

"Humbly asked Him to remove our shortcomings."

He said: The book "Twelve Steps and Twelve Traditions" does a remarkable job of providing insight into the suggested program of recovery, as does the "Big Book" of Alcoholics Anonymous. That relieves me of the pressure of thinking that I need to have great insight. In a general way, my experience, strength, and hope should suffice. So why is it taking me so long to start writing? Seems like I need to think about all the facts and details and get into the minutiae of what Step Seven means, because there's a lot of people waiting to read this, and I want to get it right...Whew, makes me tired just thinking about it. That's just one example of the many items on the list of my character defects, or, shortcomings if you prefer, and in some questionable sort of way, I still cling to them.

The thing is a while back the mental obsession of using alcohol was taken from me and it hasn't returned. Life got better in so many ways, and it wasn't me who did it. What's the hesitation?

The bridge from Step Six to Seven seems to me, to be this...When I'm ready to be willing to be useful to God and my fellows, God will give me the strength. There's something that I need to do though... That is to practice the opposite of whatever it is that's objectionable. Sure, I can put it on paper, and sound pretty good, but how about that thing called the "acid-test? When I'm faced with a situation, do I go forth with doing something that I've become "comfortably familiar" with over the course of a lifetime of drinking? Or, do I take the leap of faith and do something different? That's part of the change I've heard about in these rooms for quite a while...A deflation of the ego, and ruinous pride, to some sort of sense

(Cont. p. 2)

Birthdaysp.2Meetings, Activitiesp.3AA Archivesp.4The 12 Concepts p.4

She said: After going through the previous steps, Step 7, thankfully, was a little easier for me to swallow. Swallowing and accepting something is to me more of an understanding type correlation rather than taking action. In other words, I knew what is meant, I just was not as quick with the action. As if I swallowed a huge daily vitamin, it is easy to take and I comprehend what it is supposed to do, but I know it is no substitute for living a healthy lifestyle. As for most things in life actions speak louder than words and this step is all about action. We are in this step humbly asking God to remove our shortcomings. That does not mean they are magically going to disappear before our eyes. Even though when I first got sober, I thought that's what was going to happen. I assumed I was going to be "cured" from my alcoholism and life was going to be shooting sprinkles from the rainbow that followed my every move. All my short comings were going to be lifted and replaced with better morals and judgment calls. I obliviously at first did not know this program was a daily and lifelong process.

As Janice Joplin once said, "Lord please buy me a Mercedes Benz." And you know what, I don't think he ever did. As I have heard many times before in meetings, God will only do what we cannot do for ourselves. I used to ask things from God and not take action to carry them out. They were more like requests, and when they did not come true it just highlighted my sense of self entitlement and bratty defects. Now that I am slightly more right minded, I realize prayer does not work like that. Step 7 takes daily conscious thought and action. Knowing what our short comings are is just a beginning for a step in the direction of removing them. It is a lot of work

(Cont. p. 2)



He Said *(cont.)* of humility. The question again is: How free do I want to be? This just keeps getting better and better, just as I've been told by the countless many.

~ Steve Q., Kauai

Birthday Celebrations

SOME MEETINGS are on ZOOM. Check for updates: Kauaiaa.org

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., Church at Koloa, Last Monday. ZOOM
- Aloha Group 7:30 pm last Tuesday Koloa Union Church, -CAKES !

East Side

- Hui Ohana 7:00-8:00 am Last Saturday of month. CAKE FOR BIRTHDAYS! ZOOM
- Steps to Freedom 6:30 pm Last Monday month.
 CAKE & POTLUCK
- Happy Hour 5:00 pm Last Saturday CAKE FOR BIRTHDAYS! ZOOM

North Shore

- North Shore Aloha Group 7:30 pm Last Monday CAKE FOR BIRTHDAYS! ZOOM
- Princeville-Hanalei Group 7:30 pm Last Thursday - CAKE FOR BIRTHDAYS!

She Said *(cont.)* being aware of yourself, what you are saying, what you are doing etc. But it is ultimately worth it when a situation comes up and you find yourself acting in a manner you don't necessarily want to. You can pause and ask God for direction and think it through. Rather than having word vomit or sending your brain into an Alice and Wonderland rabbit hole where you never know what is on the other side.

Taking small steps every day to notice that we are not perfect and putting work into our shortcomings is spiritually beautiful. To me it has become such an empowering thing to practice humility in my life. I feel as if I am connecting to all sides of myself and bringing myself closer to my higher power. I used to want to skip the journey just to get to the end result, but what good is that? The beauty and fulfillment are in the work I do with my program in my daily life. **~Ashlie W**.

Нарру	📛 Bi	i rth	day
Tom W.	6/17	1959	61yrs
Julia P.	6/27	1977	43 yrs
Jeanine B.	6/1	1984	36 yrs
Jon S.	6/4	1987	33 yrs
Kathleen	6/1	1989	31 yrs
Bill E.	6/26	1989	31 yrs
Gary F.	6/1	1990	30 yrs
Linda W.	6/24	1991	30 yrs
Ron A.	6/1	1994	26 yrs
Mike T.	6/5	1998	24 yrs
Chris	6/11	2000	20 yrs
Romeo G.	6/20	2000	20 yrs
Tatiana	6/18	2001	19 yrs
Tom C.	6/6	2005	15 yrs
Joe C.	6/1	2007	13 yrs
Chandra	6/15	2007	13 yrs
Jude H.	6/19	2007	13 yrs
Pirie I.	6/28	2007	13 yrs
Matt	6/26	2008	12 yrs
Miguel	6/18	2011	9 yrs
Susanah	6/7	2011	9 yrs
Corina W.	6/30	2013	7 yrs
Barbie	6/19	2015	5 yrs

Congratulations Everyone!!



3rd Annual Kauai Women Retreat <u>August 14, 2020 thru August 16</u>



Camp Naue @ Haena

\$85 Registration until 7/15/2020 https://www.kauaiwomensretreat.org/

HICYPAA CONFERENCE

October 2, 2020 - October 4, 2020 Hilton Garden Inn



\$40 Registration Fee, Rooms for 4 \$189 - \$229 night email: <u>hicypaa2020@gmail.com</u> or call Hotline at 245-6677 for more information



WE ARE GIVING EVERYONE FREE ACCESS to all 2020 Grapevine and La Viña issues. (The audio to Grapevine's stories also will be available, so people can listen to the stories if they like.)



~We're Using Zoom~

Every Meeting has A Code

All online meetings for Kauai are listed at

www.kauaiaa.org

Just click "online meetings".

<u>If you need assistance</u> 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."

Zoom Meeting Hacks

Tips for Zoom users:

CAUTION! If you're holding virtual meetings, check your settings. Trolls have been Zoombombing public meetings by sharing their screen and playing disturbing, pornographic, or violent content.

A few simple settings changes will prevent this.

Change screen sharing to "Host Only."

Disable "Join Before Host" so people can't cause trouble before you arrive.

Enabling "Co-Host" so you can assign others to help moderate.

Disable "File Transfer" so there's no digital virus sharing.

Disable "Allow Removed Participants to Rejoin" so booted attendees can't slip back in.



The Best of Big Book Dave:

The Month of July in Our History:

July 1935: Book Published: "My Utmost for His Highest" by Oswald Chambers. One of several books our early members and our co-founders read on a daily basis, before our Big Book was written.

July 4th, 1935: Sobriety date of Bill D., AA number 3. Bill was a pioneer of AA group number one, Akron, Ohio. Dr. Bob was his sponsor. Bill's story is in the Big Book, 2nd, 3rd and 4th editions.

July 1938: The first documented use of the AA name is in our archives at G.S.O. It is in a letter from Bill to Willard Richardson (Trustee Class A). Bill started using the name Alcoholics Anonymous both as a working title for the Big Book that was being written and as the name of the fellowship.

July 1943: Yale University holds its first session for alcohol studies. Bill W. and six other AA's are attending the classes.

July 1950: AA's 15th Anniversary and first International Convention, Cleveland, Ohio, an estimated 3000 AA members adopted the 12 Traditions unanimously.

July 1957: The price per copy of the Grapevine raised from 25 cents per copy to 35 cents.

'Big Book Dave' was Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

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





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 VII:

The Charter and Bylaw of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

GRAPEVINE Quotes of the Day

June 25, 2020

"If we follow our Traditions, we will survive and, I hope, grow. The Traditions tell us to serve—not govern; to attract not promote; to carry the message—not force it on anyone; to keep the three legacies alive: recovery, unity, and service. These are our lifelines."

"Keeping Recovery Alive," Raleigh, North Carolina, January 2000, I Am Responsible: The Hand of AA

Kauai Intergroup

The Next Intergroup Meeting: July 4th, 9:30 am

Intergroup Treasurers Report

May 2020

Income: Anahola Jaywalkers Step Sisters Total Income:	7th 7th	100.00 47.25 147.25
Expenses: Guardian Storage Hawaiian Telcom JoRina H. Total Expenses	Locker Hotline Website	157.07 28.34 100.00 285.41
Bank Balance Income Expenses Balance Prudent Reserve Operating Balance		147.25 285.41 <u>138.16</u> <u>-1050.00</u> <u>1188.16</u>

~ Prepared by Sharon M. ~

SEND YOUR CONTRIBUTIONS TO:

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



- Need men & women for 12 Step calls
 - Slots are open for volunteers
 - Alternates also needed

Please contact the Hotline Chair, David, at 245-6677



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

Intergroup Committee

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



The Next District Meeting: July 18th, 9:30 am



Aloha Kakou,

I hope you and your families are doing well! July 18, at the next District meeting, our Delegate will be attending to give her report back from the first Virtual General Service Conference in history. Our Delegate is Hawaii's voice at the GSC. This is your opportunity to hear how our Area is represented and how we participate at the national level. The zoom link for the District meeting will be posted on the website. Hope you can make it!

If your meeting is opening soon please follow CDC and local government recommendations such as wearing masks, social distancing, using hand sanitizer, and eliminating contaminants such as beverages, refreshments, 7th tradition baskets and books. AA is not above the law! Masks are a sign of concern for the welfare of others (Tradition 1) and a sign of Aloha. No one wants to get sick and we don't want anyone to get sick! We also refrain from controversy. If a member contracts Covid at an AA meeting we would be drawn into public controversy and no longer attractive to the suffering alcoholic that needs our help.

Please follow public health protocols and guidelines. Please feel free to contact me if your group needs assistance with opening safely. I'm happy to help.

At the June District meeting it was proposed by a GSR that we begin an initiative to help our AA service entities (Intergroup, District, Area, GSO) financially during this unprecedented crisis. Because we no longer have a physical basket, contributions to these entities has decreased dramatically. District and Area are now operating from their prudent reserve and GSO transferred \$3 million from it's prudent reserve to continue functioning. The challenge is called \$20.20 for 2020. The idea is for

each member (if you are able) to send \$20.20 by 8/1 to your homegroup's treasurer or home group's mailing address. The funds collected can then be sent along to the entities like a regular disbursement. There is a flyer and more details on the website. Let us help the service entities that help us do service! If your group would like to participate in the challenge please feel free to use the flyer and info to get the word out.

~Janice M., DCM District 6 Kauai

District 6 Treasurer's Report

June 20, 2020

Income	0.00
Expenses:	
Jorina, web administrator	100.00
PRAASA lodging	812.02
Expenses	912.02
Bank Balance:	1543.79
Prudent Reserve:	1200.00
Website Reserve:	422.23
Operating Balance	-74.88

~ Prepared by Jen H. ~

SEND YOUR CONTRIBUTIONS TO:

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

