

August 2012

# Garden Island Sobriety

## 'Step Eight'

“Made a list of all persons we had harmed, and became willing to make amends to them all.”



**He said:** In our Fourth and Fifth steps, we created a ‘fearless and searching moral inventory’ of ourselves. So, by now, we should have a good preliminary list of employers, ex’s, friends, children, colleagues and even strangers that we have wronged. But, as is often the case in our recovery, “more will be revealed”, and it’s not unusual to remember events that weren’t mentioned in our Fourth and Fifth.

**Like so many** of the Twelve Steps, it’s difficult to talk about the 8th Step without talking about the 9th. And, in the process of trying to ‘set things right’ during my 9th Step, my 8th Step actually got LONGER! The Twelve and Twelve suggests that we ‘redouble our efforts’ and, the truth is, we may never completely finish our list. But, we must become willing to try.

**At this stage**, we focus entirely on the list. It doesn’t matter if the person we’ve harmed is living or dead, or has moved so far away that we’ll never find them. Nothing matters but honesty. After all, the goal of our recovery is to become of maximum service to God and our fellows and to find peace. Obviously this is impossible when we still have baggage to carry.

**The dictionary tells** us that *harm* is: injury, hurt, damage, misfortune, grief, pain, sorrow, evil, wrong or wickedness. Have we brought about any of these in the lives of others?

**In my own** recovery, I was blessed by an unforeseen side effect of doing my 8th Step. This step revealed patterns that stretched back across my entire life. Not only had I harmed others, but I had a habit of harming people, repeatedly, in the same way (especially in relationships).

**But be warned**, our disease is ‘cunning baffling and powerful’. We don’t have the luxury of; ‘oh yeah...

*(continued on page 2)*



**She said:** Who should be on this list of *all persons we have harmed* and how do we become willing to make amends to these people?

**This Step** is really about holding ourselves accountable, accountable for our own part in the conflicts we have had with others. It’s about clearing away the wreckage of our past but even more, it can really help us to create more peaceful, harmonious relationships in the future.

**We human beings** will do most anything to avoid *self* examination. Alcoholics especially tend to poison their objectivity with highly charged resentments and focus on the faults of others rather than their own.

**I find that** reminding myself of this twisted tendency when I am upset with someone goes a long way toward setting me on the right course. It helps me to look for my own part in the conflict. “It takes two” is a phrase, short and to the point, that widens my perspective and opens the door to more objectivity on my part. It helps me to be less defensive.

**Emotional defensiveness** is my friend only if I use it as a signpost to discovering what my own underlying fears and conflicts are. It is never a friend to harmonious relationships. The 12 x 12 clearly tells us on page 80 that this self discovery is an important part of Step 8. “While the purpose of making restitution to others is paramount, it is equally necessary that we extricate from an examination of our personal relations every bit of information about ourselves and our fundamental difficulties that we can.”

**The foremost issue** at hand in many instances of considering who to put on this list of people we have harmed is ‘Forgiveness’. We must first forgive others for merely being human. We must recognize that no one is perfect. We cannot afford to gloss over or

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**AA Hotline 245-6677**

**He Said:** (cont) well she started it' or 'but it wasn't entirely my fault'. We are being asked to make a list of all persons we have harmed, regardless of 'who started it'. It is also possible that we've harmed others and, *they don't even know it!* They all go on our list.

**Be careful!** It's here, were numerous alcoholics freeze in their tracks thinking ahead to the 9th step. How can I look so-in-so in the eye! Remember we have a disease that doesn't want us to recover! Pray for strength, and pray for honesty. Discuss these fears with your sponsor. Know that you don't have to take this step alone.

Yours respectfully,  
Jon S.

**She Said:** (cont) conveniently forget our own shortcomings in human relationships and simply blame the other guy for *causing* our bad behavior. We must also forgive ourselves for merely being human. This attitude of forgiveness goes a long way toward disarming our false pride and emotional defensiveness. Without these we are able to compile a more honest and objective list of everyone we have harmed.

Just how it works for me,  
~ Linda B.

## 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).

### 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

Mary C.	7/20	1979	33 yrs
Kathryn B.	7/9	1982	30 yrs
Wink	7/4	1983	29 yrs
Judith E.	7/14	1984	28 yrs
Jerrie S.	7/17	1984	28 yrs
Gordy W.	7/11	1986	26 yrs
Rick G.	7/4	1991	21 yrs
Paul H.	7/1	1993	19 yrs
Lisa D.	7/4	1996	16 yrs
Dave A.	7/9	2004	8 yrs

### Congratulations Everyone!!



**Request a newsletter  
by e-mail**

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

# A.A. Meeting Places



## The Koloa Salvation Army

5348 Koloa Rd. (next to crazy shirts)

Sunday – 10:00 am, Meditation/Discussion Meeting  
Sunday – 6:00 pm, 12x12 Book Study Meeting  
Monday – 12:00 Noon, Discussion Meeting  
Monday – 5:00 pm, Men's Monday Meeting (closed)  
Wednesday – 12:00 Noon, Discussion Meeting  
Friday – 12:00 Noon, Discussion Meeting  
Last Saturdays – 7:00 pm, Potluck- Speaker Meeting



## Volleyball Game Day

August 25<sup>th</sup>

Nawiliwili Beach Park

- Last Saturday of Every Month
- The Games start at 3:00 pm
- Please come and join in the fun!

~ Sponsored by Happy Hour Kauai Group ~

## 'Last Saturday Supper'

August 25<sup>th</sup>

Koloa Salvation Army Hall

- Last Saturday of Every Month
- Supper starts at 7:00 pm.
- This is a Potluck – Bring ANYTHING!

~ South Shore Oasis Group Hosting ~

# H.I.C.Y.P.A.A. 2012

(Hawaiian Islands Conference of Young People in AA)



September 28<sup>th</sup> - 30<sup>th</sup>, Camp Naue

**Food, Fun, Fellowship, Camping, Hiking,  
Swimming, Speakers, Meetings, Music  
and Relaxation!**

Registration Form at: <http://www.kauaiaa.org>

Questions? Email: [hicypaa2012@kauaiaa.org](mailto:hicypaa2012@kauaiaa.org),

Hotline: 808 245-6677 or [www.kauaiaa.org](http://www.kauaiaa.org)

## 51st Annual Hawaii Convention

November 1-4, 2012



*..freedom from bondage*

To Be Held At

**The Hilton Hawaiian Village  
Waikiki Beach Resort**

<http://annualhawaiiConvention.com/>



## Concept VIII for World Service

By **Bill W.** as adopted by the 12<sup>th</sup> Annual General Service Conference of Alcoholics Anonymous on April 26, 1962

***The trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.***

Since our Trustees bear the primary responsibility for the good conduct of all our world service affairs, this discussion deals with the basic concepts and methods by which they can best discharge their heavy obligations. Long experience has now proved that our Board as a whole must devote itself almost exclusively to the larger and more serious questions of policy, finance, group relations, public relations and leadership that constantly confront it. In these more critical matters, the Board must of course function with great care and deliberation. Here the Board is expected skillfully to plan, manage, and execute.

It follows, therefore, that the close attention of the Board to such large problems must not be subject to constant distraction and interference. Our Trustees, as a body, cannot be burdened with a mass of lesser matters... In these areas the Board...must delegate its executive function...

Hence the Trustees are the guarantors of the good management of A.A. World Services, Inc. and The A.A. Grapevine, Inc. They discharge their custodial obligation by electing the directors of these services, a part of whom must always be Trustees... Except to mediate difficult situations and to see that the service corporations operate within their budgets and within the general framework of A.A. and Headquarters policy, the Board will seldom need to do more, so far as routine service operations are concerned. This arrangement is in line with modern corporate business practice.

...A further consideration is that we have always rigorously avoided any great money or executive concentration by placing our reserve funds with the Trustees and by dividing our total working capital between the A.A. World Services, Inc. and The A.A. Grapevine, Inc., each entity having its separate executive... Whenever we concentrate money, we shall inevitably create the temptation for the exercise of too much executive authority, an undesirable condition for us. Therefore we should strenuously avoid placing too much money or too much authority in any one service entity...

However, experience dating from our earliest days strongly suggests that future Trustees and service workers, in the supposed interests of accounting simplicity, tax savings, and hoped-for efficiency, will be periodically tempted to go in for concentrations and consolidations of one kind or another. Should this be again attempted, we know that the risk of making an administrative shambles out of the total operation will be great indeed.

These observations are not intended to bar any future needful change. It is urged only that we avoid unnecessary repetitions of those painful experiences and mistakes of the past which sometimes resulted from too much concentration of money and authority. It can only be left on the record that we still see no workable way to convert the Board of Trustees into an active, "all-purpose" service corporation.

*(Published by General Service Office of Alcoholics Anonymous®)*



**CONCEPT VIII:** (Short Form) **The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.**

- ✓ Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. grapevine) and the General Service Board?
- ✓ How can the business term "custodial oversight" apply to the trustees' relationship to the two corporate service entities?
- ✓ Does my home group subscribe to G.S.O.'s bimonthly newsletter Box 4-5-9? The A.A. Grapevine? Do I?



# Kauai Intergroup

## Intergroup Treasurers Report

Next Intergroup Meeting August 4<sup>th</sup>,  
9:30 am, Lihue Neighborhood Center

June 2012



## A.A. Literature

➔ **Get It At The Intergroup Meeting!**

Books\*Pamphlets\*GIS Newsletter\*Meeting Schedules

➔ **Or We Can Deliver It To You!**

Call the AA Hotline With Your Request at: **245-6677**

### Income:

Princeville/Hanalei	\$ 80.00
4 <sup>th</sup> Dimension	\$ 226.00
Whiskey and Milk	\$ 60.00
Sunrise Sobriety	\$ 150.00
North Shore Aloha	\$240.00
Coins	\$ 4.15

### Expenses:

Mark M. Books	\$ 315.25
Hawaiian Telcom	\$ 96.97
Guardian Self Storage rent	\$ 104.71
Bob B. / 4 <sup>th</sup> of July	\$ 500.00
InkSpot	\$ 75.00

**Balance** **\$2930.24**

Prudent Reserve: \$-200.00

Thankathon \$-800.00

**Available Funds: \$1930.24**

# AAGRAPEVINE

The International Journal of Alcoholics Anonymous

<http://www.aagrapevine.org/>

~ Prepared by Mike C.

## Kauaiaa.org

Visit Our New Website for meeting schedules and a 2012 events calendar. The website committee contact email is: [website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

### SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup

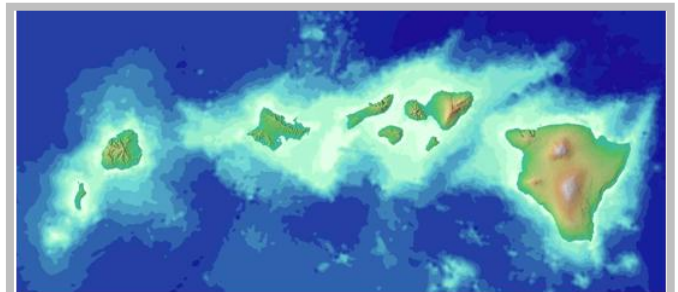
P.O. Box 3606, Lihue, HI 96766



## Intergroup Officers:

Chairperson: Bob B.  
 Alt. Chair:  
 Treasurer: Mike C.  
 Secretary: Susan Ok. [secretary.intergroup@gmail.com](mailto:secretary.intergroup@gmail.com)  
 Recording Sec: **OPEN**  
 Literature: Danette M.  
 Alt. Lit.: Mark M.  
 Hotline: Damione [hotline.kauai@gmail.com](mailto:hotline.kauai@gmail.com)  
 Events: **OPEN**  
 GIS Editor: Linda B. [District6newsletter@hotmail.com](mailto:District6newsletter@hotmail.com)

## Find A.A. in Hawaii



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

# District 6, Kauai:

Next District Meeting August 25<sup>th</sup>,  
9:30 am, Lihue Neighborhood Center

## District 6 Committee:

DCM: Mo L.  
Alt. DCM: JD [district6altdcm@gmail.com](mailto:district6altdcm@gmail.com)  
Treasurer: Alejandro H.  
Secretary: OPEN  
Public Info.: OPEN

## District 6 Treasurer's Report

July 2012

### Group Contributions

Exp. Strength and Hope	35.17
North Shore Aloha	80.00
4 <sup>th</sup> Dimension	100.00
Whiskey and Milk	30.00
Princeville Hanalei	35.00
TGIF	9.27
<b>Total Group Contributions</b>	<b>289.44</b>

### Expenses

AAWC PI Chair	70.40
Rent Karin Stoll	45.00
Inkspot GIS 2 <sup>nd</sup> Quarter	75.00
DCM To Budget Assembly	289.70
<b>Total Expenses</b>	<b>480.10</b>

Prudent Reserve	500.00
<b>Cash Available</b>	<b>835.31</b>

~ Prepared by Alejandro H. ~

### SEND YOUR CONTRIBUTIONS TO:

**Kaua'i District Committee**  
**P.O. Box 1503, Kapa'a, HI 96746**  
Please include "District 6" & Group Name on ck

YOU'VE BEEN GIVEN A

# FAIRCHANCE

TO HELP OTHERS DISCOVER WHAT WE HAVE..



**AUGUST 23-26, 2012**

**At The Kauai County Farm Bureau Fair**

**Volunteers Are Needed For Our Booth!**

Two & Four Hour Shifts Are Available

~ During Fair Hours ~

Contact Jim D to volunteer - Hotline: 245-6677

or at [hospitals@area17aa.org](mailto:hospitals@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 check

