

February 2026
Garden Island Sobriety
STEP TWO

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said:

Accepting of a god or higher power was a problem, but not like most of the members of AA had a problem. Most members I talked to have a religious up bringing and just never could accept what was being told to them, a god that punishes. The idea of a god all powerful and all knowing, and that you must follow a religious path to receive AA's love is hard to accept.

For me, I was never told to go to church or pray or anything, so I never thought of it. When I saw religious people standing around churches and listening to whatever message, I just felt that they were just weak minded and needed the direction to accept their life.

Coming into AA they are telling me I had to find a power greater than myself, I said sure, whatever. Then they told me my problem was me playing god, but I thought I just acted like everyone else. So, when it came to a higher power, I just accepted what I was being told.

My first my higher power was a doorknob. I guess you do anything you can if you are desperate enough. As I moved through the steps my sponsor would always ask how I was talking and praying to my higher power? I just told him that I just thought the higher power was there so I wouldn't play god?

It took until step 6 and 7th steps where I had to give my defects and shortcomings to my higher power that the idea expanded in my life. Since that time my higher power has been about 6 different ideas. Now God is my higher power now, but it means good orderly direction.

Now my days are filled with ideas from my higher power, as he guides my days. It is so fulfilling to have a place to release my messed-up mind. I talk all the time to my higher power now; I am at this point only asking for him to guide me to be of use for him. One day I might ask him to help me love myself, but that day has not come yet.

Kirk M., Sunrise Sobriety



She said:

- **Step Two of Alcoholics Anonymous** says, “Came to believe that a Power greater than ourselves could restore us to sanity.” I grew up in a very religious household, so the idea of a Higher Power was never unfamiliar to me. While those teachings are not exactly the guidelines I live my life by today, they did give me a solid foundation when it comes to believing in something greater than myself. What I am especially grateful for is that Alcoholics Anonymous is not religious based. It gives me the freedom to choose a God of my own understanding—without rules, pressure, or expectations—just a spiritual connection that makes sense for me.

In Step One, I admitted that my life had become unmanageable. Step Two asked me to consider that maybe my own thinking wasn't enough to keep me sober—and that maybe it didn't have to be. I didn't need to have everything figured out or define my Higher Power perfectly. I just needed willingness. Willingness to believe that help could come from outside of my own mind, especially when my best ideas had failed me.

At first, I didn't understand how a “group of drunks” could be my Higher Power. That idea felt strange and uncomfortable. But after being in recovery for two and a half years, my understanding has grown. Through time, shared experiences, and relationships that have formed, I now see that my Higher Power works through the people in our fellowship. I hear it in the honesty of others' stories, feel it in the support when I'm struggling, and see it in the example of people living sober lives.

AA Hotline 245-6677

Cont. p 2

Happy Birthday

Congratulations Everyone!!

Dotty	1/31/1973	53 years
Jay W.	1/23/1982	44 years
Susan C.	1/20/1988	38 years
Gloria C.	1/12/1984	42 years
Stevie G.	1/11/1986	40 years
Barbara J.	1/1/1987	39 years
Chris H.	1/11/1988	39 years
Laurie L.	1/19/1988	38 years
Mickey M.	1/6/1990	36 years
Bill M.	1/24/1990	36 years
Maureen M.	1/7/1995	31 years
Patti W.	1/1/1995	31 years
Tony C.	1/18/1997	29 years
Clay	1/10/1998	28 years
Blondy	1/8/1998	28 years
Steve M.	1/26/1998	28 years
Bob H.	1/18/1999	27 years
Tony S. (CA)	1/2/1999	27 years
Luis R.	1/1/2001	25 years
Susan ON	1/7/2002	24 years
Ele J.	1/16/2005	21 years
Laurel R.	1/30/2006	20 years
Aakara	1/20/2008	18 years
Liz O.	1/20/2008	18 years
Emma S.	1/22/2008	18 years
Matt	1/1/2008	18 years
Lee	1/24/2009	17 years
Paul	1/12/2010	16 years
Rick	1/26/2010	16 years
Sarah A.	1/11/2011	15 years
Kirk F.	1/3/2011	15 years
Terance B.	1/24/2012	14 years
Shastin	1/2/2018	8 years
Sonny	1/12/2021	4 years
Tom C.	1/16/2021	4 years
Scott C.	1/31/2021	4 years
Mary	1/2/2023	3 years

She Said Cont.

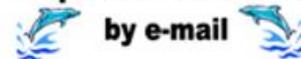
One of the most spiritual parts of Step Two for me is walking into a meeting without knowing who will be there. Sometimes it's a visitor, sometimes someone brand new, and sometimes someone I've known for years. I never know who is going to say something I need to hear. Some words carry me through the day, while others stay with me long after the meeting ends.

Step Two has become a step of hope for me. It reminds me that I don't have to do this alone and that sanity is restored one day at a time. Tradition Two tells us that for our group purpose, there is but one ultimate authority—a loving God as He may express Himself in our group conscience. I see that lived out in meetings where no one is in charge, yet guidance is always present. For me, that is proof that my Higher Power works through the fellowship, using many voices to keep me grounded in sobriety.

Stacey B, Sunrise Sobriety

Expect A Miracle

Request a newsletter



newsletter@kauaiaa.org

About Publishing Birthdays

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

newsletter@kauaiaa.org

A.A. Meetings

A.A. Activities

February 7 @ 9:30 am - 11:30 am

[Kauai Intergroup Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD, Lihue

February 8 @ 8:00 am - 6:00 pm

[SUPERBOWL POTLUCK](#)

Lihue Neighborhood Center 3353 Eono St., Lihue

February 21 @ 9:30 am - 11:30 am

[District 6 Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD, Lihue

February 27 - March 1

[PRAASA 2026](#)

Hilton Hawaiian Village in Waikiki 2005 Kalia Rd.

March 7 @ 8:00 am - 5:00 pm

[March Committee Meeting](#) - District 10 Waikiki

March 7 @ 9:30 am - 11:30 am

[Kauai Intergroup Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD, Lihue

March 21 @ 9:30 am - 11:30 am

[District 6 Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD, Lihue

April 11 @ 8:00 am - April 12 @ 5:00 pm

[Inform the Delegate](#) - District 5 Maui No Ka Oi

April 24 - April 27

[Women's Retreat](#) - Kokee



"Finding Common Ground"





Intergroup Chairperson Report for January 2026

Aloha Kauai AA community,

My name is Kathryn B, and I am privileged and honored to serve as your Intergroup Chairperson for the 2025-26.

Our January 3rd Intergroup meeting was held as highbred with 2 members on lime. We are happy to start off 2026 with good attendance.

The next Intergroup meeting will be held on February 7th. We will talk about creating workshops and opportunities for expanding group participation in learning about our service structures.

Our regularly scheduled meeting is the first Saturday of the month at the Lutheran Church on German hill at 9:30 am. All groups are encouraged to have an Intergroup Representative and have them attend our monthly meetings.

We make decisions and vote on issues that are important to all our Kauai groups locally. This is the platform to announce upcoming events, ask for support from other local groups represented, and to exchange ideas.

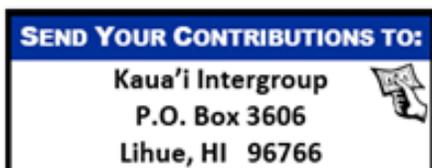
The first addition of the Garden Island Sobriety newsletter under our new editor was printed and distributed last week and will be available for distribution at each Intergroup meeting going forward. Mahalo Anne A. for stepping up for service in this important position. Mahalo again to Linda B. for her dedicated years of service.

I will be traveling to the Area Assembly in Maui on January 24th and 25th to participate, have a vote for District 6, and meet with other Intergroup Chairpersons throughout Hawaii.

Please check out Kauaiaa.org for details and to post your flyers on our events calendar.

Your trusted servant,

Kathryn B. 808 635-5457



Intergroup Treasurer's Report for January 2026

Kauai Intergroup Treasure Report

February 2026

<u>Income</u>	<u>Details</u>	<u>Type</u>	<u>Total</u>
Princeville/Hanalei	Ck1491	Literature	\$282.00
North Shore Aloha	Ck3709	7 th	\$35.00
3rdTradition Group Kapaa	Ck6588	7 th	\$160.00
Anahola Jaywalkers	Cash	Literature	\$47.00
	Total		\$524.00

Expenses

Guardian Self Storage	Litertature Locker	\$178.01
Hawaiian Telecom	Hot Line	\$41.43
Kauai District Committe	Host Gater	\$5.23
Printing Solutions	Schedules	\$308.99
Benita	Litertature	\$696.85
Benita	Litertature	\$449.14
	Total	\$1,679.65

Income

\$524.00

Expenses

\$1,679.65

Net

\$1,155.65

Balance

\$4,016.26

Prudent Reserve

\$1,300.00

Operating Balance

\$2,716.26



Intergroup Committee:

	TS
Chair:	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 for January 2026

As we move into the second half of Panel 75, I am incredibly grateful to serve as your Kauai District Committee Member (DCM).

January is a very busy time in AA, and that is no different for me personally. I celebrate a belly-button birthday in January and am halfway to another sobriety birthday—Father's Day in June. We are also reminded by our First Tradition of the importance of unity—that our lives, and the lives of those yet to come, depend upon it.

January is a time of reflection. It is a time when AA takes inventory at all levels. While Step Ten encourages us to take inventory daily, at the home group, district, and area levels we do this collectively at the January Area Assembly. We ask questions, require honest responses, and share openly—because we have learned in personal recovery that this works.

How are we doing at promoting unity and harmony in our personal relationships and within our home groups? Are we making ourselves accessible to the still-suffering alcoholic? To the newcomer?

Are we promoting unity throughout the larger Kauai District? Are we teaching and sharing information with our sponsees about General Service, AA's structure, the Twelve Concepts, Founder's Day, PRAASA, the Hawaii and International Conventions, and HICYPAA?

I am deeply grateful for the dedicated group of trusted servants who meet monthly—and some even more often—to discuss issues, events, and procedures that are important to our fellowship. These members bring information from their home groups to the district and the Hawaii Area, and they carry information back to their groups. This ebb and flow of communication is the lifeblood of a healthy organization. While each group is autonomous, a lack of participation and communication ultimately hurts AA as a whole. This we owe AA.

Thank you for allowing me to be of service.

Bob F.

District 6 Treasurer's Report for January 2026

District 6 Treasurer's Report

Group Contributions			
	Dec-25	January	Total
	4,705.43		
Northshore Aloha #123155		35.00	35.00
3rd Tradition Group		60.00	60.00
Primary Purpose		68.00	68.00
Kauai Intergroup (Website, Zoom, & Hostgator)		5.23	5.23
Group Contributions Total		168.23	168.23

District 6 Expenses

Expense	2026	January	Actual	Difference	Chair
PO Box	250.00		-	250.00	
Office Expense	300.00		-	300.00	
Rent	300.00		-	300.00	
DCM Travel & Registration	1,200.00	252.60	252.60	947.40	Bob
Alt DCM Travel & Registration	500.00		-	500.00	
PRAASA Travel	1,000.00	731.53	731.53	268.47	Bob
Treatment/Accessibility	5.00		-	5.00	
Corrections	250.00		-	250.00	Bill G
Public Information (PI)	500.00		-	500.00	Giorgio
Cooperation with the Professional Community (CPC)	5.00		-	5.00	Vacant
Grapevine	5.00		-	5.00	Vacant
Mynah Bird News letter	5.00		-	5.00	Vacant
GSR Travel	500.00	104.90	104.90	395.10	
Cooperation with the Elder Community (CEC)	200.00		-	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	6,060.00	1,165.28	1,165.28	4,894.72	
Prudent Reserve	1,200.00		1,200.00		
Operating Balance		2,508.38			
Bank Balance		3,708.38			
Profit or Loss				(997.05)	



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 for January 2026

District 6 Contributions

How are Kauai and Pacific Region Alcoholic Anonymous Service Assembly (PRAASA) Related?

We Have a Vote!

Kauai is one of the 14 Districts of our Area 17, which is all of Hawaii. We are D-6. Hawaii is one of the 9 states in the Pacific AA Region (there are 8 regions). In the 9 Pacific states there are 15 Areas because big, populated states have more than one Area.

There is ONE Delegate from each Area each of which is part of the 93 Delegates that go to the annual General Service Conference in NY. Each has a vote.

A Member of AA speaks to the GSR who speaks to the DCM who speaks to the Delegate who speaks to the General Service Conference to support, to change AA.

We Have a Vote!

QR Code

7th Tradition Contributions



Check

Kauai District Committee
PO Box 1503
Kapaa, HI 96746

HAWAI'I AREA 17

Humility in Action



Find A.A. in Hawaii

at: www.area17aa.org

**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