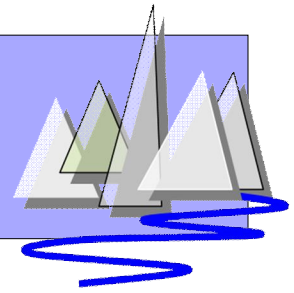


# Eastern Idaho Sobriety Corner



**February 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:** Laurie T.  
**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 ...**

It has been heartwarming to see a few more groups sending representatives to Intergroup to start this year out.

I have heard since I got sober that this is a “we” program, and Intergroup is a direct reflection of that. It only works if we come together and make it work. I believe that 2008 can be a very good year for AA in the valley if all of us can remember and act on being a part of rather than apart from.

I have heard this saying for years and believe it to be true “No one can do everything, but everyone can do something.”

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)



# January Intergroup Business Meeting Notes

6:40 Meeting called to order by Mike C.  
Patrick read Twelve Traditions  
Minutes approved

## Attendance:

Tom F.	Turning Point
Scott M.	Great News
Cate C.	Secretary
Steve G	Treasurer
Dennis	Firth
Linda M.	Literature
Ryan T.	Phone Service
Mike K.	Alter. Chair
Mark H.	Westside
Katie	Shoulder to shoulder
Dave	Coffee Break
Mike	Fresh air
Mike C.	Chair
Patrick W.	Newsletter
Sheila	Third Tradition

## Old Business:

H & I is having a workshop at the end of January. The alcathon had some really good meetings. There were a lot of spaces that weren't covered. Ryan would like to do it again next year.

## 12 Rewards

- 1) We can all have Hope, instead of desperation;
- 2) Faith, instead of despair;
- 3) Courage, instead of fear;
- 4) Peace of Mind, instead of confusion;
- 5) Self-respect, instead of self-contempt;
- 6) Self-confidence, instead of helplessness;
- 7) The respect of others, instead of their pity and contempt;
- 8) A clean conscience, instead of a sense of guilt;

## Treasures Report: Steve G.

Steve has taken over as new treasurer. He is still getting organized and will have a report next month.

## Entertainment report: None

## Phone Service report: Ryan T.

January calendar is out. Ryan has gotten 4-5 new volunteers. There is a one year sobriety requirement for serving on the hotline.

## Newsletter Report: Patrick W.

There will be a newsletter committee meeting Jan. 10 at Patrick's house. Call Patrick for directions. There are 4-5 people interested in helping out.

## Literature Report: Linda M.

Big Books are on their way. Linda is putting in another order. She is working on year end inventory. She has a lot of books on hand.

## New Business: None

- 9) Real friendships, instead of loneliness;
  - 10) A clean pattern of life, instead of a purposeless existence;
  - 11) The love and understanding of our families, instead of their doubts and fears;
  - 12) And the freedom of a happy life, instead of the bondage of an alcoholic obsession.
- All this and more through AA, are we grateful enough? Gratitude will continue the miracle of your sobriety, I found that out.

as written by **Ann C.** of Niles, Ohio -  
sober April 1, 1948

## 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.*



## 12 Differences Between a Sponsor and a Therapist

1. A sponsor isn't all that interested in the reasons you drank.
2. A therapist thinks your problem is your lack of self-esteem and negative self-image. A sponsor thinks your problem is you.
3. A therapist wants to pamper your inner child; a sponsor thinks it should be spanked.
4. A sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, a sponsor tells you not to confront them but to make amends to them.
6. The only time a sponsor uses the word closure is before the word mouth.
7. A sponsor thinks boundaries are things you need to take down, not build up.
8. A therapist wants you to love yourself first. A sponsor wants you to love others first.
9. A therapist prescribes care-taking medication while a sponsor prescribes prayer making and meditation.
10. A sponsor thinks anger management skills are numbered one through twelve.
11. Because you haven't had a drink in six months, a therapist recommends that you make a list of all your goals and objectives for the next 5 years, starting with finishing up that college degree. A sponsor thinks you should start by cleaning coffee pots and ashtrays.
12. Lastly, a sponsor will not lose his/her license if he/she talks about God.

*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.*



### Note From Your Newsletter Editor ...

Hi All,

The first thing I'd like to do is thank those who attended our newsletter committee meeting held earlier this month. I appreciate the help and suggestions I've received from you. I'm grateful that you are of service to Alcoholics Anonymous here in our area. Those of you who are actively involved in your own recovery through service, etc. tend to wind up actively involved in my recovery too. Thanks for that!

Once again I want to remind all group reps to have birthday names and/or anything else that you'd like to see posted in the newsletter to me **by email** no later than the 20th of the prior month. I will no longer take these by phone, written on napkins, or in any other form. From now on **they must come to me by email and they must arrive to me by**

**the 20th.** There will be no exceptions to this anymore. Thank you to those group reps, GSRs, and others who actively serve.

A few miscellaneous items to be mentioned: First, I am creating a list for those who would like to receive an electronic copy of this newsletter by email each month. If you want to be on this list then send me an email stating such. I'll get you added. Lastly, there are no District 6 GSR Business Meeting notes available in this month's newsletter as none were sent me. Maybe next month.

Thanks and God bless!

Patrick W., editor  
[troutsnfr@cableone.net](mailto:troutsnfr@cableone.net)  
 709-0913

*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.*



## Principles of the 12 Steps

### Step 1: Honesty

After many years of denial, recovery can begin when with one simple admission of being powerless over alcohol -- for alcoholics and their friends and family.

### Step 2: Faith

It seems to be a spiritual truth, that before a higher power can begin to operate, you must first believe that it can.

### Step 3: Surrender

A lifetime of self-will run riot can come to a screeching halt, and change forever, by making a simple decision to turn it all over to a higher power.

### Step 4: Soul Searching

There is a saying in the 12-step programs that recovery is a process, not an event. The same can be said for this step -- more will surely be revealed.

### Step 5: Integrity

Probably the most difficult of all the steps to face, Step 5 is also the one that provides the greatest opportunity for growth.

### Step 6: Acceptance

The key to Step 6 is acceptance -- accepting character defects exactly as they are

and becoming entirely willing to let them go.

### Step 7: Humility

The spiritual focus of Step 7 is humility, asking a higher power to do something that cannot be done by self-will or mere determination.

### Step 8: Willingness

Making a list of those harmed before coming into recovery may sound simple. Becoming willing to actually make those amends is the difficult part.

### Step 9: Forgiveness

Making amends may seem like a bitter pill to swallow, but for those serious about recovery it can be great medicine for the spirit and soul.

### Step 10: Maintenance

Nobody likes to admit to being wrong. But it is absolutely necessary to maintain spiritual progress in recovery.

### Step 11: Making Contact

The purpose of Step 11 is to discover the plan God as you understand Him has for your life.

### Step 12: Service

For those in recovery programs, practicing Step 12 is simply "how it works."

## H & I - PI/CPC WORKSHOP LUNCHEON

FEBRUARY 16<sup>TH</sup> 2008, SERENITY HALL, 10:00AM THROUGH 2:00 PM

**ANYONE AND EVERYONE INTERESTED IN SERVICE WORK WITHIN HOSPITALS AND INSTITUTIONS, OR PUBLIC INFORMATION / CONTACT WITH THE PROFESSIONAL COMMUNITY IS WELCOME.**

**WE WILL HAVE TWO ONE-HOUR PANELS IN THE MORNING AND THEN A POTLUCK LUNCHEON FOLLOWED BY A ONE-HOUR PANEL IN THE AFTERNOON.**

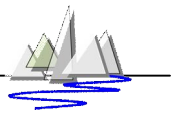
### PANELS

**10AM - 11AM PANEL:** THIS PANEL WILL BE MEMBERS OF OUR FELLOWSHIP WHO HAVE EXTENSIVE EXPERIENCE WITH SERVICE WITHIN H&I, SHARING THEIR EXPERIENCE, STRENGTH AND HOPE.

**11AM -12PM:** THIS PANEL WILL BE AN OPEN PANEL WITH THE LOCAL LIASONS FOR THE VARIOUS INSTITUTIONS. THEY WILL ANSWER QUESTIONS AND HELP WITH THE APPLICATION PROCESS AND REQUIREMENTS FOR THE VARIOUS INSTITUTIONS.

**12PM - 1PM:** THIS WILL BE A POTLUCK LUNCHEON FOR THOSE WHO HAVE ATTENDED. PLEASE BRING A COVERED DISH OR SOMETHING OF YOUR CHOOSING TO SHARE WITH THE GROUP.

**1PM - 2PM:** THIS WORKSHOP WILL FOCUS ON PI/CPC AND ITS ROLE IN OUR FELLOWSHIP. WE WILL LEARN HOW WE CAN GET INVOLVED IN CARRYING THE MESSAGE TO THE PROFESSIONAL COMMUNITY.



## On Tradition One ...

***Our common welfare should come first, personal recovery depends on AA unity.***

When I think of unity I can't help thinking about McDonalds. Here is a franchise that has been around for many years. If I go to McDonalds in Tulsa or in New York City or in Tokyo, I know I will get a Big Mac when I order a Big Mac. Each McDonalds is owned and operated by different individuals and yet it is unified in its purpose no matter who owns it or who runs it.

"The unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives the lives of all to come depend squarely upon it. We stay whole or AA dies without unity the heart of AA dies. I have been hearing the word unity used lately around AA. There does seem to be a division forming in AA not just in southeast Idaho but all over. I began to wonder am I part of the problem or solution. AA saved my life and changed me. It means so much to me and my family I have two potentials that may need this program one day. I want AA to be there for them just as it was for me. So I felt it warranted a search through the twelve and twelve.

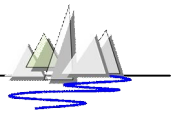
I admire those who carry a strong, some may say controversial, message in AA. I have seen many ruffle a few feathers and cause quite a stir in meetings and it would seem surely they are causing a division in unity. I have actually seen someone get so angry they were spitting. I use to pride myself on being a peacemaker (prior to recovery) and later found out I am a people pleaser. God help me! I always try to share in a manner that won't offend anyone. This morning I read something in meditation that struck me between the eyeballs. It was a story in the Bible (not AA approved literature) a question was asked. "what thou hast to with peace" With out going into details about the story I knew I needed to find out. What have I to do with unity! Unity is not about making sure everyone is happy. So I dusted off my twelve and twelve and dove in to Tradition One. A few things really struck me. On page 129 it reads, "Our twelve steps to recovery are suggestions the twelve traditions which guarantee AA's unity contain not a single "don't" They repeatedly say we ought but never "you must!" and "surely there is none which more jealously guards the individuals right to think, talk and act as he wishes. No AA can compel another to do anything, nobody can

be punished or expelled. I realized that those who carried a strong AA message were not breaking unity because others got angry by it. After all just because someone talks about the steps doesn't mean anyone has to do it. They like anyone in AA have the right to share what they like and that unity is guaranteed by the twelve traditions not by making people feel comfortable. The latter being an impossible goal.

The story of Eddie Rickenbacker and the plane crash on page 131 of the Twelve and Twelve talks about how important unity was for them. "How well they saw their common welfare came first. None might become selfish of water or bread. Each needed to consider the other" I wonder if that meant no one got angry? If one wanted more than their share and got belligerent when refused. Did they give in to him? Would they have survived if they gave in to them? I think that when we talk about unity we need to remember the 1<sup>st</sup> part of that tradition. "Our common welfare should come first" What is our common welfare? It talks about it in Tradition One on page 130, "The AA member has to conform to the principles of recovery. His life actually depends upon obedience to the spiritual principles. IF he deviates too far the penalty is sure and swift. He sickens and dies" There it is. So those who carry a strong message are not breaking unity. They are actually showing true love at the expense of personal ridicule. They understand that common welfare.

So back to the question What have I to do with unity? I am ashamed to say I held back and in doing so I am not always the same McDonalds in every meeting I attend. I don't put the common welfare first I am afraid someone might feel guilty and be angry at me. In doing so unity is not protected by me through the twelve traditions. So I make my amends now and pray that God removes from me this defect of people pleasing which is so self serving. To those who share so boldly and consistently. Without regard for their personal popularity but for the love of the alcoholic who still suffers. Thank God for you and may he truly bless you. So What about you? If the common welfare is practicing the twelve steps and unity is guaranteed in the twelve traditions. Where do you stand?

***Cate C.  
Rigby, ID***



## I Nearly Quit

"CAME to believe that a Power greater than ourselves could restore us to sanity."

When I first encountered this Step, I took offense at the word sanity. If the Step had said, "Power greater than ourselves could put us back on our feet," or "back on the right path," I could have understood. Sanity, with all that the word implies, seemed too strong. I felt I couldn't be crazy or I wouldn't have sought help. Truthfully, I very nearly quit the program, all over the word insanity.

It was not until the Fourth Step (after stumbling and skipping over the Third) that I began to see the light. But it wasn't until the autopsy had gotten well underway and I found out that though I appeared normal to see and talk to, I was extremely selfish, thoughtless, heartless, inconsiderate and resentful of the very air I breathed. Was this the moral make-up of a normal person? I decided not. I had lost all true perspective in daily living. I couldn't plan and carry out one full day without confusing my hours with a lot of unrelated side issues and off-the-track thinking. Yes, I finally agreed that I needed the restoration of my sanity.

Then fear set in. Cold, unreasoning fear. What to do? Where to begin? Suddenly I became angry. Angry with myself. Angry with AA. "I might have known," I thought. "I get myself involved with some offbeat outfit and here I am, more confused and upset than ever." I recall wondering, "What's wrong with these people anyway? Why can't they handle their own affairs and let me handle my life as I see fit?" At that point I marched back to Step Two.

Another snag! I knew that somehow if I were to have any semblance of success with the program, I had to

believe in a Power greater than myself. I didn't kid myself there. I knew that the answer to that was God and God alone. How to contact Him? I didn't know. I knew about prayer and the universally accepted benefits to be derived from it. I also remembered such phrases as "in God's own time" and "All things cometh to him who waits"--but I wanted my request for restoration of sanity to be stamped "To God for *immediate* action." With that thought in mind, I really believe I sat back and waited for the flash of lightning and the peal of thunder heralding a spiritual awakening.

Up to this time, my prayers had consisted of half-hearted attempts for relief from my hangovers, from financial strain due to drinking and from marital difficulties brought on by my folly. However, I began to pray in earnest. At first, haltingly, ill-worded and selfishly, but ever so earnestly and sincerely, I laid bare my sins and misspent life. I gave vent to my fears and frustrations, my trials and tribulations, praying that if there ever was a stupid fool who needed help, I was that fool. Still, I could see or feel no change in myself or my attitudes. I kept coming to AA. Each time I went to a meeting, I insisted to myself that this would be the last time. Later, as each "last one" went by, I finally found myself looking forward to the next "last meeting." And so I have come to accept the Second Step, and to see that through staying in AA, sanity has been restored. I think I'm a better man for the struggle to understand.

**J.S.**  
**Walla Walla, WA**

*The camel each day goes twice to his knees,  
He picks up his load with the greatest of ease.  
He walks through the day with his head held  
high,  
And stays for that day completely dry.*





## Step 2 / Tradition 2 / Concept II

### Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

“The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore, dependence as A.A. practices it is really a means of gaining true independence of the spirit.

At the level of everyday living, it is startling to discover how dependent we really are, and how unconscious of that dependence. Every modern house has electric wiring carrying power and light to its interior. By accepting with delight our dependence upon this marvel of science, we find ourselves personally more independent, more comfortable and secure. Power flows just where it is needed. Silently and surely, electricity, that strange energy so few people understand, meets our simplest daily needs.

Though we readily accept this principle of healthy dependence in many of our temporal affairs, we of-

ten fiercely resist the identical principle when asked to apply it as means of growth in the life of the spirit. Clearly, we shall never know freedom under God until we try to seek His will for us. The choice is ours.”

*As Bill Sees It pg. 26*

We needed to ask ourselves but one short question. "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

That was great news to us, for we had assumed we could not make use of spiritual principles unless we accepted many things on faith which seemed difficult to believe.”

*Big Book pg. 47*

### Tradition 2 - For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Tradition Two Contemplation Questions:

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Oldtimers?

2. Am I absolutely trustworthy, even in secret, with AA twelfth step jobs or other AA responsibility?

3. Do I look for credit in my AA jobs? Praise for my AA ideas?

4. Do I have to save face in group discussion, or can I yield in good spirit to the group consensus and work cheerfully along with it?

5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?

6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

—Originally published in the *AA Grapevine*

### Concept II - The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in world affairs.



# Sobriety Through Service



## Area Business Meeting / Group Conscience List

- February 1 Lincoln Group Conscience
- February 5 District 6 GSR Business Meeting 7 pm
- February 7 Intergroup Business Meeting 6:30 pm SH
- February 8 Westside Group Conscience
- February 9 Group 1 Group Conscience
- February 12 P & S Group Conscience
- February 13 Fresh Air Group Conscience
- February 14 Happy Hour Group Conscience
- February 14 Progressive Group Conscience
- February 15 Lunch Bunch Group Conscience
- February 15 Great News Group Conscience
- February 16 Coffee Break Group Conscience
- February 16 Clean & Sober Group Conscience
- February 17 Turning Point Group Conscience
- February 18 Women in Recovery Group Conscience
- February 18 Big Book Study Group Conscience
- February 19 PI / CPC / H&I Business Meeting 7 pm SH
- February 21 3rd Tradition 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 3832  
Idaho Falls, ID 83403

**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

## 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>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>	\$ 6.00

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

## District 6 Hospitals & Institutions Liaisons

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

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

**SERVICE WORK AVAILABLE !**  
AA Hotline & 12 Step Volunteers NEEDED  
For more info call Mike at 745-1510

## Questions or Concerns Regarding

**Serenity Hall Please Call**

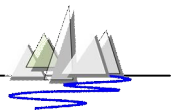
**Rob 524-3594**

**Barbara 523-3256**

**Serenity Hall Maintenance**

P. O. Box 2237

Idaho Falls, ID 83403



**January CALENDAR / EVENTS / BIRTHDAYS**

**Saturday, February 2nd**

- Fresh Air Group **Surrender to Win** Workshop, 9am Serenity Hall

**Tuesday, February 5th**

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

**Thursday, February 7th**

- Intergroup Business Meeting 6:30 pm Serenity Hall upstairs

**Thursday, February 14th**

- St. Valentine's Day

**Saturday, February 16th**

- H&I Workshop Luncheon 10 am - 2pm Serenity Hall

**Tuesday, February 19th**

- PICPC H&I Business Meeting 7pm Serenity Hall

**Sunday, February 24th**

- Grapevine Birthdays  
*Travis S. 2 yrs*

**Monday, February 25th**

- Big Book Birthdays  
*Jake G. 4 yrs*  
*Bill C. 20 yrs*  
*Doug D. 20 yrs*

**Thursday, February 28th**

- 3rd Tradition Birthdays  
*Caryn W. 3 yrs*  
*Kelby B. 3 yrs*  
*Annette C. 13 yrs*  
*Laurie T. 19 yrs*  
*Alan H. 33 yrs*

**Friday, February 29th**

- Leap Day
- Westside Birthdays  
*Jesse S. 3 yrs*  
*Craig A. 20 yrs*  
*Alan H. 33 yrs*
- Lincoln Group Birthdays  
*Jessica T. 1 yr*  
*Steve M. 1 yr*  
*Misty V. 2 yrs*  
*Randy W. 4 yrs*  
*Betty B. 13 yrs*  
*Lynn L. 23 yrs*
- Great News Group  
*Cate C. 18 yrs*

**February 2008**

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	



**FRIDAY NIGHT  
SPEAKER MEETING**

**Friday, February 8th  
7:30 pm at Serenity Hall**

Great News Group welcomes Patrick W. and Les F. from Idaho Falls to share their experience, strength, and hope with us.

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



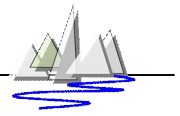
"LIKKER KEEPS A MAN YOUNG"

AA Grapevine, March 1948, Vol. 4 No. 10



"He said he couldn't stand the 'do-gooder' atmosphere of the meetings. . ."

AA Grapevine, April 1962, Vol. 18 No. 11



# Area AA Meeting Schedule

## Sunday

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

**9:00 AM Grapevine Group**  
Serenity Hall (downstairs)

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

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

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

**8:00 PM Progressive Group**  
Serenity Hall (downstairs)

## Monday

**11:30 AM Lunch Bunch**  
Denny's Restaurant

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

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

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

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

**8:00 PM Lincoln Group**  
Idaho Falls Friendship Club

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

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

## Tuesday

**7:00 AM Grapevine Group**  
Serenity Hall (downstairs)

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

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

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

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

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

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

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

## Wednesday

**11:30 AM Step Study Meeting**  
Denny's Restaurant

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

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

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

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

## Thursday

**7:00 AM Grapevine Group**  
Serenity Hall (downstairs)

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

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

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

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

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

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

**8:00 PM Progressive Group**  
Serenity Hall

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

## Friday

**11:30 AM Lunch Bunch**  
Denny's Restaurant

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

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

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

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

**8:00 PM Lincoln Group**  
Idaho Falls Friendship Club

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

## 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
- **Friendship Club**  
1747 North Yellowstone, Idaho Falls  
(Old Fred Meyer Bldg.) 524-3711
- **Denny's Restaurant**  
950 Lindsay Blvd. Idaho Falls
- **Behavioral Health Center (BHC)**  
2280 E 25th Street, Idaho Falls
- **5 and Diner Restaurant**  
2150 Channing Way, Idaho Falls
- **Unitarian Fellowship**  
555 "E" Street, Idaho Falls
- **Bingham Memorial Hospital**  
98 Poplar Street, Blackfoot, ID
- **St. Luke's Episcopal Church**  
270 N. Placer Ave, Idaho Falls