

June 2013

Garden Island Sobriety

'Step Six'

"Were entirely ready to have God remove all these defects of character."



He said: The true manner of God's working is illustrated by a simple anecdote.

A certain man was working in his garden, assisted by his little girl who had undertaken the task of watering the lawn by means of the usual rubber hose. Suddenly she cried out: "Daddy, the water has stopped." The father looked over, and, taking in the situation quietly, said, "Well, take your foot off the hose." ~Emmet Fox~

So, if I "take my foot off the hose" then all of God's power will rush forth and my defects of character will be taken away, right? I believe I grasp this and have a prime example of this healing power demonstrated by my sobriety. If you hear this then you may be asking and wondering, "What is then stopping me from the willingness to take my foot off the hose?"

Before I can answer that I should explain that there are 3 separate parts of *myself* involved:

Physical: this part of *myself* is my basic needs to survive and includes breathing, drinking, eating, sleeping, procreating and companionship relations. Protective instincts also assist with continuing life. These are things I cannot live without.

Emotional: This aspect of my life makes me human and each one of us is different based on our life experiences. I learned to assign certain emotional attachments to eating and drinking. I created emotional bonds with people, places and things, along the way being taught by various educators a "value system" to apply. Emotions are necessary and communicate our experiences in a very individual way. Emotions can get the best of us and create problems and challenges.

Spiritual: This is the part of my being that I had overlooked for too long. Within me is an individualization of God, separate but not detached.

(continued on page 2)



She said: After I openly admit my faults

and verbally take responsibility for my actions, am I "willing" to have God remove my character defects?

I think that willingness is the key in Step 6. What is the definition of willingness? Willing, according to the Webster Dictionary, means "ready and eager to act."

Am I willing to let go and let God change my thinking and beliefs? Change! Me? Really? Well, just maybe a little tweak here or there but generally speaking, I thought I was just okay.

I was NOT prepared to have all of my defects of character removed. I found that some of them assisted me in my daily living because they became a part of my personality. I also found that a few of the character defects I listed were not defects but assets such as gullible – easily duped or cheated. As I continue my journey in sobriety, I find a character asset to be a defect, such as detachment – holding others responsible for my feelings. This is why it is important for me to have a sponsor.

My sponsor points out the difference between my assets and defects. Identifying the character traits is important and necessary because of my delusional thinking. As I trudge the road to happy destiny, I am constantly reminded that I am human, with human qualities. I am not a bad person trying to be good. I am a recovering alcoholic trying to get well. My worst day sober is far better than my best day intoxicated. I am able to identify, be completely prepared, and take responsibility for my words, actions, and thoughts. I am alert, aware, and yes, willing.

I choose to abandon limited objectives and move towards God's will for me. I now desire to do God's will. I seek to be of service. I am ready for change! I need change! I want change! If I am narrow minded

(continued on page 2)

Birthdays P.2

Activities P.3

Archives P.4

AA Hotline 245-6677

He Said: (cont.) Within me is the intellect of God with the ultimate logical answer to what is best for me. **Going all the way back** in Step 3 I asked God to take away my difficulties. However as long as I hold on to any defect, unwilling to let go “I am “stepping on the hose.” Step 6 was not an all or nothing step for me it was on a ‘**need to let go**’ basis. All of my character defects involved short term (short sighted) gratification. I am starting with the most offensive and as I grow spiritually my perception will expand. **I trust that as I proceed** I will continue to have the positive results, understanding that the hardest part is the willingness to surrender to a positive change.

~ Jay A., Kauai

She Said: (cont). in my thinking I am narrow minded in my results. I choose to be open and flexible. When I am in-line with God’s will, anything is possible! Faith sees the invisible, believes the incredible, and accepts the impossible.

Step 6: Get ready! It is an adventure! Love the journey!

~ Anonymous on 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!

~About Publishing Birthdays~

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

Have a birthday published or corrected by contacting:

District6newsletter@hotmail.com

Happy Birthday

Kathleen P.	5/21	1982	31 yrs
Joy	5/20	1992	21 yrs
Mary L.	5/1	1993	20 yrs
Susan D	5/13	1993	20 yrs
Uncle Tim	5/13	1994	19 yrs
Catherine G.	5/10	2002	11 yrs
Dana M.	5/23	2002	11 yrs
Will L.	5/14	2005	8 yrs
Leilani K.	5/14	2005	8 yrs
Donna Jo	5/5	2005	8 yrs
Lindsey W.	5/17	2006	7 yrs
Sean F.	5/20	2007	6 yrs
Jackson O.	5/8	2007	6 yrs
Jennifer A.	5/5	2008	5 yrs
Lori M.	5/10	2008	5 yrs
Jesse	5/21	2011	2 yrs

Congratulations Everyone!!

A.A. Meeting Places



“THE WATER MEETING”

AT LYDGATE POND

Held the 2nd Sunday of Every Month

1:00^{pm} at Lydgate Park

This Month it is on June 9th

- 11:00 am the Potluck/BBQ begins
- 1:00 pm it's time for a Meeting in the Water!

Bring a floatation device and experience an A.A. meeting in the water! Refreshments are provided!

~ Sponsored by The Young People's Group ~



Last Saturday Supper

At The Koloa Salvation Army Hall

5348 Koloa Road At 7:00 pm

This Month's Last Saturday, June 29th

~Potluck sponsored by The Koloa Nooners~

A.A. Founders Day

Sunday, June 9th

2:00 pm to 5:00 pm



1935 - 2013

Please come and join us for coffee and cake as we acknowledge 78 years of continuing sobriety. **Come hear the stories** of long time sobriety with our Speaker Panel. And ... there will be **RAFFLES!!**

To Be Held At:

Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea



Bill Wilson

Bill Wilson was the co-founder, along with Dr. Bob Smith, of Alcoholics Anonymous in 1935. Bill Wilson believed “one alcoholic talking to another” was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the “Meeting” concept



Dr. Bob Smith

Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935. “Smitty” or “Dr. Bob”, as he was known to AA friends, was instrumental in assisting Bill Wilson turn a small group of recovering alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization.



The Month of May in Our History:

May 1939: In A.A.'s beginning the first "Intergroup" was called the "Central Committee" in Cleveland, Ohio. This was 4 years after our co-founders first met; a committee of 7, including Dr. Bob was meeting once a month to 'coordinate' efforts regarding sponsorship and hospitalizations.

Dr. Bob was not only a supporter, but an active participant of this committee.

May 1943: The second Intergroup office opens in Columbus, Ohio. In May 1944 Los Angeles opens their office. A.A. was not easy to find but selected groups of priests, ministers and judges in the early days had the Intergroup's phone numbers. These numbers were not listed anywhere else!

Before the first General Service Conference was held in New York, April 1951, 16 Intergroups were serving local groups. Today there are over 1800 of these offices in North America!

May 1902: Dr. William Silkworth married Marie Antoinette Bennett while he was working and developing his theory about alcoholism at Bellvue Hospital, New York City.

May 20th, 1908: The Birth date of Sybil Maxwell; Born: Sybil Doris Adams in Simmons, Texas. She will become the first woman west of the Mississippi to sober up in A.A. and stay sober.

May 1932: Rowland H. visits with Dr. Carl Jung in Zurich, Switzerland for one year to 'cure' his alcoholism. Dr. Jung finally told Rowland there was no medical or psychological hope for an alcoholic of his type, except perhaps a spiritual conversion.

Rowland returned to the U.S. and joins 'The Oxford Group.' This is considered by most historians as the first link in a chain of events that led to the founding of Alcoholics Anonymous.

May 12th, 1935: Bill W. goes to Akron, Ohio on a business trip that fails, where he will meet Dr. Bob for the first time. Because of this meeting most archivists believe that the birth of A.A. took place one month later.

~From an Archives Report by 'Big Book Dave', Interior Alaska

~ Submitted by Mathea A.



Traditions Checklist

Tradition VI:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

- **Should my fellow group members** and I go out and raise money to endow several AA beds in our local hospital?
- **Is it good for a group** to lease a small building?
- **Are all the officers and members** of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
- **Should the secretary of our group** serve on the mayors' advisory committee on alcoholism?
- **Some alcoholics will stay** around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?





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



Visit Our Website!

- **Print out your own meeting schedule**
- **Check out the events calendar**
- **Link up to other island websites**

You can contact the website committee at:

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 Treasurers Report

April 2013

Income:

Hui Ohana	\$525.00
Hui Ohana	\$ 75.00
AA Convention	\$334.06
Kilauea Group	\$120.00
Sunday AA Lihue	\$ 30.00
Books	\$ 40.00
Young Peoples Kapaa	\$ 25.00
Books	\$ 29.00
Karen L Books	\$ 40.00
Sun Serenity	\$ 15.50
Linda C books	\$ 40.00

Expenses:

Tom R Schedules	\$235.41
Lynda C Books	\$444.00
HI Telcom	\$ 25.46
Guardian Self-Storage	\$104.17
Ink spot	\$150.00

~ Prepared by Mike C. ~

**Request a newsletter
by e-mail**

Contact: District6newsletter@hotmail.com


Editor: Linda B.

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 C.
Hotline:	Danette M. hotline.kauai@gmail.com
Events Chair:	Patti L.
Events Co-Chair:	David V.

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

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

District 6 Treasurer's Report

April, 2013

Group Contributions:

Sunrise sobriety	175.00
Koloa Aloha	50.00
Young Peoples	25.00
Happy Hour	12.50
Hui O'hana	525.00
Income April	787.50


Expenses:

PRAASA CD	75.00
DCM travel	245.00
GSR travel	122.80
Alt. DCM travel	111.80
Coffee stuff-	29.46
Expenses April	591.06
Cash Available	2600.13
Prudent Reserve	500.00

~ Prepared by Jay Y.

SEND YOUR CONTRIBUTIONS TO:

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



Public Information Committee Meeting

The Next Meeting is April 20th

3:00 pm

At Nawiliwili Beach Park

"LET'S CARRY THE MESSAGE"

District 6 Committee:

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

Find A.A. in Hawaii


at: www.area17aa.org



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

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



Please include "District 6" & Group Name on check