

May 2014

Garden Island Sobriety

'Step Five'

"Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs."



He said: I drank until I became drunk. I crossed boundaries at work until my job was in jeopardy. I avoided people until I was alone.

There was no magic involved. Self-delusion kept reaffirming my belief that I was separate from you and without a higher power in my life. I sought out the signs that reaffirmed isolation.

I remember the first time I identified as an alcoholic in a meeting. I was 60 days sober and went to a chip meeting. When they asked if anyone wanted a newcomer chip, I went up to get mine. I was so happy that I finally could say I was an alcoholic that I wanted to get the chip. When I made it back to my seat Amy H., with 9 years, sitting next to me, turned and said, "What happened, you were doing so well." We laughed together when I explained that I had not relapsed, but that I wanted all the chips. So when they called for 60 days, she sent me back up to get the chip. I started to feel like I was part of the group.

Walking up the stairs and down the hall to my sponsor's apartment, I had no idea what to expect. I had the legal pad that contained my 4th Step under my arm and I was prepared for a long conversation. When he opened the door with a smile on his face, I knew I had made the right decision. We stay sober together.

My 4th Step is the story I was ashamed to share with others. Shame is the central story of my life prior to my sobriety in Alcoholics Anonymous.

With the humility of Step 5, claiming my actions, I became honest with two people in the world; my sponsor and myself.

These were the beginnings of my building honest relationships with other members of Alcoholics Anonymous, with my family and with my colleagues.

I began to feel like I was becoming part of the group. I was no longer alone. I could no longer say, *(cont. p. 2)*



She said: "The answers will come if your own house is in order," (Page 164 - Big Book). The 5th Step is your chance to let it all go....all of it. **Surrender your past to stand in a new truth.**

I Surrender

To the fight, the fight against myself
I surrender the fight to be someone
the fight to be important.

to my dreams
to my nightmares
to the fears I feel

I don't surrender to a man made God
I surrender to a light which is kind
I surrender to the earth
and the seasons of it
I surrender to creation
and human nature
perfect in its imperfections

I surrender the battle for perfection
and to self inflicted punishment
when supposed perfection
is not reached

I surrender the fight to control my life
the fight to control other people
I surrender to those
trying to control me

I surrender trying to understand
and just accept
I surrender the need
to be understood and accepted

I surrender my instincts
by surrendering to my intuition

I surrender my mind
and my madness, to my insight

(cont. p. 2)

He Said: (cont.) "If you only knew what they put me through, you would understand."

Because you could see right through it, you had been where I was and would laugh at whatever I brought up. I love the fellowship.

Through the example of my 5th Step I learn that I don't have to carry the weight of the world on my shoulders. Today my higher power carries the load once I offer it up in writing and later through sharing with another person.

Together with you, I am accountable in my life today. Today, the beauty of my sobriety is created over time. It is a process.

~ Paul M., Kauai

She Said: (cont.)

I surrender my hunger for love
 my loneliness, my anger, my resentments
 I surrender to pretending I don't have them
 to tears in private
 to tears in public
 to what others think of me
 I succumb to the flow
 I surrender my failures
 and the pain of it
 I surrender to the good in life
 I surrender to the good inside of me
 I surrender the darkness
 And the emptiness it brings
 I surrender my scabs and healing
 To the balm of love
 No matter where it comes from
 I surrender to change and changing
 I surrender to find peace
 I surrender to find freedom
 I surrender to this moment
 AS IS,
 Now.

~ Jill R., Kauai

Happy Birthday

Nona M.	4/8	1984	30 yrs
Chuck T.	4/1	1984	30 yrs
Lynda G.	4/19	1984	30 yrs
Joe O'B.	4/15	1985	29 yrs
Roger W.	4/14	1986	28 yrs
Karen L.	4/3	1991	23 yrs
John 'Hilli' H.	4/15	1991	23 yrs
James B.	4/16	1993	21 yrs
Allie	4/27	1996	18 yrs
Patty	4/5	2000	14 yrs
Nicole	4/10	2003	11 yrs
Kim H.	4/14	2004	10 yrs
Laren T.	4/10	2004	10 yrs
Courtney P.	4/10	2006	10 yrs
Mark B.	4/20	2006	8 yrs
Pam A.	4/28	2006	8 yrs
Monica A.	4/22	2006	8 yrs
Kathie E.	4/28	2006	8 yrs
Dharma W.	4/18	2007	7 yrs
Alan B.	4/13	2007	7 yrs
Jane T.	4/22	2007	7 yrs
Tim	4/11	2009	5 yrs
Lauren D.	4/21	2012	2 yrs

Congratulations Everyone!!

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

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!

Water Meeting & BBQ

At Lydgate Park and Pond

This Month May 11th at Lydgate Park

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

Grapevine Writing Workshop

Grapevine Writing Workshop & Potluck

May 17, 2014! 12-2pm!

Our Stories Disclose!

Celebrating Grapevine's 70th Anniversary!

At the Lihue Neighborhood Center!

3353 Eono St, Lihue

Come and share **YOUR STORY!** Learn about the Grapevine! Enjoy an afternoon of Fellowship! The potluck theme is a soup and salad but please bring what you would like to share. For More information contact Paul M. through the AA Hotline

Kauai Round-Up Campout

"Bridge Da Gap"

May 23-24-25

Kaua'i Round-Up Campout at Lydgate Park

Questions? Call Kauai AA Hotline at (808) 245-6677
or Email: RoundUp@KauaiAA.org



Steps To Freedom Birthday Potluck

Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month on May 28th at 6:45pm

- ◆ Come celebrate January AA anniversaries
- ◆ Speaker meeting starts at 7:30pm

A.A. Meeting Places



United Church of Christ

4481 Kona Rd., Hanapepe

TUESDAY 5:30 pm, Pau Hana Meeting,
Main Hall - Open

Attention! Meeting Changes!

Young People's Meeting on Sundays at First Hawaiian Church in Kapaa now starts at 7pm.

Sunday Men's Step Study in Lihue has been discontinued.

The Men's meeting at McKenna:

Has moved to Moises' garage, at 4301 Puaole, Lihue.

Some New AA Meetings!

Mondays in Kapaa: Meditation Meeting 11:15 am
At the First Hawaiian Church, 4-1325 Kuhio Highway

Fridays in Waimea: Beginners' Meeting 5:30 pm
Living Sober Bk. Study, Smokey Valley Clubhouse, 4700
Ala Wai Road.



Last Saturday Supper

At the Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on May 31st, 7:00 pm

- ◆ Sponsored by Koloa Nooners Group
- ◆ Speaker at 7:45 pm



March in Our History:

March 1st, 1937: Florence R. sobriety date; the first woman to sober up for any length of time in AA. Her story is in the first edition called "A Feminine Victory." Due to Florence's sobriety the name "One Hundred Men" that was being considered for the name of our Big Book which was being written at the time, was discarded. After her divorce she moved to Washington D.C. and helped Fitz M. (who's story is in all four editions of the Big Book, called "Our Southern Friend.") start meetings throughout the 'D.C.' area. She re-married an alcoholic who could not sober up and eventually Florence started drinking again and disappeared. Within a short time she took her own life. Because of her sobriety she helped pave the way for many women who would follow, including Marty M. whose story is in the Big Book called "Women Suffer."

March, 1941: Cleveland, Ohio forms the first Women's AA Group. The Secretary for this group was Marion R. and could be written to at 12214 Detroit Ave., Cleveland.

March 5th, 1945: Radio station W.W.J. in Detroit, Michigan, pioneered a weekly program put on entirely by AA members talking about AA. They also took phone calls.

March 1948: Richard W. finished the "24 Hour A Day" book and it goes to print.

March 1954: Marty M. (story in the Big Book) was providing so much factual education to communities nationwide about alcoholism that she was named 'One Of The Ten Greatest Living Americans.'

March 21st, 1966: Passing away on this date Ebby T., the one and only sponsor of Bill W. Ebby brought Bill the message of sobriety, Big Book pages 9-10-11-12.

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

~ Submitted by Mathea A.



'While Visiting Kauai'

Aloha, my name is Karen and I AM an alcoholic.

I spent two months on the west end of Kauai enjoying the best and first sober vacation of my life. The fellowships were wonderful and I love all my new brothers and sisters. I was able to experience the Waimea U.C.C. meeting on Thurs evenings, the Smokey Valley Waimea meeting on Fridays, the Tuesday Hanapepe evening meeting and the Monday 5:00 meeting in Koloa. I even got to see why some people think that "Charlie Brown" may be an alcoholic in Lihue.

Now that I am home I would love to have the opportunity to receive the newsletter so I can keep up with all the current information. Thank you so much for all you do. "My Heart is in my Sobriety"

~ Karen



Concepts Checklist

Concept V:

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the "Right of Appeal", to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

Kauai Intergroup

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



Need Literature?

- ➡ **Get It At The Intergroup Meeting!**
- ➡ Books*Pamphlets*Newsletter*Meeting Schedules
- ➡ **Or We Can Deliver It To You!**
- ➡ Call the AA Hotline With Requests at: **245-6677**

Intergroup Treasurers Report

March 2014

Income:

Hui Ohana, GIS subsidy	75.00
North Shore Aloha, Literature	16.00
Lokahi Men's Stag	96.00
Princeville-Hanalei Books	39.00
Waimea Canyon group	63.50
Happy Hour	76.00

Expenses:

Mark M- Postage and paper reimbursement	
Hi Telcom	25.63
Guardian Self Storage	114.58
Ink Spot GIS	150.00

Balance	2,254.40
Less Prudent Reserve	200.00
Total Available	2054.40

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauai Intergroup Report

For 'Inform The Delegate Assembly'
Held on April 5 - 6, 2014



MEETINGS: As of our January 2014 schedule, we have 69 meetings per week on Kauai plus one per week at the Jail and one Doctors' AA meeting per week. Eighty-five percent are wheel chair accessible. Plans move along slowly to make the remaining 15% accessible. Forty percent of meetings are on the beaches with no rent. The average rent per meeting in churches and halls is \$5.00 per meeting.

TELEPHONE: Twenty-one volunteers staff our virtual phone system in shifts from five hours to eleven hours per volunteer. The system is in operation 24/7 and works well.

EVENTS: The Fourth of July Party will be in Poipu instead of Lydgate this year as the Lydgate Pavilion was not available. Our Super Bowl event was a great success, hosted by Moe L. and held in his garage and tent-covered driveway. Intergroup supplies monies in support of events on Kauai. We have about eight major events per year. The attendance is from all parts of the Island.

WEBSITE: Our website, Kauaiaa.org, is used more and more as a source of up-to-date information on Kauai AA events, meetings, and administration. The complete General Service Conference agenda for April, 2014 was posted plus a summary of the issues on each item.

SCHEDULES: We use up 2500 paper schedules several times a year; even though we have the schedules online on our website. The meeting schedules are in our meetings, libraries, hospital emergency rooms and a few doctor offices.

TREASURY: Our treasury had \$2040 plus \$150 prudent reserve on February 28, 2014

NEWSLETTER: Our Garden Island Sobriety continues to be an excellent sobriety tool for the Island. Although it is available to us all online, we wait until our 150 copies are printed and then pass the paper copies out to our members and visitors.

LITERATURE: We have a rented storage locker that holds our literature for sale.

Kauai Intergroup meets on the first Saturday of the month, 9:30 am to 10:30 am and is in good shape!

~ Mathea A., Traveling Intergroup Chair

Kauaiaa.org Visit Our Website!

- **Kauai A.A. Meeting Schedule**
- **Kauai A.A. Events Calendar**
- **Link to Hawaiian Island AA websites**

website.intergroup@gmail.com

Request a newsletter by e-mail



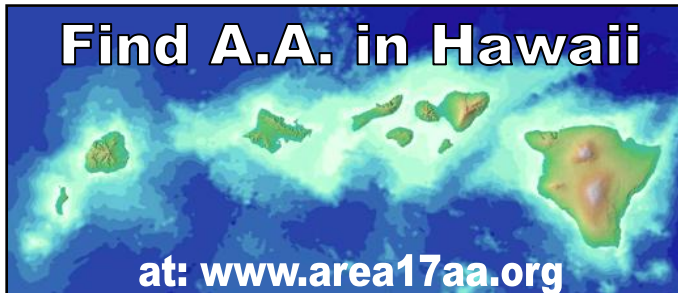
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Events Co-Chair:	David V.

Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



District 6, Kauai:

The Next District Meeting:
May 17th, 9:30 am, at
The Lihue Neighborhood Center

PI Committee



A Service Opportunity

We meet every 3rd Saturday, 3:00^{pm}
On the Happy Hour Tables
At Nawiliwili Beach Park.

publicinfo@kauaiaa.org

**Next PI Committee Meeting is
on May 17th**

Please Join Us!

SEND YOUR CONTRIBUTIONS TO:

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



The District 6 Committee:

DCM:	Ron A. DCM6@area17aa.org
Alt. DCM:	Alejandro H.
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