

January 2022

Garden Island Sobriety

Step One

“We admitted we were powerless over alcohol - that our lives had become unmanageable.”



He said: Here we go again! It's the beginning of a New Year.

Step One, states “We admitted we were powerless over alcohol – that our lives had become unmanageable.” For me this truth was evident long before I was truly ready to internalize it. I had known for some length of time that I had trouble controlling and enjoying my intake of alcohol, but was under the delusion that someday I would have control and live a life of regularity, much like other people. I was not aware of the hopelessness of my situation until it engulfed me and threatened to suck every last breath of life from me.

I was **totally** unaware of the events that were unfolding behind the scenes which would lead to my surrender and allow me to utter those three words that would open the way for a life beyond my wildest dreams to materialize. ‘God Help Me!’ It was in that moment that I admitted to my innermost self that I was thoroughly licked and had no more fight left in me. In the next few days following that admission circumstances (what I know now to be the Hand of God) conspired to lead me to AA, where I found the help that I needed. But, at that time I did not know it was the way out of the misery and despair that my life had become.

The way the information in the Big Book was presented to me was intriguing and hit a spot inside my gut. I was spoon fed the First Step from the 12 x 12, line by line, until it was evident to me that I am an alcoholic hopelessly imprisoned by the three fold nature of this illness. Until I could make that my truth, there would be no hope for me.

I **now have** come to understand that my life is unmanageable by me, and that I must rely on some power other than myself. At first that power came

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She said: There are two parts which are both imperative to the working

of Step 1 fully. Powerlessness to me means that I could not stop on my own no matter how much I absolutely wanted to stop drinking. No matter how many promises I made to stop, the compulsion was too powerful. No matter how many times I exclaimed “this is the last time!”, there was always another. It was only when I recognized deep inside myself that I could not stop and that I needed help was I able to arrive at the point where I became willing to ask God for help.

I have learned through participating in my recovery that I am powerless over ALL people, places and things. The wonderful news is that though I came to AA because of my problem with alcohol, I received a solution based program that would subsequently help me in ALL areas of my life. For the first step is the only step where alcohol is mentioned. One can take that word out and insert anything that is happening in life that is robbing you of peace, joy and serenity. For me, it had to begin with removing alcohol from my life to actually see that it was but a symptom of a soul sickness that I knew nothing about.

Growing up in an alcoholic home left me with a warped idea of what manageability actually looked like in one's life. I believed for a long time that my life was manageable because it appeared from the outside that all was well. I had a good job, I hadn't gotten arrested (yet), I hadn't lost my kids (didn't have any), hadn't lost all my money (yet), hadn't lost my car (yet). When I got honest with myself, I saw that I had completely lost Michelle. I had lost my integrity, self esteem and respect. I crossed lines that I promised I would never ever cross in the

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AA  Hotline 245-6677

He Said (cont.) from the Group, which was the Open Door Fellowship in Lancaster, CA, my first home group. Later on a sponsor, Dennis L., worked with me to understand how powerless I was as an individual, but when I stood with the group I was able to experience the power of the many working toward a common goal; Staying sober one day at a time.

In Love and Service,
~ Ronald A.

She Said (cont.) name of getting loaded. Slowly but surely my life had clearly become unmanageable.

When I was able to concede to my inner most self the truth of BOTH parts of this step, my obsession could be lifted. Recovery could begin.

The irony of the whole wonderful spiritual process found within the 12 steps is that in discovering my “powerlessness” over alcohol, in time, I became empowered to live a completely different kind of life, a life of service.

In Love and Light,
~ Michelle L.

Happy Birthday

Lopaka	12/13	1970	52 yrs
Carl K.	12/19	1981	42 yrs
Bobo	12/13	1986	36 yrs
Peggy S.	12/19	1986	36 yrs
Lori N.	12/23	1988	34 yrs
Bob C.	12/16	2003	19 yrs
Ron W.	12/24	2003	19 yrs
Eddie F.	12/13	2005	17 yrs
Erica J.	12/13	2005	17 yrs
Sarah	12/3	2007	15yrs
Nicole	12/25	2009	13 yrs
Allison T.	12/23	2011	11 yrs
Steve	12/20	2013	9 yrs
Lenny	12/8	2013	9 yrs
Katie	12/26	2014	8 yrs

Congratulations Everyone!!

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.

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter

Contact:

District6newsletter@hotmail.com

New Year 2022

AA Meeting Places

ZOOM AND IN PERSON

New Year's Alcathon

NEW YEAR'S EVE (12/31/21)
12:00 NOON - 12:00 MIDNIGHT

NEW YEAR'S DAY (1/1/22)
6:00 AM - 6:00 PM

TO LOG ON TO ZOOM:
GO TO WWW.SUNRISESOBRIETY.COM
CLICK ON THE SUNDAY MEETING.
PASSWORD IS 808

IN PERSON-NEW YEAR'S EVE
6:00 PM TO WHENEVER
SALVATION ARMY CORPS
COMMUNITY CENTER
5330 KOLOA RD, KOLOA, HI 96756



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
 ALSO

**Friday 31st - Saturday 1st –
 New Years Alcathon**



AA Meetings
~ Using Zoom ~

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

Meetings on Kauai



Meetings Island-wide
Both Live and Online go to:
www.kauaiaa.org

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

January 2, 1896: Harry Morgan Tiebout born Brooklyn, New York. He becomes the first psychiatrist to publicly recognize and uphold the work of A.A. Dr. Tiebout was solely responsible for bringing the philosophy and principles of A.A. to the psychiatric world. A close personal friend of Bill W. he also served on our Board of Trustees at GSO from 1957 until 1966 when he passed away.

January, 1920: The 18th Amendment has been ratified and prohibition begins. From the beginning Prohibition was an ill-fated social experiment of drinking control that illustrated the consequences of viewing alcohol related problems as moral and religious concerns. The reluctance of health professionals to accept alcoholism as medical cases invited the intervention of the social reformers which divided and tore this country apart for years.

January 1940: The first A.A. meeting not in a home begins at “King School”. This will become Dr. Bob’s Home Group and we can still visit it in Akron.

January 4th, 1941: Bill and Lois saw their future home which they will name “Stepping Stones” for the first time, on a drive-by while spending the week-end with Ruth and Burt S. They will purchase it and spend the rest of their lives there.

January 24th, 1971: On this date, at 11:30 pm, our co-founder Bill W. moved on up to the ‘Big Meeting’. Memorial services were held all over the world in the next few weeks. Ten days after his death, on page one, the New York Times printed Bill’s obit. In newspaper history, which can be traced back to before the Civil War, an obituary had never before been printed on the front page!

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

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

Concept I:

Final responsibility & ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- **Does our group** have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group’s decisions and actions reflect that?
- **Do we hold** regular group conscience meetings encouraging everyone to participate?
- **Do we pass** that conscience on to the district, area, or the local intergroup meetings?
- **Is the “collective conscience”** of Alcoholics Anonymous at work in my home group? In my area?
- **Where do we fit** in the upside-down triangle of AA?
- **Are we willing** to do what it takes to insure that our democracy of world service will work under all conditions?

Find A.A. in Hawaii**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 Zoom Intergroup Meeting:
January 8th, 9:30 am**

**Intergroup ID – 87082750620
Password-372977**

Intergroup Treasurers Report

Income:

North Shore Aloha	Literature	210.00
Anahola Jaywalkers	Literature	50.00
Anahola Jaywalkers	7th	100.00
District for Anahola Jay.	Literature	180.00
Monday Group	Literature	66.00
Anahola Jaywalkers	Literature	100.00

Total Income: \$706.00

Expenses:

Hawaiian Telcom	31.39
Guardian Storage	157.07
PO Box Annual Fee	146.00
Website Annual Fee	250.00

Total Expenses 584.46

Net 121.54

Balance (as of 12-30-21) 5463.44

Prudent Reserve -1050.00

Operating Balance 4413.44

~ Prepared by Devin D.

Intergroup Committee

Chair:	David J.
Treasurer:	OPEN
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**



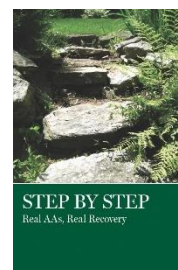
GRAPEVINE

Quote of the Day

January 28, 2021

"There was no use in my wondering why or when I became an alcoholic for the very simple reason that it wouldn't change my condition; even if I did find the answer, I would still be an alcoholic."

Toronto, Ontario, November 1952, "I Had Lost the War!", Step By Step



January 19, 2021

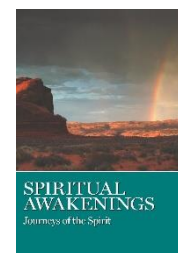
"A while ago a speaker said that it was no use admitting that one was an alcoholic unless the admittance was accompanied by a realization of what being an alcoholic really meant ... He said there was no use my making the admission even in the full realization of what it meant, unless I accepted the fact that I was an alcoholic without resentment."

Toronto, Ontario, November 1952, "I Had Lost the War!", Step By Step

January 13, 2021

"Every day, hopeless, helpless alcoholics walk into AA meetings, grab onto hope, and begin a renewal of their spirit."

Cleveland, OH, April 1991, "A Candle of Hope", Spiritual Awakenings



January 5, 2021

"AA is spiritual, is the eye of the hurricane, is my refuge and my comfort ... Thanks to AA for making a place for broken hearts and wounded souls."

Oklahoma City, Okla., December 1992, "Eye of the Hurricane", Spiritual Awakenings

District 6, Kauai:



DCM Report



The Next Zoom District Meeting:
January 18th, 9:30 am

Zoom address 823-860-40996
passcode: 043962

District 6 Treasurer's Report

BEGINNING BALANCE:	5016.36
INCOME:	
Whiskey and Milk	10.00
Steps to Freedom	44.00
Na Wahine Ku Pono	72.80
Princeville Hanalei	80.00
Poipu Beach Sunrise	410.00
Total Income	616.80
Total Expenses	0.00
Bank Balance:	5633.16
Prudent Reserve:	1200.00
Operating Balance	4433.16

~ 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:	OPEN
Website:	Charlie S..
Myna Bird:	Filled
CEC:	Connie S.
Archives:	Mathea A.
Public Information:	Filled
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April

Aloha Mai Kakou!

Mele Kalikimaka a me Hau'oli Makahiki hou!

I hope everyone had a Great and Very Merry Christmas!

This year 2021 is coming to a close. It was awesome and challenging, but we did the best we could.

I want to thank all the people of District 6 Kauai for their service, love and support for Alcoholics Anonymous. Here on our beautiful Island, we are truly blessed!

We also welcome All of you to our beautiful Island, and our meetings as well, both in-person and virtual. All meeting information is on our website Kauaiaa.org.

We are having a New Year's Alcahthon on New Year's Eve from 12:00 noon until midnight, New Year's Day 6:00am—6:00pm.

The flyer is on our website Kauaiaa.org as well as attached to this email. Hope to see you there!

I attended a lot of live/ in person meetings here on our island. All are pretty well attended, except for a few. People are doing their part as far as wearing masks, social distancing, sanitizing, etc.. Please keep up the good work.

Our next District 6 meeting for January will be on the 14th at 930am. Please join us and bring a friend or home group member with you. We will be going over our 2022 annual Budget for District.

We are in need of a District Treasurer, please spread the word, Mahalos.

Please call me at 808-212-7124 or email me at dcm6@area17aa.org, if you have any questions or concerns. Mahalo's!

Wishing all of you a very Happy New Year! 2022
May God bless us always!

Aloha nui loa,
KALEI K.,
DCM Kauai District 6

Expect A Miracle