

October 2008

Garden Island Sobriety

'Step Ten'

“Continued to take personal inventory and when we were wrong, promptly admitted it”



He said: Step ten marks the point where we move from the past into the present. It's my experience that the future becomes none of my business at step three when I turn my will and life over to the care of my Higher Power. At four and five, we look back to find out who has harmed us, as well as getting an idea of how we think and act when rubbed the wrong way. At six and seven we look at our reactions in the past and try and make them better as we move forward. With eight and nine we talk to those whom we have hurt and who have hurt us. If we've done some changing through the previous steps, it becomes evident here. But then we're done with the past – really.

As for me, as I finished the glaring amends on my list, and became ready to make living amends with the others, it's now my job to leave it there. It's become apparent to me, especially with the people whom I've made amends to, my relationships become different. So it's my job to leave that baggage I carried around in the past – and walk with my much lighter backpack. That's why, I think, Bill talks about how important it is for us to – at once in the Big Book or promptly in the step itself – get rid of the fears, selfishness, etc. that come up on a daily basis. Now our focus becomes the day – period – as well as finishes those amends that come up.

For me, I'll never be done with my ninth step. As I change and grow in AA, things that were once OK become character defects, and it becomes my job to clean up the new messes as I see them. This idea of fixing all my problems daily has become a goal of mine, but I'm far from there. So, when my backpack gets all filled up again, I need to empty it out by doing some more housecleaning.

The real positive change that comes from working the tenth step is when I go back and do inventories on a specific item. I have had some situations where I got stuck. I could not move forward without dragging the past harms done to me around. So I had to do another fourth step, specifically on that issue. Then when I talked to another person about it, I was able to find my fault in the situation, make an effort to ask God to remove my defects, make amends, and then move on. The key for me, is to move on.

Recently, I went to the Mainland to see my father



She said: “Telling on myself”.

Admitting that I needed to get sober was not nearly as hard as actually doing it. For that I had to completely surrender my pride and the façade that I was so desperately clinging to. Once I had really given up the sham I called my family to confess my situation. They had no idea how bad it was for me. I instinctively knew that I had to ‘tell on myself’ before I had a change of heart and drank again. It still had not occurred to me to go to an AA meeting but my family quickly guided me there.

Getting sober in AA was the most monumental and rewarding task that I have faced in my lifetime. It was both painful and full of relief. In AA meetings I learned how to be honest with myself and with others. I learned to explain what I was thinking and feeling out loud instead of holding it in. I began to have a voice that could express my hopes and fears and to confess my own shortcomings without fear of judgment.

I really didn't know how sick I was until I joined AA. Sitting in meetings and hearing others be honest without being judged, gave me the courage to open up. I had never been in a room of people who could do this before. Soon I didn't have to force myself to go to meetings, I wanted to go. There is no place in the world like an AA meeting. People there don't just tell their stories of failure and fear; they share their genuine experience, strength and hope in overcoming these burdens.

Getting sober is one thing but staying sober is quite another. The 10th Step calls for continued honesty and humility. I must continue to ‘to tell on myself’ when I realize that I am wrong. To face life insisting that I am always right sets a barrier between me and the rest of humanity. It is a lonely, stubborn place and leads to one of two things; either I find myself desperately in need of escape, which my alcoholism would love to provide, or I am a miserable ‘dry drunk’. Neither of these are what I want now. After experiencing the fullness of life again, with a clear mind and unpolluted senses, I want to learn how to stay sober.

Step 10 is my cornerstone for a life of joyful sobriety. Self examination must be a way of life for me now. I work at not falling into a bout of self condemnation and concentrate on a hopeful willingness to continually grow in wisdom and spirit. Others far wiser than I have

who is ill. I once went two years without talking to him. I hated him as a teenager. But after working the steps and making a true amends with him, I sat in his living room without any of the crap I carried from my childhood. But most of all I was able to love him, not for what I want him to be, but for who he is today, and that's a wonderful thing. **Tom F., Kauai**

pointed out that this attitude comes from a loving heart. **As we admit our** wrongs we must learn to forgive ourselves just as we forgive others. After all, alcoholic or not, we are all in the same boat. We all have our difficulties and sickness of spirit to struggle with.

Linda B., Kauai

Happy Birthday

Sheila	9/13	1982	26yrs
Denny M.	9/3	1984	24yrs
Gabrielle	9/10	1987	21yrs
Karen	9/19	1989	19yrs
Dennis C.	9/24	1993	15yrs
Jack M.	9/22	1994	14yrs
Dana W.	9/22	2000	8yr
Michele R.	9/14	2005	3yr
Elaina B.	9/26	2005	3yr
Patty C.	9/22	2007	1yr

About Publishing Birthdays~

Please help us keep an accurate list by notifying Jerrie S. if a date needs to be corrected, or someone has relapsed and the date is reset OR if someone doesn't want their name included. Birthdays will be published the month following their occurrence. Contact Jerrie S. luv2bnh@hawaii.rr.com

Birthday Celebrations South Shore

- **Koloa Aloha Women's 'As Bill Sees It'** - 4:30 p.m. Last Monday of the month. **Cake & Potluck.**
- **Aloha Group** - 7:30 p.m. Last Tuesday of the month. **Cake for Birthdays!**

East Side

- **Hui Ohana** - 7:00 - 8:00 a.m. Last Saturday of the month. **Cake for Birthdays!**
- **Steps to Freedom** - 6:30 p.m. Last Monday of the month. **Cake & Potluck (7:30-8:30 pm meeting).**

North Shore

- **North Shore Aloha Group** - 7:30 p.m. Last Monday of the month - **Cake for Birthdays!**
- **Princeville/-Hanalei Group** - 7:30 p.m. Last Thursday of the Month. - **Cake for Birthdays!**

AA Hotline 245-6677

AS OF JANUARY 2009 THE SERVICE POSITION of phone contact person will be available for someone to take over. Jerrie S. has served for two years and it is time for someone else who would like to do some service work to take the ball and run with it.

THE DUTIES ARE AS FOLLOWS:

- ❖ Making sure the phones are covered 24-7.
- ❖ Making sure when someone wants to or has to give up the service position their slot is covered.
- ❖ Covering phones when someone is going on vacation if necessary (most people get someone to cover for them when they leave island).
- ❖ Passing along information (via email or phone call) about meeting changes, new meetings, etc.

Jerrie S. tells us, "I have enjoyed this work so very much. It isn't a lot of work mind you, but does take some effort. I use the Microsoft Excel program spreadsheet and Microsoft Word for all the updated information and whoever takes this service position I will email all the data to you and be happy to help you (if needed) get the ball rolling. You are more than welcome to use your own software program, just taking the information from the software I send you. It helps to be computer literate because it makes it fast and easy to pass on info but I guess it's not a requirement - it would just take a little more time if you didn't have a computer (and more postage).

Anyone interested please contact before January 1st.
Jerrie S. at luv2bnh@hawaii.rr.com or
Kathryn B. at kbankhi1@yahoo.com

From Our Readers Your Thoughts on Step 10

- ❖ AA member sober for 7 years
I ask God to remind me to do this step every day because it's not really a natural thing for me to do. If I can only admit when I am wrong my day always goes a lot better. I really need this step!

“I am responsible when anyone, anywhere reaches out for help. I want the hand of AA always to be there. And for that – I AM RESPONSIBLE.”

NIUMALU PAVILION WORKSHOPS



Niupalu Pavilion is reserved all of 2008 for monthly workshops.

**THE INTENTION OF THESE WORKSHOPS:
TO STRENGTHEN OUR UNITY and BETTER PROVIDE
FOR THOSE STILL SUFFERING FROM ALCOHOLISM.**

HELD 2:00 - 4:00 pm.

02/24/2008	SUNDAY	Guest: Ted K. (Archives) & Alice C. “Where We Came From” History of your Home group. Kathryn Report
03/29/2008	SATURDAY	Guest: Nick H. (Area Chair) DCM Report from PRAASA “Service 101” Hawaiian Group
04/13/2008	SUNDAY	“Inform the Delegate” Report from assembly / CSR’s. What do they do? Lobby Hour
05/25/2008	SUNDAY	Guest: Vernon G. Report from GSA “Importance of the Home Group”
06/29/2008	SUNDAY	Princeville-Hanalei Group What are Standing Committees? :What do they do?
07/27/2008	SUNDAY	Kauai Intergroup “Where Money and Spirituality mix”
08/31/2008	SUNDAY	Q&A on Sponsorship
09/28/2008	SUNDAY	The AA Grapevine
10/26/2008	SUNDAY	Elections for Kauai Panel 59 Representatives
11/30/2008	SUNDAY	
12/28/2008	SUNDAY	Tradition One Steps to Freedom

For Information Call Alejandro
652-3128 or hernandea040@hawaii.rr.com

★ Election Time is Here

District Elections: Oct. 26, Niupalu Pavilion

Intergroup Elections: Dec. 6th Lihue NBHD Center

For more info: Read The Intergroup & DCM Reports in this issue NOW!

Thanksgiving Dinner & Thankathon

**Get Ready, It’s Coming Again!
November 27th, 2008**

An annual highlight of AA fellowship on Kauai.

Darryl is doing the decorations. Mo is in charge of the kitchen. Mathea A. is in charge of set up and clean-up. Kathryn B. is heading the Meetings (volunteers?).

Always plenty to eat and ways to be of service.

More will be revealed next month!



Traditions Checklist

from the AA GRAPEVINE

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

- ✓ **Do I ever give the impression** that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
- ✓ **Can I honestly share** my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
- ✓ **What in AA history** gave rise to our 10th Tradition?
- ✓ **Have I had** a similar experience in my own AA life?
- ✓ **What would AA be** without this Tradition? Where would I be?
- ✓ **Do I breach** this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- ✓ **How can I manifest** the spirit of this Tradition in my personal life outside AA? Inside AA?



A.A. Meetings

The Friday Experience, Strength and Hope meeting will be moving to a new location. Starting on October 10th it will be held at the Kapaa First Hawaiian Church).

The New Meeting Schedules

ARE NOW PRINTED AND CIRCULATING. THEY CAN BE RECOGNIZED BY THEIR ‘MINT’ GREEN COLOR.



For Newcomers

I AM YOUR DISEASE

I hate meetings. I hate Higher Power. I hate anyone who has a program. To all who have come into contact with me, I wish you death and I wish you suffering. Allow me to introduce myself. I am the disease of Alcoholism and Drug Addiction.

Cunning, baffling and powerful. That's me. I have killed millions, and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I was there. I love to make you hurt.

I love to make you cry. Better yet, I love it when I make you so numb you can neither hurt nor cry. You can't feel anything at all. This is true glory. I will give you instant gratification and all I ask of you is long term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these good things and I was the only one who agreed with you. Together we were able to destroy all things good in your life.

People don't take me seriously. They take strokes seriously, heart attacks, even diabetes; they take seriously, fools that they are. They don't know that without my help, these things would not be made possible. I am such a hated disease, and yet, I do not come uninvited. You choose to have me. So many have chosen me over reality and peace.

More than you hate me; I hate all of you who have a 12-step program. Your program, your meetings, your Higher Power all weaken me and I cannot function in the manner that I am accustomed to.

Now I must lie here quietly. You don't see me. But, I am growing bigger than ever. When you only exist, I may live. When you live, I only exist. But I am here.

Until we meet again, if we meet again - - - I wish you death and suffering. (Author Unknown)

~ Submitted by Ron A.



**Request a newsletter
by email**


At: District6newsletter@hotmail.com




Kauai Intergroup

SEPTEMBER 2008

- **September is National Alcohol & Drug Addiction Recovery Month.** Intergroup volunteers had a booth at the County of Kauai's Health & Wellness Fair on Friday September 12th. We gave out literature and information to the public. Those of you who came down to man the booth or dropped by to support us are taking part in your own recovery and that of others.
- **Our Intergroup meeting was held** at the Lihue Neighborhood Center with 14 representatives from groups from around the island. We had the right key! The room is great and Susan got there early to make coffee for the group. Mahalo to all those who give up their time and talents to keep our all-volunteer membership alive and vibrant in Kauai.
- **We voted to delay the elections** for the new Intergroup officers. Our elections will be held on December 6th, after the Area Election Assembly Nov. 1-2, and State Convention, Nov.13-16 in Oahu.
- **The budget committee has been formed** and held one meeting to finalize the figures to be presented at the next Intergroup meeting. We plan to meet one more time to be very clear on what we would like to present. Please make sure to have a representative from your group there to hear the presentation made by our new treasurer and be able to take the information back to your group to ask for feedback. We plan to vote to approve a final projected budget in December at the same time as our elections are held. All groups will have had a chance to look at our financial status and bring questions or concerns back to the November meeting. We will present the final budget for a vote in December.
- **My goal is that our December meeting** will fill the room to capacity. We have room for up to 50 people in the room. Talks about money and an election should a lively meeting. Please come be a part of making a difference in the next year for AA on Kauai.
- **We will set up a Literature table** at the next service workshop held at Niunalu Pavilion. Happy Hour is our host for these workshops which are co-sponsored by Intergroup and District. This is a time



HOPE at Hina Mauka

AN OPPORTUNITY FOR SERVICE

- **Where:** Hina Mauka Lihue / Outpatient Program
- **When:** 3rd Wed. each month (one time per month)
- **Time:** 11am - 12 noon

Contact Bebe - 639-6919 or aloha@yourbeach.com

for groups to order books, pamphlets and literature. Hope to see more of you at the workshops.

- Our first workshop brought to Kauai Alice with 50 years of sobriety and the woman who is credited with helping to start AA on Kauai. She and Ted, our Area permanent archivist and historian, flew over from Oahu and gave a very informative presentation. We posted a timeline of information Ted had emailed to us and groups were asked to bring histories and fill in some of the blanks on the timeline. We learned that the first recorded meeting on Kauai was formed in early 1960 on the North Shore and that there was a Kauai Intergroup listed in the National AA directory in 1962. The first newsletter was printed by Intergroup in 1973 and they printed their own schedules starting in 1978.
 - **The Intergroup service structure started in Ohio** in 1935 and pre-dates the GSO. Intergroups were started around the country before there was any formal service structure. We are the glue that holds the local groups together by making sure that the phones are answered, schedules are printed, newsletters created, and local events of fellowship held to welcome the newcomer and be the voice of AA for the community seeking information about AA. Each group on Kauai can send a representative to our Intergroup meetings to take information back, make suggestions and to give your groups feedback on matters affecting AA as a whole on our island.
 - **We have our own separate, autonomous** service structure. There is an annual Intergroup Seminar for the approximately 500 Intergroups in North America. Last year I was privileged to attend in Oklahoma City and next year it is being held in September in Edmonton Canada. It was an eye-opening education to be with Intergroups from around the country and find that so many of us share the same challenges and issues. Solutions were so abundantly shared that I hope our new Intergroup Chair can attend next September in California.
 - Mark M. will chair the next Intergroup meeting as I will be on my annual pilgrimage to Texas.
- In loving service, Kathryn B.**

**Next Intergroup Meeting October 4th,
9:30 am, Lihue Community Center**

LIHUE COMMUNITY CENTER, 3353 EONO ST., is behind the AT&T store (across from Wal-Mart) two streets down, turn right and go down about two blocks.

Expect A Miracle

Kauai Intergroup Treasury September 2008 Report

Beginning Balance:	\$3,025.01
Income:	
Group Contributions	
Princeville/Hanalei	320.00
StepSisters	<u>42.93</u>
	362.93
Book Sales	
Sunrise Sobriety	21.02
Jim D	<u>6.00</u>
	27.02
TOTAL Income	389.95
Expenses:	
Kathryn B. Travel	320.00
Schedules	210.98
Literature Locker	161.46
Telephone (2 Mo)	<u>189.62</u>
	882.06
TOTAL Expenses	882.06
Ending Balance:	\$2,532.90

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup, PO Box 3606, Lihue, HI 96766
Please put your Group Name on the check.

Intergroup Officers

Chair. - Kathryn B. 634-4185 kbankhi1@yahoo.com

Alt-Chair - Mark M. 822-0137

Treasurer Susan O. -.639-5904 aloha96746@yahoo.com

Secretary - Heather C. hjckauai@gmail.com

Literature - Tom R. triumph@hisemail.net

Alt. Lit. - Temporarily open

GIS Newsletter - Linda B. 822-2320 linbonds@msn.com

ADDRESS IT EXACTLY LIKE THIS

Send Area Contributions

To: Hawaii Area Committee
#2107

575 Cooke St., Suite A, Honolulu HI 96813
Please include "District 6" & Group Name on the check

Aloha Kakou,

Here are some of the Budget Assembly Highlights:

- **2009 Area Budget passed 77 to 2**
- **Proposal to create a new standing committee** for the website passed and will begin January 1, 2009. We have a new hosting system, and, starting in January, our new domain name will be area17aa.org
- **Mynah Bird: The new edition** is on the website. Miranda is asking for articles for the next edition re: your Panel 57 experience. The deadline is October 19.
- **Hawaii State Convention** will be held Nov. 13-16 '08 in Honolulu. Registration flyers are available at the website or by contacting District members.
- **HICYPAA October 17-19** at Kualoa Beach Park, O`ahu. \$50 includes registration (before 9/19) and meals. Add \$5 after 9/19 for additional registration fee. Online registration at www.hicypaa08.com or on the Area 17 website.
- **If attending the Election Assembly** on Nov. 1-2, please check the website to prepare.
- **PRAASA** (Pacific Region AA Service Assembly) 2011 will be at the Sheraton Waikiki. Keith H will be chair. He needs 300 volunteers.
- **Standing Committee Reports:**
 - **CPC** (Cooperation with the Professional Community): videos are being revised: legal criminal justice; health care professionals. Check GSO (General Service Office) website for more info.
 - **PI** (Public Information): Mo and J.D. organized radio/TV ads for Kaua`i.
 - **Grapevine**: annual issue (July) is made with glue for jails (staple-free). Chair suggests the home group donate a copy to the jail. Ted has an order form or check online at www.aagrapevine.org.

The following quote was heard at the Assembly: "If a home group doesn't have a representative, it doesn't have a voice".

This leads us to the upcoming District Elections to be held on Sunday, October 26, at Niumalu Pavilion from 2-4pm. We will be electing a new DCM, Alternate DCM, Treasurer, and Secretary for Panel 59 (2009-2010). We encourage each home group to send a representative to vote your groups' conscience. Anyone interested in standing for a position please attend or let a District Officer know so your name can be included.

A DCM (District Committee Member) is an essential link between the group GSR (General Service Representative) and the area delegate to the General

Service Conference. As leader of the district committee, made of all GSR's in the district, the DCM is exposed to the group conscience of that district. As a member of the area committee he or she is able to pass on the district's thinking to the delegate and the committee.

The qualifications for DCM (AA Service Manual):

- **Has usually served as a GSR** and is elected by other GSR's to take responsibilities for district activities.
- **Has** enough sobriety (generally 4 or 5 years) to be eligible for election as a delegate.
- **Has** the time and energy to serve the district well.

Shoshanah B, DCM

**Next District Meeting October 11th
9:30 am, 3146 Akahi St., Lihu`e**

Kauai District Cash Flow

September 13th Meeting, 2008

Beginning Balance (July 18, 2008)	1,084.89
INCOME	
Exp Strength Hope	110.00
Happy Hour	30.00
Interest (7/10 thru 8/20)	.05
Total Income	140.73
EXPENSES	
Ck 847 Linda McD, Workshop	77.50
Total Expenses	77.50
Balance (August 20, 2008)	1,148.12
Prudent Reserve	500.00

CASH AVAILABLE \$648.12

Submitted by Mathea A., District 6 Treasurer

SEND YOUR CONTRIBUTIONS TO:

Kaua`i District Committee

PO Box 1503, Kapa`a, HI 96746

Please include **"District 6"** & **"Group Name"** on the check

District 6 Committee

DCM - Shoshanah B. 634-7236 dcm6@hawaii-aa.org

Alt-DCM - Mary C. mcasebeerkauai@hawaiiantel.net

Treasurer - Mathea A. mallansmith@cs.com

Alt-Treas. - Will R. 822-2367 grogrn@hawaiiantel.net

Secretary - Jim D. 822-0491 dubuar@hawaiiantel.net

Corrections - James B. (808) 822-2320 linbonds@msn.com

Grapevine - Alejandro 652-3128 hernandea040@hawaii.rr.com