

July 2019

Garden Island Sobriety

'Step Seven'

"Humbly asked Him to remove our shortcomings."



He said: Hello, my name is Conrad M. and I am an alcoholic.

Step 7 was gonna be a real quick step, I thought. I'd wrangled with my defects and had them all wrapped up in a box ready to hand over to my higher power. I got on my knees and as honestly as I could asked that my shortcomings be removed. Free at last!! I was the co-pilot now and my HP was in charge. Whenever a defect arose, all I had to do was turn it over and I'd be good to go. As with so many of my great ideas, that didn't work so well.

Because of my work on the previous steps, I knew one of my biggest defects was fear of change. I'll hold on to something I know is toxic because of that fear, or I'll try to manipulate the circumstances around me to try and force the outcome I want. I've identified the defect, named it, boxed it and handed it over to my HP. It should be gone but it keeps coming back, not as painful or strong, but it's there.

I couldn't understand what was going wrong. Here's what I've learned. Step 7 teaches me I have to be willing to accept the gift of spiritual change with gratitude. That gratitude creates humility (absence of ego/false pride in my case) and gets me right sized. No expectations of outcomes, no self will. Then I can do the co-pilots job. I can surrender control and let the captain run the ship. At this point that defect becomes an opportunity for spiritual growth. A new attitude, the surrender attitude. It really works and it feels good, like real freedom.

I have a lot of defects and I try to approach them the same way. I found this prayer to be very helpful too. *"HP, thank You for the gift of my recovery and for all the benefits in my life. Please allow me to be*

(Cont. p. 2)



She said: I love that the pronoun "our" is used for this step. It reminds me that we are

in this together. Each of us is responsible for our own personal sobriety, but through the AA program, we are united to look out for one another.

We do this step along with Step 6. We spend our time quietly in thought and meditation with our Creator. Asking, with gratitude and humility, to have those things removed which block us from our usefulness.

We don't have to guess about how we should proceed. Our book gives us a beautiful prayer to use. We call it the 7th Step Prayer.

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen"

There was one area in my life, I was unwilling to change. My relationship with my mother. I felt very justified in my anger with her. I felt she had let me and my siblings down. This was one short coming I would not ask God to remove.

My mother had gotten sober 4 years before I did. She had lived on the streets for 20 years before that. When other members of AA suggested I forgive her, I politely said I would try. I would not. She didn't deserve it. And I didn't feel it was necessary for me to take that step.

About a year or so passed, and because I lived in the same city where my mother lived, and we were both active members in AA, I had occasional contact with her. But I was determined, we would stay estranged. I remained emotionally distant from her, and I

(Cont. p. 2)

He Said (cont.,) *open and grateful for the bounty of friends, family, growth, and much more in my life. Please help me gain an awareness of those shortcomings that hinder my service to others, myself and You. Please help me find a way to remove those character defects in my life, both the ones I'm currently aware of and those that I may gain awareness of later. Help me become who and what I may become, in order to give more."*

I would highly recommend the book 'Drop The Rock' for work on the 6th and 7th step... Aloha

~Conrad M., 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!**

She Said (cont.) continued to vigorously work this program. A funny thing can happen to a person when God has other plans. Since my devotion to being willing to serve a loving God at all cost, was deep and true, I started to see my mother in a different way. I hadn't given my permission to open my heart to her, but the willingness I carried inside of me, started to chip away at that resentment and anger I had carried for years.

Before I realized what was happening, I saw my mother as the woman God had intended her to be. When she took her last breath with her children by her side, she had become my hero. My mom was who I aspired to be.

So even if you may not know what your shortcomings are, or are unwilling to have them removed, the beauty of AA will grant miracles anyway.

~ Michelle E., Kauai

Happy Birthday

Tom W.	6/17	1959	60 yrs
Julia P.	6/27	1977	42 yrs
Jeanine B.	6/1	1984	35 yrs
Jon S.	6/4	1987	32 yrs
Kathleen	6/1	1989	30 yrs
Bill E.	6/26	1989	30 yrs
Gary F.	6/1	1990	29 yrs
Linda W.	6/24	1991	29 yrs
Ron A.	6/1	1994	25 yrs
Mike T.	6/5	1998	23 yrs
Chris	6/11	2000	19 yrs
Romeo G.	6/20	2000	19 yrs
Tatiana	6/18	2001	18 yrs
Tom C.	6/6	2005	14 yrs
Joe C.	6/1	2007	12 yrs
Chandra	6/15	2007	12 yrs
Jude H.	6/19	2007	12 yrs
Pirie I.	6/28	2007	12 yrs
Matt	6/26	2008	11 yrs
Susanah	6/7	2011	8 yrs
Miguel	6/18	2011	8 yrs
Corina W.	6/30	2013	6 yrs
Barbie	6/19	2015	4 yrs

Also from May...

Catherine P.	5/12	2003	16 yrs
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Congratulations Everyone!!

A.A. Activities



4th of July

At Lydgate Park

'Large Pavilion'

Family Potluck & BBQ

- North Shore – Desserts
- East Side – Main Dishes
- South Side – Pupus
- Hui Ohana will provide Hamburgers / Hot Dogs

With a Delegate Report Back!



The Happy Hour Cookout

July 13th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Waimes Cyn Birthday Potluck

This Month on July 26th

5:30pm Potluck, 6:30 Sunset Meeting

Kekaha Beach, MacArthur Park

Every last Friday of the Month (bring good food!)
Volleyball, Swimming, Good Fellowship, Fun, Sunset



Steps to Freedom Birthdays

Potluck This Month July 29th

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

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

A.A. Meeting Places

Lydgate Park at the Picnic Tables



Hui 'Ohana Group Meeting
Daily 7:00 am

- Sunday: "Daily Reflections" – Discussion
- Monday: "Big Book" – Discussion
- Tuesday: "Living Sober" – Discussion
- Wednesday: "Came To Believe" – Discussion
- Thursday: "12 X 12" – Discussion
- Friday: "As Bill Sees It" – Discussion
- Saturday: "Stick Meeting" - Discussion

Expect A Miracle

Find A.A. in Hawaii

at: www.area17aa.org

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."

From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.


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

Tradition VII:

Every AA group ought to be fully self-supporting, declining outside contributions.

- **Honestly now**, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- **Should the Grapevine** sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- **If GSO runs short** of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- **Is it more important** to get a big AA collection from a few people, or a smaller collection in which more members participate?
- **Is a group treasurer's** report unimportant AA business? How does the treasurer feel about it?
- **How important** in my recovery is the feeling of self-respect, rather than the feeling of beings always under obligation for charity received?

New Address



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee

P.O. Box 1413

Honolulu, HI 96806

Please include "District 6" & Group Name on check





The Next Intergroup Meeting:

July 6th, 9:30 am

The Lihue Neighborhood Center

Intergroup Treasurers Report

June 2019

Beginning balance	2463.76
Income:	
Seventh Tradition	100.00
Literature	391.25
Total Deposits	<u>491.25</u>
Expenses:	
Guardian Storage	Locker 157.07
Hawaiian Telcom	Hotline 25.93
Ink Spot	300.00
Total Expenses	<u>483.00</u>
Account Balance	<u>2472.01</u>

~ Report prepared by Aaron W. ~

SEND YOUR CONTRIBUTIONS TO:

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



Visit Our Website!

- Print out your own meeting schedule
- Check out the events calendar
- Link up to other island websites

Contact the website committee at:

website.intergroup@gmail.com

GRAPEVINE Quotes of the Day

June 20, 2019

"For me, there is no better feeling than the one I get running into another alcoholic when I'm feeling down. We alcoholics are bonded together by the sadness of a deadly disease and the miracle of a spiritual solution."

December 2006, "Between a Bartender and a Bad-Tempered Boss,"
AA Grapevine

District 6, Kauai:

The Next District Meeting:

July 20th, 9:30 am

The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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





DCM Report



This month I attended the Committee Meeting in Hilo to meet with fellow DCM's, Committee Chairs, Area Officers and our Delegate to discuss the Area budget for 2020. I will bring the proposed budget back to the GSR's, they will bring the budget to their home groups and we will vote on it at the Budget Assembly in August. It's very important for there to be accountability with our finances at the Area level just as there is accountability at the group level.

Much of the budget is spent on travel so we are in communication with our Delegate who brings the voice of our home groups to New York at the General Service Conference. I'm grateful we have a system in place and trusted servants to carry out that system, so our finances are transparent, and our officers are accountable. Your GSR will present the budget to you at your monthly business meeting so if you would to give your input please attend.

On June 9th I attended Founders Day in Kilauea at the Parish Hall hosted by the Princeville Hanalei Group. It was a great turnout with delicious food and awesome speakers. Thank you Lisa, Kelvin P., Bob B., Carolyn G., and Jerry J. for sharing your experience strength and hope with us on our 84th birthday! Thank you also to everyone who attended, brought food and helped set up!

The District is still looking for a Public Information Committee Chair. The committee is responsible for getting the AA message to the general public. One responsibility would include placing literature in doctor's offices, hospitals, urgent care, schools, and libraries. It's just as important for us to carry the message to the alcoholic outside of the rooms and not just assume they will come to us. Not everyone knows about us. For me, I was simply too

ashamed to walk into the rooms. Reading a pamphlet may encourage a suffering alcoholic to come to a meeting, look us up online or call the hotline. It could save a life. As all service positions in AA, this position is on the job training and you will have the support and guidance of the previous committee chair Jim H. Please contact Janice M 808-639-8860 if you are interested.

GIGYPAA had some great events in June including a Floaty Fun Day, a Scavenger Hunt and a hike in Wailua. GIGYPAA is very active in service and organizes really fun events so if you would like to get involved with them please visit their website: www.gardenislandypaa.org

Intergroup is doing a great job with the Garden Island Sobriety, printing schedules and maintaining the hotline. They will be printing meeting schedules to be available July 6th at the Intergroup monthly meeting. This is also where you can pick up copies of the Garden Island Sobriety. If your group needs or would like an Intergroup Rep please go to the Intergroup Meeting on the first Saturday of each month at 9:30 at the Lihue Neighborhood Center.

The LGBTQ meeting at the Salvation Army at 6 PM on Thursdays needs support. Please attend and announce at your meetings!

As you may have heard from your GSR's, the District voted to place signs on the County Busses. We will be voting on what the signs will say at the July District Meeting. Your GSR has the different phrases we will choose from. If you would like input on what signs we choose, please attend your groups business meeting and let your GSR know.

**In Gratitude,
Janice M. DCM Kauai District 6**