

August 2010

# Garden Island Sobriety

## 'Step Eight'

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



### She said:

Remember “Wayne’s

**World”? Part of what made Wayne and Garth so hilarious was their tenacious refusal to admit anything into their universe that did not reinforce their worldview. The active alcoholic inhabits just such a mindset, and I was no exception. While “Wayne’s World” was hugely entertaining and great fun for all involved, the “Party Time” in Al’s World was not so “Excellent!!” The harm I did to others was based on my strenuous efforts to get everybody in line with their preordained role in the world according to ME. The people I harmed were guilty of terrible crimes for which they needed to be hurt so that my displeasure with them would register enough to cause them to think twice before crossing me again. Fiercely manipulative reactions included withholding affection, silent scorn, relentless and aggressive pecking at emotional weak spots, using people and my specialty, the “cut and run”.**

**Since I did not possess the tools of mature interaction and lacked the courage necessary to be honest in a bind, my conflicts with people ended in melodramatic “crash and burns” or abandonment. I was either the pit-bull or the doormat. Some folks had the audacity to insist on being who they were instead of who I wanted them to be. Some got in the way of my plans or tried to usurp my control over things. The disease helps ego keep the ball rolling by dulling sensitivity to the feelings of others. On those rare occasions when your addiction can’t come up with a good enough rationalization for incredibly bad behavior, alcoholism allows you to blame it. “I can’t believe I did that, but after all I’m an alcoholic!” It mattered little to my disease whether I blamed myself for being such a poor excuse of a human being, or blamed others for being such a disappointment to me; either way I was drinking.**

**Jessamym West observed,** “It is easy to forgive others their mistakes; it takes more *(continued p. 2)*



### He said:

Ahhh, another month has passed. It’s time for the next course of our twelve course meal of Steps. Yes folks, the Steps can do it all and they are all inter-related. They build on each other and form an unshakable foundation for living. Wow, I am really pumped so let’s jump right in. **Step Eight: Ok,** this Step, along with Nine, has to be the Step that newcomers dread the most at first sighting of the 12 steps on a wall at a meeting place. A quick scan will surely stop the eye on Steps Eight and Nine. I would like us all to remind our newcomer friends to not put too much weight on their thoughts and to remember this: The Steps are in order for a reason. Don’t trip out! God will give you what you need when you need it. The strength will be there when it is time. We must live in the now, so to speak. That is good advice for me as well. Boy I am glad I found AA.

**Made a list of all persons we had harmed and became willing to make amends to them all.** The Big Book says that if we have done a Fourth Step then we have already made our list. That is cool, but what about the people we harmed that had no resentment in connection with them? That being said, the Fourth Step list is a great start for an Eighth Step list. So, we copy our Fourth Step list and add to it. All that making this updated list may require is a trip through memory lane.

**Who have I harmed?** I found that imagining places from my childhood and adult life in as much detail as possible was the best way to remember all of my harms to others. I imagined hiding under the school playground, walking to school and the asphalt of my home town. I remembered my childhood bed room, my high school and more. As I walked along those paths the memories came. I remembered hitting and injuring people. I remembered my neglect toward loved ones. I remembered my unjust activities. Once the memory was there I put *(continued p. 2)*

**(She Said cont.)** grit and gumption to forgive them for having witnessed your own". When I embarked on Step Eight I was taught that every mistake is like a knife that could either cut you or serve you, depending on how you handled it. Step Seven prepared me for Step Eight by allowing me to telescope out from myself with an attitude of acceptance, without which I could not sincerely begin the amends process. How could I change the manner in which I interacted with my fellows if my self-concept remained the same?

I visited a psychiatrist for many years before becoming a sober alcoholic. She was an unwitting member of a carefully recruited team whose task was to convince others that my "problem" was anything but alcoholism. During the years prior to my bottom I tried to promote a variety of explanations for my insane behavior. One of these fractured plans entailed obtaining a diagnosis of narcolepsy. I genuinely believed on some level that crashing three different vehicles in as many months had more to do with a rare neurological condition than with drinking and driving! I would show up each week with my rage and terror and she would say, "You're a desperate woman, doing desperate things". I longed to believe her. I wanted more than anything to be the victim of some circumstance, under which I had no control, that could explain why I was so rotten. But until I was exposed to the Steps I just couldn't really buy it.

Finally God did for me what I could not do for myself. I reached the point in my spiritual journey where "I expressed my entire willingness to approach these individuals, admitting my wrong". I would no longer demand from humans what can only come from God. I would be able to stand before my fellows authentically at last. Step Eight was my emancipation proclamation. I became aware that I was willing to step off the cliff with my new wings, believing in my heart of hearts that if I fell, it would only be into the palm of God's hand, where I'm not afraid to be alone.

~ Ally S., Kauai

**(He Said cont.)** it on my list and my sponsor helped me determine where the harm had really been done.

**Ok, one big point;** Thinking about stuff from the past won't make it happen again. It won't make you a bad person. In fact it does the opposite. You must have the courage to go back to these dark places. This is a really scary Step for many of us yet it is way important to go back there and shine light and love on those places. Pretending the past never happened will not pay off in the long term. We need healing. We need to feel right about our world and our place in it. This is part of a major baggage dump.

**'Became willing', what's that?** Once we have all the names from the past and present together we form a new list. Try making three columns. Column one: People I am ready to make amends to right now or next time I see them. Column two: People I could make amends to maybe but I am not ready. Column three: People I will never make amends to ever forget-about-it-screw-them. Make that list. Do a Ninth Step on everyone in column one, then review the list. Most people find that the 'maybes' become amendable and the 'nevers' become 'maybes' I don't know if it will work for you but you can test it out for yourself. It works for me

~ Will L., Kauai



## Letters to the Editor:

**THIS IS A REPRINT OF A CORRESPONDENCE BETWEEN AN AA MEMBER, KAUAI AND THE MAYOR OF SAN ANTONIO, TX**



**To: The Honorable Julián Castro,  
Mayor San Antonio, Texas**

**Dear Mayor Castro,**

**My name is** (Anonymous). I was among the tens of thousands of people from many parts of the world who visited your city from July 1<sup>st</sup> to July 4<sup>th</sup> of 2010. My friends and I traveled from the island of Kauai, Hawaii and the purpose of our visit was to celebrate the 75<sup>th</sup> birthday of our Anonymous Fellowship.

**I just want** to thank you and the city of San Antonio for your hospitality and in particular the **Police Force** for their kindness and professionalism directing traffic. They went to any length to keep pedestrians and drivers safe during this event.

Thank you again Mayor Castro from the bottom of my heart.

**Very respectfully,**  
~ (Anonymous)

**Request a newsletter**

**by e-mail**



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



Dear (Anonymous),

I am pleased that your visit to our city was such a pleasant one. The AA Convention is the largest we have ever hosted. We wanted all of our visitors to have the best possible time. I especially appreciate your taking the time to write to me. I am going to forward your kind remarks to the heads of our Police Department, our Downtown Operations Department and our Convention Center. I hope that you will be able to come back again in the near future.

Sincerely, ~ Mayor Julián Castro

## A Message From Our Delegate:

Aloha My Hawaii Area Ohana,  
PRAASA will be March 4-6, 2011. It is with great joy that I share with you all the news that our hotel has been finalized for PRAASA 2011! We will be at:

**The Ala Moana Hotel**  
**410 Atkinson Dr, Honolulu, HI 96815.**  
**Toll-free (800) 367-6025 (U.S. & Canada)**  
**Direct (808) 955-4811**

We are so excited we will be able to have maximum participation within the fellowship with room rates at \$109.00-\$139.00. Hotel room reservations are now available. When you make your reservation use the group name "PRAASA" to receive the group rates.

Our website is up and running at [www.praasa.org](http://www.praasa.org). Please sign up to receive an automatic notification when registration is available by clicking on the Registration Notification link. We plan on sending out periodic general informational updates as well. We anticipate having registration available in August 2010. We would like to share that due to space constraints we will be getting creative with the Round Tables this year. Please share this with your groups if you see fit. Our host committee is excited for this opportunity to serve, and what a blessing this event will be for our local AA community!

Of Love and Service, ~ Elizabeth M.  
Delegate / PRAASA 2011 Co-Chair

## Service is Sobriety

Our Area 17  Delegate is  
Elizabeth M.

[delegate@area17aa.org](mailto:delegate@area17aa.org)

# Happy Birthday

|            |      |      |        |
|------------|------|------|--------|
| Mary C.    | 7/20 | 1979 | 31 yrs |
| Kathryn B. | 7/9  | 1982 | 28 yrs |
| Wink       | 7/4  | 1983 | 27 yrs |
| Judith     | 7/14 | 1984 | 26 yrs |
| Jerrie S.  | 7/17 | 1984 | 26 yrs |
| Gordy W.   | 7/11 | 1986 | 24 yrs |
| Paul H.    | 7/1  | 1993 | 17 yrs |
| Lisa D.    | 7/4  | 1996 | 14 yrs |
| Dave A.    | 7/9  | 2004 | 6 yrs  |

**CONGRATULATIONS!!**

## ~ Publishing Birthdays ~

**Published the month after their occurrence.**

If you know of someone who has moved off island, their birthday date has changed or you just want a birthday published in the Garden Island Sobriety newsletter please LET US KNOW at: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

## 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

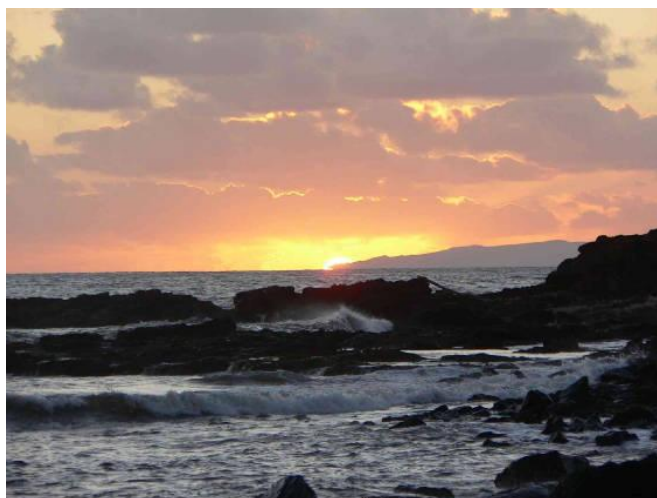
- **Hui Ohana** - 7:00-8:00 a.m. Last Saturday of the month. CAKE FOR BIRTHDAYS!
- **Steps to Freedom** - 6:30 p.m. Last Monday of the month. CAKE & POTLUCK (7:30 pm meeting).

## North Shore

- **North Shore Aloha Group** - 7:30 p.m. Last Monday of the month - CAKE FOR BIRTHDAYS!
- **Princeville-Hanalei Group** - 7:30 p.m. Last Thursday of the Month - CAKE FOR BIRTHDAYS!



# A.A. Meetings



## **There Is A New Meeting at Salt Pond!**

### **The Mahalo Ke Akua Group:**

Wednesdays 6:00pm at Salt Pond. Bring beach chairs or mats to sit down. Bring aloha and support our new meeting! Questions, contact Lei at 645-0194

### **Malia Red Book Step Study:** (Men's Stag)

Sundays from 9:30 - 10:30am in Hanamaulu. This closed meeting is at Ke Ala Hoku Men's House and is the only (indoor) smoking meeting on the island. It meets in the garage at Taj Mahal's old house and is not in the meeting schedule. It's open to any Third Tradition male. Contact: Mike 639-2579

### **Happy Hour Celebrated 5<sup>th</sup> Anniversary**

On July 17 2010 The Happy Hour Group celebrated its 5 Year Anniversary with a potluck at the Lihue Lanes. Members with all lengths of sobriety were there and everyone began bowling right after a prayer. The food was delicious and approximately 30 people attended. There was also a raffle. The items raffled were 5 Big Books, 2 12x12, 2 Daily Reflections, and 1 Best of the Grapevine. The event ended with the 5 o'clock meeting at Happy Hour.

Thank God for our fellowship. Thank God for our new life.  
~ Happy Hour Group

**Is Anyone Interested** in a 4 or 5pm meeting on the North Shore? I have kids and 6:30 - 7:30 meeting times are really tough to make. I would be willing to chair a meeting during the week at that time.

Aloha, ~ Rick L.

# Our Legacy Of Service



**August 22, 2010**

This workshop at Niumalu Pavilion is timed to help prepare us for the upcoming elections. It will focus on two publications: "The AA Group" and "The AA Service Manual"

## **A Full Moon Hike**

### **AT NUKOLII BEACH**

**AUGUST 22, 6:30 PM**



**NO SHOES REQUIRED!!**

The walk is moderate, about 1 mile long each way.

**Directions:** Nukolii Beach is behind the Wailua Golf Course. Look for the dirt road at the southern end of Wailua Golf Course. Follow that road! We will meet where the road meets the beach.

**THIS IS AN AA ACTIVITY AND THERE WILL BE A MEETING AT THE BONFIRE SITE.**

**DON'T FORGET YOUR CANTEEN & JACKET!**

More Information: [Happyhourkauai@gmail.com](mailto:Happyhourkauai@gmail.com)



# Kauai Farm Bureau Fair



**August 26 – 29, 2010**

Organization for the booth at this year's Kauai Farm Bureau Fair is now underway. Interested members contact your GSR's or attend the District meeting on the second Saturday of the month.

# Labor Day Celebration



**September 5<sup>th</sup> at Salt Pond State Park**

For Information About This Upcoming Event  
Contact: Marcial at 634-4051 or Lu at 639-0349

**49th Annual Hawaii Convention**



**November 4 - 7, 2010**

**At the Hilton Hawaiian Village Resort**

Link to information:

<http://annualhawaiiiconvention.com/>

# A.A. Meeting Places



*Photo ~ Alejandro*

## Kapaa United Church of Christ

**1315 Ulu St., Kapaa**

Monday 7:30 pm - 'Steps To Freedom' Big Book

Thursday 5:30 pm – 'Step Sisters' Women's

Thursday 7:30 pm – 'Hui Lokahi' Men's Stag

Friday 7:30 pm - 'Hui Lokahi' Grapevine Mtg.

# 2010 Thank-A-Thon

Aloha AA Family, A planning committee meeting for the Thankathon took place at Happy Hour on July 18th at 6pm. By the Grace of God the selection and voting was swift and peaceful. Thank You to all the members who stepped up to the call of Service! At this time the Decorations chair is still vacant. If you want to volunteer for that service position please call 652-3128. Our next planning meeting will be in August at the Happy Hour meeting place (Nawiliwili picnic tables). More will be revealed about the date and time.

### Thankathon Planning Committee:

Set Up/Clean Up - Dana  
Beverages Cold/Hot - Faren  
Entertainment - Troy  
Kitchen - Mo  
Meetings - Wayne  
Decorations – ( ? )  
Co chair – Lori  
Chair – Alejandro

**Kauai Intergroup**

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



## Got Literature? We Deliver!

OR COME TO THE INTERGROUP MEETING!

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

## Intergroup Officers

Chairperson - Tom R  
Alt. Chair - Bob B.  
Treasurer - Mike C.  
Secretary - Henry M. 245-3604  
Literature - Mark M.  
Alt. Literature - Danette M.  
Hotline Chair - Dana M. 245-6677  
Events - Kathryn B. [Kauairu2010@yahoo.com](mailto:Kauairu2010@yahoo.com)  
GIS News. - Linda B. [district6newsletter@hotmail.com](mailto:district6newsletter@hotmail.com)

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  
#2107

575 Cooke St., Suite A  
Honolulu, HI 96813

Please include "District 6" & Group Name on ck



## Concept VIII - Respect

Concept VIII: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

❖ Here the Board is expected skillfully to plan, manage, and execute. The Board's attitude has to be that of custodial oversight; it cannot be the executive (page 33).

❖ Presented by Francesca P. (alternate delegate) to Hawaii Area 17 at the Inform the Delegate assembly April 2006.

❖ References: *The A.A. Service Manual Combined with Twelve Concepts of World Service* by Bill W. 2005-2006 Edition Reflecting Actions of the 2005 General Service Conference.

~ Contributed by Shoshanah B.



**MAKELE SEZ:**  
**Think, Think,**  
**Think!!**

**The Area 17 Website Is:**

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

I am writing this column at my youngest daughter's house in sunny New Orleans! Muggy!

**My trip began** in San Antonio at the 75<sup>th</sup> Anniversary Celebration where one of the highlights was the presentation of the 300-millionth Big Book to the American Medical Association.

**The AMA's response** to this gift clearly indicated to me the necessity for us to continue our current path of being more visible on our island. The statistics noted illustrate there are still many who are not aware of the path we have found and I am more convinced than ever that we must make every effort to say, "We are here."

**For that reason** I was heartened to hear about the plans for the Kauai County Farm Fair booth and the many folks that volunteered. But there is always room for broader participation. If anyone has any interest and has not yet been "tapped," please talk to your GSR or come to the District meeting on August 22 before the service workshop at Niumalu.

**And, since we're** on that subject, perhaps this would be a good opportunity to mention another word of encouragement to those who are hesitant about becoming involved in our service structure. For me it has been a great source of strength and fulfillment, adding depth and significance to my sobriety, providing a stronger foundation for dealing with all that life offers and offering opportunities I never dreamed of. The very fact of my being in New Orleans today, a welcome visitor at my daughter's home, is, I believe, a direct result of what my experiences in service to AA have given me.

**Sometimes quickly, sometimes slowly**, but always together we can affect the world around us by bring the AA message to those who have yet to see the light which guides us all.

See you in August!  
~ Jim D.

**Next District Meeting August 22<sup>nd</sup>**  
**12:00 noon at Niumalu Pavilion**

## Kauai District Cash Flow

June 13, 2010 to July 10, 2010

|                           |                  |
|---------------------------|------------------|
| <b>Starting Balance</b>   | <b>\$2720.06</b> |
| <b>Income</b>             |                  |
| Step Sisters              | \$ 63.00         |
| Princeville/Hanalei       | \$105.00         |
| Koloa Aloha               | \$ 90.00         |
| Interest 5/21 to 6/18     | \$ .09           |
| <b>Income Total</b>       | <b>\$258.09</b>  |
| <b>Payments</b>           |                  |
| Garden Island Sobriety Q3 | \$ 75.00         |
| DCM Travel                | \$254.80         |
| GSR Travel                | \$241.00         |
| Grapevine Raffle          | \$ 27.00         |
| District Rent Q3          | \$ 45.00         |
| <b>Payments Total</b>     | <b>\$642.80</b>  |

### SUMMARY FOR 2009

|                               |                  |
|-------------------------------|------------------|
| Starting Balance May 9, 2010: | \$2720.06        |
| Income Total:                 | \$ 258.09        |
| Payments Total:               | \$ 642.80        |
| Balance                       | \$2335.35        |
| Prudent Reserve               | \$-500.00        |
| <b>Available Funds:</b>       | <b>\$1835.35</b> |

~ Prepared by Courtney P.

### SEND YOUR CONTRIBUTIONS TO:

**Kaua'i District Committee**  
**PO Box 1503, Kapa'a, HI 96746**

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



## ELECTION OF PANEL 61

THE ELECTION of Panel 61 officers will  
occur on October 24<sup>th</sup>, 2010.

## District 6 Committee

DCM - Jim D. - [DCM6@area17aa.org](mailto:DCM6@area17aa.org)

Alternate DCM - Susan O'N. 212-1858

Treas - Courtney P. [cpelz@mail.com](mailto:cpelz@mail.com)

Secretary - Michele K. [kauaidistrictsixsec@gmail.com](mailto:kauaidistrictsixsec@gmail.com)

Grapevine-Alejandro 652-3128 [hernandea040@hawaii.rr.com](mailto:hernandea040@hawaii.rr.com)

Archives - Mathea A. [MatheaAllansmith@gmail.com](mailto:MatheaAllansmith@gmail.com)

CPC - Bart D. 651-9623