13 yrs
Will L.	5/14	2005	12 yrs
Leilani K.	5/14	2005	12 yrs
Donna Jo	5/5	2005	12 yrs
Lindsey W.	5/17	2006	11 yrs
Sean F.	5/20	2007	10 yrs
Jackson O.	5/8	2007	10 yrs
Jennifer A.	5/5	2008	9 yrs
Lori M.	5/10	2008	9 yrs
Jesse P.	5/21	2011	6 yrs
Corey N.	5/28	2012	5 yrs
Leslie H.	5/12	2013	4 yrs
Liz	5/10	2014	3 yrs

Congratulations Everyone!!

A.A. Activities

Kauai A.A. Roundup

Planning Committee

Meeting June 11th, 3:00 pm

at Happy Hour Picnic Tables, Kalapaki Bay



The Happy Hour Cookout

This Month June 18th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

This Month June 26th

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

1315 Ulu Street, Kapa'a, Speaker Meeting 7:30pm



Came to Believe - Pizza Night

This Month June 28th

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

This Month on June 30th

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset

Alaskan Wilderness Jamboree

43rd Wilderness Jamboree in Alaska is July 14-16

Questions? Email - ENDLESSEXPLORER@aol.com

A.A. Meeting Places



Hanalei Community Center

(Across from St. Williams Church, 5292 Kuhio Hwy)

~ Turn left right before the soccer field ~

- Tuesday 7:00_{pm} -Men's Meeting
- Wednesday 6:30_{pm} -'Bad Brains' Young People's Mtg
- Friday 7:30_{pm} -Step Study Meeting

Kauai Round-Up 2017

June 23rd-25th, 2017



Hale Koa in Koke'e
Ka Pu'uwai Ha'aha'a

"The Humble Heart"

(Everyone must be registered to eat meals)

Kauaiaa.org for registration

July 4th at Lydgate Park



Annual Potluck and BBQ
at

Lydgate Large Pavilion



AA Archives

The Best of Big Book Dave:

June in Our History:

June, 1935: "The Upper Room" is first published coming out once a month with meditation for each day. It was required reading for early A.A. members before our Big Book was written.

June 10, 1935: Dr. Bob, who becomes AA's co-founder, takes his last drink on this date. June 10th is considered by most A.A. members and historians as the birth date of A.A.

June 1938: Bill W. and Hank P. begin slowly putting down on paper what will become our Big Book.

June 1940: Six inmates in San Quentin read a copy of the Big Book together and form the first A.A. group inside a prison. Bill W. was their guest speaker several times.

June 30th, 1941: "The Serenity Prayer" is found in the NY Herald Tribune newspaper by two members and brought into our New York office. Bill W. liked it so much it was reprinted and sent out with all replies to inquiries about A.A. from that day forward.

June 1945: 2500 A.A. members attended the 10th Anniversary of A.A. in Cleveland, reports the Cleveland Press. As of 1945 Cleveland has 14 of 500 A.A. groups in North America.

June 1947: This issue of the Grapevine carried for the first time, the A.A. Preamble, written by the Grapevine's editor Tom Y.

June 1981: Switzerland holds its 25th A.A. Anniversary! Lois (Bill's widow) was one of the guest speakers

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

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



Traditions Checklist

~ From the AA Grapevine ~

Tradition Six

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
- Should the secretary of our group serve on the mayors' advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

GRAPEVINE Quote of the Day

May 21, 2017

"I can recognize that I'm caught up in my will when I desperately struggle to slam a square peg into a round hole. That's the time for me to back off and trust that God's will is far better than mine

Elloree, S.C., November 2013
"Square Peg, Round Hole," AA Grapevine

Kauai Intergroup

The Next Intergroup Meeting:
 June 3rd, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report

May 2017

Income:

Step Sisters	7th	34.00
Poipu Beach Sunrise	7th	100.00
Hui Ohana	Literature	73.99
Sunday Serenity	Literature	27.00
Total Income		234.99

Expenses:

Guardian Storage	Locker	135.42
USPS	Box Fee	90.00
Ink Spot	Printing	
Hawaiian Tele	Phone	25.65
Chair/Alt	Travel	55.00
Total Expenses		306.07

April 2017 Report	3268.06
Net Profit or Loss	71.08
Current Balance	3196.98
Less Prudent Reserve	900.00
Balance	2296.98

~ Report prepared by JoRina ~

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:	Mary L.
Literature:	Sonya B.
Hotline:	Kelvin

Kauaiaa.org Visit Our Website!

■ **Kauai A.A. Meeting Schedule**



■ **Kauai A.A. Events Calendar**

■ **Link to HI Island AA websites**

Contact: website.intergroup@gmail.com



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**

Expect A Miracle

**Request a newsletter
 by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:



From Your DCM



Tradition, Concept, Step, & District 6

The Next District Meeting:
June 17th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of May 20, 2017

Group Contributions:

Princeville/Hanalei	185.00
Poipu Beach Sunrise	100.00
Group 000639085	13.00
Total Income	298.76

Expenses:

DCM Travel	269.30
Total Expenses	269.30

TOTAL CASH IN BANK	3530.95
PRUDENT RESERVE	1200.00

~ Report prepared by Crystal B. ~

"This is no time for legalities. Alcoholics Anonymous saved my life, and it comes first. I certainly won't be the guy to land A.A. in big-time trouble, and this would really do it!"

...That was the point of view of a guy who was asked by a liquor trade association to use his AA membership and name to "endorse their product."

When I am carrying the message by practicing the sixth concept in my service, I am not at all concerned about money, property and prestige. The sixth concept action completes the sixth tradition promise of unity: I can carry the message if I become actively responsible for my service.

I understand the relationship of the sixth step, tradition and concept of service in these words: I ask God, who is ultimately responsible for me, to remove my attachment to my defects of character: pursuing money, property, prestige, and a whole host of others, that I may be free to pursue my primary purpose in life: staying sober, and carrying the message to the alcoholic who still suffers.

Mahalo! ~ Steve Q

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

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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