

November 2014

Garden Island Sobriety

'Step Eleven'

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



He said: Early in my sobriety, when I was contemplating Step Three, my sponsor had me start to read Step 11 in the Big Book. I read pp.85-88 every day for 90 days. There are 90 hash marks on the bottom of page 85 in my Big Book. It was a start towards a daily practice.

For a while I kept up the practice meditating 20 minutes in the morning, 20 minutes at night. I attended an hour long meditation on Sunday nights and I felt the benefits as I began to get to know my higher power while I walked through Steps 3 - 9.

On page 85 in Step 10 it also talks about the danger of resting on my spiritual laurels, which is what I did as I stopped meditating on a regular basis. And when life happened, as it does, I was once again irritable and discontented. Then someone reminded me at the end of a meeting what I already knew. They asked, “Are you saying your morning meditation and prayers?”

It was just what I needed to hear. And so I started up again, 20 minutes in the morning and 20 minutes in the evening. Sudden things seemed a whole lot easier.

Sobriety is progressive and I co-create sobriety with my higher power when I take the time to pray and meditate. This is the main growth in my spiritual program that I can bring to my 12 step work. Just do it.

In the Doctor's Opinion it refers to the allergy that is the physical reaction to alcohol in an alcoholic, and the obsession of the mind. I have learned in this program that the obsession of the mind in the Alcoholic is the inability to distinguish true from false. An alcoholic who is drunk will always act on emotions rather than intellect.

I kept telling myself that it was the alcohol that got me drunk when all along I got myself drunk. I kept telling myself that you were to blame instead of looking at why it bothered me so much to coexist with you.

(cont. p. 2)



She said: “There is nothing left of me, I’m like a ruby held up to the sunrise. Is it still a stone, or a world made of redness? It has no resistance to sunlight.....the ruby and the sunrise are one....” Rumi

In seventh grade Dad sat down the family and told us he didn’t believe in God anymore. He said, “Your mother believes in God, but I don’t. Either “belief” is Ok.....I encourage you to think for yourselves.” Having been raised quite religiously, I was devastated. My entire foundation for living came into question. That night I prayed to God for a sign. I waited. Nothing. I decided to Fast. As days went by and I got hungrier, my rebellion built. If God existed, he didn’t care about me. I gave up; I ate. This has been (by far) my deepest wound, and I lived in absolute darkness for the next 10 years.

At age 21 I encountered God again. A boyfriend overdosed and I found him dead in his bed. I was shocked for many reasons, but the most lasting impression was that Matt didn’t look a thing like himself dead. Without his spirit, his “light” was gone. From this point forward, spirit and God became undeniable and my search began again. Connection with a higher power became my SOUL focus and I made meditation a regular part of my life.

But, I still never attempted to pray. The rejection I felt as a little girl had caused me to fear prayer. I never wanted to feel the pain of that wound again and I didn’t know how to heal it.

Learning to pray has been a slow process, and I am still learning. The first thing I’ve found is that I have to practice. I MUST try. I have also discovered that prayer is more about listening than talking.

I try to start each morning with meditation (sitting quietly for a minute or two), to calm my mind, and then

(cont. p. 2)

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AA Hotline 245-6677

He Said: (cont.) In sobriety I don't have to let my emotions dictate my actions. Today I ask, "What is the best thing for my sobriety?" Just because I know the right thing to do it doesn't mean that I won't be sad or scared to do it. This is where inventory and meditation come into action on the path of spirituality, *right now*. Right *now* is heaven on earth. ~ Paul M., Kauai

She Said: (cont.) I say a little prayer.....which usually consists of a question. By asking a question and then "listening" I practice my prayer. Often I will feel guided to open a book, or I begin writing whatever comes to mind. Sometimes I have no idea why ideas or thoughts come to me during my morning meditations, but **without fail** I am always provided with some illumination that will help me live that day gracefully.

My prayers have changed as I have learned to trust. Practice helped me to gain faith in my intuition. It isn't just one question in the morning anymore

In fact, my entire life has become just one prayer – I want to unearth the "ruby" I was created to be. By listening to my heart, I continue to uncover the perfect plans intended for me. And now I KNOW when something is "meant to be" mine because it makes me shine **out** from the inside; it feels super-NATURAL. I am on this earth for a unique purpose that only I have the tools to fulfill.

Every day, every action, every moment has become a prayer to my higher power. "Make me your ruby – light me up until everything becomes red - until red is all that I see! Make me one with your sunrise.....Most of all I pray for no more resistance to the divine light. ~ Jill R., Kauai

Happy Birthday

Pat B.	10/28	1981	33 yrs
Ron K.	10/20	1986	28 yrs
Danette	10/24	1987	27 yrs
Diana L.	10/8	1988	26 yrs
Chris K.	10/10	1988	26 yrs
Amorosa	10/25	1989	25 yrs
Richard S.	10/6	1990	24 yrs
Susan OK	10/16	1990	24 yrs
Kawika	10/11	1991	23 yrs
Carolyn G.	10/23	1991	23 yrs
Ryan E.	10/3	1996	18 yrs
Sue H.	10/25	1996	18 yrs
William C.	10/15	1997	17 yrs
Kathy S.	10/26	1997	17 yrs
Laurie A.	10/15	1998	16 yrs
Radar	10/24	1999	15 yrs
Mo L.	10/24	2000	14 yrs
Alison	10/9	2000	14 yrs
Jessica	10/14	2001	13 yrs
Kira H.	10/7	2002	12 yrs
Francis	10/14	2004	10 yrs
Alejandro	10/22	2004	10 yrs
Drew	10/15	2004	10 yrs
Darryl C.	10/22	2005	9 yrs
Randall	10/29	2005	9 yrs
Matt J.	10/15	2006	8 yrs
JoRina	10/22	2006	8 yrs
Troy	10/9	2007	7 yrs
Kevin H.	10/9	2007	7 yrs
Patricia M.	10/16	2007	7 yrs
Frank	10/4	2011	3 yrs
Phil S	10/14	2012	2 yrs

~ And From September ~

Ryan M.	9/5	2009	5 yrs
Chad N.	9/25	2012	2 yrs

Congratulations Everyone!!

Birthday Celebrations

West Side

● **Ala i ke Ola Hou** 5:30 pm Last Friday of the month, Smokey Valley Clubhouse. CAKE AND 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!

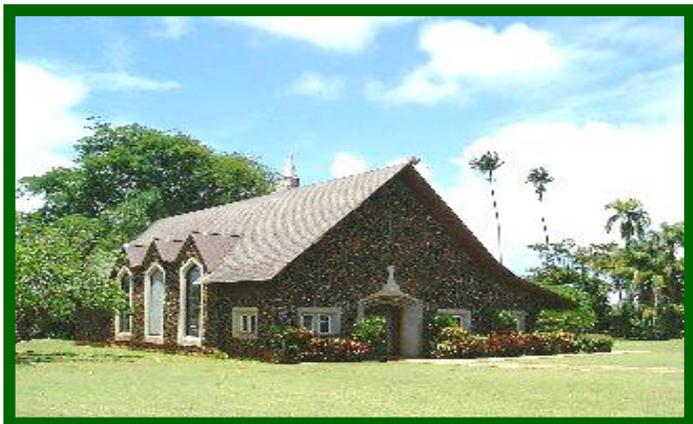
● **Steps to Freedom** - 6:30 pm Last Monday of the month. CAKE & POTLUCK (7:30 pm meeting).

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!

THAANKATHON



At 'The Stone Church' In Lihue

NOVEMBER 27TH, 2014

Potluck assignments for this year are:

- 🍷 North Shore – Vegetables, Cranberry Sauce
- 🍷 East Side – Stuffing, Mashed Potatoes, Yams
- 🍷 South Shore – Salads and dressings
- 🍷 West Side – Desserts
- 🍷 Live Entertainment !!!!
- 🍷 Al-Anon Meeting: 11:00 am
- 🍷 AA Meetings: 10:00 am, 2:00 pm

You Can Volunteer Your Service: 245-6677

X Cancelled

The Gratitude Luncheon at the Sun Village Community Room has been cancelled.

Meeting Support Needed:

Thursday 5:30 pm. "STEP SISTERS ON KAUAI" at The Kapaa United Church, 1315 Ulu St., Kapaa. Please spread the word so we can keep it going!!

Meeting Location Change:

The Waimea Canyon Group meets at 9834A Kanu Rd until further notice (not at Smokey Valley Clubhouse).

New Meeting:

Saturdays, 12:00 noon, Koloa Nooners - "Second Chance" at the Salvation Army Hall, 5348 Koloa Rd.

18th Annual Western Area Conference of



Young People in Alcoholics Anonymous

At Hapuna Prince Hotel, Hawaii

DECEMBER 18 - 21, 2014

Info & Travel Discounts At: <http://www.wacypaa18.org/>

Register at: <http://www.wacypaa18.org/online-registration.html>

November AActivities



Water Meeting & BBQ

At Lydgate Park and Pond

This Month November 9th at Lydgate Park

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



The Happy Hour Cookout

At Nawiliwili Beach Park

This Month on November 16th, 2:00 pm

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month's Potluck November 24th, 6:45pm

Celebrate AA Birthdays, Speaker Meeting 7:30pm



Last Saturday Supper

At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on November 29th, 7:00 pm

Speaker at 7:45 pm. Sponsored by Koloa Nooners

A.A. Meeting Places

Kauai Community Correctional Center



A.A. Meetings held in the KCCC:

Men's Meeting - 2:15 pm Tuesdays

Women's meeting - 5:45 pm Sundays

Requirements: 'Volincor Training', 2 years continuous sobriety, a background check plus more are required. For Information contact AA Hotline 245-6677

Calling for A.A. KCCC Volunteers!

A.A. District 6 (island of Kauai) is looking for volunteers to carry the message into the Kauai Community Correctional Center (KCCC).

Volincor Training Session

Wednesday, November 12, 2014

8:00 am - 5:00 pm

Lihue Missionary Church, 4383 Rice St.

**Lunch and Refreshments will be served
All new volunteers and those needing
re-certification (every 3 yrs) must attend**

SPACE IS LIMITED. CALL NOW TO RESERVE!

Questions? Call Jeannie, 241-3055 ext242
Clayton, 212-51756 or AA Hotline at 245-6677



AA ARCHIVES

Month of October in Our History:

October 20, 1928: Beginning on this date, and for the next several years, was the increased frequency of Bill's pledges to stop drinking, as he wrote vows on the flyleaf of Lois's family bible. Experts have found that Bill's promise can be matched by a fear legible in the handwriting itself as it moves down the page. It is at this time that Bill crossed over the invisible line, which every alcoholic crosses, into chronic inebriation. Bill developed a fear of even leaving their home because someone or something would "kill him."

October A.D. 780: Medical records discovered show Italian physicians offered this standard prescription for "alcohol consumption beyond the normal." "Chopped beef fried with many onions."

October 1937: Meetings for Alcoholics only are being held weekly at Bill and Lois's home at 182 Clinton St. in Brooklyn, New York.

October 1941: Fitz Reverend Sam Shoemaker breaks away from the 'Oxford Group' which by this time had changed its name to the 'Moral Re-Armament'.

October 1947: John A.A. was established in Australia. The American actress Lillian Roth came to South Australia to address a public meeting arranged by the Methodist Church to help alcoholic. The very first meeting was held at 'Central Mission' on Franklin St., St. Adelaide, Australia.

October 30th, 1951: 'The Lasker Award' is presented to AA for outstanding contributions to public health.

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

~ Submitted by Mathea A.



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

Kauai Intergroup

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

Intergroup Treasurers Report

September 2014

Income:

Step Sisters	40.42
North Shore Aloha	160.00
Sunrise Sobriety	405.50
Kauai Dist Committee-Pamphlets	25.50
North Shore Aloha	160.00
Princeville/Hanalei	285.00
4 th Dimension	20.00
It's Not Them	5.00
1 st meeting 9/2/13	15.00

Expenses:

Lynda C- Book Order	551.07
Guardian Self-Storage	114.58
Hi Telcom	25.50
Ink Spot(GIS)	150.00

Balance	4,341.75
Less Prudent Reserve	500.00
Total Available	3,841.75

~ Prepared by Mike C. ~

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

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
Hotline:	Danette M. hotline.kauai@gmail.com
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Find A.A. in Hawaii



at: www.area17aa.org

District 6, Kauai:

The Next District Meeting:
November 29th, 9:30 am
The Lihue Neighborhood Center

Notes from Kaua'i District 6

Aloha to all AA Groups from Kaua'i District 6 – Panel 65 will be taking office at the beginning of the year. We're encouraging Groups, if you haven't already done so, to elect your General Service Representatives (GSRs) for the new panel. The next District 6 meetings are November 29th and December 20th in the olde kitchen at the Lihue Neighborhood Center.

Please have your GSRs attend the District 6 meetings for more information about the Orientation Assembly in January. District 6 has set aside some funds if assistance is needed for GSR travel.

This note is from Bob H, the Hawai'i Area 17 Chair:

2015 Panel 65 Orientation Assembly – The first assembly of Panel 65 will be held January 17-18, 2015 in the Windward District at the Kokokahi YWCA, 45-035 Kane'ohē Bay Drive, Kane'ohē, HI 96744. Registration information should be available at the Elections Assembly. Everyone currently serving in Panel 63 should remember to help inform all the incoming GSRs and DCMS in their groups and districts as many will have no experience at the Area level and may not know how to register for an Assembly. Please encourage them to attend as this (is the) best assembly for us to inform new members how Area works and what the Fellowship expects of them in their new position. In addition, Joel, our new Pacific Regional Trustee will be in attendance and this is a great time to meet him and learn more about what he does and how he serves AA as a whole, the Pacific Region, and our own Area 17.

At the November 29th meeting, District GSRs will be voting to elect an alternate DCM for Panel 65, to replace the AA member who is not able to take the position. Anyone planning to stand for the position should attend the November 29th meeting.

District 6 Treasurer's Report

October, 2014

Group Contributions:	
Third Tradition Group	37.94
Koloa Thursday 12 & 12	63.00
Income October:	100.94
Expenses:	
DCM Travel (Election Assembly):	367.60
Office expense (Treasurer ink for printer):	30.00
P & I (To Intergroup):	58.60
Expenses October:	456.20
Bank Balance:	4776.34
Prudent Reserve	1000.00

~ Prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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



Concepts Checklist

Concept XI (Partnership):

The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, induction procedures and rights and duties will always be matters of serious concern.

- ✓ Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help service and strengthen the committee system?
- ✓ How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
- ✓ Do we practice rotation in all our service positions?

NEW District 6 Committee:

DCM:	Paul M
Alt. DCM:	George K
Secretary:	Jon S
Treasurer:	Steve Q