

Eastern
Idaho
Sobriety
Corner

September 1

2019

Alcoholics Anonymous

Step 9 - Make direct amends to such people wherever possible, except when to do so would injure them or others

Tradition 9- *A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve*

Step 9- Spiritual Principle- DISCIPLINE – Training that corrects, molds, or perfects the mental faculties or moral character; to bring under control; to train or develop by instruction



Intergroup Officers

Chair:

Jeff S.
208-380-4155

Alt. Chair:

Benji P.
208-701-5747

Treasurer:

Carol F.
208-844-1365

Secretary:

Teresa D.
210-857-8782

AA Hotline:

Mike C.
208-520-3145

Literature:

Open Position

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

Doug M.
208-313-4732

Women's Jail Liaison

Julie S. - 208-206-2273
Debra M.- 208-705-5119

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
White Knuckle Group		
Westside	Last Friday	Last Friday

Changes or Additions email
aaifnews@gmail.com

**District 6 Meeting Minutes
August 6, 2019**

Jim T., DCM, opened the meeting at 7:00 pm. Brad S. read the Twelve Traditions.

Attendees: Jim T. – DCM; Joey B. – Great News GSR; Elizabeth B. – Great News Alt. GSR; Traver – Visitor; Harry H. – Treasurer; John M. – Third Tradition GSR; Cory E. – Alt. DCM; Brad S. – New Hope & Inspiration GSR; Michelle W. – Secretary.

Cory E., Alt. DCM, presented the Eighth Concept for World Service.

GROUP REPORTS:

New Hope & Inspiration: Brad S. reported that attendance at the Monday night meeting is steady, with quite a few newcomers. New Hope’s Group Conscience meeting has been moved to the second Monday of the month.

Third Tradition: John M. reported that the meeting’s new location is working out well for the group. Meeting attendees are mostly Oldtimers with many years of sobriety.

Great News: Joey B. reported that his group will begin reading the GSO safety message during its meeting.

Grace & Mercy: Harry H. reported that Grace & Mercy is well-attended for a closed meeting, and the group has many out-of-town visitors attend as they are passing through the area.

SPECIAL SERVICE COMMITTEES:

1. **H&I** (Becky W.): No report.
2. **CPC/PI** (Marv W.): No report.
3. **Grapevine** (Mark C.): No report.
4. **Archives** (Brian M.): No report.
5. **IFYPAA** (Emily K): No report.

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

AUGUST 2019 DISTRICT 6 TREASURER’S REPORT

(July 2019 Income & Expenses)

Balance Forward:	\$1,273.92	
Income:	\$ +109.00	MEETINGS: Great News (\$10.00); Happy
Meals (\$50.00 & \$49.00)		
Expenses:	\$ - 0.00	
Total Expenses:	\$ - 0.00	
Current Balance:	\$1,382.92	
Prudent Reserve:	\$ -200.00	
Non-earmarked total:	\$1,182.92	

OLD BUSINESS:

1. Committee discussed feedback from groups on the proposed November Gratitude Dinner. Cory E. will provide preliminary planning information from the College of Eastern Idaho (the proposed venue) at the September District 6 meeting for further discussion.
2. Election of District 6 Trusted Servants for next rotation: All committee members were asked to consider standing or to find persons willing to stand for the service rotation that begins January 1, 2020. Elected positions to be filled are DCM, Alt. DCM, Secretary, and Treasurer. Michelle W. will update a previously used flyer with new election information for newsletter publication.

NEW BUSINESS

1. All GSRs asked to take proposed Bylaws Amendment form, with the accompanying Literature Survey Summary results, to their groups for discussion. The proposed amendment, which calls for the formation of a Literature Committee at the Area level, will be voted on at the 2019 Fall Assembly.

Meeting adjourned at 7:42 pm.

Intergroup Meeting Minutes – AUG 2019

Attending: Jeff S. – Chair, Benji P. – Alternate Chair, Teresa D. – Entertainment Chair, Carol F. – Treasurer, Cory E. – Alternate DCM, Derek - Great News, Stormy, Mike W. – Coffee Break, Thomas Shaffer. Mike C. stepping down from Hotline; Mike has person of interest to take over. Two more names needed for Wells Fargo account. Annual Campout-contact Teresa D. for reservations, need to promote more at meetings. Benji asked requirements needed for Hotline-Coordinator needed. Carol discussed cost of long distance for Hotline-7 cents per minute/\$32.00 per month; take info to groups for discussion. Debra M.-local number. Jeff will check with Mike C. about numbers that work or don't work. Jeff clarified his responsibilities as Chair. Benji-Flyer Treasurer Report: donations – New Hope and Inspiration-\$60.00, Dixies Diner-\$50.00, Great News-\$10.00---Thank you so very much for your donations! 😊



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An Alcoholic's Moment of Clarity

Brian M. – Coffee Break

In the non-alcoholic world people have what they call “a-ha” moments. We alcoholics often refer to those same kinds of instances as “moments of clarity.” These brain bursts often occur when we least expect them and when we are in greatest need of them.

One of my first experiences with this kind of epiphany happened early in my sobriety. I was feeling overwhelmed by the idea of alcohol being “cunning, baffling, and powerful.” Basically, I was fretting over the question, how am I not going to get drunk? Getting drunk seemed almost as natural as breathing.

At that moment I happened to be in an AA meeting when someone said, “you can’t get drunk if you don’t take the first drink.” I remembered almost being floored by that statement for it was so profound yet simple. This was a moment of clarity and relief came to me immediately.

Another time I was struggling with how to cope with my family for I had recently gotten married during my second year of sobriety. I not only had become a husband but also became a dad since my wife had a young daughter from a previous marriage. What brought this mental thrashing around to a peaceful and serene conclusion was the realization that one of my major responsibilities was to simply accept my wife and daughter just as they were.

But a major “moment of clarity” came when I realized and understood that it was not enough to become aware of the thoughts these moments produced. Equally important at these times was the needed action suggested by these thoughts. Otherwise, they were simply good intentions.

Let us enjoy these moments when our murky thinking suddenly clears up. But let us not waste these moments by being stuck in neutral and not taking the required action if that’s what is needed.

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



September Birthdays

<u>Clean and Sober</u>	<u>Years</u>	<u>Just Stay</u>	<u>Years</u>	<u>Lincoln Group</u>	<u>Years</u>	<u>Coffee Break</u>	<u>Years</u>
Spider Mike	38	Cindy G.	8	Kurt D.	39	Patrick S.	8
Gavin W.	31	Ike B.	3	Mike W.	38	Cindy G.	8
Matt J.	10	Dennis E.	2	Delbert S.	36	Trudy E.	4
Renaë	2	C.J. Wells	1	Brad J.	36	Patricia	3
Candice	1	Jason	1	Tim C.	10	Andres H.	3
Lacie	1	Tuck P.	1	Ann S.	10	Ryan H.	2
				Lynn V.	9	Jordan B.	2
<u>Grapevine</u>	<u>Years</u>	<u>Happy Meals</u>	<u>Years</u>			DeAnna R.	1
Roger M.	31	Carol C.	18			Jason H.	1
Tim C.	10	Mark M.	4				
Ryan H.	2						

NEW MEETING

THE WHITE KNUCKLE GROUP

7:30pm – 8:30pm

St. Paul's United Methodist Church
(basement)

1730 St. Clair Road

Idaho Falls, ID 83404