

# WESTERN SLOPE NOTES



November- December 2024



The holidays can be a challenging time for people recovering from addiction, but there are ways to navigate them. Here are some tips:

**Plan ahead:** Create a plan to protect your sobriety and have an exit strategy if you find yourself in an unhealthy situation.

**Manage expectations:** Try not to set high expectations for yourself or others.

**Practice self-care:** Take care of your body with proper nutrition, exercise, and sleep. You can also practice mindfulness and meditation.

**Identify triggers:** Try to identify what triggers you and how to manage social situations.

**Bring your own drinks:** Bring a non-alcoholic beverage to holiday events so you're less likely to be offered alcohol.

**Engage in healthy coping mechanisms:** Try journaling, creative expression, or attending support group meetings.

**Communicate openly:** Share your feelings with trusted friends and family.

**Set boundaries:** If needed, establish boundaries with family members to protect your emotional well-being.

**Reach out for support:** Rely on your support system and consider seeking treatment if needed.



Dr. Bob

Bill W.

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





WESTERN SLOPE NOTES Nov.-Dec.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 MAL Dist. 5 - Trent L  
MAL Dist. 14—Betsy MAL– Dist. -17– Bob N MAL– Dist. -18– Jeanette H MAL Dist. 20—Dan J  
Central Office Coordinator -Teresa M Asst. Coordinator - Bonnie B

Greetings Western Colorado AA,

I thought last Fall was the best ever but I have to say that Fall 2024 has been even more spectacular. Along with the awesome colors we had incredible weather for the entire month of October. Always breathtaking!

Colordaze was also on top of its game this year! Colordaze is a wonderful event and is the primary fundraiser for Central Office. Once again Anna Marie and her committee worked so very hard to plan, create and execute an event that went off perfectly. Anna Marie is stepping down as Colordaze Committee chair this year. A huge thank you goes out to her for all of her hard work, service and the substantial contribution that Colordaze made to Central Office. Needless to say we are seeking a new Colordaze chair. Reach out to Central Office if you would be interested serving and have any questions about this position.

Our upcoming Intergroup/Steering Committee Meeting is on November 9, 11 am. In person at Central Office and available virtually. It is an Election Meeting. My rotation as Steering Committee Chair and the Vice Chair position are both up December 31<sup>st</sup>. We will be electing new trusted servants for these two positions. You can check out our by-laws on our website [aa- westerncolorado.com](http://aa-westerncolorado.com) or call Central Office if you are interested in standing for either one of these positions. And remember that your group does have a voice. I do want to say that serving as the Intergroup/Steering Committee Chair has been so very, very humbling and rewarding at the same time! I do believe we did some good effective work this last 2 years. I thank you so, so much for allowing me the privilege of serving AA and especially you all.

The Holidays are just around the corner I wish everyone a safe and peaceful time. Update your speed dial! Including the Hotline number. Take your own nonalcoholic beverages to gatherings that may be serving alcohol. Find an AA meeting and if all else fails, don't move and call me.

Happy Holidays Everyone!!

Sue Brookman

Steering Committee Chair

970-379-8856

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

### Urgent Notice:

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](mailto:centraloffice@aa-westerncolorado.com) the Newsletter is also available on our website [aa-westerncolorado.com](http://aa-westerncolorado.com) You also have the option to have it emailed to you!



# Western Slope Notes

## November-December 2024



### Group Contributions

Aug 28 - Oct 28, 24

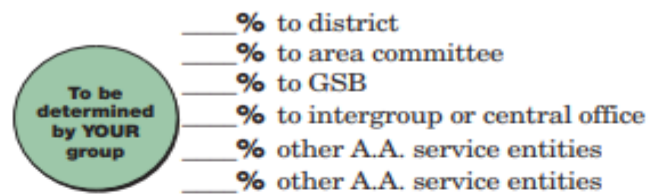
Came To Believe--Delta	173.66
Collbran	87.00
Cortez Fellowship	50.00
Delta Saturday Night Spkr. Mtg.	60.53
Durango Central	150.00
Edwards Noon Group	300.00
Fellowship of the Spirit-GWS	30.00
Go For It -- Delta Women's	53.96
Granby Group	100.00
Grand Mesa Group	75.00
Hole in the Donut	300.00
Insanely Early Birds	800.00
Just For Today	200.00
Morning Hangovers	100.00
Noon Simplicity Group Dillon	150.00
Oak Creek Owls	125.00
Odd Balls	57.92
Ridgway 12x12	75.00
Robber's Roost - Delta	237.69
Salida Friday Noon	44.33
Salida Noon Zoom Group	248.00
Silt Wild Bunch	63.50
Sobriety with Altitude	200.00
Sometimes Slowly	300.00
Sunlight Group	75.00
Telluride Group	1,013.10
There Is A Solution-Montrose	560.00
Vail Group	93.60
Vallecito AA	40.00
W T F	496.42
We Are Not Saints	50.00
Wild Bunch Veterans	50.00
Young & Restless--GWS	100.00
	<u>6,459.71</u>

### Individual Contributions

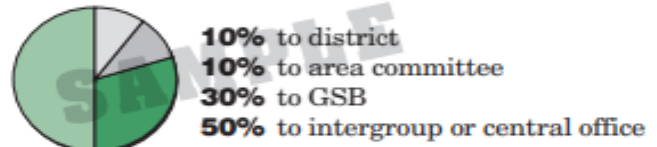
Aug 28 - Oct 28, 24

Individual Contributions	229.00
Sobriety Birthday Contributions	50.00
	<u>279.00</u>

### Samples of Group Contributions to A.A. Service Entities taken from Pamphlet F-3 Where Money and Spirituality Mix

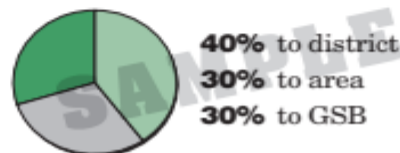


OR



OR

If you have no intergroup/central office:



*We literally couldn't do this  
without you!!!*







# WESTERN SLOPE NOTES 2024

## November Sobriety Celebration



Dana	M	Meeting @ the VA	11	1	14
Brian	K	Wranglers	11	1	26
Harvel	A	Early Birds I	11	1	26
Pam	P	Steamboat Seagulls	11	1	35
Christine	H		11	3	28
Danelle	A		11	4	11
Jerry	L	Came To Believe	11	4	38
Debi	L	Craig #1	11	4	40
Jonathan	S	Up To Ouray in AA	11	4	41
Anna	D	Into Action	11	6	10
Troy	S	Original Clifton	11	6	28
Michel	T	Bayfield (Scout)	11	7	16
Curtis	S	Attraction	11	7	28
Cathy	G		11	7	35
Rosalie	B	Craig #1	11	7	41
Jerry	C	Insanely Early Birds	11	8	31
Ron	F	Promises	11	10	15
Charlie	S	Meeting @ VA	11	10	22
Gerry	P	Open Parachute	11	10	25
Bert	S	Austin Group	11	10	26
Donna	B	S.I.O.G.A.	11	11	31
Timothy	M	Steamboat Seagulls	11	11	32
Laura	H	Attraction	11	12	24
Yvonne	R	Go For It	11	12	42
Sue	B		11	14	18
Gene	F		11	15	19
Dave	B	Robbers Roost	11	17	26
Denis	L	Odd Balls	11	17	32
Mitch	U	Steamboat Seagulls	11	17	34
Judy	K	Monday Nite Women	11	17	37
Paul	F	Steamboat Seagulls	11	17	39
Marcia	B	Lunch Bunch	11	20	4
Jonathan	C	Robbers' Roost	11	21	20
Gabby	G	Hotchkiss	11	21	41
Lonnie	W	Grand Jct.	11	22	31
Susan	L	What's the Point?	11	23	29
Paul	R		11	24	41
Mark	R		11	24	48
David	S	Lunch Bunch	11	25	22
K. Eric	A	Lunch Bunch	11	28	20
Char		Monday Night Women	11	28	27
George	L		11	30	53



### Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will for us and the power to carry that out.

### 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, and films.

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](mailto:centraloffice@aa-westerncolorado.com) or

give us a call at 970-245-9649.

Thank you!



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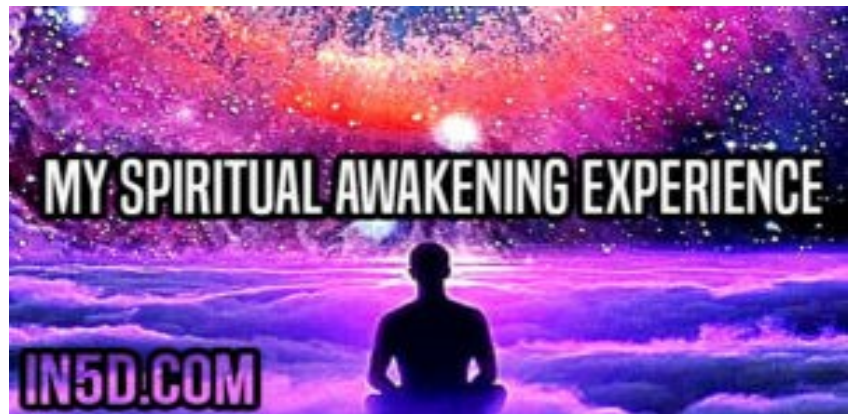
## December Sobriety Celebration



Steve	B	Meeting @ VA	12	0	20
Jim	B	Lunch Bunch	12	1	21
Marilyn	J	H.O.W.	12	1	30
Mary	E	Womens Outreach	12	1	36
Michelle	B	Just For Today	12	2	17
Peter	N		12	3	7
Teresa	M	Central Office	12	3	21
Donna	R		12	4	11
Rachel	Z		12	4	19
Gayle	G	Lunch Bunch	12	4	22
Susan	T	Steamboat Seagulls	12	4	32
Matt	D	Solutions	12	6	18
Joe	F		12	7	54
Lorinda	D	Craig #1	12	8	18
Robert	W		12	10	19
Bobby	C	Wranglers	12	10	26
Duane	B	Craig	12	11	45
Diane	E	Serenity Seekers	12	12	20
Joe	M	Early Birds	12	12	27
Charlie	J	Open Parachute	12	12	34
Kirk	G	Lunch Bunch (alumni)	12	12	35
John	R	Early Birds I	12	13	25
Deb	R	Central Office	12	15	19
Pete	G	Early Birds I	12	15	37
Carol	L		12	15	49
Erin	K	Lunch Bunch	12	16	35
Amy	S		12	17	8
Randy	H	Steamboat Seagulls	12	18	30
Bobbie	C	Insanely Early Birds	12	18	31
Rick	M	Brown Baggers	12	18	38
Kate	H	P-Burg Pilgrims	12	19	22
Dick	T		12	19	44
Kelly	B	P.I.P. Tuesday Men's	12	20	19
Susan	B	Aspen	12	20	39
Duane	W	Oregon	12	21	23
Randy	W	Aspen	12	21	24
Mark	M	Aspen	12	22	29
Rick	M	Craig #1	12	23	19
Roger	R	What's the Point?	12	23	37
Kay	B	Paonia	12	23	42
Stephanie	M	Women's Outreach	12	23	42
Jim	B	Promises	12	25	42
Judy	B	Promises	12	25	42
Tom	A	Meeting @ VA	12	26	35
Missy	P		12	28	40
Susan	C		12	29	20

### Step 12

Having had a Spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



### Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principals before personalities.

Robert Downey Jr.  
Sober Since 2001

"I guess sometimes I want to have a drink with dinner, but then I remember that I have plans for Christmas."



sober



# WESTERN SLOPE NOTES 2024



## A.A.'S LEGACY OF SERVICE BY BILL W.

Our Twelfth Step—carrying the message—is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service. Services include meeting places, hospital cooperation, and intergroup offices; they mean pamphlets, books, and good publicity of almost every description. They call for committees, delegates, trustees, and conferences. And, not to be forgotten, they need voluntary money contributions from within the Fellowship.

According to Bill W. service work is utterly vital to our existence and growth. **November** is the month of elections for District and Group positions. These positions includes : Area 10 Reps, Committee Chairs, District Reps, Committee Chairs, Steering Committee and InterGroup Reps.

Most service positions require 2 years of sobriety, however exceptions can be made. If you are interested in doing service work, please contact Central Office and we will get you in touch with the right people.

## Immediate Service Opportunities

District 2 Meeting List Coordinator - Comes with a Printer

2025 ColorDaze Chair

Please remember what you were so freely given and be of Service.

## Color Daze 2024

Central Office would like to thank the volunteers, speakers and registrants that made 2024 ColorDaze possible. Although we had fewer registrations, ColorDaze was still able to net Central Office \$6600.

ColorDaze is the one and only fund raiser for Central Office. With fewer participants each year, we are in need of new ideas and younger blood! Old timers are here to assist but we need the next generation to step up and get involved in service!! If you are new to AA, or new to your town, service is a great way to become "part of". Intergroup is looking for a Chair for 2025 ColorDaze. If it has been awhile since you volunteered, please consider taking on ColorDaze.



WESTERN SLOPE NOTES Nov- Dec 2024



# What's Happening



**November 9, 2024 8th Annual District 2  
Gratitude Dinner -**

**Location- Center for Independence  
740 Gunnison Ave, Grand Jct CO 81501  
5:00pm -8:00pm Tickets \$5.00**

**Tickets can be purchase at Central Office. This is a  
Potluck items based on Sobriety month**

**November 1-3, 2024 Winter Assembly  
Hosted by District 12 and 19  
DoubleTree by Hilton Greenwood Village DTC**



<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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