



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

October 2022 Committee Meeting Issue



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org

Upcoming	Send Seventh Tradition Contributions
<p>October 28 – 30, 2022 Annual Hawaii Convention Waikiki Marriott</p> <p>November 19 – 20, 2022 (In person) Elections Assembly Honolulu #2 Oahu See flyer later in this issue</p>	<p>Hawaii Area Committee P.O. Box 1413 Honolulu, HI 96806</p> <p>General Service Office P.O. Box 2407 James A Farley Station New York, NY 10116-2407 (Make checks payable to General Service Board)</p>

In this issue: Experience, strength and hope from members, information about happenings in Alcoholics Anonymous, requests from GSO to members -share your experience, make a video!!

Step 10 - Continued to take personal inventory and when we were wrong promptly admitted it.

Aloha, my name is Lorraine and I'm an alcoholic. My sobriety date is August 20, 2000. I have a sponsor and she has a sponsor.

Before I received my last nudge from the judge to attend alcoholics anonymous I would lay awake at night wishing I could have a "do over". I wanted to be or do better than I had that day. I wished to be a better mother, wife, employee, daughter, you name it, and I had ample room for improvement. I just didn't know how to be that better person. I didn't want to be perfect I just wanted to be able to live with myself. I was only 33 and suicidal.

Even though I wasn't a daily drinker I suffered from daily hangovers, you know the feeling, the emotional hangovers described in the 12 and 12 on page 88. But, once I started attending Alcoholics Anonymous meetings regularly, acknowledged my sobriety date, got a sponsor and started working the steps my nightly petitions for "do overs" were few and far between. I was beginning to grasp the concept of this new design for living! After making my amends in step nine it was up to me, with help from my higher power and the fellowship to keep my side of the street clean from now on. This is what Step Ten means to me. I've learned through the years to always question my motives when I felt the need to act out or speak up, or quite frankly, before I say or do anything, nowadays. Did I have an agenda were my actions coming from a place of love and tolerance, or am I just giving you my option because I think you're just begging to know.? Was I blowing out your candle to make mine shine brighter? After all, that's how I navigated through life until now. Step Ten taught me to notice that if I started justifying and rationalizing my behavior I would have to implement another tool I learned, here in the rooms, called practicing restraint of pen and tongue. Although in today's time restraint of text and tongue would be more like it.

I discovered I can become resentful, selfish, dishonest and afraid faster than you can say abracadabra. When these liabilities are the cause of my behavior I know an apology is in order, and the sooner the better. If I didn't know how to apologize or what to say I would just ask God for the words. Practicing this step daily is an essential part of my recovery.

The closer I stay to Alcoholics Anonymous the better my life becomes. I try my best to keep a conscious contact with God and work on my love and tolerance for all people places and things every single day. For this alcoholic it's not about what someone, some place, or some thing is doing or did, it's about what I do with my day that assures me a peaceful rest when I retire at night and the ability to live with myself today.

Lorraine, Kula HI

Sharing experience ...

This is What's on My Mind

My name is Susan and I am an alcoholic. I wonder how many times I have said that in the 32 plus years that I have been coming to these rooms. I had a therapist once who said she loved AA but disagreed with people having to say they were alcoholic every time they shared because she felt it was so negative.

Of course, I disagreed. For me, I never want to forget that I am an alcoholic. I have a built in forget-tor, when it comes to my disease. I need to remember that my disease is patiently waiting for me to forget and find a reason to spiral down and pick up a drink again.

I wish I could pass on to you the passion I have for the AA program. I didn't always have it. At first, I was so sad that I had to give up alcohol. I felt like my life was over and I'd never laugh again or have any fun at all. I saw your smiles and heard your laughter and I wanted what you had. Especially as you shared that you had a few days sober and I couldn't even get a few hours sober.

Now I realize how important Trust is in my life. How I could have had this passion earlier if I had only learned to Trust. If only I could have Trusted.

Trusted others, especially a sponsor,
Trusted what was written in the Big Book
Trusted that the steps work when you work them and
Trusted a Higher Power (of my own understanding)

I have a passion for AA because I see people stay sober through impossible challenges in life: death, divorce, loss of jobs, illnesses, going to jails and institutions. They do this because they get in the middle of the herd and use the tools of the program. They call someone and go to a meeting (whether on zoom or in person) and share what is going on with them and others can relate and reach out a hand to help them.

Another thing that spurs my passion is seeing someone come in and "get it". They get sober, whether its the first time or after multiple relapses. It gives me so much joy to see their eyes become clear, they gain confidence and their lives get better. They find a sponsor and begin the wonderful journey of sobriety.

That's what's on my mind today. I'm Susan and I am an Alcoholic and saying it brings me gratitude that I have a solution and I am living it, one day at a time. Aloha from Maui



Service keeps us sober

September 8, 2022

Service to AA is a vital part of maintaining my sobriety. In 2007 I started answering phones at our Central Office. At that time it was located at the Kenrock Building on Kapiolani Boulevard where the office was visible from the street. Al Wheeler was the office manager and Barbara was his assistant. My shift was 1-5 pm on Saturday's.

A few years later we moved to the Varsity Building on University Ave. This building had an elevator so the office was accessible (I use a walker). Dick Mayberry was the office manager.

Then we moved to Palama Settlement which was an excellent location as the office had its own bathroom. Unfortunately Dick passed away suddenly and a new office manager was hired.

We moved to Century Square in the downtown area which was perfect for me because the building had an elevator and I live across the street. As it turns out the office manager who succeeded Dick was dishonest and embezzled funds from Oahu Intergroup. The new office manager was Adina M. who worked tirelessly to clear up the mess and brought the central office to a new level of efficiency.

I've benefited in so many ways from answering phones at the Central office. First, it gives me a sense of purpose. Second, it is an added incentive to maintaining my sobriety. Third, I get to keep up with the changes going on at GSO, such as preparing a 5th edition of the Big Book, revising pamphlets, and the location of conventions around the world. Fourth, and most important, I keep my sobriety green by talking to newcomers asking for information about the location of meetings and asking for help regarding maintaining new sobriety. I'm grateful to our new office manager, Georgette W. who took on this awesome responsibility,

We are in need of more volunteers to answer the phones so please fill out the volunteer application for on the OIG website, oahucentraloffice.com.

Thank you for letting me be of service.

Linda T.

Heard at a meeting ...

"Sobriety comes with scars" - When we get sober we get to face the hurt and pain we drank to avoid."

"AA is the greatest love story ever" - When I came into AA, I hated myself. AA members said they would love me until I learned to love myself. And they did. By working the steps, especially the fourth and fifth steps, I was able to accept that I had done things I regretted, and that the sixth through ninth steps would help me make up for those things, and I was eventually able to accept that I am a flawed human being, just like everyone else. I can accept myself today and work on becoming the person I would like to be."

- Mike L.

More heard at a meeting

"I had a higher power before I knew I had a higher power."

"I always knew there was a God – I just didn't have faith in God."

"Alcoholics Anonymous is not a self-help program – it is a help others program."

"A character defect is immediately removed and then returns as a choice."

"I think of what I can bring to a situation instead of what I can get out of a situation."



From our Delegate - the Pacific Regional Forum

We are Back Baby!

I attended the Pacific Regional Forum in September in Salt Lake City, Utah. Another event that has returned to in-person. It was amazing to share space and energy, hugs and laughter during the weekend while being focused on general service. This event surely did surely remind us of the benefits and treasures of being in-person. The Pacific Regional Forum provides an amazing opportunity to learn more about general service and the General Service Office and Conference as they come to you. This PRF holds a special place in my heart. It is the final big event that I get to participate in as Hawaii Area delegate and the final service event that all the Panel 71 delegates from the pacific region will participate in.

The weekend was filled with presentations by our Trustees that included updates on "A.A. Around the World" by Trish L., Trustee-at-Large, Canada, AAWS by Irma V., Trustee Director and the ever-important GSB Treasurer's report by Kevin Prior, Class A Trustee and GSB treasurer. Members attending asked many questions to the trustees and to Bob, General Service Office Manager. We heard presentations by a few of the Pacific Regional Delegates as they shared on topics that ranged from "Embracing our Remote Communities" to "Diversity is our Strength." Listening to my fellow delegates share their experience, strength and hope on these and many more topics was just what we needed.

I facilitated one of the 14 workshops that happened during the weekend. My topic of discussion was "How to be All Inclusive." With about 100 people in attendance, we trudged forward with our sharing and discussion on this topic. I posed the questions... How do we show we are all inclusive while leaving outside issues at the door? And... how do we continue to show the newcomer that is walking into our fellowship who internalize these very issues? How do we get each person to go from feeling like an outsider to feeling like a member. It was a great session, and every minute was filled with the spirit of A.A.

It was a quick 48hours. Tommy G. and Deborah also were in attendance. In fact, both Tommy and Deborah were in service during the weekend. Tommy shared on a panel and Deborah participated in the workshop with the very important task of taking notes. The official PRF report will be out soon. Hawaii was a small delegation but carried the aloha spirit to all 900+ in attendance. I hope that more will attend and experience the Pacific Regional Forum in the future.

This was a bittersweet weekend for many of us delegates. Half of us will be rotating at the end of this year. The overwhelming feeling of gratitude I have for this program and for general service doesn't end. I will never be able to convey this feeling of gratitude and the experiences I've had during these 2 years. All I can do, is to continue to show you and share with you my love for this program.

In love and service,

Kunane D.
Delegate, Area 17

Don't forget to register for the Elections Assembly!!!

Hawaii Area 17

2022 Election Assembly

Hosted by District 2 Honolulu

100% in person with NO virtual capability.

Saturday, November 19th: 9:00 AM - 5:00 PM
Sunday, November 20th: 9:00 AM - 4:30 PM
Breakfast - 8:00 AM - 9:00 AM

Ala Wai Golf Course Clubhouse
404 Kapahulu Ave, Honolulu, HI 96815
(Map and directions below.)



All Attendees are Required to Register Online.

All are Welcome to Attend.

Register at area17aa.org

Chair: Gina B at dcm2@area17aa.org Phone: 501-777-8087

Registration: registration@area17aa.org

Transportation: transportation@area17aa.org

Homestay: homestay@area17aa.org

Deadline for Homestay Requests is November 9th. After the deadline, a homestay will be on a first-come-first-serve basis, but there is no guarantee homestay will be provided.

Deadline for Catered Meals is November 15th. After the deadline, you may be asked to provide your own meals.



.....Return with Registration Fee

2022 Election Assembly Registration Fee is \$25.00.

Don't forget to register online at area17aa.org.

Please send check or money order payable to:

AA Honolulu District
PO Box 38073, Honolulu, HI 96837



Full Name _____ Email _____

District / Service Position _____ Phone number _____

How to get there....

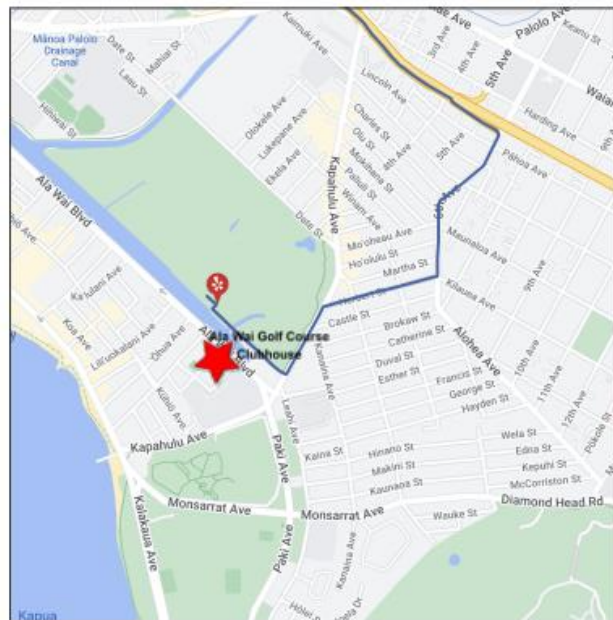
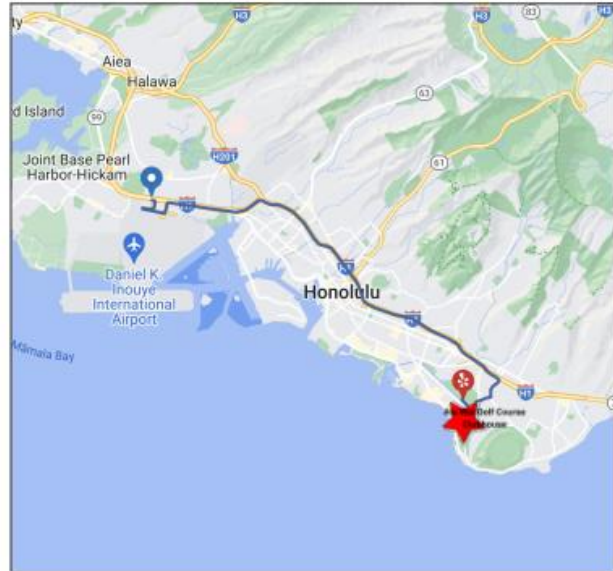
Ala Wai Golf Course Clubhouse 404 Kapahulu Ave, Honolulu, HI 96815

Directions from Daniel K. Inouye International
Airport (HNL)

10.9 mi. - about 20 minutes.

1. Head east - 305 ft.
2. Keep right at the fork to continue toward Aolele St - 213 ft.
3. Keep right at the fork and merge onto Aolele St - 0.3 mi.
4. Slight left onto Ala Onaona St - 0.2 mi.
5. Continue onto Aolele St - 348 ft.
6. Slight right to stay on Aolele St - 0.1 mi.
7. Merge onto I-H-1 E via the ramp to Honolulu/Waikiki. Parts of this road may be closed at certain times or days - 1.4 mi.
8. Keep left to stay on I-H-1 E - 7.3 mi.
9. Take exit 25 B for 6th Ave - 0.2 mi.
10. Take the exit toward 6th Ave - 0.4 mi.
11. Turn right onto Herbert St - 0.3 mi.
12. Turn left at the 3rd cross street onto Kapahulu Ave - 0.2 mi.
13. Turn right - 0.3 mi.
14. Turn left - Destination is on the right - 177 ft.

SEE YOU SOON!



HOSTED BY WAIKIKI DISTRICT 10



20 22

THANK-A-THON

Join us in-person AND online for
our 2022 hybrid Thank-a-Thon

**STARTS WED, NOV 23 AT 4 PM
AND ENDS THURS, NOV 24 AT 4 PM**

Unity Church of Hawaii
3608 Diamond Head Circle
Honolulu, HI 96815

Meetings start at the top of every hour.
Email **Solomon K.** at skaloha808@gmail.com
to sign up for a 50-min meeting. Groups must
provide a secretary and a speaker.

Email **Alika M.** at alicastoy@gmail.com or
Teresa D at dcm10@area17aa.org to get in service!

We need YOU!!

Happening beyond Area 17

Save the Date!

PRAASA 2023



**Southern California Area 05
is hosting PRAASA 2023**

(Pacific Region A.A. Service Assembly)

March 3 – 5, 2023

in

Los Angeles, California!

Stay tuned to PRAASA.ORG for further information!

Requests from GSO

From the General Service Office of Alcoholics Anonymous trustees' Literature Committee

In response to the 2021 General Service Conference Advisory Action requesting the development of a Fifth edition of the book Alcoholics Anonymous, the trustees' Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

The trustees' Literature Committee is searching for recovery stories of our members for possible inclusion in the Fifth Edition which are from a broad cross-section of our local communities, all stories are of value. As Bill writes on page 29 of the book Alcoholics Anonymous: "Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, 'Yes, I am one of them too; I must have this thing.'"

It is the Literature Committee's shared hope that any new stories from our current membership will help future alcoholics to identify and find recovery in the pages of a Fifth edition.

The suggested format for typed manuscripts is 3500 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address, and email/phone information on the first page of the submission. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not. Stories will be accepted in English, French or Spanish. If you have any questions, please write to 5BBStory@aa.org.

Instructions for submitting your manuscript:

Deadline: Please submit on or before October 31, 2022.

Online: aa.org/submit-bigbook-english-5th

Email: 5BBStory@aa.org

Subject Line: Fifth Edition of the Book Alcoholics Anonymous

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The word "5th Edition BB" should be written on the envelope and at the top of the first page of the manuscript.

Thank you to all who are participating in this process!

The trustees' Literature Committee has opened a call for recovery stories in response to the 2021 General Service Conference advisory action regarding the pamphlet "A.A. for the Black and African American Alcoholic," stating that the pamphlet be updated to include current stories of recovery and a new title that is respectful and inclusive.

The committee is seeking stories of recovery from all African American, Canadian, Caribbean A.A. members from the English, French and Spanish-speaking Black communities in the A.A. structure in the United States and Canada.

Stories of recovery may also include:

- Experience, Strength, and Hope
- Steps, Traditions, Concepts
- Ethnic, cultural, gender and LGBTQ diversity
- Diversity of social status
- Sponsorship
- A.A. Service
- Safety & Racism
- Military
- Black Mental Health and Diverse Abilities
- BIPOC A.A. meetings
- Atheist/Agnostics

The suggested format for typed manuscripts is 500-800 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages.

Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

Deadline: Please submit on or before October 31, 2022.

Email: pamphletstories@aa.org

Subject Line: A.A. for the Black and African American Alcoholic

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The word “Pamphlet” should be written on the envelope and at the top of the first page of the manuscript.

YOUNG PEOPLE'S VIDEO PROJECT

We want video submissions from A.A. members. WHY? To carry A.A.'s message to young people in high school and college settings.

SHARE YOUR EXPERIENCE!

Submissions should be 2-3 minutes in length and reflect and adhere to the Twelve Traditions of Alcoholics Anonymous, especially A.A.'s anonymity traditions. When filming A.A. members make sure no one is identifiable.

Focus on the experience of getting sober young and reflect the diversity of the Fellowship. Use members stories to help alcoholics identify.

Share experiences that would relate to the “young” alcoholic who has yet to come to A.A.

BE CREATIVE AND HAVE FUN!

Individuals submitting videos must be at least 18 years of age and must reside within the boundaries of the U.S. and Canada A.A. General Service Structure. Submissions should be in English, Spanish or French.

For more information, contact the Public Information Coordinator at publicinfo@aa.org.



Scan me!

www.aa.org

