

UPCOMING DISTRICT EVENTS

District 3 Meeting
Date: Tuesday, February 18, 2025
Time: 6:30pm - 7:30pm
Location: Library! at Hillcrest
5246 W Overland Rd

FEBRUARY Wednesday Night Speaker Meeting

When: Wednesday February 5, 2025 at 6PM
Where: The main sanctuary of United Methodist Church
4400 W. Taft
Boise, ID 83703



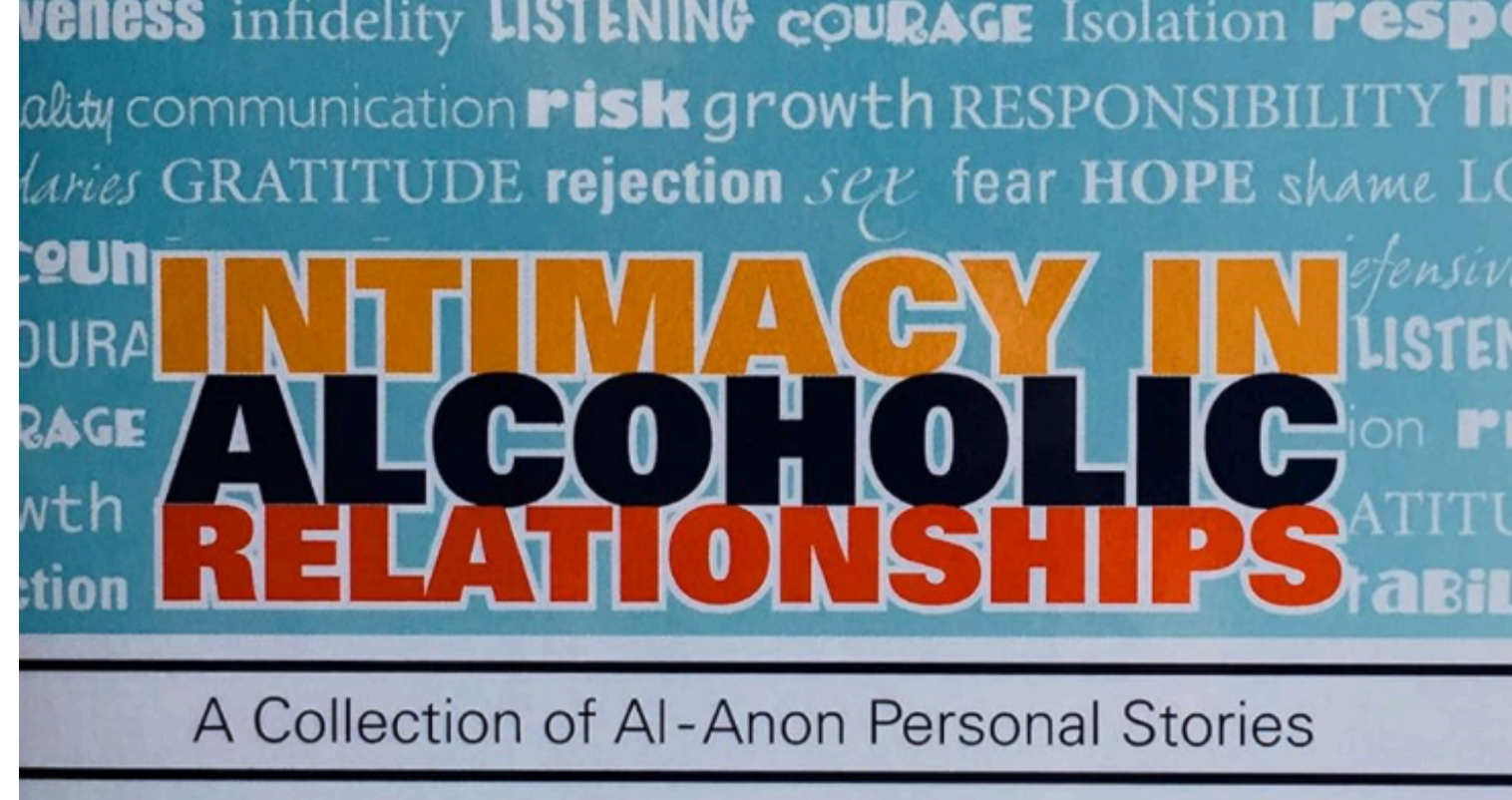
We hope you can join the Collister Wednesday Night AFG for a speaker meeting on the first Wednesday of the month when

Beth will be our speaker

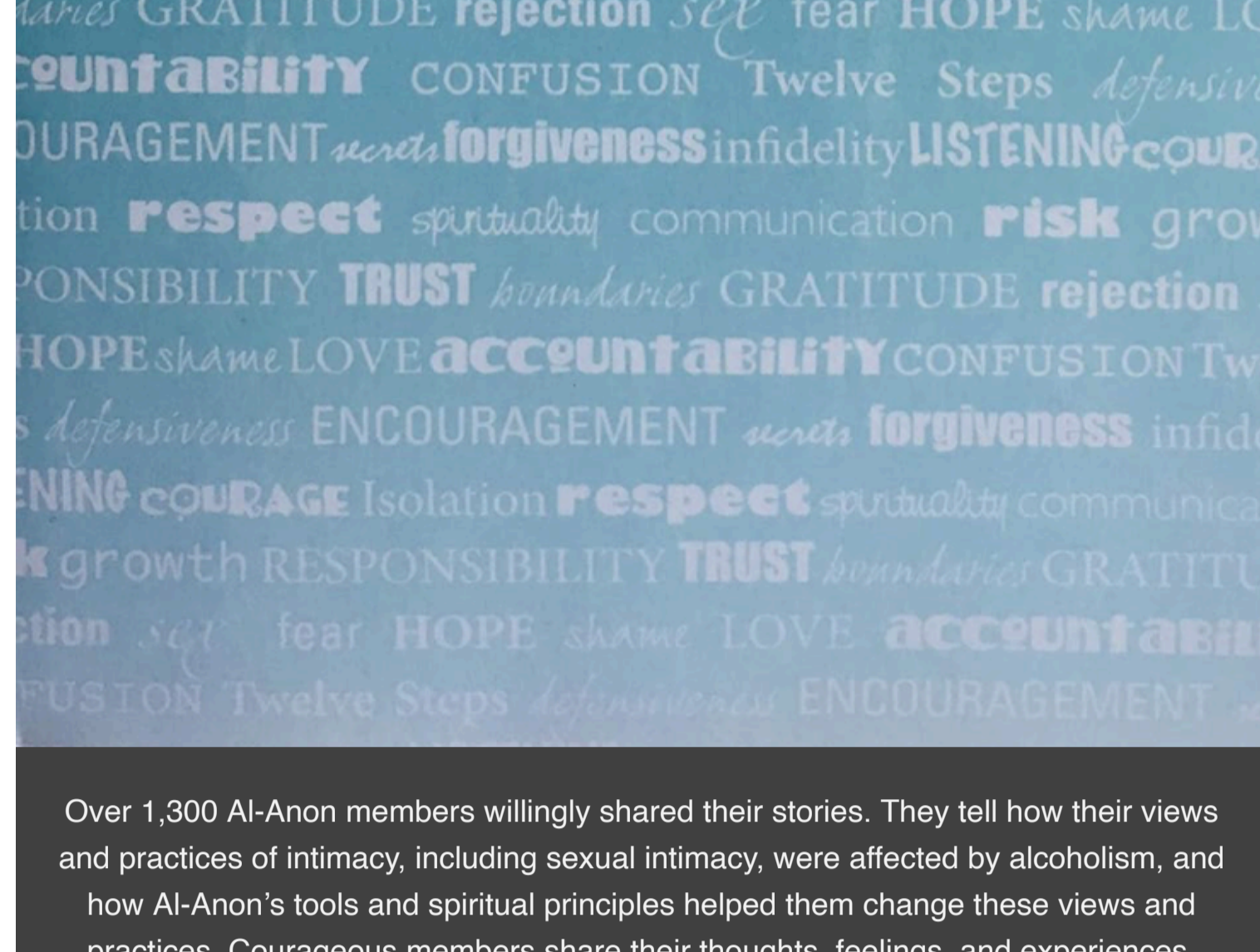


For any questions, you can call or text Mary H. @ 208.371.3740

CONFERENCE APPROVED LITERATURE HIGHLIGHT



A Collection of Al-Anon Personal Stories

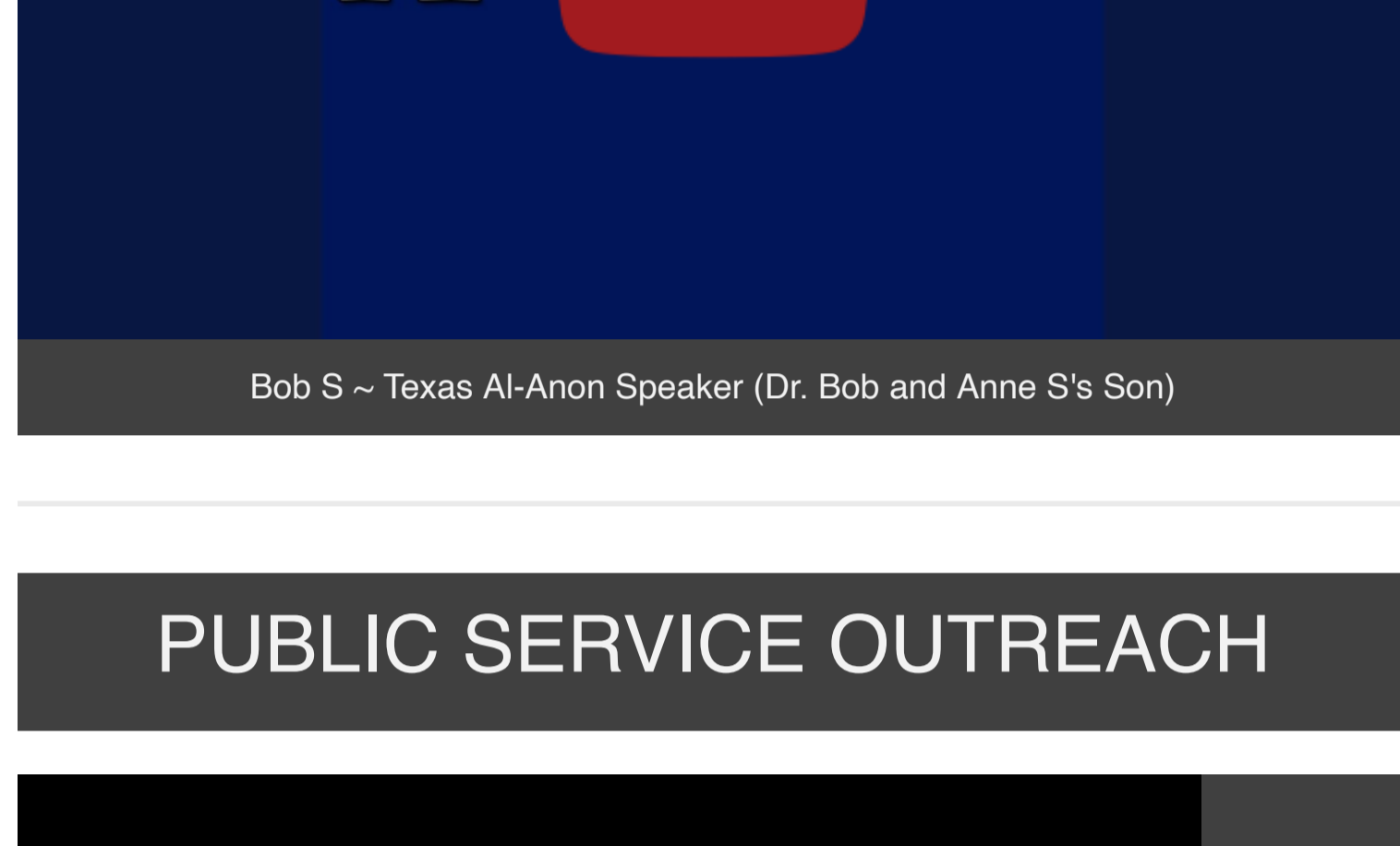


Over 1,300 Al-Anon members willingly shared their stories. They tell how their views and practices of intimacy, including sexual intimacy, were affected by alcoholism, and how Al-Anon's tools and spiritual principles helped them change these views and practices. Courageous members share their thoughts, feelings, and experiences. "Intimacy in Alcoholic Relationships", is the hope that many other members can find hope and inspiration in expanding their recovery. 144 pages.

Pick one up at the
Al-Anon Information Service Center
1111 S. Orchard Suite 172
Boise, ID, 83705
(208) 344-1661

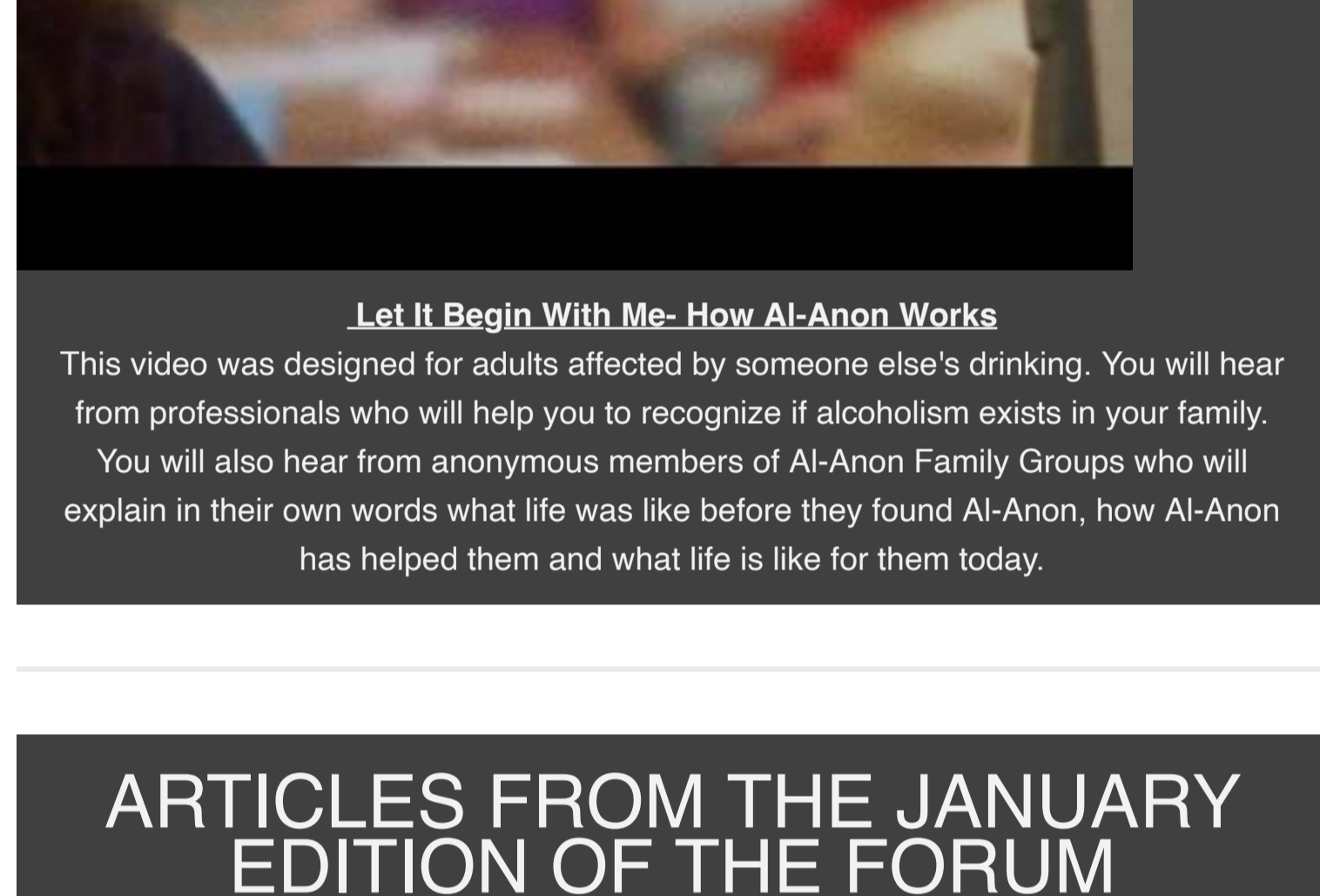
Please call ahead to insure a volunteer is there to help you.

ONLINE SPEAKER MEETING



Bob S - Texas Al-Anon Speaker (Dr. Bob and Anne S's Son)

PUBLIC SERVICE OUTREACH



Let It Begin With Me - How Al-Anon Works
This video was designed for adults affected by someone else's drinking. You will hear from professionals who will help you to recognize if alcoholism exists in your family. You will also hear from anonymous members of Al-Anon Family Groups who will explain in their own words what life was like before they found Al-Anon, how Al-Anon has helped them and what life is like for them today.

ARTICLES FROM THE JANUARY EDITION OF THE FORUM

The Power of WE

When I first came to Al-Anon via electronic meetings just over a year ago, I thought I was all ready for Step One. I knew I was powerless over alcohol and that my life had become unmanageable. But it took attending many meetings and studying the Steps before it dawned on me—the word "I" was not anywhere in Step One.

The Step reads: "We admitted we were powerless over alcohol..." We, not I.

For the first time in a long time, I realized I was not alone. At each meeting, I was surrounded by others who knew, in one way or another, exactly what I was experiencing. They too had loved ones who struggled with the disease of alcoholism, and they too suffered because of their loved ones' disease.

Others like me have felt isolated, scared, and anxious, worried about what would become of their loved ones if they could not recover from this disease. Desperate for answers and relief and a place to share my fear and pain, I began to attend two online meetings a week, then three, then four, and sometimes more. No matter which ones I went to, no matter what time of day or evening, no matter what country, the message was consistent: I was not alone.

Every step is a "we" step. Knowing that we are all in this together—that we are a family of Al-Anon members, all looking for answers, all seeking strength and hope—has given me exactly that: strength and hope.

Today, a year after coming into the virtual Al-Anon rooms, I have more peace and serenity than I ever dreamed possible. I found a wonderful Sponsor who gently guides and encourages me. I am working the Steps, reading my literature every day, and greeting every morning with the Serenity Prayer.

But my greatest source of strength has been my Al-Anon family, the wonderful people who show up at meetings to listen, share, and do service to help themselves and others find recovery. And that is why I "Keep Coming Back."

By Gina B., New York

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I "KEEP COMING BACK" FOR MYSELF

I first started attending Al-Anon meetings in a desperate attempt to learn how to help my brother find sobriety. My life was unmanageable in that I didn't know how to get him to seek help, and I was powerless over the control alcohol had over him.

In that first meeting, I heard the phrase "family disease," and the dots of my own life began connecting. I was raised, along with my sister and brother, in an alcoholic family. So many things started to make sense. I would say that neither I nor my siblings have had a healthy relationship with alcohol, and now my brother has the disease.

I realize now how greatly my life has been affected by this disease. Things like lack of confidence, isolation, being withdrawn, fear of speaking up, and being competitive are just a few of the traits that can be at least partially explained by my childhood in alcoholism.

Today, I don't blame my father for this, because that doesn't change anything. I am the person I am today, and recognizing that the family disease of alcoholism contributed to that brings me some peace.

I was first drawn to Al-Anon to find out how to help my brother, but I "Keep Coming Back" to help myself.

By Russ B., Minnesota

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An article from the January The Forum, Al-Anon's Monthly Magazine. Don't have a subscription? Subscribe at <https://ecom.al-anon.org/forum#favf>.

AL-ANON SLOGAN HIGHLIGHT

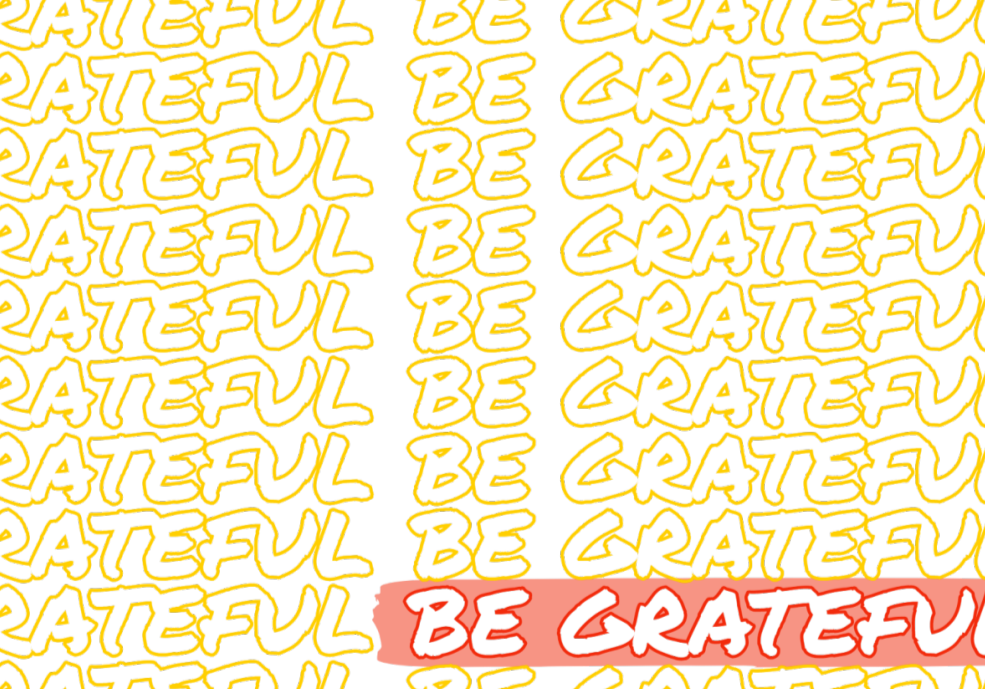
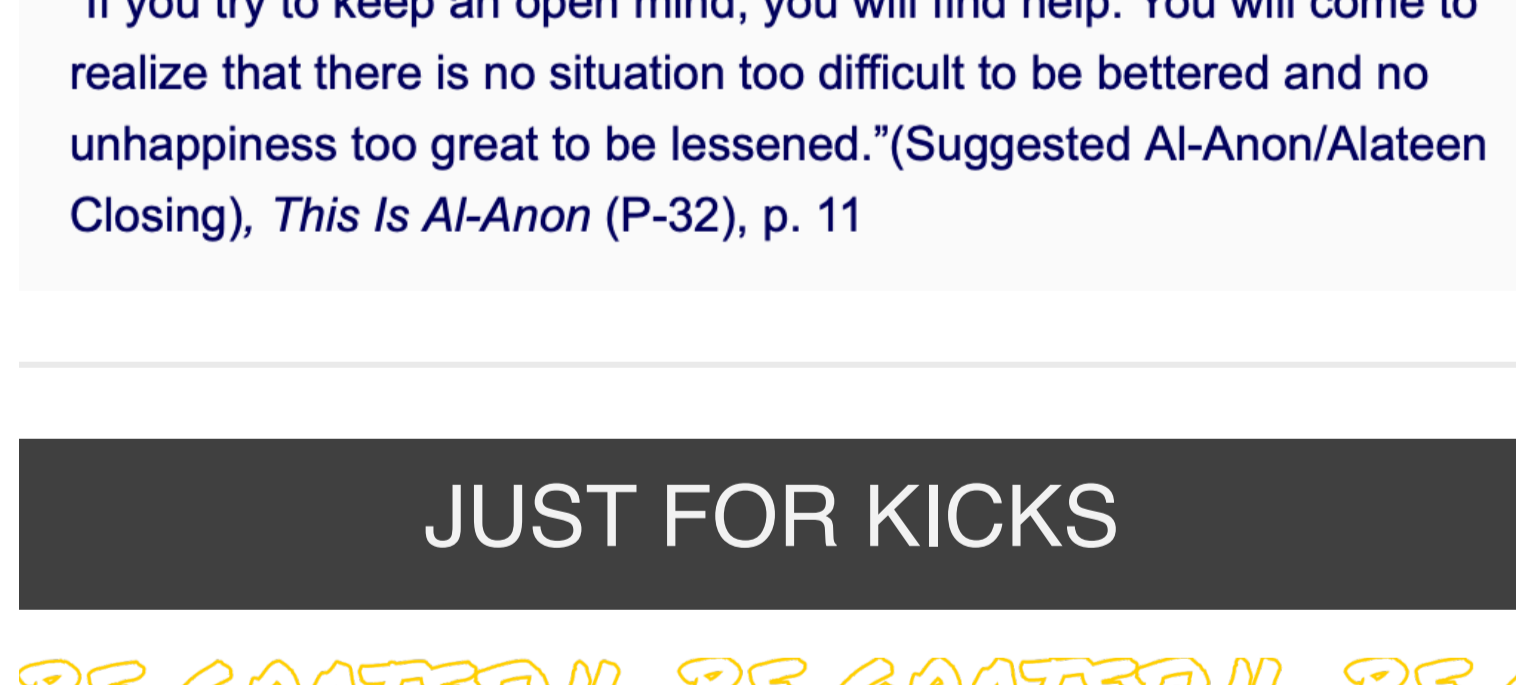
KEEP AN OPEN MIND

The slogan, "Keep An Open Mind" helps us to be open to ideas from sources that we might not have imagined could be helpful. It helps us to take advantage of all opportunities.

"When I count my blessings, I remember to count Al-Anon's gift of hope." *Hope For Today* (B-27), p. 366

"If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be better and no unhappiness too great to be lessened." (Suggested Al-Anon/Alateen Closing), *This Is Al-Anon* (P-32), p. 11

JUST FOR KICKS



I have character defects and I'm not afraid to use them.

ATTEN@CARDS USER CARD

Do you know anyone who would like to receive the newsletter? Have them email their request to idahod3newsletter@gmail.com

- [Click here for information on Alateen](#)
- [Can't make an in person meeting? Click Here Online Meetings Info](#)
- [Click Here for District 3 Meeting Schedule](#)
- [Click Here for District 3 Website](#)
- [Looking for statewide Al Anon/Alateen Info? Click Here for Idaho Area 13 Website](#)