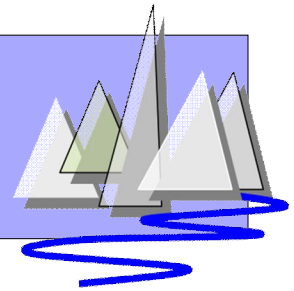


Eastern Idaho Sobriety Corner



April 2008

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**For Immediate Assistance CALL:
AA HOTLINE PHONE# 524-7729
Spanish HOTLINE PHONE# 528-2994**

***** Statement of Purpose *****

The Idaho Falls Intergroup Council of Alcoholics Anonymous exists to assist and provide services for the groups in carrying the message to the alcoholic who still suffers and to foster unity and cooperation among the Idaho Falls groups and members.

The purpose of the Idaho Falls Intergroup is (a) to safeguard the Twelve Traditions of Alcoholics Anonymous; (b) to serve the local groups; (c) to help provide unity between groups; (d) to perform any and all acts as stated in the by-laws in order to meet its purpose.

Intergroup Chairman: Mike C. 745-1510
Secretary: Cate C.
Newsletter Editor: Patrick W. 709-0913
District 6 PICPC: Marv W. 523-7957
Entertainment: Kelly B. 757-1912
Phone Service : Ryan T. 220-9916
H & I: Ken T. 757-0803

Alternate Chairman: Mike K.
Treasurer: Steve G. 520-7304
email: troutsnfr@cableone.net
email: trplg@hotmail.com
email: rymann33@yahoo.com
email:

Notes From Your Intergroup Chair ...

Spring appears to be on its way! And with the rebirth of all that this time of year shows us, perhaps it is time to look at ourselves and see what we are showing in our AA walk. Are we living a new life based on love and service to others? This is just one of the questions I look at myself.

There are many ways to be of service in your home group, Intergroup, district, etc. It just takes a little willingness and action, and you too can be a part of rather than apart from.

Please keep in mind that Intergroup is here to serve your group and the rest of the groups in

our local area. But if your group is not represented at our monthly meeting then you have given up the opportunity to be a part of. Remember that we can all do together what we cannot do individually.

I look forward to seeing you at Intergroup!

In Service,
Mike C.

Feel free to contact me by phone or email.
745-1510 stepman89@yahoo.com



March Intergroup Business Meeting Notes

Intergroup Secretaries report 3-6-08

6:40 Meeting called to order by Mike C.

Attendance:

Scott M.	Great News
Steve G	Treasurer
Dennis H.	Firth
Linda M.	Literature
Ryan T.	Phone Service
Mike C.	Chair
Patrick W.	Newsletter
Todd	Happy Hour
Bob	Member
Eric F.	Progressive Group
Dave	Coffee Break
Terry	Lincoln Group
Jim	H & I member

Old Business:

None

Entertainment report:

None

Phone Service report: Ryan T.

Need new volunteers. Those who have not been able to fulfill their commitment will be dropped. We greatly appreciate all who are doing the phones.

From Your Newsletter Editor ...

Hello All,

I want to remind all group reps to have birthday names and anything else that you'd like to see posted in our newsletter to me **by email no later than the 20th** of the prior month. I no longer take these by phone, etc. From now on they need to come to me by email and they must arrive to me by the 20th. There will be no exceptions to this. Thank you to those group reps, GSRs, and all others who actively serve Alcoholics Anonymous in our area.

Other items to be mentioned:

1) I am creating a list for those who would like to receive an electronic copy of this newsletter by email each month. If you want to be on this list then send me an email stating that. I'll get you

Newsletter Report: Patrick W.

Patrick is looking for local stories to put in the newsletter, please announce this at your meetings

Literature Report: Linda M.

She has lots of books. Please contact her if you need any

New Business:

None

Treasures Report: Steve G.

Prudent Reserve	\$?
Beginning Balance	\$?
Contributions	
<i>Great News Group</i>	\$ 137.60
Total Contributions	\$ 137.60
Total Expenses	\$?
<i>Qwest</i>	\$ 50.68
<i>Quick Ship & Copy</i>	\$ 80.00
<i>Literature</i>	\$?
<i>Rent</i>	\$?
<i>Stamps</i>	\$?
Ending Balance	\$ 499.27

added. (2) There are no District 6 GSR Business Meeting notes available in this month's newsletter. None were received. (3) There is a new meeting held at EIRMC (the hospital). Its called **Good Orderly Direction**. It meets Sundays at 6pm in classrooms C and D. (4) **Last item** is from Kelly B, our Entertainment Committee Chair. Kelly says that the cleanup at Christ The King Catholic Church last month was a huge success thanks to those who turned out to help. She also said that planning for upcoming Spring/Summer events will begin very soon.

Thanks and God bless!

Patrick W., editor
troutsnfr@cableone.net
709-0913

A Declaration of Unity

This we owe to

A.A.'s future:

To place our

common welfare

first,

To keep our

fellowship

united.

For on A.A.

unity depend

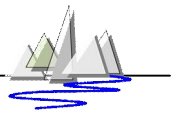
our lives,

And the lives of

those to come.



*To those
now in its
fold,
Alcoholics
Anonymous
has made
the
difference
between
misery and
sobriety,
and often
the
difference
between
life and
death.*



Apathetics Anonymous

LET ME TELL you how AA nearly destroyed my humanity and how the Steps finally restored it. Soon after we are introduced to AA, we are told that this is a selfish program. We are told we are to stay away from our drinking friends and from anyone else in our lives who makes us up-tight. This is sensible, because it is protective.

After we have been sober for a while, we realize that drunk people are boring, often stupid, and unpredictable. We don't want to be around them. They make us edgy; we fear them; we can't stand their sentimentality and their emotionalism; they remind us too much of ourselves when we were drinking.

So we overcompensate for our basic distaste of them. When we start doing Twelfth Step work, we are fanatics: We often drag the poor drunks off the streets, out of the bars; we telephone our pigeons constantly; we give them money, provide them with clothes, search out jobs for them.

Soon, we are very involved with our drunks. They are having slips; they won't listen to our advice; we have to take care of their animals while they are being detoxed or going through a rehab program. We are up-tight and soon find an out from the situation. Someone wise in the ways of AA tells us that we are endangering our sobriety by getting so involved with these people--that we should carry the message, not the drunk. And we agree.

So we do a little work for intergroup from time to time, or we don't--whichever makes us more comfortable. Some of us feel more comfortable if we make an occasional speaking engagement; most of us are more comfortable if we do not. Most of us are comfortable if we just slip a quarter or flash a dollar into the collection basket when it goes by. Most of us go to a lot of meetings and meet a lot of friends there. We look forward to meetings; we are uncomfortable if we miss too many.

Being comfortable, unfortunately, tends to stifle our basic humanity. We are warned not to get emotionally involved with anyone for the first year--or ever, because emotional involvements make us uncomfortable. Feeling anything too strongly makes us uncomfortable. We are in danger of becoming machines in our single-minded pursuit of comfort.

You know, I like being comfortable; but I love being happy and emotionally involved, and caring.

Well, miracle of miracles, I got saved from being just a cold computer by that famous, incredible spiritual awakening. I had never believed it would happen--as once I never believed I would get out of the Bowery alive. It happened by working the Steps, which I once scorned as being too religious.

Now, with most of my guilt and fear removed, I have freedom I never believed possible: I'm free to be uncomfortable if I choose to be--to be emotional, to be involved, to hurt, and to be happy.

And I find I have begun to like active drunks better than I like sober ones. They at least feel, and hurt; they like to have fun and be happy, and they will pay a terrible price for it, too--as we all know. Active drunks are sometimes violent, but almost always kind and generous and, in spite of all their lies, somehow more honest than sober drunks.

Am I attacking AA? Not as a target. AA is my home--and I must keep my house clean.

AA to begin with was made up of people who had lost everything; they were as low-bottom as you could get. They were people who were true to their addiction. They believed in alcohol, and they saw it through to its conclusion: the skid rows, the hospitals, the mental wards. Those few broken people, when they finally got it all together and were sober, formed a rescue operation. They went to the hospitals and the Boweries and the nut houses carrying the word, and they had many failures,

(continues on bottom of page 6)

*I am
responsible,
when anyone,
anywhere
reaches out for
help, I want the
hand of AA
always to be
there: and for
that I am
responsible.*



*God grant me
the Serenity
to accept the
things I cannot
change,
Courage to
change the
things I can,
and Wisdom
to know the
difference.*



TURNING POINT GROUP PRESENTS:

“BACK TO BASICS”

A FOUR WEEK STRUCTURED STEP STUDY

GROUP MEMBERS WILL BE AVAILABLE TO SPONSOR THOSE WHO ATTEND.

WE WILL BE MEETING DOWNSTAIRS IN SERENITY HALL AT 6PM

DATES ARE:

SUNDAY MARCH 23RD

SUNDAY MARCH 30TH

SUNDAY APRIL 6TH

SUNDAY APRIL 13TH

QUESTIONS?

CALL TOM @ 227-6697

Apathetics Anonymous (continued from page 4)

but they kept on trying, and they grew larger and larger and began to attract people who hadn't yet lost everything.

These new people were also alcoholics, but they still had the good job, the nice house, the family intact. They came into the program because alcohol was interfering with their lives--interfering with their making more money, interfering with relationships within the family. Alcohol was interfering with their idea of success.

Alcoholism is the disease of disappointed people. Alcohol is used by idealists, by perfectionists, by moral people with high principles, to make their world *seem* right again. There is a great deal of darkness out there, and idealists sometimes feel impotent to do anything about it. So they react; they drink or take drugs and curse the darkness. Other people, also idealists, don't get into drugs. Instead, they act, doing small things to relieve the problems out there; they light candles.

The large mass of people, however, do not get heavily into drugs--or into action. They work within the system for their own goals of security (usually financial); they take care of their wants and the wants of their families; they build fortresses against all of the dark forces outside; their quest is

usually power and pleasure and comfort. They are apathetic; they are not involved; they find it uncomfortable to care too much. Apathy lies between action and reaction.

I didn't stop drinking to become apathetic. In order for me to stay sober, I had to regain my basic idealism. I used the Fourth Step. I had to be completely honest with myself.

In doing so, I discovered the essence of truth and realized I didn't see much of it around me. Instead, it was being given lip service. Truth was being manipulated everywhere; temporary expedients--compromises--were being called virtues. All this was called playing the game, getting along, doing one's duty.

So I decided to drop out. I decided to no longer play the game if it meant compromising my integrity. There were still a few honest jobs around that could be done honestly; I could always get my bread and shelter. I resolved to no longer add to the problem; I resolved to do small, if only symbolic, acts to relieve the problem--like the act of writing this piece.

R. K., Manhattan, New York

A.A. Grapevine, February 1974, Vol. 30 No. 9



Step 4 / Tradition 4 / Concept IV

Step 4 - Made a searching and fearless moral inventory of ourselves.

"So when A.A. suggests a fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Both his pride and his fear beat him back every time he tries to look within himself. Pride says, "You need not pass this way," and Fear says, "You dare not look!" But the testimony of A.A.'s who have really tried a moral inventory is that pride and fear of this sort turn out to be bogeymen, nothing else. Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful light falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable. These are the first fruits of Step Four."

pp. 49-50 Twelve Steps and Twelve Traditions

Many ask why should we do the 4th Step? What good is going to come from writing down my misdeeds, my resentments, my fears...all the stuff I just want to forget? Well, our Basic Text tells us why we need to do this.

1. Without finding the truth by doing our inventory we are blocked from the Power necessary to have permanent sobriety.
2. Our 4th Step list holds the key to our future.
3. Looking at our faults and shortcomings shows us how much we are like others...others we resent and/or fear.
4. Without looking at our fears they will continue to dominate us.
5. When we look at our past relationships we can start to shape a sound ideal for our future relationships.
6. We begin to learn tolerance, patience, and good will toward all men.

We see by looking at our past that we truly need God in our life unless we want to continue living the same painful life we have in the past.

If you have already done the 4th Step you may have more reasons for doing one, but these are a good start in my experience.

Tradition 4 - Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

4th Tradition - long form

Tradition Four Contemplation Questions

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?

4. Do I always bear in mind that, to those outsiders who know I am in AA, I to some extent represent our entire beloved fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

Originally published in the AA Grapevine

Concept IV - At all responsible levels, we ought to maintain a traditional "Right of Participation", allowing a voting representation in reasonable proportion to the responsibility that each must discharge.



Sobriety Through Service



Area Business Meeting / Group Conscience List

- April 1 District 6 GSR Business Meeting 7 pm
- April 3 Intergroup Business Meeting 6:30 pm SH
- April 4 Lincoln Group Conscience
- April 8 P & S Group Conscience
- April 9 Fresh Air Group Conscience
- April 10 Happy Hour Group Conscience
- April 10 Progressive Group Conscience
- April 11 Westside Group Conscience
- April 12 Group 1 Group Conscience
- April 15 PI / CPC / H&I Business Meeting 7 pm SH
- April 17 3rd Tradition Group Conscience
- April 18 Lunch Bunch Group Conscience
- April 18 Great News Group Conscience
- April 19 Coffee Break Group Conscience
- April 19 Clean & Sober Group Conscience
- April 20 Turning Point Group Conscience
- April 21 Women in Recovery Group Conscience
- April 21 Big Book Study Group Conscience

Send Group Contributions to:

Idaho Falls Intergroup Council
P.O. Box 3486
Idaho Falls, ID 83401-3486

District 6
P.O. Box 50443
Idaho Falls, ID 83405-0443

Idaho Area 18 Treasurer
P.O. Box 67
Kuna, ID 83634

General Service Office
Grand Central Station
P. O. Box 459
New York, NY 10164-0371

District 6 H & I
P. O. Box 50572
Idaho Falls, ID 83405

District 6 Hospitals & Institutions Liaisons

H&I Chairperson	Ken T.	757-0803
Men's Jail	Terry M.	552-1546
Women's Jail	Tina D.	403-4165
Correctional Work Center	Buttons B.	251-0383
A.R.A.	Dave C.	200-1192
Hospitals (EIRMC)	Jim S.	745-0124

If you are interested in helping to take meeting into the local Hospitals, Jails or institutions or would like to help with public information please contact any of the above people for information.

**Questions or Concerns Regarding
Serenity Hall Please Call**
Rob 524-3594
Barbara 523-3256

Serenity Hall Maintenance
P. O. Box 2237
Idaho Falls, ID 83403

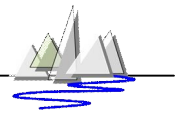
AA Literature on Hand

<i>Big Book (regular)</i>	\$ 6.00
<i>Big Book (large print)</i>	\$ 6.30
<i>Twelve Steps and Twelve Traditions (regular)</i>	\$ 6.40
<i>Twelve Steps and Twelve Traditions (large print)</i>	\$ 6.75
<i>Twelve Steps and Twelve Traditions (pocket size)</i>	\$ 4.50
<i>Daily Reflections</i>	\$ 7.25
<i>AA Comes of Age</i>	\$ 7.50
<i>Big Book (pocket size)</i>	\$ 3.50
<i>Big Book (soft cover)</i>	\$ 5.60
<i>As Bill Sees It</i>	\$ 7.00
<i>Experience, Strength, and Hope</i>	\$ 9.00
<i>Dr. Bob and the Good Oldtimers</i>	\$ 8.50

If you or your group needs AA Literature please contact Linda, our area Literature Chair at 520-5673

SERVICE WORK AVAILABLE !

AA Hotline & 12 Step Volunteers NEEDED
For more info call Ryan T. at 220-9916



April CALENDAR / EVENTS / BIRTHDAYS

April 2008

Tuesday, April 1st

- District 6 GSR Business Meeting, 7 pm Serenity Hall downstairs

Thursday, April 3rd

- Intergroup Business Meeting 6:30 pm Serenity Hall upstairs

Saturday, April 5th

- Sponsorship Workshop, Serenity Hall, 10 am - 1 pm

Sunday, April 6th

- Back to Basics Step Study, Serenity Hall, 6 pm, downstairs

Friday, April 11th

- Friday Night Speaker Meeting, Serenity Hall 7:30 pm

Sunday, April 13th

- Back to Basics Step Study, Serenity Hall, 6 pm, downstairs

Tuesday, April 15th

- PICPC H&I Business Meeting 7pm Serenity Hall

Thursday, April 24th

- Meet n Eat Birthdays
Connie P. 2 yrs
Frank R. 24 yrs
- 3rd Tradition Birthdays
Gary M. 1 yr
Sue 2 yrs
Nathan S. 4 yrs
Lona M. 5 yrs
Sheila 17 yrs
- Progressive Group Birthdays
Mark P. 1 yr
Henry E. 10 yrs

Friday, April 25th

- Lunch Bunch Birthdays
Afton B. 3 yrs
Bill P. 4 yrs
Chuck D. 11 yrs
John L. 16 yrs
- Westside Birthdays
Patria M. 23 yrs

Saturday, April 26th

- Group 1 Birthdays
Ryan T. 10 yrs

Sunday, April 27th

- Grapevine Birthdays
Darren C. 2 yrs
- Turning Point Birthdays
Brian S. 6 yrs

Monday, April 28th

- Big Book Birthdays
Shawnee K. 2 yrs
Cathy D. 22 yrs

Wednesday, April 30th

- Fresh Air Birthdays
Darrin 2 yrs
Sue M. 3 yrs
Craig G. 8 yrs
Paul S. 8 yrs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**FRIDAY NIGHT
SPEAKER MEETING**



**Friday, April 11th
7:30 pm at Serenity Hall**

Great News Group welcomes Jim P. all the way from Seattle, WA to share his experience, strength, and hope with us.

All are welcome and encouraged to attend.
Please do come!

**- Sponsorship Workshop -
Saturday April 5th 10AM – 1PM
Serenity Hall**

Sharing of AA members who have had experience with sponsorship, along with a question and answer time is planned. Coffee and donuts will be provided by the Great News Group of Idaho Falls.

If you are interested in sponsorship (either as a sponsor or if you are looking for a sponsor) then you may want to make plans to attend this workshop.

Sponsored by District 6 in cooperation with the Great News Group.



Area AA Meeting Schedule

Sunday

8:30 AM Spiritual Breakfast Meeting
5 & Diner Restaurant
2150 Channing Way, IF

9:00 AM Grapevine Group
Serenity Hall (downstairs)

5:00 PM Grupo Si Podemos
(habla Espanol) Holy Rosary Church
145 9th St., Idaho Falls (Guadalupe Room)

6:00 PM Good Orderly Direction
EIRMC classrooms C & D

7:00 PM Turning Point Group
Serenity Hall (upstairs)

7:00 PM Twelve by Twelve Meeting
Bingham Memorial Hospital, Blackfoot
(open meeting)

8:00 PM Progressive Group
Serenity Hall (downstairs)

Monday

11:30 AM Lunch Bunch
Denny's Restaurant

6:00 PM Women in Recovery Group
Serenity Hall (upstairs)

7:00 PM Shoulder to Shoulder Group
St. Luke's Episcopal Church
270 N. Placer Ave, Idaho Falls, ID

7:00 PM Fresh Air Beginners Meeting
Serenity Hall, newcomers welcome
(downstairs)

7:00 PM Big Book Study Meeting
525 Cedar Street, Mackay, ID
open meeting

8:00 PM Lincoln Group
Idaho Falls Friendship Club

8:00 PM AA Study Group (Big Book)
Serenity Hall (upstairs)

8:00 PM New Hope and Inspiration
First Evangelical Lutheran Church
Corner of Sunnyside and Rollandet, IF



"They say she drinks like a fish."

AA Grapevine, June 1949

Tuesday

7:00 AM Grapevine Group
Serenity Hall (downstairs)

10:00 AM Coffee Break Group
Serenity Hall (open meeting, downstairs)

11:30 AM Meet & Eat Lunch Meeting
5 & Diner Restaurant
2150 Channing Way, Idaho Falls

5:30 PM Happy Hour Group
Serenity Hall (upstairs)

6:00 PM P & S Group
Denny's Restaurant (open meeting)

7:00 PM Swan Valley Tuesday Night
Swan Valley, Chapel in the Valley
(just off Highway 26)

7:30 PM East Side Study Group
Christ the King Church
1696 E. 17th Street, Idaho Falls

8:00 PM BHC
2280 E. 25th, Idaho Falls

Wednesday

11:30 AM Step Study Meeting
Denny's Restaurant

6:00 PM Clean & Sober Group
Serenity Hall (upstairs)

7:00 PM Fresh Air Group
Serenity Hall (downstairs)

7:30 PM The Great News
Unitarian Church, 555 E. St., Idaho Falls
(closed Big Book Study, downstairs)

8:00 PM Group 1
Serenity Hall (upstairs, open meeting)

Thursday

7:00 AM Grapevine Group
Serenity Hall (downstairs)

10:00 AM Coffee Break Group
Serenity Hall (open meeting, downstairs)

11:30 AM Meet & Eat Lunch Meeting
5 & Diner Restaurant
2150 Channing Way, Idaho Falls

5:30 PM Happy Hour Group
Serenity Hall (upstairs)

6:30 PM New Life Alumni
Serenity Hall (downstairs)

7:30 PM Third Tradition Group
Unitarian Church 555 E. St., Idaho Falls
(closed meeting, basement)

8:00 PM Firth Group
First Tabernacle Assembly of God
235 Center, Firth

8:00 PM Progressive Group
Serenity Hall

8:00 PM Lost River Group
525 Cedar, Mackay ID.

Friday

11:30 AM Lunch Bunch
Denny's Restaurant

5:30 PM Happy Hour Group
Serenity Hall (upstairs)

7:00 PM Fresh Air Group
Serenity Hall (downstairs)

7:00 PM Pass It On Group
Bingham Memorial Hospital, Blackfoot
(open meeting)

7:30 PM The Great News Serenity Hall
(open meeting, upstairs)

8:00 PM Westside Group
Church of the Nazarene
1900 Grandview, IF

8:30 PM Lincoln Group
Serenity Hall (downstairs)

Saturday

10:00 AM Coffee Break Group
Serenity Hall (open meeting, downstairs)

5:30 PM Women's Meeting
Eagle Pointe Center, Idaho Falls

6:00 PM Clean & Sober Group
Serenity Hall (upstairs)

6:00 PM P & S Group
Denny's Restaurant, 950 Lindsay Blvd., IF

8:00 PM Group 1
Serenity Hall (upstairs, open meeting)

Meeting Locations

- **Serenity Hall**
600 South Boulevard, Idaho Falls
- **Denny's Restaurant**
950 Lindsay Blvd. Idaho Falls
- **Behavioral Health Center (BHC)**
2280 E 25th Street, Idaho Falls
- **5 and Diner Restaurant**
2150 Channing Way, Idaho Falls
- **Unitarian Fellowship**
555 "E" Street, Idaho Falls
- **Bingham Memorial Hospital**
98 Poplar Street, Blackfoot, ID
- **St. Luke's Episcopal Church**
270 N. Placer Ave, Idaho Falls
- **EIRMC (hospital)**
3100 Channing Way, Idaho Falls