

September 2020

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: *“The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”— Twelve Steps and Twelve Traditions, p. 83*

You’ve probably already discovered that by staying clean and sober and by working the Twelve Steps of AA that things are getting better. That’s because *we are* getting better. Becoming a “better person” means that we are less willing to engage in destructive behaviors, mostly because we are aware of how much they cost us in human misery. That self-centeredness is replaced by an awareness of other people, and instead of being indifferent, we begin to care. Where we were selfish, we begin to be selfless. Where we were angry, we begin to be forgiving.

When it comes to making amends to others, there are usually a lot of fears and expectations involved. We may be afraid about making financial amends, or afraid of rejection, retaliation and a host of other doubtful outcomes. However, making amends doesn’t always have to be a nerve-racking, dreadful or joyless experience. In fact, maybe you’ll find that you feel excited about the possibility of healing a relationship or happily anticipating the relief you will feel after having made a particularly scary amends or even paying off a debt. There is freedom that is gained by cleaning up the past, a freedom to live peacefully in the present...As with all of our previous step work, it’s important to be realistic: Completing our Ninth Step cannot be neatly contained within a particular time frame. We don’t finish our Eighth Step amends and then

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She said: **When I first heard** the 9th step promises, my immediate reaction was to roll my eyes to the back of my head in disbelief. As if someone just told me some outrageous lie that was unfathomable. I do not really know why I did not believe it to be true, since most of the slogans and sayings I have heard in the rooms all eventually became reality when I did what I was told. The promise that really stood out for me was the 3rd one, “we will not regret the past, nor wish to shut the door on it.”

Being an alcoholic, I did regret the past, well the parts I could remember. The parts that other people told me I did were in a black out so of course that did not count in my eyes. It was too easy for me to shut the door on my past and live my life pretending I did not make certain mistakes. Things other people remembered so vividly I could just brush off my shoulder with one swoop and say to myself, “oh well guess that relationship was not supposed to last.” Or, “They will forget with time and things will be back to normal.” But as time went on and my behaviors stayed the same, I began to realize there was no normal, and the normal I have come to know was not a pleasant one.

The 9th step is built upon the steps leading up to this one. So, it was no surprise that it was coming. Time to make amends and get it over with. At first, I thought I would have no shame what so ever and just casually make amends for my wrong doings. As if I stepped on someone's worn shoe, apologized, both knowing it was an accident and move on. But being this far into my sobriety I knew I could not treat people so nonchalantly. That was a frightening realization. Because I did have shame in my prior actions and I know confronting them could go both ways. Either really good or the opposite. Both of those my sponsor

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AA Hotline 245-6677

He Said (cont.) immediately start crossing off “completed” amends like we would for items on a shopping list. In fact, some of our Ninth Step amends may never be done and our efforts may continue throughout our recovery. The truth is, that every day that we make an effort to refrain from hurting our families, friends, co-workers and even strangers- and try to practice loving behavior with them, is a day when we’ve continued our amends. Even such seemingly concrete amends as paying a past-due debt aren’t necessarily done once and for all when the debt is paid off. Continuing to pay off debts, refraining from lying, stealing or cheating will be an ongoing Ninth Step practice in our lives...

There may be times when approaching another person directly or seeking to provide restitution could be painful or harmful for that person. For example, there may be a situation where the person (or people) we’ve harmed are not aware of what we did, and learning about it might possibly harm them even more. Or there could be situations or accusations of stealing more than just money. There are so many kinds of situations and they all need to be taken into consideration on an individual basis...Of course, with the help of our sponsors...

We gain humility as a result of taking a good look at the damage we did to others (and ourselves) and accepting responsibility for it. After acknowledging to ourselves what we’ve done, we take responsibility for making it right. There is nothing quite like experiencing increased humility while making amends in your Ninth Step and recognizing the self-empowerment and self-love that comes with it...hmmm, a bit of forgiveness going on here...

~Steven Q., Kauai



She Said (cont)... said was better than nothing. I'm cleaning up my side of the street and if they do not want to make amends, at least I tried.

I knew the weight I was carrying was holding me back from my full potential, and feeling the freedom the promises told me I would have. I set out to make the hardest amends first. It was the one I thought about for years and wished it could just disappear in a blink of an eye. I tried to drink the problem away and justify it in irrational ways. None of these worked.

I finally confronted the person and asked permission if I could make an amends to them. To my surprise they were happy to talk to me, glad I was sober and accepted my amends with genuine happiness. It went so much better than I had hoped for. I cried afterward alone, not out of sadness but out of joy and thankfulness. I thank God every day for my sobriety and for A.A.
~Ashlie W., Kauai

Happy Birthday

Samantha F.	8/15	1989	31 yrs
Forest	8/5	1990	30 yrs
Myra L.	8/18	1990	30 yrs
Joy E.	8/21	1991	29 yrs
Sue G.	8/4	1991	29 yrs
Lenny I.	8/3	1992	28 yrs
Grekhon	8/8	1992	28 yrs
Jeff T.	8/10	1997	23 yrs
Linda B.	8/11	1997	23 yrs
David H.	8/1	2000	20 yrs
Harold	8/24	2001	19 yrs
Elle N.	8/12	2003	17 yrs
Jenn	8/13	2004	16 yrs
David B.	8/5	2005	15 yrs
Manny R.	8/8	2005	15 yrs
Nancy M.	8/29	2005	15 yrs
Rhonda	8/18	2006	14 yrs
Duanne	8/14	2006	14 yrs
Damione V.	8/28	2007	13 yrs
Denny M.	8/31	2008	12 yrs
Jay A.	8/23	2009	11 yrs
Mitchell A.	8/16	2013	7 yrs
Sonja C.	8/12	2016	4 yrs

Congratulations Everyone!!

A.A. Activities

HICYPAA CONFERENCE

October 2 - October 4, 2020

Hilton Garden Inn



\$40 Registration Fee, Room for 4 \$189 - \$229 night

email: hicypaa2020@gmail.com

or call Hotline at 245-6677 for more information

AA Meetings

~We're Using Zoom~

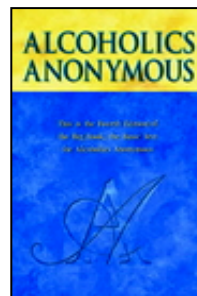
Every Meeting has A Code

All online meetings for Kauai are listed at

www.kauaiaa.org

Just click "online meetings". If you need assistance with the technology or help starting an online meeting call the AA Hotline at 245-6677, and ask for the phone # of our DCM Janice M. She has volunteered her help and says, "Setting up the technology is much easier than you might think."

-From The Big Book-



We know that as long as the alcoholic keeps away from drink, he usually reacts much like other men. We are equally positive that once he takes any alcohol whatever into his system, something happens, in both the bodily and the mental sense,

which makes it virtually impossible for him to stop. The experience of any alcoholic will abundantly confirm this.

These observations would be academic and pointless if our friend never took the first drink, thereby setting the terrible cycle in motion. Therefore, the main problem of the alcoholic centers in his mind, rather than in his body.

~ The Big Book page 22-23

Emotional Sobriety ~ a workshop



Coming from Oahu,
10:00am-3:00pm
September 26, 2020

ZOOM

ID: 495 605 498

PW: 19350610



The Best of Big Book Dave:**The Month of September in Our History:**

September 1934: A book is published by **Richard R. Peabody**: “**The Common Sense of Drinking.**” This is one of eleven books, including the Bible, which influenced how the Big Book was written. Richard Peabody, who wrote the 191 page volume, was a recovered alcoholic from the streets of Boston who had a ‘religious experience.’ Peabody went out to become a Lay Therapist in New York City and open an office near the ‘Calvary Church’ where Bill W. was attending meetings of ‘The Oxford Group’ and working with alcoholics. From this book Bill would borrow many phrases when writing the Big Book, such as “Once an alcoholic, always an alcoholic” ... and “Half measures are of no avail.”

September 1934: **Emmet Fox** publishes “**The Sermon On The Mount**”; A favorite book of our co-founders and “The First 100”, before our Big Book was written and to this day is read by much of our membership.

September 1937: **Dr. Leonard Strong, Bill W.’s brother in law**, writes the Rockefeller Foundation seeking funds for a newly formed group of ‘Ex-Drunks’ who didn’t have a name yet.

September 1938: **Fitz M.’s sister Agnes lends Bill Wilson and Hank P. \$1000.00** to help them get through the Big Book project (\$20,000.00 in today’s dollars).

September 1948: **John McDonnel** opened “**Pioneer House**” in **Minnesota**, one of the first Alcohol Treatment Centers in the mid-west.

September 17th, 1975: **Jack Alexander** died in St. Petersburg, Florida, at age 73. There was an article in the December 1975 Grapevine. He played a very important part in our early history of growth and acceptance throughout North America and the World.

By ‘Big Book Dave’, Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

**12 Concepts for World Service**

by *Bill W.*

The Twelve Concepts for World Service were written by A.A.’s co-founder Bill W. and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.’s world service structure as it emerged through A.A.’s early history and experience.

Concept IX:

“A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

GRAPEVINE**Quotes of the Day**

August 11, 2020

“We began to see adversity as a God-given opportunity to develop the kind of courage which is born of humility, rather than bravado.

Thus we were able to accept ourselves, our circumstances, and our fellows.”

AA Co-Founder, Bill W., January 1962, “This Matter of Fear”, Best of Bill

Kauai Intergroup

The Next Intergroup Meeting:
September 5th, 9:30 am

Intergroup Treasurers Report

July 2020

Income:

Donation	7th	20.20
Turn It Over	7th	42.00
Happy Hour	7th	142.00
Koloa Aloha	7th	100.00
Donation	7th	20.20
Total Income:		324.40

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.11
P.O.Box	New Lock	90.00
Total Expenses		275.18

Bank Balance

Income	324.40
Expenses	275.18
Balance	49.22
Prudent Reserve	-1050.00
Operating Balance	<u>1099.22</u>

~ Prepared by Sharon M. ~

SEND YOUR CONTRIBUTIONS TO:

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



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



The A.A. HOTLINE Needs Your Help!

- Need men & women for 12 Step calls
- Slots are open for volunteers
- Alternates also needed

Please contact the Hotline Chair,
David, at 245-6677

Intergroup Committee

Chair:	Kelvin P.
Treasurer:	Sharon M.
Secretary:	Ann W.
Schedules:	Tom R.
Events:	Chris K.
Hotline:	David J.
Literature:	Bob B.
Website:	JoRina H.
Website:	Susan O.

District 6, Kauai:

The Next District Meeting:
September 19th, 9:30 am



DCM Report



Aloha Kakou,

I hope you and your families are healthy and happy! I attended the Area Budget Assembly over the weekend. Here are the highlights:

- The Areas operating funds are in the black.
- The proposed Area budget for 2021 was passed unanimously.
- The Elections Assembly will be held virtually on Nov 7th & 8th instead of face to face.

Assemblies are open to everyone which is a great opportunity to witness how our fellowship elects it's officers in a truly democratic fashion. I will send out the zoom link in September on an island wide email list and it will also be posted on the website if you would like to attend.

As more meetings are opening live I would like to give a reminder about wearing masks and social distancing. It was announced at the Assembly that a number of AA members on Oahu tested positive for Covid and some meetings had to shut down permanently. AA is not above the law. Please keep this in mind when reopening and attending meetings. First and foremost, we have to follow CDC, state and county regulations. Next we have to follow the Traditions. Each one of us has to think about how we are affecting each other and AA as a whole.

Our District Elections will be held October 17th at 9:30 am on zoom. We will be electing a new DCM, Alternate DCM, Secretary and Treasurer. We will also have several committee positions opening that help us get the message to the newcomer such as Grapevine, Public Information and Cooperation with the Professional Community and more!

Please email me at dcm6@area17aa.org if you would like more info. The zoom link for the District Elections will be on the website. With Gratitude,

~Janice M.

District 6 Treasurer's Report

August 15, 2020

Income:	
Koloa Aloha Group	100.00
Income	100.00
Expenses	0.00
Bank Balance:	2764.49
Less Area Assembly Deposit:	425.00
Prudent Reserve:	1200.00
Operating Balance	1139.49

~ Prepared by Jen H. ~



SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee

P.O. Box 1503

Kapaa, HI 96746



Request a newsletter
by e-mail

Contact: District6newsletter@hotmail.com

Editor: Linda B.