

# Treasure Valley Intergroup Newsletter

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

## SLIPPERY WHEN WET



### How Your Body Reacts to Gratitude

**Heart**  
It reduces stress hormones and balances blood pressure

**Lungs**  
Releases grief and supports the lungs in maintaining energy and vitality

**Stomach**  
Releases fear and supports the digestive function

**Kidneys**  
By fostering a sense of safety and appreciation, gratitude can strengthen kidney function

**Liver**  
Helps lower anger

@HEALERSOFTHELIGHT

## ***False Evidence Appearing Real***

The Twelve Steps represent a transformative journey where we move from the darkness of addiction into the light of self-awareness, resilience, and freedom. In this process, we are not merely working to abstain but to profoundly reconnect with our true selves. Where addiction had once driven us into isolation, our work now guides us back toward a state of inner harmony and a life lived with intention and purpose.

One of the most pivotal stages in this journey occurs during the Fourth Step inventory, where we delve into the origins and expressions of our fears. Here, we are asked to acknowledge these fears honestly and to study them without judgment. For many, this is an unfamiliar task, one that may feel uncomfortable or even unnecessary at first. However, understanding the grip of our fears is essential. Through this, we begin to follow a path that allows us to replace a life dominated by anxiety and avoidance with one infused by surrender, connection, and love. I continue to work on my fears often as they pop up at the most inconvenient times. I'm not sure they ever go away entirely but I do know that surrendering them to my higher power and my sponsor, they begin to dissipate and I find that accepting each as it presents itself, helps me become more resilient, have more faith, and trust in those that have journeyed through the process much longer than I.

It's common for people to achieve abstinence yet remain held back by cycles of fear. Why? Because abstaining from substances or behaviors alone doesn't address the emotional roots of our struggles. For true liberation, we must confront these fears directly. It's a profound undertaking but an essential one. Fear acts like a mirror, revealing where we're holding on, where we're still attached, and what growth lies ahead. This recognition isn't about eradicating fear but about transforming it into a tool for self-understanding. By leaning into this process, we cultivate not just resilience but a sense of clarity and strength that underpins lasting freedom. You can begin this work by reflecting on what challenges you fear most in your life at present. Remember, where there is resistance, there is often fear. Use it as a guide to illuminate where you are still clinging to old patterns or beliefs, and let it point the way to your next area of growth. Asking your higher power to join you in your reflection is one of the first steps to take in your recovery. I have had to work hard at trusting my higher power and allowing my faith to grow.

This work is the foundation of learning to be less self-serving and more spiritual. It is an investment in ourselves that will yield growth, clarity, and inner peace—a beautiful use of our time and energy. So, I encourage you to immerse yourself fully in your AA meetings, be of service, whether it be helping the staff at our Central Office (they can always use help), making coffee, greeting others as they arrive, setting up or down, getting to a meeting early so you can help and get to know others, and any daily practices you choose to participate in whether it is prayer, talking to your higher power, or however you wish to find more peace and spirituality. AA is a place where collective progress and genuine joy will flourish, and your presence adds to this growth. I'm genuinely grateful to walk this path with you.

With love and gratitude,  
Lauri H., SWW newsletter editor 2024

## Treasure Valley Intergroup Central Office

If your group has a meeting change, please fill out this form online for Central Office.

They will update the schedules.

<https://tvico.net/aameetingnews>

Serving the Greater Treasurer Valley Area AA Groups and Fellowship!

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

If you are now, not currently receiving the SWW newsletter every month, please email our editor, Lauri H., at [swwnewsletter@gmail.com](mailto:swwnewsletter@gmail.com) to be added onto the contact list.

We provide recovery support, 24/7 in the Treasure Valley.

Who answers the call? WE DO!!

Service Saves Lives!

AA Hotline Numbers

English 208-344-6611

Spanish 208-703-2495

Our AA Hotline is staffed by volunteers – We Need YOU!

Service positions are available 24/7 including

Weekday early mornings, afternoon-late evenings

Weekend early mornings, business hours, evenings

Holidays

Hotline workers are provided contacts and training

Hotline workers can use a Google Voice number (instead of their own number), and will be given training on how to do so. We also meet quarterly for learning, fun & connection!

Call 208-344-6611 and tell them you want to sign up as a Hotline Volunteer!





# *TVICO OPEN HOUSE*

## *& HOLIDAY PARTY*

(in cooperation with Al-Anon)

**December 13 & 14, 2024**

**1111 S. Orchard, #180, Boise**

12/13: 10am – 5pm

12/14: 10am – 3pm

*Food. Fun. Fellowship.*

*Holiday Gift Wheel. Raffle and more!*

*Come one. Come all!!*



APPROVED

Treasure Valley Intergroup Meeting Minutes  
October 10th, 2024

Meeting opened at 6pm - Moment of Silence & Serenity Prayer Twelve Traditions: Avalon  
Declaration of Unity: Kimmie

*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

- 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.*

Birthdays: Todd (3 years) Avalon (15 years) Brandi (3 years) Roll Call: Brandi G., IG Secretary, Ryan P., Chair/IGR Ding-a-lings, Doug P., Steering Committee Chair, Kimmie P., IG Treasurer, David H., Intergroup Web servant, Sherepta IG Activities Chair, Stacy, Dist. 4 IGR, Todd N., IGR There is a Solution, Greg IGR FNN, Avalon IGR OTR, Mattie IGR Rule 62, Krash IGR Red House Happy Hour, Lauri Newsletter Editor

Secretary Report: Brandi G., September meeting minutes, Kimmie motions, Avalon 2nd, minutes pass

Treasurer Report: Kimmie P., Avalon motions, Sherepta 2nd, treasurer report passes

Elections for Intergroup: Co-chair, Hotline Chair, CPC/PI Chair - remain open \*request to continue announcing at meetings attend\*

Intergroup Chair/Co-Chair: Ryan P. – see attached report

Activity Coordinator Report: Sherepta - see attached

Ad Hoc Committee for IG Workshop – requested approval for tri fold to distribute (given in new business), plans for scheduling at district meetings.

Newsletter Editor: Lauri H. – Still working in multiple programs to piece together, September Newsletter sent to subscribers

Hotline Answering Service: **Need help!**

TAC Representative: Kimmie P. – Liability Insurance subcommittee still reviewing plans/costs & need (or not need) for it. Balance is \$4900, includes the 4th Quarter book order deduct, Treatment & Corrections are going well.

CPC/PI Representative: N/A (OPEN)

Central Office Financial Report: Not available

YPPA: N/A

Steering Committee Chair: Doug P. – Not able to make the meeting, however, phone interview done via phone with new Central Office employee and hired.

Technology in AA Presentation: Mike F., New York. – Presentation given on forum that offers insight to incorporating technology into Groups, provides answers & suggestions on today's questions as we move forward with AA online. Presentation to be sent out individually to Representatives.

Group Representatives: Ryan (Ding-a-lings) 8pm - Wednesday nights, New Hope Church. Speaker & Lottery style meetings. Mattie (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 a 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 2<sup>nd</sup> Saturday of each month at 4pm, birthday speaker meeting at 6pm. Greg, 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. Avalon (On The Rocks) 6pm 6/wk, Tuesdays on line, 1<sup>st</sup> Saturday of the month Speaker/Dinner. Participating in Safety in AA Workshop, Nov. 2<sup>nd</sup>. Krash, Red House Happy Hour IGR, needing to move locations as lease is not being renewed.

GC approved tri fold for distribution

David H. asked for GC to include "pop up" on TVICO to gain volunteers for the Hotline.

Group  
approves

Motion to adjourn, meeting adjourned.

\*\*\*NEXT BUSINESS MEETING: November 14TH, 2024\*\*\*

Will be Hybrid, taking place at The Clubhouse again!

## **INTERGROUP TREASURER'S REPORT November 2024**

BALANCE FORWARD 10/01/2024 \$1026.79

INCOME

EXPENSE

Date Description Amount

10/17/24 Check #110\* \$34.97

\*Check for the speaker used at the in person business meetings

ENDING BALANCE 10/31/2024 \$991.82

Shared Savings Acct Balance - \$25.00

**BUSINESS SHARE SAVINGS- INTERGROUP BUSINESS SHARE SAVINGS**

Beginning Balance	+	Deposits	+	Interest Earned		Service Charges	Ending Balance
325.00		30.00		0.00		30.00	325.00

DT Date	Post Date	Transaction Description	Withdrawal	Deposit	Balance
3/31/24	3/31/24	Beginning Balance			325.00

The amount of interest earned between 10-01-2023 and 10-31-2024 is \$0.00. The average daily balance during this period was \$25.00.  
 The minimum balance during this period was \$25.00.  
 The Annual Percentage Yield Earned for this account is 0.000%.

**NONPROFIT BUSINESS CHECKING - INTERGROUP CHECKING**

Beginning Balance	+	Deposits	+	Interest Earned		Service Charges	Ending Balance
300.00		0.00		0.00		30.00	300.00

DT Date	Post Date	Transaction Description	Withdrawal	Deposit	Balance
10/01/23	10/01/23	Beginning Balance			300.00
3/31/24	3/31/24	3/31/24	30.00		300.00



Member Number	Page
[REDACTED]	2 of 2

Summary of Overdraft and Returned Item Fees		
	Total For This Period	Total Year-To-Date
Total Overdraft Fees	\$0.00	\$0.00
Total Returned Item Fees	\$0.00	\$0.00

**CLEARED CHECKS**

Date

Amount

110                      10-01                      34.00

**Treasure Valley Intergroup Central Office Cash Flow**

SEPTEMBER 2024			
INFLOWS		OUTFLOWS	
Archives	\$ 990.00	Cost of Goods Sold	\$ 9,122.09
TAC	\$ 50.00	Office Expenses	
<b>Gross Sales</b>		Assembly Expense	\$ -
GSO Sales	\$ 8,654.23	Bank & Merchant Serv Fees	\$ 112.50
Non-GSO Sales	\$ 3,765.81	Computer/Website Maint	\$ 110.00
Meeting Schedules & NCP	\$ -	Copy Machine Lease	\$ 239.84
In House Merchandise	\$ 26.70	Coffee, Candy, Water, Etc.	\$ -
Gift Certificates	\$ -	Contributions from TVRCC	\$ -
Refunds	\$ -	Insurance - Liability	\$ -
<b>TOTAL Gross Sales</b>	<b>\$ 12,446.74</b>	Office Supplies	\$ -
<b>7th Traditions:</b>		Open House Expenses	\$ -
Home Groups	\$ 3,340.48	Over-Under	\$ (10.49)
Individuals	\$ 8.09	Phone/Internet Service	\$ 163.61
District #	\$ -	Postage & Delivery	\$ -
7th Tradition Can	\$ 49.00	Printing & Reproduction	\$ 69.08
Intergroup Donations	\$ -	Property Tax on Copier	\$ -
	\$ -	Professional Fees	\$ 473.55
<b>TOTAL 7th Traditions</b>	<b>\$ 3,397.57</b>	Rent & Building Maintenance	\$ 1,442.00
<b>Miscellaneous Revenue</b>		Store Supplies	\$ -
Interest Income	\$ 2.69	<b>TOTAL Office Expense</b>	<b>\$ 2,698.09</b>
Shipping & Handling Income	\$ 10.00	<b>Payroll Expense</b>	
Printing Income	\$ 17.80	Includes Employer Taxes	\$ 3,605.67
Advertising Revenue	\$ 300.00	WGLF Carers Insurance	\$ -
<b>TOTAL Misc. Revenue</b>	<b>\$ 330.49</b>	<b>TOTAL Payroll Expense</b>	<b>\$ 3,605.67</b>
<b>TOTAL INFLOWS</b>	<b>\$ 17,114.80</b>	<b>TOTAL OUTFLOWS</b>	<b>\$ 15,317.85</b>
		<b>NET CASH +/-</b>	<b>\$ 1,796.95</b>

Cash on Hand	\$ 27,142.11	<b>NOTES:</b> Over Tax for Individuals consulting previous month bank statements, preparing payroll & making payroll tax deposits and/or reports, regarding & paying sales tax, vendor accounts & vendor accounts, 90%, 100%, annual reports, preparation & e-filing annual 990-EIS Tax Return, & Estimated Payroll & Employee Contributions Liabilities Owing includes Vendor Invoices, payroll liabilities, credit card balances, Utility bills, Tax, and Gift Certificates
Less Liabilities Owing	\$ (10,888.84)	
<b>Cash Available for Operations</b>	<b>\$ 16,253.27</b>	
Cash Drawer	\$ 150.00	
<b>Prudent Reserves:</b>		
Operations Prudent Reserve	\$ 20,162.93	
Literature Prudent Reserve	\$ 11,000.00	
Inventory on Hand	\$ 33,867.94	
Amounts Due From Customers	\$ 1,342.70	

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



**T.V.I.C.O. GROUP 7th TRADITIONS  
SEPTEMBER 2024**

		<b>Date</b>
09/03/2024	No Reservations	120.00
09/05/2024	How It Works - Nampa	107.44
09/05/2024	Bucks No bull	201.12
09/05/2024	Sobriety Seekers	200.00
09/10/2024	Pioneer AA	320.00
09/11/2024	As Bill Sees It	181.89
09/11/2024	As Bill Sees It	146.00
09/11/2024	Touchstones Men's Meeting	75.00
09/12/2024	The Promises	150.00
09/13/2024	AA Living Today	100.00
09/13/2024	Canyon River	50.00
09/17/2024	Keep It Simple	50.00
09/19/2024	4th Dimension	50.00
09/19/2024	Saturday Night Live	20.00
09/21/2024	Let It Stay Here	38.80
09/23/2024	On the Rocks	676.00
09/27/2024	Treasure Valley Big Book <del>Study</del>	397.00
09/30/2024	Seekers	476.33
<b>Total Group 7th Traditions</b>		<b>\$ 3,340.45</b>

**Central Office would like to thank all the Groups, Individuals, and**

**Districts for their 7th Traditions last month**

**We appreciate it so much ! ! !**

**MY SECRET TO  
HAPPINESS IS  
VERY SIMPLE.  
I GOT SOBER.**

It's the small habits. How you spend your mornings. How you talk to yourself. What you read. What you watch. Who you share your energy with. Who has access to you. That will change your life.



# HOMEGROUP TRIVIA

Test your Big  
Book & AA  
knowledge!

HOSTED BY BACYPAA



PRIZES | FUN | FELLOWSHIP



**23**  
**NOV**

**SPEAKER PANEL @ 6PM**  
**JEOPARDY AFTER**  
**ALANO CLUB**  
**3820 CASSIA STREET**  
**BOISE, ID 83705**



\$30 per team  
Maximum of 5 per  
team



Use the QR code  
to sign up your  
team or  
homegroup!



**POTLUCK STYLE! BRING A SIDE OR DISH**  
**CONTACT HANNAH G (208) 841-3446 FOR MORE INFO**

# DINNER & A SPEAKER

SAT: DEC 7, 2024

Dinner 5:00 pm

Speaker 6:00 pm

*SPEAKER*

# MIKE B

*(from the Middleton group)*

We provide the dinner, ...

# SPAGHETTI

... you provide the appetite,  
so come and join us - with or without potluck items.

held at

4012 S 10th Ave, Caldwell, Idaho

*(Caldwell Church of Christ entrance in back, use 10th St driveway)*

*You're Invited!*  
December 14, 2024 @ 6PM  
619 12th Ave S. Nampa

**Annual Birthday Dinner Celebration**  
**Presented by District 4**  
Bring the Family and Enjoy a  
Night of Fellowship and  
More

Ham/Turkey and Potatoes  
Provided by the Groups  
and District

Raffle Items  
Welcome

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Bring a Side Dish or Desert

# MIDTOWN 2<sup>ND</sup> ANNUAL NEW YEARS EVE DANCE

## **POTLUCK DINNER, SPEAKER, DANCE**

**5:30 PM DOORS OPEN**

**MIDTOWN WILL PROVIDE MAIN COURSE (BRISKET)**

**6:00 PM-7:00 PM DINNER SERVED BUFFET STYLE**

**7:00 PM-8:00 PM SPEAKER (LISA ROSE 11/3/2006)**

**8:00 PM-10:00 PM NEW YEARS EVE DANCE**

**10:00 PM RING IN 2025 ON NEW YORK TIME**

**AFTER THE DANCE WE WILL ASK FOR VOLUNTEERS TO  
HELP CLEAN UP AND PUT THE ROOM BACK TOGETHER**

## **RIVER CITY CHURCH**

**1115 N. GARDEN ST.**

**BOISE ID. 83705**

**MIKE B.            208-713-9370**

**LISA ROSE        208-577-0303**