

August 2026

Garden Island Sobriety

STEP EIGHT

“Made a list of all persons we had harmed and became willing to make amends to them all.”



He said:

This was a very interesting step. I guess I had the common problem of wondering, “Who did I really harm with my drinking?” I thought my drinking only hurt my immediate family. They were the ones who dealt with my ups and downs, my emotional disconnection, and my abusive mindset. The rest of the people around me were employees and so-called friends.

I actively wrote down who I thought I had harmed, about eight people, not including the ones who had passed away. I sat with my sponsor and showed him what I had. He said, “That’s a good start.” I was like, “What do you mean, a good start?” He went into detail about the damage caused by me simply being sick and how it made the people around me uncomfortable. Because I was in charge, no one would ever confront me. During my dry spells, I was moody and scary to talk to.

He also brought up the idea that I pushed people to get things done faster or was lenient on an employee because I needed them to do something so I could leave early to keep drinking. I had pushed people in ways that were hard on them without even knowing it. This was the light I needed to take a deeper dive into the real concept of harm. I needed to see that my intentions were not to hurt others, but that didn’t mean my actions didn’t have an effect.

Now I sat down and really thought about the actions I took that others might have experienced as harmful. I needed to realize that my tone, presentation, and the way I portrayed my ideas could cause tremendous stress to others. At that point, I started to see how I could cause damage without ever thinking I had done anything wrong, especially as the owner of a business with a lot of employees.

So, to put it this way, after scratching the surface of this idea, my list went from 8 people to about 35. I did my first Step Eight two years ago. Now that I am writing this article, and I have grown in my ability to see my side of situations more clearly, I know that when I do this step again, it will probably be closer to 80 people.

You’ve got to love the growth.



She said:

Working on Step Eight wasn’t as difficult as I expected, mainly because my sponsor and I had been very thorough through the first seven steps. By the time I reached this step, I had already taken an honest look at myself, my resentments, fears, and the harm I had caused. Instead of feeling overwhelmed by making a list of people I had harmed, I felt prepared to face it.

One thing I’ve learned is that Step Seven didn’t magically remove all of my character defects. They didn’t disappear overnight, and they still show up from time to time. Today, I have to actively recognize them, ask my Higher Power to remove them, and make a daily effort to practice better principles. That ongoing work made Step Eight feel like a natural continuation of my recovery rather than a brand-new challenge.

There were several people on my list that I was completely willing to make amends to. I could clearly see my part and wanted to clean up my side of the street. But there were also a few names that were much harder. Those were the people I believed had hurt me far more than I had hurt them. Looking at my own part instead of focusing on theirs didn’t come naturally. I still have to ask my Higher Power for the willingness to someday make those amends with an open heart. Thankfully, Step Eight asks for willingness, not perfection.

Tradition Eight reminds us that Alcoholics Anonymous should remain forever nonprofessional. No one in AA gets paid to sponsor, listen, or walk someone through the Steps. My sponsor freely shared with me what was so freely given to them. That spirit of one alcoholic helping another is something I will always be grateful for. It reminds me that recovery

Happy Birthday

Congratulations Everyone!!

Mary C.	7/20/1979	47
Kathryn B.	7/9/1982	44
Judith E.	7/14/1984	42
Keola	7/6/1990	36
Rick G.	7/4/1991	35
Anastacia	7/5/1991	35
Paul H.	7/1/1993	33
Mindy	7/1/1993	33
Michelle E.	7/21/1993	33
Becky S.	7/1/1995	31
Lisa D.	7/4/1996	30
Charlie S.	7/27/1996	39
Kellie	7/1/1998	28
Dave A.	7/9/2004	22
John	7/12/2013	13
Jamie	7/19/2017	9
Stacey B.	7/1/2023	3
Anna	7/1/2024	2
Chris O.	7/11/2024	2

She Said Cont.

isn't about being an expert—it's about sharing experience, strength, and hope so that together we can continue to grow spiritually and live a better way of life.

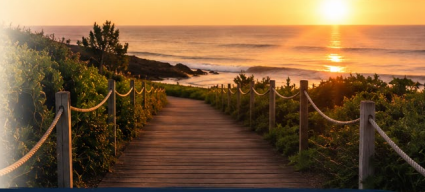
Stacey B, Sunrise Sobriety

STEP 8

“ We practice Step Eight as a way of freeing ourselves from the past and moving forward on the road of happy destiny. ”

— TWELVE STEPS AND TWELVE TRADITIONS, p. 83

Made a list of all persons we had harmed, and became willing to make amends to them all.



HONESTY. AMENDS. FREEDOM. *That's the Promise.* 



SOBRIETY DATE

Contribution Idea



\$1
FOR EACH
YEAR OF
SOBRIETY



A longtime AA tradition suggests making a **sobriety date contribution** of \$1 for each year of sobriety.



It's a simple way to celebrate your anniversary while helping support our groups



and keep the doors open for the next alcoholic.

Your sobriety can help another find theirs. 

Request a newsletter
by e-mail  

newsletter@kavaiaa.org

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter Please Contact:

newsletter@kavaiaa.org

Contribute to the AA Birthday Plan

A.A. Meetings

A.A. Activities

August 1 → [Kauai Intergroup Meeting](#)

September 5 → [Kauai Intergroup Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

August 15 → [District 6 Monthly Meeting](#)

September 19 → [District 6 Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

August 6 → [Online GSR Orientation](#)

[Zoom Link Online GSR Orientation](#)

★
EVENT

August 8 → [2nd Annual Ohana Beach Day](#)

Lydgate Park Nalu Rd. – 10:00-3:00 PM

August 15-16 → [Budget Assembly](#)

August 29 → Events Planning Committee

★
EVENT

September 7 → [5th Annual Labor Day Potluck & Delegate Report](#)

September 11-13 → [12t5h Annual National AA Technology Workshop](#)

★
EVENT

September 11-14 → [Women's Retreat 2026 YMCA Camp Naue](#)

★
EVENT

September 18-20 → [HICYPAA 2026 on Kauai Hale Koa, Koke'e State Park](#)

★
EVENT

September 18-20 → [Men's Retreat](#)

★
EVENT

October 24 → [Halloween Dance](#)

Oct 29-Nov 1 → [63rd Annual HI Convention](#)
Waikiki Beach Marriott

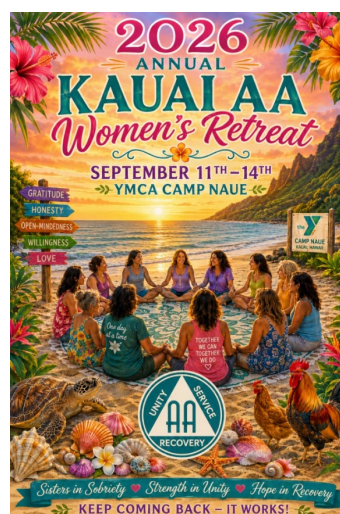


KEC-Kauai Events Committee
PLANNING MEETING
When: AUG 29, 2026 7 PM Where: COCONUT GROVE
MARKETPLACE COURTYARD
We have events every month and need support!
Everyone in AA is welcome!
<https://kauaimetings.com/calendar/>
Call Jenn D if you have any questions
757.633.0265



The Kauai AA Event Committee
Presents
**THE SECOND ANNUAL
OHANA BEACH DAY**
This is an open AA event-friends & family welcome

When: Saturday, August 08, 2026 10 am - 3 pm
Where: Lydgate Park - 1st set of 4 picnic tables on
the ocean side as you drive in.
Games all day. Coffee & beverages provided.
Potluck lunch. AA Meeting at 1 pm.
Questions: Call Capt. Mike T at 808-635-6059



SAVE THE DATE
12th Annual
**National AA
Technology Workshop**
Hybrid Format
September 11-13, 2026
San Francisco Bay Area
Concord, California
CO-HOSTED BY
AREA 08 TECH COMMITTEE
AND SF/MARIN INTERGROUP
FOR MORE INFO VISIT NAATW.ORG





-Kauai Intergroup-

Intergroup Chairperson Report

Aloha Kauai AA community,

The fellowship has a full schedule through the end of 2026, with activities and retreats planned every month. Members are encouraged to participate and stay involved.

Service elections are also approaching:

District elections: October 2026, for the next two-year service term.

Intergroup elections: November 2026, for the next two-year service term.

For the latest event information and updates, please visit the **Events** tab at kauaiiaa.org.

Your trusted servant,

Kathryn B. 808 635-5457



Intergroup Committee:

Chair:	Kathryn B.
Alt. Chair:	VACANT
Treasurer:	Tom R.
Secretary:	Ann W.
Events:	VACANT
GIS Newsletter:	Anne A.
Hotline	VACANT
Literature:	Benita A.
Schedules:	Tom R.
Website:	Carolyn V.

AA SERVICE STRUCTURE

INTERGROUP	DISTRICT
Partnership of AA groups in a community	AA groups in an area determined by population, geography, possibly linguistics
Exists to help groups in their common purpose to carry the message	Part of the General Service structure
Carries out functions common to all groups but best handled by a centralized office or entity	Maintains the link between AA groups and the General Service Board
Representative from the AA group is the Intergroup Representative (IGR)	Representative from the AA group is the General Service Representative (GSR)
FUNCTIONS:	FUNCTIONS
Managing Hotline and 12-Step Calls	Two-way communication between GSRs, the Area Delegate and Conference
	District Committee Member (DCM) and District Committee is exposed to the group conscience of the district
Maintain information regarding local hospitals for AA	Provide a forum where Groups can come together to share their experiences, solve problems and work together in unity to carry the AA message.
Publish local meeting list	
Provide local newsletter (Garden Island Sobriety)	Further tasks based on local needs
Ordering, selling and distributing AA Conference approved literature	District has committees including Archives, Cooperation with Elder Community, Cooperation with the Professional Community, Grapevine, Mynah Bird and Public Information.
Circulating information among AA groups in the community	
Has local committees such as Corrections and Events	
Manages annual Thank-A-Thon	
Manages Kauai Website	
Reports at the Area Assembly regarding Intergroup status	Reports at the Area Assembly regarding District status
Has vote at the Area Assemblies	Has vote at the Area Assemblies

SEND YOUR CONTRIBUTIONS TO:

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





- Kauai District 6 -

DCM's Report

Tradition Eight reminds us that membership and service in Alcoholics Anonymous are entirely voluntary. We have no president, no governing hierarchy, and no committee that imposes rules on individuals, groups, or districts. Our guide is the informed group conscience. The Steps and Traditions are not laws—they are suggestions, practiced because they have consistently proven to help alcoholics recover and live better lives.

I have been blessed with the opportunity to serve in A.A. My service began simply by bringing coffee to my home group once a week, and then every day during the COVID years. When I was asked to serve as secretary, I accepted. Later I accepted the positions of Group Treasurer, District Treasurer, GSR, and eventually District Committee Member (DCM). I didn't seek these positions; I was simply willing when the opportunity arose. My Higher Power has a remarkable sense of purpose, and I remain grateful for every opportunity to serve.

General Service commitments are organized into two-year panels, and as Panel 75 comes to a close, it's time to prepare for Panel 77. As I complete my term as DCM for Kauai District 6, I ask: who is willing to step forward? The qualifications are straightforward—a willingness to serve, previous experience as a GSR, four or five years of sobriety, a basic understanding of A.A.'s Traditions and Concepts, and the time to fulfill the responsibilities. While the commitment may seem challenging at first, it has been one of the greatest blessings of my sobriety.

District elections will be held on **October 17** at our monthly meeting at the Lutheran Church in Lihue. Positions include DCM, Alternate DCM, District Secretary, and District Treasurer. Service requirements can be found in the **2024-2026 General Service Manual** or by speaking with your group's GSR.

The greatest qualification for any General Service commitment is willingness and a sincere desire to help the next suffering alcoholic. I trust that our Higher Power has already prepared the way, and I look forward to seeing who answers the call.

Mahalo for allowing me to be of service,

Bob F.
DCM, District 6, Kauai

Treasurer Report

Group Contributions									
	Dec-25	January	February	March	April	May	June	July	Total
3rd Tradition Group	4,705.43								60.00
11th Step Speaker Meeting		60.00						45.00	45.00
Anahola Jaywalkers					140.00				140.00
BB Nooners			10.00					10.00	20.00
Intergroup (KauaiAA.org, Zoom, & Chair App)		5.23	32.89						38.12
Kapaa Nooners						40.00	62.00		102.00
Koloa Aloha				100.00				100.00	200.00
Koloa Salvation Army						25.00			25.00
Northshore Aloha #23155		35.00	35.00	35.00	30.00	35.00	35.00	35.00	240.00
PayPal Test			5.00						5.00
Primary Purpose		68.00						35.00	103.00
Princeville Hanalei Group				217.00					217.00
Seber Eastside Wahine				14.00					14.00
Sunday Serenity				111.00					111.00
Whiskey & Milk - Koloa						15.00			15.00
Group Contributions Total		108.23	82.89	477.00	170.00	115.00	97.00	225.00	1,275.12

District 6 Expenses											
Expense	2026	January	February	March	April	May	June	July	Actual	Difference	Chair
Alt DCM Travel & Registration	500.00								-	500.00	Vacant
Archives	200.00								-	200.00	Mathea
Cooperation with the Elder Community (CEC)	200.00					90.00	53.20		143.20	56.80	Jay
Cooperation with the Professional Community (CPC)	5.00								-	5.00	Vacant
Corrections	250.00						60.00		60.00	190.00	Bill G
DCM Travel & Registration	1,200.00	252.60		439.61					692.21	507.79	Bob
Delegate Expenses	100.00								-	100.00	
Garden Island Newsletter	500.00								-	500.00	Anne A
Grapevine	5.00								-	5.00	Vacant
GSR Travel	500.00	104.90							104.90	395.10	
Meeting App (Hostgator)	200.00	76.25							76.25	123.75	Carolyn
Office Expense	300.00		52.33					187.50	239.83	60.17	
PayPal Fee			0.64	0.98	4.68				6.30	(6.30)	
PO Box	250.00		242.00						242.00	8.00	
PRASA Travel	1,000.00	731.53							731.53	268.47	Bob
Public Information (PI)	500.00		439.47						439.47	60.53	Giorgio
Rent	300.00					300.00			300.00		Church
Treatment/Accessibility	5.00								-	5.00	Vacant
Website (GoDaddy)	165.00								-	165.00	Carolyn
Workshops	200.00								-	200.00	
Zoom	175.00							187.50	187.50	(12.50)	Carolyn
Expense Total	6,555.00	1,165.28	734.44	440.59	4.68	390.00	113.20	375.00	3,223.19	3,331.81	
Student Reserve	1,200.00									1,200.00	
Operating Balance		2,448.38	1,796.83	1,833.24	1,998.56	1,723.56	1,707.36	1,557.36			
Bank Balance		3,648.38	2,996.83	3,033.24	3,198.56	2,923.56	2,907.36	2,757.36			
Profit or Loss										(1,948.07)	



District 6 Committee:

	TS
Chair:	Bob F.
Alt. Chair	VACANT
Treasurer:	JoRina
Secretary:	Scott S.
Intergroup Chair	Kathryn B.
Intergroup: Alt. IG Chair	VACANT
Archives:	Mathea
Cooperation w/Elder Community (CEC):	Jay
Cooperation w/Professional Community (CPC):	VACANT
Corrections:	Bill G.
GIS Newsletter	Anne A.
Grapevine:	VACANT
Mynah Bird:	VACANT
Public Information:	Giorgio
Treatment Settings/Special Needs:	VACANT
Website:	Carolyn V.



– Kauai District 6 –

Archives Report

Hooray!!! The “Everything AA” app now belongs totally to AA. Negotiations between AA and Ben S (the originator of the App) were successfully concluded. Some non AA items will be eventually removed like “Joe and Charlie “ podcast. Ben says, “What started as a small project to make AA resources easier to access grew into something far larger than i ever expected”

Love and Service,
Mathea A
Archives Chair , District 6, Panel 75

**STAND UP,
BE COUNTED**

Your service, Your District

Join us in strengthening our fellowship. District 6 needs dedicated members to step into service positions and carry the message.

» Open to all AA members
» Bring your commitment to service
» Simple, meaningful, and rewarding

District 6 Elections

October 17, 2026
11:00 a.m.

HAWAI'I AREA 17 Humility in Action



The A.A. HOTLINE Needs Your Help!

Men & women for 12 Step calls
Slots are open for volunteers
Alternates are also needed
Contact the Hotline:
245-6677

Send GSO Contributions

General Service Office

P.O. Box 2407

James A. Farley Station

New York, New York 10116-2407

INCLUDE: YOUR GROUPS NAME & NUMBER
AS WELL AS AREA 17, DISTRICT 6

AA Groups Sample Pie Chart

Resources

