

May 2012

Garden Island Sobriety

'Step Five'

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



He said: You want me to share what?!

Fortunately (or not), alcoholics are survivors. We learn a multitude of skills in order to survive in a world which we perceive to be ‘out to get us’. One of those ‘skills’ is drinking, and for many of us it worked in dulling the pain we caused ourselves and others (at least for a while). My survival skills not only included the use of drugs and alcohol, I had also honed my ability to ‘stretch the truth’ to a fine art.

In reviewing my Fourth Step I could see patterns of ‘rewriting history’: Replaying events from my past, making myself less responsible and the other person more guilty for the wrongs done to me, and of course, justifying my resentments.

Faced with the truth of our Fourth Step we shift our focus to finding a trustworthy confidant with whom we can share our Fifth Step. Here is one of the many challenges that newcomers will encounter. The quest for the ‘perfect’ person to hear our 5th Step can prevent some of us from ever doing it. While caution is warranted, we should not allow our fear to cause us to delay.

The most important word, at this point, is “honesty”. The Big Book reminds us, “We must be entirely *honest* with somebody if we expect to live long or happily in this world.”

Again, the Big Book offers numerous suggestions on how to select this person. For many of us this is the first truly honest conversation we’ve ever had. The patterns of our behavior will often jump out to the attention of your Fifth Step partner, especially if they have heard a Fifth Step before. But, what’s in it for me? Why should I do something so humiliating, and painful?

One of the major benefits is the feedback that will

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She said: How hard is it to admit that

I am wrong? Pretty damn hard! Yet ‘admission’ is the very first action we are called to take in the very first Step of this program. It returns in Step Five to free us from the past, and then again in Step Ten, as an instruction for living. Apparently we are supposed to get pretty good at doing it.

It’s all about breaking the stranglehold that our ego has over us.

We alcoholics are carrying around our secrets like a bag full of rocks, and the burden is killing us. In Step Four we took a good look at these rocks, examining every rift and edge. Now, in Step Five, we are allowed to throw them all away, if only we will.

A lot of work has been done by the time we get to this Step. In essence we have admitted that “We can’t but God can”. Then we took a good look at the evidence of just *how* “we can’t”.

Control was only an illusion after all. Now that the illusion is stripped bare, admission of all that it was is vital to staying sober, in fact to staying alive. Never mind if much of the human race could use these Steps to improve *their* lives and make the world a better place. If an *alcoholic* doesn’t take these Steps he will probably drink again, and that is the truth of it.

It wasn’t easy for me. It isn’t easy for any of us. Doing Step Five was my second chance in sobriety to practice turning my will and my life over to the care of God. He is in charge now. I just have to suit up, show up, and do the next indicated thing. So that is what I did, in spite of a desire to turn and run.

If you’re tired of dying, day after day, in the hellish haze of alcohol, and decided you want to live, then you take this Step, like the ones before it, and the ones to come afterward. You are willing to go to any lengths. You don’t ‘swallow’ your pride, and let it lie

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He Said: (cont) help us as we proceed to later Steps. The Big Book also makes us some promises; 1) we are delighted 2) we can look the world in the eye 3) we can be alone at perfect peace and ease 4) our fears fall from us 5) we begin to feel the nearness of our Creator 6) we begin to have a spiritual experience 7) the feeling that the drink problem has disappeared will often come strongly 8) we feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

For me, it was in this Step that I shifted from "survival mode" to finally learning how to live!

Yours respectfully, ~ Jon S.

She Said: (cont) festering in your gut, you release it, throw it as far away from yourself as you can!

So how hard is it to admit that I am wrong? It's never easy, but it's become familiar, like waking up without a hangover gets familiar. Like remembering what I did the night before. That's a welcome familiarity. Every time I admit that I am wrong I feel a sense of freedom and relief. I still struggle with pride that tries to cover a lack of confidence in myself, but every time I admit it out loud, I am set free.

~ Linda B.

Happy Birthday

Nona M.	4/8	1984	28 yrs
Chuck T.	4/1	1984	28 yrs
Lynda G.	4/19	1984	28 yrs
Joe O'B.	4/15	1985	27 yrs
Roger W.	4/14	1986	26 yrs
Karen L.	4/3	1991	21 yrs
John 'Hilli" H.	4/15	1991	21 yrs
James B.	4/16	1993	19 yrs
Allie	4/27	1996	16 yrs
Patty	4/5	2000	12 yrs
Nicole	4/10	2003	9 yrs
Laren T.	4/10	2004	8 yrs
Courtney P.	4/10	2006	8 yrs
Mark B.	4/20	2006	6 yrs
Pam A.	4/28	2006	6 yrs
Monica A.	4/22	2006	6 yrs
Kathie E.	4/28	2006	6 yrs
Dharma W.	4/18	2007	5 yrs
Alan B.	4/13	2007	5 yrs
Jane T.	4/22	2007	5 yrs

Congratulations Everyone!!

~About Publishing Birthdays~

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

If you would like to have a birthday published or corrected in the Garden Island Sobriety newsletter Please contact us: District6newsletter@hotmail.com

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!

Request a newsletter



by e-mail



Contact us at:

District6newsletter@hotmail.com



Founders' Day

Sunday, June 10th, 11am - 4pm

At The Lihu'e Neighborhood Senior Center
- 3353 Eono Street -

Potluck Brunch & Movie, "My Name Is Bill W"

- Set-up starts at 10:00am, Brunch at 11:30am
- Movie after brunch
- Main dish Lasagna, coffee, tea & juice provided
- Please bring main dishes, sides and desserts

Sponsored by the TGIF Group
Fridays at the Vet Center in Lihu'e

A.A. Meeting Places



Photo - Alejandro

POIPU BEACH PARK 'Far West Pavillion'

- Sunday "Koloa Aloha" 7:00am, Daily Reflections
- Monday "Sunrise Sobriety" 7:00am, Step Study
- Tuesday "Sunrise Sobriety" 7:00am, Big Book
- Wednesday "Sunrise Sobriety" 7:00am, Daily Ref.
- Thursday "Sunrise Sobriety" 7:00am, Came To Believe
- Friday "Koloa Aloha" 8:00 am, Daily Reflections
- Saturday Sunrise Sobriety" 7:00 am, Grapevine

H.I.C.Y.P.A.A. 2012

(Hawaiian Islands Conference of Young People in AA)



**A Young Person Is Defined As -
"Anyone Who Is Willing To Grow"**

- A VISION FOR YOU -

September 28th-30th, Camp Naue, Kauai

Food, Fun, Fellowship, Camping, Hiking, Swimming,
Speakers, Meetings, Music and Relaxation!

Registration Form is at: <http://www.kauaiaa.org>
Have questions? Email: hicypaa2012@kauaiaa.org
Call Hotline: 808 245-6677 or go to: www.kauaiaa.org



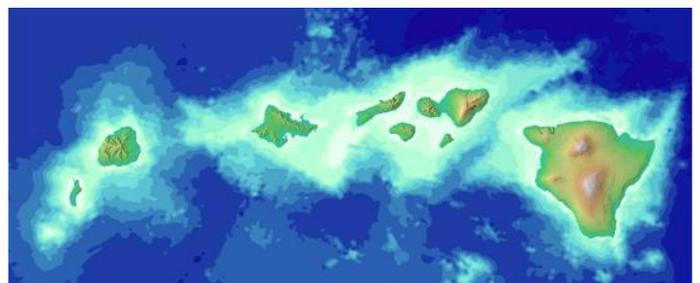
Volleyball Game Day

THE DATE HAS CHANGED!!

**Now The Last Saturday of Every Month
3:00 pm at Nawiliwili Beach Park.**

~Sponsored by Happy Hour Kauai~

Find A.A. in Hawaii



www.area17aa.org



From Our Readers

A Letter From The Philippines:

Dear AA Family,

Our program is alive and well here! In Cebu City, I attended the 30th annual national convention. It was a typical convention format with great sharing and fellowship. Over 150 attended! There was a whole Beef Quarter as well as two whole pigs roasted on site for the traditional Saturday night Banquette. About 66% were ex pats the rest "Pinoy's".

I have settled in the city Dumaguete ("City of Gentle People"). We have a total of about fifty members, full and part time residents. We have three meetings a week with 6 to 16 attending. The living is easy for expats on a fixed or small income. VISITORS ARE MOST WELCOME. Where ever you go there you are...so I get to work the program here just as I did in Kauai. A big difference here is that here the average years of sobriety is about 15.

I have continued with My NM sponsor Walt Y. and I am blessed with two sponsees, for the moment.

Please email me if you want to know more at novemberincebu@yahoo.com

~ Henry M., Dumaguette

Service is Sobriety

Our Area 17  Delegate is

Linda McD.

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 check



Concept V for World Service

By Bill W. as adopted by the 12th Annual General Service Conference of Alcoholics Anonymous on April 26, 1962

Throughout our world service structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

In the light of the principle of the "Right of Appeal," all minorities – whether in our staffs, committees, corporate boards, or among the Trustees – should be *encouraged* to file minority reports whenever they feel a majority to be in considerable error. And when a minority considers an issue to be such a grave one that a mistaken decision could seriously affect A.A. as a whole, it should then charge itself with the actual *duty* of presenting a minority report to the Conference.

In granting this traditional "Right of Appeal," we recognize that minorities frequently can be right; that even when they are partly or wholly in error they still perform a most valuable service when, by asserting their "Right of Appeal," they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

The traditional "Right of Appeal" should also permit any person in our service structure, whether paid or unpaid, to petition for the redress of a personal grievance, carrying his complaint, if he so desires, directly to the General Service Board. He or she should be able to do this without prejudice or fear of reprisal...

The *Rights of "Appeal" and "Petition"* of course aim at the total problem of protecting and making the

best possible use of minority feeling and opinion. This has always been and still is, a central problem of all free governments and democratic societies. In Alcoholics Anonymous individual freedom is of enormous importance. For instance, any alcoholic is a member of A.A. the moment he says so; we cannot take away his right to belong. Neither can we force our members to believe anything or pay anything. Ours is indeed a large charter of minority privileges and liberties.

When we look at our world services, we find that here we have also gone to great lengths in our trust of minority groups. Under Tradition Two, the group conscience is the final authority for A.A. world service, and it will always remain so respecting all the larger issues that confront us. Nevertheless the A.A. groups have recognized that for world service purposes the “group conscience of A.A.” *as a totality* has certain limitations. It cannot act directly in many service matters, because it cannot be sufficiently informed about the problems in hand. It is also true that during a time of great disturbance the group conscience is not always the best possible guide because, temporarily, such an upset may prevent it from functioning efficiently or wisely. When, therefore, the group conscience cannot or should not act directly, *who does act for it?*

The second part of Tradition Two provides us with the answer when it describes A.A. leaders as “trusted servants.” These servants must always be in readiness to do for the groups what the groups obviously cannot or should not do for themselves. Consequently the servants are bound to use their own information and judgment, sometimes to the point of disagreeing with uninformed or biased group opinion.

Thus it will be seen that in world service operations A.A. often trusts a small but truly qualified minority – the hundred-odd members of its General Service Conference – to act as A.A.’s group conscience in most of our service affairs. Like other free societies, we have to trust our servants, knowing that in the unusual event that they should fail their responsibilities, we shall still have ample opportunity to recall and replace them...

We believe that the spirit of democracy in our Fellowship and in our world service structure will

always survive, despite the counter forces which will no doubt continue to beat upon us. Fortunately we are not obliged to maintain a government that enforces conformity by inflicting punishments. We need to maintain only a structure of service that holds aloft our Traditions, that forms and executes our policies thereunder, and so steadily carries our message to those who suffer.

Hence we believe that we shall never be subjected to the tyranny of either the majority or the minority, provided we carefully define the relations between them and forthwith tread the path of world service in the spirit of our Twelve Steps, our Twelve Traditions, and our Conference Charter – in which I trust that we shall one day inscribe these traditional Rights of “Appeal” and “Petition.”

(Published by General Service Office of Alcoholics Anonymous®)

The Concepts Checklist

Concept V: (Short Form) **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

Next Intergroup Meeting Is May 5th,
9:30 am, Lihue Neighborhood Center

A.A. 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**



Visit Our New Website for meeting schedules and a 2012 events calendar. The website committee contact email is : website.intergroup@gmail.com

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Officers:

Chairperson: Bob B. 245-3680 sunkids@gmail.com
Alt. Chair: Kathryn B. 634-4185
Treasurer: Mike C.
Secretary: Susan Ok. secretary.intergroup@gmail.com
Recording Sec: **OPEN**
Literature: Danette M.
Alt. Lit.: Mark M.
Hotline: Damione hotline.kauai@gmail.com
Events: **OPEN**
GIS Editor: Linda B. District6newsletter@hotmail.com

District 6, Kauai:

Next District Meeting Is May 12th,
9:30 am, at 3146 Akahi St., Lihue

District 6 Committee:

DCM: Mo L.
Alt. DCM: JD district6altdcm@gmail.com
Treasurer: Alejandro H.
Secretary: **OPEN**
Public Info.: **OPEN**

District 6 Treasurer's Report

April 2012

Group Contributions

Hui Ohana	122.50
Steps Sisters Of Kauai	36.00
Koloa Step Study Group	45.00
Total Group Contributions	203.50

Expenses

DCM Office (Ink)	29.15
GSR Travel "Young People's"	80.30
DCM Airfare Inform Delegate Assembly	139.00
Total Expenses	248.45

Cash Available **2214.52**

~ Prepared by Alejandro H. ~

SEND YOUR CONTRIBUTIONS TO:

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

Please include "District 6" & Group Name on ck

