

June 2011

# Garden Island Sobriety

'Step Six'

“Were entirely ready to have God remove all these defects of character.”



**He said:** This step may be even more confusing than the previous one, because it requires me to place myself in a state of readiness to allow God to do His work in my life. I was unsure of how this was going to be accomplished. What does it mean? How do I become entirely ready?

**My experience with** this step comes from the instructions in the Big Book. It states that I am to go home and take the Book off the shelf and to review the work that I have just done. Making sure that I had done a thorough job and that the work was solid, as solid as it could be having never done this before. I had identified the weak items in my inventory and had also noted some assets. The weak items need to be replaced by healthier actions and the assets need to be built upon to make them stronger. This can only be accomplished by becoming ready to have God discipline me through the principles of the steps. I must be willing to grow up through the process of recovery.

**The readiness** to have God remove all these defects of character is the direct result of the amount of uncomfortability that I am will to stand in my life before giving it to God to take away. One by one the degree to which I indulge in my defects has slowly shifted from being an active participant to an occasional spectator. This does not happen just because I *think* about being a better person. It happens when I start to actually *be* a better person. I must actively seek a spiritual solution to my human problems.

**Somewhere in the** Big Book it states that pain is the touchstone to all spiritual growth. It is a promise that comes true for me with regard to letting go of my defects of character. My defects must bring more pain than joy in order for me to want God to take them from me. All of my defects of character are actually still with me and can flair up from time to time.

*(continued. p. 2)*



**She said:** Thinking back on my first time through the steps I must confess that I have no clear recollection of “doing” Step 6. In the Big Book, the explanation/discussion of Step 6 is two paragraphs—or maybe just one. In my book, at some past time, I drew an arrow pointing to the beginning of the last paragraph on page 75. Below the arrow is written “Step 6.” But this paragraph is actually instructions on what to do right after completing Step 5 and **before** Step 6. It’s a thinking/contemplating thing—we mentally review our work in the first five steps, no need to write or talk. BUT those first 5 steps are the foundation of the arch we are building “through which we shall walk a free man<sup>(sic)</sup> at last.”

**The first paragraph** on page 76 says that if our contemplation/review reveals that our previous work was satisfactory, we can then look at Step 6. Then it talks about willingness (again?!)—back to the concept of willingness which was such a big part of Step 3. And this looks like another one of those ongoing, never-ending things where, if I catch myself still hanging on to something, I have to ask God to help me be willing (or willing to be willing, to be willing, etcetera and so on, yada-yada.)

**Back in Step 3** in the 12 and 12 it also says that “nothing short of continuous action upon these (the steps) as a way of life can bring the much-desired result” and that all of the Twelve Steps require sustained and personal exertion... Uh! This sounds suspiciously like “trudging the Road of Happy Destiny” and that sounds horribly dreary. However, some of the definitions I have heard in AA for the word “trudge,” such as “to walk with purpose” or “to walk with measured steps” don’t sound so bad.

**The fact is** that I hope to be walking this road for the rest of my life. Now, if I am lugging along defects of character which are an impediment to my progress in life it will surely make the journey more difficult, more,

*(continued p. 2)*

**Birthdays p. 2**

**Activities p. 3 & 4**

**AA Hotline 245-6677**

**He Said:** (cont.) The biggest difference between before and now is that I am aware of them and have tools to use to prevent them from totally engulfing me life and causing me to spin out of control.

**Change is not hard, resistance to change is.**

Thank you for allowing me to be of Service.

Your Brother in Recovery,  
~Ron A.

# Birthday Celebrations

## South Shore

- ◆ **Koloa Monday Women's 'Na wahine ku pono'**  
5:00 p.m., Koloa Library, Last Monday of the month. CAKE & POTLUCK.
- ◆ **Aloha Group** - 7:30 p.m. Speaker Meeting, Koloa Union Church, last Tuesday of the month - CAKE FOR BIRTHDAYS!

## East Side

- ◆ **Hui Ohana** - 7:00-8:00 am Last Saturday of the month. CAKE FOR BIRTHDAYS!
- ◆ **Steps to Freedom** - 6:30 pm Last Monday of the month. CAKE & POTLUCK (7:30 pm meeting).
- ◆ **The Fourth Dimension** - 7:00 pm on Fridays nearest the Full Moon every month. TBA monthly. This month on Friday, June 17<sup>th</sup>. Hot dogs are provided – "Bring Your Buns!"

## North Shore

- ◆ **North Shore Aloha Group** - 7:30 pm Last Monday of the month - CAKE FOR BIRTHDAYS!
- ◆ **Princeville-Hanalei Group** - 7:30 pm Last Thursday of the Month - CAKE FOR BIRTHDAYS!

## ~About Publishing Birthdays~

**We Publish All Sobriety Birthdays  
On The Month After Their Occurrence.**

If you would like to have a birthday published or corrected in the Garden Island Sobriety newsletter Please contact us: [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

**She Said:** (cont.) shall I say, "trudgy." And since they are defects, why on earth would I want to keep them? BUT, if God removes **all** these defects of character, will I have any character left or will I look like the proverbial hole in the donut? (also mentioned in Step 3.) Nah! As I trudge along the Road of Happy Destiny I am given, finding and collecting tools—character building tools, power tools, *Higher-Powered* tools!

**Therefore, I shall** be brave. I shall ask for the Courage to change the things I can. I shall Let Go and Let God. I shall be willing, even **entirely** willing, to have these defects removed and I shall keep asking for the willingness.

(Check back next month for my view on "the loophole!")  
In fellowship,  
~ Amorosa

# Happy Birthday

Kathleen P.	5/21	1982	29 yrs
Joy	5/20	1992	19 yrs
Mary L.	5/1	1993	18 yrs
Susan D.	5/13	1993	18 yrs
Uncle Tim	5/13	1994	17 yrs
Charlie L.	5/1	2000	11 yrs
Catherine G.	5/10	2000	11 yrs
Dana M.	5/23	2002	9 yrs
Will L.	5/14	2005	6 yrs
Leilani K.	5/14	2005	6 yrs
Lindsey W.	5/17	2006	5 yrs
Sean F.	5/20	2007	4 yrs
Jackson O.	5/8	2007	4 yrs
Jennifer A.	5/5	2008	3 yrs
Lori M.	5/10	2008	3 yrs

**Congratulations Everyone!**

# Linda McD. Our Area 17 Delegate

**WILL BE IN KAUAI JUNE 4<sup>TH</sup>**  
**9:00 a.m. at the Hanalei Pavilion**

The 61<sup>st</sup> General Service Conference of Alcoholics Anonymous in the United States and Canada met May 1-7, 2011 at the Crowne Plaza Times Square, New York City; the theme was "We Are Responsible for A.A.'s Future – Let it Begin With Us".

Linda will be giving us (Kauai - District 6) her 'Report Back' from this 2011 General Service Conference.

For notes from the General Service office of AA on what occurred at this conference go to:

[http://www.aa.org/en\\_pdfs/en\\_box459\\_summer11.pdf](http://www.aa.org/en_pdfs/en_box459_summer11.pdf)

# A.A. Founders' Day Birthday Potluck Fun Day

**At Lydgate Park Small Pavilion**  
**June 10, 2011**

**Please join us:**

- 11:00 am - Potluck BBQ, Fun, Fellowship, Games
- 2:00 pm - Speaker Meeting
- 4:00 pm - Service Workshop
- 6:30 pm - Potluck
- 7:30 pm - Speaker Meeting

**As always Friends and Families of AA are welcome!!**



## Bill Wilson

Bill Wilson was the co-founder, along with Dr. Bob Smith, of Alcoholics Anonymous in 1935.

Bill was the primary author of the "Big Book" of alcoholics anonymous, and was the driving force to turn a small group of alcoholics in Akron, Ohio during the late 1930s into a worldwide organization of more than 2 million members strong (as of 2010). Bill Wilson believed "one alcoholic talking to another" was key to recovery and based the AA program on the Twelve Steps, a spiritual connection to a higher power and the "Meeting" concept. Bill Wilson died in 1971, with almost 36 years sober.



## Dr. Bob Smith

Dr. Bob Smith was the co-founder, along with Bill Wilson, of Alcoholics Anonymous in 1935.

"Smitty" or "Dr. Bob", as he was known to AA friends, was instrumental in assisting Bill Wilson turn a small group of recovering alcoholics, known as Alcoholics Anonymous, in Akron, Ohio in the late 1930s, into a worldwide organization with more than 2 million members in 2010.

Bob Smith died in 1950, with 15 years of sobriety.

# The 2011 Kauai Roundup

**"COURAGE TO CHANGE"**

2011 Kauai Round Up

June 03, 04, 05 2011

Friday 2:00 P.M. - Sunday 12:00 P.M.

**25<sup>th</sup> ANNUAL HO'O LAU' LEA**

*"The Kauai Roundup Committee's mission is: To foster fellowship, unity and recovery for the AA community by providing an entertaining and relaxing annual weekend retreat."*

**Join Us at CAMP NAUE**

**Come for the day! June 3, 4 & 5**

**Friday 2:00pm - Sunday 12:00pm**

(Kuhio Hwy 4 miles west of Hanalei-2 miles from Ke'e Beach)

Information email: [kauairoundup2011@yahoo.com](mailto:kauairoundup2011@yahoo.com)

**PRICES: \$15.00 Day Pass, \$5.00 Meal Pass (each meal)**  
**Children 5 yrs and under are free!**

# 4th of July Picnic

AT LYDGATE PARK

Sponsored by Hui Ohana Group

**Please Come Join Us**

**In A Fourth Of July Potluck.**

**Celebrate with AA Fellowship And**

**Fun!**



**We Will Provide:**

**Hamburgers, Hot Dogs And Sodas.**

## The 50th Annual Hawaii Convention



An Annual AA Convention  
With Al-Anon Participation,  
Will Be Taking Place At The  
[Hilton Hawaiian Village](http://www.hiltonhawaiianvillage.com)

From November 17 thru November 20, 2011.

Go to: [www.annualhawaiiconvention.com](http://www.annualhawaiiconvention.com)



## A.A. Meetings

### The Fourth Dimension:

The Full Moon/Birthday Celebration held this month on Friday, June 17<sup>th</sup> at 7:00 pm (7:30 meeting) at the United Church in Kapaa, 1315 Ulu St.

**Hot Dogs Provided. Bring Your Buns!**



## Traditions Checklist

From The A.A. GRAPEVINE

### Tradition Six:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AA's familiar with "Guidelines for Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayors' advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

### DOES YOUR GROUP NEED

### SOBRIETY CHIPS?



CONTACT MO L. • 651-9116





# A.A. Meeting Places

## Saint Michael's Church

**“Came to Believe”**

**Meeting on Wednesdays at 6:00 pm**

In The Saint Michael's Church Community Room.

St Michaels's is located at:

4364 Hardy St., Lihue (Corner of Hardy & Umi St.)



*Photo ~ Alejandro*



**Next Intergroup Meeting June 4<sup>th</sup>**

**9:30 am, Lihue Neighborhood Center**

## From The Chair:

Aloha,

**Here we are** at June. Can you imagine this panel has been seated for six months now! Our first quarter's over in the blink of an eye. We have tackled a major task in finishing the Bylaws. We now have nine documented committees, many of which coordinate with District. This has not only shown our willingness to embrace change but also to dive into service on a much deeper level.

**We have also** taken up a new level of accountability. Our events have come in under budgets. The locker makeover came in under budget as well. We are working to provide members with a virtual office where the required records of Intergroup can be stored and viewed by all fellowship members without giving up our anonymity. And another group is working towards building a public website to present the AA program of sobriety in the best light.

**We still suffer** from a lack of dedication to some of the less glamorous duties. KEO Homeless Shelter is still hoping for a meeting and very few people are making it to Voluncore training to participate in KCCC meetings. However, the Public Information team has found some dedicated members who have made sure all of our meetings are listed in the Garden Island Newspaper.

**Our hotline coordinator** has been a treasure! Her willingness and ability to manage volunteers, create schedules and Twelfth Step call lists is a small miracle.

**I look forward** to a summer filled with AA activities, the first being The Kauai Roundup. With many more activities to come I hope to spend the next few months working with our talented IGRs in finding ways to attract and maintain newcomers (maybe even get them into service). I also hold out hope that those groups who do not have a representative send one. The more the merrier.

~ In service, Lu

**Request a newsletter**



**by e-mail**



[District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

# Intergroup Officers:

Chairperson: Lu A. [chair.intergroup@gmail.com](mailto:chair.intergroup@gmail.com)  
Alt. Chair: Bob B. 245-3680  
Treasurer: Mike C. 639-2579  
Secretary: Susan Ok. [secretary.intergroup@gmail.com](mailto:secretary.intergroup@gmail.com)  
Literature: Danette M.  
Alt. Lit.: Mark M.  
Hotline: Damione [hotline.kauai@gmail.com](mailto:hotline.kauai@gmail.com)  
Events: Christopher K. 212-6009  
GIS Editor: Linda B. [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

## SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup  
P.O. Box 3606, Lihue, HI 96766



# District 6, Kauai:

Next District Meeting is on June 11<sup>th</sup>  
9:30 am, at 3146 Akahi St., Lihue

# District 6 Committee:

DCM: Mo L.  
Alt. DCM: Neil P.  
Treasurer: Diana L.  
Secretary: Heather C. [kauaidistrictsixsec@gmail.com](mailto:kauaidistrictsixsec@gmail.com)

## SEND YOUR CONTRIBUTIONS TO:

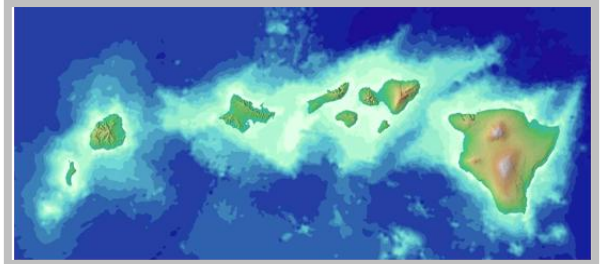
Kaua'i District Committee  
PO Box 1503  
Kapa'a, HI 96746



Please include "District 6" & "Group Name" on ck

 **MAKELE SEZ:**  
**Easy Does It**  
**But *Do It!***

## Find A.A. in Hawaii



Go to: [www.area17aa.org](http://www.area17aa.org)

## Service is Sobriety

Our Area 17  Delegate is  
Linda McD.

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

## Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee  
#2107  
575 Cooke St., Suite A  
Honolulu, HI 96813



Please include "District 6" & Group Name on ck