

# March 2018

# Garden Island Sobriety

## 'Step Three'

**"Made a decision to turn our will and our lives over to the care of God as we understood Him."**



### He said:

Before A.A. I never had a relationship with God. The only God I knew helped me get loaded and then helped me recover from drinking way too much. God I promise I will never drink again! Please help me make it through this. I know I should have never gotten so wasted. Oh God please help me!!! Hahaha!!!!

**All of my childhood** and adult experiences with going to church had never been spiritual. I always had an unusual feeling that I did not belong there. I never understood what everyone was doing there, praying to God and giving donations.

**One day after** being up for three days partying I asked God for help. I was confused that here I was asking Him to help me. A God to whom I didn't know or understand. That if there was a God to please help me. I was desperate and feared death was near. I was totally exhausted.

**I started making** calls. I called my psychiatrist to let him know of my condition. He helped me get pills and so I would see him regularly. My brother explained that if I saw him I could get pills. So I went. He was right. My psychiatrist referred me to a rehab. I thought this isn't real. I'm going to rehab? On my way to the center I tried to get loaded. My brother stopped me from that as he was concerned for my life. Told me I would never make it to rehab. So I went.

**In rehab I learned** the serenity prayer. It was the first prayer I ever learned. After being in rehab for some time, saying the serenity prayer regularly and going to meetings something started to happen. I started to trust Him and that He was doing for me what I could not do for myself. This was God as I understood Him. Not the God that got me loaded but the One who got me clean and sober.

*(Cont. p. 2)*



### She said:

Aloha my name is Pattilyne and I'm an Alcoholic. Steps to Freedom is my "Shaka" homegroup. Step 3 had been, and continues to be, the changing point in my sobriety. Life before working this Step was very chaotic and unmanageable and kept me running on self-will. Even though I had stopped drinking I was very unhappy. I started to go back to old ways and thinking. Step 2 reminded me that the God of my understanding brought me back to the rooms but now I had to be willing to turn over my old ways and thinking.

**I survived my relapse** and in times past, the disease would tell me that "I" did it on my own and that I didn't need a Higher Power. The end resulted in me not staying sober and living in chaos.

**There were many reasons** why when I came back into the program I was forced in a gentle and kind way to turn my will and my life over to the care of my Higher Power. They ranged from health reasons to ending a relationship (I shouldn't have gotten into in early sobriety) I had to know that I was going to get through it. The knowing and feeling though are two different things. But when they meet in the middle, at the same time, life changes for the better. Looking around me, I saw and heard how life had changed for each individual in Step 3. It made me believe that I could do that too.

**Since then I'm still sober.** I'm able to know that "no matter what" I don't have to pick up a drink. What I learned from this Step the most is that I'm never alone. I've had times when it was too late to call someone or get to a meeting and I threw my hands up saying "I need help" and help came. It wasn't always when I wanted it because I did have to learn that nothing happens overnight. It came when I needed it the most and was asking God for the willingness to

*(Cont. p. 2)*

**Birthdays** p.2    **Meetings, Activities** p.3  
**AA Archives** p.4    **The 12 Concepts** p.5

**AA Hotline 245-6677**

**He Said** (cont.) ...I had a spiritual awakening that I did not know was possible. Turning my will and life over to the care of God as I understand Him did not happen quickly but it did happen, and I am grateful for this today. This has been one of the best decisions I've ever made.

~Mike H., Kauai

**She Said:** (cont.) move forward.

**I was talking with** a friend's Auntie today and she's part of our Al-Anon family. She's been having a struggle with one of us. She told me that she talks with her Higher Power everyday and a lot of times every second. I asked her if she asked for the willingness to do what she has to do, to do what's best for her and she stopped. At that moment, I was reminded that I needed to practice what I preach. I cannot say one thing and not do it myself. What AA has taught me on a daily basis is that people watch our actions more than what we say. It was true for me when I came back in.

**Today I have** a Loving Higher Power whom I chose to call God and Alcoholics Anonymous to help keep me sober, just one day at a time.

~Pattilyne, Kauai

## Happy Birthday

Lucky	2/10	1981	37 yrs
Billy A.	2/14	1982	36 yrs
John P.	2/5	1984	34 yrs
Denise	2/18	1984	34 yrs
Fran M.	2/14	1986	32 yrs
Annie B.	2/15	1998	20 yrs
Jeff S.	2/14	2002	16 yrs
Bill S.	2/2	2004	13 yrs
Janice M.	2/5	2005	12yrs
Susan C.	2/24	2007	11 yrs
Arthur D.	2/1	2008	10 yrs
Brittni B.	2/5	2008	10 yrs
Laura L	2/14	2008	10 yrs
Pat C.	2/16	2008	10 yrs
Mark A.	2/29	2008	10 yrs
Susan O.	2/2	2009	9 yrs
David A.	2/23	2009	9 yrs
Kirt	2/4	2009	9 yrs
Matt L.	2/24	2009	9 yrs
Christopher	2/19	2010	8 yrs
Jami K.	2/22	2010	8 yrs
George K.	2/22	2010	8 yrs
Alysson	2/26	2011	7 yrs
David A.	2/23	2011	7 yrs
Taylor	2/17	2012	6 yrs
Bronson B.	2/1	2012	6 yrs
Lion H.	2/10	2012	6 yrs
Kyler	2/3	2013	5 yrs
Karen F.	2/2	2013	4 yrs

**Congratulations Everyone!!**

## 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!**

# A.A. Activities



## The Happy Hour Cookout

**March 10<sup>th</sup>, 2:00 pm**

**At Nawiliwili Beach Park**

Cookout & Games. Meeting is a 5:00 pm



## St Patricks Day

**March 17<sup>th</sup>, 2:00 pm 'til ...**

**Party and Kickball!**

At Koloa Ball Park



## Steps to Freedom Birthdays

**Potluck This Month on March 26<sup>th</sup>**

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

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



## Came to Believe - Pizza Night

**This Month March 28<sup>th</sup>**

**6:00pm Saint Michael's Church Lihue**

Every last Wednesday of the Month



## WCG at Kekaha-MacArthur Park

**This Month on March 30<sup>th</sup>**

**5:30pm Meeting then Birthday Potluck**

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

Volleyball, Swimming, Good Fellowship, Fun, Sunset

# 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

## Volincor Training Session

**Saturday March 10, 2018**

**8:00am - 4:30pm**

**Lihue Missionary Church, 4383 Rice Street**

### Requirements For **'Volincor Training':**

2 years Sobriety, No felony convictions\*, 5 years free from imprisonment, 3 years free from supervised freedom, TB test (administered free by the county), Close-toed shoes, Long pants (no shorts), No sun glasses, No belts, No metal, No weapons of any kind (including pocket knives).

### Lunch and Refreshments will be served

New volunteers and those needing re-certification (every 2 yrs) must attend

Contact for Registration or Questions:

Jeannie, 241-3050 ext 235 weekdays

Clayton Sui, 212-5756 nights or texting

or call the **AA Hotline at 245-6677**

**PLEASE RSVP by THURSDAY the 8<sup>th</sup>**

### KCCC Meeting times:

- **Men's 2:15 pm Tuesdays**
- **Women's 12:00 noon Wednesdays**

## The Best of Big Book Dave:

### March in Our History:

**March 1<sup>st</sup>, 1937:** Florence R. sobriety date; the first woman to sober up for any length of time in AA. Her story is in the first edition called "A Feminine Victory." Due to Florence's sobriety the name "One Hundred Men" that was being considered for the name of our Big Book which was being written at the time, was discarded. After her divorce she moved to Washington D.C. and helped Fitz M. (who's story is in all four editions of the Big Book, called "Our Southern Friend.") start meetings throughout the 'D.C.' area. She re-married an alcoholic who could not sober up and eventually Florence started drinking again and disappeared. Within a short time she took her own life. Because of her sobriety she helped pave the way for many women who would follow, including Marty M. whose story is in the Big Book called "Women Suffer."

**March, 1941:** Cleveland, Ohio forms the first Women's AA Group. The Secretary for this group was Marion R. and could be written to at 12214 Detroit Ave., Cleveland.

**March 5<sup>th</sup>, 1945:** Radio station W.W.J. in Detroit, Michigan, pioneered a weekly program put on entirely by AA members talking about AA. They also took phone calls.

**March 1948:** Richard W. finished the "24 Hour A Day" book and it goes to print.

**March 1954:** Marty M. (story in the Big Book) was providing so much factual education to communities nationwide about alcoholism that she was named 'One Of The Ten Greatest Living Americans.'

**March 21<sup>st</sup>, 1966:** Passing away on this date Ebby T., the one and only sponsor of Bill W. Ebby brought Bill the message of sobriety, Big Book pages 9-10-11-12.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A.

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

## Slogans for Sobriety:

### "This Too Shall Pass"

Despite the fact that I religiously go to meetings and have multiple service positions, my soul's baggage hasn't moved as much as I thought it would. I'm beginning to wake up and realize that "This Too Shall Pass" needs more. A certain beginning point needs to be reached before anything is "passable".

**For instance**, how about changing you're spending habits with *time* and *effort* then *committing* to an improvement while believing in yourself enough to know you can *maintain the progress* after the struggle? Roots of the healthiest sobriety is my goal while I'm wrestling with uncomfortable facts and a reality I only *thought* I knew.

**Self compassion** seems to be the nutrition my soul needs while I'm patiently sifting through my residual dysfunctional choices. Self abuse is an old friend that needs to be shown the door soon!

**Where's my mind** when the solution is avoidance? Someplace near hoping this too shall pass without effort. Sometimes it does, however circumstances more often seem to work out in a way I can understand when I'm courageous and proactive with my trust.

**Our common feelings**, combined with individual solutions, allow an impressive growth in the ability to live with life and stop cowering from it. This too shall pass for me is *acceptance to take action rather than wallow in apathy*.

~ Aaron W.

# Expect A Miracle

## Request a newsletter



## by e-mail



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

Editor: Linda B.





The Next Intergroup Meeting:  
March 3<sup>rd</sup>, 9:30 am  
The Lihue Neighborhood Center

## Intergroup Treasurers Report

January 2018

### Income:

North Shore Aloha	Literature	90.00
Princeville Hanalei	Literature	25.00
Na Wahine Ku Pono	Literature	84.00
Keep It Simple	Literature	56.00
Thank-A-Thon returns	Event	74.42
Step Sisters	7th	47.60
Steps to Freedom	7th	87.50
Goafy Pabo	Memorium	500.00

**Total Deposits** **964.52**

### Expenses:

Guardian Storage	Locker	145.83
Hawaiian Telcom	Hotline	17.98
Rick L.	Schedules	99.88
GSO	Literature	800.40
Harland	Checks	36.74
Inventory Assembly	Travel	229.39
Ink Spot	Printing	150.00

**Total Expenses** **1480.22**

Previous Balance	1469.61
Net Profit or Loss	(515.70)
Current Bank Balance	1853.91
Less Prudent Reserve	900.00
<b>Operating Balance</b>	<b>953.91</b>

~ Report prepared by JoRina ~

## Intergroup Officers:

Chair:	Chris K.
Alt. Chair:	Pattilyne L.
Treasurer:	Jorina
Secretary:	Aaron W.
Literature:	Bob B.
Hotline:	Kelvin



## Concepts Checklist

### Concept III:

**Concept III:** To insure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional “Right of Decision.”

● **Do we understand** what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?

● **Do we trust** our trusted servants – G.S.R., D.C.M., area delegate, the Conference itself?

**This really means that** we ought to trust our responsible leaders to decide, within the understated framework of their duties, how they will interpret and apply their own authority and responsibility to each particular problem or situation as it arises. (p 15) **But for so long** as our world services functions reasonably well – and there should always be charity for occasional mistakes – then trust must be our watchword, otherwise we shall wind up leaderless. (p 15)

*Ref: The A.A. Service Manual Combined with Twelve Concepts for World Service by Bill W. 2005-2006 Edition*

## Service is Sobriety

### SEND YOUR CONTRIBUTIONS TO:

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

# District 6, Kauai:

The Next District Meeting:  
March 17<sup>th</sup>, 9:30 am  
The Lihue Neighborhood Center

## District 6 Committee:

DCM:	Steve Q.
Alt. DCM:	Janice M.
Secretary:	Jonathan D.
Treasurer:	Crystal B.

## GRAPEVINE Quotes of the Day

January 25, 2018

"We should question no one's transformation -- whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we are apt to receive whatever may be the most useful for our needs."

AA Co-Founder, Bill W., July 1962

"Spiritual Experiences," The Language of the Heart

## Find A.A. in Hawaii

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



## From Your DCM



Thank you to all the members who contributed to the Area 17 Inventory process. The main focus for the Assembly was an inventory that involved 12 questions for the Home groups to consider. Discussion roundtables were formed. People were very interested and focused at the assembly.

Here are my notes from the results:

- Our purpose is to elect a Delegate, and inform the home groups via the GSR's about things happening at Area 17 and AA around the Globe.
- -Most AA's don't know about Area service, and it's up to us to inform them
- -Area service is attractive when we present it that way.
- -Doing the inventory reveals our strengths, and our areas for improvement.
- -If we maximize those strengths on an individual basis, general service becomes more attractive.
- -Our cooperation with Intergroups, Round-ups, young people, and Al-Anon, is somewhat sufficient, but could improve.
- -Our area is not fully informed of our priority of spending and how it relates to our primary purpose.
- -The orientation is the only event that takes place to inform the new GSR's of their duties.
- -Standing committees could communicate more if they want to be more effective.
- -We're still a bit divided after a vote, and the reports back to the home groups are a bit slanted in that way.
- -We trust in our higher power, but still, personalities come before principles. Love and tolerance is our code.

The inventory committee will look over the results, and pick 2 items that will be focused on to improve our consciousness.

~Mahalo, Steve Q

## Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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

