

November 2013

Garden Island Sobriety

'Step Eleven'

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



He said: I have a secret with God! : On the Friday before I first came to AA I was in a meeting with my employers. The subject was “How is Jay going to get sober and stay sober.” We were discussing ways that I could get and stay sober, from rehab to church, and it wasn’t the first time but it would be the last! I would have to say right then that I had an epiphany and I said, “I will go to AA and that will work.” It was because I had a friend who had been sober and happy for close to 15 years at the time. I didn’t know **how** ... but I knew it **would** work. That is the Grace of God. The secret is a gift of grace, the protection and feeling of being special.

Prelude to step 11: In steps 1-3, I redeemed the gift from God that was always there for me to act upon. Used the key, opened the door which are simple metaphors for accepting the wonderful action of grace. In steps 4-9 I work on the defects of my ego which separate me from God. And step 10 is the constant and vigilant tune up that I do on a regular basis. For me step 11 is not a process that I set aside for a specific time or place. For me every thought I have is a form of prayer and every action I take is a form of meditation.

Thoughts become reality: Every thought I have create the actions I take and they can be aligned with God or not. This step is all about doing the work to keep my thoughts aligned with God. Setting aside a time to pray can help me with this but for me goes beyond just that. The thoughts become the intentions that create my reality. God is a constant, the gift is always available I just need to keep the door open.

Actions as meditation: I have heard it said that listening to God is meditation, so I take the next
(continued on page 2)



She said: This step suggests two distinct actions: 1) Seek to improve my conscious contact with my Higher Power through prayer and meditation, 2) Pray ONLY for my Higher Power's will for me AND the power to carry out that will. Within each action are two important acts: 1) Prayer and Meditation, 2) Prayer and Courage. I point this out because this step emphasizes PRAYER.

The reason this step is important to me is because this step reminds me on a daily basis that I cannot stay sober, mature and grow into a woman of dignity without help from my Higher Power. I need to believe my Higher Power is everything. My faith gives me that belief. I tried to hold all responsibilities of my life, dreams, and results on myself that type of thinking is delusional. My Higher Power wants me to be free of that illusion. This step helps me through my day moment-by-moment because I get to pause, pray, and choose to act or not. I get to accept the situations as they are and I get to choose whether to react or respond. I get to be me and that in itself is liberating. Prayer empowers me and allows me not to be responsible for the results.

This doesn't mean that I can continue to behave irrationally, illogically, or most important like my old active alcoholic self. This step suggests for me to take responsibility for my actions in each moment with humility, understanding, and grace. I am to do unto others as I would want them to do to me - be kind, be nice - include what I think of myself in that idea too.

The more I practice prayer, the better my life becomes. When I begin to rest on my laurels I begin to unravel in my head, I do not enjoy being uncomfortable in my own skin, I love feeling good about myself and my life. My Higher Power did not
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AA Hotline 245-6677

He Said: (cont.) logical step and act upon what I hear. The best way to describe the God of my understanding is Emmett Fox's 7 aspects of God: Love, Truth, Intelligence, Life, Soul, Spirit & Principle. If I channel these aspects and my actions are aligned with them, I can't help but be acting in accordance with the will of God. Finally for me the ultimate action coming from a place of meditation is acting with compassion. ~ Jay A., Kauai

She Said: (cont.) bring me this far to abandon me, give up on me, or laugh at me. My Higher Power believes in me and wants me to be happy. This belief takes courage because for me I was taught that I am to live a life of misery and suffering. I no longer believe the old thinking, I am free! Free to be me: happy, fun, and sober! ~ Anonymous, Kauai

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 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!

About Publishing Birthdays~

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

To have a Birthday published or corrected in the GIS Newsletter Please Contact:
District6newsletter@hotmail.com

Happy Birthday

Pat B.	10/28	1981	32 yrs
Ron K.	10/20	1986	27 yrs
Danette	10/24	1987	26 yrs
Diana L.	10/8	1988	25 yrs
Chris K.	10/10	1988	25 yrs
Amorosa	10/25	1989	24 yrs
Richard S.	10/6	1990	23 yrs
Susan OK	10/16	1990	23 yrs
Kawika	10/11	1991	22 yrs
Carolyn G.	10/23	1991	22 yrs
Ryan E.	10/3	1996	17 yrs
Sue H.	10/25	1996	17 yrs
William C.	10/15	1997	16 yrs
Kathy S.	10/26	1997	16 yrs
Laurie A.	10/15	1998	15 yrs
Radar	10/24	1999	14 yrs
Mo L.	10/24	2000	13 yrs
Alison	10/9	2000	13 yrs
Jessica	10/14	2001	12 yrs
Kira H.	10/7	2002	11 yrs
Francis	10/14	2004	9 yrs
Alejandro	10/22	2004	9 yrs
Drew	10/15	2004	9 yrs
Darryl C.	10/22	2005	8 yrs
Randall	10/29	2005	8 yrs
Matt J.	10/15	2006	7 yrs
JoRina	10/22	2006	7 yrs
Troy	10/9	2007	6 yrs
Kevin H.	10/9	2007	6 yrs
Patricia M.	10/16	2007	6 yrs
Frank	10/4	2011	2 yrs
Phil S	10/14	2012	1 YEAR!

Congratulations Everyone!!

THAANKATHON



**At 'The Stone Church' In Lihue
November 28th, 9:00am - 3:00pm**

- ⊕ **Live Entertainment !!!!**
- ⊕ **Al-Anon Meeting: 11:00 am**
- ⊕ **AA Meetings: 10:00 am, 2:00 pm**

What to Bring:

East Side -- Desserts

North Shore -- Salads, Vegetables

**South Shore and West Side --
Mashed Potatoes, Yams and Stuffing**

Volunteer Your Service at 245-6677

A.A. Meeting Places



Photo - Alejandro

**Kapaa First Hawaiian Church
4-1325 Kuhio Highway**

- **Wednesday 12:00 pm – Daily Reflections**
- **Wednesday 5:00 pm – It's Not Them**
- **Friday 10:00 pm – Experience, Strength & Hope**

Meetings That Need Support

**Kapaa Experience, Strength and Hope
Friday 10.00 am**

**Young Peoples Water Meeting, Lydgate Pond
The 2nd Sunday of every month, 1:00 pm**

52 Annual Hawaii Convention

November 14-17, 2013



**At The Hilton Hawaiian Village
Waikiki Beach Resort**

<http://www.annualhawaiiConvention.com/>



Water Meeting & BBQ

**This Month on November 10th, 11:00 am
At Lydgate Pond**

11:00 am Potluck, 1:00 pm Meeting in the Water



Last Saturday Potluck

**This Month on November 30th at 7:00 pm
At the Koloa Salvation Army Hall**

- **Speaker at 7:50 pm**
- **Sponsored by the Koloa Nooners**



Traditions Checklist

Tradition XI:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

- Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
- Am I always careful to keep the confidences reposed in me as an AA member?
- Am I careful about throwing AA names around – even within the Fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?



Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.



AA ARCHIVES

The Month of October in Our History:

October 20th, 1928: Beginning on this date was the increased frequency of Bill's pledges to stop drinking as he wrote vows in Lois's family bible. It is at this time that Bill crosses over into chronic inebriation.

October 1932: Emmet Dr. Silkworth is promoted to medical superintendent at Towns Hosital, New York City and will hold that position for 19 years until his death in 1951.

October 1937: Meetings for Alcoholics only are being held weekly at Bill and Lois's home at 182 Clinton St. in Brooklyn, New York.

October 1941: Fitz Reverend Sam Shoemaker breaks away from the 'Oxford Group' which by this time had changed its name to the 'Moral Re-Armament'.

October 1947: John A.A. was established in Australia. The American actress Lillian Roth came to South Australia to address a public meeting arranged by the Methodist Church to help alcoholic. The very first meeting was held at 'Central Mission' on Franklin St., St. Adelaide, Australia.

October 30th, 1951: 'The Lasker Award' is presented to AA for outstanding contributions to public health.

October 10th, 19570: Jack Bill W. was too ill to attend the annual dinner in New York in his honor. Lois read his last message to the membership entirely devoted to anonymity.

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

~ Submitted by Mathea A.

Kauai Intergroup

The Next Intergroup Meeting:
November 2nd, 9:30 am, at
The Lihue Neighborhood Center

Intergroup Treasurers Report

September 2013

Income:

Step Sisters	\$ 40.42
North Shore Aloha	\$160.00
Kauai Dist Committee-Pamphlets	\$ 25.50
North Shore Aloha	\$160.00
Princeville/Hanalei	\$285.00
4th Dimension	\$ 20.00
It's Not Them	\$ 20.00
1 st meeting 9/2/13	\$ 15.00

Expenses:

Lynda C – Book order	\$551.07
Hi Telcom	\$ 25.50
Guardian Self-Storage	\$114.58
Inkspot (GIS)	\$150.00

Balance	\$4341.75
Less Prudent Reserve	\$ 500.00
Total Available	\$3841.75

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauaiaa.org Visit Our Website!

- **Kauai A.A. Meeting Schedule**
- **Kauai A.A. Events Calendar**
- **Link to Hawaiian Island AA websites**

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**

Intergroup Officers:

Chair:	Bob B. chair.intergroup@gmail.com
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda
Hotline:	Danette M. hotline.kauai@gmail.com
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

Find A.A. in Hawaii



at: www.area17aa.org

Kauai Intergroup Report

For Budget Assembly, October 5, 6, 2013

MEETINGS: We have 69 meetings on Kauai. Eighty-five percent are wheel chair accessible. We have no known deaf or blind AA members. Forty percent of the meetings are on the beaches. Most non- beach meetings pay five dollars rent per meeting. We do not have insurance costs. We estimate we have 170 active AA's on Kauai.

TELEPHONE: Our phone system is virtual and is covered 24/7 usually in eight hour shifts. There are a few complaints but overall the system is working well.

EVENTS: Intergroup funds (usually \$100-150 per event) island events on request from the chair of the event and the vote of IG members. We have about eight major events per year. Thanksgiving is the biggest and attracts about 100 participants for Big Food, two meetings, a raffle, an Al-Anon meeting and musical entertainment.

WEBSITE: Our website is a real staple for our island AA's. It has been in operation three years, has had a total of 35,589 hits, and is now logging in 5.000 hits per month

SCHEDULES: In addition to having the full schedule on the website, we produce paper schedules about three times a year for visitors, members, our PI racks, the Emergency Rooms of the Hospitals and a few doctors' offices.

TREASURY: Our present balance is \$3,916.

NEWSLETTER: Our Garden Island Sobriety newsletter is six pages of welcomed information containing recovery columns, meeting changes, birthdays, finances of Intergroup and District and a cherished Archives section. It is available in color with online subscription and in black and white from the GSRs.

LITERATURE: IG handles books and pamphlets for sale and to supply AA racks around the island. The stock is kept in a locker which is kept tidy and documented by our literature chair. Only three people have the combination to the locker.

Kauai Intergroup meets once a month, is attended by 10-14 people, and is in good shape.

~ Mathea Allansmith,
Traveling Intergroup Chair Kauai

District 6, Kauai:

**The Next District Meeting:
November 16th, 9:30 am, at
The Lihue Neighborhood Center**

District 6 Committee:

DCM: Ron A. DCM6@area17aa.org
Alt. DCM: Alejandro H.
Secretary: George K.
Treasurer: Jay Y.

District 6 Treasurer's Report

October, 2013

GROUP CONTRIBUTIONS

Lokahi Men's Stag	40.00
Step Sisters	40.42
Sunrise Sobriety	243.30
Income October:	323.72

EXPENSES

Alt DCM Reg. Budget Assembly	20.00
Intergroup Pamphlets	26.50
Expenses October:	45.50

BALANCE	3508.55
PRUDENT RESERVE	500.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

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



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

Please include "District 6" & Group Name on check

