

August 2013

# Garden Island Sobriety

## 'Step Eight'

**“Made a list of all persons we had harmed, and became willing to make amends to them all.”**



**He said:** I was thinking about a slogan for a bumper sticker or T-shirt that would say, “Live in the Aloha State of Mind!” Wouldn’t it be a great place for us to be where we think and act with Aloha!

**Our “state of mind” is a powerful tool** when used correctly. For me there had to be a willingness, a shift in my thoughts, moving away from a self centered view of my life and relations to a more humble view with regard to my place in the whole picture, and my thoughts would always proceed any action.

**As I worked this step** I would create a scenario in my mind as to how the outcome would play out for each individual circumstance. .

**I would constantly remind myself** that this is not an exercise in rationalization or in some way getting those I harmed to understand my actions. Most of my list was drawn from the 4<sup>th</sup> and 5<sup>th</sup> Steps.

**I started by identifying** the person(s) or institution I had harmed. I remembered with my new perspective and healthier thoughts, the situations that took place and found that past actions, once thought to be innocuous, I now viewed as harmful to others. With my new skills I can now examine feelings associated with the situation and review feelings if the roles had been reversed. Also, my intentions in the process of making these amends deserved my careful scrutiny for each situation.

**I also discovered,** as I am sure many others before me, that this step is an ongoing process! It baffled me to see how fast the founders of AA would SPEED through the steps PARTICULARLY 8 and 9. This leads me to believe that the scope of the world back then was much more narrow. I believe the world in which I live is much more complex.

*(continued on page 2)*



**She said:** This step for me sounds like a tall order of FORGIVENESS. I must say that this is one of the most difficult steps for me. Forgiving those who harmed me, asking forgiveness from those I harmed, and forgiving myself are the vital keys to this step.

**Forgiving those who harmed me** is difficult in itself because I love to justify my anger and irritation, especially when I am right. I feel powerful! Like a queen who has disorderly subjects that need to be reprimanded. I am right and how dare anyone say otherwise type of attitude. This type of thinking is condescending, arrogant, and self-righteous, the very opposite of humility. So what do I become when I need to ask for forgiveness?

**Asking forgiveness from others** for my actions against them is tremendously difficult after being so unkind, cruel, hurtful, and self-righteous. The best type of example for me is my children. When I drank I would humiliate, disrespect, and treat them as though they inconvenienced my life. This in fact meant they inconvenienced my ability to get loaded because I had to be a responsible parent. What a mom! I still feel the shame, pain, and hurt I caused so many years later. That type of thinking is so selfish, self-centered, and cruel. I am ashamed of myself.

**This brings me to the next key** of this step, forgiving myself. Forgiving myself means to me - do not regret the past or wish to shut the door on it. I know my behavior, thinking, and actions were filled with ideas I learned as a child. When I was a child, I behaved like a child. When I became an adult I behaved like some alcoholic adults behave: wreck less, dangerous, and

*(continued on page 2)*

**Birthdays P.2**

**Activities P.3**

**Archives P.4**

**AA Hotline 245-6677**

**He Said:** *(cont.)* I am unable to remember all situations at once, but as my new spiritual path causes me to review interactions of my past with higher levels of awareness, I am convinced that I could have done it better. It is with this thought that I become willing to proceed to the next step and making the appropriate amends.

**Step 8 is the mental preparation** which includes making ourselves willing to set things right and taking the actions necessary to make amends. I found that the better I prepared myself the easier Step 9 will be

~ Jay A., Kauai

**She Said:** *(cont.)* abusive. Now that I am sober, have a sponsor, and attend meetings, I am a sober woman of dignity, integrity, and honor. I choose to live a life that my children are proud to be a part of.

**Living clean and sober** allows me to make amends with my past. I do not have to relive the past to relearn the present. I live in the moment and allow my Higher Power to worry about everything else. Living in the moment is freedom!

~ Anonymous on Kauai

# Birthday Celebrations

## South Shore

- Koloa Monday Women's 'Na wahine ku pono'  
5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- Aloha Group - 7:30 p.m. Speaker Meeting, 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

Mary C.	7/20	1979	34 yrs
Kathryn B.	7/9	1982	31 yrs
Wink	7/4	1983	30 yrs
Judith E.	7/14	1984	29 yrs
Jerrie S.	7/17	1984	29 yrs
Gordy W.	7/11	1986	27 yrs
Rick G.	7/4	1991	22 yrs
Paul H.	7/1	1993	20 yrs
Lisa D.	7/4	1996	17 yrs
Dave A.	7/9	2004	9 yrs

## Congratulations Everyone!!

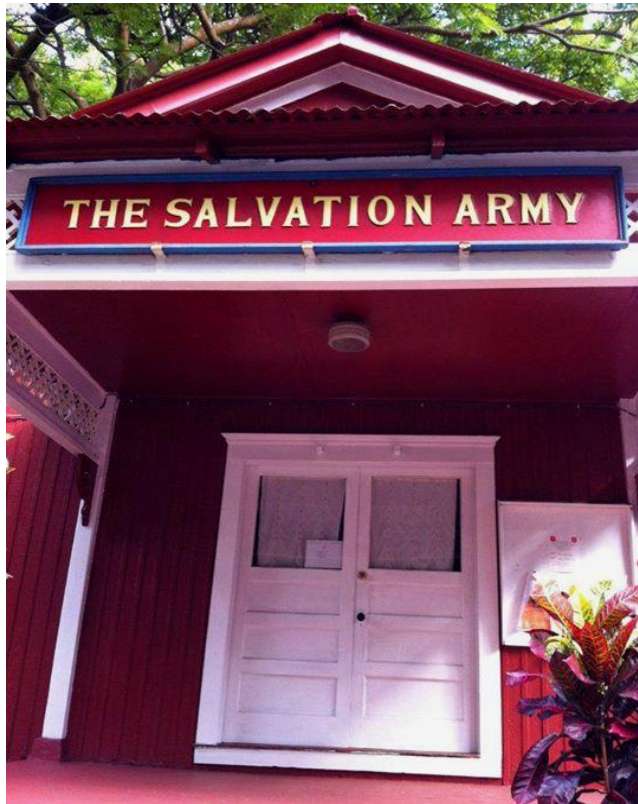
## ~About Publishing Birthdays~

**We Publish All Sobriety Birthdays  
On The Month After Their Occurrence.**

Have a birthday published or corrected in the GIS  
Newsletter by contacting:

[District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

# A.A. Meeting Places



## The Koloa Salvation Army

5348 Koloa Rd. (next to crazy shirts)

- Sunday 10:00 am, Meditation/Discussion Mtg
- Sunday 6:00 pm, 12x12 Book Study Meeting
- Monday 12:00 Noon, Discussion Meeting
- Monday 5:00 pm, Men's Meeting (closed)
- Wednesday 12:00 Noon, Discussion Meeting
- Friday 12:00 Noon, Discussion Meeting
- LAST SATURDAYS POTLUCK-SPEAKER MEETING, 7:00 PM

## Meeting Location Changes:

**The Sunrise Sobriety Group:** Now meeting in the Small Pavilion across from Brennecke's, at Poipu Beach Park!

**The Friday Lihue TGIF Noon Meeting:** This meeting has moved from the Veteran's Center in Lihue, to **The Lihue Neighborhood Center at 3353 Eono Street.** Time and Format remains the same. The meeting needs support.

# Kauai Farm Bureau Fair



**"A FAIR CHANCE"**

**August 22 – 25, 2013**

Once again our fellowship will be having an informational booth at the Kauai Farm Bureau Fair, August 22 - 25.

We will be joined by our local chapter of Al-Anon Family Groups and videos of our meeting places as well as Young People's videos and other materials from GSO will be furnished at the booth.

If you are interested in participating in this work, please send an e-mail to [publicinfo@kauaiaa.org](mailto:publicinfo@kauaiaa.org). We will be assigning three- or four-hour shifts to those who choose to participate and there will be passes and parking instruction available.



## HICYPAA 2013, Maui

**This year held August 30<sup>th</sup> - September 1<sup>st</sup>**

- Find all the info at: <http://hicypaa2013.org/>
- Don't miss out on this!



## Water Meeting & BBQ

**This Month on August 11<sup>th</sup>, Lydgate Pond**

- 11:00 am Potluck/BBQ
- 1:00 pm Meeting in the water



## Last Saturday Potluck

**This Month on August 31<sup>st</sup> at 7:00 pm**

- Held at the Koloa Salvation Army Hall
- Sponsored by the Koloa Nooners



## The Month of July in Our History:

**July 15<sup>th</sup> 1938:** The first documented use of the A.A. name in our General Service Office Archives. It is in a letter from Bill W. to Willard Richardson (non-alcoholic trustee). Bill started using the name "Alcoholics Anonymous" both as the working title for our book and then as the name for our membership.

**July 1936:** At Lois and Bill W.'s home on Clinton St., Brooklyn, a group of hard core alcoholics was developing weekly meetings while Bill was receiving strong criticism from the Oxford Group.

**July 1942:** Opening in New York City, Riverside Hospital, which has the first alcohol treatment facilities for adolescents in the U.S.

**July 1949:** The first medical journal about A.A. is written by Dr. Silkworth.

**July 1965:** At our International Convention held in Toronto, Canada, Bill led thousands of A.A. members in our "I am responsible" pledge for the first time! It was written by Al S.

**July 1967:** The American Medical Association passes a resolution identifying alcoholism as "A complex disease and disease that merits the serious concern of all members of the health professions."

~ July Report by 'Big Book Dave', Interior Alaska

~ Submitted by Mathea A.



**Find A.A. in Hawaii**

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

## Tradition VIII:

**Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

■ **Is my own behavior** accurately described by the Traditions? If not, what needs changing?

■ **When I chafe** about any particular Tradition, do I realize how it affects others?

■ **Do I sometimes try** to get some reward – even if not money – for my personal AA efforts?

■ **Do I try to sound** in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?

■ **Do I make an effort** to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?

■ **In my own AA life**, have I any experiences which illustrate the wisdom of the Tradition?

■ **Have I paid enough attention** to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition – How It Developed*?



**Request a newsletter**  
**by e-mail**

Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

Editor: Linda B.

The Next Intergroup Meeting:  
August 3<sup>rd</sup>, 9:30 am, at  
The Lihue Neighborhood Center

## Visit Our Website!

- **Printable Kauai AA meeting schedule**
- **Check out Kauai AA Events Calendar**
- **Link to other Hawaiian island websites**

[website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

## Intergroup Treasurers Report

June 2013

### Income:

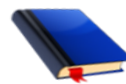
Sunrise Sobriety	\$134.00
Susan O (Cinco de Mayo bottle refund)	\$ 10.00
North Shore Aloha	\$120.00
Step Sisters	\$ 25.92
Keep It Simple	\$ 25.00
Keep It Simple	\$ 75.00
Keep It Simple	\$ 53.00
Happy Hour	\$218.50
Princeville Hanalei	\$210.00
North Shore Aloha Books	\$ 46.50
Whiskey and Milk-Koloa	\$ 70.00

### Expenses:

Hi Telcom	\$ 25.54
Guardian Self-Storage	\$114.58
Ink Spot	\$150.00

<b>Balance</b>	\$3305.05
<b>Less Prudent Reserve</b>	\$ 500.00
<b>Total Available</b>	\$2805.05

~ 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**

## Intergroup Officers:

Chair:	Bob B. <a href="mailto:chair.intergroup@gmail.com">chair.intergroup@gmail.com</a>
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda
Hotline:	Danette M. <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

## Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

Please include "District 6" & Group Name on check



### SEND YOUR CONTRIBUTIONS TO:

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



# District 6, Kauai:

The Next District Meeting:  
August 17<sup>th</sup>, 9:30 am, at  
The Lihue Neighborhood Center

## District 6 Committee:

DCM: Ron A. [DCM6@area17aa.org](mailto:DCM6@area17aa.org)  
Alt. DCM: Alejandro H.  
Secretary: George K.  
Treasurer: Jay Y.

## District 6 Treasurer's Report

July, 2013

### GROUP CONTRIBUTIONS:

North Shore Aloha	\$ 80.00
Koloa Nooners	\$ 100.00
Princeville Hanalei	\$ 183.75
Happy Hour	\$ 43.70
Whiskey & Milk	\$ 30.00
Step Sisters	\$ 25.92
<b>INCOME JULY:</b>	<b>\$ 463.37</b>

### EXPENSES:

DCM travel	\$ 152.20
Kauai County Farm Bureau	\$ 528.13
<b>EXPENSES July:</b>	<b>\$ 680.33</b>

<b>BALANCE</b>	<b>\$2263.68</b>
<b>PRUDENT RESERVE</b>	<b>\$ 500.00</b>

~ Prepared by Jay Y.

### SEND YOUR CONTRIBUTIONS TO:

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



## Review of the Workshop Sponsored By District 6

"Where Money And Spirituality Mix"  
Tradition Seven

Held Saturday July 20<sup>th</sup>, 9:30 am  
At The Lihue Neighborhood Center



A rousing and informative workshop was presented by Jay Y. entitled 'Where Money and Spirituality Mix'. Jay talked about the structure of AA and the fact that money matters are a very emotionally charged issue among the members of AA. They are handled in a well-thought-out process and are not taken lightly. He asked Bob B. to mention some of the financial obligations of the Kauai Intergroup and Bob stated that the two primary outlays of money go to supporting island functions (i.e. Thank-A-Thon, Fourth-of-July, etc.) and literature. Jay then mentioned that the District also has expenses, primarily travel expenses to attend conferences and to keep the Kauai groups connected to the whole of AA. He encouraged everyone to express their opinions about money. Ron A. then encouraged everyone to make use of the available AA pamphlets regarding money.

[http://www.aa.org/pdf/products/f-3\\_selfsupport.pdf](http://www.aa.org/pdf/products/f-3_selfsupport.pdf)

## Public Information Committee Meeting

The Next Meeting is

August 17<sup>th</sup>, 3:00 pm

At Nawiliwili Beach Park