

April 2010

Garden Island Sobriety

'Step Four'

"Made a searching and fearless moral inventory of ourselves."



She said: One year I received a baffling birthday gift from my family. It was a tee shirt that read, "I didn't say it was your fault, I said I was going to blame you". It is rarely a good idea to try to imagine what another is thinking, particularly family members, especially when they have acted cooperatively. As I lifted the shirt out of the box I became aware that my venom sacs had already started churning out some poison. "The minute we saw it we knew it was perfect for you!" Their enthusiasm was making me queasy. They thought the shirt was funny, and that I was mature enough to handle a lighthearted crack at my expense. It disturbed me greatly, so of course I chose to say nothing. My silent scorn would fix their wagon. "Well, say something. Don't you think it's cute?" my sister asked innocently. "Yeah, it's adorable," I said in a tone dripping with sarcasm. "Say, did they have any that read, "I like to give insensitive gifts?"

If there were a dysfunctional family Olympics, mine would take the gold medal for "assignment of blame", but apparently they felt I was a standout in this category. We alcoholics are blessed with "imagination on fire" and we frequently think we can read minds. We know exactly what people are thinking and regardless of what they SAY, we know what they MEAN. I have a strong tendency to make things up and then to act as if what I made up is reality. Thankfully, this is just one area in which Fourth Step inventory can help me be aware of how detrimental this habit can be for me and for those with whom I interact. I try to remember that ANGER is only one letter short of DANGER. Anger leads to resentment, which leads to self-pity and feelings of victimization; the most dangerous cocktail I can imbibe.

Most of my life I had been heavily emotionally invested in identifying the "bad guy." (cont. p 2)



He said: **Step Four - Made** a searching and fearless inventory of our selves; in our head during a meeting? No! On paper! The Big Book gives us step by step instructions. The 12x12 goes into more detail and there is a plethora of other ways to do a tangible, hold in your hand-able 4th Step. If we haven't done one of these, we are missing out big time. **Bill W., who** wrote most of the big book, uses the analogy of a business to justify the Fourth Step: "A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact finding and fact facing process. It is an effort to discover the truth...to disclose damaged or unsalable goods and to get rid of them promptly..."

What is on the shelves of my soul? Is the cereal in my mind's aisle getting stale and resentful? I can throw it out and replace it with some prayerful fresh broccoli. Is the cantaloupe in my heart's produce section rotten and fearful? Hemo da buggah and replace it with some fresh and fragrant Trust-in-God. We must be honest about what things in our lives are rotting, and what things are fresh. Hey, how crazy are we, us alcoholics? I mean, what store owner would defend his rotten produce? I used to pretend I was alright, and then only hang out with people who like rotten stuff (misery loves company).

All life is a process; there is no finish line, right? All you have to do is show up and do your best; just do the next right thing, right? So call your sponsor right now and make an appointment to work on your Fourth Step. Do it. I don't hear the phone ringing...

In the Big Book the Fourth Step has three parts; resentment list, fears list and the sex inventory. We don't have time for a walk through in this short column. Please read Big Book pages 63-71 before reading on.

A few thoughts; the resentment list says people, principles or institutions we are angry at. (cont. p 2)

(She Said cont.) The Fourth Step helps alleviate two of the most corrosive elements in the specter of human emotion, blame and shame. Through Fourth Step inventory I learned to embrace the "grey" truth about myself, and to admit that my intolerance and judgment of others is based primarily on my fear, attachment to control, and self-loathing. It took me a long time to understand that moving away from resentment does not mean that I condone malevolence, whether directed at me or committed by me.

The Fourth Step is not about culpability, it is about freedom. While I am not responsible for some of the egregious things that happened to me, I am responsible for not ripping the scab off those wounds thereby prohibiting them from healing. I also learned that cultivating self-love and forgiveness did not mean shirking responsibility. A sober woman of dignity does not clean up her side of the street by recklessly flinging her trash onto your side of the street. Nor does she attain freedom by relentless self-condemnation, both sides of the same coin of pride. Fourth step inventory helps me acquire the wisdom to know the difference between what I ask my Higher Power to help me accept, and what I ask my Higher Power for the courage to change in accordance with Her will for me. Unless I accept my faults, I will most definitely doubt my virtues. I can help counteract my cunning ego by seeing how my distorted vision impairs me from being a more useful tool or a brighter light. As Thomas Mann wrote, "No man remains quite what he was when he recognizes himself".

These days I wear my tee shirt whenever I visit my family. The shirt serves as a reminder not an indictment. It is amazing how healthy and mature my family has become since I started working the Steps. They changed while I wasn't looking from people who laughed at me, to people who laugh with me. They have changed from people I avoided, to people with whom I enjoy an unprecedented level of intimacy, or "into me you see". Because I love and accept myself, I am now capable of loving and accepting them.

~ Ally S., Kauai

(He Said cont.) What's a principle? From Merriam-Webster: *Principle: 1 a): a comprehensive and fundamental law, doctrine, or assumption b): a rule or code of conduct.* It means things like racism, fundamentalism, or people who pick on smaller people etc. What about an institution; the police, the county of Kauai, McDonalds, whatever. If you have a resentment against anything put it down. A gold fish, it doesn't matter, write it all down and we can cross it off later together if it is too ridiculous. Just write something. A good alcoholic should have a small volume of names on this list. Any less than 20 is questionable. It should be like a little book. Or just wait, you'll find people to be mad at, maybe even at an AA meeting.

In some places they do turnarounds; after everything else on the grudge list ask "what could I have done better or do differently next time?" Also, the sex inventory is very rewarding. It seems to be some kind of secret but it is not, it is right there in the book starting on the bottom of page 68. Did you ever hear someone say that if you want to hide something from an alcoholic you should put it in the Big Book?

~ Will L., Kauai



Letter to the Editor:

This morning I was pleasantly surprised by the arrival of the "Garden Island Sobriety." I just want to say something about the article by "In Humility, an Anonymous Survivor"

First of all I do not think a sexual harassment section needs to be added to AA. What happened to this lady is not AA, it is life on life's terms. The guy committed a crime and the authorities need to be called in for assistance. By doing nothing, it is condoning it. I keep remembering that just because we get sober does not mean we get well. The anonymity thing went out the window when he became a criminal. An example; if you go to a meeting and a guy walks in that you know for sure is wanted for the murder of a family on the island, are

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you not going to report his whereabouts because of anonymity? I certainly hope not. When people use the forum of the meetings to hide from authorities, commit crimes or at least morals infractions they need to be dealt with. The message of zero tolerance needs to be sent by the membership. If women are being mistreated by males in the meetings those same women need to make it quite clear that they will not tolerate such activity. Once again an AA meeting, a church gathering or any other public function does not give rise to immunity from ones actions. Also this lady says she is not a victim, I beg to differ with that. She needs to look at her actions since the attack. Where is this woman's sponsor? Where are this woman's AA contacts? Apparently this lady believes that written rules will stop the bad acts. Written laws did not stop this law breaker.

I will pray for this lady. ~ God Bless,
Ellen from Idaho

Letter to the Editor in reply to the Horrible assault.

I have been in AA for 25 years and I have NEVER known a sober member of our fellowship who would favor anonymity over using all legal and social tools available to obtain Justice and reduce the chance for more such behavior. ~ I pray for all involved,
Henry M.

Birthday Celebrations

South Shore

- ➔ Koloa Monday Women's 'Na wahine ku pono' 5:00 p.m. Last Monday of month. CAKE & POTLUCK.
- ➔ Aloha Group - 7:30 p.m. 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 (7:30-8:30 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!

Happy Birthday

Susan O.	2/1	2009	1 yr
Dick W.	3/17	1973	37 yrs
Pat Q.	3/7	1977	33 yrs
Bebe S.	3/10	1980	30 yrs
Jerry J.	3/4	1981	29 yrs
Dave G.	3/7	1987	23 yrs
Judy B.	3/2	1987	23 yrs
Larry	3/24	1987	23 yrs
Julie M.	3/1	1987	23 yrs
Kathy	3/12	1997	13 yrs
Julia	3/11	1997	13 yrs
Norman P.	3/1	1991	19 yrs
Shoshanah	3/14	2003	7 yrs
Heather C.	3/10	2004	6 yrs
Julie H.	3/30	2004	6 yrs
Shoshanah	3/14	2005	5 yrs
Jennifer	3/5	2005	5 yrs
Eddie	3/1	2005	5 yrs
Linda R.	3/20	2006	4 yrs
Cindy T.	3/14	2008	2 yrs

About Publishing Birthdays

They are published the month after their occurrence.

If you know of someone who has moved off island, their birthday date has changed or you want a birthday published in the GIS newsletter please contact Jerrie S. at luv2bnh@hawaii.rr.com



Meeting Updates

★ **CORRECTION - TO NEW MEETINGS:**
"Nooners" in Koloa at 12:00 pm
 Meetings are **Tuesdays** (not Wednesdays) & **Fridays**
 There is an EMPHASIS ON WORKING WITH NEWCOMERS!

★ **NOW MEETING 7 DAYS A WEEK:**
"Happy Hour adds Sunday Meeting
 Starting Sunday March 28, at 5:00 PM. The format will be Volume III of "THE BEST OF THE GRAPEVINE"



Activity Review - 2009: The Men's Retreat

I had a wonderful time at the first Kauai Men's Retreat last October '09 at Kahili Mountain Park. There will be another one held this coming October, 2010. There were about 18 of us attending and it was led by a Hawaiian AA'er from the Big Island named Willie M. It started on a Friday afternoon and ended after Sunday brunch. Excellent food was prepared by volunteers and managed by an AA member with professional chef experience.

The theme of last year's retreat was 'Men Raising Men' and extra respect was shown to elders. We were each given a notebook and a retreat schedule at registration and shared in a safe and supportive environment. Willie M. led us by example rather than direction; as a loving member of AA, with dignity and strength. There was no pressure 'to do' or 'not to do' anything. We had time to reflect and write, plenty of meetings and no need to think of logistics for the entire time. There were *NO* TV's, land line phones or any other everyday distractions that most of us live with. We swam in the pond and climbed up the beautiful mountain behind us. At this year's retreat we plan to find our way to the waterfall!

Kahili Mountain Park is where AA Assemblies and Kauai AA Round-Ups are sometimes held. The cost last year was only \$85 for 2 nights and 5 meals. The facility is very basic and owned by a religious non-profit organization. It includes simple one room cabins for 6 to 8 people with bunk beds, pillows and sheets provided. Sink, microwave and mini frig are also provided. The bathrooms are in separate stone buildings nearby, clean but cold! I think of it as Luxurious Camping Out. **Watch for this year's retreat announcement in a few months.**

~ Henry M.



"Back to Basics" ~ A Workshop Review ~



March 2010

Keep It Simple Group held a Beginner's Step Workshop Series in March. The attendance was high and visitors from off island were among the many enthusiastic participants!



A.A. Meeting Places

~ KOLOA MISSIONARY CHURCH ~



Photo ~ Alejandro

MEETINGS AT KOLOA MISSIONARY CHURCH:

3370 Poipu Rd. (just south of the Chevron)

MONDAY 7:00 pm – We Are Not Saints – Men's, closed

WEDNESDAY 5:00 pm – Koloa Aloha - Women's

Concept IV - "Participation"

"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."

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. p.20

There is another good reason for "participation" and this one has to do with our spiritual needs. 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 workers, either. p.21

References: The A.A. Service Manual Combined with Twelve Concepts for World Service by Bill W. 2005-2006 Edition -

The above was presented to Hawaii Area 17 at the Inform the Delegate assembly April 2006 by Francesca P. (Alternate Delegate) and given as "an expression of an individual". ~ Contributed by Shoshannah B.



Happy Joyous & Free

MAUI WOMEN'S RETREAT

April 9th-11th, 2010

At the beautiful Keanae Peninsula at Maui's North Shore YMCA camp.

Registration for 3 days, 2 nights \$99.00.

For more information please email:

mauiwomensretreat@gmail.com



2010 BOWLING

JOIN THE FELLOWSHIP

1:30 p.m., Every 3rd Saturday

At The LIHUE LANES

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

Big Island Bash

SPEAKERS CONVENTION

April 23 - 25, 2010

The 22nd Annual Big Island Bash

Held at the Sheraton Keauhou Bay Resort & Spa.

For Registration, Schedule of Events &

Accommodations Go to www.bigislandbash.com



Cinco De Mayo FIESTA

WEDNESDAY MAY 5TH

At The Happy Hour Picnic Tables.

AA Meeting at 5:00pm, Fiesta at 6:00pm

A Taco Bar, Beverages & Pinata Will Be Provided

This is a Potluck. Please Bring Salads or Your

Favorite "Cinco De Mayo" Themed Dish.

Hosted by the Happy Hour Group

Nawiliwili Park, Kauai 808 652 3128



Full Moon Hike

Wednesday April 28th at 6:30 pm

JOIN THE NIGHT HIKERS

FOR A FULL MOON HIKE TO DONKEY BEACH

We will meet at the parking area of Kealia Beach (northernmost side, by the restrooms) for a walk on the new path to Donkey Beach. THIS IS AN AA ACTIVITY. There will be a Meeting once we reach the shelter.

Don't Forget Your Canteen and Jacket

Questions? DIAL 652-3128



International Convention of ALCOHOLICS ANONYMOUS

July 1-4 in San Antonio, Texas

Theme: "A Vision for You."

Celebrating A.A.'s 75th year Anniversary

<http://www.aa.org/>

Kauai Intergroup

Next Intergroup Meeting April 3rd
9:30am, Lihue Neighborhood Center

DCM CORNER

MARCH 2010

2010 Kauai Roundup

"Life will take on new meaning."



June 25 – 27 at Kahili Mountain Park

"The Kauai Roundup Committee's mission is: To foster fellowship, unity and recovery for the AA community by providing an entertaining and relaxing annual weekend retreat."

Activities include: hiking, entertainment, a workshop, bonfire meetings and a full moon meeting on Saturday. Prices are: \$88 for registration before June 7, 2010 or \$98 for registration after June 7, 2010. Price includes 2 nights stay, 5 meals, and fun! Check in is Friday at 2:00 pm & check out Sunday at 10:00 am.

This is an event for adults to celebrate sobriety.

No children, no pets. Mahalo.

For information email: Kauairu2010@yahoo.com



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SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

PO Box 3606, Lihue, HI 96766



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By the time you are reading this, those of us who participated in the Area 17 Inform the Delegate Assembly will have returned from Kona. It is regrettable for me to report that the delegation from Kauai was the smallest one to participate in an assembly for this panel. This is especially regrettable because this assembly experimented with a format different from the previous five April assemblies (that's as far back as I go!). The smaller number makes the impact of the change more difficult to determine.

For me, participation in this program is what has kept me sober. Doing the Steps, making coffee, showing up for this or that, working with others in as many venues as possible and doing what I could to be sure this program stays available to those still suffering from alcoholism has helped me grow in ways I can't even begin to catalogue. I'm convinced the same is true for our district – participation in the fellowship is the cornerstone for our growth.

While I am aware that this assembly and the last two for this panel (August 14-15 and November 20-21) are on the Big Island, and thus stretch our resources, haven't we all seen that "Money. . . . became a means of exchanging love and service with those about us"? (12 and 12, p 122) And where is our faith that this program works, just as it is designed? And therefore shouldn't each of us be "going to any lengths" to insure our group's GSR is provided with both the spiritual and material wherewithal to help our delegate participate in the General Service Conference? Isn't THAT how it works?

If you're still reading, thank you! Here's a report that's a little more positive (and not unrelated): During the first weekend in March, I attended the Pacific Region Alcoholics Anonymous Service Assembly. This year's PRAASA was held at the Los Angeles Airport Radisson Hotel and as usual it was a gathering of over 1500 dedicated members of our fellowship. (Last year's registration was 1,740!) The format is similar to the manner in which Area 17's Inform the Delegate Assemblies have been done in the past: there are panel presentations on various topics from the coming General Service Conference

followed by open mic segments and these are interspersed with a business meeting, reports from the Regional Trustee, new delegates and past Trustees (both alcoholic and non-alcoholic), roundtables, a general sharing period, and an "ask-it basket" session at the end. Each day's schedule is also preceded and followed by some outstanding speaker meetings!

Being healthier this year than I was last year certainly helped me recognize the high levels of preparation and participation by those folks from our area who were in attendance. We had presenters, timers and – from Koloa Aloha – a moderator! I was really proud to be a representative from Hawaii!

What really got my attention was the many things about our fellowship which need ALL of OUR attention: the fact that contributions have been consistently 28% below expenses throughout this decade, the shared problem of continually rising costs for transportation to assemblies, the increasing incidents of predators at meetings, and our continuing struggle toward increased participation everywhere – in meetings, in service, and in our communities. Clearly, what we're experiencing on Kauai is no different than what is being experienced everywhere!

What I witnessed, of course, in all those who attended PRAASA is clear indication that these issues and so many others are being attended to by trusted servants throughout our fellowship, so all we need do is join with them to insure Alcoholics Anonymous is around for those yet to come. If we are willing, and if we honestly appreciate the miracle of our lives today, we can all stand together in this marvelous organization and echo the sentiments of one of the last floor speakers who said, "We no longer tell our gods the size of our storms, we tell our storms the size of our God!"

~ Jim D

District 6 Committee

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**Next District Meeting April 10th
9:30 am , 3146 Akahi St., Lihu'e**

Kauai District Cash Flow

February 14, 2010 to March 13, 2010

(District Meeting to District Meeting)

Starting Balance	\$2177.92
Income	
Interest 1/21 to 2/19	\$0.09
Princeville/Hanalei	\$70.00
Sunrise Sobriety	\$180.00
Income Total	\$250.09

Payments	\$0.00
Payments Total	\$0.00

SUMMARY FOR 2009

Starting Balance Jan. 10, 2010:	\$2177.92
Income Total:	\$250.09
Payments Total:	\$ 0.00
Balance	\$2428.01
Prudent Reserve:	-\$500.00
Available Funds:	\$1928.01

~ 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



Send Area Contributions

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Hawaii Area Committee

#2107

575 Cooke St., Suite A

Honolulu, HI 96813

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Service is Sobriety

Our Area 17  Delegate is

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