

November –Fall Assembly Edition



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org

Upcoming	Send Seventh Tradition Contributions
<p>2022</p> <p>January 22 –23, 2022 (Virtual) Inventory Assembly Waiainae # 17, Oahu</p> <p>February, 2022 Committee Meeting Hilo Hamakua #7, Hawaii Island</p> <p>Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) March 4 – 6, 2022 Portland, Oregon</p>	<p>Hawaii Area Committee P.O. Box 1413 Honolulu, HI 96806</p> <p>General Service Board P.O. Box 459 Grand Central Station New York, NY 10163</p>

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.

From Our Delegate

Feeling Like a Newcomer

This past weekend, I attended the Past Delegates Reunion in Las Vegas, NV. I was so excited to be in a room with other alcoholics and to feel their energy. It's been so long. As I walked into the room, I was transported back to my very first AA meeting. You see, although I've been around for a while, I knew the room was filled with past delegates and past trustees. Julie C, Delegate from Nevada and Donnie, Delegate from Northern Canada and I were the "newcomers" to this specific group. It was our very first delegate's reunion. I walked in with butterflies. And although I knew I would become "part of" just as I did 21 years ago when I walked into A.A., I couldn't help but to feel nervous. You see, there were people that served their area as delegate as far back as Panel 29 in 1979. Over 40 years of service from the homegroup to the General Service Conference.

In true AA fashion, we were greeted as we walked into the room. Handshakes, hugs, introductions, and smiles. Not sure if the look on our faces gave us away, but everyone knew... we were the newbies in the room. It was amazing to see friends and make new ones. The weekend was filled with amazing meetings and panels. Shares of general service and how it changed their lives. Discussions on how to rotate in service, the struggle is real. Gratitude for the life A.A. has given them. Moments to reflect, remember and share about those that have left us. Shaking, I stood at the podium and shared about Vernon G., his impact on my service journey and his love of area service. It truly was weekend filled with experience, strength, and hope.

But, we all know the magic happens between meetings, during meals and in the hallways. The meeting before, in-between and after the meeting. We were swept up to share meals, impromptu chats, and inquiries of past delegates from Hawai'i. People genuinely wanted to know us, to hear about our areas and hear our experience with our first general service conference. Everyone asked about others from Hawaii. Where's Coleen? How's Bob? All the way back to "I served with Uncle Herb in 1979." The highlight of the weekend happened Saturday night. It was the meeting after the meeting. 8 of us sat in a circle into the hours Saturday evening after the meeting. I sat and listened to the stories from my new friends that have been around for much longer than me. Paul C. of San Diego shared about a friend he met in the rooms. Her father was a good friend of Bill's. After his passing, the daughter mailed a box of the father's "things" to Paul. As Paul sorted thru the items, he realized these were notes, letters and even a big book with notes that Bill wrote and sent to her father. Paul shared that although our fellowship may be 1 million plus in the United States, it just takes a conversation to connect the dots, to connect us. That evening I listened to the stories that aren't documented anywhere. I've come to realize the time and stories these long-timers are gifts. And just like in our own histories, most of them are only available thru conversations and not in a book. Our fellowship continues to grow. However, these moments, these stories, these experiences are not written down anywhere. They are passed down from person to person. If you have the time to sit with a long-timer, seize the moment and listen to their stories, their experience, strength and hope, you won't be sorry. The spirit of our fellowship is felt when one member connects with another. A.A. never ceases to amaze me. I hope A.A. never ceases to amaze you. Sometimes I just need to stop and be a newcomer again.

Kunane D.
Delegate, A17/P71



Step 10 Practice Gave Me A Whole New World!

Before I ever really started drinking alcoholically, I struggled with the fear of being wrong.

Whenever my parents, sisters, teachers, relatives pointed out a mistake I made, I felt deep embarrassment and humiliation. I hated feeling these feelings and compounded them by adding self-loathing and disgust to the mix.

This self-centered fear activated character defects in me like perfectionism, judgmentalism and dishonesty. I tried to cover up when I did not know something, I lied rather than admit to a mistake, and I had a strong uneasy feeling that I was a fraud.

Yes, “pride conspired with fear” (The 12 +12 p.79) to hinder my growth and keep me feeling guilty – and thirsty! I blamed others for misunderstanding me, for judging me, and for attacking me. The world I saw outside myself was full of traps, full of ‘gotcha’ moments. I drank to feel relief from the world created by my own perceptions.

Once I drank my way to my bottom, I found a deep desire to get help, to change my alcoholic thinking, and to stop letting fear control my life and color my world. Alcoholics Anonymous and the 12 Steps gave me a program of action and “a spiritual axiom’ that profoundly changed the way I see myself and others. (The 12 +12 p.90)

As a songwriter once wrote: “Ugly ducklings don’t turn into swans and glide on down the lake/ whether your sunglasses are off or on, you only see the world you make.” Thanks to learning the tool of self-examination, learning to stay right-sized and promptly admit when I am wrong, I can forgive myself, learn from my mistakes and yes, even treasure them! Thanks A.A.!

Beth S.

KKAA

8/1/79



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."

For me, this was one of the most difficult of the Twelve Steps when I was new to recovery. I had no idea how to pray or meditate, and I wasn't sure if I could even begin to come to an understanding of who God was and how he/she/it could possibly fit into my life. My sponsor told me to just keep an open mind and that my understanding would grow – that "more shall be revealed."

One of my difficulties was that I was very self-reliant. I really didn't see how God as I understood him could help relieve from me the burden of anger, fear, frustration and misunderstanding. Despite my best attempts at controlling these and other problems (and the people that I felt created them!), they continued to plague me. A fellow AA member recommended that I read this passage in the "Twelve by Twelve" on page 102:

"Possibly today will see a continuation of a serious and as yet unresolved problem left over from yesterday. Our immediate temptation will be to ask for specific solutions to specific problems, and for the ability to help other people as we have already thought they should be helped. In that case, we are asking God to do it our way. Therefore, we ought to consider each request carefully to see what its real merit is. Even so, when making specific request, it will be well to add to each of them this qualification: "...if it be Thy will." We ask simply that throughout the day God place in us the best understanding of His will that we can have for that day, and that we be given the grace by which we may carry it out."

Finally, I was able to open the door of willingness a crack to see that I had to give up all manner of control of people and situations. This helps to bring me closer to an appreciation of humility, and to be at peace with circumstances being just as they are – and for the most part, out of my control.

Anonymous Maui resident 2020

From our members



My son is always telling me, welcome to the 21st century, Mom! After all the changes we've made during Covid-times, I feel like we have truly entered a new century of communication! Zoom meetings are here to stay, and while many, including me, prefer in-person meetings, I believe online meetings have filled a much-needed void in reaching out to remote communities and other people who just feel more comfortable going to meetings online. I can listen to an online meeting while I'm getting ready for work. Some AA members listen to online AA meetings in the car instead of speaker "tapes." And, many newcomers have gotten sober online and have NEVER been to an in-person meeting. Hard to believe, but it's true.

Living in Hawaii, we are lucky to be able to host outdoor meetings year-round. In District 10, the Waikiki District, we have 12 Coconuts, Happy Hour, Solutions, Grapevine in the Park, Serene Sunday, Kukui Hele Po, Waikiki Morning Meditation, Waikiki Women's BB Study, and Queen's Park Women's Mtg. These groups are meeting outdoors, but many groups in the district are still meeting online. Some groups like Happy Hour and 12 Coconuts now have both an in-person meeting and a totally separate online meeting with different GSR's and group numbers. Both fill a need for the suffering alcoholic and both are needed for us to continue moving forward in this new era of communication. And that is what is important - helping the suffering alcoholic to achieve sobriety.

District 10 will once again host its annual Thankathon online starting at 5 pm on Wednesday, November 24 with back-to-back meetings at the top of every hour through Thursday, November 25 at 5 pm. District 10 has been hosting its Thankathon for years at Unity Church, but last year and this year, that was not possible. But we are moving forward and utilizing the service tools we have to help the suffering alcoholic during the Thanksgiving holiday, a time that we all know can be extremely difficult. Hopefully, next year at this time, District 10 will be very busy buying turkeys and other food stuff for our Thankathon; but this year, it's BYOT - bring your own turkey! Happy Thanksgiving!!

Teresa D.
DCM District 10

Favorite Line in the Big Book

My name is Amy and I'm a recovered alcoholic. My sobriety date is November 27, 1994 and my home group is the Wonderful Women of Waimea. My favorite line in the Big Book is from the chapter, There is a Solution, page 25.

"The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous."

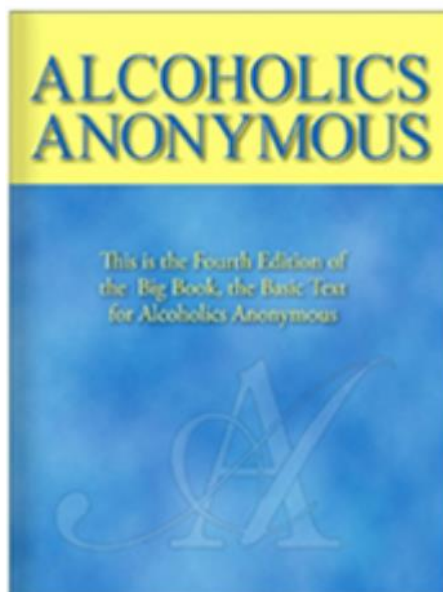
I feel the shift in my heart as a result of being sober nearly 27 years and actively working a program of recovery. I feel less pinched, less tight, less constricted, and therefore, less in jeopardy of reaching for the Bacardi Rum I used to reach for to ease the tension.

I have grown to love living in my tender heart with the absolute certainty that I am never alone. I have come to believe in my Creator, my Higher Power, to hold me, to soften my reaction to life.

I no longer believe that life is happening to me, I am no longer a victim. I'm a faithful steward to my Creator who dwells within me, in my heart, and I can breathe deeply and sweetly in this great fact.

Warmly,

Amy G.



Coming events

Maui A.A. Intergroup presents
2021 Thanksgiving Alkathon!

You're Invited to Celebrate with Us via Zoom

A.A. MEETINGS:

**50-min. Meetings Starting Every Hour
(with a 10-min. break)**

Beginning at 3:00pm Wednesday

Last Meeting starts at 2:00pm Thursday

Wednesday, November 24th thru Thanksgiving day!

Join Zoom Meeting: www.zoom.us

Meeting ID: 873 5538 0607

Passcode: 730193

<https://us02web.zoom.us/j/87355380607?pwd=U3J0SnVrbUpyYiI8b0w1N087dEhxUT09>

Hosted by Maui A.A. Intergroup

<https://aamaui.org>

808-244-9673

HOSTED BY WAIKIKI DISTRICT 10

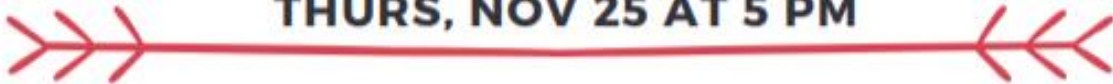


20 21
THANK-A-THON

Join us online for this year's
virtual Thank-a-Thon

STARTS WED, NOV 24 AT 5 PM
AND ENDS

THURS, NOV 25 AT 5 PM



Meetings start at the top of every hour. Email
Alika M. at alikastoy@gmail.com
to sign up for a 50-min meeting. Groups must
provide a secretary, speaker and co-host. We
also need Zoom moderators to assist groups,
assign co-hosts and help with security.

Email Alika M. to get in service!



All Island Speaker Meeting

ID: 850 196 4385 PW: *service*

Sobriety & Geographic Countdown

The 3 Legacies of A.A. Service

from across the Hawaiian Island chain

December 4th | 6pm - 8pm HST



FIFTY-FIFTH ANNUAL SERVICE ASSEMBLY

SAVE THE DATE MARCH 4-6, 2022

WHAT IS PRAASA? It is 3 day program which includes panel presentations on the General Service Conference theme and agenda items, roundtable discussions for members to network with others who share their service position, open mic sharing, questions and Al-Anon participation.

WHAT IS PRAASA'S PURPOSE? The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of AA. The Assembly and the PRAASA committee should always foster the Recovery, Unity and Service legacies of AA.

AN EXPERIENCE YOU MUST NOT MISS! Come join over 1,500 excited AA members from all over the Pacific Region and be part of this unforgettable event. ASL and Spanish translation available.

WHY ATTEND?

- To recharge your enthusiasm for service
- Panel of Past and Present Trustees
- Ask It Basket
- It's in Oregon – first time since 2007

**ALL AAs WELCOMED
REGISTRATION IN THE
FALL OF 2021
www.PRAASA.org**



06 CALIFORNIA NORTHERN COASTAL 03 ALASKA 09 MID-SOUTHERN CALIFORNIA 69 UTAH 05 SOUTHERN CALIFORNIA

72 WASHINGTON STATE EAST 93 CENTRAL CALIFORNIA 03 ARIZONA 39 OREGON 62 NEVADA 17 HAWAII 15 IDAHO

07 CALIFORNIA NORTHERN INTERIOR 78 WESTERN WASHINGTON 03 SAN DIEGO/IMPERIAL CALIFORNIA

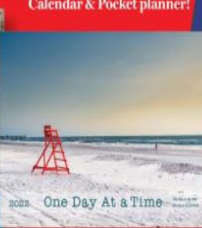
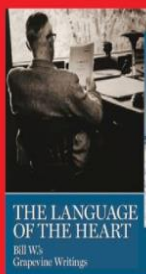
Holiday Shopping Ideas from the Grapevine

FREE SHIPPING!

November 1-
December 31
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& other items

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Holiday Gifts

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