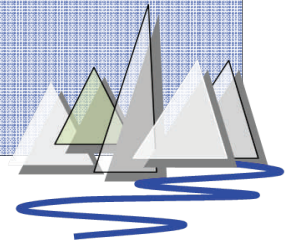


# Eastern Idaho Sobriety Corner



2009

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

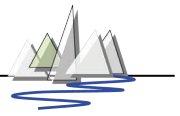
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AA Literature on Hand	
<i>Big Book (regular)</i>	\$ 8.00
<i>Big Book (large print)</i>	\$ 8.30
<i>Twelve Steps and Twelve Traditions (regular)</i>	\$ 7.40
<i>Twelve Steps and Twelve Traditions (large print)</i>	\$ 7.75
<i>Twelve Steps and Twelve Traditions (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!!! 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,*

**INTERGROUP MEETING NOTES: September 3, 2009**

6:50 Meeting called to order by Don C., Chair, who read the Intergroup statement of purpose. Secretary’s report was read by Don C., which was approved as read. Traditions were read by Steve G.

**Attendance:**

- Don C. Chair
- Scott M. Great News Group
- Steve G. Treasurer
- Delbert S. Heritage Group
- Steve B. Newsletter

**Old Business:** Still looking for someone to fill the position of Entertainment Chairperson.

**Treasurer’s Report:**

Prudent Reserve	\$192.20
Beginning balance:	\$843.06
Ending balance:	\$1070.63
Current checking	\$1172.45
Donations:	
Coffee Break Group	\$64.18
Third Tradition Group	\$41.36
Great News Group	\$26.00
Bills Paid:	
Falls Printing	\$42.40
Qwest Phone service	\$52.43
Ending balance in checkbook:	\$1172.45

**Phone Service Report:** Scott M. filling in for Ryan T. The hotline needs volunteers badly. Existing volunteers are badly overburdened. There has been a long term lack of willingness of area AA members to volunteer for AA Hotline service. The Hotline service is one of the main ways that people contact AA. The suggestion was made to lower the sobriety time needed in order to be a volunteer.

**Newsletter Report:** Steve B. asked that everyone please remember to submit all items to the newsletter no later than the 15th of the month.

**Literature Report:** None.

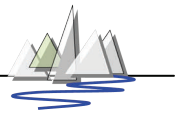
**Entertainment Report:** None.

**New Business:** The elections for Intergroup service positions will be held at the next October Intergroup meeting on October 1st. Those wanting to serve should attend the meeting. A number of positions will be open, including Treasurer, Hotline Coordinator, Entertainment Chair..

**Next Meeting:** October 1, 2009, 6:45 pm SH upstairs



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



# On Service

## From Dr. Bob's Last Major Talk, December 1948

I think the kind of service that really counts is giving of yourself, and that almost invariably requires effort and time. It isn't a matter of just putting a little quiet money in the dish. That's needed, but it isn't giving much for the average individual these days, when most people get along fairly well. I don't believe that type of giving would ever keep anyone sober. But giving of our own effort and strength and time is quite a different matter. And I think that is what Bill learned in New York and I didn't learn in Akron until we met.

*Excerpted from the June 1973 Grapevine*

*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: September 1, 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
- Wade H. Alt. DCM
- Laurie T. Third Tradition
- Blake S. Archivist
- Gary O. Westside
- Jericca G. Heritage Group
- Marv W. CPC/PI
- Tim W. Turning Point
- Sherri G. Fresh Air

**CPC/PI/H&I Report:** H&I needs volunteers to go into the men's and women's jails. A new meeting for men and women associated with the Wood Pilot Project is taking place Sundays at 3 p.m. ARA needs volunteers. Lots of service positions are available. Call Claudia H. at 525-9290. PI/CPC has been in contact with Club Inc. and they are looking for volunteers to bring them our message. GSRs please talk to your groups about this great service opportunity. See Marv W.

**Old Business:** There are proposed District 6 Guideline Amendments. See your group GSR for details. A.A. literature representation has been turned over to Intergroup. The District 6 Workshop is tentatively scheduled for the beginning of December. Groups, your topic ideas are needed!! This is your workshop!! What should be the focus?? GSRs please discuss this in your group consciences. Bring your ideas to the October District 6 meeting, where a topic will be decided.

**New Business:** New District positions for 2010-2011 have been voted on and decided. They are as follows: DCM—Tim W.; Alternate DCM—Laurie T.; Treasurer—Marv W.; Secretary—Hal T.

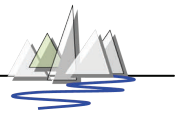
The Great News group will be holding a workshop on November 7th upstairs at Serenity Hall beginning at 10:30 a.m. Flyers will be circulated. The topic will be the 12 Steps of Alcoholics Anonymous.

### Treasurer's Report - Joe M.

Previous Balance	\$552.64
Checks and payments:	-\$260.00
Deposits:	\$104.10 (various groups)
New Balance:	\$396.74
<u>Plus Prudent Reserve:</u>	<u>\$200.00</u>
Ending Balance:	<b>\$596.74</b>



*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.*



## The Tenth Step.

[W]hen we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

Although all inventories are alike in principle, the time factor does distinguish one from another. There's the spot check inventory, taken at any time of the day, whenever we find ourselves getting tangled up. There's the one we take at day's end, when we review the happenings of the hours just past. Here we cast up a balance sheet, crediting ourselves with things well done, and chalking up debits where due. Then there are those occasions when alone, or in the company of our sponsor or spiritual adviser, we make a careful review of our progress since the last time. Many A.A.'s go in for annual or semiannual housecleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation.

Aren't these practices joy-killers as well as time-consumers? Must A.A.'s spend most of their waking hours drearily rehashing their sins of omission or commission? Well, hardly. The emphasis on inventory is heavy only because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has become grooved, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than something unusual or set apart.

Few people have been more victimized by resentments than have we alcoholics. It mattered little whether our resentments were justified or not. A burst of temper could spoil a day, and a well-nursed grudge could make us miserably ineffective. Nor were we ever skillful in separating justified from unjustified anger. As we saw it, our wrath was always justified. Anger, that occasional luxury of more balanced people, could keep us on an emotional jag indefinitely. These emotional "dry benders" often led straight to the bottle. Other kinds of disturbances--jealousy, envy, self-pity, or hurt pride--did the same thing.

A spot-check inventory taken in the midst of such disturbances can be of very great help in quieting stormy emotions. Today's spot check finds its chief application to situations which arise in each day's march. The consideration of long-standing difficulties had better be postponed, when possible, to times deliberately set aside for that purpose. The quick inventory is aimed at our daily ups and downs, especially those where people or new events throw us off balance and tempt us to make mistakes.

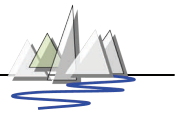
In all these situations we need self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere. We need not be discouraged when we fall into the error of our old ways, for these disciplines are not easy. We shall look for progress, not for perfection.

Our first objective will be the development of self-restraint. This carries a top priority rating. When we speak or act hastily or rashly, the ability to be fair-minded and tolerant evaporates on the spot. One unkind tirade or one willful snap judgment can ruin our relation with another person for a whole day, or maybe a whole year. Nothing pays off like restraint of tongue and pen. We must avoid quick-tempered criticism and furious, power-driven argument. The same goes for sulking or silent scorn. These are emotional booby traps baited with pride and vengefulness. Our first job is to sidestep the traps. When we are tempted by the bait, we should train ourselves to step back and think. For we can neither think nor act to good purpose until the habit of self-restraint has become automatic.

Disagreeable or unexpected problems are not the only ones that call for self-control. We must be quite as careful when we begin to achieve some measure of importance and material success. For no people have ever loved personal triumphs more than we have loved them; we drank of success as of a wine which could never fail to make us feel elated. When temporary good fortune came our way, we indulged ourselves in fantasies of still greater victories over people and circumstances. Thus blinded by prideful self confidence, we were apt to play the big shot. Of course, people turned away from us, bored or hurt.

Finally, we begin to see that all people, including ourselves, are to some extent emotionally ill as well as frequently wrong, and then we approach true tolerance and see what real love for our fellows actually means. It will become more and more evident as we go forward that it is pointless to become angry, or to get hurt by people who, like us, are suffering from the pains of growing up.

*Twelve Steps and Twelve Traditions*, pp. 88-92.



## Step 10 / Tradition 10 / Concept X

**Step 10**– Continued to take personal inventory and when we were wrong promptly admitted it.

In Alcoholics Anonymous, I was taught over and over again that I am to practice these principles (the steps) in all my affairs, on a daily basis, for the rest of my life. I was told and I experienced for myself that if I did so, I would enjoy a real and fulfilling sobriety rather than white-knuckled abstinence, and that I would have far more contentment and be far more useful to God and my fellows if I truly followed the steps on a daily basis. I have known A.A. members who did the steps when they first came in (or at least read them over), and haven't made real use of the steps since. I do not want what they have.

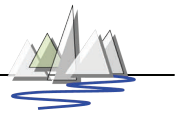
I was taught a simple process for truly using the Twelve Steps on a daily basis. In the morning, I incorporate Steps One, Two, and Three upon awakening. Throughout the day, I do spot-check inventories; I pause when agitated; I guard against my character defects as they try to control my day or inject themselves into a given situation; and I ask God for the right thought or action, praying always that His will, not mine, be done. Then, at night, I constructively review my day, which is Step Ten. I was taught to write my Tenth Step each night. My sponsor told me that anything done in my head was either inadequate or would be manipulated by my ego, selfishness, "justified" anger, or fear. He told me that doing things in my head, especially something as important as the Tenth Step, is dangerous for an alcoholic. To ease my perception of the "burden" of writing the Tenth Step each night, I was taught not to write more than one page each night. If I needed to write more, then it was time for another Fourth Step. The Big Book gives me express directions on what to write about. Based on my Tenth Step, I take any troubling things to my sponsor (Step Five), I pray for willingness and ask God to remove my character defects (Steps Six and Seven), and I make any amends that are needed (Steps Eight and Nine). I incorporate what I find in my Tenth Step writing in my prayer and mediation (Step Eleven). By doing these things, I am trying to fit myself to be of maximum service to God and the people around me (Step Twelve). The Tenth Step is a fundamental part of this continual process.

*Anonymous*

**Tradition 10** - Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

**The Long Form** - No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

**Concept X** - Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.



## MORE ON STEP TEN

From “Into Action.” “This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past.”  
*Alcoholics Anonymous*, p. 84.

From “Into Action.” “We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime.”  
*Alcoholics Anonymous*, p. 84.

From “Into Action.” “Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone.”  
*Alcoholics Anonymous*, p. 84.

From “Into Action.” “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 do for others, of what we could pack into the stream of life?”  
*Alcoholics Anonymous*, p. 86.

From “Into Action.” “But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.”  
*Alcoholics Anonymous*, p. 86.

From “Into Action.” “After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.”  
*Alcoholics Anonymous*, p. 86.

From “Into Action.” “Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.”  
*Alcoholics Anonymous*, p. 84.

From “Into Action.” “And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil as if from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. If just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.”  
*Alcoholics Anonymous*, p. 84-85.

From “Into Action.” “It is easy to let up on our spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”  
*Alcoholics Anonymous*, p. 85.

From “Into Action.” “Every day is a day when we must carry the vision of God’s will into all of our activities. “How best can I serve Thee—Thy will (not mine) be done.” These our thoughts which must go with us constantly.”  
*Alcoholics Anonymous*, p. 85.

From “Into Action.” “Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. If we have carefully followed directions, we have begun to sense the flow of His spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.”  
*Alcoholics Anonymous*, p. 85.



## THE TENTH TRADITION

I am a twenty-seven-year-old, white, Irish, Catholic Vermonter, who is studying law in Boston. Because of Tradition Ten ("Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy") none of this excludes me from membership in Alcoholics Anonymous.

I finally admitted that I was powerless over alcohol and that my life was unmanageable when I was living in Senegal, West Africa for two years. During my first year of sobriety I kept sober through correspondence with other alcoholics in Europe, South America, the South Pacific, and the United States. Thus I do not have a conventional, American-culture influenced view of Alcoholics Anonymous. But I am still allowed to remain a member of Alcoholics Anonymous because of the Twelve Traditions.

During a meeting of Alcoholics Anonymous, I do not identify my ethnic heritage nor my religion. I save that sort of information for my sponsor. A sponsor is the person I go to for personal work on my spiritual condition. Meetings are for fellowship. The "Twelve and Twelve" states, "One old-timer recently declared, 'Practically never have I heard a heated religious, political, or reform argument among AA members. So long as we don't argue these matters privately, it's a cinch we never shall publicly'" (page 177).

I don't want to talk about religion at a meeting of Alcoholics Anonymous. I don't speak of those without religious affiliations as "heathens"; in mutual respect, I hope that others will not refer to my religion as though it were a disease that one needs to recover from. Each time I hear "I'm a grateful recovering Catholic" at a meeting of Alcoholics Anonymous, I question whether or not I'm really welcome. I usually pray for the person. I always feel uncomfortable.

On page 87 of *Alcoholics Anonymous*, we are given some guidance concerning this issue of spirituality and religion. This seems like a good place to keep the discussion. "If we belong to a religious denomination which requires a definite morning devotion, we attend to that also. If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer." Alcoholics Anonymous owes a lot to religious people. Fr. Edward Dowling, Rev. Sam Shoemaker of the Oxford Group, and Sr. Ignatia all played important parts in the formation of Alcoholics Anonymous and in the lives of the two principal founders. We might not exist were it not for the charity of these and others. The best way we can repay their generosity is to extend that same generosity to others. Let us hope, pray, and take action to ensure that Alcoholics Anonymous remains a haven for all alcoholics, whether affiliated with unpopular religious groups or not.

Jim, A.A. Grapevine, May 2000

### AA Has No Opinion

AA's early members were aware of the value of impartiality in outside matters. They knew about the Washingtonian Society which, in the nineteenth century, started out as a self-help group for alcoholics, had more than 100,000 members at its peak, and perished quickly after getting involved in political issues such as temperance and abolition.

In my own time, Tradition Ten has often helped to clarify things, both in my personal and my Fellowship life. A few years ago I told a new friend about my alcoholism and my membership in AA. She was most interested. At one point she asked whether AA lobbied Parliament for things like higher penalties for drunk driving, and I explained that we did not and why we did not. Through that conversation I realized that my disease and my recovery are not about alcohol and its availability, but about a sick soul that needs healing by a power greater than any human power, including my own. This recovery is available regardless of outside circumstances, and that is the only message I can carry to another person with a drinking problem.

It must have been this knowledge that prevented the Fellowship in Great Britain from stepping into a debate that we had a couple of years ago. In England, the availability of alcohol has always been governed by strict laws--where and when you can buy it and where and when it can be served. Until recently, pubs had to close every day from 3 P.M. to 5:30 P.M. and close for the night at eleven. Then the British government decided to loosen the restrictions and for months a debate raged through the national press whether alcoholism and alcohol consumption would increase if pubs were allowed to be open all day. Absolutely everyone in the field was interviewed and quoted--except Alcoholics Anonymous. (In any event, we know that no licensing laws could have aggravated or could have stopped our drinking.)

There are plenty of outside issues. Therapy is my pet hate. To me, speakers who share how they stopped drinking by attending meetings and go on about how they get well through therapists or counselors, never even mentioning God and the Steps, are breaking Tradition Ten. Also, I have seen books which mentioned the author's membership in AA on the dust covers while the contents described the program in a distorted way. In one instance, the author, a qualified psychologist, described the benefits of the program as "limited" and declared that additional therapy (his particular brand, of course) was needed for full recovery.

Equally, I believe that religion is an outside issue. I remember a group where the Bible was read. When I queried this, I was told, "Oh, it's all the same thing." Not to me. I don't like the little that I know about Christianity, and I certainly would not understand my God the way God is described in the Bible. If a member or group insisted on reading the Koran in a meeting, I am sure that controversy would be inevitable. Our unity would be endangered and Alcoholics Anonymous would stop getting drunks sober.

Eva M., London  
A.A. Grapevine, October 1992



# Sobriety Through Service



## Area Business Meeting / Group Conscience List

- October 1 Intergroup Business Meeting 6:45 pm SH
- October 2 Lincoln Group Conscience
- October 3 Group One Group Conscience
- October 6 District 6 GSR Business Meeting 7:00 pm SH
- October 8 Progressive Group Conscience
- October 9 Westside Group Conscience
- October 13 P&S Group Conscience
- October 13 Fresh Air Group Conscience
- October 15 Third Tradition Group Conscience
- October 16 Lunch Bunch Group Conscience
- October 16 Great News Group Conscience
- October 17 Coffee Break Group Conscience
- October 17 Clean & Sober Group Conscience
- October 18 Turning Point Group Conscience
- October 19 Women In Recovery Group Conscience
- October 20 PI/CPC/H&I Business Meeting 7:00 p.m. SH
- October 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	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](mailto:s_trapper@q.com)**



## SERVICE WORK AVAILABLE !

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



# October CALENDAR / EVENTS BIRTHDAYS

## October 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

### Thursday, October 1st

- Intergroup Business Meeting, Serenity Hall 6:45 pm

### Tuesday, October 6th

- District 6 GSR Business Meeting, Serenity Hall 7 pm

### Friday, October 9th

- Friday Night Speaker Meeting 7:30 pm Serenity Hall

### Tuesday, October 20th

- PICPC H&I Business Meeting 7pm Serenity Hall

### Monday, October 26th

- Big Book Group Birthdays  
*Lew G. 23 yrs.*

### Tuesday, October 27th

- Meet N' Eat Group Birthdays  
*Forde J. 27 yrs.*  
*Christi T. 14 yrs.*  
*Scott F. 1 yr.*

### Wednesday, October 28th

- Fresh Air Group Birthdays  
*Marv W. 12 yrs.*

### Friday, October 30th

- Lincoln Group Birthdays  
*Tim H. 8 yrs.*  
*Bob C. 10 yrs.*  
*Dusty G. 20 yrs.*  
*Joe. M. 20 yrs.*

### Friday, October 30th

- Just Stay Group Birthdays  
*Chico 1 yr.*  
*Tanna G. 1 yr.*  
*Lynette M. 1 yr.*  
*Eve M. 1 yr.*  
*Elizabeth 1 yr.*

### Friday, October 30th

- Westside Group Birthdays  
*Ken H. 4 yrs.*

### Saturday, October 31st

- Coffee Break Birthdays  
*Kathy K. 5 yrs.*  
*Jamie K. 5 yrs.*  
*Alicia H. 1 yr.*  
*Michelle S. 1 yr.*

## FRIDAY NIGHT SPEAKER MEETING



Friday, October 9th, 7:30 pm at Serenity Hall

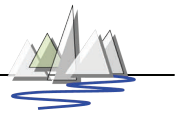
Great News Group welcomes **Delbert S. of Idaho Falls** to share his experience, strength, and hope with us.

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



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

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