

May 2026
Garden Island Sobriety
STEP FIVE

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



He said:

I will never tell anyone about what I have done.

How does that benefit me? I just want to stop drinking...Why do I have to disgrace myself by telling another person about what I have done?

I just didn't understand how this would benefit me & I totally understand why steps 4 and 5 take people out. This is an ego and pride crushing situation.

How this benefits me - I went into this step hearing from others how hard it was & I wondered to myself - was I willing to do it?

So, I sit alone and read through everything I wrote in Step 4 and said: "if I worked this hard to get through Step 4, why would I stop now?"

I still feel that if my gift of desperation wasn't so strong, that I would have quit at this step.

As I look back through my inventory and I realize what energy I was giving to the stuff I was not willing to give up, I knew why I had to do it.

I remember, to this day, when I sat with my Sponsor and went through the step, I was extremely nervous; I didn't want to be judged or feel my ego being crushed.

When I started telling him everything, he just sat there, not saying much but he gave me ideas of why I did this or that and just listened.

When my sponsor saw I was having a hard time opening, he told me a story of what he did - I was taken aback.

Suddenly, I realized I was looking at him like I was worried he would look at me. After he shared that, the rest of my stuff just floated out of me.

By the end of the step, we were laughing our tails off. When I walked out of that meeting, I felt like I was walking on a cloud.

I had a great feeling of relief and felt clear in my mind for the first time ever.

This step made me accept myself, I now always want to get whatever it is that's troubling me out of me and not allow it to settle in my mind and ruin my day.

I will never forget that day of relief.



She said:

Step Five in Alcoholics Anonymous was a turning point I didn't fully understand until I lived it. After completing my Fourth Step, I had pages filled with resentments, fears, and patterns I wasn't proud of. Writing it all down was one thing—but saying it out loud to another person was something else entirely. I remember feeling exposed, like I was about to hand over the parts of myself I had spent years trying to hide or justify.

One moment during my Step Five stands out clearly. I was sharing about a resentment toward an ex, repeating, "he didn't do this for me, he didn't do that for me." I felt justified—anyone in my life who knew the situation had always agreed with me. When I finished, my sponsor calmly asked, "Can you see how selfish we were in that moment?" It stopped me in my tracks. No one had ever asked me that before. Instead of cosigning my resentment, she redirected me to look at my own part. It was one of the most eye-opening, unbiased experiences I've ever had. For the first time, I could see that even in situations where I felt wronged, I still had responsibility in how I showed up.

What surprised me most was not the fear going into Step Five, but the relief that followed. Speaking honestly about my past lifted a weight I didn't realize I had been carrying. For so long, I believed that if people truly knew me, they would reject me. Instead, I was met with understanding and compassion. That experience began to shift how I saw myself. I wasn't uniquely flawed—I was human, and willing to change.

Happy Birthday

Congratulations Everyone!!

Nona M.	4/8/1984	42
Lynda G.	4/19/1984	42
Doug R.	4/21/1985	41
Joe O B.	4/15/1985	41
Doug R.	4/21/1985	41
Robin W.	4/21/1988	38
Roger W.	4/14/1986	40
Karen L.	4/3/1991	35
Tom F.	4/5/1991	35
John 'Hilli' H.	4/15/1991	35
James B.	4/16/1993	33
Allie	4/27/1996	30
Patty	4/5/2000	26
Nicole	4/10/2003	23
Kim H.	4/14/2004	22
Laren T.	4/10/2004	22
Courtney P.	4/10/2006	20
Mark B.	4/20/2006	20
Pam A.	4/28/2006	20
Monica A.	4/22/2006	20
Kathie E.	4/28/2006	20
Dharma W.	4/18/2007	19
Alan B.	4/13/2007	19
Jane T.	4/22/2007	19
Jane M.	4/8/2008	18
Tim	4/11/2009	17
Rick B.	4/9/2010	16
Leisa M.	4/17/2011	15
RJ	4/17/2012	14
Jenifer D.	4/23/2012	14
Lauren D.	4/21/2012	14
Taylor	4/26/2014	12
Ryan H.	4/25/2015	11
Micaiah	4/27/2016	10
Scott	4/19/2017	9
Tom F.	4/23/2018	8
Sam	4/19/2019	7
Tessie	4/10/2020	6
Shanice	4/9/2021	5
Jennifer E.	4/21/2023	3
Teri M.	4/10/2024	2

She Said Cont.

Tradition Five reminds us that each group has but one primary purpose: to carry its message to the alcoholic who still suffers. My experience with Step Five connects deeply to that purpose. When I share honestly, I'm not just helping myself—I'm creating a space where someone else might feel safe enough to be honest too. The vulnerability that once scared me has become a tool for connection.

Today, I see Step Five as more than a one-time action. It set the tone for how I try to live—open, honest, and willing to grow. Through that, I can be of service to others, which is at the heart of both the Steps and the Traditions.

Stacey B, Sunrise Sobriety



Expect A Miracle

Request a newsletter



newsletter@kavaiaa.org

About Publishing Birthdays

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

newsletter@kavaiaa.org

A.A. Meetings

A.A. Activities

May 2 → [Kauai Intergroup Meeting](#)

June 6 → [Kauai Intergroup Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

May 16 → [District 6 Monthly Meeting](#)

June 20 → [District 6 Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

April 26-May 2 → [2026 General Service Conference](#)

1335 6th Ave New York City, New York

May 16 → [May Committee Meeting](#)

District 12 Puna



May 22-24 → [2026 Kauai Roundup](#)

Kahili Mountain Park 2-4035 Kaumualii Hwy



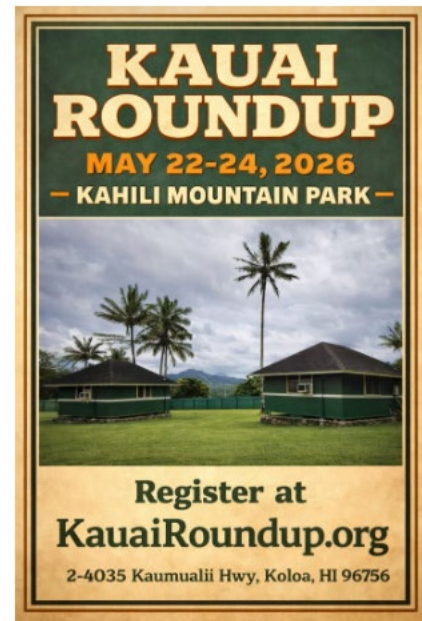
June 10 → [2026 Kauai AA Founder's Day Celebration](#)

Nawiliwili Beach Park – 4:00-7:00 PM



July 4 → [Fourth of July Celebration](#)

Poipu Beach Park



For updated [Kauai Events](#) visit:
<https://kauaimetings.com/calendar/list/>





-Kauai Intergroup-

Intergroup Chairperson Report

Aloha Kauai AA Fellowship,

I was so happy to carpool attend the Sponsorship Workshop this Saturday the 25th and fellowship with the Princeville Hanalei Group. Thank you for an excellent experience. The Pizza was great!

On Sunday, a group travelled to Koke'e and participated with the Ladies at the Woman's Retreat. It was an awesome experience to fellowship with those sober sisters! I feel blessed to be a part of our worldwide organization.

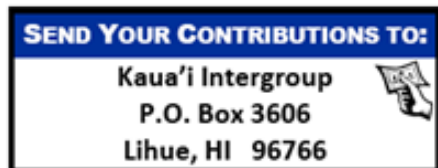
The next Intergroup meeting will be held on May 2nd and the Roundup Panning committee will meet directly after that. Both will be available on zoom.

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 meeting.

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

Your trusted servant,

Kathryn B. 808 635-5457



Intergroup Treasurer's Report

<u>Income</u>	<u>Details</u>	<u>Type</u>	<u>Total</u>
Kauai Recovery Group	Cash	Literature	\$332.00
Anahold Jaywalkers	Ck146	7 th	\$160.00
Benita	Ck848	Literature	\$30.00
North Shore Aloha	Ck0384	7 th	\$30.00
Princeville/Hanalei	Ck1505	7 th	\$248.00
Hicypaa Advisory Council	Ck9682	Split	\$747.14
	Total		\$1,547.14

<u>Expences</u>			
Guardian Self Storage	Literature Storage		\$178.01
Hawaiian Telecom	Hot Line		\$41.39
Lutheran Church	Intergroup Meetings		\$300.00
	Total		\$519.40

<u>Income</u>	\$1,547.14
<u>Expences</u>	\$519.40
<u>Net</u>	\$1,027.74

<u>Balance</u>	\$3,615.96
<u>Prudent Reserve</u>	\$1,300.00
<u>Operating Balance</u>	\$2,315.96



Intergroup Committee:

Chair:
 Alt. Chair:
 Treasurer:
 Secretary:
 Events:
 GIS Newsletter:
 Hotline
 Literature:
 Schedules:
 Website:

TS
 Kathryn B.
 VACANT
 Tom R.
 Suta
 VACANT
 Anne A.
 VACANT
 Benita A.
 Tom R.
 Carolyn V.



- Kauai District 6 -

DCM's Report

I'm continually reminded that the fundamental theme of Tradition Five, alongside Unity, is *First Things First*: "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers." We do this in many different ways—individually, through sponsorship, by participating actively in home group meetings, district events, public information efforts, working with professional non-alcoholic affiliates, or through our AA hotline. We want the Hand of AA to always be there. That is our mantra.

I have been blessed through AA and my home group to be introduced to a world and a way of life that, while I was active in my disease, was beyond my imagination and not even a possibility. I backed into AA by responding to someone else's "problem." Little did I know at the time that I probably created the problem. And little did I know there was a solution—and that it started with me and a willingness to change. My Higher Power made the transition simple—not easy, but simple.

I've been introduced to some amazing people—each very different, but all willing to help me stay sober and learn how to live a sober life. First, they welcomed me into their rooms with no judgment. Then they showed me the value of service: starting with a coffee commitment, then serving as meeting secretary, group treasurer, and GSR (Group Service Representative). Along the way, I was guided by sponsors who shared the Big Book, the General Service Manual, other AA literature, and even some non-AA approved material.

I was introduced to General Service and to area meetings on other islands, where I experienced the helping hands of people I didn't even know. They offered me transportation and a place to stay—again, something beyond my imagination.

The Hand of AA extends much further than the next suffering alcoholic. I've learned that the more I put the Steps, Traditions, and Concepts into my daily life, the more I appreciate all that I've been blessed with. The Helping Hand of AA has no boundaries.

Thank you for the gift of service.

Bob F.
DCM, District 6 Kauai

District 6 Treasurer's Report

	Dec-25	January	February	March	April	Total
	4,705.43					
Northshore Aloha #123155		35.00	35.00	35.00	30.00	135.00
3rd Tradition Group		60.00				60.00
Primary Purpose		68.00				68.00
Intergroup (KauaiAA.org, Zoom, & Chair App)		5.23	32.89			38.12
PayPal Test			5.00			5.00
BB Nooners			10.00			10.00
Princeville Hanalei Group				217.00		217.00
Koloa Aloha				100.00		100.00
Sunday Serenity				111.00		111.00
Sober Eastside Wahine				14.00		14.00
Anahola Jaywalkers					140.00	140.00
Group Contributions Total		168.23	82.89	477.00	170.00	898.12

Expense	2026	January	February	March	April	Actual	Difference	Chair
PO Box	250.00		242.00			242.00	8.00	
PayPal Fee			0.64	0.98	4.68	6.30	(6.30)	
Office Expense	300.00		52.33			52.33	247.67	
Rent	300.00					-	300.00	
DCM Travel & Registration	1,200.00	252.60		439.61		692.21	507.79	Bob
Alt DCM Travel & Registration	500.00					-	500.00	Vacant
PRAASA Travel	1,000.00	731.53				731.53	268.47	Bob
Treatment/Accessibility	5.00					-	5.00	Vacant
Corrections	250.00					-	250.00	Bill G
Public Information (PI)	500.00		439.47			439.47	60.53	Giorgio
Cooperation with the Professional Community (CPC)	5.00					-	5.00	Vacant
Grapevine	5.00					-	5.00	Vacant
Garden Island Newsletter	500.00					-	500.00	Ann A.
GSR Travel	500.00	104.90				104.90	395.10	
Cooperation with the Elder Community (CEC)	200.00					-	200.00	Jay
Archives	200.00					-	200.00	Mathea
Workshops	200.00					-	200.00	
Website (GoDaddy)	165.00					-	165.00	Carolyn
Meeting App (Hostgator)	200.00	76.25				76.25	123.75	Carolyn
Zoom	175.00					-	175.00	Carolyn
Delegate Expenses	100.00					-	100.00	
Expense Total	6,555.00	1,165.28	734.44	440.59	4.68	2,344.99	4,210.01	
Prudent Reserve	1,200.00					-	1,200.00	
Operating Balance		2,508.38	1,856.83	1,893.24	2,058.56			
Bank Balance		3,708.38	3,056.83	3,093.24	3,258.56			
Profit or Loss							(1,446.87)	



District 6 Committee:

Chair:
 Alt. Chair
 Treasurer:
 Secretary:
 Intergroup Chair
 Intergroup: Alt. IG Chair
 Archives:
 Cooperation w/Elder Community (CEC):
 Cooperation w/Professional Community (CPC):
 Corrections:
 GIS Newsletter
 Grapevine:
 Mynah Bird:
 Public Information:
 Treatment Settings/Special Needs:
 Website:

TS

Bob F.
 VACANT
 JoRina
 Scott S.
 Kathryn B.
 VACANT
 Mathea
 Jay
 VACANT
 Bill G.
 Anne A.
 VACANT
 VACANT
 Giorgio
 VACANT
 Carolyn V.



- Kauai District 6 -

Archives Report

RECOUNT! With Registrar, Area, and GSO guidelines—and with the Happy Hour Group presenting their GSO letter—we now, District 6, have:

23 groups
2 other entities

Within these 23 groups and 2 unregistered entities, regardless of SO classification, we have a total of 79 meetings per week on the island: 58 in-person meetings and 21 virtual meetings.

Mathea A.
Archives Chair, District 6, Area

District 6 Contributions

Check

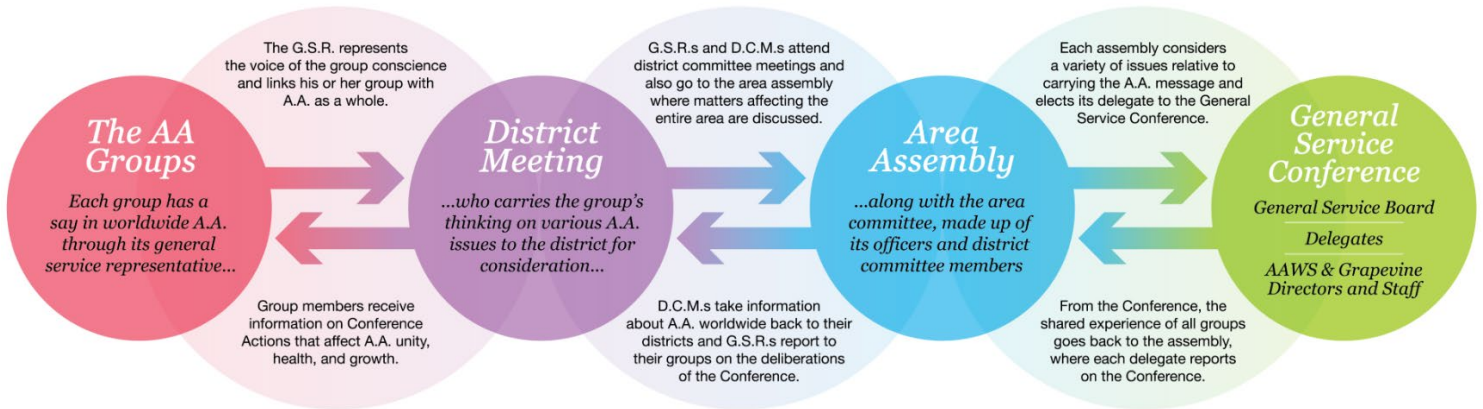
Kauai District Committee
PO Box 1503
Kapaa, HI 96746

QR Code

7th Tradition Contributions



Chain of Fellowship



HAWAI'I AREA 17

Humility in Action



Find A.A. in Hawaii

at: www.area17aa.org

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