



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

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Awesome
 Budget
 Camaraderie
 Chicken skin
 Excitement
 Finance
 Foundation

Founders
 Goosebumps
 Inspiring
 International
 Long timers
 Overwhelming
 Prudent

San Antonio
 Spiritual
 Teamwork
 Trusted
 Unity
 Vision
 Volunteers

Delegate Report

Pacific Regional Forum

I will be attending the Forum August 26-28, 2010 in Torrence, CA. This is a free event, registration is available online at www.aa.org. I am presenting on "Sponsorship", included in this issue of the Mynah Bird.

PRAASA 2011

Hawaii Area 17 is hosting PRAASA 2011, and planning is well underway. Come join us March 4-6, 2011 at the Ala Moana Hotel. This is a service event you will not want to miss! The last time PRAASA was in Hawaii was in Kona in 1999 and the last time on Oahu was in 1989.

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."

We formally invite you all to attend! We are looking forward to a high level of participation, aiming for a goal of 100% attendance from all the GSRs, DCMs, Standing Committee Chairs and Area Officers here in Hawaii Area 17. Please, please, please take this back to your groups. This is an opportunity for many to attend their first PRAASA, and right in our backyard!

The hotel has been relocated to the Ala Moana from the Sheraton, and we will enjoy room rates starting at \$109.00. Please make your reservations early, by calling (800) 446-8990 or through the link found on the PRAASA website. When making your reservation use the group name "PRAASA" to receive the group rates.

Please keep an eye on www.praasa.org for information, which we will be updating throughout the year. If you click on the link "registration notification" you will receive periodic emails updating the fellowship about the Committee's progress.

We will need about 300 members from around the Area to get in service, so please make yourself available.

International Convention 2010

I was grateful to attend the 2010 International Convention, celebrating 75 years of Alcoholics Anonymous. This event, with the theme "A Vision for You" was held in San Antonio, Texas over the 4th of July weekend. Along side 53,000 other members and friends of AA, I participated in workshops, fellowship and of course the Big Meetings in the Alamo dome. Hawaii had many members in attendance, with a fair amount of participation. Thank you to those whom were in service in our Pacific Region Hospitality Suite, workshops and marathon meetings. Prior to the start of the Convention, I attended the Delegates Reunion which is an annual gathering of past Delegates. I was very busy coordinating the Pacific Region Hospitality Suite, meeting up with friends, old and new from across the US and Canada service structure. On Saturday afternoon, after a particularly busy day, I received a phone call that I had received a pardon from Gov. Linda Lingle! What an amazing example of the miracle of the program and steps of Alcoholics Anonymous to receive such an honor, and truly a gift to receive the news while celebrating AA's 75th year.

I wish you all a spiritual and principle filled weekend as you conduct the business of Hawaii Area 17 AA. This report can be found in full on our website at www.area17aa.org. Thank you all for my life filled with love, light and laughter and for the honor and privilege to serve you all and AA as a whole. I am because we are.

**Elizabeth M.
Hawaii Area 17 / Panel 59
Delegate**



I'm not one for big A.A. get togethers, but every time A.A. has an international convention, friends who went would come back and say, "Col, you have to go to one." I'd smile and think it's too many people, too much travel, and too much money for me.

But, five years ago, after A.A.'s convention in 2005, someone at a meeting shared, "If you save \$1 a day for the next five years, you'll have enough for the 2010 convention in San Antonio." Thousands of sober people in the same town, along with 100+ degree weather in July... OK, why not?!?! I came home and told my husband that I wanted to start saving so we could go.


The 2010 International has come and gone, and it was well worth it. Fifty-something thousand sober people came to San Antonio, all at the same time. A doctor (and class A trustee) from Calcutta, India said he felt right at home.

Friday night, Bob and I tried to get a bite to eat before the big meeting at the Alamo Dome. The restaurant we chose was fully booked, but the manager told us he'd find a place for us... and did. Toward the end of the meal, we thanked him again for finding room for us. He replied that it was his pleasure. He said that A.A.'s presence had changed the city. He said, there was something in the air, a kind and loving spirit that had changed the city for the better. He said the impact of A.A. in San Antonio could be felt by everyone, and thanked us for being there.

One reason we have an international convention is to show the world that A.A. works. What a way to pass it on! I think I'll keep coming back.

Coleen A.
Treasurer
Area 17, Panel 59






PRAASA 2011

March 4 – 6, 2011

Honolulu, HI

Ala Moana Hotel
(Honolulu, HI)

Questions?? Go to www.praasa.org
Click on link to
PRAASA 2011 Information



International Convention 2010 San Antonio:

I am not sure what I was feeling, the excitement to get to San Antonio was over whelming for this Alcoholic. This point in time I have managed to stay sober one day at a time since July 25, 1996. I was traveling with my two good friends who too are also in the fellowship of A.A. The 8 or so months had finally arrived and we were flying to San Antonio.

Arriving to San Antonio on the 26th of June. A thought stuck in my head where those members from the fellowship who stated there was nothing like 60,000 Alcoholics holding hands in the stadium saying the Lord's Prayer....This thought crossed my mind more than once on our way to San Antonio.

Arriving San Antonio started off with a bang, we found out quickly that GPS in San Antonio was not going to work to our expectations.... The machine Navigator needed to take a step aside and we needed to use what worked best – a human kind of Navigator... patience and tolerance and powerlessness we faced in our first hour of arriving in San Antonio... It is an ADVENTURE from day 1....

People of our fellowship started to arrive... I was overwhelmed by the amount of Alcoholics I met in just a couple of hours, it was like attending a rock concert, everywhere we looked there were people in recovery from all over the world, just a simple smile and the words hello gave me the chills. Here we are with a common bond – staying sober one day at a time.

I was grateful to join the fellowship of A.A. and attend the Broadway Play Bill W and Dr. Bob in San Antonio. Prior to the play starting, I started up a conversation with two men in the fellowship of A.A. who were from Ireland, their enthusiasm was over whelming, smiling from ear to ear, I was able to connect with people I would not normally connect with... laughter and joy, I would continue to run into these men throughout the conference.

The play was an eye opener, & with open eyes and ears I saw & heard what I needed to hear & see. My eyes were wet with tears of joy, gratitude for what I have today, and the realization started to kick in, we are at the International Convention of Alcoholics Anonymous. This is a lot to take in for this Alcoholic.

This is my first one, and I wanted to take in as much as I could.

Big Meeting Day 1, joined the fellowship and we headed to the Alamo Dome. Ok, it was like walking to the Season opener for a Denver Bronco game, there were thousands of people, everywhere we looked there were at least 30 people...As I entered the Dome it hit me, here I stand amongst others in recovery, to stay sober one day at a time all of us have a story of what it was like, what happened and what it is like now. I found the flag ceremony overwhelming, not a dry eye this evening... To see all the representatives from all the different countries – I wondered how it is to be sober in Iraq, Afghanistan, or to countries that are so called “dry” how did the message of recovery reach these people?

I sat in my first meeting of Alcoholics Anonymous in convention center to support a fellow ex-drunk from Maui. Even before the meeting started, during the serenity prayer I started to cry, this was a norm for me during the convention, all of it was overwhelming. The convention changed me and today I am grateful I was able to attend.

Of all the places to run into people from the past, it had to be this day. I walked into a Military Panel Meeting, I saw some fellows who have since moved off the islands of Hawaii and continue to stay sober one day at a time in their lives... who would of think it that I would have the opportunity to thank a man that actually saved my life over 13 years ago. I sat in a meeting that was standing room only - over 600 recovering alcoholics were seated in this panel. Against the wall I saw a man who looked familiar, I saw more faces that I knew from the past, however this man stood out amongst everyone else. After the panel was over, I struggled to reach this man, getting around 600 people is choir. But I made it, I walked up to him and thanked him, “why are you thanking me, what did I do to save your life”

You were my treatment counselor, you helped me. You gave me a simple suggestion to go to the speaker meeting on Coronado... I attended that meeting that night and you where there, that night I would hear my story shared by the speaker who happened to be a female recovering from this disease.

And before this I thought I was UNIQUE!!!!

So a powerful experience I will never forget - when we sat in the Alamo Dome or was it when we would visit all the hospitality suites from all over the world, or even walking around San Antonio. Close your eyes and hear the recovery, then open your eyes and see what two people started.

I do not know about you, but I am grateful to be sober today. Sometimes one minute at a time, or a day at a time. I know today that we together can stay sober.

Thank you

**Hugh F.
Grapevine Chair
Area 17, Panel**



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Indescribable

I was driving to my first AA meeting after returning from the International Convention in San Antonio and I was thinking about how I would share my experience with those who weren't fortunate enough to be able to attend. I came up with words like spiritual, unity, chicken skin, goose bumps. Most of the adjectives I thought of ended up in the word search puzzle for this issue of the Mynah Bird! And since I was having a hard time coming up with a good description, I thought about other times I had the same feel-

ing I did when I was walking down the streets of San Antonio with over 50,000 other members of Alcoholics Anonymous. It was clear we were on the same path, had faith in a power greater than ourselves that had restored us to sanity and provided us with the incredible lives we have today. A sense of gratitude was everywhere. There were hundreds, if not a thousand, volunteers from all over the world wearing green shirts and smiles, helping us to make our way to and from the various meetings. The feeling of unity and service was strong. In the end, the best description I could come up with was that I felt like I was walking in the sunlight of the spirit, hand in hand with other alcoholics. And that if I just keep coming back and following the steps and principles of the program, I can continue to live this truly blessed life I have.

**Cheryl N.
Mynah Bird chair
Area 17, Panel 59**



I am writing this column at my youngest daughter's house in sunny New Orleans! Muggy!

My trip began in San Antonio at the 75th Anniversary Celebration where one of the highlights was the presentation of the 300-millionth Big Book to the American Medical Association.

The AMA's response to this gift clearly indicated to me the necessity for us to continue our current path of being more visible on our island. The statistics



4th Annual Aloha Mana Roundup
 September 17 - 19, 2010
 Spencer Beach Park

Registration is \$30 & covers meeting, fellowship, camping, all meals Saturday and Sunday leftovers breakfast.

Questions? Contact Paul K
dcm8@area17aa.org

noted illustrate there are still many who are not aware of the path we have found and I am more convinced than ever that we must make every effort to say, "We are here."

And, since we're on that subject, perhaps this would be a good opportunity to mention another word of encouragement to those who are hesitant about becoming involved in our service structure. For me it has been a great source of strength and fulfillment, adding depth and significance to my sobriety, providing a stronger foundation for dealing with all that life offers and offering opportunities I never dreamed of. The very fact of my being in New Orleans today, a welcome visitor at my daughter's home, is, I believe, a direct result of what my experiences in service to AA have given me.

Sometimes quickly, sometimes slowly, but always together we can affect the world around us by bring the AA message to those who have yet to see the light which guides us all.

See you in August!

**Jim D,
DCM 6, District 6, Kauai
Area 17, Panel 59**



This is a reprint of a correspondence between an AA member on Kauai and the Mayor of San Antonio, TX. Reprinted with permission from 'Garden Island Sobriety,' August 2010

To: The Honorable Julián Castro, M Mayor San Antonio, Texas

Dear Mayor Castro,

My name is (Anonymous). I was among the tens of thousands of people from many parts of the world who visited your city from July 1st to July 4th of 2010. My friends and I traveled from the island of Kauai, Hawaii and the purpose of our visit was to celebrate the 75th birthday of our Anonymous Fellowship.

I just want to thank you and the city of San Antonio for your hospitality and in particular the Police Force for their kindness and professionalism directing traffic. They went to any length to keep pedestrians and drivers safe during this event.

Thank you again Mayor Castro from the bottom of my heart.

**Very respectfully,
(Anonymous)**

Dear (Anonymous),

I am pleased that your visit to our city was such a pleasant one. The AA Convention is the largest we have ever hosted. We wanted all of our visitors to have the best possible time. I especially appreciate your taking the time to write to me. I am going to forward your kind remarks to the heads of our Police Department, our Downtown Operations Department and our Convention Center. I hope that you will be able to come back again in the near future.

**Sincerely,
Mayor Julián Castro**



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

**Dying to be published?
Can't wait to share your
service stories, successes?
Heard a great quote in a
meeting?
Next **Mynah Bird** Deadline
Sunday, October 3, 2010**

A.A. MEMBERS



electronic delivery... TELL US WHAT YOU THINK

The U.S. and Canada A.A. General Service Office needs your input to help determine how best to serve those interested in accessing A.A. literature or information electronically.

1. Are you interested in reading A.A. literature on your mobile device or computer?

Yes No Maybe Don't know

If yes/maybe, which devices would you use?

E-Reader Smartphone/Mobile Device

Computer/Desktop/Laptop/Netbook

Other (please specify) _____

2. Which A.A. book would you want available electronically?

3. Which A.A. pamphlet would you want available electronically?

4. What other services or information do you want your G.S.O. to provide electronically?

AREA # _____

AREA NAME: _____

The following is a presentation for the Pacific Regional Forum to be given by our delegate, Elizabeth.

Sponsorship

"Our very lives, as ex-problem drinkers, depend on the constant thought of others and how we may help meet their needs"

My sponsor once told me that sponsorship is led by a Power Greater than. I have since adopted this idea for myself, expanded on it and share it often with those I sponsor – usually when they are trying to get out of sponsoring someone. When someone asks me to sponsor them, they are being driven by their Higher Power to make the request. Likewise, my Higher Power is placing this woman in my life so that I can learn something for my recovery.

"Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful".

When I am able to acknowledge sponsorship as divinely inspired, I am able to separate my ego from being useful and helpful to others. It's not a popularity contest, nor about how spiritual I am. It's about a God of my Understanding working in my life, and working through me to help others. I am not the one who keeps people sober, nor do I cause them to slip.

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail"

When I was first elected delegate in November 2008, I was talking to my service sponsor at the time who was a past delegate, and he had some practical advice for me: 1) continue to attend a home group; 2) read our literature (and not just the Service Manual!); 3) continue to work on a Conscious Contact with a HP; 4) work with a sponsor; and 5) work with newcomers. As he shared this with me, I am like "Ok, check, check, check" but when he got to working with newcomers, I realized I had no active sponsees at the time. Funny how God works, by the end of November of that year, I was sponsoring three women, who absolutely saved my life.

"Frequent contact with newcomers and each other is the bright spot of our lives"

My sponsor used to tell me that I enhance her recovery, and I was pretty skeptical about that. Today I don't know if I have helped the women I have sponsor or currently sponsor. I do know that they helped me in more ways than I can imagine! I didn't save their lives, they saved mine. The miracle of sponsorship is that I get out of self long enough to let the sunlight of the spirit flow into and through my life.

"Helping others is the foundation stone of your recovery"

I once had a conversation with my sister, who is a member of AA. She was complaining that her sponsor was so busy with her family, her job and AA service work. I pointed out to her that as a result of the miracle of the steps of Alcoholics Anonymous, the woman had a life and that is why she was attracted to her as a sponsor in the first place. I know that I have heard the woman I sponsor tell other people that "Oh she's so busy", talking about me, usually as the justification about not working their steps. I will acknowledge that because of sobriety and living a spiritual way of life that I have a very full life. However, recovery from a seemingly hopeless state of mind and body is my number one priority. Because of that, I always have time to work with others.

Dr Bob said "I spend a great deal of time passing on what I learned to others who need it and want it badly. I do it for four reasons: 1. sense of duty; 2. it is a pleasure; 3. because in doing so I am paying my debt to the man who took time to pass it on to me; 4. because every time I do it I take out a little more insurance for myself against a possible slip.

From life of darkness and despair to a life of light, love and laughter - thank you for my sobriety.

**Elizabeth M.
Delegate
Area 17, Panel 59**



My First Meeting

The meeting was in a church, but not in a basement. I was afraid to go by myself so I asked a new friend, Harold, to go with me. By a miracle I had run into him at the post office and it turned out he was a drug and alcohol counselor. I had the courage to ask for help that day. I had spent 4 hours with him that day,

talking about my alcoholism and my life. I had reached an emotional and spiritual bottom and my higher power had placed him in my life just when I was ready to surrender.

There were ten men at the meeting and one young woman. I thought, "Well, there is no one here who can help me." Unbeknownst to me, the woman at the meeting left and called her sponsor, who became my sponsor the next day. Her name is Diane. So, once again, I was in God's pocket and didn't even realize it. Thus began my journey in sobriety, living life on life's terms, my spiritual growth and future happiness.

Anonymous



Circles of Aloha and Service

Oh, did I say that I am an alcoholic and my name is anonymous? This is my expression of gratitude to you, my teachers and it goes like this:

Our first tradition states that our common welfare should come first; personal recovery depends upon AA Unity. So what comes second? In AA we all work together! And yes, it is Service, because none of us recovered on our own power. The Three Legacies of Alcoholics Anonymous, Unity, Service and Recov-

ery, have allowed our fellowship to carry this message to millions of people. And I, to a few.

As I reflect back to the day of my last drink, I can see myself in that pitiful and incomprehensible demoralization that I put myself in. I thank my sister who planted the seed for me. Words cannot express my gratitude for my sponsor, who gave me the love and tolerance necessary to "keep coming back". And over the years of my participation, you have been there encouraging me to live the "principles" of our fellowship, one day at a time.

Today, I know how the parts of AA all fit and work together. You taught me well. I take an active part in my own Recovery through Service in my Home Group, Aloha Mana, West Hawaii District 8, and Hawaii Area AA. I am a worker amongst workers. It feels so good to say this and to live it. It also keeps me "right sized". And when I have gone beyond myself, you have been there to bring me back to my primary purpose. Yes, I am but a "trusted servant". I have to give back what was freely given to me.

Mahalo for twenty-five years of sobriety!

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



HANA CARAVAN 2010

Last Sunday of every month

August 29

November 28

September 26

December 26

October 31

Wananalua Church
Potluck Dinner 4:30 PM
AA Meeting 5:30 - 7:00 PM

Questions??? dcm5@area17aa.org

Heard in a Meeting...

Vision without action is a daydream.
Action without vision is a nightmare.

Only humans go by the book... God is unbound.

I'm being held up, so I can hold up.

Every saint has a past. Every sinner has a future.



THE RECOVERY EXPRESS

Yea! The doctor said I can
have 1 drink
aday!



Why is that a good thing?



Cause it could be a real big one!

Aw' come on!

ORBIT'