

November 2017

Garden Island Sobriety

'Step Eleven'

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



He said: This step acknowledges that we have conscious contact with a Higher Power, and that we can improve our conscious contact. This isn't theory; this is a plain bald-faced statement of fact. Wow! How would we know?

It's simple. For myself, I entered AA as an isolated frightened person with little idea of how to communicate. My ability to listen was impaired by an incredibly short attention span (I thought that I was a clever quick thinker capable of many simultaneous thoughts), my experience communicating was: he who repetitiously spoke the loudest won the day.

My first year was spent trying to understand and striving to be heard. As time went by I came to realize that my God speaks and listens to me through people. This was a sure indication that I had gained in “conscious contact.” My God seems to be indiscriminate – He uses everyone to speak, and there is always wisdom to be gained by listening.

My one hour a day spent in prayer and meditation is the same hour that I spend in AA meetings. It sure beats the money I spent learning Transcendental Meditation, and the time spent contemplating my inner-self (talk about self-centered). It's a simple straight forward Step – with easily measured progress. Listening at AA meetings (meditation) and speaking at AA meetings (prayer).

That stuff about His will - again, very simple. It has to do with the here and now - what we are doing. I used to want to know the next right thing. And then I realized that conscious contact embraced: “We will intuitively know how to

(Cont. p. 2)



She said: Prayer and meditation, what does that mean? First of all we must find the vibration of it that is truly and uniquely our own. ‘To thine own self be true’ was never more important than when it comes to this step.

My idea of prayer is twofold; 1) Asking to know and act on God's will for me and 2) To recognize and express my thankfulness for all the good in my life.

For me it's all about staying centered and balanced. To do this I must spend time alone on a daily basis. I do not have to be sitting still. In fact I often find that being in motion is good for me. What matters is that I am not bombarded by the energies of others.

I have always felt a deep resonance with the statement ‘let my life be a prayer’. Since I am not made to *always* be alone, I practice keeping this connection with God as I interact with life. I practice listening for and acting on that still, small voice from within that guides me. Sometimes the voice tells me to listen to what someone else is saying. Sometimes it simply tells me to turn right instead of left, and when I do amazing things have followed. As for the second part of my concept of prayer, an attitude of gratitude, this is the most strengthening tool in my survival kit.

There are many things that pull me away from a conscious contact with God and that's where meditation comes in. When wisdom does not underlie all of my thoughts, words and actions it is time to meditate on my path. I am constantly in need of this. But I have found that I can meditate anywhere I am, with practice.

Every moment that passes I must be willing to stop

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AA Hotline 245-6677

He Said: (cont) handle situations which used to baffle us." There is nothing intuitive or humble in asking for foreknowledge of the right thing to do.

~ Anonymous, Kauai

She Said: (cont) before acting and meditate on the wisdom of my choices. For me it is a journey, a constant process of refinement.

~ Linda B.

Happy Birthday

Pat B.	10/28	1981	36 yrs
Ron K.	10/20	1986	31 yrs
Danette	10/24	1987	30 yrs
Diana L.	10/8	1988	29 yrs
Chris K.	10/10	1988	29 yrs
Amorosa	10/25	1989	28 yrs
Richard S.	10/6	1990	27 yrs
Susan OK	10/16	1990	27 yrs
Kawika	10/11	1991	26 yrs
Carolyn G.	10/23	1991	26 yrs
Ryan E.	10/3	1996	21 yrs
Sue H.	10/25	1996	21 yrs
William C.	10/15	1997	20 yrs
Kathy S.	10/26	1997	20 yrs
Laurie A.	10/15	1998	19 yrs
Radar	10/24	1999	18 yrs
Mo L.	10/24	2000	17 yrs
Alison	10/9	2000	17 yrs
Jessica	10/14	2001	16 yrs
Kira H.	10/7	2002	15 yrs
Francis	10/14	2004	13 yrs
Alejandro	10/22	2004	13 yrs
Drew	10/15	2004	13 yrs
Darryl C.	10/22	2005	12 yrs
Randall	10/29	2005	12 yrs
Matt J.	10/15	2006	11 yrs
JoRina	10/22	2006	11 yrs
Troy	10/9	2007	10 yrs
Kevin H.	10/9	2007	10 yrs
Patricia M.	10/16	2007	10 yrs
Frank	10/4	2011	6 yrs
Phil S	10/14	2012	5 yrs
Dave M.	10/10	2016	1 YEAR

Congratulations Everyone!

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!**

Expect A Miracle

A.A. Activities



WCG at Kekaha-MacArthur Park

This Month on November 24th

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

This Month November 29th

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

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



Came to Believe - Pizza Night

This Month November 29th

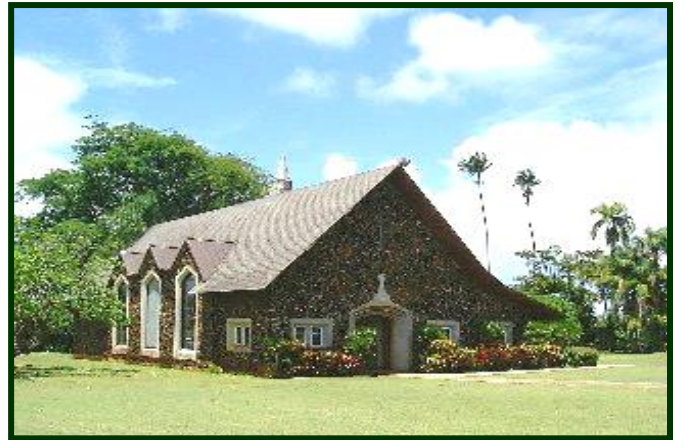
6:00pm Saint Michael's Church Lihue

Every last Wednesday of the Month

News from the Meetings

- ➡ Saturday Third Tradition is offering a coffee maker commitment, and a literature commitment.
- ➡ Daily Reflection in Kapaa states they would like to increase their treasury. How fund raising goes along with AA's Traditions is being discussed.
- ➡ Koloa Aloha is sending their GSR to PRAASA in March to experience the tremendous weekend of dedicated AA service.
- ➡ Na Wahini Pono has implemented a new format for the meeting which includes "what to do if there's a disturbing person at the meeting"

A.A. Meeting Places



THANKATHON

At 'The Stone Church' In Lihue

NOVEMBER 23RD, 2017

This is a POTLUCK!

Turkey and drinks provided

- 🍀 9:00 – Al Anon Meeting
- 🍀 10:30 - AA Speaker Meeting
- 🍀 2:00 - AA Speaker Meeting



Turning to Gratitude

An 'Attitude of Gratitude' works. In the past we were motivated largely by fear, though most of us didn't admit it. Now, without that liquid courage coursing through our veins we are all *too* aware of it. The Key to Living Sober is in changing our outlook; from fear, resentment and self-pity to the state of serenity we always longed for. Our past methods were purely instinctual, flight or fight. By focusing on the things we are grateful for, whatever they are, we stop running, stop fighting, and look at things in a different way. The results are quick and sure.

Making a Gratitude List will rescue you from a sudden panic but having an attitude of gratitude throughout the day, even as a way of life, will help keep those moments of panic away. ~Linda B.



AA Archives

The Best of Big Book Dave:

November in Our History:

Nov. 1952: A Grapevine Article: “Two years ago on Nov. 16th, 1950, Dr. Bob died at his home in Akron, Ohio. It was Thursday, close to noontime, one week before what would have been his 71st Thanksgiving Day. It was 15 years and 5 months after his own last drink, and it was 15 years and 5 months in which he had personally ministered as friend, teacher and physician to 5000 alcoholics. To each of them he was simply “Dr. Bob” and to history he will be “Co-Founder of Alcoholics Anonymous.” To Bill W. he is “The Prince of Twelfth Steppers” and “The Rock upon which AA is founded.” Dr. Bob met his death serenely for he had to the fullest given himself to life. He left the rich gifts of Simplicity, Love and Service. We who followed him in “The Way Out” give him thanks anew for the message he so tirelessly carried. We think this man who learned true humility would most like the memorial that is still to come ... Those thousands now sick and despairing who will yet find our way out of dilemma into recovery, strengthened by the invisible hand of Dr. Bob.

Nov. 1st, 1934: ‘Ebby’s surrender date’ in the Oxford Group. This is 3 weeks before he calls on his old friend, Bill Wilson, with the message of sobriety (Big Book p. 9, 10, 11, 12).

Nov. 1943: Groups in New York City celebrate A.A.’s 8th anniversary, attended by over 800 members. Dr. Norman Vincent Peale is the guest speaker.

Nov. 1964: Lyndon B. Johnson was the first U.S. president since Lincoln to recognize alcoholism as a health issue. One of his first actions in office was to appoint an advisory committee to John W. Gardner, Sec. of Health, Ed. & Welfare, on priorities concerning alcoholism. This action by President Johnson didn’t come out of nowhere, his father died of alcoholism.

Nov. 1968: The First International Conference of “Young People in AA” held at Niagara Falls, New York.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A.



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



Traditions Checklist

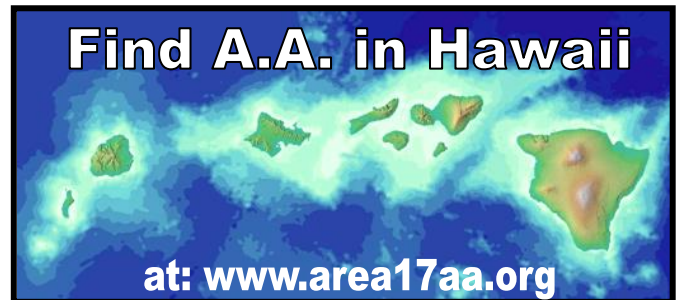
from the AA Grapevine

Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

- Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
- Am I always careful to keep the confidences reposed in me as an AA member?
- Am I careful about throwing AA names around – even within the Fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

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



Visit Our Website

The Next Intergroup Meeting:
November 4th, 9:30 am
The Lihue Neighborhood Center



Intergroup Treasurers Report

September 2017

Income:

Steps to Freedom	7th	100.00
Step Sisters	7th	50.00
Daily Reflection&pamphlets Literature		24.10
Total Income		174.10

Expenses:

Guardian Storage	Locker	145.83
Ink Spot	Printing	150.00
Hawaiian Tele	Phone	25.70
Total Expenses		321.53
Previous Balance		1021.30
Net Profit or Loss		- 147.43
Current Balance		873.85
Less Prudent Reserve		900.00
Operating Balance		-26.15

- **Kauai A.A. Meeting Schedule**
- **Kauai A.A. Events Calendar**
- **Link to HI Island AA websites**



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**

~ Report prepared by JoRina ~

Intergroup Officers:


Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Mary L.
Literature:	Sonya B.
Hotline:	Kelvin



Anniversary Chips

Pattilyne is our new Kauai Island chip person. AA Groups can replenish their supply of chips by contacting her at milestonechips@gmail.com After ordering chips at \$1.00 for monthly or \$2.00 for yearly, send a representative to the monthly Intergroup Meeting to collect them. Sobriety Rocks!

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



Request a newsletter
by e-mail
Contact: District6newsletter@hotmail.com
Editor: Linda B.

District 6, Kauai:



From Your DCM



The Next District Meeting:
November 18th, 9:30 am
The Lihue Neighborhood Center



District 6 Treasurer's Report

Aug., Sept., and October 2017

Group Contributions:

Hui O'Hana	1350.00
Poipu Beach Sunrise	200.00
Steps to Freedom	40.00
Step Sisters	20.00
Total Income:	1610.00

Expenses:

Intergroup (Books for corrections)	69.80
Jim (County Fair):	200.00
Jen (GSR Travel)	121.60
Steve (DCM Travel)	302.20
Expenses October:	693.60


Bank Balance:	3663.03
Prudent Reserve	1000.00

District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

SEND YOUR CONTRIBUTIONS TO:

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



Thank you to District 4 for hosting the Committee meeting October 28th. Here's what District 6 is doing to carry the message (as was reported at the meeting).

- Our finance committee got together and created a proposed budget for 2018, presented it at the October district meeting for the GSRs to take back to their home groups, and will be voted on at the November district meeting.
- Our alternate DCM is in the process of sending the Area registrar Rachel the information for our new Committee Chair-people, and any GSR's that don't have information packets available from the GSO office.
- In preparation for the assembly in January, and to improve the way our district is carrying the message, District 6 is in the midst conducting a group inventory in which 14 questions were taken from other districts around the Globe, distributed from the hat to everyone in attendance at the last meeting, to be brought to the home groups for their input, and will be discussed at the next meeting in November. A summary will be written and printed in the Garden Island Sobriety newsletter, as well as posted on our website kauaiaa.org
- Our Corrections Committee reported that the inmates at K Triple C are now allowed to have their own big book, and grapevine literature is now allowed into the jail.
- In January 2018, the Princeville/Hanalei group is going to host a speaker jam in which 4 speakers from all sides of the island will be invited to the podium to share their experience, strength and hope in a open meeting format.
- The Public Information committee submitted a proposal, which passed vote in favor, to host a gratitude luncheon in November 2018. In the past, this was a successful event, giving thanks to all the invited public citizens who support AA's function in the community, and to let all the groups on the island participate in unity.
- Our CEC committee continues to reach out the the elderly population using AA approved literature in attraction based methods.
- The Sunrise Sobriety group is involved with 2 retreats. The men's retreat on the weekend of October 27-29, and a women retreat being organized for May 2018.

~ Mahalo! Steve Q