

February 2021

Garden Island Sobriety

Step Two

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said:

My Step 2 instructions were as follows. 1) Define the following words, agnostic, belief, restore, insanity and sanity. 2) Read and highlight page 44 to 60 in the Big Book. Highlighting should relate to insanity in my own thinking and believing that a higher power will help me. 3) Then I am to write 5 examples on prejudice of or against God. 4) Write five examples of insane behavior while sober, and 6) Write 5 personal examples of how a higher power could have helped me. I am to tie my examples into my highlighted areas of the reading.

After I do that I was to write my own description/conception of a higher power. I am to be specific about how my higher power will help me in my life to overcome my insanity and unmanageability, and achieve and maintain sobriety. After I was through with that I was to get down on my knees and have an open dialogue, out loud, with God, as though I am speaking to a friend.

Step 2 was an amazing experience for me, especially when it came to the point of insane behavior. While sober for 18 years I went in and out of this program. I had so many examples of this that five examples was not enough. LOL.

I looked back at my field of sobriety and noticed that I always played God. I worked the steps the way I wanted to. I even sponsored myself for five years. FYI, the worst idea ever! What I know now is that I cannot play God. I have to remain willing and honest at all times. I need to follow simple direction.

The best part about Step 2 is that we get to choose our own higher power. It doesn't matter what you make of it, as long as it is not you. That is the most

(Cont. p. 2)



She said:

Like most AA's, the steps were one big ball of confusion when I first walked into the rooms. Thank goodness I've had a really good sponsor to guide me and help me understand what they mean. She broke down this step for me into two parts. She asked me to define insanity and sanity. I had done some of this in Step One when I was beginning to understand that my life was unmanageable. The drinking and driving, showing up to work drunk, the depression, insecurity, broken relationships and finances, these were the consequences. The insanity was the mental blind spot that would tell me I could drink responsibly, sanely, or with impunity. The insanity was what happened before I even picked up the drink. It was the disease in my mind saying, you can probably just have one or two this time and it will be ok.

The second part of Step Two poses the question: How does one treat that mental blind spot or how is one restored to sanity? A power greater than myself. Bill W. writes in Chapter 4, "Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a power greater than ourselves. But where and how were we to find this power? Well, that is what this book is about. Its main object is to find a power greater than yourself which will solve your problem." What is my problem again? The insanity of alcoholism.

In early sobriety I found some power in meetings and in the fellowship. I tried many times to quit drinking on my own. It was only when I came into the rooms and admitted powerlessness was I able to get some relief from the insanity. Listening to other members' shares and identifying and relating to others helped me feel like I was a part of something really positive.

(Cont. p. 2)

Meetings p.3

Birthdays p.2

AA Archives p.4

12 Traditions p.6

AA Hotline 245-6677

He Said (cont.) important part. You cannot be your own higher power. It can be as simple as praying to a sunset, or sunrise on a flowery field, or the waves on the beach.

As my sobriety has grown my conception of my higher power has constantly changed to a deeper meaning for me. I will forever be grateful that my higher power has given my sanity back to me.

~ Jeffrey

She Said (cont)... I heard people talk about what happened when they worked the steps in the book and thought, if that's what happens then maybe it will work for me too. Maybe there is hope for me.

I had no doubt that what was happening in meetings was bigger than all of us. I no longer felt so alone and lost. I felt hopeful for the first time in my life. I came to believe that maybe I could be relieved of the queer mental twist that would send me on a binge without a moment's notice. I came to believe that this AA program and the steps could possibly restore me to sanity.

Over the years I've continued to work all 12 steps with a sponsor, have been restored to sanity and have gained access to a higher power. I haven't had to define this power greater than myself. I have only had to be willing to believe that working the rest of the steps will give me access to the power which will solve my problem.

~ JoRina H.

Happy Birthday

Dotty	1/31	1973	48 yrs
Jay W.	1/23	1982	39 yrs
Susan C.	1/20	1988	33 yrs
Gloria C.	1/12	1984	37 yrs
Stevie G.	1/11	1986	35 yrs
Barbara J.	1/1	1987	34 yrs
Chris H.	1/11	1987	34 yrs
Laurie L.	1/19	1988	33 yrs
Mickey M.	1/6	1990	31 yrs
Maureen M.	1/7	1995	26 yrs
Patti W.	1/1	1995	26 yrs
Tony C.	1/18	1997	24 yrs
Steve M.	1/26	1998	23 yrs
Bob H.	1/18	1999	22 yrs
Tony S. (CA)	1/2	1999	22 yrs
Luis R.	1/1	2001	20 yrs
Clark	1/22	2002	19 yrs
Theresa	1/28	2002	19 yrs
Kurt	1/7	2002	19 yrs
Susan ON	1/7	2003	18 yrs
Ele J.	1/16	2005	16 yrs
Keeley W. (CA)	1/15	2006	15 yrs
Maureen M. (CA)	1/30	2006	15 yrs
Laurel R.	1/26	2007	14 yrs
Aakara	1/20	2008	13 yrs
Liz O.	1/22	2008	13 yrs
Emma S.	1/1	2008	13 yrs
Matt	1/24	2009	12 yrs
Lee	1/12	2010	11 yrs
Paul	1/26	2010	11 yrs
Rick	1/11	2011	10 yrs
Sarah A.	1/3	2011	10 yrs
Kirk F.	1/24	2012	9 yrs
Terance B.	1/17	2013	8 yrs
Shastin	1/2	2018	3 yrs

Congratulations Everyone!!

Expect A Miracle

Group Secretaries

Please Send the Dates of your Member's Birthday's to:

district6newsletter@hotmail.com

About Publishing Birthdays~

We publish birthdays in the month after their occurrence

Meetings on Kauai



Island-wide Live and Open

North, South, East and West



We've Got You Covered!

There are AA Meetings in:

- ➔ Hanapepe
- ➔ Waimea
- ➔ Koloa
- ➔ Lihue
- ➔ Anahola
- ➔ Kilauea
- ➔ Princeville
- ➔ Hanalei

Live meetings on Kauai listed at:

www.kauaiaa.org

One Day At A Time!

A.A. Meeting Places



Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

Monday at 6:15 pm	North Shore Aloha, A
Monday at 7:30 pm	North Shore Aloha, B
Tuesday at 10:00 am	- Big Book Study
Tuesday at 7:30 pm	- Living Sober
Wednesday at 7:30 pm	- 12 x 12 Discussion

AA Meetings

~ Using Zoom ~

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:

February in Our History:

February 10, 1906: Dr. Silkworth and his wife Antoinette had a baby boy. The baby died one week later and would have a profound impact on the doctor for the rest of his life. The couple will have no other children. Dr. Silkworth never would mention his son in conversation or throughout his journals, speeches and hundreds of articles. In fact there is no record of the baby's name! It is believed that this secret enabled Dr. Silkworth to understand the "depth of despair" an alcoholic must endure to find a spiritual awakening.

It would also be the foundation for a lifelong belief in a greater importance of which he wrote, "All that we may have which is good comes from God."

February, 1939: 400 pre-publication copies of the Big Book in manuscript form are distributed for comments and suggestions before our book went to print. Today there are twelve originals known to exist.

February 13, 1940: The first recorded time "The Lord's Prayer" was used to close an AA Meeting, "The Philadelphia Group", Philadelphia, Pennsylvania.

February 1943: Newspaper *San Francisco Bulletin* interviews "Ricardo", a San Quentin Prison inmate and an active A.A. member who's group in San Quentin numbers over 100 members. Bill W. visited and spoke many times before this group.

February 1946: A documentary film which answered a lot of questions about A.A. is produced by our New York office. It's called: *The March of Time*.

February, 1949: In Center City, Minnesota the Hazelden Foundation Alcohol Treatment Center opens.

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

Submitted by Mathea A.

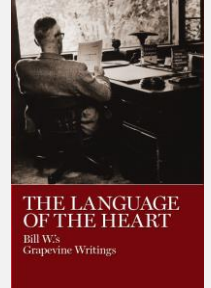
 OUR THANKS to B.B. Dave & Mathea A.

GRAPEVINE

Quote of the Day

February 1, 2021

We have, in AA, no coercive human authority. Because each AA, of necessity, has a sensitive and responsive conscience, and because alcohol will discipline him severely if he backslides, we are finding we have little need for manmade rules or regulations.



AA Co-founder, Bill W., January 1942
From: "Tradition Two", *The Language of the Heart*

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



**Next Zoom Intergroup Meeting:
February 6th, 9:30 am**

**Intergroup ID – 87082750620
Password -372977**

Intergroup Treasurers Report

December 2020

Total Income:	856.67
Total Expenses	313.85
Actual Balance	3074.41
Prudent Reserve	-1050.00
Operating Balance	2024.41

~ Prepared by Sharon M. ~

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Committee

Chair:	David J.
Treasurer:	Sharon M.
Secretary:	Ann W.
Schedules:	Tom R.
Events:	Chris K.
Hotline:	David J.
Literature:	Bob B.
Website:	Charlie S.



Traditions Checklist

from the AA Grapevine

Tradition II:

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. **Do I criticize** or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. **Am I absolutely trustworthy**, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. **Do I look for credit** in my AA jobs? Praise for my AA ideas?
4. **Do I have to save face** in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. **Although I have been sober** a few years, am I still willing to serve my turn in AA chores?
6. **In group discussions**, do I sound off about matters on which I have no experience and little knowledge?

Kauaiaa.org
Visit Our Website!

- **Kauai A.A. Meeting Schedule**
- **Kauai A.A. Events Calendar**
- **Link to HI Island AA websites**

District 6, Kauai:



DCM Report



The Next Zoom District Meeting:
February 20th, 9:30 am

District 6 Treasurer's Report

January 16, 2021 YTD

Income	00.00
Expenses	00.00
Bank Balance:	3229.21
Prudent Reserve:	1200.00
Operating Balance	2029.21

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:	Janelle S.
CEC:	Connie S.
Archives:	Mathea A.
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April

Hau'oli Makahiki Hou! Happy New Year! Hope everyone had a safe and Happy New Year celebration!

I want to Thank Hui 'Ohana for the New Year's Eve Inaugural A.A. meeting online, December 31, 2020 6:00-9:00pm to wrap up the year 2020. I really miss the live in-person meetings, but we are truly blessed to have Virtual/Zoom meetings online. We're looking forward to a great and awesome 2021!

I want to thank the District for voting me in as the new DCM, for the next two years, in Panel 71! I will do my best to keep the three legacies of recovery, unity, and service that A.A. has taught me.

I attended the Hawai'i Area 17 Orientation Assembly January 9-10, 2020 co-hosted by Kihei Maui District 11. We had nine people attending from Kaua'i, six GSR's, Intergroup chair, SCC Archives, and myself. It was Awesome and great to be back at Area 17 again, connecting with old friends. Yes, it's a truly awesome experience!

Our Monthly District 6 meeting January 16, 2021, 9:30am, was the first meeting for this year. It went well and we filled all positions except two Standing Committee Chairs, PI and CPC. I'm sure we will get to fill those positions soon. The meeting went well, we have very good people in each position, and I know we'll do very well this year.

I would like to say Mahalo to Janice M. and all the District 6 officers and SC chairs of panel 69, who did a great job keeping all of Kauai A.A. informed and striving!

Feel free to contact me, Kalei K. DCM District 6 Kauai at dcm6@area17aa.org all of you who are interested in serving the District or just joining us on the 3rd Saturday of each month at 9:30am via Zoom and find out what it's about. Hope to see you there!

Mahalo, Kalei K. DCM 6

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.