

December 2017

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: There is one purpose to doing the steps, and it is outlined in the first five words of the 12th Step: **“Having had a spiritual awakening.”** says that this is THE result of working the steps, not A result. The rest of the benefits we gain from having worked the first eleven are not the point. Spiritual development is.

So what, exactly, is a spiritual awakening and how does it work? And how the hell do we have one? Appendix II of the Big Book describes it as a “profound alteration in his reaction to life.” That’s it. And it happens all the time.

I recently had the pleasure of seeing a sober friend have that profound alteration. We hear them in meetings all the time. Most of the time, it’s super simple. I mean, how many of us have heard, “I didn’t react the way I used to” or “I didn’t say what I would’ve said,” or “Normally, I would’ve punched him.”

Each time we react differently to a situation, especially one where there is a pattern of behavior (like one we documented in the Fourth Step over and over), it is evidence of a profound change that has occurred. I never thought about that. I was as surprised as everyone else when I didn’t become instantly sullen when I didn’t get my way, or fly off the handle when someone tried to control me. But it didn’t seem like a big deal.

The big deal, for me, came when I put all these little moments together and built a life completely different from what I had come to expect. Then I could see the profound change in my life. When the relationships I had torn apart were better and different than before, I could see the progress.

The trouble is that we all backslide. We all go back to those old ways of thinking. And there’s only one way to prevent it from continuing: by doing *(Cont. p. 2)*



She said: **Something fundamental** inside of us changes when we do these 12 Steps. A deep desire to stop drinking brings us to the threshold of change. But the willingness to completely let go of our old way of thinking is what opens the door to freedom.

Consciously or unconsciously I have always been looking for a way to be in this world. I have struggled toward happiness and a spiritual awakening countless times. Yet none of my attempts ever resulted in a lasting improvement. My fundamental reactions to life stayed the same. What was I missing?

To tell the truth, I could never figure that out. Not on my own. Still, I stubbornly held onto the idea that “I” could find the answer.

Inside of me there was a complex set of conclusions I had drawn about how to deal with the world. They were based on fear and the debilitating constructs of my own imagination. Even so, my own mind was a mystery to me. I was powerless to change my thinking. Alcohol medicated my suffering for as long as it worked. Eventually it stopped working.

There were two things on the walls of my first AA meeting place that I read every day. One was a twin poster listing the 12 Steps of the program and the other was a small sign that said “Expect a Miracle”.

I didn’t see how these 12 Steps could possibly result in a spiritual awakening. It seemed too simple. But I was ready to try anything so I decided to expect that miracle.

What I found out was that I was going to have to let go of my old way of thinking, completely. And that is not easy to do. But the 12 Steps of AA are perfectly designed for this purpose. Guiding me to discover, disclose and discard my old ways of thinking and being is part of their purpose and was their result. *(Cont. p. 2)*

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AA  Hotline 245-6677

He Said: (cont) something for someone else. As Bill said over and over "Faith without works is dead."

Service is the drug I always wanted. It gives me the same instant relief from my cares and worries that I was looking for in a bottle. It allows me to think outside myself and feel happy pretty much instantly.

I often worry that I'm going to get taken advantage of; that I will end up an AA doormat, despite all evidence to the contrary. Then I get 12th Step work wrapped up with some kind of expectations, which always leads to hurt feelings. But I always return to service because it feels so good when I do it.

As formerly the most uncomfortable guy in any room, I have been given the unique gift to be able to pick out the guy who has taken my place. I am uniquely qualified to help him get through it. And it's something I often relish. I use it whenever I get uncomfortable today, in AA or not. If I'm at a party or in a group, and my head starts going, the first thing I do today is look for something I can do to help, whether it's grabbing the uncomfortable guy, giving a hand to the host or hostess, whatever.

Once I pitch in, the fear is gone and I've become a part of the group. It's the same in AA. Once I did service, I truly became a part of AA. ~Tom F., Kauai

She Said: (cont) **In the synergy of all 12 Steps** I find 'the way out', the way to be in the world. Step 12 tells me to 'practice'. For me it is a continual process; Practice letting go of my old ideas, practice trusting God to change me in a way that makes me more useful. It is a continual refinement.

Willingness is the gift that alcoholism gave me. Only by suffering its ravages did I become entirely willing to let go. For an alcoholic the energy of life becomes an alarming downward spiral. It is fueled by a deathly obsession with alcohol that no one but a fellow alcoholic can understand. In helping each other we help ourselves. In a surprising way this affliction can become our salvation by the grace of a God who turns all things to good, for those who turn to God.
~ 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).**
● **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 | 42 yrs |
| Carol O. | 11/19 | 1981 | 36 yrs |
| Marcial L. | 11/16 | 1986 | 31 yrs |
| Anderson | 11/21 | 1987 | 30 yrs |
| Mathea A. | 11/17 | 1988 | 29 yrs |
| Niamala | 11/24 | 1995 | 22 yrs |
| Tom F. | 11/15 | 1996 | 21 yrs |
| David J. | 11/30 | 2001 | 16 yrs |
| Lani A. | 11/21 | 2005 | 12 yrs |
| Barry | 11/8 | 2006 | 11 yrs |
| Bob | 11/13 | 2006 | 11 yrs |
| Chris S. | 11/3 | 2007 | 10 yrs |
| Jeanie | 11/26 | 2007 | 10 yrs |
| Scott C. | 11/3 | 2007 | 10 yrs |
| Mark G. | 11/4 | 2007 | 10 yrs |
| Michelle L. | 11/13 | 2008 | 9 yrs |
| Randy | 11/10 | 2009 | 8 yrs |
| Sonia | 11/5 | 2011 | 6 yrs |
| Shawn | 11/5 | 2011 | 6 yrs |
| Jackie C. | 11/9 | 2012 | 5 yrs |
| Barbie | 11/26 | 2012 | 5 yrs |
| Lee G. | 11/18 | 2013 | 4 yrs |

Congratulations Everyone!

A.A. Activities

Steps to Freedom Birthdays

This Month December 25th

6:45pm, Kapa'a United Church of Christ
1315 Ulu Street, Kapa'a, Speaker Meeting 7:30pm

Came to Believe - Pizza Night

This Month December 27th

6:00pm Saint Michael's Church Lihue
Every last Wednesday of the Month

WCG at Kekaha-MacArthur Park

This Month on December 29th

5:30pm Meeting then Birthday Potluck
Every last Friday of the Month (bring good food!)
Volleyball, Swimming, Good Fellowship, Fun, Sunset

Mark M.'s Passing

Our beloved Mark M. passed away on **October 30, 2017**. Services were held on November 21 at the Kapa'a Hongwanjii Temple and a Celebration of Life followed at Lydgate large pavilion.

Mark was a fixture at AA meetings on Kauai's eastside for many years. He shared his sobriety with us tirelessly and will always be dearly loved and much admired, remaining steadfastly in our hearts for his example and love of AA.

A.A. Meeting Places



Photo - Alejandro

Kapaa First Hawaiian Church **4-1325 Kuhio Highway**

- **Sunday 7:00 pm** – Big Book Study, Young Peoples – BYOBB Meeting
- **Monday 12:00 pm** - Meditation Meeting
- **Tuesday 7:30 pm** – Keep It Simple – Speaker/ Discussion Meeting
- **Wednesday 12:00 pm** – Daily Reflections
- **Friday 12:00 pm** – Experience, Strength & Hope (New Time)

GRAPEVINE Quotes of the Day

November 17, 2017

"Self-justification is a universal destroyer of harmony and of love. It sets man against man, nation against nation. By it every form of folly and violence can be made to look right, and even respectable. Of course it is not for us to condemn. We need only investigate ourselves."

AA Co-Founder Bill W, June 1961

"Humility for Today," The Language of the Heart



AA Archives

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 pages 9-10-11-12). 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. "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

Submitted by Mathea A.



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



Traditions Checklist

from the AA Grapevine

Tradition Twelve:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

- Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
- When I do trust AA's current servants, who do I wish had the authority to straighten them out?
- In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
- Do I ever try to get a certain AA group to conform to *my* standards, not its own?
- Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
- Does my personal behavior reflect the Sixth Tradition – or belie it?
- Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
- Do I complain about certain AAs behavior – especially if they are paid to work for AA? Who made *me* so smart?
- Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
- Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
- Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
- What is the real importance of *me* among more than a million AAs?

The Next Intergroup Meeting:
 October 7th, 9:30 am
 The Lihue Neighborhood Center

Intergroup Treasurers Report

October 2017

Income:

| | | |
|-----------------------|-----|--------|
| Twisted Sisters | 7th | 146.05 |
| Wed. Whiskey and Milk | 7th | 60.00 |
| Poipu Beach Sunrise | 7th | 200.00 |
| Northshore Aloha | 7th | 175.00 |
| Na Wahine Ku Pono | 7th | 10.00 |

Total Income **591.05**

Expenses:

| | | |
|------------------|----------|--------|
| Guardian Storage | Locker | 145.83 |
| Ink Spot | Printing | 150.00 |
| Hawaiian Tele | Phone | 25.70 |

Total Expenses **321.53**

Previous Balance (26.15)

Net Profit or Loss 269.52

Current Balance 821.86

Less Prudent Reserve 900.00

Balance **(78.14)**

~ Report prepared by JoRina ~

SEND YOUR CONTRIBUTIONS TO:

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



Slogans for Sobriety:

“Love and Let Live”

Thanks to AA I'm beginning to feel again and I'm not sure what to do with it. I went to an open speaker meeting today and after struggling with trust, and keeping an open mind for the past six months, I'm beginning to identify with what I see as a “Love and Let Live” path to serenity.

It feels like I'm wrestling with concepts of self that no one should need to, but if I want a healthier more balanced emotional life I believe that I have to.

Slowly a new idea is percolating and the more I accept the challenges of being compassionate, through identification with others, the less angry I'm beginning to feel. Or is it the improved awareness I'm experiencing from caring for myself better that's letting me ditch the resentments that have held me back from living? Either way I'm coming to believe that without accepting help my psychological tools are woefully unprepared for dealing with the circumstances my life has presented me.

When the right motivation and awareness are around and I'm expressing love well I begin to sense what serenity is. That I must hate or resent anyone has never been part of life's deal, which is where my forgiveness begins also.

I can care for myself, try harder, not suffer, and almost (here's the big one) find joy in life by letting go of the old stale ideas that have been driving my self-pity and masochism. For me the best part of what I call love is seeing myself in others like you and identifying with the associated feelings, good bad or indifferent. The beauty of applying “Love and Let Live” as I see it is that you can be how you want and if I don't understand what that is I don't need to get angry or handicap myself by misplacing my willpower and taking a drink. ~ Aaron W.

Intergroup Officers:

| | |
|-------------|--------------|
| Chair: | Chris K. |
| Alt. Chair: | Pattilyne L. |
| Treasurer: | Jorina |
| Secretary: | Aaron W. |
| Literature: | Sonya B. |
| Hotline: | Kelvin |

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:



From Your DCM



The Next District Meeting:
 October 21st, 9:30 am
 The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of November 18, 2017

Group Contributions:

| | |
|----------------------|---------------|
| Koloa Aloha | 50.00 |
| Turn It Over | 30.00 |
| Sobriety in Paradise | 30.00 |
| Princeville Hanalei | 350.00 |
| Whisky and Milk | 60.00 |
| North Shore Aloha | 25.00 |
| Twisted Sisters | 58.42 |
| Na Wahine Ku Pono | 10.00 |
| Total Income | 613.42 |

Expenses:

| | |
|-----------------------|---------------|
| DCM Travel | 125.00 |
| Total Expenses | 125.00 |

| | |
|---------------------------|----------------|
| TOTAL CASH IN BANK | 4151.49 |
| 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



"A.A. service is anything whatever that helps us to reach the fellow sufferer ranging all the way from the 12th Step itself to a ten-cent phone call and a cup of coffee, and to AA's General Service for national and international action. The sum total of all these services is our Third Legacy of Service"

(The AA Service Manual and Twelve Concepts for World Service)

Some of what District 6 is doing to reach that ideal:

- **The inventory process** for District 6 committee was very "enlightening" regarding where we excel, and what challenges exist, within our group. A summary will be written, and handed out at the December mtg, and if approved, will be posted on our website, and put in the Garden Island Sobriety Newsletter.
- **Committee chairs** are doing a great job offering literature to the elderly community, meetings in the jail, and information to the professional, and general public members of the community.
- **It seems there's** an increased awareness that the AA message ought to be carried into schools, reaching out to the young population...what will we do about that?...Great topic for discussion at a business mtg.
- **Proposals from groups** are encouraged if we would like to see a change in any Area 17, and District 6 Structures and Guidelines line items...or for any other topic whatsoever...just ask your GSR for the how-to go about it...Another great topic that opens up a world of discussion.
- **An Inventory for Area 17** will take place in January, and your GSR's and Committee members have been sent the topics for discussion.
- **The Gratitude Luncheon** is being held in November 2018...contact Jim D for information.
- **The Princeville-Hanalei Speaker Jam** is happening in January 2018...more information coming.
- **Does you Group** have a GSR? (General Service Representative) How about an Alternative GSR?
- **Service commitments** available at District 6 committee: Treatment Settings/Accessibilities chairperson, Grapevine chairperson, and of course, anyone interested in attending a mtg is encouraged to attend. We meet at the Lihue Neighborhood Center on the 3rd Saturday of each month at 9:30 am.

~Mahalo! Steve Q