

August 2025

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: The list making is no problem. I should start with me, myself, and I. That covered three people on one personality, but I think the point of this list is to look at my past behavior and realize who I victimized and took hostage. In other words, wanting to put my Will into their lives.

I'm not done. I hit the wrong button. So now I know who the names are that should go on the list and what I have to look at, but am I willing enough to actually sit down and paste these people eye to eye? So the process began with the good leadership of a sponsor.

Throughout my life I've needed a guide and a sponsor came. Thus with my sponsor's ability to listen to my drunk-a-log, sobriety did not seem so far out of reach.

I became willing. The keyword willingness, two different words that mean the same thing. Yes, I may have been at the ball. No, I wasn't at fault, just responsible.

No matter how hard I try this will help me grow in my emotional sobriety. .

Mahalo, Sober at Sunrise



She said: Step Eight: The Beginning of the End of Isolation

Step Eight poses a spiritual and emotional challenge. It asks us to make “a list of all persons we had harmed, and become willing to make amends to them all.” The problem is not just the list—it's the vulnerability, humility, and courage it demands. Many of us carry delusion, convincing ourselves we've already made peace when we've only suppressed the truth. But Step Eight is an action step—not a thought exercise.

In Twelve Steps and Twelve Traditions, we're told that Steps Eight and Nine deal with personal relations. We first look backward to discover where we've been at fault, then we try to repair the damage. Though our inventory may have uncovered deep truths, Step Eight asks us to “double our efforts” and see how many people we hurt and how. This can reopen emotional wounds, but the act of naming and listing them creates space for forgiveness and healing.

Obstacles arise. Fear conspires with pride. We cling to the excuse that “we only hurt ourselves.” We justify misbehavior by focusing on what others did to us. But we must be honest. We've been like tornados—roaring through the lives of others, leaving confusion and pain in our wake. Harm can come not only from actions, but from attitudes—coldness, criticism, selfishness, or even self-pity. These traits often affected others more deeply than we realized.

God plays a central role in this process. If we're not yet willing to make certain amends, we ask God to make us willing. Our sponsor walks with us, often giving us the blunt truth: “Just make the f***ing list.” The action itself—writing down the names—is an act of surrender. It's where forgiveness begins. We might be asking God to remove that person from our psyche as we prepare to make things right.

Step Eight is the beginning of the end of isolation—from others and from God. As the Big Book reminds us, “Faith without works is dead.” We don't heal through ideas; we heal

(cont.p2)

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,
Sean G., at 245-6677

Birthdays p.2
AA Archives p.4

Meetings p.3
12 Traditions p.4

AA Hotline 245-6677

Happy Birthday

Mary C.	7/20	1979	46 yrs
Kathryn B.	7/9	1982	43 yrs
Judith E.	7/14	1984	41 yrs
Keola	7/6	1990	35 yrs
Rick G.	7/4	1991	34 yrs
Paul H.	7/1	1993	32 yrs
Lisa D.	7/4	1996	29 yrs
Charlie S.	7/27	1996	29 yrs
Kellie	7/1	1998	27 yrs
Dave A.	7/9	2004	21 yrs
John	7/12	2013	12 yrs
Jamie	7/19	2017	8 yrs

Congratulations Everyone!

We Publish Sobriety Birthdays

On The Month After Their Occurrence.

To Have Yours Published Contact:

Diistrict6newsletter@hotmail.com



Request a newsletter



by e-mail

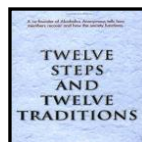


Contact:

District6newsletter@hotmail.com

She Said (cont) through action. And as Crucial Conversations suggests, a real apology only works if our motives and behavior also change.

Today, I can behave according to the principles. I can humbly recognize the damage I've caused. I can pray for willingness, supported by my sponsor and guided by God. Step Eight promises emotional relief and renewed relationships—but only if I face the truth, take action, and prepare to clean up the wreckage I left behind. ~ Ann A., Kauai



The 12 x 12 on Step 8 Start By Forgiving (page 78)

The moment we ponder a twisted or broken relationship with another person, our emotions go on the defensive. To escape looking at the wrongs we have done another, we resentfully focus on the wrong he has done us. ... Triumphantlly we seize upon his slightest misbehavior as the perfect excuse for minimizing or forgetting our own.

Right here we need to fetch ourselves up sharply. ... Let's remember that alcoholics aren't the only ones bedeviled by sick emotions. ... In many instances we are really with fellow sufferers, people whose woes we have increased. If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?"



The Circle and Triangle symbol has long been connected to the A.A. Fellowship. It was adopted as an official A.A. symbol at the International Convention in St. Louis in 1955, and from that point on was widely used in the Fellowship. For the Fellowship, the three legs of the triangle represented the Three Legacies of Recovery, Unity and Service, and the circle symbolized the world of A.A. In Alcoholics Anonymous Comes of Age, Bill W.'s 1955 speech, in which he describes the adoption of the symbol, is printed.

In the early 1990s, A.A. World Services decided to phase out the use of the Circle and Triangle symbol on its literature, letterhead and other material. It was decided to phase out the "official" or "legal" use of the Circle and Triangle symbol, and in 1994 the General Service Conference resolved that the logo be discontinued on all Conference-approved literature. However, the symbol is still associated with Alcoholics Anonymous and has a special meaning for AA members all over the world."

A.A. Meetings



Church of the Pacific

4520 Kapaka Street

- Monday 7:00 am
- Thursday 7:00 am
- Friday 11:00 am-Big Book Study

A.A. Activities

July 3-6, 2025 | Vancouver, BC, Canada



International Convention 2025

Vancouver Convention Center, Canada

The Alcoholics Anonymous International Convention will be held in Vancouver, Canada, from **July 3 to July 6, 2025**, at the Vancouver Convention Centre and [BC Place Stadium](#).

This event marks the 90th anniversary of Alcoholics Anonymous. The convention will feature various activities including meetings, workshops, dances, and a traditional flag ceremony.

Registration opened on September 10, 2024.

<https://www.aa.org/international-convention>

GRAPEVINE

Quote of the Day

August 16, 2024 "An old-timer spoke about the danger of becoming complacent and explained the need for the Steps in her life. 'The way I see it,' she said, 'I might have gotten the monkey off my back, but the circus is still in town.'" *"Ham on Wry," New York, New York, September 2005, AA*

August 17, 2024 "The first thing that captured me at my very first meeting was the way AA members talked with one another. There was a genuineness, something real there, that I wanted ... I saw they were sober and that they were honest with each other." *"The Real Thing," New York, New York, February 2001, Voices of Long-Term Sobriety*

August 18, 2024 "Although I have a lot of 'yets' out there, I have true friends who love me. All I need to do is call them and go to meetings and work my program, and for today the 'yets' won't come." *"Haven't You Had Enough?" Raleigh, North Carolina, August 1999, In Our Own Words: Stories of Young AAs in Recovery*

August 24, 2024 "Ego was being replaced with self-respect ... resentment and hatred were being replaced with tolerance and understanding ... fear was being replaced with trust ... loneliness and self-pity were being replaced with gratitude and love -- all because I was working the program to the best of my ability and wasn't drinking." *"Above All, an Alcoholic," Toledo, Ohio, September 1982, In Our Own Words: Stories of Young AAs in Recovery*

August 26, 2024 "For Joy; drinking is the first requirement for joy; the second requirement is gratitude." *"The Most Beautiful Word in the English Language," Lombard, Ill., Feb. 1995, In Our Own Words: Stories of Young AAs in Recovery*

August 29, 2024 "My past sobriety is not a ticket to future sobriety. I have to pay that fare and make the decision to recover daily." *"A Tough Pull," Bennettville, Minnesota, December 1999, In Our Own Words: Stories of Young AAs in Recovery*

August 30, 2024 "I don't need to project the future or cry about the past. Just live to the best of my ability, one day at a time." *"The Best of My Ability," Bangkok, Thailand, October 1988, AA Around the World: Adventures in Recovery*

The Best of Big Book Dave:

August in Our History:

August 16, 1861:

President Lincoln prohibited by law the States of the Union from trading any alcohol - liquor with the seceding states of the confederacy. This includes all medicine with alcohol in it.

August 2, 1892:

Richmond Walker born Brookline, Mass. He came into AA 1942 in Boston. Six years later he will finish "The 24 Hr. A Day Book". Many old-timers to this day still carry this book with them.

August 26, 1910:

Philosopher - Psychologist William James dies. He authored "Varieties of Religious Experience" which will have a major influence on Bill W's conception of a Higher Power in the formulation of our Twelve Steps.

August 1944:

The two letters in the front of the Big Book by Dr. Silkworth are accepted by the AMA on alcoholism as a disease.

August 1945:

"The Grapevine" carried **Bill W's** first article on "The Traditions" and set the groundwork for Bill's 5 year campaign for them to be accepted by the AA Groups.

August 1949:

At their annul meeting in Atlanta Georgia "The American Psychiatric Association" acknowledged the status of Alcoholics Anonymous.

From 'Big Book Dave', Elected Archivist,
Interior Alaska
~ Submitted by Mathea A.

Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- **Is my own behavior** accurately described by the Traditions? If not, what needs changing?
- **When I chafe** about any particular Tradition, do I realize how it affects others?
- **Do I sometimes try** to get some reward – even if not money – for my personal AA efforts?
- **Do I try to sound** in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
- **Do I make an effort** to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- **In my own AA life**, have I any experiences which illustrate the wisdom of the Tradition?
- **Have I paid enough attention** to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition – How It Developed*?



Next Intergroup Meeting
June 28th, 9:30am

Intergroup Treasurers Report

August 2025

Income:

Carolyn V.	Refund	782.047
Sunrise Sobriety	Literature	75.00
JoRina	Literature	24.00
Na Wahine Ku Pono	Literature	66.00
Koloa Aloha	7th	60.00
Waimea Canyon	Literature	6.00
Waimea Canyon	Literature	2 0.00
Princeville Hanalei	Literature	35.00

Total Income: **1099.47**

Expenses:

Guardian Storage Locker	Lit. Storage	178.01
Hawaiian Telcom	Hotline	40.15
Inkspot Printing	Newsletter	308.99
District Committee	Web Reimburse	505.45

Total Expenses **818.65**

Net **280.86**

Balance **2379.11**

Prudent Reserve **- 1300.00**

Operating Balance **1079.11**

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



Find A.A. in Hawaii



at: www.area17aa.org



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**

Intergroup Committee:

Chair:

Kathryn B

Alt. Chair

Steve O.

Treasurer:

Tom R.

Secretary:

Sutafe B.

Schedules:

Tom R.

Literature:

Benita A. & Jeanne L

Hotline

Sean G.

Website:

Carolyn V.

Events:

Mike T.

District 6, Kauai:

The Next District Meeting :
July 19th, 9:30 am

**COFFEE, WATER & PASTRIES
WILL BE SERVED**

District 6 Treasurer's Report

July 2025

Income:

North Shore Aloha	7th	30.00
Koloa Aoha	7th	60.00
Primary Purpose	7th	56.00
Kauai Intergroup(Hostgator)	7th	515.45
Total Income:		<u>661.45</u>

Expenses:

DCM Travel and Registration	262.06
Corrections	131.00
Meeting App. (Hostgator)	514.91
Zoom	63.00
Total Expenses:	456.06

Operating Balance	1270.63
Bank Balance	2470.63

~ prepared by District Treasurer~

SEND DISTRICT CONTRIBUTIONS

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



What is an Alt. DCM

What is an Alternate DCM & what do they do? An Alternate DCM here on Kauai is a person that interfaces with all 27 Home Group GSRs,

- Acts as the Island Registrar for all the Groups and District Officers
- Attends Intergroup meetings and Group Conscience Meetings whenever possible
- Attends Area Assemblies when the DCM is unable .

These are the Qualifications:

- 1)Willingness to Serve our AA Community as a liaison between District and Home Groups.
- 2)Experience as GSR for your Home Group
- 3)Have 4-5 years of Sobriety
- 4)Familiar with Twelve Traditions and Twelve Concepts
- 5)Familiar with Roberts' Rules of Order and Third Legacy Procedure
- 6)6.Have the Time and Energy to serve the district well
- 7)Have an email address or another way of maintaining contact with GSR and other members
- 8)Be familiar with GSO, Area and District websites

In keeping with the Tradition of Unity:

Our District is lacking in this vital element. If you feel any willingness to participate our District could use your help. It is not an easy position, but it is one that puts you in touch with a lot of alcoholic personalities, some good and some better. **We are not a glum lot.** Please feel free to contact me:

Thank you. Bob F, DCM District 6 Kauai
808-651-6090

District 6 Committee:

DCM:	Bob F.
Alt. DCM:	Jeanne L.
Secretary:	Scott S.
Treasurer:	Katherine F.
Website:	Carolyn V.
Archives:	Mathea A.
Corrections:	Bill G.
C.P.C(Cooperation w. Professional Community)	Amy B.
Public Information:	Doug H.
Myna Bird	OPEN