

March 2025

Garden Island Sobriety

Step Three

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said: Time is here (hear).

Decisions, decisions, decisions. Now I find myself on the Third Step, making a decision to turn my will over to the mystery of mysteries, this Power.

I've made a lot of decisions and most of them have been bad. When I reached the last house on the block and had nowhere else to go, because I'm living on a rock and couldn't dig the hole much deeper, I discovered if I believed that the power that was keeping you sober would keep me sober, I had a chance .

Being at the jumping off point, shipwreck Beach, the real decision was made to continue down the Steps to actually sit on my Okole and write down my character defects. The decision was that I was asking a God of my misunderstanding to help me understand myself better. So, I had to learn a new technique in this decision-making process. That wasn't to learn how to listen without commenting verbally, vocally, not even in my mind, but just to listen.

Decisions are a little easier today because I asked for people's help. I make them whether they're bad or good because nothing is easy today. I tried it on my own and like I repeatedly said, on numerous occasions, I could never think myself sober.

The decision is to get up every morning, learn gratitude, show up to be of service and to continue the process.

The sun comes up every morning in the same spot but the time it shows up in the morning changes on a daily basis. It's just like this process of living

(cont. p 2.



She said: All I had to do was decide to turn my will and my life over to a God I didn't

understand. This AA business was working so I borrowed my sponsor's God.

In the end of my drinking days, my jealous coworkers dispersed and stopped speaking to me. Upon sobering, an unpleasant realization settled in with,

“Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step (not stepped!) on the toes of our fellows and they retaliate.” I had made decisions based on self that placed me in a position to be hurt. The trouble was my own making.

I noted that the actor “may be kind, considerate, patient, generous...mean, egotistical, selfish, dishonest”. I saw being kind or mean are both ways my sticky fingers manipulate to get what I want.

Early sobriety held denial that I never tried to control my drinking. I had tucked away a failed bargain with my therapist that I would have one cosmo per night. There was the inability to see I had tried to control my drinking.

I recently listened to Joe & Charlie talk about tapering off with sedatives. It crossed my mind, there were times I was able to taper off of alcohol, so perhaps I wasn't an alcoholic. Wow – cunning, baffling, powerful. Alcoholic, delusional thinking is alive and (not) well in this alcoholic's mind.

Our book spells out some requirements: “be convinced that any life run on self-will can hardly be a success”; “must be rid of this selfishness or it kills us”; “we had to have God's help”; “we had to quit playing God”.

An instructive statement reads, “in fact the effectiveness

(cont. p 2)

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AA Hotline 245-6677

He Said (cont) in the fourth dimension. There will be decisions later on, or during that day, that I'll hopefully make and will not regret them.

Aloha and Mahalo, Sober At Sunrise

Happy Birthday

Lucky	2/10	1981	44 yrs
John P.	2/5	1984	41 yrs
Denise	2/18	1984	41 yrs
Fran M.	2/14	1986	39 yrs
Annie B.	2/15	1998	27 yrs
Jeff S.	2/14	2002	23 yrs
Bill S.	2/2	2004	21 yrs
Janice M.	2/5	2006	19yrs
Susan C.	2/24	2007	18yrs
Arthur D.	2/1	2008	17 yrs
Brittni B.	2/5	2008	17 yrs
Alex	2/3	2008	17 yrs
Laura L	2/14	2008	17 yrs
Pat C.	2/16	2008	17 yrs
Mark A.	2/29	2008	17 yrs
Susan O.	2/2	2009	16 yrs
David A.	2/23	2009	16 yrs
Kirt	2/4	2009	16 yrs
Christopher	2/19	2010	15 yrs
Jami K.	2/22	2010	15 yrs
George K.	2/22	2010	15 yrs
Alysson	2/26	2011	14 yrs
David A.	2/23	2011	14 yrs
Taylor	2/17	2012	13 yrs
Bronson B.	2/1	2012	13 yrs
Kyler	2/3	2013	12 yrs
Karen F.	2/2	2013	12 yrs
Ramon	2/11	2011	11 yrs

Congratulations Everyone!!

She Said (cont) of the whole AA program will rest upon how well and earnestly we have tried to come to a decision to turn our will, and our lives over to the care of God as we understood him".

My sponsor pointed out the terms and conditions of a personal relationship with God: "He provided what we needed, if we kept close to him and performed His work well." She taught me to see the Miracle of the Day, to compile evidence of God working in my life. This comes in the form of coincidences, serendipitous meetings, you're not going to believe this moments.

My favorite promise of the third step is, "we were reborn". I cherish the gifts of a new lease on life and the idea that God is like electricity, "Power flies just where it's needed...that strange energy...meets our simplistic daily needs."

The concept of living life on God's terms brings simplicity to daily living.

The 12&12 reminds me I have "more problems than alcohol" and that my life can still be unmanageable. Self-will blocks God from my life. If I want "a contented, useful life", I can choose to practice willingness. Each day, I decide to extend my hands in a cup and say, "here is my will and here is my life". Grace appears.

"Thy will, not mine, be done."

~ Ann A., Kauai

About Publishing Birthdays

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

District6newsletter@hotmail.com

Expect A Miracle



A.A. Meetings



Hui'Ohana Nightly Reflections

**Hui 'Ohana NEW MEETING
FRIDAY 6:00 PM**

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!

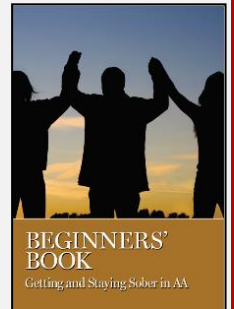
<https://kauairoundup.org/>

GRAPEVINE **Quote of the Day**

March 1 2022: "I started to understand that while I didn't believe in churches, I had to see that something or someone was working in my life that hadn't been there before." *"Get With the Program," Naples, Italy, January 1994, Beginner's Book: Getting and Staying Sober in AA*

March 4 2022: "I still don't have answers for all the eternal questions, like why bad things happen to good people, or why babies die. But I have found that life works better when I focus more on how I am contributing to God's world than musing about what he is or is not doing in mine." *"The Scoop," Woodinville, Washington, November 2013, AA Grapevine*

March 10 2022: "I have come to believe that my drinking insanity is only one form of the craziness to which we AAs are prone. I call it Insanity A. Insanity B is finding out what works for you -- and then not doing it." *"Insanity B," Prague, Czechoslovakia, February 2005, Beginner's Book: Getting and Staying Sober in AA*



March 5, 2021: "AA isn't for the people who need it or for the people who want it; it's for the people who are willing to do the work to get it." *Perry, Fla., July 2009, From: "Someone to Help", AA Grapevine*

March 14, 2018: "Nobody invented Alcoholics Anonymous. It just grew -- by the grace of God." *AA Co-Founder, Bill W., July 1953, "A Fragment of History: Origin of the Twelve Steps," The Language of the Heart*

March 29, 2023: "I thank God for bringing me to Alcoholics Anonymous, but mostly I thank Alcoholics Anonymous for bringing me to God." *Toronto, Ontario, March 2006, "A God of My Understanding," AA Grapevine*

March 31, 2018: "The unity of our Fellowship, the love we cherish for each other, the esteem in which the world holds us -- all of these are products of such integrity, as under God, we have been privileged to achieve. May we therefore quicken our search for still more genuine honor, and deepen its practice in all our affairs." *AA Co-Founder, Bill W., August 1961, "This Matter of Honesty," The Language of the Heart*



AA Archives

The Best of Big Book Dave:

March in Our History:

1881, March 21

Anne Ripley born in Oak Park, Illinois. She will marry Dr. Bob and become the one who Bill W. called "the mother of AA."

1885, March 10

Timothy Shay Arthur dies. His book "Ten Nights in a Bar-room" is one of the earliest stories on alcoholism. It later becomes a New York stage play and a movie.

1891, March 3

Lois Burnham born in Brooklyn. The oldest of six children. She will marry Bill W. and become co-founder of Alanon.

1940, March

The first recorded time the portion of Chapter 5 was used to open an AA meeting. It was read at the meetings opening at the Cecil Hotel, corner of 6th and Main St., Los Angeles by Mort J.

1944, March

The first Intergroup Office is opened in New York City.

1946, March 3

A film "The March of Time" is made by our New York office and answers a lot of questions from the public about what AA is.

1946, March

The 12 Traditions as written by Bill Wilson are introduced to the membership through The AA Grapevine.

March 1948: Richmond Walker finished the "24 Hour A Day" book, printed and distributed on his own.

From '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

Tradition III

The only requirement for membership is a desire to stop drinking.

✚ In my mind, do I prejudge some new AA members as losers?

✚ Is there some kind of alcoholic whom I privately do not want in my AA group?

✚ Do I set myself up as a judge of whether a newcomer is sincere or phony?

✚ Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?

✚ Am I over-impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?

✚ When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

The Next Intergroup Meeting
March 1st, 9:30 am

Intergroup Treasurers Report

February, 2025

Income:

Na Wahine Group	7th	166.64
Total Income:		<u>166.64</u>

Expenses:

Guardian Storage	Locker	178.01
Hawaiian Telcom	Hotline	38.92
Katherine B.	Assembly	35.00
Total Expenses		<u>251.93</u>

Net	<u>85.29</u>
Balance	<u>3452.29</u>
Prudent Reserve	<u>-1300.00</u>
Operating Balance	<u>2152.89</u>

~ Prepared by Tom R.~

**There are plenty of Big Books
in our Literature Locker now!**

Intergroup Committee:

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

Aloha Kauai AA community.

My name is Kathryn, and I am privileged and honored to serve as your Panel 75 Intergroup Chairperson for the 2025-26.

At our second meeting for this Panel we were happy to welcome a new Alternate Chair, Steve O. from the Hanalei/ Princeville Group.

We formed committees to work on reviewing our by-laws, updating our website, and events committee (more will be revealed). Our meeting was held as a highbred meeting with 4 members joining us from the Westside, Northside and Lihue on Zoom. We will be working on Unity and Participation throughout these next 2 years along with our Area 17 and District 6 partners.

One of the highlights of my first month in this service position was attending the Area 17 Orientation Meeting, held on the Windward side of Oahu, along with 4 members of our new District 6 Panel 75. We were honored to have our Trustee from World Service join us for lunch to give us insight and answer questions regarding our roll in AA as we recover from the effects of the years of isolation because of COVID.

We are looking forward to creating a vibrant and active AA community and hope to meet you as we progress in our goals of having Unity, Participation and stronger Service in Kauai and AA, as a whole. We are not perfect and will grow to be stronger through the challenges we face together in this next 2 years.

Your trusted servant,
Kathryn B.

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting :
March 15th 9:30 am

COFFEE, WATER & PASTRIES WILL BE SERVED

District 6 Treasurer's Report

February, 2025

Income:

Happy Hour	95.00
North Shore Aloha	35.00
Koloa Aloha	60.00
Poipu Beach Sobriety	185.00
Total Income:	<u>375.00</u>

Expenses:

Meeting Misc.	9.94
Total Expenses:	9.94

Bank Balance	4320.06
Prudent Reserve	-1200.00
Operating Balance	3120.06

~ prepared Katherine ~

Request a newsletter
 **by e-mail** 

Contact: District6newsletter@hotmail.com

Editor: Linda B.

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

District 6 Committee:

DCM:

Bob F.

Alt. DCM:

Jeanne L.

Secretary:

Scott S.

Treasurer:

Katherine F.

Website:

Carolyn V.

Archives:

Mathea A.

Corrections:

Bill G.

C.P.C(Cooperation w. Professional Community)

Amy B.

Public Information:

Doug H.

Myna Bird

OPEN

SEND DISTRICT CONTRIBUTIONS

Kaua'i District Committee

P.O. Box 1503

Kapaa, HI 96746



Service is Sobriety

The Third Step Prayer

**"God, I offer myself to Thee – To build
with me and to do with me as Thou wilt.**

**Relieve me of the bondage of self, that I
may better do Thy will.**

**Take away my difficulties, that victory
over them may bear witness to those I
would help of Thy Power, Thy Love, and
Thy Way of Life.**

May I do Thy will always!"