

WESTERN SLOPE NOTES



March-April 2025

Final Mailing!!!!

We will not longer be mailing you the Newsletter unless you contact Central Office by mail or email stating that you want to continue receiving the Newsletter via US Post Office.

Central Office P.O. Box 1531 Grand Jct. CO 81502 or email centraloffice@aa-westerncolorado.com the Newsletter is also available on our website aa-westerncolorado.com You also have the option to have it emailed to you!



Dr. Bob

Bill W.

PO Box 1531 Grand Jct. CO 81502 740
Gunnison Ave #104 West door





WESTERN SLOPE NOTES Mar-Apr 2025



Board of Directors

Chair-Gene F - Vice Chair - Cindy D- Secretary – Victoria

Treasurer–Tammi T MAL—Dist.1 - Open MAL— Dist. 2 Dena M MAL Dist. 5 - Open

MAL Dist. 14—Betsy MAL– Dist. -17- Open MAL– Dist. -18– Jeanette H MAL Dist. 20—Dan J

Central Office Coordinator -Teresa M Asst. Coordinator - Bonnie B

Hello Western Colorado AA,

I am honored to serve as Chair for Central Office of Western Colorado for the next 2 years.

A little about me - After acknowledging to a friend that I had tried multiple ways to stop drinking, that I couldn't and needed help. It was suggested that I check out an AA Meeting as AA had helped a number of her friends get and stay sober. By the time I sought out help, I had lost everything there was to lose in life - money, jobs, house, car, marriage and most importantly the respect of my family and friends along with respect for myself. Whatever connection I had to a higher power didn't exist anymore. I had also lost all hope.

My sobriety date is November 15, 2005. I attended my very first meeting of Alcoholics Anonymous in Denver. Colorado on a cold and blustery Sunday evening. It was an all smoking meeting in Denver. There were about a hundred people or so it felt like attending the meeting. It came time for introductions. Everyone announced their first name and that they were an alcoholic. It came my turn. I blurted out that my name was Gene and I think that I might be an alcoholic. Everyone in the room broke out laughing. I truly didn't know if I was an alcoholic. I didn't know what made somebody an alcoholic. I just knew that I wasn't able to stop drinking on my own and that I had a lot of problems that may have been caused from drinking.

I was gagging through the entire meeting because of all the cigarette smoke. Fortunately an AA member approached me about attending a different meeting which turned out to be my Home Group for a number of years - Denver Thursday Night. The meeting featured group members sharing from the podium for 5 minutes on what it was like, what happened and what it is like now. The group also emphasized service. There must have been 20 services positions available including men and women greeters, coffee makers, secretary, chair, treasurer, literature rep, night watch chair, GSR, intergroup rep and more.

Service commitments required me to be accountable to other AA members and to show up weekly to my home group meetings. I have stayed sober from my first meeting of Alcoholics Anonymous and I credit service in AA to maintaining my sobriety over these past 19 years.

I've served as Language of the Heart Group Treasurer; Alternate GSR for Sweet Sobriety in Littleton then GSR; District 30 Treasurer; Roaring Fork CPC Committee Chair for District 14; Treasurer, Member at Large and DCM for District 2; Vice Chair and now Chair for Central Office of Western Colorado. I also attended a Concepts Study Meeting in Denver for many years with Mark G who is a Past Delegate for Area 10. I have also served on many Ad Hoc Committees over the years making recommendations on merging Districts 11 and 30 and updating By-Laws and Policies and Procedures for District 2 and Central Office.

I believe my AA service experience will greatly assist me with my new position with Intergroup. I visited with Teresa M at Central Office the day I moved from Denver to Grand Junction and began shortly after transitioning the website to WordPress to accommodate displaying of meetings on the Central Office website utilizing the 12 Step Meeting WordPress Plugin and more importantly the Meeting Guide app. I also maintained the website for many years until we were able to locate another AA member from District 14 to assist. I still am a Technical Advisor to Central Office in terms of hosting and handling updates to WordPress Application and also managing technical aspects of our ColorDaze website.

I'm excited that Cindy D from District 20 has agreed to serve as Vice Chair. She previously served as Intergroup Representative for her Home Group in Delta. I also appointed and Intergroup ratified Duke J as ColorDaze Chair for the next 2 years. I believe Duke will bring some fresh ideas to our annual fundraising event and to assist with increasing interest, attendance, programming and contributions with AA members throughout Western Colorado.

Again, thank you for the privilege of serving AA Western Colorado groups in their common purpose of carrying the message to the alcoholic who still suffers.

Yours in Service,

Gene F, Chair



Western Slope Notes March-April 2025



Group Contributions

| | <u>Dec 24, '24 - Feb 25, 25</u> |
|------------------------------|---------------------------------|
| Came To Believe | 45.99 |
| Celebrating Sobriety | 100.00 |
| Cortez Fellowship Group | 25.00 |
| District 14 | 500.00 |
| District 18 | 500.00 |
| District 20 | 688.79 |
| Dry Ice | 188.00 |
| Durango Cornerstone Group | 400.00 |
| Early Birds | 300.00 |
| Fellowship of the Spirit | 30.00 |
| Friday Noon Discussion | 25.05 |
| Go For It | 49.16 |
| Gunnison Guzzlers | 400.00 |
| Happy, Joyous, and Free | 209.25 |
| Hot Sulphur Springs | 450.00 |
| Hotchkiss Monday Group | 410.00 |
| Insanely Early Birds | 300.00 |
| Just For Today | 83.00 |
| Lake City AA | 100.00 |
| Living in the Solution | 30.00 |
| Lunch Bunch-GJ | 304.00 |
| Monday Night Men's Group | 310.00 |
| Noon Simplicity Group Dillon | 50.00 |
| Norwood Group | 100.00 |
| Odd Balls | 148.28 |
| One Day at a Time | 50.00 |
| Pagosa Group | 250.00 |
| Peaks and Valleys | 650.00 |
| Promises | 991.14 |
| Rifle Jump Start Group | 559.30 |
| Sisters In Sobriety | 50.00 |
| Sometimes Slowly | 60.00 |
| Telluride Group | 626.60 |
| The Breakfast Club | 250.00 |
| Thursday Night Meeting | 137.00 |
| Tuesday Night Men's Meeting | 557.55 |
| Two Mile High | 170.00 |
| Upon Awakening | 100.00 |
| Vail Group | 116.42 |
| Vallecito Group | 62.00 |
| | <u>10,376.53</u> |

Individual Contributions

| | <u>Dec 24, '24 - Feb 25, 25</u> |
|--------------------------|---------------------------------|
| Cash Sales | 18.37 |
| Individual Contributions | 1,722.75 |
| | <u>1,741.12</u> |



Early Birds post COVID is looking to increase their meeting attendance. This Meeting was 7 Days a week in person. Now is Meeting Saturday and Sunday at 7:30am in person at the:

First Congressional Church

1425 N. 5th Street

Grand Junction, CO 81501

So all you early birds come join us!!!

Me: An Irishman walks into an AA meeting.

AA: Just kidding!



Me: My name is Matt, and I'm an alcoholic.

AAA: This is AAA, not AA.

Yeah, I was just explaining how my car got in the lake.



WESTERN SLOPE NOTES Mar-Apr 2025

March Sobriety Celebration



| | | | | | |
|----------|---|------------------------|---|----|----|
| Lind | C | | 3 | 1 | 15 |
| Janet | S | Craig #1 | 3 | 1 | 20 |
| Suzanne | P | Tri-Angle | 3 | 1 | 36 |
| Ed | M | Meeting @ VA | 3 | 2 | 41 |
| Angie | B | Odd Balls | 3 | 3 | 44 |
| Michael | S | What's the Point | 3 | 4 | 55 |
| Joe | | Odd Balls | 3 | 6 | 19 |
| Bill | S | Early Birds I | 3 | 6 | 41 |
| William | S | Insanely Eary Birds | 3 | 6 | 41 |
| Larry | B | Meeting @ V.A. | 3 | 6 | 42 |
| Jerry | C | | 3 | 6 | 44 |
| Mary | | | 3 | 7 | 26 |
| Larry | S | Aspen | 3 | 7 | 38 |
| Brill | K | Aspen | 3 | 8 | 37 |
| Amyange | R | | 3 | 9 | 14 |
| Don | S | Lunch Bunch | 3 | 9 | 23 |
| Steve | T | | 3 | 10 | 28 |
| Jesse | E | Robbers Roost | 3 | 11 | 19 |
| Kandi | T | | 3 | 11 | 30 |
| Barb | S | Hotchkiss Monday Night | 3 | 13 | 19 |
| Charlie | B | Attraction | 3 | 13 | 53 |
| Kathy | G | | 3 | 14 | 14 |
| Joe | M | | 3 | 14 | 33 |
| Leslie | C | Aspen | 3 | 15 | 38 |
| George | K | | 3 | 15 | 49 |
| Nadine | H | Early Birds I | 3 | 17 | 17 |
| Dave | E | Attraction | 3 | 17 | 22 |
| Heath | M | Aspen Men's | 3 | 17 | 22 |
| Diana | S | Steamboat Seagulls | 3 | 18 | 33 |
| Case | P | GJ | 3 | 19 | 30 |
| Paul | F | Early Birds I | 3 | 20 | 22 |
| Angel | S | 4 De Abril | 3 | 20 | 24 |
| Theresa | L | | 3 | 20 | 33 |
| Theresa | N | | 3 | 20 | 34 |
| Susan | P | | 3 | 21 | 28 |
| Gary | C | | 3 | 21 | 46 |
| Suzanne | E | | 3 | 23 | 11 |
| Steve | F | Hotchkiss | 3 | 23 | 22 |
| Michelle | M | Telluride | 3 | 23 | 23 |
| Jeff | H | Steppin' Out | 3 | 24 | 16 |
| John | W | One Day At A Time | 3 | 24 | 39 |
| Chris | J | Paonia | 3 | 24 | 40 |
| Maggie | P | Granby AA | 3 | 25 | 38 |
| Terry | V | | 3 | 26 | 29 |
| Pete | G | | 3 | 26 | 39 |

| | | | | | |
|---------|---|-----------------|---|----|----|
| Judy | S | | 3 | 26 | 41 |
| Trisha | M | Steppin' Out | 3 | 26 | 47 |
| Dan | G | Grand Mesa | 3 | 27 | 15 |
| Bill | F | Attraction | 3 | 27 | 25 |
| Scott | W | Open Parachute | 3 | 28 | 16 |
| Marilyn | M | Durango | 3 | 31 | 43 |
| Gerry | G | P-Burg Pilgrims | 3 | | 34 |

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.



Tradition 3

The only requirement for A.A. membership is a desire to stop drinking



We make every effort to ensure that birthday information is correct, but we are human! If you see mistakes or know of someone that has left the program, please let us know!!!

Email us at : centraloffice@aa-westerncolorado.com or give us a call at 970-245-9649.



WESTERN SLOPE NOTES Mar-Apr 2025



April Sobriety Celebration

| | | | | | |
|-----------|---|------------------------|---|----|----|
| Dwight | F | As Bill Sees It | 4 | 0 | 36 |
| Katie | G | | 4 | 1 | 12 |
| Leo | F | Never Too Late | 4 | 1 | 21 |
| Christine | A | Lunch Bunch | 4 | 1 | 24 |
| Michael | C | Brown Baggers-GWS | 4 | 1 | 42 |
| Jim | C | Vail | 4 | 1 | 43 |
| Katie | K | Alumni-H.O.W.-GJ | 4 | 1 | 45 |
| Tom | T | Telluride | 4 | 4 | 20 |
| Ed | B | Aspen | 4 | 4 | 30 |
| Kelly | C | | 4 | 6 | 18 |
| Tillie | S | | 4 | 6 | 29 |
| Robert | V | Steamboat Seagulls | 4 | 6 | 33 |
| Lon | U | Tuesday Mens | 4 | 9 | 19 |
| Bonnie | C | | 4 | 10 | 20 |
| Luciann | B | Rangely #1 | 4 | 11 | 16 |
| Skeeter | | Steamboat Seagulls | 4 | 11 | 37 |
| Rick | D | | 4 | 13 | 17 |
| Bert | P | Brown Baggers--GJ | 4 | 13 | 33 |
| Bob | V | | 4 | 13 | 33 |
| Candi | B | Odd Balls | 4 | 14 | 27 |
| Kenny | H | Brown Baggers--GWS | 4 | 14 | 35 |
| Sydney | N | | 4 | 14 | 48 |
| Pat | S | Lunch Bunch | 4 | 15 | 29 |
| Beth | D | Burning Mt Action | 4 | 15 | 41 |
| Pat | O | Steamboat Seagulls | 4 | 16 | 39 |
| Steve | S | Odd Balls | 4 | 17 | 19 |
| Tom | B | Attraction | 4 | 17 | 22 |
| Brian | S | Aspen | 4 | 17 | 30 |
| Marvin | M | Early Birds I | 4 | 17 | 36 |
| George | V | Telluride | 4 | 19 | 43 |
| Dan | G | Craig #1 | 4 | 20 | 27 |
| Caroni | A | Durango Central | 4 | 20 | 33 |
| Michelle | J | GJ | 4 | 20 | 35 |
| Helen | J | GJ | 4 | 20 | 38 |
| Frank | B | Steamboat Seagulls | 4 | 20 | 39 |
| Barb | G | Lunch Bunch | 4 | 20 | 44 |
| Amber | S | Odd Balls | 4 | 21 | 19 |
| Mike | G | Hotchkiss Monday Night | 4 | 21 | 21 |
| Becky | J | Odd Balls | 4 | 21 | 35 |
| Marie | W | Aspen | 4 | 21 | 35 |
| Catherine | M | Go For It - Womens | 4 | 21 | 42 |
| Nancye | P | | 4 | 22 | 31 |
| Julianne | S | | 4 | 24 | 37 |
| Mar | M | Womens' Outreach | 4 | 24 | 37 |
| Paul | F | Brown Baggers -GJ | 4 | 24 | 39 |
| Bruce | M | | 4 | 24 | 50 |
| Patrick | B | Telluride Group | 4 | 25 | 38 |
| Matt | K | | 4 | 27 | 14 |
| Karin | B | A Vision For You | 4 | 27 | 19 |
| Big Bob | M | | 4 | 28 | 43 |

Step 4
Made a searching and fearless moral inventory of ourselves

| Liabilities Watch For | DAILY MORAL INVENTORY | Assets Strive For |
|--------------------------|--------------------------|------------------------|
| Self Pity | | Self-Forgetfulness |
| Self Justification | | Humility |
| Self Importance | | Modesty |
| Self Condemnation | | Self Valuation |
| Dishonesty | | Honesty |
| Impatience | | Patience |
| Hate | | LOVE |
| Resentment | | Forgiveness |
| False Pride | | Simplicity |
| Jealousy | | Trust |
| Envy | | Generosity |
| Laziness | | Activity |
| Procrastination | | Promptness |
| Insincerity | | Straightforwardness |
| Negative Thinking | | Positive Thinking |
| Vulgar, Immoral | | High Minded, Spiritual |
| Trashy Thinking | | CLEAN Thinking |
| Criticizing | | Look for the GOOD |

Eliminate the Negative Accentuate the Positive

Tradition 4
Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

au·ton·o·mous

/ô'tänəməs/

adjective

- 1. having the freedom to govern itself or control its own affairs.**
- 2. acting in accordance with one's moral duty rather than one's desires.**



Service Beyond the Group

General Service Representatives (GSRs)

The general service representatives (GSRs) of the U.S. and Canada are the foundation of our general service structure. Just as members make up a community, each A.A. group is part of a larger whole. Through your GSR, you can make your group's voice heard.

Each group's GSR usually participates with the GSRs of other local groups in regular district meetings. There the GSRs discuss plans and make decisions on how to best serve the local groups. They also learn more about what is happening in A.A. world service. GSRs also take part in area assemblies. They give input to those who represent your area at the General Service Conference.

District Committee Members (DCMs)

Each district has a leader of the district committee of GSRs called the district committee member (DCM) Thanks to the participation of the GSRs, the DCM is exposed to the group conscience of that district.

These DCMs are essential links between the group GSRs and the area delegate to the General Service Conference. DCMs pass on their district's thinking to area committees and service workers. They carry information back to local GSRs, who in turn keep their group members informed on various A.A. issues.

Service Committees

Many groups, districts, and areas carry the A.A. message into treatment settings and correctional institutions. The goal is to ensure that the A.A. message reaches those who may be the most in need. Often organized by A.A. service committees, this work may involve working with professionals or other non-A.A. members.

Groups often provide speakers to go into these institutions. They can also provide contacts for A.A. members who are released from these institutions. This helps them to make contact with A.A. in their communities when they get out.

Grapevine Quote July 18, 2014

“Isn't a donation of my time and services just as important as my donation of cash? What if my home group had money for coffee, rent, and literature, but no one to open the meeting room and make the coffee?” Manassas, Virginia, July 1992 “AA Needs More Than Just Money,” AA Grapevine

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What's Happening



Area 10 Spring Assembly 2025 March 21-23, 2025

Fort Collins Hilton Hotel 425 W. Prospect Rd Fort Collins, CO 80526 Hotel rooms with a Friday arrival are available at the block rate of \$129 per night. Open Meetings: Friday 9pm, Saturday 7am, Sunday 7am Saturday Speakers Al -Anon Speaker at 7:00pm. AA Speaker at 8:00pm

District 1- Area 10 Annual Corrections Conference.

Steamboat Springs Community Center- 1605 Lincoln Ave. Steamboat Springs. April 12-2025 8:00 am to 4:00pm. Tickets are \$12.00 this includes breakfast. Lunch is a potluck. More info: Lynsey B 970-846-7519



The Young and Restless Presents
Pies & Principles March 15th
5:30 Pie Drop off Dinner 6:00 Dinner
7:00 12 Speakers on the 12 Steps
Methodist Church Emie 720-326-5900
824 Cooper Ave-Glenwood Springs



Register for CCYPAA -May 2-4, 2025
The Doubletree by Hilton Denver Tech Center



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