

August 2019

# Garden Island Sobriety

## 'Step Eight'

**"Made a list of all persons we had harmed, and became willing to make amends to them all."**



### He said:

Hello, my name is Conrad M and I am an alcoholic. Step 8 was gonna be a breeze. I had my 4th step list and I'd just use that. Unfortunately for my lazy bones, the 4th step list was incomplete. While that list dealt with my resentments and fears etc... it didn't completely cover the harms I had done to others, intentionally or not.

**Through doing the** step work so far, I realized how much denial I had been in. My use of self-justification and blame had become evident as well. All this was a way for me to divert accountability for my actions. I'd said I was sorry a thousand times but very rarely meant it. I wouldn't change my attitude or change my behavior. "Oh well, sorry" and off I'd go. So, I started a new list with the goal of being as thorough as possible. Some people had passed away, others I hadn't seen in years. My sponsor said a complete list, so everything had to be included. If someone or something popped into my head, "write 'um down". Sounds easy, but more than once I became aware that I was trying to talk myself out of writing down a name. I would think, "That was their fault" or "If they hadn't done whatever it was, I wouldn't have reacted like that".

**It was enlightening** going through the process. I gained awareness and became willing to be accountable for my part. I was also looking for forgiveness, but was I really willing to forgive? If I thought they had harmed me, was I honestly willing to forgive them too? At this point all I needed was willingness.

**I completed the** list and met with my sponsor to go over it. We categorized the type of amend that had to be made. The main culprits were lies/self-seeking/manipulation, pride/ego/vengeance, and theft (material and emotional). This pretty much covered it.

(Cont. p. 2)



### She said:

I have a strong belief that the steps of recovery are in the order that they are in *purposefully*! By this point in my recovery, I had smashed through enough of my own denial to know that I had created disasters in my past and hurt lots of people. How do I know this? I have already gone through the process of revisiting my behaviors in Step 4. Now I was ready to clean up some of that wreckage since it still weighed heavy on my heart. I intuitively knew that there were repairs that I had to do to be able to move forward with a clean slate.

**Before I took** my inventory out to begin the process of creating my 8th Step list, my sponsor had a few suggestions for me. She was anticipating a few emotions that may arise during my process and wanted to share her experience on moving forward. Her main suggestion was to JUST make the list. My mind loves to try to figure stuff out. It's a great stalling technique too. I've seen it happen all too often. My mind also loves to stray into the future, where it truly has no business lurking! Stay in today and just write the list.

**There is a second** part to this Step: "Became willing to make amends to them all". Hmmmm everyone? Completely willing? My sponsor's solution was to write three separate lists. First list for the people I was ready, willing and able to make amends. Second list, the people that I still felt strong emotions towards where I honestly wasn't sure if I was willing yet. Those folks where I was still singing the "somebody done me wrong song". The third list she called the "Hell No" list. The ones where I believed I would NEVER become willing. She then asked me to pray for the people on the second and third list constantly. Over time, many names shifted columns

(Cont. p. 2)

**He Said** (cont.) Then we consolidated the list. I had a lot of names. Some were just not applicable to the process. Some were non-issues. So, we basically were going for the core stuff. He had me say the St. Francis prayer before going over the names. I did this a number of times until I felt as though I was ready to make some real amends. Ready for Step 9.

~Conrad M., Kauai

**She Said** (cont.) where I was able to become willing to make amends to some people, I never thought I would. That's the power of prayer and growth!

**My sponsor reminded** me that it's an evolving list and not necessarily a once and for all checking off grocery kind of list. As the years have progressed since my first round of Step work, people I had LONG forgotten bubble to the surface of my mind. When there is any sort of twinge of pain, regret or sadness around that person, I know that I must add them to my list. The past **MUST** be cleared out for the gifts of sobriety to take root in our lives. Take a breath, have courage and start listing!

In love and Light,  
Michelle L.

# 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

Mary C.	7/20	1979	40yrs
Kathryn B.	7/9	1982	37 yrs
Judith E.	7/14	1984	35 yrs
Jerrie S.	7/17	1984	35 yrs
Gordy W.	7/11	1986	33 yrs
Keola	7/6	1990	29 yrs
Rick G.	7/4	1991	28 yrs
Paul H.	7/1	1993	26 yrs
Becky	7/31	1995	24 yrs
Lisa D.	7/4	1996	23 yrs
Charlie S.	7/27	1996	23 yrs
Kellie	7/1	1998	21 yrs
Dave A.	7/9	2004	14 yrs
Brandy	7/1	2012	7 yrs
John	7/12	2013	6 yrs
Margaret	7/7	2015	4 yrs
Jamie	7/19	2017	2 yrs

## Congratulations Everyone!!

## A.A. Activities

### **GIGYPAA Event** **Sleeping Giant Hike**



**August 10, 9:00 am**  
**At Lokelani Trailhead**  
Business Meeting to Follow



### **The Happy Hour Cookout**

**August 10<sup>th</sup>, 2:00 pm**  
**At Nawiliwili Beach Park**

Cookout & Games. Meeting is a 5:00 pm



### **Steps to Freedom Birthdays**

**Potluck This Month August 26<sup>th</sup>**  
**6:30pm, Kapa'a United Church of Christ**  
1315 Ulu Street, Kapaa, Speaker Meeting 7:30pm



### **Waimes Cyn Birthday Potluck**

**This Month on August 30<sup>th</sup>**  
**5:30pm Potluck, 6:30 Sunset Meeting**  
**Kekaha Beach, MacArthur Park**  
Every last Friday of the Month (bring good food!)  
Volleyball, Swimming, Good Fellowship, Fun, Sunset

## **A.A. Meeting Places**



**Nawiliwili Beach Park, Lihue**  
(Beside Anchor Cove's parking lot)

**The "Happy Hour" Group**  
**Meetings at 5:00 pm**

- Sunday - Best of the Grapevine
- Monday - Living Sober
- Tuesday - Daily Reflections
- Wednesday - 12 x 12
- Thursday - Stick Meeting
- Friday - Big Book Study
- Saturday - Came to Believe
- 2<sup>nd</sup> Saturday COOKOUT 2:00, Meeting 5:00

**Expect A Miracle**

**Find A.A. in Hawaii**

**at: [www.area17aa.org](http://www.area17aa.org)**

**The Month of August in Our History:**

**Highlight for this Month: August 1946,** Bill W. said: "The Grapevine will be the voice of the Alcoholics Anonymous movement. Its editors and staff will be primarily accountable to the AA movement as a whole. Within the bounds of friendliness and good taste, the Grapevine will enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous. Like the AA movement it is to mirror, there will be but one central purpose; The Grapevine will carry the AA message to Alcoholics and practice the AA Principals in all its affairs."

**August 1909: Book published: "Twice Born Men,"** Author Harold Begbie. It is one of eleven books (including the Bible) that will influence how the Big Book will be written.

**August 1938: Personal stories are being written** by members and sent to Bill. Our Big Book First Edition's first printing will be going to press in eight months!

**August 16<sup>th</sup>, 1939: The first admission of an alcoholic** into a hospital, St. Thomas, Akron, Ohio, for treatment of alcoholism as a medical condition. Sister Ignatia and Dr. Bob, side by side, will treat over 5000 alcoholics over the next ten years.

**August 1944: In the front our Big Book** the two letters by Dr. Silkworth is accepted by the A.M.A. on alcoholism as a disease.

**August 1981: The millionth copy** of the Big Book is printed.

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

~ Submitted by Mathea A.

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

**Tradition VIII:**

**Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

- **Is my own behavior** accurately described by the Traditions? If not, what needs changing?
- **When I chafe** about any particular Tradition, do I realize how it affects others?
- **Do I sometimes try** to get some reward – even if not money – for my personal AA efforts?
- **Do I try to sound** in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
- **Do I make an effort** to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- **In my own AA life**, have I any experiences which illustrate the wisdom of the Tradition?
- **Have I paid enough attention** to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition – How It Developed*?

## New Address



## 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







**The Next Intergroup Meeting:**

**August 3<sup>rd</sup>, 9:30 am**

**The Lihue Neighborhood Center**

## Intergroup Treasurers Report

**July 2019**

Beginning balance	2472.01
Income:	
Seventh Tradition	175.00
Seventh Tradition	412.28
Literature	327.00
Total Deposits	<u>914.28</u>
Expenses:	
Guardian Storage	Locker 157.07
Hawaiian Telcom	Hotline 25.79
Ink Spot	150.00
Ink Spot	150.00
Total Expenses	<u>588.86</u>
Account Balance	<u>2797.43</u>

~ Report prepared by Aaron W. ~

### SEND YOUR CONTRIBUTIONS TO:

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



# Kauaiaa.org

**Visit Our Website!**

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

**Contact the website committee at:**

[website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)



## Need Literature?

➡ **Get It at The Intergroup Meeting!**

**\*Books\* \*Pamphlets\* \*GIS Newsletter\*  
\*Meeting Schedules\***

## GRAPEVINE Quotes of the Day

**July 28, 2019**

"Every older AA shudders when he remembers the names of persons he once condemned; people he confidently predicted would never sober up; persons he was sure ought to be thrown out of AA for the good of the movement. Now that some of these very persons have been sober for years, and may be numbered among his best friends the old-timer thinks to himself, "What if everybody had judged these people as I once did? What if AA had slammed the door in their faces? Where would they be now?"

AA Co-Founder, Bill W., August 6, 1946 "Who is a member of Alcoholics Anonymous?", The Language of the Heart.

# District 6, Kauai:

**The Next District Meeting:  
August 17<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center**



## DCM Report



**Aloha Kakou,**

I would like to give a huge thanks to Hui Ohana for hosting an awesome 4th of July celebration at Lydgate Park. Upon arriving, I really was amazed by how much time and love everyone put into making the pavilion so festive and inviting. The tables were decorated with balloons, flowers, red white and blue tablecloths and streamers. There was beautiful music, lots of food, great speakers and wonderful fellowship. Also attending was our Delegate from Maui Coleen A. In April, Coleen attended the General Service Conference in New York where she relays the voice of our home groups and votes on behalf of our Area's group conscience. She prepared and presented a clear and concise report of her experience at the conference and the results of the agenda items that the conference voted on.

**Coleen's report addressed** many topics such as finance, literature, how many new groups there are (1,641 new groups in the U.S. and 91 new groups in Canada were listed with G.S.O.), international conventions, archives and Grapevine. She also had many moving experiences speaking with GSO staff, touring the GSO office and getting to know new and incumbent delegates. I'm very grateful our District and Area is connected to the General Service Office. We are informed, which means we are doing our part in keeping AA alive and healthy for newcomers and old timers alike. If you weren't able to attend, Coleen's report can be found on our Area website <http://www.area17aa.org/panel63/wp-content/uploads/2019/06/69th-GSC-Report-Back-rev-2.pdf>

**Also presented at** the celebration was the \$8.06 on 8/06 Challenge. This really cool idea was started by an Area in Oregon. AA has 1,418,177 members

however it costs GSO \$11,426,835 to keep itself afloat. The difference in revenue is made up from literature sales. Overall, it costs GSO \$8.06 each year per AA member to keep itself afloat.

Here is how the challenge works:

1. Pass a special basket in every group
2. Every member contributes \$8.06 on or before 8/6
3. Groups send contributions to GSO after 8/6 -

**I will provide** GSR's with more details for the challenge and they will present it to home groups. If your group does not have a GSR you are still welcome to participate in the challenge. The flyer is on the website under 8/6 Challenge.

**Coming up in** August is the Budget Assembly in Kona. GSR's, our Intergroup Rep and I will travel to Kona to discuss and vote on the Budget for our Area. Your GSR will provide your home group with a copy of the budget for you to view and discuss. This is how our donations to the Area remain transparent. We know how much money the Area collects and how much it spends. This is why GSR's are so important; They are the link of communication between your home group and our Area.

### District Announcements:

■ **Koloa Meetings cancelled:** Monday @ noon, Men's Tues @ 6:15, and the LGBTQ meeting on Thursday.

■ **New meeting:** Koloa Tuesday @ 7 pm open, mixed Salvation Army

■ **We need volunteers at the County Fair for the AA Booth:**

Fri 8-10pm (1 slot) & 10-12 pm (2 slots)

Sat 8-10 pm & 10-12 pm (2 slots)

Sun 12-2 (2 slots)

**Contact Dana M. 808-212-2483**

### District Service Positions Still Available:

Public Information, Archives Mynah Bird Treatment

**Mahalo and thank you for letting me be of service!**

**Janice M., DCM6**

**SEND YOUR CONTRIBUTIONS TO:**

**Kaua'i District Committee**

**P.O. Box 1503**

**Kapa'a, HI 96746**

