

UPCOMING EVENTS

District 3 Meeting

Date: Tuesday, April 15, 2025

Time: 6:30pm – 7:30pm

Location: Library! at Hillcrest

5246 W Overland Rd

Boise, ID. 83705

Wednesday Night Speaker Meeting

When: Wednesday April 2, 2025, 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

Tyler will be our speaker



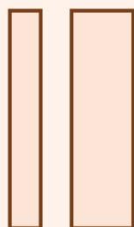
For any questions, you can call or text Mary H. @ 208.371.3740

Save the Date

Saturday, May 3, 2025



Lois & Anne Memorial Potluck
and Art Auction



11 AM -1 PM at St. Stephen's
Church, 2206 N. Cole Rd., Boise



Proceeds help fund the
Literature Center

Volunteers Needed! 208-344-1661

Join us for the

Gem State 2025 Round Up

Awakenings

August 8-10

located at the Caldwell Elks Lodge
1015 N. Kimball Avenue
Caldwell, ID 83605

REGISTRATION IS OPEN

Reserve your spot - space is limited!

Registration starts at \$45

www.gemstateroundup.com



AA and Al Anon speakers

Plus panels, entertainment, souvenirs, and much more!

CONFERENCE APPROVED
LITERATURE HIGHLIGHT

Many Voices, *One Journey*

Al-Anon Family Groups



Al-Anon's story of growth and recovery as experienced by the fellowship and its members over the past 60 years. Sharings from archival papers, official documents, published articles, and personal recollections, interspersed with insightful discussion questions, highlight the changes faced by not only Al-Anon's members, but Al-Anon itself. Indexed, softcover. 426 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



Kathy C~ Athens, TX

PUBLIC SERVICE OUTREACH



ARTICLE FROM THE FORUM

Comfort in a Rough Place

“You are in a rough place right now,” my Sponsor said as we walked together before our meeting. I had asked him to meet me 30 minutes early to help me find some firm ground. My brother had died four days earlier, and my partner was spiraling into a drunken bottom of her own. Violence and chaos dominated

my home life. Neither I nor my son felt safe in our home. I just wanted space for our shared grief and could find none. Even though I'd been in Al-Anon eight years, I now found myself facing a new version of this baffling, cunning, and powerful disease at a time when I had no emotional energy to cope with it.

Still, my Sponsor's simple words helped me find a little light and brought together all I had learned in Al-Anon. [Tradition Five](#) states that Al-Anon's one purpose is "to help families of alcoholics" by welcoming and comforting them.

He welcomed me into the conversation by setting aside time on short notice to meet early. I mattered to him. He let me share what I was facing, just like we do at our meetings, without interruption. I rambled and cried, and he just let me. I felt comforted by his listening. He heard my pain and responded with how he saw me: "You are..." But he did not give me advice or tell me what to do. His quiet comfort gave me a little power in a situation where I felt powerless. I felt less alone, too—a key reason why we "Keep Coming Back" to our meetings.

At the time, I did not realize that his last two words were also crucial: "right now." That period of time felt like forever while it was happening. It was overwhelming to feel so much all at once. But feelings aren't facts. My Sponsor knew my feelings would pass eventually. They did. It wasn't easy, but I bounced back better because of my program and its purpose of "welcoming and giving comfort to families of alcoholics."

By Charley B.

The Forum, October 2024

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AL-ANON SLOGAN HIGHLIGHT

PROGRESS NOT PERFECTION

“A mistake a day keeps my perfectionism at bay. Today I will endeavor to enjoy my humanness.” *Hope for Today* (B-27), p. 335

“My sponsor’s gentle reminder of ‘Progress, not perfection’ encourages my to give myself credit.” *How Al-Anon Works for Families & Friends of Alcoholics* (B-32), p. 340

JUST FOR KICKS





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

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[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](#)



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