

Eastern Idaho Sobriety Corner

December 1

2019

Alcoholics Anonymous

Step 12- Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

Tradition 12- Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Step 12- Spiritual Principle-
SERVICE- a helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity



Intergroup Officers

Chair:

Jeff S.
208-380-4155

Alt. Chair:

Benji P.
208-701-5747

Treasurer:

Carol F.
208-844-1365

Secretary:

Mike W.
(208) 710-6484

AA Hotline:

Vanessa B.
208-270-9397

Literature:

Lenny F.
208-360-4896
lennieofoz@aol.com (email preferred)

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
aaamarv@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	2 nd 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
Westside	Last Friday	Last Friday

Changes or Additions email
aaifnews@gmail.com

District 6 Meeting Minutes NOV 2019 - no report

Intergroup Meeting Minutes – NOV 2019

Attending: Jeff S.-Chair, Benji P.-Alt. Chair/Great News, Carol F.-Treasurer, Vanessa B.-AA Hotline, Teresa D.-Entertainment Chair, Lenny F.-Literature, Mike W. – Secretary/Coffee Break, Mark B.-Third Tradition, Cory E.- Alt. DCM, Matt P.-visitor.

Treasurer Report: -\$57.12 Century Link, General Account balance: \$1088.55, Entertainment Account Balance: \$556.38, Serenity Hall rent paid through December. Donations: Happy Meals \$45.00, Great News \$20.00 ----A sincere thanks for your donations 😊

Entertainment-

\$250.00 from the Entertainment fund has been used to purchase a 50 inch T.V. from Sam's Club. The T.V. will be used as the Grand Prize for the Christmas Party.

To uphold the 7th tradition, a motion was made to for Intergroup to provide our own Turkeys for the meal. Vote was made and passed that we will be providing our own Turkeys for the dinner. December 14th will be the Christmas Dinner.

Hotline-

Vanessa is getting a 12 Step Call list put together. The Hotline currently has 4 volunteers and is still in need of more.

Literature-

Lenny has placed an order to New York for the following items:

- 12 Hardcover Big Books
- 6 Soft Cover Big Books
- 6 Large Print Abridged
- 6 Pocket size
- 6 Large Print
- 4 Experience, Strength and Hope
- 6 Dr. Bob and the Oldtimers
- 5 Our Great Responsibility

For any questions or to receive more information, please send Lenny an Email. (His name and phone number are also on the newsletter, but Email is preferred.)

Lenny will set up a flyer to go in the newsletter regarding the above literature.

For every \$100.00 that is collected, Lenny will give to Carol F.

Secretary-

Mike W. was voted as Secretary



Step 12 – Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

Tradition

12- Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities

Step 12 Spiritual Principle- SERVICE- a helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity



Sometimes Acceptance Is All There Is

Brian M.
Coffee Break Group

Sometime Acceptance Is All There Is Brian M. Coffee Break Group While on a September fishing/camping trip in Wyoming, I suddenly noticed that my right knee had developed some serious swelling and pain. Not to be deterred I decided the hell with it and go fish the Greys River anyway. I wasn't going to let some swelling and pain hold me back.

After climbing into my waders and strapping on my fishing vest I headed out to the river, which was only about a quarter of a mile away. Thinking that the hike to the river was probably not a good idea since the pain and swelling in my leg were increasing by the minute, I threw caution to the wind and hobbled my way to the Greys.

Once at the river I instantly regretted being there for I knew the walk back to my truck was going to be excruciating. My stubbornness wouldn't let me stop. With every step the pain kept mounting. Finally after only a few casts, I decided I'd better start limping my way back now or I am going to end up crawling back or worse.

After a grueling 45 minute limp back to my truck, I did find myself saying a quick gratitude prayer to God for helping me. By the time I returned to my travel trailer there was no doubt that I was in need of trained medical assistance. So I called my wife and asked her if she'd come to Wyoming and help me pack up and hook up the trailer, which she did.

Seeking medical assistance back home in Idaho Falls resulted in an unplanned surgery and six weeks of daily IV antibiotic infusions. From this it became clear to me and my wife that all of the plans we had made for the month of October would have to be cancelled. This included attending the Idaho Area 18 Fall Assembly in Burley and cancelling some week long trips that were in our sights. Needless to say this was a huge disappointment because most of our planned trips involved fishing for the Fall "bruisers" that only fishers understand.

I did my best to avoid resentment and deep disappointments but sometimes these emotions just crept into my head. When they did I would immediately try to invite God into my life so that I could see the big picture again. But even doing this sometimes left me feeling angry and discontented.

Like so many times in the past, another true solution was to simply accept what was going on in my life. This is not to say that "acceptance is the answer to all of my problems" for I know this is not true for me. But some acceptance did give me relief from the nagging thoughts of how much I had missed out due to my medical condition. This has been enough to set me back on that path of being happy, joyous and free!

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



December Birthdays

Clean and Sober

	<u>Years</u>
Mandy H.	14
Devin A.	5
Kris P.	3
Merilee W.	2
Tyler S.	1

Grapevine

	<u>Years</u>
Kathy B.	30
Sally O.	9

Happy Meals

	<u>Years</u>
Michelle W.	10
Brad S.	4

Third Tradition

	<u>Years</u>
Paul W.	38
Wade H.	22

Coffee Break

	<u>Years</u>
Kristy B.	1
Todd H.	1

Just Stay

	<u>Years</u>
Elden M.	15
Vic S.	12
Susie C.	11
Jack	10
James H.	10
Dusty W.	9
Katie L.	9
Melissa K.	7
David L.	6
Ben B.	5
Brittany H.	2
Kayla	2
Tee Jay W.	2
Kristy B.	1

Lincoln Group

	<u>Years</u>
Dan R.	38
Jim S.	26
Susie L.	11
Dusty W.	9
Marie T.	7
Janessa J.	6
Sherry S.	5
Shara K.	5
Beth D.	4

Donations needed

for the Annual

Christmas Party

Raffle - contact

Teresa D. -210-857-

8782

Need
volunteers
for AA
Hotline

Contact Vanessa B. to volunteer

208-270-9397