

March 2019

Garden Island Sobriety

'Step Three'

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”



He said: Hello, my name is Conrad M. and I am an alcoholic. Step 3 was and is very important to my recovery from alcoholism. For me, it was the beginning of a new and different life.

Bill W. talks of the door to a new life and the key to opening that door being willingness. It is amazing to me how hard it was for me to find the key, to be able to crack that door open just a little bit. I was afraid of change, even though at that point my life was still in chaos.

I understood the insanity and honestly admitted 100% that I was an alcoholic. I also knew that self-will, the engine that had run my life so far, was defective, yet I was unable to sustain any kind of sobriety on my own. At the time I really didn't understand how much my pride and ego were preventing me from developing any kind of spiritual base.

My thinking at that point was like Bill W's description of a non-entity in the 12x12. I thought I would become the hole in the doughnut. I was still full of fear and emotional pain, trying to get some relief.

When I was well into my 90x90 (90 meetings in 90 days) I started looking forward to meetings. Who'd have thought that would happen! Newer and older AA's were really open to my questions. Some clarity was appearing in my thinking. What was being said started to make sense to me.

My sponsor and I were talking through this step and he told me there were two ways forward. I could either live in fear or live in faith. You can't be in both at the same time. It was up to me to take the action. I did believe in a Higher Power, no doubt about it. Was I willing to have my Higher Power do for me what I couldn't do for myself?? Yes. That was my decision then and it remains that way.

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She said: Coming to Step 3 I realized that the God of my understanding had been a concept developed by a large religious organization. I hadn't discovered a personal relationship with a higher power of my own understanding, one that I could rely on. But what I did unmistakably feel was that something from the universe had bestowed upon me a mercy I had never felt before.

I was free of my compulsion to drink and that freedom had come from somewhere outside of me. The gift of sobriety was mine. I hadn't earned or deserved it, and yet there it was.

The “making a decision” part of the step was easy. I knew if I didn't make that decision I was doomed to a life of active alcoholism. “Turning my will over” to anything or anyone other than myself was a relief. My will had failed me countless times. “Turning my life over to the care of God” was what I had always wanted, but never felt worthy of. My life was a mess and every aspect of it was tainted by alcoholism. Anything was better than the pathetic life I had built for myself.

“God, as we understood Him,” was the confusing part for me in the beginning. I had no real understanding of God. My concept was of a distant, unattainable Higher Power.

My sponsor and my sober friends gently and continually pointed out the loving ways my Higher Power was directing my new sober life.

Each day, I grew stronger in my conviction, that turning everything over to a Higher Power was what would set me free.

I said the 3rd Step Prayer with my sponsor. When we were done, I said I didn't feel a great change. She smiled at me and said, “then keep saying it”. So I have. And gradually I have been blessed with a fuller

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AA Hotline 245-6677

He Said (cont.,) **We said the Third Step Prayer** together. When I got home, I felt a little lighter, more at ease than I had felt in what seemed like a long time. It seems odd that surrender can give you freedom, and faith in something you can't see or touch can overcome a lifetime of fears. For me it wasn't easy at first. I have found a faith in a loving God of my own understanding. I needed it because I still had some dread about doing Step 4. More about that next time.

~Conrad M., Kauai

She Said (cont.) understanding of that prayer and what it means.

Today, I remind myself that I'm not in charge, nor do I want to be in charge. I don't want to take back my will. It becomes very apparent when I do. It's like swimming against the current with lead weights on. Constant contact with sober friends, a sponsor, and regular meetings, keeps me swimming with the current.

~ Michelle E., 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!**

Happy Birthday

Lucky	2/10	1981	38 yrs
Billy A.	2/14	1982	37 yrs
John P.	2/5	1984	35 yrs
Denise	2/18	1984	35 yrs
Fran M.	2/14	1986	33 yrs
Annie B.	2/15	1998	21 yrs
Jeff S.	2/14	2002	17 yrs
Bill S.	2/2	2004	15 yrs
Janice M.	2/5	2005	14 yrs
Susan C.	2/24	2007	12 yrs
Arthur D.	2/1	2008	11 yrs
Brittini B.	2/5	2008	11 yrs
Laura L	2/14	2008	11 yrs
Pat C.	2/16	2008	11 yrs
Mark A.	2/29	2008	11 yrs
Susan O.	2/2	2009	10 yrs
David A.	2/23	2009	10 yrs
Kirt	2/4	2009	10 yrs
Matt L.	2/24	2009	10 yrs
Christopher	2/19	2010	9 yrs
Jami K.	2/22	2010	9 yrs
George K.	2/22	2010	9 yrs
Alysson	2/26	2011	8 yrs
David A.	2/23	2011	8 yrs
Taylor	2/17	2012	7 yrs
Bronson B.	2/1	2012	7 yrs
Lion H.	2/10	2012	7 yrs
Kyler	2/3	2013	6 yrs
Karen F.	2/2	2013	6 yrs

Congratulations Everyone!!

A.A. Activities

12 STEPS and 12 SPEAKERS GIGYPAA Event

March 9th, 4:00 -6:00 pm

Wailua House Lots Pavilion

SPEAKER MEETING 4:00 to 5:30

POTLUCK 5:30 – 6ish



The Happy Hour Cookout

March 9th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on March 22nd

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

Potluck This Month March 25th

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

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

Kauai AA Womens Retreat

May 3, 4:00pm-May 5, 11:00am

Camp Hale Koa in Kokee

Speakers, Workshops, Sisterhood & Recreation

Registration Deadline is April 24th

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

AA Meeting Places

Saint Michael's Church



Photo - Alejandro

“Came to Believe”

Wednesdays 6:00 pm in the Community Room
4364 Hardy St., Lihue (Corner of Hardy & Umi St.)

Serenity Now

The ability to slow down and find serenity when you've lost it, when you're spinning out, when you're on that runaway train that leads to a drink, sometimes just depends on how experienced you are at it. What you need is the right kind of experience, one that leads to an ending of balance, one that leads to a state of Serenity. But what is that “right kind” of experience?

I felt most deflated at my first meeting...and it's been a slow recuperation. Healthy boundaries and reasonable shame arrived after I found some balance. This balance, this emotional sobriety is elusive and difficult to find.

Truth: Being too arrogant, smart, boring, and talkative are not going to build the right experience on the path to Serenity. Humility is a better building block.

Nowadays I serve and try not to talk unless it is strong, healthy talk (like what we focus on at meetings). This is the path of choosing a healthy, emotionally balanced program for myself.

~ Aaron W.

March in Our History:

Thanks to Irene R. the Anchorage Archives Committee has received a copy of a speech Bill W. gave on July 24th, 1969 before the US Senate. It is eleven pages long and the subject is, "The Impact of Alcoholism." It's members like Irene that keep the history of A.A. in the forefront of our movement. Without the knowledge of our past we have no tomorrow. Also, Sue Smith Windows, Dr. Bob and Anne's daughter, passed away last month in Akron Ohio. I've known and corresponded with Sue ever since she helped spearhead the idea in the mid 1980's of making her parent's home a place where A.A. members from all over the world could visit. Today their home has become a State Historical Site and National Historical Landmark.

March, 1941: Cleveland, Ohio forms the first Women's AA Group. The Secretary for this group was Marion R. and could be written to at 12214 Detroit Ave., Cleveland.

March 5th, 1945: Radio station W.W.J. in Detroit, Michigan, pioneered a weekly program put on entirely by AA members talking about AA. They also took phone calls.

March 1948: Richmond Walker finished the "24 Hour A Day" book, printed and distributed on his own.

March 1954: Marty M. (story in the Big Book) was providing so much factual education to communities nationwide about alcoholism that she was named 'One of the Ten Greatest Living Americans.'

March 21st, 1966: Passing away on this date Ebby T., the one and only sponsor of Bill W. Ebby brought Bill the message of sobriety, Big Book pages 9-10-11-12.

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

~ Submitted by Mathea A.

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

**Tradition III:**

The only requirement for membership is a desire to stop drinking.

- In my mind, do I prejudge some new AA members as losers?
- Is there some kind of alcoholic whom I privately do not want in my AA group?
- Do I set myself up as a judge of whether a newcomer is sincere or phony?
- Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
- Am I over-impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
- When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

The Third Step Prayer

"God, I offer myself to Thee – To build with me and to do with me as Thou wilt.

**Relieve me of the bondage of self,
that I may better do Thy will.**

**Take away my difficulties, that victory
over them may bear witness to those
I would help of Thy Power, Thy Love,
and Thy Way of Life.**

May I do Thy will always!"

Kauai Intergroup

**The Next Intergroup Meeting:
March 2nd, 9:30 am
The Lihue Neighborhood Center**

Intergroup Treasurers Report

January 2019

Income:


Anonymous	Donation	1000.00
Stick Mtg. Koloa	7th	60.00
Step Sisters	7th	15.67
Kauai Recovery Grp.	7th	50.00
HICYPAA	7th	537.08
Turn It Over Grp.	7th	33.00
Lihue United Church		59.00
Kauai District Committee		500.00
Kauai District Committee		30.00
Koloa 3 rd Step Mtg.	7th	74.00
Na Wahine Ku Pono	7th	25.00
Whiskey and Milk	Literature	63.00
Hui Ohana	Literature	77.25
Koloa Wednesday	Literature	<u>26.25</u>
Total Deposits		<u>2550.25</u>

Expenses:

Guardian Storage	Locker	156.25
Hawaiian Telcom	Hotline	25.98
Ink Spot	Newsletter	150.00
Bank of Hawaii	Service Fee	2.50
Kauai Business Services	Schedules	<u>254.45</u>
Total Expenses		<u>589.18</u>

Bank balance as of 1/9/19	89.55
Income	2550.25
Expenses	-589.18
Less Prudent Reserve	<u>-1050.00</u>
Operating Balance	<u>1000.62</u>


SEND YOUR CONTRIBUTIONS TO:
Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766



District 6, Kauai:

**The Next District Meeting:
March 16th, 9:30 am
The Lihue Neighborhood Center**

SEND YOUR CONTRIBUTIONS TO:
Kaua'i District Committee
P.O. Box 1503
Kapa'a, HI 96746



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



\$\$ URGENT \$\$
PLEASE SUPPORT YOUR KAUAI
INTERGROUP.



DCM Report



Aloha Kakou, I would like to give a big thanks to Intergroup for organizing the Valentine's Day Gathering! Even though the weather had an arctic feel to it, 25-30 sober Valentines attended to support each other in recovery. There were quite a few newcomers and lots of gratitude to be sober on a day that can spark some challenging emotions. Thanks again Intergroup and hopefully we will do it again next year!

For District news, we need to fill some Standing Committee Positions. Standing Committee Chairs are AA members that connect Alcoholics Anonymous with the suffering alcoholic, through various means of education & communication. We have 8 standing committees & **the following 5 positions need to be filled.** The descriptions of these committees & some examples of how they have reached out to different communities are listed below.

Public Information: Responsible for creating understanding and preventing misunderstanding of the A.A. program through the public media, electronic media, P.I. Meetings, and speaking in community groups. For example, the PI Chair, organizes a committee to assist with representing Kauai AA at the County Fair. Last year the PI committee, also organized the successful Gratitude Luncheon. The Luncheon honored non A.A. members of the community that have been instrumental in helping AA with carrying out our primary purpose.

Cooperation with the Elder Community: Oversees and coordinates activities with regard to carrying our message of recovery to the older alcoholic. This may entail attending health fairs that specifically address the elder community or distributing AA pamphlets in approved doctor's offices.

Archives: Researches and documents the history of AA on Kauai. The Archives Chair might interview old timers that assisted in creating a new group or were present in the beginning stages of a group. This is a fascinating and rewarding way to meet and honor the AA's that have kept AA on Kauai alive for several decades.

Treatment & Accessibility: Coordinates the service work of individual A.A. members to alcoholic treatment facilities, sets up means of bridging the gap from treatment to A.A. and works to clarify what A.A. can and cannot do, within the Traditions, to help alcoholics in treatment. The chair might work to coordinate a meeting at a recovery center or coordinate interpreters for the hearing impaired.

Mynah Bird: Publishes newsletters that focus on A.A. topics, including actions decided by the District. The Mynah Bird Chair submits articles representing Kauai to

this newsletter. They might attend a dance, the Thankathon, a workshop or any type of relevant info. that would highlight our recovery community in action and submit an article to the newsletter for publication. The chair may also encourage other AA members to submit articles pertaining to Kauai AA.

The best aspect of being a Standing Committee Chair is the creative freedom to carry out this service position, as long as I remain within the guidelines of the traditions. When I first got into service I didn't think I had the necessary qualifications. Since then, I learned that ALL AA SERVICE POSITIONS ARE ON THE JOB TRAINING! I didn't know how to be a secretary until I became a secretary. I didn't know how to be a treasurer until I became a treasurer. I didn't know how to be a GSR until I became a GSR. The AA's who were of service before me gently taught me how to be of service.

I learned that if I had a conflict at a business or district meeting, I had an entire month to work the steps on this conflict to get to the root cause. I got very good at pausing when agitated or doubtful. What happened almost every time was that I let my higher power step in and show me how to have true partnerships with my fellow humans. I've learned how to listen, show up, commit, and build friendships throughout the entire state of Hawaii. All this because I had the willingness to give back to AA what it has freely given to me. Please come to the District Meeting and learn how you can get involved and keep AA on Kauai strong and thriving for the alcoholic that still suffers.

The first weekend in March I will be attending PRAASA (Pacific Regional AA Service Assembly), whose purpose is to develop greater unity among the members, groups, and areas of the Pacific Region, encourage the exchange of ideas and experiences, provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous and to foster the Recovery, Unity, and Service legacies of Alcoholics Anonymous. PRAASA is open to everyone and what I hear is that it is an amazing experience! I can't wait to attend and report back on this unique opportunity.

March 9th I will be attending the Area Committee Meeting on Maui. Area Officers and DCM's gather and discuss topics that pertain to our Area like finances, locations of future assemblies, information from the Delegate, and actions we may be voting on at the next assembly. Stay tuned and I will also report on this next month. Please feel free to email me with any questions or concerns at DCM6@area17aa.org.

Thank you for electing me as your DCM and letting me be of service.

~ Janice M.