

May 2024

Garden Island Sobriety

Step Five

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



He said:

The best part first:

when I read this in my book; the words really hit home. If I skip this vital step I may not overcome drinking. Well, I didn't skip it! And I didn't drink. I asked my sponsor after we met to do it; “now what?” He did not use the Big Book... I didn't know the difference. I missed the whole section of what we do after. The part where we return home and review what we have done using the basic text of Alcoholics Anonymous.

For me the “stones” were not properly in place. The stones are mentioned in the preceding chapters. The “cornerstone” and the “keystone”. The way this process was described to me is that I'm following a recipe. If I don't follow it precisely I will end up with something other than what the first 100 called “recovery “. By the grace of God I didn't pick up a drink!

Eventually, by staying in contact with AA and working with quite a few sponsors I was able to grasp the 5th step with all its implications.

Aloha for now see all you next month! I will likely be referring back to the 5th step in the coming months. Stay tuned.

~ Anonymous, Kauai



She said:

Taking the Fifth in AA is certainly different from Taking the Fifth in Court! Here I must strive to reveal truth about myself rather than hiding from it. What an order! Can I go through with it?

It became apparent that simply reviewing my list of my shortcomings with HP wasn't going to suffice: I had become adroit at rationalizing my behaviors. My Sponsor was VERY helpful. I had already confessed snippets of my sins to see if she would fire me for being such a reprobate. So, she knew what to expect and kept me anyway. I was grateful my Sponsor had been through this process that at first seemed like I was humiliating myself. If I were to experience change, I must admit I don't know everything... so her feedback was necessary...and relieving.

We got away to a cabin for a night – no distractions. As we began exploring my relationships, resentments and fears, I started feeling like I was observing myself from a detached viewpoint, like a non-judgmental plateau. We looked at my part in various disturbances and found common threads.: self-pity, -self-centeredness (I ain't much but I'm all I think about), dependence on others for my self-esteem, expectations, anger, insecurities. We delved into my perceptions while growing up – relationships with my family, my classmates, romantic interests, employers and coworkers, church friends.

I had tried hard to meet (what I thought were) other people's expectations. My desire for recognition and approval led to me avoiding anything that I couldn't visualize as having done perfectly. Was I ever good enough? Ahh, the relief alcohol gave me from those gnawing inadequacies and recollections of past hurts and misdeeds, how they influenced how I perceived myself and others. I bought into the notion that

(cont. 2)

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.

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Meetings p. 2 & 3

12 Concepts p.4

AA Hotline 245-6677

Happy Birthday

Nona M.	4/8	1984	40yrs
Lynda G.	4/19	1984	40 yrs
Doug R.	4/21	1985	39 yrs
Joe O'B.	4/15	1985	39 yrs
Robin W.	4/21	1988	36 yrs
Tom F.	4/23	2018	6 yrs
Roger W.	4/14	1986	38 yrs
Karen L.	4/3	1991	33 yrs
Tom R.	4/5	1991	33 yrs
John 'Hilli" H.	4/15	1991	33 yrs
James B.	4/16	1993	31 yrs
Allie	4/27	1996	28 yrs
Patty	4/5	2000	24 yrs
Nicole	4/10	2003	21 yrs
Kim H.	4/14	2004	20 yrs
Laren T.	4/10	2004	20 yrs
Courtney P.	4/10	2006	18 yrs
Mark B.	4/20	2006	18 yrs
Pam A.	4/28	2006	18 yrs
Monica A.	4/22	2006	18 yrs
Kathie E.	4/28	2006	18 yrs
Dharma W.	4/18	2007	17 yrs
Alan B.	4/13	2007	17 yrs
Jane T.	4/22	2007	17 yrs
Jane M.	4/8	2008	16 yrs
Tim	4/11	2009	15 yrs
Rick B	4/9	2010	14 yrs
RJ	4/17	2012	12 yrs
Jenifer D.	4/23	2012	12 yrs
Lauren D.	4/21	2012	12 yrs
Taylor	4/26	2014	10 yrs
Scott	4/19	2017	7 yrs
Tessie	4/10	2020	4 yrs
Leisa M	4/17	2011	13 yrs
Shanice	4/9	2021	3 yrs
Sam	4/19	2019	5 yrs

Congratulations Everyone!!

She Said (cont) alcohol made me likable, sophisticated, fun. As a former Sponsor put it "I felt prettier and wittier and tittier." Well, it worked...until it didn't.

When I started drinking and using pills at 14, I stunted my emotional growth. I thought I'd be stuck in my self-image as coming from a broken home and missed out on ever becoming "normal." I didn't grow through dealing with the challenges of everyday living. This didn't change until I got into AA. I no longer need to feel that I'll always be an emotional gimp, that with HP's lead I can change that perspective and get counsel if needed. When I'm uptight or disturbed by my feelings, rather than stuff them I can examine the causes of my discomfort. If somebody is being unpleasant or being a jerk, I can put them in my "God Bless" box and let go.

I am so grateful for AA giving me a reprieve and a new outlook. My Sponsor gave the greatest gift of listening and accepting and loving me while I peeled away the layers of guilt and shame and denial.

As I have heard: "our defects grow in the dark and die in the light of exposure."

~ Anonymous, Kauai

A.A. Meetings

Happy Hour Group

Is happy to announce they've added a Thursday meeting at Nawiliwili Beach Park. Find them sitting on a picnic bench enjoying the Kauai sunshine and carrying the message of experience, strength and hope.

Thursdays at 5:00 p.m

Whiskey and Milk

While Koloa Union Church is under renovation **Whiskey and Milk (stick) meeting** Will be held at the Salvation Army Koloa

(5348 Koloa Rd.)

7:30 – 8:30 pm, Wednesdays

2024 Kauai Roundup

Join us for the Kauai Roundup June 6-9

"Love, Unity & Service!"



**Hale Koa Campgrounds, Kokee State Park
(Adjacent to Waimea Canyon)**

Hui' Ohana Location Change



UNTIL FURTHER NOTICE:

Due to access closure, Hui Ohana will be holding their daily morning meeting at the **Wailua Houselots Park Pavillion**. 7 - 8 a.m. Su - Sa.

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>

GRAPEVINE Quote of the Day

May 16, 2020

"When I took the Fifth Step with all the thoroughness I could muster, the part of me that I feared the most no longer frightened me."

July 1980, "Short Takes," Step By Step

May 17, 2020

"My self-analysis has frequently been faulty. Sometimes I've failed to share my defects with the right people; at other times, I've confessed their defects, rather than my own; and at still other times, my confession of defects has been more in the nature of loud complaints about my circumstances and my problems.

"Nevertheless, I think I've usually been able to make a fairly thorough and searching job of finding and admitting my personal defects ... Yet this pretty well-ventilated condition is nothing for self-congratulation. Long ago I was lucky enough to see that I'd have to keep up my self-analysis or else blow my top completely. Though driven by stark necessity, this continuous self-revelation -- to myself and to others -- was rough medicine to take. But years of repetition has made this job far easier."

AA Co-Founder, Bill W., June 1958, "Take Step Eleven," The Language of the Heart

May 3, 2020

"In a garden we remove or control undesirable weeds; in my personal sobriety, I remove the things that have been blocking me; and in my home group, by means of group inventory, I do something about the things that cause problems.

London, Ontario, February 1992, "Freedom From Alcohol," Voices of Long-Term Sobriety

May 13, 2020

"To us of AA sobriety means life itself."

AA Co-Founder, Bill W., December 1957, "The Greatest Gift of All," The Language of the Heart

May 21, 2020

"Being painfully honest in the Fourth and Fifth Steps started me on the road to humility. I could finally accept myself as human and go to work on my varied defects of character (Step Six)."

Wakesha, Wisconsin, July 1979, "List Our Assets?," Step By Step



AA Archives

The Best of Big Book Dave:

May in Our History:

May 1939: In A.A.'s beginning the first "Intergroup" was called the "Central Committee" in Cleveland, Ohio. This was 4 years after our co-founders first met; a committee of 7, including Dr. Bob was meeting once a month to 'coordinate' efforts regarding sponsorship and hospitalizations. Dr. Bob was not only a supporter, but an active participant of this committee.

May 1943: The second Intergroup office opens in Columbus, Ohio. In May 1944 Los Angeles opens their office. A.A. was not easy to find but selected groups of priests, ministers and judges in the early days had the Intergroup's phone numbers. These numbers were not listed anywhere else!

Before the first General Service Conference was held in New York, April 1951, 16 Intergroups were serving local groups. Today there are over 1800 of these offices in North America!

May 1902: Dr. William Silkworth married Marie Antoinette Bennett while he was working and developing his theory about alcoholism at Bellvue Hospital, New York City.

May 1932: Rowland H. visits with Dr. Carl Jung in Zurich, Switzerland for one year to 'cure' his alcoholism. Dr. Jung finally told Rowland there was no medical or psychological hope for an alcoholic of his type, except perhaps a spiritual conversion.

Rowland returned to the U.S. and joins 'The Oxford Group.' This is considered by most historians as the first link in a chain of events that led to the founding of Alcoholics Anonymous.

May 12th, 1935: Bill W. goes to Akron, Ohio on a business trip that fails, where he will meet Dr. Bob for the first time. Because of this meeting most archivists believe that the birth of A.A. took place one month later.

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 V:

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the "Right of Appeal", to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

Service is Sobriety

Expect A Miracle

H.O.W.

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



Next Intergroup Meeting

May 4th, 9:30 am

To Attend these meetings on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

April, 2024

Income:

Princeville/Hanalei	7th	400.00
Koloa Aloha	7th	50.00
Primary Purpose	Literature	48.00
Podium Meeting	Literature	110.00

Total Income: 608.00

Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	38.75
Inkspot	Newsletter	-----

Total Expenses 206.29

Total Income: 608.00

Total Expenses 206.29

Net 401.71

Balance 4961.18
Prudent Reserve -1300.00
Operating Balance 3661.18

~ Prepared by Tommy R.~

SEND YOUR CONTRIBUTIONS TO:

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



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



~About Publishing Birthdays~

**We Publish All Sobriety Birthdays
On The Month After Their
Occurrence.**

Would you like to have a birthday published
or corrected in the Garden Island Sobriety
newsletter?

Contact: District6newsletter@hotmail.com

Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	OPEN
Hotline	Sean G.
Website:	Aaron
Events:	Mike T.

District 6, Kauai:

The Next District Meeting :
May 18th, 9:30 am

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

District 6 Treasurer's Report

April, 2024

Income:

NorthShore Aloha	40.00
Third Tradition	114.00
Whiskey and Milk	15.00
Total Income:	169.00

Expenses:

GSB	3250.00
Anastasia A	Travel 84.60
Anastasia A	Travel 99.60
Kauai Intergroup	Website 480.00
USPS	27.20
Total Expenses:	<u>3862.20</u>

Bank Balance	6114.82
Prudent Reserve	-1200.00
Operating Balance	<u>4914.82</u>

~ prepared by Bob F.

District 6 Committee:

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

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.