

# June 2020

# Garden Island Sobriety

## 'Step Six'

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



**He said:** I'm guessing that there's sort of a point I've been getting at and this is it; Whatever step I'm on, if I'm getting the willingness to be propelled on to the next step, then I'm doing alright. I'm in good shape.

**If I'm willing** to look at what my problem is, and if I'm willing to listen to the teachers that are around AA, then I can continue to be an active member. I can engage in the process that allows me to experience a daily reprieve from this illness. I don't have to suffer!

**Enter Step Six...** It's very important for me to mention that there's only one paragraph in the Big Book regarding this Step, and there's no need for going on and on with all of my terrific knowledge... "If we can answer to our satisfaction" (some questions preceding that one paragraph), "we then look at Step Six", so I look.

**That willingness** I mentioned earlier is coming into play again and they say that it's "indispensable", and absolutely necessary! The best part is that if I'm too "comfortably familiar" with those things I've admitted are "objectionable", I can ask for help. The actual wording is "if we still cling to something we will not let go of, we ask God to help us be willing". This makes me think of a baby who won't let go of the bottle of milk... or myself who won't let go of the steering wheel...you do know what I mean.

**Surely when I look** at Step Four and Five in the column that reveals the selfish, dishonest, self seeking, inconsiderate, frightened character I had become, I see that those were the things that caused me to do things that hurt people. They in turn retaliated and I became resentful, afraid, filled

*(Cont. p. 2)*



**She said:** To admit that some of my characteristics were actually defects was not as easy as I thought it would be. Even though I knew I was not perfect in even the haziest of eyes I still tended to try my hardest to justify some of my behavior. I would say, "but I am an alcoholic, aren't we all like that?" Or I would immediately blame someone else for my actions. Handing out reasons for why I formed that specific defect of character, like I was Willy Wonka giving out free samples. It turns out I did not need a reason to give God, because he already knew my story. I needed to take a look at myself and use acceptance of the things I have done, which in prior steps was shown to me that most were a repeated pattern. Just like a song they play over and over on the radio, those actions kept coming back again and again. I never turned the station until I spent time in the rooms of A.A. and found out how the dial worked.

**Even to this day,** I catch myself slipping into old ways thinking, which trail down to old ways of speaking and acting. I can hear the voices in my head tell me that I will always be selfish and other characteristics that I do not want anymore. Even if I know I do not want those in my life, if I do not do something about them they will continually come back like ants living in your home, you cannot sweep them to the side hoping they won't return again. Luckily because of my program I can see where I am at fault, either before it happens or when the damage has been done. But then at least I can then make amends and do the work to better myself.

**When I first heard** an old timer says that this program is a continuous process you have to live daily. I have to admit I was a little bummed. I wanted

*(Cont. p. 2)*

**He Said** (cont.) with guilt and remorse, which caused me to drink. Those are the things that had become objectionable.

**Am I ready to** turn them loose? If I am, I'm through with Step Six. Wait a minute... Unselfishness? Honesty? Considering others? Courage? Yikes! How am I gonna live like that? I don't know how.

~ Steve Q., Kauai

## Birthday Celebrations

**SOME MEETINGS are on ZOOM. Check for updates: [Kauaiaa.org](http://Kauaiaa.org)**

### 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., Church at Koloa, Last Monday. **ZOOM**
- **Aloha Group** 7:30 pm last Tuesday  
Koloa Union Church, **-CAKES !**

### East Side

- **Hui Ohana** - 7:00-8:00 am Last Saturday of month.  
**CAKE FOR BIRTHDAYS! ZOOM**
- **Steps to Freedom** - 6:30 pm Last Monday month.  
**CAKE & POTLUCK**
- **Happy Hour** - 5:00 pm Last Saturday **CAKE FOR BIRTHDAYS! ZOOM**

### North Shore

- **North Shore Aloha Group** - 7:30 pm Last Monday  
**CAKE FOR BIRTHDAYS! ZOOM**
- **Princeville-Hanalei Group** - 7:30 pm Last Thursday - **CAKE FOR BIRTHDAYS!**

**She Said** (cont.) the easy road, but deep inside I knew that easy road never got me to the right destination. Going through the steps is different than living the steps. I know working your program is work, and something we in A.A. have to do for the rest of our lives. But I could see in the old timer's eyes he enjoyed it. He was happy, joyous, and free; and I wanted what he had. A life free of making excuses and free from the shackles of king alcohol.

**To me bettering myself** is the point of A.A. and step 6 just reminds me of that. I need to be ready to change. Obviously I did not enjoy the way I was or else I would have kept drinking and being the old me so why not give those defects of character to God especially if he will gladly take them.

~Ashlie W.

## Happy Birthday

Tom G.	5/20	1981	39 yrs
Kathleen P.	5/21	1982	38 yrs
Cindy C.	5/12	1985	35 yrs
Joy	5/20	1992	28 yrs
Mary L.	5/1	1993	27 yrs
Susan D	5/13	1993	27 yrs
Uncle Tim	5/13	1994	26 yrs
Kat	5/2	2000	20 yrs
Catherine G	5/23	2002	18 yrs
Dana M.	5/23	2002	18 yrs
Annie	5/1	2004	16 yrs
Will L.	5/14	2005	15 yrs
Leilani K.	5/14	2005	15 yrs
Donna Jo	5/5	2005	15 yrs
Lindsey W.	5/17	2006	14 yrs
Sean F.	5/20	2007	13 yrs
Jackson O.	5/8	2007	13 yrs
Jennifer A.	5/5	2008	12 yrs
Lori M	5/10	2008	12 yrs
Jesse P	5/21	2011	9 yrs
Corey N.	5/28	2012	8 yrs
Leslie H	5/12	2013	7 yrs
Liz	5/10	2014	6 yrs

## Congratulations Everyone!!

# A.A. Activities

## 3rd Annual Kauai Women Retreat

August 14, 2020 thru August 16



### Camp Naue @ Haena

\$85 Registration until 7/15/2020

<https://www.kauaiwomensretreat.org/>

## HICYPAA CONFERENCE

October 2, 2020 - October 4, 2020

Hilton Garden Inn



\$40 Registration Fee, Rooms for 4 \$189 - \$229 night

email: [hicypaa2020@gmail.com](mailto:hicypaa2020@gmail.com)

or call Hotline at 245-6677 for more information

## GRAPEVINE and La Viña



### Here to Help!

WE ARE GIVING EVERYONE **FREE ACCESS**

to all 2020 Grapevine and La Viña issues. (The audio to Grapevine's stories also will be available, so people can listen to the stories if they like.)

## Koloa Aloha Speaker Meeting!

Tuesday, June 2, 2020 @ 7am

<https://thefabdavene.com/aloha-welcome-to/>



## AA Meetings Now What?

~We're Using Zoom~

Every Meeting has A Code

All online meetings for Kauai are listed at [www.kauaiaa.org](http://www.kauaiaa.org) click "online meetings".

If you need assistance with the technology or help starting an online meeting call the AA Hotline at 245-6677, and ask for the phone # of our DCM Janice M. She has volunteered her help and says, "Setting up the technology is much easier than you might think."

## Zoom Meeting Hacks

Tips for Zoom users:

**CAUTION!** If you're holding virtual meetings, check your settings. Trolls have been Zoombombing public meetings by sharing their screen and playing disturbing, pornographic, or violent content.

A few simple settings changes will prevent this.

Change screen sharing to "Host Only."

Disable "Join Before Host" so people can't cause trouble before you arrive.

Enabling "Co-Host" so you can assign others to help moderate.

Disable "File Transfer" so there's no digital virus sharing.

Disable "Allow Removed Participants to Rejoin" so booted attendees can't slip back in.

**The Best of Big Book Dave:****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.**



# Expect A Miracle



# Concept Five

**12 Concepts for World Service**

by *Bill W.*

The Twelve Concepts for World Service were written by A.A.'s co-founder Bill W. and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience.

**Concept VI:**

**The Conference recognizes that the initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.**



## GRAPEVINE Quotes of the Day

**May 22, 2020**

**"The program tells me** that in order to recover I must be willing to develop a manner of living that demands rigorous honesty. So when I retire at night, I ask myself: Is there something that I should discuss with another person at once? What do I not want to share? Do I feel any guilt? Am I worried about something? Fearful? What was my thought-life like today?"



"These questions spur me to talk to someone. The more I share, the more I live in integrity; and the more I live in integrity, the more at peace I am with myself, and the more useful I can be to God and my fellows."

Enumclaw, Washington, May 2003, "As Real as I Can Be," Step By Step



# Kauai Intergroup

The Next Intergroup Meeting:  
June 6<sup>th</sup>, 9:30 am

## Intergroup Treasurers Report

April 2020

### Income:

Na Wahine Ku Pono	7th	150.00
HICYPAA	7th	175.00
Kauai Recovery Group	7th	50.00
<b>Total Income:</b>		<b>375.00</b>

### Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.30
<b>Total Expenses</b>		<b>185.37</b>

### Bank Balance

Income	375.00
Expenses	185.37
Balance	189.63
Prudent Reserve	<u>-1050.00</u>
Operating Balance	<u><b>1239.63</b></u>

~ Prepared by Sharon M. ~

## SEND YOUR CONTRIBUTIONS TO:

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



## Find A.A. in Hawaii



at: [www.area17aa.org](http://www.area17aa.org)

## 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



## Intergroup Committee

Chair:	Kelvin P.
Treasurer:	Sharon M.
Secretary:	Ann W.
Schedules:	Tom R.
Events:	Chris K.
Hotline:	David J.
Literature:	Bob B.
Website:	JoRina H.
Website:	Susan O.

## The A.A. HOTLINE Needs Your Help!

- Seeking an Alternate Hotline Chair
  - Slots are open for volunteers
  - Participants NEEDED

Please contact the Hotline Chair,  
David, at 245-6677

# District 6, Kauai:

**The Next District Meeting:**  
**June 20<sup>th</sup>, 9:30 am**



## DCM Report



**Aloha Kakou,**

**Hope all is well** with you and your loved ones. It feels as if we will be able to meet in person again very soon. I'm very much looking forward to sitting in a meeting and hearing your experience, strength and hope face to face.

**Despite the ongoing situation** our District has been doing an amazing job with keeping the doors open for the newcomer, old timer and everyone in between. Meetings are consistent, and well attended with the AA message strong and clear.

**The District placed an ad** with Kong Radio and Honolulu Civil Beat letting the community know we have been meeting on Zoom and how/where to find us.

**Happy Hour has been** having a Speaker Series every Sunday focusing on a different Step. The speaker for Sunday June 7th will share on Step 8 at 5pm. Log on to their regular Happy Hour Meeting at 5 pm.

**HICYPAA & Kapa'a BYOBB** group had a Sunday Funday to support their upcoming Conference happening on Kauai October 2-4th at the Hilton Garden Inn. There were games, panels, meetings, a comedian, a movie... HICYPAA knows how to throw a party. It was really awesome! Check out their website for more info on the conference [www.HICYPAA2020.org](http://www.HICYPAA2020.org).

**Sunrise Sobriety will be** having special speaker, Father Tom D. on Tuesday June 2nd at 7 am. Log on to their meeting at [www.sunrisesobriety.com](http://www.sunrisesobriety.com).

**Our Delegate attended** the virtual General Service Conference in May and will be giving a Delegate Report Back sometime in July, hopefully in person! I'm very much looking forward to this as there were many important topics on the agenda this year.

Please continue to check the website [www.kauaiaa.org](http://www.kauaiaa.org) for updates on meeting changes and events. Events can be found under the "announcements" link. Hope to see you soon! Thank you for letting me be of service!

~Janice M., DCM District 6 Kauai

## District 6 Treasurer's Report

**May 16, 2020**

### GROUP CONTRIBUTIONS:

Step Sisters	47.25
Kauai Recovery Group	30.00
Keep it Simple	10.00
<b>Income</b>	<b>77.25</b>

### EXPENSES:

PRAASA flight	645.40
<b>Expenses</b>	<b>645.40</b>

<b>Bank Balance:</b>	<b>2455.81</b>
<b>Prudent Reserve:</b>	<b>1200.00</b>
<b>Website Reserve:</b>	<b>422.23</b>
<b>Operating Balance</b>	<b>833.58</b>

### SEND YOUR CONTRIBUTIONS TO:

**Kaua'i District Committee**  
**P.O. Box 1503**  
**Kapaa, HI 96746**



### Request a newsletter by e-mail

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

**Editor: Linda B.**