

February 2018

Garden Island Sobriety

'Step Two'

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



He said: Wow! This is a good one.

When I first read this Step I was like what? A power greater than myself? Greater than me? Is this possible? Does this power exist? What could it possibly be? And, what is this mumbo jumbo about how a power greater than myself could restore my sanity?

I had no argument about being insane. I accepted that. What I did not know was how to *regain* my sanity. I had totally lost it. I needed a way to find sanity and I was desperate.

There was a loneliness that I felt at the same time as this desperation. No one could have possibly understood! Haha. Woe is me!

I never believed in spirituality or a real God. The only God I knew helped me get loaded and back home safely from partying. And, to survive through the most hellacious hangovers.

It's true that our disease is progressive. I went from smoking weed for fun and having two beers to drinking straight 'hards' (to stop my hands from shaking), chronic cocaine use (to enable more drinking), and pill use to help me come down from being so high. Full blown addict behavior casually became my usual lifestyle.

If there was a power greater than myself then I needed it. I *wanted* to believe in this.

The change did not occur quickly. After a time of thinking and listening to others share I finally had a glimpse of it becoming a reality. The longer I didn't drink the closer I came to sanity.

The serenity prayer was and is a huge part of my life today. It lets God help me make decisions. It allows Him to decide. It takes all pressure away from me and helps restore me to sanity.

The ease of this program is amazing. Even magical.
(Cont. p. 2)



She said: Thank goodness when I finally, blearily, walked into the rooms of AA I was so

emotionally, spiritually and physically exhausted that I was ready to believe in *anything* that could help me to stop being who or what I had become: a completely lost soul. In fact, looking back now I'm not even sure I saw the portion of the step regarding "sanity" that ended up being icing on the cake.

I didn't come from a religious environment and had spent years looking for something I thought was a higher power but never found it. It was never quite the right fit, if you know what I mean.

Then I saw that AA had a little provision in its language; my God could be a God of *my* understanding. Perfect! I was able to have a higher power that wasn't so big I couldn't wrap my head around it, or so small I couldn't refer even the most trivial of my problems to Him.

Some time has passed since I entered my first meeting and one day at a time that completely broken human being no longer lives in my skin. My periods of insanity are less frequent and shorter lasting but that's not to say I don't still have them. Apparently I sometimes forget what I learned early on; God is everything or God is nothing. My sick little brain sometimes tries to tell me I can handle certain areas of my life and that God is too busy handling much bigger problems of the world. I am well enough now and surely I can resolve *this* issue, whatever *this* happens to be - relationship problems, financial insecurities, a broken appliance, or even when I start to question why certain things happen the way that they do. The insanity starts to slowly creep back in. I begin getting those feelings of fear, disguised as anything, from self-righteousness to anger or depression. The horizon seems dark and the tunnel is long.

Eventually I somehow remember to use my tools –
(Cont. p. 2)

Birthdays p.2 **Meetings, Activities** p.3
AA Archives p.4 **The 12 Concepts** p.5

AA **Hotline 245-6677**

He Said (cont.) If you do as it suggests then it works! It really does! I can't express this enough. Unbelievably today I have a higher power and that one is God. May you find Him now.

I am tripping myself out quoting some of the things that I have learned along the way in AA. My favorite is "One day at Time." How easy is that? Oh and "Easy Does it!" Ha!

~Mike H., Kauai

She Said: (cont.) going to a meeting, calling another alcoholic, getting out of myself. And the light of the Spirit returns. I remember that God could and *does* when He is sought. Then I can relax and enjoy a sane way of life once again.

~Kathie G

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	45 yrs
Jay W.	1/23	1982	36 yrs
Susan C.	1/20	1988	30 yrs
Gloria C.	1/12	1984	34 yrs
Stevie G.	1/11	1986	32 yrs
Barbara J.	1/1	1987	31 yrs
Chris H.	1/11	1987	31 yrs
Laurie L.	1/19	1988	30 yrs
Mickey M.	1/6	1990	29 yrs
Bill M.	1/24	1990	29 yrs
Maureen M.	1/7	1995	23 yrs
Patti W.	1/1	1995	23 yrs
Tony C.	1/18	1997	21 yrs
Steve M.	1/26	1998	20 yrs
Bob H.	1/18	1999	19 yrs
Tony S. (CA)	1/2	1999	19 yrs
Luis R.	1/1	2001	17 yrs
Clark	1/22	2002	16 yrs
Theresa	1/28	2002	16 yrs
Kurt	1/7	2002	16 yrs
Susan ON	1/7	2003	14 yrs
Ele J.	1/16	2005	13 yrs
Keeley W. (CA)	1/15	2006	12 yrs
Maureen M. (CA)	1/30	2006	12 yrs
Laurel R.	1/26	2007	11 yrs
Aakara	1/20	2008	10 yrs
Liz O.	1/22	2008	10 yrs
Emma S.	1/1	2008	10 yrs
Matt	1/24	2009	9 yrs
Lee	1/12	2010	8 yrs
Paul	1/26	2010	8 yrs
Rick	1/11	2011	7 yrs
Sarah A.	1/3	2011	7 yrs
Kirk F.	1/24	2012	6 yrs
Terance B.	1/17	2013	5 yrs

Congratulations Everyone!!



Valentine Breakfast

At Poipu Beach Park

February 10, 2018 At 8:00 am

After the 7:00am Sunrise Meeting

POTLUCK ITEMS WELCOMED



The Happy Hour Cookout

February 10th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on February 23rd

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset



AA's Got Talent Show

Friday February 23

Held after the 7:00 pm Stick Meeting

At Lydgate Main Pavillion

\$10.00 Entry Fee for Participants

Prize is Registration for GIGYPAA Campout



Steps to Freedom Birthdays

Potluck This Month on February 26th

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

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



Came to Believe - Pizza Night

This Month February 28th

6:00pm Saint Michael's Church Lihue

Every last Wednesday of the Month

Super Bowl Sunday

The 11th Annual Chili Cook-Off

Feb 4th, 2018

Meeting at 10:00

Cook-off begins at 11:00

Game starts at 1:30

Speaker/Discussion meeting after game

4332 Puaole St. in Lihue

Come join the fun!!



A.A. Meeting Places



The Koloa Salvation Army

5348 Koloa Rd. (next to crazy shirts)

NEW LGBT MEETING STARTING

Thursday February 15th at 6:00pm

GRAPEVINE Quotes of the Day

January 25, 2018

"For the most part, situations requiring utter honesty are clear cut, and readily recognizable. We simply have to face up to them, our fear and pride regardless. Failing to do this, we shall be sure to suffer those ever-mounting conflicts which can only be resolved by plain honesty."

AA Co-Founder, Bill W., August 1961

"This Matter of Honesty," The Language of the Heart



AA Archives

The Best of Big Book Dave:

February in Our History:

Feb. 1938: Sobriety date of A.A Number 13, Earl Trent. Dr. Bob was his sponsor.

Feb. 1939: Collier magazine editor Thomas Uzzell edits the Big Book manuscript from approximately 800 pages down to 400.

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

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

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

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. 19, 1967: Father Ralph Pfau died Sunday morning in "Our Lady of Mercy Hospital", Owensboro, Kentucky. He was the third most published author of the A.A. message behind Bill W. and Richmond Walker.

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

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:

"Keep It Right Size"

My life based on fear or love is in the balance. Some days it seems like seeing the beauty in others is an impossible task. Other days, when the lens of love is how I filter experiences, it's elegant and amazing.

Believing I'm important becomes the seed where my ego's weeds breed selfishness Then I become relatively useless to myself and society. I'm just like you, no better or worse and living through compassion, where I can identify with your struggles, is the gold standard of strength I seek. This is the beginning of also realizing I'm not worthless and can begin rebuilding my life with the value you offer me through service.

Somewhere between arrogant and pathetic exists my best reasonable. That's where *right sized* begins. The way I'm seeing this slogan now, with the months, not years, of sobriety I have, is to *be* right sized not necessarily to stay right sized. The hope of my process is that I can appreciate that an opportunity to ~~stay~~ right sized isn't that far away.

~ Aaron W.

Expect A Miracle

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Kauai Intergroup

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

Intergroup Treasurers Report

December 2017

Income:

Third Tradition	7th	30.00
Thank-A-Thon	7th	122.00
Thursday 12x12	7th	50.00
Hui Ohana	7th	675.00
Hui Lokahi Men's Stag	7th	250.00
Poipu Beach Sunrise	7th	200.00
Lihue United Church	Event	59.00
Exp., Strength & Hope	Literature	18.00
Sunrise Sobriety	Literature	148.00
Hui Ohana	Literature	100.50
Third Traditions Grp.	Literature	74.25
Kauai District (Not Paid)	Literature	131.25
Total Income		1726.75

Expenses:

Guardian Storage	Locker	145.83
Thank-A-Thon	Supplies	45.25
Groups (Overpayment)	Literature	14.50
Ink Spot	Printing	150.00
Hawaiian Tele	Phone	25.87
Rick L.	Schedules	20.00
Total Expenses		401.45
Previous Balance		144.31
Net Profit or Loss		1325.30
Current Bank Balance		2369.61
Less Prudent Reserve		900.00
Balance		1469.61

~ Report prepared by JoRina ~

Intergroup Officers:

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



Concepts Checklist

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.

- Do we have an understanding of the history of the General Service Conference?
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider 7th Tradition responsibilities?



Literature Chair Person Needed Please Step Up!

Kauai Intergroup is need of someone dedicated to AA who will serve their own sobriety & the sobriety of others & **STEP UP** to this service position. We Need Our Literature! For more information about the position come to an Intergroup meeting or contact Bob B. Thru the AA Hotline at 245-6677

SEND YOUR CONTRIBUTIONS TO:

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

District 6, Kauai:

**The Next District Meeting:
February 17th, 9:30 am
The Lihue Neighborhood Center**

District 6 Inventory Panel 67

1. What is the basic purpose of the District Committee? The basic purpose of the District Committee is to keep in frequent touch with the groups, to learn their problems, and to find ways to contribute to their growth and well being. Encouraging participation in General Service, by carrying information back and forth between Groups and the Area body.
2. What additional activities can we engage in to carry the message? Events that are informative, including workshops on service, carrying the message into the schools, and how about an Alano Club? --All within the spirit of unity.
3. Considering the number of Alcoholics in our district, are we reaching enough people? No.
4. What has District done lately to bring the AA message to the attention of professionals who can be helpful in reaching those who are in need of AA? We just added a new CPC (Cooperation with the Professional Community) chairperson and he contacted a Doctor who happens to be in AA.
5. Do we try to illustrate a good cross section of AA in our message carrying? We do try, how could improve? By encouraging greater participation from the broad cross section of members on the island.
6. Do new GSR's stick with us, or does our turnover and missed meeting seem excessive? Well, out of 31 Groups on the island, 6 GSR's participated in this inventory.
7. How effective are we in communicating with all our groups? Not well enough. We could try and incorporate District business in our shares. Also, when AA related announcements are offered, it's a perfect time to give 2 minutes of what District is doing.
8. Do all AA's know about District meetings and have the opportunity to attend? Overall, the District meetings are not a very important topic at most

meetings. Opportunities to attend are on an individual basis, how important is it to each individual?

9. Has enough effort been made to explain to all the value and purpose of a GSR? Except for a GSR orientation event held in the beginning of panel 67 at the Lihue neighborhood center, probably not, and our DCM ought to look into the Service Manual for info on increasing awareness.

10. How do we encourage GSR's and group members to serve on committees? Again, it helps to share at a meeting the benefits of General Service.

11. Are District officers picked with care and consideration? Wouldn't it be great if we had more than one person willing to serve!

12. Do our groups carry their fair share of supporting the Area and the General Service Office (GSO)? The Area Treasurer reported in October that 38.7% of the groups on Kauai contributed. This compares to the National average of 41.5% in 2016.

13. How well are our groups informed about what is happening in AA worldwide? (See response to #9)

14. Are our District meetings informative and enthusiastic? A unanimous yes by all who participated. In summary, The Group Conscience is created in many ways. During our inventory process we addressed some principles that help us define ours here within the District 6 Committee: our basic purpose, activities we engage in to carry the message, attraction methods, community service, cross section accessibility, attendance, effective communication of information, committee membership, election procedures, financial self-support, and enthusiasm. I feel that while there's always room for improvement, in our own process of service, and in a collective manner, we have a terrific group of colorful individuals who show up with their experience, strength and hope, sharing information about their particular area of service, and are striving to keep our ultimate goal simple: Carrying the message to the alcoholic who still suffers.

Mahalo, Steve Q

District 6 Committee:

DCM:

Alt. DCM:

Secretary:

Treasurer:

Steve Q.

Janice M.

Jonathan D.

Crystal B.