



DISTRICT 4

MEETING SCHEDULE

Updated November 24, 2016

24 Hour Information and
Answering Service

English (208) 352-7119

www.al-anon-idaho.org

Alateen chat meetings for ages 13-18

<https://chat.alateen.net>

Sundays from 9:00 PM-10:00 PM MST

*Register to access chat room
with valid email address*

*We encourage that you call the contact person
prior to attending your first meeting.*

Monday

8:30 AM - 9:30 AM

Ketchum

Monday Morning (24705)
The Sun Club
571 E 2nd St, Ketchum, ID 83340

12:00 PM – 1:00 PM

Hailey

Beginners Meeting
Sun Club South
731 N. 1st Ave, Hailey, ID 83333
Mia E. (208) 720-4414

Tuesday

7:30 PM – 8:50 PM

Filer

Filer Tuesday Night (24707)
First Baptist Church
Filer Hwy, Filer ID 83328
Rick (208) 734-7318 or Joan (208) 423-6760

8:00 PM -9:00 PM

Buhl

Serenity Seekers (35113)
Methodist Church
908 Maple St, Buhl, ID 83316
Diane C. (208) 537-6821
Ken S. (208) 734-0962

Wednesday

12:00 PM – 1:00 PM

Ketchum

Ketchum Sun Club
571 E 2nd St, Ketchum, ID 83340

7:00 PM – 8:30 PM

Twin Falls

Wednesday Night (3426)
First Presbyterian Church
209 5th Ave N, Twin Falls, ID 83301
Rosemary (208) 737-4631

6:30 PM

Gooding

Family Al-anon Family Group
Walker Treatment Center
605 11th Ave E, Gooding, ID 83330
Mary Lou (208) 934-5380
Meeting times change on occasion, call ahead

Friday

12:00 PM - 1:15 PM

Twin Falls

Beginning Again (26714)
First Presbyterian Church
209 5th Ave N, Twin Falls ID, 83301
Laura (208) 751-2560 or Jean (208) 420-1076

In Al-Anon

We find support to refocus our vision. We learn that another individual's alcoholism is a disease that we did not cause, cannot control and have no power to cure.

By examining and reassessing our own attitudes and feelings, we learn that we can lead happier, healthier and calmer lives—lives filled with serenity, dignity and the fulfillment of basic human rights and needs.

Anonymity creates and protects a safe space in each meeting where each person may share feelings, stories, problems, solutions and successes. In doing so, we give and receive support, validation, understanding and hope.

The Serenity Prayer

*God grant me the Serenity to accept
the things I cannot change.*

*Courage to change the things I can,
And Wisdom to know the difference.*

Slogans

Δ Principles Above Personalities

Δ How Important Is It

Δ Listen And Learn

Δ Love, Learn And Grow

Δ Together We Can Make It

Δ Live And Let Live

Δ Keep It Simple

Δ First Things First

Δ Let It Begin With Me

Δ Let Go And Let God

Δ One Day At A Time

Δ Just For Today

Δ Progress Not Perfection

Δ Think! Think! Think!

Δ Easy Does It

Δ HALT (Hungry Angry Lonely Tired)

Δ Keep An Open Mind



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Al-Anon has but one primary purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

The Suggested Preamble to the Twelve Steps