

WESTERN SLOPE NOTES



Nov. - Dec. 2022



Dr. Bob

Bill W.

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





WESTERN SLOPE NOTES 2022

STEERING COMMITTEE



Steering Committee: Chair Doug T Vice Chair - Gene F- Secretary - Katie G
Treasurer- Jeff V MAL—Dist. 1 Kate H MAL— Dist. 2 Open - Dist. 5 Open
MAL -Dist. 14— Arron MAL- Dist. -17- Bob N MAL- Dist. -18- Marcia B
MAL Dist. 20—Open

Alkathon Chair and Founder's Day Chair needed.

Contact Central Office 245-9649



Gratitude is defined as, “Readiness to show appreciation for and to return kindness; thankfulness.” Similar to appreciation, gratitude occurs when we affirm the goodness we’ve received in life. Robert Emmons, a leading expert on gratitude, stated in his Greater Good essay, “Why Gratitude is Good”,

“...We recognize that the sources of this goodness are outside of ourselves...We acknowledge that other people - or even higher power, if you’re of a spiritual mindset - gave us many gifts, big and small, to help us achieve the goodness in our lives.”

Gratitude is a powerful force for many in recovery because it’s all about understanding how lucky, blessed and/or gifted to have the support, tools and help that we’ve received along the way. When we express gratitude, we send out positive wishes to the world - because rather than expecting that we’d receive help, or assuming that we deserve all the help we’ve received, we acknowledge all of the forces that have made our currently reality possible.

Looking for members for corrections in Rifle.

Please contact Ted T at 970-274-0358



Western Slope Notes Nov. - Dec.



Group Contributions

Aug 23 - Oct 21, 22

All Western Slope Speakers Meeting	104.00
Attraction Group	100.00
Brown Baggers--GJ	125.00
Brown Baggers--GWS	500.00
Came To Believe--Delta	72.73
Collbran	150.00
Cortez Fellowship	50.00
Craig Group #1	300.00
Design for Living-Vail	30.00
District 01	50.00
Durango Central	150.00
Fellowship of the Spirit-GWS	30.00
Friends of Bill W	50.00
Grand Mesa Group	75.00
Gunnison-Morning Hangovers	75.00
Hole in the Donut	200.00
Insanely Early Birds	800.00
Jump Start - Rifle	92.12
Just For Today	250.00
Lunch Bunch-GJ	774.25
Mancos Monday Float n Sober	166.20
Noon Simplicity Group Dillon	125.00
Odd Balls	396.45
Robber's Roost	546.00
Salida Friday Noon	25.60
Sisters In Spirit	200.00
Steamboat Women's	80.00
Steppin' Out - Paonia	325.00
Summit Serenity Sisters *	450.00
Sunday Night Men's-Montrose	78.75
Telluride Group	963.86
There Is A Solution-Montrose	400.00
There is a Solution P.S.	500.00
Vail Group	57.86
Wild Bunch VA	100.00
Women in Sobriety Group - Salida	25.71
	<hr/>
	8,418.53

INDIVIDUAL CONTRIBUTIONS

Aug 23 - Oct 21, 22

	200.00
	50.00
	100.00
	382.00
	257.78
	<hr/>
	989.78



The camel gets on its knees at night & can go a long time without a drink. Its been scientifically proven that it can go for **90** days without a drink.

Maybe that's where 90 in 90 comes from! ?





WESTERN SLOPE NOTES 2022

Nov. Sobriety Celebration



Brian	K	Wranglers	11	1	24
Harvel	A	Early Birds I	11	1	24
Pam	P	Steamboat Seagulls	11	1	33
Christine	H		11	3	26
Debi	L	Craig #1	11	4	38
Jerry	L	Came To Believe	11	4	36
Jonathan	S	Up To Ouray in AA	11	4	39
Anna	D	Into Action	11	6	8
Troy	S	Original Clifton	11	6	26
Cathy	G		11	7	33
Curtis	S	Attraction	11	7	26
Michel	T	Bayfield	11	7	14
Rosalie	B	Craig #1	11	7	39
Jerry	C	Insanely Early Birds	11	8	29
Bert	S	Austin Group	11	10	24
Charlie	S	Meeting @ VA	11	10	20
Gerry	P	Open Parachute	11	10	23
Ron	F	Promises	11	10	13
Donna	B	S.I.O.G.A.	11	11	29
Timothy	M	Steamboat Seagulls	11	11	30
Laura	H	Attraction	11	12	22
Yvonne	R	Go For It	11	12	40
Sue	B	Carbondale Womens	11	14	16
Gene	F	Tuesdsay Night Men's	11	15	17
Sanna Jo	W	Womens Outreach	11	16	40
Dave	B	Robbers Roost	11	17	24
Denis	L	Odd Balls (alumni)	11	17	30
Judy	K	Monday Nite Women	11	17	34
Mitch	U	Steamboat Seagulls	11	17	32
Paul	F	Steamboat Seagulls	11	17	37
Gabby	G	Hotchkiss	11	21	39
Jonathan	C	Robbers' Roost	11	21	18
Lonnie	W	Grand Jct.	11	22	29
Susan	L	What's the Point?	11	23	27
Mark	R		11	24	46
Paul	R		11	24	39
Martha	R	Attraction	11	24	35
David	S	Lunch Bunch	11	25	20
Char		Monday Night Women	11	28	25
K. Eric	A	Lunch Bunch	11	28	18
George	L	One Day at a Time	11	30	51

Step 11.

Sought through prayer & meditation to improve our constant contact with God as we understood Him, praying only for knowledge of his will for us & power to carry that

Clean & Sober Recipe:

- 5 handfuls of gratitude.
- 1 bottle of alcohol-free cider.
- A dash of stress & anxiety management.
- 2 escape plans.
- 5 clean & sober supports.
- A pinch of open- mindness, willingness, & honesty.

Tradition 11.

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio & films.



WESTERN SLOPE NOTES 2022

Dec. Sobriety Celebration



Steve	B	Meeting @ VA	12	1	18
Jim	B	Lunch Bunch	12	1	19
Marilyn	J	H.O.W.	12	1	28
Mary L	E	Womens Outreach	12	1	34
Michelle	B	Just For Today	12	2	15
Peter	N		12	3	5
Teresa	M	Odd Balls	12	3	19
Donna	R		12	4	9
Gayle	G	Lunch Bunch	12	4	20
Rachel	Z		12	4	17
Susan	T	Steamboat Seagulls	12	4	30
Matt	D	Solutions	12	6	16
Joe	F		12	7	52
Lorinda	D	Craig #1	12	8	16
Bobby	C	Wranglers	12	10	24
Robert	W		12	10	17
Duane	B	Craig	12	11	43
Charlie	J	Open Parachute	12	12	32
Diane	E	Serenity Seekers	12	12	18
Joe	M	Early Birds	12	12	25
Kirk	G	Lunch Bunch	12	12	33
John	R	Early Birds I	12	13	23
Carol	L	Grand Mesa	12	15	47
Pete	G	Early Birds I	12	15	35
Deb	R	Lunch Bunch	12	15	17
Erin	K	Lunch Bunch	12	16	33
Amy	S	Sat.Morning Women's	12	17	6
Bobbie	C	Insanely Early Birds	12	18	29
Randy	H	Steamboat Seagulls	12	18	28
Rick	M	Brown Baggers	12	18	36
Kate	H	P-Burg Pilgrims	12	19	20
Dick	T	Fruita Sunset	12	19	43
Kelly	B	P.I.P. Tuesday Men's	12	20	17
Susan	B	Aspen	12	20	37
Duane	W		12	21	21
Randy	W	Aspen	12	21	22
Mark	M	Aspen	12	22	27
Nancy	K		12	22	28
Rick	M	Craig #1	12	23	17
Roger	R	What's the Point?	12	23	35
Stephanie	M	Women's Outreach	12	23	40
Jim	B	Promises	12	25	40
Judy	B	Promises	12	26	40
Tom	Al	Meeting @ VA	12	26	33

Missy	P		12	28	38
Susan	C		12	29	18
Celeste	M		12	31	21

STEP 12.

Having had a spiritual awakening as a result of these steps, We tried to carry this message to alcoholics, & to practice these principles in all our affairs.



Tradition 12.

Anonymity is the spiritual foundation of all our traditions, ever reminding us to Place Principles Before Personalities.



THE CHIP IN MY POCKET

I carry a chip in my pocket A simple reminder to me
Of the fact that I'm an alcoholic No matter whom I may be
This little chip is not magic Nor is it a good luck charm.
It isn't meant to protect me From every physical harm.

It's not for identification For all the world to see
It's simply an understanding Between God, AA and Me.
It reminds me, too to be thankful For my blessings day by day
And to strive to serve God better In all I do and say.
It's also a daily reminder Of the peace and comfort I share
With all who understand our God And give themselves to His
care.

So I carry this chip in my pocket Reminding no one but me
That God is master of my life If only I will let him be.



Don't let getting lonely make you reconnect with toxic people. You shouldn't drink poison just because you are thirsty.

WESTERN SLOPE NOTES Sept. - Oct. 2022



What's Happening



**6th Annual District 2
Together In Gratitude**

Potluck Dinner \$5

Potluck Item Based on Sobriety Month

Saturday Nov. 12th 5:30-9:00

740 Gunnison Ave. Grand Jct.

Steering Committee/InterGroup **Nov. 12th**

2nd Saturday of every month live at

Central Office 740 Gunnison Ave. Grand Jct.

At 11:00. Via Zoom as well.

Each and Every Group needs to have a

Voice & Vote

2022 Winter Assembly

November 4-6, 2022

Doubletree by Hilton, Greenwood Village, CO

Spring 2023 Assembly

March 24-26, 2023

Hosted by District 23

Island Grove Regional Park,

Greeley, CO



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