

January 2026 Garden Island Sobriety STEP ONE

“Admitted we were powerless over alcohol, and that our lives had become unmanageable.”



He said:

Admitting that we are alcoholic and that our life had become unmanageable.

My problem wasn't admitting I am an alcoholic, I wore it proudly. I called myself a high functioning alcoholic. Alcohol was introduced to me by my grandfather when I was 2 years old. He watched me while my mom went to nursing school, he loved the fact that I loved the taste of beer and gave it to me all the time. So, my emotions were at a two-year-old level, so it's easy to see why I used alcohol to cope with emotions. I had no skills and my examples in my life were a two-year-olds.

My problem was admitting that my life had become unmanageable.

Understanding this step is an attempt to look at my ego, pride and self-will. Humbling myself to admit unmanageability was too hard. So, acceptance was a key.

The ability to accept is the beginning, middle and end to my sobriety. Life on life's terms, accepting that I had harmed a lot of people, mostly my family. Accepting that my life was unmanageable because I couldn't have relationships or be trusted to be there for anyone. I had to accept that I was the problem and I had no skills to help me. I had to accept that the skills I needed were not even a thought in my head. I would never have known how much I was using alcohol to cope with my feelings, emotions and life challenges. Those skills were never even a thought, or if



She said:

Step One of Alcoholics Anonymous states, “We admitted we were powerless over alcohol—that our lives had become unmanageable.” At first glance, this step seemed simple to me, but living it has required deep honesty and self-reflection. Step One was not about judging myself or labeling myself as weak; it was about finally telling the truth. This step became the foundation of my recovery because it forced me to stop denying reality and start accepting help.

When I first heard the word powerless, I resisted it. I believed powerlessness meant failure or lack of willpower. I had spent years convincing myself that I could control my drinking if I just tried harder. I made rules—only drinking on weekends, only having a certain number of drinks, or stopping after stressful events passed. Each time, I fully believed I would succeed. Yet time and again, once I started drinking, those rules disappeared. I drank more than I planned, stayed out longer than intended, and behaved in ways that did not reflect my values. Looking back honestly, I can see that my intentions were sincere, but my results told a different story.

Admitting powerlessness meant accepting that alcohol affected me differently than I wanted to admit. It wasn't that I drank every day or that every situation ended in disaster; it was that I could not reliably predict or control what would happen once alcohol entered my life. Step One helped me understand that my experience – not

HE SAID (CONT) talked about, I looked at it as a weakness. Now I see it as a strength.

The gift of desperation to get me to a point to listen to everything that the groups were suggesting and accepting it in blind faith. My wife leaving me was my gift of desperation. That for me was the mirror to my face, to see the empty soul of a person I really was. This was the start of a realization that how I had acted was self-centered, selfish and uncaring.

The sheer loneliness to keep me in my addiction without judgement from others was the other reason I decided to accept that my life was unmanageable. So, my bottom didn't come with me losing everything material, it was with me losing everyone I cared for.

So, this step helps me start looking at the problem, Me.

Kirk M., Sunrise Sobriety

SHE SAID (CONT) my promises—was the truth. This realization was painful, but it was also relieving. I no longer had to exhaust myself trying to prove I could drink like other people.

The second part of Step One—admitting that my life had become unmanageable—was just as important. From the outside, my life often looked fine. I met responsibilities and appeared functional, but internally I felt unsettled and overwhelmed. Much of my mental energy was spent thinking about drinking, recovering from drinking, or feeling guilt and shame about my behavior after a blackout. I noticed how alcohol affected my emotional reactions: I was more irritable, less patient, and more likely to withdraw from people I cared about. Even when I wasn't drinking, the consequences lingered in my thoughts and relationships. Drinking fueled my anxiety and depression which I tried my best

to hide for a very difficult year of my life. **Unmanageability also showed up** in how I tried to control everything around me. I attempted to manage my feelings, other people's reactions, and outcomes that were never fully in my control. When things didn't go as planned, alcohol felt like an escape or a reward, which only made matters worse. Step One helped me see that my way of managing life was not working, and that continuing down the same path would only lead to more frustration and harm.

What surprised me most about Step One was the sense of relief it brought. Admitting defeat felt like a failure at first, but it became a doorway to hope. For the first time, I stopped arguing with reality. I stopped blaming myself for not being able to drink normally and began accepting that I needed a different solution. This step allowed me to become open-minded and willing—two qualities I desperately needed but could not access while I was still trying to control everything on my own.

Today, Step One continues to guide me and Tradition 1 reminds me why I need the unity of the program and the support of others. I can't do this alone and I don't have to anymore. It keeps me humble and honest, especially when my thinking starts to drift toward old patterns. Step One is not just the beginning of recovery; it is a truth I return to regularly.

In conclusion, Step One taught me that acknowledging powerlessness is not weakness—it is wisdom. By admitting that alcohol made my life unmanageable, I created space for change, growth, and connection. This step transformed denial into clarity and isolation into hope, making it the essential starting point for my recovery journey.

Stacey B., Sunrise Sobriety

Happy Birthday

Carl K.	12/19	1981	43 yrs
Bobo	12/13	1986	38 yrs
Peggy S.	12/19	1986	38 yrs
Lori N.	12/23	1988	36 yrs
Bob C.	12/16	2003	21 yrs
Ron W.	12/24	2003	21 yrs
Eddie F.	12/13	2005	19 yrs
Erica J.	12/13	2005	19 yrs
Sarah	12/3	2007	17 yrs
Nicole	12/25	2009	15 yrs
Allison T.	12/23	2011	13 yrs
Steve	12/20	2013	11 yrs
Lenny	12/8	2013	11 yrs
Katie	12/26	2014	10 yrs

About Publishing Birthdays

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

District6newsletter@hotmail.com

THANK YOU to LINDA B.!
GIS Appreciates Your Editor Service

Accolades to Linda

Linda B. has the Garden Island Newsletter the Gold Star of Newsletter for the Islands! Her dedication to service with the email distribution list always kept me in touch with the Fellowship while moved to the mainland for a few years. Mahalo nui loa Linda

Kathryn B.

I was there when Linda walked into AA. Fortunately, she was one of us that "got it". Quite the transformation. kudos to Linda for your years of sobriety and service !
Aloha, Philip in California

My name is Jim and I'm an alcoholic who is extremely appreciative of Linda B. During Panel 65 I was asked to serve Area 17 as Minah Bird Chair. I went to Linda to learn how to do it. She was extremely patient and helpful. Eventually I was asked to participate on a panel about newsletters at the International Convention in Atlanta, an invitation for which I clearly owe Linda!

Jim D.

"I truly appreciate Linda's service of making beautiful flyers throughout the years and sending me TGI through email when I living on the mainland. Mahalo Nui Loa, Linda"

Jenn D.

I love you.

Mathea

GRAPEVINE

Quote of the Day

These reflections from the January 2026 Grapevine remind us that recovery unfolds through connection—one alcoholic reaching another—guided by a Higher Power, sustained by laughter, service, and the quiet miracles that happen when we simply show up.

“As I’ve grown up in AA, I’ve learned that the more I align myself with my Higher Power and my truest self and the more I focus on being helpful to others, the more I’m free to enjoy this life.” Katy O., Satellite Beach, FL

“Sue, you may not want what we have, but go home tonight and think about it. Do you want what you have?” Sue G., Highlands Ranch, CO

I never expected to hear so much laughter when I walked into AA. Mary Ann M., Drexel Hills, PA

“The important things are the same: One alcoholic talking with another, the importance of regular attendance at meetings, frequent contact with each other, the acceptance of a Higher Power, a caring and reliable sponsor, repeated and ongoing working of the Steps and service to the group.” Anonymous “What was significant for me about meeting this man was that he knocked on the only door on the church campus where anyone would still be present right then because everything was locked up. How did he know where to go? How could he possibly have known to knock on the only door on the property where the person answering really did know exactly what he was talking about?” Butch M., Yuma, AZ

Linda B's Reflection of GIS Service

It all started... In 2003 when I was about 6 years sober in AA and several years before I moved to Kauai. I was driving through the small town of Solvang, California on the way to my next job, straight through an intersection in town, when I had a sudden urge to hit the noon meeting. I had learned to act on those promptings of the spirit and boy am I glad that I did. I made a quick right and then left and parked in my usual spot at the noon meeting. On my short walk to the meeting room I was greeted with a big smile from a friend of Bills who immediately said that he was glad that I came because he wanted to ask me if I would take over the newsletter that he had just started for our group. I said Yes. I said Yes with very little hesitation. It just felt like it was meant to be. With no instruction and no experience of editing a newsletter before I jumped in fully trusting in the spirit of my Higher Power, the power of God, to show me the way. That's how it all began, by listening to the prompting of the Spirit and by saying Yes to the call for Service.

I was getting settled in on the island of Kauai, as I recall it was in 2007, when I felt the urge to carry on with this special service I was called to in California. How about editing an AA newsletter on Kauai the Spirit urged. I began asking around and was introduced to Janenne B. who was already getting an island wide newsletter for AA developed. We began working together and thus the Garden Island Sobriety Newsletter was born.

Eventually Janenne and I went our separate ways and I was in charge, by myself, to produce a finished newsletter every month. Janenne had introduced me to the members of Kauai Intergroup and they generously adopted the GIS Newsletter's monthly printing expenses. This thing was growing and had island wide approval.

Jerrie S. stepped in of her own volition and set up all of the members names and dates of their AA Birthdays. This was a huge job and she volunteered to do it. I was not only grateful but also encouraged by her support.

Bebe S. on the North Shore also volunteered her services by updating the birthday information every month. Bebe covers the North Shore but the GIS still needs volunteers from other parts of the island to update AA Birthday information every month. I have discovered that these volunteer contributions are the heart and soul that keeps this Newsletter alive. I'm sure that our new editor Anne will feel the same way. The Committee Treasurers should also be acknowledged for their monthly contribution by sending in updated monthly reports to be shared and printed in the GIS. Especially Tom R. who has been Intergroup Treasurer for years and doing such faithful and excellent work.

I am stepping down from this cherished service work due to health problems. It has been one of the most rewarding things I have done in my life. I have been honored to do it. I am convinced that Anne will be an excellent editor and we will all benefit from this change. The fact that Anne has volunteered to be editor of the Newsletter actually convinces me that it is the right thing to do.

Thank You Kauai for your love and support.
~ Linda B.

A.A. Activities

January 8, 2026 @ 6:00 pm - 9:00 pm

GSR Orientation

Zoom

January 15, 2026 @ 6:30 pm - 7:30 pm

Women's Retreat Planning Meeting

Zoom

January 18, 2026 @ 9:30 am - 12:30 pm

District 6 Monthly Meeting

Lihue Lutheran Church 4602 Hoomana RD, Lihue

January 24, 2026 @ 8:00 am - January 25, 2026 @ 5:00 pm

Inventory Assembly

Lahaina Civic Center 1840 Honoapiilani Hwy, Lahaina

February 1, 2026 @ 9:30 am - 11:30 am

Kauai Intergroup Meeting

Lihue Lutheran Church 4602 Hoomana RD, Lihue

February 8, 2026 @ 8:00 am - 6:00 pm

SUPERBOWL POTLUCK

Lihue Neighborhood Center 3353 Eono St., Lihue

February 15, 2026 @ 9:30 am - 11:30 am

District 6 Monthly Meeting

Lihue Lutheran Church 4602 Hoomana RD, Lihue

February 27, 2026 - March 1, 2026

PRAASA 2026

Hilton Hawaiian Village in Waikiki 2005 Kalia Rd



The Next Intergroup Meeting

January 4th, 9:30 am

To Attend these meetings on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

Kauai Intergroup Treasure Report

January 2026

<u>Income</u>	<u>Details</u>	<u>Type</u>	<u>Total</u>
Thankathon	Cash	7 th	\$296.00
Na Wahine Ku Pono	Ck503	7 th	\$150.00
North shore Aloha	Ck1243	7 th	\$30.00
Sunrise Sobriety	Ck578	Literature	\$103.00
Happy Hour	Cash	Literature	\$4.00
Thankathon	Cash	Literature	\$35.00
B/B Nooners	Ck2560	7 th	\$50.00
Hui Lokahi	Cash	Literature	\$75.00
Primary Purpose	Cash	7 th	\$205.00
	Total		\$948.00

Expenses

Guardian Self Storage	Literature Locker	\$178.01
Hawaiian Telecom	Hot line	\$40.28
Jen D	Thankathon supplys	\$111.76
Kirk M	Thankathon Beverages	\$206.88
Laurie L	Thankathon Flowers	\$240.00
Jen D	Thankathon supplys	\$40.28
Jen D	Thankathon Supplys	\$79.78

Total \$856.71

<u>Income</u>	\$948.00
<u>Expences</u>	\$856.71
<u>Net</u>	\$91.29

<u>Balance</u>	\$5,171.91
<u>Prudent Reserve</u>	\$1,300.00
<u>Operating Balance</u>	\$3,871.91

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 YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

P.O. Box 3606

Lihue, HI 96766



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

Expect A Miracle