



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER



Area Website: [www.area17aa.org](http://www.area17aa.org)

Articles to: [mynahbird@area17aa.org](mailto:mynahbird@area17aa.org)

### February 2022 - Committee Meeting

<p><b>Upcoming Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) March 4 – 6, 2022 Portland, Oregon -- Virtual – see flyer later in this issue</b></p> <p><b>April 9 - 10, 2022 Inform the Delegate Assembly (Virtual) Diamond Head #1 Oahu</b></p> <p><b>May 21, 2022 May Committee Meeting (Hybrid) Central North Shore #9 Oahu</b></p>	<p><b>Send Seventh Tradition Contributions</b></p> <p><b>Hawaii Area Committee P.O. Box 1413 Honolulu, HI 96806</b></p> <p><b>General Service Office P.O. Box 2407 James A Farley Station New York, NY 10116-2407 (checks payable to General Service Board)</b></p>
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In this issue: Experience, strength and hope with Step 2 and Tradition 2, Officer year – end summaries, member contributions, upcoming events in the Area – Registration information for PRAASA and Inform the Delegate Assembly

# Came to believe ...., one ultimate authority

## HOPE

When I came into the rooms of AA, I was convinced that I was special. I was extremely special, in that I was the only one I knew who had thought the things that I thought, did the things that I did. I was an alcoholic “of the hopeless variety” as the Big Book says.

I had been in and out of the rooms of AA, in and out of treatment, in and out of the emergency room. I got fired from my job and nothing was working. I was hopeless, I was helpless, and I was powerless.

I found someone in the rooms who shared “my” story when she spoke. She became my sponsor. As we approached Step 2, I thought it would be an easy one for me to grasp. I had admitted I was powerless and that my life had become unmanageable, so coming to believe that there was a power greater than myself seemed like it would be a cakewalk.

But it wasn't.

Not for this self-centered, self-absorbed alcoholic who thought she could run the show at every turn. I thought I knew what was best for not only myself but for everyone else around me, so it was tough accepting that there was a power greater than me.

I heard in these rooms that EGO stands for Edging God Out. And that is precisely what I had been doing until I found this program of recovery. I was edging the God of my understanding out. Because I knew what was best! I mean, *don't you know who I am?*

When we got to Step 2, my sponsor had me list out all the ways I played God. At first, I didn't think I played God at all. But, after many weeks of working with my sponsor and listening in meetings, I began to realize that I played God all the time!

Step 2, for me, was the first sign of Hope. At first, my higher power was the Group and my Sponsor. She asked me to believe in something, even if I chose the beautiful pu'u that overlooked Waimea. I could choose what I could believe in, just for today.

I found Hope.

Jaisy J.  
KKAA  
7/13/18

***“For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience, our leaders are but trusted servants, they do not govern”***

My friend walked into a meeting I was chairing one morning with her 6-year-old daughter in tow. I was sitting at a table at the front of the room. The young girl looked up at her mother and asked in awe, “Mommy, is Kristina the president of AA?!” Now wouldn’t THAT be a disaster?

What I like about Tradition Two is that not one single one of us is ever in charge. Not one of us is the president of AA or the group. We come in unity together to do what is best for the group no matter what. Attend any home group or business meeting and you will get to see the 2nd tradition in its finest form.

Dave D. says quite frequently that the traditions save us from the enemy, and we are the enemy. I can see why this would make sense. If any one member were in charge of the group it would be chaos. The mastery of the way a business meeting unfolds is almost magical. Members of the group meet to discuss and report. Do changes need to be made? Are things going well? Discussion amongst the members ensues. Opposing opinions are heard. A motion can be made to change something, anything, large or small. Format changes, length of service commitments, length of sobriety requirements, how much money to send out in splits, and yes, the size of coffee cups. Many of us have laughed at the stories about the arguments over the size of coffee cups. But even if coffee cups seem like a small reason to bicker it can be applicable to any argument, because the outcome remains the same when applying Tradition Two. Every single member gets to be heard. Every single member gets a vote. Newcomer to Old-timer, it matters not. The minority gets to be heard even after the voting. I have been in business meetings where the minority opinion is stated so decisively that the majority was swayed. Mine surely has been. And the vote on the motion went the opposite way. That certainly felt like something greater than me, or than us! A group conscience can even be made during a meeting. Say everyone has spoken and the secretary wants to end early ... “Hey guys, it’s 5 minutes early, but everyone has shared, shall we end early? Let’s take a group conscience.” And we vote right then and there. No one makes a unilateral decision for the group. “I am but a trusted servant.” I do my best to be of service to my home group and relinquish control to something greater than myself. One of my favorite service positions was to be the recording secretary of my home group. Sometimes in the minutes I had to simply write, “ ... lots of loving discussion ensued.” I have been to many business meetings where we have had to simply table the discussion until the following month’s meeting. Either things got too heated, lengthy, or we simply could not agree. HP, (or whatever I choose to call it) is still in charge if we took a group conscience to wait until later; pause when agitated or doubtful!

At the end of the day, each home group I have had the pleasure of being a part of is still around. Everyone seems to still be talking to each other. I have seen changes at each one, big and small and drank coffee from many different sizes of cups. I’ve had the pleasure of working side by side with many trusted servants who love AA as much as I do, and honor their groups and the Traditions as the glue that keeps it all together.

# From our officers...

## While No One is Looking

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A little piece of A.A. history... In 1991, brought through the Trustee's committee, a recommendation for conference chairs to attend board weekend. 31 years later, the conference committee chairs continue to attend the January board meeting as part of the general service conference process. This past weekend I attended the January Board Meeting in New York City and once again, I've been catapulted into the 4<sup>th</sup> dimension. I experienced a deeper dive into service. And most importantly, this experience has given me greater appreciation for general service and a deeper understanding of the amount of service work and time the trustees give of themselves to A.A.

I've been in general service now for about 17 years in some capacity. This weekend, the Quarterly General Service Board meeting connected the dots of general service for me. Last year, at the 71<sup>st</sup> General Service Conference, the conference passed numerous items including a change to the preamble, to move forward with a new pamphlet for the Black and African American, 4<sup>th</sup> Edition of *Alcohólicos Anónimos*, 5<sup>th</sup> edition of our Big Book and to translate the 4<sup>th</sup> edition of the Big Book into plain and simple language. I left that conference with an overwhelming feeling of gratitude for the work, the process, and the voice of the group conscience. As delegate and a member of the Conference Literature Committee (TLC), it felt amazing to be part of the conversations and the process. The Trustee's Committee on Literature received the numerous advisory actions passed at the conference and it now became the responsibility of that committee to move these actions forward. But what happens next? The delegates returned home and left the actions of the conference the hands of the trustee's literature committee. We receive updates during our quarterly call with the chair of the Trustee's committee on Literature as they move these items forward. The TLC does all the work.

Over the last 9 months, **while no one was looking**, the TLC has done so much work. As chair of the literature committee, I've been kept in the loop of the progress that was being made on the various agenda items. I've had calls with Deborah K., TLC chair, zoom meetings with the conference literature committee and received many progress reports. I was so happy to see the progress being made. It wasn't until the January board meeting that it really hit me how much work is being done by the trustees during these last 9 months. I just didn't fathom the amount and depth of work that has happened. I received the 268 pages of background material for the January TLC meeting. Again, feeling a little overwhelmed. The committee chairs are invited to be part of the committee meetings and to ask questions and provide input to the conversation. I sat at the table with the trustees, Deb K. briefed me and said, feel free to jump in at any point. The agenda included 19 items with 2-hours to discuss. It felt like the General Service Conference all over again. I was overwhelmed with gratitude for the progress that was made.

As I sat there at the table, at times with tears in my eyes, listening to the trustees discuss each of the agenda items, providing updates and reports, it became very apparent that the trustees have worked tirelessly to move the actions of the conference forward **while no one is looking**. The trustees continue to do this service work just as you and I do service. I started to refer to the trustees as the illusive unicorns of general service. You see, until the board weekend, I knew of the trustees, but just didn't realize the amount of work they put in to support the actions of the general service conference and our upside down triangle. For me, I always heard about the AAWS and Grapevine boards, and as I journeyed thru service my knowledge of the trustees grew, however, it wasn't until my experience last year at the GSC and the January Board Weekend that they became real. The trustees have always been far removed from the service work I've done. I continue to be amazed by wheels that continue to turn to ensure that A.A. will be here for the next suffering alcoholic. It is with a heart filled with gratitude that I share this. My hope is that we can connect the dots of general services throughout our upside down triangle and see everyone at every level.

Kunane D.

## With an eye toward elections in November, I asked the officers the questions, what is best part of position, the hardest part of position, and what do you see for 2022?

Aloha my name is Deborah S., Area Chair Panel 71

Thank you to the Mynah Bird Committee for the opportunity to share about the best and hardest part of my position and chime in on what I see for 2022.

One of the best parts of being Area Chair is I am situated just so, to inspire others. Believe it or not you're here because you are motivated to serve. I hope to inspire you to want to do more.

Not too many things have posed hard or difficult in my position. And I think it's because I don't feel the need to reinvent the wheel - so to speak. I put agendas together using past agendas. In whole or part. It worked then, and I certainly believe it could work again. Processes to follow are outlined in our Structure & Guidelines. And I have a great team of officers to work with and a steering committee to help servant-lead with.

However, there are some challenges. And one of them being deciding on the readings for our assemblies and committee meetings. So, what do I do you ask? I let higher power decide. I write the readings, I want to read at a meeting, on a paper one-read per sheet. I put them in a jar. State my intention in a prayer. Put the jar on the shelf. 1-2 weeks before the meeting, I pull the reading from the jar - Devine guidance. I think a reading is like an icebreaker, yet it ought to be relevant to the objective of our business meeting. Also, I think the reading ought to inspire.

With in-person business meetings in the foreground, what I see for 2022 - is a rebuilding of camaraderie hurt by the pandemic. I see a stronger cohesiveness as a direct result of our experience being apart; for nearly two years communicating virtually. I sense a renewed commitment to service as outlined in the PREAMBLE in our Structure and Guidelines for Hawaii Area 17 General Service.

*"The primary purpose of Hawaii Area Committee of Alcoholics Anonymous is service. Service, as defined in the A.A. Service Manual, is "...anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself...to A.A.'s General Service Office for national and international action." (Page 1). The Hawaii Area Committee of Alcoholics Anonymous should encourage all of Hawaii's A.A. Groups to participate in the business of the Area and its efforts to support A.A. General Service Office (G.S.O.) and A.A. World Services (A.A.W.S.). The Hawaii Area Committee of Alcoholics Anonymous is a service body that adheres to the principles of the 12 Traditions and 12 Concepts of A.A.*

The following is from the A.A. Service Manual, Concept 12 (C48). Some of the text was adapted to reflect a relationship between the Hawaii Area Committee of Alcoholics Anonymous and this particular concept.

*In all its proceedings, the Hawaii Area Assembly of Alcoholics Anonymous shall observe the spirit of the A.A. Tradition, taking great care that the Assembly never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Assembly Members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and, whenever possible, by substantial unanimity; that no Assembly action be personally punitive or an incitement to public controversy; that though the Hawaii Assembly may act for the service of Alcoholics Anonymous, it shall never perform acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Hawaii Area Assembly Committee itself will always remain democratic in thought and action.*

I close with this; we are Hawaii Area 17. We are hands on people with boots on the ground. Whether paddling to a neighbor island, flying to another county or driving to another city. We Unite to carry the message of

In love & Service, Deborah S.

Jeannie G., Alternate Chair  
Hawaii Area 17, Panel 71  
Year-end Summary Report  
12/05/2021

Aloha Hawaii Area 17,

Thank you so much for the opportunity to serve as Panel 71 Hawaii Area 17 Alternate Chair. This year has stretched me well beyond my comfort zone and with that came much growth.

When my name was pulled from the hat to serve as Alternate Chair I was excited but I must confess, frightened! Lucky for me, within a week, Deborah S, the Panel 69 Alternate Chair met with me virtually to clarify exactly what the duties and responsibilities would be in my new position. She was very encouraging and did an amazing job at passing the baton. I was extremely grateful to her for easing my mind and I am grateful to be surrounded by fellow members and especially Cheryl N, my service sponsor, who give freely of what they have learned in area service. I never serve alone.

After being invited to attend officer meetings before stepping into my new position I knew I needed to get a better understanding of the A.A. Service Manual and did so by attending a couple 12-week virtual study workshops on the service manual and the traditions presented by the past trustee Billy N. Awesome workshop!

My main objective as Alternate Chair is to support our Area Chair in running smooth assemblies and committee meetings and perform her duties in her absence. Here is a summary of my first year as Area Alternate Chair:

- Participated in Plan-to-Plan Meetings with area Officers.
- Attended Finance Committee Meetings during lunch at assemblies and committee meetings.
- Served as the Big Island Finance Committee representative and presented the area's proposed budget to districts and home groups as requested.
- Attended the Annual Hawaii Convention Steering Committee Meetings once a month as a voting member as well as attending the monthly Annual Hawaii Convention Committee meetings as a voting member.
- Supported the area Registrar by creating the online registration forms for four assemblies and three committee meetings.
- Helped review the revised GSR Handbook.
- Supported our Area Chair in working with and meeting with tech teams twice before each assembly and committee meeting.
- Worked behind the scenes with hosting tech teams at our committee meetings and assemblies.
- Collaborated with our Area Chair to create the document "Guidelines for Tech Team: Hosting Virtual Area Meetings".
- Facilitated roundtable discussions at assemblies.
- Attended PRAASA virtually in March.
- Attended Central Office and District meetings in West Hawaii District 8.

I know I still have much to learn and that keeps me coming back. I am blessed to have a Chair who supports me and includes me. In 2022, I will have an opportunity to stretch my wings in the world of hybrid meetings. This will give me an opportunity to work more closely with the hosting districts. Currently, I am working with Len, the DCM for Hilo/Hamakua District 7, who will be hosting what will be our very first hybrid committee meeting in February. This seems a bit intimidating at times but again, it's part of this never-ending opportunity to learn and grow.

Thank you again for blessing my life and giving me a great purpose. Thank you to those who have supported me in this amazing journey, what a gift to be a small part of the greater whole in carrying the message of Alcoholics Anonymous.

In love and service,

Jeannie G

Aloha Everyone,

My name is Deborah L. and I am a recovered alcoholic, my home group is X-factah, District 17 and I currently serve as your area secretary and recently volunteered to participate in the AHC for 2022.

I made a commitment to write an article for our area's Mynah Bird.. so here it goes. Let's start with what is the best part of my service position as the area secretary. Well, there is lot's. I have been in service at the area level since Panel 63... and each position has always been challenge with a happy ending. I was told that by a long -timer, "if it is not challenging, there is no growth." I often find myself having a desire to stay connected and if I was not "volen-told" to stand, I stood, just because ... or maybe (lol) am I a service junkie that picks and choose what I think I can handle? (Okay that was a "what's on my mind moment). Pardon me.

So, the first question, what is the best part of my position? Well, honestly, when all the reports are received through email and I am able to combine them together, there is a sense of accomplishment and great relief. Through reading everyone's reports, I get to learn and feel that passion of the Hawaii Area's love for the next suffering alcoholic, and the common concerns along with the work that is put into carrying the message. The desire is huge, when it comes to brainstorming ways to encourage more participation from members and the humility when it comes to the disheartening decline in participation, yet those that have the drive continue to strive no matter what. The work must continue and get done. Despite all of this, there are moments of genuine laughter and joy amongst those that suit up and show up, and I choose to be a part of that.

What I also experience is the thriving force of a power greater than ourselves that is ever so present being expressed through the language of the heart. I get to learn and keep learning, of what it means to be connected to AA as a whole. I don't have it all, because there is still more, but I have enough to know that through this service position, I will continue to grow with understanding that upside-down triangle of unity, recovery and service. But most importantly, I stay sober. What this is doing for me, is holding me responsible and that is huge for me, 26 years ago, responsibility was not in my vocabulary, today it has depth and weight, I have purposes in my life today, this is one of them, and it really stretches my brains. I enjoy seeing everyone, even if it's virtually, (but I do miss seeing everyone in person).

Another thing I like, is the voting process, the approval of the minutes... that moment sparks a little excitement within me, a tad bit of adrenaline spark within. When all is said and done and it passes, once again, oh what a relief it is (LOL).

The worst part of my service position, is me, following the Hawaii Structures and Guidelines which says one of my responsibility is, after each business meeting, I am to have the minutes prepared within 10 days. Of course, my mind focuses on 10 days, 10 days, 10 days...and that 10 days, goes by really fast. I was okay for a few assemblies /committee meetings in the first ½ of 2021, then life got busy... oh boy, excuses, excuses. It's that part of prioritizing whatever is happening in life in those moments. Next thing you know... it's getting closer and closer to the deadline and I don't do well with that. This is when it turns into recovery, here is when I pick up that phone and talk to another area officer, to another fellow member, past delegate and my service sponsor. Hearing their calming voices when I am frantic, it's turns into laughter, calmness, I get to be reminded that I am okay, easy does it, rule 62 and the struggle is real only of I let it. These conversations is the saving Grace when I am in chaos. The other thing I found myself struggling with is reading my own writing... I experienced that most in our 2022 Area Inventory Assembly- with that moment and only now discovering that I can type while the meeting is going on at the same time while being virtual...duh (LOL). It was suggested that I can use a recorder, but that did not work for me so a lot of my notes are hand written- and to go back and decipher my own hand writing is challenging for the most part. From here on for the rest of this term, you may see me typing my notes (LOL) while the meeting is happening.

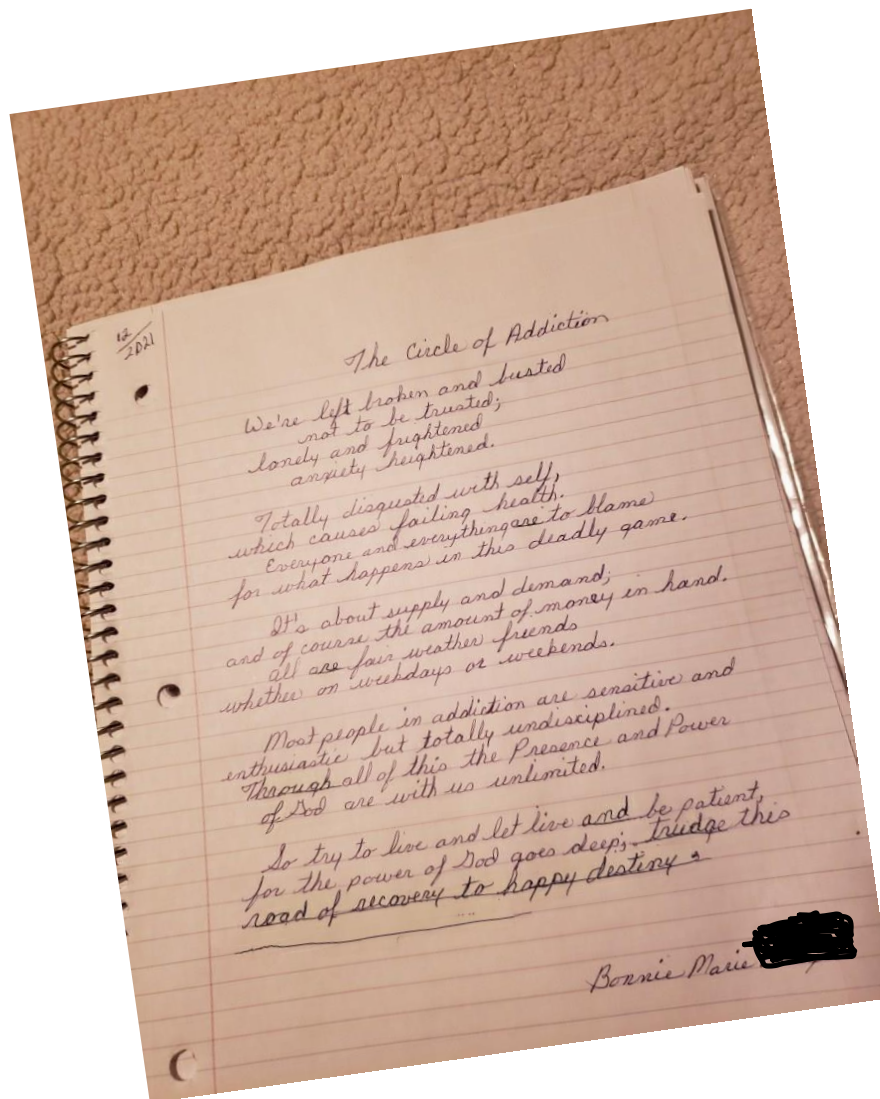
What would I have to offer to the next person is this, through this experience, what I am learning is this, what seems to be impossible, is possible. Easy does it there is lots of support, and try not to be critical on yourself as I have done with myself. Higher power will guide you and whatever the outcome is, it's all good. Don't let your fear's get the best of you, you will make it work and Higher Power does miracles. We keep trudging no matter what and when all is said and done... Oh what a relief it is.

In Love and Service

Deborah L./ Panel 71 Area 17 –recording secretary

# From members in Area 17 and beyond

From a member in Alaska .....



Heard at a Women's Daily Reflections Meeting in February 2022

"Make plans but be ready for instant change."

"Expectations are the seeds of resentments."

"It is really exciting to learn new ways to live in sobriety!"

"I resigned as CEO of the universe. Now I try not to demand anything."

-anonymous sober women in District 8



## Coming events in Area 17 and beyond

West Hawaii Central Office would like to announce a new Activities Calendar being prepared for 2022. Due to the pandemic, we have been limited in the past not only with in person meetings, but social activities as well. We have not held some of the favorite annual events because of this, however, we will be sending out an activity survey to all groups soon to find out what activities are on your calendars and what activities you would like to see planned. We have some new ideas for fun and social events as well and hope we can confirm future events while observing Covid protocols still in place. If you do not see the surveys, please use the attached file or contact Heather W. at [WestHIActivities@yahoo.com](mailto:WestHIActivities@yahoo.com).



### BLACK EXPERIENCE GROUP - BLACK HISTORY MONTH 2022 ALCOTHON SCHEDULE

#### Saturday – 2/26

8:00 – 9:20 am – BE's history & brief history from 'Heroes of Early Black AA' Groups' written by Glen C.  
9:30 – 10:50 am Cosmopolitan Group of Washington D.C.  
11:00 – 12:20 pm Old Park Slope Canton Group of New York  
12:30 – 1:50 pm Parkside Group of Philadelphia, PA  
2:00 – 3:20 pm 401/435 Compton Groups of Los Angeles, CA  
3:30 – 4:50 pm 9604 Group of Los Angeles, CA  
5:00 – 6:20 pm Grapevine Group of Honolulu, HI  
6:30 – 7:50 pm Kalihi Sobriety Group of Honolulu, HI  
8:00 – 9:30 pm Malia Discussion Group of Honolulu, HI

#### Sunday – 2/27

8:00 – 9:20 am Black Experience Young People's Meeting  
9:30 – 10:50 am Brightwood Group of Washington D.C.  
11:00 – 12:20 pm Baden Group 460 of St. Louis, MO  
12:30 – 1:50 pm Evans Group of Chicago, IL  
2:00 – 3:20 pm Crenshaw Group of Los Angeles, CA  
3:30 – 4:50 pm Defective Characters Group of Big Island, HI  
5:00 – 6:20 pm Hangloose Group of Kaneohe, HI  
6:30 – 7:35 pm Sobriety Countdown  
7:45 – 9:30 pm Black Experience Group of Honolulu HI

...all of us, whatever our race, creed, or color  
are the children of a living Creator .... Pg. 28

ZOOM ADDRESS: 881 174 5035    PASSWORD: BE808

Don't Forget to Register!!!



## PRAASA 2022

Hosted virtually by Oregon Area 58  
with Al-Anon participation  
MARCH 4-6, 2022

Please pre-register online at [www.praasa.org](http://www.praasa.org)  
OR

Fill out registration below and mail to:  
PRAASA 2022, PO Box 966, Clackamas, OR 97015  
(Mail in deadline is Feb 20, 2022)

REGISTRATION QUESTIONS – email [registration@praasa.org](mailto:registration@praasa.org) or call 503-389-8929

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Area #: \_\_\_\_\_

Access Needs: Spanish  ASL



Other Access Needs: \_\_\_\_\_

### AA Area/Service Position

Please circle all that apply:

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> GSR            | <input type="checkbox"/> DCM          | <input type="checkbox"/> DCMC          |
| <input type="checkbox"/> Alt GSR        | <input type="checkbox"/> Alt DCM      | <input type="checkbox"/> Alt DCMC      |
| <input type="checkbox"/> Delegate       | <input type="checkbox"/> Alt Delegate | <input type="checkbox"/> Past Delegate |
| <input type="checkbox"/> Trustee        | <input type="checkbox"/> Past Trustee | <input type="checkbox"/> Member        |
| <input type="checkbox"/> Area Committee | <input type="checkbox"/> GSB/GSO      |  |

Check here if this your first PRAASA

Registration \_\_\_\_\_ @ \$15 = \$ \_\_\_\_\_

Other Contribution \$ \_\_\_\_\_

Total due \$ \_\_\_\_\_

To pay via check made out to PRAASA 2022, mail  
payment and this form to:

PRAASA 2022, PO Box 966, Clackamas, OR 97015

For Al-Anon Programming and Registration, visit <https://www.oregonal-anon.com/prasa-vc-alanon>

Be sure to register early .....

## Hawai'i Area 17

### **2022 Inform The Delegate Virtual Assembly**

Hosted by District 1 Diamond Head, Oahu

**April 9th & April 10th**

**9:00 AM - 5:00 PM**

The Waiting Room opens at 8:15 AM,

#### **All Attendees Are Required To Register.**

Register @ [area17aa.org](http://area17aa.org) starting

**Monday, February 28th at 8:00 AM.**

Assembly Zoom Invite will be posted at [area17aa.org](http://area17aa.org) on  
Saturday, April 9th at 8:00 AM.

#### **Is This Your First Assembly? Do You Just Have Questions?**

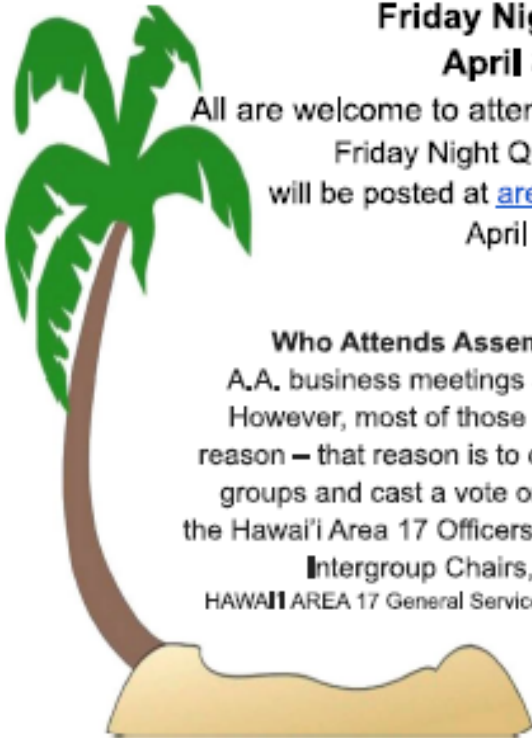
Here's your opportunity to get oriented for the assembly.

#### **Friday Night Q & A Session**

**April 8th at 6:00 PM**

All are welcome to attend. Bring any questions you have.

Friday Night Q & A Session Zoom Invite  
will be posted at [area17aa.org](http://area17aa.org) on Friday evening,  
April 8th at 4:00 PM,



**Who Attends Assemblies?** Area assemblies are open A.A. business meetings and all A.A. members are welcome. However, most of those in attendance are there for a special reason – that reason is to carry the message of their prospective groups and cast a vote on its behalf. Voting members include the Hawai'i Area 17 Officers, D.C.M.s, Standing Committee Chairs, Intergroup Chairs, and, of course, the G.S.R.s.  
HAWAII AREA 17 General Service Representative (G.S.R.) Orientation Handbook

HICYPAA 2022 - KAUAI, HAWAII

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**OCTOBER**  
**THE HILTON GARDEN INN ON**  
**KAUAI**

We've waited two long years! Now it's time to party!



**"WE ABSOLUTELY INSIST ON ENJOYING LIFE" - BIG  
BOOK, PAGE 132**

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