

May 2017

Garden Island Sobriety

'Step Five'

"Admitted to God, to ourselves and to another human, being the exact nature of our wrongs."



He said: After my first Fifth Step my sponsor took me out back behind his house and we shot guns at a pizza box set up on a tree stump.

Today I look back and laugh. Here was a guy brave enough to hear all my deepest, darkest secrets and then hand me a gun in the middle of nowhere. I guess they weren't as bad as I thought they were.

But doing a Fifth Step brought out an even bigger Boogeyman – someone was actually going to know me, know how I think, know why I react the way I do, and know what was really going on in my head. Sometimes sponsors know better than I do why I'm doing what I'm doing.

And that's a terrifying proposition for me. I've always thought that if someone knew exactly what I was thinking, I'd end up back in the nut ward. They definitely wouldn't want to be my friend after that, either.

I can say that, since I've done a few Fifths with a few sponsors, not one has called the shrink to get me locked up, and every one has taken my calls afterwards.

There are few people I trust enough to know what's really going on in my head. But, with a sponsor, here's a guy who knows everything, and, not only that, can show me patterns of behavior, the road map in my head. And he's got the directions for a more peaceful journey up there.

When I get a new sponsor, I try and sit down and do a Fifth pretty quickly. I have to be honest though. I've had a number of sponsors where that wasn't the case. They did not last long, and I rarely used them. How could I? I didn't give them any information except the current problem.

(Cont. p. 2)



She said: How hard is it to admit that I am wrong? It's pretty damn hard! Yet 'admission' is the very first action we are called to take in the very first step of this program. It returns in Step Five to free us from the past, and then again in Step Ten, as an instruction for living. Apparently we are supposed to get pretty good at it! It's all about breaking free from the oppression of false pride and the nightmare of our terrified ego.

We alcoholics carry around our secrets like a bag full of rocks and the burden is killing us. In Step Four we take a good look at these rocks, examining every nook and cranny. Then, in Step Five, we are allowed to throw them away, if only we will.

A lot of work had been done by the time I got to this Step. I had admitted that "I can't but God can," and then in Step Four took a good look at the evidence of just how badly "I can't".

Control was only an illusion after all. Once the illusion was stripped bare, admission of my wrongs was vital to staying sober, in fact to staying alive. Never mind that much of the human race could use these steps to improve their lives and the lives of those around them, If an alcoholic doesn't use these steps they will drink again, and that is the truth of it.

It wasn't easy for me. It isn't easy for any of us. Doing Step Five was my second chance in sobriety to practice turning my will and my life over to the care of God. He is in charge now. I just have to suit up and show up, do the next indicated thing. So that is what I did, in spite of a desire to turn and run.

I was tired of dying, day after day, in the hellish haze of alcohol, and I'd decided I wanted to live. So I took this step, like the ones before it, because I was willing to go to any lengths.

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AA Hotline 245-6677

He Said: (cont) I've found that the easiest way to allow your sponsor to work his magic is to do a Fifth. He's got the evidence and now can throw your past back at you. It makes for a much more effective sponsor/sponsee relationship.

After doing my first fifth and taking out the tree stump, I remember driving home, and for the first time in my sobriety, I felt the loneliness vanish. I truly felt a part of AA after doing that step.

Here are some of the other gifts of the Fifth, as outlined in the Big Book: "Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of the Creator." Those are some pretty great by-products of doing this step, no? It seems pretty worth it to tell a guy exactly who you are.

~ Tom F., Kauai

She Said: (cont) How hard is it to admit that I am wrong? It's never easy, but it's become familiar, like waking up without a hangover gets familiar. Like remembering what I did the night before. That's a welcome familiarity. Every time I admit that I am wrong I feel a sense of freedom and relief. I still struggle with pride, but every time I admit it out loud, I am set free.

~ 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

Nona M.	4/8	1984	33 yrs
Chuck T.	4/1	1984	33 yrs
Lynda G.	4/19	1984	33 yrs
Doug R.	4/21	1985	32 yrs
Joe O'B.	4/15	1985	32 yrs
Roger W.	4/14	1986	31 yrs
Karen L.	4/3	1991	26 yrs
Tom R.	4/5	1991	26 yrs
John 'Hilli" H.	4/15	1991	26 yrs
James B.	4/16	1993	24 yrs
Allie	4/27	1996	21 yrs
Patty	4/5	2000	17 yrs
Nicole	4/10	2003	14 yrs
Kim H.	4/14	2004	13 yrs
Laren T.	4/10	2004	13 yrs
Courtney P.	4/10	2006	13 yrs
Mark B.	4/20	2006	11 yrs
Pam A.	4/28	2006	11 yrs
Monica A.	4/22	2006	11 yrs
Kathie E.	4/28	2006	11 yrs
Dharma W.	4/18	2007	10 yrs
Alan B.	4/13	2007	10 yrs
Jane T.	4/22	2007	10 yrs
Tim	4/11	2009	8 yrs
Rick B.	4/9	2010	7 yrs
Lauren D.	4/21	2012	5 yrs
Taylor.	4/26	2014	3 yrs

Congratulations Everyone!!

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

A.A. Activities

Kauai AA Roundup

Planning Committee

Meeting May 14th, 3:00 pm

at Happy Hour Picnic Tables, Kalapaki Bay



The Happy Hour Cookout

This Month May 21st, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on May 26th

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

This Month May 29th

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

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



Came to Believe - Pizza Night

This Month May 31st

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month

A.A. Meeting Places

Saint Michael's Church



Photo ~ Alejandro

"Came to Believe"

Wednesdays at 6:00 pm

In the Community Room at 4364 Hardy St., Lihue



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 at: www.bigislandbash.com

Alaskan Wilderness Jamboree

43rd Wilderness Jamboree in Alaska is July 14-16

Questions? Email - ENDLESSEXPLORER@aol.com



AA Archives

The Best of Big Book Dave:

May in Our History:

May 1901: Professor William James gave a series of lectures at the University of Endinburg, Scotland. The following year he will publish them in book form under the name, "Varieties of Religious Experience." This book was required reading for early AA members before our 'Big Book' was written. Bill W called Professor William James "A founder of AA."

May 1934: Book: "Sermon on the Mount" by Emmet Fox goes to print. It is one of eleven books that influenced how the Big Book will be written.

May 1, 1935: Bill W. goes to Akron, Ohio on a business trip that failed, but it's on this trip that he will meet Dr. Bob!

May 1939: AA's first Intergroup office opens. It will be located in Cleveland, Ohio.

May 1940: A Washington DC newspaper reports the first AA Group in our nation's capitol will be meeting every Tuesday night at 8:00^{pm}.

May 1946: The legal incorporation of our AA Grapevine takes place as one of two publishing arms of the then "Alcoholic Foundation."

May 8, 1971: Bill W. is buried in a private ceremony at his home town of East Dorset, Vermont.

May 1974: First "World Service Meeting of AA" outside North America is held in London.

May 1988: Book: "Language of the Heart" goes to print. This book brings together all the articles Bill W. wrote to us through the Grapevine. A book that in my opinion was years overdue!

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska
Submitted by Mathea A.

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



Traditions Checklist

~ From the AA Grapevine ~

Tradition Five

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

- Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me?"
- Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
- Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- Do I help my group in every way I can to fulfill our primary purpose?
- Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

GRAPEVINE

Quote of the Day

May 1, 2017

"I had been introverted and tense. I had been blocked by a fat ego that made sharing impossible, by a lack of communication, by a fear of love. The Fifth Step swept away all those barricades. With some humility, I could begin to find joy in the simple delights of life."

Brooklyn, N.Y., June 1974

"The Fifth Step – A Way to Stay High," Step by Step

Kauai Intergroup

The Next Intergroup Meeting:
 May 6th, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report

March 2017

Income:

Experience, Strength & Hope 7th		57.21
Happy Hour	Literature	95.00
Hui Ohana	Literature	35.50
Koloa Aloha	Literature	48.25
Na Wahine Ku Pono	Donation	50.00
North Shore Aloha	Literature	95.00
Princeville/ Hanalei	Literature	74.25
Sunrise Sobriety	Literature	260.25
Twisted Sisters	Literature	250.00
Total Income		965.46

Expenses:

GIGYPAA	Events	196.00
Guardian Storage	Locker	135.42
Stamps/Envelopes	Office Sup.	5.67
Hawaiian Tele	Phone	25.65
Ink Spot Printing	G.I.S x 2	300.00
Total Expenses		662.74
February 2017 Report		3551.62
Net Profit or Loss		302.72
Current Balance		3497.13
Less Prudent Reserve		900.00
Balance		2597.13

~ 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:
 Hotline:

Sonya B.
 Kelvin

Kauaiaa.org
Visit Our Website!

■Kauai A.A. Meeting Schedule



■Kauai A.A. Events Calendar

■Link to HI Island AA websites

Contact: website.intergroup@gmail.com



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**

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

Editor: Linda B.

District 6, Kauai:

The Next District Meeting:
Mayh 20th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of April 15, 2017

Group Contributions:

Sunday Serenity	65.00
Happy Hour	6.21
Total Income	71.21

Expenses:

GSR Travel (KYPG)	177.15
Total Expenses	177.15

TOTAL CASH IN BANK	3232.19
PRUDENT RESERVE	1200.00

~ Report prepared by Crystal B. ~

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



Request a newsletter

by e-mail



Contact: District6newsletter@hotmail.com



DCM Report



District 6 Business and Step 1

With regards to alcohol, lack of power was my dilemma. Once the thought of having "a couple of drinks" came into mind, no matter the circumstances, I couldn't resist. Then, after the craving was fed, I could not stop. Fun for a while, but a viscous cycle soon after. Life was unmanageable, and I ended up at that jumping point, for real.

How does this tie in with District business? Well, if I look at the upside-down structure that puts the Groups at the top, and a descending order below, I can come to an understanding that I have a lack of power there also...with a Tradition 2 reminder as well.

When we get together once a month for a District meeting, your GSR's give their reports on how their Group is carrying the message, and any matters that might be of concern. In essence, they share the Group conscience. The same goes for the Committee chair people, and the Officers who give reports, and lo and behold, more conscience!

A DCM doesn't "run the show"...They fulfill a commitment of facilitating. The powerlessness comes in forms which never cease to amaze me. All of us AA members in District 6, people committed to a common cause, come together to share that Group conscience; the solutions to our situations; experiencing the similarities, as well as our differences. I'm powerless over all that takes place, the outcomes, and the people involved. Fortunately, there's a Higher Power available, which can provide the manageability while conducting District business, and in carrying out our Primary Purpose.

Mahalo! ~ Steve Q

Expect A Miracle