

January 2015

Garden Island Sobriety

'Step One'

"We admitted we were powerless over alcohol - that our lives had become unmanageable."



He said: Who knew? Yes they said, "Keep coming back" but I had no idea they meant tomorrow and the next day and the next day and so on.

So again, there I stood at the intersection of Deja vu Court & What Happened Loop. I'd been here before. This was very familiar. But, this time it was also different. Beside the fact that it was 5am, I was half dressed in a hospital gown and hospital wrist band, with bandages on each wrist and the fresh memory of a Dr asking me why I was trying to kill myself? I was left with nothing and no one to, turn to but God.

This time I didn't even have to ask for help. It was obvious what I needed to do. I needed to clean up, get dressed and get my butt back to that place, that room, with those people that all seemed so happy and friendly for no apparent reason; The place where I was asked, to *'keep coming back.'* So, there I went.

I walked in, pale, broken and desperate to live. The room was brightly lit, loud and sprinkled with some familiar faces. I took a seat towards the back against the wall, and felt strangely comfortable. Within minutes a small bell was rung and the meeting started. The usual literature was read and then came the moment, that moment I had so desperately wanted and it was finally here and true.

The chairperson asked, "Is there anyone here in their first 24 hours of sobriety?" I raised my hand without any hesitation and said, "My name is Lance and I am an alcoholic." It was at that moment that I knew this was my time. I felt peace. I now knew what was wrong. I had a disease. My life was unmanageable.

(cont. p. 2)



She said: There are two parts, both of which are imperative, to fully working Step 1.

Powerlessness to me means that I could not stop drinking on my own, no matter how much I absolutely wanted to. No matter how many promises I made to stop, the compulsion was too powerful. No matter how many times I exclaimed "This is the last time!" there was always another. It was only when I recognized deep inside myself that I could not stop and that I needed help, that I was able to arrive at the point where I became willing to ask God for help.

I have learned, through participating in my recovery, that I am powerless over ALL people, places and things. The wonderful news is that though I came to AA because of my problem with alcohol, I received a solution based program that would subsequently help me in ALL areas of my life.

The First Step is the only Step where alcohol is mentioned. One can take that word out and insert anything that is happening in life that is robbing you of peace, joy and serenity. For me, it had to begin with removing alcohol from my life to actually see that it was but a symptom of a soul sickness that I knew nothing about.

Growing up in an alcoholic home left me with a warped idea of what **Manageability** actually looked like in one's life. I believed for a long time that my life was manageable because it appeared from the outside that all was well. I had a good job, I hadn't gotten arrested (yet), I hadn't lost my kids (didn't have any), hadn't lost all my money (yet), hadn't lost my car (yet). When I got honest with myself, I saw that I had completely lost Michelle. I had lost my integrity, self esteem and respect. I crossed lines that I promised I

(cont. p. 2)

He Said: (cont.) I wanted to live and I knew I could not do it on my own.

That was 16 yrs and 9 months ago. Today I love me.

In service for you,

~ Lance L.

WELCOME to our Writers For 2015 "HE SAID - SHE SAID"

LANCE R. AND MICHELLE L.

She Said: (cont.) would never ever cross in the name of getting loaded. Slowly but surely my life had clearly become unmanageable.

When I was able to concede to my inner most self the truth of BOTH parts of this Step, my obsession could be lifted. Recovery could begin. The irony of the whole wonderful spiritual process found within the 12 Steps is that in discovering my "powerlessness" over alcohol, in time, I became empowered to live a completely different kind of life, a life of service.

In Love and Light,

~ Michelle L.

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!

Happy Birthday

Lopaka	12/13	1970	44 yrs
Carl K.	12/19	1981	33 yrs
Bobo	12/13	1986	28 yrs
Peggy S.	12/19	1986	28 yrs
Lori N.	12/23	1988	26 yrs
Bob C.	12/16	2003	11 yrs
Ron W.	12/24	2003	11 yrs
Eddie F.	12/13	2005	9 yrs
Erica J.	12/13	2005	9 yrs
Sarah	12/3	2007	7 yrs
Nicole	12/24	2009	5 yrs
Allison T.	12/23	2011	3 yrs
Steve	12/20	2013	1 YEAR

Congratulations Everyone!!

Find A.A. in Hawaii

at: www.area17aa.org

THANK YOU to our Writers For 2014 "HE SAID - SHE SAID"

JILL R. AND PAUL M.



Meeting Marathon

A meeting every hour on the hour



New Years Eve 12:00 noon

To

New Years Day 12:00 noon

**Last Saturday Supper
Still at 7:00pm**

**At the Salvation Army
In Koloa Town.**



The Water Meeting & BBQ

At Lydgate Park and Pond

This Month January 11th 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 January 18th, 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 January 26th, 6:45pm

Celebrate AA Birthdays, Speaker Meeting 7:30pm



The Last Saturday Supper

At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on January 31st, 7:00 pm

Speaker at 7:45 pm. Sponsored by Koloa Nooners

A.A. Meeting Places



Kauai Veterans Memorial Hospital

4643 Waimea Canyon Drive, Waimea

Waimea Canyon Group

All 3 Meetings have Moved

To KVMH Conference Rooms A&B

Except the 2nd Monday is in Conf Room C

- MONDAY 5:30pm NEW –12 & 12 Step Study
- THURSDAY 5:30pm
- FRIDAY 5:30pm Living Sober Book Study– and Birthdays are celebrated on the last Friday of the month with cake and potluck

Wow! Waimea Canyon Group is happening!!



After The Thankaton

What great energy and great excitement to see new faces, and others that we don't regularly see at our home groups. **Thank you everyone** for making this event possible! Thank you to the friends that shared their IMU with us and those who helped prepare and deliver the turkeys to the Stone Church. **Thank You to all who helped** set up, clean up, make meetings possible by attending or sharing, and to the speakers, musicians, groups and anonymous supporters who donated funds for the turkeys. **Thank You to all who attended** the Thankathon and to Kauai Intergroup for renting the venue and picking up the bill. **Thank You each side of the island**, North, South, East, and west, for coordinating the food.

God bless you all! Thank You for making a memorable Thanksgiving. ~ Love, Alejandro



December in Our History:

Dec. 20, 1945: Rowland Hazard dies in Waterbury Connecticut at the age of 64. He lost both his sons during World War II. Rowland had been a patient of Dr. Carl Jung in the early 1930's. Coming back to the United States he will join 'The Oxford Group', a worldwide spiritual movement of the time, and he will carry the message of sobriety to Ebby T., who in turn takes the same message to Bill W. (Big Book pages 9-10-11-12). Ebby becomes our co-founders one and only sponsor. There is no evidence that Rowland ever came into AA. He is considered by most AA historians to be the first in a series of events that had to happen for AA to exist today.

Dec., 1923: Christmas: Bill W. wrote down in the family Bible and vowed to Lois that he would stay sober for one year. This pledge lasted two months and it was the first of many attempts to stay sober.

Dec. 1933: Prohibition ends. What was called "America's noble experiment" to abolish alcohol was a total failure.

Dec. 1938: For the first time Bill puts the Twelve Steps down on paper using the principles of the Oxford Group.

Dec. 1939: Rockland State Hospital is the first hospital to start taking alcoholic patients to AA meetings (Big Book P. 163).

Dec. 1943: The San Quentin Newsletter reports that Bill W. is going to be the speaker at their holiday AA meeting. There are 300 inmates in the group.

Dec. 1949 Christmas: Dr. Bob's last visit to the alcoholic ward, St. Thomas Hospital, where he treated 5000 alcoholics with Sister Ignatia by his side.

Dec. 1952: Bill W. as the main speaker in Orlando, Florida said "December is the 'Slippery' month to AA old-timers because it has more slips, suicides and wounded Christmas tree than any other month."

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

~ Submitted by Mathea A.



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

Tradition One

Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

The traditions were and are in place to ensure that the opportunity for recovery from active alcoholism is available for all who show up at the doors, tables, circles or wherever we hold our meetings. But more importantly that it is a safe environment for all who want recovery. It is the responsibility of each and every member to adhere to the principle of unity and the concept of our common welfare, being the primary reason for the existence of the group. If the group begins to wither and die due to any factors that weaken the unity, then in like fashion will the alcoholic begin to get sick and either return to drinking or make the choice of the supreme sacrifice.

The rooms of AA are usually the last place on the planet that most of us who have arrived here wanted to be, but it has turned out to be the most significant experience that we have the opportunity to share with others. We have the responsibility pledge, which really resonates with me, and I believe it does for anyone in service.

"I am responsible, when anyone, anywhere reaches out for help I want the hand of AA always to be there. And for that I am responsible."

We would not be able to help anyone if our meetings become known as an unsafe place to go. Let us all remember the purpose that our Higher Power has brought us together to accomplish. I pray each and everyone enough Health, Love and Prosperity as we trudge the road to Happy Destiny.

In Love and Service Forever,
~ Ron L.



Kauai Intergroup

The Next Intergroup Meeting:
January 3rd, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

November 2014

Income:

Living Sober	42.50
Step Sisters	38.00
Step Sisters	14.00
North Shore Aloha	24.00

Expenses:

Hi Telcom	25.56
Guardian Self Storage	130.21
Ink Spot	150.00
New Years Eve, Jerry V.	250.00

Balance	3666.69
Less Thankathon Invoices	150.00
Less Prudent Reserve	200.00
Less Christmas Party	250.00
Balance	3066.69

~ Prepared by Mike C. ~



Need Literature?

➡ Get It At The Intergroup Meeting!

*Books*Pamphlets*GIS Newsletter*Meeting Schedules

➡ Or We Can Deliver It To You!

Call the AA Hotline With Your Request at: **245-6677**

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

SEND YOUR CONTRIBUTIONS TO:

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



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.

District 6, Kauai:

The Next District Meeting:
January 10th, 9:30 am
The Lihue Neighborhood Center

Upholding the Traditions of AA

I would like to speak to the Fellowship of AA, here on Kauai, Hawaii and the World about being good stewards of the traditions of AA. Lately, there have been a number of instances or incidents of disruptive behavior by individuals attending AA meetings and the antipathy of members with time to address the issue with assertive tactics quickly. We as a fellowship can ill afford to allow anyone to take a meeting hostage with outbreaks of anger or any kind of disruptive behavior. **The Traditions are non-negotiable!** We must stand on the principle of Unity to protect the individuals who are coming to the meetings for recovery. We must provide a safe environment for all who attend our meetings. If we do not make this a priority, then the fellowship as we know it will wither and die, and with it so shall we all. The spiritual principles which govern our fellowship and our personal recovery are all that stands between us and the return to active alcoholism. **I for one am living in a state of Grace** and would love to think that everyone who enters the rooms of AA is here for recovery, but the truth of the matter is that that is not the case. I am reaching out to all the members of AA and asking that you think about what I have said and seriously ask yourself some questions, "Am I a good steward of the Traditions?", "Am I being a responsible member by ensuring that the meetings I attend are safe for everyone? Do I allow others to disrupt or take a meeting hostage and idly stand by? **I know by the very nature** of this line of questioning there will be varying opinions. That's okay. This needs to be addressed before it becomes a problem of epic proportions. ~ Ron L. DCM #6, 2014

NEW District 6 Committee:

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

Public Information Summary December, 2014

"... Brotherly and harmonious action," BB p17.

■ Looking back over the past two years it is clear that we had some lofty goals and some real high points in our efforts to "carry the message."

■ Pamphlets are present in about 30 venues on the island and we have a regular presentation at DUI classes. We have participated in several health fairs and the County Fair.

■ The 2013 Gratitude Luncheon was a great success. Unfortunately, we didn't capitalize on the momentum and things have fallen off somewhat in recent months, most clearly demonstrated by the cancellation of this year's luncheon. But the format is established and the ground has been prepared for those who come after us and hopefully the future will reveal new enthusiasm and new energy.

■ This work has illustrated to me in a most practical way that we are forced to operate by group conscience; the consciousness is expressed in our actions and those who believe in this way out will act accordingly. ~ Jim D.

District 6 Treasurer's Report

December, 2014

Group Contributions:

Experience, Strength, & Hope	18.44
North Shore Aloha	100.00
Sobriety in Paradise	30.00
Princeville –Hanalei	162.00
Koloa Aloha	50.00
Na Wahine Ku Pono Koloa Ni	75.00

Expenses: 0.00

Bank Balance 5211.78

Prudent Reserve 1000.00

~ Prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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

