

October 2024

Garden Island Sobriety

Step Ten

“Continued to take personal inventory and when we were wrong, promptly admitted it.”



He said: “...they will always materialize if we work for them. This thought brings us to Step Ten!”

My journey to sobriety started long ago but I couldn't recognize it. Much the same as knowing my inner most self. These are the difficulties in step one. Chronic progressive consumption of 96 proof alcohol warped my sense of self. Freedom from “the bondage of self” came slowly. My reluctance to adequately take personal inventory allowed the accumulated problems to pile up. The preoccupation with the many dilemmas froze me in my tracks each day.

My sponsor repeatedly told me “meeting makers make it!” so I kept going to meetings. As the days turned into weeks then months and finally years, I thought I had achieved sobriety. However true that was I still suffered the slings and arrows of the “human condition”. Such is life became my motto. The illusion of material wealth evaporated like a cat on a hot tin roof and whatever youth I thought I still had slipped away. I finally just had to get a job like everyone else under 65.

One day I re read Step Ten in my AA blue book. By now I was on my 4th or 5th sponsor. He suggested that I develop a personal definition for the word prompt; one that would embody the feeling of now. One that I could use under any condition, rain or shine. Step 10 we do no matter what! “When selfishness, dishonesty, resentment, and fear I believed it said “if” these things crop up. Somehow I thought I had outgrown these states of consciousness now that I had stopped drinking. In other words “put the plug in the jug” and everything would be wonderful. Isn't that what I always heard at the meetings? My book says when. And then the directive: “we ask God at once to remove them”, Then discuss them immediately with someone and

(cont. p 2)



She said: “Searching and fearless ...”

had not been my usual daily approach or attitude, but became more evident and useful as I progressed in our Program. Step Ten required that I take all the preceding Steps in order to be equipped to move forward. The crucial commitment I had made in Step Three enabled me to continue with courage – haltingly, but not alone – with HP and Sponsor support. The subsequent Steps built on those experiences through honest appraisals and understanding each Step's precepts and then taking actions. “The spiritual life is not a theory.” I had to live it.

Following the suggestions preceding Step Ten truly “amazed” me – the new freedom and happiness, the release from paralyzing fears { I'm no longer terrified around liquor aisles, but I still avoid them! }.

Working with my Sponsor often put into perspective my growing kaleidoscopic adventures. She was more objective and able to give compassionate and constructive feedback and tugboat nudges when needed; and validated my progress as I grew through being able to become more honest.

After being numb for so long, I developed the ability to define my feelings and what had prompted them: fear of being judged (hurt pride?); awestruck at the wonder of Earth – I pray to not take this gorgeous planet for granted. I became conscious of other people's feelings, and learned to recognize that niggling discomfort when I realized I had hurt someone or violated their trust, or had expected that they would simply overlook my shortcomings – that making amends was in order. As I confessed my blunders and gaffes, or when I admitted my misunderstanding of a situation, it would sometimes

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AA Hotline 245-6677

He Said: (cont) make amends quickly.

Step 10 is where we are “returned to sanity”. In my experience this does not happen for everyone I’ve met around AA. Mental illness and brain damage are difficult obstacles to overcome. We read constantly in AA that there are those with grave emotional and mental disorders that do recover. I’ve seen it. I believe it! If you don’t believe it; believe that I believe it. If you are looking for a loophole in AA you are likely to find it. My experience has shown that if we stay close to our “program” there are many miracles to behold. You are one. If you are taking the time to read this; cherish it, hold it close to your heart. Realize that there is much behind it that you cannot know. But also realize that this opportunity is for you to build your own story. In the process you will tell someone. The story will come back and in this way it will our story. We will see you next month.

~Anonymous, Kauai

She Said (cont) stimulate conversations that often ended with laughter. I felt less estranged because I could be honest...Progress! Growth! I learned from making mistakes and don’t dread them as much. FREEDOM!

There’s always something that pops up in my interactions with other imperfect humans. This Step compels me to set aside my procrastination and promptly (there’s that word again) take action.

The morning practice of asking HP to “show me the way of patience, tolerance, kindness and love...to relieve me of selfishness, dishonesty, resentment and fear;” and the subsequent strength, inspiration, and direction which the Book encourages me to move forward with are useful tools, mindsets, behaviors that are expanding my universe. This has been quite a trip. I’m reminded of a few axioms which describe my journey: “the proof of the pudding is in the eating” -- (not my half-baked ideas); and putting Step Ten into practice Ten is where “the rubber meets the road.” I look forward to continuing with what comes next!

~ Anonymous, Kauai

Happy Birthday

Jerry V.	9/9	1974	50 yrs
Sheila H.	9/13	1982	42 yrs
Gabrielle	9/10	1987	37 yrs
Karen L.	9/19	1989	35 yrs
Dennis C.	9/24	1993	31 yrs
Jack M.	9/22	1994	30 yrs
Dana W.	9/22	2000	24 yrs
Michele R.	9/14	2005	19 yrs
Elaina B.	9/26	2005	19 yrs
John J.	9/7	2007	17 yrs
Patty C.	9/22	2007	17 yrs
Ryan M.	9/5	2009	15 yrs
Sean G.	9/11	2009	15 yrs
Erin	9/11	2012	12 yrs
Chad N.	9/25	2012	12 yrs
Alison T.	9/13	2013	11yrs
Ron P.	9/26	2013	11yrs
Sean F.	9/5	2014	10 yrs
Josie	9/16	2016	8 yrs
Shane	9/5	2018	6 yrs
Michelle S	9/15	2023	1 YEAR
Georgette T.	9/27	2023	1 YEAR

Congratulations Everyone!!

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 Hui' Ohana POTLUCK

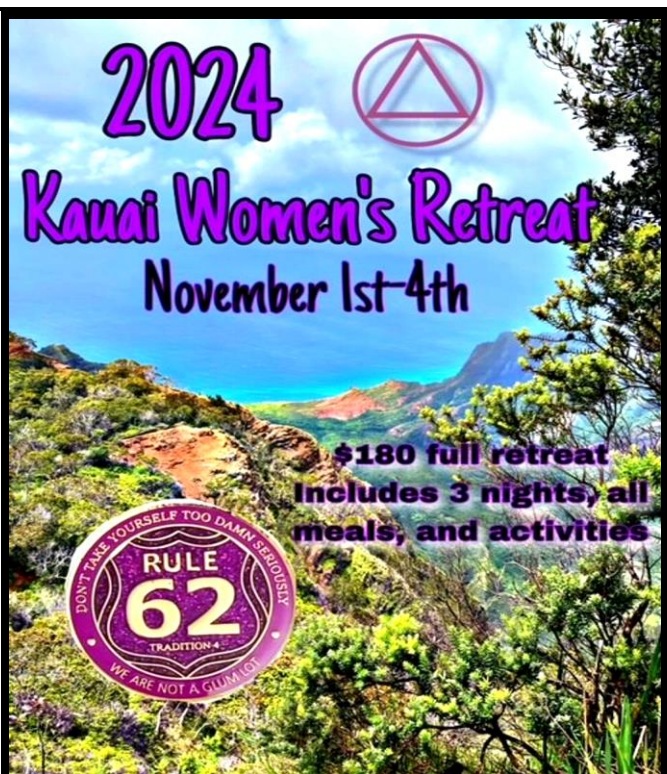
Hui Ohana virtual meetings (Sun-Sa)
have a new Zoom address:

login: 895 6728 8988

pw: Recovery (case sensitive)

<https://us04web.zoom.us/j/89567288988>

A.A. Activities



GRAPEVINE Quote of the Day

October 3, 2023 "The more willing I become to admit it when I am wrong, the less often am I in the position of having to make such an admission." "Not Under the Rug," January 1967, AA Grapevine

October 4, 2023 "I believe the peace I get from an effective Tenth Step is what God feels like." "The Peace Process," Gold River, California, December 1996, AA Grapevine (PO Box 1980)

October 9, 2023 "Feed your faith and starve your doubt." "Distilled Spirits," Indianapolis, Indiana, August 1982, AA Grapevine

October 18, 2023 "There is a tendency to label everything that an alcoholic may do as 'alcoholic behavior.' The truth is, it is simply human nature ... Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among nonalcoholics, too. Actually they are symptoms of mankind." William Duncan Silkworth, MD, January 1947, "Slips and Human Nature", Best of the Grapevine, Vol. 1

October 21, 2023 "Talking about what bothers me helps it lose its power over me." "Together We Can," Martinsville, West Virginia, January 1990, Best of the Grapevine, Vol. 3

October 24, 2023 "Pride in my intelligence blinded me to how much I did not know." "Ph. Drunk," Greensboro, North Carolina, February 1987, Best of the Grapevine, Vol. 3

October 31, 2023 "Laughter is one of God's greatest and most beneficent gifts to us. Laugh with him sometimes at yourself." New York, N. Y., November 1946, "Sobriety for Ourselves", Thank You for Sharing: Sixty Years of Letters to the Grapevine



AA Archives

The Best of Big Book Dave:

October in Our History:

October 1954: The “Alcoholic Foundation” becomes “The General Service Board.” October 1960: Out of New York City a series of radio programs begin called “Alcoholism, The Problem and The Hope,” featuring our General Service Office Staff members and Marty M.

October 5th, 1988: Bill W.’s wife Lois died at 97. An informal Quaker style memorial service is held at “Stepping Stones” and she is buried next to Bill in Bill’s home town, East Dorset, Vermont.

October 1939: Liberty Magazine was the first national magazine to do an article about AA. It was called ‘Alcoholics And God,’ and brought in over a thousand inquiries and sold 100 of our newly published book ‘Alcoholics Anonymous.’

October 20, 1928: Beginning on this date, and for the next several years, was the increased frequency of Bill’s pledges to stop drinking, as he wrote vows on the flyleaf of Lois’s family bible. Experts have found that Bill’s promise can be matched by a fear legible in the handwriting itself as it moves down the page. It is at this time that Bill crossed over the invisible line, which every alcoholic crosses, into chronic inebriation. Bill developed a fear of even leaving their home because someone or something would “kill him.”

October A.D. 780: Medical records discovered show Italian physicians offered this standard prescription for “alcohol consumption beyond the normal.” “Chopped beef fried with many onions.”

October 1937: Meetings for Alcoholics only are being held weekly at Bill and Lois’s home at 182 Clinton St. in Brooklyn, New York.

R.I.P. ‘Big Book Dave’, Elected Archivist, Interior Alaska
~ Submitted by Mathea A.

 OUR THANKS to B.B. Dave & Mathea A.



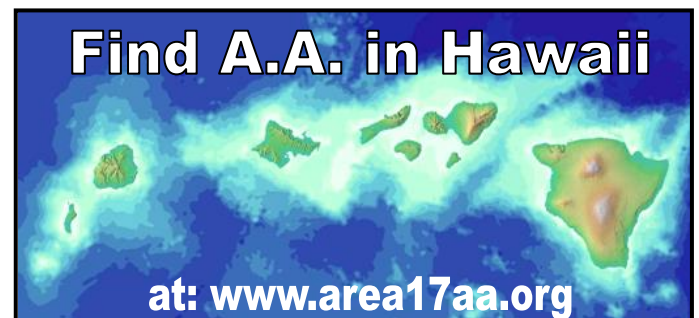
Concepts Checklist

Concept X

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

- Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of “authority” so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of “authority?”

Find A.A. in Hawaii



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
October 5th, 9:30 am

To Attend these meetings on Zoom:
Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

September, 2024

Income:

Benita	17.00
Sunrise Sobriety	80.00
North Shore Sobriety	35.00
Kauai Roundup Committee	322.61
Sunrise Sobriety	250.00
Sunrise Sobriety	32.00
Steps to Freedom	84.00
Total Income:	<u>820.61</u>

Expenses:

Guardian Storage	Locker	167.54
Benita	Literature	1246.30
AA World Services	Literature	1001.20
Hawaiian Telcom	Hotline	38.63
Inkspot Printing	Newsletter	93.19
Printing Solutions	Schedules	1246.30
Total Expenses		<u>2722.99</u>

Total Income: 820.61

Total Expenses 2722.99

Net 1902.38

Balance 4176.78

Prudent Reserve -1300.00

Operating Balance 2826.78

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Report

1. The **2024 Thank-A-Thon** is coming up on Thanksgiving, November 28, 2024.

We are looking for someone to chair this event! Please consider this special service position.

2. The **Elections for Intergroup** for the upcoming panel. Election will be held at the Intergroup Meeting on December 7, 2024. We are seeking a Chairperson, Alternate Chairperson, Treasurer and Secretary. These positions are great ways to provide service here on Kauai.

3. The **PLAIN LANGUAGE BIG BOOK** will go on sale on November 1, 2024. This is AA General Service Conference-Approved literature.

Thank you, Ann Wallace

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 :
October 19th 9:30 am**

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

District 6 Treasurer's Report

September, 2024

Income:

Sunrise Sobriety	250.00
North Shore Aloha	35.00
Primary Purpose	33.00
Kauai Roundup Committee	322.61
Total Income:	<u>640.61</u>

Expenses:

Anastasia A.	35.00
Anastasia A.	164.21
Annie C.	159.21
Koloa Postmaster	14.60
Charlie S.	103.70
Total Expenses:	476.72

Bank Balance	4284.25
Prudent Reserve	-1200.00
Operating Balance	<u>3084.25</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



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**

SEND DISTRICT CONTRIBUTIONS

Kaua'i District Committee
P.O. Box 1503
Kapaa, HI 96746



THANKATHON



ANNOUNCING:

Kauai AA 2024 Thank-A-Thon
Thursday, November 28, 2024
9:00am - 4:00pm
4340 Nawiliwili Road Lihue 96766
(More details to follow)