

September 2025

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: I had never realized the importance of this Step until I tried to do it the right way. Many times I had attempted it but it was always the wrong way, I wasn't really seeking sobriety and I was just another sorry drunk.

I said I'm sorry so many times that I thought I had patented the word. Then came the time that I had to actually sit down, look someone in the eye, and tell him that I was sorry for my behavior, both physically and emotionally. Most of all I began making an attempt to not repeat that behavior. I had been attempting to do this Step without the advice of my sponsor.

I was sober for a few months and thought I had this in my left hand rear pocket. next to my cell phone. But, I realized when I came back from the first attempt of making an amends that I had in fact done a shitty job of it. I needed help doing it the right way. I now realize that the right way is not to just say I'm sorry, but to make a "living amends". In other words not repeating that old behavior.

The old behaviors get older by the day and one of my character defects that I have to work on is forgiving myself.

Mahalo,
Sober at Sunrise



She said: In the Big Book, we are told, "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." Step Nine is where this begins to take real form. Up to this point, I had acknowledged the problem of alcoholism, seen the destruction it caused, and humbled myself enough to admit I could not repair the wreckage on my own. By Step Nine, the delusion that I could think or talk my way into a new life had to be abandoned. Action was required.

My old ways had been like a tornado roaring through the lives of others, leaving wreckage behind. Step Nine was not about dwelling on the faults of others but about sweeping up my side of the street. It was about humbly acknowledging the harm I caused, and, with God's help, making it right. Fear was once my greatest enemy—fear of creditors, fear of facing those I had wronged, fear of rejection. But I learned that humility is not humiliation; it is asking God for courage to do the right thing, no matter the outcome.

My sponsor guided me carefully. She had me write out my amends on note cards, review them with her, and plan for each conversation. At the close of every amend, she encouraged me to ask, "Is there anything I can do to help set the matter straight?" That question invited healing and showed my willingness to change. With her support, I did not shrink or mumble. I stood before people with sincerity and placed the results in God's hands.

I discovered that actions—not words—proved my sincerity. Step Six and Seven had prepared me by helping me change behaviors and motives. Step Nine

(cont.p2)

Request a newsletter



by e-mail



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AA Hotline 245-6677

Happy Birthday

Samantha F.	8/15	1989	36 yrs
Forest	8/5	1990	35 yrs
Myra L.	8/18	1990	35 yrs
Joy E.	8/21	1991	34 yrs
Sue G.	8/4	1991	34 yrs
Lenny I.	8/3	1992	33 yrs
Grekhon	8/8	1992	33 yrs
Jeff T.	8/10	1997	28 yrs
Linda B.	8/11	1997	28 yrs
David H.	8/1	2000	25 yrs
Harold	8/24	2001	24 yrs
Elle N.	8/12	2003	22 yrs
Jenn	8/13	2004	21 yrs
David B.	8/5	2005	20 yrs
Manny R.	8/8	2005	20 yrs
Nancy M.	8/29	2005	20 yrs
Rhonda	8/18	2006	19 yrs
Duanne	8/14	2006	19 yrs
Damione V.	8/28	2007	18 yrs
Denny M.	8/31	2008	17 yrs
Jay A.	8/23	2009	16 yrs
Mitchell A.	8/16	2013	12 yrs
Sonja C.	8/12	2016	9 yrs

Congratulations Everyone!

We Publish Sobriety Birthdays

On The Month After Their Occurrence.

To Have Yours Published Contact:

Diistrict6newsletter@hotmail.com

She Said (cont) gave me the chance to demonstrate those changes. When I approached amends in person, I found that not only was forgiveness sometimes offered, but a space for mutual healing opened up. Even when forgiveness didn't come, I walked away freer because I had done my part.

One of the first Ninth Step promises I experienced remains unforgettable. I was standing outside, smoking a cigarette before work, dreading a meeting where I thought I had nothing to contribute. Suddenly, a thought came: Yes, I do have something to contribute. In that moment, I realized, "That feeling of uselessness and self-pity will disappear." It was true for me, and it was glorious.

The solution today is simple: willingness, honesty, and reliance on God. Step Nine taught me that making amends is not just about repairing the past—it is about opening myself to a life of usefulness, humility, and freedom. Today, I can walk with clearer motives, unburdened by the wreckage, and trust the promises continue to unfold.

Ann, Kauai

Find A.A. in Hawaii



at: www.area17aa.org

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

A.A. Meetings

The Lydgate Park Picnic Tables



Hui 'Ohana Group Meeting
Daily 7:00 am

A.A. Activities

62nd Annual Hawaii Convention Waikiki Beach Marriot

2552 Kalakaua Avenue



ACTIVITIES INCLUDE:

Friday: Golf Tournament, Surf Meeting & Fellowship

Saturday: Sunrise Hike Lighthouse Trail, Meeting

Saturday: Volleyball Tournament Kapiolani Park

Contact: secretary@annualhawaiiiconvention.com

GRAPEVINE

Quote of the Day

September 1 2021 “By admitting where I was at fault, I was given the ability to forgive ... With forgiveness came a freedom that I had not anticipated. The amends had required nothing but courage, and a faith that my Higher Power would carry me where I had been too afraid to walk alone.” *“Scene of the Crime,” Sterling, Alaska, September 1993, Step By Step*

September 12 2021 “I am learning how to cope with life, people, and situations, not as I want them to be, but as they really are.” *“Reality Can Be Uncomfortable,” Millburn, New Jersey, July 1971, Emotional Sobriety I*

September 19 2021 “There has to be something to be grateful for if I am only willing to change my attitude and look for it.” *“Not On Fire,” Mesa, Arizona, March 2010, Emotional Sobriety*

September 2, 2020 “Work on Step Nine has freed me from fears about the past and given me more energy to devote to present-day living – this twenty-four hours.” *“Willingness to Grow,” Joliet, Illinois, July 1985, AA Grapevine*

September 11, 2020 “The number one way to relieve pain is to forgive.” *“Distilled Spirits,” Hermosa Beach, California, February 1998, AA Grapevine*

September 25, 2020 “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 15, 2019 “I went to my former employer and made my amends. What started out as one of my worst days -- because I was so scared -- became one of my best days when it was over. Because I had trusted God, my sponsor, and AA that trinity had lifted the weight that was on my shoulders for so long. I felt sober.”

“Right to the Edge,” Taft, California, April 2006, Step By Step

The Best of Big Book Dave:

The Month of September in Our History:

Sept. 1934: A book is published by Richard R. Peabody: "The Common Sense of Drinking." This is one of eleven books, including the Bible, which influenced how the Big Book was written. Richard Peabody, who wrote the 191 page volume, was a recovered alcoholic from the streets of Boston who had a 'religious experience.' Peabody went out to become a Lay Therapist in New York City and open an office near the 'Calvary Church' where Bill W. was attending meetings of 'The Oxford Group' and working with alcoholics. From this book Bill would borrow many phrases when writing the Big Book, such as "Once an alcoholic, always an alcoholic"... and "Half measures are of no avail."

Sept. 1934: Emmet Fox publishes "The Sermon On The Mount"; A favorite book of our co-founders and "The First 100", before our Big Book was written and to this day is read by much of our membership.

Sept. 1937: Dr. Leonard Strong, Bill W.'s brother in law, writes the Rockefeller Foundation seeking funds for a newly formed group of 'Ex-Drunks' who didn't have a name yet.

Sept. 1938: Fitz M.'s sister Agnes lends Bill Wilson and Hank P. \$1000.00 to help them get through the Big Book project (\$20,000.00 in today's dollars).

Sept. 1948: John McDonnel opened "Pioneer House" in Minnesota, one of the first Alcohol Treatment Centers in the mid-west.

Sept. 17th, 1975: Jack Alexander died in St. Petersburg, Florida, at age 73. There was an article in the December 1975 Grapevine. He played a very important part in our early history of growth and acceptance throughout North America and the World.

R.I.P. 'Big Book Dave', Elected Archivist, Interior Alaska
~ Submitted by Mathea A.



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

Tradition Nine

AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- Do I still try to boss things in AA?
- Do I resist formal aspects of AA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn't every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- What has rotation to do with anonymity? With humility?





Next Intergroup Meeting
October 4th, 9:30am

Intergroup Treasurers Report

September 2025

Income:

Sunrise Sobriety	7th	433.60
JoRina	Literature	125.00
JoRina	Literature	34.00
Anahola Jaywalkers	Literature	60.00
Kapaa A Nooners	7th	61.00
Princeville /Hanalei	7th	30.00

Total Income: **743.60**

Expenses:

Guardian Storage Locker	Lit. Storage	178.07
Hawaiian Telcom	Hotline	40.16
Inkspot Printing	Newsletter	95.00
Benita A.	Literature	16.62
Kathryn B.	Travel/Assembly	197.80
Kathryn B.	Assembly	35.00

Total Expenses **562.65**

Net **180.95**

Balance **3378.73**

Prudent Reserve **- 1300.00**

Operating Balance **2078.67**

~ Prepared by Tom R.~

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Report:

Aloha Kauai AA community. My name is Kathryn B, and I am privileged and honored to serve as your Panel 75 Intergroup Chairperson for the 2025-26.

Our August 2nd Intergroup meeting was held as a highbred meeting with 4 members joining us from the Westside, Northside and Lihue 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 meetings. We make decisions and vote on issues that are important to all groups locally. This is the platform to announce upcoming events and to ask for support from other local groups.

We have started planning for our annual Thank-a-thon dinner held on Thanksgiving Day at the stone church in Lihue. Jen D. will be our chairperson this year. She will be organizing volunteers and putting out a flyer soon.

There is an open position for Intergroup Secretary which needs to be filled as soon as possible. Please contact me if you would like to volunteer to attend the Intergroup Meeting once a month, type up the minutes, and email them out to the members within the next 10 days after our meeting. This position requires minimum of 2 years of sobriety and has the technical skills to fulfill the position. Please check out our calendar at Kauaiaa.org before you schedule an event, so we don't double-book event dates.

I am attending Area Budget Assembly on the Big Island as a voting member and will have information to share at our next scheduled Intergroup Meeting. Progress is visible as we increase Unity and Participation throughout our Island Fellowship.

Your trusted Servant, Kathryn B. 808 635-5457

Intergroup Committee:

Chair:	Kathryn B
Alt. Chair	Steve O.
Treasurer:	Tom R.
Secretary:	OPEN.
Schedules:	Tom R.
Literature:	Benita A. & Jeanne L
Hotline	Sean G.
Website:	Carolyn V.
Events:	Mike T.

District 6, Kauai:

The Next District Meeting :
October 18th, 9:30 am

COFFEE, WATER & PASTRIES WILL BE SERVED

District 6 Treasurer's Report

July 2025

Income:

Na Wahine Kuponu	7th	30.00
Poipu Beach Sunrise	7th	216 .80
Kapaa Nooners	7th	61.00
Total Income:		<u>307.80</u>

Expenses:

DCM Travel and Registration	262.06
CEC	90.50
Total Expenses:	456.06
Operating Balance	1619.43
Bank Balance	2819.43

~ prepared by District Treasurer~

SEND DISTRICT CONTRIBUTIONS

Kaua'i District Committee
P.O. Box 1503
Kapaa, HI 96746



The A.A. HOTLINE Needs Your Help!

- Need men & women for 12 Step calls
- Slots are open for volunteers
- Alternates also needed

Please contact the Hotline Chair,
Sean G., at 245-6677

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.

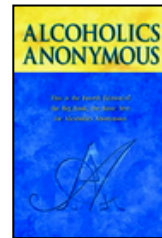
Public Information:

Doug H.

Myna Bird

OPEN

-From The Big Book-



We are average Americans. All sections of this country and many of its occupations are represented, as well as many political economic, social, & religious backgrounds. We are a people who would not mix.

But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captains table. Unlike the feelings of the ships' passengers, however, our joy in escape does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.

~ *The Big Book* pg 17