

June 2025

Garden Island Sobriety

Step Six

“Were entirely ready to have God remove all these defects of character.”



He said:

Now that the fifth step is complete, my sponsor tells me the work begins. What the hell does he mean by that?

Well I get up in the morning and look in the mirror and I’m facing a character whose defects I don’t understand but, the book says alcohol is better a symptom. Now I have to look at life from a different perspective and what I see is a character who has many attributes as well as defects. So what am I supposed to do?

First of all, I have to look at my major character defect, Developing human relationships. So I show up to meetings still suffering, all the symptoms of a real alcoholic, and now I have to hold out my hand and establish relationships.

For me, the easiest part of this would be to be of service because everything I did prior to that was all about me myself and I so I started getting into service the simple part carrying the coffee to the meeting. And then putting out my hand and leaving someone new, welcoming them to a new world with my feet planted on the Ina.

I got sober on the beach and it’s been interesting watching people come through the room with no walls, not knowing what sobriety is like for me and listening to their story but not having to experience that character defect that they’re expressing at a meeting.

That’s part of becoming a student a learner Because the more I learn the easier it is to become a companion on the journey to sobriety listening skills. Those other character defects that I have, I have to work on them too, but I do that by not taking over my meeting and letting other people express their life experience.

Thank you, Mahalo, Sober at Sunrise



She said:

I used to think Step Six meant becoming perfect or instantly transformed. But over time, I’ve come to see that the real challenge lies in my delusion—the belief that I can manage my character defects on my own, or that some of them still serve me. I often cling to patterns like control, people-pleasing, jealousy, and self-righteousness under the illusion they protect me. But these aren’t strengths; they’re symptoms of fear and ego.

My ego tells me I should already be better. That I shouldn’t need help. That certain defects—like judgment or control—are just part of who I am, even necessary for survival. But that thinking blocks my growth. Step Six asks for a deeper humility—not humiliation, but honest surrender. I am not God. I can’t fix myself. But I can become willing.

Willingness is the heart of this step. God’s role is everything. I don’t remove my defects—God does. My job is to be entirely ready, not to force change or achieve perfection. As the Big Book says, “If we still cling to something, we ask God to help us be willing.” That reminds me: willingness is a process. I don’t have to feel ready. I just have to invite God in. As the Little Red Book says, “We gain the willingness to be freed from old willful thoughts and habits.” I don’t fight my way to freedom—I let God carry me.

My sponsor tells me that willingness is enough. This step isn’t about becoming flawless—it’s about making progress. She helps me see how clinging to familiar defects is just another form of self-sabotage. She’ll ask if I’m willing to practice the opposite: compassion instead of resentment, faith instead of fear, trust instead of control. She’ll ask if I’ve prayed—if I’ve gotten on my knees, like it says on page 76.

(cont. p 2)

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AA Hotline 245-6677

Happy Birthday

Tom G.	5/20	1981	44 yrs
Kathleen P.	5/21	1982	43 yrs
Cindy C.	5/12	1985	40 yrs
Joy	5/20	1992	33 yrs
Mary L.	5/1	1993	32 yrs
Susan D	5/13	1993	32 yrs
Uncle Tim	5/13	1994	31 yrs
Kat	5/2	2000	25 yrs
Dana M.	5/23	2002	23 yrs
Annie	5/1	2004	21 yrs
Jennifer D.	5/14	2004	21 yrs
Will L.	5/14	2005	20 yrs
Leilani K.	5/14	2005	20 yrs
Donna Jo	5/5	2005	20 yrs
Lindsey W.	5/17	2006	19 yrs
Sean F.	5/20	2007	18 yrs
Jackson O.	5/8	2007	18 yrs
Jennifer A.	5/5	2008	17 yrs
Lori M	5/10	2008	17 yrs
Jesse P	5/21	2011	14 yrs
Corey N.	5/28	2012	13 yrs
Leslie H	5/12	2013	12 yrs
Liz	5/10	2014	11 yrs
Jamie	5/25	2023	2 yrs
Carlos	5/16	2021	4 yrs

Congratulations Everyone!!

She Said (cont) **The Promises** of Step Six are powerful: emotional relief, inner peace, and clarity. The Little Red Book speaks of “release from tension and anxiety.” The Twelve and Twelve reminds us that “the grace of God can enter and expel the obsession.” When I become willing—even imperfectly—I open the door to transformation.

The solution lies in spiritual partnership with my Higher Power: letting go again and again with honesty and willingness. Sometimes, it means acting “as if” until my heart catches up. As Joe and Charlie say, “If I want God to take away selfishness, I must practice unselfishness.” This is the work—showing up, praying, asking for help, and doing the opposite of what the defect wants me to do.

Today, I pause before I react. I ask for help when fear or jealousy rises. I name the defect, get honest, and become willing to let it go—even just for today. I don’t have to be perfect. I only have to be willing.

~ Ann A., Kauai

The Serenity Prayer

God grant me the Serenity to accept the things that I can not change, the Courage to change the things that I can and the Wisdom to know the difference.



The International Convention 2025

Will be July 3 – July 6

At The Vancouver Convention Center , Canada

District6newsletter@hotmail.com

About Publishing Birthdays

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

District6newsletter@hotmail.com

A.A. Meetings

Men's Meeting

Hanalei Community Center



Tuesday 7:00 pm- Princeville - Hanalei Men's Stag
5297 Kuhio Hwy, Hanalei

A.A. Activities

KAUAI AA's 2025 ROUNDUP EVENT



JOIN US AT KUMU CAMP IN ANAHOLA!

Kauai AA will be holding its 2025 Roundup Event at KUMU CAMP in Anahola! The Event is :

June 5 - 8, 2025

Please use the link below to view all of the information and sign up AS SOON AS POSSIBLE!

<https://kauairoundup.org/>

GRAPEVINE

Quote of the Day

June 2, 2024 "When I begin to look where the answer really is -- inside of me -- I get a sense of 'rightness' when I speak or hear the truth. Step Six helps me develop a sense of intuition that I can truly count on."

"I'm No Saint!" Forth Myers, Florida, June 2009, Step By Step

June 6, 2024 "My energy is now my own. I don't have to spend it on being angry and negative ... There's no longer that terrible rush to judgment" *"Dateline, Alaska," Anchorage, Alaska, August 2000, Voices of Long-Term Sobriety*

June 9, 2024 "Simple gratitude compels us all to be mindful of the needs of others and to work in the ways and through the means developed by the AA movement to try to reach some of the millions of our fellow alcoholics who are still suffering in the hell from which we have escaped." *"How Autonomous Can You Be?" Paterson, New Jersey, August 1960, The Home Group: Heartbeat of AA*

June 11, 2024 "We are alcoholics. Even though now recovered, we are never too far removed from the possibility of fresh personal disaster. Each knows he must observe a high degree of honesty, humility, and tolerance, or else drink again." *AA Co-Founder, Bill W., October 1947, "Why Can't We Join AA, Too?", The Language of the Heart*

June 17, 2024 "The ability to laugh at ourselves is an intrinsic part of the healing process." *"People Make the Program," Marcy, New York, December 1992, The Home Group: Heartbeat of AA*

June 21, 2024 "I am still amazed at the aura around AA meetings ... No matter what our immediate problems, fears, or resentments, we come to a halt when the meeting begins and focus on our primary purpose." *"A Beacon in the Dark," Pittsburgh, Pennsylvania, September 1991, The Home Group: Heartbeat of AA*

June 22, 2024 "Older AAs who know the record are unanimous in their feeling that an intelligence greater than ours has surely been at work, else we could never have avoided so many pitfalls, could never have been so happily related to our millions of friends in the outside world." *AA Co-Founder, Bill W., August 1945, "Modesty One Plank for Good Public Relations", The Language of the Heart*

June 26, 2024 "The core of our AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms." *AA Co-Founder, Bill W., May 1948, "Tradition Six", The Language of the Heart*



AA Archives

The Best of Big Book Dave:

June in Our History:

June 10, 1935: Dr. Bob who becomes AA's co-founder takes his last drink on this date. June 10th is considered by most AA members and historians as the Birthdate of AA.

June 28, 1935: In the hospital Bill W. and Dr. Bob confront Bill D., a well known attorney in Akron, strapped down on a bed. (He will become AA # 3.)

June 1940: "The Serenity Prayer" is found in the N.Y. Tribune newspaper by two members and brought into our N.Y. office. Bill W. liked it so much it was re-printed and sent out with all replies to inquiries about AA from that day forward.

June 1947: This issue of The Grapevine carried for the first time, the AA Preamble, written by the Grapevine's editor, Tom Y.

June 11, 1971: Ernie G. died. He was "AA #4". Married Dr. Bob and Anne's daughter Sue but could not hold onto his sobriety and the marriage fell apart.

June 1994: Our AA Grapevine celebrated it's 50 years of continuous publication!

June 14, 1999: Time Magazine" special issue. The 100 most influential people of the 20th century. Bill W. is included with a well written article by reporter Susan Cheever.

From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



OUR THANKS to B.B. Dave & Mathea A.



Traditions Checklist

From The A.A Grapevine

Tradition VI:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
- Should the secretary of our group serve on the mayors' advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

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

The Next Intergroup Meeting
June 28th, 9:30 am

Intergroup Treasurers Report

May 2025

Income:

Hui Ohana	7th	1250.00
Princeville Hanalei	7th	25.00
Sunrise Sobriety	Literature	36.00
Anahola Jaywalkers	Literature	29.00
Waimea Canyon	Literature	33.00
Benita	Literature	38.00
Womens Group	Literature	15.00
Total Income:		<u>1426.00</u>

Expenses:

Prisons & Institutions	Big Bks	120.00
Guardian Storage Locker	Lit. Storage	178.01
Inkspot	Newsletter	95 .00
Hawaiian Telcom	Hotline	40.11
Benita	Literature	562.10
Total Expenses		<u>875.22</u>

Net	<u>85.29</u>
Balance	3452.29
Prudent Reserve	- <u>1300.00</u>
Operating Balance	<u>2200.57</u>

~ Prepared by Tom R.~

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

Aloha Kauai Fellowship, Our May Intergroup Meeting saw the few changes and updates to Panel 75 Intergroup Bylaws passed, signed, and now posted on our website.

Kauai Intergroup is responsible for the financing and administration of our Hotline, The Garden Island Sobriety Newsletter, Our Literature Storage Unit, Post Office Box, Some Local events, and printed schedules. The Website and Zoom accounts are shared with District 6.

Due to the fact That we have been updating and improving our shared accounts for the Website and increased printing costs for the Newsletter and schedules, **we would like to suggest that Groups might consider increasing their percentage of 7th Tradition contributions to our Kauai Intergroup.** While we are proud of the fact that our Island has been historically one of the largest contributors to Area 17 and GSO in the nation, let's spend at home before sending off Island.

We Voted To Combine our June/July Intergroup Meeting to June 28th to allow for the Annual Kauai Roundup and those traveling in July International Convention in Vancouver. There will be no Intergroup meeting in July.

Our next Intergroup Meeting after that will be Saturday August 2nd at 9:30am. Our continuing goal is to keep the meeting to an hour to allow those with other time commitments to plan in advance.

On a personal note, I have now retired in May and will be regrouping and seeing what the next adventure will bring. Please know that I can be available should there be anything you wish to suggest as to how we can continue to improve our community through cooperation and participation.

Your trusted servant, ~ Kathryn B., Intergroup Chair

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting :
June 21st 9:30 am

COFFEE, WATER & PASTRIES WILL BE SERVED

District 6 Treasurer's Report

May, 2025

Expenses:

Office Expenses	208.85
Archives	239.45
Website Domain	1114.91
Total Expenses:	1563.21
Current Balance	2926.81
Prudent Reserve	-1200.00
Operating Balance	403.90

~ prepared by Katherine ~

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

SEND DISTRICT CONTRIBUTIONS

Kaua'i District Committee

P.O. Box 1503
Kapaa, HI 96746



**Request a newsletter
by e-mail**



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Service is Sobriety

Expect A Miracle

Send GSO Contributions

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P.O. Box 2407

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New York. New York 10116-2407



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

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at: www.area17aa.org