

July 2013

# Garden Island Sobriety

'Step Seven'

**“Humbly asked Him to remove our shortcomings”**



**He said:** This step is a call to prayer. I believe this is a very important action step.

And for me “prayer” is not the action referred to.

**If I wanted to build a home**, first I would dream about it. As I formulate a plan I would research and find out about building permits and codes, then eventually draw up plans for the house. This is what “prayer” is like for me. And if I do nothing more ...there would be no house ~ just an empty lot. I have to accept the counsel I seek during prayer and meditation and apply it directly to my life. I believe then and only then can I pass on what was given to me.

**In my life there are defects** ... and there are DEFECTS! I have to listen honestly with all my heart to feel and comprehend which are the most important to deal with first. My alcoholism ranks fairly HIGH on my list at #1. The next is compassion/love (or lack thereof) not only for others, but for myself.

**The Big Book states “We are not saints”**, and the 7<sup>th</sup> step prayer says “Take all of me Good and Bad”. First I shall take the time to look at every situation with as much compassion as I can and then do the best I can do in my current state of mind. If you or I make a mistake there are usually consequences, but only once and only to the degree of the nature of the mistake. Holding a grudge, having resentment, shame and fear, are all relative to the degree that I lack compassion.

**When I surrender a defect** by turning it over to God, I invite the power of God into my life, with me an active participant. As an example: On my bike ride the other morning, I realized, with just over a mile to go, it was mostly downhill. So I stopped pedaling and let gravity and momentum take over. I made it all the

*(continued on page 2)*



**She said:** Whenever I chose between character and comfort, comfort always won

because that is what I thought would make me happy.

**Instant gratification was** the most desirable idea and instinctual necessity. I wanted the top shelf drinks in expensive restaurants and to wear the brand name clothes. I wanted to be treated as a glamorous star. Being this type of woman, I thought would give me power, property, and prestige. I would do almost anything to obtain the biggest and best vehicle, home, education, and clothing. As long as the outside looked well maintained then the inside would be happy, satisfied, and content.

**This type of thinking** always produced bad results. I thought living life any other way was enormously painful and humiliating. Seldom did I do things for character building or character value. I did not know the meaning of humility or even, how to be humble. When I did not receive what I thought I was entitled to, I would get upset and become a drunk, insane, awful tyrant. The attitude of entitlement was nowhere close to humble. I felt God gave up on me and wanted me to be angry, miserable, and unhappy.

**In order for me to ask my Higher Power** for any assistance, I must first believe that my Higher Power wants me to be happy, content, and filled with love. The best example of humility is to endure injury with patience and without resentment. I accept that I have shortcomings. I also accept that my Higher Power has the ability to remove those shortcomings. On my knees, I pray and ask Him, “My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength,

*(continued on page 2)*

**Birthdays P.2**

**Activities P.3**

**Archives P.4**

**AA Hotline 245-6677**

**He Said:** (cont.) way home without exerting any additional effort to move forward. I did have to steer and stay on the road, break lightly so as to not go too fast, and above all keep my balance.

**The first word in this step “Humbly”** sets a tone for me to approach this step with grace and the understanding that I need to pass on to the power of God, by my own demonstration, the way I live my life.

~ Jay A., 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.**

Have a birthday published or corrected in the GIS Newsletter by contacting:

[District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

**She Said:** (cont). as I go out from here, to do your bidding, Amen.”

**Upon praying, I felt** a large burden fall away and hope, mercy, and grace enter into my heart. I knew that God was doing for me what I could not do for myself – change my heart. I am no longer pre-occupied with drama, trauma, and chaos. I have Faith, Understanding, Patience, and Tolerance – some moments are better than others – although every moment is filled with the thought, “Speak to God and ask for help or guidance.”

~ Anonymous on Kauai

## Happy Birthday

Tom W.	6/17	1959	54 yrs
Jeanine B.	6/1	1984	29 yrs
Jon S.	6/4	1987	26 yrs
Kathleen	6/1	1989	24 yrs
Bill E.	6/26	1989	24 yrs
Gary F.	6/1	1990	23 yrs
Linda W.	6/24	1991	23 yrs
Ron A.	6/1	1994	19 yrs
Chris	6/11	2000	13 yrs
Romeo G.	6/20	2000	13 yrs
Tom C.	6/6	2005	8 yrs
Joe C.	6/1	2007	6 yrs
Chandra	6/15	2007	6 yrs
Jude H.	6/19	2007	6 yrs
Pirie I.	6/28	2007	6 yrs

**Congratulations Everyone!!**

**Expect A Miracle**

# 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     July 27th The 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

## LYDGATE PARK BIG PAVILION

**Potluck from 10:00 am to 4:00 pm**

- Hot Dogs and hamburgers will be served
- Live Entertainment
- AA meeting at 1:00 pm

## Water Meeting & BBQ

**This Month on July 14<sup>th</sup>, Lydgate Pond**

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

## Last Saturday Fish Fry

**This Month on July 27<sup>th</sup> at 7:00 pm**

- This month's Potluck is a Fish Fry!!
- Held at the Koloa Salvation Army Hall
- Most Outrageous Hat wins \$50 gift cert.
- Donation of \$4.00 is suggested 😊



# Founder's Day Review

**Celebrating of 78 years of AA  
June 10<sup>th</sup>, 1935 - 2013**

... *The birth of our Society dates from his (Dr. Bob's) first day of permanent sobriety, June 10, 1935. To 1950, the year of his death, he carried the A.A. message to more than 5,000 alcoholic men and women, and to all these he gave his medical services without thought of charge. In this prodigy of service, he was well assisted by Sister Ignatia at St. Thomas Hospital in Akron, Ohio, one of the greatest friends our Fellowship will ever know.*

Here on Kauai we celebrated Founder's Day in Kilauea on Sunday, June 9<sup>th</sup>, with a four--speaker panel, and attendance of approximately 50 people. The event started at 2:00pm and the speaker session at 2:15. Each speaker shared for 15 minutes. The sharing session was split in two parts; two speakers per session with a break in between for coffee and cake. Speakers were in their 20's, 30's, 40's, and 50 yrs of continuous sobriety and did a great job sharing their own experiences and delivering the message! During the break we had a raffle, and three members were the happy winners of some prizes. The event couldn't be completed without the excitement of the sobriety countdown. A 54--year sober member presented to a member with 55 days a Big Book signed by every member in the audience. I am grateful to those members who stepped in and gave any form of Service. They put into action their pledge to our fellowship. Thank you to the Intergroup for their monetary support and for donating the raffle books. Thanks also "The North Shore Aloha Group" for donating the coffee. The event ended a few minutes before schedule with the Serenity Prayer. **May we all get together again in Unity during a future event, with every side of our Island present.** ~ The Event Committee

## Meeting location change:

**The Sunrise Sobriety Group  
is now meeting in the Small Pavilion across  
from Brennecke's, at Poipu Beach Park!**



## The Month of June in Our History:

**June 1935:** It was a very difficult and uncertain time. Our country was in the grip of a major economic depression. Millions of Americans were homeless and jobless. The men were selling apples on the corners of America for 2 cents each and a war was imminent as Europe moved closer and closer to what would become World War II. But, in a modest house in Akron, Ohio, a movement was started that would change the lives of millions of people for the better, world-wide.

**What began in June 1935** when Dr. Bob sobered up for good with Bill W's help was not only our community, our organization, our fellowship, it was also the birth of a new and revolutionary idea; that when alcoholics talked to each other about their common problem – they could stay sober!

**Medicine hadn't been able** to offer hope of long term abstinence. Religion hadn't done it. Psychiatry hadn't. What was needed were not lectures or sermons.

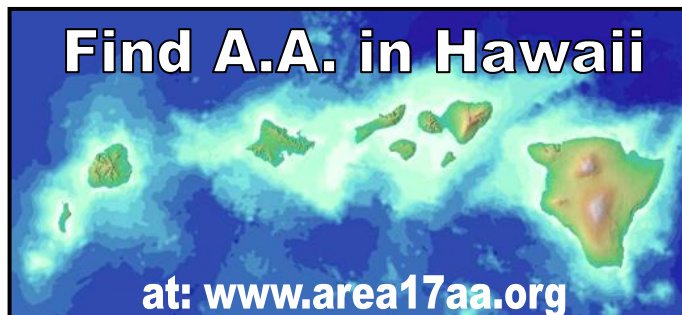
**Bill and Dr. Bob's secret to sobriety** lay in the simple process of one alcoholic identifying with another. This identification has proved so powerful that it crosses all differences of gender, race, culture, language and nationality.

**Today there are approximately 3 million** active AA members located in 181 countries. The sun never sets on AA.

~ June 2013 Report by 'Big Book Dave', Interior Alaska

~ Submitted by Mathea A.

**Find A.A. in Hawaii**



at: [www.area17aa.org](http://www.area17aa.org)

## Tradition VII:

**Every AA group ought to be fully self-supporting, declining outside contributions.**

- **Honestly now**, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- **Should the Grapevine** sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- **If GSO runs short** of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- **Is it more important** to get a big AA collection from a few people, or a smaller collection in which more members participate?
- **Is a group treasurer's** report unimportant AA business? How does the treasurer feel about it?
- **How important** in my recovery is the feeling of self-respect, rather than the feeling of beings always under obligation for charity received?

**Request a newsletter**



**by e-mail**

Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

Editor: Linda B.

Visit Our Website!

- ◆ Print out your own meeting schedule
- ◆ Check out the events calendar
- ◆ Link up to other island websites

[website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

The Next Intergroup Meeting:  
 July 6<sup>th</sup>, 9:30 am, at  
 The Lihue Neighborhood Center

## Intergroup Treasurers Report

**May 2013**

**Income:**

Books Kilauea Group	\$ 79.25
Princeville/Hanalei	\$ 88.80
Experience, Strength and Hope	\$ 52.46

**Expenses:**

Activities Committee	\$100.00
Founders Day	\$ 50.00
HI Telcom	\$ 25.60
Guardian Self-Storage	\$104.17
US Postal Service (Box 3606, 1 yr.)	\$444.00
Ink spot GIS	\$ 78.00

<b>Balance</b>	\$2607.25
<b>Less Prudent Reserve</b>	200.00
<b>Total Available</b>	\$2407.25

~ Prepared by Mike C. ~



## 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. <a href="mailto:chair.intergroup@gmail.com">chair.intergroup@gmail.com</a>
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda C.
Hotline:	Danette M. <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>
Events Chair:	Patti L.
Events Co-Chair:	David V.

## 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



**SEND YOUR CONTRIBUTIONS TO:**

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



# District 6, Kauai:

The Next District Meeting:  
July 20<sup>th</sup>, 9:30 am, at  
The Lihue Neighborhood Center

## Workshop Sponsored By District 6

“Where Money And Spirituality Mix”

Tradition Seven



Saturday July 20<sup>th</sup>, 9:30 am to 10:30 am

At The Lihue Neighborhood Center

*Coffee and Donuts Provided*

## District 6 Committee:

DCM: Ron A. [DCM6@area17aa.org](mailto:DCM6@area17aa.org)  
Alt. DCM: Alejandro H.  
Secretary: George K.  
Treasurer: Jay Y.

**SEND YOUR CONTRIBUTIONS TO:**

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



# Kauai Farm Bureau Fair



**August 22 – 25, 2013**

**“A FAIR CHANCE”**

Once again our fellowship has committed to having an informational booth at the Kauai Farm Bureau Fair, August 22 - 25.

This means there is ample opportunity for any interested members to help convey to our community the way we have found out of the misery associated with alcoholism.

We will be joined in this endeavor by our local chapter of Al-Anon Family Groups and videos of our meeting places as well as Young People's videos and other materials from GSO will be furnished at the booth.

If you are interested in participating in this work, please send an e-mail to [publicinfo@kauaiaa.org](mailto:publicinfo@kauaiaa.org). We will be assigning three- or four-hour shifts to those who choose to participate and there will be passes and parking instruction available.

If you have further questions about this effort, or if you need more information, please use the e-mail address above or call the hotline.

We look forward to working with you as we share the “way out on which we can absolutely agree” with anyone interested in helping those who have not yet found us.

~ Jim D

## Public Information Committee Meeting

**The Next Meeting is July 20<sup>th</sup>**

**3:00 pm, At Nawiliwili Beach Park**