

September 2022

# 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:**

Most people think that this step means to go around saying that you are sorry to everyone that you had harmed from your past. Quite the contrary, the dictionary defines it as something done or given as compensation for a wrong. Not many of us want to admit that we have done wrong to others and if we did, it was totally justified by something that was done to us or not done for us. I became acutely aware of my behavior long before coming to AA, but I was unwilling to admit and accept responsibility for my actions. Making the list in my 4th Step was only the beginning. The real challenge was going over the list with my sponsor in Step 5. It revealed the work that needed to be done in order to be restored to a civilized human being (sanity).

**The steps that precede** this are all necessary to prepare me to be in the proper spiritual and emotional state to complete the assigned task. I must remember that I agreed to go to any lengths to have a spiritual experience. I must not come up short on this one because the fear of people, financial insecurity and whatever others I have will resurface with a vengeance, and it may become necessary to drink. I am to sweep off my side of the street. What takes place on the other side of the street is none of my business. If the person I approach is receptive to my amends that's good and if they are not, that's good too. I am only responsible for the action of making the amends, not for the results.

**The first time** that I made an amends was while still in the rehab. It was to my Mom for the pain that I caused her due to my behavior. That went really well and so I thought that this amends thing wasn't

*(Cont. p. 2)*



### **She said:**

**Step 9** happened to be one of the most life altering steps for me! It also took the most courage and became the most freeing of any of my experiences in recovery. Looking back, I had to bring in an unfamiliar emotion that rarely gets spoken about: Vulnerability. Going to the people whom I had harmed to make amends was taking a chance by being open, honest and above all humble.

**I knew** I was a different woman than I was when I had done most of the deeds, actions and behaviors. However, did they know? Would "they" still be angry, hurt and unwilling to forgive me?!?! To be honest, it didn't matter. Step 9 is about me taking FULL responsibility for my life and actions. Cleaning up my side of the street did not involve responsibility for their reactions. My sponsor and our literature are very clear that how other's react to my amends is NOT up to me. Everyone is entitled to their emotions, feelings and reactions.

**My role was** to make amends wherever possible except when to do so would injure them or others. I needed clarification on this point from my sponsor, which is why it was critical for me to go over my entire list with her prior to making amends. There were some people to whom full disclosure would not have been prudent or necessary. I had to make sure that my motives were clear and that I was not just unloading my heart and soul to someone else's detriment. There were also people who had passed or I didn't know how to get a hold of them. There were creative ways that my sponsor and I came up with to do indirect amends. That way I could have closure and

*(Cont. p. 2)*

Birthdays p.2

Meetings p.3

AA Archives p.4

12 Concepts p.6

**AA  Hotline 245-6677**

**He Said** (cont.) so bad.

**The second set** of amends I made was received with mixed emotions by a couple that I owed rent to and skipped out on. The husband was all ears and the wife wanted to beat me down.

**The third time** I approached a person that I had hurt emotionally and financially I was told to get the f\*k out of their face before they beat me with the beer bottle they were drinking from. The important lesson that I walked away with is that these people no longer keep me awake at night and I don't have to live in fear of them. Maybe somewhere down the line they will have a change of heart. I can only pray that they do, but I did my part to make it right and they did what they needed to do for them.

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

**She Said** (cont.) just trust that the vibe of my amends reached them wherever they may be on the planet or in heaven.

**I also got to see** how God works magic in my life. People whom I hadn't seen or heard of in YEARS began to show back up in my life just around this time. Coincidence? I think not. It's God's perfect unfoldment.

**Step 9 taught me** many things, including that love and honest commitment to living life differently was stronger than any grievances that I had perpetrated; most people had no recollection of the "story" I had been holding onto for so many years, Many people who did remember had already forgiven me a long time ago and the person who needed to forgive myself the most was ME.

**By clearing the slate,** I was able to move forward in my recovery, knowing that I am different, I can forgive myself and that I am 100% responsible for what happens in my life. That, my friends, is being rocketed into the 4th dimension and where the promises took hold in my life!

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

## Happy Birthday

Samantha F.	8/15	1989	33 yrs
Forest	8/5	1990	32 yrs
Myra L.	8/18	1990	32 yrs
Joy E.	8/21	1991	31 yrs
Sue G.	8/4	1991	31 yrs
Lenny I.	8/3	1992	30 yrs
Grekhon	8/8	1992	30 yrs
Jeff T.	8/10	1997	25 yrs
Linda B.	8/11	1997	25 yrs
David H.	8/1	2000	22 yrs
Harold	8/24	2001	21 yrs
Elle N.	8/12	2003	19 yrs
Jenn	8/13	2004	18 yrs
David B.	8/5	2005	17 yrs
Manny R.	8/8	2005	17 yrs
Nancy M.	8/29	2005	17 yrs
Rhonda	8/18	2006	16 yrs
Duanne	8/14	2006	16 yrs
Damione V.	8/28	2007	15 yrs
Denny M.	8/31	2008	14 yrs
Jay A.	8/23	2009	13 yrs
Mitchell A.	8/16	2013	9 yrs
Sonja C.	8/12	2016	6 yrs

**Congratulations Everyone!!**

## 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. Coming Events



## Labor Day on Kauai's Westside

**AA Beach Party – Food and Fun**  
**Monday, September 5<sup>th</sup>**

**At Salt Pond Main Pavilion**  
The Waimea Canyon Group will be hosting

➔ **Our Delegate, Kunane, will be giving his report back from the General Service Conference.**

- 9:00 am -Set up
- 11:30am - 12:00pm-Delegate meet and greet
- 12:00pm - 1:00pm-Food and fellowship
- 1:00 pm - 1:45 pm-Delegate Report Back from the General Service Conference
- 1:45 pm- 3:00 pm-More fellowship and food
- 3 pm-Clean up/jump in the ocean

For more information and/o kokua please  
Contact Shoshanah B, Event chair: Call or text  
808.634.7236

or email: [kauaihulahips@gmail.com](mailto:kauaihulahips@gmail.com)

# A.A. Meeting Places

## Hui Lokahi Men's Stag



**Starting Thursday July 14, 7:30 - 8:30 pm**  
The Hui Lokahi Men's Stag. is returning to the Kapa'a United Church of Christ 1315 Ulu St, Kapa'a.

## Saturday 3rd Traditions



**Starting August 6, 7:30 - 8:30 p.m.**

The Saturday 3rd Tradition group will be moving from the pavilion to the **Ohana Christian Fellowship, 4531 Pouli Rd**, behind the Wailua Drive-in and Express Laundromat, to the left of the old Foodland store.

## 'New' at Kealia Beach



**NEW BONFIRE MEETING**

Friday 6:30 – 7:30 (near river)



## 2022 HIGHLIGHT:

**October 7 - 9, 2022**

**The Hilton Garden Inn, Wailua Bay**





# AA Archives

## The Best of Big Book Dave:

### September in Our History:

Our newsletter has been blessed by a relationship between Kauai's very own Mathea A. and a man from Fairbanks, Alaska known as Big Book Dave. They met only once, in 2012, at an AA meeting in Fairbanks and spoke for a mere 10 minutes. Mathea was prompted to approach Dave by recognizing the value of his monthly work on an AA Archives report. They quickly forged a relationship whereby he would send her a copy of his work every month and she would then forward it for publishing in our Garden Island Sobriety newsletter.

The GIS announced in September 2016 that in July of that year, at 75 years of age, Big Book Dave left us for the Big Meeting in the sky. All we really know is that, as he said to Mathea, his health was failing. Big Book Dave faithfully continued to send his report, for our benefit and the benefit of all who read it, even in that last month of July 2016.

As we trudge the road to happy destiny let us remember that the wonders of AA are many when we allow our Higher Power to move us, forge new connections and share our Sobriety with each other. We will always remember Big Book Dave and be grateful for his sobriety, for his monthly reports and for helping us to grow in AA. Dave's work is still published in our newsletter under the heading "The Best of Big Book Dave." **Our Eternal Thanks to You Dave. R.I.P.**

**September 1914:** At this time Bill W. and Lois B. meet and fall in love. Lois was highly educated, a graduate of Packer Collegiate Inst. in Brooklyn plus several years of Art School in N.Y.

**September 30th, 1931:** Bill W. wrote his last promise in the family bible to quit drinking. He was a complete failure!

**September, 1940:** "The AA Bulletin" finds nine "secure groups" in NYC, Washington DC, Detroit, Chicago, Philadelphia, Houston, Akron, Cleveland & Los Angeles.

**September 1909:** The American Society for the Study of Alcoholism erected a monument in honor of Dr. J.E. Turner in Wilton, Ohio. Turner founded one of the first known inebriate asylums where alcoholics were placed in strait jackets and treated in the same way as the chronically insane.

**September 1937:** The belief that alcoholics are resistant to the Oxford Group's four 'Absolutes' develops in Bill's mind and in his actions. This will be one of the five major reasons alcoholics began the 'break away' from the Oxford Group.

**September 1937:** Dr. Leonard Strong, Bill W's brother-in-law, writes 'The Rockefeller Foundation' seeking funds for this newly formed group of 'ex-drunks.' We will not take the name of 'AA' until 1939, when our Big Book went to press.

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



## H.O.W.

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

# Kauai Intergroup

**Next Zoom Intergroup Meeting:  
September 3, 9:30 am**

**Intergroup ID – 87082750620  
Password-372977**

## Intergroup Treasurers Report

**May 31, 2022**

### 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
<b>Total Income:</b>		<b>482.00</b>

### Expenses:

Hawaiian Telcom	33.32
Guardian Storage	167.54
<b>Total Expenses</b>	<b>200.86</b>

<b>Net</b>	<b>281.14</b>
<b>Prudent Reserve</b>	<b>-1300.00</b>
<b>Operating Balance</b>	<b>3337.69</b>

~ Prepared by Devin D.

## Intergroup Committee

<b>Chair:</b>	<b>David J.</b>
<b>Treasurer:</b>	<b>Devin D.</b>
<b>Secretary:</b>	<b>Ann W.</b>
<b>Schedules:</b>	<b>Tom R.</b>
<b>Literature:</b>	<b>Bob B.</b>
<b>Website:</b>	<b>Charlie S.</b>
<b>Events:</b>	<b>OPEN</b>

### SEND YOUR CONTRIBUTIONS TO:

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



## GRAPEVINE **Quote of the Day**

**September 1 2021** "By admitting where I was at fault, I was given the ability to forgive ... With forgiveness came a freedom that I had not anticipated. The amends had required nothing but courage, and a faith that my Higher Power would carry me where I had been too afraid to walk alone." *"Scene of the Crime," Sterling, Alaska, September 1993, Step By Step*

**September 12 2021** "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 I*

**September 19 2021** "There has to be something to be grateful for if I am only willing to change my attitude and look for it." *"Not On Fire," Mesa, Arizona, March 2010, Emotional Sobriety*

**September 2, 2020** "Work on Step Nine has freed me from fears about the past and given me more energy to devote to present-day living – this twenty-four hours." *"Willingness to Grow," Joliet, Illinois, July 1985, AA Grapevine*

**September 11, 2020** "The number one way to relieve pain is to forgive." *"Distilled Spirits," Hermosa Beach, California, February 1998, AA Grapevine*

**September 25, 2020** "I have learned how to place principles before personalities, begun to understand that it's okay for me to be wrong, and that it is also all right for me to allow others to be wrong and to make mistakes. Learning to let go is a huge part of service work on all levels." *"More Than One Way," Cleveland, Ohio, February 2010, Young & Sober: Stories By Those Who Found AA Early*

**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*

# District 6, Kauai:

The Next Zoom District Meeting:  
September 17, 9:30 am

Zoom address 823-860-40996  
passcode: 043962

## District 6 Treasurer's Report

June, 2022

### INCOME:

North Shore Aloha	100.00
Young People in AA. Kapaa	20.00
<b>TOTAL INCOME</b>	<b>120.00</b>

### EXPENSES:

<b>TOTAL EXPENSES</b>	<b>00.00</b>
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Bank Balance:	6594.52
Prudent Reserve:	1200.00
Operating Balance	5394.52

~ prepared by Bob F.

### SEND YOUR CONTRIBUTIONS TO:

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



## 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

## Concepts Checklist

### Concept IX

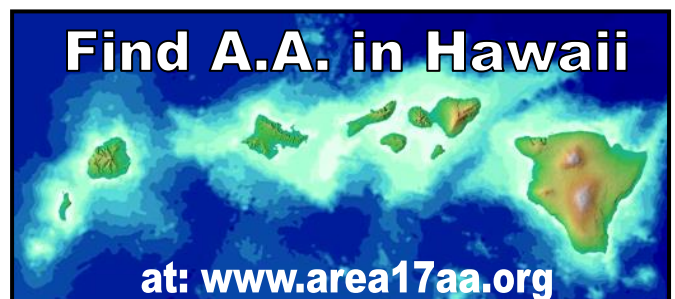
Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

- Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"
- Do I set a positive leadership example?

## 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

## 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