

June 2015

Garden Island Sobriety

'Step Six'

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



He said: wow! Is it June Already? There is truth to the old saying, “Time flies when you’re having fun!”

Step Six brings us to a point in our recovery phase that I like to call the WWW of Alcoholics Anonymous. Meaning the Willing, Wanting & Wishing. 1) Willing to follow the directions of those that came before me. 2) Wanting this journey to continue. 3) Wishing for more like myself to find this new way of life.

All in all it's the start of your incredible Spiritual Experience that this program offers. By now you've admitted, came to believe, made a decision, completed a deep inventory and confided aloud. At this point we are in a good space and Are ready to have God (as you understand him) remove all these defects of character. You know or should have a good idea of what they are and don't be surprised if by chance, while sitting pondering the path so far, you realize there are yet more defects that need to be cast out; Some of which we are not completely ready to let go of and some that will take a bit more work. There will be those that run and hide or sound too hard to give up, much like that old feeling of quitting drinking and thinking no not that I need that one!! There are the ones that fall into the category of the 7 deadly sins. Yep, if left in hiding or made excuses for those are the ones that need disposing of most of all.

It's clear at this point that this is not an action Step but as important as any other. This is the Step that pushes the door open to let the spirit in and the bogie man out. See, here we sit at the very top of that roller coaster I mentioned in earlier shares. The view is amazing; the feeling is free, freedom from the bondage of alcoholism. Basking in the beauty of the future is fine but there is more work to be done. So while enjoying the view think about the defects that

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She said: Ah yes, another Step towards freedom! Moving forward on my path to becoming spiritually and emotionally fit. Was it easy for me to swallow this whole concept at first? I'd love to say yes, that I came home from working Step 5 with my sponsor and I was so enlightened that I was immediately and entirely ready to give ALL my defects of character over to God. Yet, that wasn't the case for me. I stalled and I even dragged my feet a little. I remembered a suggestion from my sponsor-

could I be open to the possibility of being willing to be willing? Yes, I could do that and in fact by opening the crack of willingness, more willingness flowed into my heart until I was entirely ready.

Please understand there were some glaring defects of character that I was VERY willing to let go of right away. Some had already subsided just in the mere fact that I wasn't drinking and using anymore. My behavior in some areas had already begun to change. Since I had started lightening my emotional load in the previous steps there were some that obviously no longer fit into the picture of who I wanted to be. Those were the easy ones actually. It was the little less obvious, more sneaky defects that wanted to stay hidden in the corner as some false idea of self preservation. You know the ones.... the ones that you wonder what you would do otherwise if they were to be removed? Who would you be if you let “ALL” of them go? The ones where I would secretly still get a rush from getting away with something or feeling better than someone else since in my mind I can be an egomaniac with an inferiority complex. I still kinda wanted to hold onto them because I wasn't quite sure of who I would become.

The irony is that I was asking myself all these questions a Step too early. This Step ONLY asks that I

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AA  Hotline 245-6677

He Said: (cont.) came up during step five. Let the spirit of the program lift any clouds that may be hiding or disguising other defects and just try your hardest.

We are all just human beings and not one of us is perfect or finished. It's all about progress not perfection and to strive for anything more is insane. Be easy, be gentle and be thorough. Just be ready it's only gonna get better! And that my friend is a "Promise.

Aloha, Happy in Service,
Lance L

She Said: (cont.) become entirely ready to have God remove all these defects of character. Nowhere in the one paragraph dedicated to Step 6 on page 76 does it state that I have to figure out how I am going to get rid of all these defects, what I will do in the meantime, what I will have to do differently or who I will become with all these characteristics gone. This Step only asks for me to be entirely ready and if I am not to ask God to help me with willingness. Sometimes I feel we miss the simplicity of this Step and we complicate it out of fear of the future. A loving reminder, we are only here in this moment and by being willing and ready in THIS moment we will create a smoother path for the rest that is yet to come!

In Love and Light
Michelle L.

Birthday Celebrations

West Side

- **Ala i ke Ola Hou** 5:30 pm Last Friday of the month, KVMH Conf Rms A&B. 4643 Waimea Cyn. Dr. **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!**

Happy Birthday

Kathleen P.	5/21	1982	33 yrs
Cindy C.	5/12	1985	30 yrs
Joy	5/20	1992	23 yrs
Mary L.	5/1	1993	22 yrs
Susan D	5/13	1993	22 yrs
Uncle Tim	5/13	1994	21 yrs
Catherine G.	5/10	2002	13 yrs
Dana M.	5/23	2002	13 yrs
Annie	5/1	2004	11 yrs
Will L.	5/14	2005	10 yrs
Leilani K.	5/14	2005	10 yrs
Donna Jo	5/5	2005	10 yrs
Lindsey W.	5/17	2006	9 yrs
Sean F.	5/20	2007	8 yrs
Jackson O.	5/8	2007	8 yrs
Jennifer A.	5/5	2008	7 yrs
Lori M.	5/10	2008	7 yrs
Jesse	5/21	2011	4 yrs
Corey N.	5/28	2012	3 yrs
Leslie H.	5/12	2013	2 yrs

Congratulations Everyone!!

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

FOUNDERS DAY

80 YEARS TRUDGING THE ROAD OF
HAPPY DESTINY

June 10th 1935 June 10th 2015



HOSTED BY THE "CAME TO BELIEVE"
GROUP AT ST. MICHAEL'S LIHUE

POTLUCK AND GUEST SPEAKER
WEDNESDAY JUNE 10TH

FROM 4:30 PM TO 7:00 PM

DOORS OPEN AT 4:30
SPEAKER 6:00

A.A. Meeting Places



Hanalei Community Center

(Across from St. Williams Church, 5292 Kuhio Hwy)

~ Turn left right before the soccer field ~

- **Tuesday 7:00pm**, Princeville Hanalei Group Men's Meeting.
- **Wednesday 6:30pm**, Princeville Hanalei Group, Bad Brains Young People's Meeting.
- **Friday 7:30pm**, Princeville Hanalei Group, Step Study Meeting.

Meeting Notices:

Waimea Canyon Group has found a "permanent" home, at PRAISE CHAPEL, 9913 Waimea Rd, Waimea (next to the Waimea post office).
MEETINGS: Monday, Thursday & Friday at 5:30pm.



The Water Meeting & BBQ

CANCELLED This Month for Kauai Round-up

Next meets **July 11th** and will continue on as

THE 2nd SATURDAY WATER MEETING
(no longer the 2nd Sunday)

11:00 am Potluck/BBQ, 1:00 pm Meeting in the water



The Happy Hour Cookout

At Nawiliwili Beach Park

This Month on June 21st, 2:00 pm

Cookout & Games. Meeting is a 5:00 pm



Steps to Freedom Birthdays

At Kapa'a United Church of Christ

1315 Ulu Street, Kapaa

This Month's Potluck June 29th, 6:45pm

Celebrate AA Birthdays, Speaker Meeting 7:30pm



Came to Believe - Pizza Night

6:00pm at Saint Michael's Church Lihue

last Wednesday of month, this month June 24th

May in Our History:

Highlight: May, 1937: A Book is published called "A Way Of Life" by William Osler; One of eleven books (including the Bible) that influenced how the Big Book will be written. This volume was used by early members to understand the concept of living "One Day At A Time." The book itself contains a philosophy of life. William Osler states: "Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand." He also writes, "Our lives are like a great ocean liner. We must learn to walk through the compartments each day and check that the bulkheads are secure." Another place he writes, "The load of tomorrow added to that of yesterday, carried today, makes the strongest falter."

May 1903: The principal chiefs of the five tribes in the Oklahoma Territories protest to congress that allowing alcohol onto their land is detrimental to the political-civil and religious conditions of their tribes.

May 1931: Rowland Hazard spends one year with Dr. Carl Jung in Zurich, Switzerland to "cure" his alcoholism. Rowland returns to the United States and joins the "Oxford Group." This is considered by most A.A. historians to be the first in a chain of events that will lead to the founding of A.A.

May 1940: "The Star", a Washington D.C. newspaper, reports the first A.A. group in the nation's capitol will be meeting every Tuesday night at 8:00 pm.

May 1949: The first A.A. meeting is started up in Scotland – the city of Glasgow.

May 1957: The American Hospital Assoc. passes a resolution to prevent discrimination against alcoholics while universities such as Fordham Univ. offer full courses on 'alcoholism' for credits for the first time.

From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

 **OUR THANKS to B.B. Dave & Mathea A.**

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

The historical value of this Tradition is huge and the spiritual significance is immense. First of all, it is really a protection for us individually, secondly it protects AA as a whole. When we were a young society going through our growing pains, we saw all kinds of opportunities to share with the world what we were experiencing. We had great ideas about special Alcoholic hospitals, schools, drying out farms, dope addiction and better legislation for the treatment of chronic drunks and drug addicts, all with the A.A. name and reputation attached to it.

Before the Traditions were formally written and accepted by the Fellowship, some of the great distilling companies proposed to go into the field of alcohol education and wanted an A.A. member to be their spokesperson. They contacted an A.A. member that had the necessary experience they were looking for. Before accepting the position the A.A. member had to think about it and wisely contacted A.A. Headquarters to see if it would be a problem to take the position. He was advised that as an individual he could do as he pleased in regards to taking the job. It didn't take long before the collective reasoning of the Fellowship saw that there were some consequences to these types of enterprises that could be very harmful to our primary purpose. History has shown that the other groups that came before us tried to do the same things and became so bogged down they eventually vanished from the scene.

We have witnessed many individuals speaking out in public about being in A.A. and endorsing this thing or that and then getting into a jam or even worse getting drunk. Immediately the blame falls on the individual and A.A. becomes part of the collateral damage. The critics begin to circle around like buzzards over a carcass left out in the sun too long and they begin to feast on the bones of the Fellowship. Our credibility is damaged and the good work we have done is dismissed in an instant.

"Alcoholics Anonymous saved my life, and it comes first. I certainly won't be the guy to land A.A. in big-time trouble, and this would really do it!" pg. 159 12x12. I **owe my life** to God and AA for my sobriety. Thank you for letting me be of service.

~ Ron L.

The Next Intergroup Meeting:
June 6th, 9:30 am
The Lihue Neighborhood Center

Intergroup Treasurers Report

April 2015

Income:

Keep It Simple Books	58.00
Hui 'Ohana 7th&Books	242.79
3 rd Tradition Books	9.75
12 Step Work Shop Books	54.00
North Shore Aloha Books	54.00
Come As You Are	10.00
Susan Ok Misc	3.60
Sunday Serenity Books	49.25
North Shore Aloha Books	14.50
North Shore Aloha	280.00
Princeville Hanalei	160.00
Waimea Canyon	27.07
3rd Tradition Books	106.50
Come As You Are Books	90.00

Expenses:

Susan ON Travel	162.00
Susan Ok Books	691.00
Guardian Storage	130.21
Ink Spot	150.00
Total Expenses	1133.21

Previous Balance	3,145.36
Less Prudent Reserve	- 150.00
Recent Activity	+ 117.51
Total Available	3112.87

~ Report prepared by Tom R. ~

SEND YOUR CONTRIBUTIONS TO:

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



Our KauaiAA.org website has a new look and is more mobile-friendly. Some of the changes include:

- On the new [Meetings](#) page, maps to and pictures of the meeting locations on each day of the week; "TAP" the toes and check it out!
- [AAnnouncements](#) of "AA Meeting and Event Notices" has its own page
- The [*Garden Island Sobriety Newsletter*](#) has its own [webpage](#), with links to issues back to 2010
- The [Literature page](#) has an approximate inventory report; also a literature order form as a spreadsheet, which can be edited on desk-tops and laptops; can open it on smartphones, iPads and tablets but haven't been able to edit it on those yet. Suggestions are welcome.
- The new [Resources](#) page has [links](#) to: read the Big Book and 12&12 online plus forms from GSO to create or change AA Group information
- [How It Works](#) and [The Twelve Traditions](#) (printable, from aa.org)
- Checklists for both Traditions & Concepts
- Intergroup ByLaws
- District 6 Structure & Guidelines
- Addresses for Service Entities
- Kaua'i AA Group Numbers (from GSO)

PLEASE feel free to request additions and corrections, and provide up-to-date photos of meeting places and better map URLs. Contact the webmadam at website@kauaiaa.org.

Intergroup Officers:

Chair:	Susan ON.
Alt. Chair:	Mike C.
Treasurer:	Tommy R.
Secretary:	Cindy C.
Literature:	Susan OK.
Hotline:	Gabrielle
Events Chair:	Alejandro H.

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**

SERVICE ALERT **The AA Hotline Needs:**

➔ **Volunteers** for temporary & permanent vacancies

➔ **Volunteers** to take 12-Step calls.

Please email the Hotline Chair hotline@kauaiaa.org

Or call **245-6677**. Mahalo

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



District 6, Kauai:

The Next District Meeting:
April 18th, 9:30 am
The Lihue Neighborhood Center

District 6 Treasurer's Report

May, 2015

GROUP CONTRIBUTIONS

4th Dimension	25.00
Waimea Canyon (Hanapepe)	19.20
Saturday Night 3 rd Tradition	95.85
Princeville - Hanalei	140.00

Total Income May: 280.05

EXPENSES


Grapevine	54.00
Kauai Intergroup	77.50

Total Expenses May: 131.50
Prudent Reserve **1000.00**
Bank Balance: **4311.53**

~ Report prepared by Steve Q. ~

SEND YOUR CONTRIBUTIONS TO:

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



Request a newsletter
by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

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Treasurer:	Steve Q.

