

Eastern Idaho Sobriety Corner

April 1

2019

Alcoholics Anonymous

Step 4-

Made a searching and fearless moral inventory of ourselves.

Tradition 4- *Each group should be autonomous except in matters affecting other groups or AA as a whole.*

Step 4 Spiritual Principle-

COURAGE – Firmness of mind and will in the face of extreme difficulty; mental or moral strength to withstand fear



Intergroup Officers

Chair:

Elden M.
208-200-1257

Alt. Chair:

Jeff S.
208-380-4155

Treasurer:

Cortney C.
loco-en-cabesa@hotmail.com

Secretary:

Teresa D.
210-857-8782

AA Hotline:

Mike C.
208-520-3145

Literature:

Vic S.
208-516-9198

Entertainment Chair:

Teresa D.
210-857-8782

Newsletter:

Teresa D.
aaifnews@gmail.com

Other Contact Information

AA Hotline

208-524-7729

Area 18 Website

www.idahoarea18.org

Newsletter Email List

aaifnews@gmail.com

General Services

(GSO) Website

www.aa.org

The Grapevine

www.aagrapevine.org

Al-Anon*522-4947
Alateen* For more info call:
208-521-2235
(*in cooperation, not
affiliation)

District Contact Information

District 6 Chair

Jim T.
208-351-0591

Special AA Committees

Support for individual
Suffering alcoholics is
provided by the following
AA committees:

Hospitals and Institutions (H&I)

H&I Chair/Liaison

Elisa S.
253-217-2010

H&I Secretary

- Open Position

H&I Treasurer

- Open Position

Community Reintroduction Center (CRC) Liaison

Keith J.
208-521-4080

3-B Detention Center Liaison

Mike C.
208-520-3145

Men's Jail Liaison

William L.
208-881-7023

Women's Jail Liaison

Claudia H.
208-525-9290

Wood Pilot/Work Release Liaison

Chris P.
208-419-1120

Blackfoot South Liaison

Volunteer Needed

Public Information

CPC/PI

Marvin W.
208-317-7754
aamarv@hotmail.com

.....information continued on
next page

Intergroup Mission

Officers are elected by sitting Intergroup members; members are selected during "group conscience" meeting of participating AA groups. In keeping with Tradition Two, these officers do not govern the individual groups; rather they serve the needs of the AA community, providing necessary services and support of various activities and programs seemed appropriate by the membership. The purpose of Intergroup is to safeguard the Twelve Traditions of AA, serve the local groups, help provide unity between groups and perform acts as stated in the bylaws.

Committee Meeting Schedule – Please attend a District, Intergroup or Committee Meeting to get involved

District 6

1st Tuesday of each month 7:00 p.m. Serenity Hall – Downstairs

Intergroup

1st Thursday of each month 6:45 p.m. Serenity Hall – Upstairs

IFYPAA

2nd Sunday of each month 2:00 p.m. @The Villa Coffeehouse

CPC/CI Committee

2nd Tuesday of each month 7:00-8:00 p.m. Serenity Hall – Downstairs

Hospitals & Institutions Committee

3rd Tuesday of each month 7:00 p.m. Serenity Hall – Downstairs

Addresses

Serenity Hall

600 S Boulevard
PO Box 2237
Idaho Falls, ID 83401

Serenity Hall Information

Henry E – 208-569-0589
Daryl J. – 208-589-5225

Send Contributions to:

Idaho Falls Intergroup Council
PO Box 3486
Idaho Falls, ID 83401-3486

General Services Office
PO Box 459
Grand Central Station
New York, NY 10163 www.aa.org

District 6
PO Box 50443
Idaho Falls, ID 83405-0443

Idaho Area 18 Treasurer
PO Box 50323
Idaho Falls, ID 83405

District 6 H&I

PO Box 50572
Idaho Falls, ID 83405

MEETING GROUP	GROUP CONSCIENCE	Celebrate Birthdays
The Buzz	1 st Saturday	
Clean and Sober	3 rd Saturday	Last Saturday
Coffee Break	3 rd Saturday	Last Saturday
Grace & Mercy	1 st Sunday	Varying Sundays
Grapevine	2 nd Sunday	Last Sunday
Great News	3 rd Friday	Last Friday
Happy Meals	2 nd Thursday	Last Thursday
IFYPAA	2 nd Saturday	
Just Stay	1 st Thursday	Last Friday
Lincoln Group		Last Friday
Lunch Bunch	3 rd Friday	Last Friday
New Hope & Inspiration	1 st Monday	3 rd Monday
Progressive Group		Last Saturday
Third Tradition	2 nd Tuesday	Last Tuesday
Turning Point	3 rd Sunday	Last Sunday
Westside	Last Friday	Last Friday

Changes or Additions email
aaifnews@gmail.com

AA Step Four

“Made a searching and fearless moral inventory of ourselves.”

Brian M.

Coffee Break Group

My first thought when I first read Step Four was this was going to be an easy Step for most of my life I have taken inventories – of other people that is. Upon closer and more studious reading of the Step I realized that the inventory was to be of me and not others. Understanding this I thought taking an inventory of myself was like having an autopsy done on me while I was still alive! This doesn't sound fun.

When I took my first Fourth Step I did not follow the example in the Big Book. Instead I just wrote it out. I had so much fear, guilt, shame and anger within me that once I started writing I almost couldn't stop. The words seemed to keep pouring out since I had stuffed so much emotion and memories within me.

After completing my writing another fear crept out of me. Who was I going to take my Fifth Step with? Although my sponsor at the time was highly capable and trustworthy, I was so spiritually and emotionally sick that I couldn't trust him or anyone else in AA. So I ended up taking it with a drug and alcohol counselor.

Having heard many AAers share about the relief they felt and the weight taken off their shoulders upon completion of their Fourth and Fifth Steps I expected to feel the same way. But no, I didn't. After finishing my Fifth Step I felt as though some had reached inside of me and violently pull my insides out. I am happy to say, though, that after a few days I did feel “the load lighten.”

I now understand that when I continue to clear away the wreckage of my past, by doing so puts me closer to a life that is happy, joyous and free. It also helps me understand that I made mistakes rather than being a mistake. Finally, I don't feel as though I must hide my past in shame for I have given it away to God. He is certainly better able to handle it than I am.



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**District 6 Meeting Minutes
March 5, 2019**

Jim T., DCM, opened the meeting at 7:02 pm. Brad S. read the Twelve Traditions.

Attendees: Jim T. – DCM; Cris – Lunch Bunch GSR; Bryan C. – Turning Point GSR; Emily K. – Buzz GSR/IFYPAA Chair; Joey B. – Great News Alt. GSR; Debbie S. – Westside GSR; Brian M. – Archives Chair; David C. – Coffee Break GSR; Harry H. – Treasurer; Jeff E. – Alt. DCM; Brad S. – New Hope & Inspiration GSR; Michelle W. – Secretary.

Jeff E., Alt. DCM, presented the Third Concept of World Service.

GROUP REPORTS:

Turning Point: Bryan C., Turning Point GSR, reports that his group is struggling with participation, with meetings numbering from five to seven participants on many occasions and Group Consciences consisting of three members. The remaining members are considering dissolving the group because of these reasons.

Westside: Debbie S., Westside GSR, reported that her group is also struggling with participation at the meeting and at Group Conscience.

New Hope & Inspiration: GSR Brad S. estimates that New Hope & Inspiration's participation is between 30 and 60 people per meeting.

SPECIAL SERVICE COMMITTEES:

1. **H&I** (Elisa S.): Volunteers are needed to take meetings into the jails.
2. **CPC/PI** (Marv W.): The CPC/PI Committee is placing literature in six locations around Idaho Falls. They have also sent letters of introduction and availability to speak to students to five District 91 high schools. The committee has a request from Idaho Falls and Skyline high schools to speak to the health classes (approx. 200 students). The group has been given permission to place a literature rack at an Idaho Falls assisted living facility. Furthermore, CPC/PI members have contacted the Gustafson House to see if information can be provided to their clients. The next CPC/PI meeting is March 12 at 7 pm, downstairs at Serenity Hall.
3. **Grapevine** (Mark C.): No report.
4. **Archives** (Brian M.): No report.
5. **IFYPAA** (Emily K): The Sober St. Patrick's Day Party will not happen as there is too little time to plan it, so another spring event may have to be planned.

Treasurer's report was presented by Harry H. Accepted as read.

MARCH 2019 DISTRICT 6 TREASURER'S REPORT

(February Income & Expenses)

Balance Forward: \$1,787.82
Income: \$ +5.00 MEETINGS: Great News (\$5.00)
Expenses: \$ - 31.00 #1044: DCM Jan Area Committee Meeting Travel
Current Balance: \$1,761.82
Prudent Reserve: \$ - 200.00
Non-earmarked total: **\$1,561.82**

OLD BUSINESS:

1. District 6 Brainstorming Session results action plan: Ad hoc committee reports were discussed.
 - A. Education ad hoc committee presented its plan for a workshop to educate the Idaho Falls AA population on why district meetings are important. Workshop will be held as a panel discussion on Sat., May 11, 2019, from 2 pm to 4 pm, downstairs at Serenity Hall. A potluck will be held afterward.
 - B. The Communication ad hoc committee submitted its flyer advertising the District 6 monthly meeting.
2. The DCM took questions regarding the General Service Conference Agenda Items. Committee members, along with any other members who are interested, will meet at 11:45 am on Sat., March 9, upstairs at Serenity Hall to summarize input on the Agenda Items.

NEW BUSINESS

1. Jeff E. will not be available to serve as Alternate DCM beginning in June. District 6 is seeking volunteers to stand for election in May/June to fill this open service position.
2. A volunteer is needed for the H&I Chair, as Elisa S. is stepping down.

ANNOUNCEMENTS:

1. General Service Conference Agenda Items Review. Review and response due on or about March 15.

Meeting adjourned at 8:22 pm

Intergroup Meeting Minutes- MAR 2019

Attending: Jeff S.-Alt, Chair, Teresa D.-Entertainment Chair, Gary T.- Grapevine, Donna J.-Just Stay, Mandy H.-Clean & Sober, Bake Sale end of April...date to be determined. Secured Shelter 1 at Tautphaus Park for Founder's Day Picnic on 01 JUN 19. Two people showed up for AA Hotline workshop,,,,NEED more VOLUNTEERS for AA Hotline. No Treasurer report for February. New meeting- By the Book – Monday – 5:30-6:30- Group Conscious and Birthday celebration TBD. Just Stay needs to have Group Conscious

Each group should submit monthly Birthdays to aafnews@gmail.com by the 20th of each month for inclusion in the Newsletter.



April Birthdays

Clean and Sober

	<u>Years</u>
Angie G.	11
Brad A.	2
Tony M.	1

Grapevine

	<u>Years</u>
Anna C.	1

Happy Meals

	<u>Years</u>
Cathy D.	33

Just Stay

	<u>Years</u>
Wayne P.	9
Qunicy W.	4
John A.	3
Mikelyn	3
T.J.	1

Lincoln Group

	<u>Years</u>
Henry E.	21
Linda H.	19
Brandon J.	13
Malina C.	6
Drew A.	4
Brian M.	4

New Hope & Inspiration

	<u>Years</u>
Frank	35
Shiela S.	21
Mare O.	4
Scott D.	2

Westside

	<u>Years</u>
Debbie S.	4

Coffee Break

	<u>Years</u>
Terri S.	14
Ted C.	10
Pawwill W.	2
Bob N.	1
Amanda	1
Jason M.	1

**We need
volunteers for
the AA Hotline!**

Please contact Mike C. for more
information – 208-520-3145