

August 2022

Garden Island Sobriety

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”



He said: Where do I get the list from? Who do I put on the list? When do I make the list? These are all questions that have been asked by newcomers before they actually approach this step. The answer is very obvious, if you have done Step 4 and 5 with a Sponsor. It is the list from your inventory! The key words in this step are became willing. We are attempting to sweep away the debris from our side of the street and repair the damages that we have caused as the result of self will. If we haven't the will to do this, we ask until it comes.

Remember it was agreed at the beginning that *we would go to any lengths for victory over alcohol.*

I remember sitting with my sponsor and going over the list with him and thinking to myself about which ones I was going to do and which ones did not have to be done. It was almost as if he was reading my mind, because he started to remind me that the purpose of the step was to become willing to make amends to all the people I had harmed.

This step requires that I become willing to change my actions so that my thinking will become more in tune with God's will for me. My real purpose is to fit myself to be of maximum service to God and the people about me. I cannot be of any help to God or the people with whom I come into contact with if I am still a toxic person. I must be changing and evolving into a useful and healthy individual so that I can be an effective tool in God's world. I must be willing to accept the consequences of my actions and stand up and be accountable for them, no matter what they maybe. I thought to myself, again, this is not going to turn out very well at all. Once again, it seemed as if my sponsor was reading

(Cont. p. 2)



She said: I have a strong belief that the steps of recovery are in the order that they are in *purposefully*! By this point in my recovery, I had smashed through enough of my own denial to know that I had created disasters in my past and hurt lots of people. How do I know this? I have already gone through the process of revisiting my behaviors in Step 4. Now I was ready to clean up some of that wreckage since it still weighed heavy on my heart. I intuitively knew that there were repairs that I had to do to be able to move forward with a clean slate.

Before I took my inventory out to begin the process of creating my 8th Step list, my sponsor had a few suggestions for me. She was anticipating a few emotions that may arise during my process and wanted to share her experience on moving forward. Her main suggestion was to JUST make the list. My mind loves to try to figure stuff out. It's a great stalling technique too. I've seen it happen all too often. My mind also loves to stray into the future, where it truly has no business lurking! Stay in today and just write the list.

There is a second part to this Step: "Became willing to make amends to them all". Hmmmm everyone? Completely willing? My sponsor's solution was to write three separate lists. First list for the people I was ready, willing and able to make amends. Second list, the people that I still felt strong emotions towards where I honestly wasn't sure if I was willing yet. Those folks where I was still singing the "somebody done me wrong song". The third list she called the "Hell No" list. The ones where I believed I would NEVER become willing. She then asked me to pray for the people on the second and third list constantly. Over time, many names shifted columns where I was able to become willing to make

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AA Archives p.4

Meetings p.3
12 Concepts p.4

AA Hotline 245-6677

He Said (cont.) my mind, when he pointed out that in this step all I am doing is using the list that I already had and preparing for the work, which actually takes place in the next step **No actual amends** are being made in Step 8, only preparation for Step 9.

With Love your Brother in Recovery,
~ Ron A.

She Said (cont.) amends to some people I never thought I would. That's the power of prayer and growth!

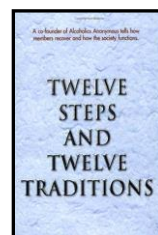
My sponsor reminded me that it's an evolving list and not necessarily a once and for all checking off grocery kind of list. As the years have progressed since my first round of Step work, people I had LONG forgotten bubble to the surface of my mind. When there is any sort of twinge of pain, regret or sadness around that person, I know that I must add them to my list. The past **MUST** be cleared out for the gifts of sobriety to take root in our lives. Take a breath, have courage and start listing!

In Love and Light,
~Michelle L.

Happy Birthday

Mary C.	7/20	1979	43 yrs
Kathryn B.	7/9	1982	40 yrs
Judith E.	7/14	1984	38 yrs
Jerrie S.	7/17	1984	38 yrs
Gordy W.	7/11	1986	36 yrs
Keola	7/6	1990	32 yrs
Rick G.	7/4	1991	31 yrs
Paul H.	7/1	1993	29 yrs
Becky	7/31	1995	27 yrs
Lisa D.	7/4	1996	26 yrs
Charlie S.	7/27	1996	26 yrs
Kellie	7/1	1998	24 yrs
Dave A.	7/9	2004	18 yrs
Brandy	7/1	2012	10 yrs
John	7/12	2013	9 yrs
Margaret	7/7	2015	7 yrs
Jamie	7/19	2017	5 yrs

Congratulations Everyone!!



The 12 x 12 on Step 8

Start By Forgiving (page 78)

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. ... Triumphantly we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own.

Right here we need to fetch ourselves up sharply. ... Let's remember that alcoholics aren't the only ones bedeviled by sick emotions. ... In many instances we are really with fellow sufferers, people whose woes we have increased. If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?"

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter

Please Contact:

District6newsletter@hotmail.com

Request a newsletter

by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

New Meeting Locations

Saturday 3rd Traditions



Starting August 6, 7:30 - 8:30 p.m.

The Saturday 3rd Tradition group will be moving from the pavilion to the **Ohana Christian Fellowship, 4531 Pouli Rd**, behind the Wailua Drive-in and Express Laundromat, to the left of the old Foodland store.

Hui Lokahi Men's Stag



Starting Thursday July 14, 7:30 - 8:30 pm

The Hui Lokahi Men's Stag. is returning to the Kapa'a United Church of Christ 1315 Ulu St, Kapa'a.



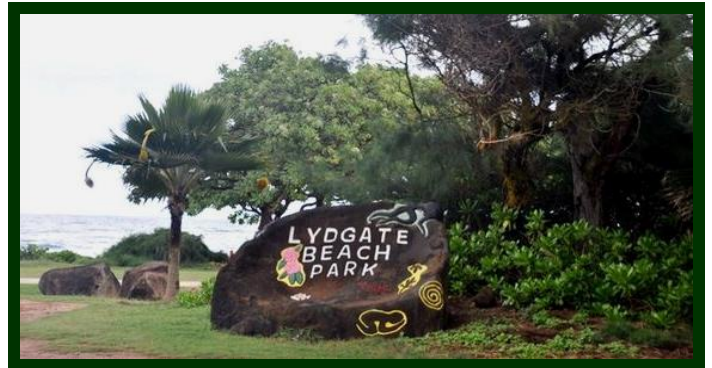
2022 HIGHLIGHT:

October 7 - 9, 2022

The Hilton Garden Inn, Wailua Bay,

A.A. Meeting Places

'New' Saturday Sisters



Saturdays, 10 - 11 a.m.

Women's meeting, Lydgate Beach

Bring your own chair, keiki welcome

Koloa Union Church



12x12 Step Study - Thursday 4:30 5:30

3289 Poipu Road

'New' at Kealia Beach



NEW BONFIRE MEETING

July 1 - Friday 6:30 - 7:30 (near river)

The Month of August in Our History:**August 16, 1861:**

President Lincoln prohibited by law the States of the Union from trading any alcohol - liquor with the seceding states of the confederacy. This includes all medicine with alcohol in it.

August 2, 1892:

Richmond Walker born Brookline, Mass. He came into AA 1942 in Boston. Six years later he will finish "The 24 Hr. A Day Book". Many old-timers to this day still carry this book with them.

August 26, 1910:

Philosopher - Psychologist William James dies. He authored "Varieties of Religious Experience" which will have a major influence on Bill W's conception of a Higher Power in the formulation of our Twelve Steps.

August 1944:

The two letters in the front of the Big Book by Dr. Silkworth are accepted by the AMA on alcoholism as a disease.

August 1945:


"The Grapevine" carried Bill W's first article on "The Traditions" and set the groundwork for Bill's 5 year campaign for them to be accepted by the AA Groups.

August 1949:

At their annul meeting in Atlanta Georgia "The American Psychiatric Association" acknowledged the status of Alcoholics Anonymous.

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

~ Submitted by Mathea A.

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

Concept VIII:

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. grapevine) and the General Service Board?
- How can the business term "custodial oversight" apply to the trustees' relationship to the two corporate service entities?
- Does my home group subscribe to G.S.O.'s bimonthly newsletter Box 4-5-9? The A.A. Grapevine? Do I?

Service is Sobriety**Expect A Miracle****H.O.W.**

- **Honesty**
- **Openmindedness**
- **Willingness**

Kauai Intergroup

Next Zoom Intergroup Meeting:

August 6, 9:30 am

Intergroup ID – 87082750620

Password-372977

Intergroup Treasurers Report

May 31, 2022

Income:

North Shore Kauai	7th	100.00
Sat. 3 rd Tradition Kapaa	7th	20.00
Kapaa Nooners	7th	15.00
Kapaa Nooners	7th	17.00
Literature Deposit	Literature	330.00
Total Income:		482.00

Expenses:

Hawaiian Telcom	33.32
Guardian Storage	167.54
Total Expenses	200.86

Net	281.14
Prudent Reserve	-1300.00
Operating Balance	3337.69

~ Prepared by Devin D.

Intergroup Committee

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

SEND YOUR CONTRIBUTIONS TO:

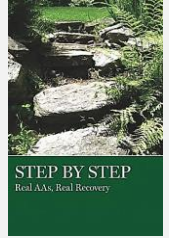
Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766



GRAPEVINE Quote of the Day

August 11, 2019

"The question arises of just what constitutes an amend. Many of us find that the old rationalization, 'If I stay sober, that's amends enough to those I have hurt,' just doesn't work. We have to be willing to go further."



"Not Under the Rug," January 1967, Step By Step

August 8, 2020

"I do not need to make amends on my hands and knees; I need to walk tall, without false pride. When I go in humility and sincerely ask people to forgive me, this will remove the burden from my shoulders."

"Persons We Had Harmed," Reynoldsburg, Ohio, September 1979, AA Grapevine

August 3, 2020

"I have had to face my past, one episode at a time, and become willing to look at the truth. I could feel the pain and fear, like trolls under the bridge, waiting to jump out and challenge my self-esteem."

"Facing the Truth," Cleveland, Ohio, February 1993, AA Grapevine

August 17, 2021

An old-timer spoke about the danger of becoming complacent and explained the need for the Steps in her life. 'The way I see it,' she said, 'I might have gotten the monkey off my back, but the circus is still in town.'"

"Ham on Wry," New York, New York, September 2005, AA Grapevine

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 Chair,
 David, at 245-6677

District 6, Kauai:

**The Next Zoom District Meeting:
August 20, 9:30 am**

**Zoom address 823-860-40996
passcode: 043962**

District 6 Treasurer's Report

June, 2022

INCOME:

North Shore Aloha	100.00
Young People in AA. Kapaa	20.00
TOTAL INCOME	120.00

EXPENSES:

TOTAL EXPENSES	00.00
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Bank Balance:	6594.52
Prudent Reserve:	1200.00
Operating Balance	5394.52

~ 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:	Open
Secretary:	Nelson A.
Treasurer:	Bob F.
Website:	Charlie S..
CEC:	Connie S.
Archives:	Mathea A
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April



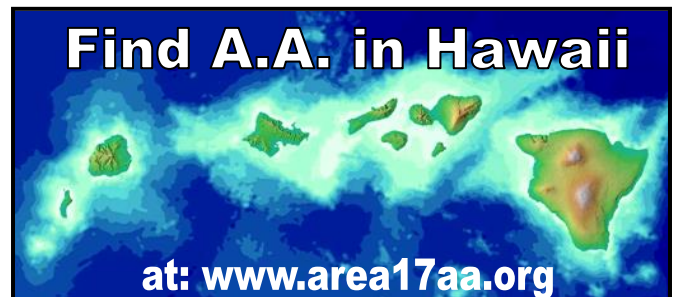
The Circle and Triangle symbol has long been connected to the A.A. Fellowship. It was adopted as an official A.A. symbol at the International Convention in St. Louis in 1955, and from that point

on was widely used in the Fellowship. For the Fellowship, the three legs of the triangle represented the Three Legacies of Recovery, Unity and Service, and the circle symbolized the world of A.A. In Alcoholics Anonymous Comes of Age, Bill W.'s 1955 speech, in which he describes the adoption of the symbol, is printed:

'Above us floats a banner on which is inscribed the new symbol for A.A., a circle enclosing a triangle. The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chose this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off the spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more.'

In the early 1990s, A.A. World Services decided to phase out the use of the Circle and Triangle symbol on its literature, letterhead and other material. It was decided to phase out the "official" or "legal" use of the Circle and Triangle symbol, and in 1994 the General Service Conference resolved that the logo be discontinued on all Conference-approved literature. However, the symbol is still associated with Alcoholics Anonymous and has a special meaning for AA members all over the world."

Find A.A. in Hawaii



at: 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