

September 2019

Garden Island Sobriety

'Step Nine'

"Made direct amends to such people wherever possible, except when to do so would injure them or others."



He said: Hello, my name is Conrad M and I am an alcoholic.

Here we are at step 9. This is where everything I'd learned in the previous steps came into play. Humility, patience, understanding and compassion. I needed every bit and more.

My list was ready. It was time for action. I did a little prep session with my sponsor, and a few things came to light that were really helpful.

The first thing was NOT to say, "I'm sorry for ____". I was there to make amends, not to ask for forgiveness or spout empty platitudes as I had done before.

I was told to explain what I was apologizing for and honestly and sincerely ask what I could do to make things right. Then I was to follow through and do it.

The second thing I learned was to only make amends that I was responsible for. Someone else's actions were theirs. I was only accountable for my side of the street.

The third thing was expectations. This was a tough one because I was always looking for a pat on the back or an "attaboy" for doing something tough. No merit badges or ego pumps here. I was to make the amends. take care of the repair, thank my Higher Power for giving me the opportunity and go to the next one.

I started making amends off the original list around 7 yrs ago. I was fortunate because most of the people and institutions were easy to access. There were some people who had passed on or moved away, but there is always a way to make things right. Living amends can go a long way.

This step, like the others, is ongoing.

(Cont. p. 2)



She said: This step is one that ensures relief from guilt and shame. We are

compelled to make amends wherever possible, but with caution. We don't want to relieve our guilt at the expense of others. This is an important caution, which is why we use our sponsors to help guide us through these amends, because, even with the best of intentions, we could unwittingly do harm.

Using our list from step 8, we ready ourselves to face our wreckage from the past. Some of our amends can be done immediately and with ease. Others, not so much. Some of us have amends to make with people who are no longer alive, or there are people who do not want any contact from us. This is when our sponsors or trusted friends can help with the appropriate action to be taken.

I learned that there were many ways to make amends. Face to face is always the most sincere way, but not always possible. Letters and phone calls can be used as well.

Most of my amends were face to face. I was floored at how open hearted the recipients were. There was one gal I hadn't even put on my list. I hadn't forgotten how poorly I had treated her. One day I was visiting a friend in the hospital, and as I was going through one of the doors, she was exiting. Since I had done my 8th step and had become willing to make amends to them all, I immediately asked her if I could have a few minutes of her time. I told her how sorry I was. She was very gracious and wished me well.

There was one amends I didn't know quite how to make. I had driven while drinking and knew that I had put many lives at stake. Although I no longer drove

(Cont. p. 2)

He Said (cont.) The majority of the original list is done, but there are always additions and opportunities to finish others. It's such a good feeling to have a clean slate, to be able to look people in the eye and know you've done your best to make things right.

All I really had to do was to make the effort, then get out of the way and let my HP do the work!! AMAZING.

~Conrad M., Kauai

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!**

She Said (cont.) while drinking, I was still bothered by it. God did for me what I couldn't do for myself.

I had a friend who work in a police department and she asked me to apply. I knew there was no way I could get the job, but I applied anyway. During the interview, the lieutenant asked me about my background. I was completely honest with, expecting the interview to be over. He asked if those days of drinking were behind me, and I said yes. He told me to report to work the following Monday, which I did. I worked for years in the crime prevention unit teaching safety lessons at all the elementary schools in the city.

God had found a way for me to make those amends that had plagued me. I just needed to stay willing and to be of service.

~Michelle B, Kauai

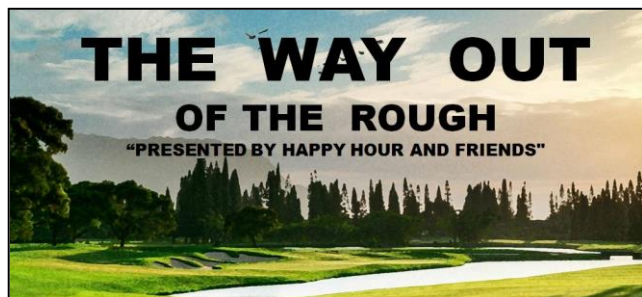
Happy Birthday

Samantha F.	8/15	1989	30 yrs
Forest	8/5	1990	29 yrs
Myra L.	8/18	1990	29 yrs
Joy E.	8/21	1991	28 yrs
Sue G.	8/4	1991	28 yrs
Lenny I.	8/3	1992	27 yrs
Grekhenn	8/8	1992	27 yrs
Jeff T.	8/10	1997	22 yrs
Linda B.	8/11	1997	22 yrs
David H.	8/1	2000	19 yrs
Harold	8/24	2001	18 yrs
Elle N.	8/12	2003	16 yrs
Jenn	8/13	2004	15 yrs
David B.	8/5	2005	14 yrs
Manny R.	8/8	2005	14 yrs
Nancy M.	8/29	2005	14 yrs
Rhonda	8/18	2006	13 yrs
Duanne	8/14	2006	13 yrs
Damione V.	8/28	2007	12 yrs
Denny M.	8/31	2008	11 yrs
Jay A.	8/23	2009	10 yrs
Mitchell A.	8/16	2013	6 yrs
Sonja C.	8/12	2016	3 yrs

Congratulations Everyone!!

A.A. Activities

Golf Tournament September 14th



Princeville Makai Golf Course \$55.00 Entry Fee

- Registration Deadline May 11
- Event Day: Saturday, September 14th
- Questions Text 651-8175
- Shotgun Start at 9:30



Waimea Cyn Birthday Potluck

This Month on September 25th

**5:30pm Potluck, 6:30 Sunset Meeting
Kekaha Beach, MacArthur Park**

Every last Friday of the Month (bring good food!)
Volleyball, Swimming, Good Fellowship, Fun, Sunset



Steps to Freedom Birthdays

Potluck This Month September 30th

6:30pm, Kapa'a United Church of Christ

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

Ice Cream Social

September 25th

2:00pm - 5:00pm

At Lihue Lutheran Church

(On German Hill)

**Hosted by Al-Anon & Ala-Teen
Family Groups**



- ✿ Speaker Matt W. - Kalaheo AA
- ✿ Speaker Gabye W. - Kalaheo Al-Anon
- ✿ Ice Cream and Silent Auction
- ✿ Donation \$5.00

A.A. Meeting Places



Church of the Pacific

4520 Kapa Ka Road, Princeville

(Across the Hwy from Princeville Stables)

- Monday - 7:00 am Daily Reflections
- Thursday - 7:00 am Daily Reflections
- Friday - 12:00 Noon BIG BOOK STUDY

The Best of Big Book Dave:**The Month of September in Our History:**

September 1934: A book is published by Richard R. Peabody: "The Common Sense of Drinking." This is one of eleven books, including the Bible, which influenced how the Big Book was written. Richard Peabody, who wrote the 191 page volume, was a recovered alcoholic from the streets of Boston who had a 'religious experience.' Peabody went out to become a Lay Therapist in New York City and open an office near the 'Calvary Church' where Bill W. was attending meetings of 'The Oxford Group' and working with alcoholics. From this book Bill would borrow many phrases when writing the Big Book, such as "Once an alcoholic, always an alcoholic" ... and "Half measures are of no avail."

September 1934: Emmet Fox publishes "The Sermon On The Mount"; A favorite book of our co-founders and "The First 100", before our Big Book was written and to this day is read by much of our membership.

September 1937: Dr. Leonard Strong, Bill W.'s brother in law, writes the Rockefeller Foundation seeking funds for a newly formed group of 'Ex-Drunks' who didn't have a name yet.

September 1938: Fitz M.'s sister Agnes lends Bill Wilson and Hank P. \$1000.00 to help them get through the Big Book project (\$20,000.00 in today's dollars).

September 1948: John McDonnell opened "Pioneer House" in Minnesota, one of the first Alcohol Treatment Centers in the mid-west.

September 17th, 1975: Jack Alexander died in St. Petersburg, Florida, at age 73. There was an article in the December 1975 Grapevine. He played a very important part in our early history of growth and acceptance throughout North America and the World.

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

~ Submitted by Mathea A.

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

**Traditions Checklist**

from the AA Grapevine

Tradition IX:

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- Do I still try to boss things in AA?
- Do I resist formal aspects of AA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn't every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- What has rotation to do with anonymity? With humility?

New Address**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





The Next Intergroup Meeting:

September 7th, 9:30 am

The Lihue Neighborhood Center

Intergroup Treasurers Report

July 2019

Beginning balance 2947.43

Income:

Seventh Tradition 410.00

Seventh Tradition 101.54

Literature 61.75

Total Deposits 573.29

Expenses:

Guardian Storage Locker 157.07

Hawaiian Telcom Hotline 25.80

Schedules 254.45

Ink Spot 150.00

Website 86.70

Total Expenses 824.02

Account Balance 2696.70

~ Report prepared by Aaron W. ~

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

P.O. Box 3606

Lihue, HI 96766



Visit Our Website!

- Print out your own meeting schedule
- Check out the events calendar
- Link up to other island websites

Contact the website committee at:

website.intergroup@gmail.com



Need Literature?

➡ Get It at The Intergroup Meeting!

Books *Pamphlets* *GIS Newsletter*

Meeting Schedules

GRAPEVINE Quotes of the Day

August 11, 2019

"The question arises of just what constitutes an amend. Many of us find that the old rationalization, 'If I stay sober, that's amends enough to those I have hurt,' just doesn't work. We have to be willing to go further."

"Not Under the Rug," January 1967 Step By Step.

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

P.O. Box 1503

Kapaa, HI 96746



District 6, Kauai:

The Next District Meeting:
September 21st, 9:30 am
The Lihue Neighborhood Center



DCM Report



Aloha Kakou,

In last month's GIS, I wrote briefly about the \$8.06 on 8/6 challenge. Our Delegate presented the challenge when she gave her report back at the 4th of July celebration. The challenge was for each AA member to contribute \$8.06 per year to our General Service Office by 8/6.

What is the General Service Office? It is our AA office in New York that serves as a central hub for connecting all the AA groups in Canada and the US. It coordinates a wide array of activities and services, and most importantly, *oversees the publication, all translations of, and distribution of A.A. Conference-approved literature and service materials.*

Why \$8.06? It costs GSO \$11,426,835 in annual operating expenses, but only brings in \$8,385,009 from 7th tradition contributions. It currently runs on a \$3,041,826 deficit and is subsidized by literature sales. Only 41% of all groups contribute to GSO. Our 7th tradition contributions are not enough to keep GSO going on it's own. Our 7th tradition states that each group ought to be fully self supporting. As it stands GSO, is not fully self supporting.

Some members expressed that they didn't know what GSO does and felt resistance to contributing to this unknown entity. Others did not want to bring it up at their home groups business meeting for fear of creating tension among home group members. Others felt it was a great idea and donated \$8.06 for every year they have been sober! The Happy Hour Group collected \$99 from it's members! They actually inspired me to bring up the challenge again and encourage groups to contribute even though the 8/6 date has passed. We can contribute to GSO at anytime. Our Delegate presented us with an opportunity to practice the spiritual principles in our traditions. So far,

only one group out of the 31 groups on our island has contributed. I think we can do better. As Bill W. put it in 1957, *"Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility — one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid."*

For me, this challenge is really about gratitude. Gratitude for this amazing program and the life it's given me. I spent way more than \$8.06 per year on alcohol. It's also about deep gratitude for all the people at GSO that keep our literature updated, translated and published. The Big Book is now available in 67 different languages. This would not be possible if weren't for GSO.

If you have any questions or comments about the \$8.06 challenge please contact me or your GSR. I would be happy to come share with your group more about what GSO does and where your money goes! Anyone is welcome to attend the District meeting to learn more about what the District does and how it's connected to GSO.

I would like to give a huge thanks to Hui Ohana (especially Dana M. and Robin W.) for organizing the Farm Fair this year! We appreciate you setting up the booth with literature and beautiful flowers. If one suffering alcoholic was helped by the presence of the booth it was worth it!

UPCOMING EVENTS:

On August 24th & 25th I will be attending the Budget Assembly with fellow GSR's to vote on the proposed Area budget for 2020.

9/14- AA Golf Tournament- Way out of the Rough-sober golfing, who would have thought!

9/15-Sunrise Sobriety will be hosting a workshop on the Home Group. There will be food and speakers. Please come!

9/28- Alanon is having an ice cream social with an Alanon and AA speaker. This is a really fun event with all you can eat ice cream for \$5!

10/30-11/3- Hawaii Annual Convention in Waikiki. Limited space available, register early!

Please feel free to contact me with questions or comments: dc66@gmail.com

Thank you all for letting me be of service! ~Janice M.