

December 2022

# 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 give to you the principles, as given to me, as my gift to you for keeping me sober a day at a time.

- |                  |                |                      |
|------------------|----------------|----------------------|
| 1. Acceptance    | 2. Faith       | 3. Surrender & Trust |
| 4. Honesty       | 5. Courage     | 6. Willingness       |
| 7. Humility      | 8. Forgiveness | 9. Freedom           |
| 10. Perseverance | 11. Patience   | 12. Charity & Love   |

**This step contains** the most profound promise that AA offers. It also states the purpose of AA and mentions the guidelines for living. My experience with Step 12 has always amazed me and sometimes confused me. I have been blessed to have had a spiritual awakening of the educational variety, as the result of practicing the principles found in the Steps while trying to carry the message of recovery to alcoholics.

**The AA principles** have taught me how to become a better human being, while allowing me to grow spiritually, to be an example of the Big Book and to share the program of recovery with others. The Big Book states that a more important demonstration of these spiritual principles lies before me in all my affairs. It is easy to be all spiritual and stuff in an AA meeting, but how well am I doing at work, play or home. That is where the rubber meets the road.

**In the beginning** of my recovery all I was able to do was not drink a day at a time, and that was sufficient. The longer I stay sober it becomes imperative for me to change and grow up. That is the part where the Steps, sponsorship and a solid home group come into play. I need the guidance of a sponsor, the companionship of a home group and the principles in

*(Cont. p. 2)*



**She said:** It is with extreme importance when reaching the last of the steps, that we recognize there are three distinct parts to embrace. I also acknowledge that upon reaching Step 12 this does not mean that our work is over, in fact, in so many ways the work has just begun.

**By this point** most of us, including me, have had a spiritual awakening as the result of working these steps. It has happened differently for everyone. For me it was, and still is, a process of unfoldment. It wasn't a burning bush moment for me. It was a dawning of a new life being lived. If one earnestly works these steps to the best of their ability with a sponsor, one's life can't help but be changed! These steps have helped millions of us see the spiritual malady that had been prevalent in our lives, create a conscience connection with a higher power and clean up wreckage from our past so that we can move forward with dignity and help others. Powerful stuff!

**When we work** with others it is clear that we only try to carry the message to others. For me that means being open to share my experience, strength and hope and to work with other women who WANT to recover. It is NOT about carrying the alcoholic. It's truly about the message not the mess. I have learned over the years to allow others to have their own path of recovery because I believe we are all 100% responsible for our own lives in sobriety. I am there as a guide, as an example that when the work is done, a life can be changed. It doesn't make me better than, it just makes me have a little experience which will someday help another person who is suffering see that there is another way to live.

*(Cont. p. 2)*

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**AA Hotline 245-6677**

**He Said** (cont.) the steps to accomplish this.

**As a part of** the growing process it has been my experience to have all sorts of situations flow into and out of my life. My Higher Power, the Steps and sponsorship have been invaluable to my ability to handle situations which used to baffle me (everyday living ). Honesty, Open mindedness and Willingness are indispensable to recovery. The bottom line of recovery for me is that I have to share what was so freely given to me in order for me to keep living the way that I do.

Thank you for allowing me into your recovery & your life,  
~ Ron A.

**She Said** (cont.) **How do I/we** continue to live a life that allows us to grow spiritually? We begin to take these principles into other areas of our lives, in ALL our affairs. In fairness, this probably has already happened. Relationships heal, jobs are found and/or kept and finances may have stabilized. This program does teach us how to navigate life when it appears to be less than perfect. We continue to do the basics: go to meetings, read the Big Book, have a sponsor (that we connect with), work with others and expand our spiritual life. Not only do we get to stay sober in this manner, we get to enjoy a new Freedom. A new Way of Life. Embrace yours and STAY.

In Love and Light,  
~Michelle L.

## Expect A Miracle

### About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter

Please Contact:

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



### Request a newsletter



by e-mail



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

Editor: Linda B.

## Happy Birthday

Carol O.	11/19	1981	41 yrs
Marcial L.	11/16	1986	36 yrs
Anderson	11/21	1987	35 yrs
Mathea A.	11/17	1988	34 yrs
Niamala	11/24	1995	27 yrs
Tom F.	11/16	1996	26 yrs
David J.	11/30	2001	21 yrs
Lani A.	11/21	2005	17 yrs
Barry	11/8	2006	16 yrs
Bob	11/13	2006	16 yrs
Chris S.	11/3	2007	15 yrs
Jeanie	11/26	2007	15 yrs
Scott C.	11/3	2007	15 yrs
Mark G.	11/4	2007	15 yrs
Michelle L.	11/13	2008	14 yrs
Randy	11/9	2009	13 yrs
Sonia	11/5	2011	11 yrs
Shawn	11/5	2011	11 yrs
Jackie C.	11/9	2012	10 yrs
Kalei K.	11/7	2012	10 yrs
Barbie	11/26	2013	9 yrs
Lee G.	11/18	2013	9 yrs
Estrella K.	11/1	2020	2 yrs
Josh K.	11/1	2020	2 yrs

## Congratulations Everyone!!

# A.A. Meeting Places:

## Kapaa First Hawaiian Church

4-1325 Kuhio Hwy, Kapa'a



## 11th Step Candlelight Speaker Mtg

7:30 P.M. Tuesdays

## Hale Halawai Center in Hanalei



## Returning Meeting: BAD BRAINS

7:00 P.M. Wednesdays

## The Princeville Center

4334 Emmalani Dr



7:00 A.M. Saturdays

## Koloa Salvation Army Hall

5348 Koloa Rd. (next to crazy shirts)



- Sunday 6:30<sub>pm</sub> - Sunday Night Live
- Tuesday 6:30<sub>pm</sub> - Salvation is Here
- Thursday 6:30<sub>pm</sub> - Family Recovery

## ONE DAY AT A TIME!

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

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

Please contact the Hotline

245-6677

## Service is Sobriety

### H.O.W.

- Honesty
- Openmindedness
- Willingness

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

**Dec. 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.”

**Dec., 1923: Christmas: Bill W.** wrote down in the family Bible and vowed to Lois that he would stay sober for one year. This pledge lasted two months and it was the first of many attempts to stay sober.

**Dec. 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

**Dec. 11, 1934:** Bill W.’s sobriety date at Towns Hospital while he was under the care of Dr. Silkworth

**Dec. 1938:** For the first time Bill puts the Twelve Steps down on paper using the principles of the Oxford Group.

**Dec. 1939:** Rockland State Hospital is the first hospital to start taking alcoholic patients to AA meetings (Big Book P. 163).

**Dec. 1944:** The 7<sup>th</sup> 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.

**Dec. 1949 Christmas:** Dr. Bob’s last visit to the alcoholic ward, St. Thomas Hospital, where he treated 5000 alcoholics with Sister Ignatia by his side.

**Dec. 1952:** Bill W. as the main speaker in Orlando, Florida said “December is the ‘Slippery’ month to AA old-timers because it has more slips, suicides and wounded Christmas trees than any other month.”

**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

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*

December 5, 2018

"Some of us take a long time to 'come to' before we can 'come to believe' that there is any hope for us."

*"My Name Is Gary and I'm a Human Being," Nanaimo, British Columbia, February 2003, Spiritual Awakenings*

December 20, 2020

“No one can express love and self-pity at the same moment; showing concern for others helps us to see how foolish we have been.” *Dayton, OH, April 1962, “Ever Been on a Dry Drunk”, Best of Grapevine, Volume 1*

December 23, 2020

“Do I really want ... to be bitter, hostile, and judgmental? Do I want to live inside that sort of person? Wouldn’t I rather forgive, make allowances, understand? Is self-pity, feeling abused, so precious that I will not trade it for self-liking?” *Key West, Fla., February 1973, “Self-Pity Can Kill”, Best of Grapevine, Volume 1*

December 29, 2020

“As drinking alcoholics, we all ran from life and toward death. When we join AA, we reverse the process – we give ourselves to life as it is, rather than as we would like it to be.” *Key West, Fla., February 1973, “Self-Pity Can Kill”, Best of Grapevine, Volume 1*

# Kauai Intergroup

**Next Intergroup Meeting:  
December 3, LIVE at 9:30 am  
German Hill Lutheran Church Annex**

## Intergroup Treasurers Report

**November 5, 2022**

### Income:

Koloa Aloha	100.00
Hui Ohana	500.00
Hui Lokahi	450.00
Northshore Aloha	55.00
<b>Total Income:</b>	<b><u>1105.00</u></b>

### Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	34.05
Post Office yearly		182.00
Shoshanah	Labor Day	200.00
<b>Total Expenses</b>		<b><u>583.60</u></b>

<b>Balance</b>	<b>7526.20</b>
<b>Prudent Reserve</b>	<b>-1300.00</b>
<b>Operating Balance</b>	<b><u>6226.20</u></b>

~ Prepared by Tommy R.~

## Intergroup Committee

Chair:	David J.
Treasurer:	Devin D.
Secretary:	Ann W.
Schedules:	Tom R.
Literature:	Bob B.
Website:	Charlie S.
Events:	<b>OPEN</b>

### SEND YOUR CONTRIBUTIONS TO:

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



### Find A.A. in Hawaii



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

### 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

## LIVE MEETINGS



**Lihue Lutheran Church Annex**  
(on German Hill)

### Intergroup Meeting

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

### District 6 Meeting

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

# District 6, Kauai:

# Concepts Checklist

The Next District Meeting is LIVE:  
December 17, 9:30 am  
German Hill Lutheran Church Annex

## 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.

## District 6 Treasurer's Report

Northshore Aloha	55.00
Hui Ohana	500.00
Hui Lokahi Mens Stag	750.00
<b>INCOME</b>	<b>1305.00</b>
<b>EXPENSES</b>	<b>0.00</b>
Bank Balance:	5222.52
Prudent Reserve:	1200.00
Operating Balance	5022.52

~ prepared by Bob F.

**SEND YOUR CONTRIBUTIONS TO:**  
Kaua'i District Committee  
P.O. Box 1503  
Kapaa, HI 96746



## District 6 Committee:

DCM:	Keola O.
Alt. DCM:	Jim D.
Secretary:	Shoshanah
Treasurer:	Bob F.
Website:	Aaron
CEC:	Open.
Archives:	Open
Grapevine:	Mathea
Treatment:	Open
Corrections:	Garrett S.
CPC	Open
Myna Bird	Open

- How do we guard against becoming a "seat of perilous wealth or power?"
- How do we practice prudent use of our Seventh Tradition contributions and literature revenue?
- Do we insure the spiritual liberties of all A.A. members by not placing any member in the position of absolute authority over others?
- Do we try to reach important decisions by thorough discussion, vote and, where possible, substantial unanimity?
- As guardians of A.A.'s traditions, are we ever justified in being personally punitive?
- Are we careful to avoid public controversy?
- Do we always try to treat each other with mutual respect and love?