

May 2016

# Garden Island Sobriety

'Step Five'

**“Admitted to God, to ourselves and to another human being, the exact nature of our wrongs.”**



**He said:** Most alcoholics are sensitive to judgment, including me, and would rather skip airing dirty laundry for the rest of the world to discuss amongst themselves. So when I first read the 5th Step’s “Into Action” requirements, which included sharing in a specific way the parts of my inventory that required discussing it with someone that could keep a confidence, I cringed. Where was I going to find someone that was going to listen to all these juicy secrets and not run to the first gathering of gawkers to delight in the gossip of my life? Yes folks, I was super important, and these clandestine secrets would continue to define my direction in life unless I was willing to get over myself and let another human being in on the sham.

**The Big Book** (pg. 75) instructs us to “pocket our pride” and illuminate every “twist of character, every dark cranny of the past.” While we may not talk like that today, I’m pretty sure the program is telling me to be as honest as possible about my past, while keeping perspective. It is easy to magnify and minimize my part in any circumstance surrounding my incredibly victimized and perpetrated experiences. The beauty of this step is I don’t need to put it in context for the other person. *God is in the room.* Let your higher power do the heavy lifting. All I needed to do was let go completely of the past. All the guilt, shame, and despair that I couldn’t deal with, that led me to drink, were finally offered up for removal. I could be made whole again by accepting the facts of my life that were blocking me from my higher power by honestly admitting these to another child of God.

**So you’re probably** wondering who you should include in this confidential process. The book is very definite about who you should choose (pg. 74), based  
*(Cont. p. 2)*



**She said:** My first Step Five, with my first sponsor, was one of the greatest spiritual experiences of my life.

Peggy had **about** two years sobriety at the time, which seemed to me like a very long time. She was very active in AA in the town I lived in. When I was praying about choosing a sponsor, it seemed like she was at every meeting I attended. Almost everything she shared I could relate to – yet I was still a little nervous asking her to be my sponsor. When she said yes, it was a great relief.

**She wanted me** to get right to work on the Fourth Step. Being both a perfectionist and a procrastinator, I was dragging out how long it took me to complete my Fourth Step. Finally, Peggy said, “Saturday morning, 9 a.m. at my house – whether you’re ‘finished’ or not.”

**A pot of coffee** and several hours later, I had told Peggy everything I had written down, including my horrible, big fears, such as what if I had been molested as a child and it scarred me for life? Or what if there is something really defective about how my brain works? And my small, vain fears, such as what if I get varicose veins?

**I told her** about my close calls: the time I’d almost burned the house down; the time I’d almost driven my car off a cliff into a river; the time I’d almost been gang-raped; the times I “woke up” while driving drunk. Together, we made the connection between my close calls and my alcoholism. Yes, I had always been drinking when things had been on the brink of disaster.

**Writing down my** resentments, fears, sexual misconduct, selfishness, dishonesty, and self-seeking had indeed led to a leveling of my pride. I was not the smarty-pants “good girl” I made myself out to be.

**Because I was** not a daily drinker and at 28 had not yet physically hurt or killed anyone, or been arrested, or been committed to an institution, I questioned whether  
*(Cont. p. 2)*

**He Said:** (cont.) on your proclivities and people available in your life currently. The main thing is that it is someone else that will be unaffected by this information. My advice is to do this step with a Sponsor that you meet with regularly. It is an opportunity to cement a working relationship with someone in your sobriety. It's going to take some time to share what's on your personal inventory and it pays dividends to do it with someone that has also done it. If nothing else, a Sponsor can share their experience about the right and wrong ways *they* did it and how it turned out to affect their sobriety later on down the line. In a nutshell, this is the program: One alcoholic working with another, to find a higher power to remove the desire to drink.

~ D., Kauai

**She Said:** (cont.) I was *really* alcoholic. Maybe some old coots really *had* spilled more than I had drunk.

**It was** in *telling my life story* to my sponsor that I began to see the trajectory I was on. The secret was out. The jig was up. Yet, she didn't kick me out of her home.

**Peggy accepted everything** I'd told her with complete compassion and acceptance. Then she said the words that changed my life: "*Honey, you're just about like I was when I first came into AA.*"

**She shared with** me how similar her story was to mine. I could totally relate as she compared our stories. As Bill relates in the First Step section of *Twelve Steps and Twelve Traditions*, Peggy then told me what happened when she decided to leave AA and "try some more controlled drinking."

**In four more** years of drinking, a lot of "yets" that hadn't happened to her before, happened. Peggy showed me with her own life story how more trouble would surely come to me if I continued on the path I was on. She "raised the bottom" she had to hit so I could see it clearly.

"**The elevator** of alcoholism keeps going down," she said, "but you can get off on any floor."

Thank you, Peggy. Thank you, God.

-Diana L., Kaua'i

## Happy Birthday

Nona M.	4/8	1984	32 yrs
Chuck T.	4/1	1984	32 yrs
Lynda G.	4/19	1984	32 yrs
Doug R.	4/21	1985	31 yrs
Joe O'B.	4/15	1985	31 yrs
Roger W.	4/14	1986	30 yrs
Karen L.	4/3	1991	25 yrs
Tom R.	4/5	1991	25 yrs
John 'Hilli" H.	4/15	1991	25 yrs
James B.	4/16	1993	23 yrs
Allie	4/27	1996	20 yrs
Patty	4/5	2000	16 yrs
Nicole	4/10	2003	13 yrs
Kim H.	4/14	2004	12 yrs
Laren T.	4/10	2004	12 yrs
Courtney P.	4/10	2006	12 yrs
Mark B.	4/20	2006	10 yrs
Pam A.	4/28	2006	10 yrs
Monica A.	4/22	2006	10 yrs
Kathie E.	4/28	2006	10 yrs
Dharma W.	4/18	2007	9 yrs
Alan B.	4/13	2007	9 yrs
Jane T.	4/22	2007	9 yrs
Tim	4/11	2009	7 yrs
Rick B	4/9	2010	6 yrs
Lauren D.	4/21	2012	4 yrs
Taylor	4/26	2014	2 yrs

**Congratulations Everyone!!**

## 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).

## 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!**

# A.A. Activities



## The Happy Hour Cookout

May 15<sup>th</sup>, 2:00 pm

### At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



## Came to Believe - Pizza Night

This Month May 25<sup>th</sup>

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month



## WCG at Kekaha-MacArthur Park

This Month on May 27<sup>th</sup>

5:30pm Meeting then Birthday Potluck

Every last Friday (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset



## AA Potluck in Hanalei

This month May 29<sup>th</sup>

At "Bathrooms" Beach Picnic Tables

Last Sunday of every month, 5:00 pm to 7:00 pm



## Steps to Freedom Birthdays

This Month May 30<sup>th</sup>

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

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

# A.A. Meeting Places



## United Church of Christ

4481 Kona Rd., Hanapepe

TUESDAY 5:30 pm

Waimea Canyon Group - Pau Hana Meeting  
"Came To Believe" Study in the Main Hall - Open

## AA General Service Workshop

May 7, 2016 at Anini Beach Pavilion 2

12:00 noon - 2:00pm

"When anyone anywhere reaches out for help, we want the hand of AA always to be there!"

- Please come & share your Experience, Strength & Hope on the Steps, Traditions & Concepts!
- Speakers, Q&A, Snacks, Fellowship, Sun & Fun!



## Big Island Bash

~ Easier, Softer Way ~

May 6, 7 & 8, 2016

The 28<sup>th</sup> Annual Big Island Bash

An AA and Al-Anon Activity held at the magnificent  
Sheraton Keauhou Bay Resort and Spa

[www.bigislandbash.com](http://www.bigislandbash.com)

## Kauai Round-up 2016

June 17-19, Kumu Camp, Anahola Beach Park

"Our message is hope, the promise is freedom"

The Registration Flyer is at

<http://www.kauaiaa.org/calendar2.html>



# AA Archives

## April in Our History:

**April 1977:** The General Service Conference approved a joint biography of our two co-founders. When this proved impracticable it became apparent of the need for two books. Dr. Bob's biography would be written first (published 1980) followed by Bill W.'s biography; Two books that I believe should be in all active AA members library, "Dr. Bob and The Good Old Timers' along with "Pass It On."

**April 1840:** Washingtonian Temperance Society Founded – Baltimore, MD. Within four years 500,000 had found sobriety!! By the year 1850 completely disbanded! Bill W. made a text-book study of them – their mistakes. Thus our Traditions were born.

**April 1938:** The "Alcoholic Foundations" first meeting takes place in New York City. Later the name will be changed to our "General Service Office."

**April 1939:** On every night, Gabriel Heatter's radio broadcast "We The People" will provide the first nation-wide exposure of AA to the public by inviting active AA members to be guests on the air.

**April 1946:** For the first time our Grapevine will carry Bill W.'s "12 Suggested Points for AA Tradition." They will later be called "The Long Form of Traditions," located in the back of our Big Book.

**April 1947:** The first transatlantic phone call to our New York office from an army hospital in Germany, wanting to start up the first AA Group in that country.

**April 1954:** Our General Service Conference adopted the plan for each registered Group to have a G.S.R. (General Service Rep.).

**April 1958:** At the annual G.S.C. Conference held in New York City the word "Honest" is dropped from the AA Preamble. "The only requirement for membership is an "Honest" desire to stop drinking.

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

~ Submitted by Mathea A.

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

## Concept Four for World Service

Newcomers to A.A.'s General Service Conference are often surprised at the pains taken by the presiding officer to make sure the minority has a second opportunity to present its views. Even after extensive debate on an issue, followed by a vote in which "substantial unanimity" is reached, those opposed are polled individually to see if they wish to speak further to their minority view. In fact, numerous instances can be cited in which this minority view is so compelling the Conference has then reversed itself.

This is A.A.'s "Right of Appeal" in action, and Bill says the same principle should apply to meetings of our area committees, trustee committees and boards. On an issue of grave importance, the minority has the actual *duty* of presenting its views.

This "Right of Appeal" recognizes that minorities frequently can be right; that even when they are in error they still perform a most valuable service when they compel a thorough-going debate on important issues. The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority.

"Trusted servants," according to Bill, "do for the groups what the groups cannot or should not do for themselves." And in exercising their "Right of Decision" (see Concept III), trusted servants are almost always "a small but truly qualified minority" — whether in the form of area committees, staffs, boards or even the General Service Conference itself. It is incumbent upon them, therefore, in their own meetings, to pay special deference to the minority voice.

This Concept also warns us of "the tyranny of the majority" and points out that in A.A., a simple majority is seldom sufficient basis for a decision. That's why we usually require at least a two-thirds majority. Lacking this, it is preferable to delay the decision; or in the case of an election following the "Third Legacy Procedure," to "go to the hat." (See *Service Manual*, Chapter I.)

The "Right of Appeal" also permits any person in the service structure, whether paid or volunteer, to petition for redress of a personal grievance. He or she can complain directly to the General Service Board, without prejudice or fear of reprisal.

~12 Concepts of World Service Illustrated

~ Submitted by Ron L.

# Kauai Intergroup

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

## Intergroup Treasurers Report

### March 2016

Koloa Aloha	Books	90.00
Waimea Canyon	Books	33.00
Sunrise Sobriety	Books	30.00
Koloa Friday nite B/B	Books	35.00
Red Book Meeting	Books	24.00
Kapaa Third Step	Books	373.50
Turn It Over	7 <sup>th</sup>	35.00
North Shore Aloha	7 <sup>th</sup>	350.00
District	Books	102.50
<b>Total Income:</b>		<b>1738.00</b>

#### Expenses:

Super bowl	Supplies	122.54
Intergroup	Books	597.95
Intergroup books	Books	14.34
Guardian Storage	Locker	135.42
Hawaiian Tele	Phone	25.66
Ink Spot printing	G.I.S	150.00
Intergroup/Susan	Registration	25.00
Intergroup	Schedules	235.40
<b>Total Expenses</b>		<b>1306.31</b>

<b>February Balance</b>	<b>2479.25</b>
<b>Total From Above</b>	<b>431.69</b>
<b>Balance</b>	<b>2910.94</b>
<b>Less Prudent Reserve</b>	<b>-900.00</b>
<b>Balance</b>	<b>2010.94</b>

~ Report prepared by Tom R. ~

### SEND YOUR CONTRIBUTIONS TO:

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



# Kauaiaa.org Visit Our Website!

## ■ Kauai A.A. Meeting Schedule



Compact 2-pg schedule  
 --prints on legal-size 8½x14"

## ■ Kauai A.A. Events Calendar

## ■ Link to HI Island AA websites

Contact: [website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)



## Need Literature?

### ➔ Come to the Intergroup Meeting!

\*Books\*Pamphlets\*GIS Newsletter\*Meeting Schedules

### ➔ Questions?

Email Bob B.: [literature@kauaiaa.org](mailto:literature@kauaiaa.org)

## Intergroup Officers:

<b>Chair:</b>	Susan ON.
<b>Alt. Chair:</b>	Mike C.
<b>Treasurer:</b>	Tommy R.
<b>Secretary:</b>	Mary
<b>Literature:</b>	Bob B.
<b>Hotline:</b>	Kevin P.
<b>Events Chair:</b>	Alejandro H.

## Request a newsletter



by e-mail



Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

Editor: Linda B.

# District 6, Kauai:

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

## District 6 Treasurer's Report

**April 16, 2016**

### Group Contributions:

North Shore Aloha	50.00
Turn It Over	35.00
Steps To Freedom	100.00

**Total Contributions 185.00**

### Expenses:

DCM Travel Oahu	165.00
Steps To Freedom GSR Oahu	75.00
Keep it Simple GSR Oahu	95.00

**Total Expenses March: 335.00**

**BANK BALANCE: 3,767.62**

**PRUDENT RESERVE 1,000.00**

~ Report prepared by Steve Q. ~

**SEND YOUR CONTRIBUTIONS TO:**

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



## Send Area Contributions

**ADDRESS IT EXACTLY LIKE THIS:**

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

**DON'T FORGET To Come!!**  
**AA General Service Workshop**  
**May 7, 2016 at Anini Beach Pavilion 2**  
**12:00 noon - 2:00pm**  
**When anyone anywhere reaches out for help,**  
**we want the hand of AA always to be there!**

## District 6 Committee:

DCM: Jonathan D.  
 Alt. DCM: [AltDCM@aakauai.org](mailto:AltDCM@aakauai.org) Ann W.  
 Secretary: Susan OK.  
 Treasurer: Steve Q.

