

October 2025

Garden Island Sobriety

Step Ten

“Continued to take personal inventory and when we were wrong, promptly admitted it.”



He said: The notorious 10th Step,

“When I was wrong promptly admitted it”. I had a very difficult time understanding the word promptly.

I was a procrastinator and extremely proud of it. Why do today what I could do tomorrow?

When I started seeking sobriety, the change occurred slowly. This change had to do with the word promptly because I was still procrastinating.

I found that promptly had a larger meaning than what I had thought.

What I could do for myself personally is think about how I was going to make an amends *before* I opened my mouth or ran off to do an action.

Most of my amends were with action because that was another word I didn't understand, *amends*.

Promptly it came to mean to me “think about what I'm going to say, think about how I'm going to act.”

One of the most important parts “think about how I'm going to *re-act*,” because it was usually my re-actions that prompted the amends.

**Mahalo,
Sober at Sunrise**



She said: In Alcoholics Anonymous,

Step Ten calls me to “continue to take personal inventory and when we were wrong promptly admit it.” This is not a one-time event but a way of living, a daily spiritual practice that keeps me in alignment with God's will.

For so long, my greatest enemy was fear, followed by the distortions of selfishness, dishonesty, resentment, and self-delusion. Left unchecked, these poisons clouded my thinking and led me into destructive behaviors. Even in sobriety, I can drift into emotional hangovers—resentment, jealousy, or anger carried from yesterday into today. These hangovers remind me how easily my balance can be lost if I fail to watch my motives and my conduct.

The Big Book says that once we have entered the world of the Spirit, our “next function is to grow in understanding and effectiveness.” Step Ten is the daily practice that allows me to do just that. The book reminds me that we have “a daily reprieve contingent on the maintenance of our spiritual condition.” My reprieve is only possible through God's grace. Step Ten instructs me to pause, to ask God to remove selfish thoughts at once, and then to turn my attention toward being helpful to others. “Thy will, not mine, be done” has become a grounding prayer that steadies my spirit.

My first sponsor taught me to review each day where I had been selfish, self-centered, dishonest, or resentful. She told me to “keep my house clean.” I don't do this perfectly, but I try to practice in the moment (spot-check) and quiet reflection at the end of the day. I've learned that sobriety is a gift, maintained only by the grace of God and daily self-examination. (cont.p2)

Find A.A. in Hawaii

at: www.area17aa.org

Birthdays p.2

AA Archives p.4

Meetings p.3

12 Traditions p.3

AA Hotline 245-6677

Happy Birthday

Jerry V.	9/9	1974	51 yrs
Sheila H.	9/13	1982	43 yrs
Gabrielle	9/10	1987	38 yrs
Karen L.	9/19	1989	36 yrs
Dennis C.	9/24	1993	3 yrs
Jack M.	9/22	1994	31 yrs
Dana W.	9/22	2000	25 yrs
Michele R.	9/14	2005	20 yrs
Elaina B.	9/26	2005	20 yrs
John J.	9/7	2007	18 yrs
Patty C.	9/22	2007	18 yrs
Ryan M.	9/5	2009	16 yrs
Sean G.	9/11	2009	16 yrs
Erin	9/11	2012	13 yrs
Chad N.	9/25	2012	13 yrs
Alison T.	9/13	2013	12 yrs
Ron P.	9/26	2013	13 yrs
Sean F.	9/5	2014	11 yrs
Josie	9/16	2016	9 yrs
Shane	9/5	2018	7 yrs
Michelle S	9/15	2023	2 yrs
Georgette T.	9/27	2023	2 yrs
Laurel.	9/12	2023	2 yrs

Congratulations Everyone!

Request a newsletter



by e-mail



Contact:

District6newsletter@hotmail.com

She Said (cont) Through this step, I am granted sanity. I no longer find myself poised to fight anyone or anything. I can meet the world of the spirit with neutrality toward alcohol—a miracle I once thought impossible. The Tenth Step brings me emotional balance and purpose. As the 12 & 12 says, “justified anger ought to be left to those better qualified to handle it.” Slowly, my heart has been softened toward love and tolerance.

The solution is practice. By making amends quickly, watching for danger in my emotions, and asking God for help, I am learning to live honestly and freely. The inventory is not meant to shame but to build character and remind me of assets too: kindness offered, wrongs righted, progress made.

Today I try not to rest on my laurels. I seek God’s will in all activities and trust being shown the next indicated right thing. Step Ten keeps me in the sunlight of the spirit, one day at a time.

Ann, Kauai

62nd Annual Hawaii Convention Waikiki Beach Marriot

2552 Kalakaua Avenue



ACTIVITIES INCLUDE:

Friday: Golf Tournament, Surf Meeting & Fellowship

Saturday: Sunrise Hike Lighthouse Trail, Meeting

Saturday: Volleyball Tournament Kapiolani Park

Contact: secretary@annualhawaiiiconvention.com

A.A. Meeting Places



Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

Monday at 7:00 pm North Shore Aloha, B
Tuesday at 10:00 am - Big Book Study
Tuesday at 7:30 pm - Living Sober
Wednesday at 7:30 pm - 12 x 12 Discussion

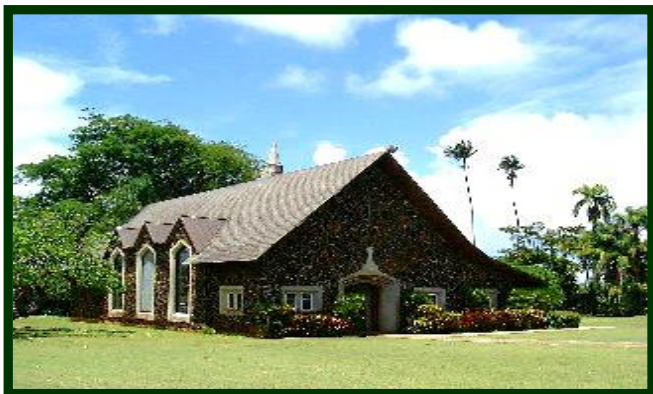
A.A. Activities

2025 Gratitude Luncheon

Friday November 14 12:00 to 3:00pm

Details on the attached flyer

Getting Together Again!



THANKATHON

At 'The Stone Church' In Lihue

NOVEMBER 27TH, 2025

(Details in the next Newsletter)

GRAPEVINE

Quote of the Day

October 18, 2020 There is a tendency to label everything that an alcoholic may do as 'alcoholic behavior.' The truth is, it is simply human nature ... Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among nonalcoholics, too. Actually they are symptoms of mankind." William Duncan Silkworth, MD, January 1947, "Slips and Human Nature", Best of the Grapevine, Vol. 1

October 20, 2020

"At the beginning we sacrificed alcohol. We had to, or it would have killed us. But we couldn't get rid of alcohol unless we made other sacrifices. Big shot-ism and phony thinking had to go. We had to toss self-justification, self-pity, and anger right out the window. We had to quit the crazy contest for personal prestige and big bank balances. We had to take personal responsibility for our sorry state and quit blaming others for it." AA Co-Founder, Bill W., January 1955, "Why Alcoholics Anonymous Is Anonymous", The Language of the Heart

October 28, 2020 "I can no longer use the illness of alcoholism as an excuse for anything. There is a catch, however. If I fail to use my recovery in service to others, I will become sick again." "Service Is the Reason," Winnipeg, Manitoba, June 1979, Best of the Grapevine, Vol. 2

October 4 2021 "Each night, I think of the Tenth Step and ask myself, 'Have I, this day, helped more than I've harmed? Given more than I've taken? Created more than I've destroyed?' "It Takes Practice to Be Human," Minneapolis, Minnesota, December 1977, Step By Step

October 9 2021 "With the clock ticking like it is, I do not have time for anger, resentment, or self-pity. Time is far too precious."
"Just an Attitude," Durham, North Carolina, April 2002, No Matter What: Dealing with Adversity in Sobriety

October in A.A. History

October 1855: Born in Stillwater, Minnesota, Howard Russell. Founder of the Anti-Saloon League and President of the World League Against Alcoholism.

October 1883: A book is published: "The Greatest Thing in the World" by Henry Drummond, one of eleven books (including the Bible) that influenced how the Big Book was written. Drummond describes "Love" as being the greatest power in the world and goes on to describe the spectrum of Love as having 9 elements; Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Guiltlessness and Sincerity. To these nine aspects the early alcoholics added: Gratitude and Tolerance.

October, 1930: Dr Silkworth made the connection with Charles Towns of "Towns Hospital" in N.Y.C. for a job. Dr. Silkworth had nothing, losing everything in the Great Depression. He was given the grandiose title of "Chief Physician". The pay was pitiful but it included room and board. Turning his focus to the alcoholic after seeing alcoholism and the miserable wreckage it caused to the mind, emotions and body of those he treated. Three years later he will meet Bill W. and Bill's four trips to Towns Hospital.

October, 1939: The first national magazine to do an article on A.A. was "Liberty Magazine", with a two page article titled, "Alcoholics and God." This article brought in over a thousand inquiries and sold 100 copies of our newly published book.

October, 1957: The book "A.A. Comes of Age" is published.

R.I.P. 'Big Book Dave', Elected Archivist, Interior Alaska
~ Submitted by Mathea A.



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

Tradition Ten

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

■ **Do I ever give the impression** that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

■ **Can I honestly share** my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?

■ **What in AA history** gave rise to our 10th Tradition?

■ **Have I had** a similar experience in my own AA life?

■ **What would AA be** without this Tradition? Where would I be?

■ **Do I breach** this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

■ **How can I manifest** the spirit of this Tradition in my personal life outside AA? Inside AA?

SEND YOUR CONTRIBUTIONS TO:

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



Next Intergroup Meeting October 4th, 9:30am

Intergroup Treasurers Report

October 2025

Income:

Third Tradition	7th	104.00
Kauai Recovery Group	7th	400.00
Hui Lokahi	7th	500.00
Princeville /Hanalei	7th	700.00
NorthShore Aloha	7th	40.00
Mathea	7th	20.00
Carolyn V.	Refund	414.25
Carolyn V.	Refund	414.25
Carolyn V.	Literature	414.25
Sunrise Sobriety	Literature	58.00
Total Income:		<u>2676.95</u>

Expenses:

Guardian Storage Locker	Lit. Storage	178.01
Hawaiian Telcom	Hotline	40.06
Printing Solutions	Schedules	308.99
Total Expenses		<u>527.06</u>

Net	2149.89
Balance	5528.62
Prudent Reserve	<u>- 1300.00</u>
Operating Balance	<u>4228.62</u>

~ Prepared by Tom R.~

Intergroup Committee:

Chair:	Kathryn B
Alt. Chair	Steve O
Treasurer:	Tom R
Secretary:	OPEN
Schedules:	Tom R
Literature:	Benita A & Jeanne L
Hotline	Sean G
Website:	Carolyn V
Events:	Mike T

Aloha Kauai AA community. My name is Kathryn B, and I am privileged and honored to serve as your Panel 75 Intergroup Chairperson for the 2025-26.

Our September 6th Intergroup meeting was held as a highbred meeting with 4 members joining us from the Westside, Northside and Lihue on Zoom. Our regularly scheduled meeting is the first Saturday of the month at the Lutheran Church on German hill at 9:30 am. All groups are encouraged to have an Intergroup Representative and have them attend our monthly meetings. We make decisions and vote on issues that are important to all groups locally. This is the platform to announce upcoming events and to ask for support from other local groups.

Our annual Thank-a-thon Dinner will be held on November 27th at the Stone church in Lihue.

there will be Imu turkey, meetings, entertainment and fellowship. Jen D. will be our chairperson this year. She will be organizing volunteers, and a flyer is available on kauaiaa.org under events. This event is open to all Recovery community and their families. Please join us in celebrating our community gratitude.

There is an open position for Intergroup Alternate Chair. This position was formerly filled by Steve O. who is currently on the mainland and will be staying there to help his family members for the near future. Thank you, Steve, for all your support for the past several months. He will join us via zoom until this position is filled.

Please check out our Events Calander at Kauaiaa.org before you schedule an event, so we don't double-book event dates.

I attended the Area Budget Assembly on the Big Island as a voting member. We passed the budget for our Area 17 and met in small groups to communicate with our peers from the other Islands The 5 Intergroup Chairs present voted to create The Inter Island AA Intergroup (IIAAI) on What's App in order to share ideas and resolve mutual issues together.

Progress is visible as we increase Unity and Participation throughout our Islands Fellowships.

Your trusted Servant,
Kathryn B. 808 635-5457

District 6, Kauai:

**The Next District Meeting :
October 18th, 9:30 am**

COFFEE, WATER & PASTRIES WILL BE SERVED

District 6 Treasurer's Report

September 2025

Income:

NorthShore Aloha	7th	40.00
Poipu Beach Sunrise	7th	250.00
Hui Lokahi Men's Stag	7th	61.00
3 rd Tradition Group	7th	39.00
Princeville/Hanalei	7th	300.00
Total Income:		<u>629.00</u>

Expenses:

Total Expenses:

Operating Balance	2248.43
Bank Balance	3448.43

~ prepared by District Treasurer ~

SEND DISTRICT CONTRIBUTIONS

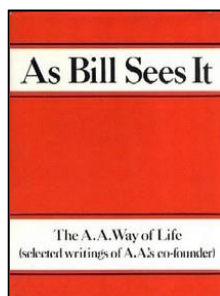
Kaua'i District Committee
P.O. Box 1503
Kapaa, HI 96746



District 6 Committee:

DCM:	Bob F.
Alt. DCM:	Jeanne L.
Secretary:	Scott S.
Treasurer:	Katherine F.
Website:	Carolyn V.
Archives:	Mathea A.
Corrections:	Bill G.
C.P.C(Cooperation w. Professional Community)	Amy B.
Public Information:	Doug H.
Myna Bird	OPEN

-As Bill Sees It-



233 Everyday Living

The A.A. emphasis on personal inventory is heavy because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has become a habit, it will prove so interesting and profitable that the time it takes won't be missed. For these minutes and often hours spent in self-examination are bound to make all the other hours of our day better and happier. At length, our inventories become a necessity of everyday living, rather than something unusual or set apart. TWELVE AND TWELVE, P. 89-90

~ ONE DAY AT A TIME!

The A.A. HOTLINE Needs Your Help!

- Need men & women for 12 Step calls
 - Slots are open for volunteers
 - Alternates also needed
- Please contact the Hotline Chair,
Sean G., at 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**