

February 2019

Garden Island Sobriety

'Step Two'

"Came to believe that a power greater than ourselves could restore us to sanity."



He said:

Hello, my name is Conrad M and I am an alcoholic. Step 2 was the beginning of a very new outlook for me. When I was led into this step by my sponsor, I had a lot of inner conflict. My 'God' concept was very negative and 100% tied to organized religion. I had no idea that spirituality or the concept of a higher power had little to do with any religion. I was really put at ease when my sponsor broke down the step into three parts. Here's how it worked for me.

"Came to believe..." To me this meant simply to be willing to try something different. To crack the stubborn, close minded attitude I had and become open to something different. There was no rush, no pressure. Nothing had to happen immediately. "Take it easy" he'd say.

"...That a power greater than ourselves (myself)..." Bill W. wrote "believe *that*, not believe *in*." All the fear I had about having to believe in the religious 'God' of my youth was eased. As time went by, the prejudices I had toward organized religion have been removed. Another thing that we talked about was how those two words and their use are the difference between our fellowship and a cult. All I had to do was accept the idea of a power greater than me in the universe and that power was there to do for me what I could not do for myself. Easier said than done!! It was a start. I remember feeling so squirrely at this point. The line in the big book about the hole in the donut really hit home. There was a feeling of hope along with a feeling of desperation.

"...Could restore us (me) to sanity." WOW I knew I was an Alcoholic and a drug addict, but was I really insane? Pride, ego, denial and self-justification all stepped in as my defense. Initially this was very hard for me to accept. Any excuse was a good excuse,

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She said:

Step Two made it clear to me that if I was to be restored to sanity, I had to first acknowledge my insanity. I had lived for years trying to conceal my bizarre behavior surrounding my alcoholism. I modified many aspects of my life in an attempt to convince myself and others that I was living a normal life, with normal living habits and behaviors, and enjoying normal relationships. I was not.

It started out with just a few changes I made to protect my drinking, but as the years went on, I was becoming a recluse.

By the time I was graced with sobriety, my "design for living" was pathetic, if not comical. I had found a car, that according to my research, was least likely to be pulled over (a white 4 door sedan). I was living in a cottage without a kitchen (due to some fires started on the stove). I was in and out of the court system (all drinking related). I was buying alcohol in several locations, at different times and on different days, in an attempt to hide my drinking from store clerks, I tried different diets, hoping to curtail my alcohol intake. The list goes on, much like what we read in chapter 3.

Once I took a good look at my behavior in relation to my drinking, it was crystal clear that I was living insanely, and that no human power could restore me to sanity. I HAD to turn to a higher power. That simple, but powerful fact was a relief as well as a blessing. Through the help of a sponsor, meetings, and regular prayer and meditation, my life began to open up. I began to see how much of life I was missing. The wonders of sobriety brought me back to a loving world where I could participate and contribute my God-given attributes, a fellowship that gave me hope and purpose.

In the past few years, I have had to go back even deeper with step 2. That old kind of insanity has not returned, but a new kind of unmanageability has. I've experienced

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AA Hotline 245-6677

He Said (*cont.*) and it took a while and a lot of sponsorship patience for me to understand what insanity meant. Everyone is different. My level of insanity may or may not be the same as someone else. Once the insanity was explained to me, and I could see it in my life, my attitude began to change. That obsession of alcohol and drugs, 24/7, controlled my life. Nothing would happen until the required buzz was there. Life revolved around being loaded, getting loaded, or doing what I had to do to get loaded. Whatever the cost, money, relations, family, health etc.... Nothing was too much.

Is that a form of insanity? Is thinking that behavior is normal a form of insanity? The big question was, "did I think that I could change this behavior on my own?" In my gut I knew I couldn't.

Out of desperation, I found hope. With that hope I was able to have faith. That faith put me on the path to my higher power. ~Conrad M., Kauai

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!**

She Said (*cont*) a great deal of grief in a short time. Several sudden deaths, a devastating house fire and some financial hardships. I have found that unmanaged grief can be as crippling as untreated alcoholism. If it weren't for Alcoholics Anonymous, the 12 steps, and all the supportive relationships I have cultivated over many years, I would be without hope. **God bless AA!** ~ Michelle E., Kauai

Happy Birthday

Dotty	1/31	1973	46 yrs
Jay W.	1/23	1982	37 yrs
Susan C.	1/20	1988	31 yrs
Gloria C.	1/12	1984	35 yrs
Stevie G.	1/11	1986	33 yrs
Barbara J.	1/1	1987	32 yrs
Chris H.	1/11	1987	32 yrs
Laurie L.	1/19	1988	31 yrs
Mickey M.	1/6	1990	30 yrs
Bill M. (died April 2018)	1/24	1990	30 yrs
Maureen M.	1/7	1995	24 yrs
Patti W.	1/1	1995	24 yrs
Tony C.	1/18	1997	22 yrs
Steve M.	1/26	1998	21 yrs
Bob H.	1/18	1999	20 yrs
Tony S. (CA)	1/2	1999	20 yrs
Luis R.	1/1	2001	18 yrs
Clark	1/22	2002	17 yrs
Theresa	1/28	2002	17 yrs
Kurt	1/7	2002	17 yrs
Susan ON	1/7	2003	15 yrs
Ele J.	1/16	2005	14 yrs
Keeley W. (CA)	1/15	2006	13 yrs
Maureen M. (CA)	1/30	2006	13 yrs
Laurel R.	1/26	2007	12 yrs
Aakara	1/20	2008	11 yrs
Liz O.	1/22	2008	11 yrs
Emma S.	1/1	2008	11 yrs
Matt	1/24	2009	10 yrs
Lee	1/12	2010	9 yrs
Paul	1/26	2010	9 yrs
Rick	1/11	2011	8 yrs
Sarah A.	1/3	2011	8 yrs
Kirk F.	1/24	2012	7 yrs
Terance B.	1/17	2013	6 yrs

Congratulations Everyone!!

A.A. Activities

AA Meeting Places



Superbowl

12th Annual

Chili Cook-off & BBQ

~FEBRUARY 3rd, 2019~



COOK-OFF & POTLUCK



- ➡ To be held at 4036 Puaole St., Lihue
- ➡ Bring beach chairs
- ➡ Have Entries on table by Noon



The Happy Hour Cookout

February 9th, 2:00 pm

At Nawiliwili Beach Park

Cookout & Games. Meeting is a 5:00 pm



WCG at Kekaha-MacArthur Park

This Month on February 22nd

5:30pm Meeting then Birthday Potluck

Every last Friday of the Month (bring good food!)

Volleyball, Swimming, Good Fellowship, Fun, Sunset



Steps to Freedom Birthdays

Potluck This Month February 25th

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

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



Church of the Pacific

4520 Kapa Ka Road, Princeville

(Across the Hwy from Princeville Stables)

- Monday - 7:00 am Daily Reflections
- Thursday - 7:00 am Daily Reflections
- Friday - 12:00 Noon BIG BOOK STUDY

~ All New ~

The AA Meeting Guide

Kaua'i AA has joined

The Meeting Guide community!

Josh R, an AA member in the San Francisco Bay Area, launched this app in 2015 to help local members find meetings. Now it has spread to 218 locations around the world, serving over 110,000 members per month. He is gifting the program to AA World Services.

You can find your meeting at

kauaimeetings.com/meetings.

You'll notice the ability to sort by Region, Day of Week, Time, and Type of meeting. Some of the "types" of meetings are for women, men, child-friendly, wheelchair accessible, closed, open, etc.

Enjoy!!

**The Best of Big Book Dave:
February in Our History:**

Feb. 1938: Sobriety date of A.A Number 13, Earl Trent. Dr. Bob was his sponsor.

Feb. 1939: Collier magazine editor Thomas Uzzell edits the Big Book manuscript from approximately 800 pages down to 400.

Feb 1940: Sister Victorien, working with Sister Ignatia, was transferred to Cleveland and began admitting alcoholics at St. Vincent's Charity Hospital.

Feb. 8, 1940: The Rockefeller fund-raising dinner at the Union Club in New York with Dr. Bob, Bill and six other A.A.'s in attendance.

Feb. 13, 1940: The first recorded time the "Lord's Prayer" was used to close an A.A. meeting, at the 'Philadelphia Group', Philadelphia, Pennsylvania.

Feb. 1948: Father Ralph Pfau founded the "Catholic Clergy Conf. on Alcoholism", which brought the A.A. message to priests suffering from alcoholism.


Feb. 1959: Permission was asked for and granted by G.S.O. for our literature to be put on tape for "Recordings for the Blind."

Feb. 19, 1967: Father Ralph Pfau died Sunday morning in "Our Lady of Mercy Hospital", Owensboro, Kentucky. He was the third most published author of the A.A. message behind Bill W. and Richmond Walker.

Feb. 1990: Going to print – the Ten Millionth copy of the Big Book.

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

~ Submitted by Mathea A.

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



Traditions Checklist

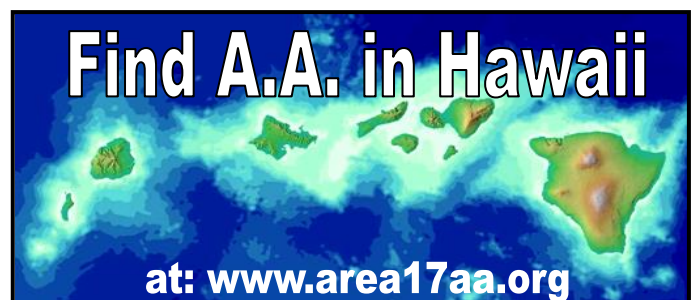
from the AA Grapevine

Tradition II:

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- Do I look for credit in my AA jobs? Praise for my AA ideas?
- Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- Although I have been sober a few years, am I still willing to serve my turn in AA chores?
- In group discussions, do I sound off about matters on which I have no experience and little knowledge

Find A.A. in Hawaii



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



Kauai Intergroup

The Next Intergroup Meeting:
February 2nd, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

December 2018

Income:

Anonymous	Donation	245.00
North Shore Aloha	Literature	54.00
Thank-A-Thon	7th	201.00
West Side	Literature	20.00
Poipu Bech Sunrise	7th	<u>200.00</u>

Total Deposits **720.00**

Expenses:

Guardian Storage	Locker	156.25
Hawaiian Telcom	Hotline	25.98
Ink Spot	Newsletter	150.00
Area Assembly	Chairperson	<u>200.00</u>
Total Expenses		<u>532.23</u>

Previous Operating Bal.	(960.99)
Net Profit or Loss	187.77
Current Bank Balance	(31.97)
Less Prudent Reserve	<u>1050.00</u>
Operating Balance	<u>(1081.97)</u>

~ Report prepared by JoRina H.~

SEND YOUR CONTRIBUTIONS TO:

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



\$\$ URGENT \$\$

**PLEASE SUPPORT YOUR KAUAI
INTERGROUP.**

District 6, Kauai:

The Next District Meeting:
February 16th, 9:30 am
The Lihue Neighborhood Center

SEND YOUR CONTRIBUTIONS TO:

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



DCM Report



The Orientation Assembly

Aloha Kakou, Hau'oli Makahiki Hou! I'm very grateful to have been elected your DCM for the next 2 years. I was fortunate to have served as GSR for my home group Princeville Hanalei and then as Alternate DCM for the last 2 years. Serving the district has been incredibly fun and has taken my sobriety to another level in many ways. I have made wonderful sober friends all over the island and throughout the entire state. Being involved in General Service has shown me that Kaua'i is very connected to all the other Districts in Hawaii and to GSO in New York. I have also been shown that Alcoholics Anonymous on Kaua'i is part of the solution and that solution is to continue to carry the message to the alcoholic who still suffers. This gives me hope and faith that Alcoholics Anonymous on Kaua'i is healthy and informed and will always be here for us and the newcomers that walk through our doors every day.

This past weekend I attended the Hawaii Area Orientation Assembly. Assemblies occur every few months with a different purpose for each assembly. At an assembly General Service Representatives (GSR's), District Committee Members (DCM's), Standing Committee Members, our Delegate, past Delegates and Area Officers gather to discuss matters of business regarding AA in Hawaii and the General Service Office in New York. Hawaii is unique because our state is discontinuous which means everyone has to travel to

come together to attend an assembly. The assemblies rotate meaning they're on a different island each time.

The Orientation Assembly is geared toward preparing new GSR's, Standing Committee Chairs and DCM's for their next 2 years of service. GSR's are members that volunteer to represent their home group at each assembly and attend their monthly District meeting and home group business meeting. At the assembly they are given information about what is happening with other groups throughout the state and information from our Delegate regarding the General Service Conference in New York. The GSR then brings this information back to their home groups. The information mostly covers AA literature, finance, events, policies, technology, public relations etc.

The most powerful realization I gained from being a GSR is that nothing in AA can happen without a vote. At these assemblies we vote on the budget for our entire state, we vote on policies that are being discussed in NY, we vote on who our next officers will be, who will represent our state in NY, along with many other issues. This is where I learned that AA is a true democracy. In the material world I sometimes feel hopeless in my ability to make the world a better place. In AA however, I belong to a society that truly values how I feel and what I think. If I and my group are informed about what is happening with AA as a whole, we have a say in AA's future. If I, and my group are uninformed, decisions and policies may be made that I may not agree with that severely alter AA's singleness of purpose.

At the Orientation Assembly we had 9 members representing Kaua'i! We had GSR's representing almost every area of our island, our District Treasurer, our CPC Area Chair, our District Area Chair, and our Alternate DCM. We got to know our Area Officers: Registrar, Secretary, Treasurer, Area Chair, Alternate Area Chair, Alternate Delegate and Delegate: all voted in at the last Election Assembly. These are the folks that help make the assemblies happen, keep track of our finances, take the minutes at the assemblies, and attend the General Service Conference. We also got to know our Standing Committee Chairs: Archives, Public Information, Cooperation with the Professional Community, Cooperation with the Elder Community, Grapevine, Mynah Bird, Treatment and Accessibility and Webmaster.

One of our Regional Trustees, Kathi from Arizona, is

on the General Service Board attended and informed us of these many topics:

- **A new book** in the works entitled Our Great Responsibility: A Selection of Bill W.'s General Service Conference Talks, 1951–1970
- **A new Corrections Video** entitled "New Freedom"
- **A new short silent film** featuring Bill, Lois, Ann and Dr. Bob
- **A request** for a 5th Edition of the Big Book
- **2020 AA International Convention** in Detroit
- **AA is growing** globally especially women of color
- **New Book** "One Big Tent" by Atheists and Agnostics
- **More outreach** towards remote communities and underserved populations
- **PRAASA-** is March 1-3 in Irvine, CA. Everyone is welcome!

Our past delegates also gave short presentations of some of the 12 Concepts of Service. The 12 Concepts of Service are to General Service what the 12 Traditions are to the home group and what the 12 Steps are to our personal recovery. This sounds much like one big business meeting, which it essentially is. However, there is much more that happens at the Assemblies that is hard to describe. When I sit in a room with 100 other sober alcoholics that are all passionate about keeping the integrity of AA intact, I feel like I am being rocketed into the 4th dimension. I feel like I am right in the middle of our great society that has over 2 million members. I also know that I am informed, I am giving back to AA only a portion of what has been given to me, I am making new life long sober friends, I am keeping the doors open for the alcoholic that still suffers, I am responsible.

If your group does not have a GSR please come to the District Meeting at the Lihue Neighborhood Center on the 3rd Saturday of every month at 9:30 am and learn what it's all about. I am also happy to come to your group's business meeting and share what this service position entails. We are also in need of filling some of our Standing Committee Chair Positions which I will write about next month! Please contact me anytime if you have any questions or suggestions at dcm6@area17aa.org I'm super excited for the next 2 years. It will be challenging, engaging, and enlightening but most importantly, I know it's going to be fun!

~ Janice M.