

September 2016

Garden Island Sobriety

'Step Nine'

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”



He said: Having arrived at Step 9, I finally felt there was something in life worth living for and I wanted to share it with the world. Guilt, shame, and intolerance were being replaced with love, patience, and compassion for both myself, as a sickened and defeated alcoholic, and for others, who had to endure my insanity and dishonesty. It felt like change was “going to” happen, I just didn’t know when or how it was going to occur. I am grateful that I didn’t have to approach this step alone, having come to rely on God, the Fellowship, and a sponsor to listen to while life opened up for opportunities to make amends.

I’d be lying if I said amends flowed organically out of my spiritual fitness and newfound grace. At first, it was awkward. Having reviewed my list of people I may have harmed, it was apparent that some would not even know if I never confessed to misdeeds and bad motives. The Big Book is clear about causing no further injury to those that were affected by my drinking problem, and to not save my own skin at the expense of another. How do I know if I am doing this? Well...

Prayer and willingness to keep “my side of the street clean” were good starting points for gaining perspective. Talking with another alcoholic who had done the steps and listening to my sponsor’s experience, when I didn’t have any, helped a lot. In the end, once it was clear that I had to make an amends, courage was needed to face the music. Here I am talking about a “direct amends” that meant owning my own mistakes and letting go of any anger or justification I may have had as it relates to the other party involved. Blame was to be avoided, as it opens all sorts of avenues that can get way off the point. When finished, we give the other person an

(Cont. p. 2)



She said: We have a list of people whom we have harmed from Step 8. We may have organized it into three groups of people: the ones to whom we’re eager to make amends; the ones about whom we have mixed feelings, or to whom we dread admitting our wrongs; and the ones we’re not too sure we will ever make.

We all know that muscle power will build if you add weights and repetitions gradually over time. Similarly, we find that by doing the “easy” amends and feeling the weight of guilt drop off, we are strengthened and empowered to make amends that are a little more difficult.

For me the greatest blockage to making amends has always been, “Yeah, but look at what he/she/they did to *me!* *Theirs was really worse!*” It might have been. This is where my sponsor was able to help me narrow down the whole situation, whatever it was, to *my part*, or *my side of the street*. The inventory is ours, not the other person’s. What they did is their affair, on their conscience, and between them and *their* Higher Power.

I made an amends to one person in my past who had acted badly toward me. I carried a deep resentment that he “got away with it.” And the resentment was hurting me on the inside. With my sponsor’s guidance, I contacted the man and left a voice message saying I wanted to talk.

A month or so later, when I had forgotten about it and assumed I’d never hear from him, he called. Yikes! I dropped to my knees on my kitchen floor and shot up a prayer asking God to guide me.

The man was nervous as a cat. Maybe he thought I was recording the conversation for authorities, I don’t know. I told him I had long resented what happened between us. That I was now in recovery from my alcoholism and wanted to made amends for my ill feelings toward him.

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AA Hotline 245-6677

He Said: (cont.) opportunity to present amends that they think would satisfy the wrongs done. In most cases, they had let it go a long time ago and are glad to see a demonstration that few are brave enough to perform.

The point was to be free from past misdeeds and change what was needed to never do them again. Having done this step with those close to me I can say that now there is a sense of belonging to this life that I had always tried to avoid in my drinking days. Going through my inventory and removing the spiritual black holes has led to a more solid, grounded life with real substance to offer all around. **Keep going...It's worth it!** ~ D., Kauai

She Said: (cont) **He was genuinely** surprised. Although he was careful not to admit a specific wrong – he told me he was sorry for what he had done. Now it was my turn to be surprised. The moment was short-lived however, because he then said if I ever wanted to talk to him about it in the future, he was open to that.

God really directed me then. “Oh, don’t misunderstand,” I said. “This call is not about re-connecting with you. It’s about putting the past behind me.” And with gratitude, I am released from the bondage of that resentment. ~ Diana L., Kaua`i

Birthday Celebrations West Side

● **Ala i ke Ola Hou, Waimea Cyn. Group** - 5:30 pm
Last Friday of 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

| | | | |
|-------------|------|------|--------|
| Samantha F. | 8/15 | 1989 | 27 yrs |
| Forest | 8/5 | 1990 | 26 yrs |
| Myra L. | 8/18 | 1990 | 26 yrs |
| Joy E. | 8/21 | 1991 | 25 yrs |
| Sue G. | 8/4 | 1991 | 25 yrs |
| Lenny I. | 8/3 | 1992 | 24 yrs |
| Grekhon | 8/8 | 1992 | 24 yrs |
| Jeff T. | 8/10 | 1997 | 19 yrs |
| Linda B. | 8/11 | 1997 | 19 yrs |
| David H. | 8/1 | 2000 | 16 yrs |
| Harold | 8/24 | 2001 | 15 yrs |
| Elle N. | 8/12 | 2003 | 13 yrs |
| Jenn | 8/13 | 2004 | 12 yrs |
| David B. | 8/5 | 2005 | 11 yrs |
| Manny R. | 8/8 | 2005 | 11 yrs |
| Nancy M. | 8/29 | 2005 | 11 yrs |
| Rhonda | 8/18 | 2006 | 10 yrs |
| Duanne | 8/14 | 2006 | 10 yrs |
| Damione V. | 8/28 | 2007 | 9 yrs |
| Denny M. | 8/31 | 2008 | 8 yrs |
| Jay A. | 8/23 | 2009 | 7 yrs |

Congratulations Everyone!!

**We Publish Sobriety Birthdays In
The Month After Their Occurrence.**

Find A.A. in Hawaii



Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

A. A. Activities



The Happy Hour Cookout

September 18th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Men's Kōke'e Retreat

September 16-18

At the Methodist Camp Lodge, Kokee

Go to our website and Please Sign Up Early!!

<http://www.kauaiaa.org/>



Steps to Freedom Birthdays

September 26th, 6:45 pm

At Kapa'a United Church of Christ

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



Came to Believe - Pizza Night

September 28th, 6:00 pm

At Saint Michael's Church, Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

September 30th, 5:30 pm

Meeting followed by Birthday Potluck

Every last Friday of the Month

Volleyball, Swimming, Good Fellowship, Sunset, Fun

A.A. Meeting Places



Photo ~ Alejandro

Kapaa United Church of Christ

1315 Ulu St., Kapaa

- | | |
|------------------|--|
| Monday 7:30 pm | Steps To Freedom - Big Book |
| Monday 6:45 pm | Sept 26 th Birthday Potluck!! |
| Thursday 5:30 pm | Step Sisters - Women's Mtg. |
| Thursday 7:30 pm | Hui Lokahi - Men's Stag |
| Friday 7:30 pm | The Fourth Dimension |

Hawaii Area 17 Hosts



2016 Pacific Regional Forum

September 30 - October 2, 2016

At The Hilton Waikoloa Village

(On the island of Hawaii)

Please register early, it's free! The information is at:

<http://www.pacificregionalforum.area17aa.org/>



R.I.P. Big Book Dave

Our newsletter has been blessed by a relationship between Kauai's very own Mathea A. and a man from Fairbanks, Alaska known as Big Book Dave. They met only once, in 2012, at an AA meeting in Fairbanks and spoke for a mere 10 minutes. Mathea was prompted to approach Dave by recognizing the value of his monthly work on an AA Archives report. They quickly forged a relationship whereby he would send her a copy of his work every month and she would then forward it for publishing in our Garden Island Sobriety newsletter.

It is now with great sadness that I must announce Dave's passing, at 75 years of age, in July of this year. All we really know is that, as he said to Mathea, his health was failing. **Big Book Dave faithfully** continued to send his report, for our benefit and the benefit of all who read it, even in that last month of July 2016.

As we trudge the road to happy destiny let us remember that the wonders of AA are many when we allow our Higher Power to move us, forge new connections and share our Sobriety with each other.

We will always remember Big Book Dave and be grateful for his sobriety, for his monthly reports and for helping us to grow in AA. **Dave's work will still be published** in our newsletter under the heading "**The Best of Big Book Dave.**" **Our Eternal Thanks to You Dave.** R.I.P. ~ **With Love, The G.I.S. Newsletter, Kauai**



The Best of Big Book Dave



September in AA History

September 1914: At this time Bill W. and Lois B. meet and fall in love. Lois was highly educated, a graduate of Packer Collegiate Inst. in Brooklyn plus several years of Art School in N.Y.

September 30th, 1931: Bill W. wrote his last promise in the family bible to quit drinking. He was a complete failure!

September, 1940: "The AA Bulletin" finds nine "secure groups" in NYC, Washington DC, Detroit, Chicago, Philadelphia, Houston, Akron, Cleveland & Los Angeles.

From 'Big Book Dave', Elected Archivist, Interior Alaska
First published September 2012



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

Concept 9 for World Service

Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.

"No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure . . . Weak leadership can hardly function at all, even in the best of structures."

Due to A.A.'s principle of rotation, furnishing our service structure with able and willing workers has to be a continuous effort. The base of the service structure — and the source of our leadership — is the General Service Representative. The G.S.R. is the service leader for his or her group, the indispensable link between the group and A.A. as-a-whole. Together the G.S.R.s are A.A.'s group conscience — and together, in their areas, they elect the area committee members and ultimately the delegates *and* the area's candidates for trustee. Groups who have not named G.S.R.s should be encouraged to do so. And as the G.S.R.s meet in area assemblies, care and dedication are required. Personal ambitions should be cast aside; feuds and controversies forgotten. "Who are the best qualified people?" should be the thought of all. "No society can function well without able leadership in all its levels, and A.A. can be no exception. Fortunately, our Society is blessed with any amount of *real* leadership — the active people of today and the potential leaders of tomorrow as each new generation of able members swarms in. We have an abundance of men and women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out and trust them to serve us.

"A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that

(continued on page 5)

The Next Intergroup Meeting:
September 3rd, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

July, 2016

Income:

| | | |
|-----------------------|-----------------|----------------|
| Steps to Freedom | 7 th | 131.50 |
| Founders Day | 7 th | 33.00 |
| Koloa Aloha | 7 th | 100.00 |
| E.S&H | Books | 27.00 |
| Koloa Aloha | Books | 36.60 |
| Nooners | Books | 72.20 |
| Happy Hour | Books | 15.00 |
| Hui Lokahi | Books | 215.80 |
| North Shore Group | 7 th | 350.00 |
| Happy Hour | 7 th | 232.00 |
| Group 675077 | 7 th | 25.00 |
| Hanalei / Princeville | 7 th | 200.00 |
| Total Income: | | 1438.10 |

Expenses:

| | | |
|-----------------------|-----------|---------------|
| Ink Spot printing | G.I.S | 150.00 |
| Guardian Storage | Locker | 135.42 |
| Hawaiian Tele | Phone | 25.78 |
| Intergroup | Books | 175.80 |
| Founders Day | Supplies | 36.00 |
| Kauai Business | Schedules | 235.41 |
| Total Expenses | | 758.41 |

| | |
|----------------------|---------|
| June Balance | 3351.85 |
| Total From Above | -679.69 |
| Sub Total | 4031.54 |
| Less Prudent Reserve | -900.00 |
| Final Balance | 3131.54 |

~ Report prepared by Tom R. ~

SEND YOUR CONTRIBUTIONS TO:

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



Concept 9 (continued) the rest of us want to back him & help him with his job.

“**Good leadership will** also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.

“**Good leadership never** passes the buck. Once assured that it has, or can, obtain sufficient general backing, it freely takes decisions and puts them into action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility. “Another qualification for leadership is ‘give and take,’ the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction . . . We cannot, however, compromise always. Now and then, it is truly necessary to stick flat-footed to one’s convictions about an issue until it is settled. “Our leaders do not drive by mandate, they lead by example. We say to them, ‘Act for us, but do not boss us.’”

~ Submitted by Ron L.

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

Intergroup Officers:

| | |
|---------------|--------------|
| Chair: | Susan ON. |
| Alt. Chair: | Mike C. |
| Treasurer: | Tommy R. |
| Secretary: | Mary |
| Literature: | Bob B. |
| Hotline: | Kelvin P. |
| Events Chair: | Alejandro H. |

District 6, Kauai:

The Next District Meeting:

September 17th, 9:30 am

The Lihue Neighborhood Center

District 6 Treasurer's Report

August 20, 2016

Group Contributions:

| | |
|----------------------------|---------------|
| Poipu Beach Sunrise | 200.00 |
| Hanalei Princeville | 280.00 |
| Turn It Over | 42.00 |
| Daily Reflections Kapaa | 25.00 |
| Step Sisters | 20.00 |
| Total Contributions | 567.00 |


Expenses: 0.0

BANK BALANCE: 5201.15
PRUDENT RESERVE 1000.00

~ Report prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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




District 6 Committee:

DCM: Jonathan D.
Alt. DCM: altDCM@kauaiaa.org Ann W.
Secretary: Kathy S.
Treasurer: Steve Q.

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



District Elections on October 15

"To a [person], we of A.A. believe that our freedom to serve is truly the freedom by which we live – the freedom in which we have our being."

~ A.A. Service Manual, p. 73

Area 17 being an "odd" panel, we are reaching the end of the current panel's service commitment and so the opportunity again arises to serve District 6.

The District Committee has decided to hold elections on October 15th at the regularly scheduled District Meeting. At that time, we will be using AA's unique Third Legacy Procedure, which assures our leaders are chosen by a two-thirds majority . . . or Providence!

The four positions available are District Committee Member, Alternate District Committee Member, Secretary & Treasurer.

GSR's, District Committee Chairs and officers are eligible to vote but anyone who meets the qualifications may stand for the positions.

The secretary's job requires the secretary attend District meetings, keep records and inform groups and the area about District 6's business. A more specific list of the nine duties can be found on pages four and five of District #6 Structure and Guidelines.

Similarly, a list of the treasurer's responsibilities are on page 5 as well but briefly the treasurer keeps "the books," writes checks, monitors spending and leads the District in preparing the following year's budget.

The DCM and Alternate DCM have much larger time requirements. Not only are they expected to attend the 24 District meetings in 2017 and 2018, but they should also be prepared to attend 7 or 8 Assemblies, 4 to 6 Committee Meetings and 2 PRAASA's over the Panel's duration. While only one will attend each of these events, it would be foolish to elect an Alternate who cannot commit to these time restraints since the Alternate is expected to act in place of the DCM should he/she become unavailable.

Again, a more specific delineation of the responsibilities is listed in the Structure and Guidelines as well as in The A.A. Service Manual, pages S31-S34.

I would like to add a personal note as well, in hopes of allaying anyone's fears: rotation requires someone to take this job who has no experience in doing it, but I for one developed a much deeper understanding of the quote at the beginning of this article by being DCM for District 6. It is truly a spiritual experience!

~ Jim D.