

September 2021

# Garden Island Sobriety

## Step Nine

**“Made direct amends to such people wherever possible, except when to do so would injure them or others.”**



### He said:

There is nothing that gave me more perspective into who I am and what I want to be than doing the Ninth Step.

**According to the books**, it's the 4th and 5th steps that allow us to pull up the veil of delusion to see us as we truly are. But, for me, that wasn't enough. I had to go to the people I had harmed and get the scoop from them.

**I have problems remembering** things accurately. I don't think I'm alone. But when I put something into the memory banks, I often cloud it with my perspective.

**I have told** lies so often that I've come to believe them as truth. And that's where the help of another person comes into play.

**At first it was a sponsor** or another alcoholic that helped me sort the truth from the fiction. But that was with someone who cared about me. This step makes me go back in the world and take a look at who I am through people who don't have my best interests at heart.

**When I harmed someone**, it often came with an excuse. The excuses varied depending on the act, but it was always about making the other person just a little less human in order to make me feel better about the situation. If it was stealing, the excuse was "well, they had more than me," if I character assassinated someone, or had a relationship with someone specifically to meet my needs, I would often blame the other person and believe that they were trying to do the same with me.

**After a while**, it was easier to live with if I changed the facts to avoid feeling bad for what I'd done. It allowed me to get up in the morning without reliving what a bad person I was. So the amends process makes

*(Cont. p. 2)*



### She said:

I had no idea what an amends was when I came into Alcoholics Anonymous. I don't remember my parents explaining the concept to me when I was a child and I don't remember learning anything about it in school. And no one ever made amends concerning their harms done to me. I was never taught how to take responsibility for harming someone and how to approach them if I did. Amends were just not any part of my understanding. If I did something wrong or bad as a child I was just punished. Punishment was usually in the form of being ignored (silent scorn) or isolation (go to your room). So that's how I learned to behave as an adult. If I did something I sensed was wrong, I punished myself by beating myself up and then did my best to avoid the person and the situation at all costs. I was so full of shame and self hatred for whatever I did, I wasn't capable of facing another human and taking responsibility. If I thought someone harmed me, I used my old survival skills by punishing them with silence or avoidance. I would literally move to another state, quit a job, or end a relationship in the blink of an eye to avoid facing people. It was a very sad, confusing and lonely existence. This was part of the vicious cycle of alcoholism for me. Get drunk, harm someone, feel ashamed, get drunk to drown the shame, harm someone, etc.

**It was important** for me to understand what making amends meant and why it was so necessary. First I needed to know that making amends meant a change in my behavior. I needed to have a psychic change. I needed to admit what I did, understand why I did it, how it made me feel and how it harmed the other person. It wasn't about just feeling bad about myself and apologizing so I would feel better.

*(Cont. p. 2)*

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**AA Hotline 245-6677**

**He Said** (cont.) us see our victims as human once again, not just as witnesses to events that defined us. **There are certain events** in my life that I thought happened a certain way. When I sat down with (or e-mailed) the other people involved, I found out that their recollections were completely different than mine.

**When I made amends** to people whom I thought I had harmed greatly, I got a shock. Often, the things I thought I had done that had seriously hurt another wound up to be no big deal. But, when they were, I found the people were often forgiving and understanding I had not ruined a lot of people's lives after all. Once again, I was not really as important as I thought I was.

**I also learned** that I hurt people in strange and weird ways. When I e-mailed an old friend whom I had harmed, the facts of what I had done weren't all that different. But the harm I had caused was completely different than the one I thought I had caused. The act of stealing from him wasn't the hard part for him --- it was the way I put him down after the theft really caused the damage.

**I'm not saying** they're right all the time. But it's not my place to argue with their version either – to me that's where the "not injuring them" part comes into play. When I go into making an amends with an open mind, I wind up seeing myself in a completely different light

~ Tom F., Kauai


**She Said** (cont.) **Why are amends** so necessary? Clearing away the wreckage of the past is one of the cornerstones of our recovery. I cannot sit alone, sober, rehashing the harms done to others and harms done to me if I want any kind of serenity. If I stay in the past untreated for too long, I will drink again or I will continue to repeat that same behavior over and over until I become insane. I've proven this to myself many times in sobriety. Most importantly, making amends helps me to clear an opening within myself for my higher power to dwell. Insanity and negativity are replaced with serenity and hope.

**I've never had** an amends go badly. Whenever I have approached someone with a sincere desire to right a wrong, I have never been turned away with contempt or scorn. I will continue to make mistakes until the day I die. Thanks to the program, I don't have to run away or punish. I can learn, grow, make amends and continue to develop the best possible relations with every human being I know. All of the 9th Step promises have come true for me. Freedom, happiness, serenity, peace, usefulness, purpose, service, all from making amends.

~Janice M., Kauai



**Request a newsletter**  
  
**by e-mail**  
 Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)  
 Editor: Linda B.

**Happy  Birthday**

Samantha F.	8/15	1989	32 yrs
Forest	8/5	1990	31 yrs
Myra L.	8/18	1990	31 yrs
Joy E.	8/21	1991	30 yrs
Sue G.	8/4	1991	30 yrs
Lenny I.	8/3	1992	29 yrs
Grekhon	8/8	1992	29 yrs
Jeff T.	8/10	1997	24 yrs
Linda B.	8/11	1997	24 yrs
David H.	8/1	2000	21 yrs
Harold	8/24	2001	20 yrs
Elle N.	8/12	2003	18 yrs
Jenn	8/13	2004	17 yrs
David B.	8/5	2005	16 yrs
Manny R.	8/8	2005	16 yrs
Nancy M.	8/29	2005	16 yrs
Rhonda	8/18	2006	15 yrs
Duanne	8/14	2006	15 yrs
Damione V.	8/28	2007	14 yrs
Denny M.	8/31	2008	13 yrs
Jay A.	8/23	2009	12 yrs
Mitchell A.	8/16	2013	8 yrs
Sonja C.	8/12	2016	5 yrs

**Congratulations Everyone!!**

# Meetings on Kauai



## Changes:

### HUI LOKAHI @ Ohana Christian fellowship

Bryan J. Baptiste Sports Pavilion

Kahau Rd @ Olhena, Kapaa

**THURSDAY NIGHT**

7:30 - 8:30 p.m.

### 3RD TRADITIONS GROUP

Bryan J. Baptiste Sports Pavilion

Kahau Rd @ Olohena, Kapaa

**SATURDAY NIGHT**

7:30 - 8:30 p.m.

## Returning meetings:

### KAUAI NOONERS

Weds & Fri. 12 - 1 p.m.

Kapaa First Hawaiian Church

4-1325 Kuhio Hwy, Kapa'a

### PRINCEVILLE HANAIEI SUNDAY

#### MORNING

Sun. 8 - 9 a.m.

Hanalei Beach Pavilion

### YOUNG PEOPLE'S B.Y.O.B.B

Sun. 7 - 8 p.m. Wailua Houselots Park

200-298 Lanakila Rd, Kapa'a

Sunday 7:00 p.m.

# A.A. Meeting Places



Photo ~ Alejandro

## Kapaa United Church of Christ

1315 Ulu St., Kapaa

Monday 7:30 pm - Steps To Freedom - Big Book

Thursday 7:00 pm - Eastside Wahine



## AA Meetings

~ Using Zoom ~

All online meetings for Kauai are listed at

[www.kauaiaa.org](http://www.kauaiaa.org)

Just click "virtual meetings"

If you need assistance with the technology or help starting an online meeting call the AA Hotline at 245-6677, and ask for the phone # of Janice M. She has volunteered her help and says, "Setting up the technology is much easier than you might think."

**THE HOTLINE NEEDS  
YOUR HELP**

Slots are open for volunteers  
please contact the Hotline at 245-6677

**The Best of Big Book Dave:  
The Month of September in Our History:**

**Sept. 1934:** A book is published by Richard R. Peabody: "The Common Sense of Drinking." This is one of eleven books, including the Bible, which influenced how the Big Book was written. Richard Peabody, who wrote the 191 page volume, was a recovered alcoholic from the streets of Boston who had a 'religious experience.' Peabody went out to become a Lay Therapist in New York City and open an office near the 'Calvary Church' where Bill W. was attending meetings of 'The Oxford Group' and working with alcoholics. From this book Bill would borrow many phrases when writing the Big Book, such as "Once an alcoholic, always an alcoholic"... and "Half measures are of no avail."

**Sept. 1934:** Emmet Fox publishes "The Sermon On The Mount"; A favorite book of our co-founders and "The First 100", before our Big Book was written and to this day is read by much of our membership.

**Sept. 1937:** Dr. Leonard Strong, Bill W.'s brother in law, writes the Rockefeller Foundation seeking funds for a newly formed group of 'Ex-Drunks' who didn't have a name yet.

**Sept. 1938:** Fitz M.'s sister Agnes lends Bill Wilson and Hank P. \$1000.00 to help them get through the Big Book project (\$20,000.00 in today's dollars).

**Sept. 1948:** John McDonnel opened "Pioneer House" in Minnesota, one of the first Alcohol Treatment Centers in the mid-west.

**Sept. 17<sup>th</sup>, 1975:** Jack Alexander died in St. Petersburg, Florida, at age 73. There was an article in the December 1975 Grapevine. He played a very important part in our early history of growth and acceptance throughout North America and the World.

**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 IX:

**AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

- Do I still try to boss things in AA?
- Do I resist formal aspects of AA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn't every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- What has rotation to do with anonymity? With humility?





**Next Zoom Intergroup Meeting:  
September 4<sup>th</sup>, 9:30 am**

**Intergroup ID – 87082750620  
Password -372977**

**Intergroup Treasurers Report**

**August 31, 2021**

<b>Income:</b>		
Hui Lokahi	7th	300.00
Sobriety in Paradise	7th	30.00
Jorina	Literature	208.25
<b>Total Income:</b>		<b>\$538.25</b>
<b>Expenses:</b>		
Zoom		23.54
Hawaiian Telcom		31.71
Literature order		865.50
Guardian Storage		157.07
<b>Total Expenses</b>		<b>1077.82</b>
<b>Net</b>		<b>-539.57</b>
<b>Actual Balance</b>		<b>3374.61</b>
<b>Prudent Reserve</b>		<b>-1050.00</b>
<b>Operating Balance</b>		<b>2324.61</b>

~ Prepared by Devin D.

**Intergroup Committee**

- Chair: David J.
- Treasurer: Devin D.
- Secretary: Ann W.
- Schedules: Tom R.
- Events: **Chris**
- K-Op**otline: David J.
- Literature: Bob B.
- Website: Charlie S.

**GRAPEVINE**

**Quote of the Day**

**September 2, 2021**

"I had a really good reason for working Step Nine and making amends to my family and friends. I didn't want a parade of people at my funeral singing, 'Ding, dong, the wicked witch is dead!'"

*"Heard at Meetings," Sarasota, Florida, February 2009, Step By Step*

**September 13, 2018**

"I am learning how to cope with life, people, and situations, not as I want them to be, but as they really are."

*"Reality Can Be Uncomfortable," Millburn, New Jersey, July 1971, Emotional Sobriety II*

**September 15, 2019**

"I went to my former employer and made my amends. What started out as one of my worst days -- because I was so scared -- became one of my best days when it was over. Because I had trusted God, my sponsor, and AA that trinity had lifted the weight that was on my shoulders for so long. I felt sober."

*"Right to the Edge," Taft, California, April 2006, Step By Step*

**SEND YOUR CONTRIBUTIONS TO:**

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





# District 6, Kauai:



# DCM Report



**The Next Zoom District Meeting:  
September 18<sup>th</sup>, 9:30 am**

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

## District 6 Treasurer's Report

**August 21, 2021**

<b>BEGINNING BALANCE:</b>	<b>4266.36</b>
<b>INCOME:</b>	
Sunrise Sobriety	400.00
<b>Total Income</b>	<b>400.00</b>
<b>EXPENSES:</b>	
<b>Total Expenses</b>	<b>0.00</b>
<b>Bank Balance:</b>	<b>4266.36</b>
<b>Prudent Reserve:</b>	<b>1200.00</b>
<b>Operating Balance</b>	<b>3066.36</b>

~ prepared by Janice M.

Aloha mai Kakou!

I hope you and your Ohana's are healthy and safe. We are blessed to have 46 in-person/live meetings and 35 virtual meetings here on Kaua'i, even though our Island's COVID-19 pandemic is getting worse.

Please continue to follow the CDC guidelines, so we continue to each help each other out during these unsafe times.

The Hawaii Area 17 Budget Assembly is on August 28 & 29 you're all welcome to attend.

Regrettably our Annual Hawaii State Convention on October 29-31, on Oahu, has been cancelled.

Our next District 6 monthly meeting is on September 18, 2011. It's held every 3rd Saturday at 930am. Please come and join us and bring a friend with you.

We still need a Standing Committee Chair for PI and Mynah bird. Please spread the word.

Hope to see you all there. Mahalo's and Take care!

Aloha, Kalei K. DCM  
Kauai District 6

### SEND YOUR CONTRIBUTIONS TO:

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



### 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

## District 6 Committee:

DCM:	Kalei K.
Alt. DCM:	Keola O.
Secretary:	Nelson A.
Treasurer:	Janice M.
Website:	Charlie S..
Myna Bird:	<b>OPEN</b>
CEC:	Connie S.
Archives:	Mathea A.
Public Information:	<b>OPEN</b>
Grapevine:	Ann
Treatment:	Conrad M.
Corrections:	April

### Find A.A. in Hawaii

