

September 2017

Garden Island Sobriety

'Step Nine'

“Made direct amends to such people wherever possible, except when to do so would injure them or others”.



He said: There is nothing that gave me more perspective into who I am and what I want to be than doing the Ninth Step.

According to the books, it's the 4th and 5th steps that allow us to pull up the veil of delusion to see us as we truly are. But, for me, that wasn't enough. I had to go to the people I had harmed and get the scoop from them.

I have problems remembering things accurately. I don't think I'm alone. But when I put something into the memory banks, I often cloud it with my perspective.

I have told lies so often that I've come to believe them as truth. And that's where the help of another person comes into play.

At first it was a sponsor or another alcoholic that helped me sort the truth from the fiction. But that was with someone who cared about me. This step makes me go back in the world and take a look at who I am through people who don't have my best interests at heart.

When I harmed someone, it often came with an excuse. The excuses varied depending on the act, but it was always about making the other person just a little less human in order to make me feel better about the situation. If it was stealing, the excuse was "well, they had more than me," if I character assassinated someone, or had a relationship with someone specifically to meet my needs, I would often blame the other person and believe that they were trying to do the same with me.

After a while, it was easier to live with if I changed the facts to avoid feeling bad for what I'd done. It allowed me to get up in the morning without reliving what a bad person I was. So the amends process makes us see our victims as human once again, not just as witnesses to events that defined us.

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She said: What does it mean to be an alcoholic? It means that even after you've stopped drinking and even after you've joined AA and turned your will and your life over to the care of God, as you understand God, you are still suffering.

Your mind is full of stories of the past, stories in which you are a failure. You cannot hold your head high knowing that you have behaved according to high moral principles and conducted yourself in an exemplary manner. You remember your failures and the wrong you have done others and cringe inwardly every time you do. **These stories of the past** can be changed by taking Step Nine. By making direct amends to those we have harmed the scenario that plays in our head and holds us prisoner, loses its power over us. We are freed from the weight of these memories because we have changed the outcome. This is an immense freedom.

Without this step we are still chained by feelings of guilt to that which caused it in the first place, alcohol. If those chains are not broken by making restitution we are still dragging the bottle around behind us and that bottle wants to assuage our suffering in its own special way, namely drunken oblivion.

I admit that I had a difficult time finding complete gratification and the satisfaction of a job well done in doing the Ninth Step. One reason for this is because someone I had hurt the most, stolen from, lied to and cheated on the most, was myself. How was I going to make direct amends to me? There was only one way to do it, and that was one day at a time.

I had to begin living life in a radically different way. I could no longer escape into alcohol or drugs, nor could I afford the luxury of wallowing in self pity, riding a wave of resentment or bolting in fear. It was

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AA Hotline 245-6677

He Said: (cont) There are certain events in my life that I thought happened a certain way. When I sat down with (or e-mailed) the other people involved, I found out that their recollections were completely different than mine.

When I made amends to people whom I thought I had harmed greatly, I got a shock. Often, the things I thought I had done that had seriously hurt another wound up to be no big deal. But, when they were, I found the people were often forgiving and understanding I had not ruined a lot of people's lives after all. Once again, I was not really as important as I thought I was.

I also learned that I hurt people in strange and weird ways. When I e-mailed an old friend whom I had harmed, the facts of what I had done weren't all that different. But the harm I had caused was completely different than the one I thought I had caused. The act of stealing from him wasn't the hard part for him --- it was the way I put him down after the theft really caused the damage.

I'm not saying they're right all the time. But it's not my place to argue with their version either - to me that's where the "not injuring them" part comes into play.

When I go into making an amends with an open mind, I wind up seeing myself in a completely different light

~ Tom F., Kauai

Birthday Celebrations West Side

● Ala i ke Ola Hou, Waimea Cyn. Group - 5:30 pm

Last Friday of the month, **Kekaha-MacArthur Park VOLLEYBALL, CAKE & BBQ 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!**

She Said: (cont) time to face everything and recover. AA gave me the support to live life one day (cont) at a time, with spiritual growth as my number one objective. My amends to myself slowly evolved and grew. I had to keep moving forward and looking at life's hard lessons as teachers on the road that is trudged toward enlightenment. Let me make this perfectly clear; when it comes to enlightenment, I have a long way to go.

Some situations are easier to face than others, some people more forgiving. I find that Step Nine is like diving into frigid water, which personally I *hate* to do. What really helps me take the plunge is knowing how great it will feel after it's done. The cleansing sense of regeneration it will provide gives me the courage to just go ahead and change the things I can.

~ Linda B.

Happy Birthday

Samantha F.	8/15	1989	28 yrs
Forest	8/5	1990	27 yrs
Myra L.	8/18	1990	27 yrs
Joy E.	8/21	1991	26 yrs
Sue G.	8/4	1991	26 yrs
Lenny I.	8/3	1992	25 yrs
Grekhon	8/8	1992	25 yrs
Jeff T.	8/10	1997	20 yrs
Linda B.	8/11	1997	20 yrs
David H.	8/1	2000	17 yrs
Harold	8/24	2001	16 yrs
Elle N.	8/12	2003	14 yrs
Jenn	8/13	2004	13 yrs
David B.	8/5	2005	12 yrs
Manny R.	8/8	2005	12 yrs
Nancy M.	8/29	2005	12 yrs
Rhonda	8/18	2006	11 yrs
Duanne	8/14	2006	11 yrs
Damione V.	8/28	2007	10 yrs
Denny M.	8/31	2008	9 yrs
Jay A.	8/23	2009	8 yrs

Congratulations Everyone!!

**We Publish Sobriety Birthdays In
The Month After Their Occurrence.**

A.A. Activities



Steps to Freedom Birthdays

This Month September 25th

6:45pm, Kapa'a United Church of Christ

1315 Ulu Street, Kapaa, Speaker Meeting 7:30pm



Came to Believe - Pizza Night

This Month September 27th

6:00pm Saint Michael's Church Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

This Month on September 29th

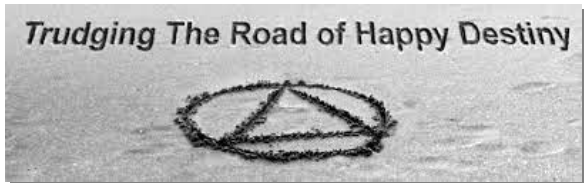
5:30pm Meeting then Birthday Potluck

Every last Friday of the Month (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset

56th Annual Hawaii Convention

September 28 – Oct. 1, 2017



At The Hilton Hawaiian Village, Hawaii

Registration and Info. at:

<http://www.annualhawaiiConvention.com/registration>

A.A. Meeting Places



Nawiliwili Beach Park, Lihue

(Beside Anchor Cove's parking lot)

The "Happy Hour" Group

Meetings at 5:00 pm

- Sunday - Best of the Grapevine
- Monday - Living Sober
- Tuesday - Daily Reflections
- Wednesday - 12 x 12
- Thursday - Stick Meeting
- Friday - Big Book Study
- Saturday - Came To Believe

These AA Slogans "Keep it Simple"

There are ways to do things and there are ways to do things, but what I need to write about most right now, the most poignant idea that fits for me, is "Keep It Simple."

Following the basics has been working for me and helps my perfectionist style and attitude. It helps keep my ego in place while I struggle to let go and realize I'm not that important.

I am also here to testify that "Simple" isn't always easy. In fact at times, when I'm doing life well, life on its own terms, simple can be the hardest practice to reach for and attain.

For the time being what I have is what I give. I don't know about the rest but until then I'm Keeping it Simple NOW.

~ Aaron W.



The Best of Big Book Dave

Month of September in Our History:

September 1990: First printing of the AA General Service Conference approved book, “Daily Reflections”, goes to print. This book had its beginning as an advisory action three years before at our General Service Conference held in New York. At the top of each page is a quotation from books and other literature that is ‘Conference Approved’ material. Following each quote is a personal reflection by individual AA members. There were 1325 submissions by the membership and 365 were picked, one for each day of the year. The entire book focuses on our three legacies of Recovery, Unity and Service.

September 1909: The American Society for the Study of Alcoholism erected a monument in honor of Dr. J.E. Turner in Wilton, Ohio. Turner founded one of the first known inebriate asylums where alcoholics were placed in strait jackets and treated in the same way as the chronically insane.

September 1937: The belief that alcoholics are resistant to the Oxford Group’s four ‘Absolutes’ develops in Bill’s mind and in his actions. This will be one of the five major reasons alcoholics began the ‘break away’ from the Oxford Group.

September 1937: Dr. Leonard Strong, Bill W’s brother-in-law, writes ‘The Rockefeller Foundation’ seeking funds for this newly formed group of ‘ex-drunks.’ We will not take the name of ‘AA’ until 1939, when our Big Book went to press.

September 1941: Jacksonville, Florida Radio Station WHJP airs ‘Spotlight on AA’ with speakers from AA. It proved to be so popular the station turned the show into a ong running series.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska
Submitted by Mathea A.



OUR THANKS to B.B. Dave & Mathea A.

Tradition Nine

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- Do I still try to boss things in AA?
- Do I resist formal aspects of AA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn’t every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- What has rotation to do with anonymity? With humility?



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



Kauai Intergroup

The Next Intergroup Meeting:
September 2nd, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

August 2017

Income:

Cash	Literature	14.50
Daily Reflections	Literature	31.25
Hui Ohana	Literature	20.50
	Literature	12.84

Total Income Deposited in July 79.09

Expenses:

Guardian Storage	Locker	145.83
YPAA	Event	100.00
Ink Spot	Printing	150.00
Hawaiian Telecom	Phone	25.37
Tom R.	Schedules	235.41

Total Expenses in July 656.61

Previous Balance	2398.39
Net Profit or Loss	577.52
Current Balance	1820.87
Less Prudent Reserve	900.00
Balance	920.87

~ Report prepared by JoRina ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauaiaa.org Visit Our Website!

■Kauai A.A. Meeting Schedule



■Kauai A.A. Events Calendar

■Link to HI Island AA websites

Contact: website.intergroup@gmail.com

GRAPEVINE Quote of the Day

August 18, 2017

"With each passing year we increasingly realize the immense importance of adequately presenting the program to every new prospect who is in the least inclined to listen. Many of us feel this to be our greatest obligation to him and our failure to do so our greatest dereliction. The difference between a good approach and a bad one can mean life or death to those who seek our help."

AA Co-Founder, Bill W., May 1947
"Adequate Hospitalization: One Great Need,"
From The Language of the Heart

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonjia B.
Hotline:	Kelvin

District 6, Kauai:

The Next District Meeting:
September 16th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of August 18, 2017

Group Contributions:

Hui Ohana	1350.00
Step Sisters	20.00
Total Income	1370.00

Expenses:

Kauai Intergroup (Bks for Corrections)	69.80
Total Expenses	69.80

TOTAL CASH IN BANK	2667.26
PRUDENT RESERVE	1200.00
OPERATING FUNDS	2846.87

~ Report prepared by Crystal B. ~

SEND YOUR CONTRIBUTIONS TO:

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

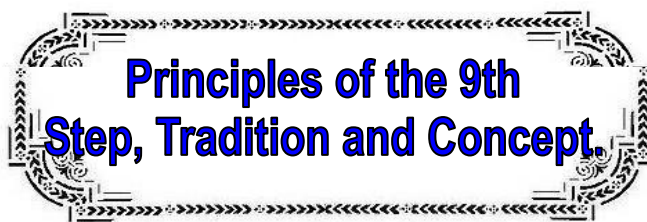


District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	Crystal B.



From Your DCM



The 9th step is the last step where I can come to grips with my past, and experience the peace and serenity while working with others...

Tradition 9 has led AA to be a "society without organization, animated only by the spirit of service-a true fellowship."(12&12,Ninth Tradition p.175) and, in its essence, teaches me to "let go"...

Concept 9 teaches me to seek advice, accept criticism and disagreement, compromise, take a tough stand, and create vision.

The Area 17 structure consists of 14 Hawaiian Island Districts. Each District consists of elected GSR's who represent their home groups conscience, and write interesting reports sharing what their group is doing to carry the message; and sits on an Area Committee.

An Intergroup representative shares their report. Appointed Chair people report on what their committee is doing to carry the message. The Secretary takes notes during the meeting, and distributes the information among the fellowship. Our Treasurer takes care of, and reports on the financial side of it all. The Alternate DCM is a backup for the DCM. They are encouraged to assist, participate, and share in the DCM's responsibilities at District and Area meetings. The DCM's job is primarily that of two-way communication. (See page S30 in the AA Service Manual for the whole list of responsibilities, if you don't have one, contact your group literature person!) Service!...Just do it... might just change your life.

Mahalo! Steve Q

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.