

April 2018

Garden Island Sobriety

'Step Four'

“Made a searching and fearless moral inventory of ourselves.”



He said: Made a searching and fearless moral inventory of ourselves,

definitely something I've never done before. I did not even know where to begin. This Step forced me to examine the reasons why I drank and used.

I **began by** looking at my past while trying to be honest. Being honest is something I was not used to. I had to judge whether I was being honest about everything. Most times I was. Sometimes not. And then why was I not being honest? What a trip! I couldn't tell the truth about some things even if I wanted to. Was it because I couldn't see the truth? Why would I be dishonest about something I wanted to tell the truth about?

I **came to** the conclusion that many years of this behavioral pattern may be the cause. I started off believing the only reason why I used alcohol and drugs was because I liked to. This was true. I liked it. A lot. It felt good to me. I felt more everything while being intoxicated. Intelligent, important, interesting, glamorous, handsome, fun, successful, wanted, needed and even loved. And the list goes on. It also made me feel guilt, sorrow, hangover, pain, sadness, and pity. That list goes on too. The reason for my drinking and using was much deeper than just because I liked the way it made me feel. It was difficult for me to admit and accept these newfound reasons.

The main culprit was pain. I was self-medicating. I found that the pain possibly stems from my childhood years growing up in a broken family. When I was young, I believed that “I” may have been the reason for my parent's separation. Whoa. Of course, this is not the reason, but I became ill to believe this and then the pain began. Once I found alcohol and

(Cont. p. 2)



She said: Aloha my name is Pattilyne and I'm an alcoholic. Steps to Freedom is

my home group, shaka.

The Fourth Step, for me, was the changing point in my sobriety and I am so grateful for this. Having to look within for the wrongs I've done was difficult and at the same time it was freeing.

I **was able** to let go of resentments I had for a long time because I saw the damage of my drinking. My sponsor at the time would let me know that if I got stuck in an area to call her and we would talk about it. She also told me that we were peeling off a layer of ourselves every time we did this Step, and she was right.

When doing this Step with my current sponsor we dug deeper and she had me focus on my kids. This time it was very difficult, and I was afraid of doing it. My children, had been a hard thing to accept and avoiding them was so much easier to do than to look at my wrongs. My oldest live here on Kauai and Oahu, second in Washington, third on the Big Island and my two youngest live in Minnesota. So yes I had tried to take the easy road when it came to them but in the end I did what I was told to do.

Today I'm willing to start a relationship with them but I also know that it'll happen in God's time, because of Step Three.

“**To Thy Own Self Be True**” is a saying that keeps coming up as I write this so I wrote it in here. I'm sure I'll realize why it's in my head as the day goes on and its because of doing what has been suggested to do in the program I'm more open minded and willing in my life today.

~Pattilyne, Kauai

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AA Archives p.4 The 12 Concepts p.5

AA Hotline 245-6677

He Said (cont.) ... drugs my remedy was satisfied.

I also found there are many other things besides pain to consider as reasons for my drinking and using. I am self-centered. I have an addictive personality. I grew up in the 80s. I played guitar in rock bands. I had lots of friends that partied. I had a job as server/ bartender. I became rebellious and I loved that party lifestyle. That list goes on as well.

This step has been very important to me to identify why I am an alcoholic. Knowing what causes me to drink and use is important. I found that it doesn't make sense for me to continue my self-abuse any longer. The reasons for my using are my reasons. I don't wish to compare my reasons to other people's unfortunate tragedies that caused or causes them to drink or use. They are mine. If it weren't for this Step, then I would not have evaluated what caused me to drink or use. This information helps me understand the underlying causes for my alcoholism and provides solutions for sobriety.

~Mike H., Kauai

Birthday Celebrations West Side

● Ala i ke Ola Hou, Waimea Cyn. Group - 5:30 pm
Last Friday of the 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).
- Happy Hour - 5:00 pm Last Saturday of the
month. CAKE FOR BIRTHDAYS!

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

John G.	3/2	1972	46 yrs
Dick W.	3/17	1973	45 yrs
Pat Q.	3/7	1977	41 yrs
Bebe S.	3/10	1980	38 yrs
Gerry J.	3/4	1981	37 yrs
Dave G.	3/7	1987	31 yrs
Judy B.	3/2	1987	31 yrs
Larry	3/24	1987	31 yrs
Julie M.	3/1	1987	31 yrs
Ed H.	3/14	1988	30 yrs
Kelly	3/4	1988	30 yrs
Norman P.	3/1	1991	27 yrs
Kathy	3/12	1997	21 yrs
Julia O.	3/11	1997	21 yrs
Sherwood C.	3/17	1998	20 yrs
Bill E.	3/17	1999	19 yrs
Heather C.	3/10	2004	14 yrs
Julie H.	3/30	2004	14 yrs
Jennifer C.	3/5	2005	13 yrs
Eddie	3/1	2005	13 yrs
Linda R.	3/20	2006	12 yrs
Mike H.	3/5	2008	10 yrs
Cindy T.	3/14	2008	10 yrs
Susan O.	2/2	2009	9 yrs
Kelsey B.	3/6	2011	7 yrs
Brandi R.	3/1	2013	5 yrs
Curtis K.		2014	4 yrs
Brian B.	3/25	2015	3 yrs

Congratulations Everyone!!

PLEASE TELL US YOUR BIRTHDAY

DISTRICT6NEWSLETTER@HOTMAIL.COM

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

A.A. Activities



The Happy Hour Cookout

April 14th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Came to Believe - Pizza Night

This Month April 25th

6:00pm Saint Michael's Church Lihue
Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

This Month on April 27th

5:30pm Meeting then Birthday Potluck
Every last Friday of the Month (bring good food!)
Volleyball, Swimming, Good Fellowship, Fun, Sunset



Steps to Freedom Birthdays

Potluck This Month on April 30th

6:30pm, Kapa'a United Church of Christ
1315 Ulu Street, Kapaa, Speaker Meeting 7:30pm

GRAPEVINE Quotes of the Day

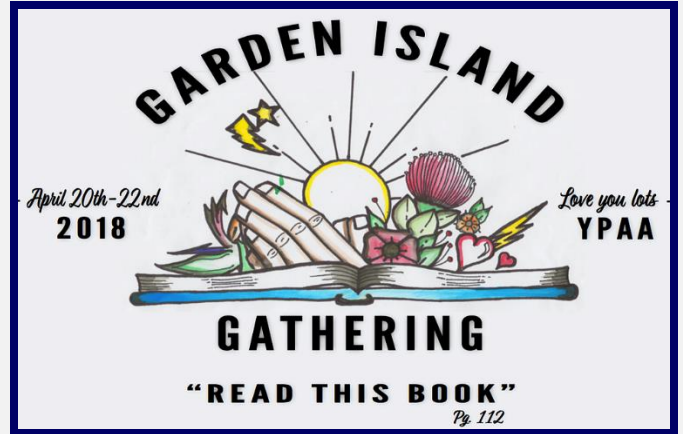
March 19, 2018

"Through uncovering and admitting my character defects, I realized that I was no different than the people I was so afraid of. I understood that we were all suffering and that I didn't need to disguise my authentic self."

Cornwall, Ontario, January 2005

"From Rags to Riches", Voices of Long-Term Sobriety

GIGYPAA CAMPOUT CAMP HALE KOA, KOKE'E



Friday April 20 – Sunday April 22

For Registration Go To:

<https://www.gardenislandypaa.org/>

A.A. Meeting Places



Church of the Pacific

4520 Kapa Ka Road, Princeville

(Across the Hwy from Princeville Stables)

- Monday - 7:00 am Daily Reflections
- Thursday - 7:00 am Daily Reflections
- Friday - 12:00 Noon BIG BOOK STUDY

April in Our History:

April 1977: The General Service Conference approved a joint biography of our two co-founders. When this proved impracticable it became apparent of the need for two books. Dr. Bob's biography would be written first (published 1980) followed by Bill W.'s biography; Two books that I believe should be in all active AA members library, "Dr. Bob and The Good Old Timers' along with "Pass It On."

April 1840: Washingtonian Temperance Society Founded – Baltimore, MD. Within four years 500,000 had found sobriety!! By the year 1850 completely disbanded! Bill W. made a text-book study of them – their mistakes. Thus our Traditions were born.

April 1938: The "Alcoholic Foundation's" first meeting takes place in New York City. Later the name will be changed to our "General Service Office."

April 1939: On every night, Gabriel Heatter's radio broadcast "We The People" will provide the first nation-wide exposure of AA to the public by inviting active AA members to be guests on the air.

April 1946: For the first time our Grapevine will carry Bill W.'s "12 Suggested Points for AA Tradition." They will later be called "The Long Form of Traditions," located in the back of our Big Book.

April 1947: The first transatlantic phone call to our New York office from an army hospital in Germany, wanting to start up the first AA Group in that country.

April 1954: Our General Service Conference adopted the plan for each registered Group to have a G.S.R. (General Service Rep.).

April 1958: At the annual G.S.C. Conference held in New York City the word "Honest" is dropped from the AA Preamble. "The only requirement for membership is an "Honest" desire to stop drinking.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A.

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

Slogans for Sobriety:

"Progress Not Perfection"

Learning to live sober while moving past circumstances of self-imposed neglect requires a certain amount of dignity and respect. How to express self-compassion is the penultimate question. **A reality built** on self-denial and abuse can drive the usually numb consciousness through fields of masochistic guilt. When the inner critic denies the pragmatism of waking up to a shared truth with others then the underlying distrust could sabotage almost any effort.

Slowing down and seeing other choices isn't enough. A counter, intellectually healthier route, that goes against the baggage of inner blame, must be taken. This can become a daily struggle if the right intention to attention is misguided.

Frustration happens yet again when the perverse route wins, despite a sincere application of willingness. Maybe reducing the pressure from a "large" choice by breaking it down into bite sized pieces would help. Also, being powerless over words where the only honest, real or controllable part of the process are my actions, can be scary.

What are the actions of a humble voice? Allowing humility to be the stronger way of working with choices may yield a satisfaction and open mindedness through surprise. Being hypocritical, or a know it all, is patently deleterious to sustainability away from distress.

Is sobriety the goal or is it learning how to get over yourself? Leading with a discovery of basic rights, that may have been ignored until getting sober, and working toward responsibilities, in the name of a higher purpose, seem to lead to success.

"Progress Not Perfection". Whatever the behavior was it can be changed when the hope of progress is being modeled by others. This is the biggest and best part of a goal-oriented community like AA.

~Aaron W.



Expect A Miracle

The Next Intergroup Meeting:
 April 7th, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report February 2018

Income:

Kauai Young People	7th	100.00
Podium Meeting	Literature	21.00
Princeville Hanalei	Literature	10.00
District	Literature	167.25
Sunday Beginners	Literature	116.00
North Shore Aloha	Literature	90.75
Sunrise Sobriety	Literature	4.00
Anonymous	Literature	16.00
Kapaa Daily Reflection	Literature	40.00
Sunday Serenity	Literature	3.00
Wednesday Stick	Literature	45.00
Total Deposits		613.00

Expenses:

Guardian Storage	Locker	145.83
Hawaiian Telcom	Hotline	25.86
Ink Spot	Printing	150.00
Total Expenses		321.69

Previous Balance	953.91
Net Profit or Loss	291.31
Current Bank Balance	2145.22
Less Prudent Reserve	900.00
Operating Balance	1245.22

~ Report prepared by JoRina ~

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Aaron W.
Literature:	Bob B.
Hotline:	Kelvin

Concepts Checklist

Concept IV:

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

- Do we understand the spiritual principles underlying the "Right of Participation"?
- What does "in reasonable proportion" mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

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

Service is Sobriety

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

SEND YOUR CONTRIBUTIONS TO:

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

District 6, Kauai:

The Next District Meeting:
April 21st, 9:30 am
The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM: Steve Q.
Alt. DCM: Janice M.
Secretary: Jonathan D.
Treasurer: OPEN

----- A New Treasurer is Needed -----



From Your DCM



Hi all. I'm not so sure I'm able to express my gratitude for Alcoholics Anonymous in any way that could accurately describe what's been so freely given to me through General Service.

I guess it all started during one of my first attempts at getting sober. There were many. I was hanging around my friend, old man Walter, at the "Daily Enders" group in Freeport, Long Island, when he told me he was going to give me a "gift". Now, where my head was at, at the time, I expected him to hand over a wrapped-up package, or a twenty dollar bill. But it wasn't any of those.

He said that he was giving me his coffee commitment. At first, I didn't understand why he was so happy. But right now, this moment, on the plane returning from PRAASA, as I'm looking

around at the people, the so called normies, who are sipping their rum punches as if they had all night, I do.

What he gave me was a whole lot more than a coffee making job. He gave me an opportunity to get out of my head for two hours, three days a week, not being concerned about me and my problems, but how I was going to be useful to all you people who were headed for that coffee as soon as you entered the room.

I've had a few commitments since then, and the fact remains the same, whenever I'm in service, I'm not thinking about my little plans and desires, or my worries and concerns. I get to think about how I'm being useful to God and my fellows. So, next time you hear an announcement at a meeting regarding an available service commitment, take a leap of faith, accept the "gift", put up your hand, and just do it. You might just help change somebody's life.

My full PRAASA report back will be at the District mtg. on Saturday April 21 at 9:30 at the Lihue Neighborhood Center, and will be posted on our website Kauaiaa.org. The opportunity to serve as DCM on Kauai is truly beyond my wildest dreams.

~Mahalo! Steve Q.

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
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Honolulu, HI 96814-1822



Find A.A. in Hawaii



at: www.area17aa.org