

July 2026
Garden Island Sobriety
STEP SEVEN

“Humbly asked Him to remove our shortcomings.”

SPECIAL EDITION DEDICATED TO TRUSTED SERVANT
Linda B. - SEE P.4



He said:

When I first looked at Step 7, I wondered how it differed from Step 6. For me, the difference is that defects of character are the visible problems, while shortcomings are the underlying weaknesses that create them. Shortcomings lay the foundation for defects, becoming a staircase that leads us further into unhealthy behaviors.

In Step 6, we become willing to have our defects removed. In Step 7, we humbly ask our Higher Power to remove the shortcomings that drive them. We often cling to pride, fear, resentment, dishonesty, and other defects as they give us a sense of control. Step 7 asks us to surrender that control and become open to spiritual guidance.

One of the hardest lessons for me has been learning to let go. For years, I convinced myself I hadn't really hurt anyone. I was financially successful and generally respected, so I used those things to justify my behavior. Looking back, those were simply stories I told myself to avoid facing the truth.

A recent example came when I lost the keys to a business I was working on. As I drafted a text to the owner, my first instinct was to come up with a lie to protect my ego. After struggling with it for several minutes, I finally asked myself, "Why am I having such a hard time telling the truth?" I acknowledged the defect and the shortcoming behind it, then simply told the truth. To my surprise, the owner replied, "No problem, these things happen."

That experience reminded me how easily old patterns emerge and how freeing honesty can be. By asking for our shortcomings to be removed, we stop feeding our defects and move closer to becoming happy, joyous, and free.

Kirk M., Sunrise Sobriety



She said:

Step Seven has been a very different experience for me than the steps that came before it. By the time I reached this step, I had already taken a hard look at myself in Steps Four, Five, and Six. I had identified my character defects and become willing to let them go. Step Seven asks me to do something that sounds simple but can be challenging: humbly ask my Higher Power to remove my shortcomings.

For a long time, I misunderstood what humility really meant. I thought being humbled meant feeling embarrassed, ashamed, or less than other people. One experience that stands out was when I caused a two-car accident. Living on a small island, it felt like everyone knew about it. I was mortified and felt like I was under a microscope wherever I went. At the time, I believed that feeling so small was humility. Looking back, I realize it wasn't. It was shame.

Recovery has taught me that true humility isn't thinking less of myself—it's thinking of myself accurately. It means realizing I am no greater than anyone else, but no less than anyone either. That shift in perspective has been incredibly freeing. Instead of allowing shame to define me, I can accept that I make mistakes, take responsibility for them, and continue growing.

Step Seven reminds me that I cannot remove my own shortcomings through willpower alone. I still struggle with impatience, fear, and selfishness at times, but today I'm more willing to pause, ask my Higher Power for help, and trust that change happens over time. My job isn't to become perfect; it's to remain willing, honest, and teachable.

Cont. p2

Happy Birthday

Congratulations Everyone!!

Bill H.	6/22/1980	46
Linda W.	6/24/1991	35
Ron A.	6/1/1994	32
Mike T.	6/5/1998	28
Chris	6/11/2000	26
Romeo G.	6/20/2000	26
Tatiana	6/18/2001	25
Tom C.	6/6/2005	21
Chandra	6/15/2007	19
Jude H.	6/19/2007	19
Pirie I.	6/28/2007	19
Matt F.	6/26/2008	18
Miguel M.	6/18/2011	15
Susanah	6/7/2011	15
Corina W.	6/30/2013	13
Barbie	6/19/2015	11
Olivia R.	6/26/2020	6
Nikole P.	6/11/2022	4

She Said Cont.

Tradition Seven states that every AA group ought to be fully self-supporting, declining outside contributions. While this tradition refers to the financial independence of AA groups, it also reminds me that I have a responsibility to give back to the fellowship that has given me so much. Whether it's through service, sharing my experience, or contributing financially when I can, I want to help ensure that AA is there for the next person who needs it.

Step Seven continues to teach me that humility isn't about feeling small. It's about standing on equal ground with everyone else, trusting my Higher Power, and being willing to grow one day at a time.

Stacey B, Sunrise Sobriety

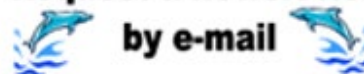
AA  Hotline 245-6677

About Publishing Birthdays

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

newsletter@kauaiaa.org

Request a newsletter
by e-mail



newsletter@kauaiaa.org

Expect A Miracle

A.A. Meetings

A.A. Activities

July 11 → [Kauai Intergroup Meeting](#)
 August 1 → [Kauai Intergroup Meeting](#)
 Lihue Lutheran Church 4602 Hoomana RD

July 18 → [District 6 Monthly Meeting](#)
 August 15 → [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](#)

★ **EVENT** September 7 → [5th Annual Labor Day Potluck & Delegate Report](#)
 Lydgate Park Nalu Rd. – Time TBA

September 11-13 → [12th Annual National AA Technology Workshop](#)
 Website: naatw.org

★ **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](#)
 Kahili Mountain Park

★ **EVENT** October 24 → [Halloween Dance](#)
 Kapaa Neighborhood Center

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



The Kauai AA Event Committee Presents

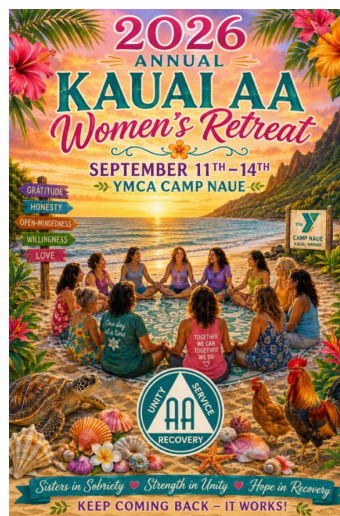
THE SECOND ANNUAL OHANA BEACH DAY

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

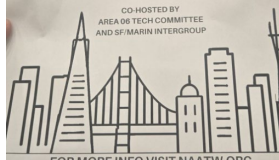


SAVE THE DATE

12th Annual National AA Technology Workshop

Hybrid Format
 September 11-13, 2026
 San Francisco Bay Area
 Concord, California

CO-HOSTED BY
 AREA 06 TECH COMMITTEE
 AND SF/MARIN INTERGROUP



FOR MORE INFO VISIT NAATW.ORG



KAUAI AA MEN'S RETREAT

SEPTEMBER 18th-20th @KAHILI MOUNTAIN CAMP

JOIN US FOR A POWERFUL WEEKEND OF FELLOWSHIP, BROTHERHOOD, AND RECREATION IN THE BEAUTIFUL MOUNTAINS OF KAUAI.

NESTLED AT THE BASE OF KAHILI RIDGE, THE CAMP OFFERS A PLEASANT SETTING FOR CONNECTION, REFLECTION, AND ADVENTURE.

ACTIVITIES MAY INCLUDE:

- BROTHERHOOD & FELLOWSHIP
- CAMPFIRE GATHERINGS
- HIKING & OUTDOOR RECREATION
- REFLECTION
- FOOD & FUN

"IRON SHARPENS IRON, SO ONE MAN SHARPENS ANOTHER."
 -PROVERBS 27:17

FOR MORE INFORMATION CONTACT CHAIRPERSON SEAN S. (808) 271-9556
 OR GO TO EVENTS AT WWW.KAUAI.AA.ORG



Intergroup Chairperson Report

Aloha Kauai AA community,

The Kaua'i Intergroup Events Committee has scheduled an event for every month of 2026. Upcoming events include the Halloween Party and planning for the annual Thank-A-Thon. A Chairperson is still needed to coordinate the Thank-A-Thon.

Intergroup is also voting on the creation of a new Zoom Operator/Monitor position to support both Intergroup and District meetings. If approved, an addendum to the Structure and Guidelines will be adopted to reflect this new position.

Your trusted servant,
Kathryn B. 808 635-5457

Intergroup Treasurer's Report

<u>Income</u>	<u>Details</u>	<u>Type</u>	<u>Total</u>
Kauai District	Ck1015	Literature	\$60.00
Kappa Saturday night	Ck6597	Literature	\$343.00
North shore Aloha	Ck5906	7 th	\$35.00
		Total	\$438.00

<u>Expences</u>			
Gauardian Self Storage	Literature Locker		\$178.01
Hawaiian Telecom	Hot Line		\$42.12
Intergroup Treasure	Office Supplies		\$78.00
Ink Spot Printing	Garden Island Soberity		
			\$298.13

<u>Income</u>	\$438.00
<u>Expences</u>	\$298.13
<u>Net</u>	\$139.87

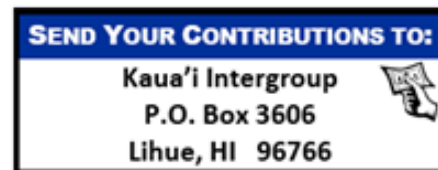
<u>Balance</u>	\$3,166.60
<u>Prudent Reserve</u>	\$1,300.00
<u>Operating balance</u>	\$1,866.60



This month's Kauai AA Newsletter is dedicated to the memory of Linda B., who passed away on June 20, 2026.

For more than ten years, Linda faithfully served the Kauai AA fellowship by publishing this newsletter, helping keep our meetings and members connected. We are grateful for her quiet dedication and lasting contribution to our island's recovery community.

Thank you for your service, Linda - A hui hoa.



Intergroup Committee:	
Chair:	TS Kathryn B.
Alt. Chair:	VACANT
Treasurer:	Tom R.
Secretary:	Suta
Events:	VACANT
GIS Newsletter:	Anne A.
Hotline:	VACANT
Literature:	Benita A.
Schedules:	Tom R.
Website:	Carolyn V.

District 6, Kauai

DCM's Report

Thank you to the Happy Hour Group at Kalapaki Beach for hosting this year's Founder's Day celebration. Unfortunately, our family was off-island, so I wasn't able to attend. From everything I've heard, it was a wonderful event with strong support from Intergroup, District, and home group members. Congratulations also to the Happy Hour Group for expanding its outreach into the Kalapaki/Nawiliwili community by adding another Thursday afternoon meeting.

Poipu Sunrise Sobriety will host a Traditions Workshop on Saturday, July 4, from 10:00 a.m. to 2:00 p.m. Following the workshop, we'll enjoy fellowship, hamburgers, hot dogs, and refreshments at the western-most pavilion on the beach. Bring your family and something to share.

This month we revisit Tradition Seven: *"Every AA group ought to be fully self-supporting, declining outside contributions."* This is where spirituality and finance come together. Serving on the Area Finance Committee over the past two years has given me a greater appreciation for how our Seventh Tradition supports AA at every level. Our contributions help Intergroup provide local services, enable District and Area committees to carry the group conscience forward, and allow the General Service Board to continue carrying the message worldwide. During COVID, the General Service Board's prudent reserve was significantly reduced while expenses continued.

As your group discusses its Seventh Tradition contributions, I encourage you to consider supporting all three levels of our service structure as equally as possible. Every part plays an important role in carrying the message to the alcoholic who still suffers.

Thank you for allowing me to be of service. It is truly a gift.

Bob F.
DCM, District 6, Kauai

District 6 Treasurer's Report

Group Contributions								
	Dec-25	January	February	March	April	May	June	Total
	4,705.43							
3rd Tradition Group		60.00						60.00
Anahola Jaywalkers					140.00			140.00
BB Nooners			10.00					10.00
Intergroup (KauaiAA.org, Zoom, & Chair App)		5.23	32.89					38.12
Kapaa Nooners						40.00	62.00	40.00
Koloa Aloha				100.00				100.00
Koloa Salvation Army						25.00		25.00
Northshore Aloha #123155		35.00	35.00	35.00	30.00	35.00	35.00	205.00
PayPal Test			5.00					5.00
Primary Purpose		68.00						68.00
Princeville Hanalei Group				217.00				217.00
Sober Eastside Wahine				14.00				14.00
Sunday Serenity				111.00				111.00
Whiskey & Milk - Koloa						15.00		15.00
Group Contributions Total	168.23	82.89	477.00	170.00	115.00	97.00		1,048.12

District 6 Expenses										
Expense	2026	January	February	March	April	May	June	Actual	Difference	Chair
PO Box	250.00		242.00					242.00	8.00	
PayPal Fee			0.64	0.98	4.68			6.30	(6.30)	
Office Expense	300.00		52.33					52.33	247.67	
Rent	300.00					300.00		-	300.00	
DCM Travel & Registration	1,200.00	252.60		439.61				692.21	507.79	Bob
Alt DCM Travel & Registration	500.00							-	500.00	Vacant
PRASA Travel	1,000.00	731.53						731.53	268.47	Bob
Treatment/Accessibility	5.00							-	5.00	Vacant
Corrections	250.00						60.00	-	250.00	Bill G
Public Information (PI)	500.00		439.47					439.47	60.53	Giorgio
Cooperation with the Professional Community (CPC)	5.00							-	5.00	Vacant
Grapevine	5.00							-	5.00	Vacant
Garden Island Newsletter	500.00							-	500.00	Ann A.
GSR Travel	500.00	104.90						104.90	395.10	
Cooperation with the Elder Community (CEC)	200.00					90.00		-	200.00	Jay
Archives	200.00							-	200.00	Mathea
Workshops	200.00							-	200.00	
Website (GoDaddy)	165.00							-	165.00	Carolyn
Meeting App (Hostgator)	200.00	76.25						76.25	123.75	Carolyn
Zoom	175.00							-	175.00	Carolyn
Delegate Expenses	100.00							-	100.00	
Expense Total	6,555.00	1,165.28	734.44	440.59	4.68	390.00	60.00	2,344.99	4,210.01	
Prudent Reserve	1,200.00							-	1,200.00	
Operating Balance	2,508.38	1,856.83	1,893.24	2,058.56	1,783.56	1,820.56				
Bank Balance	3,708.38	3,056.83	3,093.24	3,258.56	2,983.56	3,020.56				
Profit or Loss									(1,296.87)	



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.

District 6, Kauai:

Archives Report

District 6 is pleased to announce that the **Hui Ohana Online** meeting, originally established during the COVID-19 pandemic to support the **Hui Ohana** in-person meeting, is now officially recognized as an independent AA meeting.

In keeping with General Service Office (GSO) terminology, the meeting uses the designation "**Online**" rather than "**Virtual**." The Hui Ohana Online meeting was officially established on **May 9, 2026**, and has been assigned its own AA meeting number.

The **Hui Ohana** in-person meeting will continue at its regular location.

Mathea, Archives Committee

District 6 Contributions

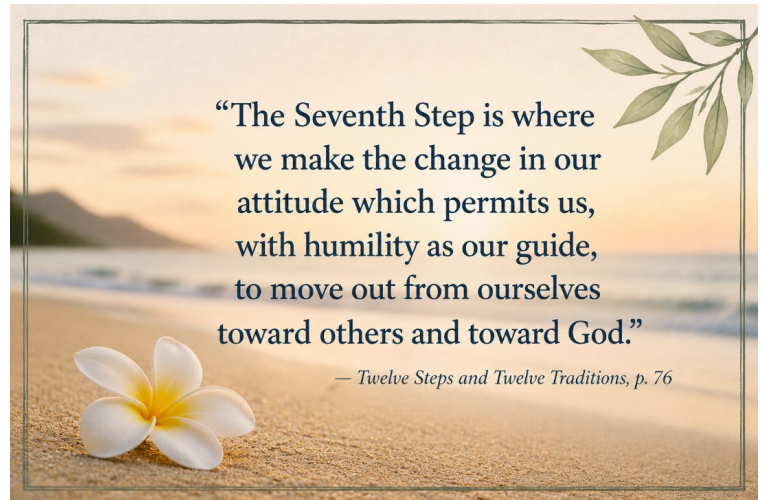
QR Code

7th Tradition Contributions



Check

Kauai District Committee
PO Box 1503
Kapaa, HI 96746



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