



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org

Committee Meeting. February 22, 2020 Waianae #17, Oahu

Inform the Delegate Assembly April 4th & 5th, 2020 No Ka Oi District #5, Maui

Committee Meeting May/June 2020 Central North Shore District #9, Oahu

Budget Assembly August 2020 Honolulu District #2, Oahu

Committee Meeting (Optional) October 2020 Puna #12, Hawaii Island

Election Assembly November 2020 Kauai #6, Kauai

Hawaii Area Committee
P.O. Box 1413
Honolulu, Hawaii 96806

Grand Central Station
P.O. Box 459
New York, NY 1016

Who should attend:

Committee Meetings: Attendance by DCMs, Area Standing Committee Chairs, and Area Officers is required. GSRs are not required to attend but strongly encouraged.

Assemblies: GSRs, DCMs, Area and District Standing Committee Chairs, Area Officers, others as necessary.

Be part of the solution, not the problem.

In this article

Service kept me sober – Maile C.

Kupuna Ohana – Tim E.

7th Tradition – Annual Hawaii Convention – Deborah S.

Mauí Gazette – Got Service

What is our responsibility – Ernest S.

The spark of a creative miracle – Linda B.

Past Delegate: First Year Report – Bob H.

A.A. Workshop, Behind these walls – Bryan A.

Fake it til' you make it – Ernest S.

Service Kept me sober.

Maile Alcoholic, XFACTAH is my Rahjahdat SERVICE ORIENTED Homegroup!! Grateful to my homegroup for teaching me to get into SERVICE, in order to STAY SOBER and help others to achieve sobriety!! early in my sobriety i heard, "GET IN SERVICE" and i listened, i watched, i learned, and i jumped in the middle of the herd.

My first SERVICE was at the Annual Hawaii Convention with less than a year of sobriety, and I've been in service to our convention every year since i got sober. There, i reached my hand out and introduced myself to many, who showed me the AA SERVICE way.

My second service position was at my homegroup. I became the LITITURE person. I carried a big container of lititure to homegroup every Monday. It taught me COMMITMENT and the IMPORTANCE of AA LITITURE by reading pamphlets. I loved it so much, that i decorated my Christmas tree with AA lititure for my 1st year of sobriety. Since than, with the SPIRIT OF ROTATION, i've been Ohana Rep, Phone Tree Person, Greeter, Secretary, Announcements, Grapevine, Coffee Maker, and I'm in route to COINS, TREASURER, INTER GROUP REP, and GSR. Sometimes QUICKLY, sometimes SLOWLY, and I'm going slowly thru all service commitments, because i have a LIFETIME TO STAY SOBER thru SERVICE.

There's a few words of wisdom i took from some WISE OLDTIMERS, they said, get INTO SERVICE to buy me time, and in time I'LL LEARN MORE about SELF and the PROGRAM, and the more I LISTEN and LEARN the more I'll have to GIVE AWAY, and always REMAIN ENTHUSIASTIC, it excites the soul of others..

BEING IN SERVICE KEEPS ME BUSY ENOUGH TO FORGET THAT RECOVERY ISN'T EASY, ITS TEACHING ME ABOUT KEEPING COMMITMENTS, MOST IMPORTANTLY IT'S ONE WAY, WE HELP OTHERS ACHIEVE SOBRIETY



Kupuna 'Ohana - Our Elder Family (Service at the Maui County Senior Fair)

The sun peeked over Haleakalā, Maui's eastern volcano creating a fiery, orange sky before giving way to a light blue Hawaiian sky. As I approached the Maui War Memorial, I lingered for a moment observing the Hawaiian names of fallen soldiers etched in stone. Beneath the name of each war over the last eighty years were so many fallen soldiers, men and women from Maui who had given their lives. I thought of the sacrifices made even before Hawaii became a state.

Through the entry way, I could see vendors preparing booths, farmers sorting various sized avocados, flowers being arranged and Hula dancers and musicians preparing in the corner. Our booth was just inside the door, a single table, with our poster entitled, "Alcohol and the Elder." While we did have at our disposal Alcoholics Anonymous pamphlets and meeting schedules, this was not what fair-goers would first see at our booth. We handed out, small, inexpensive bottles of water and candy - with and without sugar. We had a goal of honoring our anonymity but also being present in public at this senior event. The term "elder" is representative of the Hawaiian culture's respect for senior family members. In most settings we use the term "seniors" but today, in this community-wide celebration of Maui's Seniors, we spoke and thought "elder."

Our strategy was to not "promote" Alcoholics Anonymous but rather to offer a refreshment which we hoped would lead to a conversation. In the course of the conversation we could then determine if providing an AA Meeting Schedule or pamphlet was appropriate. While at first our strategy seemed overly simple, it soon became surprising the number of individuals who stopped. We distributed about fifty schedules; that's a good number of conversations!

In a number of conversations, seniors described their history with alcohol, either personally or how it affected a friend or

family member. It was striking to me how intimately they shared personal experiences as if the simple mention of the disease had cracked-open a flood-gate of memories and feelings. In most cases, we barely exchanged names, or not until the end of our conversation. In some cases, individuals described "having a problem" and "just quitting." In others, the disease had progressed unabated until the end. Some described a knowledge or understanding of recovery and AA. Almost to a person, an AA schedule was taken with the idea of "giving it to someone, I know who needs it."

In retrospect, attending a "vendor's booth" at the Senior Fair is actually all about the conversations. One older woman described a sister who could never quit and how sad the end was. Another gentleman described a brother who had "changed" after becoming a member in AA. Another pair of sisters displayed the concern they had for a nephew. It was easily apparent there is plenty of "need" in our community.

After several hours, musicians and hula dancers performed. Everyone in the War Memorial tapped their toes and swayed with the Hawaiian music. All the humans in this great hall, built to honor those who had given so much were one. My fellow AA members and I, following the music and presentations, dismantled our little booth. We had spent seven hours, on our feet, listening, conversing and looking for an opportunity to share the message. Sometimes, we simply "just listened." In other times, we shared "there is a solution." I was glad to have participated in this service commitment. I felt, that while we hadn't screamed it from the mountaintops, we had made available the AA message, quietly, respectfully, one-to-one and finally, what had worked for us. In the end, once again, it was listening to and sharing stories that brought meaning to this endeavor and indeed to that morning and our lives.

I'm reminded of the Eleventh Step Prayer: "Help me to be kind and loving to all people. Use me in the mainstream of life, God. Remove worry, remorse or morbid reflection that I may be of usefulness to others. On this summer day, on the island of Maui, in the central Pacific, we had placed ourselves on the "firing line of life" and been available to share our AA story.

Thursday night meeting - Annual Hawaii Convention.

Our 7th tradition states we are self-supporting, declining outside support. In keeping with AA's tradition of self-support, we will be passing the basket. All contributions go to support tonight's meeting.

- *Thursday evening's meeting is not an official part of the convention.*
- *There is a cost for us to be at the hotel on Thursday evening*

Deborah S.

GOT SERVICE?

If nobody was doing any service work, the Alcoholics Anonymous program would simply cease to exist. Without the service work of those who came before us, none of us would be here now!

***Service Work In Recovery**

One of the more common sayings you will hear at an Alcoholics Anonymous meeting is that, "you have to give it away in order to keep it". What this is referring to is the idea that service in recovery can help the giver as much as the receiver. This giving should not be done in the hope of a reward or praise. Instead the individual does it because they know that it is helping to keep them connected. Numerous studies have provided evidence that helping others in recovery provides great benefit to the helper.

***Service in Recovery Defined**

Service in recovery refers to work carried out for no financial reward or compensation. This may involve directly helping somebody else, or indirectly helping them by providing services. Some individuals do go on to make a career out of helping others, but this is no longer considered service if they receive payment.

***The Importance of Service in Alcoholics Anonymous**

Groups like Alcoholics Anonymous could not function without the voluntary services provided by members. All these meetings around the world are organized and maintained by volunteers. There is usually a collection at the end of each meeting, but (in the spirit of the seventh tradition) this money is used to pay for rent, coffee, donuts, literature, and other overheads. Almost every person at these meetings will provide some type of service, even if it is just sharing a bit of their story, or preparing the coffee.

***Other Types of Service in Recovery**

There is no need for the individual to be a member of a particular A.A. group in order for them to become involved in service. There are plenty of official and unofficial ways that those in recovery can help others. Such work is highly rewarding, and it can strengthen the commitment of the individual to their own recovery.

***Types of Service in Recovery**

Anything that directly or indirectly helps others in recovery could be considered service. Examples of this type of work include:

***Sponsorship—Intergroup Representative—General Service Representative—**

Volunteering to work with homeless AAs—Visiting AAs in prison—Making coffee or tea at a AA meeting—Chairing or moderating at a A.A. meeting—Giving out coins / tokens/ chips—Meeting set-up or clean-up—Welcoming newcomers to recovery meetings— Being supportive of those who are struggling in recovery—Taking an official service role within a recovery group, for example treasurer or secretary—Making time to speak to people who are obviously struggling with problems— Those individuals who do not hide their past can prove inspirational for those who are dealing with this type of problem. Providing service ensures that groups such as A.A. stay in business. If nobody volunteers their time these groups will disappear.

What is our responsibility?

On November 12, 2019 Cassandra L. of Kona Hawaii was fatally injured in a motor vehicle collision. She was a member of Alcoholics Anonymous who I met at BICYPAA (Big Island Camp of Young Peoples Alcoholics Anonymous) The driver who caused the accident was under the influence of mind altering, intoxicants, according to news reports. It is more than likely the driver will be ordered to attend A.A. meetings by the judiciary system. How would I act if this person who took the life of someone I recently met in Alcoholics Anonymous comes to a meeting I attend. It really makes me ponder, "What is my responsibility?" Cassandra was a lively, ambitious young lady and will be missed by all who knew and loved her.

RIL my friend,
Ernest S.



"Life will mean something at last. The most satisfactory years of your existence lie ahead."
-Big Book, Pg. 152

The 2020 International Convention of Alcoholics Anonymous will be held July 2–5, 2020 in Detroit, Michigan with the theme "Love and Tolerance is our Code." A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Ford Field Stadium. Other meetings, scheduled or informal, will take place throughout the weekend in the COBO Center in downtown Detroit.


We know many are excited about the International Convention and eager for detailed information. As the time gets closer, additional information about the Convention and Detroit, our host city, will be provided.

This website will be updated as more information becomes available. Also watch for articles in our quarterly news bulletin, Box 4-5-9, which is mailed to the general service representative of every group in the U.S. and Canada listed with G.S.O. and is also posted on the website.

Registration forms will be mailed in August 2019 to all G.S.R.s, central offices, intergroups and international G.S.O.s. Online registration will be available September 9, 2019, on aa.org. Advanced registration for the convention between September 9, 2019 and April 14, 2020 will be \$115.00 (USD) per attendee. Registration after April 15, 2020 will be \$140.00 (USD) per attendee.

**Cop: Do you know
why I pulled you
over?**

**Me: If you forgot
I'm not reminding
you**



**It's okay if you
don't like me.
Not everyone has
good taste.**

The Best of Big Book Dave:

January in Our History:

Jan. 24th, 1971: Bill W. moved on up to the 'Big meeting'. This date was also Lois and Bill's fifty- third wedding anniversary! Lois will live another 17 years at "Stepping Stones", their home that they purchased and named in 1941. Bills royalties of Big Book sales under the guidance of Lois established "The Stepping Stones Foundation" whose grants carry on work relating to alcoholism. Bill was working another book at the time of his death. He wanted to relate his experiences in recovery and what he had learned from others. There were a couple of chapters completed when he passed away. Bill is buried in the family plot of his hometown, East Dorset, Vermont. Lois will join him in 1988.

Jan., 3rd, 1940: Arch T. founded the first AA Group in Detroit. Dr. Bob was his sponsor. Arch's story is in the Big Book. Jan. 1940: The first AA meeting not in a home begins at the "King School" in Akron, Ohio. This is Dr. Bob's Home Group. The school is still there today.

Jan. 18th, 1943: A newspaper in Canada reports eight men meet at a Toronto restaurant called "Little Demark" to discuss the starting up of Canada's first AA Group.

Jan. 1951: The Grapevine publishes a memorial issue for Dr. Bob.

Jan. 1955: AA is brought to India by Harry M., a businessman from England who had found sobriety in New Deli.

Jan. 1956: Bill W. in Detroit, Michigan as the guest speaker said "The four basic food groups for newcomers are: coffee – chocolate – cigarettes – and vitamin C.

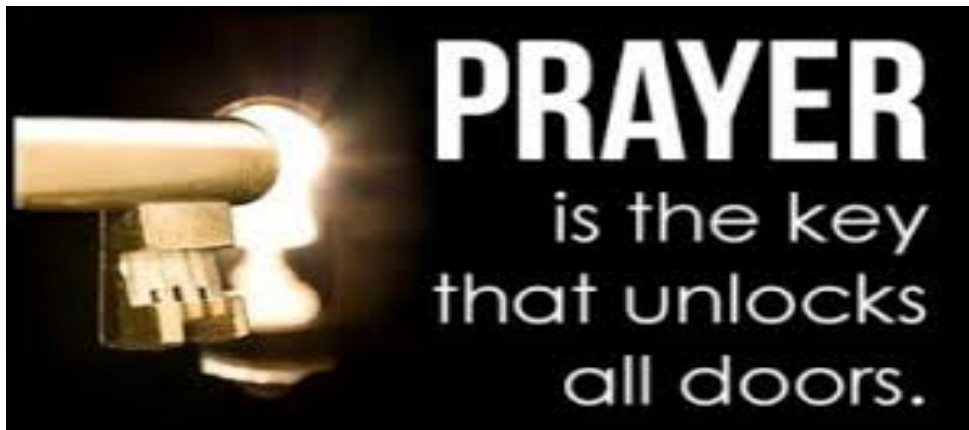
**From 'Big Book Dave', Elected Archivist, Interior Alaska
Submitted by Mathea A.**

Concept I

The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

The “**Twelve Concepts for World Service**” are an interpretation of A.A.’s world service structure. They reveal the evolution by which it has arrived in its present form, and they detail the experience and reasoning on which our operation stands today. These Concepts therefore aim to record the “why” of our service structure in such a fashion that the highly valuable experience of the

past, and the lessons we have drawn from that experience, can never be forgotten or lost....



The AA Principles and Virtues

Honesty:

Step 1. We admitted that we were powerless over alcohol - that our lives had become unmanageable. **Hope:**

Step 2. Came to believe that a power greater than ourselves could restore us to sanity.

Faith:

Step 3. Made a decision to turn our will and our lives over to the care of God as we understood him. **Courage:**

Step 4. Made a searching and fearless moral inventory of ourselves.

Integrity:

Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. **Willingness:**

Step 6. Were entirely ready to have God remove all these defects of character.

Humility

Step 7. Humbly asked Him to remove our shortcomings.

Brotherly Love:

Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all. **Justice:**

Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Perseverance:

Step 10. Continued to take personal inventory and when we were wrong promptly admitted it. **Spirituality:**

Step 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. **Service:**

Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, especially alcoholics and to practice these principles in all our affairs.



56th International Women's Conference

Indianapolis February 20-23, 2020

JW Marriott Hote
10 S West St
Indianapolis, IN 46204
317.860.5800

The Spark of the Creative Miracle

In this crucible of life our spirits are refined but the great truth for me is that this is not *my* life to be claimed anymore.

At a very crucial turning point in my life, I stopped stumbling down the road of insanity just long enough to make a decision to turn my life and will over to the care of God. Thus I found AA and sobriety.

Today it is no longer my life to use or to give away, to flaunt or to abuse, to revel in or to be proud of. This life beating inside of me belongs to God, these hands, and eyes, and voice to use. God's *timing* I have claimed to be my ally and friend. All that I encounter I ask to be used by hardships borne are only the crucible refining my spirit

God's strength and wisdom to an end of good. All disappointments, all suffering and **This is an honorable** and amazing prayer to set my heart upon, yet I fall short of it every day. So I long for wisdom in handling life's obstacles but what I have found is that on a daily basis what really gets me by are gratitude and trust. These are the practical tools, the spiritual qualities I set my attitude upon, that sustain me on the journey of staying sober.

God's will 'for me' is to be useful to others and some innate part of me resonates with this. Yet I confuse God's sort of usefulness with my own instinctual needs for love and security, for acceptance and safety, for power and greed, and a reinforcement of my own pride. **My actions and feelings** are distorted by human instinct and I have a built-in denial system that veils the distortion. The true nature of my motives is usually hiding behind the veil. **Anything really good** that has ever

happened to me, anything that has the Spark of the Creative Miracle in it, has not happened by my planning or by my power. I did not know that it was coming, it just came. It came through me not by me. It came as a *gift*. It came in a moment of receptivity that I did not control and often I did not have forewarning of its arrival. I was just willing.

This is how the power of God works in my life. This experience explains to my mind why trust is the key to living and why gratitude will keep the door to recovery from alcoholism open. **I know only a little.** But I do know that I would never have gotten sober, never be sober today, without this power, the 'Higher' Power of God, and the ignited spark of the creative miracle in the 12 Steps of Alcoholics Anonymous.

~Linda B.

Past Delegate: A First Year Report

Recently our area Mynah Bird chair, Ernest, asked me to write an article about my experience of my first year as a past delegate. Thanks, Ernest! I'd much rather hear about our current delegate's experience as a first-year delegate, but I said I'd give it a go. Naturally enough, I waited till I'd actually completed a whole year after rotation. Hence, it's pretty early on New Year's Day.

Delegates serve their areas and A.A. as a whole right up to the end of their second year when the ball drops in Times Square, and a new year is born. My rotation experience really started at the end of my second Conference, saying goodbye to the Conference members. I did that with tears in my eyes, a catch in my breath, and love in my heart. It became. It was a bittersweet moment, but one I will never forget and one I thank you, the A.A. members of Area 17, for from the bottom of my heart. I will never be able to adequately repay you for allowing me the experience of serving as our Panel 67 delegate.

The next big moment in my journey of rotation was the elections assembly when I was able to welcome my good friend Coleen as our Panel 69 delegate. Unlike my goodbyes at the Conference, my sense of joy at the election topped it all. I love our elections assembly, and welcoming a new delegate-elect, something I'd been, is a fantastic experience.

And then the clock struck midnight, and I was our immediate past delegate. Whew!

Before our first Panel 67 Orientation Assembly, way back in 2017, I had the opportunity to spend some time with our then Pacific Regional Trustee Joel. I recall asking him directly whether delegates had any trouble when they rotated. He gave me some great advice from his experience.

He told me that if I treated this service position like any other service position in A.A., one that embraces the spirit of rotation, I'd have no trouble. If, on the other hand, I made being the delegate part of who I thought I was, in other words, let my ego get in the way, I'd be sure to have a hard time of it. More on how it turned out in a bit, but first...

The other advice I was given came from another past delegate, the late Don A., Panel 53. Working on our 2011 PRAASA committee homegroup, he would always say that homegroup Grapevine rep was the best job for a past delegate. I didn't become a Grapevine rep, but I kept it simple.

I decided early on that I was going to make a pretty clean break with area service in 2019. I'd stay out of everyone's hair. I did attend our 2018 Orientation Assembly and went to Maui for the Inform the Delegate Assembly, though. I was on the mainland for the Budget Assembly and didn't go to any Area Committee meetings.

What, besides a couple of area service weekends, did I do?

It turns out I was pretty busy. I had the opportunity to facilitate an A.A. Comes of Age study group for most of the year, taking it over from another past delegate, Elizabeth M., Panel 59. That has been an enjoyable experience. I'd read the book before, but never with a group and now, having had the experience of attending Conference, the book took on new meaning. This year, based on that experience, I've been asked to lead a Big Book study, so we'll see how that goes.

I may have kept my nose out of Area 17 business, but I did manage to attend the CNCA Area 06 Summer Assembly. I was in the area on one of my summer bicycle trips and the timing was perfect for a visit. Other areas do things a bit differently, but you'd recognize it as an Area Assembly in a heartbeat. It was good fun, and I ended up being asked to write an article for the Marin County Intergroup. I can't find a link for it online, but I'd be happy to share it with you if you ask.

The Spirit of Rotation caught up with me in another area of my life as well. For the last eight years, I'd volunteered at the Honolulu Salvation Army ARC, leading a step study "class" every Monday. Because of all my travel over the summer, it was only appropriate to find a replacement and...well...it then it seemed only fitting to pass the job along. There are lots of opportunities to serve coming up in 2020, and I look forward to jumping in with both feet. Now that my "first-year" is over, I expect I'll be seen

at more Area events that in 2019 and I look forward to sitting in the back of the room and being "shushed." Just in case you didn't know, this is precisely how it works in other areas too. The past delegates sit in the back of the room, and everyone keeps reminding them to be quiet.

I don't know if I can attend all three significant events on the mainland this year. There's PRAASA in Tucson, the

International in Detroit, and the Pacific Regional Forum in Las Vegas. I can, however, pretty much guarantee I'll be at two of them...Detroit for sure - hope to see you there.

Thanks again for the opportunity to serve as your Panel 67 delegate, I have no words to express my gratitude. But now? Go listen to your current Panel 69 delegate, she's got lots to share and is doing a great job sharing it.

Yours in love and service,

Bob H.

Panel 67 Immediate Past Delegate

REMEMBER THAT THE
REASON YOU'RE
DOING THIS IS TO
MAKE YOUR LIFE
BETTER



Chapter 2

'There is a Solution'

Page 25, fourth edition

'The great fact is just this, and nothing less. That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous He has commenced to accomplish those things for us which we could never do by ourselves.'

PREAMBLE

The primary purpose of Hawaii Area Committee of Alcoholics Anonymous is service. Service, as defined in the A.A. Service Manual, is "...anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself...to A.A.'s General Service Office for national and international action." (page S1 The Hawaii Area Committee of Alcoholics Anonymous should encourage all of Hawaii's A.A. Groups to participate in the business of the Area and its efforts to support A.A. General Service Office (G.S.O.) and A.A. World Services (A.A.W.S.). The Hawaii Area Committee of Alcoholics Anonymous is a service body that adheres to the principles of the 12 Traditions and 12 Concepts of A.A.

The following is from the A.A. Service Manual, Concept 12 (page 62). Some of the text was adapted to reflect a relationship between the Hawaii Area Committee of Alcoholics Anonymous and this particular concept.

In all its proceedings, the Hawaii Area Assembly of Alcoholics Anonymous shall observe the spirit of the A.A. Tradition, taking great care that the Assembly never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Assembly Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Assembly action be personally punitive or an incitement to public controversy; that though the Hawaii Assembly may act for the service of Alcoholics Anonymous, it shall never perform acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Hawaii Area Assembly Committee itself will always remain democratic in thought and action.

November 17, 2019.

AA workshop

Beyond These Walls

Carrying the message to treatment and corrections facilities

Co-sponsored by Windward District and Area 17 Hawaii

Section 1: Speakers

Speaker #1 Elizabeth--shared her experience of taking A meetings to Federal prison. Key points included that you don't have to have been in prison to carry the message, that you need a background check, and that cooperation with facilities is important.

Speaker #2 Brian--shared experience of bringing meetings to prisons both in California and in Hawaii. Clearance is needed. Being off probation or parole is required, attending training and being sober is also necessary.

Section 2: Roundtables

Question: As a sponsor, how do I work with an Alcoholic in treatment or corrections facilities?

Notes: Be flexible with times because of their restrictions and get started on the Big Book.

Question: What message is most important to carry into treatment and corrections facilities?

Notes: --A message of Hope

--Hope and Reality

--Bridge the Gap Program--Message of equality--Alcoholism is no respecter of any Race, color, creed, profession, Age.

--This is what I did to change my life--worked the steps, got a sponsor and followed directions.

--There is a way out.

Question: What are proper protocols for carrying the message into corrections facilities and treatment centers?

Notes:--How does Hlppa affect the ability ot carry the message in

--Attire, colors, professional, appropriate, no jewelry, covered shoes

--Sobriety, character letter

--4 hour trainign

--state/fed may be different

--whatever the institution says

--sticking to the primary purpose of the meeting.

Question: Panels or Meetings: which is better?

Notes: --Outside Panels, Inside Meetings

--Panels give more interaction, informational what AA does, not personal stories.

--Meeting--recovery focused

--Depends on what the facilities want

--There is no better but need to be clear as to what the facility wants
--When transitioning out, panel information on what AA/where/why did I need AA/How to connect with AA
Question: How do we present and keep our traditions? For example, how do we separate AA/NA issues?
Notes:--Find out what kind of facility you are visiting
--ARC--both nonprofit customer based program
--Specify 12 step program
--Secretary be inclusive yet focal point on primary 12 step program
--Read the 12 traditions even though we don't do 7th
--Focus on message
--1. Clearly identify where I'm coming from, 2. Let be know what fellowships exist, 3. Stick to message of recover in AA
Question: How do we create more opportunities to carry the message into Treatment and Corrections facilities?

Notes:--Encourage people that they are doing great service
--Be trustworthy--if you say you are going to go, go!
--Take sponsees
--Have seminars/workshops
--Do a group challenge within district
--Look for noe IOPs (Intensive Out Patient)
--Reach out to professionals with IOPs, Welfare system requirements/listings
Question: Safety issues in corrections facilities.
Notes:Follow procedures outlined by facility
Question: What is the process and training required to bring meetings into corrections facilities?
Notes:--State: 2 days training 4 hours for clearance. No physical contact, no phone, abide by the written rules C.O. Rules. Only designated areas
--Federal: Go to orientation, background check, wait for approval

Question: what are the differences between federal and state corrections facilities?

Notes:--Funding Source, Laws violated, govt. Supervision
--State prisons tend to have higher proportion of violent crimes and offenders
--Federal prisons tend to have large populations and white collar criminals such as fraudsters and tax evaders

Question: Who can come to meetings in treatment centers?

Notes:--client safety is 1st, Liability 2nd
--It's a controlled residential environment so must be cleared
--some are closed
--ATS speaker allowed to bring guest

--selective approval process by facility and/or secretary -- Up to the facility

Question: What are the different issues between public and private treatment centers? Notes: Access, funding

Question: Safety issues in treatment centers.

Notes:- Guide on what to do and not
One issue is bringing drugs into meetings,

Section 3: Literature

Reviewed "AA in Treatment Settings" and "A Message to Correction Professionals"

Section 4: Panel

Panel Members: Pat, Bill, Bob, Jesse

Panel Members briefly shared their experience with carrying the message into facilities, then took questions from the audience.

Notable moments and suggestions:

Some inmates view going to AA as part of their punishment which is why carrying the message inside is helpful so inmates are exposed to AA before coming out.

Having a good rapport with facilities is the most important thing. Some meetings that suddenly get cancelled by the facility may be saved with a letter or followup visit. Ask How can I be of service?

Flexibility may be necessary.

Keeping track of what facilities have meetings is a moving target. Facility contacts change. A regular (monthly? quarterly?) meeting of AA members to coordinate may be helpful.

Suggestion of an island coordinator to facilitate communication with Area chairs and standing committees.

Suggestion of bringing panels instead of meetings to treatment centers where meetings have been cancelled or blocked. Panels can be informational or made up of members with time sharing their story of long-term sobriety.

Suggestion to create a master list of treatment centers including the contacts for AA members bringing in meetings/panels and current status of centers' attitudes toward AA involvement in their programs.

Problem: Number of volunteers to carry message is low. Burnout is common among current volunteers.

Suggestion: Every island is different. Let Oahu work on improving its outreach.

Next Steps: Committee (all welcome and invited) will meet on January 24 to take next steps. A smaller group will meet for a planning meeting to set agenda on a date in December TBA

Fake it til' you make it?

When I first got sober, I heard the term “Fake it til' you make it.” I didn't really understand what it meant and so I asked about it and was told, “to act as if you know what you're doing and eventually it will kick in.” It kinda made sense, but when I heard we lost Amanda S. to this disease, it made me think, no way! Not Amanda, she was always smiling. Whenever I saw her, I'd say “Howz'it Amanda, how you doing? And she'd reply with a big smile, saying “I'm great! How are you?” I couldn't see that she was struggling with alcohol. I saw Amanda in service, involved in the fellowship, living life through her facebook postings. This disease is cunning, baffling and powerful. SO PLEASE!!! If you're having a hard time, PLEASE ask for help. I don't agree with that term “Fake it til' you make it.”

**RIL my friend,
Ernest**



PRAASA 2020



The Westin La Paloma Resort - Tucson Arizona

This oasis is no mirage. The Westin La Paloma Resort & Spa is a AAA Four-Diamond hotel in the middle of the Sonoran Desert. With staggering views of the Santa Catalina Mountains, activate your sense of adventure with a stroll through Sabino Canyon. Our resort balances activity with leisure, offering dynamic work spaces at our full-service business center and five outdoor pools with cabanas, chaise lounge chairs and shimmering waterfalls.

****IMPORTANT**** You can only reserve rooms for Thursday, Friday and Saturday nights.

This is a temporary issue.

Contact info@praasa.org if you need other room nights.

Hotel Reservations:

\$195/night + taxes & fees (rate is good March 2 – March 11).

Reserve by 5pm on February 11, 2020 to guarantee rate.





MARCH 6 - 8, 2020

WESTIN LA PALOMA RESORT

3800 E. SUNRISE DRIVE, TUCSON, ARIZONA 85718

\$195/night + taxes & fees (rate is good March 2 – March 11).
Reserve by 5pm on February 11, 2020 to guarantee rate.
TO RESERVE YOUR ROOM VISIT: <https://bit.ly/2H7MCGy>

53RD PACIFIC REGION ALCOHOLICS ANONYMOUS SERVICE ASSEMBLY

The purpose of PRAASA is to:

- Develop greater unity among the members, groups, and Areas of the Pacific Region,
- Encourage the exchange of ideas and experiences,
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.

The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

PLEASE CHECK BOX(ES)	FEE
<input type="checkbox"/> Registration	\$25.00
<input type="checkbox"/> Scholarship Donation	\$
<input type="checkbox"/> Friday Dinner – Pasta Buffet	\$45.00
<input type="checkbox"/> Saturday Lunch (All are welcome) featuring an AI-Anon Speaker	\$35.00
<input type="checkbox"/> Saturday Banquet Dinner (circle one) Flat Iron Steak OR Salmon	\$55.00
<input type="checkbox"/> Saturday Ice Cream Social	\$10.00
<input type="checkbox"/> Delegates Only Lunch (Saturday)	\$35.00
<input type="checkbox"/> Past Delegates Only Lunch (Saturday)	\$35.00
TOTAL ENCLOSED: \$	

Mail in Registration Deadline: February 17.

Make Checks Payable to “PRAASA 2020” and Mail to: PRAASA 2020, Box 1414, Green Valley, AZ 85622

PRAASA starts Friday, March 6th at 12:30pm and ends Sunday, March 8th at 12:15pm. Early bird meeting: Thursday, March 5th at 7:30pm (see program for AA & AI-Anon meetings). Young People (YPAA) Program Friday & Saturday nights.

- AA
- AI-Anon
- Alateen
- Friend

This is my first PRAASA!

AREA # _____

SERVICE POSITION (circle one): AA Member; YPAA; Intergroup; GSR; Alt. GSR; DCM; Alt. DCM; DCMC; Alt. DCMC; District Committee; Area Committee; Delegate; Alt. Delegate; Past Delegate; Trustee; Past Trustee: Other _____

First Name _____
 Last Name _____
 Name on Badge _____
 Street Address _____
 City _____ State _____
 Zip _____ Phone _____
 Email _____

Interpretation Provided: Español & ASL
MUST BE RESERVED BY FEBRUARY 7, 2020

- Requiero interpretation Español
- I require ASL I require other _____

Accessibility Needs:

- Hearing Impaired Onsite Mobility Assistance
- Dietary Restrictions _____

For online registration, hotel reservations, to volunteer, and for general information visit www.PRAASA.org

The Pacific Region Alcoholics Anonymous Service Assembly

The Pacific Region Alcoholics Anonymous Service Assembly is an annual assembly hosted by one of the 15 areas in the Pacific Region of Alcoholics Anonymous each year and it therefore moves around the region.

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- Encourage the exchange of ideas and experiences.
- Provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous.
- The Assembly and the PRAASA Committee should always foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.
- PRAASA 2020 starts Friday, March 6th at 12:30pm and ends Sunday, March 8th, 12:15 pm. Early bird meeting: Thursday, March 5th at 7:30pm. Young People (YPAA) Program Friday & Saturday nights.

A FEW RESOLUTIONS FOR 2020

TO BE OF MAXIMUM SERVICE TO THE NEXT SUFFERING ALCOHOLIC WHO WALKS THROUGH OUR DOORS.

DCM 13 - JUBEE B.

LIVE WELL TODAY... TO MAKE EVERY YESTERDAY A MEMORY OF HAPPINESS AND EVERY TOMORROW A VISION OF HOPE.

ARCHIVES - LISA B

TO NOT TAKE MYSELF SO DAMN SERIOUSLY...

CORRECTIONS - SEAN C.

TO REMIND MYSELF THAT IN ORDER TO CARE FOR OTHERS, I MUST FIRST TAKE CARE OF MYSELF.

WEBMASTER - VALERIE V.

"MAKE EVERY YESTERDAY, DREAMS OF HAPPINESS AND EVERY TOMORROW VISIONS OF HOPE."

MYNAH BIRD - ERNEST S.

The 1st step:

The first step of anything is a beginning, so the first step of the Alcoholics Anonymous 12 steps is the beginning of your recovery process. It's actually really exciting, because it's the first day of a new life. This is where the healing starts.

Doing the 12 steps is also referred to as "working" the steps, because it requires willingness, effort and action. It is said the 12 steps of AA is compared to markers put out lovingly on a path by those

who preceded us, to direct us on our *journey*. The journey can seem daunting from the perspective of a person at the beginning but fortunately all we are asked to do is to take one step at a time.



Letting Go of Old Ideas 12 Step Workshop

Starts: Wednesday, January 29th, 2019 Location: Keolahau Church (KMS room) Date: Wednesdays, for 16 weeks Time: 5:15 pm

Bring: Big Book, Spiral Notebook, Pen, and a willingness to share at group level in a general way.

This is a group workshop... please remember anonymity is the spiritual principle of all our traditions.

Questions call Colin H.

Funny Kine!!!



An Irish drunk staggered down the main street of the town. Somehow, he managed to make it up the stairs to a cathedral and into the entrance, where he crashed from pew to pew, finally making his way to a side aisle and into a confessional. A priest had observed all this, and figured the



fellow needed some help, so he entered his side of the confessional. After the priest sat there in deathly silence, he finally asked, "May I help you, my son?" "I dunno," the drunk said from behind the partition. "You got any paper on your side?"

A Rabbi and a Priest get into a car accident and it's a bad one. Both cars are totally demolished, but, amazingly, neither of the clerics is hurt. After they crawl out of their cars, the rabbi sees the priest's collar and says, "So you're a priest. I'm a rabbi. Just look at our cars. There's nothing left, but we are unhurt. This must be a sign from God. God must have meant that we should meet and be friends and live together in peace the rest of our days." The Priest replies, "I agree with you completely. This must be a sign from God." The Rabbi continues, "And look at this. Here's another miracle. My car is completely demolished but this bottle of Morgen David wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune." Then he hands the bottle to the priest. The priest agrees, takes a few big swigs, and hands the bottle back to the rabbi. The rabbi takes the bottle, immediately puts the cap on, and hands it back to the priest. The Priest asks, "Aren't you having any?" The Rabbi replies, "No...I think I'll wait for the police."

PRAASA

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

ASPECTS
EVENT
GROUPS
OPPORTUNITY
PRAASA
REGION
TUCSON
YPAA

ASSEMBLY
EXPERIENCE
LEGACIES
PACIFIC
PRESENTATION
REGISTRATION
UNITY

DEVELOP
FRIENDS
MARCH
PERTINENT
PROGRAM
SERVICE
WEEKEND

*PRAASA stands for:
"Pacific Region Alcoholics Anonymous Service Assembly"*