

AN A.A. NEWSLETTER FOR HAWAII

# THE MYNAH BIRD

APRIL  
2026

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

## Carrying the Message In the Digital Age



**F**or many of us, our first contact with A.A. came through another alcoholic: a sponsor, a friend, a family member, or someone who simply said, “You might want to try a meeting.” Today, however, that first contact often happens differently.

Many alcoholics now find A.A. the way they find almost everything else in their lives: through a search engine, a website, or a mobile app. Someone who is suffering may search for “AA

meetings near me” late at night, on a phone, while trying to decide whether to reach out for help. In that moment, the website or meeting finder they encounter can function as a kind of digital front door to A.A. This raises an interesting service question for our fellowship:

How well are our digital front doors serving the alcoholic who is still suffering? (Continued on page 2)

**ALSO INSIDE** Local A.A. Experiences | Shaping A.A.’s Future | Lāhainā A.A. Assembly

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!



## FEATURED ARTICLE

# Carrying the Message in the Digital Age

*A Service Reflection*

Traditionally, A.A.'s service structure has developed around certain forms of communication: printed literature, phone lines, meeting schedules, and personal contact between alcoholics.

Over time, our fellowship adapted to support these efforts with service structures. We created literature committees, public information committees, central offices, and intergroups to help ensure that alcoholics seeking help could find A.A.

**Today, digital communication has become another major way people encounter A.A. information.** Websites often serve several important functions:

- Providing meeting lists
- Offering information for newcomers
- Connecting alcoholics to local service offices
- Sharing announcements and service information
- Directing people to the Meeting Guide app and other resources

## A Structural Question

Many A.A. websites at the Area and Intergroup level are maintained through volunteer service positions, sometimes referred to as "webmaster" roles. These positions have often grown organically over time, reflecting the technology and needs of earlier decades when websites were simpler and easier to maintain.

But as technology has evolved, **websites have become more complex systems** involving hosting environments, security updates, software platforms, and integrations with other tools.

This raises a few interesting questions that some service bodies may wish to consider:

- How do we maintain continuity in technical systems when service positions rotate every one or two years?
- What balance should exist between volunteer service and professional expertise when maintaining critical communication infrastructure?
- How can we best support volunteers who are asked to manage increasingly complex digital tools?

## Learning from the Broader Fellowship

At the level of the General Service Office, major A.A. digital systems—such as the official A.A. websites and the Meeting Guide app—are supported by professional staff and technical vendors, while volunteers provide strategic guidance through committees and service structures.

**This model reflects a balance that many service bodies already use in other areas.** For example, Intergroups commonly rely on professional services for things like accounting, printing, building maintenance, while volunteers guide the mission and direction of the work.

In this way, volunteers help determine what needs to be done, while specialists sometimes assist with how it is implemented.

## Supporting Volunteers in Service

One perspective worth considering is that strengthening technical infrastructure can actually help support volunteers, rather than replace them.

When technical systems are stable and well-supported, **volunteers and office staff can spend more time focusing on the work that matters most:** helping alcoholics find meetings, answering calls, and carrying the message.

Reliable systems can also make it easier for new volunteers to step into service roles without having to learn complicated technical processes from scratch.

## A Continuing Conversation

As our fellowship moves forward, it may be valuable for Areas, Intergroups, and service committees to continue discussing how digital tools fit into our broader efforts to carry the message.

**Some questions worth reflecting on might include:**

- What role should websites and digital tools play in A.A.'s service work?
- What can we do to ensure that these tools do the best they can to attract and carry the message to the next suffering alcoholic?
- What structures best support the development and maintenance of these systems?

The answers may look different in different Areas and Intergroups, but exploring these questions together may help ensure that our fellowship continues to reach the alcoholic who still suffers—wherever they may be looking for help. 🗣️

**FEATURED ARTICLE**

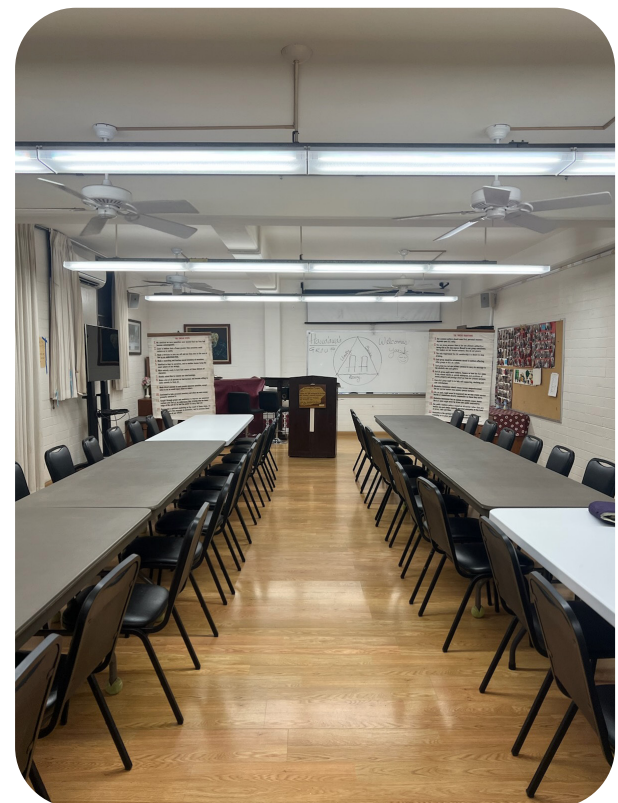


# Shaping A.A.'s Future: The 2026 Agenda

In April of 2026, A.A. volunteers gathered in assemblies across the nation to discuss and vote on a wide variety of important issues critical to the future of A.A. From financial decisions like changing the location of A.A.'s national annual business meeting—the General Service Conference (GSC)—to a more central and less expensive city, to modernizing how we carry our recovery message through digital tools and more relatable literature, **these discussions carry implications for the future of every home group.**

Here at home, members of our local A.A. 'ohana assembled in Maui to do just that. Under the theme, "Humility in Action", they weighed in on these national proposals to ensure that the unique perspective of our islands is heard. Here is a look at some of the items on the agenda.

**Continued on page 4**



Hawa'awa'a Group, Honolulu, Hi.



*High in the Sky, Maui, Hi.*

## Updating the A.A. Pamphlet on “Medications and Other Drugs”

Should we update the pamphlet, “The A.A. Member — Medications and Other Drugs” so that the stories are more informative and relatable for alcoholics dealing with modern medical and mental health issues?

The last major update was in 1984, with some stories added in 2007. **Many members feel the stories are outdated and don’t reflect today’s challenges**, such as the opioid crisis, legal marijuana, and prescription drugs that may have addictive potential such as stimulants or sleeping pills.

## Investing in Videos to Carry the Message

In an effort to reach visual learners and keep up with how people consume information today, there is a request to consider producing a series of animated videos based on the pamphlets *The Twelve Steps Illustrated* and *The Twelve Traditions Illustrated*. Supporters believe these videos could serve as new tools for sponsors (members who guide others through the program) to use with newcomers who might prefer video over reading a pamphlet.

## Using Contributions to Support Grapevine

For over 80 years, the A.A. Grapevine (our “meeting in print”) has been self-supporting through the sale of its magazines and books. However, due to rising costs for paper and shipping, Grapevine is facing a projected \$300,000 deficit. This agenda item is focused on discussing whether the Grapevine should be allowed to accept voluntary contributions from members and

groups, just like the rest of A.A. does when we “pass the basket”. What do you think?

## Adapting to Rising Costs on a National Level

The location where our representatives meet every year to discuss and vote on these items, have always been held in New York City, near A.A.’s national headquarters. However, **the cost of hosting this week-long event in Manhattan has become extremely high—over \$10,000 for each local region**, including our own here in Hawaii, just to send a single representative. There is a proposal to explore options for more central locations to save money so the money we contribute at meetings can possibly be used more effectively to carry the message to the alcoholic who still suffers.

## Creating Literature for a Unified Fellowship

A.A. continues to work on ensuring every alcoholic feels they belong. They’re reviewing progress on two new pamphlets:

- **A pamphlet for the Transgender Alcoholic**, is currently in the phase of gathering recovery stories that highlight the spiritual journey and the unique barriers faced by the transgender community.
- **A pamphlet for the Asian and Asian-American Alcoholic**, is also collecting recovery stories.

## Surveying Who We Are

Every few years, A.A. conducts a survey to get a “snapshot” of who we are. Are we mostly men or women? What’s our average age? How long have we been sober? What kind of jobs do we do?

This year's focus is on ways to make the survey more accurate, including potentially using the Meeting Guide app (the "folding chair" app many of us use to find meetings) to reach more members. Information like this helps professionals, like doctors and judges, understand that A.A. is a viable resource for their clients and gives us valuable information about ourselves.

## Get Involved

You don't have to be in A.A. service or a "service junkie" to have an influence on these topics. In fact **YOU** are exactly whose voice should be heard. This is about you and me, the people we see at the meetings, and maybe more importantly, the people who haven't made it to the rooms yet.

If any of these items interest you, talk to your group's General Service Representative (GSR) or District Committee Member (DCM). If you don't know what that is, that's okay, just ask around at any meeting and someone will point you in the right direction.



*Ala Moana Bonfire, Honolulu, Hi.*

You can also reach out to your District Committee Member (DCM). As our representative for all the islands, our Delegate is also available for direct feedback by email at [delegate@area17aa.org](mailto:delegate@area17aa.org) as she prepares to carry the heart of Hawaii to New York.



### AREA UPDATES

## Standing Committees

Standing committees are groups of A.A. members who take on specific areas of service—like bringing

meetings into hospitals and jails, sharing information with the public, or helping professionals connect people to AA. Most of this work happens behind the scenes, but it plays a big role in making sure the message is available to anyone who needs it. Here are a few recent updates from those efforts.

### Capturing the Strength & Hope of Our Kūpuna

The **Archives Committee** have been recording interviews of our A.A. kūpuna and are working on making these priceless stories accessible to members.

### Planning the 2026 Hawaii Annual Convention

The **Conventions Steering Committee** is working on this year's convention and has announced that it is scheduled for Oct. 29 - Nov. 1, 2026 at the Marriott Waikiki Resort and Spa. Info will be posted on [annualConventionHawaii.com](http://annualConventionHawaii.com) as it becomes available.

### A New Meeting Focused on Our Elders

The **Cooperation with Elder Committee (CEC)** has started a new meeting in honor of our kūpuna. It's being held weekly on Thursdays at 10 a.m. at Kawaiaha`o Church in Honolulu. Members with 30 years or more of sobriety talk first. All are welcome.

### A.A. Reaches Future Doctors

The Committee for **Cooperation with the Professional Community** in collaboration with members of the addiction medicine fellowship at John A Burns School of Medicine have approved incorporating a 10-minute A.A. presentation as mandatory viewing for all fourth-year medical students and rotating residents.

### Closing the Gap to Recovery

The **Treatment & Accessibilities Committee** is expanding efforts to connect people to AA where they are—helping newcomers get to their first local meeting after leaving treatment, jail, or the airport. Because sometimes the hardest part isn't finding A.A.—it's walking in.

These updates are just a snapshot of the ongoing work happening across our area. All of these committees are open to any A.A. member who's interested in participating—whether you have a lot of time or just a little. If something you read here resonates, reach out to your GSR or district/area service committee member for more information on how to get involved.



# DID YOU READ THIS?

## Let us know!



Go to [mynahbirdaa.org](http://mynahbirdaa.org) and press the **Big Red Button!** We'd love to know that you're out there, that you're reading, and that our work is making a difference. Thank you for your support!






have called. We are not supposed to give out our personal phone numbers, but once in a while I do for those I am particularly concerned about. In rare cases, I have ended up sponsoring some of them.

### A Simple Way to do Service

It is very satisfying and a simple way to do service. I am actively involved in my home group as a GSR and through that, work on the A.A. statewide newsletter, the Mynah Bird. That is fun and I get to travel to other islands, **but the personal phone calls are satisfying and enjoyable.** I like to talk with A.A. members everyday and this gets my Sundays off to a good start.

Sometimes no one calls. I think this is because online meetings have become so popular since they are available 24 hours a day. A.A. is doing its best to keep up with the times. 

### SERVICE EXPERIENCES

## From an Anonymous Phone Angel

**After being a phone angel for over ten years, I may be taking it too casually.**

Once in a while I am away from my phone for some of the hours I am scheduled, although my regular 6:00 A.M. to noon Sunday is pretty stable. I get calls from all over the country and most of them are sober calls thank goodness. The ones that are not, mostly want to argue. I do not argue anymore (unless I forget).

The phone angels work like this: when the main office is closed, the calls are forwarded to phone angels for six hours at a time, around the clock, until the office opens again. The caller sees the office phone number but not the phone angel's to keep anonymity.

**“I like to talk to A.A. members everyday and this gets my Sundays off to a good start.”**

Often, the calls are about the meeting schedule—when and where there is a meeting, what the online meeting code is, what neighborhood the meeting is in, etc. Sometimes people, mostly tourists, are lost in or trying to find a specific meeting. **Some people just need someone to talk to right then.** Some are in more serious situations, such as living with a violent alcoholic. They can be asked if they have called the police or child/adult protective services.

One of the best things that has happened through participating in phone angels has been sponsoring some of the people who

### RECOVERY ACROSS THE ISLANDS

## Molokai Keeps Us Coming Back

We have a lovely view from our home on Molokai, but from our vantage point there are utility poles right smack in the middle of our sunset view. I remembered telling a friend that I actually appreciate those poles in the view – they remind me of how life is on this special little island. There are so many things that are unique and wonderful but always tempered by some ‘flaw’ that keeps it from being perfect. And I like that!

My partner and I first visited here in 2016 on the suggestion of a friend. We spent a couple of weeks there then flew to the Big Island for the rest of our trip. When we got to the hotel in Hilo we put down our suitcases, looked at each other and said ‘wish we were back on Molokai’. Eventually we built a home here for ourselves and spend as much time here as we can manage.

**“We found a recovery community that was welcoming and passionate about sobriety.”**

We found a recovery community on the island that was welcoming and passionate about sobriety. As newcomers we were welcomed and loved – not scolded or preached at.

We’re still active in recovery in our hometown on the mainland, where there are literally hundreds of meetings a month, but we attend more meetings here than there.

In Molokai folks share ‘from the heart’, being honest about their struggles and setbacks, not just trying to say the ‘right thing’ and look good. Newcomers are honored and respected.



They're encouraged to talk about what they are going through, not told to 'just listen'. Members who relapse are welcomed back with love and relief.

There is a deep spirituality shared by many in recovery here, whether they are religious or not. People in meetings speak with gratitude and joy about the success of regaining family and self-respect, not so much material achievements of finances and possessions. They speak of their restored connection with a higher power.

Recovery here is not perfect – there are 'utility poles' in the view! Yet recovery here is genuine and has grown in a way that inspires my partner and I and keeps us coming back.



## BACK ON THE MAP

# Resilience and Service at the Lāhainā Assembly

After years of being sidelined by the global pandemic and the devastating fires that swept through the area, District 13, which includes Lāhainā, recently made a triumphant return to the center of Hawaii's AA community by hosting the Area Assembly. For many in the area, the event was more than just a business meeting; it was a symbol of recovery and a testament to the strength of the local fellowship.

## A Leap of Faith

Danielle S., the District Committee Member (DCM) for District 13, admitted she was initially hesitant to take on the responsibility. Between working two jobs and the lingering effects of the fires, she wasn't sure if she—or the district—was ready. "We hadn't hosted anything in years. The first time was because of COVID. The second time because of the fire," Danielle explained, noting that her predecessor had been cautious about volunteering the district for hosting duties.

**"We hadn't hosted anything in years. The first time was because of COVID and the second time was because of the fire."**

However, Danielle felt a strong pull to step up. "I think... we're ready. We need this," she recalled thinking. "We've been sitting on this too long". Despite her nerves—including a moment of panic when they drew the "Assembly" slot instead of a smaller committee meeting—she moved forward with a "will and a way" attitude.

## The Power of the Team

Danielle's approach to hosting was defined by trust and delegation. Drawing on her experience chairing a previous event, she focused on finding reliable people and letting them lead.

This was a conscious choice to avoid the burnout and stress she had seen in other leaders who tried to do everything themselves.

The community stepped up in a major way. District officers took on roles as chairs for food, registration, and transportation, while "three old guys" from her home group volunteered to handle the kitchen.

**"I just had to sit back and watch my higher power work."**

Danielle describes a pivotal moment on the day of the assembly: she left for 15 minutes to pick up cinnamon rolls, and when she returned, the room had been completely transformed by the decoration committee, and the kitchen was in full swing despite a minor oven scare. "I wasn't in the driver's seat," she realized. "I just had to sit back and watch my higher power work".

## Service Keeps Me Sober

The feedback from attendees was overwhelmingly positive. **Participants described the assembly as one of the most well-put-together and best they had ever attended**, citing the quality of the facility and the food—which Danielle joked included coffee "better than Starbucks," even if they did go over the food budget.

The significance of Service For Danielle and the people of Lāhainā, the assembly's success was deeply personal. **Danielle credits her involvement in A.A. service with keeping her sober through the isolation of COVID and the trauma of the fires.**

By bringing the assembly to Lāhainā, the district proved that despite the challenges they have faced, they are not only "back" but are capable of leading with excellence and hospitality.



We hope you enjoyed this issue of the Mynah Bird. We wish you continued growth and serenity in your recovery. If you have ideas, stories, or content that you'd like to see in future issues, we would love to hear from you—please reach out at [mynahbird@area17aa.org](mailto:mynahbird@area17aa.org).

# HAWAII A.A. EVENTS

April - May 2026



## Hawai'i Island

### Apr 24 - 26: Big Island Bash

Join us for the 35th Big Island Bash April 24-26, 2026 at the Outrigger Kona Resort, Keauhou, Hawaii.

### May 17: Puna Committee Workshop

Learn how we can carry the message beyond the group. Held at the Puna Hongwanji 12-4pm. Lunch provided.

## Kaua'i

### Apr 24-27: Women's Retreat

Hale Koa Kokee, Hawaii. Register and pay online

<https://www.eventbrite.com/e/spring-aa-womens-retreat-tickets-1984190198296>



### Apr 24: Al-Anon Spring Assembly Fund Raiser

Bake sale, speakers, and fellowship. 12:30pm - 3pm. Lihue Lutheran Church 4602 Hoomana RD, Lihue, HI.

<https://kauaimeetings.com/calendar/>

### Apr 25: Sponsorship Workshop

2pm - 4pm. Your favorite ninja turtle food, pizza, will be included. Lihue Lutheran Church 4602 Hoomana RD, Lihue, HI.

<https://kauaimeetings.com/calendar/>

### May 22 - 24: 2026 Kauai Roundup

Weekend-long conference including camping, cabins, meals, and a diverse range of workshops and speakers.

<https://kauairoundup.org/>

## Lana'i

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

Hulopo'e Beach Park, Manele Rd, Lanai City, HI 96763.

POC: (305) 209-9049

## Maui

### 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

### Apr 24: 73rd Annual Men's Retreat

April 24 @ 3:00 pm – April 26 @ 12:00 pm.

<https://mensretreatoahu.com/>

### May 2: Homegroup Health Workshop

Join us for workshop, Potluck, and fellowship. 10am - 2pm at Sunset Beach Rec Center on the North Shore.

### May 10: Ms. Daisy's Paniolo Brunch

Kealahi Point Banquet Halls at He'eia State Park. 10am - 3pm

### May 22 - 24: 27th Annual Westside Roundup

Meetings, disco, movies, beach, games, kids tent, haka, karaoke. \$15-\$30 teens & adults. Contact Koa (808) 347-2807.

**Tip:** Contact event hosts to inquire about if homestay or transportation options are available for events.

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

## Resources

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

Podcast: A.A. Recovery Interviews:

<https://recoveryinterviews.com/>

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

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



# Join Our Email List!

Scan the QR code or visit us online at the address below to sign up.

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



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