

February 2023

Garden Island Sobriety

Step Two

“Came to believe that a power greater than ourselves could restore us to sanity.”



He said: Indeed, a dilemma, growing up and attending a catholic elementary school, and on Sunday going to Koo lau hui'ia, at the time a protestant church, my idea of Higher Power was a bit skewed.

In my teen years I was allowed to experiment with religion, checking out the Mormon church, Jehovah's witness and when I turned 17 years of age, I decided that the divine came in a 12 oz bottle. Then came a 33 year downward spiral, never finishing anything I started, being on the wrong side of the law, and "yes" the black out drinking.

Having admitted I was powerless, and that my life had become unmanageable, my sponsor told me that now I needed something to believe in. My counselor informed me that someone told me a lie and that I believed it. Now it was crucial for me to find a Higher Power if I was to receive any kind of meaningful healing physically, mentally, and spiritually. Not fully grasping that my free will was slowly killing me, we embarked on Step Two together. At first my Higher Power was the ocean, the sky, & the mountains. This was all great however offered only temporary relief. For the next 5 years it became a Group of Drunks, as I took service commitments and found that I could live a happy and productive life. Still, what about when I was alone? With my thoughts and self-will? To speak the truth it was still difficult and on many occasions I was on the verge of self-destruction, the obsession was still alive.

Then I went to a meeting and heard a woman share that her higher power is Good Orderly Direction, and that if you don't have a power greater than yourself, you should pick one. I thought wow, what a concept, and for the next few years this would be my mantra.

Fast forward to today, if you are new to the fellowship,
(Cont. p. 2)



She said: The beginning of this journey was brutal. Clean and sober, shaking, crying and not sleeping. Fear ruled and family helped by driving me to meetings, doctors and after care. We found a club house, a newcomers meeting, a homegroup and a sponsor. Still anxiety ridden, my sponsor answered my phone calls and held my hand in meetings. She told me her story and showed me how to act in a meeting. She told me what to do and I did it. She drove me to a Friday evening Newcomer's meeting and home again. Beginning each meeting, myself and the other newcomers were to share what we'd done that day to stay sober. I was still doing exactly as my sponsor first directed, get up and make my bed every day. Not too hard to do, and I was proud to share it. My next assignment followed shortly.

I always believed in a power greater than myself and was a bit frustrated that my sanity hadn't returned already. My memory played tricks on me and comprehending what I heard and read was challenging. However, I truly trusted the process, my sponsor and the God I felt protecting me. I envisioned living in a God Bubble (like the boy in the plastic bubble). Being safe in there, we trudged on.

The first part of Step Two was a given. I BELIEVED. Now I'm told to do some work by writing out my God's attributes. Besides not remembering what attribute meant, my sponsor explained we would be creating a God of my own making. She explained her God's attributes: Intelligent, Kind, Loving, etc. That's how she taught me. From the book! We all share our own experiences. I was all in. My sponsor had a good life, home and friends. I wanted that too. We prayed, shared things we were grateful for, given additional AA literature and found other meetings to attend

(Cont. p. 2)

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AA Hotline 245-6677

He Said (cont.) you might be thinking “Where is this share going? Is he diagnosed with attention deficit disorder?”, well you are not wrong, and I assure you “We Do Recover”. If you have some time, then you already know the answer.

Step Two may come to you quickly, for which I take my hat off to you, or if you are like me, it will probably come slowly, over time. Now with 14.5 years sober, this is what I feel. “The fellowship of alcoholics anonymous uses the term Higher Power as to be inclusionary not exclusive, in other words all are welcome. It really doesn’t matter if you believe or not. I eventually did come to believe in a power greater than myself of which I enjoy a conscious contact with, whom I choose to call God, however you can call him/her what you like. Sanity and being a contributing member of society is my life today.

~ David V.



Traditions Checklist

from the AA Grapevine

Tradition II:

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.

- **Do I criticize** or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- **Am I absolutely trustworthy**, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- **Do I look for credit** in my AA jobs? Praise for my AA ideas?
- **Do I have to save face** in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- **Although I have been sober** a few years, am I still willing to serve my turn in AA chores?
- **In group discussions**, do I sound off about matters on which I have no experience and little knowledge

She Said (cont.) together. I realized that *Step Two* had given me hope! I had something to look forward to and people to show me how. I began to shake and cry a lot less. I still complained about sleep deprivation and memory challenge but I could see that things in my life had already improved! I was introduced to *The Living Sober* book, *Daily Reflections* and *The Grapevine* magazine. I was told they should help me sleep. Recently in a meeting, I heard the acronym H.O.P.E. Hearing Other People’s Experiences.

Sincerely, Donna Jo

Happy Birthday

Dotty	1/31	1973	50 yrs
Jay W.	1/23	1982	41 yrs
Susan C.	1/20	1988	35 yrs
Gloria C.	1/12	1984	39 yrs
Stevie G.	1/11	1986	37 yrs
Barbara J.	1/1	1987	36 yrs
Chris H.	1/11	1987	36 yrs
Laurie L.	1/19	1988	35 yrs
Mickey M.	1/6	1990	33 yrs
Bill M.	1/24	1990	33 yrs
Maureen M.	1/7	1995	28 yrs
Patti W.	1/1	1995	28 yrs
Tony C.	1/18	1997	26 yrs
Clay	1/10	1998	25 yrs
Blondy	1/8	1998	25 yrs
Steve M.	1/26	1998	25 yrs
Bob H.	1/18	1999	24 yrs
Tony S. (CA)	1/2	1999	24 yrs
Luis R.	1/1	2001	22 yrs
Susan ON	1/7	2002	21 yrs
Ele J.	1/16	2005	18 yrs
Laurel R.	1/30	2006	17 yrs
Aakara	1/20	2008	16 yrs
Liz O.	1/20	2008	15 yrs
Emma S.	1/22	2008	15 yrs
Matt	1/1	2008	15 yrs
Lee	1/24	2009	14 yrs
Paul	1/12	2010	13 yrs
Rick	1/26	2010	13 yrs
Sarah A.	1/11	2011	12 yrs
Kirk F.	1/3	2011	12 yrs
Terance B.	1/24	2012	11 yrs
Shastin	1/2	2018	5 yrs

Congratulations Everyone!!

About Publishing Birthdays

To have a Birthday published or corrected in the GIS Newsletter Please Contact:

District6newsletter@hotmail.com

AA Meeting Locations:

Men's Meetings

Hanalei Community Center



Tuesday 7:00 pm- Princeville - Hanalei Men's Stag
5297 Kuhio Hwy, Hanalei

Kapaa United Church



Thursday - 7:30 pm - Hui Lokahi Men's Stag
1315 Ulu St., Kapaa

Women's Meetings

Kōloa Church



Monday 5:00 pm- Na Wahine Ku Pono
3269 Poipu Rd, Poipu

Princeville Community Ctr.



Saturday 5:00 pm- Princeville Hanalei Women's Group
4334 Emmalani Dr, Princeville

Request a newsletter



by e-mail



Contact: District6newsletter@hotmail.com

Editor: Linda B.

Women's Online Meetings:

Monday - Saturday

5:00 pm- Na Wahine Ku Pono

ONLINE: Link to Zoom at

kauaimetings.com

Zoom Pass:123

The Best of Big Book Dave:**February in Our History:**

February 8, 1971: In New York our “trustees” Archives Committee met for the first time. Its mission read “to give the membership a sense of its own past and the opportunity to keep the record straight so that myth does not predominate over fact.” In our General Service Office, AA’s first archivist, and close personal friend of both Lois and Bill W., Neil Wing said, “The knowledge, understanding and enthusiasm of our old timers gave us the momentum.” By 1978 archival efforts were evident in states and the provinces of Canada. Others soon to follow, England – Ireland and South Africa. Today, world-wide wherever AA is active (181 countries) travelling members can find permanent archival collections.

February 10, 1782: The 8th president of the US, Martin Van Buren born in Kinderhook, New York. He would survive three assassination attempts over his determination to ban alcohol sales in the U.S.

February 1938: Sobriety date of Earl Treat, AA number 13. His sponsor was Dr. Bob. Earl working with Bill W. is responsible for the “short form” of the Traditions.

February 13, 1940: The first clubhouse for AA members opens at 334 ½ West 24th Street, New York City. Bill W. and Lois had lost everything and moved in upstairs, making due with wooden crates as furniture and no heat coming from a small wood stove.

February 1954: Bill W’s father, Gilman, died penniless in Vancouver, British Columbia, working for a quarry he once owned. Starting in 1941 Bill contributed to his support. Local AA members in Vancouver helped support Bill’s dad.

February 1971: American College of Internal Medicine includes Alcoholism questions of the Board Examinations for the first time.

From ‘Big Book Dave’, Elected Archivist, Interior Alaska

~ Submitted by Mathea A.

 **OUR THANKS to B.B. Dave & Mathea A.**

GRAPEVINE

Quote of the Day

February 14, 2022

“One night after a Step Two meeting, I decided to find out what those courageous early members who put our Twelve Steps together really meant by sanity. I was a little surprised to find that my dictionary defined it as the quality of being sound of mind, sound of judgment, reasonable and rational in one’s thoughts ... As I sat there mulling over the definition, an idea occurred to me: ‘This is what I’m to be restored to -- sound, reasonable, rational thinking.’”

“Sanity Clause,” Shenandoah, Iowa, February 1982, Step By Step

February 15, 2020

“I found a new definition of sanity. It was bigger than any definition I had heard concerning Step Two, but it was also bigger and better than my wildest imaginings. This sanity offered serenity, a feeling of wellness or well-being, possession of a center of balance from which to operate, and a feeling that my place in this world was just right.”

Bowie, Maryland, February 1999, “Beyond Sanity,” Step By Step

February 22, 2020

“For me, there is a direct coupling of the Tenth Step and Step Two. The more sanity, the quicker the admission that I am wrong. It is much easier today to get rid of an overreaction at the thought level before it becomes a spoken word and then a physical act.

“Now I can see that sanity is steadily being restored to me so that I can use the other Steps to greater advantage.”

March 1981, “Sanity,” Step By Step

The A.A. HOTLINE Needs Your Help!

- ➡ **Men & women for 12 Step calls**
- ➡ **Slots are open for volunteers**
- ➡ **Alternates are also needed**

Contact the Hotline 245-6677

Kauai Intergroup

**Next Intergroup Meeting Live:
February 4 at 9:30 am**

**To Attend the meeting on Zoom:
Zoom ID: #727 056 4300 Passcode: 043962**

Intergroup Treasurers Report

January 7, 2023

Income:

Kapaa Nooners		15.00
Kapaa Nooners		32.00
Sunrise Sobriety	Literature	126.75
Na Wahine Ku Pono	Literature	65.25
Lihue United Church	Deposit return	35.00
Thank-a-thon	7th	288.00
Total Income:		562.00

Expenses:

Hawaiian Telcom		33.65
Guardian Storage		167.54
Lihue Lutheran Church	Intrgrp. Mtg	25.00
Inkspot	Newsletter	75.00
David J	Conference	350.00
Bob F.	Thankathon	628.32
Laurie L.	Thankathon	237.26
Bob B.	Literature	587.50
Total Expenses		2104.50

Balance	6309.59
Prudent Reserve	-1300.00
Operating Balance	<u>5009.59</u>

~ Prepared by Tom R.

New Location for Service



Lihue Lutheran Church Annex
Room 8, 4602 Hoomana Rd. (on German Hill)

The Intergroup Meeting

Meets 1st Saturdays of the month at 9:30 am

The District 6 Meeting

Meets 3rd Saturdays of the month at 9:30 am

Intergroup Committee

Chair:	Ann W.
Alt. Chair	Mathea
Treasurer:	Tom R.
Secretary:	Carolyn
Schedules:	OPEN
Literature:	Bob B.
Hotline	OPEN
Website:	OPEN
Events:	OPEN

Find A.A. in Hawaii



SEND YOUR CONTRIBUTIONS TO:

Kaua'i Intergroup
P.O. Box 3606
Lihue, HI 96766



Send Area Contributions

ADDRESS IT EXACTLY LIKE THIS:

Hawaii Area Committee
1253 S. Beretania St., #2107
Honolulu, HI 96814-1822



District 6, Kauai:



District Report



The Next District Meeting is LIVE:
February 18, 9:30 am

To Attend the meeting on Zoom:

Zoom ID: #727 056 4300 Passcode: 043962

District 6 Treasurer's Report

January, 2023

Contributions:

3 rd Tradition	30.00
Hui Ohana	600.00
Koloa Aloha	100.00
North Shore Aloha	75.00
Jaywalkers	84.00
Total Contributions	889.00

Expenses:

Hawaii Area Committee	192.60
Bank Balance:	6609.92
Prudent Reserve:	1200.00
Operating Balance	5409.92

~ prepared by Bob F.

District 6 Committee:

DCM:	OPEN
Alt. DCM:	Jim D.
Secretary:	Shoshanah
Treasurer:	Bob F.
Website:	Aaron
Archives:	OPEN
Grapevine:	Mathea
Treatment:	OPEN
Corrections:	Garrett S.
CPC	OPEN
Myna Bird	OPEN

January 2023 District 6 Report District Six (Kauai)

I'm Jim and I'm an alcoholic currently serving Area 17 as Alternate DCM 6. I am making this report because our DCM resigned at the January District meeting and we continue to seek a replacement. As seems to be the case throughout AA, Kauai has experienced some reduction in participation in the service structure since the inception of the COVID-19 pandemic. There have been very few GSR's attending the District Committee meetings. Nonetheless, many aspects of District 6 appear to remain quite healthy and even robust! First of all, our printed schedule lists 52 in-person meetings per week. The Meeting Guide App lists a total of 70 meetings per week, fifteen of which are online meetings. Our hope for the current panel is to resolve the differences in these numbers so we might have a clearer view of our fellowship as we move forward. Next, our fellowship on Kauai is currently well-funded. We have accumulated an amount well beyond our prudent reserve and have been able to send additional money to the GSB. We hope this may continue but we are all aware that a part of the reason for our excess is due to the limitations placed on our activities during the pandemic period. As things "open up," our expenses will naturally increase as well and thus will our stewardship be tested. In the meantime, we have been able to maintain our telephone service, our website, and our newsletter, the latter again appearing in a printed format at the Intergroup meetings as well as provide printed schedules as noted above. Further, our literature locker has a healthy inventory of books and we re-established the Thankathon on Thanksgiving. There is a small group planning to hold a Round-up in June which might also have a celebration of Founders' Day and (hopefully) the Delegate Report-back. Overall, I think this outlines a rather healthy view of a group of alcoholics in action, even if we are lacking in some leadership areas. We will continue to seek a replacement for the DCM and hopefully someone else will provide an overview in the near future!

~ Jim D

Kauai Needs a DCM-What is That?

An experienced GSR elected by the other GSRs. The DCM is the chairperson of a geographical unit of the A.A. service structure - a district - and represents the groups that meet there. The DCM is an essential link between the groups' GSRs and the area delegate. The DCM is automatically a member of the Area Committee, chairs the regular district meetings, attends all area meetings, and often attends regional meetings
Come to the next District Meeting on February 18

SEND YOUR CONTRIBUTIONS TO:

Kaua'i District Committee
P.O. Box 1503
Kapaa, HI 96746

