

August 2011

Garden Island Sobriety

'Step Eight'

“Made a list of all persons we had harmed, and became willing to make amends to them all.”



He said: Where do I get the list from?

Who do I put on the list? When do I make the list? These are all questions that have been asked by newcomers before they actually approach this step. The answer is very obvious, if you have done Step 4 and 5 with a Sponsor. It is the list from your inventory! The key words in this step are became willing. We are attempting to sweep away the debris from our side of the street and repair the damages that we have caused as the result of self will. If we haven't the will to do this, we ask until it comes.

Remember it was agreed at the beginning that *we would go to any lengths for victory over alcohol.*

I remember sitting with my sponsor and going over the list with him and thinking to myself about which ones I was going to do and which ones did not have to be done. It was almost as if he was reading my mind, because he started to remind me that the purpose of the step was to become willing to make amends to all the people I had harmed.

This step requires that I become willing to change my actions so that my thinking will become more in tune with God's will for me. My real purpose is to fit myself to be of maximum service to God and the people about me. I cannot be of any help to God or the people with whom I come into contact with if I am still a toxic person. I must be changing and evolving into a useful and healthy individual so that I can be an effective tool in God's world. I must be willing to accept the consequences of my actions and stand up and be accountable for them, no matter what they maybe. I thought to myself, again, this is not going to turn out very well at all. Once again, it seemed as if my sponsor was reading my mind, when he pointed out that in this step all I am doing is using the list that I already had and

(continued on page 2)



She said: Since “Faith without works is dead,” more action is needed. The Big Book

addresses Steps 8 and 9 together and reminds us that we already have a list of persons we have harmed — they are in our 4th Step inventory. Beyond that list, and Step 5's sharing, we now must become **willing** to make the amends required in Step 9. Willingness harks back to the idea in Step 6 of being “entirely ready” and also to Step 3 where willingness is the key.

Looking to the 12 and 12 I see that it also links Steps 8 and 9 together in the very first sentence. It then goes on about Step 8 for five pages (9 has just over 4 pages of text.) So, that's 9 pages of text for both Steps, and 9 is a very magical and powerful number. In fact, in China the "perfect 10" is a 9, since that's the top number... but I digress. Am I avoiding something here? Amo! Back to 8.

This step is part of cleaning up the wreckage of our past. We looked at this wreckage in 4 and shared it in Step 5. In 6 and 7 we dealt with defects of character (procrastination, self-justification, pride, fear...) which could keep us from going on to 8 and 9. So I get to make use again of that list from 4/5 (gee, no wonder everyone says to do these in order), and dip into willingness if for no other reason than to get it over with!

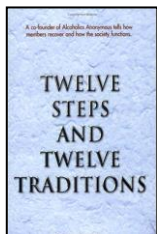
These steps are about having “the best possible relations with every human being we know,” living “in the greatest peace, partnership and brotherhood with all men and women...” It sounds rather like Utopia doesn't it? Utopia: *n.* Imaginary place (it was an island) with a perfect social and political system. It was also the title of a book [circa 1516 - the Renaissance - and fascinating to Google] by Thomas Moore.

OK, here's the deal - I am the one who made the reference to Utopia, then began to delve into it. While doing this I was somehow under the (false) impression that the AA literature had made the rather esoteric reference to Utopia. So I thought I ought to

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He Said: (cont.) preparing for the work, which actually takes place in the next step **No actual amends** are being made in Step 8, only preparation for Step 9.

Your Brother in Recovery,
~ Ron A.



The 12 x 12 on Step 8

Start By Forgiving (page 78)

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. ... Triumphantly we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own.

Right here we need to fetch ourselves up sharply. ... Let's remember that alcoholics aren't the only ones bedeviled by sick emotions. ... In many instances we are really with fellow sufferers, people whose woes we have increased. If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?"

Happy Birthday

Mary C.	7/20	1979	32 yrs
Kathryn B.	7/9	1982	29 yrs
Wink	7/4	1983	28 yrs
Judith E.	7/14	1984	27 yrs
Jerrie S.	7/17	1984	27 yrs
Gordy W.	7/11	1986	25 yrs
Rick G.	7/4	1991	20 yrs
Paul H.	7/1	1993	18 yrs
Lisa D.	7/4	1996	15 yrs
Dave A.	7/9	2004	7 yrs

~About Publishing Birthdays~

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

Email your birthday information or correction to us at: District6newsletter@hotmail.com

She Said: (cont.) explain it to those of you who are not familiar with the term, due to having had a less well rounded, hoity-toity education than I (I are a college graduate). In retrospect I see that whole train of thought illustrates a condescending and prideful attitude. So I have just been bumped back to Steps 6 and 7. Please except my humble apology. Sooo — more digression.

Steps 8 and 9 are the last of the Steps that work on cleaning up the wreckage of our past (and my present!). Afterwards we move on to the final three Steps, which I have often heard called 'the Maintenance Steps. All this proves to me (and probably to you!) that I still have work to do and would be well advised to use this program for the rest of my life.

Yours in, please God, humble service,
~ Amorosa

Birthday Celebrations

South Shore

- **Koloa Monday Women's 'Na wahine ku pono'**
5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- **Aloha Group** - 7:30 p.m. Speaker Meeting, 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).
- **The Fourth Dimension** - 7:00 pm on Fridays nearest the Full Moon every month. TBA monthly. This month on Friday, June 17th. **Hot dogs are provided – "Bring Your Buns!"**

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!



50th Annual Hawaii Convention

November 17 - November 20, 2011
At The Hilton Hawaiian Village.
www.annualhawaiiConvention.com

For the Hilton Hawaiian Village Discount Code – just ask for the “**Friends of Bill W**” rate. **Rooms available under the discount code are almost sold out. Reserve your room now** if you plan to stay at the Hilton.

Registration: You may register online or download and print a registration form. There will be no refunds issued after October 17, 2011.

Highlights Of The Planned Weekend Events:

- ✦ **Thursday - FREE NIGHT**
- ✦ **Friday - Flashback Friday** - Dress up in your favorite 50, 60, 70, 80, 90's outfit
- ✦ **Saturday - Black & White Affair** - A 'Red Carpet' event**WE ARE CELEBRATING THE 50TH ANNIVERSARY OF OUR HAWAII STATE CONVENTION**Wear your most glamorous black and/or white – glitz n glamour. *Please men, here is your chance to put on the “wow” factor with tuxedos or suits (stick with the black & white though). A Photographer will take pictures on the red carpet with convention logo as backdrop.*
- ✦ **Sunday - Spiritual Sunday** - Wear your Sunday's best.
- ✦ **Activities all weekend** - Enjoy volleyball on the beach fronting the hotel, a day on an island golf course, an early morning hike on the Diamond Head trail, wake up on a surfboard at the surf meeting, and enjoy a day at sea on a catamaran.



AA Meeting News

A Format Change At Salt Pond



~ The Mahalo Ke Akua Group ~

This **WEST SIDE** meeting at Salt Pond recently changed format from Speaker/Discussion to “Daily Reflections”, **Wednesdays, 6:00 pm at Salt Pond Park, Hanapepe** (bring a chair or mat).



Labor Day On Kauai's Westside

We're Celebrating Labor Day together on Kauai's Westside. Organizing efforts are **underway** and we could use some support holding tables, setting up etc...

Please contact Lu: chair.intergroup@gmail.com



Volleyball

On The First Saturdays Of The Month
Join us at Nawiliwili Beach Park,
3:00 pm.

~ Sponsored by Happy Hour Kauai ~



Traditions Checklist

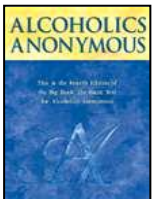
From The A.A. Grapevine

Tradition Eight:

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- ✓ **Is my own behavior** accurately described by the Traditions? If not, what needs changing?
- ✓ **When I chafe** about any particular Tradition, do I realize how it affects others?
- ✓ **Do I sometimes try** to get some reward – even if not money – for my personal AA efforts?
- ✓ **Do I try to sound** in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
- ✓ **Do I make an effort** to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- ✓ **In my own AA life**, have I any experiences which illustrate the wisdom of the Tradition?
- ✓ **Have I paid enough attention** to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition – How It Developed*?

THE A.A. TRADITION



~ From The Big Book

To those now in its fold, Alcoholics Anonymous has made the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached.

Therefore, no society of men and women ever had a more urgent *need* for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together else most of us will finally die alone.

The “12 Traditions” of Alcoholics Anonymous are, we A.A.’s believe, the best answers that our experience has yet given to those ever-urgent questions, “How can A.A. best function?” and, “How can A.A. best stay whole and so survive?” P. 561



The Circle and Triangle symbol has long been connected to the A.A. Fellowship. It was adopted as an official A.A. symbol at the International Convention in St.

Louis in 1955, and from that point on was widely used in the Fellowship. For the Fellowship, the three legs of the triangle represented the Three Legacies of Recovery, Unity and Service, and the circle symbolized the world of A.A. In Alcoholics Anonymous Comes of Age, Bill W.’s 1955 speech, in which he describes the adoption of the symbol, is printed:

'Above us floats a banner on which is inscribed the new symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the triangle stands for A.A.’s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chose this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off the spirits of evil, and A.A.’s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more.'

In the early 1990s, A.A. World Services decided to phase out the use of the Circle and Triangle symbol on its literature, letterhead and other material. It was decided to phase out the “official” or “legal” use of the Circle and Triangle symbol, and in 1994 the General Service Conference resolved that the logo be discontinued on all Conference-approved literature. However, the symbol is still associated with Alcoholics Anonymous and has a special meaning for AA members all over the world."



Makele Sez:

“Expect A Miracle!”

**Next Intergroup Meeting August 6th
9:30 am, Lihue Neighborhood Center**

From The Chair:

Aloha All,

Is your Homegroup as healthy as you are? Is that a good thing or a bad thing? Well folks, if we've learned anything in these rooms it is that asking the tough questions will set us free. But can we do that at group level? Sure! Why not? So let's crack open that dusty Big Book and find pages 84 and 85, right below the Ninth Step promises we all enjoy reading there is OMG! More work to do!

The Tenth Step as outlined in the Big Book can also work wonders for a group that finds itself restless irritable and discontent. Questions like "Where in our group life have we been selfish or dishonest? Where have we allowed resentments and fear to fester? Has our group truly entered into the Realm of the Spirit/Fourth Dimension and are we guiding new members in that direction? What of our primary purpose, is it still primary (as in FIRST) or do we do what works for us?"

There are some great worksheets online. The Jaywalker.com has a great form to use. Or, you could stay in the family and use the Grapevine Traditions checklist, reading the questions for the month, as Intergroup does. Or maybe your group is the simple liabilities and assets checklist type. It doesn't matter so much how it's done but that it gets done. Remember, we can't give away what we haven't got. **Happy Stepping!** It only works IF you work it.

~ Lu

Intergroup Officers:

Chairperson: Lu A. chair.intergroup@gmail.com
 Alt. Chair: Bob B.
 Treasurer: Mike C.
 Secretary: Susan Ok. secretary.intergroup@gmail.com
 Literature: Danette M.
 Alt. Lit.: Mark M.
 Hotline: Damione hotline.kauai@gmail.com
 Events: Christopher K.
 GIS Editor: Linda B. District6newsletter@hotmail.com

Intergroup Treasurers Report

June 2011

Income:

Men's Stag on steel	\$ 5.00
Step Sisters	\$ 72.80
Happy Hour	\$ 90.00
Hui Ohana	\$185.55
North Shore Aloha	\$240.00
Troy Books	\$ 30.00
Hui Ohana Books	\$385.50
Hui Ohana for GIS	\$ 75.00

Expenses:

Guardian Self Storage rent	\$ 100.00
Hawaiian Telcom	\$ 96.31
Mark M. Books	\$ 405.00
InkSpot	\$ 150.00
Susan O.(reimburse events)	\$ 114.00

Balance	\$1926.64
Prudent Reserve:	\$-200.00
Available Funds:	\$1726.64

~ Prepared by Mike C.

SEND YOUR CONTRIBUTIONS TO:

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



Need Literature?

Come The Intergroup Meeting!

*Books *Pamphlets *GIS Newsletter and
 *Kauai AA Meeting Schedules Available!

Or, Call The A.A. Hotline With Your Request:
245-6677 – And We Will Deliver It To You!

District 6, Kauai:

Next District Meeting is August 13th
9:30 am, at 3146 Akahi St., Lihu`e

District 6 Committee:

DCM: Mo L.
Alt. DCM: Neil P.
Treasurer: Alejandro H.
Secretary: Heather C. kauaidistrictsixsec@gmail.com

Kauai District Cash Flow

June 11, 2011 - Kaua`i District 6 Treasurer's Report

May 20, 2011 bank statement:

Beg. balance	\$1,702.48
Deposits	+ 940.38
Withdrawals	- 90.00
Interest	+ 0.08
Ending balance	\$2,552.94

Income:	
Sober in Paradise	\$60.00
Hui `Ohana	\$120.21
Stepsisters Kauai	\$72.80
AFG District	\$175.00
	\$428.01

Expenses:	
Area 17	\$25.00
InkSpot (GIS)	\$150.00
	\$175.00
Balance as of June 11, 2011:	\$2,805.95

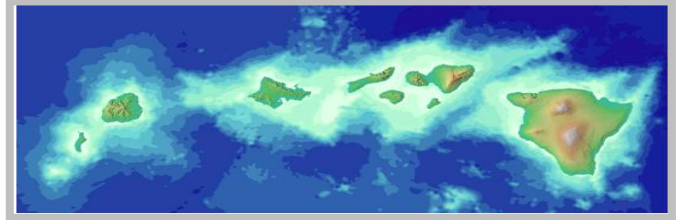
~ Prepared by Diana L.

SEND YOUR CONTRIBUTIONS TO:

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

Please include "District 6" & Group Name on ck

Find A.A. in Hawaii



Go to: www.area17aa.org

Service is Sobriety

Our Area 17  Delegate is

Linda McD.

delegate@area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
#2107
575 Cooke St., Suite A
Honolulu, HI 96813



~Please include "District 6" & Group Name on check

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District6newsletter@hotmail.com

