

February 2011

Garden Island Sobriety

'Step Two'

"Came to believe that a power greater than ourselves could restore us to sanity."



He said: When I first saw this step I did not understand what it was asking me to do. I saw it as so many others do, when they first see it. I thought it said that *I had to believe in a Power greater than myself* to be restored to sanity. There were two problems with this; first I believed that God was going to roast and toast me for the way I had been living and second I did not think that I was insane, just bad. This line of thinking was quickly corrected by a sponsor who pointed out what the step actually said, followed by the question "How would I explain the way I had been living for so many years?"

In the beginning of my sobriety it was necessary for me to believe in the AA group as a power greater than myself to allow me to see the insanity of my lifestyle. Listening to others share their experience allowed me to identify with the many ludicrous and outlandish schemes that I employed to stay drunk and outside the realm of reality. As I began to grow in sobriety and start taking the steps and utilizing them in my everyday life I began to see the extent to which I was living insanely. I began to establish contact with a power greater than the group through prayer and meditation, reading the literature and trying to the best of my willingness to change the things that I did on a daily basis. Somewhere along the journey my life began to change. My decision making process began to improve. I had a lot of help from the members of the fellowship, but I was also able to receive the message from others outside of the fellowship.

I am still working toward grasping and developing a manner of living which demands rigorous honesty. I must be honest with myself that even after all the time that I have been sober it is vital to remember that it is a Power greater than myself that keeps it happening one day at a time, and the quality of my life is infinitely more sane than it ever was. The process of recovery from a seemingly hopeless state of mind and body is real. It works, it really does!

Your Brother in Recovery, ~ Ron A., Kauai



She said: Restore me to **sanity**? Restore me to **sanity**! **Restore** me to **sanity**. Having consulted my Concise Oxford Dictionary regarding the word "restore," I realized that this step had the audacity to insinuate that I was (or had been) insane. More than that, it assumed that I had once been sane and needed to be returned to that condition. ME!

I'd been managing my life quite nicely, I thought back then (in the four and a half years since I had stopped drinking). And believe me, **that** was God doing for me what I could not do for myself; removing the obsession to drink. Sure I was smoking a little grass a few times a week, but it was recreational—like someone who drank normally might drink. Not like I drank.

I was (and am) an alcoholic. I had gotten that. I wasn't a 'potoholic'. I didn't have a problem with grass and I had LOTS of evidence (rationalizations) to support that claim.

Just look at all I'd accomplished: I worked part time. I finished my BA degree. I saw my mom-in-law for whom I was part time caregiver through her post-stroke decline and death. I'd arranged the funeral, had an affair, ran my [third (or second if you don't count the one that was annulled)] marriage into the ground in a manner that was horribly shameful and hurtful to people I loved dearly... now, wait. Wait a minute. Maybe that **was** a little crazy.

That God, the God that had removed my obsession to drink, was a power greater than me was obvious. And I trusted that power. It had helped me when I couldn't **not** drink. And, you know what? That power showed up again and said, "It's time." That was when I walked into the rooms of AA to stay.

If I'm still crazy, I think it's the good kine crazy.

~ Amorosa, Kauai

We Need Hotline Volunteers to answer phones in a regular weekly slot or fill in for others on vacation.

Please contact hotline.kauai@gmail.com or 247-6677.

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).
- ◆ **The Fourth Dimension** - 7:00 pm on Fridays nearest the Full Moon every month. TBA monthly. Hot dogs provided – "Bring Your Buns!"

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!



MAKELE SEZ:

**Don't Drink
Go To Meetings
GET A SPONSOR!**

The Serenity Prayer

God grant me the serenity to accept the things that I can not change, the courage to change the things that I can and the wisdom to know the difference.

Happy Birthday

Dotty	1/31	1973	38 yrs
Susan C.	1/20	1988	31 yrs
Laurie L.	1/20	1988	31 yrs
Gloria C.	1/12	1984	27 yrs
Barbara J.	1/1	1987	24 yrs
Chris H.	1/11	1987	24 yrs
Laurie L.	1/19	1988	23 yrs
Bill M.	1/24	1990	21 yrs
Tatiana	1/27	1992	19 yrs
Mike M.	1/20	1992	19 yrs
Maureen M.(CA)	1/7	1996	15 yrs
Tony C.	1/18	1997	14 yrs
Steve M.	1/26	1998	13 yrs
Bob H.	1/18	1999	12 yrs
Tony S. (CA)	1/2	1999	12 yrs
Luis R.	1/1	2001	10 yrs
Kathie G.	1/11	2001	10 yrs
Clark	1/22	2002	9 yrs
Kurt	1/7	2002	9 yrs
Susan ON	1/7	2003	8 yrs
Ele J.	1/16	2005	6 yrs
Keeley W. (CA)	1/15	2006	5 yrs
Maureen M. (CA)	1/30	2006	5 yrs
Laurel R.	1/26	2007	4 yrs
Liz O.	1/22	2008	3 yrs
Emma S.	1/1	2008	3 yrs
Matt	1/24	2009	2 yrs

Congratulations To You All!

~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



Super Sober Superbowl Sunday

Third Annual Chili Cook Off!
Sunday February 6th
Starts at 11:00 am

At The Kalepa Village Recreation Room
(across from King Kaumualii Elementary School in Hanamaulu)

- This Is A Potluck BBQ And Chili Cook Off!
- Chili Entries Must Be On The Table By Noon!
- Kickoff at 1:30!
- Come early to play Ping Pong or Pool.
- Doors open at 11:00
- There will be Raffle Tickets and Door Prizes!
- Keiki-Friendly!!

For more information call The A.A. Hotline:245-6677
or contact events.intergroup@gmail.com

Join us in celebrating Sobriety,
One hard earned
Yard at a time!



Big Island Bash

Speakers Convention
April 15-17, 2011

The 23rd Annual Big Island Bash will be held at the magnificent Sheraton Keauhou Bay Resort and Spa.

For more information about Registration, Schedule of Events and Accommodations go to:

www.bigislandbash.com



Nukolii Beach Bonfire Meeting

Every 3rd Sunday of the Month at 6:30pm

Directions: Nukolii Beach is behind the Wailua Golf Course. Look for the dirt road at the southern end of Wailua Golf Course. Follow that road! We will meet where the road meets the beach.

More Information at: Happyhourkauai@gmail.com



Pancake Breakfast Come'n Get'em

Sunday February 27th at 11:00 am

At The Kapa'a Neighborhood Center. AA members, families and friends, please come and try our banana pancakes! For more information contact events.intergroup@gmail.com



2011 Kauai Roundup

The Planning Committee for the 2011 Kauai Roundup needs volunteers for Co-Chair, Meetings Chair, Entertainment Chair and Publicity Chair. Contact Alejandro at: 652-3128 or hernandea040@hawaii.rr.com.



The Napali Coast

Full Moon Sobriety

Camping Adventures in 2011:

June 15-19, July 13-17 and August 12-16

Kayak, Motor Boat or Walk In. Camping, Fellowship, Hikes and AA Meetings! This trip is for experienced hikers and campers. Please consult the Hawaii State Park website for the possible dangers. AA cannot guarantee your safety nor the absence of alcohol as this is a public campground. Call 'Kalalau Chris' for more information at 212-6009

Get your permits now: www.hawaii.stateparks.com



Traditions Checklist

From The A.A. GRAPEVINE

Tradition Two:

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. **Do I criticize** or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. **Am I absolutely** trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. **Do I look** for credit in my AA jobs? Praise for my AA ideas?
4. **Do I have** to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. **Although I have** been sober a few years, am I still willing to serve my turn in AA chores?
6. **In group discussions**, do I sound off about matters on which I have no experience and little knowledge?



**Request a newsletter
by e-mail**



District6newsletter@hotmail.com

A.A. Meeting Places Hui 'Ohana

Lydgate Park Picnic Tables



Meeting every morning at 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



A.A. Meetings

The Fourth Dimension Celebrates Birthdays now! The date will be announced monthly so that it coincides with the full moon.

This month it will be held on February 18th. Please come at 7:00 pm (before the 7:30 meeting) to the United Church in Kapaa (1315 Ulu St.).

Hot dogs will be provided. **Bring your buns!**

A New 12 & 12 Meeting (CLOSED) meets on Sunday, 12:00 pm, at the Lihue Neighborhood Center (3353 Eono St.). Contact Henry (808) 245-3604.

Salt Pond "The Mahalo Ke Akua Group" meets Wednesdays at 6:00 pm at Salt Pond and has changed its format from Speaker/Discussion to Daily Reflections. Contact Lei S. 645-0194



**Next Intergroup Meeting February 5th,
9:30 am, Lihue Neighborhood Center**

From The Chair:

Aloha All,

With the first Intergroup Meeting under our belt I feel it is safe to say we are off to an exciting start. As we read the bylaws I feel myself asking once again, "Is this all we do?" Our charter delineates only two objectives; A) To further the AA program in accordance with the Twelve Traditions and B) To maintain a telephone answering service for Kauai AA. If that were so we could meet once a month read the Traditions Checklist (non-Conference) or the 12x12 (Conference), pay the phone bill and go home. But, somehow, I don't think so many of us show up so often to sell ourselves short in what we could accomplish given a little more direction.

With that in mind, I have carefully reviewed the Guidelines for Central Offices and the overall service structure of AA to create an agenda that calls for far more participation than we have attempted in the past panel, or past few panels according to the remembrances of our elder statesmen. I realize that we are a small population, however, that does not forgive the debt we owe to this fellowship. We have been granted our freedom from alcohol and with that freedom comes a great responsibility; to help the alcoholic who still suffers. The only question for us is how?

To say that we only answer the phones is a refusal to acknowledge the variety of doors into the fellowship. Whether you find AA in the privacy of a midnight Internet search, a Doctors visit or family struggle or in the public at a health fair, a Library or a court order the point is you have bypassed the Hotline and found us. To see all of these doors into the fellowship, acknowledge that they are closed, and refuse to open them is the same as closing them on a drunk. To hand our local level responsibilities over to District with a passing "That's *their* job" is unconscionable.

I for one am excited to take on the challenges of our ever expanding future. But that will always be tempered by a profound respect for our history, its faults and its glories, and our fellowships' willingness to grow and expand without leaving anyone behind. May your light shine through the rainiest of days.

~ Lu

Intergroup Treasurers Report

NOVEMBER 2010

Income:

Kauai District Comm. 10 manuals	\$ 45.00
Koloa Friday Night Big Book	\$ 130.00
Koloa Whisky and Milk	\$ 50.00
Koloa Aloha Books	\$ 33.25
Hui Ohana	\$ 124.47
Na-Wahine - Koloa	\$ 30.00
North Shore Aloha Groups	\$ 243.00
Princeville/Hanalei	\$ 40.00

Expenses:

Aloha Business Center-Schedules	\$ 265.62
Hawaiian Telcom	\$ 95.75
Guardian Self Storage rent	\$ 93.75
Alejandro reimburse Thankathon	\$ 335.35
Mark reimburse 10 manuals	\$ 45.00
Ink Spot printing GIS	\$ 150.00

Balance	\$ 790.44
Prudent Reserve:	\$-191.00
Hui Ohana X-mas donation:	\$-200.00
Available Funds:	\$ 399.44

~ Prepared by Mike C.

SEND YOUR CONTRIBUTIONS TO:

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



Got Literature?



We Deliver!

Or Come To The Intergroup Meeting

We have A.A. Books & Pamphlets,
The Garden Island Sobriety Newsletter
And Kauai AA Meeting Schedules available!

Our Intergroup Officers:

Chair:	Lu A.	chair.intergroup@gmail.com
Alt. Chair:	Bob B.	245-3680
Treasurer:	Mike C.	639-5904
Secretary:	Susan Ok.	secretary.intergroup@gmail.com
Literature:	Danette M.	
Alt. Lit.:	Mark M.	
Hotline:	Damione	hotline.kauai@gmail.com
Events:	Christopher K.	212-6009
GIS Editor:	Linda B.	District6newsletter@hotmail.com

Service is Sobriety

Our Area 17  Delegate is
Linda McD.

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 ck

District 6, Kauai:

**Next District Meeting February 12th,
9:30 am, at 3146 Akahi St., Lihue**

The "Inform The Delegate Assembly" will be held here on Kauai on April 9 - 10, 2011, at The Lihue Neighborhood Center, 3353 Eono St., Lihue. We are now in the process of planning the event. The first planning meeting was on Sunday, January 9th at the Happy Hour Tables, Nawiliwili Park.

Please Join Us In Service.


We will need to feed our visitors 5 meals while they are here. Groups are asked to volunteer by preparing a meal.

We also need volunteers to provide transportation to and from the airport and volunteers to provide them with a 'Homestay' for one night. For more information contact: hernandea040@hawaii.rr.com.

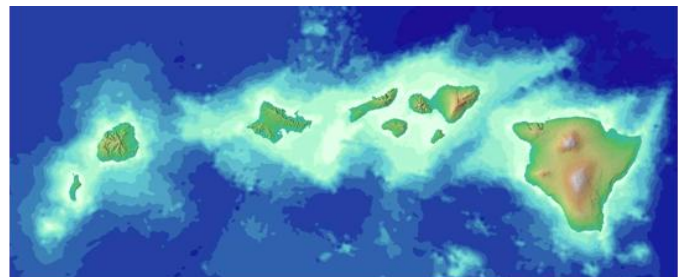
~ Alejandro H.

"The 12 Concepts, A Book Study" is being sponsored by District 6. It will be held *every second Sunday* at 11:30 am at Lydgate park, before the water meeting. Everybody is invited. Bring your "AA Service Manual." Questions call 652-3128

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee 
PO Box 1503, Kapa'a, HI 96746
Please include "District 6" & "Group Name" on ck

Find A.A. in Hawaii



www.area17aa.org