



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

Happy Holidays!!!

Felices fiestas!

Mutlu Bayramlar!

Joyeuses Fêtes!

Jie Ri Yu Kuai

Ii holidē ʻeximnandi!

Hau'oli Lanui

Buone Feste!

Selamat Hari Raya!

Forhe Feiertage

Trevlig Helg!

Prettige feestdagen

Tanoshii kurisumasu wo!



**ALTERNATE DELEGATE 2009 YEAR-END REPORT
AREA 17, PANEL 59**

It is truly an honor and privilege to have served as your Area 17 Alternate Delegate during this first year of Panel 59. As this year nears its end, I reflect back on my life and how it was, what happened, and what it's like now. I wonder at the work of my Higher Power to have brought me to A.A., to Hawaii, and to general service. I treasure this time with each of you in service.

In keeping with my responsibilities, I have made myself available to new GSRs and DCMs by conducting orientation sessions as needed and by attending district meetings as requested. In addition, our service materials for Area 17 have been updated as required and posted to our Website so that all have access to the latest and greatest info! I have also served as a voting member of the Hawaii Annual Convention steering committee and have attended the monthly steering committee meetings. Being on the steering committee has been a learning experience in the inner workings of the convention, and it has been exciting to be an observer of the negotiations to move the venue from the Hawaii Convention Center to its 2010 location at the Hilton Hawaiian Village. The 2009 Convention was a blast and went off with only small kine hitches!

Other activities of the year include attending monthly meetings of the Oahu Intergroup and delivering monthly reports on Area 17 proceedings. Normally, our Area Delegate would fulfill this function. However, time restraints and other responsibilities have precluded her presence at the meetings, which are held close to my home. According to the Oahu Intergroup by-laws, both the Area Chair and the Area Delegate are voting members of the Oahu Intergroup. Fortunately for me, our Delegate has performed all of her other duties with excellence. Furthermore, I am grateful to our Delegate for including me in the execution of her duties and for bringing the Service Manual and the Twelve Concepts for World Service to life for me.

One of the Alternate Delegate's unofficial duties has been to maintain and update the *Hawaii Area Structure and Guidelines for the Hawaii Area Assembly (The S&G)*. I am hoping that we will have an ad-hoc committee in place during 2010 to review and revise *The S&G* so that it continues to be an accurate and pertinent document for our use in the years to come. Thank you all for allowing me to be of service.

Happy New Year!
In love & service,
Linda McD
Alternate Delegate
Area 17, Panel 59



Reflecting on First Year of Panel 59

Reflecting on this first year on Panel 59 and serving you all as your Delegate, I am grateful and simply amazed at this beautiful opportunity to serve.

Once again reminded that My Higher Power truly gives me what I need, when I need it, to complete the tasks Higher Power would have me do. All I have to do is seek to be useful to God and my fellows. I am reminded over and over again: Trust God; Clean House; Help Others.

Stepping out of my comfort zone over and over again in sobriety, and *specifically* in service, has helped me grow and change in ways I never even knew needed changing and growing!

Being of love and service to Alcoholics Anonymous helps me be a better wife to my husband, a better mother to my kids, a better employee to my company and a better person to society.

The connections and friendships I am developing as the result of general service enhance and brighten my life.

I love you all, Happy Holidays.

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

Treasurer's Summary 2009

In early sobriety, service was not something I lined up for. Eventually I did serve my home group, but nothing more. My best friend was involved in general service, and loved it. I was scared of people. Service in my home group was the beginning of learning to be a "person among persons, friend among friends, one in a family, and a contributing member of society."

For years, my sobriety, and my home group was enough to deal with. But when I moved to Maui, it occurred to me that A.A. had done a lot for me - maybe I ought to do something more for A.A. And so, I stood for the General Service Representative service position for my new home group.

I served as GSR, but it all seemed like a jumble of information. My group sent me to the 1995 Budget Assembly. Back then, we discussed and debated every line item on the budget for two days ... in August sitting on school cafeteria room benches. People would come to the mic and say things like, " I think it should be \$25 for postage for the _____ committee, not \$30." "It should be \$35,

not \$30." It was exhausting, but everyone was given an opportunity to share before we approved each expense.

Since then, past panels learned from other areas more efficient ways to draft a budget. Now we have a Finance Committee, and we gather information for months before preparing a final draft for the next year. Then, voting members vote to pass or reject it at the Budget Assembly.

Summarizing this year is not easy. Serving the Hawaii Area as treasurer has given me a greater understanding of what it takes for A.A. to function well. It has given me deeper roots into my own sobriety. I have a greater love and respect for what so many try to do in our districts, islands, home groups, and 1:1. And yes, I know it's principles before personalities, but I sure love the varied personalities and what they bring to their service commitments.

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

Aloha,
My name is Ermina and I currently serve as the Area CEC Chairperson. Being in service has widened my perspective of AA and how it works.

When I first entered the rooms I was only trying to remain sober. After a few meetings I was beginning to understand that there was more to sobriety than meetings, there are some steps involved, and getting a sponsor. I did those things, yet I felt there was still a hole that was aching to be filled. My sponsor suggested that I get in service that would help me stay sober. Yet I was quite surprised that being in service was doing so much more. My spiritual condition was being fed and nurtured. With each new undertaking I was feeling more solid in my program, and learning more about myself and the people around me. I was beginning to see where most of the happier people found their joy. It was as simple as being of service to others.

For me today, my service work has extended into my personal life. For this alcoholic, being selfish and self centered, no longer had space available in my recovery. The promises were manifesting in my life, where at one time I felt them impossible. The most amazing fact was I had nothing to do with these results, that I was actually letting my higher power work my life through others, and all I had to do was be honest, open minded, and willing, remain teachable and follow direction. The result of this program is that I am a Miracle.

**Ermina
CEC Chair
Area 17, Panel 59**

A.A. And Online Anonymity

As the Area 17 Webmaster I spend a fair bit of time thinking about what we put online and whether it is in line with our Traditions, specifically Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

When the Traditions were being formulated there was no Internet and things like the World Wide Web existed only in science fiction. Today Facebook, MySpace, Twitter, and email are everyday parts of many our lives.

Our Area has adopted a fairly strict policy for our website (www.area17aa.org) and we will not publish full names, addresses, email addresses or phone numbers because of the ease of identifying a member. In short, we consider our website to fall fully under the concept of press in Tradition Eleven. That has worked well for us, even though at times we have had to get creative in order to make sure members can get information. In this we are trying to follow the G.S.O. Guidelines (MG-18) and the information contained in the pamphlet "Understanding Anonymity."

That is how we, as a service body, handle anonymity. But what about anonymity online for individual members in their personal lives?

Today I am not writing as an Area servant, but as Bob H., a member of Alcoholics Anonymous who spends quite a bit of time online.

I recently came across a wonderful article in the Winter 2009 Box 459 (Vol. 55 No. 5) titled "Anonymity and Social Networking Sites." In it there is a discussion of how different members of A.A. handle anonymity on the Internet. I encourage everyone to read it.

The article succinctly sums up the question when it states:

Some A.A. Members feel that social networking sites are a private venue; other members strongly disagree and view them as a public setting. G.S.O's A.A. Guid on the Internet, state that social networking Web sites "are public in nature."

The Internet isn't going to go away so we are all, as members of A.A. going to have to decide for ourselves how we want to conduct our affairs when we are online. Those decisions are not always easy. Let me tell you about my own experience.

I am a member of Facebook, a social networking site I got

involved with to keep up with the folks I went to high school with many years ago. It was, and is, a wonderful way of staying in touch with friends who live thousands of miles away.

I started getting requests from friends here in the islands, many of them members of our fellowship. Without giving it another thought I added them to my circle. Things were fine in my mind for a while.

Then something disturbing started happening. Some friends started "giving" me "sobriety gifts" or mentioning the Steps or meetings in messages that all of my friends, in and out of A.A. could see. The "gifts" I declined, but it isn't always easy to keep all mention of A.A. off of items connected to me.

Now some might say I'm ashamed of being an alcoholic or want to keep secrets from my friends. Not at all. I am an alcoholic and if anyone asks I'm happy to tell them all about it. But that should be my decision, not one made by my friends, however well meaning.

What have I done? So far nothing, but I will tell you that rather than single out people who I feel may compromise my anonymity I've considered simply dropping all my online friends who are members of the fellowship.

For my part I do feel that these social networking sites are "public in nature" and, as such, I feel constrained by Tradition Eleven in how I behave. I also realize I cannot expect everyone else to feel the same way.

How do you feel about it? I'd love to know. Feel free to contact me at webmaster@area17aa.org and tell me what you think!

**Bob H.
Webmaster
Area 17, Panel 59**

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

I wanted to share my experience as being a DCM now for a year. When I was encouraged by some of my fellow A.A. members and my sponsor to stand for the position, I had some fear about the service position. Although there was some fear, I also was very excited about the possibilities of learning more about A.A. and myself. In the very beginning, I was on an adrenaline rush of service. I read the A.A. Service manual and talked with other Area officers. I thought that I could do the DCM position with little emotion energy. I was wrong about that. I found out 4 months in that being a DCM requires constant contact with God for guidance, strength, and wisdom. I had feelings of inadequacy and failure because I was not carrying out all of the duties of a DCM spelled out in the service manual. I began to realize that I could not balance my duties as DCM, husband, employer, and employee on my own. I realized that I needed help from God and others in the fellowship. I know that if I try my best, good things will continue to happen. It is an honor and a blessing to be in service today. I know that being in General Service not only helps someone else to get sober, but it is also helping me to stay sober.

Grateful to be in service,
Sean M.
 DCM, District 7, East Hawaii
 Area 17, Panel 59

My Poem of Recovery

I may never see tomorrow,
 There's no guarantee,
 And what I did yesterday,
 It's truly history,
 I cannot see the future,
 It's too far ahead of me.
 I must live in the present, happy, joyous and free,
 I must turn over my will,
 Just for today,
 And let my loving god,
 Show me another way,
 It's through this program of love,
 That I stand before you all,
 Just to let you know,
 Without you I would fall,
 So I humble myself today
 Thanking you for showing me the way,
 And it's truly by his grace,
 I'm here with you today...living in the now

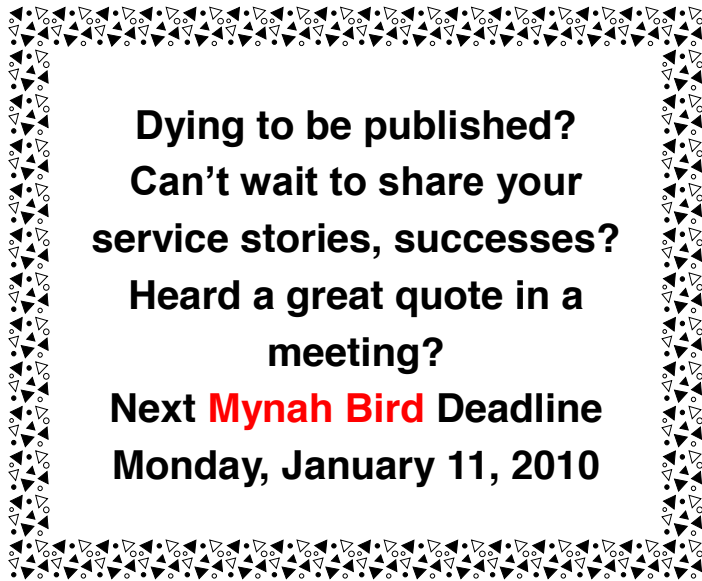
James E.
 Strictly Solutions
 District 8

GETTING IT BACK

Once enthused but now recanted
 feeling down and not looking up
 Praying just to be re-enchanted
 to have the loving again in my cup
 "One day at a time" is the sign
 I need to remember to pass this on
 Get out of self, get my program in line
 Remember what page I felt connected on
 I can't be complacent for I'll be the loser
 get back to the meeting and I'll find my place
 with hundreds of meetings and being the chooser
 there is always a room, I can find my right space.

by **Ellie K**


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


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, January 11, 2010

Christmas Alkathons

Oahu

Honolulu

- 12/24 at 6 PM to Christmas Day, 12/25 at 6 PM @ Unity Church of Hawaii, 3608 Diamond Head Circle, Honolulu

Big Island

East Hawaii

- Christmas Eve, 12/24 at 6 PM to Christmas Day, 12/25 at 6 PM. Ola'a Community Center, Kea'au. Meetings start every 2 hours.

West Hawaii

- Starts Christmas Eve at noon, ends Christmas Day at noon. Alano Club, 74-5606 Pawai Place, Old Industrial Area, Kona. Potluck pupus.



New Year's Alkathons

Big Island

East Hawaii

- New Year's Eve at 6 PM to New Year's Day 6 PM. Meetings starting every 2 hours. Food and fun.

West Hawaii

- Kona – New Year's Eve at noon to New Year's Day at noon. Alano Club, 74-5606 Pawai Place. Potluck pupus.
- Waikoloa – New Year's Eve at noon, last meeting starts at Midnight New Year's Eve. Waikoloa Community Church, 68-3625 Paniolo St. Potluck pupus.



RULE 62*

“Don't take yourself too damn seriously.”*

**Reprinted from *Twelve Steps and Twelve Traditions*, p. 149, with permission of A.A. World Services, Inc.*

Sometimes, people who urge drinks on us can be more dangerous than muggers. Here are a couple of replies used by G. D. of Cape Elizabeth, Maine, when people become a little too pushy: "I'd love to, but I've got to be home by Christmas" and "I'm allergic to alcohol. When I drink it, I break out in spots--spots like Dallas, San Francisco, New York. . ."

An alcoholic is a master mathematician. He has a fraction of his sanity, a percentage of his marbles. He multiplies his troubles, subtracts from his wallet, adds to his miseries, and divides his family. After joining AA, he subtracts his miseries, multiplies his blessings, adds to his happiness, and divides his time into 24-hour days, one day at a time.



Three rowdy-drunk young motor scooterists loudly parked their scooters in front of a small-town cafe one afternoon and stormed inside, just as a meek middle-aged man was being served his order at the counter. Descending upon the man, shouting, "I'm hungry," one youth seized the man's hamburger, another his french fries, and the third his piece of pie.

As the hooligans promptly devoured his lunch, the man proceeded to drink his coffee, then paid his tab and left. The waitress followed after him, apologizing.

When she returned, one of the ruffians called out to her, "Hey, that guy wasn't much of a man, was he?"

The waitress replied, "He wasn't much of a driver either. He just drove his truck over three motor scooters parked out front."



Above reprinted from AA Grapevine with permission.

Heard in a Meeting...

Holding on to anger is like holding on to a hot coal
with the intent of throwing it at someone else;
you are the one who gets burned.

~ Buddha



He who angers you, controls you.

It is easier to preach the 12 steps than it is to live one.

Quit griping about the program, if it was perfect,
you couldn't belong.



SANE PEOPLE

WORK

LOVE

PRAY

PLAY

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.