



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER



May 2014, Page 63, Issue #8

Website: www.area17aa.org

Articles to: mynabird@area17aa.org



Sister Mary Ignatia

(1889-1966)

Submit your articles for the next Mynah Bird Issue by **August 9, 2014**.

GSR Challenge —Tell us what you like about your homegroup!

Send it from your iPhone's recorder or to the website above. Mahalo for your contribution. Da Mynah Birds

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 2014

- * Jun 7—Delegate Reports Back—West Hawaii, Hapuna Beach Park
- * Jun 8—Delegate Reports Back—East Hawaii (Hilo/Hamakua/Puna)
- * Jun 28, 8am-5pm, *Founder's Day* at McCoy Pavilion, O'ahu
- * Jul 11-13, *Pacific Regional Forum*. Boise, Idaho
- * Aug 1-3—*HICYPAA*, Makalapa Retreat Center, Kohala, Hawaii Is.
- * Oct 30-Nov 2—*53rd Annual Hawaii Convention*, Hawaii Convention Center, O'ahu
- * Dec 18-21—*WACYPAA*, Hapuna Prince Hotel, Hawaii Island, info@wacypaa18.org

Upcoming Area 17 Assemblies 2014

- ◆ Aug 16-17 - Budget Assembly, Tri-Island, District 13, Lahaina, Maui
- ◆ Oct 18-19 - Elections Assembly District #12, Puna, Hawaii Island

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2014 Pacific Region of Alcoholics Anonymous Service Assembly (PRAASA)

“Communicating our Legacies—Vital in a Changing World”

PRAASA 2014 Recap

Aloha,

I am humbled and privileged to serve as the Princeville Hanalei Group’s GSR for the 64th General Service Conference (GSC). Thanks to the support of our group I attended the 2014 PRAASA in San Diego. My role as your GSR is to represent the individual and the group and to carry your message to the district and the Delegate. I also bring the message back from the General Service office through the Delegate to our group.

The theme of the conference is noted above. PRAASA is three full days, from 8am to midnight on two days and a half day on Sunday. It was amazing to feel the presence of the Third Legacy, Service. The legacies are Recovery, Unity, and Service, and comprise the 36 principals of our program, the Twelve Steps (recovery), the Twelve Traditions (unity) and the Twelve concepts (service).

There were 1800 people in attendance from Hawaii, Alaska, Arizona, California, Oregon, Nevada, Washington, Idaho and Montana. It was amazing. When I went to the microphone during Q and A and said, “My name is Paul and I am an Alcoholic. My home group is Princeville Hanalei on Kauai, Area 17, District 6 and that this is my first time at PRAASA,” the crowd gave me a warm welcoming round of applause.

I hope to share this spirit of excitement for sobriety and service with you. I saw some old friends from California and Nevada and made new friends as well. Speaker panels addressed the different items that will be on the agenda at the GSC.

Some memorable topics included Supporting Spiritual Freedom, Avoiding Doctrines and Dogma; AA is only as strong as its weakest link in the communication structure; the 12th step in a changing world; The Grapevine at 70; and one of my favorites was by Hiro, How the District can best serve its Group. “Remember to love the alcoholic.”

I also attended two roundtable discussions on being a GSR and on the Grapevine. The joy and insight of 120 other alcoholics on the same theme really made me feel part of the group. I am so excited to share this insight with you. “All of us deeply desire to belong.”

Highlights for me included saying the third Step Prayer with 1800 people. Listening to the two main speakers, brought messages of hope. And, especially the message of Rod B., the Pacific Region Trustee, who gave his farewell address. It brought down the house. His powerful message included an update on the Big Book being translated into Navajo. The translation of Chapter Five has been approved, both in content and spirit, so the rest of the book will now be translated. Amazing.

Mahalo, Paul M.

BILL’S MORNING PRAYER

Oh Lord, we thank Thee that Thou art, that we are, from everlasting to everlasting. Blessed be Thy holy name and all Thy benefactions to us of light, of love, and of service. May we find and do Thy will in good strength and good cheer today, May Thy ever present Grace be discovered by family and friends, those here and those beyond, by our societies thruout the world, by men and women everywhere, and among those who must lead in these troubled times.

Oh Lord, we know Thee to be all wonder, all beauty, all glory, all power, all love. Indeed Thou art everlasting love; accordingly Thou hast fashioned for us a destiny, passing thru Thy many mansions, ever in more discovery of Thee, and in no separation between ourselves.

For all these great wonders, benefactions, and assurances we now raise hearts and minds to Thee—Oh Father of Lights. We are filled with gratitude that shall be timeless.



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Born Della Mary Gavin in 1889 in Ireland, Sister Ignatia worked with Dr. Bob to help admit alcoholics into St. Thomas Hospital in Akron, Ohio, starting in 1939. She surmounted obstacles to personally care for thousands of alcoholics over the next several decades, both in Akron and later at St. Vincent Charity Hospital in Cleveland. Beloved by all who were associated with or helped by her, she was commonly referred to as the “Angel of Alcoholics Anonymous.”

Originally a musician, Sister Ignatia was transferred by her order, the Sisters of Charity of Saint Augustine, to St. Thomas Hospital in Akron to work in their admissions office. It was in that capacity that she first met and worked with Dr. Bob. In an interview with Bill W., Sister regaled the co-founder with cherished recollections of Dr. Bob and their work with drunks at St. Thomas:

“Dr. Bob was the essence of professional dignity. He had a fine sense of humor and exceptional vocabulary Now, as I look back over the years, I realize that Dr. Bob was slowly but surely preparing me for the great project he had in mind. We often discussed the problem of alcoholism and the tragedies caused by excessive drinking. The individual given to alcoholic addiction is frequently a wreck of humanity – broken in body and soul, and heart and unable to help himself. His loved ones suffer, too; there were many broken homes and hearts because of compulsive drinking.” (Recording of Sister Ignatia, 1954)

Her work in helping alcoholics was done with much dignity and modest distinction. In December 1949, she was presented with the Poverello Medal of the College of Steubenville. The medal was given to her for the A.A. Fellowship for her untiring efforts with alcoholics in Akron.

In March 1961, Sister Ignatia received a letter of acknowledgment for her pioneering contributions from the White House (President Kennedy), which she shared with Bill W. The letter read:

“Dear Sister Mary Ignatia:

Through an admirer of yours, the President has learned of the fine work you have done in the past at St. Thomas Hospital in Akron, and, more recently, at St. Vincent’s in Cleveland. He has been informed that a large number of citizens have been restored to useful citizenship as a result of your efforts. As you have been a strong influence for the good to many people, you have added strength to your community and nation.”

In response to receiving a copy of the President’s letter, Bill responded to Sister Ignatia and wrote:

“We have read the marvelous letter which President Kennedy requested be sent to you. It reminds me that I have no words to tell of my devotion and my gratitude to you, of the constant inspiration you have given me and so many over the years by your example of the finest in all that is spiritual and eternal, as well as temporal.”

Following Dr. Bob’s death in 1950, Sister Ignatia continued her work at St. Thomas. Then in 1952, she was transferred to St. Vincent Charity Hospital at Cleveland, where she was placed in charge of its alcoholic ward. Upon arrival, the ward at “Charity” was part of a dilapidated wing and was in great need of rejuvenation. Through the Sister’s urging and much assistance from A.A. members with carpentry skills, the ward was soon transformed and named Rosary Hall Solarium.

Sister Ignatia provided each patient who left her care with a Sacred Heart badge. Receiving this item was accompanied by a personal promise to the Sister that the patient would return the badge before they drank again.

She died in Richfield Ohio, at age 77, on April 1, 1966. There were reportedly about 3,000 people present at the funeral, including A.A.’s co-founder, Bill W.





Six-Step Word of Mouth Program, 1934-1938

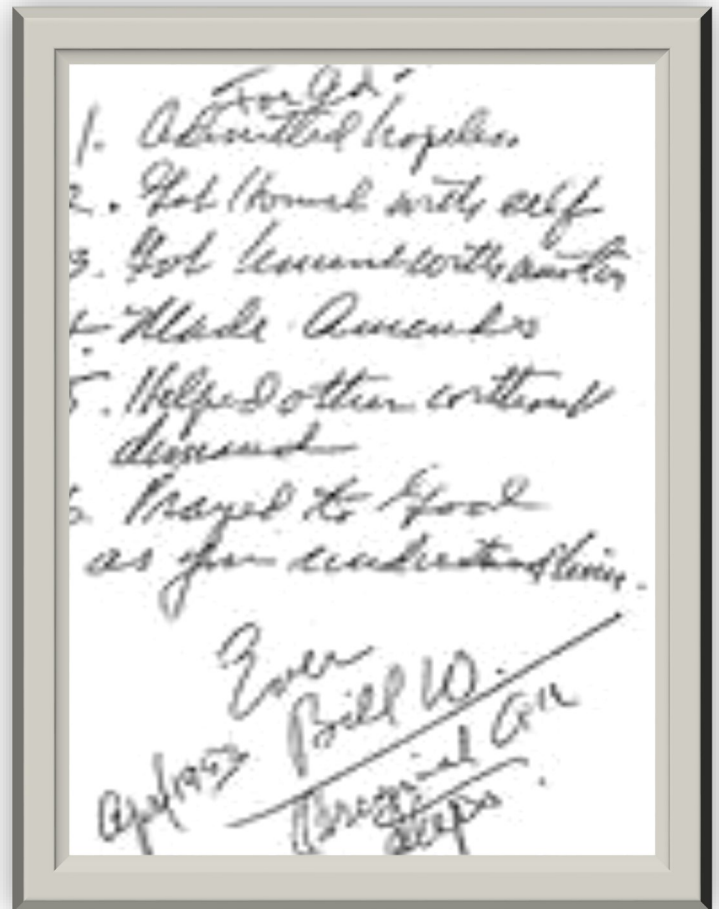
The A.A. message as it as carried to newcomers in the first years, essentially the message Ebby Thatcher carried to Bill Wilson at his home in Brooklyn, N.Y. one day in 1934 is in the Six-Step word of Mouth Program listed below. This was how the Oxford Group put its principles of absolute honesty, absolute unselfishness, absolute purity, 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.

Original Six Steps from 'Pass It On': the Story of Bill Wilson and How the AA Message Reached the World.

Received from Big Book Dave, Elected Archivist, Interior Alaska and Submitted by Mathea A., Kauai

“To my astonishment they seemed to come very easily, and with incredible rapidity. Perhaps the writing required no more than 20 or 30 minutes. Seemingly I had to think little at all. It was only when I came to the end of the writing that I re-read and counted them. Curiously enough, they numbered 12 and required almost no editing. They looked surprisingly good—at least to me. Of course I felt vastly encouraged.” Bill W.



Bill W.'s 6 Steps (from his handwriting above)

1. Admitted hopeless
2. Got honest with self
3. Got honest with another
4. Made Amends
5. Helped others without demand
6. Prayed to God as you understand him.

See www.silkworth.net, National Clergy Conference on Alcoholism The “Blue Book”, Vol. 12, 179-210, 1960



STORIES IN THE BIG BOOK—THEN (1st Edition) and NOW (4th Edition)

ALCOHOLICS ANONYMOUS (the “BIG BOOK”)

The Story of How More Than One Hundred Men Have Recovered from Alcoholism

Works Publishing Co., New York City, 1939.

PERSONAL STORIES, pages 183-396

The Doctor’s Nightmare

- The Unbeliever
- The European Drinker
- A Feminine Victory
- Our Southern Friend**
- A Business Man’s Recovery
- A Different Slant
- Traveler, Editor, Scholar
- The Back-Slider
- Home Brewmeister
- The Seventh Month Slip
- My Wife and I
- A Ward of the Probate Court
- Riding the Rods
- The Salesman
- Fired Again
- The Fearful One
- Truth Freed Me!
- Smile with Me, At Me
- A Close Shave
- Educated Agnostic
- Another Prodigal Story
- The Car Smasher
- Hindsight
- On His Way
- An Alcoholic’s Wife
- An Artist’s Concept
- The Rolling Stone
- Lone Endeavor

ALCOHOLICS ANONYMOUS (the “BIG BOOK”) FOURTH EDITION

The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism

Alcoholics Anonymous World Services, Inc. New York City 2001

PERSONAL STORIES—171-559

Part I – *Pioneers of A.A.*

Doctor Bob’s Nightmare

- Alcoholic Anonymous Number Three
- Gratitude in Action
- Women Suffer Too
- Our Southern Friend**
- The Vicious Cycle
- Jim’s Story
- The Man Who Mastered Fear
- He Sold Himself Short
- The Keys of the Kingdom

Part II – *They Stopped in Time*

- The Missing Link
- Fear of Fear
- The Housewife Who Drank at Home
- Physician, Heal Thyself!
- My Chance to Live
- Student of Life
- Crossing the River of Denial
- Because I’m an Alcoholic
- It Might Have Been Worse
- Tightrope
- Flooded with Feeling
- Winner Takes All
- ME* an Alcoholic?
- The Perpetual Quest
- A Drunk, Like You
- Acceptance was the Answer
- Window of Opportunity

Part III—*They Lost Nearly All*

- My Bottle, My Resentments, and Me
- He Lived Only to Drink
- Safe Haven
- Listening to the Wind
- Twice Gifted
- Building a New Life
- On the Move
- A Vision of Recovery
- Gutter Bravado
- Empty on the Inside
- Grounded
- Another Chance
- A Late Start
- Freedom from Bondage
- A.A. Taught Him to Handle Sobriety



ALCOHOLICS ANONYMOUS, 1935-1937 *Excerpts taken from aa.org aa time line.*

The Twelve Steps — As he begins to write the A.A. Book, Bill comes to the point where he must outline an actual program for the recovering alcoholic to follow. Drawing on the teachings of Sam Shoemaker, William James's *The Varieties of Religious Experience*, and the Oxford Group-inspired six-step procedure used by Bill and Dr. Bob as they carry the message. The steps grow to 12, and the A.A. Twelve Step program is born.

The Big Book gets started — Bill writes a book meant to aid the alcoholic who is unable to attend meetings or find fellow alcoholics with whom to talk. At the Newark office, he dictates his handwritten notes to Ruth Hock (right) as she types, reviewing and revising drafts all the while. These chapters are mimeographed and mailed to potential financial backers, as well as to Eugene Exman, the religion editor at Harper & Brothers publishers.

Works Publishing: a farsighted plan — Harper & Brothers offers to publish the Big Book, much to the delight of Bill and the trustees. But the astute businessman, Hank P., convinces Bill to sell shares in their own company and to publish the volume themselves. Hank works up a prospectus for what will become Works Publishing Company, with 600 shares of stock selling at \$25 per share (right).

1939: The Big Book tests the waters

Four hundred mimeographed copies of the Big Book manuscript are sent out for comments and evaluation by members, friends, and other allies. Among those making valuable contributions are a Baltimore doctor who suggests having a physician write the introduction (a job taken on by Dr. Silkworth) and Dr. Harry Emerson Fosdick (right), the highly respected minister of Manhattan's Riverside Church, who warmly approves of the book and responds with a positive review to be used as the Fellowship wishes.

An offshoot — and new name — in Cleveland

Clarence S., a Cleveland resident who attends Oxford Group meetings in Akron, announces that he and other Clevelanders will be starting a group open only to alcoholics and their families. Like some other breakaway groups, they will also adopt the name of the Big Book mimeographs now circulating in Akron—"Alcoholics Anonymous." In May 1939, the first A.A. meeting in Cleveland is held in the home of Al G. (also known as Abby G.), a patent lawyer.

Publication and disappointment

In April 1939, some 5,000 copies of the Big Book — titled Alcoholics Anonymous — roll off the press. After an anticipated Reader's Digest article fails to materialize and a radio broadcast results in no orders, sales are few and far between. This disappointment foreshadows a bleak summer for the New York fellowship.

Bill and Lois lose 182 Clinton Street

As the Great Depression eases and property values rise, ... (more to come in the next Mynah Bird!)

A.A. Archives for the Month of April in A.A. History

1813—Benjamin Rush, M.D. dies in Philadelphia. He wrote the first significant book on the medical argument for alcoholism as a disease called "The Effects of Ardent *Spirits* upon the Human Body and Mind."

1899—The American Railway Association will become the first United States business that will prohibit alcohol use by employees on duty.

1909—"The Child Act" goes into effect in America. It will prohibit giving any intoxicating liquors to children.

1917—U.S. enters W.W.I. Bill W. completed his training at Fort Monroe, Virginia as a lieutenant in the army artillery. Bill will take his first drink of alcohol now at age 22.

1939-Big Book goes to press. 1st edition published at \$3.50 a copy. It will take 35 years to sell the first million copies. Now, A.A. distributes a million plus copies every year in the English language alone!

1962—The General Service Conference adopted the Twelve Concepts for worldwide unity as written by our co-founder, Bill W.

1971—The General Service conference determined that "it is unwise to break the anonymity of a member after death, but that each situation—the final decision must rest with the family."

1983-A.A. was the recipient of "The President's Volunteer Action Award" presented in Washington D.C. on April 13. Class 'A' Trustee William E. Flynn, M.D. accepted the citation on behalf of A.A.

Mahalo Mattea A. Kauai and Big Book Dave, "Elected Archivist", Interior Alaska.



**“Alcoholics Anonymous Comes of Age” - A Brief History of A.A.
A.A.’s Emergence**

“We may not need a General Service Conference to insure our own recovery. But we do need it to insure the recovery of the alcoholic who still stumbles in the darkness, seeking the light. We need it to insure the recovery of some newborn child, inexplicably destined to alcoholism. We need it to provide, in keeping with the Twelfth Step, a permanent haven for all alcoholics who in the ages ahead can find in A.A. that rebirth which brought its first members back to life.” (p. 280-281)

“...A.A. is not a static, passive social organism but, in its largest sense, a dynamic, creative force that releases our latent power to live and act constructively.” (p. 276)

“Three conditions are necessary for true fellowship. The possession of a common ideal involving a complete release from selfishness and division. The discharge of a common task big enough to capture the imagination and give expression to loyalty. And the comradeship, the “togetherness”” (p. 276)

“Truths emerging in a materialistic society are bound at times to be paradoxical.” (p. 278)

“I see in the concept of living which is embodied in Alcoholics Anonymous a glorious hope for all of mankind. For the members of this fellowship are truly witnesses of the living truth that man can live the life of the spirit and still function effectively in a materialistic world.” (p. 282-283)

“...AA is more than a fellowship for recovered alcoholics, that it is indeed a way of life for all who have lost their way in a troubled world.” (p 275)

Are You Happy?
“I believe that those who live by the principles of AA enjoy a greater measure of happiness than any class or group of people to which I have ever been exposed.” (p. 277)

What is the definition of “happiness?”
Is it “good luck, good fortune, prosperity?” or, is it
“A state of well-being characterized by relative permanence,
by dominantly agreeable emotion,
ranging in value from mere content to positive felicity (great happiness),
and by a natural desire for its continuation.” (p. 277)

Above sayings taken from Chapter VI. A Friend Looks at Alcoholics Anonymous, by Mr. Bernard B. Smith, p 273-283
Chairman, General Service Board of AA 1951-1956, Class A Trustee (non-alcoholic).



WORD FUN FIND														
F	G	A	C	J	M	R	D	Y	U	E	M	F	Z	W
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R	T	Y	R	U	A	R	T	Y	L	O	F	S	A	F
E	O	B	L	O	E	S	T	C	K	I	D	E	E	A
K	M	S	A	R	P	K	G	C	I	S	F	R	R	U
A	W	F	N	I	W	R	C	N	U	F	G	V	I	H
E	O	D	O	Y	F	N	O	O	O	J	I	I	I	P
P	R	R	I	P	M	D	Y	C	S	E	Q	C	K	A
S	L	A	G	P	Z	O	R	E	E	B	F	E	A	C
T	D	O	E	A	J	K	R	Y	G	C	K	S	U	P
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PACIFIC	BOARD
REGIONAL	CHAIR
FORUM	CORPORATE
HAPPY	NOMINATE
JOYOUS	SERVICES
FREE	TRUSTEES
SPEAKER	WORLD
DISCUSSION	DELEGATE

Received from Big Book Dave, Elected Archivist, Interior Alaska and Submitted by Mathea A., Kauai



“TWELVE POINTS TO ASSURE OUR FUTURE” BECOMES “THE TWELVE TRADITIONS “

April 1946: Bill W. was handling hundreds of letters himself, offering non-binding suggestions for this dilemma or that at the group level. He started to notice that the problems reported were falling into patterns—mainly questions of leadership, money and authority. He took the efficient route of dispensing similar advice for similar situations. From there, it was a short step to his abstracting A.A.’s collective wisdom, hard won by trial and error, into a set of what Billed “Twelve Points to Assure Our Future” published in the April 1946 issue of the Grapevine. They would become known as “The Twelve Traditions.” A.A. Comes of Age, pages VIII, 10, 22, 96, 203, 306. *Received from Big Book Dave and Mathea A.*