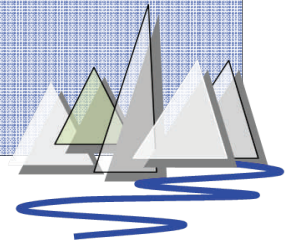


Eastern Idaho Sobriety Corner



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:
Phone Service: Ryan T. 220-9916
H & I: Claudia H. 525-9290
Newsletter Editor: Steve B. 524-9051
Literature Linda M. 520-5673

email: jtiger@cableone.net
email: sharonm@ida.net

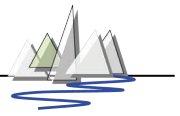
email:
email: rymann33@yahoo.com

email: s_trapper@q.com

AA Literature on Hand	
<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>	\$ 5.00
<i>Dr. Bob and the Good Old-timers</i>	\$ 9.50
<i>Big Book (16 CDs)</i>	\$ 55.00
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.



**THE GREAT NEWS GROUP
IS SPONSORING AN A.A. WORKSHOP**

**“AN INTRODUCTION TO THE TWELVE STEPS
THROUGH PERSONAL EXPERIENCES”**

WHEN: Saturday, November 7, 2009

WHERE: Serenity Hall, upstairs

TIME: 10:30 a.m. to 3:00 p.m.

TOPIC: Each of A.A.’s Twelve Steps will be discussed in order by individual speakers sharing their experience with that step.

PURPOSE: To present an introduction and overview of each of the Twelve Steps.

PLEASE COME!!! BRING A NEWCOMER!!!
Refreshments will be provided.

**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,*



The THIRD TRADITION GROUP is celebrating its ANNIVERSARY

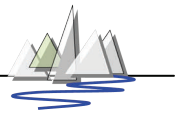
Thursday November 5th, 2009

6:30 p.m. to 7:30 p.m. Dessert Potluck !!!

**7:30 pm. to 9:00 p.m. Regular AA Meeting
(The meeting will be OPEN in honor of the anniversary)**

All are invited to attend

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



INTERGROUP MEETING NOTES: OCTOBER 1, 2009

6:40 Meeting called to order by Steve G, who read the Intergroup statement of purpose. April read the Twelve Traditions. The Secretary's report was read by Sharon M., and was approved as read.

Attendance:

- Steve G. Treasurer
- Delbert S. Heritage Group
- Steve B. Newsletter
- Sharon M. Secretary
- Linda M. Literature
- Mark H. Westside
- April Shoulder to Shoulder
- Les F. Great News/District 6
- Daniel D. Clean and Sober

Old Business: Phone Service. If anyone with less than 1 year of sobriety wants to be on the AA Hotline, they need to be approved on a case by case basis by the phone committee. If you have a desire to do this, let the phone service coordinator know.

Treasurer's Report: Steve G.

Prudent Reserve	\$192.20
Beginning balance:	\$1070.63
Ending balance:	\$1135.80
Donations:	
Coffee Break Group	\$133.00
Just Stay Group	\$50.00
Meet N' Eat	\$90.00
Grapevine Group	\$72.00
Great News Group	\$49.80

Bills Paid:

Falls Printing	\$42.40
Qwest Phone service	\$52.43
Ending balance in checkbook:	\$1472.42

Phone Service Report: Scott M. indicated that he would like to be considered to fill the position of head of the AA Hotline/Phone Service committee. He was nominated and voted in. Thank you Scott.

Newsletter Report: Steve B. said that the newsletter is going fine. He would like to have people submit articles or letters.

Entertainment Report: Still no chairperson. Need someone to step up so they can take over planning for the Christmas party and future activities.

Literature Report: Linda M. said that she just got in an order of books. If you need books, let her know.

New Business: Delbert S. was voted in as new Intergroup Treasurer. Scott M. was voted in as new AA Hotline Coordinator.

Les F. asked what could be done to speed up literature orders. It was discussed, a motion was made, and voted and approved that Linda M. would keep 2 cases of Big Books and 1 case of 12x12s on hand at all times. Linda M. agreed to do so, and said that she would place the order right away and keep this amount of books on hand at all times.

The meeting at the Ririe Senior Citizens Center will start again on 01-7-09 from 8:00-9:30 p.m.

Next Meeting: November 5, 2009, 6:45 pm SH upstairs

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.



DISTRICT 6 MEETING NOTES: OCTOBER 6, 2009

Meeting called to order: at 7pm by Les F. Traditions read by Morgan S.

- Attendees: Les F. DCM
- Mike C. Great News
- Morgan S. New Hope & Inspiration
- Hal T. Secretary
- Kadie M. Shoulder to Shoulder
- Laurie T. Third Tradition
- Tim W. Turning Point
- Sherri G. Fresh Air
- Rob Just Stay
- Ketura Meet N' Eat
- Claudia H. H&I
- Daniel Guest.

Old Business

Motion to accept September secretary's report made and approved. Four housecleaning amendments to the District 6 guidelines have been accepted. The District 6 Workshop is tentatively scheduled for the end of November. Turning Point group will host.

The Great News Group is hosting a workshop on the Twelve Steps on Saturday, November 7th from 10:30 am to 3:00 pm, upstairs at Serenity Hall. Refreshments will be provided.

CPC/PI Report: Checking balance is approximately \$214.00.

H&I Report: Volunteers needed! Buttons will be the liaison for the Wood Pilot Program. Claudia H. is women's jail liaison. H&I is running on a skeleton crew. If you have the time and want to be of service, please contact Claudia H. at 525-9290. A.A. Hotline needs volunteers. If you have one year of sobriety and are working the program, we need you! Contact Ryan T. at 220-9916.

New Business: Intergroup will keep 2 cases of Big Books and 1 case of 12 and 12's available at all times for individual and group purchase. The purpose of this is to have books available for purchase at all times, and to avoid delays that have been happening over the past year in the purchase and delivery of books.

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 AND SHOULDER TO SHOULDER
ARE SPONSORING A DISTRICT 6 WORKSHOP**

“Sponsorship And Having Fun In Sobriety”

Saturday, November 21, 2009 at Serenity Hall

Lunch will be served from 11:30 to 12:00 noon

12:00 to 3:00 p.m. Two Panels will be held sharing experience strength and hope about sponsorship and what fun comes from this wonderful experience

You will not want to miss the FUN!!!

A MESSAGE FROM OUR NEW AA HOTLINE COORDINATOR

Dear Friends:

I would like to take just a moment of your time to tell you my experience with the hot line. I have been a hot line volunteer for the past 2 years and it has enriched my sobriety greatly. As most of you know I am visually impaired and have always tried to find a service position that I could fill without relying on other people to get me around. This has been the perfect job for me. It is truly one of God's blessings when I get a call and get to talk to a wet drunk, or like a couple of weeks ago I got to have an amazing talk with an Alanon from Arizona. What a gift. I have found that I don't need a car or someone to drive me around to be a hotline volunteer. I have found all I need is willingness to stand on the front line for AA and have a phone. Also by being a volunteer I have had the pleasure of being involved in several 12 step calls. I can't help but count the blessings after going on a 12 step call.

By God's Grace and the grace of intergroup, I have been elected your new hot line coordinator starting in January of 2010. If anyone is interested in being a volunteer please feel free to contact me at 589-9984. I am looking forward to working with all of you. And I am looking forward to being the new coordinator.

In Service,
Scott Marcotte

Step 11 / Tradition 11 / Concept XI



Step 11– 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.

In my experience, I need to incorporate Step 11 into my life every day. Daily practice of Step 11 helps me to also practice Step 1 (I am powerless over alcohol and most other things in life, so I must reach out to God for help and guidance); Step 2 (through Step 11, I again recognize that God will relieve my alcoholism, restore me to sanity, and do for me what I cannot do for myself); and Step 3 (because in practicing Step 11, I am reinforcing the decision I made in Step 3). Along with daily practice of Step 10, Step 11 keeps me active in the Steps. It is through prayer and meditation, not just in the morning and not just at night, but many times throughout the day, that I establish conscious contact with God so that I may have the best chance possible to live usefully and contentedly as promised by the program of Alcoholics Anonymous. Without conscious contact with God, my own selfishness, self will, and dishonesty are far more likely to take over and control both my thoughts and my actions. I must be careful too, to pray only for knowledge of His will for me and the power to carry that out. Too often, I slip into asking for specific outcomes and help that is certainly a reflection of my will but probably not His.

Anonymous.

Tradition 11 - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

The Long Form - Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Concept XI - The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.



Step Eleven suggests prayer and meditation. We shouldn't be shy on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can make some definite and valuable suggestions.

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely on it.

We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why.

Alcoholics Anonymous, pp. 86-87.

There is a direct linkage among self-examination, mediation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.

Twelve Steps and Twelve Traditions, p. 98.



I had relied on alcohol to avoid facing doubts about my marriage and unpublished manuscripts and all the other problems in my life. And I had come to expect that AA would provide me with that same space. But instead of expanding, it seemed now that my life was contracting. Everything my eyes took in irritated me – the poorly furnished loft, the stack of manuscripts, my wife, my life. I called my sponsor and gave him my complaint in a tone of reproach, as if both he and AA were guilty of having deceived me. "Is this all there is? I feel terrible," I said, not realizing that in articulating the problem, I was making myself ready for the answer, which he provided with a statement that was to transform my life. "It's time for the Eleventh Step," he said calmly but firmly. The only answers I had ever found for emotional pain and distress were the bottle and drugs, and here was this man pointing me to a Step I knew precious little about. "Here's what you do," he said. "Sit in a hard chair with your spine straight. Then close your eyes and focus on your breath. Just be aware of yourself breathing in and breathing out. Do this for five minutes."

I did exactly as he had suggested. In fact, I sat at the very table where I had drunk myself into oblivion most nights in the last phase of my drinking life. It's not that bells and whistles went off in that five-minute period, or that I saw bright lights or envisioned eternity. And yet something profound did happen. In the course of those five minutes, my sense of discomfort, of irritability – of dis-ease – fell away. I recognized the efficacy of the answer he had provided me. More than that, I intuitively understood that this was where the journey was to be found. It was as if I had been delivered to a path of freedom and of unending growth. And I can say something else – to this day, that horrible doubt about AA that had entered my mind that night has never returned. In fact, my relationship to AA has only grown stronger.

I established a routine of forth-five-minute meditation periods on Saturdays and Sundays. (It did not occur to me that I could get up early and do the same during the work week as well.) Like many who are trying to dig out from under the rubble of active alcoholism, I had my list of things that needed to get done, and one Saturday morning I rushed out the door with list in hand, having decided that I could do without meditation that morning. Outside I found a bright and clear day, but for some reason, my insides did not match it. A mood of irritability had come over me and stayed with me through the day. Although I pushed on and did my chores, I sensed that I was not relaxed and happy in the way that I might have been had I given myself forty-five minutes of mediation. I resolved not to make that mistake again.

I believe the Big Book speaks to what happened in the line that reads, "We have a daily reprieve from alcohol contingent on the maintenance of our spiritual condition." The fact was simply that while I had conditioned myself for the day physically by showering and shaving, I had not conditioned

myself spiritually, and as a consequence, I felt irritable and the world looked ugly.

A life doesn't change simply on the basis of a few periods of meditation, but now, at least, I had discovered where the journey was to be found, and it was not in the bottle or the drug or the relationship or in any of the externals that most of us want and in some degree need. The journey was an internal one, an "inside job," as we say in the Fellowship. And having found some of it, I now wanted and needed more. Spiritual hunger is as insatiable as the thirst for the next drink, with the difference, of course, that while alcohol contracts us, a life in God offers unlimited expansion. The goal was only to have a changed mind, a changed consciousness, a new way of seeing life. As the Big Book says, "The main problem of the alcoholic centers in his mind rather than in his body."

I had also learned another simple thing: prayer was not enough. It may be for some, but that was not the case with me. When the Eleventh Step says "Sought through prayer and meditation," to me it means that what I need to develop is a daily practice. It is not something for me to do on a hit-or-miss basis or if my schedule permits or on those occasions when I am feeling bad or stressed out. It is for good weather and bad weather and just your average cloudy day. So in the years that have passed, I have tried to develop a daily practice, and clarity, focus, and awareness have entered my life in a way and to a degree that would not have been possible without it. The strongest, most consistent message I receive from the Higher Power is love yourself, respect yourself. Love is the absolutely crucial, indispensable ingredient in recovery. We get that love from the AA group when we are new, and then, through the first Nine Steps, we uncover and discover that which has been there within us all along, a loving God. AA didn't install that God in me; AA didn't provide me with a God bearing its own trademark. The first Nine Steps allowed me to tune in, to access, what had been there all along. Love is the thing that heals us, and only when we feel loved can we give the love that makes the Twelfth Step possible.

At some point in early recovery, I began praying that the Higher Power would teach me to love. That has remained a daily prayer. Without the Higher Power, I know how to fear you, hate you, envy you, compete with you, seek to control you. Alcoholics Anonymous has taught me that there is no love of God without love of people. It is a lesson I have a lifetime, one day at a time, to assimilate.

David S.
New York, NY
AA Grapevine
November 2003



Sobriety Through Service



Area Business Meeting / Group Conscience List

- November 3 District 6 GSR Business Meeting 7:00 pm SH
- November 5 Intergroup Business Meeting 6:45 pm SH
- November 6 Lincoln Group Conscience
- November 7 Group One Group Conscience
- November 10 P&S Group Conscience
- November 10 Fresh Air Group Conscience
- November 12 Progressive Group Conscience
- November 13 Westside Group Conscience
- November 15 Turning Point Group Conscience
- November 16 Women In Recovery Group Conscience
- November 17 PI/CPC/H&I Business Meeting 7:00 p.m. SH
- November 18 Big Book Study Group Conscience
- November 19 Third Tradition Group Conscience
- November 20 Lunch Bunch Group Conscience
- November 20 Great News Group Conscience
- November 21 Coffee Break Group Conscience
- November 21 Clean & Sober 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	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:

Greg R. 403-5608 or rgreg@rocketmail.com
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



NOVEMBER CALENDAR / EVENTS BIRTHDAYS

November 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		27	28
29	30					

FRIDAY NIGHT SPEAKER MEETING



Friday, November 13th, 7:30 pm at Serenity Hall

Great News Group welcomes **Sam S. and Brett O. of Salt Lake City** to share their experience, strength, and hope with us.

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

Tuesday, November 3rd
• District 6 GSR Business Meeting, Serenity Hall 7 pm

Thursday, November 5th
• Intergroup Business Meeting, Serenity Hall 6:45 pm

Friday, November 13th
• Friday Night Speaker Meeting 7:30 pm Serenity Hall

Monday, November 16th
• New Hope & Inspiration Birthdays
Linda M. 26 yrs.
David D. 11 yrs.
Jan B. 6 yrs

Tuesday, November 17th
• PICPC H&I Business Meeting 7pm Serenity Hall

Tuesday, November 26th
• Meet N' Eat Birthdays
Jordan S. 1 yr.
LaReen P. 1 yr.
Ketura 4 yrs.

Wednesday, November 25th
• Fresh Air Group Birthdays
Mike N. 16 yrs.
Theresa R. 7 yrs.
Dave R. 2 yrs.

Thursday, November 26th
• Third Tradition Birthdays
Blanche W. 24 yrs.

• Firth Group Birthdays
Dennis H. 4 yrs.

Friday, November 27th
• Great News Birthdays
Steve B. 8 yrs.
Tom B. 2 yrs.
Jordan S. 1 yr.

Friday, November 27th
• Westside Birthdays
Judy H. 24 yrs.
David D. 11 yrs.
Alan B. 10 yrs.,
Blake S. 1 yr.

• Lincoln Group Birthdays
Dave B. 3 yrs.
Phillip S. 3 yrs.
Adam R. 3 yrs.
Alice P. 4 yrs.
Carey W. 4 yrs.
Lance H. 4 yrs.
Alan B. 10 yrs.
Richard J. 14 yrs.

Saturday, November 28th
• Clean and Sober Birthdays
Paul H. 37 yrs.
Cathy O. 17 yrs.
Sarah H. 11 yrs.
Steve R. 5 yrs.
Dan J. 4 yrs.
Gale H. 1 yr.
Raymond B. 1 yr.
Carlos T. 1 yr.
Maryann F. 1 yr.

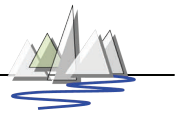
• Coffee Break Birthdays
Susan F. 5 yrs.
Ted E. 3 yrs.
Rod M. 3 yrs.
Adam R. 3 yrs.
Dwight 1 yr.
Les K. 1 yr.

Monday, November 30th
• Big Book Birthdays
Lee Ann J. 17 yrs.



Our monthly Newsletter can now be found ONLINE at::

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



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 Meeting*, "Together We Can"

Swan Valley Firehouse

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 *Keep It Simple*

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*

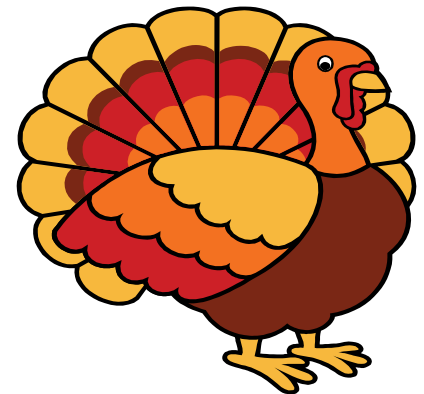
Serenity Hall (upstairs)

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