

September 2010

Garden Island Sobriety

'Step Nine'

“Made direct amends to such people wherever possible, except when to do so would injure them or others”.



She said:

According to Samuel Johnson, “The chains of habit are generally too small to be felt until they are too strong to be broken”. Many of us witnessed this first hand as our alcoholism progressed. Step Nine provides the opportunity to experience this dynamic positively as we stumble along the path away from selfishness and toward humility in the process of conversion known as “recovery”. The time has come to run out onto the playing field of life with a new perspective and purpose, namely; “to fit ourselves to be of maximum service to God and the people about us”.

My personal awareness of Step Nine was simultaneously dreadful and exhilarating. The emotional mixture was disorienting. One of the derivatives of a judgmental mind is the tendency to lump feelings into mutually exclusive categories of “bad” or “good” based primarily on our subjective notions of their pain quotient. It was at this tender junction in my journey that I was introduced to the idea that pain is “the touchstone of spiritual growth”. It’s a fact that the truth will set you free, but it will kick your ass first.

Patience, good timing, courage, prudence, sensitivity and humility were noble ideals and as soon as I achieved some of them I would make my amends. False pride in the form of perfectionism and a self-serving agenda hampered my early amends process and my sponsor “suggested” I re-visit Step Eight. This confused the heck out of me because previously I was told that delay was dangerous, but now I was being told I was not ready and not for the reasons I was conscious of!

I hadn’t felt so low in sobriety since the weekend I convinced myself that the line, “constitutionally incapable of being honest”, was penned with me in mind. I mean, who gets demoted in the 12 Steps? I felt like I was being “left back” at school. (*continued p. 2*)



He said:

Now we continue with our Eighth Step list and do those Ninth Step amends! If we did the three-column-amends-willingness list then we can start with the amends we are ready to make (left column). But before the amends start we have to do the most important part of this step, talk to our sponsor!

It is very helpful to have an outside opinion on the issue of amends. It is too easy to get things out of perspective when dealing with the hurts of the past. My sponsor helps me, for each situation, to sort out what harm was done and how to do the amends. Also, he very helpfully reminded me that not meeting someone’s expectations is not the same as causing them harm. I had some people on my amends list that we crossed off because they didn’t need to be on there. I am glad for my sponsors help in this and almost every aspect of my recovery. Big shout out to George S.!

Wow, did I feel good after I did my Ninth Step. The promises, you know the ones we read all the time at meetings, those are the Ninth Step promises. They come true after Step Nine. Well, actually they come ‘before we are halfway through’. I really do believe in that. When I was ‘halfway through’ I felt a huge weight lifted from me and a new sense of freedom. I felt good about myself and the knot in my stomach was gone (It comes back to visit me sometimes). Step Nine was a great experience for me.

Today I have a couple more amends to make, mostly financial. And boy, I bet I’ll feel amazing when I finish them. I am laughing now to myself about what the promises say about ‘before we are halfway through’. What they forgot to say is ‘and you’ll feel so good that the urgency of the step will fade after your major amends have been made’. So hey, next time you see me ask me if I have done those financial amends yet. K? One of the (*continued p.2*)

(She Said cont.) I don't know why it hurt so much; after all, my life while "active" gave a whole new meaning to the phrase, "I'm not ready". It was the anthem of my youth, a sort of conscientious objection to getting anything done that I had to take responsibility for. But having lived life with a chronic, persistent sense of unpreparedness did not prepare me for being told I was unprepared.

What did I learn? Spiritual poise cannot be achieved by sipping from the co-dependent draught of approval or acceptance. A desire to be forgiven is an impure motive for completion of this step. Forgiveness is not something we can manipulatively coax from another human being. I was taught that the reaction to my amends had very little to do with the process or purpose of this step. Let go of any notions that you may have regarding outcome, take your Higher Power's hand, zip off your human suit, and let your light shine. "Many promising reconciliations have broken down because while both parties came prepared to forgive, neither party came prepared to be forgiven".

~ Ally S., 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 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 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!

(He Said cont.) challenging and humorous aspects of my spiritual journey is that when I make progress I usually stop doing the thing that was causing the progress. Why do I do it? Don't know, I think it is human nature. This is what Bill calls "resting on our laurels." I just feel happy that I have such a great life today, even though I don't work a perfect program. Nine is a scary step, what with facing the past and all. I think it is important for us to remember that the point is not to revisit the past. The point is to clean up our lives today, to make our side of the street clean so that we can live in a better future.

~ Will L., Kauai

Happy Birthday

Samantha F.	8/15	1989	21 yrs
Forest	8/5	1990	20 yrs
Joy	8/21	1991	19 yrs
Sue G.	8/4	1991	19 yrs
Lenny I.	8/3	1992	18 yrs
Grekhon	8/8	1992	18 yrs
Jeff T.	8/10	1997	13 yrs
Linda B.	8/11	1997	13 yrs
David H.	8/1	2000	10 yrs
Haarold	8/24	2001	9 yrs
Elle N.	8/12	2003	7 yrs
Jenn	8/13	2004	6 yrs
David B.	8/5	2005	5 yrs
Manny R.	8/8	2005	5 yrs
Nancy M.	8/29	2005	5 yrs
Rhonda	8/18	2006	4 yrs
Duanne	8/14	2006	4 yrs
Denny M.	8/31	2008	2 yrs

CONGRATULATIONS!!

~ Publishing Birthdays ~

Published the month after their occurrence.

If you know of someone who has moved off island, their birthday date has changed or you just want a birthday published in the Garden Island Sobriety newsletter please LET US KNOW at: District6newsletter@hotmail.com



Labor Day September 5th

11:00am to 5:00 pm
Salt Pond Main Pavilion

Beach Party Potluck On The Sunny West Side

- Meetings: 11am, 2pm and 4pm
- Potluck and Raffle Prizes
- Sheltered Swimming Area & Keiki Games
- Fun for the Whole Family!
- Set up Begins at 9:30am

Information: Call Lu 639-0349 or Roy 346-6211



Full Moon Hike September 23

6:30 PM
Kealia to Donkey Beach

We will be meeting on Thursday, September 23 at the parking area of Kealia Beach on the northernmost side, by the restrooms, for a walk on the new path to Donkey Beach.

**THIS IS AN AA ACTIVITY. THERE WILL BE AN
AA MEETING ONCE WE REACH OUR
DESTINATION.**

DON'T FORGET YOUR CANTEEN & JACKET!

More Information:

Happyhourkauai@gmail.com

The 49th Annual AA Hawaii Convention



November 4 - 7, 2010
At the Hilton Hawaiian Village Resort
<http://annualhawaiiConvention.com/>



Thank-a-Thon

Thursday, November 25, 2010

Location:
The Stone Church, Lihue

Time:
9:00am – 3:00pm

Meetings:
10:00am and 2:00pm

Activities:
Potluck and Live Entertainment

Please Bring:
West Side – Salads
East Side – Desserts
North Shore – Vegetables
South Shore – Mashed potatoes, Yams
All Kauai – Cooked/Uncooked Turkeys
1 can of Cranberry sauce per group



A.A. Meeting Places



Photo ~ Alejandro

St. Williams Catholic Church

5292 Kuhio Hwy, Hanalei

- Meetings in the Parish Hall -

Thursday 7:30pm - The Princeville-Hanalei Group
- Speaker / Discussion Meeting

Saturday 5:00pm - The Princeville-Hanalei Group
- Women's Meeting (Closed)

Saturday 7:30pm - The Princeville-Hanalei Group
- Big Book Study Meeting



A.A. Meetings

Happy Hour's business meeting has moved to the last Sunday of the month at 6:00pm.

A New Meeting On The West Side!
Wednesday night Speaker/Discussion. Call Farren or Marciel if you can be a speaker.

A New Meeting at Salt Pond! The Mahalo Ke Akua Group meets Wednesdays 6:00pm at Salt Pond. Bring beach chairs or mats to sit down. Questions, contact: Lei at 645-0194

AA Hawaii is at: www.area17aa.org

Concept IX Change in Leadership

Concept IX: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

The following was presented by Francesca P. (alternate delegate) to Hawaii Area 17 at the Inform the Delegate assembly April 2006.

"We shall be in continual need of these same attributes, tolerance, responsibility, flexibility, and vision, among our leaders of A.A. services at all levels. The principles of leadership will be the same whatever the size of the operation. ... these qualities of leadership can make all the difference between life and death." * (page 42)

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

~ Contributed by Shoshannah B.

Service is Sobriety

Our Area 17  Delegate is

Elizabeth M.

delegate@area17aa.org

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 Meeting September 4th
9:30^{am}, Lihue Neighborhood Center



Got Literature? We Deliver!

OR COME TO THE INTERGROUP MEETING!

*Books *Pamphlets *GIS Newsletter
*Kauai AA Meeting Schedules
Are All Available!

Intergroup Officers

Chairperson - Tom R

Alt. Chair - Bob B.

Treasurer - Mike C.

Secretary - Henry M. 245-3604

Literature - Mark M.

Alt. Literature - Danette M.

Hotline Chair - Dana M. 245-6677

Events - Kathryn B. Kauairu2010@yahoo.com

GIS News. - Linda B. district6newsletter@hotmail.com

Intergroup Elections

November 6th, Location TBA

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

P.O. Box 3606, Lihue, HI 96766



Request a newsletter
by e-mail



District6newsletter@hotmail.com



DCM CORNER

AUGUST 2010

On January 1, 2005, after returning from rehab in Detroit I attended my first AA meeting on Kauai at Lydgate Park, 7 am. I was there this morning and some of the same people were there.

I attended their July 4th celebration and the Thank-A-Thon and I think we opened an office that year where there was a Christmas Alkathon. *The Garden Island Sobriety* started then, too. All these things were Intergroup-sponsored.

In August of that year, however, our District hosted the Budget Assembly at Kahili Mountain Park and by the end of 2006 the *District 6, Area 17 Structure and Guidelines* had been written.

And in August of this year we participated in our island's Farm Bureau Fair for the second year and will be at the Mayor's Recovery Month event this month for the fourth straight year.

The point is that we as a fellowship are adapting to changing circumstances, as indeed we must. And this month marks a particularly critical juncture in that adaptation – ***it is time to choose group leaders who will help guide us over the next two years!***

As is suggested in *The AA Service Manual*, *The Area 17 Structure and Guidelines*, and our own island's *Structure and Guidelines*, new GSR's ("may be the most important job in A.A.") should be chosen in September. Then, on **October 24**, these GSR's will choose a new DCM, Alternate DCM, district Treasurer and Secretary, all who will serve a two-year term. This will be done using the Third Legacy Procedure with each registered group having one vote.

At the November 20-21 Election Assembly in Puna, registered groups – through their GSR's -- will again be able to vote for Area officers including our Delegate for panels 61 and 62 (2011 and 2012).

Realizing the truth of Bill W.'s words in the 1947 *Grapevine* article, "Will A.A. Ever Have a Personal Government?" that "Though no sterling virtue, our aversion to obedience does pretty well guarantee us freedom from personal domination of any kind," we also want to remind everyone that it has been our choice to participate in this program that has brought us all freedom from alcohol. My experience

has been that continually choosing to serve A.A. slowly erodes the "bondage of self," allowing me to experience a new level of freedom. I truly feel it has been a privilege to serve you all however well or poorly I have done it!

Thank you again for allowing me this marvelous two years!

~ Jim D.

Kauai District Cash Flow

July 11, 2010 to August 22, 2010

(District Meeting to District Meeting)

Starting Balance \$2335.35

Income

Came to Believe	\$ 3.00
Experience, Strength & Hope	\$ 38.00
Sunday Serenity	\$ 88.72
Interest 6/19 to 7/20	\$.10

Income Total \$129.82

Payments

Farm Fair booth rental	\$ 360.00
Extra copies of GIS for Farm Fair	\$ 57.29
Farm Fair expenses / supplies	\$ 31.10
Extra Farm Fair parking pass	\$ 15.00

Payments Total \$463.39

SUMMARY FOR 2010

Starting Balance July 11, 2010:	\$2335.35
Income Total:	\$ 129.82
Payments Total:	\$ 463.39
Balance	\$2001.78

Prudent Reserve: \$ -500.00

Available Funds: \$1501.78

~ Prepared by Courtney P.

**Next District Meeting September 11th
9:30am, 3146 Akahi St., Lihu'e**

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

PO Box 1503, Kapa'a, HI 96746

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



ELECTION OF PANEL 61

THE ELECTION of Panel 61 officers will occur on October 24th, 2010.

District 6 Committee

DCM - Jim D. - DCM6@area17aa.org

Alternate DCM - Susan O'N. 212-1858

Treas - Courtney P. cpelz@mail.com

Secretary - Michele K. kauaidistrictsixsec@gmail.com

Grapevine - Alejandro 652-3128 hernandeao40@hawaii.rr.com

Archives - Mathea A. MatheaAllansmith@gmail.com

CPC - Bart D. 651-9623



MAKELE SEZ:

"SLIP?"

Something

Lousy

I

Planned