

February 2024

# Garden Island Sobriety

## Step Two

“Came to believe that a power greater than ourselves could restore us to sanity.”



**He said:** In the beginning I didn't quite get the second step. My sponsor and I read the chapter on it in the 12&12 but I was not able to fully realize the implication of "insanity". The word is used commonly as a way to denote many different things in our late 20th century lexicon. As time passed I gained time in a life without alcohol, but faith eluded me. Faith is an absolute necessity for Step 2.

**As the years swept by** I descended into the places so common with alcoholism: divorce, unemployment, ever increasing mental illness. I began to visit the local psychiatric hospital. I witnessed much there. I encountered the so-called "bedevilments" described on page 52 of our basic text. The "promises" eluded me; not just the 9th Step ones we hear so often in meetings. Each step has promises. The obvious ones are perhaps the third, the fifth, the second step promise: "...restored us all to our right minds." ..."has come to all who have honestly sought Him", began to be able to be realized .

**First I finally got** a "real job", the one I never wanted. 50 hours a week on a construction site that was nearly 3 years behind schedule. OMG and the work was not easy but I realized I only had to do it for one day. Through it all I always went to AA meetings. I didn't take a drink either. I began to sponsor newcomers ...again. Slowly I rose out of my self-imposed nadir. By this time I was reaching double digit sobriety. My faith was growing day by day. Suddenly the italics " being convinced I was at step 3" seemed real. My place in the fellowship of Alcoholics Anonymous meant something. The traditions became part of my foundation in a group.

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**She said:** Some of the funniest things I've ever heard were at meetings when AA'ers shared about their past thinking and capers which they had believed were perfectly normal and acceptable at the time. Lots of laughter ... and identifying.

**I was so desperate** to escape the insanity of the repetitive "Maybe this time it'll be different," but I didn't know how. So, as instructed, I asked this woman to be my sponsor – (she had THREE YEARS SOBER!!– I was impressed!!) – and bounced lots of questions off her. If she didn't have a prompt response, we searched AA literature for guidance, and she would bounce questions and ideas off HER sponsor.

**I studied the AA** publications and listened as others shared their stories and experiences of a Higher Power working in their lives. I was profoundly relieved that neither they nor the Big Book required me to jump through doctrinal hoops before I was accepted for membership.

**I began to formulate** what I wanted a Higher Power to be – not just a wish-granter, but began awakening to possibilities of an unlimited Relationship with a Power Greater than myself. That "I'm out of control" blurt probably began as a realization and acknowledgement, and HP brought me to folks who knew and would help.

**Letting go of** my old ideas allowed me to begin saying "gee, I hadn't thought of it that way" when presented with facts and new perspectives. It took a little while longer before I was comfortable saying "you might be right." I gradually became willing and open to change.

**Letting go of** "old ideas" included what I interpreted from church sermons and Sunday School, was that

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**AA Hotline 245-6677**

**He Said** (cont.) Today as I look back over the last 10 years I see more and more how the experiences of the first 100 have become my own. I have opinions. And I have ideas, but my experience really is indispensable.

~ Anonymous, Kauai

**She Said** (cont.) God was all-seeing, judgmental, and keeping score of my sins and shortcomings. They didn't preach it, but righteous Christians don't go to movies or dances, or yield to other worldly temptations.

"Old ideas" also meant letting go of my self-loathing – not measuring up, warped because of childhood abandonment, guilt from a slew of behaviors not socially acceptable – and started to forgive myself as I came to believe that a Power Greater Than Myself will restore me to sanity without reprobation.

I didn't know how to get "there" on my own. Listening as AA members shared their journeys back from insanity, working with my sponsor, reading the 12 Steps for directions, I realized a new way of living. It was a process as I incorporated the spiritual principles into thought and action. I began to want to be a channel or instrument, as in the prayer "Lord, make me a channel of thy Peace..." (12&12, p99)

Today when I become aware that I'm stuck on an obsessive emotion or idea, or compulsive behavior, I ask "Please relieve me of \_\_\_\_" and half an hour later I'm bebopping around and realize my perspective has changed. IT WORKS!!

~ Anonymous, Kauai

# Happy Birthday

Dotty	1/31	1973	51 yrs
Jay W.	1/23	1982	42 yrs
Susan C.	1/20	1988	36 yrs
Gloria C.	1/12	1984	40 yrs
Stevie G.	1/11	1986	38 yrs
Barbara J.	1/1	1987	37 yrs
Chris H.	1/11	1987	37 yrs
Laurie L.	1/19	1988	36 yrs
Mickey M.	1/6	1990	34 yrs
Bill M.	1/24	1990	34 yrs
Maureen M.	1/7	1995	29 yrs
Patti W.	1/1	1995	29 yrs
Tony C.	1/18	1997	27 yrs
Clay	1/10	1998	26 yrs
Blondy	1/8	1998	26 yrs
Steve M.	1/26	1998	26 yrs
Bob H.	1/18	1999	25 yrs
Tony S. (CA)	1/2	1999	25 yrs
Luis R.	1/1	2001	23 yrs
Susan ON	1/7	2002	22 yrs
Ele J.	1/16	2005	19 yrs
Laurel R.	1/30	2006	18 yrs
Aakara	1/20	2008	16 yrs
Liz O.	1/20	2008	16 yrs
Emma S.	1/22	2008	16 yrs
Matt	1/1	2008	16 yrs
Lee	1/24	2009	15 yrs
Paul	1/12	2010	14 yrs
Rick	1/26	2010	14 yrs
Sarah A.	1/11	2011	13 yrs
Kirk F.	1/3	2011	13 yrs
Terance B.	1/24	2012	12 yrs
Shastin	1/2	2018	6 yrs
Sonny	1/12	2021	2 yrs
Tom C.	1/16	2021	2 yrs
Scott C.	1/31	2021	2 yrs
Mary	1/2	2023	1 YEAR

**Congratulations Everyone!!**

## 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)

# A.A. Meetings

## Happy Hour Group

Is happy to announce they've added a Thursday meeting at Nawiliwili Beach Park. Find them sitting on a picnic bench enjoying the Kauai sunshine and carrying the message of experience, strength and hope.

**Thursdays at 5:00 p.m**

## 2024 Kauai Roundup

**Join us for the Kauai Roundup June 6-9**

**"Love, Unity & Service!"**



**Hale Koa Campgrounds, Kokee State Park  
(Adjacent to Waimea Canyon)**

## Whiskey and Milk

While Koloa Union Church is under renovation Whiskey and Milk (stick) meeting

**Will be held at the Salvation Army Koloa  
(5348 Koloa Rd.)**

**7:30 – 8:30 pm, Wednesdays**



**VALENTINE'S DAY**

**Happy Hour Presents:**

**A Valentine Potluck / Celebration**

**At Kalapacki Villas Clubhouse**

**6-9pm, Wednesday Feb. 14**

# GRAPEVINE **Quote of the Day**

**February 28, 2021**

"We believe that any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that, as a group, they have no other affiliation."

*AA Co-Founder, Bill W., February 1948, From: "Tradition Three", The Language of the Heart*

**February 26, 2021**

"Spiritual awakening ... begins with knowledge and acceptance of the truth about ourselves."

*Hankins, N.Y., May 1967, From: "AA's Steps Lead to – Spiritual Awakening", Spiritual Awakenings*

**February 23, 2021**

"May we never forget that we live by the grace of God -- on borrowed time."

*AA Co-Founder, Bill W., April 1948, From: "Tradition Five", The Language of the Heart*

**February 20, 2021**

"Turn toward that power and ask for help whenever you feel disturbed or afraid, the way a plant turns toward the light."

*N.Y., January 2006, From: "Tools for Life", Beginner's Book*

**February 9, 2021**

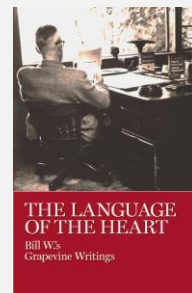
"Not until I became aware that God's delay is not necessarily God's denial of prayer, was I willing to let a Power greater than myself determine how and when I was to receive the things I truly needed, rather than the things for which I howled."

*North Hollywood, Calif., June 1980, From: "Patience", Spiritual Awakenings*

**February 5, 2021**

"Everyone must agree that we AAs are unbelievably fortunate people; fortunate that we have suffered so much; fortunate that we can know, understand and love each other so supremely well ... Indeed most of us are well aware that these are rare gifts which have their true origin in our kinship born of a common suffering and a common deliverance by the Grace of God."

*AA Co-Founder, Bill W., October 1959, From: "AA Communication Can Cross All Boundaries", The Language of the Heart*





# AA Archives

## The Month of February in Our History:

### February 1933:

Anne (Dr. Bob's wife) starts attending "Oxford Group" meetings. Dr. Bob will follow her into the program. Interesting to note – if both Bill W. and Dr. Bob had not both been active in the "Oxford Group" they never would have met!

### February 1938:

Rockefeller gives \$5,000 to AA. Saves AA from professionalization, at the Union Club in New York with Dr. Bob, Bill and six other A.A.'s in attendance.

### Feb. 1939:

Collier magazine editor Thomas Uzzell edits the Big Book manuscript from approximately 800 pages down to 400.

### February 1939:

Dr Howard of Montclair, NJ suggests swapping "you musts" for "we ought" in the Big Book.

### February 13, 1940:

The first recorded time "The Lords Prayer" was used to close an AA meeting.

### February 13, 1940:

First clubhouse for AA members opens at 3341/2 West 24th Street, New York City. Bill W. and Lois had lost everything and moved in upstairs making do with wooden crates as furniture and no heat coming from a small wood stove downstairs.

### February 1943:

During gas rationing in WWII, AA's are granted the right to use cars for 12th step work in emergency cases.

### February 1990:

Going to print – the Ten Millionth copy of the Big Book.

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

~ Submitted by Mathea A.



# Concepts Checklist

## Concept II:

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

- Do we have an understanding of the history of the General Service Conference?
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider 7th Tradition responsibilities?

## 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



# Kauai Intergroup

**Next Intergroup Meeting**  
**February 3<sup>rd</sup>, 9:30 am**

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

## Intergroup Treasurers Report

**February, 2024**

### Income:

Na Wahine Ku pono	7th	240.44
Anahola Jaywalkers	7th	80.00
Sunrise Sobriety	Turkey	25.00
Sobriety in Paradise	7th	20.00
Hui Ohana	Literature	120.00
Kauai Recovery Group	7th	150.00
Primary Purpose	7th	24.00

**Total Income:** **659.44**

### Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	37.61
Inkspot	Newsletter	75.00
Brenneckes	Thankathon	254.89
Waimea Canyon	Labor Day	202.42

**Total Expenses** **737.46**

**Balance** **4219.49**

**Prudent Reserve** **-1300.00**

**Operating Balance** **2919.49**

~ Prepared by Tommy R.~

## SEND YOUR CONTRIBUTIONS TO:

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



# 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

## Intergroup News

We are pleased to announce that Intergroup has a new Chair for the Literature Committee.

Petey K., a member of the Hui Ohana Group has volunteered to take on this position. Petey can be reached by phone at 970-683-0725 or by email at: kauailitlock@gmail.com.

If you need literature please contact Petey and she will arrange to get you the AA literature that you need.

Thank you for supporting Petey as she takes on this new role.

## Intergroup Committee

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

**One Day At A Time!**

# District 6, Kauai:

The Next District Meeting :  
February 17<sup>th</sup>, 9:30 am

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

## District 6 Treasurer's Report

January, 2024

Income:	
Anahola Jaywalkers	70.00
Third Step Koloa	20.00
<b>Total Income:</b>	<b><u>90.00</u></b>
Expenses:	
Anastasia A.	194.20
<b>Total Expenses:</b>	<b><u>194.20</u></b>
<b>Bank Balance</b>	<b>5383.65</b>
<b>Prudent Reserve</b>	<b>-1200.00</b>
<b>Operating Balance</b>	<b><u>4183.65</u></b>

~ 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



## The Serenity Prayer

God grant me the serenity to accept the things  
that I can not change, the courage to change  
the things that I can and the wisdom to know  
the difference.



## H.O.W.

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

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by e-mail



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

Editor: Linda B.

## Send GSO Contributions

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INCLUDE: YOUR GROUPS NAME & NUMBER  
AS WELL AS AREA 17, DISTRICT 6