

# MYNAH BIRD

## Hawai'i Area 17 Newsletter

Read online here:

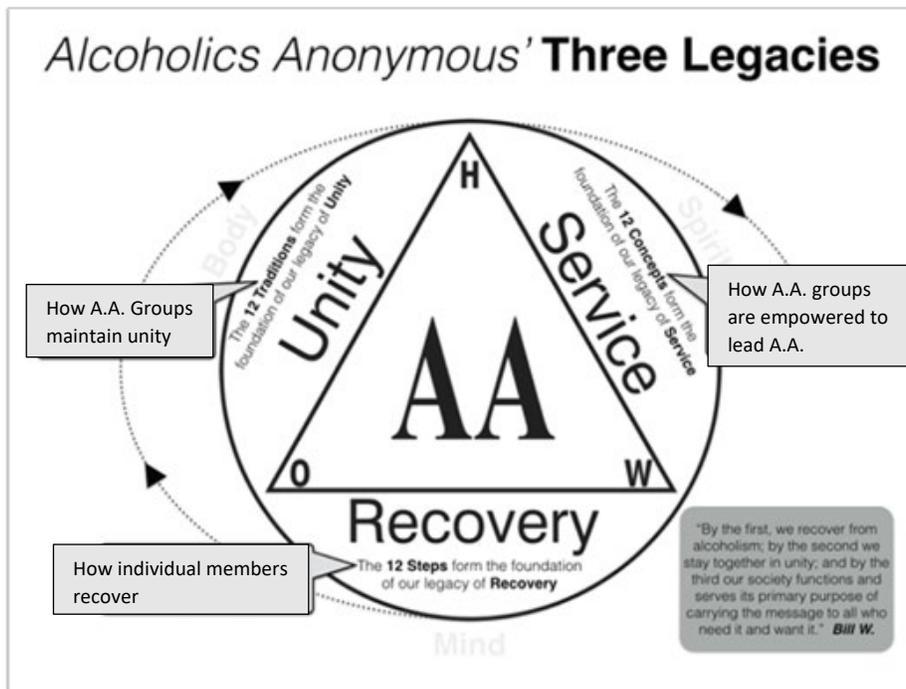


APRIL 2023

GENERAL SERVICE CONFERENCE ISSUE

The theme for the 2023 General Service Conference:

**“A.A.'S THREE LEGACIES – OUR COMMON SOLUTION.”**



### IN THIS ISSUE:

**The Three Legacies**

**General Service Conference**

**Stories from our own He Resolved To Keep It Simple...**

**Online Meetings – affected my life**

**FIND online meetings**

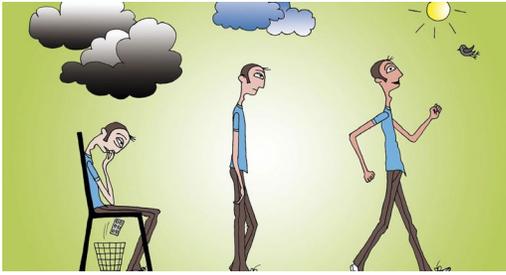
**A.A. Acronym fun ...**



Through service, A.A. managed to spread from its origin in the United States to become a worldwide movement.

Today, an A.A. presence can be found in approximately 180 nations worldwide.

There are more than 123,000 A.A. groups around the world and A.A.'s literature has been translated into over 100 languages. [Source](#) In 2020 A.A. estimated its worldwide membership to be over two million with 75% of those in the U.S. and Canada. [Source](#)



**RECOVERY, UNITY, SERVICE**—these are the Three Legacies given to the whole membership of A.A. by its founders and their fellow oldtimers. When this heritage was announced, at the St. Louis Convention in 1955, celebrating A.A.'s 20th birthday, Doctor Bob was already gone.

But Bill W. spoke for him and the other pioneers, as well as for himself, in turning over to all of us the responsibility for A.A.'s continuation and growth.

## What Does Each Legacy Suggest?

### RECOVERY

Recovery has given us a second chance to find happiness and freedom; to live useful and productive lives. The 12 steps and the Big Book are known as Recovery and are the entire foundation of the program.

Bill W.'s words in the forward of the book Twelve Steps and Twelve Traditions states that; "AA's 12 Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the suffered to become happily and usefully whole"

This legacy encompasses the famous 12 steps that A.A. members use to work toward sobriety. Recovery provides spiritual principles that help people see alcohol for what it is and reduce its power over their lives.

### UNITY

Unity has provided us with a fellowship made up of people who share our own common problem, who give us the love and support necessary to maintain our sobriety. A.A.'s 12 Traditions present the principles which support the unity of the A.A. fellowship at the group level.

"A.A.'s 12 Traditions apply to the life of the Fellowship itself. They outline the means by which AA maintains its unity and relates to the world about it, the way it lives and grows." from A.A. co-founder Bill W.

Unity establishes a tradition of mutual love and support among A.A. members. It's only through group unity that every member can achieve long-term sobriety from alcohol.

### SERVICE

Service offers us the opportunity to implement our primary purpose.  
"to carry the message to the alcoholic who still suffers"

Service in A.A. is based in the 12 spiritual principles known as the 12 Concepts, which are found in the [General Service Manual](#) and the [APPENDICES of the Big Book of A.A.](#) Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; this is our principle aim and the main reason for our existence.

**"Therefore, A.A. is more than a set of principles;** it is a society of alcoholics in action. We must carry the message, else we ourselves can wither, and those who haven't been given the truth may die." from A.A.'s Legacy of Service, The A.A. service Manual as linked, above.

## GENERAL SERVICE CONFERENCE:

**LAST ISSUE:** we provided in-depth information about the process known as "INFORM THE DELEGATE"... check out that issue [here](#). This issue we want to present what happens when our delegate, Tommy, then brings *our* collective voices, on numerous topics, to the annual General Service Conference which is held in NY every spring.

### Timeline:

April 1 & 2 – This weekend on the island of Oahu will be set up almost identical to the GSC ... we will have break outs/round tables where the GSRs, DCMs and SCCs will share their membership's responses/feedback during Area Assembly known as *Inform the Delegate*.

At this area assembly prior to the conference, the delegate is given the group conscience of the whole area to take to New York.

April 21-29 – Our delegate, Tommy, takes this collective feedback on numerous topics to the GSC in NYC! The Delegate then votes on behalf of his/her area at the General Service Conference. There are occasions where the delegate will need to call an 'audible', that is to say new information is presented at the GSC that would, in the Delegate's opinion, influence how our area would feel about a certain topic. That is why our Delegate is our 'trusted servant' ... to carry out that service/vote with the voices of our area in his/her head.

Once he returns from GSC, Tommy will prepare his Delegate Report to share with our entire area many of the results he captured while in New York. He will give us feedback on advisory actions, committee considerations, decisions made and lots more.

It is a tradition that, when invited, the delegate will present his/her "Delegate Report back in-person (or online) so that as many members as possible can hear his/her presentation in person, or some might say "from the horse's mouth", lol!

DCM's will need to contact Tommy to set those dates during your group/district event (after he returns, please!). reach out to him at [delegate@area17aa.org](mailto:delegate@area17aa.org).



### SOME \*FAQ

#### \*FREQUENTLY ASKED QUESTIONS:

- 1) What is the General Service Conference? Once a year the Delegates from the service areas around the country meet in New York.
- 2) What is conference-approved literature? Conference-approved literature is usually books or pamphlets that have been approved by the delegates at a General Service Conference. It is published by AAWS.
- 3) What is AAWS? AAWS stands for Alcoholics Anonymous World Services. This is essentially the business side of A.A. in that the printing and sale of A.A. publications fall under its purview.
- 4) Does all A.A. literature have to be conference-approved? No. Most A.A. literature is conference-approved, however some materials which need to be updated frequently like service-related materials are not.
- 5) What about the grapevine, our meeting in print? Each issue of the A.A. Grapevine magazine cannot go through the conference approval process, but it is recognized by the Conference as the international journal of Alcoholics Anonymous.
- 6) What is GSO? GSO is the General Service Office of Alcoholics Anonymous. It is located in New York City and serves the US and Canada in matters relating to Alcoholics Anonymous.

Cartoon used with permission <https://annkroger.files.wordpress.com/2014/12/digging-deeper.jpg>

## He Resolved To Keep It Simple

My name is Jim C, and I am an alcoholic-Homer\*. One day at a time, one situation at a time, one prayer at a time, is how I plan to live each day of this upcoming year. God willing, I will continue to keep it simple and stay right sized. My resolution is to have another sober year equal to and just as blessed as this sober year as it is coming to a close.

The lyrics to one of my favorite songs say ...*You can't beat God's giving, no matter how you try...the more you give, the more he gives to you; just keep on giving because it's really true, you can't beat God's giving no matter how you try...* I find that to be true every day as long as I am willing and ready to let go and let God take control of my life.

For me each day starts with a prayer and meditation now. Some days I meditate to music, some days it's listening to my breathing; other times it's reading, but every day it's being grateful that A.A. continues to work in my life. The LIM newsletter\*, reading conference approved literature and being grateful for the progress I've made since day one, all help to keep me motivated. I never wanted A.A.; I needed A.A. Here it is 35 years later and I'm still in love with Alcoholic Anonymous. I'm thankful for the spiritual path I've learned to walk.

After my stroke I had to do my own 12 step call on my health and nutrition. Step 12 tells us ...*'having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs'*... yes, all our affairs. I was not a good steward of my health and as a result I came close to getting a self-imposed one-way ticket to the St James Infirmary (The morgue).

At first, I was embarrassed because that 'I shoulda known better than to not pay attention to the warning signs', thinking dominated my thoughts. I was drinking at least 2-3 cups of coffee every day, not exercising and making bad meal choices. Step 12 got me back on track and off the 'poor me' pedestal. I did the math, got into action and regained control of my physical and mental health. Today. I eat different, exercise, take my medication around the same time every day. I lost the excess weight and I do my best to stay humble. I didn't give up. The steps never gave up on me and I knew if I could just apply those principles to my health, I'd get better, and I did. One day at a time. I will always have issues walking now but at least I can walk better today than I did right after my stroke.

I do understand and respect that there are people who have had severe nonreversible physical changes as a result of a stroke or heart attack. They may not ever improve. My thoughts and prayers go out to them.

One of the biggest adjustments I had to make was in my social life. Today I am at home most of the time (aka "homer"). Fortunately for me the setting is very pleasant. I can go out on the balcony and sit quietly. I like to say my God has a sense of humor because before becoming a Homer, I travelled extensively. Today, I live close to the landing flight path at the airport, so I've taken up plane spotting as a hobby. They fly high enough that it is quiet when they pass by so it's pretty cool.

When I look at my life today, the 12 Steps continue to give me a design for living, I have a reason and purpose to keep going one day at a time. I can still call a friend, that's right not text a friend-call them. There is so much social chatter that gets in the way of serenity these days.

## Pin these dates: Assemblies

### Who attends:

GSRs, DCMs, Area Standing Committee Chairs,  
Area Officers & Intergroup Chairs

**Bring a note pad and pen to take notes!**

### Budget Assembly

District #10 Waikiki, Oahu

September 9 - 10, 2023

### Optional November Assembly:

District #13 Tri-Island, West Maui

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## Committee Meetings

### Who attends:

DCMs, Area Standing Committee Chairs, Area  
Officers & Intergroup Chairs

### May Committee Meeting

District #11, Kihei, Maui

May 20, 2023

### Optional October Committee Meeting

District #4, Windward, Oahu

*Continued:*

I can go to my bookshelf, pull out a book and read it, not just listen to someone else reading it to me. Life is good and I am forever grateful to be involved in the LIM\* part of A.A.

The journey into self takes the time you devote to make it work for you. Keep it simple, pray and have a safe and Happy New Year. Jim C Sobriety date 14 July 1988.

**Editors note: *The Loners-Internationalists Meeting (LIM) is a confidential bimonthly bulletin sent to Loners, Homers, Internationalists, Port Contacts, and Loner Sponsors.***

You can sign up at [aa.org](http://aa.org) using [this link](#)

## Online – How it has affected my life

During the pandemic my home group, *A Spiritual Awakening*, became an online/zoom meeting. It took me awhile to adjust to it, but now I'm totally adjusted and really like it. First, it saves a lot of time. Second, it saves money not only on gas but on purchasing leis for the people celebrating birthdays and going out to eat after the meeting. Third, I feel more comfortable sharing on zoom rather than in an in person meeting. Fourth, we have members in the group from other states.

I think any meeting that you attend on a daily basis offers the opportunity to become close to other members. A Spiritual Awakening is a literature based meeting so we alternate among the Big Book, Twelve Steps and Twelve Traditions, Came to Believe, Living Sober, As Bill Sees it and the Grapevine. People share on the reading and share how they are coping with difficulties in their lives.

Another benefit of the zoom meetings is that it's easier to attend multiple meetings in one day. If you are a newcomer, you can try different meetings to see which ones you prefer. If you are a long-timer, you can attend other meetings to increase your connection with other alcoholics.

Finally, it is a great benefit for people who have a mobility problem. I use a walker so it's so much easier to sit down in the kitchen every morning at 6:30 in front of the computer compared to driving to Kahala Mall to be there at 6:30. Now A Spiritual Awakening has split into independent groups. It's a tough adjustment, but we are getting into acceptance about the decision made in group conscience.

Submitted by Linda T / Grateful member

## A.A. ONLINE – WHERE ITS AT FOR SO SO MANY!

WITHIN THE ISLANDS:

### HAWAI'I AREA INTERGROUP OFFICES TELEPHONE NUMBERS AND WEBSITES:

(Visit websites for more information and links to in-person and zoom meetings)

OAHU Intergroup of Hawai'i, Inc.

<https://oahuaa.org/>

and

Call us now at (808)946-1438

[New to AA Page Link Here](#)

KAUAI Intergroup

<https://kauaiiaa.org/>

and

Call us now at (808)245-6677

[Link to 12 Questions: IS AA for you?](#)

MAUI A.A. Intergroup of Hawai'i, Inc.

[https://aamaui.org](https://aamaui.org/)

and

Call us now at (808)244-9673

[Link to Newsletter](#)

WEST HAWAI'I Central Office

<https://www.westhawaiiiaa.org/>

and

Call us now at (808)329-1212

[Link to More About AA](#)

EAST HAWAI'I Intergroup of Hawai'i, Inc. Call us now at (808)961-6133

<https://easthawaiiiaa.org/> and

[Link to a printable meeting list](#)

# AA GRAPEVINE

The International Journal of Alcoholics Anonymous

<https://www.aagrapevine.org/podcast>

Available to you on your favorite podcast platform:





**REMINDER:**  
Send out the MYNAH BIRD's  
QR code (see pg. 1)  
for each issue to your home  
groups.

**This month's Acronym Fun ... with the letters B, C & D!**

BAR = Beware Alcohol, Run...

BIG BOOK = Believing In God Beats Our Old Knowledge...

BS = Before Sobriety...

BUT = Being Unconvinced Totally...

CALM = Can Anger Leave Me...

CARE = Comforting And Reassuring Each Other...

CHANGE = Choosing Honesty Allows New Growth Everyday...

CHANGED = Choosing Humility Allows New Growth Every Day

CHAOS = Can't Handle Another Overwhelming Situation = Creating Havoc Around Our Selves

CIA = Catholic Irish Alcoholic...

CLEAN = Completely Leaving Every Addiction Now!...

COURAGE = 'Cause of Using Recovery's A Great Effort...

CRAP = Carry Resentments Against People...

DEAD = Drinking Ends All Dreams...

DENIAL = Don't Even Notice I Am Lying...

DETACH = Don't Even Think About Changing Him/Her...

DUES = Desperately Using Everything But Sobriety...

Our FAVORITE Acronym: A L O H A ... **A Lot Of Happy Alcoholics!**