

July 2023

# Garden Island Sobriety

## Step Seven

**“Humbly asked Him to remove our shortcomings.”**



**He said:** Today my understanding and practicing of humility has grown and changed, since I first got into AA. Revisiting my early recovery, I didn't much care for the ideal by its own definition, which is "a modest or low view of one's own importance." It appeared to me to be weak. Wow! Talk about blind arrogance and false pride, and certainly having no concept of a loving and caring higher power.

**I remember telling** my sponsor that "Reading this step made me feel weak and I was not weak." To which he laughed and replied, "Feelings aren't facts." He then went on to say, "We have admitted that we were powerless over alcohol and that our lives were unmanageable, then we came to believe that a Power greater than ourselves could restore us to sanity." I started to understand that I was asking a higher power to remove my short comings, and that it didn't mean it would happen overnight."

**So, as we worked** through the step, I began to feel some relief. During the process, as I learned more about humility, my attitude towards a higher power started to change. As time went on and I gained more time in recovery, I leaned more on my Higher Power. As a result of doing so peace and serenity began to happen more and more. Sometimes it came in a meeting

*(Cont. p. 2)*



**She said:** I was told that Steps 6 and 7 were the shortest in the Big Book because God did all the work. Trying to be humble was my job. To make myself humble I had to know what Humbly meant. I started this work by using the dictionary.

**So many words** used by Bill W. were common to my vocabulary and so easy to understand and apply. I thought. From the beginning, through to this day, my sponsor asked if I knew what some words meant, and I was wrong. Not wanting to look stupid, which shamed myself, I finally caught on to a way around it. Look up all the words! All or nothing!

**Starting with the word** Humbly, (with humility, not helpful) I gave up that idea. Before getting mad at myself for giving up a goal again, this thought came to me. I can start fresh. I'm sick and getting well, not dumb and deserving of punishment. I'm punishing myself. The tool of using elementary school methods worked for memorizing the 3rd Step Prayer. Rewrite it over and over until it sticks. I realized and accepted my sponsor's suggestion that this may be as good as it gets. My method of using a much younger version of myself to learn still comes in handy.

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12 Traditions p.5

**AA Hotline 245-6677**

**He Said** (cont.) listening to other members, sometimes after the meeting. Sometimes it came in the quiet time or during meditation. I would never know when it would come, only that it would come on his time and not on my time.

**As my arrogance** and false pride diminished so too would my view of my own importance in this world. Now knowing that I am human and have the tendency to get in my own way, I have the tools I need and use them to the best of my ability. If I continue to put my higher power first the possibility for a graceful life is always in reach.

**Now here is** the real gift, we get to pass it on to others. As I sat here today, writing this piece, I got to reflect on my journey called life. In recovery today I do not think of myself as less than, I simply think of myself less.

~ David V

**She Said** (cont.) **We were taught** how to use a dictionary in school. I'd found a solution. Keep searching. With pencil in hand and tongue unashamedly sticking out, I wrote down the definitions of humbly. By the 4th synonym I hit on submissively and modestly. That's my approach to step 7. A feeling. Like a child of God, I come to ask for removal of my glaring defects whilst confidently believing that God knew exactly what I meant. I felt it.

**We can do this.**

~ Sincerely, Donna Jo

**Seventh Step Prayer**

My Creator,  
I am now willing that you should have all of me,  
good & bad.

I pray that you now remove from me every  
single defect of character which stands in the  
way of my usefulness to you & my fellows.

Grant me strength, as I go out from here to do  
Your bidding.

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**Request a newsletter  
by e-mail**



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

**Editor: Linda B.**

**Happy  Birthday**

Bill H.	6/22	1980	43 yrs
Jeanine B.	6/1	1984	39 yrs
Linda W.	6/24	1991	32 yrs
Ron A.	6/1	1994	29 yrs
Mike T.	6/5	1998	25 yrs
Chris	6/11	2000	23 yrs
Romeo G.	6/20	2000	23 yrs
Tatiana	6/18	2001	22 yrs
Tom C.	6/6	2005	18 yrs
Chandra	6/15	2007	16 yrs
Jude H.	6/19	2007	16 yrs
Pirie I.	6/28	2007	16 yrs
Matt	6/26	2008	15 yrs
Miguel	6/18	2011	12 yrs
Susanah	6/7	2011	12 yrs
Corina W.	6/30	2013	10 yrs
Barbie	6/19	2015	8 yrs
Olivia	6/26	2020	3 yrs
Nikole P.	6/11	2022	1 YEAR

**Congratulations Everyone!!**

# A.A. Meeting Places



## Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

- Monday 7:00 pm
- Tuesday 10:00 am - Big Book Study
- Tuesday 7:30 pm
- Wednesday 7:30 pm

## Christ Memorial Parish Hall

is

The 2023 Location For Our:

# "Delegate Report Back"

**Date: July 22, 2023**

**Time: 11:00 am to 3:00pm**

### What is the Delegate Report Back?

The Delegate represents the Area at the annual General Service Conference and facilitates all communications between the General Service Office and Area Members including reporting back to their Area.

# A.A. Activities

## 4th of July



## Poipu West Pavillion

**10:00 am**

**Workshop &**

## "Sober Drinking Celebration"

**Workshop Subject is Chapter 7**

**BB, "Working With Others"**

## Hosted by Sunrise Sobriety

**Food will be Hot Dogs, Vegan Dogs are encouraged. Sides will be assorted.**

**Expect A Miracle**

**Request a newsletter**



**by e-mail**



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

## The Best of Big Book Dave:

### July in Our History:

**July 1751:** "Sobriety Circles" are formed within most Native-American tribes. Many will evolve into or become abstinence based Native American cultural re-vitalization movements and temperance organizations.

**July 22, 1873:** Dr. William Silkworth born on a blistering 100<sup>o</sup> day in Brooklyn, New York to William and Isabelle. On the third weekend of every July there is always a large group of A.A.'s at his gravesite to celebrate his birthdate at the Glenwood Cemetery, Route 71, West Long Branch, New Jersey.

**July 20, 1924:** "The Christian Herald" magazine had an interview with Henry Ford in which he states: "Gasoline and liquor do not mix. We need to protect ourselves from fools who think they can drink and drive!"

**July 1940:** "The Philadelphia Group" sets the precedent for the 7<sup>th</sup> Tradition (the Traditions have not been written yet.) by sending ten percent of its basket money to the "Alcoholic Foundation" later re-named "The General Service Office."

**July 1947:** This issue of *The Grapevine* carried for the first time, the AA Preamble, written by the *Grapevine's* editor, Tom Y.

**July 1988:** Our General Service Office begins compiling the first list of On-line Meetings.

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

~ Submitted by Mathea A.

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

# GRAPEVINE

## Quote of the Day

July 29, 2022

"The alcoholic is in no greater peril than when he takes his sobriety for granted."

AA Co-Founder, Bill W., November 1949, "A Suggestion for Thanksgiving", *The Language of the Heart*

July 2, 2021

"On a daily basis I choose not to drink – or to fear, hate, be angry, or indulge in any other defect that's raising its ugly head. They're all there waiting, and when given a chance they charge into the center of my life and try to take over. But **when I work Step Seven** I find that my life is filled with good, and people actually like to be around me – something they never did in my drinking days."

"A Lifetime Supply," July 1995, Kathmandu, Nepal, *Step By Step: Real AAs, Real Recovery*

July 1, 2021

"I no longer pray to have my fear removed. Today, I pray that my love grows bigger than my fear and that my humility becomes greater than my shame."

"Firm Bedrock," May 1999, *In Our Own Words: Stories of Young AAs in Recovery*

July 21, 2019

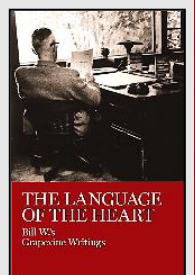
"By the fall of 1937 we could count what looked like forty recovered members. One of us had been sober three years, another two and a half, and a fair number had a year or more behind them. As all of us had been hopeless cases, this amount of time elapsed began to be significant. The realization that we 'had found something' began to take hold of us. No longer were we a dubious experiment. Alcoholics could stay sober."

AA Co-Founder, Bill W., October 1945, "The Book is Born," *The Language of the Heart.*

July 31, 2019

"Sometimes, the only place on earth that makes any sense to me is a meeting of Alcoholics Anonymous."

"The Root of Our Troubles," Dec. 1979, *Emotional Sobriety*



**Next Intergroup Meeting**  
**July 1<sup>st</sup>, 9:30 am**

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

## Intergroup Treasurers Report

**June , 2023**

### Income:

Princeville/Hanalei	Literature	97.75
Hui O'hana	Literature	84.00
Friday Night Lights	7th	145.50
Koloa Aloha	7th	200.00
Kauai Recovery Group	7th	200.00
Third Tradition Group	7th	149.00
Kapaa Nooners	7th	64.00
North Shore Aloha	7th	50.00
Anahola Jaywalkers	7th	50.36
<b>Total Income:</b>		<b>1040.36</b>

### Expenses:

Guardian Storage	Lit. Storage	167.54
Hawaiian Telcom	Hotline	37.44
Inkspot	Newsletter	150.00
Mathea A.	Budget Assem.	161.80
<b>Total Expenses</b>		<b>516.78</b>

<b>Net</b>	<b>523.58</b>
<b>Balance</b>	<b>4016.07</b>
<b>Prudent Reserve</b>	<b>-1300.00</b>
<b>Operating Balance</b>	<b><u>2716.07</u></b>

~ Prepared by Tom R.

## Intergroup Committee

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



## Tradition Seven

**Every A.A. group ought to be fully self-supporting, declining outside contributions.**

- **Honestly now**, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- **Should the Grapevine** sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- **If GSO runs short** of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- **Is it more important** to get a big AA collection from a few people, or a smaller collection in which more members participate?
- **Is a group treasurer's** report unimportant AA business? How does the treasurer feel about it?
- **How important** in my recovery is the feeling of self-respect, rather than the feeling of beings always under obligation for charity received

## SEND YOUR CONTRIBUTIONS TO:

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



# District 6, Kauai:

The Next District Meeting :  
July 15, 9:30 am

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

## District 6 Treasurer's Report

May, 2023

### Income:

Eastside Wahine	10.00
Whiskey and Milk	15.00
Friday Night Lights	29.10
Koloa Aloha	200.00
Kapaa Nooners	64.00
NorthShore Aloha	100.00
<b>Total Income:</b>	<b>418.10</b>

### Expenses:

Lihue Lutheran Church	75.00
Robert F.	12.60
Anastasia B.	126.00
<b>Total Expenses</b>	<b>213.60</b>

Balance	5656.46
Prudent Reserve	-1200.00
<b>Operating Balance</b>	<b><u>4456.46</u></b>

~ prepared by Bob F.

## 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



# 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

## Find A.A. in Hawaii



at: [www.area17aa.org](http://www.area17aa.org)

## 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

Hawaii Area Committee

P.O. Box 1413

Honolulu, HI 96806



INCLUDE: YOUR GROUPS NAME & NUMBER  
AS WELL AS AREA 17, DISTRICT 6