



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

P67 Issue #7 January 2018



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.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!

IT'S NOT TOO LATE!

PRAASA 2018

March 2-4, 2018

Sparks, NV 89431

See Registration Form

**Next Issue of the Mynah Bird will be published
for the February 24th Committee Meeting**

**DEADLINE TO SUBMIT YOUR ARTICLE
Saturday February 17, 2018**

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)

February 24, 2018

Committee Meeting
Waianae District #17

April 7 & 8, 2018

Inform the Delegate Assembly
Diamond Head District #1

May 19, 2018

Committee Meeting
Puna District #12

August 25 & 26, 2018

Budget Assembly
Hilo/Hamakua District #7

October 20 & 21, 2018

Election Assembly
Central North Shore District #9

Table of Contents

Fifteen Months into Sobriety

The Molokai Crossing

Wet Delegates

Kauai District 6 Inventory

Hawaii Area 17 – 2018 Inventory Questions

PRAASA 2018 Registration Form

Group History Form

Long Timers Interview – Suggested Questions

Word Puzzle – INVENTORY

Heard at a Meeting

Group Conscience: I can't, We can!

FIFTEEN MONTHS INTO SOBRIETY

Fifteen months into sobriety, I found myself having to relocate to another state, find a new job and enroll my kids, ages 2 & 4, in school programs with after school care. I would have to find new meetings and possibly a new sponsor. To say I was terrified would be an understatement.

I immediately went to a meeting within hours of arriving in my new state. It said it was a women's meeting. It turned out to be a men's beginners meeting. Awkward to say the least...but they kindly let me sit in after hearing I had just relocated and really wanted to be around "my people".

The following weeks were a blur and flurry of activity. I was scared, financially strapped, feeling overwhelmed and my "normi" wife tried to help but for me, it was all falling short of that I felt I needed to get my feet on the ground.

I noticed a woman around my age who would come to every meeting I attended. She wore dark glasses, was extremely thin and sat through every meeting with tears on her cheeks. She sat silent and her pain was palpable. I didn't know her story but after a few weeks I came to understand she had relapsed after double digit years of sobriety. She was married and had a young daughter the same age as mine.

She saved my life.

She didn't acknowledge me, for I her. We didn't speak before, during or after meetings. She seemed so lost in her pain that I could barely breathe whenever I glanced in her direction. Her journey into relapse slowly emerged. Its tale is not new, and others will, unfortunately follow; however, her journey saved me.

I saw myself in her. I heard all the progress she had made over years of sobriety. I heard how her wife and daughter were the center of the world and how much she had done in service to AA through all her years of sobriety. Then I heard her slowly explain how, for her, it all slipped away.

Her fall into the bowels of Hell was heart wrenching. I saw her face in my mind everywhere I

went. I saw the toll the alcohol had done to her body physically and I was given a front seat at every meeting she attended as to how her mind was at that point a place of pure pain and despair.

This writing is an open letter to this brave soul. I want to say thank you from every fiber of my being. Because your courage to come back in the rooms, you allowed me the very intimate privilege of seeing where I might go myself if I picked up a drink again. You sat in meeting after meeting, your body wracked with pain and your mind in a prison of your own making. And you soldiered on.

You might have less sobriety than me at this time, but I would not have my sobriety without your relapse. Every one of us who make it to the rooms can impact another human being on their journey. Chances are we won't even know who or when we inspire someone else to stay the course.

No one wishes to relapse. Not one of us desires to ever feel the horror and demoralization that alcohol causes. Somewhere deep inside, through the pain and utter helplessness you found the courage to show up and be present. As you took each step forward back into sobriety, I found my own bearings in my new community. When things didn't go my way, I thought of your struggles.

When I didn't get what I wanted, I thought of all that you had lost through relapse. When I was near the end and thinking no one would know if I just took a few sips, your story would blast in my head. Your unbelievable strength in sharing all your demons with us in meetings was my talisman. I clung on to your progress as if it were my own.

I will be celebrating 7 years of sobriety this May. I have you to thank for years 2-7 and all the years to come, one day at a time. You don't know the life you saved was not only your own. You saved my life and in turn, you have saved the lives of my children who have had the pleasure of having a sober mom raise them all these years.

I thank you.

Anonymous/USA

THE MOLOKAI CROSSING

Molokai was my second crossing. The first one was to Lanai earlier in the year. I helped with registration on Lanai and then became merchandise chair for Molokai. I feel truly blessed to be a part of this committee and look forward to the next 2 crossings. Everyone on the committee is so devoted to providing a safe and sober place to unite the people of our islands and I am honored to be a part of that.

After many committee meetings the day was finally here. I rose at 4:30 a.m. to get ready to go. We drove up to Lahaina to Mala ramp and met the rest of the committee. The boat showed up around 7 a.m. and we loaded it with as many supplies and people as we could. The boat was going to make 2 trips and I was on the second boat. The ride was a bit bumpy but there was a lot of laughing along the way.

As we approached Molokai you can instantly see her beauty. What I remember the most is the energy and peace I felt as soon as I got off the boat on to the beach. I instantly felt peaceful and had that "at home" feeling

We piled the remaining supplies in the truck and headed to the church which would be our home for the next 2 days.

The ride there was beautiful. Molokai only has one main road, no stoplights and very few cars. We passed some houses and through the majestic town of Kaunakakai. We unloaded the trucks and set up our tents.

Myself and the registration chairperson set up the registration and merchandise table. We stayed there most of the day welcoming people. The best part of this service position is all the people we get to meet from all the islands. People were there from Oahu, Kauai, Big island, Maui and of course Molokai.

A group of people took off and went to the "raft" meeting which was out in the water by the wharf. I didn't attend this meeting but from the pictures and smiles it was a good meeting with a lot of fellowship.

Then we had a speaker meeting followed by an amazing dinner. I got to meet some wonderful women from Molokai and Oahu over dinner. The food committee works so hard dishing up some good food, desserts and snacks.

After dinner we hung out and talked story for a bit before heading out to the "hot bread" meeting. The meeting was out doors at picnic tables and hot bread was brought to our tables. My higher power truly looked out for me as I was at the table that got Cinnamon bread which was amazing. There was another great speaker and after we headed back to camp

I was very tired and headed to my tent while a group of people continued playing cards. I slept better than I had in a long time. Physically and spiritually all my needs had been met.

I woke up the next morning and went for a short run. I ran up to the wharf with its quaint pier and watched the sun come up over Maui. Then ran to town to order some of that bread to take home on Sunday.

I got back to camp, and people were up and moving. There was a meeting at 7 a.m. on the beach and breakfast was served after that.

The bus showed up at 9 to take us on our adventures.

We went to the Kalaupapa outlook with amazing views. We walked down to the phallic rock and some laughs were had. One member shared about the rock, the spiritual side of it and their beliefs about fertility.

We headed to the westside and had to stop the bus for some deer crossing the road. There were so many, and you could see them coming across the field and cross the road. They are truly beautiful to watch. The beach park was beautiful, and the waves were at least 20-foot overhead. We hung out and talked story and a few brave people played in the whitewash.

We headed up to the park for lunch and a meeting. I felt so wonderful with so many meetings and the fellowship. After the meeting we took a group photo from a drone. We formed a circle and triangle which showed our unity and love of the program.

We had a little down time before dinner. Dinner was amazing with Kalua pork, lomi-lomi salmon, rice, salad and an uncle even brought venison. We had brownies and ice cream for dessert and I was in heaven. Once again, I sat with some local women for dinner. One of the ladies had Molokai bracelets

she was giving to everyone as a gift and a thank you.

We climbed into the trucks and headed to a meeting at the treatment center. I think we had 17 people and a goat in the back of the truck. It was a great meeting and they have a wonderful sober living house.

We headed back to the campsite and had the sobriety countdown. We started with someone with 30 years and worked our way down to a Molokai man with 2 days. It was so amazing to watch all the people celebrating their time in the program with high fives around the circle.

We had another meeting, and some went off to bed after. It was a full day.

I opted to stay up and play games. I don't know when I have had more fun. We played a game called Mafia and one of the women of Molokai was there with her family. Her younger sisters and brothers were quite funny. I finally went to bed at 2:20 (yes a.m.) They continued until 3. So much laughter and love were had, and I can't wait to do it again.

Wet Delegates

The first weekend of December 2017 became a special memory for me thanks to all the great folks in the Fellowship on Maui. A few weeks before that weekend I'd gotten a note from Laura H., the Panel 66 Delegate from Alaska Area 02, that she and her husband Torvald, also a past Delegate from Alaska, that they'd be on Maui. I checked my schedule and discovered that I was free that weekend and let them know I'd love to visit. "Come on over, we'd love to see you."

For those who haven't been to PRAASA, coming up on the first weekend of March 2018 in Reno, Nevada, you should know that it's an annual time to gather, share, learn from, and break bread with friends and fellow servants from all over the Pacific Region. Laura, Torvald, and I had known each other for several years, but had become real friends over breakfast, a big one, at a diner in Spokane, Washington in 2016. We'd seen each other since then, always around A.A. service, but this was an opportunity to hang out in ways we might not otherwise get to do at big A.A. events. "I'll be there!"

Woke up early on Sunday and had a 7 a.m. meeting followed by breakfast. I took a walk with one of the kids from the night before. She showed me the water holes that are across the street from where we were staying. She told me a few stories and what life was like on Molokai. I hope to see the family in Lanai.

We got all packed up and started the good byes to our friends from the other islands. As people started departing all I heard was "see you on Lanai" and there were plenty of hugs too.

We put all the supplies in the boat and headed back to Maui. As the boat is heading out I had a chance to reflect on the weekend while looking back at Molokai's beauty. I may have left a piece of my heart on that magical island.

I am so grateful and honored to be a part of something filled with so much love, joy and laughter.

I sit here now thinking about the crossings to come. In love and service,
Michelle

Having recently returned from Boise, Idaho where I was visiting my friend Barry, also a Panel 66 Delegate, and having been shown real Idaho hospitality by the fellowship there, I was eager to introduce Laura and Torvald to our brand of A.A. Aloha on Maui.

For doing just that, I want to extend my gratitude to the Maui fellowship, especially. Thanks so much, you made our guest welcome and I know they'll cherish their memories of you for all time.

Of course, if you weren't on Maui at the time you may have missed us, so just what happened to make it so special? Let me tell you.

At an Area Committee Meeting after I'd made my decision to visit I let our Maui servants know that they'd have the then current Alaska Delegate and a past Alaska Delegate with them. Both Laura and Torvald would be happy to do anything they could and make themselves available as all of us in A.A. do on a regular basis. I suggested we do some sort of "meet and greet," nothing fancy, just a chance to talk story, gather together, and have a great time together. And sure enough, that's exactly what happened.

I remembered that on the first Saturday of the month a bunch of A.A. folk go over to Lanai on the ferry and hold a meeting. Laura and Torvald were up for it, so I suggested it might be fun to do that. I also said we were available the next day, Sunday, for whatever. After that, all I had to do was stay out of the way!

I arrived late Friday afternoon and Laura and Torvald were there to pick me up. We headed off to one my favorite meetings, Kihei Young People's Meeting. We were a bit early, so we stopped for bite to eat in Kihei first and caught up with each other. Then it was meeting time and it was a blast. The energy and devotion to service on Maui is always a blast. After indulging in a bit of gelato after the meeting, it was time to head to Lahaina where they were staying. We talked into night, though we really did need to get some rest. We needed to get up early and head to the harbor for the ferry.

Amazing. There were lots of us ready, willing, and able to head for Lanai. I'm told, though I can't say for sure, that the thirty plus folks headed over for the regular monthly meeting was, if not a record, a great turn out. Cooler, ukuleles, beach gear, and fellow A.A.s. How can you go wrong?

The ride over was uneventful. We'd worried that perhaps the weather wouldn't cooperate, but it sure did. We knew the wind might come up a bit and yes, it did later in the afternoon, but headed over it was lovely.

By the time we arrived there was quite a bit of wind and being on the beach wasn't going to work. Fortunately, it was very protected back by the campsites and since it wasn't a busy weekend, we pretty much had the place to ourselves. I go to chat with folks I didn't know well, folks I did know well, and folks I'd never met - now all friends. I know Laura and Torvald had that experience too. We broke bread with great food and then, true to our

purpose, had a great meeting of Alcoholics Anonymous, sharing not only our common problem, but more importantly, our common solution.

All too soon it was time to go. We packed up and headed back on the ferry. By now the wind really had come up and the ride back was something with windblown spray soaking the seats on the back of the ferry. It was a blast - in every way. Yes, we got wet, but no, that's not why the title of this article is *Wet Delegates*. We'll get to that.

We said good day to all our friends, new and old, and headed for a bit of a rest. That night we wandered about Lahaina, packed for the holiday tree lighting and more. We got a meal and then attended a candlelight meeting, not as delegates or guests, just regular A.A. members.

So, what about that *Wet Delegate* deal? It turns out Betsy B., our Kihei D.C.M. loves a good wet drunk meeting. You know, not a meeting on the beach near the water - no, it's one in the water, near the beach. So that's what she'd arranged.

Laura and Torvald hadn't ever done that before so they were in. I'd done this before at a Mauifest I attended so I was ready. It turned out that a lot of other folks were as well. The weather continued to cooperate, worried though we might have been in the morning, it was lovely, warm and yes, wet.

There are too many folks to thank individually for what they contributed to Laura and Torvalds's stay. All I can say is, Thanks Maui! You showed just how special the Maui A.A. fellowship is by extending your warm Aloha to our guests. We'll all be telling this story over coffee for years to come.

And that reminds me...if you are ever in Alaska, I know who to call....

Bob H.

Area 17 Hawaii

Panel 67 Delegate

District 6 Inventory Panel 67

1. What is the basic purpose of the District Committee?
The basic purpose of the District Committee is to keep in frequent touch with the groups, to learn their problems, and to find ways to contribute to their growth and well-being. Encouraging participation in General Service, by carrying information back and forth between Groups and the Area body.
2. What additional activities can we engage in to carry the message?
Events that are informative, including workshops on service, carrying the message into the schools, and how about an Alano Club? --All within the spirit of unity.
3. Considering the number of Alcoholics in our district, are we reaching enough people?
No.
4. What has District done lately to bring the AA message to the attention of professionals who can be helpful in reaching those who need of AA?
We just added a new CPC (Cooperation with the Professional Community) chairperson and he contacted a Doctor who happens to be in AA.
5. Do we try to illustrate a good cross section of AA in our message carrying?
We do try, how could improve? By encouraging greater participation from the broad cross section of members on the island.
6. Do new GSR's stick with us, or does our turnover and missed meeting seem excessive?
Well, out of 31 Groups on the island, 6 GSR's participated in this inventory.
7. How effective are we in communicating with all our groups?
Not well enough. We could try and incorporate District business in our shares. Also, when AA related announcements are offered, it's a perfect time to give 2 minutes of what District is doing.
8. Do all AA's know about District meetings and have the opportunity to attend?
Overall, the District meetings are not a very important topic at most meetings. Opportunities to attend are on an individual basis, how important is it to everyone?
9. Has enough effort been made to explain to all the value and purpose of a GSR?
Except for a GSR orientation event held in the beginning of panel 67 at the Lihue neighborhood center, probably not, and our DCM ought to consider the Service Manual for info on increasing awareness.
10. How do we encourage GSR's and group members to serve on committees?
Again, it helps to share at a meeting the benefits of General Service.
11. Are District officers picked with care and consideration?
Wouldn't it be great if we had more than one person willing to serve!
12. Do our groups carry their fair share of supporting the Area and the General Service Office (GSO)?
The Area Treasurer reported in October that 38.7% of the groups on Kauai contributed. This compares to the National average of 41.5% in 2016.
13. How well are our groups informed about what is happening in AA worldwide?
(See response to #9)
14. Are our District meetings informative and enthusiastic?
A unanimous yes by all who participated.

In summary, The Group Conscience is created in many ways. During our inventory process we addressed some principles that help us define ours here within the District 6 Committee: our basic purpose, activities we engage in to carry the message, attraction methods, community service, cross section accessibility, attendance, effective communication of information, committee membership, election procedures, financial self-support, and enthusiasm.

I feel that while there's always room for improvement, in our own process of service, and in a collective manner, we have a terrific group of colorful individuals who show up with their experience, strength and hope, sharing information about their area of service, and are striving to keep our goal simple: Carrying the message to the alcoholic who still suffers.

Hawaii Area 17 2018 Inventory Questions

1. What is the purpose of Area? Are we fulfilling that purpose?
2. Does the AA fellowship know about the value and purpose of Area's work? How effective are we with communicating with homegroups and the fellowship?
3. Is Area service attractive enough to encourage more participation from the groups in the Hawaii Area?
4. Is the Area doing enough to carry the message? Should the Area get more active?
5. Has the Area done enough to explain to the groups in the Hawaii Area the value of the 7th Tradition and its contribution to Area?
6. Is the Area making general service more attractive to the fellowship? Should the Area do more?
7. Are Area's efforts to cooperate with Intergroups, Round-Ups, Conventions, Young People (*YPAAS), AI Anon, etc. sufficient?
8. Is our Area Fellowship aware of and fully informed of our priority of spending and how that relates to our primary purpose?
9. Is the Area providing the GSRs with the proper orientation & tools to help them in their service position?
10. Are our Area Standing Committees set up and functioning in ways that are helpful for all Districts in Hawaii? Are the Standing Committees fulfilling their purpose? In what ways can the committees be more effective?
11. Are we still divided even after a vote has not gone our way? Are we supporting the group conscience? When we report back to our group do we do it in a neutral evenhanded manner or do we shade the report with our opinion?
12. As Area members, do we trust in our Higher Power, the group conscience, and our other trusted servants, or do we engage in "politicking?" How can we avoid placing personalities before principles?



March 2-4, 2018 Nugget Casino Resort

1100 Nugget Avenue
Sparks, NV 89431
1-800-648-1177

Please mention **G-PRAASA** for the group room rate
(good Wednesday through Monday)

www.PRAASA2018.com

Interpretation Provided: Español &



ASL Deadline February 1, 2018

- Requiero interpretation Español
- I require ASL
- I require other _____
- Is this your first PRAASA?
- Yes, I would like to be of service

See website to register online, and for hotel, transportation
and general information. **FREE** hotel/airport shuttle

Last Name _____

First Name _____

Street Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Name on badge _____

AA Area/Service Position Please circle

AA Al-Anon Alateen Friend

Area # _____

GSR Alt GSR DCM
DCMC Alt DCMC Alt DCM
Delegate Past Delegate Area Committee
Trustee Past Trustee AA Member

PRAASA starts Friday, March 2nd at 12:30pm and ends
Sunday, March 4th at 12:15pm.

Early bird meeting Thursday, March 1st, 7:00-8:30pm
(see program for AA meeting times).

| Event | Fee | Total |
|--|------|-------|
| Registration | \$25 | \$ |
| Scholarship donation | | \$ |
| Saturday Lunch Buffet | | |
| Including Salad, Rotisserie Chicken and Salmon | | |
| Al-Anon/Anyone | \$29 | \$ |
| Delegates/Invited | \$29 | \$ |
| Past Delegates | \$29 | \$ |
| Saturday Night Banquet (choose one) | | |
| Prime Rib | \$45 | \$ |
| Marinated Chicken | \$45 | \$ |
| Vegetarian | \$45 | \$ |
| TOTAL | | \$ |

Mail in registration Deadline Feb, 11, 2018

Make Checks Payable to PRAASA 2018, mail to:
PRAASA 2018
P.O. Box 27251
Las Vegas, NV 89126

Cardholder Name _____

Card Number _____

VISA / MC / AMEX / DISC MO YR CVV

For more information, contact: registration@PRAASA2018.com

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

INVENTORY

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

ACCOUNTABILITY
 AREA
 AUTONOMY
 COMMUNICATION
 COOPERATION
 DISTRICT
 DUTIES
 FUNCTION
 GROUP
 GUIDELINES

LIST
 MOTIVES
 PERSONAL
 PURPOSE
 REPORTING
 RESPONSIBILITY
 SACRIFICE
 SPIRITUAL
 STRUCTURE
 TRUST