

February 2016

Garden Island Sobriety

'Step Two'

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



He said: So I've got a drinking problem, and now I have admitted it to a room full of other self-proclaimed alcoholics by saying "Hi, my name is... and I'm an alcoholic." At the time, that sounded pretty deep. So when I heard that I can't keep myself sober, that I had to trust in something greater than myself and seek help from a higher power, I started to tune out... The "G" word? No sir. Didn't sign up for that. I just want to hear tips and tricks and I'll find an easier, softer way without all the holy roller racket, thank you very much.

The book Alcoholics Anonymous, affectionately known as the "Big Book," was written for such atheist and agnostic temperaments as myself. I had gravitated towards logic and rules that made sense. They worked well enough until the rules didn't apply anymore because I couldn't keep it straight in my head. I had such black-and-white rules that applied to everyone else but me. I thought I was special, that I deserved more than other people, and self-justification unknowingly became my higher power. With it, the powers of denial and fear ruled my life so completely that I could no longer separate "the true from the false." Dr. Silkworth states further, in the Doctor's Opinion, that a "psychic change" is necessary for an alcoholic to undergo a transformation that could well save his or her life. I had to admit that "my rules" were an insane way to live.

On page 45 of the Big Book, the author comes right out and says the main purpose of this book is to "find a Power greater than yourself which will solve your problem." That power used to be alcohol when it delusionally cured my living problems. The insanity is thinking that it really does when the reality has shown me time and again that it has stopped being an ally, if it ever was in the first place.

(Cont. p. 2)



She said: *I am coming to believe that a Power greater than ourselves is restoring us to sanity.*

Don't worry! I am not trying to rewrite the steps! I just shifted the first part of Step Two to first person for this article because this is my opinion.

Some days I believe I *have been restored* to sanity. Everything makes sense to me and it's easy to go with the flow. Some days I have serious doubts and am more of a work in progress. That's when I have to back up and realize that I have been empowered *not* to engage in the insanity of the first drink today. This has been happening for a number of days in a row. This is the grace of God expelling my obsession to change the way I feel with alcohol or drugs. It is a gift of great value that I sometimes forget to appreciate. It is a gift that I believe can happen for you too, if you follow a few simple directions called the Twelve Steps.

The Big Book chapter "We Agnostics" contains a lot of insights that help me release my disbelief and come to believe. On page 47, it says: "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?' As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way." This is one of the places in the *Big Book* where the reader is asked to look at the "Spiritual Experience" in Appendix II. This has never been a mistake for me. In just eight paragraphs, this section refers to *change, transformation, difference, profound alteration, and tapping an unsuspected inner resource*. My way wasn't working, but if I try the program outlined in the *Big Book*, I see what others are talking about. I begin to see transformation in my life, one day at a time.

I am sometimes dissatisfied with the state of my mind and emotions about the rest of my life – beyond the not

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AA Hotline 245-6677

He Said: (cont.) **Working with a sponsor** that has the willingness and time to show a better way through AA made all the difference in completing this step for me. Take it from my past experience: I wouldn't recommend doing this step by yourself, in your head. Find others that have what you want and talk to them before or after a meeting. They may have clues to where your higher power can be found. And the best part of all is that we find that Power was with us the entire time. Most of us lack the gratitude and presence of mind to appreciate that fact when we first get clean and sober. The more I have learned to *trust* in my higher Power, the less I have to *know about life* to fully enjoy

~ D., Kauai

She Said: (cont.) -taking-a-drink-today issue. I point out to God where some wrong turns have been made in my life – or even someone else's! Yes, I am such a hard-headed, untrusting child of my Creator that some days I have complaints. I forget that I believe there is a Power greater than me who *will* solve my *all* problems. Just not always in the particular way, or in the time frame that I am thinking about. So, on any given day, I can return to Step Two and ask my Higher Power to restore me to sanity – regarding my disease, & any other problem that may come before me.

~ Diana L., 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!!

Happy Birthday

Dotty	1/31	1973	43 yrs
Susan C.	1/20	1988	36 yrs
Laurie L.	1/20	1988	36 yrs
Gloria C.	1/12	1984	32 yrs
Stevie G.	1/11	1986	30 yrs
Barbara J.	1/1	1987	29 yrs
Chris H.	1/11	1987	29 yrs
Laurie L.	1/19	1988	28 yrs
Mickey M.	1/6	1990	26 yrs
Bill M.	1/24	1990	26 yrs
Tatiana	1/27	1992	24 yrs
Mike M.	1/20	1992	24 yrs
Maureen M.	1/7	1995	21 yrs
Tony C.	1/18	1997	19 yrs
Steve M.	1/26	1998	18 yrs
Bob H.	1/18	1999	17 yrs
Luis R.	1/1	2001	15 yrs
Kathie G.	1/11	2001	15 yrs
Clark	1/22	2002	14 yrs
Kurt	1/7	2002	14 yrs
Susan ON	1/7	2003	13 yrs
Ele J.	1/16	2005	11 yrs
Laurel R.	1/26	2007	9 yrs
Aakara	1/20	2008	8 yrs
Liz O.	1/22	2008	8 yrs
Emma S.	1/1	2008	8 yrs
Matt	1/24	2009	7 yrs
Lee	1/12	2010	6 yrs
Paul	1/26	2010	6 yrs
Rick C.	1/11	2011	5 yrs
Sarah A.	1/3	2011	5 yrs
Kirk F.	1/24	2012	4 yrs
Terance B.	1/17	2013	3 yrs

Super Bowl Sunday

The 9th Annual Chili Cook-Off

Feb 7th, 2016



10am at Mo's Garage
4326 Puaole St. in Lihu'e
Come join the fun!!



The Happy Hour Cookout

February 21st, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Came to Believe - Pizza Night

This Month February 24th

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



AA Potluck in Hanalei

This month February 28th

At "Bathrooms" Beach Picnic Tables

Last Sunday of every month, 5:00 pm to 7:00 pm



Steps to Freedom Birthdays

This Month February 29th

6:45pm, At Kapa'a United Church of Christ
1315 Ulu Street, Kapaa, Speaker Meeting 7:30pm

A.A. Meeting Places



Photo ~ Alejandro

Kapaa First Hawaiian Church

4-1325 Kuhio Highway

- Monday 12:00 noon - Meditation Meeting
- Tuesday 7:30 pm – Keep It Simple
- Wednesday 12:00 pm – Daily Reflections
- Friday 10:00 pm – Experience, Strength & Hope
- Sunday 7:00 pm - Young Peoples, Speaker-Disc.

**Monday Meditation Meeting at The
Kapa'a First Hawaiian Church is
Starting up again!!!**

NOW meeting at NOON instead of 11:15

The Waimea Canyon Group:

WCG Meetings are moving back to KVMH, starting next Thursday, February 4th. Meeting in Conference Rooms A & B, except on the 2nd Monday of each month meeting in Conf Room C.

The West Side "Last Friday" Birthday Bash will still be held at Kekaha-MacArthur Park.



WCG at Kekaha-MacArthur Park

(Waimea Canyon Group)

This Month on February 29th

5:30pm Meeting then Birthday Potluck

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



AA Archives

January in Our History:

Jan. 24th, 1971: Bill W. moved on up to the 'Big meeting'. This date was also Lois and Bill's fifty-third wedding anniversary! Lois will live another 17 years at "Stepping Stones", their home that they purchased and named in 1941. Bill's royalties of Big Book sales under the guidance of Lois established "The Stepping Stones Foundation" whose grants carry on work relating to alcoholism. Bill was working another book at the time of his death. He wanted to relate his experiences in recovery and what he had learned from others. There were a couple of chapters completed when he passed away. Bill is buried in the family plot of his hometown, East Dorset, Vermont. Lois will join him in 1988.

Jan., 3rd, 1940: Arch T. founded the first AA Group in Detroit. Dr. Bob was his sponsor. Arch's story is in the Big Book.

Jan. 1940: The first AA meeting not in a home begins at the "King School" in Akron, Ohio. This is Dr. Bob's Home Group. The school is still there today

Jan. 18th, 1943: A newspaper in Canada reports eight men meet at a Toronto restaurant called "Little Demark" to discuss the starting up of Canada's first AA Group.

Jan. 1951: The Grapevine publishes a memorial issue for Dr. Bob.

Jan. 1955: AA is brought to India by Harry M., a businessman from England who had found sobriety in New Delhi.

Jan. 1956: Bill W. in Detroit, Michigan as the guest speaker said "The four basic food groups for newcomers are: coffee – chocolate – cigarettes – and vitamin C.

From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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

Concept 'Two' for World Service

"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."

Simply stated, this concept says that the Fellowship gives instructions to the General Service Conference, providing them with the desires of the Fellowship and enabling them with the authority to carry them out in the best interest of A.A. as a whole.

It is not more complicated than that.

The spiritual principle of this concept is Reliance. We have come to rely upon the General Service Conference to carry out the business affairs of the Fellowship with Integrity and Effectiveness.

~ In Love and Service

Ron L.

About The Concepts:

"We should always realize that change does not necessarily spell progress. We are sure that each new group of workers in world service will be tempted to try all sorts of innovations that may often produce little more than a painful repetition of earlier mistakes ... And if mistaken departures are nevertheless made, these Concepts may then provide a ready means of safe return to an operating balance that might otherwise take years of floundering to rediscover."

AA Co-Founder, Bill W., published in

Grapevine September 1990

"The Twelve Concepts"

AA Grapevine



Kauai Intergroup

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

Intergroup Treasurers Report

December 2015

Income:

Lihue United Church - Refund	58.76
Hui Ohana - 7th	525.00
Y.P.A.A. - Books	25.00
As Bill Sees It - Books	32.00
Koloa Aloha- Books	24.75
North Shore - Books	108.00
Happy Hour - Pamphlets	3.00
Bob – Rack & Books	40.00
Koloa Aloha - Books	24.75
Total Income	841.26

Expenses:

Guardian Storage -Locker	135.42
Hawaiian Telcom	25.50
Ink Spot - G.I.S	150.00
Kauai Business Services	235.44
World Services	534.95
Thankathon - Goods	150.00
Total Expenses	1231.31

December Balance	2230.67
Total from Above	-390.31
Less Prudent Reserve	-900.00
Balance	940.36

~ Report prepared by Tom R. ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauaiaa.org Visit Our Website!

■ Kauai A.A. Meeting Schedule



Compact 2-pg schedule
--prints on legal-size 8½x14"

■ Kauai A.A. Events Calendar

■ Link to HI Island AA websites

Contact: 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:

Chair:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Christian
Literature:	Bob B.
Hotline:	Gabrielle
Events Chair:	Alejandro H.

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

The Next District Meeting:
February 20th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

January 16, 2016

Group Contributions:

Poipu Beach Sunrise	100.00
Princeville Hanalei	280.00
Total Income Groups:	380.00

Total Expenses December: 0.00

BANK BALANCE:	4,053.09
PRUDENT RESERVE	1,000.00

~ Report prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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



Find A.A. in Hawaii



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



District 6 Committee:

DCM:	Jonathan D.
Alt. DCM:	AltDCM@aakauai.org Ann W.
Secretary:	Susan OK.
Treasurer:	Steve Q.

Opportunity for Service

The AA Hotline needs:

Volunteers to take 12-Step calls &
Volunteers to cover temporary &
permanent vacancies.

Please email the Hotline Chair:

hotline@kauaiaa.org

Or call **245-6677**