

January 2013

Garden Island Sobriety

'Step One'

"We admitted we were powerless over alcohol - that our lives had become unmanageable."



He said: Happy New Year! And thank you for allowing me to be of service in 2013.

Re-examining each of the 12 Steps for the GIS Newsletter will help in my personal growth as I share my experience, strength & hope. I believe AA is a program about perpetual growth of the mind and spirit.

I have two specific thoughts about Step 1.

My first thought might seem subtle however when examined becomes obvious. I believe the original authors of the steps chose their words carefully as we see the word "WE" being used twice; a very important concept. It allows me to recognize that I am not alone in my recovery as I associate with the fellowship of AA. Our common problems are not ignored, denied or minimized but are shared in our collective experiences; trials, tribulations, solutions, and victories. Our common welfare is where the "WE" of the program exists, and it is void of any social or economic differences. It is beautiful, simple, and of primary importance.

My second thought is in examining the word "ADMITTED." The very first day I walked into an AA meeting I knew very little about the process, however I *knew* it was going to work. I realized I was DONE. DONE ... trying to control my drinking. DONE ... trying to pretend I didn't have an issue. DONE ... as my will to live was being compromised by the life I was creating for myself.

At that first meeting I said, "My name is Jay and I am an alcoholic." Initially that phrase had no meaning for me and I simply repeated what every other person in the room was saying as they introduced themselves. However, it was during the first month of sobriety, while working the First Step, that I absolutely believed it to be true. Then as I introduced myself, I had a clearer picture of what it meant for me.

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She said: I used to try and control my consumption of alcohol by only drinking in

the bars, only bringing a few dollars and no plastic cards, only having one drink at home, only going out to the bar to have three cocktails, only drinking when someone else drove, making a vow, not buying alcohol from the store, only having coffee with a few shots of Kahlua and Irish cream, only bringing one bottle of vodka to work, only having 3 glasses of cocktails while making dinner, talking "friends" into coming over so I didn't drink alone "taking hostages", not leaving the kids unattended while I went out with people to clubs, making plans so I could not drink and then breaking them, and trying to attend religious organizations to change my drinking habits. I would drive while under the influence of alcohol on a daily basis! I would destroy sacred relationships with my irritability for alcohol. My rude behavior would cause such violent and dangerous situations with those around me.

The first step has two parts for me: 1) admitted powerlessness and 2) my life is unmanageable. When I began this journey of sobriety, I did NOT want to admit defeat to a liquid. I felt humiliated and ashamed of my behavior due to my alcoholism. Definition of admittance is 'to permit as true or valid,' therefore I validate the statement, "I am powerless over alcohol" because when I consume alcohol I have an allergic reaction that causes my body, mind, speech, and behavior to become inappropriate, illegal, illogical, and especially immoral. Definition of unmanageable is 'unable to handle or direct with a degree of skill.' I admit that my life is unmanageable because I use to do the same thing over and over trying to obtain a different result.

Today, I am different because I have hope, faith, and love. From my Higher Power's grace and mercy I now

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Activities P.3

Archives P.4

AA Hotline 245-6677

He Said: (cont) I actually admitted I was powerless over alcohol and that my life had become unmanageable with its influence! It soon became obvious to me that the only thing for me to do was to remove it completely from my life. For me that meant working towards a new self image; from drinker to non drinker. As a drinker I was always trying to escape life and control my drinking and my actions. As a non drinker I have learned to experience life's lessons and grow spiritually.

Remember alcohol is cunning, baffling and powerful! And the most important word for me here is ... REMEMBER!

~ Jay A., Kauai

She Said: (cont) know what trust, integrity, dignity, honor, and loyalty mean to me. My sobriety is my first priority in my life. For the first time since I was a child, I am truly happy. I have peace, joy, and contentment. I am no longer afraid of the future nor regret the past – I am grateful to be sober and a part of this program.

Thank you for allowing me to share my experience, strength, and hope. Happy New Year!

~ 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!

Happy Birthday

| | | | |
|-----------|-------|------|--------|
| Lopaka | 12/13 | 1970 | 42 yrs |
| Carl K. | 12/19 | 1981 | 31 yrs |
| Bobo | 12/13 | 1986 | 26 yrs |
| Peggy S. | 12/19 | 1986 | 26 yrs |
| Lori N. | 12/23 | 1988 | 24 yrs |
| Matt P. | 12/20 | 2002 | 10 yrs |
| Bob C. | 12/16 | 2003 | 9 yrs |
| Ron W. | 12/24 | 2003 | 9 yrs |
| Eddie F. | 12/13 | 2005 | 7 yrs |
| Erica J. | 12/13 | 2005 | 7 yrs |
| Sarah C. | 12/3 | 2007 | 5 yrs |
| Nicole | 12/25 | 2009 | 3 yrs |
| Alison T. | 12/23 | 2011 | 1 year |
| Kehau | 12/23 | 2011 | 1 year |

Congratulations Everyone!!

~About Publishing Birthdays~

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

If you would like to have a birthday published or corrected in the Garden Island Sobriety newsletter Please contact us:

District6newsletter@hotmail.com

Expect A Miracle

Hawaii Area 17 Orientation Assembly

January 19th – 20th 2013

Hosted by District 4 / Windward Oahu

At The Kokokahi YWCA

45-035 Kaneohe Bay Drive, Kaneohe

For Information go to: <http://www.area17aa.org/>

The Registration Form and Directions to Camp Kokokahi YWCA are online. If you are planning on traveling by air to this Assembly, check the **NEW Air Travel Information** page.

Who Should Attend?

GSRs, DCMs, Intergroup Chairs, Standing Committee Chairs and Area Officers.

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 & 10 minute Meditation
- FRIDAY - 12:00 Noon BIG BOOK STUDY

Water Meeting & BBQ

This Month January 11th at Lydgate Park

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

Volleyball & Game Day

This Month's Last Saturday, January 29th
3:00 pm

Before The Happy Hour Meeting
~ At Nawiliwili Beach Park ~

Last Saturday Supper

This Month's Last Saturday, January 29th
7:00 pm

Potluck sponsored by Koloa Nooners Group
~ At the Koloa Salvation Army Hall ~



MARCH 1-3, 2013

IDAHO AREA 18

IS

HOSTING PRAASA

PRAASA - the Pacific Region Alcoholics Anonymous Service Assembly - is a yearly assembly held in different parts of the Pacific Region of Alcoholics Anonymous.

The purpose of PRAASA is to develop greater unity among the members, groups, and areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

Online registration is now open at
<http://www.praasa.org/2013/>



Some Significant Dates In Our Timeline:

November 1937: A meeting was held in Akron to consider Bill's idea for the writing of a book. After Bill's presentation it was narrowly passed by a majority of two.

November 1939: Bill receives a letter from Hank P. advocating autonomy for all groups ... this was 7 years before Bill would write the **12 Traditions** and another 4 years before the membership accepted them at our first International Convention, July 1950.

November 1951: Both Dr. Bob and Bill W. considered **Intergroups essential** to "The panorama of AA in action." In the November 1951 issue of the 'Grapevine' Bill said bluntly that "Intergroups do those chores that no single individual or group could. The unify regions; they make AA tick."

~From an Archives Report by 'Big Book Dave', Interior Alaska
Submitted by Mathea A.

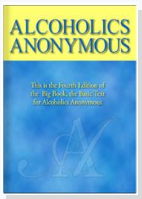


Tradition I:

Our common welfare should come first: personal recovery depends upon AA unity.

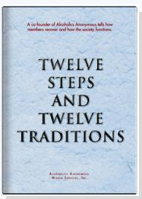
1. **Am I in my group a healer**, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. **Am I a peacemaker?** Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. **Am I gentle** with those who rub me the wrong way, or am I abrasive?
4. **Do I make competitive AA remarks**, such as comparing one group with another or contrasting AA in one place with AA in another?
5. **Do I put down some AA activities** as if I were superior for not participating in this or that aspect of AA?
6. **Am I informed about AA** as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. **Am I as considerate of AA members** as I want them to be of me?
8. **Do I spout platitudes about love** while indulging in and secretly justifying behavior that bristles with hostility?
9. **Do I go to enough AA meetings** or read enough AA literature to really keep in touch?
10. **Do I share with AA all of me**, the bad and the good, accepting as well as giving the help of fellowship?

Read Them Online:



AA Big Book

http://www.aa.org/bigbookonline/en_tableofcnt.cfm



Twelve & Twelve

http://www.aa.org/twelveandtwelve/en_tableofcnt.cfm

**Next Intergroup Meeting January 5th
9:30 am, Lihue Neighborhood Center**

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**

Visit Kauaiaa.org

**Get Meeting Schedules
The Calendar of Events
Links to Island AA Websites**

Income:

| | |
|-------------------------|----------|
| Princeville/Hanalei | \$360.00 |
| Happy Hour | \$ 28.70 |
| Koloa Aloha | \$ 48.75 |
| Step Sisters | \$ 59.40 |
| Books | \$200.00 |
| Labor Day | \$ 23.00 |
| Wed Koloa Stick Meeting | \$ 48.00 |
| Friday Koloa Big Book | \$ 42.50 |
| Koloa 12x12 | \$ 79.00 |
| Koloa Books | \$ 48.00 |

Expenses:

| | |
|----------------------------|----------|
| Mark M. Books | \$375.50 |
| Mark M. Books | \$208.70 |
| Tom R Schedules | \$235.44 |
| Hawaiian Telcom | \$ 97.57 |
| Guardian Self Storage rent | \$104.17 |
| InkSpot | \$150.00 |

| | |
|-------------------------|------------------|
| Balance | \$1686.76 |
| Prudent Reserve: | \$-200.00 |
| Available Funds: | \$ 986.76 |

~ Prepared by Mike C.

Request a newsletter



Contact: District6newsletter@hotmail.com

SEND YOUR CONTRIBUTIONS TO:

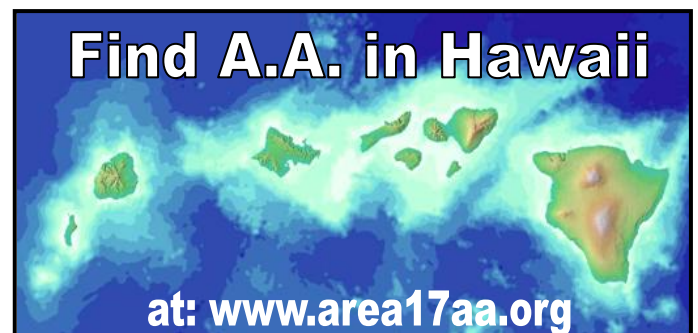
**Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766**



Intergroup Officers:

Chairperson: Bob B. chair.intergroup@gmail.com
 Alt. Chair: OPEN
 Treasurer: Mike C.
 Alt. Treasurer: Mo L.
 Secretary: OPEN
 Literature: Mark M.
 Hotline: Mark & Danette hotline.kauai@gmail.com
 GIS Editor: Linda B. District6newsletter@hotmail.com

Find A.A. in Hawaii



at: www.area17aa.org

District 6, Kauai:

Next District Meeting January 19th
9:30 am, Lihue Neighborhood Center

District 6 Committee:

DCM: Ron A.
Alt. DCM: Alejandro H.
Secretary: George K.
Treasurer: Jay Y.

District 6 Treasurer's Report

YEAR TO DATE, AS OF DECEMBER 15, 2012

| | |
|---|---------|
| December Expenses: | |
| GIS Newsletter – 2 nd Biannual | 150.00 |
| Copy Paper - Treasurer | 7.09 |
| Total Expenses: | 157.09 |
| | |
| INCOME Y/D: | 3362.49 |
| EXPENSES Y/D: | 4346.37 |
| CASH AVAILABLE: | 2001.92 |
| PRUDENT RESERVE: | +500.00 |

~ Prepared by Alejandro H.

SEND YOUR CONTRIBUTIONS TO:

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



Carry The Message!!

Announcing:
An Organizational Meeting
For Panel 63's

'Public Information Committee'

Saturday, January 26, 2013

3:30 PM

The Happy Hour Tables @ Kalapaki

AGENDA:

- Review PI notebook from GSO - available as a PDF online
- Consider subcommittees: Pamphlet Racks, Speakers, Calendar of Events, etc.
- Organizational Issues: meeting times, Place, etc.

➡ The Area Address Has Changed

Mail will be forwarded for a year (from last June) and returned to the sender after that.

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
1253 Beretania St., #1207
Honolulu, HI 96814-1822

Please include "District 6" & Group Name on check

