

August 2023

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: “Discovering a gem of recovery”.

In the early years I balked as my first thought on this was “why” I’ve already done this in the fourth step. I would go on to justify not needing to take this step because I did not want to cause others more pain. What I would soon discover is that what I was really running from was my own pain and discomfort, and the unwillingness began to manifest itself in other ways, such as anger, frustration, and depression.

It’s little wonder that the weight of my decision not to take this step became too heavy. The burden of guilt and shame was too much for me to carry. So, now as suggested by my sponsor, I looked at my fourth step as a starting point, the moral inventory and with a little more sobriety time I was able to remember more people I had harmed, thus adding them to the list. I painstakingly went over each personality trait/defect of character and identified the worst to the least when it hit me like a ton of bricks. Here comes another stumbling block, I then realized that I would have to make a face to face with these people and the fear and embarrassment started to creep in again.

I talked to just about everyone who would listen to me, and the men in A.A. once again came through for me, I did not have to walk this path alone. First separating those who had passed and writing it out on paper, then putting them aside to be addressed in step nine. This exercise resulting in shortening the list and now I was able to focus on the live face to face list, all the fear and dread was back, my grand-sponsor told me that all I was doing was making that list, acknowledging my wrongs and we will work on

(Cont. p. 2)



She said: We were asked by the

editor to share each month what the Steps mean to me. My experience with working this step helped me to connect to my past. Looking back, the exercise itself was good practice at improving my reading and writing skills. My self-confidence was still low in that area. I followed directions from my sponsor and got better at completing a task. I translated all her suggestions as if they were lifesaving instructions, so I gave it my best. The 8th step work reminded me of how many people I loved. It was another opportunity to examine my feelings by reviewing my past behavior with others. It also reinforced the importance of self-awareness.

Again, it turned out that my relationship history and interactions with others wasn’t all their fault! I may have had much to do with how I got treated. Step 4 shed light on some of the actual victims of my past behaviors. It also taught me where I was not culpable. Having my prior written assignments as a resource was vital.

My memory was still limited, and it affected my reading comprehension. We began by reading step 8 from the 12 and 12. I needed her verbal coaching to truly understand how to do this, not so much as why we did this. I had learned through prior step work that journaling and writing things out helped me absorb the meaning. My sponsor and I sat together, with pen and paper as she described what to write. The assignment was to write the names of anyone or anything that weighed on my heart and soul. Most of the names of the people I hurt came directly from my 4th step paperwork. The list was not short. She then explained to me to list them by priority. She had me

(Cont. p. 2)

Birthdays p.2

Meetings p.3

AA Archives p.4

12 Traditions p.3

AA  Hotline 245-6677

He Said (cont.) willingness a little later, as my sponsor assured me that all I could do is try to the best of my ability and leave the results up to my Higher Power.

You know it really wasn't as bad or horrible as I first thought. Once I started to write and it felt like the words came as if I was being guided by a power greater than myself, although the list did take some time. I did manage to develop the willingness to make amends to them all. Like all the steps before this, I had to struggle with self-will running riot, then accepting help from others before moving on to willingness.

Today my willingness is much different from earlier years. I am still not perfect, nor will I ever be. That list is long gone; however, the method is in my tool chest ready utilize and pass it on. I truly discovered a gem of recovery.

~ David V.

She Said (cont.) use the labels A, B and C. The guidelines for organization had been to put them in order by their importance to me. Under the letter "A" I wrote the names of the first and most important amends, "B" would be less pressing, or as able. Some of these would occur as the opportunity presented itself. Lastly "C" These were maybe, if ever, back burner amends. C amends would be the very least important, these would be the ones that never weighed on my heart. Some C list amends would be unlikely to and may sit in that position for years.

As usual, she set a time limit. She again let me know she'd always be available if I had any questions or concerns. My sponsor said and proved; she would never leave me. She seemed to know exactly what I needed to hear and when. Verbalizing my gratitude of her, she credits God and our program. I was learning so much from her. In her wisdom, she replied, "When the student is ready, the teacher will appear".

~ Sincerely, Donna Jo

Happy Birthday

Mary C.	7/20	1979	44 yrs
Kathryn B.	7/9	1982	41 yrs
Judith E.	7/14	1984	39 yrs
Jerrie S.	7/17	1984	RIP
Keola	7/6	1990	33 yrs
Rick G.	7/4	1991	32 yrs
Paul H.	7/1	1993	30 yrs
Becky	7/31	1995	28 yrs
Lisa D.	7/4	1996	27 yrs
Charlie S.	7/27	1996	27 yrs
Kellie	7/1	1998	25 yrs
Dave A.	7/9	2004	19 yrs
Brandy	7/1	2012	11 yrs
John	7/12	2013	10 yrs
Margaret	7/7	2015	8 yrs
Jamie	7/19	2017	6 yrs

Congratulations Everyone!!

Expect A Miracle

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.

A.A. Meeting Places

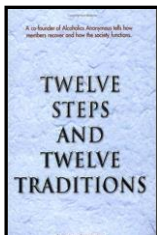


Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

- Monday 7:00 pm
- Tuesday 10:00 am - Big Book Study
- Tuesday 7:00 pm **TIME CHANGE (was 7:30)**
- Wednesday 7:00 pm **TIME CHANGE (was 7:30)**

**STARTING AUGUST 1ST:
ALL EVENING MEETINGS
WILL BE AT 7:00 pm**



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?"



Traditions Checklist

from the AA Grapevine

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- Is my own behavior accurately described by the Traditions? If not, what needs changing?
- When I chafe about any particular Tradition, do I realize how it affects others?
- Do I sometimes try to get some reward – even if not money – for my personal AA efforts?
- Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
- Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- In my own AA life, have I any experiences which illustrate the wisdom of the Tradition?
- Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition – How It Developed*?



The Best of Big Book Dave:

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.**

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 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 7, 2020

"I could do something about changing my own thoughts, but nothing about changing the people around me."

"Caught in Hateland," La Verne, California, December 1966, AA Grapevine

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."

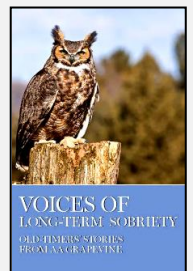
"Persons We Had Harmed," Reynoldsburg, Ohio, September 1979, AA Grapevine

August 2 2021

"I think my Higher Power stepped in and started leading me out of the alcoholic life, as I seemed incapable of doing it on my own."

"A Real War Story," Alexandria, Virginia, April 2002,

Voices of Long-Term Sobriety



Kauai Intergroup

Next Intergroup Meeting
August 5, 9:30 am

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

Intergroup Treasurers Report

July , 2023

Income:

North Shore Aloha	7th	50.00
Hui Ohana	7th	800.00
Sunrise Sobriety	Literature	34.00
Sunrise Sobriety	Literature	14.00
Sunrise Sobriety	7th	210.00

Total Income: 1108.00

Expenses:

Guardian Storage	Lit. Storage	167.54
Hawaiian Telcom	Hotline	204.62

Total Expenses 903.38

Balance 4924.45

Prudent Reserve -1300.00

Operating Balance 3624.45

~ Prepared by Tom R.

Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	OPEN
Hotline	Sean G.
Website:	Aaron
Events:	Mike T.

Intergroup News -August 2023-

For the past 20 years Bob B., a member of Koloa Aloha group has been managing the AA literature storage locker here on Kauai.

Bob has ordered literature, maintained an inventory and hand delivered literature to AA members, meeting them outside Costco.

He has also helped with the pick-up and delivery of AA schedules and the monthly newsletter Garden Island Sobriety.

It is now time for Bob to “pass the baton” to other AA members. Anyone interested in the service position of Literature Chair for Intergroup, or helping with the literature responsibilities, please contact Ann W., Intergroup Chair.

So, moving forward (at least temporarily) literature requests can be made by contacting Ann W., Tom R., or Shoshanah B. and picked up at the monthly Intergroup meetings held on the first Saturday of each month at the Lihue Lutheran Church at 9:30 am.

Finally, we want to extend our sincere THANKS to BOB B. for the service he has provided to Kauai AA!!

Literature contact names and information:

- ➡ Ann W. axwallace2@gmail.com
- ➡ Tom R. tomrenaltner@gmail.com 808-639-0468
- ➡ Shoshanah B. kauaihulahips@gmail.com 808-634-7236

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting :
August 19, 9:30 am

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

District 6 Treasurer's Report

June, 2023

Income:

Poipu Sunrise Sobriety	175.00
Anahola Jaywalkers	44.00
Kauai Recovery	75.00
Koloa Aloha	200.00
Hui Ohana	800.00
NorthShore Aloha	50.00
Total Income:	1144.10

Expenses:

General Service Board	750.00
Total Expenses	750.00

Balance	6050.46
Prudent Reserve	<u>-1200.00</u>
Operating Balance	<u>4850.46</u>

~ 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



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

Find A.A. in Hawaii



at: www.area17aa.org

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

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