



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

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This, too, is service to AA!

**Next Issue of the Mynah Bird will be published
for the June 3rd Committee Meeting**

**DEADLINE TO SUBMIT YOUR ARTICLE
Saturday May 28, 2017**

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)

June 3, 2017

Committee Meeting
Waikiki District #10

August 2017

Budget Assembly
West Hawaii District #8

October 2017

Committee Meeting
Windward District #4

November 2017

Assembly (Optional)
Hilo Hamakua District #7

January 2018

Inventory Assembly
No Ka Oi District #5

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Would you like to increase your skill set? Ready to advance your learning curve? Best yet, would you like to be of service to Area 17?

There is an opening for an Alternate Webmaster. There will be almost a two-year training period with the possibility of becoming Webmaster for the next panel. There is no need to be a member of the Website committee, just a willingness to learn and be of service. Contact me at webmaster@area17aa.org

Val V. - Webmaster

Heard at a Meeting

“My Higher Power resides in the space between my thoughts and my actions.”

The Captain is Flying the Plane

Leaning back in my seat, this plane is lifting me up through the clouds. The brown hills of California are receding, and my memories of the 50th Pacific Region Service Assembly of Alcoholics Anonymous are starting to come alive. I'm flying sober on my way back to Maui.

What a beautiful feeling, to fly sober- to feel free from the bondage of fear and dread and my selfish demands that things should be different and better than they actually are. Flying today is peaceful and easy. How did I ever get here from the hellish way I was living sixteen years ago?

I remember a flight at the end of last century that was a nightmare. I had lost my wallet in a two-week pub-crawl in Ireland. Coming out of a blackout, I realized I had my passport and tickets, and no money. I had to scheme and lie to get myself out of my hotel without paying my bill, and somehow, with a horrific hangover, hitch a ride to Dublin airport for the long flight home. Shaking and demoralized, I spent twelve hours thinking about my pitiful life, chained like a prisoner to alcohol. Today I am flying free and feeling hopeful and thinking about how I can contribute to life.

What happened?

What happened was Step Three. The journey out of hell toward heaven is a great gift in Alcoholics Anonymous. The path to get there involves walking the Twelve Steps. I have been able to walk AA's path slowly, and looking back, my freedom began when I arrived at Step Three.

As a hopeless alcoholic in early sobriety, I was willing to pray and do the things you suggested to me. When it came to Step Three, you said, "Just open the door, here's a key." And the key was making a decision to surrender my self-will. It started when I agreed to talk about the Third Step with my sponsor. We read from the Big Book together.

"This is the how and why of it. We had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal, we are His agents."(P.62)

My sponsor and I had some long, often hysterical discussions about the self-centered alcoholic who plays God, trying to arrange the show so that it suits her, and getting upset when the other actors don't play their roles as she demanded. Painful to admit, that was me. I was exhausted from playing God and

being angry with my fellows. I was sold on the idea of a peaceful life where I was an "agent" and a Higher Power was the "Director." I didn't know what to expect, but I was willing to make a decision to stop playing God. That was the start of Step Three. But this was only a decision. I had to do some honest writing to really understand the freedom available to me in Step Three. So I wrote. I wrote a lot about the consequences of my actions from playing God. I discovered I was frequently in conflict with my co-workers, my friends and my family when they didn't cooperate with my self-centered plans. I was angry when I had to compromise my plans to suit others. I admitted I had taken hostages instead of building healthy relationships. And worst of all, I was utterly miserable in my life.

Writing about Step Three and how I had been playing God helped me discover that I was on a treadmill of "self-will run riot," only I didn't think so. I had been trying to run the world on my stubborn self-will for a long time. I was exhausted, angry and living in a prison of selfishness. When I shared my honest writing with my sponsor, she laughed, and I laughed and I got my first taste of AA freedom. I had begun to laugh at my own willful, demanding alcoholic behavior.

One of the treasures in AA happens when we commit to doing Step Three, and we meet with our sponsors to say the Third Step prayer. My first sponsor was an older lady and she had suffered from a stroke. She shocked me when she put down her cane and struggled to get to the floor and get on her knees. She called me over to her.

I held her hand and knelt down beside her. We read the Third Step prayer together from page 63 in the Big Book. I closed my eyes and felt my sponsor sitting there. When I opened my eyes, I wasn't sure if anything had happened. But I had felt moved by the prayer, and how she had gotten down on the floor. I had made a decision and she assured me that that was enough. The rest would come through the rest of the Steps, especially Step Eleven which I could practice a day at a time.

The Big Book is very clear about the payoff that happens when we make a decision to trust God and let go of controlling the whole world. Newcomers are encouraged to jump in and give Step Three a try, because here is what happens as a result:

"Established on such a footing, we became less and

less interested in ourselves, our little plans and designs. More and more, we became interested in what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully... we began to lose our fear of today, tomorrow or the hereafter. We were reborn." (P. 63)

And so the process of Step Three has helped me to be reborn. I have a new Employer and a more peaceful life today. When I get selfed-up, I pause and say the prayer again, especially the part that says, "Relieve me of the bondage of self that I may better do Thy will." It gives me a feeling of

My PRAASA Experience

Aloha everyone, I was told before the event to have my own experience at PRASSA, and that is what my report is to you, my experience.

I'm not under the belief that 20% of the people in AA do all of the work. I AM of the belief that all of the people in AA are doing just what they're supposed to be doing at any given moment, whether that's making coffee, being a greeter, answering a hotline call, or being at a meeting as a power of example for the person just needing some recovery time for an hour, the list goes on and on. However, if that saying were at all true, then the 20% were in that conference center all at one time over the weekend. The energy was something I've never experienced before. It wasn't like an Alano club in Florida, GSO or Intergroup offices in New York, or even a State convention on Oahu. It had its own unique color and feel... I loved it, and like a good alcoholic, I want more of it.

The first day had orientation, hearing from our Pacific Regional Trustee Joel C. who moderated the entire weekend. We were fortunate to have him at the orientation assembly on Maui in January for those who were able to make it. It also had former and present Delegates giving two minute presentations.

At PRAASA, they use the light system similar to our assemblies for timing purposes. When the light turns yellow, better finish soon because it's going to turn red, and everyone will start clapping, signaling a loving end.

There were breaks in between, for a cup of coffee and a smoke outside, some conversation with friends, and with those I've never met. As a matter of fact, I'm going to try and get up to Alaska this summer and go fishing with a DCM who travels 80

freedom. It is like flying in a plane with a trustworthy Captain. I get to lean back in my seat and enjoy the flight. And flying with God as my pilot has been a wonderful adventure. Thank you, Step Three!

I have never had it so good.

Betsy B.

minutes each way for a district meeting once a month. Also, there's a GSR in that district who gets in his boat for a half hour and takes his car for another hour just to attend the same meeting. Talk about a commitment to recovery huh?

The night ended with a 2 1/2 hour roundtable event, similar to our assembly format. I was at the DCM roundtable with about 75 others from our region. Topics were discussed and solutions were shared. Saturday began very early for breakfast with Jim at the Waffle Shop in Downtown Sacramento, or at least that's where I where I think we were! Then off to the conference center with a full agenda ahead. There were topics such as "taking our inventory"... "are all members, groups, and areas treated equally in the conference process"... "when do I speak up in my home group, and when is it appropriate to practice restraint of pen and tongue"... gotta mention that everyone got a good laugh when the speaker for that topic gave an example of a situation where it certainly would've been a better move to practice the restraint of the pen and tongue part!

There was another presentation by Joel C regarding his trustees report, and a short PRAASA business meeting. Interesting enough, PRAASA is very much in the spirit of AA in that the whole body in attendance forms the group conscience... Very similar to our District 6 group today...

What followed after a banquet dinner with a group of GSR's from California, and our friend Hilly, (a lively bunch indeed), was another of my favorite events of the weekend, Greg T our current GSO manager. He brought back the memories of early AA recovery in the bottom of a church basement,

for me: in a Long Island beachfront community, and for him: in New Jersey, a meeting started by Bill W.

After a break it was back to the DCM roundtables, with more topics being discussed and solutions shared by many. I must say that the DCM roundtables could've been scheduled for the whole weekend, and I would've been ok with that, they were fascinating to me personally.

I sat with my Alaska friend and a few other DCM's from Hawaii area.

Sunday morning breakfast with Jim again at the Waffle Shop, and back to the conference center. I

My Moment

Aloha all, I spent a chilly weekend in Sacramento, CA at the 50th Annual Pacific Region Alcoholics Anonymous Service Assembly also known as PRAASA. This was my 6th PRAASA but the last one I attended was in Hawaii in 2011. I felt it was time to attend again and am grateful that I did. Seeing people from the different islands of our state which doesn't happen but 3-4 times per year and meeting the many people from the Pacific Region who loves General Service was wonderful.

As the Hawaii Area Mynah Bird Committee Chair, our Area newsletter, I focused on listening to all that was said. Waiting for that MOMENT when tears flow and my heart tells me "Now I know why I am here".

That Moment came at the Delegates presentation on Friday afternoon. It was when Jane G., the

Listening

PRAASA provides all participants the opportunity to experience the best support for our future—listening. I am not talking about transactional listening. That's the type of listening I do when I am simply watching your mouth move while I wait for my turn to talk. Or, when I am grateful that you want to talk so I can pretend I am listening. I am referring to listening that provides me with a spiritual experience, a transformational rearrangement of my thinking through the emotion of compassion.

For me, the message of Alcoholics Anonymous is that I have had an unexplained and profound rearrangement of thoughts, attitudes, and beliefs that was evidenced by my desire to stop drinking. The spiritual experience happened to me; I didn't do it. The initial rearrangement was a gift. I was driven

had been told that Sunday morning was a "highlight" of the weekend whereas some former Trustees were to share their experience for 7 minutes each...and I must say that my expectations were met fully.

In closing, I'd like to express my sincere gratitude for allowing me to serve all of you, and the AA population on Kauai, and for sending me to the 50th annual PRAASA in California as your DCM.

In Love and service,

Steve Q

DCM District 6 Kauai

Delegate from San Diego/Imperial, made her presentation on "Listening". With her permission, her presentation follows.

We didn't have the chance to meet personally but I tried the entire weekend looking for her to ask permission to publish her presentation. I'd like to thank Margaret A. for helping me get in contact with Jane. Another gentleman I met from the Area also helped.

Another MOMENT came when I was asked to be a Service Sponsor. It is such an honor to be asked and again tears flowed and my heart tells me "Now I know why I am here".

I am looking forward to attending next year's PRAASA where if I do spiritual listen I will have more MOMENTS.

In love and service,
Clifford S.

into the Steps when, in sobriety, I experienced the absolute insanity of ego that is alcoholism. My spiritual awakening was that in order to have any hope of staying sober, I needed to expand my spiritual development by working in all three of our legacies.

I know we have all experienced spiritual transformations while listening even if they were only momentary. They can occur unexpectedly in any meeting; but they are truly necessary for us in service meetings as we work to achieve Unity. These occurrences in listening elicit a miraculous response of compassion that was extremely rare for me as someone who is self-centered in the extreme. One way it regularly occurs is in the moments I identify with a friend who confesses an embarrassing moment that occurred while blinded

by her ego. I find myself laughing with her out of the gratitude I am not alone in my emotional immaturity. Another way is when I am listening to someone who, in the middle of her share, gets so overwhelmed by pain that she cannot continue speaking. When this happens in a meeting, most of the listeners respectfully wait for the speaker's emotion to subside. The ability for all to patiently endure the excruciating moment is done through compassion. The experience of compassion changes me.

These sudden and profound alterations in my thinking through listening are abundantly available in service. Ideally, our collective conscience is all about listening to all available information in order to arrive at the best answer for all concerned. Our decisions are only as good as the emotional and spiritual wellbeing of our collective of decision

makers. I cannot bring into the decision-making process something I haven't got. I cannot, on my own will, remember to ask for my ego to be set aside for a long-enough period of time in order to sense what is best for all concerned. I am responsible to stay engaged in an ego-smashing process in order to remain spiritually available. I am responsible for my personal practice of all the principles in our way of life. AA's set of spiritual principles are not unique. What makes us unique is how our society functions to extend our hand to those who still suffer. We are self-supporting through our own contributions and we are self-sustaining through the leadership of our members. Our leaders listen to the issues affecting AA and point us toward Unity by responding in compassion. Jane G., Delegate, San Diego/Imperial Area

What Do I like about my Home Group?

My home group is Maui Sunset at Waipuilani Park. This was the first meeting I ever attended, and I am a regular since that fateful day when God guided me to A.A.

When I looked at the meeting schedule, I was attracted to the fact that this was held outside next to the ocean. Nature has always been a facet of my higher power so I found the setting appealing.

The members were friendly, and I recall listening to a woman share who was 7 months sober. Wow! That sounded like such a long time...and if she could do it, perhaps I could, too.

I also like the fact that Maui Sunset has meetings 7 days a week. I needed that then, and now. No matter what life challenges me with, I can attend a meeting, and 99.99% of the time, I hear just what I need to give me strength to carry on.

There is a lot of sobriety at Maui Sunset, and to have brothers and sisters share their experience, strength and hope helped this surrendered alcoholic build a program.

Last but not least the valuable contribution of our visitors who keep our meetings fresh and interesting are why I keep coming back. I love Maui Sunset and love the service I can provide to the group, its members, and other A.A. groups I have also come to love. Aloha – Pam

Panel 5: Taking Our Inventory

Topic: Are all members, groups, and areas treated equally in the Conference process?

Presenter: Bob H., Hawaii Area 17 – Panel 67

Delegate

Aloha kakou! That means aloha, welcome and love to us all. My name is Bob H. and I am an alcoholic. I am truly honored to serve as the Hawaii Area 17, Panel 67 Delegate. I say again, aloha kakou.

The topic I was asked to present on is, "Are all members, groups, and areas treated equally in the Conference process?"

My first thought when I saw the topic was a defensive, "Yes, of course they are!" My second thought was, "I haven't been to a conference yet,

how the heck should I know?" Then I thought I should try to break down the question and understand it a bit more completely.

I think we all know the Conference process isn't just the annual week-long event held in New York. It's our members, our groups, our districts, our areas, communicating their conscience through our delegates, our trustees, and our conference committee system to act "as the actual voice and effective conscience of our whole Society". It is a

process, and for the most part, a well-documented one.

I work as a decision support analyst in the health field and deal with a lot of different processes for gathering and acting on information. It's been my experience that there are at least three different places in which these processes can break down. And what would unequal treatment be but a breakdown in our process? A process intended to insure, in the words of Bill W., "...that all of us – AA as a whole – are now entirely ready to take over the full guardianship of the AA Traditions that guarantee our unity in time to come, and also to take complete charge of those world services which are the means by which we function as an entire Fellowship..."

The first way things can break down is simple, it's the documented process itself; the plan of how to do the things we do, the code behind the program. To this we can ask, is some part of our plan currently flawed enough to create inequality in action? Please note, I'm not suggesting this was done intentionally, times change and what worked yesterday may become a hindrance today. We learn as time goes on and hopefully we act to make things better. Truthfully, some parts of our current plan appear to be out of step with our goals.

I opened with a greeting in Hawaiian, a very simple one. Most of you probably know the word "aloha." But I added the word "kakou." Simply put, it modifies the word "aloha" to be inclusive of a group. To you as an individual I say aloha. To you as a group I say aloha kakou. What's my point? Without translating that bit of information, you might be in the dark about my complete meaning. I am excluding some of you from understanding the full meaning of my words.

And yes, our documented process, our plan, currently treats some of our members, groups, and areas unequally. Our background material is not fully translated which means some, probably many, of our members, groups, and areas, do not have access to the full meaning, they understand "aloha," but perhaps not "kakou."

How do I know this? First, I am sitting on the Policy and Admissions Committee this panel and we'll be looking at translation plans for our background material. Further, to research this topic, I reread our compendium of the AA General Service Conference Inventory which lists the problem of translation as a recognized opportunity

for growth in our Conference process. There are many more such opportunities in that inventory document and if you haven't read it, what better time?

The second area where inequality can enter the system is physical, in my case, geography. I live on the island of Oahu and because of this, members, groups, and districts on Oahu currently have a lot of access to our delegate. They can easily meet me face to face and tell me how they feel. Yes, our assemblies and committee meetings are the place we "officially inform our delegate," but they certainly aren't the only places opinions are offered. I attended a meeting two weeks ago where the topic was "Safety in AA" and the sharing was as eloquent and informative as any I've heard during an assembly. But I attended that meeting on Oahu, not Molokai.

Our other islands do not have the same access. It's not a fault of our plan, it's simply a physical reality. It's harder for some of our members and groups to have access to our Conference process than it is for others. I can't speak for you, but I'm sure each of you, looking honestly at how your area functions, will find something that, no matter how hard we may try, keeps some members and groups from participating as fully as others. Will technology overcome these challenges? Perhaps. We'd certainly like to think so. But clearly those solutions will bring their own set of challenges, their own set of inequalities.

The third area, is, well...us. The human factor. Any process which includes humans in the loop is going to face human challenges. During my research discussions, I learned that there are areas that have experienced on-going trouble in attracting members to General Service. And, as I'm sure we have all experienced at some level in our service journeys, when we don't have the bodies, the work doesn't always get done, or done to the degree we might prefer. When the work doesn't get done, it may mean that some members, some groups, do not get the full opportunity to participate in our Conference process.

Concept Two reminds us that, "The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs." Tradition Two reminds that there's no problem we can't face squarely, in unity, if we allow our Higher Power to work through our

informed group conscience. Can we be truly unified if we do not have full equality in participation, at least from those who choose to participate? For that to happen, equality in informing our groups is of paramount importance, and so is being able to listen to them. The recent General Service Inventory is a great start in identifying areas where we can improve, where we can make sure that all members, groups, and

(Prelude) The Road to PRAASA 2017

By Deborah S.

It's 11:05 pm (PST) and a little while after landing in Sacramento, and I can't rent a car that I prepaid for because my credit card was declined. The salesperson won't take another credit card because the prepaid contract requires the same card number. She won't take my cash because they don't accept cash payments. Yikes!

The long end of it and most embarrassing to say the least, I asked "our" friend for help; she rents a car for the night and we head out to our hotels/motels'. Of course it all ends well. We return the rental in the morning, I forfeit my 3 day prepaid rental, I accept a new rental contract, and I still have my sanity and serenity. Whew! *Thanks my AA Friend you were a lifesaver!*

My Experience at PRAASA

This year I volunteered at the Pacific Region Alcoholics Anonymous Assembly. My task was to share on the topic "**Supporting A Safe Environment for our Fellowship- What Can My Homegroup do?**" I was honored to share on the topic. To convey the message was somewhat a challenge because we incorporated translation simultaneously while I delivered my presentation. Nonetheless the message was carried. And I believe it was well received.

[Friday night] I attended the DCM round table. The most popular topic of discussion based on the volley between Q & A and comments and points of views was the need for "us" to bridge the gap with Young People's Meetings - in our region. What I heard is that YPAA does not feel a part of AA but rather apart from the fellowship. Our Singleness of Purpose is "foreign", not understood, and no longer relevant because today "no one is just an alcoholic" in YPAA. Their experience is different. It sounded like the rest of the fellowship is responsible for the disconnect between the Young people and the

areas are treated equally in our Conference process. "This we owe to AA's Future; to place our common welfare first; to keep our Fellowship united. For on AA unity depend our lives, and the lives of those to come."

Mahalo. A hui hou kakou malama pono.

[Note for translators and interpreters, "Mahalo. A hui hou kakou malama pono." means "Thank you. Take care until we meet again."]

Fellowship of AA. I am interested in how we can bridge this gap. We all matter - Young timer or long timer. No one from Hawaii chimed in on the exhaustive topic, but that's not to assume we don't have the need here. Do we? I am interested in hearing from our young people.

[Saturday night] I attended the Recording Secretary Round table. Most appropriate because I am your Area Secretary. On the US Mainland (Pacific Region) the Areas are huge, they need alternate secretaries and in other areas more than one secretary; every secretary with different tasks.

[Motions] Most the areas present at the roundtable keep a "book of motions" and are archived apart from the minutes. [Recording] It has been suggested having two backup recorders instead of one because in some areas minutes are written verbatim. I sensed being the secretary in other Areas of the Pacific Region stressful. Despite my thoughts there remained a 'constant' - carrying the (business) message to all the circles of service to help in keeping us informed. My take-away is that we do what we must to inform our Area's fellowship. Stress no stress, one secretary or two or three secretaries, three recorders or no recorder. We go the distance together to share A.A. business as an Area, District and Group all the way down to GSO. We do it because we believe we are responsible to so and has much to do with keeping us united. .

[Old Friends New Friends] Every year I look forward to seeing familiar faces from the last years' PRAASA. But this year I wanted so much to reconnect with people who attended the Pacific Regional Forum. Oh and I did (reconnect). I felt more connected than ever; another link PRAASA and Regional Forum. The camaraderie in our fellowship is so Awesome! I'm so happy to belong. I am so happy that we have opportunities to reconnect with each other throughout the year.

Events like Assemblies, Forums, State and International Conventions, Conferences, Workshops etc... I like being surrounded by the fellowship at

Service

I never really got the whole triangle thing until I got into General Service. It was just all about me and not drinking.....In fact, I never ever heard the "We" in our steps! Even when I read How it Works! My first service position was Intergroup rep, then co-chair for Intergroup which was a learning experience to say the least. However, it allowed me to be the Intergroup liaison to District 5 and at my first meeting, knew I wanted to be part of that level of service. I was part of their inventory and was so impressed with everyone's honesty, sincerity, willing to be thorough and ask the tough questions, and only wanting the best for AA.

My next service position was secretary to a new group, soon to be my home group. Being secretary included making coffee and I was a nervous wreck about that....my only experience making coffee with one of those big pot was burning it! I burned the coffee at my son's high school biggest function. My group members were easy to please; they drank the coffee.

I was asked to be the 1st GSR for the 2nd year of that panel. Oh my! The business meetings were so awful... old guys with long time sobriety but not general service experience... or interest in it. There would be no traveling; assemblies were a waste of money to the group!

My usual MO would be to quit but TED, this wonderful man with 50 years and LOTS of general service, after every meeting, would praise me. I didn't know what a service sponsor wasbut Ted did and acted as one for me.

District and Area helped pay for me to go to an assembly and what an experience it was! It's actually kind of a blur still except for saying the Responsibility pledge with 100 people, where we say "When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible." I was filled with an overwhelming desire to really make a difference,

these events. We're all talking the same language from the heart and wanting to transmit what we have.

To make sure I could do my little part to ensure AA WOULD always be there.....

District was so fun. Workshops, Dinner theaters, committees - like-minded people wanting to do the work. I met my best Maui AA friends in general service.

I even went to the International Convention in San Antonio, meeting former best friends and drinking buddies from Michigan, North Carolina, and Phoenix, now sober members of Alcoholics Anonymous. Saying the Lords Prayer with 60,000 drunks was one of the moving experiences of my life.

Then a couple years later, another new group formed- The Saturday Morning Meditation meeting. It became my home group and I was GSR for ANOTHER 2nd year.

This panel had so much Maui participation. Now my sponsees got involved, we did homestays, we traveled to the Forum, bonded with other districts. We were seriously smitten with the general service bug.

So now a new panel has started and I am once more involved. I get to represent our Area as chair of the standing committee Public Information. I am learning as quickly as I can all that this encompasses and will report to you again soon!!! Right now, there are a bunch of us from two districts that are busy getting out meeting schedules and literature to the public, to the hospitals, making sure the libraries have books, getting PSA's into the newspapers.

I have a service sponsor who helps me. We have an awesome DCM that inspires and motivates us. We work as a team and love each other!

What's Love got to do with it??? As Joel, our Regional Trustee said at PRAASA a few weeks ago...."EVERYTHING."

Mare L

Heard at PRAASA

Am I responsible or apathetic?
 Anonymity was the safeguard that gave us the courage to walk through the doors of AA.
 Birthdays – Celebrating birthdays on social media, is that appropriate?
 Belong – I truly belong in Alcoholics Anonymous.
 Conversations – Have conversations that pull us together instead of apart.
 Diversity – Who is not in the rooms of AA?
 Everyone deserves access to this program.
 Focus on carrying the message.
 Grapevine/ La Viña is used by committees and is a 12th step tool.
 Humility is grateful. Pride is lonely without reward.
 If you are asking your group to contribute, it must know how the money is to be used.
 Imply – Do I imply membership requirements other than the desire to stay sober?
 Improve communication tools and increase understanding of how the 7th tradition is used.
 Included – What makes me feel included is people not talking about my age.
 Journey – my journey in AA started behind the walls. I wrote letters and they read my letters. I wrote more and they wrote back.
 Just a Drunk – I'm just a drunk, regardless if what else I am.
 Keep an open mind.
 Lack of knowledge could be one of our greatest challenges.
 My home group – Does it communicate all three legacies?
 Newcomer is rightly concerned with what she/he has to do to stay sober.
 Our common welfare – Safety in AA for you, me, the long timer, the newcomer, wet drunk, dry drunk, anyone who has a desire to stop drinking.
 Participation – When I make time for AA, spirituality and recovery flow easily.
 Quit complaining and offer up a solution.
 Right direction for groups and AA as a whole – I stopped trying to control things so much and started to trust the process.

Ruin relations and *poof* there goes unity.
 Share the experience that you had, whatever it might be.
 Service Structure - A set of guidelines for what AA would be with the world at large. It was generated by pleas for help.
 Technology can be a great tool as long as we stay true to tradition 12.
 Translations give us language equality.
 Traditions are a guide for me and for my home group, and tell us how to function in our society.
 Traditions protect AA from me.
 Tolerance expresses itself in many ways.
 Understanding – The more understanding we have, the less fear we have.
 Unique- Forums are unique opportunity to share and exchange valuable information.
 Viability – Service insures the viability of our meetings and our home groups.
 Voice – We can voice concerns at Regional, Special and Local Forums
 What is best for all concerned?
 We are all important and our fellowship has to serve all of us.
 World Wide- AA is a World Wide Fellowship that I am a part of and play a small part in.
 eXclude a group because they break traditions? That is impossible, traditions are suggestions... really good suggestions.
 eXpress your needs, stay in the group, be part of the group conscience.
 eXperience-Take your experience and enthusiasm back with you and pass in along so the alcoholic suffering in the dark might find a light and a way out.
 Young people are the “new timers.”
 YPAAS- How do we bridge the gap between YPAAs and AA as a whole?
 You hit bottom when you put the shovel down, not when you reach a certain age.
 ZZZZZZ – Keep an open mind, and if you want to, go take a nap.
 Coleen A.
 Area 17 Alternate Delegate, Panel 67

GROUP HISTORY FORM

When completed, please return to:
archivist@area17aa.org and 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: _____

Long-Timers Interview
****Suggested 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.

When completed, please return to:

archivist@area17aa.org, archives@area17aa.org

Informing Our Delegate

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

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