



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

P67 Issue #2 February 2017



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

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This, too, is service to AA!

**Next Issue of the Mynah Bird will be distributed  
at the Inform the Delegate Assembly**

**DEADLINE TO SUBMIT YOUR ARTICLE**

**April 1.**

### 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))

April 8 & 9, 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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Heard at a Meeting:  
“It’s call AlcohoISM, not AlcoholWASM”

## A Little Help from my Friends

Since being given the gift of sobriety I've had the opportunity to stretch my boundaries in a lot of different ways. Mostly this has involved in learning to live more honestly, learning to ask for help, learning to give help when asked, and, of course, trying to "practice these principles in all our affairs."

I never imagined that I'd also be overcoming physical challenges and actually enjoying the process. It seems sobriety is full of things I never imagined and, honestly, that's probably a good thing.

The latest challenge presented itself on Maui just before our Panel 67 Orientation Assembly. As our incoming area delegate I thought I'd be pushing myself to learn my new position; true enough. I thought I'd be working hard to keep up with the increased amount of work I'd have to do and yes, it's challenge. I even thought I'd probably have to learn to be a little friendlier, a little more open, and perhaps, a little more like all of our great past delegates. The jury's out on that one.

I did not expect I'd be clambering up and down the side of steep cliffs and having blast doing it. Well, there you go, sobriety is full of surprises. Ain't it grand?

It's our practice here in Hawaii to invite the Pacific Regional Trustee to our first assembly of a panel, the Orientation Assembly, instead of the elections assembly as is the practice in many other areas. This gives our incoming panel the opportunity to get to know our trustee at the beginning of their service and I think it's a great practice.

As it turns out our current trustee, Joel C., loves hiking and had come to Maui a bit early in order to do a little hiking with other members of the local fellowship. It was also an opportunity for me to get to know Joel a little better as we'd be working together in the future during the conference process. I was told the hike was an easy one but that it involved a little swimming. No problem, I enjoy swimming. I'm not much of a hiker but wasn't going to turn down the opportunity to hang with some great Maui folk and Joel.

Well apparently Maui's idea of 'easy' and my idea of 'easy' have a ways to go before the meet in

the middle. The hike turned out to be the "Bamboo Forest" (Na'ili'ili Halele) hike. Easy is a relative term, just as is "a simple program." I didn't really know where we were going so I didn't do any research and, if I had, I'd probably have sold myself short.

You see I'm afraid of heights. Oh I can climb a short ladder to change a light bulb, not saying I'm comfortable, but I can do it. I can look over the edge of a balcony, for a short period. I have a hard time in cars when driving mountains like Haleakalā, or Colorado's Mount Evans, both of which I seem to have done recently. So for me, an easy hike does not include a sheer cliff.

Well so much for what I know. This easy hike does indeed have a sheer cliff. Someone has thankfully walking in a new aluminum ladder replacing what I'm told was an old rickety wooden one and that's great. Or perhaps, almost great, as in it's almost great enough to reach the top, but not so much. The ladder is a great help, but at the top of it you are left with some few feet to go with just a few hand and foot holds and a rope to use to help you go the last few feet.

I took one look at this from the bottom and realized there's no way I could ever get up it. Of course at one point I knew I'd never be sober either. What do I know? My hiking partners encouraged to give it a try. Sound familiar? Okay, up I went and at the top I discovered that I couldn't quite handle the last hurdle. Down I came.

At this point I'll admit I thought I was beat. I'd done my best and failed. Time to pack it in. I figured I could just hang around and let everyone else go on. And this is where our fellowship shines and why I should probably never try anything difficult alone.

One of the guys pointed out there was one more step made by a loop in the rope. I hadn't know about it the first time up, maybe I wasn't paying attention. Sound familiar? Perhaps if I used that I could make it. "I'll go up right behind you and guide your foot into the loop."

How could I say no? I thought about it. I knew I was done and while they were being nice it wasn't going to work. But maybe there was a chance. Not much of one I figured, but in all honesty, I didn't want to be seen as someone who wouldn't try.

Up I went. At the top of the ladder the fellow following me up put my foot in the loop and it was

just enough. Another member of the group at the top grabbed my hand as I came up over the lip and with pull from above and push from behind I made it to the top despite my fear.

The rest of the hike was great. There was a little more climbing, a bit of swimming, and a lot of getting to know the guys. I'm pretty sure they were proud of me for overcoming my fear and giving it a second try - with help. I know I was.

Coming back meant descending that ladder and yeah, I was nervous, but this time I knew I could do it because one again, someone was going ahead of me, showing me the way and helping me along the path. You know, that really sounds familiar.

As a final note, I was shocked and saddened to learn that a member of our hiking party passed

away in an accident while adventuring shortly after our hike together. It is of small consolation to say that he passed on doing what he loved. To my mind he is gone too soon. I am grateful for the help he gave me that day on the trail and will try not to forget the lesson he, and the others helped teach me that day. It's the same lesson you've been teaching me during my sobriety. I can go past my limits, I can do things I couldn't even imagine before setting out. I can do all these things because I have your help all along the way. Thanks Greg. You gave me a huge gift. You are missed.

Bob H.

## **My First Area Assembly**

If you listen long enough you will hear it repeated that service is the key to long term sobriety. Back in the 80's I had maintained my sobriety for over 5 years. I didn't get involved in service, in fact I figured I was different. I had this problem with alcohol licked! I didn't even need these silly meetings anymore. Of course it wasn't long until I had no defense against the first drink and I was back out there building my story for another 17 years. Fast forward to today. I have over 6 years again. My life is wonderful and I am full of gratitude most days. But I remembered what happened to me before and it was time to finally step outside my little bubble of comfortableness. So when my home group needed an alternate GSR my hand went up before I could even think about what I was getting myself into. Wanting to learn all I could about our Third Legacy, service, I attended my 1st area assembly in January. What a great experience that was! I was very inspired by our Pacific Regional trustee Joel C. and by the feeling of unity and giving back to this organization which has saved my life. Attending that assembly was like a booster shot of AA. I came away so energized and am looking forward to continuing this journey. I encourage anyone who is still holding back to step up and get involved with service within their group. Every position is important. If we don't give back, who will? I am forever grateful that those before me gave of themselves so that the hand of AA was still here when I was ready to receive it. And for that I am responsible.

Michele T., Kihei District 11

## **Spiritual Maintenance-How I continue to grow spiritually.**

In the rooms, I've heard through the wisdom of the herd ... "I come to meetings to pick up my messages." Recently, I attended a weekly meeting at a retirement home, set up by one of our senior members. This is the message I gleaned through a member relaying his story. "But where do I find God?" he asked. And one of the members told him, "The spirit of God is within you, you just have to wake it up." Those words resonated deeply in my being. I know this to be true for me. The more I cultivate, practice, nurture, explore and allow that Divinity within to "Awaken" the more alive I feel. The more connected I am. Recently I heard, "I'm just like everyone else." When I'm right sized and see that my fellow AA family is experiencing what I am experiencing, going through the emotional growing pains, learning to live life on life's terms, ceased fighting everything and everyone, and aligning my will with Gods will, I know I'm on a well lit recovery path.

I believe and experience we all want to be respected, love, receive love and grow spiritually. It all started with putting down the drink. Following suggestions getting a sponsor, working the steps, clearing away the wreckage. As my sponsor says, the steps take you on a treasure hunt. The treasure you find at the end of the process is you. Now I'm on my 4th round of working the steps and WOW, more is being revealed. The inner

work is creating more space within myself. More awareness. More room for love to arise. I'm able to look at deeper issues within myself that have been buried and are only now surfacing for healing. God is seldom early but always on time.

Last month I attended the area assembly in Kihei. It was absolutely my favorite so far. Maybe because I've grown. Maybe because I witness love in action through service. Maybe because it was in the open air a stones throw from the ocean and nature got to be with us all in a big way. Maybe because I'm just like everyone else, trudging the road to happy destiny. One step at a time.

Maureen D., Makawao

## Tradition Two

"For our group purpose there is but one ultimate authority – A loving God as He may express Himself in our group conscience."

This Tradition reinforces the concept of Unity expressed in our 1st Tradition (as I believe all the Traditions do), through safeguarding against power drivers who would try to take and retain control over A.A. decisions, encouraging the quieter member to get involved and making all members responsible for group decisions.

Service work, in regards to helping with A.A. group and committee function, has been a big part of my sobriety and learning to live with myself and the world without drinking. In fact, in regards to our three legacies of Recovery, Unity and Service, it represents about one-third of the opportunity for a new foundation for living offered in Alcoholics Anonymous. I must admit that my motivation for participation early on, like when I volunteered to be my group's Intergroup Rep in my second year, had a lot more with wanting to be popular and important than helping serve the structure that keeps us united and enables us to best reaching the still suffering alcoholic. What I received instead was an education in laying aside my own ego and agenda and serving the best of the whole. Not an easy task. It is one thing to share our experience, strength and hope in a helpful manner during a meeting and quite another to maneuver differences of opinion over money, procedures, and other group business. The alcoholic ego and impatience are quickly revealed in their true maturity or lack of in this setting. It is here that I got to learn and practice how to interact with others in ways that were of great benefit in the world beyond A.A.'s door. I learned that through the sometimes frustrating process of coming as best we can to a common agreement, allowing all voices

to be heard, that the voice of something greater than the sum of the parts is heard – the group conscience. Service positions are educating and connect to the greater whole of A.A. and it can be tempting for many of us to take several positions at once, diluting our ability to serve one position best and denying opportunities to other members. We may even want to go so far as to join more than one group as voting members and hold group positions in all of them. Our literature speaks to this idea through collective experience:

"Traditionally, most A.A. members through the years have found it important to belong to one group which they call 'Home Group'. This is the group where they accept responsibilities and try to sustain friendships. And although all A.A. members are usually welcome at all groups and feel at home at any of these meetings, the concept of the 'Home Group' has still remained the strongest bond between the A.A. member and the Fellowship." (from The A.A. Service Manual). With membership comes the right to vote upon issues that might affect the group and might also affect A.A. as a whole—a process that forms the very cornerstone of A.A.'s service structure. As with all group-conscience matters, each A.A. member has one vote; and this, ideally, is voiced through the home group."

- "The A.A. Group" pamphlet page 15

Of course, we have no rules and no enforcers. These gentle guidelines came from A.A.'s early trials and errors and diligent efforts to find a way to survive together. I for one have had my challenges and made many a mistake on my path, but have come to greatly value, respect and uphold the group conscience even when I don't agree with it!

Sean C., Kihei

# 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: \_\_\_\_\_

# PRAASA 2017

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