

Garden Island Sobriety

'Step Two'

"Came to believe that a power greater than ourselves could restore us to sanity."



She said:

In July 1519 when the Spanish explorer Cortez landed at Veracruz, the first thing he did was burn his ships. He mustered the troops and told them they had two choices; to forge ahead or to perish on the beach. Burning the ships removed a third alternative, giving up and returning to Spain. Take a minute to envision a broken down conquistador in the shadow of his egomaniacal "leader" watching those ships burn, cutting him off from the only way of life he had ever known, and you can begin to get in touch with a Second Step moment in the life of an alcoholic. We can all relate to being "crushed by a self-imposed crisis we could neither postpone nor evade." We too were left standing outside the borders of sanity with little else but the tyrannical force that drove us there. In the fading firelight from the incineration of his former life, the alcoholic realizes that he is powerless to escape this dilemma of his own volition.

I endured a terrific thrashing at the hands of "John Barleycorn," but my intellectual pride and ego are what really beat me into a state of submission. I continued to flail until I BEGAN to experience the ego collapse process that precedes a conversion experience. I swaggered into my first few meetings, life in shambles and court card in hand; convinced I knew what was going on through my veil of bogus perceptions. I notified my infinitely patient sponsor that I was alert and wary regarding the religious brainwashing that might ensue. A roving, post-meeting pack of women overheard my maudlin comment, and set upon me like an aberrant Greek chorus in my own private theatre of the absurd. A gang of recovering women can be fairly intimidating anywhere, but these were New Yorkers, and most of them were as subtle as defensive linemen. They did not shield me from their remarks or attempt to obscure the fact that they had patently eavesdropped (cont. p 2)



He said:

The Second Step has two parts; 1.) Seeing the insanity in our own lives, and 2) Believing (or even being willing to believe) that God can take away this insanity. A good definition of insanity is: doing the same thing over and over and expecting different results.

Five years ago I was insane and I had known it for a while. I could see the wreckage that alcohol and drugs were creating in my life and I could not make it stop. I was in pain, twisted up in my own thoughts and stagnated with fear. AA found me on May 14th 2005. I started going to meetings and fellowshiping after the meetings. Soon, I found a sponsor I liked and started going over to his house weekly to work the Steps.

In preparing its readers for the Second Step our AA textbook, 'The Big Book', gives lots of examples of alcoholic insanity. From 'Bill's Story' to 'Jim, Fred, and the Jay-walker', the Big Book authors are trying to help us see the insanity in our own lives by sharing the stories of others. When you honestly look back on your own life, if you can see none of this insanity then you are probably not ready for AA. You should enjoy your life like a normal non-alcoholic person and not worry about AA or the Steps. Come back later when you are ready. If you *can* relate then please read on...

The next part of this Step is to believe that God CAN take away our insanity. Actually, we don't even need to believe. We only need to be willing to believe. Check it: Page 47 in the Big Book, *We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a power greater than myself?"* We don't need to believe all the way at once. The Big Book says that once *we are even willing to believe we commence to get results.*

My advice for anyone looking for a Higher Power is to just try it out and see if it works. How do we (cont. p 2)



on a private conversation. "Listen to THIS one! She just fell off a hearse and now she's got conditions!" The group erupted in laughter. "Oh yeah, now she wants to dictate terms!" I shifted uncomfortably in my combat boots, regretting that I had openly discussed writing an expose on the cult of AA. "I'm simply stating for the record with the honesty you all seem to get such a kick out of, that I am on my guard that this may be a sophisticated attempt at brainwashing." That statement sent them into complete hysterics. "Oh my God! There's nothing 'sophisticated' about it, honey, but good thing you're on your guard!!" As I blushed I tried hard to concentrate only on the fact that in her Brooklynese accent "God" and "guard" were indistinguishable. When the laughter faded and they moved off, my sponsor promptly hugged me. I thought my mortification was complete and my reaction was to raise my hackles, but just when I thought it couldn't get any worse, it did. My sponsor lovingly looked me in the eye and said just above a whisper, "Sweetie, I hope you hang around here long enough to see just how thoroughly your brain NEEDS washing." I got a paranoid glimmer she could see right into me, my thoughts flashing across my forehead like one of those "scores across the league" ticker tapes at the bottom of Giants games. I broke away as quickly as I could so she couldn't read my thought tape which was, "Boy, this one's in DEEP." What I didn't find out until much later is that she was thinking the same exact thing! I felt publicly and profoundly humiliated, furious, disoriented, and hopeless. Everything hurt. It hurt to be in daylight, it hurt to brush my hair, it hurt to think; basically, it hurt to be alive. Suddenly I couldn't cope with one more second. I burst out into some very loud and effusive tears. In that moment "I" broke, and Higher Power came through the wound. My contempt prior to investigation nearly killed me. I learned that to find truth one must be willing to let go of knowledge. The essence of Step Two is let go, or be dragged.

~ Ally S., Kauai

'try out' a Higher Power? Just act as if one exists and see what happens. Don't believe me. See if it works for you.

Second Step exercise: Write down on a piece of paper all the qualities you would like your ideal H.P. to have. Then, take the actions of a person who believes in that Higher Power. How would you react to life if you had a God like that? How would your actions be affected? Put it into practice. And remember, what you are thinking and feeling is not important, just act like someone who believes. Try it for a week, see what happens.

~ Will L., Kauai



Big Island Bash

SPEAKERS CONVENTION

April 23 - 25, 2010

The 22nd Annual Big Island Bash will be held at the magnificent **Sheraton Keauhou Bay Resort & Spa**

For Registration, Schedule of Events & Accommodations

Go to www.bigislandbash.com



MAKELE SEZ:

"H.O.W. IT WORKS"

Honesty

Open mindedness

Willingness

Request a newsletter

by e-mail

District6newsletter@hotmail.com



Happy Birthday

Dotty	1/31	1973	37 yrs
Susan C.	1/20	1988	30 yrs
Laurie L.	1/20	1988	30 yrs
Gloria C.	1/12	1984	26 yrs
Barbara J.	1/1	1987	23 yrs
Chris H.	1/11	1987	23 yrs
Laurie L.	1/19	1988	22 yrs
Mickey M	1/6	1990	20 yrs
Bill M.	1/24	1990	20yrs
Mike M.	1/20	1992	18 yrs
Maureen M.(CA)	1/7	1996	14 yrs
Tony C.	1/18	1997	13 yrs
Steve M.	1/26	1998	12 yrs
Tony S. (CA)	1/2	1999	11 yrs
Luis R.	1/1	2001	9 yrs
Kathie G.	1/11	2001	9 yrs
Clark	1/22	2002	8 yrs
Kurt	1/7	2002	8 yrs
Susan ON	1/7	2003	7 yrs
Ele J.	1/16	2005	5 yrs
Keeley W. (CA)	1/15	2006	4 yrs
Maureen M. (CA)	1/30	2006	4 yrs
Liz O.	1/22	2008	2 yrs
Emma S.	1/1	2008	2 yrs

Birthday Celebrations South Shore

- Koloa Monday Women's 'Na wahine ku pono'
5:00 p.m. Last Monday of month. CAKE & POTLUCK.
- Aloha Group - 7:30 p.m. Last Tuesday of the month - CAKE FOR BIRTHDAYS!

East Side

- Hui Ohana - 7:00-8:00 a.m. Last Saturday of the month. CAKE FOR BIRTHDAYS!
- Steps to Freedom - 6:30 p.m. Last Monday of the month. CAKE & POTLUCK (7:30-8:30 pm meeting).

North Shore

- North Shore Aloha Group - 7:30 p.m. Last Monday of the month - CAKE FOR BIRTHDAYS!
- Princeville-Hanalei Group - 7:30 p.m. Last Thursday of the Month - CAKE FOR BIRTHDAYS!

~About Publishing Birthdays~

PLEASE HAVE YOUR GROUP SEND US UPDATES ON THE ACCURACY OF YOUR BIRTHDAY. Birthdays are published the month following their occurrence. To have your birthday published in the newsletter contact Jerrie S. luv2bnh@hawaii.rr.com



For Newcomers

A Newcomer Asks About:

"The Promises"

You've heard them at nearly every meeting: The Promises. "If we are painstaking about this phase of our development..." is followed by the inevitable "WORK! WORK! WORK!" If you're anything like me you have probably muttered, "bulls**t" under your breath at some point. But hold on a minute, perhaps you know this already but these promises are made upon completion of the Ninth Step. Are you there yet? Probably not. So let's go back a bit to page 52 of the Big Book. (Remember that one? You should read it at some point) Right about in the middle it says, "We were having trouble with our personal relationships, we couldn't control our emotional natures, we were prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, WE WERE UNHAPPY, we couldn't seem to be of any real help to other people...." These are "The Bedevilments" of alcoholism. Chances are that one, if not all of these Bedevilments, applies to you. Maybe your family has begged you to come here. Maybe your psychiatrist or doctor has. Maybe the way you made your living got you here, by boss or by judge. Maybe you were just unhappy and looking for a way out of the pain. Chances are if you're at a meeting, you've caught a case of The Bedevilments.

Now if we've gotten to page 52 of the Big Book then we already know "There is a Solution." Thousands of men and women have recovered. Not by reading, not by attending meetings, but by doing the Twelve Steps of Alcoholics Anonymous, usually with a sponsor, and always with Chapter Five, "How it Works," at hand. You may have gotten a taste of The Promises with a few weeks or months clean, but don't rest on your laurels! Work the Steps,

consistently and to the best of your ability and the rewards grow. Work them once with a sponsor, work them again with a newcomer, work little steps each day. Work the steps month by month with Daily Meditations. Work the steps with a group or at a workshop. The oldest (clean years) alcoholics I know are still working the steps with a sponsor and they are still learning. And more and more the Promises are coming true for them. If you cannot believe in the Promises yet, ask yourself if the Bedevilments apply to you. If even one has touched you, just for today believe the Promises will come to you. (If you work for them).

~ Lu

GET ANSWERS FROM THE A.A. LITERATURE. E-MAIL
YOUR QUESTIONS TO: KeepItSimpleKauai@gmail.com

"Back to Basics" ~ A Workshop Series ~

March 3, 10, 24, 31

Keep It Simple Group announces an upcoming workshop series to be held 7:30pm at the Kapaa First Hawaiian Church. It is a beginner's Step workshop based on meeting formats from the 1930s and 40s compiled by AA Wally P. Although the book is not conference approved the majority of the learning is directly from the Big Book. We encourage older members to participate and help guide newcomers through this intense step study experience.

Interested volunteers can get more information:

- ~ At 'Keep It Simple' meetings
- ~ By Email KeepItSimpleKauai@gmail.com or
- ~ By calling Lu 639 0349 or Roy 346 6211.

St Patricks Day

Wednesday, March 17th
At Lydgate Large Pavillion.
~ More to be revealed ~



Valentine Sunday Brunch

At The Kapaa Neighborhood Center

February 14, 2010

From 11:00 am to 1:00 pm

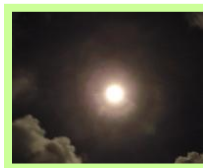
After the 10:00 meeting

**POTLUCK FACILITATED BY
~ THE SUNDAY SERENITY GROUP ~**
Please bring your Loved Ones & Food to Share



"For those interested we will be caravanning afterwards to The Young Peoples Water Meeting at Lydgate Park at 1:00 pm."

Information: Val 431-4112 - Meg S. 634-4289



FULL MOON HIKE ~ KAUAI ~

On Tuesday February 2ND fifteen of our members went on a full moon hike at The Sleeping Giant. Every one brought their own jackets and flashlights and at the top we had a candlelight meeting. After sharing we closed by reciting The Promises. **God willing** we will have more "Full Moon" hikes. It was a great idea, a good turnout and a real treat to be a part of the fellowship in action. The actual hike was not bad. It is always vital to hang out with sober drunks outside of the meeting because that is where the real miracle of the program takes place (we are people who normally would not mix). I had a wonderful time and hope to be able to participate in the next adventure of AA on Kauai. Grateful to be sober.

~ Alejandro



Super Bowl Chili contest

A Chill Contest will be held on February 7th at The Computer Hospital starting at 11am. Kickoff is at 12:30. Entries must be on the table by noon for judging. Raffle will be held during halftime. **HOPE TO SEE YOU THERE!**

12 Concepts for World Service

This was presented to Hawaii Area 17 at the Inform the Delegate assembly April 2006 by Francesca P (alternate delegate) and given as "an expression of an individual".

"Webster defines principle as a doctrine - A fundamental truth or doctrine, on which others are based- Rules of conduct or ethical behavior.

These concepts therefore aim to record the "why" of our service structure in such a fashion that the highly valuable experience of the past, and the lessons we have drawn from that experience, can never be forgotten or lost (p 3)."

Concept II – Delegation

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Hence the principle of amply delegated authority and responsibility to "trusted servants" must be implicit from the top to the bottom of our active structure of service. (p 10)

No matter what authority the groups had, they could not meet their new responsibilities until they had actually delegated most of the active ones. It was precisely in order to meet this need that the General Service Conference of Alcoholics Anonymous was given the general responsibility for the maintenance of A.A.'s World Services and so became the service conscience for A.A. as a whole. (p 12)

Ref: The A.A. Service Manual Combined with Twelve Concepts for World Service by Bill W. 2005-2006 Edition - Reflecting Actions of 2005 General Service Conference.

~ Contributed by Shoshanah B.

Service is Sobriety

Our Area 17  Delegate is
Elizabeth M.

delegate@area17aa.org

KAUAI A.A. Meeting Places



Photo ~ Alejandro

THE UNITED CHURCH OF CHRIST, HANAPEPE
TUESDAY AT 5:30 PM - PAU HANA MEETING IN MAIN HALL

Bring HOPE to Hina Mauka

AN OPPORTUNITY FOR SERVICE

Hina Mauka Lihue / Outpatient Program

1st & 3rd Wed. of every month

11 am - 12 noon

Contact Bebe 639-6919 aloha@yourbeach.com

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee

#2107

575 Cooke St., Suite A
Honolulu, HI 96813

Please include "District 6" & Group Name on ck.



Kauai Intergroup

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

~ The results of OUR vote are that
 Intergroup will continue to use the A.A.
 Traditions and Steps as 'by-laws'.

Kauai Intergroup Treasury

December 2009

Income:

Books:

Jim D.	\$32.75
Lu – Beginners Group	\$9.00
Happy Hour	\$48.00
Cash	\$20.00

Events:

Thankathon/Came To Believe	\$210.00
Thankathon/Lihue United Church	\$65.00 refund

Groups:

Experience, Strength & Hope	\$83.85
3 rd Tradition (Kapaa Library)	\$75.00
Princeville / Hanalei	\$45.00
Step Sisters	\$52.00
Hui Ohana	\$40.00
Happy Hour	\$128.25
Step Sisters	\$25.00

Expenses:

HI Telcom	\$98.45
Guardian Self Storage	\$93.75

Balance as of Dec.31, 2009:	\$828.51
Less Prudent Reserve	\$189.20
Balance	\$639.31

~ Prepared by Mike C.

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup
PO Box 3606, Lihue, HI 96766



Intergroup Officers

Chairperson - Anonymous

Alt. Chair - Tom R. triumph@hisemail.net

Treasurer - Mike C (temporary)

Secretary - Kathryn B. (temporary) 634-4185

Literature - Mark M.

Alt. Literature - Danette M.

Hotline Chair - Dana M. 639-2755

Events - Kathryn B. 634-4185 kbankhi1@yahoo.com

GIS News. - Linde B. linbonds@msn.com



Got Literature? We Deliver!

Or Come To The INTERGROUP MEETING!

***Books *Pamphlets *GIS Newsletter**

***Kauai AA Meeting Schedules**

All Available!

DCM CORNER

FEBRUARY 2010

The following is the report I gave at the Inventory Assembly in Waianae on January 16:

The first District 6 meeting of this new year was truly a spiritual experience for me. I am awestruck that a drunk like me is allowed to serve as the District Committee Member for such a fine group of alcoholics!

The first District meeting I ever attended was five people, I believe. That was during Panel 55. Our January meeting was attended by 15 AA's, one of whom was a DCM from District 91, Saskatchewan. (His district had gone dark and he was recently elected to oversee its revitalization.) No one left early and we were there doing the business of this amazing fellowship for one hour and fifty minutes.

What a treat to be in the company of such a dedicated group of AA-ers!

Because of a suggestion made at the last Committee meeting in October, we have changed our agenda to have group reports come first and they reflected a flurry of activity on Kauai, some plans for future workshops and an overall upbeat message. As you will hear throughout this weekend, AA on Kauai is doing very well as is illustrated by the increased treasuries of many of our meetings, an increase in PI work (most notably an increase from 11 to 35 literature racks on the island) and more participation in community events.

We are beginning to plan for Elizabeth's report-back at a Memorial Day event and our next meeting will feature a discussion about how best to structure and publicize that event. We have also developed a budget for the coming year and there is some talk about a workshop on AA leadership as a means of preparing for the October election of panel 61's executive committee.

We are aware that there are plenty of areas in which we need improvement, including better communication and increased participation from every corner, but we are making great headway in carrying the message to those who suffer from this disease on our island. Our situation is clearly described on page 19 of Alcoholics Anonymous: "If we keep on the way we are going there is little doubt that much good will result, but the surface of the problem would hardly be scratched."

I sincerely hope my words reflect the enthusiasm I feel for our future endeavors.

Again, thank all of you for this marvelous opportunity!

~ Jim D

District 6 Committee

DCM - Jim D. - DCM6@area17.org

Alternate DCM - Susan O'N. 212-1858

Treas - Courtney P. cpelez@mail.com

Secretary - Michele K. kauaidistrictsixsec@gmail.com

Grapevine-Alejandro 652-3128 hernandea040@hawaii.rr.com

Archives - Mathea A. MatheaAllansmith@gmail.com

CPC - Bart D. 651-9623

Public Relations - Lu 639-0349 lu.pairofaces@gmail.com

**The Next District Meeting
Is February 13th, 9:30 am
3146 Akahi St., Lihu'e**

Kauai District Cash Flow

November 15, 2009 to January 9, 2010

(District Meeting to District Meeting)

Starting Balance \$ 3349.86

Income:

Interest 10/21 to 11/20	\$0.11
Interest 11/21 to 12/18	\$0.12
Koloa Aloha	\$100.00
Happy Hour	\$12.80
Princeville/Hanalei	\$210.00
Income Total	\$323.03

Payments:

"Where Your AA \$ Goes" poster	\$83.85
Garden Island Sobriety Q1	\$75.00
District meeting rent Q1	\$45.00
Treasurer budget 2009	\$36.00
DCM office expenses	\$36.41
DCM Area Assembly registration	\$25.00
DCM Area Assembly travel	\$139.18
DCM PRAASA	\$966.04
GSR Area registration	\$25.00
GSR Area travel	\$72.50
Payments Total	\$1503.98

SUMMARY FOR 2009

Starting Balance Nov.15, 2009:	\$ 3349.86
Income Total:	\$323.03
Payments Total:	\$ 1503.98
Balance	\$ 2168.91
Prudent Reserve:	-\$500.00
Available Funds:	\$ 1668.91

~ Prepared by Courtney P.

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

PO Box 1503, Kapa'a, HI 96746

Please include "District 6" & "Group Name" on check

