

June 2018

Garden Island Sobriety

'Step Six'

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



He said: I was ready to be rid of all my defects of character. I recently formed a relationship with my higher power and believed He could help me through this process. I had many different things wrong with me when I decided to get clean and sober and still have many defects today. This step is a process, as I have learned. I have also learned that this program is about self-awareness, mental and spiritual growth, and conditioning of our daily lives in a way that promotes a more simple or softer, easier way.

Having a God, or a God of My Understanding, did not exist before this program. I am not against religion or atheist, it's just that I never truly formed a relationship with God. My higher power is and looks like the God most of us all know. The one pictured in all the churches. But what truly allowed me to get to know my higher power is that He could be one of MY understanding. That made it simple for me.

One by one I asked him to remove all my defects. This process did not occur over night. It takes time. Realizing and identifying my defects has helped me in a healing way. It's where I developed poor behavioral patterns without knowing it and then somehow it became a way of life. Ridding myself of all these defects allowed me to breathe for the first time in a great while, with the help of God of course. The more I asked Him to remove the better I started to feel. He would listen and give me strength to move forward. It didn't matter what the defect, how big or small, bad or not so good. When I talked to God it was like He already knew.

I am grateful to have God in my life today. This

(Cont. p. 2)



She said: After I have openly admitted my faults and verbally taken responsibility for my actions, am I “willing” to have God remove my character defects? I think, willingness is the key in step 6. What is the definition of willingness? Willing, according to the Webster Dictionary, means ready and eager to act. Am I willing to let go and let God change my thinking and beliefs?

Change! Me? Really? Well, just maybe a little tweak here or there but generally speaking, I thought I was just okay. I was NOT prepared to have all of my defects of character removed. I found that some of them assisted me in my daily living because they became a part of my personality. I also found that a few of the character defects I listed were not defects but assets such as gullible – easily duped or cheated. As I continue my journey in sobriety, I find a character asset to be a defect, such as detachment – holding others responsible for my feelings.

This is why it is important for me to have a sponsor. My sponsor points out the difference between my assets and defects. Identifying the character traits are important and necessary because of my delusional thinking. As I trudge the road to happy destiny, I am constantly reminded that I am human and with human qualities. I am not a bad person trying to be good. I am a recovering alcoholic trying to get well. My worse day sober is far better than my best day intoxicated. I am able to identify, be completely prepared, and take responsibility for my words, actions, and thoughts. I am alert, aware, and yes, willing.

I choose to abandon limited objectives and move towards God's will for me. I now desire to do God's will. I seek to be of service. I am ready for change! I

(Cont. p. 2)

He Said (cont.) ... step helped restart my life. It helped wash away the behaviors that held me captive with using. Through prayer I have learned to accept my defects of character. I ask God to help me remove them.

~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.) need change! I want change! If I am narrow minded in my thinking I am narrow minded in my results. I choose to be open and flexible. When I am in-line with God's will, anything is possible! Faith sees the invisible, believes the incredible, and accepts the impossible. Step 6: Be prepared, God has your best intention in mind - Fantastic Adventures!

~ JoRina H., Kauai

Happy Birthday

Tom G.	5/20	1981	37 yrs
Kathleen P.	5/21	1982	36 yrs
Cindy C.	5/12	1985	33 yrs
Joy	5/20	1992	26 yrs
Mary L.	5/1	1993	25 yrs
Susan D	5/13	1993	25 yrs
Uncle Tim	5/13	1994	24 yrs
Kat	5/2	2000	18 yrs
Catherine G	5/23	2002	16 yrs
Dana M.	5/23	2002	16 yrs
Annie	5/1	2004	14 yrs
Will L.	5/14	2005	13 yrs
Leilani K.	5/14	2005	13 yrs
Donna Jo	5/5	2005	13 yrs
Lindsey W.	5/17	2006	12 yrs
Sean F.	5/20	2007	11 yrs
Jackson O.	5/8	2007	11 yrs
Jennifer A.	5/5	2008	10 yrs
Lori M	5/10	2008	10 yrs
Jesse P	5/21	2011	7 yrs
Corey N.	5/28	2012	6 yrs
Leslie H	5/12	2013	5 yrs
Liz	5/10	2014	4 yrs

Congratulations Everyone!!

Send us the date of your Birthday

district6newsletter@hotmail.com

It will be Published the following Month



4th of July

At Poipu Beach Park

'Big Pavilion'

Family Potluck & BBQ

Next Month, See you there!!

A.A. Activities



The Happy Hour Cookout

June 9th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

Potluck This Month on June 25th

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

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



WCG at Kekaha-MacArthur Park

This Month on June 29th

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset

A.A. Meeting Places



The Big Pavillion at Poipu Beach Park

Meeting: Sunday 7:00 am, The Koloa Aloha Group

'Daily Reflections'

A.A. Founders Day

Sunday, June 24th

2:00 pm to 6:00 pm

Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

SPEAKERS!! Food, Fun & Fellowship



Bill Wilson - Bill Wilson was the co-founder, along with Dr. Bob Smith, of Alcoholics Anonymous in 1935.

Bill was the primary author of the "Big Book" of Alcoholics Anonymous, and was the driving force to turn a small group of alcoholics in Akron, Ohio during the late 1930s into a worldwide organization. Bill Wilson believed "one alcoholic talking to another" was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the "Meeting" concept. Bill Wilson died in 1971, with almost 36 years sober.



Dr. Bob Smith - Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935. "Smitty" or "Dr. Bob", as he was known to AA friends, was instrumental in assisting Bill Wilson turn a small group of recovering

alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization. Bob Smith died in 1950, with 15 years of sobriety.

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.**

Slogans for Sobriety:

“Think, Think, Think”

Do we choose in accordance with our understanding of dignity? After the childhood brainwashing begins to fade, while we're going through the programs Steps, we realize we have the right to be valued and respected just because we're alive. The actions surrounding my desperate desire to feel I belonged and was accepted really said to others, I have no dignity, I'm a piece of garbage, please use me. When your primary caregiver's affections are mixed with resentment then instead of teaching you how to love they teach you that love should be feared. This qualifies as emotional abuse whether we like it or not.

A possible solution would be to work hard to believe you have a right to exist, which entails loving or wishing good for yourself and others. The trick is to know that doing good for others, while not doing good for yourself, is a pitfall and breeds anger or resentment that is really victimization. This turns you into someone looking to be used (accepted) or a martyr (helping others because you believe you deserve/need the help). Emotional abuse or lack of authentic love during childhood is a form of trauma and needs to be respected as such. Trauma affects our safety, trust, power/control, competence/esteem, and ability to be authentically intimate (vulnerable) without defenses.

Some questions that revolve around the basic components of wishing good to others or yourself are: How patient am I? How often do I put tolerance and restraint with my wants ahead of other's needs? Which choice do I exercise when I feel compassion for someone? Do I sacrifice enough to understand a person's circumstances to relate to them? And how deeply am I able to feel my pain from those I resent to authentically forgive them? This stuff is always a work in progress and I'm grateful that our program allows me a way to focus on the important parts of life, despite societies barrage of illusions. The truth always prevails, where's the love? Think about it.

~Aaron W.

Kauai Intergroup

**The Next Intergroup Meeting:
June 2th, 9:30 am
The Lihue Neighborhood Center**

Intergroup Treasurers Report

April 2018

Income:

Na Wahine Ku Pono	7th	143.50
Step Sisters	7th	31.25
Total Deposits		174.75

Expenses:

Guardian Storage	Locker	145.83
Hawaiian Telcom	Hotline	25.92
Ink Spot 9ck not cashed)	Newsletter	300.00
Total Expenses		471.75
Previous Balance		1484.22
Net Profit or Loss		297.00
Current Bank Balance		2237.22
Less Prudent Reserve		1050.00
Operating Balance		1187.22

~ Report prepared by JoRina ~

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Aaron W.
Literature:	Bob B.
Hotline:	Kelvin

Concepts Checklist

CONCEPT VI:

The Conference recognizes that the initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

- **Are we familiar with** how our General Service Board (G.S.B.) class A (non-alcoholic) and Class B (alcoholic) trustees serve A.A.? Are we familiar with how our other trusted servants serve A.A.?
- **Are we clear about** the terms “chief initiative” and “active responsibility”? Can we see a direct link to our home group?

Request a newsletter by e-mail

Contact: District6newsletter@hotmail.com

Editor: Linda B.

SEND YOUR CONTRIBUTIONS TO:

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

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



District 6, Kauai:

The Next District Meeting:
June 16th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of April 21, 2018

Group Contributions:

Steps to Freedom	35.00
Kapaa Young Peoples	100.00
Step Sisters	17.85
Step Sisters	31.25
Sunrise Serenity	143.00
Princeville Hanalei	175.00
Na Wahine Ku Pono	86.10
Hui Ohana	500.00
Total Income	1088.22
Expenses:	0.0
TOTAL CASH IN BANK	4922.06
PRUDENT RESERVE	1200.00

District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	OPEN

----- We Need A New Treasurer -----

GRAPEVINE Quotes of the Day

May 27, 2018

"In the Twelve Steps, AA offers not a theory, not a hypothesis, not a pious hope, not -- thank God -- wistful or wishful thinking, but an historical record of how more than 25,000 [now over 2,000,000] alcoholics achieved sobriety."

"A Way of Life," Chicago, Illinois, July 1946, AA Grapevine

~ Gratitude Month ~

Our Chance to Say Thank You

Box 459, October - November 2000

In October 2017, District 6 (Kauai) passed a motion to re-create the Gratitude Luncheon which was held in 2013. For anyone interested, the history of Gratitude Month in AA is detailed in the article cited as the heading for this notice.

For us, it is a chance to thank those who have been helpful to us or our groups in our continuing efforts to spread the message of hope we have all found so invigorating. Here is the outline we have developed so far:

- The event will tentatively take place **November 10th, 10:00 am at the Sun Village Community Room.**
- Each group is encouraged to purchase a ten-seat table at \$100.
- It is suggested that two of the meals be offered to (A) a long-timer who has been especially helpful to the group and (B) someone from outside the fellowship to whom we are indebted. There will be an opportunity during the program for each group to introduce their guests. Remaining seats (8) can be sold to group members at whatever price the group determines. (A suggestion might be one cent per day of sobriety so someone with a year will pay \$3.65 for lunch, but a ten-year member might have little more gratitude and thus pay \$36.50 for lunch!)
- Any proceeds from the event will go to our continuing efforts to inform the general public about our program.
- **There is still much** to be done (tickets, decorations, cooking, serving, etc.) to make this event a reality. Volunteers are encouraged to contact the PI committee via the website: publicinfo@kauaiaa.org. And, of course, suggestions for improving or enhancing what is currently planned would certainly be welcomed.

In addition, the District Committee decided at its May, 2018 meeting that we should again have an informational booth at the Kauai County Farm Bureau Fair this August 16-19. Again, we need all kinds of volunteers. Please use the website to let us know how you want to participate.

~ Jim D.