

June 2021

Garden Island Sobriety

Step Six

“Were entirely ready to have God remove all these defects of character.”



He said:

My name is Jeffrey, and I am an alcoholic. This is my experience with Step 6:

Character defects are the main reason I drank, and these character defects controlled my life.

My instructions were to read and highlight the top paragraph on page 76 and define the word objectionable. I was to write down all my character defects in the first column and in the second column I was to write how these character defects manifested in my life; or what does the world see?

In the next column I was to write what the contrary action or behavior was.

Just to list a few of my character defects: I am judgmental, delusional, dishonest, gossiping, manipulative, ungrateful, lustful, disrespectful and a user and taker.

For example, the character defect delusional, how does it manifest in my life or how does the world see it? I absolutely believe everything I say is true. I believe everything I do is right. The world sees me as an idiot and a liar. I convinced myself my wrongdoings are actually good.

The contrary action would be, don't make up stories, tell the truth, take the right actions and be honest and transparent with everything.

Like I said I have many more character defects, which I have listed, and when I look at them I know they are the reason I drank. I work on these every day of my life.

Step Six and Seven are extremely important to stay on top of, if i want to stay sober. Every Step is important but Six and Seven really had me look at myself and my actions.

I am grateful to be sober.

(Cont. p. 2)



She said:

After being sober a little while and actively working the steps with my sponsor, I was constantly trying to figure out the riddle of step 6: “Why are certain defects not being removed?” I would think to myself, I couldn't be any more ready than I am now. I am so ready for this to be removed. If I have to live with this defect one more day, I don't know how I am going to survive.

This was a pretty common frame of mind I was in during early sobriety. I believed that if I worked the steps, God would remove my character defects and I would be free of the bondage of self. Over time, I have learned that what I really believed was that if God removed my character defects I would never feel negative emotions. That is what I was really trying to escape from. I believed that if I worked the steps God would relieve me of the character defects that caused me pain, and then I could get on with the business of getting what I wanted.

Needless to say, the first couple years of sobriety were really hard. I would inventory a resentment or fear, sit quietly in a room for an hour and expect all my problems to be gone.

I was often frustrated, full of fear and hard on myself. I didn't trust that God was ever going to relieve certain defects that caused me a lot of pain. Looking back, it's a miracle I didn't drink.

How does a person become ready for God to remove all their defects of character? For me a lot of it has been repeating old behaviors over and over again, and expecting different results.

The old behavior stops working. It causes me pain, discomfort or guilt or I beat myself up over it. It gets my attention in some way. This has played out in many scenarios such as with health issues,

(Cont. p. 2)

He Said (cont.) My sobriety date is June 5th, 2018. With God's help, this coming month, I will turn three years sober.

~Jeffrey P.

She Said (cont) relationship problems, or financial problems. It often shows up as a conflict with another person.

Through inventory I learn what the defect is. Sometimes seeing the defect in the inventory changes me right away. Sometimes I'm very clear about what the defect is but it does not seem to budge. This is because the behavior or the thinking is still useful to me in some way. It's still working for me. I consider these the "lesser defects" that might not cause me egregious harm, on a daily basis, but prevent me from the total freedom from self centered fear stated in the promises.

I know I will never be perfect. I also know I can't control when, how or what the change is going to look like. All I need is the willingness and the desire to be changed. Just as I had a desire to stop drinking, I now have a desire for God to show me how to be. I no longer believe God won't change me. If my higher power can relieve me of the merciless obsession to drink, it will relieve me of all the nagging self-centered fears at the root of my troubles. I'm also not so concerned about being perfect, getting what I want or controlling outcomes. I know I will always have some thought or behavior that is not aligned with God's will. This makes me human. One day at a time I don't take a drink no matter what, practice the principles of the program to the best of my ability and strive for patient improvement.

~ Janice M., Kauai

Happy Birthday

Tom G.	5/20	1981	40 yrs
Kathleen P.	5/21	1982	39 yrs
Cindy C.	5/12	1985	36 yrs
Joy	5/20	1992	29 yrs
Mary L.	5/1	1993	28 yrs
Susan D	5/13	1993	28 yrs
Uncle Tim	5/13	1994	27 yrs
Kat	5/2	2000	21 yrs
Catherine G	5/23	2002	19 yrs
Dana M.	5/23	2002	19 yrs
Annie	5/1	2004	17 yrs
Will L.	5/14	2005	16 yrs
Leilani K.	5/14	2005	16 yrs
Donna Jo	5/5	2005	16 yrs
Lindsey W.	5/17	2006	15 yrs
Sean F.	5/20	2007	14 yrs
Jackson O.	5/8	2007	14 yrs
Jennifer A.	5/5	2008	13 yrs
Lori M	5/10	2008	13 yrs
Jesse P	5/21	2011	10 yrs
Corey N.	5/28	2012	9 yrs
Leslie H	5/12	2013	8 yrs
Liz	5/10	2014	7 yrs

Congratulations Everyone!!

Expect A Miracle

**Request a newsletter
by e-mail**

Contact: District6newsletter@hotmail.com

Editor: Linda B.

Meetings on Kauai



Island-wide Live and Open

North, South, East and West



We've Got You Covered!

Live meetings on Kauai listed at:

www.kauaiaa.org

RETURNING MEETINGS:

Young People's B.Y.O.B.B

Wailua Houselots Park
200-298 Lanakila Rd, Kapa'a
Sunday 7:00 p.m.

Eastside Wahine

United Kapaa Church
1315 Ulu St, Kapa'a
Thursdays 7:00 p.m.

Princeville Hanalei Step Study

Hanalei Youth Center
5299 Kuhio Hwy, Hanalei
Fridays 7:30 p.m.

LOCATION CHANGE:

Sunday Bonfire Meeting

(private residence) 2020 Kolo Rd
Kilauea, HI
Sunday 6:30 P.M.

A.A. Meeting Places



Church of the Pacific

4520 Kapaka Road, Princeville
(Across the Hwy from Princeville Stables)

● Friday - 11:00am BIG BOOK STUDY



AA Zoom Meetings

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 Janice M. She has volunteered her help and says, "Setting up the technology is much easier than you might think."

The Best of Big Book Dave:

June in Our History:

June 1935: It was a very difficult and uncertain time. Our country was in the grip of a major economic depression. Millions of Americans were homeless and jobless. The men were selling apples on the corners of America for 2 cents each and a war was imminent as Europe moved closer and closer to what would become World War II. But, in a modest house in Akron, Ohio, a movement was started that would change the lives of millions of people for the better, world-wide.

What began in June 1935 when Dr. Bob sobered up for good with Bill W's help was not only our community, our organization, our fellowship, it was also the birth of a new and revolutionary idea; that when alcoholics talked to each other about their common problem – they could stay sober!

Medicine hadn't been able to offer hope of long term abstinence. Religion hadn't done it. Psychiatry hadn't. What was needed were not lectures or sermons.

Bill and Dr. Bob's secret to sobriety lay in the simple process of one alcoholic identifying with another. This identification has proved so powerful that it crosses all differences of gender, race, culture, language and nationality.

Today there are approximately 3 million active AA members located in 181 countries. The sun never sets on AA.

R.I.P. Big Book Dave, Elected Archivist, Interior Alaska

Submitted by Mathea A.

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

GRAPEVINE

Quote of the Day

June 22, 2019

"Although we can borrow from religion, medicine, and psychiatry, we are not any one of them. We cannot run hospitals nor half-way houses, nor marry the group with a religious sect. We cannot send lobbyists to Congress and we don't mix AA with banking enterprises. We aren't educators nor counselors. We cannot lend our name to any other cause except our own. The more we mind our own business, the greater our influence becomes; medicine, religion, and psychiatry start borrowing from our experience and ideas. So do the fields of education, research, and rehabilitation. All kinds of groups based on AA's Twelve Steps have evolved, groups that deal with gambling, eating, drug addiction, mental illness, divorce, etc. They've borrowed from the AA program and made their own adaptations. We didn't have to endorse them or lend our name. This tells us strongly that the more AA sticks to its primary purpose, the greater will be its helpful influence."

San Antonio, Texas, June 1996, "Simplicity Works Best," AA Grapevine

June 24, 2019

"Tradition Six enjoins the group never to go into business nor ever to lend the AA name or money credit to any 'outside' enterprise, no matter how good ... We would thus divide the spiritual from the material, confine the AA movement to its sole aim and insure (however wealthy as individuals we may become) that AA itself shall always remain poor. We dare not risk the distractions of corporate wealth."

AA Co-Founder, Bill W., April 1948, "Tradition Six", *The Language of the Heart*

**Next Zoom Intergroup Meeting:
June 5st, 9:30 am**

Intergroup ID – 87082750620

Password -372977

Intergroup Treasurers Report

May 2021

Income:

North Shore Aloha	7th	50.00
Hui Ohana	7th	300.00
Hui Ohana	Literature	289.75
Hui Ohana Wed.	Literature	45.00
North Shore Aloha	Literature	94.00
Website Domain Balance	District 6	124.54
Total Income:		\$903.29

Expenses:

Guardian Storage	157.07
Hawaiian Telcom	31.65
Total Expenses	188.72

Income	903.29
Expenses	188.72
Net	714.57

Actual Balance	3222.63
Prudent Reserve	-1050.00
Operating Balance	2172.63

~ Prepared by Devin D.

SEND YOUR CONTRIBUTIONS TO:

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



Traditions Checklist

from the AA Grapevine

Tradition VI:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
- Should the secretary of our group serve on the mayors' advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

Intergroup Committee

Chair:	David J.
Treasurer:	Devin D.
Secretary:	Ann W.
Schedules:	Tom R.
Events:	<u>Chris K. Open</u>
Hotline:	David J.
Literature:	Bob B.
Website:	Charlie S.

District 6, Kauai:



DCM Report



**The Next Zoom District Meeting:
June 19nd, 9:30 am**

**Zoom address 823-860-40996
passcode: 043962**

District 6 Treasurer's Report

May 22, 2021

INCOME:

Sunrise Sobriety	136.00
North Shore Aloha	50.00
Total Income	186.00

EXPENSES:

Web Domain Renewal	124.54
Total Expenses	124.54

Bank Balance:	3395.20
Prudent Reserve:	1200.00
Operating Balance	2195.20

~ prepared by Janice M.

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:	Kalei K.
Alt. DCM:	Keola O.
Secretary:	Nelson A.
Treasurer:	Janice M.
Website:	Charlie S..
Myna Bird:	OPEN
CEC:	Connie S.
Archives:	Mathea A.
Public Information:	OPEN
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April

Aloha Mai Kakou.

My name is Kalei K. I am an alcoholic and DCM for District 6 Kauai.

We have 11 active GSR's, 7 active Standing Committee Chairs and two Committee Chair Service positions open: Mynah Bird and Public Information. There are 80 active meetings on the island, 41 live/in person, 39 virtual.

Even through this pandemic, AA on Kaua'i has been very strong and thriving.

I've been to a lot more live meetings lately and really enjoy the Recovery, Unity, and Service. So very Awesome, and there are a lot of visitor's there too. It's a great thing.

Our Monthly District 6 meeting is every 3rd Saturday of the month at 9:30am virtually.

You're all welcome to join us. Everyone is still settling into their new positions and I'm making sure that all participating GSR'S are registered with GSO.

Thank You for letting me be of Service.

Aloha and Mahalo's,
Kalei K., DCM 6 Kauai

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

