

March 2014

Garden Island Sobriety

'Step Three'

"Made a decision to turn our will and our lives over to the care of God as we understood Him."



He said: There are no foxholes deep enough to keep me safe from the fallout of my personal nuclear holocaust, when I try to control outcomes in life.

Looking around the rooms it seems alcoholics still die from their alcoholism right in front of our eyes. Money, Power, Sex. Even with the physical allergy to alcohol arrested through abstinence, alcoholism is present, especially when we take back our will and force life to give us what we want, when we want.

"After all, our problems were of our own making. Bottles were only a symbol. Besides, we have stopped fighting anybody or anything. We have to!" - Big Book p.103

Living in the Third Step is easy to understand. It is the exact opposite of life as a drunk.

When first faced with Step Three, I was afraid to embrace the beauty of a life outside of my imagination. I thought deep down that God wanted me to stop making art and if I began to look at Step Three I would suddenly lose all of my abilities. Yeah, I was a little edgy in that delusional sort of way when I came into the rooms. A friend of Bill W.'s suggested that I write down all the times I didn't receive what I needed in life. I couldn't think of one time I didn't get exactly what was necessary to get through life, including times of crisis. It turns out the Third Step wasn't so far away from me as I thought it was.

"We can have faith, yet keep God out of our lives". 12 and 12 p.34

Living in my Third Step means trusting the process. Today when I am living the moment in my Third Step my personal powerlessness is the source of a beautiful adventure into the spiritual realm. Living in my Third Step allows me to embrace the remaining steps of the inventory process and takes on different meanings throughout the day. *(continued on page 2)*



She said: I used to only willingly accept what I could prove, so turning "my will" and "my life" over to something unknown has been a terrifying experience.

The definition of "Will" in the dictionary says, "expressing the future tense." For as long as I can remember, I put happiness off. I would often think to myself, "I will be happy when ____." Unfortunately, promising myself happiness at some time in the future meant never realizing it. Furthermore, my plans caused added anxiety since my future happiness was tied up in them. I have now realized the trap in putting happiness off. I had to learn to be happy *now*. In sobriety I have found that "turning my will (future) over to God" simply meant letting go of my attachment to future plans, and choosing happiness now. To be happy now meant I had to learn acceptance of each moment AS IS.

I have struggled living in the present moments of my life because sometimes it really does feel un-livable. In fact, I think my lowest point was at 90 days sober. I felt so lost. I didn't know myself..... I didn't know what I wanted.....I didn't know what I enjoyed or even what made me happy. While drowning in drinking, I had lost my perspective. I was completely blind to the beauty all around me. I was especially blind to the beauty inside me. Turning my life and my will over to God has not been about giving up control of my life (as I originally thought), rather, it was about bringing my life (my moments) and my "future" into harmony with the divine that surrounded me. This happened through simple awareness. Life is the creative force. Life is happening FOR me, not TO me. "My life" is simply a series of moments dancing in accordance with everything around me. When I brought my life into harmony with this rhythm (through recognition) a beautiful symphony began, and *(continued on page 2)*

He Said: *(cont.)* It means finding peaceful resolutions when I want to scream at someone. It means commitment to my relationships without keeping one foot out the door. It means service to the fellowship, and to other alcoholics, and building my day around a meeting. It means rigorous honesty with my sobriety date. It means remembering that there are no victims in Alcoholics Anonymous. I have personal responsibility in all areas of my life today. And I have something precious to lose if I take a drink. This is my best chance at sobriety.

Paul M., March 2014

She Said: *(cont.)* each instrument was playing its part. Life was the manifestation of the divine. I began to listen; to hear the unheard, to know the unknown.

One of the main reasons I drank was because I was so unhappy. I realize now that many of my choices were not what I wanted, but what other people wanted for me. I have now found courage to admit what I want. Getting sober has been a second chance to live my own life. Because who else is gonna live it? No one else lives the moments of your life. In order to discover God's will for me, I had to discover what made my heart sing. Turning my life and my will over has simply meant bringing my awareness into harmony with this divine force swirling all around me in each unfolding moment. I have now realized that my will is in harmony with the divine, through recognition of beauty in each moment AS IS.

What brings you joy? What makes your heart sing? When we do things we love we strengthen our ability to connect with God. When we strengthen our connection with God, it becomes natural to experience "life" more fully in everything we do.

Our moments are more than a thought. They are a smell, a touch, a sound, and a feeling all at once. Practice connecting with God by discovering, practicing and appreciating the things that bring you joy.

~ Jill R., Kauai

Happy Birthday

Lucky	2/10	1981	33 yrs
Billy A.	2/14	1982	32 yrs
John P.	2/5	1984	30 yrs
Denise	2/18	1984	30 yrs
Fran M.	2/14	1986	28 yrs
Annie B.	2/15	1998	16 yrs
Jeff S.	2/14	2002	12 yrs
Bill S.	2/2	2004	9 yrs
Janice M.	2/5	2005	8 yrs
Susan C.	2/24	2007	7 yrs
Arthur D.	2/1	2008	6 yrs
Brittni	2/5	2008	6 yrs
Laura L.	2/14	2008	6 yrs
Pat C.	2/16	2008	6 yrs
Mark A.	2/29	2008	6 yrs
Susan O.	2/2	2009	5 yrs
David A.	2/23	2009	5 yrs
Kirt	2/4	2009	5 yrs
Matt L.	2/24	2009	5 yrs
Christopher	2/19	2010	4 yrs
Jami K.	2/22	2010	4 yrs
George K.	2/22	2010	4 yrs
Alysson	2/26	2011	3 yrs
David A.	2/23	2011	3 yrs
Taylor	2/17	2012	2 yrs
Bronson B.	2/1	2012	2 yrs
Lion H.	2/10	2012	2 yrs
Karen F.	2/2	2013	1 YEAR

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

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!

A.A. Meeting Places



Photo ~ Alejandro

Kapaa First Hawaiian Church 4-1325 Kuhio Highway

- Wednesday 12:00 pm – Daily Reflections
- Wednesday 5:00 pm – 'It's Not Them'
- Friday 10:00 pm – Experience, Strength & Hope
- NEW Monday 11:15 am - Meditation Meeting

New AA Meetings

Mondays in Kapaa:

Meditation Meeting at 11:15 am

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

Fridays in Waimea:

Beginners' Meeting at 5:30 pm

- A Living Sober Book Study
- At Smokey Valley Clubhouse (neighborhood center)
- 4700 Ala Wai Road, Waimea

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.

Area 17 PI Players Present,

March 2, 10:00am at
The Lihue Neighborhood Center



AND

There Are No Emergencies In AA!



Two engaging and entertaining skits

To be followed by question and answer sessions with Area 17 officers.

Find out how your AA works!!



Water Meeting & BBQ Lydgate Park and Pond

This Month March 9th at Lydgate Park

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



Last Saturday Supper Kolaa Salvation Army Hall

5348 Kolaa Road, Kolaa

This Month on March 22nd, 7:00 pm

- ◆ Sponsored by Kolaa Nooners Group
- ◆ Speaker at 7:45 pm



Steps To Freedom - Birthday Potluck -

Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month on March 31st at 6:45pm

- Come celebrate March AA anniversaries
- Speaker meeting starts at 7:30pm



Big Island Bash

~ Happy Joyous and Free ~

April 11, 12 & 13, 2014

The 26th Annual Big Island Bash

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



Complete information on Activities, Registration and Accommodations may all be easily found at:

www.bigislandbash.com



AA ARCHIVES

What did Bill W. Read?

Located in a **bookcase** in the hall just outside the Archives room at the General Service Office in New York some years ago were the books which Bill W. most frequently referred to. They were as follows:

- *Varieties of Religious Experience*, by Wm. James
- *This Believing World*, by Lewis Browne
- *I Will Lift Mine Eyes*, by Clarke
- *Sermon On The Mount*, by Emmet Fox
- *Spiritual Exercises of St. Ignatius*
- *Soul Surgery*, The Oxford Group, H.A. Wallace
- *Four Absolutes*, The Oxford Group, Central Bulletin
- *For Sinners Only*, by A.J. Russel

And Bill's very own ...

- *The AA Way of Life*, which is better known today as *As Bill Sees It*

~ Submitted by Mathea A.



Concepts Checklist

Concept III:

Concept III: To insure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional “Right of Decision.”

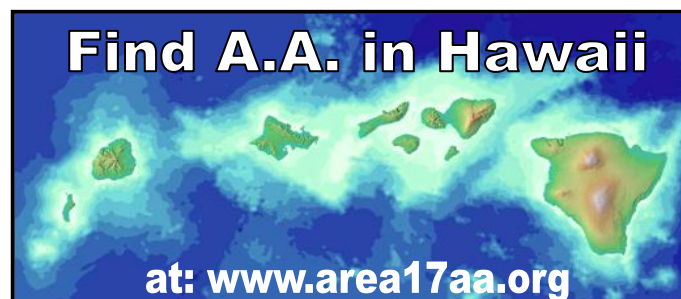
● **Do we understand** what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?

● **Do we trust** our trusted servants – G.S.R., D.C.M., area delegate, the Conference itself?

This really means that we ought to trust our responsible leaders to decide, within the understated framework of their duties, how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises. (p 15) **But for so long** as our world services functions reasonably well – and there should always be charity for occasional mistakes – then trust must be our watchword, otherwise we shall wind up leaderless. (p 15)

Ref: *The A.A. Service Manual Combined with Twelve Concepts for World Service* by Bill W. 2005-2006 Edition

Find A.A. in Hawaii



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



Kauai Intergroup

March 1st, 9:30 am, at
The Sun Village Clubhouse

Location Change For March Only

To accommodate the Area 17
Committee meeting at the Lihue
Neighborhood Center, March 1st & 2nd

Intergroup Treasurers Report

January 2014

Income:

Young People	\$ 25.00
Koloa Aloha	\$ 50.00
Living Sober	\$ 50.00
Happy Hour	\$300.00

Expenses:

Inkspot (GIS) Dec. & Jan.	\$300.00
Hi Telcom	\$ 25.58
Guardian Self-Storage	\$114.58
Reimburse Chips, Waimea New meeting	\$ 30.84

Balance	\$2797.52
Less Prudent Reserve	\$ 250.00
Total Available	\$2547.52

~ 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*Newsletter*Meeting Schedules
- ➡ **Or We Can Deliver It To You!**
- ➡ Call the AA Hotline With Requests at: **245-6677**

 **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
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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.

District 6, Kauai:

**District 6 Hosting Area 17 Meeting:
March 1st and 2nd at the
The Lihue Neighborhood Center**

District 6 Treasurer's Report

February 2014

GROUP CONTRIBUTIONS

Young People:	25.00
Area 17:	425.00
Koloa Aloha:	50.00
Poi'pu Sunrise:	200.00
Happy Hour:	60.00
Step Sisters:	12.00
Group#123155:	20.00
Steps to freedom:	118.30
Total Income February:	910.30

EXPENSES

PI Recovery Center, rent	60.00
DCM Travel:	301.00
DCM Travel:	128.00
PO Box / year:	96.00
Total Expenses February:	585.00

Bank Balance:	4,063.79
Prudent Reserve	500.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

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



Area 17 Committee Meeting

At Lihue Neighborhood Center



March 1 -2, 2014



Everyone is invited to attend!!

The **Area 17 Committee Meeting** will be held March 1st and 2nd at the Lihue Neighborhood Center. Everyone is invited to attend and watch service at the Area level.

The **second day** of the Committee meeting will involve a play put on by the Area committee members followed by a workshop explaining the responsibilities of the different committees.

Everyone is encouraged to attend this meeting, especially newcomers who are still wondering what AA is all about.

Next PI Committee Meeting

is on March 15th, 3:00pm

Please Join Us!

At the Picnic Tables

At Nawiliwili Park

District 6 Committee:

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