

August 2017

Garden Island Sobriety

'Step Eight'

"Made a list of all persons we had harmed, and became willing to make amends to them all."



He said: The first part of the Eighth Step, in my opinion, is the easiest practical part of the twelve steps.

My sponsor basically said that anyone who was on my resentment list, fear list, harms list, or sex list all had to be listed on the 8th step. So that wasn't so hard... annoying as hell, unfair and ridiculous, but pretty easy compared to the rest of the work I had to do.

It's the second part of the step – the willingness to make amends to them all– that has always been quite a lot harder. I obviously was not willing to meet with those I feared, and it took a while to get over that. I also wasn't all that pleased to make amends to those I resented, especially those I thought I had done nothing to. But, eventually, I got over it and started to make amends. Lately though, I started to think that I had it all wrong – the willingness comes from the realization how I hurt these people.

My first amends were quite the disaster. When I was drinking and in college, I was supposed to go to a milestone birthday party for my mother. To make sure I was there my mom sent me money to pay for my trip, but I got wasted and called her the morning of the party (I had been up all night) and said I wasn't coming. Her reaction, plus the fact I was coming down from a serious night of partying, was one of the single worst moments of my life. So when I got sober, the first birthday she had, I came running from out of state, intent on buying her dinner. But I wound up leaving her at the table while I got cash to pay for dinner, and when I found out I had no money, ran around trying to find an ATM to take my credit card. I left her there, by herself, for about an hour. Not exactly how I had it planned, and she was not happy.

Recently, I had to make amends three different times to someone. The problem, like with my mom, wasn't

(Cont. p. 2)



She said: Who should be on this list of *all persons we have harmed* and how do we become willing to make amends to these people?

This Step is really about holding ourselves accountable, accountable for our own part in the conflicts we have had with others. It's about clearing away the wreckage of our past but even more, it can really help us to create more peaceful, harmonious relationships in the future.

We human beings will do most anything to avoid self examination. Alcoholics especially tend to poison their objectivity with highly charged resentments and focus on the faults of others rather than their own.

I find that reminding myself of this twisted tendency when I am upset with someone goes a long way toward setting me on the right course. It helps me to look for my own part in the conflict. "It takes two" is a phrase, short and to the point, that widens my perspective and opens the door to more objectivity on my part. It helps me to be less defensive.

Emotional defensiveness is my friend only if I use it as a signpost to discovering what my own underlying fears and conflicts are. It is never a friend to harmonious relationships. The 12 x 12 clearly tells us on page 80 that this self discovery is an important part of Step 8. "While the purpose of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can."

The foremost issue at hand in many instances of considering who to put on this list of people we have harmed is 'Forgiveness'. We must first forgive others for merely being human. We must recognize that no one is perfect. We cannot afford to gloss over or

(Cont. p. 2)

He Said: (cont) that I didn't want to make amends – the problem was I wasn't exactly sure what I was making amends for. When it came to my mom, after about a decade of sobriety, I realized that it was a good thing I wasn't at her party. I was wasted, I looked horrible, I smelled bad, and I had long lost my cheery disposition. My presence would have been worse than the hurt I caused by not showing up. Just because her reaction made me feel terrible doesn't mean I needed to make amends specifically for that.

The true amends is one of those living amends deals – I need to be there for her, period, when she needs me, and to be present and as cheerful as I can be. It's to be the person I've become. Ten years later, I was at her milestone birthday. It was a surprise party, and my presence was a blessing to her. And not surprisingly, it's a really special memory for me too.

I can only become willing to make amends after I figure out exactly what I've done wrong. I have to have a clear indication of what my defects are and a true desire to change them before I can be willing to make a good amends. It's a lot harder than just making a list.

~ Tom F., Kauai

She Said: (cont) conveniently forget our own shortcomings in human relationships and simply blame the other guy for *causing* our bad behavior. We must also forgive ourselves for merely being human. This attitude of forgiveness goes a long way toward disarming our false pride and emotional defensiveness. Without these we are able to compile a more honest and objective list of everyone we have harmed.

Just how it works for me,

~ Linda B.

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

Mary C.	7/20	1979	38 yrs
Kathryn B.	7/9	1982	35 yrs
Wink	7/4	1983	34 yrs
Judith E.	7/14	1984	33 yrs
Jerrie S.	7/17	1984	33 yrs
Gordy W.	7/11	1986	31 yrs
Keola	7/6	1990	27 yrs
Rick G.	7/4	1991	26 yrs
Paul H.	7/1	1993	24 yrs
Becky	7/31	1995	22 yrs
Lisa D.	7/4	1996	21 yrs
Dave A.	7/9	2004	13 yrs

Congratulations Everyone!

Expect A Miracle

A.A. Activities



The Happy Hour Cookout

This Month August 12th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on August 25th

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 August 28th

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

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



Came to Believe - Pizza Night

This Month August 30th

6:00pm Saint Michael's Church Lihue

Every last Wednesday of the Month

A.A. Meeting Places



Kauai Veterans Memorial Hospital

4643 Waimea

- Monday 5:30 pm - Waimea Cyn Group 12 & 12 Step Study, Conference rooms A & B
- Thursday 5:30 pm – Waimea Cyn Group, Conference rooms A & B
- Friday 5:30 pm - Waimea Cyn Group, Living Sober Book Study, conference rooms A & B

56th Annual Hawaii Convention

September 28 – Oct. 1, 2017

Trudging The Road of Happy Destiny



At The Hilton Hawaiian Village, Hawaii



Registration and Info. at:

<http://www.annualhawaiiConvention.com/registration>



AA Archives

The Best of Big Book Dave:

How did the world-wide custom of saying, “I am an alcoholic”, at AA meetings begin?

Unfortunately, there are very few old-timers left and none of the have been able to provide plausible theories.

According to an early friend of AA, the late Henrietta Seiberling, this expression dates back to meetings of AA’s forerunner, the Oxford Group, which had its heyday in the 1920’s and 1930’s. Henrietta had sought spiritual help in the Oxford Group when they first showed up in Akron. She is credited with introducing our founders Bill and Dr. Bob at her home on Mothers’ Day, May 12th, 1935. All three of them were active Oxford Group members. At small Oxford Group meetings the members knew one another and didn’t need to identify themselves. But, at large meetings, where there was ‘witnessing’, along the lines of an AA meeting today, personal identification became necessary so the alcoholics would know each other. “Chances are,” Mrs. Seiberling said, “at some time one of the men stood up to share and after giving his name said, ‘I am an Alcoholic’ and the phrase just took off from there.”

Early AA members do not remember that phrase being used at early AA Meetings as much as other words, at least in Akron, Cleveland area. Other words used to describe themselves were Drunks, Rum Hounds, or Boozers ... reminiscent of the temperance movements that gained adherents during prohibition and which most members of AA had lived through.

In New York, where Bill was from, the word ‘Alcoholic’ was rarely used before the publication of the Big Book. Some early east coast members said, according to their recollection, they first heard the expression as “I am an Alcoholic and my name is ...”, and it came into being after World War II, 1945 or 1946.

It is a matter of record that in 1947 a documentary film entitled, “I am an Alcoholic” was produced by RKO Movie Company in Hollywood and from then on it began to be heard at most of our meetings.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A. , Mahalo!



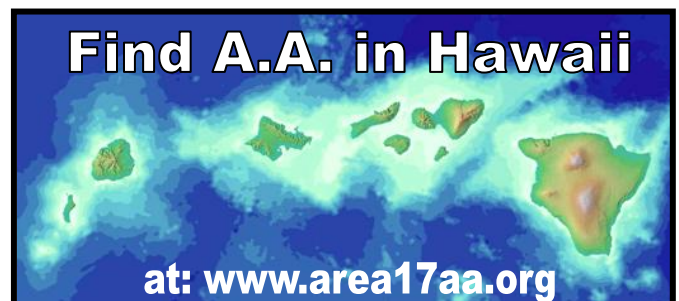
Traditions Checklist from the AA Grapevine

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- **Is my own behavior** accurately described by the Traditions? If not, what needs changing?
- **When I chafe** about any particular Tradition, do I realize how it affects others?
- **Do I sometimes try** to get some reward – even if not money – for my personal AA efforts?
- **Do I try to sound** in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
- **Do I make an effort** to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- **In my own AA life**, have I any experiences which illustrate the wisdom of the Tradition?
- **Have I paid enough attention** to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition – How It Developed*?

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



The Next Intergroup Meeting:
August 5th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

June 2017

Income:

Kapaa Young People	7th	75.00
Koloa Aloha	7th	100.00
North Shore Aloha	7th	140.00
Poipu Beach Sunrise	7th	100.00
Turn It Over	7th	30.00
Happy Hour	Literature	133.20
Jim D.	Literature	95.00
Happy Hour	Literature	133.20
Jim D.	Literature	95.00
Koloa Big Book	Literature	49.10
Men's Lokahi Stag	Literature	68.00
Na Wahine Kuapono	Literature	38.00
Northshore Aloha	Literature	85.70
Sobriety in Paradise	Literature	95.00
Steps to Freedom	Literature	44.00
Whiskey and Milk	Literature	57.00
Total Income		1110.00

Expenses:

Guardian Storage	Locker	145.83
GSO	Literature	1871.40
Ink Spot	Printing	150.00
Hawaiian Tele	Phone	24.57
Walmart	Office Supplies	24.40
Total Expenses		2216.20

Previous Balance	3663.69
Net Profit or Loss	1106.20
Current Balance	2557.49
Less Prudent Reserve	900.00
Balance	1657.49

~ Report prepared by JoRina ~

SEND YOUR CONTRIBUTIONS TO:

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



Volincor Training Session

Saturday August 26, 2017

8:00 am - 4:30 pm

Kauai Veterans Center

3125 Kapule Hwy, Lihue

We are looking for volunteers to carry the message to KCCC!

Requirements: **'Volincor Training' :**

2 years Sobriety, No felony convictions*, 5 years free from imprisonment, 3 years free from supervised freedom, TB test (administered free by the county), Close-toed shoes, Long pants (no shorts), No sun glasses, No belts, No metal, No weapons of any kind (including pocket knives).

*** In some cases exceptions can be made for felony convictions, handled on a case-by-case basis**

Lunch and Refreshments will be served
New volunteers and those needing re-certification (every 3 yrs) must attend

Contact for Registration or Questions:

Jeannie, 241-3050 ext 235 weekdays

Clayton Sui, 212-5756 nights or texting

or call the **AA Hotline at 245-6677**

PLEASE RSVP by THURSDAY the 24th

KCCC Meeting times:

● **Men's 2:15 pm Tuesdays**

● **Women's 12:00 noon Wednesdays**

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonyia B.
Hotline:	Kelvin

District 6, Kauai:

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

District 6 Treasurer's Report

Report of July 15, 2017

Group Contributions:

Happy Hour	4.41
Kapaa Young People	75.00
Total Income	79.41

Expenses:

DCM Travel	142.39
Kauai Intergroup	95.00
Jen D.	607.00
Total Expenses	844.39

TOTAL CASH IN BANK	2667.26
PRUDENT RESERVE	1200.00

~ Report prepared by Crystal B. ~

District 6 Committee:

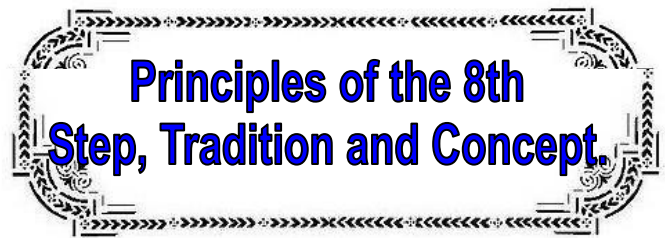
DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

SEND YOUR CONTRIBUTIONS TO:

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



From Your DCM



The Eighth Step taught me the principle of "willingness". The Eighth Tradition taught me to be "zealous in carrying the message". The Eighth Concept of Service teaches me to be responsible, so I "volunteer".

The voice of alcoholism is cunning, baffling and powerful. It knows that if I quit trying to meet my responsibilities, and I think that fatal thought, "What's the use?" I will stop working a program based on the steps, traditions and concepts. If I do this, I will go back to drinking, for the only thing between me and the first drink is the program I work on a daily basis. This is perhaps why the deadliest defeat is that of procrastination or sloth. Frontal attacks to drink won't work on me now. The only way I can go back to drinking is to stop working a program of sobriety because I have decided to believe the voice of my insanity, my alcoholism, when it says to me, "What's the use?"

I need instead to hear the voice of sobriety within me and accept new responsibilities because the more service I give, the more I grow and the easier it is to stay sober. Responsibility and sobriety go hand in hand.

Each one of us carries a special message because our experience and talents differ. It is worth our while to listen to each other for this special message. It might save our lives.

Mahalo! Steve Q

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.