



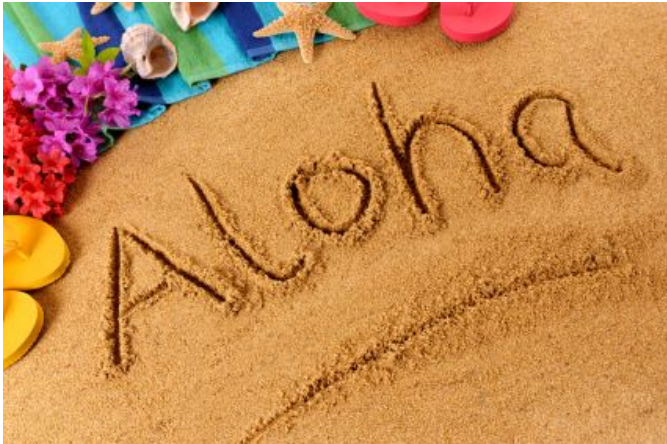
# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

P65 Issue 11 November 2016

Area Website: [www.area17aa.org](http://www.area17aa.org)

Articles to: [mynahbird@area17aa.org](mailto:mynahbird@area17aa.org)



### UPCOMING AREA ASSEMBLIES AND COMMITTEE MEETINGS

*(Please purchase tickets early and use the Area's code for Hawaiian Air, if you purchase air travel from Hawaiian. It can be found at Area17aa.org)*

Orientation Assembly – January 2017 – Kihei #11

Committee Meeting – February 2017 –  
Leeward #3

Inform the Delegate Assembly – March/April 2017  
– Tri-Island #13

Committee Meeting – June 2017 –  
Waikiki #10

Budget Assembly – August 2017 –  
West Hawai'i #8

Committee Meeting (optional) – October 2017 –  
Windward #4

November Assembly (optional) – November 2017  
– Hilo Hamakua #7

### THANK YOU PANEL 65

#### CONTRIBUTION MAILING ADDRESSES:

Hawaii Area Committee 1253  
Beretania St., #2107  
Honolulu, HI 96814-1822  
*(Please include District # and Group name)*

General Service Board  
P.O. Box 459, Grand Central Station New  
York, NY 10163  
*(Please include group service # and group  
name)*

This, too, is service to AA!

### PASS IT ON ISSUE

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# LONG-TIMERS INTERVIEW

**\*\*Suggested potential questions \*\***

1. What is your full name and sobriety date? (last names will remain anonymous)
2. How did you first learn about AA?
3. Where and when did you attend your first meeting?
4. Have you stayed sober since your first meeting?
5. Were there many meetings that were active when you got sober?
6. Are they still active today?
7. Did you have a sponsor? Tell me about him/her.
8. Did someone take you to meetings in the beginning of sobriety?
9. What kind of service activities have you participated in?
10. Are you still active in AA today?
11. Have these activities aided in your sobriety?
12. What were the twelve step calls like in early sobriety?
13. Can you name some of the founders of your early group?
14. Do you have the names of any other long-time members who would like to share their stories with the Hawai`i Archives Committee?
15. Is there anything else you would like to share that has not been covered in this interview?
16. Please list suggested questions below to add to this Long-Timers interview for the Hawai`i Area 17 Archives.

# GROUP HISTORY FORM

When completed, please return to:

[archivist@area17aa.org](mailto:archivist@area17aa.org), [archives@area17aa.org](mailto:archives@area17aa.org)

Name of Group: \_\_\_\_\_

Previous Name: \_\_\_\_\_

Date Founded: \_\_\_\_\_

Founders: \_\_\_\_\_

Early Members: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Place and time of first meeting: \_\_\_\_\_

Do the early members continue to attend?  
\_\_\_\_\_

Current Meeting (place/time/format): \_\_\_\_\_

Current Membership #'s: \_\_\_\_\_ each mtg \_\_\_\_\_ home group \_\_\_\_\_ business mtgs \_\_\_\_\_

Did the group move?

Dates: \_\_\_\_\_ Location: \_\_\_\_\_

Dates: \_\_\_\_\_ Location: \_\_\_\_\_

Dates: \_\_\_\_\_ Location: \_\_\_\_\_

Dates: \_\_\_\_\_ Location: \_\_\_\_\_

Group History (such as anniversaries, special meetings, outside speakers, notes about the founders, etc.):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Note: Please include any/all information you may be aware of, not asked for on this form, as it will result in a clearer or more factual account of your group. Other pertinent details:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prepared by: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

When completed, please return to: [archivist@area17aa.org](mailto:archivist@area17aa.org), [archives@area17aa.org](mailto:archives@area17aa.org)

# My two-year service commitment as a DCM

Mary N. DCM #10 Panel 65

## The Good

I believe the adage is true “The teacher appears when the student is ready”. I must have come to a point in my sobriety where the ‘same old same old’ of meetings, sponsees who don’t call, people who go in and out (like AA is a revolving door to justify their actions and not the gift of self-examination and living life on life’s terms – I repeat... the gift - that AA truly is), group conscious meetings that become a bit contentious instead of all inclusive, yada yada yada. I had shied away of being in the front as I suspected that my ego would run amuck. (because hadn’t I witnessed that with others that I secretly criticized in the program?) I KNEW there were only 12 steps. But, in reality, I never heard or looked for the next step. However, my program, that is to say, my ability to expand my spirituality, was at a plateau. In moving to Hawai’i I have found there are many more steps than 12. There is taking the step for the next level of continued service. And I use the word ‘level’ not as an indication of a higher authority, we are all trusted servants in own way, but rather as an indication of the depth and breadth of my sobriety.

Bottom line ... I still never found group or area service; I was drafted. Much like I was ‘thrown into’ rehab, when four days later I had the epiphany that I am an alcoholic. Self – knowledge comes slowly for me! And drafted, not by group conscious either, but rather by two well-meaning women who saw my attributes at my job as being something that our group could benefit from. 9 months into GSR role, I was tapped to be DCM. Now at the end of my panel, I am forever grateful to them and to those who supported my expanded role(s).

That leads me to the one sentence that explains “The good” ... as I submitted on the request recently as to why serve in AA (see flyer that Joey put together, below): *“I am in service to give back on what was so freely given to me. What I have been received as a result of my service position(s)*

*is a new level and understanding of my own sobriety and a richer spiritual connection.”*

## The BAD –

There was sooo much to learn. New terminology, new ‘rules’, new expectations. I had heard people say “I finally know what I am supposed to be doing and my service is coming to an end” and “it takes AA three years to make a cup of instant coffee”. Both of which I have found to be true! My patience and tolerance of others was tested on a regular basis. What I came to experience is there are many dissimilar personalities with their own diverse and unique paths that are drawn to service ... and those folks all bring with them different levels of understanding and ways of learning. We should be permitted that experience, and hopefully grow from it. I certainly have!

## The TIPS – (you can choose the definition ... Theory of Inventive Problem Solving? Tactics to Improve Personal Service in sobriety?)

The biggest tips that I can leave for the next GSR, the next DCM ... is (1) do NOT stand for a position unless you are ready to commit to the job function and responsibilities. You can talk a good story and pretend to care, but you can’t pretend to show up. Carrying the message is *always* the answer, but are you ready, willing and able to serve ... is the question. (2) READ what is given to you. The packets that you will receive are a bit daunting in size, but will provide you with a full road map of your new responsibilities. (3) Get yourself a service sponsor, and use him or her. No question is ever a bad question if it leads you to a richer understanding of the mission, the next course of action, and the ability to carry that out. And (4), even though it is not AA approved literature, I do suggest the four agreements as a good basis of keeping your head outside of yourself, and realizing the fullest potential of your service to others...

## The Four Agreements are:

### 1. Be Impeccable with your Word:

Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.

## **2. Don't Take Anything Personally**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

## **3. Don't Make Assumptions:**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

## **4. Always Do Your Best:**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

## **The Closing**

Living in Hawai'i has enriched me beyond my expectations. This culture instills a true sense of place, the Malama from all those I encounter (caring/concern), the inclusiveness of the term Ohana (family) and the fact that Living a life of Aloha is living a life of service; all of this provides the building blocks to live and to be routed deeply within the program of Alcoholics Anonymous. Being of service here has given me a greater sense of self, and yet it has provided me the opportunity to get out of myself and to grow ... to see where I need to grow as I continue this road ... and to "practice these principles in all my affairs". I cannot imagine a greater gift; I imagine that it truly will keep on giving ... one day at a time.

## **SOBRIETY QUOTES**

**"I'm in service. Because I want AA to still be here in the future."**

**Mare L., Kihei, HI.**

**"My sponsor didn't suggest it, he told me to DO IT OR DRINK!"**

**Mark Z., Hayward, CA.**

**"To give back what was so freely given to me and to be filled with spirit and unity in the process."**

**Cheryl N., 20 yrs, Kona, HI.**

**"The Promises say that I will lose interest in myself and gain interest in others. This Promise came true for me as a result of service work."**

**Bill J., Great Mills, MD.**

**"Being in service allows me the opportunity to give back to a program that has given me so much more than I can imagine. The gift is in the giving."**

**Brooke C., 15 yrs, Honolulu, HI.**

**"I am in service to give back on what was so freely given to me. What I have been received as a result of my service positions is a new level and understanding of my own sobriety and a richer spiritual connection."**

**Mary N., 25 yrs, Honolulu, HI.**

**"I found that service was an expression of love. A useful way to love my brothers, asking for nothing, was what I was looking for - a true purpose. Service, the act of caring, makes our program real as we practice it in all our affairs."**

**Steve F., Oakland, CA.**

**"I want to keep what I have. I learned of the great paradox early in sobriety." It is the great paradox of AA that we know we can seldom keep the precious gift of sobriety unless we give it away.**

**BB pg 151.**

**Deborah S., 7 yrs, Kailua, HI.**

## **Treasurer's Experience for Panel 65**

I stood for the office of Panel 65 Treasurer in November, 2014. I had held previous treasurer positions and numbers have always been my friends so I felt that I was qualified for the position. No matter how good my qualifications may look on paper, there were still challenges that came with the position. There were geographic challenges – I live on Maui and the P.O. Box is on Oahu. The Area finances are recorded in Quickbooks and I had no

experience dealing with that system. There are fourteen Districts in Area 17, each district has many meetings and when recording 7<sup>th</sup> Tradition contributions, it was not always easy to determine which meeting should be credited.

Despite the challenges, I have thoroughly enjoyed serving the Area as Treasurer. One of the first things that I learned in Alcoholics Anonymous is to ask for help. Linda McD was gracious enough to pick up the checks once or twice a month and mail them to me. This worked out perfectly. It actually put me on a schedule for making deposits and recording checks. I had never used QuickBooks; however there are past treasurers who had and who were very willing to help. That is what we do in Alcoholics Anonymous – we pass our experience on to others. I hope that I will be able to pass what I have learned on to the next treasurer. Crediting the 7<sup>th</sup> Tradition contributions to the various groups was sometimes a challenge; however those challenges were overshadowed by the gratitude that I felt for all the groups that contribute to Area 17 – whether it was \$5 or \$100. There is a searchable Excel file and a list of groups by district on the Area website to make crediting the correct meeting easier. Sometimes I resorted to looking at meeting schedules. Now that the panel is nearly over, I actually don't need to look up many of the groups. It is especially rewarding to be able to put faces to many of the groups when we gather for Area Assemblies.

I attended PRAASA in both 2015 and 2016. I had the honor of chairing the Treasurer's workshop at the 2016 PRAASA. It was interesting listening to the treasurers from other areas in the Pacific Region. I was very grateful that we do not have the problems that some of the other areas experience.

It has been very rewarding to have the support of the Area in this position. We budget for computer equipment and that has made it possible to have a "dedicated" treasurer's computer. The Area has been very supportive in approving the budgets for the panel. Sometimes difficult questions were asked – that just means that we care and want to do the best for Alcoholics Anonymous in Area 17.

It will be with mixed emotions when I hand over this position to whoever is elected at this coming

assembly – a sense of relief, a sense of sadness that I won't be working with some of the people that I have really grown to love and most of all a sense of gratitude that I have been able to be of service to Panel 65.

## **Pacific Regional Forum**

A sharing of Ideas to the "Language of the Heart" – The Turning Point.

It's Monday, October 3, 2016 and I just spent the weekend at the Pacific Regional Forum on the Big Island of Hawaii in beautiful Waikoloa. This was the first Forum I attended and found it very informative and "eye opening". Meeting the General Office Staff from New York was great! It was also great to meet up with familiar faces and meet new friends.

Here's the catch. The person I was at the forum was expecting a lot more. I can hear me now, Where's the coffee? Where do we eat? I'm tired! I need a shower. Thank you dear friends who put up with me as I complained. What made it worse or better was I had nowhere to hide. I definitely would be isolating if could. I am so blessed to have a Higher Power with a great sense of humor, as he gave me no place to hide. I could hear him loud and clear – "You are not going anywhere, shake people's hands; give hugs; be available to be of service, help someone. In other words "Don't give up 5 minutes before the miracle."

My turning point took longer than 5 minutes. It took until Sunday Morning at the Open mike sharing session where I heard the words from the sharing of ideas change to words of the "Language of the Heart". Listening to a fellow member of our district share his experience a tear dropped from my eyes. After listening to two more members of our district, one who was a newly elected alternate GSR, tears flowed from both eyes and could not stop flowing.

I felt the overwhelming joy of why we are all here. Humbly doing our small part to carry the message of Alcoholics Anonymous to those who want it. Again I am blessed to have Higher Power with a great sense of humor. I am also blessed he's a great

Interpreter. Translating the Sharing of Ideas to the Language of the Heart.

In Love and Service,  
Clifford S.

## Service is where it's at

I can still hear my sponsor, Chau-Marie, telling me that back in the day when I was new in the program. Okay, full disclosure, I was *newish* and I already knew how important service was in recovery; I just didn't care. My interpretation was service work was for old timers who really had nothing else going on in their life. I was busy going for coffee, AA dances and thinking up reasons for my sponsor why I couldn't help out with one more event she asked me to be of service. Sit at the registration table for the convention, nope that sounds like a lot of work and meeting new people, possibly being there for a newcomer sounds like it won't be all about me. Help serve dinner at the annual New Year's Eve speaker dinner, of course not; it's New Year's Eve and I want to relax and enjoy myself; oh and just assume it will go on year after year with everyone else making it happen. You get the idea. Service work was for members who had nothing else to do and wanted to feel important.

Flash forward many years, a relapse and a move to Maui. I arrived on Maui and immediately felt that old feeling of not being a part of, not belonging. I had been part of my fellowship in California for years and knew everyone, felt like home. I wanted to remain sober and sane with this new life change so I went to a lot of meetings. I got a sponsor, I even became a sponsor. AA on Maui is amazing, but different than my AA life in California. I had belonged to a fellowship, one meeting hall with lots of meetings that made it very easy to see the same people frequently. My experience in Maui is standalone meetings, not always easy to see the same people. I did it. I jumped into service. After 20 years in the program I finally was willing to be of service. I was fortunate to be able to have a position at district and from that sat on several ad hoc committees to plan events, a tradition day, even an assembly.

My life in and out of AA has grown as a result of being of service. I have made friends that I value

and love. I feel grateful when an event I was part of creating is well received and goes as planned. I have learned so much more about Alcoholics Anonymous, the service triangle and the importance of having a strong district. I feel a part of AA more deeply than I ever have before. My love of AA has grown and it's directly related to being willing to do the work to ensure we respect the traditions and keep the doors open for the new comer; the very essence of you have to give it away to keep it. Chau-Marie was right, service is where it's at.

Trish Triplett  
District 11  
Maui

## District Four DCM

My name is Deborah S. Currently I serve as the DCM for District 4; the Windward side of Oahu from Makapu'u Point to Kahuku Point.

In November 2014 I was elected DCM for my district. My first task would be the Orientation Assembly in January 2015. The opening assembly for panel 65.

The Orientation Assembly was 4 days away, I was the host DCM, and I was on a plane to Omaha Nebraska scheduled to return the night before the assembly. Oh and another thing... our special guest at the opening assembly for panel 65 was our Pacific Regional Trustee – Joel C.

The immediate outgoing DCM 4 Linda B. assured me that if I come up with a "solid" plan we would come (to a successful) pass. At the close of the assembly I heard the good, the disheartened, and the indifferent. BUT what I heard most was gratitude. With that - I let your gratitude catapult me into the fourth dimension of service for Panel 65.

Serving as DCM required a solid commitment from me so I jumped in with two feet taking my Higher Power with me.

*What it was like?* It was a busy yet productive 2 years. Occasional challenges, mostly easy peasy, pleasant and fun. My service commitment included (a) once a month district meeting, Inform the Delegate initiatives, (a) minimum of 3 area



assemblies each year, 2 committee meetings each year, DCM report backs, budget initiatives, district caravans, standing committee initiatives and workshop initiatives. Thanks to group contributions and a trusted servant treasurer I attended every assembly, committee meeting including PRAASA and the Pacific Regional Forum in the last two years. In addition to my service commitments' were my responsibilities as a wife, mom, grandmother, sibling, daughter, family member, co-worker, home group member, and sponsor.

Through prayer and meditation it was clear I would arrange my life to meet the needs of my service commitment. My Higher Power assured me He had my back, my marriage and family, my job and most importantly my sobriety.

Through the loving and watchful eye of elder statesmen Kenny Brandt I met Pat Wade and district level service sponsor. Pat guided me with his service experience and the concepts of AA World Services. I continued to utilize my Group level service sponsor – Dave E. Dave guided me using the traditions coupled with his longtime service experience aka – worker-bee.

My go to resources were The A.A. Service Manual, Windward District 4 Guidelines, Area 17 Structures and Guidelines.

What helped me most to carry Area Business back to my district was “What To Take Back” written by the Area Chair.

*(Would I have done anything differently?)* Perhaps! Based on feedback from district 4 GSR's at the Inventory Assembly I would have held a district GSR workshop following the Orientation Assembly for District 4. I would have initiated more standing committee efforts for the district. I encourage district committee members to assist our standing committee chairs in every way possible to carry our message of recovery into other circles of service.

In closing, I believe all is as it should be. I think I served my district well. I let your love embrace me to feel a belonging; your fun and humor enabled me to capitulate to the freedom that comes from live and let live; your experience strength and hope taught me the power of humility.

The concepts of the Five Agreements: Be Impeccable with Your Word, Don't Take Anything Personally, Don't Make Assumptions, Always do Your Best, and Be Skeptical, but Learn to Listen - helped illuminate my journey in service.

It was an honor to service Windward District 4

Deborah S.



## Monday Night Miracles Caravan! Monday Dec. 5<sup>th</sup>

The Honokaa Fellowship invites you to our annual  
Potluck dinner at 6pm & Speaker meeting at 7pm.  
(a sweater is suggested)

We meet in the pavilion below the NHERC building.

Directions: From Kona. On Highway 19 (Mamalahoa Hwy.), pass the 44 mile marker. Make the next left turn onto Plumeria St. into Honokaa. Go ½ mile down the hill and take the second right after Hale Hoola Hamakua (Lehua St.). Take the first right, you will be in the parking lot of the pavilion.

From Hilo: On Highway 19 (Mamalahoa Hwy.) pass Tex Drive Inn and the 43 mile marker. Make the next right onto Plumeria st. Go ½ mile down the hill and take the second right after Hale Hoola Hamakua (Lehua St.). Take the first right, you will be in the parking lot of the pavilion.

## SERVICE CONTACTS

Oahu Intergroup of Hawaii Inc:  
[manager@oahucentraloffice.com](mailto:manager@oahucentraloffice.com)

West Hawaii no email send to district 8 DCM  
ask them to pass it on

East Hawaii: [eastsideintergroup@gmail.com](mailto:eastsideintergroup@gmail.com)  
Maui: [info@aamaui.org](mailto:info@aamaui.org)

Kauai: no email; send to Kauai Intergroup, PO  
Box 3606 Kapa'a, HI 96746

# ROTATION

Y C L Y W J P J T H E Y P O D  
T T V T B I I R T R T P B N E  
I Y I I E Z L W E I U L S E M  
R R G L F C O L L S I S C T O  
O A I I I R N I I G E I T S C  
H T L B G B M E A N F R E J R  
T N A A Y U I T D I G R V U A  
U U N T H T I S R I V N N E T  
A L C U N O E C N A V I E F I  
U O E O N Q A I N O T O Z S C  
H V N C U S Q T C Y P B R F S  
X W Q C N W S Q R O U S K P I  
F U N A N I M I T Y S S E H Z  
S E L P I C N I R P J B V R W  
E F F E C T I V E N E S S T M

ACCOUNTABILITY

RESPONSIBILITY

AUTHORITY

SACRIFICE

DEMOCRATIC

SERVANTS

EFFECTIVENESS

SOCIETY

GROWTH

TRUST

HUMILITY

UNANIMITY

OBLIGATION

UNITY

PRESERVE

VIGILANCE

PRINCIPLES

VOLUNTARY

PROVIDENCE

WILLINGNESS