

September 2011

Garden Island Sobriety

'Step Nine'

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”



He said: Most people think that this step means to go around saying that you are sorry to everyone that you had harmed from your past. Quite the contrary, the dictionary defines it as something done or given as compensation for a wrong. Not many of us want to admit that we have done wrong to others and if we did, it was totally justified by something that was done to us or not done for us.

I became acutely aware of my behavior long before coming to AA, but I was unwilling to admit and accept responsibility for my actions. Making the list in my 4th Step was only the beginning. The real challenge was going over the list with my sponsor in Step 5. It revealed the work that needed to be done in order to be restored to a civilized human being (sanity). The steps that precede this are all necessary to prepare me to be in the proper spiritual and emotional state to complete the assigned task. I must remember that I agreed to go to any lengths to have a spiritual experience. I must not come up short on this one because the fear of people, financial insecurity and whatever others I have will resurface with a vengeance, and it may become necessary to drink.

I am to sweep off my side of the street. What takes place on the other side of the street is none of my business. If the person I approach is receptive to my amends that's good and if they are not, that's good too. I am only responsible for the action of making the amends, not for the results. The first time that I made an amends was while still in the rehab. It was to my Mom for the pain that I caused her due to my behavior. That went really well and so I thought that this amends thing wasn't so bad.

(continued page 2)



She said: Geez, it's been a long time since I began this process--and a *process* it is. It **does** continue. I thought I was finished with step 9 some time back and had more or less closed the book on it. But, during a September meeting (probably '09 when I was 20 years sober) with a reading on the step corresponding with the number of the month, I suddenly got it that I owed my *fourth* ex-husband an amends. OMG! I didn't think I owed that man sh*t! I sat and wrote him a letter, mailed it. Pau; my part was done and the outcome none of my business. A reasonable turnaround time later I **received a reply** from him saying that he didn't think any amends were necessary and he had only positive memories of our time together... perhaps we were in different relationships?

I can't say that I have much specific recollection of my early amends—the first were probably to family members. I do remember my niece saying that she thought I was a “fun drunk.” Bless her ... she was present for my last drunk. As I recall I didn't have much fun at that one, but I was in a blackout so what do I know?! My niece is my favorite relative; the nasty was never directed at her.

I'd made an amends to a girlfriend I'd known since kindergarten and that amends was interwoven with an explanation/whiny excuse as to why I had behaved as I had. I was still early in sobriety, not more than 3 years. It was not my best example of taking responsibility for my part. In fact it was more of a “yeah, but.”

The Ninth Steps that were most memorable and profound were those that I made in later years:

- To my first husband; I was 15 or 16 years sober and had not been able to find him for years (not listed in

(continued page 2)

Birthdays p. 2

Events p. 3

AA  Hotline 245-6677

He Said: *(cont.)* The second set of amends I made was received with mixed emotions by a couple that I owed rent to and skipped out on. The husband was all ears and the wife wanted to beat me down. The third time I approached a person that I had hurt emotionally and financially I was told to get the f*k out of their face before they beat me with the beer bottle they were drinking from.

The important lesson that I walked away with is that these people no longer keep me awake at night and I don't have to live in fear of them. Maybe somewhere down the line they will have a change of heart. I can only pray that they do, but I did my part to make it right and they did what they needed to do for them.

Your Brother-in-Recovery, ~ Ron A.

Happy Birthday

Samantha F.	8/15	1989	22 yrs
Forest	8/5	1990	21 yrs
Myra L.	8/18	1990	21 yrs
Joy	8/21	1991	20 yrs
Sue G.	8/4	1991	20 yrs
Lenny I.	8/3	1992	19 yrs
Grekhon	8/8	1992	19 yrs
Jeff T.	8/10	1997	14 yrs
Linda B.	8/11	1997	14 yrs
David H.	8/1	2000	11 yrs
Haarold	8/24	2001	10 yrs
Elle N.	8/12	2003	8 yrs
Jenn	8/13	2004	7 yrs
David B.	8/5	2005	6 yrs
Manny R.	8/8	2005	6 yrs
Nancy M.	8/29	2005	6 yrs
Rhonda	8/18	2006	5 yrs
Duanne	8/14	2006	5 yrs
Denny M.	8/31	2008	3 yrs
Jay A.	8/23	2009	2 yrs

CONGRATULATIONS ALL!!

~About Publishing Birthdays~

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

Email: District6newsletter@hotmail.com

She Said: *(cont.)* the phone directory). When I met with him he kept saying that he'd done the same things. I had to remind him that these were MY amends!

- To a woman I had bullied when we were in junior high school (as it was called back then) who I did not locate until the notification of my 40th high school reunion in 2008. As soon as I saw her name I knew what I needed to do. I called her and apologized sincerely. To her it was, though not forgotten, water under the bridge.

And so it goes, on and on. I think I have done all the old amends, but I thought that before. I will take it one day at a time doing my best to stay current via Step 10. If I suddenly "get it" that I missed someone else in that first (and ongoing) go 'round, I shall make that amends whenever and wherever and as soon as possible.

Yours in fellow/galship, ~ Amorosa

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).
- **The Fourth Dimension** - 7:00 pm on Fridays nearest the Full Moon every month. TBA monthly. This month on Friday, June 17th. **Hot dogs are provided** - "Bring Your Buns!"

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!



Concepts Workshop

Every 2nd Sunday of the Month at 11:30am

This Concepts Workshop is held at Lydgate Park, adjacent to the water meeting potluck tables, at 11:30 am The Potluck is at 11:00 am and the Water Meeting is at 1:00 pm. See you there!



Nukolii Beach Bonfire & Beach Walk

Every 3rd Sunday of the Month at 6:30pm

Directions: Nukolii Beach is behind the Wailua Golf Course. Look for the dirt road at the southern end of Wailua Golf Course. Follow that road! We will meet where the road meets the beach.

More Information at: Happyhourkauai@gmail.com



Hot Dog Roast

This Month - Friday, September 16th

The Fourth Dimension sponsors this Full Moon/Birthday Celebration every month at 7:00 pm, before the 7:30 meeting, at the United Church in Kapaa, 1315 Ulu St.

Hot Dogs Provided. Bring Your Buns!

Al-Anon Ice Cream Social

Saturday, September 17, 2011

Lihue Lutheran Church, German Hill

Sponsored by Al-Anon, AA Invited. There will be AA and Al-Anon Speakers.

For more information call the AA Hotline: 245-6677



Labor Day On Kauai's Westside

AA Beach Party – Potluck & BBQ
Monday, September 5th, 11:00 - 5:00

At The Salt Pond Main Pavilion

- Meetings at 11:00 am, 2:00 pm and 4:00 pm
- Potluck and Raffle Prizes
- Sheltered Swimming Area and Keiki Games

Fun For The Whole Family!

Set Up Begins At 9:00am.

Questions? Call The Hotline at 245-6677.



Join A Game Of Volleyball

The First Saturdays Of The Month!

Join us at Nawiliwili Beach Park,

At 3:00 pm.

~ Sponsored by Happy Hour Kauai ~



50th Annual
Hawaii
Convention

November 17 - November 20, 2011

At The Hilton Hawaiian Village

Go to: www.annualhawaiiiconvention.com



Traditions Checklist

From The A.A. Grapevine

Tradition Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

- Do I still try to boss things in AA?
- Do I resist formal aspects of AA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn't every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- What has rotation to do with anonymity? With humility?



Tradition Nine

From The Twelve & Twelve

When Tradition Nine was first written it said that “Alcoholics Anonymous needs the least possible organization.” In years since then we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous – AA as a whole – should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized.

(p. 172)

It is clear now that we ought never to name boards to govern us, but it is equally clear that we shall always need to authorize workers to serve us. It is the difference between the spirit of vested authority and the spirit of service, two concepts which are sometimes poles apart.

(p. 174)

A.A. Meeting Places



Photo – Alejandro

Kapaa United Church of Christ

1315 Ulu St., Kapaa

Monday 7:30 pm - 'Steps To Freedom' Big Book

Thursday 5:30 pm – 'Step Sisters' Women's

Thursday 7:30 pm – 'Hui Lokahi' Men's Stag

Friday 7:30 pm – The Fourth Dimension



Makele Sez:

“Live and Let Live”

Kauai Intergroup

The Next Intergroup Meeting Is
September 3rd, 9:30 am, At
The Lihue Neighborhood Center



Need Literature?

Come The Intergroup Meeting!

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

We Can Also Deliver To You if You Call The AA Hotline
With Your Request
- 245-6677 -

Intergroup Officers:

Chairperson: Open
Alt. Chair: 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
Events: Christopher K.
GIS Editor: Linda B. District6newsletter@hotmail.com

SEND YOUR CONTRIBUTIONS TO:

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



Intergroup Treasurers Report

Income:	
Men's Stag on steel	\$ 5.00
Step Sisters	\$ 72.80
Happy Hour	\$ 90.00
Hui Ohana	\$185.55
North Shore Aloha	\$240.00
Troy Books	\$ 30.00
Hui Ohana Books	\$385.50
Hui Ohana for GIS	\$ 75.00
Expenses:	
Guardian Self Storage rent	\$ 100.00
Hawaiian Telcom	\$ 96.31
Mark M. Books	\$ 405.00
InkSpot	\$ 150.00
Susan O.(reimburse events)	\$ 114.00
Balance	\$1926.64
Prudent Reserve:	\$-200.00
Available Funds:	\$1726.64

~ Prepared by Mike C.

Request a newsletter



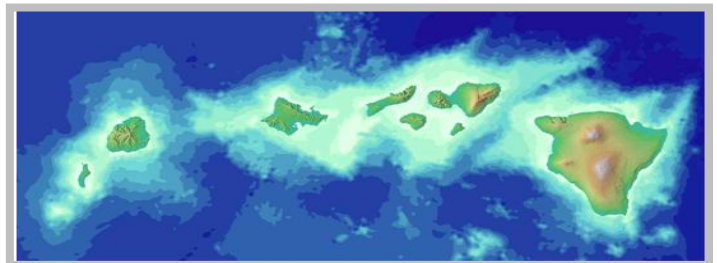
by e-mail



Contact us at:

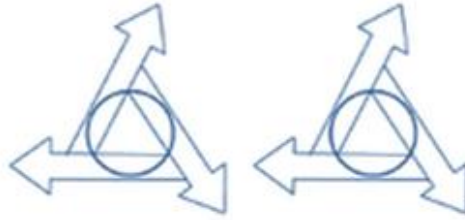
District6newsletter@hotmail.com

Find A.A. in Hawaii



At: www.area17aa.org

OAHU HICYPAA 2011



Camp Waianae: October 7th – 9th, 2011

**85-1560 Haleahi Rd.
Waianae, HI 96792**

Pre-registration by mail = \$50.00 each

(Includes all meals for the weekend, plus 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: _____

(Please add their names as well) _____

\$50.00 needs to be sent in by check or money order with this form to:

HICYPAA, PO Box 11356, Honolulu, HI 96828

\$60.00 if sent after September 17th. **Make checks payable to HICYPAA 2011.**

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

FOR INFORMATION CALL LISA T. at 707-494-8246

FOR TRANSPORTATION HELP CALL JAY C. at 415-410-4420

District 6, Kauai:

The Next District Meeting Is
September 10th, 9:30 am,
At 3146 Akahi St., Lihu`e

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

THE GENERAL SERVICE REPRESENTATIVE (GSR)

The general service representative has the job of linking his or her group with A.A. as a whole. The GSR represents the voice of the group conscience, reporting the group's thoughts to the district committee member and to the delegate, who passes them on to the Conference. This communication is a two-way street, making the GSR responsible for bringing back to the group Conference Actions that affect A.A. unity, health, and growth. Only when a GSR keeps the group informed, and communicates the group conscience, can the Conference truly act for A.A. as a whole.

FINANCIAL SUPPORT: Current experience indicates that many groups provide financial support for their general service representatives to attend service functions.

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The pamphlet "GSR" available from the General Service Office, provides basic information on this service job.

If a group does not have a good GSR, it is isolated from the rest of the Fellowship and does not participate in the group conscience of A.A. as a whole.

Does your group have a GSR? - If the answer is no, don't fret. A great many groups don't. However they are vital. Electing a GSR is nothing to be taken lightly. Choosing one is very important stuff, but almost equally important is your Alternate GSR. It comes highly suggested to elect an Alternate GSR to assure your Group's participation. There is an entire pamphlet devoted to GSR's

In order to receive information from the General Service Office; be sure to give your name to your District Committee Member (DCM) at the District Meeting. GSRs also attend Area Assemblies.

- Reprinted from the A.A. Service Manual