

July 2016

Garden Island Sobriety

'Step Seven'

“Humbly asked Him to remove our shortcomings.”



He said: *When ready, we say something like this...*

This is how step 7 starts out in the Big Book, on page 76 (I like to think of the year 1776, when the United States of my personality declared their independence from King Alcohol). How did I know I was *ready*? Becoming willing to let someone else with infinite power and understanding take all my problems was one thing, but giving up my trusted assets was another thing entirely. Who did I think I was? All I knew was that I wasn't helping anyone anymore, and I could clearly see the wreckage of my past required more than what I had to get it done.

I **prayed this** prayer daily in the morning and reflected on what kind of character defects reared their ugly head throughout the day. It became clear to me that my trusted assets, which included manipulation, avoidance, and denial, were still rooted in layers of fear, and my faith was little more than the words being recited on page 76. The problem with grasping this step fully was that I had no idea what the word “humility” meant and why it was important to practice.

Wasn't it a great feeling taking pride in what I was accomplishing? This pink cloud had me higher than I thought possible, sober or not. Somewhere along the way, I forgot to *stay surrendered*. By refusing to take credit, helping others, offering up everything of myself (“good and bad”), and trusting a higher power will take care of the results, I could finally take action *without* fear. This is the strength I believe the 7th step prayer refers to when going about our daily lives.

Of course, I could be wrong. I am finding that is the case more and more each day. It's a wonderful feeling to be able to admit my wrongs (defects of character) without excessive blame, guilt, or shame.

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She said: I have heard it said that the

difference between “defects of character” in Step Six and “shortcomings” in Step Seven is simply that Bill W. believed a good writer didn't use the same word or phrase over and over. In other words, they mean the same thing. I don't know if that hearsay is accurate, but I believe it. It makes sense to me that we don't say, “Higher Power, I'm becoming willing for you to take ‘A’ from me,” in 6, then change to “Dear God, please take ‘B’ from me,” in 7.

I **just reread** Step Seven in the *Twelve Steps and Twelve Traditions* and highlighted what jumped out at me with a purple pen. Starting with the first paragraph: *Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us.*

Bill explains that humility and humiliation are *not* the same thing. Yet for many people – especially alcoholics, we often don't humble ourselves until we *have* been humiliated. I usually don't stop trying to do something by my own willpower until I have been knocked flat multiple times. Others can point out my character defects all they want and I “bow up” – a Southern term for getting defensive. I also justify, rationalize, explain, say “yeah, but,” or “I'm different,” and lean on my crutch of denial (Don't Even Notice I Am Lying).

It's only when a shortcoming is adversely affecting my life that I *consider* changing. And then I learn with alarm that I *can't* change by my own power. Then, and only then, I humbly ask God to help me. Here again the **12x12** on Step Seven: *How can we possibly summon the resolution and the willingness to get rid of such overwhelming compulsions and desires?* Pray for the willingness, or even “the willingness to be willing.” Ask others for their experience, strength and hope on the subject. Look for positive alternatives. Practice the

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AA Hotline 245-6677

He Said: (cont.) Today, I truly feel that I get to grow up in this program. I no longer have to endure my self-perceived humiliation, because I am now cultivating humility, thanks to my Higher Power. God only knows what I will become if I let Him.

~ D., Kauai

She Said: (cont.) opposite of the defect. Don't get too hungry, angry, lonely or tired. Take care of yourself. Oh, yeah, and ask God for help.

At this point, I'm reminded of two acronyms for God: Good Orderly Direction and Group Of Drunks. When the going gets tough, I benefit from taking instruction from others who have gotten some recovery from a particular character defect. "Sometimes, I need a God with skin on," my friend Ann M. used to say. If all of this seems strikingly similar to tips for getting sober, it is.

The Step Seven chapter in the *Twelve and Twelve* concludes: *We now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.*

-- Diana L., Kauai

Happy Birthday

Tom W.	6/17	1959	57 yrs
Julia P.	6/27	1977	39 yrs
Jeanine B.	6/1	1984	32 yrs
Jon S.	6/4	1987	29 yrs
Kathleen	6/1	1989	27 yrs
Bill E.	6/26	1989	27 yrs
Gary F.	6/1	1990	26 yrs
Linda W.	6/24	1991	26 yrs
Ron A.	6/1	1994	22 yrs
Chris	6/11	2000	16 yrs
Romeo G.	6/20	2000	16 yrs
Tatiana	6/18	2001	15 yrs
Tom C.	6/6	2005	11 yrs
Joe C.	6/1	2007	9 yrs
Chandra	6/15	2007	9 yrs
Jude H.	6/19	2007	9 yrs
Pirie I.	6/28	2007	9 yrs
Matt	6/26	2008	8 yrs
Miguel	6/18	2011	5 yrs
Corina W.	6/30	2013	3 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).

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!**

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

District6newsletter@hotmail.com



4th of July

"Freedom from Bondage"

Potluck at Lydgate's Big Pavilion

Lunch 12:00, AA Meetings 10:00&4:00

Al-Anon Meeting at 2:00

- * Hotdogs * Fixin's * Games *
- * Hamburgers * Beverages * Prizes *

★ Bring pupus, salads, side dishes, desserts ★

Volunteers are Welcome!

Info. Call AA Hotline at 808 245-6677

★ Sponsored by Eastside AA Groups ★



See You There!!



The Happy Hour Cookout

July 17th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Came to Believe - Pizza Night

This Month June 22th

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month

A.A. Meeting Places



Hanalei Community Center

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

~ Turn left right before the soccer field ~

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



Steps to Freedom Birthdays

This Month July 25th

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

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



WCG at Kekaha-MacArthur Park

This Month on July 29th

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month

Volleyball, Swimming, Good Fellowship, Fun, Sunset



July in Our History:

July 15th 1938: The first documented use of the A.A. name in our General Service Office Archives. It is in a letter from Bill W. to Willard Richardson (non-alcoholic trustee). Bill started using the name “Alcoholics Anonymous” both as the working title for our book and then as the name for our membership.

July 1936: At Lois and Bill W.s home on Clinton St., Brooklyn, a group of hard core alcoholics was developing weekly meetings while Bill was receiving strong criticism from the Oxford Group.

July 1942: Opening in New York City, Riverside Hospital, which has the first alcohol treatment facilities for adolescents in the U.S.

July 1949: The first medical journal about A.A. is written by Dr. Silkworth.

July 2, 1955: “The Saturday Evening Post” magazine has a long article written by Jerome Ellison. It is about help for the families of alcoholics through Al-Anon. As of 1955, the article says, there are 700 Al-Anon groups nation-wide.

July 1965: At our International Convention held in Toronto, Canada, Bill led thousands of A.A. members in our “I am responsible” pledge for the first time! It was written by Al S.

July 1967: The American Medical Association passes a resolution identifying alcoholism as “A complex disease and disease that merits the serious concern of all members of the health professions.”

**From ‘Big Book Dave’, Elected Archivist, Interior Alaska
June 2012 excerpts**

~ Submitted by Mathea A.

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

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

This Concept attempts to clarify the relationship and “balance of powers” between the Conference and the General Service Board. “This . . . may look like the collision of an irresistible force with an immovable object.” On the one hand, “the board is invested with complete legal power over A.A.’s funds and services; on the other hand the Conference is clothed with such great influence and financial power it could overcome the legal rights of the board.

“Thus, the practical power of the Conference is, in the final analysis, superior to the legal power of the board. This superior power derives from the traditional influence of the Conference Charter itself; from the fact that the delegates chosen by the groups always constitute more than two-thirds of the Conference members”; and finally from the ability of the delegates to cut off financial support by the groups. “Theoretically, the Conference is an advisory body only; but practically speaking, it has all the ultimate power it may ever need.”

The Conference “recommends” - though its recommendations have the force of directives to the board. The board executes these recommendations. The board does have the legal authority to veto a Conference recommendation — but in actual practice, it never has done so. As Bill tactfully puts it, the trustees “simply refrain from using their legal right to say ‘no’ when it would be much wiser, all things considered, to say ‘yes.’

“If . . . the Conference will always bear in mind actual rights, duties, responsibilities and legal status of the General Service Board, and if the trustees . . . will constantly realize that the Conference is the real seat of ultimate service authority . . . neither will be seriously tempted to make a ‘rubber stamp’ out of the other . . . In this way, grave issues will always be resolved and harmonious cooperation will be the general rule.”

~ From the 12 Concepts Illustrated Pamphlet.

~ Submitted by Ron L.

Kauai Intergroup

The Next Intergroup Meeting:
 July 2nd, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report

April, 2016

Income:

Hui Ohana	7th	525.00
Whisky & Milk	Books	47.65
Poipu Beach Sunrise	7th	150.00
Young People Mtg.	Books	45.00
North Shore Aloha	Books	80.00

Total Income: 847.65

Expenses:

Post Office Box	1 Yr Rental	86.00
Ink Spot printing	G.I.S	150.00
Guardian Storage	Locker	135.42
Hawaiian Tele	Phone	26.60
Intergroup	Books	843.40

Total Expenses 1241.42

April Balance 3566.14

Total From Above -393.77

Sub Total 3172.37

Less Prudent Reserve -900.00

Final Balance 2272.37

~ 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



Compact 2-pg schedule
 --prints on legal-size 8 1/2x14"

■ Kauai A.A. Events Calendar

■ Link to HI Island AA websites

Contact: website.intergroup@gmail.com



Need Literature?

➔ Come to the Intergroup Meeting!

*Books*Pamphlets*GIS Newsletter*Meeting Schedules

➔ Questions?

Email Bob B.: literature@kauaiaa.org

Intergroup Officers:

Chair:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Mary
Literature:	Bob B.
Hotline:	Kelvin P.
Events Chair:	Alejandro H.

Request a newsletter

by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

2016 Budget Assembly

August 27, 2016 Kihei



8:00 am – August 28, 2016 @ 4:00 pm

COST: \$25

Required to attend: GSRS, DCMS, Standing Committee Chairs, Area Officers, other as necessary. If you will be flying to Maui, please check our Air Travel page for information on how you can assist Hawaii Area 17. Be sure to book early to get the best price and to insure that you can attend the entire event without leaving early. <http://www.area17aa.org/event/2016-budget-assembly/>

The Next District Meeting:

July 16th, 9:30 am

The Lihue Neighborhood Center

District 6 Treasurer's Report

June 18, 2016

GROUP CONTRIBUTIONS:

Sunday Serenity	155.35
Wednesday Daily Reflection, Kapaa	25.00
Poipu Beach Sunrise	150.00
Total Contributions	330.35

EXPENSES:

Corrections	148.50
DCM Travel Committee mtg Oahu	162.40
Total Expenses June	310.90

BANK BALANCE:	4720.57
PRUDENT RESERVE	1000.00

~ Report prepared by Steve Q. ~

Find A.A. in Hawaii



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
1253 S. Beretania St., #2107
Honolulu, HI 96814-1822



SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:	Jonathan D.
Alt. DCM:	altDCM@kauaiaa.org Ann W.
Secretary:	Kathy S.
Treasurer:	Steve Q.