

Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org





Pacific Region Alcoholics Anonymous is coming to the Honolulu Ala Moana Hotel March 4,5, and 6th, 2011 This is OUR service assembly!

Volunteer are needed. Please sign up!!! Visit www.praasa.org/2011

#### WHY DO WE NEED A CONFERENCE?

The late Bernard B. Smith, nonalcoholic, then chairperson of the board of trustees, and one of the architects of the Conference structure, answered that question superbly in his opening talk at the 1954 meeting: We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth that brought us back to life.

"We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must ensure can never invade A.A. We need it to ensure A.A. against government, while insulating it against anarchy, we need it to protect A.A. against disintegration while preventing over integration. We need it so that Alcoholics Anonymous, and Alcoholic Anonymous alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions, and all of its services.

Continued on page 2

Why do we need a conference continued.....

We need it to ensure that changes within A.A. come only as a response to the needs and the wants of all A.A., and not of any few. We need it to ensure that the doors of the halls of A.A. never have locks on them, so that all people for all time who have an alcoholic problem may enter these halls unasked and feel welcome. We need it to ensure that Alcoholics Anonymous never asks of anyone who needs us what his or her race is, what his or her creed it, what his or her social position is."

Bernard B. Smith Class A (Nonalcoholic Trustee)

Reprinted with permission from AA Service Manual, p. S 19

#### THE KOLOA NOONERS and THE SALVATION ARMY HALL

On a nice winter day, on the Island of Kauai, Hawaii, I sped down the street chasing a thief, who had taken something from my store. As I sprinted down the street (more like a shuffle, as I am close to 70!), I caught sight of the Salvation Army donation bowl outside of Sueoka's Store, with the bell ringing and the attendant at attention. He was facing his Lt. Miss Sarah of the Salvation Army, dressed in full uniform. I stopped momentarily and asked Lt. Sandy if she could wait for me, as I was chasing a thief . She nodded, and I was off again in hot pursuit. But I was too slow. The thief had disappeared. I walked a little slower back to Lt. Sandy and the donation bowl.

I gave Lt. Sarah my story about wanting to use their small chapel on Koloa Road for AA meetings. I had asked previously at their head office in Lihue twice, but was turned down. After my introduction, and my complete story about a need for a meeting place in Koloa (for our future noon meetings), Lt. Sarah looked at me with a steely, steady gaze, and said, "I would be delighted for you to have meetings in our hall. You know, we are also in the Recovery Business." I was so delighted.

I have learned a little more about Lt. Sarah, and how The Salvation Army came to her family's rescue

when she was young. This profoundly affected her, and she "passed it on" by allowing us to have our noon meetings on Tuesdays and Fridays. We expanded our meeting schedule to include a dinner meeting, followed by a speaker the last Saturday evening of the month. The fellowship has been so fulfilling, but our menu came in a close second. We have had Soup Night, Mexican Madness Night, Italian Spaghetti Night, and a classic Movie Night featuring the movie "My Name is Bill W."

We celebrated one year in our new meeting hall on January 8, 2011. We are especially grateful to the Salvation Army and the kindness they have shown to us in so many large and small ways. We are greatful!

Jerry V. Koloa Nooners



#### The Hawaii Area Newsletter ~ Hawai'i Kaua'i Lana'i Maui Moloka'i O'ahu ~ February 2011 Panel 61 Issue 2

#### **PRAASA 2011**

For the last forty-three years in the month of February, a couple of dozen A.A. members somewhere in the Pacific Region have lost sleep, e-mailed and phoned like crazy, and met often in final preparations for that year's Pacific Region A.A. Service Assembly. This year is no exception. Only this year the frenzied activity is on the island of Oahu in preparation for the 2011 PRAASA to be held at the Ala Moana Hotel on March 4-6.

Some of you reading this may be asking, "What is the big deal about PRAASA?" I used to wonder the same thing until I attended my first in Los Angeles last year. The event inspired me in ways that I am not capable of putting into words. I spent three days with a few hundred other A.A. members, all of whom love A.A. as much as I do and all of whom serve, have served, or have yet to serve in general service. I sat through A.A. meetings, panel presentations, roundtables, and workshops. I sat through a business meeting during which it took hours to accept a motion only to revote on the same motion and deny it. I started the long weekend way, way outside my comfort zone and ended up with many new friends that I will now get to see again right here in my home state. Talk about somewhere over the rainbow!

There's another reason I look forward to PRAASA, and it has to do with feeling a part of a greater whole. I think it's pretty easy for us out here in one of the most isolated places on earth, to feel like we don't matter in A.A. as a whole. But we are a part of: we are one of 15 areas in the Pacific Region and one of 93 areas throughout the United States and Canada. We are a part of A.A. as a whole because we have active groups, who contribute their 7th tradition funds, contribute their voices to our world services, and whose members contribute their time to service.

PRAASA is an event. It is a happening. Please come and share it with us. Register online at praasa.org or register on site. Sign up to be in service when you get there. Put your hand out and welcome mainland Pacific Region members to our aloha state. Open your heart to the experience.

In love & service, Linda McD Area 17 Delegate, Panel 61



# INFORM THE DELEGATE ASSEMBLY April 9-10, 2011 Kauai

Inform-the-Delegate Assembly - About two months before this assembly is held, G.S.R.s will receive a questionnaire from their D.C.M.s. What's important to keep in mind is that every registered A.A. meeting in the U.S., its territories, and Canada will be discussing these very same questions. Simply put, these questions focus on how A.A. is doing in the areas of Recovery, Unity, and Service. Once a G.S.R. gets this questionnaire, the G.S.R. should present it to the homegroup for discussion-taking care to write down the group's response(s) to each question asked.

The purpose of the Inform-the-Delegate assembly is to share the group's response(s) with the area, especially the delegate. The sum of all this sharing is often called the collective group conscience which the delegate receives from the area and takes with her to New York, where the process is repeated once again, this time with other delegates. This process has enabled A.A. to grow, harmoniously, worldwide.

(HAWAI'I AREA 17 General Service Representative (G.S.R.) Orientation Informational Handbook)



# Pacific Region Alcoholics Anonymous Service Assembly 2011 VOLUNTEER SIGN UP

March 4, 5 & 6 - 2011 Ala Moana Hotel 410 Atkinson Drive Honolulu, Hi, 96814 Hosted by Honolulu - Area 17

WHEN SIGNING UP TO VOLUNTEER PLEASE LET US KNOW:
Do you have experience with General Service? Yes No If so, what position:
Are you staying at the hotel? Yes No
What other languages can you communicate in?
Do you have any computer experience? Yes No
What District are you from? (Check with your GSR or DCM to confirm)
Are you a member of $\square AA$ $\square Al$ -Anon $\square Both$
DI EACE DE CUDE CO INDUCADE MUNICIPALITATION AND ANALYS.
PLEASE BE SURE TO INDICATE WHEN YOU ARE AVAILABLE:
☐ I am available ANYTIME during the weekend to be of service. OR select a day
Trust Man to the local settle l
Friday, March 4 <sup>th</sup> Saturday, March 5 <sup>th</sup> Sunday, March 6 <sup>th</sup>
Contacts for Volunteer Committee: Kawika K. and Kawika K. – Co-Chairs (email: volunteer@praasa.org)
Commission Commission Isawika Is. and Isawika Is. Co Chairs (Chiair. Voluntoon Copiaasa.org)
First Name  Last Name
Address
City State Zip Code
City State Zip Code
Email Address
Primary Phone #

Give this completed form to your GSR or for more information or to sign up online go to www.praasa.org/2011

#### The Power of Service

I have heard several people say, "It has been a pleasure to serve you." When I first got sober in 1988, I didn't think service was a pleasure. I couldn't figure out why I should pick up your chair or make coffee for you. I also couldn't see the point in laying myself open for criticism. As we all know alcoholics have opinions and at least 1/2 of them don't agree with mine. My first service position was as coffee maker at Makahiki Lanai, when it was still upstairs in the classroom. It was suggested that this service position would help me stay sober. I still drank for a few more months. So the service itself didn't keep me sober. However, service afforded me a seat in Alcoholics Anonymous meetings. In my mind, it didn't matter that I couldn't stop drinking. It only mattered that I made "excellent coffee".

Service is a funny thing. In the beginning I did it so I could have a seat and to have a sense of belonging. Later I did service at you, because you weren't allowed to ask me to leave. At that time, I was so angry it oozed out my pores. I kept doing service until my perception changed. Eventually service became an expression of my love for my Higher Power, and my gratitude for my fellows. Then it became a part of my daily life.

I have had the opportunity to fulfill many service positions in Alcoholics Anonymous. To my amazement, all of those positions provided me with an opportunity to learn something about myself that I would not have noticed if I had not been in service. As it says in the 11th step, "There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life" (Alcoholics Anonymous World Services, Inc.,1953, p.98) Service presented me with the foundation for accurate self appraisal and to monitor my effectiveness as a communicator. I found I was demanding, controlling, self-centered, fearful and most of all lacked faith in my higher power. With quite a bit of work over the years, my attitude has changed.

Ultimately service has saved my life several times over. I have had a difficult time in the last few years with the death of my son. I didn't even realize how withdrawn I had become. Nor did I realize that I was just going through the motions, moving from one indicated think to the next. When our last panel ended it suddenly hit me: the District Committee Members who sat in the circle were my backbone. This small group of dedicated members from across the entire state had given me the inspiration to trudge the path to happy destiny. In my wildest dreams it never occurred to me that service would bring me back to life. But it did just that. I can see there is light at the end of the tunnel. I have moments of joy and have begun to feel that sense of purpose we all crave. Service not only saved my life but also has helped me to become the woman my grandmother would be proud of.

You might be asking yourself, how do I get that? Well it is quite simple. Get involved. Show up. Do your best, to be the best person you can an Alcoholics Anonymous and your Higher Power will do the rest. A good place to start may be the Pacific Regional Alcoholics Anonymous Service Assembly, the weekend of March 4-6 at the Ala Moana Hotel. You can sign up to be of service on line at praasa.org and you can announce it in every group you attend to help boost the enthusiasm for service in Alcoholics Anonymous.

Adina M. Area 17 Registrar, Panel 61 Registrar@ area17aa.org



Hawai'i Alcoholics Anonymous Group Information Change Form											
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# Announcements





Aloha All,



The form on page 4 is to be completed before the end of April, in an effort to update the Regional Directories. GSO is especially interested in the Group contact information and the number of people you have who regularly attend your group. If you have any questions please feel free to contact me directly. Mahalo

Adina M. Registrar, Area17aa.org Adina M., Area 17 Registrar, Panel 61



### Mynah Bird

Share your experience, strength and hope.

Heard a great quote in a meeting?

Tell us about your PRAASA

experience.

Next Mynah Bird Deadline April 1, 2011

#### 2011 Area Assemblies

April 9-10 Inform the Delegate Kauai, District 6

August 27-28 Budget Assembly Windward, District 4

November—Optional

23rd Annual BIG ISLAND BASH April 15, 16, and 17, 2011

"I can't....We can"

www.bigislandbash.com

4th Annual East Hawai'i
Round-UP
"Happy, Joyous, and Free"
March 11-13th 2011
www.bigisland-recovery.org/round-up2010.html

# Heard in a Meeting...

"It doesn't matter if you're from Yale or jail, Park Avenue or a park bench; we are all here for the same reason."

"God won't take you anywhere he can't take you through."

"When the pain drops, I will be spiritual."

"I have a sponsor, and I hear he is very good."





"The problem with instant gratification is that it takes too long."

"I don't know what I don't know yet."

"I'd rather be honestly arrogant than hypocritically humble."

"I brought my 'ism' to my drinking."

## District #2—Honolulu Monthly Report January 16, 2011

Hello, I am a grateful recovering alcoholic and my name is Jacquie. I am currently serving as your DCM for the Honolulu District (#2)

Hosting the Orientation Assembly this weekend has definitely been a learning experience. I want to thank everyone for helping to make this weekend a pleasant experience. I am especially grateful to the out-going DCM, Chris N., for having most of it pre-arranged and for continuing to be of service to the Honolulu District during this transition.

Our District met earlier this month mostly to prepare for the Assembly. We have 4 new GSRs and a few GSRs that are staying on from the previous panel. There are 5 GSRs who are attending this Assembly.

The Honolulu District has 3 upcoming events:

- 1. Martin Luther King Day Picnic- held at Kapiolani Beach Park on January 17th beginning at 10am. Hosted by the Black Experience Group.
- 2. Aloha Roundup- held at the Ala Moana Beach Park on February 18th, 19th and 20th. Hosted by the Kane Alii Group. This is a gay and lesbian group, but all are welcome. You can find more information about this event at their website-www.aloharoundup.com
- 3. Black History Month Dance held at the Fleet Reserve on February 19th at 6PM. The cost is \$5. Hosted by the Black Experience Group.

At our monthly District Meeting, a few groups reported that they are struggling to survive and are asking for support. However, there is a fairly new group, Kalihi Sobriety, that is growing fast. I can remember when it was not a registered group and there were only 5-6 members in attendance. Now the room is often filled and they have a birthday meeting on the last Sunday of each month with food and entertainment.

I definitely have much work to do. I have a list from GSO (dated 2009) and there are 30+ groups in my District. Many I have never heard of and a few that we lost contact with. I will do my best to introduce myself to these groups and hopefully spur interest in General Service.

Thank You for Letting Me Be of Service!
Jacquie Fields
Honolulu DCM

#### The Hawaii Area Newsletter ~ Hawai'i Kaua'i Lana'i Maui Moloka'i O'ahu ~ February 2011 Panel 61 Issue 2

#### WINDWARD DISTRICT #4 MINUTES

January 27, 2011

- I. Opened at 6:15 with the serenity prayer
- II. In attendance: Peter, Suzanne, Eric, Linda, Alyson, Patti, Curtis, Kevin, Jerry, Richard, Phillip, Tony, Mark, Jim and Patty
- III. Concept 1 essay—read by Curtis
- IV. Tradition 1 essay—read by Kevin
- V. Additions/Approval of agenda—Agenda passed with addition of call for new phone chair
- VI. Reading of minutes—Minutes were approved

#### Officer Reports

- \* Secretary—Report given
- \* Treasurer—Our balance prior to deposit was \$617.37 on January 25, 2011. Recent cleared expenditures Include Waimanalo Health Center Alkathon (\$300.), P.O. Box Rental for 2011 (\$60) and St. Christopher's Church rent for our meeting space (\$300.)

There are no outstanding checks.

*Our Balance as of this report* is \$64.21

Motion: Cover the cost of lost keys for Alkathon space. Seconded. Motion passed

Minority Opinion—Linda thought that the cost was too much. Jerry thought there should be a cap.

Re-Vote taken and motion fails

Motion: Cover the cost of lost keys up to \$400. Motion passed

- \* Alt DCM—Happy to be in service, attended the assembly and learned a lot
- \* DCM—Emailed to D4

#### VII. Committee representative were picked and her they are

- \* Cooperation with the Professional Community Dean & Gordon
- \* Cooperation with the Elderly Tom & Phillip
- \* Grapevine Linda
- \* Hospitals/Treatment Richard
- \* Mynah Bird Committee Open
- \* Public Information Peter
- \* Web site Open
- \* Archives Alyson
- \* Convention Mark
- \* Finance Tony

#### VIII. Old Business - None

#### IX. New Business

Motion: Create adhoc committee to draft district 4 guidelines.

Intent/purpose: To help present and future members of the Windward district better understand and Accomplish their duties Financial Impact: \$0

Motion was seconded

Discussion: Jerry asked what the guidelines will contain. Eric answered Service positions, Financial practices, etc. Patti mentioned that an inventory would be good to put in.

Unanimous vote Motion passed

Continued page 11

#### The Hawaii Area Newsletter ~ Hawai'i Kaua'i Lana'i Maui Moloka'i O'ahu ~ February 2011 Panel 61 Issue 2

Motion: Add AA Birthdays to agenda

Intent/purpose: Fun Financial Impact: \$0

Discussion: Linda asked where will this be added to the agenda. Eric answered at the end. No

Cakes or anything .

Unanimous vote Motion passed

\* Choose standing committee representative chairs - done

\* Ideas for locations for assembly hosted by District 4 - St. John's, Pohainani

\* Call for Assembly Chair - DCM asked for volunteers with no one committing for chair. Richard A. Agreed to do the food though

\* Call for phone person - Curtis is our new phone chair. YAY!!!!!

X. Group news/announcements

XI. Caravan to Stand in the Light on February 11th. Please bring your groups!!!!

XII. Next meeting is on February 24th at 6:15pm

XIII. Concept & Tradition 2 by? Susanne has tradition 2, Linda concept 2

XIV. Closed with the Responsibility statement at 7:21pm

#### **Unity – Our Most Precious Quality**

Tradition One – Our common welfare should come first: personal recovery depends upon A.A. unity.

The unity of Alcoholics Anonymous is the most cherished quality our Society had. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"\*

In the days after our Orientation Assembly, it seemed as if I was reading about, discussing and thinking about the unity of alcoholics anonymous on at least a daily basis. Not surprising in that it is the heart of Tradition One and the Orientation Assembly was in the first month of the year and many of the meetings I attend read the Tradition of the month. For me, the assembly was a perfect example of our unity. We came together — from different islands, different groups and different backgrounds — to learn about how we can stay sober and bring the message of recovery to still suffering alcoholics throughout Hawaii. When I join other alcoholics — whether it be for a service oriented function like an assembly, or for a potluck Thanksgiving celebration — I feel that powerful, spiritual connection that helps fill up that huge hole inside me. I identify with you and you share your deepest experiences, strength and hope with me. I am not alone. I am with others who have also found a new way of living. We are following a blueprint that has worked for hundreds of thousands of us in the past and continues to work in my life on a daily basis.

I deeply cherish the unity we have in Alcoholics Anonymous and am committed to trying to be of maximum service to God and others. Thank you, Alcoholics Anonymous, for this incredible life filled with the sunlight of the Spirit.

Mahalo for the opportunity to be of service.

Cheryl N. Chair



Area 17, Panel 61

#### PRAASA 2011

March 4, 5, & 6, 2011 Ala Moana Hotel Honolulu, HI

Hosted by Hawai'i Area 17 PRAASA Program: Opening: 12:45 PM Friday

Closing: 12:15 PM Sunday
Register online at www.praasa.org



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SPECIAL REQUESTS (Deadline is February	7 10, 2011) V
I require Spanish Interpretation	
I request literature and agenda in Spanish	
I require American Sign Language Interpretation	
Accessibilities (Specify):	
Make Checks Payable to: PRAASA 2011	
Mail Registration to: PRAASA 2011	
P.O. Box 25777	
Honolulu, HI 96825	

Name	<u>Email</u>
Keith H.	chair@praasa.org
Elizabeth M.	co-chair@praasa.org
Kunane D.	registration@praasa.org
Vernon G.	program@praasa.org
Kevin L.	translation@praasa.org
David & Sandy P.	hospitality@praasa.org
Cecily C.	al-anon@praasa.org
Don A.	treasurer@praasa.org
Kawika K.	volunteer@praasa.org
	Keith H. Elizabeth M. Kunane D. Vernon G. Kevin L. David & Sandy P. Cecily C. Don A.

EVENT	FEES	TOTAL					
Registration	\$35						
Lunch – Open (Al-Anon Speaker)	\$35						
Lunch – Vegetarian	\$35						
Past Delegate Only – Lunch	\$35						
Past Delegate Only – Lunch Veg.	\$35						
Delegate Only – Lunch	\$35						
Delegate Only – Lunch Veg.	\$35						
Banquet – Mahimahi	\$45						
Banquet – Chicken	\$45						
Banquet - Vegetarian							
TOTAL	TOTAL						
*Meals Subject To Availabilit	У						

#### HOTEL INFORMATION

www.tinyurl.com/praasahotel

410 Atkinson Drive, Honolulu, HI 96814 Room Rates start at \$109.00 plus Tax

#### For Reservations call:

Continental US/Canada (800) 367-6025 Neighbor Islands (800) 446-8990 Direct: (808) 955-4811

Specify PRAASA Group, Code PRAASA