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JANUARY 2025

EDITOR TINA L.

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HELLO THERE!

Welcome to the Idaho Area 18 AA Newsletter Wagon Wheel Newsletter!

able to relate to, and can see how the principles truly work in all areas of our lives. The two writers I selected to write an article are both people I have known in the program for around 10 years, and I've had the privilege to see them both grow and apply what they have learned in the rooms and practice it in their everyday life

I want to thank you all for allowing me to be the Wagon Wheel Editor and if there's a certain topic you would like to read about or feel inspired to contribute, please feel free to email newsletter@idahoarea18aa.org

In Service,

Tina L.

Parenting in Recovery: A Journey of Responsibility and Grace

By Brad P.

Recovery is more than a return to a sober life; it is a transformation that touches every aspect of one's being. For me, recovery has not only meant embracing the principles of Alcoholics Anonymous (AA) but also stepping into the profound responsibility of being a father to two incredible sons. These roles—being in recovery and being a parent—are deeply intertwined, each shaping and supporting the other in ways I never could have anticipated.

The Foundation of Recovery

Alcoholics Anonymous has been my anchor for over 12 years. Through its principles, I

has taught me to relinquish control, to seek forgiveness, and to strive for progress, not perfection.

This spiritual growth has been instrumental in my journey as a parent. Before recovery, my life was chaotic and self-centered, revolving around my own desires and struggles. In AA, I discovered a path that encouraged humility, accountability, and service—qualities that have become the cornerstone of my approach to fatherhood.

The Early Years of Sobriety and Fatherhood

The first year of my sobriety was one of the most challenging times in my life. I was uncertain if I would even have the privilege of being in my first son's life. His mother and I were navigating a fractured relationship, one filled with pain and mistrust. Those early years were a test of my commitment—not just to sobriety but to becoming the man and father I wanted to be.

It was through AA that I found the strength to persevere. The program's emphasis on making amends and seeking forgiveness helped me repair my relationship with my son's mother. Today, we co-parent with mutual respect and a shared commitment to raising our son in a healthy and loving environment. Forgiveness has been a gift for both of us, allowing us to move forward as partners in parenting.

Sacrifices and Commitments

Parenting, much like recovery, requires showing up—day in and day out, even when it's difficult. AA has taught me to honor my commitments and to prioritize the needs of others, often at the expense of my own desires. This lesson has been critical in my role as a father.

There are countless moments when I would rather be doing something else—pursuing hobbies, relaxing, or indulging in personal time. But my children need me to be present, to listen, and to guide them. Sacrifice isn't always easy, but AA has given me the tools to work through those moments. I've learned to pause, reflect, and remind myself of the immense

Navigating Co-Parenting

One of the greatest challenges I've faced as a parent in recovery is learning to work with the other parent. Co-parenting requires constant communication, patience, and the ability to set aside personal differences for the sake of the child.

AA has been a guiding light in this aspect of my life. The program emphasizes humility and putting others first—values that have helped me focus on what's best for my sons rather than getting caught up in ego or resentment. I firmly believe that children are innocent, and it is our responsibility as parents to provide them with love, stability, and guidance.



A Legacy of Grace

Looking back, I am overwhelmed with gratitude for the grace of God that has carried me through 12 years of sobriety. I am blessed to see my children regularly, to be an active part of their lives, and to witness their growth and joy. My journey has been one of learning, not just about parenting but about the deeper meaning of responsibility and love.

There are lessons I hope to pass on to my sons—lessons about perseverance, humility, and the power of grace. I want them to know that life will have its struggles, but there is always a way forward. I want them to understand the value of showing up for others and the



Parenting and Recovery: Two Paths, One Purpose

For me, recovery and parenting are two paths that lead to the same destination: a life of purpose, connection, and love. My sons are a daily reminder of why I chose this journey, and AA provides the framework to navigate it with integrity and faith.

Through the challenges and triumphs, I've come to see that being a parent is not just about providing for my children—it's about being present, being accountable, and being willing to grow. In many ways, my sons have been my greatest teachers, showing me the beauty of responsibility and the power of grace.

As I continue this journey, I remain grateful for the blessings of sobriety and fatherhood. Each day is an opportunity to show up, to give thanks, and to strive to be the man my children deserve.

-Brad P.

How Alcoholics Anonymous Gave Me the Gift of Motherhood

By Kim R.

My name is Kim, and I'm an alcoholic. By the grace of God and the 12 Steps of Alcoholics Anonymous, I became a mother after 15 years of sobriety—a journey I never thought I'd live to see.

Growing up, I swore I'd never become like my father—an alcoholic. I promised myself that when I had children, I'd protect them from the trauma and neglect I experienced. Yet for years, I denied the truth: I was an alcoholic, following the same destructive path I feared most. Despite my best intentions, I couldn't control my drinking, and abstaining felt impossible.



At 22 years old, I hit rock bottom. Broken and desperate, I walked into my first AA meeting. That day, I began the hard work of rebuilding my life, one step at a time. I didn't believe I deserved happiness or love. I told myself I'd never be sober long enough to become someone worth loving, much less a partner or a mother. But God had other plans.

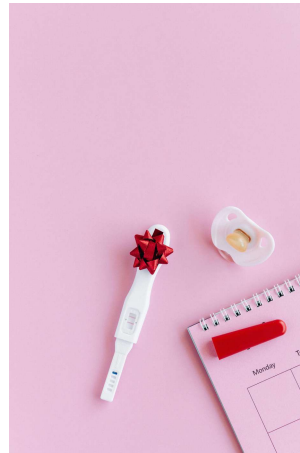
Five years into sobriety, everything changed. Working the Steps once more, I developed a relationship with God that wasn't just about going through the motions. It was raw, honest, and deeply personal. For the first time, I began to see myself the way God saw me - worthy of love, dignity, and a life beyond my wildest dreams.

In that season, I confronted the truth about who I'd been and the ideals of who I wanted to become. Through

beautiful. I could change. I began living in alignment with my ideals, slowly piecing myself back together and letting God guide me.

Somewhere in that process, I met the man who would become my husband. He was patient, grounded, and aligned with the life I'd been working toward. For the first time, I trusted God's timing instead of rushing ahead impulsively. Together, we built a partnership rooted in love, trust, and shared dreams, including marriage and children—things I never thought I'd deserve.

In the year we got married, I dove deeper into the 12 Steps and trauma work, uncovering how much of my life I'd spent prioritizing others to avoid facing my own pain. I needed to uncover it, name it, give it space, feel it, and let it go. God called me to step back, seek balance, and prioritize healing. Then, in January 2023, I slipped on black ice and suffered a concussion. That injury forced me to slow down in ways I couldn't understand at the time, but it was all part of God's preparation.



In July of that year, everything came full circle. Just before leaving to give a sponsee her one-year chip, I felt a nudge from God to take a pregnancy test. It was positive. The moment I saw that result, my entire journey—

Motherhood has been the hardest, most humbling chapter of my life. There were times during pregnancy and after my son's birth when I couldn't feel God's presence, when faith felt like walking blindfolded through the dark just like my first year of sobriety. But I stayed sober. I showed up for meetings when I could, I stayed in touch with my sponsor, and the women I sponsor, even when I felt I had nothing left to give. What carried me through was the foundation I'd built over 15 years—proof of God's grace and miracles, a deep relationship with Him, the strength and hope of the fellowship.

Today, I know why my son came to me later in life. He's had health challenges since birth, and I now have the wisdom and time to advocate for him in ways I couldn't have years ago. Watching other moms in the program and sponsoring women has taught me how to guide him with love, patience, and trust.

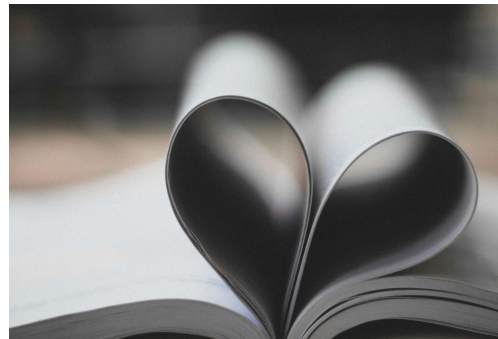


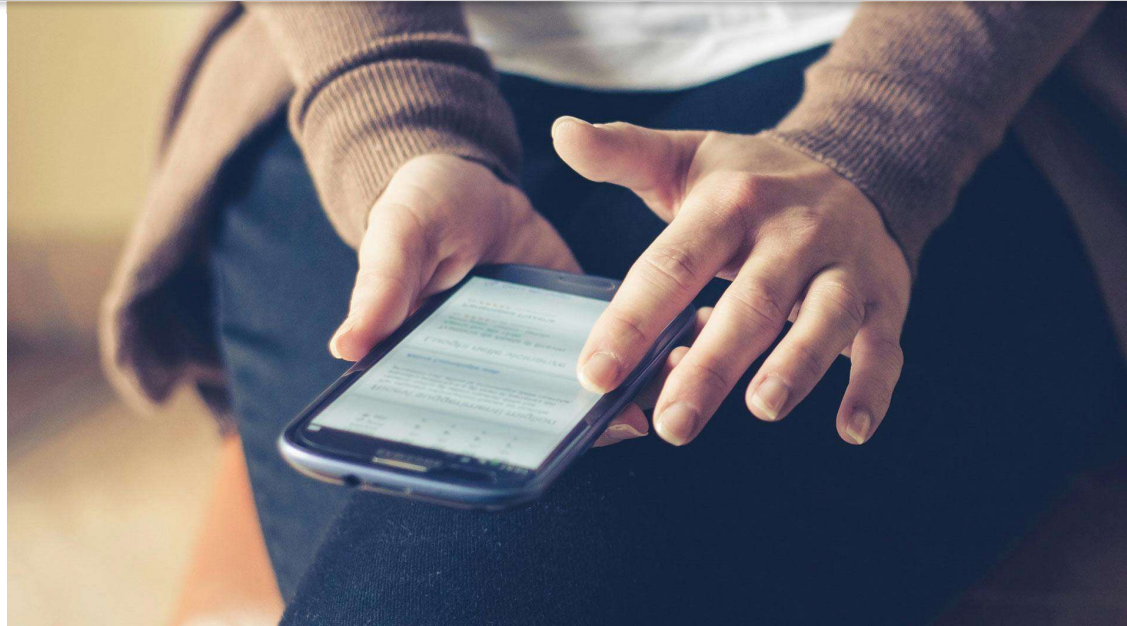
I never thought I was worthy of this life. But through God's love, the Steps, and the people who have walked this journey with me. I can recognize when God is talking to me and when my disease talks to me. It's a gift.

It is wild to think that I had no one when I walked into the rooms of AA. Now, I can see the program working in my life. I was chosen by my husband, my precious little boy, and most importantly, God chose me. My life isn't perfect, and my program looks different now than it used to, but one thing remains constant: God and sobriety come first. Without putting my program first, I'd lose it all.

This chapter of my life—motherhood—is my miracle, and I am forever grateful to Alcoholics Anonymous for leading me here.

-Kim R.







HOUSEKEEPING STUFF

If you are wanting others to read this newsletter, feel free to direct them to our Area 18 [website](https://idahoarea18aa.org/);
<https://idahoarea18aa.org/> > Area 18 Information > Area 18 Newsletter

There is a form to fill out to get onto the distribution list which includes first name and email address. My goal is to grow our reader's list, but I'll need your help to do so!

If you have an article to submit or have a certain topic you'd like to read about, please let me know. There is also an option to attach a file, if you feel called to submit something. Thank you for reading!

newsletter@idanoarea18aa.org



UPCOMING EVENTS

Dispelling the Myths: How PI/CPC Work Aligns with AA Traditions:

Saturday, January 25, 2025

10:00am-11:30am

Zoom

Meeting ID: 889 6807 8786 | Passcode: myth

Saturday, February 15, 2025

8:45am-1:00-ish

First Presbyterian Church - Lindsay Hall

950 W. State Street Boise, ID 83702

Please bring a side dish to share

9th Annual Women's AA Brunch

Saturday, April 19, 2025

Hilton West Garden Inn

7699 West Spectrum St. Boise, ID 83709

More details to follow!

2025 Spring Assembly/Convention

Hosted by District 1

May 9-May 11, 2025

Red Lion Inn

1555 Pocatello Creek Rd Pocatello, ID 83201

Early registration due before April 1st!

Save the Date: Gem State Round Up

August 8-10, 2025



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