

# April 2013

# Garden Island Sobriety

## 'Step Four'

**“Made a searching and fearless moral inventory of ourselves.”**



**He said:** There is strength in the fellowship of AA reflected in **One:** How much we are alike and **Two:** How much we are different. There is no one in this world exactly like me or you, however our stories have similar paths, and under God we are ONE.

**Whether I have 40 years, 4 years, 4 months, 4 days, or 40 minutes, each moment forward I have the choice to have continued sobriety and peace of mind in my life. The only constant in my life is change ... so the only thing I have control over is whether I change for the better or worse.**

**While working the 3<sup>rd</sup> Step** I decided to trust my life to the will of God. Now in the 4<sup>th</sup> Step I learn exactly who I am, turning myself over for God's care and guidance.

**I admit that for a long time** it was very hard for me to do this Step. I spent a lot of time researching and looking into an assortment of work sheets, from the very simple to the very complex. I apparently was locked into the specifics of the step and not the function. Today for me this step has three main concepts: Fear, Forgiveness & Understanding.

**Understanding:** In working this step it is not understanding others but understanding myself that was my goal. I evaluated all my past relations both good and bad, and accepted the wrong and/or right reactions on my part. This process has everything to do with my present daily interactions.

**Forgiveness:** I met this with arrogance. I believed I was a forgiving person, however, as I began to dig down and become more objective, I discovered that I had not forgiven the most important person in my life and that was myself. And it is not "selfish" to feel this way. To truly be able to forgive others and not just in a superficial way, I have to first truly forgive myself.

*(continued on page 2)*



**She said:** What is a moral inventory?

Definition of moral: relating to principles of right and wrong in behavior; ethical – conforming to a standard of “right” behavior. Definition of inventory: a list of traits, preferences, attitudes, interests, or abilities used to evaluate personal characteristics or skills. According to these definitions I interpret “moral inventory” to mean a list of traits conforming to a standard of “right” behavior.

**As a human being** I have made many mistakes and behaved against my better judgment. Most people, because of human nature, have encountered the seven deadly sins: pride, greed, lust, anger, gluttony, envy, and sloth. How, therefore, shall I go about doing Step Four? I began by praying the Serenity Prayer and asking my Higher Power for guidance because I am not a bad person trying to be good, I am a sick person trying to get better. I began by being rigorously honest with myself in making my list of character defects:

1. Resentment – listed people, places, and things that made me angry.
2. Sex conduct – selfish, dishonest, inconsiderate, suspicion, bitterness, jealousy.
3. Why - List the injuries of the resentment.
4. How did it affect me – money, pride, jealousy, etc.
5. Pray for each person, place, or thing on my list.
6. Be rigorously honest - what is my part in each injury – fear, dishonesty, etc.?

**Upon completing my lists** I found that fear was the number one basis for my resentments. I relied on *myself* rather than an infinite God. So now I ask my Higher Power for “Faith in and fear out.” In my meditation I ask God to give me direction in correcting harms I have done AND for direction in being a sober woman of dignity. Because of the 4<sup>th</sup> Step I began to learn tolerance, patience, and good will toward my

*(continued on page 2)*

**He Said:** (cont.) **Fear:** Last but not least (an understatement). Fear for me is at the root of my defects of character. Procrastination, anger, stress, jealousy, all of it ... After reviewing my moral inventory it became obvious that fear was the main cause of my negative reactions.

**As I worked through aligning** my will with the will of God, I see the areas of my life that need improvement, including realizing those that I harmed along the way. The 4<sup>th</sup> step provides for me an objective starting point.

~ Jay A.

## 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.**

Like to have a birthday published or corrected in the Garden Island Sobriety newsletter? Please contact:

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

**She Said:** (cont) enemies. And I now have compassion for the sick. **Faith does for me** what I am unable to do for myself, remove my fears. Faith works, it really does!

**F Fantastic**

**A Adventures**

**I In**

**T Trusting**

**H Him (Higher Power)**

~ Anonymous on Kauai

## Happy Birthday

Susan O.	2/2	2009	4 yrs
John G.	3/2	1972	41 yrs
Dick W.	3/17	1973	40 yrs
Pat Q.	3/7	1977	36 yrs
Bebe S.	3/10	1980	33 yrs
Gerry J.	3/4	1981	32 yrs
Dave G.	3/7	1987	26 yrs
Judy B.	3/2	1987	26 yrs
Larry	3/24	1987	26 yrs
Julie M.	3/1	1987	26 yrs
Ed H.	3/14	1988	25 yrs
Norman P.	3/1	1991	22 yrs
Kathy	3/12	1997	16 yrs
Julia O.	3/11	1997	16 yrs
Sherwood C.	3/17	1998	15 yrs
Bill E.	3/17	1999	14 yrs
Shoshanah	3/14	2003	10 yrs
Heather C.	3/10	2004	9 yrs
Julie H.	3/30	2004	9 yrs
Jennifer C.	3/5	2005	8 yrs
Eddie	3/1	2005	8 yrs
Linda R.	3/20	2006	7 yrs
Mike H.	3/5	2008	5 yrs
Cindy T.	3/14	2008	5 yrs
Kelsey B.	3/6	2011	2 yrs

**Congratulations Everyone!!**



# Big Island Bash

**~ Willingness is the Key ~**

**April 19, 20 & 21, 2013**

**The 25<sup>th</sup> Annual Big Island Bash** (an AA and Al-Anon Activity) will be held at the magnificent Sheraton Keauhou Bay Resort and Spa at Keauhou Bay on the beautiful Kona Coast.

Complete information on Activities, Registration and Accommodations may all be easily found at:

[www.bigislandbash.com](http://www.bigislandbash.com)



## Water Meeting & BBQ

**This Month on April 14<sup>th</sup>, Lydgate Park**

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



## Last Saturday Supper

**This Month's Last Saturday, April 27<sup>th</sup>  
7:00 pm**

Potluck sponsored by Koloa Nooners Group  
~ Held at the Koloa Salvation Army Hall ~

**Request a newsletter**



**by e-mail**



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

Editor: Linda B.

# A.A. Meeting Places

## Saint Michael's Church



*Photo ~ Alejandro*

**"Came to Believe"**

**Wednesdays at 6:00 pm**

This meeting is held in the Community Room.

St Michaels's Church is located at:  
4364 Hardy St., Lihue (Corner of Hardy & Umi St.)

**Expect A Miracle**



# Traditions Checklist

## Tradition IV:

Each group should be autonomous except in matters affecting other groups or AA as a whole.

- Do I insist that there are only a few right ways of doing things in AA?
- Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths-his lengths, not mine- to stay sober?
- Do I share my knowledge of AA tools with other members who may not have heard of them?



## AA ARCHIVES

### The Month of February in Our History:

**February, 1939:** 400 pre-publication copies of the Big Book in manuscript form are distributed for comments and suggestions before our book went to print. Today there are twelve originals known to exist.

**February 1943:** Newspaper *San Francisco Bulletin* interviews "Ricardo", a San Quentin Prison inmate and an active A.A. member who's group in San Quentin numbers over 100 members. Bill W. visited and spoke many times before this group.

**February 1946:** A documentary film which answered a lot of questions about A.A. is produced by our New York office. It's called: *The March of Time*.

**February, 1949:** In Center City, Minnesota the Hazeldon Foundation Alcohol Treatment Center opens.

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

~ Submitted by Mathea A.



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

## Intergroup Treasurers Report

February 2013

### Income:

3 <sup>rd</sup> Tradition Kapaa Books	\$ 95.00
North Shore Aloha	\$ 300.00
Princeville / Hanalei	\$ 542.80
Step Sisters	\$ 33.66

### Expenses:

Hawaiian Telcom	\$ 25.73
Guardian Self Storage rent	\$ 104.17
Inkspot (GIS)	\$ 150.00

<b>Balance</b>	<b>\$2099.64</b>
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~ Prepared by Mike C.

## SEND YOUR CONTRIBUTIONS TO:

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



## 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 C.
Hotline:	Danette M. <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>



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

Our friend Ellen E., who lives in Idaho and visits Kauai regularly, reports that she had a nice visit with Kauai AA member Ron while he was there at PRAASA 2013.



## 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**

## Find A.A. in Hawaii



## 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

## District 6, Kauai:

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

## DCM Report - PRAASA 2012

Aloha all. Thank you for sending me to the Assembly in Idaho. It was an experience for me to see what happens on this higher level of service in AA.

I hope to be able to carry the message of service and to be able to bring all the necessary information and tools we need to bring recovery to the next suffering alcoholic.

Many things were discussed at the Assembly, that are necessary to the longevity of AA and the ability for us to be successful in carrying out our primary purpose.

Our area Delegate Ken K. is totally committed to serving not only our area, but AA as a whole. The task ahead is not easy.

We are experiencing the same financial hardships as everyone else in society, however, I believe that we have a higher purpose and therefore have to be more committed to making sure that AA is here for the next drunk that walks through the door.

There are so many things that we can do as a society to keep the doors of AA open and make sure that the message of recovery is available to all who seek it.

Our Grapevine magazine, the meeting in print is experiencing very low membership sales, as is the La Vina (the Spanish translation).

We are also experiencing very low 7<sup>th</sup> Tradition contributions, as well as donations to all the different entities that help keep AA functioning more efficiently.

There are many ways to improve the effectiveness of our groups in carrying the message. Please feel free to contact me with suggestions or questions, as I need to hear from you in order to better serve the Island of Kauai and AA as a whole.

In Love and Service,  
Ron Adams DCM6@area17aa.org

# Carry The Message!!

**Our Public Information Committee met** on March 16, 2013. We briefly reviewed the "AA Fact File" and the "2011 Membership Survey." These publications are part of the PI Information Kit and offer wonderful snapshots of how we are doing "carrying the message."

In the back of the Fact File, for example, is a list of the places in the world where AA is now available, and it's a very impressive list. And the Membership Survey says 86% of us belong to a home group! This was our effort at internal education.

## Reviewing our four other areas of concentration:

- It looks like all 37 sites we use for pamphlet distribution are stocked.
- While we have one report of a member being asked for public speaking, we have yet to hear about the specifics.
- We have no scheduled event participation, but we are looking for someone to take the responsibility for the Farm Bureau Fair in August.
- One member is still working on trying to improve our media efforts by exploring ways of getting signs on the Kauai Bus and we are looking into business cards with our phone number.

We continue 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](mailto:publicinfo@kauaiaa.org)

# District 6 Committee:

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

## District 6 Treasurer's Report

**March, 2013**

Group Contributions March:	528.61
Expenses March:	
DCM PRAASA	1186.00
GSR Travel	86.00
DCM PRAASA	1272.00
Cash Available	2,403.00
Prudent Reserve	500.00

~ Prepared by Jay Y.

## SEND YOUR CONTRIBUTIONS TO:

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



## Public Information Committee

**The Next Meeting is April 20<sup>th</sup>**

**3:00 pm**

**At Nawiliwili Beach Park**

**"LET'S CARRY THE MESSAGE"**

## Inform the Delegate Assembly

**April 6th - 7th, 2013**

**~At the Kula Community Center in Maui~**  
**For Information & Registration Flyer**

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