

Intergroup's Mission

The purpose of
Intergroup is:

To safeguard the
Twelve Traditions of
AA,

To serve the local
groups,

To help provide unity
between groups,

To perform acts as
stated in the by-laws.



For 75 years, AA has been helping people recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership.

FOOTPRINTS IN THE SAND

One night I dreamed I was walking
along the beach with the Lord.
Many scenes from my life flashed
across the sky. In each scene I
noticed footprints in the sand.
Sometimes there were two sets of
footprints, other times there was one
only. This bothered me because I
noticed that during the low periods of
my life, when I was suffering from
anguish, sorrow or defeat,
I could see only one set of footprints,
so I said to the Lord,
"You promised me Lord,
that if I followed you, you would walk
with me always. But I have noticed
that during the most trying periods of
my life there has only been one set of
footprints in the sand.
Why, when I needed you most, have
you not been there for me?"
The Lord replied,
"The years when you have seen only
one set of footprints,
my child, is when I carried you."

Suggested By: Gramma Sue

AA Hotline

524-7729

Línea directa de hablar español

528-2994

Sobriety Corner on the Web

[http://www.idahoarea18aa.org/main/
ifalls.htm](http://www.idahoarea18aa.org/main/ifalls.htm)

Get on the Email List

12stepsteve@gmail.com

The General Services Website

<http://aa.org>

The Grapevine

<http://aagrapevine.org>

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If your group did not receive a copy of the newsletter, you can either have your Intergroup Representative pick some up at the Intergroup Meeting, First Thursday, Serenity Hall at 6:30pm, or follow the Internet link to the left and print off a few copies for your group!

Editors Corner

I am spending this year, trying to work on a step a month. This is a tradition from my friend, David, in Bellevue — he has been doing this for years and it seems to have rubbed off on me somehow. It is truly amazing how AA's Honest-Open-mindedness-Willingness works to change my life, even when I don't see it coming.

Standing in the backyard the other day, I noticed that the tulips near the house are up about 4 inches — they change and don't even have to work at it, the lucky plants. We do. We have to interact, ask forgiveness, forgive, even when we don't think we can. We learn, through our program, first to trust ourselves, then another, then we step out of ourselves at just the right time. Like the tulips, when it's time, we just grow. How do we grow without the program? Well most certainly we can, but ask yourself if without the program's reminders on a regular basis, can you take the leaps of faith necessary to continue to grow as well?

So, Step 4, ironically asks us to think through our resentments, in a sense, so we can stop thinking about them. What do you want to nurture in you? How do you get the sunlight and nourishment you need? Thank God for Step 4. It is the beginning of the end of resentment. By asking forgiveness and forgiving others we grow.

Steve M.
Apr 2011



"Most of us feel we need look no further for Utopia. We have it with us right here and now. Each day my friend's simple talk in our kitchen multiplies itself in a widening circle of peace on earth and good will to men."

Page 16 — First Edition of
Alcoholics Anonymous

Intergroup Officers

Craig W.	Intergroup Chair	419-6498	
Lew G.	Alternate Chair	521-0583	
Keith J.	Secretary	521-4080	kjewell@cableone.net
Delbert S.	Treasurer	569-1676	
Matt J.	Entertainment	521-4650	
Keith J.	Interim AA Hotline	521-4080	kjewell@cableone.net
Linda M.	Literature	520-5673	
Steve M.	Newsletter		12stepsteve@gmail.com

Other Contacts

Buttons	Bridge the Gap	200-6781
Mike C.	District Public Information	745-1510
Michell S.	H&I - Chair	339-8197
Craig W.	H & I - Correctional Work Center	419-6498
Mike C.	H&I - 3B Detention Center	745-1510
Dusty G.	H&I - ARA	681-2810
Carlos	H&I - Men's Jail	403-4119
Barbara C.	H&I - Women's Jail	523-3256
Veronica W.	H&I - Work Release	403-6693
Greg R.	Serenity Hall Information	403-5608
Claudia H.	Area H&I	525-9290



A Beginners Fourth Step

The books can be a little hard to understand, so here is an easy way to begin your 4th Step. Take this page out of the newsletter and put it in your pocket if you have not done a Fourth Step. We all have excuses, but no good reason NOT to do VITAL step — some get all paranoid or want to do it perfectly. Forget that — just do it. You WILL feel better afterward. It seems complicated, but it isn't really. People are not as interested in your personal baggage, so relax, and write it down. There is a natural tendency for us to be afraid or want to do this perfectly — forget that and just do it.

We will do just one item of a Fourth Step. If you are new to AA, this might be the push you need. If you do not WRITE THIS DOWN, IT WILL NOT HELP YOU as much. Don't worry about why for now. "It works if you work it."

1. WHO DO YOU RESENT?

This should be easy. Write down their name here:

2. WHY DO YOU RESENT THEM?

Write down whatever they did that pissed you off. You may need a few more lines than I provide here unless you write really small.

3. DID THEY THREATEN YOUR SENSE OF SEX, STATUS OR SECURITY?

This one is a little tougher. Most of us have RESENTMENTS because we fear losing something we have or not getting something we want.

Birthdays

Big Book Study

Group	04/25/11
Member	Years
Cathy D	25
Shawnee K	5
Mark P	4
Billy B	1

Clean and Sober

Member	04/30/11	Years
Sam C	2	
Mary S	2	
Kristina M	2	
Melinda M	1	
Todd H	1	

Coffee Break

Member	04/30/11	Years
Terri S	6	
Dave F	4	
Pradriac	3	
Ted C	2	
Ryan W	2	
Carl P	2	
Tyrail W	?	
James S	1	
Lori B	1	
Shauna S	1	

Grapevine

Member	04/24/11	Years
Darren C	5	
Kade S	2	
Mark V	1	

Great News

Member	Years
Larry S	2

Just Stay

Member	Years
Lori B	1

Lincoln

Member	04/30/11	Years
Cindy M	19	
Henry E	13	
Brandon J	5	

Meet and Eat

Member	04/27/11	Years
Frank R	27	

Progressive Group

Member	04/28/11	Years
Henry E	13	
Mark P	4	

Third Tradition

Member	04/28/11	Years
Sheila R	20	

Turning Point

Member	04/24/11	Years
Jake S	1	
Billy B	1	

Westside Group

Member	04/29/11	Years
Patricia M	26	

4. WHAT WAS YOUR PART IN IT? Before you answer this question, give the other parts a good long once-over — think about them. If the fear was 'loss of job' or 'loss of a loved one' how did your actions enter into the problem?



Having completed this first item of your Fourth Step, you may want to ask your higher power for help with this important work. Perhaps a little prayer like: "Thank you for showing me who I am. Help me to get rid of my resentments. Give me the help I need to ask forgiveness from others and you. With your help I can continue to recover."

Repeat this process, perhaps 5 to 15 times and your fourth-step is done. You will share this with your sponsor or you most trusted AA friend and be brutally honest. Expect some questions about your answers. BUT, also expect the other person will understand because they have felt that way too. None of us is as unique as we like to think we are. None of us is alone who is an AA member.

The joy you will experience as the result of the steps that follow is truly not describable. Stand in awe of the fact that you can become the person you always wanted to be. —Steve M.

Intergroup Meeting Minutes

Intergroup Meeting Minutes—March 4, 2011

Meeting called to order by Craig W. at 6:45pm, 12 Traditions read by Laurie C.

Secretary's Report: Minutes from February 4 meeting read and accepted.

Treasurer's Report: **2/3/11 Beginning Balance \$1385.68** General Account

Source Transaction

Qwest -52.43

Falls Printing -42.40

Serenity Hall -96.00

BillPay Credit +19.90

Literature+310.65

Lunch Bunch +200.00

3/2/11 Ending Balance \$1725.40

Literature +293 pending

Entertainment \$1256.63 no transactions

Prudent Reserve \$192.35

Entertainment Report: After much discussion, the decision for the Founder's Day picnic will be deferred until next month. Matt will verify cost for use of Sealander Park. Cost for Tautphaus park would be \$45+\$20 deposit for a 10am-6pm Shelter rental. Planning meetings on Saturday morning will begin in April.

Literature: Linda M. reports an H&I request for stapleless literature, and a special thanks to Tim for the painstaking staple removal. \$310.65 deposited and \$293 deposit pending.

Hotline: A member willing to serve as Hotline Coordinator is still needed. New volunteers are still very much in need. The monthly schedule is currently staffed requiring only two shifts per person per month, but this leaves no back-ups for schedule conflicts

Newsletter: New, tri-fold Idaho Falls area meeting schedules are being distributed by Intergroup group representatives and are available in Serenity Hall. Steve is seeking content for monthly Steps and Traditions.

Old Business: A priority is being placed on finalizing and accepting a new set of Intergroup Guidelines. Groups should provide input to their representative and start discussions.

Attendance: Craig W.-Chair, Lew G.-Alt.Chair, Delbert S.-Treasurer, Keith J.-Secretary, Matt J.-Entertainment, Steve M.-Newsletter, Linda M.-Literature, Laurie C.-3rd Tradition, Frank R.-Meet and Eat, Matt K.-Heritage, Michelle W.-Coffee Break, Connie O.-Coffee Break alt, Rob N.-Big Book, Bobby B.-Group 1, Wade H.-Shoulder to Shoulder, Jess H.-Turning Pt., Judy H.-Westside

District 6 GSR Meeting Minutes

District 6 GSR Meeting Notes – March 1st, 2011

Meeting called to order by Tim W. at 7:00pm

12 Traditions read by Jess H.

Attendees: Tim W. – DCM, Alan C. – 3rd Tradition, Keith J. – Great News, Daryl J. – Grapevine, Marie N. – Coffee Break, Craig A. – E. Id. CPC/PI Chair, J.R. T. – Guest, Barbara C., Kadie H. – Shoulder to Shoulder, Lenny F. – Guest, Michelle S. – H&I, Rob N. – Big Book, Jess H. – Turning Point, Marjri – Women in Recovery, Matt K. – Heritage, Hal T. – Secretary, Mike C. – CPC/PI, Marv W. – Treasurer,

Minutes from February District 6 GSR meeting unanimously approved 7:05

H&I Chair Report: Attendance at H&I meetings has been low. Groups, please consider sending a representative! Also, group donations to H&I are greatly appreciated and go to a worthy cause; getting the A.A. message into jails and hospitals where it is desperately needed. H&I is looking for a new secretary. A men's jail liaison is needed as well as a back-up women's jail liaison. Pamphlets to give to hospitals and institutions are in the works or already finished. Treasury balance is \$151.29. Contact Michelle S. to be of service.

CPC/PI Report: Spoke with the Shilo Inn recently regarding placing A.A. information document in their guest books, but have not heard back. It is possibly time to begin contacting other hotels. "How to find an AA meeting" tri-fold pamphlet is here! It includes all meetings in Districts 6 & 7 and will be a great resource for those leaving prison/jails and anyone else looking for a meeting. Marv W.'s wife put a lot of work into this and her help is appreciated. Very nice document. To be of service to CPC/PI or to contact Mike C., email mike@mikesleather.com

Treasurer's Report: Beginning balance as of 02/01/2011:

\$1,050.98. Transactions: deposit \$38.00 Meet n Eat, deposit \$5.00 Great News. Total Deposits: \$43.00. \$10.00 charge for Intergroup

Newsletter. Total expenses: \$10.00. Ending balance as of 03/01/2011 including \$200.00 prudent reserve and \$700.00 for PRAASA: \$1,083.98. Total Non-earmarked: \$183.98.

Old Business: 2nd Annual Area 18 Pre-Conference Workshop will be held March 19, 2011 in Twin Falls. GSR's and any other members are encouraged to go. Various aspects of AA literature will be discussed so that an informed District conscience can be taken to New York by our delegate.

New Business: The website domain name idahoaa.org has been donated to Area 18 A.A. Anyone who types in this web address will be automatically taken to idahoarea18.org.

The need for a District 6 archivist was again brought up for discussion. This is a big responsibility and a great opportunity for the right person to be of service. Contact Tim W. at timwakeman@cableone.net for more information. The spaghetti dinner fundraiser raised over \$700.00! Way to go planners and attendees! District 6 is hosting the Area Spring Assembly May 13-15 at the Shilo Inn in Idaho Falls. Kelly B. is the Chair and Wade H. is Co-Chair. Donated hospitality items and hospitality volunteers are needed. Planning meetings are the third Tuesday of the month, from 6 – 7pm downstairs at Serenity Hall. All are welcome. Come and get involved!

Members' Column

"AA" on the Internet

[Editor's Note:] In the absence of contributions from members, the Newsletter presents Internet websites that have sprung up from our fellowship.

Remember: these are NOT OFFICIAL AA WEBSITES. Ours, as a most democratic society, must respect minority opinion and then decide for other groups or AA as a whole. It is also important to know that literature need not be "conference approved" to be AA literature, relevant, meaningful and legitimate. From my point of view, if it helps anyone stay sober, it is not in vein.

There are 4.3 million links available when you enter "Alcoholics Anonymous" into Google. Perhaps there is something in those sites that may be useful and of interest.

Speaking of Google, this is a very effective way of finding out information on any aspect of AA. There are thousands of pages under our main website [aa.org]. Still thousands more under Grapevine [grapevine.org]. One interesting site I

found recently is for our AA Archives — they have a newsletter and you might never find it if you even spent days looking for it on the AA website — BUT if you Google "AA Archives Markings" it will lead you right to it.

For those who are "Internet Challenged" looking up stuff on Google is pretty much a two step process. One the computer you open the Browser [if you don't know how, ask any kid]. In a box at the top of the browser, you will normally see an Internet Address that begins with http:// www.someadress.com. You can replace this with google.com where you can do searches or with any other address below. What will come up is a list of websites that allows you to click on the website of your choosing.

Happy surfing! —Steve M.

Official AA Websites

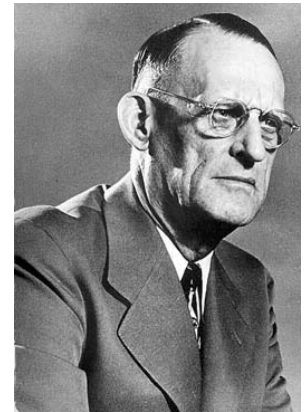
aa.org
grapevine.org

Official Idaho Websites

idahoarea18.org

Websites Suggested By Members

steppingstones.org
barefootsworld.net
aadownunder.com
aabibliography.com
aa-intergroup.org
aaonline.net
intherooms.com
steppingstonesforvets.org



"I spend a great deal of time passing on what I have learned to others who want and need it badly. I do so for four reasons: 1. Sense of duty. 2. It is a pleasure. 3. Because in doing so I am paying my debt to the man who took time to pass it on to me. 4. Because every time I do it I take out a little more insurance for myself against a possible slip.
—Dr Bob
Alcoholics Anonymous
Pp. 180-181

Literature

Big Book (regular)	8.00
Big Book (large print)	8.30
Twelve Steps and Twelve Traditions (regular)	7.40
Twelve Steps and Twelve Traditions (large print)	7.75
Twelve Steps and Twelve Traditions (pocket size)	5.50
Daily Reflections	8.25
AA Comes of Age	8.50
Big Book (pocket size)	4.00
Big Book (soft cover)	7.60
As Bill Sees It	8.00
Experience, Strength, and Hope	9.50
Dr. Bob and the Good Old-timers	9.50
Big Book (16 CDs)	55.00
Linda M:	520-5673

Contributions

Idaho Falls Intergroup Council
PO Box 3486
Idaho Falls ID 83401-3486

District 6
PO Box 50443
Idaho Falls ID 83405-0443

District 6 H & I
PO Box 50572
Idaho Falls ID 83405

Idaho Area 18 Treasurer
PO Box 67
Kuna ID 83634

General Service Office
Grand Central Station
PO Box 459
New York NY 10164-0371

Events

March

Weekend Warriors Volley Ball and Barbeque resume the last weekend of March.

May 13-15

Spring Area 18 Assembly

— **Volunteers are needed!!!** Contacts: Wade 520-5035, Kelly B. 757-1912

— SPRING ASSEMBLY MEETING. Hospitality, Greeters, Food, Volunteers needed. April 11 at 5:00 — Downstairs in Serenity Hall

Announcements

Area Assembly Donations: Can your home group please contribute a signed copy of the Big Book and two cans of Coffee for the Area Assembly? Contacts: Wade 520-5035, Kelly B. 757-1912

AA HOTLINE CHAIR NEEDED. Volunteer positions filled. For more info call Keith J. 521-4080

SERENITY HALL Questions or Concerns: Call: Greg R. 403-5608 or Henry 569-0589—Serenity Hall Maintenance P. O. Box 2237 Idaho Falls, ID 83403

PLEASE SEND ARTICLES, BIRTHDAYS, CORRECTIONS, FOR THIS NEWSLETTER TO: 12stepsteve@gmail.com.



Found any cool AA-related websites?
 Submit them for publication here!
 Email: 12stepsteve@gmail.com

AA's GOT TALENT

The show begins with you

Idaho Area 18 Spring Assembly and Convention
 May 13-15, 2011
 (show Saturday night)

- * Sing *
- * Dance *
- * Skit *
- * Play Instrument *
- * Comedian *
- * Other Talents *

Interested in Participating Please Contact: Lenny F. (208) 360-4896

Group Consciences

Group	Group Conscience
Big Book Study Group	2nd Monday
Clean and Sober	
Coffee Break	3rd Saturday
Firth Group	
Fresh Air	
Grapevine	First Sunday
Great News	6:30pm Third Friday
Just Stay	First Tuesday
Lincoln	
Lunch Bunch	Third Friday
Meet and Eat	2nd Tuesday
New Hope and Inspiration	
Progressive Group	
Third Tradition Group	3rd Thursday
Westside Group	2nd Friday

Day/Time	Meeting Name	Meeting Type	Location
Sunday			
8:30 AM	Spiritual Breakfast Meeting	O A	Dixie's Diner
9:00 AM	Grapevine Group	O	Serenity Hall - Downstairs
5:00 PM	Reunion de AA en Espanol	O SP	Holy Rosary Church Annex
7:00 PM	Turning Point Group	O	Serenity Hall - Upstairs
7:00 PM	Twelve By Twelve Meeting	O	Bingham Memorial Hospital - Blackfoot
8:00 PM	Progressive Group	O	Serenity Hall - Downstairs
Monday			
11:30 AM	Lunch Bunch AA	O	Denny's Restaurant
6:00 PM	Women In Recovery Group	O W	Serenity Hall - Upstairs
7:00 PM	Shoulder to Shoulder Group	O A	St. Luke's Episcopal Church
7:30 PM	New Hope and Inspiration Group	O A	First Evangelical Lutheran Church
8:00 PM	Big Book Study Group	O	Serenity Hall - Upstairs
8:00 PM	Lincoln Group	O	Serenity Hall-Downstairs
Tuesday			
7:00 AM	Grapevine Group	O	Serenity Hall - Downstairs - Bring Your Coffee
10:00 AM	Coffee Break Group	O	Serenity Hall - Downstairs
11:30 AM	Eat & Meet	O A	Dixie's Diner
5:30 PM	Just Stay	O	Serenity Hall - Upstairs
6:00 PM	P & S Group	O A	Denny's Restaurant
7:30 PM	East Side Study Group	O A	Christ The King Church
8:00 PM	Crossroads Group	O	Serenity Hall - Upstairs
8:00 PM	Big Happy Campers Group	O A	Behavioral Health Center
Wednesday			
11:30 AM	Lunch Bunch Step Study Meeting	O A	Denny's Restaurant
6:00 PM	Clean and Sober Group	O	Serenity Hall - Upstairs
7:00 PM	Fresh Air Group	O	Serenity Hall - Downstairs
7:30 PM	The Great News (Big Book Study)	C A	Unitarian Fellowship Church - Downstairs
8:00 PM	Group I	O	Serenity Hall - Upstairs

Behavioral Health Center
2280 E 25th St

Christ The King Church
1696 E. 17th St.

Church of the Nazarene
1900 Grandview St.

Denny's Restaurant
950 Lindsay Blvd.

Dixie's Diner
2150 Channing Way

First Evangelical Lutheran Church
455 W Sunnyside Rd

Holy Rosary Church Annex
145 9th Street

Serenity Hall
600 S. Boulevard

St. Luke's Episcopal Church
270 N Placer Ave

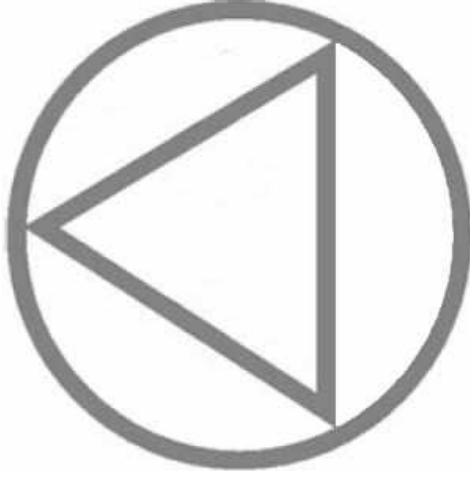
Unitarian Fellowship Church - Downstairs
555 E St

Other Locations

Assembly of God Church
235 West Center Street
Firth, ID 83236

Bingham Memorial Hospital
98 Poplar Street
Pocatello ID

IDAHO FALLS INTERGROUP



Day/Time	Meeting Name	Meeting Type	Location
Thursday			
7:00 AM	Grapevine Group	O	Serenity Hall - Downstairs - Bring Your Coffee
10:00 AM	Coffee Break Group	O	Serenity Hall - Downstairs
11:30 AM	Eat & Meet	O A	Dixie's Diner
5:30 PM	Just Stay	O	Serenity Hall - Upstairs
6:30 PM	New Life Alumni Group	O	Serenity Hall- Downstairs
7:00 PM	3rd Tradition Group	C A	Unitarian Universalist Church of Idaho Falls-Downstairs
7:00 PM	White Knuckle Sobriety Men's Meeting	O A M	Call 227-6697 or 206-5347
8:00 PM	Progressive Group	O	Serenity Hall
8:00 PM	Firth Group		Assembly of God Church - FIRTH
Friday			
11:30 AM	Lunch Bunch AA	O A	Denny's Restaurant
5:30 PM	Just Stay	O	Serenity Hall - Upstairs
6:30 PM	Joker's Wild (Young People's Mtg)	O	Serenity Hall - Downstairs
7:30 PM	The Great News	O	Serenity Hall - Upstairs
8:00 PM	Lincoln Group	O	Serenity Hall-Downstairs
8:00 PM	Westside Group	O	Church of the Nazarene
Saturday			
9:00AM	The Sunlight of the Spirit	O W	Serenity Hall—Downstairs
10:00 AM	Coffee Break Group	O	Serenity Hall - Upstairs
6:00 PM	Clean and Sober Group	O	Serenity Hall - Upstairs
6:00 PM	P & S Group	O A	Denny's Restaurant
8:00 PM	Group I	O	Serenity Hall - Upstairs
First Tuesday of the Month			
6:30 PM	District 6 Business Meeting	C	Serenity Hall - Upstairs
First Thursday of the Month			
6:30 PM	Intergroup Business Meeting	C	Serenity Hall - Upstairs

AA Hotline

524-7729

Línea directa de hablar Español

528-2994

Website

<http://www.idahoarea18aa.org/main/ifalls.htm>

main/ifalls.htm

Al-Anon: 522-4947*

Idaho Falls Intergroup Council

PO Box 3486

Idaho Falls ID 83401-3486

*In cooperation, not affiliation.

Meeting Type

A = Handicap Accessible

C = Closed Meeting

M = Men

O = Open Meeting

SP = Spanish

W = Women