

June 2010

Garden Island Sobriety

'Step Six'

“Were entirely ready to have God remove all these defects of character.”



She said: Dorothy: “Oh, will you help me? Can you help me?”

Glinda: “You don’t need to be helped any longer. You’ve always had the power to go back to Kansas.”

Dorothy: “I have?”

Scarecrow: “Then why didn’t you tell her before?”

Glinda: “Because she wouldn’t have believed me. She had to learn it for herself.”

Tin Man: “What have you learned Dorothy?”

Dorothy: “Well, I think that it wasn’t enough just to want to see Uncle Henry and Auntie Em- and it’s that- if I ever go looking for my heart’s desire again, I won’t look any further than my own backyard; because if it isn’t there, I never really lost it to begin with. Is that right?”

Glinda: “That’s all it is!”

Scarecrow: “But that’s so easy! I should have thought of it for you.”

Tin Man: “I should have felt it in my heart.”

Glinda: “No. She had to find it out for herself.”

I’ve always loved The Wizard of Oz. Dorothy was such a good sport about the whole mess, especially considering that in the end all she really needed to do was see and admit the truth. Aside from overcoming the obvious disadvantage of waging a life and death battle in a gingham dress, she also had to contend with a psychotic witch and those damn flying monkeys. I would’ve died of fright on the flight to the castle. On second thought, I never would have made it out of the poppy field.

Part of me agrees with Scarecrow’s assertion that Glinda should have told Dorothy the secret of the Ruby Slippers right away. My alcoholic mind will always initially choose clicking heels and repeating a phrase, over character building and God reliance. My ego driven personality is far more concerned with reaching the destination, preferably first, than in the journey. Step Six reinforces one of the tenants of the spiritual life; that you can comprehend- (*cont. p 2*)



He said: In the 12 and 12 Bill describes

Step Six as the step that separates the men from the boys in AA... wait...really? I thought Step Six was a super quick step that one thoughtfully yet quickly breezed through on the way to Seven, Eight and Nine; A sort of bonus round after Four and Five. I mean, in the Big Book it is only one paragraph long. We got short changed!!! Hey, good thing Bill wrote the 12 and 12. It gives it a better treatment. So what is this ‘men from the boys’ thing? I want to be a man! In my experience Step Six is one of the super-deep, super-serenity steps that people I look up to know all about. How do I do it?

So...were entirely ready to have him remove all these defects of character. Am I ready? Of course! Take them!!! Take them now please!! I don’t want them! Duh! This was my reaction upon first taking this step. So why are they still here? WTF? I guess it is not as simple as it seems. One AA member told me that my defects of character are still here because I am powerless over removing them. For that I must look to a higher power. Aha!

So what do I do? The key words in the step are *entirely*, and *ready*. I interpret those to mean willingness. Am I willing to let go of and let God mold me? Am I entirely ready for God to make me into a new man in God’s eyes? Or do I think that sounds dorky and lame?

I suppose the first thing we need here is awareness of the character defects in the first place. Remember G.I. Joe? Knowing is half the battle. If I am not aware of a defect I can’t become entirely ready to have it removed.

A wise man once went to the Buddha and asked ‘If you could sum up all your spiritual teachings into one word what would it be?’ The Buddha thought about this, meditated on it and bumbai he replied, ‘awareness.’ And Buddha knows awareness is not only the spiritual key to the power of now - (*cont. p 2*)

(*She Said cont.*) your character defects, but not remove them. In the end, our real power does not reside in running faster, pushing harder, fighting the good fight. Our real power resides in the choice to see the truth of our powerlessness and to ask a Higher Power for a hand in this business of life. "No human power can relieve us of alcoholism" least of all ourselves, and yet each individual must assert their choice to "let go and let God".

All of the steps involve some kind of wildly twisted irony and Step Six is no exception. Einstein wrote, "God is clever, but not dishonest". The fun part about Step Six is how easy it sounds. When I first encountered it I thought, "Well hell yeah I want God to remove all my defects of character!" But the step does not read, "Desired to have God remove all these character defects entirely"! Step Six is about attitude, honesty, and perspective and for me the pendulum swung wildly between two extremes; wanting God to transform me without any effort on my part and then during lapses of faith, thinking it was all on me. In my ignorance, I made shedding my character defects a goal. Having just discovered the exact nature of my wrongs, and admitted them to God, myself and another alcoholic, I was anxious to pass off the spiritual "hot potato". I was still a victim of the delusion that I could "wrest satisfaction and happiness out of this world" if I could just "manage well". I became ready to have God remove my defects through the pain of trying to do it myself. My "job" is to take right action without trying to push myself somewhere, and to relate to my fellows and my Higher Power in humility. I think Mother Teresa put it best; "God has called me to be faithful, not successful."

~ Ally S., Kauai

(*He Said cont.*) it is also the first step to removing defects of character. What can we do to become aware of our character defects? A fearless and thorough Fourth and Fifth Step is one thing. Another way to become aware of them is to get into a relationship! Ah, yes, our loved ones are the best mirrors. After we become aware we become ready to let go and to change. That is all Step Six asks us to do.

Many of my defects have been removed. I still have lots but I can now look back and see that I have been changed from the man I was just over five years ago(I just turned five....big party). Things that I used to struggle with are no longer problems. Some things I struggle with are still problems but are lesser. Longstanding patterns of behavior have changed. I have more exciting and interesting problems. I feel a new sense of power in my life. I can co-exist with fears and shortcomings peacefully. I am wearing my big boy pants. I can focus and get a job completed. And all God's people said.....AMEN!

~ Will L., Kauai

Birthday Celebrations

South Shore

- ◆ Koloa Monday Women's 'Na wahine ku pono' 5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- ◆ Aloha Group - 7:30 p.m. Speaker Meeting, Koloa Union Church, 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 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!



MAKELE SEZ:

Easy Does It

But DO IT!

Happy Birthday

Kathleen P.	5/21	1982	28 yrs
Joy	5/20	1992	18 yrs
Mary L.	5/1	1993	17 yrs
Uncle Tim	5/13	1994	16 yrs
Charlie L.	5/1	2000	10 yrs
Catherine G.	5/10	2000	10 yrs
Dana M.	5/23	2002	8 yrs
Will L.	5/14	2005	5 yrs
Leilani K.	5/14	2005	5 yrs
Lindsey W.	5/17	2006	4 yrs
Jackson O.	5/8	2007	3 yrs
Sean F.	5/20	2007	3 yrs
Jennifer A.	5/5	2008	2 yrs
Lori M.	5/10	2008	2 yrs

CONGRATULATIONS!!

Publishing Birthdays

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 us at: District6newsletter@hotmail.com

Happy Birthday AA

June 10th Alcoholics Anonymous will celebrate its 75th Birthday!

You Can Give Back

Steps To Freedom Group is now accepting contributions to be sent to our General Service Office in New York. Come sign the Birthday card!

MAHALO!

A.A. Meeting Places



Photo ~ Alejandro

CHRIST MEMORIAL PARISH HALL 2518 Kolo Rd., Kilauea

Meetings:

- Monday - 7:30 pm, Speaker Discussion
- Tuesday - 10:00 am, Big Book
- 7:30 pm, Beginner's Meeting
- Wednesday - 7:30 pm, 12 x 12 Discussion

Concept VI - Authority

The Conference recognizes that the initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

❖ Just as the A.A. groups find themselves unable to act decisively respecting world service affairs unless they delegate a great amount of active authority and responsibility to the Conference, so must the Conference in turn delegate a liberal administrative authority to the General Service Board, in order that its Trustees may act freely and effectively in the absence of the Conference itself. (page 27)

❖ Presented by Francesca P. (alternate delegate) to Hawaii Area 17 at the Inform the Delegate assembly April 2006. 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.

~ Contributed by Shoshanah B.

 **Elizabeth M.** 
Our Area 17 Delegate

~ IS COMING TO KAUAI ~

MAY 30TH, 2:00 TO 4:00 PM
THE KAPAA NEIGHBORHOOD CENTER

Elizabeth will be giving us her 'REPORT BACK'
from the 2010 GENERAL SERVICE CONFERENCE
THIS WILL BE AN ICE CREAM SOCIAL!



Full Moon Hike

JOIN THE NIGHT HIKERS

THURSDAY MAY 27TH AT 6:30 PM
ON THE MOALEPE TRAIL

- ❖ The Moalepe Trail is on the east side of Wailua Homesteads. Drive Northwest on Olohena Rd. towards Waialeale Mt. The Trailhead is at the junction of Olohena / Waipouli Roads.
- ❖ There will be an AA Meeting at the shelter. No benches - bring a towel!

Don't Forget Your Canteen & Jacket

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

Information: Happyhourkauai@gmail.com

2010 Founders Day

Celebrate AA's 75th Anniversary!!

JUNE 10TH, 5:30 – 9:30 pm POTLUCK
7:30 Meeting

At The Hanalei Pavilion, Weke Rd.

Soda and bottled water provided!

Sponsored by:
North Shore Aloha and Princeville Hanalei Groups

2010 Kauai Roundup

"Life will take on new meaning."



JUNE 25 – 27

Kahili Mountain Park

Get Your Registration Form on Page 7

4th of July Picnic

AT LYDGATE PARK - BIG PAVILION

Sponsored by Hui Ohana Group
More to be Revealed!

2010 BOWLING



JOIN THE FELLOWSHIP

EVERY 3rd SATURDAY 1:30 PM, AT THE LIHUE LANES

NO EXPERIENCE NECESSARY
COME 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 June 5th
9:30am
The Lihue Neighborhood Center



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

GIS News. - Linda B. district6newsletter@hotmail.com

Request a newsletter
by e-mail



District6newsletter@hotmail.com

DCM CORNER

JUNE 2010

June marks the end of Panel 59's third quarter of service to Alcoholics Anonymous, so it is reasonable for us to heighten our awareness of the transition to Panel 61. Here are some things to consider over the next six months:

- The "Structure and Guidelines" for our district offers a material expression of our unity. It was born in Panel 55, amended in Panel 57 and posted on the area website during this panel for all to see. How we operate is now truly a transparent process available to any alcoholic who's interested.
- Our Public Information structure has also become more visible as we have participated in many public events in all parts of the island.
- Work on the men's side of KCCC has resulted in a regular meeting there that is well attended and four AA women were at May's Training Session to strengthen our efforts on the women's side.
- We have a wonderful display board which catalogues AA history on our island. It is available for events both within the fellowship and in the community.
- Over 60 meetings of Alcoholics Anonymous happen on a weekly basis on our little island and attendance seems to be growing. In addition, the meeting schedule gets printed quarterly and its accuracy has improved significantly.
- While Grapevine subscriptions are down, literature sales appear to be holding their own (or maybe our accounting is just improving!).
- The Garden Island Sobriety has become a marvelous expression for the fellowship on our island, and again illustrates the growth over the last three panels. It too, was born in Panel 55.
- The hotline (245-6677) is answered "24/7" by actual members of our fellowship and a broad range of members is active in that service. (And we pay the bill regularly!)

The above illustrate a fellowship "carrying the message," and here are a few more activities on the horizon:

- Founders' Day celebration, June 10, Hanalei Pavilion
- Kauai Roundup, Kahili Mountain Park, June 25-27

- July 4th at Lydgate
- Area 17 Budget Assembly, Hilo, August 14 & 15
- Kauai County Farm Fair the last week in August
- Kauai District Elections October 24, Niumalu
- Area 17 Election Assembly, Nov. 20-21, Puna

But we cannot rest on our laurels. While this list is impressive on the one hand, there is still much to be done and many ways to grow. Not all groups participate. Present District Committee members are currently being asked to visit unrepresented groups to ask for broader participation and to hopefully foster better communication.

I don't think there's a single thing listed in this article where my home group isn't or won't be involved. Why? We believe we do this thing together, that our freedom is dependent upon our participation, our joy comes from working with others and our happiness grows as our commitment increases. That's what we've learned. . . together, one day at a time. I hope those groups who aren't feeling "in the loop" will find the courage to change because the results can truly be beyond our wildest dreams!

~ Jim D

**Next District Meeting June 12th
9:30 am , 3146 Akahi St., Lihu`e**

District 6 Committee

DCM - Jim D. - DCM6@area17aa.org
 Alternate DCM - Susan O'N.
 Treas - Courtney P.
 Secretary - Michele K. kauaidistrictsixsec@gmail.com
 Grapevine - Alejandro 652-3128
 Archives - Mathea A.
 CPC - Bart D. 651-9623

SEND YOUR CONTRIBUTIONS TO:

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



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

Kauai District Cash Flow

April 11, 2010 to May 8, 2010

(District Meeting to District Meeting)

STARTING BALANCE \$2235.46

INCOME

Interest 3/20 to 4/20	\$ 0.08
P. I. refund	\$ 13.01
Wed. Daily Reflections Kapaa	\$ 60.00
Princeville/Hanalei	\$210.00
Sat. 3rd Tradition Kapaa Library	\$ 67.65
Sat. Sobriety in Paradise Koloa	\$ 90.00
Aloha Group Tu. Spkr mtg Koloa	\$ 12.00
Income Total	\$452.74

PAYMENTS

DCM Committee Meeting	\$228.80
Garden Island Sobriety Q2	\$ 75.00
Rent for District Meeting Q2	\$ 45.00
Payments Total	\$348.80

SUMMARY FOR 2009

Starting Balance April 10, 2010:	\$2235.46
Income Total:	\$ 452.74
Payments Total:	\$ 348.80
Balance	\$2339.40
Prudent Reserve:	\$-500.00
Available Funds:	\$1839.40

~ Prepared by Courtney P.

Service is Sobriety
 Our Area 17  Delegate is
Elizabeth M.
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.



"Life will take on new meaning.
2010 Kauai Round Up

June 25, 26, & 27, 2010
Friday 2:00 P.M. – Sunday 10:00 A.M.

"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."

**Come join us in the beautiful Kahili Mt. Park on Kauai's South side
Lots of fellowship, self-discovery, and incredible Mountain Serenity**

**Prices: \$88. Advanced registration before (June 7, 2010)
\$98. Late registration after (June 7, 2010)**

Includes 2 nights stay, 5 meals, and fun.

Accommodations in cabins are included.
Bathhouses with hot showers, linens, and towels provided.

For more information email: kauairu2010@yahoo.com

FOR PAYMENT INFORMATION

Please contact email: kauairu2010@yahoo.com

***This is an event for adults to celebrate sobriety. Please no children, no pets.
This is also a non smoking, drug and alcohol free property. Mahalo.***

Cut off the portion below and return it with your payment please.

(Note: Non-Refundable registration. However, it is transferable)

Please Print Clearly

REGISTRATION FORM

Name _____

Address _____

Amount Enclosed \$ _____

Phone _____ I can give a ride _____ How many _____

Fax _____ E-mail _____

Vegetarian _____ Vegan _____ Carnivore _____

Special needs (dietary or other) _____

 Airline _____ Flight# _____ Arrival _____ Departure _____

I will need a ride _____ Where and when to pick you up? _____