

# WESTERN SLOPE NOTES

## Mar-Apr 2024



This issue is dedicated to Service Work!!!!

From the AA World Services Website: Most A.A. members participate by going to meetings at their local groups. But there are many opportunities for service in A.A., and most of us have found that volunteering to do service improves the quality of our recovery. We freely share our time and talent in an effort to stay sober and carry the message of Alcoholics Anonymous to those who are suffering from alco-

### IN ALCOHOLICS ANONYMOUS, WE ALL WORK TOGETHER

"To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached. "Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone."

—Alcoholics Anonymous, p. 561



Dr. Bob

Bill W.

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





# WESTERN SLOPE NOTES 2024

## STEERING COMMITTEE



Steering Committee: Chair Sue B Vice Chair - Gene F- Secretary - Victoria  
Treasurer-Tammi T MAL—Dist.1 Kate H MAL— Dist. 2 Dena M - Dist. 5 Trent L  
MAL -Dist. 14—Betsy MAL- Dist. -17- Bob N MAL- Dist. -18- Jeanette H  
MAL Dist. 20—Dan J

Greetings Western Colorado A.A.

Here we are going into our 3<sup>rd</sup> month of 2024. It felt like I blinked, and January and February were gone. Just shot by!! The good news is that winter is almost over and the days will get longer.

We have seen some great things happen these last few months in Western Colorado AA. Due to the hard work of our Central Office Coordinator and a representative of the Spanish Speaking Community in Grand Junction AA, there is now a Spanish speaking meeting in Grand Junction. It is on Mondays at 3:30 and 5:15 at the Alano Club, 404 Glenwood Ave, Grand Junction CO. 81501. This new meeting can use our support.

District 2 has been very busy getting ready for the Area 10 Spring Assembly which they are hosting in Grand Junction, March 22-24, 2024, at the Double Tree Hotel, 743 Horizon Dr. This is a great opportunity to see service work in full action right in our own back yard.

Intergroup, Steering Committee, Central Office is planning a Spiritual Inventory for Saturday May 11th, 2024. All who are Served by Western Colorado Central Office are invited to participate in this Inventory by attending and or helping to format questions. I invite all Groups to select an Intergroup Representative to attend our meetings the 2<sup>nd</sup> Saturday of every month at Central Office in order to have a larger voice in this process. There will be more info to follow in the next few months.

All these Events are or will be posted on our website, [aa-westerncolorado.com](http://aa-westerncolorado.com). Check it out!

Enjoy this newsletter and if you are receiving it by mail, please consider signing up to receive it digitally.

Have a fun safe St Patrick's Day and a joyful Easter!

Thank you for the privilege of serving.

Sue Brookman

Intergroup Steering Committee Chair

[4brookheads@gmail.com](mailto:4brookheads@gmail.com)

970-379-8856





# Western Slope Notes

## Mar-Apr 2024



### Group Contributions

	<u>Dec 23, '23 - Feb 27, 24</u>
All Western Slope Speakers Meeting	20.00
As Bill Sees It--Fruita	25.00
Back to Basics-Rifle	100.00
Brown Baggers--GJ	100.00
Brown Baggers--GWS	630.00
Came To Believe--Delta	165.64
Cortez Fellowship	270.00
Design for Living-Edwards	40.00
District 18	200.00
District 20	1,693.94
Durango Central	150.00
Durango Cornerstone Group	350.00
Durango Monday Night Men's	200.00
Early Birds I	276.00
Fellowship of the Spirit-GWS	30.00
Go For It -- Delta Women's	50.74
Grand Mesa Group	100.00
Happy, Joyous & Free	153.46
Insanely Early Birds	850.00
Just For Today	141.15
Lunch Bunch-GJ	459.70
Noon Simplicity Group Dillon	50.00
Odd Balls	344.65
One Day At A Time-Olathe	98.00
Paonia Better Late Than Never	367.42
Salida Friday Noon	67.90
Sat Night Live - C'Dale	100.00
Steamboat Seagulls	125.00
Summit Serenity Sisters	250.00
Sunday Night Men's-Montrose	33.25
Sunlight Group	146.00
Sunlight of the Spirit	20.00
Telluride Group	650.05
The Breakfast Club	100.00
There Is A Solution-Montrose	800.00
Two Mile High Group	382.50
Young & Restless--GWS	100.00
	<u><b>9,640.40</b></u>

### Individual Contributions

	<u>Dec 23, '23 - Feb 27, 24</u>
Faithful Fivers/Twelvers	385.30
Individual Contributions	3,249.97
Newsletter Contributions	15.00
<b>TOTAL</b>	<u><b>3,650.27</b></u>

*Thank You*  
FOR YOUR SUPPORT

### THE CIRCLE & THE TRIANGLE



The triangle represents the three key answers to the three-part disease of alcoholism.

The circle surrounding the triangle depicts recovery or AA itself in its entirety.

### Recovery, Service, and Unity

The triangle symbol represents the three AA legacies: **recovery, service, and unity**. The Alcoholics Anonymous program seeks to achieve balance in these three areas to assist alcoholics in remaining sober.

(Taken from the Jaywalker Lodge Web page)



# WESTERN SLOPE NOTES 2024

## Mar-Apr 2024



Lind	C	3	1	14
Janet	S Craig #1	3	1	19
Suzanne	P Tri-Angle	3	1	35
Ed	M Meeting @ VA	3	2	40
Angie	B Odd Balls	3	3	43
Michael	S What's the Point	3	4	54
Joe	Odd Balls	3	6	18
Bill	S Early Birds I	3	6	40
William	S Insanely Early Birds	3	6	40
Larry	B Meeting @ V.A.	3	6	41
Jerry	C	3	6	43
Mary		3	7	25
Larry	S Aspen	3	7	37
Brill	K Aspen	3	8	36
Amyange	R	3	9	13
Don	S Lunch Bunch	3	9	22
Steve	T	3	10	27
Jesse	E Robbers Roost	3	11	18
Kandi	T	3	11	29
Barb	S Hotchkiss Monday Night	3	13	18
Charlie	B Attraction	3	13	52
Kathy	G	3	14	13
Joe	M	3	14	32
Leslie	C Aspen	3	15	37
George	K	3	15	48
Nadine	H Early Birds I	3	17	16
Dave	E Attraction	3	17	21
Heath	M Aspen Men's	3	17	21
Diana	S Steamboat Seagulls	3	18	32
Case	P GJ	3	19	29
Paul	F Early Birds I	3	20	21
Angel	S 4 De Abril	3	20	23
Theresa	L	3	20	32
Theresa	N	3	20	33
Susan	P	3	21	27
John	O Grand Mesa	3	21	37
Gary	C	3	21	45
Suzanne	E	3	23	10
Steve	F Hotchkiss	3	23	21
Michelle	M Telluride	3	23	22
Jeff	H Steppin' Out	3	24	15
John	W One Day At A Time-Olathe	3	24	38
Chris	J Paonia	3	24	39
Maggie	P Granby AA	3	25	37
Terry	V	3	26	28
Pete	G	3	26	38
Judy	S	3	26	40
Trisha	M Steppin' Out	3	26	46
Dan	G Grand Mesa	3	27	14
Bill	F Attraction	3	27	24

Scott	W Open Parachute	3	28	15
Lou	B Grand Mesa	3	28	37
Marilyn	M Durango	3	31	42
Gerry	G P-Burg Pilgrims	3		33

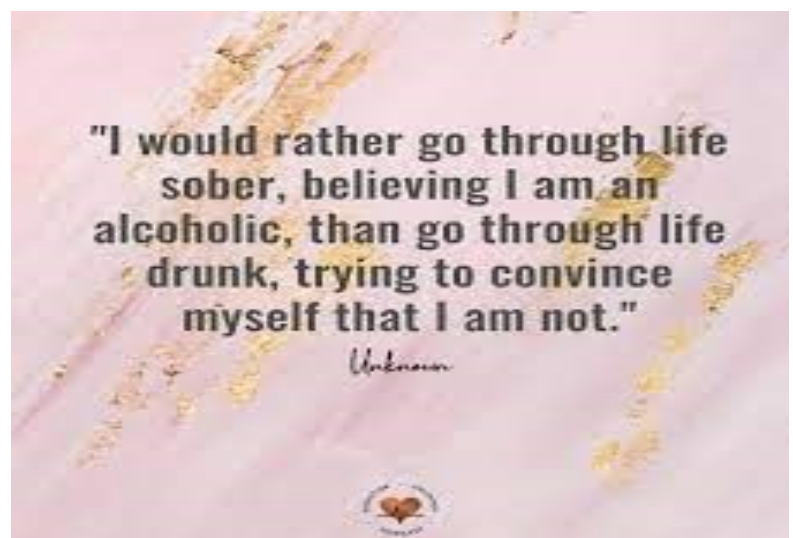
### Step Three

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



### Tradition Three

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







# WESTERN SLOPE NOTES 2024

## April Sobriety Celebration



Dwight	F	As Bill Sees It	4	0	35
Katie	G		4	1	11
Leo	F	Never Too Late	4	1	20
Christine	A	Lunch Bunch	4	1	23
Michael	C	Brown Baggers-GWS	4	1	41
Jim	C	Vail	4	1	42
Katie	K	Alumni-H.O.W.-GJ	4	1	44
Tom	T	Telluride	4	4	19
Ed	B	Aspen	4	4	29
Kelly	C		4	6	17
Tillie	S		4	6	28
Robert	V	Steamboat Seagulls	4	6	32
Lon	U	Tuesday Mens	4	9	18
Bonnie	C		4	10	19
Luciann	B	Rangely #1	4	11	15
Skeeter		Steamboat Seagulls	4	11	36
Rick	D		4	13	16
Bert	P	Brown Baggers--GJ	4	13	32
Bob	V		4	13	32
Candi	B	Odd Balls	4	14	26
Kenny	H	Brown Baggers--GWS	4	14	34
Sydney	N		4	14	47
Pat	S	Lunch Bunch	4	15	28
Beth	D	Burning Mt Action	4	15	40
Pat	O	Steamboat Seagulls	4	16	38
Steve	S	Odd Balls	4	17	18
Tom	B	Attraction	4	17	21
Brian	S	Aspen	4	17	29
Marvin	M	Early Birds I	4	17	35
George	V	Telluride	4	19	42
Dan	G	Craig #1	4	20	26
Caroni	A	Durango Central	4	20	32
Michelle	J	GJ	4	20	34
Helen	J	GJ	4	20	37
Frank	B	Steamboat Seagulls	4	20	38
Barb	G	Lunch Bunch	4	20	43
Amber	S	Odd Balls	4	21	18
Mike	G	Hotchkiss Monday Night	4	21	20
Becky	J	Odd Balls	4	21	34
Marie	W	Aspen	4	21	34
Catherine	M	Go For It - Womens	4	21	41
Nancye	P		4	22	30
Julianne	S		4	24	36
Mar	M	Womens' Outreach	4	24	36
Paul	F	Brown Baggers -GJ	4	24	38
Bruce	M		4	24	49
Patrick	B	Telluride Group	4	25	37
Matt	K		4	27	13
Karin	B	A Vision For You	4	27	18
Big Bob	M		4	28	42

### STEP 4

Made a searching and fearless moral inventory of ourselves

### 4TH STEP DEFINITIONS

#### Resentments

##### RESENTMENT

'Re-live' / a persistent feeling of ill will and suppressed anger caused by a sense of an injustice, insult, injury, offense, or wrong done.

##### SELF-ESTEEM

Self-respect / self-confidence / how one views, thinks, or feels about oneself.

##### SECURITY / POCKETBOOK

Basic desire for money, property, possessions, etc. Anything to do with one's personal finances.

##### AMBITIONS

Goal / aim / desire to gain or accomplish a particular outcome.

##### PERSONAL RELATIONS

One's relations with other people

##### SEX RELATIONS

One's conduct and feelings relating to sex and intimacy. Basic drive for sexual intimacy.

##### SELFISH

Concerned primarily or only with oneself / self-absorbed / self-centered / self-serving / self-seeking / egotistic.

##### DISHONEST

Behaving or prone to behave in an untrustworthy or fraudulent way. Characterized by lack of truth, honesty, or trustworthiness.

##### SELF-SEEKING

Seeking or pursuing only for oneself / the act or practice of selfishly advancing one's own desires and goals.

##### FRIGHTENED

The feeling of fear. Afraid or anxious. Worried that something undesirable will occur or be done.

##### PRIDE

Excessively high opinion of oneself/conceit/arrogance. Sense of one's own proper dignity or value/self-respect. Satisfaction taken in one's work, achievements, or possessions.

##### FEAR

Agitation, alarm, anxiety, or dismay in the anticipation of, or in the presence of danger, pain, or disaster / negative imagination / dread / apprehension.

au·ton·o·mous /ô'tänəməs/

Definition: having the freedom to [govern](#) itself or control its own affairs.

### Tradition 4

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



## Letters to the Editor

No submissions this month!!! So let's talk about SERVICE!

### Letter From the Editor



## A CALL FOR SERVICE



**What is Service:** What is the definition of service?  
*the action of helping or doing work for someone.*  
*an act of helpful activity; help; aid.*  
--Merriam Webster Dictionary

We currently have 39 AA members volunteering their time to man the Central Office Hotline, which receives calls 365 days a year (24 hours/7 days per week) and our community is very fortunate, as a result. We also currently have 296 members on our 12-Step Call List, and we are so appreciative! Thank You to all of you who have stepped up over the years to carry the message.

Between the Western Slope's seven districts (Districts 1, 2, 5, 14, 17, 18, and 20) and Steering Committee/Inter-group, as well as your home group. There are numerous formal service positions in our area (Area 10). According to our AA Triangle, Service constitutes approximately one third of the AA program for members. (The other two components are Unity and Recovery.) However, many members with a history of long-term service would gladly welcome a reprieve with "new blood" stepping up to the plate. According to Tradition 2, our leaders are but trusted servants and rotation of leadership/service positions should occur regularly for the group to thrive. The average service positions take about 3 hours a month, which contains 730 hours. AA group service positions include, but are not limited to, *Chairperson, Treasurer, Secretary, Literature Liaison, General Service Rep. ("GSR"), and Intergroup Representative*. Some groups also have a *Grapevine/La Viña Representative ("Rep.")*, District Service positions include, but are not limited to, *District Community Member ("DCM"), Co-DCM, Secretary, Treasurer, Literature Committee, Archives Committee, Public Information Rep., Intergroup Member-at-Large, Cooperation with the Professional Community ("CPC") Committee, Corrections Committee and Treatment Committee*.

We also have a Spring and Summer *General Assembly* (gathering of trusted servants) which will take place March 22-24, and July 12-14, respectively, for which service at a variety of levels is needed, e.g., set-up and take-down; registration; making coffee/tea; last-minute purchases and running around, etc. If you're interested, please contact Deena at [deeniamartini21@gmail.com](mailto:deeniamartini21@gmail.com).

Fairness of opportunity, of course, in the determination of criteria for qualification to serve in each position, is paramount.

When I became sober I was so very fortunate to have a sponsor who told me to do service work. That's how I got into service. In fact, I know members who would probably not have taken on various service positions, if they had not been explicitly guided to do so by their sponsors. Sponsors, please encourage your sponsees to engage in service work! The role of sponsors in the culture of service work in areas and districts, as well as groups, is critically important.

Time is one of our most precious resources!! While not all of us have money to give, to some extent, we all have TIME to offer. Please consider reevaluating the gifts you have received from AA and how you can most effectively pass those gifts on so that others can receive at least as much as you have. Without them, too many of us have fallen by the wayside...

A fundamental AA principle is that as AA members, we are here to serve the suffering alcoholic (who is not always the newcomer). Where would each of us be if there hadn't been someone: (a) at Central Office to answer our phone call(s); (b) who offered their phone number to us after a meeting; (c) to sell individuals or groups AA-approved literature; (d) who reached out a hand when we were not doing so well; (d) who has served on a committee that opened up new possibilities of recovery for the suffering alcoholic; (e) who helped make a state convention or local workshop take place; (f) who helped determine the direction of our area through participation in our General Assemblies; (g) who took responsibility for Alkathon, dances, speaker meetings, and special events? The list goes on and on. I would not have grown into the person I am without innumerable people behind the scenes working to support me in my recovery.

As our Responsibility Pledge states: "I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that I am responsible."

Please make Active Service a Part of Your Recovery!

WESTERN SLOPE NOTES Mar. - Apr. 2024



# What's Happening



Steering Committee/InterGroup

2nd Saturday of every month

live at Central Office 740 Gunnison Ave. Grand Jct.

At 11:00. Via zoom as well.

Every Group needs to have a voice !!!

Next Meetings are March 9th and April 13th



Area 10 Spring Assembly 2024- Grand Junction

March 22-24, 2024

Double Tree Hotel

743 Horizon Drive

Grand Junction, CO

1-970-241-8888

Make hotel reservations by March 2, 2024 for

Discount rate (\$119 per night)



<b>Central Office of Western Colorado P.O. Box 1531 Grand Junction, CO 81502</b>		<b>Non-Profit U.S. Postage Paid Grand Jct., CO Permit #211</b>
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