

May 2021



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org

Upcoming	Send Seventh Tradition Contributions
August 28 – 29 Budget Assembly Virtual Co-hosted by: District 4 Windward	Hawaii Area Committee P.O. Box 1413 Honolulu, HI 96806
October 9 Committee Meeting (Virtual) Co-hosted by: District 8 West Hawaii	General Service Board P.O. Box 459 Grand Central Station New York, NY 10163
November (TBD - Virtual) Optional Assembly Co-hosted by District 13 Tri-Island	

Who should attend:

Committee meetings – Officers, Standing Committee Chairs, District Committee Members. Any AA member may attend.

Budget Assembly – Officers, Standing Committee Chairs, District Committee Members, General Service Representatives, Intergroup Chairs and anyone who is interested. All are welcome.

I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA always to be there, and for that. I am responsible.

From our Delegate, Kunane D.

Our Virtual Shores

71st General Service Conference
Remote Communities Meeting

Hawaii Area 17 is made up of six islands, 14 districts, 313 registered groups and about 5,500 members. We are an area that is both separated and connected by water. A.A. on Oah'u, Hawai'i Island, Maui and Kauai is flourishing. However, Moloka'i and Lana'i are, by definition, remote communities. For many, Alcoholics Anonymous is easily accessible, for some, it means a fellowship of 2.

For the 2 A.A. members on Lana'i, "remote" takes on a whole new meaning and comes with challenges. First, 2 A.A. members make the fellowship extremely small and limited on Lana'i. Secondly, Lana'i is 39 miles away from Maui, 83 miles from Kona and 116 miles from O'ahu where A.A. is alive and well. And although this does not sound too bad, remember, that it is 39, 83 and 116 miles of Pacific Ocean. Getting in your car to drive to a meeting, to see your sponsor or to gather with another member in the fellowship is just impossible. Lana'i, currently has 2 A.A. members. One, a woman of the gracious age of 83 with long-term sobriety and the other young man recently returning to the rooms with less than a year. And although they have become very good friends, he knew, to fully experience the promises of this program, he would need to find a sponsor and work the steps. The challenge here was how to find a sponsor on Lana'i. Pre-COVID, Lanai had one meeting a week. The Tri-Island District on Maui which includes Lana'i would coordinate "The Crossing", a weekend event of recovery, meetings, and fellowship. Members of the fellowship would boat or fly to Lana'i or Moloka'i to carry the message to these "remote communities." This event linked the fellowship on Lana'i and Moloka'i with others in Hawai'i. This is where we experience the "COVID" blessing or should we say, the solution. COVID shut down the face-to-face meetings across the island and forced the fellowship to move to an online platform of recovery. When he returned to the rooms of A.A., there were no rooms to return to. Our newcomer had to seek out meetings online. He was able to connect with the fellowship beyond the shores of Lana'i. He logged in to meetings across the state. He started to attend a daily meeting that was attended by men with a solid foundation and strong recovery. He felt at home. He found a sponsor. He is working the steps. He likes to say... "the pandemic saved my life." For many years, he struggled on Lana'i unable to find a sponsor and the necessary connection for him to stay sober. On May 15th, he will celebrate his first year of sobriety. Virtual meetings have increased access to meetings, access to sponsorship and service opportunities for this member on Lana'i. This has also allowed him to be of service to A.A. #2 on Lana'i by assisting her with the "tech" piece of recovery so that she also can attend meetings. He is in service at his virtual homegroup as secretary. This homegroup wrapped the love of Alcoholics Anonymous around him as if he were physically sitting in the basement of a church or in a circle on the beach. I am assured, that the hand of A.A. is always there and can stretch island to island.

The phrase "it only takes two people to have a meeting" is a reality on Lana'i right now. These two members have built a friendship based on a common solution. They continue to grow in recovery because of virtual meetings and a virtual fellowship one day at a time.

Be Bold!

The theme of this year's General Service Conference is "A.A. in a Time of Change." On the very first day of the 71st General Service Conference we were asked to "be bold." Be bold in our thinking. Be bold in our service. Be bold in our discussion. For the next 8 days, we moved forward with our higher power in our hearts doing the business of Alcoholics Anonymous. I want to share a "teaser" of my experience during these 8 days. What I saw. What heard. And what I felt. The members of the GSC spanned across the United States, Canada and Puerto Rico and 6 time zones. My days started at 4:45am. "Now that's going to any lengths" become the daily laugh as I logged in to the Serenity Meeting every morning. Hawaii was there. Thank goodness I am a morning person.

What I saw. I watched panel 70 delegates sharing their experience, strength, and hope with us Panel 71 delegates. I watched the language of the heart be shared and translated into French and Spanish to include the voices of our French and Spanish speaking delegates. I watched every member of the conference go from delegate to family. I watched GSO staff work tirelessly to support the conference process. I scrolled thru the "Hollywood Squares" to see the faces and feel the energy of the 140+ of people in our virtual space. I watched the conference discuss, debate, vote on the 49 recommendations and 6 floor actions that emerged out of the committee process. I watched the group conscience emerge amongst us.

What I heard. Well, I heard the language of the heart. I heard the love for alcoholics anonymous being shared thru sharing, discussion, debate, laughter, and tears. I heard phrases that included "we move at the pace of the group conscience," "A.A. will continue to grow," "be the energy you want to create," and "as trusted servants, we bring vision to the conference." I was reminded to have a mind open to everything and attached to nothing by one of our Pacific Region delegates. I was reminded to be bold.

What I felt. I am sure my written words cannot convey the overwhelming feeling of gratitude that filled my spirit every day. Immediately after rollcall, we had a 30-minute break, so I walked down my street to the beach to greet God. As the sun came up, I knew he was there, and I would be able to serve Hawaii Area 17 at the conference to the best of my ability. From the start of the GSC with rollcall hearing the names of each voting member followed by "present" to the final words by Michelle G., Chair of the General Service Board saying, "people of this conference, we are adjourned," my emotions ran high. This experience has changed me in a way I just cannot describe. At approximately 8:37pm Hawaii time, 15 hours into the day, the serenity prayer was offered in French, Spanish and English.

There is so much more to share with you. Agenda item recommendations... what passed, what did not. Changes to the Preamble, changes to the first 164 pages, translation to a simplified language, a workbook, an updated Service Manual to name just a few. Join me for our virtual Delegate Report Back To hear more about the agenda items, financial reports from our General Service Office, and the many other amazing moments of the 71st General Service Conference. The first delegate report back will be on June 12th hosted by the districts on Hawai'i Island. 2 more reports will happen in July and August. I hope to see all of you there. Check our website for additional information about the report backs and other information and reports from the 71st General Service Conference. www.area17aa.org

I will end with this... at the 1956 General Service Conference, Bill W. said "I do not think that any of us would presume Alcoholics Anonymous in its present form would necessarily last forever. We can only hope that it will lead to better things for those who suffer from Alcoholism." Bill W. says... Be Bold!

Mahalo nui for this amazing opportunity to be of service. Kunane D., Delegate, Panel 71, Area 17.



Step 4: Made a Searching and Fearless Moral Inventory of ourselves

What I learned by doing the 4th Step.....

The first thing I realized when doing my 4th step was how much I was living in fear. When my sponsor told me to list my fears, I could not think of any. She told me to set that aside and start writing my resentments. Man, did I have some resentments! I wrote and I wrote and 36 pages later, I was done. Then it was time to look at my part. Out of the list of character defects, the one thing that came up on almost every resentment was fear. I discovered fear was something that governed my life. I made decisions out of fear. Fear was present in every relationship I had. The thing I feared the most was people. I was afraid of not being accepted. I was afraid of being left out. I was afraid of rejection and abandonment. I was afraid I was not good enough. These fears manifested in failed relationships, job loss and alcoholism. Part of the reason I drank was because I would become uncomfortable around people. I was socially awkward. Put a little booze in me, and I became the life of the party. Not anymore. I could not use alcohol as a crutch. I had to develop other tools. I had to develop a relationship with a power greater than myself. Once I did, my fears subsided, and I could look people in the eye. I could trust people. I could develop healthy relationships. All of this was possible because I was willing to work the steps. I was willing to work a 4th step, look at my part, examine my fears and take an honest assessment of myself and my life. This willingness has given me my life back. Thank you.

District 8 member

“Made a searching and fearless moral inventory of ourselves.”

When I admitted myself into a 28-day alcohol treatment program, all I wanted to do was go a day without drinking. I didn't want to stop drinking or never drink again. I just wanted to go a day without drinking so that maybe I could drink occasionally.

I didn't know I had a higher power. I didn't know I had anything spiritual about me. I didn't know I would start a new journey that would totally change my life, give me purpose and worth. I just wanted to not drink for a day.

I became a sponge in rehab. I had no chores nor job nor family commitments there. I just had me who I loathed and despised for the lack of will power and self-control I had. But I quickly learned I had a disease; that changed everything for me — the way I thought about myself and the way I felt about myself.

I was amazed that I didn't drink once I crossed that threshold into that hospital. The doors weren't locked; I was in downtown Reno where I could have walked across the street to get free drinks 24/7. But that didn't happen. I was distracted learning about me and what makes me tick. Again, that was so exciting and brought life back into my eyes.

I go about working the steps as suggested by my rehab counselor. Everything was laid out before my eyes on paper once I completed my Fourth Step - “Made a searching and fearless moral inventory of ourselves.” It didn't strike me like a bolt of lightning what was occurring. I'm just following suggestions. But for the first time in my life did I ever dissect myself, from childhood to this present day. Exciting, eye-opening, light bulb-moments kinds of stuff. This sponge wants more (even though I shall soon learn about moderation, a word most alcoholics don't keep in their vocabulary).

Not only did I start to understand myself and my thinking, but I also came to believe that my thinking and what I've learned up to this point did not serve my highest good. My family, teachers and friends did their best to teach me what they thought would be helpful to me.

This mountain of information I've been spoon-fed throughout my life I would have to do something with. This information, these interactions and experiences have all caused emotions in me and these emotions have all caused thoughts. How could the thought that I was a loser, that I would never be good enough, that I was a waste of space on the planet be so overpowering in every fiber of my being?

I know now that my parents did the best they knew how raising me and my brother. I know now that I did the best I knew how raising my kids. Oh, so not perfect, but the best we knew how at the time. What more could be asked of us?

I blame no one for feeling less than. Having no Higher Power except myself explains heaps. I couldn't accept myself for the gift that I am with the assets that I have when I constantly compared myself with you and all that you had that I didn't. My head was always justifying this and rationalizing that; I had no clue what it meant or felt like to live from my heart. I found that by living in my ego-centered selfish brain, I was living an exhausting life, always moving but going nowhere.

Once I was able to Turn It Over and trust the process, turn my will and my life over to the care of a power greater than myself, and begin my new life in recovery by starting the step work did the miracles and answers start to appear.

From Step Four I learned how fear-based my entire life had been lived. I took what society inundated me with about more is better, being prettier, being smarter, being richer and doing whatever it takes to get there most certainly did not serve my highest good. I never even got off the molehill when I found myself sinking in the quicksand of fear.

I continued on this path of self-destruction thinking I was bettering myself, putting on all the right appearances for you, while providing myself a desensitized and prolonged death with alcohol behind closed doors.

Now I “get to” unlearn four decades worth of life experiences and interactions that don't serve me. Not as grueling as it may sound. Just look at your Fourth Step Inventory. “Your Part in It?”. Don't like it? Doesn't serve you? Thank it for coming, teaching you, and then let it go. Over and over and over again until you hardly ever see that defect of character anymore. But that's another step so let's not get ahead of the game.

Now that I've learned about living in fear I realize how many who enter my bubble are still living in their fear. When they judge me, I can be more understanding of where they are on their journeys. I learn to not take their judgment seriously. Not my problem. Not by business.

I've learned to love myself in my own skin as I trudge the road to freeing myself of my defects of character — those things in my life that do not serve my highest good. I've learned that if I just do the best I can each and everyday, I can go to sleep at night with gratitude and not resentments for not being perfect. I am a gift from God and God doesn't make junk. I have journeyed throughout my life to bring me to this place of peace and contentment today. All because of Step Four, breathing, pausing, looking at the whole picture and being willing to grow.

Dang good stuff!!! In service and with gratitude and humility, Dee H.



Tradition Five is simply about unconditional love: each group is a *spiritual entity*, a combination of sober folk trying to expand their spiritual lives, offering a solution while expecting nothing in return. The AA groups show me a service structure designed to give each newcomer a chance to live a life of purpose and peace!

-Happy Joyous and Free in District 8



"My favorite line from the twelve by twelve is "It is a spiritual axiom that whenever we are disturbed, no matter what the cause, the problem is with us." By taking a spot check inventory of my thoughts, taking responsibility for my perceptions, I began to see a different world. A world free of blame, shame and resentment! In my old world, my disturbances were created by 'stinking thinking'. AA shows me a path to peace of mind. No blame, just surrender to a loving Higher Power, and a radically new outlook on life!!

Anonymous, District 8

From our Members

Keeping the Doors Open

On March 15th, 2020 we got news that the COVID-19 virus was becoming a pandemic and that we were only to leave our house for “essential” reasons. I panicked.

Not because of the deadly virus that was sweeping the globe but because of the disease I struggled with, alcoholism. I had been relieved of the obsession to drink and hadn't had one since August 16th, 2018 but emotional sobriety was still something I couldn't quite grasp. I had worked the steps with my sponsor, I had sponsees and I went to my home group meeting every day to fill up my tank with coffee, sweet hugs and knowing looks from women who moved with grace and wisdom and to try to connect with God. More often than I would like to admit though, I found myself in doubt, self pity and self induced struggle.

When I heard my safe harbor was to be shuttered because everyone “safer at home”, I had to do something. I didn't know much about the virus, but I did know that I suffered from a deadly disease and that my primary purpose in life was to help others that suffered from that same disease. So myself and a few gruff guys, that had a lot of time sober and even more “suggestions” decided to keep the doors open.

I'm going to be honest, at first I was angry, resentful and full of fear. I even went on zoom meetings and let those loving, wise women know that Love and Tolerance was NOT their code and that they were full of it. Business meetings were consumed by opinions, traditions were interpreted to fit the individual's argument. Do we enforce masks? Or does the third tradition truly translate into pure anarchy? I kept coming through the door, rotating secretary positions between the few of us left and found comfort in the daily “if nobody told you they love you today, I do.” Through tears and big book thumps I still found my connection to God. We didn't hold hands anymore so I put them together with reverence and found my center.

Almost immediately newcomers came in, desperate for sobriety. It was my turn to practice these principles. I had to surrender everything, for real and all the way. I needed to be the one that could offer kindness and understanding and sometimes even a knowing look to these women going through the pain of a dying alcoholic ego. I needed to PRAY. I stopped struggling.

Over a year later some of those newcomers are still sober and are in service today. My home group does it's best to maintain social distance and we might give you a nudge if your mask dips below your nose but the room is filling up with joyful recovery. The coffee still hasn't returned but the spirit of the universe never left.

I've heard stories about people who have never been to an in person meeting and I'm amazed how I can go on zoom and hit a meeting all over to the globe. This year as my group's GSR I've been able to attend assemblies and learn so much more about Alcoholics Anonymous. I think our Higher Powers had a plan for each of us. A way to be in service through genuinely hard times. My little contribution was helping keep a door open when to some it seemed like all the others were closed. I'm grateful for that. **Dolly E. Makawao,**

From our Area 17 Archives Standing Committee Chair: Aloha all, click on "Word" and please take this form "[Group History Form PDF Word](#)" to your homegroup and complete it as best possible. Then send it back to me: Archives@area17aa.org or our Area Archivist: Archivist@area17aa.org

Thank you!

Ernest S., Archives Committee Chair Panel 71
archives@area17aa.org



May 16, 2021: Angels, Saints and Sinners: Pioneering Women in the Early Days AA See flyer at the end of this newsletter. Presented by District 10. **Meeting ID: 886 9589 0174, passcode: serenity**

June 12 and June 13, 2021: 86th Anniversary of Alcoholics Anonymous (Akron, OH) See flyer at the end of this newsletter. [www.Foundersday.org](http://wwwFOUNDERSDAY.org) Note: times are EDT.

2022 Assemblies and Committee meetings (Slated for Face to Face)

Inventory Assembly: **January 22-23, 2022**

Host District: Waianae District 17

Winter Committee Meeting: **February 2022 Date to be determined**

Host District: Hilo-Hamakua District 07

Inform the Delegate Assembly: **March-April 2022 Date to be determined**

Host District: Diamond Head District 01

Spring Committee Meeting: **May-June 2022 Date to be determined**

Host District: Central North Shore District 09

Budget Assembly: **August 2022 Date to be determined**

Host District: Kauai District 06

Fall Committee Meeting: **October 2022 Date to be determined**

Host District: Maui No Ka Oi District 05

Elections Assembly: **November 2022 Date to be determined**

Host District: Honolulu District 02

March 4th – 6th 2022 PRAASA 2022: , Hosted by Area 58 Oregon



PRESENTED BY:

District 10 and Waikiki Sunday Breakfast
ANGELS, SAINTS & SINNERS: PIONEERING WOMEN
IN THE EARLY DAYS OF AA

Date: Sunday May 16

Time: 10:30AM HST / 1:30PM PDT — 2 hours, including Q&A

Join Zoom Meeting

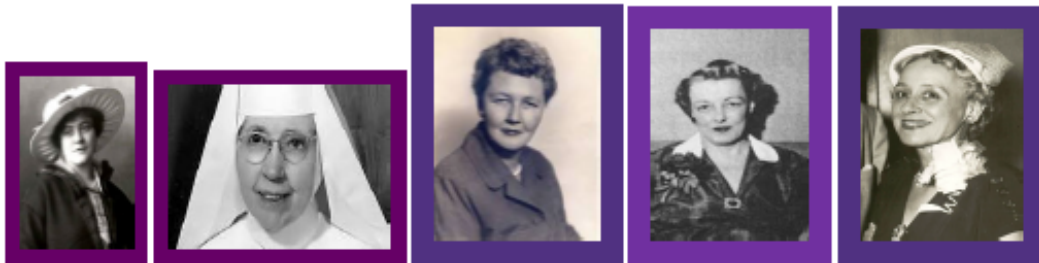
<https://us02web.zoom.us/j/88695890174?pwd=dGZITHVxY0FNZWJpVkhoWmo0amp3Zz09>

Meeting ID: 886 9589 0174

Passcode: serenity

Let's take a look back to the early days of the 1930's and 40's, a time when many women were seen and not heard: good homemakers, smart women who helped build our country, and some who just drank too much. The stigma of a drunken woman made it extremely difficult to admit to a drinking problem. So who were these pioneering women in the beginning days of AA?

They are the women on whose shoulders we stand today. Join us as we hear their stories. We honor them and the contributions that helped build the fellowship of recovery.



And just how did AA become a fellowship of men and women?



Founders' Day 2021

86th Anniversary of Alcoholics Anonymous

**Save the dates:
June 12th & 13th**

The 86th annual Founders' Day celebration will
be held as a virtual event.

For registration and details, please refer to
Foundersday.org

*In love and service,
The Founders' Day Committee*