



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

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February issue:



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

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

**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.***

*One drink is too many  
and one thousand is never enough!*

**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 if, you do not have access to a computer or online services. And if you would like to submit a story, please send to: [mynahbird@area17aa.org](mailto:mynahbird@area17aa.org)**

*\*In this article\**

*Inventory assembly - Ernest S.*

*Delegate Report - Coleen A.*

*Treasures Report - Rachel S.*

*\*WORKING THE STEPS IN AND THROUGH MY LIFE...MAHALO AA!\** -

*T. Kaleimamahu*

*Crossing the line - Traci J.*

*District 8 Grapevine committee - Elizabeth C.*

*Billy S. - Our senior alcoholics*



**Inventory Assembly January 25 & 26 2020  
Hosted by District #1 (Diamond Head District)**

**Hawaii Area 17's Inventory Assembly happened on January 25 & 26 of 2020 at 1133 Waimanu st. This being the first assembly of the year, it was well attended with many new 1<sup>st</sup> time GSR's. The enthusiasm of the body was electric, everyone there were eager to learn and hungry for service work. There were also lots of friendly familiar faces that I get to see each time we meet up to talk business about Alcoholics Anonymous. SHOUT OUT!!!... to "A Spiritual Awakening" group for providing the Saturday Breakfast and Saturday dinner. With thanks also going to "Aloha Sunday" for the Saturday lunch. Sunday's Bueno's Diaz Mexican breakfast was provided by Zeke J. and "Knuckle Head's" took care of the lunch that kept us going strong til' the end of the assembly. Thousand Mahalo's for all of your services!!!**

**The assembly started with the chair (Tommy G.) asking us all to take a two-minute meditation to reflect on what we're about to undertake. Which is a look at how Panel 69 is doing for Hawaii A.A., things like what we've been doing, what else can we be doing and is there anything we can do better. A detailed report will be given at the committee meeting on February 22 and will be posted on the April Mynah Bird issue.**

**Here is the inventory questions we reviewed:  
An Inventory on Service and my Commitment...**

Some suggestions for taking this inventory:

"Structure and Guidelines for Area 17 General Service." Panel 67

AA Service Manual/Twelve Concepts for World Service.

Bill W's excellent essay article "Leadership in AA: Ever a Vital Need" on page 38 – 42 in Review Intro and Concepts 1, 2, 3, 4, 5, 9, 10 and 12.

Read the Big Book of Alcoholics Anonymous, especially pages 60 – 71 (steps three – four), pages 84 – 85 (step 10),

Chapter 8 and Chapter 9.

Read Twelve Steps and Twelve Traditions, especially Step 4, Step 6, Step 7, Step 10, Step 12, Tradition 1, Tradition 2, Tradition 9, Tradition 12.

Read the Traditions Checklist from The AA Grapevine.

Read AA Pamphlets, especially DCM, GSR and The AA Group.

1. Why did I get into service? Why did I stand for the position I serve today?
2. Do I use all three sides of the triangle – Unity, Recovery and Service, as a tool to better myself in the position I serve today?
3. At the position I serve today, do I make myself of maximum service to God and the people around us?
4. Am I committed to my service position?
  1. Do I know the duties of my service position?
  2. Do I reach out for help from past members that have done my position?
  3. Do I fulfill my duties in a timely manner or do I wait until the last minute?
5. Am I familiar with the 12 Traditions? Am I applying them in my life?
6. Am I familiar with the 12 Concepts? Am I applying them in my life?

7. Is there contempt prior to investigation in any of my fellow trusted servants and their positions?
8. Am I willing, honest and open minded with accepting constructive criticism from others?
9. Do I use Area 17's Structures and Guidelines as a tool to familiarize myself with my duties?
10. Do I use the AA Service Manual as a tool to familiarize myself with my duties?
11. What additional suggestions and feedbacks do I have for Area 17 to do in 2020?

### **GSR**

1. Do I hear the ideas and opinions of my home group and do I share the home groups group conscience?
2. How am I informing my home group and district with information gathered at assemblies?
3. Am I familiar enough with AA's Service Structure to inform the members of my group?
4. Did I read the AA Service Manual? Did I have any questions to ask on subjects I did not understand?
5. What more do I feel I can do to be better at my service position?
6. Does my participation in Area Service enhance my sobriety and enthusiasm for participation in the "Three Legacies" of our fellowship? (Unity, Recovery and Service)
7. Do I inform my home group the importance of sharing the same panel as Hawaii Area 17 to utilize AAs service structure (the upside down triangle) to help our delegate take information to the General Service Conference and report back to our groups?

Personal Inventory Questions To be completed on your own.

### **Hawaii Area 17 2020 Pre-Inventory DCM**

1. Do I reach out to all the groups in my area, especially groups who do not have a GSR?
2. Do I attend group's AA meetings and business (or home group) meetings and talk about the responsibilities of general service work?
3. Do I constantly inform my GSR's on service materials as the AA Manual, the 12 Traditions, the 12 Concepts, as tools to improve their service position?
4. How is my relationship with my Alternate DCM? Have I prepared my Alternate DCM to stand in my place should the need arise?
5. Am I enthusiastic when I report to my District about Area Committee Meetings and Assemblies?
6. Do I orientate new GSR's on their position and responsibilities at District and Area levels and inform them on ways to report to their groups?
7. Do I feel a sense of humility/ownership when I participate in Area 17 service structure?

### **Area Committee Chairs**

1. Do I understand the duties of my service position?
2. Do I reach out to serve on all islands and every district in Hawaii?
3. How well do I communicate information to my GSR's that are liaisons of our committee to better inform their districts?
4. What can I do to share enthusiasm and knowledge to give my committee direction for future work?
5. Do I feel I have enough support from Area 17 Panel 69 officers?
6. Do I feel a sense of humility/ownership when I participate in Area service structure?

## Area Officers

1. What else can I do to promote growth and harmony in our Fellowship? What else can I do to inform the Area about the Conference structure and the current issues now being discussed?
2. Do I use Hawaii Area 17 Structures and Guidelines to evaluate my performance of my duties?
3. What steps am I taking to let the groups and the Districts know that I am readily available to the fellowship to offer my experience, strength and hope with them?
4. Do I strive to remain neutral, willing to compromise happily and know when to stay diligent at the task at hand?
5. As a Trusted Servant/Leader, am I reflecting harmony, grace and spiritual progress as the means to live a spiritual life in my service position?
6. Are our Area 17 officers successful in fulfilling their roles as trusted servants?

## More inventory questions we discussed. Hawaii Area 17 2020 Inventory Questions

1. What is the purpose of Area? Are we fulfilling that purpose?
2. How effective is area 17 in its role as the conduit of information from our groups to the general service conference?
3. Is Area 17 informing the DCM and GSR members with useable and accurate information to share and inform their groups?
4. How effective is the area at making general service inclusive to home group members?
5. Has the Area utilized the 12 traditions in its service structure and the way it conducts business at committee meetings and assemblies?
6. Do our groups understand how our area uses their 7<sup>th</sup> tradition contribution, and does our members understand area's priority of spending?
7. Do contributions to area provide good services to the groups and district?
8. Is the budget process and the work of the finance committee helping the area and informing our members adequately?
9. How well are our standing committee's fulfilling their purpose, can committees be more effective? How?
10. Was area effective in using the inventory of the last panel to improve the effectiveness of the present panel?
11. Has the voting process at area helped us in the ability to trust god and our group conscience? Do we report back with humility or with our shaded opinion?
12. Do we have any additional suggestions or feedback to improve area in 2020?

Reports from these discussions will be in the April Mynah Bird.



## \*Our Delegates Report:

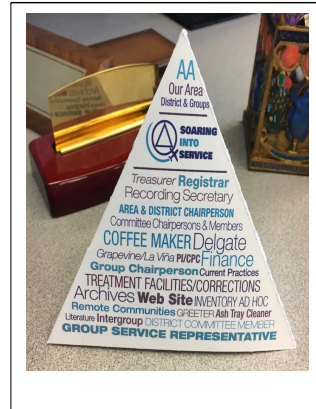
# DELEGATE REPORT

Hawai`i Area 17, Panel 69

Inventory Assembly

January 25-26, 2020

## 2020: A Clear Vision for You



### Pacific Region A.A. Service Assembly

March 6-8, 2020 in Tucson, AZ

Westin Paloma Resort

See our January Mynah Bird for details

Or go to [www.praasa.org](http://www.praasa.org)

Request for volunteers, however you must be registered!

1. A presenter (YPAA under 35 years old)
2. Panel moderator, timer or reader
3. Round Table (RT) moderator or scribe
4. Spanish Speaking RT moderator or scribe
5. Backup Panel or RT volunteers

Sign up at the Inventory Assembly

Or email [delegate@area17aa.org](mailto:delegate@area17aa.org)

The Pacific Region Alcoholics Anonymous Service Assembly is an annual assembly hosted by one of the 15 areas in the Pacific Region of A.A.

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.
- Foster the Recovery, Unity and Service legacies of Alcoholics Anonymous.

The weekend includes panels, round table discussions, presentations, open mike sharing, speakers and fellowship.

### Come celebrate A.A.'s 85<sup>th</sup> Birthday AA 2020 International Convention

July 2-5, 2020 Detroit, Michigan

Registrations online at [www.aa.org](http://www.aa.org)

Request for volunteers, however you must be registered

The Pacific Region Hospitality Suite

The Westin Hotel Book Cadillac

Crystal Ballroom

1114 Washington Blvd. Detroit MI

Hawaii Area 17 needs two volunteers

and two back up volunteers

for each of the following time slots:

Thursday, July 2<sup>nd</sup>. Noon-2:00 PM

Friday, July 3<sup>rd</sup> 4:00-6:00 PM

Saturday, July 4<sup>th</sup> Noon-2:00 PM

#### One more request:

*Each area in the Pacific Region will have a table in the Hospitality Suite*

*A volunteer is needed to create a poster board display that represents Area 17.*

#### OK, another request:

*If you have an anonymity protected photo of your group that could be included in our display, please email it to me.*

*[delegate@area17aa.org](mailto:delegate@area17aa.org)*

## Delegates Timeline for the upcoming Inform the Delegate Assembly.

### 2020 Timeline for Area 17 and the 70<sup>th</sup> General Service Conference

#### “2020: A Clear Vision For You”

Feb 15 (approx)	Delegate	Receives final agenda items for the General Service Conference
Feb 22	Delegate	Distribute to area17all, a draft document of Panels for Inform the Delegate Assembly, and committees assigned to those Panels.
Feb 22	Committee Meeting District #17, Waianae  Area 17 Committee members	DCMs, Committee Chairs, Intergroup Chairs receive their Inform the Delegate Assembly panel #Assignments and agenda items.  This information is provided to you to help GSRs and others going to PRAASA. Some might want to know their assignment. (In case their Panel topics are presented or discussed at PRAASA).
Mar 6-8	Area Delegate, DCMs, SCCs, Intergroup Chairs, GSRs and others able to attend	PRAASA Tucson, AZ Districts usually fund airfare and hotel for DCMs. Groups, if able and willing also fund airfare and hotel. Each district and group is autonomous.
Feb 22- ASAP	Area 17 Committee members	Contact GSRs and give them their Panel # Assignments and agenda topics. Explain how they can access their background information on our website <a href="http://area17aa.org">area17aa.org</a> This is password protected information <u>Please view/access this information only on <a href="http://area17aa.org">area17aa.org</a> website</u> the password/code is: <b>DO NOT USE EMAIL OR TEXT TO SHARE BACKGROUND INFORMATION</b>
Feb 22- ASAP	DCMs	Contact GSRs and double check they have their Panel # Assignments and agenda topics. Explain how they can access their background information on our website <a href="http://area17aa.org">area17aa.org</a> This is password protected information <u>Please view/access this information only on <a href="http://area17aa.org">area17aa.org</a> website</u> the password/code is: <b>DO NOT USE EMAIL OR TEXT TO SHARE BACKGROUND INFORMATION</b>
Feb 22- ASAP	Committee Chairs	Check with the GSRs assigned to your committee. See if they have questions regarding their Panel # Assignments and agenda topics, and know how to gain access to the background information.
Feb 22- April 4	GSRs	Access your background information for your assigned panel. Familiarize yourself with this information. Take it to your group and get input from your group. This is the information you will bring with you to the Inform the Delegate Assembly.  If you are unable to attend the ITD Assembly, please pass your group’s thoughts, experience, strength on to your DCM.
	GSRs	You may, of course also get input on any Panel topics your group would like to discuss.
April 4-5  No Kai `Oai District, Maui	GSRs, DCMs, committee chairs, intergroup chairs and officers	Attend and participate in the Inform the Delegate Assembly. Hosted by No Ka `Oai District #5 Maui Register early, and let them know your transportation, homestay and meal choices. <b>Also bring your background information and notes – in the interest of fiscal prudence, Area 17 does not reprint these documents again for you.</b>
April 19-25	Delegate	Attends the General Service Conference in Rye, New York.

## Area Treasures report:

### TREASURER'S REPORT

#### HAWAII AREA 17

#### Inventory Assembly – January 25 & 26, 2020

Aloha Panel 69 trusted servants,

As of January 14, 2019 the Hawaii Area funds are as follows:

#### Mailing Address for

**7<sup>th</sup> Tradition Contributions: Hawaii Area Committee PO Box 1413**

**Honolulu, HI 96806**

**\*\*Please make check payable to “Hawaii Area Committee” and include Group Name, District, and Group Service Number!**

Operating Funds: \$32,474.04

Prudent Reserve: \$5,010.86

Reserve for Computer Equipment: \$1,350.45

Reserve for International Convention: \$2,229.89

**Total Cash in Bank: \$41,065.24**

Total Contributions and Income: \$3,762.90

Total Expenditures: \$4,480.10

**Net Income/Loss: \$717.20**

Aloha Panel 69 of Hawaii Area 17!

As of the 14<sup>th</sup> of January 2020, the 7<sup>th</sup> Tradition Contributions are nearly keeping pace with the Area's expenditures.

Attached to this report, you will find our Budget v Actual Expenditures for 2020 so far. As it is the beginning of our next fiscal year, please remember that many of our large expenses will occur early in the calendar year and it is important to continue to support the bodies of the General Service Structure.

#### Treasury Happenings:

The Finance Committee will be commencing to work on the 2021 Budget during lunch.

Mahalo to the 2019 Finance Committee (Deborah, Aaron, Holly, and Janice) for your hard work and presentations. We would like to welcome **\*\*\*Renee S** from District 2 who will be joining the Finance Committee and thank Aaron A from District 1, who will be stepping down, for his Service.

**\*\*\*The bank is requiring that all 7<sup>th</sup> Tradition Contribution checks and money orders be made payable to “Hawaii Area Committee” rather than “Area 17”. The legal name of this assembly is “Hawaii Area Committee of Alcoholics Anonymous” and is the name that the bank accounts are under.**

Mahalo Nui Loa to all the groups that have contributed, small and large, to our General Service Structure.

Regarding 7<sup>th</sup> Tradition contributions, please remember to write checks and money orders payable to “Hawaii Area Committee” rather than “Area 17” and include your Group name, District, and Group Service Number on your Contributions. If you would like a receipt, please include a request for a receipt and a return address with your contribution. The Area mailing address is included at the top of this report.

*In the spirit of financial prudence and responsibility*, please book airline travel as soon as you are able to assemblies and committee meetings. In general, the earlier we book our flights, the less the tickets cost. For officers and committee chairs, if you would like the Treasurer to make airline reservations for you for assemblies and committee meetings using the Area debit card, please include your full name, birthdate and Hawaiian miles number (if you have one) in your request. Also, if you are choosing Hawaiian Airlines as your carrier, please consider booking through the Hawaiian Airlines Preferred Affiliate Website using our code **HAWAIIAREA**. (NOTE: The term “Affiliate Program” does not imply that we are affiliated or endorsing Hawaiian Airlines. The program's name is the airline's choice and any group can become an affiliate group. Airline programs are used for many A.A. events, including the International Convention of Alcoholics Anonymous.) *What the program does:* For interisland travel, each traveler earns their miles and the Area earns matching miles for your trip that can be used for future Area 17 air travel. There is no discount on interisland travel. For mainland travel, each traveler earns their miles and the Area earns matching miles. There is a 5% discount on mainland travel. *How to utilize the program:* Go to Hawaiian Airlines website. Do not sign in under your account. From the top banner, select “Our Airline” and choose “Products and Programs” button. Scroll down and click on “Preferred Affiliate” program button. Scroll down the Preferred Affiliate page and towards the bottom use our code **HAWAIIAREA** to log in. Proceed to book travel normally and please don't forget to add your Hawaiian Airlines membership number. More information regarding Air Travel can be found on the Area website, <http://www.area17aa.org/air-travel/>. Should you require support, have any questions, comments, or concerns, please feel free to contact me through the Area email at [treasurer@area17aa.org](mailto:treasurer@area17aa.org).

*In Love & Service, Rachel S., Area Treasurer, Panel 69*



\*WORKING THE STEPS IN AND THROUGH MY LIFE....MAHALO AA!\*

Recovery has given me a life that is absolutely amazing. We will be 20 years sober this year IF I continue to walk the path that I have chosen these many years. I will not say that my life has been all peaches and cream because the truth of the matter is that my life has unraveled exactly how my higher power intended.

- I loved to drink (and party with the cousins of alcohol) however since I cannot guarantee that I would keep my clothes on or not sleep with your husband or girlfriend...I DON'T DRINK! This is me admitting I have a problem with alcohol and how my life can become unmanageable. Step One
- Through the passing of my son, early in my recovery, I learned that I will go through the hurt and pain yet I don't have to do anything alone. I came to believe in a higher power that introduced me to some amazing people in the rooms of Alcoholics Anonymous. I walked through this situation. TYG! Step Two
- I remember just going with the flow in my recovery and doing the "monkey see-monkey do" until one day a situation consumed my life and I had no choice other choice but to turn to my higher power and give every breath I had to him. PRAYER BECAME VITAL IN MY LIFE. Step Three
- I knew that I wanted to change and because of the relationship I had with my sponsor, I was able to follow precise directions. "Pen to Paper" is how I learned to see where the roots of my disease started and how my life and people in it were affected. IT'S JUST WRITING A LIST! Step Four
- I was blessed with only 2 sponsors in my recovery and with their guidance I have learned to "peel the layers" of my life to uncover the areas I needed to work on, my part in any given situation, and the defects of character that come into play by the way I react to situations. Step Five
- By trusting my sponsor with everything, I was able to share and learn about ME. Finding out my strengths and weaknesses help me grow into the woman I am today. If I could recognize my old thinking and behaviors, then I can work on changing the outcome. First, I needed to be open to acknowledge my errored ways. Step Six
- Once I recognized that I played a part in every single experience in my life, whether good, bad or indifferent; only then could I find serenity. I needed to humble myself before my Higher Power and ask him to remove my shortcomings. Then seek his will and guidance in my life on a daily basis. Step Seven
- Taking the list of people or situations that caused insanity or chaos in my life (sometimes just my own head) and be willing to make right my Wrongs. I am by no means perfect and I know that I have hurt or harmed other by my thoughts, words, or actions. To me, this is where I reflect on anyone or anything I may have brought up in chats with my sponsor. Step Eight
- I have completed 14 sets of Step work and each time, I stay willing to become a better woman, mother, wife, daughter, sister, family member, co-worker, and friend. My Higher Power lets me take this time to acknowledge and seek forgiveness from anyone that I have harmed.
- Remember I am not responsible for how they receive my apology. DON'T FORGET ME! I have to remember to forgive myself FIRST, in order to truly start healing. Step Nine
- At days end, I always take the time to thank my Higher Power and look at my day. What areas did I fall short? What people did I interact with? What tasks could have been done better? Is my home in order? I look at my day and reflect how I could have done things better. If I overstepped in any area, I need to remain willing to admit my faults immediately. THIS IS DAILY! I actually learned to make sure, to clear up "my side of the street" before I lay my head on my pillow. Step Ten
- Today, I still do my daily meditations and readings so that I have focus for the day. I have learned to completely trust in my Higher Power with every aspect of my life. In some areas, I know I'm still a work in progress

- however over all I remain grateful to all my Higher Power has bestowed upon me. Step Eleven
- I love Alcoholics Anonymous!! The fellowship, service, the steps, my Sponsor, and my Higher Power. It has been through the process of recovery that I have learned to “work with others” and share

my experience, strength and hope. My Higher Power has entrusted me to serve other suffering alcoholics (in many capacities and areas of service) and guide them through this amazing program of recovery. Step Twelve  
 Forever grateful to Alcoholics Anonymous. I apply the STEPS in and through ALL AREAS my life and for that I will keep coming back.

***T. Kaleimamahu***  
***9-25-00***  
***Kaneohe Discussion***  
***OIG Chair***

Pic. Provided by the Area Archive who saw this at the International Market Place Waikiki.



*As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.”*

~ Alcoholics Anonymous p. 87

## Crossing Over the Line

On July 3, 1984, my friends and I had crossed over the line from Illinois (where the drinking age was 21) into Wisconsin, where we could legally drink at 18. On the way home from a day of partying, I had my arm out the open window when the driver, drunk himself, swerved and sideswiped a tree.

I lost my right arm just below the elbow. I was helicoptered to a hospital in Milwaukee where I remained comatose for 2 ½ months with a traumatic brain injury in my left frontal lobe. After I regained consciousness and was barely able to travel, my mother flew me to Honolulu where I began intensive treatment at the Rehabilitation Hospital of the Pacific. Grueling, painful rehab helped me to learn to walk and talk again. I had to use a communication board to spell out what I wanted to say, which made me angry and frustrated because I couldn't point fast enough. Flipping people off was easier. A friend brought me rum and coke to the hospital, which I gulped on top of all the pain medicine I was taking. A night nurse smelled alcohol and found me passed out. I got in trouble, but that didn't stop me. I learned that when I didn't have a roommate to rat on me, I could turn on the fan and blow the dope smoke out the open window.

Leaving rehab after 11 ½ months was a shock. I only had my left arm and I was destined to spend the rest of my life in a power chair. Strong pain medication only fueled what was inside me waiting to break out because I had already crossed the line to alcoholism and drug addiction. As I look back now, it's obvious that it was *why* all this happened.

I started community college because I wanted to prove I wasn't an idiot, even though it seemed everyone thought I was. I did well because I was still a maintenance drinker/ user and could function. In the middle of a semester I had scored some good weed, but I only had one arm—I couldn't roll my own joints. I went trolling for a 'helper' and was raped. It brought back childhood memories and I had nightmares and many sleepless nights. Drugs and alcohol became the solution and my disease took off. Crack became my big downfall. I tried to take my life. I went to the top of my building and tried to jump, but I couldn't get

my ass over the wall. Then I tried to slit my wrist on barbed wire, but I wasn't strong enough to raise more than a scab.

In my last suicide attempt I took a whole bottle of Trazdone. I called my mother, who called the ambulance. In the hospital, the nurse treated me like a little girl. "OK, sweetheart. Open your mouth. We're going to pump your tummy." I gave her the finger. She had more than one trick up her sleeve and she pumped my stomach through my nose. I wouldn't recommend it.

With only a few credits left to go for my Associates degree, I dropped out of school. I started seeing a psychiatrist, who was an advocate of the Steps. She convinced me that I needed to go to an out-patient program because I was hurting myself.

I dabbled in AA before I stopped relapsing. I hadn't decided to stay sober—I just wanted the heat off. After about five years of bouncing in and out, I managed to stay sober for 6 whole months. The fog started to lift and I decided I wanted the way of life being offered. I realized I had to cross the line again—this time in the direction of AA. I got a home group that was closer to my apartment and was literature-based. I was still angry. I would say, "Don't touch me! Get away from me!" But they just said, "Keep coming back." I began to want what they had and knew I had to go to any lengths to stay sober. Many are the times I went to meetings during rainstorms, and once during a hurricane warning. I put plastic bags over my legs and power controls and rolled to the meeting.

After I was a year sober, I went back to school and finished my BA in criminal justice. At first, I sponsored myself, but nothing was changing. When I was 18 months sober, I got a sponsor and started working the steps, although I didn't understand what I was doing. One night my first sponsor took me to a meeting in the suburbs. Wouldn't you know that the woman who was hosting the meeting was my first nurse at Rehab of the Pacific? When I came through the door she said, "Oh honey, I was hoping you'd get here some time." She became my sponsor after that and I started working the Steps in earnest—on paper. When I was ready to tell her all my secrets, the cloud of doom lifted and I felt better.

I had been a shoplifter because I was saving my funds for drugs and alcohol. I rolled into the manager's office at the grocery store, told him what I had been doing, promised I wouldn't do it again, offered \$50 as a down-payment, and said I would continue to make payments. He said, "Keep your money. Just don't do it again." When I got honest—cash register honest, and honest with myself and others—things changed.

I got commitments at my home group which meets at noon six days a week. I was the secretary for the Tuesday Big Book meeting for many of my 24 years of sobriety. They trusted me and gave me a key to the building because I was dependable. I did a lot of behind-the-scenes service because I knew it was important to keep the doors of the room open for the many newcomers. I was scared the first time someone asked me to sponsor them. The first two women didn't stay sober, but after that I sponsored others who did stay sober and moved on to their new lives in AA.

My speech therapist at the rehab hospital got me involved in Mothers Against Drunk Drivers (MADD) because she knew I had a story and she knew public speaking would help me talk better. At first I could

hardly talk, but practice makes perfect and now I can't shut up! MADD got me involved with the state driver's education program and I spoke to convicted drunk drivers as part of their sentence. I also spoke at the military bases here in Hawaii for their Safety Stand Down program. One time at Schofield Barracks I had an audience of close to 1,000 people.

I lived in Honolulu for most of my adult life—34 years, but finally I came to the realization I had to move back to the Midwest to be closer to my family. My AA friends showered me with love at a going away party at a restaurant in Waikiki. Then I got on the plane and moved to Illinois.

Now I live in an assisted living facility close to my family. There are a couple people here who are sober and we have a meeting in the facility where people from the outside come to join us. It took some time, but I petitioned for a ride to a regular outside meeting and now I can usually get to two meetings a week on a regular basis. Thank God for the literature—the Big Book especially. I miss my friends in Hawaii, but the beauty of the program is that there are friends here I just haven't met yet.

***Traci J.***

The West Hawaii District 8 Grapevine Committee is pleased to report our activity for the year 2019.

We set up displays at 7 events during the year beginning with the BICYPAA campout in February, followed by the Big Island Bash in May, Founders Day in June, 4th of July fish fry, the August Budget Assembly, Unity Day in September, and finally, the Thanksgiving Day festivities.

At 5 of these events we were delighted to be able to hold drawings for subscriptions, books, and past issues of Grapevine magazine.

We also supplied past issues to the Treatment Committee for use in the facilities they serve and welcomed KKAA's new Grapevine

Representative with a GV literature package.

We have restocked our bookcase and are looking forward to more of the same in 2020.

Also, looking forward to a writing workshop, in conjunction with the Mynah Bird Committee. It is in tentative planning stages for later this year to encourage us all to put our story in writing to share with the fellowship.

Date and venue TBA.

Mahalo for allowing me to be of service,

***Elizabeth C.***

## \*Feedback from our Inventory Assembly\*

\*I learned that it is suggested that the DCM attend the intergroup meetings along with the standard committee meeting and Assembly Attendance.  
\*To arrive early to get a good seat close enough to hear the Assembly Panel Speaker(s).  
\*Find out what GSR's from your district are planning to attend prior to going so so you can have copies of all the paperwork previously handed out to them just in case they forget their's or whatever.  
\*Bring a towel if it's close to a beach if you like swim.

\*How to apply the traditions to certain topics that are discussed in group sessions.  
\*How to be the liaison between your own GSR's, other standing committee chairs, and or other GSR's who want to team up to start work shops or other activities in accordance to the Twelve Traditions.  
\*The importance of stimulating interest in general service at group level.

Thank you for allowing me to be of service,  
DCM#10 Area 17

I felt good about this weekend. Questions were well addressed. It's great that taking an inventory is one of our Assembly's. Making sure our primary focus is seeing that AA is around and well for yrs. to come.  
Thank you for your service.  
Jubee B. DCM  
Dist.# 13

January 5, 2020

Aloha from the Big Island, Puna district. My name is Billy S. and I'm an alcoholic. I've been an active member of Alcoholics Anonymous for 14 years.

When the word suffering is mentioned at meetings and in our Big Book and 12 & 12, what comes to mind is always the newcomer coming into the rooms. And I can only do what was taught to me: Is to help lay down the foundation for them. Reaching my 56<sup>th</sup> birthday and having 14 years of sobriety and 26 years in the geriatric field, I begin to think about the people who were here when I got here (the old-timers as we lovingly like to call them) who have enlightened, embraced and enriched my sobriety, who I have also had arguments with, have been passionately apposed, and passionately stood with. Some of them are no longer with us, but many of them are still here and occasionally get to see them at our events such as Alca-thons or Founders Day, maybe at a day meeting but never at a night meeting.

So, in reflecting on the word 'suffering', the word loneliness is attached to it. The word loneliness keeps me away from meetings, I don't pick up my phone, I begin to think I don't matter and therefore my life doesn't matter, and those thoughts keep me in the bondage of self. So, I can imagine what some of these people of age and a lot of time must be going through. Loneliness is a form of suffering, so as an active member of Alcoholics Anonymous, I've made a decision, in some small part, to reach out to those who suffer from old age and not coming to meetings anymore. The facility I

work at we have a woman who I personally know has a lot of sobriety time, who cannot go to meetings, is bed ridden. So, on Wednesday evenings, my six Sponcees and I are working on meeting with her on Wednesday nights, after she has her dinner, to hold a meeting. On the Home group and District levels, I will be asking my Home Group and my District to first get a list of old-timer's names and numbers and start some kind of meeting ride service. So once again, Alcoholics Anonymous, in this humble servant's eyes, remains all inclusive.

Billy S.  
Kona Hawaii

# Funny Kine!!!...

A child asked his father, "How were people made?" His father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and the mom said to him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No son, your mom was talking about her side of the family."

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what

would you say to a package of five weeks-vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down, so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember, you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So, he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks,

**"Where's the toast?!"**

# Homegroup Day 2020

*"Where It All Begins"*

AN OIG EVENT

Ala Moana Beach Park (Keyhole site 20 & 21)

Saturday, March 21, 2020

9am - 3pm

Lunch tickets \$10 (includes water)

\*good FOOD \*fun BINGO

\*crazy KICKBALL \*AA JEOPARDY

\*12 panel Homegroup/Traditions WORKSHOP

\*morning RIPPED exercise

a bunch of CONTESTS and participation AWARDS

\*STEW and DESSERTS CONTEST  
(bring your entries with you)

\*bring a HOMEGROUP TENT, HOMEGROUP BANNER  
and wear a HOMEGROUP SHIRT too

contact persons:

David (808) 741-3817 Chair

Maile (808) 387-5222 Co-Chair

BLACK EXPERIENCE  
**BLACK HISTORY MONTH DANCE**

PEARL CITY CULTURAL CENTER

FEB 22 \$8

2100 Hookiēkie St

Meeting at 6  
Potluck at 7  
Dance till 11!

# HOPE

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

BELIEVE  
CONVINCED  
FORGIVENESS  
LOVE  
PRACTICED  
RECOVERY  
TESTIMONY

CHANGE  
DISCOVERED  
GRADUALLY  
OBSESSION  
PRAYED  
RESTORE  
TRANSGRESSION

COMFORT  
FAITH  
HUMBLED  
POWER  
PRINCIPLE  
SPIRITUAL

**Hope** is the spiritual **principle** behind **A.A.**'s Step Two: "Came to believe that a Power greater than ourselves could restore us to sanity." Without **hope** we wouldn't be able to believe in something greater than ourselves, let alone that we'd ever again regain sanity. ... **Hope** gives us a future to look forward to.