

December 2018

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:

I am glad to say that I have had a spiritual awakening. It was a process. I am not a spiritual person and I have never thought about being one. I think because I have made a relationship with God I have been able to have an awakening. I felt very alone when I came in to the rooms of Alcoholics Anonymous. Like no person was there for me so, then I found God. I spoke to Him and he answered. I know that sounds funny but it's true. I am not religious, nor have I ever been. I only have a relationship with a God of my own understanding. I do not attend church or read the Bible. I ask Him for guidance and forgiveness for all the poor judgements and behaviors I have made in the past and in the present and future. Although I am clean and sober, I am far from perfect. It helps that I can think clearly now and that is a direct product of being part of AA. The message of AA is one that I wish much more people in this world could live by.

The harm alcohol and drugs can do to one has long term effects on their lives. I have lost lots of time, energy, and money to the disease. I have inflicted pain onto myself and others as a byproduct of this disease. I did not ever intend on hurting anyone or myself. I am not a violent person, but this disease is unpredictable and from time to time found myself inflicting pain. Mental and even sometimes physical. I have tried to carry the message of AA to the alcoholic and found sometimes it's better to have the diseased person find AA. For me others tried to carry the message to me and it was impossible for me to accept until I became willing. 35 years of straight hard-core partying and then finally I self-destructed. I made it out of a whirlwind of painful sorrow.

(Cont. p. 2)



She said:

Step 12 is one of those steps of action that carries the full weight of our recovery blessings. And it seems to have the most impact when I am fully willing and able to act. My first participation with step twelve was when I was newly sober, and I had not finished with all 12 steps. I was asked if I could pick up someone who needed a ride to a meeting. The woman I picked up was less than 24 hours sober and very frightened about what her alcoholism had done to her life.

We talked some and I shared with her what my life was like with 90 days of sobriety. She was stunned and gradually started to feel some hope. I gave her a copy of the big book and a local meeting schedule I carried with me, which was exactly what had been done for me. She was genuinely grateful for my kindness.

Later, when I told my sponsor about it, she was very happy for me and explained that I was working the 12th step. And when I had a working knowledge of all the steps, I could take another alcoholic through, as she was doing for me.

Initially, there was a hesitation to help another alcoholic. The responsibility seemed too much. I feared I wouldn't do it correctly. But as I began to help others thought the 12 steps, I realized how beneficial it was for both myself and whoever I was working with. I could show them the way I was taught. Occasionally, I would vary my approach. Not everyone is committed to sobriety. When I came across someone who was not quite ready, I would give them some literature, a meeting schedule, and my phone number and let them know that when they were ready, I would be happy to help.

Recently, my cousin was beat down by alcohol and was willing to give sobriety a chance.

(Cont. p. 2)

He Said (cont) The principals of AA have given me a new way to live. A program to live a sober life. Without God and AA, I don't think any of this would be possible. My life today hinges on the words of AA. I am not a big book thumper by any means, but I listen to the words of members and the literature of the program. This is the foundation that helps me obtain sobriety. I sift through the information and take what I need. That is the beauty of this program. Its self-diagnosed and self-treated in my opinion. I have found that I have the rest of my life to master the program of AA. I have enough experience in the using life to know that is not where I want to be. After being clean for 10 years I have found a happiness that I had never had. A mental awareness to helps me make better decisions being conscious of my own and others wellbeing.

I am thankful to have joined the program of Alcoholics Anonymous. It works. It really does.

~Mike H., Kauai

She Said (cont) He needed to be medically detoxed. After a few days, he was willing to come to a few meetings with me. I knew he best chance was to meet a number of sober men and to attend a few different meetings. We did that, and he connected with several men and is now on his journey in alcoholics anonymous. I couldn't be happier. He does ask me questions, but overall, his support comes from the men in the program.

When I was new, I was overwhelmed by the love and kindness shown to me. I began to feel some hope and the loneliness vanished. I got to see that happen to my cousin. Watching our members engulf him with love and generosity, gave me those same feelings of acceptance I had years ago. We have a place where miracles grow and continue to reach our fellow sufferers. God bless AA.

~ Michelle E., 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!**

Happy Birthday

Mike C.	11/6	1975	43 yrs
Carol O.	11/19	1981	37 yrs
Marcial L.	11/16	1986	32 yrs
Anderson	11/21	1987	31 yrs
Mathea A.	11/17	1988	30 yrs
Niamala	11/24	1995	23 yrs
Tom F.	11/15	1996	22 yrs
David J.	11/30	2001	17 yrs
Lani A.	11/21	2005	13 yrs
Barry	11/8	2006	12 yrs
Bob	11/13	2006	12 yrs
Chris S.	11/3	2007	11 yrs
Jeanie	11/26	2007	11 yrs
Scott C.	11/3	2007	11 yrs
Mark G.	11/4	2007	11 yrs
Michelle L.	11/13	2008	10 yrs
Randy	11/10	2009	9 yrs
Sonia	11/5	2011	7 yrs
Shawn	11/5	2011	7 yrs
Jackie C.	11/9	2012	6 yrs
Barbie	11/26	2013	5 yrs
Lee G.	11/18	2013	5 yrs

Congratulations Everyone!!

A.A. Activities



The Happy Hour Cookout

December 8th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on December 28th

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

Potluck This Month December 31st

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

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



Group Secretaries

**Please Send the Dates of your
Member's Birthday's to:**

district6newsletter@hotmail.com

A.A. Meeting Places



The Koloa Salvation Army

5348 Koloa Rd. (next to crazy shirts)

Monday	12:00 Noon, Koloa Nooners Grp.
Wednesday	12:00 Noon, Koloa Nooners Grp.
Thursday	6:00 Noon, Lavender Mtg.(closed)
Friday	12:00 Noon, Koloa Nooners Grp.
Saturday	12:00 Noon, Koloa Nooners Grp.
(1 st Saturday with Speaker and Chili)	

NEW meeting*
Noon on Saturdays,
1st Saturdays will be
Speaker meeting with chili



**The Best of Big Book Dave:
December in Our History:**

Dec. 20, 1945: Rowland Hazard dies in Waterbury Connecticut at the age of 64. He lost both his sons during World War II. Rowland had been a patient of Dr. Carl Jung in the early 1930's. Coming back to the United States he will join 'The Oxford Group', a worldwide spiritual movement of the time, and he will carry the message of sobriety to Ebby T., who in turn takes the same message to Bill W. (Big Book p. 9-12). Ebby becomes our co-founders one and only sponsor. There is no evidence that Rowland ever came into AA. He is considered by most AA historians to be the first in a series of events that had to happen for AA to exist today.

Dec., 1923: Christmas: Bill W. wrote down in the family Bible and vowed to Lois that he would stay sober for one year. This pledge lasted two months and it was the first of many attempts to stay sober.

Dec. 1933: Prohibition ends. What was called "America's noble experiment" to abolish alcohol was a total failure.

Dec. 1938: For the first time Bill puts the Twelve Steps down on paper using the principles of the Oxford Group.

Dec. 1939: Rockland State Hospital is the first hospital to start taking alcoholic patients to AA meetings (Big Book P. 163).

Dec. 1943: The San Quentin Newsletter reports that Bill W. is going to be the speaker at their holiday AA meeting. There are 300 inmates in the group.

Dec. 1949 Christmas: Dr. Bob's last visit to the alcoholic ward, St. Thomas Hospital, where he treated 5000 alcoholics with Sister Ignatia by his side.

Dec. 1952: Bill W. as the main speaker in Orlando, Florida said "December is the 'Slippery' month to AA old-timers because it has more slips, suicides and wounded Christmas tree than any other month."

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



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

~ Submitted by Mathea A.

Slogans for Sobriety:

AA = Altered Attitudes

Excuse me but where did you get that wonderful attitude? Thinking or saying it to yourself is what you want driving their actions. Just ignore your needs and help fulfill theirs to enter to win! The meetings gift isn't always easy to borrow.

We could start with the standard focus on you. But we're not. Them, especially when you first arrive in AA, is most important. They have enviable characteristics that would better person you? Yes, behave that way, your way, not their way? Observing and adapting cause you're close in on control. Your habits tell everyone who you are if you pay close attention, and if you get the people who hurt and are angry and are human you realize they're trying the best they can too...always! Notice you choose whether you want to do this or that even if you're not aware. Zombie mode!

AA wakes us up more and allows us to progress our behavior in a healthy direction. Why not? You do deserve it don't you!? Need it? Want it? Meetings are a great place to explore the behavior and fear of difference. What you choose can reflect deep healthy behaviors you don't feel comfy expressing in society. Meetings are dry runs for the rest of your life.

Make a small change this month in preparation for the New Year. Your 2019 attitude- community and service? Carve behavior from the admired? If you believe, help Kauai AA? (no heavy thoughts cross, I'll trade you!). One grain of attitude at a time.

~Aaron W., Kauai

Expect A Miracle

Kauai Intergroup

The Next Intergroup Meeting:
December 1st, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

October 2018

Income:

Step Sisters	7th	25.47
Turn It Over	7th	35.00
Waimea Canyon Grp.	Literature	10.00
Sunrise Sobriety	Literature	47.25
Hui Ohana	Literature	50.00
Steps to Freedom	Literature	<u>36.00</u>

Total Deposits **203.72**

Expenses:

Guardian Storage	Locker	156.25
Kauai Business Services	Schedules	168.74
Area 17	Assembly	265.78
Hawaiian Telcom	Hotline	25.78
Ink Spot	Newsletter	150.00
Bank of Hawaii	Bank Fee	<u>2.50</u>

Total Expenses **768.27**

Previous Operating Bal. (651.98)

Net Profit or Loss (564.55)

Current Bank Balance 167.00

Less Prudent Reserve 1050.00

Operating Balance **(883.00)**

~ Report prepared by JoRina H.~

Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Open
Secretary:	Aaron W.
Literature:	Bob B.
Hotline:	Open

\$\$ Intergroup Finances \$\$

Money! Dirty word isn't it. But we learn to accept it and work with it as best we can especially as part of the deal we strike with staying sober.

Service. One of the purest forms of money free feel good we have. In a perfect world we'd receive the direct and indirect (or extended) benefits of the program without a personal or group financial cost. However as most of us found out the "short-cut, cost free" way is a fantasy that reality can recklessly erase, no thanks needed.

Intergroup is part of the web of services we use to stay focused & connected. Intergroup is in a donations drought which we hope ends soon with your help.

Please allow Intergroup to continue to serve you well by sharing your thoughts and donations with us so we can keep Kauai AA as strong as it is!

Mahalo, Aaron W.

SEND YOUR CONTRIBUTIONS TO:

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



Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



Intergroup is looking for a Treasurer
and a Hotline Chair. Please contact
intergroup@kauaiaa.org

District 6, Kauai:

The Next District Meeting:
December 15th, 9:30 am
The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

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

--- We Still Need A New Treasurer ---

GRAPEVINE

Quotes of the Day

November 26, 2018

"I was amazed at the things I was grateful for: those painful situations that served to show me my character defects; the ability to accept and share my pain with others; the opportunities to do things I was afraid to do which gave me strength and confidence."

"Working Incognito," State College, Pennsylvania, April 1994, Spiritual Awakenings



Concepts Checklist

Concept XII

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?

**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.