

December 2016

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: The last step in the Big Book is a tall one in my book. It implies several changes have already occurred as a result of performing the previous actions, to the best of my willingness, (bet you thought I was going to say abilities!) The great fact for us is that we can recover, join a fellowship, and perform honest work. In Hawaii, the word *Hanai* means to adopt and take in newcomers, giving them a feeling that they are welcomed so that they can drop the pretenses of political correctness and feel like they are home. I felt a similar effect from old-timers and the warmth sent out to those counting days. There is a camaraderie, in and out of the rooms, that comes from a safe place maintained by principles rather than personalities. I didn't know it at the time, but twelfth step work came in the form of AA services, a member's ear, or a phone number offered when life got real.

Remembering those early days, and now being asked to carry the torch, it comes full circle. Letting people know I am in AA is a personal choice. By taking a chance on others, it has led to some wonderful outcomes in the form of helping other alcoholics face their truths. The 12th step is a reminder that we are not alone; God has placed us in each other's presence to be an example and help newcomers recover through introducing them to the same solution that has worked for me. That doesn't mean my solution will work for everyone. On the contrary, I have found it works for only those who are willing to accept help, listen to direction, and admit their faults honestly. I don't waste time on those that are not willing, for it denies another the opportunity.

Spending my time working on AA principles, extending
(Cont. p. 2)



She said: My preferred definition of paradox is: *a seemingly contradictory statement or proposition that, when investigated or explained, may prove to be well-founded or true.*

There are plenty of paradoxes in life and in working the steps. I know when I read the Big Book chapter Working With Others, I'm struck by the number of times that seemingly contradictory advice is given:

- Don't give an alcoholic money. Do give an alcoholic money.
- Don't let an alcoholic stay in your home. Do let an alcoholic stay in your home.
- Don't keep liquor in your home. Do keep liquor, if you choose to serve it to non-alcoholic guests, or to help an alcoholic wean off.

Hey! What are the rules here? And that's just the thing. There are no rules. There are suggestions, based on the experience, strength and hope of those who came before us. And there is checking our own inner guidance for each unique situation.

When I share with someone, I don't know what – if anything – will be helpful. I ask God to show me and I tell the truth as I understand it.

I have heard: “If someone is ready, you can't say anything wrong. If someone is not ready, you can't say anything right.” In other words, no one else's sobriety or serenity is my responsibility.

If someone asks me for help, I do what I can, as guided by my own Higher Power.

I can only tell *my* story. It's the only one I have. And I check that I am not harming myself or my family and friends by over-reaching to try to help someone.

There's the example of the airplane oxygen masks:
(Cont. p. 2)

He Said: (cont.) my hand to others in need, and honing humility does a lot more than dwelling on the problems, drunkalogues, and regrets of what could have been. For me, it took doing the steps to understand the problem in the first place. It's a great feeling knowing you don't have to dwell on a problem any longer because it is in the rearview mirror. And, if I have time to spend, I can think about how the problem *used to be*. I can also share it at a speaker meeting and be of service to others, while reminiscing about the bad old days. Be living proof to others and show that it works to those of us who are still out there.

As we wrap up another year, a sense of gratitude and relief that it's going to be ok overcomes me. This is the new freedom and new happiness that was promised, and by giving it away freely, I am truly enjoying the part where I get to give back.

~ D., 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).

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.) "If you are traveling with someone who needs help, put your own mask on first."

By my own wisdom, I don't always know what's best for all concerned. But as in all dilemmas, there is turning to God – over and over – for the right thought or action. It always comes, if we are seeking.

That is why the 12th Step, which continues for our lifetime, comes after all the other steps. We have had a spiritual awakening and now pay that forward.

With wishes for a blessed holiday season & great 2017,

~ Diana L., Kaua'i

Happy Birthday

Mike C.	11/6	1975	41 yrs
Carol O.	11/19	1981	35 yrs
Marcial L.	11/16	1986	30 yrs
Anderson	11/21	1987	29 yrs
Mathea A.	11/17	1988	28 yrs
Niamala	11/24	1995	21 yrs
Tom F.	11/15	1996	20 yrs
David J.	11/30	2001	15 yrs
Lani A.	11/21	2005	11 yrs
Barry	11/8	2006	10 yrs
Bob	11/13	2006	10 yrs
Chris S.	11/3	2007	9 yrs
Jeanie	11/26	2007	9 yrs
Scott C.	11/3	2007	9 yrs
Mark G.	11/4	2007	9 yrs
Michelle L.	11/13	2008	8 yrs
Randy	11/10	2009	7 yrs
Sonia	11/5	2011	5 yrs
Jackie C.	11/9	2012	4 yrs
Barbie	11/26	2013	3 yrs
Lee	11/18	2013	3 yrs

Congratulations Everyone!!

**We Publish Sobriety Birthdays
In The Month After Their
Occurrence.**

A.A. Activities



The Happy Hour Cookout

December 18th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

This Month December 26th

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

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



Came to Believe - Pizza Night

This Month December 28th

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

(Waimea Canyon Group)

This Month on December 30th

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset.



Christmas



A Holiday Gathering Full of AA Good Cheer

~ Still in the planning stages ~

**MORE WILL BE REVEALED WITH
FLYERS DURING DECEMBER!!**

A.A. Meeting Places

Lydgate Park Picnic Tables



Hui 'Ohana Group

Meeting Daily at 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



AA Archives

The Best of Big Book Dave:

~ Highlight for this Month ~

December 24th, 1745: Benjamin Rush was born in Byberry Township, Pennsylvania; Signer of the Declaration of Independence and the young nation's foremost physician of his time. Dr. Rush in 1784 wrote the most influential pamphlet on the subject of drinking, "An Inquiry Into The Effects of Ardent Spirits Upon The Human Body & Mind."

Dr. Rush was the first one to suggest alcoholism as a disease, which produces an "appetite" or "craving" in the afflicted person, "Once addicted even a saint would have a hard time controlling themselves." He wrote his description of chronic drunkenness as it was a progressive condition.

December holds some other interesting dates in our History:

December 1873: The Women's Christian Temperance Union (WCTU) is founded at Fredonia New York.

December 1902: Book "Varieties Of Religious Experience" written by William James is published; One of eleven books (including the Bible) that influenced how the Big Book would be written. Bill said, "William James, long dead in his grave, was a founder of A.A."

December 1933: The last day of prohibition in the U.S. made little difference to either Dr. Bob or Bill W., who had been drinking beyond their control for years.

December 11, 1940: Bill W.'s sobriety date at Towns Hospital while he was under the care of Dr. Silkworth.

December 1944: The 7th issue of The Grapevine carried Lois Wilson's story (Bill's wife) telling how she came to live by A.A. principles herself, not just for Bill. The same issue carried letters from children of A.A. members relating how A.A. had changed their lives. Before the formation of Al-Anon and AlAteen The Grapevine regularly printed stories by spouses and children.

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



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

Concept 12 for World Service

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

This Concept consists of the General Warranties of the General Service Conference. It is cast in stone; that is, although Bill leaves the door open for alterations and changes in the other Concepts and points out that the rest of the Conference Charter "can be readily amended," these General Warranties — like the Twelve Steps and the Twelve Traditions — can be changed only by "written consent of three quarters of all A.A. groups" in the world! Why? Because "these Warranties indicate the qualities of prudence and spirituality which the Conference should always possess. These are the permanent bonds that hold the Conference fast to the movement it serves." The Warranties also express spiritual principles which apply to all other A.A. entities as well.

I am responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that: I am responsible

A Declaration of Unity

This we owe to A.A.'s future: To place our common welfare first; To keep our fellowship united.

For on A.A. unity depend our lives, And the lives of those to come

~ From 12 Steps Illustrated pamphlet,

Submitted by Ron L.

Kauai Intergroup

The Next Intergroup Meeting:
December 3rd, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

October 2016

Income:

Na Wahine	34.00
Sunrise Sobriety	100.00
6v Committee Dist. 6	127.90
Connie	21.00
Hui Lokai	50.40
Kapaa Noon Meeting	18.00
Kapaa Noon Meeting	28.30
Independent Group	61.80
Total Income	441.40

Expenses:

Guardian Storage -Locker	135.42
Hawaiian Telcom	25.76
Ink Spot Printing	150.00
Bob B., Literature	747.50
Susan On., Forum	503.00
Total Expenses	1561.68

October Balance	4810.48
Total from Above	-1120.28
Less Prudent Reserve	-900.00
Balance	2790.20

~ Report prepared by Tom R. ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauaiaa.org Visit Our Website!

Kauai A.A. Meeting Schedule



Kauai A.A. Events Calendar

Link to HI Island AA websites

Contact: website.intergroup@gmail.com



Need Literature?

Get It At The Intergroup Meeting!

*Books*Pamphlets*GIS Newsletter*Meeting Schedules

Or We Can Deliver It To You!

Call the AA Hotline with Your Request at: **245-6677**

Intergroup Officers:

Chair:	Chris
Alt. Chair:	Jennifer
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonya
Hotline:	Gabrielle
Website:	Susan OK.
Events:	Alejandro

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

The Next District Meeting:
December 17th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

November 2016

Group Contributions:

Sunday Serenity	72.61
Hui O'Hana	375.00
North Shore Aloha	150.00
Total Income Groups:	597.61

Total Income November 597.61

Expenses:

Grapevine subscriptions	120.00
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Total Expenses November: 120.00

OPERATING FUNDS:	4229.34
PRUDENT RESERVE	1,000.00

~ Report prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janet McK.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

Kauai AA Roundup



Planning Committee

Meeting December 13th
3:00 pm

At

Happy Hour Picnic Tables,
Kalapaki Bay

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

