

April 2016

Garden Island Sobriety

'Step Four'

“Made a searching and fearless moral inventory of ourselves.”



He said: There are a lot of fun activities to do in recovery. Performing a personal inventory is not one of them. It is a vital step though, because even one resentment left to fester in the closet can cause the spirit to needlessly suffer the perceived injustices and fears that continue to replay in the present-day mind's eye. And how blind that eye is when it is overshadowed by the voice of addiction and self-centered perception. I don't know a single alcoholic that doesn't think they are the victim in some way at some point in their own life. In my experience, it's due to the bondage of slavery to their baggage, and the unwillingness to part with past harm. Imagined or real, they have become intertwined with an inflated sense of self. What to do about these causes and conditions that have led us to this pivotal moment in our recovery?

Thankfully, there is a “fact-finding and a fact-facing process” (pg. 64) that allows us to rid ourselves of things that are blocking us from the “sunlight of the Spirit” (pg. 66). **Inventory of self.** It requires courage. It requires honest self-appraisal. It may require a lot of forgiveness to finally see our side of the street clearly. It doesn't require a lot of dumping at meetings, letting others sift through the wreckage to validate our feelings. (That last part's a pet peeve.) Inventory has us look at whom we've harmed with our misconduct (sexual or otherwise), our fears, and our resentments. There are many ways to do an inventory, but I have found doing them directly from the Big Book keeps me from going off the beaten path.

The Big Book states on pg. 65 that “nothing counted but thoroughness and honesty.” Having done a weak inventory and a stronger one, I would add that timeliness is a critical component. The Book urges us

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She said: Dear Reader, I think with this April missive on the Fourth Step, I will stop my practice of writing the steps in the first person. Because it is dawning on me (like a ton of bricks) that I couldn't have taken any of our Twelve Steps without others' help. Not even the seemingly “me and God” ones; so far – 1, 2, and 3.

I had to have others show me and tell me what these steps were like for them. Also known as listening to others' experience, strength and hope. And it was because I saw and felt that something had happened for them, I became willing to try The Steps, also. *“Maybe this will work for me, too.”*

When I came to Step 4 – though it did require a lot of time alone with a pen and paper, writing – I could not possibly have done this step without a sponsor, nor without other friends in the program encouraging me. So I am realizing right now something that is probably obvious to others: The Steps are written in the plural “we” because we need each other to work them.

Ending our isolationism and “terminal uniqueness” is one of the big things that happens for us as we work The Steps. Thus, the phrase: It's a *we* program.

The Fourth Step passage in the *Big Book* begins with mention of “vigorous action” and “housecleaning” – two things about which I am *not* naturally enthusiastic. I needed some encouragement to even get started. My sponsor used what she called the “garage cleaning metaphor” when she talked to me about this inventory of myself. It helped me stop balking and get on with it. Here's how it works.

A garage is often a prime place where stuff piles up and gathers dust, without anyone taking a good look at “do we still need this?” (Not unlike some of my knee-jerk reactions and habits.) When I finally put on

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He Said: (cont.) to “launch out on a course of vigorous action, the first step of which is a personal housecleaning” (pg. 63). I have known fellows that get stuck on this step, morosely sharing that they don’t see the joy in recovery. Can you see why? Who would like to stay in their doom and gloom (i.e. causes and conditions) of their spiritual sickness for years? Untreated alcoholism thrives on procrastination and the self-pity of past wrongs done by us or to us. Maybe I am being too harsh. Ask a Sponsor. You’ll most likely need them for the next step anyway.

~ D., Kauai

She Said: (cont.) grubby clothes and tie a rag on my head and start cleaning a garage, it’s not that hard. Open the can of paint and it’s dried out? Trash. Find a baby crib that’s never going to be used again in this household? Oh, the Y’s are having a new baby, let’s see if they want it. Oh, look, here’s the burned out lawnmower! We’ve been using the new one for two years. Let’s give that to the repairshop guy and he can cannibalize it for parts. Hey! Here’s my old bicycle. I’ve been saying I need to get more exercise. I’ll tune it up and get back on it.

When I review my life, taking stock honestly with the Fourth Step guidelines in the *Big Book*, I can begin to see patterns in my actions, thoughts, feelings and reactions *that may no longer serve me* – not any more than a can of dried-out paint. I become *willing to let go* of useless clutter and create space in my mind, my heart and my life for good things. Look at it this way and this is a joyful process!

~Diana L., Kaua`i

Happy Birthday

John G.	3/2	1972	44 yrs
Dick W.	3/17	1973	43 yrs
Pat Q.	3/7	1977	39 yrs
Bebe S.	3/10	1980	36 yrs
Gerry J.	3/4	1981	35 yrs
Dave G.	3/7	1987	29 yrs
Judy B.	3/2	1987	29 yrs
Larry	3/24	1987	29 yrs
Julie M.	3/1	1987	29 yrs
Ed H.	3/14	1988	28 yrs
Kelly	3/4	1988	28 yrs
Norman P.	3/1	1991	25 yrs
Kathy	3/12	1997	19 yrs
Julia O.	3/11	1997	19 yrs
Sherwood C.	3/17	1998	18 yrs
Bill E.	3/17	1999	17 yrs
Heather C.	3/10	2004	12 yrs
Julie H.	3/30	2004	12 yrs
Jennifer C.	3/5	2005	11 yrs
Eddie	3/1	2005	11 yrs
Linda R.	3/20	2006	10 yrs
Mike H.	3/5	2008	8 yrs
Cindy T.	3/14	2008	8 yrs
Susan O.	2/2	2009	7 yrs
Kelsey B.	3/6	2011	5 yrs
Brandi R.	3/1	2013	3 yrs
Curtis K.	3	2014	2 yrs
Brian	3/25	2015	1 YEAR

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).**

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!**

A.A. Activities



The Happy Hour Cookout

April 17th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



AA Potluck in Hanalei

This month April 24th

At "Bathrooms" Beach Picnic Tables

Last Sunday of every month, 5:00 pm to 7:00 pm



Steps to Freedom Birthdays

This Month April 25th

6:45pm, At Kapa'a United Church of Christ

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



Came to Believe - Pizza Night

This Month April 27th

6:00pm at Saint Michael's Church Lihue

Every last Wednesday of the Month



WCG at Kekaha-MacArthur Park

This Month on April 29th

5:30pm Meeting then Birthday Potluck

Every last Friday (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset

A.A. Meeting Places

Saint Michael's Church



Photo ~ Alejandro

"Came to Believe"

Wednesdays at 6:00 pm

This meeting is held in the Community Room.
4364 Hardy St., Lihue (Corner of Hardy & Umi St.)

Kauai Round-up 2016

June 17-19, Kumu Camp, Anahola Beach Park

"Our message is hope, the promise is freedom"

The Registration Flyer is at

<http://www.kauaiaa.org/calendar2.html>



Big Island Bash

~ Easier, Softer Way ~

May 6, 7 & 8, 2016

The 28th Annual Big Island Bash

An AA and AI-Anon Activity held at the magnificent

Sheraton Keauhou Bay Resort and Spa

www.bigislandbash.com



March in Our History:

March, 2016: One of our old-timers moved on up to the Big Meeting two months ago. His obituary was in the San Francisco Chronicle on Jan. 15th. Dr Earle M. born August 3rd, 1911, graduated University of California, Berkley, where he was an Associate Professor. Dr Earle was a World War II veteran in the Navy. In later years he became Chief-of-Staff teaching at hospitals throughout South Vietnam.

His Obituary made no reference to is A.A. membership (sobriety date June 8th, 1953) or his efforts in the field of alcoholism around the world. Dr Earle's story is in the 2nd, 3rd and 4th editions of the Big Book (Physician Heal Thyself).

Dr Earle's burial was at sea. ... **Rest In Peace ...**

March 1941: NBC began a 14 part syndicated radio program called "Is Alcohol a Problem in Your Home?" The guests included many A.A. members.

March 1944: Bill W. is the main Speaker before the State of New York Medical Society at the invitation of Dr Silkworth, who was an A.A. member.

March 1946: The 12 Traditions, as written by Bill Wilson, are introduced to the membership through a Grapevine article.

March 1953: Art Linkletter interviews a group of women who are in A.A., on his TV show. All sat with their backs to the camera so their faces could not be seen.

March 21st, 1949: In Ebby Thacher passed away. He was Bill W's only sponsor. Ebby died of a stroke and was laid to rest in the family plot, Albany, New York.

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

~ Submitted by Mathea A.

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

Concept IV: At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

The principle of "Right of Participation" is built into the General Service Conference through the Conference Charter. Voting members include not only delegates, but also trustees, directors and staff members of A.A. World Services (i.e., G.S.O.) and the A.A. Grapevine. The boards of these two operating entities include as voting members not only trustees, but also non-trustee directors, paid administrators and staff members. The chairperson of the General Service Board appoints non-trustee members to the standing committees in order to have the advantage of their expertise, and staff members serve as committee secretaries. "There are no superiors, no inferiors, and no advisers."

New trustees on the General Service Board and new directors of the A.A.W.S. and Grapevine boards are sometimes surprised to see paid executives, staff members and outside accountants attending the board meetings. They are invited because of A.A.'s "Right of Participation." Thus, the trustees and directors "are put into direct communication with these workers, who feel wanted and needed. Although they do not vote, these workers may freely participate."

Bill warns against the possibility of new delegates or trustees trying to "weaken, modify or toss out" the "Right of Participation." He cites arguments by delegates to take away the trustees, directors and staff members vote at the Conference. "Certainly," he says, "our trustees and service workers are not less conscientious, experienced and wise than the delegates. It is vital to preserve traditional 'Right of Participation, in the face of every tendency to whittle it down."

Finally, there is a spiritual reason for the Right of Participation. All of us desire to belong. In A.A., no members are "second class." The Right of Participation therefore reinforces Tradition Two, that no member is placed in "ultimate authority" over another. We perform our service tasks better "when we are sure we belong-when our 'participation' assures us we are truly the 'trusted servants' described in Tradition Two."

~ Submitted by Ron L.

Kauai Intergroup

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

Intergroup Treasurers Report

February 2016

Income:

Na Wahine Ku Pono - 7th	107.00
Literature Assembly - Books	101.00
Happy Hour - Books	45.52
Happy Hour - Books	320.00
Hui Oana - Books	52.50
Turn It Over - Books	46.50
Total Income	385.52

Expenses:

Guardian Storage -Locker	135.42
Hawaiian Telcom	25.55
Ink Spot - G.I.S	150.00
Total Expenses	310.97

January Balance	2404.70
Total from Above	74.55
Balance	2479.25

Less Prudent Reserve	-900.00
Final Balance	1579.25

~ Report prepared by Tom R. ~

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



Need Literature?

➔ Get It At The Intergroup Meeting!

*Books*Pamphlets*GIS Newsletter*Meeting Schedules

➔ Questions?

Email Bob B.: literature@kauaiaa.org



SERVICE ALERT The AA Hotline Needs:

- ➔ A Hotline Chairperson
- ➔ Please email hotline@kauaiaa.org
- ➔ Or call 245-6677. Mahalo

Intergroup Officers:

Chair:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Mary
Literature:	Bob B.
Hotline:	
Events Chair:	Alejandro H.

District 6, Kauai:

The Next District Meeting:

April 16th, 9:30 am

The Lihue Neighborhood Center

District 6 Treasurer's Report

February 20, 2016

Group Contributions:

Hui O'hana	525.00
Koloa Womens 5pm	21.40
Koloa Aloha	100.00

Total Income March: 646.40

Expenses:

DCM travel Maui	215.00
Prassa DCM reg.	25.00
Prassa DCM hotel	88.39
Corrections Literature	102.50

Total Expenses March: 430.89

BANK BALANCE: 3917.62

PRUDENT RESERVE 1,000.00

~ Report prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



District 6 Committee:

DCM:	Jonathan D.
Alt. DCM:	AltDCM@aakauai.org Ann W.
Secretary:	Susan OK.
Treasurer:	Steve Q.

**Request a newsletter
by e-mail**

Contact: District6newsletter@hotmail.com

Editor: Linda B.