

January 2018

# Garden Island Sobriety

'Step One'

**"We admitted we were powerless over alcohol - that our lives had become unmanageable."**



## He said:

Aloha friends! I had a very difficult time admitting I had a problem with alcohol.

**Being extremely** self-seeking, and somewhat of a complete know it all and perfectionist, allowed me to disown this imperfection for a long time.

**I finally found** myself in a whirlwind of mental, physical, and financial destruction. Loss of relationships was inevitable in my condition.

**It was apparent** that all parts of my life had come crashing down. I had no control of my life anymore. It was totally unmanageable.

**I wanted to work** but I could not. I was simply unable to.

**I wanted to love** but had no one to love. The one thing I could do was get loaded. And I did.

**Fear of death** and pain brought me to my knees. I entered rehab and my recovery began.

**I am grateful** that I can work and love today. Fear of death and pain is no longer here.

**Sanity is near** and my life has become better than it has ever been. I still have financial and work issues but no problems that can't be solved.

**Self-seeking has** been minimized. Mental and physical health is being cared for.

**The idea of being** a perfectionist is hilarious. Cravings for alcohol have stopped. I am in love.

**Program is present** in my life now and I am joyful and excited to be alive.

~Mike H.' Kauai



## She said:

Aloha my name is Pattilyne and I'm an alcoholic, Steps to Freedom is my home group.

**I'm sitting here** thinking about what I'm going to write about the First Step and I'm reminded that God's in charge not I. So with that being said, I've been on the outskirts of the program since 1995.

**Before coming in** with my two feet planted in Alcoholics Anonymous I did everything to not stay sober. By blaming everybody else for my actions I created a mess of my life.

**We all have** a story and for me I chose to keep myself at the same level as everyone around me. Pride and ego took me out many a time. It is humility that keeps me in.

**Alcohol was my** Higher Power and whoever tried to take that away from me became my enemy. I lost my family and friends while I was in the disease and in sobriety I've got them back into my life.

**It's been a** short yet long road since Jan 3, 2011 and I've learned that everything happens in God's time. The first step reminds me that I'm powerless over alcohol and it made my life unmanageable. Having personal experience with this first hand I came crawling back into the program.

**I was homeless** on Kauai for 5 years before coming back and one of the biggest reasons for it was because I wasn't dying. I got really close to dying 8/2010 but as you can read, I'm still alive and I Thank God for this.

**When I did** the First Step with my sponsor it was easy to admit that I was powerless over alcohol and my life was unmanageable. What was difficult for me to accept is that I chose alcohol over my kids. I have 5 children, their age's range from 26-13 years of age. It was easier for me to have (Cont. p. 2)

**Expect A Miracle**

Birthdays p.2 Meetings, Activities p.3  
AA Archives p.4 The 12 Concepts p.5

**AA Hotline 245-6677**

# 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).  
● Happy Hour - 5:00 pm Last Saturday of the month.  
**CAKE FOR BIRTHDAYS!**

## 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!**

### WELCOME 2018 Writers

### "HE SAID-SHE SAID"

MIKE H. AND PATTILYNE

### "A.A. SLOGANS"

AARON W.

**She Said:** (cont) other people raise them and because of this I have to bring myself back to Step One. I am totally powerless over what they chose to believe and if I try to control it my life becomes unmanageable.

**The First Step** is one foot forward in all areas of my life today without it I would still be running on pride and ego and my life would totally be unmanageable.

~ Pattilyne, Kauai

### The Serenity Prayer

God grant me the serenity to accept the things that I can not change, the courage to change the things that I can and the wisdom to know the difference.

## Happy Birthday

Lopaka	12/13	1970	47 yrs
Carl K.	12/19	1981	36 yrs
Bobo	12/13	1986	31 yrs
Peggy S.	12/19	1986	31 yrs
Lori N.	12/23	1988	29 yrs
Bob C.	12/16	2003	14 yrs
Ron W.	12/24	2003	14 yrs
Eddie F.	12/13	2005	12 yrs
Erica J.	12/13	2005	12 yrs
Sarah	12/3	2007	10 yrs
Nicole	12/25	2009	8 yrs
Allison T.	12/23	2011	6 yrs
Steve	12/20	2013	4 yrs
Katie	12/26	2014	3 yrs

### Congratulations Everyone!!

# A.A. Activities



## The Happy Hour Cookout

January 13<sup>th</sup>, 2:00 pm

### At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



## WCG at Kekaha-MacArthur Park

This Month on January 26<sup>th</sup>

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset



## Steps to Freedom Birthdays

This Month January 29<sup>th</sup>

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

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



## Came to Believe - Pizza Night

This Month January 31<sup>st</sup>

6:00pm Saint Michael's Church Lihue

Every last Wednesday of the Month

# A.A. Meeting Places



## Hanalei Bonfire

Sunday Evenings at Middles Beach,  
Anae Rd., Hanalei

Time is adjusted Seasonally:

- 7:00 pm (Sept. 1 - April 1)
- 7:30 pm (April 1 - Sept. 1)

(Weather Permitting) and BYO Chair/Mat

## GRAPEVINE Quotes of the Day

January 1, 2018

"From first to last, AA is a of program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is the doorway to growth; but there will be no growth unless I follow up the admission with action."

West Henrietta, N.Y., October 2007

"Step Ten: Up Close and Personal," Emotional Sobriety II

**The Best of Big Book Dave:****January in Our History:**

**Jan. 1914:** Ebby T. took his first drink of alcohol, 19 years old at the Hotel Ten-Eyck, Albany, New York. He will become Bill W.'s one and only sponsor.

**Jan., 1928:** Ralph Pfau (Father John Doe) has his first total breakdown due to alcoholism. He will have a total of four before he comes into A.A. in 1943.

**Jan. 1933:** Henrietta Seiberling, distressed over family problems, separated from her husband Fred and moves into their estate gate house to raise their 3 children. On this date she attended her first Oxford Group meeting in Akron, Ohio, and joined. If she had not joined the Oxford Group our two co-founders never would have met. There would be no A.A.

**Jan. 8, 1939:** Richmond Walker, author of "The 24 Hrs A Day Book" joined the Oxford Group. 50 yrs old and 30 years of heavy un-controlled drinking under his belt, Richmond will join A.A. in Boston two years later. He never had another drink.

**Jan 23, 1943:** The 'Star Newspaper' in Washington D.C. reports that 300 members attend the capital's first A.A. banquet.

**Jan. 1949:** Readership expands to Canada and Europe as The Grapevine becomes known worldwide.

**Jan. 9, 1952:** Al-Anon Headquarters established in New York City.

**Jan. 14, 1966:** "The National Center For The Prevention and Control of Alcoholism" is created within "The National Institute On Mental Health."

**Jan. 24, 1971, 11:30 pm:** our co-founder Bill W. moved on up to the 'Big Meeting' at the Miami Heart Institute, Miami, Florida.

**Jan. 1979:** The two millionth copy of the Big Book presented to H.E.W. Secretary Joseph Califano in a ceremony at G.S.O.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A.



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

# Slogans for Sobriety:

**"Let Go and Let God"**

**Letting Go and Letting God** quickly brings me to the honest truth, or insight, that after many things are factored in I remain human and ultimately powerless. That doesn't absolve me of needing to be emotionally available for the synchronization between my effort, or willpower, and God's plan. Where is control when we're talking about a stressful, anxiety provoking perspective or circumstance merging with a theoretically God driven serenity?

**Part of me** feels that unlike most slogans Let Go and Let God could benefit from a user's guide. How exactly am I supposed to accept an omniscient being through faith and then hand over my earth bound challenges and relax? Could someone please demonstrate for me how Letting Go and Letting God, while doing the next right thing and not getting stressed out, works?

**I don't know** about you but in my family trusting and feeling safe were alien choices. Maybe that's why this slogan can work, because for me it's so ridiculous that it has to. We see evidence of a higher power everywhere if we are patient, choose to commit our attention and take the leap with faith. That could be what makes it so amazing.

**It's kind of a mini-miracle** with solace when we finally experience comfort through the acceptance that's implicit with this slogan. It's just like the other slogans, though this one has a required state of mind for entry; gratitude, open mindedness, focus and the willingness to be surprised.

~ Aaron W.

**Request a newsletter****by e-mail****Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)****Editor: Linda B.**

The Next Intergroup Meeting:  
 October 7<sup>th</sup>, 9:30 am  
 The Lihue Neighborhood Center

Intergroup Treasurers Report

## November 2017

### Income:

Princeville Hanalei	7th	400.00
Koloa Aloha	Literature	96.40
Anonymous	Literature	26.41
#717631	7th	30.00
Koloa Aloha	7th	50.00
Sobriety in Paradise	7th	30.00

**Total Income 632.81**

### Expenses:

Guardian Storage	Locker	145.83
Thank-A-Thon	Event	462.44
Bank of Hawaii	Fee	1.50
Ink Spot	Printing	150.00
Hawaiian Tele	Phone	25.70

**Total Expenses 785.47**

Previous Balance	(78.14)
Net Profit or Loss	152.66
Current Balance	1044.31
Less Prudent Reserve	900.00
<b>Balance</b>	<b>144.31</b>

~ Report prepared by JoRina ~

**SEND YOUR CONTRIBUTIONS TO:**


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

## Concept I:

Final responsibility & ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- **Does our group** have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- **Do we hold** regular group conscience meetings encouraging everyone to participate?
- **Do we pass** that conscience on to the district, area, or the local intergroup meetings?
- **Is the "collective conscience"** of Alcoholics Anonymous at work in my home group? In my area?
- **Where do we fit** in the upside-down triangle of AA?
- **Are we willing** to do what it takes to insure that our democracy of world service will work under all conditions?

## Intergroup Officers:

- |             |              |
|-------------|--------------|
| Chair:      | Chris K.     |
| Alt. Chair: | Pattilyne L. |
| Treasurer:  | Jorina       |
| Secretary:  | Aaron W.     |
| Literature: | Sonya B.     |
| Hotline:    | Kelvin       |

# District 6, Kauai:

The Next District Meeting:  
 October 21<sup>st</sup>, 9:30 am  
 The Lihue Neighborhood Center

## District 6 Treasurer's Report

### Report of November 18, 2017

#### Group Contributions:

Koloa Aloha	50.00
Turn It Over	30.00
Sobriety in Paradise	30.00
Princeville Hanalei	350.00
Whisky and Milk	60.00
North Shore Aloha	25.00
Twisted Sisters	58.42
Na Wahine Ku Pono	10.00
<b>Total Income</b>	<b>613.42</b>

#### Expenses:

DCM Travel	125.00
<b>Total Expenses</b>	<b>125.00</b>

<b>TOTAL CASH IN BANK</b>	<b>4151.49</b>
<b>PRUDENT RESERVE</b>	<b>1200.00</b>

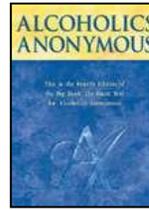
~ Report prepared by Crystal B. ~

## District 6 Committee:

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

### SEND YOUR CONTRIBUTIONS TO:

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



## ~ From The Big Book

### Chapter 2

'There is a Solution'  
 Page 25, fourth edition

'The great fact is just this, and nothing less. That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous He has commenced to accomplish those things for us which we could never do by ourselves.'

## Find A.A. in Hawaii



## Send Area Contributions

### ADDRESS IT EXACTLY LIKE THIS:

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