

January 2023

Garden Island Sobriety

Step One

“We admitted we were powerless over alcohol - that our lives had become unmanageable.”



He said: Step One, (Defeated to win).

Who cares to admit complete defeat? I can tell you that when I first got to A.A. I had no intention of sticking around. March 03, 2008, that's the day a judge ordered me to an outpatient recovery program, and who in turn told me I needed a minimum of three 12 step meetings a week, and that I needed to find a sponsor at these meetings. Of course, my first thought was “no way”.

About a month later I still had not found a sponsor, nor was I looking for one. Unbeknownst to me as I hung around the fringes of these meetings, ever so slowly I started to get closer to sitting at the tables, then actually reading the literature that they were all reading; however, I still would not share.

In May I finally worked up the courage to ask a man if he would be my sponsor. He had 10 years sober at that time, which was unimaginable to me. He asked me if I had a Big Book and I replied, “Yes”. He then asked if I was reading it? I told him “no, I was not reading it”. He walked to his jeep, pulled out a 12 & 12, handed it to me and said to “read this” and call him when I was ready. He got in his jeep and left. I was so angry. “What does he mean when I am ready”, I thought as I stood there having to catch a bus to get to and from this meeting. I did call him the following week and we started to talk after meetings. Then he started to pick me up to go to meetings. There was also a woman who would come to the sober home with her truck and take a bunch of us to a meeting.

On June 10th, I received my first real 24 hours sober coin. This is where the rubber meets the road. I had committed myself to 90 meetings in 90 days. After that I started a coffee commitment, and then was

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She said: Step One – We admitted

we were powerless over alcohol that our lives had become unmanageable.

I knew my drinking style was different than others. Even after it was pointed out to me, I made excuses or stayed away from “them”. It wasn't until “them” the person I loved the most in this world stayed away from me did I realize I was the problem. That honest admission to myself was the start. The decision to stop fighting and ask for help finally occurred to me. That was it, no other thoughts entered my thinking. No excuses or reasons for my bad behavior ever crossed my mind. I was done and the only one I loved enough to tell wasn't really speaking to me. He answered that phone to hear me admit, I NEED HELP. His reply “You don't know how long I've waited for this call”. He set the conditions and would make all decisions, no matter what. Agreeing to LET someone and completely TRUST him, was secondary. Things began to move, and my recovery process began.

As he kicked out the people in my apartment and arranged a recovery center, I shut my mouth and felt his efforts and love flowing. I watched and followed like a puppy, vs my usual entitled and know it all self. In detox they taught me to pray rightly for me. They introduced me to the big book of Alcoholics Anonymous. Unable to concentrate long enough to read or comprehend the written word, truly listening was discovered.

Step one grows and blooms. What I couldn't see, but fully believed when told is; to “Trust the Process”. My perceived survival skills almost killed me. Following through and continuing to be honest

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AA Hotline 245-6677

He Said (cont.) secretary of a meeting at Nawiliwili, which became my home group. As time went on, and being a wax on wax off person, I started to see improvements in my life, such as putting the courts behind me and being able to get and keep employment, not to mention having real friends in the fellowship, as well as outside the rooms. I met this wonderful woman and we have now been together as partners for 10 years.

Today at 14.5 years sober I know that my false pride and ego had to be smashed. I sit at these tables being humble, open minded and ready to share my experience, strength, and hope. I'm ready to help the newcomer, fully acknowledging that I am powerless over alcohol and my life had become unmanageable. It is only by the grace of my higher power that I have been blessed with the gift called Alcoholics Anonymous.

~ Kawika V.

She Said (cont.) with myself is now a lifelong practice. I was powerless, until I let down my guard and let in, a powerful process.

Sincerely,
Donna Jo



**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Happy Birthday

Carl K.	12/19	1981	43 yrs
Bobo	12/13	1986	37 yrs
Peggy S.	12/19	1986	37 yrs
Lori N.	12/23	1988	35 yrs
Bob C.	12/16	2003	20 yrs
Ron W.	12/24	2003	20 yrs
Eddie F.	12/13	2005	18 yrs
Erica J.	12/13	2005	18 yrs
Sarah	12/3	2007	16yrs
Nicole	12/25	2009	14 yrs
Allison T.	12/23	2011	12 yrs
Steve	12/20	2013	10 yrs
Lenny	12/8	2013	10 yrs
Katie	12/26	2014	8 yrs

Congratulations Everyone!!

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter Please Contact:

District6newsletter@hotmail.com

A.A. Meeting Places:

Kapaa First Hawaiian Church

4-1325 Kuhio Hwy, Kapa'a



11th Step Candlelight Speaker Mtg

7:30 P.M. Tuesdays

Hale Halawai Center in Hanalei



Returning Meeting: BAD BRAINS

7:00 P.M. Wednesdays

The Princeville Center

4334 Emmalani Dr



7:00 A.M. Saturdays

The Thank-A-thon on Kauai



2003-2022, Lihue Parish Hall

The first time the yearly Thanksgiving Day celebration of the 12 step community at the Lihue United Church Parish Hall was called a "Thank-A-Thon" was 2003. The name, Thank-A-Thon, was given by Diane McCarthy. The only years we did not meet and call it that was 2020 and 2021 because of the pandemic. Therefore we have had Thank-A-Thons for 18 years! For the years before 2003, the yearly celebration at the Parish Hall (it was never anywhere else) was called "Alcathon". The author's records show an alcathon each Thanksgiving each year at least since 1995 when the author came on the Island. Anyone know of what happened before 1995? Our Thank-A-Thon has evolved over the 18 years. It is shorter hours, down to two AA meetings (from a high of about five), is joined by Al-Anon since 2004, is more organized, emphasis has been more on the feast than the number of AA meetings, has added entertainment, has meetings on the porch and feast inside the hall (in early days it was all inside the hall) and has been written into the Kauai Intergroup Structure and Guidelines as a yearly financially supported event. There has never been registration nor a fee for admittance to the Event but we do pass the basket for each meeting. The Chairs for the event have come from members in the Intergroup and District Service structures. We are grateful to The Lihue United Church and it's long serving secretary (since 2005), Jewel Reposo, who has guaranteed our having the Parish hall for each Thanksgiving Day, and we are especially grateful to our present Thank-A-Thon chair, Bob F, District Treasurer, and his committee!

Submitted by Mathea A, Panel 71, District 6 Archives Chair

Jaywalkers Meeting

Starting January 2023

The 7:30 pm Jaywalkers Meeting will be on

Wednesday instead of Tuesday.

Meets at The Anahola Clubhouse,
3900 Kawelo St, East

AA Archives

The Best of Big Book Dave: January in Our History:

Jan., 1920: The 18th Amendment has been ratified and prohibition begins. From the beginning Prohibition was an ill-fated social experiment of drinking control that illustrated the consequences of viewing alcohol related problems as moral and religious concerns. The reluctance of health professionals to accept alcoholism as medical cases invited the intervention of the social reformers which divided and tore this country apart for years.

Jan. 8, 1939: Richmond Walker, author of "The 24 Hrs. A Day Book" joined the Oxford Group. 50 yrs old and 30 years of heavy un-controlled drinking under his belt, Richmond will join A.A. in Boston two years later. He never had another drink.

Jan. 1951: The Grapevine publishes a memorial issue for Dr. Bob.

Jan. 1955: AA is brought to India by Harry M., a businessman from England who had found sobriety in New Deli.

Jan. 1956: Bill W. in Detroit, Michigan as the guest speaker said "The four basic food groups for newcomers are: coffee – chocolate – cigarettes – and vitamin C.

Jan. 24th, 1971: Bill W. moved on up to the 'Big meeting'. This date was also Lois and Bill's fifty-third wedding anniversary! Lois will live another 17 years at "Stepping Stones", their home that they purchased and named in 1941. Bills royalties of Big Book sales under the guidance of Lois established "The Stepping Stones Foundation" whose grants carry on work relating to alcoholism. Bill was working another book at the time of his death. He wanted to relate his experiences in recovery and what he had learned from others. There were a couple of chapters completed when he passed away. Bill is buried in the family plot of his hometown, East Dorset, Vermont. Lois will join him in 1988.

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

~ Submitted by Mathea A.

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

GRAPEVINE Quote of the Day

January 1, 2021

"All I had to do was ask myself a simple question: 'Am I or am I not powerless over alcohol?' I didn't have to compare myself or my experience with anyone, just answer a simple question."

Miami, Fla., March 1962, "Slow Learner", Step By Step

January 5, 2020

"Beaten into complete defeat by alcohol, confronted by the living proof of release, and surrounded by those who can speak to us from the heart, we have finally surrendered. And then, paradoxically, we have found ourselves in a new dimension, the real world of spirit and of faith. Enough willingness, enough open-mindedness -- and there it is!"

AA Co-Founder, Bill W., June 1960, "The Language of the Heart," The Language of the Heart

January 1, 2019

"From first to last, AA is a of program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is the doorway to growth; but there will be no growth unless I follow up the admission with action."

West Henrietta, N.Y., October 2007, "Step Ten: Up Close and Personal," Emotional Sobriety II

January 10, 2020

"There have been many times when I've felt inadequate to meet life's demands, but AA and the Twelve Steps have always helped me find a way."

La Mesa, Calif., July 2006, "Sober in the Sixties," Voices of Long-Term Sobriety

The A.A. HOTLINE Needs Your Help!

- ➡ Men & women for 12 Step calls
- ➡ Slots are open for volunteers
- ➡ Alternates are also needed

Contact the Hotline 245-6677

Kauai Intergroup

New for Service Meetings

**Next Intergroup Meeting:
January 7, LIVE at 9:30 am
German Hill Lutheran Church Annex**

To Attend the meeting on Zoom:
Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

November 5, 2022

Income:	
Total Income:	<u>806.00</u>
Expenses:	
Total Expenses	<u>593.78</u>
Balance	7826.42
Prudent Reserve	<u>-1300.00</u>
Operating Balance	<u>6526.42</u>

~ Prepared by Devin

SEND YOUR CONTRIBUTIONS TO:
Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766



Intergroup Committee

Chair:	David J.
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	OPEN
Literature:	Bob B.
Hotline:	OPEN
Website:	Aaron
Events:	OPEN



Lihue Lutheran Church Annex
Room 8, 4602 Hoomana Rd. (on German Hill)

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

The District 6 Meeting
Meets 3rd Saturdays of the month at 9:30 am
Meets the 2nd Saturday this Month!

Orientation Assembly
January 21-22, 2023
Information about attendance on our website:
Kauaiaa.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



District 6, Kauai:

Traditions Checklist from the AA Grapevine

**The Next District Meeting is LIVE:
January 14, 9:30 am
German Hill Lutheran Church Annex**

Meeting the 2nd Saturday this Month!

To Attend the meeting on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

District 6 Treasurer's Report

Contributions:

Sunrise Sobriety	600.00
Eastside Wahine	10.00
Total Income	610.00


Expenses:

Postal Service	14.00
Total Expenses:	14.00

Bank Balance:	5913.52
Prudent Reserve:	1200.00
Operating Balance	4713.52

~ 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
Archives:	Open
Grapevine:	Mathea
Treatment:	Open
Corrections:	Garrett S.
CPC	Open
Myna Bird	Open

Tradition I:

Our common welfare should come first: personal recovery depends upon AA unity.

1. **Am I in my group a healer**, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?

2. **Am I a peacemaker?** Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?

3. **Am I gentle** with those who rub me the wrong way, or am I abrasive?

4. **Do I make competitive AA remarks**, such as comparing one group with another or contrasting AA in one place with AA in another?

5. **Do I put down some AA activities** as if I were superior for not participating in this or that aspect of AA?

6. **Am I informed about AA** as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?

7. **Am I as considerate of AA members** as I want them to be of me?

8. **Do I spout platitudes about love** while indulging in and secretly justifying behavior that bristles with hostility?

9. **Do I go to enough AA meetings** or read enough AA literature to really keep in touch?

10. **Do I share with AA all of me**, the bad and the good, accepting as well as giving the help of fellowship?