

December 2020

Garden Island Sobriety

'Step Twelve

“Having had a spiritual awakening, as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”



He said: *"I am responsible when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that I am responsible."*

The 12 steps of A.A. in simplest terms are a solution to the disease of alcoholism. They are a set of universal guiding principles that merge the traditional boundaries of religion, history, culture and wisdom traditions. They outline a course of action that, when followed, will remove the obsession in the mind, connect you to a Higher Power and as you continue to grow, show you how to help others who still struggle.

The concept of “spiritual awakening” has many meanings. Keeping it simple, a spiritual awakening is really just a psychic change that, among other things, eliminates our obsession to drink. For some it can be quite a powerful and immediate experience, for others it is an ongoing concurrent part of working the 12 steps. The co-founder of AA, Bill W., mentions in the "Big Book" and in his autobiography that for him it was a sudden, strong “white light” and life-changing event: “I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, "You are a free man." After that moment Bill never took another drink. Thanks to him there are many more free men and women today. For most of us the “aha” moments, that may not be a white light, are regular events and part of the spiritual awakening that happens over time in a subtle and gradual way.

The second part of the 12th step is about carrying the message of recovery to other people. “We

(Cont. p. 2)



She said: **What is a spiritual awakening?**

Does this mean I will fully recover and not be “an alcoholic” anymore? When I first walked into the rooms of alcoholics anonymous I found myself asking this question time and time again. I half-way expected a bright light to turn on and for clarity to rush over me like I was standing under Wailua Falls. In all honesty I am still waiting for that. After some time and talking to my sponsor about it I now understand what and how often it happens is different for everyone.

I heard someone say, that they have a spiritual awakening every morning when they wake up. At first I thought it was cheesy. Then I recalled all the little sayings that I have heard during my time in the program. You never know how true those words are until you can apply them to your own life. After months of waiting for that light to turn on, I took incentive and tried to apply step 12 in my own life.

I do not know if their intent was to do a 12th step, but that’s exactly what they did. When I go to a meeting and hear people share their experience, strength and hope, that’s a 12th step. They are certainly helping another alcoholic. They say to keep it, you have to give it away. I thought that the 12th step only happened once you started working with a sponsee, and then you finally completed your steps. But it does not. Without the service work of many others who came before me there would not even be an A.A. to belong to. When someone helps set up, make coffee, and even volunteer to read they are practicing the 12th step; Showing newcomers and old timers what A.A. is about, helping others.

By helping others you are also helping yourself. Reminding you of how blessed you are to have the

(Cont. p. 2)

Zoom Meetings p. 2&3

Birthdays p.4

AA Archives p.4

12 Concepts p.5

AA Hotline 245-6677

He Said (cont.) keep what we have by giving it away.” To keep it simple, when we work with others, our lives change. So, we don’t help another alcoholic because they’re sick - we help another alcoholic because we are sick, and part of our recovery is that we need to be helping others. Sometimes carrying the message can be as simple as making sure that there is a warm, caring, non-judgmental place for other alcoholics to come back to and a hand shake or hug that says “We’re here for you—come on in—and keep coming back!”

The beauty and eloquence of Step 12 is part of many promises of working the A.A. program. Life really does take on new meaning when watching people recover, seeing them help others, and watching loneliness vanish. Frequent contact with newcomers, and with each other, is the bright spot of our newfound lives.

When we have had a spiritual awakening as a result of our efforts we are finally able to do, feel, and believe that which we could not do before. This gift, which is a new state of consciousness and being, is really the icing on the cake of sobriety. On a daily basis we have the opportunity to put into practice things that we are finally in possession of: a degree of honesty, tolerance, unselfishness, peace of mind, and love. Practicing the 12 steps in all our affairs, trusting a higher power, cleaning house, sharing our experience strength and hope, staying active in service one day at a time, for the rest of our lives.

(excerpts from AA literature & Bill W autobiography: “My First 40 Years”)
~Steve Q

She Said (cont)... life you have now. A newcomer is a good way to see with your eyes of what life used to be like, sometimes mentally and sometimes physically. I now can see and feel what they were talking about when they said they have a spiritual awakening every morning. The act of living the program in all my affairs. The realization that you’re alive. The gratefulness of not having a hangover and not drowning in your own self-pity. Step 12 is selfless. You are giving and living in a way in which you do not expect anything in return. Instead of receiving a thank you gift basket for your new way of living you are wrapping it up yourself and giving it to God with a bow on top of it. Without the steps before this one, and without old timers practicing step 12, you would not be here reading this right now.

~ Ashlie W., Kauai

A Big Mahalo to our Writers of 2020 - Steve & Ashlie



AA Meetings

~We’re Using Zoom~

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

Just 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.”


Expect A Miracle

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



Find A.A. in Hawaii



at: www.area17aa.org



New Years Alcathon

Join Us on Zoom

With Meetings for 24 Hours

Starts 4:00 pm Thursday December 31, 2020



Ends 4:00 Pm Friday, January 1, 2021

Online Id: 939-5085-4081 - Password: Dist2

Call in Phone #: (699) 900-6833

Id: 939-5085-4081 - Password: 371862

Meetings will start every hour on the hour ending 10 minutes before the next Meeting.

- AA Meetings Including An AI-Anon Meeting ●

Contact dcm2@area17aa.org

One Day At A Time!

Request a newsletter



by e-mail



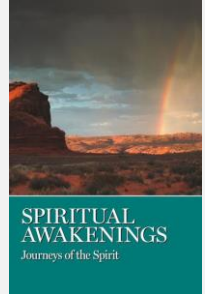
Contact: District6newsletter@hotmail.com

Editor: Linda B.

GRAPEVINE Quotes of the Day

December 1, 2019

“There are many kinds of spiritual experience. Some are like the conversions of the great religious leaders of the past; others seem purely psychological. Some are sudden or instantaneous; others are a gradual learning experience. But all of them, whatever form they take, have one effect: They make a person capable of doing something he could not do before.”



“As Bill puts it, ‘When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone.’”

York, Pennsylvania, January 1977, “So That’s a Spiritual Experience!”, Spiritual Awakenings

December 2, 2019

“What unites all members on the program is a common sincerity. We are all seeking the truth; we are trying for honesty. In practice, any useful conception of God must relate to this idea of truth. Some people would say that God is truth -- no more and no less.”

Santa Monica, California, May 1983, “Honest Disbelievers”, Spiritual Awakenings

Happy Birthday

Mike C.	11/6	1975	45 yrs
Carol O.	11/19	1981	39 yrs
Marcial L.	11/16	1986	34 yrs
Anderson	11/21	1987	33 yrs
Mathea A.	11/17	1988	32 yrs
Niamala	11/24	1995	25 yrs
Tom F.	11/15	1996	24 yrs
David J.	11/30	2001	19 yrs
Lani A.	11/21	2005	15 yrs
Barry	11/8	2006	14 yrs
Bob	11/13	2006	14 yrs
Chris S.	11/3	2007	13 yrs
Jeanie	11/26	2007	13 yrs
Scott C.	11/3	2007	13 yrs
Mark G.	11/4	2007	13 yrs
Michelle L.	11/13	2008	12 yrs
Randy	11/10	2009	11 yrs
Sonia	11/5	2011	9 yrs
Shawn	11/5	2011	9 yrs
Jackie C.	11/9	2012	8 yrs
Barbie	11/26	2013	7 yrs
Lee G.	11/18	2013	7 yrs
Estrella B.	11/1	2019	1 YEAR
Josh K.	11/11	2019	1 YEAR

Congratulations Everyone!!

About Publishing Birthdays~

To have a Birthday published or corrected in the GIS Newsletter Contact:

District6newsletter@hotmail.com

AA Archives

The Best of Big Book Dave: December in Our History:

December 24th, 1745: Benjamin Rush was born in Byberry Township, Pennsylvania; Signer of the Declaration of Independence and the young nation's foremost physician of his time. Dr. Rush in 1784 wrote the most influential pamphlet on the subject of drinking, "An Inquiry Into The Effects of Ardent Spirits Upon The Human Body & Mind."

Dr. Rush was the first one to suggest alcoholism as a disease, which produces an "appetite" or "craving" in the afflicted person, "Once addicted even a saint would have a hard time controlling themselves." He wrote his description of chronic drunkenness as it was a progressive condition.

December holds some other interesting dates in our History:

December 1873: The Women's Christian Temperance Union (WCTU) is founded at Fredonia New York.

December 1902: Book "Varieties Of Religious Experience" written by William James is published; One of eleven books (including the Bible) that influenced how the Big Book would be written. Bill said, "William James, long dead in his grave, was a founder of A.A."

December 1933: The last day of prohibition in the U.S. made little difference to either Dr. Bob or Bill W., who had been drinking beyond their control for years.

December 11, 1940: Bill W.'s sobriety date at Towns Hospital while he was under the care of Dr. Silkworth.

December 1944: The 7th issue of The Grapevine carried Lois Wilson's story (Bill's wife) telling how she came to live by A.A. principles herself, not just for Bill. The same issue carried letters from children of A.A. members relating how A.A. had changed their lives. Before the formation of Al-Anon and AlAteen The Grapevine regularly printed stories by spouses and children.

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

~ Submitted by Mathea A.



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

Concept Twelve

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 XII:

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that the sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought & action.

Intergroup Committee

- Chair: David J.
- Treasurer: Sharon M.
- Secretary: Ann W.
- Schedules: Tom R.
- Events: Chris K.
- Hotline: David J.
- Literature: Bob B.
- Website: Charlie S.



**Next Zoom Intergroup Meeting:
December 5th, 9:30 am**

**Intergroup ID – 87082750620
Password -372977**

Intergroup Treasurers Report

November 2020


Total Income:	400.00
Total Expenses	187.77
Prudent Reserve	-1050.00
Operating Balance	1262.23
Actual Balance	2521.59

~ Prepared by Sharon M. ~



SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next Zoom District Meeting:
December 19th, 9:30 am



DCM Report



Hope everyone had a safe and happy Thanksgiving! I really missed seeing you all at a live Thank-a-Thon however I did enjoy the Virtual Thank-a-thon hosted by Intergroup. Thank you for putting it together and doing a great job! I was busy cooking Thanksgiving dinner in the kitchen and really needed a meeting so I logged in and listened while I cooked. There were some great shares so thank you for everyone who participated and helped make my Thanksgiving day even better!

I want to thank the District for voting for me this last panel and giving me the opportunity to serve as your DCM for the last 2 years. It has been an incredible experience with many spiritual awakenings. If I only had one word to describe what I am taking away from this service position, it would be unity. I learned on a deeper level how connected we all are and how we are here for one another helping one another stay sober and enlarge our spiritual lives. I've also learned that we are a small part of a bigger whole and that we need to be involved in our recovery and in service to stay unified. I'm looking forward to continuing on in service as your District Treasurer.

I would like to congratulate Kalei K. for being unanimously voted in as DCM for the next panel! Mahalo Kalei for being willing to stand and serve the District! I'm very excited to serve with Kalei and with Jorina H. as our secretary, Charlie S. our website Chair, Janelle S. our Mynah Bird Chair and Mathea A. our Archives Chair. We are still in need of an

Alternate DCM and many committee chair positions. Feel free to contact me at dcm6@area17aa.org if you are interested in serving the District or join us on the 3rd Saturday of each month at 9:30 am via zoom and find out what it's about. Hope to see you there!

~With Gratitude, Janice M. DCM6

District 6 Treasurer's Report

November 21, 2020

Income	
Happy Hour	54.80
Hui Ohana	400.00
Koloa Aloha	50.00
Na Wahine Ku Pono	29.06
Poipu Beach Sunrise	145.00
Princeville/Hanalei	106.96
Sobriety in Paradise	20.50
Income	806.32
Expenses	0.00
Bank Balance:	3577.28
Prudent Reserve:	1200.00
Operating Balance	2377.28

~ Prepared by Jen H. ~

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:	Kalei K.
Alt. DCM:	OPEN
Secretary:	JoRina H.
Treasurer:	Jen H.
Website:	Charlie S..
Mynah Bird:	Janelle S.
Archives:	Mathea A.