

June 2024

Garden Island Sobriety

Step Six

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



He said:

Belief in a “Higher

Power” ... Many times, during my drinking

life I sacrificed spiritual values for power, knowledge, or material gain; a bargain with seemingly good intentions. Mostly if not always with an abandon fueled by the next drink. These decisions always made sense in the moment. Over time the proportions became fantastic. As with the word imperious which derives from imperial; meaning all powerful, fantastic arises from fantasy. I lived in a fantasy. I made it up as I went along to suit my immediate needs at the cost of all else. Getting the next drink was all that mattered!

Finding out in AA that I was missing the mark as a matter of course was disheartening. My sponsor pointed out that my self-centered motivations were only a symptom. I could not make it right over night as a child might. This paradox tortured me. “All I have to do is stop drinking and everything will work out okay” Every day I went to an AA meeting. I had been told: “meeting makers make it” and I believed it at first. The more time I put between myself and alcohol I began to sense that my perception of me was warped I didn’t know who I was or who I thought I was. And everyone kept talking about “the steps”. Darn! Isn’t that what this is about?

Step 6 asks if I am willing to have a new life; it also implies that I am entering, through a state of grace, a relationship with what most I frequently call God. I hadn’t really spent much effort at prayer for many years. The discipline of prayer can be a real chore; easily put on a back burner.

(cont. 2)



She said: RUGGED INDIVIDUALISM –

How’s that working for you? Well, character qualities that I thought helped me get by in the world turned out to be saboteurs. Some were exposed in huddles with my sponsor. Some I identified with when I heard others share at meetings. More were revealed in readings dealing with human shortcomings, and all revealed a lack of dependence on a Higher Power for direction and transformation.

My response to life’s challenges was limited me to relying on the same old thinking and behaviors; rarely did I seek counsel when perplexed, not wanting to concede that I was needy and didn’t know the answers to everything. Some solutions had seemed to waft from the bottle, or likely companions engaged in their own indulgences.

What I’ve had to confront on this journey began with the recognition that I was out of control. I had thought of myself as a “good person,” with no consideration of the long-term effects of drinking myself to death. I was an adult – entitled to drink because I was old enough and deserved to party. My self-centeredness took me down trails of self-destruction, whirlpools of resentments, gnawing inadequacies, suppressed feelings, stunted growth. Would I inflict that kind of treatment on another person? I don’t recall thinking then about developing a spiritual connection with a Power greater than myself to unlock a future beyond my wildest dreams.

“Recovery” implies there are redeemable qualities that are worth pursuing. The AA Fellowship provided a safe haven where I could explore the patterns of deviance from healthy living that my drinking had obscured. I could recover from a dangerous self- imposed illness with a growing awareness of the causes and conditions,

(cont. 2)

Birthdays p.2

AA Archives p.4

Meetings p. 2 & 3

12 Concepts p.4

AA Hotline 245-6677

He Said: (cont) God does not wait in wings to emerge in the last act to save the day in my case. I had to get a real job and then show up ready to work, whatever the cost!

Next month we take step 7. God bless you all.

~ Anonymous, Kauai

She Said (cont) a measure of willingness to take certain steps, admitting I had stubbornly hung onto self-reliance which had only impeded the process of growing (up).

I had made progress by trusting the process and taking direction, persevering through fears only to enjoy more release from my self-defeating thoughts and behaviors. I wanted MORE. What? I had to become willing for HP to remove all the impediments to my spiritual growth and healing. No more overwhelming chasms of inadequacies? I had experienced the results from asking God for relief and direction in situations. Now came the opportunity to commit to that realization for real.

The AA practice of trusting God for guidance takes the focus off me trying to come up with the wisest decisions and outcomes – what a gift! I can hardly wait for Step Seven!

~ Anonymous, Kauai

Happy Birthday

Tom G.	5/20	1981	43 yrs
Kathleen P.	5/21	1982	42 yrs
Cindy C.	5/12	1985	39 yrs
Joy	5/20	1992	32 yrs
Mary L.	5/1	1993	31 yrs
Susan D	5/13	1993	31 yrs
Uncle Tim	5/13	1994	30 yrs
Kat	5/2	2000	24 yrs
Dana M.	5/23	2002	22 yrs
Annie	5/1	2004	20 yrs
Will L.	5/14	2005	19 yrs
Leilani K.	5/14	2005	19 yrs
Donna Jo	5/5	2005	19 yrs
Lindsey W.	5/17	2006	18 yrs
Sean F.	5/20	2007	17 yrs
Jackson O.	5/8	2007	17 yrs
Jennifer A.	5/5	2008	16 yrs
Lori M	5/10	2008	16 yrs
Jesse P	5/21	2011	13 yrs
Corey N.	5/28	2012	12 yrs
Leslie H	5/12	2013	11 yrs
Liz	5/10	2014	10 yrs

Congratulations Everyone!!

Expect A Miracle

A.A.  Meetings

Happy Hour Group

Is happy to announce they've added a Thursday meeting at Nawiliwili Beach Park. Find them sitting on a picnic bench enjoying the Kauai sunshine and carrying the message of experience, strength and hope.

Thursdays at 5:00 p.m

Whiskey and Milk

While Koloa Union Church is under renovation Whiskey and Milk (stick) meeting Will be held at the Salvation Army Koloa

(5348 Koloa Rd.)

7:30 – 8:30 pm, Wednesdays

**We Publish All Sobriety Birthdays
On The Month After Their Occurrence.
Contact: District6newsletter@hotmail.com**

2024 Kauai Roundup

Join us for the Kauai Roundup
June 6-9

"Love, Unity & Service!"



**Hale Koa Campgrounds, Kokee State Park
(Adjacent to Waimea Canyon)**

Hui' Ohana Location Change



UNTIL FURTHER NOTICE:

Due to access closure, **Hui Ohana** will be holding their daily morning meeting at the **Wailua Houselots Park Pavillion**. 7 - 8 a.m. Su - Sa.

Hui' Ohana Virtual

Hui Ohana virtual meetings (Sun-Sa)
have a **new** Zoom address

login: 895 6728 8988

pw: Recovery (case sensitive)

<https://us04web.zoom.us/j/89567288988>

GRAPEVINE **Quote of the Day**

June 3, 2023 "Those who follow the AA program with the greatest earnestness and zeal not only maintain sobriety but often acquire finer characteristics and attitudes as well. One of these is tolerance." AA Co-Founder, Dr. Bob, July 1944, "On Cultivating Tolerance", *Best of the Grapevine*, Volume 1

June 4, 2023 "The things that used to keep me awake nights now no longer bother me, because I can put them against the backdrop of eternity. The long, lonely winter that was alcoholism has turned into spring – the rebirth, the renewal of my life." "A Sense of Wonder," *Seattle, Washington*, June 1968, *Spiritual Awakenings*

June 6, 2023 "I can now admit that most of my troubles stem from one large and glaring defect: self-centeredness." "Sixth Step," *Manhattan, New York*, September 1970, *Best of the Grapevine*, Volume 2

June 7, 2023 "A good question to ask myself frequently is: What am I looking for – advice or approval?"

"Letters to the Editor," *Tampa, Florida*, May 1945, *Thank You for Sharing: Sixty Years of Letters to the AA Grapevine*

June 9, 2023 "I knew I needed the alcoholic as much as he needed me ... And this mutual give-and-take is at the very heart of all of AA's Twelfth Step work today. This was how to carry the message. The final missing link was located right there in my first talk with Dr. Bob." AA Co-Founder, Bill W., June 1965, "Dr. Bob—AA's Co-Founder To Be" *AA Grapevine*

June 12, 2023 "Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin." AA Co-Founder, Bill W., March 1962, "What Is Acceptance", *Best of the Grapevine*, Volume 1

June 18, 2023 "Not drinking is the first requirement for joy; the second requirement is gratitude." "The Most Beautiful Word in the English Language," Lombard, Illinois, February 1995, *In Our Own Words: Stories of Young AAs in Recovery*

June 23, 2023 "No matter what is going on in my life, no matter how bad things seem, I can always find something to be grateful for if I just look hard enough." "Not On Fire," *Mesa, Arizona*, March 2010, *Emotional Sobriety II*



AA Archives

The Best of Big Book Dave:

June in Our History:

June 1935: "The Upper Room" is first published coming out once a month with meditation for each day. It was required reading for early A.A. members before our Big Book was written.

June 10, 1935: Dr. Bob, who becomes AA's co-founder, takes his last drink on this date. June 10th is considered by most A.A. members and historians as the birth date of A.A.

June 1938: Bill W. and Hank P. begin slowly putting down on paper what will become our Big Book.

June 1940: Six inmates in San Quentin read a copy of the Big Book together and form the first A.A. group inside a prison. Bill W. was their guest speaker several times.

June 30th, 1941: "The Serenity Prayer" is found in the NY Herald Tribune newspaper by two members and brought into our New York office. Bill W. liked it so much it was reprinted and sent out with all replies to inquiries about A.A. from that day forward.

June 1945: 2500 A.A. members attended the 10th Anniversary of A.A. in Cleveland, reports the Cleveland Press. As of 1945 Cleveland has 14 of 500 A.A. groups in North America.

June 1947: This issue of the Grapevine carried for the first time, the A.A. Preamble, written by the Grapevine's editor Tom Y.

June 1981: Switzerland holds its 25th A.A. Anniversary! Lois (Bill's widow) was one of the guest speakers.

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

~ Submitted by Mathea A.



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



Concepts Checklist

Concept VI:

The Conference recognizes that the initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

●Are we familiar with how our General Service Board (G.B.S.) class A and Class B trustees serve A.A.? Are we familiar with how our other trusted servants serve A.A.?

●Are we clear about the terms "chief initiative" and "active responsibility"? Can we see a direct link to our home group?

Find A.A. in Hawaii



at: www.area17aa.org

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



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



Kauai Intergroup

Next Intergroup Meeting

June 1st, 9:30 am

To Attend these meetings on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

May, 2024

Income:

Third Tradition	7th	304.00
North Shore Aloha	7th	40.00
Whiskey and Milk	7th	75.00
Kauai District	Web	400.80
Saturday 10th	Literature	120.00
Primary Purpose	Literature	72.00
Podium Meeting	Literature	110.00
Total Income:		<u>1011.80</u>

Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	38.81
Inkspot	Newsletter	81.00
Ann W	Web site	801.60
Mathea	Assembly	235.00

Total Expenses **1331.95**

Total Income: **1011.80**

Total Expenses **1331.95**

Net **320.15**

Balance **4641.03**

Prudent Reserve **-1300.00**

Operating Balance **3341.03**

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup News

The Literature Committee has new co-chairs who are taking care of the maintenance of the Literature Locker and supplies. **Benita A.** from Sunrise Sobriety and **Jeanne L.** from Hui Ohana have stepped up to take these service positions.

If you need any AA Literature, please contact Benita A. at 707-684-6682.

Our thanks to Benita and Jeanne for accepting this service position!



The Serenity Prayer

God grant me the Serenity to accept the things that I can not change, the Courage to change the things that I can and the Wisdom to know the difference.

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	Benita A. & Jeanne L
Hotline	Sean G.
Website:	Aaron
Events:	Mike T

District 6, Kauai:

The Next District Meeting :
June 15th, 9:30 am

To Attend the meeting on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

District 6 Treasurer's Report

May, 2024

Income:

Hui Lokahi Men's Stag	600.00
Anahola Jaywalkers	70.00
Northshore Aloha	30.00
Total Income:	700.00

Expenses:

Jorina Holland	124.20
Total Expenses:	124.20

Bank Balance	2997.42
Prudent Reserve	-1200.00
Operating Balance	<u>1797.24</u>

~ 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



Where We Are Headed

The May intergroup meeting featured a discussion about the equipment purchased to allow us to provide hybrid (in-person and online) meetings. It was determined that discussions should be held with interested parties about the future of this technology since its popularity has waned over the course of the 17 months we have been meeting, and that this discussion be framed by the questions of how we might use this technology to "carry the message" during panel 75. Another part of the agenda encompassed a discussion about scheduling. It was suggested that we encourage members to first view our national ("AA as a whole") events and then Area 17 events in order that we avoid "bumping heads" wherever possible. This leads us to the present discussion: Panel 73 is entering its final quarter of service! It is time to consider the election of trusted servants for the coming panel 75. Kauai District 6 has put together this letter to encourage our members to fully engage in this exciting period of AA activity.

Here are some highlights of the plans for Panel 75:

- After having suffered the cancellation of the 2020 Intl Convention in Detroit due to the pandemic, the 2025 Convention is planned for Vancouver, BC July 3-6, 2025.
- Area 17 will be hosting PRAASA the first weekend in March, 2026.
- We will continue to participate in the General Service Conference and prepare a delegate for that role.
- Planning is in progress for the 2025 Hawaii State Convention in the Fall of 2025.
- The Delegate and Area officers will be chosen at the Election Assembly Oct. 19-20, 2024.

This means our district should elect its DCM in September if we are to follow the suggestions of the Service Manual and allow our leadership to participate in the selection of the Area's leaders. Clearly things are moving forward rapidly but we have demonstrated our strength and resilience as we reconstruct in the wake of the pandemic and our District is looking forward with enthusiasm!

We want to urge both groups and individual members to review the pamphlet "The AA Group" and the Structure and Guidelines for both Area 17 and Kauai District 6 to determine avenues of participation for the next panel and to bring those decisions to our meetings on the third Saturday of the coming months. We need members to stand for the four elected positions (DCM, Alternate DCM, Secretary and Treasurer) at the September meeting.

Service is Sobriety