



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

H K W A D N X Z Y L O V E L D F W G O  
M O E X U E V P I T E Q F T Z R R H F  
S C H C A B L J S E I C M I V K A K I  
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Anonymous  
Board  
Concepts  
Conference  
Conscience  
Delegates  
Experience

Flexibility  
Group  
Love  
Message  
Newcomer  
Recovery  
Reflections

Restraint  
Service  
Spiritual  
Steps  
Tolerance  
Traditions  
Unity

**BOARD WEEKEND REPORT - JANUARY 2010**

I have recently returned home from attending the Board Weekend, and wanted to share my experience with you all.

All the Conference Committee Delegates, Chairs, and the Delegate Chair of the Conference were invited to spend January 29 – February 1, 2010 at the Rye Hilton in Rye New York at the Board Weekend. On Friday morning I attended a Delegate Chair Orientation, followed by an individual meeting with the G.S.O Secretary to my Conference Committee that I Chair: International Conventions / Regional Forums.

Friday afternoon, we got together and took the train into the city. We met up at Carmine's, an Italian restaurant off Broadway and had a wonderful dinner with about 35 of us in attendance, Delegates, Trustees and non-Trustee directors. What a beautiful time of food, fun and fellowship!

Saturday and Sunday were spent at various Trustees Conference Committee meetings, a great AA Speaker meeting, and the 1728 meeting (which stands for 12 steps, 12 traditions and 12 concepts). Saturday night we had dinner at the hotel. However on Sunday night we Delegates were on our own, and we went into nearby Port Chester to a steak house and had an amazing time sharing what we do in AA all over: food, fellowship and fun.

Again, I developed some bonds amongst people who would usually not mix.

Monday Morning at 8:00 am the General Service board of Alcoholics Anonymous was called to order, and went until about 1:30 pm.

Some information about the 2010 International Convention:

- Slightly over 30,000 are registered.
- 13,000 orders have been placed for the souvenir soft cover "AA Comes of Age."
- 14,500 orders have been placed for the special edition of the Grapevine.
- One of the stated reasons for the international Convention is for Public Information - to let the world know we exist.
- We are continuing to expand hotel rooms in the outlying areas, these can be booked through the registration site.
- If you book a hotel room through the housing site, shuttles will service the hotels for the big meetings.
- 2000 volunteers showed up at the recent volunteer kickoff meeting in San Antonio.  
Volunteers can sign up to be in service at [www.aa.org](http://www.aa.org).
- Advance programs will be going out in March.
- Badges will be mailed out in May.
- We are preparing for 45-55 thousand in the stadium meetings.  
Heat continues to be a concern, and there will be misting stations.

On another note, I wanted to share with you all the absolute joy I had in participating in the Board Weekend. The thoughtful consideration and diligent discussion of all matters great and small (no matter the lateness of the hour!) that each Trustees' Committee addressed gave me great confidence, faith and hope in our current slate of Trustees, both Class A and B and non-Trustee Directors, and of course our hard working Staff.

I feel so amazingly blessed after attending the 59th GSC last year to have had the opportunity to see a first hand example of the Unity and Responsibility. The energetic efforts of responsiveness to the Fellowship, and overall transparency that I observed being implemented made certain that AA is in great hands.

One of the things that we Delegates talked about more than once was that we Panel 59 Delegates can be an example of Concept 9 Leadership to our esteemed Panel 60s this year. It will be partially our responsibility to set the tone at the Conference. I, for one, have made that personal commitment to Alcoholics Anonymous as a whole.

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



## CARRYING THE MESSAGE

As we begin the second decade of this century, it seems like a good time to reflect on how each of us carries the message of Alcoholics Anonymous. While it may be prudent to always practice restraint of tongue and pen, even the best communicator can have an off day. You know, those times when words just don't go together or nerves overtake the speaker. That does not mean that we, as members in a meeting, have an open invitation to disrespect the speaker or the meeting in which the speaker is sharing. There is a lesson in every share, hidden though it may be.

I believe it is equally important that, when we are asked to share, we are mindful of our fellow members and to treat them with respect. We have a rich and varied demographic in Hawaii, which is reflected in the faces at our meetings. We all know that alcoholism can strike anyone anywhere at any time. Therefore, let's all try to remember that "our common welfare comes first; personal recovery depends upon A.A. unity" and that the basis for unity is love and tolerance.

In love & service,  
Linda McD.  
Alternate Delegate  
Area 17, Panel 59



## REFLECTIONS ON LAST YEAR'S SERVICE EXPERIENCE

Last year, I became DCM for Central North Shore District #9. When I began that journey, I was nervous and apprehensive about the experience, but was grateful I had been a GSR for awhile and *thought* I knew what the job entailed. Well, I was wrong and that has been the beauty of it. I have learned so much last year and I know I have grown because of this experience.

Some of the lessons I have learned:

- If your District doesn't have Committee chairs, it is your responsibility to fill that void.
- District meetings can get volatile at times.
- Never forget to get a lei for the Delegate at the Report Back.
- DCM roundtables, (with all Area 17 DCMs), are my favorite part of Assemblies.
- Just because eleven GSRs show up at one district meeting, doesn't mean that they will be there at the next.
- The *Mynah Bird* Chair will dog you for articles. (You are awesome, Cheryl!)
- I have to watch my ego, especially when it comes to Service.
- The Budget Assembly is not boring.
- There is always more work to be done.
- There is no such thing as a simple proposal at Area assemblies.
- When a brand new GSR from my District has a "service sparkle" in his or her eyes, it is rewarding.
- There are very spiritual moments when the Area meets together.
- Reports, reports, reports.....Need I say more?
- Always order enough food at district and area events and serve from both sides of the buffet tables.
- Past delegates who attend the assemblies are blessings!
- Service is a wonderful experience.

Sheri B.  
DCM, District 9, Central North Shore  
Area 17, Panel 59



## AN ANONYMOUS LETTER TO GOD...

Okay God, it is time for me to humbly ask you to remove my short comings...so here goes it.

I have heard it said that the seven deadly sins can keep me trapped, out of reach of your "Sunlight of the Spirit". I got them from the Internet and here they are: Pride, envy, anger, greed, lust, gluttony, and sloth. Okay, okay, these are enough for a lifetime. I have been told that my first action step is to decide...to let go of all these defects of character that go along with my short comings.

So here's my plan:

Pride leads the procession...my name is P... and I am an Alcoholic! Being a "garden variety" type, I have been transplanted in a dozen communities in my two decades of sobriety. And each time I moved, I made it a point to level my pride and get into service by making coffee or cleaning up after meetings. This practice has kept me "right sized". I feel it's okay to keep doing this practice, God. I am an alcoholic and my name is P....

Envy, it is said, that it is almost indistinguishable from pride...okay, okay, I agree with this too! When one of my friends establishes a new relationship, I envy the new person because they are taking my friend's time away from me. I sometimes feel jealous too. Love is patient; love is kind...just as long as I get mine too...

Anger? Who me...angry? I am not angry...I am just hurt! And there goes my feelings, oh, feelings...resentment is the number one offender...I will use AA's code of love and tolerance and throw in some acceptance, compassion, and patience towards others...

Greed, it appears to me that I am not the only one dealing with the thought of "more is better". I like the fact that Bill W. said, "money and spirituality mix and that is in the basket...". This is a timely one for me God...I always grabbed for the carrot and only got a bite of it. Shucks, I know that I have never been without...three square meals a day, a shirt on my back, and a roof over my head. And I still want to get my "fair share" and just maybe a little bit more...as long as I have what you have.

Lust, I am blushing...now or later? Carnal knowledge may not be good for the soul. However, it helps me to smile when the opposite sex dances by. My experience tells me that my "picker" is broken. My choice of being celibate for a number of years has helped me to develop moral con-

victions. I have come to believe that a power greater than myself can restore me to sanity. I, once again, humbly ask my Creator to restore me to sanity.

Gluttony shows on me. Everyone can see that I have a problem taking my comfort. Well, it's hard to hide weight on any body...one of anything is never enough. When reading about gluttony, I found that it also pertains to entertainment, goods and the company of others.

Sloth, it's not my fault...I am a product of my heredity and my environment...this is Hawaii and everyone is so laid back. I can't help myself...in God's time, not mine...sometimes quickly, sometimes slowly...what a novel idea, I have to work!

God, in your time, bless me with relief...

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



**SERVICE? ME?**

As I sat in my home group, "TYG", year after year, it became apparent that I hadn't stood for a service position. I had not been giving back to my home group, that which was so freely given to me. I realized that without the service offered by home group members, our meetings wouldn't take place. That would mean that I wouldn't have the A.A.'s experience, strength, and hope. Because TYG is a literature-based meeting, I'd be deprived of the education that I receive there. I saw a broader meaning in the idea of "Self Supporting". I saw that unity and service were tantamount to the success of the home group.

I was starting to feel uncomfortable about my self-imposed isolation from the group. Still suffering, at four plus years of sobriety, from an extreme case of "Bondage to Self", I was reluctant to step up to any of our varied service positions. "At some of this we balked"!

Fortunately I'm not in ultimate control. Higher Power has a way about how things work that are often very funny. Well, HP was at work, busy moving through one of my home group members, orchestrating a hoodwinking expedition!

I was to become a nominee to serve TYG as their General Service Representative! "Oh right. Me? That would be the day!" were the thoughts running through my mind! I was asked to attend the next Group Conscience, where my name would be submitted as a candidate. I was qualified by my numbers of years of sobriety and somehow, I was willing to stand. I stood for that position because that seemed to be the next indicated correct action.

**Next Mynah Bird Deadline**  
**Sunday, March 21, 2010**

The content of the Mynah Bird is a reflection of the vibrant and diverse AA community in Hawaii Area 17 and does not imply endorsement by either AA or Area 17.

Guys, this was going to be my first experience at a Group Conscience! There was to be a nomination and a vote, "under the guidance of God", as to who would serve as the General Service Representative. "Oh man, why me? They've got to be kidding!" I thought. But no, they weren't. Could it get any bigger for my first step into service? "Stay calm, you just might not get the vote!" I thought. The idea of being willing was staggering, and the responsibility of the position would demand integration with the home group, yikes!

Even though I thought they seemed a little desperate to find someone to serve; it really was an honor to have been considered. Proceeding with the Third Legacy voting procedure, I was nominated TYG's GSR. I immediately stood at the plate to be of service.

The first shock came on that first day. I realized that if I were to perform my duties with some modicum of ease, I'd have to get a computer. I bought one very soon, just after the election. Mind you, it sat in its box for a month! Now folks, this was huge! I'm of the garden variety; I swore I'd never have one of those "things". Well, here we are today, typing away...

Being willing to learn a new technology and progressing with it as I continue to learn, has created a significant change in my life. That is a good thing. What is more important to me is the profound change within me that has occurred through my service to and for Alcoholics Anonymous. The two years spent working with the members of TYG were filled with a unified desire to carry the message to the next suffering alcoholic. I developed deep friendships. I found a family of friends. I realized how important my home group is to its members and me. I found that I was surrounded by helpers and loved ones, all practicing patience and tolerance! I found out that I have, we all have, a voice. We have a voice that can be heard worldwide. Imagine that! I learned to "trust the process".

My GSR position has led me onward into service. As the two year term ended, openings for other service positions in my home group as well as throughout the Area became available. GSRs attend District meetings, with two years of that experience, it was time for me to move

on, and stand for service at that "level". Today I serve A.A. as the Alt. DCM of Windward District #4. And yes, I'm proud of it!

My service experience here has brought me just as much joy as I felt serving my home group. I admire our program, its Twelve Steps and Traditions, its Principles and Concepts. I'm pleased to be among all of you. I owe my life and my attitude to my recovery program, using Alcoholics Anonymous as my guide.

I encourage you to step up to the plate, and be a full player. Take a swing at service!

**With appreciation and gratitude,  
Susanne Z.  
Alt. DCM, District 4, Windward  
Area 17, Panel 59**



**MY FIRST AREA ASSEMBLY**

My first Area Assembly was very informative. Until today, I was aware that there was this thing called "Area," but I had no idea what it really was or everything that went into it. I found it very interesting all the effort and work it takes to keep AA running. As I'm sure most newcomers do, I assumed AA meetings were just there. I had no idea it takes planning, inventories, committees, etc. just to have them be there for the alcoholics who still suffers. I am very grateful to have been able to attend this Assembly. I enjoyed it very much and it really made me excited about doing service.

**Rebekah K.  
Area 17, Panel 59**



**EXPERIENCE OF BEING A GSR FOR THE FIRST TIME  
SO FAR ~ SO GOOD ~ SO GRATEFUL**

There was a period of a few months in which Aloha Mana went through the service positions without a GSR, GSR alternate, literature person, a Grapevine rep and a couple of daily secretaries. Discussion was whether or not we decide to make up our own qualifications or go by tradition in AA service manual. After much debate and months passing, we finally voted and unanimously decided to follow the good old faithful manual which miraculously allowed us to know the flow or experience how service works if you really work it. Immediately, without delay, people stepped up and began taking positions one at a time until all six positions were filled as well as the hearts that were involved. On that day, I was given the privilege and opportunity of wearing the GSR hat. My duty was inspiring and all very new to me. It was the only service position I had yet to take on during my 15 years of sobriety since April 28<sup>th</sup>, 1995.

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

With God's will, I shifted into yet another auspicious service but I wasn't alone. I was with other GSRs who represented their home group and were participating in our own recovery by attending a monthly District 8 business meeting to report to them how our home group was doing. We also got information and ideas from there to take back to our home group at our group conscious meetings. It was sweet and simple. Who would think I would be making new awesome friends who are on the same journey and it would turn out to be such a joyous, fulfilling and enlightening service. I truly came to believe this opportunity had made me incredibly grateful with an abundance of grace and joy I could never fathom before.

I wish you all a very prosperous and happy new year.

May you continue to grow in this gift of life and knowledge.

May you have the wisdom to behold what has been given to you.

Resolve your differences and exist in the glorious harmony within you.

Learn to love the ....lovable.

Visit the living Lord...in the sacred shrine of your living heart.

With humility continue to receive and accept the gifts poured upon you.

With joy celebrate each moment in the remembrance of the Beloved.

Let your heart thus be fulfilled with gratitude.

Prosper and enjoy this life.

Every year, every month, every week, every day, every hour and every living moment!

So far ~ so good ~ soooooo grateful ~

### In Celebration of Recovery

Mamakai

Aloha Mana GSR

Area 17, Panel 59



### HAPPY HOUR KAUAI - GROUP INVENTORY 2010

HAPPY HOUR Kauai meets on the picnic tables of "Nawiliwili Park" from Monday through Saturday at 5:00 pm. We have been at this location since the summer of 2005.

The basic purpose of HAPPY HOUR KAUAI is to carry the message to the alcoholic who still suffers. Due to a parking issue and weather, for a while we debated relocating to a sheltered location (i.e. a classroom or church hall). After a group conscience, we remained at the park

ready to lend our hand to those who are drinking on the "other" picnic tables across from us in the park.

Some members have suggested that by having refreshments, activities and new books we can better carry the message. Last year, members with a few months of sobriety started to play softball twice a week one hour prior to the meetings with donated equipment – which grew into a monthly island-wide event. In the past we provided new comers with beginners' kits. Happy Hour buys one-year GRAPEVINE subscriptions to members that accomplished their first year of sobriety 3 have been given out so far. By practicing our code of love and tolerance, the group has retained its new members.

The location of the meetings and the flexibility of Happy Hour have also played a role in carrying the message, by attracting a good cross-section of new members.

Court paper members were a major concern because some individuals prefer to stay outside of the meeting area, and we were concerned that they might not hear the message of AA. In April, 2008 one of our group members proposed at a business meeting a program to stimulate the confidence of paper people and encourage their moving into the group. This was called the Newcomer Liaison "Luv 'em to da tables" program. This was his report; I have records indicating I signed 114 meeting attendance sheets at 17 meetings between April 1 and April 28, 2008. To the best of my knowledge, we distributed 4 Big Books to people with attendance forms and approximately 13 "Newcomer Packets." The first day I asked folks to list their telephone numbers on small sheets which I distributed to different members asking them to call the new people sometime in the next 24 hours. Four people received calls. Most were received by machine. Personally, I gained some things from the experience: I got to learn some names I wouldn't have known. I would suggest we continue this effort and keep trying new things, attempting to bring all who appear closer to our fellowship.

This concern is probably national or global in our fellowship, yet to our amazement, many court ordered members at Happy Hour have stepped in to be of service, and they are even running our meetings. One by one they have taken secretary positions. Several of these members graduated from drug court last year and continue to be of service. One of these members became our treasurer and he is doing an outstanding job presenting his report at every business meeting.

One time one of the secretaries, a member with less than a year, couldn't attend her service commitment due to health reasons. She entrusted three of her roommates, also with court papers, to run the meeting. It was an amazing experience - UNITY in action! They helped each

other to accomplish their task, set an example and motivated others who have never shared to share and to be of service. There still are many more court paper members standing outside but God willing one day they will be IN, lending their hands to help other alcoholics.

Thank God our new members stick with us. Another new member started a new daily meeting from Monday through Friday at 5:30am at our same meeting location for those alcoholics who need to be at work at 7:00am and it continues to grow in attendance.

During 2008, Happy Hour, in liaison with Kauai intergroup and District 6, initiated a series of monthly workshops throughout the year, including a workshop on Sponsorship. After 'passing the torch' in the spirit of rotation, in April 2009 some Happy Hour members helped participate in a second Sponsorship workshop presented by the Keep It Simple group. Then in May, again in conjunction with Keep It Simple, a workshop on The Twelve Steps was presented in Hanapepe with a panel of twelve speakers – one for each step. This was a wonderful experience.

In helping to pass the message to alcoholics who still suffer, as a group we often mention during our shares how important for our sobriety it is to have a sponsor and to work the Steps. We ask newcomers directly if they have a sponsor and say that we are available. We also emphasize that newcomers should stick to a sponsor of their same gender. We practice our Traditions to the best of our ability and understand that anonymity is the spiritual foundation of all our traditions. Anonymity is practiced and respected. What is heard and said at the meetings stays at the meetings.

Literature is available and we have a literature person service position. If a member doesn't have money to pay for a book, it is free. The GSRs and members also heavily encourage attendance at District and Intergroup meetings and home group business meetings. We emphasize the importance of the dollar in the hat, even though the country is going through a recession. Happy Hour doesn't skimp in its quarterly 7th Tradition contributions to GSO, AREA, DISTRICT and INTERGROUP.

Since we meet at a park we do not have kitchen chores or set up/clean up, but we have painted the picnic tables where we meet six days a week and one member maintains the grass at the meeting site frequently. In August of last year Happy Hour wrote a letter to The Department of Parks & Recreation, County of Kauai, with an inquiry on how the group could help with the beautification of the park. We are doing all we can to provide an attractive and accessible meeting place. Since our meeting is outdoors, we have made changes on the AA schedule noting, "This is an outdoor meeting. Bring appropriate foul weather

gear on rainy days."

Along with other groups, Happy Hour has participated in Town Hall meetings, a health fair and the Kauai County Fair by displaying AA literature, videos and slideshows of meeting sites from the island. Our group has also adopted several pamphlet racks at treatment centers in our vicinity.

Our group quickly fills up service positions that sometimes become vacant. Newcomers have stepped up to the plate to be of service, always with the support of the fellowship. They have taken positions of secretaries and chip persons. We have a treasurer, a GSR, an alternate GSR, and a grapevine representative. We have a very committed intergroup service representative who attends intergroup meetings monthly. In conjunction with other groups we also bring the AA message to the inmates of KCCC and to Hina Mauka.

Lastly, Happy Hour participation from new and old members and our good cross-section of members from all demographics equals our three legacies of Recovery, Unity and Service.

The Happy Hour Group Kauai



**EURYPAA**  
 All Europe Young People in AA  
 Join young people from Europe and around  
 the world  
 July 23 – 25, 2010  
 Stockholm, Sweden  
 For details: [www.eurypaa.org](http://www.eurypaa.org)  
 Questions? [Info@eurypaa.org](mailto:Info@eurypaa.org)

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 \* **PRAASA 2010** \*  
 \* **March 5 – 7, 2010** \*  
 \* **Los Angeles, CA** \*  
 \* **Radisson Hotel at LAX** \*  
 \* **(LA International Airport)** \*  
 \* Questions?? Go to [www.praasa.org](http://www.praasa.org) \*  
 \* Click on link to \*  
 \* **PRAASA 2010 Information** \*  
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# HANA CARAVAN 2010

Last Sunday of every month

February 28

August 29

March 28

September 26

April 25

October 31

May 30

November 28

June 27

December 26

July 25

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

Questions??? [dcm5@area17aa.org](mailto:dcm5@area17aa.org)

## Big Island Bash

### The Next Frontier: Emotional Sobriety

The 22nd Annual Big Island Bash will be held:

At the magnificent Sheraton Keauhou Bay  
Resort and Spa on the beautiful Kona Coast

April 23, 24, and 25, 2010

#### Speakers include:

Ajit S. - Irvine, CA

Kristina W. - Marin, CA

Steve A. - Sherman Oaks, CA

Paul W. - Sunset Beach, CA

Registration, schedule of events  
and activities, all available at:

[www.bigislandbash.com](http://www.bigislandbash.com)

Questions? [bibinfo@bigislandbash.com](mailto:bibinfo@bigislandbash.com)



# Heard in a Meeting...

When you're down to nothing, God's up to something.

Ism – "I sponsor myself."

Re alcoholism – I don't have the 'wasm,' I have the 'ism.'

In the beginning, I went to meetings because I didn't want to drink, now I come because I want to live.

Don't postpone joy.



**GOD** – Group of drunks  
Grow or die  
Good orderly direction.

**Nuts** – Not using the steps.

Coming to AA and not working the steps is like going to work and not getting a paycheck.



**CINCO DE**



**MAYO**

**2010**

**FIESTA**

**AA MEETING AT 5:00PM**

**FIESTA AT 6:00PM**



**TACO BAR, BEVERAGES AND PIÑATA PROVIDED  
THIS IS A POTLUCK EVENT AS WELL**

**HOSTED BY THE HAPPY HOUR GROUP  
NAWILIWILI PARK KAUAI**

Questions?? [happyhourkauai@gmail.com](mailto:happyhourkauai@gmail.com)