

April 2017

Garden Island Sobriety

'Step Four'

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



He said: I had trouble starting my first Fourth Step. I got the notebook, the pens, read the directions in the Big Book, talked to my sponsor and yet still had trouble putting pen to paper. To write down a list of your defects is difficult. It took a lot of things, mostly prayer, to get to a point to do a Fourth. But, as with most difficult things in my sobriety, once I found the answer, it was easy to help others with it. There's a trick to starting a Fourth for me. You sit down, pray, pick up a pen and write a name of someone you don't like. Then you write another. Not so hard, no? Took me months to get to that point. But now, I like doing Fourth Steps. They're not scary. They're helpful today. They give me road maps to figure out the way I think.

Sometimes I'm amazed at the reactions I have in certain situations. I'm sitting there, all normal, and I fly off the handle from one little comment. Or I sulk and complain over something that I know is no big deal. This used to (no, it still does) make me so frustrated, because I can't figure out why I'm doing what I'm doing. Now, when I'm confused or angry, I sit down and write out what's going on. For some reason, the act of writing something down gives me a different perspective, even better than talking about it. By writing down my thoughts, the process changes and I'm able to see things in black and white. Most of the time, it makes my problems look petty and ridiculous. More than that, I often find a pattern in my behavior and in my thought process.

This, to me, is the miracle of the Fourth Step – reviewing how I think so I can change it. I couldn't see it then, but there was (and still is) a distinct pattern to my behavior. **In romantic relationships**, I never saw a pattern. They were different women, and they treated me differently. But looking at my sex inventory, there's a road map to my relationships, starting when I was 16. I've made the same mistakes over and over because I failed (*Cont. p. 2*)



She said: **Discover, Disclose & Discard.** I never planned on being a drunk. I just wanted to be happy. Somehow, in the process of living, I ended up in the grips of a deadly disease: the relentless, unmerciful dictatorship of alcoholism. Now that I had embarked on this journey of recovery, admitted defeat, surrendered and turned the reins over to God, my life was headed in a new direction.

I faced Step Four, the path of discovery, in a state of eager confusion. I had decided to live but I didn't know how to. I really wanted this step to wave some kind of magic wand over me. I didn't know what could possibly be revealed to me about myself that I didn't already know.

I didn't know how sick I was until I got to A.A. and started going to meetings every day. I listened to these people telling their stories with such clarity and it struck a chord in me. Suddenly I realized that I didn't even know what my own story was. I had been driven by instincts, like a puppet on a string.

The revelation for me was that I was not going to be able to figure myself out, but I didn't have to. I was facing this inventory of myself with God in charge of what would be revealed. I had to humble myself and lower my expectations of accomplishing the great feat. It would be more like chipping away at a mountain, letting God show me what was important to know first.

My part was perseverance. After reaching for the bottle relentlessly I had some practice in that. This was to be my new pain killer, pen and paper. The important thing for me was to pray for guidance first, and then not backing away, dive in and write. I knew that I was searching for a common thread that ran through my story. I was searching for the *nature* of my wrongs

The Big Book was my road map and I made good use of it. I made "a list of the more glaring defects", 12x12 p.48.

(*Cont. p. 2*)

Birthdays p.2 Meetings, Activities p.3
AA Archives p.4 Tradition Checklist p.4

AA Hotline 245-6677

He Said: (cont) to see the pattern. But when I sat down with that column of what my part in the situation was, it was staring me in the face – every single time, my ego got in the way.

It talks about it in the 12 and 12. Either I tried to dominate those around me when I felt they were weaker, or I gave up complete control and tried to get taken care of when someone had a stronger will than me. Never once did I try to be a partner. Or even a friend. I didn't know how.

That's why I need to continue to do Fourth Steps. Today, I tend to use self-pity as a weapon, rather than old stand-bys like anger or manipulation. But every time it was the same cause – I got scared and stopped using God and started using my ego.

After writing this stuff down I can see patterns. I can see exactly where I was at fault. And, hopefully, the next time, I can stop myself before I make the same mistakes again.

~ Tom F., Kauai

She Said: (cont) That wasn't so hard to do, they were pretty glaring "Resentment is the number one offender", Big Book p.64. I could certainly identify with that. In fact I seemed to have a talent for it. And so I filled out the four column list. But, what was the *nature* of my character defects? I needed to keep it simple. I had heard the stories of the 30 page drunk-a-log handed back to the novice by a sponsor who says "Try it again, but shorter this time".

I started with the chronological order of events in my drinking career. That in itself was something I'd never done before. Eventually I recognized one thing, just one little thing, that was a common thread running through my misadventures.

My first Fourth Step wasn't going to be perfect. "More will be revealed"; this is what I heard the happy people in A.A. saying. The 12 steps were to become a way of living. It was time to disclose and discard what I'd discovered.

As my Uncle Jack used to say, "Your sobriety is like a tape recorder. Nothing in life stays still, so, if you are not moving forward in sobriety, you *are* moving backward, playing old tapes". Move forward with the Twelve Steps or you will surely be slipping backwards to the next drink.

~ Linda B., 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).

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

John G.	3/2	1972	45 yrs
Dick W.	3/17	1973	44 yrs
Pat Q.	3/7	1977	40 yrs
Bebe S.	3/10	1980	37 yrs
Gerry J.	3/4	1981	36 yrs
Dave G.	3/7	1987	30 yrs
Judy B.	3/2	1987	30 yrs
Larry	3/24	1987	30 yrs
Julie M.	3/1	1987	30 yrs
Ed H.	3/14	1988	29 yrs
Kelly	3/4	1988	29 yrs
Norman P.	3/1	1991	26 yrs
Kathy	3/12	1997	20 yrs
Julia O.	3/11	1997	20 yrs
Sherwood C.	3/17	1998	19 yrs
Bill E.	3/17	1999	18 yrs
Heather C.	3/10	2004	13 yrs
Julie H.	3/30	2004	13 yrs
Jennifer C.	3/5	2005	12 yrs
Eddie	3/1	2005	12 yrs
Linda R.	3/20	2006	11 yrs
Mike H.	3/5	2008	9 yrs
Cindy T.	3/14	2008	9 yrs
Susan O.	2/2	2009	8 yrs
Kelsey B.	3/6	2011	6 yrs
Brandi R.	3/1	2013	4 yrs
Curtis K.		2014	3 yrs
Brian	3/25	2015	2 yrs

Congratulations Everyone!!

A.A. Activities



Taco Breakfast

April 1st at 8am

Poipu Beach Park Far West Pavilion

Hosted by Sunrise Sobriety Group



The Happy Hour Cookout

April 16th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Maui Women's Retreat

April 21-22-23

Camp Keanae

Link to registration is at Kauaiaa.org



Steps to Freedom Birthdays

This Month April 24th

6:45pm, At Kapa'a United Church of Christ

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



Came to Believe - Pizza Night

This Month April 26th

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

This Month on April 28th

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset

A.A. Meeting Places



Photo - Alejandro

POIPU BEACH PARK

Meeting at 'The Far West Pavilion'

- Monday "Sunrise Sobriety" 7:00am, Step Study
- Tuesday "Sunrise Sobriety" 7:00am, Big Book
- Wednesday "Sunrise Sobriety" 7:00am, Daily Ref.
- Thursday "Sunrise Sobriety" 7:00am, Came To Believe
- Saturday "Sunrise Sobriety" 7:00 am, Grapevine

Hawaii Area 17

Inform the Delegate Assembly



April 8 & 9, 2017

Link to registration is at Kauaiaa.org



Big Island Bash

~ Surrender to Win ~

May 5 - 7, 2017

The 29th Annual Big Island Bash (an AA and Al-Anon Activity) will be held at the magnificent Sheraton Keauhou Bay Resort and Spa at Keauhou Bay on the beautiful Kona Coast. **Complete** information on Activities, Registration and Accommodations may all be easily found at:

Go To: www.bigislandbash.com



AA Archives

The Best of Big Book Dave:

April in Our History:

April 1977: The General Service Conference approved a joint biography of our two co-founders. When this proved impracticable it became apparent of the need for two books. Dr. Bob's biography would be written first (published 1980) followed by Bill W.'s biography; Two books that I believe should be in all active AA members library, "Dr. Bob and The Good Old Timers' along with "Pass It On."

April 1840: Washingtonian Temperance Society Founded – Baltimore, MD. Within four years 500,000 had found sobriety!! By the year 1850 completely disbanded! Bill W. made a text-book study of them – their mistakes. Thus our Traditions were born.

April 1938: The "Alcoholic Foundations" first meeting takes place in New York City. Later the name will be changed to our "General Service Office."

April 1939: On every night, Gabriel Heatter's radio broadcast "We The People" will provide the first nation-wide exposure of AA to the public by inviting active AA members to be guests on the air.

April 1946: For the first time our Grapevine will carry Bill W.'s "12 Suggested Points for AA Tradition." They will later be called "The Long Form of Traditions," located in the back of our Big Book.

April 1947: The first transatlantic phone call to our New York office from an army hospital in Germany, wanting to start up the first AA Group in that country.

April 1954: Our General Service Conference adopted the plan for each registered Group to have a G.S.R. (General Service Rep.).

April 1958: At the annual G.S.C. Conference held in New York City the word "Honest" is dropped from the AA Preamble. "The only requirement for membership is an "Honest" desire to stop drinking.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A.



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



Traditions Checklist

Tradition Four

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

- Do I insist that there are only a few right ways of doing things in AA?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths-his lengths, not mine- to stay sober?
- Do I share my knowledge of AA tools with other members who may not have heard of them?

GRAPEVINE

Quote of the Day

March 17, 2017

"Surrender has nothing to do with giving up. It means to stop fighting."

"The Gift of Sobriety," Carrollton, Texas, February 1993
AA Grapevine

Kauai Intergroup

The Next Intergroup Meeting:
April 1st, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

January 2017

Income:

Koloa Aloha	7th	75.00
Sobriety in Paradise	7th	58.00
Cash	cash	10.00
Ann	Literature	18.20
Hui Ohana	Literature	348.00
Anonymous	Literature	87.20
Anonymous	Literature	25.20
Happy Hour	Literature	18.10
Kapaa Women's	Literature	57.00
Waimea Canyon Group	Literature	47.75
Total Income		741.45


Expenses:

Guardian Storage	Locker	135.42
Stamps/Envelopes	Office Sup.	5.67
Hawaiian Tele	Phone	25.73
Ink Spot Printing	G.I.S	150.00
Total Expenses		316.82
January 2017 Report		3421.32
Net Profit or Loss		(25.37)
Current Balance		3395.95
Less Prudent Reserve		900.00
Balance		2495.95

~ Report prepared by JoRina ~

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonyia B.
Hotline:	Kelvin

District 6, Kauai:


The Next District Meeting:
March 18th, 9:30 am
The Lihue Neighborhood Center

District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

SEND YOUR CONTRIBUTIONS TO:

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



Kauai AA Roundup Planning Committee



Meeting April 9th, 3:00 pm
at Happy Hour Picnic Tables, Kalapaki Bay

Volincor Training Session

Saturday, April 22, 2017

8:00 am - 4:30 pm

At Lihue Missionary Church, 4383 Rice St.
Lunch and Refreshments will be served

Calling for A.A. Volunteers!

This is a training session for Volunteers to
carry the message into the Kauai Community
Correctional Center (KCCC)!

For more info call the **AA Hotline at 245-6677**



DCM Report



PRAASA 2017

Aloha everyone, I was told before the event to have my own experience at PRAASA, and that is what my report is to you, my experience.

I'm not under the belief that 20% of the people in AA do all of the work. I AM of the belief that all of the people in AA are doing just what they're supposed to be doing at any given moment, whether that's making coffee, being a greeter, answering a hotline call, or being at a meeting as a power of example for the person just needing some recovery time for an hour. However, if that saying were at all true, then the 20% were in that conference center all at one time over the weekend. The energy was something I've never experienced before. It wasn't like an Alano club in Florida, the GSO and Intergroup office in New York, or even a State convention on Oahu. It had it's own unique color and feel.

The first day we had orientation, hearing from our Pacific Regional Trustee Joel C., who moderated the whole weekend. We were also fortunate to have him at the orientation assembly on Maui in January for those who were able to make it.

At PRAASA, they use the light system similar to our assemblies for timing purposes. When the light turns yellow, better finish soon because it's going to turn red, and everyone will start clapping, signaling a loving end. There were breaks in between, for a cup of coffee and a smoke outside, some conversation with friends, and with those I've never met. As a matter of fact, I'm going to go to Alaska this summer and go fishing with a DCM who travels 80 minutes each way for a district meeting. And there's a GSR in that district who has to get in his boat for a half hour then drive for another hour just to attend the same meeting. Talk about a commitment to recovery huh?

After a break for dinner, it was time for our area chair, Kunane, to moderate the evening panel. He did a great job, & looked like he enjoyed his experience.

The night ended with a 2 1/2 hour roundtable event, similar to our assembly format. I was at the DCM roundtable with about 75 others from our region. Topics were discussed and solutions were shared.

Saturday began very early for breakfast with Jim at the

Waffle Shop in Downtown Sacramento, or at least that's where I where I think we were! Then off to the conference center with a full agenda ahead.

There were topics such as "Taking our inventory"... "Are all members, groups, and areas treated equally in the conference process"... "When do I speak up in my home group, and when is it appropriate to practice restraint of pen and tongue." Everyone had a good laugh when the speaker for that topic gave an example of a situation where it certainly would've been a better move to practice the restraint of the pen and tongue part!

There was another presentation by Joel C regarding his trustees report, and a short PRAASA business meeting. Interesting enough, PRAASA is very much in the spirit of AA in that it is run by those attending in the most essential ways. The whole body in attendance forms the group conscience... Very similar to our District 6 group today...

What followed after a banquet dinner with a group of GSR's from California, and our friend Hilly, (a lively bunch indeed), was another of my favorite events of the weekend. Greg T., our current GSO manager, brought back the memories of early AA recovery in the bottom of a church basement. For me it was in a Long Island beachfront community, for him, in New Jersey, it was in a meeting started by Bill W.

After a break it was back to the DCM roundtables and more topics discussed, with solutions shared by many. I must say that the DCM roundtables could've been scheduled for the whole weekend. They were fascinating. I sat with my Alaskan friend Sheri and a few other DCM's from the Hawaii area.

Sunday morning breakfast was with Jim again at the Waffle Shop. I had been told that Sunday morning was to be the "highlight" of the weekend, with some former Trustees sharing their experience for 7 minutes each. My expectations were met fully.

In closing, I want to express my sincere gratitude for allowing me to serve all of you, and the AA population on Kauai, and for sending me to the 50th annual PRAASA in California as your DCM.

~ In Love and service, Steve Q

Kauaiaa.org
Visit Our Website!