

April 2021

Garden Island Sobriety

Step Four

“Made a searching and fearless moral inventory of ourselves.”



He said: My name is Jeffrey and I am an alcoholic. My sobriety date is June 5, 2018 and this is my experience with Step Four.

Let me remind you this is not my first sobriety. I originally came into A.A. in July of 2000. Because I did not have a God in my life I was unable to do Step 4 the way it is supposed to be done. In this sobriety I do have a higher power in my life, which gave me the ability to be honest and thorough, and do a Fourth Step like my life depended on it. Because it does.

There is a lot to cover in my 4th Step process so I will give you the abbreviated version. My column one instructions were basically to write a list of all the people, institutions and principles with whom I was angry. My sponsor told me to put in all capital letters the words DO NOT EDIT. Then he said if you think you might be angry, put them on the list. In all my previous Fourth Steps I left so much stuff out. In the long run it cost me my sobriety. This time I did not do that. I did not edit.

In columns two and three I was told to take a piece of paper and make a landscape grid with a total of four columns in it. In the first column I put my resentments. In the second column I put the cause, using 4 to 5 words, no multiple causes. In the third column I listed what it affects; self-esteem, security, ambition, pocketbook, personal relationships, *** relations. My Step 4 instructions for column four were to look at my part. Was I selfish, dishonest, self-seeking or frightened? In my column 5 instructions I was to list all my fears and boy did I have a lot of them. In column six we are to look at our sexual history. In this part of Step 4 I made a list of all people, thoughts, behavior and conduct. Then I asked myself 10 questions. Where had I been selfish, dishonest, inconsiderate? Whom had I hurt?

(Cont. p. 2)



She said: When I came into AA and saw the Steps hanging on the wall I remember saying to myself, I'm not too sure what a moral inventory is but I'm not doing it. Six months into being sober I was miserable and crying to my sponsor about how awful life was and how everyone around me was responsible for making me feel the way I did. After encouraging me to do the inventory for 3 months she finally said, maybe you're one of the terminally unique people that doesn't need to do an inventory. Maybe you will just go on living the way you're living. This was not what I expected her to say. I expected her to keep encouraging me politely, but she was finally fed up. **I didn't want to** do the inventory because I thought it was going to be another tool I used against myself to beat myself up. I also thought that someone would take my very personal information and use it against me. After using her wise reverse psychology on me I proceeded to write.

I wrote 27 pages. Once I started writing I couldn't stop. I listed every fear and resentment I had and I had many. In the midst of the writing, I began to see a common pattern. I was living in either fear, resentment or remorse, over the harms I had caused others. I had a spiritual awakening when I realized that this was keeping me stuck in the vicious cycle of my alcoholism. I drank to cope with my negative emotions, regretted drinking the day after and then drank again to drown my feelings of regret. I had a glimpse of what life could look like if I was relieved of the vicious cycle shown to me in my 4th step. I also got to see that most of the toxic situations I had been involved in were of my own making. My selfish and self seeking fear

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AA Hotline 245-6677

He Said (cont.) Did I justifiably arouse suspicion, jealousy or bitterness? Where was I at fault? What should I have done instead? Was it selfish or not? By working Step 4 the way it was meant to be worked thoroughly and honestly, I was able to take a long look at my actions and behaviors in life. It was very obvious why I drank.

I've heard that if you don't do an honest Fourth Step you'll end up drinking a Fifth! In my experience this statement is absolutely true. I have measured this step for many years and couldn't stay sober. This time I put it all on paper and left nothing out. It changed my life.

~Jeffrey P.

She Said (cont) motivated me to act in ways in ways I didn't even value. I wanted what I wanted when I wanted it and created situations that got me what I wanted even if it was bad for me. What a mess! Needless to say these awakenings regarding self responsibility were LIFE CHANGING. For the first time, I understood that I had a part in how my life had turned out. I was no longer a victim to people and circumstances.

The biggest change I felt after doing my 4th step was the sense of freedom, dignity and hope I felt. I described these emotions to other members and they said, "that is the feeling of being connected to your higher power". I now know it's easier to do a 4th step than it is to stay stuck in the pain of not wanting to see the truth as it is. The truth sets us free.

~ Janice M., Kauai

Happy Birthday

John G. RIP 12-12-20	3/2	1972	49 yrs
Dick W.	3/17	1973	48 yrs
Pat Q.	3/7	1977	44 yrs
Bebe S.	3/10	1980	41 yrs
Gerry J.	3/4	1981	40 yrs
Dave G.	3/7	1987	34 yrs
Judy B.	3/2	1987	34 yrs
Larry	3/24	1987	34 yrs
Julie M.	3/1	1987	34 yrs
Ed H.	3/14	1988	33 yrs
Kelly	3/4	1988	33 yrs
Norman P.	3/1	1991	30 yrs
Kathy	3/12	1997	24 yrs
Kristin	3/11	1997	24 yrs
Julia O.	3/11	1997	24 yrs
Sherwood C.	3/17	1998	23 yrs
Bill E.	3/17	1999	22 yrs
Heather C.	3/10	2004	17 yrs
Julie H.	3/30	2004	17 yrs
Jennifer C.	3/5	2005	16 yrs
Eddie	3/1	2005	16 yrs
Linda R.	3/20	2006	15 yrs
Mike H.	3/5	2008	13 yrs
Cindy T.	3/14	2008	13 yrs
Susan O.	2/2	2009	12 yrs
Megan	3/10	2010	11 yrs
Kelsey B.	3/6	2011	10 yrs
Brandi R.	3/1	2013	8 yrs
Curtis K.		2014	7 yrs
Brian B.	3/25	2015	6 yrs
Estrella	3/15	2017	4 yrs
Suzie	3/3	2019	2 yrs

~The Serenity Prayer~

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.

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Meetings on Kauai



Island-wide Live and Open

North, South, East and West



We've Got You Covered!

Live meetings on Kauai listed at:

www.kauaiaa.org

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

A.A. Meeting Places



The Koloa Salvation Army
5348 Koloa Rd.

Saturday	6:30 pm	Salvation is Here
Sunday	6:30 pm	Salvation is Here
Tuesday	6:30 pm	Salvation is Here
Thursday	6:30 pm	Family Recovery

Temporary Meeting Change:

Sunday Bonfire Meeting

2020 Kolo Rd (private residence)

Kilauea, HI

Sunday 6:30 P.M.

Meeting Change Starting:

Hui Lokahi Men's Stag

4531 Pouli St

Kapaa, HI

Thursdays 7:30 P.M.



AA Zoom Meetings

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 Janice M. She has volunteered her help and says, "Setting up the technology is much easier than you might think."

The Best of Big Book Dave:**April in Our History:**

April 2nd, 1840: “The Washingtonian Temperance Society” was founded in Baltimore. 1000 alcoholics in the 1st year stopped drinking. Abraham Lincoln addressed their second anniversary. Within four years 500,000 had found sobriety. By 1850 completely disbanded! Bill W. made a text book study of them and their mistakes as well as their strengths.

April 1939: The Big Book is published by “Works Publishing Co.” At this time AA has two meetings and about 100 members. It will take 35 years to sell the first million copies of the Big Book. Now AA distributes a little over one million of them every year in the english language alone!

April 11, 1941: Bill and Lois drive to their new home which they will name “Stepping Stones,” cook supper and spend their first night. In 1985 “Stepping Stones” will be declared a New York State historic site.

April 1946: Our meeting in print was named “The Grapevine” but this title was challenged by the FBT who also called their publication “The Grapevine.” This was settled by our magazines name change to “The AA Grapevine” and the April 1946 issue bearing this newly incorporated title was used for the first time.

April 1958: The word “Honest” is dropped from our preamble ... The only requirement for membership is the (honest) desire to stop drinking.

April 1960: Bill W. declined to be on the cover of Time Magazine.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska
Submitted by Mathea A.

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

GRAPEVINE

Quote of the Day

April 2, 2020

“As I carried the Fourth Step into the next directional action, the Fifth ... I began to gain by pain, to win by losing, to get control by letting go of control. And good feelings poured in from all sides. I discovered how many words that I had been fond of using were actually traps, setting off negative thinking -- ‘If only...,’ ‘You always...,’ ‘never,’ ‘forever,’ ‘If you would only...,’ and so on. I dug in and tried desperately to change word habits, to share time instead of spending it.”

Pompano Beach, Florida, June 1978, “It Takes What It Takes,” Step By Step

April 20, 2020

“When I begin to worry about things I can do nothing about, I tell myself to accept what you can’t change. Often I’ve used the ideas in the Serenity Prayer as a trigger for relinquishing my need to control and as a reminder to take action when some discontentment can be remedied.”

El Granada, California, March 1989, “A Program of Action,” The Best of the Grapevine, Volume 3

April 25, 2020

“The Fourth Step lets me look at myself, look into my fear of not getting something I want or of losing something I have, get a perspective on my character defects, and move forward to try to establish true partnerships with other human beings.”

Riverdale, Michigan, April 1997, “Naming the Negatives?”, Beginners’ Book

**Next Zoom Intergroup Meeting:
April 3rd, 9:30 am**

Intergroup ID – 87082750620

Password -372977

Intergroup Treasurers Report

March 2021

Income:

Hui Ohana March order	Literature	86.00
Koloa Group, March order	Literature	30.00
Total Income:		116.00

Expenses:

Guardian Storage	157.07
Hawaiian Telcom	31.60
Literature order	861.80
Total Expenses	1050.47

Income	116.00
Expenses	1050.47
Net	934.47

Actual Balance	2313.09
Prudent Reserve	-1050.00
Operating Balance	1263.09

~ Prepared by Devin D.

SEND YOUR CONTRIBUTIONS TO:

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



Traditions Checklist

from the AA Grapevine

Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

- Do I insist that there are only a few right ways of doing things in A.A.?
- Does my group always consider the welfare of the rest of A.A.? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in A.A., I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths-his lengths, not mine- to stay sober?
- Do I share my knowledge of A.A. tools with other members who may not have heard of them?

Intergroup Committee

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

District 6, Kauai:



DCM Report



The Next Zoom District Meeting:
April 17th, 9:30 am

District 6 Treasurer's Report

March 20, 2021

CURRENT MONTH GROUP CONTRIBUTIONS:

Princeville - Hanalei	160.00
Anahola Jaywalkers	52.50
Whiskey and Milk	20.00
Total Income	232.50

EXPENSES:

Website	101.97
Total Expenses	101.97

Bank Balance:	3,333.74
Prudent Reserve:	1200.00
Operating Balance	2133.74

~ prepared by Janice M.

Aloha Mai Kakou!

My name is Kalei K. and I am the DCM for District 6, Kauai.

Our Monthly District meeting is on the 3rd Saturday of every month, next one is April 17, 2021 at 930am. You can find all information on Kauaiaa.org Please come and join us and bring a friend, or even do some type of service. We have two openings, both Standing Committee Chairs, Public Information and Mynah Bird.

I attended Praasa this month, March 5-7 2021. It was an Awesome experience! First time for me. Very informative.

We're all attending the Inform the Delegate Assembly this weekend March 27& 28, Virtually. We have 11 of us from Kauai District 6.

I have been to four live meetings around Kauai. What an experience, good to be back out there again. Seeing old AA friends and newcomers too.

We have a Golf tournament on April 2, "The Way Out of The Rough", at the Princeville Makai golf course in Hanalei.

We have a Hotline Volunteers conference training every first Wednesday. Please go to Kauaiaa.org for more information!

Mahalo's for your love, service and support!

Aloha, Kalei K., DCM District 6

District 6 Committee:

DCM:	Kalei K.
Alt. DCM:	Keola O.
Secretary:	Nelson A.
Treasurer:	Janice M.
Website:	Charlie S..
Myna Bird:	Janelle S.
CEC:	Connie S.
Archives:	Mathea A.
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April

Join us for a Golf tournament on April 2
"The Way Out of The Rough"
at the Princeville Makai golf course
in Hanalei.

SEND YOUR CONTRIBUTIONS TO:

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

