



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

P67 Issue #1 January 2017



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

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

## PRAASA 2017

### Our 50th Anniversary

March 3-5, 2017, Sacramento, CA

For more information go to  
[www.praasa.org](http://www.praasa.org)

#### 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!

**Next Issue of the Mynah Bird will be published  
for the February Committee Meeting.**

**DEADLINE TO SUBMIT YOUR ARTICLE  
FEBRUARY 17.**

### UPCOMING AREA ASSEMBLIES AND COMMITTEE MEETINGS for Panel 67

(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))

- February 26, 2017  
Committee Meeting  
Leeward District #3
- April 2017  
Inform the Delegate Assembly  
Tri-Isle District #13
- June 2017  
Committee Meeting  
Waikiki District #10
- August 2017  
Budget Assembly  
West Hawaii District #8
- October 2017  
Committee Meeting (Optional)  
Windward District #4
- November 2017  
Assembly (Optional)  
Hilo Hamakua District #7

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## MEET OUR HAWAII AREA 17 PANEL 67 COMMITTEE

### OFFICERS

Delegate – Bob H  
 Alt Delegate – Coleen A  
 Area Chair – Kunane D  
 Alt Chair – Tommy G  
 Secretary – Deborah S  
 Treasurer – Mike K  
 Registrar – Rachel S

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 registrar@area17aa.org

### STANDING COMMITTEE CHAIRS (Pending Confirmation)

Archives – Kathy S  
 Area Archivist (permanent) – Linda McD  
 Cooperation with the Elder Community (CEC) – Karen N  
 Cooperation with the Professional Community (CPC) – Floyd McC  
 Convention Steering – Kathleen T  
 Corrections – Lorna S  
 Grapevine (Our Meeting in Print) – Kelly S  
 Mynah Bird (Area Newsletter) – Clifford S  
 Public Information (PI) – Mare L  
 Treatment – Ernest S  
 Website – Valerie V

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 mynahbird@area17aa.org  
 pi@area17aa.org  
 treatment@area17aa.org  
 webmaster@area17aa.org

### District Committee Members (DCM)

District #1 (Diamond Head) – Julie G  
 District #2 (Honolulu) – Pamela A  
 District #3 (Leeward) – Joseph V  
 District #4 (Windward) – Larry W  
 District #5 (No Ka Oi) – Neil I  
 District #6 (Kauai) – Steve Q  
 District #7 (Hilo Hamakua) – Nivan A  
 District #8 (West Hawaii) – Mark L  
 District #9 (Central North Shore) – Bruce W  
 District #10 (Waikiki) – Alexander M  
 District #11 (Kihei) – Betsy B  
 District #12 (Puna) – Nathan M  
 District #13 (Tri-Isle) – David B  
 District #17 (Waianae) – Deborah L

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### INTERGROUP

East Hawaii – Intergroup Chair or Designee  
 Kauai – Intergroup Chair or Designee  
 Maui – Intergroup Chair or Designee  
 Oahu – Intergroup Chair or Designee  
 West Hawaii – Intergroup Chair or Designee

eastsideintergroup@gmail.com  
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### **Pani ka Puka**

Aloha. My name is Bob H. and I am an alcoholic. My date of sobriety is April 28, 2004 and my home group is the Downtown Lunch Group in the Honolulu District on the island of O'ahu.

Those are important words for me because they identify me to you and all members of Alcoholics Anonymous as one of you, a sober member of a home group. I am both honored and humbled to have been selected by you to serve as your Panel 67 Area 17 Delegate, but it is my duty, our duty to remember that underneath it all, we are members of our home group, members of Alcoholics Anonymous, and each of us a servant to us all.

As I sit and write this first article in my new service position, I am reminded that almost exactly a year ago two friends in the fellowship and I set out to join almost two thousand others to help fill a gap in the He'eia fishpond on the windward side of Oahu. Fishponds were of great importance in old Hawai'i, providing a stable source of nourishment for the whole community.

That morning in December, we, and all the others in our "Pani ka Puka" fellowship received some simple instructions for the day and set out to form a human chain around almost the entire fishpond. We were people of all kinds, people who would not ordinarily mix, yet we had come together for one reason, to fill a fifty-year-old gap in the fishpond that kept it from fulfilling its purpose. It's of no consequence how the gap had occurred, what was important was that we had gathered together, keiki and kapuna, women and men, from all parts of the island to join in a united undertaking.

For most of the morning we passed buckets of rocks from hand to hand along the chain from the shore out to the far reaches of the pond wall. When someone tired they would take a break and the work would be carried on by those around them till they could join in again. In just one morning the puka was filled; the fishpond whole. We all walked back along the wall of the fishpond to a great gathering of that fellowship, shared in a meal of fish stew, and celebrated our accomplishment.

To me, that's a lot like our fellowship of Alcoholics Anonymous. We are, in some sense, all trying to fill a big puka. Of course, the hole we are filling is within ourselves and each other; something we've learned we cannot do alone. We are each part of a great chain of fellow members, young and old, man and woman, stretching back to Bill and Dr. Bob's first meeting and beyond.

Here's the thing. Just as our work on the fishpond that day resulted in an unbroken wall, the real results of our work won't be apparent for some time. The break has been healed, but it will take time for the fishpond to become productive again.

It's the same with our jobs in Alcoholics Anonymous, whatever it is we may have been tasked with today. You and I are sober, we've received the gift and I trust, do the work to keep our fishpond clear. Yet it isn't just for ourselves that we do this work. It is for the future; for the alcoholic who hasn't heard our message of hope yet, for the alcoholic who hasn't yet been born.

On the work line that morning there were no jobs more important than any other. Most of us moved rock, some of us passed out water and refreshments, others answered questions and made sure things kept moving, some watched keiki too small to move rocks so that their parents could join in the work. We were united for the good of all.

As we move into Panel 67 let's work together, whatever our job, to see that the future of Alcoholics Anonymous in Hawaii and the world is bright. Let's work together to ensure that all who need us can find us and are welcomed warmly into our Fellowship. Let's work together to "Pani ka Puka."

### **It's not all rainbows and butterflies.**

I became sober on April 15, 1988. I wasn't looking to be sober, I just wanted to stop getting into trouble. I was not a daily drinker; I had not lost my job, my car or my teeth. I lost my integrity and sense of self.

It seemed that trouble started to follow me, wrong place at the wrong time, I used to say. I did not seem to understand that the common denominator of my woes was me and alcohol. Each time I got into trouble with family, friends, the law, alcohol was involved.

My first year of sobriety was one of the worst in my life. I still, almost 29 years later, have no idea what a pink cloud looks like.

In my first year sober, my dog of 17 years died, my mother was diagnosed with cancer and died 9 short months later, my boyfriend married one of my girlfriends, my car was stolen, I had to switch jobs

### **GSR Experience – Panel 65**

A little over 2 years ago the position of Alt GSR became available at one of my weekly meetings. I had recently returned to going to meetings after a period of 15 years without. Thank God I didn't drink! I knew at that time it was time for me to give back and be committed to a group. After a week of tossing it around in my head, I stood for the 2 year commitment and was unanimously elected to The High in the Sky Group, Kula, Maui, 9:00am Sundays.

They said I would have to lead the home-group meeting, print the minutes, attend the monthly district meeting and try to show up to the Area Assemblies. It all seemed overwhelming to me, but thanks to a HP and a lot of support from the fellowship I put one foot in front of the other and started.

Within the first 3 months I attended my first Area Assembly. I found out I had moved down the upside down triangle with groups on top and GSO on the bottom. Also I was there so AA could be there for the Alcoholics who would come in the future. My position changed a month later when our groups GSR step down and I was elected for the position.

with a \$20,000.00 pay cut and all the money I had ever saved in my life was lost in the stock market. I started to think if this is sobriety I want nothing to do with it. I did not know what to do with myself. My grief was overwhelming but I began to rely heavily on my AA homegroup and God. There was no other way.

What I realized all these years later is that if I had not had that horrible year I may not have stayed sober. I needed to know that I could live through anything and not use. That is not to say that there were not times when I thought using would be a good idea but I always remember back to that first year. If I could stay sober through that, then whatever life hands me, I can handle it.

I became an adult in AA.

Deborah S, Kihei, HI

Moving down the triangle once again.

I learned a lot by attending all district meetings and assemblies. Bring the information of what to bring back from the district to the home group and bringing questions and concerns that we're going on at our group to the district meetings. I got to experience the true democracy of a group conscience when issues were voted on by the home group members. All having one equal vote and the minority voice always got heard. At district the 12 traditions and 12 concepts of AA were studied and discussed and I gained lasting relationships with other GSR's and committee members. At Area assemblies I made friends from all over the State. I was blessed to go to 2 PRAASA conventions on the mainland and even got to lead a special event put on by our district.

What I have learned from these past 2 years of service is that a GSR is a vital link in keeping The Group informed in what is going on in AA as a whole and gives our Group a voice in AA's future. And for the future I plan to continue to be part of my home group and have signed on for 2 more years as Treasurer with the No Ka Oi District. Service is the best kept secret in AA!

Mahalo Richie G

### Memorable Experiences in Service

Aloha all. With this article, I hope to pass on to those in new service positions a bit of what I heard, saw and felt over my years in general service to my group, district and area. My service experience has been a life changing process which has enriched my life beyond measure. When I first got sober and went to AA meetings I heard people share, and I was able to identify because they shared from their hearts. I found I wasn't the only one who thought, felt, or did the things I had. I had no clue from looking at their 'outsides' that we were so alike on the 'inside.' And while I often forget the things I discovered in early sobriety, this one usually sticks with me. Perhaps it's because I see it over and over again in meetings, at events and in talking with other AAs. It holds true for general service as well. Whether you're a new GSR, DCM, standing committee chair, area officer.... or, just trying to figure out the alphabet soup of the AA acronyms, other people have been where you are. Others have felt lost and wondered 'how can I possibly represent my group, district or area... when I have so much to learn.' As you have no doubt heard, God doesn't call the qualified, he qualifies the called. I encourage you to remind yourself that others may be feel a bit lost as well, and don't be afraid to ask questions. Rest assured someone will help you find the answer. And you just might brighten their day by allowing them to help you. Here are some of the most memorable comments I've heard in meetings, at PRAASA and the General Service Conference.

- Referring to our Responsibility Pledge,  
*I Am Responsible....*  
*When anyone, anywhere reaches out for help,*  
*I want the hand of AA always to be there.*  
*And for that, I am responsible.*

A speaker at PRAASA used the Tyrannosaurus Rex analogy when talking about reaching out. Are we like the enormous dinosaur with the tiny little short arms, half pulled back? Or are we reaching out with our arms extended, offering help to those in need.

- Advice on participating in AA – Approach your service with 'Open arms, open hearts and open minds.'
- 'You can pretend to care, but you can't pretend to show up.'
- 'Good is the enemy of the best but sometimes perfection is the enemy of progress.'

May you open your arms, your mind and your heart to experiencing the magic of AA. Thanks to service in AA, I have a life today full of light, laughter and love.

Cheryl N.

### Practice Makes Progress!

Many of us are familiar with the old adage "Practice Makes Perfect!" I had heard this phrase repeatedly throughout my life from various sources: parents, educators, and instructors. Not surprisingly, as an adult, I have found myself struggling with a little something called "perfectionism." I know that I am not alone in this.

It was so refreshing to find that there is a solution to this, and one of the first things I heard early on in my journey in recovery is the slogan "Progress Not Perfection!" This phrase gives us freedom! As I apply this new way of thinking and behaving in my life, I am now allowing myself the freedom to try many new things and give myself room to grow. I can be gentler and more forgiving of myself if I make a "mistake" along the way because I know I am trying. I also know that each step I take forward provides an opportunity to learn. As I continue this process with this new mindset I can truly say "Practice Makes Progress!"

-Dayna M.

## Mynah Bird Committee Chair - Goals for Panel 67

Thank you Panel 67 for allowing me to serve as our Hawaii Area 17 Mynah Bird Chair. This is our newsletter, our communication in print. I'd like to thank Jim D., our past Mynah Bird Committee Chair for the inspiration he gave me to "put my name in the hat" for this service position. His passion for service is contagious.

Here are a few goals I've set as the Mynah Bird Chair:

- Have a committee of at least 5 people in the committee (at least one person from each Island) to participate in the review and editing and requesting articles from all members of AA in our Area
- Publish the Mynah Bird for each Assembly and Committee Meeting.
- Communicate with DCM's and GSR's to request articles from their District/Groups.

Clifford S



MYNAH BIRD  
OUR HAWAII AREA 17  
NEWSLETTER

Share your Experience, Strength, and  
Hope with all in Hawaii Area 17

Send your article to:

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

Aloha to all the Incoming DCM's to Panel 67. Any Groups in your District needs support?

Please provide the Group Name, day and time of meeting, and the type of meeting (Open Discussion, Closed, Speaker, etc.).

### Heard at a Meeting:

"I told my Sponsor let me get my sh\*t together before I'm ready to be in General Service. She told me all you'll get is a pile of sh\*t!"

Heard any great words of wisdom? Submit them to the Mynah Bird!

# GROUP HISTORY FORM

When completed, please return to:

[archivist@area17aa.org](mailto:archivist@area17aa.org) and [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: \_\_\_\_\_



# INTRODUCTION TO GENERAL SERVICE

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

APPEAL  
 COMMITMENT  
 CONCEPTS  
 DCM  
 DECISION  
 DELEGATE  
 FUN  
 GSR

PARTICIPATION  
 TOLERANCE  
 TRADITIONS  
 TRUST  
 TWELVE  
 UNITY  
 WARRANTIES