

November 2020

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."



He said: *"The process of enlightenment is usually slow. But in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity."* — Bill W

Exploring spirituality in the 11th Step of Alcoholics Anonymous can be a wonderful and illuminating experience. We have a solid frame of reference built by the previous Ten Steps of AA. Our recovery has helped us to stay sober one day at a time and has allowed us to expand our capacity for new information about ourselves, and the world around us. This open mindedness is one of the greatest things about AA. In AA the concept of a "higher power" and "God as we understand him" really affords every single person, from every walk of life, an unlimited choice of spiritual beliefs and actions.

In recovery we find that spirituality really is constantly developing and changing just like us. New situations and new people all have an effect on us, and our spirituality needs to grow along those lines. The Step 11 task at hand is therefore finding ways to improve conscious contact and connection with the "God" of our own understanding. We already have a conscious awareness of a "higher power" working in our lives, which we began to develop in Step Two. Working on Step Three we learned to trust that higher power for guidance. In the process of working through all of the steps so far, we were improving our relationship with the higher power.

"In AA we have found that the actual good results of prayer are beyond question. They are matters of

(Cont. p. 2)



She said: **Before I got sober** I used to meditate every day. I would literally jump out of bed and say to myself, hurry up and meditate. Because hurrying up is a great way to start meditation! It was a ritual, and I would be frustrated all day without it. It was as much of a ritual as making some outlandish coffee every morning and having some scotch in a short glass with no ice at night when I got home from work. As most alcoholics, when I do something, I do it to the max. Meditating was my way of justifying my not so good behavior. I would pretend to be a monk in the morning just feel good about myself. Thinking alright I did that, now I am free to act how I want. Just as pretending to be a classy wine-o late at night made me feel better about my drinking before blacking out. Not that my morning meditations did not count, but it got me nowhere in controlling my thoughts, emotions, and overall behavior. All I was doing was a selfish act, trying to right a wrong I have not committed yet.

The only thing my form of hurried meditation taught me was how to bring my breath throughout my body, from my mouth down to my toes and back again. For that I am grateful. But it did not teach me how to be quiet and listen. Meditation is a mental and physical discipline. It is a lot harder than what most think it is. Many humans are so uncomfortable with the silence and being with their own thoughts. Which I understand and do not blame them for. Some of the voices in our head are just plain crazy. Being alone with our thoughts is a scary place to be if you aren't continually working on yourself. But when I got the hang of letting thoughts flow in and out, I gained so much peace and comfort. I truly believe there is a

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AA **Hotline 245-6677**

He Said (cont.) *knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond the usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances.*” – Bill W

While actively working Step 11, many of us begin to notice more and more instances when there is a presence of a higher power and the magnificent ways it works in our life. The presence of a loving God can be experienced in nature, in the force of the ocean, through the unconditional love of our sponsor and other AA members, and through the feeling of being anchored by our program during the storm of difficult times. That connection to a higher power and the intention of wanting to know what God’s will is for us usually shows up while listening to and talking with other members of AA.

If the reason we’ve been praying and meditating is to seek the knowledge of our higher power’s will for us and the power to carry that out, how do we identify what God’s will is for our lives? I think it’s much simpler to identify what is *not God’s will*. In fact, it’s a great starting point to acknowledge that it is not God’s will for us to relapse. Therefore, acting in any way that might lead us to relapse is not God’s will and informs us about a whole bunch of behaviors, choices and thoughts that we should NOT engage in.

Now is the time to put knowledge, faith and ideals into action; we can’t pass on something that we don’t have. Some members of AA find that consistent prayer and meditation helps put a focus on a higher power instead of on them, which is a relief and a freedom. No longer feeling such an urgency to control every little thing in our lives and surrendering that self will run riot, leads to more satisfaction and success...This is a spiritual awakening.

With faith, courage and strength fully realized, our days of active addiction no longer seem like a tragedy or a waste. We see that our experiences can serve a higher purpose; we are ready to carry the message to the addict who is still suffering...

~Steve Q

She Said (cont)... reason for this step 11. The steps before let us gain peace within ourselves, free us from the mental prison we were in. So, we quiet our minds and are then able to hear God. If the goal is improving my conscious contact with God. I need to be able to listen to him.

“There is a direct linkage between self-examination, mediation, and prayer. Taken separately, these practices can bring much relief and benefit.” Twelve Steps and Twelve Traditions, pg. 98. This excerpt is great. No matter what order these are in, you are seeing your defects, talking to God and listening.

We listen to what God’s will is so we can make choices aligned with His plan, and pray for the strength to put these to action. I like doing my meditation and saying the 3rd step prayer in the morning. It is my new ritual and really sets me off on the right foot for the day.

~ Ashlie W., Kauai

AA Meetings

~We’re Using Zoom~

All online meetings for Kauai are listed at

www.kauaiaa.org

Just click “online meetings”. If you need assistance with the technology or help starting an online meeting call the AA Hotline at 245-6677, and ask for the phone # of our DCM Janice M. She has volunteered her help and says, “Setting up the technology is much easier than you might think.”



Expect A Miracle

THANK-A-ZOOM



Kauai Intergroup Presents

STEPS to GRATITUDE

Thursday, Nov 26, 2020

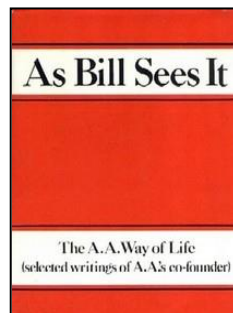
Begins 9:00am Hawaii Time

Zoom: 933 857 1116



Try An
Attitude of Gratitude

-As Bill Sees It-



Privileged to Communicate

p. 231

Everyone must agree that we A.A.'s are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand, and love each other so supremely well.

These attributes and virtues are scarcely of the earned variety. Indeed, most of us are well aware that these are rare gifts which have their true origin in our kinship born of a common suffering and a common deliverance by the grace of God.

Thereby we are privileged to communicate with each other to a degree and in a manner not very often surpassed among our nonalcoholic friends in the world around us.

"I used to be ashamed of my condition and so didn't talk about it. But nowadays I freely confess I am a depressive, and this has attracted other depressives to me. Working with them has helped a great deal."

1. GRAPEVINE, OCTOBER 1959

2 LETTER, 1954

**Bill added that he had no depression after 1955.*



~ ONE DAY AT A TIME!

Happy Birthday

Pat B.	10/28	1981	39 yrs
Ron K.	10/20	1986	34 yrs
Danette	10/24	1987	33 yrs
Diana L.	10/8	1988	32 yrs
Chris K.	10/10	1988	32 yrs
Amorosa	10/25	1989	31 yrs
Richard S.	10/6	1990	30 yrs
Susan OK	10/16	1990	30 yrs
Kawika	10/11	1991	29 yrs
Carolyn G.	10/23	1991	29 yrs
Ryan E.	10/3	1996	24 yrs
Sue H.	10/25	1996	24 yrs
William C.	10/15	1997	23 yrs
Kathy S.	10/26	1997	23 yrs
Laurie A.	10/15	1998	22 yrs
Radar	10/24	1999	21 yrs
Mo L.	10/24	2000	20 yrs
Alison	10/9	2000	20 yrs
Jessica	10/14	2001	19 yrs
Kira H.	10/7	2002	18 yrs
Francis	10/14	2004	16 yrs
Alejandro	10/22	2004	16 yrs
Drew	10/15	2004	16 yrs
Darryl C.	10/22	2005	15 yrs
Randall	10/29	2005	15 yrs
Matt J.	10/15	2006	14 yrs
JoRina	10/22	2006	14 yrs
Troy	10/9	2007	13 yrs
Kevin H.	10/9	2007	13 yrs
Patricia M.	10/16	2007	13 yrs
Kelly C.	12/5	2010	10 yrs
Jenene H	10/10	2011	9 yrs
Frank	10/4	2011	9 yrs
Phil S	10/14	2012	6 yrs
Dave M	10/10	2016	4 yrs
Stephanie P.	10/11	2017	3 yrs

Congratulations Everyone!!

About Publishing Birthdays~

To have a Birthday published or corrected in the GIS

Newsletter Please Contact:

District6newsletter@hotmail.com

AA Archives

The Best of Big Book Dave: November in Our History:

~ Highlight for this Month ~

November 21, 1939: The first AA Meeting on the west coast of the United States was held in a small room at the Cliff Hotel, San Francisco, California. Ray W., a New Yorker, was in this area for a sales course. He was given the names and phone numbers of Ted C., Dave L. and Don B. by our "Alcoholic Foundation Office" in New York (now called the General Service Office). Before he left for California all three showed up for this first meeting. Bill W. vividly describes this historic meeting in our book "AA Comes of Age".

November 25th, 1846: "Carrie Nation", born Amelia Moore in Grand City, Kentucky, lost her entire family and two husbands due to alcoholism. She became violently opposed to alcohol and as a young woman began leading raids on saloons throughout the western states, destroying all establishments that sold alcohol.

November 26th, 1895: Born to Gilman and Emily Wilson, East Dorset, Vermont, our co-founder Bill W.

November 1936: Bill W. and Hank P. found Fitz M. in Towns Hospital and gave him the message of sobriety. From this time on the two became a trio.

November 11th, 1940: The first 'Box 459' was mailed out to approximately 155 known groups from our New York Office (later re-named "The General Service Office").

November 1st, 1947: The first Alaskan Group is registered with our "New York Office", "The Sourdough Group" Anchorage.

November 3rd, 1975: Neil Wing, Bill W.'s longtime secretary, formally opened the AA Archives at our General Service Office in New York.

From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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

Concept Eleven

12 Concepts for World Service

by *Bill W.*

The Twelve Concepts for World Service were written by A.A.'s co-founder Bill W. and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience.

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.



Intergroup Committee

Chair:	Kelvin P.
Treasurer:	Sharon M.
Secretary:	Ann W.
Schedules:	Tom R.
Events:	Chris K.
Hotline:	David J.
Literature:	Bob B.
Website:	JoRina H.
Website:	Susan O.

Kauai Intergroup

Next Zoom Intergroup Meeting:
November 7th, 9:30 am

Elections Held This Meeting

Intergroup Treasurers Report

September 2020

Income:

Whiskey and Milk	7th	20.00
Kauai AA	Literature	30.00
Hui Ohana	7th	350.00
Hui Ohana 2020 challenge	7th	400.00
Total Income:		800.00

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	26.78
Website	Website	100.00
Total Expenses		283.85

Bank Balance

Income	800.00
Expenses	283.85
Balance	516.65
Prudent Reserve	-1050.00
Operating Balance	<u>1566.65</u>
 Actual Balance	 2309.36

~ Prepared by Sharon M. ~

SEND YOUR CONTRIBUTIONS TO:

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




District 6, Kauai:

The Next Zoom District Meeting:
November 21st, 9:30 am

District 6/Panel 71 Rotation


Zoom Invite Will Be Posted
at a Later Date
Check for it at Kauaiaa.org

SEND YOUR CONTRIBUTIONS TO:

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

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee 
P.O. Box 1413
Honolulu, HI 96806

Please include "District 6" & Group Name on check

**Request a newsletter
by e-mail** 

Contact: District6newsletter@hotmail.com

Editor: Linda B.

GRAPEVINE Quotes of the Day

 **November 21, 2019**

"Historians may one day point to Alcoholics Anonymous as a society which did far more than achieve a considerable measure of success with alcoholism and its stigma; they may recognize Alcoholics Anonymous to have been a great venture in social pioneering which forged a new instrument for social action, a new therapy based on the kinship of common suffering, one having vast potential for the myriad other ills of mankind."

From The Lasker Award, presented to AA in 1951, AA Co-Founder, Bill W., January 1952, "The Vision of Tomorrow," The Language of the Heart

 **November 18, 2019**

"Think, think, think before you make that angry comment or mail that bitter letter. How important is it?"

Dallas, Texas, October 1982, "Thinking It Through," Into Action

 **November 17, 2019**

"Self-justification is a universal destroyer of harmony and of love. It sets man against man, nation against nation. By it, every form of folly and violence can be made to look right, and even respectable. Of course it is not for us to condemn. We need only investigate ourselves."

AA Co-Founder, Bill W., June 1961, "Humility for Today," The Language of the Heart

 **November 15, 2019**

"Without a connection to my Higher Power, I am the same old person with the same old defects, causing the same old pain in my life and others'."

Berlin, Connecticut, September 2004, "What a Sponsor Is and Is Not," One on One