

May 2018

Garden Island Sobriety

'Step Five'

"Admitted to God, to ourselves and to another human, being the exact nature of our wrongs."



He said:

This was the most difficult

Step for me to do. To admit to God and to myself was okay, but to another human being, all my wrongs, was not something I'd ever thought of doing!! I had never done this before. I couldn't understand why I needed to do this. At this point of my life I was desperate and willing to do whatever I needed to get clean and sober. I didn't care about any other outcome.

Opening up to another human being seemed unthinkable yet I told my sponsor everything I possibly could about all the horrible stuff I had done in the past. All that I could remember anyway. This experience humbled me and allowed me to recognize how comical my thoughts of how evil I thought I was really were. We laughed at most of it and some of it was like "Oh shit that was not cool." Overall this inventory was enlightening. I realized I was not a horrible person. Even for the super un-cool stuff I began to see with more clarity. I think forgiving myself was and is important and I didn't think that was even possible.

Admitting to God (of my understanding) was difficult. I was never religious and didn't go to church. This was a newfound relationship with a higher power of which I wasn't familiar and I didn't want to ruin it. I assumed He would understand or already knew everything I had done and my past knowledge of God is that he forgives us. Forgiveness is what this Step leads me to.

When I admitted to myself all my wrongs I knew how important this Step was because it forced me to review my past. I became the judge and jury. I was a bit hard on myself but I could feel the crashing of the glass the more I revealed. Honesty and acceptance

(Cont. p. 2)



She said:

Step 5 was very difficult for me because I had to ADMIT out loud to God, myself, and my sponsor the EXACT nature of my wrongs. I had to be completely honest and verbally express my wrongs. This statement alone makes me afraid because I believed saying my wrongs out loud and on paper would make them more real, like giving power to my defects to destroy me. My sponsor assured me that is NOT the case. I cannot be harmed by discussing my character defects. I believed her and if I wanted what she had then I would do anything for sobriety.

This step taught me rigorous honesty because my biggest defect I faced was fear! I was afraid of a lot of things: past, present, and future. I was afraid of not getting what I wanted, desiring people, places, and things AND never able to get them. I was afraid of not being able to keep what I have – marriage, children, career, money, home, car, etc. I was afraid of the future: how to achieve my dreams, will I be able to pay the bills, where are we going to live, who am I able to depend on, what kind of a life will I have, when will I be free of the surmounting responsibility of adulthood, and afraid of being alone.

Admitting my wrongs on paper was one thing because it was on paper and burnable. Saying it out loud to my sponsor was a humbling experience. I heard my voice say the words and I felt my heart open. It was a freeing experience like a burden had been lifted. I no longer needed to carry the weight of the world on my shoulders. I forgave myself for my past and was able to accept the past for what it is – the past. I learned my past does NOT define my future. I no longer needed to "know" what the future

(Cont. p. 2)

He Said (cont.) ... became real things. I was moving so fast while drinking that using dishonesty had been my way. Denial was not accepting reality and this too had been present. While unveiling all the wrongs I became aware of all the rights. There were good times too. It wasn't all bad. My addiction with alcohol and drugs were responsible for some of my wrongs but I also just made some bad decisions all on my own.

I have learned so much from this Step. It has taught me humility, honesty, acceptance, and forgiveness.

~Mike H., 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).
● **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!**



She Said (cont.) ... holds or try to control results.

Step 5 defined for me so many honorable characteristics such as rigorous honesty, forgiveness, humility, grace, mercy, compassion, empathy, kindness, gentleness, and so many more. I no longer need to be "perfect" I am only asked to be the best me which is - the clean and sober me.

~ JoRina H., Kauai

Happy Birthday

Nona M.	4/8	1984	34 yrs
Chuck T.	4/1	1984	34 yrs
Lynda G.	4/19	1984	34 yrs
Doug R.	4/21	1985	33 yrs
Joe O'B.	4/15	1985	33 yrs
Roger W.	4/14	1986	32 yrs
Karen L.	4/3	1991	27 yrs
Tom R.	4/5	1991	27 yrs
John 'Hilli" H.	4/15	1991	27 yrs
James B.	4/16	1993	25 yrs
Allie	4/27	1996	22 yrs
Patty	4/5	2000	18 yrs
Nicole	4/10	2003	15 yrs
Kim H.	4/14	2004	14 yrs
Laren T.	4/10	2004	14 yrs
Courtney P.	4/10	2006	14 yrs
Mark B.	4/20	2006	12 yrs
Pam A.	4/28	2006	12 yrs
Monica A.	4/22	2006	12 yrs
Kathie E.	4/28	2006	12 yrs
Dharma W.	4/18	2007	11 yrs
Alan B.	4/13	2007	11 yrs
Jane T.	4/22	2007	11 yrs
Tim	4/11	2009	9 yrs
Rick B	4/9	2010	8 yrs
RJ	4/17	2012	6 yrs
Lauren D.	4/21	2012	6 yrs
Taylor	4/26	2014	4 yrs
Scott	4/19	2017	1 Year
Estrella	3/5	2017	1 Year

Congratulations Everyone!!

Send us the date of your Birthday

district6newsletter@hotmail.com

It will be Published the following Month

A.A. Activities

Kauai Women's Retreat

May 4 - 6, 2018



Camp Hale Koa in Kokee, HI

Go to the [Calendar at Kauaiaa.org](http://Kauaiaa.org)
And Link to the [Registration form](#)



The Happy Hour Cookout

May 12th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on May 25th

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset

A.A. Meeting Places



Hanalei Community Center

(Across from St. Williams Church, 5292 Kuhio Hwy)

~ Turn left right before the soccer field ~

- **Tuesday 7:00 pm**, Princeville Hanalei Men's
- **Wednesday 6:30 pm**, Bad Brains Mtg.
- **Friday 7:30 pm**, Step Study Meeting

Moved here due to the Flood

"The Princeville/Hanalei Group"

- **Sunday 8:00 am thru June**
- **Thursday 7:45 pm May 3**
- **Saturday Women's 5:30 pm May 5**
- **Saturday B. Book 7:30 pm May 5**



Steps to Freedom Birthdays

Potluck This Month on May 28th

6:30pm, Kapa'a United Church of Christ

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



AA Archives

The Best of Big Book Dave:

May in Our History:

Highlight: May 1937: A Book is published called "A Way Of Life" by William Osler; One of eleven books (including the Bible) that influenced how the Big Book will be written. This volume was used by early members to understand the concept of living "One Day at a Time." The book itself contains a philosophy of life. William Osler states: "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand." He also writes, "Our lives are like a great ocean liner. We must learn to walk through the compartments each day and check that the bulkheads are secure." Another place he writes, "The load of tomorrow added to that of yesterday, carried today, makes the strongest falter."

May 1903: The principal chiefs of the five tribes in the Oklahoma Territories protest to congress that allowing alcohol onto their land is detrimental to the political-civil and religious conditions of their tribes.

May 1931: Rowland Hazard spends one year with Dr. Carl Jung in Zurich, Switzerland to "cure" his alcoholism. Rowland returns to the United States and joins the "Oxford Group." This is considered by most A.A. historians to be the first in a chain of events that will lead to the founding of A.A.

May 1940: "The Star", a Washington D.C. newspaper, reports the first A.A. group in the nation's capitol will be meeting every Tuesday night at 8:00 pm.

May 1949: The first A.A. meeting is started up in Scotland – the city of Glasgow.

May 1957: The American Hospital Assoc. passes a resolution to prevent discrimination against alcoholics while universities such as Fordham Univ. offer full courses on 'alcoholism' for credits for the first time.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A.



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

Slogans for Sobriety:

"First Things First"

In the process of forgiveness where does personal satisfaction fit in? My resentment's desire for revenge is really self-sabotage and abuse. The message being that because of you I'm a prideful victim and have lead an unnecessarily difficult life of misery. All you had to do was give me what I needed when I needed it and everything would have turned out post card perfect. The aforementioned scenario has only one problem, it never happens. Which leaves everyone, alcoholic or not, with some degree of basic lack. The question then becomes now what?

You may not agree with my perspective but *first I have to feel something other than repressed anger for my "tormentors"* (primary relationships) which for me is sorrow for basic needs never met. Simply stated life wasn't fair and it hurts. I'm willing to bet whoever you're most resentful at didn't mean to be that way. They most probably went through some challenging circumstances which again means looking through the lens of sorrow allows you to empathize with their emotional challenges and feel compassion for what they may have gone through.

Seeing all that opens a difficult to close door where you now have options and choices that may feel weird at first but intuitively should be more liberating and make better sense to your longer term psychological health. Satisfaction is for me, forgiveness is toward them, what are your goals?

~Aaron W.

GRAPEVINE Quotes of the Day

April 27, 2018

"Inside if every human being there is a healing power. I had cut my finger and it had gotten well; How come? That to me, in it's simplest form, is a concept of a power greater than I am."

California, October 1995

"An Interview with the Author of 'Physician, Heal Thyself!'" The Best of the Grapevine, Vol. 3



The Next Intergroup Meeting:
May 5th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

March 2018

Income:

Hui Ohana	Literature	124.00
Hui Lokahi Men's Stag	Literature	165.75
Third Tradition	Literature	45.00
Princeville Hanalei	Literature	2.00
Poipu Beach Sunrise	7th	200.00
Sunday Serenity	7th	143.00
Hui Ohana	7th	500.00
Princeville Hanalei	7th	200.00
Total Deposits		1379.75

Expenses:

Guardian Storage	Locker	145.83
Assembly	Travel	239.98
Kauai Business Services	Schedules	257.23
Hawaiian Telcom	Hotline	25.94
Ink Spot	Newsletter	150.00
Total Expenses		1140.75
Previous Balance		1245.22
Net Profit or Loss		239.00
Current Bank Balance		2384.22
Less Prudent Reserve		900.00
Operating Balance		1484.22

~ Report prepared by JoRina ~

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Aaron W.
Literature:	Bob B.
Hotline:	Kelvin



Concepts Checklist

Concept V:

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the "Right of Appeal", to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

P.O. Box 3606

Lihue, HI 96766

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



District 6, Kauai:

The Next District Meeting:
May 19th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of April 21, 2018

Group Contributions:

Steps to Freedom	35.00
Kapaa Young Peoples	100.00
Step Sisters	17.85
Step Sisters	31.25
Sunrise Serenity	143.00
Princeville Hanalei	175.00
Na Wahine Ku Pono	86.10
Hui Ohana	500.00

Total Income **1088.22**

Expenses: **0.0**

TOTAL CASH IN BANK **4922.06**

PRUDENT RESERVE **1200.00**



From Your DCM



PRAASA 2018

The anticipation for this year's Pacific Region of Alcoholics Anonymous Service Assembly in Nevada began long before the actual event, especially compared to the assembly I attended last year in Sacramento. And *what* an experience it was! It was different than a convention, with 10 times the amount of people that usually go to an area assembly. In fact this year's PRAASA had 1800 registered, and due to a snowstorm 200 of those couldn't make it. Still there was a total of 1600 people in attendance. What added to the anticipation this year was the fact that the event was being held on top of a casino... As the Chairperson said: "If you have an addiction, welcome to Nevada, we have something for you"

What I saw were some of the familiar faces of the members of district 6, and of area 17, that I've come to know as friends, some past and present delegates that sit on panels and share their topics, our regional trustee, who talked about the lawsuit recently put to rest, and the other DCM's, GSR's and people in service throughout the region that attend the roundtable discussion groups. In fact, when the opportunity came to moderate the Saturday roundtable discussion group for DCM's, I went for it, bringing along a willing participant sitting close by.

What I heard was the voices of people who've had the spiritual experience of a vicious obsession from alcoholism removed, come to the microphone sharing their 3 minutes of past experience and future hope for Alcoholics Anonymous. In particular there was a young lady from a Navajo community in Arizona who shared a heartfelt message of how grateful she was that AA has done something to help the struggling people of her area by translating the Big Book into the Navajo language (a task recently completed). She was given no time limit at the mike, and a standing ovation at the end. Need I say more?

What I felt was the sense of belonging. Similar to the first meeting I went to after doing my first 5th Step with a sponsor. That was the first time I actually felt like I belonged to Alcoholics Anonymous. The feeling was also similar to my first convention on Oahu, When 1200 people circled up after the big meeting on Saturday night to say the serenity prayer. At this years PRAASA, I have to admit that I felt that the sense of belonging has matured. The responsibilities that have come along with more time in sobriety have increased, and my experience with the 36 principles has increased as well, to meet those responsibilities.

I look forward to next year's PRAASA, not as a DCM, but as a guy who just loves the high that comes from all this service work we do. ~ Mahalo, Steve Q

District 6 Committee:

DCM:

Alt. DCM:

Secretary:

Treasurer:

Steve Q.

Janice M.

Jonathan D.

OPEN

----- We Need A New Treasurer -----