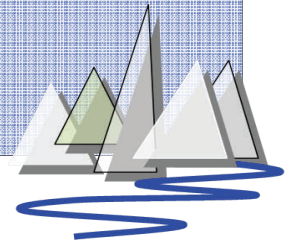


Eastern Idaho Sobriety Corner



2009

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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: Don C. 681-4196
Alternate Chairman: John M. 521-8827
Secretary: Sharon M. 604-2212
Treasurer: Steve G. 520-7304
District 6 PICPC: Marv W. 523-7957
Entertainment: Kelly B. 757-1912
Phone Service: Ryan T. 220-9916
H & I: Claudia H. 525-9290
Newsletter Editor: Steve B. 524-9051
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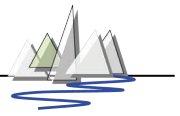
email: s_trapper@q.com

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 Old-timers</i>	\$ 8.50
If you or your group needs AA Literature please contact Linda M., our area Literature Chair at 520-5673	

Please submit all Birthdays, Events, News, Stories, Letters, etc., to s_trapper@q.com by the 15th of each month.

For Birthdays, please be sure to include the date of the meeting that Birthdays will be celebrated.

Thanks. Steve B.



INTERGROUP MEETING NOTES: June 2009

Intergroup Secretary's Report 6-4-09

6:45 Meeting called to order by Don C., Chair, who read the Intergroup statement of purpose. The Twelve Traditions were read by Delbert S. Secretary's report was read by Sharon M., which was approved as read.

Attendance:

Don C.	Chair
Sharon M.	Secretary/Firth Group
Delbert S.	Heritage Group
John G.	Just Stay
Kelly B.	Entertainment
Julie P.	Lunch Bunch
Scott M.	Great News
April S.	Shoulder to Shoulder
Frank R.	Meet 'N Eat
Steve B.	Newsletter
Amy C.	Clean And Sober
Steve G.	Treasurer
Tom F.	Turning Point
Doug P.	Just Stay

Old Business: Julie S. has offered to take the service position of Entertainment Chair. Kelly B. nominated her, but since Julie was not at the Intergroup meeting, it was tabled until next month. Kelly will help her until the end of the year.

The discussion regarding rent paid to Serenity hall has been dropped.

Treasures Report: Steve G.:

Beginning balance:	\$1035.11
Donations:	
Fresh Air Group	\$ 58.49
Lincoln Group	\$ 5.00
Just Stay Group	\$ 15.00
Shoulder to Shoulder	\$ 5.00
Meet 'N Eat Group	\$ 50.00

Bills Paid:

Qwest 6-4-09	\$ 52.40
Linda Mann (books)	\$291.70
Falls Printing (April)	\$ 42.40
Postmaster (P.O. Box)	\$ 44.00
Falls Printing (May)	\$ 42.40

Ending Balance: \$838.40

Entertainment Report: Kelly B: Sealander Park has been reserved for the June 6th Anniversary Party. Some great raffle items. Entertainment has a balance of \$952.31.

Phone Service Report: No report.

Newsletter Report: Steve B.. Nothing to report. Steve brought copies of newsletters to the Intergroup meeting for Intergroup representatives to take back to their meetings.

Literature Report: No report. There was discussion that some groups are having trouble getting books.

New Business: None.

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,



To those

now in its

fold,

Alcoholics

Anonymous

has made

the

difference

between

misery and

sobriety,

and often

the

difference

between

life and

death.

"Honesty". . . An Important Word

The last two paragraphs of the "Big Book" have supplied me with all the answer I need for the man or woman who says, "I can't do it. I can't possibly get the spiritual 'angle' of AA."

To me the important words in those paragraphs are "honesty," "does not close his mind," "intolerance or belligerent denial," the complete sentence "Willingness, honesty and open-mindedness are the essentials of recovery." And that masterpiece of redundancy, "But these are essential."

Whoever wrote the closing paragraphs of the *Appendix* of the *Big Book* had what I believe to be the most thorough understanding of the entire AA Program which is, as we all know, one great big spiritual circle.

The requisites for a complete recovery are listed--and they are listed in order. We know we must learn to face our problems; but we fail immediately if we don't face them honestly.

After we have jumped that hurdle--and I expect others, like I did, have had trouble getting that honest approach--we have started down the obstacle course to the spiritual circle that is AA.

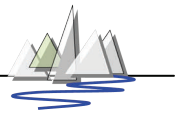
Next comes that suggestion to keep an open mind; to get rid of intolerance and belligerent denial. That suggestion means this to me: the bars of intolerance and belligerent denial must be removed from the door to the newcomer's mind. That door must be left open. That's all!

There is no suggestion that we substitute belligerent affirmation for a foot-stamping denial of everything spiritual. There is no suggestion that, after we remove intolerance, we must sidwalk-solicit and drag spiritual tolerance through the open door. As I see it, even at this point, all we need is that open door to our minds.

If I needed further proof--as I did at one time--it is all boiled down for me again in the last two italicized sentences. Willingness, honesty and open-mindedness are essential. And they are *the* essentials. And they are *indispensable*.

Willingness--Steps Three, Six, Seven, Eleven and Twelve. *Honesty*--Steps One, Four, Five, Eight, Nine and Ten. *Open-Mindedness*--Step Two. And that covers all *Twelve Steps*.

B.M., Crewe, VA; AA Grapevine Aug. 1950



On Service

Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances. *Alcoholics Anonymous*, p. 100.

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.

Steps To Serenity

Continuing work with the Steps has given this AA increased periods of serenity.

I DRANK FOR fifteen years, and for the last two of those years, there was no question about whether or not I would drink. I had to. The choice was gone, and no matter what I said at the beginning of the day, sometime that day I would drink.

Today, the AA program and the grace of God have restored my choice. There's no possibility of my staying sober on my own will or strength. I can't do it alone. I have stayed sober with the help I find in the AA Fellowship.

During my first year of sobriety, I attended six or seven meetings a week and took two Fourth Steps and two Fifth Steps. I found my sponsor while I was still in a rehabilitation hospital, and he kept me busy with Twelfth Step work.

I began going to Step meetings in my second year of sobriety. During that year, I wrote several Fourth Steps and shared them with a number of other AA members. They usually shared their Fifth Steps with me at the same time.

I got into making direct amends, as Step Nine tells us to do. After making these amends, I experienced a marked improvement in my ability to meditate. Something changed after I had tried to thoroughly work Steps One through Nine. I was able to sit quietly and turn my thoughts to God, and I began to meditate for about fifteen minutes in the morning--noise and family conditions permitting! I would begin by saying the Third Step prayer found in the Big Book on page 63, the Seventh Step prayer described on page 76, the Serenity Prayer, and the Eleventh Step prayer. I then repeated a phrase such as "Thy will be done," or perhaps the word "love." I would keep bringing my mind back to this, and if the period was going well, might continue longer than fifteen minutes.

This kind of continuing work with the Steps, including regular meditation, has given me increased periods of serenity, more emotional balance, and greater acceptance of myself. My tendency toward depression and fear has lessened, and my life is more stable. It's as if God's will is a river, and by working the Steps, I find myself going naturally with the current rather than trying to swim upstream or cross-stream.

S.M., Joliet, Illinois
AA Grapevine, August 1979



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.



7 Come 11 (Thoughts on Steps 7 and 11)

ARE we not gambling with our sobriety when we fail to use Steps Seven and Eleven regularly on our Twelve Step Program of recovery?

Step Seven suggests that we: "Humbly asked Him to remove our shortcomings," and Step Eleven suggests that we have: "Sought through prayer and meditation to improve our-conscious contact with God as *we understood Him*, praying only for knowledge of His will for us and the power to carry that out."

We have seen over the years at AA meetings a vast multitude of people who are sober and have been that way for a considerable period of time. We note, however, that these sober members could be classified into at least two quite different categories:

(a) Those who have attained a refreshing, cheerful, pleasurable, easygoing, even exhilarated sobriety.

(b) Those who carry sobriety like a burden and seem exhausted, weary, tired and even pained with their role in everyday living.

Both of these groups have attended many meetings, both have followed the inventory steps and have actively engaged in Twelfth Step work.

We fully appreciate that in each of the groups aforementioned each person is by nature a distinctly different individual and we know this phenomenon existed before he drank and is expected to continue after he has attained his sobriety. What we are exploring, however, is not individual differences between people, but the difference in the over-all impact of the AA program on one large body of members as distinct from another large segment of its membership.

Could it be that by exercising self-discipline and attending meetings and doing a certain amount of Twelfth Step work, one group has attained principally physical sobriety and that mental sobriety and poise come only from a Power greater than ourselves, whom some of us choose to call God? Could it be that we can completely relax only when we no longer fear; that we will continue to fear as long as we rely on our own strength and power; that we will lose our fear when we experience a new surge of power within us; that we will experience this new surge of power and control either suddenly or gradually only when we contact the source of higher Power available to us? In other words, could it be that the principal difference between the two sober persons aforementioned is that the one person is gambling with his sobriety by not "hitting" Steps Seven and Eleven regularly, whereas the other person has gotten sobriety plus by obtaining a continuous flow of greater Power through attention to Steps Seven and Eleven.

Are not some of us so willing to settle for only physical sobriety that we go through life with a lot less than we could get from the AA program? We are so glad to wade in the cool water of physical sobriety that we fail to move all the way into the deep pool of relaxed and zestful living. We succeed in getting out of the stormy sea of alcohol to hold on to the boat by our own efforts when, by climbing all the way in, we could enjoy the warm comforts of the inner cabin of pleasurable living.

Could it be that although our lives can be re-formed by our attention to a portion of the AA program, they can only be transformed by the type of Power connection we are advised to make in Steps Seven and Eleven? In effecting this transformation, by an inflow of divine Power, should we not keep ever present in our minds the fact that the type of prayer and meditation called for is not an occasional request at bedtime. Emerson wrote: "It is not only when we audibly and in form address our petitions to the Deity that we pray. We pray without ceasing. Every secret wish is a prayer."

If we occasionally pray for a removal of our shortcomings and for an inflow of new power, but then spend the rest of our time secretly resenting the fact that we can no longer drink, and secretly desiring a miracle which will enable us to resume our drinking careers then are we not canceling the effect of our formal prayers by our secret wishes and desires?

Steps Seven and Eleven, properly understood and sincerely followed, can bring about a new power which will effectively dissolve any secret desires to return to a life of alcohol.

Why gamble with our most precious possession--our sobriety? Let's take a long look at Seven and Eleven and start hitting these numbers regularly in our AA program.

Anonymous, Los Angeles, CA
AA Grapevine, April 1960



Step 7 / Tradition 7 / Concept VII

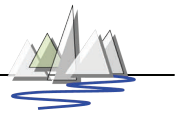
Step 7 - Humbly asked Him to remove our shortcomings.

Before coming to A.A., I had little or no understanding of “humility” or of being “humble.” I associated the words with being “humiliated” in the sense of being terribly embarrassed and shown to be less than. I also associated the words with the idea of someone else “humbling” me, by pointing out my mistakes with the purpose of hurting me. I have since been taught in A.A. the true meaning of humility and being humble, and why these concepts are so important to long term sobriety and to having a sobriety of real contentment and usefulness. I learned that humility and being humble meant letting go of pride and ego; letting go of the idea that I was better than others, that I had all of the answers, that I did not need help, and that I could solve my own problems. Thus, I learned that in order to admit powerlessness and unmanageability in Step 1, I have to be humble. I have to acknowledge that my own best efforts and my own best ideas did not have any success whatsoever in stopping my drinking or in leading me to a useful or contented life. In Step 2, I have to be humble in order to believe that there is a power greater than myself and that power will restore me to sanity. In order to take Step 3, I have to be humble, let go of my pride, and let go of my desire to control the world and run my life. I also have to let go, as in Step 1, the idea that I can successfully run my own life. In Step 4, humility is essential for me to do a fearless and thorough inventory, particularly with respect to the fourth column, where I put down on paper where I have been at fault and how I have been the true cause of my resentments and fears. Step 5 is a truly humbling step. Not in the sense of being humiliated, but in the sense of truly reaching out for help and in truly acknowledging to myself, to God, and to another human being the exact nature of my wrongs. Again, not to be humiliated but to be free of all the secrets and dark things that trouble me. Step 6 refers to willingness, but I also need humility to take that step. I have to be humble in order to admit that I have character defects that I would be better off without, and that I do not have the power to remove them. Then Step 7 stresses the concept of humility: “Humbly asked Him to remove our shortcomings.” I can’t take this step without being humble. To admit that I need the help represented by Step 7, and to ask God for that help, I have to be humble. Without being humble, and without asking for help from God in Step 7, I remain burdened with all of the character defects and shortcomings identified in Step 4 and Step 10, and they will continue to plague me. Through humility, I am able to ask God to remove these defects and, in doing so, I begin to be free of them. *Anonymous*

Tradition 7 - Every A.A. group out to be fully self-supporting, declining outside contributions.

The Long Form - The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholics Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source or of contributions carrying any obligation whatsoever, is unwise. Then, too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.

Concept VII - The Charter and Bylaws of the General Service board are legal > instruments, empowering the trustees to manage and conduct world service > affairs. The Conference Charter is not a legal document; it relies upon > tradition and the A.A. purpose for final effectiveness.



MORE ON STEP SEVEN

From “Into Action:” “When ready, we say something like this: ‘My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.’ We have then completed *Step Seven*.”
Alcoholics Anonymous, p. 76.

From “Bill’s Story:” “Thus was I convinced that God is concerned with us humans when we want Him enough. At long last I saw, I felt, I believed. Scales of pride and prejudice fell from my eyes. A new world came into view.” *Alcoholics Anonymous*, p. 12.

From “Bill’s Story:” “The real significance of my experience in the Cathedral burst upon me. For a brief moment, I had needed God. There had been a humble willingness to have Him with me — and He came.” *Alcoholics Anonymous*, p. 12.

From “Bill’s Story:” “There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost.. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch. I have not had a drink since.”
Alcoholics Anonymous, p. 13.

From “There Is A Solution:” “Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it.”
Alcoholics Anonymous, p. 25.

From “Into Action:” “Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but they hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.” *Alcoholics Anonymous*, p. 72-73.

From “Working With Others:” “Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!”
Alcoholics Anonymous, p. 100.

From “The A.A. Tradition:” “And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.”
Alcoholics Anonymous, p. 568.

From “Twelve Steps and Twelve Traditions:” “Self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. It is a step in the development of that kind of humility that makes it possible for us to receive God’s help.”
Twelve Steps and Twelve Traditions, p. 98.

From “Twelve Steps and Twelve Traditions:” “Since this Step so specifically concerns itself with humility, we should pause here to consider what humility is and what the practice of it can mean to us. Indeed, the attainment of greater humility is the foundation principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven’t much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”
Twelve Steps and Twelve Traditions, p. 70.

From “Twelve Steps and Twelve Traditions:” “As long as we placed self-reliance first, a genuine reliance upon a Higher Power was out of the question. That basic ingredient of all humility, a desire to seek and do God’s will, was missing.” *Twelve Steps and Twelve Traditions*, p. 72.

From “Twelve Steps and Twelve Traditions:” “Every newcomer in Alcoholics Anonymous is told, and soon realizes for himself, that his humble admission of powerlessness over alcohol is his first step toward liberation from its paralyzing grip But when we have taken a square look at some of these defects, have discussed them with another, and have become willing to have them removed, our thinking about humility commences to have a wider meaning. By this time in all probability we have gained some measure of release from our more devastating handicaps. We enjoy moments in which there is something like real peace of mind . . . this newfound peace is a priceless gift. Something new has been added. Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.”
Twelve Steps and Twelve Traditions, p. 72-74.



Freedom and Maturity

I guess it was time for me to re-examine the Seventh Step: "Humbly asked Him to remove our shortcomings." I wasn't making much headway; I was going backwards, and becoming very discouraged about it. Because, you see, I had no clear conception of what I was doing. I actually thought the Step implied a goal of perfection which I believed impossible to achieve, but one that I should try to reach. When my many abortive attempts to perfect myself had failed (as they were bound to do) I sank back deeper into the very defect I should have avoided--guilt.

So then I had to re-examine Step Seven in the light of my own individual experience. I came up with some plausible and possible solutions.

I believe humility is the door through which my personality change slips in. It is only when I feel this dissatisfaction with myself as I am--and want and need to change--that I *can* change. Arrogance, smugness and self-righteousness close that door. To me, humility is a precious commodity because I have learned in AA that humility, gratitude, and happiness invariably go hand in hand, along with a "smoothing of the way before me." A little success, some compliments, or some self-pity and bang! the door closes again--I am walled inside myself with no fresh air to breathe, and no room to stretch my personality and freely move about.

I don't want to become perfect or God-like. I simply want to become more human. A mature human being. . . I should be very happy and satisfied with that. I don't aim for perfection, nor do I consciously try to "improve" myself. I am simply trying to throw off all the garbage of hostility and resentments that has rotted my insides, and all the guilt that has weighed me down these many years, and the fear that has paralyzed my personality into rigid habit-patterns. These are the defects that impede or block me; these are the shortcomings that motivate my misdeeds; these are the crippling restrictions of my personality.

Without these dead weights my personality of itself would function freely and smoothly even with its human quota of faults--because, my friends, in my book a defect is one thing and a fault is quite another.

It was true I had lost one defect--drinking. If anything was destructive to a personality this had been. When I stopped drinking did I become more perfect? No! I became more human, and what's more, I gained some freedom.

Right here the goal changes from perfection to *freedom*, and from reform to *maturity*.

I therefore *aim* for maturity (entirely possible) and freedom (also a possibility)--with the idea in mind that maturity comes in degrees as does freedom.

This idea helps me to see that small progress or lack of progress during certain intervals need not arouse any guilt in me.

Growth, I believe, is three-dimensional: lengthwise, horizontally, and in depth. In seeking maturity or growth I have sought new experiences in which I can grow. I have said "yes" to life as much and as often as I was able. I have taken daily inventories wherein I mull over my actions and reactions to people and situations. I have weighed their value in adding to my own storage of good.

In seeking freedom I have deliberately broken habit-patterns. If I had always reacted in one way, I would now react in another--thus breaking the habit-patterns. I began to see that where fear of consequences had always forced me into certain set defensive reactions, once I had broken the pattern and nothing drastic happened--I lost my fear.

I also gained enough confidence to break a few tougher ones. I took chances. . .with my job, with people whose affection I wanted, with acquaintances. The only secure thing I had was the truth. I decided that if I pursued my course of honesty in my relationships with others and myself it would be the saving grace, were I to get into trouble.

Strangely enough, I didn't get into trouble. That in turn convinced me that I could be myself without any horrible consequences. And being myself is a very wonderful experience. If anything has given me freedom, this discovery has. I have found that my truthful, honest reaction has startled people, annoyed them--but mostly has intrigued them.

Going along in this way, my feeling of guilt has been lightened considerably. It might be said that quite a few layers have been peeled off.

I have been afraid, but I am beginning not to be afraid.

I still have all my old faults to some degree, and on the surface I may not appear to be any different from the person I was. But inside there's quite a difference--all the difference in the world. I am getting a taste of what freedom really means, and how wonderful it is just to live--sober.

B.D.

AA Grapevine, July 1957

New York, NY



Sobriety Through Service



Area Business Meeting / Group Conscience List

- July 2 Intergroup Business Meeting 6:45 pm SH
- July 3 Lincoln Group Conscience
- July 7 District 6 GSR Business Meeting 7:00 pm SH
- July 9 Happy Hour Group Conscience
- July 9 Progressive Group Conscience
- July 10 Westside Group Conscience
- July 11 Group One Group Conscience
- July 14 P&S Group Conscience
- July 14 Fresh Air Group Conscience
- July 16 Third Tradition Group Conscience
- July 17 Lunch Bunch Group Conscience
- July 17 Great News Group Conscience
- July 18 Coffee Break Group Conscience
- July 18 Clean & Sober Group Conscience
- July 19 Turning Point Group Conscience
- July 20 Women In Recovery Group Conscience
- July 20 Big Book Study Group Conscience
- July 21 PI/CPC/H&I Business Meeting 7:00 pm SH

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	Claudia H.	525-9290
Men's Jail	Don Carlos	403-4119
Women's Jail	Claudia H.	525-9290
Correctional Work Center	Buttons B.	251-0383
A.R.A.	Jerrica G.	541-1879
	Adam R.	346-2586
Hospitals (EIRMC)	Jim S.	745-0124
Bridge the Gap	Jerrica G.	541-1879
3-B Detention Center	Mike C.	745-1510

Please contact any of the above people if you are interested in helping to take a meeting into the local hospitals, jails or institutions, or would like to help with public information.

Questions or Concerns Regarding Serenity Hall Please Call:

Teresa R. 552-1942 or 403-2674
Greg R. 552-1942 or 403-5608
Henry 569-0589

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

Did You Know ?

You can receive the Newsletter each month by e-mail. If interested, please send your request and e-mail address to: s_trapper@q.com



SERVICE WORK AVAILABLE !

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



July CALENDAR / EVENTS BIRTHDAYS

Thursday, July 2nd

- Intergroup Business Meeting
6:45 pm Serenity Hall upstairs

Kelly M. 3 yrs.
Deon C. 33 yrs.
Casey L. 20 yrs.
Nikki R. 2 yrs.
Ray S. 1 yr.

Tuesday, July 7th

- District 6 GSR Business Meeting, Serenity Hall 7 pm

Monday, July 27th

- Big Book Study Group Birthdays
Pauline B. 25 yrs.

Friday, July 10th

- Friday Night Speaker Meeting
7:30 pm Serenity Hall

Tuesday, July 28th

- Meet 'N Eat Birthdays
Gil F. 19 yrs.

Monday, July 20th

- New Hope & Insp. Birthdays
Viggo M. 20 yrs.
Alex 1 yr.

Thursday, July 30th

- Third Tradition Birthdays
John M. 5 yrs.
Julie S. 7 yrs.
Alan C. 14 yrs.

Tuesday, July 21st

- PICPC H&I Business Meeting
7pm Serenity Hall

Saturday, July 25th

- Clean and Sober Birthdays
Cheryl W. 24 yrs.
Viggo M. 20 yrs.
Mike W. 2 yrs.

- Firth Group Birthdays
Rex H. 29 yrs.

Friday, July 31st

- Lincoln Group Birthdays
Rose T. 5 yrs.
Glen P. 5 yrs.
Jeff V. 9 yrs.
Taffy V. 9 yrs.
Tanya B. 9 yrs.
Shane A. 23 yrs.

Sunday July 26th

- Grapevine Group Birthdays
Jim M. 1 yr.
John M. 1 yr.

Monday, July 27th

- Coffee Break Birthdays
Mike L. 12 yrs.
Mat W. 6 yrs.
Peggy R. 6 yrs.
Lori M. 3 yrs. (cont.→)

- Great News Birthdays
Les F. 16 yrs.

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simply program, usually men and women who are constitutionally incapable of being honest with themselves.

Alcoholics Anonymous, p. 58



Our monthly Newsletter can now be found
ONLINE at::

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

July 2009

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	31	

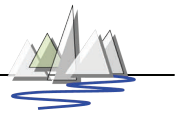
FRIDAY NIGHT SPEAKER MEETING



Friday, July 10th, 7:30 pm at
Serenity Hall

Great News Group welcomes **Bil and Jacqui B. of Boise, Idaho** to share their experience, strength, and hope with us.

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



Area AA Meeting Schedule

Sunday

8:30 AM *Spiritual Breakfast Meeting*

Dixie's 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)

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, IF

7:00 PM *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*

Serenity Hall (downstairs)

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

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*

Dixie's Diner Restaurant
2150 Channing Way, Idaho Falls

5:30 PM *Just Stay 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, IF

8:00 PM *The Heritage Group*

Serenity Hall (upstairs)

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 Group*

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*

Dixie's Diner Restaurant
2150 Channing Way, Idaho Falls

5:30 PM *Just Stay Group*

Serenity Hall (upstairs)

7:00 PM *White Knuckle Sobriety*

Men's Group (open meeting, men only)
1976 N. Woodruff, IF

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 *Just Stay Group*

Serenity Hall (upstairs)

6:30 PM *Joker's Wild* (For Young People and the Young At Heart)

Serenity Hall (downstairs)

7:00 PM *Pass It On Group*

Bingham Memorial Hospital, Blackfoot
(open meeting)

7:30 PM *The Great News Group*

Serenity Hall

(open meeting, upstairs)

8:00 PM *Westside Group*

Church of the Nazarene
1900 Grandview, IF

8:00 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, IF

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

•Dixie's 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