

November 2024

Garden Island Sobriety

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



He said:

Welcome back! My first introduction to this step came in the form of someone telling me about “the daily plan”. “Read pages 86 & 87 in the basic text Alcoholics Anonymous “ they said. So of course I read it. But I didn’t do it.

Over time I read it infrequently on my own and in meetings (where the format was to read the “Big Book”) but I didn’t do it. Finally I became part of a group that met once a week that actually followed the 11 th Step pretty much to the letter and as part of the format. “When we retire at night, as we go through day, and upon awakening”. I found this discipline to be rewarding. Although I had abandoned alcohol use I still got into all sorts of chaotic behaviors that led to tension in my daily life no matter how many meetings I went to or what I said about sobriety. This also applied to all the so called service that I engaged in around AA. I just suffered from the bondage of self at a very deep level.

The condition that I experienced daily is found in our basic text in the middle of page 52; some refer to it as “the bedevilments”, others call it “untreated alcoholism.” However you define it I try to avoid them. I believe that along with other dubious behaviors it leads back to drinking. The intolerable state of tension that many of us found to be relieved only by drinking alcohol. After a time I realized I was going to have to write out my Step 11 on a daily basis so I could remember from week to week. Our format required that we report on our progress during the week. The group was small and not open to the public and as such was not a part of AA as we know it, yet all of us went to AA meetings that were normal. The point is that we were willing to go to any length and we did!

(cont. p 2)



She said:

“THANK YOU FOR TODAY, and for Life & Love & Laughter & Listening & Learning & Liberty (and ____) and Please heal my heart and soul and mind and strength, That I may seek You and embrace You and trust You and love You and serve You, With all my heart and soul and mind and strength; And whatever I’m supposed to do today, show me the way, And whatever happens today, let me be at peace with it. Amene” At a meeting, one AA member shared her on-the-spot prayer: “Please-Please-Please-Help me-Help me-Help me-Thank You-Thank You-Thank-You” which I have used when I am confused.

The Serenity Prayer has me look at what I can change – my feelings, attitudes, beliefs, reactions; and what I cannot change -- everything past my nose, as my Sponsor puts it. When I balk at a project or action, I ask if it is God’s will that I proceed, and then visualize the next step or action. If I doubt whether prayer can work, I flash on the miracle of my sobriety and the blessings that have followed – I am not alone and have wonderful partners in recovery. I also remember the remarkable studies about crime rates dramatically falling in cities across the country and around the world when individuals and groups united in prayers for peace -- the synergy of the collective. The 12 & 12 offers the St Francis prayer on page 99, where I ask to become a channel (or instrument) of God’s peace, and the alternatives for when I encounter impediments to Peace.

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AA Hotline 245-6677

He Said: (cont) Over the years I've found Step 11 to be immensely rewarding. Each part has a special emphasis on a part of the day. If I fall short on any part the weight of the omission piles on the factors of the other parts. An example: when I fail to ask God to direct my thinking in the morning I have longer list at night or I may have to pause more throughout the day to have God reveal " my next thought or action For me Step 11 is a daily process. I don't skip ANY complete days. The whole step requires prayer of some sort . Next month we tackle the 12th step. Aloha till then. Tread lightly.

~Anonymous, Kauai

Happy Birthday

Pat B.	10/28	1981	41 yrs
Ron K.	10/20	1986	36 yrs
Danette	10/24	1987	35 yrs
Diana L.	10/8	1988	34 yrs
Chris K.	10/10	1988	34 yrs
Amorosa	10/25	1989	33 yrs
Richard S.	10/6	1990	32 yrs
Susan OK	10/16	1990	32 yrs
Kawika	10/11	1991	31 yrs
Carolyn G.	10/23	1991	31 yrs
Ryan E.	10/3	1996	26 yrs
Sue H.	10/25	1996	26 yrs
William C.	10/15	1997	25 yrs
Kathy S.	10/26	1997	25 yrs
Laurie A.	10/15	1998	24 yrs
Radar	10/24	1999	23 yrs
Mo L.	10/24	2000	22 yrs
Alison	10/9	2000	22 yrs
Jessica	10/14	2001	22 yrs
Kira H.	10/7	2002	19 yrs
Francis	10/14	2004	18 yrs
Alejandro	10/22	2004	18 yrs
Drew	10/15	2004	18 yrs
Darryl C.	10/22	2005	17 yrs
Randall	10/29	2005	17 yrs
Matt J.	10/15	2006	16 yrs
JoRina	10/22	2006	16 yrs
Troy	10/9	2007	15 yrs
Kevin H.	10/9	2007	15 yrs
Patricia M.	10/16	2007	15 yrs
Kelly C.	12/5	2010	12 yrs
Jenene H	10/10	2011	11 yrs
Frank	10/4	2011	11 yrs
Phil S	10/14	2012	10 yrs
Dave M	10/10	2016	6 yrs
Stephanie P.	10/11	2017	5 yrs

She Said (cont) I usually begin and end my meditation with a focus on gratitude for my connection with HP: awareness, unconditional, nurturing, growth, the many blessings in my life which I could not have assembled on my own. This quiets my mind so I can release rationalizing or justifying my own solutions, and allows inspiration to reveal my path forward.

I have experienced various practices of meditation: some guided, in a group or alone; listening to recordings; meditating while walking. When I am sitting, I close my eyes and breathe, and observe my emotional and mental and spiritual well-being. If this reveals a disturbing thought or problem, I ask HP for relief and direction for the next right thing...Pausing When Agitated.

Asking for the power to carry out God's will reminds me of the uplift and energizing I get from members in AA meetings sharing their experiences and realizations. The Steps provide me with the foundation for exploring and growth and detecting bs (discernment).

The last promise in the 12&12 for Step Eleven reads: "The moment we catch even a glimpse of God's will, the moment we begin to see truth, justice, and love as the real and eternal things in life, we are no longer deeply disturbed by all the seeming evidence to the contrary that surrounds us in purely human affairs. We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter." Pray for Peace, People Everywhere!

~ Anonymous, Kauai

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter

Please Contact:

District6newsletter@hotmail.com



A.A. Meetings



Hui'Ohana Nightly Reflections

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

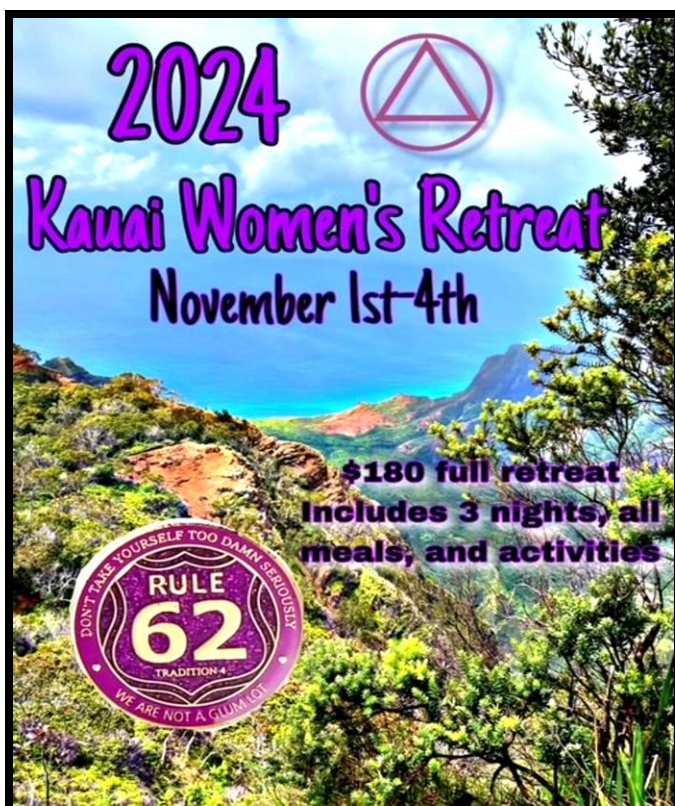
Hui' Ohana POTLUCK

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

November 1, 2022 "I am grateful today that God's voice is stronger and surer than my occasional negative whispers, comforting me through difficult times, letting me know that I am part of the whole." *St. Louis, Missouri, October 1997, "A Minority of One," Sober & Out*

November 2, 2018 "In despair, I had cried out, 'Now I am willing to do anything. If there is a God, will he show himself?' And he did. This was my first conscious contact, my first awakening. I asked from the heart, and I received." *AA Co-Founder, Bill W., July 1960, "The Language of the Heart", The Language of the Heart*

November 3, 2018 "I've got a brand new feeling, gratitude -- a feeling that has visited me more and more frequently -- sometimes with the rush of cleansing tears -- sometimes with just a serene flow of mental thank-yous for some small, God-given bonus in a routine day." *"A Rush of Gratitude," Minneapolis, Minnesota, April 1983, Spiritual Awakenings*

November 7, 2023 "To know yourself is not done just by reviewing your 'misdeeds'; they are not you ... Your doubts, fears, and apprehensions, your immature cravings, your self-indulgence ... they are all committed by your physical body, guided by false instincts and imagination, instead of by your real self, which is the soul -- the spirit within. That is where your conscience is, and your wisdom and your strength -- which no one can hurt but you." *New York, N.Y., November 1946, "Sobriety for Ourselves", Thank You for Sharing: Sixty Years of Letters to the Grapevine*

November 13, 2018 "When I first started in AA, I began each day asking God to help keep me sober that day, and ended each night by thanking him for another day of sobriety. I still end each day that way, as I have done almost every night during the past forty-one years. It is a routine for me, but every once in a while I pause to reflect on what it truly means. I do it every night so that God won't change his mind, as I truly believe he helped lead me from the pits of alcoholism to the AA way of life." *"A Real War Story," Alexandria, Virginia, April 2002, Voices of Long-Term Sobriety*



AA Archives

The Best of Big Book Dave

Nov. 1952, A Grapevine Article: "Two years ago on Nov. 16th, 1950, Dr. Bob died at his home in Akron, Ohio. It was Thursday, close to noontime, one week before what would have been his 71st Thanksgiving Day. It was 15 years and 5 months after his own last drink, and it was 15 years and 5 months in which he had personally ministered as friend, teacher and physician to 5000 alcoholics. To each of them he was simply "Dr. Bob" and to history he will be "Co-Founder of Alcoholics Anonymous." To Bill W. he is "The Prince of 12th Steppers" & "The Rock upon which AA is founded." Dr. Bob met his death serenely for he had to the fullest given himself to life. He left the rich gifts of Simplicity, Love and Service. We who followed him in "The Way Out" give him thanks anew for the message he so tirelessly carried. We think this man who learned true humility would most like the memorial that is still to come ... Those thousands now sick and despairing who will yet find our way out of dilemma into recovery, strengthened by the invisible hand of Dr. Bob.

Nov. 1938: According to Jimmy B., whose story is in the Big Book, Bill W. and Hank P. decided on the name "Alcoholics Anonymous" for our almost finished book after many names were suggested. Jimmy said, "Nobody is sure exactly where that name came from but in my opinion it was Joe Worden, a new member, who at one time was considered a promotion genius and is given credit for starting "The New Yorker Magazine".

Nov. 1957: Al-Anon bursts into public awareness, its story featured on T.V. in "The Loretta Young Show".

Nov. 1959: The first translation of the Big Book into another language (African) is done by Andries K.

Nov. 1964: Lyndon B. Johnson was the first U.S. president since Lincoln to recognize alcoholism as a health issue. This action by President Johnson didn't come out of nowhere, his father died of alcoholism.

Nov. 1968: The First International Conference of "Young People in AA" held at Niagara Falls, New York.

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 XI

The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, induction procedures and rights and duties will always be matters of serious concern.

- Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help service and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
- Do we practice rotation in all our service positions?

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
November 2nd, 9:30 am**

To Attend these meetings on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

October, 2024

Income:

Benita	Literature	18.00
Mathea	Reimburse.	209.00
Benita	Literature	88.00
Kapaa Nooners	Literature	77.00
Kapaa Nooners	Literature	47.00
Princevill/Hanalei	Literature	283.00
Waimea Canyon	Literature	62.00
North Shore Aloha	Literature	24.00
Happy Hour	Literature	12.00
Primary Purpose	7th	86.00

Total Income: **906.00**

Expenses:

Guardian Storage	Locker	178.01
Hawaiian Telcom	Hotline	38.78
Ann W.	Newsletter	98.52
Charlie S.	Zoom	103.70
Benita	Labor Day	194.99

Total Expenses **614.00**

Total Income: **906.00**

Total Expenses **614.00**

Net **292.00**

Balance **4468.78**

Prudent Reserve **-1300.00**

Operating Balance **3168.78**

~ 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**

Expect A Miracle

**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Intergroup Committee:

Chair:

Ann W.

Alt. Chair

Mathea A

Treasurer:

Tom R.

Secretary:

Carolyn

Schedules:

Tom R.

Literature:

Benita A. & Jeanne L

Hotline

Sean G.

Website:

Carolyn V.

Events:

Mike T

District 6, Kauai:

The Next District Meeting :
November 16th 9:30 am

To Attend the meeting on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

District 6 Treasurer's Report

October, 2024

Income:

North Shore Aloha	45.00
Na Wahine Ku Pono	63.88
Steps to Freedom	120.00
Total Income:	<u>228.88</u>

Expenses:

Shoshanah B.	Office Supply	186.02
Anastasia A.	Misc.	21.97
Mathea A.	Grapevine	72.00
Diamond Head District	Alt. DCM	35.00
Lihue Lutheran Church	Rent	150.00
Jim D.	Travel	164.21
Total Expenses:		629.20

Bank Balance	3719.16
Prudent Reserve	-1200.00
Operating Balance	<u>2519.16</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:	OPEN

SEND DISTRICT CONTRIBUTIONS

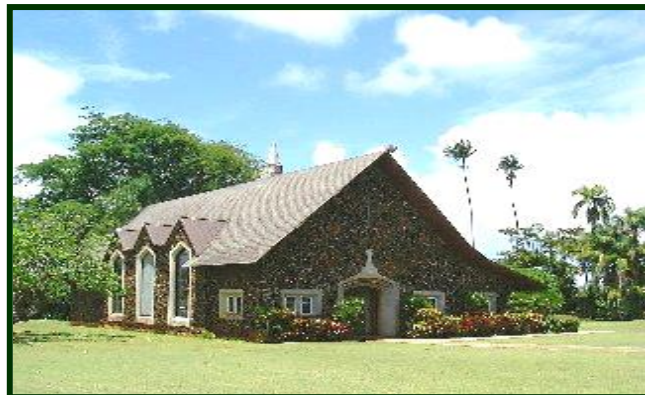
Kaua'i District Committee

P.O. Box 1503

Kapaa, HI 96746



THANKATHON



9:00am -3:00pm

Lihu'e United Church (Stone Church)

4340 Nawiliwili Road, Lihu'e, 96766

Potluck assignments for this year are:

- 🍷 North Shore – Desserts
- 🍷 East Side – Sweet Potatoes, Veggies
- 🍷 South Shore – Dressing and Gravy
- 🍷 West Side – Salads and Gravy

AI-Anon Speaker Meeting at 9:30am

AA Speaker Meeting at 11:00am and 2:00pm

FEAST WILL BE READY at 12:00 NOON

BRING YOUR FAMILY & FRIENDS!

VOLUNTEERS ARE NEEDED! Contact

Kathryn B. (859) 324-6105 or Mike T. (808) 635-6059

YOU CAN HELP!



Turning to Gratitude

An 'Attitude of Gratitude' works. In the past we were motivated largely by fear, though most of us didn't admit it. Now, without that liquid courage coursing through our veins we are all *too* aware of it. The Key to Living Sober is in changing our outlook; from fear, resentment and self-pity to the state of serenity we always longed for. Our past methods were purely instinctual, flight or fight. By focusing on the things we are grateful for, whatever they are, we stop running, stop fighting, and look at things in a different way. The results are quick and sure.

Making a Gratitude List will rescue you from a sudden panic but having an attitude of gratitude throughout the day, even as a way of life, will help keep those moments of panic away. ~Linda B.