



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

P67 Issue #12 October 2018



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

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

**Next Issue of the Mynah Bird will be published by the Incoming Mynah Bird Committee Chair for the January Orientation Assembly. Deadline is one week before the Assembly.**

### UPCOMING AREA ASSEMBLIES AND COMMITTEE MEETINGS for Panel 69

(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)

Orientation Assembly  
Leeward District #3  
January 12 & 13, 2019

Committee Meeting – February 2019  
Kihei District #11

Inform the Delegate Assembly – April 2019  
Tri-Isle district #13

Committee Meeting – May 2019  
Hilo/Hamakua District #7

Budget Assembly – August 2019  
Central/North Shore District #9

Committee Meeting – October 2019  
Windward District #4

Assembly (Optional) – November 2019  
Honolulu District #2

## Table of Contents

- Mahalo and Aloha Mynah Bird Committee Chair - Panel 67
- Carrying Our Message - Anonymous
- Value of Service – Anonymous
- Reminder to Get Busy - Dave S.
- Things I've Learned...mostly the hard way - Bob H.
- Do I? – Kevin M.
- Group History Form
- Long-Timers Interview
- Word Search – ELECTIONS – TRUSTED SERVANTS

### **Mahalo and Aloha from your Panel 67 Hawaii Area 17 Mynah Bird Committee Chair**

A big Mahalo and Aloha for allowing me to serve the past two years as your Mynah Bird Committee Chair. It has been a great experience working with all of you. Thank you to all who have submitted articles. It was a pleasure and I got a lot of recovery from reading the articles. It was like issues of the Grapevine – Hawaiian Style.

Thank you to Randy who did the printing, Kunane who brought the Mynah Bird's to our Committee Meetings and Assemblies, Val, our Area Webmaster, and Michelle, Maui Intergroup Manager who posted them on our websites. I thank Jim D., our Panel 65 Mynah Bird Chair for his encouragement and assistance as I grew into this position.

I am available to assist the incoming Panel 69 Mynah Bird Chair if needed, for him/her to continue to carry our message of love and service to our Alcoholics in need.

Thank you all.

In Love and Service,

Clifford S.

Panel 67 Hawaii Area 17 Mynah Bird Committee Chair

### **Carrying our Message**

After several months of deliberation, information gathering, and discussion, the voting members of Kihei District Committee passed a motion to create a brand-new committee chair position for Kihei District. While the official title is still somewhat fluid, the name “Communication with the Younger Community” is the working name for the time being. This adds it to the list of chair positions commonly found in districts across the nation, such as Communication With The Elderly, Hospitals and Institutions, and Communication with The Professional Community. A few items of note here are: 1) this is the first voting chair of its specific kind on any of the districts in Hawai'i (insofar as we know), and 2) it was fairly controversial.

Kihei district is not currently holding elections to fill the position, as the particulars of the new chair have yet to be fully worked out. A subcommittee has formed to collect input, conduct research, and participate in some brainstorming so they can provide the district's committee with a well-researched proposal on the subject. The proposal will include not only the job responsibilities and expectations of the chair, it will also include a list of the sensitivities that one must be aware of when cooperating with minors. And, as always, the opinion and knowledge of any AA member is valued. With that in mind, if you have some knowledge regarding communicating with the younger community, whether it be legal, anecdotal, or just plain inspired, please do not hesitate to email your thoughts to Kihei District at

[DCM11@area17aa.org](mailto:DCM11@area17aa.org).

While the ad hoc committee fleshes out the details of this new chair position, what is clear is that this chair was created with AA's primary purpose in mind, to carry the message of Alcoholics Anonymous to the still sick and suffering alcoholic, and to promote unity and representation amongst our wonderfully diverse fellowship.

Anonymous

### **Value of Service**

Being part of district service in AA is a privilege in so many ways, including getting to witness the birth and life of a motion. It is at moments exciting, suspenseful, and tension-ridden, while at still others it is passionate, uncomfortable (did someone say growth?), and intriguing. As any alcoholic can tell you, we are an opinionated lot, and those of us in service care quite deeply about any decision that might affect Alcoholics Anonymous. Discussing a motion can also be dull as rocks at times, but let's focus on the juicy bits. The process is fascinating for so many

reasons, not the least of which is being given the opportunity to take an idea back to one's homegroup and hear various member's opinions on the topic in question. Think you know your homegroup members? Think again! And let's not forget the *minority opinion*. Dear Higher Power, thank you for this beautiful and brilliant concept. In AA, we value hearing everyone's voice, none more so than the person who falls outside that of the popular opinion. Getting to see an issue debated, and to see sincere credit and floorspace given to the minority voice is a refreshing moment of true democracy which always makes this AA member feel proud of how we make decisions around here. Not to mention being given the opportunity to *change one's mind*. Hellooooo open-mindedness, you gorgeous, life-changing concept!!

Anonymous

### **Reminder to Get Busy**

One would think that things would become second nature in sobriety, right? I mean, that's what living our program, one day at a time, is all about. Like many things in sobriety, the joys and tribulations that come with living a sober life seem a bit contradictory. We all heard the phrase that pain is the touchstone of spiritual growth, to which, one of my sponsors used to say, "the suffering is optional".

Prior to recently moving full time on Maui, it was on one of our visits that my wife made the comment that I was the only one that could come to one of the most beautiful islands in the world and complain!

So not funny. At least not to me. I did get what she was saying and a reminder of another comment my old sponsor said to me, that I have the mind of a chronic alcoholic, left untreated, well.... I got it. Simple statements like this helped me understand the 'what and why' of working and living our A.A. program.

We loved visiting Maui and developed a plan, that allowed us to move on island, full time. I couldn't wait. I had a home group on Island, that I used to call my home group away from home. I always looked forward to seeing friends again, and the sobriety and spirituality of the Island seemed incredible!

We had been visiting for about 15 years and felt almost like a local, doing local things, establishing connections, in and out of A.A., and always looked forward to coming back. Along with a plan, and what I believe was God's time, time came that allowed us to sell our house on the mainland and get a beautiful place here on Maui. I really looked forward to, and in the process developed some really 'interesting' expectations, of living that great spiritual sober life here!

This is where my reality vs. expectations came in. My reality didn't quite match my expectations. Not that it was good or bad, just different. This was also where living and practicing our A.A. program came in.

I had heard the many stories of people moving away from their home groups, going to a different area, going to a few meetings, and found them to not be as good as their meetings. They weren't doing things the same and were put outside their comfort zone. So, as a good alcoholic, some stop going to meetings and some eventually drink again. Who would know? Nobody knows they are here. Then the insanity returns and what can one drink possibly do anyway?

I was determined NOT to be that person! As a matter of fact, the prospect of this really worried me. It was by my higher power's grace, on a house hunting visit prior to moving, I was able to go to my 'home group away from home' put it out there to the group, and reconnected. I was honest and said I would be also looking for a sponsor and get involved when we got back. I ended up with some potential sponsors and a realtor!

Ah, the problems of prosperity! After 5 weeks, 2 escrows, arranging job relocation, arranging for movers, etc., etc., we made it on island! This was it! My spiritual paradise! Reality kicked in, and things were a little different than what I had envisioned. It wasn't yet, the overwhelming spiritual experience that I expected. This group even seemed a little different! I felt like a total newcomer! UGH! Life and reality happens and I had two choices: Get busy or get drunk. I had to get busy!

I made this group my fulltime home group. I immediately got a sponsor and started meeting with him on a regular basis. Very soon, an Intergroup rep. position came open, and feeling new and somewhat unfamiliar, I didn't volunteer the first time. Right after the meeting, my new sponsor, and others in the group asked why I didn't volunteer? I replied that I felt I was a little too new to the group and wasn't sure it would be right to do so. The response from all of them, was that it would be a great way to meet others, they would get to know me, get plugged in, and have a commitment to the group. They were right. I volunteered the next morning and found that very thing. Friendship, fellowship, a developing gratitude to give back to the group, and a deeper connection for both my program and my Higher Power!

I still feel like a bit of a newcomer, but I have not thought about a drink at all. I have been able to, by the grace of God and A.A., maintain my sobriety of 9+ years. More importantly, I have a deeper gratitude for the reminder that I need to stay plugged in and active in A.A..

In other words, when I get busy, I get better, one day at a time!

I sincerely hope that little piece of feeling like a newcomer never goes away!

Dave S.

### **Things I've learned...mostly the hard way**

This will be my last article for the Mynah Bird as your Area 17 Panel 67 delegate. I want to thank you from the bottom of my heart for this opportunity to be of service. It's been, and continued to be, a fantastic journey. I could fill the rest of this article with thanks, and it wouldn't be enough...so enough. Let me tell you a few of the things I've learned during my time General Service.

I'm reminded of the book, Everything I Needed to Know I Learned in Kindergarten. Everything I needed to know I learned in Alcoholics Anonymous, and most of that I learned because of my participation in General Service. Please don't misunderstand me, this isn't the only place in A.A. or out of to learn things, it's just where I learned it.

First, and most memorable to me, is just to say thank you for kindnesses and compliments. I was taught this lesson directly at an assembly a few years back when someone complimented me on my speaking to the assembly. I probably said something like, "thanks but I'm not that good a speaker." Now here's the thing to remember, it didn't matter whether I was good or not. What mattered is that person thought so at that moment. I dismissed their judgment, really called their judgment into question. Thankfully another member who'd overheard this conversation set me straight, "you told them they didn't know what they were talking about. Go make amends."

Yep, the hard way. I've tried, and failed quite often, since that time to just say thank to you compliments and kindnesses. I learned, was taught really, that it doesn't really matter what I think about what I'm doing when someone says something it nice. It matters a lot what they are thinking.

Another lesson, one from this past week, is don't be thoughtless in communications. I think our literature says something about "restraint of tongue and pen." I've gotten a lot better at thinking about the things I say in emails, from the mic, in articles like this, and...I've come to realize I still fail in small ways. Yes, the big ones have (mostly) gone by the wayside but darn it all...I'd forgotten about text messages (and probably a lot more).

Just this last week someone asked me about the dates of an upcoming event, and I found myself writing, "I thought we just talked about that, here are the dates for the next..." See the problem. We had just talked about it. But that's no excuse for being thoughtless and hurtful, though that wasn't my intent. I wasn't trying to put the person down, I was simply thoughtlessly putting down the first thought that came to my mind. My very next text was to make amends for what I'd said. Luckily the person on the other end of that conversation was a lot healthier than I was, at least at that moment. The hard way all right.

A big one and this probably did come directly from service, is, "be lazy, just do it now." In fact, if I had any advice for our next area servants, it would probably be, just do it now. It's a lot easier to get things done right now, then put them off till five minutes before the deadline. Like this article. I know, the hard way.

There are lots of lessons like those that I've learned in service. And yes, could have learned them elsewhere, but I learned them here. Now I'm looking back at all the time I've spent in General Service and am amazed at all the cool stuff I got to do, the places I've traveled, and the friends I've made I really do have to thank you. But perhaps the most important things I'll take with me aren't those memories, but all those little lessons I've learned, that you've taught me, sometimes directly, that have made me the person I am today. Ask my friends, I'm not the same person who my homegrown allowed to serve as an Alternate GSR all those years ago. I don't know that I'm always a better person, but I do know that I can recognize when I'm not.

For that, I can't thank you enough.

Bob H.

Area 17 Panel 67 Delegate

# Do I ?

- 1 I wake up ever day with me... and I am a alcoholic, and know I will never be able to manage my life with out help, and yes im
- 2 still crazy, Say good morning HP his name is GOD! and he can handle thing that I know. my head still
- 3 screams me, me, me Selfish, SELF Sentered and Egotistical, fear of being
- 4 Judged their for I judge, God please remove from these feeling and let
- 5 thy will not mine be done (let
- 6 thy will, Not mine be done) ya
- 7 I need a meeting sit quietly and always speek if called on, that was easy thanks HP what a relief I dont
- 8 have to do it all (ego) willingness is the key now, and im not afraid to say I was
- 9 wrong and im sorry timing wes and still is everything and it not about me!
- 10 it realy feels good to say sorry that was not cool because Jekyll doesnt Hyde and the old me is still there

and today I can say I pray and say thank you God for all your help life is good, I have been trying to go to the beach as much as I can to just sit dig my feet in and look out and just breath & stop!!

I haven't had the chance to take another man thru the steps yet and when the time comes I will do just as Charley did with me, I do talk to other members and offer my experience, strength, and hope

I have a 13 year old son and he does know all about my disease and we talk every week about it so in a way he is my sponsor. I do try to practice the principles in all of my affairs and do have a lot more work at work!! lucky it progress not Perfection that no excuse it just hard! not to be me old & New still an alcoholic,

So yes I do!

KEVIN M.



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

**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](mailto:archivist@area17aa.org), [archives@area17aa.org](mailto:archives@area17aa.org)**

**ELECTIONS - TRUSTED SERVANTS**

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

ALTCHAIR  
 ALTDELEGATE  
 CHAIR  
 COMMITTEE  
 COMMUNICATE  
 DELEGATE  
 EDUCATE  
 FUN  
 LOVE  
 TREASURER  
 VOTE  
 WORK

MEDITATION  
 MINDFUL  
 PRAYER  
 REGISTRAR  
 SECRETARY  
 SERVICE  
 SPIRITUAL  
 TEACH