

October 2019

Garden Island Sobriety

'Step Ten'

"Continued to take personal inventory and when we were wrong, promptly admitted it."



He said:

Hello, my name is Conrad M and I am an alcoholic. More action to be done! This is the maintenance and daily tune up step for me. This is also where the HALT system came into play.

The emotional hangover that Bill W talks about in the 12x12 was happening pretty often in my early sobriety. That change of heart was happening, slowly, but I would slip back into my old way of thinking and BOOM, time to make another amend.

I honestly didn't know how to deal with my emotions, so part of my nightly inventory was asking myself if I was hungry angry, lonely or tired. Then I could try to identify the trigger and perhaps not put myself in that position again so easily. I did have to be aware of NOT using this trigger as an excuse or for self justification. I have a habit of finding a reason for the behavior and then sluffing it off and not doing the hard work to make the necessary changes.

I recall my favorite go to was progress not perfection. It wasn't really progress because I wasn't following through on the solution. (with pain as my main motivator, not my HP, my progress was very slow) With time and practice, I started to get it and understand what real progress was.

In my sobriety things just didn't go away. It's like Groundhog Day, stuff keeps happening until I take the action to change.

Understanding and compassion are characteristics that don't come easy for me, especially towards myself. It takes work. Being accountable takes work. Above everything else, it's having faith and trust in my HP that it will do for me the things I

(Cont. p. 2)



She said:

Now that we have cleaned up the wreckage of our past, it is time to continue to clean up the present. We have looked at our patterns that can be destructive to others and our serenity. We have asked our Higher Power to remove our shortcomings. We have made amends to others and have made peace with our past; All wonderful and necessary to living a positive life here and now. Yet, we are human. We are bound to make mistakes and checking in on a daily basis allows us to clean up messes NOW instead of waiting until a pebble of annoyance turns into a boulder of resentment.

As we have learned from our literature and by other member's experiences, resentments could mean the death of us! Resentments must be cleared up or we will eventually return to drinking. Or at the very least be a "dry drunk". Emotional sobriety is as important as our physical sobriety. We must stay current with how we are feeling. A nightly review can be extremely helpful however spot checks throughout the day can also serve us when our thinking may be getting a little wacky. It may help us pause and not make the same mistakes over and over. And if we do, it gives us a chance to admit our wrongs quickly and apologize immediately instead of letting them linger.

When I began to work Step 10, it would happen sporadically. I would forget my nightly check in, I wouldn't always think throughout the day about how I was feeling or reacting to something and when I did it would be easy for me to gloss over any old patterns I had reenacted that day. Yet, I found that when I DID remember during the day and at night, my days would go smoother. Over time there were less

(Cont. p. 2)

He Said (cont.) cannot do for myself.

Before I close this out, one last thought that helps me a lot. I'm not alone on this path. There are so many brothers and sisters, just like me, to help and guide me if I'm willing and open minded. Recovery is only as hard as I want to make it.

~Conrad M., 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!**

She Said (cont.) messes to clean up. I became more aware of how I was feeling and what was triggering those emotions. I also learned that it ALWAYS came back to me. I still wanted to point fingers and blame others for how I was feeling. However it ultimately never has anything to do with anyone else because my emotional and spiritual state of being is MY responsibility. There is always a choice on how I act and react. I started to see drama slip away from my life and my addiction to it wane. I began having peaceful moments that turned into hours and even sometimes days. It didn't mean that I ignored my feelings or isolated from everyone, it meant that I was changing. As our insides change, our outsides begin to change as well. Our lives become a reflection of the inside work that has been done or still needs to be looked at.

~ Michelle L., Kauai

Happy Birthday

Jerry V.	9/9	1974	45 yrs
Sheila H.	9/13	1982	37 yrs
Gabrielle	9/10	1987	32 yrs
Karen L.	9/19	1989	29 yrs
Dennis C.	9/24	1993	26 yrs
Jack M.	9/22	1994	25 yrs
Dana W.	9/22	2000	19 yrs
Michele R.	9/14	2005	14 yrs
Elaina B.	9/26	2005	14 yrs
John J.	9/7	2007	12 yrs
Patty C.	9/22	2007	12 yrs
Ryan M.	9/5	2009	10 yrs
Sean G.	9/11	2009	10 yrs
Erin	9/11	2012	7 yrs
Chad N.	9/25	2012	7 yrs
Alison T.	9/13	2013	6 yrs
Ron P.	9/26	2013	6 yrs
Sean F.	9/5	2014	5 yrs
Josie	9/16	2016	3 yrs
Shane	9/5	2018	1 YEAR

Congratulations Everyone!!

A.A. Activities



Waimea Cyn Birthday Potluck

This Month on October 25th
5:30pm Potluck, 6:30 Sunset Meeting
Kekaha Beach, MacArthur Park

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



Steps to Freedom Birthdays

Potluck This Month October 28th
6:30pm, Kapa'a United Church of Christ

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

The 58th Annual Hawaii Convention

October 31 - November 3, 2019

**Marriott Waikiki Beach
Resort & Spa**

"We Are Going to Talk About God"

'A'ole i piliwi 'ia

Registration is limited to 800

As of August 25th, 2019, we have 800 registrants
We are placing folks who register now on a waiting list. Please register if you would like to be placed on the waiting list!

Your registration will be moved from the waitlist to registered as event cancellations are received.

<http://www.annualhawaiiconvention.com/>

A.A. Meeting Places



Photo ~ Alejandro

Kapaa United Church of Christ

1315 Ulu St., Kapaa

Monday 7:30 pm - Steps To Freedom - Big Book
Monday 6:45 pm - July 31st The Birthday Potluck
Wednesday 5:00pm – It's Not Them, Discussion
Thursday 5:30 pm - Step Sisters - Women's Mtg.
Thursday 7:30 pm - Hui Lokahi - Men's Stag
Friday 7:30 pm - The Fourth Dimension

 **Coming
in November**

THAANKATHON



October in Our History:**Highlight for this Month: October 31, 1953**

The weekend edition of the Munich newspaper announced the first AA meeting in Germany. The result was the first AA Group in the country consisting of 20 American soldiers, who were AA members, and several German drunks with an interpreter. By 1962 AA Groups had taken hold in Berlin, Dusseldorf and Frankfurt. In 1990 the few clandestine AA Groups that had survived in former East Germany finally were able to join AA worldwide and to prosper. In 2003 AA in Germany celebrated its 50th anniversary with 2,700 Groups and aprox. 30,000 members.

October 1939: Liberty Magazine was the first national magazine to do an article about AA. It was called 'Alcoholics And God,' and brought in over a thousand inquiries and sold 100 of our newly published book 'Alcoholics Anonymous.'

October 1941: Reverend Sam Shoemaker begins the break-away from The Oxford Group. Bill W. gives credit for 10 of our 12 Steps to Rev. Sam. Ask your sponsor, "Where do we find this information in our approved AA literature?"

October 1954: The "Alcoholic Foundation" becomes "The General Service Board."

October 1960: Out of New York City a series of radio programs begin called "Alcoholism, The Problem and The Hope," featuring our General Service Office Staff members and Marty M.

October 5th, 1988: Bill W.'s wife Lois died at 97. An informal Quaker style memorial service is held at "Stepping Stones" and she is buried next to Bill in Bill's home town, East Dorset, Vermont.

From '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 X:

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

- **Do I ever give the impression** that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? AlAteen?
- **Can I honestly share** my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
- **What in AA history** gave rise to our 10th Tradition?
- **Have I had** a similar experience in my own AA life?
- **What would AA be** without this Tradition? Where would I be?
- **Do I breach** this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- **How can I manifest** the spirit of this Tradition in my personal life outside AA? Inside AA?

New Address**Send Area Contributions**

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee

P.O. Box 1413

Honolulu, HI 96806

Please include "District 6" & Group Name on check





The Next Intergroup Meeting:

October 5th, 9:30 am

The Lihue Neighborhood Center

Intergroup Treasurers Report

September 4, 2019

Income:

Seventh Tradition	130.00
Literature	374.75

Total Deposits **504.75**

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	26.77
Conference Travel Fee		325.00
Ink Spot		150.00

Total Expenses **658.84**

~ Treasurer, Aaron W. ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauaiaa.org

Visit Our Website!

- Print out your own meeting schedule
- Check out the events calendar
- Link up to other island websites

Contact the website committee at:

website.intergroup@gmail.com



Need Literature?

➔ **Get It at The Intergroup Meeting!**

GRAPEVINE Quotes of the Day

September 17, 2019

"If we're willing to expose the pages of our lives to the love and understanding of our Higher Power and a fellow alcoholic, we'll surely know a new freedom and a new happiness. We'll discover that love is never having to feel alone again; that God's presence in our lives has become profound; and that unity of the Fellowship of the spirit can be ours so long as we're willing to 'pass it on'."

"Building an Arch," West Palm Beach, Florida, May 1989
Spiritual Awakenings

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

**The Next District Meeting:
October 19th, 9:30 am
The Lihue Neighborhood Center**



DCM Report



Aloha Kakou,

In August, I attended the Area Budget Assembly along with 8 GSR's and our Intergroup Chair. Before the assembly, I am given a budget prepared by our Area Treasurer. I relay the budget to all GSR's and then they share the information with their home groups. After getting a group conscience from their home groups, GSR's then meet at the Assembly to collectively vote on the budget. The budget was passed almost unanimously with 2 people opposing. I am always amazed that 120 alcoholics can get together in one room and in 2 hours or less, agree on how to spend a years worth of money. Only in AA could this happen!

Also, at these assemblies, I am required to give a DCM report, informing the Area of what our District is doing to carry the message to the alcoholic who still suffers. We only have 3 minutes to give a report of our island's activities and am very proud to say, 3 minutes is never long enough to finish my report. It is an honor and a privilege to stand before the entire assembly and talk about our accomplishments. Since the last assembly in April, here are some of the events hosted by home groups and actions voted on by the District:

- May- Grapevine workshop- really great writing workshop hosted by our Grapevine Chair. We all wrote stories based on topics recommended by Grapevine
- June- Founders Day- great turnout with 50 people attending, lots of food and 4 speakers- Princeville Hanalei hosted
- 2 Golf Tournaments- hosted by Happy Hour- super fun, great turnout

- July- Delegate Report Back/ Hui Ohana hosted-an amazing turnout, great music, food and speakers
- \$8.06 Challenge/ Happy Hour collected \$99 Princeville Hanalei collected \$600
- Budget Report presented at District meeting and copies given to all GSR's to take back to home groups
- August- Farm Fair information booth- Hui Ohana hosted
- Sept- Home Group Workshop- Sunrise Sobriety hosted, great attendance and information on what a home group is and why you should belong to one!
- Public Information- Set up a rack at the Community College. Working on setting up an AA meeting on campus.
- District approved to install PSA signs on the county buses.
- Cooperation with the Professional Community (CPC)- Establishing a relationship with the Dr.s and nurses at Mahelona. Getting 12 step calls from the hospital directly to the CPC Chair.
- Website- installed meeting guide App; fantastic new web chair that is keeping us up to date on technological advances
- GIGYPAA- doing lots of outreach events- hikes, beach days, fundraisers etc. and securing a venue for and planning an event for next year.

This is a lot of activity and am so grateful to you all for your service! For me, these events foster unity and friendship and inspire me to stay sober. I think the best way to carry the message is with enthusiasm. When a newcomer comes to one of our events and sees how much fun we are having it gives them hope. Hope that a life beyond alcohol is possible. When an alcoholic in need reads one of our pamphlets at a Dr's office or calls the hotline and a 12 step call is made, the course of their lives can be changed forever. That is why we must continue to carry the message of AA beyond our meetings. This is why we get together at the District meeting, monthly, to discuss how we can do this. We welcome all members to come and learn more about being of service at the District level. We have service positions that need to be filled! Please come to the District meeting on the 3rd Saturday of the month at the Lihue Neighborhood Center at 9:30 am. We would love to see you there!

~ With Gratitude, Janice M.