

November 2019

# 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:** Hello, my name is Conrad M and I am an alcoholic.

**Here we are** at step 11 and here's my take on it. I've read that in the beginning of AA in Akron, Anne Smith (Dr. Bob's wife) would have a sunrise or morning prayer and meditation meeting at their house daily. It sounds like a great way to start the day and for the early AA's to connect and get prepared and focused for the day ahead. It wasn't mandatory, but they would all show up. For those involved, including Bill W, they all found it very helpful.

**In the Big Book** and 12x12, a lot of emphasis is put on this Step to help us realize the importance of prayer and meditation. This is the most important thing we can do daily to help stay focused, balanced and closer to our HP.

**I'm a skeptic.** I had a lot of "religion" baggage that kept me at arms length from really embracing this Step. I started to pray very cautiously, on my knees at first, mainly asking for the pain and insanity to be relieved. Eventually it was.

**Then I progressed** to my version of "humbly asking" and thanking my HP for the grace given to me.

**Time went on** and I began to incorporate meditation into my routine. Honestly, I found it hard at first to focus and relax. It took some time and practice but eventually I found my groove and was able to get some meaningful meditation time in. For me it took a while and I slip in and out of my routine. When I do get the groove back I always feel better and closer to the group and my friends.

*(Cont. p. 2)*



**She said:** There are as many ways to connect with our higher power as there are people on the planet. As a matter of fact, there are as many concepts of a higher power as there are people seeking this connection. The best part? We get to choose!! I don't know what it was like for you, but when I first learned that I get to choose the God of my understanding, I was elated. What a freedom!! My understanding of my higher power has morphed over the years as I have grown and changed. I have always believed in "something" yet it wasn't necessarily always loving, nor did it feel personal to me. One of the only guidelines that I received early on in my steps was that my higher power MUST be a loving God. I have used many words to identify my higher power as I have prayed and meditated over the years. I used to get hung up on the word "God", however what I have come to understand is that it absolutely does NOT matter what I call this higher power, the point is that I CALL it!

**The most practical** and simple way to achieve this connection is through prayer and meditation. Having a choice of what this looks like for me has allowed me to try several different techniques. How fun, baffling and sometimes frustrating it has been to try all these different methods. Yet, they always brought me into myself to connect with my higher power. I no longer have to go "out there" to make a connection. I have a direct connect. I cherish the connection I have created and I personally need to nourish it each and every day. Generally, my prayers consist of asking for guidance and how I can be of service. I no longer feel the need to negotiate terms to get me out of trouble this one last time. No more fox hole prayers of

*(Cont. p. 2)*

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**AA  Hotline 245-6677**

**He Said** (cont.) For the skeptic, all I can say is try it. You don't know what you don't know. In my opinion it's another gift given to us to use as we see fit.

~Conrad M., Kauai

**She Said** (cont.) desperation when in the midst of a crisis. The good and love that permeates the universe is already here for me. I only need to receive it.

**I have been able** to blossom as I embrace God in my life. Yet, I had to SEE this for myself. I needed to FEEL this for myself. I invite you to give it a shot and see how your life will unfold with a conscious connection to this being that ONLY wants good for you!

~Michelle L., 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).  
● 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!**

She Said (cont.) times my prayer is a simple "Help Me!". I use what I call affirmative prayer, knowing

## Happy Birthday

Pat B.	10/28	1981	38 yrs
Ron K.	10/20	1986	33 yrs
Danette	10/24	1987	32 yrs
Diana L.	10/8	1988	31 yrs
Chris K.	10/10	1988	31 yrs
Amorosa	10/25	1989	30 yrs
Richard S.	10/6	1990	29 yrs
Susan OK	10/16	1990	29 yrs
Kawika	10/11	1991	28 yrs
Carolyn G.	10/23	1991	28 yrs
Ryan E.	10/3	1996	23 yrs
Sue H.	10/25	1996	23 yrs
William C.	10/15	1997	22 yrs
Kathy S.	10/26	1997	22 yrs
Laurie A.	10/15	1998	21 yrs
Radar	10/24	1999	20 yrs
Mo L.	10/24	2000	19 yrs
Alison	10/9	2000	19 yrs
Jessica	10/14	2001	18 yrs
Kira H.	10/7	2002	17 yrs
Francis	10/14	2004	15 yrs
Alejandro	10/22	2004	15 yrs
Drew	10/15	2004	15 yrs
Darryl C.	10/22	2005	14 yrs
Randall	10/29	2005	14 yrs
Matt J.	10/15	2006	13 yrs
JoRina	10/22	2006	13 yrs
Troy	10/9	2007	12 yrs
Kevin H.	10/9	2007	12 yrs
Patricia M.	10/16	2007	12 yrs
Kelly C.	12/5	2010	9 yrs
Jenene H	10/10	2011	8 yrs
Frank	10/4	2011	8 yrs
Phil S	10/14	2012	7 yrs
Dave M	10/10	2016	4 yrs
Stephanie P.	10/11	2017	2 yrs

**Congratulations Everyone!!**

# A.A. Activities

## Gratitude Luncheon

November 9, 2019

10:00am to 2:00pm



**Sun Village Banquet Room**  
4300 Kuene Rd.  
Lihue, HI 96766

Please RSVP by November 3<sup>rd</sup>  
Text Tom @ 651-8175

Please alert us to allergies or dietary concerns!

# A.A. Meeting Places



Photo ~ Alejandro

## Kapaa First Hawaiian Church

4-1325 Kuhio Highway

- Wednesday 12:00 pm – Daily Reflections
- Wednesday 5:00 pm – It's Not Them
- Friday 10:00 pm – Experience, Strength & Hope



## Waimea Cyn Birthday Potluck

**This Month on November 29<sup>th</sup>**  
**5:30pm Potluck, 6:30 Sunset Meeting**  
**Kekaha Beach, MacArthur Park**

Last Friday of the Month (bring good food!)  
Volleyball, Swimming, Fellowship, Sunset, Fun

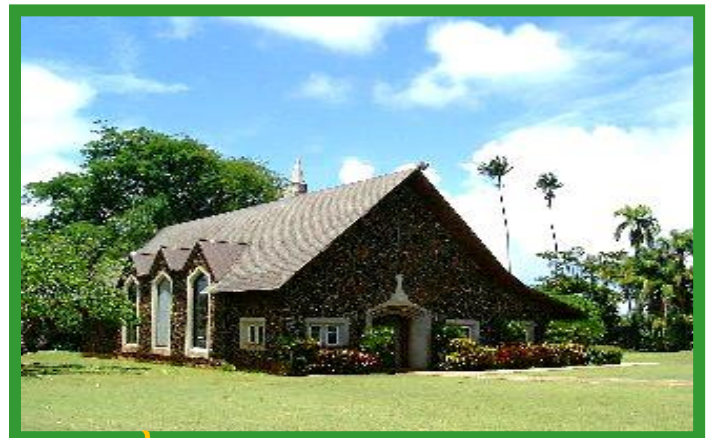


## Steps to Freedom Birthdays

**Potluck This Month November 25<sup>th</sup>**  
**6:30pm, Kapa'a United Church of Christ**

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

# THANKATHON



## November 28th

**CALL THE AA HOTLINE FOR THIS YEARS DETAILS: 245-6677**

**November in Our History:****~ Highlight for this Month ~**

**November 21, 1939:** The first AA Meeting on the west coast of the United States was held in a small room at the Cliff Hotel, San Francisco, California. Ray W., a New Yorker, was in this area for a sales course. He was given the names and phone numbers of Ted C., Dave L. and Don B. by our "Alcoholic Foundation Office" in New York (now called the General Service Office). Before he left for California all three showed up for this first meeting. Bill W. vividly describes this historic meeting in our book "AA Comes of Age".

**November 25<sup>th</sup>, 1846:** "Carrie Nation", born Amelia Moore in Grand City, Kentucky, lost her entire family and two husbands due to alcoholism. She became violently opposed to alcohol and as a young woman began leading raids on saloons throughout the western states, destroying all establishments that sold alcohol.

**November 26<sup>th</sup>, 1895:** Born to Gilman and Emily Wilson, East Dorset, Vermont, our co-founder Bill W.

**November 1936:** Bill W. and Hank P. found Fitz M. in Towns Hospital and gave him the message of sobriety. From this time on the two became a trio.

**November 11<sup>th</sup>, 1940:** The first 'Box 459' was mailed out to approximately 155 known groups from our New York Office (later re-named "The General Service Office").

**November 1<sup>st</sup>, 1947:** The first Alaskan Group is registered with our "New York Office", "The Sourdough Group" Anchorage.

**November 3<sup>rd</sup>, 1975:** Neil Wing, Bill W.'s longtime secretary, formally opened the AA Archives at our General Service Office in New York.

**From 'Big Book Dave', Elected Archivist, Interior Alaska**

~ Submitted by Mathea A.

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

**Tradition XI:**

**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?

**Send Area Contributions****ADDRESS IT EXACTLY LIKE THIS:****Hawaii Area Committee****P.O. Box 1413****Honolulu, HI 96806****Please include "District 6" & Group Name on check**



**The Next Intergroup Meeting:  
November 2<sup>nd</sup>, 9:30 am  
The Lihue Neighborhood Center**

## Visit Our Website!

- Print out your own meeting schedule
- Check out the events calendar
- Link up to other island websites

Contact the website committee at:

[website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

## Intergroup Treasurers Report

### October 3, 2019

<b>Income:</b>		
		665.20
		159.50
<b>Total Income:</b>		<b><u>824.70</u></b>

<b>Expenses:</b>		
Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	26.34
Other		1145.40
Ink Spot		150.00
<b>Total Expenses</b>		<b><u>1478.81</u></b>

~ Treasurer, Aaron W. ~

## GRAPEVINE Quotes of the Day

October 23, 2019

"One old-timer explained it this way to me: 'Don't let your mind rattle on at meetings. Then all you'll hear from someone else is something that gets you thinking about what you have to say. Listen to everything the person talking has to say, as if your life depended on it – because it might one day. Listen to everyone this way, especially the ones you want to ignore,' this old-timer said. 'God won't deprive you of the answer you need, if you've come to an AA meeting needing an answer. He may, however, have your answer come out of the mouth of the person you least expect to have your answer. God has a sense of humor.'"

May 1990, "Quiet Guidance,"

Sober and Out

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



**SEND YOUR CONTRIBUTIONS TO:**  
  
Kaua'i District Committee  
P.O. Box 1503  
Kapaa, HI 96746



# District 6, Kauai:

The Next District Meeting:  
November 16<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center



## DCM Report



Aloha Kakou,

In Alcoholics Anonymous November is commonly known as gratitude month. Every year the District hosts an Annual Gratitude Luncheon to acknowledge and thank members of the community who support and assist AA. These members could be a pastor at the church where your home group has meetings, the county worker who sweeps the pavilion, a parole officer or judge who refers people to meetings, or a Dr. who allows us to place pamphlets in their offices. **The idea is to let the people who cooperate with AA** know how much we appreciate them and to give them an opportunity to see recovery in action. Some people who work with or are affected by practicing alcoholics never get to see that we do recover. The Gratitude Luncheon is a great opportunity for us to show our appreciation to the community that supports us and an opportunity for them to see how our lives are transformed by AA. This year the Gratitude luncheon is being hosted and organized by Happy Hour and Sunrise Sobriety. The luncheon will take place at Sun Village on November 9th from 10:30-1:30. **To attend, ask your home group to purchase a table for \$100 at 10 seats per table.** Invite members from the home group and members from your community that your home group would like to honor for their service to AA. Last year's luncheon was a huge success. We had 5 honorees and approximately 50 AA members in attendance. The food was fantastic and we had a great speaker. We hope you can attend and continue to make the Gratitude Luncheon a wonderful event! Checks may be made and mailed to: Happy Hour PO Box 662257 Lihue, HI 96766 **Also happening in November is the District Inventory.** As we must continue to take personal inventory to maintain our emotional sobriety, we must take inventory at the

district level. Why do we do this? We do this to see if there are any areas within our District that could use improvement while we are carrying the message of AA. How does the inventory happen? There are 14 proposed inventory questions recommended by our General Service Office. Each GSR will pick 2 questions out of a hat and bring those questions to their home group. The home group will discuss the questions and the GSR will bring the group conscience back to the District and we will discuss them as a group. Some of the questions include: 1. What is the basic purpose of the District Committee? 2. What additional activities can we engage in, to carry the message? 3. Considering the number of alcoholics in our district, are we reaching enough people? 4. What has the District done lately to bring the AA message to the attention of professionals who can be helpful in reaching those who are in need of AA? These are the types of questions we ask ourselves so we do not become complacent in our efforts to carry the message to the alcoholic who still suffers. When these questions are brought up at my home group, there is usually someone there who has never heard of service at the District level. When someone asks, "what is the District Committee", it gives our group an opportunity to discuss it and we all become more informed. If we are continuously uninformed, service at the Group and District level suffers. It creates apathy and we lose our enthusiasm. There is no better way to carry the AA message than with enthusiasm. **When your GSR approaches your group with the inventory questions, please give them your support and attention. Just as are our personal inventory is for our own spiritual growth, the District Inventory is for the spiritual growth of our entire District.** The feedback your GSR brings from the home group to the District will then be shared at the Area level at the Inventory Assembly in January. This will give our entire state an opportunity to assess how well we are carrying the message to alcoholic who still suffers. Thank you all so much for your service and for the participation we have throughout the island. At the last District Meeting there were 20 members present. There is so much enthusiasm and excitement to carry the message of AA. It's a privilege and an honor to serve as your DCM. Please come join us every 3rd Saturday at the Lihue Neighborhood Center at 9:30 am. Everyone is welcome, please come join us and find out what it's about!

~ With Gratitude,  
Janice M. DCM