

May 2011

# Garden Island Sobriety

## 'Step Five'

“Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.”



**He said:** This step is the one that most alcoholics fear the most, because it appears to ask one to incriminate oneself for all crimes past and present. Quite the contrary, if you actually read what it says in the Big Book about this step. When I keep the weak items in my inventory in the dark they eventually become stagnant pools of infection that keep me sick. Step Five is the vaccination shot for me that allows my spirit to begin the healing process. I had to understand that the Fifth Step was the pathway for me to be able to identify with other alcoholics that did what I did, sometimes better sometimes worse so that I would be able to lose my terminal uniqueness.

**The Big Book** states that if I skimp on this vital step, I may not overcome drinking. We must be entirely honest with somebody if we expect to live long and happily in this world. That being said, I was still not so sure that my sponsor, Dennis needed to know everything because I did not want him to think badly of me. Wow, the ego works overtime when we are still new and trying to get and stay sober.

**We did my** Fifth Step in the storefront where we held our meetings because it was a safe place and there were no meetings going on between noon and six thirty. We began by saying a prayer and invited God to be a part of the process and then I began to read what I had written. Dennis just listened, for the most part. Every now and again he would ask a question or make a comment or just nod his head. Not once did he appear to want to run screaming from the room as if I was the most deviant person he had ever met. In fact when I had read everything that I had written and we discussed it all. He asked if there was anything else I wanted or needed to add. How did he know that there was more? At that point I spilled the beans about the events that made me so ashamed of myself. And that's when he confided in me (cont. p. 2)



**She said:** Spring House, PA, 4-18-2011 - Step 5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs. **For Step 4**, looking back through my life as far back as I could remember, I wrote about each and every incident that still had a charge to it when I thought about it. Writing it all out was difficult and draining emotionally, mentally, sometimes even physically, but that was just me and my memory (oh, and God was there through it all, too.) Now, for Step 5, I must add another person into the equation.

**Our literature calls** this step the great ego deflator. If I have done a thorough job on my Fourth Step, leaving nothing out, then I am about to share all the nasty little twists and turns of my psyche, the dark memories purposefully stashed away in the far reaches of my consciousness, my recollections of the times when I failed miserably to be the kind of human being that God meant me to be—I am going to share all this with another human being. Some of these incidents were things I planned to take with me to my grave. These were things that could still caused me great guilt and shame, make me writhe in my seat. No one was **ever** going to know about this stuff.

**Once I share** what I have written, my “look good” will be gone. I will be stripped bare, naked, be vulnerable. Someone will know my darkest secrets and I will be at her mercy. So I darn well better choose someone to share this with who will honor my privacy because this is serious business.

**My fear was** that when I read my Fourth Step to my sponsor (my choice for this) she would look at me aghast, with disgust and revulsion and tell me that I am way too sick for her. She would reject me, and, even if she tells no one what I shared with her, she will have been so appalled by my revelation that she will never again be able to look upon me. Thus, those AA's who have seen our previous warm (cont. p. 2)

**He Said:** (cont.) about similar events that had taken place in his life.

The most important thing that he shared with me is that I never have to live that way any longer. Shame and fear do not have to be constant companions in my life. That was the beginning of many days of walking in freedom, one day at a time. I am eternally grateful to Dennis L. for showing me the pathway to freedom.

Your Brother in Recovery,  
~ Ron A.

**She Said:** (cont.) relationship will know that something dreadful has come between us and will have no doubt that it was my hideous 5<sup>th</sup> Step!

What actually happened was that I went to her home, we did some kind of grounding process first, I read my Fourth Step to her and when I got to the really worst icky part she said "I almost did that but I chickened out, what was it like?" She listened with compassion. She did not throw up (nor did I) or throw me out. Afterwards we burned my writings in the fireplace. I felt as though a great weight had been lifted from me.

Yours in fellow/gal-ship,  
~ Amorosa

## 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 18<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~

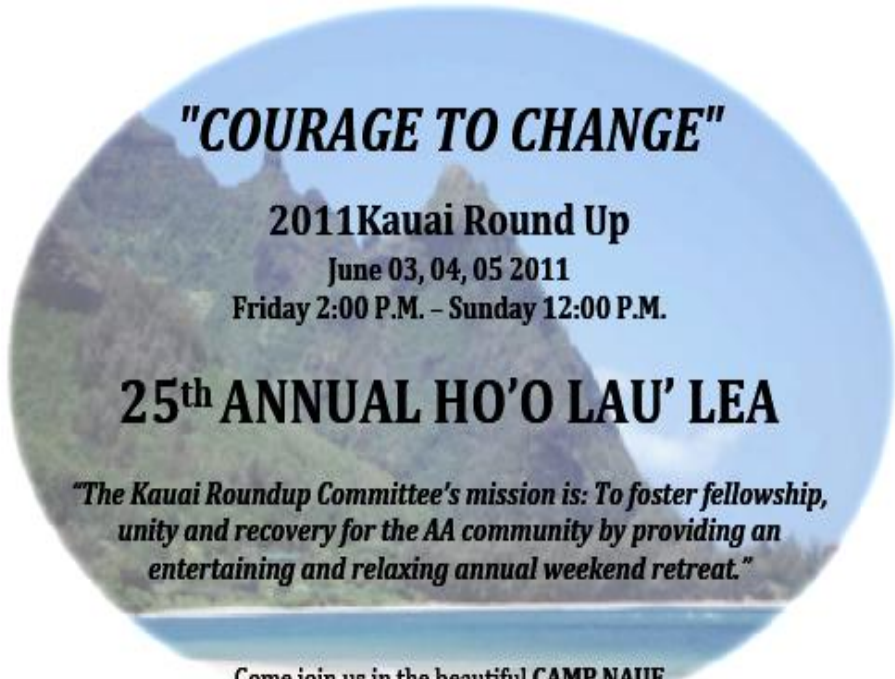
We Publish All Sobriety Birthdays  
On The Month After Their Occurrence.

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)

## Happy Birthday

Chuck T.	4/1	1984	27
Nona M.	4/8	1984	27
Lynda G.	4/19	1984	27
Joe O'B.	4/15	1985	26
Roger W.	4/14	1986	25
Karen L.	4/3	1991	20
John 'Hilli" H.	4/15	1991	20
James B.	4/16	1993	18
Allie	4/27	1996	15
Patty	4/5	2000	11
Nicole	4/10	2003	8
Laren T.	4/10	2004	7
Courtney P.	4/10	2006	7
Mark B.	4/20	2006	5
Pam A.	4/28	2006	5
Monica A.	4/22	2006	5
Kathie E.	4/28	2006	5
Dharma W.	4/18	2007	4
Alan B.	4/13	2007	4
Jane T.	4/22	2007	4

**Congratulations Everyone!**



Come join us in the beautiful **CAMP NAUE**  
Location on Kuhio Hwy 4 miles west of Hanalei and 2 miles from Ke'e beach.

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

**PRICES: \$55.00 Includes 2 nights, 5 meals and FUN!**

**\$15.00 for a Day Pass, \$5.00 for a each Meal Pass, Children 5 and under are free.**

Camping is allowed - bring your tent. Also suggest: blankets, pillow, towels, toiletries, floaters, snorkel gear, fins, boogie boards, beach chairs, fishing pole, sunscreen, canteen, hiking shoes, and 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) \_\_\_\_\_



# Traditions Checklist

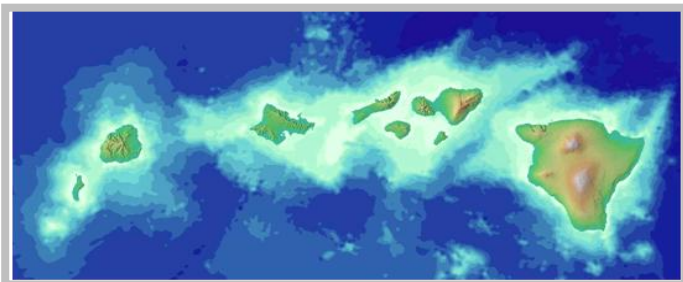
From The A.A. GRAPEVINE

## Tradition Five:

**Each group has but one primary purpose –  
To carry its message to the alcoholic who  
still suffers.**

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

## Find A.A. in Hawaii



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

# About Tradition Five

From The 12 Steps & 12 Traditions

## Excerpt p. 150 – 151:

... **Alcoholics anonymous can be likened** to a group of physicians who might find a cure for cancer, and upon whose concerted work would depend the answer for sufferers of this disease.

... **Just as firmly bound by obligation** are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. **The only thing that matters is that he is an alcoholic who has found a key to sobriety.** These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. **This is our gift from God, and its bestowal upon others like us** is the one aim that today animates A.A.’s all around the globe.

**There is another reason for this** singleness of purpose. It is the great paradox of A.A. that we know we can **seldom keep the precious gift of sobriety unless we give it away.** ... For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that it has but one high mission – to carry the A.A. message to those who don’t know there’s a way out.

**Request a newsletter**



**by e-mail**



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

# A.A. Meeting Places



Photo ~ Alejandro

## POIPU BEACH PARK 'Far West Pavillion'

- Sunday "Koloa Aloha" 7:00 am, Daily Reflections
- Monday "Sunrise Sobriety" 7:00 am, Step Study
- Tuesday "Sunrise Sobriety" 7:00 am, Big Book
- Wednesday "Sunrise Sobriety" 7:00 am, Daily Ref.
- Thursday "Sunrise Sobriety" 7:00 am, Came To Believe
- Friday "Koloa Aloha" 8:00 am, Daily Reflections
- Saturday Sunrise Sobriety" 7:00 am, Grapevine



## A.A. Meetings

### The Fourth Dimension:

The Full Moon/Birthday Celebration held this month on Friday, May 20<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!**



### Nukolii Beach - Bonfire Meeting:

Every 3<sup>rd</sup> Sunday of the Month - starts at 6:30 pm.

**Directions:** Nukolii Beach is behind the Wailua Golf Course. Look for the dirt road at the southern end of Wailua Golf Course. Follow that road! We have our meeting where the road meets the beach.

More Information at: [Happyhourkauai@gmail.com](mailto:Happyhourkauai@gmail.com)

Next Intergroup Meeting May 7<sup>th</sup>, 9:30 am  
At The Lihue Neighborhood Center

## From The Chair:

As I sit at the Inform The Delegate Assembly, over and over we are reminded of the inclusive nature of AA. As we at Intergroup move towards finalizing the bylaws, my greatest hope is that we have laid the groundwork for an inclusive, active and powerful Intergroup ready to serve the next generations of Alcoholics heading our way. My prayer for this document is that it is created in the spirit of unity and service, with our eyes on the ultimate goal which is the successful pursuit of our primary purpose.

So often it seems in undertakings of this nature we find ourselves whipped by the winds of emotion. If this is not included chaos will reign! If that is not removed my group will walk! Don't fix what aint broke! If it doesn't change we'll fall into obscurity! Are these not our fears? Do we really think that we can break this Intergroup? No. This is our sneaky alcoholic pride convincing us that we are somehow capable of destroying what 75 years of alcoholics have not managed to do.

This month I hope to have signed the bylaws and I will advocate that they are printed in the Garden Island Sobriety, cost permitting. Please remember folks, that no matter how final this signing may seem there will always be a way to amend the bylaws, there will always be a seat for you and your group at the table and we will always be begging you to attend.

Change can be good. Look what it's done for us.

~ Lu

SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

P.O. Box 3606, Lihue, HI 96766



# Got Literature? We Deliver!



**Or Come To The Intergroup Meeting**

We have A.A. Books & Pamphlets,  
The Garden Island Sobriety Newsletter  
And Kauai AA Meeting Schedules available!

## Our 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)

## District 6, Kauai:

Next District Meeting is on May 14<sup>th</sup>  
9:30 am, at 3146 Akahi St., Lihue

## Our District Committee

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

### Does Your Group Need Sobriety Chips?



Contact Mo L.- 651-9116

## Service is Sobriety

Our Area 17  Delegate is  
Linda McD.

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

### SEND YOUR CONTRIBUTIONS TO:



Kauai District Committee  
PO Box 1503, Kapa'a, HI 96746

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

### 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



## MAKELE SEZ:

## LIVE

## AND

## LET LIVE!