



MYNAH BIRD

HAWAII AREA #17 NEWSLETTER



Area Website: www.area17aa.org

Articles to: mynahbird@area17aa.org

June 2019 - Committee Meeting
June 15 or 22, 2019 – Hilo/Hamakua

District 7.

Committee Meetings: Attendance by DCMs, Area Standing Committee, Chairs and Area Officers is required. GSRs are not required to attend but strongly encouraged.

August 2019 - Budget Assembly
Central/North Shore District 9

Assemblies: GSRs, DCMs, Area and District Standing Committee Chairs, Area Officers, others as necessary.

October 2019 – Committee Meeting
Windward District 4

Committee Meetings: Attendance by DCMs, Area Standing Committee Chairs, and Area Officers is required. GSRs are not required to attend but strongly encouraged.

Contributions Mailing Address:

Hawaii Area Committee

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Please include district # and group name.

General Service Board

P.O. Box 459, Grand Central

New York, NY 10163

Please include group service # and group name



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Shared experience of service work from:

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*Delegate report back - Districts #5, #6, #7, #8, #11 & #13

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Area 17

Here's shared experience from *PRAASA 2019*

(Aaron DCM District #1 – Oahu)

My name is Aaron and I am an alcoholic. I serve area 17 District one As Diamond Head district committee member. Recently our district had elected to send me to PRAASA Pacific regional Alcoholics Anonymous service assembly to carry and receive the message. It was a humbling experience and I learned so much. I was not alone. Members from across Hawaii join me along with a general service representative from the "Spiritual Awakening" meeting which also meets in diamond head district. We were set on fire with So much we could be doing for this fellowship.

We discussed reaching out to the deaf in AA, they understand hugs and can read text messages on your phone.

Communicating with foreign languages, California has a huge Spanish speaking population who is extremely active in participation from there DCM's and GSRs. We also discussed cultural differences and biases

How to greet newcomers with a handshake not a hug. Some of us have come into the rooms damaged goods and need to feel safe first, let them come to you for a hug When they are ready.

Diversity One of our founder's deepest dreams for AA it's easy to talk about changes in diversity when nothing changes, we must go to where it exists

We talked about changes to our literature in creating a fifth edition big book of the first edition this statement was God could and would if sought You must generalize the Godward to let the alcoholic decides for themselves when they are ready sobriety and common welfare in our group was a very important topic. There were a group of Hispanic women having a difficult time with their machismo culture in the meetings, not all but enough men would approach these women and sexually harass and berate them in the group. Inappropriate behavior in meetings is not an individual problem it is a group problem in which the entire meeting is responsible. These activities should be discussed in group conscience, If the fellowship continues to accept this type of behavior and look the other way, nothing will change. We, have a responsibility to make AA Acceptable for all

another topic was public service announcements Did you know AA.org has all kinds of videos specifically made to help with sobriety and reaching Alcoholics? I did not. It's important that we get young people involved in creating these PSAs They know the technology better, way better. Speaking of young people in AA, there was a contingent of young people at this event on fire for service However there were a lot of not so young people who were young when they started general Service. None of us are going to make it out of this thing alive it is absolutely imperative we bridge the gap and get our young people in service at area level making coffee is good for their group, but it is not it is simply not enough. If not you then who is going to help, make sure alcohol Alcoholics Anonymous still exists in the future to be available for our children?

Drugs in AA

well there is hardly a pure alcoholic in the fellowship there are those who keep going out on drugs. AA's singleness of purpose Is there because we can help with our alcohol problem, while there is the belief that we can save everyone through the 12 steps, we honestly cannot do it with alcoholics anonymous alone. It is our responsibility to direct the next suffering addict to where they can get the help, they

need, not just to tell them we don't do that here. We must have numbers, addresses and give rides to people to get to where they can get the help, they need NA, OA, SLAA, CODA, etc. we can't keep watching addicts die in the rooms of AA. This program is about love not pressure, expectations, or what you think about me. We must carry the message of the 12 steps inside and outside of the rooms in order to perpetuate change and to reach the next suffering alcoholic. If someone doesn't know if they belong That's OK Give them a chance If the kid wants to quit drinking, let him.

AA is a safe place in many ways because of its service structure As, you just heard a very little bit of what I've learned at this event. We are here to widen the gateway for everyone to be included and accessible to all walks of life, situations, beliefs and non-beliefs.

On a personal note You should know that I am not special I am a drunk who got sober and AA. I am not well educated, have never experienced a sense of entitlement and have known utter hell as a result of my alcoholism. With that being said, I can give all my money, my time and energy, the clothes off my back and still I could never repay what this fellowship has done for me. I need you to know this, and feel this, and if you can relate please; take a step down and get into area service, elect a GSR for your home group, find out what and where your seventh tradition is going to. Give your home group a say in what happens in AA.

Ask yourselves... what am I as an alcoholic doing for AA as a whole?

(Brandon DCM District #5 – Maui)

Aloha! This was my second PRAASA. My first was last year in Sparks, Nevada as the alternate DCM for District 5. This year was in Irvine, California as the DCM for District 5. I got into Irvine on the Friday morning of the event. Immediately after stepping off the shuttle from the airport I ran into to some of my Hawaii Peeps! Received a very warm welcome then went and checked in at registration and the hotel.

Since this was my second time, I had a little better idea of what the event was about. My understanding of it is that it is composed of panels or sharing sessions on different topics. There is no voting or business conducted in the sharing sessions. "The purpose of PRAASA is to develop greater unity among the members, groups, and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A." I think that this event achieves those goals.

This event has helped to open my mind to new perspectives by hearing the opinions of various members voiced over the microphone on some relevant topics. A little bit about me: My sobriety date is July 1st, 2014. I have been on Maui a little over a year now. I am extremely happy to call Maui home. I recently moved from Arizona which is where I got sober this time. Although Arizona is part of the Pacific Region, I did not hear much about PRAASA in the circles I was in. Even as GSR there I had heard of it but don't really feel like I was encouraged to attend.

Prior to Arizona I lived in Illinois. Illinois is where I was born and say that I first got sober. I was sober in Illinois from 2005 to 2012. That was a good stretch for a drunk that lived under bridges, in abandoned houses, and other colorful places. Illinois was my first introduction to General Service as an Alternate GSR, GSR, District PI Chair, and DCM. As far as I know there is not a Midwest version of PRAASA. Prior to 2005 I had been in, out, and mostly around AA since the 80's when I was put in my first treatment center at the age of 13.

I think the fact that Hawaii has such many attendees at PRAASA speaks highly for Hawaii AA. I have felt a part of the Maui AA fellowship since my first night on island when I found my homegroup, North Shore Men's Stag. It was at that first meeting on island that it was suggested to get involved in the district and for that I am extremely grateful. Having been around AA since I was Thirteen, I have acquired some opinions of how things should be done. PRAASA for the second year in a row has fractured some of this rigidity that has formed in my psyche. I usually think of myself as opened minded, but this event points out to me how narrow minded I can be on some subjects.

Some of the topics from this year's event follow:

- The hand of A.A., inclusive never exclusive
- An informed group conscience: Using the three Legacies
- Are we doing enough to help the newcomer?
- Should we raise the max annual contribution by A.A. member to GSO?
- Do we need a fifth edition of the Big Book?
- Involving young people in General Service
- When the newcomer is a senior citizen
- When a culture restricts women's access to A.A
- Does the AAWS Policy on Publication need to be changed?

That is about half of the topics that were lovingly and passionately discussed in 2019. The ones that particularly piqued my interest were regarding the max annual contribution, fifth edition of the big book, young people in General Service, and how some cultures restrict women's access to A.A. I am not going to share my opinions on these here but truly appreciated hearing the voices of other members voicing their concerns and experience. I was able to hear many points of view, some of which I had never considered. It was really a bit mind blowing for me.

PRAASA is an event that I hope to be able to attend again for years to come and would suggest it to any A.A. member. Thank you, Area 17, for encouraging PRAASA participation and thank you No Ka Oi District 5 for sending your DCM to this fantastic event!

Mahalo Brandon L

(Karla GSR)
Karla L. GSR for KMS
PRAASA REPORT 2019 in Irvine CA, hosted by
MSCA Area 09
"Our Big Book-80yrs, 71 languages"

What can I say but WOW!!! PRAASA is awesome!!!

I will keep it short on what touched my heart ok. I heard AA is inclusive never exclusive.

There were 13 panels usually with 4 presenters and different topics except for 1st panel where we heard from our Area Delegates, 16 of them.

They said it was an International PRAASA because there was Hispanics, Japanese, and also ASL signing for the deaf alcoholic. They had interpreters for the Hispanic and Japanese which was just amazing!

I heard that General Service and any service in AA must be done with love and, that service without love is just busy work. From the Hispanic women who shared they said how hard they have had to fight machismo in their culture to get Women's meetings, and they have Women's Hispanic workshops annually, and they are being invited to other states to bring workshop to the Hispanic women there.

I heard from a Japanese man share his story with an amazing interpreter, who brought tears to my eyes. I loved his enthusiasm for AA and General Service along with his wife back in Japan. I was sitting on flight from Orange County to San Fran and I saw back of some heads who I thought was the Japanese presenter so I when I got off plane I waited for them, when they got off I went forward and PRAASA tapping my chest and PRAASA tapping his, and he said yes with a head nod, and I signed him a heart shape and moved my hand that says speaking, meaning I loved his share at PRAASA, he smiled and said thank you.

Also, there were Roundtables, 23 in all. I went to the CEC-Cooperation with the Elder Community since I am on that standing committee. We asked questions, and then answered them. I made contacts with others involved with CEC and got some information to bring back to Mare L. who is Area chair for CEC.

On Sunday morning at 8 am, there was open mic of 'What's on your mind?'

I went up to the mic with a little push from my friend Esther, and I shared on being 1st time GSR, and at PRAASA. I shared how awesome it was to be there, and that I went to the CEC roundtable because I am on that committee. I also shared about Maui having the only Spanish speaking group in all Hawaii, and that it needs support of other Hispanics which I made an open invitation to come when they can.

I met so many people, so many, and am excited to be GSR, and in General Service!

I have PRAASA on thumb-drive for anyone who would like me to make them a copy, please give me a thumb-drive to put it on.

I LOVE GENERAL SERVICE!!!!

Also, anyone interested in any service work please let me know, we have a lot of different service work that you can be involved in, and it will enhance your recovery!!

Love and service always, Karla

Aloha

(Janice DCM District #6 – Kauai)

Aloha Kakou, In the beginning of March, I attended the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA). The purpose of PRAASA is to develop a greater unity among the members, groups and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. I couldn't possibly give all the details of the amazing experience I had so I will attempt to share with you what I saw, felt and heard. Who was there? 16 Delegates (including our Delegate Coleen M. from Maui), Kathi F. our Pacific Regional Trustee, former trustees, former Delegates, many PRAASA Committee Members that made it all happen, and approximately 1800 AA's that are really stoked on Alcoholics Anonymous. The assembly began with the delegates sharing how their Area carries the message to suffering alcoholics. These heartfelt shares were informative yet emotional. What I felt after hearing all these trusted servants was hope. They transmitted the message that their Areas are committed to our responsibility pledge:

"when anyone anywhere reaches out for help, I want the hand of AA to always be there and for that I am responsible". They did this by giving examples of how their areas have workshops, fellowship events, and standing committees that reach out to the elderly, incarcerated, remote and underserved, deaf and illiterate, LGBTQ and non-English speaking communities. At the assembly, I attended 13 panels. Each panel was composed of 4 presenting AA members, a random mix of Trustees, DCM's and Delegates. They were each previously given a topic to research. They were then given 4 minutes to share on their topic. After each presenter shared on their topic the floor was opened for AA members to come to the microphone to ask questions and/or comment. Some of the topics included: ● Sponsorship: Into Sobriety and Service ● The Hand of AA, inclusive never exclusive ● Reaching out to minorities in AA ● What can your group do when a deaf person shows up to a meeting? ● Involving young people in General Service ● When the newcomer is a Senior Citizen ● Effective Communication between GSO and

Areas • Do we need a 5th Edition of the Big Book? As you can see these are juicy topics that get AA's fired up. It was incredible to listen to the people that came to the microphone to give their experience, strength, hope and of course opinions. For every person that spoke, there was a different view on the topic. This impacted me deeply because it reminded me that although there are many different personalities in AA, everyone is valued, everyone has a voice. This was especially evident with non-English speaking members. There were Spanish and Japanese translators that translated during the entire assembly. Many non-English AA's came to the mic to share their successes and challenges asking for specific solutions to problems they were facing with their groups. There was also a deaf presenter attending that had a signer to interpret. He gave an incredible share informing us of what we can do if a deaf person comes to a meeting. Other members shared experiences of religiosity. They asked questions such as: if AA is not a religious program, why is the Lord's Prayer said when we close meetings? One of our presenters researched a non-AA survey given to the general public. The survey reported that the general public's view of AA is that it is a religious program. Does this perception keep newcomers out of our rooms? Members also shared their personal experiences with racism, sexism, homophobia, conformism and transgender discrimination within the rooms. When I hear how this type of treatment makes someone feel, it forces me to ask myself, am I welcoming everyone and treating everyone equally? If I'm not, where am I in the steps? Do I need to inventory any behavior or beliefs that stand in the way of my usefulness to my higher power and others? The answer is usually

yes. Therefore, I love being in service. It challenges me to dig deeper which brings me closer to my higher power and to be the person my higher power intended me to be. Some of the panels also included a sharing session with former Trustees and the Delegate's "Ask it Basket". Members placed their questions in a basket that were randomly picked for the Delegate to answer. The delegates spoke to such issues as: • Rigidity: Am I expecting everyone to be like me and practice my version of the AA program? • Participation & Diversity: If there is a lack of diversity in my home group, how can I participate and reach out to a minority or underserved population? If we want diversity, we must go where diversity is. • Inclusivity: Am I welcoming everyone? Or just the people that are "like me and I think will make it"? • Love & Service: service without love is just busy work. Am I am being loving when I am being of service? • Checks & Balances: if we want AA to remain a true democracy we must be informed and participate. Am I informed do I participate? There were 1800 sober alcoholics in one room. At one point in our lives, we were all doomed to an alcoholic death. Yet today, our lives have been so miraculously transformed that we can sit together, a motley crew, each of us with our own ideas, opinions, and personalities, and have the same hope. To keep AA alive so we can continue to carry the message to the alcoholic who still suffers. What a privilege it was to attend and witness our great society challenging itself to not let "the good be the enemy of the best". I'm excited to attend next year's assembly, which is open to all AA's, in Tucson, AZ. Hope to see you there! Janice M. Kauai District 6

Delegate Report Back!

District #7 and West Hawaii District #8:

Founders Day/Delegate Report Back

is Saturday, June 8th from 10-4 at Spencer Beach Park (just south of Kawaihae Harbor).

District to provide hamburgers, hotdogs and beverages. Potluck for salads and desserts.

East Hawaii's District #7

Delegate Report & Founders' Day celebration

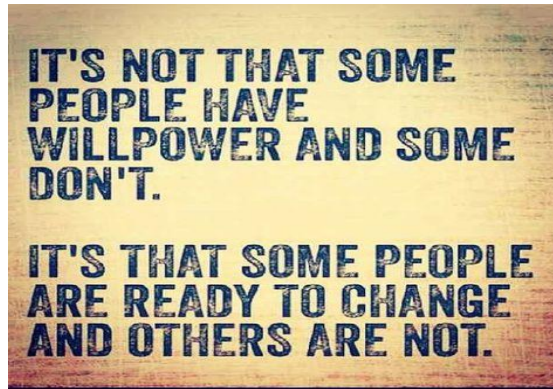
June 9 at Onekahakaha Park, Pavilion #3

Maui: Districts #5, #11 & #13

Will have their Delegate Report Back on June 22nd at The Cameron Center from 1:00 to 4:00 p.m.

Kauai: District #6

July 4th



YOU NO LONGER HAVE A SECRET. YOU HAVE A STORY!

Budget Assembly

The Budget Assembly is probably the most challenging of all the assemblies and for the obvious reason – money. However, discussing and agreeing on a budget is unavoidable and must be done if the area is to run effectively. For this assembly you may want to employ the help of past G.S.R.s, old-timers, and even your sponsor. Another helpful resource is to seek information from the S&G, particularly the Priority of Spending. The Priority of Spending indicates the important areas for the distribution of the 7th Tradition contributions. First, every G.S.R. will receive a proposed budget, prepared by the Hawai'i Area 17 Finance Committee, from his/her D.C.M. The budget ought to be taken to the homegroup. See if the homegroup would like copies of the budget made and if they would absorb the printing cost. Perhaps, your group is not in the position to do so. Some G.S.R.s have absorbed the xeroxing costs, however, this is an individual, as well as voluntary decision, and not, at all, required of the G.S.R.s. Next, find out whether your homegroup wants to accept the proposed budget. Ask your members what they would like to keep and if there are any line items they would like to see changed. When possible get their reasons for these changes. Remember to jot down their feedback for your notes. The next step is a discussion at the district level. A Finance Committee (FC) member is often the best person to answer any questions concerning the proposed budget, therefore your D.C.M. will often invite a FC member to a district meeting with the purpose of explaining how the budget was prepared and to answer all questions asked by the G.S.R.s. The FC has been known to make amendments after meeting with the G.S.R.s, and the D.C.M. will keep the G.S.R.s informed as the process develops. Finally, the Budget Assembly arrives. G.S.R.s will be asked to vote on the final proposed budget. Any suggestions should have been given when the FC member visited the individual districts. Basically, what the area wants to know is, by a show of hands, how many voting members accept the budget and how many voting members do not accept the final proposed budget? This is the question for the assembly to answer. It must be mentioned here that no line item discussions will be entertained. The motion will ask the assembly, if the assembly wants to accept the final proposed budget, as written – yes or no. More details of the voting process will be discussed in Chapter 8. If the final proposed budget is accepted, the “budget business” is concluded. If the final proposed budget is

not accepted, then the FC will have to meet and present a budget the area can accept. Hawai'i Area 17 has financial expenses. Without appropriating funds to the various committees and line items, vital services will cease to function or at best function, ineffectively. (Service Manual)

Clean house, trust God and help other's...

**“HERE WE EXPERIENCE THE KIND OF
GIVING THAT ASKS NO REWARDS.”**

2019 Homegroup Day March 30,2019

Chair: Stacy Lewis

Thank you Central Office Committee for affording me another opportunity to participate in my recovery. It was an honor and a privilege, trying at times knowing that recovery is the principle of my purpose. First being an alcoholic who is practicing on my communication skills, frustration, anxiety, and fear while suiting up service for the greater whole in our community. Helping and asking for help will always be a big challenge for me, but I have made a decision to seek and know a God of my understanding who has not failed me since my first day of recovery, February 10th, 2011. When all was said and done, the reflection of the day was truly build with fond memories of joy, laughter, recovery, unity, and service.

Acknowledging that God calls the willing, not the qualified. Thank you Central Office Manager and the committee for the support, encouragement and trust. Thank you homegroups, TYG, Wake Up Call, Eating Meating, Saturday Night Live, Bad Brains, Black Experience, Kane Alii, Spiritual Awakenning, big shout out to the men of ARC, Shaq Pac , Waianae Men's Stag, Waianae Coast Womens Meeting, Hang Loose, Na Mana O Ekolu, Friday Night Ohana, Kalihi Sobriety, Aloha Sunday, Anela Hulu, Came To Believe, Happy Hour, Solutions and my homegroup , X-factah. Mahalo to all the homegroups that gave contributions and all that attended this event, you all made it possible.

Thank you for all those who participated in the Chilli and Dessert contest that was a awesome and made the lunch a success. The homegroup meeting was enlightening, and the panel for the Safety Workshop was much informative of what to do and what not to do in carrying the message. Activities kept everyone engaged, enthusiastic and fun, fun , fun.

May we continue to support these yearly events hosted by Central Office with much passion and love. These events is necessary to keep the doors open for the next suffering alcoholic, we are not a glum lot and we insist on having fun in sobriety.

Thank you from the Rahjah Dat Crew

Stacy Lewis

Love and Service

HICYPAA event April 7th 2019

Adriana G.

HICY HICY HICY..... PAA PAA PAAA

I recently joined the Hawaiian Island Conference of Young People in Alcoholics Anonymous (HICYPAA) host committee, my position is decoration chair. Aside from decorating at our conference it is our responsibility as a committee to fundraise prior to our conference in order to keep the registration cost at a minimum. We have had great success with our fundraisers thus far. February was a chocolate dipping frenzy, enough hand dipped pretzels and strawberries to fill a kiddie pool. March was a virtual reality (VR) takeover, rented out an entire VR arcade to have our fellow A.A. members come and escape reality in a healthy non damaging way to our sobriety. Our most recent fundraising event was a Volleyball tournament.

We went down to Kapiolani park on a Sunday afternoon, created a safe space for players and bystanders to come down and enjoy the fun. We started the day with a speaker discussion meeting in the later morning, we then put the burgers and the dogs on the fire, prepared for lunch and started the raffle ticket sales. We followed lunch with a little bit of free play until the players were warm and ready. We were able to make five teams of six, each team was randomly selected. The friendly competition began, team Waiwai ended up taking away the bragging rights. After our tournament we had an easter egg hunt for the keiki. Our mission was to have a day of family friendly fun for all members of our fellowship, our goal is to be inclusive never exclusive. Those of you reading this thinking “Sounds fun but I’m too old to participate in HICYPAA activities.” Ask yourself these questions, “Do you have room to grow?” “Are you young at heart?” If your answer is yes to either of these questions then there is room for you at HICYPAA events and at our conference. We want all of you there! The tournament was a huge success and the fellowship was filled with love and laughs. Thank you to everyone who was able to contribute to the success in the tournament and to everyone who was in service. Stay tuned for future events and please check out www.hicypaa.org to register for our conference September 20-22, 2019. to register for our conference September 20-22, 2019.

In Love and Service
Adriana G.

March 23, 2019

Safety in Alcoholics Anonymous – Linda T.

I was part of the Safety in AA panel on Homegroup Day (March 23, 2019). The other panelists were Suzi N., TJ F, and Jeremy O.

What can the individual do to ensure safety in AA?

1. Remember that there is safety in numbers. Go to meetings with a friend.
2. If you are a newcomer, remember that in the beginning we are all vulnerable and it’s wise to refrain from dating.
3. If someone asks you for money, think twice before saying yes. We don’t want to get into rescuing others.
4. If someone is inappropriate, tell your sponsor or another member if you don’t have a sponsor.

What can the sponsor do to ensure safety in AA?

1. Attend meetings with sponsee.
2. Introduce sponsee to other members of the fellowship.
3. Encourage sponsee to do group activities in first year rather than individual dating.

What can the group do to ensure safety in AA?

1. During group conscience meetings, plan how to handle difficult situations that may arise.
2. If there is a member who has been inappropriate, discuss the best way to handle the situation.
3. Include a safety statement in the format.

Signs a person may not be safe.

1. The person comes up to you and asks you out early in your sobriety.
2. If you get into a relationship, the person asks you to keep the relationship a secret.
3. The person acts like a sponsor, gets you to confide in him/her, and tells you how to run your recovery program.
4. The person has financial needs and asks you for money.

The audience participated a lot in the presentation as well. It was emphasized that we are all responsible for safety in AA because we want the program to continue and be a positive influence in a person's mental and physical health. We look to the young people to be strong and conscientious in this task.



2020 International Convention of Alcoholics Anonymous July 2-5, 2020 Detroit, Michigan

Oahu

Chickens and Eagles

When I came into AA I slowly discovered, through the suggestions of my sponsor that not only did I suffer from an alcohol addiction, but from a negative addiction as well.

How many of you know what it's like to have a positive outlook or know of people with a positive attitude? Positive people are always, up aren't they? They are always into the solutions and you just love to be around them. They just give off a warm fuzzy feeling with all who encounters them.

On the other hand, negative people are always grumbling and have a problem for every solution! It seems like they are walking around with a black cloud directly over their heads. No one wants to be around them because they tend to bring everyone down. They remind me of Eyore from Winnie The Pooh. On a bright sunny day it's always, "I think it's going to rain, I think it's going to rain, worries me, worries me!"

I started to look at these two types of people and separated them into two groups, chickens and eagles.

If you observe chickens in a coop or the many feral chickens out there roaming around, they are always congregating, bunching up, scurrying around just clucking and pecking, clucking and pecking. It's peck, peck, peck, peck, peck, peck, peck! Seems like they are just grumbling about everything! Peck, peck, peck, no bugs under these leaves, peck, peck, peck why are the cars so close to the road, peck, peck, peck too many cats around here!

Now the human chickens are everywhere too! You will find them in schools, at work, in AA meetings and even in churches. They are always congregating and pecking! If you listen very closely, this is what you may hear in meetings.

--Peck, peck, peck, peck, peck.... My sponsor said, "I need to do 90 meetings in 90 days."

--Peck, peck, peck, peck, peck..... I need to start writing the 4th step.

--Peck, peck, peck, peck, peck.... My sponsor said I need to call him every day.

--Peck, peck, peck, peck, peck..... The speaker was lousy.

–Peck, peck, peck, peck, peck.... The meeting is too far.

–Peck, peck, peck, peck, peck.... I don't want to get into service.

–Peck, peck, peck, peck, peck.... I just got out of rehab and can't get into a relationship.

And it goes on and on and on!

I know, my beak got broken many times from my sponsor in early sobriety!

However, there is hope, to be an eagle by following the suggestions of a sponsor, hanging around with positive people that are on the same mission as you and by applying this program into one's life. When you start to soar like an eagle you get away from the pecking chickens, all the noise and the view from the higher elevation is much more scenic and beautiful. But remember, the higher you fly more of your bottom is showing and now the chickens on the bottom are pointing their feathers at you (because of their own insecurities) and saying things like, "what makes you think you can stay sober," or "do you think you're better than us," or "do you think you're Mr. AA now that you are doing the steps," or "what makes you think you can get your kids back," or "pretty soon you'll be back in prison!"

Never be afraid of being outnumbered, because there are more chickens on this earth than there are eagles. Keep soaring and don't let the negative opinions of the chickens get you down! The eagles don't lose sleep over the opinions of chickens, they keep on soaring. So, dare to soar, dare to be different, dare to take control of your own life with a power greater than yourself! Because the most satisfying years of our existence still lies ahead if we continue to keep on SOARING! By: Mark O

"I listened to their stories and found so many areas where we overlapped - not all the deeds, but the feelings of remorse and hopelessness. I learned that alcoholism isn't a sin, it's a disease." P.344



Maui

GOT SERVICE?

At February's Intergroup meeting a request was made for articles for the March issue of the Serenity Gazette; one on Step 3, one on Tradition 3, and one on Service. I gamely volunteered to produce an article on Service, AA's Third Legacy. What I forgot is that there's such a thing as "writer's block." So as I sit here staring blankly at my computer screen, the thought occurs maybe I ought to ask my higher power for help. Ok, just did, here goes... In 33 years of sobriety in AA, taking on service commitments has never failed to enrich my sobriety and by extension my life. The End. Wait, there's more... Let me take you back to my first experience with AA service. When I was about six months sober, my home group, Kihei Morning Serenity, "elected" me the birthday cake person. My job was simply to get a cake once a month for the birthday meeting. I usually remembered to do that the night before the 7 a.m. meeting, and by "night before" I mean around midnight. That meant I had to find a cake between then and 7 a.m. The only ones I could find were frozen Sara Lee. That meant driving holding a frozen Sara Lee cake out the window trying to thaw it in time for the meeting. Long story short, it all worked out and as I matured in sobriety I learned time management. From birthday cake person to meeting secretary to Intergroup Rep to Intergroup Chair, to GSR to DCM to Alternate Area Chair (with various Alkathon/Founders Day/Maui Fest/Gratitude Night/Central Office Bash chairmanships, cochairmanships, and worker-bee gigs along the way), I grew in understanding of how important making myself available to AA is, especially when my first instinct has always been to say "No." I swear, if someone asked, "Mary, would you like a million dollars," I'd blurt out "No!" ...well, maybe not but you get my drift. Service comes in many forms. Saying "Hi" to a new comer, or for that matter saying "Hi" to anyone, is in fact an act of service. It is making a conscious effort to get out of myself. That's something I've learned in AA, the absolute necessity of thinking of others and then ACTING on my thoughts by availing myself, be it through sponsoring, General Service commitments, attending home group meetings, making coffee, even things as simple as sweeping the floor and emptying the trash. All of this carries the message that recovery from alcoholism is possible if we're willing to get out of ourselves, to train ourselves to be of service to others, to actually be conscious of others and how we may be helpful. In closing let me add something I believe to be true, service also includes mirroring to the newcomer and each other what showing respect during our meetings looks like by turning off our cell phones and paying attention to the shares around the room. In love & service, Mary L.

<p>Contact A.A. on Maui</p> <p>Central Office 70 Central Ave., Suite 1, Wailuku, Maui, HI 96793 808-244-9673</p> <p>Phones are answered 24 hours OFFICE HOURS: Monday - Friday 10a-4p Saturday 10a-1p</p> <p>Meeting schedule online: www.aamaui.org</p> <p>Email: info@aamaui.org</p>	<p>Contact <i>Maui Serenity Gazette</i> 808-244-9673 70 Central Ave., Suite 1, Wailuku, HI 96793</p> <p>The Maui Serenity Gazette is published monthly in electronic format in an effort to keep costs down.. We also print a number of copies for those without computers. See your Intergroup Rep for a free copy. To register for FREE email delivery, send your email address to: info@aamaui.org. The Gazette is also online at: aamaui.org/gazette</p> <p>You can contribute articles on any A.A. subject. Anything you wish to submit should be received by the end of each month to be included the next month. Full Submission Guidelines are also on the website listed above.</p> <p>Articles are not intended to be statements of A.A. policy, nor does publication of any article imply endorsement by either AA or the Maui Serenity Gazette. Please submit any criticism or suggestions without hesitation.</p>	<p><u>All Other Islands</u></p> <p>Oahu AA (808) 946-1438 OahuCentralOffice.com Kaua'i AA (808) 245-6677 kauaiaa.org</p> <p>Moloka'i & Lana'i AA (808) 244-9673 www.aamaui.org</p> <p>West Hawai'i—Big Island, Kona) (808) 329-1212 westhawaiiiaa.org</p> <p>East Hawai'i (Hilo & Puna) easthawaiiiaa.org (808) 961-6133</p>
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Keep Coming Back

Kauai

April 2019

6th 8am-4pm – Volincor Training at Lihue Missionary Church

6th at 9:30am – Intergroup meeting at the Lihue NC

13th at 2:00pm – SECOND SATURDAY potluck/cookout and games

-- at Nāwiliwili Beach Park, picnic tables SE corner, Lihue

-- followed by Happy Hour meeting at 5pm

19-20-21 GIGYPAA Campout at Camp Hale Koa

- 20th at 9:30am – District 6 meeting at the Lihu'e NC
- 26th – Last Friday Birthday Potluck BBQ meets in Kekaha
 - after the Waimea Canyon 5:30pm meeting
 - at MacArthur Park, Kekaha
- 29th at 6:30pm –Steps To Freedom Birthday Potluck
 - Kapa'a United Church of Christ @ 1315 Ulu Street
 - Come celebrate April Aanniversaries
 - Speaker meeting starts at 7:30pm

May 2019

3-4-5 2nd Annual Women's Retreat at Camp Hale Koa

- 4th at 9:30am – Intergroup meeting at the Lihu'e NC
- 11th at 2:00pm – SECOND SATURDAY potluck/cookout and games
 - at Nawiliwili Beach Park, picnic tables SE corner, Lihu'e
 - followed by Happy Hour meeting at 5pm
- 18th 9:15am The Way Out Of The Rough Golf Tournament
 - \$50 entry fee – Princeville Makai Golf Course – shotgun start
- 18th at 9:30am – District 6 meeting at the Lihu'e NC
- 27th at 6:30pm –Steps To Freedom Birthday Potluck
 - Kapa'a United Church of Christ @ 1315 Ulu Street
 - Come celebrate May Aanniversaries
 - Speaker meeting starts at 7:30pm
- 31st – Last Friday Birthday Potluck BBQ meets in Kekaha
 - after the Waimea Canyon 5:30pm meeting
 - at MacArthur Park, Kekaha

Serenity Now

The ability to slow down and find serenity when you've lost it, when you're spinning out, when you're on that runaway train that leads to a drink, sometimes just depends on how experienced you are at it. What you need is the right kind of experience, one that leads to an ending of balance, one that leads to a state of Serenity. But what is that "right kind" of experience?

I felt most deflated at my first meeting...and it's been a slow recuperation. Healthy boundaries and reasonable shame arrived after I found some balance. This balance, this emotional sobriety is elusive and difficult to find.

Truth: Being too arrogant, smart, boring, and talkative are not going to build the right experience on the path to Serenity. Humility is a better building block.

Nowadays I serve and try not to talk unless it is strong, healthy talk (like what we focus on at meetings). This is the path of choosing a healthy, emotionally balanced program for myself.

~ Aaron W.

Kauai AA Womens Retreat

 May 3, 4:00pm-May 5, 11:00am

Camp Hale Koa in Kokee

Speakers, Workshops, Sisterhood & Recreation

Registration Deadline is April 24th

<https://www.kauaiwomensretreat.org/>

funny Kine

I met an older woman at a bar last night. She looked pretty good for a 60-year-old. In fact, she wasn't too bad at all, and I found myself thinking she probably had a really hot daughter. We drank a couple of beers, and she asked if I'd ever had a Sportsman's Double? 'What's that?' I asked. 'It's a mother and daughter threesome,' she said. As my mind began to embrace the idea, and I wondered what her daughter might look like, I said, 'No, I haven't.' We drank a bit more, then she said with a wink, 'tonight's your lucky night'. We went back to her place. We walked in. She put on the hall light and shouted upstairs: 'Mom...you still awake?'

MY HOME GROUP

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

CHAIRMAN
 COMMITMENT
 COUSCIOUSNESS
 DEMOCRACY
 EXPERIENCE
 GSR
 HOPE
 PARTICIPATION
 PRINCIPLES
 RECOVERY
 SECRETARY
 SHARING
 SOBRIETY
 SPIRITUAL
 STEPS
 STRENGTH
 TRADITIONS
 UNITY
 VOLUNTEER

Courtesy of Hawaii Area 17 Mynah Bird Committee
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