

March 2020

Garden Island Sobriety

'Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."



He said: Some people apparently have no problem with this step. They come in with a significant spiritual life in place. A "normal" person would ask how anyone could be an alcoholic and have a spiritual life at the same time?...Easy, you have a profound faith in God and you drink uncontrollably ... that's how that happens.

The Third Step for me was not that easy. What it meant was that I was to make a decision to turn my will and my life over to the care of a God that had somehow put me on an island of misfits that I had known so well, and kept me there. I had experienced an unjust and unforgiving God, and this whole thing is now up for grabs. Was I going to become willing to turn my will and my life over to an unseen, unknown, untouchable presence? And, never had I met anyone who could tell me about the face of God. Well, the way that I saw it, on one hand I had a miserable life that was about to end, and on the other was a God that I had a bad relationship with. No win.

It was high tide and I had been up for days. Tied two ropes to my legs connected to cinder blocks. Was gonna jump. The quiet voice said "Steven, don't do it". I cut the ropes, got down on my knees, and to the best of my ability turned my will and my life over to the care of a God that I DID NOT UNDERSTAND. What I said was this: "God, I'll do anything to stay sober"...That was the best I could do. At that very moment, I experienced the obsession to use alcohol and cocaine as coping mechanisms for everything, being lifted from my whole being. For the first time in my miserable life (or so it always seemed) I didn't "think" everything was going to be ok...I actually felt it. So I called my friend Peter, who had taken me on the occasional trip to the ER, and told him I needed to go

(Cont. p. 2)



She said: God was not a concept I thought of in years before coming into the rooms of A.A. In my mind he was the typical white man in the sky, with long gray hair, a beard reaching below his collar bone, a deep voice that only spoke in commands and he was draped in what seemed like a dress with Birkenstocks on his feet. My parents pushed the idea that I should be living life like a "God fearing woman". Seeing all these people believe that if they did one thing humanistic they would be damned for eternity to a fire ridden demon filled place called hell, but he still loves them just the same seemed off. I quickly learned to resent God.

I grew up on self-will, it was my way or the highway. Even though that never worked for me it was still hard wired into my brain. So when I heard the Third Step I immediately thought, oh great I joined a cult. All these people are just believing in something someone told them to and they all think exactly alike. While I was waiting for a self-righteous figure like Jim Jones to pop out and instill fear into my feeble mind, he never did.

When I questioned the idea of having a higher power and how it relates to my recovery my sponsor said to me "Why don't you choose your own conception of God?" Alcoholics Anonymous, page 12. That was novel idea. I never thought that I can have a God of my own understanding. I always thought you had to choose one that was created eons ago by a person who most likely did not hold the same morals and views that I do. She said it would just have to be something that was bigger and more powerful than myself. Knowing something was more powerful than me came easier than I imagined. Instead of tuning out at the meeting when the word God was mentioned I decided to listen.

Everyone shared a different view on God, or their

(Cont. p. 2)

He Said (cont.) to the hospital again. Of course he gave me his usual 12th Step call response: "Sure, I'll be there in a little while...Hang in there buddy".

One of my other friends in recovery uses this analogy..."This step is like being on a roller coaster and you're going up...Click,click,click...The Third Step is where you hear the clicking stop...Buckle your seat belt, here we go, you're on the ride now pal...And what a ride it has been, and still is...

Basically, the Big Book says that we hope you're serious about what you just did. Now we have to embark on a course of rigorous action, or this is all just a conversation...Making a decision, turning over, my will, my life, care of, God, understanding...Yikes, how it all changes...

~Steven Q.

She Said (cont.) Higher Power as some like to say. Some members talked about Mother Nature or even the group as their choice.

Funny enough I chose a sponsor who was a woman of faith, who went to church more often than not, and she never pushed the concept of her God on me. I fell in love with her calm demeanor and the way she let her troubles just go. She told me that once she turned her will and life over to a God of her own understanding she felt lighter, and not so weighed down by the things she cannot control. Someone else was running the show now and she could focus on different things, and being of service to others.

Turning anything over to God, especially my will took some time for me. Turns out living in faith and not fear all the time actually felt better. I could enjoy life for what it was, more an adventure then a detailed plot with an ending of my choice. It also is a daily practice for me, not just a onetime deal. Saying the Third Step Prayer everyday keeps me grounded. Now I will happily drink the juice from A.A. because I know it's a flavor I enjoy.

~Ashlie W.

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!**

Happy Birthday



Lucky	2/10	1981	39 yrs
Billy A.	2/14	1982	38 yrs
John P.	2/5	1984	36 yrs
Denise	2/18	1984	36 yrs
Fran M.	2/14	1986	34 yrs
Annie B.	2/15	1998	22 yrs
Jeff S.	2/14	2002	18 yrs
Bill S.	2/2	2004	16 yrs
Janice M.	2/5	2005	15yrs
Susan C.	2/24	2007	13 yrs
Arthur D.	2/1	2008	12 yrs
Brittni B.	2/5	2008	12 yrs
Laura L	2/14	2008	12 yrs
Pat C.	2/16	2008	12 yrs
Mark A.	2/29	2008	12 yrs
Susan O.	2/2	2009	11 yrs
David A.	2/23	2009	11 yrs
Kirt	2/4	2009	11 yrs
Matt L.	2/24	2009	11 yrs
Christopher	2/19	2010	10 yrs
Jami K.	2/22	2010	10 yrs
George K.	2/22	2010	10 yrs
Alysson	2/26	2011	9 yrs
David A.	2/23	2011	9 yrs
Taylor	2/17	2012	8 yrs
Bronson B.	2/1	2012	8 yrs
Lion H.	2/10	2012	8 yrs
Kyler	2/3	2013	7 yrs
Karen F.	2/2	2013	7 yrs

The Third Step Prayer

"God, I offer myself to Thee – To build with me and to do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

May I do Thy will always!"

AA Meeting Places



3289 Poipu Road, Koloa

Koloa Union Church

- Sunday - 7pm Sunday Night Live!
Big Book Study
- Tuesday - 7:30 pm Come As You Are,
Speaker Disc Mtg.
- Wednesday - 7:30pm
Whiskey and Milk Stick Meeting
- Thursday - 4:30 pm Step Study
- Friday - 7:30 pm Big Book Study
- Saturday - 6:00pm Sobriety in Paradise
3rd step mtg

A.A. Activities



Steps to Freedom Birthdays

Potluck This Month March 30th
6:30pm, Kapa'a United Church of Christ

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



Waimea Cyn Birthday Potluck

This Month on March 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

Came to Believe Meeting Cancelled

There is no longer a Wednesday
meeting at St Michaels at 6 pm...



AA Archives

The Best of Big Book Dave:

March in Our History:

March, 2016: One of our old-timers moved on up to the Big Meeting two months ago. His obituary was in the San Francisco Chronicle on Jan. 15th. Dr Earle M. born August 3rd, 1911, graduated University of California, Berkley, where he was an Associate Professor. Dr Earle was a World War II veteran in the Navy. In later years he became Chief-of-Staff teaching at hospitals throughout South Vietnam.

His Obituary made no reference to is A.A. membership (sobriety date June 8th, 1953) or his efforts in the field of alcoholism around the world. Dr Earle's story is in the 2nd, 3rd and 4th editions of the Big Book (Physician Heal Thyself).

Dr Earle's burial was at sea. ... Rest In Peace ...

March 1941: NBC began a 14 part syndicated radio program called "Is Alcohol a Problem in Your Home?" The guests included many A.A. members.

March 1944: Bill W. is the main Speaker before the State of New York Medical Society at the invitation of Dr Silkworth, who was an A.A. member.

March 1946: The 12 Traditions, as written by Bill Wilson, are introduced to the membership through a Grapevine article.

March 1953: Art Linkletter interviews a group of women who are in A.A., on his TV show. All sat with their backs to the camera so their faces could not be seen.

March 21st, 1949: In Ebby Thacher passed away. He was Bill W's only sponsor. Ebby died of a stroke and was laid to rest in the family plot, Albany, New York.

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.

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 III

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

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....

GRAPEVINE Quotes of the Day

March 16, 2019

"Life in contented sobriety seems to be a matter of looking at the reality of myself in my attitudes, actions, and character rather than trying to run away from it.

"The Reality of Myself," Tasmania, Australia, September 2008, AA Grapevine

Kauai Intergroup

The Next Intergroup Meeting:
March 7th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

January 2020

Income:

North Shore Aloha	Literature	46.00
Hui Ohana	Literature	72.00
Princeville/Hanalei	Literature	96.25
Kauai District Committee	Literature	6.75
Sunrise Sobriety	Literature	128.25
Primary Purpose	Literature	45.00
Steps to Freedom	Literature	54.00
Anahola Big Book	Literature	89.50
Koloa Aloha	7th	50.00
Step Sisters	7th	44.84
Turn It Over	7th	33.00
Happy Hour	7th	263.00
Sunrise Sobriety	4 th qtr contrib	200.00
Steps to Freedom	7th	54.00
Anahola Big Book	7th	10.50
Total Income:		1189.09

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.69
Ink Spot	Newsletter	150.00
AA World Services		927.60
Total Expenses		1263.36

Bank Balance

Income	1189.59
Expenses	<u>1263.36</u>
Balance	(73.77)
Prudent Reserve	<u>-1050.00</u>
Operating Balance	<u>976.23</u>

~ Prepared by Intergroup Treasurer ~

Find A.A. in Hawaii



at: 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.

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

P.O. Box 3606

Lihue, HI 96766



District 6, Kauai:

**The Next District Meeting:
March 21st, 9:30 am
The Lihue Neighborhood Center**



DCM Report



Aloha Kakou,

I just returned from Oahu to attend the Committee Meeting with all other DCM's and Area Officers. As always, it was inspiring and productive. We were given information that will be discussed and possibly voted on at the Annual General Service Conference in New York.

Our Delegate Coleen, will attend the Conference and vote on the information on our Area's behalf. Why is this important and how does it affect you and your group?

One issue that almost always arises, is whether or not we should change the text of our Big Book. This often provokes much discussion and debate. Thankfully we have a voting process that allows us to make decisions in a fair and peaceful way that keeps AA unified.

Your GSR will present the Conference information to your group and take a group conscience on how your group would like the Delegate to vote. Your GSR will then take this information to the next Assembly to share with the Delegate.

Please give your GSR your attention and support so our District can provide our Delegate with an informed group conscience.

Stay tuned for the Caravan destination in March. It will be posted on the website as soon as it is decided upon at February's District Meeting.

We still need a secretary for the District Meeting. The secretary takes notes and emails them out to AA members. Please contact me or come to the District Meeting if interested.

~In Gratitude, Janice M.

Expect A Miracle

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.



**Request a newsletter
by e-mail**

Contact: District6newsletter@hotmail.com

Editor: Linda B.

SEND YOUR CONTRIBUTIONS TO:

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

