

March 2023

# 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:** For some Step 3 may be an easy one to take, after all the only key is called willingness. In my early years, after taking Steps 1 & 2, which require acceptance and in my mind being convinced that this would be enough to achieve long lasting sobriety, both my sponsor and grand sponsor told me that at some point I will realize that I was totally clueless on what was yet to come. Because now that I have opened this door, even just a little, some day it would stay open. They both continued to say that Step 3 is the beginning action that needed to take place if I truly wanted long lasting sobriety and serenity. At the time my thoughts were on not giving up my independence or letting go of my self-will, “after all it had gotten me through life this far, right?”

**Let’s review my life** to that point. I am an alcoholic, homeless, no career, also, in and out of jail, spiritually bankrupt with no morals to speak of, not to mention being physically at the end of the rope. I was truly broken, having made one bad decision after another. I don’t know about you but it sounds like a miserable life with no serenity. So off I went as we worked through Step 3 together, as outlined in the Big Book of Alcoholics Anonymous, or at least to the best of my ability. Fast forward to today, sponsor and grand sponsor were right, with many more one days at a time, and doing the 3rd Step as part of my daily routine, “God, I offer myself to thee, to build with me as thou wilt.” I am experiencing a freedom from self-bondage, by trusting in my higher power to take away my difficulties. I am able to live a life beyond my wildest dreams by remaining teachable, with an open mind and heart. I am now blessed with a fiancée, a steady career, people who love me for who I am, friends that truly have my back in times of need, and

*(Cont. p. 2)*



**She said:** I always believed in God. I felt his beautiful presence after my 1<sup>st</sup> Holy Communion. He changed when I learned he punished me when I didn’t obey Grandma. I’d forgotten what it felt like to be a good girl. My history showed that my insanity was my punishment for years of defiance, chemical self-soothing and sense of entitlement. I was convinced I deserved this insane brain. On the contrary, I heard in the AA rooms so many stories with happy endings. This kind and merciful AA God was busy here working for us! I heard how DUI charges in court got overturned, parents getting their children back, an apartment became available and how monetary assistance magically appeared. These people are kind of spoiled by their God.

**My sponsor let me** come to her home to work on the steps. She informed me that we do this by the book as she was taught. She told me we would be doing Steps 1,2 and 3 together. Yes, I want this God! We wrote out my God’s attributes (same one I thought I knew but he wouldn’t punish me.) We prayed together the 3<sup>rd</sup> step prayer. She gave me a notebook and writing assignments. We were on our way to sanity.

**I was totally baffled** by my inability to use my mental acuteness and flexibility. My memory and witty humor was a resource I could not tap into! I felt slow and mildly mentally retarded. My sponsor told me later that she used the same joke over and over. Apparently, it was new and funny to me each time. Sad but true, my memory needed God.

**I became determined** to memorize the 3rd Step prayer. The AA God must have put that in my brain, my motive was that I must be a good AA member. Feeling like a child, I could learn like a child. I would write the prayer out, over and over on 3 X 5 cards, repeating the process

*(Cont. p. 2)*

Birthdays p.2

Meetings p.3

AA Archives p.4

12 Traditions p.6

**AA Hotline 245-6677**

**He Said** (cont.) here is the kicker, I get to be there for them as well. It is an awesome life.

**So, here is my truth**, I've found that we all take different paths to get to A.A. and all of us had a dependance of alcohol and/or drugs. While in A.A. we all must make our own way, for this alcoholic the journey has taken a little longer than some, and that's okay. I would not trade it to anyone else for anything. No, I am not perfect, nor is life, however the peace and serenity is real, and what I want most today is for all alcoholics to experience that peace and serenity.

**I dedicate this piece** to the late Mike C. Grand sponsor.

~ David V.

**She Said** (cont.) sentence by sentence, until my memory finally allowed me to recite the prayer without the use of cards.

**I still was making** my bed every day and going to meetings. My sponsor introduced me to closed women's meetings and I joined the home group "Not a Glum Lot" at the GVG in Las Vegas. My sponsor would pick me up and take me to other large speaker meetings and events. Not wanting to be stupid looking, I'd complain about my memory problems and she replied "Maybe this is as good as it gets". Brilliant! Lowering my expectations of myself took off the pressure. Writing in a journal every day helped calm me down. Anxiety riddled and full of fear, my AA sisters were doing the work too. We all had about the same length of sobriety and socializing helped my perspective. During a trying time and sharing my anxiety an old timer reminded me that the 3<sup>rd</sup> step reads the "care" of God. Immediate relief, the promise is true. We are in his care.

~Sincerely, Donna Jo

# Happy Birthday

Lucky	2/10	1981	42 yrs
Billy A./RIP	2/14	1982	21 yrs
John P.	2/5	1984	39 yrs
Denise	2/18	1984	39 yrs
Fran M.	2/14	1986	37 yrs
Annie B.	2/15	1998	25 yrs
Jeff S.	2/14	2002	21 yrs
Bill S.	2/2	2004	19 yrs
Janice M.	2/5	2006	17yrs
Susan C.	2/24	2007	16yrs
Arthur D.	2/1	2008	15 yrs
Brittni B.	2/5	2008	15 yrs
Laura L	2/14	2008	15 yrs
Pat C.	2/16	2008	15 yrs
Mark A.	2/29	2008	15 yrs
Susan O.	2/2	2009	14 yrs
David A.	2/23	2009	14 yrs
Kirt	2/4	2009	14 yrs
Matt L.	2/24	2009	14 yrs
Christopher	2/19	2010	13 yrs
Jami K.	2/22	2010	13 yrs
George K.	2/22	2010	13 yrs
Alysson	2/26	2011	12 yrs
David A.	2/23	2011	12 yrs
Taylor	2/17	2012	11 yrs
Bronson B.	2/1	2012	11 yrs
Lion H.	2/10	2012	11 yrs
Kyler	2/3	2013	10 yrs
Karen F.	2/2	2013	10 yrs

**Congratulations Everyone!!**

## The Third Step Prayer

**"God, I offer myself to Thee – To build with me and to do with me as Thou wilt.**

**Relieve me of the bondage of self, that I may better do Thy will.**

**Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.**

**May I do Thy will always!"**

## About Publishing Birthdays

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

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

# AA Meeting Places

## Waimea Plantation Cottages



9400 Kaumualii Hwy, Waimea  
-Conference Room -

- 5:30<sup>pm</sup> Tuesday, Waimea Cyn Group
- 5:30<sup>pm</sup> Thursday, Waimea Cyn Group

## Kekaha MacArthur Park



Kekaha Beach Park, Waimea

- 5:30<sup>pm</sup> Fridays, Waimea Cyn Group
- 5:30<sup>pm</sup> Last Friday of the month, Potluck and Birthdays celebration

# AA Service Meetings

## Lihue Lutheran Church Annex



Room 8, 4602 Hoomana Rd.  
(on German Hill)

### The Intergroup Meeting

- 1<sup>st</sup> Saturdays of the month at 9:30 am

### The District 6 Meeting

- 3<sup>rd</sup> Saturdays of the month at 9:30 am

## Service is Sobriety

 **The A.A. HOTLINE**  
**Needs Your Help!**

- ➔ Men & women for 12 Step calls
- ➔ Slots are open for volunteers
- ➔ Alternates are also needed

Contact the Hotline 245-6677

**The Best of Big Book Dave:****March in Our History:****1881, March 21**

**Anne Ripley** born in Oak Park, Illinois. She will marry Dr. Bob and become the one who Bill W. called “the mother of AA.”

**1885, March 10**

**Timothy Shay Arthur** dies. His book “Ten Nights in a Bar-room” is one of the earliest stories on alcoholism. It later becomes a New York stage play and a movie.

**1891, March 3**

**Lois Burnham** born in Brooklyn. The oldest of six children. She will marry Bill W. and become co-founder of Alanon.

**1940, March**

**The first recorded time** the portion of Chapter 5 was used to open an AA meeting. It was read at the meetings opening at the Cecil Hotel, corner of 6<sup>th</sup> and Main St., Los Angeles by Mort J.

**1944, March**

**The first Intergroup Office** is opened in New York City.

**1946, March 3**

**A film “The March of Time”** is made by our New York office and answers a lot of questions from the public about what AA is.

**1946, March**

**The 12 Traditions** as written by Bill Wilson are introduced to the membership through The AA Grapevine.

**From ‘Big Book Dave’, Elected Archivist, Interior Alaska**

~ Submitted by Mathea A.

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

**GRAPEVINE** Quote of the Day

**March 27, 2021** - “I was so busy juggling the regrets of the past with the expectations of tomorrow I had no time for living in the present.”

*Atlanta, Ga., August 2001: “How Is My Now?”, Beginner’s Book*

**March 26, 2021** - “I have discovered a new way to learn – by shutting my mouth and listening ... It’s not so much what I’m doing as what I’m not doing. I’m not talking. So I’m open; I’m teachable.”

*Houston, Texas, June 1976, From: “Growth”, Emotional Sobriety: The Next Frontier*

**March 15, 2021** - “It seems to me that I achieve growth by leaving things out – when I don’t say the cross word, when I don’t answer sarcastically. If I can delay only one second, maybe two, I have time to ask myself, ‘Do I really want to say that?’”

*Houston, Texas, June 1976, From: “Growth”, Emotional Sobriety: The Next Frontier*

**March 13, 2021** - “In the years ahead we shall, of course, make mistakes. Experience has taught us that we need have no fear of doing this, providing that we always remain willing to confess our faults and to correct them promptly.”

*AA Co-Founder, Bill W., April 1963, From: “Our Critics Can Be Our Benefactors”, The Language of the Heart*

**March 9, 2021** - “Few victims of this illness can expect sobriety without a major change in most aspects of living.”

*Rocky Hill, Conn., July 1973, From: “My Good Sponsor”, AA Grapevine*

**March 8, 2021** - “I remember asking my sponsor, ‘When do I start the Steps?’ He replied, ‘When do you want to get well?’”

*Martinsville, Va., March 2009, From: “Fledgling Sponsor”, AA Grapevine*

**March 5, 2021** - “AA isn’t for the people who need it or for the people who want it; it’s for the people who are willing to do the work to get it.”

*Perry, Fla., July 2009, From: “Someone to Help”, AA Grapevine*

# Kauai Intergroup

**Next Intergroup Meeting Live:  
March 4, at 9:30 am**

**To Attend the meeting on Zoom:  
Zoom ID: #727 056 4300 Passcode: 043962**

## Intergroup Treasurers Report

**February, 2023**

### Income:

Hui Ohana	7th	600 .00
Steps to Freedom	Literature	90.00
Steps to Freedom	7th	10.00
Koloa Aloha	7th	100.00
North Shore Aloha	7th	35.00
<b>Total Income:</b>		<b>875.00</b>

### Expenses:

Guardian Storage		167.54
Hawaiian Telcom		33.66
Inkspot	Newsletter	75.00
Lihue Lutheran Church	Meeting rm	125.00
Mathea A.	Assembly	150.20
<b>Total Expenses</b>		<b>551.20</b>

**Net 323.80**

Balance	6633.19
Prudent Reserve	<u>-1300.00</u>
Operating Balance	<u>5333.19</u>

~ Prepared by Tom R.

## SEND YOUR CONTRIBUTIONS TO:

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



**PRAASA 2023**  
AREA 05 SOUTHERN CALIFORNIA  
AREA 05 SUR DE CALIFORNIA

56th Pacific Region Alcoholics Anonymous Service Assembly  
**PRAASA 2023 LOS ANGELES**  
March 3 - 5  
LAX Marriott

**Live And In Person !**

### Pacific Regional AA Service Assembly

Is your Group Service Representative going this year?

## 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**



## Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	Bob B.
Hotline	<b>OPEN</b>
Website:	Aaron
Events:	<b>OPEN</b>

# District 6, Kauai:

The Next District Meeting is LIVE:  
March 18, 9:30 am

To Attend the meeting on Zoom:  
Zoom ID: #727 056 4300 Passcode: 043962

## District 6 Treasurer's Report

January, 2023

### Income:

Kapaa Nooners	12.00
Kapaa Nooners	35.00
<b>Total Income:</b>	<b>47.00</b>

### Expenses:

Lihue Lutheran Church	Intrgrp. Mtg	25.00
Lihue Lutheron		75.00
Hawaii Area Committee	Conference	192.60
<b>Total Expenses</b>		<b>292.60</b>

<b>Balance</b>	<b>5667.92</b>
<b>Prudent Reserve</b>	<b>-1200.00</b>
<b>Operating Balance</b>	<b><u>4467.92</u></b>

~ prepared by Bob F.

## District 6 Committee:

DCM:	Anastasia A
Alt. DCM:	Jim D
Secretary:	Shoshanah
Treasurer:	Bob F
Website:	Aaron
Archives:	OPEN
Grapevine:	Mathea A
Treatment:	OPEN
Corrections:	Garrett S
CPC	OPEN
Myna Bird	OPEN

### SEND YOUR CONTRIBUTIONS TO:

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



## Traditions Checklist

from the AA Grapevine

### Tradition III

The only requirement for membership  
is a desire to stop drinking.

- In my mind, do I prejudge some new AA members as losers?
- Is there some kind of alcoholic whom I privately do not want in my AA group?
- Do I set myself up as a judge of whether a newcomer is sincere or phony?
- Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
- Am I over-impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
- When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

## Expect A Miracle

Request a newsletter  
by e-mail



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

Editor: Linda B.