

September 2012

# Garden Island Sobriety

## 'Step Nine'

**“Made direct amends to such people wherever possible, except when to do so would injure them or others.”**



**He said:** while it can be argued that no step is more important than any other, I would suggest that the Ninth Step holds a special place in the road to recovery.

**The steps are written** in order for a reason. I have known newcomers, in an effort to ‘get this show going’, jump in head-first and start making amends. While it’s admirable, we’re likely to encounter problems.

**First, in making amends** to someone who only knows us as a practicing alcoholic, we may find ourselves face-to-face with a cynic or, at the very least, someone not very enthusiastic to hear what we have to say. And, we could easily do more harm than good.

**Assuming we’re working** the steps as outlined in the Big Book, and we’re working with a sponsor, we should have a list of ‘all persons we’ve harmed’ (Step 8), and we’re ready to get to work.

**The goal is to free** us from the wreckage of our past. And a good exercise is to imagine running into someone we’ve wronged in the hallway at work or, in an aisle at the grocery store. (Slightly plagiarizing Jeff Foxworthy) If you suddenly recognize someone and immediately get that ‘ah crap’ feeling in the pit of your stomach, *you may need to make an amends.*

**So, how do we begin?**

I’ve heard it said to start with the people that are the easiest to find. Typically, family and friends, but there is no rule. I’ve also heard it said that our Higher Power will make amends possible when the ‘time is right’. But, don’t use this as an excuse to postpone. The important thing is *progress*. When in doubt, pray and discuss it with your sponsor.

**We may be confronted** with amends to individuals who are dead, or difficult/impossible to find. Then it may be an opportunity for grave-side amends, or writing letters that may never be mailed. (One of the most difficult amends I had to make was at the grave

*(continued on page 2)*



**She said:** What is it like to be a recovering alcoholic? Though we have stopped drinking, joined AA, and turned our life and will over to the care of God, we are still suffering.

**Our minds are full** of stories of the past, stories in which we failed miserably. We cannot hold our heads high, knowing we’ve behaved in an exemplary manner. We remember our failures and the wrongs we’ve done others and cringe inwardly every time we do.

**These stories of the past** can be changed by taking Step Nine. By making direct amends to those we have harmed the scenario that plays in our head and holds us prisoner, loses its power over us. We are freed from the weight of these memories because we have changed the outcome. This is an immense freedom.

**Without this step** we are still chained by feelings of guilt to that which caused it in the first place, alcohol. If those chains are not broken by making restitution we are still dragging the bottle around behind us and that bottle wants to relieve our suffering in its own powerful way, drunken oblivion.

**My sponsor told me** to put myself on the list of people I needed to make direct amends to. The reason being that one of those that I had hurt the most, stolen from, lied to and cheated on, was myself. She had a good point, and I understood it, but was I going to make direct amends to me? “The same way you will all of your others,” she said. “Keep it simple, from the heart and without any expectation about the results.” She explained that from then on it would be about living differently, one day at a time and that this was known as a ‘living amends.’

**I did understand** that I had to live life in a radically different way. I could no longer escape into alcohol or drugs. I could no longer afford the luxury of wallowing in self pity, riding a wave of resentment or bolting in fear. It was time to face everything and recover. AA

*(continued on page 2)*

**He Said:** (cont) of one of my dearest friends.) Remember; 'if you are willing to go to *any* length, then you are ready to take certain steps', and that includes this one.

**Lastly, remember** you are doing this for *YOU*, not the person receiving the amends. If we find that our attempt to make things right falls on deaf ears, or we receive a less than warm response in return, thank the individual for their time, and *move on*. It may be that your efforts need time to germinate.

**But, regardless of** the outcome of any of your amends, I promise; "you will be amazed before you are half way through"!

Yours respectfully,  
Jon S.

## Birthday Celebrations

### South Shore

- Koloa Monday Women's 'Na wahine ku pono' 5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- Aloha Group - 7:30 p.m. Speaker Meeting, 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!

### ~About Publishing Birthdays~

**We Publish All Sobriety Birthdays  
On The Month After Their Occurrence.**

If you would like to have a birthday published or corrected in the Garden Island Sobriety newsletter Please contact us: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

**She Said:** (cont) has given me the knowledge and support that I need to live my life, one day at a time, with spiritual growth as my guideline.

**When it comes to Step Nine** some situations are easier to face than others. Most people are quite forgiving, others not so much. I find that Step Nine is like diving into cold water, something I really *hate* to do. What helps me take the plunge is knowing how great it will feel after it's done! Knowledge and anticipation of the cleansing it will surely provide give me the courage and strength to dive in.

Just how it works for me,  
~ Linda B.

## Happy Birthday

Sue G.	8/4	1991	21 yrs
Lenny I.	8/3	1992	20 yrs
Grekhon	8/8	1992	20 yrs
Jeff T.	8/10	1997	15 yrs
Linda B.	8/11	1997	15 yrs
David H.	8/1	2000	12 yrs
Haarold	8/24	2001	11 yrs
Elle N.	8/12	2003	9 yrs
Jenn	8/13	2004	8 yrs
David B.	8/5	2005	7 yrs
Manny R.	8/8	2005	7 yrs
Nancy M.	8/29	2005	7 yrs
Rhonda	8/18	2006	6 yrs
Duanne	8/14	2006	6 yrs
Damione V.	8/28	2007	5 yrs
Denny M.	8/31	2008	4 yrs
Jay A.	8/23	2009	3 yrs

### Congratulations Everyone!!



**Request a newsletter  
by e-mail**




Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

# A.A. Meeting Places



## The "12th Hole" Meeting

**Wednesdays at 9:00 pm.** This meeting is now held at the pavilion next to the Kapaa Neighborhood Center (it used to meet at the KNC). It needs support. Bring a jacket!

# 23rd Annual Woman to Woman



## Bridging the Gap

**September 21-23, 2012**  
**At the Hawaii Prince Hotel**

100 Holomoana Street, Honolulu, HI 96815

Registration is limited so register early! On-site registration is not guaranteed (form attached).

# H.I.C.Y.P.A.A. 2012

(Hawaiian Islands Conference of Young People in AA)



A Young Person Is Defined As - "Anyone Who Is Willing To Grow"

**September 28<sup>th</sup>-30<sup>th</sup>, Camp Naue**

Food, Fellowship, Camping, Hiking, Swimming, Speakers, Meetings, Music and Relaxation!

Registration Form is at: <http://www.kauaiaa.org>

Have questions? Email: [hicypaa2012@kauaiaa.org](mailto:hicypaa2012@kauaiaa.org)

For Hotline Information call: 808 245-6677

# 51st Annual Hawaii Convention

**November 1-4, 2012**



*..freedom from bondage*

To Be Held At

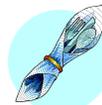
**The Hilton Hawaiian Village**  
**Waikiki Beach Resort**

<http://annualhawaiiConvention.com/>



# Volleyball Game Day

This Month on September 29<sup>th</sup>, 3:00 pm  
~ Come Join Us At Nawiliwili Beach Park ~



# Last Saturday Supper

This Month on September 29<sup>th</sup>, 7:00 pm  
~ Potluck at the Koloa Salvation Army Hall~

# Int. Women's Conference

On Oahu, February 6-9, 2014

We will be hosting the **2014 IWC** and are looking for women in AA to volunteer for service positions. We have women volunteers from Hawaii, Maui, and Oahu thus far. This conference was last held in Hawaii in 2001. For information contact Patti L. (Host Chair). Contact info available at [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)



## Concepts for World Service

**CONCEPT IX: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.**

**No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who must man it and make it work. Good leadership cannot function well in a poorly designed structure. But weak leadership can hardly function at all, even in the best of structures. ... With leadership we shall have a continuous problem.** Good leadership can be here today and gone tomorrow. Furnishing our service structure with able and willing workers has to be a continuous activity. It is therefore a problem that in its very nature cannot be permanently solved. We must continuously find the right people for our many service tasks. Since our future effectiveness must thus depend upon ever-new generations of leaders, **it seems desirable that we now proceed to define what a good service leader should be;** that we carefully indicate in each level of service, especially in our Board of Trustees, what special skills will always be required; and that we review our present methods of finding and choosing that leadership.

**First let's remember that the base for our service structure rests on the dedication and ability of several thousand General Service Representatives (G.S.R.'s), several hundred area Committee Members, and nearly a hundred Delegates. These are the direct agents of the A.A. groups; these are the indispensable linkage between our Fellowship and its world service; these are the primary representatives of A.A.'s group conscience. Without their support & activity we could not operate permanently at all. ...We have an abundance of men and women whose dedication, stability, vision, and**

special skills make them capable of dealing with every possible service assignment. We have only to seek these folks out, trust them to serve us.

**Somewhere in our literature there is a statement to this effect: "Our leaders do not drive by mandate, they lead by example." In effect, we are saying to them, "Act for us, but don't boss us."**

**A leader in A.A. service is therefore a man (or woman) who can personally put principles, plans and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power-drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own — well, he really isn't a leader at all.**

**Good leadership originates plans, policies, and ideas for the improvement of our Fellowship and its services. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.**

**Good leadership never passes the buck.** Once assured that it has, or can, obtain sufficient general backing, it freely takes decisions and puts them into action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility. A "politico" is an individual who is forever trying to "get the people what they want." A statesman is an individual who can carefully discriminate when and *when not* to do this. He recognizes that even large majorities, when badly disturbed or uniformed, can, once in a while, be dead wrong. When such an occasional situation arises, and something very vital is at stake, it is always the duty of leadership, even when in a small minority, to take a stand against the storm, using its every ability of authority and persuasion to effect a change.

**Nothing, however, can be more fatal to leadership than opposition for opposition's sake.** It never can be "Let's have it our way or no way at all." This sort of opposition is often powered by a visionless pride or a gripe that makes us want to block something or somebody. Then there is the opposition that casts its vote saying, "No, we don't like it." No real reasons are ever given. This won't do. When called upon, leadership must always give its reasons, and good ones. **Then, too, a leader must realize that even very prideful or angry people can sometimes be dead right,** when the calm and the more humble are quite mistaken. These points are practical illustrations of the kinds of careful discrimination and soul-searching that true leadership must always try to exercise. Another qualification for leadership is "give and take," the ability to compromise cheerfully whenever a proper compromise can cause a situation to progress in what appears to be the right direction. **Compromise comes hard to us "all-or-nothing" drunks.** Nevertheless we must

never lose sight of the fact that progress is nearly always characterized by a *series of improving compromises*. We cannot, however, compromise always. Now and then it is truly necessary to stick flat-footed to one's conviction about an issue until it is settled. These are situations for keen timing and careful discrimination as to which course to take.

**Leadership is often called upon to face heavy and sometimes long-continued criticism. This is an acid test.**

There are always the constructive critics; our friends indeed. We ought never fail to give them a careful hearing. We should be willing to let them modify our opinions or change them completely. Often, too, we shall have to disagree and then stand fast without losing their friendship.

**Then there are those** whom we like to call our "destructive" critics. They power-drive, they are "politickers," they make accusations. Maybe they are violent, malicious. They pitch gobs of rumors, gossip, and general scuttle-butt to gain their ends - all for the good of A.A., of course! But in A.A. we have at last learned that these folks, who may be a trifle sicker than the rest of us, need not be really destructive at all, depending very much on how we relate ourselves to them.

**To begin with, we ought to listen carefully to what they say. Sometimes they are telling the whole truth; at other times, a little truth.** More often, though, they are just rationalizing themselves into nonsense. If we are within range, the whole truth, the half truth, or no truth at all can prove equally unpleasant to us. That is why we have to listen so carefully. If they have got the whole truth, or even a little truth, then we had better thank them and get on with our respective inventories, admitting we were wrong. If it is nonsense, we can ignore it. Or we can lay all the cards on the table and try to persuade them. Failing this, we can be sorry they are too sick to listen, and we can try to forget the whole business. There are few better means of self-survey and of developing genuine patience, than the work-outs these usually well-meaning but erratic brother members afford us. This is always a large order and we shall sometimes fail to make good on it ourselves. But we must keep trying.

**Now we come to the all-important attribute of vision.** Vision is, I think, the ability to make good estimates, both for the immediate and for the more a sort of heresy, because distant future. Some might feel this sort of striving to be **we A.A.'s are constantly telling ourselves, "One day at a time," but that valuable principle really refers to our mental and emotional lives** and means chiefly we aren't foolishly to repine over the past nor wishfully daydream about the future. **As individuals and as a fellowship, we shall surely suffer if we cast the whole job of planning for tomorrow onto a fatuous idea of Providence.** God's real Providence has endowed us human beings with a considerable capacity for foresight, and He evidently expects us to use it. Therefore we must distinguish between wishful fantasy about a happy tomorrow and the present use of our powers of thoughtful estimate. This can spell the difference between future

progress and unforeseen woe. ... Maybe we have a policy or plan that still looks fine and is apparently doing well. Nevertheless we ought to ponder carefully what its longtime effect will be. Will today's nearby advantages boomerang into large liabilities for tomorrow? The temptation will almost always be to seize the nearby benefits and quite forget about the harmful precedents or consequences that we may be setting in motion. ...

**We shall be in continual need of these same attributes - tolerance, responsibility, flexibility and vision,** among our leaders of A.A. services at all levels. The principles of leadership will be the same whatever size the operation.

**Maybe this seems like an attempt to stake out a specially privileged and superior type of A.A. member. But it really is not so.** We simply are recognizing that our talents vary greatly. The conductor of an orchestra is not necessarily good at finance or foresight. And it is quite unlikely that a fine banker could be a great musical performer. So when we talk about A.A. leadership we only declare that we ought to select that leadership on the basis of obtaining the best talent we can find.

**...This is true particularly in the area of Twelfth Step work,** in which nearly all of us are actively engaged. Every sponsor is necessarily a leader. The stakes are about as big as they could be. A human life and usually the happiness of a whole family hang in the balance. What the sponsor does and says, how well he estimates the reactions of his prospects, how well he times and makes his presentation, how well he handles criticisms, and how well he leads his prospect on by personal spiritual example — **these qualities of leadership can make all the difference, often the difference between life and death.**

**We thank God that Alcoholics Anonymous is blessed with so much leadership in all of its affairs.**

**By Bill W** as adopted by the 12<sup>th</sup> Annual General Service Conference of Alcoholics Anonymous on April 26, 1962. (Published by General Service Office of Alcoholics Anonymous®)

## Service is Sobriety

Our Area 17  Delegate is

Linda McD.

[delegate@area17aa.org](mailto:delegate@area17aa.org)

## Send Area Contributions

**ADDRESS IT EXACTLY LIKE THIS:**

Hawaii Area Committee

#2107

575 Cooke St., Suite A

Honolulu, HI 96813

Please include "District 6" & Group Name on check



# Kauai Intergroup

Next Intergroup Meeting September 1<sup>st</sup>  
9:30 am, Lihue Neighborhood Center

## A.A. 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:

Chairperson: Bob B.  
Treasurer: Mike C.  
Secretary: Susan Ok. [secretary.intergroup@gmail.com](mailto:secretary.intergroup@gmail.com)  
Literature: Danette M.  
Alt. Lit.: Mark M.  
Hotline: Damione [hotline.kauai@gmail.com](mailto:hotline.kauai@gmail.com)  
GIS Editor: Linda B. [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

## Intergroup Treasurers Report

July 2012

<b>Income:</b>	
Princeville/Hanalei	80.00
Cash-Founders Day, 7 <sup>th</sup> Tradition	15.05
Cash-Spanish Big Book	10.00
Experience Strength and Hope	35.17
<b>Expenses:</b>	
Hawaiian Telcom	96.97
Guardian Self Storage rent	104.17
Alejandro, Founders Day	140.93
Mark M. Pamphlets - PI	535.70
InkSpot	150.00
<b>Balance</b>	<b>2003.69</b>
Prudent Reserve:	-200.00
Thankathon	-800.00
<b>Available Funds:</b>	<b>\$1003.69</b>

~ Prepared by Mike C. ~

**SEND YOUR CONTRIBUTIONS TO:**

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



# District 6, Kauai:

Next District Meeting September 15<sup>th</sup>  
9:30 am, Lihue Neighborhood Center



## THANKATON 2012

**Volunteers are needed** for the following planning committee positions: **SET UP, DECORATIONS, BEVERAGES (HOT & COLD), MEETING COORDINATOR, KITCHEN CHAIR, ENTERTAINMENT, CLEAN UP.** Are you ready to be of service? Contact Alejandro via the AA Hotline – 245-6677.

## District 6 Committee:

DCM: Mo L.  
Alt. DCM: JD [district6altdcm@gmail.com](mailto:district6altdcm@gmail.com)  
Treasurer: Alejandro H.  
Secretary: **OPEN**  
Public Info.: **OPEN**

## District 6 Treasurer's Report

August 2012

<b>Group Contributions:</b>	
Sunrise Sobriety	150.00
Where Money & Spirituality Mix	8.00
North Shore Aloha	80.00
Princeville Hanalei	87.50
Step Sisters	14.85
<b>Total Group Contributions</b>	<b>340.35</b>
<b>Expenses:</b>	
Money & Spirituality Workshop Refreshments	19.94
<b>County Fair</b>	<b>507.00</b>
<b>Pi Chair Jd Stamps And Stamp</b>	<b>46.43</b>
<b>Total Expenses</b>	<b>573.37</b>
Prudent Reserve	- 500.00
<b>Cash Available</b>	<b>\$2102.29</b>

~ Prepared by Alejandro H. ~

**SEND YOUR CONTRIBUTIONS TO:**

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

