

May 2022

Garden Island Sobriety

Step Five

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



He said: This step is the one that most alcoholics fear the most, because it appears to ask one to incriminate oneself for all crimes past and present. Quite the contrary, if you actually read what it says in the Big Book about this step. When I keep the weak items in my inventory in the dark they eventually become stagnant pools of infection that keep me sick. Step Five is the vaccination shot for me that allows my spirit to begin the healing process. I had to understand that the Fifth Step was the pathway for me to be able to identify with other alcoholics that did what I did, sometimes better sometimes worse so that I would be able to lose my terminal uniqueness.

The Big Book states that if I skimp on this vital step, I may not overcome drinking. We must be entirely honest with somebody if we expect to live long and happily in this world. That being said, I was still not so sure that my sponsor, Dennis needed to know everything because I did not want him to think badly of me. Wow, the ego works overtime when we are still new and trying to get and stay sober.

We did my Fifth Step in the storefront where we held our meetings because it was a safe place and there were no meetings going on between noon and six thirty. We began by saying a prayer and invited God to be a part of the process and then I began to read what I had written. Dennis just listened, for the most part. Every now and again he would ask a question or make a comment or just nod his head. Not once did he appear to want to run screaming from the room as if I was the most deviant person he had ever met. In fact when I had read everything that I had written and we discussed it all. He asked if there was anything else I wanted or needed to add. How did he

(Cont. p. 2)



She said: Step 5 is known as being one of the most liberating steps out of the 12. It is also viewed as the scariest, since we must invoke a lot of courage to be vulnerable with someone else who will hear our deepest darkest secrets. I knew this was something I **MUST** do “if we expect to live long or happily in this world” pg 74. I needed to be honest with someone else that I trusted, for me that was my sponsor. It was a logical choice for me even though the Big Book gives several suggestions as to whom we can approach. I had already established trust and a safe zone with my sponsor. She already knew most of my ins and outs from working the previous 4 steps together already. What I now had to do was share my inner-most darkest spots. I wanted to shine the lights on those musty corners because it was no longer serving me to hide those secrets.

We prayed before we began invoking God to be with us, to surround me with love and to give me the courage to let it ALL go. I shared things with her that I thought for sure I was taking to the grave. Things I felt so horrible about for so many years, emotions that I had long buried with my drinking and using. Low and behold, I found out that my sponsor and I were very similar, taking away my illusion of being “different” and “unique”. She lovingly shared bits and pieces of her story to let me know that there is hope of living without all the shame, guilt and self-pity that ran me for so long. I walked away from her house feeling lighter... physically, emotionally and spiritually. It was a turning point in my recovery to be able to embrace life with a clean slate.

Page 72 states “If we skip this vital step, we may

(Cont. p. 2)

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Meetings p.3

AA Archives p.4

12 Concepts p.4

AA Hotline 245-6677

He Said (cont.) know that there was more? At that point I spilled the beans about the events that made me so ashamed of myself. And that's when he confided in me about similar *events that had taken place in his life.*

The most important thing that he shared with me is that I never have to live that way any longer. Shame and fear do not have to be constant companions in my life. That was the beginning of many days of walking in freedom, one day at a time. I am eternally grateful to Dennis L. for showing me the pathway to freedom.

~Your Brother in Recovery,
~ Ron A.

She Said (cont.) not overcome drinking". Cleaning house means airing it ALL out. Everything. Period. Non-negotiable. Just like a thorough Spring-Cleaning we throw open the windows, clear out the dust bunnies from under the bed and clean the cobwebs from EVERY nook and cranny. After doing this essential action, my life couldn't help but change. I learned that I had to take the step to see for myself. I could no longer just rely on the stories of others, I had to have my own visceral experience. Have you shined your light on your dark? Have you released yourself from your own self made personal prison? This Step can guide the way, find someone you trust, invite God and LET IT ALL GO!

In Love and Light,
~Michelle L.

Happy Birthday

Nona M.	4/8	1984	38 yrs
Lynda G.	4/19	1984	38 yrs
Doug R.	4/21	1985	37 yrs
Joe O'B.	4/15	1985	37 yrs
Roger W.	4/14	1986	36 yrs
Karen L.	4/3	1991	31 yrs
Tom R.	4/5	1991	31 yrs
John 'Hilli" H.	4/15	1991	31 yrs
James B.	4/16	1993	29 yrs
Allie	4/27	1996	26 yrs
Patty	4/5	2000	22 yrs
Nicole	4/10	2003	19 yrs
Kim H.	4/14	2004	18 yrs
Laren T.	4/10	2004	18 yrs
Courtney P.	4/10	2006	16 yrs
Mark B.	4/20	2006	16 yrs
Pam A.	4/28	2006	16 yrs
Monica A.	4/22	2006	16 yrs
Kathie E.	4/28	2006	16 yrs
Dharma W.	4/18	2007	15 yrs
Alan B.	4/13	2007	15 yrs
Jane T.	4/22	2007	15 yrs
Tim	4/11	2009	13 yrs
Rick B	4/9	2010	12 yrs
Leisa M	4/17	2011	12 yrs
RJ	4/17	2012	10 yrs
Jenifer D.	4/23	2012	10 yrs
Lauren D.	4/21	2012	9 yrs
Taylor	4/26	2014	8 yrs
Scott	4/19	2017	5 yrs
Tom F.	4/23	2018	4 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~

North Shore Aloha Group



The Monday Night North Shore Aloha Group will now be hosting only one meeting at 7:00 p.m. at the Christ Memorial Parish Hall in Kilauea. Come join us!

Our AA Founders

A.A. Meeting Places



Poipu Beach, Small Pavilion

Koloa Aloha Group is back in person!

Sundays from 8;15 -9;15a.m.

Poipu Beach, West Pavilion

(Friday's meeting is still online)

Bill Wilson



Bill Wilson was the co-founder, along with Dr Bob Smith, of Alcoholics Anonymous in 1935. Bill Wilson believed "one alcoholic talking to another" was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the "Meeting" concept.

Dr. Bob Smith



Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935. "Smitty" or "Dr. Bob", as he was known to AA friends, was instrumental in assisting Bill Wilson turn a small group of recovering alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization.



AA Archives

The Best of Big Book Dave:

May in Our History:

May 1939: In A.A.'s beginning the first "Intergroup" was called the "Central Committee" in Cleveland, Ohio. This was 4 years after our co-founders first met; a committee of 7, including Dr. Bob was meeting once a month to 'coordinate' efforts regarding sponsorship and hospitalizations. Dr. Bob was not only a supporter, but an active participant of this committee.

May 1943: The second Intergroup office opens in Columbus, Ohio. In May 1944 Los Angeles opens their office. A.A. was not easy to find but selected groups of priests, ministers and judges in the early days had the Intergroup's phone numbers. These numbers were not listed anywhere else!

Before the first General Service Conference was held in New York, April 1951, 16 Intergroups were serving local groups. Today there are over 1800 of these offices in North America!

May 1902: Dr. William Silkworth married Marie Antoinette Bennett while he was working and developing his theory about alcoholism at Bellvue Hospital, New York City.

May 1932: Rowland H. visits with Dr. Carl Jung in Zurich, Switzerland for one year to 'cure' his alcoholism. Dr. Jung finally told Rowland there was no medical or psychological hope for an alcoholic of his type, except perhaps a spiritual conversion.

Rowland returned to the U.S. and joins 'The Oxford Group.' This is considered by most historians as the first link in a chain of events that led to the founding of Alcoholics Anonymous.

May 12th, 1935: Bill W. goes to Akron, Ohio on a business trip that fails, where he will meet Dr. Bob for the first time. Because of this meeting most archivists believe that the birth of A.A. took place one month later.

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

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



Concepts Checklist

Concept V:

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the "Right of Appeal", to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

Service is Sobriety

Expect A Miracle

H.O.W.

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

Kauai Intergroup

Next Zoom Intergroup Meeting:

May 7, 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

May 16, 2020

"When I took the Fifth Step with all the thoroughness I could muster, the part of me that I feared the most no longer frightened me."

July 1980, "Short Takes," Step By Step

May 17, 2020

"My self-analysis has frequently been faulty. Sometimes I've failed to share my defects with the right people; at other times, I've confessed their defects, rather than my own; and at still other times, my confession of defects has been more in the nature of loud complaints about my circumstances and my problems.

"Nevertheless, I think I've usually been able to make a fairly thorough and searching job of finding and admitting my personal defects ... Yet this pretty well-ventilated condition is nothing for self-congratulation. Long ago I was lucky enough to see that I'd have to keep up my self-analysis or else blow my top completely. Though driven by stark necessity, this continuous self-revelation -- to myself and to others -- was rough medicine to take. But years of repetition has made this job far easier."

AA Co-Founder, Bill W., June 1958, "Take Step Eleven," The Language of the Heart

May 3, 2020

"In a garden we remove or control undesirable weeds; in my personal sobriety, I remove the things that have been blocking me; and in my home group, by means of group inventory, I do something about the things that cause problems.

London, Ontario, February 1992, "Freedom From Alcohol," Voices of Long-Term Sobriety

May 13, 2020

"To us of AA sobriety means life itself."

AA Co-Founder, Bill W., December 1957, "The Greatest Gift of All," The Language of the Heart

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

District 6, Kauai:



DCM Report



The Next Zoom District Meeting:
May 21, 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

Aloha mai kakou!

This is Keola. I will be your DCM till the end of the year. We will elect a new alt DCM at our next District meeting, May 21, at 9:30 am. You can attend virtually.

There are 78 meetings on Kauai at present, 65 in person and 13 virtual.

General Office is discussing issues surrounding virtual meetings since some of them are likely to become permanent AA meetings.

Inform the Delegate was held April 9/10. It mostly involved discussing changing some wording in the Twelve by Twelve publication.

Unless conditions change there will be a **Thankathon** at the stone church in Lihue on Thanksgiving Day.

HICYPAA convention will be at the Hilton Garden Inn Oct 7-9.

There will be a Men's Retreat Oct 21-23 at Camp Naue in Haena.

The Annual State Convention will be held on Oahu Oct 28-30.

For more information on these events please visit our website, Kauaiaa.org

You can contact me at 707 433 9616 or email me at osito4t@gmail.com

May our Ohana continue to be strengthened by our Higher Power.

Aloha to you all,
Keola,
Kauai DCM

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

Find A.A. in Hawaii



at: www.area17aa.org