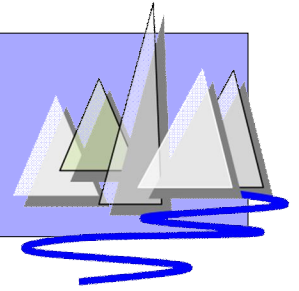


# Eastern Idaho Sobriety Corner



January 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 ...

Welcome to another year of sobriety!

Perhaps this year is the one in which you will join the other sober members who offer their time and effort in AA service work. My experience is that giving of myself in the service of others is something I would not miss today...though I couldn't see that when I first started being of service.

There are many opportunities for you if you are willing, Intergroup, GSR, H&I, home group commitments, the list can go on. Perhaps the most important is manning the AA hotline and being there when another reaches out for AA.

The great thing is that you don't have to do it all. In fact, you don't have to do anything if

you are not willing. But you may be missing experiences that will enhance your sobriety and give you something you may have never had before...self-esteem as the result of doing selfless acts.

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)



# December Intergroup Business Meeting Notes

6:40 Meeting called to order by Mike C.  
Mark 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.	Alternate Chair
Mark H.	Westside
Katie	Shoulder to shoulder
Dave	Coffee Break
Buttons	
John	New hope and inspira- tion
Scott	Fresh air
Mike C.	Chair

## Old Business:

Ryan T.- Only 5 groups have signed up for the Alcathon. Call Ryan T. to sign up. Due to lack of interest the card party has been cancelled. Scott M. will donate a bag of coffee to either the Christmas Eve or New Years Eve alcathon. Bring food.

## Entertainment report:

Kids party is going well. We need help wrapping gifts for the kids party on Sat morning at 9:00 at Serenity Hall. Donations for raffle is going well. We need help decorating at 4:00 Dec 15 at Christ The King Church. Steve G. will be Santa. Scott M will DJ.

## Phone Service report: Ryan T.

All volunteers need to start forwarding calls.

Still looking for volunteers.

**Newsletter Report:** Patrick W.

There will be a newsletter committee meeting Jan. 10. Call Patrick for more details .

**Literature Report:** Linda M.

H&I ordered 2 cases of soft cover books and Linda is ordering 2 more cases. She will be ordering some more specialty books. See her if you need some Christmas gifts.

**Treasures Report:** Laurie T.

<b>Prudent Reserve</b>	\$ 191.84
<b>Beginning Balance</b>	\$ 546.63
<b>Contributions</b>	
<i>New Hope &amp; Inspiration</i>	\$ 20.00
<i>Meet and Eat</i>	\$ 90.30
<i>Progressive Group</i>	\$ 20.00
<b>Total Contributions</b>	\$ 130.30

<b>Total Expenses</b>	\$ 288.86
<i>Qwest</i>	\$ 50.25
<i>Quick Ship &amp; Copy</i>	\$ 119.88
<i>Literature</i>	\$ 118.73
<b>Ending Balance</b>	\$ 388.07

## New Business:

H&I will be having a workshop at the end of January. It will be on "What you do when you go on a panel" There will be a forms that you can fill out for various hospitals and institutions. Workshop will be at Serenity Hall.

Mike K. made a motion for District 6 and Intergroup to co-sponsor a workshop on service work. Motion approved.

## 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.*



## December District 6 GSR Business Meeting

### Attendance:

Morgan S. - New Hope & Inspiration  
 Laurie T. - Third Tradition  
 Buttons - BHC  
 Alan W. - Firth Group  
 Mike C. - Great News  
 Greg R. - Fresh Air  
 Brian M. - DCM  
 Joe M. - Third Tradition  
 Ken T. - H & I / Shoulder to Shoulder  
 Ryan S. - Turning Point  
 Julie S. - New Hope & Inspiration  
 Gary O. - Westside Group

Brian started meeting at 7p.m. and read the preamble. Greg read the 12 Traditions, secretary minutes were read and accepted.

### New Business:

Laurie nominated Joe as District Treasurer. Joe was elected as our new treasurer.

### Treasurer's Report:

<b>Prudent Reserve</b>	\$ 200.00
<b>Beginning Balance</b>	\$ 423.65
<b>Contributions</b>	
<i>Meet and Eat</i>	\$ 6.00
Book Sales	\$ 431.88
<b>Total Contributions</b>	\$ 437.88
Expenses	\$ none
<b>Ending Balance 12/3/07</b>	\$ 661.83

Brian closed meeting at 7:40p.m.

## Note From Your Newsletter Editor ...

Happy New Year Everybody! May this coming year be even better than 2007. Most importantly, I wish us all sobriety and recovery in 2008.

Now that we have another Christmas Season behind us, we should remember and thank those who helped with our holiday functions. Kelly B., our Entertainment Chair did a magnificent job coordinating a great Christmas Party. She worked very hard and she deserves a **BIG THANK YOU!** She's not the only one though. Thanks very much to those who provided the children's party at Blast Off. Many others helped with these events. Thank you to all who helped obtain raffle items and to those who sold raffle tickets. For that matter, thanks to raffle ticket buyers too. The proceeds from

the raffle will help pay for our next get together, etc. The people who cooked turkeys, hams, and side dishes did a wonderful job too, as usual. Big thanks to Delbert and Angela for speaking at the party. We enjoyed hearing your stories of experience, strength, and hope. Thanks also to Scotty and his wife who provided us with another great evening of music, as they have done for us so many times. Lastly, thanks Ryan for organizing the Alcathon. Thanks to those groups that filled time slots in the Alcathon. A lot got done over these holidays. Its good when we can give of ourselves unselfishly. I apologize if anyone has been left off this list.

Thanks and God Bless.

**Patrick W., editor**

## A Note From Your Entertainment Committee Chair...

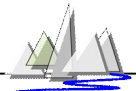
The *Idaho Falls area A.A. Christmas Parties* were a huge success. Many people worked hard and were so helpful. It was GREAT fun! Over 20 kids enjoyed Blast Off and Santa's presents. The generosity was overwhelming from the donations received to support the kid's party. As for the big kids party, it too went off beautifully. Thanks to Delbert and Angela for sharing their hope and inspiration with us. Five turkeys and four hams were gobbled up by hundreds of happy alcoholics during the adult party at Christ the King Church. It was a party full of sobriety and happiness that only this area of alcoholics could have created. I am so grateful to have been a part of this years events and look forward to serving and being involved with all of you on next years entertainment. Thank you to all that attended, helped, shared and *were present.*

**In Service - Kelly B.**

*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.*



*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.*



# H & I - PI/CPC WORKSHOP LUNCHEON

**DATE: FEBRUARY 16<sup>TH</sup> 2008**

**PLACE: SERENITY HALL**

**TIME: 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.

## **-Surrender to Win- A Fresh Air Group Workshop in Cooperation with Alanon**



February 2nd at 9 am, upstairs at Serenity Hall

This is a potluck lunch so please bring side dishes, salads, desserts, etc. All are welcome and encouraged to attend.



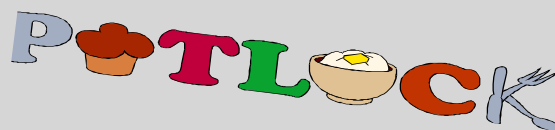
## AA Hotline Bulletin...

My name is Ryan I am an alcoholic. I am currently serving as the AA hot line coordinator.

First I would like to thank every person involved with the Hot line, as well as the 12 step men and women volunteers. Recently, I have compiled a list of addresses and emails for the hot line volunteers. I have 11 volunteers which I don't have any means of getting information to. Please contact me asap if you don't have the hot line calendar and or any information regarding this service position. Also, If you are not a volunteer, and would like to be, contact me. The best way to get your information to me is by email at [rymann33@yahoo.com](mailto:rymann33@yahoo.com). My cell phone is 220-9916. The hot line schedule for December is out. The January calendar will be coming soon. Also, I would like to compile a list of hot line volunteers (about 10 people) who can take the phone line if an "emergency" were to arise for the volunteer who has the phones could make a limited number of calls to reach another volunteer to take over the line. These 10 people must be available at any time. Again, thank you for your service.

**In Service - Ryan T. 220 - 9916 [ryman33@yahoo.com](mailto:ryman33@yahoo.com)**

*You Are Invited to Join Us ...*



**As We Reflect on 19 Years of  
AA with**

## **The Looking Glass Group**

**A Potluck Dinner - Friday, January 11th, 2008  
1st Presbyterian Church, 202 S. 7th Street, Pocatello, ID (downstairs)**

**Dinner Begins at 6:30 pm**

**Meat, Drinks, Rolls, & Utensils, will be provided. Please bring a salad, side dish or dessert.**

*Meeting to follow at 8 pm.*

### **What impact has drinking had on your kids?**

#### **How can you go about repairing the damage?**

This will be a special format meeting featuring addiction counselors Gavin & Alvin followed by remarks on the personal experience of a child growing up in an alcoholic home.

Q & A to follow.

**January 24<sup>th</sup>, 2008 7:30pm – 9:00pm**

*At: 3<sup>rd</sup> Tradition A.A. Group*  
Unitarian Universalist Church (Basement)  
555 E St. Idaho Falls

This is an open meeting of the 3<sup>rd</sup> Tradition A.A. Group. It is a non-smoking meeting but a smoke break will be taken. Snacks and drinks provided.



## Sharing Morning Prayers and Meditations

When I first began practicing morning prayer and mediation, I asked others in AA what they did. I wanted examples to guide me. Also, I don't like to use the same prayers or meditations all of the time. I need variety to keep me in the moment, to keep this morning time from being lost to thoughts or worries of the day.

Here is an example I return to often:

### Prayer:

God, please increase my faith and trust in You.  
Please help me to be loving and tolerant of everyone I come in contact with today.  
Please help me to be willing to be of service to others today.

### Mediation:

My faith and trust in God will increase and strengthen today.  
As my trust grows, my fears will lessen and fall away.  
I will do my best to be loving and tolerant today. Through love

and tolerance, my relations with others will be positive.  
With God's help, I will be of service today. I will push aside thoughts and excuses that keep me from being of service.

Here is another example:

### Prayer:

God, please fill my heart and mind with love, peace, and faith today.

### Mediation:

Love for all I come in contact with.  
Peace that comes from living honestly and doing the right thing as often and as best I can.  
Faith that God is with me always, and loves me and protects me at all times. He will not let me fall.

**Steve B.**  
**Idaho Falls, ID**

## Quiet, Unassuming Power

FIVE YEARS AGO, I sat next to a beautiful but emotionally wrecked young man--a newcomer--at his first open AA meeting. When the time came for us to close in the usual way, we all held hands to say the Lord's Prayer. He was visibly touched--both by the physical contact and by the emotional content of the meeting. Halfway through the prayer, he broke down in great sobs. After the prayer ended, he was still clasping my hand tightly and was trying to explain his tears.

I was only six months sober myself and tried to tell him, through my own tears, that no explanation was necessary; this happened a lot at AA meetings. He said something then that I haven't forgotten, as he lifted our hands together: "This is where the power is." It gave me goose bumps then, and it still does today, and I hope it does for as long as I am alive and sober.

Many times in the last few years when I've been down, both-ered, and in need of a lift, I've come to a meeting and felt that power. It's amazing how my perspectives change (on myself and my troubles) as I sit in smoky rooms and listen to other people talk about their day, their lives, their sobriety. It never fails, that quiet, unassuming power; it lifts me up and out of myself and reassures me that, one day at a time, things (and I) will get better--if I get over myself.

All last winter, I didn't make many meetings, and though I had plenty of excuses--no money, car, or license, out in the boonies with the nearest meeting ten or twenty miles away--the truth is that I was feeling sorry for myself and was sorely out of touch with my restoring power.

Things got worse before they got better. There were times when I would reluctantly swallow my pride and, in quiet desperation, call someone and ask her to take me to a meeting. I'd sit there, bundled up and miserable, waiting for something to happen, waiting for the reassurance that everything (and I, too) would be okay. Sometimes, it didn't come (or I didn't hear it), and I'd leave feeling worse (or thinking I did) and wondering if AA still worked. Sure it did, but I didn't.

Last week, I went to a new noon meeting I helped begin in the town where I'm now working. I knew I needed some warmth, kindness, and common sense, and I was really hoping for something that day. There were six of us--all women--and although the topic was "taking the blame," we covered a range of emotions and feelings that began and ended with love.

It was a great meeting, and guess what--when we closed in the usual way, there were the tears, the goose bumps, and the power, just the way I remembered them. After all the hugs and kisses, I think I floated out of there on my own little cloud. I haven't felt so grand in months, and I am so grateful for the reminder that "this is where the power is." It's not just in the books I read, or the deeds I do, or the things I think and say; it's also in the hands and hearts of my sisters and brothers in AA. And with each hand in a power like that, how can I lose?

**A.T.**  
**Oneonta, New York**  
*Found in AA Grapevine, January 1983, Vol. 39 No. 8*



## Step 1 / Tradition 1 / Concept I

### Step 1 - We admitted we were powerless over alcohol - that our lives had become unmanageable.

The founders who wrote the Big Book thought that Step One was so important that the first 51 pages (starting with "The Doctors Opinion") is devoted to us understanding and accepting it. Then on page 44 they make the statement "If, when you honestly want to, you find you cannot quit entirely, or if when drinking, you have little control over the amount you take, you are probably alcoholic."

So this is what it really comes down to...asking myself these two simple questions:

1. Can I quit drinking entirely? (Not for 30 days or 6 months but entirely)
2. Did I have control over my drinking every time that I drank? (Not just sometimes, but every time that I drank)

And I need to look at these questions together rather than separately. Because If I can quit drinking entirely it doesn't

matter if I can or can't control my drinking...I would just not drink. Or if I could control my drinking every time, then I can just drink one or two when I had an urge to drink...instead of going on a bender and having to pay the consequences.

The truth for me, based on my experience, is that I could not stop entirely and I always drank again...no matter how much I needed or wanted to stay sober. Then when I did start drinking, I could not control the amount I drank nor could I control the length of the drunk. Powerless says it all.

I need to accept the fact of my powerlessness or I will never do the remaining actions necessary for me to recover and thereby stay sober. So for me Step One is the important of all the Twelve Steps.

Mike C

### Tradition 1 - Our common welfare should come first; personal recovery depends upon A.A. unity.

#### Tradition 1 - long form

*Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.*

To those now in its fold, Alcoholics Anonymous has made the difference between misery and

sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached. Therefore, no society of men and women ever had a more urgent *need* for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone. The "12 Traditions" of Alcoholics

Anonymous are, we A.A.'s believe, the best answers that our experience has yet given to those ever-urgent questions, "How can A.A. best function?" and, "How can A.A. best stay whole and so survive?"

**Alcoholics Anonymous "Big Book", page 561**

### Concept I - Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our fellowship.



# Sobriety Through Service



## Area Business Meeting / Group Conscience List

- January 3 Intergroup Business Meeting 7 pm SH
- January 4 Lincoln Group Conscience
- January 8 District 6 GSR Business Meeting 6:30 pm
- January 8 P & S Group Conscience
- January 9 Fresh Air Group Conscience
- January 10 Happy Hour Group Conscience
- January 10 Progressive Group Conscience
- January 11 Westside Group Conscience
- January 12 Group 1 Group Conscience
- January 15 PI / CPC / H&I Business Meeting 7 pm SH
- January 17 3rd Tradition Group Conscience
- January 18 Lunch Bunch Group Conscience
- January 18 Great News Group Conscience
- January 19 Coffee Break Group Conscience
- January 19 Clean & Sober Group Conscience
- January 20 Turning Point Group Conscience
- January 21 Women in Recovery Group Conscience
- January 21 Big Book Study Group Conscience

## 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

## 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

## 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

## January 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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		

### Monday, December 31st

- Alcathon, Serenity Hall  
Starts at 8 pm and runs  
24 hours

### Tuesday, January 1st

- NEW YEAR'S DAY
- Alcathon, Serenity Hall, all day

### Thursday, January 3rd

- Intergroup Business Meeting  
7pm Serenity Hall upstairs

### Tuesday, January 8th

- District 6 GSR Business Meeting, 6:30 pm Serenity Hall (downstairs)

### Thursday, January 10th

- Newsletter Committee Meeting  
For more info contact Patrick W. at 709-0913

### Friday, January 11th

- Friday Night Speaker Meeting  
7:30 pm Serenity Hall
- Looking Glass Group Meeting and Potluck dinner, see page 5 for more info.

### Tuesday, January 15th

- PICPC H&I Business Meeting  
7pm Serenity Hall

### Tuesday, January 22nd

- Meet and Eat Birthdays  
Kathy P. 2 yrs

### Thursday, January 24th

- 3rd Tradition special meeting on The Effects of Alcohol on the Family and Children, see page 5 for more info.

### Friday, January 25th

- Great News Birthdays  
Patrick W. 6 yrs
- Westside Birthdays  
Mark H. 3 yrs  
Sam A. 5 yrs  
Claudia H. 19 yrs
- Lincoln Group Birthdays  
Brad N. 4 yrs  
Ken C. 7 yrs  
Vicky H. 9 yrs  
Ron H. 27 yrs

### Saturday, January 26th

- Coffee Break Group Birthdays  
Chris M. 1 yr  
Tye K. 3 yrs  
Dave C. 4 yrs  
Keven M. 5 yrs  
Bryce M. 6 yrs
- Clean & Sober Birthdays  
"Diamond" Dave C. 4 yrs  
John B. 17 yrs  
Doug H. 23 yrs

### Sunday, January 27th

- Turning Point Birthdays  
Tom C. 7 yrs

### Monday, January 28th

- Big Book Birthdays  
Gregg L. 12 yrs

### Thursday, January 31st

- Progressive Group Birthdays  
Brooke G. 2 yrs  
Travis W. 4 yrs  
Mitch C. 13 yrs  
Ken D. 18 yrs
- Firth Group Birthdays  
Mark B. 14 yrs
- Firth Group 10 Year Birthday Celebration & Potluck Dinner. 7 pm

### Saturday, February 2nd

- Fresh Air Group Workshop, see page 4 for more info.

## FRIDAY NIGHT SPEAKER MEETING



Friday, January 11th  
7:30 pm at Serenity Hall

Great News Group welcomes Katie M. from and James P. from Idaho Falls to share their experience, strength, and hope with us.

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



Our newsletter is looking for service-minded folks..

1st Ever Newsletter Committee Meeting, January 10th

Please attend if you're willing to help with our newsletter. For more information contact Patrick W. at 709-0913



## 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 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 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. 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**  
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

**HAPPY NEW YEAR**