

July 2010

Garden Island Sobriety

'Step Seven'

"Humbly asked Him to remove our shortcomings."



She said: Recently I saw an ad that really struck a chord with me. It portrayed a variety of people in situations that really freaked them out and their subsequent reactions of discomfort, ranging from short-circuit to implosion. Suddenly, just as their level of suffering was most acute, a large red "easy button" appeared. The person hit the "easy button" and instantly everything was fine. The practice of Step Seven is my easy button. Not because it is easy, nor because it leads to the aversion of crisis or pain, but because the humility it entails sets me free by changing my perspective. As Teddy Roosevelt wrote, "Pray not for lighter burdens, but for stronger backs!" When I humbly ask my Higher Power to remove my shortcomings I recognize that I don't need to freak, because God's got my back. And on some level that it is not my business to understand, all is fundamentally well with me and the universe.

The mechanism for strengthening my proverbial back is the spiritual vehicle of acceptance. This requires willingness to exercise surrender instead of trotting out the dynamic duo of self-will, paralysis or manipulation. The activator of all my character defects is fear, and my reaction to this fear is characteristically "all or nothing" ambitious tension.

The idea that it is up to me to control what happens as well as my attendant emotional state, prompts me to attempt to play God. Without the easy button of humility, it does not take long for my ego to work me into a frenzy of reactive defense, or when I suspect that "will not work", to sit alone at the bottom of a pit of despair, flailing in a sea of worry or bitterness.

Step Seven is a process of unlearning in which we let go of our programming and attachment to reshaping reality or ourselves to our distorted vision. When we stop listening for confirmation of what we already think, we become able to let go of judgment and comparison. I was taught that when I'm on emotional fire I have a tool to use. (continued p. 2)



He said: Ahhh, here we are one month later...And how wonderful it has been to take a deeper look at Steps Six and Seven. When I started this column I did not fully know their joys and rewards. Now, with some pain and much joy behind me, I think I 'kinda' get them. Now I know why Bill says in the 12 and 12, "This is the Step that separates the men from the boys in AA."

Six and Seven are about changing; changing from the people we were into the people that God wants us to be. There *is* work involved; work and the joy that comes with overcoming longstanding obstacles. For me this all goes to show that we learn by being of service. If I hadn't said I would do this column I wouldn't know these things. If ever you are asked to write a column for the GIS you should definitely say yes. In fact, when AA asks the answer is....? What was that? Maybe? NO! The answer is YES.

If Step Six is all about identifying our defects and becoming willing to let go of them all, Step Seven is about humbly asking to have them removed. Much of the work then is in Step Six. There we identify our defects, shine light on them and put them on the chopping block. We have developed awareness of our faults and accountability for them. So how do we work the Seventh Step? Well, first we do a good Sixth Step. From that we have an inventory of our defects and shortcomings. For each defect we humbly pray to God to have it removed. In the Big Book there is a great Seventh Step Prayer. It goes, ***My Creator, I am willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding.***

What stands out to me is that this prayer is asking God to remove the defects that stand in the way of usefulness to our fellows and to God, NOT the defects of usefulness to our ego, (continued p. 2)

(She Said cont.) It is the same tool to use in case of a fire in the material world, namely, "stop, drop, and roll". This means to stop, "pause when agitated or doubtful", drop, get on my knees either literally or figuratively, and ask HP for a hand, and roll, do the next right thing and don't tangle the net by energetically writhing. This moves me out of the realm of conditioning and into the realm of humility, the acceptance of being human. It allows me to step off the goodness treadmill and to separate my essence from my disease. I am cracked, but I am a sacred vessel anyway. Therese of Lisieux observed, "Genuine holiness is precisely a matter of enduring our own imperfections patiently."

Does this mean we sit around waiting to be "poofed"? Nope. "We surely must try...or else fall by the wayside". For me the answer resides in an attitude of faith, looking with love instead of judgment. I accept that I see the world not as it is, but as I am. When I understand that falling down is the nature of the game I learn that I continue to be helpful to others when I laugh at myself instead of fight with myself. In fact, the words human, humor, and humility, share the same root. While I am responsible for the effort, I have nothing to do with the outcome. I can't get rid of my shortcomings and I can't make myself humble. I can use the experience of my imperfections to convert shame and disappointment to hope for my fellows. Accepting personal shortcomings and cultivating a healthy self-love helps us to accept the imperfections in others as well. "Honesty gets us sober" Bill once wrote, "but tolerance keeps us sober".

~ Ally S., Kauai



MAKELE SEZ:

**But for the
Grace of God ...**

(He Said cont.) or even the ones WE want to have removed....This tells me that God gets to pick what stays and what goes and when. God may use one of my defects for some purpose, and my defects may never disappear completely. My defects keep me from being perfect, if I was perfect I would not need AA, I would not need a solution, I would be the solution. So in a way, my defects and shortcomings keep me coming towards God. What a nice way to think about it. This prayer also says GOOD and bad. This begs the possibility of an assets inventory, step six-and-a-half. I know some sponsors have their sponsees do it. It is great to use the same tools we use to pluck out the 'bad' to highlight the 'good', what it is that we do well so that we can do more of it. Maximize the good minimize the bad.

Humility is the thing that gets discussed the most with Step Seven. We Humbly asked. I don't really know anything about humility. Not much anyway. I did read that humility is an active surrender and I like that. It sounds right. I do think humility and acceptance are the same thing. Gratitude as well, it's the same thing; an embrace of this perfect God moment for exactly what it is. All of the mind chatter silenced in the glory of the great moment.

~ Will L., Kauai

A.A. Meeting Places



Photo ~ Alejandro

Kapaa Neighborhood Center Park

4491 Kou St., Kapaa

Wednesday 9:00 pm - 'As Bill Sees It'

Happy Birthday

| | | | |
|------------|------|------|--------|
| Tom W. | 6/17 | 1959 | 51 yrs |
| Jeanine B. | 6/1 | 1984 | 26 yrs |
| Kathleen | 6/1 | 1989 | 21yrs |
| Bill E. | 6/26 | 1989 | 21 yrs |
| Gary F. | 6/1 | 1990 | 22 yrs |
| Linda W. | 6/24 | 1991 | 23 yrs |
| Ron A. | 6/1 | 1994 | 16 yrs |
| Chris | 6/11 | 2000 | 10 yrs |
| Romeo G. | 6/20 | 2000 | 10 yrs |
| Tom C. | 6/6 | 2005 | 5 yrs |
| Joe C. | 6/1 | 2007 | 3 yrs |
| Chandra | 6/15 | 2007 | 3 yrs |
| Jude H. | 6/19 | 2007 | 3 yrs |
| Pirie I. | 6/28 | 2007 | 3 yrs |

CONGRATULATIONS!!

Publishing Birthdays

Published the month after their occurrence.

If you know of someone who has moved off island, their birthday date has changed *or* you just want a birthday published in the Garden Island Sobriety newsletter please LET US KNOW at: District6newsletter@hotmail.com

Birthday Celebrations

South Shore

- ◆ Koloa Monday Women's 'Na wahine ku pono'
5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- ◆ Aloha Group - 7:30 p.m. Speaker Meeting, Koloa Union Church, last Tuesday of the month - CAKE FOR BIRTHDAYS!

East Side

- ◆ Hui Ohana - 7:00-8:00 a.m. Last Saturday of the month. CAKE FOR BIRTHDAYS!
- ◆ Steps to Freedom - 6:30 p.m. Last Monday of the month. CAKE & POTLUCK (7:30 pm meeting).

North Shore

North Shore Aloha Group - 7:30 p.m. Last Monday of the month - CAKE FOR BIRTHDAYS!

- ◆ Princeville-Hanalei Group - 7:30 p.m. Last Thursday of the Month - CAKE FOR BIRTHDAYS!

Five Years Already?



Happy Hour Invites You!

TO A POTLUCK AT THE LIHUE LANES -

1:30 - 4:00 pm, Saturday July 17

5:00 pm meeting at Happy Hour to follow!

Happy Hour Group started July 17, 2005.
July 17, 2010 marks Five Years in Existence!

Come Join Us - Let's Have Fun!

Please Bring your Favorite Dish

Cost is \$10.50 per game

(Includes shoe rental & two rounds of bowling).

BRING A PAIR OF SOCKS!



2010 INT. CONVENTION OPENING FLAG CEREMONY

There will be unlimited access to an encrypted, anonymity-protected Internet broadcast made available through G.S.O.'s A.A. Web site www.aa.org

Access begins Saturday morning, July 3rd and ends on Monday, July 5th at midnight (Eastern Time).

No passwords or access codes will be required.

Of Love & Service,

Elizabeth M.

Delegate Hawaii Area 17 / Panel 59

Fourth of July Picnic

AT LYDGATE PARK

★ **A Family Potluck & BBQ** ★

* Hotdogs * Burgers * Beverages * Games * Prizes
Bring Pupus, Salads, Side Dishes, Desserts

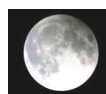
APPROXIMATE SCHEDULE:

- ◆ 8:00 am Set-Up Begins
- ◆ 11:00 am Games, Pupus, Fellowship
- ◆ 12:00 noon AA Meeting
- ◆ 1:00 pm Barbecue and Luau
- ◆ 2:00 pm Al-Anon Meeting
- ◆ 3:30 pm AA Meeting
- ◆ 5:00 pm Clean-Up

Questions? Call the AA Hotline 245-6677

Or [email: FourthofJuly.Kauai@gmail.com](mailto:FourthofJuly.Kauai@gmail.com)

~ Sponsored by Hui 'Ohana ~



Full Moon Hike

SUNDAY JULY 25 2010 AT 6:30 PM

**ALONG THE WEST SIDE OF THE
SLEEPING GIANT'S "KUAMOO TRAIL"**

DIRECTIONS: From the Country Store in Wailua Homesteads drive north on Kamalu Rd. towards Oloheua. Just a few yards before you get to Oloheua is Lokelani. Turn right on Lokelani. We will meet at the Nonou trailhead, which is at the end of Lokelani.

The trail is moderate about 1 mile each way. There will be a meeting once we reach the picnic tables.

DON'T FORGET YOUR CANTEEN & JACKET

Information: Happyhourkauai@gmail.com

Kauai Intergroup

Next Meeting July 3rd, 9:30am
The Lihue Neighborhood Center



Got Literature? We Deliver!

OR

COME TO THE INTERGROUP MEETING!

*Books *Pamphlets *GIS Newsletter
*Kauai AA Meeting Schedules Available!

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Officers

Chairperson - Anonymous

Alt. Chair - Tom R

Treasurer - Mike C.

Secretary - Henry M. 245-3604

Literature - Mark M.

Alt. Literature - Danette M.

Hotline Chair - Dana M. 245-6677

Events - Kathryn B. Kauairu2010@yahoo.com

GIS News. - Linda B. district6newsletter@hotmail.com

**Request a newsletter
by e-mail**



District6newsletter@hotmail.com



Concept VII - Harmony

Concept VII: The Charter and Bylaw of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

❖ Our trustees certainly do have this absolute legal authority, but there is nothing in their charter that compels them to use all of their authority all of the time. They are quite at liberty to accept advice or even direction from anyone at all. They can simply refrain from using their absolute legal right to say "no" when it would be much wiser, all things considered, to say "yes". Just as the conference should avoid the overuse of its traditional authority, so should the Trustees avoid overuse of their legal rights. (page 31)

❖ *Presented by Francesca P. (alternate delegate) to Hawaii Area 17 at the Inform the Delegate assembly April 2006.*

❖ *References: The A.A. Service Manual Combined with Twelve Concepts of World Service_by Bill W. 2005-2006 Edition Reflecting Actions of the 2005 General Service Conference.*

~ Contributed by Shoshanah B.

Service is Sobriety

Our Area 17  Delegate is

Elizabeth M.

delegate@area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

**Hawaii Area Committee
#2107**

**575 Cooke St., Suite A
Honolulu, HI 96813**

Please include "District 6" & Group Name on ck

DCM CORNER

JULY 2010

One of our members just published a calendar of events for AA on Kauai and it is an extremely impressive document. Add to this the sixty-plus meetings a week and you get a glimpse of a very vital fellowship in action on our island. So now what?

From my point of view we are entering a very exciting period of transition to Panel 61. This means new leadership and new ideas, more events and even greater activity. Hopefully we will make an even deeper "scratch in the surface", as alluded to in the Big Book on page 19, because that is our Primary Purpose.

How do we do this? It seems to me the parallel is in preparing for Step 6; it's time to "take the book down from the shelf," and be sure our foundation is rock-solid. Organizationally this means reviewing the condition of our home groups because that is where Alcoholics Anonymous lives, breathes, and – most importantly – grows. That is where we interact with the world around us on a daily basis, replenishing, renewing and revitalizing our sobriety while working with others, constantly evolving as we shed our old patterns and behaviors. Thus are we rewarded with fresh and invigorating ways and means of impacting the condition of our fellow-sufferers.

It is to this end that the District Committee has decided to sponsor a workshop on our Legacy of Service. It will take place August 22 at Niumalu Pavillion and focus on two publications, "The AA Group," and The AA Service Manual.

The hope is that this workshop will encourage new leadership, foster greater participation and help groups prepare for the election of Panel 61 officers when that occurs on October 24th. It may also provide answers for those who are "sitting on the fence," wondering where they can best serve this outfit that has given them new life.

Of course, the world won't stop while we are preparing for the future so we are also organizing our efforts for the booth at this year's Kauai Farm Bureau Fair, August 26-29. Interested members should contact their GSR's or attend the District meeting on the second Saturday of the month.

Prior to that, GSR's will be voting on the Area budget and the proposed CEC Workbook at the assembly in East Hawaii August 14 and 15.

And we haven't even talked about July! Of course there's the Lydgate barbeque sponsored by Hui 'ohana but many of us will be in San Antonio celebrating our fellowship's 75th anniversary.

Personally, I'm spending the month after San Antonio with my family and friends on the Mainland. Susan ON, the Alternate DCM is already working on the agenda items for the July District meeting which demonstrates just one more marvel of this fellowship as our predecessors suggested alternates to insure seamless progression. And Susan clearly epitomizes what is stated on p. 39 of the 2007-2008 Service Manual: ". . . women whose dedication, stability, vision, and special skills make them capable of dealing with every possible service assignment." Truly I am blessed to have her support as well as that from all of you.

Thank you for this marvelous journey!
~ Jim D

Our Legacy Of Service

August 22, 2010

Workshop at Niumalu Pavillion

The Focus will be on two publications:

- ➡ The AA Group
- ➡ The AA Service Manual.

Kauai Farm Bureau Fair

Organization for the booth at this year's Kauai Farm Bureau Fair, August 26-29 is now underway. Interested members should contact their GSR's or attend the District meeting on the second Saturday of the month.

Kauai District Cash Flow

May 9, 2010 to June 12, 2010

(District Meeting to District Meeting)

| | |
|--------------------------|------------|
| Starting Balance | \$ 2339.40 |
| Income | |
| Interest 4/21 to 5/20 | \$0.08 |
| Koloa Wednesday Night | \$10.00 |
| Whiskey & Milk Stick mtg | \$10.00 |
| Hui Ohana | \$445.05 |
| Income Total | \$465.13 |

| | |
|----------------------|---------|
| Payments | |
| Delegate Report Back | \$84.47 |
| Payments Total | \$84.47 |

SUMMARY FOR 2009

| | |
|-------------------------------|------------|
| Starting Balance May 9, 2010: | \$ 2339.40 |
| Income Total: | \$465.13 |
| Payments Total: | \$84.47 |
| Balance | \$2720.06 |
| Prudent Reserve: | \$-500.00 |
| Available Funds: | \$2220.06 |

~ Prepared by Courtney P.

Next District Meeting July 10th
9:30 am , 3146 Akahi St., Lihu'e

District 6 Committee

DCM - Jim D. - DCM6@area17aa.org

Alternate DCM - Susan O'N. 212-1858

Treas - Courtney P. cpelz@mail.com

Secretary - Michele K. kauaidistrictsixsec@gmail.com

Grapevine-Alejandro 652-3128 hernandea040@hawaii.rr.com

Archives - Mathea A. MatheaAllansmith@gmail.com

CPC - Bart D. 651-9623

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

PO Box 1503, Kapa'a, HI 96746

Please include "District 6" & "Group Name" on check



ELECTION OF PANEL 61

THE ELECTION of Panel 61 officers will
occur on October 24th, 2010.