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Maui Intergroup

February, 2009

STEP 2

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY

Old Sam and the Holy Spirit

When the meeting ended, "Old Sam" got a big hand, as usual. Sam always had a long, spellbinding story to tell. Sam was an ex "mission stiff" and waterfront bum. There were some who didn't like him much because he always said something about the Twelve Steps and God. But when Sam talked, everyone listened. It would have been hard not to, anywhere within the 10-mile range of his normal speaking voice.

I noticed my friend "Bob" was shaking his head, looking baffled. Bob was a many-times retread, but he had around ninety days sober today. I asked him what was bothering him.

"I don't get it," he admitted.

"Don't get what?" I couldn't remember Old Sam having said anything new or mysterious. In fact, it only now occurred to me that Sam and Bob had a lot in common: All those years of detoxes and halfway houses, missions, and recovery programs. The only difference I could see was that Sam now had more than ten years sober.

"Well," Bob said, "what I don't understand is what he did to get sober."

"What he did?" I echoed. I glanced toward Sam, surrounded by his fans across the room. I had to get Bob back to his halfway house before bedtime, so there wouldn't be a chance to hang around until the crowd broke up. "Didn't Sam just spend forty-five minutes telling you what he did?" I asked.

Bob scratched his head.

"You mean he worked the Steps and prayed, and all that stuff." By now we were walking toward the car. "But that wasn't what got him sober."

I was beginning to wonder whether it was Bob or me who was the thickheaded one.

"Run that by me again, Bob. If it wasn't working the Steps that got Sam sober, what was it?"

"That's what I'd like to know," Bob said. "Oh, I know the Twelve Steps are what *keep* him sober. But that wasn't how Sam *got* sober."

"Didn't you hear what he said?" Bob was looking morose. "He said that one day he was standing in a bar trying to figure out how to panhandle his next beer, when suddenly the Holy Spirit or something descended and he knew he'd never have to drink again. And Sam didn't have a damn thing to do with it. So you see my problem, don't you? Just hang around and wait for the Holy Spirit to descend. . .?" Bob folded his arms and stared glumly ahead.

I opened my mouth, then closed it again. For once I wasn't ready with a wise opinion. I hadn't even looked at it like that. I couldn't think of an answer so I changed the subject.

Still, the problem nagged at the back of my mind. I forgot about Bob's question for a couple weeks, but it was still kicking around in the back of my head. Then one day I ran into Sam again.

I managed to corner him after the meeting, and I laid Bob's question in his lap. Sam squinted at me and stirred his coffee as he listened.

"So you see the problem," I said. "Here the poor guy's sitting around trying to figure out how to get sobriety, and all you can tell him is to stand there and wait till the Holy Spirit descends. Meanwhile, Bob's trying to figure out what to do."

Sam considered the question for a while. Finally he gave me the benefit of his years of wisdom.

"Spirit, shmeeerit," he said. Sam commenced to light up a foul-smelling cigar. "You go tell Bob not to sit around waiting for guys like me to tell him how to get sober. Does he think I know? If I knew that, I never would have needed AA in the first place."

Sam leaned close and pointed his cigar at me.

"Listen, kid," he said. "You go back and tell Bob that AA ain't no damn self-help group!" With that, Sam got up and left.

(continued at top of next page)



Now I was baffled. I thought of calling Bob and telling him about this conversation, but I was afraid he would be even more confused. As it turned out I didn't run into him again until about three weeks later.

By this time, Bob had checked out of the halfway house. There was something different about him. I wasn't sure what it was. I knew he'd found a job and was sober now for four or five months. But this wasn't the first time he had got that far. It wasn't a "pink cloud effect" either. Finally I realized what it was: for the first time in the years I had known him, Bob looked relaxed.

I started to tell him about my conversation with Sam, but he grinned and waved a hand. "Oh, yeah. I remember that. I asked my sponsor about it the next day, and he told me to go back and work Step One. I did. Finally I figured out what Sam meant."

"So when is someone going to explain it to me?" I asked. Bob shrugged. "It's simple. I kept asking what I have to do to get sober. Then I asked, what *can* I do? Then I looked at Step One. Finally I saw the answer: Nothing. Because I'm *powerless over alcohol*. But tell me. What did old Sam have to say about it?"

It was my turn to scratch my head. "He said AA is not a self-help program." Bob nodded. Relaxed. "Yeah," he said thoughtfully.

"That's why we have Step Two." -B. B. San Francisco, California -[June 1987 Grapevine](#). Reprinted with permission of A.A. Grapevine, Inc."

AA Confidential

"ISN'T IT WONDERFUL, I've just gotten word Elaine is celebrating her first anniversary," proudly proclaimed a long-time member of AA. "I remember when I first saw her--she was so miserable, so scared--wasn't even sure she wasn't pregnant because she'd been on a real wing-ding for about a week."

"Josie is only four months out of a state hospital and already she's doing a grand job of helping another girl who's just been released." "It's great to see how well Harry is doing these days, when you think of the time he spent in prison for that hit-and-run accident he had in a blackout."

Warm, generous statements. Or are they? Take a second sounding. A deeper one. Sense anything more than a genuine expression of joy at the present good fortune of Elaine, Josie, Harry or Jack? Something just a shade too noble? Something so magnanimous it can't humanly be true?

As one who has been guilty of such thoughtless verbal rejoicings, I now realize that when I talk this way there *is* something wrong, something unwholesome, something dangerous to the hard-won sobriety of the people referred to in such seemingly altruistic remarks. My thinking along this line started when, without a conscious desire to recall the tragic disclosures so lightly tossed off in the quoted remarks and others like them, I found I was remembering them; that they came to mind whenever I ran into the people involved; that I was uneasy when I saw these people and that I hoped they would never know that I had listened to these unhappy events out of their alcoholic pasts. And I began to remember, with a distressing jolt, similar and equally injurious utterances of which I'd been guilty. I decided if I were going to stay honest with myself, I'd better take a look at what lay behind my own high-sounding but careless statements in regard to the recovery of some of my fellow members. Salvaging my self-respect, I found that I was genuinely happy for these people and that this was the basis for mentioning their progress. But I also uncovered some pretty shoddy facts about myself. I discovered, for instance, that I am not nearly as broad-minded about other people's mistakes as my open-hearted words would indicate. I discovered a mental smacking of the lips and a lurking patronization because I had escaped some of the more shocking experiences with which they had paid for their drinking. I discovered there was even a small but exciting thrill, inherent in gossip, of passing along a sordid--and damaging--fact, under the legitimate guise of well-wishing. In indulging this thrill I had destructively overlooked the precious sobriety of the newcomer.

Even worse, I had been selling short the very principles of love and helpfulness that are AA. I had babbled away with a blithe disregard for the oft voiced caution to "Live and Let Live." I had not been sharing my hope and strength--but only the unhappy experiences of others, all wrapped up in a tawdry, tinselly package of pseudo-generosity.

Hard to take self-revelations! But, now aware of the seriousness of my defection, of the potential and lasting damage involved, of the license I had taken unto myself as an oft-time sponsor of newcomers in AA, I was determined to follow through with this inventory. I was struck with shame at the smallness of my own character in indulging in such hypocritical rejoicings. Particularly, in regard to sponsorship, I realized how deeply I had violated the privilege of service to others. I knew I had to put a tight check on the reins of my loose talk if I were not to continue doing irreparable damage to fellow members, as I sounded off from my smug plateau. And, selfishly, I knew this very smugness was an ever-widening chink in my own sobriety.

I realized that as a sponsor--either listening at the bedside of another alcoholic, sufficiently desperate and sick at heart to have called for help, or in the early exchange of talks with a new member able to get to meetings under his own steam--I must impose upon myself strict adherence to the confidence expected of a doctor, a minister, a social worker or a psychiatrist. Need I stress that AA has taught me the importance of assuming *solely* the listening aspect of these other therapeutic agents.

I unearthed, with further digging, that however well-meaning I might have been in an attempt to explain some difficult-to-cope-with quirks in some new members, I had unnecessarily shared some of their intimate, deeply personal confidences with others.

Mea maxima culpa! And the only justifiable instance for sharing these personal confidences (until such time as they were self-told from the platform) that I could find to salve my cringing conscience is when, after an unsuccessful try at helping, I turn the newcomer over to another sponsor. Even in that case it would better be done with his permission and in his presence.

Clamming, anyone? -M. H. McM. New York city, New York -Reprinted with permission from the September, 1959 Grapevine.

EMOTIONAL SOBRIETY

CONQUERING STRESS AND LIVING LIFE ON A DAILY BASIS, THE A.A. WAY

Being faced with half a dozen things that all need to be done yesterday can be quite trying as I'm sure you all know. I have been progressively "freaking out" lately as my own mistakes, omissions and failures combined with some from the past has suddenly piled up to the point where I don't know which to tackle first in order to put out the fires. Thanks to the program of Alcoholics Anonymous, I have not had even the slightest urge to drink over any of it and for that I am truly grateful.

I/We are having trouble reserving venues for Intergroup Events: It is important for us to reserve venues for Intergroup events about a year in advance. This year, new requirements have been put in place by the county and Cameron Center that we have liability insurance in order to use their facilities. I have been seeking quotes from insurance companies and the best yet is for a \$175 premium for each event. Alcahons count as two days so it will cost \$350 for the insurance for those events. We have also been relying on some of these events to help raise funds for Intergroup expenses but now we will be lucky to break-even financially on some events.

In this time of economic hardship for all of us, we may need to contribute even more money to the 7th Tradition baskets **OR** come up with new venues and some outside-the-box thinking to continue our events. I believe we need these fun/Fellowship events to maintain and enhance our sobriety and we can still have them but we may need to do it in a different way than we have in the past. There is time pressure here if we want to continue holding them in the same venues as we have in the past. On the other hand, we can maybe have a couple of events in local parks by reserving them in the old fashioned way - by having some of us go to the park early in the morning to hold the tables. Besides the insurance there is another issue which needs to be addressed to get these venues...

When trying to reserve a venue for one of the events, I was asked for a copy of our Tax Exempt Certificate from the IRS because we have always registered for the events as a non-profit organization. In searching around for our certificate, I discovered that we don't have one. We did file Articles of Incorporation with the State of Hawaii in 1992 but we never applied for tax exempt status with the IRS. Now, it is not enough for us to be a non-profit, the Tax exempt Certificate is required. We can no longer rent county facilities without it. Hey, we're alcoholics, we are not perfect. But we will get it done. We are working on the application for tax exempt status but it could take some time to get so we need other solutions. I may be able to register for one or two events in my own name or we may find venues that don't require certificates or insurance. Please feel free to suggest any venues you think might work for any of our events.

Thanks to the program, I won't get drunk or kill myself over any of this and hopefully, nobody else will either. Rather than running away from these problems, we can dive into them and make it an adventure in finding some new ways to celebrate our sobriety. The challenges will pass; the problems will get solved and we will live happy, joyous and free. We will meet these challenges and be better for having done it.

Meanwhile, we are serving our basic purpose. Central Office is open full time and the phones are being answered around the clock. New people are coming in and staying sober. Members are doing service, sponsoring and carrying the message. New meetings are popping up and others are growing larger and stronger. In these trying times of economic downturn, A.A. is needed now, more than ever. We are living the promises and finding our *internal* "place in bright sunshine" in spite of it all. A.A. has taught me that, if I don't drink, I won't get drunk and completely ruin my life. If I trust in a higher power and work the Steps and let them work me, life will be OK - one day at a time. Happy Valentines Day with love and gratitude to you all, Rich

The Grapevine's Digital Archives are a wonderful source of A.A. inspiration. You can read any article from any Grapevine EVER PUBLISHED on your own computer for a mere \$20 per year. What you can find: Check out the first paragraph of this article from the [January 1945](#) issue:

Arkansas "Moon" brings on a peculiar kind of mean insanity, fearsome in its throes even to our horny-toed hillsmen. Four of our first seven A.A.s had to be lassoed and hauled out of caves where they had been living with panthers and bears. Two of the other three were easily taken: our local founder dug them up out of the sod--incorrectly diagnosed. The founder himself was a screwball trumpet player from one of the state's oldest, most revered families--fundamentally incapable.

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**Maui Intergroup Minutes for January 10th, 2009
(Unapproved)**

Meeting called to order: 6:00pm

-Opened with Serenity Prayer and followed by Introductions. 25 members in attendance.

-Members had a moment to go over last months Minutes with a motion made by Tony to approve followed by a second motion by Melody with all approving Minutes.

-Steering Committee Report: Items discussed were The CD , Liability insurance, Events Committee and Moratorium for Central Office Mgr. Travel all of which to be discussed in Old Business and New Business.

-Treasurer Report: Steering Committee (rotating out Committee) met in Dec. and voted to give the Central Ofc. Mgr. A 7% increase in salary beginning January 2009. Question was asked by Connie as to what the comparison was from 2007-2008 income/expenses, Rich to research and bring the info at the next meeting.

-Central Office Manager Report: Dec. was busy with the Alcathons and the maintaining of inventory. Approx. 10 calls made thru Central Office per day and book and pamphlet sales are up. Volunteers are needed in the office Monday thru Friday one 4 hour shift per week.

Phone help is needed Sunday 6pm to 8am then 8am to 10am Monday also needed is a phone volunteer for Wednesdays from 6pm to 8am.

Old Business: A) Last month members were asked to take back to their groups and get feedback on a list of events to aid in the contributions to Intergroup. Due to the rotation of new Intergroup members it was suggested that a new list be created by the Ad Hoc Committee and we start fresh. Motion was made and 2nd (sorry, did not get the member names). All was in favor of Ad Hoc creating a new List of Events. B) Liability Insurance, Rich will follow up with the Insurance Company, Members expressed the sense of urgency as we have already entered the new year and events need to be scheduled.

Committee Reports: Christmas Alcathon hosted by KMS: no report due to rotation of new members but members who were present and attended advised the turn out was good. New Yrs. Alcathon hosted by Upcountry Sunrise: Good participation of members and great turnout. \$432 Profit!

New Business: A)Members discussed if we should have a "Permanent Events Committee" which would be member based versus group based to get members more involved with hosting events. Motion made by Melody to table this discussion and 2nd made by (?) Rich to bring Bylaws at the next meeting for further discussion. B) Should prudent reserve be kept in a CD or not? Should the prudent reserve be placed in a non-interest bearing account or an account that generates interest? Research will be done to get the necessary rates CD versus Savings etc. and discuss at next meeting. C) Central Office Manager Travel Budget discussion. Members voted against having a Moratorium for Cent. Office Mgr. Travel.

Take back to the groups: Central office needs help with answering phones and office help. When sending splits please ask your Group Treasurer to write the name of your group, Group # and District # (HI Area split)

Meeting Adjourned at 7:14pm

Next Meeting February 14th, 2009 at 6:00pm

Minutes compiled by Trudy S.

Central Office and Intergroup Phone Report:

- Calls 243, 12th Step calls 14, Books sold 67, Pamphlets sold 168.
- We are always looking for volunteers to work a few hours a week in the office to help with the many duties there. We have a need for your particular skills, whatever they are. Suggested sobriety is 2 years. Call 244-9673 for info.



AA - MAUI INTERGROUP Income and Expense Report

January-09

Income:	
Group Contributions	1,596.43
Intergroup Meeting 7th Tradition	21.00
20% Literature Split	101.83
Anonymous Contribution	20.00
Anonymous Contribution	100.00
Events-New Years Alkathon	432.33
Total Income	\$2,271.59

Expense:	
Haran Development (Rent)	525.00
U.S. Post Office (1 yr. PO Box)	112.00
Adam A (travel from Molokai)	136.00
Maui County (Kihei Comm Ctr)	245.00
St Theresa's church (Mini-Conf)	200.00
HMSA (Med Ins)	275.84
Irene H-old debt	50.00
Hawaiian Telcom	140.21
Pacific Guardian Life (TDI 2009)	55.00
Rich H (Mgr salary)-Net Pay	1,201.57
State Tax Collector (4 th Q Un.Comp)	79.38
State Tax Collector (4 th Q withhold)	150.05
Total Expense	\$3,170.05
Net Income	(\$898.46)

Contributing Groups:	
Club 449	7.91
Dawn Patrol	138.00
Food For Thought	46.15
Happy Hour Group	391.50
High In The Sky - Kula	150.00
Kihei Morning Serenity	110.72
MonNite BigBook Kihei	50.00
On Awakening	366.80
S.A.M.	50.00
Tues. Beginners Mtg. Kihei	20.00
Upcountry Speakers	239.99
Wailuku Group	25.36
	\$1,596.43

Bank Balance Report:	
Operating Account:	
Beginning Bal.	1,353.54
Deposits-Income	2,271.59
Subtotal	3,625.13
Less Expenses	3,170.05
Grand Total Operating Acct	\$455.08
Less Current Liabilities:	
Employee-Employer Payroll	
Tax Due	\$172.06
Total Available Funds as of 1-31-09	\$283.02

Literature Account:	
Beginning Bal.	1450.85
Deposits- Literature Sales	509.15
Subtotal	1,960.00
Less Expenses-Literature	969.6
20% Split to Op. Account	101.83
	1071.43
Grand Total Literature Acct	\$888.57

Prudent Reserve:	\$12,843.32
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Each A.A. entity—group, district, area, central or intergroup office, and G.S.O.—provides a specific service and is autonomous. Separate checks need to be sent to each entity. Write your group number on the check. If you include a phone or email, we will respond with Thanks. Contributions can be sent to:

Maui Intergroup	Contributions to Districts
P.O. Box 1208	Make checks payable to <u>each individual District</u> :
Wailuku, HI 96793	Kihei District
Please make checks payable to "Maui A.A."	P.O. Box 815
	Puunene, HI 96784

G.S.O.	
General Service Office	No Ka Oi District
Grand Central Station	P.O. Box 843
P.O. Box 459	Puunene, HI 96784
New York, NY 10163	
Payable to the "General Service Board"	

Area:	
Hawaii Area Committee # 2107	Tri-Island District
575 Cooke Street, Suite A	P.O. Box 11814
Honolulu, HI 96813	Lahaina, HI 96761



Thank you for your generous contributions. Without your financial support, Central Office cannot exist to serve A.A. members on Maui.

Dear Rum Raisin,

I really consider myself a mostly easy-going person. I have done a lot of committee work and I like to work with other people. I don't know what is wrong but I am having a really hard time working with the people in this fellowship. I mean, jeez, what a bunch of jerks! All one guy is concerned about is recognition. This guy has an ego the size of a watermelon! Then there are those people who want to be involved in name only. They like to sit on the committees but when it comes down to the real nuts and bolts, they disappear into the woodwork. Then there is the guy with two or three years of sobriety who thinks he is an elder statesman. I mean who needs all these jerks anyway? I'm trying to practice the principles with these people, but sometimes it just doesn't seem to work. I'm beginning to dread these people. They are such a drain on my energy. There must be some way of letting them know how I feel without blowing my stack. What's your advice Rum raisin?

-- Tired of Deadbeats

Dear Tired,

Don't drink. Go to meetings.

-- Rum Raisin



This Rum Raisin is a reprint of a Rum Raisin column that ran in the October, 1984 edition of the Serenity Gazette. In those days, the column was written anonymously by John H, who got sober in Maui on 1975. Many old Gazettes have been made available to us by Bob J, who sobered up here in 1976 and still attends meetings on Maui. Thank you Bob!



Alcohol Contributes to Fall Risk among Working-aged Individuals

(From a real study completed recently)

February 2009

A significant association was seen between acute alcohol consumption and risk of fall injury in the next 6 hours:

- Individuals who consumed 2 drinks were 3.7 times more likely to have a fall injury compared with individuals who did not drink.
- Individuals who consumed 3 or more drinks were 12.9 times more likely to have a fall injury compared with individuals who did not drink.
- Assuming a causal relationship, 20% of all fall injuries in the study population were attributable to acute alcohol consumption.

DUH!!!

I wonder how much they spent on that study!?



Calling all young people in A.A. MICYPAA will be holding an election to seat a committee for the 2009 season. MICYPAA stands for Maui Island Campout of Young People in Alcoholics Anonymous and is based on the principles of Hawaiian Islands Conference YPAA. The purpose of MICYPAA is to carry the message of Alcoholics Anonymous to young people in the county of Maui, and to further the principles of A.A. through providing a vehicle of service by, for, and to young people in Maui. A 'Young Person' is anyone with room to grow. MICYPAA is designed to as an opportunity to learn and practice the Traditions and Concepts of A.A. in a fun setting.

The election will be held at the Alano Club of Lahaina on Sunday, February 22nd. Breakfast will be served at the Alano Club immediately following the 9:00 am Coffee Break Group meeting on a donation basis. According to the principle of self support, donations will go towards the use of the facility and for seed money for the first event. The election process will be facilitated by Brian C., the past DCM of Tri Island district, using the Third Legacy election procedure. Brian is a former member of YPAA committees who went on to do further work in A.A.'s General Service structure, as did many others who are currently in service. MICYPAA is not a Tri Island function, but is for all of Maui. After the election, the committee will listen to it's own Higher Power and go where it needs to go.

There are many stories from current members who were introduced to A.A. through one of these events. It wasn't just old people not drinking, they discovered, but young people having a rocking good time. At committee meetings and events it is traditional to have an empty chair present for the next young person to discover A.A. The contact for questions about MICYPAA and the election is Melissa at (808) 937-3869.

Treating the Causes of Alcoholism

Reprinted with permission from the November, 1963 Grapevine



I LIKED the article *An AA Doctor's Prescription* which appeared in the July issue of the Grapevine. It nicely stressed the importance of stopping the symptom of drinking. The picture showing the roots and fruits of alcoholism is graphic and intelligible. The concept "The treatment of a symptom" is, I am sure, a sound one.

The emphasis on the removal of the symptom can, however, be misleading. It suggests a failure to reach the fundamentals and implies that the symptomatic cure leaves the individual skating on thin ice with the underlying causes of the trouble still lurking in the background ready at any moment to trip up the individual. The charge of superficiality may well be levied against a treatment which thinks only in terms of symptoms.

The truth, however, is that routinely to assume superficiality is also an error. Sometimes, the treatment hits into the deeper structures while it takes care of the symptom itself.

The history of medicine is dotted with examples in which the remedy of a symptom provided the cure of the condition. A classic illustration is malaria. The malarial patient had a symptom, a fever. Quinine cured this fever and was in use over the centuries, long before the cause had been determined. The therapy was completely symptomatic yet, as is now known, actually has a scientific basis, namely, that the cause of the illness, the malarial parasite, was killed by the drug.

In other words, treatment, discovered by chance in nature, in a funny sense, reversed the usual sequence. Science says first find the cause and remedy that, thus curing the illness. Instead, the use of quinine treated the symptom of fever with no reference to the cause which only later was revealed. The charge of superficiality was disproved by facts uncovered subsequently.

AA is also a therapy discovered by chance. To be sure, the original members followed brilliantly the clues with which their own experience had presented them. They learned from experiencing, they followed no book. They found a method, a program; they prescribed it and it worked. The idea of seeking causes was discarded, sometimes noisily and with jeers at those who still tried to be scientific.

Yet AA, like quinine, was designed not only to cure the symptoms of drinking but also to tackle and, if possible, eradicate its causes. The AA program helped the individual remain sober, thus removing the symptoms. It also aimed at altering the inner source of discord by its stress on spiritual development, thereby getting at the causes which provoked the symptoms.

The fact is that, as spiritual growth proceeds, the underlying hostile elements are steadily reduced in strength and, thus, in their capacity to cause trouble. Psychiatric therapy, depending upon analytic concepts, had tried to reach and uproot the hidden hostilities which poisoned the psyche, the assumption being that such unearthing would free the individual from their grip and enable him to pursue a more healthy path. Unfortunately, the uncovering method had no way of insuring removal. The individual became acquainted with his hostilities and had no means of getting rid of them.

AA adopted a very different approach. AA found a very basic fact, namely, that spiritual growth is the real antidote for the hostile, negative forces. It learned that these feelings do not have to be uncovered but that somehow the spiritual elements can neutralize the negative forces, thus freeing the individual from their grip. In that way, the cause of the condition is effectively extirpated. Like quinine, which actually killed the organism, AA, through its spiritual emphasis, actually may succeed in ridding the individual of harmful attitudes and feelings which had contributed to his difficulties. AA, so to speak, cures without uncovering.

The point of my comment has now been made. AA is not to be considered merely a symptomatic remedy. Through its stress on the spiritual, it really digs much deeper. Like quinine, it tackles the original causes. Unfortunately, here the parallel ends. The malarial parasite is specific and can be destroyed. The evils with which the spiritual element must contend are not so readily wiped out. The most one can hope for is progress in the amelioration of the hostilities and growth in the positive forces which insure health.

As a result of this thinking about AA and how its program works, I would like to suggest a companion picture. The tree would have a trunk with roots and branches. The trunk would be labeled the spiritual life and/or sobriety. The roots would have titles like love, warmth, charity, gratitude, friendship, forgiveness, kindness. The limbs would be covered with leaves or blossoms, and would indicate somehow the overflowing horn of plenty, the abundant life. This, as I see it, is the miracle not only of AA but of all life--the capacity to move from a negative to a positive way of life.

One final point, this time about how the psychiatrist fits into this picture. In my eyes, his is a dual task. He can help to remove blocks, i.e., the hostilities to spiritual growth, and also do what he can to foster the processes which lead to that growth. Unless he is mindful of both aspects, he is likely to be of little help. He can no more afford to overlook the spiritual than can any member of AA. -Harry M. Tiebout, M.D.

Dr. Harry M. Tiebout, a psychiatrist, was an early pioneer in coupling the principles and philosophy of Alcoholics Anonymous with psychiatric knowledge of alcoholism. A strong supporter of A.A. throughout his life, he consistently worked for acceptance of his views concerning alcoholism the medical and psychiatric professions. He served on the Board of Trustees for A.A. from 1957 to 1966, and was chairman of the National Council on Alcoholism in 1950.

Monday "Upcountry Sunrise" is now an **OPEN** meeting.

The "**Beach Reflections**" meeting on the 505 Beach in front of the canoe hale in Lahaina has been **suspended until April 1st** due to darkness. The meeting will meet from April 1st through October 1st in the future.

We Agnostics has added a third meeting each week. The new meeting will be on Sundays at 10:30 a.m.

NEW MEETING: Wednesday at 6:30 pm "Volkswagen Vagabond Belladonna Big Book Study" meets in a VW bus in Kalama Park parking lot, BYOB.

SUNDAY,

February 22, 2009

Hana Caravan starts at PAIA COMMUNITY CENTER

Leave for Hana at 1:30pm

Meet at Wananalua Church

POTLUCK DINNER - 4:30pm

A.A. Meeting - 5:30pm - 7p.m

Contact: Clifford S. at 385.2183 for more information

A Service Function of **No Ka Oi District 5** 4/5/2008

Contact A.A. on Maui Central Office

70 Central Ave., Suite 1,
Wailuku, Maui, HI 96793
808-244-9673

Phones are answered 24 hours

OFFICE HOURS:

Monday thru Friday: 10am-6pm

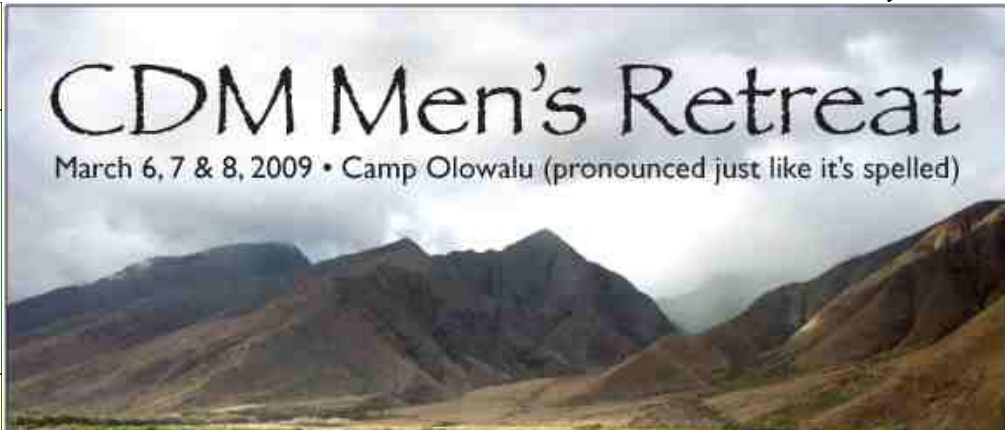
Meeting schedule online:


www.aamaui.org

Email: info@aamaui.org


CDM Men's Retreat

March 6, 7 & 8, 2009 • Camp Olowalu (pronounced just like it's spelled)






The Accomodations



The Surf




The Beach at Camp

Come celebrate sobriety amongst the surf and scenic beauty of Olowalu, Maui. Three days... 12 steps...one weekend of incredible serenity.

The Price: 2 Nights \$90 ~ 3 Nights \$110

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