

November 2011

Garden Island Sobriety

'Step Eleven'

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."



He said: Just how do we go about seeking God's will? How will we know it is His will and not just some garbled message from ourselves? These are some of the questions that I have to ask myself and find the answer to. The fellowship of AA has many suggestions as to how to go about seeking God's will as well as how to pray and how to meditate. Some may be very formal in their procedure and others may be very informal. The process which has given me the ability to be more comfortable in my own skin, came as the result of going to a daily AM meeting (Attitude Modification) in early sobriety. Part of the format for that meeting can be found on pages 86 and 87, beginning at "Upon awakening" and ending at "You can easily see why."

I attended that meeting most every morning for three years and it help to formulate the foundation for my prayer life as well as give me the fundamentals of the principals by which my God wanted me to live. The instructions are clear cut and precise and when I practice them to the best of my *willingness* on any given day I become more aware of how my God wants me to interact with others. I become less absorbed with my needs and more in tune with the needs of others; not all day and not always, but more often than not. Self centeredness slips away, self pity is lessened, and self absorption is not my constant companion. I become freer to experience Life as it unfolds around me and I get to participate in and enjoy its many gifts.

The 12x12 also suggests a prayer that has become an integral part of my prayer life; it gives me the specific direction about what to pray for. The Prayer of Saint Francis has been a true spiritual guide for me, along with the Third and Seventh Step Prayers. It is my belief that these three prayers give me plenty to work

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She said: "If the only prayer you say in your entire life is 'Thank You,' that would suffice." (Meister Eckhart 1260-c. 1329)

"Thank you" is what I pray most often. Gratitude brings me into contact with God as I understand God. I frequently do an audible thank you list when I ride my bike up Kuamo'o hill. Biking the hill is a slow process which requires much deep breathing. I thank God for the air I breathe, for my body which is strong and healthy and can pedal me up the hill. I thank God for my sobriety. I thank God that I live on Kauai... I continue on through a litany of things/conditions for which I am grateful and generally finish up naming people who are or have been in my life—people I love and/or who love or have loved me. By that time I am crying for happy and grateful.

When I am grateful, I *feel* God—physically, mentally, emotionally. Physically, it feels as if a bucket of warm pringlies (this word is not in my Oxford Concise Dictionary, though "pringly" is in the online Urban Dictionary) was poured on my head, flows down my neck, shoulders, arms, hands, body and legs—all the way to my feet; Chicken skin, goose pimples. It feels good and safe and loving, connected, happy and tearful, all at the same time. It feels like God to me.

Formal meditation is difficult for me, I don't sit well. But the truth is that, on the occasions when I have set aside the time and made a concerted effort to meditate (usually by observing my breathing, using that focus as a tool for centering and relaxing) it does work. I have reached some lovely, floaty states of being which include visuals on the insides of my eyelids (or maybe just in my brain) consisting of circles starting at the outer edges of where my vision would be if my eyes were open then coming in towards the center. There are colors: blues, purples

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AA  Hotline 245-6677

He Said: (cont.) with and cover all situations that have arisen in my sobriety. The instructions are laid out so simply that even a Genius like me can follow them with success.

I believe the two most profound sentences in this segment on Step Eleven are; “We relax and take it easy. We don’t struggle. This suggests surrender on a grand scale, not complacency.

There are some promises in this segment that will come true if the instructions are followed precisely exactly as outlined in the Book. I hope that you are able to find what I have found that has enabled me to be Happy, Joyous and Free.

Let us not forget about the evening instructions that will allow us to get a good night’s sleep. That is like the glass of warm milk and the cuddly teddy bear.

Thank you for allowing me the Honor of serving this fellowship and the gift of my Sobriety. ~ Ron A.

She Said: (cont.) and green at the center—repeating from out and in to the center. I don’t know that I necessarily find answers during these sessions but I do find them refreshing and calming.

There is a Tai Chi form, Tai Chi Chih, which is described as a moving meditation. One may move *and* meditate. I have not practiced TCC for some years but when I did, I still had difficulty keeping my monkey-mind focused. I think that’s why biking uphill works for me—it involves so much physicality that there’s nothing physical left over to jitter or fidget. There’s a lot of blood pumping to the brain and everywhere else. So the mind and the emotions are suffused, clear, focused and open; Available and aware.

As for God’s will for me—I believe that when my life is flowing, I am in God’s will. When I am trying to MAKE IT HAPPEN, rowing against the current, or running my head into a wall, well, that’s probably my will...

Your friend in sobriety, ~ Amorosa

Happy Birthday

Pat B.	10/28	1981	30 yrs
Ron K.	10/20	1986	25 yrs
Danette	10/24	1987	24 yrs
Diana L.	10/8	1988	23 yrs
Chris K.	10/10	1988	23 yrs
Amorosa	10/25	1989	22 yrs
Richard S.	10/6	1990	21 yrs
Susan OK	10/16	1990	21 yrs
Kavika	10/11	1991	20 yrs
Nester N.	10/15	1991	20 yrs
Ryan E.	10/3	1996	15 yrs
Sue H.	10/25	1996	15 yrs
Kathy S.	10/26	1997	14 yrs
Laurie A.	10/15	1998	13 yrs
Radar	10/24	1999	12 yrs
Mo L.	10/24	2000	11 yrs
Alison	10/9	2000	11 yrs
Kira H.	10/7	2002	9 yrs
Francis	10/14	2004	7 yrs
Alejandro	10/22	2004	7 yrs
Drew	10/15	2004	7 yrs
Darryl C.	10/22	2005	6 yrs
Randall	10/29	2005	6 yrs
Matt J.	10/15	2006	5 yrs
JoRina	10/22	2006	5 yrs
Troy	10/9	2007	4 yrs
Kevin H.	10/9	2007	4 yrs
Patricia M.	10/16	2007	4 yrs

Congratulations Everyone!

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.

Contact: District6newsletter@hotmail.com



50th Annual Hawaii Convention

November 17 - November 20, 2011

At The Hilton Hawaiian Village, Oahu.

Go to: www.annualhawaiiConvention.com

Registration: Register online or download and mail a registration form (no refunds after October 17).

Highlights Of The Planned Weekend Events:

- **Thursday - FREE NIGHT**
- **Friday - Flashback Friday** - Dress up in your favorite 50, 60, 70, 80, 90's outfit.
- **Saturday - Black & White Affair** - A 'Red Carpet' event**WE ARE CELEBRATING THE 50TH ANNIVERSARY OF OUR HAWAII STATE CONVENTION
*Wear your most glamorous black and/or white – glitz 'n glamour (photographer will be taking photos).
- **Sunday - Spiritual Sunday** - Wear Sunday best.
- **Activities all weekend** - Enjoy volleyball on the beach fronting the hotel, a day on an island golf course, an early morning hike on the Diamond Head trail, wake up on a surfboard at the surf meeting, and enjoy a day at sea on a catamaran.



Pancake Breakfast

Sunday November 13th

8:30 am at Kapaa Neighborhood Center.
AA members, families and friends are all welcome!
Come try our banana pancakes!



Join Us November 24th, 2011

Our Annual Thanksgiving Gratitude Dinner

At The **'Stone Church'** In Lihue

Bring Your Friends and Family!!

- **9:00am - 3:00pm** - Doors open early for set up.
- **Live Music Starting at 11:00!** The music will be softly in the background during Dinner.
- **Speaker Meetings at 10:00 and 2:00**
- **Thanksgiving Blessing and Dinner 12:30**
- **Potluck Suggestions:** East Side - Desserts, North Shore - Vegetables, South Shore - Salads, West Side – Salads (Turkeys will be provided).
- **To volunteer** for service activities contact one of these people through the AA Hotline:

245-6677

Kathryn B., Mo L., or Alejandro H.



Let's Play Volleyball

First Saturdays Every Month

3:00 pm at Nawiliwili Beach Park.
Join us for a ton of fun!
~ Sponsored by Happy Hour Kauai ~

A.A. Meeting Places



Photo ~ Alejandro

Kapaa First Hawaiian Church

4-1325 Kuhio Highway

Wednesday 12:00 pm – Daily Reflections

Wednesday 5:00 pm – It's Not Them

Friday 10:00 pm – Experience, Strength and Hope



A.A. Meetings

Meetings Need Support

Kapaa Experience, Strength and Hope

The Friday 10:00 am Experience, Strength and Hope meeting needs a Secretary. If someone is willing to be of service we can keep this meeting running.

The Water Meeting at Lydgate Pond

The 2nd Sunday of every month, 1:00 pm. Come and have an AA meeting in the water with us! Bring a flotation device!

The Veterans Center in Lihue

Friday at 12:00 pm. There's lots of parking available!



" It's Not Them "

New Kapaa Meeting, Wednesday 5:00 pm

This new AA meeting is at Kapaa United Church, 1315 Ulu St., on Wednesday's from 5:00 pm - 6:00 pm.



Tradition Checklist

From The A.A. Grapevine

Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

- ✓ Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
- ✓ Am I always careful to keep the confidences reposed in me as an AA member?
- ✓ Am I careful about throwing AA names around – even within the Fellowship?
- ✓ Am I ashamed of being a recovered, or recovering, alcoholic?
- ✓ What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- ✓ Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?



Turning to Gratitude

An 'Attitude of Gratitude' works. In the past we were motivated largely by fear, though most of us wouldn't admit it. Now, without that liquid courage coursing through our veins, we are all *too* aware of it.

The Key to Sober Living is in changing our outlook; from fear, resentment and self-pity to the state of serenity we always longed for. By focusing on the things we are grateful for, whatever they are, we stop running, stop fighting, and look at things in a different way. The results are quick and sure.

Making a Gratitude List will rescue you from a sudden panic but having an attitude of gratitude throughout the day can help keep those moments of panic away.

Kauai Intergroup

The Next Intergroup Meeting Is
November 5th, 9:30 am
The Lihue Neighborhood Center



Need Literature?

Come To The Intergroup Meeting!

*Books*Pamphlets*GIS Newsletter*Meeting Schedules
All Are Available!

Or We Can Deliver To You!

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

AA Hotline 245-6677

The Requirements for Hotline Volunteers:

- One year of continuous sobriety
- A local phone number
- Familiarity with meeting locations
- Have a sponsor
- Know where to find meeting places
- Have worked all 12 Steps

Intergroup Officers:

Chairperson: Bob B.
Alt. Chair: Kathryn 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

Intergroup Treasurer's Report

September, 2011

Income:

Young Peoples Group	\$ 55.00
Reimburse for AA CD	\$ 55.00
Hui Ohana for GIS	\$ 75.00
Hui Ohana for Books (2 cks)	\$218.25
Hui Ohana	\$116.94
Jerry V. Lit. rack	\$ 20.00
Sunrise Sobriety	\$138.00
4 th Dimension	\$ 15.00
It's Not Them	\$ 10.00
North Shore Aloha	\$240.00
Mathea A. Books	\$ 29.75

Expenses:

Bob B. Labor Day Reimburse	\$ 128.36
Mark M. Books	\$ 451.50
Guardian Self Storage rent	\$ 100.00
Hawaiian Telcom	\$ 96.15
InkSpot	\$ 150.00

Balance	\$1898.25
Prudent Reserve:	\$-200.00
Reserve for Thankathon:	\$-400.00
Available Funds:	\$1298.25

~ Prepared by Mike C.

Anonymous Group Contributions

Please send a note with your check to Intergroup
if you want your contribution to remain anonymous
when printed in the newsletter!

SEND YOUR CONTRIBUTIONS TO:

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



District 6, Kauai:

The Next District Meeting Is
November 11th, 9:30 am,
At 3146 Akahi St., Lihue

District 6 Treasurer's Report

October 8, 2011

Balance As Of Last Statement	\$2801.28
Income - Group Contributions:	
North Shore Aloha Group	\$ 80.00
Hui Ohana	\$ 116.94
Income Total	\$ 196.94
Expenses:	
District 4 Assembly Registration	\$ 25.00
DCM Airfare	\$ 150.41
Intergroup Books (Mathea)	\$ 13.75
Candy For Health Fair Booth	\$ 11.44
Intergroup - Books	\$ 10.25
Expenses Total	\$ 210.85
Balance (As Of Last Deposit)	\$2962.78

~ Prepared by Alejandro H.

District 6 Committee:

DCM: Mo L.
Alt. DCM: Neil P.
Treasurer: Alejandro H.
Secretary: Open

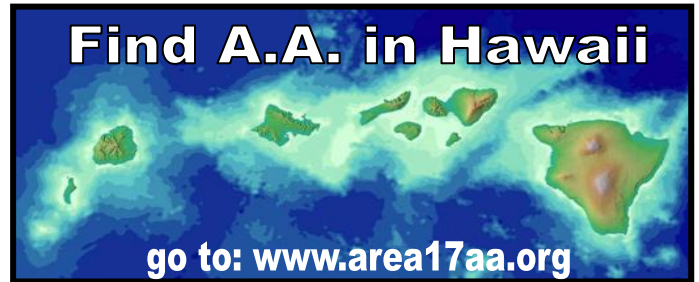
SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee 

P.O. Box 1503, Kapa'a, HI 96746

Please include "District 6" & Group Name on ck

Find A.A. in Hawaii



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

Request a newsletter



by e-mail



Contact us at:

District6newsletter@hotmail.com



No One Can Drive You Crazy
Unless You Give Them The Keys!