

May 2010

# Garden Island Sobriety

## 'Step Five'

“Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”



**She said:** I'd like to begin this Fifth Step piece with the unpalatable admission that I used to lie during confession. I learned the advantages of sneakiness early, zigzagging erratically through the obstacle course of life with my squishy morality, maintaining the illusion of propriety while simultaneously doing whatever I wanted to. My Fifth Step was clouded with some of the murky perceptions and corresponding prejudices from my prior “confessions”.

**My experience of this** beautiful sacrament was tainted, pretty much beyond recognition, by my inability to be honest, coupled with a complete ignorance of the true nature and purpose of the rite. When we were herded into church to contemplate the Sacrament of Penance and admonished to reflect upon our sins, I mistook this as the time to carefully craft exactly what I planned to reveal. Subsequently, while waiting on line to go “in”, I made up exactly what would come “out”. It should be realistically “bad”; after all it would be horrifying if the Priest didn't think I was telling the truth. By then I had already internalized that notion so central to perpetuating the denial that feeds addiction, namely, that if you don't utter it aloud, it isn't really true, and more importantly, you can't be held responsible for it. I think the reader can get a fairly accurate snapshot of both my degree of arrogance and my level of spiritual development upon considering that I genuinely believed you could snooker The Almighty if you just gave it a little thought. It wasn't that I didn't have anything to fess up to; it was that I needed to attempt to control what was seen by another person and by God. Lest I attempt to fool the reader into thinking this only went on while I was a child, this ridiculous charade went on long into adulthood. Not the confessing, that was over much sooner, but the core moral dishonesty - (cont. p 2)



**He said:** Now that we have made our personal inventory, what shall we do about it? Procrastinate? No! Bill W. was fond of saying “The good is often the enemy of the best.” What does that mean? It means we have to try, *really* try to do our best at everything we do, including Step work. Every day is a day when we must carry the vision of God's will for us into all of our activities. I hear AA's say “I didn't drink today so everything is ok.” Congratulations! Good for you. I love it. You should know that just not drinking and not doing Step work has nothing to do with our program. ‘Just don't drink and go to meetings’ yeah that is on page ... oh, it's not in the book! There is a guaranteed promise in here that you will get to live a life beyond your wildest dreams. It happened to me. How amazing do you want your life to be and how willing are you to take action to make it that way? We are only as sick as our secrets.

**Now is the** time to cast out the flaws we have found in our self in the Fourth Step. It's time to throw out our rotten produce and make room for the new and fresh. And the best reason first; if we skip this vital Step we may not overcome drinking. I *need* another person to do this with. I *need* an outside opinion. This is a Step I need my sponsor for.

**Ahhh, my first** Fifth Step, I remember it well. It was completed in one session at my sponsor's house. It was not ‘fearless and thorough’ (as I now understand those words) but I had gone as deep as I could at the time. And, I still got the rewards from it. Most importantly I cemented my membership in AA. I joined the club of people who do Step work. I had stepped inside of the circle.

**Then there was** my second Fifth Step; this time following a fearless and thorough Fourth Step. Now these words made sense: *We pocket our pride and go to it, illuminating every twist of character,* - (cont. p 2)

(*She Said cont.*) with my higher power, my fellows, and myself which contributed to me being a danger to others and myself.

**During my walk in** the "A & A", (as it was affectionately called by my first sponsor), I have learned that everything they tell you is true, just never in the way that you expect it. For me Step Five represented a radical reposition on my spiritual path, but not for the reasons I would have presumed. Bertrand Russell observed that, "Every great idea begins with a blasphemy". Things started to change for me when I was introduced to two ideas that struck me as radical because they were in stark contradiction to what I had previously believed. The first is that God and I are inseparable, and the second is that God is my biggest fan. My previous belief system included an image of God as a very distant entity to whom I needed to apologize so I wouldn't be punished. When I completed my Fifth, I started to interact with my higher power, and experienced a sense of collaboration for the first time. During my Fifth step, I learned that suffering springs from spiritual inauthenticity, and that the point of admitting the exact nature of my wrongs was not so God would like me again, it was so that I could see the truth about myself. The process enabled me to become an unclogged channel for my higher power to use to help others. I began to heal, because I could escape the self-loathing and fear of others that stemmed from the conclusion that I was "rotten" in every sense of the word. I learned that my nature and destiny were not fixed, that my past did not have to dictate who I am TODAY.

**The nature of the** Fifth step process itself helps both parties involved by freeing them from the "anxious apartness" that characterizes the soul sickness alcoholics are infected with. Through frank discussion and awareness of my own weakness I was given the gifts of forgiveness, companionship, and humility. It represented an introduction to the lifelong practice of self-honesty and God reliance.

~ Ally S., Kauai

(*He Said cont.*) every dark cranny of the past (that's from the Big Book). We shined the light of day in upon the dark and messy room of my soul. We opened the window...and it aired out nicely! Somehow, I trusted my sponsor and God enough to share those secret and dark things that I was never going to tell anyone. I just kept opening my mouth and out they came.

**That one good** Fifth Step laid the ground work for a system of living that continues to benefit me. I highly recommend doing one of these.

~ Will L., Kauai

## Letters To The Editor

Dear ALL at District6,

**I have been** receiving your newsletter for some little time now, via an AA cyber link friend. Seems I have 'just realized', after 8+ years of one-day-at-a-time sobriety, that I am allowed to 'see' beyond the end of my nose, with my glasses on the right way round. Like my Sponsor often says about reading the Big Book: "Just read the 'black bits', that's all there is!" So it is that I came to 'see' your email address which, of course, was there all the time. Why don't I just ask them to send this to me direct? Nooo!

**What will they** think of this silly ole dinosaur who, when answering his first call on his first mobile phone said "Wow! This is incredible. How did you know where I was?"

**I'm 70 years** young now and having a ball. Of course, I've had some health problems that those wonderful professionals 'the Medics' and 'Physios' take care of....only because me and my higher power let 'em.

**Everything...No exceptions...**that I do today, is directly, incontrovertibly, ineffably and without question only possible as a result of my Participation in and living of the 12 Step Program of Alcoholics Anonymous, through which 'I Came To Believe'.

**If it is possible** for you to do so I would be grateful to receive an 'E' transmitted copy of the District 6 newsletter. It serves me as a reminder of the continuation of the 'dreams' of the Founders; that this wonderful message can be carried to any part of the world, where it may be needed. Thank You, in anticipation. God Bless you all.

~ Bill G., UK and France



# Birthday Celebrations

## South Shore

- ◆ Koloa Monday Women's 'Na wahine ku pono' 5:00 p.m. Last Monday of 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!

## About Publishing Birthdays

They are published the month after their occurrence.

If you know of someone who has moved off island, their birthday date has changed *or* you just want a birthday published in the Garden Island Sobriety newsletter please LET US KNOW! Contact Jerrie S.

# Happy Birthday

Nona M.	4/8	1984	26 yrs
Lynda G.	4/19	1984	26 yrs
Joe O'B.	4/15	1985	25 yrs
Roger W.	4/14	1986	24 yrs
Karen L.	4/3	1991	19 yrs
James B.	4/16	1993	17 yrs
Allie	4/27	1996	14 yrs
Patty	4/5	2000	10 yrs
Nicole	4/10	2003	7 yrs
Laren T.	4/10	2004	6 yrs
Courtney P.	4/10	2006	4 yrs
Mark B.	4/20	2006	4 yrs
Pam A.	4/28	2006	4 yrs
Monica A.	4/22	2006	4 yrs
Kathie E.	4/28	2006	4 yrs
Dharma W.	4/18	2007	3 yrs
Alan B.	4/13	2007	3 yrs
Jane T.	4/22	2007	3 yrs

**CONGRATULATIONS!!**



**MAKELE SEZ:**

**“LIVE**

**AND**

**LET LIVE”**

# A.A. Meeting Places



Photo ~ Alejandro

## ~ CHURCH OF THE PACIFIC ~

4520 Kapaka Rd., Princeville  
(across from Princeville Stables)

**MEETING: FRIDAY 12:00 NOON**

Big Book Study – Princeville/Hanalei Group



## Meeting Update

**NOW MEETING 7 DAYS A WEEK:  
HAPPY HOUR ADDS A SUNDAY MEETING**

The meeting starts at 5:00 PM  
Format: "The Best of the Grapevine" vol. III  
**SEE YOU THERE!**

## Concept V – "Protection"

References: The A.A. Service Manual *Combined with Twelve Concepts of World Service* by Bill W. 2005-2006 Edition Reflecting Actions of the 2005 General Service Conference.

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

The rights of Appeal and Petition of course aim at the total problem of protecting and making the best possible use of minority feeling and opinion... In Alcoholics Anonymous, individual freedom is of enormous importance. For instance, any alcoholic is a member of A.A. the moment he or she says so; we cannot take away his or her right to belong. Neither can we force our members to believe anything or pay anything. Ours is indeed a large charter of minority privileges and liberties. (p. 22)

*The above was presented to Hawaii Area 17 at the Inform the Delegate assembly April 2006 by Francesca P. (Alternate Delegate) and given as "an expression of an individual".* ~ Contributed by Shoshanah B.

## Elizabeth Is Coming To Kauai



**MAY 30<sup>TH</sup>, 2:00 TO 4:00PM**

**THE KAPAA NEIGHBORHOOD  
CENTER**

Elizabeth M., our Area 17 Delegate, will be giving us her 'REPORT BACK' from the recent 2010 GENERAL SERVICE CONFERENCE

**THIS WILL ALSO BE  
AN ICE CREAM SOCIAL!**

# Full Moon Hike



## JOIN THE NIGHT HIKERS

**THURSDAY MAY 27TH AT 6:30 PM  
FOR A FULL MOON HIKE TO  
THE MOALEPE TRAIL**

- The Moalepe Trail is located on the east side of Wailua Homesteads on Olohena Rd.
- Directions: Drive Northwest on Olohena Rd. towards Waialeale Mt. The Trailhead will be at the junction of Olohena and Waipouli Roads.
- This is an AA Activity. There will be a Meeting once we reach the shelter.

**Don't Forget Your Canteen and Jacket**

Trail Length: 2.5 mi.  
Difficulty: Moderate  
Elevation: 680 ft

For More Information:  
[Happyhourkauai@gmail.com](mailto:Happyhourkauai@gmail.com)

# Cinco De Mayo



## FIESTA

**WEDNESDAY MAY 5<sup>TH</sup>  
AA MEETING AT 5:00PM  
FIESTA STARTS AT 6:00PM**

- Held at the Happy Hour Picnic Tables in Nawiliwili Park
- Taco Bar, Beverages and a Piñata Will Be Provided
- This is a Potluck. Please Bring Salads or Your Favorite "Cinco De Mayo" Themed Dish.
- Hosted by the Happy Hour Group, Nawiliwili Park, Kauai



For More Information:  
[Happyhourkauai@gmail.com](mailto:Happyhourkauai@gmail.com)

# 2010 BOWLING



**JOIN THE FELLOWSHIP  
EVERY SATURDAY AT 1:30 PM  
AT THE LIHUE LANES**

**NO EXPERIENCE NECESSARY  
COME AND HAVE FUN**

Admission \$11.25 includes the shoe rental  
and two rounds of bowling

**BRING A PAIR OF SOCKS!**

# ★ 2010 ★

## International Convention of ALCOHOLICS ANONYMOUS

**July 1-4 in San Antonio, Texas**

Theme: "A Vision for You"

Celebrating A.A.'s 75th year  
Anniversary

<http://www.aa.org/>

# Kauai Intergroup

Next Intergroup Meeting May 1<sup>st</sup>  
9:30am, Lihue Neighborhood Center

## 2010 Kauai Roundup

"Life will take on new meaning."



June 25 – 27 at Kahili Mountain Park

"The Kauai Roundup Committee's mission is: To foster fellowship, unity and recovery for the AA community by providing an entertaining and relaxing annual weekend retreat."

Activities include: hiking, entertainment, a workshop, bonfire meetings and a full moon meeting on Saturday. Prices are: \$88 for registration before June 7, 2010 or \$98 for registration after June 7, 2010. Price includes 2 nights stay, 5 meals, and fun! Check in is Friday at 2:00 pm & check out Sunday at 10:00 am.

**This is an event for adults to celebrate sobriety.**

**No children, no pets. Mahalo.**

For information email: [Kauairu2010@yahoo.com](mailto:Kauairu2010@yahoo.com)



## Got Literature? We Deliver!

**OR COME TO THE INTERGROUP MEETING!**

\*Books \*Pamphlets \*GIS Newsletter

\*Kauai AA Meeting Schedules Available!

**SEND YOUR CONTRIBUTIONS TO:**

**Kaua'i Intergroup**  
**PO Box 3606, Lihue, HI 96766**



## Intergroup Officers

Chairperson - Anonymous

Alt. Chair - Tom R

Treasurer - Mike C.

Secretary - Henry M.

Literature - Mark M.

Alt. Literature - Danette M.

Hotline Chair - Dana M. 245-6677

Events - Kathryn B. [Kauairu2010@yahoo.com](mailto:Kauairu2010@yahoo.com)

GIS News. - Linda B. [district6newsletter@hotmail.com](mailto:district6newsletter@hotmail.com)



MARCH 2010

**Elizabeth is coming!!**

On May 30<sup>th</sup> at the Kapa'a Neighborhood Center, Hawaii's delegate to the General Service Conference of Alcoholics Anonymous will be here to share her experience at the 60<sup>th</sup> Conference which was completed on April 24<sup>th</sup>.

**Elizabeth M** is a marvelous, enthusiastic example of dedication to this program in action. Her story can be read in A.A. in Prison Inmate to Inmate and I can tell you she is a devoted mother, employee, home group member and friend in addition to the prodigious service work she performs for AA.

**Everyone who hears** her speak will be impressed by her enthusiasm. Please come join us and learn about where we are with the Living Sober update, full-face videos and other issues confronting our fellowship. (And there'll be ice cream!) 2pm, Kapa'a Neighborhood Center, May 30.

In other news, our PI work is progressing with the addition of a new co-chair and we participated in the Mayor's Underage Drinking Forums. From those it appears two speaking engagements have developed.

**Work on the men's side** of the jail is moving forward. Twenty-two inmates attended a recent meeting there.

**We are sending** invitations to a select number of our friends for the Delegate Report-back so our CPC work moves forward and we have an archives display board for use at public and AA-only events. It's a wonderful depiction of the development of AA on Kauai over the past 50 years.

**We continue to** have a presence in the recovery community on Kauai but the demise of Hina Mauka has reduced our participation somewhat.

**Another area that** needs attention is the Grapevine. I want to encourage every group to obtain at least one subscription. At the very least they can be left in doctors' offices, church vestibules or even airline seats. It is still one of the best vehicles for carrying the message and as our population gets older, perhaps those who find it more difficult to make it to meetings could use a monthly reminder of what we were like, what happened and what we are like now!

As the summer begins we have a number of events on the horizon after Elizabeth's Report-back: Founders' Day in Hanalei; July 4<sup>th</sup> at Lydgate; the Budget Assembly in Hilo, August 23-24. We have also reserved Niunalu Pavilion for Panel 61 elections on October 24<sup>th</sup> and I strongly encourage all to consider accepting the opportunity to serve AA as I have. It is truly a challenging yet rewarding experience fraught with opportunities for personal growth as we "trudge the road" together!

Thank you again for this wonderful life!  
~ Jim D

**Next District Meeting May 8<sup>th</sup>  
9:30 am , 3146 Akahi St., Lihu'e**

## District 6 Committee

DCM - Jim D. - [DCM6@area17.org](mailto:DCM6@area17.org)

Alternate DCM - Susan O'N.

Treas - Courtney P.

Secretary - Michele K. [kauaidistrictsixsec@gmail.com](mailto:kauaidistrictsixsec@gmail.com)

Grapevine - Alejandro

Archives - Mathea A.

CPC - Bart D.

## Service is Sobriety

Our Area 17  Delegate is

**Elizabeth M.**

[delegate@area17aa.org](mailto:delegate@area17aa.org)

## Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee

#2107

575 Cooke St., Suite A

Honolulu, HI 96813

Please include "District 6" & Group Name on ck.



## Kauai District Cash Flow

**March 14, 2010 to April, 2010**  
(District Meeting to District Meeting)

STARTING BALANCE	\$2428.01
------------------	-----------

-----  
INCOME:

Interest 2/20 to 3/19	\$0.08
Step Sisters	\$ 69.90
TGIF Veterans Center	\$60.00
Happy Hour	\$5.17
Experience, Strength & Hope	\$56.00
12th Hole As Bill Sees It	\$12.10

Income Total	\$203.25
--------------	----------

-----  
PAYMENTS:

DCM Assembly	\$ 395.80
Payments Total	\$395.80

### SUMMARY FOR 2009

Starting Balance March 14, 2010:	\$2428.01
Income Total:	\$203.25
Payments Total:	\$395.80
Balance	\$2235.46
Prudent Reserve:	-\$500.00
Available Funds:	\$1735.46

~ Prepared by Courtney P.

## SEND YOUR CONTRIBUTIONS TO:

**Kaua'i District Committee**   
**PO Box 1503, Kapa'a, HI 96746**

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