Garden Island Sobriety

October 2026

STEP TEN

"Continued to take personal inventory and when we were wrong promptly admitted it."

He said:

For me, Step 10 has really become part of my everyday life. I try to take a look at my day every night, especially before I go to bed. I think about the things that happened, the good stuff and the not-so-good stuff, and I try to be honest with myself about my part in it.

I ask myself, "Was I wrong? Could I have handled that better? Did I hurt somebody?" And if I did, I try to admit it and make it right. That's a big part of what keeps me sober.

It also helps me not get stuck in my own head. I have a tendency to replay things and overthink them, and when I do that, I lose my peace of mind. I also have a harder time hearing what my Higher Power is trying to show me.

Another thing Step 10 has given me is a way to practice gratitude at the end of the day. Even when something didn't go the way I wanted, I try to look at what I can learn from it. I've gotten better at looking for the positive instead of automatically focusing on everything that went wrong.

The more I do that, the more I notice the good things around me. I feel more positive, more spiritually fit, and more available to help somebody else when they're having a hard time.

For me, Step 10 is probably the step I work the most. And when I stop doing it every day, that's usually a pretty good sign that I need to take another look at Steps 6 and 7. Sometimes it means I've picked something back up that I was supposed to turn over to my Higher Power.

That's what Step 10 does for me—it helps me clean up my side of the street and keep moving forward.

Kirk M., Sunrise Sobriety

She said:

Step Ten has become an important part of my sobriety because it reminds me that the work doesn't stop after completing the first nine steps. For me, Step Ten is about taking a daily look at myself and being willing to admit when I'm wrong. My sponsor often reminds me to take care of "my side of the street." I could take everybody else's inventory all day long, but that doesn't help me grow or keep my side of the street clean.

I've learned that being sober doesn't mean I'm suddenly going to handle every situation perfectly. I can still get irritated, defensive, impatient, or caught up in my own way of thinking. The difference today is that I have the tools to recognize it and take responsibility for my part. Sometimes that means apologizing, sometimes changing my behavior, and sometimes simply taking a step back and asking myself what is really going on.

Step Ten also helps me stay honest with myself. It's easy to point out what someone else did wrong, but this step asks me to look at my own actions and motives. I don't have to beat myself up over my mistakes. I just need to be willing to acknowledge them, learn from them, and do better.

Tradition Ten says, "Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy." I appreciate this because it keeps AA focused on its primary purpose: helping alcoholics recover. There is plenty going on in the world that I may have opinions about, but I don't need to bring those outside issues into AA.

For me, Step Ten comes down to honesty, accountability, and taking care of my side of the street. I can't control everyone else's inventory, but I can continue working on mine—ODAT.

Stacey B, Sunrise Sobriety

Happy Birthday

Congratulations Everyone!!

Name	Date	Years
Jerry V.	09/09/74	52
Sheila H.	09/13/82	44
Gabrielle	09/10/87	39
Karen L.	09/19/89	37
Dennis C.	09/24/93	33
Jack M.	09/22/94	32
Dana W.	09/22/00	26
Michele R.	09/14/05	21
Elaina B.	09/26/05	21
John J.	09/07/07	19
Patty C.	09/22/07	19
Ryan M.	09/05/09	17
Sean G.	09/11/09	17
Erin	09/11/12	14
Chad N.	09/25/12	14
Alison T.	09/13/13	13
Ron P.	09/26/13	13
Sean F.	09/05/14	12
Josie	09/16/16	10
Shane	09/05/18	8
Laurel.	09/12/23	3
Michelle S	09/15/23	3
Georgette T.	09/27/23	3

About Publishing Birthdays

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

newsletter@kauaiaa.org

AA Kaua'i

Service Opportunities Available

Service Brings More to Sobriety

"When we give it away, we keep it."
– Alcoholics Anonymous

Service Opportunities Include:

- Group service (GSR, secretary, treasurer, chair)
- Kaua'i Intergroup committees
- H&I (Hospitals & Institutions)
- Public Information (PI)
- Literature / Bookstore service
- Event and workshop planning
- *And more...*

Get Involved. Give Back. Grow in Sobriety.

Together we keep AA strong on Kaua'i.



Looking for a
Fresh Perspective?
A change of meeting can shake up
your routine. Give another Kaua'i
meeting a try this week.

AA HOTLINE
808-245-6677

A.A. Meetings

A.A. Activities

October 3 → Kauai Intergroup Meeting

November 7 → Kauai Intergroup Meeting

Lihue Lutheran Church 4602 Hoomana RD

October 17 → District 6 Monthly Meeting

November 21 → District 6 Monthly Meeting

Lihue Lutheran Church 4602 Hoomana RD

EVENT

October 3 →Annual Al-Anon Ice Cream Social

Lihue Lutheran Church

October 17 → District 6 Elections

Lihue Lutheran Church

EVENT

October 24 → Halloween Dance

Kapaa Neighborhood Center

October 28 → Events Committee Meeting

Coconut Grove Marketplace behind JoJo's

EVENT

Oct 29-Nov 1 → **63rd Annual HI Convention**

Waikiki Beach Marriott

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

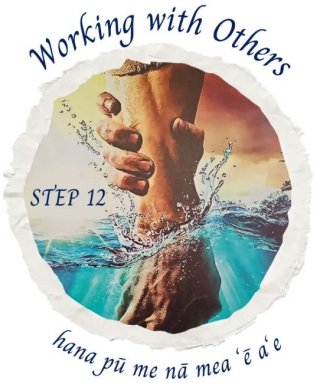
District 1 – Diamond Head

Nov 14 → **Kauai Intergroup Elections**

Lihue Lutheran Church







Kauai Al-Anon Annual
Ice Cream Social

Speaker Meeting & Fundraiser
1 - 3 pm Saturday
October 3, 2026

Lihue Lutheran Church, German Hill
4602 Hoomana Road, Lihue



Bake Sale & Members Sale
will begin at 12 noon
Please join us in a day of Fellowship
Friends and Family members welcome
$5 Donation - Tickets are available or may be
may be purchased at the door
No one will be turned away

KEC-Kauai Events Commitee

PLANNING MEETING

When: LAST WEDNESDAY OF
THE MONTH 7 PM

Where: COCONUT GROVE
MARKETPLACEC BEHIND JOJOs

We have events every month
and need support! Everyone in
AA is welcome!

https://kauaimeetings.com/calendar/

Call Jenn D if you have any questions

617.299.0993



-Kauai Intergroup -

Intergroup Chairperson Report

Aloha Kauai AA Fellowship,

The next Intergroup meeting will be held on October 3rd. 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 meeting. Also available on Zoom. Go to our website under events to get access information for Zoom.

We will hold elections for the next 2-year commitment for Panel 27 Officers on November 14th. Directly after the Area Election Assembly held in Oahu November 6th-7th. Several positions will be available to be filled so get the word out that being of service for our local activities is much needed.

We have activities scheduled for every month remaining in this year thanks to our great Events Committee! The Halloween Dance will be great fun and opportunity to fellowship in Kapaa.

Due to the recent storm, several meetings and events have moved or changed temporarily. We all can keep our hotline chair and our website committee informed and stay in touch with our home group members to keep our fellowship informed. Some of our members may need extra support and care! Check on your friends please!

Please check out **Kauaiaa.org** for details and flyers on our events locally. This is the platform to announce upcoming events, ask for support or help from other local groups represented, and to exchange ideas.

Your trusted servant,

Kathryn B. 808 635-5457

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

Intergroup Treasurer's Report

Income	Details	Type		Total
Primary Purpose	Cash	7th		$105.00
Sunday Serenity	Ck103	7th		$87.50
North Shore Aloha	Ck3036	7th		$30.00
		Total	$222.50	
Expences				
Guardian Self Storage	Literature Locker			$188.48
Hawaiian Telecom	Hotline			$42.29
Ink Spot Printing	GIS			$189.00
Benita	Literature			$603.65
		Total	$1,023.42	
Income				$222.50
Expences				$1,023.42
Net				$800.92
Balance				$2,871.60
Prudent Reserve			$1,300.00	
Operating balance				$1,571.60

Request a newsletter by e-mail

newsletter@kauaiaa.org



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's Report

In this fast world of communication, ever changing technology and political disunity it is so easy to get distracted. I appreciate that in our homegroup meetings we leave the insanity of worldly issues where they belong, outside the walls of AA.

Tradition Ten helps us and AA as a whole maintain our Primary Purpose. At all times, AA has no opinion on outside issues, hence the AA name ought never be drawn into public controversy.

I can't remember the number of times I have been hell-bent on impressing my opinion upon an unsuspecting victim. My only concern was to be Right and the other Wrong, only to Eat-Crow in the final analysis and suffer the Guilt feeling of Defeat. Bill W must have suffered the same feelings and struggles in his personal life to be able to interject this Tradition into the adolescent AA Program.

We have to remember, our Primary Purpose is to Stay Sober, so that we can help others, especially the other Struggling Alcoholic. Singleness of Purpose. Keep it Simple. Easy Does it.

This we do for AA and This is what AA has Blessed us with and for that I am diligent in my responsibility to others, in and outside of our program.

I am proud of my sobriety, but I don't broadcast my affiliation with AA. I'm just a bozo on the bus, on a fieldtrip to Serenity, one day at a time. I am open to break my anonymity with anyone interested to hear my story, but I'm not willing to break yours. That Lifeline helps to keep me connected to our Membership.

Please remember our District, Intergroup and Homegroup Elections are coming up in October and November. Take the leap of Faith. You are our Life Blood and the lives of many to come depend upon your involvement.

Mahalo for allowing me to be of Service to my Home.

Bob F.

DCM District 6 Kauai

Treasurer's Report

Group Contributions

	Dec-25	January	February	March	April	May	June	July	August	September	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
Intergroup (KauaiAA.org, Zoom, & Chair App)		5.23	32.89								38.12
Kapaa Nooners						40.00	62.00				102.00
Koloa Aloha				100.00				100.00			200.00
Koloa Salvation Army						25.00					25.00
Northshore Aloha #123155		35.00	35.00	35.00	30.00	35.00	35.00	35.00	30.00	30.00	300.00
PayPal Test			5.00								5.00
Poipu Sunrise									649.00		649.00
Primary Purpose		68.00						35.00			103.00
Princeville Hanalei Group				217.00							217.00
Sober Eastside Wahine				14.00							14.00
Sunday Serenity				111.00							111.00
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	30.00	2,044.12

District 6 Expenses

Expense	2026	January	February	March	April	May	June	July	August	September	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									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						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	-	-	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	2,166.36				
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	3,366.36				
Profit or Loss											(1,339.07)		

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 –

District 6 Contributions



QR Code

7th Tradition Contributions

Check

Kauai District Committee
PO Box 1503
Kapaa, HI 96746



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