

March 2026  
**Garden Island Sobriety**  
STEP THREE

**“Made a decision to turn our will and our lives over to the care of God as we understood him.”**



## He said:

*Made a decision to turn my will and my life over to the care of a Higher Power.*

**What does that mean?** When I first heard this, I was in so much pain from my loneliness and addiction that I would have done anything I was told. Today, I understand what it really means: I am not in charge. The life I ran on self-will was a damaging one. My will was only part of the problem — my belief that I deserved everything I wanted, my lack of concern for others, the lying and taking with no remorse — all of it showed me how far I had fallen.

**With Step Three**, I came under new management. I am not in control; I am here to do a job given to me by a Power that wants the best for me — a Power I can trust to make the right choices, not just for what I want, but for the good of all.

**Step Three is something I work on every day.** I accept that I am not meant to run the show, yet I still take things back all the time. Sometimes I think it's too small to bother my Higher Power with, or I get impatient and believe I can handle it myself.

**What usually happens** is that I waste time and energy on something that would have worked out fine if I had just let go. Instead, I spin it into a hairball that everyone has to deal with. That puts me back in control — and that is not a safe place for my mind to be.

**So when I talk** about Step Three, my greatest tool is the Third Step Prayer. I say it — or at least part of it — probably fifteen times a day. It has replaced the Serenity Prayer as my go-to:

*“God, relieve me of the bondage of self...”*  
Help me get out of my own chaos.

**And the line**, “God, help me be of use to You and to others,” pulls me out of myself and puts my program and my Higher Power back in charge.

**Today**, Step Three is an everyday comfort for me.

Kirk M., Sunrise Sobriety



## She said:

### Step Three: Learning to Let Go of Control

**Step Three of Alcoholics Anonymous says**, “Made a decision to turn our will and our lives over to the care of God as we understood Him.” For me, this step has meant redefining what strength really looks like.

**I grew up in a household with** nine children. If I wanted something to happen in my life, I had to make it happen myself. I learned to be a go-getter. I became independent, driven, and determined not to be seen as needy. Growing up in what others might label a “needy family,” I carried a quiet determination to prove that I didn't need help from anyone. That mindset served me in some positive ways—but it also made surrender feel like weakness.

**By the time I reached recovery**, I was exhausted from trying to manage everything on my own. Step One showed me I was powerless over alcohol. Step Two helped me believe that a Power greater than myself could restore me to sanity. But Step Three required something deeper: a decision to stop running the show.

**Turning my will and my life** over to God, as I understand Him, does not mean giving up ambition or responsibility. It means releasing the illusion that I have to control every outcome to be okay. It means accepting help without feeling “less than.” It means trusting that I am cared for, even when I am not the one forcing things into place.

Cont. p 2

**AA Hotline 245-6677**

# Happy Birthday

Congratulations Everyone!!

## Expect A Miracle

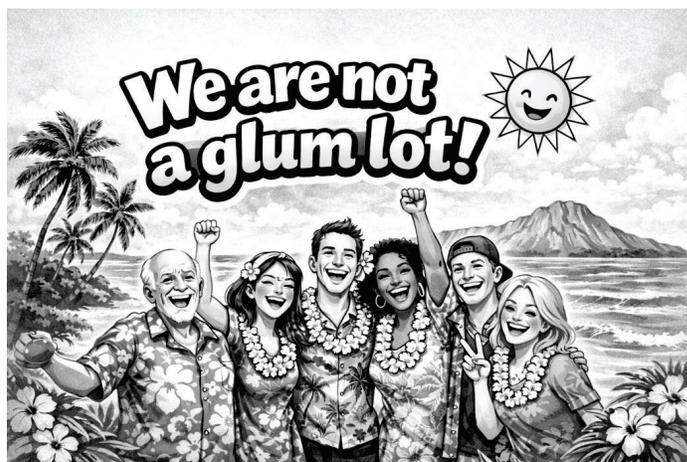
Lucky	2/10/81	45
John P.	2/5/84	42
Denise	2/18/84	42
Fran M.	2/14/86	40
Annie B.	2/15/98	28
Jeff S.	2/14/02	24
Bill S.	2/2/04	22
Janice M.	2/5/06	20
Susan C.	2/24/07	19
Arthur D.	2/1/08	18
Brittni B.	2/5/08	18
Alex	2/3/08	18
Laura L	2/14/08	18
Pat C.	2/16/08	18
Kathy B.	2/19/08	18
Mark A.	2/29/08	18
Susan O.	2/2/09	17
David A.	2/23/09	17
Kirt	2/4/09	17
Chris H.	2/14/10	16
Christopher	2/19/10	16
Jami K.	2/22/10	16
George K.	2/22/10	16
Alysson	2/26/11	15
David A.	2/23/11	15
Taylor	2/17/12	14
Bronson B.	2/1/12	14
Kyler	2/3/13	13
Karen F.	2/2/13	13
Ramon	2/11/11	12
Luigi	2/16/25	1

### *She Said Cont.*

**Alcoholics Anonymous Tradition Three** states that the only requirement for membership is a desire to stop drinking. I find comfort in that simplicity. I do not have to prove my worth. I do not have to come from a perfect background. I only need the willingness to change. That truth softens my old belief that I must earn my place or do everything alone.

**Today, Step Three** is a daily decision. I still have that go-getter spirit, but now I try to pair it with humility and trust. Strength, I have learned, is not doing everything by myself. True strength is asking for guidance, accepting support, and trusting that I do not walk this path alone.

*Stacey B, Sunrise Sobriety*



### About Publishing Birthdays

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

[newsletter@kauaiaa.org](mailto:newsletter@kauaiaa.org)

## A.A. Meetings

## A.A. Activities

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

### Understanding Anonymity

Hosted by Area 17, Public Information Committee

March 14, 2026 @ 3:00pm

Zoom ID: 816 403 0349

Passcode: pi2026

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

District 6 Monthly Meeting - Lihue Lutheran Church

April 4 @ 9:30 am - 11:30 am

Kauai Intergroup Meeting - Lihue Lutheran Church

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

Inform the Delegate - District 5 Maui No Ka Oi

April 27 @ 8:00 am - May 3 @ 5:00 pm

General Service Conference - New York, NY

September 11 - September 14

Women's Retreat - Camp Naue, Hanalei





## Intergroup Chairperson Report

Aloha Kauai AA Fellowship,

The next Intergroup meeting will be held on **March 7th**. Our regularly scheduled meeting takes place on the **first Saturday of each month at 9:30 a.m. at the Lutheran Church on German Hill**. All groups are encouraged to have an Intergroup Representative attend our monthly meetings.

The **Roundup Planning Committee** will meet immediately following the Intergroup meeting. Both meetings will also be available on Zoom.

At Intergroup, we make decisions and vote on matters that are important to all of our Kaua'i groups. This is the platform to announce upcoming events, request support from other local groups, and exchange ideas.

Please visit [Kauaiaa.org](http://Kauaiaa.org) for details and flyers on our events calendar.

Progress is visible as we continue to increase unity and participation throughout our island fellowship.

*Your trusted servant,  
Kathryn B.  
808-635-5457*

## Intergroup Treasurer Report

March 2026

<u>Income</u>	<u>Details</u>	<u>Type</u>	<u>Total</u>
jennifer D	Ck5312	reimbursement	\$35.00
B/B Nooners	Ck5316	7 <sup>th</sup>	\$50.00
Koloa Nooners	Ck849	Literature	\$30.00
North Shore Aloha	Cash	Literature	\$96.00
Anahola jaywalkers	Cash	Literature	\$30.00
Sunrise Sobriety	Ck850	Literature	\$12.00
Sunrise Sobriety	Ck585	Literature	\$35.00
	<b>Total</b>		\$288.00

<u>Expenses</u>		
Guardian Self Storage	Litertature Locker	\$178.01
Hawaiian Telecom	Hot Line	\$41.36
Benita	Supply's	\$70.00
Ann	Gis	\$98.52
Kathryn	Air fare Assembly	\$175.11
Kathryn	Air fare Prassa	\$169.81
Kathryn	Registration Prassa	\$75.00
Kathryn	Registration Assembly	\$35.00
District Committee	Chair App	\$32.89
	<b>Total</b>	\$875.70

<u>Income</u>	\$288.00
<u>Expenses</u>	\$875.70
<u>Net</u>	<b>\$587.70</b>
<u>Balance</u>	\$3,428.56
<u>Prudent Reserve</u>	<b>\$1,300.00</b>
<u>Operating Balance</u>	\$2,128.56



### Intergroup Committee:

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

**SEND YOUR CONTRIBUTIONS TO:**

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

Request a newsletter  
by e-mail

[newsletter@kauaiaa.org](mailto:newsletter@kauaiaa.org)

# District 6, Kauai

## DCM's Report

As we move into March, I reflect on where I was at this time last year, where my appreciation of this program is today, and what AA and my Higher Power have in store for me tomorrow.

At this time last year, I was planning for PRAASA in Anchorage, Alaska. I had traveled to Alaska before, but never in the winter. Were my winter clothes sufficient? How was I going to get around? I didn't know anyone "up there." I had volunteered for an activity but didn't know what time to be there—along with many other questions.

I had been in touch with the Registrar, Lisa, whom I had only texted with. She assigned me an early volunteer shift at the registration desk and asked if I needed transportation and a place to hang out before my hotel check-in time, all of which I graciously accepted—until I mentioned my 4 a.m. arrival. At that point, she sent me her address and a photo of her entrance and told me to come in and make myself comfortable. OK, no problem!

At the airport in Honolulu, the AA spirit was running high, with lots of Area members, GSRs, Area Officers, Delegates, and Past Delegates all taking the red eye to Anchorage. Once we touched down, everyone headed off on their individual early-morning agendas. I found an Uber to Lisa's house, which in the headlights looked very different from her summer photograph—but I was in the right place, hopefully!

She had given me directions on how to enter their home, but as I opened the front door, a man appeared and politely asked, "Do I know you?" Fortunately, Lisa materialized, explained my presence to her husband, made me a cup of coffee, and then went back to bed.

She was my saving grace for the entire weekend, introducing me to all her Anchorage friends, helping me through registration, and driving me back to my neighboring hotel. It was an experience I will always cherish and hopefully reciprocate with Lisa—or with whoever is placed in my path this month at PRAASA in Honolulu.

I encourage everyone to step out and enjoy the gifts of AA: PRAASA, the Kauai Round-Up, and the men's and women's retreats.

*Bob F.  
DCM, District 6 Kauai*

## District 6 Treasurer's Report

### Group Contributions

	Dec-25	January	February	Total
	4,705.43			
Northshore Aloha #123155		35.00	35.00	70.00
3rd Tradition Group		60.00		60.00
Primary Purpose		68.00		68.00
Kauai Intergroup (Website, Zoom, & Hostgator)		5.23	32.89	38.12
PayPal			4.36	4.36
BB Nooners			10.00	10.00
Group Contributions Total		168.23	82.25	250.48

### District 6 Expenses

Expense	2026	January	February	Actual	Difference	Chair
PO Box	250.00		242.00	242.00	8.00	
Office Expense	300.00		52.33	52.33	247.67	
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		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 Sobriety 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			-	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	733.80	1,899.08	4,655.92	
Prudent Reserve	1,200.00				1,200.00	
Operating Balance		2,508.38	1,856.83			
Bank Balance		3,708.38	3,056.83			
Profit or Loss					(1,648.60)	



### 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

## AA Service Structure

## District 6 Contributions

INTERGROUP	DISTRICT
Partnership of AA groups in a community	AA groups in an area determined by population, geography, possibly linguistics
Helps groups in their common purpose to carry the message	Part of the General Service structure
Carries out functions common to all groups but best handled by a centralized office or entity	Maintains the link between AA groups and the General Service Board
Representative from the AA group is the <b>Intergroup Representative (IGR)</b>	Representative from the AA group is the <b>General Service Representative (GSR)</b>
FUNCTIONS	FUNCTIONS
Managing Hotline and 12-Step Calls	Two-way communication between GSRs, the Area Delegate and Conference
	District Committee Member (DCM) and District Committee are exposed to the group conscience of the district
Maintain information regarding local hospitals for AA	Provide a forum where groups can come together to share experiences and solve problems together in unity, carry the message
Publish local meeting list	
Provide local newsletter (Garden Island Sobriety)	Further tasks based on local needs
Ordering, selling and distributing AA Conference approved literature	District committees: Archives, Cooperation with Elder Community, Cooperation with the Professional Community, Grapevine, Mynah Bird and Public Information
Circulating information among AA groups in the community	
Has local committees such as Corrections and Events	
Manages annual Thank-thon	
Manages Kauai Website	
Reports at the Area Assembly regarding Intergroup status	Reports at the Area Assembly regarding District status
Has vote at the Area Assemblies	Has vote at the Area Assemblies

### QR Code

7th Tradition Contributions



### Check

Kauai District Committee  
 PO Box 1503  
 Kapaa, HI 96746

**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

**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

**HAWAI'I AREA 17**  
**Humility in Action**

