

May 2025

Garden Island Sobriety

Step Five

“Admitted to God, to ourselves and to another human being, the exact nature of our wrongs.”



He said:

Now it's time to sit down, knee to knee, eye to eye, and to talk about my defects of character. The book says to be honest with God, myself and another human being.

As a young child in the parochial school system, I learned to embellish what I thought were grave sins against my fellow human beings. I could not comprehend the fact that I thought without action something is just between my ears. My actions as I grew older, which were induced by the liquid spirit, were actually offensive to those around me. I am grateful that I became teachable enough in the first Four Steps to take the individual that was placed in my life by the creator, sit down and talk about these defects of character.

For me fear was a hell of a motivator. The fear of being drunk again and ending up in the same shit show that I had left. So today fear has a new definition; Face every adversity and recover. That helps me become more motivated in completing this Fifth Step.

The book is very plain about the Fifth Step. If you don't do it, you will drink again, so today I face those adversities, because recovery is a priority of my life.

Number one is to be grateful to the creator who gives me the breath of life and allows me to walk through life on a daily basis.

Mahalo, Sober at Sunrise.



She said:

Step Five of Alcoholics

Anonymous states: “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.” On paper, it sounds simple—but in practice, Step Five asks for a kind of honesty, vulnerability, and humility that doesn't come easily. For me, this step was one of the hardest to face. The idea of sharing the darkest corners of my past with another person filled me with fear. I worried about judgment, rejection, and being seen differently. It was a challenge to break through the isolation I had clung to for so long.

My sponsor reminded me that “solitary self-appraisal is insufficient,” as the Big Book says. She told me that until I was willing to speak the truth out loud—without holding back—I would still be living a double life, caught in shame and secrecy. She didn't push me, but she stayed close, encouraging me to trust the process. She shared that when she did her Fifth Step, it was the first time she truly felt free. That gave me hope.

So I followed her lead. I prayed before we began, asking God for courage and honesty. I read my Fourth Step inventory aloud—every resentment, every fear, every secret behavior and pattern I had carried. There were moments I wanted to skip over certain things or soften the truth, but my sponsor gently reminded me to “pocket my pride” and keep going. When I finally finished, something unexpected happened: I felt relief. I wasn't crushed by shame. Instead, I felt lighter, like I had laid down a heavy burden I didn't even know I'd been carrying.

(cont. p 2)

Expect A Miracle

Birthdays p.2

AA Archives p.4

Meetings p.3

12 Traditions p.4

AA Hotline 245-6677

Happy Birthday

Nona M.	4/8	1984	41yrs
Lynda G.	4/19	1984	41 yrs
Doug R.	4/21	1985	40 yrs
Joe O'B.	4/15	1985	40 yrs
Doug R.	4/21	1985	40 yrs
Robin W.	4/21	1988	37 yrs
Roger W.	4/14	1986	39 yrs
Karen L.	4/3	1991	34 yrs
Tom Fr.	4/5	1991	34 yrs
John 'Hilli" H.	4/15	1991	34 yrs
James B.	4/16	1993	32 yrs
Allie	4/27	1996	29 yrs
Patty	4/5	2000	25 yrs
Nicole	4/10	2003	22 yrs
Kim H.	4/14	2004	21 yrs
Laren T.	4/10	2004	21 yrs
Courtney P.	4/10	2006	19 yrs
Mark B.	4/20	2006	19 yrs
Pam A.	4/28	2006	19 yrs
Monica A.	4/22	2006	19 yrs
Kathie E.	4/28	2006	19 yrs
Dharma W.	4/18	2007	18 yrs
Alan B.	4/13	2007	18 yrs
Jane T.	4/22	2007	18 yrs
Jane M.	4/8	2008	17 yrs
Tim	4/11	2009	16 yrs
Rick B	4/9	2010	15 yrs
Leisa M.	4/17	2011	16 yrs
RJ	4/17	2012	13 yrs
Jenifer D.	4/23	2012	13 yrs
Lauren D.	4/21	2012	13 yrs
Taylor	4/26	2014	11 yrs
Ryan H.	4/25	2015	11 yrs
Micaiah	4/27	2016	9 yrs
Scott	4/19	2017	8 yrs
Tom F.	4/23	2018	7 yrs
Sam	4/19	2019	6 yrs
Tessie	4/10	2020	5 yrs
Shanice	4/9	2021	4 yrs
Jennifer E.	4/21	2023	2 yrs
Teri M.	4/10	2024	1 Year

Congratulations Everyone!!

She Said (cont) The promises of Step Five began to come true almost immediately. I “could look the world in the eye,” and felt a sense of peace and ease I hadn’t known in years. My fears began to fall from me. I realized that by being honest with another human being, I had confirmed that I was finally being honest with myself—and with God. The loneliness I had lived with for so long began to fade, replaced by a feeling of belonging and connection.

Afterward, I sat quietly, as the Big Book suggests, and thanked God from the bottom of my heart that I knew Him better. I began to feel the presence of a loving power guiding me forward. For the first time in a long time, I didn’t feel broken—I felt whole.

Today, Step Five continues to shape my recovery and my life. It taught me that connection heals what secrecy breaks. It showed me that humility is not about shame, but about truth and willingness. It gave me a foundation of honesty and spiritual growth that I carry into all my relationships. Step Five didn’t just help me stay sober—it gave me the chance to live free.

~ Ann A., Kauai

About Publishing Birthdays

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

District6newsletter@hotmail.com

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.



A.A. Meetings



Hui'Ohana Nightly Reflections

**Hui 'Ohana NEW MEETING
FRIDAY 6:00 PM**

A.A. Activities

KAUAI AA's 2025 ROUNDUP EVENT



JOIN US AT KUMU CAMP IN ANAHOLA!

Kauai AA will be holding its 2025 Roundup Event at KUMU CAMP in Anahola! The Event is :

June 5 - 8, 2025

Please use the link below to view all of the information and sign up AS SOON AS POSSIBLE!

<https://kauairoundup.org/>

GRAPEVINE

Quote of the Day

May 4, 2023 "The sanity I've received through work on the Steps is far more than I could have hoped for." *Bowie, Maryland, February 1999, "Beyond Sanity," Step By Step*

May 5, 2024 "It is our experience as alcoholics that makes us of unique value ... We can approach sufferers as no one else can." *"A United Message of Recovery," Decatur, Georgia, May 1994, AA Grapevine*

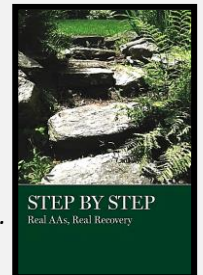
May 6, 2024 "Only mutual trust can be the foundation for great love -- each of us for the other, and all of us for God." *AA Co-Founder, Bill W., November 1960, "Freedom Under God: The Choice Is Ours", The Language of the Heart*

May 15, 2024 "I need to remember how humiliated, confused, insecure and frightened I felt at my first meeting, and compare that to how I feel today." *"Know Thyself!" Poughkeepsie, New York, July 2011, AA Grapevine*

May 16, 2023 "When I took the Fifth Step with all the thoroughness I could muster, the part of me that I feared the most no longer frightened me."

July 1980, "Short Takes," Step By Step

May 20, 2024 "The most difficult thing a man can do is turn his eyes inward upon his real self." *"Bright Promise," Atlanta, Georgia, July 1956, A.A. to Inmate*



May 30, 2024

"Change is scary, even if it promises a better life." *"As Long As I Stay Willing," Watsonville, California, June 2009, Step by Step*

The Best of Big Book Dave: May in Our History:

May 1939: In A.A.'s beginning the first "Intergroup" was called the "Central Committee" in Cleveland, Ohio. This was 4 years after our co-founders first met; a committee of 7, including Dr. Bob was meeting once a month to 'coordinate' efforts regarding sponsorship and hospitalizations. Dr. Bob was not only a supporter, but an active participant of this committee.

May 1943: The second Intergroup office opens in Columbus, Ohio. In May 1944 Los Angeles opens their office. A.A. was not easy to find but selected groups of priests, ministers and judges in the early days had the Intergroup's phone numbers. These numbers were not listed anywhere else!

Before the first General Service Conference was held in New York, April 1951, 16 Intergroups were serving local groups. Today there are over 1800 of these offices in North America!

May 1902: Dr. William Silkworth married Marie Antoinette Bennett while he was working and developing his theory about alcoholism at Bellvue Hospital, New York City.

May 1932: Rowland H. visits with Dr. Carl Jung in Zurich, Switzerland for one year to 'cure' his alcoholism. Dr. Jung finally told Rowland there was no medical or psychological hope for an alcoholic of his type, except perhaps a spiritual conversion.

Rowland returned to the U.S. and joins 'The Oxford Group.' This is considered by most historians as the first link in a chain of events that led to the founding of Alcoholics Anonymous.

May 12th, 1935: Bill W. goes to Akron, Ohio on a business trip that fails, where he will meet Dr. Bob for the first time. Because of this meeting most archivists believe that the birth of A.A. took place one month later.

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

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

Tradition IV

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

- **Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?**
- **Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?**
- **Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?**
- **Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?**
- **Do I help my group in every way I can to fulfill our primary purpose?**
- **Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?**

**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

The Next Intergroup Meeting

May 3rd, 9:30 am

Intergroup Treasurers Report

April 2025

Income:

Hui Ohana	7th	1250.00
Hui Ohana	7th	1250.00
Hui Ohana	7th	1250.00
Hui Ohana	7th	1250.00
Hui Ohana	7th	1250.00
Hui Ohana	7th	1250.00
Hui Ohana	7th	1250.00

Total Income: **166.64**

Expenses:

Prisons & Institutions	10 Big Books	120.00
Guardian Storage	Litrature Storage	178.01
Hawaiian Telcom	Hotline	40.11
Inkspot	Newsletter	95.00
Benita	Literature	95.00

Total Expenses **251.93**

Net **85.29**

Balance **3452.29**

Prudent Reserve **-1300.00**

Operating Balance **2152.89**

~ Prepared by Tom R.~

Intergroup Committee:

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

~ May 2025 ~

Aloha Kauai Fellowship,

I attended the "Inform the Delegate Assembly" in Kihei April 5-6 as a voting member, therefore, Intergroup Alternate Chair, Steve O. presided at our Intergroup meeting. My gratitude to him for being able to keep the meeting to under an hour as is our goal for each Intergroup meeting.

Our 2025-26 Intergroup Structures and Guidelines Committee suggested a few changes and updates which will be voted upon at the May Intergroup Meeting.

All groups are encouraged to have an Intergroup Representative present at all Intergroup Meetings in order to have a vote and a voice in our local affairs. We welcome all feedback and input to make this our goals of Unity and Participation a reality.

Please join us in making Kauai an outstanding fellowship in 2025-26.

Your trusted servant,

Kathryn B.

Intergroup Chair

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting :
May 17th 9:30 am

Coffee, Water and Pastries
Will Be Served

SEND DISTRICT CONTRIBUTIONS

Kaua'i District Committee

P.O. Box 1503
Kapaa, HI 96746



Request a newsletter
by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

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

Find A.A. in Hawaii



at: www.area17aa.org

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)

OPEN

C.E.C (Cooperation w. Elderly Community)

OPEN

Public Information:

OPEN

Myna Bird

OPEN

Service is Sobriety

The Kauai District 6 General Service Committee has chair positions available. It's a great way to get involved and learn more about AA.

- Public Information
- Cooperation with the professional community
- Cooperation with the elderly Community
- Myna Bird

Our AA Founders



Bill Wilson

Bill Wilson was the co-founder, along with Dr Bob Smith, of Alcoholics Anonymous in 1935. Bill Wilson believed "one alcoholic talking to another" was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the "Meeting" concept.



Dr. Bob Smith

Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935. "Smitty" or "Dr. Bob", as he was known to AA friends, was instrumental in assisting Bill Wilson turn a small group of recovering alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization.