

January 2025

Garden Island Sobriety

Step One

“We admitted we were powerless over alcohol - that our lives had become unmanageable.”



He said:

When I first stumbled to the beach, I didn't understand the word powerless. I knew I had to make an effort to seek something. I didn't know what it was, but I knew it had to do with my drinking.

When I showed up at the beach and got the opportunity to do the first half of the first step I was no longer powerless. I had to take my own power and walk to the meeting and then admit to God, to myself and another human being, the exact nature of my wrong. I admitted to that group of people that I was an alcoholic.

That was the beginning, and to continue the first part of the first step I had to ask a gentleman, after he heard me ranting and raving for a few months, if he could help me through these things called the steps. The simple question was, “Was I able to think myself sober?”

The answer, to be honest with myself, because I didn't trust myself and I had to be honest with myself, was “No”. I couldn't think myself sober. So, he asked me to go stand at the beach, hold both hands in the air and tell the ocean to stop. Then I started to get an understanding of powerlessness. But for me the process of the first step is the first action in a direction, and yet I could understand unmanageability.

Hell, I have managed to do all this. I was living in paradise. I was living other people's dreams while I experienced my own hell. Once I made the effort, my handling of Un-manageability became more apparent. The process of suiting up and showing up became a ritual in my life.

(cont. p 2)



She said:

For years, I thought I was okay because I was a functioning alcoholic. When I got to Alcoholics Anonymous, I saw step one and had no issue with admitting I was powerless over alcohol. Somehow, I glazed over the second part – that my life was unmanageable.

One miraculous day I asked for help and the obsession to drink was lifted. A period of grace allowed me to separate myself from the drink (the allergy). However, I was not in a program, and I was not attending to what I now understand as the mental obsession. I was confused as I had quit drinking, but I was unhappy. I could see people in AA had a light, so I came through the doors, humbled by my misery.

In The Doctor's Opinion, I learned about the allergy of the body and the obsession of the mind. My body reacts differently to alcohol than a non-alcoholic's body. The mental obsession overpowers rational thoughts, easily keeping me in the addictive cycle. This was the beginning of understanding powerlessness.

One of my Step One assignments was to write an autobiography of my life, highlighting how I am powerless over alcohol, drugs, pills, people, places and things. Unable to live with or without it, I knew alcohol was king and I knew it was killing me. Sharing the assignment with my sponsor, I began to see the patterns and an environment that laid the ground for my addictions, including the progression of my disease. The process allowed me a crack in the door to understanding how my life had become unmanageable.

(cont. p 2)

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12 Concepts p.4

AA Hotline 245-6677

He Said: *(cont)* So yes, I still have unmanageable moments, but with grace and the guidance of a Group of Drunks, now I'm able to get Good Orderly Direction.

Aloha and Mahalo,
Anonymous at Sunrise.

She Said *(cont)* That delusion that my life was manageable was a farce. It included I am resourceful, task oriented, and capable of handling my life. I still had a job, a house, two cars in the garage and a family. Then I read the bedevilments: Trouble with relationships, emotions, prey to misery and depression, feeling useless, fearful and unhappy. I resonated hard with these. I believe the bedevilments are a commonality we alcoholics share. Somehow, I had not YET lost my job, house and family. The Group of Drunks demonstrated if I went out, YET stood for You're Entitled To. If I sit on my laurels, it's a matter of time before the YETs come.

Today, I practice Step One by treating my alcoholism daily. By doing something every day, I am acknowledging to myself that I am still powerless over alcohol. By not drinking, I avoid triggering the allergy. While we are not a glum lot, it is critical that I foster my emotional sobriety, which is tied to the mental obsession. If I remember I am powerless over alcohol, people, places, and things, turn my will over to a power greater than myself, my life is manageable. I am granted another 24 hours of peace.

~ Anonymous, Kauai

Happy Birthday

Carl K.	12/19	1981	42 yrs
Bobo	12/13	1986	37 yrs
Peggy S.	12/19	1986	37 yrs
Lori N.	12/23	1988	35 yrs
Bob C.	12/16	2003	20 yrs
Ron W.	12/24	2003	20 yrs
Eddie F.	12/13	2005	18 yrs
Erica J.	12/13	2005	18 yrs
Sarah	12/3	2007	16yrs
Nicole	12/25	2009	14 yrs
Allison T.	12/23	2011	12 yrs
Steve	12/20	2013	10 yrs
Lenny	12/8	2013	10 yrs
Katie	12/26	2014	9 yrs
Congratulations Everyone!!			
Benita	11/20	2001	4 yrs

Expect A Miracle

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

About Publishing Birthdays

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

District6newsletter@hotmail.com

A.A. Meetings



Hui'Ohana Nightly Reflections

Hui 'Ohana NEW MEETING

FRIDAY 6:00 PM

Hui' Ohana POTLUCK

Hui Ohana virtual meetings (Sun-Sat) have

a new Zoom address: login: 895 6728 8988

pw: Recovery (case sensitive)

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

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**

January 3, 2019

"I used to think that having a pint was the only way to have fun; now I know that, for me, it's the only way to destroy the fun that I'm having!"

"Front Row on Fun," Toronto, Ontario, August 2003, AA Grapevine

January 5, 2020

"Beaten into complete defeat by alcohol, confronted by the living proof of release, and surrounded by those who can speak to us from the heart, we have finally surrendered. And then, paradoxically, we have found ourselves in a new dimension, the real world of spirit and of faith. Enough willingness, enough open-mindedness -- and there it is!"

AA Co-Founder, Bill W., June 1960, "The Language of the Heart," The Language of the Heart

January 5, 2022

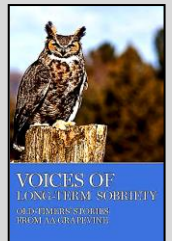
"The word powerless described my situation with alcohol perfectly and completely. My life was more than unmanageable, it was illegal."

"Gateway to Freedom," Gainesville, Florida, September 1994, Step By Step

January 9, 2023

"There have been many times when I've felt inadequate to meet life's demands, but AA and the Twelve Steps have always helped me find a way."

La Mesa, Calif., July 2006, "Sober in the Sixties," Voices of Long-Term Sobriety



January 27, 2023

"Anger in all its forms is ugly. I see the absence of anger as one form of grace."

Ottawa, Ontario, April 1992, "Grace," AA Grapevine

January 30, 2023

"Trying to understand God's miracles and why he performs them, at least for this alcoholic, is something better left to God. I need only say 'Thank you.'"

New Haven, Conn., April 1992, "Three Years Tomorrow," AA Grapevine



AA Archives

The Best of Big Book Dave:

January in Our History:

January 1920:

The 18th Amendment has been ratified and prohibition begins. From the beginning Prohibition was an ill-fated social experiment of drinking control that illustrated the consequences of viewing alcohol related problems as moral and religious concerns. The reluctance of health professionals to accept alcoholism as medical cases invited the intervention of the social reformers which divided and tore this country apart for years.

January 8, 1939:

Richmond Walker, author of "The 24 Hrs. A Day Book" joined the Oxford Group. 50 yrs old and 30 years of heavy un-controlled drinking under his belt, Richmond will join A.A. in Boston two years later. He never had another drink.

January 1951: The Grapevine publishes a memorial issue for Dr. Bob.

January 14, 1966:

"The National Center for The Prevention and Control of Alcoholism" is created within "The National Institute On Mental Health."

January 24th, 1971:

On this date, at 11:30 pm, our co-founder Bill W. moved on up to the 'Big Meeting'. Memorial services were held all over the world in the next few weeks. Ten days after his death, on page one, the New York Times printed Bill's obit. In newspaper history, which can be traced back to before the Civil War, an obituary had never before been printed on the front page!

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

Submitted by Mathea A.



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



Traditions Checklist

From The A.A Grapevine

Our common welfare should come first: personal recovery depends upon AA unity.

1. Am I in my group a healer, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?

2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?

3. Am I gentle with those who rub me the wrong way, or am I abrasive?

4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?

5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?

6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?

7. Am I as considerate of AA members as I want them to be of me?

8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?

9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?

10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?



The Next Intergroup Meeting January 4th, 9:30 am

To Attend these meetings on Zoom:
Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

December, 2024

Income:

Sunrise Sobriety Poipu	7th	250.00
Princeville Hanalei	7th	400.00
Kauai District	Reimburse	25.00
Na Wahine Ku Pono	Literature	22.00
North Shore Aloha	7th	45.00
Sunrise Sobriety	Turkey	25.00
Hui Ohana	Literature	12.00
Jen	Literature	60.00
Total Income:		<u>839.00</u>

Expenses:

Guardian Storage	Locker	178.01
Hawaiian Telcom	Hotline	33.79
Inkspot Printing	Newsletter	95.00
Literature Order		11414.16
Charlie	Zoom	50.00
Total Expenses		<u>177596</u>

Total Income: 839.00

Total Expenses 1775.96

Net 936.96

Balance 3652.71

Prudent Reserve -1300.00

Operating Balance 2352.71

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Committee:

Election Results - New Panel:

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

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

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

District 6, Kauai:

The Next District Meeting :
January 18th 9:30 am

To Attend the meeting on Zoom:
Zoom ID: #727 056 4300 Passcode: 043962

District 6 Treasurer's Report

December, 2024

Income:

North Shore Aloha	35.00
Saturday Night 3 rd Tradition	60.00
Kauai Recovery Group	75.00
Total Income:	<u>170.00</u>

Expenses:

Pacific Media Group	523.56
Total Expenses:	523.56

Bank Balance	3977.62
Prudent Reserve	-1200.00
Operating Balance	<u>2777.62</u>

~ prepared by Bob F.

District 6 Committee:

Election Results - New Panel:

DCM:	Bob F.
Alt. DCM:	Jeanne L.
Secretary:	Scott
Treasurer:	Katherine
Website:	Aaron
Corrections:	Garrett S
Grapevine:	OPEN

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

Find A.A. in Hawaii



at: www.area17aa.org

Service is Sobriety H.O.W.

- **Honesty**
- **Openmindedness**
- **Willingness**

SEND DISTRICT CONTRIBUTIONS

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

