

October 2011

Garden Island Sobriety

'Step Ten'

"Continued to take personal inventory and when we were wrong, promptly admitted it"



He said: There are actually two parts to this step; The discovery part and the recovery part.

Step 10 is the beginning of the true maintenance steps because it requires me to look at myself at all times of the day; to check my behavior and responses to life's daily challenges as well as life's daily joys and triumphs. It has been my experience to keep an account of the good things that happen during the day as well as the not so good things. The 12x12 tells me it's a poor day indeed when I haven't done something right.

When I first started to do a personal inventory, in the earlier days of my sobriety, it would take a substantial effort to think about the day's events. But one of the tools I was given by the people who came before me was the Big Book. It has all the instructions I need to help me do a comprehensive yet simple daily inventory.

Page 86 in the Big Book gives me precise instructions for a daily inventory at day's end. How cool is that? All the guess work has already been done. All I have to do is follow the directions. The simplicity of the program is so elusive that it escapes the mind of the intellectual. Not only does it tell me how to take an inventory, it also gives me follow through instructions to improve my responses for the future. Therefore I am allowed to "amend" or change my behaviors and to improve the quality of my sobriety and the quality of my relationships with the people I come into contact with. Just saying "sorry" does not correct the situation. There has to be an honest effort to change my behavior in order for it to be effective in the necessary recovery.

When it comes to promptly admitting when I was wrong, that actually came in degrees. Sometimes the

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She said: Having "completed" cleaning up the wreckage of our past with Step 9 it is

time to move on to the "maintenance steps"—10, 11 and 12. These steps are the ones we never finish. We are now living one day at a time, keeping current and taking care of things we may have missed in Steps 4 through 9, if and when they come up.

Somewhere along the "road of happy destiny" I've been trudging I began to see myself more clearly. I began to recognize old behaviors. When they came to mind as possible choices for action I've often been able to NOT DO something that has proven (often numerous times) not to work. For example: having "just one drink." Yeah, right, when did I ever do that when I drank? Never! Well, rarely, very rarely. I drank for effect and just one drink did not do the job.

Fortunately God, as I understand (or don't understand) God, removed from me the obsession to drink at the exact same moment that I "got it"; I was, am, and always will be an alcoholic. That was the moment when my **heart** got it. My head had known for years but I wasn't paying attention. Now the thought of taking a drink seldom comes to mind. The few times that it has it has not seemed like a viable option.

As sober time goes by I am progressively more able to choose behaviors that are beneficial to my own health, sanity and well-being and also to that of others. When I am wrong, I am able to recognize it more quickly. The rationalization / justification process is not as impenetrable as it used to be. Amazingly I am often able to KEEP MY MOUTH SHUT about my opinion (judgment) of some issue or person until I have had time to actually hear and consider another point of view. If I withhold my opinion and let go of the need to argue my point or defend my position, I often end up *not* having to make an amends. Prevention!

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He Said: (cont.)

wrong is so obvious and glaring that I am aware of it instantly; at other times it doesn't become clear until some days later (or longer). But the main objective is that I remain willing to clean my side of the street. **Sometimes this requires** lots of prayer.

Your Brother in Recovery,
~ Ron A.

She Said: (cont.)

Some years back I asked a counselor I worked with for advice on an issue that was confronting me. She asked if I wanted the 'counselor' answer or the down and dirty answer. I asked her to give it to me straight up, which she did. Afterwards I asked her what the difference in the answers (or rather approaches) was. She said the counselor approach would have been for her to ask me questions that allowed **me** to arrive at the answer myself.

I've reached a point where I am able to hear people calling me on my stuff without the need to immediately reply. I may not like being called on it but I can listen and consider. I can wait longer and absorb. What's the old saying? "Be sure brain is engaged before putting mouth into gear."

Yours in fellow/galship,
~ Amorosa

Happy Birthday

Jerry V.	9/13	1974	37 yrs
Sheila	9/13	1982	29 yrs
Gabrielle	9/10	1987	24 yrs
Karen	9/19	1989	22 yrs
Dennis C.	9/24	1993	18 yrs
Jack M.	9/22	1994	17 yrs
Dana W.	9/22	2000	11 yrs
Michele R.	9/14	2005	6 yrs
Elaina B.	9/26	2005	6 yrs
Patty C.	9/22	2007	4 yrs

CONGRATULATIONS EVERYONE!

~About Publishing Birthdays~

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

Would you like to have a birthday published or corrected in the Garden Island Sobriety newsletter? Please contact us by email at:

District6newsletter@hotmail.com

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!



Scared Sober

A Halloween Costume Party

October 30th, Wailua House Lots Park, 4:00-8:00 pm

- Come in Costume! There's a Prize for the best one!
- 4:00 pm Stick Meeting, 6:00 pm Speaker Meeting
- Spaghetti Potluck (bring side dishes & desserts)
- There will be Music, Games, Prizes and Keiki Fun!

~ For more Information call Tabitha at 645-0834



Volleyball

First Saturdays Of The Month!

Join us at Nawiliwili Beach Park at 3:00 pm.

~ Sponsored by Happy Hour Kauai ~

THANKATHON

To Be Held November 24th, 2011



At The 'Stone Church' In Lihue

The Thankathon Coordinator is Kathryn B.
To volunteer your service call – 634-4185



50th Annual Hawaii Convention

November 17 - November 20, 2011

To be held at The Hilton Hawaiian Village on Oahu.

Go to: www.annualhawaiiConvention.com

OAHU HICYPAA

2011



Camp Waianae: October 7th – 9th, 2011

85-1560 Haleahi Rd.

Waianae, HI 96792

Pre-registration by mail = \$60.00 each

(Includes all meals for the weekend, + accommodations)

Name: _____

Email: _____

Male/Female _____

I'd like to sponsor somebody

I'm just paying for myself

I'm paying for other people

How many: _____

(Their names are) _____

Send \$60.00 by check or money order with
This form to:

HICYPAA, PO Box 11356, Honolulu, HI 96828
Make checks payable to HICYPAA 2011.

What to bring: Clothes, coffee mug, blanket
and pillow, toiletries etc.

For Information Call Lisa T. at: 707-494-8246

Transportation Call Jay C. at: 415-410-4420



Tradition Checklist

From The A.A. Grapevine

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

- **Do I ever** give the impression that there really *is* an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
- **Can I honestly** share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
- **What in AA** history gave rise to our 10th Tradition?
- **Have I had** a similar experience in my own AA life?
- **What would AA** be without this Tradition? Where would I be?
- **Do I breach** this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- **How can I** manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

TWELVE
STEPS
AND
TWELVE
TRADITIONS

Tradition Ten

From The Twelve & Twelve

The Washingtonian Society, a movement among alcoholics which started in Baltimore a century ago, almost discovered the answer to alcoholism. At first, the society was composed entirely of alcoholics trying to help one another. The early members foresaw that they should dedicate themselves to this sole aim. In many respects, the Washingtonians were akin to AA of today. Their membership passed the hundred thousand mark. Had they been left to themselves, and had they stuck to their one goal, they might have found the rest of the answer. But this didn't happen. Instead, the Washingtonians permitted politicians & reformers, both alcoholic & nonalcoholic, to use the society for their own purposes. Abolition of slavery, for example, was a stormy political issue then. Soon, Washingtonian speakers violently and publicly took sides on this question. Maybe the society could have survived the abolition controversy, but it didn't have a chance from the moment it determined to reform America's drinking habits. When the Washingtonians became temperance crusaders, within a very few years they had completely lost their effectiveness in helping alcoholics.

The lesson to be learned from the Washingtonians was not overlooked by Alcoholics Anonymous. As we surveyed the wreck of that movement, early AA members resolved to keep our Society out of public controversy. P. 178 - 179

Find A.A. in Hawaii



go to: www.areal7aa.org

HOPE

Happy **O**ur **P**rogram **E**xists



A.A. Meetings



" 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.



Bonfire Meeting

Cancelled Nukolii Beach Bonfire Meetings

The Bonfire Meeting and Beach-walk that was taking place at Nukolii Beach (behind the Wailua Golf Course) on every 3rd Sunday of the Month has been cancelled.

Kauai Intergroup

The Next Intergroup Meeting Is
October 1st 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**

A.A. Meeting Places

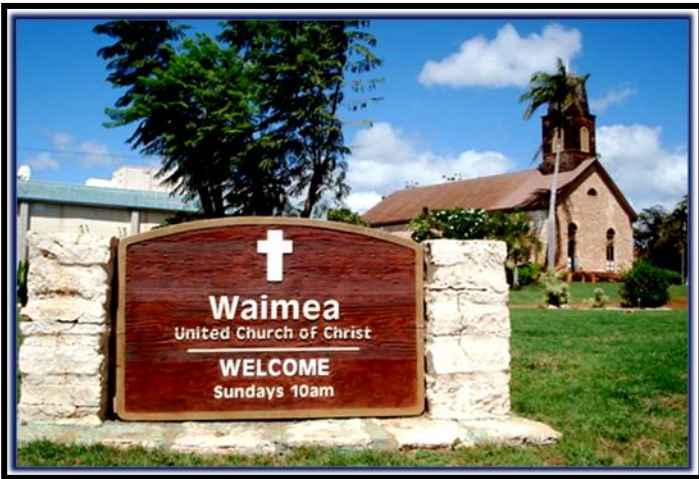


Photo ~ Alejandro

Waimea United Church of Christ

Thursday Meetings at 5:30 pm

If you're looking for the Waimea Church of Christ you'll find it on the corner of Makeke and Tsuchiya (the road behind the Waimea Theatre).

Intergroup Officers:

Chairperson: Bob B. 245-3680 sunkids@gmail.com
Alt. Chair: Kathryn B. 634-4185
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

A Meeting Needs Support

The Water Meeting at Lydgate Pond

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

Intergroup Treasurers Report

August, 2011

Income:

Koloa Nooners	\$ 25.00
Koloa Aloha	\$100.00
Jerry V. / books	\$ 42.50
Koloa Group – Tuesday Night	\$ 72.00
Princeville / Hanalei	\$160.00
Poipu Sunrise Sobriety	\$100.00


Expenses:

Guardian Self Storage rent	\$ 100.00
Hawaiian Telcom	\$ 96.15
InkSpot	\$ 150.00

Balance	\$1849.82
Prudent Reserve:	\$-200.00
Available Funds:	\$1649.82

~ Prepared by Mike C.

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
October 8th, 9:30 am,
At 3146 Akahi St., Lihue

District 6 Committee:

DCM: Mo L.
Alt. DCM: Neil P.
Treasurer: Alejandro H.
Secretary: Heather C. kauaidistrictsixsec@gmail.com

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee 
P.O. Box 1503, Kapa'a, HI 96746

Please include "District 6" & Group Name on ck

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 