

November 2016

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: The last three steps in a 12-step program are "maintenance steps" because they are practiced regularly. When I heard that in AA the first time, it became apparent that an exit plan was a bad idea and selfishly thought more of my time would be stolen that could otherwise be applied to living happy, joyous, and free. "If I am free", my rebel voice would say, "why can't I just get along without drugs and alcohol and leave all this recovery work behind me?" Well, that's what Step 11 answers, by revealing my motives and giving a plan for daily living. When I was ready to let go of my old ideas completely, and truly accept a new way of living, my daily ups and downs went a lot smoother through active participation.

So what exactly does improving conscious contact with this Higher Power have to do with my motives and mistakes that keep tripping me up with what I truly need? Because without alcohol to take the edge off of everything that rubs me the wrong way, I react poorly and out of habit. I still had bad habits. I still saw things from a selfish point of view that lacked any power greater than my sheer willpower to see things to their bitter end. Unaware that new forms of help were becoming available, I still relied on a faulty compass during self-imposed crises and lost. By using prayer and meditation, which I understand as direct communication with my Higher Power (aka "God", <gasp>) I realize that I am no longer alone in this world. Suffer in silence *or* talk to someone in my head. Not sure which one is more crazy, but as long as I don't move my lips, no one notices. Everyone notices when I try to get my way using my will and limited power to carry it out.

In the Big Book pages 85-88 have definite suggestions
(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. Other times it may tell me to walk away. It may even simply tell me to turn right instead of left and when I do listen and act on this guidance 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 is 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
(Cont. p. 2)

He Said: (cont.) on how to work this step. I suggest for anyone arriving at this step to start here. Working with a sponsor and discussing my experiences with people in the fellowship, I found that I am not alone. It also doesn't matter if I disagree with their concept of God, because in the italics "*as we understood Him*" translates to how I understand him/her/it. My conception of a higher power is one thing, but taking direction and listening to that power is a daily discipline that offers "freedom from self-will." (p 87, Alcoholics Anonymous) Pausing "when agitated or doubtful" has saved me a lot of heartache, and using prayer and meditation to seek the next right action is a much better habit these days.

~ D., Kauai

She Said: (cont) anywhere I am, with practice. **Every moment that passes** I must be willing to stop before acting and meditate on the wisdom of my choices. For me it is a journey, a constant process of refinement.

~Linda B., Kauai

Birthday Celebrations

West Side

- Ala i ke Ola Hou, Waimea Cyn. Group - 5:30 pm
Last Friday of 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!**

Happy Birthday

Pat B.	10/28	1981	35 yrs
Ron K.	10/20	1986	30 yrs
Danette	10/24	1987	29 yrs
Diana L.	10/8	1988	28 yrs
Chris K.	10/10	1988	28 yrs
Amorosa	10/25	1989	27 yrs
Richard S.	10/6	1990	26 yrs
Susan OK	10/16	1990	26 yrs
Kawika	10/11	1991	25 yrs
Carolyn G.	10/23	1991	25 yrs
Ryan E.	10/3	1996	20 yrs
Sue H.	10/25	1996	20 yrs
William C.	10/15	1997	19 yrs
Kathy S.	10/26	1997	19 yrs
Laurie A.	10/15	1998	18 yrs
Radar	10/24	1999	17 yrs
Mo L.	10/24	2000	16 yrs
Alison	10/9	2000	16 yrs
Jessica	10/14	2001	15 yrs
Kira H.	10/7	2002	14 yrs
Francis	10/14	2004	12 yrs
Alejandro	10/22	2004	12 yrs
Drew	10/15	2004	12 yrs
Darryl C.	10/22	2005	11 yrs
Randall	10/29	2005	11 yrs
Matt J.	10/15	2006	10 yrs
JoRina	10/22	2006	10 yrs
Troy	10/9	2007	9 yrs
Kevin H.	10/9	2007	9 yrs
Patricia M.	10/16	2007	9 yrs
Kelly C.	12/5	2010	6 yrs
Frank	10/4	2011	5 yrs
Phil S	10/14	2012	4 yrs

Congratulations Everyone!!

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

A. A. Activities



The Happy Hour Cookout

November 20th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



Came to Believe - Pizza Night

November 23rd, 6:00 pm

At Saint Michael's Church, Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

November 25th, 5:30 pm

Meeting followed by Birthday Potluck

Every last Friday of the Month

Volleyball, Swimming, Good Fellowship, Sunset, Fun



Steps to Freedom Birthdays

November 28th, 6:30 pm

At Kapa'a United Church of Christ

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

A.A. Meeting Places



THANKATHON

At 'The Stone Church' In Lihue

NOVEMBER 24TH, 2016

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



Thankathon 2016



~ You Are Invited! ~
Potluck

November 24th !!

Come to "The Lihue United "Stone" Church"
This is an all day affair!

Please announce at meetings that in practicing the 'Spirit of Rotation' trainees are invited for the annual preparation. Please join us! Call AA Hotline 245-6677! We also always need help with Set up (7:00am), Kitchen Crew, Imu, Decorations, Food Buffet Tables & Clean up!! Mahalo!!



AA Archives

The Best of Big Book Dave

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 12th Steppers" & "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. 1938: According to Jimmy B., whose story is in the Big Book, Bill W. and Hank P. decided on the name "Alcoholics Anonymous" for our almost finished book after many names were suggested. Jimmy said, "Nobody is sure exactly where that name came from but in my opinion it was Joe Worden, a new member, who at one time was considered a promotion genius and is given credit for starting "The New Yorker Magazine".

Nov. 1957: Al-Anon bursts into public awareness, its story featured on T.V. in "The Loretta Young Show".

Nov. 1959: The first translation of the Big Book into another language (African) is done by Andries K.

Nov. 1964: Lyndon B. Johnson was the first U.S. president since Lincoln to recognize alcoholism as a health issue. 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.

Concept 11 for World Service

CONCEPT XI: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern. – *short form*

The longtime success of our General Service Board will rest not only on the capabilities of the Trustees themselves; it will depend quite as much upon the competent leadership and harmonious association of those non-Trustee committee members, corporate service directors, executives and staff members who must actively carry on A.A.'s world services. Their quality and dedication, or their lack of these characteristics, will make or break our structure of service. Our final dependency on them will always be great indeed.

Far more than most of the Trustees, these servants will be in direct contact with A.A. world-wide, and their performance will be constantly on view. They will perform most of the routine labor. They will carry on most of our services. They will travel widely and will receive most visitors at the Headquarters. They will often originate new plans and policies. Some of them will eventually become Trustees. Because this group will form the visible image of world service, most A.A.'s will measure our service values by what they see and feel in them. Members of this group will not only *support* the world leadership of the Trustees; in the nature of the case they will be bound to *share* world leadership with them.

Fortunately we already have a sound internal structure of service in which a very competent group of non-Trustee servants are now working. Only a few refinements and changes will still be needed in A.A. World Services, Inc. and at The A.A. Grapevine, Inc., the latter being a comparatively recent comer to our service scene. The main outlines of this underlying structure are now defined, and the effectiveness of this arrangement has been well proven. Of what, then, does our underlying structure of service consist? It is composed of the following elements: the five standing committees of the General Service Board, plus our two active service corporations, A.A. World Services, Inc. (including its A.A. publishing division) and The A.A. Grapevine, Inc. ...

~ By Bill W.

The remainder of this article may be found in The World Services Manual pp. 49-61. (Published by General Service Office of Alcoholics Anonymous.

Kauai Intergroup

The Next Intergroup Meeting:
November 5th, 9:30 am
The Lihue Neighborhood Center

Elections are on Nov 5th for Panel 67.
The meeting will be longer than
usual, & there will be a Potluck!

Intergroup Treasurers Report

September, 2016

Income:

Twisted Sisters	7 th	135.00
Nooners	Books	6.20
District	Pamphlets	4.40
Robin	Books	48.50
Sunday Serenity	Books	71.00
Hui Ohana	Books	154.50
Sobriety in Paradise	7 th	109.00
Hicypaa	7 th	505.00
639085	7 th	50.00
Hanalei/Princeville	7 th	320.00
E/S&H	7 th	97.38
District	Books	72.80
Hanalei/Princeville	Books	250.45
Bob B.	Books	56.70
Young Peoples	Books	189.50
Kathy	Books	10.00
Whisky and Milk	Books	60.00
Total Income:		2140.43

Expenses:

Guardian Self Storage	Locker	135.42
Hawaiian Tele	Phone	25.77
Ink Spot Printing	G.I.S	150.00
Total Expenses:		311.19

August Balance	2981.24
Total From Above	1829.24
Balance	4810.48
Less Prudent Reserve	-900.00
Balance	3910.48

~ Report prepared by Tom R. ~

Kauaiaa.org
Visit Our Website!

Kauai A.A. Meeting Schedule



Compact 2-pg schedule
--prints on legal-size 8½x14"

Kauai A.A. Events Calendar

Link to HI Island AA websites

Contact: website.intergroup@gmail.com

SEND YOUR CONTRIBUTIONS TO:

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



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:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Mary
Literature:	Bob B.
Hotline:	Kelvin P.
Events Chair:	Alejandro H.

District 6, Kauai:

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

District 6 Treasurer's Report

October 17, 2016

GROUP CONTRIBUTIONS:

Poipu Beach Sunrise	100.00
Total Contributions October:	100.00

EXPENSES:


CEC Grapevines	54.00
Intergroup	4.40
DCM Travel	590.00
Total Expenses October:	648.40

BANK BALANCE:	4751.73
PRUDENT RESERVE	1000.00

~ 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:	Jim D.
Alt. DCM:	Janice McK.
Secretary:	Jonathan D.
Treasurer:	Crystal B.



Turning to Gratitude

An 'Attitude of Gratitude' works. In the past we were motivated largely by fear, though most of us wouldn't admit it. Now, without that liquid courage coursing through our veins, we are all *too* aware of it.

One of the keys to Sober Living is in changing our attitude; from fear, resentment and self-pity to the state of serenity we always longed for. 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 can help keep those moments of panic away.

~ Linda B.

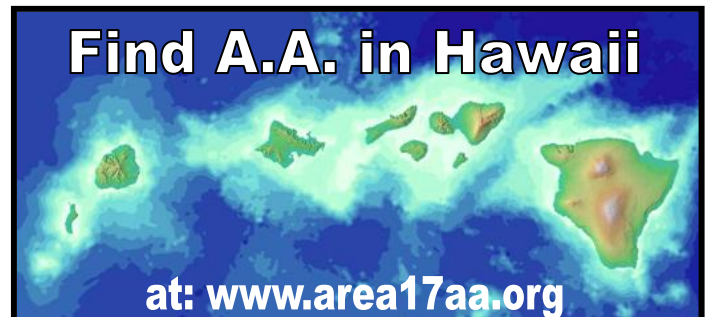
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Editor: Linda B.

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