

June 2022

# Garden Island Sobriety

## Step Six

**“Were entirely ready to have God remove all these defects of character.”**



**He said:** This step may be even more confusing than the previous one, because it requires me to place myself in a state of readiness to allow God to do His work in my life. I was unsure of how this was going to be accomplished. What does it mean? How do I become entirely ready?

**My experience with** this step comes from the instructions in the Big Book. It states that I am to go home and take the Book off the shelf and to review the work that I have just done. Making sure that I had done a thorough job and that the work was solid, as solid as it could be having never done this before. I had identified the weak items in my inventory and had also noted some assets. The weak items need to be replaced by healthier actions and the assets need to be built upon to make them stronger. This can only be accomplished by becoming ready to have God discipline me through the principles of the steps. I must be willing to grow up through the process of recovery.

**The readiness to** have God remove all these defects of character is the direct result of the amount of uncomfortability that I am willing to stand in my life, before giving it to God to take away. One by one the degree to which I indulge in my defects has slowly shifted from being an active participant to an occasional spectator. This does not happen just because I *think* about being a better person. It happens when I start to actually *be* a better person. I must actively seek a spiritual solution to my human problems.

**Somewhere in the** Big Book it states that pain is the touchstone to all spiritual growth. It is a promise that comes true for me with regard to letting go of my defects of character. My defects must bring more pain

*(Cont. p. 2)*



**She said:** Ah yes, another Step towards freedom! Moving forward on my path to becoming spiritually and emotionally fit. Was it easy for me to swallow this whole concept at first? I'd love to say yes, that I came home from working Step 5 with my sponsor and I was so enlightened that I was immediately and entirely ready to give ALL my defects of character over to God. Yet, that wasn't the case for me. I stalled and I even dragged my feet a little. I remembered a suggestion from my sponsor—could I be open to the possibility of being willing to be willing? Yes, I could do that and in fact by opening the crack of willingness, more willingness flowed into my heart until I was entirely ready.

**Please understand** there were some glaring defects of character that I was VERY willing to let go of right away. Some had already subsided just in the mere fact that I wasn't drinking and using anymore. My behavior in some areas had already begun to change. Since I had started lightening my emotional load in the previous steps there were some that obviously no longer fit into the picture of who I wanted to be. Those were the easy ones actually. It was the little less obvious, more sneaky defects that wanted to stay hidden in the corner as some false idea of self preservation. You know the ones.... the ones that you wonder what you would do otherwise if they were to be removed? Who would you be if you let "ALL" of them go? The ones where I would secretly still get a rush from getting away with something or feeling better than someone else since in my mind I can be an egomaniac with an inferiority complex. I still kinda wanted to hold onto them because I wasn't quite sure of who I would become.

**The irony** is that I was asking myself all these

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**AA Hotline 245-6677**

**He Said** (cont.) than joy in order for me to want God to take them from me. All of my defects of character are actually still with me and can flair up from time to time.

**The biggest difference** between before and now is that I am aware of them and have tools to use to prevent them from totally engulfing me life and causing me to spin out of control.

**Change is not hard, resistance to change is.**

Thank you for allowing me to be of Service.

~Your Brother in Recovery,  
~ Ron A.

**She Said** (cont.) questions a Step too early. This Step ONLY asks that I become entirely ready to have God remove all these defects of character. Nowhere in the one paragraph dedicated to Step 6 on page 76 does it state that I have to figure out how I am going to get rid of all these defects, what I will do in the meantime, what I will have to do differently or who I will become with all these characteristics gone. This Step only asks for me to be entirely ready and if I am not to ask God to help me with willingness. Sometimes I feel we miss the simplicity of this Step and we complicate it out of fear of the future. A loving reminder, we are only here in this moment and by being willing and ready in THIS moment we will create a smoother path for the rest that is yet to come!

In Love and Light,  
~Michelle L.

## Happy Birthday

Tom G.	5/20	1981	41 yrs
Kathleen P.	5/21	1982	40 yrs
Cindy C.	5/12	1985	37 yrs
Joy	5/20	1992	30 yrs
Mary L.	5/1	1993	29 yrs
Susan D	5/13	1993	29 yrs
Uncle Tim	5/13	1994	28 yrs
Kat	5/2	2000	22 yrs
Dana M.	5/23	2002	20 yrs
Annie	5/1	2004	18 yrs
Will L.	5/14	2005	17 yrs
Leilani K.	5/14	2005	17 yrs
Donna Jo	5/5	2005	17 yrs
Lindsey W.	5/17	2006	16 yrs
Sean F.	5/20	2007	15 yrs
Jackson O.	5/8	2007	15 yrs
Jennifer A.	5/5	2008	14 yrs
Lori M	5/10	2008	14 yrs
Jesse P	5/21	2011	11 yrs
Corey N.	5/28	2012	10 yrs
Leslie H	5/12	2013	9 yrs
Liz	5/10	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.

### About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter

Please Contact:

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

### Request a newsletter



by e-mail



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

Editor: Linda B.

# A.A. Meeting Places

## 2022 HIGHLIGHT:



**October 7 - 9, 2022**

### The Hilton Garden Inn Wailua Bay, Kapaa

~above Lydgate Beach~

HICYPAA is the Hawaiian Islands Conference of Young People in Alcoholics Anonymous, hosted on the island of Kaua'i in 2022. Our purpose is to carry the message of Alcoholics Anonymous, and to build and strengthen unity among all those young at heart in A.A.

## Waimea Canyon Group



### Kekaha McArthur Beach Park

- Meeting Fridays at 5:30 pm

## Kapaa United Church of Christ



**1315 Ulu St., Kapaa**

- Monday 6:30 pm Steps To Freedom
- Thursday 5:30 pm Eastside Wahine - Women's

## North Shore Aloha Group



- 7:00p.m. Christ Memorial Parish Hall, Kilauea. Come join us!

## Happy Hour Meeting



ONLINE MEETINGS ARE CANCELED but still meeting in person WEDNESDAY afternoons!

Nawiliwili Park, Rice St., Lihue 5:00 - 6:00 pm



**The Best of Big Book Dave:****June Archives Report, 2013:****This Month's highlight is June 1935:**

**It was a very** difficult and uncertain time. Our country was in the grip of a major economic depression. Millions of Americans were homeless and jobless. The men were selling apples on the corners of America for 2 cents each and a war was imminent as Europe moved closer and closer to what would become World War II. But in a modest house in Akron, Ohio, a movement was started that would change the lives of millions of people for the better – worldwide.

**What began in June 1935**, when Dr. Bob sobered up for good with Bill W's help, was not only our community, our organization, our fellowship, it was also the birth of a new and revolutionary idea that when alcoholics talked to each other about their common problem, they could stay sober! Medicine hadn't been able to offer hope of long-term abstinence, religion hadn't done it, psychiatry hadn't. What was needed were not lectures or sermons. Bill and Dr. Bob's secret to sobriety lay in the simple process of one alcoholic identifying with another. This identification has proved so powerful that it crosses all differences of gender, race, culture, language and nationality. Today there are approximately 3 million active AA members located in 181 countries. The sun never sets on AA.

**June 1919:** "The World League Against Alcoholism", an international body formed to combat alcoholism worldwide, is launched in Washington DC.

**June 1945:** Book "God is Calling" is published, Author A.J. Russell. Our early members adopted the practice of daily readings, including our co-founders. This book has been found in personal collections after their deaths.

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

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

**CONCEPT VI:**

The Conference recognizes that the initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

- **Are we familiar with** how our General Service Board (G.S.B.) class A (non-alcoholic) and Class B (alcoholic) trustees serve A.A.? Are we familiar with how our other trusted servants serve A.A.?
- **Are we clear about** the terms "chief initiative" and "active responsibility"? Can we see a direct link to our home group?

## Service is Sobriety



**Expect A Miracle**

## H.O.W.

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

# What is The **GRAPEVINE** ?

**The GRAPEVINE IS A LIFELINE Linking One Alcoholic To Another.**

**GO TO:** <https://www.aagrapevine.org/>

The AA Grapevine is the international journal of Alcoholics Anonymous. Written, edited, illustrated, and read by AA members and others interested in the AA program of recovery from alcoholism.

The Grapevine was the brainchild of six AA members in the New York area who published the first issue in June 1944. The print run of that inaugural issue was about 1,200, with 165 subscribers. Today, approximately 86,000 AA members subscribe to Grapevine, and 9,500 subscribe to La Viña.

## A Mirror of A.A.

Grapevine communicates the experience, strength, and hope of its contributors and reflects a broad geographic spectrum of current A.A. experience. Throughout its history the magazine has been a forum for the varied and often divergent opinions of A.A.s around the world.

## Separate But Connected

AA Grapevine is incorporated as one of the two independent arms of A.A.'s General Service Board, with its own corporate board, staff, and financial operation separate from that of the General Service Office. Grapevine staff, directors, and trustees are voting members of the General Service Conference, and there is a Conference



# GRAPEVINE

## Quote of the Day

**June 19, 2018** "The ability to laugh at ourselves is an intrinsic part of the healing process." *"People Make the Program," Marcy, New York, December 1992, The Home Group: Heartbeat of AA*

**June 5, 2018** "I pray for the willingness to listen carefully to everyone I encounter, for some may have the words I need to hear." *"Unlikely Teachers" Sterling, Alaska, April 1990, AA Grapevine*

**June 2, 2018** "As we listen to one another's anxieties and problems, we understand that it's not what's happening to you ... it is how you cope with it, survive it, and don't give up and drink over it ... dashed career hopes, unrequited love, crippling disease, poverty, approaching death. Together we face it, equipped only with the vast, previously undiscovered resources of power within us, which faced and conquered alcoholism for us."

*"Beyond the Generation Gap," Saratoga, California, August 1985, The Home Group: Heartbeat of AA*

**June 19, 2019** "Sobriety isn't a discrete list of tasks that you do and then check off; it's a state of being that pervades every aspect of your life." *Minneapolis, Minnesota, July 2008, "Lost in Translation," AA Grapevine*

**June 13, 2019** "The compulsion among most of us to survive and to grow soon becomes far stronger than the temptation to drink, or to misbehave. Literally, we must 'do or die.' So we make the choice to live. This, in turn, means the choice of AA principles, practices and attitudes that can salvage us from total disaster by insuring our sobriety." *AA Co-Founder, Bill W., May 1960, "What Is Freedom in AA?," The Language of the Heart*



**June 8, 2019** "Our resentments, anxieties and depressions were definitely caused, we claimed, by our unfortunate circumstances and by the inconsiderate behavior of other people. To our consternation, our sponsors didn't seem impressed ... They just grinned and said, 'Why don't we sit down and take a hard look at all of AA's Twelve Steps? Maybe you have been missing a lot -- in fact, nearly everything.'" *AA Co-Founder, Bill W., July 1965, "Responsibility Is Our Theme," The Language of the Heart*

# Kauai Intergroup

**Next Zoom Intergroup Meeting:  
June 4, 9:30 am**

**Intergroup ID – 87082750620  
Password-372977**

## Intergroup Treasurers Report

### Income:

Na Wahine Pono	7th	375.00
Koloa Aloha	7th	100.00
Kapaa Nooners	7th	44.00
Anahola Jaywalkers	7th	131.56
Kauai Recovery	7th	50.00
Poipu Beach Sunrise	7th	330.75
<b>Total Income:</b>		<b>1031.31</b>

### Expenses:

Hawaiian Telcom	33.32
Guardian Storage	167.54
<b>Total Expenses</b>	<b>200.86</b>
<b>Net</b>	<b>830.45</b>
<b>Balance as of 3/31</b>	<b>4155.71</b>
<b>Prudent Reserve</b>	<b>-1300.00</b>
<b>Operating Balance</b>	<b>2855.71</b>

## Intergroup Committee

Chair:	David J.
Treasurer:	Devin D.
Secretary:	Ann W.
Schedules:	Tom R.
Literature:	Bob B.
Website:	Charlie S.

### SEND YOUR CONTRIBUTIONS TO:

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



# District 6, Kauai:

**The Next Zoom District Meeting:  
June 18, 9:30 am**

**Zoom address 823-860-40996  
passcode: 043962**

## District 6 Committee:

DCM:	Keola O.
Alt. DCM:	<b>Open</b>
Secretary:	Nelson A.
Treasurer:	Bob F.
Website:	Charlie S.
Myna Bird:	Filled
CEC:	Connie S.
Archives:	Mathea A
Public Information:	Filled
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April

### SEND YOUR CONTRIBUTIONS TO:

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



## 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**

