

September 2018

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:

I made amends to my parents, and after developing a relationship with my higher power, I made an amends with Him.

There were many persons I had hurt and mistreated on my path of destruction. I felt as though it may not be such a good idea to revisit most all those people. I have made peace with my higher power most of those whom I could remember.

This is a powerful step. It has forced me to recognize and accept my past behaviors. I found that I have changed as a person today from the way I was before. I am a much better person today. I would never act the same way as I did before. I can think clearly today. I have found myself to be a very honest person. I don't question doing the right thing. I just know what is right and do that. Someone told me if I know better then do better. So, it's now a part of what I live by. This is what is called A Living Amends.

I am for the most part a peaceful guy. I was hell on wheels before! My appetite for destruction was scary. Sometimes found myself in hospitals from being so intoxicated. I have been hauled away in an ambulance before from my using. No shoes or shirt and then let go from the emergency room to find my way home. Shame. Once I was on a plane and we were taxiing out to the runway and the stewardess asked me if I would like to exit the plane. They thought it would be a bad idea to allow me to fly. I was totally wasted. They turned the plane around and let me out. Shame. All those people postponed because of my using. I went back to the hotel where I was staying at. I threw up everywhere and flooded the bathroom tub. There was water everywhere. The hotel thought it was their fault and comped the room. Shame. I am glad they let me off that plane. I would have thrown up all over the plane! I had sushi the night before. Shame.

(Cont. p. 2)



She said:

Here, you are... standing at the opening of that long, deep, dark tunnel. How can you even summon the strength to step into the dark abyss of Step Nine? The 'Twelve and Twelve' says "good judgment, timing, courage & prudence." That seems like good advice when one is about to enter the unknown.

How do we define "direct"? A face to face meeting seems like way too much! But if we begin with those amends that don't seem too powerful or too overwhelming then maybe - just maybe, we can make a start.

Once we get a little confidence under our belt, in other words we can actually see the benefits of this process, we move on to those on our list that seem a little more challenging. Most will likely accept our amends, a few may not, but we have to continue. We have to place one foot in front of the other again and again in the dark tunnel... which we notice is no longer pitch black. We can actually see some shadows.

We are very careful not to get over zealous and start making amends to everyone and everything with our new-found feelings of freedom. By now we have a pretty good understanding of who we are and we can take even *this* process to the extreme.

Sometimes an amends is better tabled to a later time when the wounds aren't so fresh. We should always check with our sponsor to be sure this isn't just our powerful disease making excuses for us. Almost always when an amends can't be done during this round an opportunity will later present itself. But we must be willing because to leave an amends undone can only cause misery, then the dark tunnel just goes on and on.

This is not to say that all amends that are owed can or should be made directly. Sometimes there are other more appropriate means of doing an amends;

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AA Hotline 245-6677

He Said (cont.) I am grateful to be a part of this program today. It has been the only medicine that I have taken to help me stay clean and sober. I have tried every way I could think of to control or stop my abuse. I am learning everyday something new about myself. I am not a bad person although I may have done some bad things. Shame. My higher power and this program give me the tools and knowledge to keep me clean and sober. One day at a time y'all!

~Mike H., Kauai

She Said (cont.) Like changing our behaviors and attitudes or perhaps sending a letter through our Higher Power to those who are no longer on this earth. Amends come in a variety of ways. Our sponsor is there to guide us.

The most important thing is that we *just do it!* We keep moving forward to "fit ourselves to be of maximum service to God and the people about us", and we do this with an honest desire to right our past wrongs once and for all. This is why the Big Book 'promises' are in this step...to guides us to the light at the end of the tunnel; A light that is no longer a train but the warm, wonderful sunlight of the spirit.

~ Kathie G.

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

Samantha F.	8/15	1989	29 yrs
Forest	8/5	1990	28 yrs
Myra L.	8/18	1990	28 yrs
Joy E.	8/21	1991	27 yrs
Sue G.	8/4	1991	27 yrs
Lenny I.	8/3	1992	26 yrs
Grekhenn	8/8	1992	26 yrs
Jeff T.	8/10	1997	21 yrs
Linda B.	8/11	1997	21 yrs
David H.	8/1	2000	18 yrs
Harold	8/24	2001	17 yrs
Elle N.	8/12	2003	15 yrs
Jenn	8/13	2004	14 yrs
David B.	8/5	2005	13 yrs
Manny R.	8/8	2005	13 yrs
Nancy M.	8/29	2005	13 yrs
Rhonda	8/18	2006	12 yrs
Duanne	8/14	2006	12 yrs
Damione V.	8/28	2007	11 yrs
Denny M.	8/31	2008	10 yrs
Jay A.	8/23	2009	9 yrs
Mitchell A.	8/16	2013	5 yrs
Sonja C.	8/12	2016	2 yrs

Congratulations Everyone!!

Group Secretaries: Please Send
the Dates of your Member's Birthday's to:
district6newsletter@hotmail.com

A.A. Activities



The Happy Hour Cookout

September 8th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

Potluck This Month September 24th

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

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



WCG at Kekaha-MacArthur Park

This Month on September 28th

5:30pm Meeting then Birthday Potluck

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset



Together We Can

2018 Malia Roundup

Come Join Us for Food, Fun & Fellowship.

August 31st - September 3rd

Kokololio Beach Park, Haaula, Hawaii

Presale Weekend Passes \$25.00

Youth ages 5-15 yrs. \$15.00

Day Pass (Sat. or Sun.) \$15.00 On Site \$30.00

"Tickets include all meals"

A.A. Meeting Places

The Lydgate Park 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

29th Annual Woman to Woman



Bridging the Gap

September 21-23, 2018

At the Hilton Doubletree Alana

1956 Ala Moana Blvd. Honolulu, Hawaii 96815

Registration is limited register early online or by email! On-site registration is not guaranteed.

The Best of Big Book Dave:**Month of September in Our History:**

September 1990: First printing of the AA General Service Conference approved book, "Daily Reflections", goes to print. This book had its beginning as an advisory action three years before at our General Service Conference held in New York. At the top of each page is a quotation from books and other literature that is 'Conference Approved' material. Following each quote is a personal reflection by individual AA members. There were 1325 submissions by the membership and 365 were picked, one for each day of the year. The entire book focuses on our three legacies of Recovery, Unity and Service.

September 1909: The American Society for the Study of Alcoholism erected a monument in honor of Dr. J.E. Turner in Wilton, Ohio. Turner founded one of the first known inebriate asylums where alcoholics were placed in strait jackets and treated in the same way as the chronically insane.

September 1937: The belief that alcoholics are resistant to the Oxford Group's four 'Absolutes' develops in Bill's mind and in his actions. This will be one of the five major reasons alcoholics began the 'break away' from the Oxford Group.

September 1937: Dr. Leonard Strong, Bill W's brother-in-law, writes 'The Rockefeller Foundation' seeking funds for this newly formed group of 'ex-drunks.' We will not take the name of 'AA' until 1939, when our Big Book went to press.

September 1941: Jacksonville, Florida Radio Station WHJP airs 'Spotlight on AA' with speakers from AA. It proved to be so popular the station turned the show into a long running series.

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:

"K.I.S.S – Keep It Simple Stupid"

A FEW THOUGHTS ...

How do you find the simple? Seeing "complicating things" as a smart solution is usually a stupid process for peace and a lousy solution.

This slogan can seem to immediately attack pride and create denial or resistance. If simple is stupid and the answer is always smart then how can simple be the answer?

Understanding what I was complicating seems to be the answer to the enigma of this slogan for me. Forced humility, based on making a choice despite not knowing the outcome, may just save us from our current 24 hours

This slogan is elegantly housed in an acronym that suggests we employ a touch of love. K.I.S.S. Yet the standard translation, Keep It Simple Stupid, can create problems for those of us with too much pride built on shame. It can impede our ability to appreciate the modesty that this slogan is designed to illicit.

Allow me to suggest an easier to digest translation of "Keep It Slow and Steady."

We've lived chaotic, tumultuous lives and in most cases through the operating system called AA, and its elegant form, we are offered a safe place to understand and be understood.

What door is opened when you believe you're in a safe place, especially when you're on the rocks? A chance for trust and hope to grow and blossom, if nothing else. When you have found the safety of being in the rooms of AA then the option of a healthy choice being the least painful one can become a reality. What a novel thought!

The healthiest often seems to be the hardest yet just as often it is most simple. And that could be how this slogan is the golden goose of slogans. Remember, choose your Safe and remember the Combination.

~Aaron W.

**The Next Intergroup Meeting:
September 1st, 9:30 am
The Lihue Neighborhood Center**

Intergroup Treasurers Report

June 2018

Income:

Kauai Recovery Group	7th	20.00
Steps to Freedom	7th	40.00
Monday Meditation	7th	100.00
Poipu Beach Sunrise	7th	200.00
Step Sisters	7th	23.90
Koloa 12 x 12	7th	125.00
Hui Ohana	7th	450.00
Men's Meeting	Literature	137.25
District 6	Literature	20.00
Hui Ohana	Literature	72.00
Koloa Aloha – 4 th of July	Events	100.00
4th of July	Events	28.00
Total Deposits		1316.15

Expenses:

Guardian Storage	Locker	156.25
Hawaiian Telcom	Hotline	25.82
Ink Spot	Newsletter	150.00
Kauai Business Services	Schedules	90.58
4 th of July (new coffee maker)		449.33
Total Expenses		871.98
Previous Balance		67.12
Net Profit or Loss		444.17
Current Bank Balance		1,561.29
Less Prudent Reserve		1050.00
Operating Balance		511.29

~ Report prepared by JoRina H.~

SEND YOUR CONTRIBUTIONS TO:

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



Concepts Checklist

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.

- **Do we discuss** how we can best strengthen the composition and leadership of our future trusted servants?
- **Do we recognize** the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"
- **Do I set** a positive leadership example?

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Intergroup Officers:

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

District 6, Kauai:

The Next District Meeting:
September 15th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

Report of August 18, 2018

Group Contributions:

Hui Ohana	450.00
Third Tradition	40.00
Total Contributions for August	490.00
Income Year to Date	2969.05

Expenses Year to Date:

PO Box	134.00
Third Tradition	40.00
DCM Travel	386.38
PRAASA DCM	981.00
Treatment/Accessibility	45.00
Corrections	131.25
PI	497.00
Website	125.00
Delegate Expenses	87.20
DCM Travel	386.38

Total Expenses Year to Date **2817.83**

PREVIOUS BANK BALANCE	4886.76
WEBSITE RESERVE	375.00
PRUDENT RESERVE	1200.00
OPERATING BALANCE	3311.76

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:

Alt. DCM:

Secretary:

Treasurer:

Steve Q.

Janice M.

Jonathan D.

OPEN

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

GRAPEVINE

Quotes of the Day

August 26, 2018

"Ego was being replaced with self-respect ... resentment and hatred were being replaced with tolerance and understanding ... fear was being replaced with trust ... loneliness and self-pity were being replaced with gratitude and love -- all because I was working the program to the best of my ability and wasn't drinking."

"Above All, an Alcoholic," Toledo, Ohio, September 1982, In Our Own Words: Stories of Young AAs in Recovery

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

