

August 2014

Garden Island Sobriety

'Step Eight'

"Made a list of all persons we had harmed, and became willing to make amends to them all."



He said: In sobriety, the more I put into my recovery and the steps, the more I notice the spiritual awakening in my life.

In sobriety, it was suggested to me that I find a loving God of my own understanding. I was nurtured in AA through examples in your lives of what it meant to love myself and act from a space of self-love.

At first I kept wondering when the other shoe was going to drop. It hasn't, this is my journey, awakening spiritually to each moment.

The Steps are not here to shame us. They are not here to judge us. With Step One through Seven I am learning how to live with my head up again. Step Eight is no different. Act for your sobriety and the fear will take care of itself. We judge ourselves and this program teaches us to let go of our judgements that drive us to drink.

Before Step Eight I became increasingly isolated. I thought that by avoiding situations similar to the ones where I made a mess I was one step ahead of trouble. Since I could not see my own role in my life, I ultimately drank alone and yearned for solitude in the rest of my life. I was overwhelming myself with my behavior and blaming the universe. I could not trust myself because I didn't know "what was going to happen next." In sobriety I have since learned that actually I didn't know what I was going to do next.

With Step Eight I start to face life again in new situations, today, without the burden of what I did yesterday or 20 years ago.

Alcoholics Anonymous is my program of recovery. I am not here to make other people feel better because of what I did to them. This is the warning we hear so often in the rooms, "You must want sobriety for yourself, not for anyone else." Drying up as a self-imposed demonstration of penance for anyone is

(cont. p. 2)



She said: A wise woman once told me the secret of life - "treat everyone you meet as if they have a broken heart."

When my baby Zion was born my entire perspective of humans shifted. Suddenly, everyone I encountered was someone's child. Compassion became natural and as I extended love to my baby, I realized fully what St. Francis meant when he said, "for it is in giving that we receive."

I had always feared having children because of my own childhood experience. I convinced myself that I must learn to love "properly" before I could have a baby. I now realize that Zion was sent to teach ME about love, for it was in the action of extending love, compassion and kindness that I was allowed to experience it.

Love – to let it in is to give it. Because I felt this love inside me, it was all around me. The Tao says, "Heaven arms with compassion those whom it would not see destroyed."

I will fly home on July 31st and August 3rd will be one year since my friend Kristi committed suicide. I remember vividly the plane ride home last year for her funeral. I had an infant and I was engulfed with grief, confusion, and guilt. I remember the kindness that was extended to me by so many strangers. People helped carry my bags, and other passengers helped entertain Zion during the seven-hour flight. None of these strangers had any idea what I was going through, yet they extended kindness and compassion to my broken heart.

I make my list for Step 8, and as I do I know Kristi will be one of my amends. Rather than guilt I find courage to live in the solution - Loving compassion; Compassion for my broken heart, and compassion for hers.

(cont. p. 2)

He Said: (cont.) slavery, not sobriety. My involvement in AA is for me to understand my motives and actions, my responsibility in all my affairs. My sobriety is a spiritual awakening. Today there is no purgatory, there is no hell, no matter what I told myself when I was judging myself. Today is beautiful.

With Step Eight, I create a restitution list for the first time in my life that acknowledges the power of my story. I just asked that my character defects be removed in Step Seven. Now, through remembering that they are historical facts of my life that affected people, shame melts away. They remind me I need never act this way again and are a source of strength.

What is the worst that could happen by learning to love ourselves? That we will live a glorious life today that we each deserve.

~ Paul M., Kauai

She Said: (cont.) **Furthermore, I commit** my life to showing up for myself and others with compassion, kindness, and **complete acceptance**. I cannot control others.

My life is my message, and my message is compassion.

~ Jill R., Kauai

Birthday Celebrations

West Side

- Ala i ke Ola Hou 5:30 pm Last Friday of the month, Smokey Valley Clubhouse. CAKE AND 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

Mary C.	7/20	1979	35 yrs
Kathryn B.	7/9	1982	32 yrs
Wink	7/4	1983	31 yrs
Judith E.	7/14	1984	30 yrs
Jerrie S.	7/17	1984	30 yrs
Gordy W.	7/11	1986	28 yrs
Rick G.	7/4	1991	23 yrs
Paul H.	7/1	1993	21 yrs
Becky	7/31	1995	19 yrs
Lisa D.	7/4	1996	18 yrs
Dave A.	7/9	2004	10 yrs

Congratulations Everyone!!

Sobriety Birthdays

We Publish Sobriety Birthdays In The Month After Their Occurrence.

Expect A Miracle



Water Meeting and BBQ

At Lydgate Park and Pond

This Month August 10th at Lydgate Park

11:00 am Potluck/BBQ, 1:00 pm Meeting in the water



The Last Saturday Supper

At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on August 30th, 7:00 pm

Speaker at 7:45 pm. Sponsored by Koloa Nooners



Steps to Freedom Birthdays

At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month's Potluck August 25th, 6:45pm

Celebrate AA Birthdays. Speaker meeting 7:30 pm

Kauai Farm Bureau Fair



August 21 – 24, 2014

Once again our fellowship will be having an informational booth at the Kauai Farm Bureau Fair!



Labor Day At Kauai's Salt Pond

Monday Sept. 1, 2014 We're celebrating!

Salt Pond Main Pavilion, 9:00am - 6:00 pm.

AA Meetings, Raffle Prizes, Fun for the Whole Family!

Set up at 9:00am

Questions? Call The Kauai AA Hotline at 245- 6677.

A.A. Meeting Places



Hanalei Bonfire

Sunday Evenings At Middles Beach,

Anae Rd., Hanalei

Time is adjusted Seasonally:

● 7:00 pm (Sept. 1 - April 1)

● 7:30 pm (April 1 - Sept. 1)

(Weather Permitting) and BYO Chair/Mat



Men's Retreat at Kokee

"Thus We Grow"

Methodist Camp, Kokee

This Year September 12th – 14th

Contact the AA Hotline for more info: 245-6677

Ice



Cream Social

At Lihue Lutheran Church

(On German Hill)

This Year on September 20th, 1:00pm

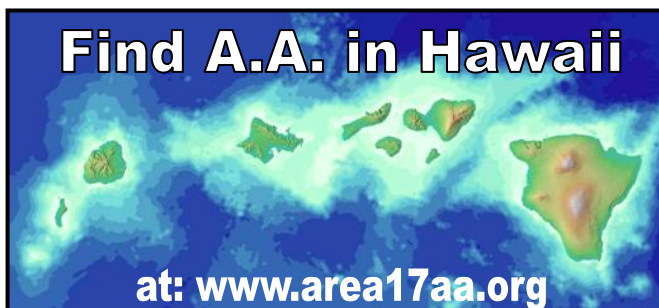


Hosted by AI-Anon

Concept VIII (Respect):

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

- ✓ **Do we understand** the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. grapevine) and the General Service Board?
- ✓ **How can the business** term “custodial oversight” apply to the trustees’ relationship to the two corporate service entities?
- ✓ **Does my home group** subscribe to G.S.O.’s bimonthly newsletter Box 4-5-9? The A.A. Grapevine? Do I?

**Send Area Contributions****ADDRESS IT EXACTLY LIKE THIS:**

Hawaii Area Committee
1253 S. Beretania St., #2107
Honolulu, HI 96814-1822

**The Month of July in Our History:**

July 15th 1938: The first documented use of the A.A. name in our General Service Office Archives. It is in a letter from Bill W. to Willard Richardson (non-alcoholic trustee). Bill started using the name “Alcoholics Anonymous” both as the working title for our book and then as the name for our membership.

July 1936: At Lois and Bill W.’s home on Clinton St., Brooklyn, a group of hard core alcoholics was developing weekly meetings while Bill was receiving strong criticism from the Oxford Group.

July 1942: Opening in New York City, Riverside Hospital, which has the first alcohol treatment facilities for adolescents in the U.S.

July 1949: The first medical journal about A.A. is written by Dr. Silkworth.

July 2, 1955: “The Saturday Evening Post” magazine has a long article written by Jerome Ellison. It is about help for the families of alcoholics through Al-Anon. As of 1955, the article says, there are 700 Al-Anon groups nation-wide.

July 1965: At our International Convention held in Toronto, Canada, Bill led thousands of A.A. members in our “I am responsible” pledge for the first time! It was written by Al S.

July 1967: The American Medical Association passes a resolution identifying alcoholism as “A complex disease and disease that merits the serious concern of all members of the health professions.”

**From ‘Big Book Dave’, Elected Archivist, Interior Alaska
Excerpts July 2013**

~ Submitted by Mathea A.



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

Kauai Intergroup

The Next Intergroup Meeting:
August 2nd, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

June 2014

Income:

Alejandro H literature	3.96
Princeville/Hanalei Book	16.25
North Shore Aloha	140.00
Princeville/Hanalei	209.37
Poipu Beach Sunrise	81.50
Step Sisters	31.00
Koloa Aloha	100.00
Whiskey & Milk	120.00
International Women's Conference	1156.20
Kauai Roundup	8.00
Kappa Library 3 rd Tradition	80.00
Waimea Canyon Group Books	7.00
Happy Hour	30.00
Stick Meeting	50.00

Expenses:

Bob B. 4 th July	500.00
Lynda C. Books	855.00
HI Telecom	25.64
Guardian Self-Service	130.21
Tom R. Schedules	235.41

Balance	2868.32
Less Prudent Reserve	200.00
Less Thankathon	250.00
Total Available	2418.00

~ Prepared by Mike C. ~

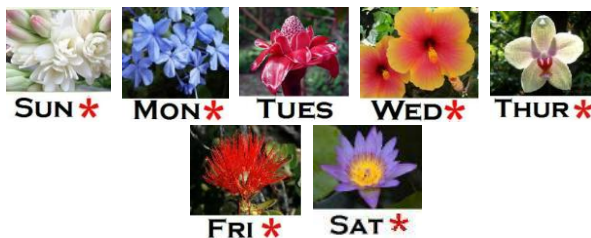
SEND YOUR CONTRIBUTIONS TO:

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



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

Intergroup Officers:

Chair:	Bob B. chair.intergroup@gmail.com
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda
Hotline:	Danette M. hotline.kauai@gmail.com
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

Request a newsletter by e-mail

Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

The Next District Meeting:
August 16th, 9:30 am
The Lihue Neighborhood Center

PI Committee

The Next Meeting on August 16th, at 3:00^{pm}

~ At the picnic tables at Nawiliwili Beach Park ~

publicinfo@kauaiaa.org

District 6 Treasurer's Report

July, 2014

Group Contributions:

Came To Believe Group	10.00
Womens Int Conf Host Com	1032.32
Income July:	1042.32

Expenses:

Delegate Report Back 1/2 airfare	69.00
Office Expense:	54.31
Expenses July:	123.31

Bank Balance:	4732.99
Prudent Reserve	1000.00

~ Prepared by Steve Q. ~

"...let's not forget the generosity of our groups here on Kauai. Whether it's a check for \$10.00 or \$1,032.32, each time the monies are received, the true spirit the Seventh Tradition is passed along", - Steve Q.

SEND YOUR CONTRIBUTIONS TO:

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



Hawaii Area 17 Budget Assembly



Aug. 16 - Aug. 17, 2014

At The Lahaina Civic Center

Hosted by District 13, Tri-Island, Hawai'i

Required attendance: GSRs, DCMS, Standing Committee Chairs and Area Officers.

District 6 Elections

Panel 65

September 20th, 2013

At the Lihue Neighborhood Center

ELECTIONS FOR THE FOLLOWING POSITIONS:

- DCM
- ALTERNATE DCM
- DISTRICT TREASURER
- DISTRICT SECRETARY

EVERY GROUP IS AUTONOMOUS BUT ENCOURAGED BY DISTRICT TO:

- Elect Group Steering Committee Members following Structures & Guidelines, and Service Manual as guides for the voting procedure.
- Elect their GSR before the Hawaii Area 17 Election Assembly Oct., 19, 2014, Puna, HI
- Send their New GSR to vote for the New DCM and District Officers.

The District 6 Committee:

DCM:	Ron A. DCM6@area17aa.org
Alt. DCM:	Alejandro H.
Secretary:	George K.
Treasurer:	Steve Q