



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org

April 2022 - Inform the Delegate Assembly

Upcoming	Send Seventh Tradition Contributions
May 21, 2022 May Committee Meeting (Hybrid) Central North Shore #9 Oahu	Hawaii Area Committee P.O. Box 1413 Honolulu, HI 96806
August 27, 28, 2022 Budget Assembly (Hybrid) Oahu Districts Collaborative Efforts Location: TBD	General Service Office P.O. Box 2407 James A Farley Station New York, NY 10116-2407 (checks payable to General Service Board)
September 16 – 18, 2022 Pacific Regional Forum Salt Lake City, Utah (see flyer later in this issue)	

In this issue: Experience, strength and hope from our members, PRAASA experience, news and events for Area 17 and beyond.

STEP 4: MADE A SEARCHING AND FEARLESS INVENTORY OF OURSELVES.



Bill W. and other members of A.A. published the *Twelve Steps and Twelve Traditions* in 1952. Our world changed

has changed dramatically in the decades that followed, but our founding members' guidance to the recovering alcoholic of today remains so relevant.

For many of us, the task of working Step 4 is our biggest nudge in realizing that we need the help of a sponsor. It was for me – in working Steps 1, 2 & 3, my attitude was "I've got this." But I was convinced by other A.A. members that I couldn't go solo in working the rest of the steps. How right they were.

I had no idea how to start the process of Step 4, so my sponsor told me to write down my resentments – I easily filled up several pages! She came to my apartment in a rough section of town one night back in 1984 and we read it together at the kitchen table. She helped me to see which character defects applied to my part in each resentment. It was hard for me to hear words like: pride, ego, fear, anger, self-justification, jealousy, greed, intolerance, willfulness, and many others. I did more Step 4 inventories over the years, as my fear of uncovering more unsavory defects was replaced with awareness and a desire to grow spiritually. As I grew in recovery, I was more willing to have my beliefs and attitudes that were no longer serving me removed by my Higher Power.

The last sentence in the chapter on Step Four describes this step as "the first *tangible* evidence of our complete willingness to move forward."

In gratitude....Jeanna T.

Heard at a meeting: "My first sponsor told me my knees were willingness buttons that activated when I knelt." Anonymous in District 8

Service is the key

Willing to Serve in Early Sobriety

I came to AA with the gift of Desperation. My doctor was an Alcoholic and he said, Karen you are committing slow suicide. His tone was honest and compassionate. He told me he had been where I was.

My jaw dropped open; he was highly functional. He asked me what month and what was today's date, I did not know. My whole body was swollen, my eyes wouldn't focus, and I had a hard time walking. I had severe liver cirrhosis and still wanted to drink. I had been in the Kona Hospital for 5 days and came out and drank immediately.

He told me to go to meetings, get a sponsor and do what they told me to do. I listened for the first time in many years. He asked me if I were willing to go to any lengths to stay sober. After trying some controlled drinking, I could say YES, with honesty.

He got me a bed at a clean and sober living place here in Kona. I didn't really want to go live there but I knew if I didn't, I would drink again. I crawled up the hill and started my journey.

On day 2 at my second meeting, I got my first sponsor. A few days later another woman became my service sponsor. My first 12 Step sponsor was busy in service. She had me set up chairs, put out books, and greet everyone that came to the meeting. Afterwards we picked up books and chairs, cleaned up and repeated 3 days a week.

One Saturday evening my service sponsor picked me up and she said we have to stop and get roses at the Sack and Save. It was KKAA Birthday night. She said there are 18 Birthdays, maybe more so we picked up 2 dozen roses. She said tonight, when the Birthday person leaves the podium, I want you to hand them a single rose. I was so nervous! I stood in the front on the side and when they walked by, I handed each person a rose.

The following year at another meeting I saw one of the men I had given a rose too. Birthday night was coming up that week. I said this month is your AA Birthday, right? He said yes, how did you know? I said I gave you a rose last year at KKAA. He said I remember you, he opened his wallet, and took out the rose he had pressed in there. He said, thank you so much for your service, no one has ever given me a rose before.

I went to every sober event: campout's, roundup's, BBQ's, potlucks, softball. You name it I was there. I usually had a service position before I got there, but if I didn't or mine was complete for the moment, I was told to find someone who looks busy and ask them if you can be of service. They usually said yes, sit here, do this or that or they pointed to someone else. There was always, always something to do.

It was fun, it gave me purpose, and I no longer had the craving to drink.

Karen B
Aloha Mana
04/10/2013

From our members....

This is how my Morning Prayers start:

"God thank you for being in my life & walking hand-in-hand with me through 1 more day of sobriety. Thank you for relieving my daily obsession of alcohol, thank you for working to relieve me of my acid reflex (as it no longer serves me), thank you for working to relieve me of my sleep apnea (as it no longer serves me) & thank you for working to improve my brain's function & improve my memory."

"God thank you for reducing my intake of corn-based foods & thank you for reducing my intake of ice cream, thank you for helping me remember my dreams and thank you for guiding my life in a Good Orderly Direction" that I may better do thy will"

There's much more that follows but I'll stop here.....

Chuck H

April 25th, 2012



Zooming back into meetings

I got sober about a year and a half before the pandemic began. Not sure what life would be like if I were a Zoom baby, but luckily I had a taste of the good life prior to meetings being primarily on Zoom for so so long. Now don't get me wrong, Zoom served its purpose and helped alcoholics like me stay sober and I'm sure helped many others as well, but I longed for the real thing. There's nothing quite like an in person meeting in my opinion. Just something about the smell of fresh coffee, the joy on people's faces when they see each other, the overall feeling of camaraderie is a wonderful experience in itself. Zoom was different of course, as we all missed out on that vital face to face, up close and personal human connection. When we finally got the green light last summer here on Oahu I was so excited! I would get to see the faces of people I hadn't seen in so long. I could hear their unfiltered voices clearly with no background noise drowning them out, laugh with them, even share some stories that maybe just weren't always appropriate on zoom. I found it difficult with zoom because when one person speaking we all hear that one person speaking. However, in person, there can be separate conversations going on all around the room, and to me that is what is so great, so intangible about person good ole fashioned AA meeting. The first time back was nothing short of a miracle. Everyone was so excited to see each other, although many of us were still quite conscious of the ongoing pandemic and took our precautions. Hugs had to wait, but fist or elbow bumping became the norm. It still is for some. Now, some months in, I almost forget about zoom sometimes, although it definitely found its way into the AA landscape forever in my opinion. Being able to access a meeting anytime, anywhere in the world just seems like something that needs to stick around until the end of time. For now however, we all get to go back to our beautiful home group if we choose to do so and be part once again of one of the many facets of this incredible program. I am beyond grateful for what zoom provided, I am even more grateful for being back in the presence of my , in person, the way it all started all those years ago in Akron. This zoom session expires in 3,2,1....

Rob S.

Grateful recovering alcoholic

Some Area 17 History

A Brief History of the Twelve Coconuts Group

My name is Ron R. and I am a member of the Twelve Coconuts Group, which meets in Kapiolani Park, Waikiki six days a week.

In March, 1985, I was living in Waikiki and since I have always been an early riser, I was looking out the window and I noticed that there were a lot of tourists on the streets at five-thirty in the morning and it came to my mind that these folks could be up to 6 hours earlier on the bio-clock, say from Manhattan, and they had no place to go to early in the morning but a bar or the local convenience store where they also sell alcohol.

As I was very young in my sobriety at the time (DOS 7/24/1984) and was already addicted to as many meetings as I could get to it came to my mind from, I am sure, my Higher Power, that I needed to start an early morning meeting and since Kapiolani Park has always been my "front yard" I chose to go to the park and an area know as "Queen's Surf." and my sponsor sent two people that did not want to come but were threatened with eviction if they did not clean up their act, I was assisted by the two coffee makers who really disliked me and the fact that they had to get up at an early hour and walk the coffee about two blocks to the meeting, which meets in the beginning of the park on the beach side of the street.

For about three weeks I went all over town to different meetings with bookmarks that had the 11th Step Prayer on them, I had gotten them from a Catholic Book Store and used to go in and try and bargain with them as I was on welfare at the time and spent all of my money trying to get as many bookmarks as possible written up with "New Meeting in Kapiolani Park, Mon. Wed. and Fridays at seven in the morning. April 1st. I did a lot of writing.

The first meeting had 32 people. April Fool's Day, 1985 (that was unintentional)

Two weeks after the meeting started, an anonymous woman visitor from Vancouver shared and said, " This is so wonderful, here I am a recovered drunk, a Christian, there were twelve Apostles, there are 12 steps, 12 traditions and here I am in a meeting in Waikiki under 12 Palm trees. In unison, the whole group went HUH? Sure enough there were twelve Coconut Trees and that is how we got our name. No one had bothered to count the trees and so we were given our name by a Canadian Visitor which to me means that we are truly an international group.

We now meet six days a week, Mon.-Sat and seven in the morning and on Monday, we discuss the first step, Tuesday the 2nd, Wed. the 3rd and Thursday is the Promises, Friday the 11th Step and on Saturdays, we discuss the Traditions. We meet every day, rain and shine and if it is raining we meet in the snack bar, a short walk from the daily meeting.

We also move to a different spot every day to do our part in keeping the area pristine.

During our conventions the meetings swell to over several hundred and one of the most awe-inspiring moments is when we literally take over a large part of the park to do the Lord's Prayer in a gigantic circle, it is truly a wonderful experience.

Our visitors are greeted with A.L.O.H.A. which means a lot of happy alcoholics.

Also we do a little song and dance that goes: "When I start my day the AA way, I know my life will be OK, hey, hey, doo wop doo wop doo wop."

Mahalo (Thank You) for letting me share our experience with you, Ron R. (DOS 7/24/84)

PRAASA Experience and Presentations by members of Area 17

Aloha, my name is Lea and I am an alcoholic. I had the pleasure of attending the second virtual Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) on behalf of my district, No Ka Oi District 5, Area 17 (Hawaii). It was hosted by Oregon Area 58 and they did a fantastic job! The theme this year was "AA 2.0: Unified In Love and Service".

I believe they said over 1500 people registered and they believe at one point over 1100 people were in attendance. The majority of the event was held in a Webinar style, where you only see the person speaking and an ASL interpreter. They also had members translating the speakers in Japanese and Spanish.

I greatly enjoyed the panel discussions (tears flowed a bunch), with many topics such as Safety, Changing Times, Diversity, Inclusiveness, and Changes to our Literature. It was wonderful to have moderators, reader, and presenters in Spanish. We also had reader in ASL, which was just amazing. For the first time I attended the PRAASA Business Meeting and found that it was a normal business meeting, however when the end time came it stopped and anything not done will move to next years business meeting.

I also presented on Panel 5 – Carrying This Message in Changing Times. My topic was The Alcoholic Coming to AA Today – Have They Changed or Have We. It was an honor and a privilege to share on this Topic. This is one of my big fears, standing in front of everyone and talking. Part of me is glad it was virtual so I didn't have to do that, but part of me also wishes I could have experienced that and walked through that fear. It was such an amazing experience. I strongly recommend being of service at PRAASA.

It was great to see more diversity and inclusiveness at this years PRAASA. My favorite line that one of our past Trustees shared is that AA has given me a life worth staying sober for. He has 60 years sober and will be turning 95 this year. I found tears rolling down my eyes when he ended with that, as I found it is true for me today as well.

It was an honor and privilege to be able to attend PRAASA on behalf of No Ka Oi District 5, Area 17.

In Love and Service,
Lea V.
DCM
No Ka Oi District 5
Area 17

Aloha, my name is Lea and I am an alcoholic. I am from Area 17, which is Hawaii, and I am currently the District Committee Member for No Ka Oi District 5 on the island of Maui. Thank you, Kunane and PRAASA for suggesting I speak. It is an honor and a privilege to share on this topic.

My Topic is “Changes in the Alcoholic Coming to A.A. – Have They Changed or Have We”

I will speak to this profound, complex question with an even more complicated answer because yes - they have changed, yes – we have changed, and, at the heart of it all, NO – neither have changed.

The alcoholic coming to AA has shifted as society has changed. There are more people of diverse races, ethnicities, nationalities, economic, and religious backgrounds approaching AA for help. There are new members coming to AA from treatment centers, the court system, hospitals, and prisons. Many are coming to AA via mental health or medical referrals with dual diagnoses and co-addictions. Others are finding their way to AA through their own research on the internet and web forums. The most recent change has been the huge number of new members coming to AA virtually, in online meetings, having never attended an in-person meeting. My old school sponsor didn't think people would get and stay sober, alone, in front of a computer and WOW, was she wrong. Many of these virtual newcomers got sober in a virtual world and have stayed sober.

Alcoholics Anonymous has also changed significantly. Most recently due to the global pandemic, AA, as we knew it, was uprooted and we had to find a new path to stay sober and carry the message to the still suffering alcoholic. AA had to quickly reinvent itself to be available and accessible to newcomers and AA members, so we turned to digital formats. Daily and weekly meetings, business meetings, Districts,

Areas, the General Service Office, and even special events such as conventions, forums, and regional service assemblies established new ways to function and create unity. Virtual meetings have become as essential as in-person meetings. Isolation at home no longer means alcoholics are alone because we can literally attend a meeting anywhere in the world at any time of day.

Alcoholics Anonymous has also grown and changed as the global and social class white men, with less than 5 years sober, in a handful of cities across the US. Today, we are a society of people that crisscross all lines of race, gender, class, nationality, and religious affiliation because alcoholism knows no boundary. According to the Alcoholics Anonymous 2014 Membership Survey, the average member age is 50 years old and 22% of members have been sober over 20 years, 14% 10-20 years, 13% had 5-10 years, 24% had 1-5 years, and 27% with less than 1 year of sobriety. In other words, as of the 2014 membership survey, half of AA had over 5 years sober. AA has also spread around the world with more than 70 translations of the Big Book in circulation. AA has had to change to ensure that our doors, both physical and virtual, are always open to anyone and everyone who reaches out for help. AA will continue to grow to be more inclusive, more open-minded, more tolerant, and more willing so that people who have a desire to stop drinking can find us.

The most profound part of the answer to this topic "Changes in the Alcoholic Coming to A.A. – Have They Changed or Have We" is that truly neither group has changed at all, since the inception of AA. All of us, the collective we, have a desire to stop drinking. Alcoholism is our common bond, and recovery from alcoholism is our common goal. The new member approaches AA with a drinking problem, reaching out for help. The established members, regardless of length of sobriety, do their best to share the solution we have found in AA and our literature. The tried and true way each of us got sober - one alcoholic talking to another - has not changed since Bill and Bob talked in 1935.

Neither have the core suggestions of Alcoholics Anonymous changed. The 12 Steps, 12 Traditions, and 12 Concepts still guide us individually, in our groups, and as a Society of people. AA teaches us common spiritual principles such as honesty, open-mindedness, willingness, tolerance, service, and love. The AA path we trudge starts with not drinking one day at a time and is eventually incorporated into all our affairs.

I believe the answer to the question posed in the topic is both yes and no. The alcoholic coming to AA will continue to change as the world changes. Alcoholics Anonymous will continue to grow, change, and adapt so that every alcoholic who reaches out for help is included, regardless of their background or dissimilarity. The unchanging and steady way that Alcoholics Anonymous worked for me and countless others as newcomers - one alcoholic talking to another, reading the Big Book, and sharing our experience, strength and hope is unwavering and enduring the test of time.

I appreciate the opportunity to speak at PRAASA.

Thank you.

Safety in AA: Our Actions Speak Louder Than Our Words

Aloha Kakahiaka (Ka-Ka-Hee-Aka), Good Morning, my name is Gina and I am an alcoholic. Mahalo (mah-Ha-Low), thank you for joining us today as we talk about something uncomfortable... Safety in A.A. We must ask ourselves, do our actions speak louder than our words?

The topic of safety is broad and leaves room for any number of things to be discussed. A few things come to mind. First is sexual predation. Some of us have had comments made to us that were inappropriate or we've made those comments to others. Let's not dim this topic down... People have been lured by smooth-talking predators into harmful relationships which sometimes ends in death. Next would be bullying. Religious bullying is an actual thing and just because someone believes differently doesn't make them any less of a member than another. After all, isn't the point of the steps to guide us to a Higher Power? Does it matter if that Higher Power is aliens or the universe? Next, we have the "time" bullies. These are the members that use the amount of time they have, to sway a vote in the homegroup or make someone with less time feel like they can't speak out of fear of rejection. And how about practicing anonymity? I can't tell you how many times I've been tagged in recovery posts on Facebook. Personally, I don't care if I'm tagged. However, because I have a sponsor and a service sponsor who both guard their anonymity and have taught me to do the same. I take the time to un-tag myself and send the most loving message I can, informing the person how important anonymity is and how it keeps us safe.

So what about a when a newcomer comes walking into our homegroup? Or when we see someone online that we've never seen before? I've been in and around this fellowship for about 22 years and I recently found myself in an unfamiliar meeting. A few people said "Hi" or smiled at me, but NO ONE went out of their way to welcome me. So I found a chair and sat quietly and listened to everyone's conversations about how they all caught covid from the same meeting they attended and laughed about it. I never caught covid and I'm high-risk! I really wanted to leave; I really did but I couldn't. I was the speaker! The chair! The person in the spotlight, for crying out loud! I already had butterflies in my stomach before even getting to the meeting and then to hear these conversations, made me feel unsafe! If I was feeling unsafe, how would an actual newcomer feel? These people have never seen me before so how would they know I wasn't sitting there with one day?

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA to always be there. And for that, I am responsible. Are you doing enough to help the newcomer find their way? Am I doing enough? This is the question we all SHOULD be asking ourselves?

Today's topic of Safety in A.A.: Our Actions Speak Louder than Words is an important topic! So important that at this year's conference, they'll be discussing adding a paragraph on safety to the book "Living Sober" and also in the pamphlet "Questions and Answers on Sponsorship". Which, by the way, has been in the works since 2018. Things in Alcoholics Anonymous move slower than a snail on crack, so we – you and I – the fellowship need to be the examples.

Concept nine – short form – “Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of AA must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.” I doubt the Trustees can be everywhere, so we need to be custodians of Traditions within our homegroups and our sponsees.

Am I making inappropriate comments to newcomers? Or even old-timers? Am I talking such a good program that when someone wants to work with me, as soon as I get them alone, am I acting responsibly? Or am I asking them to do sexual favors? And when I ask my sponsees to come over to my house to paint the fence, am I paying them for their time and labor?

In the pamphlet, “Many paths to Spirituality”, it says “The spirit of tolerance is strong in AA”, and the Big Book says, “Love and Tolerance is our code”, So when should we set aside our tolerance and take action? Some of the things that should not be tolerated: Sexual predation, verbal threats, abuse, physical fighting, anonymity violations and the list goes on. We aren’t talking about little disruptions; we’re talking about extreme disruptive actions.

Here are some suggestions from our 62nd General Service Workshop in 2012, “Safety in AA: Our Common Welfare.” Be on the lookout for newcomers, introduce them to healthy people. Be a great sponsor, talk with your sponsees about safety in AA. Be aware of stalkers or predators and let your sponsees know. Be an example of appropriate behavior. Often, newcomers have no idea how to act, sober. Get legal help if needed and keep your group as well as yourself healthy. Safety in meeting rooms and online should be taken seriously.

Once again, I’d like to thank the committee for allowing me this opportunity to share with you a topic that I hold close to my heart. Remember the focus is good communications, being the examples and creating safe environments for those who have been here a while, just walking in the doors and especially those who haven’t arrived yet. Let our actions speak louder than words!

Mahalo for letting me be of service.

My name is Gina and I’m an alcoholic.

Save the Date!
PRAASA 2023



March 3-5,
2023

AREA 05 SOUTHERN
CALIFORNIA
Área 05 Sur de
California

**Southern California Area 05
is hosting PRAASA 2023**
(Pacific Region A.A. Service Assembly)
March 3 – 5, 2023
in
Los Angeles, California!

Stories Wanted!!!!

The trustees' Literature Committee has opened a call for recovery stories in response to the 2021 General Service Conference advisory action regarding the pamphlet "A.A. for the Black and African American Alcoholic," stating that the pamphlet be updated to include current stories of recovery and a new title that is respectful and inclusive.

The committee is seeking stories of recovery from all African American, Canadian, Caribbean A.A. members from the English, French and Spanish-speaking Black communities in the A.A. structure in the United States and Canada.

Stories of recovery may also include:

- Experience, Strength, and Hope
- Steps, Traditions, Concepts
- Ethnic, cultural, gender and LGBTQ diversity
- Diversity of social status
- Sponsorship
- A.A. Service
- Safety & Racism
- Military
- Black Mental Health and Diverse Abilities
- BIPOC A.A. meetings
- Atheist/Agnostics

The suggested format for typed manuscripts is 500-800 words, double spaced, in 12- point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

Deadline: Please submit on or before October 31, 2022.

Email: pamphletstories@aa.org

Subject Line: A.A. for the Black and African American Alcoholic

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

Coming soon in Area 17 and beyond

Oahu Intergroup Presents:

Safety in AA As it relates to Tradition 5
&
Effective Leadership Relating to Tradition 9 & Concept 9

Let's Build Our Future Together

A BETTER FUTURE

April 23, 2022
6:30 - 8:00pm

ID: 850 196 4385

PW: service



hosted by:
Area 69



IN PERSON !

WWW.2022AAPACIFICREGFORUM.COM



Sept. 16 - 18, 2022

**PACIFIC
REGIONAL
FORUM**

Mariott Downtown @ City Creek
75 W Temple St., Salt Lake City, Utah

RECOVERY ELEVATED



ANNUAL HAWAII CONVENTION 2022



"Our Primary Purpose"

Waikiki Beach Marriott Resort and Spa

October 28 - 30, 2022