

August 2016

Garden Island Sobriety

'Step Eight'

"Made a list of all persons we had harmed, and became willing to make amends to them all."



He said: My understanding of Step 8 has changed over the five years I have been in (and out) of the AA program. When first introduced to the idea that I got to make a list, it struck me that I was back in control of my life again. Having the "choice" to put people on my list meant that I did not have to think of downstream consequences to selfish conduct. I did not have to fess up to obligations that were broken, or relationships that didn't really exist in the first place but were used to control and place guilt on others. Unfortunately, the book is all about not over thinking it...

"We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal." (Big Book, pg. 76)

Dammit! Conned again into doing things against my will. That's what the second part of this step told me. It's done! I might as well walk with some Faith and move to where I am now supposed to be. The flipside is backsliding back into self-will and denial, which means lying (again) to God, that person I shared the 5th Step with, and myself. What a terrible dilemma to be stuck in at this point.

As my understanding of "make amends" and "became willing" changed over time, I found it helpful to re-read the 3rd Step passage in the Big Book, regarding what it meant when I made a decision to turn my will and my life over to a Higher Power. In my program a strong sign of humility is being willing to admit my past mistakes to others without blame and with forgiveness in my heart.

You're probably thinking, "What to do about the people that cannot be physically seen, are no longer living, or would kill me on sight?" Fear not. It's was always worse in my head compared to the reality of

(Cont. p. 2)



She said: The concept of making amends to *oneself* can start a brisk discussion among some AA members. One of my longtime sponsors was totally against it. Her basic premise was that: deep down all people are naturally good and really want to do the right thing, but our defects of character, shortcomings, sins – whatever you want to call them – are blocking us from the sunlight of the spirit.

Once we inventory our resentments, fears, sexual misconduct and harms to others, we begin the process of making amends to those we have harmed, she said, and as we do this, our attributes and good qualities will naturally come out. Just in case you're wondering, this sponsor also didn't cotton to inventorying one's assets in a 4th and 5th Step, either, based on the same logic. She bolstered her position by asking: "Where does it say to make amends to *oneself* in the *Big Book*? Where does it say to inventory our *assets* in the *Big Book*?"

Of course at that time, I followed her directions. And I do agree that when we clean up our side of the street our innate good qualities rise to the surface. At the same time, I agree with what Bill W. says in the Step 4 chapter of the *Twelve Steps and Twelve Traditions*: "If temperamentally we are on the depressive side, we are apt to be swamped with guilt and self-loathing. We wallow in this messy bog... we may sink to such a point of despair that nothing but oblivion looks possible as a solution."

An antidote to this deadly self-degradation can be a sponsor or AA friend pointing out some of a person's character assets or good qualities, whether during a Fifth Step or at other times. I have come to believe that it is valid – perhaps even necessary – to put oneself on one's own amends list. **I do not** believe this is selfish or wrong. I believe if we hurt ourselves with our behavior this is reasonable and right. We need to get off our

(Cont. p. 2)

He Said: *(cont.)* the past and the illusion of a fantasy future, driven by my unwillingness to be courageously present. Solution: Stay humble! Talk it over with someone, go to a meeting, review that inventory, and finish that list! This plan, and the apprehension of the coming actions, are but a phase of your recovery.

~ D., Kauai

Birthday Celebrations

West Side

- Ala i ke Ola Hou, Waimea Cyn. Group - 5:30 pm
Last Friday of 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!**

She Said: *(cont)* own backs. Of course like everything else a self-centered alcoholic does, we can twist this, too. It is not a way to whitewash ourselves or skip making amends to others.

This is why we have a sponsor. To have someone outside our self-justifying head, who has already heard our Fifth Step and knows quite a bit about us, shed some light on whether beating ourselves up or feeling guilty about something in the past is helping anyone. It's not. Our sponsor can also talk with us about our list, about clean and practical ways we can make amends to people we have harmed – including ourselves.

One last thing about this step. Once you have the list, I like organizing it into three groups of people:

- 1) The easy ones you are willing to do immediately.
- 2) The *Yeah, I know I gotta, but do I have to right now?*
- 3) The *They hurt me more than I hurt them/Hell no!*

Please, don't just jump out there and start making amends, because that's why there is a Step Eight. Talk about it with your sponsor. Some people may need to move around on the three sublists. Some others may need to come off the list or go on. Take your time (within reason). This is important. It's about building a new life.

~ Diana L., Kaua'i

Happy Birthday

Mary C.	7/20	1979	37 yrs
Kathryn B.	7/9	1982	34 yrs
Wink	7/4	1983	33 yrs
Judith E.	7/14	1984	32 yrs
Jerrie S.	7/17	1984	32 yrs
Gordy W.	7/11	1986	30 yrs
Keola	7/6	1990	26 yrs
Rick G.	7/4	1991	25 yrs
Paul H.	7/1	1993	23 yrs
Becky	7/31	1995	21 yrs
Lisa D.	7/4	1996	20 yrs
Dave A.	7/9	2004	12 yrs

Congratulations Everyone!!

**We Publish Sobriety Birthdays
In The Month After Their
Occurrence.**

District6newsletter@hotmail.com

A. A. Activities



The Happy Hour Cookout

August 21th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on August 26th

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month

Volleyball, Swimming, Good Fellowship, Sunset, Fun



Steps to Freedom Birthdays

This Month August 29th

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

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



Came to Believe - Pizza Night

This Month August 31st

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month

Hawaii Area 17 Hosts



2016 Pacific Regional Forum

September 30 - October 2, 2016

At The Hilton Waikoloa Village on the island of Hawaii. Please register early! Registration is FREE! Registering early will allow both GSO and Hawaii Area 17 to plan appropriately for this great event.

All The information you need is at:

<http://www.pacificregionalforum.area17aa.org/>

A.A. Meeting Places



Nawiliwili Beach Park, Lihue

Meet at the Picnic Tables

The "Happy Hour" Group

Meetings at 5:00 pm

- Sunday - Best of the Grapevine
- Monday - Living Sober
- Tuesday - Daily Reflections
- Wednesday - 12 x 12
- Thursday - Stick Meeting
- Friday - Big Book Study
- Saturday - Came To Believe
- 3rd Sunday Cookout 2:00, Meeting 5:00



August in Our History:

Highlight for this Month: August 1946, Bill W. said: "The Grapevine will be the voice of the Alcoholics Anonymous movement. Its editors and staff will be primarily accountable to the AA movement as a whole. Within the bounds of friendliness and good taste, the Grapevine will enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous. Like the AA movement it is to mirror, there will be but one central purpose; The Grapevine will carry the AA message to Alcoholics and practice the AA Principals in all its affairs."

August 1909: Book published: "Twice Born Men," Author Harold Begbie. It is one of eleven books (including the Bible) that will influence how the Big Book will be written.

August 1938: Personal stories are being written by members and sent to Bill. Our Big Book First Edition's first printing will be going to press in eight months!

August 16th, 1939: The first admission of an alcoholic into a hospital, St. Thomas, Akron, Ohio, for treatment of alcoholism as a medical condition. Sister Ignatia and Dr. Bob, side by side, will treat over 5000 alcoholics over the next ten years.

August 1944: In the front our Big Book the two letters by Dr. Silkworth is accepted by the A.M.A. on alcoholism as a disease.

August 1981: The millionth copy of the Big Book is printed.

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

~ Submitted by Mathea A.



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

Concept 8 for World Service

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.

This Concept deals with the ways the General Service Board "discharges its heavy obligations," and its relationship with its two subsidiary corporations: A.A. World Services, Inc. and the A.A. Grapevine, Inc. Long experience has proven that the board "must devote itself almost exclusively to the larger questions of policy, finance, group relations and leadership. . . . In these matters, it must act with great care and *skill to plan, manage and execute.*" The board, therefore, must not be distracted or burdened with the details or the endless questions which arise daily in the routine operation of the General Service Office or the publishing operations, including the *Grapevine*. "It must *delegate* its executive function" to its subsidiary, operating boards.

"Here, the board's attitude has to be that of custodial oversight The trustees are the guarantors of good management of A.A. World Services, Inc. and the A.A. Grapevine, Inc. . . . by electing the directors of these service arms, a part of whom must always be trustees The executive direction of these functions is . . . lodged in the . . . service corporations themselves, rather than the General Service Board. Each corporate service entity should possess its own bylaws, its own working capital, its own executives, its own employees, its own offices and equipment."

Bill draws from earlier mistakes by the General Service Board in trying to run the service functions directly and warns repeatedly against "too much *concentration* of money and authority."

~ AA Concepts Illustrated
Submitted by Ron L.

Kauai Intergroup

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

Intergroup Treasurers Report

June, 2016

Income:

Koloa Fri. Night Big Book	Books	27.00
Happy Hour	Books	45.10
North Shore	Books	10.00
Hui Ohana	Books	18.00
Poipu Beach Sunrise	7th	150.00
District	Books	148.50
Kauai Recovery Grp.	Books	38.00
Sunday Serenity	7th	155.35
Koloa 12 x 12	Books	33.30

Total Income: 625.25

Expenses:

Ink Spot printing	G.I.S	150.00
Guardian Storage	Locker	135.42
Hawaiian Tele	Phone	24.93
Intergroup	Books	135.42

Total Expenses 445.77

April Balance 3172.37

Total From Above -179.48

Sub Total 3351.85

Less Prudent Reserve -900.00

Final Balance 2451.85

~ 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

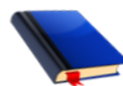


Compact 2-pg schedule
--prints on legal-size 8½x14"

■ Kauai A.A. Events Calendar

■ Link to HI Island AA websites

Contact: website.intergroup@gmail.com



Need Literature?

➡ Come to the Intergroup Meeting!

*Books*Pamphlets*GIS Newsletter*Meeting Schedules

➡ Questions?

Email Bob B.: literature@kauaiaa.org

Intergroup Officers:

Chair:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Mary
Literature:	Bob B.
Hotline:	Kelvin P.
Events Chair:	Alejandro H.

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

The Next District Meeting:

August 20th, 9:30 am

The Lihue Neighborhood Center

District 6 Treasurer's Report

July 16, 2016

GROUP CONTRIBUTIONS:

Koloa Aloha	100.00
Happy Hou	46.40
Steps to Freedom	52.60
North Shore Aloha	50.00
Hanalei Princeville	175.00
Total Contributions July	424.00

EXPENSES:

Kauai County Farm Bureau Booth	510.42
Total Expenses July	510.42

BANK BALANCE:	4634.15
PRUDENT RESERVE	1000.00

~ Report prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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

2016 Budget Assembly

August 27, 2016 Kihei



8:00 am – August 28, 2016 @ 4:00 pm

COST: \$25

Required to attend: GSRS, DCMS, Standing Committee Chairs, Area Officers, other as necessary. If you will be flying to Maui, please check our Air Travel page for information on how you can assist Hawaii Area 17. Be sure to book early to get the best price and to insure that you can attend the entire event without leaving early. <http://www.area17aa.org/event/2016-budget-assembly/>

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@kauaiaa.org Ann W.
Secretary:	Kathy S.
Treasurer:	Steve Q.