

April 2026
Garden Island Sobriety
STEP FOUR

“Made a searching and fearless moral inventory of ourselves.”



He said:

This is the step that gets us to put pen to paper. This step was the beginning that I never knew I needed. I just wanted to stop drinking, but I never knew that my problem wasn't actually the alcohol itself - it was what I was using drinking alcohol to hide from.

I used drinking to combat every emotion. I used it in order to avoid accepting that I was the problem. This is what gave me my favorite saying: "I'm just trying to be the right size." I understood the concept of instincts but I never knew there was a right amount; I wanted it all.

My misguided instincts are what changed my physical and mental strengths into actual liabilities. This is what I look at now, and work to define why I used my instincts. The growth in these areas occurs daily, and requires a lot more work than just accepting that I am an alcoholic.

Putting my character defects down on paper wasn't a hard thing for me - essentially I already thought I knew them pretty well - ranging from ego to pride, not to mention procrastination and control. Once I started writing them down, these defects came flying out of me, the problem was in the beginning I had no idea what I was talking about... I haven't even learned how to cry yet. So yes, I determined I had all the defects in the world, and now I have to live with them all.

However, as time moves on through sobriety, your head starts to clear up & you start putting things into different categories. You start making sense of your mind and realize that your character defects are all tied to one thing, which is FEAR.

Fear is the underlying factor to all my personal defects, and accepting that is key to finding a solution. If I am uncomfortable, I am operating in 'fear mode'. So in order to help myself, I transformed the word F.E.A.R to an acronym - which stands for "False Evidence Appearing Real". Once put into that acronym form, it greatly helped me realize my fear is just a creation within a sick mind.

I have a choice to make when it comes to fear, and one of the choices is to force myself into faith mode from fear mode.



She said:

Step Four of Alcoholics Anonymous was one of the most eye-opening parts of my recovery journey. Taking a fearless and searching moral inventory of myself forced me to look beyond the surface of my actions and examine the patterns, fears, and resentments that had been driving my behavior for years. Surprisingly, writing the list itself wasn't that difficult. It was easy to remember the people who had hurt or upset me. What I didn't expect was how much deeper the process would go once I moved beyond simply listing those resentments.

Growing up, I learned to rely on myself. In a large family, I felt like I had to be a go-getter to make anything happen in my life. While that independence helped me in many ways, it also created a deep resistance to asking for help. As I worked through Step Four, the real challenge—and the most eye-opening part—was the self-reflection that followed. Looking at my own role in situations forced me to confront patterns of control, fear, people pleasing and pride that I hadn't fully recognized before.

I began to see how my fears—of being seen as "less than," of being vulnerable—had influenced my reactions and relationships. Taking responsibility for my part was humbling, but also freeing. Instead of staying stuck in what others had done to me, I could acknowledge where I had been dishonest, selfish, or afraid. That shift in perspective gave me a sense of clarity I hadn't experienced before.

Step Four helped me understand that healing begins with honesty. By putting my thoughts on paper and then reflecting on them, I was able to separate fact from emotion and start letting go of long-held resentments. It prepared me for the

Happy Birthday

Congratulations Everyone!!

Pat Q.	3/7/1977	49
Bebe S.	3/10/1980	46
Gerry J.	3/4/1981	45
Deborah	3/3/1987	39
Dave G.	3/7/1987	39
Judy B.	3/2/1987	39
Larry	3/24/1987	39
Julie M.	3/1/1987	39
Kelly H.	3/4/1988	38
Norman P.	3/1/1991	35
Kathy	3/12/1997	29
Kristin	3/11/1997	29
Julia O.	3/11/1997	29
Sherwood C.	3/17/1998	29
Heather C.	3/10/2004	22
Julie H.	3/30/2004	22
Jennifer C.	3/5/2005	21
Eddie	3/1/2005	21
Mike H.	3/5/2008	21
Cindy T.	3/14/2008	18
Susan O.	3/2/2009	17
Megan	3/10/2010	16
Anne A.	3/29/2010	16
Brandi R.	3/1/2013	13
Brian B.	3/25/2015	11
Victoria M.	3/14/2016	10
Ray	3/18/2017	9
Estrella	3/15/2017	9
Suzie	3/3/2019	7
KK	3/18/2022	4

AA  Hotline 245-6677

He Said Cont.

We do whatever we can to stay sober, and this is one of the main points that helps me the most in my day-to-day life in turning my will and my life over to the care of a God of my understanding.

Kirk M., Sunrise Sobriety



Expect A Miracle

She Said Cont.

next steps by helping me become more open, willing, and accountable.

Tradition Four reminds me that each group should be autonomous, except in matters affecting other groups or AA as a whole. I see a connection between this and Step Four in my personal recovery. Just as groups are trusted to govern themselves, I am responsible for taking an honest look at my own life. My recovery is my responsibility, but it is also strengthened by being part of a larger fellowship. This balance between personal accountability and shared support continues to guide me in my journey.

Stacey B., Sunrise Sobriety

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

April 4 → [Kauai Intergroup Meeting](#)

May 2 → [Kauai Intergroup Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

April 11 → [District 6 Monthly Meeting](#)


May 16 → [District 6 Monthly Meeting](#)

Lihue Lutheran Church 4602 Hoomana RD

 **EVENT** April 18 → [HICYPAA HIKE & BEACH DAY](#)
Shipwrecks Beach 2200-2202 Ainako St., Poipu

April 18 & 19 → [Inform the Delegate](#)

District 5 Maui No Ka Oi

 **EVENT** April 24-27 → [Women's → Retreat](#)
Hale Koa Kokee, Hawaii

April 25 → [2026 Spring Assembly Fund Raiser](#)

Lihue Lutheran Church 4602 Hoomana RD

 **EVENT** April 25 → [Sponsorship Workshop](#)
Old Hanalei Court House 5-5370 Kuhio Hwy

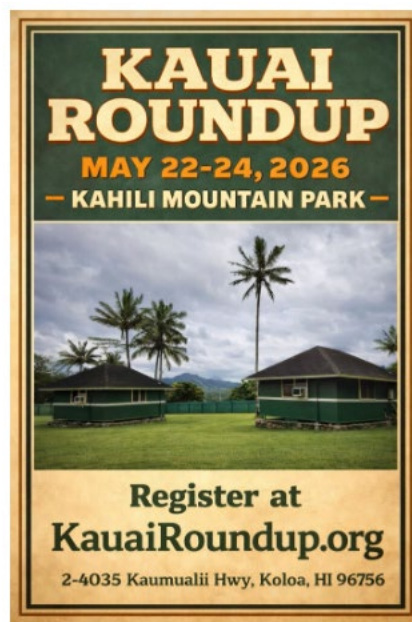
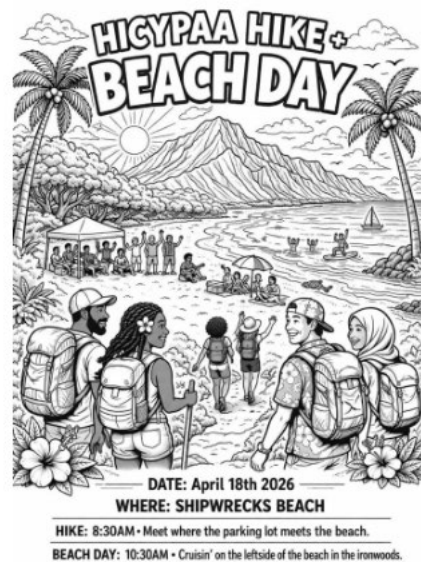
April 26 → May 2 - [2026 General Service Conference](#)

1335 6th Ave New York City, New York

May 16 → [May Committee Meeting](#)

District 12 Puna

 **EVENT** May 22-24 → [2026 Kauai Roundup](#)
Kahili Mountain Park 2-4035 Kaumualii Hwy





Intergroup Chairperson Report

Kauai Roundup 2026 Proposed Schedule

Aloha Kauai AA Fellowship,

The next Intergroup meeting will be held on April 4th. The Roundup Planning committee will meet directly after that. Both will be available on zoom.

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 meeting.

Please check out Kauaiaa.org for details and flyers on our events locale This is the platform to announce upcoming events, ask for support from other local groups represented, and to exchange ideas.

Your trusted servant,

Kathryn B. 808 635-5457

Friday, May 22: Arrival & Fellowship

- 2:00-5:00 Check in & Cabin/Campsite Setup
- 6:00 PM Welcome Dinner Provided
- 7:30 PM Opening Meeting – Gratitude & Intent
- 9:00 PM Campfire Fellowship Meeting

Saturday, May 23: Depth & Celebration

- 7:00 AM Meditation Meeting (Outdoor Overlook)
- 8:30 AM Breakfast Provided
- 10:00 AM Morning Speaker Meeting
- 1:00 PM Lunch Provided
- 1:30-4:00 Supervised Adult Activities*
- 4:00 PM Afternoon Speaker Meeting
- 6:00 PM Unity Dinner Provided
- 7:30 PM The Kahili Roundup Talent Show
- 9:30 PM Stargazing Campfire Meeting

Sunday, May 24: Reflection & Aloha

- 7:00 AM Aloha Meeting (Morning Reflection)
- 8:30 AM Farewell Breakfast Provided
- 10:00 AM Closing "Circle of Hope" Meeting
- 11:00 AM *Elect/Plan 2027 Roundup*
- 11:30 AM Site Clean-up & Final Sweep
- 12:00 PM Departure

*Pickleball, Paintball, Volleyball, Lei making, Crafts, Swimming



THE KAHILI ROUNDUP TALENT SHOW

Saturday, May 23rd @ 7:30 PM

"We are not a glum lot!"

Come share a song, a skit, a joke, or a story.

All levels of talent & "stupid human tricks" welcome!

TALENT SHOW SIGN-UP

Performance Guidelines:

Please limit your act to 5 minutes so everyone can participate.

Name / Cabin # _____

What's Your Act? _____

Equipment Needed? _____

SEND YOUR CONTRIBUTIONS TO:

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

District 6, Kauai

DCM's Report

I am grateful for all the volunteers from Kauai District 6 who attended PRAASA last month on Oahu.

AA is strong on Kauai. Our District and Intergroup meetings are well attended, both in person and on Zoom. We have several upcoming events: the Kauai Round-Up, Men's and Women's Retreats, and two General Service Workshops.

April is a busy time for General Service as we prepare to send our Area Delegate to New York for the General Service Conference. Deborah S is our representative—our voice and our vote.

Through your Home Group's GSR (General Service Representative), your group receives Conference agenda items to review and respond to before our Assembly later this month on Maui. Group conscience decisions are shared there, and our Delegate carries our collective voice and any special concerns forward.

Currently, Kauai does not have full representation on key General Service matters. This is partly on me and partly on our District's inability to reach groups without representation. We have 24 Home Groups from Kekaha to Hanalei, 53 in-person meetings weekly, and a few online meetings.

Home Groups are autonomous unless their actions affect AA as a whole. In this case, without your voice, AA is affected. We need to pull together—IMUA—with a common purpose.

We must support AA's Third Legacy: Service. Are we participating? Does your Home Group elect a GSR, Intergroup Representative, and Treasurer every two years? Are we practicing rotation? Are we introducing sponsees to General Service and the 12 Concepts?

Our goal remains the same: help the suffering alcoholic and strengthen unity. How can we help you help us?

Mahalo for allowing me to be of service.

Bob F.
DCM District 6



District 6 Treasurer's Report

Group Contributions					
	Dec-25	January	February	March	Total
	4,705.43				
Northshore Aloha #123155		35.00	35.00	35.00	105.00
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
Princeville Hanalei Group				217.00	217.00
Koloa Aloha				100.00	100.00
Sunday Serenity				111.00	111.00
Sober Eastside Wahine				14.00	14.00
Group Contributions Total		168.23	82.25	477.00	727.48

District 6 Expenses							
Expense	2026	January	February	March	Actual	Difference	Chair
PO Box	250.00		242.00		242.00	8.00	
PayPal Fee				0.98	0.98	25.00	
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			439.61	439.61	60.39	Vacant
PRAASA Travel	1,000.00	731.53			731.53	268.47	Bob
Treatment/Accessibility	5.00				-	5.00	Vacant
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	440.59	2,339.67	4,241.31	
Prudent Reserve	1,200.00					1,200.00	
	Operating Balance	2,508.38	1,856.83	1,893.24			
	Bank Balance	3,708.38	3,056.83	3,093.24			
	Profit or Loss					(1,612.19)	



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.

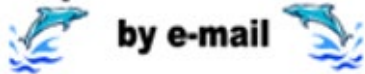
District 6, Kauai

Archives Report

The number of AA groups in District 6 (Kauai) is 271. Twenty two have their GSO number known to Area 17 Registrar and GSO. The remaining five are Happy Hour and four Salvation Army groups. There are 18 groups on our island with one meeting each and 9 groups with more than one meeting. The AREA 17 Registrar, Lizz D, with whom I shared a PRAASA Roundtable on Registrars, has all our information for now. Elections in the Fall of 2026 means we will need to forward to our Area Registrar the new contacts for each of the 27 groups.

Big Mahalo for Excellent Presentation of our Kauai meeting on our Website!!. This made the Registrar work easier

Request a newsletter



by e-mail

newsletter@kauaiaa.org

District 6 Contributions

QR Code

7th Tradition Contributions



Check

Kauai District Committee
PO Box 1503
Kapaa, HI 96746

Kauai Intergroup Treasure Report April 2026

Income	Details	Type	Total
-			
Koloa Aloha	Ck687	7 th	\$100.00
North Shore Aloha	Ck5880	7 th	\$35.00
Sunday Serenity	Ck7886	7 th	\$111.00
North Shore Aloha	Ck7784	7 th	\$35.00
Sunrise Sobriety	Ck592	Literature	\$60.00
North Shore Aloha	Cash	Literature	\$108.00
	Total		\$449.00
Expenses			
Guardian Self Storage	Literature Locker		\$178.01
Hawaiian Telecom	Hot Line		\$41.39
Benita	Literature		\$569.90
Benita	Literature Supply's		\$23.03
Anne	GIS		\$135.08
Ann.	GIS		\$95.00
Kathryn	Lodging Assembly		\$246.92
	Total		\$1,289.33
Income			\$449.00
Expenses			\$1,289.33
Net			-840.33
Balance			\$2,588.23
Prudent Reserve			\$1,300.00
Operating Balance			\$1,288.23

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