

May 2013

Garden Island Sobriety

'Step Five'

“Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”



He said: While preparing to write this article I read again where the 5th Step is presented in the Big Book and in the Twelve and Twelve.

In chapter 5 of The Big Book “How it works” we read through the 4th Step. Chapter 6 “Into Action” continues with the 5th Step. Various words and ideas jump out at me from the Big Book including: “Solitary self-appraisal insufficient,” “humbling experience,” “humility, fearlessness and honesty” “We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator.” In the Twelve and Twelve in the 5th Step chapter these thoughts are expanded upon and I slowly worked through this step using this personal guideline:

The key points for me while working this step are:

- 1) To rid myself of self-deception by sharing with another and to receive a different perspective.
- 2) To become more humble and more able to let the ego step aside and to learn about how freeing honesty can be.

I encourage you to read both of these as they convey the reason for doing this step in a most concise and compelling way. And, secondly like to offer a thought from a different perspective:

I think it is important to consider the one listening to this step. AA as a whole does a wonderful job at “empathy” and it should carry over to the individual circumstance.

One of the defects that I was relieved of while working this step was shame. The one who listened to my 5th Step relayed the level of empathy that made that happened.

I didn't need someone to rationalize my mistakes or one up me or say “poor you.” What it took for this

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She said: Have you ever met an alcoholic who does NOT enjoy listening to themselves

talk about themselves? I have yet to come across such a person! That may sound arrogant and pretentious but if that made you grin or laugh-out-loud, then you know exactly what I am talking about.

Step Five suggests that we find someone to speak with about our Step Four. Step Five also suggests that we are honest and open with that person about our deepest and darkest secrets. I always believed that if anyone knew my secrets that they would no longer “like” me or even think of being my friend. I am not sure where I got this belief but I think it was from grade school. When someone on the playground told me that they were no longer going to be my friend because I was different or “not good” enough, thereby giving me a belief of what “honesty” really does for me. I believe that is when I began being dishonest with myself and everyone else and denial became my reality.

Having a sponsor takes away that fear of being “liked” or losing a friend. A sponsor listens and shares their experience, strength, and hope. Admitting to God and to my sponsor the exact nature of my wrongs, was difficult and ego deflating. I used my idea of “good works” to feel good about myself. I really thought I was a bad person condemned to doom, gloom, and unhappiness, therefore expecting nothing but failure in my life.

Hearing myself read my Step Four out loud, made me realize several things about myself: 1) I am capable of being honest, 2) Belief that I at least have one close friend who does not judge me, 3) My decisions in my past do not reflect my future, 4) I am not a horrible person, and 5) I am worthy of an extraordinary life. As I read my step four out loud to my sponsor, I cried

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AA Hotline 245-6677

He Said: (cont.) process to begin for me was simply that he listened, understood and asked, "Is this something you want to change? And if you do, then you have the power to do it and have already begun."

I believe self-esteem is the opposite of shame and remembered that my goal while raising my daughter was to first build her self-esteem. I used words like "you made a mistake" instead of "you're bad." .Yet my self-talk was, "I am bad I am worthless because .."

The 5th Step for me represents ACTION ..a chance to be vulnerable and express feelings allowing healing to begin.INTO ACTION

~ Jay A., Kauai

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 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!

~About Publishing Birthdays~

**We Publish All Sobriety Birthdays
On The Month After Their Occurrence.**

Have a birthday published or corrected by contacting:
District6newsletter@hotmail.com

She Said: (cont) tears of relief. I no longer had to carry the weight of those secrets! A huge burden was taken from me – thank you to my Higher Power! I am free to be me!

The burden lifted, the tears fell, my heart opened, and my spiritual experience became a life changing alteration. My faith in my Higher Power became strong and from that moment I knew this program worked – it really does!

~ Anonymous on Kauai

Happy Birthday

Nona M.	4/8	1984	29 yrs
Chuck T.	4/1	1984	29 yrs
Lynda G.	4/19	1984	29 yrs
Joe O'B.	4/15	1985	28 yrs
Roger W.	4/14	1986	27 yrs
Karen L.	4/3	1991	22 yrs
John "Hilli" H.	4/15	1991	22 yrs
James B.	4/16	1993	20 yrs
Allie	4/27	1996	17 yrs
Patty	4/5	2000	13 yrs
Nicole	4/10	2003	10 yrs
Laren T.	4/10	2004	9 yrs
Courtney P.	4/10	2006	9 yrs
Mark B.	4/20	2006	7 yrs
Pam A.	4/28	2006	7 yrs
Monica A.	4/22	2006	7 yrs
Kathie E.	4/28	2006	7 yrs
Dharma W.	4/18	2007	6 yrs
Alan B.	4/13	2007	6 yrs
Jane T.	4/22	2007	6 yrs
Nikole	4/1	2008	5 yrs
Diane K.	4/8	2012	1 Year

Congratulations Everyone!!

A.A. Founders Day

Sunday, June 9th

2:00 pm to 5:00 pm

Please come and join us for coffee and cake as we acknowledge 78 years of continuing sobriety.

1935 - 2013

Come hear the stories of long time sobriety with our Speaker Panel. And ... there will be RAFFLES!!

TO BE HELD AT:

Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea



Bill Wilson

Bill Wilson was the co-founder, along with Dr. Bob Smith, of Alcoholics Anonymous in 1935.

Bill was the primary author of the "Big Book" of alcoholics anonymous, and was the driving force to turn a small group of alcoholics in Akron, Ohio during the late 1930s into a worldwide organization.

Bill Wilson believed "one alcoholic talking to another" was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the "Meeting" concept

Bill Wilson died in 1971, with almost 36 years sober.



Dr. Bob Smith

Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935. "Smitty" or "Dr. Bob", as he was known to AA friends,

was instrumental in assisting Bill Wilson turn a small group of recovering alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization.

Bob Smith died in 1950, with 15 years of sobriety.

A.A. Meeting Places



Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

- Monday at 7:30 pm - Speaker/Discussion
- Tuesday at 10:00 am - Big Book Study
- Tuesday at 7:30 pm - Beginners Meeting
- Wednesday at 7:30 pm - 12 x 12 Discussion



~ Cinco de Mayo ~

May 5th, 2013

- ❖ Hosted by Happy Hour Group
- ❖ Held at Nawiliwili Park
- ❖ More will be revealed!



Water Meeting & BBQ

This Month on May 12th, Lydgate Park

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



Last Saturday Supper

**This Month's Last Saturday, May 25th
At 7:00 pm**

- ❖ Potluck sponsored by Koloa Nooners
- ❖ Held at the Koloa Salvation Army Hall



Traditions Checklist

Tradition V:

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

- **Do I ever cop out** by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
- **Am I willing to explain** firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
- **Have I today imposed** on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- **Am I willing to twelfth-step** the next newcomer without regard to who or what is in it for me?
- **Do I help my group** in every way I can to fulfill our primary purpose?
- **Do I remember that AA old-timers**, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?



AA ARCHIVES

The Month of March in Our History:

March 18th, 1888: Henrietta Seiberling is born in Lawrenceburg, Kentucky. In 1935 she will bring our two co-founders face to face for the first time.

March, 1912: Dr. Bob started his medical practice in Akron, Ohio. - Graduated Dartmouth College, Pre-Med. at University of Michigan, M.D. at Rush Medical College, Chicago and Interned at City Hospital, Akron, Ohio.

March, 1940: The first recorded time the portion of CH. 5 was used to open and A.A. meeting. It was read at the meetings opening at the Cecil Hotel, corner of 6th and Main Street, Los Angeles by Mort J.

March, 1941: “The Foundation Office” (later to become GSO) was moved by Bill out of Hank P.’s office at 17 Williams Street, New Jersey to New York City at 30 Vesey Street, where much of the Big Book was written.

March 30th, 1941: Bill and Lois signed the contract for their home which would become known worldwide as “Stepping Stones”. The price was 6,500.00, with 40.00 per month payments at 4% interest.



Today the home is a non-profit organization and museum kept as authentic and homey as when Lois and Bill were alive.

A.A. members from around the world visit “Stepping Stones” year after year, 35 days a year.

March, 1942: Bill W., a veteran of World War I, tries to re-enlist in the army during World War II at the age of 46. He was too old for combat, however they had a state-side job for him. But, he was rejected in the army’s physical exam due to chronic ulcers.

March, 1965: Richmond Walker passed away; Author of the “24 Hours A Day” book. The old-timers say they sobered up on two books: The “Big Book” and the “24 Hours A Day” book. Richard joined the Oxford Group Jan. 1939. His sobriety date in A.A. is and will always be May 20th, 1942. He came into A.A. in Boston.

~From an Archives Report by ‘Big Book Dave’, Interior Alaska

~ Submitted by Mathea A.



Kauai Intergroup

The Next Intergroup Meeting:
May 4th , 9:30 am, at
The Lihue Neighborhood Center

Need Literature?

➔ Get It At The Intergroup Meeting!

Books Pamphlets*GIS Newsletter*Meeting Schedules

➔ Or We Can Deliver It To You!

Call the AA Hotline With Your Request at: **245-6677**

SEND YOUR CONTRIBUTIONS TO:

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



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 C.
Hotline:	Danette M. hotline.kauai@gmail.com
Events Chair:	Patti L.
Events Co-Chair:	David V.

Kauaiaa.org

Visit Our Website! Print out your own meeting schedule, check out the events calendar or link up to other island websites. You can contact the website committee by email at:

website.intergroup@gmail.com

Kauai Intergroup Report

Inform the Delegate Assembly

April 6-7, 2013, Maui

- The island of Kauai has 67 meetings in 33 groups.
- Eighty-five percent are wheel chair accessible.
- Thirty-six percent of meetings are on the beach.
- Intergroup responsibilities include Schedules, Phones, and Island wide events.
- The phone system is virtual, 24/7, works well but not perfectly, and is covered by 21 volunteers.
- The meeting schedules are printed two or three times a year (depending on need) with 2500 prints each time.
- Minutes are taken at each meeting and mailed by snail mail (secretary's preference) to each Intergroup participant.
- Our treasury level runs around \$1,000.
- Our latest AA event was St. Patrick's Day celebration with about 50 attending and for which Intergroup donated \$75.
- Our Intergroup Chair has started a Caravan to an AA meetings somewhere on the Island which we are now doing once a month. Very Popular!
- Our Garden Island Sobriety newsletter, so excellent, is six pages with the center page containing all the upcoming events. Our newsletter is printed once a month for 150 copies and has in addition, about 300 email subscribers (locals and visitors).
- Our well done and ever expanding website, (kuaiaa.org) is more and more looked to for information and important links. The website, since its inception in October, 2011 ,has had 22,842 hits as of last week.

All is well in the Kauai Intergroup.

~ By Mathea A., Traveling Intergroup Chair

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

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

District 6 Treasurer's Report

April, 2013

Group Contributions:

Sunrise sobriety	175.00
Koloa Aloha	50.00
Young Peoples	25.00
Happy Hour	12.50
Hui O'hana	525.00

Income April 787.50

Expenses:

PRAASA CD	75.00
DCM travel	245.00
GSR travel	122.80
Alt. DCM travel	111.80
Coffee stuff-	29.46
Expenses April	591.06


Cash Available 2600.13

Prudent Reserve 500.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

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



Let's Carry The Message!!

Our Public Information Committee continues to look for ways to expand participation in this life-giving service of our fellowship. Interested groups or members can contact us at:

publicinfo@kauaiaa.org

Next P.I. Committee Meeting

On May 18th, at 3:00 pm
 Happy Hour Tables in Nawiliwili

District 6 Committee:

DCM:	Ron A. DCM6@area17aa.org
Alt. DCM:	Alejandro H.
Secretary:	George K.
Treasurer:	Jay Y.

Find A.A. in Hawaii


at: www.area17aa.org



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
 1253 Beretania St., #1207
 Honolulu, HI 96814-1822



Please include "District 6" & Group Name on check