

May 2023

Garden Island Sobriety

Step Five

“Admitted to God, to ourselves and to another human being, the exact nature of our wrongs.”



He said:

Today, I look at this step as the great “ego” deflater. Let’s take a moment to think about it. We hear this in meetings all the time, “that our ego must be smashed”. Looking back to my early days in recovery, I get to laugh at myself as I remember trying to find a softer easier way. Bypass the fifth step all together! It’s of little wonder that my character defects would continue to surface in other ways as I interacted with other people. I, on the other hand, was very fortunate that my sponsor, and his sponsor were patient with me, as we went through a long and drawn-out process, taking several years.

At this juncture of my life, it was easy for me to admit to God all the wrongs that I had done, “prayer and meditation took care of that”. It was a little harder for me to do so with another human being. I was not sure that I would be able to do that. Here my sponsor shared with me his own defects of character. That made me feel comfortable with him, and so I began to trust him. By doing this I really felt like I was not alone, that I didn’t have to isolate myself and “I did love to isolate”. Suffering alone trying to carry the burden by myself only extended the amount of time I spent with my anxiety, depression and feeling of guilt. To be rid of these character defects I needed to pass my biggest hurdle, as it turns out it was convincing myself. Admitting to myself the exact nature of my wrongs. With a hundred forms of fear that I was continuously having to overcome, it’s of little wonder that it took several years to complete.

I do take off my hat to those who have had a quicker and easier time at taking this step, or any of the steps for that matter, however that is not my truth. I needed to go back and forth for a while. As my grand sponsor said, “You needed to go through what you

(Cont. p. 2)



She said:

What do the steps mean to you? Step 5, hands down, means Confession to me.

“Step work” my sponsor says. Steps 1 through 4, done to the best of my ability at that time created all types of brain aerobics. I was instructed to bring my writings. She always starts our work time together with breathing and prayers. Breathe! Now tell me what you wrote. I wasn’t in a confessional, we were in our God bubble on her couch. Safe! I was not afraid, just eager to feel better. Doing what she had told me to do so far had kept me sober.

Telling a real person my sacred secrets, sins and shenanigans was not too hard. By now I truly believed God had entrusted her to show me the way. She had shared enough of herself with me to put me at ease. She helped me see I was trustworthy.

So many times I’d heard in meetings, “you’re only as sick as your secrets”. Some came out of me easily, spilling out. Other secrets needed some chiseling. She listened and loved me anyway. What a relief, relief that I was able to complete something. Oh, but then we read the book together, Page 75. Not completed after all. Directed to follow those instructions was my next duty. Those suggestions were God inspired. I was sincerely glad to go home and do this. It was not just prayers, it was not penance, it was a privilege. Looking back now, I realize what a gift this journey is.

Working the steps as directed by the book enforces the fact, sobriety is a process. Sponsorship, willingness, honesty and open mindedness work for me and my sobriety.

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12 Traditions p.5

AA  Hotline 245-6677

He Said (cont.) had to go through". I didn't quite understand what he meant back then, now a day's I realize he was talking about both mental and spiritual growth, that there are no short cuts. I also found out that true humility needed to be in practice here, holding back nothing is vital for long lasting sobriety, peace, and serenity.

Now I encourage newer members to get through the steps as thoroughly and as quickly as they can, all the while understanding that they need to go through what they must go through. If you are blessed as I have been, you will receive these gifts, the deflation of ego, the smashing of false pride, freedom from isolation, and a better chance at peace and serenity.

~ 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.) I learned how I was teachable. We don't drink, we work on the program, we never finish. We stay sober.

~Sincerely, Donna Jo

Happy  Birthday

Nona M.	4/8	1984	39 yrs
Lynda G.	4/19	1984	39 yrs
Doug R.	4/21	1985	38 yrs
Joe O'B.	4/15	1985	38 yrs
Tom F.	4/23	1985	38 yrs
Roger W.	4/14	1986	37 yrs
Karen L.	4/3	1991	32 yrs
Tom R.	4/5	1991	32 yrs
John 'Hilli" H.	4/15	1991	32 yrs
James B.	4/16	1993	30 yrs
Allie	4/27	1996	27 yrs
Patty	4/5	2000	23 yrs
Nicole	4/10	2003	20 yrs
Kim H.	4/14	2004	19 yrs
Laren T.	4/10	2004	19 yrs
Courtney P.	4/10	2006	17 yrs
Mark B.	4/20	2006	17 yrs
Pam A.	4/28	2006	17 yrs
Monica A.	4/22	2006	17 yrs
Kathie E.	4/28	2006	17 yrs
Dharma W.	4/18	2007	16 yrs
Alan B.	4/13	2007	16 yrs
Jane T.	4/22	2007	16 yrs
Jane M.	4/8	2008	15 yrs
Rick B	4/9	2010	13 yrs
Leisa M	4/17	2011	12 yrs
RJ	4/17	2012	11 yrs
Jenifer D.	4/23	2012	11 yrs
Lauren D.	4/21	2012	11 yrs
Taylor	4/26	2014	9 yrs
Scott	4/19	2017	6 yrs
Tessie	4/10	2020	3 yrs

Congratulations Everyone!!

AA Meeting Places

Koloa Union Church



3289 Poipu Road, Koloa

- Wednesday - 7:30_{pm}
Whiskey & Milk Stick Meeting
- Thursday - 4:30_{pm} Step Study
- Friday - 7:00_{pm}, NEW TIME, Big Book Study
- Saturday - 6:00 pm 3rd Step in Paradise

Koloa Church



3269 Poipu Road, Koloa

- Monday - 5:00_{pm} Na Wahine Ku Pono
-Women's Meeting -

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:

May in Our History:

Highlight: May, 1937: A Book is published called "A Way Of Life" by William Osler; One of eleven books (including the Bible) that influenced how the Big Book will be written. This volume was used by early members to understand the concept of living "One Day At A Time." The book itself contains a philosophy of life. William Osler states: "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand." He also writes, "Our lives are like a great ocean liner. We must learn to walk through the compartments each day and check that the bulkheads are secure." Another place he writes, "The load of tomorrow added to that of yesterday, carried today, makes the strongest falter."

May 1903: The principal chiefs of the five tribes in the Oklahoma Territories protest to congress that allowing alcohol onto their land is detrimental to the political-civil and religious conditions of their tribes.

May 1912, 1935: The founding moment for AA. Bill meets Dr. Bob for the first time in Akron, Ohio and they discuss together four aspects of one idea: Total Deflation at depth - Complete Hopelessness – Conversion – and Helping Others.


May 1946: The legal incorporation of our Grapevine takes place at this time.

May 1946: Bill W. finished writing the 12 Traditions and they were published for the first time in The Grapevine. The membership accepted them at the first convention, Cleveland, Ohio, the summer of 1950, shortly before Dr. Bob's death.

May 8th, 1971: Bill W. is buried in his hometown of East Dorset, Vermont. He passed away on Jan. 24th in Miami, Florida.

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

~ Submitted by Mathea A.

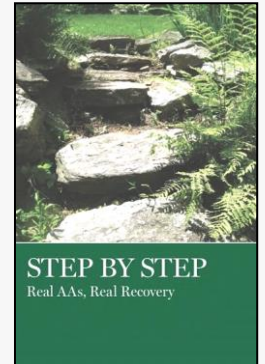
 OUR THANKS to B.B. Dave & Mathea A.

GRAPEVINE

Quote of the Day

May 22, 2020

"The program tells me that in order to recover I must be willing to develop a manner of living that demands rigorous honesty. So, when I retire at night, I ask myself:



- Is there something that I should discuss with another person at once?
- What do I not want to share?
- Do I feel any guilt?
- Am I worried about something?
- Fearful?
- What was my thought-life like today?

"These questions spur me to talk to someone. The more I share, the more I live in integrity; and the more I live in integrity, the more at peace I am with myself, and the more useful I can be to God and my fellows."

Enumclaw, Washington, May 2003, "As Real as I Can Be," Step By Step

May 21, 2020

"Being painfully honest in the Fourth and Fifth Steps started me on the road to humility. I could finally accept myself as human and go to work on my varied defects of character (Step Six)."

Wakesha, Wisconsin, July 1979, "List Our Assets?," Step By Step

**Next Intergroup Meeting Live:
May 6, at 9:30 am**

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

Intergroup Treasurers Report

April , 2023

Income:

Kapaa BYOBB	Literature	36.00
Poipu Sunrise Sobriety	7th	540.00
North Shore Aloha	7th	50.00
North Shore Aloha	Literature	150.00
Total Income:		776.75

Expenses:

Guardian Storage		167.54
Hawaiian Telcom	Hotline	37.41
Inkspot	Newsletter	75.00
Total Expenses		279.95


Net 496.80

Balance	4006.42
Prudent Reserve	<u>-1300.00</u>
Operating Balance	<u>2706.422</u>

~ Prepared by Tom R.

SEND YOUR CONTRIBUTIONS TO:

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



Tradition Five


Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

- Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
- Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
- Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- Do I help my group in every way I can to fulfill our primary purpose?
- Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from 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

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

District 6, Kauai:

The Next District Meeting is LIVE:
May 20, 9:30 am

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

District 6 Treasurer's Report

April, 2023

Income:

Sunrise Sobriety	540.00
North Shore Aloha	50.00
Steps to Freedom	80.00
Total Income:	590.00

Expenses:

Jim D.	456.30
Anastasia B.	444.40
Aaron L.	633.92
Shoshannah B.	73.34
Total Expenses	1608.96

Balance	5451.96
Prudent Reserve	-1200.00
Operating Balance	<u>4251.96</u>

~ prepared by Bob F.

District 6 Committee:

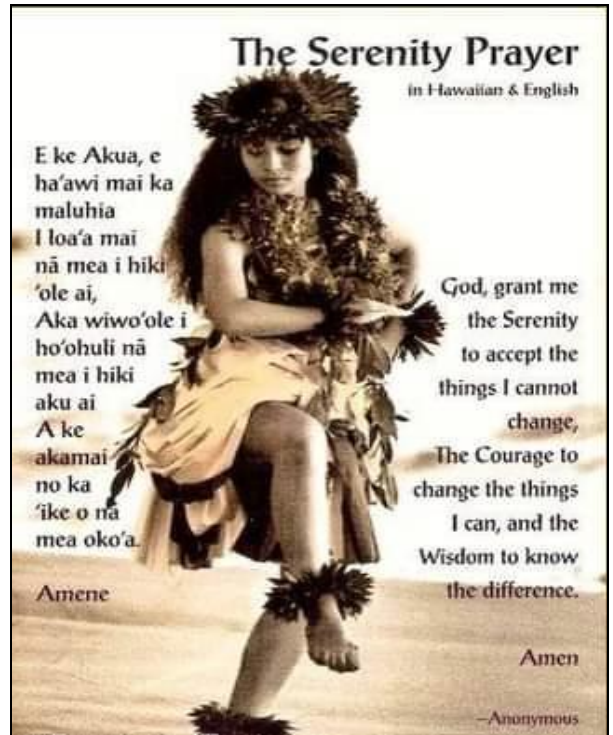
DCM:	Anastasia A
Alt. DCM:	Jim D
Secretary:	Shoshanah
Treasurer:	Bob F
Website:	Aaron
Grapevine:	Mathea A
Corrections:	Garrett S

SEND DISTRICT CONTRIBUTIONS

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



June-6-2024 The Kauai Roundup



The Planning Committee needs more members to get involved. Open positions include chair-persons for registration, activities, program, kitchen, security, prayer and fundraising.

- Next Committee Meeting is on May 12, 2023 At Lydgate, after the Hui Ohana Mtg.
- It's a great way to be of service!
- Event will be in Kokee at Camp Hale Koa

Contact: Kauairoundup@gmail.com

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

