

August 2020

Garden Island Sobriety

'Step Eight'

“Made a list of all persons we had harmed, and became willing to make amends to them all.”



He said: Step 8 of Alcoholics Anonymous helps recovering alcoholics to live in the greatest peace, in partnership with others and themselves. It is the beginning of a process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves.

Making a list of the people we have harmed and becoming willing to make amends, is an action toward healing the past with others and learning how to live in the world with our head held high. We can start looking people right in the eye. Warning: Delay is dangerous!

Who did I harm? Well, Step 4 gave me guidelines as to who and how, and why, and I began Step 8 with specific individuals (and institutions) who I directly harmed as a consequence of my drinking. The names on the list were people bullied, cheated on, treated coldly, and owed money to. Whether they are living or dead, or will want to hear from us or not, it doesn't matter ... We are just making a list.

My sponsor then asked me to look at my behavior whether drinking or not. Was I kind, tolerant and considerate of others, or was I mean spirited, selfish and impatient? What were my motives when dealing with family members, friends, co-workers etc. Was I hell-bent on getting only what I wanted and not concerned with what was "right"? Oh, and let's not forget the self-pity that I poured out on those from whom I was sure to extract sympathy.

The second part of the 8th step is to become "willing" to make the amends necessary. I didn't actually have to "do" anything in the way of amends just yet. This perspective relieved a little of the fear I had regarding making the list. There were three areas

(Cont. p. 2)



She said: Making a list of people I have harmed turned out to burn more of my pencil eraser and not enough of my led as I would have thought. I reflected on my prior steps and wrote down some names, then convinced myself with ease that I did not owe these people anything. In some cases, like my father per se, I felt he was the one who owed me an amends. Even imagining myself saying anything about owing him an amends made me shudder. I could feel my blood boil as I pictured how the scenario would play out, because, I know the future, right? Without hesitation I erased his name. After telling my sponsor I only had 3 people to make an amends to, she looked at me puzzled, as though I had just said something in a different language, or babbled nonsense like a toddler. She told me to go back and take a look at my Steps 4 and 5 and get back to her later. Feeling frustrated and confused, I did what she suggested.

Looking back at Step 4 helped me with Step 8, but still I felt like it was not enough. It somehow left me unsettled and feeling like there was a gap in my steps. Maybe it was because you hear people at meetings say, if you don't do your steps thoroughly, you'll relapse, or you're just drinking our coffee. It was like somewhere in the middle I casually forgot instances in my life where I had been in the wrong. I realized she was basically telling me to clean up my side of the street and it was not my business what they do to their side. This did not come easy. It was like actually cleaning up your side of the street and looking across at your neighbor's yard which was filled with leaves and clutter. My heart and mind set were obviously not in the right place. Either way I wanted to do my steps to the best of my abilities. So,

(Cont. p. 2)

Birthdays p.2 Meetings, Activities p.3
AA Archives p.4 The 12 Concepts p.4

AA Hotline 245-6677

He Said (cont.) in which I was to put those names on: People to make amends to now. (Once on a good sober footing) ...People to make amends to later ... and People I "may never" be able to make amends to via direct personal contact. I was advised to ask my higher power to guide me through this step as I had all the others.

Spiritual principles abound in Step 8. Forgiveness, honesty, courage, willingness, accountability, humility and compassion are some of the biggies. By listing who we believe we have harmed, we are holding ourselves accountable. By admitting we are human and have made mistakes, we develop compassion for ourselves. By forgiving those who have harmed us we are set free.

~ Steve Q., Kauai

Birthday Celebrations

Check for ZOOM updates: Kauaiaa.org

West Side

- Ala i ke Ola Hou, Waimea Cyn. Group - 5:30 pm
Last Friday of the month, Kekaha-MacArthur Park VOLLEYBALL, CAKE & BBQ POTLUCK.

South Shore

- Koloa Monday Women's - 5:00 p.m., Church at Koloa, Last Monday. **ZOOM**
- Aloha Group 7:30 pm last Tuesday
Koloa Union Church, -CAKES !

East Side

- Hui Ohana - 7:00-8:00 am Last Saturday of month.
CAKE FOR BIRTHDAYS! ZOOM
- Steps to Freedom - 6:30 pm Last Monday month.
CAKE & POTLUCK
- Happy Hour - 5:00 pm Last Saturday **CAKE FOR BIRTHDAYS! ZOOM**

North Shore

- North Shore Aloha Group - 7:30 pm Last Monday
CAKE FOR BIRTHDAYS! ZOOM
- Princeville-Hanalei Group - 7:30 pm Last Thursday - **CAKE FOR BIRTHDAYS!**

She Said (cont.) I did more work on step 4 and 5.

As I was praying for my Higher Power's guidance, I realized there was a part in the Lord's Prayer where it says, "forgive us our trespasses, as we forgive those who trespass against us". That was the whole part of what I was missing. I had yet to forgive some of these people, intuitions, and principles. In order to complete my list, I needed to go back and forgive without judgment. After the light bulb popped the names came easier, and my tensions diminished. It felt freeing to forgive, because I was basically just carrying around a backpack full of dumbbells, while the other side of my resentment probably did not think twice about it. The same goes for me making an amends to those I have wronged. I do not know if they remember or if they hold a grudge, but I do not want those people holding a weight that is not theirs to carry, it is my responsibility to clean up my mess.

~Ashlie W., Kauai

Happy Birthday

Mary C.	7/20	1979	41
Kathryn B.	7/9	1982	38
Judith E.	7/14	1984	36
Jerrie S.	7/17	1984	36
Gordy W.	7/11	1986	34
Keola	7/6	1990	30
Rick G.	7/4	1991	29
Paul H.	7/1	1993	27
Becky	7/31	1995	25
Lisa D.	7/4	1996	24
Charlie S.	7/27	1996	24
Kellie	7/1	1998	22
Dave A.	7/9	2004	16
Brandy	7/1	2012	8
John	7/12	2013	7
Margaret	7/7	2015	5
Jamie	7/19	2017	3

Congratulations Everyone!!

A.A. Activities

AA Meetings



3rd Annual Kauai Women Retreat

August 14, 2020 thru August 16

Camp Naue @ Haena

<https://www.kauaiwomensretreat.org/>

~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."

HICYPAA CONFERENCE

October 2, 2020 - October 4, 2020

Hilton Garden Inn

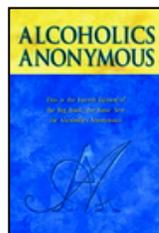


\$40 Registration Fee, Rooms for 4 \$189 - \$229 night

email: hicypaa2020@gmail.com

or call Hotline at 245-6677 for more information

-From The Big Book-



We are average Americans. All sections of this country and many of its occupations are represented, as well as many political economic, social, & religious backgrounds. We are a people who would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captains table. Unlike the feelings of the ships' passengers, however, our joy in escape does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined. **The tremendous fact** for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.



~ The Big Book pg 17

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

Highlight for this Month: August 1946, Bill W. said: “The Grapevine will be the voice of the Alcoholics Anonymous movement. Its editors and staff will be primarily accountable to the AA movement as a whole. Within the bounds of friendliness and good taste, the Grapevine will enjoy perfect freedom of speech on all matters directly pertaining to Alcoholics Anonymous. Like the AA movement it is to mirror, there will be but one central purpose; The Grapevine will carry the AA message to Alcoholics and practice the AA Principals in all its affairs.”

August 1909: Book published: “Twice Born Men,” Author Harold Begbie. It is one of eleven books (including the Bible) that will influence how the Big Book will be written.

August 1938: Personal stories are being written by members and sent to Bill. Our Big Book First Edition’s first printing will be going to press in eight months!

August 16th: 1939: The first admission of an alcoholic into a hospital, St. Thomas, Akron, Ohio, for treatment of alcoholism as a medical condition. Sister Ignatia and Dr. Bob, side by side, will treat over 5000 alcoholics over the next ten years.

August 1944: In the front our Big Book the two letters by Dr. Silkworth is accepted by the A.M.A. on alcoholism as a disease.

August 1981: The millionth copy of the Big Book is printed.

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

~ Submitted by Mathea A.

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

 **Concept Eight****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 VIII:

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

 **GRAPEVINE** Quotes of the Day

June 20, 2020

“Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin.”

AA Co-Founder, Bill W., March 1962, “What is Acceptance”, Best of the Grapevine, Volume 1

Kauai Intergroup

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

Intergroup Treasurers Report

June 2020

Income:

Hawaii Anahola	7th	105.00
Sunrise Sobriety	7th	200.00
Happy Hour	Literature	20.00
Whisky and Milk	Literature	20.00
Edward	Literature	10.00
Waimea Canyon	Literature	106.00
Total Income:		461.00

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.34
Total Expenses		185.41

Bank Balance

Income	461.50
Expenses	185.41
Balance	
Prudent Reserve	-1050.00
Operating Balance	<u>1326.09</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:
August 15th, 9:30 am



DCM Report



Aloha Kakou,

I Hope you all are doing well and staying sane and sober!

Thank you to all the groups and members that contributed to the \$20.20 for 2020 Challenge. There was great success, with groups collecting over \$2000 to be distributed to Intergroup, District, Area and GSO! It just goes to show what we can achieve from just one person making a suggestion and our fellowship supporting each other. District received contributions in July which took us out of the red. Details can be seen in the Treasurer's Report on our website.

All of us have been affected by Covid in many ways. Covid disrupted my recovery routine. I was no longer able to attend the meetings I regularly attended or see the people I depended on seeing. One part of my life that's remained somewhat unchanged however, is service. Even though the District has not been able to meet face to face, we still meet, still conduct business, keep meetings open for the newcomer and keep our fellowship united. This has kept me close to my primary purpose and to my higher power during a time of great uncertainty.

This service panel started a year and a half ago and has only 6 more months to go. In October the District is holding elections for it's new panel. The service positions start in January 2021 and are held for 2 years. We meet on the 3rd Saturday of each month at 9:30 on zoom (link on our website www.Kauaiaa.org.) Please join us and find out what it's all about!

Thank you for letting me be of service!
Janice M., DCM Kauai

District 6 Treasurer's Report

July 18, 2020

Income:	
Hawaii Area Committee	425.00
Happy Hour Group	35.50
Sunrise Sobriety Group	200.00
Turn It Over Group	42.00
Hui Ohana	400.00
Loretta Ebnet	20.20
Income	811.96
Expenses	0.00
Bank Balance:	2664.49
Less Area Assembly Deposit:	425.00
Less Website Reserve:	422.23
Prudent Reserve:	1200.00
Operating Balance	617.26

~ Prepared by Jen H. ~

SEND YOUR CONTRIBUTIONS TO:

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



Expect A Miracle

Request a newsletter
by e-mail

Contact: District6newsletter@hotmail.com

Editor: Linda B.