

November 2018

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:

Prayer and meditation has never been a part of my life until I became a member of Alcoholics Anonymous. I never had a spiritual anything. Never had a God. I linked prayer with church and I didn't attend church. Meditation was something I believed hippies did and I was not a hippie.

The most amazing thing that this program did was allow me to have a God of my own understanding. He could be anyone or anything I wanted. I am glad to finally have God in my life. I believe in Him today.

I was very skeptical before. God is showing me He is real, every day. I did not believe in Him before. Although I prayed to Him for His help to get me through hangovers and financial debt, help from partying too hard only to destroy myself as soon as finances would allow.

My life today has changed. Prayer and meditation are present. This helps allow me to understand that I am not in control. He is leading the way and I shall follow. I do sometimes fear that I am being misled. Living in the unknown is scary. His will is my fear. But why? He knows best. My best was so disappointing. I thought I could do no wrong but doing wrong was what I was good at. Being bad became the norm. I accepted being a drunk and an addict but no longer am I that.

I am grateful that I have a God. He is doing for me what I can't do for myself. I am letting go and letting God. I am alive and well and thankful. I don't believe that I would be here today without Alcoholic Anonymous and God.

~Mike H., Kauai



She said:

Most of my life, I was introduced to a formal religion in some form or another. Starting shortly after birth, I was baptized. Later, I received my first holy communion, then I was confirmed as a catholic. During this time I attended various religious schools to prepare me for the next level of religious commitment. I knew there was a god. I had been taught that all my life. But even with the schooling and religious ceremonies behind me, I had no personal understanding of a higher power. The concept, of a loving god, was outside of me, apart from my life, heart and soul.

All that changed in the first moments of my sobriety and journey in Alcoholics Anonymous. I could feel in my heart a loving presence in my life. The feeling was so profound, tears of gratitude would often overcome me, as well as giggles of sheer joy.

As my life in AA began with all of the blessings we find here, the hope I felt grew exponentially with every step I too.

The Eleventh Step seemed daunting to me. I hadn't had a conscious contact with God, and I had no idea what I should or shouldn't pray for. With all my previous religious exposure, I felt very inadequate at this step. And of course I thought I "should" already know what to do for this step. But, like all the steps before this one, I did what AA had been teaching me. Ask for help and follow directions. My sponsor did what her sponsor had done for her and that was to simplify what the step eleven's intentionality was for us.

She suggested that each day I find a quiet time to sit in silent gratitude for my new life. And when I prayed at night and in the morning, I was to pray for just

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AA Hotline 245-6677

Happy Birthday

Pat B.	10/28	1981	38 yrs
Ron K.	10/20	1986	32 yrs
Danette	10/24	1987	31 yrs
Diana L.	10/8	1988	30 yrs
Chris K.	10/10	1988	30 yrs
Amorosa	10/25	1989	29 yrs
Richard S.	10/6	1990	28 yrs
Susan OK	10/16	1990	28 yrs
Kawika	10/11	1991	27 yrs
Carolyn G.	10/23	1991	27 yrs
Ryan E.	10/3	1996	22 yrs
Sue H.	10/25	1996	22 yrs
William C.	10/15	1997	21 yrs
Kathy S.	10/26	1997	21 yrs
Laurie A.	10/15	1998	20 yrs
Radar	10/24	1999	19 yrs
Mo L.	10/24	2000	18 yrs
Alison	10/9	2000	18 yrs
Jessica	10/14	2001	17 yrs
Kira H.	10/7	2002	16 yrs
Francis	10/14	2004	14 yrs
Alejandro	10/22	2004	14 yrs
Drew	10/15	2004	14 yrs
Darryl C.	10/22	2005	13 yrs
Randall	10/29	2005	13 yrs
Matt J.	10/15	2006	12 yrs
JoRina	10/22	2006	12 yrs
Troy	10/9	2007	11 yrs
Kevin H.	10/9	2007	11 yrs
Patricia M.	10/16	2007	11 yrs
Kelly C.	12/5	2010	8 yrs
Frank	10/4	2011	7 yrs
Phil S	10/14	2012	6 yrs
Dave M	10/10	2016	3 yrs

Congratulations Everyone!!

She Said (cont) what the step says, “asking only for knowledge of His Will for me and the power to carry it out.” I didn’t have to know or guess what “His Will” was. My job was to continue keeping my heart, mind, and life open and willing to do the next right action. What a relief! I was not expected to be an expert in prayer and meditation, nor would I ever be.

My responsibility would be to pass on what I had learned to the next alcoholic. I could and would, do that gratefully. This step has become so important to me. It reminds me to be still and know that I am not in charge. My life is in much more capable hands.

~ Michelle B., 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!**

Group Secretaries
Please Send the Dates of your
Member’s Birthday’s to:
district6newsletter@hotmail.com

A.A. Activities



The Happy Hour Cookout

November 10th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

Potluck This Month November 26th

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

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



WCG at Kekaha-MacArthur Park

This Month on November 30th

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset

57th Annual Hawaii Convention

November 1 – 4, 2018



“The Family Afterward”

At The Hilton Hawaiian Village, Honolulu
Registration and Info. at:

<http://www.annualhawaiiConvention.com/registration>

THAANKATHON



At ‘The Stone Church’ In Lihue

NOVEMBER 22, 2018

Please come, Bring your Family!

- 🍽️ Thanksgiving Meal
- 🎉 Entertainment !!!!
- 👥 AA and Alanon Meetings

**Have the full AA experience and
Volunteer Your Service!!**

For information on it all, including the timing
of Events what to bring to the Potluck call

the AA Hotline at:

245-6677



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

Nov. 1952: A Grapevine Article: “Two years ago on Nov. 16th, 1950, Dr. Bob died at his home in Akron, Ohio. It was Thursday, close to noontime, one week before what would have been his 71st Thanksgiving Day. It was 15 years and 5 months after his own last drink, and it was 15 years and 5 months in which he had personally ministered as friend, teacher and physician to 5000 alcoholics. To each of them he was simply “Dr. Bob” and to history he will be “Co-Founder of Alcoholics Anonymous.” To Bill W. he is “The Prince of Twelfth Steppers” and “The Rock upon which AA is founded.” Dr. Bob met his death serenely for he had to the fullest given himself to life. He left the rich gifts of Simplicity, Love and Service. We who followed him in “The Way Out” give him thanks anew for the message he so tirelessly carried. We think this man who learned true humility would most like the memorial that is still to come ... Those thousands now sick and despairing who will yet find our way out of dilemma into recovery, strengthened by the invisible hand of Dr. Bob.

Nov. 1st, 1934: ‘Ebby’s surrender date’ in the Oxford Group. This is 3 weeks before he calls on his old friend, Bill Wilson, with the message of sobriety (Big Book p. 9, 10, 11, 12).

Nov. 1943: Groups in New York City celebrate A.A.’s 8th anniversary, attended by over 800 members. Dr. Norman Vincent Peale is the guest speaker.

Nov. 1964: Lyndon B. Johnson was the first U.S. president since Lincoln to recognize alcoholism as a health issue. One of his first actions in office was to appoint an advisory committee to John W. Gardner, Sec. of Health, Ed. & Welfare, on priorities concerning alcoholism. This action by President Johnson didn’t come out of nowhere, his father died of alcoholism.

Nov. 1968: The First International Conference of “Young People in AA” held at Niagara Falls, New York.

R.I.P. ‘Big Book Dave’, Elected Archivist, Interior Alaska
~ Submitted by Mathea A.



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

Slogans for Sobriety:

You Have to Give it Away to Keep it

What do I have, why is it there, where did it come from, how did I get it and how exactly am I supposed to give it away?

This slogan feels more advanced by virtue of the fact that you need to have whatever it is we're talking about before you can give it away.

It clearly suggests that you want to keep something you have and that the key to doing that something is tied up in acknowledging that it was never yours in the first place.

The big question this slogan gets me thinking about is, “If I’m not giving it away have I ever really had it?” Which really brings us to the nuts of this slogan: How do I know when I'm giving it away?

One way to answer that question is to go with your instincts or intuition and suggest you'll just know when you are, enough said.

The key to this slogan is context, in the material world it's impossible to give something away and still have it.... we all know that if you give it away it's officially gone whether you like it or not. In the cognitive, metaphysical, emotional world apparently not only is there always "more where that came from" but if it wasn't for "that" I wouldn't be like "this".

Two character traits that stand out above the rest for me are dignity and self-esteem. If I act in a dignified confident way, when will I know I've given those away? I believe it's when I realize that I've discovered a deeper, more spiritual sense of self.

One last thought; Imagine my return on Serenity if I step up and give it ALL away!

~Aaron W., Kauai

Expect A Miracle

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

Intergroup Treasurers Report

September 2018

Income:

Na Wahine Ku Pono	7th	25.00
Whisky and Milk	Literature	54.00
Kapaa Wed Daily Reflect.	Literature	39.00
Kapaa Wed Daily Reflect.	Literature	58.00
Anonymous	Literature	5.00
Hui Ohana	Literature	<u>9.00</u>

Total Deposits **190.00**

Expenses:

Guardian Storage	Locker	156.25
Hawaiian Telcom	Hotline	25.78
Ink Spot	Newsletter	150.00
GSO	Literature	42.48
Bank of Hawaii	Bank Fee	<u>3.00</u>

Total Expenses **377.51**

Previous Operating Bal.	(132.46)
Net Profit or Loss	(187.51)
Current Bank Balance	398.02
Less Prudent Reserve	<u>1050.00</u>
Operating Balance	<u>(651.98)</u>

~ Report prepared by JoRina H.~

SEND YOUR CONTRIBUTIONS TO:

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



Concepts Checklist

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.

- Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help service and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
- Do we practice rotation in all our service positions?

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Intergroup is looking for volunteers for two positions: one as **Treasurer** and another to serve as **Hotline Chair**. Please contact the Intergroup Steering Committee for more details.

intergroup@kauaiaa.org

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Open
Secretary:	Aaron W.
Literature:	Bob B.
Hotline:	Open

District 6, Kauai:


The Next District Meeting:
November 17th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of September 15, 2018

Group Contributions:	
Princeville Hanalei	200.00
Young People's Kapaa	100.00
Koloa Aloha	200.00
Sunday Serenity	100.00
Total Contributions for September	600.00
Income Year to Date	3368.95
Expenses Year to Date:	
PO Box	134.00
Founders Day	375.00
DCM Travel	386.38
PRAASA DCM	981.00
Treatment/Accessibility	45.00
Corrections	131.25
PI	639.99
CEC	56.00
Website	125.00
Delegate Expenses	87.20
Total Budget	4646.00
Total Expenses Year to Date	2817.83
Total Expenses Year to Date	2138.83

SEND YOUR CONTRIBUTIONS TO:
Kaua'i District Committee
P.O. Box 1503
Kapa'a, HI 96746



GRAPEVINE

Quotes of the Day
October 28, 2018



"In this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our old-time attitudes of 'all or nothing' will have to be abandoned."

AA Co-Founder, Bill W., March 1962, "What Is Acceptance?", The Language of the Heart

Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	OPEN

--- We Still Need A New Treasurer ---