

"Our primary purpose is to stay sober & to help others achieve sobriety."

Slippery When Wet

Treasure Valley Intergroup Newsletter

A summary of Gresham's Law and Alcoholics Anonymous by Tom P., Jr.

Gresham's Law of Recovery in AA

There are three ways to work the Alcoholics Anonymous (AA) program: strong, medium, and weak. The strong way is the original, highly effective method. The medium way is less effective but still works. The weak way is ineffective and distorts the founders' intentions.

The Twelve Steps Overview

1. Admission of powerlessness
2. Reliance on a Higher Power
3. Total surrender to God
4. Moral Inventory
5. Admission of wrongs
6. Commitment to change
7. Prayer for wholeness
8. Willingness to amend
9. Making amends
10. Continuing inventory
11. Prayer and meditation
12. Spiritual awakening

These steps aim for spiritual regeneration and are accessible to anyone willing to admit defeat and desire change.

Secular vs. Spiritual Approach

The Twelve Steps contradict secular psychological principles by aiming higher than mere sobriety, seeking a life lived in conscious contact with God. Although untrained in psychology, early AA members committed to this rigorous spiritual program and found it effective.

Evolution of the Steps

Initially, the Steps were directives. Bill and Dr. Bob later presented them as suggestions to avoid discouraging newcomers. This approach allowed for flexibility but led to different interpretations of how to work the program.

The Three Approaches

1. Strong AA: Full commitment to all Twelve Steps, rigorous honesty, and continuous practice.
2. Medium AA: Initial strong commitment that gradually becomes less rigorous.
3. Weak AA: Minimal adherence to the Steps, focusing mainly on attending meetings.

Continued on page 2



Office Notes And Other Important Information

If you are interested in being of service, our Central Office always needs helpers for all sorts of reasons. We are awaiting your call. If you call Martie, Patti, or Kim, Mon.-Sat., we can let you know if we have any present needs!
Thank you!

TVICO Address
1111 S. Orchard St.
Suite 180 (Next to Kootenai)
Boise, ID 83705
Office Hours
10AM - 5PM Mon-Fri
10AM - 3PM Sat

Please note that the Lefty's River Float has changed plans. We are going to end with our bbq instead of previously having a sandwich picnic at the beginning. Our bbq will be at Ann Morrison Park at take-out.

**If your group has a meeting change,
please complete this form so that
Central Office can update the
schedules.**

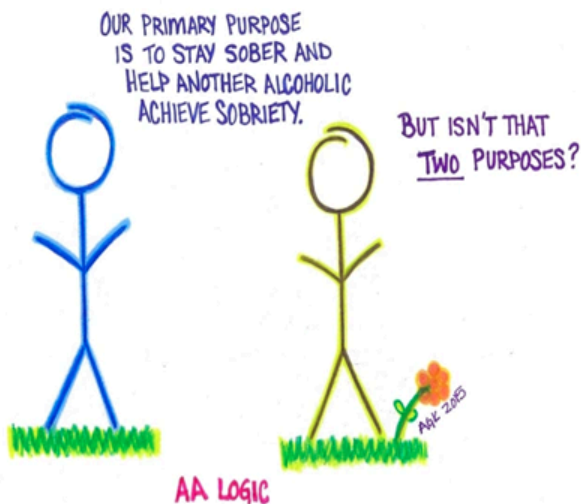
<https://tvico.net/aameetingnews>

AA Hotline
(208)344-6611
treasurevalleyhotline@gmail.com
1111 South Orchard Street
Boise, Idaho 83705
(208)344-6611
tvco@tvico.net

Regular Office Hours
Monday-Friday 10am to 5pm
Saturday 10am to 3pm
TVICO website: tvico.net

Primary Purpose

Jokes to Enjoy!



How many AA's does it take to change a light bulb?

None, unless the light bulb really wants to change.

After the wife's fifth trip to the host's bar for refills, the husband said, "Aren't you embarrassed to go back so many times?"

Wife: Nope. I keep telling them it's for you.

Continued from page 1

The suggestions approach led to variations in how members practiced the program. The "cafeteria-style" approach allowed members to choose which Steps to follow, resulting in different levels of recovery success. The permissive approach helped AA grow rapidly, but it also led to the emergence of weaker practices. Despite the initial effectiveness of weak AA, it often resulted in less profound life changes and higher relapse rates. While weak AA provides some level of recovery, it lacks the depth and stability of strong AA. The strong approach remains the most effective way to achieve lasting sobriety and a fulfilling life.

What it Means to Be of Service to Others in Recovery

Being of service in recovery, especially in Alcoholics Anonymous (A.A.), involves sharing the A.A. message with others. Bill W., a co-founder of A.A., emphasized that the Twelfth Step—carrying the message—is the main aim of A.A. This means being ready to help others in recovery at any time, whether by listening to someone in need, offering a ride to a meeting, sponsoring, assisting set up or break down of meeting furniture and supplies, greeting new members, making coffee, volunteering at Central Office, or simply being a supportive presence. I am sure I have left out many great opportunities for service so if you'd like to get involved, ask around. These tasks may seem small but they help integrate service into daily life, building a foundation for other service opportunities such as organizing events or workshops.

Your sponsor is a valuable resource for guidance on service. They might encourage you to get involved in various service activities early on. Reading A.A. literature, such as the *Big Book* and *A.A. Comes of Age*, can also provide inspiration and ideas for serving. The A.A. Service Manual offers detailed insights into the structure and principles of service within A.A. I remember one of the first times I was asked if I wished to help set up a large meeting at Brengle Terrace Park in Vista, CA. There were many jobs to choose from and when our smaller meeting was asked to host, many members offered their help, and my sponsor said, "Hey, this is a great way to get involved and assist the fellowship."

Of course, I knew it was a suggestion, but I also knew it was something I needed and wanted to do, because I valued the short time, I had remained sober. I wanted what others had, more days sober to call my own, and a stronger and greater sense of accomplishment towards continued sobriety one day at a time.

While there's no requirement to engage in service, many in recovery find it crucial to maintaining their sobriety. Staying active helps prevent complacency,

reducing the risk of relapse. The intention behind service—whether it's to feel connected or simply to help—is less important than the act itself.

Not everyone may be inclined to take on general service roles, such as participating in committees or intergroup activities, and that's okay. A.A. values all forms of service, recognizing that each contribution helps sustain the fellowship and support newcomers.

Being of service in recovery is about giving and receiving support, and helping others while strengthening your sobriety. This simple, reciprocal act can significantly enhance your recovery journey.

By: Lauri H.

SWW Editor 2024

Summer in Sobriety, Down by the Pool

posted in [AA Sobriety](#), [Alcoholics Anonymous](#), [Sober Living](#), [Sobriety](#)

My friend was telling me about a woman she had recently met. This woman was newly sober, just a couple weeks in. She was concerned that summer was around the block. Her husband and her were renowned for their pool parties, and she was worried that if they did not serve alcohol, no one would come. Two weeks sober and she's already worried about pool parties? I would have laughed if I hadn't known she was dead serious.

When I first got sober, I had my own obsession: my wedding day. As I remember, early on I met a girl who had met a boy on AA campus and had gotten married. She was telling me about their relationship and life, but I didn't get further than... "Wedding? Hold up, you had a sober wedding? No one drank? No endless champagne toasts? No open bar? A dead sober wedding?" I could not imagine such a thing. So, I obsessed about it, what my sober wedding would look like. Would we serve alcohol, and I would just not drink, or would the whole wedding be dry? Would we have water in club soda in champagne glasses or would that just look tacky? Would anyone dance? All this time, I didn't even have a boyfriend, let alone a fiancé.

And that, my friends, is how I know I am an alcoholic.

I read a startling statistic the other day: 60% percent of women drink at least one drink a year. That is not the part that startled me. What shocked me was that if 60% drink at least one drink a year, 40% of women do not drink at all! Nothing!

I think it is hard for heavy drinkers to fathom that many people do not drink. We think that if we order a Coke at a party, the record player will come to a screeching halt as the attention of the whole room focuses on our lack of a proper cocktail. The reality is no one cares. Wait... what I should say is no one cares, but the other alcoholics in the room, the other people who cannot imagine that one might forego a drink.

In our disease we only hung out with people like us, who did what we did. They acted like us and drank and used like us. It's how we justified our own actions. Then when we get sober, I think our minds just grasp on to whatever we can. There's so much going on and changing, the idea of changing everything, even our pool parties and wedding aspirations gets a little overwhelming.

I wish I could have talked to that lady. I would have told her not to worry. Some people won't go to her party, the active alcoholics won't go. But 40% of the population goes to pool parties to swim and 40% go to weddings to see the actual wedding. 40% don't drink. Period. So find them. Be friends with them. Make the 40% your 100% and you'll have rocking parties once again.

Heck, I'll go. Let summer begin!



**Treasure Valley Intergroup Meeting Minutes
June 13th, 2024**

- Meeting opened at 6pm - Moment of Silence & Serenity Prayer
- Twelve Traditions: Sherepta M.
- Declaration of Unity: David H.
This we owe to A.A.'S future to place our common welfare first; to keep our fellowship united. For on A.A. Unity depends on our lives and the lives of those to come.
- Intergroup Statement of Purpose: Brandi G.
 - a. *Fostering and encouraging AA unity and cooperation among Idaho Area 18 AA Groups to raise funds to provide for the viability of a Central Office.*
 - b. *Guiding the operation of TVICO through its subcommittee known as the TVICO Steering Committee.*
 - c. *Furthering the AA program in accordance with the Twelve Traditions of Alcoholics Anonymous.*
 - d. *Providing a 24-hour hotline Answering Service.*
 - e. *Publishing a monthly Newsletter.*
 - f. *Maintaining a list to volunteers to accept 12-Step calls.*
- Birthdays:
- Roll Call: Brandi G., IG Secretary, Ryan P., Chair/IGR Ding-a-lings, Doug P., Steering Committee Chair, Kimmie P., IG Treasurer/IGR TAC, David H., Intergroup Web servant, Sherepta FNN IGR/IG Activities Chair, Stacy, Dist. 4 IGR, Todd N., IGR There is a Solution, Dri, Attitude Adjustment IGR, Jeremy, Meridian Bowling Alley Meetings, IGR, Melissa, Lunch Bunch IGR, Eve, Rule 62 IGR, Richard T., Council IGR, Lauri H. (nominee for News Letter Editor)
- Secretary Report: Brandi G., May meeting minutes, Sherepta motions, Jeremy 2nd, minutes pass
- Treasurer Report: Kimmie P., Brandi G. motions, Sherepta 2nd, treasurer report passes
- Elections for Intergroup: Laurie H. & Eve both self-nominated for Newsletter Editor, Lauri H. was voted in as Editor w/Eve to be the IG Reviewer. Co-chair, CPC/PI, Hotline - remain open
request to continue announcing at meetings attend
- Intergroup Chair/Co-Chair: Ryan P. – see attached report
- Activity Coordinator Report: Sherepta – see attached report
- Bylaw Committee: Ryan P. reported that no new feedback received from groups, ok to proceed with vote (old business below)
- Newsletter Editor: Newly elected Lauri H., will proceed with getting set up and drafting
- Hotline Answering Service: N/A Chair stepped down and there are folks working together to continue running operations. Need to have person (s) present to elect.
- TAC Representative: Kimmie P. – See attached report
- CPC/PI Representative: N/A (OPEN)
- Central Office Financial Report: Doug P. -see attached report
- Steering Committee Chair: Doug P. -see attached report.

Approved

- Group Representatives: Ryan (Ding-a-lings) 8pm - Wednesday nights, New Hope Church. Speaker & Lottery style meetings. Eve (Rule 62) Tu/Thurs 7:30pm @ New Creations and Sat. 8am., Sun BB Meeting & Monday Discussion @ 7:30pm at United Methodist in downtown Middleton. Speaker/Potluck/Birthday meeting on last Thursday. Kimmie P., DT's & Beyond meets at River Valley Church in Boise. Todd N., There is a Solution (Eagle), Meetings @ 12pm on 5 days/wk, last Friday of month speaker. Wednesday night men's meeting. Stacy, District 4 IGR, meetings 2nd Saturday of each month at 4pm, birthday speaker meeting at 6pm. June 22nd Workshop, History of District 4. Sherepta, Friday Night Newcomers, meets Friday evenings at 7pm with fellowship at Stella's afterwards for ice cream. Last Friday of the month is a speaker & cake and ice-cream. Dri, Attitude Adjustments, 7am, Speaker meeting Wednesday, Book Study on Thursdays, Gratitude Friday. Richard, Council(W/Sat/Sun at the Library @ 7pm)/Weiser/Cambridge (Every Thursday @ 7pm at 7th Day Adventist Church), Melissa, Lunch Bunch @ Noon (1st Presbyterian Church downtown Boise 9th/State)
- Unfinished Business:
- Discussion was had, no further suggested changes. Review complete. Jeremy motioned for approval, David H. 2nd, Bylaws approved. It was also recommended to split the Hotline & 12 Step into separate positions.
- New Business:
 - ❖ Discussion was had to create a committee to put on an Intergroup Informative Workshop, David motioned Eve to chair an ad hoc committee, 2nd by Jeremy, motion passes.
 - ❖ Reviewed Technology In AA email with Group for a GC on asking a representative to present information to IG
- Motion to adjourn, meeting adjourned.

*****NEXT BUSINESS MEETING: July 11TH, 2024*****

Will be Hybrid, taking place at The Clubhouse again!

Treasure Valley Intergroup Central Office
Cash Flow
JUNE 2024

INFLOWS

Archives	\$	-
TAC	\$	50.00

Gross Sales		
GSO Sales	\$	2,683.15
Non-GSO Sales	\$	3,961.66
Meeting Schedules & NCP	\$	-
In House Merchandise	\$	10.50
Gift Certificates	\$	-
Refunds	\$	(5.30)

TOTAL Gross Sales	\$	6,650.01
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7th Traditions:

Home Groups	\$	2,718.59
Individuals	\$	-
District #3	\$	51.15
7th Tradition Can	\$	-
Intergroup Donations	\$	-
	\$	-

TOTAL 7th Traditions	\$	2,769.74
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Miscellaneous Revenue

Interest Income	\$	3.72
Shipping & Handling Income	\$	36.00
Printing Income	\$	46.27
Credit Card Rewards	\$	-

TOTAL Misc. Revenue	\$	85.99
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TOTAL INFLOWS	\$	9,555.74
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Cash on Hand	\$	22,734.04
Less Liabilities Owing	\$	(16,099.58) ²

Cash Available for Operations	\$	6,634.46
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Cash Drawer	\$	209.00
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Prudent Reserves:

Operations Prudent Reserve	\$	20,151.32
Literature Prudent Reserve	\$	11,000.00

Inventory on Hand	\$	39,405.16
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Amounts due from Customers	\$	1,694.68
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OUTFLOWS

Cost of Goods Sold	\$	3,170.18
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Office Expenses

Assembly Expense	\$	-
Bank & Merchant Serv Fees	\$	136.90
Computer/Website Maint.	\$	297.50
Copy Machine Lease	\$	239.84
Coffee, Candy, Water, Etc	\$	73.93
Contributions from TVICO	\$	-
Insurance - Liability	\$	-
Office Supplies	\$	45.54
Open House Expenses	\$	-
Over-Under	\$	(20.66)
Phone/Internet Service	\$	159.67
Postage & Delivery	\$	-
Printing & Reproduction	\$	45.26
Property Tax on Copier	\$	-
Professional Fees	\$	352.92 ¹
Rent & Building Maintenance	\$	1,377.00
Store Supplies	\$	-

TOTAL Office Expense	\$	2,707.90
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Payroll Expense

Includes Employer Taxes	\$	3,712.51
Work Comp Insurance	\$	-

TOTAL Payroll Expense	\$	3,712.51
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TOTAL OUTFLOWS	\$	9,590.59
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NET CASH +/-	\$	(34.85)
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NOTES:

¹Prof. Fees for include reconciling previous month bank statements, preparing payroll & making payroll tax deposits and/or reports, reporting & paying sales to review customer & vendor accounts, W2s, 1099s, annual reports, preparation & E-Filing Annual 990-EZ Tax Return, & Enhanced Payroll & LogMeIn Subscript

²Liabilities Owing Includes: Vendor Invoices, payroll liabilities, credit card balance Idaho Sales Tax, and Gift Certificates

Thank you for supporting Central Office, we couldn't do it without you!

INTERGROUP TREASURER'S REPORT

June 2024

BALANCE FORWARD 06/01/2024 \$775.00

INCOME

Date	Description	Amount

EXPENSE

Date	Description	Amount

ENDING BALANCE 06/30/2024 • \$775.00

Shared Savings Acct Balance - \$25.00

**T.V.L.C.O.
GROUP 7th TRADITIONS
JUNE 2024**

Date	Group Name	Amount
06/01/2024	Ding-A-Ling Group	22.50
06/01/2024	Ding-A-Ling Group	15.00
06/04/2024	Seekers	331.20
06/05/2024	Sobriety Seekers	120.00
06/05/2024	Women's AA Luncheon	504.50
06/05/2024	How It Works - Nampa	196.00
06/05/2024	Rule 62	240.00
06/11/2024	Meridian Men's MB	150.00
06/12/2024	4th Dimension	50.00
06/14/2024	Bucks No Bull	353.15
06/14/2024	No Reservations	200.00
06/14/2024	As Bill Sees It	155.00
06/14/2024	Women in Fellowship	40.00
06/19/2024	Lunch Bunch	39.20
06/19/2024	Turning Point	35.00
06/26/2024	Faith Forward	267.04
Total Group 7th Traditions		\$ 2,718.59

Central Office would like to thank all the Groups, Individuals, and
Districts for their 7th Traditions last month.
We appreciate it so much !!!

Thank you for supporting Central Office, we couldn't do it without you!

TVICO Intergroup Chair Report

7-9-24

1. I attended the Steering Committee meeting on 7/9/24, minutes approved
2. Spring Assembly 2025 to be staffed from TVICO
3. Voted to not donate custom coffee mugs from Central Office for TVICO, no extra money on our end and nothing coming back from event
4. Store inventory to be scaled back
 1. not enough sales to support inventory levels where they are
5. Store Policy reviews and updates
6. Discussion on moving Intergroup supplies and TAC books
 1. rent storage on site vs off site

Ryan P.
Intergroup Chair
bleedbrncoblue96@gmail.com
208-885-9574

IGR Report Guide

Date- 11 JULY 24

Your name- Doug P Position- TVICO Steering Committee Chair

Group- TVICO Steering Committee

Meeting Place- Zoom Time- 2nd Tuesday 6:00pm

Number of Active members in Group- 6

Change in trusted servants position (Optional-Name address Phone#, e-mail)

Report- I will contact TVICO Property management to gather cost information for on-site storage or a price to continue to use the existing under stair closet nearest TVICO back door.

Steering Committee approved Tony S. as a vetted volunteer to work at TVICO.

TVICO has been invited to attend the 2025 Area 18 Assembly at Pocatello.

July 2024

Sherepta

Hello all,

I must apologize for my report last month. For the Founder's Day event, I indicated the amount of money collected verses the amount of money spent for food, I neglected to include the money for the facility. I will submit the receipts at the meeting totaling \$62.40. We did lose a lot of money on this event. I would like input from Intergroup whether we should continue this event. Last year we made \$3.17. This year we lost \$72.70

The Lefty River Float has been scheduled for Sunday, August 18. We will begin with a sandwich bar lunch at Barber Park at 1:30p, and launch at 2:30p. We will be having a 50/50+ raffle and a display of some of the cool things you can buy at Central Office. Depending on what is leftover, we may set up at Ann Morrison Park with desserts and leftovers. I asked last month for every Intergroup committee member to volunteer to bring a side dish and I invite any IGR to contribute a side dish or loaf of bread. I am asking the floaters to bring a sandwich filler. That will make it easier for them to contribute. I am also hoping that we can keep our costs down with this plan. I will be bringing 5# of home-made potato salad. Lauri has volunteered to make baked beans. We will need various sandwich breads, sides including chips. I will be using pop-ups and camp tables for the food and will bring stadium blankets for people to sit on, picnic style. I have a pop-up but I would like another if I have a volunteer with one. Also, please bring blankets to sit on and share. I sent out a save the date flyer last month and am sending out a detailed one this month.

We have lost our storage space at the Central Office building. Doug suggested I investigate off-site storage. The best deal I found was \$30/month for a 5x5 unit. This will easily store the activity tubs and will provide some space for storage for Central Office. Republic Storage has several locations. I will get as close to Central Office as possible if this option is passed.

I look forward to assisting Eve with her informative workshop on Intergroup and Central Office. As Activity Coordinator it is my duty to help in any way I can.

Thank you for letting me be of service.

Sherepta

Lefty's River Float
Sunday August 18, 2024
Launch at 2:00

Barber Park to Ann Morrison Park



Sponsored by Intergroup

tvicoactivities@gmail.com

**50/50 + Raffle at Ann Morrison
Park to Support Central Office**

**Please support the District 3
BBQ at take out.**

**Please bring a side, we will take them from
put-in to take-out**

For more information on floating -
<https://www.floattheboise.org/pages/floater-faq>

FLYERS



RULE 62
Speaker & Potluck Meeting
Jay M. [8-8-1993]

 **New Creations Church**
W Concord St. Middleton, ID 8364
Thursday, June 27, 2024
Dinner @ 6:30pm
Milestone Chips @ 7:15pm
Speaker Meeting @ 7:30pm

Did someone say BBQ?!
Oh yeah, it's BBQ Time!
Bring your favorite summer BBQ dish
(not required) **and join us for fellowship,**
laughter, & Experience Strength & Hope!




Save the Date The Gem State Roundup

August 2nd-4th, 2024



"Rockin' into the 4th Dimension"

The Riverside Hotel
2900 W Chinden Blvd
Garden City, ID 83714

Registration \$40 + meals

All Access Pass (meals included)
\$140.00 before July 15th \$145 after

Events

- Alcahthon
- Hospitality Suite
- Fri& Sat Night Speakers

Al-Anon & BACYPAA

- Karaoke - Fri Night
- Golf Tournament
- Poker Run
- Raffles & Auction
- Yoga

AA Guest Speakers

Wayne B 46 Years

From Inglewood, CA

Andrew C 40 years

From Los Angeles, CA.

Marti H 42 Years

From Nampa, ID

Al-anon Guest speaker
to be determined

District 4
 along with
 KEEP IT SIMPLE GROUP
PRESENTS
lasagna

JULY 13TH
 2024
 @ 6 PM

First Christian
 Church Nampa
 619 12th Ave S.

Join us for an evening of
 fellowship and celebration



Think Italian

Raffle
 Items
 Welcome

Bring a
 Side Dish
 or
 Desert




Lefty is coming Sunday August 18



Would you like to be part of the
 welcoming committee? Reach out
 to tvicoactivities@gmail.com or
 Sherepta at 208-830-4048 if you
 want to join an awesome team
 and make a difference.