

January 2024

# Garden Island Sobriety

## Step One

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



**He said:** Of course I struggled with the first step, doesn't everyone? At first I only saw, "We are powerless over alcohol." I believed that I was not powerless over it, but I was over it!

**I had been reinforcing** the idea that one more drink wasn't gonna kill ME! For me the feeling that I didn't want to drink that day came strongly. As I began attending meetings I realized that pursuing power over booze was leading me "into the gates of insanity or death". It was quite simple. Only through the repetition of attending meetings was I able to accept the concept. After I began to see the idea in the faces and eyes of the fellowship I was able to internalize. I've heard it said that "the face is the door to the heart and eyes are the window to the soul." Thank you for the opportunity!

**As the years have passed** I have been blessed with a sobriety that has endured through the low spots as well the high points. Every day the challenge arises to search for the ability to act in a way that leads me away from a drink. I have had many associations within the fellowship and beyond. I have always been in service; for within the fellowship those opportunities are always present.

**Abiding by powerlessness** hasn't always served me well. I have learned that inaction in the face of adversity will lead for me to the illusion of control. Problems do not evaporate overnight. I was told at about 10 years in that "my life would always be unmanageable by me". As I continued to try I always came face to face with the presence of a spiritual path; the proverbial fork in the road. Humility is always illusory, eluding my grasp. When I fall victim to AA 2 step illusion (1st and 12th) I know it's time to grab a schedule and figure out

*(Cont. p. 2)*



**She said:** "I'm out of control." Thus began an unimaginable adventure as I uttered these words to the counselor at the outpatient recovery center. In addition to their 3 three-hour sessions per week they also required us to attend two AA meetings a week. Fortunately my job allowed me to work split shifts to accommodate this regimen. So, yes, I still had a job, a car, a home, a boyfriend, but I had lost my resilience, good judgment, self-respect and a host of other life skills. It finally became more painful to continue drinking than it was to stop. I love how one story in the Big Book shared "You hit bottom when you stop digging."

**My home group** became a women's Big Book Study where a number of those women had twenty-plus years sober. Saturdays at 8:30am! The only time I'd ever gotten together with a group of women at that hour was at a bar that offered 30-cent beers until noon. One of those bar friends got sober eight years before I joined AA, so I called her and she introduced me to a few meetings she attended -- again, with lots of long-term sobriety. I was blown away at the tenderness and vulnerability the MEN shared -- their FEELINGS!! They called on me when I was two weeks sober, and I remember saying "...and I have all these feelings" and started crying. I hadn't cried in probably ten years.

**The recovery program** also required I get a sponsor -- yikes! Then I heard one woman share that she hadn't always been reliable to show up at family gatherings, and I thought "I can relate" and asked her to be my sponsor. She advised that she was going to ask me to take direction, and if I wasn't willing, I'd need to move on. I became open to accepting influence from her and other knuckleheads on this journey;

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**AA Hotline 245-6677**

**He Said** (cont.) which meeting I can attend here on Kauai. This routine has never failed me. During the pandemic I honed this discipline. I found many moments to fill. Then task to meet and be part of the fellowship was really quite simple and I found endless assistance from you all. When my mother died, again around 10 years in, I began to gain a relationship with “my innermost self”. Being born an alcoholic has afforded me a certain release (in sobriety).

~ Anonymous, Kauai

**She Said** (cont.) the nuggets I gather at meetings I could incorporate into my life.

**As I’ve heard shared** at meetings “if one was good, more was better,” and “one is too many and a thousand not enough.” I recognized I was powerless if/when I took that first drink. I cringed at some of my alcoholic behaviors: driving while drunk, drugs and other activities which could have landed me in the pokey, having sex with a married man or one who was involved in a (mostly) committed relationship – an anathema to my “morality,” and the list grew.

**One counselor advised** that “alcohol is a disinhibitor” – that I/we do things under the influence that we normally wouldn’t do if we were not drinking. Whew – that blew a hole in Dear Abby’s maxim that we do things “under the influence that we REALLY WANT to do” but that Mother-Controller part of our brain would normally stop us.

**I recognize the compulsion** in other areas of my life – eating, shopping, doom-scrolling on my laptop, and “a host of other” behaviors that sidetrack me from being “happy, joyous and free.” ONWARD!!

~ Anonymous, Kauai

## Happy Birthday

Carl K.	12/19	1981	42 yrs
Bobo	12/13	1986	37 yrs
Peggy S.	12/19	1986	37 yrs
Lori N.	12/23	1988	35 yrs
Bob C.	12/16	2003	20 yrs
Ron W.	12/24	2003	20 yrs
Eddie F.	12/13	2005	18 yrs
Erica J.	12/13	2005	18 yrs
Sarah	12/3	2007	16yrs
Nicole	12/25	2009	14 yrs
Allison T.	12/23	2011	12 yrs
Steve	12/20	2013	10 yrs
Lenny	12/8	2013	10 yrs
Katie	12/26	2014	9 yrs

**Congratulations Everyone!!**

## About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter Please Contact:

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

# Expect A Miracle



## Request a newsletter by e-mail

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

Editor: Linda B.

## New Years Eve Alcathon

The Sunrise Sobriety group will be hosting an Alcathon on New Year's Eve.

Every hour on the hour.

December 31

6:00 p.m. - 6:00 a.m.

Poipu Beach Park.

Come join us for love and support, and let the hand of AA be there for the alcoholic who still suffers.

## One Day At A Time!

**The Happy Hour Group** is happy to announce we have added a Thursday meeting at Nawiliwili Beach Park. Find us sitting on a picnic bench enjoying the Kauai sunshine and carrying the message of experience, strength and hope.

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

## GRAPEVINE Quote of the Day

**January 3, 2019**

"I used to think that having a pint was the only way to have fun; now I know that, for me, it's the only way to destroy the fun that I'm having!"

*"Front Row on Fun," Toronto, Ontario, August 2003, AA Grapevine*

**January 5, 2020**

"Beaten into complete defeat by alcohol, confronted by the living proof of release, and surrounded by those who can speak to us from the heart, we have finally surrendered. And then, paradoxically, we have found ourselves in a new dimension, the real world of spirit and of faith. Enough willingness, enough open-mindedness -- and there it is!"

*AA Co-Founder, Bill W., June 1960, "The Language of the Heart," The Language of the Heart*

**January 5, 2022**

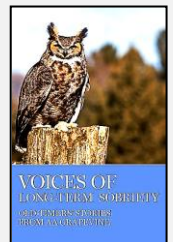
"The word powerless described my situation with alcohol perfectly and completely. My life was more than unmanageable, it was illegal."

*"Gateway to Freedom," Gainesville, Florida, September 1994, Step By Step*

**January 9, 2023**

"There have been many times when I've felt inadequate to meet life's demands, but AA and the Twelve Steps have always helped me find a way."

*La Mesa, Calif., July 2006, "Sober in the Sixties," Voices of Long-Term Sobriety*



**January 27, 2023**

"Anger in all its forms is ugly. I see the absence of anger as one form of grace."

*Ottawa, Ontario, April 1992, "Grace," AA Grapevine*

**January 30, 2023**

"Trying to understand God's miracles and why he performs them, at least for this alcoholic, is something better left to God. I need only say 'Thank you.'"

*New Haven, Conn., April 1992, "Three Years Tomorrow," AA Grapevine*



# AA Archives

## 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, 1914:** Ebby T. took his first drink of alcohol. It was a glass of beer at the hotel "Ten-Eyck" bar in his home town of Albany, New York. He was 19 years old.

**January, 1920:** The 18<sup>th</sup> 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 4<sup>th</sup>, 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 24<sup>th</sup>, 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!

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

~ Submitted by Mathea A.



# Concepts Checklist

## 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



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**  
**January 6<sup>th</sup>, 9:30 am**

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

## Intergroup Treasurers Report

### November/December, 2023

#### Income:

Na Wahine Ku pono	7th	294.08
Sunrise Sobriety	7th	240.00
Kapaa Nooners	7th	50.00
Kapaa Nooners	7th	30.00
Northshore Aloha	7th	30.00
Ann W.	7th	196.00

**Total Income:** **840.08**

#### Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	37.18
Ann W.	Literature	930.16
Cash	Thankathon	441.04
Postmaster	PO Box	194.00
Inkspot	Newsletter	75.00
Ann W.	Bookcase	66.75
Demine	P\A system	250.00
Laurie L	Flowers	240.00
Inkspot	Newsletter	75.00
Cash	Thankathon	29.77
Hawaiian Telcom	Hotline	37.57
Guardian Storage	Locker	167.54

**Total Expenses** **2711.55**

**Balance** **4297.51**  
**Prudent Reserve** **-1300.00**  
**Operating Balance** **2997.51**

~ Prepared by Tommy R.~

# 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

## SEND YOUR CONTRIBUTIONS TO:

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



## 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**

# Intergroup Committee

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

# District 6, Kauai:

**The Next District Meeting :  
January 20<sup>th</sup>, 9:30 am**

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

## District 6 Treasurer's Report

### November, 2023

<b>Income</b>	
Na Wahine Kupono	176.54
Koloa Aloha	50.00
Kapaa Nooners	50.00
Kapaa Nooners	30.00
Friday Night Lights	86.10
Poipu Sunrise Sobriety	200.00
<b>Total Income:</b>	<b><u>592.55</u></b>

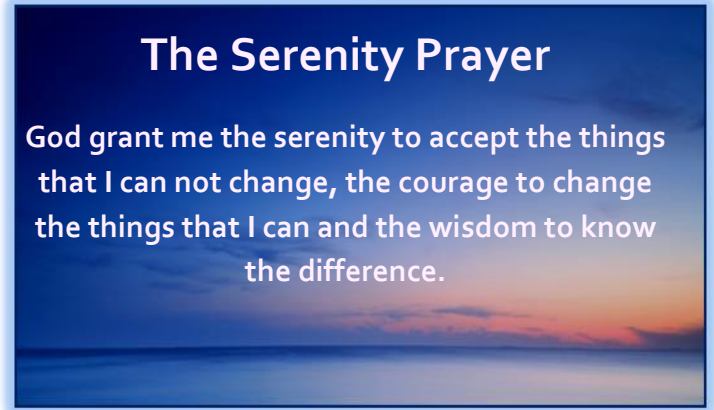
<b>Expenses:</b>	
Lihue Lutheran Church	150.00
Anastasia Abel	35.00
Anastasia Abel	148.79
Koloa Post Office	13.20
<b>Total Expenses:</b>	<b><u>346.99</u></b>

<b>Bank Balance</b>	<b>5457.85</b>
<b>Prudent Reserve</b>	<b>-1200.00</b>
<b>Operating Balance</b>	<b><u>4257.85</u></b>

~ prepared by Bob F.

## District 6 Committee:

<b>DCM:</b>	Anastasia A
<b>Alt. DCM:</b>	Jim D
<b>Secretary:</b>	Shoshanah
<b>Treasurer:</b>	Bob F
<b>Website:</b>	Aaron
<b>Grapevine:</b>	Mathea A
<b>Corrections:</b>	Garrett S



**SEND DISTRICT CONTRIBUTIONS**

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



## H.O.W.

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