

June 2019

# Garden Island Sobriety

'Step Six'

**“Were entirely ready to have God remove all these defects of character.”**



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

So here we are at step 6. The 12x12 begins with the line " This is the step that separates the men from the boys". My favorite is "This is what separates the pickles from the cucumbers". Whatever metaphor you choose, this is where some of the hardest work comes into play for me.

I had accepted being an alcoholic, was willing to embrace a higher power and had gone honestly (as I could) through my past, seeking to resolve my resentments, and confront the roots of my fears.

My character defects have been with me a long time. Some since childhood and others I've picked up along the way. Some I didn't even know I had until I entered the rooms of AA.

I believe pain has been my biggest motivator. When I was drinking and drugging I had to hit a very hard and painful bottom before I became willing to surrender to my higher power and have the obsession removed. Unfortunately for me it's been the same at times regarding my defects. I can be aware of a defect and take action on it, but if I'm not willing to give it over then it doesn't take very long before I'm right back to my old ways.

The cycle continues until I'm willing to have my higher power remove it. At times I've had to do a 4th Step to find out exactly what the real problem is. Once I'm honest with myself and do the work, I'm able to 'let go and let God'. Without the work and prayer, it becomes pain management and that takes me to a place I do not want to be.

I was given the book 'Drop the Rock' a while ago and it has really helped me with my 6 & 7 Steps. I could identify with so much in those pages. There is a lot of

*(Cont. p. 2)*



**She said:** This Step suggests that as recovering alcoholics on the road to recovery, we strengthen our commitment to this process. We have completed the first 5 Steps and must double our efforts with an even stronger faith in a power greater than ourselves.

We have discovered our defects of character through the previous steps and now it is time to be willing to let go. It's possible at an earlier stage in our lives those character traits were useful, while we were in our disease, but the time has come to let them go to make room for a new life to take shape. If we are not completely willing to let them go, we ask God to help us to be willing.

This Step is a quiet time to be in communion with our higher power. We sit quietly without distraction to give ourselves time with our Creator. After I completed my 5<sup>th</sup> Step, I followed the suggestion in the Big Book by finding a quiet place to reflect on what I had just done. My cottage was the perfect place. I shared my place with my longtime canine companion "Honey". My dog had been with me for many years and I suddenly became aware of a change in her. She was calm and attentive. I realized she hadn't had an accident in our home for quite some time. The barking had stopped. She was genuinely at peace. Then it hit me! She was benefiting from the AA program. It dawned on me, that if I could see such a positive change in her, I must also be changing. My gratitude was immense. Any reservations I might have had about be willing to let go of character defects, vanished. This was real! This was happening, and it was happening to me!

Today when I think my progress has stopped, I am reminded of my beloved dog, Honey, and how her

*(Cont. p. 2)*

Birthdays p.2 Meetings, Activities p.3  
AA Archives p.4 The 12 Traditions p.4

**AA Hotline 245-6677**

**He Said** (cont.,) help out there and some beautiful people willing to walk with you down the path. Hopefully you don't have to go through the pain to do the work!! Aloha till next month.

~Conrad M., Kauai

**She Said** (cont.) life had been enriched with the 12 Steps. She was my Ala-pup. Today, I can see those same amazing changes in others and know that we are all trudging the road of happy destiny! May God Bless.

~ Michelle E., Kauai

# Happy Birthday

Tom G.	5/20	1981	38 yrs
Kathleen P.	5/21	1982	37 yrs
Cindy C.	5/12	1985	34 yrs
Joy	5/20	1992	27 yrs
Mary L.	5/1	1993	26 yrs
Susan D	5/13	1993	26 yrs
Uncle Tim	5/13	1994	25 yrs
Kat	5/2	2000	19 yrs
Catherine G	5/23	2002	17 yrs
Dana M.	5/23	2002	17 yrs
Annie	5/1	2004	15 yrs
Will L.	5/14	2005	14 yrs
Leilani K.	5/14	2005	14 yrs
Donna Jo	5/5	2005	14 yrs
Lindsey W.	5/17	2006	13 yrs
Sean F.	5/20	2007	12 yrs
Jackson O.	5/8	2007	12 yrs
Jennifer A.	5/5	2008	11 yrs
Lori M	5/10	2008	11 yrs
Jesse P	5/21	2011	8 yrs
Corey N.	5/28	2012	7 yrs
Leslie H	5/12	2013	6 yrs
Liz	5/10	2014	5 yrs

**Congratulations Everyone!!**

# 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!**

**Expect A Miracle**

# A.A. Activities



**JUNE 2 at 10:00 am**  
**\$20,00 per team**

Kauai – Kukui Grove Mall  
Oahu – Magic Island Parking Lot  
Maui – Lahaina Alano Club  
Hawaii – Kona Old Airport



## The Happy Hour Cookout

**June 8<sup>th</sup>, 2:00 pm**

**At Nawiliwili Beach Park**

Cookout & Games. Meeting is a 5:00 pm



## Steps to Freedom Birthdays

**Potluck This Month June 24<sup>th</sup>**

**6:30pm, Kapa'a United Church of Christ**

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



## WCG at Kekaha-MacArthur Park

**This Month on June 28<sup>th</sup>**

**5:30pm Meeting then Birthday Potluck**

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



## 4th of July

**At Poipu Beach Park**

**'Big Pavilion'**

## Family Potluck & BBQ

- North Shore – Desserts
- East Side – Main Dishes
- South Side – Pupus
- Hui Ohana will provide Hamburgers / hot Dogs

# A.A. Meeting Places



## The Big Pavillion at Poipu Beach Park

Meeting: Sunday 7:00 am, The Koloa Aloha Group

'Daily Reflections'

## A.A. Founders Day

**Sunday, June 9th**

**2:30 pm to 6:00 pm**

## Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

**SPEAKERS!! Food, Fun & Fellowship**



**Bill Wilson** - Bill Wilson was the co-founder, along with Dr. Bob Smith, of Alcoholics Anonymous in 1935.

Bill was the primary author of the "Big Book" of Alcoholics Anonymous, and was

the driving force to turn a small group of alcoholics in Akron, Ohio during the late 1930s into a worldwide organization. Bill Wilson believed "one alcoholic talking to another" was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the "Meeting" concept.

Bill Wilson died in 1971, with almost 36 years sober.



**Dr. Bob Smith** - Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935. "Smitty" or "Dr. Bob", as he was known to AA friends, was instrumental in assisting Bill Wilson turn a small group of recovering

alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization.

Bob Smith died in 1950, with 15 years of sobriety.

## The Month of June in Our History:

**June 1935:** It was a very difficult and uncertain time. Our country was in the grip of a major economic depression. Millions of Americans were homeless and jobless. The men were selling apples on the corners of America for 2 cents each and a war was imminent as Europe moved closer and closer to what would become World War II. But, in a modest house in Akron, Ohio, a movement was started that would change the lives of millions of people for the better, world-wide.

**What began in June 1935** when Dr. Bob sobered up for good with Bill W's help was not only our community, our organization, our fellowship, it was also the birth of a new and revolutionary idea; that when alcoholics talked to each other about their common problem – they could stay sober!


**Medicine hadn't been able** to offer hope of long term abstinence. Religion hadn't done it. Psychiatry hadn't. What was needed were not lectures or sermons.

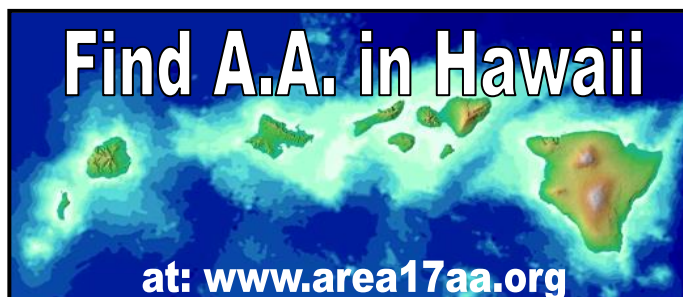
**Bill and Dr. Bob's secret to sobriety** lay in the simple process of one alcoholic identifying with another. This identification has proved so powerful that it crosses all differences of gender, race, culture, language and nationality.

**Today there are approximately 3 million** active AA members located in 181 countries. The sun never sets on AA.

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

~ Submitted by Mathea A.

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



### Tradition VI:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
- Should the secretary of our group serve on the mayors' advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

## New Address

↓  
**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



# Kauai Intergroup

**The Next Intergroup Meeting:  
June 1<sup>st</sup>, 9:30 am  
The Lihue Neighborhood Center**

## Intergroup Treasurers Report

### May 2019

#### Income:

Step Sisters	7th	27.13
Waimea Canyon	7th	15.00
Happy Hour	7th	106.00
Hui Ohana	7th	125.00
Literature		189.00

**Total Deposits** 462.13

#### Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	26.00
Ink Spot	Newsletter	150.00
Bank of Hawaii	Service Fee	2.50
Literature	Books	<u>653.25</u>
<u>Travel &amp; Conference</u>		275.00


**Total Expenses** 885.55

Bank balance 2468.23  
Less Prudent Reserve -1050.00

**Operating Balance** 1418.23

~ Report prepared by Aaron W. ~

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



## Need Literature?

➔ **Get It At The Intergroup Meeting!**

- \*Books\*
- \*Pamphlets\*
- \*GIS Newsletter\*
- \*Meeting Schedules\*

## Kauaiaa.org

### 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)

## GRAPEVINE Quotes of the Day

June 2, 2018

"As we listen to one another's anxieties and problems, we understand that it's not what's happening to you ... it is how you cope with it, survive it, and don't give up and drink over it ... dashed career hopes, unrequited love, crippling disease, poverty, approaching death.

Together we face it, equipped only with the vast, previously undiscovered resources of power within us, which faced and conquered alcoholism for us."

"Beyond the Generation Gap," Saratoga, California, August 1985, The Home Group: Heartbeat of AA

# District 6, Kauai:

The Next District Meeting:  
June 15<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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



## DCM Report



Aloha Kakou,

On May 11th I attended a workshop at Poipu Beach hosted by our Grapevine Committee Chair Jonathon D. What is the Grapevine? It is the international journal of AA in print, digital and audio. It is a lifeline linking one alcoholic to another. Why subscribe to it? Reading the Grapevine is a great way to connect to the fellowship, get helpful sobriety tools, and read powerful, thoughtful articles written by an array of recovering alcoholics at varying lengths of sobriety.

I love reading the Grapevine yet it never occurred to me to submit an article to it. I had a realization at the workshop about this. I wasn't sure I was qualified and I didn't think I had time. This was one of those thoughts I had that I didn't know I had. A dear friend in the program always says, "you don't know what you don't know". However, while at the workshop, Jonathon gave us a list of topics (a long list) for us to choose from and basically told us, "have a beginning, a middle and an end and make it between 300-1800 words". Once I had some direction, an explanation and encouragement, it suddenly seemed easy!

From the list, I chose "Going Back to School" as my topic. I wrote my article in about 30 minutes. While writing my article, I had another realization. I didn't regret my past and didn't want to shut the door on it. I'm proud, happy and grateful to be where I am in

my program today. Maybe my article will get published and help another alcoholic with their sobriety. This is why I love attending workshops and AA events all over the island. It gets me out of my comfort zone, introduces me to new ideas, people and activities and enlarges my spiritual life.

I have a new appreciation for the Grapevine and feel more connected to it and to the alcoholics who have been submitting their stories since 1944. Thanks to Jonathon for hosting this workshop and for being the Grapevine Standing Committee Chair.

We have several other Standing Committee Chair positions that really need to be filled. These are positions that provide outreach to the sick and suffering alcoholics that may have never heard of us or are uninformed about our great society. **Public Information**- distributes literature to hospitals, Dr. offices, libraries, schools, police stations, treatment facilities and coordinates events like the County Fair, Gratitude Luncheon, speaking in schools to educate the public about AA. **COOPERATION WITH THE ELDER COMMUNITY**- coordinates service work to older alcoholics in hospitals, medical clinics, nursing homes and treatment facilities. **ARCHIVES**- makes the history of AA on Kaua'i, accessible to AA members and provides a context for understanding AA's progression, principles and traditions. **TREATMENT**- coordinates service work to individuals in treatment and outpatient settings.

**Upcoming District Events:** July 4th- Hui Ohana 4th of July Bash with our Hawaii Area Delegate Coleen from Maui attending. AA meeting starting at KCC AA signs being placed on County buses In June I will be attending the Committee Meeting in Hilo. This a meeting for all the DCM's, Area Officers and Standing Committee Chairs. We will be discussing the budget for our Area for 2020. I will share this info with GSR's to be voted on at the Budget Assembly in August. The District meeting is held the 3rd Saturday of each month at the Lihue Neighborhood Center. Everyone is welcome to attend. Service positions are available. Please come and help the District better carry the message to the alcoholic who still suffers.

**Thank you for letting me be of service!**  
Janice M.

Thank you for letting me be of service,  
~ Janice M., [dcm6@area17aa.org](mailto:dcm6@area17aa.org)