

October 2012

Garden Island Sobriety

'Step Ten'

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



He said: Okay... I've stopped drinking...

I've listed my resentments on paper... I've admitted my defects of character, and started the process of making amends. Now what?!?

Now that I've stopped drinking, am I perfect? Of course not. The Big Book reminds us; “*No one* among us has been able to maintain anything like perfect adherence to these principles.”

So, if 'screwing up' is inevitable, how do I learn to live my life on a daily basis? Welcome Step 10!

One of the many reasons I drank was to suppress the guilt, shame and remorse I felt over the mountain of accumulated 'baggage' that I carried with me all the time. The resentment, guilt and fear that I carried had built up into perpetual grey 'funk', that was so removed from the original cause, that I couldn't tell you exactly why I felt the way I felt.

The first 9 steps gave me the tools to clean up the wreckage from my past. And now that a significant portion of the 'mountain' is gone, the goal is to prevent the accumulation of additional baggage.

Step 10 gives me the opportunity to stay current, and it can be used in a number of ways. First, I can use Step 10 as a quick indicator of how I'm doing (like a temperature gauge on the dash of a car). At any point in my day I can ask myself: How do I feel? Why am I angry or sad? Do I need to apologize? These quick check-points help us to stay aware of our feelings, and to stay in contact with our Higher Power.

Second, Step 10 can be used at the end of the day, as part of a nightly routine. I can review the day and ask myself: Where was I wrong? Do I owe any amends?

Don't get me wrong, the 10th Step isn't intended to beat ourselves up. It helps us see patterns and to look for solutions. The 10th Step can also be used to reinforce growth and positive behavior. It can be

(continued on page 2)



She said: “Telling on myself”.

Admitting that I needed to get sober was not nearly as hard as actually doing it. For that I had to completely surrender my pride and the façade that I was so desperately clinging to. Once I had really given up the sham I called my family to confess my situation. They had no idea how bad it was for me. I instinctively knew that I had to 'tell on myself' before I had a change of heart and drank again. It still had not occurred to me to go to an AA meeting but my family quickly guided me there.

Getting sober in AA was the most monumental and rewarding task that I have faced in my lifetime. It was both painful and full of relief. In AA meetings I learned how to be honest with myself and with others. I learned to explain what I was thinking and feeling out loud instead of holding it in. I began to have a voice that could express my hopes and fears and to confess my own shortcomings without fear of judgment.

I really didn't know how sick I was until I joined AA. Sitting in meetings and hearing others be honest without being judged, gave me the courage to open up. I had never been in a room of people who could do this before. Soon I didn't have to force myself to go to meetings, I wanted to go. There is no place in the world like an AA meeting. People there don't just tell their stories of failure and fear; they share their genuine experience, strength and hope in overcoming these burdens.

Getting sober is one thing but staying sober is quite another. The 10th Step calls for continued honesty and humility. I must continue to 'to tell on myself' when I realize that I am wrong. To face life insisting that I am always right sets a barrier between me and the rest of humanity. It is a lonely, stubborn place and leads to one of two things; either I find myself

(continued on page 2)

He Said: (cont) used as a preemptive 'sanity check' (remembering that my actions will cause me to owe an amends, will often prevent me from doing the behavior in the first place).

The 10th Step can also be used with our sponsor or spiritual advisor. We can think of it as a mini-5th Step. Which helps us to stay honest and humble.

When we first look at Step 10, it may appear to be a never-ending chore. But in reality, it is an empowering tool for the maintenance of our spiritual growth.

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!



She Said: (cont) desperately in need of escape, which my alcoholism would love to provide, or I am a miserable 'dry drunk'. Neither of these are what I want now. After experiencing the fullness of life again, with a clear mind and unpolluted senses, I want to learn how to stay sober.

Step 10 is my cornerstone for a life of joyful sobriety. Self examination must be a way of life for me now. I work at not falling into a bout of self condemnation and concentrate on a hopeful willingness to continually grow in wisdom and spirit. Others far wiser than I have pointed out that this attitude comes from a loving heart. **As we admit our wrongs** we must learn to forgive ourselves just as we forgive others. After all, alcoholic or not, we are all in the same boat. We all have our difficulties and sickness of spirit to struggle with.

Just how it works for me,
~ Linda B.

Happy Birthday

Jerry V.	9/13	1974	38 yrs
Sheila	9/13	1982	30 yrs
Gabrielle	9/10	1987	25 yrs
Karen	9/19	1989	23 yrs
Dennis C.	9/24	1993	19 yrs
Jack M.	9/22	1994	18 yrs
Dana W.	9/22	2000	12 yrs
Michele R.	9/14	2005	7 yrs
Elaina B.	9/26	2005	7 yrs
Patty C.	9/22	2007	5 yrs

Congratulations Everyone!!

~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

To The Gates Of Insanity Or... ... The 4th Annual Mens Retreat



Kahili Mountain Park October 26 - 28th

All Men in sobriety are invited to attend. Make your reservations early. Sleeping is limited to 30.

Costs: \$110 for full registration, includes: 5 personally prepared meals by our head & souschefs , 2 night stay in a comfortable semi-private suite, and a ½ round of "Championship" golf, \$85 for non golfers, \$25 for dinners, \$10 for lunch or breakfast. Let us know if you need golf clubs. To reserve call the AA Hotline 245-6677 and ask for Chris K's contact information.



Halloween Costume Party

For More Information: call Tabitha
via the AA Hotline 245-6677



Volleyball Game Day

This Month on October 27th, 3:00 pm
~ Come Join Us At Nawiliwili Beach Park ~



Last Saturday Supper

This Month on October 27th, 7:00 pm
~ Potluck at the Koloa Salvation Army Hall~

THAAANKATHON



At The 'Stone Church' In Lihue November 22th, 2012

9:00 am to 3:00 pm

Meetings: 10:00am and 2:00pm

Activities: Potluck and Live Entertainment

Please Bring:

North Shore -- Salads, Vegetables

South Shore -- Mashed Potatoes, Yams

West Side -- Stuffing and Cranberry Sauce

East Side -- Desserts

We Encourage You To Focus On The "Go --Withs"!

Volunteer service via the AA Hotline **245-6677**

51st Annual Hawaii Convention

November 1-4, 2012



..freedom from bondage

At The Hilton Hawaiian Village
Waikiki Beach Resort

<http://annualhawaiiconvention.com/>

A.A. Meeting Places



Koloa Elementary School Library

3223 Poipu Rd, Koloa

Women's Meeting- Mondays at 5:00 pm

'Na Wahine Ku Pono' (A CLOSED MEETING)



Concepts for World Service

CONCEPT X: Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

...An outstanding characteristic of every good operational structure is that it guarantees harmonious and effective function by relating its several parts and people in such a way that none can doubt what their respective responsibilities and corresponding authorities actually are.

...The first characteristic that any working structure must have is a point, or succession of points, where there is an ultimate responsibility and therefore an ultimate authority. We have already seen how, for A.A.'s world services, this kind of final responsibility and authority resides in the A.A. groups themselves. And they in turn have apportioned some of their ultimate authority to the Conference and the Trustees.

...The principle of ultimate authority runs clear through our structure. This is necessary, because all of our service affairs and activities have to head up *somewhere* for final responsibility. Ultimate authority is also needed so that each worker or each classification of servants knows where and who the final boss is.

If however, ultimate authority is not carefully qualified by delegated authority, we then have the reverse result. Were there no delegated authority, the groups would be directing their Delegates on every important vote, the Delegates would similarly turn the Trustees into a timid committee

which would receive point-blank direction on just about everything; the Trustees would then install themselves as the sole directors of the service entities and would commence to run them by directives. The corporate executives would become small czars, pushing the working staffs about. In short, such a misuse of ultimate authority would add up to a dictatorship wherein nearly every classification of A.A. servants would have large responsibilities but no real or certain authority, and hence no capability of effective decision and leadership with which to operate. Big or little tyrannies and buck-passing would be the inevitable penalties.

Therefore it becomes clear that ultimate authority is something which cannot be used indiscriminately. Indeed ultimate authority should practically never be used in full, *except in an emergency*. That *emergency* usually arises when delegated authority has gone wrong, when it must be reorganized because it is ineffective, or because it constantly exceeds its defined scope and purpose. ...

Now we come to the matter of conflicting authorities and to the question of how these conflicts are to be resolved. Most routine conflicts in the active services are easily settled, because we have provided ready communication between all service corporations and the committees of the General Service Board. For example: at every meeting of The Grapevine Boards or staff, a representative of A.A. World Services, Inc. is present, and vice versa. The General Policy Committee always contains one or more members of the Finance and Budgetary Committee, and vice versa. Such interlocking provides easy communication. Each entity knows what the other is doing. This practical arrangement irons out many conflicts of authority — but not all. ...

In all matters of joint or conflicting authority, therefore, a senior jurisdiction must be established. The junior jurisdiction must be heard and, regardless of the question involved, there must be an understood point or body where a final settlement can be had. It is understood that lesser conflicts are not to be loaded upon the Trustees for final decision. But it should always be clear *where the point of final decision is located*.

A condition to be avoided at all costs is *double-headed* business or policy management. Authority can never be divided into equal halves. Nowhere does such split authority or double-headed management so bedevil a structure as in its executive departments. The vital need of avoiding double-headed executive management will be fully discussed under Concept XI.

In addition to the methods we use to make delegated authority equal to delegated responsibility, we have two more guarantees — the "Right of Appeal" and the "Right of Petition." As we know, a bare majority is apt to constitute itself as a pseudo-ultimate authority on many occasions when it should not do so. Likewise, executives are apt to over-boss their assistants. Therefore we use the concepts of

appeal and petition to insure that every minority, and every worker doing a job, has an authority and a status commensurate with the responsibility involved.

To sum up: Let us always be sure that there is an abundance of final or ultimate authority to correct or to reorganize; but let us be equally sure that all of our trusted servants have a clearly defined and adequate authority to do their daily work and to discharge their clear responsibilities.

All of this is fully implied in A.A.'s Tradition Two. Here we see the "group conscience" as the *ultimate* authority and the "trusted servant" as the *delegated* authority. One cannot function without the other. We well know that only by means of careful definitions and mutual respect can we constantly maintain a right and harmonious working balance.

By **Bill W.** as adopted by the 12th Annual General Service Conference of Alcoholics Anonymous on April 26, 1962
(Published by General Service Office of Alcoholics Anonymous®)



Next Intergroup Meeting October 6th 9:30 am, Lihue Neighborhood Center

From kauaiaa.org

MAHALO:

The Kaua'i AA web committee would like to thank Kauai's Mathea A and O'ahu's John H who conspired at the turn of the century to provide a Kaua'i AA meeting schedule on the world wide web. They have been diligent in keeping the listings current and they did it on their own dime.

Recently John changed the "hconv" link to redirect, and it rolls over to our very own kauaiaa.org website. John has provided helpful information, agreed to serve as an honorary member of our web committee and allow us to pick his brain. A BIG MAHALO from Kaua'i AA.!!

OUR ANNIVERSARY:

The official one year anniversary has been reached by our [Kaua'i AA website](#). We've had over 12,000 visits (and not all from just one person). Please click the email link on the site to let us know of any meeting changes or upcoming AA events... the better to serve you with, My Dears.

Intergroup Officers:

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

Intergroup Treasurers Report

August 29, 2012

Income:	
Princeville/Hanalei	200.00
Workshop Tradition 7	8.00
Sunday Serenity	124.00
North Shore Aloha	240.00
TGIF Vet Center	46.00
Expenses:	
Bob B – Labor Day	200.00
Guardian Self Storage rent	104.17
Hawaiian Telcom	97.41
Tabitha – Halloween Party	100.00
InkSpot	150.00
Balance	1966.47
Prudent Reserve:	-200.00
Thankathon	-700.00
Available Funds:	\$1096.47

~ Prepared by Mike C. ~

SEND YOUR CONTRIBUTIONS TO:

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



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



District 6, Kauai:

Next District Meeting October 20th
9:30 am, Lihue Neighborhood Center

ELECTIONS: Voting for District 6 elections will take place at the **October 20th** meeting. Everyone interested in standing for an office or serving as a committee chair needs to be there.

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

September 15, 2012

Group contributions	
Sunday Serenity Group	124.00
Hui Ohana	210.00
Total contributions	334.00
Expense s	
DCM stationary, ink, copy paper	113.23
Total expenses	113.23
Cash available	1823.06
+ Prudent reserve	500.00

~ Prepared by Alejandro H. ~

SEND YOUR CONTRIBUTIONS TO:
Kaua'i District Committee
P.O. Box 1503, Kapa'a, HI 96746 

**Request a newsletter
by e-mail**  
Contact: District6newsletter@hotmail.com

From The Alt. DCM

Aloha, it's election time!!! Oh Boy!!! Grab a ballot and make your choices!!! Let our voices be heard!!!

It's not just election time for our country, but for our Hawaii Area 17 and District 6 as well. Fall is the time when each group elects its General Service Rep., or GSR, and Alternate GSR's. The group may also choose to elect new Committee Chairpersons at this time.

Traditionally in AA the GSR and Alternate GSR elections are held prior to District elections, which are held prior to Area elections. As it worked out this year District 6 elections will be held Saturday October 20th, with Area 17 elections held in Kona the 3rd weekend of November. This leaves us little time to **git'r done**.

September's District meeting had much debate on the use of proxy votes. Proxy voting is when a voting member delegates their voting power to another member to vote in their absence. It was decided that groups would have one vote, and that vote must be made by the GSR or Alt GSR in person. Groups without representation by a GSR or Alt GSR won't be allowed a vote. Why groups without representation at District should hold elections: **So your voices can be heard!**

There was also much debate over AA members who want to be considered for a position but are unable to attend the elections. Will they be able to have another person put their name in for them? It was decided to be allowed with a letter from the candidate who wishes to be considered. The letter should describe the candidate's AA history, to benefit those who might not know him or her personally.

I look forward to seeing as many smiling, cheerful AA members that can make it at District 6 Election Day, the 20th of October, at the Lihue Neighborhood Center. The regular District meeting starts at 9:30 am sharp followed by the elections.

There is no doubt that AA saved my life from King Alcohol, more than once. My program includes being involved in service work, not just because it brings me Joy, but because if anyone anywhere reaches out for help, AA will be there. Our continued service work keeps our Spiritual Program strong and available for those lives that will be saved in the future.

Be Happy, JD