



## DISTRICT 4

### MEETING SCHEDULE

Updated November 24, 2016

24 Hour Information and  
Answering Service

English (208) 352-7119

[www.al-anon-idaho.org](http://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 2<sup>nd</sup> St, Ketchum, ID 83340

12:00 PM – 1:00 PM

**Hailey**

Beginners Meeting  
Sun Club South  
731 N. 1<sup>st</sup> 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 2<sup>nd</sup> 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 11<sup>th</sup> 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*