

District 4

Monday

8:30 AM
Monday Morning Al-Anon (24705)
The Sun Club
571 E 2nd St
Patty Puz (208) 726-2159
Jennifer H. (208) 788-5925

7:00 PM
Experience, Strength, and Hope (48100)
Sun Club South
418 North River Street
Susy B (208) 788-2126
Carol T (208) 788-4558

Tuesday

7:30 PM
Filer Tuesday Night Al-Anon (24707)
1st Baptist Church
Filer Hwy 30
Kate C. (208) 735-8845
Joan B (208) 423-6760

7:00 PM
Tuesday Al-Anon (30528366)
1836 Elba
Ann R. (208) 678-9518
Lyn (208) 862-3393

Wednesday

12:00 PM
Get a Life Al-Anon (62173)
Sun Club
571 2nd St East
Patty P (208) 726-2159

7:30 PM
Wednesday Night Al-Anon (3426)
First Presbyterian Church
209 5th Ave N
Manone (208) 544-7885
Elsa M. (208) 734-0664

Ketchum

Hailey

Filer

Burley

Ketchum

Twin Falls

Friday

12:00 PM
Friday Noon Hailey (502687)
Sun Club South
418 N River St
Jennifer (208) 720-1167

12:00 PM
Beginning Again Al-Anon (26714)
First Presbyterian Church
209 5th Ave N
Rosemary L (208) 737-4631

7:30 pm
Spanish
“sóló por hoy”,
viernes, Parroquia san carlos, salón #4,
Contacto: Alma - (208) 309-0494
gallardotzn@aol.com
***Este grupo está registrado con
la WSO de al-anon en Virginia Beach.***

8:00 PM
Serenity Seekers Al-Anon (35113)
Methodist Church
908 Maple Street
Kelley M (208) 404-2316
Diane C (208) 537-6821

Saturday

7:00 PM
Saturday New Life AFG (30519069)
First Presbyterian Church
262 East Ave. A
(Alateen is welcome)
Shar R. (208) 324-7428
Kelley M. (208) 404-2316

Hailey

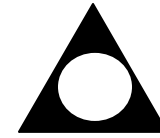
Twin Falls

Hailey

Buhl

Jerome

AL-ANON FAMILY GROUPS Meeting Schedule



**24 Hour Information
and Answering Service
English: 1-866-592-3198
Spanish: 1-208-284-5377**

www.al-anon-idaho.org

The Al-Anon family groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, organization or institution: does not engage in any controversy, neither endorses nor opposes any causes. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions. 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.

**District meeting: SECOND WEDNESDAY OF
EVERY MONTH
6:00 P.M.
209 5TH AVE. NORTH
TWIN FALLS, IDAHO**

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.

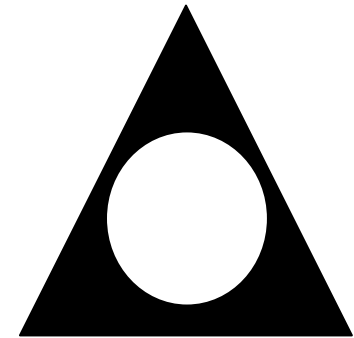
Anonymity creates and protects a safe space in each meeting where each person may share feelings, stories, problems, solutions and successes. In doing so, we give and receive support, validation, understanding and hope.

**District 4
The Serenity Prayer
God, grant me the Serenity to
accept the things I cannot change,
Courage to change the things I can,
and the Wisdom to know the
difference.**

SLOGANS

- Principles above Personalities
 - How important is it?
 - Listen and learn
- Love, Learn and Grow
- Together we can make it
 - Live and Let Live
 - Keep it Simple
 - First things First
- Let it Begin with Me
- Let Go and let God
- One Day at a Time
 - Just for Today
- Progress Not Perfection
 - Think! Think! Think!
 - Easy Does It
- HALT=Hungry, Angry, Lonely,
Tired?
 - Keep an Open Mind

Al-Anon Family Groups South Central Idaho District 4



**For Families and
Friends
of Alcoholics**

Up-dated 04-11-10