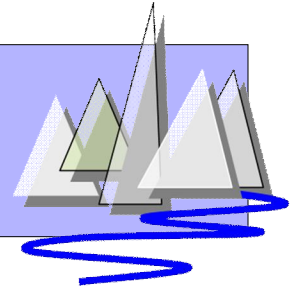


# Eastern Idaho Sobriety Corner



October 2008

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

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

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

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

**Intergroup Chairman:** Mike C. 745-1510

**Secretary:** Cate C.

**Newsletter Editor:** Patrick W. 709-0913

**District 6 PICPC:** Marv W. 523-7957

**Entertainment:** Kelly B. 757-1912

**Phone Service :** Ryan T. 220-9916

**H & I:** Ken T. 757-0803

**Alternate Chairman:** Mike K.

**Treasurer:** Steve G. 520-7304

**email:** [troutsnfr@cableone.net](mailto:troutsnfr@cableone.net)

**email:** [trplg@hotmail.com](mailto:trplg@hotmail.com)

**email:** [rymann33@yahoo.com](mailto:rymann33@yahoo.com)

**email:**

## Notes From Your Intergroup Chair ...

From a 1949 pamphlet Bill W. wrote this:

“Every A.A. member wants every alcoholic in the world to have the chance that he has had.

Every A.A. member wants unity for our movement. Every A.A. member wants the good opinion of medicine, religion and the general public. We know we must have these things or the new man may never get his chance. The Intergroup associations are the best insurance we can have that our life lines to the hundreds of thousands yet to come will never break or tangle. Let us warmly support Intergroup.”

I certainly could not say it any better than Bill did. As this area continues to grow it is more

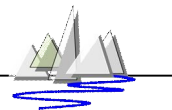
important than ever that the groups come together to help each other do what we cannot do individually. It is up to all of us to act responsibly.

This month is elections in the Intergroup Council. Consider being of service in one of these positions if you can.

I look forward to seeing you at Intergroup!

In Service,  
**Mike C.**

Feel free to contact me by phone or email.  
745-1510 [stepman89@yahoo.com](mailto:stepman89@yahoo.com)



# Intergroup Business Meeting Notes - September

6:40 Meeting called to order by Mike C.

**Newsletter Report:** None

**Attendance:**

Scott M.	Great News
John M.	3 <sup>rd</sup> Tradition
Mike C.	Chair
Cate C.	Secretary
Dennis H.	Firth
Linda M	Literature
Don C.	Lunch Bunch
Steve G	Treasurer
Les F	District 6 DCM
Delbert S.	Heritage Group

**Literature Report:** Linda

She is low on books. She is going to place a new order. Sales are hit and miss. Not many groups are ordering mostly individuals.

**New Business:** None

**Treasures Report:** Steve G

<b>Prudent Reserve</b>	\$ 192.06
<b>Beginning Balance</b>	\$ 718.48
<b>Literature Sold</b>	\$
<b>Contributions</b>	
<i>New Hope &amp; Inspiration</i>	\$ 100.00
<b>Total Contributions</b>	\$ 100.00
<b>Total Expenses</b>	\$ 130.78
<i>Quest</i>	\$ 50.78
<i>Quick Ship &amp; Copy</i>	\$ 80.00
<i>Post Office Box</i>	\$
<b>Ending Balance</b>	\$ 687.70

**Old Business:**

Elections will be held at the October meeting. The following positions are available, Chairperson, Alternate Chair, Secretary, Newsletter. New officers will take over in January. Tell your groups.

**Entertainment report:** None

**Phone Service report:** Scotty for Ryan

If you are going to switch days try to find someone you can trade with and notify those affected.

**A Declaration of Unity**

*This we owe to*

*A.A.'s future:*

*To place our*

*common welfare*

*first,*

*To keep our*

*fellowship*

*united.*

*For on A.A.*

*unity depend*

*our lives,*

*And the lives of*

*those to come.*



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



**Our monthly newsletter can now be found ONLINE at:**

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



## A Note From Your Entertainment Committee Chair

This years campout was a huge success with plenty of delicious food served up, turnout was great, meetings were plentiful and powerful. Thanks to everyone who helped over the months preceding the event and all of those who stepped it up during the event. Thank you to everyone who attended, contributed and was *present*. John M. did a fantastic job of sharing his story for the speakers meeting Saturday night, thanks John. Heise loves having us and they were wonderful with us again this year. It was nice to have everyone together in one spot and the pavilion came in handy especially when it rained a little. We had great raffle items which were happily received by many generous folks who bought tickets. The 50/50

raffle was a big help as was the poker tournament folks contribution. This event takes plenty of money and entertainment was basically broke but due to such efforts and giving, we are able to cover the next event. Special thanks to all of those who were on committees and helped with their time (which I know is a special commodity). It is rare to find such generosity and I can not say thank you enough to everyone, my heart has been touched as has many others too. It is an honor to be of service in this position and I look forward to the upcoming Christmas parties....get ready to be of service all! Thanks and God bless.

Kelly B. - Entertainment Committee Chair

*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.*

**? Did You Know ?**  
You can receive this newsletter each month by **email**. If interested email me at [troutsnfr@cableone.net](mailto:troutsnfr@cableone.net) or call Patrick at 709-0913 .



**Friends**

As alcoholics we love to focus our minds on the negative. The more negative the better for our disease. Most of us arrive at the doors of The Program as victims. Everyone is responsible for our using, except, of course, us. When we run out of people to blame, we blame God. I mean, He's the logical choice, right. There is a very bizarre notion being passed around both, in and out, of the rooms. We all know that God is sovereign, that is if we believe He created us and the world we live in. But we take it a step too far. We decide that He is in control of everything here on Earth. We are sure that nothing bad happens unless God allows it. We forget that it is man, and not God, who is in charge of this planet and everything that goes on here. Man is a Free Agent with a Free Will. This is where it gets tricky and just a little bit muddled in our minds. There are spiritual forces, powerful spiritual forces. Our disease is a spiritual force. An incredibly negative force. God is a spiritual force. A fantastic and powerful force. Neither of these Higher Powers can function on this Earth unless they have the cooperation of a man or woman. That's just the fact of the matter. Everything bad comes from men cooperating with the negative powers that be. We are easily lured into that cooperation because of our natural inclination to be self-centered. Our disease thrives on the negativity that springs out our desire to get what we want when we want it. And when we don't? Well, we're just so sad about it that we drink or use to forget about people not acting right by giving us what we want. Some of us become vicious, demanding and taking our due, some of us are subtle, passive aggressive manipulators.

*continues on page 4*

*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.*



# A.A. Service Round Up

Service Workshop and Sign Up

Saturday, October 25<sup>th</sup>, 2008

11:30 am - 3:30 pm Serenity Hall

Listen to Experience, Strength, and Hope given by:

**H&I Facilitators**

**PI/CPC Committee Members**

**Intergroup Representatives**

**Coffee Makers**

**AA Hotline Phone Volunteers**

**Bridge the Gap Representatives**

**Area Committee Members**

**District Committee Members**

**Group Service Representatives**

**Topic Speaker on Service and the 7<sup>th</sup> Tradition**

- **On-site registration to join AA service commitments from 11:30am-12pm, and during breaks between speakers.**
- **Coffee and doughnuts provided**
- **Come ask questions and find out about getting involved in AA service!**

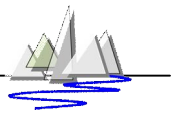
## *continued from page 3*

We lie. We steal. We run over other people, and everywhere we go there is destruction and chaos. Yet, in the midst of all this, we still feel sorry for ourselves and all the wrong that's been done. "If it weren't for these people, everything would be perfect and My needs would surely be met". "God is punishing me". "God hates me". And on and on and on... Ask any "Winner" in the program how they achieved serenity and joy and they will tell you, "I came to believe that a power greater than myself could restore me to sanity and I turned my will and my life over to a caring, loving, and compassionate God. Then, as an expression of the love I received from Him, I became more concerned about the welfare of other people and less concerned about me". In step 2 and 3 we agree to stop serving self-centeredness. "Relieve me of the bondage of self". We accept that God, who we know so very little about at this stage, has a better way for us to live. In step 4 we find out exactly what our will has been and what forms it has been taking. We realize that we have been perpetrating all manner of evil. It is eye opening. We confess in step 5 and take 100% responsibility for ourselves, our actions, and our defective methods. And then? Quite simply responsibility and the absence of blame creates change. Steps 6 through 9 cement that change. In a daily step 10 we maintain our serenity by eliminating any negative thinking that has found its way

into our new world. In this condition we become friends with the God of our understanding. Our conscious contact increases. We realize that this loving, kind, compassionate, merciful God actually needs us. He can do nothing on this earth without the cooperation of man's heart and imagination. We are the ones who create or destroy. In this condition we are fully equipped to carry the message. Many of us find our purpose and our destiny at this point. We have a unique ability to carry the message to a people who are so sick and unreasonable that only a person who understands their dilemma first hand can reach them. This ability, now enhanced with the forceful power of a loving God, brings an indescribable joy. I promise, if you do what needs to be done; go to meetings and carry the message instead of the mess; get a sponsor who works out of the Big Book and follow their direction; work the steps as outlines in the Big Book and get involved in service. If you but trust God and tell the truth through out each of these necessities not only will you discover who you are, you will also find yourself living in a new world, a much friendlier, kinder world. You will truly know the meaning of happy, joyous and freedom.

With love and respect I give to you these thoughts.

Ken T.



## Step 10 / Tradition 10 / Concept X

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

It took me a while to get to step 10, mainly due to fear and procrastination. When I finally got into the program, and not around it. The steps became easier because they began to make sense to me. I realized I had to do them in order! Each one preparing me for the next. So when I got to step 10, I understood a little bit of what I thought I was supposed to be doing.

Continuing to take my inventory was not too difficult, because my fourth step really acquainted me with myself as I was, and what I was. After sharing what I had learned about me, with another person, and GOD, I was capable of recapping my life on a daily basis. When everything was going well It was important that I reflect this also in my daily inventory. I had learned that the inventory was good as well as bad. When or if it were bad I had to take responsibility. I had learned the hard way that if I

didn't, then the conscience that GOD had renewed in me made me very uncomfortable.

So I learned that it made me feel good to admit to being human, and making a mistake, and being truly sorry for it. This being accomplished this alcoholic felt some bit of serenity. It sure does beat the heck out of getting drunk over the situation. The bottom line for me is don't pick-up a drink no matter what. I do what ever I have to do to accomplish that. That definitely includes step 10. The first of my "maintenance steps". Thank you very much for allowing me to share with you on the tenth step.

Yours in sobriety,

**Larry**

*found at <http://alcoholism.about.com/library/blstep10a.htm>*

**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.**



# Sobriety Through Service



## Area Business Meeting / Group Conscience List

- October 2 Intergroup Business Meeting 6:30 pm SH
- October 3 Lincoln Group Conscience
- October 7 District 6 GSR Business Meeting 7 pm
- October 8 Fresh Air Group Conscience
- October 9 Happy Hour Group Conscience
- October 9 Progressive Group Conscience
- October 10 Westside Group Conscience
- October 11 Group 1 Group Conscience
- October 14 P & S Group Conscience
- October 16 3rd Tradition Group Conscience
- October 17 Lunch Bunch Group Conscience
- October 17 Great News Group Conscience
- October 18 Coffee Break Group Conscience
- October 18 Clean & Sober Group Conscience
- October 19 Turning Point Group Conscience
- October 20 Women in Recovery Group Conscience
- October 20 Big Book Study Group Conscience
- October 21 PI / CPC / H&I Business Meeting 7 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	Ken T.	757-0803
Men's Jail	Don Carlos	403-4119
Women's Jail	Claudia H.	525-9290
Correctional Work Center	Buttons B.	251-0383
A.R.A.	Dave C.	200-1192
Hospitals (EIRMC)	Jim S.	745-0124
Bridge the Gap	Jami M.	357-8395
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

**Rob 524-3594**  
**Barbara 523-3256**

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

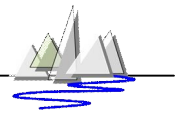
## AA Literature on Hand

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

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

## SERVICE WORK AVAILABLE !

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



**October CALENDAR / EVENTS /**

**October 2008**

- Thursday, October 2nd**
  - Intergroup Business Meeting  
6:30 pm Serenity Hall upstairs
- Tuesday, October 7th**
  - District 6 GSR Business Meeting, Serenity Hall 7 pm
- Friday, October 10th**
  - Friday Night Speaker Meeting  
7:30 pm Serenity Hall
- Tuesday, October 21st**
  - PICPC H&I Business Meeting  
7pm Serenity Hall
- Saturday, October 25th**
  - Service Roundup Workshop  
see flyer on page 4 for details
  - Coffee Break Birthdays  
*Michelle S. 1 yr*  
*Jami K. 4 yrs*  
*Kathy K. 4 yrs*
- Sunday, October 26th**
  - Turning Point Birthdays  
*Tim W. 4 yrs*
- Monday, October 27th**
  - Big Book Study Group Birthdays  
*Erick 4 yrs*  
*Lew G. 22 yrs*

- Wednesday, October 29th**
  - Fresh Air Birthdays  
*Debra K. 4 yrs*  
*Marv W. 11 yrs*
- Thursday, October 30th**
  - Progressive Group Birthdays  
*Buck H/M 4 yrs*  
*Chris B. 6 yrs*  
*Jim B. 15 yrs*
  - 3rd Tradition Birthdays  
*Blanche W. 23 yrs*
- Friday, October 31st**
  - Westside Birthdays  
*Donna U. 3 yrs*  
*Ken H. 3 yrs*  
*Robert C. 9 yrs*
  - Lincoln Group Birthdays  
*Reatha B. 2 yrs*  
*Cody R. 5 yrs*  
*Tim H. 7 yrs*  
*Bob C. 9 yrs*  
*Dusty G. 19 yrs*  
*Joe M. 19 yrs*
  - **HALLOWEEN**

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

**FRIDAY NIGHT  
SPEAKER MEETING**

**Friday, October 10th, 7:30 pm at  
Serenity Hall**

Great News Group welcomes Paul W. to share his experience, strength, and hope with us.

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



**HAPPY HALLOWEEN**



## 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 9<sup>th</sup> 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, Idaho Falls, ID

#### 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*

Idaho Falls Friendship Club

#### 8:00 PM *AA Study Group (Big Book)*

Serenity Hall (upstairs)

#### 8:00 PM *New Hope and Inspiration*

First Evangelical Lutheran Church  
Corner of Sunnyside and Rollandet, IF

### 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 *Happy Hour Group*

Serenity Hall (upstairs)

#### 6:00 PM *P & S Group*

Denny's Restaurant (open meeting)

#### 7:00 PM *Swan Valley Tuesday Night*

Swan Valley, Chapel in the Valley  
(just off Highway 26)

#### 7:30 PM *East Side Study Group*

Christ the King Church  
1696 E. 17th Street, Idaho Falls

#### 8:00 PM *The Heritage Group*

Serenity Hall (upstairs)

#### 8:00 PM *BHC*

2280 E. 25<sup>th</sup>, Idaho Falls

### Wednesday

#### 11:30 AM *Step Study Meeting*

Denny's Restaurant

#### 6:00 PM *Clean & Sober Group*

Serenity Hall (upstairs)

#### 7:00 PM *Fresh Air Group*

Serenity Hall (downstairs)

#### 7:30 PM *The Great News*

Unitarian Church, 555 E. St., Idaho Falls  
(closed Big Book Study, downstairs)

#### 8:00 PM *Group 1*

Serenity Hall (upstairs, open meeting)

### Thursday

#### 7:00 AM *Grapevine Group*

Serenity Hall (downstairs)

#### 10:00 AM *Coffee Break Group*

Serenity Hall (open meeting, downstairs)

#### 11:30 AM *Meet & Eat Lunch Meeting*

Dixie's Diner Restaurant  
2150 Channing Way, Idaho Falls

#### 5:30 PM *Happy Hour Group*

Serenity Hall (upstairs)

#### 6:30 PM *New Life Alumni*

Serenity Hall (downstairs)

#### 7:30 PM *Third Tradition Group*

Unitarian Church 555 E. St., Idaho Falls  
(closed meeting, basement)

#### 8:00 PM *Firth Group*

First Tabernacle Assembly of God  
235 Center, Firth

#### 8:00 PM *Progressive Group*

Serenity Hall

#### 8:00 PM *Lost River Group*

525 Cedar, Mackay ID.

### Friday

#### 11:30 AM *Lunch Bunch*

Denny's Restaurant

#### 5:30 PM *Happy Hour Group*

Serenity Hall (upstairs)

#### 7:00 PM *Pass It On Group*

Bingham Memorial Hospital, Blackfoot  
(open meeting)

#### 7:30 PM *The Great News*

Serenity Hall  
(open meeting, upstairs)

#### 8:00 PM *Westside Group*

Church of the Nazarene  
1900 Grandview, IF

#### 8:30 PM *Lincoln Group*

Serenity Hall (downstairs)

### Saturday

#### 10:00 AM *Coffee Break Group*

Serenity Hall (open meeting, downstairs)

#### 5:30 PM *Women's Meeting*

Eagle Pointe Center, Idaho Falls

#### 6:00 PM *Clean & Sober Group*

Serenity Hall (upstairs)

#### 6:00 PM *P & S Group*

Denny's Restaurant, 950 Lindsay Blvd., IF

#### 8:00 PM *Group 1*

Serenity Hall (upstairs, open meeting)

## Meeting Locations

#### •Serenity Hall

600 South Boulevard, Idaho Falls

#### •Denny's Restaurant

950 Lindsay Blvd. Idaho Falls

#### •Behavioral Health Center (BHC)

2280 E 25th Street, Idaho Falls

#### •Dixie's Diner Restaurant

2150 Channing Way, Idaho Falls

#### •Unitarian Fellowship

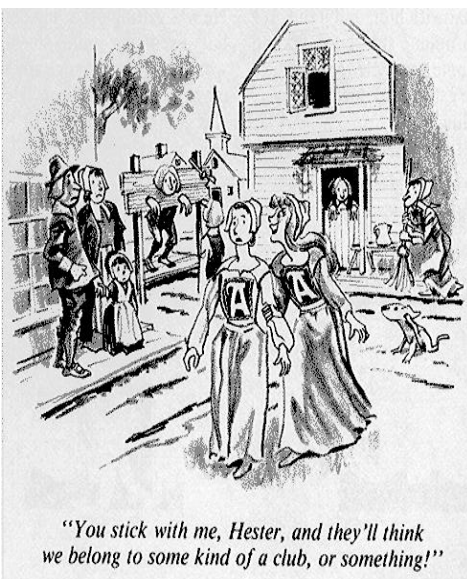
555 "E" Street, Idaho Falls

#### •Bingham Memorial Hospital

98 Poplar Street, Blackfoot, ID

#### •St. Luke's Episcopal Church

270 N. Placer Ave, Idaho Falls



"You stick with me, Hester, and they'll think we belong to some kind of a club, or something!"

AA Grapevine, Vol. 36 Issue 2, July 1979