

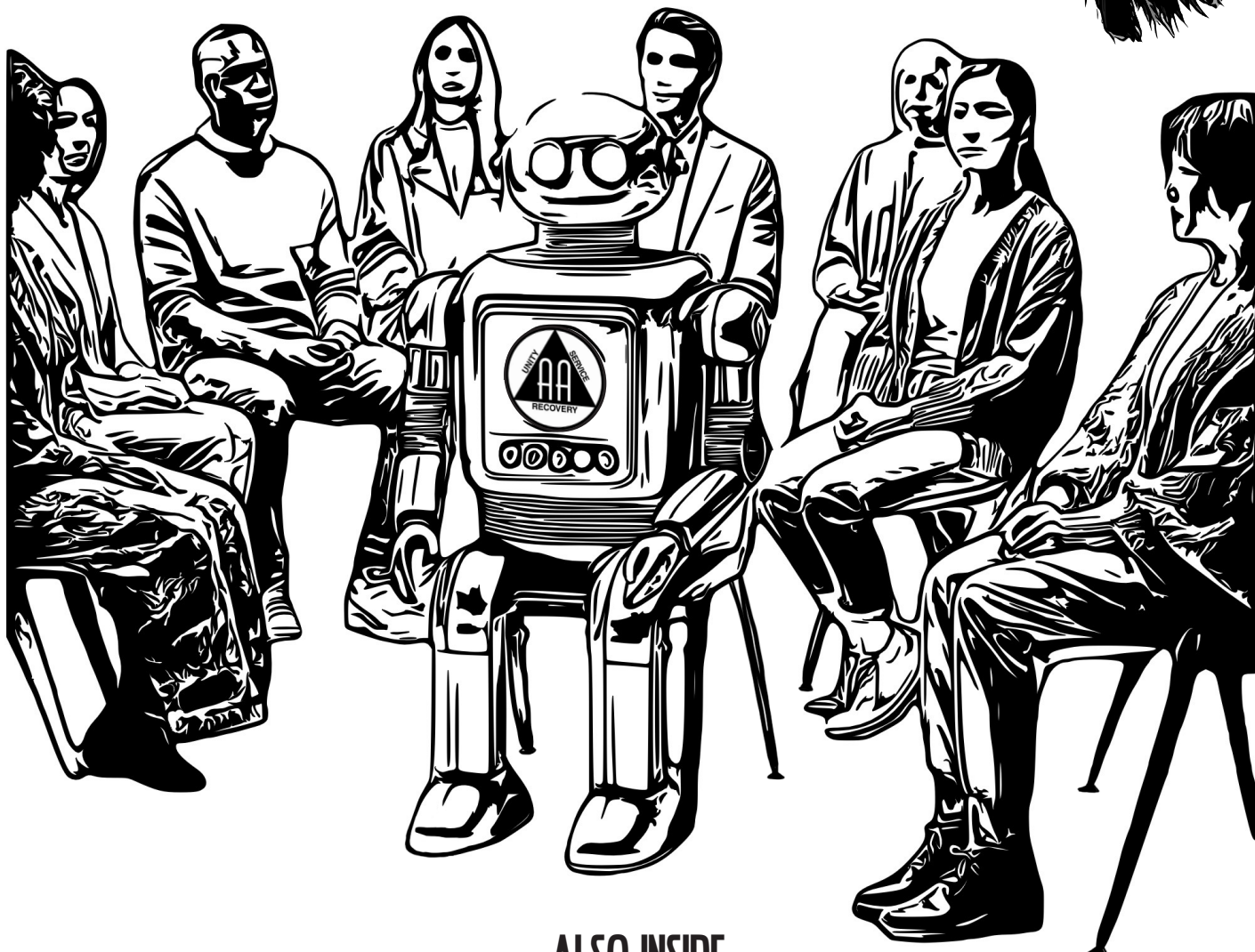
AN A.A. NEWSLETTER FOR HAWAII

# THE MYNAH BIRD

JULY  
2025

Sharing the Experience, Strength, and Hope of A.A. in Hawaii

## A.A. in the Age of A.I.



ALSO INSIDE:

Events | A Story Of Hope | A.A. Evolves | PRAASA 2025 Reports | A.I. Breaks Down Step Six

The content of the Mynah Bird is a reflection of the vibrant and diverse A.A. community in Hawaii Area 17 and does not imply endorsement by either A.A. or Hawaii Area 17.

# IT'S MAYJAH!



**MYNAH BIRD: JULY, 2025**

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### What Is Artificial Intelligence?

Artificial Intelligence (A.I.) is a range of technologies designed to perform tasks that normally require human-like intelligence or abilities, like understanding language, recognizing patterns, reasoning, and making predictions. Chat bots (like ChatGPT) can answer complex questions in seconds, write documents, create images and more. Despite how powerful they are, many A.I. tools are now widely accessible and are free to use.

**FEATURED ARTICLE**



## A.A. in the Age of A.I.

**Exploring the Possibilities and Pitfalls of Using Artificial Intelligence in Recovery**

By Mike K., Mynah Bird Chair

It wasn't long ago that the Covid-19 pandemic broke out and changed A.A. forever with the widespread adoption of Zoom meetings. Now, just a couple short years later, a new wave of technology—artificial intelligence—is making its mark on nearly every corner of modern life. But what does it mean, if anything, for A.A. and the recovering alcoholic, especially given A.A.'s tendency to be so rooted in tradition and human to human interaction?

Like many early tech adopters (I'm a techy), I first came across A.I. in December of 2022. I was watching YouTube while visiting my parents in San Diego for Christmas. I saw a video in my recommended videos feed that said this new A.I. tool called ChatGPT was out and that it was open to the public.

I opened up a new tab in my browser, did a quick search, and a few minutes later was testing out this new technology.

At the time, it had been over 4 years since I saw my daughter. She had just turned 6. I realized that this new tool might be able to help me fill out some of the court documents that had baffled me before. It did so with ease and it made all the difference in eventually securing court ordered visitation.

It wasn't long before I started asking it questions about God and the origins of the universe, how to handle difficult social situations, how to see things from other people's perspectives. I often found the responses and their usefulness profound. It wasn't long before I started asking it about A.A.

**“I often found the responses and their usefulness profound. It wasn't long before I started asking it about A.A.”**

I asked it about God and our place in the universe and it helped me grow in my understanding of my own personal higher power. I asked it about what Step 6 meant by being “entirely ready” and it made me feel like I had a new understanding of it. I found that A.I. could explain things to me about A.A., A.A. concepts, my own inner workings, practical ways of dealing with my own shortcomings and defects that were real, tangible, and ground breaking.

To this day, I'm in amazement at the quality, depth, and human-ness of the responses that I get from A.I. It's not like anything I've ever used before. It's like an oracle or a genie from a bottle. Just ask and you shall receive.

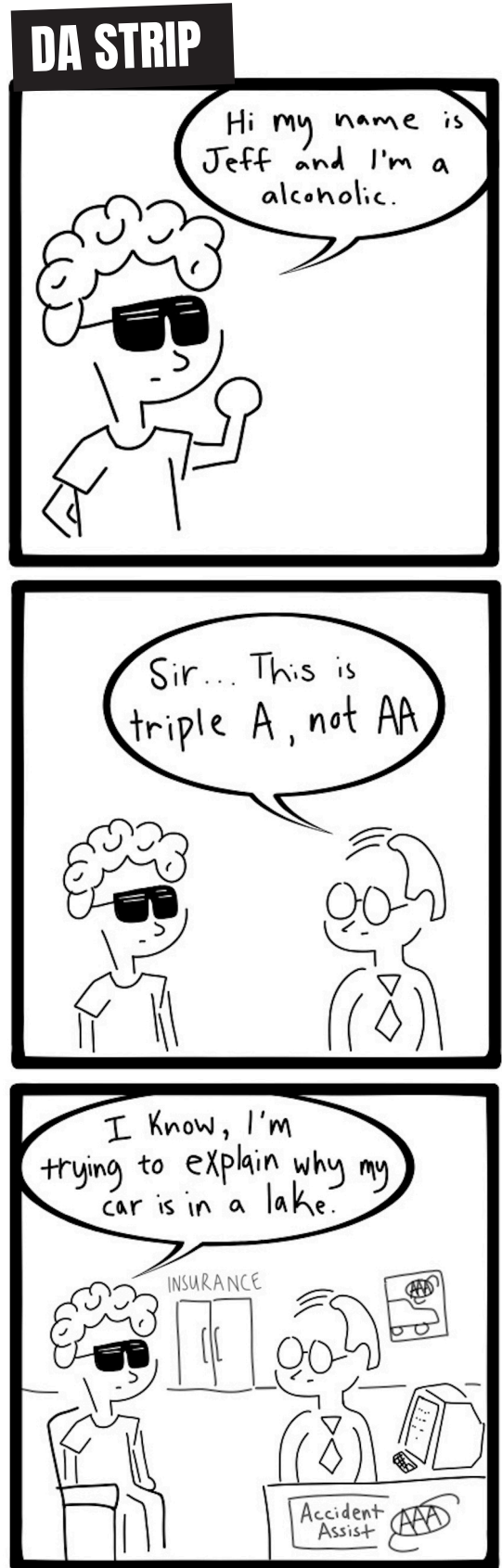
But, as much of a tech junkie as I am and as much as I love A.I. both as it is and for what it has the potential to become, it doesn't change that A.A. is still a “We” program. And until A.I. is sentient and can become an alcoholic too, I don't think it can be included in that “We”.

The best answers that I've ever gotten about recovery, the steps, this journey that I'm on have come from others in the program—firstly, my sponsor and then my friends in A.A. and those who share at meetings and do service. But even then success in A.A. and recovery isn't about answers. Which is another reason AI can only do so much when it comes to A.A. and recovery.

**“In the end, A.I. isn't a replacement for a sponsor, the fellowship, homegroups, or each other.”**

Since AI went public in December of 2022, I've used it nearly every day in pretty much every area of my life and work. I've continue to use it to explore difficult A.A. concepts, understand myself and my personal recovery journey, as well as in A.A. service, for example to help me come up with editorial guidelines, content ideas for this newsletter, write better reports, and better proposals for exciting new ways to carry the message.

And I'm sure that there are many more ways that A.I. can be used to aid in the recovery journey on a personal level as well as in A.A. service and beyond. But what sticks out, to me at least, is that **no matter how good AI gets, it will never replace the recovery and spiritual benefit I get from working with my sponsor or working with a sponsee, going to in-person meetings with people like you, or trudging along with other A.A. service members to keep the doors of A.A. open for the next suffering alcoholic.**



@1224





**29TH ANNUAL  
HICYPAA  
2025**

**"ROCKETED INTO A  
FOURTH DIMENSION."**

**CAMP ERDMAN, O'AHU, HI  
SEPTEMBER 26TH-28TH**

**COME JOIN US FOR A  
WEEKEND OF FUN, FELLOWSHIP,  
RECOVERY AND MORE!**

**\$125 COVERS LODGING, MEALS,  
AND TRANSPORTATION**

**RESERVE YOUR SPOT TODAY!  
COMMENT YOUR EMAIL AND  
NUMBER WHEN SENDING PAYMENT**

**QUESTIONS? EMAIL US AT  
HICYPAA2025@GMAIL.COM OR  
FOLLOW US ON INSTAGRAM @HICYPAA**



### A MESSAGE FROM THE HICYPAA TEAM

Aloha A.A. 'Ohana! Mark your calendars for an unforgettable weekend of fellowship, fun, and spiritual connection at the 29th Annual HICYPAA Camp out, happening September 26–28, 2025 at beautiful Camp Erdman on Oahu's North Shore.



Whether you're young at heart, or just young in sobriety, this event is open to all members of A.A. Connect with your sober community through a weekend packed with powerful meetings by the beach and bonfire, rope course adventure, giant swing, hiking, volleyball, and much more.

If you're a first-time camper or a seasoned HICYPAA attendee, this weekend promises to be a highlight of your year.

**Cost is \$125 per person, including six meals and lodging**—a small investment for big memories. We can't wait to see you there united in recovery, surrounded by nature, and lit up with the spirit of A.A. - Freddy P.

### STORIES OF HOPE

## Every Day Is A Miracle

### Josh B. - Kalihi, 'Oahu

The day my son was born, doctors found meth in his tiny system at Kapiolani Medical Center. Child Protective Services immediately took him away. That was my rock bottom, living at my mom's house in Kalihi, still caught in a cycle of using and trying to avoid the consequences.

Growing up in a small, crowded apartment in Kalihi, my family life was marked by limited resources and the constant chaos of my stepdad's drinking and abuse. **By high school, I found my escape in drugs, starting with weed at Farrington High.** This quickly escalated to ice, which I first tried with a friend at a park nearby, right here on Oahu.

My addiction quickly led me down a dark path of stealing cars and breaking into homes to support my habit. The cycle of arrests and short jail stints followed. **Each time I'd got out, I'd relapse, convincing myself I could just drink instead of using dope.** I was even sent to Halawa prison for three years. I'd attend required A.A. meetings like Happy Hour or 12 Coconuts at the park, just to get a signature for my parole officer, not to listen or participate.

When my son was born and put in foster care for a year, a social worker gave me an ultimatum: get into a program, or my son would be adopted and moved to the mainland. I said yes and on August 9, 2018, I started detox at ATS, the Salvation Army's treatment center up on the Pali Highway. I stuck with the program and, thanks to my mom pushing me, I visited my son every week.

Initially, I was only going to treatment to get my son back. **But something shifted, especially about a year into my sobriety when I truly started working the Steps with my sponsor.** I began to see the incredible benefits of the program, realizing that this was for me, not just my son.

Getting my son back when he was a year and a half old was an indescribable

**"For me, miracles happen every day. Every moment of sobriety is a testament to the power of this program."**

feeling. My relationship with my mom and family is restored; they trust me now, and I've even begun paying back for the jewelry I stole from her. **Life is truly good now. I cherish the moments with my son, who is now seven.** Even with two jobs and 70-hour weeks, I make sure to attend my home group, Wiki Men's Stag, and practice my gratitude list daily.

The turning point came a few months later after a particularly dark night. Alone and desperate, I stumbled into my first A.A. meeting. I wasn't sure what to expect, but what I found was a group of people who knew exactly where I was coming from. **They understood the pain, the shame, and the fear—and more importantly, they showed me there was hope.**



It wasn't easy. I had to earn everyone's trust again—the court, my son's mother, and especially my son himself. It took consistency, honesty, and patience. Slowly but surely, we rebuilt our relationship. Today, my son and I share a bond stronger than ever, grounded in honesty and mutual respect.

It wasn't always like this, but now when I sit in meetings, I share my story openly, hoping it might help someone else find the courage to fight for their own recovery. I'll always remember that I'm only one drink away from losing everything again, and that's why I stay connected, grateful, and humble, taking things one day at a time.



**FROM DA ISLANDS**

**I ♥ Molokai**

By Greta A.

I live on a rock in the middle of the Pacific Ocean. It's so rural that we don't have a single stop light or even a McDonald's. Our island of Molokai is 38 miles long and 10 miles wide with a 2 lane highway on one side. 3,600 feet of sheer cliff walls meet the Pacific Ocean on the North side with the highest point of 4,970 feet. Our North Shore Pali are the tallest in the world.



An A.A. member playing with baby pigs at the Mana'e meeting on Molokai.

**“We have three A.A. meetings a week. Two are on the east side of the island and one is in town.”**

Continued on page 6 →

**HEARD IN THE ROOMS**

**Bits of Wisdom You Can Take with A Grain Of Sand**

- 1 **“There are two types of business: 1) my business, and 2) none of my business.”**
- 2 **“The most spiritual thing you can do is tell the truth.”**
- 3 **“Miracles happen when you shut the f\*\*\* up.”**
- 4 **“When there's hope for the future, there's power in the present.”**

**VOLUNTEERS NEEDED!**

**OAHU INTERGROUP: WE NEED YOUR HELP!**

OAHU INTERGROUP is seeking a dedicated individual:

**INTERGROUP WEBTECH :**  
 proficient in WordPress and critical to keeping our communications up to date!

Contact us today for more about volunteer opportunities:

chair@oahucentraloffice.com  
 manager@oahucentraloffice.com

OAHU

**IT'S MAYJAH!**



**Have a story or idea?**

Email your stories, ideas, suggestions, events, comments, questions, or other inquiries to:

mynahbird@area17aa.org





BIG ISLAND

**BICYPAA-V**  
 Big Island Conference of Young People in AA  
**REGISTER NOW**  
**\$70/DORM BUNK**  
 LIMITED FAMILY HOUSING AVAILABLE.  
 CONTACT TOM O. FOR DETAILS 480-246-6242  
**For all other Details and Full Registration,**  
**Go to bicypaa.com**  
 Venmo Registration, leave your email address in the memo  
 and stay connected on Instagram




**NOV 7-9, 2025**  
 Island Breeze Retreat Center @ Makapala, Hawai'i

MAUI



**Hana Caravan**

	<b>2025</b>
Leave Paia Community Center 11:00 am	January 26 February 23
Potluck Wananalua Church 4:30 pm	March 30 April 27 May 25 June 29
AA Meeting follows 5:00 to 7:00 pm	July 27 August 31 September 28 October 26 November 30 December 28

For more information call  
**Jack B. (720) 495 - 2918**

We have three A.A. meetings a week. Two are on the east side of the island and one is in town. The two meetings on the east side of the island are on homestead land. Mana'e is mostly ag lands, farm lands and has the only treatment center on island.

There's a lot of wildlife here from chickens and deer, but lately my favorite are the baby pigs! There have been 6 that have been coming during our meetings. They play, piggy back rides, spin, bite with each other, they pair up for late day, playground antics.

These little pua'a ("pigs") are such a delight. I like to think of them as our little newcomers. They've reminded me of how grateful I am that newcomers are always welcomed with open arms in A.A.



**THE EVOLUTION OF A.A.**



**On the Agenda: What's Changing in A.A. This Year**

**Every A.A. Member's Voice Contributes To Our Shared Future.**

We're excited to bring you important updates from the recent 75th General Service Conference (GSC), where decisions were made that impact our Fellowship across the globe, and right here in Hawaii Area 17. **These annual gatherings are vital for the continued growth and service of A.A., reflecting our collective conscience and guiding our path forward.**

**"This year's Conference brought forth some truly notable recommendations..."**

This year's Conference brought forth some truly notable recommendations and actions that directly affect our literature, service structure, and how we carry the message in today's ever-evolving world.

Among the key discussions, the Conference made strides in **updating our foundational literature**, with progress reports on **the development of the Fifth Edition of the Big Book** and a recommendation to **expand the Twelve Steps and Twelve Traditions book to include the Twelve Concepts for World Service** and essays on them. Important decisions were also made regarding

how groups connect with the wider A.A. structure, including a recommendation to remove the phrase “A group may also decline to hear reports from a GSR at all” from page 10 of The A.A. Service Manual, which clarifies the vital role of our General Service Representatives.

**“As our world evolves, so does A.A.’s approach to carrying the message.”**

As our world evolves, so does A.A.’s approach to carrying the message. The Conference recommended revisions to the pamphlet “Understanding Anonymity” (P-47) to address anonymity and social media and developing a broader strategy and vision for digital communications.

Contact your home group’s General Service Representative or any other Area Service Member to discover more about these and other significant outcomes from the 75th General Service Conference, and how they reflect A.A.’s ongoing commitment to unity, service, and recovery. And, if you would like to play a bigger part in shaping A.A.’s future in your local community and beyond, consider joining Area Service.



**AREA SERVICE- WHAT IT’S LIKE**

# Joining Area Service at 80

## At 80 Years of Age, O’ahu Resident Kelley B. Proves It’s Never Too Late To Start Area Service

Written by Kelley B.

When I was at the orientation assembly for new GSRs in January, I was told to sign up immediately for the April 4-6 assembly, Inform the Delegate. Of course I didn’t. I did get a service sponsor and began learning the service structure and guidelines.

Mid-March she told me airfare would be less expensive if booked early. So I got my plane reservation and tried to reserve a car rental and pay \$35 to the assembly host in Maui. I can usually do that much on the computer but the only thing that took was the airfare.

**“I have the beginning on an idea of how A.A. service is structured, but there are still huge gaps in my understanding.”**

I spent the next two weeks learning the AA structures and beginning to study the concepts with my service sponsor. I have the beginning of an idea how AA service is structured but there are still huge gaps in my understanding.

A couple days before the trip I tried to confirm my car rental but discovered I had none. So I got another car reservation that was confirmed. Eight or nine rental companies are bundled together at the Maui airport so I was covered but I have no idea who I talked to at first. I was going to leave my car at the airport, but my service sponsor offered to take me to and from Honolulu Airport. I was very grateful.

*Continued on page 8 →*

**YOUR A.A. SERVICE MEMBERS**

# Your Panel 75 Area Officers

**Get to Know the People Working Behind the Scenes to Keep the Doors of A.A. Open in Hawai’i and Beyond**

<b>Area Delegate</b>	Deborah S.
<b>Alternate Delegate</b>	Sean F.
<b>Area Chair</b>	Deborah L.
<b>Alternate Chair</b>	Sean C.
<b>Area Secretary</b>	Gina B.
<b>Area Treasurer</b>	Adriana G.
<b>Area Registrar</b>	LiZz D.

### Standing Committee Chairs

<b>Archives</b>	Mike L.
<b>Convention Steering Committee</b>	Erin R.
<b>Cooperation with the Elder Community (CEC)</b>	Rochelle A.
<b>Cooperation with the Professional Community (CPC)</b>	Beau B.
<b>Corrections</b>	Nivan A.
<b>Grapevine/La Viña</b>	Kimo N.
<b>Mynah Bird</b>	Mike K.
<b>Public Information (PI)</b>	Christi N.
<b>Treatment and Accessibilities</b>	Francesca P.
<b>Website</b>	Mike U.

To learn more about your Area Service members as well as other AA service related information, visit: [area17aa.org](http://area17aa.org)

(Continued from page 7)

When I talked to the home stay person in Maui, I asked for two nights. Oops. Another surprise. I was told that it is customary for arriving GSRs to be provided only one night homestay. Then I spent an hour on the phone without any luck trying to find a room or Airbnb in Kihei for under \$200.

By this time I was beginning to develop a resentment, which is what expectations become when you get them out of LAY-AWAY. I didn't know what to do but my service sponsor had told me to call the area chair if I had questions. I did. I complained about this unofficial 'rule' that I hadn't been told about.

**“Finally, someone said I was old enough I could be considered handicapped and was entitled to a two night stay.”**

I booked two nights with the airline and now had no place to stay Friday night. The Chair kindly said she'd see what she could do. Not long after I got a call from my DCM saying they were looking for a place for me. Then I got a call from my service sponsor telling me she was looking for a place for me.

Finally, someone said I was old enough I could be considered handicapped and was entitled to a two night stay.

Very shortly I got a call from Greta from Molokai saying, “I got you honey. You can stay with me at my friend's.” She had stayed at my place for the orientation assembly.

It goes without saying that I was most impressed with the AA coconut wireless. I got to Maui just fine and found Greta. We both stayed with Sarah and had a great time.

The next day after breakfast, the Assembly started with the serenity prayer. Good Thing. Birthdays since the last assembly were called. Roll call was taken. Bob H., a past Area Delegate, gave an overview of how voting works, which is one of the main things we as GSRs do—voting on issues on behalf of our home groups.

After lunch, we were broken up into groups and assigned real-world items to discuss and vote on as a practice run. Some of the items we discussed and voted on are included below with our practice vote results included in parentheses:

1. Consider whether to remove the phrase “A group may also decline to hear reports from a GSR at all” from page 10 of the Service Manual. (Recommended)
2. Consider whether a super majority of 3/4ths of votes should be required instead of two thirds to change or amend Founders Literature like the Big Book. (No Recommendation)
3. Consider whether or not to update the book Living Sober to make it look and feel more current. (Not Recommended)
4. Consider if the 12 Concepts for World Service and essays should be included in the Twelve & Twelve. (Recommended)
5. Consider a list topics that had been proposed for the Grapevine. (Recommended)
6. Consider whether or not all sovereign state flags (potentially hundreds) be part of the flag ceremony at the International Convention. (Not recommended)

**“What surprised me... was that there were two floor actions made to reconsider something after a completed vote.”**

What surprised me, and others new to the process, was that there were two floor actions made to reconsider something after a completed vote. This is when a member who votes yes on something wants to change their vote after hearing someone from the losing side make their case. This resulted in the updating Living Sober proposal to fail and all sovereign flags flying at the conference to fail after there had been impassioned debate and, what seemed like, a consensus and victory just moments before.

KAUAI



*A day to celebrate hard work done, inside and out!*

It's time for our 4<sup>th</sup> Annual Potluck  
Monday September 1<sup>st</sup>, 2025 10am-4pm  
Hosted by The Waimea Canyon Group at Salt Pond

We'll have Unrehearsed Skits,  
The Count Down, And This Year  
Let's Flash Review The Steps!

Guest Speakers will include  
Delegate Report Back,  
Intergroup Report,  
District Report

Food  
Friends  
Fellowship  
Fun


Your Help and Input is Greatly Appreciated,  
Please Join us Thursday July 17<sup>th</sup> 6:30PM  
At The Waimea Plantation Cottages Boardroom

Questions or Comments can be directed to Blondy 808-631-3191 or Shoshannah 808-634-7236



After voting, Sean F., our alternate delegate, gave a presentation about money. He said that a dollar in 1975 equaled \$5.87 today and made a case for adjusting our personal contributions accordingly if A.A. is to remain self-supporting.

After the assembly was over, my last remaining jobs were A) to get two dozen Krispy Kreme donuts for my home group's group conscience on Saturday and B) to inform my group about the Inform the Delegate Assembly. Information is easier to swallow with donuts.

Now my next job is to register for the next assembly, book another inter-island flight and put my requests in for lodging and transportation accommodations. I hope the food is just as good as the last two have been. I know I'll meet a lot of new friends. 

### GETTING MORE OUT OF RECOVERY

## A Look Back At PRAASA 2025

### Hawaii A.A.s Recount Their Experiences at this Last Year's PRAASA Held In Anchorage Alaska

This year's PRAASA was held in Anchorage, Alaska from March 7th to March 9th with over 740 A.A. member attendees. It was an event packed with discussions and presentations on everything from carrying the message to remote communities, to celebrating young people in A.A., to the financial nuts and bolts that keep our groups running. Here are a few accounts of how it was by our Hawaii A.A. 'ohana.

### PRAASA 2025 Report by Karen N.

Mahalo to Kihei Morning Serenity for supporting my trip to the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA).

**This was the fifteenth time that I have attended PRAASA – the first two times were as the District Committee Member (DCM) for Kihei District, the next twelve times as either an Area 17 Officer or Standing Committee Chair and then this time representing Kihei Morning Serenity.**

It has been an interesting journey – both because of the different locations that I have had the opportunity to visit, but also a personal journey. The first PRAASA I attended was in Honolulu. I went with high expectations, having heard people share that it was a life-changing experience. That was not my experience. I did, however, learn from the experience.

**“This was a wonderful PRAASA – because of the information presented, new connections made, and old connections reestablished.”**

One of the things that I learned is that we are all different – much like spiritual awakenings, some are white flash experiences, and some are of the educational variety. I also learned that if one gets a service position, you are immediately “a part of”. This was a wonderful PRAASA – because of the information presented, new connections made, and old connections reestablished.

I took the “red eye” flight from Kahului to Anchorage on Wednesday night, arriving before dawn on Thursday. There were several of us from Maui on the flight. Thankfully the hotel let us check in upon arrival even though the official “check-in” time was 4 p.m. After breakfast and a nap, I went to the Convention Center for my Service Commitment.

I helped with registration – answering a few questions and passing out registration packets. It was a wonderful way to connect with the AA members attending PRAASA. There were many familiar faces and many new ones.

**“I highly recommend volunteering for a service position early in the PRAASA schedule, especially if it's a ‘first’ PRAASA.”**

I highly recommend volunteering for a service position early in the PRAASA schedule especially if it is a “first” PRAASA.

The agenda for PRAASA is very full – starting around noon on Friday with an orientation session and ending around noon on Sunday. In between the orientation for new attendees and the closing “stump the delegate” panel there were many panel presentations on many subjects from Pacific Region Area Highlights to The Plain Language Big Book. There were also “Round tables” covering service positions and service committees.

I'm not going to go through all of the presentations – just a few highlights that I wrote down. Recordings of all the panels and speakers are available on the Area Website – [www.area17aa.org](http://www.area17aa.org). Currently all are available on the homepage under 58th Annual - 2025 PRAASA Recordings. I also purchased a thumb drive with all the speakers.

**Continued on page 10 →**

## Karen's PRAASA 2025 Highlights & Insights

**Area Highlights:** Alaska and Hawaii have many similarities – we both have our own language, and we have to fly to get to Area meetings.

**Young People:** Our communication methods have changed, but honesty is the most important. Honest sharing is a testament that AA is working.

**Finding Balance:** Be wary of overwhelming workloads – its OK to say “no”. Be wary of too many service meetings and not enough regular meetings.

**Plain Language Big Book:** The history of the Plain Language Big Book is a long one – this was not a quick decision. It is another tool in eliminating barriers to sobriety. Be wary of contempt prior to investigation. As has been said, this is not a replacement for the Big Book, but rather a translation.

**“If everyone contributed \$12.40 to the General Service Office, GSO would have its expenses covered.”**

**Finances:** Always a difficult topic. We are still recovering from the Covid pandemic. An interesting fact – if every member of AA contributed \$12.40 to the General Service Office, GSO would have expenses covered.

**Remote Communities:** Remote doesn't necessarily mean geographically remote. There are many barriers that exist – language, meetings physically inaccessible to members for example.

**Trustee's Report:** We are still talking about the same stuff that we have been talking about for years – money!! We are still trying to rebuild the prudent reserve. Currently the reserve is about 6.4 months of expenses. We desire 9 – 12 months or reserve. Historically, there are cycles – no need to panic, however we still need members to continue to contribute, through your groups or individually. My favorite panel is always the “Past Trustees Panel”.

Some comments from our past trustees:

1. **Group conscience – the common goal to preserve unity.**
2. **Allow people to carry out their responsibilities.**
3. **Again, the group conscience, “be OK with sitting with discontent”. Rather than criticize, take action.**
4. **Stay out of judgment, love unconditionally, serve others.**

The last panel, lovingly called “Stump the Delegates” was the final panel. Current delegates answered questions that had been submitted to the “Ask it Basket”

PRAASA closed around noon on Sunday. I had planned my flight home for Monday morning so that I would not have to leave early. I had reconnected with a member who lives in Anchorage and has visited Kihei Morning Serenity on many occasions. We had the opportunity to spend the afternoon together – another one of the joys of AA service and AA membership. We have like-minded friends everywhere.

Mahalo for letting me be of service.

Karen N.,  
Kihei Morning Serenity General Service Representative

## PRAASA 2025 Report by Casey, District 9 (North Shore, O'ahu)

The annual Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) was held in Anchorage, Alaska from March 7-9th, 2025 with over 740 AA member attendees. The purpose of PRAASA is to develop greater unity among the members, groups, and areas of the Pacific Region (15 areas and one honorary Canadian area member), encourage the exchange of ideas and experiences, and provide an opportunity for members to discuss pertinent aspects of Alcoholics Anonymous before the General Service Conference.

Deborah, Area 17's Delegate, was joined by 44 AA members in service from Hawaii at the conference this year. For many of us, it was our first panel in area service and our first time attending PRAASA.

We experienced a native Alaskan traditional welcome ceremony which was incredible. We were able to hear all Area Delegates give updates on their areas, the Pacific Trustee report, past Trustees speak, and ask questions or bring concerns to any delegate. We learned from panels on Young People in AA, Finding Balance as an AA Member in Service, Plain Language Big Book, Fun with Finances, and Remote Communities.

## PRAASA 2025 Report by Greta, District 13 (Molokai)

What I learned is that we have so much in common and to learn from our sister and brother areas. I met so many incredible alcoholics in service and am brought back new ideas on how to serve and, hopefully, make things better in my district and area. I can't wait to attend next year's PRAASA right here in Honolulu.



To see the agenda from this past PRAASA or to find information on next year's PRAASA, visit:

<https://praasa.org/>

# A Conversation with A.I. About Step Six

**Sometimes the answers aren't in the machine—but the right question can help us hear what we already knew in our heart.**

This is a conversation I had with ChatGPT, a type of artificial intelligence chat bot, which I'm including for illustration purposes—to show the kind of dialogue that's possible and how a tool like this might be used to explore spiritual concepts in recovery. This isn't an endorsement of AI, nor is it a substitute for a sponsor, a home group, or the fellowship. But like many tools in recovery, it can be helpful when used in the right spirit—as a way to reflect, clarify ideas, and deepen our understanding of the Steps and ourselves.

**Mike:** *I'm having a hard time with the 6th step. I don't know what it means to be entirely ready to have God remove my defects of character. What does that even mean? What if I'm not entirely ready?*

**ChatGPT:** It's completely normal to struggle with Step 6. The idea of being "entirely ready" can feel vague, and if you're not sure about God or a higher power, it can be even more confusing. Let's break it down in a way that might make more sense for you.

## What Does Step 6 Really Mean?

**Step 6:** "Were entirely ready to have God remove all these defects of character."

### 1. Readiness Is About Willingness, Not Perfection

"Entirely ready" doesn't mean you have to be perfect or have zero resistance. It just means you're open to change, even if you're not sure how it will happen. Think of it as saying, "I want to let go of these things that hurt me and others, even if I don't know how to yet."

### 2. It's About Letting Go of Self-Will

Many defects of character—like dishonesty, resentment, fear, selfishness—are things we've used to survive. They served a purpose, but now they hold us back. Step 6 is about acknowledging that these behaviors no longer serve you and becoming willing to let go.

### 3. You Don't Have to Remove Your Defects Yourself

Step 6 doesn't say you have to fix yourself. It's about becoming willing to let something greater than you (even if that's just the process of recovery itself) help you change.

## 4. You Can Start Even If You're Not "Entirely Ready"

If you're not entirely ready, that's okay. You can start where you are. Some people pray, "I'm willing to be willing." The key is to recognize that these defects are obstacles and to be open to growing past them.

### What If You're Not Ready?

#### 1. Ask Yourself Why

What are you afraid of losing if you let go of a specific defect? Sometimes we hold onto things like anger or pride because they make us feel safe or in control.

#### 2. Look at the Consequences

Have your defects caused harm in your life? Are they blocking you from being the person you want to be? Seeing the real impact can help build willingness.

#### 3. Trust the Process

Recovery isn't about flipping a switch. Readiness often comes through working the steps, not before.

#### 4. Be Honest with Yourself

If you're not ready, say it out loud. That honesty is part of the process. Readiness isn't something you force—it's something that grows as you continue to recover.



As we continue to navigate recovery in a rapidly changing world, it's helpful to remember that while tools like artificial intelligence can offer new ways to reflect and learn, the heart of A.A. remains unchanged: one alcoholic helping another. Whether we're sitting in a circle on a folding chair, calling a sponsor late at night, or reflecting quietly on a new idea—we stay sober together.

Mahalo for spending time with this issue of the Mynah Bird. Whether you're new to A.A. or have been around for decades, your presence matters. Our stories, service, and shared experience are what keep the message alive across our islands. Until next time, keep coming back. We're glad you're here.

**HEY YOU! YEAH, YOU!**



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# HAWAII A.A. EVENTS

July 2025 - March 2026



## Hawai'i Island (Districts 7,8, 12)

### Aug 23-24: Area 17 Budget Assembly

A.A. service members from across the state vote on the upcoming budget for items affecting A.A. matters across the state of Hawai'i. Open to all A.A. members. Kona Imin Center, Holualoa, HI. 9am - 4pm Sat & Sun. <https://area17aa.org/>

### Nov 7-9th: BICYPAA-V

Register now. \$70/dorm bunk. Limited family housing available. Venue: Island Breeze Retreat Center. Makapala, Hawaii. Contact Tom O. for details: (480) 246-6242. <https://bicypaa.com/> IG: @BICYPAA

### Sep 1: 4th Annual Labor Day Potluck

A day to celebrate hard work done inside and out! Held at Waimea Plantation Cottages Boardroom. 10am - 4pm. POC: (808) 631-3191

## Kaua'i (District 6)

### Sept 1: Annual Labor Day Potluck

Salt Pond Beach Park in Eleele. Food, Skits, Countdown, Speaker, Area, Intergroup, and District Report Backs. <https://kauaimetings.com/calendar/>

## Lana'i (District 13)

### NEW MEETING: Island Fever - Saturdays at 1pm

Hulopo'e Beach Park, Manele Rd, Lanai City, HI 96763. POC: (305) 209-9049

## Maui (Districts 5, 11, 13)

### Monthly - Every Last Sunday: Hana Caravan!

Caravan meeting with potluck. Meet at Pa'ia Community Center at 11am to carpool to Hana. Potluck at 4:30pm. A.A. meeting is 5-7pm at Wananalua Church.

## O'ahu (Districts 1, 2, 3, 4, 9, 10, 17)

### Aug 15 - 17: Summer Roundup

Kololio Beach Park, Fun, Fellowship, Volleyball, Horseshoes and so much more!

<https://oahuuaa.org/event/the-annual-malia-roundup/>

### Sept 5 - 7: Kalihi Sobriety's 8<sup>th</sup> Annual Spiritual Retreat

Camp Homelani, Theme: "A New Pair of Glasses".

POC: [kssretreat@gmail.com](mailto:kssretreat@gmail.com)

### Sept 26 - 28: HICYPAA 2025

Hawaiian Islands Conference of Young People in A.A. Get "Rocketed into the Fourth Dimension!" Fun, Fellowship, Recovery, and more!

Venue: Camp Erdman, Waialua, HI.

POC: [HICYPAA2025@gmail.com](mailto:HICYPAA2025@gmail.com) IG: @HICYPAA

### Oct 30 - Nov 2: 62nd Annual Hawaii AA Convention

Waikiki Beach Resort. Meetings, Food and Fellowship, Golf Tournament, Hike & Meeting, Surf Meeting, and Volleyball Tournament.

<https://www.annualhawaiiConvention.com/>

### ★ Feb 27 - Mar 1, 2026: PRAASA 2026

Hilton Hawaiian Village, Waikiki Beach. PRAASA is a large regional A.A. conference to develop greater unity among the members, groups, and areas of the Pacific Region. <https://praasa.org/>

## Virtual Events (All Districts)

### July 17: Virtual Orientation for New GSRs

6-8pm. Hosted by Area 17. Orientation to Area service for new GSRs who were unable to attend the Orientation Assembly in January. Open to all A.A. members. Contact your local Area service member for more information or visit: <https://area17aa.org/>

If you are traveling to another island to attend an event, contact the event host to see if homestay or transportation options are available.

To submit your event, email: [mynahbird@area17aa.org](mailto:mynahbird@area17aa.org)

## Resources

24 Hour A.A. Helpline: (808) 946-1438

Alcoholics Anonymous: <https://www.aa.org/>

A.A. by Island: <https://area17aa.org/aa-by-island>

Podcast: A.A. Recovery Interviews  
<https://recoveryinterviews.com/>

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[mynahbirdaa.org](https://mynahbirdaa.org)



The content of the Mynah Bird is a reflection of the vibrant and diverse A.A. community in Hawaii Area 17 and does not imply endorsement by either A.A. or Hawaii Area 17.