

May 2021

Garden Island Sobriety

Step Five

“Admitted to God, to ourselves and to another human, being the exact nature of our wrongs.”



He said: Hello my name is Jeffrey and I am an alcoholic. My sobriety date is June 5th 2018.

This is my experience with Step 5.

First, I want to let you know it is not my first Fifth Step. I have done many before, but all of them were half measured. The results of half measuring will get you drunk. I heard in a meeting one time if you don't do an honest 4th Step you will end up drinking a fifth. I couldn't agree more because for years I had no God and I was unable to do an honest Fourth Step, which made it impossible to do a Fifth Step the right way.

In this sobriety, because I work the steps like my life depends on it, I left nothing out of my Fifth Step. My sponsor's directions were to read and highlight page 72 to the bottom of 75, stopping at returning home, and praying for honesty, transparency and clarity. When I was finished with that I was to call my sponsor and set up an appointment. I met with my sponsor and for the first time after 18 years of failed sobriety's, going in and out of this room. I finally turned everything over to God and my sponsor and let it all out. The experience I had with this process was life changing.

My 5th Step took just a little bit over 9 hours, and when I left his house I felt the weight of the world was finally lifted off my shoulders. This is because I held on to nothing. In the past I held onto a lot of things and tried to shove them down. Eventually it would be too much and I would drink again. This time that wasn't the case. When I was driving home from his house I had to pull my truck over because, as I said, I felt the weight of the world was finally lifted off my shoulders. I thought I was floating out of my driver's seat and I had to check my seat belt! When I got home I was to do an hour of meditating, praying and going over my 5th Step, to make sure I left nothing out. This was the first time I had

(Cont. p. 2)



She said: when I came into the rooms of Alcoholics Anonymous and saw this Step

printed on a scroll hanging on the wall, I thought to myself “no way”. I was so ashamed of myself and the person I had become I was certain I would take my secrets to the grave. The biggest fear I had was exposing the skeletons in my closet to someone and have them shame me further or share them with everyone in the program. I had very little trust in other people and my higher power. I just couldn't see how telling all would help me. Now I know why admitting my defects to another person and not just to myself and my higher power is so crucial.

After finally finding someone I was almost certain I could trust and we started the 5th step process I was amazed before I was halfway through. My sponsor was so kind and non judgmental that I began to feel at ease almost immediately. It was the first time in my life that I felt safe and relieved to tell the truth. I also learned that part of the purpose of the Fifth Step was to improve on the truth as I had seen it from my perspective. What is still true for me today is that when I'm in the middle of an emotional disturbance I can almost guarantee that my perspective is skewed by the “ism”. *“What comes to us alone may be garbled by our own rationalization and wishful thinking”.* 12 & 12 p. 60. In some areas I needed help with understanding the exact nature of my wrongs. In some cases I took too much responsibility for situations and beat myself up mercilessly for what happened. In other cases my ego did not want me to admit I harmed someone. Being an outside observer, she helped me sift through the confusion so I could get a clear understanding of the situation.

As we trudged along the 5th Step process I began to witness another very new and completely foreign

(Cont. p. 2)

Birthdays p.2

Meetings p.3

AA Archives p.4

12 Traditions p.5

AA Hotline 245-6677

He Said (cont.) ever done that. I left nothing out.

I thank God every day for my sobriety. Every single day I kind of laugh at myself because doing this work really isn't that hard, but our minds will tell us it is. By doing an honest 4th and 5th Step, and starting that process of cleaning house, my personal house, my life has been better and better every day.

If you are in the middle of your Fourth Step, or doing your Fifth Step, the one recommendation I have for you is do not edit. Hold on to nothing. Let it all go to your sponsor and God and I guarantee you your life will get better. There is nothing too sick, crazy or disastrous that you have done that somebody else has not also done. Let go and let God help you through this process. ~Jeffrey P.

She Said (cont) concept, humility. I began to feel like I was no longer the worst person on the planet. My sponsor freely shared similar experiences she had while drinking and this simple loving act helped me to end the isolation I had with my fellows. She reminded me that I was a child of a loving creator and while I had made mistakes, I was not a mistake. I was no better and no worse than anyone and that we are all equals, and I was on a spiritual path, making an effort to end the vicious cycle of alcoholism and make amends. I also got to see that those who had harmed me were very similar to me; wounded, spiritually sick people that were doing the best they could with what they had. Forgiving these people gave me more freedom than I ever thought possible. The 5th step strengthened the fragile beliefs I had about myself, other people, the program and a higher power. It made me want honesty, unity and humility more than I wanted isolation, fear, and deception. For me the 5th Step was a turning point. I went from desperately fearing the changes I had to make to wanting a higher power to change me. ~ Janice M., Kauai

Happy Birthday

Nona M.	4/8	1984	37 yrs
Chuck T.	4/1	1984	37 yrs
Lynda G.	4/19	1984	37 yrs
Doug R.	4/21	1985	36 yrs
Joe O'B.	4/15	1985	36 yrs
Roger W.	4/14	1986	35 yrs
Karen L.	4/3	1991	30 yrs
Tom R.	4/5	1991	30 yrs
John 'Hilli" H.	4/15	1991	30 yrs
James B.	4/16	1993	28 yrs
Allie	4/27	1996	25 yrs
Patty	4/5	2000	21 yrs
Nicole	4/10	2003	18 yrs
Kim H.	4/14	2004	17 yrs
Laren T.	4/10	2004	17 yrs
Courtney P.	4/10	2006	15 yrs
Mark B.	4/20	2006	15 yrs
Pam A.	4/28	2006	15 yrs
Monica A.	4/22	2006	15 yrs
Kathie E.	4/28	2006	15 yrs
Dharma W.	4/18	2007	14 yrs
Alan B.	4/13	2007	14 yrs
Jane T.	4/22	2007	14 yrs
Tim	4/11	2009	12 yrs
Rick B	4/9	2010	11 yrs
Leisa M	4/17	2011	10 yrs
RJ	4/17	2012	9 yrs
Lauren D.	4/21	2012	9 yrs
Taylor	4/26	2014	7 yrs
Scott	4/19	2017	4 yrs

Congratulations Everyone!!

Expect A Miracle

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

Meetings on Kauai



Island-wide Live and Open

North, South, East and West



We've Got You Covered!

Live meetings on Kauai listed at:

www.kauaiaa.org

RETURNING MEETINGS:

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

Wailua Houselots Park
200-298 Lanakila Rd, Kapa'a
Sunday 7:00 p.m.

Eastside Wahine

United Kapa'a Church
1315 Ulu St, Kapa'a
Thursdays 7:00 p.m.

Princeville Hanalei Step Study

Hanalei Youth Center
5299 Kuhio Hwy, Hanalei
Fridays 7:30 p.m.

LOCATION CHANGE:

Sunday Bonfire Meeting

(private residence) 2020 Kolo Rd
Kilauea, HI
Sunday 6:30 P.M.

A.A. Meeting Places



Photo ~ Alejandro

Kapaa United Church of Christ

1315 Ulu St., Kapa'a

- Monday 6:30 pm - Steps To Freedom
- Thursday 7:00 pm - Eastside Wahine Mtg.

**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.



AA Zoom Meetings

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

The Best of Big Book Dave:

May in Our History:

May 1939: In A.A.'s beginning the first "Intergroup" was called the "Central Committee" in Cleveland, Ohio. This was 4 years after our co-founders first met; a committee of 7, including Dr. Bob was meeting once a month to 'coordinate' efforts regarding sponsorship and hospitalizations. Dr. Bob was not only a supporter, but an active participant of this committee.

May 1943: The second Intergroup office opens in Columbus, Ohio. In May 1944 Los Angeles opens their office. A.A. was not easy to find but selected groups of priests, ministers and judges in the early days had the Intergroup's phone numbers. These numbers were not listed anywhere else!

Before the first General Service Conference was held in New York, April 1951, 16 Intergroups were serving local groups. Today there are over 1800 of these offices in North America!

May 20th, 1908: The Birth date of Sybil Maxwell; Born: Sybil Doris Adams in Simmons, Texas. She will become the first woman west of the Mississippi to sober up in A.A. and stay sober.

May 1932: Rowland H. visits with Dr. Carl Jung in Zurich, Switzerland for one year to 'cure' his alcoholism. Dr. Jung finally told Rowland there was no medical or psychological hope for an alcoholic of his type, except perhaps a spiritual conversion.

Rowland returned to the U.S. and joins 'The Oxford Group.' This is considered by most historians as the first link in a chain of events that led to the founding of Alcoholics Anonymous.

May 12th, 1935: Bill W. goes to Akron, Ohio on a business trip that fails, where he will meet Dr. Bob for the first time. Because of this meeting most archivists believe that the birth of A.A. took place one month later.

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

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

GRAPEVINE

Quote of the Day

May 22, 2020

"The program tells me that in order to recover I must be willing to develop a manner of living that demands rigorous honesty. So, when I retire at night, I ask myself:

- Is there something that I should discuss with another person at once?
- What do I not want to share?
- Do I feel any guilt?
- Am I worried about something?
- Fearful?
- What was my thought-life like today?

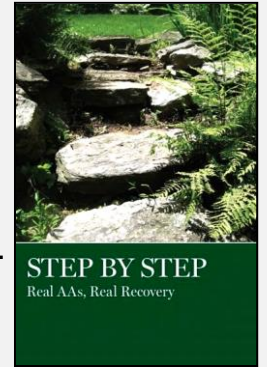
"These questions spur me to talk to someone. The more I share, the more I live in integrity; and the more I live in integrity, the more at peace I am with myself, and the more useful I can be to God and my fellows."

Enumclaw, Washington, May 2003, "As Real as I Can Be.", Step By Step

May 21, 2020

"Being painfully honest in the Fourth and Fifth Steps started me on the road to humility. I could finally accept myself as human and go to work on my varied defects of character (Step Six)."

Wakesha, Wisconsin, July 1979, "List Our Assets?", Step By Step



**Next Zoom Intergroup Meeting:
May 1st, 9:30 am**

Intergroup ID – 87082750620

Password -372977

Intergroup Treasurers Report

April 2021

Income:

Poipu Beach Sunrise	7th	136.00
NaWahine Ku Pono	7th	149.50
Hui Ohana	7th / Lit.	155.00
Sober Eastside Wahines	7th / Lit.	287.75
Anahola Jaywalkers	7th / Lit.	90.00
Total Income:		818.25

Expenses:

Guardian Storage	157.07
Hawaiian Telcom	31.58
Website	349.08
Total Expenses	537.73

Income	818.25
Expenses	537.73
Net	280.52

Actual Balance	2583.63
Prudent Reserve	-1050.00
Operating Balance	1533.63

~ Prepared by Devin D.

SEND YOUR CONTRIBUTIONS TO:

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



Traditions Checklist

from the AA Grapevine

Tradition V:

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

- **Do I ever cop out** by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
- **Am I willing to explain** firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
- **Have I today imposed** on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- **Am I willing to twelfth-step** the next newcomer without regard to who or what is in it for me?
- **Do I help my group** in every way I can to fulfill our primary purpose?
- **Do I remember that AA old-timers**, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Intergroup Committee

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



**The Next Zoom District Meeting:
May 22nd, 9:30 am**

District 6 Treasurer's Report

April 17, 2021

INCOME:

Total Income 0.00

EXPENSES:

Total Expenses 0.00

Bank Balance: 3,333.74

Prudent Reserve: 1200.00

Operating Balance 2133.74

~ prepared by Janice M.

District 6 Committee:

- | | |
|--------------|-------------|
| DCM: | Kalei K. |
| Alt. DCM: | Keola O. |
| Secretary: | Nelson A. |
| Treasurer: | Janice M. |
| Website: | Charlie S.. |
| Myna Bird: | Janelle S. |
| CEC: | Connie S. |
| Archives: | Mathea A. |
| Grapevine: | Ann |
| Treatment: | Conrad M. |
| Corrections: | April |

Aloha Mai Kakou!

I hope everyone had a great and safe Easter! I attended the Inform The Delegate Assembly on March 27 & 28. It was Awesome, and there were over 100 people there. It was hosted by District 10 Waikiki, virtually on Zoom.

I got my first COVID-19 vaccine shot on March 24, and second shot on April 14, so I'm fully vaccinated, Mahalo Ke Akua! I'm about to go out to a lot more live/in person meetings soon to share my experience, strength, and hope to all on Kaua'i! Praise God!

We have 40 live/in person meetings and 39 virtual meetings on Kaua'i.

On May 15 we'll be having the Area 17 Committee meeting, from 8:15 am to 5:00pm. It will be hosted by District 3 Leeward Oahu, for the 2022 Area 17 proposed Budget presentation.

Our District 6 Kaua'i meeting, will be on May 22, at 930am, as most of us in District 6 will be at the Area 17 Committee meeting on May 15. Please adjust your Calendars. Mahalo's.

We are still in need of Public Information and Mynah Bird Standing Committee Chairs Please spread the word.

I want to thank all the people at District 6 for their service and commitment to Kaua'i. They are the ones that keep me going, loving to serve all of Kaua'i!

Feel free to contact me at dcm6@area17aa.org if you are interested in serving the District, or join us on May 15, via zoom, and find out what it's about. Hope to see you there!

With Gratitude,
Kalei K., DCM 6

SEND YOUR CONTRIBUTIONS TO:

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

