

December 2023

Garden Island Sobriety

Step Twelve

“Having had a spiritual awakening, as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.””



He said: In early recovery, driven by a hundred forms of fear, selfishness and resentments were at the forefront of all my decision making, such as “what’s in it for me.” It’s little wonder that my life was so unmanageable for so long. So, when we got to Step 12, I asked my sponsor “What does that mean?” and more importantly “How will I know if I had a spiritual awakening?” “How can I carry the message that I don’t know the answer too?” “Let alone practicing these principles in all my affairs.” I was putting the cart before the horse again, that’s when he said remember to Keep It Simple. We stopped for a moment for prayer and meditation, then he asked me these two questions, “What did you learn from working the 11 steps before this one? And how did it make you feel?” At that moment I realized that I developed a sense of meaning & purpose, that my beliefs, values, relationships, my career, and health were forever changed for the better. Wow! I felt awesome. At that point my grand sponsor stepped in and said, “as for the carrying the message part, you are already doing just that, through selfless service, by giving back without expecting anything in return.” You consistently go to meetings, share, and remain an active member of Alcoholics Anonymous, not to mention sponsoring others.

I finally came to know that to practice these principles in all our affairs meant that I needed to use the steps all the time, no matter what, whether it be in or out of the rooms, for the rest of my life. Whenever I feel out of balance, if I’m going through a crisis, and especially if my life becomes unmanageable again. I need to always put my best foot forward, try to remain in a state of gratitude and

(Cont. p. 2)



She said: Step Twelve for me is the way to give back & pay it forward. As a result of these steps, I’ve had a spiritual awakening which melds all the principles into a workable way to stay sober and feel there is a true purpose for my life. Growing up I wanted nothing more than to help people. My grand idea was to be a doctor and save the world from illness and misery.

After my folks divorced, I found there was no real direction or perceived support in most areas of my life. If something piqued my interest, I’d head that way till I hit a wall or fell off the table (under the table too). We had an occasional one parent at home. My responsibility was to keep the house and care for younger siblings while Mom worked to keep a roof over our heads. There was little parental supervision and discipline was inconsistent. I was looking for love in all the wrong places.

In my early years, we were exposed to religion, and I’d been blessed a few times in my younger life with what I believe to have been true spiritual experiences. I asked God and he responded. I’m not able to express in words the feeling, other than complete. Today and during step work throughout my path in sobriety, I’ve been blessed to have recognized this “feeling” numerous times. I find that the experiences occur most frequently when I am “all in” and working on the program. Twelfth step work covers so many actions. We help when we share ourselves with each other by showing up! We participate in a meeting, function or donate to a cause. We can give someone a ride, be a sponsor, pray and clean up after ourselves. It helps someone to answer the phone.

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AA Hotline 245-6677

He Said (cont.) ask God what his will for me is, not my own, and listen for the message, and if a message doesn't come then remain faithful that it will reveal itself sometime down the road.

Today it's a lot different for me. I do admit that I don't always live up to these standards, because I have a built-in forgetter. However, I am grateful that I do have a restart button, pause, pray, wait. Calling upon the 12 steps of Alcoholics Anonymous which I know without fail works for me, it allows me to live as a functional, productive and most of all a contributing member of society. Moreover I have a God today, Higher Power if you like, who guides me through the most wonderful, joyous life that I have today.

Just keep it simple and treat others the way I want to be treated, with love and gratitude.

~ David V.

She Said (cont.) **As a result of these steps,** we contribute to life again by being of service. I don't have to be a doctor and save the world. I get to be sober and participate in life by serving each other the solution to our alcohol problem.

The peaceful spiritual feeling is enough to keep me trudging. The ah-ha moments are enough to keep me encouraged.

There is nothing more satisfying than the rewards of the encouragement God supplies through our helping each other.

Sincerely,
~ Donna Jo

Expect A Miracle

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.

Happy Birthday

Carol O.	11/19	1981	42 yrs
Marcial L.	11/16	1986	37 yrs
Anderson	11/21	1987	36 yrs
Mathea A.	11/17	1988	35 yrs
Niamala	11/24	1995	28 yrs
Tom F.	11/16	1996	27 yrs
David J.	11/30	2001	22 yrs
Eve	11/17	2005	18 yrs
Lani A.	11/21	2005	18 yrs
Barry	11/8	2006	17 yrs
Bob	11/13	2006	17 yrs
Chris S.	11/3	2007	16 yrs
Jeanie	11/26	2007	16 yrs
Scott C.	11/3	2007	16 yrs
Mark G.	11/4	2007	16 yrs
Michelle L.	11/13	2008	15 yrs
Randy	11/9	2009	14 yrs
Sonia	11/5	2011	12 yrs
Shawn	11/5	2011	12 yrs
Jackie C.	11/9	2012	11 yrs
Kalei K.	11/7	2012	11 yrs
Barbie	11/26	2013	10 yrs
Lee G.	11/18	2013	10 yrs
Nikola	11/1	2018	5 yrs
Estrella K.	11/1	2020	3 yrs
Josh K.	11/1	2020	3 yrs

Congratulations Everyone!!

A.A. Meetings

Christ Memorial Parish Hall



2518 Kolo Rd., Kilauea

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

Koloa Salvation Army Hall

5348 Koloa Rd. (next to crazy shirts)



- Sunday 6:30_{pm} - Sunday Night Live
- Tuesday 6:30_{pm} - Salvation is Here
- Thursday 6:30_{pm} - Family Recovery

One Day At A Time!

GRAPEVINE Quote of the Day

December 1, 2019

“There are many kinds of spiritual experience. Some are like the conversions of the great religious leaders of the past; others seem purely psychological. Some are sudden or instantaneous; others are a gradual learning experience. But all of them, whatever form they take, have one effect: They make a person capable of doing something he could not do before.

“As Bill puts it, ‘When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone.’” *York, Pennsylvania, January 1977, “So That’s a Spiritual Experience!”, Spiritual Awakenings*

December 22, 2022

“The first 100 members of this Fellowship, who hammered out the Twelve Steps, knew what they were doing. They could have made it two steps or ten steps or twenty-five steps, but they didn't. I don't think they put anything in they didn't think they needed. They were working the whole program, not because they were saints, but because they were drunks who wanted to get well. I have no reason to suppose I'm any less sick than they were; I have no reason to suppose I need any less of the program than they did.”

Hankins, New York, May 1967, “AA’s Steps Lead to -- Spiritual Awakening,” Spiritual Awakenings

December 4, 2021

“Some of us take a long time to ‘come to’ before we can ‘come to believe’ that there is any hope for us.”

“My Name Is Gary and I’m a Human Being,” Nanaimo, British Columbia, February 2003, Spiritual Awakenings

December 26 2021

“Service made me feel useful. Twelfth Step work taught me to accept my past.”

“Working Incognito,” State College, Pennsylvania, April 1994, Spiritual Awakenings

December 29, 2020

“As drinking alcoholics, we all ran from life and toward death. When we join AA, we reverse the process – we give ourselves to life as it is, rather than as we would like it to be.” *Key West, Fla., February 1973, “Self-Pity Can Kill”, Best of Grapevine, Volume 1*



AA Archives

The Best of Big Book Dave:

December in Our History:

Dec. 20, 1945: Rowland Hazard dies in Waterbury Connecticut at the age of 64. He lost both his sons during World War II. Rowland had been a patient of Dr. Carl Jung in the early 1930's. Coming back to the United States he will join 'The Oxford Group', a worldwide spiritual movement of the time, and he will carry the message of sobriety to Ebby T., who in turn takes the same message to Bill W. (Big Book pages 9-10-11-12). Ebby becomes our co-founders one and only sponsor. There is no evidence that Rowland ever came into AA. He is considered by most AA historians to be the first in a series of events that had to happen for AA to exist today.

Dec., 1923: Christmas: Bill W. wrote down in the family Bible and vowed to Lois that he would stay sober for one year. This pledge lasted two months and it was the first of many attempts to stay sober.

Dec. 1933: Prohibition ends. "America's noble experiment" to abolish alcohol was a total failure.

Dec. 1938: For the first time Bill puts the Twelve Steps down on paper using the principles of the Oxford Group.

Dec. 1939: Rockland State Hospital is the first hospital to start taking alcoholic patients to AA meetings (Big Book P. 163).

Dec. 1943: The San Quentin Newsletter reports that Bill W. is going to be the speaker at their holiday AA meeting. There are 300 inmates in the group.

Dec. 1949 Christmas: Dr. Bob's last visit to the alcoholic ward, St. Thomas Hospital, where he treated 5000 alcoholics with Sister Ignatia by his side.

Dec. 1952: Bill W. as the main speaker in Orlando, Florida said "December is the 'Slippery' month to AA old-timers because it has more slips, suicides and wounded Christmas tree than any other month."

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

Submitted by Mathea A.



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



Traditions Checklist

from the AA Grapevine

Tradition Twelve:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

- Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
- When I do trust AA's current servants, who do I wish had the authority to straighten them out?
- In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
- Do I ever try to get a certain AA group to conform to *my* standards, not its own?
- Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
- Does my personal behavior reflect the Sixth Tradition – or belie it?
- Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
- Do I complain about certain AAs behavior – especially if they are paid to work for AA? Who made *me* so smart?
- Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
- Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
- Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
- What is the real importance of *me* among more than a million AAs?

Kauai Intergroup

Next Intergroup Meeting
January 6th, 9:30 am

To Attend these meetings on Zoom:
 Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

October 23, 2023

Income:

Northshore Aloha	Literature	127.00
??Cash	Literature	12.00
Happy Hour	Literature	60.00
Friday Night Lights	Literature	98.40
Koloa Aloha	7th	50.00
Northshore Aloha	7th	25.00
Total Income:		<u>372.40</u>

Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	37.13
Printing Solutions	Schedules	445.79
Mathea A	Inv.Assembly	252.39
Total Expenses		<u>902.35</u>

Balance	6336.53
Prudent Reserve	<u>-1300.00</u>
Operating Balance	<u>5036.53</u>

~ Prepared by Tommy R.~

Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	OPEN
Hotline	Sean G.
Website:	Aaron
Events:	Mike T.

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



H.O.W.

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

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting :
December 16th, 9:30 am

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

District 6 Treasurer's Report

November, 2023

Income	
Na Wahine Kupono	176.54
Koloa Aloha	50.00
Kapaa Nooners	50.00
Kapaa Nooners	30.00
Friday Night Lights	86.10
Poipu Sunrise Sobriety	200.00
Total Income:	<u>592.55</u>
Expenses:	
Lihue Lutheran Church	150.00
Anastasia Abel	35.00
Anastasia Abel	148.79
Koloa Post Office	13.20
Total Expenses:	<u>346.99</u>
Bank Balance	5457.85
Prudent Reserve	-1200.00
Operating Balance	<u>4257.85</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

5022.5 Income:

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

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



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.