

April 2011

Garden Island Sobriety

'Step Four'

“Made a searching and fearless moral inventory of ourselves.”



He said: This is the step that really confused me the most when I first saw it. Why? Perhaps, it is in the wording? I did not fully comprehend what it was asking of me. I thought it wanted me to make a confession, like the kind that would be used against me, like in a court of law. I was not gonna do that, no way. I listened at meetings and read the literature that explained the step and began to understand what the people were talking about concerning making an inventory and then doing the following step with a sponsor. What I heard was that it needed to be done so that a new foundation could be laid upon which my new house would be built, a house that could withstand the trials and tribulations of life.

The Big Book states that our design for living is one that works in rough going, which is a promise that life is gonna throw you some curves, so you better be prepared. The steps are designed to prepare us for life as we were never prepared before.

My experience with Step Four was, with the aid of a sponsor who directed me in the preparation, straight from the Big Book; how to write it and what to write. I was able to make a timeline map of my life and see what the problems were that kept me sick and caused all my worries. The one thing that kept coming up for me was **FEAR** of the future, the past and the present.

The Big Book says that the main problem of the Alcoholic centers in his mind, rather than in his body. I had to get rid of the self centered way of thinking and behaving. I had to know what the problem was and is, and unless I did an inventory of what was good and what was not, I would remain trapped with an untrue picture of who and what I was. That for me was the whole purpose of the inventory, to find the true me and then to begin to get back to that person. Step Four is the main tool used to begin the process of recovering from **me** one day at a time.

Step Four is described in the literature as the Freedom step. When we are free from the demons (cont. p. 2)



She said: My original 4th Step was done in narrative form rather than the column/list form shown in the Big Book. I thought back thru my life and recalled every incident, person or event that still had a charge when brought to mind. I started as far back as I could remember and worked forward to (the then) present time. If there was shame, guilt, remorse, anger, sadness, self-recrimination or any strong emotion around it I figured it was something that still needed work. And work, for me, was to write.

I wrote in fits and starts. I'd sit down with a note pad and a pen and write till I was drained. Then I'd throw the pen down, slap the notebook shut and not look at it again for, what? a week, two? I know that the process went on over a period of months. And, oh lord(!) was it ever emotional—anger and sadness mostly, and lots of each.

The final writing was done on a morning when I had a counseling appointment. I was living in Glendale, CA (where I got sober) and I'd driven over the hill into the Los Angeles basin for my appointment. To avoid traffic, I arrived more than an hour before my appointed time and finished writing in my therapist's waiting room, sniveling and crying. Was I ever ready for that session! (BREAK)

The preceding was written a before I reviewed Step 4 in our texts. Having looked over the literature, I see that the main focus is on anger (resentments) and fear (which is what it all boils down to.)

Early on in program I heard numerous acronyms for FEAR— False Evidence Appearing Real, Forgetting Everything is All Right, Frantic Effort to Appear Recovered and the one I most identified with which was my MO for years: F*ck Everything And Run.

My fear was that if I felt and expressed the anger I had stuffed, the result would be worse than the effects of the biggest volcanic eruption ever known (Kakatau comes to mind.) Should I feel the sadness, the tears would be akin to the biblical flood for which (cont. p. 2)

He Said: (cont.) of the past, present and future we begin to enjoy life as never before possible. Come join us on the broad highway to a better, healthier way of living.

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, March 18th. **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!



Does Your Group Need Chips For Sobriety Birthdays?
Contact Mo to order chips.

~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

She Said: (cont.) Noah built the ark. Either way, it would be the end of the world as I knew it (and it was.) **My Fourth Step involved** feeling and dealing with all my emotions. I couldn't write about my issues without feeling the pain associated with them. The writing was a catharsis. The anger, when faced and felt, transmuted to sadness and tears. The anger had been a shield for the sadness—it was safer. If I was sad and crying, I was weak and you could hurt me. The anger kept you and the vulnerability away. It protected me and kept me safe until it was safe to feel and be real. **At about 9 years** sober, I was living in NM. At a meeting in Santa Fe I first heard my now favorite acronym for FEAR: Face Everything And Recover. That's what I do now, daily, to the best of my ability.

~ Amorosa

Happy Birthday

To:

John G.	3/2	1972	39 yrs
Dick W.	3/17	1973	38 yrs
Pat Q.	3/7	1977	34 yrs
Bebe S.	3/10	1980	31 yrs
Gerry J.	3/4	1981	30 yrs
Dave G.	3/7	1987	24 yrs
Judy B.	3/2	1987	24 yrs
Larry	3/24	1987	24 yrs
Julie M.	3/1	1987	24 yrs
Norman P.	3/1	1991	20 yrs
Kathy	3/12	1997	14 yrs
Julia O.	3/11	1997	14 yrs
Sherwood C.	3/17	1998	13 yrs
Bill E.	3/17	1999	14 yrs
Heather C.	3/10	2004	7 yrs
Julie H.	3/30	2004	7 yrs
Shoshanah	3/14	2003	8 yrs
Jennifer C.	3/5	2005	6 yrs
Eddie	3/1	2005	6 yrs
Linda R.	3/20	2006	5 yrs
Mike H.	3/5	2008	3 yrs
Cindy T.	3/14	2008	3 yrs
Susan O.	2/2	2009	2 yrs

Congratulations Everyone!

Al-Anon's 60th Anniversary

Saturday, April 16, 2011

Lihue Lutheran Church, German Hill

Al-Anon, Alateen & A.A. members celebrate the extraordinary work started by two ordinary women!

In May 1951, Lois W. and Anne B. opened a clearinghouse to bring together the friends and families of alcoholics under the name of Al-Anon Family Groups. Today, Al-Anon is a worldwide fellowship of more than 25,000 groups in 132 countries.

Please join us at noon to celebrate!!

12:00 - 1:30 Fellowship and Refreshments

1:30 - Al-Anon Birthday celebrations

2:00 - Al-Anon and A.A. speakers

3:00 - Closing and Aloha

Volincor Training Session

Saturday, April 9, 2011

9:00 am - 5:00 pm

At Lihue Missionary Church, 4383 Rice St.

- ◆ Lunch and Refreshments will be served
- ◆ All new volunteers must attend
- ◆ For re-certification (every 3 yrs) you must also attend.

Questions?

Or your AA contact Roger W.



Big Island Bash

Speakers Convention

April 15-17, 2011

The 23rd Annual Big Island Bash will be held at the magnificent Sheraton Keauhou Bay Resort and Spa.

For more information go to:

www.bigislandbash.com



2011 Kauai Roundup

June 3, 4 &-5, 2011

“COURAGE TO CHANGE”

25th 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.”

Friday 2:00pm thru Sunday 12:00pm

At CAMP NAUE

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

Information email: kauairoundup2011@yahoo.com

PRICES: \$55.00 Includes 2 nights, 5 meals, & fun, or only \$15.00 for a Day Pass, \$5.00 for a Meal Pass (each meal). **Children 5 and under are free.**

Camping is allowed so bring your tent. What else to bring: blankets, pillow, and towels and toiletries, floaters, Snorkel gear, fins, boogie boards, beach chairs, fishing pole, sunscreen, canteen, hiking shoes, & backpacks.

Make Checks Payable To: KAUAI ROUNDUP COMMITTEE
Send To This Address: PO BOX 1893, KAPAA, HI 96746

Cut off the form below and return with your payment
Registration is transferable but Non-Refundable.

Please Print Clearly
REGISTRATION FORM

Name _____

Address _____

Amount Enclosed \$ _____

Phone _____

Prefer Cabin _____ or, Own Tent _____

E-mail _____

Vegetarian _____ Vegan _____ Carnivore _____

Special needs (dietary or other) _____

A.A. Meeting Places

Kauai Community Correctional Center



A.A. Meetings held in the KCCC:

Men's Meeting - 2:30 pm Tuesdays

Women's meeting - 5:45 pm Sundays

Requirements: 'Volincor Training', 2 years continuous sobriety & a background check are required to attend. For more Information contact Roger W.



- Hospitals and Institutions

Service is a cornerstone of my recovery and I am grateful to have had the opportunity to bring much needed meetings into the jail here on Kauai.

Before I had a year clean, I heard about the training for H & I (hospitals & institutions) service commitment and was very intrigued yet I had to be patient and wait until I had one year sober. When I heard about the training again once I had over a year, I was able to attend yet had doubts.

What did I have to offer these ladies? I had never been to jail. What could I do/say that could help them? I wasn't like them. Not true. Like any true alcoholic I was making it about me! I mentioned my thoughts at a meeting and wise words were shared with me that I did have something to offer.... my experience, strength and hope. I am no different. Period. I have the same disease, same fears, same emotions and the same hope to stay sober.

The only difference in my story is that I never got caught, by the Grace of God. The reality of what was "yet" to happen in my story is humbling and has generated a tremendous amount of gratitude for my life in sobriety and recovery. Bringing meetings into the jail has been one of the most rewarding gifts I have received since becoming a member of A. A.

When I am struggling, obsessing, or just plain feeling irritable and discontent.... the fastest, most effective way to snap out of it, is to help someone else. I cannot keep what I have if I do not give it away and

for this self-centered alcoholic, I need to give a lot and often to maintain my serenity!

When anyone, anywhere reaches out for help I want the hand of AA to be there as it was for me. We are fortunate that we "get to" go to meetings and I feel fortunate that I "get to" bring meetings to those who cannot.

~ Michelle L



A.A. Meetings

The Fourth Dimension:

The Full Moon/Birthday Celebration will be held this month on **Friday, April 15th** at **7:00 pm** (7:30 meeting) at the United Church in Kapaa, 1315 Ulu St.

Hot Dogs Will Be Provided. Bring Your Buns!



The 12 Concepts, A Book Study:

Held every second Sunday at 11:30 am, Held at Lydgate Park Pond before the water meeting. Everybody is invited! Bring your "AA Service Manual." This study is sponsored by District 6.



Traditions Checklist

From The A.A. GRAPEVINE

Tradition Four

Each group should be autonomous except in matters affecting other groups or AA as a whole.

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths-his lengths, not mine- to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

Next Intergroup Meeting Aprilrd, 9:30 am
At The Lihue Neighborhood Center

From The Chair: ~ Aloha All,

We had a very quiet meeting this month. Our only homework is to review all the additions we have made to the bylaws as a rough and possibly final draft. Please review these changes and be sure that they reflect your groups' opinion as to how Intergroup should be run and what our responsibilities to the fellowship and the still suffering alcoholic are.

That finished, I would like to talk to you all about what a homegroup is and how being a member of a homegroup can improve the quality of your sobriety. Each meeting is facilitated by a homegroup; a collection of individuals who take on the responsibilities of arranging a meeting space, providing literature coffee etc. Members also select representatives to carry the group's conscience to Intergroup and District Meetings. Homegroups come in all sizes. Large groups, like Hui Ohana and Happy Hour, have multiple meetings per week. Smaller groups, like Keep It Simple and Steps to Freedom, have only one or two. Some Homegroups, such as Na Wahine Ku Pono, Stepsisters, and Hui Lokahi Men's are for women or men only. While groups like Young Peoples welcome members of all ages. There is a very wide variety of groups on island celebrating the tradition of autonomy. What all this diversity means is that there is a homegroup just waiting for you.

Becoming a member is easy. You are a member if you say you are! The responsibilities of membership are simple. The first and most important responsibility is to show up. Your homegroup is the meeting that you make every week. One other responsibility is to attend a monthly "business" or "group conscious" meeting where they discuss things going on in the group, at Intergroup, and at District. These meetings rarely go longer than an hour, even in the largest groups. You may find yourself drawn into a service position like making coffee or arranging the literature, you may ultimately find yourself elected to represent your group at Intergroup or District. More importantly you will find that you are becoming a part of something bigger than yourself.

Homegroup members are the most likely to have greeted you when you came in, and now you will find yourself greeting newcomers. It's likely you found your sponsor at your homegroup and you will probably receive your first sponsee in your homegroup. Working together as a group you may host parties or serve lunches at assemblies. As a group you may mourn the loss of a member with a memorial. You will find within this fellowship a group of people you can count on like family. And when the inevitable storms of life toss you around your homegroup will be the port you can rest in. It is one of the small miracles of Alcoholics Anonymous, and its waiting for you.

~ Lu

Intergroup Treasurers Report

FEBRUARY 2011

Income:

Henry M. Books	\$ 35.00
Mary B. Books	\$ 86.50
Hui Ohana Books	\$ 15.50
Matt II Books	\$ 16.00
Sat. 3 rd Tradition – Kapaa	\$ 180.00

Expenses:

Hawaiian Telcom	\$ 96.49
Guardian Self Storage rent	\$ 100.00
Balance	\$2006.80
Prudent Reserve (for storage and phone):	\$-200.00
Available Funds:	\$1806.80

~ Prepared by Mike C.

SEND YOUR CONTRIBUTIONS TO:

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



Our Intergroup Officers:

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

District 6, Kauai:

Next District Meeting April 3rd 9:30 am
At The Lihue Neighborhood Center

Inform The Delegate Assembly



Held on Kauai

April 9 – 10, 2011

At The Lihue Neighborhood Center, 3353 Eono St.

Approximately two months before this assembly, G.S.R.s received a questionnaire from their D. C.M.'s. Every registered A.A. meeting in the U.S., its territories, and Canada will be discussing these very same questions. The questions focus on how A.A. is doing in the areas of Recovery, Unity, and Service. The G.S.R.'s present the questionnaire to their home-group for discussion, taking care to write down the group's response(s) to each question asked.

The purpose of the Inform-the-Delegate assembly is to share the group's response(s) with the area, especially, the delegate. The sum of all this sharing is often called the collective group conscience, and it is the collective group conscience which the delegate receives from the area and takes with him/her to New York, where the process is repeated once again, this time with other delegates. This process has enabled A.A. to grow, harmoniously, worldwide. - HAWAII AREA 17 General Service Representative (G.S.R.) Orientation Informational Handbook.

The topics our Kauai District 6 has been assigned for the upcoming Inform the Delegate Assembly:

Humility: Accepting the Group Conscience

- What is the difference between a trusted servant and a trusted messenger?
- Democratic in thought & action (Concept XII, Warranty Six)
- Area Officers along with DCM's and GSR's from neighboring islands will be attending this Assembly
- On previous assemblies Kauai GSR's and DCM flew over to other Islands to attend these assemblies.
- We are always graciously transported from the Airport to the Assembly site, 5 meals are provided for us at the Assembly, along with Homestay at fellow members' homes.

REGISTRATION IS REQUIRED TO ATTEND THE ASSEMBLY.

Our District Committee

DCM: Mo
Alt. DCM: Neil P.
Treasurer: Diana L.
Secretary: Heather C. kauaidistrictsixsec@gmail.com

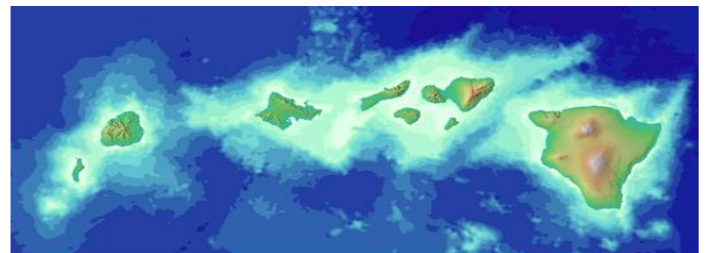
SEND YOUR CONTRIBUTIONS TO:

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

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



Find A.A. in Hawaii



www.area17aa.org

Service is Sobriety

Our Area 17  Delegate is

Linda McD.

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



Request a newsletter

by e-mail

District6newsletter@hotmail.com

