

July 2017

Garden Island Sobriety

'Step Seven'

“Humbly asked Him to remove our shortcomings”



He said:

I can remember numerous occasions in sobriety where I have begged, pleaded, screamed at my Higher Power to remove a specific defect of character. I've tried to make deals, I've cursed Him, I've shaken my fist at the ceiling. I can also tell you that whatever defect it happened to be at the time was not removed as promptly as I would have liked.

For years, I wondered if this meant that my Higher Power would only do certain things, or that I was asking the wrong way, or if I just wasn't worth God's time or energy. But then I re-read the Seventh Step prayer. It says, "Please remove from me every single defect of character that stands in the way of my usefulness to you and to others." It does not say, "Remove these defects that are causing me harm."

Now, not one time did any of these character defects cause me lasting harm. I've been afraid that they would, or that my world was crumbling around me, or that my life was in the crapper and would never be repaired. My fears were never realized.

When I was struck with a blinding case of procrastination, I feared I'd flunk out of college. It got so bad I could barely do anything but sit, watch TV and think about it. But, with help from a woman in AA, I got through it, and I graduated. She gave me a great lesson on Step Seven -- it's all about fear.

Fear is the foundation for every one of my defects of character. Each time, it is fear rearing its ugly head in a different way. But also, when I beg, plead, cajole my Higher Power, I come from a fearful place too. From there, I can't ask Him humbly for anything.

Another defect is my shyness. I am afraid of talking to people. Sometimes it feels like every time I open my mouth something stupid flies out. So, for a long time in sobriety, I rarely talked. I was the shy guy in the corner. This defect, this fear, has not completely been removed to this day. But I have a job where I have to (Cont. p. 2)



She said:

I may be ready to have God remove my shortcomings, but if I don't ask it doesn't happen.

Truth is I'm one of those people who likes to do everything myself. You know, 'Being in Charge.' It doesn't often occur to me to ask anyone for help. When it came to asking God for things, I thought I knew the right and wrong of it. That was *before* AA.

I have always been impressed by the story of the Three Wishes, you know the one. It's been told in many ways but the essence is always the same. The shortsighted human being, when granted three wishes, quickly asks for material things; money, fame, some object of infatuation, and it never turns out well. The lesson being that true happiness lies elsewhere. Somehow this always stuck with me.

I assumed that my strategy when dealing with God would be on the right course if I only asked for things of a deep spiritual value, like patience, forgiveness, compassion. Problem was this good intention was eclipsed by the fact that I still wanted to be in charge and was not letting God's full power do its work in me. I was focused on directing my own life. Believe me I still have trouble with that.

Once I had taken up the adventure of Alcoholics Anonymous and took a good hard look at this idea of letting God be in charge I saw that I had never truly done it. I had never completely trusted Him to lead the way. It takes an attitude of humility that is not natural for me. But I do remember the complete humiliation that alcohol bestowed on me and I never want to go there again. The solution is having the humility to ask God to do for me what I cannot do for myself. I need only to ask in the simplest of terms; ***I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. My defects of character,*** all of them, including fear, (Cont. p. 2)

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AA Archives p.4 Tradition Checklist p.4

AA Hotline 245-6677

He Said: (cont) talk to people, often about uncomfortable stuff. So how do I get through it? I have to remove myself from the equation. I have to come from a place of service. When I do my job, not for my own ego or to better myself, but that my job can help others; that shyness and fear is removed and I can do my job well. It is that idea of service -- or humility if you like -- that gets me through.

For me, faith is not the opposite of fear, humility is. But humility is more slippery than a bar of soap in the bathtub. Once I think I have it, especially when I think I have a lot of it, it's gone. Humility comes when I forget about my needs, wants and desires. It's when I become a small part in a large world that God can work through me. It's also the place from which I can share myself the most.

For me it starts from when I talk to another alcoholic. The humility that 'all I can share is my experience' leads me to say things that I didn't know I even believed. No matter how shy or depressed or any other character defect I have been - sit me down with a newcomer and watch that disappear, if only for a little while. When I can bring that notion of service into other areas of my life, that's when God can do the most work through me, and my character defects are relieved. ~ Tom F., Kauai

She Said: (cont) resentment, self-abasement, pride, and the list goes on, had become habitual. Taking a fearlessly honest look I realized that I was unable to remove these things from myself. They had become my modus-operandi, my way of dealing with life. On my own I was truly powerless to break free from the destructive pattern. Today I don't have to stay imprisoned by my shortcomings if I ask for help. Without expectation of how He is going to do it, God can even turn my weaknesses into strengths.

It has been said that the best way to combat evil is through energetic progress in the good. This makes sense to me. In AA we say that right action will lead to right thinking. As I am confronted with my own shortcomings in handling life's obstacles I try to remember to ask God to grant me these Three Wishes; The serenity to accept the things that I cannot change, the courage to change the things I can and the wisdom to know the difference. This, the beginning of the Serenity Prayer, makes room in my heart for God to do it His way. I really had it all wrong you see. If I'm humble I don't have a 'strategy' for dealing with God. Wow. I pray to let God deal with me. ~ Linda B., 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!**

Happy Birthday

Tom W.	6/17	1959	58 yrs
Julia P.	6/27	1977	40 yrs
Jeanine B.	6/1	1984	33 yrs
Jon S.	6/4	1987	30 yrs
Kathleen	6/1	1989	28 yrs
Bill E.	6/26	1989	28 yrs
Gary F.	6/1	1990	27 yrs
Linda W.	6/24	1991	27 yrs
Ron A.	6/1	1994	23 yrs
Mike T.	6/5	1998	21 yrs
Chris	6/11	2000	17 yrs
Romeo G.	6/20	2000	17 yrs
Tatiana	6/18	2001	16 yrs
Tom C.	6/6	2005	12 yrs
Joe C.	6/1	2007	10 yrs
Chandra	6/15	2007	10 yrs
Jude H.	6/19	2007	10 yrs
Pirie I.	6/28	2007	10 yrs
Matt	6/26	2008	9 yrs
Susanah	6/7	2011	6 yrs
Miguel	6/18	2011	6 yrs
Corina W.	6/30	2013	4 yrs
Barbie	6/19	2015	2 yrs

Congratulations Everyone!!

A.A. Activities



The Happy Hour Cookout

**This Month July 16th, 2:00 pm
At Nawiliwili Beach Park**

Cookout & Games. Meeting is a 5:00 pm



Came to Believe - Pizza Night

This Month July 26th

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



WCG at Kekaha-MacArthur Park

This Month on July 28th

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 July 31st

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

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

Alaskan Wilderness Jamboree

43rd Wilderness Jamboree in Alaska is July 14-16

Questions? Email - ENDLESSEXPLORER@aol.com

A.A. Meeting Places



Photo ~ Alejandro

Kapaa United Church of Christ

1315 Ulu St., Kapaa

Monday 7:30 pm - Steps To Freedom - Big Book
Monday 6:45 pm - July 31st The Birthday Potluck
Wednesday 5:00pm – It's Not Them, Discussion
Thursday 5:30 pm - Step Sisters - Women's Mtg.
Thursday 7:30 pm - Hui Lokahi - Men's Stag
Friday 7:30 pm - The Fourth Dimension

July 4th at Lydgate Park



Annual Potluck and BBQ
Lydgate Large Pavilion

Approximate schedule:

- 8:00 am Set-up begins
- 10:00 am AA Meeting
- 11:00 am Delegate report back from NY
- 12:00 pm BBQ and fellowship
- 1:00 pm Hotline Workshop
- 2:00 pm AA Meeting
- 4:00 pm Clean-up

Hotdogs * Hamburgers * Games * Prizes

Potluck suggestions:

North Shore – salads East Side – side dishes
South Shore – pupus West Side – desserts

Sponsored by Hui 'Ohana

Questions? Call our Hotline at 245-6677



July in Our History:

July 15th 1938: The first documented use of the A.A. name in our General Service Office Archives. It is in a letter from Bill W. to Willard Richardson (non-alcoholic trustee). Bill started using the name "Alcoholics Anonymous" both as the working title for our book and then as the name for our membership.

July 1936: At Lois and Bill W.'s home on Clinton St., Brooklyn, a group of hard core alcoholics was developing weekly meetings while Bill was receiving strong criticism from the Oxford Group.

July 1942: Opening in New York City, Riverside Hospital, which has the first alcohol treatment facilities for adolescents in the U.S.

July 1949: The first medical journal about A.A. is written by Dr. Silkworth.

July 1965: At our International Convention held in Toronto, Canada, Bill led thousands of A.A. members in our "I am responsible" pledge for the first time! It was written by Al S.

July 1967: The American Medical Association passes a resolution identifying alcoholism as "A complex disease and disease that merits the serious concern of all members of the health professions."

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

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



Tradition Seven

Every A.A. group ought to be fully self-supporting, declining outside contributions.

- **Honestly now**, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- **Should the Grapevine** sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- **If GSO runs short** of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- **Is it more important** to get a big AA collection from a few people, or a smaller collection in which more members participate?
- **Is a group treasurer's** report unimportant AA business? How does the treasurer feel about it?
- **How important** in my recovery is the feeling of self-respect, rather than the feeling of beings always under obligation for charity received?

Kauai Intergroup

The Next Intergroup Meeting:
 July 1st, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report

May 2017

Income:

Step Sisters	7th	34.00
Poipu Beach Sunrise	7th	100.00
Hui Ohana	Literature	73.99
Sunday Serenity	Literature	27.00
Total Income		234.99

Expenses:

Guardian Storage	Locker	135.42
USPS	Box Fee	90.00
Ink Spot	Printing	
Hawaiian Tele	Phone	25.65
Chair/Alt	Travel	55.00
Total Expenses		306.07

April 2017 Report	3268.06
Net Profit or Loss	71.08
Current Balance	3196.98
Less Prudent Reserve	900.00
Balance	2296.98

~ Report prepared by JoRina ~

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Officers:

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

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**

Expect A Miracle

**Request a newsletter
 by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

The Next District Meeting:
July 15th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of May 20, 2017

Group Contributions:

Princeville/Hanalei	185.00
Poipu Beach Sunrise	100.00
Group 000639085	13.00
Total Income	298.76

Expenses:

DCM Travel	269.30
Total Expenses	269.30

TOTAL CASH IN BANK	3530.95
PRUDENT RESERVE	1200.00

~ 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



GRAPEVINE Quotes of the Day

June 13, 2017

"The compulsion among most of us to survive and to grow soon becomes far stronger than the temptation to drink, or to misbehave. Literally, we must 'do or die.' So we make the choice to live. This, in turn, means the choice of AA principles, practices and attitudes that can salvage us from total disaster by insuring our sobriety."

AA Co-Founder, Bill W., May 1960
"What Is Freedom in AA?," The Language of the Heart

June 23, 2017

"The temporary security of material things is a hollow shelter if built at the expense of spiritual growth."

EStanton, CA, July 1968
"All This Reading at Meetings," AA Grapevine

Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



