

August 2024

Garden Island Sobriety

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”



He said: As we contemplate Step 8, let us look at where we are coming from.

As we arrive at Step 8 having asked (prayer) our higher power twice (step 3 and step 7) for relief from “the bondage of self”, what can we expect? We cannot overlook the grace we have been granted. Having, one day at a time, sobriety is not just the wearing off of the intoxication of alcohol. At this juncture we begin to feel the impact of our decisions on a spiritual level. We are NOT “faking it till we make it”. Instead, we have made a commitment on multiple levels to take full responsibility in a way that will benefit others. This carries great weight within the fellowship as well as outside because now we venture out into the community.

There are many consequences of drunkenness. Some are permanent; some are not. Alcoholics Anonymous is open to anyone. But we must remember that there is no “free lunch”. You have to pay to play. Even a broken clock is right twice a day, but one set to the wrong time is never right. If our clock is reflecting faulty or even fallacious information, God is not to blame. Here the word clock means sobriety. As we crawl out of the quagmire of alcoholism, we can never lose sight of these stark facts. How can we ever hope to realize the 9th Step promises? For we are not just reading them off a scrap of paper. The “amazement” that is referred to on or about page 83, is a feeling that cannot be denied or postponed. It is akin to a full-moon tide at flood. In my case, permeating my soul.

What will I do with this newfound “freedom”? I’m making my Step 8 list. Again, in my case I searched

(cont. p 2)



She said: Pride said “You need not pass this way,” and Fear said “You Dare Not Look.”

I’ve grown every time taking each Step, so no reason that now should be any different...So long, Fear. HELLO, COURAGE I appreciate that the Step Eight list begins with the WHO I had harmed – myself and others; and HOW my character defects adversely affected my relationships; then next the WHEN, WHERE and WILLINGNESS to begin the approaches. This practice allowed me to again detach from EGO while examining memories and seeing patterns in my attitudes and behaviors and relationships. I understand EGO as being Self-aware, maybe to include Self-centeredness, Self-importance and Self-justification. I’ve looked at how my character defects have warped my “Self” spiritually, physically, emotionally, mentally (Steps 6 and 7). Now I get to look at how my *special* qualities affected others while I pursued that out-of-grasp (fill in the blank) that I thought I needed to make me happy. MADE a LIST - Mom was first. One of my huge regrets was that I hadn’t been receptive to her wisdom and love. With my other family members as well, I regretted not being Present when together, or avoiding them altogether. Coworkers – This was an early one as well. Some of the remarks I had made without thinking or putting myself in their shoes .. more cringe-worthy memories. I worked in an office and drank on the job. In wanting to appear capable and confident, I sometimes put on an arrogant (defensive) air. I might have even made (gasp) disparaging remarks about other coworkers. During college I lived with a young family with five kids. Several months I neglected to pay them the measly amount for my room and board. (see Step Nine) My Sponsor told me to not add my abusive former boyfriend to this amends list. AA

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AA Archives p.4

Meetings p.3
12 Concepts p.4

AA Hotline 245-6677

He Said: (cont) out my acquaintances through time, leaving no stone unturned. I am not finished! I have been reminded time and time again, “we will not regret the past nor wish to shut the door on it.” The door will always remain open as I “trudge the road of destiny”.

May all who pass this way be blessed, each in his or her way.

Aloha, stay cool in this summer of a thousand Julys.

~ Anonymous, Kauai

She Said (cont) members advised me to let go of expectations. This reminds me of when I first came into the rooms, members would tell me I would shortchange myself if I tried to figure out right away what I wanted, or how I wanted to turn out. More is being revealed. I followed the suggestions to list the amends I’d feel comfortable making right away; then those not quite as easy or were no longer possible, and then the amends I’d rather not make. After the WHO and the HOW, I asked again for Willingness and Courage to pry apart the veil over my misconception of the other persons. If I am willing to accept myself as I am; Eight and Nine direct me to accept others as THEY are – what a concept. This gives me compassion for the other persons .. and maybe understand their take on our relationship (without quarreling!). Reparations coming in Step Nine.

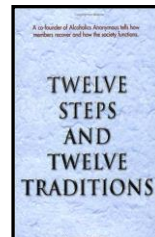
Facing forward.

~ Anonymous, Kauai

Happy Birthday

Mary C.	7/20	1979	45 yrs
Kathryn B.	7/9	1982	42 yrs
Judith E.	7/14	1984	40 yrs
Keola	7/6	1990	34 yrs
Rick G.	7/4	1991	33 yrs
Paul H.	7/1	1993	31 yrs
Lisa D.	7/4	1996	28 yrs
Charlie S.	7/27	1996	28 yrs
Kellie	7/1	1998	26 yrs
Dave A.	7/9	2004	20 yrs
John	7/12	2013	11 yrs
Jamie	7/19	2017	7 yrs

Congratulations Everyone!!



The 12 x 12 on Step 8

Start By Forgiving (page 78)

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. ... Triumphantly we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own.

Right here we need to fetch ourselves up sharply. ... Let’s remember that alcoholics aren’t the only ones bedeviled by sick emotions. ... In many instances we are really with fellow sufferers, people whose woes we have increased. If we are now about to ask forgiveness for ourselves, why shouldn’t we start out by forgiving them, one and all?”



We Publish Sobriety Birthdays

On The Month After Their Occurrence.

To Have Yours Published Contact:

Diistrict6newsletter@hotmail.com

A.A. Meetings

Hui' Ohana Back at Lydgate



Hui 'Ohana Group Meeting

Daily 7:00 am

Hui' Ohana Virtual

Hui Ohana virtual meetings (Sun-Sa)
have a new Zoom address:

login: 895 6728 8988

pw: Recovery (case sensitive)

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

A.A. Activities

Labor Day Potluck



Salt Pond - Main Pavillion

10:00 to 4:00 pm

Monday September 2

**Speakers, Service Workshop &
Sobriety Countdown**

NEW: "TALENT TIME"

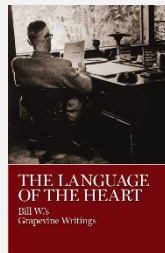
Bring Your Musical Instruments!

~Sponsored by Waimea Cyn Group~

GRAPEVINE Quote of the Day

August 1, 2023

"Sometimes we register surprise, shock, and anger when people find fault with AA. We are apt to be disturbed to such an extent that we cannot benefit from constructive criticism. This sort of resentment makes no friends and achieves no constructive purpose. Certainly, this is an area in which we can improve." AA Co-Founder, Bill W., July 1965, "Responsibility Is Our Theme", *The Language of the Heart*



August 2, 2023

"You never know until you go out to meet it what any given day is going to be, but the way you go to meet it surely makes a difference." "The Christmas Fighters," Quogue, N.Y., December 1963, AA Grapevine

August 3, 2023

"I have had to face my past, one episode at a time, and become willing to look at the truth. I could feel the pain and fear, like trolls under the bridge, waiting to jump out and challenge my self-esteem."

"Facing the Truth," Cleveland, Ohio, February 1993, AA Grapevine

August 6, 2023

"I believe anyone can be helped if they have an honest desire to stop drinking. I'm living proof."

"Ripped Jeans and Threadbare High-Tops," The Pas, Manitoba, July 1999, In Our Own Words: Stories of Young AAs in Recovery

August 7, 2023

"I could do something about changing my own thoughts, but nothing about changing the people around me." "Caught in Hateland," La Verne, California, December 1966, AA Grapevine

August 8, 2023

"I do not need to make amends on my hands and knees; I need to walk tall, without false pride. When I go in humility and sincerely ask people to forgive me, this will remove the burden from my shoulders."

"Persons We Had Harmed," Reynoldsburg, Ohio, September 1979, AA Grapevine

August 12, 2023

"I no longer always have to be right." "An Unexpected Shot at Life," Palmdale, California, July 1992, AA Grapevine



AA Archives

The Best of Big Book Dave:

August in Our History:

How did the world-wide custom of saying, "I am an alcoholic", at AA meetings begin?

Unfortunately, there are very few old-timers left and none of the have been able to provide plausible theories.

According to an early friend of AA, the late Henrietta Seiberling, this expression dates back to meetings of AA's forerunner, the Oxford Group, which had its heyday in the 1920's and 1930's. Henrietta had sought spiritual help in the Oxford Group when they first showed up in Akron. She is credited with introducing our founders Bill and Dr. Bob at her home on Mothers' Day, May 12th, 1935. All three of them were active Oxford Group members. At small Oxford Group meetings the members knew one another and didn't need to identify themselves. But, at large meetings, where there was 'witnessing', along the lines of an AA meeting today, personal identification became necessary so the alcoholics would know each other. "Chances are," Mrs. Seiberling said, "at some time one of the men stood up to share and after giving his name said, 'I am an Alcoholic' and the phrase just took off from there."

Early AA members do not remember that phrase being used at early AA Meetings as much as other words, at least in Akron, Cleveland area. Other words used to describe themselves were Drunks, Rum Hounds, or Boozers ... reminiscent of the temperance movements that gained adherents during prohibition and which most members of AA had lived through.

In New York, where Bill was from, the word 'Alcoholic' was rarely used before the publication of the Big Book. Some early east coast members said, according to their recollection, they first heard the expression as "I am an Alcoholic and my name is ...", and it came into being after World War II, 1945 or 1946.

It is a matter of record that in 1947 a documentary film entitled, "I am an Alcoholic" was produced by RKO Movie Company in Hollywood and from then on it began to be heard at most of our meetings.

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

~ Submitted by Mathea A.



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



Concepts Checklist

Concept VIII:

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

- **Do we understand** the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. grapevine) and the General Service Board?
- **How can the business** term "custodial oversight" apply to the trustees' relationship to the two corporate service entities?
- **Does my home group** subscribe to G.S.O.'s bimonthly newsletter Box 4-5-9? The A.A. Grapevine? Do I?

Find A.A. in Hawaii



at: www.area17aa.org

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



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**



Kauai Intergroup

Next Intergroup Meeting
August ^{trd}, 9:30 am

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

Intergroup Treasurers Report

July, 2024

Income:

Eastside Wahine	7th	10.00
North Shore Aloha	7th	25.00
Sunrise Sobriety	Literature	18.00
Whiskey & Milk	Literature	36.00
Na Wahaine	Literature	36.00
Waimea Canyon	Literature	14.00
Hui Ohana	Literature	85.00
North Shore Aloha	Literature	71.50
Waimea Canyon	Literature	36.00
Roundup	Literature	48.00
Total Income:		<u>379.50</u>

Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	38.64
District/Hui Ohana	Reimburse	1000.00
Total Expenses		<u>1206.18</u>

Total Income: 379.50

Total Expenses 1206.18

Net 826.68

Balance 6062.27

Prudent Reserve -1300.00

Operating Balance 6062.27

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting :
August 17th, 9:30 am

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

District 6 Treasurer's Report

June, 2024

Income:

Hui Ohana	1000.00
Sunrise Sobriety	270.00
Northshore Aloha	25.00
Eastside Wahine	75.00
Total Income:	1305.00

Expenses:

Anastasia A.	192.20
Lihue Lutheran Church	192.20
Total Expenses:	274.20

Bank Balance 3452.42

Prudent Reserve -1200.00

Operating Balance 2252.42

~ prepared by Bob F.

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.

AA Service Structure

INTERGROUP	DISTRICT
Partnership of AA groups in a community	AA groups in an area determined by population, geography, possibly linguistics
Exists to help groups in their common purpose to carry the message	Part of the General Service structure
Carries out functions common to all groups but best handled by a centralized office or entity	Maintains the link between AA groups and the General Service Board
	Passes on the AA message and supports fellowship as a whole
Representative from the AA group is the Intergroup Representative (IGR)	Representative from the AA group is the General Service Representative (GSR)
FUNCTIONS:	FUNCTIONS
Managing Hotline and 12-Step Calls	Two-way communication between GSRs, the Area Delegate and Conference
	District Committee Member (DCM) and District Committee is exposed to the group conscience of the district
Maintain information regarding local hospitals for AA	Provide a forum where Groups can come together to share their experiences, solve problems and work together in unity to carry the AA message.
Publish local meeting list	
Provide local newsletter (Garden Island Sobriety)	Further tasks based on local needs
Ordering, selling and distributing AA Conference approved literature	District has committees including Archives, Cooperation with Elder Community, Cooperation with the Professional Community, Grapevine, Mynah Bird and Public Information.
Circulating information among AA groups in the community	
Has local committees such as Corrections and Events	
Manages annual Thank-A-Thon	
Manages Kauai Website	
Reports at the Area Assembly regarding Intergroup status	Reports at the Area Assembly regarding District status
Has vote at the Area Assemblies	Has vote at the Area Assemblies

Service is Sobriety



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

Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	Benita A. & Jeanne L
Hotline	Sean G.
Website:	Charlie S
Events:	Mike T

District 6 Committee:

DCM:	Anastasia A
Alt. DCM:	Jim D
Secretary:	Shoshanah
Treasurer:	Bob F
Website:	Aaron
Corrections:	Garrett S
Grapevine:	Mathea A



References: AA Guidelines: Central or Intergroup Offices, The AA Service Manual, The AA Group...Where It All Begins