November 2026

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:

Sought through prayer and meditation to improve our conscious contact with a Power greater than ourselves, praying only for knowledge of His will for us and the power to carry that out.

That's a lot to take in, and it's something I continue to practice every day as part of my life and recovery. When I first reached this step, I was convinced I would have trouble with it. I never grew up praying, and my ADD always seemed to get in the way of meditation.

So I started slowly. Prayer came first. I began praying in the morning, asking for guidance and for the opportunity to be of use to my Higher Power. Then I started using prayer to quiet my mind in situations that used to disturb me. Eventually, I made it part of my daily routine. Instead of simply pausing when something bothered me, I would pray for His will, not mine. I would ask for a calmer mind and the willingness to recognize His will rather than trying to force my own.

Meditation was a different story.

I tried sitting in silence and repeating a verse over and over, but I could never seem to meditate for more than 30 seconds. Then I tried guided meditation, which helped me stay focused a little longer, but not by much. After that, I tried intense breathing exercises, which only made me feel like I was going to pass out. That wasn't what I was looking for either!

One day, while I was overthinking the whole meditation thing, a friend told me something that really helped. He explained that meditation wasn't about reaching a specific amount of time. The goal was simply to quiet the monkey mind, even if only for a moment or two.

That made sense to me. I began to realize that those moments when I stop and pray are also a way of slowing down my monkey mind. In a way, prayer itself has become a form of meditation for me.

Then there was the idea that, through meditation, I would hear a message from my Higher Power. I figured I would never get there. I worried that I would never hear or recognize the message my Higher Power wanted me to receive. p

Cont.p.2

She said:

Step 11 reminds me that prayer and meditation aren't just about asking my Higher Power for things. They're about learning to slow down, listen, and trust that there may be a plan bigger than the one I have for myself.

I once saw a picture with two images side by side. The first was a few picked flowers labeled "My Plan." The second was a big, beautiful bouquet of vibrant flowers labeled "God's Plan." That really stuck with me because I've experienced it firsthand.

When I got sober, I wanted to control my dating life. As a woman of a certain age who still desires more children, I felt like the clock was ticking. I spent over a year and a half sober and single on this island, and I struggled with accepting that I couldn't control who would come into my life or when. Eventually, I had to truly surrender that part of my life to my Higher Power. Once I finally accepted in my heart that the timing wasn't up to me, a big, beautiful bouquet of a man came into my life. What a gift! It reminded me that my plan isn't always the best plan, and sometimes I need to get out of my own way.

For me, Step 11 is about practicing that same trust in everyday life. Instead of reacting out of fear or trying to force an outcome, I can pause, pray for guidance, and ask for the willingness to do the next right thing. I don't need to know the whole plan; I just need to stay willing.

Tradition 11 reminds me that AA is based on attraction rather than promotion. Sometimes I want to ring my AA bell and encourage everyone walking by to come through the doors because this program has saved my life! But I also understand that nobody wants unsolicited pressure. I can share my experience, live the principles, and let others see the gifts of recovery for themselves.

Cont.p.2

Happy Birthday

Congratulations Everyone!!

Name	Date	Years
Pat B.	10/28/81	45
Ron K.	10/20/86	40
Danette	10/24/87	39
Diana L.	10/8/88	38
Chris K.	10/10/88	38
Amorosa	10/25/89	37
Richard S.	10/6/90	36
Susan OK	10/16/90	36
Kawika	10/11/91	35
Carolyn G.	10/23/91	35
Ryan E.	10/3/96	30
Sue H.	10/25/96	30
William C.	10/15/97	29
Kathy S.	10/26/97	29
Laurie A.	10/15/98	28
Radar	10/24/99	27
Mo L.	10/24/00	26
Alison	10/9/00	26
Jessica	10/14/01	25
Kira H.	10/7/02	24
Francis	10/14/04	22
Alejandro	10/22/04	22
Drew	10/15/04	22
Darryl C.	10/22/05	21
Randall	10/29/05	21
Matt J.	10/15/06	20
JoRina	10/22/06	20
Troy	10/9/07	19
Kevin H.	10/9/07	19
Patricia M.	10/16/07	19
Kelly C.	12/5/10	16
Jenene H	10/10/11	15
Frank	10/4/11	15
Phil S	10/14/12	14
Dave M	10/10/16	10
Stephanie P.	10/11/17	9

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter Please Contact:

newsletter@kauaiaa.org

he Said Cont

Thankfully, other members of AA helped simplify things for me. They reminded me to just do the next right thing.

So, when it comes to Step 11, I keep praying, keep trying to do the next right thing, and keep going to meetings with an open mind and an open heart. I trust that I'll hear what I need to hear when I need to hear it.

This approach has worked well for me. I no longer spend so much time worrying about whether I'm doing it right or questioning whether I'm hearing a message from my Higher Power.

Today, I've come to accept that this is what my sobriety looks like. It's up to me to keep working at it, to practice it in a way that works for me, and to do the best I can.

One of the things I love about sobriety is that we don't all have to do it exactly the same way. The Steps offer suggestions and guidance, but we each have to find our own way of putting them into practice.

For me, Step 11 isn't about how long I can sit in silence or whether I receive some unmistakable message. It's about continuing to pray, staying open to guidance, and doing the next right thing.

And for today, that's enough.

Kirk M., Sunrise Sobriety

She Said Cont.

Step 11 reminds me to trust the process, let go of the need to control everything, and stay open to the beautiful things my Higher Power may have planned for me.

Stacey B, Sunrise Sobriety



A.A. Meetings

A.A. Activities

November 14 → Kauai Intergroup Elections and Kauai Intergroup Meeting

December 5 → Kauai Intergroup Meeting

Lihue Lutheran Church 4602 Hoomana RD



November 21 → District 6 Monthly Meeting

December 19 → District 6 Monthly Meeting

Lihue Lutheran Church 4602 Hoomana RD



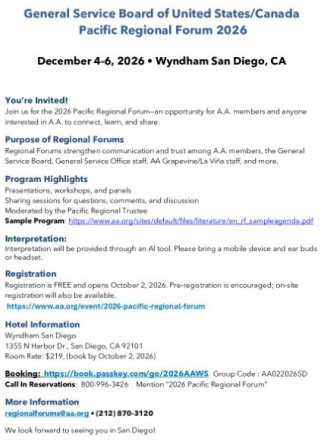
November 7-8 → **Area 17 Elections Assembly**

District 1 – Diamond Head

EVENT

November 13 → Annual Gratitude Luncheon

Lihue Lutheran Church





EVENT

November 26 → AA 2026 Thank-A-Thon

Lihue United Church – 4340 Nawiliwili Road

EVENT

December 4-6 → 2026 Pacific Regional Forum - San Diego

December 24 → Sunrise Sobriety Christmas Eve

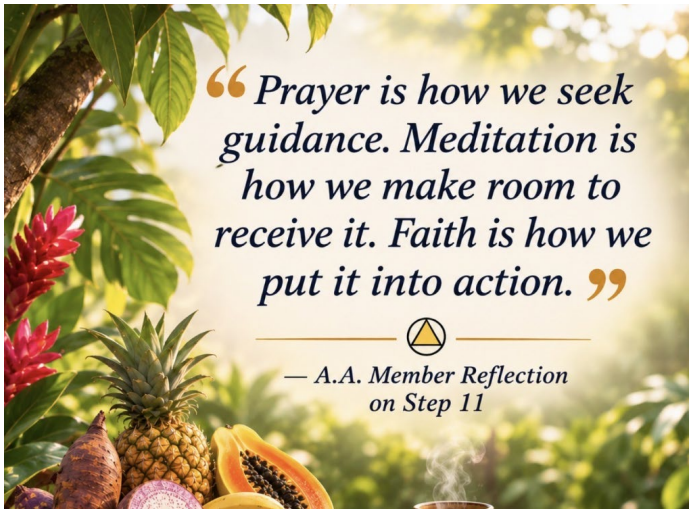
8 AM – 5 PM 1959 Hoone Road, Poipu

December 25 → Koloa Big Book Nooners Regift Jamboree

CHRISTMAS HAM DINNER

December 31 → Sunrise Sobriety New Years Eve

5 PM – 2 AM 1959 Hoone Road, Poipu



–Kauai Intergroup –

Intergroup Chairperson Report

Aloha Kauai AA community,

My name is Kathryn B., and I am grateful, privileged and honored to serve as your Intergroup Chairperson. We are in for a very busy month this November! Please go to our website kauaiaa.org to check out all the activities post under Events.

The next Intergroup meeting will be held on November 14th. We will have our regular meeting followed by our elections for the next Panel which will be for the next 2 year term. We encourage all who would like to stand for a position or to volunteer to attend. We make decisions and vote on issues that are important to all our Kauai groups locally. This is the platform to announce upcoming events, ask for support from other local groups represented, and to exchange ideas.

I will be traveling to the Area Election Assembly in Oahu on November 7-8th to participate, have a vote for District 6, and meet with other Intergroup Chairpersons throughout Hawaii.

Please check out Kauaiaa.org for details and to post your flyers on our events calendar.

Your trusted servant,

Kathryn B. 808 635-5457

Intergroup Treasurer's Report

Income	Details	Type		Total
Princeville/Hanalei	Ck1595	7th		$400.00
Hui Ohana	Ck1617	7th		$500.00
North Shore Aloha	Ck4962	7th		$20.00
Kappa Nooners	Ck672	7th		$78.00
Na Wahine Ku Pono	Ck426	7th		$125.00
11th Step Speaker/Discussion	Ck1015	Literature		$142.00
		Total	$1,265.00	

Expences			
Guardian Self Storage	Literature Locker		$188.48
Hawaiian Telecom	Hot line		$42.30
Kauai Printing Solutions	Schedules		$178.75
Lihue United Church	Deposit / Thankathon		$186.00
Kathryn	Area assembly air fare		$203.80
Kathryn	Registration Area assembly		$35.06
	Total	$834.39	

Income		$1,265.00
Expences		$834.39
Net		$430.61
Balance		$3,302.21
Prudent Reserve	$1,500.00	
Operating Balance		$1,802.21

Request a newsletter by e-mail

newsletter@kauaiaa.org

SEND YOUR CONTRIBUTIONS TO:
Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766



Intergroup Committee:

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

– Kauai District 6 –

DCM Update

THANK-A-THON ON KAUAI

2003-2022, LIHUE PARISH HALL

The first time the yearly Thanksgiving Day celebration of the 12 step community at the Lihue United Church Parish Hall was called a "Thank-A-Thon" was 2003. The name, Thank-A-Thon , was given by Diane McCarthy. The only years we did not meet and call it that was 2020 and 2021 because of the pandemic. Therefore, we have had Thank-A-Thons for 18 years!

For the years before 2003, the yearly celebration at the Parish Hall (it was never anywhere else) was called "Alcathon". The author's records show an alcathon each Thanksgiving each year at least since 1995 when the author came on the Island. Anyone know of what happened before 1995?

Our Thank-A-Thon has evolved over the 18 years. It is shorter hours, down to two AA meetings (from a high of about five), is joined by Al-Anon since 2004, is more organized, emphasis has been more on the feast than the number of AA meetings, has added entertainment, has meetings on the porch and feast inside the hall (in early days it was all inside the hall) and has been written into the Kauai Intergroup Structure and Guidelines as a yearly financially supported event. There has never been registration nor a fee for admittance to the Event but we do pass the basket for each meeting.

The Chairs for the event have come from members in the Intergroup and District Service structures. We are grateful to The Lihue United Church and it's long serving secretary (since2005), Jewel Reposo, who has guaranteed our having the Parish hall for each Thanksgiving Day, and we are especially grateful to our present Thank-A-Thon chair, Bob F, District Treasurer, and his committee!

Submitted by Mathea A

Panel 71, District 6 Archives Chair

Archives Report

Who uses the AA 12 Steps and 12 Traditions other than us?

Over 200 independent mutual-aid Fellowships have been given permission by AA GSO. GSO does not "allow" or officially license a set number of organizations to use its 12 Steps and 12 Traditions—just gives its "permission and blessing."

Love and Service,

Mathea A
Archives Chair, District 6, Panel 75

District 6 Committee:	TS
Chair:	Bob F.
Alt. Chair	VACANT
Treasurer:	JoRina
Secretary:	Scott S.
Intergroup Chair	Kathryn B.
Intergroup: Alt. IG Chair	VACANT
Archives:	Mathea
Cooperation w/Elder Community (CEC):	Jay
Cooperation w/Professional Community (CPC):	VACANT
Corrections:	Bill G.
GIS Newsletter	Anne A.
Grapevine:	VACANT
Mynah Bird:	VACANT
Public Information:	Giorgio
Treatment Settings/Special Needs:	VACANT
Website:	Carolyn V.

– Kauai District 6 –

Treasurer's Report

Group Contributions

	Dec-25	January	February	March	April	May	June	July	August	September	October	Total
	4,705.43											
3rd Tradition Group		60.00										60.00
11th Step Speaker Meeting								45.00				45.00
Anahola Jaywalkers					140.00							140.00
BB Nooners			10.00					10.00				20.00
Hui Ohana											500.00	500.00
Intergroup (KauaiAA.org, Zoom, & Chair App)		5.23	32.89									38.12
Kapaa Nooners						40.00	62.00				78.00	180.00
Koloa Aloha				100.00				100.00				200.00
Koloa Salvation Army						25.00						25.00
Na Wahine Ku Pono Support Group											75.00	75.00
Northshore Aloha #123155		35.00	35.00	35.00	30.00	35.00	35.00	35.00	30.00	30.00	20.00	320.00
PayPal Test			5.00									5.00
Poipu Sunrise									649.00			649.00
Primary Purpose		68.00						35.00			35.00	138.00
Princeville Hanalei Group				217.00							350.00	567.00
Sober Eastside Wahine				14.00								14.00
Sunday Serenity				111.00						87.50		198.50
Whiskey & Milk - Koloa						15.00						15.00
Group Contributions Total		168.23	82.89	477.00	170.00	115.00	97.00	225.00	679.00	117.50	1,058.00	3,189.62

District 6 Expenses

Expense	2026	January	February	March	April	May	June	July	August	September	October	Actual	Difference	Chair
Alt DCM Travel & Registration	500.00											-	500.00	Vacant
Archives	200.00											-	200.00	Mathea
Cooperation with the Elder Community (CEC)	200.00					90.00	53.20					143.20	56.80	Jay
Cooperation with the Professional Community (CPC)	5.00											-	5.00	Vacant
Corrections	250.00						60.00					60.00	190.00	Bill G
DCM Travel & Registration	1,200.00	252.60		439.61								692.21	507.79	Bob
Delegate Expenses	100.00							160.00				160.00	(60.00)	Waimea Canyon
Garden Island Newsletter	500.00											-	500.00	Ann A.
Grapevine	5.00											-	5.00	Vacant
GSR Travel	500.00	104.90										104.90	395.10	
Meeting App (Hostgator)	200.00	76.25								3.00		76.25	123.75	Carolyn
Office Expense	300.00		52.33					187.50				239.83	60.17	Owl
PayPal Fee			0.64	0.98	4.68					3.11		6.30	(6.30)	
PO Box	250.00		242.00									242.00	8.00	
PRAASA Travel	1,000.00	731.53										731.53	268.47	Bob
Public Information (PI)	500.00		439.47									439.47	60.53	Giorgio
Rent	300.00					300.00						300.00	-	Church
Treatment/Accessibility	5.00											-	5.00	Vacant
Website (GoDaddy)	165.00											-	165.00	Carolyn
Workshops	200.00											-	200.00	
Zoom	175.00							187.50				187.50	(12.50)	Carolyn (Owl)
Expense Total	6,555.00	1,165.28	734.44	440.59	4.68	390.00	113.20	535.00	-	6.11	-	3,383.19	3,171.81	
Prudent Reserve	1,200.00											1,200.00		
Operating Balance		2,508.38	1,856.83	1,893.24	2,058.56	1,783.56	1,767.36	1,457.36	2,136.36	2,247.75	3,305.75			
Bank Balance		3,708.38	3,056.83	3,093.24	3,258.56	2,983.56	2,967.36	2,657.36	3,336.36	3,447.75	4,505.75			
Profit or Loss												(193.57)		

HAWAI'I AREA 17

Humility in Action





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