



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

P65 Issue #9 May, 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 for Panel 65

(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](http://Area17aa.org))



See page 5 for registration information

#### Budget Assembly

August 27-28

Kihei District # 11

#### Election Assembly

November 12-13

West Hawaii District #8

#### 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!

#### ADDITIONAL CONSIDERATION:

##### Pacific Regional Forum

September 30-October 2

Hilton Waikoloa

##### Annual Hawaii Convention

October 27-30

Hilton Hawaiian Village

(see page 6 for registration form)

## Some Ruminations

## From Savior to Servant

One of the pages I value most in the Big Book is page 52. The description of my alcoholism is astonishing in its simplicity:

*We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people -*

Alcoholics Anonymous, page 52

Drinking to oblivion as a teenager, I was struggling with all of these troubles by the time I was 21. I was full of fear, a prey to misery and depression and swamped with feelings of uselessness and regret. I threw myself into my teaching career hoping to compensate for my loss of self by helping others. Naturally, I surrounded myself with "Youth at Risk," the students in the school who were the most like me, struggling with drugs and alcohol and suffering from despair and low self-esteem.

One day, a friend said to me, "How do you think you can help 'youth at risk?' You are a youth at risk!" This was a revelation I would not come to accept about myself for twenty more years of darkness and alcohol, until I landed in the rooms of AA at age 42. In the meantime, I kept struggling to maintain a double life as a teacher and a drunk.

I manipulated a life based on the illusion that I was truly helping people, saving young souls, while the reality was quite the opposite. Every morning I would swear not to drink after school, and every night the same scene would repeat, drinking myself into a blackout and passing out at

my desk correcting my students' papers.

As I got more hopeless in my disease, I decided to switch from helping people to 'saving' people. I quit my teaching career and started writing leadership and 'values education' programs for severely troubled teenagers. Out in the wilderness, I would spend weeks with young people, living off the land and hoisting a flag of values like honesty and integrity for them to live by in an ideal world I knew nothing about. I was desperate to live in that ideal world and save myself, but I was cut off from God in a sea of alcoholism and I couldn't help anybody, least of all myself.

Countless vain attempts to 'save' teenagers, friends, boyfriends and a husband plagued me, and I kept on drinking. Saving people was my big delusion – it never worked – and I drained myself emotionally and financially trying to keep up the facade. Seeing myself as a 'savior' was my last desperate attempt to cover up my feeling of uselessness with self-importance and grandiosity and vanity. Everything about me was a lie. Finally, I stumbled into the rooms of AA.

In Alcoholics Anonymous, I found a place at last where I could say, "Help! I need to be saved!" You didn't save me, instead, you demonstrated to me through your actions how to be sober, how to be humble, how to be honest. You showed me how to surrender my need to be important and look cool in exchange for an honest admission that I was sick with alcoholism. And you surrounded me with acceptance and the hope that

I could get better. I worked the Steps with you and I started to feel my soul come alive. The day I made amends with my father, I felt my childlike joy return for the first time. I started to stand a little straighter and carry my head higher. My hope returned. I felt like I was being given a second chance at life, a chance to live with a Higher Power as my companion in a sober world.

At no point in my sobriety in AA has anyone acted as though they were 'saving' me. Quite the opposite, what I heard in the rooms was, "Welcome to AA. You are responsible for the consequences of all your actions." As a result, AA has allowed me the dignity to walk my own way from hell to heaven through the Twelve Steps. My sponsor and the people in our fellowship have given their love to me freely with no thought of receiving anything in return. Our program of love and tolerance is about serving, not saving. What a difference! A life of freedom with a Higher Power is what has inevitably saved me from a life of hopelessness and despair.

And today I feel alive again. I feel peaceful. I have learned to reach my hand out to alcoholics who want help to get sober and stay sober. I have learned a life of quiet service where I don't scramble to take credit for what I am doing. I used to obsess over saving my Mom from her alcoholism. Then I tried to save everybody. What I have learned from you in AA is about real service. Service is more about kindness than it is about changing or saving people. From you, I have learned to go about my day

praying for a “servant’s heart.”

With the help of AA, I have gone from the illusion of myself as a savior to

something more humble. Today my prayer is that I can be a servant, and I am grateful to AA with all my heart. All I can say is, thank

you, A.A.! I have never had it so good.

Betsy B.  
Maui

## CHOICES

One of the things that most alcoholics hate, is to be told what to do. In the Big Book of *Alcoholics Anonymous* even the 12 Steps are *suggested*.

I first became sober in state of Maryland near a mental hospital called Spring Grove. Spring Grove had a special ward—just for alcoholics, particularly wet brains. I don’t recall if anyone ever left the ward. This ward was for the hopeless alcoholics who had pretty much gone beyond any medical help.

Having choices was a frequent topic at my early meetings in my home group. The expression that I heard, especially when people griped about how hard it was to actually work the steps, was, “You can *grow*. Or you can go to the *Grove* (meaning that special ward in Spring Grove). Or you can go to the *grave*.”

Fortunately I was a high bottom drunk, and more fortunately I knew I was still a drunk. When I came into AA, I came in to stay stopped, to not drink ever again. That was in 1979, and with much work, great sponsors, and a loving Higher Power, I have not had any alcohol since then. For that, I am very grateful.

I often remember my choices, because I still occasionally (okay, frequently) balk at *having* to do things, having no choices. Ultimately, every day I can choose to do the things that I don’t want to do and *grow*, or I can eventually go to the *Grove*, or eventually go to the *grave*. Sometimes I do a lot of kicking and screaming and saying, “I don’t want to!” But mostly I do what I need to do to take care of my spiritual condition (as well as my emotional and physical conditions) because I *choose* to grow.

Barbara D.

Sobriety date 11-4-1979

## AREA SERVICE

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

ACCLAMATION  
 ALTERNATES  
 ARCHIVES  
 ASSEMBLY  
 CHAIR  
 COMMITTEES  
 CONVENTION  
 DEBATE  
 DELEGATE  
 DISCUSSION  
 GROUPS  
 MINUTES  
 MOTIONS  
 NEWSLETTER  
 PROPOSALS  
 REGISTRAR  
 ROUNDTABLES  
 UNANIMITY  
 VOTING  
 WEBSITE

# JUST WHAT’S ON MY MIND!!

A week before this issue of the *MynahBird* was to go to print, I had no articles, so I decided to write my own! Here it is . . . .

This Committee Meeting marks the beginning of the last quarter of Service for Panel 65 and thus it is time for us to consider what we are passing on to Panel 67. Of course, the upcoming Budget Assembly is the first foray into this realm as we determine the parameters of the panel’s first fiscal year.

During Panel 63’s Budget Assembly, all the officers and Standing Committee chairs were asked to share what their various services entailed and this will probably happen again this year, so I thought this might give me “a leg up” on that process as well as an opportunity to express my vision for our future.

As far as the *MynaBird* is concerned, I am thrilled to announce that at least two people have expressed interest in assuming my position so I am convinced it will be in very good hands!

As Secretary for the Area, I learned to listen better. As MynahBird Chair I believe I have had to constantly consider the state of our consciousness in making editorial decisions, and it is this contemplation that has lead to this page!

As we move toward Panel 67, I really believe we need to re-iterate a few simple ideas. The first is that ***the groups*** are at the top of our triangle and it is the groups we are trying to serve as they struggle to carry the message to those still in the throes of active alcoholism. I have tried to encourage members at all levels to talk about what their group has meant to them and what has worked for them so that we might learn from each other.

The simple idea that the group is at the heart of all we do is demonstrated daily to all of us who attend meetings, but when we meet as an area, we seem to lose focus on the GSR, “May Be the Most Important Job in A.A.” (We have a pamphlet on that!)

Somehow we have to re-focus on the GSR’s as important members of our Assembly in order that they “keep coming back.” I think there may be one of the MynahBird Committee’s members who has attended all the assemblies and that tells me this role has just not been given the attention needed to foster commitment.

And I don’t think it’s any different than losing those folks who show up at meetings and then disappear, perhaps to re-appear some time later. Simply stated, they lose interest.

Now none of us can make anyone interested, but we can certainly be more attentive and improve on delivering what’s been so freely given. When have we reviewed AA Comes of Age, or “The A.A. Group,” for example? We ask new GSR’s to read these as well as our Structures and Guidelines and yet we don’t review them! And more importantly, we don’t hear how our groups are responding to the history and outlines presented in these wonderful writings!

And perhaps – just perhaps – if we focus on just these two readings, we might find out just where our committees ought to focus and where we need to concentrate our sharing!

I hope someone gleans something useful from this musing!

Sincerely,  
Jim D  
MynahBird Chair

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# PACIFIC REGIONAL FORUM

**Name**

**Street Address**

**PRE-REGISTRATION FORM**

**City State Zip Code**

**Phone**

**Email**

For ASL Interpretation please contact G.S.O.: [regionalforums@aa.org](mailto:regionalforums@aa.org)

Information provided is "Confidential" and will only be used for this Regional Forum.

**Mail to G.S.O to Arrive by: September 26, 2016** General Service Office, P.O. Box 459,  
Grand Central Station, NY, NY 10163  
Attn: Regional Forums

Do you need a Spanish Language Interpreter? Have you ever attended a Regional Forum?

## HOTEL RESERVATION INFORMATION

2016 PACIFIC Regional Forum

**September 30 - October 2, 2016**

**Hilton** Waikoloa Village

69-425 Waikoloa Beach Drive Waikoloa, HI 96738

(808) 886-1234

**Rate cutoff date: September 8, 2016**

**Group Code PRF**

**Hotel Reservations** can be made by one of the following methods: • By phone: (800) 445-8667 no later than September 8, 2016

• Online: [www.aa.org](http://www.aa.org) (Click on "For A.A. Members")

**Room rates:**

Single/Double: \$165.00 plus tax



**“Love & Tolerance”**  
**October 27<sup>th</sup> – October 30<sup>th</sup>, 2016**

Online Registration & Information: [www.annualhawaiiiconvention.com](http://www.annualhawaiiiconvention.com)

**REGISTRATION FORM**

**You must be registered to attend**  
**No refunds after September 27th, 2016**

**Hilton Hawaiian Village:**

Single/Double Occupancy at:  
 \$199+\$15 Resort Fee & Taxes  
 (800) HILTONS (USA & Canada)  
 (808) 949-4321 (Local)

**Mail to: Annual Hawai'i Convention P. O.**  
**Box 23434, Honolulu 96823**

**Hotel Reservations Accepted Starting Nov. 13<sup>th</sup> – Use Discount Code “AHC”**

*The Annual Hawai'i Convention attendees agree to release the Convention Committee and the individual members for any and all causes of action, debts, dues, claims and demands of whatever nature that may transpire from any activity arising during the convention.*

**Payment for meals must be postmarked by October 7th, 2016.**

**Mail Confirmation To:**

Name (First/Last): \_\_\_\_\_ Phone: ( ) \_\_\_\_\_  
 Address: \_\_\_\_\_ Country: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_

Badge Name: \_\_\_\_\_ Badge Name: \_\_\_\_\_  
 AA     AI Anon     Paid Guest     AA     AI Anon     Paid Guest

**Registration Fees:**

Postmarked by September 29, 2016.....	\$66.00	Postmarked by September 29, 2016.....	\$66.00
Postmarked after September 29, 2016.....	\$76.00	Postmarked after September 29, 2016.....	\$76.00
Children 12 and under.....	\$5.00	Children 12 and under.....	\$5.00

**Meals:**  Check box to request vegetarian meals

ALOHA FRIDAY Sunset Buffet on Great Lawn!.....	\$71.00
“Saturday Night Alive” Dinner.....	\$70.00
Serenity Sunday Breakfast.....	\$55.00
Saturday AI -Anon Brunch.....	\$55.00

**Meals:**  Check box to request vegetarian meals

ALOHA FRIDAY Sunset Buffet on Great Lawn!.....	\$71.00
“Saturday Night Alive” Dinner.....	\$70.00
Serenity Sunday Breakfast.....	\$55.00
Saturday AI -Anon Brunch.....	\$55.00

**Souvenirs:**

Coffee Mugs.....	\$12.00
Travel Coffee Mugs.....	\$16.00
T-Shirt S ___ M ___ L ___ XL ___ XXL ___	\$20.00
XXXL ___ XXXXL ___	\$25.00
Tank Top S ___ M ___ L ___ XL ___ XXL ___	\$20.00
XXXL ___	\$25.00
Long Sleeve S ___ M ___ L ___ XL ___ XXL ___	\$25.00
XXXL ___	\$27.00
Womens S ___ M ___ L ___ XL ___ XXL ___	\$20.00
Womens Tank S ___ M ___ L ___ XL ___ XXL ___	\$20.00

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XXXL ___	\$25.00
Long Sleeve S ___ M ___ L ___ XL ___ XXL ___	\$25.00
XXXL ___	\$27.00
Womens S ___ M ___ L ___ XL ___ XXL ___	\$20.00
Womens Tank S ___ M ___ L ___ XL ___ XXL ___	\$20.00

TOTAL = \_\_\_\_\_  
 Scholarship Fund Contribution TOTAL = \_\_\_\_\_

TOTAL = \_\_\_\_\_  
 Scholarship Fund Contribution TOTAL = \_\_\_\_\_

Cash     Check\*\*\*     Visa     MasterCard     Money Order

**GRAND TOTAL:** \_\_\_\_\_

Credit Card No. \_\_\_\_\_ Exp Date: \_\_\_\_\_ Cardholder Phone: \_\_\_\_\_

Cardholder: \_\_\_\_\_ Cardholder Signature: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**CAN YOU ASSIST?**

Available to Speak     Available to Chair a Meeting     Available for Service

\*\*\*MAKE CHECKS PAYABLE TO ANNUAL HAWAII CONVENTION