

December 2014

# Garden Island Sobriety

'Step Twelve'

**“Having had a spiritual awakening, as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”**



**He said:** Alcoholic, there is no “spiritual path.” Each of us makes our spiritual life as we journey, Step by Step. Sponsors guide us with their experiences towards our own path.

**Emotional sobriety** is where my actions enhance my life and the lives of those around me. Achieving physical sobriety is Step One. Maintaining physical sobriety and walking towards emotional sobriety and spirituality comes through all three legacies of Alcoholics Anonymous: Recovery (The 12 Steps), Unity (The 12 Traditions), and Service (The 12 Concepts).

**Through these legacies** I have learned that the object of my love is my Higher Power, my Fellowship, and now, only through these relationships, I can count myself among the objects of my love. Freedom from the bondage of self loathing is a gorgeous reality.

**My actions say,** “I love you.” When I give back what I have received in sobriety through Recovery, Unity and Service.

**In Service** I found a noble reason for the sober life. The Path Within blossoms by carrying the message to the still suffering alcoholic, the spirit of Tradition Five.

**Being a GSR** opened new horizons in sobriety. In service I have noble friends on the path of spiritual sobriety. The fellowship of Alcoholics Anonymous in Area 17, the Hawaiian Islands, is alive and carrying the message.

**A General Service** Representative, GSR, carries their group’s conscience through the District, to the Area, to the General Service Conference and vice versa. This communication through the service structure is how we become aware of the yearly changes to the structure and guidelines of Alcoholics Anonymous. Communication and leadership through the group conscience are the two primary functions of the GSR. As the GSR, I came to understand that the group conscience is my higher power in action.

*(cont. p. 2)*



**She said:** *“For it is in giving that we receive...”* – Prayer of St. Francis

**I recognized the** reformatory power of giving on a trip to India my first year sober. Mother Teresa is a hero of mine, and I chose to volunteer for six weeks at her “home for the dying” in one of the poorest slums in India. I was to be working with some of the most deformed, destitute children in the world. It was a gated community, and the gate was not to protect what lie inside, but more allegorically, to separate the dying from the outside. It was a community referred to as “The Untouchables” by the Indian caste system. In essence, these children were the cast-offs of society. As I walked there my first day, I imagined the strength I would need to witness the poverty and imperfections these children had to bear. Every muscle twitched with the instinct to turn and run. I feared I would not be capable of “withstanding” it. No one would know if I didn’t follow through with my plan. I was alone, and everyone had encouraged me not to go. I continued.

**What did I** discover? That each of these little beings had been created differently, but it inspired appreciation for their originality. The children didn’t know their fate within the confines of these walls. They were a joyous clan filled with camaraderie. Many children didn’t have legs so naturally the other kids carried them from place to place. On that first walk I sensed blindly that I would find “God” there. On the walk home, that evening, I knew I had. Through working with these children, and the nuns that cared for them, I recognized my own belief of being an “untouchable.” I had imprisoned myself in an illusion of separation and my drinking kept that illusion strong. The TRUTH was that I could not feel love until I extended it. I must give love, and practice it, to feel it. I had remained “untouchable” until I reached out. I saw such unique creation in each of those little

*(cont. p. 2)*

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**AA**  **Hotline 245-6677**

**He Said:** (cont.) **Attending the Area** Assemblies across the islands, I was humbled by the generosity of Alcoholics in service. Assembly attendees were able to address the topics because of all the people in service. They provided the transportation, home stay, cooking, organizing, clean-up and set-up. I now have sober friends across the islands, some of whom also took me to their meetings. This is a special treat, to attend another person's home group. Because of this I attended meetings in each of the districts and took my four year chip last January at the Kailua-Kona AA (KKAA) on Hawaii. It was a Saturday night meeting at the Lutheran Church and with so many of us visiting for the assembly, there were over 40 people taking chips that night. The meeting lasted over 2 hours with each of us sharing a little about how we stay sober today. Sobriety is epic.

**Kauai is District 6** in Area 17. Our District Meets on the third Saturday of the month at 9:30am at the Lihue Neighborhood Center. Amid the whirl of noisy fans, the GSRs, Committee Members, Secretary, Treasurer, Alternate DCM and DCM get together and celebrate our sobriety and the sobriety we love in our AA meetings on Kauai. ~ Yours in service, Paul M.

**She Said:** (cont.) children, and through them I reached out and touched "God".

**When I returned** home, I was determined to change the world. I became frustrated because I was pregnant and also married. How was I going to be like Mother Teresa with a baby and a husband? How was I going to change the world?

**Mother Teresa was** once asked how she found the energy to help so many; she replied, "I only serve The One."

**Getting "down to size"** I've realized that my purpose on this earth is to serve "The One" who is in front of me, whether it's my husband, my child, my neighbor or a fellow alcoholic. With this as my focus, I've learned that I change the world by serving the ONE GOD places in my moments.

**AA has changed** my path in life, and your acts of kindness do not go unnoticed. By practicing the 12 Steps I have discovered that what I extend to the world around me is simultaneously felt within....for it is in the act of extending LOVE that I experience it myself. Giving is love in action. Your heart's gifts are rich and precious. Acts of giving, like a ripple effect, perpetuate LOVE. ~ Jill R., Kauai

## Happy Birthday

Mike C.	11/6	1975	39 yrs
Carol O.	11/19	1981	33 yrs
Marcial L.	11/16	1986	28 yrs
Anderson	11/21	1987	27 yrs
Mathea A.	11/17	1988	26 yrs
Niamala	11/24	1995	19 yrs
Tom F.	11/15	1996	18 yrs
David J.	11/30	2001	13 yrs
Lani A.	11/21	2005	9 yrs
Barry	11/8	2006	8 yrs
Bob	11/13	2006	8 yrs
Chris S.	11/3	2007	7 yrs
Jeanie	11/26	2007	7 yrs
Scott C.	11/3	2007	7 yrs
Mark G.	11/4	2007	7 yrs
Michelle L.	11/13	2008	6 yrs
Randy	11/10	2009	5 yrs
Sonia	11/5	2011	3 yrs
Jackie C.	11/9	2012	2 yrs
Barbie	11/26	2012	2 yrs
Lee	11/18	2013	1 YEAR

Congratulations Everyone!!

## Birthday Celebrations

### West Side

● Ala i ke Ola Hou 5:30 pm Last Friday of the month, Smokey Valley Clubhouse. CAKE AND 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!

# 18th Annual Western Area Conference of



## Young People in Alcoholics Anonymous

At Hapuna Prince Hotel, Hawaii

December 18 - 21, 2014

Info & Travel Discounts At: <http://www.wacypaa18.org/>

Register at: <http://www.wacypaa18.org/online-registration.html>

## December AActivities



### The Water Meeting & BBQ

At Lydgate Park and Pond

This Month December 14<sup>th</sup> at Lydgate Park

11:00 am Potluck/BBQ, 1:00 pm Meeting in the water



### The Happy Hour Cookout

At Nawiliwili Beach Park

This Month on December 21<sup>st</sup>, 2:00 pm

Cookout & Games. Meeting is a 5:00 pm



### Steps to Freedom Birthdays

At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month's Potluck December 29<sup>th</sup>, 6:45pm

Celebrate AA Birthdays, Speaker Meeting 7:30pm



### The Last Saturday Supper

At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on December 31<sup>st</sup>, 7:00 pm

Speaker at 7:45 pm. Sponsored by Koloa Nooners

# A.A. Meeting Places

The Lydgate Park Picnic Tables



Hui 'Ohana Group, Meeting Daily 7:00 am

- Sunday: "Daily Reflections" – Discussion
- Monday: "Big Book" – Discussion
- Tuesday: "Living Sober" – Discussion
- Wednesday: "Came To Believe" – Discussion
- Thursday: "12 X 12" – Discussion
- Friday: "As Bill Sees It" – Discussion
- Saturday: "Stick Meeting" - Discussion

## Meeting Support Needed:

Thursday 5:30 pm. "STEP SISTERS ON KAUAI" at The Kapaa United Church, 1315 Ulu St., Kapaa.

## Meeting Location Change:

The Waimea Canyon Group will be meeting Thursdays and Fridays at Lucy Wright Park.

## New Meeting:

Saturdays, 12:00 noon, Koloa Nooners - "Second Chance" at the Salvation Army Hall, 5348 Koloa Rd.

## Writers NEEDED For 2015

## "HE SAID - SHE SAID"

Contact:

[District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)



## 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 71<sup>st</sup> 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. 1<sup>st</sup>, 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 8<sup>th</sup> 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.

From ‘Big Book Dave’, Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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



## Concept XII (Prudence)

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that the sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought & action.

- ✓ How do we guard against becoming a “seat of perilous wealth or power?”
- ✓ How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
- ✓ Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?
- ✓ Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
- ✓ As guardians of A.A.’s traditions, are we ever justified in being personally punitive?
- ✓ Are we careful to avoid public controversy?
- ✓ Do we always try to treat each other with mutual respect and love?



The Next Intergroup Meeting:  
 December 6<sup>th</sup>, 9:30 am  
 The Lihue Neighborhood Center

## Intergroup Treasurers Report

October 2014

### Income:

North Shore Aloha	140.00
3rd Tradition Group	101.31
Kauai Dist Literature	58.60
Princeville/Hanalei	186.00
Princeville/Hanalei Books	167.75
Koloa Aloha	100.00
Koloa Group	63.00
Koloa Big Book	40.00
Primary Purpose	25.00
Primary Purpose 10 Big Books	80.00
Koloa Aloha Books	47.00
Sunday Lihue Beginners Group	40.00

### Expenses:

Hi Telcom	25.54
Guardian Self Storage	130.21
Ink Spot	150.00

Balance	3861.60
Less Thankathon	200.00
<b>Balance</b>	<b>3,661.60</b>

~ Prepared by Mike C. ~

### SEND YOUR CONTRIBUTIONS TO:

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



### ■ Kauai A.A. Meeting Schedule



Compact 2-pg schedule  
 --prints on legal-size 8½x14"

### ■ Kauai A.A. Events Calendar

### ■ Link to HI Island AA websites

Contact: [website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

## Intergroup Officers:

Chair:	Bob B. <a href="mailto:chair.intergroup@gmail.com">chair.intergroup@gmail.com</a>
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda
Hotline:	Danette M. <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

### Request a newsletter



by e-mail



Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

Editor: Linda B.

## Find A.A. in Hawaii



at: [www.area17aa.org](http://www.area17aa.org)

# District 6, Kauai:

The Next District Meeting:  
December 20<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center

## Kauai Intergroup Report

For Budget Assembly, October 5,6, 2013

**MEETINGS:** We have 69 meetings on Kauai. Eighty-five percent are wheel chair accessible. We have no known deaf or blind AA members. Forty percent of the meetings are on the beaches. Most non- beach meetings pay five dollars rent per meeting. We do not have insurance costs. We estimate we have 170 active AA's on Kauai.

**TELEPHONE:** Our phone system is virtual and is covered 24/7 usually in eight hour shifts. There are a few complaints but overall the system is working well.

**EVENTS:** Intergroup funds (usually \$100-150 per event) island events on request from the chair of the event and the vote of IG members. We have about eight major events per year. Thanksgiving is the biggest and attracts about 100 participants for Big Food, two meetings, a raffle, an Al-Anon meeting and musical entertainment.

**WEBSITE:** Our website is a real staple for our island AA's. It has been in operation three years, has had a total of 35,589 hits, and is now logging in 5,000 hits per month

**SCHEDULES:** In addition to having the full schedule on the website, we produce paper schedules about three times a year for visitors, members, our PI racks, the Emergency Rooms of the Hospitals and a few doctors' offices.

**TREASURY:** Our present balance is \$3,916.

**NEWSLETTER:** Our Garden Island Sobriety newsletter is six pages of welcomed information containing recovery columns, meeting changes, birthdays, finances of Intergroup and District and a cherished Archives section. It is available in color with online subscription and in black and white from the GSRs.

**LITERATURE:** IG handles books and pamphlets for sale and to supply AA racks around the island. The

stock is kept in a locker which is kept tidy and documented by our literature chair. Only three people have the combination to the locker.

**Kauai Intergroup meets once a month, is attended by 10-14 people, and is in good shape.**

~ Mathea Allansmith, Traveling Intergroup Chair for Kauai

## District 6 Treasurer's Report

October, 2014

### Group Contributions:

Third Tradition Group	37.94
Koloa Thursday 12 & 12	63.00
<b>Income October:</b>	<b>100.94</b>

### Expenses:

DCM Travel (Election Assembly):	367.60
Office expense (Treasurer ink for printer):	30.00
P & I (To Intergroup):	58.60
<b>Expenses October:</b>	<b>456.20</b>

<b>Bank Balance:</b>	<b>4776.34</b>
<b>Prudent Reserve</b>	<b>1000.00</b>

~ Prepared by Steve Q. ~

## SEND YOUR CONTRIBUTIONS TO:

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



## NEW District 6 Committee:

<b>DCM:</b>	Paul M
<b>Alt. DCM:</b>	George K
<b>Secretary:</b>	Jon S
<b>Treasurer:</b>	Steve Q