

February 2013

Garden Island Sobriety

'Step Two'

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



He said: I have recognized this as a very subjective Step. First we are given the latitude to define a Power greater than ourselves and then we have to recognize our steps toward sanity. The line between sanity and insanity is not a well defined border and should only be defined separately. Since I cannot define your God, or judge your sanity, I will share *my* journey. Actually, I find it an easier task to explain my relationship with a Higher Power.

I have always believed in God, even during the most scientifically analytical phase of my life. My mother was a strong influence, with her commitment to the church, which was balanced by my father feeling closest to God while fishing on a lake. What has changed in me is my *relationship* with God. As I surrendered my will it was not so much like relinquishing, as in during a war, as it was committing to an intimate partnership with the God of my understanding. My God has not created me to remain idle in reverence and acceptance, but challenges me to seriously consider my qualities and to work toward a full understanding of the gifts given to me by God.

Restored to sanity ... really? Was I insane? Absolutely!

My insanity defined: Before I came to AA, I had a year of sobriety. Having stopped on my own, I took a vacation and visited an old drinking buddy. My plan was to drink with him on vacation and then return to my non drinking ways. IT DID NOT WORK THAT WAY. Time after time I would pray/beg, "Why did I ever start? Why can't I stop again?" ~INSANITY.

This went on for several years until I reached my bottom, walked through the doors of AA and learned about step 2; Coming to believe and doing the work necessary to create a lasting sober and happy life ~SANITY. The Promises fulfilled!

I live today restored to sanity and continue to work,
(continued on page 2)



She said: When I was a young child, I was told that independence meant relying on oneself and NEVER to ask for help. For example, "Do it yourself or don't do it at all" and "In everything you choose to do, do it to the very best or don't even try." These two belief ideas formed a type of thinking in me at a very young age. First, I must do everything on my own and I am NEVER to ask for help. Second, if I do not succeed then why try as it would only bring failure and disappointment. Believing this type of mentality destroyed any dreams, hope, or desires I had and made me feel unworthy, unacceptable, and undesired.

In AA no one demands that I believe anything! No one tells me to believe their way or I am thrown out! The suggestions I hear are: Keep an open mind and substitute my old belief for a Higher Power that loves and cares for my well being. I am not bad trying to be good – I am sick trying to get well.

Believing in a Higher Power means that I am NOT relying on my own understanding. The definition of belief is a state of habit of mind in which trust or confidence is placed in some person or thing. So for me the question for Step Two is really, "Do I trust that my Higher Power is doing for me what I am unable to do for myself (restore my sanity)?"

Either I believe or I don't! When I relied upon myself, I lived a miserable existence filled with alcohol, drugs, and demoralizing acts. I choose to believe in a Power greater than myself today because I am worthy of the promises of a better life; filled with friends, joy, serenity, usefulness, and unconditional love.

Step Two gives me the confidence that I do NOT need to know all the answers and that relying on my Higher Power is the best solution to everyday issues. This belief keeps me sober and keeps me in recovery. I don't have to figure it all out right now! I can trust
(continued on page 2)

Birthdays P.2

Activities P.3

Archives P.4

AA Hotline 245-6677

He Said: (cont) to grow and to give to the program where I began my journey. Now if I ever find myself getting complacent and forgetting about my past, I hold fast to one final thought: When I was drinking I never felt I drank too much to drive a car! I am one of the fortunate who by the Grace of God never injured or killed anyone. Reviewing this behavior, I know it was pure insanity and the thought still scares me to this moment. I work daily to never forget it.

~ Jay A., Kauai

She Said: (cont) the process! I will NOT give up before the miracle!

I came, I came to, and I came to believe!

~ 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!

~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 at:

District6newsletter@hotmail.com

Happy Birthday

Dotty	1/31	1973	40 yrs
Susan C.	1/20	1988	33 yrs
Laurie L.	1/20	1988	33 yrs
Gloria C.	1/12	1984	29 yrs
Stevie G.	1/11	1986	27 yrs
Barbara J.	1/1	1987	26 yrs
Chris H.	1/11	1987	26 yrs
Laurie L.	1/19	1988	25 yrs
Bill M.	1/24	1990	23 yrs
Tatiana	1/27	1992	21 yrs
Mike M.	1/20	1992	21 yrs
Tony C.	1/18	1997	16 yrs
Steve M.	1/26	1998	15 yrs
Bob H.	1/18	1999	14 yrs
Tony S. (CA)	1/2	1999	14 yrs
Luis R.	1/1	2001	12 yrs
Kathie G.	1/11	2001	12 yrs
Clark	1/22	2002	11 yrs
Kurt	1/7	2002	11 yrs
Susan ON	1/7	2003	10 yrs
Ele J.	1/16	2005	8 yrs
Keeley W.	1/15	2006	7 yrs
Maureen M.	1/30	2006	7 yrs
Laurel R.	1/26	2007	6 yrs
Aakara	1/21	2008	5 yrs
Liz O.	1/22	2008	5 yrs
Emma S.	1/1	2008	5 yrs
Matt	1/24	2009	4 yrs
Paul	1/26	2010	3 yrs
Rick C.	1/11	2011	2 yrs
Sarah A.	1/3	2011	2 yrs

Congratulations Everyone!!

Expect A Miracle

A.A. Meeting Places



Hanalei Bonfire

The Bonfire Meeting is at
Middles Beach, Anae Rd.

SUNDAY

7:00 pm (Sept. 1 - April 1)

7:30 pm (April 1 - Sept. 1)

Hanalei (weather permitting)



Water Meeting & BBQ

This Month February 10th, Lydgate Park

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



Last Saturday Supper

This Month's Last Saturday, February 23rd
7:00 pm

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

Sober Superbowl 6th Annual Chili Cook-off



~ FEBRUARY 3rd, 2013 ~

➔ The 6th Annual Super Bowl Party &
Chili Cook-off will be held on Nonou
Rd., in Wailua Houselots, (Patti B's house)

COOK-OFF & POTLUCK @ 11:00 AM

KICK-OFF @ 1:30 PM



**Winner Of Contests Will
Be Announced At Half-Time!**

**Visitors Are Welcome
Please Join Us For
FOOD, FELLOWSHIP & FUN!**

**Friends of Bill W. ...
Let's Enjoy Our Recovery!**

**For Information Call The Hotline:
(808) 245-6677 or www.kauaiaa.org**



**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/>



AA ARCHIVES

This Month Our History Highlight:

December 24th, 1745: Benjamin Rush was born in Byberry Township, Pennsylvania; Signer of the Declaration of Independence and the young nation's foremost physician of his time. Dr. Rush in 1784 wrote the most influential pamphlet on the subject of drinking, "An Inquiry Into The Effects of Ardent Spirits Upon The Human Body & Mind."

Dr. Rush was the first one to suggest alcoholism as a disease, which produces an "appetite" or "craving" in the afflicted person, "Once addicted even a saint would have a hard time controlling themselves." He wrote his description of chronic drunkenness as it was a progressive condition.

December holds some other interesting dates in our History:

December 1873: The Women's Christian Temperance Union (WCTU) is founded at Fredonia New York.

December 1902: Book "Varieties Of Religious Experience" written by William James is published; One of eleven books (including the Bible) that influenced how the Big Book would be written. Bill said, "William James, long dead in his grave, was a founder of A.A."

December 1933: The last day of prohibition in the U.S. made little difference to either Dr. Bob or Bill W., who had been drinking beyond their control for years.

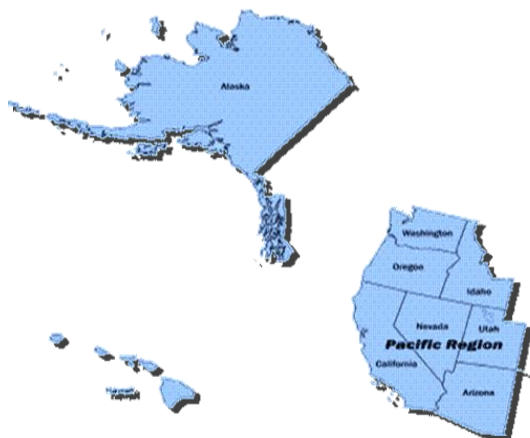
December 11, 1940: Bill W.'s sobriety date at Towns Hospital while he was under the care of Dr. Silkworth.

December 1944: The 7th issue of The Grapevine carried Lois Wilson's story (Bill's wife) telling how she came to live by A.A. principles herself, not just for Bill. The same issue carried letters from children of A.A. members relating how A.A. had changed their lives. Before the formation of Al-Anon and AlAteen The Grapevine regularly printed stories by spouses and children.

~From an Archives Report by 'Big Book Dave', Interior Alaska

Submitted by Mathea A.

The 'Pacific' Region of AA in the United States



The Next Intergroup Meeting:
February 2nd, 9:30 am, at
The 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**

Intergroup Treasurers Report

December 2012

Income:

Lihue United Church refund	\$ 58.76
James S. Books	\$ 48.00
Thankathon Donations/Sale Books	\$186.50
Saturday Night Library Books	\$100.00
Hui Ohana Books	\$ 34.00
It's Not Them Group	\$ 10.00

Expenses:

Mark M. Books	\$345.00
Alejandro H. reimburse/Thankathon	\$242.83
Christmas Party Advance	\$200.00
Hawaiian Telcom	\$ 35.28
Guardian Self Storage rent	\$104.17

Balance	\$1135.08
Prudent Reserve:	\$-200.00
Available Funds:	\$ 995.08

~ Prepared by Mike C.

SEND YOUR CONTRIBUTIONS TO:

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



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.

- **Do I criticize** or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- **Am I absolutely trustworthy**, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- **Do I look for credit** in my AA jobs? Praise for my AA ideas?
- **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?
- **Although I have been sober** a few years, am I still willing to serve my turn in AA chores?
- **In group discussions**, do I sound off about matters on which I have no experience and little knowledge?

Print out a Kauai A.A. meeting schedule, visit:

Kauaiaa.org

Intergroup Officers:

Chair:	Bob B. chair.intergroup@gmail.com
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda C.
Hotline:	Danette M. hotline.kauai@gmail.com

District 6, Kauai:

The Next District Meeting:
February 16th, 9:30 am, at
The Lihue Neighborhood Center

Inform the Delegate Assembly April 6th - 7th, 2013

At The Kula Community Center, Maui

8:00 am – 5:00 pm

Required to attend the Hawaii Area 17 Inform the Delegate Assembly are: GSRS, DCMS, Standing Committee Chairs, Area Officers, others as necessary. 8am Breakfast, 9am Call to Order. Hosted by District 5.

You'll find the Information and Registration Flyer at
www.area17aa.org.

District 6 Committee:

Panel 63

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

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

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

AAGRAPEVINE

The International Journal of Alcoholics Anonymous

Find it online at: <http://www.aagrapevine.org/>

Here you will find over 30,000 articles published by Grapevine magazine from the 1940s to the present day.

By clicking on a topic, you will find all web and print stories associated with that topic dating back to January 2011.

For earlier stories, visit The digital archive at:

<http://da.aagrapevine.org>

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.