



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

Website: www.area17aa.org

October 2013 Panel 63, Issue 4



Articles to: mynabird@area17aa.org



The PRAASA Hotel

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Call: (800) 772-8527

Mention PRAASA 2014 to get the special
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Send Area contributions to :

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

Please include “District #” & group
name on check

Send GSO contributions to

“General Service Board”

P. O. Box 459
Grand Central Station
New York, NY 10163

Please include group service # and
group name on check

Upcoming Events 2013 & 2014

- Nov 14-17, 2013:
52nd Annual Hawaii Convention
- Feb 6-9, 2014:
50th International Women’s
Conference
- Feb 23, 2014:
Aloha Roundup, McCoy Pavilion
- Mar 7-9, 2014:
PRAASA, San Diego

Upcoming Area 17 Assemblies 2014

No exact dates have been chosen but
these are the districts who will be
hosting and the approximate month the
event will be held.

- ◆ Jan 25-26 - Inventory Assembly,
West Hawaii District #8
- ◆ Feb 15 - Committee Meeting,
Kauai District #6
- ◆ Apr 5-6 - Inform the Delegate
Assembly, Diamond Head District 1
- ◆ May 31 (?) - Committee Meeting,
Waianae District #17
- ◆ Aug 2-3 - Budget Assembly,
Tri-Island, District 13
- ◆ Nov 16-17 (?) - Elections
Assembly, Puna, District 12



VOLUNTEERS NEEDED

SHARE AT DUI CLASSES on Oahu spon-
sored by the Hawaii State Judiciary (for more info
contact Karen N. at cpc@area17aa.org) or Dick M.
at oahucentraloffice.com or 946-1438.

the AAGRAPEVINE
The International Journal
of Alcoholics Anonymous
Find it online at:

<http://www.aagrapevine.com>

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Please submit any articles you
may have for the Mynah Bird’s
Jan/2014 Issue by :

December 31, 2013.



Working the Booth

The American Psychological Association held its 121st annual convention in Honolulu from July 31st to August 4th and Alcoholics Anonymous was invited to have a booth in the exhibition hall. I along with members of Alcoholics Anonymous from Oahu staffed the booth from 8 a.m. – 2 p.m. We answered questions and handed out literature to attendees of the convention.

I arrived in Honolulu on Tuesday so that I would have a chance to “check out” our location in the Convention Center and to meet up with Oahu members – thank you Jay D. and Katie C. – who had received the material from GSO that we would need to set up our booth. I found our booth, #318, easily, however it was empty except for a sign saying “Alcoholics Anonymous – New York, NY”. I had received information from GSO indicating that all furniture for the exhibit had been ordered, however, there was some sort of communication lapse and there was no record that any furniture had been ordered for our booth. Thankfully I was able to obtain a table for our display from the furniture supplier at the Convention Hall and Katie volunteered to bring a small table and some chairs for our booth. All we really needed was a coffee pot! I’m grateful for the six hour time difference between Hawaii and New York. I emailed GSO and by Wednesday morning all had been resolved – my credit card had been refunded and GSO had been charged for the necessary furniture.

I would like to thank Jay D. and Dave E. for recruiting volunteers to staff our booth. It turned out to be a reunion of sorts for some of us – one of the volunteers that Dave had recruited knew Jay from a past interaction and one of the volunteers that Jay had recruited is a friend of mine originally from California. It is so good to reconnect with people that I have not seen in a long time and to see that they are doing well.

Many people passed our booth each day. It was fascinating to watch the different reactions. Some stopped by and said something like “I’m a friend of Bill’s”. Some said “I’m glad you are here, keep up the good work”. Others came in and talked to us and asked questions like “how does AA work?”, “what is your success rate?”, and “do you have NA literature”? We answered the best we could – we share our experience, we surrender, we find a power greater than ourselves, AA doesn’t keep records of individual members and AA deals with alcohol not drugs. We passed out pamphlets and gave people the opportunity to receive the newsletter for professionals. Some quickly came in our booth, took some literature and then quickly exited.

On the Friday of the convention, free Mai Tais were offered – I observed that they were quite small! The line to get Mai Tais was right in front of our booth – again it was interesting to watch the different reactions of the people – some were careful to keep their eyes straight ahead, some looked at us and smiled and some saw the irony in the situation. One of the women from the booth across from us came over see what we thought about the free Mai Tais. She was quite upset that alcohol was being served – actually there was wine served at another time in the exhibit hall (just making an observation). She asked what I thought of it and I said that I had no opinion – thank you for the traditions!

Thank you to Area 17 for giving me the opportunity to be of service. I’ve observed that there is a lack of knowledge about Alcoholics Anonymous as well as many misconceptions about Alcoholics Anonymous in the professional community – it was a good feeling to be a part of the solution to change that.

Karen N., CPC Chair





A FRIENDLY SUGGESTION

When you have that impulsive, intense urge to do something that you would not do in better moments, you can:

- ***Call your sponsor or friend(s)***
- ***Go to an A.A. meeting***
- ***Journal***
- ***Do a Pro/Con chart immediately***
- ***Practice the tools in the word IMPROVE as noted below:***

I magery—create a serene place in your mind's eye

M eaning—say positive affirmations and restate your values

P rayer—"Thy Will Be Done" and for Acceptance

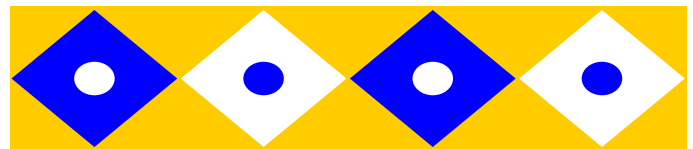
R elaxation—take deep breaths, rest, tense/release parts of body

O ne thing in the moment—be in the present

V acation—do short time-outs

E ncourage—yourself like you mean it; say things that are positive and true about yourself

If can, then do it; if no can then "RELAX"



Ten Rules for Ending Resentments

(taken from the Nov-Dec 1988 Mynah Bird newsletter)

1. When anyone hurts you, put "spiritual iodine" on the wound at once.

If you do not do this it will fester.
2. If resentment has hardened in your thoughts, apply grievance drainage—Open your mind & let it flow out.
3. Do this by unburdening yourself to a trusted friend or write a letter to the person against whom you have the resentment.

Then tear it up and while holding the pieces in your hand *pray* for the person and forgive them.
4. Become fully aware of what the harm resentment can do to you even to making you ill.

Think of that whenever a hate thought comes.
5. Don't stop with forgiving a time or two. Do it, if necessary 70 x 7—490 times to be literal.

Forgive each separate incident.
6. Thinking about forgiving is not enough. You must come to a specific moment when you say,

"With God's help I now forgive _____,"
7. Repeat the Lord's Prayer inserting your offender's name,

"Forgive me my trespasses as I forgive _____."
8. Pray for the other person, asking specific blessings for him/her—especially concerning matters which have previously annoyed you the most.
9. Speak in a kindly and complimentary manner and as often as possible about the person against whom you harbor antagonism.
10. Make a sincere study of the personality factors which created an unhappy relationship so that the "mistake pattern" in yourself may not reoccur.

The Oasis, Columbus, Missouri



AA Archives

The Months of Sept/Oct in A.A. History:

Sep 1839 Frances Willard is born in Churchville, N.Y. Frances would become president of the Women's Christian Temperance Union." She organized and marched on Washington D.C. with thousands of women advocating women's suffrage as the strategy to defeat alcoholism.

Sep-1-1898 Father Edward Dowling is born in St. Louis, Missouri. A friend of Bill Wilson, F. Dowling was convinced that the Spiritual Exercises include the 12 Steps of AA. Bill Wilson said he had never heard of Ignatius or the Exercises. He



said he sat down at his kitchen table one day and wrote out the 12 Steps in about 20 minutes. To this, Fr. Dowling said, if it were twenty weeks, you could suspect improvisation. 20 minutes sounds reasonable under the theory of divine help."

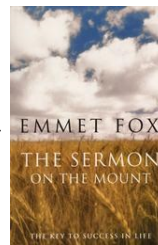
Sep 1914 Following a tough entrance exam, Bill Wilson entered Norwich University, a military college in Northfield, Vermont, considered second only to West Point.

Sep- 1934 A book is published by Richard R. Peabody: "The Common Sense of Drinking." This is one of 11 books (including the Bible) that influenced how the Big Book was written. This 191 page volume was written by Richard Peabody, a recovered alcoholic from the streets of Boston who had a "religious experience." Peabody went to become a lay therapist

in New York City and open an office near the 'Calvary Church' where Bill W. was attending meetings of the 'Oxford Group' and working with alcoholics. From this book Bill would borrow many phrases when writing the Big Book such as "once an alcoholic always an alcoholic" and "half measures are of no avail."

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Sep 1934 Emmett Fox publishes "*The Sermon on the Mount*." A favorite book of our Co-Founders and the "First 100" before our Big Book was written. To this day, it is ready by many of our members.



Sep 1938 Sister Agnes lends Bill Wilson and Hank P. \$1,000 to help them get through the Big Book Project. (\$20,000+ in today's dollars.)

Oct 1944 Central Office Notes (by Bill W.)

Somebody once said, "As much as you may grow, as many recoveries as there may be, I think the eventual by-products of A.A. will be greater than A.A. itself."

Oct 1948 (Second in a series giving a condensed history of A.A.) The first meeting of the newly formed trust, The Alcoholic Foundation, on August 11, 1938, was brimming with hope but little else. The handful of drunks—scarcely 60 counting Akron, Cleveland and New York—still had no funds, no public standing and no name.

Dec 1950 (deviation in timeline)

The tragic news of Dr. Bob's death came after this issue of the Grapevine had gone to press. No hastily written words can possibly describe the feelings of the thousands of AAs who knew him personally. And only the loving God who has been so merciful to us all can truly measure the greatness of his contribution not only to AA but to all mankind. We shall make here no mere listing of his devotions to AA. How inadequate for a man who is a co-founder of something that has meant so much to so many. But even 'Co-Founder' does not serve. For Dr. Bob was the rock on which AA is founded. None who saw and hear him ...

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Sign up today and access every article, letter, editorial, special feature, joke, and cartoon published in the Grapevine magazine from our first issue in June 1944 to one year ago in a 12-month rolling basis. It's quick and easy.

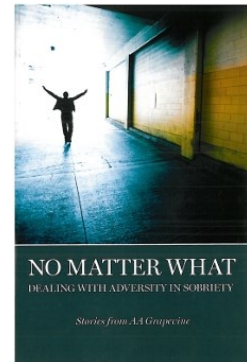


Declaration of Unity

This we owe to A.A.'s future; to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.

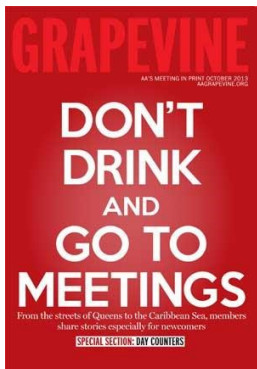
No Matter What: Dealing With Adversity in Sobriety

All recovery alcoholics have had to deal with adversity throughout sobriety...a serious illness, an ugly divorce, the death of a child, the loss of a house to fire or to the bank. Despite the fear, pain or self-pity we are in when these tragedies strike, drinking is not an option. The stories in this book show how AA members use the tools of the program and embrace the Fellowship to deal with tough issues.



THE OCTOBER ISSUE OF GRAPEVINE IS HERE

This month's special section features stories on counting days.



When we first come into AA, we hear things like, "We thought we could find an easier, softer way. But we could not," or "let go absolutely," or "... God, may you find Him now!" However, we're also told, "Don't be discouraged." In this month's special section, we feature stories for day counters to hopefully help them grab onto this life-saving program.

AT WIT'S END from the October Issue of the Grapevine titled "Dream On":

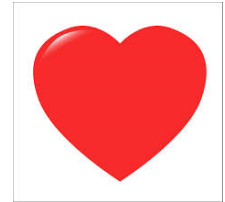
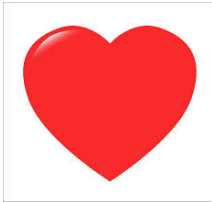
I was at my Tuesday men's stag meeting celebrating my AA birthday with my wife recently. While we were waiting for the cake to be brought out, I turned to her and said, "Honey, did you ever in your wildest dreams think you'd be standing here helping me celebrate 48 years of sobriety?"

She turned to me and said, "Bruce, let me tell you something. You're not in my wildest dreams!"

- Bruce D., Manhattan Beach, Calif.



"Courage is fear that has said its prayers."



HAWAII CONVENTION CENTER
FEBRUARY 6 –9, 2014, THURSDAY-SUNDAY

IMPORTANT INFORMATION

- ◆ The IWC is a closed AA women's even for registrants only.
- ◆ Mail-in registration must be postmarked by Jan-10-2014.
- ◆ Pre-registration closes Sunday, Jan. 10.
- ◆ No refunds after Jan-20-14.
- ◆ Registration Fee is \$35 and \$45 thereafter.
- ◆ Cash only (U.S.\$) for on-site registration.
- ◆ Name badges must be worn at the conference.
- ◆ No child care will be provided.

WELCOME VOLUNTEERS

The 50 IWC Planning Committee welcomes all our volunteers. Your dedication to Service is essential to the Conference's success.

- What can you expect?

Each of you will be contacted by the Volunteer Committee using the email address on your registration form.

- When will you be contacted?

The volunteer Committee is working closely with each of the Committee chairs to determine the level of volunteer hours needed. As those needs are finalized in the fall of 2013, you will receive your email.

- What if you have questions?

Send us an email and your question will be answered to IWChawaii2014@gmail.com

HOTEL INFORMATION

The Ala Moana Hotel has reached maximum capacity for registrations. We are pleased to announce two additional hotels:

Aqua Palms Waikiki—\$159/night (+ 13.962% tax)

Maile Sky Court—\$116/night (+ 13.962% tax)

Please use the booking code "IWC50" when making your Reservations.

To book by phone, call Central Reservations at 1-866-406-2782.

To book by email, contact reservations@aquaresorts.com

MAILING ADDRESS

50th IWC
P.O. Box 235723
Honolulu, HI 96823

*To DOWNLOAD
the complete flyer go to:
50th IWC Flyer*

CONTACT INFORMATION

Chair: Patti L. (808) 783-7866
Registration: Heidi G (808) 358-5093 and
Pam D. (808) 864-3944



WORD FIND FUN														
OCT-2013														
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<u>STEP</u>	<u>CHARACTERISTIC</u>
1	HONESTY
2	HOPE
3	FAITH
4	COURAGE
5	INTEGRITY
6	WILLINGNESS
7	HUMILITY
8	LOVE
9	JUSTICE
10	PERSERVERANCE
11	SPIRITUALITY
12	SERVICE