

April 2022

Garden Island Sobriety

Step Four

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



He said: This is the step that really confused me the most when I first saw it. Why? Perhaps, it is in the wording? I did not fully comprehend what it was asking of me. I thought it wanted me to make a confession, like the kind that would be used against me, like in a court of law. I was not gonna do that, no way. I listened at meetings and read the literature that explained the step and began to understand what the people were talking about concerning making an inventory and then doing the following step with a sponsor. What I heard was that it needed to be done so that a new foundation could be laid upon which my new house would be built, a house that could withstand the trials and tribulations of life.

The Big Book states that our design for living is one that works in rough going, which is a promise that life is gonna throw you some curves, so you better be prepared. The steps are designed to prepare us for life as we were never prepared before.

My experience with Step Four was, with the aid of a sponsor who directed me in the preparation, straight from the Big Book; how to write it and what to write. I was able to make a timeline map of my life and see what the problems were that kept me sick and caused all my worries. The one thing that kept coming up for me was **FEAR** of the future, the past and the present.

The Big Book says that the main problem of the Alcoholic centers in his mind, rather than in his body. I had to get rid of the self centered way of thinking and behaving. I had to know what the problem was and is, and unless I did an inventory of what was good and what was not, I would remain trapped with an untrue picture of who and

(Cont. p. 2)



She said: This is where the rubber meets the road. At least that was my experience! This was probably one of the most life changing actions of self love I have ever done. Self Love? How can that be when I am asked to write out all the “bad” things I had done throughout my life? Yes, self love, because without having taken this step I would have been unable to learn that I was a good person who made really bad decisions and choices. Prior to working this step, I thought horrible things about myself that kept me in a perpetual hell. My list helped me see the patterns in my thoughts and actions so that when I started to go down the familiar road again... I could choose differently. What a concept. Do something different? Yes, yet I couldn't do something different if I didn't take an honest look at what I had been doing in the first place which was causing so much chaos in my life.

I received an opportunity to really take a look at what made me angry, what I felt resentful about, and how I hurt others and was offended when they reacted. Amazingly, when I got to the column where I had to write what my part was in each and every item I learned that I was the common denominator in EVERYTHING that happened in my life. Always. End of story. I have never been or ever will be a victim to circumstances in my life. However, I used to live my life that way, blaming others instead of taking responsibility for myself. Our lives can't help but change when we take responsibility!

A very important piece in my 4th Step process was the direction I received from my sponsor to also list my assets. Whew. That was actually the

(Cont. p. 2)

Birthdays p.2
AA Archives p.4

Meetings p.3
12 Concepts p.4

AA Hotline 245-6677

He Said (cont.) what I was. That for me was the whole purpose of the inventory, to find the true me and then to begin to get back to that person. Step Four is the main tool used to begin the process of recovering from **me** one day at a time.

Step Four is described in the literature as the Freedom step. When we are free from the demons of the past, present and future we begin to enjoy life as never before possible. Come join us on the broad highway to a better, healthier way of living.

Your brother in Recovery,
~ Ron A.

She Said (cont.) most challenging part and where I cried the most. I had already rehashed the horrible bits over and over in my head for years. Yet, look at the good things about me? Nope. I hadn't done that in a very long time. I found some things that I did like about myself. I learned that I had courage; Courage because I was participating fully in my recovery by working The Steps with a sponsor, even when I was scared. It takes courage to be honest with ourselves. This program is not for sissies, that's for sure. My wish is that everyone who comes into the rooms finds the courage to take this life altering step. It just may save your life.

In Love and Light,
~Michelle L.

Happy Birthday

Dick W.	3/17	1973	49 yrs
Pat Q.	3/7	1977	49 yrs
Bebe S.	3/10	1980	42 yrs
Gerry J.	3/4	1981	41 yrs
Dave G.	3/7	1987	35 yrs
Judy B.	3/2	1987	35 yrs
Larry	3/24	1987	35 yrs
Julie M.	3/1	1987	35 yrs
Ed H.	3/14	1988	34 yrs
Kelly	3/4	1988	34 yrs
Norman P.	3/1	1991	31 yrs
Kathy	3/12	1997	25 yrs
Kristin	3/11	1997	25 yrs
Julia O.	3/11	1997	25 yrs
Sherwood C.	3/17	1998	24 yrs
Bill E.	3/17	1999	23 yrs
Heather C.	3/10	2004	18 yrs
Julie H.	3/30	2004	18 yrs
Jennifer C.	3/5	2005	17 yrs
Eddie	3/1	2005	17 yrs
Linda R.	3/20	2006	16 yrs
Mike H.	3/5	2008	14 yrs
Cindy T.	3/14	2008	14 yrs
Susan O.	2/2	2009	13 yrs
Megan	3/10	2010	12 yrs
Kelsey B.	3/6	2011	11 yrs
Brandi R.	3/1	2013	9 yrs
Curtis K.		2014	8 yrs
Brian B.	3/25	2015	7 yrs
Estrella	3/15	2017	5 yrs
Suzie	3/3	2019	3 yrs

Congratulations Everyone!!

The Serenity Prayer

God grant me the serenity to accept the things that I can not change, the courage to change the things that I can and the wisdom to know the difference.

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.



2022 HIGHLIGHT:

October 7 - 9, 2022

The Hilton Garden Inn

Wailua Bay, Kapaa

~above Lydgate Beach~

What is HICYPAA?

HICYPAA is the Hawaiian Islands Conference of Young People in Alcoholics Anonymous, hosted on the island of Kaua'i in 2022. Our purpose is to carry the message of Alcoholics Anonymous, and to build and strengthen unity among all those young at heart in A.A.

HICYPAA 2022 is open to any individual with the desire to stop drinking. Members of HICYPAA are involved in and committed to all levels of A.A. service, and newcomers are shown that using A.A. principles in their daily lives and getting involved in the A.A. service structure can lead to a lasting and comfortable sobriety.

THE HOTLINE NEEDS YOUR HELP



To Participate Contact the Hotline
at **245-6677**

A.A. Meeting Places



Poipu Beach, Small Pavilion

Koloa Aloha Group is back in person!

Sundays from 8-9 a.m.

Poipu Beach, small pavilion

(across from Brennecke's)

(Friday's meeting is still online)

PINK FLAMINGO POTLUCK MEETING

April 30, 2:00 – 6:00pm



A HICYPAA Event

Salt Pond Park, Hanapepe

- ❖ Potluck/Picnic
- ❖ Eat & Socialize
- ❖ Beach Activities
- ❖ Meeting ~4pm

April in Our History

April 1939: The **Big Book** is published by “Works Publishing Co.” At this time AA has two meetings and about 100 members. It will take 35 years to sell the first million copies of the Big Book. Now AA distributes a little over one million of them every year in the english language alone!

April 11, 1941: Bill and Lois drive to their new home which they will name “Stepping Stones,” cook supper and spend their first night. In 1985 “Stepping Stones” will be declared a New York State historic site.

April 1946: Our meeting in print was named “The Grapevine” but this title was challenged by the FBT who also called their publication “The Grapevine.” This was settled by our magazines name change to “The AA Grapevine” and the April 1946 issue bearing this newly incorporated title was used for the first time.

April 1958: The word “Honest” is dropped from our preamble ... The only requirement for membership is the (honest) desire to stop drinking.

April 1971: The General Service Conference determined that “It is unwise to break the anonymity of a member after death, but that each situation – the final decision must rest with the family.”

April 1977: The General Service Conference approved a joint biography of our two co-founders. When this proved impracticable it became apparent of the need for two books. Dr. Bob’s biography would be written first (published 1980) followed by Bill W.’s biography; Two books that I believe should be in all active AA members library, “Dr. Bob and The Good Old Timers’ along with “Pass It On.”

R.I.P. ‘Big Book Dave’, Elected Archivist, Interior Alaska
~ Submitted by Mathea A.

 **OUR THANKS to B.B. Dave & Mathea A.****Concept IV:**

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

- **Do we understand** the spiritual principles underlying the “Right of Participation”?
- **What does** “in reasonable proportion” mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- **Do we expect** that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

Service is Sobriety **Expect A Miracle****H.O.W.**

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

Kauai Intergroup

Next Zoom Intergroup Meeting:
April 2, 9:30 am

Intergroup ID – 87082750620
Password-372977

Intergroup Treasurers Report

Income:

North Shore Kauai	7th	200.00
Monday Kauai Recovery	Literature	34.00
Koloa Aloha	Literature	20.00
Tuesday Primary Purpose	Literature	93.00
Sunrise Sobriety	Literature	118.00
Total Income:		465.00

Expenses:

Hawaiian Telcom	33.30
Guardian Storage	167.54
Lihue U. Church, Thankathon	250.00
Website - Charlie	150.00
Total Expenses	1168.89

Net	-703.89
Balance	3526.12
Prudent Reserve	-1300.00
Operating Balance	-2226.12

~ Prepared by Devin D.

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

April 20, 2020

"When I begin to worry about things I can do nothing about, I tell myself to accept what you can't change. Often I've used the ideas in the Serenity Prayer as a trigger for relinquishing my need to control and as a reminder to take action when some discontentment can be remedied."

El Granada, California, March 1989, "A Program of Action," The Best of the Grapevine, Volume 3

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 28, 2020

"I think we simply fail to recognize miracles for what they are. Sobriety -- one-day-at-a-time -- is truly a miracle."

Prineville, Oregon, February 2004, "Miracles: Yours and Mine," Beginners' Book

April 9, 2019

"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

District 6, Kauai:



DCM Report



**The Next Zoom District Meeting:
April 16, 9:30 am**

**Zoom address 823-860-40996
passcode: 043962**

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:	Bob F.
Website:	Charlie S..
Myna Bird:	Filled
CEC:	Connie S.
Archives:	Mathea A
Public Information:	Filled
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April

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

Aloha Mai Kakou!

I'm hoping everyone had a great March! Three months have gone by in 2022, so very fast!

I want to thank everyone on our beautiful island of Kauai for their Love and support for AA. We are truly blessed and grateful!

Our Island is booming with visitors and it's great to see them. All our meetings are well attended.

We have 78 meetings on Kauai, 63 live in-person and 15 virtual meetings.

The Virtual Inform the Delegate Assembly was April 9 & 10, hosted by District 1, Diamond Head, Oahu.

HICYPAA convention is on Kauai at the Hilton Garden Inn on October 7-9.

There's a Men's Retreat in Haena at Camp Naue on October 21-23.

The Annual State Convention is on Oahu on October 28-30.

For more information on all of the above events go to Hawaii Area 17 website, or Kauaiaa.org

Our next District meeting is on April 16, 2022 at 9:30am. Please join us and bring or invite a friend or home group member.

You also can call me at 808-212-7124 or email me at dcm6@area17aa.org

**Mahalos, Kalei K.
DCM, District 6 Kauai**

Find A.A. in Hawaii
at: www.area17aa.org

kauaiaa.org