

April 2020

Garden Island Sobriety

'Step Four

“Made a searching and fearless moral inventory of ourselves.”



He said:

I just pulled the trigger with Step 3...boom, I'm in. The ride stopped clicking and here we go (see article on Step 3 March 2020). The Big Book says we “Launched out on a course of vigorous action.” What's the action plan? For me it's Steps 4 thru 9. Step 4 & 5 is me, Step 6 & 7 is God, Step 8 & 9 is you. There's nobody else to play with, that's everyone, we're all covered.

What do I do in Step 4? Well, according to the Big Book, I do a resentment inventory, a fear inventory, and a sex inventory. Why on these three things? Because we're going to see a pattern develop here that any blind man can see. The Big Book is readily available to anyone. I won't repeat precisely how to do it, or why it's done that way. There are those who say do it in 3 columns, there are those who say 2 and write a sentence after each one explaining why. Some say do it in black and white...and on and on. My response to all of that, is Great, whatever floats your boat.

I've done a 4th Step a few times in a few different ways. The first one was out of a workbook, and it had tremendous value. Doing it completely different than how the Big Book suggests to. Did it change my life? Definitely. I was taking action that suggested I was making a commitment to being in AA. It allowed me to feel like I had earned the seat that I was sitting in at every meeting...I was an active member.

Doing it out of the Big Book had a different effect. I was able to look at my side of the street, my part in it all, and look at how my resentments isolated me from the world. I was a frightened, self-loathing individual. My sexual conduct showed me I was either completely in control or totally unavailable. Unable to be a participant. Relationships were in the trash can. This was a painful experience. I listed my resentments, the individuals, the institutions, the principles I had “Great objection to”, “Loving and being loved”, (Cont. p. 2)

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She said:

“We ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.” Alcoholics Anonymous, pg. 86.

This prayer often reminds me of the fourth step. How many times were my actions created by my selfish thinking, my need to get my way no matter the cost? As if admitting your moral wrong doings to another human being weren't bad enough, try admitting them to yourself.

I feared the Fourth Step and truly believed I only had one chance at this; to honestly write down everything till this point in my life or else relapse was surely in my future. My sponsor finally got it into my brain that it did not have to be picture perfect. We are human, sober or not, just do the best you can. She helped me realize I was getting to know myself more through this step, which stinks because you are writing down all your defaults and not your more winning attributes.

Putting pen to paper was harder than I thought. This step took me the better part of two months. The fact was that I had, in my own head, justified and twisted the truth behind some of my own actions. In some of the cases, I truly believed my part was morally just. In some of them I just blatantly forgot. It's funny the way most alcoholic's heads work, blame it on black outs or having wet brain but I thought besides the occasional drinking at work, lying to people who cared about me and having a slogan “everything worth doing is worth over doing” I was doing alright in life. I just needed to learn how to drink like a gentleman. Which I quickly realized was never going to happen to this girl. I am an alcoholic, and I will try to drink any gentleman under the table even if I end up passed out on top of it at the end of the show.

Even though I walked into the rooms on my own merit I still had a head full of pride, thinking I (Cont. p. 2)

AA Hotline 245-6677

He Said (cont.) "being on time", "being accountable for my actions". Humbug hated all that stuff. The question was "How free do I want to be?" I discovered a lot about myself, and I didn't like it all. The chief activator of what I didn't like?... FEAR...Afraid I'm not gonna get what I want, or I'm gonna lose something I already have...rejection and abandonment.

Page 71 in the Third Edition of the Big Book ends with a few things to think about..."Faith doing for us what we could not do for ourselves", "God removing self-will", and that I've "swallowed and digested some big chunks of truth about myself"...Best part is that I've "made a good beginning"...What? "A good beginning? Oh dear!
~Steven Q.

She Said (cont.) was holier than thou, and all these people must have to have court papers signed, are homeless, or are destitute. After listening in meetings and thinking about what I had done in my life I noticed we were all the same. I had to dig real deep to even get a full page of resentments at first. Then, when the ball started rolling, I got a hand cramp. Thoughts of situations just started coming up even when I was not thinking about my steps. There was so much freedom in writing my list, getting them out of the deep corners in my head onto paper. I learned so much, it was excruciating, and sobering. This step is just as important as the rest and now I understand why.
~Ashlie W.

Happy Birthday

John G.	3/2	1972	48
Dick W.	3/17	1973	47
Pat Q.	3/7	1977	43
Bebe S.	3/10	1980	40
Gerry J.	3/4	1981	39
Dave G.	3/7	1987	33
Judy B.	3/2	1987	33
Larry	3/24	1987	33
Julie M.	3/1	1987	33
Ed H.	3/14	1988	32
Kelly	3/4	1988	32
Norman P.	3/1	1991	29
Kathy	3/12	1997	23
Kristin	3/11	1997	23
Julia O.	3/11	1997	23
Sherwood C.	3/17	1998	22
Bill E.	3/17	1999	21
Heather C.	3/10	2004	16
Julie H.	3/30	2004	16
Jennifer C.	3/5	2005	15
Eddie	3/1	2005	15
Linda R.	3/20	2006	14
Mike H.	3/5	2008	12
Cindy T.	3/14	2008	12
Susan O.	2/2	2009	11
Megan	3/10	2010	10
Kelsey B.	3/6	2011	9
Brandi R.	3/1	2013	7
Curtis K.		2014	6
Brian B.	3/25	2015	5
Estrella	3/15	2017	3
Suzie	3/3	2019	1 YEAR

Birthday Celebrations

SOME MEETINGS DECIDE TO TEMPORARILY CLOSE.

Check our website, kauaiaa.org for updates

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.**

TEMPORARY CLOSURE

South Shore

● Koloa Monday Women's - 5:00 p.m., Church at Koloa, Last Monday. **TEMPORARY CLOSURE**

● 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).

● Happy Hour - 5:00 pm Last Saturday of the month. **CAKE FOR BIRTHDAYS!**

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!**

A.A. Activities

3rd Annual Kauai Women Retreat Camp Naue @ Haena



\$85 Registration until 7/15/2020

<https://www.kauaiwomensretreat.org/>

August 14, 2020 thru August 16

**The 2020 International
Convention in Detroit
Has been cancelled.**

**Many Kauai
Meetings Are
Temporarily Closed.
Check our Website:
aakauai.org**

AA Meetings Now What?



We Are Using the Zoom Cloud Meeting App Every Meeting has A Code

All online meetings for Kauai are listed at www.kauaiaa.org under "online meetings".

If you need assistance with the technology or help starting an online meeting call the AA Hotline at 245-6677, and ask for the phone # of our DCM Janice M. She has volunteered her help and says, "Setting up the technology is much easier than you might think."

Zoom Meeting Hacks

Tips for Zoom users:

CAUTION! If you're holding virtual meetings, check your settings. Trolls have been Zoombombing public meetings by sharing their screen and playing disturbing, pornographic, or violent content.

A few simple settings changes will prevent this.

Change screen sharing to "Host Only."

Disable "Join Before Host" so people can't cause trouble before you arrive.

Enabling "Co-Host" so you can assign others to help moderate.

Disable "File Transfer" so there's no digital virus sharing.

Disable "Allow Removed Participants to Rejoin" so booted attendees can't slip back in.



AA Archives

The Best of Big Book Dave:

April in Our History:

April 2, 1840: The “Washingtonian Temperance Society” founded in Baltimore. 1000 Alcoholics the 1st year stopped drinking. Abraham Lincoln addressed their second anniversary. Within four years 500,00 had found sobriety. By 1850 completely disbanded! Bill W. made a textbook study of them and their mistakes as well as their strengths.

April 1912: Bill W. fell in love with Bertha Bamford, a classmate and the daughter of the local Episcopal minister in Manchester, Vermont where he was attending school. The fall of the same year Bertha went into the hospital for “routine surgery” and she died. This drove Bill into the second of three major depressions he will have in his life.

April 1939: Gabriel Heaters Radio broadcast, that was on seven nights a week, called “We the People” provided the first country wide exposure of AA to the public, by inviting AA members to be guests on the air.

April 1946: Our “Meeting in Print” was named “The Grapevine” but this title was challenged by the F.B.T. who also called their publication The Grapevine. This was settled by our magazines name being changed to “The AA Grapevine”, and the April 1946 issue bearing this newly incorporated title was used for the first time.

April 1958: The word “honest” is dropped from our preamble ... The only requirement for membership is a (honest) desire to stop drinking.

“As we study AA history, we open and create that riverbed into which the stream of our descendants shall enter and flow.” ~Big Book Dave

From ‘Big Book Dave’, Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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



12 Concepts for World Service

by *Bill W.*

The Twelve Concepts for World Service were written by A.A.’s co-founder Bill W. and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.’s world service structure as it emerged through A.A.’s early history and experience.

Concept IV

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

GRAPEVINE and La Viña



Here to Help!

Many AA meetings across the U.S. and Canada are finding it safest to close.

WE ARE GIVING EVERYONE **FREE ACCESS**

to all 2020 Grapevine and La Viña issues. (The audio to Grapevine’s stories also will be available, so people can listen to the stories if they like.)

GRAPEVINE Quotes of the Day

March 25, 20209

“Having an honest relationship with my sponsor allowed me an honest relationship with myself and others.”

“From Rags to Riches,” Cornwall, Ontario, January 2005, Voices of Long-Term Sobriety.

Kauai Intergroup

The Next Intergroup Meeting:
April 4th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

February 2020

Income:

Koloa Friday Night Big Book	Literature	50.00
Kapaa Nooners	Literature	22.00
Northshore Aloha	Literature	40.00
Saturday Night Kapaa	Literature	165.75
Total Income:		277.00

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.69
Ink Spot	Newsletter	150.00
Books		535.80
Total Expenses		871.56

Bank Balance

Income	277.00
Expenses	871.56
Balance	(594.56)
Prudent Reserve	-1050.00
Operating Balance	<u>455.44</u>

~ Prepared by Sharon M. ~

SEND YOUR CONTRIBUTIONS TO:

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



Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee

P.O. Box 1413

Honolulu, HI 96806

Please include "District 6" & Group Name on check



Intergroup Committee

Chair:	Kelvin P.
Treasurer:	Sharon M.
Secretary:	Ann W.
Schedules:	Tom R.
Events:	Chris K.
Hotline:	David J.
Literature:	Bob B.
Website:	JoRina H.
Website:	Susan O.

The A.A. HOTLINE Needs Your Help!

Seeking an Alternate Hotline Chair
Slots are open for volunteers
Participants NEEDED
Please contact the Hotline Chair,
David, at 245-6677

District 6, Kauai:

The Next District Meeting:
April 18th, 9:30 am
The Lihue Neighborhood Center



DCM Report



Aloha Kakou, I hope this finds you and your families healthy and safe. This has been a very challenging time for us all. I'm so grateful to have you all and the program to help me **live in faith instead of fear**. I'm also very grateful for everyone who has assisted with getting the online meetings up and running and for everyone who is participating in them.

I've never used video conference call technology before this and was intimidated and unsure of how well it would work for our community. I've been to several online meetings now, and we conducted our March District meeting online. We conducted it in very much the same way as we do in person. We discussed the Agenda topics for the General Service Conference, which will be relayed to our Delegate through an online format created by our Area officers.

While it isn't quite the same as meeting in person, it is very important that we keep doing all the things we've always done to stay sober: going to meetings, calling our sponsors, praying, working the steps, reading the literature, working with each other, reaching out to newcomers, being of service.

All the online meetings for the island are on the website www.kauaiaa.org under "online meetings". If you need assistance with the technology or help with starting an online meeting please call me thru the AA Hotline. Setting up the technology is much easier than I thought it would be and "meeting" with you all gives me the hope I need to keep me sane and sober.

Another resource available to us is the Grapevine. Our AA magazine is offering free access to 2020 Grapevine issues at www.aagrapevine.org. Thank you all again for coming together, staying connected and maintaining unity.

~Janice M., DCM District 6 Kauai

A Message from The General Service Board



Aloha Area 17,

I **hope** everyone is well and staying physically distant, yet socially connected via **zoom meetings** and **phone calls**.

Today the General Service Board Chairperson sent a letter informing us that the 2020 International Convention in Detroit has been cancelled.

Our fellowship is still here for all of us. Every day we are learning how to keep AA united under these new circumstances.

We can still make future plans to meet up with our friends from all over the world in 2025. The 90th Birthday Celebration of Alcoholics Anonymous will be in Vancouver, Canada.

These days, I feel like we are pioneers once again. While trudging through the hard stuff, I'm reminded of all the sober habits that help us be a part of the solution. The habit of pausing when agitated or doubtful is one that comes to mind every day. Let's continue to practice our principles, help others and notice when we are being helped as well. **Aloha,**

Coleen Ashworth. General Service Board Chair

Area 17 Hawaii Panel 69 Delegate, Conference Agenda Committee

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

P.O. Box 1503

Kapaa, HI 96746



Request a newsletter

by e-mail

Contact: District6newsletter@hotmail.com

Editor: Linda B.

