

November 2022

Garden Island Sobriety

Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”



He said: Just how do we go about seeking God’s will? How will we know it is His will and not just some garbled message from ourselves? These are some of the questions that I have to ask myself and find the answer to. The fellowship of AA has many suggestions as to how to go about seeking God’s will as well as how to pray and how to meditate. Some may be very formal in their procedure and others may be very informal. The process which has given me the ability to be more comfortable in my own skin, came as the result of going to a daily AM meeting (Attitude Modification) in early sobriety. Part of the format for that meeting can be found on pages 86 and 87, beginning at “Upon awakening” and ending at “You can easily see why.”

I attended that meeting most every morning for three years and it help to formulate the foundation for my prayer life as well as give me the fundamentals of the principals by which my God wanted me to live. The instructions are clear cut and precise and when I practice them to the best of my *willingness* on any given day I become more aware of how my God wants me to interact with others. I become less absorbed with my needs and more in tune with the needs of others; not all day and not always, but more often than not. Self centeredness slips away, self pity is lessened, and self absorption is not my constant companion. I become freer to experience Life as it unfolds around me and I get to participate in and enjoy its many gifts.

The 12x12 also suggests a prayer that has become an integral part of my prayer life; it gives me the specific direction about what to pray for. The Prayer of Saint Francis has been a true spiritual guide for me, along

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She said: There are as many ways to connect with our higher power as there are people on the planet. As a matter of fact, there are as many concepts of a higher power as there are people seeking this connection. The best part? We get to choose!! I don’t know what it was like was for you, but when I first learned that I get to choose the God of my understanding, I was elated. What a freedom!! My understanding of my higher power has morphed over the years as I have grown and changed. I have always believed in “something” yet it wasn’t necessarily always loving, nor did it feel personal to me. One of the only guidelines that I received early on in my steps was that my higher power **MUST** be a loving God. I have used many words to identify my higher power as I have prayed and meditated over the years. I used to get hung up on the word “God”, however what I have come to understand is that it absolutely does **NOT** matter what I call this higher power, the point is that I **CALL** it!

The most practical and simple way to achieve this connection is through prayer and meditation. Having a choice of what this looks like for me has allowed me to try several different techniques. How fun, baffling and sometimes frustrating it has been to try all these different methods. Yet, they always brought me into myself to connect with my higher power. I no longer have to go “out there” to make a connection. I have a direct connect. I cherish the connection I have created and I personally need to nourish it each and every day. Generally, my prayers consist of asking for guidance and how I can be of service. I no longer feel the need to negotiate terms to get me out of trouble this one last time. No more fox hole prayers of desperation when in the midst of a crisis. Though at times my prayer is a

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AA Hotline 245-6677

He Said (cont.) with the Third and Seventh Step Prayers. It is my belief that these three prayers give me plenty to work with and cover all situations that have arisen in my sobriety. The instructions are laid out so simply that even a Genius like me can follow them with success.

I believe the two most profound sentences in this segment on Step Eleven are; "We relax and take it easy. We don't struggle. This suggests surrender on a grand scale, not complacency. There are some promises in this segment that will come true if the instructions are followed precisely exactly as outlined in the Book. I hope that you are able to find what I have found that has enabled me to be Happy, Joyous and Free. Let us not forget about the evening instructions that will allow us to get a good night's sleep. That is like the glass of warm milk and the cuddly teddy bear.

Thank you for allowing me the Honor of serving this fellowship and the gift of my Sobriety.

With Love your Brother in Recovery,
~ Ron A.

She Said (cont) simple "Help Me!". I use what I call affirmative prayer, knowing that the good and love that permeates the universe is already here for me. I only need to receive it.

I have been able to blossom as I embrace God in my life. Yet, I had to SEE this for myself. I needed to FEEL this for myself. I invite you to give it a shot and see how your life will unfold with a conscience connection to this being that ONLY wants good for you!

In Love and Light,
~Michelle L.

Happy Birthday

Pat B.	10/28	1981	41 yrs
Ron K.	10/20	1986	36 yrs
Danette	10/24	1987	35 yrs
Diana L.	10/8	1988	34 yrs
Chris K.	10/10	1988	34 yrs
Amorosa	10/25	1989	33 yrs
Richard S.	10/6	1990	32 yrs
Susan OK	10/16	1990	32 yrs
Kawika	10/11	1991	31 yrs
Carolyn G.	10/23	1991	31 yrs
Ryan E.	10/3	1996	26 yrs
Sue H.	10/25	1996	26 yrs
William C.	10/15	1997	25 yrs
Kathy S.	10/26	1997	25 yrs
Laurie A.	10/15	1998	24 yrs
Radar	10/24	1999	23 yrs
Mo L.	10/24	2000	22 yrs
Alison	10/9	2000	22 yrs
Jessica	10/14	2001	22 yrs
Kira H.	10/7	2002	19 yrs
Francis	10/14	2004	18 yrs
Alejandro	10/22	2004	18 yrs
Drew	10/15	2004	18 yrs
Darryl C.	10/22	2005	17 yrs
Randall	10/29	2005	17 yrs
Matt J.	10/15	2006	16 yrs
JoRina	10/22	2006	16 yrs
Troy	10/9	2007	15 yrs
Kevin H.	10/9	2007	15 yrs
Patricia M.	10/16	2007	15 yrs
Kelly C.	12/5	2010	12 yrs
Jenene H	10/10	2011	11 yrs
Frank	10/4	2011	11 yrs
Phil S	10/14	2012	10 yrs
Dave M	10/10	2016	6 yrs
Stephanie P.	10/11	2017	5 yrs

Congratulations Everyone!!

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter

Please Contact:

District6newsletter@hotmail.com



Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

A.A. Coming Events:

THANKATHON



At 'The Stone Church' In Lihue
NOVEMBER 24TH, 2022

7:00-8:30 Open up; Set-up the Hall
9:00 - 10:00 ALANON Meeting
10:30 - 11:30 AA Meeting /Kauai Recovery Group
12:00 – 1:30 Thanksgiving Feast!
2:00 – 3:00 AA Meeting
2:00 - 4:00 Clean-up / Breakdown, lock-up

Turkey: District 6 is Cooking & Delivering the Turkey.

Side Dishes: To be supplied by the Island Groups:

Westside: Salad, Dressing and Gravy

Southside: Dressing and Gravy, Cranberry Sauce

Eastside: Sweet Potato, Mashed Potato, Vegetables

North Shore: Dessert, Cool-whip

Hale Halawai Center in Hanalei



Returning Meeting: **BAD BRAINS**
Starting October 19

Wednesdays 7:00 - 8:00 p.m., A Discussion meeting

A.A. Meeting Places:

LIVE MEETINGS



Lihue Lutheran Church Annex
on German Hill

Intergroup Meeting

Meets 1st Saturdays of the month at 9:30 am

District 6 Meeting

Meets 3rd Saturdays of the month at 9:30 am

Meeting on the 2nd Saturday this Month

Service is Sobriety

Expect A Miracle

H.O.W.

- **Honesty**
- **Openmindedness**
- **Willingness**

AA Archives

The Best of Big Book Dave:

November in Our History:

~ Highlight for this Month ~

November 21, 1939: The first AA Meeting on the west coast of the United States was held in a small room at the Cliff Hotel, San Francisco, California. Ray W., a New Yorker, was in this area for a sales course. He was given the names and phone numbers of Ted C., Dave L. and Don B. by our "Alcoholic Foundation Office" in New York (now called the General Service Office). Before he left for California all three showed up for this first meeting. Bill W. vividly describes this historic meeting in our book "AA Comes of Age".

November 26th, 1895: Born to Gilman and Emily Wilson, East Dorset, Vermont, our co-founder Bill W.

Nov. 1st, 1934: 'Ebby's surrender date' in the Oxford Group. This is 3 weeks before he calls on his old friend, Bill Wilson, with the message of sobriety (Big Book p. 9, 10, 11, 12).

November 1936: Bill W. and Hank P. found Fitz M. in Towns Hospital and gave him the message of sobriety. From this time on the two became a trio.

November 11th, 1940: The first 'Box 459' was mailed out to approximately 155 known groups from our New York Office (later re-named "The General Service Office").

November 1943: Groups in New York City celebrate A.A.'s 8th anniversary, attended by over 800 members. Dr. Norman Vincent Peale is the guest speaker.

November 25th, 1846: "Carrie Nation", born Amelia Moore in Grand City, Kentucky, lost her entire family and two husbands due to alcoholism. She became violently opposed to alcohol and as a


young woman began leading raids on saloons throughout the western states, destroying all establishments that sold alcohol.

November 1st, 1947: The first Alaskan Group is registered with our "New York Office", "The Sourdough Group" Anchorage.

November 3rd, 1975: Neil Wing, Bill W.'s longtime secretary, formally opened the AA Archives at our General Service Office in New York.

From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

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



ONE DAY AT A TIME!



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
245-6677

**Next Intergroup Meeting:
November 5, LIVE at 9:30 am
German Hill Lutheran Church Annex**

Elections will be Held at This Meeting

Intergroup Treasurers Report

September 3, 2022


Income:	173.25
Expenses	805.34
Balance	6553.65
Prudent Reserve	-1300.00
Operating Balance	5253.65

Intergroup Committee

Chair:	David J.
Treasurer:	Devin D.
Secretary:	Ann W.
Schedules:	Tom R.
Literature:	Bob B.
Website:	Charlie S.
Events:	OPEN

SEND YOUR CONTRIBUTIONS TO:

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



GRAPEVINE **Quote of the Day**

November 2, 2018

"In despair, I had cried out, 'Now I am willing to do anything. If there is a God, will he show himself?' And he did. This was my first conscious contact, my first awakening. I asked from the heart, and I received."
AA Co-Founder, Bill W., July 1960, "The Language of the Heart", The Language of the Heart

November 2, 2019

"I am grateful today that God's voice is stronger and surer than my occasional negative whispers, comforting me through difficult times, letting me know that I am part of the whole."
St. Louis, Missouri, October 1997, "A Minority of One," Sober & Out

November 2, 2020

"Happiness is not a station we arrive at; it's a way of traveling."
May 1953, "Short Takes", AA Grapevine

November 2 2021

"I've got a brand new feeling, gratitude -- a feeling that has visited me more and more frequently -- sometimes with the rush of cleansing tears -- sometimes with just a serene flow of mental thank-yous for some small, God-given bonus in a routine day."
"A Rush of Gratitude," Minneapolis, Minnesota, April 1983, Spiritual Awakenings

November 5 2021

"The Twelve Steps ... are simple in language, plain in meaning. They are also workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it has become increasingly clear that the degree of harmonious living which we achieve is in direct ratio to our earnest attempt to follow them literally under divine guidance to the best of our ability."
AA Co-Founder, Dr. Bob, September 1948, "The Fundamentals in Retrospect", The Best of the Grapevine, Volume 2

November 8, 2020

"Things haven't been all roses but they are certainly not comparable to the way they were. God has blessed me with a vivid memory of my pain, which has helped me ... when the thought of escaping popped into my head."
Kenner, La., January 1996, "Blessed with the Memory of My Pain", Young & Sober

District 6, Kauai:

Concepts Checklist

The Next District Meeting is LIVE:
November 12, 9:30 am
German Hill Lutheran Church Annex

Concept XI

Meeting on the 2nd Saturday this Month

To Attend the meeting on Zoom:
Zoom address: 823-860-40996, Pass: 043962

District 6 Treasurer's Report

October 16, 2022

INCOME	5016.36
EXPENSES	750.00
Bank Balance:	5633.16
Prudent Reserve:	1200.00
Operating Balance	4433.16

~ prepared by Bob F.

SEND YOUR CONTRIBUTIONS TO:

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



District 6 Committee:

DCM:	Keola O.
Alt. DCM:	Jim D.
Secretary:	Shoshanah
Treasurer:	Bob F.
Website:	Aaron
CEC:	Open.
Archives:	Open
Grapevine:	Mathea
Treatment:	Open
Corrections:	Garrett S.
CPC	Open
Myna Bird	Open

The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, induction procedures and rights and duties will always be matters of serious concern.

- Do we understand how the roles of non-trustee directors and non-trustee appointed committee members help service and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
- Do we practice rotation in all our service positions?

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