

August 2021

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: My name is Jeffrey I am an alcoholic. These were my Step 8 instructions:

- 1) **Read and highlight** the third paragraph of page 76.
 - 2) **Define the word** hurt.
The definition is to injure physically or mentally. I would like to capitalize the word mental and then in all capital letters DO NOT.
 - 3) **Prioritize my list** of people I harmed. A & B being the hardest and C being the easiest
After I have written all of those names down in the second column I am to,
 - 4) **Write down** the harm that I have caused them.
- The key to this Step** is to be *willing* to make amends. In this process I am not going to make an amends to someone if it would injure them, their family or others.
- After putting everything** from my 4th Step onto my 8th Step list, it was up to me, God and my sponsor to figure out who I need to make amends to. When God and my sponsor got done with my list I ended up having 99 amends to make. And we will talk about those next month.

The fact is that I finally had that willingness to do whatever it took to clean up the wreckage of my past, which is Step 8. Leading up to this is Step 2 to 9 and because I did not leave anything out, I had a clear path to an amazing part of my journey.

A couple of examples:

- 1) Hotel Casa Del Mar. I went to work in a blackout.
- 2) Bob and Claudia, I lied to them and I caused them to worry about me.
- 3) My mother, there were times she didn't know if I was alive or dead and she could barely sleep at night. That's a very serious harm.

(Cont. p. 2)



She said: As with all the Steps I am so thankful they are numbered the way they are. It's for a reason. Taking them one Step at a time, in order, with a sponsor, is critical for me to succeed.

If I had to go from Step 1 to Step 9 without doing Steps 2-8 in between, I wouldn't fully understand the exact nature of my wrongs. I wouldn't be amending my behavior but trying to absolve my guilt at the expense of the people I had already harmed.

For me, the point of going through these Steps is not to just mumble I'm sorry so I can feel better and ultimately get what I want. It's to let my higher power change me so that I become the person I am meant to be, free from the disease of alcoholism and able to be of service.

Step 8 is critical for me to take with a sponsor. When I got to step 8 my sponsor had me refer to my 4th Step inventory to create the list. We went over it in detail. My first inventory was 27 pages long and I thought I had to make amends to every single person on there. I was terrified. She helped me to determine who I actually needed to make amends to and in what order, now, later or never. By breaking it down and taking it one amends at a time, it felt manageable and achievable. She said, I just needed the willingness and the list and we would work on it little by little.

There were also many people I did not need to make amends to and she explained why. This was such a relief. Ever since I was a kid I felt over responsible for people, places and things. Growing up in an alcoholic home programmed me into thinking I was responsible for other people's behavior and events completely out of my control. This freed up a lot of mental, spiritual and physical energy to know that all

(Cont. p. 2)

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AA Hotline 245-6677

He Said (cont.) The harms that we caused to our family are the most important harms of all, and we really have to look at them. When I finally did look at them I realized what a piece of “should have” I was and was completely excited to make amends.

Every single Step is as important as the next, but if you look at Step 4 and you bring it to 8 that's where you get the true feeling of what's coming up.

~ Jeffrey, Kauai

She Said (cont.) I had to do was take care of my side of the street.

During the 8th Step process, I realized that making amends was imminent. It was going to happen. I was going to make amends. It was not something I could put off or procrastinate. What I was previously terrified of I was getting ready to do. It also gave me more time to think about what I had done. It gave me a deeper understanding that I hurt people deeply with my behavior and I *wanted* to take responsibility for it. By following the Steps thoroughly, in order, I got to the point where I *wanted* to make amends. I felt deeply that I couldn't wait to make the amends because I genuinely cared for that person's well being, and was deeply sorry for what I had done.

This is how the Steps have always worked for me. I start out thinking they won't work at all. But then I start doing them one by one and a magical transformation takes place.

~ Janice M., Kauai

Happy Birthday

Mary C.	7/20	1979	42 yrs
Kathryn B.	7/9	1982	39 yrs
Judith E.	7/14	1984	37
Jerrie S.	7/17	1984	37
Gordy W.	7/11	1986	35
Keola	7/6	1990	31
Rick G.	7/4	1991	30
Paul H.	7/1	1993	28
Becky	7/31	1995	26
Lisa D.	7/4	1996	25
Charlie S.	7/27	1996	25
Kellie	7/1	1998	23
Dave A.	7/9	2004	17
Brandy	7/1	2012	9
John	7/12	2013	8
Margaret	7/7	2015	6
Jamie	7/19	2017	4

Congratulations Everyone!!

Kauai is at Tier 5

Effective 7/8/21



Tier 5 allows gatherings of up to 75 people outdoors and 25 indoors.

Hawaii Gov. Ige approved a new coronavirus **tier** system

for **Kauai**. Restaurants, gyms, buses and attractions will be able to operate at 75% capacity. Loosened restrictions are to go

into effect for trans-Pacific travelers and **Kauai** residents

Expect A Miracle

Meetings on Kauai



Island-wide Live and Open

We've Got You Covered!
Live meetings on Kauai listed at:

www.kauaiaa.org



New meeting location:

Saturday 3rd Traditions Group

Ohana Christian Fellowship

4531 Pouli Rd, #106

Kapa'a, HI

Behind Saimin Dojo and Laundromat

Returning meetings:

Kauai Nooners

Weds & Fri. 12 - 1 p.m.

Kapaa First Hawaiian Church

4-1325 Kuhio Hwy, Kapa'a

Young People's B.Y.O.B.B

Sun. 7 - 8 p.m.

Wailua Houselots Park

200-298 Lanakila Rd, Kapa'a

Sunday 7:00 p.m.

A.A. Meeting Places



Hanalei Bonfire

The Bonfire Meeting

Middles Beach, Anae Rd.

SUNDAY at 7:00

(Hanalei weather permitting)



AA Meetings

~ Using Zoom ~

All online meetings for Kauai are listed at

www.kauaiaa.org

Just click "virtual 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."

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

The Best of Big Book Dave:**The Month of August in Our History:**

Highlight for this Month: August 1946, Bill W. said: “The Grapevine will be the voice of the Alcoholics Anonymous movement. Its editors and staff will be primarily accountable to the AA movement as a whole. Within the bounds of friendliness and good taste, the Grapevine will enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous. Like the AA movement it is to mirror, there will be but one central purpose; **The Grapevine will carry the AA message to Alcoholics and practice the AA Principals in all its affairs.**”

August 1909: Book published: “Twice Born Men,” Author Harold Begbie. It is one of eleven books (including the Bible) that will influence how the Big Book will be written.

August 1938: Personal stories are being written by members and sent to Bill. Our Big Book First Edition’s first printing will be going to press in eight months!

August 16, 1939: The first admission of an alcoholic into a hospital, St. Thomas, Akron, Ohio, for treatment of alcoholism as a medical condition. Sister Ignatia and Dr. Bob, side by side, will treat over 5000 alcoholics over the next ten years.

August 1944: In the front our Big Book the two letters by Dr. Silkworth is accepted by the A.M.A. on alcoholism as a disease.

August 1981: The millionth copy of the Big Book is printed.

From ‘Big Book Dave’, Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

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

**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*?



**Next Zoom Intergroup Meeting:
August 7th, 9:30 am**

**Intergroup ID – 87082750620
Password -372977**

Intergroup Treasurers Report

August 6, 2021

Income:

Na Wahine Ku Pono	7th	49.00
Poipu Sunrise Sobriety	7th	400.00
Salvation Army Koloa	Literature	41.00
Poipu Sunrise Sobriety	Literature	90.25
Poipu Sunrise Sobriety	Literature	120.00
Hui Ohana	Literature	81.25
Total Income:		\$781.50

Expenses:

Guardian Storage	157.07
Hawaiian Telcom	31.79
Literature order	865.50
Guardian Storage	157.07
Total Expenses	1211.43

Actual Balance	2868.07
Prudent Reserve	-1050.00
Operating Balance	1818.07

~ Prepared by Devin D.

Intergroup Committee

Chair:	David J.
Treasurer:	Devin D.
Secretary:	Ann W.
Schedules:	Tom R.
Events:	Chris
K-Op otline:	David J.
Literature:	Bob B.

Website:

Charlie S.

GRAPEVINE

Quote of the Day

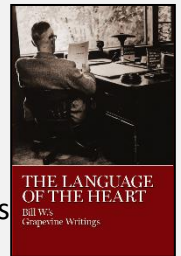
August 3, 2020

"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 4, 2020

"Absolute humility would consist of a state of complete freedom from myself, freedom from all the claims that my defects of character now lay so heavily upon me. Perfect humility would be a full willingness, in all times and places, to find and to do the will of God."



AA Co-Founder, Bill W., June 1961, "Humility for Today", The Language of the Heart

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 10, 2020

"Alcoholism is relieved of its power when honesty, open-mindedness, and willingness combine within me to change my question from 'Why?' to 'How?' Then, I can get into the stream of life and out of my own way."

"Listening & Learning," Penngrove, Cif., Jan. 2008, AA Grapevine

SEND YOUR CONTRIBUTIONS TO:

**Kaua'i Intergroup
P.O. Box 3606**



Lihue, HI 96766

District 6, Kauai:

The Next Zoom District Meeting:
August 21st, 9:30 am

Zoom address 823-860-40996
passcode: 043962

District 6 Treasurer's Report

July 16, 2021

INCOME:

Anahola Jaywalkers	105.00
Total Income	105.00

EXPENSES:

Total Expenses	23.54
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Bank Balance:	3866.36
Prudent Reserve:	1200.00
Operating Balance	2666.36

~ prepared by Janice M.

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:	Kalei K.
Alt. DCM:	Keola O.
Secretary:	Nelson A.
Treasurer:	Janice M.
Website:	Charlie S..
Myna Bird:	OPEN
CEC:	Connie S.
Archives:	Mathea A.
Public Information:	OPEN
Grapevine:	Ann

Treatment:
Corrections:

Conrad M.
April



DCM Report



Aloha mai kakou!

I hope everyone had a great 4th of July, I know I did. Freedom!

On July 10th, We had our Delegate Report Back Virtual with our Delegate Kunane D. He gave an Awesome report. If you missed sorry, but it was very informative and special. He always uses a slide presentation, with all of his reports.

On July 8th, Kauai went into tier 5 with a little more open on the island. But *please* continue to follow Kauai's COVID-19 policies. We still need to be safe out there.

We have 41 live in-person meetings, and 36 virtual meetings online for Kauai. Mahalo's to all who have continued to carry the AA message all over Kauai. Please continue to show the world that AA on Kauai is alive and well. Mahalo's.

Also please know that we have our Monthly District 6 meetings every third Saturdays at 9:30am, still virtual, and you can find the information on our website Kauaiaa.org And if you come, please bring a friend or group member. See you there!

Mahalo's
Kalei K.
DCM Kauai District 6

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