

February 2025

Garden Island Sobriety

Step Two

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said:

Coming, coming to, coming to believe. For me this was a three

step, one step process.

I **“came to”** in my first treatment center in 1978, but I didn’t come to believe. I came and ran.

I **was stuck** on that retread truck tire, rolling old Route 66, thinking that the tire was only flat on the bottom.

When I made a decision to seek sobriety I didn’t understand the difference between sanity and insanity. To me insanity was that guy running naked down the street. I only had 1 DUI and had no thoughts that insanity was me taking that first drink.

When I started in earnest I “came to”, eventually working with a sponsor. I was on a pink cloud and something happened on one Sunday morning. A whale splashed in the ocean, my head popped out of my ass, and I really “came to believe” that this power I’m seeking has kept me sober. That was my first part of willingness to seek sobriety.

Now what is insanity for me is to take that first drink. I have to accept life on life’s terms on a daily basis.

Today, having been rocketed into a fourth dimension, which is where of my slippers are, I’m grateful. I have the opportunity to begin the day seeking sobriety and have a little better touch of what actual insanity is to me.

Yesterday, I didn’t have to drink. Today, I’m working on it. If I’m successful, which I pray, and my sponsor taught me was actually a conversation requesting from this power that I’m seeking good things for all those other than myself, I will be and I won’t have to take that first drink.

Mahalo, Anonymous at Sunrise.



She said:

As a practicing alcoholic, I had long ago wandered from my childhood

faith. Disillusioned and demands unmet, I gravitated toward the cosmos and considered religion a crutch.

I grappled with finding a power greater than myself and was alarmed reading about Jim pouring whiskey in his milk, the careless jaywalker, and Fred crossing thresholds dreaming of drinks. There were multiple accounts of how knowledge, my personal superpower, would get me nowhere. Phrases like the strange mental blank spot and peculiar mental twist left me wondering how I would avoid the insanity of hooking up with John Barleycorn. The warnings continued with “there would come a time and place” that I would drink. Then, like a beacon, the last paragraph in More About Alcoholism illuminated the solution: “the alcoholic...has no effective mental defense against the first drink...His defense must come from a higher power.” I knew that I must form a spiritual defense if I want to stay sober. I felt an overwhelming sense of relief.

While a clear solution was laid at my feet, I stood at the turning point, still in need of some elusive power. I learned that an open mind and willingness was enough to start. I related that the cosmos is certainly more powerful than me and I began to consider that God might mean something entirely different. It was a start to letting go of old ideas and choosing my own conception of God. I love “What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God.” So much of finding the god of my understanding has been about seeking.

(cont. p 2)

Birthdays p.2

AA Archives p.4

Meetings p.3

12 Concepts p.4

AA Hotline 245-6677

Happy Birthday

Dotty	1/31	1973	52 yrs
Jay W.	1/23	1982	43 yrs
Susan C.	1/20	1988	37 yrs
Gloria C.	1/12	1984	41 yrs
Stevie G.	1/11	1986	39 yrs
Barbara J.	1/1	1987	38 yrs
Chris H.	1/11	1987	38 yrs
Laurie L.	1/19	1988	37 yrs
Mickey M.	1/6	1990	35 yrs
Bill M.	1/24	1990	35 yrs
Maureen M.	1/7	1995	30 yrs
Patti W.	1/1	1995	30 yrs
Tony C.	1/18	1997	28 yrs
Clay	1/10	1998	27 yrs
Blondy	1/8	1998	27 yrs
Steve M.	1/26	1998	27 yrs
Bob H.	1/18	1999	26 yrs
Tony S. (CA)	1/2	1999	26 yrs
Luis R.	1/1	2001	24 yrs
Susan ON	1/7	2002	23 yrs
Ele J.	1/16	2005	20 yrs
Laurel R.	1/30	2006	19 yrs
Aakara	1/20	2008	17 yrs
Liz O.	1/20	2008	17 yrs
Emma S.	1/22	2008	17 yrs
Matt	1/1	2008	17 yrs
Lee	1/24	2009	16 yrs
Paul	1/12	2010	15 yrs
Rick	1/26	2010	15 yrs
Sarah A.	1/11	2011	14 yrs
Kirk F.	1/3	2011	14 yrs
Terance B.	1/24	2012	13 yrs
Shastin	1/2	2018	7 yrs
Sonny	1/12	2021	3 yrs
Tom C.	1/16	2021	3 yrs
Scott C.	1/31	2021	3 yrs
Mary	1/2	2023	2 yrs

Congratulations Everyone!!

She Said (cont) **Once I came to believe** in the possibility of a power greater than myself, my sponsor had me go back to my autobiography and highlight the insanity. As we reviewed it together, she helped me see pieces of insane behavior and thinking I had overlooked. Ah, the illusions and delusions.

The Second Step tells me that I will come to believe that a power greater than myself will restore me to sanity. The step doesn't say I will be restored to sanity immediately. Our literature regarding Step Ten reads, "we cease fighting anything or anyone even alcohol. For by this time, sanity will have returned". It is my belief that God restoring me to sanity is ongoing. Jim's story forewarns that the irritations and annoyances left alone lay the steppingstones that can trigger the thought, then action to drink. I don't want to forget that alcoholic thinking is laced with triggers back to rut thinking – and the insanity that precedes the first drink.

Today, I try to practice resigning from the debating society and rightly relating myself to Him so that He will continue to return me to sane thinking. I still say this little prayer daily: Thank you for keeping me sober yesterday, please keep me sober today, and please give me those three seconds that I would think before I drink.

~ Ann A., Kauai

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**

A.A. Activities

KAUAI AA's 2025 ROUNDUP EVENT



JOIN US AT KUMU CAMP IN ANAHOLA!

Kauai AA will be holding its 2025 Roundup Event at KUMU CAMP in Anahola! The Event is :

June 5 - 8, 2025

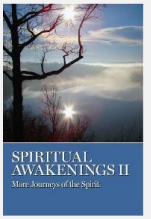
Please use the link below to view all of the information and sign up AS SOON AS POSSIBLE!

<https://kauairoundup.org/>

GRAPEVINE **Quote of the Day**

February 2, 2023 "Whenever I need strength I just step outside and look for a celestial body like the sun or a star. This allows me to experience again that wonderful feeling of union with my creator."

*Salt Lake City, Utah, January 2002, "My Heavenly Fit",
Spiritual Awakenings*



February 4, 2024 "If I simply let go of a character defect – release it – my Higher Power will replace it with a character asset. As I release anger, I find that I am friendlier. As I release hate, I become more loving. As I release fear, I become more secure." *Kathmandu, July 1995, From: "A Lifetime Supply", Beginner's Book*

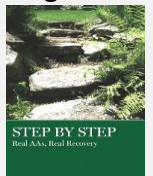
February 7, 2024 "It's important to monitor my thinking, to be conscious of what thoughts I'm hugging to my heart, inviting to stay in my mind, encouraging to hang around my head." *Chestertown, N.Y., January 2006, From: "Circles of Sobriety", Beginner's Book*

February 9, 2023 "I can remember ... how the agonies of alcoholism, the pain of rebellion and thwarted pride, have often led me to God's grace, and so to a new freedom." *AA Co-Founder, Bill W., March 1962, "What Is Acceptance?", The Language of the Heart*

February 16, 2023 "What keeps me sober and serene is the very act of letting go of resentments, self-pity, fear of others, and whatever else keeps my thoughts going in circles about myself." *Galveston, Texas, September 1995, "The Uncertainty Principle", Spiritual Awakenings II*

February 20, 2024 "Turn toward that power and ask for help whenever you feel disturbed or afraid, the way a plant turns toward the light." *N.Y., January 2006, From: "Tools for Life", Beginner's Book*

February 21, 2023. "For me, there is a direct coupling of the Tenth Step and Step Two. The more sanity, the quicker the admission that I am wrong. It is much easier today to get rid of an overreaction at the thought level before it becomes a spoken word and then a physical act. "Now I can see that sanity is steadily being restored to me so that I can use the other Steps to greater advantage." *March 1981, "Sanity", Step By Step*



The Best of Big Book Dave:

February in Our History:

February, 1939: 400 pre-publication copies of the Big Book in manuscript form are distributed for comments and suggestions before our book went to print. Today there are twelve originals known to exist.

Feb 1940: Sister Victorien, working with Sister Ignatia, was transferred to Cleveland and began admitting alcoholics at St. Vincent's Charity Hospital.

Feb. 13, 1940: The first recorded time the "Lord's Prayer" was used to close an A.A. meeting, at the 'Philadelphia Group', Philadelphia, Pennsylvania.

February, 1949: In Center City, Minnesota the Hazeldon Foundation Alcohol Treatment Center opens.

Feb. 1948: Father Ralph Pfau founded the "Catholic Clergy Conf. on Alcoholism", which brought the A.A. message to priests suffering from alcoholism.

Feb. 1959: Permission was asked for and granted by G.S.O. for our literature to be put on tape for "Recordings for the Blind."

Feb. 19, 1967: Father Ralph Pfau died Sunday morning in "Our Lady of Mercy Hospital", Owensboro, Kentucky. He was the third most published author of the A.A. message behind Bill W. and Richmond Walker.

Feb. 1990: Going to print – the Ten Millionth copy of the Big Book.

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

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

Tradition II:

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- **Do I criticize** or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- **Am I absolutely trustworthy**, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- **Do I look for credit** in my AA jobs? Praise for my AA ideas?
- **Do I have to save face** in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- **Although I have been sober** a few years, am I still willing to serve my turn in AA chores?
- **In group discussions**, do I sound off about matters on which I have no experience and little knowledge?

Send Area Contributions

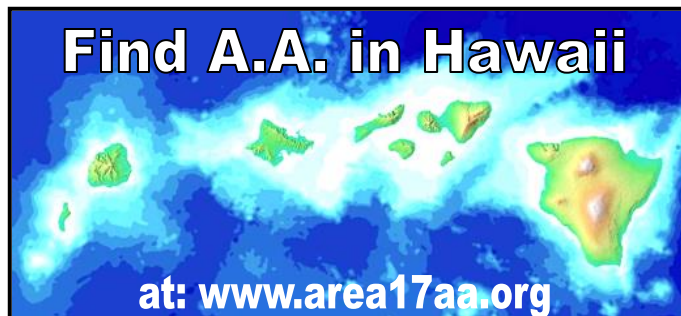
ADDRESS IT EXACTLY LIKE THIS:

**Hawaii Area Committee
P.O. Box 1413
Honolulu, HI 96806**

Please include "District 6" & Group Name on check



Find A.A. in Hawaii



Kauai Intergroup

The Next Intergroup Meeting February 1st, 9:30 am

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

Intergroup Treasurers Report

January, 2025

Income:

Carolyn V.	Literature	11.00
Sunrise Sobriety	Literature	11.00
Thankathon	7th	153.00
Benita	Literature	473.00
Benita	7th	33.00
Benita	Literature	31.00
Sunrise Sobriety	Literature	11.00
Sunrise Sobriety	Literature	11.00
Womens Retreat	Literature	14.00
Womens Retreat	7th	6.00
Saturday Night 3 rd Tradition	7th	160.00
Kauai Recovery	7th	200.00
North Shore Aloha	7th	35.00
North Shore Aloha	7th	35.00
Total Income:		<u>1379.00</u>

Expenses:

Guardian Storage	Locker	178.01
Hawaiian Telcom	Hotline	38.88
Inkspot Printing	Newsletter	95.00
Printing Solutions	Schedules	95.00
Postal Service	PO Box	200.00
Shoshana	Labor Day	207.97
Benita	Literature	32.29
Julie	Leis Thankathon	50.00
Bob	TurkeyThankathon	110.27
Laurie	FlowerSThankathon	300.00
Krysten	DecorateThankathon	103.98
Total Expenses		<u>1493.43</u>
Net		<u>936.96</u>
Balance		<u>114.43</u>
Prudent Reserve		<u>-1300.00</u>
Operating Balance		<u>2238.28</u>

~ Prepared by Tom R.~

Intergroup Committee:

Chair:	Kathryn B
Alt. Chair	OPEN
Treasurer:	Tom R.
Secretary:	Sutafe B.
Schedules:	Tom R.
Literature:	Benita A. & Jeanne L
Hotline	Sean G.
Website:	Carolyn V.
Events:	Mike T

SEND YOUR CONTRIBUTIONS TO:

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



Request a newsletter by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

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

District 6, Kauai:

The Next District Meeting :
February 18th 9:30 am

To Attend the meeting on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

COFFEE, WATER & PASTRIES WILL BE SERVED

District 6 Treasurer's Report

January, 2025

Income:

North Shore Aloha	35.00
Na Wahine Kupono	99.98
Total Income:	<u>134.98</u>

Expenses:

UPS	222.00
Total Expenses:	222.00

Bank Balance	3865.60
Prudent Reserve	-120.00
Operating Balance	<u>2665.60</u>

~ prepared by Bob and Katherine

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

SEND DISTRICT CONTRIBUTIONS

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



AA SERVICE STRUCTURE



INTERGROUP	DISTRICT
Partnership of AA groups in a community	AA groups in an area determined by population, geography, possibly linguistics
Exists to help groups in their common purpose to carry the message	Part of the General Service structure
Carries out functions common to all groups but best handled by a centralized office or entity	Maintains the link between AA groups and the General Service Board
	Passes on the AA message and supports fellowship as a whole
Representative from the AA group is the Intergroup Representative (IGR)	Representative from the AA group is the General Service Representative (GSR)
FUNCTIONS:	FUNCTIONS
Managing Hotline and 12-Step Calls	Two-way communication between GSRs, the Area Delegate and Conference
	District Committee Member (DCM) and District Committee is exposed to the group conscience of the district
Maintain information regarding local hospitals for AA	Provide a forum where Groups can come together to share their experiences, solve problems and work together in unity to carry the AA message.
Publish local meeting list	
Provide local newsletter (Garden Island Sobriety)	Further tasks based on local needs
Ordering, selling and distributing AA Conference approved literature	District has committees including Archives, Cooperation with Elder Community, Cooperation with the Professional Community, Grapevine, Mynah Bird and Public Information.
Circulating information among AA groups in the community	Bill G.
Has local committees such as Corrections and Events	
Manages annual Thank-A-Thon	
Manages Kauai Website	
Reports at the Area Assembly regarding Intergroup status	Reports at the Area Assembly regarding District status
Has vote at the Area Assemblies	Has vote at the Area Assemblies