

May 2015

Garden Island Sobriety

'Step Five'

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



He said: Can you imagine the loud click, click, click of a roller coaster as its doing its best to reach the top of the first big hill? For me that's what Step 5 is like. Getting to the top is work. Then, just being able to see over the track in front of you, well, it's a ride I never want to forget. Besides hearing all the stories of those gone before me (horror story or not) I'm taking no chances. Therefore.....I'm admitting to God, to myself and to another human being the "EXACT" nature of my wrongs; Probably one of the most if not the most important of all Steps.

Through admitting out loud to a respected, trusted sponsor or fellow AA member there's a very great chance that you will stay sober and right sided. This is how it went down for me. After writing my 4th step, and not dragging my feet at it, I was thrust into Step 5 by being told by my sponsor, "Ok, this Sunday I'll be at your house at 9 and we will go for a ride and we can share." I can't say enough about this man. He is exactly what I needed when I needed it. My hopes are the same for all of you. So Sunday 9am came and there he was and I jumped in his car and we drove, and drove and drove some more. We ate, we stopped at beautiful places, we stopped to stretch our legs and the entire time I was going over my writing of my 4th Step with his complete scrutiny and guidance. We talked, I shared, he muscled me through it. Complete and total admittance, "Out Loud" it was freeing and I have to say one of the most life changing spiritual things has happened in my life. We looked over all of it, line by line, and surprisingly there were things that I wrote that needed not be there, a small relief but still a relief. We scoured through both parts, the resentment

(Cont. p. 2)



She said: Step 5 is known as being one of the most liberating steps out of the 12. It is also viewed as the scariest, since we must invoke a lot of courage to be vulnerable with someone else who will hear our deepest darkest secrets. I knew this was something I **MUST** do "if we expect to live long or happily in this world" pg 74. I needed to be honest with someone else that I trusted, for me that was my sponsor. It was a logical choice for me even though the Big Book gives several suggestions as to whom we can approach. I had already established trust and a safe zone with my sponsor. She already knew most of my ins and outs from working the previous 4 steps together already. What I now had to do was share my inner-most darkest spots. I wanted to shine the lights on those musty corners because it was no longer serving me to hide those secrets.

We prayed before we began invoking God to be with us, to surround me with love and to give me the courage to let it ALL go. I shared things with her that I thought for sure I was taking to the grave. Things I felt so horrible about for so many years, emotions that I had long buried with my drinking and using. Low and behold, I found out that my sponsor and I were very similar, taking away my illusion of being "different" and "unique". She lovingly shared bits and pieces of her story to let me know that there is hope of living without all the shame, guilt and self-pity that ran me for so long. I walked away from her house feeling lighter... physically, emotionally and spiritually. It was a turning point in my recovery to be able to embrace life with a clean slate.

Page 72 states "If we skip this vital step, we may not overcome drinking". Cleaning house means airing it ALL out. Everything. Period. Non-negotiable. Just like a thorough Spring-Cleaning we throw open the windows,

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AA Hotline 245-6677

He Said: (cont.) list and then the sexual conduct list. One of the best parts was when my sponsor shared with me a deep dark secret of his own, and this happened several times. It made my share so much easier and not so scary.

Now when I say life changing and spiritual I have to say it wasn't immediate it was gradual over the next few weeks. I felt lighter, free and happy. For me, those are the best awakenings, the ones that flow in slowly. By now I'm over the hump, there is no more loud clicking and I'm leaving my fears behind. I can feel it, from here it's all a God thing and I'm just along for the ride. Now if your pondering this step I hope I've made some Cushy spots for your mind to rest. Because it don't hurt its just the fear of the unknown and this is huge in facing what haunts us. They tell us we are only as sick as our own secrets and it's true. So once again let go let God and be Happy, Joyous & Free. Blessing to you.

Happy in service, Lance L.

Birthday Celebrations

West Side

- **Ala i ke Ola Hou** 5:30 pm Last Friday of the month, KVMH Conf Rms A&B. 4643 Waimea Cyn. Dr. **CAKE AND 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!**

She Said: (cont.) clear out the dust bunnies from under the bed and clean the cobwebs from EVERY nook and cranny. After doing this essential action, my life couldn't help but change. I learned that I had to take the step to see for myself. I could no longer just rely on the stories of others, I had to have my own visceral experience. Have you shined your light on your dark? Have you released yourself from your own self made personal prison? This Step can guide the way, find someone you trust, invite God and LET IT ALL GO!

In Love and Light, Michelle L.

Happy Birthday

Nona M.	4/8	1984	31 yrs
Chuck T.	4/1	1984	31 yrs
Lynda G.	4/19	1984	31 yrs
Doug R.	4/21	1985	30 yrs
Joe O'B.	4/15	1985	30 yrs
Roger W.	4/14	1986	29 yrs
Karen L.	4/3	1991	24 yrs
Tom R.	4/5	1991	24 yrs
John 'Hilli" H.	4/15	1991	24 yrs
James B.	4/16	1993	22 yrs
Allie	4/27	1996	19 yrs
Patty	4/5	2000	15 yrs
Nicole	4/10	2003	12 yrs
Kim H.	4/14	2004	11 yrs
Laren T.	4/10	2004	11 yrs
Courtney P.	4/10	2006	11 yrs
Mark B.	4/20	2006	9 yrs
Pam A.	4/28	2006	9 yrs
Monica A.	4/22	2006	9 yrs
Kathie E.	4/28	2006	9 yrs
Dharma W.	4/18	2007	8 yrs
Alan B.	4/13	2007	8 yrs
Jane T.	4/22	2007	8 yrs
Tim	4/11	2009	6 yrs
Rick B.	4/9	2010	5 yrs
Lauren D.	4/21	2012	3 yrs
Taylor.	4/26	2014	1 YEAR

Congratulations Everyone!!

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

Cinco de Mayo Potluck and Speaker Meeting

Sunday May 3rd



Noon to 6 pm Kalapaki Beach Park

- 11 am set up / 12:00 Event Starts
- 1:00 pm Lunch / 1:45 Churros
- 3:00 pm Speaker Meeting
- 4:00 pm Piñata
- 5:00 pm Best of the Grapevine Meeting

Hosted by Happy Hour Group

Contact Alejandro at events@kauaiaa.org
Or call the Hotline at (808) 245-6677



Came to Believe - Pizza Night

6:00pm at Saint Michael's Church Lihue
last Wednesday of the month, this month May 27th



The Water Meeting & BBQ

At Lydgate Park and Pond

This Month May 10th at Lydgate Park

11:00 am Potluck/BBQ, 1:00 pm Meeting in the water



The Happy Hour Cookout

At Nawiliwili Beach Park

This Month on May 17th, 2:00 pm

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month's Potluck May 25th, 6:45pm

Celebrate AA Birthdays, Speaker Meeting 7:30pm

A.A. Meeting Places

Saint Michael's Church



Photo ~ Alejandro

"Came to Believe"

Wednesdays at 6:00 pm

This meeting is held in the Community Room.

St Michaels's Church is located at:

4364 Hardy St., Lihue (Corner of Hardy & Umi St.)

Expect A Miracle

March 2015:-

Thanks to Irene R. the Anchorage Archives Committee has received a copy of a speech Bill W. gave on July 24th, 1969 before the US Senate. It is eleven pages long and the subject is, "The Impact of Alcoholism." It's members like Irene that keep the history of A.A. in the forefront of our movement. Without the knowledge of our past we have no tomorrow. Also, Sue Smith Windows, Dr. Bob and Anne's daughter, passed away last month in Akron Ohio. I've known and corresponded with Sue ever since she helped spearhead the idea in the mid 1980's of making her parents home a place where A.A. members from all over the world could visit. Today their home has become a State Historical Site and National Historical Landmark.

Interesting Dates in AA History in March

March, 1941: Cleveland, Ohio forms the first **Women's AA Group**. The Secretary for this group was Marion R. and could be written to at 12214 Detroit Ave., Cleveland.

March 5th, 1945: Radio station W.W.J. in Detroit, Michigan, pioneered a weekly program put on entirely by AA members talking about AA. They also took phone calls.

March 1948: Richmond Walker finished the "24 Hour A Day" book, printed and distributed on his own.

March 1954: Marty M. (story in the Big Book) was providing so much factual education to communities nationwide about alcoholism that she was named 'One of the Ten Greatest Living Americans.'

March 21st, 1966: Passing away on this date Ebby T., the one and only sponsor of Bill W. Ebby brought Bill the message of sobriety, Big Book pages 9-10-11-12.

From 'Big Book Dave', Elected Archivist, Interior Alaska
~ Submitted by Mathea A.

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

Tradition Five

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose – that of carrying its message to the alcoholic who still suffers.

The bottom line of this tradition is that all we do is carry the message of recovery from alcoholism through the Twelve Steps of our program to show other problem drinkers that there is a way out of the hell of alcoholic torture. This tradition was the basic tool used in the beginning by Bill Wilson when he was struggling to stay sober before there was a program. He went out in search of wet drunks and told them his story in an effort to get them sober, only to realize later that it was this action that he took that was keeping him sober.

Here is an excerpt from The Big Book – From the story of AA #3 pg. 186. I think this sums it up.

"Do you want to quit? It's none of our business about your drinking. We're not up here trying to take any of your rights or privileges away from you, but we have a program whereby we think we can stay sober. Part of the program is to take it to someone else who needs it and wants it. Now if you don't want it, we'll not take up your time, and we'll be going and looking for someone else."

The great paradox of AA is that we know we can seldom keep this precious gift of sobriety unless we give it away. If we neglect those who are still sick, there is an unrelenting danger to our own lives and sanity. We who have been given the gift of Sobriety are well aware that it is our duty to ourselves and those who are coming to be available to pass this lifesaving and life-giving program to those who are desperately seeking relief from their illness.

In my experience, Tradition Five is where I share with newcomers and those who are struggling with the challenges of life in Recovery that hope that was given to me on the first day that I walked into the rooms and I still receive the same message of hope almost 21 years later. The message is clear. Don't drink in between breathing! Go to meetings! Read the Big Book! Take the Steps with a Sponsor! Find your Higher Power! Help someone else. Now go out and enjoy your life.

~ In Gratitude and Service, Ron L.

Kauai Intergroup

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

Intergroup Treasurers Report

March 2015

Income:

Group 000639085	30.00
Young Peoples Meeting Big Book	7.50
Sunday Serenity Books	10.00
Group 12 Waimea Canyon Group	120.00
E/S&H 684069 Books	26.25
Came To Believe 651899	50.00
Third Tradition Group Books	23.75
Group 12 Waimea Canyon Group 7th	21.00
Group 12 Waimea Canyon Group Book	8.00
Koloa Aloha	100.00
Hui Lokahi Books	54.75
E/S&H 684069	20.00
Book ??	8.00
Total Income	479.25

Expenses:

Guardian Self Storage	130.21
HI Telcom	50.94
Ink Spot (GIS)	150.00
Susan Chair travel	150.00
Schedules	235.40
Total Expenses	715.55

Previous Balance	3,532.66
Less Prudent Reserve	- 150.00
February Activity	- 237.30
Total Available	3145.36

~ Report prepared by Tom R. ~

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

SERVICE ALERT **The AA Hotline Needs:**

- ➡ **Volunteers** for temporary & permanent vacancies
- ➡ **Volunteers** to take 12-Step calls.

Please email the Hotline Chair hotline@kauaiaa.org

Or call 245-6677. Mahalo



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**

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Officers:

Chair:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Cindy C.
Literature:	Susan OK.
Hotline:	Gabrielle
Events Chair:	Alejandro H.

District 6, Kauai:

The Next District Meeting:
May 16th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

April, 2015

Group Contributions

North Shore Aloha	40.00
Came to Believe	10.00
Waimea Canyon	27.07
Young People	1.50
Waimea Canyon	120.00
Experience, Strength & Hope	20.00
Total Income April:	218.57

Expenses

GSR Travel - Steps to Freedom	81.30
GSR Travel - Young People	96.00
PRASSA DCM Hotel & Reg't	144.00
Total Expenses April:	321.30
Bank Balance:	4208.80
Prudent Reserve	1000.00

~ Report prepared by Steve Q. ~

District 6 Committee:

DCM:	Jonathan D.
Alt. DCM:	Kalei K.
Secretary:	Susan OK.
Treasurer:	Steve Q.

SEND YOUR CONTRIBUTIONS TO:

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

Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



Meeting on May 16th at 3pm -
Public Information Committee -
-- Happy Hour tables in Nawiliwili

Request a newsletter by e-mail

Contact: District6newsletter@hotmail.com

Editor: Linda B.