

July 2025

Garden Island Sobriety

Step Seven

“Humbly asked Him to remove our shortcomings.”



He said:

Aloha, Now the topic is the “H” word. I understood the word humiliated, and I Have been humbled before, but I have never experimented with the word humility. It wasn’t an experimentation with the word, it was attempting to find a way to ask the Creator, this mystery of mysteries, for help.

This process of recovery kicks in to a new level. Or, I really have to learn to communicate with my sponsor on a different level, so that I can “learn the word humility.” Humbly asked to remove my shortcomings. There are so many that I don’t know how to be humble at times.

So, now the illustrious phone call, and the meeting with the sponsor, helps me learn about the process of seeking.

I know it’s important to go to a meeting and share my experience, strength and hope, but sometimes I don’t have to be the voice of the meeting. I could just be a participant in my own sobriety and in somebody else’s.

Being humble is learning to be of service and not expecting that mahalo or thank you.

It’s one of the secrets of this program, Service Work. It can do for you what it did for me, and that was teaching me to be teachable.

**Mahalo,
Sober at Sunrise**



She said:

Step Seven of Alcoholics

Anonymous – “Humbly asked Him to remove our shortcomings” – is the pivot where willingness becomes action and the search for humility becomes a daily practice. It rests on three insights: that self-centered fear is our primary obstacle, that real freedom rests on spiritual rather than material aims, and that God does for us what self-reliance never could.

Before Step Seven, most of us lived by a crude formula; Happiness would come once every appetite – security, prestige, romance – was satisfied. But the harder we chased comfort, the more restless we grew, drinking to inflate dreams that never stayed inflated. Our real handicap was not lack of opportunity, but lack of humility – the perspective that places spiritual values first.

Humility begins as ego-puncturing pain. Step One’s admission of powerlessness, Step Six’s willingness to change, and Step Seven’s prayer mark a movement from crushed self-sufficiency to chosen reliance on a Higher Power. In that prayer we offer “all of me, good and bad,” trusting that defects blocking our usefulness will be lifted in God’s time, not ours. The act is simple, but its implications are radical: we stop playing God and start cooperating with God.

This new stance rewrites our daily priorities. Instead of demanding that life meet our terms, we try to align with principles like honesty, tolerance, and love. Character building is no longer a grim duty but a real aim, because we’ve tasted the “priceless gift” of peace that follows even brief moments of right action. Where humility once felt like forced servings of humble pie, it now feels like

(cont. p 2)

Expect A Miracle

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AA Hotline 245-6677

Happy Birthday

Bill H.	6/22	1980	45 yrs
Linda W.	6/24	1991	34 yrs
Ron A.	6/1	1994	31 yrs
Mike T.	6/5	1998	27 yrs
Chris	6/11	2000	25 yrs
Romeo G.	6/20	2000	25 yrs
Tatiana	6/18	2001	24 yrs
Tom C.	6/6	2005	20 yrs
Chandra	6/15	2007	18 yrs
Jude H.	6/19	2007	18 yrs
Pirie I.	6/28	2007	18 yrs
Matt F.	6/26	2008	17 yrs
Miguel M.	6/18	2011	14 yrs
Susanah	6/7	2011	14 yrs
Corina W.	6/30	2013	12 yrs
Barbie	6/19	2015	10 yrs
Olivia R.	6/26	2020	5 yrs
Nikole P.	6/11	2022	3 yrs

Congratulations Everyone!!

She Said (cont) nourishment-- something that turns failure and misery into insight.

Fear remains the chief activator of our defects – fear of losing what we have or not getting what we want. But Step Seven offers a remedy: reduce unreasonable demands and trust that God supplies what we truly need. Each time we pause, shift perspective, and redirect our thinking toward the “correct use of will,” we align with a Power greater than ourselves.

The promise of Step Seven reaches far beyond sobriety. If humility and grace can remove the obsession with alcohol, they can help us face any other problem. The longer we practice, the clearer our “deeper object” becomes: to live at peace with ourselves, others, and the God who does for us what we could not do for ourselves.

In the end, Step Seven is less a single prayer than a way of life. It asks us to choose- again and again- between the pain of self-will and the sometimes-uncomfortable growth of spiritual awakening. Humility may not erase all trouble, but it gives us a foundation strong enough to meet anything with faith, not fear. That is real freedom.

~ Ann A., Kauai

Seventh Step Prayer

My Creator,
I am now willing that you should have all of me,
good & bad.

I pray that you now remove from me every
single defect of character which stands in the
way of my usefulness to you & my fellows.

Grant me strength, as I go out from here to do
Your bidding.

About Publishing Birthdays

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

District6newsletter@hotmail.com

A.A. Meetings



Kapaa First Hawaiian Church 4-1325 Kuhio Highway

- Monday 12:00 pm – Kapaa Nooners Monday
- Wednesday 12:00 pm – Kapaa Nooners
- Friday 12:00 pm – Kapaa Nooners

A.A. Activities



International Convention 2025 Vancouver Convention Center , Canada

The Alcoholics Anonymous International Convention will be held in Vancouver, Canada, from **July 3 to July 6, 2025**, at the Vancouver Convention Centre and [BC Place Stadium](#).

This event marks the 90th anniversary of Alcoholics Anonymous. The convention will feature various activities including meetings, workshops, dances, and a traditional flag ceremony.

Registration opened on September 10, 2024.

<https://www.aa.org/international-convention>

GRAPEVINE

Quote of the Day

July 29, 2022

"The alcoholic is in no greater peril than when he takes his sobriety for granted."

AA Co-Founder, Bill W., November 1949, "A Suggestion for Thanksgiving", *The Language of the Heart*

July 2, 2021

"On a daily basis I choose not to drink – or to fear, hate, be angry, or indulge in any other defect that's raising its ugly head. They're all there waiting, and when given a chance they charge into the center of my life and try to take over. But **when I work Step Seven** I find that my life is filled with good, and people actually like to be around me – something they never did in my drinking days."

"A Lifetime Supply," July 1995, *Kathmandu, Nepal, Step By Step: Real AAs, Real Recovery*

July 1, 2021

"I no longer pray to have my fear removed. Today, I pray that my love grows bigger than my fear and that my humility becomes greater than my shame."

"Firm Bedrock," May 1999, *In Our Own Words: Stories of Young AAs in Recovery*

July 21, 2019

"By the fall of 1937 we could count what looked like forty recovered members. One of us had been sober three years, another two and a half, and a fair number had a year or more behind them. As all of us had been hopeless cases, this amount of time elapsed began to be significant. The realization that we 'had found something' began to take hold of us. No longer were we a dubious experiment. Alcoholics could stay sober." AA Co-Founder, Bill W., October 1945, "The Book is Born," *The Language of the Heart*.

July 31, 2019

"Sometimes, the only place on earth that makes any sense to me is a meeting of Alcoholics Anonymous."

"The Root of Our Troubles," Dec. 1979, *Emotional Sobriety*

The Best of Big Book Dave:

July in Our History:

July 1751: "Sobriety Circles" are formed within most Native-American tribes. Many will evolve into or become abstinence based Native American cultural re-vitalization movements and temperance organizations.

July 22, 1873: Dr. William Silkworth born on a blistering 100⁰ day in Brooklyn, New York to William and Isabelle. On the third weekend of every July there is always a large group of A.A.'s at his gravesite to celebrate his birthdate at the Glenwood Cemetery, Route 71, West Long Branch, New Jersey.

July 20, 1924: "The Christian Herald" magazine had an interview with Henry Ford in which he states: "Gasoline and liquor do not mix. We need to protect ourselves from fools who think they can drink and drive!"

July 1940: "The Philadelphia Group" sets the precedent for the 7th Tradition (the Traditions have not been written yet.) by sending ten percent of its basket money to the "Alcoholic Foundation" later re-named "The General Service Office."

July 1947: This issue of The Grapevine carried for the first time, the AA Preamble, written by the Grapevine's editor, Tom Y.

July 1988: Our General Service Office begins compiling the first list of On-line Meetings.

From 'Big Book Dave', Elected Archivist, Interior Alaska



~ Submitted by Mathea A.



Tradition Seven

Every A.A. group ought to be fully self-supporting, declining outside contributions.

- **Honestly now**, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- **Should the Grapevine** sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- **If GSO runs short** of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- **Is it more important** to get a big AA collection from a few people, or a smaller collection in which more members participate?
- **Is a group treasurer's** report unimportant AA business? How does the treasurer feel about it?
- **How important** in my recovery is the feeling of self-respect, rather than the feeling of beings always under obligation for charity received

**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com



Next Intergroup Meeting
June 28th, 9:30am

Intergroup Treasurers Report

June 2025

Income:

Princeville Hanalei	7th	35.00
Princeville Hanalei	7th	35.00
District	reimburse	1114.91
District	reimburse	541.81
Total Income:		<u>1426.00</u>

Expenses:

Guardian Storage Locker	Lit. Storage	178.01
Hawaiian Telcom	Hotline	40.10
Printing Solutions	Schedules	308.99
Inkspot	Newsletter	95.00
Lutheran Church	Inter.mtg. rm.	300.00
Lutheran Church	Inter.mtg. rm.	300.00
Carolyn V.	Website	1167.72
Carolyn V.	Website	208.98

Total Expenses **2298.80**

Net **572.08**

Balance **2928.49**

Prudent Reserve **- 1300.00**

Operating Balance **1628.49**

~ Prepared by Tom R.~

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

Intergroup Report

July 2025

Aloha Kauai Fellowship,

I attended the **Kauai Roundup** at Kumu Camp in Anahola this month and had a great time staying in one of the Yurts right by the ocean. Getting up daily at dawn to walk the beach, watching the sunrise and taking pictures was my highlight.

Mahalo to the 2025 Roundup Committee for all their hard work to set up an outdoor kitchen, cooking and serving great food, arranging the activities/meetings and speakers. They worked hard all year selling T-shirts and raising the funds to make sure this event came together, and we all had a good time.

The 2026 Roundup Committee is forming and have met to select location and date next June. Please consider being a part of this planning committee. You may contact myself or Moe M. for more information.

The Intergroup meeting for June/July will be held on Saturday June 28th. We welcome and encourage Intergroup Representatives be present at all Intergroup Meetings in order to have a vote and a voice in our local affairs.

Please join us in making Kauai an outstanding fellowship in 2025-26.

To join our committee or suggest a location for next years Roundup contact Kathryn at 808 635-5457.

Your trusted servant, Kathryn B., Intergroup Chair

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting :
July 19th 11:30 am

COFFEE, WATER & PASTRIES WILL BE SERVED

District 6 Treasurer's Report

June, 2025

Income:

Hui Ohana	7th	1250.00
Poipu Beach Sunrise	7th	104.00

Total Income: **1454.00**

Expenses:

Office Expenses	208.85
Rent	150.00
Website Domain	1114.91
Meeting App.	514.91
Zoom	541.81

Total Expenses: **2015.57**

Current Balance **2926.81**

Prudent Reserve **-1200.00**

Operating Balance **970.24**

Bank Balance **2170.24**

~ prepared by Katherine and JoRina ~

SEND DISTRICT CONTRIBUTIONS

Kaua'i District Committee

P.O. Box 1503
Kapaa, HI 96746



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

Service is Sobriety

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**

Find A.A. in Hawaii

at: www.area17aa.org

