

September 2023

Garden Island Sobriety

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



He said: As with the previous ten steps, my journey from early recovery to now, in the rooms of Alcoholics Anonymous, has not been an easy one. There’s been many trials and tribulations along the way. Moreover, I learned that step eleven is a three-part step, part one is seeking, part two is to improve conscious contact with God, and part three is asking for the knowledge of his will and the power to carry it out. In short, doing the right action throughout the day.

From the beginning my perception had to change. Everything I thought I knew was painfully clouded by years of alcohol abuse, and negative behaviors. For instance, with the help of my sponsor and the men in recovery who’ve helped guide me through the twelve steps, I eventually was able to realize that having a Higher Power of my own understanding was crucial. It was crucial to developing a conscious contact and to having any kind of meaningful and long-lasting results towards a sober & happy life.

Next, I learned that prayer was not a Christmas wish list, “what’s in it for me,” attitude. With that selfishness & greed comes to mind. Rather its intent was to align myself with my Higher Powers will for me. This prepares me for meditation, which is not an easy task for sure as it requires stillness and quiet. In the past that surely was not me, I was always bouncing back & forth, often with no rhyme or reason, kind of like a spinning top, round & round he goes, where he will stop nobody knows. Thankfully for me, it did come to a stop when I landed in the rooms of A.A., with the love and tolerance of fellowship.

I can honestly say that today is much different for me. Prayer and meditation are very much a daily ritual now
(Cont. p. 2)



She said: Step Eleven for me is the way to change how I feel. The process starts with sitting still with the intention of quieting myself and focusing my mind. Many methods are available to me now, including AA meditation meetings. Meditating centers me long enough to pay attention to changing my “energy”

I’ve learned through the prior steps just how personal powerlessness cripples me emotionally, psychologically and physically. Stillness when communing with God is a remarkable tool for self-discovery and balance. For me, the wax and wane of God’s Spiritual energy is directly connected to what I’m feeling all over, no matter where I am.

My sponsor’s assistance was vital. She and other travelers were trying to have me visualize an object like a flower, candle flame or tranquil place, to no avail. She then referred me to some popular meditators of the day. I could hear them talk to me through different scenarios, I just struggled with picturing anything in my head. I blamed sleep deprivation. My AA friends included plenty of us newcomers working all different steps. One homegroup member shared a set of cassette tapes of Eckhardt Tolle reading “The Power of Now”. I played them every evening when lying down for another restless night. After a few nights, I found myself having to rewind and start the tapes over numerous times. Ha! I realized I had been going to sleep. What a gift! It took weeks to finish those tapes while practicing some of the author’s suggestions. When I faithfully practiced his suggestions, it felt like my similar calming experience of when I used the rosary. Prayer beads and the repetition had been hypnotic to my younger self.

(Cont. p. 2)

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AA Hotline 245-6677

He Said (cont.) I can't imagine being without it. I find that peace that I so desperately was searching for without knowing what I was looking for, as I commune with the God of my understanding. I found the freedom to express myself with love, compassion, and most of all understanding while interacting with another human being. That negative feeling that would normally consume me, "fear, anger, resentments" does disappear and is replaced with "love, tolerance, and most of all kindness".

There is still the final part to this step, asking for the knowledge of his will for me & the power to carry it out. Now I will not tell you that untruth of "I know what his will for me is," on the contrary, each day brings a new opportunity and with that, new solutions. I just must be still and quiet long enough, and yes sometimes quickly & sometimes slowly. It will always be revealed if we work for it.

~ David V.

She Said (cont.) **Putting these experiences** of the past and present feelings together was a boost to my self-confidence. I understood then, there are many different methods to meditation, and I was still teachable!

With a sponsee, I was able to demonstrate Step Eleven. On page 99 of the Twelve Steps and Twelve Traditions there is the Peace Prayer of Saint Francis of Assisi. We read it together and we read it slowly. I learned not only what each word means, I feel it. More recently I found this prayer on the web, medicine.yale.edu. There is a list of other prayers I can use located there. Step Eleven is my spiritual medicine

~ Sincerely, Donna Jo

Request a newsletter
by e-mail



Contact: District6newsletter@hotmail.com
Editor: Linda B.

Expect A Miracle

About Publishing Birthdays
To have a Birthday published or corrected in the GIS Newsletter
Please Contact:
District6newsletter@hotmail.com

Happy Birthday

Pat B.	10/28	1981	41 yrs
Ron K.	10/20	1986	36 yrs
Danette	10/24	1987	35 yrs
Diana L.	10/8	1988	34 yrs
Chris K.	10/10	1988	34 yrs
Amorosa	10/25	1989	33 yrs
Richard S.	10/6	1990	32 yrs
Susan OK	10/16	1990	32 yrs
Kawika	10/11	1991	31 yrs
Carolyn G.	10/23	1991	31 yrs
Ryan E.	10/3	1996	26 yrs
Sue H.	10/25	1996	26 yrs
William C.	10/15	1997	25 yrs
Kathy S.	10/26	1997	25 yrs
Laurie A.	10/15	1998	24 yrs
Radar	10/24	1999	23 yrs
Mo L.	10/24	2000	22 yrs
Alison	10/9	2000	22 yrs
Jessica	10/14	2001	22 yrs
Kira H.	10/7	2002	19 yrs
Francis	10/14	2004	18 yrs
Alejandro	10/22	2004	18 yrs
Drew	10/15	2004	18 yrs
Darryl C.	10/22	2005	17 yrs
Randall	10/29	2005	17 yrs
Matt J.	10/15	2006	16 yrs
JoRina	10/22	2006	16 yrs
Troy	10/9	2007	15 yrs
Kevin H.	10/9	2007	15 yrs
Patricia M.	10/16	2007	15 yrs
Kelly C.	12/5	2010	12 yrs
Jenene H	10/10	2011	11 yrs
Frank	10/4	2011	11 yrs
Phil S	10/14	2012	10 yrs
Dave M	10/10	2016	6 yrs
Stephanie P.	10/11	2017	5 yrs

A.A. Meeting Places

NEW MEETING IN KAPAA STARTING NOVEMBER 6



First Hawaiian Church in Kapaa, 12 p.m. Monday, Kapaa Nooners

The Kapaa Nooners will be starting a Monday meeting at the First Hawaiian Church in Kapaa at 12 p.m.

Format will be 12x12 Literature Group

A.A. Activities

THANKATHON



At 'The Stone Church' In Lihue **NOVEMBER 23, 2023** **SEE ATTACHED FLYER**

AA Archives

The Best of Big Book Dave:

The Month of November in Our History:

Nov. 1952: A Grapevine Article: "Two years ago on Nov. 16th, 1950, Dr. Bob died at his home in Akron, Ohio. It was Thursday, close to noontime, one week before he would have been his 71st Thanksgiving Day. It was 15 years and 5 months after his own last drink, and it was 15 years and 5 months in which he had personally ministered as friend, teacher and physician to 5000 alcoholics. To each of them he was simply "Dr. Bob" and to history he will be "Co-Founder of Alcoholics Anonymous." To Bill W. he is "The Prince of Twelfth Steppers" and "The Rock upon which AA is founded." Dr. Bob met his death serenely for he had to the fullest given himself to life. He left the rich gifts of Simplicity, Love and Service. We who followed him in "The Way Out" give him thanks anew for the message he so tirelessly carried. We think this man who learned true humility would most like the memorial that is still to come ... Those thousands now sick and despairing who will yet find our way out of dilemma into recovery, strengthened by the invisible hand of Dr. Bob.

Nov. 1st, 1934: 'Ebby's surrender date' in the Oxford Group. This is 3 weeks before he calls on his old friend, Bill Wilson, with the message of sobriety (Big Book p. 9, 10, 11, 12).

Nov. 1943: Groups in New York City celebrate A.A.'s 8th anniversary, attended by over 800 members. Dr. Norman Vincent Peale is the guest speaker.

Nov. 1964: Lyndon B. Johnson was the first U.S. president since Lincoln to recognize alcoholism as a health issue. One of his first actions in office was to appoint an advisory committee to John W. Gardner, Sec. of Health, Ed. & Welfare, on priorities concerning alcoholism. This action by President Johnson didn't come out of nowhere, his father died of alcoholism.

Nov. 1968: The First International Conference of "Young People in AA" held at Niagara Falls, New York.

R.I.P. 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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

Quote of the Day

November 2, 2018

"In despair, I had cried out, 'Now I am willing to do anything. If there is a God, will he show himself?' And he did. This was my first conscious contact, my first awakening. I asked from the heart, and I received."

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

November 2, 2019

"I am grateful today that God's voice is stronger and surer than my occasional negative whispers, comforting me through difficult times, letting me know that I am part of the whole."

St. Louis, Missouri, October 1997, "A Minority of One", Sober & Out

November 2, 2020

"Happiness is not a station we arrive at; it's a way of traveling." *May 1953, "Short Takes", AA Grapevine*

November 2 2021

"I've got a brand new feeling, gratitude -- a feeling that has visited me more and more frequently -- sometimes with the rush of cleansing tears -- sometimes with just a serene flow of mental thank-yous for some small, God-given bonus in a routine day."

"A Rush of Gratitude," Minneapolis, Minnesota, April 1983, Spiritual Awakenings

November 5 2021

"The Twelve Steps ... are simple in language, plain in meaning. They are also workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it has become increasingly clear that the degree of harmonious living which we achieve is in direct ratio to our earnest attempt to follow them literally under divine guidance to the best of our ability."

AA Co-Founder, Dr. Bob, September 1948, "The Fundamentals in Retrospect", The Best of the Grapevine, Volume 2

November 8, 2020

"Things haven't been all roses but they are certainly not comparable to the way they were. God has blessed me with a vivid memory of my pain, which has helped me ... when the thought of escaping popped into my head."

Kenner, La., January 1996, "Blessed with the Memory of My Pain", Young & Sober



Tradition Eleven

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

- Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
- Am I always careful to keep the confidences reposed in me as an AA member?
- Am I careful about throwing AA names around – even within the Fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?



Kauai Intergroup

Next Intergroup Meeting
November 4th, 9:30 am

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

Intergroup Committee

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

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

District 6, Kauai:

The Next District Meeting :
November 18th, 9:30 am

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

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



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

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

K A U A I A A S

Thank-a-thon Celebration

UNITED CHURCH, LIHUE

DISTRICT 6 - TURKEY
NORTH SHORE - SALAD
EAST SIDE - SWEET POTATOES, VEGGIES
SOUTH SIDE - DESSERT
WEST SIDE - DRESSING, GRAVY

**SCAN & SIGN UP
TO BRING DISH**



ALL DAY MEETINGS, EVENTS

9AM - 3PM

FOOD, FESTIVITIES

12 - 2PM

23 NOVEMBER