

## 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.



### AA Hotline

524-7729

### Línea directa de hablar español

528-2994

### Sobriety Corner on the Web

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

### Bridge the Gap

(253) 217-2010

### Get on the Email List

[12stepsteve@gmail.com](mailto:12stepsteve@gmail.com)

### The General Services Website

<http://aa.org>

### The Grapevine

<http://aagrapevine.org>

**AI-Anon: 522-4947\***

## In This Issue

Meetings

**7-8**

Intergroup Officers

**2**

Other Phone Numbers

**2**

A Step A Month

**3**

District and Intergroup

Meeting Minutes

**4**

Members Column,  
Literature,  
Contributions, Group Con-  
sciences and Birthday  
Meeting Schedule

**5**

Birthdays, Events,  
Announcements

**6**



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.

**\*In cooperation, not affiliation.**

If your group did not receive a copy of the newsletter, you can get a copy at <http://www.idahoarea18aa.org/main/ifalls.htm> or ask your Intergroup Representative to pick them on the first Thursday of the month, 630pm at the Intergroup Meeting, at Dixie's Diner.

## Editor's Corner

Hard to believe we are in August already. If you have taken this journey with us, you would be 2/3 of the way through the program, at a step a month.

I suggest if you want to cool off the pain of the past, Step 8 is a great way to begin realizing that we can overcome our shame and guilt.

At a meeting a long time ago, an acquaintance asked me if I knew the difference between "shame" and "guilt." He said, "Shame is what we feel around others. Guilt is what we feel in ourselves." Commit to Step 8

to get a handle on both.

Step 8 is WAY more accessible than last month's Step 7. The first part of Step 8 is very direct—it tells us what to do—make a list of person's we harmed. The second part is a little trickier, because we need the guidance of a sponsor to let us know how to proceed from the list to Step 9.

Enjoy what is left of summer.

—Steve M.—August 2011



In God's economy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is.

## 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	dstiffler@cableone.net
Matt J.	Entertainment	521-4650	
Keith J.	Interim AA Hotline	521-4080	kjewell@cableone.net
Linda M.	Literature	520-4672	
Steve M.	Newsletter	(406) 250-0015	12stepsteve@gmail.com

## Other Contacts

Elisa H.	Bridge the Gap	(253) 217-2010
Mike C.	District Public Information	745-1510
Michell S.	H&I - Chair	339-8197
Craig W.	H&I - Correctional Work Ctr	419-6498
Mike C.	H&I - 3B Detention Center	745-1510
Dusty G.	H&I - ARA	681-2810
Randy M.	H&I - Men's Jail	200-4875
Debbie M.	H&I - Women's Jail	569-2959
Veronica W.	H&I - Work Release	403-6693
Greg R.	Serenity Hall Information	403-5608
Claudia H.	Area H&I	525-9290



“Made a list of all persons we had harmed, and became willing to make amends to them all.”

The first part of this step is a simple instruction - write down everyone that you may have harmed. That’s it. Some people do this chronologically, thinking back through the years and remembering incidents by thinking about where you were at and what took place. Some people do this step geographically, thinking about the different places that you lived or perhaps bars that you frequented. Still others may think about this by relationship, starting with the people closest to you and working your way through lovers, friends, and acquaintances, and enemies. Whatever method you choose the rewards will be peace of mind, freedom from judgment, and the gift of forgiveness for others and for yourself.

We learn to ask for forgiveness and to forgive in Step 8. This is important for emotional sobriety, i.e., growing up. Taking this head-on helps not feel too guilty about and an appropriate guilt at other times – it right-sizes our sordid past.

We have an awful lot of feelings tied up in hurtful things from the past. If we can get around the emotional aspects of the hurt and try not to judge our past we will succeed. The purpose of this step is to lose judgment, accept what happened and put the past in the proper perspective. Why do we need to do this? You cannot live as well in the present unless you get rid of the shame and guilt of yesterday. You cannot live peacefully in the present if you don’t learn to

ask forgiveness from others. Our program is one day at a time to help us focus on the present and lose judgments about yesterday and to-

Seeing others for-better us to others.

[By it’s a idea to

these out and blindly start on Step Nine without thoroughly reviewing your list with a sponsor. Your sponsor will help you check your motivation for wanting to do a particular amends and help you make sure you have the right frame of reference. It may not be wise to plan a week-long trip to Vegas to visit your old drinking buddy and drug dealer – if you don’t know why, ask your sponsor.]

So, we make this list, remembering that our own memory is judgmental. We may preferentially remember things that are obvious [like issues with immediate family we cannot forget]. We may block out memories that are painful, particularly ones that arouse shame in guilt. We may think, “I’m not telling anyone about THAT story.” At that point, ask your higher power to direct your thinking, ask for the WILLINGNESS to get this done and done well. Coming up with a list of all people you may have harmed demonstrates your HONESTY and OPEN-MINDEDNESS about truly being freed from the wreckage of the past.

Once you complete the list, there may be a lot of folks on the list that you feel very ambivalent about asking forgiveness. We may feel that our wrong toward them was justified or righteous. Once again, you can turn to your higher power and ask for direction. The point is NOT what they did to you, it’s what you did to them. If they are someone who doing a Ninth Step with might be dangerous or unjustified, our sponsor should let us know, but we should not be afraid to get out of our comfort



and to-morrows. how oth-give us prepares forgive

the way, really bad just write

zone if we clearly understand that this work is important, spiritual work. Without higher power supporting our efforts, we can pray for the WILLINGNESS to make amends.

I recently made a trip to my home town. During that visit several people I know and have known a very long time commented about how, as a drunk, I really wasn’t THAT bad. My first thought was that these folks don’t understand the depth and breadth of the rage, lies, deceit and many other negative ways my soul-sickness was expressed to others. After thinking about it though, I recognize now that I made my list, I took and made opportunities to let others know I was sorry. In a sense, I see now that my higher power saw fit to fix my past with others, graciously changing how others view the past, allowing me to be free today. Is this too far out? Maybe, but it makes sense to me that by making my list, being willing to make amends, even to people I dislike, DID change my past – not the events or what I did, but how others and myself view and feel about it. What a real gift Steps Eight and Nine are.

If I had to summarize, I would say that here is what you need to know about Step Eight. 1. You make a list and spend as much time as you need getting down the names [even just identities if you can’t remember names]. You may want to put a brief reminder description of each event on the list too. 2. Realize that the long-term benefit is peace of mind. You can stop judging yourself and others by the irrational things that happened. You will be able to live in the present without feeling like you have to look over your shoulder. 3. As time goes by, know that by being ready to ask forgiveness you will experience more freedom from “the bondage of self” and that none of this takes place overnight. You will have a bright present by experiencing the action of asking forgiveness and ultimately forgiving yourself.

# Intergroup Meeting Minutes

7/7/2011 Meeting called to order by Craig W. at 6:45pm, 12 Traditions read by Matt J.

Secretary's Report: Minutes from June 2 meeting read and accepted.

Treasurer's Report: **6/2/11 Beginning Balance \$1321.29** General Account

## Source Transaction

Printer Ink	-37.94
Literature	-308.60
Literature	+260.00
District 6	+120.00 (annual printing of D6 minutes in Newsletter)
Shoulder to Shoulder	+25.00
Great News	+24.00

## 6/2/11 Ending Balance \$1403.75

Entertainment \$1220.11 Current Balance  
Expenses: -160.90 Picnic raffle prize  
-187.81 Picnic food and supplies  
-60.00 Deposit Senior Center Christmas party  
Income: + 407.38 Picnic  
Prudent Reserve \$192.39

Entertainment Report: Itemized expense report submitted for Founder's Day Picnic (net loss of \$6.33). Deposit of \$60 made to Senior Center for Christmas Party. Christmas Party scheduled for December 10. Heise has requested a \$240 deposit for

Labor Day campout.

Literature: Large orders for H&I brochures. A reminder that specialty orders need put in with some advance notice.

Hotline: A member willing to serve as Hotline Coordinator is still needed. New volunteers were added. The phone service contract was renewed with a small savings over previous contract.

Newsletter: Steve is seeking content for monthly Steps and Traditions, and has added a Traditions checklist to the Newsletter. Please consider sharing your experience in this way.

Old Business: Intergroup will participate in a August 6 workshop in cooperation with District 6. More progress was made adopting Intergroup Guidelines.

New Business: Motion passed to pay Heise deposit for Entertainment. Motion passed to increase Prudent Reserve to 3 months of operating expenses. Motion passed to renew Hotline contract.

Attendance: Craig W.-Chair, Lew G.-Alt. Chair, Delbert S.-Treasurer, Lincoln Group, Keith J.-Secretary, Hotline, Matt J.-Entertainment, Steve M.-Newsletter, Linda M.-Literature, Michelle W.-Coffee Break, Barbara C.-Meet and Eat, Mike A.-Turning Pt., Joe B.-Great News,

# District 6 GSR Meeting Minutes

7/5/2011 Meeting called to order by Tim W. at 7:00pm/ Twelve Traditions read.

**Attendees:** Tim W. – DCM, Rob N. – Big Book, Keith J. – Great News, Daryl J. – Grapevine, Michelle S. – H&I Chair, Veronica W. – Grapevine Rep., Mark H. – Westside, Hal T. – Dist. Secretary. Minutes from June District 6 GSR meeting unanimously approved 7:05

**H&I Chair Report:** It was noted that different hospitals and institutions have different lengths-of- sobriety requirements for the volunteers taking meetings into their facilities. Men and women volunteers are needed to help at the men's and women's jails. The weekly gathering at 3B Juvenile detention center is again up and running. The Tuesday night eight o'clock meeting at the Behavioral Health Center is needing folks to show up and chair. To be of service at ARA, contact Dusty. Current balance is \$31.03. For information on any aspect of H&I, contact Michelle S. @ 339-8197.

**CPC/PI Report:** Things are running smoothly. Again, Public Service Announcements (PSA's) in the form of television and radio commercials have arrived. They are currently airing. The A.A. information hotel inserts are still searching for a home. To be of service to CPC/PI or to contact Mike C., email mike@mikesleather.com

**Treasurer's Report:** Marv W. reporting. Beginning balance as of 06/03/2011 \$367.31. Income: Coffee Break, \$30.00, , Great News, \$12.00 *Total Income:* \$42.00. Expenses: Intergroup Newsletter, - \$10.00. *Total Expenses:* -\$10.00. Ending balance: \$399.31. Less prudent reserve \$200.00 & \$150.00 in PRAASA reserves = \$49.31.

**Grapevine Report:** Veronica W. reporting. It was mentioned that there would be a meeting to discuss Grapevine's objectives for the August 6<sup>th</sup> Service Workshop. They are looking forward to it.

**Old Business:** District 6 is still in need of an archivist.

**New Business:** It was mentioned that the Service Workshop planners have had two planning meetings and are very optimistic about the workshop. During the workshop, H&I will hold a panel focusing on "the other side of H&I", or people who have *received* help from H&I rather than given help *through* it. The concept of a "service sponsor" was discussed; someone who takes a "sponsee" through the A.A. World Service and instructs on how to perform the various "jobs". They help answer questions like what does a GSR do? What are some of the area reps?

It was discussed that district elections are coming up in October and many positions will be opening up for some lucky people!

# Traditions Checklist

## Tradition Eight

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?

2. When I chafe about any particular Tradition, do I realize how it affects others?

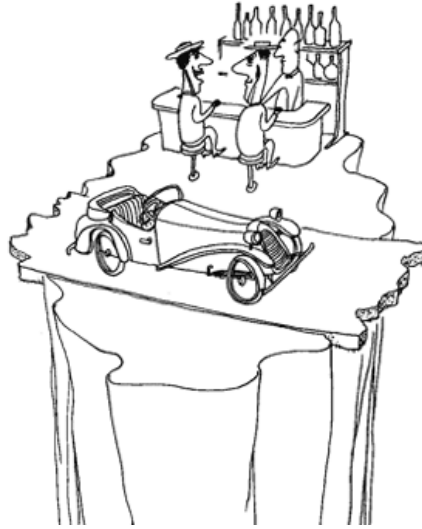
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?

4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?

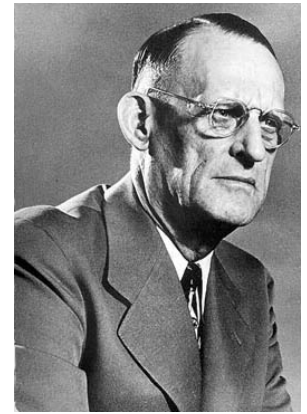
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?

6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?

7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?



"Ever get that feeling we're on a road to nowhere?" —Fred F. SadBadGlad Group, Albany, NY



## 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

## Literature

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

Linda M: (208) 520-4672

## Group Consciences and Birthday Meetings

Group	Group Conscience	Birthday Meeting
Big Book Study Group	2nd Monday	Last Monday
Clean and Sober		Last Saturday
Coffee Break	3rd Saturday	Last Saturday
Firth Group		Last Thursday
Fresh Air	2nd Wednesday	
Grapevine	1st Sunday	Last Sunday
Great News	3rd Friday - 6:30pm	Last Friday
Group One		Last Saturday
Just Stay	1st Tuesday	Last Friday
Lincoln		Last Friday
Lunch Bunch	3rd Friday	
Meet and Eat	2nd Tuesday	Last Thursday
New Hope and Inspiration		3rd Monday
Progressive Group		Last Saturday
Shoulder to Shoulder		Last Monday
Third Tradition Group	3rd Thursday	Last Thursday
Turning Point	3rd Sunday	Last Sunday
Westside Group	2nd Friday	

## Events

**August 6 - Unity Through Service Workshop**— 10am-3pm - St. Luke's Episcopal Church - Lunch will be at Noon! Taco Bar! Panels, Speakers, Question & Answer! Topics include: PRAASA, H&I, GSR's, Grapevine, Intergroup, CPCPI, Spirit of Rotation! Come all day and enjoy learning, sharing, fellowship, Unity, service, and fun!

**September 2—5 Heise Campout** — Sites are \$18. Make reservations by phone at (208) 538-7453 and be sure to ask for "a friends of Bill campsite." The campground is online at [heiseexpeditions.com](http://heiseexpeditions.com).

## Announcements

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

**PLEASE SEND ARTICLES, BIRTHDAYS, CORRECTIONS, FOR THIS NEWSLETTER TO:** [12stepsteve@gmail.com](mailto:12stepsteve@gmail.com) or phone (406) 250-0015 [Montana phone number].

**Bridge the Gap**—Help folks get to a meeting. Contact Elisa (253) 217-2010

**New Alateen Meeting**—Thursday Nights—7—8pm St John Lutheran Church—290 7th Street—For 7th Grade and Older. Contact Maxyne at 521-2235. [Note this announcement in the spirit of cooperation, not affiliation.]

## Birthdays

**Big Book:** 1 Year: Domino D. // 5 Years: Kelly W. // 9 Years: Andy H. // 17 Years: Randy M.

**Clean and Sober:** 2 Years: Dawn L. // 4 Years: Dee G. // 13 Years: Eric W. // 18 Years: Charles B.

**Coffee Break:** 1 Year: Debbie S., Jessie I. // 2 Years: Dawn I., Justin // 4 Years: Viki T. // 5 Years Kristi W., Mike W., Scott A. // 6 Years Ryan E. // 7 Years: John S.

**Fresh Air:** 5 Years: Jeff E. // 8 Years: Cindy G. // 11 Years: Sherry G. // 23 Years: Steve R.

**Grapevine:** 2 Years: Paul T., Veronica W. // 3 Years: Cherie L. // 18 Years: Daryl J.

**Great News:** 1 Year: CJ N., Domino D. , Joe B. // 2 Years: Hal T. Sr. , Shaun C. // 3 Years Hal T. Jr. // 22 Years: Mike C.

**Lincoln Group:** 9 Years: Bryce J. // 28 Years: Rick J.

**New Hope:** 1 Year: Rush S., Mark C., Steve

**Progressive:** 6 Years: Mike N. // 8 Years: Jim F.

**Westside:** 1 Year: Luke E. // 26 Years: Harry H.

**Missed Last Month:** Meet and Eat: 18 Months: Doug [Grapevine] // 3 Years: Shane [Meet and Eat] // 22 Years: Janeen K. [Meet and Eat]. [Sorry!]

Day/Time	Meeting Name	Meeting Type	Location
<b>Sunday</b>			
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
<b>Monday</b>			
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
<b>Tuesday</b>			
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
<b>Wednesday</b>			
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

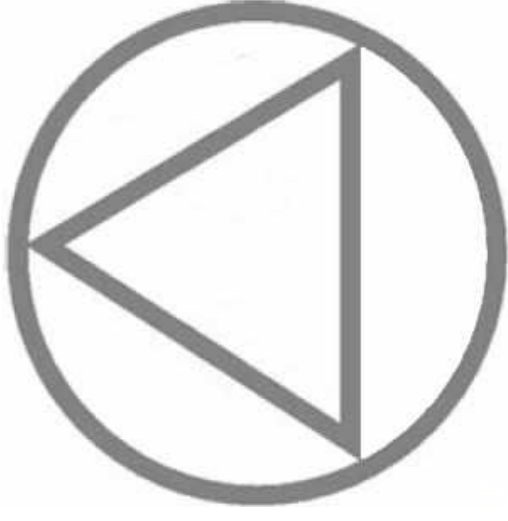
Unitarian Fellowship Church - Downstairs  
555 E St

#### Other Locations

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

Bingham Memorial Hospital  
98 Poplar Street  
Pocatello ID

IDAHO FALLS INTERGROUP



AA Hotline: 524-7729

Línea directa de hablar Español:

528-2994

Area Website

<http://www.idahoarea18aa.org>

Bridge the Gap: (253) 217-2010

AI-Anon: 522-4947\*

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

\*In cooperation, not affiliation.

Day/Time	Meeting Name	Meeting Type	Location
<b>Thursday</b>			
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
<b>Friday</b>			
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
<b>Saturday</b>			
8:30 AM	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
<b>First Tuesday of the Month</b>			
6:30 PM	District 6 Business Meeting	C	Serenity Hall - Upstairs
<b>First Thursday of the Month</b>			
6:30 PM	Intergroup Business Meeting	C	Dixie's Diner—Back Room

Meeting Type  
 A = Handicap Accessible  
 C = Closed Meeting  
 M = Men  
 O = Open Meeting  
 SP = Spanish  
 W = Women