

July 2015

# Garden Island Sobriety

'Step Seven'

**“Humbly asked Him to remove our shortcomings.”**



**He said:** I know I may sound like a broken record but I truly mean it every time I say that there are only 12 important, life-saving important, in perfect order important "Steps". Yes, only 12. They are in the order that we as humans can handle them, and most are willing to continue to work them. Each is vital to reach the next Step. Missing just one or trying to skip one could mean life or death for us.

**At this point** in recovery if you have done a honestly self excepting job of Steps 1-6 then Step 7 will be that needed wind beneath your wings.

**Humbly ask God to remove our short comings.** Humble and humility are both words that never existed in my vocabulary. The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. This is a perfect time to see for ourselves that all the work up to this point has serious meaning. We've learned that our old way of thinking got us nowhere fast and it's more comfortable to live a life of grace and honesty without a big show or lots of smoke and mirror.

**The whole emphasis** of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings, just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

*(Cont. p. 2)*



**She said:** The word "humbly" needs to be looked at in this step because it is imperative. My understanding of the word is that I know who I am and my right place in life. I am no longer low of the low nor am I better than everyone else, It's putting myself into true perspective. I believe it's a necessary part of the step because without humility, I cannot ask for help and that is exactly what is happening. I am asking God (or whichever word you choose to call your higher power) to do something for me for which I cannot do on my own. How do I know this will work? Because of my previous experiences with the other 6 steps. God has ALWAYS been doing for me what I couldn't do for myself!

**However, "removal" didn't** happen like a flash of lightening, striking me white as snow. Oh no! God didn't just swoop down and take away my characters defects. How simple that would have been. My experience is that He provided me with plenty of opportunities to learn how to choose differently. For example, one of my flaws that needed removing was impatience. God didn't just render me patient. Nope. Many situations were created for me to LEARN patience. First of all, the situations helped me see that there was something that needed to change. Then they gave me plenty of chances to practice patience, over and over in some cases where I may have been a little slow in the learning curve. Thank goodness this program is about progress and not perfection.

**Page 76 of the Big Book**, has a wonderful prayer that can help one foster the willingness to work Step 7 and humbly ask God for removal of our defects. If those words work for you great. If not, make something up! We are creative beings who can think

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**AA Hotline 245-6677**

**He Said:** (cont.) To sum it all up, find a place or space that's quiet and you can sit alone with your Higher Power. Talk to your HP like they are an old friend. Ask for this help, this easy task to be heard but be serious. Clearly ask for your shortcomings to be removed. Don't overdo it, don't over think it. Then just sit in silence. Enjoy the peace, the peacefulness, the humility. You may hear direction. You may feel light headed. You may even feel silly and that's all perfect. That means it working and all in your favor. It's amazing what we can do when we leave ego on the bus. When you feel it's time and you will know, just say a prayer of thanks and move on with your day. And remember we love you, the new you, and so will you!!!

~ Happy, Joyous & Free in Service.  
Lance L.

**She Said:** (cont.) for ourselves. Do not use the wording as an excuse to not move forward in life. Our ego/disease wants to trip us up getting hung up on words, prayers or semantics. It's just trickery to keep us sick. After the prayer is said, a letting go MUST occur. We must have an allowance for God to remove the defects. If there is still resistance and clutching to something we think still works for us in some twisted way, go back to Step 6 and once again become entirely ready. If something is really too scary to let go of, perhaps seek help from your sponsor or another trusted member of AA who has worked the steps. Find out their experience, strength and hope. That is why we are here, to be a guiding light for those newer on the path.

~ In Love and Light,  
Michelle L.

## Birthday Celebrations

### West Side

- **Ala i ke Ola Hou** 5:30 pm Last Friday of the month, KVMH Conf Rms A&B. 4643 Waimea Cyn. Dr. **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!**

## Happy Birthday

Tom W.	6/17	1959	56 yrs
Julia P.	6/27	1977	38 yrs
Jeanine B.	6/1	1984	31 yrs
Jon S.	6/4	1987	28 yrs
Kathleen	6/1	1989	26 yrs
Bill E.	6/26	1989	26 yrs
Gary F.	6/1	1990	25 yrs
Linda W.	6/24	1991	25 yrs
Ron A.	6/1	1994	21 yrs
Chris	6/11	2000	15 yrs
Romeo G.	6/20	2000	15 yrs
Tatiana	6/18	2001	14 yrs
Tom C.	6/6	2005	10 yrs
Joe C.	6/1	2007	8 yrs
Chandra	6/15	2007	8 yrs
Jude H.	6/19	2007	8 yrs
Pirie I.	6/28	2007	8 yrs
Matt	6/26	2008	7 yrs
Corina W.	6/30	2013	3 yrs

**Congratulations Everyone!!**

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



## 4th of July

**"Freedom  
from  
Bondage"**

**Saturday July 4<sup>th</sup>, 2015, 8:00<sup>am</sup> to 5:00<sup>pm</sup>**

### **Potluck at Lydgate's Big Pavilion**

**Fellowship, Meetings & Entertainment**  
Lunch at 11:30, Meetings at 10:00, 1:00 & 3:00

**Volunteers needed to help with set-up,  
coffee making and clean-up**

**See you there!!**



### **The Happy Hour Cookout**

**This Month on July 19<sup>th</sup>, 2:00 pm**  
**At Nawiliwili Beach Park**

Cookout & Games. Meeting is a 5:00 pm



### **Came to Believe - Pizza Night**

**6:00pm at Saint Michael's Church Lihue**

last Wednesday of month, this month July 29th



### **Steps to Freedom Birthdays**

**At Kapa'a United Church of Christ**  
1315 Ulu Street, Kapaa

**This Month's Potluck July 27<sup>th</sup>, 6:45pm**

Celebrate AA Birthdays, Speaker Meeting 7:30pm

## A.A. Meeting Places



### **"THE WATER MEETING"**

**AT LYDGATE POND**

**NOW Held the 2nd SATURDAY**

**Every Month at 1:00<sup>pm</sup>**

**This Month on July 11<sup>th</sup>, 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 ~**



### **AA Potluck in Hanalei**

**At "Bathrooms" Beach Picnic Tables**

Last Sunday of every month, 5:00 pm to 7:00 pm

**This month's Potluck on July 26th**

**Come celebrate sobriety! It's free and fun!**  
**Everyone welcome! Bring a dish!**

**Driving Directions:** From Lihue: drive north to Hanalei. Make a right at Aku Road. Left at Weke Road. Right at Amaama. From Ha'ena: drive south towards Hanalei. Make a left at Anae. Right at Weke. Left at Amaama.



## 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 10<sup>th</sup> 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 30<sup>th</sup>, 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 10<sup>th</sup> 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.

**From ‘Big Book Dave’, Elected Archivist, Interior Alaska  
June 2012 Issue**

~ Submitted by Mathea A.

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

# Tradition Seven

**“Every A.A. group ought to be fully self-supporting, declining outside contributions.”**

**This tradition was born** out of the desire to protect us from ourselves, just as much as any of the other traditions. As a Society growing out of infancy into adolescence, we swung back and forth over the idea that we needed vast sums of money or the notion that A.A. shouldn’t have any. Most of the membership believes that you cannot mix A.A. and money. Despite the protests over the years, we had to realize that meeting places cost money (rent) and literature, phones installed for twelfth step work and sometimes small offices set up in local areas. We saw that if this was not accomplished, the man or woman coming through the doors wouldn’t get a break. These services cost small sums of money which we could and would pay ourselves.

**What we have learned** over the years from other movements or organizations, who have accepted outside contributions, are that the so called benefactors want to direct how the funds are used, along with recognition for the “generous donation”. Many groups in the early days experienced a drop in membership attendance because of the controversy that it caused.

**Our solution** to the situation was to become self-supporting through our own contributions and therefore insure that we become responsible to ourselves. In the early days of A.A. there was a great depression and everyone was struggling to make ends meet. In that sense, we were just like everyone else in America, but over the years we have experienced some prosperity in our individual lives because of being sober in A.A. and as a result A.A. has managed to grow, but the need for increased contributions in the basket is still valid due to the rising costs of living. One question to ask yourself the next time the basket comes around is, “How much value do I place on my Sobriety?”

**In Love and Service,  
~ Ron L.**

# Kauai Intergroup

The Next Intergroup Meeting:  
 July 11<sup>th</sup>, 9:30 am  
 The Lihue Neighborhood Center

## Intergroup Treasurers Report

May 2015

### Income:

Waimea Canyon Group Books	52.25
Twisted Sisters Group 7th	31.00
Come AS You Are Group	10.00
Third Traditions Group	255.60
Steps To Freedom	213.00
Waimea Canyon Group	19.20
<b>Total Income</b>	<b>581.05</b>

### Expenses:

Susan Ok Books	802.76
Post office box fee 12 month fee	80.00
Hawaiian Tele Phone	22.19
Ink Spot G.I.S	150.00
Bank of Hawaii Checks	32.45
Guardian Storage	130.21
<b>Total Expenses</b>	<b>1217.61</b>

April Balance	3112.87
Less Prudent Reserve	..150.00
Total From Above	-636.55
Balance	2326.32

~ Report prepared by Tom R. ~

### SEND YOUR CONTRIBUTIONS TO:

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



# Kauaiaa.org Visit Our Website!

## ■ Kauai A.A. Meeting Schedule



Compact 2-pg schedule  
 --prints on legal-size 8½x14"

## ■ Kauai A.A. Events Calendar

## ■ Link to HI Island AA websites

Contact: [website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)



## SERVICE ALERT The AA Hotline Needs:

- **Volunteers** for temporary & permanent vacancies
- **Volunteers** to take 12-Step calls.

Please email the Hotline Chair [hotline@kauaiaa.org](mailto:hotline@kauaiaa.org)  
 Or call 245-6677. Mahalo



## 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:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Cindy C.
Literature:	Susan OK.
Hotline:	Gabrielle
Events Chair:	Alejandro H.

# District 6, Kauai:

The Next District Meeting:  
 July 18<sup>th</sup>, 9:30 am  
 The Lihue Neighborhood Center

## District 6 Treasurer's Report

June, 2015

### GROUP CONTRIBUTIONS

Steps to Freedom	85.00
Poipu Beach Sunrise	200.00
Step Sisters	17.00
<b>Total Income March:</b>	<b>302.00</b>

### EXPENSES

DCM Travel	275.00
<b>Total Expenses March:</b>	<b>275.00</b>

### Aloha leaders and trusted servants,

As of June 20, District 6 funds are as follows:

Operating Funds	\$3384.35
Prudent Reserve	\$1,000.00
Total cash in bank	\$4,384.35
Total Contributions and Income	\$ 1,300.42
Total Expenditures	\$ 2,127.85
Net Revenues	\$ -827.43

First, All deposits have been made and all postings are current as of today.

As you can see, there were three contributions this month totaling \$302.00.

Mahalos go to Steps To Freedom, Poipu Beach Sunrise Group, and Step Sisters for their generosity.

Second, the only expense for this month was for DCM travel to the Punahou District Committee mtg earlier this month, in the amount of \$275.00.

Third, mahalo for the continued support and patience with all financial transactions that take place, and, planning for the future, so that "When anyone, anywhere, reaches out for help, I want the hand of A.A. Always to be there. And for that: I am responsible."

~ Report prepared by Steve Q. ~



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



## District 6 Committee:

DCM:	Jonathan D.
Alt. DCM:	Kalei K.
Secretary:	Susan OK.
Treasurer:	Steve Q.

Request a newsletter  
 by e-mail



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

Editor: Linda B.