

July 2012

# Garden Island Sobriety

'Step Seven'

“Humbly asked Him to remove our shortcomings”



**He said:** “Humbly asked Him to remove our shortcomings” is the shortest of all of the 12 Steps (only 7 words). And the Big Book only addresses this step in 1 paragraph. So, how important can it be?

**When I first** approached this step, my sponsor asked me to look up “humble” in the dictionary, and I thought I’d start this article by looking it up again. I was pleased to see this definition (according to Dictionary.com): “1: *not proud or arrogant; modest: to be humble although successful.*”

**I’ve often heard** alcoholics described as having “an over-inflated ego with a lack of self-esteem”; humility is not in our nature.

**The ‘theme’ of** my drinking career was punctuated with the underlying belief “don’t you know how important I am?!?!” And, I took great pride in my ability to control and manipulate others, and when they refused to recognize my superiority, I drank to cope with the anger and resentment. How can I possibly give this up?

**In Step 6,** we’ve been asked to “find a place where we can be quiet for an hour”, and to “carefully review what we have done.” Have we truly accepted our powerlessness over alcohol? Have we ‘come to believe’? Have we made the decision to turn our lives over to God? Have we listed our defects of character, and shared them with another? Now, in Step 7, I’m being asked to give my defects of character to a Power greater than myself.

**The 12 x 12** tells us the indication that we are developing humility is evident in our growing relationship with God. As we acquire the faith that our Higher Power knows better than we do, we begin to experience peace and serenity. And by now, have felt moments of calm, when we step out of the “driver’s seat.”

**We’ve heard** countless examples from other alcoholics  
(continued on page 2)



**She said:** My experience with Step 7 is that after ‘Humbly asking God to remove my shortcomings’ some time went by, I don’t know exactly how long, some months I guess, and then one day I realized that something had happened to me! I don’t know when, and I don’t know how, but one day when confronted with a situation that used to always make me angry, I wasn’t angry at all. I responded to the situation with an inner calm and when I heard myself talking, it sounded like someone else. It didn’t sound like me at all. I was amazed! I mean really blown away.

**Who was that** person?! How did *those* words come out of *my* mouth? How and when did I change?

**I have heard** a lot of people in the AA program share similar experiences. Somehow God did for us what we could not do for ourselves! Our buttons should have been pushed but somehow they disappeared. It is these experiences that have given many of us hope and even proof that our personality quirks can be changed by a power greater than ourselves. Step 7 has been like that for me but it is also a Step that begs for repetition .

**There is one** example of this in my life that I will never forget. Several years down the road of sobriety I found myself in a power struggle with someone who I dealt with almost every day. My emotional buttons were being punched like mad and for the life of me I could not turn the situation around (key word here ‘I’). Try as ‘I’ might the peaceful interaction that ‘I’ sought eluded me. ‘I’ could not keep myself from reacting emotionally.

**Finally I admitted** defeat. Surrendering completely to my own powerlessness and collapsing on the stairwell in my home, I called out to God for help. I did not use a lot of complicated words in my request,  
(continued on page 2)

**He Said:** (cont) whose stories (often not different from our own), prove that faith in a Power greater than ourselves does restore sanity, and rebuilds lives.

**In the light** of all of this evidence, is it really hard to believe that asking God to remove our shortcomings (and having the faith that He can do it), is the turning point where we finally get out of God's way?

**I like the** dictionary definition of 'humble' because it suggests that I can be humble and successful; that the two concepts are not mutually exclusive. But, what the dictionary doesn't tell us (and the Big Book does) is that, that success comes free of charge through God.

Yours respectfully,  
Jon S.

**She Said:** (cont) but simply said, "God, I know what I need to do, but I don't know how to do it. Please do it for me." Then I just waited.

**Within a few days** the perfect mood and timing came for me to say what was needed to clear the air. Again I marveled at what came out of my mouth and how I felt about the whole situation. Somehow I was changed on the 'inside'.

**It was not** the particular words in my call to God that made the difference in my struggle. It was my arrival to a state of humility before calling to God for help, and then waiting for God's timing that mattered.

Just how it works for me,  
~ Linda B.

## 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!

### ~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](mailto:District6newsletter@hotmail.com)

## Happy Birthday

Tom W.	6/17	1959	53 yrs
Jeanine B.	6/1	1984	28 yrs
Jon S.	6/4	1987	25 yrs
Kathleen	6/1	1989	23 yrs
Bill E.	6/26	1989	23 yrs
Gary F.	6/1	1990	22 yrs
Linda W.	6/24	1991	22 yrs
Ron A.	6/1	1994	18 yrs
Chris	6/11	2000	12 yrs
Romeo G.	6/20	2000	12 yrs
Tom C.	6/6	2005	7 yrs
Joe C.	6/1	2007	5 yrs
Chandra	6/15	2007	5 yrs
Jude H.	6/19	2007	5 yrs
Pirie I.	6/28	2007	5 yrs

**Congratulations Everyone!!**

**Request a newsletter**

 **by e-mail** 

**Contact us at:**

[District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)



# Family Potluck & BBQ

At Poipu Beach Park  
'Main Pavilion'



### What will be Provided:

**Hotdogs \* Hamburgers \* Fixin's  
Beverages \* Games \* Prizes  
and Live Music!**

**Please bring Pupus, Salads,  
Side Dishes & Desserts**



- 8:00 am **Set-Up Begins**
- 10:00 am **A.A. Meeting**
- 12:00 pm **Barbecue – Potluck – Fellowship**
- 2:00 pm **Al-Anon Meeting**
- 4:00 pm **A.A. Meeting**
- 6:30 pm **Clean-Up Begins**

**Southside FIREWORKS start at 10:00 pm!!**

Hosted by:

~ Koloa Aloha & Poipu Sunrise Sobriety Groups ~

**Questions? Call the AA Hotline at (808) 245-6677**



**WILL BE IN KAUAI JULY 29<sup>TH</sup>**

**11:30 a.m.**

**At The Kapaa Neighborhood Center**

The 62<sup>nd</sup> General Service Conference of Alcoholics Anonymous in the United States and Canada met on April 22-27 at the Hilton Rye Town, in Rye Brook, New York; the theme was "Anonymity: Our Spiritual Responsibility in the Digital Age."

Linda will be giving us (Kauai - District 6) her 'Report Back' from this 2012 General Service Conference.

For GSO notes on what occurred at this conference go to:  
[http://www.aa.org/en\\_pdfs/en\\_box459\\_summer12.pdf](http://www.aa.org/en_pdfs/en_box459_summer12.pdf)

**On Saturday, July 28, 8:00 pm  
At the Koloa Salvation Army Hall**

**Linda McD. will be sharing her own  
"Experience, Strength and Hope"**

**After the 'Last Saturday Supper' Potluck**



~ Sponsored by The Oasis Group ~



## H.I.C.Y.P.A.A. 2012

(Hawaiian Islands Conference of Young People in AA)



**September 28<sup>th</sup> - 30<sup>th</sup>, Camp Naue**

**Food, Fun, Fellowship, Camping, Hiking, Swimming,  
Speakers, Meetings, Music and Relaxation!**

Registration Form is at: <http://www.kauaiaa.org>

Have questions? Email: [hicypaa2012@kauaiaa.org](mailto:hicypaa2012@kauaiaa.org)



# Founder's Day Review

Celebrating of 77 years of AA  
1935 - 2012

Here are some comments from members that attended the event on Kauai, held on June 10<sup>th</sup>

“Good. I liked the movie. I definitely will come again!”

“I really enjoyed founder’s day. However, it boggles my mind that only 25-30 people showed up! Don't they realize the importance and significance of the day?

When I lived on the big island, it was the most important activity of the year. Games were played among groups (AA info & history questions). There were sports competitions etc. Historical displays were always up; standing chair exhibit boards to give members some idea of service.

I liked the movie very much, but do wonder if that is what kept folks away. Maybe it could be a question on the "group inventory" later this year. I am really concerned about the apathy around service on this island. I know: "if you don't like it, go back to where you came from".

I was taught early in my sobriety (in the first 90 days) that service is a key component of sobriety--it gets me out of myself, and lets me be of service to my fellow alcoholic.

I am so grateful for the "core group" of alcoholics who are being of service on KAUAI! Mahalo for a wonderful day!”

“Hey thanks to The TGIF Nooners group for sponsoring June 10th's Founders day celebration. It was great, like a mini version of a Thank-a-thon. The decorations, the food, the fellowship and the fun was AWESOME. I especially enjoyed seeing 35 AA's sitting quietly as we watched the TV movie "My Name Is Bill W. Well Done My Friend. I look forward to another one next year.”

“Good. Perfect. Some people left early. I liked the movie. The food was great.”

“Really good event, fantastic idea, we have to do it again, and get the other island’s areas to come.”

“Amazing how we gathered to celebrate our Founder and realize the same solution as Bill. The Power of one Alcoholic, talking to another Alcoholic sharing experience, strength and hope.”

“Good job and thanks to all that made this event so great. Enjoyed myself!”

# The Concepts Checklist

**CONCEPT VII:** (Short Form) *The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.*

- ✓ Do we act responsibly regarding the “power of the purpose?”
- ✓ Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?



## Concept VII for World Service

By Bill W. as adopted by the 12<sup>th</sup> Annual General Service Conference of Alcoholics Anonymous on April 26, 1962

***The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purpose for its final effectiveness (long form).***

**This concept may appear to be contradictory;** it may look like the collision of an irresistible force with an immovable object. On the one hand we see a Board of Trustees which is invested with complete legal power over A.A.’s General Service Conference which is clothed with such great traditional influence and financial power that, if necessary, it could overcome the legal rights of the Board of Trustees. It can therefore give the Trustees directives and secure compliance with them – practically speaking...

**The history of this development** is interesting and important. When in 1950 the Conference Charter was drawn, this question of where the final authority ought to rest was a very moot matter. Would the Conference have the last word, or would the Trustees?

...To accomplish this objective, we considered all kinds of devices. We thought of incorporating the Conference itself, thus placing it in direct legal authority over the Board. This would have meant that all Conference members would have had to have a legal status... We also considered the idea of country-wide elections for all Trustees. But this procedure would have produced a political shambles... We next inquired whether the Conference itself could not both nominate and directly elect our Trustees... How, then, could such a body nominate and elect alcoholic and nonalcoholic Trustees of a top managerial caliber? Clearly there could be no reliable method for doing this. Very reluctantly, we had to drop the idea.

**It thus became obvious that new Trustee** choices – subject to Conference approval – would still have to be left pretty much to the Trustees themselves... the Conference was given the right to reject, but not to elect, new Trustee candidates.

**It was out of these considerations** that our present Conference Charter was developed, a structure which clearly gives the Conference a final and ultimate authority but which nevertheless legally preserves the right of the Trustees to function freely and adequately, just as any business board of directors must... Trusted servants at all A.A. levels are expected to exercise leadership, and leadership is not simply a matter of submissive housekeeping. Of course leadership cannot function if it is constantly subjected to a barrage of harassing directives...

**Now we come to another interesting question** often raised by new General Service Board Trustees. They say, "We Trustees have certain rights and duties which are legally established by our Charter... We should have a perfect legal right to say 'no' to anything and everything that the Conference wants."

**Our Trustees certainly do have this absolute** legal authority, but there is nothing in their Charter that *compels* them to use *all* of their authority *all* of the time. They are quite at liberty to accept advice or even direction from anyone at all. They can simply refrain from using their absolute legal right to say "no" when it would be much wiser, all things considered, to say "yes." Just as the Conference should avoid the overuse of its traditional authority, so should the Trustees avoid overuse of their legal rights.

**If, therefore, in the years ahead,** the Conference will always bear in mind the actual rights, duties, responsibilities, and legal status of the General Service Board, and if the Trustees in their deliberations will constantly realize that the Conference is the real seat of ultimate service authority, we may be sure that neither will be seriously tempted to make a "rubber stamp" out of the other. We may expect that in this way grave issues will always be resolved and harmonious cooperation will be the general rule.

*(Published by General Service Office of Alcoholics Anonymous®)*

# Kauai Intergroup

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

## **A.A. 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**

## **AA Hotline 245-6677**

### **Suggested Requirements for Hotline Volunteers**

**It is asked** that you have one year of sobriety, a local phone number, are familiar with meeting locations have a sponsor, and are actively working the steps.

## **Kauaiaa.org**

**Visit Our New Website** for meeting schedules and a 2012 events calendar. The website committee contact email is: [website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

### **SEND YOUR CONTRIBUTIONS TO:**

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



## **Intergroup Officers:**

Chairperson: Bob B.  
Alt. Chair: Kathryn B.  
Treasurer: Mike C.  
Secretary: Susan Ok. [secretary.intergroup@gmail.com](mailto:secretary.intergroup@gmail.com)  
Recording Sec: **OPEN**  
Literature: Danette M.  
Alt. Lit.: Mark M.  
Hotline: Damione [hotline.kauai@gmail.com](mailto:hotline.kauai@gmail.com)  
Events: **OPEN**  
GIS Editor: Linda B. [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

# District 6, Kauai:

Next District Meeting July 21<sup>st</sup>,  
9:30 am, Lihue Neighborhood Center

**Notice: The District 6 Meeting in July is at  
A Different Time and place than usual!**

## From The Alt. DCM

Howdy fellow AA's,

I hope this finds you Healthy and Happy and enjoying your Sobriety. One of the activities I have found that greatly increases my level of Joy is service work. Not just to my fellow AA's but to those millions out there who haven't found us yet.

Information pamphlet racks are spread throughout communities all over the world. At last inventory we have 38 pamphlet racks here on Kauai. Some racks are kept full, but most of the racks need more attention, more pamphlets put out more often. We have come up with a way that should help this situation. We made up kits containing meeting schedules and pamphlets to service a few racks once a month or so. It allows another way for you and your group to carry its message to the Alcoholic who still suffers.

"Adopt a Rack program" has started here on Kauai and this is how to get involved. Each group has a GSR representing them (or should have) at the District level. Ask your GSR at the next business meeting that you would like a Public Information (PI) person in your group. This person would be in contact with the PI person on the District Committee who is me JD (808 482-1450 [gottmajic@hotmail.com](mailto:gottmajic@hotmail.com)).

For simplicity sake (and not to overburden your GSR) I will arrange getting you your Kit which includes the location of the racks on the Island and a contact list of the other Kit holders so it is easy to coordinate which racks you will cover. This way all racks can be serviced and made available to the public, information (and clear up dis-information) about Alcoholics Anonymous. If even one life is saved by taking this action, is it not worth it?

In Love and Gratitude, JD

## District 6 Committee:

DCM: Mo L.  
Alt. DCM: JD [district6altdcm@gmail.com](mailto:district6altdcm@gmail.com)  
Treasurer: Alejandro H.  
Secretary: OPEN  
Public Info.: OPEN

## District 6 Treasurer's Report

JUNE 2012

Group Contributions	
Sunrise Sobriety	\$150.00
Koloa Aloha Group	\$75.00
TGIF	\$10.00
Sunday Serenity	\$49.00
<b>Total Group Contributions</b>	<b>\$284.00</b>
Expenses	
Dcm Reg. Budget Hilo	\$25.00
Dcm Committee Meeting	\$244.90
<b>Total Expenses</b>	<b>\$269.90</b>
<b>Prudent Reserve</b>	<b>\$500.00</b>
<b>Cash Available</b>	<b>\$2025.97</b>

~ Prepared by Alejandro H. ~

### SEND YOUR CONTRIBUTIONS TO:

Kauai District Committee  
P.O. Box 1503, Kapa'a, HI 96746  
Please include "District 6" & Group Name on ck

## Service is Sobriety

Our Area 17  Delegate is  
Linda McD.

[delegate@area17aa.org](mailto: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 check