

January 2014

# Garden Island Sobriety

'Step One'

**"We admitted we were powerless over alcohol - that our lives had become unmanageable."**



**He said:** I became willing and walked into the rooms of Alcoholics Anonymous after 25 years of drinking and blaming other people and circumstances for my situation. I was graced with my moment of self-awareness when I could not blame anyone for what I had done and who I had become. My moment is key to my sobriety.

**Morning trips to the supermarket**, leaving with four bottles of wine, I became willing. Consumed with loneliness, I became willing. On the edge of another broken relationship, I became willing. The hopelessness of a life with alcohol and the unmanageability of my emotions and reactions to life without it, led me to willingness.

I began to take personal responsibility for my alcoholism when I thought, "I cannot stop drinking, I don't know what to do, I need help." During that first conversation with my sponsor, after I told him part of my story, he said. "Well, it sounds like you are suffering from alcoholic insanity." I felt a sigh relief. Someone else could identify with what I was going through.

**There are two gifts we are given in AA** that are the basis of my program. First, the understanding of alcoholism as disease that is manifested as a physical allergy tells me that total abstinence from alcohol is necessary. Second, the spiritual program of action in the Steps addresses my mental obsession with life and allows me to live sober while seeking serenity. I hear in your shares how to live sober by working the Steps.

**On my path of recovery** I take one step at a time. The surrender of Step One is a daily practice. The mercy of Step One is in total abstinence. The joy of Step One is acceptance of personal responsibility. The faith of Step One is rooted in my own story. The forgiveness of Step One begins with my laughter. The light of Step One is kindled inside every alcoholic who at one

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**She said:** **Pow-er-less** – adjective. without ability, influence, or power.

**synonyms:** impotent, helpless, ineffectual, ineffective, useless, defenseless, vulnerable.

**Totally ineffectual** is what stands out for me in this definition. Powerlessness is lacking the strength to do something alone - I needed help. I don't know who to ask for help and have found it to be quite unpleasant. I feel ashamed. I find my powerlessness (helplessness) to be most confusing when it applies to things directly in my control. How can I be powerless over myself and my own actions? Why do I continue to make poor decisions when I know what the "right" decisions are? Even if I do make the right choices 99% of the time, the 1% I fail throws me into a spiral of self-loathing that can last for days or weeks at a time.

I felt powerless over alcohol and it scared me. Powerlessness feels like an intense struggle in my mind which consumes me. It is the struggle between what I should do, and what I want to do. In the past, the only way I knew how to give up the fight was to give in. Now that I haven't had a drink in five years, it has morphed into cookies, coffee, hamburgers, and the newest "Fill in the blank\_\_\_\_\_." This fight sucked my energy and self-worth for a long time. It distracted me from actually living my life because I was constantly consumed with an insatiable desire. My mind still battles itself if I allow it to, but the perspective has changed.

**Now, I have found tools.** I have slowly learned how to take back the control of my mind. Rather than fear the onslaught of these mental cravings (like I used to). I can step back, breathe, and become the observer of my thoughts. Thoughts are premeditated actions. If I learn to observe my thoughts, I can choose my thoughts. If I can choose my thoughts, I can

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**AA Hotline 245-6677**

**He Said:** (cont.) time or another could not stop drinking when they wanted to. My life changes.

**Today, Step One** is a powerful tool for my spiritual growth. That same admission of powerlessness and unmanageability is the first step in addressing every situation in my life today. Through Humility I encounter the path to a lasting freedom. Step One invites me to gain an awareness of my experiences in the material world as a series of lessons along my spiritual journey. Step one is an affirmation. (today)

Yes, ( ) I am an alcoholic.

Yes, ( ) I am ready to change.

Yes, ( ) I am willing to give sobriety a chance.

Yes, ( ) my life is worth living.

Yes, I never have to drink again, if I do not want to.

Yes, I never have to hurt anyone again, if I do not want to.

~ Paul M., Kauai

**She Said:** (cont.) change my actions.

**In sobriety the powerlessness** over things I can't control has become clear. I am able to distinguish between the things I can't control and have become much more accepting of those things. My biggest struggle is still the powerlessness over things that I CAN control. This feels unacceptable to me; I still have trouble accepting that I need help making the right decisions. Obviously I know the answer is God, but sometimes I still regress to relying on myself and my own faulty methods.

**We must be truthful in admitting** powerlessness. This is the First Step and surprisingly, this provides relief. We are truthful that we don't have the answers, and our life can be unmanageable alone. There is peace and freedom hidden in Truth, no matter what it is. Truth reveals, and truth heals. Even in our imperfections, we can be True. We need help, and our plans haven't worked. That's ok. We are now open to receiving something new.

~ Jill R., Kauai

## Birthday Celebrations

### South Shore

- Koloa Monday Women's 'Na wahine ku pono'  
5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- Aloha Group - 7:30 p.m. Speaker Meeting, Koloa Union Church, last Tuesday of the month - CAKE FOR BIRTHDAYS!

### East Side

- Hui Ohana - 7:00-8:00 am Last Saturday of the month. CAKE FOR BIRTHDAYS!
- Steps to Freedom - 6:30 pm Last Monday of the month. CAKE & POTLUCK (7:30 pm meeting).

### North Shore

- North Shore Aloha Group - 7:30 pm Last Monday of the month - CAKE FOR BIRTHDAYS!
- Princeville-Hanalei Group - 7:30 pm Last Thursday of the Month - CAKE FOR BIRTHDAYS!

## Happy Birthday

|            |       |      |        |
|------------|-------|------|--------|
| Lopaka     | 12/13 | 1970 | 43 yrs |
| Carl K.    | 12/19 | 1981 | 32 yrs |
| Bobo       | 12/13 | 1986 | 27 yrs |
| Peggy S.   | 12/19 | 1986 | 27 yrs |
| Lori N.    | 12/23 | 1988 | 25 yrs |
| Bob C.     | 12/16 | 2003 | 10 yrs |
| Ron W.     | 12/24 | 2003 | 10 yrs |
| Eddie F.   | 12/13 | 2005 | 8 yrs  |
| Erica J.   | 12/13 | 2005 | 8 yrs  |
| Sarah      | 12/3  | 2007 | 6 yrs  |
| Nicole     | 12/25 | 2009 | 4 yrs  |
| Allison T. | 12/23 | 2011 | 2 yrs  |

**Congratulations Everyone!!**

## Water Meeting & BBQ

**This Month January 12<sup>th</sup> at Lydgate Park**

- We are either at the Picnic tables or in the pavilion by the lifeguard station
- 11:00 am Potluck/BBQ
- 1:00 pm Meeting in the water

## Steps To Freedom Birthday Potluck

**Kapa'a United Church of Christ**

**1315 Ulu Street, Kapaa**

**This Month on January 27<sup>th</sup> at 6:45pm**

- Come celebrate January AA anniversaries
- Speaker meeting starts at 7:30pm

## Last Saturday Supper

**At the Koloa Salvation Army Hall**

**5348 Koloa Road, Koloa**

**This Month on January 25<sup>th</sup>, 7:00 pm**

- ◆ Sponsored by Koloa Nooners Group
- ◆ Speaker at 7:45 pm

## A.A. Meeting Places



### Church of the Pacific

**4520 Kapa Ka Road, Princeville**

(Across the Hwy from Princeville Stables)

- Monday - 7:00 am Daily Reflections
- Thursday - 7:00 am Daily Reflections
- Friday - 12:00 Noon BIG BOOK STUDY

## The New Meeting in Waimea

ALA I KE OLA HOU, the new meeting in Waimea Canyon, will soon be having a service workshop.

It has also recently been reported that there are lots of newcomers in these meetings!

The Group will be starting Birthday meetings at the end of each month to recognize sobriety.

**Please Note:** The January 17th and 31st meetings will be held in Lucy Wright Park rather than the Smokey Valley Clubhouse due to scheduling conflicts.

**Expect A Miracle**

**We Publish All Sobriety Birthdays  
On The Month After Their Occurrence.**

**Please Contact the GIS Newsletter At:**

**[District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)**



## The Month of January in Our History:

**January 2, 1896:** Harry Morgan Tiebout born Brooklyn, New York. He becomes the first psychiatrist to publicly recognize and uphold the work of A.A. Dr. Tiebout was solely responsible for bringing the philosophy and principles of A.A. to the psychiatric world. A close personal friend of Bill W. he also served on our Board of Trustees at GSO from 1957 until 1966 when he passed away.

**January, 1914:** Ebby T. took his first drink of alcohol. It was a glass of beer at the hotel "Ten-Eyck" bar in his home town of Albany, New York. He was 19 years old.

**January, 1920:** The 18<sup>th</sup> Amendment has been ratified and prohibition begins. From the beginning Prohibition was an ill-fated social experiment of drinking control that illustrated the consequences of viewing alcohol related problems as moral and religious concerns. The reluctance of health professionals to accept alcoholism as medical cases invited the intervention of the social reformers which divided and tore this country apart for years.

**January 1940:** The first A.A. meeting not in a home begins at "King School". This will become Dr. Bob's Home Group and we can still visit it in Akron.

**January 4<sup>th</sup>, 1941:** Bill and Lois saw their future home which they will name "Stepping Stones" for the first time, on a drive-by while spending the week-end with Ruth and Burt S. They will purchase it and spend the rest of their lives there.

**January 24<sup>th</sup>, 1971:** On this date, at 11:30 pm, our co-founder Bill W. moved on up to the 'Big Meeting'. Memorial services were held all over the world in the next few weeks. Ten days after his death, on page one, the New York Times printed Bill's obit. In newspaper history, which can be traced back to before the Civil War, an obituary had never before been printed on the front page!

**By 'Big Book Dave', Elected Archivist, Interior Alaska**

~ Submitted by Mathea A.



## Concept I:

**Final responsibility & ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.**

- **Does our group** have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- **Do we hold** regular group conscience meetings encouraging everyone to participate?
- **Do we pass** that conscience on to the district, area, or the local intergroup meetings?
- **Is the "collective conscience"** of Alcoholics Anonymous at work in my home group? In my area?
- **Where do we fit** in the upside-down triangle of AA?
- **Are we willing** to do what it takes to insure that our democracy of world service will work under all conditions?

## Find A.A. in Hawaii



at: [www.area17aa.org](http://www.area17aa.org)

## Send Area Contributions

**ADDRESS IT EXACTLY LIKE THIS:**

Hawaii Area Committee  
1253 S. Beretania St., #2107  
Honolulu, HI 96814-1822





The Next Intergroup Meeting:  
January 4<sup>th</sup>, 9:30 am, at  
The Lihue Neighborhood Center

- **Kauai A.A. Meeting Schedule**
- **Kauai A.A. Events Calendar**
- **Link to Hawaiian Island AA websites**

[website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

## Intergroup Treasurers Report

### November 2013

#### Income:

|                                     |           |
|-------------------------------------|-----------|
| North Shore Aloha                   | \$ 210.00 |
| Whiskey & Milk                      | \$120.00  |
| Keep It Simple Books                | \$ 25.00  |
| Happy Hour                          | \$164.50  |
| Hanalei/Princeville Books           | \$ 56.75  |
| North Shore Aloha Books             | \$ 56.75  |
| Kauai District Committee Literature | \$ 19.10  |
| Hui Ohana (GIS)                     | \$ 75.00  |
| Hui Ohana                           | \$525.00  |
| Tatiana B                           | \$..60.15 |

#### Expenses:

|                               |          |
|-------------------------------|----------|
| Lynda C Reimburse Books       | \$565.70 |
| Patty Lynn Thankathon Advance | \$300.00 |
| Hi Telcom                     | \$ 25.49 |
| Guardian Self-Storage         | \$114.59 |
| Inkspot (GIS)                 | \$150.00 |

|                             |           |
|-----------------------------|-----------|
| <b>Balance</b>              | \$4613.73 |
| <b>Less Prudent Reserve</b> | \$ 500.00 |
| <b>Total Available</b>      | \$4113.73 |

~ Prepared by Mike C. ~

### SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup  
P.O. Box 3606  
Lihue, HI 96766



## Need Literature?



### ➔ Get It At The Intergroup Meeting!

\*Books\*Pamphlets\*GIS Newsletter\*Meeting Schedules

### ➔ Or We Can Deliver It To You!

Call the AA Hotline With Your Request at: **245-6677**

## Intergroup Officers:

|                  |   |
|------------------|---|
| Chair:           | Bob B. <a href="mailto:chair.intergroup@gmail.com">chair.intergroup@gmail.com</a> |
| Alt. Chair:      | Susan ON.   |
| Treasurer:       | Mike C.   |
| Alt. Treas.:     | Mo L.   |
| Secretary:       | No Huhu   |
| Literature:      | Linda   |
| Hotline:         | Danette M. <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>   |
| Events Chair:    | Patti Lyne B.   |
| Events Co-Chair: | David V.  |

## Request a newsletter by e-mail



Contact: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

Editor: Linda B.

# District 6, Kauai:

The Next District Meeting:  
January 18<sup>th</sup>, 9:30 am, at  
The Lihue Neighborhood Center

## Area 17 Committee Meeting At the Lihue Neighborhood Center

**March 1 -2, 2014**

The Area 17 Committee Meeting will be held March 1st and 2nd at the Lihue Neighborhood Center. Everyone is invited to attend and watch service at the Area level. A flyer will soon be available to register for the event.

During the meeting our district will be responsible for serving breakfast and lunch on Saturday, March 1st and breakfast on Sunday, March 2nd. Area will pay for the meals but we are in need of a group or groups to actually prepare and serve the meals. If your group is willing to do this, please contact either Ron or Alejandro through the AA Hotline.

The second day of the Committee meeting will involve a play put on by the Area committee members followed by a workshop explaining the responsibilities of the different committees.

Everyone is encouraged to attend this meeting, especially newcomers who are still wondering what AA is all about. The flyer with more details will be forthcoming soon.

The Intergroup meeting for March of 2014 will be held at Sun Village thus eliminating any conflict with the Area Committee meeting.

# PI Update

## Service Opportunity

Public Information is looking for members who are willing to share their experience at Drivers' Ed classes for folks who have received a DUI.

If you are interested in this service, please contact Public Information at the following address:

[publicinfo@kauaiaa.org](mailto:publicinfo@kauaiaa.org)

**PI meets every 3<sup>rd</sup> Saturday, 3:00<sup>pm</sup>  
On the Happy Hour Tables At  
Nawiliwili Beach Park.**

**Next PI Meeting is on  
January.18<sup>th</sup>**

**Please Join Us!**

## District 6 Committee:

|            |   |
|------------|---|
| DCM:       | Ron A. <a href="mailto:DCM6@area17aa.org">DCM6@area17aa.org</a> |
| Alt. DCM:  | Alejandro H.  |
| Secretary: | George K.   |
| Treasurer: | Jay Y.  |

**SEND YOUR CONTRIBUTIONS TO:**

**Kaua'i District Committee**

**P.O. Box 1503**

**Kapa'a, HI 96746**

