

January 2020

Garden Island Sobriety

'Step One'

"We admitted we were powerless over alcohol - that our lives had become unmanageable."



He said:

It's New Years Day and with it brings lots of hope for quite a few things. First on that list, is that I can set aside some quality time to write this article each month, and send it before the deadline arrives for publication. Seems like an easy one... So why am I sitting here on New Years Day at four thirty in the afternoon trying to justify my procrastination issues as I write this. Or, let's say character defect. But that's Step 6 and this writing is about Step 1. We'll get to the other one in June.

My name is Steve Q and I'm an alcoholic. Sure, I said it plenty of times in the company of the people I surrounded myself with some years ago. At the time, it seemed funny, and good for a laugh. But just as the progressive nature of this illness (call it what you want) runs its course, it wasn't funny anymore.

"We admitted we were powerless over alcohol-that our lives had become unmanageable." Let's look at the three words: admitted, powerless, and unmanageable, and see where this goes.

"Admitted"...the first definition I looked at in the dictionary said this: "confess to be true or to be the case, typically with reluctance" ...hmmm... reluctance.

The next word is "powerless." Merriam-Webster defines it as "lacking the authority or capacity to act." My definition is, "without power."

Third is "unmanageable" "difficult or impossible to control or manage." **So here's my story** on Step 1...Shortly before celebrating 3 years of sobriety, I was on my way home from a meeting where I held the coffee commitment out in Oak Beach on Long Island. I was employed at a Wall Street firm, driving a new Tacoma, and living on my boat...among other things that were pure gifts of the AA program at that time. Suddenly, the phone rang and I answered it. I hadn't heard that voice since I was introduced (Cont. p. 2)



She said:

My world revolved around alcohol. I made sure every situation I was in could be enhanced by its intoxicating powers. All my close girlfriends were black out drinkers and all my relationships that lasted more than two weeks were complete alcoholics. I tried to justify my relationships by telling myself I was not a good judge of character. W*hen I looked into the mirror I would hardly recognize the girl looking back me. The only people I let close to me were ones that did not care about my drinking habits, if anyone made a comment about my drinking I would say they needed a beer. I was the kind of girl who instead of dreaming what her wedding dress would look like, I would dream about what kind of liquor we would have, what signature cocktails would be on the menu, if it was an open bar and how I would limit myself so I can remember what even happened that evening.

On the outside I was a well put together alcoholic. I had a great career, my own apartment, paid all my bills on time, and thought I was a great asset to the world around me. To my own surprise when I came to the realization of my powerlessness I noticed my world was not so put together as I imagined it to be. I was faced with ruined relationships, lack of trust in my workplace, throw up stains on my carpet, and more black out days then a Disneyland annual pass. I always knew I had a problem with alcohol but as long as I kept being functional I thought it was ok to keep that train going.

I started noticing the signs of complete defeat when my choices were becoming harder and harder to defend in my head, even if the choice was wrong I would fight it tooth and nail just to eventually drink it away at the end of the night. In the Big Book it says, "Half measures availed us nothing. We stood at the turning point." I have tried quit drinking plenty of times before. Every

(Cont. p. 2)

He Said (cont.) to AA. "Hey, long time no see, want to hang?" was the opening line and I responded with "I'll be there in twenty minutes." Now, the actual ride was forty minutes but I knew that. I also knew that I was making a big mistake. All the way there, all I heard was two voices. One, the angel that kept telling me to pull that car off the next exit ramp and call someone. The other voice was that of my disease of alcoholism...or addiction if you prefer...I call it the "beast." As much as I wanted to, I COULD NOT TURN THE STEERING WHEEL AND CHANGE DIRECTION OF WHERE I WAS HEADED. As I took that drink, all I felt was "what did you just do?" Then I felt all the peace, self esteem, happiness, and good inside feelings about myself leave my body...yes, leave my body.

Well, that invited 7 years of hell into my life, totally out of control, until I wanted to die. That's when I got on my knees and made my deal with God, my higher power...I said I would do anything to get sober. At that very moment, I felt the vicious obsession being lifted from me. Won't go into Step 2 as that's in February. However, regarding Step 1...What little did I know before and what a little more I know now. Honesty came alive with Step 1.

~Steve Q., Kauai

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!**

She Said (cont.) time I tried was the same. I would change locations, boyfriends, and my outside appearance, only to find a drink in my hand and most of the time in both of my hands because who wants to waste effort and not double fist. I was only half in and it got me nowhere but back to the same old place and same old thought patterns. The truth was my life was unmanageable.

I found out what complete demoralization felt like the morning I hit my bottom. It took me hurting my grandmother's and mother's feelings and having to face it head on instead of brushing it off like usual. Let's get real, I have most likely hurt their feelings a million times before but being that I am an alcoholic I tend to be a little on the selfish side and not notice anything other than myself. I was powerless over alcohol and no one could stand in my way. The insanity had me by the throat and I was either going to sink to the bottom of my constantly empty glass, or swim my way to an A.A. meeting.

My sobriety date is May 7th 2019, and it was the first day I honestly admitted to myself and to another human being my complete defeat. As low as it made me feel when saying it, the weight was lifted off my shoulders and I stood tall and upright and was able to make eye contact for the first time in years.

The first step is one of many miracles. It made me set aside my ego, pride, and showed my humility like I have never experienced before, and for that I am forever grateful.

~ Ashlie W., Kauai

Happy Birthday

Lopaka	12/13	1970	49 yrs
Carl K.	12/19	1981	38 yrs
Bobo	12/13	1986	33 yrs
Peggy S.	12/19	1986	33 yrs
Lori N.	12/23	1988	31 yrs
Bob C.	12/16	2003	16 yrs
Ron W.	12/24	2003	16 yrs
Eddie F.	12/13	2005	14 yrs
Erica J.	12/13	2005	14 yrs
Sarah	12/3	2007	12 yrs
Nicole	12/25	2009	10 yrs
Allison T.	12/23	2011	8 yrs
Steve	12/20	2013	6 yrs
Katie	12/26	2014	5 yrs

Congratulations Everyone!!

A.A. Activities



Waimea Cyn Birthday Potluck

This Month on December 27th

5:30pm Potluck, 6:30 Sunset Meeting

Kekaha Beach, MacArthur Park

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



Steps to Freedom Birthdays

Potluck This Month December 30th

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

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

A.A. Meeting Places



Kauai Veterans Memorial Hospital

4643 Waimea Canyon Drive, Waimea

Waimea Canyon Group

To KVMH Conference Rooms A&B

- MONDAY 5:30pm Literature readings
 - THURSDAY 5:30pm Big Book
 - FRIDAY 5:30pm Literature Study
- Last Fridays meets at MacArthur Beach Park,
Kekaha: Birthday Potluck follows

12 Rewards

Of the

12 Step Program

- Faith instead of despair
- Courage instead of fear
- Hope instead of depression
- Peace of mind instead of confusion
- Real friendships instead of loneliness
- Self-respect instead of self-contempt
- Self confidence instead of helplessness
- A clean conscience instead of a sense of guilt
- Respect of others instead of their pity and contempt
- A clean pattern of living instead of a purposeless existence
- The love and understanding of our families instead of their doubts and fears
- The freedom of a happy life instead of the bondage of an alcoholic

 **Kauaiaa.org**

Visit Our Website!

- Print out your own meeting schedule
- Check out the events calendar
- Link up to other island websites

January in Our History:

Jan. 24th, 1971: Bill W. moved on up to the 'Big meeting'. This date was also Lois and Bill's fifty-third wedding anniversary! Lois will live another 17 years at "Stepping Stones", their home that they purchased and named in 1941. Bills royalties of Big Book sales under the guidance of Lois established "The Stepping Stones Foundation" whose grants carry on work relating to alcoholism. Bill was working another book at the time of his death. He wanted to relate his experiences in recovery and what he had learned from others. There were a couple of chapters completed when he passed away. Bill is buried in the family plot of his hometown, East Dorset, Vermont. Lois will join him in 1988.

Jan., 3rd, 1940: Arch T. founded the first AA Group in Detroit. Dr. Bob was his sponsor. Arch's story is in the Big Book. Jan. 1940: The first AA meeting not in a home begins at the "King School" in Akron, Ohio. This is Dr. Bob's Home Group. The school is still there today.

Jan. 18th, 1943: A newspaper in Canada reports eight men meet at a Toronto restaurant called "Little Demark" to discuss the starting up of Canada's first AA Group.

Jan. 1951: The Grapevine publishes a memorial issue for Dr. Bob.

Jan. 1955: AA is brought to India by Harry M., a businessman from England who had found sobriety in New Deli.

Jan. 1956: Bill W. in Detroit, Michigan as the guest speaker said "The four basic food groups for newcomers are: coffee – chocolate – cigarettes – and vitamin C.

From 'Big Book Dave', Elected Archivist, Interior Alaska
~ Submitted by Mathea A.

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

**12 Concepts for World Service**

by **Bill W.**

(as adopted by the 12th Annual General Service Conference of Alcoholics Anonymous on April 26, 1962)

Concept I

The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

The "Twelve Concepts for World Service" are an interpretation of A.A.'s world service structure. They reveal the evolution by which it has arrived in its present form, and they detail the experience and reasoning on which our operation stands today. These Concepts therefore aim to record the "why" of our service structure in such a fashion that the highly valuable experience of the past, and the lessons we have drawn from that experience, can never be forgotten or lost....

**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:
January 4th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

December 2019

Income:

Waimea Cyn Group	Literature	102.00
Saturday Night, Kapaa	Literature	272.00
Thankathon	Literature	36.00
Total Income:		<u>410.00</u>

Expenses:

Bob B.	Lock	19.84
Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.69
Ink Spot	Newsletter	150.00
Costco - Thankathon		97.81
Venue for Thankathon		156.00

Total Expenses **609.41**

Bank Balance as of 12/27/19 **2505.09**

Income **+410.00**

Expenses **-609.41**

Balance **2305.68**

Prudent Reserve **-1050.00**

Operating Balance **1255.68**

~ Prepared by Intergroup Treasurer ~

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting:
January 18th, 9:30 am
The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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



GRAPEVINE Quotes of the Day

December 15, 2019

"More than a million of us who suffer from the disease of alcoholism have found not just the ability to live with or survive this insidious disease, but a joyful way of life as new as this morning and as old as mankind. We can gain sobriety, aspire to serenity, at no greater price than caring for our fellow sufferers and sharing with them what has been freely given to us. We can experience the true joy of love that we once tried to destroy by not giving it away, and we can learn the truth that the more we give away, the more we will have."

Brick Town, New Jersey, January 1977, "Because One Man Was Lonely", AA Grapevine.



It's a Spiritual Program

The Spark of the Creative Miracle

In this crucible of life our spirits are refined but the great truth for me is that this is not *my* life to be claimed anymore.

At a very crucial turning point in my life, I stopped stumbling down the road of insanity just long enough to make a decision to turn my life and will over to the care of God. Thus I found AA and sobriety.

Today it is no longer my life to use or to give away, to flaunt or to abuse, to revel in or to be proud of. This life beating inside of me belongs to God, these hands, and eyes, and voice to use. God's *timing* I have claimed to be my ally and friend. All that I encounter I ask to be used by God's strength and wisdom to an end of good. All disappointments, all suffering and hardships borne are only the crucible refining my spirit.

This is an honorable and amazing prayer to set my heart upon, yet I fall short of it every day. So I long for wisdom in handling life's obstacles but what I have found is that on a daily basis what really gets me by are gratitude and trust. These are the practical tools, the spiritual qualities I set my attitude upon, that sustain me on the journey of staying sober.

God's will 'for me' is to be useful to others and some innate part of me resonates with this. Yet I confuse God's sort of usefulness with my own instinctual needs for love and security, for acceptance and safety, for power and greed, and a reinforcement of my own pride.

My actions and feelings are distorted by human instinct and I have a built-in denial system that veils the distortion. The true nature of my motives is usually hiding behind the veil.

Anything really good that has ever happened to me, anything that has the Spark of the Creative Miracle in it, has not happened by my planning or by my power. I did not know that it was coming, it just came. It came through me not by me. It came as a *gift*. It came in a moment of receptivity that I did not

control and often I did not have forewarning of its arrival. I was just willing.

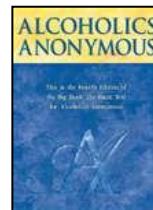
This is how the power of God works in my life. This experience explains to my mind why trust is the key to living and why gratitude will keep the door to recovery from alcoholism open.

I know only a little. But I do know that I would never have gotten sober, never be sober today, without this power, the 'Higher' Power of God, and the ignited spark of the creative miracle in the 12 Steps of Alcoholics Anonymous.

~Linda B.

The Serenity Prayer

God grant me the serenity to accept the things
that I can not change, the courage to change
the things that I can and the wisdom to know
the difference.



~ From The Big Book

Chapter 2

'There is a Solution'

Page 25, fourth edition

'The great fact is just this, and nothing less. That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous He has commenced to accomplish those things for us which we could never do by ourselves.'