

July 2024

Garden Island Sobriety

Step Seven

“Humbly asked Him to remove our shortcomings.”



He said:

Overcoming limitations;

Freedom to live sober! “Genuine remorse filled our hearts, not only because we had suffered or made others suffer but because we regretted that even in recovery, we still could not remove our shortcomings...”

“We had to surrender every particle of self-sufficient pride and admit that our efforts to save ourselves had been insufficient...”

“We finally abandoned the idea that we could become perfect by ourselves, and we accepted the truth that God desires us to conquer our weakness in this life by coming to him and being perfected...”

Rather wordy and/or redundant, but step 7 is outlined here in a way so as to be understood by as many as possible. My creator I am now willing!

As summer begins to unfold, every morning I revel in the moment, realizing it's only 5:45 am and fully light. No school traffic! I can easily make it to my home group. I certainly tried to remove my own shortcomings. I thought that was what I was supposed to do! Longtime readers know that keeping my desk organized is something with which I have struggled. A quick glance at a nearby bookshelf turns up 7 books on how to get organized. There have been times when I tried very hard to implement those systems. At other times I put lots of thought and effort into coming up with my own system. None of this feverish activity has resulted in a permanent change. This limitation is a thorn in my side that could stay with me forever.”

In the world of music the use of quotation is widespread and serves a certain purpose. Each instance is either a function of composition or improvisation. Many times the quote served to emphasize the theme or it can be in the form of a

(cont. 2)



She said:

I came to AA because I was

broken, out of control. Took stock, needed to be restored to sanity; HP could facilitate; decided that's the way to go. Step Four: MORE introspection!! And then Five – I'm coping to it -- OUT.LOUD.(sigh). Step Six asks: Am I done? Am I willing and really ready to be relieved of my shortcomings, bad attitudes, character defects, bad ideas and bad behaviors? Step Seven even suggests a prayer for that!! “When ready, we say something like this: *‘My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.’*”

I first heard “Fake it ‘til you make it” in AA meetings. Another practice calls it “Acting as If.” I've surrendered my will and life to God's will for me. What principles and qualities are the opposites of my defects? Courage replacing Fear; Forgiveness replacing Resentment; Receptiveness opening up from closed-mindedness. Beliefs about myself and my abilities became self-fulfilling prophecies and great habits. Channeling my efforts --as the song goes: “You've got to accentuate the positive, Eliminate the negative, latch on to the affirmative, Don't mess with Mister In-Between.”

St Francis prayer implores God to *“Make me an instrument of Your Peace. That where there is hatred let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; Where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; To be understood as to understand; To be loved as to love. For it is in giving that we receive; It is in pardoning that we are pardoned; And it is in dying that we are born to eternal life.”*

(cont. 2)

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12 Concepts p.4

AA Hotline 245-6677

He Said: (cont) riddle to inspire thoughtful reflection. Today I used quotations (uncredited) to help spell out the fact that I could not remove my “defects” any more than I could stop drinking on my own willpower. I’ve said it before, and I’ll say it again: I did not come AA to stop drinking. I was told that AA would accept me with open arms. I didn’t really believe it but in fact that is what happened. At any rate thank you AA for my sobriety. Aloha for now. Get your Step 8 list for next month.

Love ♥ to all!, ~ Anonymous, Kauai

She Said (cont) **On the flip side** of handicaps from The Seven Deadly Sins are The Seven Heavenly Virtues -- No kidding!! ((but I digress...))

On a work break as I jogged past four rabbi-looking-dressed men, I overheard one of them say “Love is the most powerful force in the Universe.” The principles AA asks me to practice are all various manifestations of Love – Our readings validate these principles our faith traditions expound on: Love, joy, peace, patience, kindness, wisdom, gratitude, forgiveness, self-control; justice, moderation.

GRATITUDE is my go-to Prayer attitude (endorphins are firing). Even when I begin to FEEL fear, I express gratitude to HP for F*E*E*L*I*N*G*S, and for learning a better way.

Wisdom "teaches moderation and prudence, righteousness and fortitude, and nothing in life is more useful than these." I feel empowered when learn something new and useful.

Though my Learning Curve started out awkwardly, muscle memory has improved with practice.

Of course, if this doesn’t work, I could always go back to my old consequences... NOT!!!

~ Anonymous, Kauai

Happy Birthday

Linda W.	6/24	1991	33 yrs
Ron A.	6/1	1994	30 yrs
Mike T.	6/5	1998	26 yrs
Chris	6/11	2000	24 yrs
Romeo G.	6/20	2000	24 yrs
Tatiana	6/18	2001	23 yrs
Tom C.	6/6	2005	19 yrs
Chandra	6/15	2007	17 yrs
Jude H.	6/19	2007	17 yrs
Pirie I.	6/28	2007	17 yrs
Matt	6/26	2008	16 yrs
Miguel	6/18	2011	13 yrs
Susanah	6/7	2011	13 yrs
Corina W.	6/30	2013	11 yrs
Barbie	6/19	2015	9 yrs
Olivia	6/26	2020	4 yrs
Nikole P.	6/11	2022	2 yrs

Congratulations Everyone!!

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me,
good & bad.

I pray that you now remove from me every
single defect of character which stands in the
way of my usefulness to you & my fellows.

Grant me strength, as I go out from here to do
Your bidding.

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

4th of July



Poipu Beach Far West Pavillion

9:00 to 11.00 am

Potluck with Hotdogs Provided

"Weiners of the World"

A Panel on Sponsorship

~Sponsored by Sunrise Sobriety~

GRAPEVINE Quote of the Day

July 3, 2023. "I was told when I began my own journey through the Twelve Steps that I could find God in a most unlikely place: standing smack in the middle of the truth about myself." *"Another human being," Oceanside, NY, May 2012, AA Grapevine*

July 4, 2023. "The group I joined saved my life ... For an hour, I was safe. For an hour, I had a haven among those whose fear had once been as great as my own. I did not give my fear away – they took it. They eased it from my grasp with hugs and laughter, with shared experience." *"The Scariest Thing," Carlsbad, California, June 2006, Emotional Sobriety: The Next Frontier*

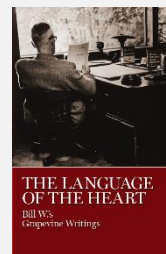
July 5, 2023. "My willingness to have my defects of character removed was bolstered by the realization that little, if any, spiritual growth was possible as long as I held on to my old ideas and defects."

"Seventh Step," Brighton, Colorado, November 1970, Best of the Grapevine, Volume 2

July 7, 2023. "The effort to escape from truth is the father of anxiety." *"Truth," Key West, Florida, August 1973, Best of the Grapevine, Volume 1*

July 8, 2023. "We neither ran nor fought. But accept we did. And then we began to be free."

AA Co-Founder, Bill W., March 1962, "What Is Acceptance?", The Language of the Heart



July 20, 2023. "There is no you or me or them. Everything is connected and the salvation of each of us is linked to the salvation of all of us." *"The Steps Are the Program," Riverside, Illinois, July 1975, AA Grapevine*

July 24, 2023. "I've learned that I am not responsible for anyone's happiness except my own. Most importantly, I learned that true happiness is an inside job." *Recovery Is a Wonderland," Brooklyn, NY, July 2010, Emotional Sobriety II*



AA Archives

The Best of Big Book Dave:

July in Our History:

July 15th 1938: The first documented use of the A.A. name in our General Service Office Archives. It is in a letter from Bill W. to Willard Richardson (non-alcoholic trustee). Bill started using the name "Alcoholics Anonymous" both as the working title for our book and then as the name for our membership.

July 1936: At Lois and Bill W.'s home on Clinton St., Brooklyn, a group of hard-core alcoholics was developing weekly meetings while Bill was receiving strong criticism from the Oxford Group.

July 1942: Opening in New York City, Riverside Hospital, which has the first alcohol treatment facilities for adolescents in the U.S.

July 1949: The first medical journal about A.A. is written by Dr. Silkworth.

July 2, 1955: "The Saturday Evening Post" magazine has a long article written by Jerome Ellison. It is about help for the families of alcoholics through Al-Anon. As of 1955, the article says, there are 700 Al-Anon groups nation-wide.

July 1965: At our International Convention held in Toronto, Canada, Bill led thousands of A.A. members in our "I am responsible" pledge for the first time! It was written by Al S.

July 1967: The American Medical Association passes a resolution identifying alcoholism as "A complex disease and disease that merits the serious concern of all members of the health professions."

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 VII:

The Charter and Bylaw of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

- Do we act responsibly regarding the "power of the purse?"
- Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.??

Expect A Miracle

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

Kauai Intergroup

Next Intergroup Meeting

July 6th, 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



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 News

The Literature Committee has new co-chairs who are taking care of the maintenance of the Literature Locker and supplies. **Benita A.** from Sunrise Sobriety and **Jeanne L.** from Hui Ohana have stepped up to take these service positions.

**If you need any AA Literature, please
Text Benita A. at 707-684-6682.**

Our thanks to Benita and Jeanne for accepting this service position!



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, Kauai:

The Next District Meeting :
July 20th, 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	<u>2252.42</u>

~ prepared by Bob F.

District 6 Committee:

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

SEND DISTRICT CONTRIBUTIONS

Kaua'i District Committee

P.O. Box 1503

Kapaa, HI 96746



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



Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.