

April 2025

Garden Island Sobriety

Step Four

“Made a searching and fearless moral inventory of ourselves.”



He said:

And now comes the time when my locals hit the sand. Through my sponsor's suggestions I had to put pencil to paper. Being a retread, I never got this far. So now I have to write the great American novel.

I know I'm not Ernest Hemingway, but I have to write a moral inventory and be honest about it. What a dilemma.

As a child I was used to being behind a screen and telling a story about what I thought were sins. Now I'm faced with this moral inventory. How do I do it? My sponsor and the Big Book are very specific about the columns.

I started with column one. The names of people I thought had victimized me. Column number two, what was actually done to me? Now we're on the third column, my feelings and reactions to those events.

As I started writing, I noticed that the third column was full of one of three words, me, myself, and I, was looking at my behavior and how I had not only been the victim, but maybe the perpetrator. What a dilemma. For the first time in my life, I started to feel a sort of relief from those deep dark secrets that ate breakfast, luncheon, and dinner and I was paying the time. So, as I looked at this with honesty and trust, would I get the same relief that I noticed as these people who had sobriety? Could that be out there for me?

The book is very specific about this in chapter 6, Into Action, where it says, "if I don't do this, I will get drunk again". In past experience that's what happened to me. I got drunk again. Now finally this was a way to be relieved of the bondage of self. For me, on paper at the top of every page,

(cont. p 2.)



She said:

I've seen many people freeze with fear at Step Four. The inventory of our assets and defects is critical because it lets us see ourselves realistically and identify what blocks our connection to God. If I can identify what's hindering that connection, my chances of staying sober increase significantly. My sponsor had me list my assets first, helping me recognize the good traits in myself. As I continued with the four columns of Step Four, I detailed people, places, and things I resented. I also listed why, and which areas of my life were affected. The fourth column was a surprise because I had never considered that I might have a part in my resentments. Realizing I had stepped on others' toes, leading them to retaliate, helped me see my role in the situation.

The 12&12 discusses instincts and how they often exceed their proper function, leading to emotional problems. By doing Step Four, I uncover these emotional issues and bring them into the light, unblocking myself from God. When I'm not working the program, my instincts can go unchecked, resisting any self-reflection. Step Four is essential because it helps me take an honest inventory, address my defects, and prevent them from blocking my spiritual growth.

Step Four also reveals how my personality defects erode my security. Symptoms of emotional insecurity like worry, anger, self-pity, and depression emerge when I fail to recognize my inability to form true partnerships. The 12&12 emphasizes our inability to build genuine relationships, which is a key factor in our emotional instability. This insight made me take responsibility for how my defects had affected my relationships. It also

(cont. p 2)

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AA Archives p.4

12 Traditions p.4

AA Hotline 245-6677

He Said (cont) I did ask the creator to help me be honest before I needed this relief not only for myself, but for those around me. Finally, the change was coming and the most notable progress was that my sobriety date didn't have to change. The change was within.

May the sunlight of the spirit be with you as it is with me.
Mahalo, Sober at Sunrise

She Said (cont) taught me to drop blame from my speech, helping me let go of the victim mentality and take responsibility for my actions.

I'm human, so I may still develop resentments. My sponsor taught me to go through Steps One through Five when facing a problem. I had a long-standing resentment against a former boss, and I needed to admit I was powerless over her. Then I came to believe that God would restore my sanity. The best choice was to turn my will and my life over to God's care. When I worked through the four columns on this person, I realized my part in the issue was expecting her to be different. Sharing this with my sponsor and seeking feedback was an important part of the process. I also learned to invite God into the room whenever I had to meet or speak with her.

Step Four is an action step, and each time I work through it, new opportunities for growth present themselves. I'm reminded of a quote from Melody Beattie's *The Language of Letting Go* (June 13), which says, "We can choose to live in the past, or we can choose to finish our old business from the past and open ourselves up to the beauty of today." This reminds me that I have the power to move forward and embrace the present.

~ Ann A., Kauai

Happy Birthday

Dick W.	3/17	1973	52
Pat Q.	3/7	1977	48
Bebe S.	3/10	1980	45
Gerry J.	3/4	1981	44
Dave G.	3/7	1987	38
Judy B.	3/2	1987	38
Larry	3/24	1987	38
Julie M.	3/1	1987	38
Kelly H.	3/4	1988	37
Norman P.	3/1	1991	34
Kathy	3/12	1997	28
Kristin	3/11	1997	28
Julia O.	3/11	1997	28
Sherwood C.	3/17	1998	28
Heather C.	3/10	2004	21
Julie H.	3/30	2004	21
Jennifer C.	3/5	2005	20
Eddie	3/1	2005	20
Mike H.	3/5	2008	20
Cindy T.	3/14	2008	17
Susan O.	2/2	2009	16
Megan	3/10	2010	17
Brandi R.	3/1	2013	12
Brian B.	3/25	2015	10
Victoria M.	3/14	2016	9
Ray	3/18	2017	
Estrella	3/15	2017	8
Suzie	3/3	2019	6
KK	3/18	2022	3

Congratulations Everyone!!

About Publishing Birthdays

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

District6newsletter@hotmail.com

Expect A Miracle



Kauai AA's 2025 Ohana Beach Day April 12th

10am to 2pm

Team Games all day.
Potluck. AA Meeting
1:00pm Look for the
sign:



At Lydgate Park

Kauai AA's 2025 Women's Retreat April 26-29

**"Soak in the
Sunlight of the
Spirit"**

(See the Flyer)

Camp Hale Koa, Kokee



Kauai AA's 2025 Fellowship Golfing May 2, 2025

Sponsored by

Happy Hour Group.

Check in 12:00-2:00

9 or 18 Holes \$60.00 +

7th Tradition contribution



"The Way Out of the Rough"

Kauai AA's 2025 Roundup Event June 5 - 8

Kauai AA will be
holding its 2025
Roundup Event at
KUMU CAMP in
Anahola! Use the link
for all of the information and sign up AS SOON AS
POSSIBLE! <https://kauairoundup.org/>



GRAPEVINE **Quote of the Day**

April 2, 2023 "As I carried the Fourth Step into the next directional action, the Fifth ... I began to gain by pain, to win by losing, to get control by letting go of control. And good feelings poured in from all sides. I discovered how many words that I had been fond of using were actually traps, setting off negative thinking -- 'If only...', 'You always...', 'never,' 'forever,' 'If you would only...', and so on. I dug in and tried desperately to change word habits, to share time instead of spending it." *Pompano Beach, Florida, June 1978, "It Takes What It Takes," Step By Step*

April 7, 2023 "The process of one alcoholic confiding in another has without a doubt saved my life. Nowhere else have I ever found such devotion and understanding as with AA sponsoring." *Maspeth, New York, May 1998, "The Best Listeners," In Our Own Words*

April 12, 2023 "Part of the magic of AA is that the Fellowship, like the loving God who presides over us all, never gives up hope for the suffering alcoholic." *West Palm Beach, Florida, September 1986, "The Kid Who Came In from the Cold," In Our Own Words*

April 14, 2023 "I've found a life I never knew existed. I'm so overwhelmed with gratitude that there's no room for a bad day." *Costa Mesa, California, December 1994, "He Gave Me the Shirt Off His Back," The Best of the Grapevine, Volume 3*

April 21, 2023 "If I am to have a share of those promises enumerated in the AA book, there is a price I must pay. That price is destruction of self-centeredness." *Tulsa, Oklahoma, July 1978, "The Power of the Program," Spiritual Awakenings*

April 23, 2023 "I grew up thinking that I had to perfect my personality, then I got into AA, and AA said, no, that isn't the way we do it; only God can remove our defects. I was amazed to find that I couldn't be a better person simply by trying harder!" *California, July 1995, "An Interview with the Author of 'Doctor, Alcoholic, Addict,'" The Best of the Grapevine, Volume 3*

April 26, 2023 "Inside of every human being there is a healing power. I had cut my finger and it had gotten well; I'd broken a bone and it had gotten well ... How come? That to me, in its simplest form, is a concept of a power greater than I am." *California, October 1995, "An Interview with the Author of 'Physician, Heal Thyself!'", The Best of the Grapevine, Volume 3*



AA Archives

The Best of Big Book Dave:

April in Our History:

April 2, 1840: The “Washingtonian Temperance Society” founded in Baltimore. 1000 Alcoholics the 1st year stopped drinking. Abraham Lincoln addressed their second anniversary. Within four years 500,00 had found sobriety. By 1850 completely disbanded! Bill W. made a textbook study of them and their mistakes as well as their strengths.

April 1912: Bill W. fell in love with Bertha Bamford, a classmate and the daughter of the local Episcopal minister in Manchester, Vermont where he was attending school. The fall of the same year Bertha went into the hospital for “routine surgery” and she died. This drove Bill into the second of three major depressions he will have in his life.

April 1939: Gabriel Heaters Radio broadcast, that was on seven nights a week, called “We the People” provided the first country wide exposure of AA to the public, by inviting AA members to be guests on the air.

April 1946: Our “Meeting in Print” was named “The Grapevine” but this title was challenged by the F.B.T. who also called their publication The Grapevine. This was settled by our magazines name being changed to “The AA Grapevine”, and the April 1946 issue bearing this newly incorporated title was used for the first time.

April 1958: The word “honest” is dropped from our preamble ... The only requirement for membership is a (honest) desire to stop drinking.

“As we study AA history, we open and create that riverbed into which the stream of our descendants shall enter and flow.” ~Big Book Dave

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 IV

Each group should be autonomous except in matters affecting other groups or AA as a whole.

Do I insist that there are only a few right ways of doing things in AA?

Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?

Do I put down other members' behavior when it is different from mine, or do I learn from it?

Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?

Am I willing to help a newcomer go to any lengths-his lengths, not mine- to stay sober?

Do I share my knowledge of AA tools with other members who may not have heard of them?

AA Literature at Mahelona



The Next Intergroup Meeting
April 5th, 9:30 am

Intergroup Treasurers Report

March, 2025

Income:

North Shore Aloha	7th	35.00
Happy Hour	7th	480.00
Sunrise Sobriety	Literature	11.00
Sunrise Sobriety	Literature	21.00
Sunrise Sobriety	Literature	44.00
Nooners	Literature	330.00
Na Wahine Ku Pono	Turkey	20.00
Young Peoples	Literature	94.00
Koloa Aloha	7th	60.00
Sunrise Sobriety	7th	185.00

Total Income: **1364.00**

Expenses:

Guardian Storage	Locker	178.01
Hawaiian Telcom	Hotline	40.07
Ann W.	Newsletter	95.00
Ann W.	Newsletter	95.00
Katherine B.	Assembly	13.15
Benita A.	Lit. Storage	650.72
Carolyn	Website	88.19

Total Expenses **1160.21**

Net **203.79**

Balance **3656.85**

Prudent Reserve **-1300.00**

Operating Balance **2356.85**

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



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

Intergroup Report

March 2025

Aloha District 6,

The new Intergroup Panel 75 meets the first Saturday of every month. Our March meeting was well attended and was held as a Hybrid meeting after our first order of business was to vote the use of the updated, shared account with District 6 in by those present.

Five members joined us on Zoom and 11 members were in attendance.

Our Panel 75 Structures and Guidelines' Committee suggested a few changes and updates which will voted on when we all have a chance to take it back to our groups.

Reports by Committee Chairs for Website, Schedules, Events, and Garden Island Sobriety Newsletter, were given and discussed.

I will be attending the Inform the Delegate Assembly in Kihei April 5-6 as a voting member; therefore, Intergroup Alternate Chair, Steve O. will preside at our next month's Intergroup meeting. He will also host the Zoom portion of the meeting.

All groups are encouraged to have an Intergroup Representative present at all Intergroup Meetings to have a vote and a voice in our local affairs. We welcome all feedback and input to make this Panel's goals of Unity and Participation a reality.

Please join us in making District 6 an outstanding fellowship in Panel 75.

Your trusted servant, Intergroup Chair, Kathryn B.

District 6, Kauai:

The Next District Meeting :
April 19th 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

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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.E.C(Cooperation w. Ederly Community)

OPEN

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



DISTRICT 6 SERVICE POSITIONS AVAILABLE

Does your group have a GSR? It's an important function for AA on the island.

Also, the Kauai District 6 General Service committee has chair positions available. It's a great way to get involved and learn more about AA.

- Public Information
- Cooperation with the professional community
- Cooperation with the elderly Community
- Myna Bird