

April 2019

Garden Island Sobriety

'Step Four'

"Made a searching and fearless moral inventory of ourselves."



He said: Hello, my name is Conrad M and I am an alcoholic. Well, here we are at step 4, a searching and fearless moral inventory of ourselves. There is so much going on with this step. I've talked to a lot of people before and after doing the work and getting started seemed really hard for most of us. I pulled out quite a few procrastination tools myself, and honestly had psyched myself out.

Fear!! Looking back on it now I've got to laugh because it ended up being one of the best experiences I'd had to that point. So, here's how we did it (I did the writing, with guidance from my sponsor).

My sponsor wanted me to do the Hazelden booklet for this step. It's a Q&A format with the answers requiring specific examples. A lot of writing and in depth answers is what it is. It all starts with...BANG, False Pride. The last part of my answer was "if I can't get past myself, I can't connect with my Higher Power". True then and true now.

I really don't remember how long it took me to get through those 30 pages. I would go in stages, on fire and whipping pages out, then put it down for a while. I do remember reading back through and always adding stuff. What was coming out on those pages was the real me. A lot of the feelings and emotions that had been stuffed so far down for so long were seeing the light of day. It felt odd bringing it forward and looking at it. And there it was.

When Bill W says we are liars, cheats and thieves, I know what he means. I was also starting to see the patterns that were my life. Lots of dysfunctional behavior, self-centeredness, self-seeking and bad choices. I could see the horrible ways that behavior affected family and friends and the people I came in contact with. There were also lots of questions during the process and my sponsor helped me out so much. It wasn't easy, it's not supposed to be really, (Cont. p. 2)



She said: "Made a searching and fearless moral inventory of ourselves." WHAT! What does that mean! I was shocked and scared when first coming to this step. I had no idea what a "moral inventory" was. The rumor, swirling around my newcomer friends, was that this step was crucial to my recovery and if I didn't do it just right, I was doomed to drink again. I had to get this step done right. No mistakes! It had to be perfect!

I have since learned, through experience and further study, that step 4 is no more or less important than any of the other steps. It's just one of the suggested 12 steps we take on our road to recovery. It is not to be feared, but a necessary step to break the cycle of addiction. Ultimately, this step provides us a gateway to a personal understanding of who we became while in our disease.

Since I feared the 4th step and felt it had to be done perfectly, I asked my sponsor for guidance. She suggested I work out of a book from Hazelton. I tried that, but my sponsor was disappointed with my attempt. I was crushed and felt I had failed. I had no where to go. Fortunately, God had a plan I couldn't see.

I was seeing a therapist at the time who was a sober alcoholic. I told her my dilemma. She suggested I do the 4th step with her. She told me there was no perfect way to do this step. She referred me to page 65 of the "Big Book" and pointed out the example I could follow. She reminded me I could and should do this step again in the future. The longer I stayed sober, the more memories will surface. Her kindness and experience with AA saved my life. I will forever be grateful to her.

Soon after, my original sponsor told me I should find someone else to work with. She had stopped participating in AA and no longer had time for sponsees. I did find a loving woman who (Cont. p. 2)

He Said (cont.,) but it was so worth it. Something else Bill W talked about in the 12x12 was happening too. As I was getting the work done, I was starting to feel some relief and some self-confidence. The fear was leaving. The "bogeyman" had left the building, for the time being anyway. Not hanging on to all that baggage anymore was so freeing.

The final question in the workbook is about being grateful. There are so many things to be grateful for today, First and foremost is my Higher Power. That power can and will do for me what I can't do for myself. Whew, now that's a relief!

~Conrad M., Kauai

She Said (cont.) took me through the remaining steps. Years later, I got a phone call from my first sponsor. She had been drinking and asked if I could sponsor her. I was shocked, but said yes. When we got to her 4th step, I used page 65 as an example she could follow, and all that was required of her was to do her best and not dwell on perfection.

In treatment, I learned something called the deadly 3 P's. Perfection leads to procrastination, which leads to paralysis. I remind myself and others, that our program of recovery is practicing these principles, not the goal of perfection.

Today, when working with others, I keep it simple and guide my sponsees through the "Big Book" as it is written. It has never failed me.

~ Michelle E., Kauai

Happy Birthday

John G.	3/2	1972	47 yrs
Dick W.	3/17	1973	46 yrs
Pat Q.	3/7	1977	42 yrs
Bebe S.	3/10	1980	39 yrs
Gerry J.	3/4	1981	38 yrs
Dave G.	3/7	1987	32 yrs
Judy B.	3/2	1987	32 yrs
Larry	3/24	1987	32 yrs
Julie M.	3/1	1987	32 yrs
Ed H.	3/14	1988	31 yrs
Kelly	3/4	1988	31 yrs
Norman P.	3/1	1991	28 yrs
Kathy	3/12	1997	22 yrs
Kristin	3/11	1997	22 yrs
Julia O.	3/11	1997	22 yrs
Sherwood C.	3/17	1998	21 yrs
Bill E.	3/17	1999	20 yrs
Heather C.	3/10	2004	15 yrs
Julie H.	3/30	2004	15 yrs
Jennifer C.	3/5	2005	14 yrs
Eddie	3/1	2005	14 yrs
Linda R.	3/20	2006	13 yrs
Mike H.	3/5	2008	11 yrs
Cindy T.	3/14	2008	11 yrs
Susan O.	2/2	2009	10 yrs
Megan	3/10	2010	9 yrs
Kelsey B.	3/6	2011	8 yrs
Brandi R.	3/1	2013	6 yrs
Curtis K.		2014	5 yrs
Brian B.	3/25	2015	4 yrs
Estrella	3/15	2017	2 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!**

A.A. Activities



The Happy Hour Cookout

April 13th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on April 26th

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset



Steps to Freedom Birthdays

Potluck This Month April 29th

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

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



GIGYPAA Camp Out

This Year April 19th – 21st

At Camp Hale Koa

Registration and information is at

gigypaa.org

Kauai AA Womens Retreat



May 3, 4:00pm-May 5, 11:00am

Camp Hale Koa in Kokee

Speakers, Workshops, Sisterhood & Recreation

Registration Deadline is April 24th

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

A.A. Meeting Places

Kauai Community Correctional Center



A.A. Meetings held in the KCCC:

- **Men's Meeting** - 2:15 pm Tuesdays
- **Women's meeting** - 5:45 pm Sundays

Requirements: **'Volincor Training'**, 2 years Sobriety, No felony convictions*, 5 years free from imprisonment, 3 years free from supervised freedom, TB test (administered free by the county), Close-toed shoes, Long pants (no shorts), Collared shirt, No sun glasses, belts or metal, No weapons of any kind (including pocket knives).

Calling for A.A. KCCC volunteers!

A.A. District 6 (island of Kauai) is looking for volunteers to carry the message into the Kauai Community Correctional Center (KCCC).

Volincor Training Session

Saturday, April 6, 2019

8:00 am - 4:00 pm

Lihue Missionary Church, 4383 Rice St.

Lunch and Refreshments will be served
New volunteers and those needing re-
certification (every 3 yrs) must attend

Questions? Call Jeannie, 241-3050 ext345
Clayton, 212-5756 or AA Hotline at 245-6677

April in Our History:

April 1977: The General Service Conference approved a joint biography of our two co-founders. When this proved impracticable it became apparent of the need for two books. Dr. Bob's biography would be written first (published 1980) followed by Bill W.'s biography; Two books that I believe should be in all active AA members library, "Dr. Bob and The Good Old Timers' along with "Pass It On."

April 1840: Washingtonian Temperance Society Founded – Baltimore, MD. Within four years 500,000 had found sobriety!! By the year 1850 completely disbanded! Bill W. made a text-book study of them – their mistakes. Thus our Traditions were born.

April 1938: The "Alcoholic Foundations" first meeting takes place in New York City. Later the name will be changed to our "General Service Office."

April 1939: On every night, Gabriel Heatter's radio broadcast "We The People" will provide the first nation-wide exposure of AA to the public by inviting active AA members to be guests on the air.

April 1946: For the first time our Grapevine will carry Bill W.'s "12 Suggested Points for AA Tradition." They will later be called "The Long Form of Traditions," located in the back of our Big Book.

April 1947: The first transatlantic phone call to our New York office from an army hospital in Germany, wanting to start up the first AA Group in that country.

April 1954: Our General Service Conference adopted the plan for each registered Group to have a G.S.R. (General Service Rep.).

April 1958: At the annual G.S.C. Conference held in New York City the word "Honest" is dropped from the AA Preamble. "The only requirement for membership is an "Honest" desire to stop drinking.

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

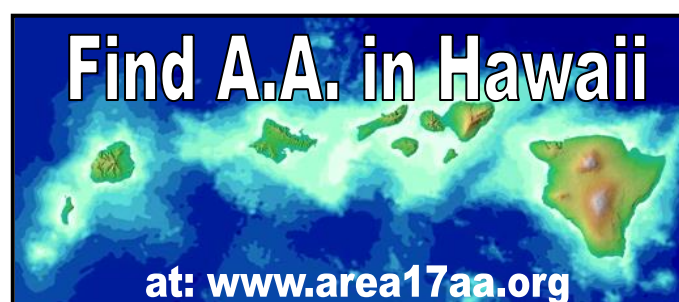
~ Submitted by Mathea A.

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

Tradition IV:

Each group should be autonomous except in matters affecting other groups or AA as a whole.

- Do I insist that there are only a few right ways of doing things in AA?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths-his lengths, not mine- to stay sober?
- Do I share my knowledge of AA tools with other members who may not have heard of them?

**Send Area Contributions**

ADDRESS IT EXACTLY LIKE THIS:

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



Kauai Intergroup

The Next Intergroup Meeting:
April 6th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

Februay 2019

Income:

Koloa Friday Nite	7th	200.00
Poipu Sunrise Sobriety	7th	200.00
Kapaa Young Peoples	7th	160.00
Koloa Aloha	7th	100.00
Sunday Serenity	7th	154.00
Waimea Canyon	7th	20.00
Hui Ohana	7th	135.00
Hui Lokahi	7th	250.00
Koloa Friday Nite BB	Literature	18.00
Nooners	Literature	18.00
Hui Ohana	Literature	245.25
Waimea Canyon	Literature	50.00
Steps to Freedom	Literature	55.00
Kauai Recovery	Literature	85.75
Sunday Serenity	Literature	60.00
Happy Hour	Literature	<u>37.00</u>

Total Deposits **1788.00**

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	25.98
Ink Spot	Newsletter	150.00
Bank of Hawaii	Service Fee	2.50
Literature	Books	<u>550.00</u>

Total Expenses **885.55**

Bank balance as of 2/26/19	3290.36
Income	1788.00
Expenses	-885.55
Less Prudent Reserve	<u>-1050.00</u>
Operating Balance	<u>3142.81</u>

SEND YOUR CONTRIBUTIONS TO:

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

District 6, Kauai:

The Next District Meeting:
April 20th, 9:30 am
The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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

Serenity Now

"Zombie mode made me do it and I don't know why." A death bed confession? "Let's hope not," said the cause to affect with a grim.

"Aaron, what you're doing is insane," I say to myself. "The only person you can ever be is you. Why the masks? All that hurt and pain you're causing is real, because things weren't perfect enough during childhood!? You're 46 dude! Been a rough road and I hate to be the one to break it to you, but the time is now. The past is what it is and can't be changed."

Wake up, accept who you are and be that genuine you for a change. Wishes are cheap and reality is what we share, deal with it. You are a loving, lovable loop of life that can believe and wake up whenever you choose. When where why how? Well going ever faster won't get you there, zig zag. You'll find the pace of what is sustainable in the here and now. Be in the present moment and find "Serenity Now."

~ Aaron W.

\$\$ URGENT \$\$

**PLEASE SUPPORT YOUR KAUAI
 INTERGROUP.**



DCM Report



Aloha Kakou, In the beginning of March, I attended the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA). This is an annual event and attending is one of my responsibilities as your elected District Committee Member. The purpose of PRAASA is to develop a greater unity among the members, groups and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. I couldn't possibly give all the details of the amazing experience I had so I will attempt to share with you what I saw, felt and heard.

Who was there? 16 Delegates (including our Delegate Coleen M. from Maui), Kathi F., our Pacific Regional Trustee, former trustees, former Delegates, many PRAASA Committee Members and approximately 1800 AA's that are really stoked on Alcoholics Anonymous.

The assembly began with the delegates sharing how their Area carries the message to suffering alcoholics. These heartfelt shares were informative yet emotional. What I felt after hearing all of these trusted servants was hope. They transmitted the message that their Areas are committed to our responsibility pledge: "when anyone anywhere reaches out for help, I want the hand of AA to always be there and for that I am responsible". They did this by giving examples of how their areas have workshops, fellowship events, and standing committees that reach out to the elderly, incarcerated, remote and underserved, deaf and illiterate, LGBTQ and non-english speaking communities.

I attended 13 panels at the assembly, each composed of 4 presenting AA members, a random mix of Trustees, DCM's and Delegates. They were previously given a topic to research and then 4 minutes to share on their topic. Afterwards the floor was opened for AA members to come to the mic to ask questions and/or comment. Some of the topics included: • Sponsorship: Into Sobriety and Service • The Hand of AA, inclusive never exclusive • Reaching out to minorities in AA • What can your group do when a deaf person shows up to a meeting? • Involving young people in General Service • When the newcomer is a Senior Citizen • Effective Communication between GSO and Areas? • Do we need a 5th Edition of the Big Book?

For every person that spoke, there was a different view on the topic. This impacted me deeply because it reminded me that although there are many different personalities in AA, everyone is valued, everyone has a voice. This was especially evident with non-english speaking members. There were Spanish and Japanese translators during the entire assembly. Many non-english AA's came to the mic to share their successes and challenges. There was also a deaf presenter attending that had a signer to interpret. He

gave an incredible share about what we can do if a deaf person comes to a meeting.

Other members shared experiences of religiosity. They asked questions such as: if AA is not a religious program, why is the Lord's Prayer said when we close meetings? One of our presenters researched a non AA survey given to the general public. The survey reported that the general public's view of AA is that it is a religious program. Does this perception keep newcomers out of our rooms?

Members also shared their personal experiences with racism, sexism, homophobia, conformism and transgender discrimination within the rooms. When I hear how this type of treatment makes someone feel, it forces me to ask myself, am I welcoming everyone and treating everyone equally? If I'm not, where am I in the steps? Do I need to inventory any behavior or beliefs that stand in the way of my usefulness to my higher power and others? The answer is usually yes. This is why I love being in service. It challenges me to dig deeper which brings me closer to my higher power and to being the person my higher power intended me to be.

Some of the panels also included a sharing session with former Trustees and the Delegate's "Ask it Basket". Members placed their questions in a basket that were randomly picked for the Delegate to answer. The delegates spoke to such issues as: • Rigidity: Am I expecting everyone to be like me and practice my version of the AA program? • Participation & Diversity: If there is a lack of diversity in my home group, how can I participate and reach out to a minority or underserved population? • Inclusivity: Am I welcoming everyone? Or just the people that are "like me and I think will make it"? • Love & Service: service without love is just busy work. Am I am being loving when I am being of service. • Checks & Balances: For AA to remain a true democracy we have to be informed & participate. Am I informed, do I participate?

There were 1800 sober alcoholics in one room. At one point in our lives, we were all doomed to an alcoholic death. Yet today, our lives have been so miraculously transformed that we can sit together, a motley crew, each of us with our own ideas, opinions, and personalities, and have the same hope. To keep AA alive so we can continue to carry the message to the alcoholic who still suffers. What a privilege it was to attend and witness our great society challenging itself to not let "the good be the enemy of the best". I'm excited to attend next year's assembly, which is open to all AA's, in Tucson, AZ. Hope to see you there! If you would like more information on getting involved in General Service, please come to the District Meeting on the 3rd Saturday of every month at Lihue Neighborhood Center at 9:30. ~ Thank you for letting me be of service,

Janice M.. dcm6@area17aa.org