

## 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>

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

**Alateen: 521-2235\***

## 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**

\*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

September... Wow. I thought I would be living off the land and the fruits of my labor. I planted a garden in Spring. I didn't have time to raise seedlings. I hardly found the time to turn over the garden and ultimately decided to just throw all the seeds I bought in a quickly prepared bed and let God decide how it would turn out.

I did not trim the trees [which blocked sunlight]. I did not pull weeds. I used no compost. I thought there was still a chance I would get a bountiful harvest. Well, I did if you call about 12 string beans "a

bountiful harvest." [I ate them raw and they were delicious.]

What made me think that all this lack of preparation might actually produce something great? A belief that through God all things are possible. What was missing? The leg work. Even after all these years, I still want skip the hard work and still reap the benefits. I got everything I deserved and was grateful for what I got. How much more would there be if I had actually worked at it?

—Steve M.



“Because of our kinship in suffering, our channels of contact have always been charged with the language of the heart.”

## 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
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 direct amends to such people wherever possible, except when to do so would injure them or others.”

Each month, I try to focus on HOW to do a Step. Some steps seem hard to understand, but often this is an excuse. Unfortunately, not doing the step leaves us trapped in guilt, shame and negativity. If we think the steps are hard, they will be. If we are open-minded and do not let our fears consume us, they are easy. Letting go of that fear helps us overcome the past. Step 4 helps me figure out my resentments. In Step 9, I learn about taking **appropriate** opportunities to ask for forgiveness. The benefit is to be released of the guilt and shame over things I did. Sometimes we may find that we exaggerate the harm we caused. Other times, we may underestimate how much we have hurt another. In Step 9 we get to find out exactly how our actions, then and now affect others. Most of these feared amends are nothing more than bogeymen – we are just afraid to confront the situation directly. [My daughter and I have a saying: “Just pull up your man panties and deal with it.”] Step 9 eliminates fear through practice – doing the amends and not judging the outcome – we just listen to the feedback.

Over the years, I have made many amends, and still new opportunities for amends continue to come up. The other week, an old friend invited me to Jackson for lunch. I had long ago made amends to her, but she was not the only one I owed an amends to – my drinking affected my relationship with her and her entire family. She was my girlfriend in High School and squarely deserved an amends. We dated as teens and in the height of those libidinous years, I mistreated her in many ways, but most of the day-to-day hurts in this four-year plus relationship, I ex-



pected too much and was selfish and unkind. I don’t want to oversimplify this, but the really bad things I did I talk about with my sponsor, not in the newsletter. I made

amends with her years ago, though I am not even sure that she would remember that.

Anyway, I wanted to go see this woman not to make amends to her, but to her family. In High School, we did everything with her family. Her parents were as gracious and generous as anyone could ever want for ‘girlfriend-in-laws.’ They treated me extremely well. They welcomed me into their home. Mom made dinner for me countless times. I attended all their family parties. They bought us tickets to Broadway shows. They let me use the family car. I was part of the family. As my drinking progressed and the relationship eventually started to head south, many times in their home I drank to black-out and said and did hurtful, awful things. I embarrassed them and myself numerous times. One night was particularly bad – yelling, fighting, storming off. The next time I saw my girlfriend’s parents, I spit, not at them, but plainly enough that they got the message. My hatred was out of control and one-sided.

That was 30 years ago and as you can see, I have not forgotten. Since getting sober, I have wanted to do this amends, so when the opportunity came up I decided to drive to Jackson in the hopes that I could take care of this little piece of unfinished business. Before I left, I already knew that I would not see her parents and might not see her brother, so I wrote a letter several days before spelling out how I felt – if this letter had not been from my heart, it would be just another scrap of paper – two weeks ago it was my

mission — deliver this message: “Please forgive me. I feel terrible about what happened. I acted selfishly and never considered how my actions affected you all. I am so sorry.”

About 20 miles out of town, I noticed my battery light was on, on my dashboard. I thought to myself, “OK, God, if you want me to make this amends, get me to Jackson.” Another 30 miles later my car gave up the ghost – I never made it to Jackson. I did my part. I prepared, got honest with myself about the harm I did, asked myself if I was truly ready to ask forgiveness, planned the trip, but God had another plan. I sat and played guitar by the reservoir and enjoyed the day while waiting for the tow truck.

I plan to finish this amends by email and to continue this Step as long as I live because it is important to right-size the past, to be free from the negative stuff to truly move on in life. When we receive forgiveness from others they free us from all the hurtful negative stuff we carry inside of us. It is a powerful experience that re-shapes our future and even our past.

I think, too, it helps to consider how we are all the same deep down. We are all human, make mistakes, breathe air, eat food, and we are all forgivable, no matter how heinous our wrongdoing. This is how I like to think the higher power sees all of us. Not to know us by our faults, but to see the basic loving goodness behind the troubled people we are or can be day-to-day.

Ask and you shall receive. Ask for forgiveness and get a way to share that same wonderful experience by forgiving others. “Thank you, higher power, for everything you have given me. Thank you, for everything you have taken away from me. I am grateful for all my experiences. Help me to learn from them, to be willing to ask for forgiveness and forgive. Amen.”

# Intergroup Meeting Minutes

August 4, 2011

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

Secretary's Report: Minutes from July 7 meeting read and accepted.

Treasurer's Report: **7/8/11 Beginning Balance \$1653.85** General Account

Source	Transaction
Falls Printing	-212.00 (past due)
Coffee Break	+60.00 pending

**8/3/11 Ending Balance \$1441.85**

Automatic Bill Pay has not been taken for Falls Printing and Qwest. Voted to pay current Qwest balance of \$161.12

Entertainment \$980.11 Current Balance  
Expenses: -240.00 Heise Pavillion rental

Prudent Reserve \$192.40

Entertainment Report: A budget was presented for the Labor Day Campout at Heise, September 2-5. A \$240 deposit and rental has been paid to Heise. Raffle donations are welcomed. Planning meetings for the Campout will be Wednesdays at 5pm at Serenity Hall.

Literature: Sales and orders are on going well. Linda will be taking an inventory of current books on hand. Please take note of her new contact number in the Newsletter

Hotline: A member willing to serve as Hotline Coordinator is still needed. New volunteers were added. The phone service contract is being checked for correct billing.

Newsletter: A format change was made to better display group birthdays and group consciences. Steve is seeking content for monthly Steps and Traditions, and has added a Traditions checklist to the Newsletter.

Old Business: A motion passed to increase the Intergroup Prudent Reserve to cover 3 months of operating expenses (\$500). This will be maintained in our separate savings account. A motion passed to earmark \$400 for a floating Literature fund to cover book purchases before Intergroup is reimbursed.

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, John L.-Lunch Bunch, Mike A.-Turning Pt., Elisa H.-Shoulder to

## District 6 GSR Meeting Minutes

**August 2 2011**

Meeting called to order by Tim W. at 7:03pm/ Twelve Traditions read by Jess H.

**Attendees:** Tim W. – DCM, Jess H. – Turning Point, Alan H. – Lunch Bunch, Kadie M. – Shoulder to Shoulder, Keith J. – Great News, Mark H. – Westside, Hal T. – Dist. Secretary, Barb C. – Meet N' Eat, Marv W. – Treasurer, David R. – Fresh Air, Alan C. – Third Tradition  
Minutes from July District 6 GSR meeting unanimously approved 7:05

**H&I Chair Report:** Tim W. filling in for Michelle S. - Donations: Coffee Break - \$60.00, Shoulder to Shoulder - \$30.50, Fresh Air - \$36.11. Current balance - \$225.76. H&I meeting is the 3<sup>rd</sup> Tuesday of the month, downstairs at Serenity Hall. Volunteers are needed. For information on any aspect of H&I, contact Michelle S. @ 339-8197.

**CPC/PI Report:** No report. To be of service to CPC/PI or to contact Mike C., email mike@mikesleather.com

**Treasurer's Report:** Marv W. reporting. Beginning balance 7/1/11 \$399.31. Deposits - \$0. Expenses - -\$10.00 to Intergroup for Newsletter. Ending Balance as of 8/3/11 +389.31, -

\$200.00 prudent reserve, -\$150.00 PRAASA, = \$39.31 non-earmarked

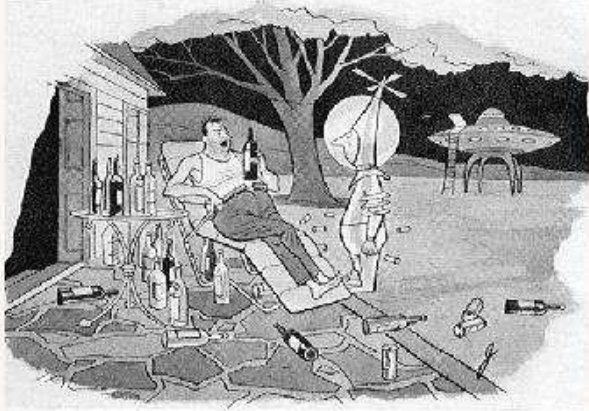
**Grapevine Report:** No report. To be of service, contact Veronica W.

**Old Business:** District 6 is still in need of an archivist. Due to a funeral at the church on August 6<sup>th</sup>, the Unity in Service Workshop will not be held at St. Luke's Church. It will now be held upstairs at Serenity Hall from noon to five

**New Business:** Election nominations will be held at the September District meeting on September 6<sup>th</sup>. The final elections will be held at the October meeting. Positions up for election are DCM & Alt. DCM, District Secretary, and District Treasurer. GSR's, please bring nominations to the September meeting. Keith J. will approach an individual who has shown interest in taking over the District 6 Archivist position. The Fall 2011 Assembly will be held in Burley, ID. on October 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup>.

# Traditions Checklist

Tradition Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



Winner: "Is this a Twelfth Step call?" —Ed G., Media, Pa.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?

## 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

4. Do I exercise patience and humility in any AA job I take?

5. Am I aware of all those to whom I am responsible in any AA job?

6. Why doesn't every AA group need a constitution and bylaws?

7. Have I learned to step out of an AA job gracefully—and

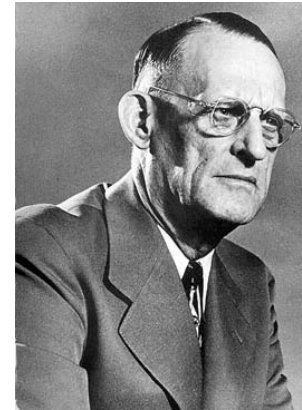
profit thereby—when the time comes?

8. What has rotation to do with anonymity? With humility?

## 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</i>	9.50
<i>Dr. Bob and the Good Old-</i>	9.50
<i>Big Book (16 CDs)</i>	55.00

**Linda M: (208) 520-4672**



"If you think you are an atheist, an agnostic, a skeptic, or have any other form of intellectual pride which keeps you from accepting what is in this book, I feel sorry for you. If you still think you are strong enough to beat the game alone, that is your affair. But if you really and truly want to quit drinking liquor for good and all, and sincerely feel that you must have some help, we know that we have an answer for you. It never fails if you go about it with one half the zeal you have been in the habit of showing when getting another drink."

## Group Consciences and Birthday Meetings

Group	Group Con-	Birthday
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	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

**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: Tyrel C., Brent P., Whitney W.

**Clean and Sober:** 1 Year: Amanda J., Jeremy F., Dallas G. // 3 Years: Jonathan B. // 8 Years: Dee H. // 23 Years: Gavin W. // 24 Years: Greg L.

**Coffee Break:** 1 Year: Shannon H., Jeff E., Dustin G., Derek O., Pamela S. // 2 Years Eric T., Cody W. // 3 Years: Doug H., Denise S., Connie O. // 4 Years: Amy S. // 30 Years: Mike "Spider" W.

**Fresh Air:** 10 Years: Scott A. // 17 Years: Dave N. // 21 Years: Scott S. // 23 Years: Robert M.

**Grapevine Group:** 1 Year: Chris J. // 3 Years: Clint J. // 14 Years: Al N. // 23 Years: Roger M.

**Great News:** 1 Year: Kaitlyn B. // 3 Years: Connie O. // 9 Years: Greg R.

**Lincoln Group:** 1 Year: Lynn V., Lucy M. // 2 Years: Ann S., Tim C. // 5 Years: Brad H. // 6 Years Eric A., Deana O. // 28 Years: Brad J., Delbert S. // 30 Years: Mike W. / 31 Years: Kurt D.

**Lunch Bunch:** 10 Years: Carol C. // 29 Years: Diana H.

**Progressive:** 4 Years: Al N., Keneth S. // 8 Years: Melanie C. // 20 Years: Richard B.

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	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

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

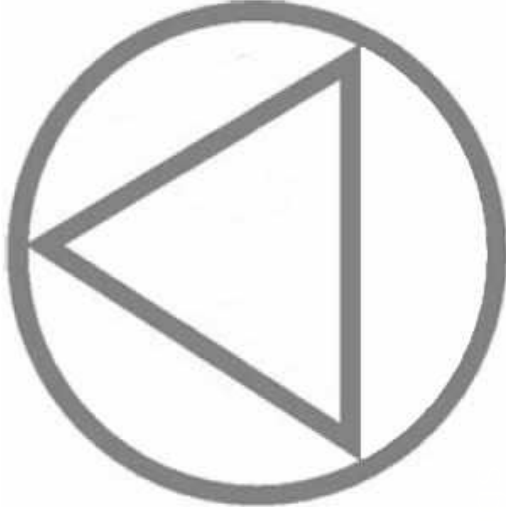
Unitarian Fellowship Church - Downstairs  
555 E St

#### Other Locations

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

Bingham Memorial Hospital  
98 Poplar Street  
Pocatello ID

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

Al-Anon: 522-4947\*

Alateen: 521-2235\*

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
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

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