

July 2011

Garden Island Sobriety

'Step Seven'

"Humbly asked Him to remove our shortcomings."



He said: The Seventh Step Prayer:

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen"

The first sentence of this prayer is the foundation upon which I will continue to build a relationship with God as I understand Him. It takes into account the true nature of my humanity and makes me aware that every facet of my personality will need to be given over to this Power, not just the ones I think are troublesome to me personally. It is an invitation for God to come into my life on a daily basis.

The second sentence is my acknowledgement that I have defects of character which only He can remove. He does not need my help to point out which ones I want Him to take away. They will become abundantly clearer to me as time goes on. I will continue to stumble and trip over the same ones time after time until I have that "Ah ha moment". My God will sometimes allow me to keep some of my "good character" to show others the foolishness with which I can delude myself about my spiritual growth. Other times I will choose to hold onto them until they make me so uncomfortable that the only way to get relief is to drop them as if they were burning hot coals. I do not know which of my defects stands in the way of my usefulness to God and my fellows. God makes that distinction. I am either a student or a teacher, good or bad as the case may be but I am not always aware of which one I am in the moment.

The third sentence is where I am asking for the Courage to do the next right thing or the next indicated action in response to the directions outlined in the Big Book as the design for living.

(continued page 2)



She said: I like Step 7 in the Big Book—

one paragraph, the second on page 76, starts out "When ready, we say something like this:" the 7th Step Prayer follows and we don't even have to do it verbatim, just something like it. Then, after "Amen," "We have then completed *Step Seven*." Zip, Done, Finished, Pau! Could it be easier?

And there's a loophole! (I mentioned this last month.) The wording of the 7th Step Prayers says, "I pray that you now remove from me every single defect of character *which stands in the way of my usefulness to you and my fellows*." That sounds like an out to me. Maybe I have some defects of character that *don't* stand in the way of my usefulness to God or my fellows. Could that be?

In the 12 X 12 it says "we reluctantly come to grips with those *serious character flaws* that made us problem drinkers in the first place." Yeah, let's blast the big stuff and leave the little quirks alone... Maybe some of my "defects" are just little quirks. Maybe they're even cute or amusing. Maybe I am rationalizing... maybe? Or can I be humble and accept my little defects? Can I love me just the way I am, cellulite and all? Can I remember that it is progress not perfection? Would not a constant striving for perfection and the belief that we mere humans might achieve that be prideful? (and pride is the antonym of humility.) Can I accept my perfectly human condition of imperfection?

When I get into Step 7 in the 12 and 12 I find it's all about humility (which sounds depressingly like humiliation) and for sure, when I was drinking, I put myself in some humiliating circumstances. I *do* remember the humiliation (and shame) of waking up (or coming to) hung over, the morning after the night before with maybe, if I was lucky, (or unlucky) some fragments of a memory of something I did drunk that perhaps, I'd rather not remember.

(continued page 2)

He Said: (cont.) I must believe that God will take away the defects of character that stand in the way of me becoming usefully and happily whole. I must believe that I am capable of changing for the better and becoming a healthier human being and that God is there every step of the way, not only when life seems so messed up but more importantly when all is well. I must give Him all the credit for my Sobriety, but my recovery is my responsibility. I must do the work.

With Love 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 17th. 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

She Said: (cont.) And so to my dictionary: humble—having or showing low estimate of *one's own importance*. Humility—humbleness, meekness. At first read, neither of these sounds like a desirable thing. But if I re-look at humble, it's not having a low estimate of one's worth or value, it's not low self-esteem. It's being right-sized, being one of, not better or less than. It's what allows us to be a part of, not apart from.

Early in Step 7 the 12 X12 tells of man's pride in his achievements—scientific accomplishments, mastery over nature's resources (and we've done such a great job with that), the fruits of our "intelligence" as we run rough shod through life, plowing a trench, bull-doing through obstacles—all in search of **more**, the crux of the disease of addiction. I think it's here, in the Seventh Step, that the switch in values from material to spiritual begins to solidify... with the grace of the gift of humility.

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 To Everyone!

4th of July Picnic

AT LYDGATE PARK

Sponsored by Hui Ohana Group

**Please Come Celebrate With Us
At A Fourth Of July Potluck!**



AA Fellowship And Fun!

**We Will Provide: Hamburgers, Hot Dogs,
Fixin's, Beverages, Games And Prizes!**

Approximate Schedule of Events:

8:00 am	Set-up begins
11:00 am	Games, pupus, fellowship
12:00 pm	AA Meeting
1:00 pm	Barbecue and potluck
2:00 pm	Al-Anon meeting
3:00 pm	Games, pupus, fellowship
3:30 pm	AA Meeting
4:30 pm	Games, pupus, fellowship
5:00 pm	Clean-up

Questions? Call The AA Hotline (808) 245-6677

AA Hotline Has it All

**Would You Like To Know It All?
Just Volunteer To Answer The AA Hotline!**

☎ How it Works ☎

- ➡ **Respecting our Tradition** of Anonymity, AA's guidelines for the internet do not permit personal email addresses, full names or phone numbers for individuals online or on flyers.
- ➡ **Our Hotline volunteers** have an expanded listing of events on Kaua'i, including the event coordinators' names and phone numbers. They also have a list of AA members willing to respond to 12-Step calls.
- ➡ **Suggested requirements** for fulfilling this important service for Kaua'i AA are: minimum of two years of sobriety; cell phone recommended; computer recommended (but not imperative) for access to the most current Hotline updates. If you qualify and are interested, please contact the Hotline Committee at hotline.kauai@gmail.com or call the Hotline at 245-6677 and the volunteer will have them call you back.
- ➡ **Right now our slots** are filled, so we're looking for fill-in alternates and those who might also be willing to take a permanent slot.

Mahalo for your kokua!

50th Annual Hawaii Convention



The Annual A.A. Convention,
with Al-Anon Participation, will be
held at The Hilton Hawaiian Village.
November 17 - November 20, 2011

For More Information go to:

www.annualhawaiiconvention.com

A.A. Meeting News

- **New:** "AA Comes Of Age" Koloa Nooners Men's Stag discussion meeting, (CLOSED) being held at 5:00 pm Mondays, at the Koloa Salvation Army Chapel, 5348 Koloa Road (next to Crazy Shirts).
- **Cancelled:** 12:00 Sunday, Lihu'e Neighborhood Ctr. Guidelines Group, Newcomers & 12&12 Meeting.
- "We Are Not Saints" Group is no longer meeting.



MAKELE SEZ:

**Easy Does It
But *Do It!***

Not My Life

"How did I do it?"

Eyes bright with unshed tears
He shook his head, devoid of strife
This really is not my life
My life was full of danger, despair and fear

I lived on liquid cowardice, weed and smack
Lost my family, home, job and car
Overwhelmed with fear of that final pistol crack
Everything tossed and lost at the local bar

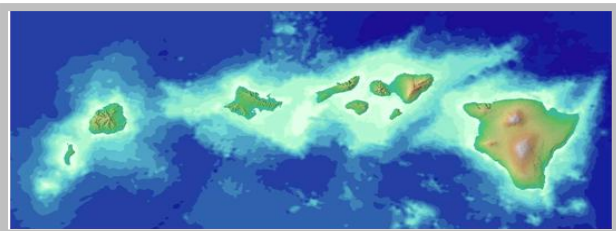
Chin held high and shoulders squared
His gaze found each face in the circle
My God, my Captain, my spirit did encircle
I was not alone, I never dared

The life I have now really should not be
You see I have gained back all I lost and more
I am a respected member of the community
Through honesty and prayer my heart and spirit
soar

"This is how I do it and I'll never quit."

~ Jackie S.

Find A.A. in Hawaii



Go to: www.area17aa.org



Traditions Checklist

From The A.A. GRAPEVINE

Tradition Seven:

Every AA group ought to be fully self-supporting, declining outside contributions.

1. **Honestly now**, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. **Should the Grapevine** sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. **If GSO runs short** of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. **Is it more important** to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. **Is a group treasurer's** report unimportant AA business? How does the treasurer feel about it?
6. **How important** in my recovery is the feeling of self-respect, rather than the feeling of beings always under obligation for charity received?

Request a newsletter



by e-mail



Contact us at:

District6newsletter@hotmail.com



**Next Intergroup Meeting July 2nd
9:30 am, Lihue Neighborhood Center**

From The Chair:

Aloha All,

Welcome to our busy AA summer! There has been some controversy regarding what is or is not an AA event. Let's remember first that where any two or more meet to seek sobriety through mutual sharing and experience an AA meeting is happening. Now let's talk turkey. An AA Convention is not an AA Meeting. It is outside of the service structure and practices self support through ticket sales (most kept to an absolute minimum). There are many ways to fund a convention, however our first Kauai Roundup was funded by a small group and has been running (mostly) on its own financial solvency ever since. It would not be inappropriate for Intergroup or individual groups to assist in financing, but that is not the case here.

The AA event: These smaller get-togethers ex: Founders Day, Labor Day etc ... are funded by Intergroup with a portion of your group's contributions. For that reason they are open not only to you the alcoholic but to your families as well. You can usually tell an Intergroup event by the big POTLUCK on the flyers. We try to provide the plates forks etc. that can be purchased in bulk at a reasonable discount. 25000 cups is a sure example of doing together what we could not do apart!

AA Athletics are a popular idea worldwide. All participants must remember however they are playing at their own risk. Our prudent reserve doesn't cover injuries. We've also had a (chronic) problem fielding a team. This has led to some interesting pairings with other 12 step groups, or even churches. These events then change to sober events. If you choose not to divulge your identity don't go, or go and say nothing. We have also had a few parties supported not by ourselves alone but in cooperation with other groups seeking to provide a sober experience.

Finally, I must address the Kalalau Experience planned for a few dates this summer. This is not an

easy hike folks. There a narrow wet dangerous portions of the trail, there are significant ocean hazards for kayakers, and those who boat in will find they have to swim through the breakers as boats are not allowed to land onshore. There are also people in the valley who should be considered dangerous. BUT, I have gone twice and had amazing experiences, met wonderful people and in the process learned a lot about myself and my higher power. PLEASE review the warnings from the State Parks division when you get your permits. As always "When in Doubt, Don't Go Out".

I look forward to an action packed fun filled summer. And I hope you do too. We are not a glum lot! Not by a long shot.


Have fun out there, ~ Lu

Intergroup Officers:

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

SEND YOUR CONTRIBUTIONS TO:

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



The Website Committee

The Website Committee is requesting that Kaua'i AA Groups discuss how a website would best serve individuals and Groups on Kaua'i. Information was provided to the GSRs at the District 6 meeting on June 11th about the progress to date. Intergroup has the Kaua'i AA website on the agenda for the July 2nd

meeting and IGRs can bring information back to their Groups for more discussion.

The fledgling committee is especially requesting that Groups discuss what the criteria should be for events to be listed on the website.

As nothing has been approved by the Groups via either District or Intergroup, the domain is a placeholder site and has a link to a "sample site."

One GSR voiced concern about online anonymity; the committee's policy is to not list personal phone numbers, full names or personal email addresses. The FAQ page on the "sample site" discusses "netiquette" and links to the AA Guideline re the Internet (http://aa.org/lang/en/en_pdfs/mg-18_internet.pdf).

If anyone wants a copy of the handout information, or would like to participate on the website committee or be kept updated on progress, please send an email to website.kauai@gmail.com.

Many mahalos.
~ Susan Ok.

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

District 6, Kauai:

Next District Meeting is on July 9th
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

Kauai District Cash Flow

June 11, 2011 - Kaua'i District 6 Treasurer's Report

May 20, 2011 bank statement:

Beg. balance	\$1,702.48
Deposits	+ 940.38
Withdrawals	- 90.00
Interest	+ 0.08
Ending balance	\$2,552.94

Checks received since statement:

Sober in Paradise	\$60.00
Hui `Ohana	\$120.21
Stepsisters Kauai	\$72.80
AFG District	\$175.00
	\$428.01

Checks written since statement:

Area 17	\$25.00
InkSpot (GIS)	\$150.00
	\$175.00

Balance as of June 11, 2011: \$2,805.95

SEND YOUR CONTRIBUTIONS TO:

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



Please include "District 6" & Group Name on ck