



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER



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

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

**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**  
New York, NY 1016  
**P.O. Box 459**

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.

*“God grant me the serenity to accept the things, I cannot change, courage to change the things, I can, and the wisdom to know the difference.”*



**Q:** What is the Mynah Bird?

**A:** The Mynah Bird is the Hawaii Area Newsletter. A newsletter to inform Hawaii members of Alcoholics Anonymous of what we do at these assemblies/committee meetings. Where these assemblies/committee meetings are being held and what we are discussing at these assemblies/committee meeting. The Mynah Bird also contains stories of members experience, strength and hope in recovering from alcohol as well a general service work in alcoholics anonymous. The Mynah Bird is for those who may not have access to online services. If you would like to submit a story, please send to: [mynahbird@area17aa.org](mailto:mynahbird@area17aa.org)

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## **\*Blessings in Recovery\***

I don't know about you, but I sure have had lots of opportunity for growth lately!

When I have gone to Costco to buy food, waiting in that long line that snaked around the building and the parking lot. As I sit for hours a day pressing the refresh button on my computer, hoping that I can get through to the unemployment website. In the evening when I get frustrated, that the movie I am streaming runs slow. Feeling angry that the farmers market I so enjoy is not open for me to spend an hour at on Saturdays. When I went to start my truck, but it had a dead battery. After a call to AAA, 3 hours and \$144 later I was able to finish what I started. When the craving for my favorite restaurant hits, but they're closed indefinitely. Let's not forget all the time I see people not following the rules. Ignoring social distancing measures, not wearing masks, still meeting in groups, etc.

Then I remember, how lucky I am to be able to shop at a store that has everything I might want, at an affordable price. What a gift to have a computer, right in my home. A safe, clean home where I am able to lay my head at night and rest. Many people still do not have this basic need. The ability to file for unemployment because I work legally and pay taxes, therefore I am eligible for such insurance. That little computer also provides me with on-demand entertainment. I have thousands of options of movies, shows, music, documentaries that I can watch any time I want. To be able to take a small drive and purchase local, organic, fresh food grown here on island is truly a gift. The farmers have made boxes available for pick up or will even deliver to your home! Having a vehicle at all, not having to walk or take the bus! Purchasing roadside assistance ahead of time and the ability to get my truck running with one phone call. Having the money to be able to purchase the new battery needed. Using this opportunity to cook healthy, clean, less expensive meals in my home. I have found a new joy in making my own food and lots of new recipes too. When I see people doing all the things that I used to do it reminds me to have love and tolerance. 'There but for the grace of God go I' comes to mind.

I am eternally grateful that I have a program that shows me how to be part of the SOLUTION, not the problem. My grandmother liked to say, "life is what you make it honey". Today I get to choose my actions and behavior, no matter what life throws at me. Each time I look on the bright side and count my blessings I am opening up to the light. By starting each day with writing in my gratitude journal, I am retraining my brain.

Realizing the reality of the situation at hand; life is not happening to me. I am getting to experience life, with all its joys and wonders. What a gift, that many people have lost recently. I am here, I am alive, I am healthy!

Working my program and the steps with my sponsor has taught me to think this way. It has also shown me to ask myself; what can I do today to help another alcoholic? I can share my daily readings with someone who does not have access to the literature right now. I'm able to call and check in on older members, many who do not have a smart phone or computer. Offering to make trips to the grocery store or pharmacy for them. Maintaining a commitment at a meeting on Zoom. Welcoming newcomers and remembering their names. Offering my phone number to other women in the program. That was what kept me coming back in early sobriety. It's my responsibility to share what was so freely given to me.

I am so grateful for this extra time to work on my relationship and conscious connection with my Higher Power. I begin each day with:

"God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!" \*

Some of us are sicker than others, so I say next:

"My Creator, I am now willing that you should have all of me good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding." \*\*

In gratitude I wish you all warm aloha and blessings of peace today.

CAM, Kihei, Hi

*\*\*Third step prayer, page 63 Big Book of Alcoholics Anonymous*

*\*\* Seventh step prayer, page 76 Big Book of Alcoholics Anonymous*

“Our Hawaii Area 17 Inform the Delegate Assembly held Saturday May 2nd on the Zoom platform was a success! Area did an amazing job hosting and our very own Tommy did a fabulous job chairing the meeting.

*Having a resentment is like drinking poison and expecting the other person to die.*

---From Kauai’s May newsletter---

## A.A. Activities

**3rd Annual Kauai Women  
Retreat**  
August 14, 2020 thru August 16



**Camp Naue @ Haena**  
\$85 Registration until 7/15/2020  
<https://www.kauaiwomensretreat.org/>

## HICYPAA CONFERENCE

October 2, 2020 - October 4, 2020  
Hilton Garden Inn



\$40 Registration Fee, Rooms for 4 \$189 - \$229 night  
email: [hicypaa2020@gmail.com](mailto:hicypaa2020@gmail.com)  
or call Hotline at 245-6677 for more information

## GRAPEVINE and La Viña



**Here to Help!**

WE ARE GIVING EVERYONE **FREE ACCESS**  
to all 2020 Grapevine and La Viña issues. (The audio to Grapevine’s stories also will be available, so people can listen to the stories if they like.)

## AA Meetings Now What?



**We Are Using the Zoom  
Meeting App**  
**Every Meeting has A Code**

All online meetings for Kauai are listed at [www.kauaiaa.org](http://www.kauaiaa.org) click “online meetings”. If you need assistance with the technology or help starting an online meeting call the AA Hotline at 245-6677, and ask for the phone # of our DCM Janice M. She has volunteered her help and says, “Setting up the technology is much easier than you might think.”

## Zoom Meeting Hacks

Tips for Zoom users:

**CAUTION!** If you're holding virtual meetings, check your settings. Trolls have been Zoombombing public meetings by sharing their screen and playing disturbing, pornographic, or violent content.

A few simple settings changes will prevent this.

Change screen sharing to “Host Only.”

Disable “Join Before Host” so people can’t cause trouble before you arrive.

Enabling “Co-Host” so you can assign others to help moderate.

Disable “File Transfer” so there’s no digital virus sharing.

Disable “Allow Removed Participants to Rejoin” so booted attendees can’t slip back in.

“Admitted to God, to ourselves and to another human, being the exact nature of our wrongs.”



The Best of Big Book Dave:

May in Our History:

**May 1939:** In A.A.'s beginning the first "Intergroup" was called the "Central Committee" in Cleveland, Ohio. This was 4 years after our co-founders first met; a committee of 7, including Dr. Bob was meeting once a month to 'coordinate' efforts regarding sponsorship and hospitalizations. Dr. Bob was not only a supporter, but an active participant of this committee.

**May 1943:** The second Intergroup office opens in Columbus, Ohio. In May 1944 Los Angeles opens their office. A.A. was not easy to find but selected groups of priests, ministers and judges in the early days had the Intergroup's phone numbers. These numbers were not listed anywhere else! Before the first General Service Conference was held in New York, April 1951, 16 Intergroups were serving local groups. Today there are over 1800 of these offices in North America!

**May 20<sup>th</sup>, 1908:** The Birth date of Sybil Maxwell; Born: Sybil Doris Adams in Simmons, Texas. She will become the first woman west of the Mississippi to sober up in A.A. and stay sober.

**May 1932:** Rowland H. visits with Dr. Carl Jung in Zurich, Switzerland for one year to 'cure' his alcoholism. Dr. Jung finally told Rowland there was no medical or psychological hope for an alcoholic of his type, except perhaps a spiritual conversion. Rowland returned to the U.S. and joins 'The Oxford Group.' This is considered by most historians as the first link in a chain of events that led to the founding of Alcoholics Anonymous.

**May 12<sup>th</sup>, 1935:** Bill W. goes to Akron, Ohio on a business trip that fails, where he will meet Dr. Bob for the first time. Because of this meeting most archivists believe that the birth of A.A. took place one month later.

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

 OUR THANKS to B.B. Dave & Mathea A.



**12 Concepts for World Service**

by Bill W.

The Twelve Concepts for World Service were written by A.A.'s co-founder Bill W. and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience.

**Concept V**

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

**GRAPEVINE** Quotes of the Day

April 2, 2020

"As I carried the Fourth Step into the next directional action, the Fifth ... I began to gain by pain, to win by losing, to get control by letting go of control. And good feelings poured in from all sides. I discovered how many words that I had been fond of using were actually traps, setting off negative thinking -- 'If only...', 'You always...', 'never,' 'forever,' 'If you would only...', and so on. I dug in and tried desperately to change word habits, to share time instead of spending it."

Pompano Beach, Florida, June 1978, "It Takes What It Takes," Step By Step

**"Sometimes we need to place love ahead of in-discriminate 'factual honesty.' We cannot, under the guise of 'perfect honesty,' cruelly and unnecessarily hurt others. Always one must ask, 'what is the best and most loving thing I can do?' "**

**As Bill Sees It, pg. 172**



***The 59th  
Annual  
Hawaii  
Convention***  
**"Keys of the  
Kingdom"**

***Marriott Waikiki  
Beach Resort & Spa***  
***October 29 - November 1,  
2020***

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**The 2020 International Convention  
scheduled for July 2-5, 2020 in Detroit, Michigan,  
has been cancelled.**



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**Frequently Asked Questions About the  
Cancellation Process for the 2020 International  
Convention**

***Q: Will my registration be refunded?***

**A:** Yes, registration fees will be refunded in full within 6 weeks. The \$5 cancellation fee will not be charged. We ask in advance for your patience and anticipate that it will take at least 6 weeks from April 6 for all refunds to be processed. Our goal is to complete all refunds by or before May 11, 2020. Please note that no action is required on your part.

**Credit Cards:** If you paid with a credit card, that card will be credited directly. If you no longer have the credit card used during registration, you will be refunded by check.

**Checks/Money Orders:** If you paid with a check or money order, a refund check will be processed and mailed to your address.

If you canceled your registration and were charged the \$5 cancellation fee, the charge will be refunded to you.

***Q. How can I contribute my 2020 International Convention registration fee to the General Service Board of Alcoholics Anonymous?***

**A.** Many members have contacted us to ask if they can contribute their 2020 International Convention registration fee to the General Service Board of Alcoholics Anonymous for the U.S. and Canada, and a process is now in place for A.A. members who would like to do so. To proceed with a contribution, please fill out this [form](#) by April 19, 2020. Contribution requests received after that date cannot be processed. A.A. members outside of the U.S. and Canada are encouraged to consider contributing to the A.A. service structure in their country.

A.A. members wishing to contribute to their local A.A. Central/Intergroup Office, district or area please contact them directly for information on how to contribute to local A.A. entities.

***Q: Will my hotel reservation be canceled and deposit refunded?***

**A:** Yes, your reservation will be canceled by the Housing Bureau and you will receive a confirmation of the cancellation. If the hotel has charged their deposit, you should receive a refund of the full deposit by April 30, 2020. If you do not receive your refund by April 30, 2020, please contact the hotel directly. Their phone number is listed on your hotel confirmation email. If you need additional support, please email [2020ichousing@sxsw.com](mailto:2020ichousing@sxsw.com) or call 1-512-872-2159. If you booked your hotel room on your own and not through the 2020 International Convention housing bureau, South by South West (SXSW), please contact your hotel directly to cancel your reservation. Refunds will be subject to hotel policy.

***Q: What about my airfare?***

**A:** Please contact your airline carrier about canceling your ticket.

***Q: I rented a scooter or wheelchair, will that reservation be canceled and refunded?***

**A:** Yes, your reservation will be canceled and refunded within 8-10 weeks.

***Q: I signed up to be a volunteer. Do I need to do anything about the shifts I signed up for?***

**A:** No, all shifts will be canceled.

***Q: Were all 2020 International Convention ancillary events slated to take place in Detroit canceled?***

**A:** All events scheduled as part of the agenda of the International Convention have been canceled including the Al-Anon portion of the International Convention and the Thursday evening Party in the Plaza.

***Q: What happens to the souvenir book I purchased?***

**A:** The souvenir books planned for the 2020 International Convention will not be printed at this time and all advance purchases will be refunded in full. The books will be considered for publication at a later date.”

***Q: What happens to the subscription I purchased?***

**A:** If you purchased a subscription while registering, the subscription has been processed and you should already be receiving *Grapevine* or *La Viña* magazine.

Aloha Hawaii Area 17 AA

Kathi, our Pacific Region Trustee sent the delegates an update on contributions and to the AA World Services Office. Here is her update:

Last week the Trustees Finance Committee approved and recommended to The General Service Board a draw down, of up to \$3,000,000 from the reserve fund to cover salaries, rent and other expenses. On Thursday the GSB voted unanimously in favor of this. Contributions and Literature sales are way down due to the fallout of Covid-19. For March, Literature sales were budgeted at \$1.2 million and had closer to 200,000. Contributions were budgeted at around \$800,000 and we ended up with around \$380,000. This takes the reserve fund from 9.4 months to 7.2 months. Please pass on the information that contributions are

needed. I know many groups have just started to set up 7th Tradition contribution plans in their online meetings. The General service Office will be cutting their expenses however contributions will still be needed. Please remind the members in your areas that they can make online contributions and recurring contributions. Also encourage groups and members to purchase Carry the message GV's for those that can no longer attend meetings like those behind the walls. I appreciate you all so much and know that we will get through this with our intentional and sustained efforts. Stay safe. I love you all!

If you want to set up an online contribution, that information can be found at [aa.org](http://aa.org)

If you'd like to mail contributions the address is:

The General Service Office  
Post Office Box 459  
Grand Central Station  
New York, NY 10163-0459

What I find remarkable and noteworthy is: while our General Service Office building had to close, everyone who makes what we do via AAWS and AAGV/LV kept the "doors open" while working from home. Everyone worked to create new ways to do the work we have asked to be done. Everyone stepped up to the plate so the hand of AA could be there for us, and for all who seek help for recovery from alcoholism.

I've come to believe that financial contributions to A.A. are spiritual in nature and a form of gratitude. If a member is having financial difficulties during this time, we are able to express gratitude in other ways.

Stay well, and thank you in advance for sharing this information with GSRs, meetings and members,

Coleen A.  
Area 17 Hawaii  
Panel 69 Delegate  
Conference Agenda Committee





Please direct all  
communications to:  
P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

“These are the facts of our history that show the need at all times for a safe reserve fund in the Foundation. This is the money that guarantees the operation of A.A.’s world services, rain or shine.”

—*The Language of the Heart*, page 139  
May 12, 2020

Dear Conference members,

With so much happening over these past few weeks – including intense preparations for the 70th General Service Conference, committee meetings, board meetings, and other ongoing work in the office (in a virtual/telework environment) – the landscape across our organization seems to change every day.

Among these shifts have been the realities of our own financial situation. It’s no secret that businesses and organizations from every sector have felt the economic impacts of this global health crisis, and we are no different. As a result, due to steep declines over the past two months in revenue from group contributions and literature sales, management and the boards have increased our focus on costs and expenses of office operations.

To that end, on April 22, the General Service Office made a request to the Trustees’ Finance and Budgetary Committee and its chair, Leslie Backus, for an emergency drawdown of \$3 million from the Reserve Fund. This request was due to the decrease in book sales and contributions caused by the global pandemic. After a review of the cash flow analysis, the committee agreed to forward the request to the General Service Board. On Thursday, April 30, the General Service Board approved the \$3 million Reserve Fund drawdown. Over the past week the office has begun that process and will continue to access funds as they become liquid in our bank accounts.

The decision was made after reflecting upon the primary principle behind the prudent Reserve Fund that A.A. has maintained for decades: “To provide the financial resources necessary to continue the services of G.S.O. and the Grapevine in the event of emergency or disaster...” (The A.A. Service Manual, page S72). The coronavirus (COVID-19) pandemic, especially in New York City and the downstate region, is a true public health emergency. State and City regulations have restricted the operations of non-essential businesses since March. Our office at 475 Riverside Drive has been shut down to the nonprofit tenants since Friday, March 27, when we moved to 95% telework status for our employees, and there are no immediate indications of when this will change.

Further, the unexpected financial situation brought on by the public health crisis has required several layoffs or temporary furloughs of workers in roles that can no longer be covered by salary continuation. While this has been an incredibly difficult decision, our goal and responsibility is to maintain a sustainable, responsive organization to serve A.A.’s needs and requirements.

In addition to the objectives noted above, we are now focused on providing support for our General Service Conference, which will take place Saturday, May 16 to Tuesday, May 19. We will be utilizing a virtual platform to conduct Conference business, and our team has been demonstrating an “all hand’s on deck” approach to ensure that the event is successful for the Fellowship of Alcoholics Anonymous. While this is not something, we envisioned even a few months ago, I am so proud of the resiliency and incredible work

that has gone into planning. More discussion and reports on G.S.O. and AA Grapevine finances will be shared with you at the Conference.

This information and all that will be reported at the Conference are intended to be shared with the Fellowship, to keep the groups informed on Seventh Tradition funding of needed services, so that a true group conscience can be achieved in this difficult time for all.

Sincerely, in love and service,



G. Gregory Tobin General Manager

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### ***Integrity:***

Step Five: Admitted to God, to Ourselves and to another human being the exact nature of our wrongs. Like Step Four, Step Five is a call to action. It's the next step in learning to be able to call ourselves on our bullshit. It goes even further than Step Four because we don't just write down all of our issues, we own up to them in a conversation with another human being.

Step Five is important because we bury certain events or thoughts in active addiction. These negativities fester if they aren't addressed. When we use our lives become fragmented, or compartmentalized, we act out certain roles depending on who we're around. By shining a light on the darkest facets of our life we are able to live as one complete person. Step Five puts an end to the need to live double lives.

# Thoughts of the ZOOM platform.

We personally would love it if our group conscience agrees to continue the Zoom meetings. For us, these virtual meetings reflect an awareness of our responsibility and compassion for others during these uncertain times as a result of COVID-19. They reduce the risk to everyone's health and well-being. Virtual meetings also, takes the stress out of battling traffic or worrying about parking. One of us has been attending two meetings each day which is wonderful for this alcoholic. We like the format and plan to keep on attending virtual meetings.

In addition, the virtual platform allowed us to attend Area 17's Inform the Delegate Assembly and District 10's monthly meeting. Thank you to everyone who made it possible. A.A. is alive and well and continues to carry the message.

## **Patrick G. and La-Li H. GSR Happy Hour**

I have not zoomed in on any of them as it does not appeal to me. I have my Higher Power, memories of thousands of meetings attended, my sponsor and my sponsee's as well as the literature to read and refer to especially DAILY REFLECTIONS. A Book and workbook by Stephanie Covington called A WOMANS WAY THROUGH THE 12 STEPS is very helpful and thorough. I look forward to attending meetings when the ALL CLEAR is announced. The eleventh step reminds me that there is always room for improvement. Thanks again Ernest and may you continue to be in service and help us all through this very interesting and reflective time. It's the perfect time to meet with your sponsor and take the steps!

## **Nancy H.**

I love Zoom meetings. life has gotten very busy and I was missing a lot. With Zoom meetings, I can make it to more meetings, two step studies, attend my group conscience, have daily morning reading and discussion with my sponsor

and sober sisters. I just get to participate more because it's right at my fingertips and pray that we can still continue this way. And the monthly rent is about 95% cheaper than renting space. We could use all that extra finance to Alcoholics Anonymous budget.

## **Misty P.**

I think using Zoom was a learning experience on being more technically savvy. I really liked using Zoom but then a few meetings were closed unless you called or texted a person who could let you in with the password and id#, it was secretive and exclusive. I fear that some meetings would be exclusive to anyone who has a desire to stop drinking.

## **Rachel T.**

I think it would be much needed in this community of strong love for the success of the participants and to maintain accountability

## **Mariam J.**

I believe zoom is a very useful tool for A.A. but nothing beats sitting in a meeting amongst other recovering alcoholics, having a cup of coffee, and share our experience with each other. I would prefer in person meetings because of the atmosphere, the vibe and being able to personally thank the speaker for sharing is more intimate and personal. However, Zoom has proven to be useful in keeping Alcoholics sober by virtual meetings. If and when we do get back to normal, I hope we continue utilizing this technology. Zoom can be used to reach alcoholics in remote communities, in hospitals, in treatment centers, in prisons, in senior care homes and even our elder alcoholics who paved the way for us, who may not be able to attend meetings. This generation of Alcoholics Anonymous is a part of history. Zoom have kept the fire burning for all those who lit a candle for A.A.

## **Ernest S.**

I love the zoom meetings. I have actually gotten the opportunity to work with the newcomer more in this setting. I stay after the meeting to talk with them and give them my number. I'm sponsoring a newcomer that I haven't even met in person who is on fire for this thing!

Jen B.

## ***IDT Workshop held on March 15<sup>th</sup>, 2020***

On March 15 our past Delegate for Panel 63 Ken K. did a workshop for us so we would have a better understanding of the agenda items. It was offered to all in the fellowship, unfortunately it was at that time when the Pandemic Covid-19 was breaking through.

We started at 9:00 am and went to 3:00 pm. There wasn't a dull moment, I've learned so much more and now have a deeper appreciation for those in service with Alcoholics Anonymous.

We should utilize our past Delegates to work with the standing committee chairs and DCM's when issued the Agenda items at the committee meeting.

Then when GSR's receive the topics to present to their homegroup, they should meet with either their DCM or standing committee chair to get briefed on the topics. The background information provided to them will be clearer when reading the material. I believe It would benefit our delegate greatly when she reports. Anyway, that's just my take from the workshop and I hope it could be implemented in the near future. Thank you! Ken K.

**Thank you, Ernest**

**Mynah Bird Chair**

The workshop Ken K. held really helped me to be better prepared on how to present the agenda info to my Homegroup through via group text message since we couldn't meet personally for our group conscience due to the Covid19 stay home order. I was also able to answer any questions Homegroup members had pertaining to each agenda item. In addition, voting went very smoothly. Thank you, Ken K.!!!

**Ansen D.  
GSR**

## ***Seniors in Isolation***

How do I continue my service work during this crazy time?

As chair of the Cooperation with the Elder Community committee, I'm asking the committee to redirect out outreach to the "forgotten" alcoholics within our fellowship. Our friends who perhaps 30, 40 years sobriety, were maybe very active members at one time, and passed down the message for years.

Now, however, they are isolated, maybe can't remember the zoom procedure (as easy

as WE think it is), just can't get the technology to skype or face time, or even a conference call to stay connected. They don't feel safe going to the meetings that are starting to resurface, are afraid of falling, can't hear well enough, or are fragile from a recent health issue.

How can we help? Get numbers of the senior you don't see at the zoom meetings. Think of members of your home group. Who do you think might be resistant to trying technology? Call them! Or get another senior to

call them. They need, like the rest of us, conversations to share their and our recovery. Perhaps they have suffered the loss of a spouse, loss of their health, or loss of income. Just like we need to share what's going on for us, so do they. They probably are not thinking of drinking AND... maybe they are! Or maybe they just need the love and connection of the fellowship right now.

Mahalo  
**Mare  
(CEC)**

# *Grapevine Workshop*

I was so inspired after attending a virtual Grapevine Presentation 5/3 hosted by Vera F. (Oregon A58 GV Chair), that I decided to host a GV Workshop with the A17 GV committee, and write my first Mynah Bird article to share all the cool stuff I learned. At Vera's event, Jon W., senior GV editor, shared how stories, photos, and drawings are selected for the magazine, and Vera talked about using GV and La Vina in service work. Ninety participants attended the 90 minute event, including at least 10 other area GV chairs, and at least 8 people from Hawaii.

If you'd like to submit a story to the GV, here are some tips. Get right to the point. Write the way you'd share your story, using specifics and details like locations. Make it clear that you're an alcoholic and an AA member who has a drinking problem. Ask yourself if your story is inspiring. Will it touch readers' hearts? Will they be able to identify? The editors look for hopeful stories, those that offer solutions and say what finally worked, in 300-1800 words.

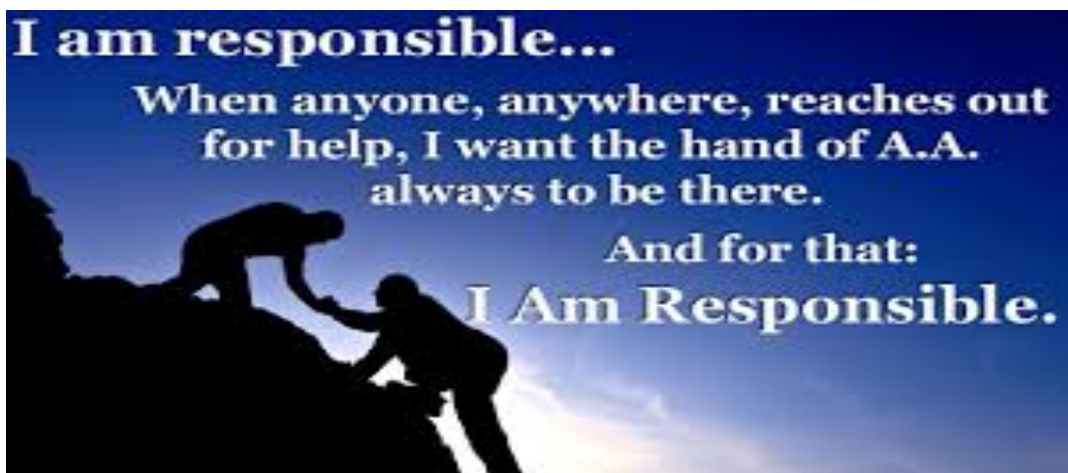
Look at the magazine for ideas. It's divided into several different sections including the "special section" featuring a particular topic (fun in sobriety, dating and relationships, young and sober, etc). The other sections are on steps and traditions, our personal (drinking) stories, rotating department (emotional sobriety, sponsorship, into action, etc.),

and jokes. There is a need for more jokes, traditions stories (showing how a particular tradition helped solve a problem), and concept stories (detailing personal experience with examples on how a concept came alive with them). See website for more guidelines. Other ways to contribute to the GV are by submitting photos, like silhouettes or ones with the eyes cut off, or illustrations and drawings.

There are dozens of ways to use the GV for service work. Here are some of them. 1) Give free magazines and gift subscriptions, which may include an informative cover letter describing the purpose of the GV. Some cities now have magazines in schools, homeless shelters, libraries, prisons, jails, and offices. Working with CPC, PI, and treatment committees can help with distribution and 12th step work. 2) Sign up for the email newsletter, quote of the day, or GV factoid of the day. 3) Sign up as a GVR (Grapevine Representative) on the website, and download the GVR Handbook. 4) Research the GV archives to learn more about topics, especially if giving a presentation. 5) Download the free 109 page GV Workbook for more ideas.

Please contact me if you'd like to get involved with the A17 Grapevine Committee, help out with the upcoming virtual workshop, or have any questions. I can't wait to hear from you!

**Julie G., A17 Grapevine and La Vina Chair**  
[Grapevine@area17aa.org](mailto:Grapevine@area17aa.org)  
617-527-8953



**(2) Two more out (7) seven response from Inventory Assembly. Two response will be added to each Mynah Bird Issue.**

**Inventory Assembly 1-25-2020**

**Inventory Questions**

**Group #3**

**Note taker Freddy**

**-Opened with serenity prayer**

**1. What is the purpose of Area? Are we fulfilling that purpose?**

A.

- -Link between district, home groups, GSO
- help suffering alcoholic
- bring vote to GSO from area
- report from delegate of GSO (both ways)

B.

- Strong link with district, DCM's are satisfied
- area overall is doing its job district can outreach more
- more support from GSR's i.e. Workshops and training
- utilize website more to share information
- improve connection area district group

**2. How effective is area 17 in its role as the conduit of information from our groups to the general service conference?**

- Preview upcoming agenda item at close of current meetings (district)
- Delegate is well informed
- fillable form of agenda items to cast a larger net for group conscience

**3. Is Area 17 informing the DCM and GSR members with useable and accurate information to share and inform their groups?**

- Yes, but more user-friendly website would be nice sometimes hard to find certain items
- vary dependent of affective DCMs and GSR's clear communication/detailed agenda items
- provide summary to report back to groups

**4. How effective is the area at making general service inclusive to home group members?**

- Expanding standing committee opportunities to home groups
- yes, rotating meetings assemblies ADA friendly accurate electronic communication
- opportunities we are reaching those who cannot financially attend

**5. Has the Area utilized the 12 traditions in its service structure and the way it conducts business at committee meetings and assemblies?**

- Yes, none opposed

**Inventory Assembly 1-25-2020**

**Inventory Questions**

**Group #4**

**15 members in the group**

**Past Delegate Scott**

**-Opened with serenity prayer**

**1. What is the purpose of Area? Are we fulfilling that purpose?**

- "Purpose of areas is to elect delegate", "coordinate information from GSC to area and district", "deal with issues and problems"

-Delegate needs to be informed of AA issues and standing committee to get information out to meetings.

-Yes, we are fulfilling our purpose

-The structure is in place but there is some question regarding if information is being disseminated.

**2. How effective is area 17 in its role as the conduit of information from our groups to the general service conference? (6)**

-there is the inform the delegate and what they got from it so hard to think of something where group information has made it to general service conference.

-District information is being shared to groups and back to area

-Effectiveness is subjective because is it because things get done or information gets out.

-two parts, getting group voice to GSC is set and effective but in terms of making decision at area or district is there full participation from groups especially if we are late in disseminating information. Effectiveness is dependent on timelines and participation.

-Information going up or coming down are possibly two different things.

-What doesn't work well is we don't have enough of our group members participating in order to hear their voice.

-participation is limited because of island state.

-process is in place but sometimes it comes down to lack of engagement and commitment.

**3. Is Area 17 informing the DCM and GSR members with useable and accurate information to share and inform their groups?**

-It depends on the delegate in terms of providing information in a meaningful and expedited manner.

-Online is a good example of how area communicates to membership

-Delegate provides newsletter which is really helpful

-Delegate coming to district meeting has been really helpful in providing useful information

-overall consensus seems to be YES

**4. How effective is the area at making general service inclusive to home group members?**

-GSR is the only way to communicate information from area to group

-Area officers to individual groups to help with providing general service info is rare

-Part of the answer comes down to how many groups have GSR's that are actually participating in the process

-It can be made available to home groups as the assembly is assigned to different geographic areas and they get involved.



When I first learned the third step prayer, I focused on the freedom that would come when God relieved me of the bondage of self. Lately, I have been focusing on victory. “Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.” For most of my life, I have had something to struggle against. I invested much effort to overcome these obstacles. Now I have thankfully arrived at a place where serenity resides. I’m not always at peace, but when I am in a good place emotionally, I am getting better at accepting serenity instead of sabotaging it in order to return to my comfort zone of struggle. Thanks to my partnership with God and AA, I am starting to trust that I am safe.

### Third Step Prayer

God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life.

### Lucky M.

He was told, “only drink if you can “handle your liquor.”  
He found that liquor would “handle him.”

I was born in 1947 in Pittsburg, California, a small working-class town, northeast of San Francisco. My father was a steel worker and my mother a homemaker. A quick breakfast beverage my mother often prepared for my father was eggnog laced with whiskey. He always seems to leave a bit in the glass, which I would finish off. I liked the burning sensation and the dreamy feeling it created.

As a teenager, I always felt uncomfortable around my peers. I now understand that I was often having panic attacks. When I was sixteen, I began hanging around “Frank Beebe’s Pool Hall” where I could be served beer. I recall, one occasion when a cop came into the bar. I was watching a few guys play snooker. When I saw the cop, I immediately distanced myself from the bar and my beer. He soon left and Frank bought me another. He was happy the officer did not notice me as underage. I felt like a big shot, I had arrived! I fit in!

My drinking increased at parties and school dances. Alcohol made me feel accepted and part of the crowd. I remember a friend giving me peach brandy, which after five shots made me very drunk and very sick. It took some time for me to sober up. I remember getting sick a lot. Once at the “Circle Star Club” I got drunk and threw up before seeing Louis Armstrong. I was so ashamed. My mother would say, “If you’re going to drink you had better learn how to handle it.” I don’t believe I ever learned how to “handle alcohol, it handled me!”

Drinking accelerated in college. I also began using marijuana, my grades suffered, and I was put on academic probation. I straighten up just enough in order to get off academic probation but decided to leave college in my third year.

Before my 21st birthday, I met a woman and we had a child. Six months later we were married. That marriage would end. I got a job as a printer and began learning that trade. I soon advanced and after two years working in my hometown, I got a union “traveler card” and was able to work for the San Francisco News Agency, the publisher of the Chronicle and Examiner. I was in the big leagues. I only thought about myself and my career.

The newspapers had well-established drinking culture. These papers were printed at 5th and Mission in the heart of the city. We had “Jerry and Johnies,” “Harry’s in the Alley,” and the “M&M” at 5th and Howard. The M&M served a drink “to go” in a Dixie cup and it was always strong. I joined the union in 1968. The Union dated back to 1852, it had a long history of democracy and strength. Printing guilds first appeared in



Europe and were connected to the Church. Early on, guild members would ask for “prayer time” during which various guild issues were discussed. This was the origin of the “ward chapel” in the old printing world. We had the power to call an “emergency chapel meeting” at which a fired printer might be reinstated. Drinking was not considered a problem and because of the union’s strength, management often looked the other way. I kept alcohol in my work locker as did many I worked with. At this time my use of alcohol, marijuana and “speed” increased. I remember the early “what ifs.” What if, I hurt someone when I’m drunk? What

if I were to run over a child? I loved to drink and drive.

When I was twenty-five, I first called Alcoholics Anonymous. The man I spoke with was very encouraging and suggested I attend a meeting. My first AA meeting was at the Central Office at 2910 Telegraph in Oakland, California. The meeting included eight or nine, old, trembling men and the air was filled with cigarette smoke, I could hardly see! This scared me and I left, thinking I didn’t qualify for AA - I’d have to drink more and get older. By the time I reached 35, alcohol had beaten me down and I truly qualified for AA. I was able to put together six years.

I remarried in 1984, and soon relapsed again. The marriage lasted for ten years. Fast forward to 2015, I had now thirteen years of sobriety. I moved to Hawaii and again, picked up. That morning drink has such a strong pull on me!

I believe an alcoholic of my type requires constant vigilance. I know, that a change in the weather, anger, annoyance can trigger the craving to drink. AA is the only program I’ve found that can offer help to me and believe me. I tried a number of different organizations and churches. I need to be wary, awake and alert. My solution today is to begin each day with a connection to my Higher Power. A Higher power who is loving, non-judgmental and nonaligned. My Higher Power is all inclusive. I mark each day with an “x” through the day on the calendar and I draw a heart signifying my desire to not drink today! I know it sounds corny, but it’s my own trigger to pray and ask my High Power for the strength to carry out “his will.”

At times, I can see myself as a victim. If I follow that line of thinking I am at risk of picking up. I will never achieve lengthy sobriety if I continue to pick-up. It’s that simple. Self-knowledge can help however it’s not enough. I must first seek a Power of Spirit, God, or whatever you wish to call it. If I continue to seek this power a “new way of life” is possible.

The famous monk, Thomas Morton said maybe our relationship with God strengthens and in other times weakens. Sometimes we know and other times it seems we don’t. All I know, is that spirituality works! At other times we experience something ineffable, difficult to explain, only a brief glimmer.

In “Varieties of Religious Experience,” James talks about religious experiences that cannot adequately be put into words. If I seek a Higher Power I have hope and a chance at realizing that God is real and wishes to help me by putting others in my life. Others like all my fellows in AA. This has to become my true hope. I sincerely thank the reader of your interest in my story.

**David**

*“You are not responsible for your disease, but you are responsible for your behavior.”*

# Meetings

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

CHAT  
COPY  
FILES  
INVITATION  
NEW  
RECENT  
SCREEN  
ZOOM

CLICKING  
CREATING  
GROUP  
JOIN  
PANEL  
REQUEST  
SHARE

CONTACTS  
EDIT  
HOME  
MODERATOR  
PERSONAL  
SCHEDULE  
START