

April 2012

# Garden Island Sobriety

## 'Step Four'

**“Made a searching and fearless moral inventory of ourselves.”**



**He said:** There are probably as many opinions on how to do the 4th step as there are members of Alcoholics Anonymous. Some will say, “I did it just the way the Big Book says. And if it’s good enough for the founders it’s good enough for me.” Others will look to a plethora of worksheets or 4th Step guides available at limitless websites and treatment facilities.

**There are those** who will tell you, “You do *one* 4th Step and you keep current in Steps 10, 11 and 12.” Others say, “You can do as many 4th Steps as you feel are necessary.”

**I would simply** suggest that the *how* should be resolved with the God of your understanding and your sponsor. Rather than fan the flames of the debate and thrash through the pros and cons of various techniques, I will spend our time together this month discussing *why* we do the 4th Step, and the benefits we can expect from it.

**The only recommendations** I will make regarding the *how* are: 1) Maintain constant contact with your Higher Power, 2) Be as thorough and honest as you possibly can, and 3) Keep your sponsor on speed-dial.

**There is a lot** of fear surrounding this step. Who wants to look at their defects and dredge up the past? After all, what’s done is done, right?

**In the Third Step** we asked God to, “Relieve me of the Bondage of Self, that I may better do Thy will.” But freedom from ourselves is impossible if we insist on holding on to the fears, resentments and secrets we’ve harbored all our lives. And this poison keeps us turning back to alcohol to numb the pain.

**Many newcomers will** tell you it is too painful to dig up and write about all the memories they swore they’d carry to the grave. But, the pain isn’t from the writing, it comes from the *resistance* to writing.

*(continued page 2)*



**She said:** One way a former sponsor explained the Fourth Step to me was to imagine a mucky, scummy pond that I am to clean up. I can start with a skimmer, getting stuff from the surface of the water. These are the obvious wrongs that I either did quite recently, or that have been bothering me for years.

As I skim off the algae (writing down resentments, fears and sexual misconduct) less urgent memories of my misdeeds may arise from the bottom of the pond (my unconscious).

**I told my sponsor** I had the suspicion that there were some other things buried in the muck at the bottom the pond (in my unconscious) that I didn’t know if I could get out. I was worried that they were some of those strange mental twists warned about in our literature that might ambush me into drinking.

**She advised that** I keep writing things down in the Fourth Step as long as they keep coming to mind. “But,” she said, “there’s plenty wrong with you that you need to take a look at that’s right on the surface of the pond. That’s probably plenty to work with without prodding around in the dark corners of your subconscious. If you’ve truly turned your will and life over to the care of God, as you understand God, and something is meant to appear on your Fourth Step, it will come to mind.”

**“And,” she noted,** “if you miss it in your Fourth Step and it truly does need to be dealt with, it will rise to the surface at a later date. Then you can look at it and share it with another human being in a Tenth Step.

**In other words,** quit stressing and just do it. This advice freed me from the combination of perfectionism and procrastination that is the way I approach life unless someone is giving me a little good orderly direction.

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**AA  Hotline 245-6677**

**He Said:** (cont) For many of us it's easier to drink than to face the wreckage of our past. With pain comes fear so at this point we ask our Higher Power for strength, courage and faith. We hold on to the belief that God wants nothing less for us than our happiness.

I've heard it said, "Courage is being afraid but going on anyway." Just remember that the 4th Step doesn't have to be faced alone! We ask for help from God and our sponsor. We can also ask the thousands of A.A. brothers and sisters that have faced this fear and stepped through to the other side FREE!

Yours respectfully, Jon S.

# Happy Birthday

John G.	3/2	1972	40 yrs
Dick W.	3/17	1973	39 yrs
Pat Q.	3/7	1977	35 yrs
Bebe S.	3/10	1980	32 yrs
Gerry J.	3/4	1981	31 yrs
Dave G.	3/7	1987	25 yrs
Judy B.	3/2	1987	25 yrs
Larry	3/24	1987	25 yrs
Julie M.	3/1	1987	25 yrs
Norman P.	3/1	1991	21 yrs
Kathy	3/12	1997	15 yrs
Julia O.	3/11	1997	15 yrs
Sherwood C.	3/17	1998	14 yrs
Bill E.	3/17	1999	15 yrs
Shoshanah	3/14	2003	9 yrs
Heather C.	3/10	2004	8 yrs
Julie H.	3/30	2004	8 yrs
Jennifer C.	3/5	2005	7 yrs
Eddie	3/1	2005	7 yrs
Linda R.	3/20	2006	6 yrs
Mike H.	3/5	2008	4 yrs
Cindy T.	3/14	2008	4 yrs
Susan O.	2/2	2009	3 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](mailto:District6newsletter@hotmail.com)

**She Said:** (cont) I am a firm believer that the Fourth Step is done pen to paper and in columns, as described in the Big Book. Writing items down in columns like that helps me keep the wording short and to the point. All I need is enough detail so I can relay the instance to the person hearing my Fifth Step.

In the 12x12 the Fourth Step chapter talks about sin. I remember seeing the question posed to a very famous preacher, "What do you think sin is?" To my surprise he said simply, "Separation from God."

So another question to think about when doing a Fourth Step is, "What is separating me from my Higher Power?"

~ A hui hou, Diana L.

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



# 24th Annual Big Island Bash

## Speaker Convention

April 20<sup>th</sup> - 22<sup>nd</sup> At

The Sheraton Keauhou Bay Resort & Spa



### 'Had A Spiritual Awakening'

For More information about Registration, Schedule of Events and Accommodations go to:

[www.bigislandbash.com](http://www.bigislandbash.com)



## Volleyball Game Day

The First Saturday of Every Month

3:00 pm at Nawiliwili Beach Park.

Please join us for a fantastic SOBER time!

~Sponsored by Happy Hour Kauai~

## 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 28<sup>th</sup>-30<sup>th</sup>, Camp Naue, Kauai**

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

Registration Form is at: <http://www.kauaiaa.org>

Have questions? Email: [hicypaa2012@kauaiaa.org](mailto:hicypaa2012@kauaiaa.org)

Call Hotline: 808 245-6677 or go to: [www.kauaiaa.org](http://www.kauaiaa.org)



# A.A. Meetings

## New Daily Reflections Meeting

Starting Friday April 6<sup>th</sup>, 7:30pm

At St. John's Church in Ele'Ele



339 Mehana Road

### CONVERSION

No longer clay am I  
At the malleable whimsy of the sculptor  
Prodded, poked and pried apart  
Squeezed, spread and smoothed together.  
Ever shifting, shaping, sculpting  
Her mind's image is never satisfied.

Nor granite do I want to be  
Cold, calculating and unapproachable  
By the sculptor without careful scheming  
Still unmoving, unyielding, unbreakable  
Only with tumultuous trepidation and tremendous effort  
does she pulverize an effigy.

Rather would I be marble  
Metamorphic, mottled and enduring  
Testing the mettle of the sculptor  
Yielding hesitantly, haltingly, harmonically  
Her chisel caresses, unveiling  
A polished soul.

~

By Jackie S.





## Concept IV for World Service

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

**Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.**

The principle of “Participation” has been carefully built into our Conference structure. The Conference Charter specifically provides that the Trustees, the Directors of our service corporations (A.A. World Services, Inc. and The A.A. Grapevine, Inc.), together with their respective executive staffs, shall always be voting members of the General Service Conference itself.

...The **preservation** of the principle of “Participation” in our service structure is, to those of us who already understand its application and benefits, a matter of the highest importance to our future. Experience suggests, however, that some of each new generation of Delegates and Trustees will inevitably try to weaken, modify, or toss out the principle of “participation.”

...In its **early days** the A.A. Headquarters was run on authoritarian and institutional lines. At that time the Trustees saw no reason to delegate their managerial powers or to work in voting participation with any others outside their own body. The result was often grievous trouble and misunderstanding, and it was out of this rough going that the principle of “Participation” finally emerged. This lesson was learned the hard way, but it *was* learned.

**We have seen** how Dr. Bob and I had placed our Board of Trustees in full legal possession of our service assets. This had included our book literature,

our funds, our public relations, and our A.A. General Service Office. This is how our early Trustees came to have all of the authority there was. But most of the actual responsibility for the conduct of A.A.’s Headquarters nevertheless fell on me, my assistant, and her staff. On the one hand we had Trustees who possessed complete authority, and on the other there were founders and office managers who had great responsibility but practically no authority. It was a kind of schizophrenia, and it caused real trouble.

...It **was years before** we saw that we could never put all authority in one group and virtually all responsibility in another and then expect efficiency of operation, let alone real harmony. Of course, no one is against the idea of final authority. We are only against its misapplication or misuse. “Participation” can usually stop this sort of demoralizing nonsense before it starts.

**Let us look** at another aspect of this participation problem. The final authority for services must lie in the A.A. groups; but suppose the groups, sensing their great power, should try to over-exercise it by sending in Delegates irrevocably instructed as to how to vote on most questions. Would the Delegates feel that they were participants, trusted servants? No, they would feel like agents and order-takers.

...**There is another good reason** for “participation,” and this one has to do with our spiritual needs. All of us deeply desire to belong. We want an A.A. relation of brotherly partnership. It is our shining ideal that the “spiritual corporation” of A.A. should never include any members who are regarded as “second class.” Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principal reason why we should continue to ensure “participation” at every important level. Just as there are no second-class A.A.’s, neither should there be any second-class world service worker, either.

**The “Right of Participation”** is therefore a corrective of ultimate authority because it mitigates its harshness or misuse. It also encourages us who serve A.A. to accept the necessary disciplines that our several tasks require. We can do this when we are sure that we belong, when the fact of our “participation” assures us that we are truly the “trusted servants” described in A.A.’s Tradition Two.

*(Published by General Service Office of Alcoholics Anonymous®)*



## The Concepts Checklist

**Concept IV:** (Short Form) At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

- ✓ Do we understand the spiritual principles underlying the “Right of Participation”?
- ✓ What does “in reasonable proportion” mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- ✓ Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

## Service is Sobriety

Our Area 17  Delegate is  
Linda McD.

[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 check

## Kauai Intergroup

The Next Intergroup Meeting Is  
April 7<sup>th</sup>, 9:30 am at the  
Lihue Neighborhood Center



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

**SEND YOUR CONTRIBUTIONS TO:**

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



## Do You Need 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**

## Intergroup Officers:

Chairperson: Bob B.  
 Alt. Chair: Kathryn B.  
 Treasurer: Mike C.  
 Secretary: Susan Ok. [secretary.intergroup@gmail.com](mailto:secretary.intergroup@gmail.com)  
 Recording Sec: OPEN  
 Literature: Danette M.  
 Alt. Lit.: Mark M.  
 Hotline: Damione [hotline.kauai@gmail.com](mailto:hotline.kauai@gmail.com)  
 Events: OPEN  
 GIS Editor: Linda B. [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

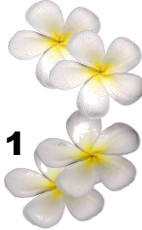
# Inform The Delegate Assembly



April 14<sup>th</sup> - 15<sup>th</sup>, 2012

Hosted by

**Diamond Head District 1**



Panel 61's 'Inform The Delegate Assembly' will be held at The Church of the Holy Nativity, 5286 Kalaniana'ole Hwy. For more information go to: [www.area17aa.org](http://www.area17aa.org)

The purpose of the Inform-the-Delegate assembly is to share the group's response(s) with the area, especially, the delegate. The sum of all this sharing is often called the collective group conscience, and it is the collective group conscience which the delegate receives from the area and takes with him/her to New York, where the process is repeated once again, this time with other delegates. This process has enabled A.A. to grow, harmoniously, worldwide. - HAWAII AREA 17 General Service Representative (G.S.R.) Orientation Informational Handbook.

## Calling for Volunteers & Speakers

### 'Carrying The Message'

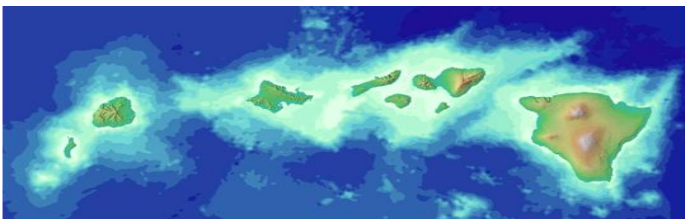
Area 17 is calling out for volunteers & speakers for Public Information to staff tables for Health Fairs and other Community Outreach Functions, as well as speaking at schools.

Please Contact the Public Information Chair for Area 17 at [pi@area17aa.org](mailto:pi@area17aa.org) if you are available to carry the message to the alcoholic who still suffers.

In Love and Service, Chris S-C

Public Information Chair, Area 17, Panel 61

## Find A.A. in Hawaii



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

# District 6, Kauai:

**Time & Location Changed**

The Next District Meeting Is  
April 7<sup>th</sup>, 11:00 am, at the  
Lihue Neighborhood Center

## District 6 Committee:

DCM: Mo L.  
Alt. DCM: JD [district6altdcm@gmail.com](mailto:district6altdcm@gmail.com)  
Treasurer: Alejandro H.  
Secretary: OPEN  
Public Info.: OPEN

## District 6 Treasurer's Report

March 2012

### Group Contributions:

Princeville Hanalei	157.50
Sunrice Sobriety	130.00
<b>Total Group Contributions</b>	<b>287.50</b>

### Expenses:

District Treasurer Ink Cartridge	30.20
DCM Assembly Registration	25.00
Kauai Intergroup (Corrections Chair)	75.00
Ink Spot (GIS)	75.00
Karin Stoll (Rent)	45.00
<b>Total Expenses</b>	<b>250.20</b>

**Cash Available** 2259.47

~ 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