

June 2023

# Garden Island Sobriety

## Step Six

**“Were entirely ready to have God remove all these defects of character.”**



**He said:** At first glance one would think that Step Six would be an easy one to take, however are any of the Steps easy?

**I remember in early recovery** I was totally convinced that God would not remove all my defects of character. I was sold on a false narrative that I had made up in my mind, that there would be no reprieve for me. That’s when my sponsor had told me “To think of it as taking the best possible attitude towards a beginning of a lifetime job.” So that’s what I did, which at that time was the best of my ability, and it helped for a while.

**After the first 5 years** of recovery, and a little more understanding of how the Steps had helped me and were working in my life, I became more willing to work on all my bad behaviors. This happened as my trust in a higher power grew. Keeping in mind that I had done considerable damage with a 32-year alcohol addiction, as well as other addictions which had destroyed me physically, spiritually, and mentally, I had to get real with my sponsor. It was very clear to me that this is a life and death situation and the right action needed to be taken.

**Over time I eventually** did develop the capacity to be “entirely ready to have my

*(Cont. p. 2)*



**She said:** Step 6 for me flowed into the next Step without any effort on my part. Step 6 was meditative for me. It was a matter of letting God love me. Convinced my heart speaks to God with or without my intention, the key was to feel it in my heart as well as hear it in my head, without any interruption.

**Speaking to God** from my heart meant serious action. To prepare for the next step the prior steps were crucial. I had to be introduced to a meditative state of consciousness. I get ready by saying to myself, “God I really mean this”.

**Step 6 was going into** the core of my being, and getting settled there long enough to keep my attention on the task. The task was coming, and I best feel real about it. For me, talking to God means life or death. I no longer wanted to be on death’s doorstep. I only needed to feel better and alive again.

**Being convinced I’m sick** motivated me to turn to the great healer. Given hope through the first several steps, I believed that God, and this program, could save me. I found this way to connect, an opening through the doors of A.A. soberly. Alive and

*(Cont. p. 2)*

Birthdays p.2  
AA Archives p.4

Meetings p.3  
12 Traditions p.5

**AA Hotline 245-6677**

**He Said** *(cont.)* Higher Power remove my short comings.” Today I am a month away from being sober and without drink for 15 years, what an amazing ride!

**No I am not a saint**, just quite simply the best version of me I can possibly be. I now get to walk in the sunlight of the spirit. I am truly blessed to have the fellowship of Alcoholics Anonymous show me how to live sober.

**Oh! And before I forget**, to my sponsor, “yes it truly is a lifetime job” and I am grateful to have it.

~ David V



**Request a newsletter  
by e-mail**



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

**Editor: Linda B.**

## ~About Publishing Birthdays~

**We Publish All Sobriety Birthdays  
On The Month After Their  
Occurrence.**

Would you like to have a birthday published or corrected in the Garden Island Sobriety newsletter? Contact:

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

**She Said** *(cont.)* feeling better I remember the old saying, “the worst day fishing is still better than the best day working”.

**Step 6 for me** is fishing inside for God. He does the work.

~Sincerely, Donna Jo

# Happy Birthday

Tom G.	5/20	1981	43 yrs
Kathleen P.	5/21	1982	41 yrs
Cindy C.	5/12	1985	38 yrs
Joy	5/20	1992	31 yrs
Mary L.	5/1	1993	30 yrs
Susan D	5/13	1993	30 yrs
Uncle Tim	5/13	1994	29 yrs
Kat	5/2	2000	23 yrs
Dana M.	5/23	2002	21 yrs
Annie	5/1	2004	19 yrs
Will L.	5/14	2005	18 yrs
Leilani K.	5/14	2005	18 yrs
Donna Jo	5/5	2005	18 yrs
Lindsey W.	5/17	2006	17 yrs
Sean F.	5/20	2007	16 yrs
Jackson O.	5/8	2007	16 yrs
Jennifer A.	5/5	2008	15 yrs
Lori M	5/10	2008	15 yrs
Jesse P	5/21	2011	12 yrs
Corey N.	5/28	2012	11 yrs
Leslie H	5/12	2013	10 yrs
Liz	5/10	2014	9 yrs

## Congratulations Everyone!!

# A.A. Meeting Places

## Waimea Canyon Group



## Kekaha McArthur Beach Park

- Meeting Fridays at 5:30 pm  
**THIS MEETING INCLUDES A POTLUCK!**

## Happy Hour Meeting



## Nawiliwili Beach Park

This meeting on **WEDNESDAY, 5:00 - 6:00pm**  
**Needs some support.** Attendance has been a bit low so **please come and be a part of it!**  
**Nawiliwili Beach Park, Lihue**

## A Literature Chairperson

On the Intergroup Committee is Needed.  
Its time to have someone new serve. Please step up for this opportunity.  
Intergroup Contact: [axwallace2@gmail.com](mailto:axwallace2@gmail.com)

# A.A. Activities

## A.A. Founders Day

**Saturday June 10th**

**10:00 am to 3:00 pm**

**Lydgate Beach Small Pavillion**

**Sponsored by Hui O'hana**



**Meetings at 10:30 & 2:30**

**Bring yourself, friends, family and an open heart!**

## Our Founders:



**Bill Wilson** - Bill Wilson was the co-founder, along with Dr. Bob Smith, of Alcoholics Anonymous in 1935. Bill was the primary author of the "Big Book" of Alcoholics Anonymous, and was the driving force to turn a small group of alcoholics in Akron, Ohio during the late 1930s into a worldwide organization. Bill Wilson believed "one alcoholic talking to another" was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the "Meeting" concept. Bill Wilson died in 1971, with almost 36 years sober.



**Dr. Bob Smith** - Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935. "Smitty" or "Dr. Bob", as he was known to AA friends, was instrumental in assisting Bill Wilson turn a small group of recovering alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization. Bob Smith died in 1950, with 15 years of sobriety.

## The Best of Big Book Dave:

### June in Our History:

**June 10, 1935:** Dr. Bob who becomes AA's co-founder takes his last drink on this date. June 10<sup>th</sup> is considered by most AA members and historians as the Birthdate of AA.

**June 28, 1935:** In the hospital Bill W. and Dr. Bob confront Bill D. a well known attorney in Akron, strapped down on a bed. (He will become AA # 3.)

**June 1940:** "The Serenity Prayer" is found in the N.Y. Tribune newspaper by two members and brought into our N.Y. office. Bill W. liked it so much it was re-printed and sent out with all replies to inquiries about AA from that day forward.

**June 1947:** This issue of *The Grapevine* carried for the first time, the AA Preamble, written by the *Grapevine's* editor, Tom Y.

**June 11, 1971:** Ernie G. died. He was "AA #4". Married Dr. Bob and Anne's daughter Sue but could not hold onto his sobriety and the marriage fell apart.

**June 1994:** Our AA *Grapevine* celebrated it's 50 years of continuous publication!

**June 14, 1999:** Time Magazine" special issue. The 100 most influential people of the 20<sup>th</sup> century. Bill W. is included with a well written article by reporter Susan Cheever.

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

**June 19, 2018** "The ability to laugh at ourselves is an intrinsic part of the healing process." *"People Make the Program," Marcy, New York, December 1992, The Home Group: Heartbeat of AA*

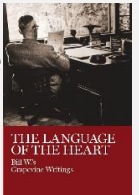
**June 5, 2018** "I pray for the willingness to listen carefully to everyone I encounter, for some may have the words I need to hear." *"Unlikely Teachers" Sterling, Alaska, April 1990, AA Grapevine*

**June 2, 2018** "As we listen to one another's anxieties and problems, we understand that it's not what's happening to you ... it is how you cope with it, survive it, and don't give up and drink over it ... dashed career hopes, unrequited love, crippling disease, poverty, approaching death. Together we face it, equipped only with the vast, previously undiscovered resources of power within us, which faced and conquered alcoholism for us." *"Beyond the Generation Gap," Saratoga, California, August 1985, The Home Group: Heartbeat of AA*

**June 19, 2019** "Sobriety isn't a discrete list of tasks that you do and then check off; it's a state of being that pervades every aspect of your life." *Minneapolis, Minnesota, July 2008, "Lost in Translation," AA Grapevine*

**June 13, 2019** "The compulsion among most of us to survive and to grow soon becomes far stronger than the temptation to drink, or to misbehave. Literally, we must 'do or die.' So we make the choice to live. This, in turn, means the choice of AA principles, practices and attitudes that can salvage us from total disaster by insuring our sobriety." *AA Co-Founder, Bill W., May 1960, "What Is Freedom in AA?", The Language of the Heart*

**June 8, 2019** "Our resentments, anxieties and depressions were definitely caused, we claimed, by our unfortunate circumstances and by the inconsiderate behavior of other people. To our consternation, our sponsors didn't seem impressed ... They just grinned and said, 'Why don't we sit down and take a hard look at all of AA's Twelve Steps? Maybe you have been missing a lot -- in fact, nearly everything.'" *AA Co-Founder, Bill W., July 1965, "Responsibility Is Our Theme", The Language of the Heart*





# Kauai Intergroup

**Next Intergroup Meeting Cancelled  
Back on Schedule July 1st**

To Attend these meetings on Zoom:  
Zoom ID: #727 056 4300 Passcode: 043962

## Intergroup Treasurers Report

**May , 2023**

### Income:

Cash	Literature	94.00
North Shore Aloha	7th	5.25
North Shore Aloha	Literature	94.75
Hui O'hana	Literature	27.00
Na Wahini Ku Pono	Literature	68.25
Cash	Literature	16.00
3 <sup>rd</sup> Step Group	Literature	37.50
Kauai Recovery Group	Literature	159.75
Waimea Canyon Group	Literature	30.75
Waimea Canyon Group	Literature	90.00
Whiskey & Milk	Literature	27.00
North Shore Aloha	7th	50.00
Eastside Wahine	7th	10.00
<b>Total Income:</b>		<b>710.25</b>

### Expenses:

Guardian Storage		167.54
Hawaiian Telcom	Hotline	37.44
Inkspot	Newsletter	75.00
Bob B.	Literature	944.20
<b>Total Expenses</b>		<b>1224.18</b>
<b>Net</b>		<b>513.93</b>
<b>Balance</b>		<b>3492.49</b>
<b>Prudent Reserve</b>		<b>-1300.00</b>
<b>Operating Balance</b>		<b><u>2192.49</u></b>

~ Prepared by Tom R.

### SEND YOUR CONTRIBUTIONS TO:

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



## Traditions Checklist

from the AA Grapevine

### Tradition VI:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
- Should the secretary of our group serve on the mayors' advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

## Intergroup Committee

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

## Send GSO Contributions

General Service Office

P.O. Box 2407

James A. Farley Station

New York, New York 10116-2407

INCLUDE: YOUR GROUPS NAME & NUMBER  
AS WELL AS AREA 17, DISTRICT 6



# District 6, Kauai:

The Next District Meeting is LIVE:  
June 17, 9:30 am

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

## District 6 Treasurer's Report

April, 2023

**Income:**

Sunrise Sobriety	540.00
North Shore Aloha	50.00
Steps to Freedom	80.00
<b>Total Income:</b>	<b>590.00</b>

**Expenses:**

Jim D.	456.30
Anastasia B.	444.40
Aaron L.	633.92
Shoshanah B.	73.34
<b>Total Expenses</b>	<b>1608.96</b>

Balance	5451.96
Prudent Reserve	-1200.00
<b>Operating Balance</b>	<b><u>4251.96</u></b>


~ prepared by Bob F.

## District 6 Committee:

DCM:	Anastasia A
Alt. DCM:	Jim D
Secretary:	Shoshanah
Treasurer:	Bob F
Website:	Aaron
Grapevine:	Mathea A
Corrections:	Garrett S

**SEND DISTRICT CONTRIBUTIONS**

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



## June 6, 2024 - The Kauai Roundup

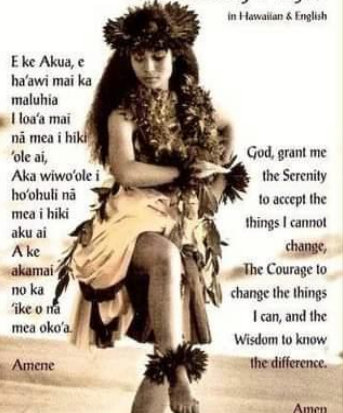
Our Planning Committee needs more members to get involved.

Open positions include registration, activities, program, fundraising, kitchen, security, and prayer.

•It's a great way to be of service!

•The Event will be in Kokee at Camp Hale Koa.

**The Serenity Prayer**  
in Hawaiian & English



E ke Akua, e ha'awi mai ka maluhia i loa'a mai na mea i hiki 'ole ai, Aka wiwo'ole i ho'ohuli na mea i hiki aku ai A ke akamai no ka 'ike o na mea oko'a.

God, grant me the Serenity to accept the things I cannot change, The Courage to change the things I can, and the Wisdom to know the difference.

Amene Amen


Contact: [Kauairoundup@gmail.com](mailto:Kauairoundup@gmail.com)

**Find A.A. in Hawaii**



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

**Send Area Contributions**  
Hawaii Area Committee  
P.O. Box 1413  
Honolulu, HI 96806



**INCLUDE: YOUR GROUPS NAME & NUMBER AS WELL AS AREA 17, DISTRICT 6**

## 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