

May 2020

Garden Island Sobriety

'Step Five'

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



He said: So now, according to the second paragraph on page 75 of the Third Edition of the Big Book, I'm supposed to “pocket my pride and go to it.”

I found that a solitary self-appraisal was insufficient. I needed another person to help me glean more information out of many situations.

My written inventory was in hand, and the guy who's gonna hear it sitting across from me at the table. Yes, he was my AA sponsor, who has gained my trust over the previous few months ... not an easy task.

I simply started reading to him what was written on the papers, although it was difficult. When I finished, he asked me if there was anything else that I may have forgotten. And there was. But I was “going to the grave with a couple things”, or so I thought.

Just then, in a fraction of a second, the same voice from my Step 2 experience told me to “Go ahead and tell him,” ... and I did. There was not much of the reaction from him as I thought there would be. And that was it. He asked me if I was ok, and I was.

I thanked him, went home, got quiet for an hour and thanked God from the bottom of my heart that I knew him better... Just like the book says to do.

The next morning proved to be the highlight of my first Step 5. I went to my home group meeting at the Mustard Seed at 7:30 am. When I sat down, I had the heartfelt feeling that I was truly a member of Alcoholics Anonymous. I belonged. That terrible sense of isolation was gone.

Some steppingstones have been put into place,
(Cont. p. 2)



She said: Fear. That's the feeling that came up for me as I embarked on this Step.

First, I had to check, did I lie to myself in step 4? Am I going to have the courage and humble nature to tell the truth to someone else in step 5? Fear kept me locked up in my own personal jail cell that was my head and boy did it make the best prison guard.

Ego was also in the way of my spiritual housecleaning. Which was odd because it took me the longest time to realize I even had one. Going over my list of harms and moral wrongdoings made it clear that there were resentments I had shoved aside, inside, and anywhere else I could find a space to get it out of the forefront. I did not think admitting these things to my sponsor would be as hard as it was, but it was harder than a day-old baguette. Not until I softened my heart and put away my pride could I actually tell someone I was not as perfect as I liked to make myself out to be. In my head I was trying to put on this show of a smiling, bright, good member of society, who treats everyone with love and respect. When in all honesty I was this devious, selfish, scared child. The wrongs I have done were as much to other people as they were to myself. Realizing how much I hurt myself, emotionally and physically, was more than upsetting. I did so much damage and had zero self-love, it was no wonder the train kept wrecking time after time.

Being an alcoholic for me is so much of a Dr. Jekyll and Mr. Hyde persona, that even within myself it's tough to admit. I was embarrassed to tell my sponsor certain things I have done and said, not because I did not think she would understand but because I did not want her to think any less of me. Of course, when we worked my step 5 I was not judged or met with disappointment.
(Cont. p. 2)

He Said (cont.) and a full and meaningful sobriety has occurred in my life. Whew! Faith or fear. Choose one.

Next up: Step 6...

~ Steve Q., Kauai

Birthday Celebrations

MEETINGS are temporarily on ZOOM.

Check our website for updates:

Kauaiaa.org

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.

TEMPORARY CLOSURE

South Shore

● Koloa Monday Women's - 5:00 p.m., Church at Koloa, Last Monday. **TEMPORARY CLOSURE**

● Aloha Group 7:30p.m Koloa Union Church, last Tuesday-CAKES ! **TEMPORARY CLOSURE**

East Side

● Hui Ohana - 7:00-8:00 am Last Saturday of month. CAKE FOR BIRTHDAYS! **TEMPORARY CLOSURE**

● Steps to Freedom - 6:30 pm Last Monday month. CAKE & POTLUCK **TEMPORARY CLOSURE**

● Happy Hour - 5:00 pm Last Saturday CAKE FOR BIRTHDAYS! **TEMPORARY CLOSURE**

North Shore

● North Shore Aloha Group - 7:30 pm Last Monday CAKE FOR BIRTHDAYS! **TEMPORARY CLOSURE**

Princeville-Hanalei Group - 7:30 pm Last Thursday - CAKE FOR BIRTHDAYS! **TEMPORARY CLOSURE**

She Said (cont.) She was loving and asked how I felt instead of telling me her thoughts of my actions, like I was a character in a screenplay.

After that, I noticed this step was for me, not for anyone else listening so they can get to know me better. It's one thing to write things down on paper, and it's another to verbally tell someone. It felt like a weight was taken off my shoulders, and I knew I would shed more pounds as I progressed in my Step work. Even after I was done with this Step, I knew it was never going to be fully complete. More things will come up and I will have to reach out and tell God and another human being. To come to an understanding that we are all human, capable of mistakes and actions out of our character is a blessing.

~Ashlie W.

Happy Birthday

Nona M.	4/8	1984	36 yrs
Chuck T.	4/1	1984	36 yrs
Lynda G.	4/19	1984	36 yrs
Doug R.	4/21	1985	35 yrs
Joe O'B.	4/15	1985	35 yrs
Roger W.	4/14	1986	34 yrs
Karen L.	4/3	1991	29 yrs
Tom R.	4/5	1991	29 yrs
John 'Hilli' H.	4/15	1991	29 yrs
James B.	4/16	1993	27 yrs
Allie	4/27	1996	24 yrs
Patty	4/5	2000	20 yrs
Nicole	4/10	2003	17 yrs
Kim H.	4/14	2004	16 yrs
Laren T.	4/10	2004	16 yrs
Courtney P.	4/10	2006	16 yrs
Mark B.	4/20	2006	14 yrs
Pam A.	4/28	2006	14 yrs
Monica A.	4/22	2006	14 yrs
Kathie E.	4/28	2006	14 yrs
Dharma W.	4/18	2007	13 yrs
Alan B.	4/13	2007	13 yrs
Jane T.	4/22	2007	13 yrs
Tim	4/11	2009	11 yrs
Rick B	4/9	2010	10 yrs
Leisa M	4/17	2011	9 yrs
RJ	4/17	2012	8 yrs
Lauren D.	4/21	2012	8 yrs
Taylor	4/26	2014	6 yrs
Scott	4/19	2017	3 yrs

Congratulations Everyone!!

A.A. Activities

3rd Annual Kauai Women Retreat

August 14, 2020 thru August 16



Camp Naue @ Haena

\$85 Registration until 7/15/2020

<https://www.kauaiwomensretreat.org/>

HICYPAA CONFERENCE

October 2, 2020 - October 4, 2020

Hilton Garden Inn



\$40 Registration Fee, Rooms for 4 \$189 - \$229 night

email: hicypaa2020@gmail.com

or call Hotline at 245-6677 for more information

GRAPEVINE and La Viña



Here to Help!

WE ARE GIVING EVERYONE **FREE ACCESS**

to all 2020 Grapevine and La Viña issues. (The audio to Grapevine's stories also will be available, so people can listen to the stories if they like.)

AA Meetings Now What?



We Are Using the Zoom Meeting App

Every Meeting has A Code

All online meetings for Kauai are listed at www.kauaiaa.org click "online meetings".

If you need assistance with the technology or help starting an online meeting call the AA Hotline at 245-6677, and ask for the phone # of our DCM Janice M. She has volunteered her help and says, "Setting up the technology is much easier than you might think."

Zoom Meeting Hacks

Tips for Zoom users:

CAUTION! If you're holding virtual meetings, check your settings. Trolls have been Zoombombing public meetings by sharing their screen and playing disturbing, pornographic, or violent content.

A few simple settings changes will prevent this.

Change screen sharing to "Host Only."

Disable "Join Before Host" so people can't cause trouble before you arrive.

Enabling "Co-Host" so you can assign others to help moderate.

Disable "File Transfer" so there's no digital virus sharing.

Disable "Allow Removed Participants to Rejoin" so booted attendees can't slip back in.



AA Archives

The Best of Big Book Dave:

May in Our History:

May 1939: In A.A.'s beginning the first "Intergroup" was called the "Central Committee" in Cleveland, Ohio. This was 4 years after our co-founders first met; a committee of 7, including Dr. Bob was meeting once a month to 'coordinate' efforts regarding sponsorship and hospitalizations. Dr. Bob was not only a supporter, but an active participant of this committee.

May 1943: The second Intergroup office opens in Columbus, Ohio. In May 1944 Los Angeles opens their office. A.A. was not easy to find but selected groups of priests, ministers and judges in the early days had the Intergroup's phone numbers. These numbers were not listed anywhere else! Before the first General Service Conference was held in New York, April 1951, 16 Intergroups were serving local groups. Today there are over 1800 of these offices in North America!

May 20th, 1908: The Birth date of Sybil Maxwell; Born: Sybil Doris Adams in Simmons, Texas. She will become the first woman west of the Mississippi to sober up in A.A. and stay sober.

May 1932: Rowland H. visits with Dr. Carl Jung in Zurich, Switzerland for one year to 'cure' his alcoholism. Dr. Jung finally told Rowland there was no medical or psychological hope for an alcoholic of his type, except perhaps a spiritual conversion. Rowland returned to the U.S. and joins 'The Oxford Group.' This is considered by most historians as the first link in a chain of events that led to the founding of Alcoholics Anonymous.

May 12th, 1935: Bill W. goes to Akron, Ohio on a business trip that fails, where he will meet Dr. Bob for the first time. Because of this meeting most archivists believe that the birth of A.A. took place one month later.

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 V

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

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GRAPEVINE Quotes of the Day

April 2, 2020

"As I carried the Fourth Step into the next directional action, the Fifth ... I began to gain by pain, to win by losing, to get control by letting go of control. And good feelings poured in from all sides. I discovered how many words that I had been fond of using were actually traps, setting off negative thinking -- 'If only...', 'You always...', 'never,' 'forever,' 'If you would only...', and so on. I dug in and tried desperately to change word habits, to share time instead of spending it."

Pompano Beach, Florida, June 1978, "It Takes What It Takes," Step By Step

Kauai Intergroup

The Next Intergroup Meeting:
May 3rd, 9:30 am

Intergroup Treasurers Report

March 2020

Income:

Steps to Freedom	Literature	63.00
Kapaa Nooners	Literature	39.00
Whisky and Milk	7th	150.00
Hui Ohana	7th	150.00
Total Income:		402.00

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.32
Ink Spot	Newsletter	150.00
Jorina	Website & App	100.00
Total Expenses		435.39

Bank Balance

Income	402.00
Expenses	435.56
Balance	(33.39)
Prudent Reserve	-1050.00
Operating Balance	<u>1016.61</u>

~ Prepared by Sharon M. ~

SEND YOUR CONTRIBUTIONS TO:

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



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.

The A.A. HOTLINE Needs Your Help!

Seeking an Alternate Hotline Chair
Slots are open for volunteers
Participants NEEDED
Please contact the Hotline Chair,
David, at 245-6677

District 6, Kauai:

**The Next District Meeting:
May 16th, 9:30 am**



DCM Report



Aloha Kakou, I hope you and your loved ones are well and everyone is staying safe. It's now been 6 weeks since we have been able to attend face to face meetings and while it's not quite the same, I'm extremely grateful we are still able to meet in some capacity. What I have noticed about online meetings is that the AA message is as strong and unified as ever. I have heard some funny yet truthful phrases about our fellowship: that our secret society has gone further underground yet is unstoppable. I have also noticed that there are still many newcomers entering the "rooms" and members are still reaching out their hands, giving phone numbers and offering sponsorship. We are still reading from our literature, reading How it Works, reading the Promises, practicing the Traditions, counting days, celebrating birthdays, laughing, crying, talking about the solution and staying sober.

In the 12 & 12 Bill writes in Step Ten, "Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?" What I have seen in online meetings all around the world is our sober, emotionally balanced members living to good purpose. Not everyone has access to technology or is participating online. I know that members are reaching out to those in the community who are not attending online meetings and offering them support with phone calls, delivering meals, and driving elder members to Dr's. appointments. Even though we are unable to meet in person we are

still connected and practicing the principles in all our affairs.

Our consistency rings true with General Service as well. Our District has held 2 District meetings and the Area will be holding a virtual Inform the Delegate Assembly May 2nd. GSO will also be holding the annual General Service Conference in May. I think in some ways this has made AA stronger than ever. We now know that when a global crisis occurs, we adapt and keep taking the next indicated step to ensure the survival of our fellowship. Our Delegate keeps reminding us that this is a new frontier and we are all pioneers. Stay safe and hope to see you all soon! Thank you for letting me be of service!

~Janice M., DCM District 6 Kauai



SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

P.O. Box 1503

Kapaa, HI 96746



**Request a newsletter
by e-mail**

Contact: District6newsletter@hotmail.com

Editor: Linda B.