

April 2024

Garden Island Sobriety

Step Four

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



He said:

“What I was like; what happened, and what I’m like now.” “Our personal adventures before and after...” Most of us that are reading this have heard these statements many times. Wallowing in the mire of a 4th Step never appealed to me. Although I have struggled many times with “morbid reflection”. I still revisit my 4th step by way of my 8th Step. My 9th Step amends are not complete. I often consider an opportunity to complete an amend. My experience has been that the chances are good that I will encounter such a moment. They occur in the realm of grace.

My original sponsor was not on island when I was doing my 4 Step. But during a trip to the mainland, I was able to meet with my father’s 2nd wife. She was a tough AA broad! She suggested to, “do it exactly like it is in the Big Book.” So, I did. She also suggested to make sure I answered ALL the questions in the sex inventory. When I did my 4th Step my father, mother and three siblings were alive. My siblings have been able to help me with things that escaped my memories. My 4th Step started with my family. We listed “people, institutions, and principals.” For me the “manifestations of self” Were not immediately evident, but the resentments were very clear. I was able to go through the columns easily.

I was about 6 months sober when I did my 4th Step. After 30 years of drinking and daily drinking for about the last 5 or 6 years I was able to have a fair amount of clarity. I was attending 2 meetings a day then. I was on time and active in my group’s service presence. I did not miss any days and I counted and announced my time routinely. I was not able to grasp the “fear inventory”. Although I was alcohol free, I continued to do “damage”. I was lazy, entitled, and selfish. I thought going to meetings was enough along with basic service. My foundation was shaky at best.

(Cont. p. 2)



She said:

YOU DARE NOT LOOK !

12&12, p49. Self-loathing turned out not to be the same as an honest self-appraisal.

I prayed for courage and willingness to be searching, fearless, honest, and thorough. I learned it’s ultimately one of the most loving things we can do for ourselves.

I had to identify what feelings I had. Many feelings had been stuffed, mostly due to fear and shame. Most led to resentments towards my family, coworkers, and more. As “suggested,” I wrote down the people, institutions, everyday life that ticked me off. Then I listed how I was affected-(Aff), and what I contributed to the dysfunction – (MP) my part. I had quite a list! A few examples:

Why did I set myself up to be disappointed or hurt by others – like ROMANCE !. I had this notion that (the next) HE was going to “complete me” ...and “What part of ME would I have to give up to make this relationship work?” (Aff)-sex relations, self-esteem; (MP)-expectations.

FAMILY: My older brother seemed disdainful of me. For YEARS I spent way too much at Christmas buying him gifts, hoping someday he’d approve and love me. My self-esteem (Aff) was dependent on his response. (MP)—I expected more than he was able or willing to give and that definitely affected my “pocketbook” – I was in debt until May! -.

Since Daddio shirked his responsibilities, took off with another woman and didn’t pay child support, Mom had to go to work (Aff) security. At seven years old I’d come home from school and make dinner and help clean the house. Saturday mornings I had to clean the bathroom. That interfered with my playtime. – (MP)-anger, envy
GOVERNMENT: When my mother went to court to try .) to collect child support, they treated her like “what kind of woman are you that your husband would leave

(Cont. p. 2)

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12 Concepts p.4

AA Hotline 245-6677

He Said (cont.) As it turned out I didn't do a very good 5th Step for quite a few years! What has happened for me is that each day I find the readiness to continue to grow. When I can I go to a meeting. I find that on Kauai many times there may be only one or two other people there. But what if I didn't go? On the other hand, there may be many people, but I only connect with a few after all. These connections are always powerful! If I skip the meeting who is the loser? Consequently, I rarely skip. I don't want to find out who the loser is. After all, "even a broken clock is right twice a day; but one set to the wrong time is never right." My mother had a large wall clock with large Roman numerals. She wound it once a week as I remember. It was always running. I was blessed with a father and mother that really gave their all to us kids. It was part of that generation.

The fourth step? It was easy for me. Some of you know me and some of you do not but we are ALL in this together. **Do not give up ; the rewards are endless.**

~ Anonymous, Kauai

She Said (cont) you?" I resented the court favoring my father. So, growing up without a father and no spare change definitely affected our pocketbooks and my self-esteem(Aff); (MP)-wrath.

CHURCH –Because my father divorced my mother, if she remarried, she'd be considered as having committed adultery (scarlet letter!). Later in life I found out the other kids regarded us kids as the "(last name) bastards" (self-esteem). AND.. later in life I learned there had been several divorces among the offspring of the church elders, and even some (gasp!) homosexuals...(karma)

EMPLOYMENT – I started working after school, helping a single mom's two boys with their homework and straightening up her house while she was at work. Why the heck couldn't she make her king-size bed before she left?! (MP)-frustration. Then at 14, I got a job filing medical charts at Mom's office. They kept pharmaceutical samples in the break room, and I found diet pills (amphetamines). Since I had heavy bones, I tried them and did lose weight.(MP) However, my grades went from straight-A's to barely graduating from high school. (Aff)-self-esteem).

Recurring themes in my inventory revealed Resentments! Fears! insecurities, self-pity, egocentricity, envy, self-righteousness, anger, self-justification, and more...will be revealed.

~ Anonymous, Kauai

Happy Birthday

Dick W.	3/17	1973	51 yrs
Pat Q.	3/7	1977	47 yrs
Bebe S.	3/10	1980	44 yrs
Gerry J.	3/4	1981	43 yrs
Dave G.	3/7	1987	37 yrs
Judy B.	3/2	1987	37 yrs
Larry	3/24	1987	37 yrs
Julie M.	3/1	1987	37 yrs
Ed H.	3/14	1988	36
yrsKelly	3/4	1988	36 yrs
Norman P.	3/1	1991	33 yrs
Kathy	3/12	1997	27 yrs
Kristin	3/11	1997	27 yrs
Julia O.	3/11	1997	27 yrs
Sherwood C.	3/17	1998	26 yrs
Bill E.	/17	1999	25 yrs
Heather C.	3/10	2004	20 yrs
Julie H.	3/30	2004	20 yrs
Jennifer C.	3/5	2005	19 yrs
Eddie	3/1	2005	19 yrs
Linda R.	3/20	2006	18 yrs

More AA Birthdays

Mike H.	3/5	2008	16 yrs
Cindy T.	3/14	2008	16 yrs
Susan O.	2/2	2009	16 yrs
Megan	3/10	2010	14 yrs
Kelsey B.	3/6	2011	13 yrs
Brandi R.	3/1	2013	11 yrs
Curtis K.		2014	10 yrs
Brian B.	3/25	2015	9 yrs
Victoria M.	3/14	2016	9 yrs
Estrella	3/15	2017	7 yrs
Ray	3/28	2017	7 yrs
KK	3/18	2022	2yrs

Congratulations Everyone!!

A.A. Meetings

Happy Hour Group

Is happy to announce they've added a Thursday meeting at Nawiliwili Beach Park. Find them sitting on a picnic bench enjoying the Kauai sunshine and carrying the message of experience, strength and hope.

Thursdays at 5:00 p.m

2024 Kauai Roundup

Join us for the Kauai Roundup June 6-9

"Love, Unity & Service!"



**Hale Koa Campgrounds, Kokee State Park
(Adjacent to Waimea Canyon)**

Whiskey and Milk

While Koloa Union Church is under renovation Whiskey and Milk (stick) meeting
Will be held at the Salvation Army Koloa
(5348 Koloa Rd.)
7:30 – 8:30 pm, Wednesdays

Hui' Ohana Virtual

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**

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 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 15, 2023 "In great measure, we AAs have really found peace. However haltingly, we have managed to attain an increasing humility whose dividends have been serenity and legitimate joy." *AA Co-Founder, Bill W., June 1961, "Humility for Today," The Language of the Heart*

April 16, 2023 "The unity of the Fellowship of the spirit can be ours so long as we are willing to pass it on." *West Palm Beach, Florida, March 1989, "Building an Arch," 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 I*

April 25, 2020 "The Fourth Step lets me look at myself, look into my fear of not getting something I want or of losing something I have, get a perspective on my character defects, and move forward to try to establish true partnerships with other human beings." *Riverdale, Michigan, April 1997, "Naming the Negatives?," Beginners' Book*

April 28, 2023 "I think we simply fail to recognize miracles for what they are. Sobriety -- one-day-at-a-time -- is truly a miracle." *Prineville, Oregon, February 2004, "Miracles: Yours and Mine," Beginners' Book*

April 29, 2023 "Peace and enlightenment come when you stop evaluating in terms of good or bad and merely accept all of life as it is and try to learn from it." *El Granada, California, March 1989, "A Program of Action," The Best of the Grapevine, Volume 3*



AA Archives

The Best of Big Book Dave: April in Our History:

1840, April 2: “The Washingtonian Temperance Society” was founded in Baltimore. 1000 alcoholics in the 1st year stopped drinking. Abraham Lincoln addressed their second anniversary. Within four years 500,000 had found sobriety. By 1850 completely disbanded! Bill W. made a text book study of them and their mistakes as well as their strengths.

1813, April 19: Benjamin Rush M.D. dies in Philadelphia. He wrote the first significant book on the medical argument for alcoholism as a disease called “The Effects of Ardent Spirits Upon the Human Body and Mind.”

1899, April: The American Railway Association will become the first United States business that will prohibit alcohol use by employees on duty.

1909, April: Going into effect, “The Child Act” in America. It will prohibit giving any intoxicating liquors to children.

1939, April 4: Big Book goes to press. First Edition, first printing. Published at \$3.50 a copy. It will take 35 years to sell the first million copies. Now A.A. distributes a little over a million of them every year in the English language edition alone!

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

1960, April: Bill declined to be on the cover of “Time Magazine”.

1982, April: The first A.A. bulletin boards – online meetings and chat rooms begin to appear.

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

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



Concepts Checklist

Concept IV:

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

- **Do we understand** the spiritual principles underlying the “Right of Participation”?
- **What does** “in reasonable proportion” mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- **Do we expect** that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

Service is Sobriety

Expect A Miracle

H.O.W.

- **Honesty**
- **Openmindedness**
- **Willingness**

Kauai Intergroup

Next Intergroup Meeting

April 13th, 9:30 am

To Attend these meetings on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

April, 2024

Income:

Princeville/Hanalei	7th	400.00
Koloa Aloha	7th	50.00
Primary Purpose	Literature	48.00
Podium Meeting	Literature	110.00

Total Income: 608.00

Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	38.75
Inkspot	Newsletter	-----

Total Expenses 206.29

Total Income: 608.00

Total Expenses 206.29

Net 401.71

Balance 4961.18

Prudent Reserve -1300.00

Operating Balance 3661.18

~ Prepared by Tommy R.~

SEND YOUR CONTRIBUTIONS TO:

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



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



~About Publishing Birthdays~

**We Publish All Sobriety Birthdays
On The Month After Their
Occurrence.**

Would you like to have a birthday published
or corrected in the Garden Island Sobriety
newsletter?

Contact: District6newsletter@hotmail.com

Intergroup Committee

Chair:

Alt. Chair

Treasurer:

Secretary:

Schedules:

Literature:

Hotline

Website:

Events:

Ann W.

Mathea

Tom R.

Carolyn

Tom R.

OPEN

Sean G.

Aaron

Mike T.

District 6, Kauai:

The Next District Meeting :
April 20th, 9:30 am

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

District 6 Treasurer's Report

March, 2024

Income:

Koloa Aloha	50.00
Princeville/Hanalei	350.00
Total Income:	400.00

Expenses:

Lihue Lutheran Church	75.00
Total Expenses:	<u>75.00</u>

Bank Balance	6114.82
Prudent Reserve	-1200.00
Operating Balance	<u>4914.82</u>

~ prepared by Bob F.

District 6 Committee:

DCM:	Anastasia A
Alt. DCM:	Jim D
Secretary:	Shoshanah
Treasurer:	Bob F
Website:	Aaron
Grapevine:	Mathea A
Corrections:	Garrett S

SEND DISTRICT CONTRIBUTIONS

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



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

Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

The Serenity Prayer

God grant me the Serenity to accept the
things that I can not change, the
Courage to change the things that I can
and the Wisdom to know the difference.