

December 2019

# Garden Island Sobriety

'Step Twelve'

**“Having had a spiritual awakening, as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs”**



## **He said:**

Hello, my name is Conrad and I am an alcoholic. A spiritual awakening is the first part of step 12. I think this is different for everyone, just as everyone's meaning of a Higher Power is different, so my version of the 12th is my own. For me the spiritual awakening has come about by incorporating the Steps into my daily life, with lots of stumbling and pain. Slow growth seems to be my path.

**My progress has** been to grow in spirituality and calmness of the spirit, rather than the calamity of my mind. The practice of “One Day at a Time” has become very important. Being present and in the moment seems to be an acquired skill and I practice every day. If I'm able to make the most of what's in front of me and do my best at everything I try, it's been a good day and I feel calm most of the time. That's not to say every day is perfect, but on the whole it's so much better than it was.

**It doesn't seem** that long ago that I would be patting myself on the back for an accomplishment or blaming someone else for a failure. The spiritual awakening is a psychic change to understand everything revolves around my HP. That connection gives me grace today.

**So then** ... the second part of the Step. Our primary purpose is to stay sober so we are able to help another alcoholic who is still suffering. That to me means in and out of the rooms. My personal interaction with people who are still out there practicing alcoholism, and the way I connect with them, means I must have a solid program to be able to get the message across. One's actions speak louder than words. Being present, being able to listen and understand what another alcoholic is saying, means everything. The ability to offer hope and break the alcoholic cycle is, to me, the bottom line of this program. Our primary purpose!! With that in mind, how can I ever dwell on the thought "Is this as good as

*(Cont. p. 2)*



## **She said:**

Something fundamental inside of us changes when we do these 12 Steps. A deep desire to stop drinking brings us to the threshold of transformation and then the willingness to let go of our old ways of thinking opens the door to a new freedom and happiness.

**Consciously or unconsciously** I have always been looking for a way to be useful in this world. I have struggled toward happiness and a spiritual awakening countless times, yet my fundamental reactions to life stayed much the same. What was I missing?

**To tell the truth,** I could never figure that out. Not on my own. Still, I stubbornly held onto the idea that I, “I” could find the answer.

**Inside of me** there was a complex set of conclusions I had drawn about how to deal with the world. They were based mainly on fear and the debilitating constructs of my own imagination. Even so, my own mind was a mystery to me. I was powerless to change my thinking. Alcohol medicated my suffering for as long as it worked. Unfortunately it stopped working.

**There were two things** on the walls of my first AA meeting place that I read every day. One was on twin posters listing the 12 Steps of the program and the other was a small sign that said ‘Expect a Miracle’.

**I didn't see how** these 12 Steps could possibly result in a spiritual awakening. It seemed too simple. But I was ready to try anything. I decided to expect that miracle.

**What I found out** was that I was going to have to toss out a lot of garbage, replace fear with faith and turn my attention toward helping others. None of this is easy to do but the 12 Steps have an inspired design toward this purpose. Guiding me to discover, disclose and discard my old ways of thinking is part of their

*(Cont. p. 2)*

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**AA  Hotline 245-6677**

**He Said** (cont.) it gets" or "If I only had ----- life would be so much better". I try to live with the principles of AA in the forefront of my thoughts instead of what's in it for me." How can I help" fills a void that all that "stuff" was never able to. A spiritual solution rather than a chemical solution works extremely well for me today. Living in service rather than isolation makes me happy and I feel connected. Being around others that are sharing in the solution is way better than being with people sharing the misery. If you don't believe me, that's ok. Give it a try because you never know what could happen. I didn't think writing about the Steps this year was such a good idea when I was asked to do it. After reading these, you might not think so either, but I did and am very grateful for the chance. Happy Holidays and hopefully we'll meet as we trudge the road to happy destiny. ~Conrad M., Kauai

**She Said** (cont.) purpose and ongoing result. **In the synergy of all 12 Steps** I find 'the way out', the way to be in the world. Step 12 tells me to 'practice'. For me it is a continual process; Practice letting go of my fears, practice trusting God to change me in a way that makes me more useful to myself and to others. It is a continual refinement.

**Willingness is the gift** that alcoholism gave me. Only by suffering its ravages did I become entirely willing to let go. For an alcoholic the energy of life becomes an alarming downward spiral. It is fueled by a deathly obsession with alcohol that no one but a fellow alcoholic can understand. In helping each other we help ourselves. In a surprising way this affliction can become our salvation by the grace of a God who turns all things to good, for those who turn to God. ~ Gratefully, Linda B.

## 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

Mike C.	11/6	1975	44 yrs
Carol O.	11/19	1981	38 yrs
Marcial L.	11/16	1986	33 yrs
Anderson	11/21	1987	32 yrs
Mathea A.	11/17	1988	31 yrs
Niamala	11/24	1995	24 yrs
Tom F.	11/15	1996	23 yrs
David J.	11/30	2001	18 yrs
Lani A.	11/21	2005	14 yrs
Barry	11/8	2006	13 yrs
Bob	11/13	2006	13 yrs
Chris S.	11/3	2007	12 yrs
Jeanie	11/26	2007	12 yrs
Scott C.	11/3	2007	12 yrs
Mark G.	11/4	2007	12 yrs
Michelle L.	11/13	2008	11 yrs
Randy	11/10	2009	10 yrs
Sonia	11/5	2011	8 yrs
Shawn	11/5	2011	8 yrs
Jackie C.	11/9	2012	7 yrs
Barbie	11/26	2013	6 yrs
Lee G.	11/18	2013	6 yrs

**Congratulations Everyone!!**

# A.A. Activities



The Happy Hour Group will be riding in  
**The Lights on Rice Parade**



on a new float!  
All will be wearing  
'elf masks' to  
protect their anonymity!



## Waimea Cyn Birthday Potluck

**This Month on December 27<sup>th</sup>**

**5:30pm Potluck, 6:30 Sunset Meeting  
Kekaha Beach, MacArthur Park**

Last Friday of the Month (bring good food!)  
Volleyball, Swimming, Fellowship, Sunset, Fun



## Steps to Freedom Birthdays

**Potluck This Month December 30<sup>th</sup>**

**6:30pm, Kapa'a United Church of Christ**

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

# A.A. Meeting Places

## Christ Memorial Parish Hall



2518 Kolo Rd., Kilauea

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

## Koloa Elementary School Library



3223 Poipu Rd, Koloa

- 5:00pm Monday - 'Na Wahine Ku Pono' Women's Meeting ( Closed)
- 7:00pm Sunday Night Live, Big Book Study
- 7:30pm Tuesday Come as You Are, Speaker/Discussion)
- 6:00pm Sobriety in Paradise

**December in Our History:**

**Dec. 1902:** Book “Varieties Of Religious Experience” written by William James is published; One of eleven books (including the Bible) that influenced how the Big Book would be written. Bill said, “William James, long dead in his grave, was a founder of A.A.”

**Dec., 1923: Christmas: Bill W.** wrote down in the family Bible and vowed to Lois that he would stay sober for one year. This pledge lasted two months and it was the first of many attempts to stay sober.

**Dec. 1933:** : **The last day of prohibition** in the U.S. made little difference to either Dr. Bob or Bill W., who had been drinking beyond their control for years

**Dec. 11, 1934: Bill W.’s sobriety date** at Towns Hospital while he was under the care of Dr. Silkworth

**Dec. 1938:** **For the first time** Bill puts the Twelve Steps down on paper using the principles of the Oxford Group.

**Dec. 1939: Rockland State Hospital** is the first hospital to start taking alcoholic patients to AA meetings (Big Book P. 163).

**Dec. 1944: The 7<sup>th</sup> issue of The Grapevine** carried Lois Wilson’s story (Bill’s wife) telling how she came to live by A.A. principles herself, not just for Bill. The same issue carried letters from children of A.A. members relating how A.A. had changed their lives.

**Dec. 1949 Christmas: Dr. Bob’s last visit** to the alcoholic ward, St. Thomas Hospital, where he treated 5000 alcoholics with Sister Ignatia by his side.

**Dec. 1952: Bill W. as the main speaker** in Orlando, Florida said “December is the ‘Slippery’ month to AA old-timers because it has more slips, suicides and wounded Christmas trees than any other month.”

**From ‘Big Book Dave’, Elected Archivist, Interior Alaska**  
~ Submitted by Mathea A.

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

**Tradition XII:**

**Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**

- Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
- When I do trust AA’s current servants, who do I wish had the authority to straighten them out?
- In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
- Do I ever try to get a certain AA group to conform to *my* standards, not its own?
- Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
- Does my personal behavior reflect the Sixth Tradition – or belie it?
- Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
- Do I complain about certain AAs behavior – especially if they are paid to work for AA? Who made *me* so smart?
- Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
- Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
- Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
- What is the real importance of *me* among more than a million AAs?

**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:  
December 7<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center**

## 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)

## Intergroup Treasurers Report

### October 2019

<b>Income:</b>		
7 <sup>th</sup> Tradition		160.00
<b>Total Income:</b>		<u><b>160.00</b></u>
<b>Expenses:</b>		
Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.62
Ink Spot		150.00
<b>Total Expenses</b>		<u><b>335.69</b></u>
<b>Bank Balance as of 10/10/19</b>		<b>1635.80</b>
<b>Income</b>		<b>+160.00</b>
<b>Expenses</b>		<b>-<u>335.69</u></b>
<b>Balance</b>		<b>1795.80</b>
<b>Prudent Reserve</b>		<b>-<u>1000.00</u></b>
<b>Operating Balance</b>		<u><b>745.80</b></u>

~ Prepared by Tommy R.~

## GRAPEVINE Quotes of the Day

December 1, 2019


"There are many kinds of spiritual experience. Some are like the conversions of the great religious leaders of the past; others seem purely psychological. Some are sudden or instantaneous: others are a gradual learning experience. But all of them, whatever form they take, have one effect: They make a person capable of doing something he could not do before.

"As Bill puts it, "When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone."

York, Pennsylvania, January 1977, "So That's a Spiritual Experience!", Spiritual Awakenings.


**SEND YOUR CONTRIBUTIONS TO:**

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



**SEND YOUR CONTRIBUTIONS TO:**

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



# District 6, Kauai:

The Next District Meeting:  
December 21<sup>st</sup>, 9:30 am  
The Lihue Neighborhood Center



## DCM Report



**Aloha Kakou,**

**Happy** Holidays to everyone! I would like to give a big mahalo to Intergroup for hosting the Annual Thank-a-Thon! As always, it was very well attended with great meetings, amazing food and welcoming fellowship. The holidays are not always easy for everyone. Over the years, I have had some wonderful holiday experiences and some that have been quite painful. Knowing the Alkathon is there for me every year, gives me a sense of security in knowing I never have to be alone on Thanksgiving. It takes a lot of organizing and people power to make the Alkathon happen so thank you again Intergroup & all those who helped for your hard work!

I would also like to thank Happy Hour Group and Sunrise Sobriety for hosting the Annual Gratitude Luncheon on November 9th. It was a great turnout with about 40 people attending. Dr. Jerry McKenna was the featured speaker and he gave a great talk about AA and the Medical Community. It was thought provoking and informative. It made me very grateful to be a member of AA and reminded me how important it is to do our best to keep AA thriving and available so it continues to be here for the alcoholic who still suffers. Great job to everyone who pitched in and made it happen and thank you to everyone who attended. Next year we will start organizing earlier so groups will have more notice to participate.

On December 6th, the Happy Hour Group will be riding in the Lights on Rice Parade on a float they are building. I have received a couple of emails questioning whether or not our District is violating any Traditions by participating. I too had some concerns so I emailed GSO and spoke with our Delegate. GSO considers our participation in the parade and any literature used, an informational tool to inform the public about AA in our

area. Members will be wearing elf masks to protect anonymity and payment is not required to participate in the float. GSO is in support of the float and thinks it is a unique way to carry the message. If anyone has any questions about my correspondence with GSO please feel free to contact me.

On November 16th, I attended a Committee Meeting on Oahu to discuss the Area Inventory that will take place on January 25th & 26th on Oahu. If your group has a GSR, they will bring the Area Inventory questions to your business meeting and discuss them with you. They will bring this information along with the District Inventory information to the Assembly and share it with the Area. We do this to stay unified with all the other AA's throughout our State and to share our successes and challenges with each other. We also do this to determine how well we are doing to carry the message to the alcoholic who still suffers. We ask each other important questions such as: Who is missing from the rooms and how do we get them here?; Are we informed about what is happening with AA worldwide?; What additional activities can we engage in to carry the message? Please support your GSR when they bring the Area Inventory questions to your business meeting. We want to insure AA continues to be healthy and safe for the newcomer when they walk through the door.

There will be a Grapevine Workshop on the North Shore January 11, 2020. Location is TBD. Last year the Grapevine Committee Chair hosted a workshop and we all wrote stories that were submitted to the Grapevine. It was fun & educational. Please join us!

On May 1st-3rd there will be a Womens Retreat at Camp Hale Koa in Koke'e. Kitchen help is needed. Please contact Dana M. 808-212-2483.

### District Service Positions Available:

Archives Chair- document the history of AA on Kauai and share it with others Cooperation with the Elder Community- carry the message to the elder community Treatment/Accessibility- carry the message to alcoholics with disabilities and to treatment centers

Mynah Bird (Area Newsletter)- write short articles for our Area newsletter

It has been a privilege and an honor to serve as your DCM this past year and am very much looking forward to 2020. I hope you and your families have a wonderful sober holiday!

~ With Gratitude, Janice M. [dcm6@area17aa.org](mailto:dcm6@area17aa.org)