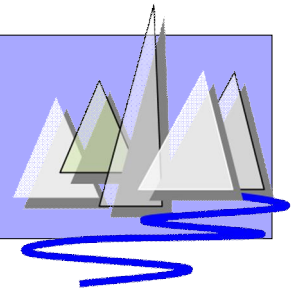


# Eastern Idaho Sobriety Corner



**October 2007**

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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

**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)

**Notes From Your Intergroup Chair ...**

From a 1949 pamphlet Bill W. wrote this:

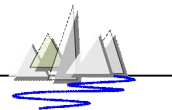
“Every A.A. member wants every alcoholic in the world to have the chance that he has had. Every A.A. member wants unity for our movement. Every A.A. member wants the good opinion of medicine, religion and the general public. We know we must have these things or the new man may never get his chance. The 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 you to act responsibly.

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)



## September Intergroup Business Meeting

6:40 Meeting called to order by Mike C.  
Laurie T. read Twelve Traditions  
Cate read minutes from last meeting, Minutes approved

### Attendance:

Mike C. Chairperson  
Cate C. Secretary  
Sue C. 3<sup>rd</sup> Tradition  
Laurie T. Treasurer  
Dave C. Coffee Break  
Mike A. Turning Point  
Mike K. Alternate Chair  
Scott M. Great News Group

### Old Business:

None

### Entertainment report: Kelly B.

None.

### Phone Service report: Ryan T.

None

**Newsletter Report:** Patrick W.  
None

### New Business:

We will be taking over Literature.

**Treasures Report:** Laurie T.

<b>Prudent Reserve</b>	\$ 191.74
<b>Beginning Balance</b>	\$ 1393.47
<b>Contributions</b>	
<i>Progressive Group</i>	\$ 20.00
<i>Coffee Break Group</i>	\$ 38.00
<i>Firth Group</i>	\$ 50.00
<i>3rd Tradition Group</i>	\$ 67.50
<b>Total Contributions</b>	\$ 175.50
<b>Expenses</b>	\$ 70.67
<i>Qwest</i>	\$ 50.26
<i>Quick Ship &amp; Copy</i>	\$ 20.41
<b>Ending Balance</b>	\$ 1463.58

## 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.*

## Willingness

When I got to AA I was desperate for something good to happen in my life. My life was all downhill and I was in a great deal of pain, wanting to live and not wanting to live. I did not want to drink anymore, I was in a place where I came to see that alcohol was so destructive in my life. I hung around AA for the next 16 years going to meetings, I was a single mum and hardly any money and I could not afford to pay babysitters so I did the meetings I could get to with the help of some members wives. So I did a lot of reading of the AA literature especially the Big Book. I ended up at a big book study and did my step 4 & 5 told to go and read the bit for after doing the 5th step and that was all I did, I continued to do inventory and never sharing it, every now and then I did. I got involved in a group and became a GSR and did area assemblies all of that and I was still quite mad really. But I thought I was doing pretty good, better than the ones who told me to leave the Big Book alone and up my meetings. When I went to meetings I would walk out with a gut full of resentment, because I never heard anything about what was written in the Big Book. I was looking for someone who had something. I went through Jo & Charlie, I listen to Clancy I, Chuck C, Jack Brennan, and Bob Earl, (I am in Australia). What I did get from Jo & Charlie was a study guide and we went through that for 10 years at our Big Book meeting, There was something big missing in my sobriety and I didn't know what it was and now I am very clear and it was about my step one.

At 16 years sober, I was so full of resentment, driven by a hundred forms of fear, self-delusion, self-seeking and full of self-pity and at this stage I had no-one in AA I could really turn to. I was in conflict with everyone

*Continues on page 4*



# September District 6 GSR Business Meeting Notes

## Attendance

Julie S. Secretary  
 Brian M.  
 Marv W.  
 Linda M.  
 Morgan S.  
 Ryan S.  
 David R.  
 Patrick W.  
 Kenneth T.  
 Mike C.  
 Pat G.  
 Les F.

potluck side dish salad or desert beverages  
 \$1.00 Speakers raffle & auction at 7:15  
 Al Anon speaker Paula F. Boise AA speaker  
 Gordon B. 33 years sobriety from San Marcos,  
 Ca. Raffle and auction items gratefully accepted  
 special event is a fundraiser for the Treasure  
 Valley intergroup central office Call Greg or  
 Sharon B. (208) 322-1948  
 Newly elected District 6 positions as follows:  
 DCM - Les F.  
 Alternate DCM - Wade H.  
 H & I - Ken T.

**Meeting opened** by Brian M. at 7p.m. Also  
 read preamble

Mike C. read **12 Traditions**

**Secretary minutes** read and accepted.

## New Business

12<sup>th</sup> Annual Gratitude Dinner hosted by Dist. 5  
 Friday November 9<sup>th</sup> Boise First Church of  
 Nazarene Community Center 3852 N. Eagle  
 Road Dinner at 6p.m. Free spaghetti feed bring

## Treasurer's Report

Prudent Reserve	\$ 200.00
Beginning Balance	\$ 453.94
Contributions	

<i>Firth Group</i>	\$ 20.00
<i>Coffee Break Group</i>	\$ 7.67
Total Contributions	\$ 41.17

Expenses	\$ 0
Ending Balance 9/4/07	\$ 295.11

## Notes From Your Entertainment Committee Chair ...

The **Area A.A. Labor Day Campout at Heise Hot Springs** was a huge success. So many people worked hard and were so helpful. All 14 RV spots were full and over 22 tents. Raffle ticket sells were HOT and many happy winners there were! All the meals were delicious! Hats off to our super hard working cooks! All the meetings (and there were meetings non-stop pretty much) were focused around recovery and spiritually guided by an ever present higher power. I cannot begin to express how lucky I felt to be involved with such a great number of great people. Thank you to those of you whom attended; those of you whom helped; and those of you whom volunteered to help on the Christmas Party. It is because of Gods grace and you that we stayed sober another day. WOW! Cannot wait for the next event, which its time to get started so please, again, lets get involved Christmas party.

In service,  
 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.*



*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.*



## Willingness *...continued from page 2*

from AA to family and friends, co-workers, and I was dying inside and I was experiencing physical deterioration, experiencing illness. I could hardly get out of bed because of back pain, stomach issues, bowel issues. As I said, I was dying and it took me to my knees. I was in a place where I did not want to drink or die while at the same time I wanted to die. The booze was looking sooooo good. The people in the pubs were having so much more fun than I. They were laughing, dancing, people in their lives. I had nothing and my attitude was "Is this all AA had to offer?"

This particular day I got down on my knees, broken after being sober for 16 years. I asked God to help me. I am not too sure of the time bracket but a workbook came into my life and I made contact with the man, and he put me onto a lady here in Australia. I was so frightened. So when I contacted this lady she said she was 8 years sober, and guess what folks? I thought well maybe I could help her. I was 16 years sober and she was only 8 years (I was mad). I was from one extreme to the other. This lady asked me about my experience with the 12 steps and how did I know I was an alcoholic? Who was she to ask me that? How dare she? Anyway, there was something about this lady. She seemed to know me better than I knew myself. Remember I am in a place where I want to die and yet I don't want to drink or die.

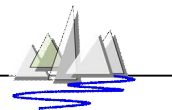
I was guided through the Step One and after going through and considering each statement and looking at my experience with alcohol I came to see that there was definitely something far greater than I keeping me sober. I came to see that the day will come when I will have no defense against the first drink no matter what and that I needed to find a power greater than myself who will come between me and alcohol. I couldn't stop when I started and I couldn't stay stopped when I tried to stop and change my life. Also, I came to see that I could not manage my life drunk or sober and that I was suffering from untreated alcoholism. Page 52 paragraph 2 If I was to continue to go on as I was I would surely drink again and that was the key to my willingness, my step guide asked me a question "what does willingness look like" What a strange question I thought. My step one experience moved me into step 2 because of the hopelessness I came to see in step one.

Another question my step guide would ask me, "Do you know what the day will look like when you pick up the next drink? I was definitely in the delusion that I knew what the day would look like and that also told me that I was still hanging onto the idea that I would be able to control it. I had to be convinced that I had no choice about when I would pick or wouldn't pick up. So back to looking at my experience with alcohol. And my experience with alcohol clearly showed me that I drank when I didn't want to drink. This was an amazing experience. and again seeing my utter hopelessness drives me to seek this power. The willingness to go to any lengths to have victory over alcohol. Today I take no credit for my sobriety because I came to see through my step one experience that it is God who has kept me sober for 24 years now one day at a time.

I have to write on my stuff most days, a day never goes by where I get peeved off about something. It tells me in the Big Book page 88, Step 11 that "I will be in much less danger of excitement, fear, anger, worry, self-pity or foolish decisions. I will become much more efficient. I will not tire so easily and I will not burn up energy foolishly as I do when I am trying to arrange life to suit myself. My discomfort in life today drives me to continually seek God. I do not get so resentful I don't nurture it like I use to, I ask God at once to remove the fears as they crop up. for me today it is about continually turning to God. As I moved through the steps I had some pretty amazing shifts in my thinking and how I saw things and how my problems seemed to get resolved without me working it all out. That truly does give me the willingness to continue to go to any lengths. But I needed to be absolutely desperate and no where else to go to or nothing else left for me to fix myself up for the willingness to go through the 12 steps the AA way. Our beautiful book called "Alcoholics Anonymous" that book was written to enable me to find a power greater than ourselves who WILL solve my problem (s).

Yours in Sobriety have a wonderful week and may God bless you and keep you - until then

**Julianne**



## Nothing But Heartache

We reviewed our own conduct over the years past." These words, from the book *Alcoholics Anonymous*, marked the start of a fascinating and painful growing experience for me. After years of sobriety and inventory work, I found myself beginning a new inventory in which I detailed my relationships in sobriety, and the damage my reckless, thoughtless, and selfish behavior had caused. This was not the picture of myself that I'd wanted to paint, but I'm so glad now that I did. I spent the first fifteen years of my sobriety bedding any woman who would have me, including women who were new to or just returning to Alcoholics Anonymous. Vulnerable, fragile women. Women with low self-esteem. Women with no knowledge of how this program really works, or how despicable my behavior was. Women who were easy prey for any man willing to shower them with attention and affection.

Here in Texas we call that "thirteenth-stepping." Sometimes it was casual sex, but more often it was intense lust, aggravated by my own romantic fantasies. I frequently convinced myself that it was love, when it was obvious I

had no real concept of what love meant. When I thirteenth-stepped those women, I thought of little but my own desires. There was no attempt on my part to determine whether what I was doing would be harmful to them. I wanted sex and they wanted sex, so we had sex. Consequences be damned! For the longest time there were no consequences, at least for me. The women frequently drank again but I told myself, "That's what alcoholics do." After all, it would be pretty egotistical of me to think I had the power to make anyone drink, right? If you can't keep 'em sober, you can't make 'em drink, so anything we did was okay.

Here in Texas we call that "rationalization."

Sad to say, it wasn't until there were consequences for me that I stopped to examine my relationships. It wasn't until I had a get-down-on-the-floor-and-wrestle-with-it compulsion to drink, where I was afraid to leave my house for fear I wouldn't make it past the first convenience store, that I took any action at all. By then, I'd been through two short-lived marriages to AA women and countless "relationships" of varying durations, and was emotionally crippled

by my own bad choices and behaviors. Desperate for relief, and scared to death that I might not survive my next bout with the alcoholic compulsion, I turned to a counselor for help and soon began the inventory I so needed to take.

"Where had we been selfish, dishonest or inconsiderate? Whom had we hurt?" With pen in hand I set to it, digging through the wreckage of my past, examining my failings in the revealing light of what I'd learned in AA--where I'd been at fault, and what I should have done instead. The details were important, because it was in those details that I discovered the true nature of my wrongs, and the way out. What I learned was that, even when there seemed to be no consequences, I was damaged by my careless, self-centered behavior. The harm I did to others, by interfering in their recovery from alcoholism, ultimately harmed me as well. I had so badly misused my heart and my affection that I was rendered incapable of loving anyone. I'd risked my sobriety, health, and happiness, and had nothing but heartache to show for it.

I'm blessed that I was given, through that inventory process,

*Continues on page 6*

## Confused?

My being fairly new to Alcoholics Anonymous here, you may think it would be natural for me to be confused over some things. But I know if I just ask you who have been here awhile can probably clear things up for me.

I hear you say that service in AA is important. If that is true, why is it that when a group conscience is called most members find some reason to disappear? Why is it that at both the district and the intergroup meetings only about 20% of the local groups are represented? H&I an PI-CPC meetings are even lonelier I've heard.

I hear many talk about the "old days" when 12 Step calls were common and the life-long bonds between members that came from being of service that way. Why then are there so few members who are willing to volunteer for the local Hotline or for 12 Step calls?

I hear members sharing about "their program". What is it

that they are talking about? It doesn't seem to be the same as what is written in your "Big Book". What program should I do if I don't want to drink anymore?

When you say the newcomer is the most important person in the room, what do you mean by that? At many meetings I have been at, the new people are either ignored, talked down to, or their questions and statements are laughed at. Is that supposed to make the new person feel welcome or important?

I guess the biggest question I am asking myself is should I be listening to what you say, or watching what you do? Unfortunately there seems to be a big difference between the two and this is what is really confusing me.

Maybe someone can answer these questions for me ....

**Anonymous in Eastern Idaho**



# New Meeting in Rexburg!

## Rexburg HOW Group

Closed AA meeting - Non Smoking

Thursday Night 8 pm  
Madison Senior Center  
40 S 2nd W  
Rexburg, Idaho

Enter on south side of building



## Nothing But Heartache . . . continued from page 5

an opportunity to change my destructive behavior. It was fairly simple, too, once I understood the problem. As in so many other instances, I could use the tools the AA program had given me to keep myself moving toward that "sane and sound ideal" my inventory helped me establish.

"We asked God to mold our ideals and help us to live up to them." There's a prayer on page 70 of the Big Book. We're told to "pray for the right ideal, for guidance in each questionable situation, and for the strength to do the right thing." I incorporated that prayer into my morning routine, and relied heavily on it throughout the day, using it the way some of our members use the Serenity Prayer.

There was more to do, though. I had discovered in inventory that there were certain times and situations where I was most likely to slip into that thirteenth-step mode, and that there were actions I could take to get off that slippery slope. For instance, I knew that most of my escapades began with my paying attention to vulnerable women--watching and responding to them during meetings, and "sharing" with them afterward. That had to change.

Now if there is a woman in distress in a meeting, I ask another woman to speak with her, instead of approaching her myself. I make sure I'm not alone with a woman I might be attracted to. Just to be on the safe side, I even avert my eyes if a woman I might feel that sick attraction for walks across the room to fetch a cup of coffee. About alcohol, the Big Book says that "if tempted we recoil from it, as if from a hot flame," and to-

day that's what I do with regard to thirteenth-stepping. I've done all the damage I want to do in this regard, and I'll do whatever it takes to prevent any future harm, to myself or anyone else.

These simple solutions have worked for me. I continue to pray for guidance, and I continue to avoid slippery situations and, in the six years since I began dealing with my sexual behaviors, I have not thirteenth-stepped anyone. In the process, I have learned to trust myself and my motives and, in turn, to trust a loving partner in a complete, honest, adult, reality-based relationship. What a change from a few short years ago! I have focused on my behavior, my feelings and understanding, to the point that some might think I'd forgotten about the women I thirteenth-stepped. Not true, and even if it were there are plenty of people around to remind me. The fact is that I do everything I can to make amends to those women I harmed: I pray for them, and I stay the hell away from them. I'm convinced that anything more would cause additional pain to them.

Somewhere I've read a line to the effect that "there are only two sins: to stand in the way of someone else's growth, or to stand in the way of your own." In my sobriety I've been guilty of both. Today I don't want to be guilty of either.

**W. J.**

Temple, Texas

*Taken from A.A. Grapevine, August 1999, Vol. 56 No. 3*



## Step 10 / Tradition 10 / Concept X

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

The 10<sup>th</sup> Step Instructions:

1. (84:2) Continue to take Personal Inventory and continue to set right any New mistakes as you go along.
2. (84:2) We commenced this Way of Living as we cleaned up the past [4<sup>th</sup> Step].
3. (84:2) We have entered the World of the Spirit.
4. (84:2) We now grow in Understanding and Effectiveness and we continue for our Lifetime.
5. (84:2) Continue to Watch for Selfishness, Dishonesty, Resentment and Fear and when these crop up, we ask God to remove them.
6. (84:2) We discuss them with someone immediately.
7. (84:2) We make amends quickly, if we have harmed someone.
8. (84:2) We resolutely turn our thoughts to someone we can help.
9. (84:2) Love and Tolerance is our Code.
10. (85:1) We are not cured of alcoholism so we do not let up on our Spiritual Program of action.

11. (85:1) We maintain our Spiritual Condition to receive our daily reprieve from alcoholism.
12. (85:1) Every day we must carry the vision of God's will into all of our activities.
13. (85:1) Think constantly "How can I best serve thee - Thy Will not mine be done." We can exercise our will power along this line all we wish. It is the proper use of the will.
14. (85:1) We must go further in action. [to Step 11]

A 10<sup>th</sup> Step prayer for Growth and Effectiveness:

***"God, please help me Watch for Selfishness, Dishonesty, Resentment and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. Amen"(84:2)***

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

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement. But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever. If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings? Seen from this point of view, our A.A. Traditions are those attitudes and prac-

tices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our 10<sup>th</sup> Tradition, for it deals with the subject of controversy--serious controversy. On the other side of the world, millions have not long since died in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society and nation is saying to the other, "You must do as we say, or else". Political controversy and reform by compulsion has reached an all-time high. And eternal, seemingly, are the flames of religious dissension. Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our brother alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

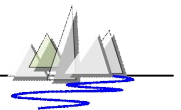
**Bill W.**

*Taken from The AA Grapevine, September 1948  
Vol.5 No.4*

### 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 District 6 GSR Business Meeting 6:30 pm
- October 4 Intergroup Business Meeting 7 pm
- October 5 Lincoln Group Conscience
- October 9 P & S Group Conscience
- October 10 Fresh Air Group Conscience
- October 11 Progressive Group Conscience
- October 11 Happy Hour Group Conscience
- October 12 Westside Group Conscience
- October 13 Group 1 Group Conscience
- October 15 Women in Recovery Group Conscience
- October 15 Big Book (AA Study) Group Conscience
- October 16 PICPC H&I Business Meeting 7pm
- October 18 3rd Tradition Group Conscience
- October 19 Lunch Bunch Group Conscience
- October 19 Great News Group Conscience
- October 20 Coffee Break Group Conscience
- October 20 Clean & Sober Group Conscience
- October 21 Turning Point 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 3282  
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

## H & I Liaisons

<b>Men's Jail</b>	Terry M.	552-1548
<b>Women's Jail</b>	???????	
<b>Correctional Work Center</b>	Buttons B.	251-0383
<b>A.R.A.</b>	Ken T.	757-0803
<b>3 B Detention</b>	Corky	523-4550
<b>Hospitals</b>	Jim S.	745-0124

## 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

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

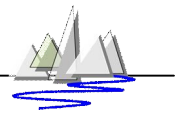
### Serenity Hall Maintenance

P. O. Box 2237  
Idaho Falls, ID 83403

## SERVICE WORK AVAILABLE !

**AA Hotline & 12 Step Volunteers NEEDED**

For more info call Mike at 745-1510



# OCTOBER CALENDAR / EVENTS / BIRTHDAYS

## Tuesday, October 2nd

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

## Thursday, October 4th

- Intergroup Business Meeting  
7 pm Serenity Hall upstairs

## Saturday, October 6th

- P&S Birthday Celebration Potluck  
(see announcement on this page)

## Friday, October 12th

- Friday Night Speaker Meeting  
7:30 pm Serenity Hall

## Monday, October 15th

- New Hope & Inspiration Group Birthdays  
*Jan B. 4 yrs*  
*Bob C. 8 yrs*

## Tuesday, October 16th

- PICPC H&I Business Meeting  
7pm Serenity Hall

## Friday, October 26th

- Lunch Bunch Group Birthdays  
*Don C. 8 yrs*  
*Paullette L. 16 yrs*  
*Forde J. 26 yrs*
- Westside Group Birthdays  
*Donna 2 yrs*  
*Cody R. 4 yrs*  
*Gary C. 6 yrs*  
*Robert C. 8 yrs*

## Saturday, October 27th

- Clean & Sober Group Birthdays  
*Mike R. 1 yr*  
*Jami K. 3 yrs*  
*Tara T. 3 yrs*  
*Tyrel B. 3 yrs*  
*Hillary I. 3 yrs*  
*Mike F. 4 yrs*  
*Cheral 4 yrs*  
*Teral S. 4 yrs*  
*Vince 5 yrs*  
*Holly S. 8 yrs*  
*Bob C. 8 yrs*  
*Bill 10 yrs*
- Coffee Break Group Birthdays  
*Kathy K. 3 yrs*  
*Jami K. 3 yrs*  
*Lew G. 21 yrs*

## Sunday, October 28th

- Turning Point Group Birthdays  
*Tara T. 3 yrs*  
*Tim 3 yrs*

## Monday, October 29th

- AA Big Book Study Group Birthdays  
*Erick 3 yrs*

## Wednesday, October 31st

- Fresh Air Group Birthdays  
*Marv W. 10 yrs*

## Thursday, November 1st

- Meet and Eat - 5 & Diner Group 2 Year Anniversary

## Sunday, November 4th

- AA Hotline Orientation  
(see ad on this page)

## October 2007

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			



## FRIDAY NIGHT SPEAKER MEETING

Friday, October 12th  
7:30 pm at Serenity Hall

Great News Group welcomes Jack S.

From Pocatello to share his experience, strength, and hope with us. All are welcome and encouraged to attend. Please do come!

## Meet and Eat - 5 & Diner Group Anniversary



Thursday, November 1st


at the Meet and Eat 5 & Diner meeting. All are encouraged to attend. Come and enjoy fellowship, cake, and ice cream!

## Announcement:



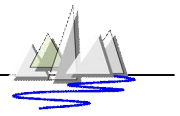
SMITTY's 35 Years in Recovery celebration on October 6th

P&S Group invites Everyone to attend. Potluck Picnic at S. Yellowstone Tourist Park (just past the Haven Motel at mile marker 5) Call Keith at 569-2643 for more info.



## AA Hotline Orientation

November 4th, 5:30 pm at Serenity Hall



# 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 (basement)

**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

**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)

**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. 17<sup>th</sup> 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)

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

**8:00 PM Grupo Si Podemos**  
(habla Espanol) Holy Rosary Church  
145 9<sup>th</sup> St., Idaho Falls (basement)

## 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)

**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

**8:00 PM Grupo Si Podemos**  
(habla Espanol) Holy Rosary Church  
145 9<sup>th</sup> St., Idaho Falls (basement)

## 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
- **Eagle Pointe Center**  
1904 Dakota Lane, Ammon
- **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