

June 2026
Garden Island Sobriety
STEP SIX

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



He said:

“**Being entirely ready** to have my higher power remove my defects of character.”

How exactly is that supposed to happen?

Is it that **now** I am finally willing to let something greater than myself guide me, and that willingness alone begins to change my mindset? Or is it that by admitting my defects to myself, God, and another person, I become more accountable for them and can no longer ignore the damage they cause?

For me, Step 6 has been a big part of learning who I really am. I have acknowledged these defects, and now the question becomes: what am I going to do about them?

My answer is to continue practicing Steps 6 and 7 daily and stay willing to grow. I want to become not only the person I want to be, but the person God intends for me to be.

I have learned that if I work each step honestly and thoroughly, the next step becomes easier. But when I rush through a step or avoid the truth, the process becomes harder because the honesty needed for real growth is missing.

The 12 & 12 says Step 6 requires more spiritual growth than any other step. To become entirely ready means believing that a higher power truly cares enough about you to help heal the defects that have controlled your life.

As I worked through this step, I came to realize that many of our defects began as instincts to survive. Like most alcoholics, I took those instincts to unhealthy extremes. I believe our higher power helps restore those instincts to where they were always meant to be, making us more useful and spiritually grounded.

Today, I try to stay humble, spiritually connected, and aware of when my defects begin taking over again.

When I first worked this step with my sponsor, I was willing to do anything to become happy, joyous, and free. Looking back now, I can see how my defects negatively affected both my life and my relationships. Today, I trust that if I stay spiritually connected and continue taking personal inventory, I can live a useful, happy, and more loving life.



She said:

Working Step Six in Alcoholics Anonymous has been a little more uncomfortable than I expected, mostly because it asks me to stop defending the parts of myself that have caused problems for years. Step Six says we become “entirely ready to have God remove all these defects of character.” At first, I thought that sounded simple. If my anger, control issues, selfishness, or impatience were hurting me and other people, why wouldn’t I want them gone immediately?

What I realized is that many of those character defects once felt useful to me. Growing up, being independent, guarded, and controlling helped me feel safe. In recovery, though, I’ve started seeing how those same behaviors can damage relationships and keep me spiritually disconnected. Step Six has forced me to become honest about the fact that even unhealthy behaviors can become comfortable when you’ve lived with them long enough.

For me, the hardest part has not been identifying my defects. It has been becoming truly willing to let them go. Sometimes I still want to hold onto resentment because it feels justified. Sometimes I want to control situations because I’m afraid things will fall apart if I don’t. Step Six reminds me that willingness is a daily process, not a one-time decision.

Cont. p.2

Expect A Miracle

Happy Birthday

Congratulations Everyone!!

Tom G.	5/20/1981	45
Kathleen P.	5/21/1982	44
Cindy C.	5/11/1985	41
Joy	5/20/1992	34
Mary L.	5/1/1993	33
Susan D	5/13/1993	33
Uncle Tim	5/13/1994	32
Shelia N.	5/5/1999	27
Kat	5/2/2000	26
Dana M.	5/23/2002	24
Annie	5/1/2004	22
Jennifer D.	5/15/2004	22
Will L.	5/14/2005	21
Leilani K.	5/14/2005	21
Donna Jo	5/5/2005	21
Lindsey W.	5/17/2006	20
Sean F.	5/20/2007	19
Jackson O.	5/8/2007	19
Jennifer A.	5/5/2008	18
Lori M	5/10/2008	18
Jesse P	5/21/2011	15
Corey N.	5/28/2012	14
Carolyn V.	7/1/2012	14
Leslie H	5/12/2013	13
Liz	5/10/2014	12
Carlos	5/16/2021	5
Jamie P.	5/25/2023	3

She Said Cont.

I also see a connection between Step Six and Tradition Six. Tradition Six says that AA should never endorse or finance outside enterprises because outside issues can distract us from our primary purpose. I think that principle applies personally too. When I get distracted by ego, approval from others, or trying to manage everyone around me, I lose focus on my recovery and spiritual growth.

Both Step Six and Tradition Six teach me simplicity and humility. They remind me that recovery works best when I stop trying to run everything myself and stay focused on what really matters: spiritual growth, honesty, and helping others.

Stacey B, Sunrise Sobriety



Kauai AA Hotline Volunteer Resource Page

-Kauai AA Hotline Schedule 2023 (pdf) Download	Men's 12 step list (pdf) Download	women's 12 Step List (pdf) Download
Directions for Transferring (pdf) Download	Intergroup Panel 71 (pdf) Download	District Panel 71 (pdf) Download
Other Resources Referrals (pdf) Download	12th Step Volunteer Form (pdf) Download	Hotline Schedule 2026 jan (pdf) Download

AA  Hotline 245-6677

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter Please Contact:
newsletter@kauaiaa.org

A.A. Meetings

A.A. Activities

June 6 → [Kauai Intergroup Meeting](#)

July 11 → [Kauai Intergroup Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

June 20 → [District 6 Monthly Meeting](#)

July 18 → [District 6 Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

EVENT June 10 → [2026 Kauai AA Founder's Day Celebration](#)

Nawiliwili Beach Park – 4:00-7:00 PM

EVENT July 4 → [Fourth of July Celebration](#)
Poipu Beach Park

EVENT August 8 → [2nd Annual Ohana Beach Day](#)
Lydgate Park Nalu Rd. – 10:00-3:00 PM

EVENT September 7 → [Labor Day & Delegate Report Back](#)
Lydgate Park Nalu Rd. – Time TBA

EVENT September 11-14 → [Women's Retreat](#)

EVENT September 18-20 → [HICYPAA 2026](#)
Hale Koa, Koke'e State Park

EVENT Oct 29-Nov 1 → [63rd Annual HI Convention](#)
Waikiki Beach Marriott

2026 KAUAI AA FOUNDER'S DAY CELEBRATION
JUNE 10, 2026

HOSTED BY HAPPY HOUR at NAWILIWILI PARK
WAAPA ROAD

MEAL AT 4:00pm
Burgers and Hot Dogs
With all the Fixings Provided

Along with AA Memorabilia
Please Bring:

- A Side Dish to Share
- Enthusiasm
- AA History Questions
- A Camp Chair

PLEASE FEEL FREE TO ARRIVE EARLY TO HELP SET UP, ENJOY FELLOWSHIP AND CELEBRATION!!!
WE LOOK FORWARD TO SEEING YOU THERE!!!

Poipu Sunrise Sobriety
Presents

JULY 4TH CELEBRATION
★ CHEESEBURGERS IN PARADISE ★

★ Saturday the 4th of July
★ 10:00 AM - 2:00 PM

- ★ 10:30 AM Meeting & Workshop
- ★ Food Will Follow
- ★ Hamburgers Provided
- ★ Please Bring a Dish to Share

The Kauai AA Event Committee
Presents

THE SECOND ANNUAL OHANA BEACH DAY

This is an open AA event-friends & family welcome

When: Saturday, August 08, 2026 10 am - 3 pm
Where: Lydgate Park - 1st set of 4 picnic tables on the ocean side as you drive in.

Games all day. Coffee & beverages provided.
Potluck lunch. AA Meeting at 1 pm.
Questions: Call Capt. Mike T at 808-635-6059

HICYPAA 2026

COMMITTEE MEMBERS NEEDED

September 18 - 20, 2026

CAMP HALE KOA, KOKEE

LIMITED SCHOLARSHIP AVAILABLE

2026 ANNUAL KAUAI AA Women's Retreat

SEPTEMBER 11TH - 14TH
→ YMCA CAMP NAUE ←

GRATITUDE
HONESTY
GROWING PAINS
WILLINGNESS
LOVE

UNITY
AA
SERVICE
RECOVERY

Sisters in Sobriety • Strength in Unity • Hope in Recovery
KEEP COMING BACK - IT WORKS!

For updated [Kauai Events](#) visit:
<https://kauaimeetings.com/calendar/list/>



-Kauai Intergroup-

Intergroup Chairperson Report

Aloha Kauai AA community,

Roundup 2026 was a great success, bringing together members from across the islands for a weekend of fellowship and recovery. Despite some rain, the beautiful setting and strong turnout made for a memorable event, including visitors from neighboring islands.

A highlight of the weekend was the talent show, which brought plenty of smiles and laughter.

Mahalo to the Planning Committee and all the volunteers who helped make Roundup 2026 possible. Special thanks to the kitchen team for keeping everyone well fed, and to the Kealia Foundation for their generous support.

2027 Roundup Planning Committee

Chairperson • Uncle Kalie (Hui Ohana)

Secretary • Mindy G. (Na Wahini Kapono)

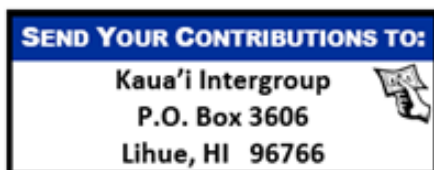
Treasurer • Tom G. (Koloa Aloha)

Looking Ahead • The 2026 Planning Committee will support the new committee to help ensure a smooth transition.

Congratulations and best wishes to the 2027 Planning Committee as they begin planning next year's Roundup.

Your trusted servant,

Kathryn B. 808 635-5457



Intergroup Treasurer's Report

<u>Income</u>	<u>Details</u>	<u>Type</u>	<u>Total</u>
Kappa Nooners	Ck636	7 th	\$40.00
North shore Aloha	Ck3507	7 th	\$35.00
Whiskey & Milk	Ck1112	7 th	\$75.00
Primary Purpose	Cash	7 th	\$107.00
Waimea Cayon	Ck1009	Literature	\$69.00
Sunrise Sobriety	Ck541	7 th	\$1,040.00
Sunrise Sobriety	Ck543	Literature	\$271.53
Princeville/Hanalei	Ck1009	Literature	\$275.50
Benita	Cash	Literature	\$45.00
Happy Hour	Cash	Literature	\$60.00
Salvation Army	Cash	Literature	\$70.00
	Total		\$2,088.03

<u>Expences</u>		
Guardain Self Storage	Literature Locker	\$178.01
Hawaiian Telecom	Hotline	\$41.90
Ink Spot Printing	Garden Island Soberity	\$415.98
Printing Solutions	Schedules	\$444.38
Benita	Office Supplies	\$48.46
Benita	Literature	\$1,328.40
	Total	\$2,457.13

<u>Income</u>	\$2,088.03
<u>Expences</u>	\$2,457.13
<u>Net</u>	\$369.10
<u>Balance</u>	\$3,246.86
<u>Prudent Reserve</u>	\$1,300.00
<u>Operating Balance</u>	\$1,946.86



Intergroup Committee:

Chair:	TS
Alt. Chair:	Kathryn B.
Treasurer:	VACANT
Secretary:	Tom R.
Events:	Suta
GIS Newsletter:	VACANT
Hotline:	Anne A.
Literature:	VACANT
Schedules:	Benita A.
Website:	Tom R.
	Carolyn V.



- Kauai District 6 -

District 6 Treasurer's Report

District 6 Panel 75

Group Contributions							
	Dec-25	January	February	March	April	May	Total
	4,705.43						
Northshore Aloha #123155		35.00	35.00	35.00	30.00	35.00	170.00
3rd Tradition Group		60.00					60.00
Primary Purpose		68.00					68.00
Intergroup (KauaiAA.org, Zoom, & Chair App)		5.23	32.89				38.12
PayPal Test			5.00				5.00
BB Nooners			10.00				10.00
Princeville Hanalei Group				217.00			217.00
Koloa Aloha				100.00			100.00
Sunday Serenity				111.00			111.00
Sober Eastside Wahine			14.00				14.00
Anahola Jaywalkers					140.00		140.00
Kapaa Nooners						40.00	40.00
Whiskey & Milk - Koloa						15.00	15.00
Koloa Salvation Army						25.00	25.00
Group Contributions Total	168.23	82.89	477.00	170.00	115.00		1,013.12

District 6 Expenses									
Expense	2026	January	February	March	April	May	Actual	Difference	Chair
PD Box	250.00		242.00				242.00	8.00	
PayPal Fee			0.64	0.98	4.68		6.30	(6.30)	
Office Expense	300.00		52.33				52.33	247.67	
Rent	300.00						-	300.00	
DCM Travel & Registration	1,200.00	252.60		439.61			692.21	507.79	Bob
Alt DCM Travel & Registration	500.00						-	500.00	Vacant
PRAASA Travel	1,000.00	731.53					731.53	268.47	Bob
Treatment/Accessibility	5.00						-	5.00	Vacant
Corrections	250.00						-	250.00	Bill G
Public Information (PI)	500.00		439.47				439.47	60.53	Giorgio
Cooperation with the Professional Community (CPC)	5.00						-	5.00	Vacant
Grapevine	5.00						-	5.00	Vacant
Garden Island Newsletter	500.00						-	500.00	Ann A.
GSR Travel	500.00	104.90					104.90	395.10	
Cooperation with the Elder Community (CEC)	200.00						-	200.00	Jay
Archives	200.00						-	200.00	Mathea
Workshops	200.00						-	200.00	
Website (GoDaddy)	165.00						-	165.00	Carolyn
Meeting App (Hostgator)	200.00	76.25					76.25	123.75	Carolyn
Zoom	175.00						-	175.00	Carolyn
Delegate Expenses	100.00						-	100.00	
Expense Total	6,555.00	1,165.28	734.44	440.59	4.68	-	2,344.99	4,210.01	
Prudent Reserve	1,200.00						-	1,200.00	
Operating Balance		2,508.38	1,856.83	1,893.24	2,058.56	2,173.56			
Bank Balance		3,708.38	3,056.83	3,093.24	3,258.56	3,373.56			
Profit or Loss								(1,331.87)	

District 6 Panel 75:

- Chair: TS
- Alt. Chair: Bob F.
- Treasurer: VACANT
- Secretary: JoRina
- Intergroup Chair: Scott S.
- Intergroup: Alt. IG Chair: Kathryn B.
- Archives: VACANT
- Cooperation w/Elder Community (CEC): Mathea
- Cooperation w/Professional Community (CPC): Jay
- Corrections: VACANT
- GIS Newsletter: Bill G.
- Grapevine: Anne A.
- Mynah Bird: VACANT
- Public Information: VACANT
- Treatment Settings/Special Needs: Giorgio
- Website: VACANT



We regret to inform you that your character defects are not collectible items.



- Kauai District 6 -

Archives Report

THE MEETING GUIDE APP

The Meeting Guide App is FREE! It has information for over 150,000 AA meetings in 180 countries (which is all over the world). It is always presented as a white folding chair on a blue circle.

Josh R., a web developer (and the inventor of the Meeting Guide App), did most of his drinking in New York City. In 2013, he decided a geographic would help get him sober and he moved to San Jose, CA. He got sober, found a sponsor, and started going to AA meetings in the Area. Only problem-local Office Website was not user friendly for him and his mobile phone. Josh made a site, with an App with the near meetings.

Neighboring areas wanted their meetings on this easy-to-use new app. It grew and grew and grew to all over the world! Josh gave the App, without any strings, to AA. A.A.W.S., Inc. licensed it in the fall of 2018. The App was released to the rest of us in Summer of 2019. It is updated and reviewed constantly by A.A.

Mathea A.

District 6 Contributions

QR Code

7th Tradition Contributions



Check

Kauai District Committee
PO Box 1503
Kapaa, HI 96746

**Request a newsletter
by e-mail**

newsletter@kauaiaa.org

Official AA Announcements:

To read full press releases and ongoing organizational updates, check

[Alcoholics Anonymous Press
& Media](#)

HAWAI'I AREA 17

Humility in Action



Find A.A. in Hawaii

at: www.area17aa.org

**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 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