



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER



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

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

### 2020

**Inventory Assembly** January 25th & 26th

\*2020 Diamond Head District #1, Oahu

**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 #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 10163

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.”*

*In this article*

*\*\*\*Various flyer's and announcements*

*A Thankful heart - Lucky*

*Gratitude in serving our elder's - Tim E*

*Delegates announcement on speakers for 2020 conference*

*GSR shared experience - Chris*

*Suiting up and showing up - Paige F.*

*HICYPAA 2019 - Kimberly R. (Chair)*

*Aloha 'Oe article - Jack G.*

*Service does wonder's - Michelle G.*

*DCM Shared experience - Jeannie G.*

*Humble pie and service cake - Loraine*

*District Inventory questions*

*\*\*\*Funny Kine*

*\*\*\*Word search*



*\*A Thankful heart\**

Serving in my first position at the district level, I am impressed with the care and competence of our AA community. I got sober on Maui and have heard that we have good recovery here, but it wasn't until I spent two months on the mainland that I realized how lucky I am to have such an organized, determined crew to lead us.

As a recording secretary, I get to witness the behind-the-scenes dedication that results in island-wide annual events such as the three alcathons. In the dozens of meetings that I attended on the mainland, there were very few announcements regarding social gatherings. From my experience, mainlanders have great meetings but don't offer many opportunities to gather outside of meetings. I'm thankful to have built social connections, especially during the early part of my recovery, with others in our tribe.

As equals, we show up to serve—to make coffee, to be a greeter or a literature person, to sweep the floor and put the chairs away, or to serve at the district level. There is no compensation, no ego boost. As we give our time to help others, we are blessed with sobriety and camaraderie.

In this day, I am thankful for the abundance of opportunities to be of service in our island's 12-step community.

Written by Lucky M.



*\*Gratitude in serving our elder's\**

I once heard a story of a teacher who gave to her student a clay cup full of sweet tea. The student tasted the tea and liking it very much drank it quickly. The teacher then asked the student to throw the cup against a wall. The student did, and the cup shattered to the

floor. The teacher explained, we are made of clay, why then are we so prideful, not to notice the sweetness of life in the moment and also the reality that we all pass and return to clay.

This little story reminds me of the gratitude's, I have in working along-side members of the Cooperating with the Elder Community committee. Being of service to the elders in our community reminds me of the cycle of life and that alcoholism resides in all stages of life. Service within the CEC brings me much gratitude for the moment of light and breath I am now living—how sweet, how rare, to be given a body in which I may be of service. Even though, at times I feel the discomfort of an aging body. What grace to be alive and know sober days in all their sweetness! To hear the stories of Elders is such a pleasure. What a miracle that service sparks recovery and gives me the strength to seek HP's will.

*Cooperating with the Elder Community (CEC)*



# THANKSGIVING

Please join us for the 23rd Annual Aloha Mana Ohana Luau Potluck

When: Thursday, November 28, 2019  
Noon to 4 pm

What: A day of Gratitude, Unity & Fellowship  
\*Ono grinds including Imu turkey, pork butts & ham  
\*Potluck side dishes (Sign up with Aloha Mana)

Where: Kahaluu Beach Park, Big Pavilion

**It's a family friendly potluck.  
Bring an ono dish to share!**

Questions? Contact Central Office 808.329.1212



## *\*Delegates announcement on speakers for 2020 conference\**

Aloha Hawaii Area 17 A.A. members,  
Our General Service Office continues to prepare for the 2020 International Convention in Detroit, July 2-5, 2020. We'll be celebrating our 85th birthday with the world. As Hawaii Area delegate I've been asked to submit a few names for possible speakers for the hundreds of meetings that will be held during the convention. From the names submitted, the selection of speakers is through the group conscience of the Convention Planning Committee. You may or may not be chosen.

I've been asked to send a short list of people who

- have registered for the 2020 Convention, (GSO does not pay expenses)
- are mindful of A.A.'s Primary Purpose
- can speak in front of a large group
- can focus on recovery A.A. from alcoholism
- can select a topic that includes A.A. Three Legacies
- have not spoken at previous International Convention

All meetings at the International's Convention are open and we will have many visitors and observers, so it is very important to the A.A. speaker pass along the message of Alcoholics Anonymous. Suggested topics included in the letter were "Celebrating Sobriety" "Anonymity our Spiritual Foundation" "Our Primary Purpose" "Sober and Older" "Young, Sober and Responsible" "Unity - I am

Responsible". "Going to Any Lengths". "Joy of Living". "Working with Remote Communities" "Healing Through Laughter" "Turning it Over" "Service - Gratitude in Action".

You are not limited to just these topics. You may choose from one of these, or suggestion a topic that reflects your experience strength and hope in Alcoholics Anonymous. If you are interested, please reply to me with your:

\*Name:

\*Email:

\*Telephone:

\*Topic:

I look forward to your responses  
(From our Delegate: Coleen A.)

HOSTED BY WAIKIKI DISTRICT 10



**2019  
THANK-A-THON**

Join us for ono food, choke meetings,  
entertainment and fellowship!

STARTS WED. NOV 27 AT 4 PM  
THROUGH  
THURS. NOV 28 AT 4 PM

UNITY CHURCH - CORNER OF MONSARRAT  
AVE. & DIAMOND HEAD CIRCLE

Meetings start at the top of every hour.  
Lunch served from 11 am - 1 pm

FOOD DONATIONS-contact **Patrick at 808-927-9015**  
To be in SERVICE-contact **Alan at 808-754-5195**  
**No pets allowed at Unity Church**

## **AA Archives**

**The Best of Big Book Dave:**

### **November in Our History:**

~ Highlight for this Month ~

**November 21, 1939:** The first AA Meeting on the west coast of the United States was held in a small room at the Cliff Hotel, San Francisco, California. Ray W., a New Yorker, was in this area for a sales course. He was given the names and phone numbers of Ted C., Dave L. and Don B. by our "Alcoholic Foundation Office" in New York (now called the General Service Office). Before he left for California all three showed up for this first meeting. Bill W. vividly describes this historic meeting in our book "AA Comes of Age".

**November 25<sup>th</sup>, 1846:** "Carrie Nation", born Amelia Moore in Grand City, Kentucky, lost her entire family and two husbands due to alcoholism. She became violently opposed to alcohol and as a young woman began leading raids on saloons throughout the western states, destroying all establishments that sold alcohol.

**November 26<sup>th</sup>, 1895:** Born to Gilman and Emily Wilson, East Dorset, Vermont, our co-founder Bill W.

**November 1936:** Bill W. and Hank P. found Fitz M. in Towns Hospital and gave him the message of sobriety. From this time on the two became a trio.

**November 11<sup>th</sup>, 1940:** The first "Box 459" was mailed out to approximately 155 known groups from our New York Office (later re-named "The General Service Office").

**November 1<sup>st</sup>, 1947:** The first Alaskan Group is registered with our "New York Office", "The Sourdough Group" Anchorage.

**November 3<sup>rd</sup>, 1975:** Neil Wing, Bill W.'s longtime secretary, formally opened the AA Archives at our General Service Office in New York. From 'Big Book Dave', Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

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

### *\*GSR's experience\**

My name is Chris K

#### **Question 1: What do i like most serving my group?**

My biggest joy I like is being a mouthpiece for what is going on with AA in the wider area of where we live. Most members vision is in front of their nose and don't know what the wider AA is doing. The standing committees, the area and what a value they are themselves and how service enhances our sobriety.

#### **Question 2: What do I like about our district meetings?**

I like the good turnout and the enthusiasm they carry. We are a district that is involved and that the drive to protect and acknowledge the traditions is very important. I like to see past delegates and standing committee people sharing their experience strength and HOPE

#### **Question 3: What do I like about the area assemblies?**

I like the island gathering of folks from different islands. The home stays and the rides we provide and the bonding of friendships that will last a lifetime. How everyone pulls together to get business and food together. The

Some said, what?????? they are thinking of a 5 edition Big Book, or about the \$8.06 thing we had on the lack of the 7th tradition.... well not a 7th but contributions to AAWS.

I find it frustrating that their, is a lack of people who want to do service. It has always been like that but if newcomers do get involved who will do it...????

One thing i like is Jeannie is so awesome and will informed at the meetings. She is not alone tho and there is lots of good help and that is inspiring.

It is always nice to see that Hawaii is right up there in service and 7th tradition contributions .....

homegroups from Kona for instants, how they precisely pulled off breakfast and lunch and dinner. 5 meals for \$25. wow, what a deal and the laughter and experience too is so out of this world.

Too bad I have to work :)

Much aloha  
Chris



(CEC's Display for the 2019 AHC)

\*Suiting up and showing up\*

This morning was the Maui Senior Health Fair, and I had agreed to sit at the AA table with a couple of other people I know from the fellowship. It was early in the morning, and as I was dragging my tired, overworked carcass out of bed, I was thinking, hmmm, this was a terrible idea. I rallied, drank some coffee and headed out the door, because that is what we do, we suit up and show up, even when we aren't feeling it.

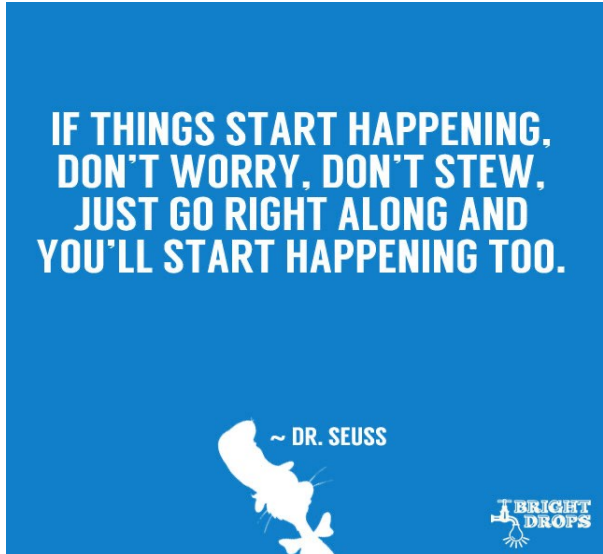
I got there, and I was surprised by how many people were at the fair. I found my friends who were already at the table, they were smiling and saying hello, there were pamphlets and candy and a great looking display, and I immediately knew that it was going to be a good way to spend the morning. We had a lot of passersby, some people taking schedules and literature, and asking questions, and many people thanking us for what we were doing. I was enjoying myself, watching the crowd, watching the younger people there with their senior parents, and thinking about how lucky I was to be there, instead of curled up, sick with a hangover, or worse yet... dead. I thought to myself, smiling at an AA table, and being willing to carry the message is THE LEAST I could do, AA did, afterall, save my life!

The very best part of my day was getting to know the other two people at the table with me. These are people that I know from meetings and assemblies and small gatherings, but have never really spent too much time with in a close situation like that, and it was the highlight of my week. I left the fair feeling a deep sense of friendship and connection with two amazing people, that I would not have had if it hadn't been for that AA table at the health fair. That was the true gift, and that is ALWAYS the gift. Every time I agree (even sometimes unwillingly) to be of service, I end up being the one who gains the most. Every single time.

Paige F

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Mare Langlois  
 2050 Kanoie St 202  
 Kihei Hawaii 96753  
 808-283-0562



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](http://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. For further information please see the Frequently Asked Questions (FAQs) on this same page.

**\*KAUAI\***



**THAANK-A-THON!!!**

**CALL THE AA HOTLINE FOR THIS YEARS DETAILS: 245-6677**

**\*HICYPAA 2019\***


This year I had the honor and privilege to serve as the HICYPAA (Hawaiian Islands Conference of Young People in Alcoholics Anonymous) 2019 Chair. I moved back to Hawaii from the mainland in February and knew that for me, the easiest way to get plugged into AA was to get into service. I've moved to several states in the last 10 years and have often struggled with building a network of sober friends in new places. Getting a service position on a YPAA conference committee has helped me previously, so I knew that was the first thing I needed to do. At the HICYPAA committee meeting I had every intention of being a prayer chair or possibly a co-chair for someone, but my higher power had different ideas.

As the chairperson for HICYPAA, my "job" duties consisted of running business meetings and making sure everyone else on the committee had the knowledge and support to do their positions. The 2019 HICYPAA committee included 20 chair positions and 8 co-chair positions. Our committee's sole purpose was to put on a yearly conference for the state of Hawaii's

Young People in AA. We would meet once a month for business meetings (planning the conference) and also put on events (to fundraise for conference and have sober fun) as well as unity events (build unity within the committee). This year's conference was held on September 19<sup>th</sup>-21<sup>st</sup> at Camp Waianae on Oahu and we ended the conference with over 200 registrants.

It's very hard to describe all the work, time, effort, love, and pain that went into the conference. For me, the most rewarding part of the whole experience was building the relationships with the other members of the committee. They worked so hard to make sure we had a fun conference for everyone, and especially the newcomer. Service work is not always the most fun thing in the world, but it helped keep me sober and I am so grateful for every single person that I served with this year, especially my co-chair.

Article submitted by: Kimberly R.



**PRAASA 2020**  
Arizona Area 03

**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>

**53<sup>RD</sup> 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.

AA  This is my first PRAASA!

Al-Anon

Alateen

Friend

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 \_\_\_\_\_

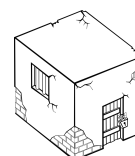
PLEASE CHECK BOX(ES)	FEE
<input type="checkbox"/> Registration	\$25.00
<input type="checkbox"/> Scholarship Donation	\$
<input type="checkbox"/> Friday Dinner - Pasta Buffet	\$45.00
<input type="checkbox"/> Saturday Lunch (All are welcome) featuring an Al-Anon Speaker	\$35.00
<input type="checkbox"/> 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
<b>TOTAL ENCLOSED: \$</b>	

**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 & Al-Anon meetings). Young People (YPAA) Program Friday & Saturday nights.

## Beyond These Walls:

Carrying the message into treatment and corrections facilities



Date: November 17

Time: 2-6 p.m.

Place: Kailua United Methodist Church  
1110 Kailua Road, Kailua HI 96734

An AA workshop presented by Windward District 4 and Area 17 Treatment and Corrections Standing Committees

Agenda:

1. Speakers
2. Roundtable Discussions
3. Literature Review
4. Panel Discussion

Topics include: Sponsorship, Carrying the message, Coordinating with Facilities, Panels and meeting formats, Communicating with visiting facilities, Next steps for Oahu and much more.

Questions contact: [treatment@area17aa.org](mailto:treatment@area17aa.org)

For online registration, hotel reservations, to volunteer, and for general information visit [www.PRAASA.org](http://www.PRAASA.org)



# Aloha 'oe Jack G!!!...

Hello everyone, my name is Jack G. my home group is Kalilhi-Sobriety. Just a brief history, my sobriety date is December 25, 1990 and I moved to Hawaii for a summer job cooking for a summer camp for kids in June of '93. After that summer I was hired full time and decided to stay in Hawaii. In December someone suggested I hook up with (what was to become my best friend) Todd. saying that i did not know anyone and Todd did. I had a truck and he did not. Such was the start of my journey into sobriety.

Service has always been a large part of my sobriety however it was not until 2017 that I realized that my motives were wrong. I was doing service to look good. I had to hit a wall going about 100 miles an hour. What a wake-up call.

Switched service from area to Intergroup. Started to answer the phones and was all right with that. Then made a huge mistake, made a

In October of 2018 I had the opportunity to participate in the 3rd legacy election for panel 69 Oahu Intergroup Steering Committee and was confirmed as Vice Chair/Activities Chair. This year I have had the pleasure of helping Chairpersons of 7 functions. At first, I wanted to be in control, not a good thought) my function is to assist

May God bless you all,  
Jack G.

For most of my life, I was what people would call “a worry wart.” I worried about the future. I worried about past. I worried about what you thought of me. I worried about situations and outcomes. Basically, I worried about everything. It was exhausting. Alcohol was my sedative of choice. An escape from the chaos of my mind. However, alcohol never actually released me from that chaos. It was always there, lurking. Even after putting the drink down, it was still there. I needed relief! It wasn't until I relapsed and *finally* took the suggestion of working the Twelve Steps, that I began to understand some of the roots of my chaos. Ah, yes, alcohol was but a symptom, my thoughts and subsequent actions were the real culprits in my life. If I could muster the courage to change the way I perceived myself and the world around me through working the Steps, one day at a time, then it was also possible that I could stay away from my go-to sedative of choice. So, with the help of a sponsor, I embarked on the “How to Change Me” journey. We began working the Twelve Steps. Oh, the gifts that came! Step Eleven, in particular, gives me one of the most beneficial gifts of all. Something that had eluded me most of my life - peace of mind. In sobriety, it took me many, many years to get the wrapping off these gifts to see what was actually inside! The wrap- ping was often super ugly, overly taped, and sometimes when I'd tear it off, there'd be a Russian Nesting Doll inside hiding even more! Let me tell you, I struggled—a lot! But, with patience and practice (things I've also learned in this program) the actual gifts do reveal themselves, and so far they've proven to be awesome! Meditation is but one of those gifts. A gift that reminds me that I am ok in this moment. One that helps me to focus my attention to the here and now. It's also a mind-blowing reminder to me that I am never alone. Life is happening all at once, in any given moment, with *all things - simultaneously*. WHOA! A conscious contact, for sure! Today I choose to leave worry at the door and do my best to accept outcomes. These days I grow to the situation in- stead of having the situation grow. I am choosing peace of mind over despair. I am well aware that the choices I am trying to make for myself today are a direct result of getting sober AND doing the step work. I need to stay vigilant in practicing these Steps. I need to remain teachable and self-aware. I have no doubt that the chaotic state of worry can lead me straight to a drink, thus propelling me back into my endless cycle of chaos and sedation. I am choosing to change my unhealthy thoughts and perceptions about myself and others. I am choosing to at least give it a try, one day at a time, here and now.

There's no place I'd rather be. —Michelle

suggestion that we should go on a caravan to all the groups on Oahu. All 170 of them and was asked to head that up. Tried to pass that off but the office manager was having none of that. So off we went. we started with 4 people and 9 months later just two of us finished. What I learned was service is not about me, but about what I can do to serve another person.

the committee that is responsible for the event.

It makes me sad to say that I will be stepping down from my position in December to be a Great Grandpa in Washington.

I will miss all my friends here in Hawaii. Thank you all for being a wonderful part of my sobriety and my summer vacation. All 26 1/2 years of it.

### **\*My Experience Chairing the 2019 Area 17 Budget Assembly\***

At our 2019 February committee meeting, we discussed the idea of our district hosting the Budget Assembly scheduled for August. While at PRAASA two years prior I heard a member say concerning service, "say yes first, ask questions later." Being only two months into my term serving as DCM for West Hawaii District 8, my heart and my lips said yes but to be honest, great fear crept in.

With reassurance from my service sponsors, I was able to move forward with the idea of knowing that our district is a district filled with members with serving hearts and that I am not to do this alone.

By April, after approval from Hawaii Area 17 Officers, the budget assembly would be held in West Hawaii. The budget assembly was added to our agenda for our April district meeting and committees were put in place. We reviewed this agenda item as Unfinished Business every month from then until the assembly in August.

Ernest, our Mynah Bird chair, asked me to express what it took to chair a successful assembly. Here are a few things I think were important:

\* As stated above, we kept the budget assembly on our district's agenda every month, five to be exact, so that we all knew what was expected and it helped us to be ready when the day came.

- Our members, especially our Alternate DCM, Donna, attended many meetings and announced the need for support in homestay, transportation and the need for extra hands to be there to help the day of the event.
- We had five different home groups responsible to provide one meal: reimbursed by the district.
- Our homestay and transportation committee was very successful by creating a great interactive spreadsheet that allowed several of us to view and pass information easily between us.
- The biggest thing that I as the DCM did that helped the event to be successful was my constant communication with the event committees. Follow up is everything. Letting the event committees know that I was available to help them, support them in any way possible was of great importance.

The experience of chairing an assembly has helped our district grow and create unity among our groups. For all of us, it was fun, exciting and a bit overwhelming at times. For me personally I learned many things: to remember to allow room for my Higher Power to do his work, step aside to allow others the blessings of being of service, love and tolerance, setting of boundaries and most of all, passing on the love, support and encouragement to others that was so freely given to me by those who have loved, supported and encouraged me through my journey serving as DCM. For that, I am truly grateful!

Jeannie G.  
DCM  
West Hawaii District 8

***The hand of Alcoholics Anonymous (A.A.) extends – literally – around the globe. Today, an A.A. presence can be found in approximately 180 nations worldwide, with membership estimated at over two million. There are more than 118,000 A.A. groups around the world and A.A.'s literature has been translated into languages as diverse as Afrikaans, Arabic, Hindi, Nepali, Persian, Swahili, and Vietnamese, among many others.***

***Source aa.org***

# GOT SERVICE?

## Humble Pie and Service Cake

Aloha, when I got to AA in the fall of 2000, I had no idea what being of service meant or how it would change my life. I heard the usual suggestions like, get a sponsor, work the steps, and get a commitment.

My first alcoholics anonymous commitment was a cake commitment. My Wednesday night "Back to Basics" meeting in Lake Forest, CA., celebrated AA birthdays once a month. I volunteered for the commitment, because I thought how hard could it be? I just have to stop by the store pick up a cake on the way to the meeting, hand it over, then turn in a receipt, see nothing to it. After the meeting I shared my plans with an old timer she then said to me "we make the cake" and because I was willing. I figured I could do that. After all, I have a kitchen I have an oven and I'll make the time. My new way of life was taking form.

By the second or third month of making the cakes for my home group the secretary suddenly started telling me how to do my job. He told me when to light the candles, how to cut the cake, and what corner of the room to start serving it. Geez, what the heck is the matter with this guy what a jerk if he doesn't like the way I'm doing it he can get some other sucker to do it I'm over it! I even thought, "I'll show him" maybe I'll put Ex-Lax in his piece, next month!

After the meeting I called my sponsor and told her what this guy did and how I was going to show him no one tells me what to do. Thank God, Mary, my first sponsor had been around for a while I knew exactly what to say to me. She explained that he wasn't telling me how to do my commitment but that he once had that same position and was giving me some suggestions to make it easier for me. He was sharing his experience, so I didn't have to have the same struggles he did when he had the commitment. "Suggestions" was not what I heard. I didn't know how to recognize one! Mary also said that I took the commitment and it wasn't up yet so I couldn't quit. AND NO EXLAX!! "Fine," I said, "but I'm not going to make them anymore." Her response was simply the more we put into it the more we get out of it. The choice is mine. WOW, Mary was tricky, but she was right! I continued to make the cakes 'til the end.

When that commitment was over, I volunteered for new ones as they were available; provided I met the sobriety requirements. Through my years in AA I've been the set-up person, greeter, coffee maker, literature person, chip chick, secretary, and served as GSR for a short period. Sometimes, I'd just greet people even if it wasn't an actual position. One of my favorite memories of early sobriety was the fun I had when I got involved with the planning committee for the annual Orange County convention. I felt a sense of being part of something really magical.

I currently serve as the intergroup rep for my home group Upcountry Sunrise. We meet Monday through Saturday at 7 AM in Makawao. UCS became my home group just six months after arriving here on Maui. I am constantly reminded of the importance of being of service and apply this principle in my life outside of AA. I was told we have to give "it" away if we want to keep "it."

In early sobriety the brother of my daughter's best friend committed suicide. It was devastating. I told my daughter we needed to go and be of service somehow. My daughter and I we're among the first neighbors to show up we immediately started making coffee then went to the store to buy ice and drinks as the family members started arriving. I wouldn't have known what to do if I hadn't been taught by Alcoholics Anonymous to show up when people need help. Since that time, there's been many opportunities to help people.

The best ingredients I've learned to a happy and purposeful life all started by making cake. It took working the steps to change my perspective on how I heard and viewed people places and things. I might not always want to do what I know I'm supposed to but, Mary also taught me to act better than I feel.

I thank alcoholics anonymous for being there for me when I needed you and I keep showing up so I can be there for you when you need me, whoever you might be.

Lorraine, Kula, HI

... a time to express gratitude for our sober lives...

## **THANKSGIVING ALKATHON**

**Wednesday November 27<sup>th</sup> - - Thursday November 28<sup>th</sup>**

**An Intergroup Event**

**at**

**Cameron Center Conference Room**

**95 Mahalani St., Wailuku, Maui**

**(Between the Police Station & the Hospital)**

**A.A. MEETINGS:**

**Will Be Held Throughout the Alkathon**

**Beginning at 3:00 pm Wednesday**

**Last Meeting at 3:00 pm Thursday**

**THANKSGIVING MEAL WILL BE SERVED:**

**1:30 pm Thursday**



**POTLUCK: MAIN & SIDE DISHES**

**SODAS/WATER and DESSERTS are Welcome & Needed**

**FOR MORE DETAILS:**

**Central Office at 244-9673**

## **“Funny Kine!”**

A very old man and a young woman, who had never met before, found themselves assigned to the same sleeping room on a transcontinental train. Though initially embarrassed and uneasy over sharing a room, the two retired and fell asleep quickly, he in the upper bunk and she in the lower. At 1:00 a.m., he leans over and gently wakes the woman saying, “I’m sorry to bother you, but would you be willing to reach into the cupboard to get me a second blanket? I’m awfully cold.” “I have a better idea,” she replies. “Just for tonight, let’s pretend that we’re married.” “Wow! That’s a great idea!!” he exclaims. “Good,” she replies. “Get your own damned blanket

For decades, two heroic statues, one male and one female, faced each other in a city park, until one day an angel came down from heaven.

“You’ve been such exemplary statues,” he announced to them, “That I’m going to give you a special gift. I’m going to bring you both to life for thirty minutes, in which you can do anything you want.” And with a clap of his hands, the angel brought the statues to life. They both approached each other a bit shyly, but soon dashed for the bushes, from which shortly emerged a good deal of giggling, laughter, and shaking of branches. Fifteen minutes later, the two statues emerged from the bushes, wide grins on their faces. “You still have fifteen more minutes,” Said the angel, winking at them, smiling even more widely when the female statue turned to the male statue and said, “Great! Only this time...

you hold the pigeon down and I’ll crap on its head.”



# International convention

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

ACCESSIBILITY  
AVAILABLE  
COUNTRIES  
GROUPS  
INTERNATIONAL  
SCOOTERS  
TRAVEL

AIRPORT  
CAMPSITES  
DELEGATES  
HOTEL  
MEMBERS  
SERVICE  
VOLUNTEER

ATTENDEES  
CONVENTION  
DOWNTOWN  
INFORMATION  
RATES  
STADIUM

