

June issue #5

Area Website:www.area17aa.org

rg Articles to:mynahbird@area17aa.org

August 24, 25, 2019 Budget Assembly West Hawaii District #8.

West Hawaii District #8.

November 16, 2019 Committee meeting Windward District #4

Hawaii Area Committee P.O. Box 1413 Honolulu, Hawaii 96806

General Service Board P.O. Box 459 Grand Central Station New York, NY 10163

Who should attend:

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

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

"God grant me the serenity to accept the things, I cannot change, courage to change the things, I can, and the wisdom to know the difference."

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Guess Alcohol abuse has become a "public health crisis" in America and over the past 10 years among senior citizens there has been a 107% increase in "alcohol use disorder," according to research sponsored by the National Institute on Alcohol Abuse and Alcoholism.

Even though the study does not cite causes of the increase, it is obvious that "baby boomers" are either continuing their long-standing drinking behavior or they're going back to it after retirement.

A major problem is that alcohol abuse by elderly persons is often overlooked by clinicians because the effects of alcoholism, for example: cognitive decline and personality changes, are often attributed to "just" getting old. Even with fractures being 4X more prevalent among alcoholics than in the general population, alcohol abuse is still missed as the possible cause of falls among the elderly.

Like most alcoholics, elderly alcohol abusers often minimize and lie about their drinking, the amount they drink, and how often they drink. Retirement community "Happy Hour," idle days, loneliness, health and money worries … all these can contribute to problem drinking … and add to that the danger of combining alcohol with the prescription medications many elderly take. Alcohol abuse among the elderly can be invisible but the resulting desperation, depression and tragedy is not.

There is help available. Many Hawaii districts have Cooperation with the Elder Committee chairs. They are working hard to help more meetings become senior friendly, assess the need for senior meetings, and have literature specifically for seniors. Spread the word. Mahalo.

C.E.C Mare

Rock bottom became the solid foundation on which I rebuilt my life.

The Month of June in Our History:

June 1935: It was a very difficult and uncertain time. Our country was in the grip of a major economic depression. Millions of Americans were homeless and jobless. The men were selling apples on the corners of America for 2 cents each and a war was imminent as Europe moved closer and closer to what would become World War II. But, in a modest house in Akron, Ohio, a movement was started that would change the lives of millions of people for the better, worldwide.

What began in June 1935 when Dr. Bob sobered up for good with Bill W's help was not only our community, our organization, our fellowship, it was also the birth of a new and revolutionary idea; that when alcoholics talked to each other about their common problem – they could stay sober! Medicine hadn't been able to offer hope of long-term abstinence. Religion hadn't done it. Psychiatry hadn't. What was needed were not lectures or sermons.

Bill and Dr. Bob's secret to sobriety lay in the simple process of one alcoholic identifying with another. This identification has proved so powerful that it crosses all differences of gender, race, culture, language and nationality.

Today there are approximately 3 million active AA members located in 181 countries. The sun never sets on AA.

From 'Big Book Dave', Elected Archivist, Interior Alaska ~ Submitted by Mathea A.

Feel the funk

There's been times in my sobriety when I would feel emotionally stagnant. Stuck and uncomfortable, as if I was missing something or not doing enough in my recovery. I couldn't figure out why I was feeling this way. Then I heard in a meeting, that I'm exactly where I belong. I was in a funk! The best way I can explain it would be the caterpillar and

butterfly analogy. It's the transformation that's taking place, growth! I'm not sure how the caterpillar is feeling when transforming to a butterfly, but I can only imagine that it may be a little uncomfortable. So, the next time I feel the funk, I'll just tighten up my seatbelt and know that this too shall past.

Ernest S.

Oahu Central Office is in need of phone Angels. Here's the list of the service schedule.

12-Step Volunteers

Please let us know your gender, location, and available times!

"I am responsible ...
When anyone, anywhere, reaches out for help,
I want the hand of A.A. always to be there.
And for that, I am responsible."

What if ...

everything
you are going through
is preparing you for
what you asked
for?

In Office Volunteers	5		
Monday	9a- Noon	Noon- 3p	3р-6р
Tuesday	9a- Noon	Noon- 3p	3р-6р
Wednesday	9a- Noon	Noon- 3p	3р-6р
Thursday	9a- Noon	Noon- 3p	3р-6р
Friday	9a- Noon	Noon- 3p	3р-6р
Saturday (as of 5/13/17)	9a- Noon	Noon- 3p	

After Hour Phone Angels				
Sunday	12a-6a	6a- Noon	Noon- 6p	6p- 12a
Monday	6p-12a	12a-6a		
Tuesday	6p-12a	12a-6a		
Wednesday	6p-12a	12a-6a		
Thursday	6p-12a	12a-6a		
Friday	6p-12a	12a-6a		
Saturday	12a-6a	6a-9a	3р-6р	6p- 12a

"The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear."

~ Alcoholics Anonymous p. 145

your program of recovery ~ it is virtually the 12th Step. It is your-personal way to help an active alcoholic by sharing your experience, strength and hope. Here are a few suggestions that experience have shown to be helpful. None of theses are MUSTS, but each can make for a better 12-Step call. of attraction rather than promotion. Please remember, ours is a program

BE AVAILABLE to carry the message. CALL BACK PROMPTLY to arrange your visit. Be sure to get NEVER, NEVER, NEVER go alone.

ALWAYS get someone to go with

- MEN with men, WOMEN with LOOK NEAT and presentablemay call on either. emergency a man/woman team women, however in an extreme more experience, if possible. you, preferably someone with

- DETERMINE the willingness of the person to do something about his/her condition. SUGGEST taking action TODAY. Suggest a time to take this new-
- ture and a meeting list.

 IF YOU ARE WILLING, leave your has to offer, and suggest AL-ANON or ALATEEN. Leave litera-DISCUSS with the family what AA comer to a meeting.

you can't keep, In case of EMERGENCIES—DT's, convulsions, suicide threats or violence. CALL 911 and follow their directions—DON'T PANIC

them to call you.

PLEASE don't make any promises phone number and encourage



EXPLAIN the three-fold aspect of ings of loneliness, hopelessness experience-especially your feel-

and confusion before AA.

ism is a **PROGRESSIVE** and often the disease (physical, mental and BE PATIENT, compassionate, and

Alcoholics Anonymous.

you are representing recovery in

LISTEN. SHARE freely of your

Willingness: is your decision to stop holding back. In some ways it is an extension of the Principle of SURRENDER guiding the 1st Step. Put another way, it is you relaxing your ego and will, letting go of your own preconceptions and stubbornness, and giving permission for your recovery to proceed.

Service Is "The Secret"

Just four years ago if I had a glimpse into the future, I would never have believed the life I have today could be mine. When I got to AA I was completely broken. I had narrowly escaped death and a 10 Year prison sentence. I had nothing left but my fear, selfishness and self-pity. Having finally reached a place of complete surrender; knowing that my self-seeking behavior and illusions of control would never work for me, I knew I had to find a new way to live.

I was welcomed into the local YPAA group with open arms and unconditional love. I was terrified of people and ashamed of who I was, but they accepted me nonetheless and for the first time in my life I began to feel like I truly belonged. I was encouraged to get into service and even though I didn't want to and still believed myself useless, I did it anyway. Having absolutely no clue what I was doing, I agreed to be the chairperson for the newly formed Garden Island Gathering of Young People in AA. We had our first retreat in March of 2017, and I've been on the committee for three years in a row now. There's no doubt in my mind that my commitment to GIGYPAA has played a vital part in my continued sobriety. By walking through my fears and learning and growing along the way it has been the most rewarding experience for someone who came from the gutter believing I had nothing to offer.

Sacrificing time from my life and focusing my energy on creating an event where we can all come together to truly enjoy life SOBER, while carrying the message of recovery to the newcomer, has proven to me that no matter how broken we are when we get here, anyone can recover and find freedom from the chains of self-centeredness if they are willing to be honest, do the work and then give it away. Being of service to others has continually reminded me that IT'S NOT ABOUT ME, and that is the KEY to my recovery.

Levana L. Kapa'a, Kauai HI.



Service Keeps Me Sober

Aloha. My name is JoAnn, and I am an alcoholic. Kalihi Sobriety is home. My sobriety date is December 6, 2013. I have been in and out of the Alcoholics Anonymous (AA) for many years and as I reflect as to why I did not stay the first, second, third, and times after that. There was one thing that I did not do all those past times — was the customary action of service.

My story is similar to those I hear at meetings. Once I drink, I use, I gamble, I partake in criminal activities, get locked-up, and end up back in the rooms of AA. Once again, trying to stay sober and rebuild my life. I have come to understand and accept that I am powerless over that first drink. I believe that once I take that first drink, the cycle will begin, and I will end up back in the rooms again or maybe not even make it back period—this time, I choose to stay and trust God.

Being in service has helped me stay in the center of AA. My first service position was not at my homegroup, but at another group called the Happy Hour. Right next to Happy Hour is where we play volleyball. In my early sobriety, I played a lot of volleyball and would stop by Happy Hour to attend the meeting or sometimes to get coffee. I remember Joe (the candy man) had voluntold me to be the coffee maker on Friday's for the meeting. In my mind, honestly, I wanted to say no, but what I said was the opposite of that. I had agreed to be the coffee maker.

Being the coffee maker for Happy Hour taught me humility and commitment. Through rain or shine, I would catch the bus to the Elk's club to make the coffee pot and a separate pot for hot water. When the coffee was ready, I would load up the wagon with the coffee jug and hot water jug. Then pull this wagon across Kapiolani park to where the Happy Hour meeting meets. I learned humility by pulling this wagon across the lawn. Sometimes, the cart was hard to pull because of the overgrown grass. Despite, the weather and thick grass, I learned commitment and most of all the importance of service.

Service has been a big part of my sobriety, along with having a sponsor and a homegroup. Being in service has made me feel "part of" AA and has taught me humility and commitment. What I have learned has leaked out into the service I do outside of AA, and because of AA, I have a life that I could not have imagined. It's truly by the grace of God, a loving sponsor, a fire homegroup, and service that I am still sober today.

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action."

~ Alcoholics Anonymous p. 87

GOT SERVICE?

"Service to others is the rent you pay for your room here on earth," Mohammad Ali once said. Not an easy task for those of us who have suffered in an alcoholic life of selfish and self-centered think-ing. Fortunately we have steps 1 thru 11 to break the chains of our past. Whether you approach ser- vice in AA with great enthusiasm or mild trepidation there is a place for all of us. Having had a spir- itual awakening as the result of these steps we now can freely share our gift of sobriety with those who are still striving to achieve and maintain their sobriety.

If you are not as social as some people, a meeting set-up or clean-up are pretty anonymous group positions. Greeters and coffee makers get to meet more people if it is time to come out of the shell of isolation fear had driven us to. If you are interested in how AA functions as an organization Gen- eral Service reps and intergroup reps may be the commitment for you. I was surprised when I first began to take service jobs at my home group then later in the larger AA community that no experi- ence was required. Only a willingness to help others.

"This seemed to prove that one alcoholic could affect another as no nonalcoholic could. It also indicated strenuous work, one alcoholic with another, was vital to permanent sobriety." From AA Big Book forward to the second edition. One of the most interesting words in that quote is "vital". In a 1939 dictionary vital is defined as; "Essential to or supporting life". How true that is for me. I need to sponsor if I can, give rides, stop and listen to my fellow alcoholics if I want permanent sobriety. Sometimes that is inconvenient for my schedule, social life or work life. However, I will not have any of those luxuries if I don't put helping another drunk ahead of my own wants. The people I find most impressive in AA are the ones who take the time to introduce themselves to the new members under 30 days. Each time I get to do that or see others greet them it fills my heart. We belong to the greater whole and get to play some small or large part in that person's sobriety. A gift that keep growing in an ever-widening circle of Love and Service.

Chris I

*What's Happening:

West Hawaii District 8 and West Hawaii Central Office Events:

District: Founders Day/Delegate Report Back: June 8th, 10:00 - 4:00 Spencer Beach Park

Central Office: Fish Fry: July 4th, Old A's: sponsored by West Hawaii Central Office. Need fish!

Mana of the Round Table 16th Annual Picnic: Saturday July 13th, 10am - 4pm, Spencer Beach Park

Budget Assembly: August 24th and 25th: Kona Imin Center: Will need to announce that we need Homestay hosts and Volunteers for Transportation. Please think about it.

All B.I. Districts, Eastside Intergroup and Westside Central Office: Unity Day: September 28th, Waimea Park on Lindsay Road 10am - 6pm. (With possible camping at Spencer Beach the night of the event. More will be revealed) Central Office: Halloween Party: October 31st

Daily Reprieve: Christmas Party: December 21st at Old A's Big Pavillion.

In Love & Service, Jeannie G.



Aloha Kakou.

On May 11th I attended a workshop at Poipu Beach on Kaua'i hosted by our Grapevine Committee Chair Jonathon D. What is the Grapevine? It is the international journal of AA in print, digital and audio. It is a lifeline linking one alcoholic to another. Why subscribe to it? Reading the Grapevine is a great way to connect to the fellowship, get helpful sobriety tools, and read powerful, thoughtful articles written by an array of recovering alcoholics at varying lengths of sobriety. I love reading the Grapevine yet it never occurred to me to submit an article to it. I had a realization at the workshop about this. I wasn't sure I was qualified and I didn't think I had time. This was one of those thoughts I had that I didn't know I had. A dear friend in the program always says, "you don't know what you don't know". However, while at the workshop, Jonathon gave us a list of topics (a long list) for us to choose from and basically told us, "have a beginning, a middle and an end and make it between 300-1800 words". Once I had some direction, an explanation and encouragement, it suddenly seemed easy! From the list, I chose "Going Back to School" as my topic. I wrote my article in about 30 minutes. While writing my article, I had another realization. I didn't regret my past and didn't want to shut the door on it. I'm proud, happy and grateful to be where I am in my program today. Maybe my article will get published and help another alcoholic with their sobriety. This is why I love attending workshops and AA events all over the island. It gets me out of my comfort zone, introduces me to new ideas, people and activities and enlarges my spiritual life. I have a new appreciation for the Grapevine and feel more connected to it and to the alcoholics who have been submitting their stories since 1944. Thanks to Jonathon for hosting this workshop and for being the Grapevine Standing Committee Chair.

Janice M.
DCM Kaua'i District 6

"Were entirely ready to have God remove all these defects of character."

As a sober member of Alcoholics Anonymous since 1985 I have collected my one-day-at-a-time days gratefully secure in the cycle of Maui AA. Each year begins with a New Year's Alka-thon; a few months later we gather for the Central Office Bash; then Maui Fest the end of May; and then the subject of this article, Founders' Day on June 10th. The repetitiveness of these and other yearly AA events was comforting when I was new, and they remain so today.

On page 417 in the 4th edition and page 449 in the 3rd edition of our Big Book it says, "Nothing, absolutely nothing, happens in God's world by mistake."

That's a weighty claim, one that takes faith and discipline to embrace whether or not you are a religious believer or a secular adherent. Trusting that everything happens purposefully is a difficult concept; at least it has been for me.

But when I think about the chances of a newly sober traveling New York stockbroker and hung-over physician meeting just to talk at the latter's home in Akron, Ohio on May 13, 1935, well "coincidence" doesn't adequately explain the moment. What seems more likely, and what I've chosen to believe, is that it was divinely arranged. In other words, it did not happen by mistake. Nor is it a mistake that June 10, 1935 was chosen as our fellowship's founding-day for it is widely accepted to be the last day that our physician co-founder Dr. Bob Smith had his last drink; he died a humble sober man on Nov. 16, 1950.

And from its humble beginnings, from that talk between two men suffering from the shared disease of alcoholism 84 years ago, this is the status of AA today according to our General Service Office in New York: "The hand of Alcoholics Anonymous (A.A.) extends – literally – around the globe. Today, an A.A. presence can be found in approximately 180 nations worldwide, with membership estimated at over two million. There are more than 118,000 A.A. groups around the world and A.A.'s literature has been translated into languages as diverse as Afrikaans, Arabic, Hindi, Nepali, Persian, Swahili, and Vietnamese, among many others."

So, it is fitting that every year June 10 is celebrated as AA's Founders' Day. It is part of a repetitive cycle that gives comfort, predictability, and structure ... as well as fun and fellowship. Happy Founders' Day to all in recovery and Much Mahalo to our co-founders Bill Wilson and Dr. Bob Smith.

In love & service,

Mary L.

Kihei Morning Serenity - Maui 5

A Formula for Self-Support

When I first started attending meetings in 1990, the customary contribution to the basket at meetings was \$1, so I followed suit. I had no idea at the time what happened to the money collected. As time went on and I got a home group and a service position and started attending business meetings, I began to understand more about our tradition of self-support and how extra funds beyond group expenses were distributed. I then became an Intergroup Rep and later Intergroup Chair and got to see the contributions from groups at work in my local area. In 1994 I became a GSR and learned for the first time that GSO's expenses were not fully covered by groups, that in fact, some profit was made from literature sales to compensate for the deficit and that the price of the Big Book fluctuated accordingly. About that time, someone put up a poster in the meeting hall where I attended most of the meetings. I went to showing the value of one dollar over the course of time, and asking if \$1 was still enough. I started putting in \$2 most of the time, if I had it on me. As time went on and I moved into area service, I kept hearing about this shortfall in contributions to GSO and discussions about how we could address this in our groups. At about 15 years sober, I came up with a formula for myself: I would contribute \$2 at other meetings I attended, and \$1 for every 5 years I had been sober to my home group (\$3 dollars at that time). Since then I have increased the regular meeting contribution to \$3 and kept my home group on the \$1 per 5 years track, \$5 now, going to \$6 next year, thank you AA! I also participate in the Birthday Plan, sending \$1 per year of sobriety direct to GSO, using the convenient online contribution on <u>aa.org</u>. Money has been tight at times, and I am sometimes tempted to decrease my contribution, but then I think about what drinking would cost me today (I once roughly calculated I spent about \$8,000 in 1989 in my last year drinking, and recently saw a \$12 margarita on menu while enjoying Mexican food!), and remember that my finances are always taken care of. This plan helps me to avoid fear of financial insecurity. I have also recently developed a habit of making sure I have money for the meeting ahead of time separated out. I know Bill W. expressed hope that we would one day fully support our GSO through voluntary contributions. I am grateful to be able to have and stick to a formula, quite a change from how I used to "handle" my finances! I hope sharing my experience inspires some to develop formulas of your own.

Sean C, Maui.

Waianae District #17 Delegate Report Back POTLUCK!

District will provide Hot Dogs, Chips & Drinks
Games & Activities - Awards - Meetings - Entertainment - Food
July 13, 2019 @ Poka'i Bay from 9:00 am to 5:00 pm

7:00 am to 8:30 am Courage to Change Meeting

9:00 am to 1:00 pm Games and Activities: Volleyball, Horseshoe, AA Jeopardy

(See WCW members to sign-up!)

1:00 pm to 2:00 pm Lunch and Fellowship

2:00 pm to 3:00 pm Delegate Report Back (Colleen A. Panel 69/Area #17)

3:00 pm to 4:00 pm Games and Activities Awards

4:00 pm to 5:00 pm 12-Step Speaker Discussion Meeting

5:00 pm Fellowship & Pau Hana!

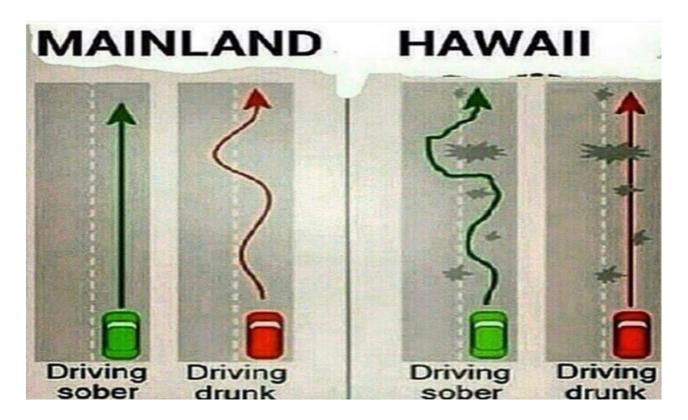
7:00 pm to 8:00 pm Seeking The Truth AA Meeting

(For those who wish to attend and support)

For more information about this event please contact Bill M. @ 306-9842 or



Funny Kine



Directions: Kona International Airport to Kona Imin Center, 76-5877 Old Government Rd.

- Exit airport via Keahole Airport Rd. At stop light, turn right onto HI-19, heading south. In 3.2 miles, turn left onto Hina Lani St. at the light. Head mauka on Hina Cani till you reach top of hill.

- Turn right onto HI-190.
- Turn left onto upper rd. HI-180 in .3 miles. Continue on HI-180 for 5.1 miles.
- Turn left onto Old Government Road. Imin Center is on your left





dget Assembly

August 24 & 25, 2019



Hosted by West Hawaii District 8

Kona Imin Center 76-5877 Old Government Rd. Holualoa, HI 96725

<u>Chair</u> Jeannie G. dcm8@area17aa.org (575) 737-8317

Registration Marianne F. registration@area17aa.org

<u>Homestay</u> Heather B.

<u>Transportation</u> Jeannine D. homestay@area17aa.org transportation@area17aa.org

8:00 AM - Breakfast & Registration 9:00 AM - Meeting Called to Order

Registration Fee: \$25

Homestay will be provided on Friday & Saturday for those in need. Your early registration will allow us to better prepare for you. Mahalo.

Name:			
Address:			
City:			_Zip:
Phone:	Email		
District:	Service Position:	Group	:
Do you need transportation to	from airport? Yes	No	
Arrival Date:	Airline/flight:	Arrival time:	
Departure time:	Airline/flight:		
Do you need homestay on Frid	day? YesNo	Saturday? Yes No _	_
Smoking/Non smoking	Male/Female	_	
Dietary needs: Vegetarian/Veg	gan GF Ot	her (Please be specific	:.)

Please make check or money order payable to West Hawaii District 8 and mail to Budget Assembly West Hawaii District 8 P.O. Box 3648 Kailua Kona, HI 96745



ODE TO SOBER SUPPORT

I don't know where I would be without my mom. She was always there when I needed her and even when I didn't. We walked through my getting sober. We walked through my marriage that added to my sobriety and we walked through his death.

My mom was there when I got to live the dream of graduating not only with my Bachelor's degree but also my Master's. I have spent the last 23 years making my amends to her. This last year I was able to take her to Scotland to visit our heritage.

Our life together hasn't been perfect. We have had our disagreements and downright fights, but through it all we have loved each other. Today, I am sitting here watching my mother take her last breaths and I hope that I have done enough to make her comfortable. She has been my hero and I hope that I can take the lessons that she has given me and pass them on to others.

To all of you who have met my mother, she appreciated the courtesy and friendship that you gave her. From the bottom of my heart, I thank all of you for accepting her into our family.

Marie (Mom) S,

Born September 13,1934

Died: May 27, 2019

Val V. Mililani Sunday Night Promises







Homegroup

F	S	В	I	R	T	Н	D	А	Y	S	N
E	Y	Т	E	I	R	В	0	S	G	E	0
Z	X	S	R	I	А	Н	С	Т	N	С	I
E	С	P	P	U	А	M	R	N	I	R	Т
W	0	M	E	E	С	E	X	Н	Т	E	I
L	I	Т	E	R	A	Т	U	R	E	Т	D
U	N	D	V	S	I	K	U	Z	E	A	A
Q	S	Н	U	M	T	E	E	R	M	R	R
G	Р	R	A	Y	E	R	N	R	E	Y	Т
S	E	C	I	L	0	Н	0	C	L	A	R
R	P	R	I	N	С	I	P	L	E	A	С
R	E	E	T	N	U	L	0	V	G	Χ	В

ALCOHOLIC	BIRTHDAY
COINS	EXPERIENCE
MEETING	PRAYER
SECRETARY	SOBRIETY
STRUCTURE	TRADITION
VOLUNTEER	

The Public Information ad that will be displayed on (3) three Bus routes for Oahu, starting June 2nd.

