



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

From the AA Archives...

1. ^{For God} Admitted hopeless
2. Got honest with self
3. Got honest with another
4. Made amends
5. Helped other without demand
6. Prayed to God as you understand him.

Ever
Bill W.
Original AA
Steps
April 1953

The original 6 steps of AA, in Bill's own handwriting

- Step 1: Admitted hopeless
- Step 2: Got honest with self
- Step 3: Got honest with another
- Step 4: Made amends
- Step 5: Helped others without demand
- Step 6: Prayed to God as you understand him

Bill W., from a handwritten note dated April 1953

Visit the CNCA 06 AA Archives in Walnut Creek

From our delegate....

**Delegate Report
Budget Assembly
Hawaii Area 17/Panel 59
August 22, 2009
Elizabeth M.**

I am so happy to be here with you all. I look forward to the work we will do here this weekend to support our primary purpose: to carry the message to the alcoholic who still suffers. I know that I am so grateful for sobriety and the life I live today, no sacrifice is too great or too small to serve AA. I always hear how gratitude is an action word, and here we are in action for Alcoholics Anonymous! Thank you all for your love and dedication to AA, and for allowing me to serve you and AA as a whole.

2009 General Service Conference

Since we were together as a full body back in April, I attended the 2009 GSC in New York City from April 26, through May 2. I had the most amazing time, a true spiritual experience! We spent 82 hours in session over a one week period of time, often working late into the night. On Friday, we were in general session until 2:00 am! I recently received a summary of the Workshops we held there, and I brought 50 hardcopies this weekend. I will email anyone who wants one and didn't receive. I hope that most of you had the chance to hear my Report Back at your District. Over the summer, I have visited all districts with the exception of Waianae, which is scheduled for next month. My full written report is available on the website at www.area17aa.org, and I also have a full report of every single agenda item and the results at the Conference. I have previously emailed them out to all DCMs, please see them if you would like a copy. I brought along my "show and tell" items which I have used at my Report Backs; please take a look at them during the break.

It was earlier announced that the Final Conference Report would be shipped out in August; however I just received word that they will be mailed out the second week in September. I will have to devise a plan to get each member their copy.

Pacific Regional Trustee Candidate

Later this weekend, we will be holding a Third Legacy Election to elect our candidate for Pacific Region trustee. All 15 Areas in the region will be doing the same, and the all Delegates from the region will vote at the General Service Conference in April 2010. The incoming Trustee will begin serving at the end of the Conference. Our current trustee had this reminder *"This is probably as good a place as any to talk about the responsibilities for those who are wishing to place their name in the hat for Pacific Region Trustee. I want to make sure everyone realizes the time commitment for this position. We talk a lot about how it doesn't cost any money to serve AA but that really isn't true. How can you spend 90 days away from home in one year and not have it cost something? I work and I suspect many of you do as well. I also know my own limitations in trying to accommodate all requests from areas to visit. I have regrettably had to cancel some requests this year due to my employment responsibilities. I just ask that as you enter into elections, ask candidates to consider the commitments and also as areas, be mindful of the limitations of your regional trustees to accommodate all requests. We need to all work together to make service accessible to all who wish to serve."* Please see The AA Service Manual, pg S 63 for a description of qualifications of an effective trustee.

Pacific Region Trustee Visit

Unfortunately, Madeleine P., our Pacific Region Trustee, has regrettably canceled her trip to be with us at our Inventory Assembly. She has recently moved across the state and begun a new job. As a result, she has to limit her time off of work, and naturally gives precedence to the Board Weekends and Conference travel. I am sad that you all won't get the opportunity to meet her at our Assembly, but if you are attending PRAASA in 2010, she will be there.

PRAASA 2010

What is PRAASA? The United States and Canada are divided into 8 regions. We are a part of the Pacific Region. The Pacific Region consists of Alaska, Hawaii, California, Oregon, Washington, Idaho, Nevada, Utah, and Arizona. PRAASA is the Pacific Region Alcoholics Anonymous Service Assembly. The Assembly meets once a year at different locations within the Pacific Region.

The PRAASA Preamble: "The Purpose of PRAASA is to develop greater unity among the members, groups, Areas of the Pacific Region, to encourage the exchange of ideas and experiences: and to provide an opportunity for members to discuss pertinent aspects of A.A. The Assembly and the PRAASA committee should always foster the Recovery, Unity, and

Service legacies of A.A.”

The PRAASA agenda usually parallels largely with the Agenda items to be discussed on the General Service Conference in New York and is an excellent opportunity to be more informed on a personal, group, district, and Area level about A.A. and to learn about how other Areas do things, conduct business, and find solutions to some of our common challenges.

PRAASA 2010 will be held March 5 – 7, 2010 at the Radisson Hotel at LAX in Los Angeles, CA. I brought with me 50 informational fliers. I also have this available in email format, if you would like one emailed to you let me know.

If you are planning to attend, please reserve your room now, as the host hotel always sells out. It does not cost money to make a reservation, and they have a liberal cancellation policy. I will have a signup sheet at the January Assembly for people who are going. As always, I will need a list of pre-registered attendees to put forth to the committee as possible presenters, readers, round table facilitators and timekeepers. As you all know, Hawaii Area will be hosting PRAASA in 2011, and many of us in this room right now will be serving on the host committee.

Inform the Delegate for 2010

I'll am working in conjunction with the other officers on a plan to process the 2010 General Service Conference Agenda Items in a new an exciting manner. More shall be revealed! Look for email communications about this as we approach year's end.

International Convention 2010

Celebrating 75 years of Alcoholics Anonymous, the 2010 International Convention will be held in San Antonio, Texas July 1-4, 2010. Registration Brochures have been mailed from the printer. They are being mailed to every registered GSR, Area Officer, DCM and Standing Committee Chair. They should be arriving to groups and other trusted servants by September 1 at the latest, although the bulk of them are expected to arrive the end of this week and early next. The Registration Brochure has also been posted on G.S.O.'s A.A. Web site at www.aa.org. Registration will open on September 1. On the first, we will post a link from our site to the online registration site. As I mentioned earlier in the year, I am serving as the Coordinator for the Pacific Region's Hospitality Suite. We are selecting Coordinator's from each Area in the Region, who will then schedule the service position time slots. It currently looks like we will have 5 Areas covering each two hour time slot. At our January 2010 Assembly, I will have a list for people who are attending to sign up on.

News from AA US / Canada

The General Service Board of Alcoholics Anonymous, Inc. held its quarterly meeting the first weekend of August, 2009. The chairman gave a report regarding the board's executive session on Sunday, August 1, 2009 noting that in the spirit of dispelling an "aura" of secrecy that may adhere to this trustees meeting being called an "Executive Session", and because the meeting has rarely been an actual executive session, it was decided to rename the gathering the "Trustees Sharing Session."

Ward expanded on this change, "Hearing the history from our trustees' emeriti, we recognized that this meeting was established to provide an opportunity for free and open discussion among trustees, particularly over issues where strong differences existed. Only rarely has it been a true "executive session" dealing with issues of personnel or misconduct. We agreed that we need a time for open and honest sharing when we can explore new ideas; hear strongly held differences of opinion, and at times deal with personal conflicts. In a public meeting, trustees will not feel free to participate fully in such a sharing and, without appropriate opportunity, these needed conversations will happen in small groups out of the public eye, fracturing the unity we need as a Fellowship. We also agreed because the trustees and staff work together as a team, it will be important to have the general manager present and occasionally invite other members of the staff as a resource for a particular topic. However, we also want to be clear that the right of participation and the need for transparency demand that the spirit of secrecy must disappear. We believe the principle of anonymity provides the key: What we discuss in the Trustees Sharing Session (principles) is open and will be reported; who said what (personalities) as well as truly exploratory ideas will not be appropriate to share as such reporting would damage the freedom of expression we feel is necessary."

As of Monday, August 10, 2009, Publication Director Chris C. and the General Service Office ended a relationship of more than six years in an amicable fashion. We acknowledge Chris's many work contributions during his tenure in Publications and wish him well in his future endeavors. Valerie O. has been appointed Publications Director effective Monday, August 17, 2009. Valerie has been with the G.S.O. since September 1990 working in a number of Staff assignment

areas with her most recent, International.

Following the GSC, the board had a conference call to address the issue of John S.'s vacancy on the GSB and Jeanne W.'s resignation from the board. As discussed at the GSC, the vacancy on the AAWS board should be the purview of the AAWS board and approved by the GSB. AAWS has made plans to replace that vacancy by the next GSC and have Jo-Anne L. Trustee-at-Large Canada serving as a director for the next year. As for the vacancy created by the resignation of Jeanne W., Ward E., new chair of the board, had suggested that Herb G., recently rotated Class A trustee, serve out the remainder of the term. The GSB was split on the decision so the position will remain vacant for the coming year.

Results from recent announcement of an opening for a GSO staff member resulted in the submission of over 100 applications. An ad-hoc committee performed the initial screening which proved to be very challenging as the quality of candidates were excellent. The final candidates will be interviewed the first weeks of August with A.A. Staff participating in the process.

On July 13, 2009 all staff members at G.S.O. rotated, as they do every two years. If you would like a list of which staff member holds which assignment, I would be happy to provide this information to you via email.

AAWS

The General Service Office welcomed 729 visitors the first six months of 2009.

Work continues on developing the Online Contributions project. A.A.W.S. Directors were given a preliminary demonstration at their meeting. As work progresses, they will have another demonstration at their September meeting with future demonstrations of the project planned for the full General Service Board and 2010 Conference.

Publications

Total distribution of all books through June 2009 was 1,495,764, up 37% from the same period in 2008. This dramatic jump in distribution is the result of customers purchasing large quantities prior to the July 1 price increase. Through June, total AA purchases amounted to 1,072,471 units; while non-AAs accounted for 423,293 units or 28% (this percentage is higher than normal due to a very large order from Hazelden).

Big Book Sales

Through the month of June 2009, we distributed 866,548 units, compared to 571,691 in the same period of 2008.

Kindle Project

General Manager, Phyllis H., presented a report on July 30, 2009 on the current status of the negotiations with Amazon Digital Services, Inc. (A.D.S.I.) regarding the Kindle project and explained that based on the 30 day termination clause in the contract, a request to withdraw the Big Book on Kindle from the Amazon website had been forwarded to the A.D.S.I. on July 10, 2009. It seems that none of the assurances made to us by Amazon were maintained, i.e. No suggestions for other books to show up with the Big Book, prices, rescinding the contract at any time.

Financial

For the first six months, ending 6/30/2009 42.52% of groups in Hawaii contributed to G.S.O., compared to 2008, in which 44.52% of groups in Hawaii contributed.

Net sales of \$8,410,300 during the first six months of 2009 were approximately \$474,725 (6%) over budget and approximately \$1,923,300 (30%) more than the same period last year.

Gross profit from literature was \$5,099,410, approximately \$433,513 (9%) over budget and \$1,416,427 (38%) more than the same period in 2008.

Contributions received for the first six months of \$2,883,440 were \$221,050 (7%) less than budgeted and \$203,264 (7%) less than the first six months of 2008.

Resulting gross revenue (gross profit from literature sales, contributions, and interest earned on cash flow) was \$7,983,534. Total revenue was \$210,131 more than budgeted and \$1,209,507 more than the same time period last year.

Unaudited net profit for the first six months of \$1,313,607 compares with a budgeted profit of \$1,153,716 and was \$1,280,151 greater than the \$43,456 reported for the same period in 2008.

AA Grapevine

AA Grapevine saw a slight increase in average monthly circulation of the Grapevine magazine this quarter, although circulation has not caught up to where it was last year before the downturn in the economy. Average monthly circulation of the magazine was 104,571 at the end of June 2009 (103,211 prints; 1360 audio).

Distribution of books, CDs and other items was up about 13.5% over last year, because of interest in two new titles, Beginners Book and Voices of Long-term Sobriety. The website drew an average of 43,000 visits a month. Year to date, AA Grapevine has distributed 62,039 books and other items and 646,616 copies of our meeting in print, including back issues.

At 9,620, average bimonthly circulation of La Vina has held steady so far this year, but it is still 1,022 behind June 2008. Year to date we have distributed 2,833 La Vina books and CDs and 35,860 copies of the magazine, which includes back issues and current issues (March/April and May/June).

Response to the redesign of the Grapevine has been largely positive. The chief concern, the placement of the Preamble, Steps and Traditions to the inside covers, beginning with the August issue. The size of the Alcoholism at Large disclaimer will be increased as of the September issue.

Archives

The committee discussed the Conference Committee on Archives' request to prepare a report on the feasibility of developing a self-guided tour of GSO's AA Archives and requested that the Acting Archivist prepare the report based on the committee's discussion for review at their next meeting on November 1, 2009.

The committee discussed the Conference Committee's request to add a daily historical reference to the GSO's AA Web Site and forwarded the request to GSO's Intra-Office Web site committee for consideration.

General Service Conference

The first item up for discussion was the development of a policy regarding the use of "full-face videos" and was tabled until the Fall Quarterly Board meeting as this was the topic for the Sharing Session to be held later that day and it is an agenda item for the trustees' Committee on CPC/Treatment Facilities.

This committee did recommend to the GSB and was subsequently approved that the use of an online dashboard for all conference members be continued for an additional 2 years beginning with the 2010 GSC.

The topic of floor actions and commit to committee and recommit to committee was discussed at length and tabled until their 2009 Fall Quarterly Meeting for further discussion.

This committee also approved the request for two observers from the General Service structure of Venezuela to attend the 2010 GSC.

Treatment Facilities/CPC

This committee recommended to the GSB and was subsequently approved, to rename this committee to "Trustees Committee on Cooperation with the Professional Community/Treatment Facilities/Special Needs-Accessibilities." What a mouthful!

The revised video Hope: Alcoholics Anonymous will be produced on a single DVD containing all three languages with a planned release date of late September 2009. The DVD will contain dubbing and subtitles as options. Permission was secured from the copyright holder to use the song "Happy Birthday" at the end of the video.

The committee accepted responsibility for the proposed development of a recovery pamphlet for newcomers or prospective members with special needs to include stories solicited from AA members with a wide variety of challenges, such as autism, brain damage, learning disabilities, blindness, deafness or hearing impairment, confinement to wheel chairs, etc. An outline of the proposed pamphlet will be prepared by the Publications Director and brought to the November 1, 2009 meeting of the committee.

CPC

Staff provided an update from the Publications Director that in response to an additional committee consideration from the 2009 GSC Committee on CPC, that he is completing production of consistent voice over text regarding anonymity

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and singleness of purpose in the three CPC video segments. A DVD containing the three segments will be priced by AAWS and the DVD will be included in the contents of the CPC kit.

This committee also had discussion regarding the use of full face videos and will discuss further at the November 2009 meeting.

With regards to the service piece directed to drug court/alcohol court professionals, a revised draft service piece will be reviewed by this committee and if approved, will be forwarded to the Publications Department for final editing. When approved, staff will send the completed service piece in the next Activity Update to all CPC chairs for use in their CPC Service with drug court/alcohol court professionals.

Corrections

A subcommittee was appointed to bring a plan for proceeding with the project of revising the pamphlet "It Sure Beats Sitting in a Cell" and will report back to the October 31, 2009 meeting of this committee.

The committee discussed the request from the 2009 Conference Committee on Corrections for gathering of shared Fellowship experience regarding the signing of "legally binding documents" and tabled further discussion until its October 31, 2009 meeting. The chair appointed a subcommittee to begin to compile suggestions regarding signing legally binding documents that may be helpful to AA members involved in Corrections service and report back to the October 31, 2009.

International Conventions/Regional Forums

The committee agreed there would be no Fun Run because of declining interest and heat concerns.

A local forum was approved for the Spanish speaking districts in Area 08 San Diego/Imperial California on August 22, 2010.

It was recommended and approved that online hotel registration for Regional Forums will be available on GSO's AA Web site with "page break disclaimers."

Literature

The committee asked the Publications Department to revise the draft pamphlet "The AA Member – Medications and Other Drugs" with attention to the suggestions provided during the GSC discussions and with additional review by AA members who are also physicians and bring the draft back to the fall meeting for review.

The committee also discussed the 2009 Conference Advisory Action that the Literature Committee undertakes a thorough review of the pamphlet "Questions and Answers on Sponsorship." A subcommittee will bring a progress report back to the next quarterly meeting.

Public Information

Hopefully, the Young People's Video PSA will be available this fall. Please continue to urge the fellowship to submit videos as there is a continued need for new submissions.

Nominating

There were multiple changes clarify language in the nominating committee procedures. The majority of the work for this committee this year will be choosing two new Class A trustee candidates to replace Bill Clark and Jeanne Woodford. We will also be choosing two new regional trustees, one for Eastern Canada that has been vacant for almost all of its term and one for the Pacific Region, replacing Madeleine.

I just gave you all a ton of information; you can see me with any questions, comments or concerns. This report is in the current Mynah Bird, and on our website at www.area17aa.org. Thank you all so much for my life filled with love, light and laughter and for the honor and privilege to serve you all and AA as a whole.

Elizabeth M.
Hawaii Area 17 / Panel 59
Delegate



Aloha Hawaii Area 17 A.A. members,

We say the basket is where money and spirituality mix. This month, while getting our contributions ready to deposit, I cried a little. It is moving to see how many groups contribute and provide the needed connection to each other, and to A.A. as a whole. Group contributions are the reason Hawaii Area 17 trusted servants can serve. To date, 137 groups have contributed. Thank you for your support and trust.

As of August 16, 2009 Hawaii Area funds are as follows:

Operating Funds	\$19,757.12
Prudent Reserve	\$5,000.00
Reserve for Computer Equipment	\$500.00
Reserve for International Convention	<u>\$1,000.00</u>
Total cash in bank	\$24,757.15

As of August 22, 2009:

Total Revenues/Contributions	\$12,639.38
Total Expenditures	<u>\$14,478.39</u>
Net Revenues	-\$1,839.01

The beginning of A.A. is recorded in Dr. Bob and the Good Old Timers. Dr. Bob and Bill sure did a lot of running around to find another drunk to "fix." When Dr. Bob called Akron City Hospital asking for a "prospect" to try their new "cure" for alcoholism, the nurse wanted to know if he'd tried it on himself yet. She let Dr. Bob and Bill visit someone described as "completely out of his mind when drinking," but "a grand chap when sober." (p.82). He became A.A. number three. Our humble beginnings include someone who accepted our program and someone who refused it. We never know what the result of our efforts will be, but we keep sharing anyway.

Thank you again to the voluntary contributions that so many groups sent in.

**Coleen A.
Treasurer
Area 17, Panel 59**



**New Meeting
in Kaneohe**

Kaneohe Discussion

Where: Kaneohe District Park
When: Tuesdays, 7:15 - 8:15 PM

We welcome your support.

**SATURDAY NIGHT LIVE
POTLUCK DINNER MEETING**

Date: Dec. 5, 2009

Where: Liholiho Elem.
3430 Maunaloa Ave.

Time: 6:00 to 9:00 pm

**Bring your favorite dish to the
Potluck Dinner.**

**If you want to get into service, come to
our home group meeting on
Oct 17 & Nov 21, 2009 at 6:45 pm.**

Just what the heck does your webmaster do?

First, let me say that I've been honored and blessed by having the opportunity to be your Hawaii Area 17 webmaster since August of 2007. Now here it is August, 2009 and I'm still the webmaster. What's up with that and how about Spirit of Rotation? I'm glad you asked. Let's take a look at some recent history.

In 2007 I was serving as the GSR for my home group, the Downtown Lunch Group of Honolulu for Panel 57 (2007-2008). While Area had had a website for some time our webmaster had moved to the mainland and updates were becoming problematic for all concerned.

At the 2007 Budget Assembly, held in Waianae, it was announced by our then Alternate Delegate, Old School Mike, that we really needed a new webmaster and if anyone would like to step up and turn in a resume at the assembly they'd consider it and hopefully have a webmaster by the end of the assembly.

Now for a bit about me, besides being a drunk – sober since April 2004 – I'm a computer professional. It's a job I sort of sidestepped into some ten years ago and managed to hold on to while I sobered up. I've been playing with computers since the late 60's and had been playing on the Internet since...well let's just say since before it was the Internet. That doesn't make me special it just gives me a bit of experience.

Because A.A., in the form our Area, had asked and I had, or at least thought I had, the skills, I jotted down my qualifications and gave them to Mike. That was Saturday. On Sunday it was announced that I had been selected as the new webmaster. I immediately regretted my decision and thought about somehow getting out from under the responsibility. Today I'm happy to report that I'm very, very glad I didn't. Being of service to Area in this capacity has been one of the great joys of my sobriety.

So just what do I do?

To answer that question I'll really have to tell you the history of our website since I've been involved in it as the job has certainly evolved over the course of my tenure as webmaster.

When I took over management of the site it consisted of single pages of HTML (Hypertext Markup Language). Essentially this is a set of codes that tell your web browser how the page you see on your screen should be formatted.

One of the biggest problems with writing your own HTML pages is for a larger site it can be very time consuming to

keep each page in synch with all the other pages; keeping the same look and feel, navigation tools, and updated links.

My first job was rewriting the website pretty much from top to bottom to clean up the "behind the scenes" stuff while keeping the same information online. Of course I also had to make sure new information was put online in a timely fashion, so I was both writing and rewriting at the same time. Luckily we don't generate a lot of new information daily. Just before Assemblies or Committee meetings things can get a little hectic, but in between those times there was plenty of time to get things in order.

Still it became clear to me that in order maintain our website and look to the future it was time to move to a Content Management System (CMS). A CMS is specialized software that runs online and is used to present and store web information in a consistent and systemized fashion. Most of the big websites you'll see online are now run this way.

The real benefit to moving to this sort of software is that day to day management of the site is made very easy. If we want to change the look and feel of the site all that is needed are a few commands and the look of all the pages are changed. We don't have to hand code each and every one. As we have some forty-two pages on our website I think you can see how difficult that might be.

The next big change was adding all the email accounts and mailing lists. Many of the email accounts had been created before I came on board but sending out mail to everyone had gotten difficult. Unfortunately most email systems like ours limit the number of recipients you can mail to at one time to prevent spam (mass commercial emails). To make communications a bit easier we decided to create mailing lists that would allow us to mail everyone involved in Area service more or less at the same time.

All these changes required our moving from one web hosting to another, a change we completed midway through 2008. Now we had a working system. Our website was being managed with a CMS and we could communicate pretty well with our email lists.

What next and why am I still here?

Up to this point the webmaster had been sort of an assistant to the Alternate Delegate, Old School Mike at the time. He and I both felt that this system was becoming unworkable for a variety of reasons. Among other things it kept the webmaster at a distance from the Area and the people actually using the system. It was proposed that website move from being a duty of the Alternate Delegate position and become a full Standing Committee. This

H.I.C.Y.P.A.A. 2009!

Kauai, HI



“this is an experience you must not miss”
p 89 in the book **Alcoholics Anonymous**

The Hawaiian Islands Conference of Young People in Alcoholics Anonymous 2009 will Be held at Kahili Mountain Park On Kaua'i September 4th, 5th, & 6th, Labor day weekend.

For more information and registration go to: hicypaa09.org

To get involved in the host committee email: hicypaa09@live.com

Hicypa'a no ka oi

48th Annual Hawai'i Convention

Ho'omaka Hou

New Beginnings

*That was the beginning of a new life, a fuller life, a happier life than I had ever known or believed possible.**

October 29 – November 1, 2009

Hawaii Convention Center

Online registration & information: www.annualhawaiiConvention.com

*Big Book of Alcoholics Anonymous, p. 206

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would allow us to get input on what direction we should head and how things should be done from the most important people in A.A.; you, the A.A. member.

I wrote a proposal, with lots of help, and presented it to the Area at the 2008 Budget Assembly where it passed. When Panel 59 took over in 2009, I was asked to be the first chair of the web committee, a position that also encompasses the duties of webmaster.

That's the short form of our "web history" over the last couple of years and it hasn't, if you've paid attention, answered the original question of just what do I do all day. Now that things are running pretty smoothly I can answer that question with the short phrase, "as little as possible." No, I'm not trying to be facetious; the truth is that now we've made so many major changes the work of the webmaster has become more routine than it was in our recent past.

During any given week, though of course the pace picks up near assemblies and committee meetings, my work consists mainly of:

1. Adding events and event fliers to the appropriate page of our site and making sure our calendar is up to date.
2. Keeping the mailing list membership lists up to date, removing members who have left and adding new members.
3. Keeping our mailing lists free from spam. Each list only accepts email from approved members and will hold for approval mail from any other source. That means every day or two I have to check what's been caught and, mostly, remove it. If you use email you wouldn't be surprised at all with what gets caught.

That pretty much covers my webmaster duties. However as chair of the web committee I've a few more things on my plate. I've been working with Hugh, our Alternate Webmaster. He has a lot of experience as was well so we're in good hands when I'm unavailable. In addition I've been doing a lot of research, as have the members of our committee, into just what sort of web policy we should implement. You'll be hearing a lot more about this in the future so stay tuned!

And, of course, the biggest part of my job is listening to you, the users of our system. That's because it's really all of you who drive the changes we've made.

And what am I hearing?

I think the biggest thing I'm hearing right now is that the level of spam our email users are receiving is pretty bad. Sadly spam protection costs money and the costs are prohibitive. But there are a couple of things we can do, like moving our email from the web host we are using, who provide no spam protection for free, to a larger carrier that will provide some protection. I won't mention names to avoid conflict with our Traditions, but most folks who use the internet or email will probably be familiar with them.

Is this a done deal?

No, and it may not come to pass. First, we won't make such a major change without getting input from our Area users and making sure that it really serves them and you. Secondly we have to make sure that it really will fit into our budget. Because we are a non-profit organization it is my hope it won't cost us a penny. This would not, by the way, be a problem with Tradition Seven because we would not be getting anything any other non-profit organization can't get. Tradition Seven doesn't require us to pay for things that are free as long as they are free for everyone.

Well thanks for taking the time to read this update. Please know that I'm having a great time being your webmaster and I am truly blessed by the position you've let me work on for a while. When Panel 59 comes to a close at the end of 2010 I hope you all feel your trust hasn't been misplaced and that we can hand the website to the next Panel in much better shape than we found it.

Thank you for letting me serve.

Bob H.
Webmaster
Area 17, Panel 59



Aloha,

I would like to take this opportunity to formally introduce myself. My name is Heidi and I am the new Non Rotating Archivist. My sobriety date is January 15th, 1999 and my home group is *The Point* on Oahu.

As many of you know, Ted K. retired this past April after sixteen years of service to the Hawaii Area. For those of you who don't know Ted, that leaves me some very big shoes to fill. Back in January at the Orientation Assembly, it was announced that Ted would be retiring and they would need to fill that position. At that same time, I was feeling that I really missed Area Service, having just rotated out as the DCM for Waianae. I decided I would talk to Ken K., our chair, and let him know I was interested.

That set the ball rolling because before I knew it, I was with the Area Archives Chair, Shoshanah B., up at Ted K's house looking at the collection of the Hawaii Archives. I knew Ted had built a special room for the archives, but beyond that I had no idea what to expect. When Ted opened that door the first thought that went through my head was "what an order, I can't go through with it". Part of me wanted to turn around and run. That was the fear part. There was so much there and my head told me "there's no way you could possibly get all that knowledge that Ted has". The other part of me, the part that loves AA and loves service said, "Wow, look at all the things you could learn, and the wonderful history contained in this room". I'm happy to say, that part won over. Not to say the other part is gone, because it is not. I also know I don't have to know everything in that room tomorrow. Thank goodness for Ted, who has been my biggest cheerleader and I know will be there for me to lean on for advice and direction, as I take on this responsibility of keeper of the archives.

There has been talk of possibly digitizing the archives which would reduce the physical size of the archives themselves by eliminating the need to keep more than one copy of an original document. This is something I am very interested in as well, as it would make it much easier to supply archive material(s) to the neighbor islands for their various events as well as reduce storage space, and preserve documents.

We also have PRAASA coming up in 2011. That may sound like a long time from now, but is never too early to start planning. Along with the PRAASA archives, I would like to be able to display some of our Hawaii history.

I am really excited to begin this journey. There are so many directions we as an Area can take. First things first, however, my number one priority will be to physically move the archives. Along with his commitment, Ted had a special climate controlled room built off his home to house

the archives. He has graciously extended use of the room through the end of the year at which time I will need to have them out. Hence the large line item added to the 2010 budget. This will basically cover the cost of storage of the files. Once we get the things moved, I can get to the task of learning about and familiarizing myself with the material we have, organizing, writing histories and hopefully presentations. Ted has given me some Area histories and correspondence to get me started.

If you, your group, or area has any material you don't want, please do not throw it away. Pass it on to the Archives Chair, Shoshanah B. or myself. I am especially interested in directories, newsletters, schedules, group histories and fliers. Also if you would like to be of service on the archives committee, please contact us, we would love to have you.

I realize I know only a little, but this is a we program and I so look forward to serving the Hawaii Area, with all of you. In love and service,

Heidi G.
Non-Rotating Archivist
Area #17



The Mynah Bird

Soon after the establishment of the Oahu Intergroup Office, in the summer of 1962, its members recognized the need to produce a regular, up-to-date meeting schedule and to inform the Oahu and Neighbor Island Fellowships of A.A. events and activities of general interest. Discussion led to the idea of having a combined newsletter/meeting schedule and, since the mynah bird (*Acridotheres tristis*) was known locally as something of a chatterer, a name for the newsletter was quickly agreed upon.

Rocky H., an "old-timer," with almost 20 years of sobriety, volunteered to head up the project, and Arnold N., a Hickam NCO and A.A.-newcomer, volunteered to assist him. Through their combined efforts, the first issue of "The Mynah Bird" came off the mimeograph in October of that year. Arnold N.'s military association was evident, as the Mynah Bird was mimeographed on 8" X 13-1/2" paper, military legal-size, a half inch narrower and shorter than civilian legal-size paper.

The first issue of the Mynah Bird included the earliest known schedule of A.A. meetings on any of the Hawaiian Islands. There were no Neighbor Island intergroup offices at that time, so Oahu Intergroup took it upon itself to provide whatever services it could to the small A.A. communities on the Neighbor Islands. It listed the 28 meetings on Oahu, as well as the single meetings found on Kauai and Maui, and the Big Island's two meetings (one in Hilo and

one in Kona.)

The Mynah Bird began as a monthly newsletter, but soon became bi-monthly and then irregular. It began as a light-hearted gossip sheet, telling of birthdays, group events, and whatever else local members were willing to submit. It soon established the now-standard procedure of begging its readers for in-put and, when very little was received, reproducing articles from other AA publications. Eventually, its cost exceeded its news value and, in January, 1968, Oahu Intergroup voted to discontinue publication of the Mynah Bird.

In June, 1974, the Oahu Intergroup voted to resume publication of the Mynah Bird, with Jackie S. as Editor. Instead of resuming its focus on individuals and groups, the newsletter refocused on the A.A. service structure. It not only reported on the continuing efforts of Harry L., Hawaii's Delegate to the General Service Conference, to establish an Area structure in Hawaii, but it also provided informative articles about the duties of GSRs, DCMs and Area Officers. It did this just as the district and area structures were being created.

The first Area Committee Meeting was held in the Oahu Central Office on November 16, 1975, and the first Area Assembly was held at the Kaneohe State Hospital on January 25, 1976. By June, Oahu Intergroup agreed to turn-over publication of the Mynah Bird to Hawaii Area, and Katie B. was appointed Editor. At the Area Assembly, on October 24, 1976, it was specified that the Mynah Bird was to be a monthly publication of 6-8 pages; it was to include no gossip column; its editor was to rotate annually. Its name was briefly changed to Mynah Bird Prints, but it reverted to its original name by March of 1977.

Over the years the frequency, format and length of the Mynah Bird has varied, just as the dedication and skill-level of its editors has varied. It has been published monthly, bi-monthly, quarterly and only in conjunction with Area Assemblies. It has sometimes been almost exclusively a platform for the musings of Area officers; at other times it has contained news of groups, or a particular island; it has been light-hearted; it has been deadly serious. As the internet has developed, the Mynah Bird has developed apace. No longer is the Mynah Bird black-and-white and mimeographed. Its variety of fonts, clip art, and colors is reflective of the computer skills and commitment of its editors.

We can be grateful to those who have superintended the growth and development of the Mynah Bird over the years, but especially to those who have been able and willing to cope with the technological change. Over the past 15 years, these have been, in chronological order, Wayne S., Tim H., Pat B., Patti W., Susie S., Donna P.,

Bethann D., Elizabeth B., Mike R., Michelle W., Miranda K. and our current Mynah Bird Chairperson, Cheryl N.

Ted Kramer
Past Non-rotating Archivist
Area 17



West Hawaii District 8 is there to help...

2009 has been a year of change on the Big Island. Panel 59 GSRs and Committee Chairs are providing Unity and Service for all AAs in Recovery.

Our trusted servants of the West Hawaii Intergroup have made a transition to a new office in the Old Industrial Area of Kailua-Kona. Check the location out by a computer search, westhawaii.org or calling the office at 808 329-1212. You can also find West Hawaii on the area17aa.org web site. The hand of AA will be there for you! The Intergroup Office has a large volume of AA Approved Literature. The Intergroup holds their Business Meeting every third Thursday of the month. Make it a point to check it out. Volunteers to answer the help line and man the Office are always welcome!

Next door to the Intergroup Office is the Alano Club of Kona. Although not affiliated with AA, it supports our AA Community with a club house. So, stop in there for a soft drink & lunch. The bagels, chili, and snacks are great too! AA meetings at the Club are usually daily at 10:00AM, 2:30PM, and 5:30PM. It is a great place for "new comers" and "timers" to hang out, tell story, and figure out life's lessons... the meetings are listed in the Club.

Going South of Kailua-Kona, The Friday Night BBQ Group meets at Tap Root Farm, one mile down Ka'alualu Road, between markers 65 and 66 (South). It's a potluck; starts at 5PM, Meeting at 7 PM. Call The help line for directions. A good fellowship time...going North, Monday Night Miracles in Honoka'a, is there for you too, 7 PM Monday. They meet behind the Hospital at the bottom of Luhia Street.

So, grab a Winter 2009 Schedule. There is a meeting close by for everyone. West Hawaii AA has over 75 meetings a week! So, I suggest, "Grab some newcomers and find a new meeting out of your comfort zone." All West Hawaii AA members will be glad you did!

Oh, I forgot to plug the Seventh Tradition...we are self supporting through our own contributions...two bucks are mighty spiritual.

Aloha,
Paul K
DCM District 8 West Hawaii
Area 17, Panel 59



Heard in a Meeting...

When I came to AA I had two brain cells left and they were waving goodbye to each other.

Whining is anger coming through a very small hole.

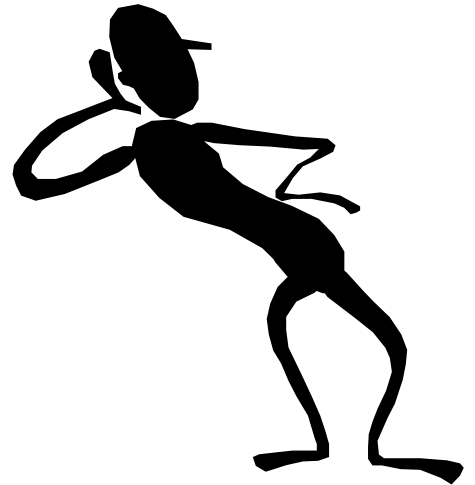
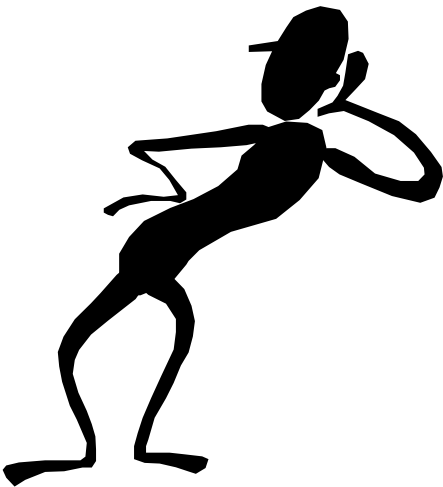
I better not go to the meeting, I might get better.

Bless them, change me.

My future is spotless

Listen, learn, love, live. Now I live my life.

You spot it, you got it.



Chapter Five

HOW IT WORKS

Rarely have we seen a person fail who has thoroughly followed our ^{path} directions. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a way of life which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it -- then you are ready to follow directions.

At some of these ^{we} you may balk. ^{we thought} You may think you can find an easier, softer way. We doubt if you can. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that you are ^{we} dealing with alcohol -- cunning, baffling, powerful! Without help it is too much for you. But there is One who has all power -- That One is God. You must find Him now!

Half measures will avail you nothing. You stand at the turning point. Throw yourself under His protection and care with complete abandon. ^{we stand} ^{then we are!}

^{reception he suggested} Now we think you can take it! Here are the steps we took, which are suggested as ^{our} Program of Recovery:

1. Admitted we were powerless over alcohol -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care and direction of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely willing ^{not have} that God remove all these defects of character.
7. Humbly, ^{on our knees} asked Him to remove our ^{shortcomings} ~~shortcomings~~ -- ^{holding nothing back.}
8. Made a list of all persons we had harmed, and became willing to make complete amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

His Divine Consideration

10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our ^{CONSCIOUS} contact with God, praying ^{as we understood Him.} only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual experience as the result of ^{these STEPS} this course of action, we tried to carry this message to others, especially alcoholics, and to practice these principles in all our affairs.

Many of us exclaimed
 You may exclaim, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after, ~~have been designed to sell you~~ three pertinent ideas:

- (a) That you ~~are~~ ^{we were} alcoholic and ~~cannot~~ ^{could not} manage your own life.
- (b) That probably no human power can ~~relieve~~ ^{could have} your alcoholism.
- (c) That God ~~can and will~~ ^{could and would if sought}.

~~If you are not convinced~~ ^{Being} on those vital issues, you ought to re-read the book to this point or else throw it away.

~~If you are~~ ^{being} convinced, you are ~~at step three~~ ^{at step three}, which is that you ~~make a decision~~ ^{decided} to turn your will and ~~your~~ ^{we} over to God as you ~~understand~~ ^{understood} Him. Just what do we mean by that, and just what do we do?

The first requirement is that you ~~see~~ ^{are convinced} that any life run on self-will ~~can~~ ^{could} hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives may be good. Most people try to live by self-propulsion. Each person is like an actor who wants to run the whole show: is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way. If his arrangements would only stay put, if only people would do as he wishes, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful. In trying to make these arrangements our actor may sometimes be quite virtuous. He may be kind, considerate, patient, generous; even modest and self-sacrificing. On the other hand, he may be mean, egotistical, selfish and dishonest. But, as with most humans, he is more likely to have varied traits.

What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right. He decides to exert himself some more. He becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit him. Admitting he may be somewhat at fault, he is sure that other people are more to blame. He becomes angry, indignant, self-pitying. What is his basic trouble? Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well? Is it not evident to all the rest of the players that these are the things he wants? And do not his actions make each of them wish to retaliate, snatching all they can get out of the show? Is he not, even in his best moments, a producer of confusion rather than harmony?

Our actor is self-centered -- ego-centric, as people like to call it nowadays. He is like the retired business man who lolls in the Florida sunshine in the winter

Letter to the editor

Dear Mynah Bird -

We all have them - those days when you just "need a meeting".

I had one the other day, so I pulled out my meeting schedule, hopped on the bus and went off to a meeting I usually don't attend.

I arrived at the meeting place relieved that I was home safe, walked through the door and left a moment later, dismayed that I could not stay: I have a life threatening allergy to dogs, and one was running back and forth through the meeting place. (Removing the dog would not have helped because dander had already gotten into the air and onto the surfaces of tables and chairs.)

Fortunately, I had a few meetings in the bank, and I made it through the day without picking up that first drink.

I'm not a dog hater; In fact I love dogs, it's just that they are deadly to me. An encounter with a dog more often than not triggers an asthma attack, and I once went into allergic shock after being licked by a dog.

Imagine walking into a room slithering with cobras and rattlesnakes, and you'll have a pretty good picture of what it feels like to me when I enter a place and encounter a dog.

There are many good reasons to bring a dog to a meeting, and it never bothers me to have to leave a meeting when there is a medically necessary animal there - such as a seeing-eye dog or a seizure dog - because I know those animals are there for the sole purpose of making it possible for an alcoholic to make a meeting.

But it is equally true that an allergic alcoholic can be excluded from getting the help they need when people choose to bring pets along, especially to an indoor meeting. The same holds true at special events, business meetings, and at our various service centers.

It is my belief that our Responsibility Pledge and our Traditions - especially the Third and Fifth Traditions - suggest that we remove any (involuntary) barrier keeping any alcoholic from attending whatever meeting they might choose, participating fully in our service structure, or enjoying our special events. I ask all pet owners to carefully consider the needs of allergic alcoholics when deciding whether or not it is a good idea to bring a pet along when attending A.A. meetings and functions.

Keith K.



* * * * *
 *
 * **Dying to be published?** *
 * **Can't wait to share your** *
 * **service stories, successes?** *
 * **Heard a great quote in a** *
 * **meeting?** *
 * **Next Mynah Bird Deadline** *
 * **Monday, October 5, 2009** *
 * * * * *

Remember
Mail Area Contributions to:
Hawaii Area Committee # 2107
575 Cooke Street Suite A
Honolulu, HI 96813

* * * * *
 * **SAVE THE DATE!!!** *
 * **PRAASA 2010** *
 * **March 5 – 7, 2010** *
 * **Los Angeles, CA** *
 * **Radisson Hotel at LAX** *
 * **(LA International Airport)** *
 * **Questions?? Go to www.aasca.org** *
 * **Click on link to** *
 * **PRAASA 2010 Information** *
 * * * * *

HANA CARAVAN 2009

Last Sunday of every month

August 30

November 29

September 27

December 27

October 25

Questions??? Contact dcm5@area17aa.org

"Pick a Month and Go"

Talk to members in your group, plan a Day Trip to Hana, pick a month and GO!

WOW!!! WACYPAA Bid Committee

Wanna get in to service and have some fun in recovery???

WACYPAA, the Western Area Conference of Young People in Alcoholics Anonymous, has a bid committee meeting every 3rd Sunday of the month at noon at Paki Park and could use your support. All are welcome.

We also have an AA topic meeting every 2nd Saturday of the month 2 pm at Paki Park.

The purpose of WACYPAA is to build and strengthen unity in Young Peoples Groups in Alcoholics Anonymous in the western area of North America and Hawaii. The focus is especially to reach those areas which historically had little exposure to such conferences.

For more info contact:

lilguy808@hotmail.com



12 Symptoms of a Spiritual Awakening*

1. An increased tendency to let things happen rather than try to make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything in return.

*Submitted by Marjorie G.

