

September 2024

Garden Island Sobriety

Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”



He said:

Always difficult; Step 9 in my experience, is best carried out with the help of a sponsor or two. Mostly we want the “heat” off. We want to return to the state of not having a care in the world. In our old drinking life we could easily (at least at first) just “drink away” our feelings of inadequacy that came with never saying: “I’m sooo sorry!” After attending a few meetings I began to hear the frequently recited “promises”. Something about being painstaking and the phase of development. It was pointed out to me that the so-called promises were related to step 9 but that I had to be halfway through my amends list. It seemed like a lot of work and humiliation. The extraordinary promises were always just out of reach. I wanted economic security; doesn’t everyone!? Then I realized I was only being relieved of the fear of being broke. I was going to still be broke until I went out and got a job. Any job! A new freedom? That took time. Years in fact. Meanwhile I kept trying to be “halfway through”; but in fact I was just “half measuring” EVERYTHING! My “old ideas” somehow were good enough; after all I didn’t drink anymore, and I was going to a lot of meetings. And I had a bunch of service commitments. But what about the difficult unfinished amends; they couldn’t possibly lead me back to drinking, could they? One day I was reflecting on my life. How could that be “morbid”?

I **came to realize** that by not regretting the past or shutting the door on it I could in turn use those harrowing experiences to further my sobriety. By sharing with others my spirit was growing. Although it seems dogmatic at times to rehash the past in relation to AA I have found people wanting. Step 9 many times exposes my self-centered thinking.

(cont. p 2)



She said:

“I prefer to not think before speaking. I like being just as surprised as everyone else by what comes out of my mouth.”...anonymous.

I **arrived at AA’s doorstep** with no perception of my feelings – only whether I felt comfortable or not comfortable. I had vaguely considered myself a nice person – you know, not homicidal – but sometimes I’d blurt rude remarks without consideration for another person’s feelings. I had no experience making amends, so I’d just avoid the person for awhile, hoping the dust would settle and maybe they’d forget.. and maybe even forgive me? My estrangement from reality had grown as my alcohol dependence progressed, and I couldn’t determine which notions about myself were valid or fantasy. I didn’t know how to fix myself; AA suggested Steps to take to restore me to sanity.

As I developed courage and resilience through the work involved in each step – relying on an ever-growing relationship with a Higher Power, soul-searching to face my character defects, recognizing relationships damaged by my self-centered focus – I realized the conversion and wanted more. Is it selfish to want to be free? “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” I wanted to be able to greet anybody in my life without dread or embarrassment. Repairing my relationships with family, friends, coworkers and others I had listed in Step Eight launched the practice of clearing up wreckage I had created and (gulp) asking forgiveness. Whew – less baggage to drag around. This also gave me opportunity to consider them in a different light: where I had felt indifferent or wronged, I could pass along the acceptance and love I had experienced in the rooms of AA. If they had wronged me, I had already learned to pray for them and

(cont. p 2)

Birthdays p.2

Meetings p.3

AA Archives p.4

12 Concepts p.4

AA Hotline 245-6677

He Said: *(cont)* Even my own family may not be aware of a need for amends and in turn may comment that I'm trying to "make a mountain out of a molehill". During Step 9 it is easy to get bogged down by the passage of time. After years and years of drinking old habits die hard. Many times we can feel immune to the "slings and arrows" of bad behavior; but can we really ever truly escape? This lands us in the quandary of life: Only Time Will Tell. Well, I have found that YES! time will tell; and in a life without alcohol truth rises to the surface like cream on fresh milk! Do not try the desperate experiment of adding whiskey to milk in hopes of a reprieve. The gates of insanity and death are waiting. I look forward to seeing you all next month when sanity will have returned in Step 10. Arrivederci.

~Anonymous, Kauai

She Said *(cont)* ask for the willingness to let go of any resentments, and forgave them -- less baggage. Most of my victims were happy for me to be recovering from the ravages of alcoholism. Over time several of my coworkers asked for suggestions on how to get help for other suffering alcoholics.

Friendships I had wandered away from because of my alcohol abuse I was able to restore and still enjoy. They too are grateful I found recovery in the rooms of AA, and have remarked on my maturing! What are friends for...sigh.

My family -- Mom of course was thrilled I had quit drinking, and grateful that I had renewed a relationship with my Higher Power -- she'd been praying for me. My sister came with me to AA meetings for a while, and she knows where to find us. My brother couldn't understand why I'd gone to AA for help -- maybe that's the rugged individualism. He forgave me anyway for my shortcomings. I found the family I had boarded with during college and paid my rent owed plus cost-of-living adjustments.

I am so grateful for our preceding Steps which have enabled me to rectify these relationships.

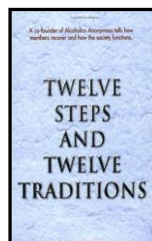
Mahalo ke akua.

~ Anonymous, Kauai

Happy Birthday

Samantha F.	8/15	1989	35 yrs
Forest	8/5	1990	34 yrs
Myra L.	8/18	1990	34 yrs
Joy E.	8/21	1991	33 yrs
Sue G.	8/4	1991	33 yrs
Lenny I.	8/3	1992	32 yrs
Grekhen	8/8	1992	32 yrs
Jeff T.	8/10	1997	27 yrs
Linda B.	8/11	1997	27 yrs
David H.	8/1	2000	24 yrs
Harold	8/24	2001	23 yrs
Elle N.	8/12	2003	21 yrs
Jenn	8/13	2004	20 yrs
David B.	8/5	2005	19 yrs
Manny R.	8/8	2005	19 yrs
Nancy M.	8/29	2005	19 yrs
Rhonda	8/18	2006	18 yrs
Duanne	8/14	2006	18 yrs
Damione V.	8/28	2007	17 yrs
Denny M.	8/31	2008	16 yrs
Jay A.	8/23	2009	15 yrs
Mitchell A.	8/16	2013	11 yrs
Sonja C.	8/12	2016	8 yrs

Congratulations Everyone!!



The 12 x 12 on Step 9

Good Judgement (page 83)

a careful sense of timing, courage, and prudence—these are the qualities we shall need when we take Step Nine. After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

A.A. Meetings

Hui' Ohana Nightly Reflections



Hui 'Ohana NEW MEETING

FRIDAY 6:00 PM

Hui' Ohana POTLUCK

Hui Ohana virtual meetings (Sun-Sa)

have a new Zoom address:

login: 895 6728 8988

pw: Recovery (case sensitive)

<https://us04web.zoom.us/j/89567288988>

A.A. Activities

Labor Day Potluck



Salt Pond - Main Pavillion

10:00 to 4:00 pm

Monday September 2

Speakers, Service Workshop &

Sobriety Countdown

NEW: "TALENT TIME"

Bring Your Musical Instruments!

~Sponsored by Waimea Cyn Group~

GRAPEVINE Quote of the Day

September 5, 2023 "William Duncan Silkworth ... supplied us with the tools with which to puncture the toughest alcoholic ego, those shattering phrases by which he described our illness: the obsession of the mind that compels us to drink and the allergy of the body that condemns us to go mad or die. Without these indispensable passwords, AA could never have worked." AA Co-Founder, Bill W., August 1957, *"The Physicians", The Language of the Heart*

September 6, 2023 "I am glad for everything that has happened to me. I have found a way of life that I wouldn't trade for anything in the world." *"When I Was Sixteen, I Was Ready," Magnolia, Arkansas, January 1978, Young & Sober: Stories By Those Who Found AA Early*

September 8, 2023 "Humility is not thinking less of yourself, but thinking of yourself less." *"Distilled Spirits," Indianapolis, Indiana, August 1982, AA Grapevine*

September 22, 2023 "I show up early, I am involved, and I reach my hand out to the next person coming through the door. It's amazing how very easy it is to make a difference for others and for yourself just by accepting the responsibility to pass the message on."

"Fountain of Youth," Nelson, New Hampshire, August 1998, Young & Sober: Stories By Those Who Found AA Early

September 23, 2023 "Alcoholics Anonymous was nurtured in its early days around a kitchen table ... True, we have progressed materially to better furniture and more comfortable surroundings. Yet the kitchen table must ever be appropriate for us. It is the perfect symbol of simplicity." AA Co-Founder, Dr. Bob, September 1948, *"The Fundamentals in Retrospect", Spiritual Awakenings: Journeys of the Spirit*

September 25, 2023 "I have learned how to place principles before personalities, begun to understand that it's okay for me to be wrong, and that it is also all right for me to allow others to be wrong and to make mistakes. Learning to let go is a huge part of service work on all levels." *"More Than One Way," Cleveland, Ohio, February 2010, Young & Sober: Stories By Those Who Found AA Early*

September 28, 2023 "I had been undergoing a spiritual experience without knowing it. My confused questioning about a Higher Power, my changed mental attitude, and even my physical recovery had all be part of a spiritual awakening. Without knowing it, I had been in contact with the source of life, whatever or whoever that might be." *"So That's a Spiritual Experience!," York, Pennsylvania, January 1977, Spiritual Awakenings: Journeys of the Spirit*



AA Archives

The Best of Big Book Dave:

September in Our History:

Our newsletter has been blessed by a relationship between Kauai's very own Mathea A. and a man from Fairbanks, Alaska known as Big Book Dave. They met only once, in 2012, at an AA meeting in Fairbanks and spoke for a mere 10 minutes. Mathea was prompted to approach Dave by recognizing the value of his monthly work on an AA Archives report. They quickly forged a relationship whereby he would send her a copy of his work every month and she would then forward it for publishing in our Garden Island Sobriety newsletter.

The GIS announced in September 2016 that in July of that year, at 75 years of age, Big Book Dave left us for the Big Meeting in the sky. All we really know is that, as he said to Mathea, his health was failing. Big Book Dave faithfully continued to send his report, for our benefit and the benefit of all who read it, even in that last month of July 2016.

As we trudge the road to happy destiny let us remember that the wonders of AA are many when we allow our Higher Power to move us, forge new connections and share our Sobriety with each other. We will always remember Big Book Dave and be grateful for his sobriety, for his monthly reports and for helping us to grow in AA. Dave's work is still published in our newsletter under the heading "The Best of Big Book Dave." Our Eternal Thanks to You Dave. R.I.P.

September 1914: At this time Bill W. and Lois B. meet and fall in love. Lois was highly educated, a graduate of Packer Collegiate Inst. in Brooklyn plus several years of Art School in N.Y.

September 30th, 1931: Bill W. wrote his last promise in the family bible to quit drinking. He was a complete failure!

September, 1940: "The AA Bulletin" finds nine "secure groups" in NYC, Washington DC, Detroit, Chicago, Philadelphia, Houston, Akron, Cleveland & Los Angeles.

R.I.P. 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.



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



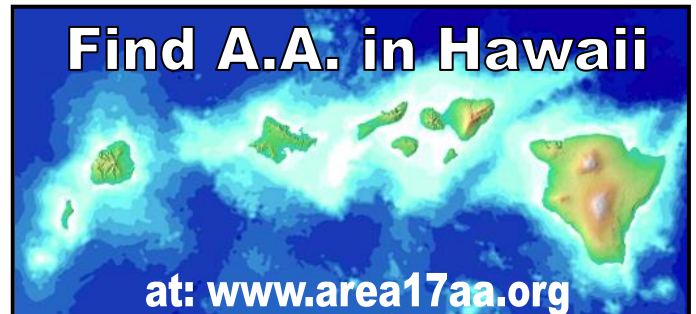
Concepts Checklist

Concept IX

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

- Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"
- Do I set a positive leadership example?

Find A.A. in Hawaii



at: www.area17aa.org

Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee

P.O. Box 1413

Honolulu, HI 96806

Please include "District 6" & Group Name on check



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



Kauai Intergroup

**Next Intergroup Meeting
September 14th, 9:30 am**

To Attend these meetings on Zoom:
Zoom ID: #727 056 4300 Passcode: 043962

Intergroup Treasurers Report

August, 2024

Income:

Sunrise Sobriety	Literature	6.00
Sunrise Sobriety	Literature	164.00
Na Wahaine	7th	151.67
Koloa Aloha	Literature	125.00
Koloa Aloha	7th	30.00
North Shore Aloha	7th	25.00
Total Income:		<u>501.67</u>

Expenses:

Guardian Storage	Locker	167.54
Hawaiian Telcom	Hotline	38.61
Inkspot Printing		93.19
Ann W.		89.00
B of A		89.00
Total Expenses		<u>484.78</u>

Total Income: 501.67

Total Expenses 484.78

Net 16.89

Balance 6079.16

Prudent Reserve -1300.00

Operating Balance 4779.16

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

**The Next District Meeting :
September 21st 9:30 am**

To Attend the meeting on Zoom:
Zoom ID: #727 056 4300 Passcode: 043962

District 6 Treasurer's Report

August, 2024

Income:

Koloa Aloha	30.00
Northshore Aloha	25.00
Na Wahine Kuponu	91.00
Total Income:	146.00

Expenses:

Anastasia A.	53.86
Total Expenses:	53.86

Bank Balance 4120.36

Prudent Reserve -1200.00

Operating Balance 2920.36

~ prepared by Bob F.

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.

Hybrid Is Happening ~Calling all Techies~

We have an exciting update on the technological advances for Kaua'i District 6 and Intergroup. In May, we were finally able to, once again, hold our District meeting in hybrid format. Mahalo to Charlie S, web support, and Jenn D, a very patient AA sister, who helped me to understand the HOW of hosting a zoom meeting.

Charlie was our Beta tester and attended the meeting on Zoom. He was able to give his website report from home. In June, Intergroup was available on Zoom/ hybrid and 4 members were in attendance, bringing our total in attendance to 14 that day! Mike T, Events Chair, was home sick and was able to give his Standing Committee report live and from home. The June District meeting brought 3 members via hybrid. Ann W gave her Intergroup Chair report and Annie C gave her GSR reports for Saturday Sober Sisters and the Mynah Bird.

Please announce at any meetings that you attend that both the District and Intergroup meetings are being held on Zoom. We want you, our island members, to help us carry the message to the still suffering alcoholics. By attending District and Intergroup, we learn more about the business and fun/events/activities of AA on Kaua'i and AA world-wide first hand.

Come and enjoy participating in the Service side of our Triangle as much as we do. The link is on our website under "More" on the top banner www.kauaiaa.org. District and Intergroup meeting links are the same:

Meeting ID # 727 056 4300

Password is 121212

What we need now are people who would like to help run the hybrid part of these meetings. We have most of the equipment (right now, we use our own laptops) already purchased. Your input and thoughts on the Topic of "Hybrid: to be or not to be" will be discussed at the next few Intergroup and District meetings.

Hope to see you at the next meeting on the first and third Saturday of the month. District meetings now having coffee and pastries/light snack.

Mahalo for allowing me to be of service. Shoshanah B, District 6 secretary, Panel 73 808.634.7236

Service is Sobriety



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**

Intergroup Committee:

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	Tom R.
Literature:	Benita A. & Jeanne L
Hotline	Sean G.
Website:	Charlie S
Events:	Mike T

District 6 Committee:

DCM:	Anastasia A
Alt. DCM:	Jim D
Secretary:	Shoshanah
Treasurer:	Bob F
Website:	Aaron
Corrections:	Garrett S
Grapevine:	