

July 2022

# Garden Island Sobriety

## Step Seven

“Humbly asked Him to remove our shortcomings.”



### He said:

The Seventh Step Prayer:

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen”

**The first sentence** of this prayer is the foundation upon which I will continue to build a relationship with God as I understand Him. It takes into account the true nature of my humanity and makes me aware that every facet of my personality will need to be given over to this Power, not just the ones I think are troublesome to me personally. It is an invitation for God to come into my life on a daily basis.

**The second sentence** is my acknowledgement that I have defects of character which only He can remove. He does not need my help to point out which ones I want Him to take away. They will become abundantly clearer to me as time goes on. I will continue to stumble and trip over the same ones time after time until I have that “Ah ha moment”. My God will sometimes allow me to keep some of my “good character” to show others the foolishness with which I can delude myself about my spiritual growth. Other times I will choose to hold onto them until they make me so uncomfortable that the only way to get relief is to drop them as if they were burning hot coals. I do not know which of my defects stands in the way of my usefulness to God and my fellows. God makes that distinction. I am either a student or a teacher, good or bad as the case may be but I am not always aware of which one I am in the moment.

**The third sentence** is where I am asking for the

*(Cont. p. 2)*



### She said:

The word “humbly” needs to be looked at in this step because it is imperative. My understanding of the word is that I know who I am and my right place in life. I am no longer low of the low nor am I better than everyone else, It’s putting myself into true perspective. I believe it’s a necessary part of the step because without humility, I cannot ask for help and that is exactly what is happening. I am asking God (or whichever word you choose to call your higher power) to do something for me for which I cannot do on my own. How do I know this will work? Because of my previous experiences with the other 6 steps. God has ALWAYS been doing for me what I couldn’t do for myself!

**However, “removal” didn’t** happen like a flash of lightening, striking me white as snow. Oh no! God didn’t just swoop down and take away my characters defects. How simple that would have been. My experience is that He provided me with plenty of opportunities to learn how to choose differently. For example, one of my flaws that needed removing was impatience. God didn’t just render me patient. Nope. Many situations were created for me to LEARN patience. First of all, the situations helped me see that there was something that needed to change. Then they gave me plenty of chances to practice patience, over and over in some cases where I may have been a little slow in the learning curve. Thank goodness this program is about progress and not perfection.

**Page 76 of the Big Book**, has a wonderful prayer that can help one foster the willingness to work Step 7 and humbly ask God for removal of our defects. If those words work for you great. If not, make something up!

*(Cont. p. 2)*

Birthdays p.2

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AA Archives p.4

12 Concepts p.4

**AA Hotline 245-6677**

**He Said** (cont.) courage to do the next right thing or the next indicated action in response to the directions outlined in the Big Book as the design for living.

**I must believe** that God will take away the defects of character that stand in the way of me becoming usefully and happily whole. I must believe that I am capable of changing for the better and becoming a healthier human being and that God is there every step of the way, not only when life seems so messed up but more importantly when all is well. I must give Him all the credit for my Sobriety, but my recovery is my responsibility. I must do the work.

**With Love your Brother in Recovery,**  
~ Ron A.

**She Said** (cont.) We are creative beings who can think for ourselves. Do not use the wording as an excuse to not move forward in life. Our ego/disease wants to trip us up getting hung up on words, prayers or semantics. It's just trickery to keep us sick. After the prayer is said, a letting go MUST occur. We must have an allowance for God to remove the defects. If there is still resistance and clutching to something we think still works for us in some twisted way, go back to Step 6 and once again become entirely ready. If something is really too scary to let go of, perhaps seek help from your sponsor or another trusted member of AA who has worked the steps. Find out their experience, strength and hope. That is why we are here, to be a guiding light for those newer on the path.

**In Love and Light,**  
~Michelle L.

# Happy Birthday

Tom W. (passed away 2020)	6/17	1959	63yrs
Julia P.	6/27	1977	45 yrs
Bill	6/22	1981	41 yrs
Jeanine B.	6/1	1984	38 yrs
Jon S.	6/4	1987	35 yrs
Kathleen	6/1	1989	33 yrs
Bill E.	6/26	1989	33 yrs
Gary F.	6/1	1990	32 yrs
Linda W.	6/24	1991	32 yrs
Ron A.	6/1	1994	28 yrs
Mike T.	6/5	1998	24 yrs
Chris	6/11	2000	22 yrs
Romeo G.	6/20	2000	22 yrs
Tatiana	6/18	2001	21 yrs
Tom C.	6/6	2005	17 yrs
Joe C.	6/1	2007	15 yrs
Chandra	6/15	2007	15 yrs
Jude H.	6/19	2007	15 yrs
Pirie I.	6/28	2007	15 yrs
Matt	6/26	2008	14 yrs
Miguel	6/18	2011	11 yrs
Susanah	6/7	2011	11 yrs
Corina W.	6/30	2013	9 yrs
Barbie	6/19	2015	7 yrs
Olivia	6/26	2020	2 yrs

**Congratulations Everyone!!**

## The Seventh Step Prayer

My Creator, I am willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding.

## About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter

Please Contact:

[District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

**Request a newsletter**



**by e-mail**



Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

Editor: Linda B.

# A.A. Meeting Places

## Koloa Union Church



12x12 Step Study - Thursday 4:30 5:30  
3289 Poipu Road

## Kealia Beach



**NEW BONFIRE MEETING**  
July 1 - Friday 6:30 – 7:30 (near river)

## Nawiliwili Park



**HAPPY HOUR IS MEETING IN PERSON WEDNESDAY  
AFTERNOONS! 5:00 - 6:00 p.m.**

***Happy Hours Online Meetings Cancelled***



## 2022 HIGHLIGHT:

**October 7 - 9, 2022**

**The Hilton Garden Inn  
Wailua Bay, Kapaa**

**~above Lydgate Beach~**

## HICYPAA

## Fun in the Sun!



**HICYPAA is gathering each month** as we lead up to the 2022 conference at the Hilton Garden Inn on October 7 - 9

**THIS MONTH IT'S FRIDAY, JUNE 24:**

**BYO BINGO**

**Lydgate Beach Park - 5pm - 7pm**

Suggested donation for bingo cards \$4.00  
buy four cards and get fifth one free!

Bring your own snacks!

**The Month of July in Our History:**

**July 15<sup>th</sup>, 1938:** The first documented use of the A.A. name in our General Service Office Archives. It is in a letter from Bill W. to Willard Richardson (non-alcoholic trustee). Bill started using the name “Alcoholics Anonymous” both as the working title for our book and then as the name for our membership.

**July 1936:** At Lois and Bill W’s home on Clinton St., Brooklyn, a group of hard-core alcoholics was developing weekly meetings while Bill was receiving strong criticism from the Oxford Group.

**July 1942:** Opening in New York City, Riverside Hospital, which has the first alcohol treatment facilities for adolescents in the U.S.

**July 1949:** The first medical journal about A.A. is written by Dr. Silkworth.

**July 2, 1955:** “The Saturday Evening Post” magazine has a long article written by Jerome Ellison. It is about help for the families of alcoholics through Al-Anon. As of 1955, the article says, there are 700 Al-Anon groups nation-wide.

**July 1965:** At our International Convention held in Toronto, Canada, Bill led thousands of A.A. members in our “I am responsible” pledge for the first time! It was written by Al S.

**July 1967:** The American Medical Association passes a resolution identifying alcoholism as “A complex disease and disease that merits the serious concern of all members of the health professions.”

From ‘Big Book Dave’, Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

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

**Concept VII:**

The Charter and Bylaw of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

- Do we act responsibly regarding the “power of the purse?”
- Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.??

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

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

# Kauai Intergroup

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

Intergroup ID – 87082750620  
Password-372977

## Intergroup Treasurers Report

### Income:

North Shore Kauai	7th	100.00
Sat. 3 <sup>rd</sup> Tradition Kapaa	7th	20.00
Kapaa Nooners	7th	15.00
Kapaa Nooners	7th	17.00
Literature Deposit	Literature	330.00

**Total Income: 482.00**

### Expenses:

Hawaiian Telcom	33.32
Guardian Storage	167.54

**Total Expenses 200.86**

**Net 281.14**  
**Prudent Reserve -1300.00**  
**Operating Balance 3337.69**

~ 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:	<b>OPEN</b>

### SEND YOUR CONTRIBUTIONS TO:

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



## GRAPEVINE Quote of the Day

July 9, 2017

"I saw that fear was a character defect, so I modified my **Seventh Step Prayer**. After 'remove every single defect of character,' I added, 'and every unreasonable fear.'" *Brea, Calif., July 2010, "Unreasonable Fears," No Matter What: Dealing with Adversity in Sobriety*

July 3, 2018

"**On a daily basis** I choose not to drink - or to fear, hate, be angry, or indulge in any other defect that's raising its ugly head. They're all there waiting, and when given a chance they charge into the center of my life and try to take over. But **when I work Step 7** I find that my life is filled with good, and people actually like to be around me - something they never did in my drinking days." *"A Lifetime Supply," July 1995, Kathmandu, Nepal, Step By Step: Real AAs, Real Recovery*

July 15, 2018

"**I opened the door** and walked into the warmth, the laughter, the acceptance, and the love that is AA. No one asked me who I was or what I wanted; no one asked me how much money I had or what I did for a living; no one asked me where I did my drinking or what my sexual preferences were. The smiling man who greeted me told me that night that if I thought I had a drinking problem, I was in the right place." *"Above All, an Alcoholic," Toledo, Ohio, September 1982, In Our Own Words: Stories of Young AAs in Recovery*

July 13, 2021

"**Humility ... is a quiet place** where I can keep enough perspective, and enough balance, to take my next small step up the clearly marked road that points toward eternal values." *AA Co-Founder, Bill W., June 1961, "Humility for Today", The Language of the Heart*

July 19, 2021

"I've found that I'm not a cordless model: I need to plug into God in the morning and check in several times a day just to make sure I'm still plugged in." *"Keep Coming Back No Matter What," Salt Lake City, Utah, Nov. 2000, In Our Own Words: Stories of Young AAs in Recover*

# District 6, Kauai:

The Next Zoom District Meeting:  
July 16, 9:30 am

Zoom address 823-860-40996  
passcode: 043962

## District 6 Committee:

DCM:	Keola O.
Alt. DCM:	Open
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

## The A.A. HOTLINE Needs Your Help!

- ➔ Need men & women for 12 Step calls
- ➔ Slots are open for volunteers
- ➔ Alternates also needed

Please contact the Hotline Chair,  
David, at 245-6677

## District 6 Treasurer's Report

**May 19, 2022**

### INCOME:

Na Wahine	226.00
Kauai Recovery Group	50.00
<b>TOTAL INCOME</b>	<b>276.00</b>

### EXPENSES:

321 General Service Board	500.00
<b>TOTAL EXPENSES</b>	<b>500.00</b>

Bank Balance:	6474.52
Prudent Reserve:	1200.00
Operating Balance	5274.52

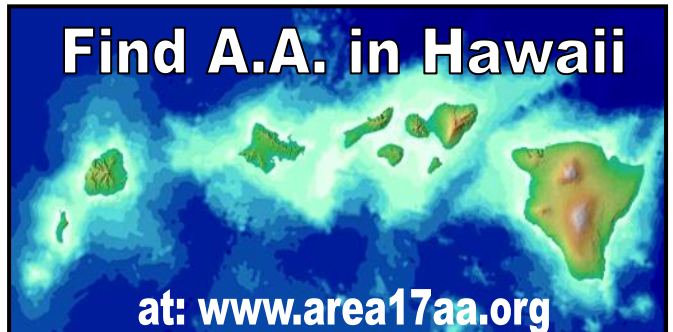
~ prepared by Bob F.

## SEND YOUR CONTRIBUTIONS TO:

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



## Find A.A. in Hawaii



at: [www.area17aa.org](http://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