

June 2014

# Garden Island Sobriety

'Step Six'

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



**He said:** I think I first began to understand the nature of Step Six when I was faced with my character defects and making my amends in Step Nine. Looking into their eyes, I saw the effects my actions had on others.

**Yes, I wanted** the causes of my resentments removed. Alcohol didn't work, so maybe inventory with prayer and meditation would, and it did.

**The beginnings** of self-acceptance found light through my inventory. Then I was faced with my powerlessness to change my thoughts and emotions and I understood the need to grow in my relationship with my higher power.

**The action of Step Six** is a surrender made possible with personal accountability of the inventory process.

**Having four years sober** I found myself anxious, angry and blaming people for my misery. Gone were the days of “Sobriety is awesome”, when just being sober was a new adventure every day. It was replaced by feelings of loneliness and confusion and an inability to accept my actions.

**I called my sponsor** and told him about the situation saying, “I know what they are going to tell me in Alcoholics Anonymous...go to meetings, read the book, write an inventory and work with another alcoholic.” I wasn't going to do it and I didn't feel any better when I got off the phone. I was holding on to my resentment for dear life, then things got worse.

**The next day** I called him back, furious and in despair. My sponsor said, “Remember all those things you told me the people in AA are going to tell you to do? I want you to do that.”

**This was the jolt** I needed. In sobriety I learned to trust that actions will keep me aiming towards God's will, whether I feel good or bad. Once I take personal responsibility for my role, I trust that my higher power will take care of the rest. But, sitting with an

(cont. p. 2)



**She said:** My best friend committed suicide August 5<sup>th</sup> 2013. The last conversation

we had was right after she was released from treatment. She was clean but not yet sober. She couldn't see how quitting alcohol could possibly improve her life when it was the only thing she was living for. I remembered having these very same thoughts when I quit drinking. I remembered wondering what would happen when I was completely empty; what lay below the darkness? I tried to tell her that alcohol, and her desperation for alcohol, were actually blocking her ability to live....to love. She couldn't hear me. She gave up. I understood.

**Growing up** I was taught that success was measured by our accomplishments, winning and the recognition of others. Furthermore, I believed if I achieved power and influence no one could hurt me anymore. As I grew older I strove for praise, recognition, approval and applause from the world around me. Although many of my accomplishments brought surges of excitement and thrill, these feelings never lasted.

**When I heard** the news of Kristi dying it never occurred to me what I was wearing, the balance in my checking account, or what I should have for dinner.....my world stopped, and shifted. Living is important, not for *others*, but for *me*.

**One of the first** things I discovered when I stopped drinking was how much energy and focus I had spent getting drunk. I was amazed at the space that became available in my life when alcohol was removed. Yes, I was empty without the obsession to drink, but soon I became enchanted with the new things I could fill that space with; meaningful relationships, learning, flowers, butterflies, rainbows, sunrises, sunsets, good books, good movies, bubble baths, getting to know myself and how I really felt. How had I become so blind to the miracle of life?

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AA Hotline 245-6677

**He Said:** (cont.) understanding of my character defects is anything but easy.

**Instead of trying** to make everything right all the time, I need to acknowledge who I am, seek out my relationship with my higher power and live my life, today.

**Step Six was my prayer** and meditation after my 5th Step. This was as much as I could see at that moment. By shedding light on the root of my shame, I was able to begin to see that I had a role in all my affairs.

~ Paul M., Kauai

**She Said:** (cont.) **Step Six begins** the active day-to-day **solution** of removing what blocks us from our true selves. The hole in me, the hunger, the neediness, the ache in my heart could never be filled by addictive behavior. In Step Six we are given a list of defects. Our readiness to change comes from a new awareness of how we are harming ourselves and blocking our own fulfillment.

**As a child**, all I ever wanted was to be seen, to be understood, and to be accepted as I was. I wanted to know that I mattered. As an adult, I continued the search outside myself to feel complete. My defects have served me well. They've shown me that the world outside does not contain the love that I crave.

**Just below the darkness** I discovered my story. The emptiness I felt is just space; space that can be filled with anything that I choose. I no longer feel the need to "build" the person I want to be with accomplishments. Indeed, my definition of success has changed. By simply letting go of the defects that are blocking me from who I truly am, I can discover everything I need to be complete, already inside of me. **I no longer** have to wander blindly. I am seen, I am understood, I am accepted, I am complete. I am completely me.

~ Jill R., Kauai

## 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!

## Happy Birthday

Kathleen P.	5/21	1982	32 yrs
Joy	5/20	1992	22 yrs
Mary L.	5/1	1993	21 yrs
Susan D	5/13	1993	21 yrs
Uncle Tim	5/13	1994	20 yrs
Catherine G.	5/10	2002	12 yrs
Dana M.	5/23	2002	12 yrs
Annie	5/1	2004	10 yrs
Will L.	5/14	2005	9 yrs
Leilani K.	5/14	2005	9 yrs
Donna Jo	5/5	2005	9 yrs
Lindsey W.	5/17	2006	8 yrs
Sean F.	5/20	2007	7 yrs
Jackson O.	5/8	2007	7 yrs
Jennifer A.	5/5	2008	6 yrs
Lori M.	5/10	2008	6 yrs
Jesse	5/21	2011	3 yrs

**Congratulations Everyone!!**

**Sobriety Birthdays Are Published In  
The Month After Their Occurrence.**

# A.A. Founders Day

Saturday, June 7th



1935 - 2014, 79 Years of AA Sobriety

To Be Celebrated At:  
**Hanalei Community Center**

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

This is a Potluck! Please Bring A Dish! Coffee, water and cake will be provided. Chairs are limited so we encourage you to also bring your own chair or blanket.

**4:00 pm to 7:00 pm**

- ◆ Dinner 4:30
- ◆ Meeting 5:00
- ◆ Grapevine skit 6:15
- ◆ Adjourn 6:30



# Water Meeting & BBQ

At Lydgate Park and Pond

This Month June 8<sup>th</sup> at Lydgate Park

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

# 'Steps to Freedom' Birthday Potluck



At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month on June 30<sup>th</sup> at 6:45pm

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



# Last Saturday Supper

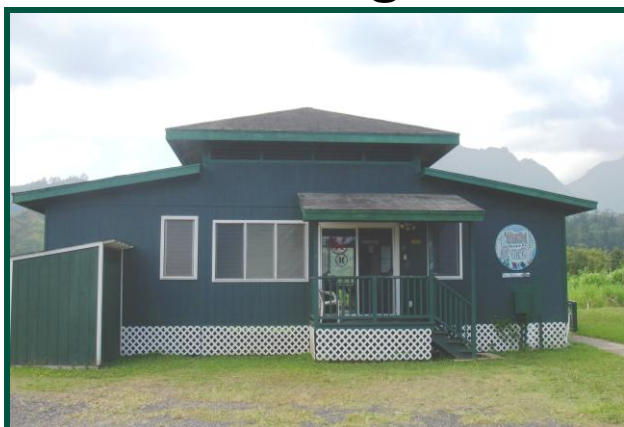
At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on June 28<sup>th</sup>, 7:00 pm

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

# A.A. Meeting Places



**Hanalei Community Center**

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

~ Turn left right before the soccer field ~

- Tuesday 7:00pm, Princeville Hanalei Men's
- Wednesday 6:30pm, Bad Brains Mtg.
- Friday 7:30pm, Step Study Meeting

# ANNUAL 4TH OF JULY CELEBRATION!

COME JOIN US AT THE POIPU BEACH PARK FRIDAY, JULY 4TH, AT THE LARGE PAVILION. HAMBURGERS, HOTDOGS, POTATO SALAD, DRINKS AND CONDIMENTS WILL BE PROVIDED.

GAMES WILL BE SET UP. KEIKI POOL NEARBY. FAMILIES AND KEIKI WELCOME AND ENCOURAGED.

- 8:00am Set up - 9:00am Festivities begin
  - Meetings at 10:00am, 2:00pm, 4:00pm
  - 11:00am Food will be Served!
  - 1:00pm 'A Grapevine Skit'
- Don't forget to bring your favorite Side dishes!





# AA ARCHIVES

## May in Our History:

**Highlight: May, 1937:** A Book is published called "A Way Of Life" by William Osler; One of eleven books (including the Bible) that influenced how the Big Book will be written. This volume was used by early members to understand the concept of living "One Day At A Time." The book itself contains a philosophy of life. William Osler states: "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand." He also writes, "Our lives are like a great ocean liner. We must learn to walk through the compartments each day and check that the bulkheads are secure." Another place he writes, "The load of tomorrow added to that of yesterday, carried today, makes the strongest falter."

**May 1903:** The principal chiefs of the five tribes in the Oklahoma Territories protest to congress that allowing alcohol onto their land is detrimental to the political-civil and religious conditions of their tribes.

**May 1931:** Rowland Hazard spends one year with Dr. Carl Jung in Zurich, Switzerland to "cure" his alcoholism. Rowland returns to the United States and joins the "Oxford Group." This is considered by most A.A. historians to be the first in a chain of events that will lead to the founding of A.A.

**May 1940:** "The Star", a Washington D.C. newspaper, reports the first A.A. group in the nation's capitol will be meeting every Tuesday night at 8:00 pm.

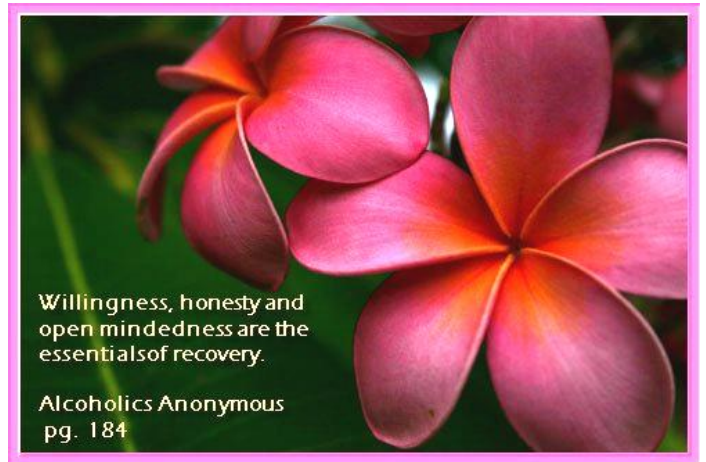
**May 1949:** The first A.A. meeting is started up in Scotland – the city of Glasgow.

**May 1957:** The American Hospital Assoc. passes a resolution to prevent discrimination against alcoholics while universities such as Fordham Univ. offer full courses on 'alcoholism' for credits for the first time.

From 'Big Book Dave', Elected Archivist, Interior Alaska  
~ Submitted by Mathea A.



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




## 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.B.S.) class A and Class B 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?

## H.O.W.

- **Honesty**
- **Openmindedness**
- **Willingness**

# Kauai Intergroup

The Next Intergroup Meeting:  
June 7<sup>th</sup> , 9:30 am  
The Lihue Neighborhood Center

## Intergroup Treasurers Report

April 2014

### Income:

Happy Hour Literature	145.00
Poipu Beach Sunrise Books	47.25
Hui Ohana 4 <sup>th</sup> July	500.00
Experience, Strength & Hope	51.00
Hui Ohana	315.00
Hui Ohana donation GIS	75.00
Alejandro H District workshop	3.96
Koloa Sobriety Paradise	30.00

### Expenses:

Hawaiian Telcom	25.62
Guardian Self-Storage	114.58
Ink Spot GIS	150.00

Balance	3,132.41
Less Prudent Reserve	200.00
Less 4 <sup>th</sup> July	500.00
<b>Total Available</b>	<b>2,432.41</b>

~ Prepared by Mike C. ~

### SEND YOUR CONTRIBUTIONS TO:

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



# 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](mailto:website.intergroup@gmail.com)

## Intergroup Officers:

<b>Chair:</b>	Bob B. <a href="mailto:chair.intergroup@gmail.com">chair.intergroup@gmail.com</a>
<b>Alt. Chair:</b>	Susan ON.
<b>Treasurer:</b>	Mike C.
<b>Alt. Treas.:</b>	Mo L.
<b>Secretary:</b>	No Huhu
<b>Literature:</b>	Linda
<b>Hotline:</b>	Danette M. <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>
<b>Events Chair:</b>	Patti Lyne B.
<b>Events Co-Chair:</b>	David V.

## Request a newsletter



by e-mail



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

Editor: Linda B.

## Find A.A. in Hawaii



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

# District 6, Kauai:

The Next District Meeting:  
June 21<sup>st</sup>, 9:30 am  
The Lihue Neighborhood Center

## District 6 Treasurer's Report

April and May, 2014

### GROUP CONTRIBUTIONS APRIL:

Happy Hour	15.20
Sobriety in Paradise	30.00
Koloa Nooners	125.00
Experience, Strength, and Hope	51.00

### GROUP CONTRIBUTIONS MAY:


North Shore Aloha Group	20.00
Hui 'Ohana	315.00
Income May:	335.00

EXPENSES: 0.00

~ Prepared by Steve Q. ~

**SEND YOUR CONTRIBUTIONS TO:**

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



## The District 6 Committee:

DCM: Ron A. [DCM6@area17aa.org](mailto:DCM6@area17aa.org)  
 Alt. DCM: Alejandro H.  
 Secretary: George K.  
 Treasurer: Steve Q

# PI Committee

## A Service Opportunity

Next PI Committee Meeting June 21<sup>st</sup>  
3:00 pm, At Nawiliwili Beach Park.  
[publicinfo@kauaiaa.org](mailto:publicinfo@kauaiaa.org)

## Hawaii Area 17 Budget Assembly

Aug 16, 8:00<sup>am</sup> to Aug 17, 4:00<sup>pm</sup>

At The Lahaina Civic Center



August 16, 2014: 8am Breakfast, 9am Call to Order  
Hosted by District 13, Tri-Island, Hawai'i

Required to attend: **GSRs, DCMS, Standing Committee Chairs, Area Officers (others as necessary).**

If you will be flying to Maui, please check our [Air Travel page](#) for information on how you can assist Hawaii Area 17. Be sure to book early to get the best price and to insure that you can attend the entire event without leaving early

## Send Area Contributions

**ADDRESS IT EXACTLY LIKE THIS:**

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

