

July 2018

Garden Island Sobriety

'Step Seven'

“Humbly asked Him to remove our shortcomings”



He said:

Once again it's been my experience that asking Him to do anything for me has not been easy. I never had a relationship with God before. All I do now is pray and ask God to do things for me. Slowly I have been seeing results.

I have many shortcomings. More than I ever thought. I never looked at my life in a way to try and understand myself. I don't know exactly where I developed all these beliefs. I think it was from when I was young. I learned many things from friends in high school on how to behave. Always a party. Alcohol, weed, pills, cocaine, acid, you name it. It was a rock n roll lifestyle. Long hair, music, fast cars, and girls.

Eventually I graduated and started working in restaurants where it was easy for my abuse to continue. Restaurant people love to party. I fit right in and was able to continue working in restaurants for many years. My attendance was horrible. Always called in sick or showed up hungover. I seemed to perform at high levels in the restaurant at any job I needed to perform. I enjoyed making that fast money.

The fast lifestyle continued on. A twisted winding road of getting wasted. I could never figure out why, or if, I had a problem. Some people actually told me that they thought I had a problem, then the next week I saw they were drinking harder than me. I thought were they drinking like that so I could see how I was drinking, or did I influence them to be that way? Anyway, it was the first time I thought I may have an issue with drinking.

My drinking led me to many broken relationships with friends and loved ones, and work as well. I am thankful I was never fired. Strangely I was fired from a job *after* I got clean. How funny is that?

This step allowed me to examine the reasons for
(Cont. p. 2)



She said:

That first drink of warm liquid would make me “feel” relaxed. Help me to unwind, loosen up, and begin to “enjoy” life. I would drink another and immediately felt courageous – no anxiety, no fear, no guilt. I would drink a third and became beautiful, popular, wanted, needed, consumed with lust, and extremely intelligent. Alcohol gave me everything: friends, lovers, money, beauty, intelligence. I always had this attraction to alcohol of a classy women in Hollywood in an elegant gown and long gloves smoking a cigarette in a long black sleek cigarette holder in one hand and holding a gorgeous martini glass in her other hand. Looking so rich and famous, dripping in perfection. Believing that during my drunken stupor that was what I dreamt to be, that is who I was meant to be, and that is who I hoped everyone saw.

Until...I came to! Reality! Strikes AGAIN!!! UGH!! Headache, makeup a mess, smelly, feeling completely yucky, and completely confused! Where am I? Who is here? Where is my car? What time is it? What happened? OH NO!!! How did I get home? How did my car get home? Who was I with last night? Where are my children? Did someone harm my children while I was passed out!!! OH GOD, PLEASE NO!!! The anxiety of all the different horrors that could possibly occur while I am loaded rush through my head like a hurricane. Plea after plea. I am filled with anxiety, guilt, turmoil, and lost. No money, car all banged up, kids disappointed because I left them somewhere or ignored them which is even worse! I am disappointed in myself most of all – Pitiful and Incomprehensible Demoralization.

Dear God, please help me!!! I need to change. I want to change. I can't keep doing this over and over. I am NOT happy. This is NOT my dream. This is NOT what
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AA Hotline 245-6677

He Said (cont.) ... behaving in ways that allowed me to continue my abuse. I always thought it was just because I loved to party. I loved to drink and smoke cigarettes and use cocaine. Eventually I could not use without getting so wasted I could not make it home. Driving was too dangerous. I had a brand-new car and could not drive it because of how bad I was. I am grateful God is in my life today and He is helping rid me of my shortcomings.

~Mike H., Kauai

She Said (cont.) makes me proud, confident, or gives me self-esteem. I don't want to be this person! I WANT to be better! I CHOOSE to be better! This action is to me the definition of humility. When at my most vulnerable, only then am I open and willing to receive guidance from a Power greater than myself. Only to this Power am I willing to surrender and trust. My Higher Power removed my greatest demon – the “desire” to drink and for that I am forever grateful. Even today, after years of being in recovery, do I still NEED to inhale faith and exhale fear on a daily basis and sometimes, moment-to-moment.

~ JoRina H., 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

Tom W.	6/17	1959	59 yrs
Julia P.	6/27	1977	41 yrs
Jeanine B.	6/1	1984	34 yrs
Jon S.	6/4	1987	31 yrs
Kathleen	6/1	1989	29 yrs
Bill E.	6/26	1989	29 yrs
Gary F.	6/1	1990	28 yrs
Linda W.	6/24	1991	28 yrs
Ron A.	6/1	1994	24 yrs
Mike T.	6/5	1998	22 yrs
Chris	6/11	2000	18 yrs
Romeo G.	6/20	2000	18 yrs
Tatiana	6/18	2001	17 yrs
Tom C.	6/6	2005	13 yrs
Joe C.	6/1	2007	11 yrs
Chandra	6/15	2007	11 yrs
Jude H.	6/19	2007	11 yrs
Pirie I.	6/28	2007	11 yrs
Matt	6/26	2008	10 yrs
Susanah	6/7	2011	7 yrs
Miguel	6/18	2011	7 yrs
Corina W.	6/30	2013	5 yrs
Barbie	6/19	2015	3 yrs
Also ...			
Catherine P.	5/12	2003	15 yrs

Congratulations Everyone!!

Send us the date of your Birthday

district6newsletter@hotmail.com

It will be Published the following Month

A.A. Activities



4th of July At Poipu Beach Park 'Big Pavilion'

Family Potluck & BBQ

Approximate schedule:

- 7:30 am Set-up begins
- 10:00 am AA Meeting
- 11:00 am Delegate Report-back
- 12:00 pm BBQ and fellowship
- 1:00 pm AA Meeting
- 2:00 pm Volleyball & croque
- 4:00 pm Clean-up



The Happy Hour Cookout

July 14th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on July 27th

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 on July 30th

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

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

A.A. Meeting Places



Koloa Elementary School Library

3223 Poipu Rd, Koloa

- Mondays 5:00 pm 'Na Wahine Ku Pono' Women's Meeting (A Closed Meeting)
- 7:00 pm NEW Sunday Night Live Big Book Study
- 7:30 pm Tuesday Come as You Are Speaker/Discussion
- 6:00 pm Sobriety in Paradise



August 16 - 19



Aloha Kōkua

Volunteers are needed for the AA booth at the **Kaua'i County Farm Bureau Fair**.

Check the [AAnnouncements](#) page on the [KauaiAA.org](#) website. [Link](#) is on the top to [view](#) the slots available, with instructions to contact the editors.

Mahalo!

The Month of 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.”

R.I.P. ‘Big Book Dave’, Elected Archivist, Interior Alaska
~ Submitted by Mathea A.

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

Slogans for Sobriety:

“To Thine Own Self Be True”

I love the thought of this slogan but believe it could use some clarity as to which self I'm going to represent. Every slogan hopefully points us toward a healthier self and away from the fearful, disoriented alcoholic archetype we started with.

Progress in my process with the program, and the challenges I accept, involves a reasonable amount of self-compassion. During the turbulence of failure I sometimes observe that progress may come down to an experience in which you massage your character, over many circumstances, to a place of serenity. The curious paradox of attempting to reach an uber ideal is that it keeps me in a state of pity and irresponsibility. Worst of all it leads me down a path of sympathy, wherein I'm grateful I'm not you, and so I miss out on the best parts of our connection from a lack of empathy.

All that aside the trickiest part of being true to myself is sometimes making the hard choice that flies in the face of tribal pressure. It must be based on integrity, values, love and respect and not founded on fear or its corresponding hell of rebelliousness.

The point is that sometimes it isn't so much what you do as why you do it. Check the intentions of your actions. Authentically doing the right thing may require 3 levels of thought: **1)** Confusion and despair as a point of reference for the better times to come, **2)** A reasonable slogan or thought about being true to yourself as a guiding principle, or launching pad of morality, and **3)** Using your curiosity, creativity and inquisitiveness to harness the love and choice (courageously) of a best next move for your life. Despite what you've done with the program until now....be not afraid of reinventing yourself if the opportunity presents itself, and the time is right. How often do you get to live in this life? choose wisely and listen accordingly!

~Aaron W.

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

Intergroup Treasurers Report

May 2018

Income:

Hui Ohana	Literature	3.00
Koloa Aloha	7th	100.00
Northshore Aloha	7th	140.00

Total Deposits 243.00

Expenses:

Guardian Storage	Locker	145.83
USPS	Box Rent	25.92
Hawaiian Telcom	Hotline	25.92
Ink Spot	Newsletter	150.00
GSO	Literature	1248.20

Total Expenses 1665.95

Previous Balance 1187.22

Net Profit or Loss **1422.95**

Current Bank Balance 1136.02

Less Prudent Reserve 1050.00

Operating Balance 86.02

~ Report prepared by JoRina ~

SEND YOUR CONTRIBUTIONS TO:
Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766



Concept VII:

The Charter and Bylaw of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

- Do we act responsibly regarding the “power of the purse?”
- Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.??

Intergroup Officers:

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

**Request a newsletter
by e-mail**


 Contact: District6newsletter@hotmail.com
 Editor: Linda B.

District 6, Kauai:

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

District 6 Treasurer's Report

Report of June 16, 2018

Group Contributions:

North Shore Aloha	20.00
Koloa Aloha	100.00
Third Step Meeting	50.00
Koloa Thursday 12 & 12	75.00
Total Contributions	245.00

Expenses:

PO Box	134.00
DCM Travel	386.38
PRAASA DCM	981.00
Treatment/Accessability	45.00
Corrections	131.25
PI	497.00
CEC	56.00
Website	125.00
Delegate Expenses	87.20
Total Expenses:	2442.83

PREVIOUS BANK BALANCE	5042.06
WEBSITE RESERVE	375.00
PRUDENT RESERVE	1200.00
OPERATING BALANCE	2994.06

SEND YOUR CONTRIBUTIONS TO:

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

GRAPEVINE Quotes of the Day

June 13, 2017

"The compulsion among most of us to survive and to grow soon becomes far stronger than the temptation to drink, or to misbehave. Literally, we must 'do or die.' So we make the choice to live. This, in turn, means the choice of AA principles, practices and attitudes that can salvage us from total disaster by insuring our sobriety."

AA Co-Founder, Bill W., May 1960

"What Is Freedom in AA?," The Language of the Heart

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



District 6 Committee:

DCM:

Alt. DCM:

Secretary:

Treasurer:

Steve Q.

Janice M.

Jonathan D.

OPEN

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