

February 2017

# Garden Island Sobriety

## 'Step Two'

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



**He said:** For a long time, I thought that this step had very little to do with action. It is, I was told, the "came to" step. All I had to do was come to a decision to believe in something else other than myself, my sponsor said. I sort of figured it was a bit of a place-setter.

**But it came to me last month** -- The second step's practical purpose, is, in fact, to smash the delusions we all face when we come to AA. By asking God to restore us to sanity, we're asking him, specifically, to remove that obsession to drink. And the obsession to drink is nothing more than a set of delusions.

**The obsession to drink** for an alcoholic is really that bit of insanity that tells us, "This time will be different" or the thought that drinking will actually help soothe a problem. When I came to AA, I had all sorts of ideas about my drinking. I believed that, because I was still a teen, that I could not be a "real alcoholic." I believed that alcohol had never cost me a job, or that I never had a blackout. I believed that I was different than the rest of the men and women in AA. I believed that I could have just one drink.

**These ideas are delusions** – simply put, lies I told myself that I believed to be true. They are no different than the lies a schizophrenic tells himself, like the CIA is after him or whatever.

**We need to be restored to sanity** because we are insane – we are filled with delusions that, if not destroyed, will lead us right back to the bottle. As I "came to," and I listened to others' stories, I learned that I did, in fact, lose my first job because I got caught stealing booze. I believed I didn't get fired, but when I came back the next year (it was a summer job), they wouldn't hire me back. I learned that the nights I couldn't remember getting home were blackouts. And I realized that I was a real alcoholic, whether I liked it or not, and one drink would likely kill me. (Cont. p. 2)



**She said:** To be broken is only the beginning. There was a party house I used to go to, before getting sober, where all the 'broken-winged' came. My friends and I thought of it as a safe house and gathered there, pretending that life was just fine, full of comradery and forgiveness. We certainly forgave each other for whatever calamities we had created. As far as the rest of the world, well, the privacy hedge surrounding that place might as well have been a wall of denial. Eventually, even in my drunken state, I realized that none of our broken wings were ever mended, and all of those calamities were adding up. In the end I could not forgive myself for what had happened on one too many night's before.

**Admitting my brokenness**, Step 1, took a long, long time. But once admitting I was broken, I feared that I didn't have the faith for Step 2. The very nature of Step 1 had convinced me that I couldn't have confidence in myself. My mind seized upon this doubt, amplified it and then tortured me with it. How could I be sure that I really believed God would restore me to sanity? I might think and say that I believed it but I had said I was going to quit drinking so many times and thought that I believed that too. How could I trust myself? I just didn't. The old-timers told me, "You think too much."

**I had no faith in my own convictions.** There came a point, in the end times of my drunkenness, when being convinced of Step One was not what stood in the way of sobriety. It was not being convinced of Step Two that kept me drunk.

**When I finally entered the rooms of AA** the words 'Came to believe' stared me in the face. They posed a question I desperately needed to answer right here and now. "Do I believe?" The answer came simply and suddenly with unquestionable conviction. 'ONLY' a power greater than myself could restore sanity. The emphasis was on the word ONLY. I had (Cont. p. 2)

**He Said:** (cont.) By starting down the path of AA, asking for help, and learning to pray, God removed these delusions. I also learned from example. I learned that if I said what I was thinking to some trusted friends or a sponsor, they could sort the insanity out from the truth.

Today, I have other delusions. I have ideas about myself and about other people that are not grounded in reality. I have other obsessions in my life that cause me pain and make me powerless. And I can, again, come to believe that something other than myself has the power to reach into my brain and remove these troublesome thoughts.

**It's an amazing idea, really.** That something outside of us has such power as to get into our heads and change things around a bit. But it happens all the time, especially when we are open to it. It all starts by asking for help, both from God and from other people. And the benefits are amazing: It's such a relief to know that I'm not alone with my thoughts anymore.

~ Tom F., 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).

### 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!**

**Congratulations Everyone!!**

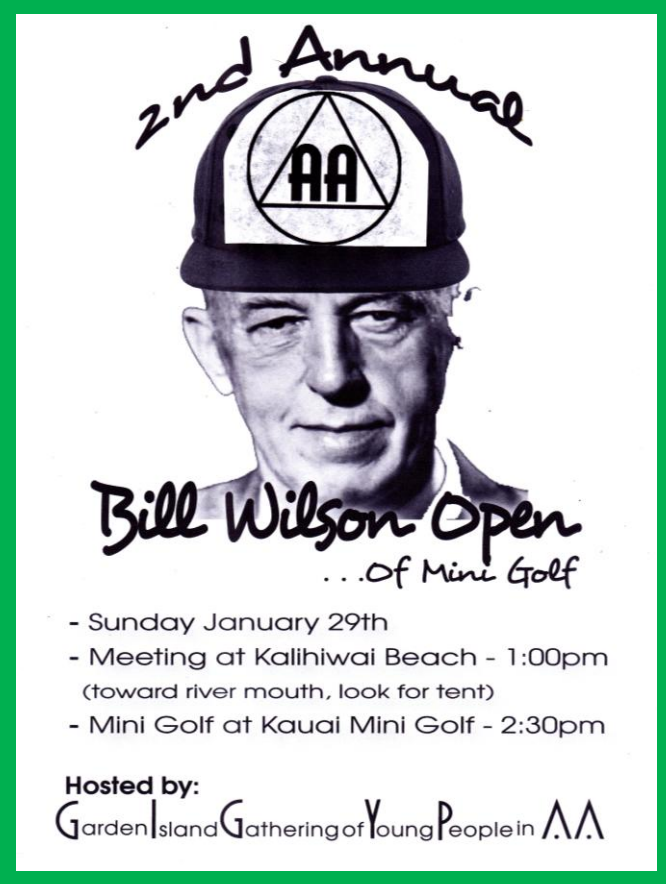
She Said: (cont.) not a shred of doubt that it would take something far greater than myself to keep me from picking up the bottle; In fact, it went hand in hand with Step 1's admission of powerlessness & failure.

**I knew that I couldn't.** Only something greater than me could. And I saw, by looking around me, that it was possible. Here was living proof. People in AA had stories that were as hopeless and insane as my own, yet they were laughing, and laughing at themselves! Most incredibly they were not drinking. I knew one thing for sure; It would take something with power far greater than my own to restore sanity to my life. For me that was enough to face Step 3. ~ Linda B., Kauai

## Happy Birthday

Dotty	1/31	1973	44 yrs
Susan C.	1/20	1988	37 yrs
Laurie L.	1/20	1988	37 yrs
Gloria C.	1/12	1984	33 yrs
Stevie G.	1/11	1986	31 yrs
Barbara J.	1/1	1987	30 yrs
Chris H.	1/11	1987	30 yrs
Laurie L.	1/19	1988	29 yrs
Mickey M.	1/6	1990	27 yrs
Bill M.	1/24	1990	27 yrs
Tatiana	1/27	1992	25 yrs
Mike M.	1/20	1992	25 yrs
Maureen M.	1/7	1995	22 yrs
Tony C.	1/18	1997	20 yrs
Steve M.	1/26	1998	19 yrs
Bob H.	1/18	1999	18 yrs
Luis R.	1/1	2001	16 yrs
Clark	1/22	2002	15 yrs
Theresa	1/28	2002	15 yrs
Kurt	1/7	2002	15 yrs
Susan ON	1/7	2003	14 yrs
Ele J.	1/16	2005	12 yrs
Laurel R.	1/26	2007	10 yrs
Aakara	1/20	2008	9 yrs
Liz O.	1/22	2008	9 yrs
Emma S.	1/1	2008	9 yrs
Matt	1/24	2009	8 yrs
Lee	1/12	2010	7 yrs
Paul	1/26	2010	7 yrs
Rick C.	1/11	2011	6 yrs
Sarah A.	1/3	2011	6 yrs
Kirk F.	1/24	2012	5 yrs
Terance B.	1/17	2013	4 yrs

# AA Activities



*2nd Annual*

**Bill Wilson Open**  
...Of Mini Golf

- Sunday January 29th
- Meeting at Kalihiwai Beach - 1:00pm  
(toward river mouth, look for tent)
- Mini Golf at Kauai Mini Golf - 2:30pm

Hosted by:  
Garden Island Gathering of Young People in AA



## The Happy Hour Cookout

**February 19<sup>th</sup>, 2:00 pm**

**At Nawiliwili Beach Park**

Cookout & Games. Meeting is a 5:00 pm



## Came to Believe - Pizza Night

**This Month February 22nd**

**6:00pm at Saint Michael's Church Lihue**

Every last Wednesday of the Month



## WCG at Kekaha-MacArthur Park

**This Month on February 24<sup>th</sup>**

**5:30pm Meeting then Birthday Potluck**

Every last Friday of the Month (bring good food!)  
Volleyball, Swimming, Good Fellowship, Fun, Sunset.

# GIGYPAA

Garden Island Gathering of Young People in AA

**Camp out up Kokee at: Hale Koa**

**March 24, 25 & 26**

**Create The Fellowship You Crave**

Registration attached or at [KauaiAA.com](http://KauaiAA.com)

## A.A. Meeting Places



*Photo ~ Alejandro*

### POIPU BEACH PARK

**'Far West Pavilion'**

#### MEETINGS:

- Monday "Sunrise Sobriety" 7:00am, Step Study
- Tuesday "Sunrise Sobriety" 7:00am, Big Book
- Wednesday "Sunrise Sobriety" 7:00am, Daily Ref.
- Thursday "Sunrise Sobriety" 7:00am, Came To Believe
- Saturday Sunrise Sobriety" 7:00 am, Grapevine



## Steps to Freedom Birthdays

**This Month February 27<sup>th</sup>**

**6:45pm, At Kapa'a United Church of Christ**

1315 Ulu Street, Kapaa, Speaker Meeting 7:30pm





# AA Archives

## The Best of Big Book Dave:

### **February in Our History:**

**February 10, 1906:** Dr. Silkworth and his wife Antoinette had a baby boy. The baby died one week later and would have a profound impact on the doctor for the rest of his life. The couple will have no other children. Dr. Silkworth never would mention his son in conversation or throughout his journals, speeches and hundreds of articles. In fact there is no record of the baby's name! It is believed that this secret enabled Dr. Silkworth to understand the "depth of despair" an alcoholic must endure to find a spiritual awakening.

It would also be the foundation for a lifelong belief in a greater importance of which he wrote, "All that we may have which is good comes from God."

**February, 1939:** 400 pre-publication copies of the Big Book in manuscript form are distributed for comments and suggestions before our book went to print. Today there are twelve originals known to exist.

**February 13, 1940:** The first recorded time "The Lord's Prayer" was used to close an AA Meeting, "The Philadelphia Group", Philadelphia, Pennsylvania.

**February 1943:** Newspaper *San Francisco Bulletin* interviews "Ricardo", a San Quentin Prison inmate and an active A.A. member who's group in San Quentin numbers over 100 members. Bill W. visited and spoke many times before this group.

**February 1946:** A documentary film which answered a lot of questions about A.A. is produced by our New York office. It's called: *The March of Time*.

**February, 1949:** In Center City, Minnesota the Hazeldon Foundation Alcohol Treatment Center opens.

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

**Submitted by Mathea A.**

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



## Traditions Checklist

from the AA Grapevine

### Tradition II:

**For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

1. **Do I criticize** or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. **Am I absolutely trustworthy**, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. **Do I look for credit** in my AA jobs? Praise for my AA ideas?
4. **Do I have to save face** in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. **Although I have been sober** a few years, am I still willing to serve my turn in AA chores?
6. **In group discussions**, do I sound off about matters on which I have no experience and little knowledge?

**Expect A Miracle**

# Kauai Intergroup

**The Next Intergroup Meeting:**  
**February 4<sup>th</sup>, 9:30 am**  
**The Lihue Neighborhood Center**

## Intergroup Treasurers Report

**December 2016**

### Income:

Lorie	Literature	45.00
Kapaa Sat. Library	Literature	80.00
Kathreen	Literature	21.00
Happy Hour	Literature	27.25
North Shore Aloha	Literature	181.55
?>????	Literature	5.00
<b>Total Income</b>		<b>359.80</b>

### Expenses:

Guardian Storage	Locker	135.42
Hawaiian Tele	Phones	25.73
Ink Spot Printing	G.I.S	150.00
Kauai Business Services	Schedules	235.41
Susan On	Assembly	373.00
Tom R.	Last Supper	200.00
Chris K.	Marathon	100.00
Alejandro.	Christmas	100.00
<b>Total Expenses</b>		<b>1319.56</b>

<b>November Balance</b>	<b>4726.13</b>
<b>Total From Above</b>	<b>-959.76</b>
<b>Balance</b>	<b>3766.37</b>
<b>Less Prudent Reserve</b>	<b>900.00</b>
<b>Balance</b>	<b>2866.37</b>

~ Report prepared by JoRina ~

### SEND YOUR CONTRIBUTIONS TO:

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



# Kauaiaa.org Visit Our Website!

## ■ Kauai A.A. Meeting Schedule



## ■ Kauai A.A. Events Calendar

## ■ Link to HI Island AA websites

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



## 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:

<b>Chair:</b>	Chris K.
<b>Alt. Chair:</b>	Pattilyne L.
<b>Treasurer:</b>	Jorina
<b>Secretary:</b>	Mary L.
<b>Literature:</b>	Sonyia B.
<b>Hotline:</b>	Kelvin

## Request a newsletter by e-mail



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

**Editor: Linda B.**

## District 6, Kauai:

The Next District Meeting:  
February 18<sup>st</sup>, 9:30 am  
The Lihue Neighborhood Center

### District 6 Treasurer's Report

#### Report of January 21, 2017

##### Group Contributions:

Poipu Beach Sunrise	200.00
Steps To Freedom	57.52
Whisky And Milk	40.00
<b>Total Income January</b>	<b>311.52</b>

##### Expenses:

PO Box	106.00
Workshops	75.36
DCM	297.40
DCM	25.00
<b>Total Expenses November:</b>	<b>503.76</b>

<b>TOTAL CASH IN BANK</b>	<b>4528.51</b>
<b>PRUDENT RESERVE</b>	<b>1,000.00</b>
<b>OPERATING FUNDS:</b>	<b>3528.51</b>

~ Report prepared by Crystal B. ~

## District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janet McK.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

### SEND YOUR CONTRIBUTIONS TO:

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



## Kauai AA Roundup



### Planning Committee

Meeting February 12th

3:00 pm at

Happy Hour Picnic Tables,  
Kalapaki Bay

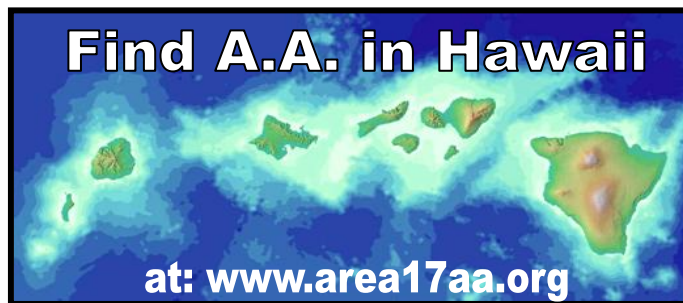
## GRAPEVINE Quote of the Day

January 25, 2017

"Genuine Peace will always be a chief ingredient of AA's Freedom. But let none suppose that we shrink from major conflict only because we are afraid. Nowadays we believe we keep the peace because we love each other"

"Freedom Under God: The Choice Is Ours" AA Co-Founder Bill W.,  
November 1960, The .Language Of The Heart

## Find A.A. in Hawaii



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

## Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

