

September 2026

Garden Island Sobriety

STEP NINE

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”



He said:

This step I was not scared of, but I was more puzzled at how people will react to the message. Will they think me a born again something and put me in a category and not listening to me, or will they think I am coming across in a desperation mode and category me crazy and not hear what I am saying.

I really had to take each amends differently, for one thing I had to be more straight forward, no sugar coating of anything, this is what I did to you because I was sick with my addiction. I hope you can forgive me and if there is anything you need from me to make it right, I am willing to do it.

There are the ones that I hurt their heart, they take a little longer because I had no idea of how to talk with my heart, I also felt that I needed a lot more sobriety to get a better understanding of feelings and emotions that I have never used and always thought as weakness.

Then there are the ones I never really thought I did anything too, but after a deep search of myself felt I should at least say something to them. These types of amends I did right at the beginning by just saying, I am trying to get better as a person and would like to say that my actions were from a sick mind, and I hope you can forgive me. These people were all just shocked I was saying anything to them about it and were all very kind and helpful after.

The ones that were hard were the ones that I couldn't make amends too, because of death or not knowing where they were, like my wife dad and my father, who passed away. These people shaped my life, and I never gave anything back. I did what my sponsor told me to do, and I wrote everything I would say to them and at the end of each letter I said that I would be the person they wanted me to be. Then I took the letters and burned them and let the wind take them to the person is the idea.

The one thing I keep doing is being a living amends. To be the person that is honest, humble and can be trusted to be there. Now my living amends is just how I am every day to everyone, not an ego pride driven user of everyone.



She said:

The Gift of Making Amends

Step Nine of Alcoholics Anonymous says, “Made direct amends to such people wherever possible, except when to do so would injure them or others.” When I first approached this step, I knew it was about more than simply saying I was sorry. It was about taking responsibility for the hurt I had caused and being willing to face the consequences of my actions.

My sponsor suggested that I begin with someone I felt very comfortable with—my sister. Thankfully, we had maintained a really good relationship before, during, and after I got sober. Even though our relationship was still strong, I knew there were things I needed to acknowledge. I had caused her hurt throughout my years of drinking, and she deserved to hear me take responsibility for that.

What happened next was something I never could have imagined.

After I shared my amends with her, my sister apologized to me. She told me that she had watched me hurting over the years and knew something was wrong, but she didn't understand what was happening. Alcoholism was something neither of us was familiar with, and she didn't know what to do or how to help me.

That moment was incredibly emotional and beautiful. I went into the conversation expecting to take responsibility for my part, not realizing that it would open the door for both of us to understand each other in a completely different way. Making that amend brought us closer than we had ever been.

Step Nine taught me that making amends isn't about getting forgiveness or expecting anything in return. It's about cleaning up my side of the street and changing my behavior moving forward. Sometimes the other person may not respond the way I hope, and I have to accept that. My responsibility is to be honest, humble, and willing to make things right when it is appropriate.



AA | HOTLINE

— 808-245-6677 —

Happy Birthday

Congratulations Everyone!!

<u>Name</u>	<u>Date</u>	<u>Years</u>
April	08/20/75	51
Ann W.	08/20/80	46
Samantha F.	08/15/89	37
Forest	08/05/90	36
Tommy L.	08/06/90	36
Myra L.	08/18/90	36
Sue G.	08/04/91	35
Lenny I.	08/03/92	34
Grekhenn	08/08/92	34
Jeff T.	08/10/97	29
David H.	08/01/00	26
Harold	08/24/01	25
Elle N.	08/12/03	23
Jenn	08/13/04	22
David B.	08/05/05	21
Nancy M.	08/29/05	21
Rhonda	08/18/06	20
Duanne	08/14/06	20
Damione V.	08/28/07	19
Denny M.	08/31/08	18
Jay A.	08/23/09	17
Brooke	08/22/12	14
Mitchell A.	08/16/13	13
Sonja C.	08/12/16	10
Thalia	8/14/2019	7

She Said Cont.

Tradition Nine reminds me that AA is organized simply enough to serve its primary purpose without becoming complicated or controlling. In the same way, Step Nine keeps my responsibility simple: acknowledge what I've done, make things right when I can, and continue living differently.

For me, Step Nine wasn't just about repairing the past. It gave my sister and me an opportunity to heal—and gave me a deeper understanding of the freedom that comes from making things right.

Stacey B., Sunrise Sobriety



AA Kaua'i
Service Opportunities Available
Service Brings More to Sobriety

"When we give it away,
we keep it."
— Alcoholics Anonymous

Why Serve?
Service adds more to our sobriety:

- Deepens our **recovery**
- Builds **connection** with others
- Gives our lives **purpose**
- Helps the **still suffering**
- Strengthens AA on **Kaua'i**

Service Opportunities Include:

- Group service (GSR, secretary, treasurer, chair)
- Kaua'i Intergroup committees
- H&I (Hospitals & Institutions)
- Public Information (PI)
- Literature / Bookstore service
- Event and workshop planning
- And more...

Get Involved. Give Back. Grow in Sobriety.
Together we keep AA strong on Kaua'i.

Expect A Miracle

About Publishing Birthdays

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

newsletter@kauaiaa.org

A.A. Meetings

A.A. Activities

September 5 → [Kauai Intergroup Meeting](#)

October 3 → [Kauai Intergroup Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

September 19 → [District 6 Monthly Meeting](#)

October 17 → [District 6 Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

★
EVENT

September 7 → [5th Annual Labor Day Potluck & Delegate Report](#)

Salt Pond

September 11-13 → [12t5h Annual National AA Technology Workshop](#) Concord, CA & Online

September 11-14 → [Women's Retreat 2026](#)

YMCA Camp Naue

★
EVENT

September 18-20 → [HICYPAA 2026 on Kauai](#)

Hale Koa, Koke'e State Park

★
EVENT

September 18-20 → [Men's Retreat](#)

Kahili Mountain Park

★
EVENT

September 19 → [September Committee Meeting](#)

Waianae

October 17 → [District 6 Elections](#)

Lihue Lutheran Church

October 24 → [Halloween Dance](#)

Kapaa Neighborhood Center

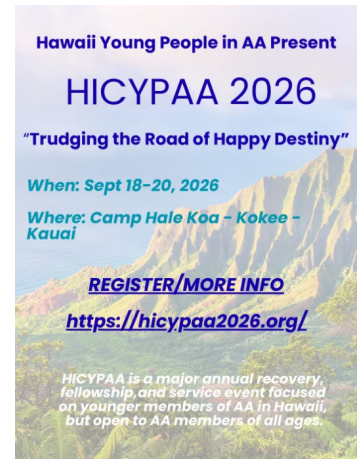
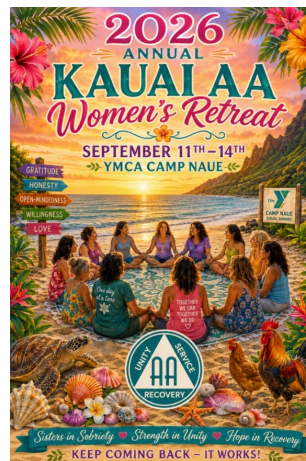
★
EVENT

September 30 → [Events Committee Meeting](#)

Coconut Grove Marketplace behind JoJo's

Oct 29-Nov 1 → [63rd Annual HI Convention](#)

Waikiki Beach Marriott





Intergroup Treasurer's Report

Chair:	Kathryn B.
Alt. Chair:	VACANT
Treasurer:	Tom R.
Secretary:	Ann W.
Events:	VACANT
GIS Newsletter:	Anne A.
Hotline	VACANT
Literature:	Benita A.
Schedules:	Tom R.
Website:	Carolyn V.



- Kauai District 6 -

DCM's Report

Tradition 9, dealing with the non-professionalism of AA and Concept 9 which emphasizes the importance of good leadership seems so valuable as we, as a District and Area, ready ourselves for a changing of the guard. Our District of Kauai elections for DCM, Alt. DCM, Treasurer and Secretary are coming up at our October 17th Meeting. All our Officers and Standing Committee Chairs will be asked to commit to a 2year term. It is a commitment of Service, both time and energy, but for me the reward was invaluable.

The commitment to General Service began, for me on the Home Group level and then Treasurer for our District. I had no idea of what was required, fortunately there was the AA Service Manual and my Service Sponsor, Mathea A. We read the book together, I asked her questions which she answered in detail, then she asked me questions. She was and continues to be a valuable resource.

The people, all volunteers that I have met, from all over the State and Western United States,

Have been an inspiration. Today, through participating and trying to do what is best, I know a little more about how AA works than I did 2 years ago, though I'm only scratching the surface, but more so, I appreciate a lot more for what AA has done for me and the thousands of others I haven't yet been introduced to.

Deborah S, our current delegate will be here on Kauai on Labor Day September 7th. She has spent the past 2 years, preparing for the Annual General Service Conference, taking our Group Conscience directives with her to NY, Sharing, Voting on the issues, and on Labor Day Sharing her experience, strength and understanding with us from the Conference. All 93 Delegates from the US are Non-professional Volunteers and all do the same thing in their respective areas.

Kauai is looking for a few good, sober men and women to carry the torch for the next Panel 77.

I'm respectfully asking for you to honestly evaluate your Commitment to the 3rd Legacy of Service. Our Goals of improved Unity have produced terrific results, now is the time to keep the ball and momentum moving forward. In Hawaiian, the term IMUA means to Persevere in steady motion forward.

IMUA and Mahalo for allowing me to be of Service.

Bob F., DCM District 6

District 6 Treasurer's Report

Group Contributions										
	Dec-25	January	February	March	April	May	June	July	August	Total
3rd Tradition Group	4,705.43	60.00								60.00
11th Step Speaker Meeting								45.00		45.00
Mahealani Jewellers					140.00					140.00
BB Nooners			10.00					10.00		20.00
InterGroup (KauaiAA.org, Zoom, & Chair App)		5.28	32.89							38.17
Kapaia Nooners						40.00	62.00			102.00
Koloa Aloha				100.00				100.00		200.00
Koloa Salvation Army						25.00				25.00
Northshore Aloha #121155		35.00	35.00	35.00	30.00	35.00	35.00	35.00	30.00	270.00
Payroll Test			5.00							5.00
Papa Sunrise									649.00	649.00
Primera Purpose		68.00						35.00		103.00
Princetonville Hamlet Group				217.00						217.00
Sober Enclave Waikane				14.00						14.00
Sober Society				111.00						111.00
Whiskey & Milk - Koloa						15.00				15.00
Group Contributions Total		108.28	82.89	477.00	170.00	155.00	97.00	225.00	679.00	1,954.12

District 6 Expenses											
Expense	2026	January	February	March	April	May	June	July	August	Actual	Difference
AA DCM Travel & Registration	500.00									-	500.00
Activities	200.00									-	200.00
Cooperation with the Elder Community (CEC)	200.00					90.00	53.20			143.20	56.80
Cooperation with the Professional Community (CPC)	5.00									-	5.00
Corrections	250.00									-	250.00
DCM Travel & Registration	1,200.00	252.60		439.61						692.21	507.79
Delegate Expenses	100.00							160.00		160.00	
Garden Island Newsletter	500.00									-	500.00
Grapevine	5.00									-	5.00
GIS Travel	500.00	104.90								104.90	395.10
Meeting App (Investigator)	200.00	75.25								75.25	124.75
Office Expense	300.00			52.33				187.50		239.83	60.17
Payroll Fee	175.00			0.64	0.98	4.68				6.30	168.70
PO Box	250.00			242.00						242.00	8.00
Public Travel	1,000.00	733.53								733.53	266.47
Public Information (PI)	500.00			439.47						439.47	60.53
Rent	300.00						300.00			300.00	
Treatment/Accessibility	5.00									-	5.00
Website (GoGridify)	160.00									-	160.00
Workshops	200.00									-	200.00
Zoom	175.00							187.50		187.50	
Expense Total	6,555.00	1,585.28	734.44	440.59	4.68	390.00	53.20	535.00	-	3,323.10	3,231.90
Product Revenue	1,200.00									1,200.00	
Operating Balance		2,448.38	1,796.83	1,833.24	1,998.56	1,723.56	1,767.36	1,457.36		3,336.36	
Bank Balance		3,448.38	2,996.83	3,033.24	3,198.56	2,923.56	2,967.36	2,657.36		3,336.36	
Profit or Loss											(1,369.07)



District 6 Committee:

Chair:
 Alt. Chair
 Treasurer:
 Secretary:
 Intergroup Chair
 Intergroup: Alt. IG Chair
 Archives:
 Cooperation w/Elder Community (CEC):
 Cooperation w/Professional Community (CPC):
 Corrections:
 GIS Newsletter
 Grapevine:
 Mynah Bird:
 Public Information:
 Treatment Settings/Special Needs:
 Website:

TS

Bob F.
 VACANT
 JoRina
 Scott S.
 Kathryn B.
 VACANT
 Mathea
 Jay
 VACANT
 Bill G.
 Anne A.
 VACANT
 VACANT
 Giorgio
 VACANT
 Carolyn V.



– Kauai District 6 –

Archives Report

Hawaii became AA Area 17 on January 1, 1976. Our first Delegate was Harry Lake.

The first Areas were made by Bill Wilson, et al, before the first General Service Conference in 1950. The General Service group established 37 Areas (as a start). Now we have 93 Areas. Our Delegate from Hawaii is elected every other year for a two-year term starting with an odd (not even) year number. Next Delegate for Area 17 starts January 1, 2027.

District 6 Contributions

QR Code

7th Tradition Contributions

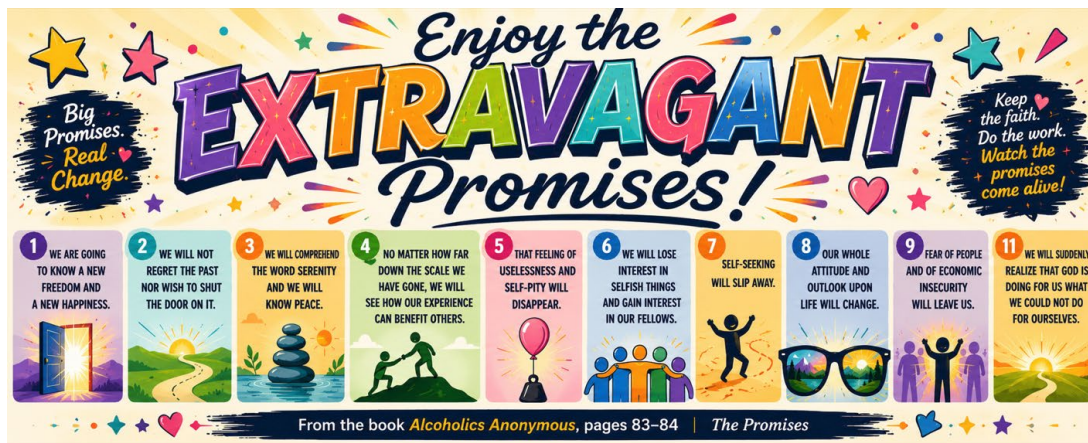


Check

Kauai District Committee
PO Box 1503
Kapaa, HI 96746

Love and Service,

Mathea A., District 6 Archives Chair, Panel 75



HAWAI'I AREA 17

Humility in Action



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 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