

## Intergroup's Mission

The purpose of  
Intergroup is:

To safeguard the  
Twelve Traditions of  
AA,

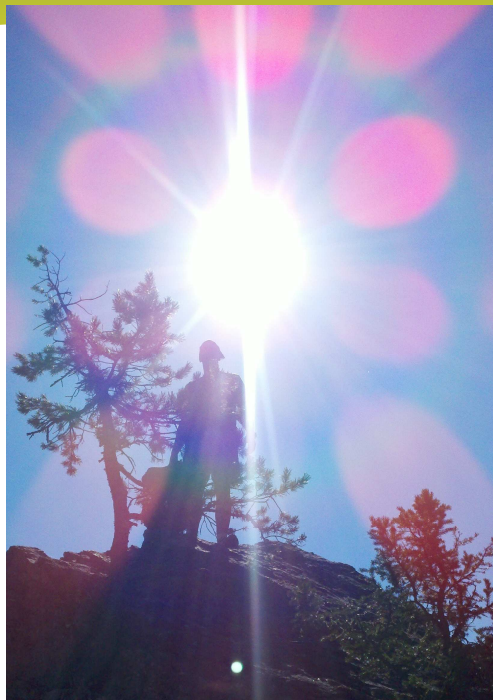
To serve the local  
groups,

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.



### 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>

**Al-Anon: 522-4947\***

**Alateen: 521-2235\***

\*In cooperation, not affiliation.

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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

It's January and for me that means time to reflect on Step One again. I saw a remarkable video the other day. A brain scientist got a stroke. [It kind of sounds like a lead-in to a joke, right? No joke.] The interesting thing about her experience was that she instantaneously lost all the baggage from her past and saw who she was without all that baggage.

Imagine for a moment having a life where all the pain of our past does not affect how we feel today. This process can start with Step One, no stroke required.

Our twelve steps can give us that kind of freedom. That is why we begin, even though we doubt about and mistrust the process. We start when we admit we are powerless over alcohol and that our lives had become unmanageable. Many of us refused to believe there was anything wrong with the life we were living, but knew deep in our hearts and minds that we had to do something. Continuing to drink would only leave us where we were and that was not working real well. We were at that point where

living with drinking or without it seemed impossible.

Our higher power [use your own definition here] creates the opportunity for each of us to have a life that is vastly different than the life we have been living. It seems impossible, but this is the experience of many in our ranks. Take this opportunity to have a life transformed—start with Step One.

Imagine an opportunity to experience life from a completely different perspective, simply by making one significant change in your life—not drinking. “Give it 90 days,” old-timers say, “and if you don't like what you find, we will refund your misery in full.”

But don't take my word for it. You have to experience this for yourself to see just how it can be so. With the right guidance, “we will be amazed before we are half-way through.”



“Believe more deeply. Hold your face up to the Light, even though for the moment you do not see.”

— As Bill Sees It,  
p. 4, Letter 1950

## Intergroup Officers

Craig W.	Intergroup Chair	419-6498	
Lew G.	Alternate Chair	521-0583	ddirty1of1@hotmail.com
Keith J.	Secretary	521-4080	kjewell@cableone.net
Jenn E.	Treasurer		
Beth W.	Entertainment		
Jeremy H.	AA Hotline	520-8872	
Shelley C.	Literature	360-3208	carhill208@gmail.com
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
Mandy H.	H&I - Wood Pilot/Work Release	360-1779
Greg R.	Serenity Hall Information	403-5608
Jeff D.	Blackfoot South Liaison	313-7321



# Intergroup and District Minutes— December 2011

## Intergroup Meeting Minutes

December 1, 2011

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

Secretary's Report: Minutes from November 3rd meeting read and accepted.

Treasurer's Report:  
11/2/11 Beginning Balance \$2030.29

General Account

Source	Transaction
Falls Printing (11/4)	-63.60
Falls Printing (12/6)	-63.60
Qwest (11/28)	-52.96
Qwest (11/4)	-42.19
Coffee Break	+60.00
Meet and Eat	+25.00
Shoulder to Shoulder	+5.00
Literature	+343.00

12/6/11 Ending Balance \$2240.94  
-500 Prudent Reserve  
-400 Floating Literature reserve  
Working Balance \$1340.94

Entertainment: \$887.91 Current Balance. The Christmas party will be held December 10 from 5-9pm, with Kid's party from 5-6pm and dinner at 6pm. Planning. Deposit of \$378.40 was paid to Senior Center. Flyers are available

Literature: No report. Have stock of approximately \$970 in books available.

Hotline: Jeremy H. is seeking volunteers for the hotline service. Jeremy is also seeking feedback from current volunteers on how to improve the phone service.

Newsletter: Steve is seeking content for Newsletter, as well as suggestions and corrections.

Old Business: Michelle W. presented various options for an outside meeting

directory sign at Serenity Hall and coordinate with Building Committee.

New Business: Alkathon will be held at Serenity Hall from 6pm Saturday 12/24 through 6pm Sunday 12/25, and again Saturday 6pm 12/31 through 6pm Sunday 1/1. Sign up sheets for hosting times are available at Serenity, or contact Jeremy H. A Soberlution YPAA convention is being hosted this summer in Idaho Falls by the Buzz Group. Planning help is needed, please contact Jerel S.

Attendance: Craig W.-Chair, Lew G.-Alt. Chair, Delbert S.-Treasurer, Lincoln Group, Keith J.-Secretary, Beth W.-Entertainment, Shelley C.-Literature, Steve M.-Newsletter, Jeremy H.-Hotline, Michelle W.-Coffee Break, Frank R.-Meet and Eat, Laurie C.-3<sup>rd</sup> Tradition, Joe B.-Great News, CJ N.-Buzz Group, Jenn E., Cheyne F., Jerel S., Steve H., Brian M.

## District 6 GSR Meeting Notes

Tuesday, December 6, 2011

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

**Attendees:** Tim W. – DCM, Rob N. – Big Book, Jeff E. – New Hope & Inspiration, Darren C. – Shoulder to Shoulder, Jess H. – Turning Point, Hal T. – Secretary, Kenyon – Visitor, Harry – Westside, Dan C. – 3<sup>rd</sup> Tradition, Barb C. – Meet N' Eat, Alan C. – 3rd Tradition, Michell S. – H&I, Laurie C. – Alt. DCM, Mark H. – Westside, Marv W. – Treasurer, Wade H. – Shoulder to Shoulder, Michell S. – H&I, Lenny F. – Great News

Minutes from November District 6 meeting unanimously approved 7:05

**H&I Chair Report:** Meetings are going well. Volunteers are needed. A new A.A. Panel Meeting has been started at Blackfoot South. It will be from 10:00 – 11:00 am on Sundays. Rotating volunteers are needed to run the meeting each week. Two people are needed each week. The liaison

is Jeff D. and his # is 313-7321. The Tuesday night, 8pm meeting at the Behavioral Health Center is back on track. Please show up and show your support. No new donations. Treasury is at \$116.76. To be of service, please come to the H&I meeting the 3<sup>rd</sup> Tuesday of the month, downstairs at Serenity Hall at 8PM. For information on any aspect of H&I, contact Michell S. @ 339-8197 or Michell.s@live.com

**CPC/PI Report:** Meeting schedules and contact information is currently being distributed to hotels.

**Treasurer's Report:** Beginning balance as of 11/01/2011 +\$235.70; Income: +25.00 Meet 'N Eat, +\$15.00 Turning Point, +\$60.00 Coffee Break, +\$120.00 Mileage adjustment from Fall Assembly, **Total November Deposits** +\$285.00. Expenses: -\$10.00 Intergroup Newsletter, **Total November Expenses** -\$10.00. Ending balance as of 12/06/2011: +510.70, -\$200.00 prudent reserve, -\$100.00 PRAASA, = \$210.70 non-earmarked

**Grapevine Report:** No report. To be of service, contact Veronica W.

**Old Business:** District is looking for suggestions as to who should receive the one-year Grapevine subscription that was a gift for a great subscription drive. Some suggestions are the EIR-MAC Emergency Room and Blackfoot South. It was suggested that GSRs take this question back to groups and decide at next district meeting

**New Business:** New Chairs for H&I and CPC/PI are needed. The Fresh Air group would like another group to join them in hosting a February workshop. GSR's, please discuss this possibility with your groups. Merry Christmas and Happy New Year!

# Member to Member

## Midnight – Anonymous

New beginnings, resolutions  
the desire to start afresh  
Believing life will be better with  
the old year at rest  
past – gone with failure and regrets

Possibilities expectations magical thoughts  
Oh my fancies love playing  
A dreamer's lot

All frustrations anger shame pain gone  
A promising stroke of midnight  
– clang –

The dreamer gets lost  
Seeking sunshine to last all her days  
No more haze doubt or delays  
She loves the ideal knowing all the while it's not real...  
– but still –

New Beginnings can start at  
the stroke of midnight in the soul  
Willingness of Higher Power  
Doing her best to let go

New starts are available any time  
Any place of the year.  
Reaching growing  
Swirling  
Falling  
Pushing through the darkness  
Crawling  
Bawling

Touching the pain without fear  
Anytime anywhere

Calling out – “Higher Power”  
Begging to draw near  
Any second, moment  
Day, night  
Confusion – fright

The peace comes and goes  
Giving hope to her soul  
Surviving the cold

And hearing faint whispers  
For her alone  
You have been and are loved  
Year to year to year

What solace  
Comfort  
Cheer

Believe – New Beginnings are real.

# Odds and Ends

## Heard at a Meeting

"The monkey may be off my back, but the circus is still in town."

—Claude R., Bellevue WA

## A Newcomer's First Step

"While I was homeless, I had five dollars to my name. There were three choices I had in my mind, spend that five dollars on a couple of beers, get some smokes, or something to eat. I was in my addiction so much that beer would trump eating. That's how unmanageable my life was."

## Tradition One

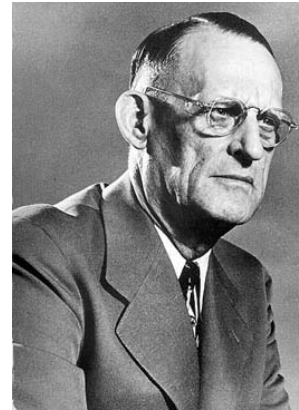
*"Our common welfare should come first; personal recovery depends on A.A. unity."*

THE unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives, the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. Back

again in their caves, alcoholics would reproach us and say, "What a great thing A.A. might have been!"

"Does this mean," some will anxiously ask, "that in A.A. the individual doesn't count for much? Is he to be dominated by his group and swallowed up in it?"

We may certainly answer this question with a loud "No!" We believe there isn't a fellowship on earth which lavishes more devoted care upon its individual members; surely there is none which more jealously guards the individual's right to think, talk, and act as he wishes. No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single "Don't." They repeatedly say "We ought..." but never "You must!" —Twelve Steps and Twelve Traditions, p. 129.



"I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons: 1. Sense of duty. 2. It is a pleasure. 3. Because in so doing 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."

Alcoholics Anonymous, p. 180, Doctor Bob's Nightmare

## 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
Shelley C. — 360-3208	

## 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
	3rd Friday - 6:30pm	
Great News		Last Friday
Group One		Last Saturday
Just Stay	1st Tuesday	Last Friday
Lincoln		Last Friday
Lunch Bunch	3rd Friday	Last Friday
Meet and Eat	2nd Tuesday	Last Thursday
New Hope and Inspiration	2nd Monday	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	Last Friday

# Events

**AA New Years Alcathon** . 24-hours of meetings at Serenity Hall. The sign-up sheet will be in the back of Serenity Hall. Call Craig W. (208) 419-6498 You DO have somewhere to go this holiday.

**Idaho Area 18 AA Spring Assembly** - Hosted by District 3, Boise Idaho, May 4-6, 2012 at The Riverside Hotel, 2900 Chinden Boulevard, Boise (208) 343-1871. Contact Shannon C. at (208) 340 – 3794 or peace121902@live.com or Jay F. at jay@qqe.com

# Announcements

**Hospitals & Institutions.** Volunteers are needed to take the AA message into the local jail — please contact Randy M. [Men] 200-4875 or Debbie M. [Women] 569-2959. H&I meets on the third Tuesday each month at 8:00pm in the basement of Serenity Hall.

**AA HOTLINE.** Volunteer positions open. For more info call Jeremy H. 520-8872

**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.]

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

# Birthdays

## Big Book

Member	Years
Doug W.	2

## Clean and Sober

Member	Years
Dean O.	3
John B.	21
Doug H.	27

## Coffee Break

Member	Years
Mike W.	1
Colin	1
Erik M.	1
Doug W.	1
Ted E.	2
Lisa B.	2
Patrick W.	9

## Firth

Member	Years
Firth Group	14
Mark B.	18

## Lincoln

Member	Years
Doug W.	2
Mark W.	2
Jason G.	2
Ken C.	11
Vicky H.	13
Ron H.	31

## Lunch Bunch

Member	Years
Marie N.	5

## New Hope and Inspiration

Member	Years
John B.	14
Buttons B.	27

## Progressive Group

Member	Years
Josh P.	5
Mitch C.	12
Ken D.	22

## Third Tradition

Member	Years
Judy S.	5

## Westside Group

Member	Years
Dusty G.	2
Mark H.	6
Patrick W.	9
Claudia H.	23

## Missed in December

Member	Years
Mike A.	2
Richard W.	7
Rita C.	7
Angela W.	8

Please send Birthdays, Events and Announcements to 12stepsteve@gmail.com or phone (406) 250-0015. Thanks.

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

Trinity United Methodist Church  
237 North Water Avenue

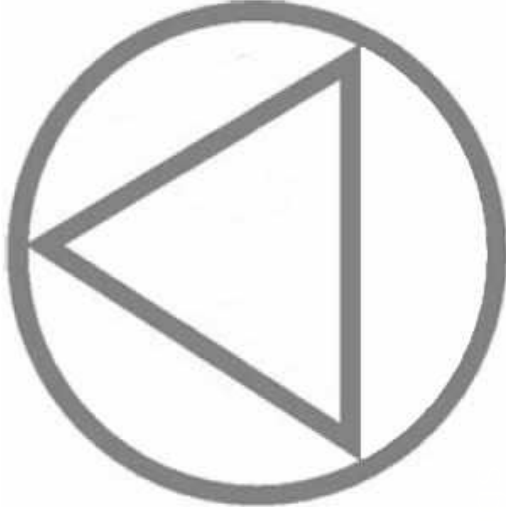
Unitarian Fellowship Church - Downstairs  
555 E St

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

Bingham Memorial Hospital  
98 Poplar Street  
Pocatello ID

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
8:30 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	Heritage 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

IDAHO FALLS INTERGROUP



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
7:00 PM	Third 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
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>			
8:30AM	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
7:00PM	The Buzz	O	Trinity United Methodist Church
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

AA Hotline: 524-7729  
 Línea directa de hablar Español:  
 528-2994  
 Area Website  
<http://www.idahoarea18aa.org>  
 Bridge the Gap: (253) 217-2010  
 Al-Anon: 522-4947\*  
 Alateen: 521-2235\*  
**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