

April 2023

Garden Island Sobriety

Step Four

“Made a searching and fearless moral inventory of ourselves.”



He said: I sit here today reflecting on my 4th step. I can honestly say it was a most painful, however necessary experience. In many A.A. meetings I've heard members share that in order to put things in the past, I must uncover, discover and discard anything that would block my conscious contact with a power greater than myself. Before coming to A.A. my solution was to get loaded and not deal with life on life's terms. Denying that I had a problem that stemmed from something deeper than just alcohol, was most unthinkable for this pickle. So, naturally I balked at the prospect of properly doing a moral inventory. Clearly, I did not want to share my hundred forms of fear and resentments, let alone my secrets.

I was still attempting to control people, places, and things as well as the outcomes. However, it was most fortunate for me that my sponsor and a group of men in Alcoholics Anonymous were there to help guide me in the right direction. This is where a review of the first three steps came into play before doing the fourth. Now I was ready to take this journey.

A small but impactful sentence in the Big Book, page 64, states, “taking a fact- finding and a fact-facing process”. I had to write it out on paper, my fears, pride, resentments, self-will, guilt, relationships, sex, secrets, and assets. Wow that's a whole lot, or at least it seemed that way back then. I looked directly at the people involved, the cause and the effect, through my life with thoroughness and honesty. My sponsor needed to remind me that this inventory was mine not theirs. Finally, I was able to focus on the wrongs that I have done to others and stop thinking of the wrongs that have been done to me. I was able to see how FEAR was a major factor in most of what I had written down. With my sponsor I asked my higher power to remove that fear. Now I was able to proceed to look at my selfishness,

(Cont. p. 2)



She said: what I've been asked to do is answer this question; “What do the steps mean to you?”. Hopefully my testament answers this to the best of my ability, currently.

The first time my sponsor asked me to provide a 4th Step, I was told to do it by the book. That's how she was taught. Wanting her to be proud of me, I got right on it! It had been many months of AA meetings, fellowship, camp outs and anything else that was suggested I should do. I really tried reading the book to do step 4, but was still easily baffled by the written word. Not wanting to look stupid or disappoint anyone, my solution was to listen to the other newcomers. I stuck close to other newby friends I'd made, hoping to hear them explain to each other how they were told to do it. Pen to paper, all of them. I began to write what or who irritated me, why, and how it made me feel. My Sponsor took the time to work it with me. After reading it all, her only question was, “Where is your 4th column?” By the book! Back to the drawing board. I was afraid to admit being unable to comprehend it. Fear ruled me.

Hearing the words moral inventory and shortcomings were foreign concepts. In our clubhouse near the shelf of pamphlets and flyers, there was an A-Z list of character defects. I got it, these are character defects! Gold mine! Going through each one, I picked out the ones I understood. I knew the meaning of the word, dishonest. I wrote out each time I knew I had been dishonest. I did it again with Envious, Greedy, and Jealous. Understanding now that the 4th Step was designed to get me to know myself, my actions, my sins, my part. The 4th column. Reading and studying the Twelve Steps and Twelve Traditions before, during and after working each step began to make more sense. I have a God-sent sponsor

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AA Hotline 245-6677

He Said (cont.) dishonesty, the hurt that I caused, jealousy and yes, hate. Finally, the last piece of the inventory, I became willing. The key here is “became-willing”. With the aid of my sponsor and his sponsor, we asked God as I understood him, for guidance so that I would not do more harm before continuing. Having gone through this step I felt a relief like I’ve never felt before. It was liberating, the discovery of my truths about myself would open yet another door of recovery. I became willing to move to the next step. It is not the absence of fear, it is the ability to conquer it and move forward.

~ David V.

Expect A Miracle

**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.

~About Publishing Birthdays~

**We Publish All Sobriety Birthdays
On The Month After Their
Occurrence.**

Would you like to have a birthday published or corrected in the Garden Island Sobriety newsletter? Contact: District6newsletter@hotmail.com

She Said (cont.) who believed in the process, via the steps. She proved to me that we can get well. This step was vital to my understanding that I have something to do with how my life turned out. Using this Step from the 4th column to the 1st was just another gift of awareness. I wasn’t so dumb after all. I was living sober. I have principles! Step One, getting honest, Step Two, given hope, Three, recognized Faith, Fourth, stepped up with Courage. The courage to look at myself.

~Sincerely, Donna Jo

Happy  Birthday

John G.	3/2	1972	51 yrs
Dick W.	3/17	1973	50 yrs
Pat Q.	3/7	1977	46 yrs
Bebe S.	3/10	1980	43 yrs
Gerry J.	3/4	1981	42 yrs
Dave G.	3/7	1987	36 yrs
Judy B.	3/2	1987	36 yrs
Larry	3/24	1987	36 yrs
Julie M.	3/1	1987	36 yrs
Ed H.	3/14	1988	35 yrs
Kelly	3/4	1988	35 yrs
Norman P.	3/1	1991	32 yrs
Kathy	3/12	1997	26 yrs
Kristin	3/11	1997	26 yrs
Julia O.	3/11	1997	26 yrs
Sherwood C.	3/17	1998	25 yrs
Bill E.	/17	1999	24 yrs
Heather C.	3/10	2004	19 yrs
Julie H.	3/30	2004	19 yrs
Jennifer C.	3/5	2005	18 yrs
Eddie	3/1	2005	18 yrs
Linda R.	3/20	2006	17 yrs
Mike H.	3/5	2008	15 yrs
Cindy T.	3/14	2008	15 yrs
Susan O.	2/2	2009	14 yrs
Megan	3/10	2010	13 yrs
Kelsey B.	3/6	2011	12 yrs
Brandi R.	3/1	2013	10 yrs
Curtis K.		2014	9 yrs
Brian B.	3/25	2015	8 yrs
Victoria M.	3/14	2016	8 yrs
Estrella	3/15	2017	5 yrs
Suzie	3/3	2019	4 yrs

Congratulations Everyone!!

AA Meeting Places

Christ Memorial Parish Hall



2518 Kolo Rd., Kilauea

- Monday 7:30 pm Speaker/Discussion
- Tuesday 10:00 am - Big Book Study
- Tuesday 7:30 pm - Beginners Meeting
- Wednesday 7:30 pm - 12 x 12 Candlelight

Waioli Beach Park



“Evenings at Middles Beach”

Anae Rd., Hanalei

- Sunday 6:30 pm, Hanalei Bonfire

AA Service Meetings

Lihue Lutheran Church Annex



**Room 8, 4602 Hoomana Rd.
(on German Hill)**

The Intergroup Meeting

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

The District 6 Meeting

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

Service is 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

The Best of Big Book Dave:

April in Our History:

1813, April 19:

Benjamin Rush M.D. dies in Philadelphia. He wrote the first significant book on the medical argument for alcoholism as a disease called "The Effects of Ardent Spirits Upon the Human Body and Mind."

1899, April:

The American Railway Association will become the first United States business that will prohibit alcohol use by employees on duty.

1909, April:

Going into effect, "The Child Act" in America. It will prohibit giving any intoxicating liquors to children.

1939, April 4:

Big Book goes to press. First Edition, first printing. Published at \$3.50 a copy. It will take 35 years to sell the first million copies. Now A.A. distributes a little over a million of them every year in the English language edition alone!

1958: April:

The word "Honest" is dropped from our preamble. The Only requirement for membership is a (honest) desire to stop drinking.

1960, April:

Bill declined to be on the cover of "Time Magazine".

1982, April:

The first A.A. bulletin boards – online meetings and chat rooms begin to appear.

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

April 25, 2020

"The Fourth Step lets me look at myself, look into my fear of not getting something I want or of losing something I have, get a perspective on my character defects, and move forward to try to establish true partnerships with other human beings."

Riverdale, Michigan, April 1997, "Naming the Negatives?", Beginners' Book

April 23, 2020

"I grew up thinking that I had to perfect my personality, then I got into AA, and AA said, no, that isn't the way we do it; only God can remove our defects. I was amazed to find that I couldn't be a better person simply by trying harder!"

California, July 1995, "An Interview with the Author of 'Doctor, Alcoholic, Addict.'", The Best of the Grapevine, Volume 3

April 15, 2021

"I make a conscious effort to keep it simple, because the simpler I make it, the happier I become."

"An English Gentleman," Clevedon, Somerset, December 1999, Voices of Long-Term Sobriety

April 8, 2022

"By revealing our secrets and thereby ridding ourselves of guilt we can actually change our thinking and by altering our thinking we can change ourselves. What we will be tomorrow is determined by what we think today."

"What We Will Be Tomorrow," Brentwood, New York, May 1991, AA Grapevine

April 6, 2021

"Sometimes taking somebody else's inventory can be most beneficial. When I was doing my Fourth Step, an old-timer suggested I list the names of those against whom I held resentments, followed by two or three sentences describing what they had done to earn my displeasure. Then, after putting the list aside for a day, I was to cross off each person's name and replace it with my own."

"Mirror, Mirror, On the Wall," Renton, Washington, October 1987, Step by Step

**Next Intergroup Meeting Live:
April 1, at 9:30 am**

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

Intergroup Treasurers Report

March , 2023

Income:

Third Tradition	7th	81.00
Anahola Jaywalkers	7th	96.00
Steps to Freedom	7th	200.00
Hui Ohana	Literature	153.00
North Shore Aloha	7th	50.00
?????	Literature	9.00
Total Income:		589.00

Expenses:

Guardian Storage		167.54
Hawaiian Telcom		37.09
Inkspot	Newsletter	75.00
Printing Solutions	Schedules	419.14
Mathea A.	Assembly	131.80
Bob B..	Literature	57.00
GSO	Distribute	2900.00
Total Expenses		3787.57


Net **3198.70**

Balance	3434.62
Prudent Reserve	<u>-1300.00</u>
Operating Balance	<u>2134.62</u>

~ Prepared by Tom R.

SEND YOUR CONTRIBUTIONS TO:

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



Tradition Four

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

- Do I insist that there are only a few right ways of doing things in A.A.?
- Does my group always consider the welfare of the rest of A.A.? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
- Do I put down other members' behavior when it is different from mine, or do I learn from it?
- Do I always bear in mind that, to those outsiders who know I am in A.A., I may to some extent represent our entire beloved Fellowship?
- Am I willing to help a newcomer go to any lengths-his lengths, not mine- to stay sober?
- Do I share my knowledge of A.A. tools with other members who may not have heard of them?

Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	Bob B.
Hotline	OPEN
Website:	Aaron
Events:	OPEN

District 6, Kauai:

The Next District Meeting is LIVE:
April 16, 9:30 am

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

District 6 Treasurer's Report

February, 2023

Income:

Kapaa 3 rd Tradition	30.00
Hui Ohana	600.00
Jaywalkers	84.00
Northshore Aloha	75.00
Koloa Aloha	100.00
Northshore Aloha	50.00
Steps to Freedom	80.00
Total Income:	1019.00

Expenses:

US Postal Service	202.00
US Postal Service	14.00
Total Expenses	216.00

Balance	6470.92
Prudent Reserve	-1200.00
Operating Balance	<u>5270.92</u>

~ prepared by Bob F.

District 6 Committee:

DCM:	Anastasia A
Alt. DCM:	Jim D
Secretary:	Shoshanah
Treasurer:	Bob F
Website:	Aaron
Grapevine:	Mathea A
Corrections:	Garrett S

SEND DISTRICT CONTRIBUTIONS

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



Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

Hawaii Area Committee

P.O. Box 1413

Honolulu, HI 96806

INCLUDE: YOUR GROUPS NAME & NUMBER
AS WELL AS AREA 17, DISTRICT 6



HISTORY OF THE GENERAL SERVICE OFFICE

In the late 1930s, a small office in Newark, N.J., staffed by co-founder Bill W. and a secretary, was enough to maintain contact among the first 100 A.A. members. Soon, the rapidly spreading Fellowship needed a real-world service office, and "headquarters" was shifted to New York City, with a series of moves as membership grew into the hundreds of thousands. From 1970 to 1992 G.S.O. was located at 468 Park Avenue South. In 1992, G.S.O. moved to 475 Riverside Drive, where both A.A. World Services & Grapevine personnel are housed.

Send GSO Contributions

General Service Office

P.O. Box 2407

James A. Farley Station

New York, New York 10116-2407

INCLUDE: YOUR GROUPS NAME & NUMBER
AS WELL AS AREA 17, DISTRICT 6

