

January 2019

Garden Island Sobriety

'Step One'

"We admitted we were powerless over alcohol - that our lives had become unmanageable."



He said:

Hello, my name is Conrad M and I am an alcoholic. My sobriety date is 8/21/2011. Since that day, through very little "power of my own", or self will, I have been clean and sober. I should also state that I am a retread, that after 6 ½ years I made a decision to "chip" my way back to the insanity that brought me to AA in the first place. For cunning, baffling and powerful reasons I had to prove once again that I am powerless over alcohol- that my life had become unmanageable.

The reasons for my "slip", as well as the reasons why I came to AA in the first place, are pretty much the same as most other people I meet in our rooms. I couldn't hold a job, my marriage crashed and burned, in debt to my eyeballs and could not stop drinking. Everything in my little universe, material and spiritual seemed lost. I was in that black hole, the bitter morass as Bill W called it. What I did have was this obsession to drink and drug myself into oblivion. And I did, for three more years. I had found the trap door at the bottom of the pit, opened it, and went as deep as I could. By reading this story, you know exactly what I'm writing about

It was at this point I was given the gift of desperation. I made a call to a friend that I knew had some quality time in the program of AA. He agreed to see me, and I went to his house right away. For the next three hours he listened to my whining and whining. I finally admitted my powerlessness over alcohol and the complete unmanageability of my life. I really thought this was the most humiliating thing that I could ever do. Admit complete defeat!! Instead, I found it was the most liberated I'd felt in a very long time. Humiliation had turned to Hope. I asked him if he would be my sponsor and take me through the steps.

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She said:

My swollen hands were yellow. My bloodshot eyes were pained by the afternoon light. After 8 hours in the county jail, I had been released. Humiliated and terrified, I sat on my couch, alone and scared, I uttered two words, 'help me". I could've never known how life saving those two simple words would be. The door to Step 1 had opened.

I made a phone call to a family member who was in law enforcement, petrified that he would disown me for the continual embarrassment my drinking behavior had caused the family. He answered my call and before I could make one last attempt to manipulate the details of my situation, God did for me what I couldn't do for myself. I confessed my arrest and admitted, for the first time, I was an alcoholic. His next few words will stay with me the rest of my life. He said, "Thank God! We will get through this".

The relief I felt, admitting my drinking problem to another human being was monumental. Soon after that call, I made another to a hotline and spoke to a sober alcoholic about my drinking and my desire to stop. It was the first time I had ever shared my inner most pain and helplessness.

From there, I followed the directions of other sober alcoholics and admitted myself to a facility to be medically detoxed. It was there, with an open heart and a fierce willingness to change, that I was introduced to the recovery program of Alcoholics Anonymous. I wanted to follow the path of recovery from alcoholism that so many others before me had successfully traveled.

I had admitted alcohol had beaten me, destroyed my life, isolated me from my loved ones, created a web of

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AA Hotline 245-6677

He Said (cont.) He agreed (he's still my sponsor to this day). We set up regular times when we would meet and I was to do 90 in 90, 90 meetings in 90 days. I got phone numbers from other AA's, some new members, some with more time. I also started reading the Big Book. Emphasis for me was a daily reading of page 417. I read that page every day for my first year. He stressed the main ingredients of getting started, Honesty, Open-mindedness and Willingness. This was the beginning of my 'trudge down the road of happy destiny'.

~Conrad M., Kauai

She Said (cont.) deception in all my relationships, severed my connection to God, and left my health in peril. I knew all of these things to be true. What I didn't realize was the importance of connecting these truths to the unmanageability they created in my life. I understood the cause of my drinking, I am an alcoholic, but not the devastating effects.

Getting a sponsor was the key. She could guide me through my drinking past and help me to see the horrific consequences it led to.

The relief I found, the more I worked Step 1, is immeasurable. Every meeting I attend, every time I speak to another alcoholic, read my AA literature, participate in any way with Alcoholics Anonymous, I experience that relief from alcoholism.

25 years later, I am still amazed that in 1939, when the 12 Steps were created, our founders knew Step 1 was the bedrock of our recovery. On page 58, eight sentences before the 12 Steps are outlined in our "Big Book", our co-founders write, "Remember we deal with alcohol, cunning, baffling, powerful! The most important word in that sentence is "Remember". They knew we must never forget that we are alcoholics and are powerless over alcohol.

To forget; is to perish!

Michelle E., 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!**

Happy Birthday

| | | | |
|------------|-------|------|---------|
| Lopaka | 12/13 | 1970 | 48 yrs |
| Carl K. | 12/19 | 1981 | 37 yrs |
| Bobo | 12/13 | 1986 | 32 yrs |
| Peggy S. | 12/19 | 1986 | 32 yrs |
| Lori N. | 12/23 | 1988 | 30 yrs |
| Bob C. | 12/16 | 2003 | 154 yrs |
| Ron W. | 12/24 | 2003 | 15 yrs |
| Eddie F. | 12/13 | 2005 | 13 yrs |
| Erica J. | 12/13 | 2005 | 13 yrs |
| Sarah | 12/3 | 2007 | 11 yrs |
| Nicole | 12/25 | 2009 | 9 yrs |
| Allison T. | 12/23 | 2011 | 7 yrs |
| Steve | 12/20 | 2013 | 5 yrs |
| Lenny | 12/8 | 2013 | 5 yrs |
| Katie | 12/26 | 2014 | 4 yrs |

Congratulations Everyone!!

A.A. Activities



The Happy Hour Cookout

January 12th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on January 25th

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset



Steps to Freedom Birthdays

Potluck This Month January 28th

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

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

Group Secretaries

Please Send the Dates of your

Member's Birthday's to:

district6newsletter@hotmail.com

A.A. Meeting Places



Nawiliwili Beach Park, Lihue

(Beside Anchor Cove's parking lot)

The "Happy Hour" Group

Meetings at 5:00 pm

- Sunday - Best of the Grapevine
- Monday - Living Sober
- Tuesday - Daily Reflections
- Wednesday – 12 x 12
- Thursday – Stick Meeting
- Friday – Big Book Study
- Saturday - Came To Believe
- 3rd Sunday COOKOUT 2:00, Meeting 5:00



The Best of Big Book Dave: January in Our History:-

Jan. 1914: Ebby T. took his first drink of alcohol, 19 years old at the Hotel Ten-Eyck, Albany, New York. He will become Bill W.'s one and only sponsor.

Jan., 1928: Ralph Pfau (Father John Doe) has his first total breakdown due to alcoholism. He will have a total of four before he comes into A.A. in 1943.

Jan. 1933: Henrietta Seiberling, distressed over family problems, separated from her husband Fred and moves into their estate gate house to raise their 3 children. On this date she attended her first Oxford Group meeting in Akron, Ohio, and joined. If she had not joined the Oxford Group our two co-founders never would have met. There would be no A.A.

Jan. 8, 1939: Richmond Walker, author of "The 24 Hrs. A Day Book" joined the Oxford Group. 50 yrs old and 30 years of heavy un-controlled drinking under his belt, Richmond will join A.A. in Boston two years later. He never had another drink.

Jan 23, 1943: The 'Star Newspaper' in Washington D.C. reports that 300 members attend the capital's first A.A. banquet.

Jan. 1949: Readership expands to Canada and Europe as The Grapevine becomes known worldwide.

Jan. 9, 1952: Al-Anon Headquarters established in New York City.

Jan. 14, 1966: "The National Center For The Prevention and Control of Alcoholism" is created within "The National Institute On Mental Health."

Jan. 24, 1971, 11:30 pm: our co-founder Bill W. moved on up to the 'Big Meeting' at the Miami Heart Institute, Miami, Florida.

Jan. 1979: The two millionth copy of the Big Book presented to H.E.W. Secretary Joseph Califano in a ceremony at G.S.O.

★ OUR THANKS to B.B. Dave & Mathea A.

Serenity Now

How about accepting limits and following through with possibilities?

I can't change other people, but I do influence them. My father has been involved with AA for many years and when I was young, he introduced me to the Serenity Prayer as a way of dealing with stressful situations. It worked, depending on the details.

What would constitute a month of respecting limits and living possibilities? Not breaking things. Being thoughtful and cautious. Honestly, honest. Knowing and protecting your dream. Listening better, choosing empathy over judgement, and practicing patience with a cause.

This Month's Experiment:

- Slow down heaven
- When in doubt, respect more
- Do your own thing, but do it
- Be Reasonable

Application and observations forthcoming in next month's piece.

~Aaron W., Kauai



The Next Intergroup Meeting:
 January 5th, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report

November 2018

Income:

| | | |
|--------------------|------------|--------------|
| Anonymous | Donation | 300.00 |
| Kapaa Wednesday | Literature | 10.00 |
| Hui Ohana | Literature | 65.00 |
| Anonymous | Literature | 74.00 |
| Waimea Canyon Grp. | 7th | <u>20.00</u> |

Total Deposits **469.00**

Expenses:

| | | |
|------------------|------------|-------------|
| Guardian Storage | Locker | 156.25 |
| Hawaiian Telcom | Hotline | 25.98 |
| Ink Spot | Newsletter | 150.00 |
| Bank of Hawaii | Bank Fee | <u>2.50</u> |

Total Expenses **332.23**

| | |
|--------------------------|------------------------|
| Previous Operating Bal. | (883.00) |
| Net Profit or Loss | 136.77 |
| Current Bank Balance | 89.01 |
| Less Prudent Reserve | <u>1050.00</u> |
| Operating Balance | <u>(960.99)</u> |

~ Report prepared by JoRina H.~


Intergroup Financial and Participation Support **NEEDED**.

Intergroup pays expenses for literature locker, newsletter, hotline telephone, printed schedules, and more.

PLEASE SUPPORT YOUR KAUAI INTERGROUP.

SEND YOUR CONTRIBUTIONS TO:

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



Find A.A. in Hawaii



at: www.area17aa.org

Request a newsletter
by e-mail




Contact: District6newsletter@hotmail.com

Editor: Linda B.

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:
January 19th, 9:30 am
The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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



Traditions Checklist from the AA Grapevine

Tradition I:

Our common welfare should come first: personal recovery depends upon AA unity.

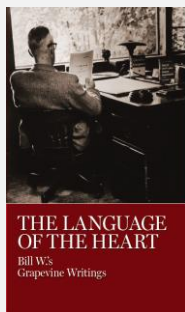
1. **Am I in my group a healer**, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. **Am I a peacemaker?** Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. **Am I gentle** with those who rub me the wrong way, or am I abrasive?
4. **Do I make competitive AA remarks**, such as comparing one group with another or contrasting AA in one place with AA in another?
5. **Do I put down some AA activities** as if I were superior for not participating in this or that aspect of AA?
6. **Am I informed about AA** as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. **Am I as considerate of AA members** as I want them to be of me?
8. **Do I spout platitudes about love** while indulging in and secretly justifying behavior that bristles with hostility?
9. **Do I go to enough AA meetings** or read enough AA literature to really keep in touch?
10. **Do I share with AA all of me**, the bad and the good, accepting as well as giving the help of fellowship?

GRAPEVINE

Quote of the Day

January 5, 2018

"Beaten into complete defeat by alcohol, confronted by the living proof of release, and surrounded by those who can speak to us from the heart, we have finally surrendered. And then, paradoxically, we have found ourselves in a new dimension, the real world of spirit and faith. Enough willingness, enough open-mindedness – and there it is!"



AA Co-founder, Bill W., June 1960
"The Language of the Heart"