



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER

P67 Issue #6 October 2017



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org

CONTRIBUTION MAILING ADDRESSES:

Hawaii Area Committee
1253 Beretania St., #2107
Honolulu, HI 96814-1822
(Please include District # and Group name)

General Service Board
P.O. Box 459, Grand Central Station
New York, NY 10163
(Please include group service # and group name)

This, too, is service to AA!

PRAASA 2018

March 2-4, 2018

Sparks, NV 89431

See Registration Form on page 11

**Next Issue of the Mynah Bird will be published
for the January Inventory Assembly**

DEADLINE TO SUBMIT YOUR ARTICLE

Saturday January 20, 2018

UPCOMING AREA ASSEMBLIES AND COMMITTEE MEETINGS for Panel 67

(Please purchase tickets early and use the Area's code for Hawaiian Air if you purchase air travel from Hawaiian. It can be found at Area17aa.org)

January 27 & 28, 2018

Inventory Assembly

No Ka Oi District #5

February 2018

Committee Meeting

Waianae District #17

April 2018

Inform the Delegate Assembly

Diamond Head District #1

May/June 2018

Committee Meeting

Puna District #12

August 2018

Budget Assembly

Hilo/Hamakua District #7

October 2018

Committee Meeting

Kauai District #6

November 2018

Election Assembly

Central North Shore District #9

Table of Contents

Having a Spiritual Awakening

Step, Tradition, and Concept 10

A Letter from Joel – A request from Area Treatment Chair

He’s a Real Tool....

Confessions of a Service Junkie

My Sobriety

Emotional Sobriety

Service Committee Photos

PRAASA 2018 Registration Form

Group History Form

Long Timers Interview – Suggested Questions

Word Puzzle – Gratitude

Service Position – Alternate Webmaster

Would you like to increase your skill set? Ready to advance your learning curve? Best yet, would you like to be of service to Area 17?

There is an opening for an Alternate Webmaster. There will be almost a two-year training period with the possibility of becoming Webmaster for the next panel. There is no need to be a member of the Website committee, just a willingness to learn and be of service. Contact me at webmaster@area17aa.org

Val V. - Webmaster

Heard at a Meeting

“Anything you think you hear, run it by your Sponsor.”

Having a Spiritual Awakening

I blacked out the first time I drank alcohol at the age of 15 and continued to drink until I was 57 years old. At that time, I finally got a DUI. Over a period of about a month, unbeknownst to me, I began to have a spiritual awakening. My first awareness in this process was “I’m an alcoholic”. That happened in the bar where I drank and I pronounced it out loud to my drinking buddies. That realization was not bad news to me. In fact, it felt like a fresh breeze as I realized that this was **WHY I DRANK AS I DID**. It was good news because, knowing the problem awakened me to the answer: Alcoholics Anonymous.

Three days later I found myself at my first A.A. meeting. I walked away from that meeting having received several messages. These were people who understood my drinking problem and did not judge me for the way I drank or the problems it caused in my life. Being understood that way was another spiritual awakening for me as I felt that I **WAS NOT ALONE**.

At that same meeting, people talked about how they went to meetings, worked the Steps, got sponsors and how their lives changed for their better. I realized that **THERE IS A WAY OUT**. This gave me **HOPE** that, if I did what they did, I could have a better life. I didn’t even need a life as good as theirs; I believed that my life would get better and that was enough to keep me coming back.

Early on, I heard someone share at a meeting that **HELPING ANOTHER ALCOHOLIC** was the most spiritual thing anyone could do. I had been working in helping professions most of my life so that was great news to me. All my **FAILURES BECAME ASSETS** because I could connect with suffering alcoholics simply by telling them my story.

Transforming from someone who knew it all to someone who was willing to listen to suggestions and learn from the experiences of others was a very **HUMBLING EXPERIENCE** which improved my life immensely as I began to practice **HONESTY** and gain **INTEGRITY**.

Doing the 4th and 5th Steps brought several spiritual results. I realized that I am a human being, no better nor worse than anyone else. I don’t have to continue carrying resentments and fears that had

weighed me down for many years. It enabled me to hold my head high and look others in the eye as equals.

Very spiritually... one day I realized that I hadn’t thought about suicide for a long time.

I have tapped that **UNSUSPECTED INNER RESOURCE** spoken of in the back of the Big Book. In place of those voices which tempted me drink or drug or engage in other questionable activities, I now hear the voices of my sponsors and the people in the rooms. These voices always have the right answers.

I **MEDITATE** every morning and most nights. From that, I have learned **MINDFULNESS**, being aware of my thoughts. **AWARENESS** gives me choices. I don’t have to believe every thought. **THINKING** has become a spiritual tool.

I have learned the spirituality in **PAUSING** before responding to every stimulus.

I have learned the spirituality in **WAITING** for a result after I have done what I could do for myself.

I have learned that I don’t have to do everything alone; I have the help of our **COLLECTIVE HUMAN POWER** to stay sober.

“Spirituality is something quite different. Spirituality is something that absolutely everyone who gets up in the morning has. Spirituality is any of those factors in our life that we cannot see that affect our life. That’s a huge area. Spirituality is things like hate and love, anger and joy, peace, serenity, caring, helping. All of those kinds of things that go on between people. That affect who I am, who I will be and how I will act. Everyone, however they may describe it, has a spiritual component in their lives. -from a speech in 2011 by the then chairman of the board of Alcoholics Anonymous, the Very Reverend Ward B. Ewing.

There is nothing more spiritual than the feeling I get when I see a newcomer who “gets it”. This is akin to what the Buddhists call **COMPASSIONATE JOY**, the joy we feel for the joy of others.

Finally, there is the **COLLECTIVE SPIRITUALITY** of being in a room full of people who all have their own spiritual beliefs, yet they can all relate to each other because of our common afflictions and our common solutions. I love A.A. -Rich H, Kihei, HI

Step, Tradition, and Concept 10

The Tenth Step, Tradition and Concept of service are all related. The Tenth Step teaches me to continue to examine myself in writing on a nightly basis, and to promptly practice Steps five through nine when I'm wrong. The Tenth Tradition teaches me that by taking my own inventory, I stay out of controversy by not taking your inventory. The Tenth Concept teaches me not to take inventory on how I shape up according to my vision of myself, but to take inventory of God's vision of me: Am I of service by accepting the responsibilities, to carry the message that God gives me? And it also challenges me to change my alcoholic attitudes towards authority.

The cycle begins with frustration. If I fail to deal with my frustration, it becomes anger born of fear. Anger that is not overcome with some love and tolerance becomes resentment. Resentments trigger self-pity or depression. Self-pity always preceded my first drink.

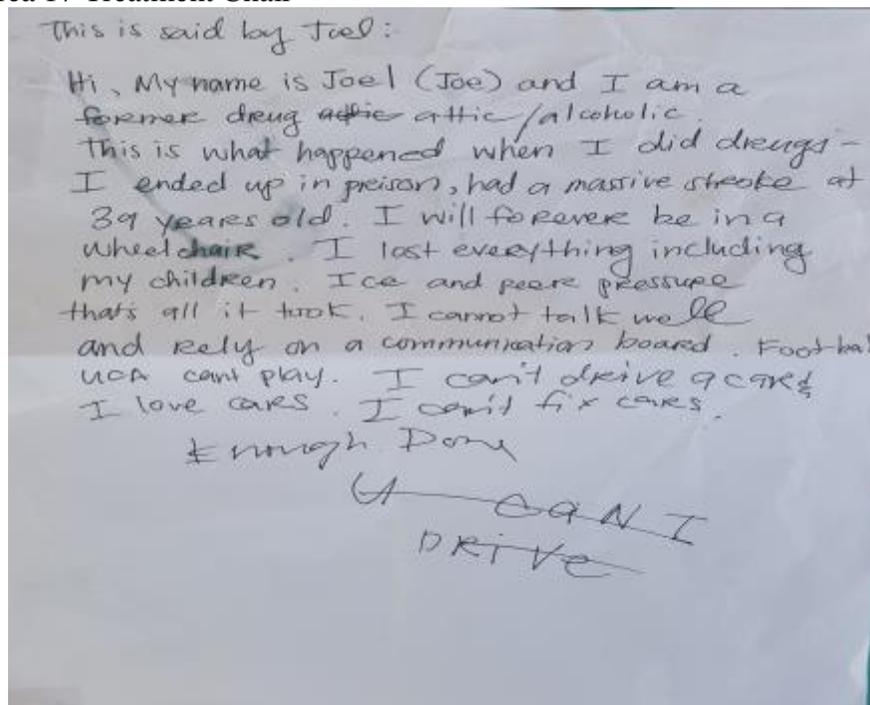
Without a nightly written inventory, I become involved with the wrongs of the world that I think keep me from being happy. Dwelling on the defects of others prevents me from seeking my own and have to change. In Sobriety, I have the authority to accomplish many responsibilities that make my life a very rich one. I can give up completely my old ideas about resenting anyone else's authority and instead respect it as God given. Your authority is no longer a threat to me, but an opportunity for me to be of service to you in any way you call upon me. Helping you do God's will is a whole new view of authority I never had before.

Mahalo! Steve Q

DCM Kauai District 6

A Letter from Joel

"Aloha Clifford, here is the letter written by Joel the special needs at Leahi Hospital. I explained the conflict to his nurse and she edited his letter with his admission of having been an alcoholic as well so she added alcoholic to the letter. **I'm reaching out to the Fellowship so we can come together and bring in a meeting for him.** I've been doing it for 2.5 months and it's only been me and him so we would listen to A.A. speakers on YouTube. Would it be possible that you include his letter in the next Mynah bird letter? Thank you and Aloha!"
Ernest S. – Hawaii Area 17 Treatment Chair



He's a Real Tool...

I call him "Alkie, Alkie Cravens". I invented him. And you might say he invented the alcoholic me. He is a cartoon character that I created to personify the physical cravings, automatic thoughts, habits, self-defeating behaviors, and character defects that we eventually come to recognize as our alcoholic thinking. In practical application, summarizing all of that insight into the reasons we drink was just too unwieldy, when confronted by the pressing challenges of life. So I just call him "Alkie, Alkie Cravens". He's that little voice in your head that always leads you astray. He says things like "See, your (insert appropriate authority figure) was right. You can't do it. You tried, you failed, Big Surprise. You might as well have a drink; it will take the pressure off." What he doesn't say is that HE is the one applying the pressure, pulling your strings, and pushing your buttons. He knows them all very well, he was already lurking when they were installed.

Go ahead, name your Bad Self. So that you can begin to separate your Better Self, and your future, from it. So that you can change, and grow, and finally quit. The first step is awareness, just listening to the manipulative justifications and convoluted rationalizations that he hopes to slip past you without question. "Of course you'll go to the bar, its two hours until your flight takes off." **He is completely in charge of Auto-Pilot.** Hit pause momentarily to remember what happens when you sit at the bar, and review all of the reasons you want to stay sober. I start simply, "No, I don't drink anymore." He loves a challenge. "You don't have to order a drink to have the shrimp, but after being singled out by the baggage screener like that, who could blame you?" Now it is time for a firm affirmation. "I don't even want a drink. I'm going to the food court. I am just hungry." He may insist. Then I tell him where to get off. That I am not going to be manipulated by a sleazy little jerk like him anymore. That is usually all that is required. If he is still persistent I sometimes literally flick him off my shoulder. I usually use my middle finger, but that's just because I am kind of immature for a 61 year old woman.

Alkie Cravens is absolutely obsessed, since his only purpose in life is to drive us to drink, his very

survival depends on it. He is cunning, baffling, and loves it when people say he is powerful. I visualize him sitting on my shoulder, whispering his manipulations, "You can't just ignore that trigger! It's your trigger after all!!!" in my ear. Such a Drama Queen, there is no such thing as a little problem to Mr. Cravens. No, every problem is huge and justifies a drink immediately. He is as well versed as we are (since he lives in our heads) about our own reservations about aspects of the program. "They don't know what they are talking about. Just plain bad advice. Just read that chapter To Wives yet again. Remember how much that archaic nonsense helped when we were married to Dr. Jekyll and Mr. Hyde?" He knows exactly how to pick away at our resolve and undermine the support systems for our sobriety. He is still working on his B.S. in irrelevant babble after all. When he gets especially pushy, I imagine I am Robert DeNiro in Taxi Driver, "You talkin' to me, Alkie?" Okay, so 61 with less than a year of sobriety. Maturity will come with ongoing sobriety, from what I have observed in the rooms.

At first, he was loud, obnoxious, pulling my strings, and playing my cravings with glee. Once he's been recognized as the nemesis he is, confronted and shut down regularly, he becomes more subdued for a while. I believe that has to do with abstinence, with not stimulating the neuropathways to the receptor sites in our brains that create our very real physical cravings.

Or maybe he just gives up after a while. But he is always lurking, waiting for an unguarded moment or an overwhelming fear, waiting to rush in to comfort us, offer some familiar numbness, some temporary oblivion to make everything OK. "Relaxxxx...you deserve it after what you just went through." He tempts, and entices, cajoles, and ruminates on the injustices of our little world ad nauseum. He never forgets an insult, or a slight. But when it comes to taking responsibility, he has total Amnesia.

In a meeting recently, a young woman tearfully confessed to relapsing yet again. She collapsed in tears of shame, guilt, and contrition. She said "I hate myself". **Don't hate yourself. Hate that little voice in your head that won that round.**

Shame and guilt are just more material for Alkie's routine. It happened, deal with it. Use it, don't waste it. Learn from it, so he won't get the best of the Better You again.

So I shared next. What I learned from my last relapse. What my little nemesis was whispering in my ear right before that. Playing on my frustrations and insecurities. "Poor, Poor, Pitiful Me..." What I wish I had said and done to shut him up, instead of drinking. We can ruminate for hours about some petty conversation at work. So go ahead and pick this imaginary conversation apart to really learn from it. So that he doesn't trick us with the same rationalizations ever again.

When I confessed my LAST relapse at my homegroup, they clapped for my return. I understand that ritual support, but Alkie was so thrilled that he preened for the ladies and took a bow. He thought they were acknowledging his triumph. I told you he is a Real Tool. After a couple more weeks of confession and counting days, I announced that I would not be announcing

my relapse anymore because I don't believe in positive reinforcement for negative behavior. Or in giving that little jerk the satisfaction of acknowledging his momentary victory over my Better Self ever again.

I am not my addiction. I can give it funny names, question it, challenge it, and **choose to defeat it.**

Just because Alkie tells me to do something stupid doesn't mean I have to act on it. Now I recognize his subtle hiss and flick him off, tell him off, or question his faulty premise. Every time I say NO to his cunning, baffling B.S., it strengthens my resolve and clarifies my commitment to my sobriety. By personifying my cravings and alcoholic thinking I was able to enlist my innate stubbornness to challenge the automatic loop that always ended, eventually, with a hangover. Now, there is something really satisfying about flicking him off my shoulder, and right out of my head.

Pass it on.... He'll hate that!

Joanne O.

Confessions of a Service Junkie

I started volunteering at a young age and it wasn't my fault. Honest! I think I was in the fifth grade when the nuns made us bring in slivers of soap from home. I have no idea where they were sent—the idea was to boil then down to make full size bars for those less fortunate than us. I just remember being embarrassed 'cause my slivers were so stingy—smaller than a stick of gum. By the time I was in high school, we had graduated to collecting money for St Jude's Children's Hospital and the like. Needless to say, by this time, I was an over-achiever.

Fast forward to my years in AA: I hit pay dirt! Service opportunities galore! No more need to collect money! I could make coffee; wash cups; be a greeter, meeting secretary, IG rep, recording secretary, treasurer, GSR. And a whole new realm of service opportunities opened up. Like Homestay Chair.

How difficult could that be? It's just one assembly. I had months to do this. Everyone knows that, when asked to be of service in AA, we say yes; right? The short answer is not exactly. Silly me! People have a life: homes under construction, vacations, relatives coming to visit, surgery, etc. And some people just say no—that is allowed, after all! No explanation required.

By our July District meeting I was in a panic. We only had had 20 hosts come forward with 37 available "beds." Never mind we only had 10 requests for homestay at that time. With visions of grandeur I expected 125 registrants; surely we needed a minimum of 75 spots! "Leave room for God," I was instructed. God and West Hawaii AA responded.

Our district extends from Honoka'a to Waimea, Kapa'au to Waiohinu. We got homestay offers from Halaula and Ocean View, including accommodations in a tree house (accessible only by 4WD) and a dry-docked boat (with a limited-use marine head). By the time of the assembly, over 40 individuals came forward with places for 73 guests.

While some people said we wouldn't get that many people for a budget assembly, over 120 did register. We placed 47 individuals for homestay. Others stayed with family and friends or made their own arrangements. In

the end, everyone was happy. Visitors were grateful for a place to stay. Those that had never offered homestay before were grateful for the experience. We are a fellowship where one alcoholic helps another. Am I still an over-achiever? Don't know—not judging myself anymore. What I do know is that I have a full and grateful heart. And I learned a valuable lesson on Rule 62: “Don't take yourself too damned seriously!” Mahalo to all who were in service for our 2017 Budget Assembly homestay. We could not have done it without you!

In love and service,
Donna K
Nooners GSR
West Hawaii District 8

My Sobriety

This was my 21st year of sobriety and I can't believe that it is true. I have the trials and tribulations (especially this year). This was the year that I got to see the 10th Promise in action. ***Fear of people and of economic insecurity will leave us.***

I have been unemployed and then given the job I have always dreamed of. I have had my checking account hacked and then gotten the money returned. I have had to pay back the unemployment that I received and have had the Department of Education decide that I needed to pay over \$900.00 for a student loan payment. I will be getting that one back also.

Through all of that, I wasn't afraid that I would lose my sanity or wish to drink. I was actually pretty calm about the whole thing.

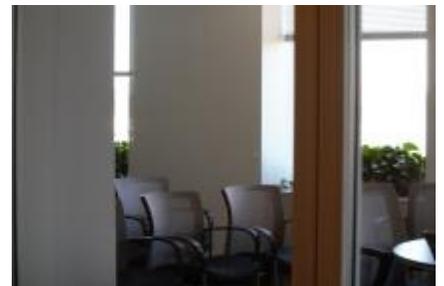
The fear of people leaving me was shown in a variety of ways. I am able to communicate with the people in Area 17 and work as the Webmaster (really not much of a Master). I no longer think that everything is a personal dig at my inability to do something. I was able to more or less interact with the drunk people at my daughter's wedding (held in her back yard in rural Maine at the end of September). Then I was able to venture onto the New York subway system and walk up to people to ask directions because I was lost. I also got a great walking tour trying to find the various subway stations.

The upside to all of that was that I was able to be present and lucid for my daughter and got to see how beautiful and happy she is. I also got to visit GSO and I took some great pictures of the Hudson River from the offices. I will publish some of these on my area of the website.

My sobriety is more than I can ever dream of and it will keep getting better as long as I don't drink, work the program and do service. I am grateful for all of the people I know and the gift that God has given me to be a part of the incredible group of people that make up Alcoholics Anonymous.



Grant's Tomb



Conference Room at GSO where they hold the Friday AA meeting.

Emotional Sobriety

On a recent Saturday I received a double blessing. Friends of mine on Hawaii Island had put a friend of theirs from Texas in touch with me. He would be visiting Oahu for work and was hoping to be introduced to our local fellowship. As I love traveling and have always been show great hospitality and aloha by the fellowship at my destination I was quite pleased to be able to return the favor. That he's a great fellow and fun to be around and share our experience, strength, and hope made it all the better. That's one blessing.

The second, besides the simply lovely weather, was that our own District 17, Waianae, was hosting a workshop on Emotional Sobriety at Pokai Bay. I asked our Texas guest if he'd like to attend, and as a bonus, get to see a lovely part of the island. Of course he would he said, it's just the sort of thing he wanted to do to connect with us here in Hawaii. So on Saturday morning, along with another member who wanted to attend off we went.

For those who don't know, Emotional Sobriety is a topic that Bill W. discussed in 1958 letter to a friend. You can find it in the online A.A. Grapevine archives as well as reprinted in the book, Language of the Heart entitled, **The Next Frontier--Emotional Sobriety**. Bill suffered terribly from depression, even after years of sobriety, and reached a clarity about the issue that it's worth repeating:

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer. . . "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence--almost absolute dependence--on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

I can tell you from my own experience that you don't need to need to suffer from terrible depression to have a great need to develop emotional sobriety. That truth was certainly backed up by the three panelists at the workshop.

All three members of the panel had years of the sobriety, the newcomer among them had twenty-seven years, more than double my own thirteen. Here were the voices of experience.

They all shared bits of their stories and reinforced the idea that once we've "solved the drinking problem," we are really still at the beginning of our journeys. They related that, even with years of sobriety, they could be challenged, not so much by events in their life, but by their own reaction to things, to their own dependencies as Bill might say.

It was great to hear such heartfelt truth and honesty and, though it might seem contradictory, it made me glad. Not that we will always face challenges, though it would seem we will, but that we have the tools and support to get through them and not just to get through them, but to thrive and emerge healthier and happier than before.

I've had my own challenges with emotional sobriety and my own moments of realizing that for me, not drinking is only the start.

Last year, at twelve years sober, I went through an emotional wringer that almost laid me out, even though at no time did I ever want or even consider drinking. Suicide yes, drinking no. Was I seriously suicidal? No, thankfully I didn't get that far, and if I had I hope I would have sought professional help. I was approaching that point though and it required all the tools in my spiritual toolbox to breakthrough.

At twelve years sober, many spent in general service in positions of increasing responsibility I'd been validated by you, my peers. At work I had over seventeen years of service with consistent excellent evaluations. I'd lost over one hundred pounds and was looking much healthier than I had been in years. In short, most everything in my life was great.

Except I was living in an apartment that was a mess. It was a co-op with tenancy owned by my family, originally my mother. It was in an older building that was beginning to show its age with plumbing problems and more. Several years ago when I newly sober it had flooded from above and that had really made a mess of the walls and flooring. Because I had not yet recovered financially I'd been unable to make real repairs at the time. At some point I gave up and was simply living there because I could not see an out.

Now it may seem like a simple thing to pick up and move and for some it is. For others, people like me it would seem, it's not so easy. I'd somehow developed an unhealthy dependency on my relationship with this place, my self-image, and my history in it.

In short, I was very literally holding myself prisoner in a place I wouldn't wish anyone to live. Yes other parts of my life were running on all cylinders, but that one bit was infecting everything else and I was running out of hope.

I would like to say that I am not only motivated by pain. I have been able to make a lot of changes in my life motivated by wanting an improvement even when what I have doesn't hurt. This was not one of those times.

I'm very grateful that I was finally able to realize that if anything was going to change, it would be me that had to initiate the change. I had to be willing to turn my will and my life over to my Higher Power in this area. I had to be willing to Let Go and Let God. I had to become entirely ready to have God remove this defect of character. And finally, before it was too late, I was.

I did the work we know to do, I did inventory, I talked with a sponsor, I asked for help. And help was forthcoming as it always is when open the door just a little. I learned that I was the one treating myself badly; it wasn't circumstance, bad luck, or others. It was me. And I could change. I did.

I now live in a much nicer place, not bigger, though it quite enough for my needs. The walls are intact, the furniture new, the clutter gone, and work hard to keep it up. I no longer feel hopeless and helpless. Instead I feel grateful and happy.

I also know that this is my life now. I am sober, I don't drink. But I can still be my own worst enemy, indeed my only real enemy, but I don't have to be. I can also be, besides my Higher Power, my own best friend.

I'm sure something else will come up in the future, that's the nature of life. The requirement to be emotionally sober isn't something restricted to alcoholics, but if I'm any example, it's something we must pay attention to or be willing to pay the consequences. Today I'm not willing to pay the consequences. I trust that tomorrow when my next challenge arrives, I'll be willing to do the work and make being happy, joyous, and free a reality in my life and not something I just pay lip service to.

And so I was glad to be at the workshop this weekend. It really brought home the fact that I am not alone in my struggles, and far more importantly, I am not alone in our solution.

My friend from Texas? He's glad he came and go to hear and carry the message of hope and love that is A.A. by the water at Pokai Bay. Imagine that, hearing honest sharing and recovery at one of the nice little beaches around, surrounded by the Waianae mountains on a beautiful October day.

I have much to be thankful for and I hope and pray I never, ever forget it.

Yours in love and service,

Bob H.

Grapevine Display
Budget Assembly 2017



Mynah Bird Display
Hawaii State Convention 2017





March 2-4, 2018 Nugget Casino Resort

1100 Nugget Avenue

Sparks, NV 89431

1-800-648-1177

Please mention **G-PRAASA** for the group room rate
(good Wednesday through Monday)

www.PRAASA2018.com

Interpretation Provided: Español &



ASL Deadline February 1, 2018

Requiero interpretation Español

I require ASL *Eg*

I require other _____

Is this your first PRAASA?

Yes, I would like to be of service

See website to register online, and for hotel, transportation
and general information. **FREE** hotel/airport shuttle

Last Name

First Name

Street Address

City **State** **Zip**

Phone

Email

Name on badge

AA Area/Service Position

Please circle

AA Al-Anon Alateen Friend

Area # _____

GSR Alt GSR DCM

DCMC Alt DCMC Alt DCM

Delegate Past Delegate Area Committee

Trustee Past Trustee AA Member

PRAASA starts Friday, March 2nd at 12:30pm and ends
Sunday, March 4th at 12:15pm.

Early bird meeting Thursday, March 1st, 7:00-8:30pm
(see program for AA meeting times).

Event	Fee	Total
Registration	\$25	\$
Scholarship donation		\$
Saturday Lunch Buffet		
Including Salad, Rotisserie Chicken and Salmon		
Al-Anon/Anyone	\$29	\$
Delegates/Invited	\$29	\$
Past Delegates	\$29	\$
Saturday Night Banquet (choose one)		
Prime Rib	\$45	\$
Marinated Chicken	\$45	\$
Vegetarian	\$45	\$
TOTAL		\$

Mail in registration Deadline Feb, 11, 2018

Make Checks Payable to PRAASA 2018, mail to:
PRAASA 2018
P.O. Box 27251
Las Vegas, NV 89126

Cardholder Name

Card Number

VISA / MC / AMEX / DISC **MO** **YR** **CVV**

For more information, contact: registration@PRAASA2018.com

GROUP HISTORY FORM

When completed, please return to:

archivist@area17aa.org and archives@area17aa.org

Name of Group: _____

Previous Name: _____

Date Founded: _____

Founders: _____

Early Members: _____

Place and time of first meeting: _____

Do the early members continue to attend? _____

Current Meeting (place/time/format): _____

Current Membership #'s: _____ each mtg _____ home group _____ business mtgs _____

Did the group move?

Dates: _____ Location: _____

Dates: _____ Location: _____

Dates: _____ Location: _____

Dates: _____ Location: _____

Group History (such as anniversaries, special meetings, outside speakers, notes about the founders, etc.):

Note: Please include any/all information you may be aware of, not asked for on this form, as it will result in a clearer or more factual account of your group. Other pertinent details:

Prepared by: _____

Date: _____ Telephone: _____ Email: _____

Long-Timers Interview
****Suggested questions ****

1. What is your full name and sobriety date? (last names will remain anonymous)
2. How did you first learn about AA?
3. Where and when did you attend your first meeting?
4. Have you stayed sober since your first meeting?
5. Were there many meetings that were active when you got sober?
6. Are they still active today?
7. Did you have a sponsor? Tell me about him/her.
8. Did someone take you to meetings in the beginning of sobriety?
9. What kind of service activities have you participated in?
10. Are you still active in AA today?
11. Have these activities aided in your sobriety?
12. What were the twelve step calls like in early sobriety?
13. Can you name some of the founders of your early group?
14. Do you have the names of any other long-time members who would like to share their stories with the Hawai`i Archives Committee?
15. Is there anything else you would like to share that has not been covered in this interview?
16. Please list suggested questions below to add to this Long-Timers interview for the Hawai`i Area 17 Archives.

When completed, please return to:

archivist@area17aa.org, archives@area17aa.org

GRATITUDE

W D J S E G E G C N N D L Y A I W C N Y
 O D R W S S N Y R O Z K H C X O N H O N
 A D I Z T E G I I A Y Q K V J R M O I R
 B L B E A J N T L U T N R B L O F I T J
 E C E X T I A D J A O E O L E X A C C B
 P M X C T G P S E W E P F K F O Z E E Q
 M F H K I K W C L T X H E U I J E Z L H
 Z F Q L T D T E B J B C Q W L B E D F T
 B T B N U C D S H R I E T T J V R R E F
 K O O A D G G B I V T H D T H W B Q R I
 G N O V E M B E R L A L F N I T I R C G
 K T I M S D D E Q N H Y L E I C F Q P Y
 A M E L K U S U K G N I S S E L B T T F
 R N E C A R G F D S G B Q E M O T I O N
 T T V N E P U B A M K W O R J S Z G K M
 L Z F N H L Z A Y C S X Z P D C X S B F
 Z D S R U Q X N H F T G J B F P M P D H
 G C R C X C Z G L X L I N X T H Z U P U
 N O I T A I C E R P P A O Q Q X O L E W
 E N L S X V F K W V T P J N M R P K N G

ACKNOWLEDGEMENT
 ACTION
 APPRECIATION
 ATTITUDE
 BLESSING
 CHOICE
 EMOTION
 ESTEEM
 GIFT
 GRACE

GRATEFUL
 HEALING
 INDEBTEDNESS
 LIST
 NOVEMBER
 OBLIGATION
 PRESENT
 REFLECTION
 SERVICE
 THANKFUL