

September 2014

# Garden Island Sobriety

## 'Step Nine'

**"Made direct amends to such people wherever possible, except when to do so would injure them or others."**



**He said:** Sixteen months into sobriety I was once again faced with a situation where I was going to say, "Yes" when with all my being I wanted to say "No, no, no." The difference was that I had made my amends to this person six months earlier and I knew what it meant to engage the situation again. Would the words come out of my mouth? A friend in this program said to me, "You will intuitively know how to handle situations which used to baffle you."

**The word just fell out of my mouth, "No."**

**The responsibility rests** squarely on my shoulders. I have the choice whether or not to go back to behavior in sobriety that is unacceptable. I don't have to wonder why I am miserable when I haven't had a drink today, all I have to do is take a look at my actions and look for the next indicated step. Because I have not had a drink, doesn't mean everything will be ok. I don't get a free pass because I got sober.

**My sobriety is progressive.**

**Making amends is a commitment** to a new way of life.

**Before the Ninth Step,** I would apologize by telling the story of how sorry I was and how many different circumstances were to blame, instead of me, for my behavior. With amends, there is no story and no expectations from the other person. I am not trying to convince the people I make amends to of anything. Amends have to do with me changing my behavior. They are critical to my growth in sobriety.

**At the end of my amends** to my sister, under direction from my sponsor, I asked her if there was anything else that we needed to talk about. She told me about how my behavior scared her and how she thought I was going to die. I realized I had no idea how

*(cont. p. 2)*



**She said:** I lay alone in room 305 on August 3<sup>rd</sup> in The Redmond Inn. It's midnight and I've come to make amends. This is the hotel room.....the bed.....the night Kristi took her last breath, one year ago. What was she thinking? My hand rests on my chest and it moves up and down with each breath. My heart beats reliably through my skin. I can see my pulse. I lie awake and listen. I wait to be healed.

**I attended a wedding** the day before and the pastor said something meaningful to me. He said, "When someone dies, the person you were with, that loved one, dies as well...." This really struck me because I knew a part of me had died with Kristi and it was a part that I was ready to let go of now.

**What parts of me** died on August 3<sup>rd</sup> 2013 that I am ready to release and let go of tonight in my amends to myself, and my amends to my dear friend Kristi?

**I let go of the desire** to hurt myself in the hopes of pleasing others. I let go of weakness that allows others to hurt me. I refuse to put other's needs before mine. I release an eating disorder that ruled the first 36 years of my life, and I silence the voice in my head that tells me I will find love if I am perfect. I let go of my need to please, my compulsion, my fear of intimacy. I let go of my fear of my own sexuality; of my sensuality. I release the habit of looking for love, freedom, acceptance, peace, control, understanding, beauty, validation, satisfaction and fulfillment outside of myself. Kristi and I had connected through our suffering. In the end that was all we had in common. The suffering.

**When I changed** through sobriety all my relationships had to change as well. I had to learn how to connect through love, peace, understanding and companionship.

*(cont. p. 2)*

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**Activities and Meetings P.3 & 4**

**AA Hotline 245-6677**

**He Said:** (cont.) my drinking really affected her and the extent of my character defects. I realized the potential to profoundly hurt others my self-motivated actions had, and I was given a chance to take a positive direction in life.

**The Ninth Step Promises** tell of the abundance of sobriety in Alcoholics Anonymous. Besides being a beautiful prayer, these words tell me of the unlimited possibilities of my life when I give this step an earnest attempt in all of my affairs.

~ Paul M., Kauai

**She Said:** (cont.) Growing up I had learned that the more we suffered together, the more we loved each other. Many relationships didn't survive the transition out of pain into light. The relationships that did, became much richer, fuller....they became honest.

**Through this amends** process I realized that it was not forgiveness from others that I was seeking (although that was preferred!!!), but the "letting go" of the person I was in each of those relationships.

**I had to let** the old me die in order to move forward; In order to heal.

~ Jill R., Kauai

## Happy Birthday

Samantha F.	8/15	1989	25 yrs
Forest	8/5	1990	24 yrs
Myra L.	8/18	1990	24 yrs
Joy E.	8/21	1991	23 yrs
Sue G.	8/4	1991	23 yrs
Lenny I.	8/3	1992	22 yrs
Grekhen	8/8	1992	22 yrs
Jeff T.	8/10	1997	27 yrs
Linda B.	8/11	1997	17 yrs
David H.	8/1	2000	14 yrs
Haarold	8/24	2001	13 yrs
Elle N.	8/12	2003	11 yrs
Jenn	8/13	2004	10 yrs
David B.	8/5	2005	9 yrs
Manny R.	8/8	2005	9 yrs
Nancy M.	8/29	2005	9 yrs
Rhonda	8/18	2006	8 yrs
Duanne	8/14	2006	8 yrs
Damione V.	8/28	2007	7 yrs
Denny M.	8/31	2008	6 yrs
Jay A.	8/23	2009	5 yrs

**Congratulations Everyone!!**

## Birthday Celebrations

### West Side

● Ala i ke Ola Hou 5:30 pm Last Friday of the month, Smokey Valley Clubhouse. CAKE AND 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).

### 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!

### Sobriety Birthdays

**We Publish Sobriety Birthdays In The Month After Their Occurrence.**

**Expect A Miracle**

# Men's Retreat at Kokee



## **"Thus We Grow"**

Methodist Camp, Kokee

September 12<sup>th</sup>-14<sup>th</sup>, 2014

Contact the AA Hotline for more information: 245-6677



## **Water Meeting & BBQ**

At Lydgate Park and Pond

This Month September 14<sup>th</sup> at Lydgate Park

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



## **The Ice Cream Social**

At Lihue Lutheran Church

This Year on September 20<sup>th</sup>, 1:00pm

△ Hosted by Al-Anon, (On German Hill)



## **Happy Hour Cookout**

At Nawiliwili Beach Park

This Month on September 21<sup>st</sup>, 2:00 pm

3rd Sundays of every month, cookout & games

**MEETING IS AT 5:00 PM**



## **Last Saturday Supper**

At Koloa Salvation Army Hall

5348 Koloa Road, Koloa

This Month on September 27<sup>th</sup>, 7:00 pm

Speaker at 7:45 pm. Sponsored by Koloa Nooners



## **Steps to Freedom Birthdays**

At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month's Potluck September 29<sup>th</sup>, 6:45pm

Celebrate AA Birthdays. Speaker meeting 7:30 pm

# 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
- 3<sup>rd</sup> Sunday COOKOUT 2:00, Meeting 5:00



## **THANKATON 2014**

**NOVEMBER 27<sup>th</sup>, 2014**

VOLUNTEERS ARE NEEDED FOR MEETINGS,  
ENTERTAINMENT, DECORATIONS, SET-UP/CLEAN-UP

Potluck assignments for this year are:

- 🍁 North Shore – Vegetables, Cranberry Sauce
- 🍁 East Side – Stuffing, Mashed Potatoes, Yams
- 🍁 South Shore – Salads and dressings
- 🍁 West Side – Desserts

This Year We Will Need Five Turkeys For The Imu.  
Contact Alejandro through the AA Hotline 245-6677



**At The Koloa Salvation Army Hall**

**Women's Speaker Discussion Meeting**

**Wednesdays from 5:00pm to 6:00pm**

Pile into a car and head on over to the South side of Kauai! Share your Experience, Strength and Hope with others!

Call Sheila via the AA Hotline, 245-6677, for more info and if you would like to share your story! We can set up a date!

## **18th Annual Western Area Conference of Young People in Alcoholics Anonymous**



**December 18<sup>th</sup> – 21<sup>st</sup>, 2014**

**At Hapuna Prince Hotel**

**~ On The Big Island, Hawaii**

**Info & Travel Discounts At:**

<http://www.wacypaa18.org/>

**You Can Also 'Register' online at:**

<http://www.wacypaa18.org/online-registration.html>

**Or Use the Form attached to the e-mailed newsletter!**

The purpose of WACYPAA is to build and strengthen unity in Young Peoples Groups in Alcoholics Anonymous in the western area of North America and Hawaii.

These conferences offer an environment for celebration of our sobriety, as well as an opportunity to meet and share experience, strength, and hope with AA members who reside in areas other than their own.



# **AA ARCHIVES**

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

**August 3<sup>rd</sup> 1911:** Dr. Earl Marsh is born. His story is in the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> editions of The Big Book, 'Physician Heal Thyself.'

**August 1915:** Dr. Bob and Anne bought a home at 855 Ardmore Ave. in Akron, Ohio. It had just been built and it would be their only home for the rest of their lives. We can still visit it today.

**August 1932:** Book 'For Sinners Only' by A.J. Russel; one of eleven books (including the Bible) that influenced how The Big Book would be written.

**August 1937:** Lois and Bill stopped going to Oxford Group meetings.

**August 9, 1943:** A picnic is held at Sycamore Grove Park in Los Angeles, with Bill in attendance. Over 400 members attended from all over Southern California. At this time L.A. had eleven groups and 1200 members. There was a good article printed up in the Los Angeles newspaper about this event.

**August 1946:** Marty Mann, whose story is in the Big Book ('Women Suffer Too'), is invited to co-host a very popular radio show nation-wide called 'We The People', on the CBS Network. She explains A.A. and alcoholism over an 8 week period while answering letters sent into the show by listeners.

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

**Excerpts August 2013**

**~ Submitted by Mathea A.**



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



# Kauai Intergroup

The Next Intergroup Meeting:  
September 6<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center

## Intergroup Treasurers Report

July 2014

### Income:

4 <sup>th</sup> July 7 <sup>th</sup> Tradition	50.00
Keep It Simple	50.00
Hui Ohana And Happy Hour Books	189.75
Sat Koloa Books	49.00
Founders Day 7 <sup>th</sup> Tradition	28.00
Koloa Nooners	55.75
Northshore Aloha Books	36.00
Princeville/Hanalei Books	23.00
Came To Believe	50.00
Thurs 12x12 Koloa Books	46.00
HICYPAA 7 <sup>th</sup> Tradition	334.05

### Expenses:

Alejandro Reimburse Founders Day	82.00
HI Telecom	25.65
Guardian Self-Storage	130.21
Ink Spot	150.00

Balance	3892.01
Less Prudent Reserve	150.00
Less Thankathon Reserve	250.00
Total Available	2992.01

~ Prepared by Mike C. ~

### SEND YOUR CONTRIBUTIONS TO:

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



# Kauaiaa.org

## Visit Our Website!

### Kauai A.A. Meeting Schedule



Compact 2-pg schedule  
--prints on legal-size 8½x14"

### Kauai A.A. Events Calendar

### Link to HI Island AA websites

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

## Intergroup Officers:

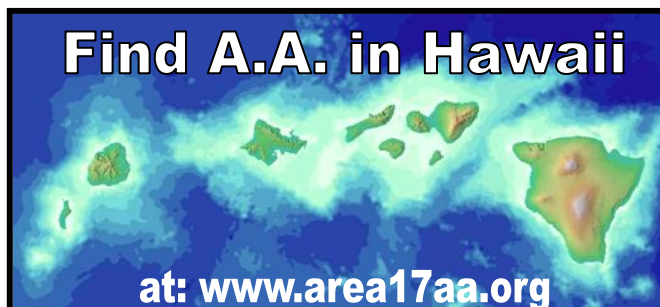
Chair:	Bob B. <a href="mailto:chair.intergroup@gmail.com">chair.intergroup@gmail.com</a>
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda
Hotline:	Danette M. <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

### Request a newsletter by e-mail

Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

Editor: Linda B.

## Find A.A. in Hawaii



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

# District 6, Kauai:

The Next District Meeting:  
September 20<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center

## PI Committee



Our Next Meeting is on September 20<sup>th</sup>  
3:00pm at the Picnic Tables, Nawiliwili Beach Park  
Contact: [publicinfo@kauaiaa.org](mailto:publicinfo@kauaiaa.org)

## District 6 Treasurer's Report

July, 2014

### Group Contributions:

Experience, Strength & Hope	25.00
Poipu Beach Sunrise Group	400.00
Steps to Freedom	126.00
Hui Ohana	175.00
<b>Total Income August:</b>	<b>726.00</b>

### Expenses:

Kauai County Farm Bureau	544.79
DCM Travel Budget Assembly	228.60
<b>Total Expenses August</b>	<b>773.39</b>

<b>Bank Balance</b>	<b>4685.60</b>
<b>Prudent Reserve</b>	<b>1000.00</b>

~ Prepared by Steve Q. ~

### SEND YOUR CONTRIBUTIONS TO:

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



## Send Area Contributions

### ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee  
1253 S. Beretania St., #2107  
Honolulu, HI 96814-1822



# District 6 Elections

## Panel 65

September 20<sup>th</sup>, 2013  
At the Lihue Neighborhood Center

### ELECTIONS FOR THE FOLLOWING POSITIONS:

- DCM
- ALTERNATE DCM
- DISTRICT TREASURER
- DISTRICT SECRETARY

ALL GROUPS ARE AUTONOMOUS BUT ENCOURAGED BY DISTRICT TO:

- Elect Group Steering Committee Members following Structures & Guidelines, and Service Manual as guides for the voting procedure.
- Elect their GSR before the Hawaii Area 17 Election Assembly Oct., 19, 2014, Puna, HI
- Send their New GSR to vote for the New DCM and District Officers.



## The Concepts Checklist

### Concept IX

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

- ✓ Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- ✓ Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"
- ✓ Do I set a positive leadership example?

## The District 6 Committee:

DCM:	Ron A. <a href="mailto:DCM6@area17aa.org">DCM6@area17aa.org</a>
Alt. DCM:	Alejandro H.
Secretary:	George K.
Treasurer:	Steve Q