

October 2010

# Garden Island Sobriety

## 'Step Ten'

“Continued to take personal inventory and when we were wrong promptly admitted it”.



**She said:** For those of us who enjoy a solitary meander through the sandy labyrinth of abstraction, stooping occasionally to pick up a philosophy, concept, or opinion, Step Ten provides an access back to our fellows and God.

**When I first** encountered Step Ten my inexperience with both “faith” and “works” was about even, so worrying about the death of one or the other was not really an issue. I was a veteran of belief systems that had very little to do with “real life” and remained woefully unaware of how my thoughts determined my experiences. Now I believe that my destiny is determined by my state of consciousness. I also believe that when my peace of mind is splintered by fear-driven negativity it prevents me from being of maximum service to God or my fellows. My Tenth Step experiences have also taught me the spiritual equivalent of a material truism; just because a wholesome meal can satisfy my hunger doesn’t mean I never need to eat again! We are graced with a “daily reprieve contingent on the maintenance of our spiritual condition.”

**One of the** powerful aspects of the Tenth Step is what it does NOT say. The step is written in a manner that enables the practitioner to grow through the process of becoming acclimated to the terminology needed to comprehend it. I learned that taking personal inventory does not mean habitual and laborious overanalyzing. As Alan Watts wrote, “Thought is a fine servant, but a poor master”. There is a difference between thought and awareness. The discipline of taking personal inventory is not to reinforce identification and attachment to character defects but to practice nonjudgmental awareness. Initially I felt that admitting I was “wrong” about everything would produce the much desired effect of allowing me to feel “right” about anything. Pride in reverse is so subtle.

**The “wrong”** I need to promptly admit (*continued p. 2*)



**He said:** *Step Ten suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. Now that we are pretty much on solid footing with our tools of sobriety, having worked the previous steps, our next function is to grow in understanding and effectiveness. And this is not an overnight matter. It should continue for our lifetime. We Continue to watch for selfishness, dishonesty, resentment, and fear (sound familiar? fourth step) When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code. References p. 84, Alcoholics Anonymous.*

**The tenth step** is a practical, continuous-mini fourth step. My first sponsor told me that Step Ten came about because people were relapsing after doing their first inventory. Messes, resentments and fears, bad behavior, old behavior and harms did occur to people after they had worked the steps. Maybe we can relate to this!

**The early steps** that the founders of AA worked came from the Oxford Group and did not include a step for continued inventory. These ‘proto-type’ steps can be found in the Big Book on page 263. They were: 1. Complete Deflation. 2. Dependence and Guidance from a Higher Power. 3. Moral Inventory. 4. Confession. 5. Restitution. 6. Continued Work With Other Alcoholics. When Bill channeled the 12 steps into ‘How It Works’ that fateful day under the stairs, he used these steps as a basis.

**So how do we** work Step Ten? There are some great instructions in the Big Book. The 12 and 12 also gives instructions for the ‘spot check’ inventory. Strangely enough the best instructions for the Tenth Step in the 12 and 12 are actually listed under the Eleventh Step. The basic idea of Step Ten is to check in with one’s self, God, and one’s peers (*continued p.2*)

*(She Said cont.)* becomes readily apparent throughout the progression of each day when I become selfish, dishonest, resentful, or fearful. Of course this very rarely appears to be the case from my perspective. Indeed, I am often the last to know! So God has provided me with cue cards in the form of people, feelings, or situations that rile me up. Everything from minor irritations to intense bursts of negative emotion are there to help me see which beliefs, practices, and patterns are contaminating the present moment and hampering spiritually authentic interaction with my fellows. Remember, the chapter is entitled, "Into Action", not "Into Thinking". After I ask God for help, I discuss my reaction with my sponsor and I make amends quickly if I've harmed anyone. Before sleep I recite a prayer that combines a spirit of acceptance of the long period of "reconstruction" ahead, but acknowledges my use as a servant to my Higher Power that day. "Feel yourself being an opening through which energy flows from the unmanifested source of all life, through you, for the benefit of all".

~ Ally S., Kauai

*(He Said cont.)* about how sobriety is going. Are defects coming up; Selfishness, dishonesty, resentment, and fear? *Do we owe an apology? Have we kept some thing to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?* P. 86, *Alcoholics Anonymous*. Pack into the stream of life. That's my favorite line. The book also gives excellent instructions, and a suggested walk through, for what can be done on awakening and when we retire at night.

**Step Ten** for me is like a divinely inspired daily planner or God centered productivity tool. Spirit, goals, priorities, cut out the stuff that holds me back and do more of the stuff that is working. Sometimes it is a divinely inspired road map. Sometimes it is a dull nagging in the back of my head. But it is working, one day at a time. Amen.

~ Will L., 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!

## Happy Birthday

Jerry V.	9/13	1974	36 yrs
Sheila	9/13	1982	28 yrs
Gabrielle	9/10	1987	23 yrs
Karen	9/19	1989	21 yrs
Dennis C.	9/24	1993	17 yrs
Jack M.	9/22	1994	16 yrs
Dana W.	9/22	2000	10 yrs
Michele R.	9/14	2005	5 yrs
Elaina B.	9/26	2005	5 yrs
Patty C.	9/22	2007	3 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](mailto:District6newsletter@hotmail.com)



# A Halloween Party

**Lydgate Small Pavillion**

**October 31<sup>st</sup>, 6:00 - 9:00 pm**

Setup will be at 5:00 pm

Party ending at 9:00 pm.

This is a potluck with juice provided.

We need do need some volunteers to help decorate  
and plan fun activities.

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



# Saturday Bowling

**Join the Fellowship**

**Every 3<sup>rd</sup> Saturday**

Join us at 1:30 pm at The Lihue Lanes

**NO EXPERIENCE NECESSARY. COME HAVE FUN!**

Admission is \$11.25 and this includes the shoe rental  
plus two rounds of bowling

**BRING A PAIR OF SOCKS!**



# Full Moon Walk

**Sunday, October 24<sup>th</sup>**

**6:30 pm at Nukolii Beach**

The walk is moderate, about 1 mile long each way.

**Directions:** Nukolii Beach is behind the Wailua Golf Course. Look for the dirt road at the southern end of Wailua Golf Course. Follow that road! We will meet where the road meets the beach. This is an AA Activity. There will be a meeting once we reach the Bonfire Site.

**DON'T FORGET YOUR CANTEEN & JACKET!**

More Information: [Happyhourkauai@gmail.com](mailto:Happyhourkauai@gmail.com)



# Hawaii Convention

**49th Annual Hawaii Convention**

**November 4 - 7, 2010**

Held At The Hilton Hawaiian Village Resort

For more information go to:

<http://annualhawaiiConvention.com/>

**Hope To See You There!**

# Thanksgiving

**Thursday, November 25,  
Thank-A-Thon 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

We now have plenty of Turkeys!

Let's just concentrate on the 'go withs'!



# A.A. Meeting Places



Photo ~ Alejandro

## Kapaa Neighborhood Center

**4491 Kou St., Kapaa**

**Sunday 10:00 am – The Serenity Group,  
Speaker / Discussion Meeting**



## A.A. Meetings

**The Friday Night Grapevine meeting** in Kapaa at the church, has been and will be dark as the current secretary has been working and has found no one willing to take it. Contact Ron A if you are interested 634-5129

**3/11 Prayer and Meditation** Manuel Meeting sometimes held outside

### **These meetings need support:**

**Serenity Group** - Sunday at 10:00am,  
The Kapaa Neighborhood Center

**West Side Pauhana** Tuesday at 5:30 pm,  
The Hanapepe United Church of Christ

**Waimea 5:30**, United Church of Christ, Waimea

**You Can Find AA in Hawaii At:**

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

## SO SIMILAR

My troubles are of my own making  
Indirectly a result of not taking  
Care of business

The sauce is a trap, thinking means pain  
I'm stuck in my alcoholic teenage brain  
But not for long

We've all been so there  
We've all been so scared  
Scared of losing what's familiar  
Oh, we're all so, so similar

Hit rock bottom, suicide and jail  
Everything lost, face death if I fail  
Then surrender

Other hearts stay in sync with my own  
There's a better way I believe to atone  
A day at a time

We've all been so there  
We've all been so scared  
Scared of losing what's familiar  
Oh, we're all so, so similar

Not going out again to face death  
The others holding me strong keeping the faith  
Hope now because...

We're all  
Oh, so so similar  
Oh, so similar

-Jackie S., Kauai, 2009



**MAKELE SEZ:**

**"SLIP?"**

**"Sobriety Looses Its Priority"**

# Concept X - "Equality"

**Concept X:** Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

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

"A condition to be avoided at all costs is double-headed business or policy management. Authority can never be divided into equal halves. (p. 46) \*

... Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize: but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and discharge their clear responsibilities." (p. 47) \*

*\*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 Shoshanah B.

## Service is Sobriety

Our Area 17  Delegate is

Elizabeth M.

[delegate@area17aa.org](mailto: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 October 2<sup>nd</sup> 9:30am,  
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](mailto:Kauairu2010@yahoo.com)

GIS News. - Linda B. [district6newsletter@hotmail.com](mailto:district6newsletter@hotmail.com)

## Intergroup Elections

Will Be Held On November 6<sup>th</sup>,

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](mailto:District6newsletter@hotmail.com) 



# DCM CORNER

OCTOBER 2010

*To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death....*

*Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. (Alcoholics Anonymous, p 561)*

The sentiment expressed above more eloquently states our situation than I ever could. On October 24 between 2 and 5 pm at Niunalu Pavilion we will choose leaders who will represent our island's fellowship for the next two years.

With the possible exception of my introduction to AA (where there was some minimal coercion!), everything I have ever done in this fellowship has been voluntary. Making coffee, being a meeting leader, bringing the books, getting the key, organizing the meeting, being a GSR, and now serving as DCM have all been voluntary. Even doing the steps or going to a meeting have been acts committed because I chose to do them. And I am extremely grateful to have the ability to make those choices today.

In fact, from my point of view, I owe AA for that ability! But more importantly, I have found that each time I have volunteered to do something for this fellowship, I have gained something from the experience. Sometimes these are small, intangible things like greater appreciation for my own life, but often they are remarkable things like greater tolerance and more patience. And occasionally they are HUGE things like better organizational skills!

Most importantly, this is the avenue which leads me out of the *me* and into the *we*, Participation in the fellowship has truly helped me find my small place in the world, and for this reason I am convinced that we can really make a difference *together!*

It is in this spirit that I urge each group to send a representative to the October 24 elections so we can truly move into the next panel with a united leadership. Without u there is no us!

Again, thank you for the privilege of being your DCM!

~ Jim D.

Next District Meeting October 9<sup>th</sup>  
9:30am, 3146 Akahi St., Lihu'e

## Kauai District Cash Flow

Aug. 23, 2010 to Sept. 12, 2010

(District Meeting to District Meeting)

Starting Balance	\$ 2001.78
Income	
Princeville/Hanalei	\$ 87.50
TGIF Veterans Center	\$ 80.00
Koloa Wed. Whiskey & Milk	\$ 20.00
Koloa Nooners	\$ 25.00
Interest 7/21 to 8/20	\$ .07
Income Total	\$ 212.57
Payments	
Pizza for Service Workshop	\$ 46.10
DCM Assembly registration	\$ 25.00
Payments Total	\$ 71.10

### SUMMARY FOR 2009

Starting Balance Aug. 23, 2010:	\$ 2001.78
Income Total:	\$ 212.57
Payments Total:	\$ 71.10
Balance	\$ 2143.25
Prudent Reserve:	\$ -500.00
Available Funds:	\$ 1643.25

~ Prepared by Courtney P.

### SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee  
PO Box 1503, Kapa'a, HI 96746

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



## District 6 Committee

DCM - Jim D. [DCM6@area17aa.org](mailto:DCM6@area17aa.org)

Alternate DCM - Susan O'N 212-1858

Treas - Courtney P. [cpelez@mail.com](mailto:cpelez@mail.com)

Secretary - Michele K. [kauaidistrictsixsec@gmail.com](mailto:kauaidistrictsixsec@gmail.com)

Grapevine - Alejandro 652-3128 [hernandea040@hawaii.rr.com](mailto:hernandea040@hawaii.rr.com)

Archives - Mathea A. [MatheaAllansmith@gmail.com](mailto:MatheaAllansmith@gmail.com)

CPC - Bart D. 651-9623

## ELECTION OF PANEL 61

AT NIUMALU PAVILION

October 24<sup>th</sup>, 2010, 2:00 – 4:00pm