

January 2012

# Garden Island Sobriety

## 'Step One'

**"We admitted we were powerless over alcohol - that our lives had become unmanageable."**



**He said:** It doesn't matter if you come to this fellowship because you're beaten down by alcohol and walked through the doors of A.A. on your own. It doesn't matter if you've found this fellowship through the suggestion (or nagging) of family or friends. It doesn't matter if you found A.A. because your employer threatened to fire you, or because you were court ordered. What DOES matter is that you completely accept the first step.

**As the Chinese** philosopher Lao-tzu puts it; "A journey of a thousand miles begins with the *first step*", and so it is with Alcoholics Anonymous. The first step is the foundation by which we can begin the journey of rebuilding our lives!

**On the surface**, accepting my powerlessness over alcohol seemed passive. But I would contend that sitting in the back-seat and letting alcohol 'call the shots' is far more passive than my taking the *action* to *accept* that I am powerless over alcohol.

**But how can** I admit I am powerless over alcohol?

**To convince myself** of my powerlessness, I only had to review my drinking history *honestly*. From my very first drink there was something 'different' about the way I drank. I didn't drink to become more relaxed or to have fun, I drank to acquire some ability I didn't have without alcohol. I drank to be able to talk to people, or to feel like I fit in. Then, as my drinking progressed, I drank to cover up the guilt and shame I felt for the damage I had done to myself, and the people I loved.

**Many of us** came to this program already convinced that our lives had become unmanageable, strewn full of "I will *\*never\** do *\*that\** again", or "Oh God, please get me out of this one!" While some of us had 'higher bottoms' that may have only consisted of a sense of dread when confronted with the possibility

(continued page 2)



**She said:** Aloha Recovery Friends.

**Once a month** for the coming year I'm going to share my experience, strength and hope about each of our 12 steps. It's strictly my perspective. Take what you can use and leave the rest.

**If anything** I say stirs you up, I recommend you read the Big Book about that topic, listen in meetings for other views on it, and talk to your sponsor and other AA friends about it. Seek and you will find your answers.

**Since what** I say here is my opinion, I'm going to start each written meditation by stating that Step in an "I" form. ***I am powerless over alcohol and my life is unmanageable.***

**I came to** this Step being slammed by my unmanageability way before I got that I was powerless. *Way before.* It is still my inability to manage my life that makes me see my powerlessness.

**Here's one of** my favorite images of the illusion of my power: I stand on the beach in the inches deep water where it washes onto the sand. I face the waves. I raise my arms in front of me, like a conductor directing an orchestra.

**Each time a** wave comes in I pull my hands toward me, as if I were directing the sea to come closer to me.

**Each time a** wave goes out I push my hands toward the far horizon, as if I were directing the water to go back there.

**Back and forth**, back and forth, for many waves I can "direct" this flow of water to and from the shoreline. I can make it ***appear*** that I am calling in the waves by coordinating with the ocean's timing. Woo-hoo, I'm in charge! I'm "making it happen."

**But eventually there** will come a 'rogue' wave. It may splash up around my knees. It may come waist high and knock me down. It may be a tsunami and obliterate me and the entire beach I am standing upon.

(continued page 2)

**Turning It Over p.2**

**Meetings p.4**

**AA  Hotline 245-6677**

**He Said:** (cont) of having to deal with life, on life's terms, without the help of our 'old friend'.

**Doesn't being powerless** mean I'm a failure? To the contrary; you have succeeded in recognizing an essential component of escaping the grip of alcohol. I still remember the first time I said the words "I am an alcoholic", and the sense of relief I felt, and the first glimpse of peace. I finally understood the source of the problem, and actually started to feel there was a way out!

**For me, the** prospect of admitting I was powerless over alcohol and that my life had become unmanageable was like stepping from a dark room into the sunlight. May our paths cross in the 'sunlight' of A.A.

Yours respectfully,  
~ Jon S., Kauai

## Happy Birthday

Lopaka	12/13	1970	41 yrs
Carl K.	12/19	1981	30 yrs
Bobo	12/13	1986	25 yrs
Peggy S.	12/19	1986	25 yrs
Lori N.	12/23	1988	23 yrs
Bob C.	12/16	2003	8 yrs
Ron W.	12/24	2003	8 yrs
Eddie F.	12/13	2005	6 yrs
Erica J.	12/13	2005	6 yrs
Sarah	12/3	2007	4 yrs

## Congratulations Everyone!

## ~About Publishing Birthdays~

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

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

**She Said:** (cont) **That's how much** power I have over people, places and circumstances.

**And I am** powerless over alcohol. I can't control the effect it has on me or what I will do when I take it in; Ditto for any other mind-altering drug.

**For me a** key word for the first Step is Honesty. "We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences," Bill writes in the **Twelve Steps and Twelve Traditions**. "Until he so humbles himself his sobriety – if any – will be precarious. Of real happiness he will find none at all."


**I'm interested in** real happiness. If not drinking and drugging is the foundation stone to getting some of that, I am willing to follow directions found in the Big Book **Alcoholics Anonymous**. They have worked for many millions of people before me.


**As I walk** through the first month of 2012 I'll be asking the God of my understanding to help me see where I am dishonest with myself and others – and for the power to become more honest.

~ Diana L., Kauai


## 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!

# *Turning It Over*

His laugh echoed off the vaulted ceilings, raucous and loud.

“What did I say?” I asked.

My question just agitated his bubbling humor all the more. Confused, I waited grinning contagiously as his giggles subsided enough for speech.

“What’s so funny? I don’t get it.” After all I had just revealed my five-year plan for my life to my friend, complete with spreadsheets, color-coded pie graphs and charts. I honestly believed my goals for work, family, relationships, finances and travel were reasonable and attainable. I trusted that if I worked hard, put all my ducks in a row, the percentage of success was very high. I saw no humor at all in my plans. His voice cracking from giggles and his eyes still seeping tears of mirth,

“That’s a fantastic plan you’ve got there for yourself but aren’t you forgetting someone?” he asked. My mind raced through the list of friends, family, co-workers and acquaintances, all included in my blueprint. As he watched my face contort with concentration, my friend’s grin neatly split his face.

“No, I don’t think so. I’ve included everyone I can think of. Who did I miss?” I asked.

“Seriously! Seriously? What about Him?” My friend answered as he pointed up to the sky above. A deflated “Oh!” whooshed from my lips. A sheepish grin tweaked the corners of my lips as I shook my head in surrender. My friend and I had a great big laugh as I tore up my meticulously crafted plan and threw it in the rubbish.

By ~ Jackie S., Kauai

## **G.I.F.T.**

- **God**
- **Is**
- **Forever**
- **There**

## **12 Rewards Of the 12 Step Program**

- **Faith instead of despair**
- **Courage instead of fear**
- **Hope instead of depression**
- **Peace of mind instead of confusion**
- **Real friendships instead of loneliness**
- **Self-respect instead of self-contempt**
- **Self confidence instead of helplessness**
- **A clean conscience instead of a sense of guilt**
- **Respect of others instead of their pity and contempt**
- **A clean pattern of living instead of a purposeless existence**
- **The love and understanding of our families instead of their doubts and fears**
- **The freedom of a happy life instead of the bondage of an alcoholic**



## **We're Still Playing Volleyball**

**First Saturdays of Every Month**

**3:00 pm at Nawiliwili Beach Park.**

~ Please come and join in the fun! ~

~ Sponsored by Happy Hour Kauai ~

# A.A. Meeting Places



## The Lihue Vet. Center

3-3367 Kuhio Hwy, #101  
(Across from Walmart)

**Friday – 12:00 Noon Meeting**  
**Plenty of parking!**



# A.A. Meetings

## The Lihue Vet Center:

This Friday 12:00 Noon meeting *needs your support!*  
Put an AA break in the middle of your day and help keep this meeting going!

## Steel On Steel:

Meets Friday 5:30pm – 6:30 pm. This Men's Stag meeting is at the Lutheran Church Community Center, on German Hill. It's hard core AA and has been existence for approximately 8 months now.

## Kapaa Experience, Strength and Hope:

The Friday 10:00am Experience, Strength and Hope meeting still *needs your support.*

## South Shore Oasis:

*The Name changed* from Koloa Nooners as majority of the meetings are not at noon anymore. There are 21+ meetings per month. South Shore Oasis hosts a potluck on the last Saturday of the month!



## 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

## Request a newsletter



Contact us at:

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

# Kauai Intergroup

The Next Intergroup Meeting Is  
January 7<sup>th</sup>, 9:30 am  
The New Hanamaulu Pavilion

The Lihu'e NC is not available January 7<sup>th</sup> for our monthly Intergroup meeting. We will have our **Meeting at the New Hanamaulu Pavilion.**

**Directions: Turn onto Hanamā'ulu Road** at the light by the 7-11 Store and drive past King K Elementary School. Take the 2<sup>nd</sup> right turn (at the sign to 'Hanamaulu Beach Park'), and drive under the new and old bridges. The parking lot is straight ahead in front of the new pavilion.

## 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**

## AA Hotline 245-6677

### Requirements to be a Hotline Volunteer:

- One year of continuous sobriety
- A local phone number
- Familiarity with meeting locations
- Have a sponsor
- Work the Steps

**Kauaiaa.org** Our Website is now up and running. For suggestions, requests or wishes to serve on the website committee, please contact us at [website.intergroup@gmail.com](mailto:website.intergroup@gmail.com)

## Intergroup Treasurer's Report

November, 2011

### Income:

Pancake Breakfast	\$ 54.00
Koloa Thurs night	\$ 46.00
Koloa Friday night	\$ 48.00
North Shore Aloha	\$240.00
Sunrise Sobriety	\$ 40.00
Public Info Pamphlets	\$ 5.55

### Expenses:

Hawaiian Telcom	\$ 96.41
Guardian Self Storage rent	\$ 100.00
Kathryn B. - Turkey cook cost	\$ 105.00
InkSpot - GIS	\$ 150.00
Mark M. Books	\$ 356.50
Alejandro H. - Thankathon Supplies	\$ 74.85

Balance	\$1,135.91
Prudent Reserve:	\$-200.00
Available Funds:	\$ 935.91

~ Prepared by Mike C., 11-30-11 ~

## 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 

## Intergroup Officers:

Chairperson:	Bob B.
Alt. Chair:	Kathryn B.
Treasurer:	Mike C.
Secretary:	Susan Ok. <a href="mailto:secretary.intergroup@gmail.com">secretary.intergroup@gmail.com</a>
Literature:	Danette M.
Alt. Lit.:	Mark M.
Hotline:	Damione <a href="mailto:hotline.kauai@gmail.com">hotline.kauai@gmail.com</a>
Events:	<b>OPEN</b>
GIS Editor:	Linda B. <a href="mailto:District6newsletter@hotmail.com">District6newsletter@hotmail.com</a>

# District 6, Kauai:

The Next District Meeting Is  
January 14<sup>th</sup>, 9:30 am,  
At 3146 Akahi St., Lihue

## District 6 Committee:

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

## District 6 Treasurer's Report

December 10 2011

Balance Last Statement (11/18/11)	3182.78
<b>Income/Group Contributions:</b>	
North Shore Aloha	80.00
Step Sisters	81.58
<b>Total Income</b>	161.58
<b>Expenses:</b>	
Mathea A., PI	55.55
Karin Stoll (Rent)	90.00
<b>Balance (as of last deposit)</b>	<b>3288.81</b>
<b>Year To Date Group Contributions</b>	<b>2405.94</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

# From The Alt. DCM

**Happy New Year** my District 6 Family of fellow A.A.'s. I decided my first effort after being voted in as Alternate DCM for District 6 was to encourage all of us to review or take inventory as to where each of our groups stand regarding our participation and involvement at district level. The following is from the Concepts Checklist provided by our General Service Office, a service piece for Home Groups, Districts and Areas. There are 12 Concepts and this questionnaire covers the first.

**Concept 1: Final responsibility and ultimate authority for A.A. World Services should always reside in the collective conscience of our whole fellowship.**

- Does our group have a General Service Representative (GSR) and Alternate GSR? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass our group conscience on to the district at our monthly district meetings, or our local intergroup meetings?
- Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area?
- Where do we fit in the upside-down triangle of AA?
- Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

**The GSR is the service leader for his or her group, the indispensable link between the group and A.A. as a whole. Together the GSR's are the group conscience, and together, in their areas, they elect committee members and ultimately the delegates and the area's candidates for trustee. Groups who do not have GSR's are encouraged to elect one** and then participate with the other GSR's on Kauai to keep A.A. strong on this beautiful Hawaiian Island we call home. **I thank you** for your service and look forward to seeing many of you at our next monthly meeting January 14th at 3146 Akahi St. at 9:30 A.M. If any of your groups don't have GSR's elected and have questions or pleas for help please e-mail me at [district6altdcm@gmail.com](mailto:district6altdcm@gmail.com) .

~ Mahalo, JD