

February 2020

# Garden Island Sobriety

## 'Step Two'

**"Came to believe that a power greater than ourselves could restore us to sanity."**



**He said:** Basically, what they're asking me in Step 1 is "What's the problem?"...If I don't get real clear on that, how in the world can I expect to find a solution.

**Lack of power, that's** my dilemma. I have an obsession of the mind and an allergy of the body where alcohol is concerned. I have a soul sickness that manifests itself in that way. I can stop, and be relieved of the physical phenomenon of craving, and the Big Book refers to the craving as the "physical malady", but I haven't dealt with the greater aspect of my disease...I have to be relieved of the obsession of the mind or I'm never going to be able to get comfortable while sober. Staying stopped is a remarkably difficult experience for me and I don't want the struggle...I want the freedom. I'm sick of fighting. I don't want to live my life battling the beast. My whole life is unmanageable as a direct result of this thing in my life. I can attribute all of the problems in my life to drinking and using. They're all created or exacerbated by those two things. Now that I've established the problem, what's the solution? What can I do to be relieved of this condition?

**Step 2...Can I believe** that a power greater than myself can restore me to sanity, soundness of mind, and relieve me of the obsession to drink?

**Can I come to believe** that? I knew I was an alcoholic, but I didn't know about alcoholism. I didn't know what I was up against.

**Lots of things have** happened throughout my life that I can say have been sent from "above", and some things have taken place that, at the time, seemed liked they were sent from "below". I like to admit that the "dots" have been clearly connected. I won't get into my beliefs in detail, but I have them. So, on that day (which I wrote about in January) when the scorecard read "Zero", I was given a precious gift. The obsession was relieved. And it didn't come from me. (Cont. p. 2)



**She said:** This step took me a long time to understand and to me it has two parts.

**One: To be restored** to sanity. First of all you would have to be insane. I was, in my mind, a fully functional alcoholic. I mean I finished college, never got fired from a job and paid my bills on time. Those three attributes gave me, in my mind, full rein to party down and for it to be completely justified. I used to always say, "As long as I am not living on the sidewalk, I'm surely not an alcoholic. Those people are insane."

**To my surprise,** and no one else's of course, I found out I *was* insane and a full blow alcoholic. It didn't matter how many material possessions I had or what kind of job I was in. Me, alone with my thoughts and actions, had alcoholic written all over it, in neon lighting.

**You don't have** to bathing in an outdoor fountain or talking to yourself in the third person in a crowd of people to be insane. Insanity is doing the same thing repeatedly and expecting different results. My behavior was erratic and but predictable, and if I wasn't getting loaded, I was searching for a way I could. I was repeating the same patterns and wondering why my life always ended up right where it started. Every relationship had the same exact timeline, every project I attempted and adventure I went on somehow had alcohol wrapped up in the first half. I was left unable and disinterested in ever finishing the rest.

**Two: Being stubborn** and self-sufficient I tried to restore myself to sanity when I tried to stop drinking. I did this countless times, being puzzled why my efforts were failing me. I believed in me. Sort of. For the longest time I was my own higher power. My life was run on self-will and I thought I was running the show. I was spiritually bankrupt, thinking the only thing I could count on was the large cup of whisky that was waiting for me at the end of the night. How can you put trust and faith in something that is not tangible? (Cont. p. 2)

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**AA Archives p.4 The 12 Concepts p.4**

**AA Hotline 245-6677**

**He Said** (cont.) I came to AA in the year 2001. I found out that I had a relationship with God, and it wasn't a very good one. That relationship was based on my point of view, my attitude, and my insistence on things being different than they were. That relationship had to change, and I needed to get it right. It did, and I did, for a little while. Look, for some of us, that's what it takes. The past can include lots of things, dis-ease, isolation, incomprehensible demoralization, heartbreaking riddles, abuse and the list goes on and on. What alcohol did for me was this: It gave me a sense of ease and comfort and I loved the feeling. What it took though, was everything.

I choose to define insanity as doing the same thing over, and over again knowing full well what's coming. I have come to believe that not only has God removed the obsession of the mind as it relates to alcohol, but has restored me to sanity in my thinking process, because for this 24 hours, alcohol will not make things better...Hmmm, there's that word again: Thinking.

~Steve Q

**She Said** (cont.) I honestly had no idea what having faith even meant. I used to believe people of faith were weak minded and had no drive to do things for themselves. I thought most people prayed for material possessions. You want a car? Pray for it. But after a couple months into sobriety I found it was the exact opposite. Old timers talk about how their higher power is working miracles in their lives, but also how much work they are doing in the program. It's a program of action. They are taking the actions and having faith that God can do what we cannot do for ourselves. Walking by faith takes a lot more effort than walking by sight. And that's what Step 2 is to me. A leap of faith in new territory.

~Ashlie W.

## 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

Dotty	1/31	1973	47 yrs
Jay W.	1/23	1982	38 yrs
Susan C.	1/20	1988	32 yrs
Gloria C.	1/12	1984	36 yrs
Stevie G.	1/11	1986	34 yrs
Barbara J.	1/1	1987	33 yrs
Chris H.	1/11	1987	33 yrs
Laurie L.	1/19	1988	32 yrs
Mickey M.	1/6	1990	31 yrs
Bill M. (died April 2018)	1/24	1990	31 yrs
Maureen M.	1/7	1995	25 yrs
Patti W.	1/1	1995	25 yrs
Tony C.	1/18	1997	23 yrs
Steve M.	1/26	1998	22 yrs
Bob H.	1/18	1999	21 yrs
Tony S. (CA)	1/2	1999	21 yrs
Luis R.	1/1	2001	19 yrs
Clark	1/22	2002	18 yrs
Theresa	1/28	2002	18 yrs
Kurt	1/7	2002	18 yrs
Susan ON	1/7	2003	16 yrs
Ele J.	1/16	2005	15 yrs
Keeley W. (CA)	1/15	2006	14 yrs
Maureen M. (CA)	1/30	2006	14 yrs
Laurel R.	1/26	2007	13 yrs
Aakara	1/20	2008	12 yrs
Liz O.	1/22	2008	12 yrs
Emma S.	1/1	2008	12 yrs
Matt	1/24	2009	11 yrs
Lee	1/12	2010	10 yrs
Paul	1/26	2010	10yrs
Rick	1/11	2011	9 yrs
Sarah A.	1/3	2011	9 yrs
Kirk F.	1/24	2012	8 yrs
Terance B.	1/17	2013	7 yrs
Shastin.	1/2	2018	1 YEAR

# A.A. Activities



## Steps to Freedom Birthdays

**Potluck This Month February 24<sup>th</sup>**  
**6:30pm, Kapa'a United Church of Christ**  
1315 Ulu Street, Kapaa  
Speaker Meeting at 7:30pm



## Waimea Cyn Birthday Potluck

**This Month on February 28<sup>th</sup>**  
**5:30pm Potluck, 6:30 Sunset Meeting**  
**Kekaha Beach, MacArthur Park**

Last Friday of the Month (bring good food!)  
Volleyball, Swimming, Fellowship, Sunset, Fun

## **Came to Believe Meeting Cancelled**

There is no longer a Wednesday  
meeting at St Michaels at 6 pm...

## AA Meeting Places



**Church of the Pacific**  
4520 Kapa Ka Road, Princeville

(Across the Hwy from Princeville Stables)

- Monday - 7:00 am Daily Reflections
- Thursday - 7:00 am Daily Reflections
- Friday - 12:00 Noon BIG BOOK STUDY



**The LGBTQ members of  
Alcoholics Anonymous,  
with Al-Anon participation,  
Invite you to join us in an island-  
style recovery event at our -**

## **27<sup>th</sup> Annual Aloha Roundup 2020**

**February 28 to March 1, 2020**

Registration Fee \$65.00  
Sunset Dinner Cruise \$75.00  
T-Shirts available

**For information on:**  
**Hotels**  
**Day Passes**  
**Registration**  
**Saturday Night Luau**  
**Sunset Dinner Dance Cruise**  
**Go To:**

<https://aloharoundup.com/>

**February in Our History:**

**February, 1939:** 400 pre-publication copies of the Big Book in manuscript form are distributed for comments and suggestions before our book went to print. Today there are twelve originals known to exist.

**Feb. 8, 1940:** The Rockefeller fund-raising dinner at the Union Club in New York with Dr. Bob, Bill and six other A.A.'s in attendance.

**Feb 1940:** Sister Victorien, working with Sister Ignatia, was transferred to Cleveland and began admitting alcoholics at St. Vincent's Charity Hospital

**Feb. 13, 1940:** The first recorded time the "Lord's Prayer" was used to close an A.A. meeting, at the 'Philadelphia Group', Philadelphia, Pennsylvania

**February 1943:** Newspaper *San Francisco Bulletin* interviews "Ricardo", a San Quentin Prison inmate and an active A.A. member who's group in San Quentin numbers over 100 members. Bill W. visited and spoke many times before this group.

**February 1946:** A documentary film which answered a lot of questions about A.A. is produced by our New York office. It's called: *The March of Time*.

**Feb. 1948:** Father Ralph Pfau founded the "Catholic Clergy Conf. on Alcoholism", which brought the A.A. message to priests suffering from alcoholism.

**February, 1949:** In Center City, Minnesota the Hazeldon Foundation Alcohol Treatment Center opens.

**Feb. 1959:** Permission was asked for and granted by G.S.O. for our literature to be put on tape for "Recordings for the Blind."

**Feb. 1990:** Going to print – the Ten Millionth copy of the Big Book.

**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 II**

**The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.**

The "Twelve Concepts for World Service" are an interpretation of A.A.'s world service structure. They reveal the evolution by which it has arrived in its present form, and they detail the experience and reasoning on which our operation stands today. These Concepts therefore aim to record the "why" of our service structure in such a fashion that the highly valuable experience of the past, and the lessons we have drawn from that experience, can never be forgotten or lost....

**GRAPEVINE** Quotes of the Day

**January 1, 2020**

"From first to last, AA is a program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is doorway to growth; but there will be no growth unless I follow up the admission with action.

West Henriette, N.Y., October 2007, "Step Ten: Up Close and Personal," Emotional Sobriety II.



**The Next Intergroup Meeting:**  
**February 1<sup>st</sup>, 9:30 am**  
**The Lihue Neighborhood Center**

## Intergroup Treasurers Report

**December 2019**

### Income:

Waimea Cyn Group	Literature	102.00
Saturday Night, Kapaa	Literature	272.00
Thankathon	Literature	36.00
<b>Total Income:</b>		<b><u>410.00</u></b>

### Expenses:

Bob B.	Lock	19.84
Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.69
Ink Spot	Newsletter	150.00
Costco - Thankathon		97.81
Venue for Thankathon		156.00

**Total Expenses** **609.41**

<b>Bank Balance as of 12/27/19</b>	<b>2505.09</b>
<b>Income</b>	<b>+410.00</b>
<b>Expenses</b>	<b>-609.41</b>
<b>Balance</b>	<b>2305.68</b>
<b>Prudent Reserve</b>	<b>-1050.00</b>
<b>Operating Balance</b>	<b><u>1255.68</u></b>

~ Prepared by Intergroup Treasurer ~

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

## Find A.A. in Hawaii

at: [www.area17aa.org](http://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



**SEND YOUR CONTRIBUTIONS TO:**

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



## The Serenity Prayer

God grant me the serenity to accept the things  
that I can not change, the courage to change  
the things that I can and the wisdom to know  
the difference.

# District 6, Kauai:

**The Next District Meeting:  
February 15<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center**



## DCM Report



Aloha Kakou,

**Happy New Year** to you all. I hope everyone's New Year is starting out sane and sober!

If **one of** your resolutions is to get more involved in service I have great news for you!. We have several service positions open with the District that need to be filled. Most importantly we need a secretary to take minutes at the District Meeting on the 3rd Saturday of each month. Your job would be to record notes at the meeting, and email them to the District and Area. Super easy and a great way to get involved in General Service if you have never been involved before.

**The other positions** are Archives, Mynah Bird, Treatment/Accessibilities, and Cooperation with the Elder Community. These positions are mainly about getting the AA message to the people in these communities. As always, these are ON THE JOB TRAINING. I was always told if you don't know how to do a service position in AA, then that is the service position you should take. This is how we grow spiritually, by challenging ourselves and taking action in areas in which we are unfamiliar.

**Beginning this month** we are going to begin a caravan to different meetings around the island. This activity is a result of our District Inventory. One of the Inventory questions asked was, "How effective are we in communicating with all our Groups?" The answers were: 20%, there is informal support, difficulties in reaching everyone. 20% is quite low. How can we do better? A monthly caravan! Each month a caravan will be organized to visit different meetings around the island. This is a

great way to share information, make new friends, and show our support for each other island wide. On Friday February 28th, the caravan will go to the KVMH meeting at 5:30 held at MacArthur Park with a potluck following the meeting. The meeting of the month for March will be discussed at each District Meeting, announced by your GSR and posted on the website.

**Please feel free** to come to the District Meeting the 3rd Saturday of each month at the Lihue Neighborhood center at 9:30. Everyone is welcome!

~In Gratitude, Janice M.

## 2019 Lights on Rice Parade



### "Our A.A. Float"

**SEND YOUR CONTRIBUTIONS TO:**

**Kaua'i District Committee**

**P.O. Box 1503**

**Kapaa, HI 96746**

