

October 2016

# Garden Island Sobriety

## 'Step Ten'

**"Continued to take personal inventory and when we were wrong, promptly admitted it"**



**He said:** By the time I had arrived at Step 10, I felt that the weight of the world was no longer my burden to carry. A higher power that worked had shown wonders and outcomes that my self-will would have never been able to accomplish alone. The struggles of daily living still existed: Money needed to be made, toilet still needed cleaning, and I still had to get along with others. But the drama of getting it all done, most of the time, just wasn't there. *Most of the time.* This is where Step 10 became an integral part of my daily maintenance. When I became upset, and thought that life wasn't turning out the way it was *supposed to*, I no longer reacted with the attitude that I just needed to try harder. I was shown tools that allowed the bits and pieces of life that didn't fit to go where they belong. This was because I found a place I belonged. The secret is how to stay there.

The Big Book of AA says that "we are not cured of alcoholism" and that all I have is a "daily reprieve contingent on the maintenance of [my] spiritual condition." It's also implying that if I haven't done all the steps up to this point, maybe sanity hadn't returned yet. It's easy to slip back into denial and take credit for the results and think I did it on my own without the help of anyone else. That attitude fosters another form of loneliness and selfishness that isolates me from reality, even though on the outside, things are much better. Everyone else seems to think I got this problem beat. When first learning how to do this step, I thank God I had a sponsor that didn't pull any punches to keep me accountable. He asked the real tough questions like, "Am I being nice to people?" or "Did you listen to what they had to say?" If love and tolerance is our code, it sounded encrypted to me when I talked to that guy.

(Cont. p. 2)



**She said:** Step 10 is a daily run through Steps 1 through 9.

Step 1: **I'm powerless** over alcohol, drugs, him, her, they, it, circumstances, weather, road work, traffic, the government, the economy, property, prestige, gravity, time, space, all of it. Things don't go my way. My life is unmanageable, no matter how hard I try.

Step 2: **I surrender.** I come to believe that a Power Greater than myself can restore me to sanity. My way isn't working.

Step 3: **I ask God** to guide my thoughts and actions. To show me my next indicated step in ways that I can understand. To help me see what is my business, what is your business and what is God's business. My business covers a much smaller territory than I had imagined. What a relief.

Step 4: **How am I driven** by fear, resentment, selfishness and and dishonesty? How have I harmed others and myself today? How have I created a false distance between myself and my Creator?

Step 5: **I tell a** trusted sponsor, friend, fellow human being what I have done that's not aligned with how I want to behave.

Step 6: **I am willing** for God to help me with my difficulties.

Step 7: **I ask God** to help me do and be better, so I can be a channel of love, not of my own agenda.

Step 8: **I name those** I have hurt and become willing to make things right.

Step 9: **I admit my** wrongs, make restitution and leave the outcome up to God.

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**AA Hotline 245-6677**

**He Said:** (cont.) Today, practicing Step 10 in my daily routine involves taking my own inventory as it relates to *selfishness, dishonesty, resentment and fear* throughout the day. Reading page 84's clear cut directions requiring my higher power allows me to continue the day with an open-mind to remain in the world of the Spirit. Another way of looking at this step when problems arise involves asking 3 simple questions. Have I stopped digging? Have I put down the shovel? Have I truly ceased fighting everything or anyone? What a relief when I can answer yes and move on.

~ D., Kauai

**She Said:** (cont) I am grateful for the opportunity to look at one day at a time and to face my defects and missteps in manageable chunks. When I get into the habit of a daily inventory, it doesn't take very long and the results are so good. Glimpses of being restored to sanity lengthen. Hours at a time may pass feeling that all is well, because God is in charge, not me.

~ Diana L., Kaua'i

## Birthday Celebrations

### West Side

- Ala i ke Ola Hou, Waimea Cyn. Group - 5:30 pm  
Last Friday of 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

Jerry V.	9/9	1974	42 yrs
Sheila H.	9/13	1982	34 yrs
Gabrielle	9/10	1987	29 yrs
Karen L.	9/19	1989	26 yrs
Dennis C.	9/24	1993	23 yrs
Jack M.	9/22	1994	22 yrs
Dana W.	9/22	2000	16 yrs
Michele R.	9/14	2005	11 yrs
Elaina B.	9/26	2005	11 yrs
Patty C.	9/22	2007	9 yrs
Ryan M.	9/5	2009	7 yrs
Erin	9/11	2012	4 yrs
Chad N.	9/25	2012	4 yrs
Alison T.	9/13	2013	3 yrs

**Congratulations Everyone!!**

**We Publish Sobriety Birthdays In  
The Month After Their Occurrence.**

**Request a newsletter**



**by e-mail**



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

Editor: Linda B.

# A. A. Activities



## The Happy Hour Cookout

October 16<sup>th</sup>, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm

## Men's Eh Eh Retreat

October 28-30

At Camp Hale Koa, Kokee

Not to be confused with last month's retreat!!

Call the AA Hotline for more info: 245-6677



## Came to Believe - Pizza Night

October 26<sup>th</sup>, 6:00 pm

At Saint Michael's Church, Lihue

Every last Wednesday of the Month



## WCG at Kekaha-MacArthur Park

October 28<sup>th</sup>, 5:30 pm

Meeting followed by Birthday Potluck

Every last Friday of the Month

Volleyball, Swimming, Good Fellowship, Sunset, Fun



## Steps to Freedom Birthdays

October 31<sup>st</sup>, 6:30 pm

At Kapa'a United Church of Christ

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

# A.A. Meeting Places



## Church of the Pacific

4520 KapaKa Road, Princeville

(Across the Hwy from Princeville Stables)

- Monday - 7:00 am Daily Reflections
- Thursday - 7:00 am Daily Reflections
- Friday - 12:00 Noon BIG BOOK STUDY



## THANKATON 2016

Coming November 24<sup>th</sup> !!

At Lihue United Church, "The Stone Church"

## 55th Annual Hawaii Convention

Oct. 27 – Oct. 30, 2016

The Hilton Hawaiian Village



[www.annualhawaiiConvention.com/home](http://www.annualhawaiiConvention.com/home)



## The Best of Big Book Dave

### October in AA History

**October 1855:** Born in Stillwater, Minnesota, Howard Russell. Founder of the Anti-Saloon League and President of the World League Against Alcoholism.

**October 1883:** A book is published: “The Greatest Thing in the World’ by Henry Drummond, one of eleven books (including the Bible) that influenced how the Big Book was written. Drummond describes “Love” as being the greatest power in the world and goes on to describe the spectrum of Love as having 9 elements; Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Guiltlessness and Sincerity. To these nine aspects the early alcoholics added: Gratitude and Tolerance.

**October, 1930:** Dr Silkworth made the connection with Charles Towns of “Towns Hospital” in N.Y.C. for a job. Dr. Silkworth had nothing, losing everything in the Great Depression. He was given the grandiose title of “Chief Physician”. The pay was pitiful but it included room and board. Turning his focus to the alcoholic after seeing alcoholism and the miserable wreckage it caused to the mind, emotions and body of those he treated. Three years later he will meet Bill W. and Bill’s four trips to Towns Hospital.

**October, 1939:** The first national magazine to do an article on A.A. was “Liberty Magazine”, with a two page article titled, “Alcoholics and God.” This article brought in over a thousand inquiries and sold 100 copies of our newly published book.

**October, 1957:** The book “A.A. Comes of Age” is published.

**‘Big Book Dave’ was Elected Archivist, Interior Alaska  
R.I.P. Big Book Dave  
Submitted by Mathea A. (First published October 2012)**

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

## Concept 10 for World Service

Every service responsibility should be matched by an equal service authority —the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

**Our Service Structure** cannot function effectively and harmoniously unless, at every level, each operational responsibility is matched by a corresponding authority to discharge it. This requires that authority must be *delegated* at every level and that the responsibility and authority of every entity are well defined and clearly understood.

**As we have seen** (Concept I) “final responsibility and ultimate authority” reside with the A.A. groups, and they *delegate* this authority to the Conference (Concept II). The Conference, in turn, *delegates* to the General Service Board the authority to manage A.A.’s affairs (Concept VI) in its behalf. The board is in authority over its subsidiary operating conditions — A.A. World Services, Inc. and The A.A. Grapevine, Inc. — but it *delegates* to the directors of those corporations the authority necessary to run these service entities. The directors are in authority over the executives of the corporations, but delegate to these officers the authority needed to carry out their administrative responsibilities. And finally, the executives *delegate* to the G.S.O. and Grapevine staff members and other employees the *authority* necessary to carry out their important service jobs.

**“It is perfectly clear,”** says Bill, “that when *delegated authority is operating well, it should not be constantly interfered with.*” Otherwise, he warns, “those charged with operating responsibly will be demoralized.” For example, the General Service Board owns the two operating corporations and its authority over them is absolute. “Nevertheless, so long as things go well, it is highly important that the trustees do not unnecessarily interfere with or usurp the operating authority of these entities.” “To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities. ~12 *Concepts of World Service Illustrated.*

In Love & Service to the Fellowship of AA, ~ Ron L.

# Kauai Intergroup

The Next Intergroup Meeting:  
 October 1<sup>st</sup>, 9:30 am  
 The Lihue Neighborhood Center

## Intergroup Treasurers Report

August, 2016

### Income:

Happy Hour	Books	28.25
Roundup Raffle	Books	9.00
Hui Loki Mens	Books	11.00
Kathy S	Books	12.00
Koi	Books	9.00
Laurie	Books	51.07
Happy Hour	Books	38.00
Poipu Beach Sunrise	7 <sup>th</sup>	200.00
Turn it Over	7 <sup>th</sup>	42.00
Daily Reflections	7 <sup>th</sup>	25.00
<b>Total Income:</b>		<b>425.95</b>

### Expenses:

Guardian Self Storage	Locker	135.42
Hawaiian Tele	Phone	25.78
Ink Spot Printing	G.I.S	150.00
Lihue United Church	Deposit	215.00
Bob	Book Order	950.00
<b>Total Expenses:</b>		<b>1476.20</b>

July Balance	4031.54
Total From Above	-1050.30
Balance	2981.24
Less Prudent Reserve	-900.00
<b>Balance</b>	<b>2081.24</b>

~ 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)

# Expect A Miracle



## 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:	Mary
Literature:	Bob B.
Hotline:	Kelvin P.
Events Chair:	Alejandro H.

# District 6, Kauai:

The Next District Meeting:

October 15<sup>th</sup>, 9:30 am

The Lihue Neighborhood Center

## District 6 Treasurer's Report

**September 17, 2016**

### GROUP CONTRIBUTIONS:

Sobriety In Paradise	109.00
Experience, Strength, & Hope	97.38
Twisted Sisters	27.00
<b>Total Contributions September:</b>	<b>233.38</b>

### EXPENSES:

CEC Grapevines	61.60
Corrections Big Books	72.80
<b>Total Expenses September:</b>	<b>134.40</b>

<b>BANK BALANCE:</b>	<b>5300.13</b>
<b>PRUDENT RESERVE</b>	<b>1000.00</b>

~ Report prepared by Steve Q. ~

### SEND YOUR CONTRIBUTIONS TO:

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



## District 6 Committee:

DCM:	Jonathan D.
Alt. DCM:	<a href="mailto:altDCM@kauaiaa.org">altDCM@kauaiaa.org</a> Ann W.
Secretary:	Kathy S.
Treasurer:	Steve Q.

# District Elections October 15th

Elections will be held at the regularly scheduled District Meeting. At that time, we will be using AA's unique Third Legacy Procedure, which assures our leaders are chosen by a two-thirds majority . . . or Providence!

The four positions available are:

- District Committee Member
- Alternate District Committee Member
- Secretary
- Treasurer

GSR's, District Committee Chairs and Officers are eligible to vote but anyone who meets the qualifications may stand for the positions.

**"To a [person], we of A.A. believe that our freedom to serve is truly the freedom by which we live – the freedom in which we have our being."**

~ A.A. Service Manual, p. 73

## Find A.A. in Hawaii

at: [www.area17aa.org](http://www.area17aa.org)

## Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

