

October 2014

Garden Island Sobriety

'Step Ten'

"Continued to take personal inventory and when we were wrong, promptly admitted it"



He said: To live sober and be progressing toward emotional sobriety (peace of mind), I am encouraged by you to bring the 12 steps into all of my affairs.

With the first nine Steps, I have a road map for relief from my obsession with alcohol, through personal inventory and restitution. I have a process that I know works when I take the next right action because I made it through those early months of sobriety without taking a drink.

To live sober I have found a need to act sober. Inventory takes the power out of the situation and opens up the possibility of compassion. Emotional sobriety seems so far away at times, but the alternatives aren't so appealing. And, usually after about 20 minutes, whatever it was that felt unbearable seems to lose its hold on me. A simple inventory can get me through those 20 minutes.

I believe what I hear in the meetings of AA, that pursuing a life where I am happy, joyous and free is a life worth living. Bringing inventory into all aspects of my life allows me to grow in that direction, and it feels good. Meditation and prayer without inventory are aimless. There is a reason Step 10 comes before Step 11.

My spirituality is firmly planted in this world. To deny the connection is to take a sip of delusion and the first step towards a relapse. I seek a spiritual experience that affirms *life* as a spiritual experience. Spirituality is not out there, it is in here.

For so long I held on to the illusion of separation between myself and the world, between me and you, and especially between me and God. For that long I remained in pain.

Step Ten brings me together with you and God into a space of love and compassion.

(cont. p. 2)



She said: "For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and **accept** what he finds and until he patiently and persistently tries to correct what is wrong." 12 x 12.

My sponsor asked me to write about what I've learned in my Step work so far. As I read through the first nine articles I've written for "She Said" I pinpointed one practice that summarizes any newfound wisdom; Acceptance.

In "The Promises" it says my fear of people will disappear. I remember the first party I attended sober. It was a wedding party of my oldest friends. At parties, I had always been the center of attention. I was your quintessential party girl: The life (or death) of the party. When I got sober I realized how fearful I was of other people. At first I thought I just feared rejection....that was only the first layer. As I gained strength and began to accept myself, I realized another layer of my fear: Judgment. I was constantly judging others.

On the way to the party I asked my husband, "I don't know what to say. How will I act?" My husband replied, "Maybe just try listening." The thought had never occurred to me. Hmmm..... listening.

Growing up in an abusive environment I developed a heightened sensitivity to other people's energy. As a child this saved me from constant confrontation. As an adult, this sensitivity became draining. It was draining because I considered it my responsibility to change how other people were feeling.

I also began looking with curiosity why I had such trouble listening. I noticed myself shutting down when someone shared something that made me feel uncomfortable / judgmental. I was shutting down because I believed it was my responsibility to manage their feelings.

(cont. p. 2)

He Said: (cont.) **Early in my recovery** I found relief in knowing that I am responsible in all aspects of my life. When I read page 90 of the 12 and 12, I knew Alcoholics Anonymous was the real deal.

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with* us. If somebody hurts us and we are sore, we are in the wrong also."

But, but, but....Wait a minute! You can't be serious. These two sentences take away every loophole, bulletproof.

In recovery I am not a victim of my circumstances. Today I have a choice to take the next indicated step towards my recovery.

~ Paul M., Kauai

Birthday Celebrations

West Side

● **Ala i ke Ola Hou** 5:30 pm Last Friday of the month, Smokey Valley Clubhouse. CAKE AND 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!

Sobriety Birthdays

We Publish Sobriety Birthdays In The Month After Their Occurrence.

She Said: (cont.) **Have you ever** told someone how you felt and then they tried to convince you not to feel that way? Have you ever been listening to someone and been thinking the entire time, not about what they were saying, but what **you thought** about what they were saying?

What is the point of communication? I talk to help others understand. listen to understand the people around me. Personal Inventory and Amends cultivate understanding of the people around me.

The Japanese word mizu no kokoro means – "A mind, like still water". If water is still, it can give a clear reflection. Likewise, if the mind is still, things can become a reflection of what they truly are. I still my mind through acceptance. It is not my responsibility to change how others feel. It is not my duty to manage the emotions of the people around me. I can offer compassion by listening, truly listening.

When I care for the people around me, under the influence of awareness, I become more attentive, understanding and loving. My undivided presence is an opportunity to offer compassion and understanding through listening. My relationships change when I offer peaceful presence and unconditional acceptance. I cannot change you and how you feel, but I can change what I am offering to you. **Acceptance.**

~ Jill R., Kauai

Happy Birthday

| | | | |
|------------|------|------|--------|
| Jerry V. | 9/9 | 1974 | 40 yrs |
| Sheila H. | 9/13 | 1982 | 32 yrs |
| Gabrielle | 9/10 | 1987 | 27 yrs |
| Karen L. | 9/19 | 1989 | 25 yrs |
| Dennis C. | 9/24 | 1993 | 21 yrs |
| Jack M. | 9/22 | 1994 | 20 yrs |
| Dana W. | 9/22 | 2000 | 14 yrs |
| Michele R. | 9/14 | 2005 | 9 yrs |
| Elaina B. | 9/26 | 2005 | 9 yrs |
| Patty C. | 9/22 | 2007 | 7 yrs |
| Erin | 9/11 | 2012 | 2 yrs |
| Alison T. | 9/13 | 2013 | 1 YEAR |

Congratulations Everyone!!

The 6th Annual Mens Retreat

" Entirely Ready!! "



Kahili Mountain Park, October 24 - 26th

Golf, Food and Fellowship

\$110 includes golf cart/fees, 5 meals & 2 nights lodging. Information thru the AA Hotline, 245-6677, or speak with Chris K., Mike C., Tommy R. or Dave B.



Water Meeting & BBQ

At Lydgate Park and Pond

This Month October 12th at Lydgate Park

11:00 am Potluck/BBQ, 1:00 pm Meeting in the water



Happy Hour Cookout

At Nawiliwili Beach Park

This Month on October 19th, 2:00 pm

Cookout & Games. MEETING is a 5:00 pm



Last Saturday Supper

At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on October 25th, 7:00 pm

Speaker at 7:45 pm. Sponsored by Koloa Nooners



Steps to Freedom Birthdays

At Kapa'a United Church of Christ

1315 Uly Street, Kapa'a

This Month's Potluck October 27th, 6:45pm

Celebrate AA Birthdays, Speaker Meeting 7:30pm

53rd Annual Hawaii Convention

Oct. 30 – Nov. 2, 2014

**The Hilton Hawaiian Village
Waikiki Beach Resort**



<http://annualhawaiiiconvention.com>



THANKATON 2014

NOVEMBER 27TH, 2014

Potluck assignments for this year are:

-  **North Shore – Vegetables, Cranberry Sauce**
-  **East Side – Stuffing, Mashed Potatoes, Yams**
-  **South Shore – Salads and dressings**
-  **West Side – Desserts**

WE STILL NEED 3 TURKEYS

Contact Alejandro through the AA Hotline 245-6677

Annual Gratitude Luncheon



At The Sun Village Community Room

This Year on November 8th, 12:00 pm

How Grateful Is Your Group? November has historically been designated Gratitude Month in AA. Just as we did last year, the Public Information Committee will host a Gratitude Luncheon on the 2nd Saturday (Nov. 8) at the Sun Village Community Rm. All groups are encouraged to attend.

Luncheon will begin at noon with a brief program after the meal. Participating groups will be asked to introduce any honorees at their tables and explain why they chose to honor them. It's suggested that each group honor a "longtimer" and a "friend of the fellowship," the latter being someone who has contributed to your group either by allowing the group to meet at its current location, referring individuals to the group, being sympathetic to our shared purpose, or for any other reason the group sees as important.

Each table seats ten and we are offering the tables at \$120. It is suggested that the eight seats remaining (after the two honorees) be offered however the group decides. One suggestion would be that they be sold at a penny a day for sobriety. This would, of

course, have someone with a year paying \$3.65 while someone with ten years might express his or her gratitude with \$36.50! Of course, there's always the \$15 each which would be the break even point!

However your group decides to utilize their ten seats, we hope any additional funds will help defray costs incurred for your work in Public Information and Co-operation with the Professional Community.

For tickets, or information, contact your GSR or Jim D, or e-mail publicinfo@kauaiaa.org.

A.A. Meeting Places



UNITED CHURCH OF CHRIST, HANAPEPE
TUESDAY AT 5:30 PM - PAU HANA MEETING, MAIN HALL

TWISTED SISTERS



At The Koloa Salvation Army Hall

Women's Speaker Discussion Meeting
Wednesdays, 5:00 - 6:00 pm

Share your Experience, Strength and Hope! Call Sheila via the AA Hotline, 245-6677, for more info.

18th Annual Western Area Conference of Young People in Alcoholics Anonymous



December 18 - 21, 2014

At Hapuna Prince Hotel
On The Big Island of Hawaii

Info & Travel Discounts At:
<http://www.wacypaa18.org/>

Register online at:

<http://www.wacypaa18.org/online-registration.html>



AA ARCHIVES

Month of September in Our History:

September 1990: First printing of the AA General Service Conference approved book, "Daily Reflections", goes to print. This book had its beginning as an advisory action three years before at our General Service Conference held in New York. At the top of each page is a quotation from books and other literature that is 'Conference Approved' material. Following each quote is a personal reflection by individual AA members. There were 1325 submissions by the membership and 365 were picked, one for each day of the year. The entire book focuses on our three legacies of Recovery, Unity and Service.

September 1909: The American Society for the Study of Alcoholism erected a monument in honor of Dr. J.E. Turner in Wilton, Ohio. Turner founded one of the first known inebriate asylums where alcoholics were placed in strait jackets and treated in the same way as the chronically insane.

September 1937: The belief that alcoholics are resistant to the Oxford Group's four 'Absolutes' develops in Bill's mind and in his actions. This will be one of the five major reasons alcoholics began the 'break away' from the Oxford Group.

September 1937: Dr. Leonard Strong, Bill W's brother-in-law, writes 'The Rockefeller Foundation' seeking funds for this newly formed group of 'ex-drunks.' We will not take the name of 'AA' until 1939, when our Big Book went to press.

September 1941: Jacksonville, Florida Radio Station WHJP airs 'Spotlight on AA' with speakers from AA. It proved to be so popular the station turned the show into a long running series.

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

~ Submitted by Mathea A.



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

Kauai Intergroup

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

Intergroup Treasurers Report

August 2014

Income:

| | |
|-------------------------------|--------|
| Sun Serenity Group | 147.00 |
| North Shore Aloha | 140.00 |
| Hui Ohana Books | 145.50 |
| Hui Ohana GIS 3 months | 75.00 |
| Hui Ohana | 175.00 |
| Experience, Strength and Hope | 25.00 |
| Poipu Beach Sunrise Sobriety | 400.00 |

Donation:

| | |
|------------|-------|
| -Books | 40.00 |
| -Books | 36.00 |
| -Pamphlets | 1.20 |
| -Books | 24.00 |

Expenses:

| | |
|-----------------------|--------|
| Tom R Schedules | 235.41 |
| Bob B Labor Day | 250.00 |
| HI Telcom | 25.65 |
| Guardian Self-Storage | 130.21 |
| Ink spot | 150.00 |

| | |
|-------------------------|---------|
| Balance | 3808.94 |
| Less Prudent Reserve | 200.00 |
| Less Thankathon Reserve | 400.00 |
| Total Available | 3208.94 |

~ Prepared by Mike C. ~

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

Intergroup Officers:

| | |
|------------------|-----------------------------------------------------------------------------------|
| Chair: | Bob B. chair.intergroup@gmail.com |
| Alt. Chair: | Susan ON. |
| Treasurer: | Mike C. |
| Alt. Treas.: | Mo L. |
| Secretary: | No Huhu |
| Literature: | Linda |
| Hotline: | Danette M. hotline.kauai@gmail.com |
| Events Chair: | Patti Lyne B. |
| Events Co-Chair: | David V. |

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Find A.A. in Hawaii



at: www.area17aa.org

District 6, Kauai:

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

PI Committee

Next Meeting October 18th, 3:00pm

At the Picnic Tables at Nawiliwili Beach Park

Contact: publicinfo@kauaiaa.org

PUBLIC INFORMATION REPORT

SEPTEMBER 20, 2014

The PI Committee has been busy rapping up an active summer. We peopled a booth at the Kauai County Farm Bureau Fair during August and On Friday, September 26 we will have a table at the Kauai County Wellness Fair.

It was encouraging to walk into an enthusiastic discussion at the Intergroup meeting regarding the distribution of pamphlets and witness some new individuals stepping forward. Nonetheless, we want to remind everyone that "The AA Group" (pamphlet P-16) suggests every group have a PI representative!

We are planning on spending most of October working toward the Gratitude Luncheon which is scheduled for November 8 at the Sun Village Community Room. As we did last year, we will make tables available for group purchase and each group is then encouraged to choose a "long-timer" and an outside contributor to honor with free meals and then sell the remaining tickets to group members at whatever price the group decides. One suggestion is \$3.65 for each year of sobriety. That way the folks who have lots of time without the compulsion to drink are encouraged to freely express their thanks!

We continue to make presentations at the DUI classes and are looking forward to turning over this commitment to new people with new ideas.

Thank you for giving me this opportunity for growth!

~ Jim D.

Concepts Checklist

Concept X (Equality):

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

- ✓ Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- ✓ Why is delegation of "authority" so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of "authority?"

District 6 Treasurer's Report

September, 2014

Group Contributions:

| | |
|------------------------------|---------------|
| Sunday Serenity | 147.00 |
| Sunday Beginners Group Lihue | 40.00 |
| Step Sisters | 14.00 |
| Koloa Aloha Group | 100.00 |
| Women's 5:30 Koloa | 120.00 |
| North Shore Aloha | 25.00 |
| Income September: | 446.00 |

Expenses: 0.00

| | |
|------------------------|----------------|
| Bank Balance | 5131.60 |
| Prudent Reserve | 1000.00 |

~ Prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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



NEW District 6 Committee:

| | |
|-------------------|----------|
| DCM: | Paul M |
| Alt. DCM: | George K |
| Secretary: | Jon S |
| Treasurer: | Steve Q |