

January 2017

Garden Island Sobriety

'Step One'

"We admitted we were powerless over alcohol - that our lives had become unmanageable."



He said: "Who cares to admit complete defeat? Practically no one, of course." The

first few sentences of the "Twelve and Twelve" have always struck a chord with me, both as a hell of a way to open a book and as a revolutionary idea. I've heard a hundred different excellent ideas on grasping the first step. There are a number of ways to look at the ideas of powerlessness and unmanageability. But I've always gravitated towards that idea of defeat.

When I was drinking, defeat was just something I would not willingly do. I was a sore loser, even at pick-up games. I was fiercely competitive and stubborn. So, when I first read the idea of "complete defeat," I was turned off. Sure, I could grasp the idea that alcohol had beaten me up. I knew that my life was unmanageable. I was living with my parents again. But accept defeat? Be forced to change? No, that was something I could not do.

I was afraid and did not have the humility that it takes to change. I had a case of what they called the "if only's" and the "yeah, but's." I often said that "if only I had the right girl, or job, or place to live," my problems would go away and I would be able to drink normally. Asked whether I was an alcoholic, I would answer, "Yeah, but I'm too young." Asked whether my life was better not drinking, it was another "Yeah, but I still don't have this or that."

I had a sponsor who lovingly smashed my delusions, and friends who laughed at the ideas in my head. When I pointed out how I had no idea how I could stay sober through my bachelor party, they pointed out that I was single, and had been for a while. When I told my sponsor that there was no way I was making coffee because I didn't drink it, he signed me up to speak at the state convention on 'Why I Wouldn't Make Coffee'.

(Cont. p. 2)



She said: If only I had understood earlier in life that I was powerless over alcohol, how

many embarrassing moments I might have avoided. The experience of pitiful and incomprehensible demoralization came with my very first high on alcohol. It led me directly into that baffling alternate reality known as 'a black out'. For someone with my level of pride and self confidence the experience was horrifying.

It never occurred to me that I might be an alcoholic, even though I knew that my grandmother was one.

I didn't drink much for awhile after that first time, but when I did, blacking out was a part of it. Eventually I made a real effort to raise my tolerance for alcohol, so that I could 'keep up with the boys', and for a long time alcohol helped me to relax, be more sociable. But the blackouts eventually came back again, and in spite of that my drinking increased.

My story is so typical; I quit many times, only to begin again. I tried to regulate my drinking in a variety of ways but in the end I realized that I was a hopeless drunk. So yes, I had admitted I was powerless over alcohol but I still needed to manage my own life. You see I couldn't imagine living without my best friend, "the bottle".

Though I had finally admitted that I was an alcoholic I decided that I would live out the rest of my life that way. 'I'm going to die eventually' I thought, 'I might as well die of alcoholism. What's the difference?' But I was kidding myself. The pride and confidence I once had disappeared, which of course made me want to drink even more.

I was loath to admit defeat. I was born and raised to be a winner, or so I thought. If God had not arranged

(Cont. p. 2)

He Said: (cont.) Thanks to them, and the vast experience in the rooms, I ran out of excuses for why I could drink again. I ran out of excuses on why I couldn't do the steps, or why AA was not for me. It was then that I accepted that complete defeat. Alcohol had completely destroyed me, and there was nothing that booze could do except make my life worse. I accepted the fact that, even though I was a young man unable to drink legally, I could never safely drink again. **I had a disease that wanted two things:** It wanted me alone, And it wanted me dead.

The only way out of this disease was through a spiritual way of life, and the easiest way to this life was working the remaining eleven steps. In return for this work, I've been given a life that constantly amazes me and I get to learn and change every day.

~ Tom F., Kauai

She Said: (cont.) to have witnesses present when I discovered I had wrecked my new car in a black out, I still would not have surrendered to the notion of life without alcohol. It was certainly my pride that goaded me into answering "I guess I'm going to quit drinking" when they asked "What are you going to do now?"

I walked into the rooms of AA finally willing to let someone or something else manage my life. What I found out was that my life did matter to me after all.

The difference now is that I can remember what I did the night before. None of the mistakes I make as a sober person hold a candle to the catastrophes I engaged in as a drunk. I have real hope, the joy of living, and I am not alone. I have found a tribe of others who understand me and pursue dedication to a spiritual way of life as though their very lives depended upon it. For, in truth, they do.

~ Linda 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).

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!**

Happy Birthday

Lopaka	12/13	1970	46 yrs
Carl K.	12/19	1981	35 yrs
Bobo	12/13	1986	30 yrs
Peggy S.	12/19	1986	30 yrs
Lori N.	12/23	1988	28 yrs
Bob C.	12/16	2003	13 yrs
Ron W.	12/24	2003	13 yrs
Eddie F.	12/13	2005	11 yrs
Erica J.	12/13	2005	11 yrs
Sarah	12/3	2007	9 yrs
Nicole	12/24	2009	7 yrs
Allison T.	12/23	2011	5 yrs
Steve	12/20	2013	3 yrs

Congratulations Everyone!!

**We Publish Sobriety Birthdays In
The Month After Their Occurrence.**

AA Activities



The Happy Hour Cookout

January 15th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Came to Believe - Pizza Night

This Month January 25th

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

(Waimea Canyon Group)

This Month on January 27th

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset.



Steps to Freedom Birthdays

This Month January 30th

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

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

GSR Workshop

Tuesday January 10th from 7pm-9pm

District 6 will be Hosting an Informational Workshop

At the Līhu'e Neighborhood Center

(3050 Eono Street)

Food will be served! Everyone welcome!



District 6 has money available to help Groups send their General Service Representatives to the upcoming GSR Orientation Assembly January 14-15 in Kīhei, Maui.

A.A. Meeting Places



Hanalei Bonfire

Bonfire Meeting at Middles Beach

Access From Anae Rd. & Weke St.

SUNDAY

7:00 pm (Sept. 1 - April 1)

7:30 pm (April 1 - Sept. 1)

Hanalei (weather permitting)



AA Archives

The Best of Big Book Dave:

January in Our History:

January, 1920: The 18th Amendment has been ratified and prohibition begins. From the beginning Prohibition was an ill-fated social experiment of drinking control that illustrated the consequences of viewing alcohol related problems as moral and religious concerns. The reluctance of health professionals to accept alcoholism as medical cases invited the intervention of the social reformers which divided and tore this country apart for years.

January 1938: The first sale of "Works Publishing Company" stock is reordered.

January 1940: The first A.A. meeting not in a home begins at "King School". This will become Dr. Bob's Home Group and we can still visit it when we're in Akron.

January 4th, 1941: Bill and Lois saw their future home which they will name "Stepping Stones" for the first time, on a drive-by while spending the week-end with Ruth and Burt S. They will purchase it and spend the rest of their lives there.

January 24th, 1971: On this date, at 11:30 pm, our co-founder Bill W. moved on up to the 'Big Meeting'. Memorial services were held all over the world in the next few weeks. Ten days after his death, on page one, the New York Times printed Bill's obit. In newspaper history, which can be traced back to before the Civil War, an obituary had never before been printed on the front page!

R.I.P. 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 I:

**Our common welfare should come first:
personal recovery depends upon AA unity.**

1. **Am I in my group a healer**, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. **Am I a peacemaker?** Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. **Am I gentle** with those who rub me the wrong way, or am I abrasive?
4. **Do I make competitive AA remarks**, such as comparing one group with another or contrasting AA in one place with AA in another?
5. **Do I put down some AA activities** as if I were superior for not participating in this or that aspect of AA?
6. **Am I informed about AA** as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. **Am I as considerate of AA members** as I want them to be of me?
8. **Do I spout platitudes about love** while indulging in and secretly justifying behavior that bristles with hostility?
9. **Do I go to enough AA meetings** or read enough AA literature to really keep in touch?
10. **Do I share with AA all of me**, the bad and the good, accepting as well as giving the help of fellowship?

Kauai Intergroup

The Next Intergroup Meeting:
January 7th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

November 2016

Income:

Northshore Aloha	7 th	150.00
Hui Ohana	7 th	375.00
Sunday Serenity	7 th	72.61
Thankathon	7 th	93.00
Shawn	7 th	8.00
Kapaa Stag	Books	32.0
Poipu Beach Sunrise	Books	100.00
Book order	Adj.	16.50
Koloa Big Book	Books	45.00
Grp.675077	7 th	25.00
Northshore Aloha	7 th	250.00
Grp.138912	7 th	180.00
Total Income		1347.11

Expenses:

Guardian Storage	Locker	135.42
Hawaiian Tele	Phones	25.76
Ink Spot Printing	G.I.S	150.00
Total Expenses		311.18

November Balance	3690.2
Total From Above	1035.93
Balance	4726.13
Less Prudent Reserve	900
Balance	3826.13

~ 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



Kauai A.A. Events Calendar

Link to HI Island AA websites

Contact: website.intergroup@gmail.com



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**

Intergroup Officers:

Chair:	Chris
Alt. Chair:	Jennifer
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonya
Hotline:	Kelvin
Website:	Susan OK.
Events:	Alejandro

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

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

District 6 Treasurer's Report

December 2016

Group Contributions:

Daily Reflections	25.00
Hanalei Princeville	158.00
North Shore Aloha	150.00
Came to Believe	25.00
Monday Meditation	103.95
Turn It Over	30.00
Young Peoples	40.00
Total Income Groups:	531.95
Total Income November	531.95

Expenses:

CEC (grapevines)	61.60
Grapevine subscriptions	57.94
DCM Election Assembly	322.00
Total Expenses November:	441.54

TOTAL CASH IN BANK	4854.75
PRUDENT RESERVE	1,000.00
OPERATING FUNDS:	3854.75

~ Report prepared by Steve Q. ~

District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janet McK.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

SEND YOUR CONTRIBUTIONS TO:

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



Kauai AA Roundup



Planning Committee

Meeting January 8th
3:00 pm at
Happy Hour Picnic Tables,
Kalapaki Bay

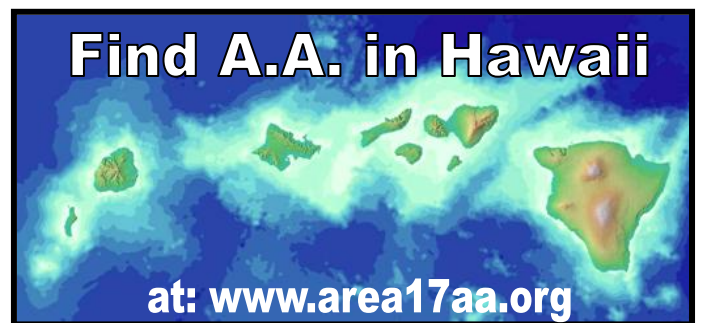
GRAPEVINE Quote of the Day

January 3, 2017

"I used to think that having a pint was the only way to have fun; now I know that, for me, it's the only way to destroy the fun that I'm having!"

Front Row on Fun," Toronto, Ontario, August 2003, AA Grapevine

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

