

# Garden Island Sobriety

## 'Step Eleven'

**"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."**



**She said:** One of the most interesting components of being a sober alcoholic is riding the waves of life on an ocean that is constantly shifting beneath us. Life within this box of space and time is frequently insane, painful, and frightening, yet, we must adapt or perish. My sense that I'm not up for the task is no longer a problem thanks to the grace of surrender to a power greater than myself. Hiding from the ferocity of life ultimately caused me more pain. I saw that choosing to evade, or attempting to control life were both impossible. I am no longer trying to learn about the nature of the sea by staring intently at a bucket full of salt water.

**Once firmly ensnared** by the various tentacles of addiction's grasp, I employed several different modes of engaging in avoidance of, and withdrawal from, reality. Since becoming a sober alcoholic my passion has turned toward film. Two of my favorites are "Cocoon" and "50 First Dates". Both remind me of the ultimate in achieving alternate states of consciousness, prayer and meditation. My previous "goal" of escape has been abandoned for the opportunity to self-forget, and the focus has shifted from relief to compassion.

**In the movie** "50 First Dates" the main character suffers a traumatic head injury and needs to be reminded each day who she is and what the circumstances of her life are so that she can "remember". This story line intrigues me because I have always been a "memory hugger". I like to delude myself into thinking I have a handle on things by neatly categorizing people and also have a tendency to want to shellac life into a never changing diorama so that events won't overwhelm me. Communicating with a Higher Power of my understanding each day brings me back to the truth about myself, my essence, and the meaning of my life. Every day in prayer I can celebrate my "birthday" and revel in being a unique expression (*continued p. 2*)



**He said:** Ahhh, here we are, Step Eleven.

I've been looking forward to this column all year. This is a Great step and an often over looked one. **In this step** we are advised to improve our conscious contact with God through prayer and meditation. And, to only pray for knowledge of Gods will for us and the power to carry it out. Later on we are given permission to pray for ourselves as long as others will be helped. That is the spirit of AA prayer; praying for empowerment to help others. We see it in AA prayers like the 3<sup>rd</sup> and 7<sup>th</sup> from da BB and the 11<sup>th</sup> from da 12 by 12. This concept of unselfish prayer is way deep. Service!!! It is through service that we get what we really want. Plus, I need to get out of my head. I'm like a dog with a Frisbee that won't let go. Sometimes it is only though service to others that I drop the Frisbee long enough for God to give me His will for me. Then I pick it back up again. Grrrr!

**That being said** I think that our natural state is to be connected with God. Our intuition knows God's will. The only problem is that our intuition has a still small voice and our wants and fears have a great big voice. What is the solution to this dynamic difference? Teach your intuition to send text messages. JK. We have to find a way to let our natural God given intuition through. Invariably this comes from quieting the mind in meditation.

**Most AA's, me included**, cannot sit still for more than 5 seconds, let alone clear the mind from thought. This is natural and part of being human. Ready? Let's try it.

**Sit in a comfortable place.** Breathe deeply. Follow your breathing. Coming in, going out. After you have reached a relaxed rhythm start to count your breaths. Focus all your attention on the breath. When the mind starts to wander gently bring it back to the breath. See if you can do 10 breaths. When the mind wanders, start over. Once you can do 10 with total focus try for 21. Then, see how high you can go before becoming distracted. (*continued p.2*)

**(She Said)** and vehicle of love. As Joseph Campbell wrote, "The privilege of a lifetime is being who you are." Without self-observation, prayer and meditation I forget who I am and what my primary purpose is.

In "Cocoon" some humans are inadvertently exposed to alien pods whose regenerative power of healing changes their lives. In my favorite scene, the aliens display their approach to making love. They literally unzip their human suits, revealing their true "selves" as beings composed predominantly of light. They share their life force, and value individual existence in terms of ability to transfer and store life-giving energy. They heal by "touching" other living beings and their motivation for doing so is the other's need. When I neglect to get in touch with the essence of whatever brought me here, I weaken, and return to the illusion of isolation that is the "bondage of self". Conscious contact sets me free, heals me, and allows me to be partners with the most beneficial power in the universe.

~ Ally S., Kauai

## Letters To The Editor

Hi, My wife and I are visiting Kauai for two weeks. We were lucky enough to discover someone who wanted to trade houses--Wailua for Petaluma, CA. Thinking that it's always a good idea to go to a meeting, whether at home or on vacation, Monday night we went to the Kapaa Steps To Freedom Group. There, we were welcomed with the fellowship I've found around the world in these rooms. I've never been draped with a sea shell lei at a meeting, though!

We picked up the newsletter at the meeting and it occurred to me that the Sunrise Serenity Group would want to know of my father's death a year ago August. Theo T. had 26 years sober at 89 years old. He visited Poipu often and considered the Sunrise Group to be his second home group.

I still miss him deeply and am often grateful that AA brought us together in a way neither of us could have imagined when we got sober.

Thank you, Anthony T.

## Publishing Birthdays

Published the month after their occurrence.

If you would like a birthday published in the Garden Island Sobriety newsletter please **LET US KNOW** at:

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

**(He Said )** It is helpful to create a special place to meditate, like a clean special part of the house or somewhere beautiful and peaceful outside. I also find it helpful to light candles or wear special clothing such as a shawl or favorite pareo. These items and places become steeped in meditation energy after a time and meditation becomes easier with routine. Sometimes meditation rituals involve a repeated word or phrase. Jesus, Aum, Om mani padme hum, anything that works. When the mind wanders, return to the phrase. There are so many resources for meditation! Check the internet for guided meditations! Can I tell you a little secret? Come close. When I meditate, I feel high. It's better than any drug. It's free. And best of all, there is no price to pay emotionally, physically or spiritually. In fact, meditation is quite beneficial. Ok, that's the secret. Now you go try it.

~ Will L., Kauai

## Happy Birthday



Pat B.	10/28	1981	29 yrs
Ron K.	10/20	1986	24 yrs
Danette	10/24	1987	23 yrs
Diana L.	10/8	1988	22 yrs
Chris K.	10/12	1988	22 yrs
Amorosa	10/25	1989	21 yrs
Richard S.	10/6	1990	20 yrs
Susan OK	10/16	1990	20 yrs
Kavika	10/11	1991	19 yrs
Nester N.	10/15	1991	19 yrs
Ryan E.	10/3	1996	14 yrs
Sue H.	10/25	1996	14 yrs
Kathy S.	10/26	1997	13 yrs
Laurie A.	10/15	1998	12 yrs
Radar	10/24	1999	11 yrs
Mo L.	10/24	2000	10 yrs
Alison	10/9	2000	10 yrs
Kira H.	10/7	2002	8 yrs
Francis	10/14	2004	6 yrs
Alejandro	10/22	2004	6 yrs
Drew	10/15	2004	6 yrs
Darryl C.	10/22	2005	5 yrs
Randall	10/29	2005	5 yrs
Matt J.	10/15	2006	4 yrs
JoRina	10/22	2006	4 yrs
Troy	10/9	2007	3 yrs
Kevin H.	10/9	2007	3 yrs
Patricia M.	10/16	2007	3 yrs

# 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 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 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!

## Full Moon Hike

**Monday, November 22, 6:30pm**

**JOIN THE NIGHT HIKERS  
FOR A FULL MOON HIKE AT KUILAU TRAIL**

Difficulty: Moderate

Elevation: 640 ft

This Is An AA Activity And There Will Be A Meeting Once We Reach The Shelter.

**Directions:** From Coco Palms, drive on Kuamoo Road through the Wailua Homesteads, towards the Arboretum. The Trailhead will be to the right side of the road, just a few yards before the first stream.

**DON'T FORGET YOUR CANTEEN & JACKET**

**Questions? Email [happyhourkauai@gmail.com](mailto:happyhourkauai@gmail.com)**

# Thanksgiving

**Thursday, November 25,  
Thank-A-Thon 2010**



Location:  
The Stone Church, Lihue

Time:  
9:00 am – 3:00 pm

Meetings:  
10:00 am and 2:00 pm

Activities:  
Potluck and Live Entertainment

**Food For The Feast - Please Bring:**

West Side – Salads  
East Side – Desserts  
North Shore – Vegetables  
South Shore – Mashed potatoes, Yams

**It's An Attitude of Gratitude!**



# Saturday Bowling

**Join the Fellowship  
Every 3<sup>rd</sup> Saturday**

**1:30 pm**

**NO EXPERIENCE NECESSARY. COME HAVE FUN!**  
Admission is \$11.25 and this includes the shoe rental plus two rounds of bowling. **BRING A PAIR OF SOCKS!**

# A.A. Meeting Places



Photo ~ Alejandro

## Hanalei Beach Park Pavilion

**Weke Road, Hanalei**

**Sunday 8:00 am – Hanalei/Princeville Group**  
**“As Bill Sees It” Meeting**

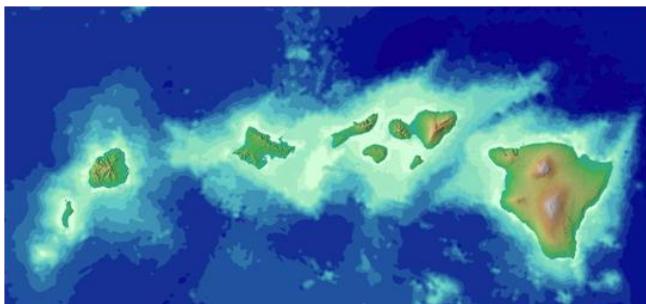


## A.A. Meetings

**Meeting Needs Support:  
‘Keep it Simple’**

Tuesdays - 7:30 pm, First Hawaiian Church in Kapaa.  
Doors open at 6:30 pm for coffee and fellowship.  
Format is on the Steps and the Traditions.

## Find AA in Hawaii



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

## Concept XI - Partnership

**Concept XI:** The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, induction procedures and rights and duties will always be matters of serious concern.

*The following was presented by Francesca P. (alternate delegate) to Hawaii Area 17 at the Inform the Delegate assembly April 2006.*

**“We can be aware also that any sound working relation between adult men and women must be in the character of a partnership, a non-competitive one in which each partner complements the other. It is not a question of superiority or inferiority at all.”** (page 60) \*

*\*References: The A.A. Service Manual Combined with Twelve Concepts of World Service\_by Bill W. 2005-2006 Edition Reflecting Actions of the 2005 General Service Conference.*

~ Contributed by Shoshanah B.

## Service is Sobriety

Our Area 17  Delegate is  
**Elizabeth M.**

[delegate@area17aa.org](mailto: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



# Kauai Intergroup

Next Meeting November 6<sup>th</sup>  
9:30am, Lihue Neighborhood Center

**ELECTIONS WILL BE HELD  
AT THIS MEETING!**

## Got Literature? We Deliver!

OR COME TO THE INTERGROUP MEETING!

\*Books \*Pamphlets \*GIS Newsletter  
\*Kauai AA Meeting Schedules  
Are All Available!

## Intergroup Officers

Chairperson - Tom R  
Alt. Chair - Bob B.  
Treasurer - Mike C.  
Secretary - Henry M. 245-3604  
Literature - Mark M.  
Alt. Literature - Danette M.  
Hotline Chair - Dana M. 245-6677  
Events - Kathryn B. [Kauairu2010@yahoo.com](mailto:Kauairu2010@yahoo.com)  
GIS News. - Linda B. [district6newsletter@hotmail.com](mailto:district6newsletter@hotmail.com)

**SEND YOUR CONTRIBUTIONS TO:**

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



## Intergroup Treasures Report

September 2010

### Income

Happy Hour Books	\$ 24.00
Koloa Nooners Meeting	\$ 25.00
Sunday Koloa 3-11 Meeting	\$ 150.00
Koloa Wed. Stick Meeting	\$ 35.00

Income Total	\$ 234.00
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### Expenses

GIS News- half of 4 <sup>th</sup> quarter	\$ 150.00
Guardian Self Storage rent	\$ 25.00
Hawaiian Telcom	\$ 95.91

Expenses Total	\$ 270.91
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Balance	\$ 515.16
Prudent Reserve:	\$ -191.00
Available Funds:	\$ 324.16

## MAKELE SEZ:



**Don't Drink.  
Go To Meetings.  
Read The Big Book.**

**Request a newsletter**



**by e-mail**

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



# District Elections

NIUMALU PAVILION, OCTOBER 24, 2010

## Election Results for PANEL 61

Alejandro H.	DCM
Neil P.	Alt. DCM
Heather C.	Secretary
Susan O'N.	Treasurer

**Next Meeting November 13<sup>th</sup>  
9:30am, 3146 Akahi St., Lihu`e**

## Kauai District Cash Flow

As of September 12, 2010

Starting Balance	\$ 2001.78
Income	
Princeville/Hanalei	\$ 87.50
TGIF Veterans Center	\$ 80.00
Koloa Wed. Whiskey & Milk	\$ 20.00
Koloa Nooners	\$ 25.00
Interest 7/21 to 8/20	\$ .07
Income Total	\$ 212.57
Payments	
Pizza for Service Workshop	\$ 46.10
DCM Assembly registration	\$ 25.00
Payments Total	\$ 71.10

### SUMMARY FOR 2010

Starting Balance Aug. 23, 2010:	\$ 2001.78
Income Total:	\$ 212.57
Payments Total:	\$ 71.10
Balance	\$ 2143.25
Prudent Reserve:	\$ -500.00
Available Funds:	\$ 1643.25

~ Prepared by Courtney P.

## 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 THANK YOU PANEL 59!

DCM - Jim D. [DCM6@area17aa.org](mailto:DCM6@area17aa.org)  
Alternate DCM - Susan O'N 212-1858  
Treas - Courtney P. [cpelz@mail.com](mailto:cpelz@mail.com)  
Secretary - Michele K. [kauaidistrictsixsec@gmail.com](mailto:kauaidistrictsixsec@gmail.com)  
Grapevine - Alejandro 652-3128 [hernandea040@hawaii.rr.com](mailto:hernandea040@hawaii.rr.com)  
Archives - Mathea A. [MatheaAllansmith@gmail.com](mailto:MatheaAllansmith@gmail.com)  
CPC - Bart D. 651-9623

### The Step That Keeps Us Growing

Sometimes, when friends tell us how well we are doing, we know better inside. We know we aren't doing well enough. We still can't handle life, as life is. There must be a serious flaw somewhere in our spiritual practice and development.

#### What then is it?

The chances are better than even that we shall locate our trouble in our misunderstanding or neglect of AA's Step Eleven – prayer, meditation, and the guidance of God.

The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing, if we try hard and work at it continually.

~ Bill W.

As Bill Sees It, p. 264