WESTERN SLEEP PE NOTES

Sept — Oct 2020



1005 N. 12th St., Suite 107 Grand Junction, Colorado 81501 24 Hour Phone Service: 970-245-9649 or 888-333-9649







Central Office of Western Colorado

WESTERN SLOPE NOTES 2020

STEERING COMMITTEE



Steering Committee: Chair John T Vice Chair - Ed T- Secretary - Fran S

Treasurer- Christine K MAL-Dist 1 Open MAL- Dist 2 Gene MAL - Dist 5 Open

MAL -Dist 14— Jeff MAL- Dist -17- Craig MAL- Dist -18- Open

MAL Dist 20—David

Teresa M—Central Office Coordinator Asst. Coordinator Kriss R

Dear Folks of the Western Slope,

I sincerely hope this finds you well in these uncertain times, with the COVID-19 causing us to have to make changes I am hoping this is an opportunity for us to grow in effectiveness. As some of you know we have been meeting at the Intergroup/Steering committee online in a (Zoom) format. For this, you just need to download the app for (Zoom). I do not refer to our meetings online other than online as I don't want to endorse the (Zoom) app though it does seem to be the best platform for us at this point. This being said, I encourage all groups that are not sending an Intergroup Representative to consider coming to our meetings the second Saturday of the month at 1:30 p.m. and participating in your Central Office. During this whole pandemic, we have been carrying the message to alcoholics through our Hot Line, volunteers, and A.A. members. Our work has not stopped. I am certain that the cases of drinking and the need to stop have increased due to the pressures from this current crisis. Outlying areas will be able to participate online and we - as almost half the state of Colorado - can become a little better at helping the alcoholic that still suffers. Let us not have "dark" areas that are too distant for travel stop us! If you have a smart phone or a computer with a camera and a microphone, you can be a part of Central Office! Let us do this together!

Join Zoom Meeting https://us02web.zoom.us/j/82340634200

Meeting ID: 823 4063 4200

Password: 016285

I thank all of you for all your service to our fellowship and I pray to see more recovered faces in our next

gathering!

Yours in service.

John T.

Chair Intergroup 2020



WESTERN SLOPE NOTES Sept.-Oct. 2020

We at Central Office want to THANK all the groups and members for their contributions!! We appreciate your support!

Group Contributions

	Jun 24 - Aug 27, 20
Aspen Tri-Angle	200.00
Attraction Group	121.47
Austin Group	28.70
Burning Mtn Action-New Castle	125.00
Came To Belleve-Delta	102.12
Cortez Fellowship	75.00
Crested Butte	450.00
Dally Reprieve	50.00
Design for Living-Vall	40.00
District 01	200.00
District 20	420.00
Early Birds I	130.00
Grand Mesa Group	75.00
Happy Open Group	140.00
Happy, Joyous & Free	180.00
Insanely Early Birds	443.00
Odd Balls	153.00
One Day At A Time-Olathe	30.00
Original Clifton	386.41
Pagosa Springs	322.50
Rule #62	200.00
Silverton Wednesday Night	40.00
Sometimes Slowly	480.00
Sunday Night Men's-Montrose	26.25
Telluride Group	551.78
Top of the Hill Club	200.00
Tuesday Men's-GJ	120.00
Vall Beach Group	42.00
Vall Group	109.73
TOTAL	5,441.96

Individual Contributions
June 24—August 27 2020
\$2602.77

So many of you have stepped up to support Central Office and the fellowship of AA it is an honor and privilege to see the program in action. Thank you one and all!



A True Story: This really happened on July 2 2020. I had just pulled up to work and while still in my car, I saw a man trying to open the side door of a business next door to Central Office, then around to the front, he then when to the back. I got out of my car and said to him that no one would be there until 11am. He replied damn, I need to get to work and needed to drop off my rent. I told him that I would be happy to give them his rent. He said that would be great! Then he handed me an envelope full of cash. I said oh, is this cash? He said yes. I then told him to write his name on the envelope so they would know who it was from. He said that was a good idea, so he wrote his name and address and \$1550.00 on the envelope and handed it over to me. Then he said where do you work? I said, next door at AA. He then said OH that's great, I am also a member. I know my rent will make it safe. I had never seen him before or since.

WESTERN SLOPE NOTES 2020 Sobriety Celebration September



Ann	S		9	1	51	
Ben	В	Pagosa Springs	9	1	31	
Dudly	С		9	1	10	
Molly	G	Lunch Bunch	9	1	10	
Joy	G	H.O.WGJ	9	2	34	
Patricia	0		9	2	34	
Tim	D	A Vision for You	9	2	32	
Diane	D	Steamboat Seagulls	9	3	27	
Harold	I	Early Birds	9	3	30	
Tim	Α	Dinosaur#1	9	4	27	
Jan	М	H.O.W GJ	9	5	37	
Jeff	J		9	5	8	
Mike	Н	Save Yours	9	5	32	
Ron	С		9	5	42	
Tina	S	Meeting at the VA	9	5	10	
Gigi	D	A Vision for You	9	6	34	
Candace	N	Steamboat Seagulls	9	7	35	
Lynn	K	Silt Wild Bunch	9	7	38	
Rich	G	Open Parachute	9	7	19	
Russell	Α	Aspen	9	7	24	
JJ	G	Vail	9	8	39	
Paul	С		9	8	17	
Walter	V	Aspen	9	8	21	
Gary	Т	Grand Mesa	9	10	37	
Dan	D	P.I.P.	9	11	16	
Everett	W		9	11	19	
R.J.	L	The Noon Luncheon	9	11	44	
Del	F	Nucla	9	12	14	
Marcia	В		9	12	26	
Clarence	W	Odd Balls	9	13	19	
Abel	В	Una Luz En Mi	9	15	25	
Liz	М	Saturday Morning-	9	15	25	
Dave	Υ	Lunch Bunch	9	16	29	
Jon	Ε	Burning Mt Action	9	16	27	
Rob	С	Aspen	9	16	28	
Ilene	0	Grand Mesa	9	17	30	
Susan	Т	Mon Nite Womens	9	17	33	
Barbara	R	GJ	9	18	32	
Jeff	M		9	18	38	
John	В	Tuesday's Men's	9	18	31	
Mandy	R		9	20	9	
Gene	R	Open Parachute	9	21	39	
Nancy	С	Brown BaggersGJ	9	21	40	

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Howard	S	Aspen alumni	9	22	32
Jim	M	Lunch Bunch	9	22	12
Michael	R	Lunch Bunch	9	22	23
Debbie	Н		9	23	43
Richard	F	Back to Basics	9	24	20
Bruce	S	Odd Balls	9	26	20
Claudina	R		9	26	38
Doug	F	Sat Night Jive	9	26	37
Lori A	S	Attraction	9	26	18
Jack	K	Palisade HOGS	9	28	10
John	K	Austin Group	9	28	40
Mark	W	Steamboat Seagulls	9	28	30

A woman calls her sponsor and says she's having trouble within the sex relations department and needs some guidance.

Being a good sponsor that goes to the literature for answers, she instantly thinks of the sex inventory portion of Step 4 in the big book. She instructs the sponsee, "Read page 69 in your big book and I think you'll get some clarity."

Well, the sponsee agrees to do this but gets things a little mixed up, transposing the numbers and turning to page 96 instead. She eagerly reads to find the AA solution to her troubles with sex relations...

[this is where you read page 96 for the punchline]



WESTERN SLOPE NOTES 2020 Sobriety Celebration October

Jeff	N	Open Parachute	10	1	19
Sal	G	Wranglers	10	1	25
Carolyn	McG	H.O.WGJ	10	2	43
Kim	S	Attraction	10	2	24
Chuck	С	Odd-Balls	10	3	9
Deb	M	Brown Baggers	10	3	25
Gina	S	Meeker Group #1	10	4	10
Charlotte	K	Open Parachute	10	5	25
Steve	В	Talley's	10	5	18
Pat	D	Odd Balls	10	7	14
Paul	V		10	7	12
Aslaugh	S	Aspen	10	8	23
Mike	С		10	8	33
Nancy	Н	A Vision for You	10	8	26
Virgil	G	Meeker #1	10	9	36
Mike	Р	I Hate Barney	10	11	21
Rick	В	Nooners	10	11	24
Alberto	Н		10	12	12
Earl	W	Lunch Bunch	10	12	34
Terry	M	Early Birds	10	13	7
Bill	McL	Promises	10	15	36
Chuck	J	Palisade Hogs	10	15	34
Don	S	Early Birds	10	15	21
Doug	L	Early Birds I	10	15	15
Frank	Р	Solutions	10	15	42
Rod	G		10	15	12
Tim	0	Steamboat Seagulls	10	15	30
Charlie	F	Meeker #1	10	16	39
Chris	Υ	Steamboat Seagulls	10	16	37
Karen	L	Promises	10	16	6
John	M		10	17	20
Bill	K	Odd Balls	10	18	24
Mike	M	Rangely #1	10	18	26
Sean	С	RFV alumni	10	18	18
Jenifer	В	GJ alumni	10	19	24
Karen	R	Early Birds	10	19	16
Joan	Α		10	20	36
John	M	Lunch Bunch	10	20	40
Lindy	Р	Friends of Bill	10	20	16
Rich	L	Early Birds I	10	20	26
Tim	W	Brown Baggers	10	20	15
Paul	W	Came To Believe	10	21	42
Susan	M	SB Seagulls	10	21	21
Terry	R	Save Yours	10	22	16
Dennis	L		10	23	7

Erick	G	Montrose	10	23	32
Donna		Mon.Night Women	10	24	32
Toby	М	Open Parachute	10	27	12
Lew	Ε	Solutions	10	29	40
Dave	Α	Cortez Fellowship	10	30	44
Lisa	W	Open Parachute	10	30	27
Julie	L	Odd Balls	10	31	36
Lori	W	SB Seagulls	10	31	26

A drunk was stranded on a desert island with no food or 'drink' or way to escape. He found a bottle and dusted it off and a magic genie appeared. "You have freed me!" exclaimed the genie, "I grant you three wishes!" "Anything I want?" the drunk asked. "Yes, any three things you want!" the genie replied. "Oh WOW! I want a bottle of Rum that always stays full!" cried the drunk. POOF! The bottle appeared. When a big drink was taken it was still full! "Oh WOW Oh WOW!" the drunk exclaimed. Still drinking the genie is looking at his watch... "You still have two more wishes!" Holding the bottle high the drunk exclaimed "Oh WOW! I want two more of these!"

> Congratulations on Another Year of

Sobriety!!!

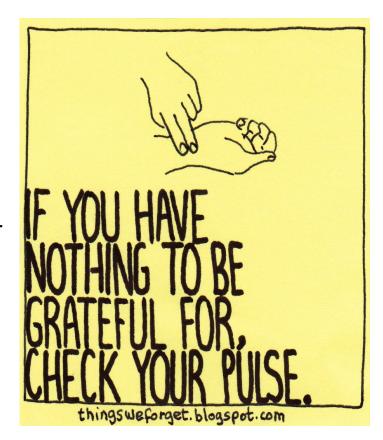
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Step 9

Made direct amends to such people whenever possible, except when to do so would injure them or others.

Tradition 9

AA as such ought never be organized; but we may create service boards or committees directly responsible for those they serve.



Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.



WESTERN SLOPE NOTES Sept - Oct 2020



Colorado State Convention September 4-6, 2020; Virtual

ColorDaze
September 18-20
Cancelled

2020 Winter Assembly November 13-15, 2020 Virtual

Central Office of Western Colorado is seeking an AA volunteer to oversee content for our website. Responsibilities would include uploading our most current newsletter, adding flyer graphics to the Events page plus make changes and updates for AA Meetings throughout Western Colorado. 2 years of sobriety is strongly recommended. You would need to own your own computer, have access to the internet and have an email account. Beneficial skills would be familiarity/experience with Photoshop, resizing of images, html coding, uploading flyers plus copywriting. There will be training and guidance available thru the Intergroup Technical Advisor and Central Office Coordinator. More information on the Web Chair position can be found on our Web Chair Guidelines Page.



