

# April 2015

# Garden Island Sobriety

## 'Step Four'

**"Made a searching and fearless moral inventory of ourselves."**



**He said:** There are "Vital signs and then there are "Vital steps. There's a good chance you'll have the first if you successfully complete the latter. Point being The 12 steps of Alcoholics Anonymous are vital in continuing to have a happy healthy life free from the grip of alcohol and having good vital signs i.e.; Normal blood pressure, normal body temperature and heart beat. Confused ? Yes I was too, but don't worry if you need help there is always someone willing to guide you.

**I'm taking the serious** approach this month for a reason. This particular step, Step 4, plays a huge roll in your foundation in AA, as well as almost a guarantee that if done with thorough conviction you will continue to trudge the road to happy destiny. My first attempt was light, easy and non life changing. It's important that you seek guidance from someone whose recovery you respect, if not your sponsor. I had no clue what was to come when I finally took a hold of my life and all I could remember about it back as far as I could go.

Making a list of all the people, places and institutions that I held resentment for: This list should include any family, friend, classmate, neighbors, store owner, bus driver, teacher, employer, car salesmen, lover, lover of lovers, parents, police , courts, the list can go on and on...and if need be you yourself should be on that list as well. By making a thorough examination of your life, any and all of the people places or things and why you have a resentment. You will, by working a good 4th Step see your part in all of it, and I mean every last bit. As the old saying goes whenever you point a finger at someone, there are always three pointing back at you. You will see your part, the similarities and the consistency in life, and this should and will clear a lot of the fog, revealing the true reasons you suffer from alcoholism. Now comes the best part, you get to do a

*(Cont. p. 2)*



**She said:** This is where the rubber meets the road. At least that was my experience!

This was probably one of the most life changing actions of self love I have ever done. Self Love? How can that be when I am asked to write out all the "bad" things I had done throughout my life? Yes, self love, because without having taken this step I would have been unable to learn that I was a good person who made really bad decisions and choices. Prior to working this step, I thought horrible things about myself that kept me in a perpetual hell. My list helped me see the patterns in my thoughts and actions so that when I started to go down the familiar road again... I could choose differently. What a concept. Do something different? Yes, yet I couldn't do something different if I didn't take an honest look at what I had been doing in the first place which was causing so much chaos in my life.

**I received an opportunity** to really take a look at what made me angry, what I felt resentful about, and how I hurt others and was offended when they reacted. Amazingly, when I got to the column where I had to write what my part was in each and every item I learned that I was the common denominator in EVERYTHING that happened in my life. Always. End of story. I have never been or ever will be a victim to circumstances in my life. However, I used to live my life that way, blaming others instead of taking responsibility for myself. Our lives can't help but change when we take responsibility!

**A very important** piece in my 4th Step process was the direction I received from my sponsor to also list my assets. Whew. That was actually the most challenging part and where I cried the most. I had already rehashed the horrible bits over and over in my head for years. Yet, look at the good things about

*(Cont. p. 2)*

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**AA Archives p.4 The 4th Tradition p.4**

**AA Hotline 245-6677**

**He Said:** (cont.) sex inventory! Yep it's part of the 4th Step, done the same way. You list all persons in your sex life that you were selfish, dishonest or inconsiderate toward. Again be as honest and thorough as you possibly can. It can as fun or as miserable as you want it to be, it's your choice.

**Step 4 is huge** in getting you ready for the Steps to follow. But don't worry about that now. Remember those vital signs I spoke of? Well this sometimes is the Step that has some of us not coming back, if you know what I mean. So don't rush but don't drag either. If you rush, you will more than likely miss stuff, and if you drag your butt you'll stay stuck in that dry drunk stage longer than you need to. It's all up to you and how interested you are in becoming Happy, Joyous and Free. I promise this ride you're about to take will be one of the shining moments of your early sobriety. That's my experience. I truly hope you understood the impact I was trying to convey. Because look, it's only the rest of your life I'm talking about. Now get to a meeting and share. That's what it's all about. I love you who ever you are.

Happy in Service, Lance L.

## Birthday Celebrations

### West Side

- **Ala i ke Ola Hou** 5:30 pm Last Friday of the month, KVMH Conf Rms A&B. 4643 Waimea Cyn. Dr. **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!**

**She Said:** (cont.) me? Nope. I hadn't done that in a very long time. I found some things that I did like about myself. I learned that I had courage; Courage because I was participating fully in my recovery by working The Steps with a sponsor, even when I was scared. It takes courage to be honest with ourselves. This program is not for sissies, that's for sure. My wish is that everyone who comes into the rooms finds the courage to take this life altering step. It just may save your life

In Love and Light, Michelle L.

## Happy Birthday

John G.	3/2	1972	43 yrs
Dick W.	3/17	1973	42 yrs
Pat Q.	3/7	1977	38 yrs
Bebe S.	3/10	1980	35 yrs
Gerry J.	3/4	1981	34 yrs
Dave G.	3/7	1987	28 yrs
Judy B.	3/2	1987	28 yrs
Larry	3/24	1987	28 yrs
Julie M.	3/1	1987	28 yrs
Ed H.	3/14	1988	27 yrs
Norman P.	3/1	1991	24 yrs
Kathy	3/12	1997	18 yrs
Julia O.	3/11	1997	18 yrs
Sherwood C.	3/17	1998	17 yrs
Bill E.	3/17	1999	16 yrs
Heather C.	3/10	2004	11 yrs
Julie H.	3/30	2004	11 yrs
Jennifer C.	3/5	2005	10 yrs
Eddie	3/1	2005	10 yrs
Linda R.	3/20	2006	9 yrs
Mike H.	3/5	2008	7 yrs
Cindy T.	3/14	2008	7 yrs
Susan O.	2/2	2009	6 yrs
Kelsey B.	3/6	2011	4 yrs
Brandi R.	3/1	2013	2 yrs
Curtis K.		2014	1 YEAR

**Congratulations Everyone!!**

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

# HICYPAA 12 Step Workshop

**Saturday April 4th**

## Niumalu Beach Park Pavilion

**5:00 pm - 5:30 pm snacks**

**5:30 pm - 7:00 meeting**

12 speakers 5:30pm-7pm will draw a Step out of a hat; should be great fun!



## The Water Meeting & BBQ

**At Lydgate Park and Pond**

**This Month April 12<sup>th</sup> at Lydgate Park**

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



## The Happy Hour Cookout

**At Nawiliwili Beach Park**

**This Month on April 19<sup>th</sup>, 2:00 pm**

Cookout & Games. Meeting is a 5:00 pm



## Steps to Freedom Birthdays

**At Kapa'a United Church of Christ**

1315 Ulu Street, Kapaa

**This Month's Potluck April 27<sup>th</sup>, 6:45pm**

Celebrate AA Birthdays, Speaker Meeting 7:30pm



## Big Island Bash

**~ Acceptance is the Answer ~**

**April 24, 25 & 26, 2015**

**The 27<sup>th</sup> Annual Big Island Bash**

An AA and Al-Anon Activity held at the magnificent

**Sheraton Keauhou Bay Resort and Spa**

[www.bigislandbash.com](http://www.bigislandbash.com)

**(Last Saturday Supper is Discontinued)**

# A.A. Meeting Places

**Kauai Community Correctional Center**



**A.A. Meetings held in the KCCC:**

- **Men's Meeting - 2:15 pm Tuesdays**
- **Women's meeting - 5:45 pm Sundays**

**Requirements:** **'Volincor Training'**, 2 years Sobriety, No felony convictions\*, 5 years free from imprisonment, 3 years free from supervised freedom, TB test (administered free by the county), Close-toed shoes, Long pants (no shorts), No sun glasses, No belts, No metal, No weapons of any kind (including pocket knives). \* In some cases exceptions can be made for felony convictions, handled on a case-by-case basis

## Calling for A.A. KCCC volunteers!

A.A. District 6 (island of Kauai) is looking for volunteers to carry the message into the Kauai Community Correctional Center (KCCC).

## Volincor Training Session

**Wednesday, April 8, 2015**

**8:00 am - 4:30 pm**

**Lihue Missionary Church, 4383 Rice St.**

**Lunch and Refreshments will be served**  
**New volunteers and those needing re-certification (every 3 yrs) must attend**

Questions? Call Jeannie, 241-3055 ext242  
Clayton, 212-51756 or AA Hotline at 245-6677

## Corrections to the Printed Schedule

**New Early Bird Meeting** - 5:30am every Monday at the Happy Hour Nawiliwili Beach Park tables

**Koloa Men's Monday Meeting** - Is at 6:15pm at the Salvation Army Hall

**Koloa Friday Big Book Study** - Meets at the Koloa Union Church, 3289 Poi'pu Road, Koloa



## February in Our History:-

**Feb. 1938:** Sobriety date of A.A Number 13, Earl Trent. Dr. Bob was his sponsor.

**Feb. 1939:** Collier magazine editor Thomas Uzzell edits the Big Book manuscript from approximately 800 pages down to 400.

**Feb 1940:** Sister Victorien, working with Sister Ignatia, was transferred to Cleveland and began admitting alcoholics at St. Vincent's Charity Hospital.

**Feb. 8, 1940:** The Rockefeller fund-raising dinner at the Union Club in New York with Dr. Bob, Bill and six other A.A.'s in attendance.

**Feb. 13, 1940:** The first recorded time the "Lord's Prayer" was used to close an A.A. meeting, at the 'Philadelphia Group', Philadelphia, Pennsylvania.

**Feb. 1948:** Father Ralph Pfau founded the "Catholic Clergy Conf. on Alcoholism", which brought the A.A. message to priests suffering from alcoholism.

**Feb. 1959:** Permission was asked for and granted by G.S.O. for our literature to be put on tape for "Recordings for the Blind."

**Feb. 19, 1967:** Father Ralph Pfau died Sunday morning in "Our Lady of Mercy Hospital", Owensboro, Kentucky. He was the third most published author of the A.A. message behind Bill W. and Richmond Walker.

**Feb. 1990:** Going to print – the Ten Millionth copy of the Big Book.

From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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

## Tradition Four

**"Each group should be autonomous except in matters affecting other groups or AA as a whole."**

**What does this** statement mean to you? What does that really long, hard to pronounce word actually mean? How can that be the best way to run AA?

**Well, I hope** you all give it some deep thought and see what your own experience is with this Tradition. I have had the benefit of enjoying recovery in a variety of places and have found it to be, for the most part, the same program of recovery. The main difference has been in the format of the meetings. I am grateful that early in my recovery, some of the long timers suggested that I attend an out of town meeting at a place called the Rafters in Newhall, Ca. What I got to experience was meetings with discipline, content and transparency in the sharing process. But even more amazing, was the number of humble long timers I had the privilege of meeting. There was a genuine love for the newcomers and respect for the long timers and everyone was welcomed when visiting.

**Each group can** handle its affairs as it seems fit, as long as it does not give the name of AA a "black eye". Autonomy is the ability to be responsible to the group of drunks who are gathered at that particular meeting that have a desire to not drink, and neither your Intergroup, District, Area, GSO or AAWS has any authority over you. Your group is responsible for its actions or inactions.

**AA groups are** made up of a variety of people, who normally would not hang out together, but because of our common illness and the harmonious action that is necessary for our recovery, we have found through trial and error that the best way to health is from our own learning experiences. There is a story in the 12x12 that best illustrates the process of coming to embrace this Tradition. I will let you the reader explore the literature and enjoy the story.

~ In Love and Service, Ron L.



# Kauai Intergroup

The Next Intergroup Meeting:  
April 4<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center

## Intergroup Treasurers Report

February 2015

### Income:

Sunday Serenity Group	55.75
North Shore Aloha Group	280.00
Koloa Aloha Group Books	42.50
Whiskey and Milk Group 7th	120.00
Come As You Are Group 7th	10.00
Tatiana Book	23.75
Lance Books	60.00
Montana Books	24.00
Koloa Big Book Study Books	56.00
Saturday 3 <sup>rd</sup> Tradition Group Books	106.50
Come As You Are Books	90.00
Susan B Books	80.00
Happy Hour 7th	50.00
<b>Total Income</b>	<b>998.50</b>

### Expenses:

Guardian Self Storage	130.20
HI Telcom	25.59
Ink Spot (GIS) Bob	150.00
Valentine Day- Alejandro	250.00
161.30	
<b>Total Expenses</b>	<b>717.10</b>

<b>Balance</b>	<b>3,401.26</b>
<b>Less Prudent Reserve</b>	<b>- 150.00</b>
<b>February Activity</b>	<b>+ 281.40</b>
<b>Total Available</b>	<b>3532.66</b>

~ Report prepared by Tom R. ~

# 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)



## SERVICE ALERT The AA Hotline Needs:

- **Volunteers** for temporary & permanent vacancies
- **Volunteers** to take 12-Step calls.

Please email the Hotline Chair [hotline@kauaiaa.org](mailto:hotline@kauaiaa.org)  
Or call 245-6677. Mahalo



## 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

## SEND YOUR CONTRIBUTIONS TO:

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



## Intergroup Officers:

Chair:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Cindy C.
Literature:	Susan OK.
Hotline:	Gabrielle
Events Chair:	Alejandro H.

# District 6, Kauai:

**The Next District Meeting:**  
**April 18<sup>th</sup>, 9:30 am**  
**The Lihue Neighborhood Center**

## District 6 Treasurer's Report

**March, 2015**

### GROUP CONTRIBUTIONS

Step Sisters	17.00
Koloa Aloha	100.00
<b>Total Income March:</b>	<b>117.00</b>

### EXPENSES

<b>Total Expenses March:</b>	<b>0.0</b>
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<b>Prudent Reserve</b>	<b>1000.00</b>
<b>Bank Balance:</b>	<b>4311.53</b>

~ Report prepared by Steve Q. ~

**Treasurers Written Report**  
**Kauai District 6**  
**March 21, 2014**

**Aloha Leaders and Trusted Servants,**

**First, I'm happy to report** that the thank you letters were mailed, or distributed by hand, to the groups for their contributions in 2014. The only exceptions are for the North Shore Aloha group, and the Koloa 12 x 12 Thursday group, for which I don't have a mailing address. Also, the post office returned the Experience, Strength, and Hope group letter for a "not known, unable to forward" reason.

**Second, as of today,** all money transactions for the month have been posted, and checks will be deposited on Monday March 23.

**Third, in regards to donating money to GSO....**

If all the individual groups had a group conscience vote to keep all of their money, would we, as a district committee, be able to function, keeping

these doors open, to carry the message to the alcoholic who still suffers?

As always, the books are open for anyone who would like to take a look.

~ In love and service, Steve Q

### SEND YOUR CONTRIBUTIONS TO:

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



## District 6 Committee:

<b>DCM:</b>	Jonathan D.
<b>Alt. DCM:</b>	Kalei K.
<b>Secretary:</b>	Susan OK.
<b>Treasurer:</b>	Steve Q.

## Find A.A. in Hawaii



## Send Area Contributions

### ADDRESS IT EXACTLY LIKE THIS:

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



## Request a newsletter by e-mail

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

Editor: Linda B.