

February 2014

Garden Island Sobriety

'Step Two'

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said: Early in sobriety I was dry and without a spiritual solution. That was painful, but not quite painful enough to take your suggestion, and do the 12 Steps. Not until I was jumping out of my skin, needing relief, now!

At the time, I had already made an admission of powerlessness and unmanageability, by beginning to accept my story with a First Step. I still felt that I had gotten the short end of the stick in life, in my failed relationships, at work, even with my front lawn that wouldn't stay green (You can always tell which house on the block is the alcoholic's if you look closely enough). I wasn't really sure what "Came to Believe" looked like.

My sponsor and I did a little inventory on the situation. "So," he says, "You haven't taken a drink in 80 days, you are going to an AA meeting a day, you haven't gotten into any more arguments at work and things are no longer getting worse in your relationship... looks like some positive things are beginning to happen since you got sober." That was what I needed to hear. Just by not drinking, the outlook for my life was starting to improve. Then he asked me, "Are you willing to consider the possibility that there is hope for life without alcohol?" Yes.

Insanity is the idea that the drink has anything left to offer my life. Through the fog my sponsor said, "One thing we all have when we come in here is hope. We are all swimming in hope." That hope is the spiritual solution to alcoholism, seen in the eyes of sober alcoholics. Our return to sanity and our sharing of how we made it through the day sober by using The Steps.

I can't describe it to you. Each of us experiences the wonders of an amazing life on a spiritual path for ourselves. There is no preview for the spiritual realm. What we call the spiritual solution is what worked in hindsight. *(continued on page 2)*



She said: At age 5 I asked my Dad my most burning question, "What If I'm not good enough and God sends me to hell?" My father's response: "God is going to put you wherever you are most comfortable....if you are in hell, all your friends will be there." How true that was throughout my life. I grew up in a very religious home. As a child I often wondered why everyone around me claimed to feel God, but I didn't. I prayed constantly for God to give me a sign, but to no avail. By 7th grade, I gave up. If there was a God, he didn't care about me; or most likely, I just wasn't good enough.

I came into AA defiant against God. The word "God" still makes me cringe. However, as I spent more time in AA, I could not deny that a power greater than myself was working in my life, and the lives of the people around me. As I spent more time sober, I was able to identify a higher power, and something I could believe in. My Quest began with one question: What is the higher power, and what can I believe in?

The first step was observing. I began by observing nature, its rhythms and cycles, hoping to gain a greater understanding of the Universal laws. I observed that this Universal power was in everything- the plants, the ocean, the trees, the animals.... And since I am also a piece of the Universe, this power and order must be inside of me. This brought me to the second step of acceptance: I could accept that I was a part of this universe, and I too was governed by a higher order or "power." The third step was embracing this higher power of laws and order – If I drink a bottle of poison (alcohol), it is going to hurt me – If I eat too many cookies, it gives me a stomach ache. These laws will not change and are the same for everyone. But how could this power "restore me to sanity?" The definition of restore is; "to give back, to return to a normal state, to bring back health or strength." *(continued on page 2)*

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AA Hotline 245-6677

He Said: (cont.) Taking the next indicated step, in all aspects of my life, allows me to live the life I am graced with. The educational variety of the spiritual awakening reminds me to keep my feet on the ground and review my experiences of living life without drinking, thus understand my spiritual path. I didn't find God in my life until I looked *inside* and found God. Where are we? ...In God's presence. Today there is a spiritual solution that depends upon *my* participation.
 ~ Paul M., Kauai

She Said: (cont.) I began to think of "sanity" as balance and by following the universal laws and order, I am able to live in balance and harmony with the world around me. By discovering the laws that govern me, and the world around me, I am able to maintain balance and equilibrium. When I find myself feeling off balance, I must examine which universal laws I am ignoring. I was never able to believe in a God with a white robe and a beard who was judging my every move.....but I could imagine an infinite, limitless, totality of all embracing light.
 My best friend since childhood and my college roommate committed suicide on August 5th. She was the intellectual type, and refused to be part of AA because God was the basis. Don't hesitate to find a higher power that YOU can believe in. It will save your life. I promise, God will meet you however, whenever, and with whatever you can imagine.....but you must first imagine. For this reason I suggest imagining something good.
 ~ Jill R., Kauai

Happy Birthday

Dotty	1/31	1973	41 yrs
Susan C.	1/20	1988	34 yrs
Laurie L.	1/20	1988	34 yrs
Gloria C.	1/12	1984	30 yrs
Stevie G.	1/11	1986	28 yrs
Barbara J.	1/1	1987	27 yrs
Chris H.	1/11	1987	27 yrs
Laurie L.	1/19	1988	26 yrs
Mickey M.	1/6	1990	24 yrs
Bill M.	1/24	1990	24 yrs
Tatiana	1/27	1992	22 yrs
Mike M.	1/20	1992	22 yrs
Maureen M.	1/7	1995	19 yrs
Tony C.	1/18	1997	17 yrs
Steve M.	1/26	1998	16 yrs
Bob H.	1/18	1999	15 yrs
Tony S.	1/2	1999	15 yrs
Luis R.	1/1	2001	13 yrs
Kathie G.	1/11	2001	13 yrs
Clark	1/22	2002	12 yrs
Kurt	1/7	2002	12 yrs
Susan ON	1/7	2003	11 yrs
Ele J.	1/16	2005	9 yrs
Keeley W.	1/15	2006	8 yrs
Laurel R.	1/26	2007	7 yrs
Aakara	1/21	2008	6 yrs
Liz O.	1/22	2008	6 yrs
Emma S.	1/1	2008	6 yrs
Matt	1/24	2009	5 yrs
Paul	1/26	2010	4 yrs
Rick C.	1/11	2011	3 yrs
Sarah A.	1/3	2011	3 yrs
Kirk F.	1/24	2012	2 yrs
Terance B.	1/17	2013	1 YEAR

Congratulations Everyone!!

Birthday Celebrations

West Side

- Ala i ke Ola Hou 5:30 pm Last Friday of the month, Smokey Valley Clubhouse. CAKE AND POTLUCK

South Shore

- Koloa Monday Women's - 5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK
- Aloha Group - 7:30 p.m., 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!

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

Super Bowl Sunday

The 7th Annual Chili Cook-Off

Feb 2nd, 2014



Starts at 11am at Mo's
4326 Puaole St. in Lihu'e
Come join the fun!!



Water Meeting & BBQ

At Lydgate Park and Pond

This Month February 9th at Lydgate Park

- 11:00 am Potluck/BBQ
- At Picnic tables or pavilion by the lifeguard station
- 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 February 24th 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 February 22nd, 7:00 pm

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

A.A. Meeting Places



Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

- | | |
|----------------------|----------------------|
| Monday at 7:30 pm | - Speaker/Discussion |
| Tuesday at 10:00 am | - Big Book Study |
| Tuesday at 7:30 pm | - Beginners Meeting |
| Wednesday at 7:30 pm | - 12 x 12 Discussion |

Meeting Change: Beginning on January 1st
The North Shore Aloha Group's 12&12 Study on
Wednesdays became a candlelight meeting.

New AA Meetings

Fridays in Waimea:

Beginners' Meeting at 5:30pm

- A Living Sober Book Study
- At Smokey Valley Clubhouse (neighborhood center)
- 4700 Ala Wai Road, Waimea

Saturdays in Lihu'e:

Women's meeting at 2pm

- At McKenna Recovery Center
- 4374 Kukui Grove St #104

"Do not let any prejudice you may have against
spiritual terms deter you from honestly asking yourself
what they might mean to you." Bill W.



Highlights of January in Our History:

January 1914: Dr. Silkworth had an office at 530 West 113th St., New York City. He specialized in alcohol rehabilitation. After office hours he was working with outpatients at the Broad Street Hospital. Two years later Dr. Silkworth will close his private practice and open a sanitarium for alcoholics in New York. ... Barely able to make ends meet, his wife Annette worked by his side with him. The Doctor was “on call” day and night because he couldn’t afford the cost of a nurse on the floor and finally all his help had to be let go because he could no longer afford their salaries. Despite all the hardships, lack of sleep, not one day off and no money coming in, Dr. Silkworth wrote his mother at this time that “never in his life has he been as happy and content as right now.”

From ‘Big Book Dave’, Elected Archivist, Interior Alaska

- More From Our History -

6 Step Word of Mouth Program, 1934 – 1938

The AA message as it was carried to newcomers in the first years, essentially the message Ebby Thatcher carried to Bill Wilson at his home in Brooklyn, NY one day in 1934. This was how the Oxford Group put its principles of absolute honesty, absolute purity, absolute unselfishness and absolute love to work in individual lives.

1. We admitted that we were licked, that we were powerless over alcohol.
2. We made a moral inventory of our defects or sins.
3. We confessed or shared our shortcomings with another person in confidence.
4. We made restitution to all those we had harmed by our drinking.
5. We tried to help other alcoholics, with no thought of reward in money or prestige.
6. We prayed to whatever God we thought there was for power to practice these precepts.

~ Submitted by Mathea A.

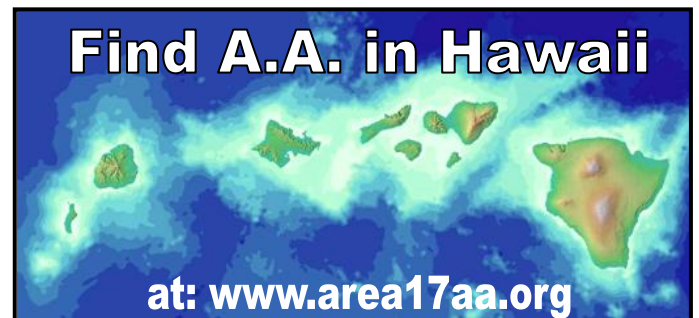


Concept II:

When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference – excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter – the actual voice and the effective conscience for our whole Society. (long form)

- Do we have an understanding of the history of the General Service Conference?
- What is a Conference Advisory Action? Does our home group’s G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider 7th Tradition responsibilities?

Find A.A. in Hawaii



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



Kauai Intergroup

The Next Intergroup Meeting:
February 1st, 9:30 am, at
The Lihue Neighborhood Center

Intergroup Treasurers Report

December 2013

Income:

Keep It Simple Books	\$ 53.00
North Shore Aloha	\$210.00
Lihue United Church refund/Thankathon	\$ 58.76
Alejandro H. book	\$ 7.50
Hanalei/Princeville Books	\$ 24.00
Koloa Big Book Friday	\$ 85.00
Sat. Night Library books	\$ 96.00

Expenses:

Inkspot (GIS) Dec. & Jan.	\$300.00
Lynda C. book order	\$1900.00
Koloa Nooners (New Years)	\$300.00
Kapaa Christmas Party	\$200.00
Activities Committee supplies	\$150.00
Reimburse Thankathon	\$161.45
Hi Telcom	\$ 25.56
Guardian Self-Storage	\$114.58

Balance	\$2751.50
Less Prudent Reserve	\$ 300.00
Total Available	\$2451.50

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

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



Request a newsletter
by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Kauaiaa.org

Visit Our Website!

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

website.intergroup@gmail.com



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. chair.intergroup@gmail.com
Alt. Chair:	Susan ON.
Treasurer:	Mike C.
Alt. Treas.:	Mo L.
Secretary:	No Huhu
Literature:	Linda
Hotline:	Danette M. hotline.kauai@gmail.com
Events Chair:	Patti Lyne B.
Events Co-Chair:	David V.

District 6, Kauai:

The Next District Meeting:
February 15th, 9:30 am, at
The Lihue Neighborhood Center

District 6 Committee:

DCM: Ron A. DCM6@area17aa.org
Alt. DCM: Alejandro H.
Secretary: George K.
Treasurer: Jay Y.

District 6 Treasurer's Report

December 2013 thru January 2014

Group Contributions:

Hui Ohana \$ 525.00

TOTAL INCOME: \$ 525.00

Expenses:

Office supplies/printer ink \$ 17.99

TOTAL EXPENSES \$ 17.99

BANK BALANCE \$3,738.49

PRUDENT RESERVE \$ 500.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee
P.O. Box 1503
Kapa'a, HI 96746



Area 17 Committee Meeting

At the Lihue Neighborhood Center

March 1 -2, 2014

Everyone is invited to attend!!

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.

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

PI Committee

A Service Opportunity

We meet every 3rd Saturday, 3:00^{pm}
On the Happy Hour Tables
At Nawiliwili Beach Park.

publicinfo@kauaiaa.org

**Next PI Committee Meeting is
on February.15th**

Please Join Us!