

October 2020

Garden Island Sobriety

'Step Ten'

“Continued to take personal inventory and when we were wrong, promptly admitted it.”



He said: The range and depth of our honesty at this point in our recovery is probably astonishing. Earlier on, we were able to see our true motives long after a situation was over, and now we are able to be honest with ourselves, about ourselves, while the situation is still occurring. This principle of honesty originated in Step One and is now brought to fruition in Step Ten. Step Ten is another part of the process that seems on the surface to be difficult to face, but in actuality, it is as much a benefit to the one admitting the wrong as it is to the person who was wronged. By promptly facing mistakes and taking responsibility for them, it prevents situations from festering into resentments and anger that can become real problems. We deal with these situations to the best of our ability *as they arise*. And if we can't summon the virtue to deal with a particular situation immediately, then we talk to our sponsor about how to proceed. After all, nobody's perfect. Even when we try to handle situations on the fly, our character defects will often continue to stand in the way. But as long as we continue to recognize them, we find ourselves in a better position than we once were. Spiritually, we've come a long way...

Nobody masters Step Ten on the first day of practice. It can be quite time-consuming to get a handle on this step. We might start with doing a basic inventory every day. Each night, before we get ready for bed, we look at our actions over the past few hours. We identify any resentments that popped up, and how they affected our outlook. Naturally, we do the same for other character defects that may have caused harm to ourselves or others. At the next available opportunity, we

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She said: This step brings light to our daily actions. It is keeping us accountable when we might stray from our program, letting thoughts and feelings take the better part of ourselves. We are still alcoholics and we are still humans. We make mistakes or have little hiccups in our actions. Just because we are in the program does not mean we walk the straight and narrow path all the time; in fact, we probably have never walked a straight or narrow path. It is hard to walk in general when you have downed a bottle of booze to yourself.

Taking a daily inventory at night seems easy. When I read the steps for the first time, I thought this one seemed like less work. You just look at your day and recognize what you could have done better. Were your actions selfish when they could have not been? Do you owe anyone an amends? Did you think before acting out? Let's be honest, being mindful all throughout the day is not a natural state for most of us. It takes practice and a whole lot of patience, love and kindness. I am sure even Gandhi had his moments and days.

Besides having to reflect on your day, which is work in itself, you actually have to remember to do this step. I am going to be honest and tell you I have had a blank daily inventory/gratitude journal next to my bed for months. I was planning on using it for my 10th Step, so it would “make it easier”. It did not make it any easier. When I do attempt this step, I lay in my bed and most nights it seems like I only remember the good things. Did I do anything that would cause someone else harm? No way. I say in my head. In fact, all these people owe me an amends. When in all reality I am distorting my own memory, which I am good at. Turning things around after the fact is a lot easier than being in the

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AA  Hotline 245-6677

He Said (cont.) discuss our faults with our sponsors *and* seek counsel on how we might better the situation moving forward. We also discuss the moments in which our recovery was on solid ground, so that we might reinforce such behaviors in the future.

On some days, our nightly balance sheet will be in the red. Looking back on these days, we identify what we did right and try to maximize these moments. We perform more acts of kindness, treating our fellows with the love and tolerance with which we might like them to approach us. And in doing so, we realize that the faults of previous days can act as a springboard to something better. No emotional slip is too great to overcome, provided we make an honest effort to learn from it.

This gets easier as we begin performing a spot-check inventory. In those moments when we feel angry, sad, jealous or simply full of ourselves, we must stop and give the matter some consideration. Are we doing the right thing? Is there a better way to move forward? The sooner we recognize our dangerous thinking, the sooner we can do something to improve it. We can't afford to rationalize our negative thoughts in an attempt to justify them, although the temptation to do so may be great. Instead, we stop and take a deep breath. Then, we make amends if necessary and try to identify a lesson that we may apply to similar situations in the future.

In performing this work, Step Ten improves more than our recovery. It improves our very conscience, the voice that keeps our soul in balance. Compared to the life we led when abusing drugs and alcohol, this is a miraculous improvement. As such, we should be ever grateful that the Twelve Steps have taken us so far. (excerpts taken from AA literature)

~ Steve Q., Kauai



She Said (cont)... moment and catching yourself.

There is a part in the Twelve Steps and Twelve Traditions that says, "For the wise have always known that no one can make much of his life until self-searching becomes a daily habit." How true those words are, the more you practice something the more you will think about it when the time comes. Just like the last part in the step. When we were wrong, promptly admitted it. Why wait until you feel obligated or forced to? What if it is too late and you do not get the chance again? This leads me to believe I should not just practice this step at night, I should be living it throughout the whole day. This is a daily freedom we blessed with if we just try.

~ Ashlie W., Kauai

Happy Birthday

Jerry V.	9/9	1974	46 yrs
Sheila H.	9/13	1982	38 yrs
Gabrielle	9/10	1987	33 yrs
Karen L.	9/19	1989	30 yrs
Dennis C.	9/24	1993	27 yrs
Jack M.	9/22	1994	26 yrs
Dana W.	9/22	2000	20 yrs
Michele R.	9/14	2005	15 yrs
Elaina B.	9/26	2005	15 yrs
John J.	9/7	2007	13 yrs
Patty C.	9/22	2007	13 yrs
Ryan M.	9/5	2009	11 yrs
Sean G.	9/11	2009	11 yrs
Erin	9/11	2012	8 yrs
Chad N.	9/25	2012	8 yrs
Alison T.	9/13	2013	7 yrs
Ron P.	9/26	2013	7 yrs
Sean F.	9/5	2014	6 yrs
Josie	9/16	2016	4 yrs
Shane	9/5	2018	2 yrs

Congratulations Everyone!!

A.A. Activities

-As Bill Sees It-

HICYPAA 2020

October 2nd—4th | A ZOOM EVENT

FUN! GAMES!
FELLOWSHIP!
JOIN US!



COMEDY!
DIY TIE DYE!
GOOD TIMES!

Go to: hicypaa2020.org for more information!

FRIDAY SCHEDULE:

6pm Welcome Meeting | 7:30 Speaker Meeting | 9pm Mafia

SATURDAY SCHEDULE:

9am Yoga | 11am Speaker Meeting | 12:30pm DIY Tie Dye
1:30pm Men's and Women's Meetings | 3pm Panel Discussion
4:40pm Comedy | 7:30pm Stick Meeting | 8:30pm Sobriety
Count Down | 9pm Jackbox Games

SUNDAY SCHEDULE:

9am Yoga | 10:30am Speaker Meeting

<http://us02web.zoom.us/j/3923480323>

Call AA Hotline 245-6677 for more information

As Bill Sees It

The A.A. Way of Life
(selected writings of A.A.'s co-founder)

233 Everyday Living

The A.A. emphasis on personal inventory is heavy because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has become a habit, it will prove so interesting and profitable that the time it takes won't be missed. For these minutes and often hours spent in self-examination are bound to make all the other hours of our day better and happier. At length, our inventories become a necessity of everyday living, rather than something unusual or set apart. TWELVE AND TWELVE, P. 89-90



~ ONE DAY AT A TIME!

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."

THAANKATHON

Groups are needed to host
the Kauai Zoom
Thanksgiving Alkathon



Please email:

dcm6@area17aa.org

**The Best of Big Book Dave:
October in A.A. History**

October 1855: Born in Stillwater, Minnesota, Howard Russell. Founder of the Anti-Saloon League and President of the World League Against Alcoholism.

October 1883: A book is published: "The Greatest Thing in the World" by Henry Drummond, one of eleven books (including the Bible) that influenced how the Big Book was written. Drummond describes "Love" as being the greatest power in the world and goes on to describe the spectrum of Love as having 9 elements; Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Guiltlessness and Sincerity. To these nine aspects the early alcoholics added: Gratitude and Tolerance.

October, 1930: Dr Silkworth made the connection with Charles Towns of "Towns Hospital" in N.Y.C. for a job. Dr. Silkworth had nothing, losing everything in the Great Depression. He was given the grandiose title of "Chief Physician". The pay was pitiful but it included room and board. Turning his focus to the alcoholic after seeing alcoholism and the miserable wreckage it caused to the mind, emotions and body of those he treated. Three years later he will meet Bill W. and Bill's four trips to Towns Hospital.

October, 1939: The first national magazine to do an article on A.A. was "Liberty Magazine", with a two page article titled, "Alcoholics and God." This article brought in over a thousand inquiries and sold 100 copies of our newly published book.

October, 1957: The book "A.A. Comes of Age" is published.

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

Submitted by Mathea A. (First published October 2012)

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

 **Concept Ten**

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 X:

"Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined."

 **GRAPEVINE** Quotes of the Day

October 1, 2020

"The unique ability of each AA to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety."

AA Co-Founder, Bill W., September 1952, "Tradition Five", AA Grapevine (Reprinted in Twelve Steps and Twelve Traditions)

Kauai Intergroup

Next Zoom Intergroup Meeting:

October 3rd, 9:30 am

Elections will be Held

Intergroup Treasurers Report

August 2020

Income:

Na Wahine Ku Pono	7th	183.00
Sunrise Sobriety	7th	100.00
Steps to Freedom	Literature	180.00
Women's Zoom Friday	Literature	42.00
Hui Ohana	Literature	40.00
5pm Women's Zoom	Literature	68.00
Total Income:		613.00

Expenses:

Guardian Storage	Locker	157.07
Hawaiian Telcom	Hotline	28.10
Total Expenses		185.17

Bank Balance

Income	613.00
Expenses	185.17
Balance	427.83
Prudent Reserve	-1050.00
Operating Balance	<u>1477.83</u>

~ Prepared by Sharon M. ~

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.

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next Zoom District Meeting:
October 17th, 9:30 am

Elections Will Be Held



DCM Report



Aloha Kakou,

Hope you all are doing well and staying safe!
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 for the next panel. We will also have several committee positions opening that help us get the message to the newcomer such as Grapevine, Public Information, Cooperation with the Professional Community, Archives and more!

Service is one leg of our three legacies triangle: recovery, unity, service. We recover from the disease of alcoholism one day at a time, we become unified with our fellow alcoholics, we give back and carry the message to the still suffering alcoholic. We have to give back what has been freely given to us in order to keep it.

We had a lot of service positions remain unfulfilled during this panel. If we are not in service, we have to take inventory and ask ourselves why? The future of AA depends on all of us to do our part to be informed and engaged with what is going on with AA beyond our home group. We can't rely on a small few to be informed to make decisions for AA as a whole. Pray for the willingness to serve. Talk to people in General Service and ask them what it is about and how it has changed their sobriety. Join us at a District Meeting and find out how much fun we have!

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 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.