

November 2012

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: Many of us come from strict religious upbringings, while others have no spiritual background at all. But most of us fall somewhere in the middle. Even the Big Book tells us: "Deep down in every man, woman, and child, is the fundamental idea of God." And we've been striving to make that Higher Power the driving force in our lives.

So far, our journey has brought us closer to the 'Divine' and farther from the 'self'. And now we want to, not only maintain, but to improve our contact with that Power Greater than ourselves.

So, what is prayer? The 12 & 12 describes prayer as "... the raising of the heart and mind to God." And I've also heard it expressed as 'Prayer is talking to God, and meditation is listening'.

If we come from one of the many religious organizations, we may already have an arsenal of prayers under our belt. But in the absence of those, we can initially lean on the AA 'standbys' like The Serenity Prayer, Third Step Prayer, Fourth Step Prayer, just to name a few.

I was raised with a strict religious up-bringing where public prayer was not only encouraged, it was often expected. And although I could "pray with the best of them", I never felt any real connection to God. This ego-driven approach to prayer followed me into the doors of AA. Where I quickly mastered the words, and would loudly recite prayers to 'prove' that I knew them.

Then, I'm not exactly sure when or how, something changed. One day, the thought crossed my mind that I wasn't reciting words for the group's benefit, or to stroke my own ego, but instead, I was actually speaking to someone. And my voice softened. And, in one of those quiet moments, it occurred to me that not only was I speaking to someone, but someone was actually **listening!** And *that* is when my life began to change.

(continued on page 2)



She said: Prayer and meditation, what does that mean? First of all we must find the vibration of it that is truly and uniquely our own. 'To thine own self be true' was never more important than when it comes to this step.

My idea of prayer is twofold; 1) Asking to know and act on God's will for me and 2) To recognize and express my thankfulness for all the good in my life.

For me it's all about staying centered and balanced. To do this I must spend time alone on a daily basis. I do not have to be sitting still. In fact I often find that being in motion is good for me. What matters is that I am not bombarded by the energies of others.

I have always felt a deep resonance with the statement '**let my life be a prayer**'. Since I am not made to *always* be alone, I practice keeping this connection with God as I interact with life. I practice listening for and acting on that still, small voice from within that guides me. Sometimes the voice tells me to listen to what someone else is saying. Sometimes it simply tells me to turn right instead of left and when I do amazing things have followed. As for the second part of my concept of prayer, an attitude of gratitude, this is the most strengthening tool in my survival kit.

There are many things that pull me away from a conscious contact with God and that is where meditation comes in. When wisdom does not underlie all of my thoughts, words and actions it is time to meditate on my path. I am constantly in need of this. But I have found that I can meditate anywhere I am, with practice.

Every moment that passes I must be willing to stop before acting and meditate on the wisdom of my choices. For me it is a journey, a constant process of refinement.

~ Linda B., Kauai

He Said: (cont) **My prayers changed too...** Instead of reciting the words from a bunch of (what I thought were) meaningless prayers, my prayers became personal. (In my early days of sobriety, I used to sincerely pray "God, help me not steal anything today.")

While I still have some memorized prayers close at hand (my favorite is probably the Prayer of St. Francis of Assisi), today I'm not too hung-up on the actual words, as long as the intention is there. And today, one of the simplest prayers I know is "Thank You".

Yours respectfully
Jon S.

Birthday Celebrations

South Shore

- **Koloa Monday Women's 'Na wahine ku pono'**
5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- **Aloha Group** - 7:30 p.m. Speaker Meeting, 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!

Expect A Miracle

Happy Birthday

Pat B.	10/28	1981	31 yrs
Ron K.	10/20	1986	26 yrs
Danette	10/24	1987	25 yrs
Diana L.	10/8	1988	24 yrs
Chris K.	10/10	1988	24 yrs
Amorosa	10/25	1989	23 yrs
Richard S.	10/6	1990	22 yrs
Susan OK	10/16	1990	22 yrs
Kawika	10/11	1991	21 yrs
Nester N.	10/15	1991	21 yrs
Carolyn G.	10/23	1991	21 yrs
Ryan E.	10/3	1996	16 yrs
Sue H.	10/25	1996	16 yrs
William C.	10/15	1997	15 yrs
Kathy S.	10/26	1997	15 yrs
Laurie A.	10/15	1998	14 yrs
Radar	10/24	1999	13 yrs
Mo L.	10/24	2000	12 yrs
Alison	10/9	2000	12 yrs
Jessica	10/14	2001	11 yrs
Kira H.	10/7	2002	10 yrs
Francis	10/14	2004	8 yrs
Alejandro	10/22	2004	8 yrs
Drew	10/15	2004	8 yrs
Darryl C.	10/22	2005	7 yrs
Randall	10/29	2005	7 yrs
Matt J.	10/15	2006	6 yrs
JoRina	10/22	2006	6 yrs
Troy	10/9	2007	5 yrs
Kevin H.	10/9	2007	5 yrs
Patricia M.	10/16	2007	5 yrs
Frank	10/4	2011	1 yr

Congratulations Everyone!!

~About Publishing Birthdays~

**We Publish All Sobriety Birthdays
On The Month After Their Occurrence.**

If you would like to have a birthday published or corrected in the Garden Island Sobriety newsletter Please contact us: District6newsletter@hotmail.com

THANKATHON



**At 'The Stone Church'
In Lihue
November 22th**

9:00am - 3:00pm

Meetings: 10:00 am and 2:00 pm

Activities: Potluck & Live Entertainment

Please Bring:

East Side -- Desserts

North Shore -- Salads, Vegetables

South Shore -- Mashed Potatoes, Yams

West Side -- Stuffing and Cranberry Sauce

Volunteer Your Service Via The AA Hotline

Call 245-6677

Mahalo From All Of Us!

A Generous Gift Of \$100.00

**Was received from an anonymous,
frequent south shore visitor to buy turkeys
for this year's THANK-A-THON! WOW!**

~ Reported by Kathy S

Volincor Training Session

Saturday, November 3, 2012

9:00 am to 4:00 pm

At The Lihue Missionary Church,

4383 Rice Street

- ♥ Lunch and Refreshments will be served
- ♥ All new volunteers must attend
- ♥ To re-certify (every 3 yrs) you must also attend

Questions?

Call The AA Hotline – 245-6677



Tri-Island District Traditions Workshop

**Join us Sunday December 2, 2012 at
The Alano Club of Lahaina at 11am**

This Workshop in Maui Includes:

Panel Discussions and Q & A Session presented by Experienced AA members. Stop by, Get involved, Enjoy Lunch with Us and Learn more about your AA Program!! For Information call 244-9673.



Volleyball Game Day

**This Month on November 24th, 3:00 pm
~ Come Join Us At Nawiliwili Beach Park ~**



Last Saturday Supper

**This Month on November 24th, 7:00 pm
~ Potluck at the Koloa Salvation Army Hall~**

A.A. Meeting Places



Parish Hall, St. Williams Church

5292-A Kuhio Hwy., Hanalei

(At the corner of Malolo & Kuhio Hwy)

The Meetings:

■ **Thursday 7:30pm, Speaker-Discussion**

■ **Saturdays 5:00pm, Women's Meeting**

■ **Saturdays 7:00pm, , Big Book Study**



Turning to Gratitude

In November - An Attitude of Gratitude!

Many groups have designated November as a particular time to give thanks to the A.A. program. It has been that way since the 1940s, when the General Service Board held small **“Gratitude Dinners”** which were replaced in the 1960s by bigger and more elaborate **“Gratitude Luncheons.”**

These get-togethers, which Bill W. would address, were occasions for A.A. members to express their appreciation for the program. ...

~ Excerpt from article in BOX 459, Vol. 49, No.5 Oct. – Nov. 2003



Concepts for World Service

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. – *short form*

The longtime success of our General Service Board will rest not only on the capabilities of the Trustees themselves; it will depend quite as much upon the competent leadership and harmonious association of those non-Trustee committee members, corporate service directors, executives and staff members who must actively carry on A.A.'s world services. Their quality and dedication, or their lack of these characteristics, will make or break our structure of service. Our final dependency on them will always be great indeed.

Far more than most of the Trustees, these servants will be in direct contact with A.A. world-wide, and their performance will be constantly on view. They will perform most of the routine labor. They will carry on most of our services. They will travel widely and will receive most visitors at the Headquarters. They will often originate new plans and policies. Some of them will eventually become Trustees. Because this group will form the visible image of world service, most A.A.'s will measure our service values by what they see and feel in them. Members of this group will not only *support* the world leadership of the Trustees; in the nature of the case they will be bound to *share* world leadership with them.

Fortunately we already have a sound internal structure of service in which a very competent group of non-Trustee servants are now working. Only a few refinements and changes will still be needed in A.A. World Services, Inc. and at The A.A. Grapevine, Inc., the latter being a comparatively recent comer to our service scene. The main outlines of this underlying structure are now defined, and the effectiveness of this arrangement has been well proven. Of what, then, does our underlying structure of service consist? It is composed of the following elements: the five standing committees of the General Service Board, plus our two active service corporations, A.A. World Services, Inc. (including its A.A. publishing division) and The A.A. Grapevine, Inc. ...

~ By Bill W.

The remainder of this article may be found in The World Services Manual pp. 49-61. (Published by General Service Office of Alcoholics Anonymous.)

Concepts Checklist

Concept XI

- ✓ 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?

Service is Sobriety

Our Area 17  Delegate is
Linda McD.
delegate@area17aa.org

Area Address Has Changed

➡ The new address is listed below. Mail will be forwarded for a year (from last June) and returned to sender after that.

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
1253 Beretania St., #1207
Honolulu, HI 96814-1822

Please include "District 6" & Group Name on check



Kauai Intergroup

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



Need Literature?



Get It At The Intergroup Meeting!

*Books*Pamphlets*GIS Newsletter*Meeting Schedules



Or We Can Deliver It To You!

Call the AA Hotline With Your Request at: **245-6677**

AA Hotline 245-6677

Requirements to be a Hotline Volunteer:

- One year of continuous sobriety
- A local phone number
- Familiarity with meeting locations
- Have a sponsor
- Work the Steps

Intergroup Officers:

Chairperson: Bob B. chair.intergroup@gmail.com
Alt. Chair: OPEN
Treasurer: Mike C.
Alt. Treasurer: Mo L.
Secretary: OPEN
Literature: Mark M.
Hotline: Mark & Danette hotline.kauai@gmail.com
GIS Editor: Linda B. District6newsletter@hotmail.com

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

Next District Meeting November 24th
9:30 am, Lihue Neighborhood Center

PANEL 63 ELECTION RESULTS!

New District 6 Committee:

DCM:	Ron A.
Alt. DCM:	Alejandro H.
Secretary:	George K.
Treasurer:	Jay Y.

November 2012 Elections Assembly

November 17-18, 2012

Hosted by District 8, West Hawaii

Location: Big Island (Kona)

Who should attend: GSRs, DCMs, Intergroup chairs, Standing Committee Chairs & Area Officers

Information at: area17aa.org

District 6 Treasurer's Report

OCTOBER 20, 2012

GROUP CONTRIBUTIONS:

North Shore Aloha Group	80.00
Koloa Aloha Group - 2 nd & 3 rd Qtr.	150.00
Total Group Contributions	230.00
+Farm Fair Cancel Check#1005	507.00
TOTAL INCOME	737.00

EXPENSES

Halloween - (Susan Oak.)	10.00
Health Fair - (Alejandro)	9.25
DCM - Com.Mtg Oahu	191.00
DCM - Elections Assembly	252.60
TOTAL EXPENSES	462.85

CASH AVAILABLE	1904.36
+ PRUDENT RESERVE	500.00

~ Prepared by Alejandro H. ~

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

P.O. Box 1503

Kapa'a, HI 96746



**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

Find A.A. in Hawaii



at: www.area17aa.org