

May 2019

Garden Island Sobriety

'Step Five'

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



He said: Hello, my name is Conrad M and I am an alcoholic. When I had completed my 4th step, as honestly as I could, I sat there with all the pieces of my life to that point. There were some things that seemed very embarrassing, some petty offerings and some character defects that had haunted me most of my life (honestly, they're still there, but that will be addressed later).

The patterns of my behavior were pretty obvious at that point. I still had this feeling there was something else not quite completed. I went back over what I had written down and it seemed like it was all there, so I called my sponsor and told him I was done. We set a time and day to do the 5th step.

I had a few days to think about it so of course I was getting squirrely and a bit self-conscious about the whole thing. I talked to some other people about it and they were very supportive and upbeat about the whole process. "No Worries" or "Don't leave anything out"... "Just a short prayer before, then go for it".

The day came and I was as ready as I was gonna be. It took a few hours to complete. As I recall, it was a roller coaster ride of emotions. There were some big laughs and some tears of sorrow and regret. We also shared some experiences. That was very helpful because some of my "BIG" secrets, the ones nobody would ever know, were pretty common. After all, I am an alcoholic and I act and behave as one. For me to think that I'm any different is absurd. When I said I was done, he asked me if there was anything at all I left out, anything that could hinder my progress. I fessed up and told him about the thing that had been bothering me since finishing the 4th step. Whew, what a relief. I felt good. Much lighter, almost like a cleansing, a literal brain washing. So much garbage was gone or out on the heap ready to be taken away,
(Cont. p. 2)



She said: Step 5 was and is a very special blessing for me. All of the steps have been steps to freedom from alcohol, but step 5 granted me release from shame.

I knew what was expected of me as I approached this step. I knew I had to unburden myself of all my secrets. All the toxic images of who I thought God had made me, had to be purged. Even though I was terrified to reveal who I really was to anyone, I had to trust the process. It had been so successful for so long and for so many others, I had to believe I was not terminally unique.

The book suggests talking to a trusted friend, a family member (if appropriate), a clergyman, doctor or psychologist. I relied on my sponsor. The problem I faced was that my sponsor had already distanced herself from AA, so in my desperation to do this step thoroughly and fearlessly, I took my step 4 inventory and shared it with both a priest and my counselor.

Neither of them rejected me or showed any judgment. Until that day, I had lived with guilt and shame every moment of my life. In the next 24 hours, I could feel the tension leaving my body and soul. I was free! There was no doubt in my heart, I was loved by my Creator. Our book uses the adjective "delighted", What a perfectly sweet and joyful description of how I felt.

My self-esteem sky rocketed. I felt worthy to be of assistance to anyone who needed help. I could make eye contact with my fellow beings. My crippling shame had been lifted and it has never returned.

My fears were no longer the driving force in my life. The thought of a drink was repulsive. I wanted more of this miracle, not just for myself, but I had such a desire to pass it on.

I began taking on sponsees who needed to start the
(Cont. p. 2)

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AA Hotline 245-6677

He Said (cont.,) it was an amazing feeling.

Some people I've talked to said it brought them closer to a spiritual connection with their higher power. I can agree with that because it's hard to describe it any other way. My sponsor had taken some notes while I was talking, and we went over the "highlights". He asked me if I wanted to keep any of those defects or did I want to have them removed. "Get rid of 'um" I said..... Step 6.

~Conrad M., Kauai

She Said (cont.) steps. I could bring them through the steps I had taken and continue with them as I continued mine. When I listen to another alcoholic share their 4th step, I feel giddy, knowing that there is a freedom waiting for them beyond what they can imagine.

Before AA, my life was useless. I didn't have any purpose. I lived with the idea that I was a mistake. Since AA, I know I bring value and hope to those still suffering. I have a primary purpose, to stay sober and help other alcoholics achieve sobriety. This is a noble endeavor, granted to me by simply asking my Higher Power for help. I am humbled with Grace.

~ Michelle E., Kauai

Happy Birthday

Nona M.	4/8	1984	35 yrs
Chuck T.	4/1	1984	35 yrs
Lynda G.	4/19	1984	35 yrs
Doug R.	4/21	1985	34 yrs
Joe O'B.	4/15	1985	34 yrs
Roger W.	4/14	1986	33 yrs
Karen L.	4/3	1991	28 yrs
Tom R.	4/5	1991	28 yrs
John 'Hilli" H.	4/15	1991	28 yrs
James B.	4/16	1993	26 yrs
Allie	4/27	1996	23 yrs
Patty	4/5	2000	19 yrs
Nicole	4/10	2003	16 yrs
Kim H.	4/14	2004	15 yrs
Laren T.	4/10	2004	15 yrs
Courtney P.	4/10	2006	15 yrs
Mark B.	4/20	2006	13 yrs
Pam A.	4/28	2006	13 yrs
Monica A.	4/22	2006	13 yrs
Kathie E.	4/28	2006	13 yrs
Dharma W.	4/18	2007	12 yrs
Alan B.	4/13	2007	12 yrs
Jane T.	4/22	2007	12 yrs
Tim	4/11	2009	10 yrs
Rick B	4/9	2010	9 yrs
Leisa M	4/17	2011	8 yrs
RJ	4/17	2012	7 yrs
Lauren D.	4/21	2012	7 yrs
Taylor	4/26	2014	5 yrs
Scott	4/19	2017	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).
- **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!**

A.A. Activities

Kauai AA Womens Retreat

 May 3, 4:00pm-May 5, 11:00am

Camp Hale Koa in Kokee

Speakers, Workshops, Sisterhood & Recreation

Registration Deadline is April 24th

<https://www.kauaiwomensretreat.org/>



The Happy Hour Cookout

May 11th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

Potluck This Month May 27th

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

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



WCG at Kekaha-MacArthur Park

This Month on May 31st

5:30pm Meeting then Birthday Potluck

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

A.A. Meeting Places



Hanalei Community Center

(Across from St. Williams Church, 5292 Kuhio Hwy)

~ Turn left right before the soccer field ~

- **Tuesday 7:00 pm**, Princeville Hanalei Men's
- **Wednesday 6:30 pm**, Bad Brains Mtg.
- **Friday 7:30 pm**, Step Study Meeting



Registration Deadline: May 11th 2019

Event Day: Saturday May 18th

Shotgun Start 9:15 am

Princeville Makai Golf Club

Format: Tournament played as a Scramble Format
Entry Fee: \$50.00 Check Payable to "Happy Hour"

May in Our History:

Highlight: May, 1937: A Book is published called "A Way Of Life" by William Osler; One of eleven books (including the Bible) that influenced how the Big Book will be written. This volume was used by early members to understand the concept of living "One Day At A Time." The book itself contains a philosophy of life. William Osler states: "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand." He also writes, "Our lives are like a great ocean liner. We must learn to walk through the compartments each day and check that the bulkheads are secure." Another place he writes, "The load of tomorrow added to that of yesterday, carried today, makes the strongest falter."

May 1903: The principal chiefs of the five tribes in the Oklahoma Territories protest to congress that allowing alcohol onto their land is detrimental to the political-civil and religious conditions of their tribes.

May 1931: Rowland Hazard spends one year with Dr. Carl Jung in Zurich, Switzerland to "cure" his alcoholism. Rowland returns to the United States and joins the "Oxford Group." This is considered by most A.A. historians to be the first in a chain of events that will lead to the founding of A.A.


May 1940: "The Star", a Washington D.C. newspaper, reports the first A.A. group in the nation's capitol will be meeting every Tuesday night at 8:00 pm.

May 1949: The first A.A. meeting is started up in Scotland – the city of Glasgow.

May 1957: The American Hospital Assoc. passes a resolution to prevent discrimination against alcoholics while universities such as Fordham Univ. offer full courses on 'alcoholism' for credits for the first time.

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

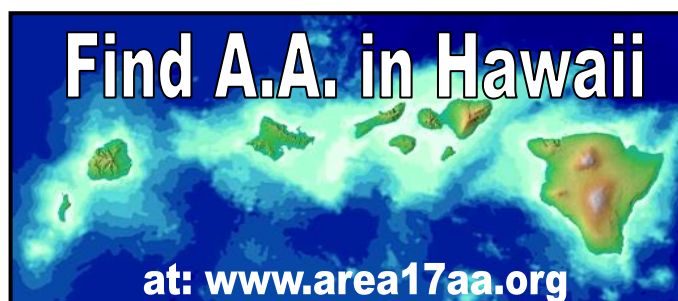
~ Submitted by Mathea A.

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

Tradition V:

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

- **Do I ever cop out** by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
- **Am I willing to explain** firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
- **Have I today imposed** on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- **Am I willing to twelfth-step** the next newcomer without regard to who or what is in it for me?
- **Do I help my group** in every way I can to fulfill our primary purpose?
- **Do I remember that AA old-timers**, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?




**The Next Intergroup Meeting:
May 4th, 9:30 am
The Lihue Neighborhood Center**

**The Next District Meeting:
May 18th, 9:30 am
The Lihue Neighborhood Center**

Intergroup Treasurers Report

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



February 2019

Income:

Koloa Friday Nite	7th	200.00
Poipu Sunrise Sobriety	7th	200.00
Kapaa Young Peoples	7th	160.00
Koloa Aloha	7th	100.00
Sunday Serenity	7th	154.00
Waimea Canyon	7th	20.00
Hui Ohana	7th	135.00
Hui Lokahi	7th	250.00
Koloa Friday Nite BB	Literature	18.00
Nooners	Literature	18.00
Hui Ohana	Literature	245.25
Waimea Canyon	Literature	50.00
Steps to Freedom	Literature	55.00
Kauai Recovery	Literature	85.75
Sunday Serenity	Literature	60.00
Happy Hour	Literature	<u>37.00</u>

Total Deposits **1788.00**


Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	25.98
Ink Spot	Newsletter	150.00
Bank of Hawaii	Service Fee	2.50
Literature	Books	<u>550.00</u>

Total Expenses **885.55**

Bank balance as of 2/26/19	3290.36
Income	1788.00
Expenses	-885.55
Less Prudent Reserve	<u>-1050.00</u>
Operating Balance	<u>3142.81</u>

SEND YOUR CONTRIBUTIONS TO:
Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766



Serenity Now

When a drunk has a terrific hangover because he drank heavily yesterday, he cannot live well today. But there is another kind of hangover which we all experience whether we are drinking or not.

That is the emotional hangover, the direct result of yesterday's and sometimes today's excesses of negative emotion – anger, fear, jealousy, and the like.

If we would live serenely today and tomorrow, we certainly need to eliminate these hangovers. This doesn't mean we need to wander morbidly around in the past. It requires an admission and correction of errors – now.

~ Twelve and Twelve, pp. 88 – 89
Taken from "As Bill Sees It"

\$\$ URGENT \$\$

**PLEASE SUPPORT YOUR KAUAI
INTERGROUP.**



DCM Report



Aloha Kakou,

Thanks to Sunrise Sobriety for the fabulous potluck held at Poipu Beach Pavilion on St. Patrick's Day. There was corned beef, there was cabbage, there was a meeting and there was a lot of gratitude to be sober on a day when many of us would normally use drinking green beer as an excuse to drink even more green beer! Thanks again for the fun, fellowship and friendship!

On May 3rd-5th there is the 2nd annual Women's Retreat at Camp Hale Koa in Koke'e. There will be meetings, workshops, hiking, yoga, meditation, music and crafts!

May 11th there will be a Grapevine workshop at Poipu Beach Pavilion from 9am -12pm. Learn how to write stories for the Grapevine!

May 18th at Princeville Golf Club there will be a Golf Tournament starting at 9:15 am hosted by Happy Hour.

On April 27th-28th many of Kauai's GSR's (General Service Representatives) attended the Inform the Delegate Assembly on Maui. This is possibly the most important assembly of the year. Why? This is where our Delegate becomes informed of our Districts collective group conscience regarding issues that affect AA as a whole. Here is a brief description of the process:

1. GSR's are given an array of topics to be discussed and voted on at the General Service Conference in New York.
2. GSR's are given background information on the topics
3. They explain the information to their home groups
4. Home group members form a group conscience on the topics
5. The GSR brings the group conscience to the assembly and shares it with our Delegate
6. Our Delegate brings the collective group conscience to the GSC

You may be asking, what does this have to do with AA on Kaua'i? Many important decisions that affect AA as a whole are discussed and voted on at the GSC. For example, I believe AA literature is one of the most stabilizing features of our program. If any group is free to change the Big Book whenever they choose, thousands of versions would exist. Maybe

one group would change their big book to have 7 steps, maybe another would change theirs to 3 steps. A unified AA as we know it would cease to exist. This is why we have a multi step voting process that depends on an informed group conscience to insure that any changes made within AA reflect the wishes of it's members.

Some of the topics and questions discussed at the assembly included: • Consider requests to develop a 5th Edition of the Big Book

- How does your group feel about extending AA public information by utilizing Google AdWords via a Google Grant? Why?
- Consider revising the Foreword to the book Twelve Steps and Twelve Traditions Discuss progress on implementation of an AA LinkedIn page
- Possibly create and maintain a database of Correctional Facilities in each service area in the U.S. and Canada and the status of meetings held therein
- Consider request to remove the "Alcoholism at Large" section from AA Grapevine.

These are only a few of the 75 topics that will be discussed at the GSC. After the assembly, our Delegate goes to the GSC in May and votes with our collective group conscience. She will then come to Kaua'i for the July 4th potluck and give us a report of the key issues voted on at the conference.

Why is all of this so important? To keep AA stable, consistent and healthy so it is always here for the suffering alcoholic. I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there and for that I am responsible. For more information on General Service and how to get involved, come to the District Meeting the 3rd Saturday of every month at the Lihue Neighborhood Center at 9:30. Please visit our website for more info on all events.

www.kauaiaa.org

Thank you for letting me be of service,
~ Janice M., dcm6@area17aa.org

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