

January 2011

Garden Island Sobriety

'Step One'

“We admitted we were powerless over alcohol, that our lives had become unmanageable.”



He said: Here we go again! It's the beginning of a New Year.

Step One, states “We admitted we were powerless over alcohol – that our lives had become unmanageable.” For me this truth was evident long before I was truly ready to internalize it. I had known for some length of time that I had trouble controlling and enjoying my intake of alcohol, but was under the delusion that someday I would have control and live a life of regularity, much like other people. I was not aware of the hopelessness of my situation until it engulfed me and threatened to suck every last breath of life from me.

I was **totally** unaware of the events that were unfolding behind the scenes which would lead to my surrender and allow me to utter those three words that would open the way for a life beyond my wildest dreams to materialize. ‘God Help Me!’ It was in that moment that I admitted to my innermost self that I was thoroughly licked and had no more fight left in me. In the next few days following that admission circumstances (what I know now to be the Hand of God) conspired to lead me to AA, where I found the help that I needed. But, at that time I did not know it was the way out of the misery and despair that my life had become.

The way the information in the Big Book was presented to me was intriguing and hit a spot inside my gut. I was spoon fed the First Step from the 12 x 12, line by line, until it was evident to me that I am an alcoholic hopelessly imprisoned by the three fold nature of this illness. Until I could make that my truth, there would be no hope for me.

I **now have** come to understand that my life is unmanageable by me, and that I must rely on some power other than myself. At first that power came from the Group, which was the Open Door Fellowship in Lancaster, CA, my first home group. Later on a sponsor, Dennis L., worked with me to understand how powerless I was as an individual, *(continued. 2)*



She said: Anyone in my age bracket (over 50) is likely to remember watching

‘old’ western movies before they were considered old. If you’re not one of those so enlightened ones this may be news to you. There was a common theme in those old movies; the problem of the Indians who were normally quite tractable getting a hold of some ‘firewater’ and going temporarily insane. All hell would break loose until the Indian(s) sobered up. It seemed (according to the Hollywood screenwriters) that they just couldn’t handle their liquor like a ‘white man’. I remember clearly being impressed by this oddity and wondering if it were really true. Turns out, I am one of those Indians.

My drinking career lasted 27 years and my first blackout occurred the very first time I got drunk. This was also the very first time I drank liquor. Definitely, *deaf, deafinitely* an Indian.

By the power of a loving God I was sent many more clues to the reality of my condition; I could never drink like a ‘sane person’. But, I was deaf and blind to them all. After 18 years of experiencing ‘pitiful and incomprehensible demoralization’ I had *still* not recognized that I was constitutionally incapable of metabolizing alcohol. God seemed to recognize that I was not getting the message and sent one through the voice of someone I trusted. I was able to hear the first part of what this friend said because of what he said in the second part. “You should not drink at all, you are an alcoholic. *I know because I am one too.*”

I **did slowly** and grudgingly accept and admit that I was an alcoholic but that is only the first part of Step One. It took 9 more years of research to admit that I could not manage my own life. By this time I had resigned myself to death by alcohol. God suddenly thumped me on the head pretty hard (literally, in a car accident) and provided witnesses on the morning after so that I couldn’t lie my way out of *this* debacle. That was the day I went to my first AA meeting.

The more I learned in AA the more I was *(continued p.2)*

(He Said) but when I stood with the group I was able to experience the power of the many working toward a common goal; Staying sober one day at a time.
In Love and Service,

~ Ronald A., Kauai



MAKELE SEZ:

**Don't Drink
Go To Meetings
GET A HOMEGROUP!**

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!

(She Said) dumbfounded by my own history of denial. I was deathly afraid that I would be one of those unfortunates the Big Book describes as being 'constitutionally incapable of being honest with themselves'; therefore unable to recover.

This Step, Step One, is the crucial beginning and we seriously earn our way to it. I certainly did. But, it was not going to be enough to keep me sober. Thank God there are 11 more Steps.

~ Anonymous, Kauai

Happy Birthday

Lopaka	12/13	1970	40 yrs
Carl K.	12/19	1981	29 yrs
Bobo	12/13	1986	24 yrs
Peggy S.	12/19	1986	24 yrs
Lori N.	12/23	1988	22 yrs
Bob C.	12/16	2003	7 yrs
Ron W.	12/24	2003	7 yrs
Eddie F.	12/13	2005	5 yrs
Erica J.	12/13	2005	5 yrs
Big Matt	12/16	2006	4 yrs
Sarah	12/3	2007	3 yrs

~ Publishing Birthdays ~

Published the month after their occurrence.

If you would like a birthday published in the Garden Island Sobriety newsletter please **LET US KNOW** at:
District6newsletter@hotmail.com

The Serenity Prayer

God grant me the serenity to accept the things that I can not change, the courage to change the things that I can and the wisdom to know the difference.



Super Sober Superbowl Sunday

Third Annual Chili Cook Off!

Sunday February 6th at 11am

At The Kalepa Village Recreation Room

(across from King Kaumualii Elementary School in Hanamaulu)

- This Is A Potluck BBQ And Chili Cook Off!
- Chili Entries Must Be On The Table By Noon!
- Kickoff at 1:30!
- Come early to play Ping Pong or Pool.
- Doors open at 11:00
- There will be Raffle Tickets and Door Prizes!
- Keiki-Safe Activities: There is a fenced in lawn with playground equipment so you can 'let 'em loose'! We plan to have some 'apple dunkin' and 'Pin dah tail on dah donkey'.
- Contact: events.intergroup@gmail.com or just call The A.A. Hotline:245-6677

**Join us in celebrating Sobriety,
One hard earned yard at a time!**



2011 Kauai Roundup

THE PLANNING COMMITTEE for the "2011 KAUAI ROUNDUP still needs volunteers for the following: CO-CHAIR, MEETINGS CHAIR, ENTERTAINMENT CHAIR and PUBLICITY CHAIR.

Dates for the first Planning Committee Meeting (mid January, 2011) and The Roundup event (June 2011) are soon to be announced. To volunteer your service Contact: Alejandro hernandea040@hawaii.rr.com or 652-3128



Like Pancakes? Come'n Join Us

For A Pancake Breakfast!

Sunday February 27th at 11:00 am

At The Kapa'a Neighborhood Center.

AA members, families and friends, please come and try our banana pancakes! The funds raised will be used for future AA events. How much will breakfast cost? So far that is 'TBA'. There will be more discussion about it at the next Intergroup Meeting, January 2nd, 8:30 am, the Kapaa Neighborhood Center.

For more information send your Intergroup Rep. or contact events.intergroup@gmail.com



Nukolii Beach Bonfire Meeting

Every 3rd Sunday of the Month at 6:30pm

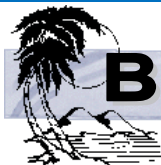
Instead of the monthly FULL-MOON hike, we will be having a monthly bonfire meeting.

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.

More Information at: Happyhourkauai@gmail.com



~~Saturday~~ Bowling CANCELLED At The Lihue Lanes



Big Island Bash

Speakers Convention

April 15-17, 2011

The 23rd Annual Big Island Bash will be held at the magnificent Sheraton Keauhou Bay Resort & Spa.

For Registration, Schedule of Events & Accommodations

Go to www.bigislandbash.com



The Napali Coast

Full Moon AA

June 15-19, July 13-17 and August 12-16, 2011

Kayak, Motor Boat or Walk In. Camping, Fellowship, Guided Hikes and AA Meetings!

Call 'Kalalau Chris' for more information at 212-6009

Get your permits now: www.hawaii.stateparks.com



Traditions Checklist

From The AA GRAPEVINE

Tradition One:

**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?



Request a newsletter

by e-mail

District6newsletter@hotmail.com



A.A. Meeting Places



Kalepa Village Rec. Center

Kalepa Circle, Hanamaulu

Meeting Thursdays, 7:30 pm: 'The No Can Group'

This Grapevine / Discussion Meeting is also known as
'The Ping Pong Meeting'

Come early and stay late! Doors open at 6:30 pm for fellowship, ping pong and pool. A fenced yard and playground equipment make this a 'kid friendly' meeting.

**GARDEN ISLAND SOBRIETY
NEWSLETTER SENDS A BIG**

THANK YOU

To Our Writers In 2010:

Ally S., Will L., Jim D., Lu A.

Also our Contributors:

**Courtney P., Mike C., Shoshanah B., Alejandro H.,
Henry M., Nicole P., Kathryn B., Jackie S., Bebe S.**

And Everyone Who Sent Us A Letter!

Kauai Intergroup

Aloha All, My name is Lu, I am an alcoholic and, at your behest, the chairperson of the Kauai Intergroup. This is a panel with many new faces, many younger members have taken up the call to service and the next few years promise to be lively.

Unfortunately, as is often the case many of our committee chair seats remain unfilled. The ever popular Hotline, Activities and Web/New Technologies committees are off to a roaring start but Public Information, Corrections, Treatment and more remain unfilled. I ask you all to reach deep within and ask if this may be your Higher Powers will for you. I will ask you to reach deep into your pockets next month!

In January, as we meet for the first time as a new panel, I will be asked to sign the bylaws. Please review them with your IGRs. There is a wealth of information about Central Offices and Intergroups, starting with GSOs' Guidelines, The AA Group Pamphlet, the 12 Traditions (of course) and also the Twelve Concepts Service Manual. For the Internet savvy, many other Intergroups post their bylaws online, nothing can be more enlightening at times than the experience of others. I do not want to have a lengthy Battle of the Bylaws Part Deux, however, in my reading of Tradition Two it would benefit my spiritual growth to ask your groups decision before signing. More importantly, it is our opportunity to reflect and be sure that we are doing our best to fulfill the responsibility we share for the alcoholic who still suffers.

Humble before God, united in spirit, may our fellowship continue to grow.

~Lu

Our Intergroup Officers:

Chair:	Lu A.	chair.intergroup@gmail.com
Alt. Chair	Bob B.	245-3680
Treasurer:	Mike C.	639-5904
Secretary:	Susan Ok.	secretary.intergroup@gmail.com
Literature:	Danette M.	
Alt. Lit.:	Mark M.	
Hotline:	Damione	hotline.kauai@gmail.com
Events:	Christopher K	212-6009
GIS News.	Linda B	District6newsletter@hotmail.com

**The Next Intergroup Meeting
Is January 2nd, 8:30 am,
At The Kapaa Neighborhood Center**

The Lihue Neighborhood Center kitchen is not available January 1st for our Intergroup meeting. We are holding the Intergroup meeting Sunday, Jan. 2nd at 8:30 am at the Kapa'a Neighborhood Center.

**If Your IGR Is Not Able To Attend,
Please Send An Alternate IGR For Your Group.**



Volunteers Needed For Service:

Hotline Volunteers answer phones in a regular weekly slot, or fill in for vacationers. Please pass the word around at meetings! Mahalo!

Contact Damione. hotline.kauai@gmail.com 634-8469.

Intergroup Treasurers Report

NOVEMBER 2010

Income:	
3/11 Group	\$ 50.00
Henry M. - Books	\$ 15.50
Hui Ohana – Christmas day	\$ 200.00
North Shore Aloha Groups	\$ 250.00
Income Total	\$ 515.50

Expenses:	
Aloha Business Center-Schedules	\$ 265.62
Guardian Self Storage rent	\$ 93.75
Hawaiian Telecom	\$ 95.75
Expenses Total	\$ 455.12

Balance	\$ 625.07
Prudent Reserve:	\$-191.00
Hui Ohana X-mas donation:	\$-200.00

Available Funds: \$ 234.07

~ Prepared by Mike C.

SEND YOUR CONTRIBUTIONS TO:

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





Got Literature? We Deliver!

Or Come To The Intergroup Meeting!

- *Books *Pamphlets *GIS Newsletter
- *Kauai AA Meeting Schedules



District 6, Kauai

Kauai District Cash Flow

November 14, 2010 to December 11, 2010
(District Meeting to District Meeting)

Starting Balance	\$ 1257.32
Income	
Thurs Koloa Step Study	\$ 18.00
Sober in Paradise	\$ 60.00
Interest 10/21 to 11/19	\$.06
Income Total	\$ 78.06
Payments	
Garden Island Sobriety Q4	\$ 75.00
DCM Assembly reg + airfare	\$ 309.40
Archives mailing to Area	\$ 42.80
10 Serv. Man. for new panel	\$ 45.00
DCM Office/sec. expenses	\$ 20.00
Payments Total	\$ 492.20

SUMMARY FOR 2010

Starting Bal. Sept. 13, 2010:	\$ 1257.32
Income Total:	\$ 78.06
Payments Total:	\$ 492.20
Balance	\$ 843.12
Prudent Reserve:	\$ -500.00
Available Funds:	\$ 343.18

~ Prepared by Courtney P.

SEND YOUR CONTRIBUTIONS TO:

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

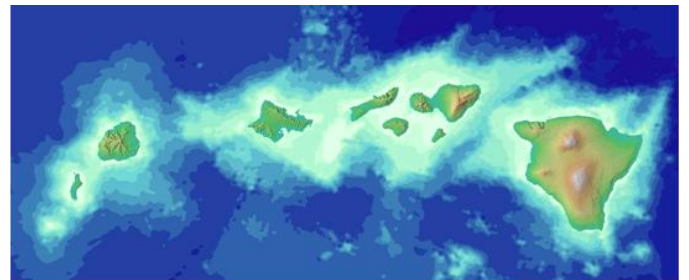
Please include "District 6" & "Group Name" on check

**The Next District Meeting
Is January 7th, 9:30 am
At 3146 Akahi St., Lihu`e**

Our District Committee

DCM:	Alejandro H.	652-3128
Alt. DCM:	Neil P.	
Treasurer:	Susan O'N.	212-1858
Secretary:	Heather C.	kauaidistrictsixsec@gmail.com
Grapevine:		Open
Archives :		Open
CPC:		Open

Find A.A. in Hawaii



www.area17aa.org

Service is Sobriety

Our Area 17  Delegate is

Elizabeth M.

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 ck