

March 2017

Garden Island Sobriety

'Step Three'

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”



He said: While I've found it one of the **hardest** to consistently practice, I've found Step Three to have the easiest directions of any of the steps, and the most tangible way to figure out when I had a grasp of it.

While the Big Book tells us to pray the “Third Step Prayer” with ourselves or someone else to relieve us of the bondage of self, the 12 and 12 gives even more easy daily instructions. In the final paragraph, it tells us that, when we are disturbed, to pause and then say the Serenity Prayer.

Seems pretty easy, no? The whole turning one's life over to the care of God that has been a “progress, not perfection” step for me. There are some things that are easier to turn over. I have proof that God has worked in my life in certain areas.

When I was about four years sober, I had a minor meltdown trying to find housing. I didn't have the money to find a place, I was going to college, and everything was slipping away on the first day of school. I sat down in my financial aid office and wrote a letter to God, asking for help and accepting the outcome. Everything worked out exactly the way it was supposed to. I kept the letter to remind me of that; God works in my life.

I'm always reminded of the “acceptance” paragraph on 417 when it comes to step three. It was the easiest way for me to grasp how God works in my life. But, even more important for me, was the end of that story. Dr. Paul says that we're not supposed to just sit around waiting for God's will. I'm supposed to do what's in front of me and not worry about the results.

So, for the practical side, I practice the third step like it says in the 12 and 12 -- saying that Serenity Prayer and getting out of the way. To see if it works, all I have to do is the next thing that comes up.

I still have a lot of fear in my life. It is, in essence, the bondage that keeps me away from other (Cont. p. 2)

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She said: “It's not my life anymore.”

Imagine a pure egoist like myself deciding such a thing. It's not natural. But, I had found my bottom and the only other choice I had was death, for I could not go on with the insanity of what living had become. Alcoholism was the deathly blood that ran through my veins.

I got sober on August 11, 1997. In January of that year I had embarked on a spiritual journey, for I had been miserable. My life seemed to be falling apart at the seams. I began to pray, go to church every day, and study with a master of the martial arts. I desperately wanted my life to change and knew that the power to do that was in a spiritual awakening.

Things began to change for me. Life got better. I began to forgive people who had hurt me. But, then I just seemed stuck. By spring I could no longer deny that my drinking was an obstacle to my relationship with God and my fellow man. A part of me really wanted to quit, was ready to quit, but no matter how many times I vowed to, I simply could not. Finally I asked God to relieve me of the obsession to drink and He did, for four days.

In those four days my route to visit clients kept bringing me past the home of my Uncle Jack, who had been sober in AA for many years. The directive of an inner voice was unmistakable. I'm telling you it was loud and clear that I should stop and see my Uncle Jack, but I said No to God's direction. Truthfully I don't think I even considered it. You see, to me, Uncle Jack was synonymous with AA. Deep down I was afraid that AA would really work. It had worked for him. It had worked for my grandmother. It was likely to work for me. I was afraid of giving up my option of the bottle forever, even though it was killing me.

On the fifth day I was overwhelmed with the (Cont. p. 2)

AA Hotline 245-6677

He Said: (cont.)..... people. It is my belief that God, through the third step, only takes away enough fear from me on a daily basis to allow me to be of service. That's it. Take away any more of my fear, and I start doing my will all over again.

And, when I was a newcomer, the easiest way to find out if I was "finished" with the Third Step was sitting down and trying to write the Fourth. It took me quite a while. But, one night, after finishing a spiritual novel, I found a faith that worked. I believed that, no matter what, I was taken care of whatever happened. And I sat up all night and finished that first fearless and thorough moral inventory.

For a fear-based newcomer, is there anything more miraculous, and faith-affirming, than doing anything fearlessly?
 ~ Tom F., Kauai

She Said: (cont.) desire to drink again. And I did.

I really hadn't understood what it means to turn my will and my life over to God. I was shown what direction to take and I refused to go there.

God knew what He was doing when He pointed me toward the doors of Alcoholics Anonymous. When I finally walked through them my head slowly began to clear. I found out that it wasn't just a club of people who didn't drink. I found out that it was a group of people who were alive only because they had turned their will and their lives over to the care of God. They saw right through my resistance, confusion, ego and guilt. They understood my illness better than I did. They led me by example and helped me recognize the countless ways I turned away from that pivotal decision that was the new foundation of my life.

In the rooms of Alcoholics Anonymous my stubbornness was slowly revealed to me by a roomful of people with stories as wild and socially unacceptable as my own. We could not judge each other. We were all failures at life. But, with God in charge, an entirely new life was before us.

~ Linda B., Kauai

Happy Birthday

Lucky	2/10	1981	36 yrs
Billy A.	2/14	1982	35 yrs
John P.	2/5	1984	33 yrs
Denise	2/18	1984	33 yrs
Fran M.	2/14	1986	31 yrs
Annie B.	2/15	1998	19 yrs
Jeff S.	2/14	2002	15 yrs
Bill S.	2/2	2004	12 yrs
Janice M.	2/5	2005	11 yrs
Susan C.	2/24	2007	10 yrs
Arthur D.	2/1	2008	9 yrs
Brittni B.	2/5	2008	9 yrs
Laura L	2/14	2008	9 yrs
Pat C.	2/16	2008	9 yrs
Mark A.	2/29	2008	9 yrs
Susan O.	2/2	2009	8 yrs
David A.	2/23	2009	8 yrs
Kirt	2/4	2009	8 yrs
Matt L.	2/24	2009	8 yrs
Christopher	2/19	2010	7 yrs
Jami K.	2/22	2010	7 yrs
George K.	2/22	2010	7 yrs
Alysson	2/26	2011	6 yrs
David A.	2/23	2011	6 yrs
Taylor	2/17	2012	5 yrs
Bronson B.	2/1	2012	5 yrs
Lion H.	2/10	2012	5 yrs
Kyler	2/3	2013	4 yrs
Karen F.	2/2	2013	4 yrs

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!**

AA Activities

GIGYPAA BBQ **BBQ & Potluck at Allerton Beach**

March 5th, 10:00am

The gate is located just past the famous Spouting Horn on Lawai Rd. and the foot trail leading to the beach is to the left of the gate.

GIGYPAA Committee meeting follows at 2:00pm



The Happy Hour Cookout

March 19th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on March 24th

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

This Month March 27th

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

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



Came to Believe - Pizza Night

This Month March 29nd

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month

A.A. Meeting Places



Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

- Monday 7:30 pm - Speaker/Discussion
- Tuesday 10:00 am - Big Book Study
- Tuesday 7:30 pm - Beginners Meeting
- Wednesday 7:30 pm - 12 x 12 Candlelight

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 & at KauaiAA.com

Expect A Miracle



AA Archives

The Best of Big Book Dave:

March in Our History:

March 18th, 1888: Henrietta Seiberling is born in Lawrenceburg, Kentucky. In 1935 she will bring our two co-founders face to face for the first time.

March, 1912: Dr. Bob started his medical practice in Akron, Ohio. - Graduated Dartmouth College, Pre-Med. at University of Michigan, M.D. at Rush Medical College, Chicago and Interned at City Hospital, Akron, Ohio.

March, 1940: The first recorded time the portion of CH. 5 was used to open and A.A. meeting. It was read at the meetings opening at the Cecil Hotel, corner of 6th and Main Street, Los Angeles by Mort J.

March, 1941: "The Foundation Office" (later to become GSO) was moved by Bill out of Hank P.'s office at 17 Williams Street, New Jersey to New York City at 30 Vesey Street, where much of the Big Book was written.

March 30th, 1941: Bill and Lois signed the contract for their home which would become known world-wide as "Stepping Stones". The price was 6,500.00, with 40.00 per month payments at 4% interest.



Today the home is a non-profit organization and museum kept as authentic and homey as when Lois and Bill were alive.

A.A. members from around the world visit "Stepping Stones" year after year, 35 days a year.

March, 1942: Bill W., a veteran of World War I, tries to re-enlist in the army during World War II at the age of 46. He was too old for combat, however they had a state-side job for him. But, he was rejected in the army's physical exam due to chronic ulcers.

March, 1965: Richmond Walker passed away; Author of the "24 Hours A Day" book. The old-timers say they sobered up on two books: The "Big Book" and the "24 Hours A Day" book. Richard joined the Oxford Group Jan. 1939. His sobriety date in A.A. is and will always be May 20th, 1942. He came into A.A. in Boston.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska
Submitted by Mathea A.

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

Traditions Checklist

Tradition Three

The only requirement for membership is a desire to stop drinking.

- In my mind, do I prejudge some new AA members as losers?
- Is there some kind of alcoholic whom I privately do not want in my AA group?
- Do I set myself up as a judge of whether a newcomer is sincere or phony?
- Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
- Am I over-impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
- When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Kauai Intergroup

The Next Intergroup Meeting:
 March 4th, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report

January 2017

Income:

Lihue United Church	reimbursed	59.00
2016 Christmas	reimbursed	37.51
Step Sisters	7th	35.00
Came To Believe	7th	125.00
Monday Meditation	7th	103.95
Poipu Beach Sunrise	7th	200.00
Steps To Freedom	7th	143.80
Turn It Over	7th	30.00
Wed. Whisky and Milk	7th	80.00
Twisted Sisters	7th	38.60
Waimea Canyon Group	7th	205.40
Cash	cash	67.19
Total Income		1125.45

Expenses:

Anonymous	Literature	1609.20
Guardian Storage	Locker	135.42
Hawaiian Tele	Phone	25.72
Ink Spot Printing	G.I.S	150.00
Total Expenses		1920.34

December Balance	4216.21
Net Loss	-794.89
Balance	3421.32
Less Prudent Reserve	900.00
Balance	2521.32

~ 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



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:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonya B.
Hotline:	Kelvin

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

The Next District Meeting:
March 18st, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report Report of February 18, 2017

Group Contributions:

Sobriety in Paradise	58.00
Koloa Aloha	75.00
Total Income February	133.00

Total Expenses February:	1202.46
TOTAL CASH IN BANK	3353.05
PRUDENT RESERVE	1,000.00

~ Report prepared by Crystal B. ~

District 6 Committee:

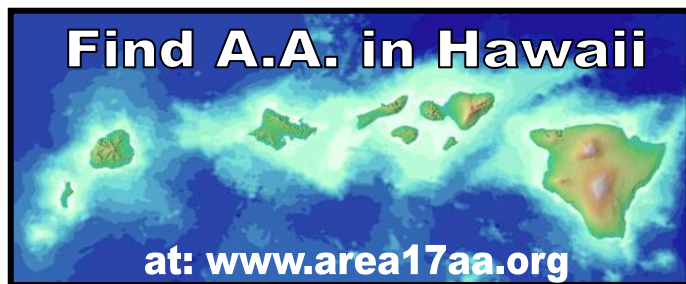
DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

SEND YOUR CONTRIBUTIONS TO:

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



Find A.A. in Hawaii



at: www.area17aa.org

Kauai AA Roundup



Planning Committee

Meeting March 12th

3:00 pm at

Happy Hour Picnic Tables,
Kalapaki Bay

GRAPEVINE Quote of the Day

February 21, 2017

"I use notes to remind me to seek my Higher Power ... On my desk, in front of my computer is the note: 'Good morning, this is God, I will be handling all your worries and concerns for today. I will not need your help!'"

"Note To Self," Buffalo Grove, Ill., November 2013

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

