

February 2012

Garden Island Sobriety

'Step Two'

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said: I spent most of my life trying to control and manipulate people and situations; If only my compassionless employer, or my unforgiving spouse, or the thoughtless jerk that cut me off in traffic, would show me the respect I deserve the world would be a far better place! And, when I didn't get my way, I tried drinking away the anger and resentment.

Albert Einstein is credited with saying “Insanity: doing the same thing over and over again and expecting different results.” And, by that definition, I (like many of us in this fellowship) had honed my insanity to a fine art!

It was obvious that there was something wrong with me and I just couldn't put my finger on it.

While I was still drinking, and before I admitted I am an alcoholic, I was already convinced there was 'something' (although I wasn't sure what) outside of myself that could 'fix' me. Accepting my insanity was the first part. (You have to know you have a problem before you can fix it.) And that knowledge got me into therapy and the first 'power greater than me, that could restore me to sanity'... my psychiatrist.

Fortunately for me one doesn't have to take the Second Step all at once. You can ease into it.

After months of listening to me whine about the wrongs of the world my psychiatrist helped me to address my alcoholism. That knowledge lead me to Alcoholics Anonymous, where I found my second 'power greater than me'; a (G)roup (O)f (D)runks.

My strict religious upbringing left me with a 'bad taste' when it came to religion or God. I was grateful there was no mention of God in Step Two, so I thought I could continue working the Step and cross that 'Step-Three' bridge when I got to it. With the help of my sponsor I reshaped the God of my understanding

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She said: This has been and continues to be an ongoing process. For me, like breathing, this must continue or I will die.

I can hold my breath a little while. I may be able to run my own life for a little while. But not long.

The sooner I give up my (imaginary) control of alcohol, drugs, other people, circumstances or events, the better off I am.

Whatever seems to be making me not sane, or not calm or not trusting that all will work out, I need to let it go and ask a higher power to help me with it – in the way that my higher power knows is best.

If I can't let go – the very alcohol, drug, people, places or things that I seem to have trouble releasing – seems to have a way of causing me more pain until I **have** to let go.

The Big Book talks about alcoholics facing jails, institutions or death if we do not recover. If I am truly alcoholic I am eligible for all these things – indeed, I'm guaranteed these things if I keep active in my disease.

I remember one time early in sobriety I was working in a city about two hours away from my home. I worked there during the week and drove home on the weekends. One Friday I was hoping to make the drive home in time for my home group's 6 p.m. Happy Hour meeting. It had been a stressful week and I really looked forward to the relief of that familiar meeting.

After what seemed like an endless day I finally was on the freeway entrance ramp, trying to merge with rush-hour traffic for the drive home. If there's a photo illustration in the dictionary under “restless, irritable and discontent,” I was it.

As drove up the ramp I was thinking, “My **God** – if it weren't for Alcoholics Anonymous, I'd be in a loony

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AA  **Hotline 245-6677**

He Said: (cont) to be (G)ood (O)rderly (D)irection, and gave up the old-man-in-the-sky keeping score against me.

When I came to this fellowship I was already convinced there was a power greater than myself. It was called "Alcohol". Clearly it was not a very effective power in restoring me to sanity. Step 2 is about finding a power that would.

Today I have a conscious relationship with my Creator, whom I choose to call God. Did it happen overnight? Of course not. But, for this alcoholic the ability to ease into Step Two and into the God of my understanding kept me coming back to this fellowship.

I used to be grateful that "God" isn't mentioned in the Second Step, until my sponsor pointed out that God had been there all the time. He's in the capital "P" of Power.

Yours respectfully,
Jon S.

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.

She Said: (cont) bin by now!" A second and a few feet later, I thought, "Or in jail!" A few more seconds and more rolls of the tires, "Or dead!"

Right at the moment I merged with the freeway traffic a thought came to me that seemed to turn on a lightbulb in my head: "Of course. That's the point."

With that "a-ha" moment came a great sense of peace and calm. Alcoholics Anonymous *was* keeping me alive, out of a mental institution and out of jail. Even now as I remember that God-incidence, I am restored to sanity a little more than I was just a few minutes ago. Thank you, Power Greater Than Myself.

~ Diana L.

Happy Birthday

Dotty	1/31	1973	39 yrs
Susan C.	1/20	1988	32 yrs
Laurie L.	1/20	1988	32 yrs
Gloria C.	1/12	1984	28 yrs
Stevie G.	1/11	1986	26 yrs
Barbara J.	1/1	1987	25 yrs
Chris H.	1/11	1987	25 yrs
Laurie L.	1/19	1988	24 yrs
Bill M.	1/24	1990	22 yrs
Tatiana	1/27	1992	20 yrs
Mike M.	1/20	1992	20 yrs
Tony C.	1/18	1997	15 yrs
Steve M.	1/26	1998	14 yrs
Bob H.	1/18	1999	13 yrs
Tony S. (CA)	1/2	1999	13 yrs
Luis R.	1/1	2001	11 yrs
Kathie G.	1/11	2001	11 yrs
Clark	1/22	2002	10 yrs
Kurt	1/7	2002	10 yrs
Susan ON	1/7	2003	9 yrs
Ele J.	1/16	2005	7 yrs
Keeley W. (CA)	1/15	2006	6 yrs
Maureen M. (CA)	1/30	2006	6 yrs
Laurel R.	1/26	2007	5 yrs
Aakara	1/21	2008	4 yrs
Liz O.	1/22	2008	4 yrs
Emma S.	1/1	2008	4 yrs
Matt	1/24	2009	3 yrs
Sarah A.	1/3	2011	1 yr!!

Congratulations Everyone!!

Contact: District6newsletter@hotmail.com

Super Sober Superbowl

And 4th Annual Chili Cookoff

February 5th, 2012. The fun starts at 11am
This year's Super Sober Superbowl Party and the
4th Annual Chili Cookoff will be taking place at:

'Love The Journey' House
4773 Apopo Rd., Kapaa



Chili entries must be on the table by noon. The
rest of the food will be pot luck. Make your favorite
football dish!

Valentines Day

There's a party in the works, watch for flyers!
More will be revealed



PRAASA 2012 Western Washington Area 72

March 2-4, 2012 in Bellevue, Washington

Western Washington Area 72 is hosting PRAASA 2012
(Pacific Region Alcoholics Anonymous Service Assembly) at:

The Hyatt Regency Bellevue
900 Bellevue Way NE,
Bellevue, WA 98004

Phone: (719) 377-2272, Email: registration@praasa.org

<http://www.praasa.org/2012/>

The 'Pacific' Region of AA in the United States



A.A. Meeting Places



Christ Memorial Parish Hall

2518 Kolo Rd., Kilauea

Four A.A. Meetings Per Week:

Monday 7:30 pm - Speaker/Discussion
Tuesday 10:00 am - Big Book Study
Tuesday 7:30 pm - Big Book Study
Wednesday 7:30 pm - 12x12 Discussion



A.A. Meetings

These Meetings Are In Need Of Support:

- **Princeville/Hanalei:** -Thursday 7:00 am
- **The Lihue Vet Center:** Friday 12:00 Noon
- **Kapaa Exp., Strength & Hope:** Friday 10:00 am



Volleyball Game Day

The First Saturday of Every Month

3:00 pm at Nawiliwili Beach Park.

Volleyball game-day is still going strong with almost
40 people at the last get together on January 7th!
There was lots of food at the BBQ and AA Birthdays
were celebrated! ~Sponsored by Happy Hour Kauai~



The Concepts Checklist

- ✓ **Do we have an understanding of the history of the General Service Conference?**
- ✓ **What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?**
- ✓ **Is our group meeting its wider 7th Tradition responsibilities?**

Twelve Concepts for World Service - by Bill W.
 - As adopted by the 12th Annual General Service Conference of Alcoholics Anonymous on April 26, 1962

Concept II When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference – excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter – the actual voice and the effective conscience for our whole Society. (long form)

It is self-evident that the thousands of A.A. groups and the many thousands of A.A. members, scattered as they are all over the globe, cannot of themselves actually manage and conduct our manifold world services. The group conscience is out there among them, and so are the needed funds. The power of the groups and members to alter their world service structure and to criticize its operation is virtually supreme. They have all of the final responsibility and authority that there is. The operation is really theirs; they really own it. This has been true ever since the groups took over from the founders and old-timers at St. Louis in 1955.

But an ultimate authority and responsibility in the A.A. groups for world services — if that is all there were to it — could not amount to anything. Nothing could be accomplished on that basis alone. In order to get effective action, the groups must delegate the actual operational authority to chosen service representatives who are fully empowered to speak and to act for them. The group conscience of A.A. could not be heard unless

a properly chosen Conference were fully trusted to speak for it respecting most matters of world service. Hence the principle of amply delegated authority and responsibility to “trusted servants” must be implicit from the top to the bottom of our active structure of service. This is the clear implication of A.A.’s Tradition Two. ...

Exactly as Dr. Bob and I earlier had found it necessary to delegate a large part of our active authority to the Trustees, so have the A.A. groups since found it necessary to delegate these same powers to their General Service Conference... By the Conference Charter, confirmed at St. Louis, this authority is now delegated to the A.A. groups and thence to their Conference, a body which is a representative cross section of our entire Fellowship.

Therefore the General Service Conference of A.A. — plus any later formed sections — has become for nearly every practical purpose the active voice and the effective conscience of our whole Society in its world affairs. In making this momentous transfer, we old-timers deeply hope that we have avoided those pitfalls into which societies have so often fallen because their originators have failed during their lifetimes, to properly delegate and distribute their own authority, responsibility, and leadership. - Excerpts page 10 – 12.

Published by General Service Office of Alcoholics Anonymous®

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 check



Kauai Intergroup

The Next Intergroup Meeting Is
February 4th, 9:30 am
Lihue Neighborhood Center

Need 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**

~~Kauaiaa.org~~

Our Website is now up and running. The Website **Committee still needs a Chair** and now has seven advisory/oversight members! For suggestions, requests or to serve on the website committee please feel free to contact:

website.intergroup@gmail.com

Intergroup Officers:

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

Intergroup Treasurer's Report

December, 2011

Income:

Koloa Aloha	75.00
Hui Ohana Thankathon	45.00
Happy Hour Books	59.00
Member donation	1000.00
Princeville/Hanalei	200.00
Hui Ohana	142.50
Lihue United Church, Thankathon refund	65.00

Expenses:

Alejandro H. - Thankathon table cloths	36.02
Patty – Christmas day cost	200.00
Mo L. - Thankathon	256.64
Hawaiian Telcom	96.47
Guardian Self Storage rent	100.00
Jerry V. – New Years Eve	150.00
InkSpot - GIS	150.00

Balance	\$1,703.34
Prudent Reserve:	\$-200.00
Available Funds:	\$1,503.34

~ Prepared by Mike C

Anonymous Contributions

Please send a note with your check to Intergroup *if you want your contribution to remain anonymous*

SEND YOUR CONTRIBUTIONS TO:

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



Request a newsletter



by e-mail



Contact us at:

District6newsletter@hotmail.com

District 6, Kauai:

The Next District Meeting Is
February 11th, 9:30 am,
At 3146 Akahi St., Lihu`e

District 6 Committee:

DCM: Mo L.
Alt. DCM: JD district6altdcm@gmail.com
Treasurer: Alejandro H.
Secretary: OPEN
Public Info.: OPEN

District 6 Treasurer's Report

January 2012

Balance Last Statement	\$3059.52
Income/Group Contributions:	
Koloa Aloha	50.00
Hui Ohana	136.50
Princeville/Hanalei	87.50
Total Income	274.00
Expenses:	
DCM to HI Inv. Assembly	325.79
Inv. Assembly Registration	25.00
Total Expenses	350.79
Cash Available	3147.02

~ 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

From The Alt. DCM

Concept Two - The General.....WHOA.....Hold on JD.....stop.....take a breath.....do I really want to write a whole column on Concept Two when you can read them in the Big Book (page 574, Fourth Edition), or read about them in *The Garden Island Sobriety Newsletter*, or share my experience regarding service? I choose to share!

I want Alcoholics Anonymous to grow, get stronger and thrive here on Kauai. However, I can't rest on my laurels and let somebody else do the work. Not being of service in AA has led me to drink more than once. AA is a program of action. I am responsible for the foot work to ensure AA is growing and thriving on Kauai for those still suffering alcoholics, their children, their children's children, their families, and our community.

For me serving AA at District level means more time and effort. Yes it means dealing with the business side of AA. Yes it means dealing with fellow AA's personalities I would rather not deal with or be around at times. I owe my life to this program and the men and women in it. I choose to fully turn myself over to a Higher Power. I must work to keep the hand of AA there when somebody reaches out for help. I want to give back. In the past I have stayed sober by serving. I drank when I stopped serving and going to meetings.

The greatest place for me to practice principles before personalities is being involved in the business end of AA. It seems my ego and attachments and control issues surface more at business meetings. This allows me more opportunities to turn my character defects over; Let go. Change my thinking. Do the work some just talk about. AAargh that four letter word. **Work** that is necessary to keep AA running. The more work I do the greater has been my Joy of Being a Sober man.

Please come join me. There are many service positions available. I desire to humbly serve. I believe we can serve our way to a Happy, Joyous, and Spiritually Free sober destiny on Kauai together. Our children's children yet to come will have a bigger, better, and stronger AA then when we found it.

~ Mahalo, JD