

October 2013

Garden Island Sobriety

'Step Ten'

"Continued to take personal inventory and when we were wrong, promptly admitted it"



He said: That sounds simple yes but for me it takes a complete commitment. I enjoyed learning that there are multiple levels in the word "continued". One is in the moment, which could happen any day any time when the situation calls for review. Two is a review at the end of my day. Three would be periodic reviews either alone or with a sponsor. And 4 finally is an annual review.

Step 10 in the moment. This can be as simple as taking a breath and counting to 10 ... or more if needed. Or it can be that I may make a mistake, act angry or selfish and recognize it right away. Then I need to summon the courage to address it and correct it right away. This is probably the most efficient method but also the one that takes the most vigilance.

Step 10 for the day. When I start my day with a form of prayer or meditation and end my day with reflection and evaluation then it seems that the days go better. So "continued" here means for me, continue to review my actions for the day in as objective of manner that I can. But just reviewing is not enough; I have to be willing to correct each issue as it comes up.

Step 10 periodic reviews. I have learned that day to day evaluation is good but if I do periodic reviews that cover larger segments of time in my life, I might reveal trends in my behavior that I can address on a grander scale and perhaps change them once and for all. For me this is the progress in "progress not perfection".

Step 10 annual reviews. Are you ready? Brace yourself! Step 4 doesn't have to be done once and then put away forever. For me the idea of doing a step 4 about once a year seems reasonable and beneficial. As I grow spiritually and act less and less in an ego driven manner I see more and view at a

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She said: I have done my best with taking care of my past, with who I am and where I am. The next step suggests that I set right any "new" mistakes on a daily basis as I live my sober life. In other words, I didn't get sober to continue to mess up my life. I continue to STAY sober and live a life of integrity, dignity, and honor because I respect my sober life. My Higher Power did NOT bring me this far to watch me fail. Failure to me means drinking, using drugs, or taking actions that lead me to using. I want to be useful, effective, and happy.

How then do I continue to stay sober and happy on a daily basis by taking a personal inventory and admitting promptly when I am wrong? MOMENT by MOMENT – living in the NOW! When I awake, during the day, and upon going to bed, I check myself – where is my head, how is my heart, pray, and ask for help.

When things are not going the way I think or plan that they should go, I get upset, argumentative, and emotional. In my using days, I would be enraged, in a bar/restaurant with girlfriends talking smack about whatever and finding someone to cosign my insanity. Probably end up worse than I intended and upon coming to realize the guilt, shame, and embarrassment of my rage – left a nightmare in the wake!

These days, when living in the now, I find myself questioning my honesty. Am I being rigorously honest in this moment? Am I doing my best in this moment? In my relationship with others am I being rigorously honest about my thoughts, feelings, and beliefs or am I just being the insane alcoholic addict reacting to some emotional stimulus? Whatever the case maybe, this doesn't always work, BUT at least I gave it an effort.

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AA Hotline 245-6677

He Said: (cont.) higher levels my actions and responsibilities in my interactions with others. Yearly 4th Step work will reveal new realizations of character defects that did not come to light before.

This step is such a blessing in that it can be accomplished on so many levels. I continue to address the parts of my personality that separate me from the world (anger, selfishness, fear). I will then become closer to the world in a loving and compassionate way and thus closer to God.

~ Jay A., Kauai

She Said: (cont.) For me, Step Ten helps me to make a decision from the choices I have. I have choices! My Higher Power helps me to make the best choice for me today. Staying sober allows me to have choices, direct contact with my Higher Power, and a clear conscience to make the best decisions for my life – the life my Higher Power wants for me – clean, sober, and a woman of dignity.

~ Anonymous on Kauai

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).

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

Jerry V.	9/9	1974	39 yrs
Sheila	9/13	1982	31 yrs
Gabrielle	9/10	1987	26 yrs
Karen	9/19	1989	24 yrs
Dennis C.	9/24	1993	20 yrs
Jack M.	9/22	1994	19 yrs
Dana W.	9/22	2000	13 yrs
Michele R.	9/14	2005	8 yrs
Elaina B.	9/26	2005	8 yrs
Patty C.	9/22	2007	6 yrs

Congratulations Everyone!!

About Publishing Birthdays~

**We Publish All Sobriety Birthdays
On The Month After Their Occurrence.**

To have a Birthday published or corrected in
the GIS Newsletter Please Contact:

District6newsletter@hotmail.com



Halloween

1st Annual

Clean & Sober Halloween Ball!

Fun for the Entire Family

Saturday October 26th 6-10pm
Hanalei Community Center



Live music featuring the North Shore's
OC/DC

Costume Contest, Raffle Prizes!
Tricks & Treats PuPu Potluck!

For more info contact AA Hotline 245-6677



Thank-A-Thon

Thursday, November 28

At The Stone Church, Lihue

(Setup starts at 7:00 am)

Time: 9:00 am – 3:00 pm

Al-Anon Meeting: 11:00 am

AA Meetings: 10:00 am & 2:00 pm

Live Entertainment!

Groups Please Bring the Following:

- 🍁 East Side - Desserts
- 🍁 North Shore - Salads, Vegetables
- 🍁 South Shore & West Side –
Stuffing, Yams & Mashed Potatoes.

We have all the turkeys needed Thank You!

Service positions available:

Set up & Clean up, Water and Coffee stations.



The 5th Annual Mens Retreat

Rocketed into the 4th Dimension!



Kahili Mountain Park, October 25 - 27th

Reserve early! Sleeping is limited to 30.

Costs: \$110 includes: 5 meals by our head & souschefs, 2 nights in comfortable semi-private suite, and a ½ round of "Championship" golf.

To reserve call the AA Hotline 245-6677

- ask for Chris K's contact info.

52nd Annual Hawaïi Convention

November 14-17, 2013



At The Hilton Hawaiian
Village

Waikiki Beach Resort

<http://www.annualhawaiiConvention.com/>

A.A. Meeting Places



Koloa Elementary School Library

3223 Poipu Rd, Koloa

‘Na Wahine Ku Pono’ Women’s Meeting

Mondays at 5:00 pm

(A CLOSED MEETING)



Water Meeting & BBQ

This Month on October 13th, 11:00 am

At Lydgate Pond

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



Last Saturday Potluck

This Month on October 26th at 7:00 pm

At the Koloa Salvation Army Hall

■ Speaker at 7:50 pm

■ Sponsored by the Koloa Nooners



Traditions Checklist

Tradition X:

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

- Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? AlAteen?
- Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
- What in AA history gave rise to our 10th Tradition?
- Have I had a similar experience in my own AA life?
- What would AA be without this Tradition? Where would I be?
- Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

Request a newsletter

by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Find A.A. in Hawaii



at: www.area17aa.org

The Month of September in Our History:

September 1934: A book is published by Richard R. Peabody: "The Common Sense of Drinking." This is one of eleven books, including the Bible, which influenced how the Big Book was written. Richard Peabody, who wrote the 191 page volume, was a recovered alcoholic from the streets of Boston who had a 'religious experience.' Peabody went out to become a Lay Therapist in New York City and open an office near the 'Calvary Church' where Bill W. was attending meetings of 'The Oxford Group' and working with alcoholics. From this book Bill would borrow many phrases when writing the Big Book, such as "Once an alcoholic, always an alcoholic" ... and "Half measures are of no avail."

September 1934: Emmet Fox publishes "The Sermon On The Mount"; A favorite book of our co-founders and "The First 100", before our Big Book was written and to this day is read by much of our membership.

September 1937: Dr. Leonard Strong, Bill W.'s brother in law, writes the Rockefeller Foundation seeking funds for a newly formed group of 'Ex-Drunks' who didn't have a name yet.

September 1938: Fitz M.'s sister Agnes lends Bill Wilson and Hank P. \$1000.00 to help them get through the Big Book project (\$20,000.00 in today's dollars).

September 1948: John McDonnel opened "Pioneer House" in Minnesota, one of the first Alcohol Treatment Centers in the mid-west.

September 17th, 1975: Jack Alexander died in St. Petersburg, Florida, at age 73. There was an article in the December 1975 Grapevine. He played a very important part in our early history of growth and acceptance throughout North America and the World.

By 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

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

Intergroup Treasurers Report

August 2013

Income:

Koloa Aloha	\$ 57.75
Koloa Aloha books & donation	\$ 75.00
Steps To Freedom	\$ 30.00
Hui Ohana	\$525.00
Hui Ohana GIS	\$ 75.00
Sunday Serenity	\$192.80
Wed. Daily Reflections	\$150.00
North Shore Aloha	\$ 40.00
Books	\$ 8.00

Expenses:

Bob B. – Labor Day	\$200.00
Hi Telcom	\$ 25.54
Guardian Self-Storage	\$114.58
Inkspot (GIS)	\$150.00
Lihue United Church (Thanksgiving day)	\$215.00

Balance	\$3916.48
Less Prudent Reserve	\$ 500.00
Total Available	\$3416.48

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

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



Kauaiaa.org

Visit Our Website!

- **Kauai AA meeting schedule**
- **Kauai AA Events Calendar**
- **Link to other Hawaiian island websites**

website.intergroup@gmail.com



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: 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.

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

Please include "District 6" & Group Name on check



District 6, Kauai:

The Next District Meeting:
October 19th, 9:30 am, at
The Lihue Neighborhood Center

District 6 Committee:

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

District 6 Treasurer's Report

September, 2013

GROUP CONTRIBUTIONS

Wed. Daily Reflections	150.00
North Shore Aloha	110.00
Princeville/Hanalei Group	249.00
Income September:	509.00

EXPENSES

GSR travel. TGIF	87.50
GSR travel. Sunday Serenity	93.60
Princeville/Hanalei Group	100.00
Expenses September	281.10

BALANCE	3230.33
PRUDENT RESERVE	500.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

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

