

MYNAH BIRD

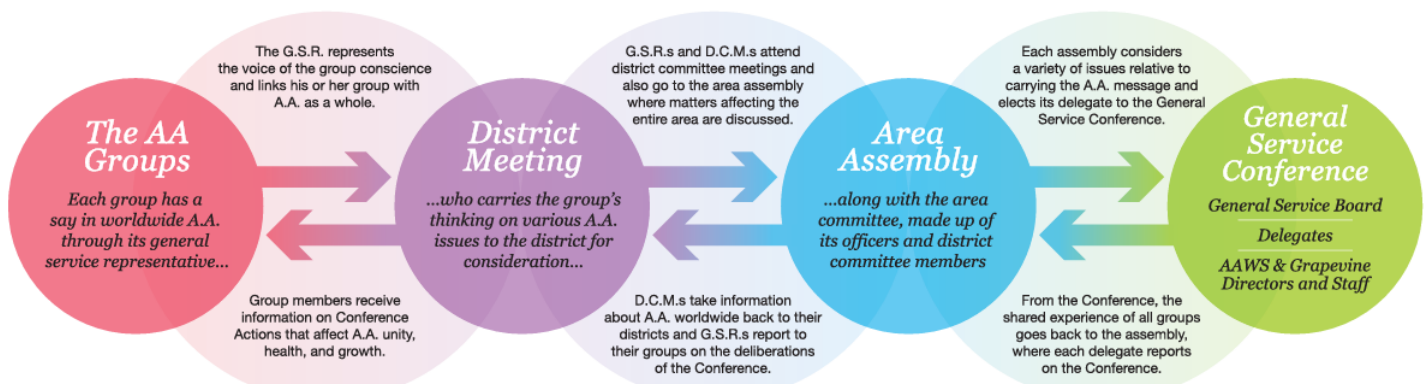
Hawai'i Area 17 Newsletter

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FEBRUARY 2023

COMMITTEE ISSUE



The flow of CIRCLES OF LOVE AND SERVICE

“We alcoholics see that we must work together and hang together, else most of us will finally die alone”
Alcoholics Anonymous, p.561

Where it starts: A.A. is made up of interconnected circles of people within the Fellowship, who work together to carry A.A.’s message of hope. But in order for A.A. to run itself without bosses or rules, in accordance with our Twelve Traditions, we need a system of communication for finding out how A.A. as a whole feels about its world affairs, and how it wants to operate.

For A.A. to run its own affairs, each A.A. group needs to make its voice heard on overall A.A. policies. This starts with a group’s general service representative (G.S.R.), who represents the voice of the group conscience and has the job of linking his or her group with A.A. as a whole. G.S.R.s make sure their groups receive services from the U.S. and Canada General Service Office (G.S.O) and help groups stay informed about worldwide A.A.

IN THIS ISSUE:

CIRCLES OF LOVE AND SERVICE ... Our Fellowship’s interconnected circles

Inform the Delegate ... Your role and HOW TO!

Stories from our own
A visitor found the A.A. Aloha and won’t let go ...

And ... A Mynah Bird Chair’s “Don’t Lose Yourself”

A.A. Acronym fun ...

INFORM THE DELEGATE

Background: Each year, the GSO sends out VOLUMES of information to the area delegates. The intent is to bring it back to our home groups ... and then bring the collective decision/voice of that home group on any particular topic back to the delegate.

The delegate then brings those collective voices, on numerous topics to the annual General Service Conference which is held in NY every spring.

On some topics, the delegate is very sure of how our area feels on a particular topic, on others ... not so much. So our delegate will decide which topics need more input from the collective voices of the area.

Now is the time that area 17 divides the work and we bring the group consciousness back to the "Inform the Delegate Assembly" which is coming up in April. The GSR for 12CWO is assigned to the Archives Committee. What will be distributed to the DCMs, then passed to the GSRs is the information that our home group will be asked to discuss, come to the collective direction that will be passed back to our Delegate/Tommy.

1) Delegate decides which topics he / she wants more feedback on

2) DCMs attend the committee meeting in February and received their topics and the background material

3) GSRs received the information from their DCM ASAP and present it to their home group at their group conscious meeting. The collective voice of the home group on these topics are then given back to the Delegate at the INFORM THE DELEGATE assembly in April

4) Our Delegate then takes the collective voices on the chosen topics to the General Service Conference in May in NY

DCMs and GSRs Tips and tricks to be successful:

- DCMs get the information distributed to GSRs ASAP and answer any questions.
- Both DMC and GSRs ... Don't wait till the last minute to READ! Read the background material, the pros and the cons
- GSR's Give a concise overview to your home group to keep the Group Conscious Meeting short and focused
- Be prepared to carry the group's collective voice on these topics to the INFORM THE DELEGATE assembly in April
- Ask questions! **Everyone** wants you to be successful and love your new role of service.
 - ... GSRs ask DCMs ... DCMs ask the Chair ... Chair asks Delegate!

A Dream Come True

... One Alcoholics journey to find the Aloha of A.A.

My first trip to Hawaii coincided with my A.A. sober anniversary. The trip didn't disappoint as it was a successful business trip and my introduction to A.A. in Hawaii which included celebrating my 10-year anniversary at 12 Coconuts Waikiki.

Let me back up. Growing up I longed to go to Hawaii. The islands seem to always be calling me, but the stars didn't line up until 1996. With my career on track with some time in recovery, it was quite excited when my boss told me I needed to be with the executive team during Hawaii business trips.

Friends in New Jersey had told me about a meeting on the beach that formed a circle around 12 Coconuts trees. The day before my anniversary I walk to the meeting and met our Ron R. Little did I know how close we would become years later. He gave me what I've learned is a typical welcome to the meeting. "Are you visiting", my reply "Yes" ... his response "Well then, you're speaking today". From that moment I was hooked and connected, and we all know that connection is an important part of recovery.

Since that time, I've been blessed to return many times. Over the past 10 years I've attended the annual convention and when the pandemic hit started daily attendance to the 12 Coconuts Waikiki Online meeting. Like many others I've taken service positions and the meeting continues in the post-pandemic environment where it thrives and reaches many from all over the world. This past fall many of the online members attended the annual convention in Waikiki. Even though many of us had never met in person, it was like we were lifelong friends being reunited.

As many are aware, 12 Coconuts has a welcoming ALOHA to visitors: A Lot of Happy Alcoholics ... and indeed we were when we met in person.

My connection with my Hawaiian 'Ohana is as strong as any I've ever felt. Alcoholism wants us to isolate and feel alone. The welcoming, inclusive Hawaiian style recovery is the ultimate weapon to fight that!

Grateful & Blessed from "Florida" Tony G.

Pin these dates:

Assemblies

Who attends:

GSRs, DCMs, Area Standing Committee Chairs, Area Officers & Intergroup Chairs

Bring a note pad and pen to take notes!

Inform The Delegate Assembly

April 1st & 2nd 2023

District 3 Leeward, Oahu

Budget Assembly

District #10 Waikiki, Oahu

September 9 - 10, 2023

Optional November Assembly:

District #13 Tri-Island, West Maui

Committee Meetings

Who attends:

DCMs, Area Standing Committee Chairs, Area Officers & Intergroup Chairs

May Committee Meeting

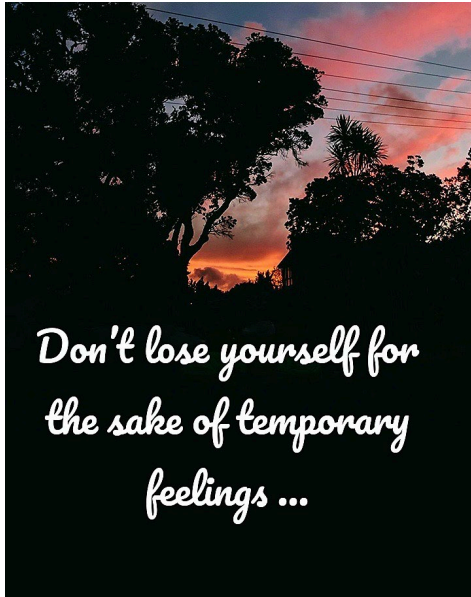
District #11, Kihei, Maui

May 20, 2023

Optional October Committee Meeting

District #4, Windward, Oahu

Don't Lose Yourself



As an alcoholic in recovery I am reading this quote probably quite differently than most of you “normies”. For me a temporary feeling, or lack thereof, would come from a drink or a drug. But for me, a drink or a drug will never be enough; a thousand drinks or drugs will never be enough. Therefore, that temporary feeling has just grown into a full-force tragedy.

One of my greatest reliefs in admitting than I am an alcoholic came when I learned that alcoholism is a disease...a disease of mind and body. I no longer had to live with the guilt and shame of having no will power or self-control. I'm not stupid, but I couldn't go a day without drinking and thinking obsessively about it. And if I wasn't doing the deed or thinking about it, I was feeling pretty loathsome because of the aftereffects.

After rehab I attended a 12 Step Group as was suggested. Here is where the magic happened for me. I finally found a group of non-judgmental like-minded folks that loved me until I could love myself, who wanted the best for me asking nothing in return, who accepted me for who and what I am. I worked the Steps with them and discovered what makes me tick and why I wanted to lose myself for the sake of temporary feelings. I learned I no longer had to escape from people, places or things (over which I had no control) nor from myself.

If I stay in the middle of the pack of my new-found network, live from my heart and not my head, give away what was so freely given to me, and trust in a power greater than myself, I no longer need to escape, nor lose myself for the sake of temporary feelings...because my feelings are perfect for me right in this moment, to help me grow and become empowered, and to be the best me that I can be.

(from Dee H, District 8 Mynah Bird Chair)



REMINDER:
Send out the MYNAH BIRD's
QR code (see pg. 1)
for each issue to your home
groups.

This month's Acronym Fun ... with the letter A!

- A.A. = Altered Attitudes...
- A.A. = Altruistic Action...
- A.A. = Attitude Adjustment...
- A.A.'s-R-US = Alcoholics Anonymous Recovery Unity Service...
- A.A.WOL = A A Way Of Life
- ABC = Acceptance Belief Change
- ABC = Accept Begin Continue
- ACT = Action Changes Things
- ACTION = Any Change Toward Improving One's Nature...
- ACTION = Any Change To Improve Our Natures...
- AGO = Another Growth Opportunity
- AFGE = Another F***** Growth Experience...
- ALCOHOLICS = A Life Centered On Helping Others Live In Complete Sobriety...
- ALE = Alibis Lies Excuses
- ANONYMOUS = Actions Not Our Names Yield Maintenance Of Unity & Service...
- ANGER = A No Good Energy Rising
- ANGER = Any New Grudge Endangers Recovery
- ASK = Ass-Saving Kit...
- ART = Always Remain Teachable
- ASAP = Always Say A Prayer