

## 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)  
Burley United Methodist Church  
450 East 27<sup>th</sup> Street  
Lila (208) 650-9067  
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](mailto: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](http://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 5<sup>TH</sup> 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.*

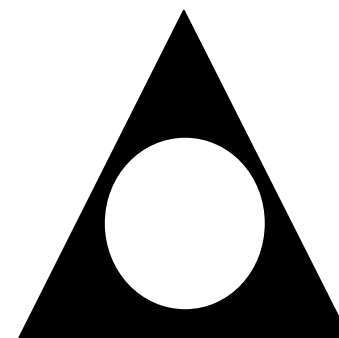
District 4  
**The Serenity Prayer**  
**God, grant me the Serenity to**  
**accept the things I cannot change,**  
**Courage to change the things I can,**  
**and the Wisdom to know the**  
**difference.**

### **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