

October 2022

Garden Island Sobriety

Step Ten

“Continued to take personal inventory and when we were wrong, promptly admitted it.”



He said: There are actually two parts to this step; The discovery part and the recovery part.

Step 10 is the beginning of the true maintenance steps because it requires me to look at myself at all times of the day; to check my behavior and responses to life’s daily challenges as well as life’s daily joys and triumphs. It has been my experience to keep an account of the good things that happen during the day as well as the not so good things. The 12x12 tells me it’s a poor day indeed when I haven’t done something right.

When I first started to do a personal inventory, in the earlier days of my sobriety, it would take a substantial effort to think about the day’s events. But one of the tools I was given by the people who came before me was the Big Book. It has all the instructions I need to help me do a comprehensive yet simple daily inventory.

Page 86 in the Big Book gives me precise instructions for a daily inventory at day’s end. How cool is that? All the guess work has already been done. All I have to do is follow the directions. The simplicity of the program is so elusive that it escapes the mind of the intellectual. Not only does it tell me how to take an inventory, it also gives me follow through instructions to improve my responses for the future. Therefore I am allowed to “amend” or change my behaviors and to improve the quality of my sobriety and the quality of my relationships with the people I come into contact with. Just saying “sorry” does not correct the situation. There has to be an honest effort to change my behavior in order for it to be effective in the necessary recovery.

When it comes to promptly admitting when I was
(Cont. p. 2)



She said: Now that we have cleaned up the wreckage of our past, it is time to

continue to clean up the present. We have looked at our patterns that can be destructive to others and our serenity. We have asked our Higher Power to remove our shortcomings. We have made amends to others and have made peace with our past; All wonderful and necessary to living a positive life here and now. Yet, we are human. We are bound to make mistakes and checking in on a daily basis allows us to clean up messes NOW instead of waiting until a pebble of annoyance turns into a boulder of resentment.

As we have learned from our literature and by other member’s experiences, resentments could mean the death of us! Resentments must be cleared up or we will eventually return to drinking. Or at the very least be a “dry drunk”. Emotional sobriety is as important as our physical sobriety. We must stay current with how we are feeling. A nightly review can be extremely helpful however spot checks throughout the day can also serve us when our thinking may be getting a little wacky. It may help us pause and not make the same mistakes over and over. And if we do, it gives us a chance to admit our wrongs quickly and apologize immediately instead of letting them linger.

When I began to work Step 10, it would happen sporadically. I would forget my nightly check in, I wouldn’t always think throughout the day about how I was feeling or reacting to something and when I did it would be easy for me to gloss over any old patterns I had reenacted that day. Yet, I found that when I DID remember during the day and at night, my days would go smoother. Over time there were less messes to clean up. I became more aware
(Cont. p. 2)

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AA Hotline 245-6677

He Said (cont.) wrong, that actually came in degrees. Sometimes wrong is so obvious and glaring that I am aware of it instantly; at other times it doesn't become clear until some days later (or longer). But the main objective is that I remain willing to clean my side of the street.

Sometimes this requires lots of prayer.

With Love your Brother in Recovery,
~ Ron A.

She Said (cont.) of how I was feeling and what was triggering those emotions. I also learned that it ALWAYS came back to me. I still wanted to point fingers and blame others for how I was feeling. However it ultimately never has anything to do with anyone else because my emotional and spiritual state of being is MY responsibility. There is always a choice on how I act and react. I started to see drama slip away from my life and my addiction to it wane. I began having peaceful moments that turned into hours and even sometimes days. It didn't mean that I ignored my feelings or isolated from everyone, it meant that I was changing. As our insides change, our outsides begin to change as well. Our lives become a reflection of the inside work that has been done or still needs to be looked at.

In Love and Light,
~Michelle L.

Happy Birthday

Jerry V.	9/9	1974 48 yrs
Sheila H.	9/13	1982 40 yrs
Gabrielle	9/10	1987 35 yrs
Karen L.	9/19	1989 33 yrs
Dennis C.	9/24	1993 29 yrs
Jack M.	9/22	1994 28 yrs
Dana W.	9/22	2000 22 yrs
Michele R.	9/14	2005 17 yrs
Elaina B.	9/26	2005 17 yrs
John J.	9/7	2007 15 yrs
Patty C.	9/22	2007 15 yrs
Ryan M.	9/5	2009 13 yrs
Sean G.	9/11	2009 13 yrs
Erin	9/11	2012 10 yrs
Chad N.	9/25	2012 10 yrs
Alison T.	9/13	2013 9 yrs
Ron P.	9/26	2013 9 yrs
Sean F.	9/5	2014 8 yrs
Josie	9/16	2016 6 yrs
Shane	9/5	2018 4 yrs

Congratulations Everyone!!

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.

A.A. Coming Events:

It's Finally Here!



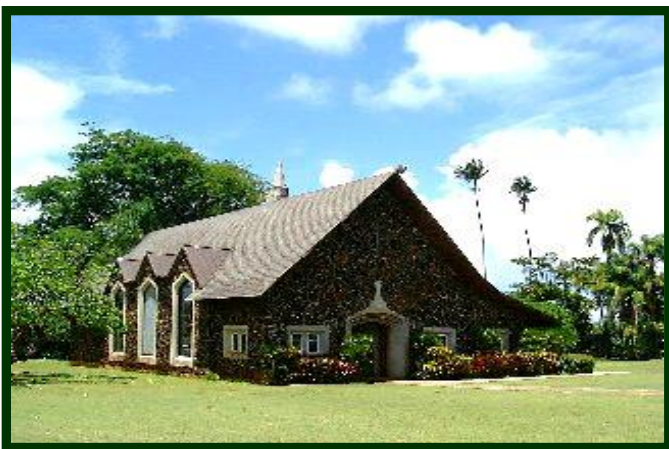
2022 HIGHLIGHT:

October 7 - 9, 2022

The Hilton Garden Inn, Wailua Bay

To Register and Pay go to Kauaiaa.org and follow the links on the AA Announcements page.

Getting Together Again!



THANKATHON

At 'The Stone Church' In Lihue

NOVEMBER 24TH, 2022

(Details in the next Newsletter)



A.A. Meeting Places:



NOW LIVE INTERGROUP AND DISTRICT 6 MEETINGS

- As of October 1, 2022, Intergroup will be meeting at the Lihue Lutheran Church Annex at German Hill at 9:30 am.
- The District meeting will also be held at the Lutheran Church annex on German Hill starting Oct 15. That means our elections will be held there. To be eligible as a candidate people who are interested in standing for office will need to be there in person. Please respond if able.

'New' at Kealia Beach



NEW BONFIRE MEETING

Friday 6:30 – 7:30 (near river)



AA Archives

The Best of Big Book Dave:

October in Our History:

October A.D. 780: Medical records discovered show Italian physicians offered this standard prescription for “alcohol consumption beyond the normal.” “Chopped beef fried with many onions.”

October 1855: Born in Stillwater, Minnesota, Howard Russell. Founder of the Anti-Saloon League and President of the World League Against Alcoholism.

October 1883: A book is published: “The Greatest Thing in the World’ by Henry Drummond, one of eleven books (including the Bible) that influenced how the Big Book was written. Drummond describes “Love” as being the greatest power in the world and goes on to describe the spectrum of Love as having 9 elements; Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Guiltlessness and Sincerity. To these nine aspects the early alcoholics added: Gratitude and Tolerance.

October 20, 1928: Beginning on this date, and for the next several years, was the increased frequency of Bill’s pledges to stop drinking, as he wrote vows on the flyleaf of Lois’s family bible. Experts have found that Bill’s promise can be matched by a fear legible in the handwriting itself as it moves down the page. It is at this time that Bill crossed over the invisible line, which every alcoholic crosses, into chronic inebriation. Bill developed a fear of even leaving their home because someone or something would “kill him.”

October 1930: Dr Silkworth made the connection with Charles Towns of “Towns Hospital” in N.Y.C. for a job. Dr. Silkworth had nothing, losing everything in the Great Depression. He was given the grandiose title of “Chief Physician”. The pay was pitiful but it included room and board. Turning his focus to the alcoholic after seeing alcoholism and the miserable wreckage it caused to the mind, emotions and body of those he treated. Three years later he will meet Bill W. and Bill’s four trips to Towns Hospital.

October, 1939: The first national magazine to do an article on A.A. was “Liberty Magazine”, with a two page article titled, “Alcoholics and God.” This article brought in over a thousand inquiries and sold 100 copies of our newly published book.

October 1941: Reverend Sam Shoemaker begins the break-away from The Oxford Group. Bill W. gives credit for 10 of our 12 Steps to Rev. Sam. Ask your sponsor, “Where do we find this information in our approved AA literature?”

October 30th, 1951: ‘The Lasker Award’ is presented to AA for outstanding contributions to public health.


October 1954: The “Alcoholic Foundation” becomes “The General Service Board.”

October, 1957: The book “A.A. Comes of Age” is published.

October 1960: Out of New York City a series of radio programs begin called “Alcoholism, The Problem and The Hope,” featuring our General Service Office Staff members and Marty M.

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

~ Submitted by Mathea A.

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

Service is Sobriety

Expect A Miracle

H.O.W.

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

Kauai Intergroup

Next Intergroup Meeting:
October 1, LIVE at 9:30 am
German Hill Lutheran Church Annex

Intergroup Treasurers Report

May 31, 2022

Income:

North Shore Kauai	7th	100.00
Sat. 3 rd 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:	OPEN

SEND YOUR CONTRIBUTIONS TO:

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



GRAPEVINE Quote of the Day

October 4 2021

"Each night, I think of the Tenth Step and ask myself, 'Have I, this day, helped more than I've harmed? Given more than I've taken? Created more than I've destroyed?'"

"It Takes Practice to Be Human," Minneapolis, Minnesota, December 1977, Step By Step

October 9 2021

"With the clock ticking like it is, I do not have time for anger, resentment, or self-pity. Time is far too precious."

"Just an Attitude," Durham, North Carolina, April 2002, No Matter What: Dealing with Adversity in Sobriety

October 20 2021

"Only by accepting my powerlessness over alcohol did I begin to discover the powers that alcohol had obliterated: God, health, truth, love, nature, fellowship, humor, creativity, and even simple daily kindness."

"In Your Bones," Barrington, Illinois, June 2007, Into Action

October 24 2021

"I made the decision to turn my will and my life over to the care of God, and then I got out of the way."

"Gimme Shelter," Christchurch, New Zealand, March 2010, No Matter What: Dealing with Adversity in Sobriety

October 30 2021

"At the end of each day ... I hope that I can say a short prayer of gratitude for another day of sobriety. Anything else good that happens is a bonus."

"Life--It Happens," White Rock, British Columbia, May 2005, No Matter What: Dealing with Adversity in Sobriety

October 28, 2020

"I can no longer use the illness of alcoholism as an excuse for anything. There is a catch, however. If I fail to use my recovery in service to others, I will become sick again."

"Service Is the Reason," Winnipeg, Manitoba, June 1979, Best of the Grapevine, Vol. 2

District 6, Kauai:

Concepts Checklist

The Next District Meeting is LIVE:
October 15, 9:30 am
German Hill Lutheran Church Annex

Concept X

District 6 Treasurer's Report

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

July, 2022

INCOME:

Hui Ohana	7th	600.00
Whiskey and Milk	7th	15.00
Kapaa Nooners	7th	32.00
TOTAL INCOME		647.00

- Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of "authority" so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of "authority?"

EXPENSES:

Charlie Souby	197.00
General Service Board	2000.00
TOTAL EXPENSES	2197.00

Bank Balance:	5044.52
Prudent Reserve:	1200.00
Operating Balance	3844.52

~ prepared by Bob F.


**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

SEND YOUR CONTRIBUTIONS TO:

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



Find A.A. in Hawaii



at: www.area17aa.org

District 6 Committee:

DCM:	Keola O.
Alt. DCM:	Open
Secretary:	Nelson A.
Treasurer:	Bob F.
Website:	Charlie S..
CEC:	Connie S.
Archives:	Mathea A
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

