

Garden Island Sobriety

'Step One'

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



She said: One afternoon at Mahaulepu my friend decided to explore a treacherous promontory of jagged rock that was jutting out over the water. It was a long fork in the cliffs, bisected by a deep chasm, that we both wanted to get a better look at. I glanced over in awe as she pranced easily out to the spot she wanted to reach to improve her angle. "She's out of her mind," I mumbled, as I apprehensively inched my way from the headland side to the edge of the divide using a modified military crawl. "Come on over," she called. "No way!" You wouldn't catch me skipping cavalierly along the razor's edge of a death cliff. Nope. What's called for here is caution. I got it dialed. I'll do this MY way, the smart way. I crept at a snail's pace to a "safe" piece of real estate where curiosity eventually overcame my fear of heights and prompted me to extend my prone body out over the edge to take a peek. I was startled out of my Honu spying reverie by alarming shouts from across the way. "Al, back away from there now!" Quickly followed by, "I am NOT kidding!"

If you've ever wondered why people try to "scare" neurotics out of their neurosis, I'm told it's because there's no end to the fun. I'm used to my friends toying playfully with my battalion of obsessive fears but the look on her face revealed the SHE was scared; a thought which impacted me with the blunt force equivalent of an electric cattle prod. In the adrenaline soaked aftermath she shared photos of my chosen "terra firma," an extraordinarily thin crust of chalky ledge with a grass cover on top and NOTHING below! Looking at the reality of my position from a perspective of accuracy instantly led me to the awareness that it would not have been long before I fell helplessly to my death.

So it is with Step One. We begin to consider the possibility that there is another possibility, and that



He said: I remember how I felt when I walked into my first AA meeting on May 14th 2005. I knew I needed help and I was willing to ask for it.

I knew that I had a problem. Dropping out of college, living in an apartment where the blinds were drawn and never opened, and where the Makers Mark, jug wine, weed, and pills kept the good vibes flowing; I saw that I needed a substance to participate in life. This caused me pain. I knew I was addicted and I was lying to myself every time I took a drink or a smoke. Luckily the seed of AA had been planted in me 6 months earlier. This AA seed had sprouted and blossomed into a thorny bush of pain, the knowledge of my incurable, progressive disease. It was a problem I could not solve myself. I had, in fact, been trying unsuccessfully to solve it by myself since I was 17 years old.

I really looked hard for some substance that I could drink or smoke or snort that would make me feel great. Something that would make me be productive, inspired and dependable all at the same time, with no price to pay. How was I going to live the life that I knew God wanted me to live? I was already 22 years old. I had to make up for lost time!

What I was really looking for when I came to AA was power, something that could really work on me. When I stepped into my first meeting and saw the word powerlessness in Step 1, I recoiled. What kind of man wants to be powerless? I want power, not powerlessness! I was to learn later that power does come in the Steps but by aligning my will and my life with a *Higher Power*.

Powerlessness and the unmanageability that qualifies it are at the core of the 12 Steps. They are key AA Ideas. I realize it is a blessing to know that I am an alcoholic. I was blessed to already know that I



failure to consider it amounts to a death sentence.

The first step in healing is to come in contact with reality and to understand that you can't think your way out of a problem when the problem is your thinking. Self-knowledge is not awareness. It's the difference between reading the warning label on a pack of cigarettes and being told you have a Stage 4 lung cancer. Once the alcoholic has placed himself beyond human aid he can never regain control over the mental obsession or the allergy. The analogy of my day at the cliffs would more accurately reflect the perils of alcoholism if I had been chained to my precarious ledge. The fact is that individual desire, necessity, moral fiber, self-condemnation and will power are all useless against alcoholism. As long as the alcoholic harbors the belief that he can manage his disease he is a dead man walking. This is why AA is a great place to live but a terrible place to visit.

Step one is not, "We stopped consuming alcohol," because changing exterior behavior alone and expecting it to change you is like thinking you'll have different handwriting if you get a new pen. The active alcoholic usually has a vague notion that drinking is in some manner 'protecting' him. If nothing else, from the pain of withdrawal and from having to refrain from attaining the altered state of consciousness he mistakenly believes is contributing to his survival. In the face of hospitalization, incarceration, rehabilitation, psychiatric commitment and physical deterioration the alcoholic will tenaciously cling to the belief that he is still exerting some control, if not over events then at least in perception.

It doesn't matter what leads to insight, or when it occurs chronologically regarding one's cessation from drinking or meeting attendance. The recovery process begins with the recognition of what and who we really are. In Step One alcoholics learn they have a fatal disease about which they can do nothing. The admission of this is the first step toward liberation from its paralyzing grip.

~ Ally S., Kauai

had the disease by the time I came into AA. My own experience working the Steps with my sponsor, with men I sponsor, and listening at meetings has taught me another thing; If a prospect for AA does not believe that he has this disease, if he still thinks he can do this on his own, then he will not whole heartedly take the 12 Steps and he may not stay sober.

Page 30 of the Big Book of AA says, "We learned that we had to fully concede to our inner most selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed." This, plus the knowledge of what it means of have this progressive, incurable disease, is the first Step.

~ Will L., Kauai



Big Island Bash

Speakers Convention

April 23 - 25, 2010

The 22st Annual Big Island Bash will be held at the magnificent **Sheraton Keauhou Bay Resort & Spa**
For Registration, Schedule of Events &
Accommodations

Go to www.bigislandbash.com

Speakers include:

Ellen C. - Addison, TX

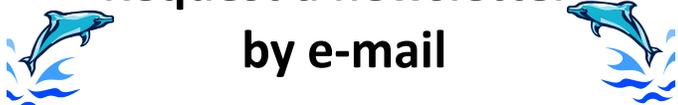
Ajit S. - Irvine, CA

Kristina W. - Marin, CA

Steve A. - Sherman Oaks, CC

Paul W. - Sunset Beach, CC

**Request a newsletter
by e-mail**



District6newsletter@hotmail.com



MAKELE SEZ:

**"Suit Up
And
Show UP"**

Happy Birthday

Lopaka	12/13	1972	37 yrs
Carl K.	12/19	1981	28 yrs
Peggy S.	12/19	1986	23 yrs
Bob C	12/16	2003	6 yrs
Ron W	12/24	2003	6 yrs
Big Matt	12/16	2006	3 yrs
Sarah M.	12/03	2007	2 yrs

~About Publishing Birthdays~

Birthdays are published the month following their occurrence. To have your birthday published in the newsletter contact Jerrie S. luzbnh@hawaii.rr.com

Birthday Celebrations

South Shore

- Koloa Monday Women's 'Na wahine ku pono' 5:00 p.m. Last Monday of month. CAKE & POTLUCK.
- Aloha Group - 7:30 p.m. Last Tuesday of the month - CAKE FOR BIRTHDAYS!

East Side

- Hui Ohana - 7:00-8:00 a.m. Last Saturday of the month. CAKE FOR BIRTHDAYS!
- Steps to Freedom - 6:30 p.m. Last Monday of the month. CAKE & POTLUCK (7:30-8:30 pm meeting).

North Shore

- North Shore Aloha Group - 7:30 p.m. Last Monday of the month - CAKE FOR BIRTHDAYS!
- Princeville-Hanalei Group - 7:30 p.m. Last Thursday of the Month - CAKE FOR BIRTHDAYS!

For Newcomers

A Newcomer Asks About:

"Sponsorship"

From the pamphlet: **Questions and Answers on Sponsorship** p. 9.

"There are no specific rules, but a good sponsor should be a year or more away from the last drink and seem to be *enjoying* sobriety".

I have always thought the greatest irony in recovery programs of all types is that you are cautioned not to get into any new relationships, yet you absolutely MUST find a sponsor, for life, the right one, the first time, forever and ever and ever. Well, good luck. Finding a sponsor is tough. First you're going to have to come out of your shell and meet some people. That means going to meetings, listening and trying your best to understand what the heck these people are talking about. You are going to have to stick around after the meetings to talk to people you don't know, and you might even have to pick up that ten thousand pound telephone. Maybe you'll get lucky and find someone you click with right away that can help, maybe not. More likely you'll find a group of people that you can hang with that have some time and some time for you.

So where do I find these people? My first suggestion is getting a home group, the meeting you feel the most comfortable in and make the commitment to attend that meeting every time it meets. Get into service, try making coffee or helping to arrange the chairs or literature. Find out what people's names are, and don't worry if you forget, because everyone does. Attend a step meeting so you can have a basic understanding of what you need to do, and the help you'll need doing it. Then look around; maybe you share a certain life experience with someone, maybe you go to the same church or went to the same school. Maybe you want someone so completely different from you that you ask them just for that reason. So long as you can be open, honest and sincere with someone, and you are confident that they can keep your confidences to themselves, you may have yourself a sponsor. Ask them for their help. You may be surprised to find them honored to have been chosen.

Remember, sponsorship is not necessarily a lifetime commitment. Many AA's do the steps with one sponsor and then select another. Some may find they can't agree on anything except going separate ways. Whatever. Just don't drink and try again. Remember that part about "progress not perfection"? It applies to just about everything in the program, even picking a sponsor.

~ LU

GET ANSWERS FROM THE A.A. LITERATURE. E-MAIL YOUR QUESTIONS TO: KeptItSimpleKauai@gmail.com

"Back to Basics" ~ A Workshop Series ~

March 3, 10, 24, 31

Keep It Simple Group announces an upcoming workshop series to be held 7:30pm at the Kapaa First Hawaiian Church. It is a beginner's Step workshop based on meeting formats from the 1930s and 40s compiled by AA Wally P. Although the book is not conference approved the majority of the learning is directly from the Big Book. We encourage older members to participate and help guide newcomers through this intense step study experience.

Interested volunteers can get more information:

~ At 'Keep It Simple' meetings

~ By Email KeptItSimpleKauai@gmail.com or

~ By calling Lu 639 0349 or Roy 346 6211.

St Patricks Day

Wed March 17th

At Lydgate Large Pavillion.

~ More to be revealed ~



A Super Bowl Chill Contest will be held on February 7th at **The Computer Hospital** starting at 11am, kickoff at 12:30. Entries must be on the table by noon for judging. Raffle will be held during halftime.

12 Concepts for World Service

This was presented to Hawaii Area 17 at the Inform the Delegate assembly April 2006 by Francesca P (alternate delegate) and given as "an expression of an individual". **References:** The A.A. Service Manual Combined with Twelve Concepts for World Service by Bill W 2005-2006 Edition.

"Webster defines principle as a doctrine A fundamental truth or doctrine, on which others are based. Rules of conduct or ethical behavior.

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 (p 3)."

Concept I – Responsibility

Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole Fellowship.

The main principles of Tradition Two are crystal clear; the A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only. (p 6)

Therefore, we believe that we see in our Fellowship a spiritualized society characterized by enough enlightenment, enough responsibility, and enough love of man and of God to insure that our democracy of world service will work under all conditions. (p 9)

Contributor ~ Shoshanah B.

KAUAI **A.A. Meeting Places**

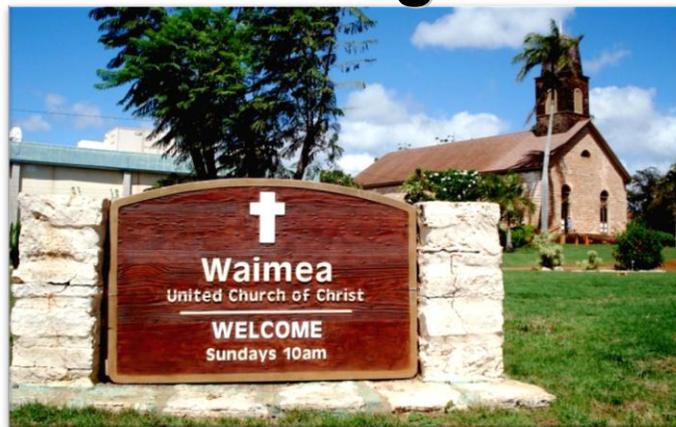


Photo ~ Alejandro

Kauai Intergroup

**The Next Intergroup Meeting
Is January 2nd, 9:30am
The Kapaa Neighborhood Center**

~ At this meeting we will vote on proposed changes to by laws for Intergroup.

Intergroup Officers

Chairperson - Anonymous

Alt. Chair - Tom R. triumph@hisemail.net

Treasurer - Mike C (temporary)

Secretary - Kathryn B. (temporary) 634-4185

Literature - Mark M.

Alt. Literature - Danette M.

Hotline Chair - Dana M. 639-2755

Events - Kathryn B. 634-4185 kbankhi1@yahoo.com

GIS News. - Linde B. linbonds@msn.com

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup
PO Box 3606, Lihue, HI 96766



Got Literature?

COME TO THE
INTERGROUP MEETING!

*Books *Pamphlets *GIS Newsletter
*Kauai AA Meeting Schedules.

Bring HOPE to Hina Mauka

AN OPPORTUNITY FOR SERVICE
Hina Mauka Lihue / Outpatient Program
1st & 3rd Wed. of every month - 11 am - 12 noon
Contact Bebe 639-6919 aloha@yourbeach.com

DCM CORNER

JANUARY 2010

As panel 59 begins its final year of service we are all deeply aware of the support of hundreds of alcoholics, both visitors and residents, whose participation has made our progress in recovery possible and a blast. Thanks to one and all.

Last year, 56% of Kauai groups contributed to GSO, a rate 12% higher than the national average. Right on Kauai!

In May Kauai welcomed Liz M. our Delegate for her first ever report back from the General Service Conference in New York. We got excited by her enthusiasm and warmth. This event made us feel a part of the whole.

Next, members who attended last year's workshops were inspired to greater acts of gratitude and service throughout our fellowship.

Another area where we have experienced growth is in standing committee work (CPC, PI, Corrections & Treatment Facilities). Because leaders have stepped forward in service our presence in the community has been enhanced.

In 2010 we look forward to:

- Workshop ideas and groups to sponsor them
- More GSR's
- Greater participation in island wide events
- Enhancing communication throughout the fellowship
- Better fiscal responsibility

How do WE do this? Together, one day at a time, by attending meetings, and following the directions in the Big Book, 12&12 and Service Manual. All we need to do is suit up and show up. See you there.

In loving service,

Jim D, DCM

Susan ON, Alt. DCM

"Life is a garden. Dig it."

**The Next District Meeting
Is January 9th, 9:30 am
3146 Akahi St., Lihue**

Kauai District Cash Flow

October 11, 2009 to November 14, 2009

Starting Balance	\$ 2537.69
Income	
Workshop Refund	\$27.19
TGIF Veterans Cntr.	\$100.00
Daily Reflections Wed.	\$25.00
Came to Believe Wed.	\$20.00
Hui Ohana	\$155.23
12th Hole Group	\$36.00
Steps to Freedom	\$121.65
Princeville/Hanalei	\$175.00
Koloa Aloha Group	\$100.00
3rd Tradition Kapaa Library	\$15.00
Step Sisters	\$52.00
Exp., Strength & Hope	\$30.00
Interest 9/19 to 10/20	\$ 0.10
Income Total	\$857.17
Payments	
District Meeting Rent Q4	\$ 45.00
Payments Total	\$ 45.00

DISTRICT 6 CASH FLOW SUMMARY FOR 2009

Start. Balance Oct. 11, '09:	\$2537.69
Income Total:	\$ 857.17
Payments Total:	\$ 45.00
Balance	\$3349.86
Prudent Reserve:	-\$ 500.00
Available Funds:	\$ 2849.86

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

PO Box 1503, Kapa'a, HI 96746

Please include "District 6" & "Group Name" on check

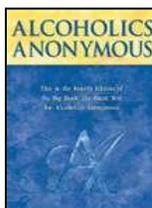
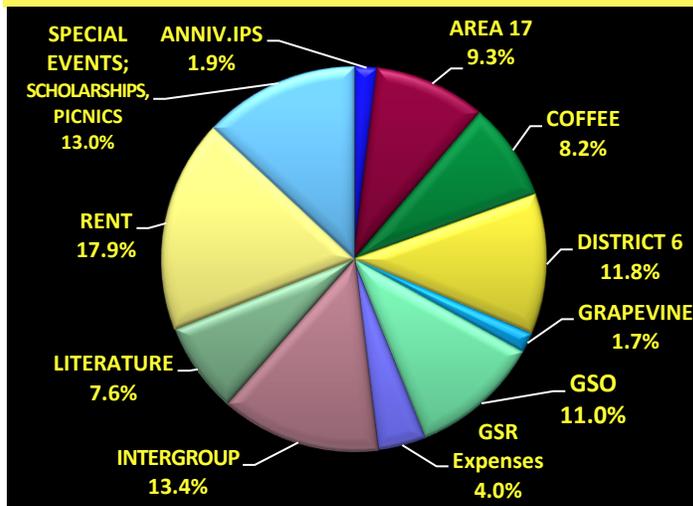


District 6 Committee

DCM - Jim D. - 652-2005 DCM6@area17.org
 Alternate DCM - Susan O'N. 212-1858
 Treas - Courtney P. cpezl@mail.com
 Secretary - Michele K. kauaidistrictsixsec@gmail.com
 Grapevine-Alejandro 652-3128 hernandea040@hawaii.rr.com
 Archives - Mathea A. mallansmith@cs.com
 CPC - Bart D. 651-9623
 Public Relations - Lu 639-0349 lu.pairofaces@gmail.com

Where Does It Go?

YOUR 7TH TRADITION \$ ON KAUAI



~ From The Big Book

Most of us have been unwilling to admit we were real alcoholics. No person likes to think he is bodily and mentally different than his fellows. Therefore, it is not surprising that our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. **We learned that we had to fully concede to our inner most selves that we were alcoholics. This is the first step in recovery.** p 30 Alcoholics Anonymous.

Service is Sobriety

Our Area 17  Delegate is

Elizabeth M.

delegate@area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee

#2107

575 Cooke St., Suite A

Honolulu, HI 96813

Please include "District 6" & Group Name on ck.

