

WESTERN SLOPE NOTES



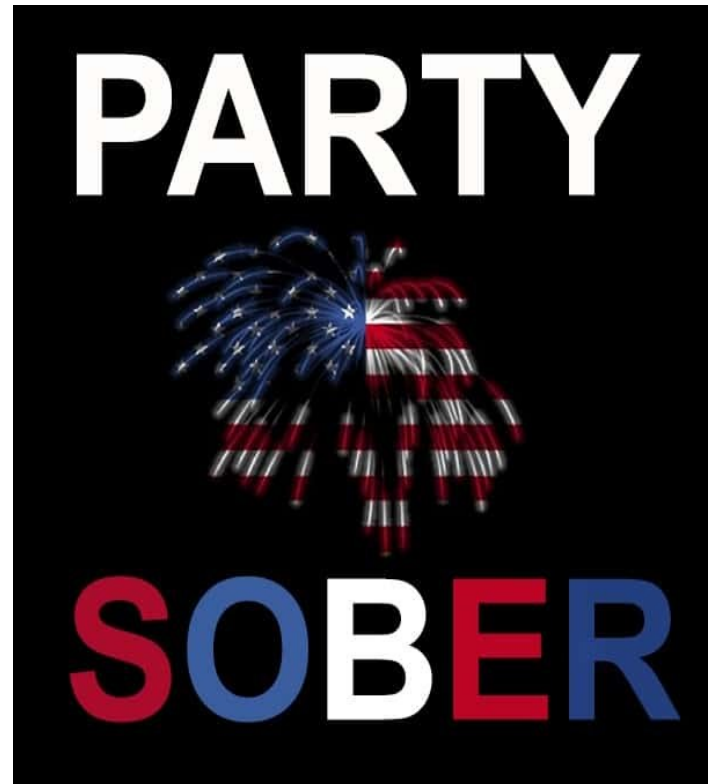
July-August 2026

DISTRICT 18 IS HOSTING
AREA 10
SUMMER ASSEMBLY
★★★★★★★★
Sky Ute Casino Resort
14324 CO-172, Ignacio, CO 81137

JULY 24  JULY 26

HOTEL INFORMATION

Reservations: 970.563.7777
Room Block Name:
Area 10 Summer 2026
Rate: \$159 / night
Assembly Registration
Opens Friday, 4pm
Taco Bar | Ice Cream Social | Drinks
Contact: sadavis2621@gmail.com



Tips for Surviving 4th of July Sober

- Bring Your Car
- Utilize Support Systems
- Bring Non-Alcoholic Drinks with You
- Prepare Yourself
- Learn to Say NO
- Manage FOMO
- Don't Participate in Drinking Games



Dr. Bob

Bill W.

Central Office of Western Colorado

Mailing Address:

PO Box 1531 Grand Jct., CO 81502

Physical Address:

740 Gunnison, Grand Jct., CO 81501





Western Slope Notes July-August 2026



Executive Committee

Chair-Gene F Vice Chair -Cindy D Secretary-TJ Treasurer-Liz H.

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

From Gene F, Chair Intergroup

The Central Office of Western Colorado is a service branch of Alcoholics Anonymous including District 1, District 2, District 5, District 14, District 17, District 18 and District 20 in Western Colorado.

Our primary purpose is to serve in support of Western Colorado groups of Alcoholics Anonymous in their common purpose of carrying the message to the alcoholic who still suffers. The Central Office of Western Colorado operations are assisted by volunteer personnel whom are guided by the Executive Committee, Intergroup Committee, the Twelve Traditions of Alcoholics Anonymous and the Twelve Concepts for World Service.

Alcoholics Anonymous has no dues or fees, but we do have expenses at the Central Office of Western Colorado. The cost for Central office to provide all of these services is approximately \$95,000 per year.

By tradition, Alcoholics Anonymous is self-supporting through AA Group and Member contributions. There is no funding provided from the General Service Office in New York or the United Way or other outside entities.

It s up to AA Groups & Members to keep the doors of AA open, so please give what you can. Contributions can only be accepted only from members or groups of Alcoholics Anonymous.

Together, group and individual contributions make it possible for the Central Office to coordinate these services in Western Colorado in order to facilitate twelfth step work on behalf of AA members and groups.

Here are ways that you can contribute to Central Office:

You can make a one-time contribution at <https://aa-westerncolorado.com/donations/one-time>.

I wanted to remind you about our Faithful Fiver Donation Plan where an A.A. member who graciously pledges to contribute \$5 or more each month to support Central Office of Western Colorado in our efforts to carry the A.A. message of hope and recovery to the still suffering alcoholic. As a Faithful Fiver, your personal contribution makes our vital services possible.

The Faithful Fiver idea came about when we remembered that we wasted much more than \$5 on an alcoholic beverage or cocktail during our drinking days. Your contribution will help Central Office of Western Colorado provide the services necessary to carry the message of Alcoholics Anonymous to the still suffering alcoholic.

Individual contributions are tax deductible under Internal Revenue Code.

You can contribute by credit/debit card by signing up online at <https://aa-westerncolorado.com/donations/recurring>.

Alternatively, you can visit Central Office of Western Colorado in person at our office located near Downtown Grand Junction at 740 Gunnison Ave. Grand Junction, CO 81501 and Central Office staff can set up a monthly recurring contribution. You may cancel automatic billing at any time.

(continued on page 3)



Western Slope Notes July-August 2026



(continued from page 2)

Central Office of Western Colorado also accepts gifts in wills, trusts or estate plan from A.A. members.

Self-support begins with us, ensuring the hand of AA is always there for those who still suffer. A legacy contribution is a meaningful way to show your gratitude for the sobriety you've found by supporting our Central Office in your will, trust, or estate plan. These contributions ensure that literature is available, phones are answered, and meetings are listed for generations to come. Central Office is in my will. Have you included Central Office in yours?

If you have already included Central Office of Western Colorado in your estate plans, please let us know so we can thank you for your commitment to the future of Central Office of Western Colorado.

To learn how to leave a legacy contribution to Central Office, please contact our Office Manager at (970) 245-9649 or centraloffice@aa-westerncolorado.com.

Support Central Office Through a Qualified Charitable Distribution

As we trudge the Road of Happy Destiny, many A.A. members look for ways to ensure the message of recovery is available to the still-suffering alcoholic. If you are 70 or older, a Qualified Charitable Distribution (QCD), also known as an IRA Charitable Rollover is a powerful, tax-efficient way to support Central Office of Western Colorado while honoring our 7th Tradition of being self-supporting. More information is available at <https://aa-westerncolorado.com/charitable-distribution>.

There are many other ways to contribute to our shared purpose.

? Contribute to Central Office on your A.A. birthday. It's often suggested to contribute \$1.00 or more for every year of sobriety - or as much as you wish to give. You may request that your group be credited for your birthday contribution.

? Honor a beloved sponsor or deceased fellow A.A. member by making a memorial contribution in their name to our Central Office.

? Purchase A.A. literature, pamphlets and sobriety coins directly through Central Office to support its operating costs.

In the spirit of participation, no contribution toward carrying the message is too small. Our A.A. co-founder Bill W. spoke about our collective obligation to support A.A. services, and if everyone waited until they had a sizeable amount, it is more than likely that A.A.'s bills would go unpaid.



Western Slope Notes July-August 2026

Financial News



Group Contributions

	<u>Apr 29 - Jun 25, 26</u>
As Bill Sees It-Online	60.00
Bayfield Early Bird Group	18.30
Burning Mountain Action Group	545.63
Cortez Fellowship Group	90.00
Crested Butte (CBAA)	240.00
Delta Area Big Book Study	125.00
Dillon Noon Simplicity Group	50.00
Durango Young Peoples Group	61.81
Edwards Noon Group	150.00
Grand Mesa Group	50.00
Happy, Joyous, and Free	47.70
Just For Today	80.00
Lunch Bunch-GJ	141.36
Melody Step Study Group	320.00
Odd Balls	460.55
One Day at a Time	50.00
Original Early Birds	202.00
Pagosa Group	100.00
Rifle Jump Start Group	100.00
Sisters in Spirit	146.04
Stepping Out	400.00
Summit Serenity Sisters	50.00
The Wild Bunch (Veterans)	100.00
There is a Solution/PS	100.00
Two Mile High	120.00
WTF-Welcome to Fruita	356.00
	<u>4,164.39</u>

Individual Contributions

	<u>Apr 28 - Jun 25, 26</u>
Individual Contributions	690.00
	<u>690.00</u>

Central Office of Western Colorado Profit & Loss

January 1 through June 25, 2025

Jan 1 - Jun 25, 25	
▼ Ordinary Income/Expense	
▼ Income	
▶ Group Contributions	18,538.61
▶ Individual Contributions	2,708.97
▶ Reimbursed Expenses	624.96
▶ Sales	12,284.22
Total Income	34,156.76
▶ Cost of Goods Sold	8,720.67
Gross Profit	25,436.09
▶ Expense	39,874.44
Net Ordinary Income	-14,438.35
▶ Other Income/Expense	551.78
Net Income	<u>-13,886.57</u>

Central Office of Western Colorado Profit & Loss

January 1 through June 25, 2026

Jan 1 - Jun 25, 26	
▼ Ordinary Income/Expense	
▼ Income	
Founders' Day	318.00
▶ Group Contributions	15,584.89
▶ Individual Contributions	2,480.00
▶ Intergroup Functions	317.00
▶ Reimbursed Expenses	830.73
▶ Sales	14,990.59
Total Income	34,521.21
▶ Cost of Goods Sold	11,723.99
Gross Profit	22,797.22
▶ Expense	36,496.09
Net Ordinary Income	-13,698.87
▶ Other Income/Expense	426.29
Net Income	<u>-13,272.58</u>

We try to send out Thank You notes to acknowledge your contributions and to provide you with a receipt for your records. If you haven't received a Thank You it is probably because we don't have a good address for your group. When possible, please provide a mailing address so we can:





Western Slope Notes July-August 2026

July Sobriety Celebration



Gayle	V		7	1	14
Brian	J	Telluride	7	1	27
Jim	P	Telluride	7	1	35
Chuck		Telluride	7	1	36
Leslie	P	Craig #1	7	2	24
Craig	M	Saturday Morning Mens	7	4	15
Anders	A	Steamboat Seagulls	7	4	29
Cheryl	N	Telluride	7	4	35
Karen	M	One Day At A Time	7	7	21
Keith	M	Attraction	7	7	41
Richard	T	Telluride	7	8	45
Ted	T	Melody Step Study	7	8	23
Sharon	S	Telluride	7	9	22
Jim	C	Brotherly Action - Basalt	7	9	25
Susan	K	Grand Mesa Group	7	9	27
Anna	D	Lunch Bunch	7	10	25
Kit		Telluride	7	10	25
Ron	J	Palisade Happy Open	7	10	28
Cheryl	B	Ute Mountain Group	7	10	47
Chris	P	Palisade HOGS	7	11	15
Karalee	P		7	11	28
Mark	N	Odd Balls	7	11	31
Jaime	H		7	11	37
Dianna	M	Lunch Bunch	7	11	39
Stephanie		Telluride	7	12	36
Alison	C		7	14	40
Walt	B		7	14	46
Tom	H	Delta BB Study	7	16	15
Charlie		Bantron	7	16	30
Rick	J	Early Birds I	7	16	33
Dan	J	Delta Area Group	7	16	38
Lynette		Open Parachute	7	17	19
Jack	S	Grand Mesa	7	18	30
Mike	P	Aspen	7	18	31
Jim	O	Lunch Bunch	7	19	24
Lil	P	Brown Baggers--GJ	7	19	27
John	F	Early Birds I	7	20	37
Tracy	M	Grand Mesa	7	20	37
Dana	B	Insanely Eary Birds	7	21	20
Doreen	D	Brown Baggers--GJ	7	21	30
Crystal	S	H.O.W. -- GJ	7	22	20
Rex	J	What's the Point?	7	23	36
Sharon	G	Grand Mesa	7	23	40
Leslie	F	Odd Balls	7	24	13
Steve	Y		7	24	15
Tom	R	Clifton Original	7	24	34
Bob	L	Over the Hump	7	24	44
Susan	L		7	25	17
Bill	A	Tuesday Night Mens	7	26	34
Sherri	M	Open Parachute	7	27	16
Brad	C	S.I.O.G.A.	7	28	35

Dianne	R	Keep It Simple	7	28	40
David	S	Burning Mtn Action	7	28	44
Judy	M	Serenity Speakers	7	29	35
Lois	H		7	30	37
Dyer	O		7	31	41

Step 7

Humbly asked Him to remove our shortcomings.



Prayer for a humble heart

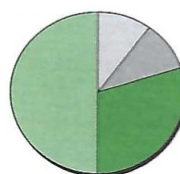
Oh my loving Lord,
I'm not blind to my faults.
I have plenty.
My wounds make me afraid
So I get defensive, or I hide.
This is not what you want.
Your Spirit is the Spirit of truth.
And the truth is, my heart is broken.
Show me, oh Lord, the good part.
As the broken heart is an open heart
Where your Spirit can enter and work.
Let me understand
What it truly means to be humble,
No play acting or falseness.
Instead, let me know that
True humility is letting you in
To free, heal and cleanse me,
Even if this makes me afraid.

Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

Recommended distribution from Pamphlet F-3

Self-Support: Where Money and Spirituality Mix



10% to district
10% to area committee
30% to G.S.O.
50% to intergroup or central office

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.

Thank you!



Western Slope Notes July-August 2026



August Sobriety Celebration

Barbara	H	As Bill See It	8	34
Penny	M		8 1	14
Gordy	L		8 1	28
David	H		8 1	29
Michael	R	Lunch Bunch	8 2	32
Trevor	N	Promises	8 2	13
Mary	M	Thursday Nite Womens	8 5	22
Chuck	S	Lunch Bunch	8 5	37
Buck	W	Bantron	8 6	32
Tim	S	Original Clifton	8 6	38
Meri Kriss	R		8 7	16
Frank	B	Insanely Early Birds	8 7	27
Dwight	W		8 8	15
Greg	M	(Aurora)	8 8	38
Roger	I	Early Birds I	8 9	28
Ronde	C		8 10	41
Steve	P	Lunch Bunch	8 11	23
Claudia	F	Womens Outreach	8 11	37
Ray	M	Open Parachute	8 11	63
Ron	N	Odd Balls	8 14	21
Linda	C		8 14	28
Keith	A	Odd Balls	8 15	19
Barb	R	Open Parachute	8 15	41
Linda	H	Steamboat Seauls	8 16	26
Wayne	M	S.I.O.G.A.	8 17	42
Cheryl	J	Open Parachute	8 18	28
John	G	Aspen	8 18	29
Susan	S		8 18	31
Carlos	R		8 19	21
David	D	Early Birds I	8 19	21
John	R		8 19	38
Patricia	K	Eagle	8 19	39
Bill	V	Open Parachute	8 19	41
Michael	S	(Nickname: Patch)	8 20	18
Charles	F	New Beginnings	8 20	43
Christina	H	Lunch Bunch	8 20	45
Mark	R	Early Birds I	8 21	24
Marilyn	H		8 22	32
John	W	Attraction	8 22	40
Sarah	B		8 23	16
Joyce	B	Craig #1	8 23	23
Chris	K	Aspen	8 23	29
Matt	S	Just for Today	8 25	21
Louis	G		8 25	41
Connie	M		8 27	22
Becky	H	Odd Balls	8 28	23
Jack	P	Lunch Bunch	8 28	31
Karma	B	Aspen	8 28	36
Helena	G		8 29	16
Debbie	T	Craig #1	8 29	23
Sharon	S	Up To Ouray in AA	8 29	42
Bud	N	Craig #1	8 29	47
Ray	A	Aspen	8 30	30

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

HOW TO APOLOGIZE

1	Say <u>what</u> you are sorry for	"I am sorry for..."
2	Say <u>why</u> it was wrong.	"It was wrong because..."
3	Accept full <u>responsibility</u> .	"I accept full responsibility for what I did/said."
4	Ask <u>how</u> to make amends.	"How can I make this better?"
5	<u>Commit</u> to not doing it again.	"Moving forward, I promise to..."
6	Ask for <u>forgiveness</u> .	"Will you accept my apology?"
7	<u>Thank</u> them.	"Thank you for bringing this to my attention."

THESE ARE NOT APOLOGIES: ☹

- I'm sorry you feel that way.
- I'm sorry you misinterpreted what I said.
- You misunderstood what I meant.
- I'm sorry but...
- What about that time you...
- It was your fault that I

Tradition 8

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.





Western Slope Notes July-August 2026

News From GSO/AAWS



Everything AA was recently acquired by A.A. World Services (AAWS)

Posted May 19, 2026 by [District 04 MSCA 09](#)

The **Everything AA** app is one of the most popular, highly-rated mobile resources designed to support individuals navigating Alcoholics Anonymous and the 12-step recovery program. It acts as an all-in-one digital toolkit, combining essential AA literature, community trackers, and audio resources in a single interface.

The app is completely free, does not feature ads, and is available for both iOS and Android devices.

Key Features of Everything AA

- **Comprehensive Literature Library:** It includes full text and audiobook versions of foundational recovery texts, including the *Big Book*, *12 Steps and 12 Traditions (12 & 12)*, and *Living Sober*.
- **Daily Reflections:** Users have instant access to the daily AA inspirational reading, complete with integrated text, audio options, and customizable font sizes.
- **Meeting Finder:** It features a built-in, worldwide online meeting locator. The app integrates with video conferencing platforms so you can tap a meeting and jump straight into an active virtual group.
- **Famous Audio Tapes:** The app hosts classic, multi-part speaker recordings like the famous **Joe and Charlie Tapes**, which break down the Big Book study in a practical, deeply informative way.

Sobriety Tracker & Tools: It features a customizable day counter to track milestones, alongside active recovery tools like a shareable daily inventory and a gratitude list.

Recent Changes to the App

Originally built and maintained by an independent developer, [Everything AA](#) was recently acquired by **A.A. World Services (AAWS)**, the official administrative body of Alcoholics Anonymous. While the app remains free and ad-free, the acquisition means that ongoing voluntary supporter subscriptions are redirected to support AAWS directly, and the app is continuously integrated with official literature and guidelines.

AAWS purchase of the Everything AA app brings a previously independent, community-driven resource under official central administration. Moving forward, the app is expected to transition into a subscription-based model and will exclusively feature GSO-approved literature, removing third-party materials like the Joe & Charlie tapes.



Western Slope Notes July-August 2026

News From GSO/AAWS



■ Audio Version of Plain Language Big Book Available Mid-June

The *Plain Language Big Book: A Tool for Reading Alcoholics Anonymous* will be available for purchase in audio format in mid-June. The *Plain Language Big Book* was designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood by all people who have a desire to stop drinking. The print edition, first published in 2024, has sold more than 230,000 copies to date.

The audio version will be available at the AAWS [webstore](#) and major audiobook platforms.



ATTEND A REGIONAL FORUM

Regional Forums provide unique opportunities for A.A. members across the U.S. and Canada to connect with people throughout the A.A. service structure. At forums, members can exchange information with representatives of the General Service Board, AAWS, AA Grapevine and the GSO.

Upcoming Regional Forums in 2026 include:

Western Canada

June 12-14

Travelodge Saskatoon, Saskatoon, SK

Eastern Canada

August 21-23

Hôtel Mortagne, Boucherville, QC

Southeast

September 18-20

Hilton Raleigh North Hills, Raleigh, NC

Pacific

December 4-6

Wyndham San Diego Bayside, San Diego, CA

Questions? Contact the Regional Forums desk at GSO, regionalforums@aa.org.

■ GSO Reopens for Tours

The General Service Office at 475 Riverside Drive, 11th floor, in New York City, reopened in April after the successful completion of a [retrofit project](#). On April 24, GSO welcomed its first visitors to the revitalized space, including groups of A.A. members as well as area delegates and board members in town for the 76th General Service Conference, which took place April 26-May 2. The A.A. meeting at the office has also resumed and is held every Friday at 11 a.m.

The 11th floor office space was retrofitted to accommodate all GSO employees on one floor of the building. The newly updated space is designed to better support collaboration and our ongoing work serving the Fellowship.

This milestone marks the culmination of several months of work that required patience and flexibility from all involved. We are grateful for the understanding and support of the Fellowship throughout the duration of the project, as GSO employees worked hard to ensure continuity of essential services throughout the duration of this project.

We are excited to welcome you back to the revitalized General Service Office.

[Learn more](#) about visiting GSO. To schedule a visit, contact gsotours@aa.org or call 212-870-3430.

THE POWER OF OUR SEVENTH TRADITION

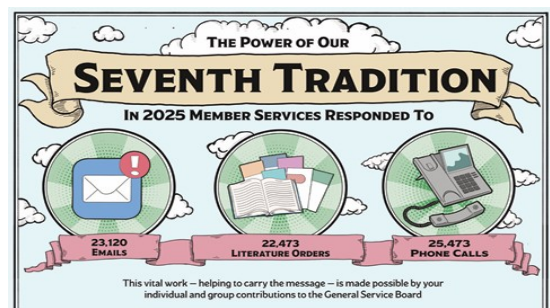
■ An Opportunity to Share Your Stories about the Impact of Self-Support

Your General Service Office is inviting members to share their stories about the ways the Seventh Tradition has had a positive impact on your sobriety and the Fellowship. You can participate by recording a brief (about one minute) message telling us how GSO/AAWS [essential services](#), supported through your contributions, have touched your recovery or helped you or your group to carry the message.

Examples of stories might include:

- How a piece of literature helped you get or stay sober
- How service material produced at GSO aided your sobriety or helped you to carry the message
- Finding much-needed help and a meeting via the Meeting Guide app
- Experience with the *Loners Internationalist Meeting (LIM)* or Corrections Correspondence Service
- How the newsletters, *Box 459, About A.A.*, or *Sharing from Behind the Walls*, helped you carry or receive the message of A.A.
- Assistance you received from the General Service Office

We want to hear your stories! Send your voice memos to selfsupportfinance@aa.org. Watch and share the video about this initiative [here](#).





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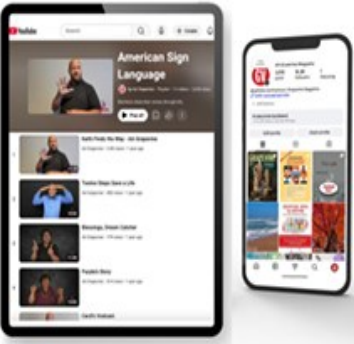


News From AA Grapevine

Take Grapevine Everywhere

American Sign Language videos for the Deaf.

You can find us on YouTube as @aagrapevine



AA Grapevine also show up on social media!

Carefully guided by attraction rather than promotion.

Follow us on Instagram @alcoholicsanonymous_gv

GRAPEVINE News

Pass it on!

DIGITAL PUBLICATIONS By AA Grapevine, Inc.



Carrying the message, faithfully, responsibly, and with love.

New Release: Gratitude!

Discover our brand new book and be inspired.

To learn more or to purchase, click here or visit www.aagrapevine.org/books



Opt for "Digital" or "Complete" subscriptions as a budget-friendly alternative to the print magazine price. Save money while staying informed and inspired.

www.aagrapevine.org/subscriptions

SUBSCRIBE

Grapevine Rep RESOURCES PAGE

Download free Grapevine tools and bring the message to your group.



www.aagrapevine.org/gvr-resources

"THE MEETING AFTER THE MEETING"

The Podcasts are another way the message is getting carried. Another way to listen and identify between meetings, whenever you are.




GRATITUDE

Being thankful, appreciating sobriety, helping others and living life to its fullest

STORIES FROM AA GRAPEVINE

Gratitude is a collection of powerful, personal stories about being thankful. With warmth and humor, the stories, written by AA members, illustrate the many ways the program of recovery can improve one's perspective to help enjoy each day to the fullest. The 136-page book includes chapters on spirituality, fellowship, family, service, getting through tough times and more. All stories were previously published in Grapevine, the International Journal of Alcoholics Anonymous. A great book to start the day. Also makes a wonderful gift.

Now Available at Central Office! \$16.00

Call (970-245-9649), stop by (740 Gunnison, GJ, CO) or order online (<https://aa-westerncolorado.com/product/gv-50-gratitude/>)



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News from Central Office

I'M THE BOSS



Would you, Could You Run a Central Office????

Central Office of Western Colorado is looking for that special someone that would be willing to volunteer one day a week now with the goal in mind to eventually step into the Central Office Manager's position full-time in a year or two. Teresa currently does not have a retirement date in mind, but she wants to start training a replacement now. If you think you have what it takes to run Central Office of Western Colorado, contact Teresa at (970)245-9649.

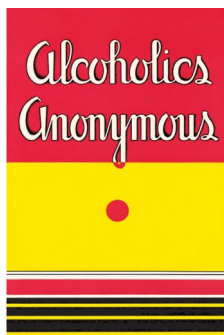
We Have an Online Store !!!!

Please support Central Office by purchasing your literature & medallions **online**:

aa-westerncolorado.com/Shop

Or in person 740 Gunnison Ave #104
(West door) Grand Junction, CO

Stop In and See The New Products Now Available!



\$5.00 While They Last!!!

No Longer Available on AAWS website. Get a re-print of the first edition before they are gone!



Western Slope Notes July-August 2026



Ted T from Basalt is looking for volunteers to take meetings into

Rifle Corrections.

If you are willing and able, please contact Ted T at (970)274-0358.

Are you willing to do 12 Step Calls in your Area???

We need members of AA willing to do 12 Step calls in your local area. We especially need AA members in the following towns:

Bayfield - Beaver Creek - Breckinridge - Crawford - Fairplay - Ignacio - Hayden - Nucla - Norwood - Oak Creek - Ridgway - Silverton

Also, we are always in need of individuals that speak Spanish and are willing to return calls for our Hispanic community.

Please contact Central Office if you are willing to have your name added to the list!



Western Slope Notes July-August 2026



PROGRESS OVER PERFECTION

By : Kelly-Kathleen

Rough edges, truth I cannot bend,
I stand exposed, no need to pretend.
I must stand honest, take what I've earned,
Face every lesson the fire has burned.
Six months sober, still learning to stand,
Not by my will, but a greater hand.
And in surrender I clearly see,
Sanity slowly returning to me.
For I am alcoholic, and I cannot run
My own life safely under the sun.
My thinking once led me out of control,
Where fear and obsession swallowed my soul.
And in my mind's distorted fight,
I lost my grip on what was right.
But Step Three taught me to release,
And trust a Power that brings me peace.
"Relieve me of the bondage of self," I pray,
And show me truth in a humble way.
Restore my mind, restore my sight,
Guide me back to what is right.
A heart still learning how to stand,
No longer shaped by my own hand.
I chased perfection all my life,
Only to drown in fear and strife.
But these rooms taught me something true:
Progress is enough to make it through.
One honest day, one faithful breath,
A daily reprieve instead of death. I could not manage life alone,
Could not soften a heart of stone.
So I bowed my head, released control,
And asked my Higher Power to restore my soul.
Slowly the promises came alive,
Not all at once, but step by step I survived.
I know a new freedom, a new happiness too,
A peace I never thought I'd knew.
The past no longer chains my feet,
Even my wreckage has purpose and meaning deep.
The shame that once consumed my name
Now helps another do the same. I
sit beside the shaking fear,
And tell them hope can live here.
Because someone once reached out to me
When I was drowning endlessly.

So I carry this message the best I can,
One alcoholic helping another stand.
Rarely have we seen one fail
Who honestly walks this spiritual trail.
Not perfect people, not saints above,
Just broken souls learning surrender and love.
Today I choose humility over pride,
Faith over fear, truth over disguise.
And though I stumble, I still move on—
Because progress, not perfection,
keeps me strong.

(Copyright 06/08/2026)



Submitted by Kelly-Kathleen

Cedaredge, CO

Western Slope Notes July-August 2026



What's Happening



Summer 2026 Assembly

July 24th-26th

Sky Ute Casino Resort
14324 CO 172
Ignacio, CO 81137

For More Information go to:

<https://coloradoaa.org/assemblies/>



Our room block at **The Antlers** has been filling up quickly! If you are attempting to book your room and receive a message that no rooms are available, don't worry—we've secured a backup room block nearby.

We have arranged a courtesy room block at the **Holiday Inn Express & Suites** for Convention attendees.

Please continue to check The Antlers first, as it is our host hotel. If The Antlers is showing full, you can reserve a room at the Holiday Inn Express using one of the options below.

Book Online: <https://www.ihg.com>

Or call the hotel directly: 719-424-4300 **Group Code: ASC**

Joy of Living!
An AA and Al-Anon Conference
Hotel Colorado - Glenwood Springs, CO

4 INSPIRING SPEAKERS
18 MARATHON MEETINGS
100+ FRIENDS, SOME YOU HAVEN'T MET YET
1 UNFORGETTABLE WEEKEND

October 2-4, 2026

AA Speakers
Jason J - Oregon City, OR
Tommy T - Staten Island
Cheryl T - Staten Island

Al-Anon Speaker
Sue L - Bridgeport, PA

Speaker Workshop

Ice Cream Social
Page 134 Social

www.aspenaa.com



Check Your Local Club to Find Out What Other
Holiday Activities they are hosting.

You Are Only Alone if You Want to Be!!!

