

January - February 2012



WESTERN SLOPE NOTES

www.AA-westerncolorado.org



FEATURING

- | | |
|----------------------------|--------|
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Central Office of Western Colorado

1005 N. 12th St., Suite 107
Grand Junction, Colorado 81501

24 Hour Phone Service:
970-245-9649 or 888-333-9649

Happenings

February 25-26, 2012

Mock Conference

Glenwood Springs (25th) Castle Rock (26th).

Contact Gelong (303) 219-0692

March 23-25, 2012

Area 10 Spring Assembly

Aurora, CO. Contact Carrie B. 303-249-1712.

NATIONAL EVENTS

March 14-17, 2012

Seniors in Sobriety

Yuma, AZ. www.bit.ly/sisconference

Meeting Updates

News "hotline" lists out — hope you all got yours... if not, please let me know... and here are the changes since then...

All CANCELLED meetings are cancelled until further notice.

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**Basalt/ El Jabel**

Wednesday 8:00 PM Changed to 7:00 PM  
20351 Hwy 82—Downstairs.

~~~~~  
Cedaredge

Women's Meeting, Weds, 6:30 PM, Aspen Trails Café **CHANGED**
To Monday 6:30 PM 1st Baptist Church 370 W. Main.

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**Cortez**

Monday at 8:00 PM **CHANGED** to 7:00 PM  
Saturdays 5:30 PM O,W Ute Mountain **CANCELLED**.

# Meeting Updates

**Crawford**

6:30 PM Workshop 12 x 12 Study  
**MOVED** to Town Hall by Park.

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Fruita

Sunset Back at 7:00 PM at Sacred Heart Church
513 E. Aspen (downstairs).

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**Grand Junction**

Closed Men's Fireside, 7:30 Fridays, **CANCELLED**.

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Grand Junction

Surrender to Win MWF 7:00 AM Alano Club **CANCELLED**.

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**Gunnison**

**NEW** Sunday 7:00 PM at Last Resort Church  
114 W. Wisconsin.

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Lake City

All meetings at 8:00 AM until May.

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**Montrose**

1st Baptist Church meetings **MOVED**  
Sun 6:30 PM meeting moved to All Saints Anglican Church.  
All 8:00 AM meetings moved to All Saints Anglican Church.  
2057 S Townsend  
Friday 8:00 PM meeting moved to 1st Methodist Church, 19 S Park.  
Monday Noon meeting moved to 1st Methodist Church, 19 S Park.  
Monday and Saturday 8 PM moved to 1st Church of Nazarene 705 S 12th.

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Nucla

NEW Wednesday at 7:00 PM Open United Cong. Church 696 Main.
NEW Friday 6:00 PM Open United Cong. Church 696 Main.
NEW Thursday 7:00 PM Open Our Lady Catholic Church E 2nd & Fox.

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**Redstone**

Thursday 7:00 PM 12 x 12 Study  
Redstone Community Church

NOTE: Central Office will be CLOSED January 16th and February 20th.

|                                                                                                                                                                                        |                                                                                                                                                                                |                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>ALL WESTERN SLOPE</b><br/>Speakers Meeting</p> <p>The Second Saturday<br/>of Every Month</p> | <p>OPEN<br/>January 14, 2012</p> <p>OPEN<br/>February 11, 2012</p> <p>OPEN<br/>March 10, 2012</p>                                                                              | <p>"Eagle's Nest" Diner<br/>'Truck Stop' at Cameo<br/><b>I-70 — Exit #47</b><br/><b>Fellowship &amp; Dinner</b><br/><b>Starting at 6 PM</b></p> |
|                                                                                                                                                                                        | <p>It's a GREAT way for new &amp; old to share recovery!! If your group wants to sponsor a meeting email: <a href="mailto:AANormanG1968@aol.com">AANormanG1968@aol.com</a></p> | <p>Dinner is optional<br/>order off the menu<br/>(backdoor/north side)</p>                                                                      |
|                                                                                                                                                                                        | <p><b>Meeting at 7 PM</b></p>                                                                                                                                                  |                                                                                                                                                 |

# January February Sobriety Celebrations

| Mo | Day | Name             | Years | Group                    | Mo | Day | Name            | Years | Group              |
|----|-----|------------------|-------|--------------------------|----|-----|-----------------|-------|--------------------|
| 1  | 1   | Scott D          | 6     | Robbers' Roost           | 1  | 26  | Jennifer W      | 2     |                    |
| 1  | 1   | James L          | 26    | Odd Balls                | 1  | 27  | Mark & Connie W | 5     | Meeting @ V.A.     |
| 1  | 1   | Jack L           | 11    | Back To Basics           | 1  | 27  | Jan R           | 32    | Serenity Seekers   |
| 1  | 1   | Rod and Claire H | 30    | Brown Baggers--GJ        | 1  | 30  | Alice F         | 16    | H.O.W.--GJ         |
| 1  | 1   | Mona b           | 34    | Women's Outreach         | 2  | 1   | Carriann A      | 20    |                    |
| 1  | 1   | Pete F           | 14    | Silt Wild Bunch          | 2  | 1   | Sandie K        | 22    | AS BILL SEES IT    |
| 1  | 1   | Penny N          | 28    | Craig #1                 | 2  | 1   | Josh H          | 33    | Early Birds I      |
| 1  | 1   | Kathy A          | 6     |                          | 2  | 2   | CAROL L         | 22    | WOMEN'S OUTREACH   |
| 1  | 1   | Steve A          | 23    | Lunch Bunch              | 2  | 2   | Judith I        | 27    |                    |
| 1  | 1   | Lynn C           | 22    | Aspen / Basalt           | 2  | 2   | Bob M           | 19    | Living Sober-Aspen |
| 1  | 1   | Jack W           | 7     | Over the Hump            | 2  | 2   | Darlene B       | 26    | Women's Outreach   |
| 1  | 2   | Brad O           | 20    | Aspen Men's Group        | 2  | 2   | Belinda K       | 20    | Go For It          |
| 1  | 2   | Stacy F          | 16    | ASPEN                    | 2  | 4   | Kevin K         | 4     | Odd Balls          |
| 1  | 3   | Kay B            | 16    | Grand Mesa               | 2  | 4   | Debbie Q        | 27    | Carbondale         |
| 1  | 3   | Ed B             | 16    | Grand Mesa               | 2  | 5   | Maureen C       | 38    | Came To Believe    |
| 1  | 3   | Jude & Carolyn M | 35    | OddBalls                 | 2  | 5   | Don & Linda D   | 15    | Beaver Creek       |
| 1  | 4   | Frank M          | 29    | Bantron                  | 2  | 7   | Ron G           | 30    | Brown Baggers--GJ  |
| 1  | 4   | Cathy C          | 6     | Ridgway / Ouray          | 2  | 8   | Charlotte W     | 7     |                    |
| 1  | 6   | Janet V          | 2     | Lunch Bunch              | 2  | 8   | Pat D           | 24    |                    |
| 1  | 7   | Tom E            | 10    | Just for Today           | 2  | 9   | Cheryl H        | 8     | Lunch Bunch        |
| 1  | 7   | Tricia M         | 7     |                          | 2  | 9   | Shane O         | 11    | Brown Baggers--GWS |
| 1  | 8   | Micheal J        | 1     |                          | 2  | 10  | Jeanine D       | 24    |                    |
| 1  | 9   | Becky A          | 27    | Delta Area Group         | 2  | 10  | Matt D          | 24    |                    |
| 1  | 10  | Loren C          | 21    | Lunch Bunch              | 2  | 11  | Mark & Terry V  | 13    |                    |
| 1  | 10  | Don D            | 8     | Odd Balls                | 2  | 11  | Jo K            | 3     |                    |
| 1  | 10  | Zelinda B        | 28    | As Bill Sees It          | 2  | 12  | Tom E           | 1     |                    |
| 1  | 10  | Len S            | 8     | Lunch Bunch              | 2  | 12  | Lynn T          | 18    | H.O.W.--GJ         |
| 1  | 10  | Jackie S         | 17    | Original Clifton         | 2  | 12  | Nicole L        | 1     |                    |
| 1  | 10  | Kay G            | 22    | Fellowship               | 2  | 12  | Dolores P       | 15    | Early Birds I      |
| 1  | 11  | Paula G          | 19    | Hotchkiss                | 2  | 13  | Bill H          | 23    | ORIGINAL CLIFTON   |
| 1  | 12  | Bob M            | 5     | The Other Group          | 2  | 14  | Daphna R        | 27    | Grand Mesa         |
| 1  | 12  | Reid B           | 8     | Norwood                  | 2  | 14  | Charlie L       | 20    | Grand Mesa         |
| 1  | 13  | Dee B            | 2     |                          | 2  | 14  | Pete M          | 34    | Came To Believe    |
| 1  | 14  | Ed M             | 2     | Promises                 | 2  | 15  | Tony O          | 2     | OddBalls           |
| 1  | 14  | David B          | 16    | Down Valley Derelicts    | 2  | 15  | Merilee S       | 6     | Early Birds I      |
| 1  | 14  | Jeff L           | 31    | Steamboat Seagulls       | 2  | 15  | Carol R         | 5     | Original Clifton   |
| 1  | 14  | Rob S            | 5     | Craig #1                 | 2  | 15  | Loretta G       | 1     | Open Parachute     |
| 1  | 15  | Mickee M         | 32    | Craig #1                 | 2  | 15  | Mike A          | 20    | Attraction         |
| 1  | 15  | Shawn R          | 22    | Palisade Friday Knights  | 2  | 17  | Marylee L       | 4     | Early Birds I      |
| 1  | 15  | Jeff C           | 21    | District 14              | 2  | 17  | Bill K          | 12    | Original Clifton   |
| 1  | 15  | Kirby N          | 11    | Grand Mesa               | 2  | 17  | Chris K         | 9     | Grand Mesa         |
| 1  | 15  | Suzann R         | 14    | Living Sober             | 2  | 18  | Roy C           | 8     | Lunch Bunch        |
| 1  | 15  | Marcia C         | 12    | As Bill Sees It          | 2  | 18  | Melodie B       | 27    | Brown Baggers      |
| 1  | 16  | Jeff W           | 6     | New Beginnings           | 2  | 19  | Rick R          | 21    | Meeker #1          |
| 1  | 16  | Josh H           | 8     | Open Parachute           | 2  | 19  | Sue             | 2     | Open Parachute     |
| 1  | 18  | Christy W        | 17    | Steamboat Seagulls       | 2  | 21  | Duane L         | 28    | Attraction         |
| 1  | 18  | Jack M           | 16    | Hotchkiss                | 2  | 21  | Marcy M         | 22    | Lunch Bunch        |
| 1  | 19  | Jay G            | 5     |                          | 2  | 21  | Rick E          | 15    | Steamboat Seagulls |
| 1  | 22  | Susan S          | 15    | Craig Fellowship         | 2  | 22  | Narcissus R     | 38    | Meeting at V.A.    |
| 1  | 22  | Sally M          | 12    | Lunch Bunch              | 2  | 22  | Martin B        | 25    | Just For Today     |
| 1  | 23  | Annette P        | 20    | Women's Outreach         | 2  | 23  | Nancy K         | 27    |                    |
| 1  | 23  | Chris K          | 10    | Odd Balls                | 2  | 26  | Patty M         | 20    |                    |
| 1  | 23  | Jay W            | 29    | ASPEN                    | 2  | 27  | John A          | 13    | Meeting @ VA       |
| 1  | 24  | Martha R         | 24    | Attraction               | 2  | 27  | Frank S         | 32    | Bantron            |
| 1  | 24  | Marilyn G        | 17    |                          | 2  | 28  | Kriss R         | 23    | Early Birds I      |
| 1  | 24  | Nancy F          | 20    | Fellowship of the Spirit | 2  | 28  | Mike P          | 6     | Open Parachute     |
| 1  | 25  | Dianna F         | 13    |                          | 2  | 29  | Kelly Stone B   | 47    |                    |
| 1  | 25  | Jeff B           | 3     | Rangely #1               |    |     |                 |       |                    |

## Voluntary Contributions – YOU Make it Possible !!

|                                    | Nov 11 | Dec 11 | TOTAL    |                                  | Nov 11          | Dec 11          | TOTAL            |
|------------------------------------|--------|--------|----------|----------------------------------|-----------------|-----------------|------------------|
| A Vision for You                   | 0.00   | 170.00 | 340.00   | Palisade Friday Knights          | 0.00            | 0.00            | 40.50            |
| A.R.P.--Salvation Army             | 0.00   | 0.00   | 5.61     | Palisade Happy Open              | 0.00            | 0.00            | 66.00            |
| Alkathon                           | 0.00   | 212.46 | 212.46   | Practicing These Principles      | 0.00            | 0.00            | 103.20           |
| As Bill Sees It--Fruita            | 0.00   | 0.00   | 275.60   | Primary Purpose-Vail             | 0.00            | 0.00            | 100.96           |
| Attraction                         | 0.00   | 50.00  | 270.00   | Promises @ 530                   | 60.00           | 0.00            | 697.00           |
| Bayfield Monday Nite Womens        | 30.00  | 0.00   | 60.00    | Ridgway                          | 0.00            | 25.00           | 50.00            |
| Beaver Creek                       | 0.00   | 0.00   | 70.00    | S.I.O.G.A.                       | 0.00            | 0.00            | 11.40            |
| Better Late Than Never-Paonia      | 0.00   | 0.00   | 175.00   | Sat Night Live - C'Dale          | 0.00            | 0.00            | 333.56           |
| Brotherly Action Group-GWS         | 0.00   | 63.30  | 63.30    | Serenity Seekers                 | 0.00            | 0.00            | 294.00           |
| Buena Vista Group #662128          | 55.37  | 0.00   | 55.37    | Silt Wild Bunch                  | 50.00           | 0.00            | 270.25           |
| Burning Mtn Action-New Castle      | 50.00  | 0.00   | 288.17   | Silverton                        | 0.00            | 0.00            | 80.00            |
| Came To Believe                    | 0.00   | 0.00   | 960.00   | Special Event - Hot Dog 7th Trad | 0.00            | 0.00            | 6.16             |
| Cash Sales                         | 0.00   | 0.00   | 34.63    | Steamboat Seagulls               | 0.00            | 0.00            | 279.00           |
| Cortez Fellowship                  | 0.00   | 0.00   | 50.41    | Steering Committee 7th Tradition | 0.00            | 0.00            | 42.36            |
| Cosmic Re-Entry                    | 0.00   | 0.00   | 75.00    | Sunday Night Men's-Montrose      | 0.00            | 0.00            | 67.12            |
| Courage To Change-Buena Vista      | 0.00   | 0.00   | 123.10   | Sundowner's Carb'd               | 0.00            | 0.00            | 50.00            |
| Delta Area Big Book Study          | 0.00   | 0.00   | 10.00    | Telluride Group                  | 0.00            | 1,077.00        | 2,056.00         |
| Design for Living-Austin           | 0.00   | 0.00   | 78.80    | There Is A Solution-Montrose     | 0.00            | 0.00            | 247.20           |
| Design for Living-Vail             | 50.00  | 0.00   | 100.00   | Up to Ouray in A.A.              | 0.00            | 0.00            | 50.00            |
| Dillon--Thursday Night             | 0.00   | 0.00   | 87.00    | Ute Mountain Group - Cortez      | 10.00           | 10.00           | 130.00           |
| District 02                        | 0.00   | 0.00   | 82.93    | Vail Beach Group                 | 0.00            | 75.32           | 168.05           |
| District 05                        | 0.00   | 0.00   | 720.00   | Vail Group                       | 0.00            | 0.00            | 500.00           |
| District 14                        | 0.00   | 0.00   | 200.00   | Women's Outreach                 | 0.00            | 0.00            | 737.70           |
| District 20                        | 0.00   | 0.00   | 2,100.51 | Wranglers                        | 0.00            | 0.00            | 200.00           |
| Down Valley Derelicts (DVD-Basalt) | 0.00   | 0.00   | 172.85   | Young & Restless--GWS            | 0.00            | 0.00            | 20.00            |
| Durango Central                    | 0.00   | 0.00   | 60.00    | <b>TOTAL</b>                     | <b>1,163.48</b> | <b>2,818.08</b> | <b>24,079.53</b> |
| Early Birds I                      | 375.00 | 179.00 | 3,220.88 |                                  |                 |                 |                  |
| Edwards Grapevine Group            | 0.00   | 0.00   | 300.00   | <b>Contributions</b>             | <b>11-Nov</b>   | <b>11-Dec</b>   | <b>TOTAL</b>     |
| Fellowship Group                   | 0.00   | 80.00  | 80.00    | Anonymous Contributions          | 25.00           | 0.00            | 350.08           |
| Focus 164 - C'Dale                 | 0.00   | 0.00   | 84.42    | Faithful Fivers/Twelvers         | 10.00           | 10.00           | 248.19           |
| Frisco Tuesday Night               | 0.00   | 280.00 | 280.00   | Individual Contributions         | 1000.00         | 50.00           | 1718.60          |
| Fruita Sunset                      | 0.00   | 0.00   | 161.58   | Newsletter Contributions         | 0.00            | 0.00            | 80.00            |
| Go For It -- Delta Women's         | 0.00   | 0.00   | 82.76    | No name                          | 0.00            | 0.00            | 145.00           |
| Granby Group                       | 0.00   | 0.00   | 300.00   | <b>TOTAL</b>                     | <b>1,035.00</b> | <b>60.00</b>    | <b>2,541.87</b>  |
| Grand Mesa Group                   | 30.00  | 0.00   | 110.00   |                                  |                 |                 |                  |
| H.O.W.--Cedaredge                  | 0.00   | 0.00   | 165.00   |                                  |                 |                 |                  |
| Hotchkiss Monday Night             | 25.00  | 0.00   | 25.00    |                                  |                 |                 |                  |
| Insanely Early Birds               | 50.00  | 0.00   | 200.00   |                                  |                 |                 |                  |
| Intergroup 7th Tradition           | 0.00   | 0.00   | 104.48   |                                  |                 |                 |                  |
| Jump Start - Rifle                 | 0.00   | 0.00   | 100.00   |                                  |                 |                 |                  |
| Just For Today                     | 0.00   | 0.00   | 320.00   |                                  |                 |                 |                  |
| Keep It Simple Womens Group        | 0.00   | 80.00  | 80.00    |                                  |                 |                 |                  |
| Kremmling                          | 0.00   | 0.00   | 40.00    |                                  |                 |                 |                  |
| Lunch Bunch                        | 100.00 | 100.00 | 888.10   |                                  |                 |                 |                  |
| Meeker #1                          | 0.00   | 0.00   | 100.00   |                                  |                 |                 |                  |
| Meeting @ V.A.                     | 86.00  | 0.00   | 473.41   |                                  |                 |                 |                  |
| Melody Step Study                  | 0.00   | 0.00   | 80.00    |                                  |                 |                 |                  |
| Morning Hangovers                  | 0.00   | 0.00   | 120.00   |                                  |                 |                 |                  |
| Norwood Group                      | 0.00   | 100.00 | 100.00   |                                  |                 |                 |                  |
| Odd Balls                          | 82.11  | 316.00 | 1,910.20 |                                  |                 |                 |                  |
| OMG Group                          | 25.00  | 0.00   | 25.00    |                                  |                 |                 |                  |
| On Awakening Aspen                 | 0.00   | 0.00   | 1,150.00 |                                  |                 |                 |                  |
| Open Parachute                     | 0.00   | 0.00   | 60.00    |                                  |                 |                 |                  |
| Pagosa Springs                     | 85.00  | 0.00   | 247.50   |                                  |                 |                 |                  |

*Thank You Very Much*—for all of your generous contributions  
to show where money and spirituality mix.

**Desperate !! Need Secretary for S/C & I/G Call Joy  
245-9649**

WANT/NEED MORE INFO?  
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|                                             |
|---------------------------------------------|
| <b>TREASURER'S REPORT NOVEMBER—DECEMBER</b> |
|---------------------------------------------|

| Profit and Loss Nov 2011  |                                    | Profit and Loss Dec 2011 |                                    |
|---------------------------|------------------------------------|--------------------------|------------------------------------|
|                           |                                    | Nov 11                   | Dec 11                             |
| <b>Income</b>             |                                    |                          | <b>Income</b>                      |
|                           | <b>Group Contributions</b>         | 1,163.48                 | <b>Group Contributions</b>         |
|                           | <b>Individual Contributions</b>    | 1,055.00                 | <b>Individual Contributions</b>    |
|                           | <b>Reimbursed Expenses</b>         | 89.05                    | <b>Reimbursed Expenses</b>         |
|                           | <b>Sales</b>                       | 2,141.12                 | <b>Sales</b>                       |
| <b>Total Income</b>       |                                    | 4,448.65                 | <b>Total Income</b>                |
| <b>Cost of Goods Sold</b> |                                    |                          | <b>Cost of Goods Sold</b>          |
|                           | <b>Cost of Goods Sold</b>          | 2,603.09                 | <b>Cost of Goods Sold</b>          |
| <b>Total COGS</b>         |                                    | 2,603.09                 | <b>Total COGS</b>                  |
| <b>Gross Profit</b>       |                                    | 1,845.56                 | <b>Gross Profit</b>                |
| <b>Expense</b>            |                                    |                          | <b>Expense</b>                     |
|                           | <b>Alkathon</b>                    | 35.12                    | <b>Alkathon</b>                    |
|                           | <b>Answering Service</b>           | 259.26                   | <b>Answering Service</b>           |
|                           | <b>Bank Service Charges</b>        | 8.00                     | <b>Founder's Day</b>               |
|                           | <b>Employee Travel</b>             | 275.19                   | <b>Intergroup Refreshments</b>     |
|                           | <b>Intergroup Seminar (AAWS)</b>   | 0.00                     | <b>Internet Connection</b>         |
|                           | <b>Internet Connection</b>         | 29.95                    | <b>Office Supplies</b>             |
|                           | <b>Office Supplies</b>             | 27.97                    | <b>Payroll Tax Expense</b>         |
|                           | <b>Payroll Tax Expense</b>         | 455.26                   | <b>Postage</b>                     |
|                           | <b>Postage</b>                     | 188.42                   | <b>Printing / Copying</b>          |
|                           | <b>Printing / Copying</b>          | 226.89                   | <b>Professional Fees</b>           |
|                           | <b>Professional Fees</b>           | 31.64                    | <b>Rent / Lease</b>                |
|                           | <b>Rent / Lease</b>                | 375.00                   | <b>Salaries</b>                    |
|                           | <b>Salaries</b>                    | 1,540.66                 | <b>Special Events - Open House</b> |
|                           | <b>Special Events - Open House</b> | 200.00                   | <b>Telephone Expense</b>           |
|                           | <b>Telephone Expense</b>           | 45.73                    | <b>Web-Site Expense</b>            |
|                           | <b>Uncategorized Expenses</b>      | 0.00                     | <b>Total Expense</b>               |
|                           | <b>Web-Site Expense</b>            | 9.95                     |                                    |
|                           | <b>Total Expense</b>               | 3,709.04                 | <b>Net Ordinary Income</b>         |
|                           | <b>Net Ordinary Income</b>         | -1,863.48                |                                    |
|                           | <b>Net Income</b>                  | -1,863.48                | <b>Net Income</b>                  |
|                           |                                    |                          | -1,041.29                          |
|                           |                                    |                          | -1,041.29                          |

#### Alkathon 2011 A Great Time !

Thanks to all trusted servants who attended and helped at the Alkathon this year. The Clarion Inn location on Horizon Drive in Grand Junction was a big success with a cozy meeting room and an atrium to eat and fellowship in. There were more than 20 people at the each of the eight meetings held over Christmas Eve and Christmas Day.

This year a new tradition was born; every meeting was by candlelight. The Alkathon is a safe haven for alcoholics. It provides a secure place free from alcohol and free from emotional stress. The warm and loving fellowship binds us together. The great spread of food didn't hurt either! Thanks again to all who made this year a success and we look forward to seeing you next year. Have a safe and sober New Year, Merilee and Emily.

#### New Years Dance 2011/2012 a Really Rockin' Time!

Thanks to everyone involved for your service work in making this event the success that it was. There were at least 100 in attendance and a splendid time was had by all. We sincerely hope that we can count on your help in making next year's dance an even bigger success.

**NEW YEAR'S WORD SEARCH**

Q S Z L J B B H F X M W Z T E  
 H I P H H O P E R D M G G P A  
 O T W O Y S Q M E X T D O U G  
 A I I A N X G F E G R Y N O Y  
 R B H A G S U K D K V G Z R T  
 Y J G M F T O S O L I J L G E  
 W H C L U L S R M B N M A S I  
 M U H R M E G M E M D K A O R  
 I Q E T N O I T A T I D E M B  
 W A K D G H O N E S T Y L R O  
 B O N F O N R E Y A R P S H S  
 L I R F D S E L L A X P H W E  
 K N G K U J M R D A E E Q Y X  
 R V T O S C Z B T T Z G U G A  
 P S P L A W Q C S S X Y O U L

FAITH  
 FREEDOM  
 FUTURE  
 GOD  
 GROUP  
 HONESTY  
 HOPE  
 KINDNESS  
 MEDITATION  
 PRAYER  
 SOBRIETY  
 SPONSOR  
 STEPS  
 STRENGTH  
 WORK



**WARNING SIGNS OF A RELAPSE**

**Change in Attitude** - For some reason you decide that participating in your recovery program is just not as important as it was. You may begin to return to what some call "stinking thinking" or unhealthy or addictive thinking.

**Elevated Stress** - An increase in stress in your life can be due to a major change in circumstances or just little things building up. Be careful if you begin to have mood swings and exaggerated positive or negative feelings.

**Reactivation of Denial** - This is not denial that you have a drug or alcohol problem, it's denial that the stress is getting to you. You try to convince yourself that everything is OK, but it's not. This is dangerous because this denial is very similar to denial of drug addiction or abuse.

**Recurrence of Post Acute Withdrawal Symptoms** - Anxiety, depression, sleeplessness and memory loss can continue long after you quit drinking or doing drugs. These symptoms can return during times of stress. They are dangerous because you may be tempted to self-medicate them with alcohol or drugs.

**Behavior Change** - You may begin to change the daily routine that you developed in early sobriety that helped you replace your compulsive behaviors with healthy alternatives. You might begin to practice avoidance or become defensive in situations that call for an honest evaluation of your behavior.

**Social Breakdown** - You may begin feeling uncomfortable around others and making excuses not to socialize.

**Loss of Structure** - You begin to completely abandon the daily routine or schedule that you developed in early sobriety. You may begin sleeping late or ignoring personal hygiene or skipping meals.

**Loss of Judgment** - You begin to have trouble making decisions or you make unhealthy decisions. You may experience difficulty in managing your feelings and emotions.

**Loss of Control** - You make irrational choices and are unable to interrupt or alter those choices. You begin to actively cut off people who can help you. You begin to think that you can return to social drinking and recreational drug use and you can control it. You may begin to believe there is no hope.

**Loss of Options** - You begin to limit your options. You stop attending all meetings with counselors and your support groups and discontinue any pharmacotherapy treatments. You may feel loneliness, frustration, anger, resentment and tension. You might feel helpless and desperate. You come to believe that there are only three ways out: insanity, suicide, or self-medication with alcohol or drugs.

**Relapse** - You attempt controlled, "social" or short-term alcohol or drug use, but you are disappointed at the results and immediately experience shame and guilt. You quickly lose control and your alcohol and drug use spirals further out of control. This causes you increasing problems with relationships, jobs, money, mental and physical health. You need help getting sober again.

## ***November December Central Office Meeting Minutes***

### **Intergroup Minutes, November 12, 2011**

Jerry opened with the Lord's Prayer, Bill read the Statement of Purpose and all read the 12 Concepts. Approval of the Agenda was from Hulan and Kevin 2<sup>nd</sup>. Rick approved the minutes and Vince 2<sup>nd</sup>. Treasurer's Report: See SC Minutes. Central Office Report: See SC Minutes. Alkathon: Need to solicit groups to fill time slots and get coffee \$50 all you can drink. There will be a socializing area with the food but can't take food in the meeting room. Founder's Day: Need chair and co-chair. Joy will book park and we need to find a speaker. Colordaze: Lon said next meeting will be Jan 11 and Cliff R from Oceanside, CA will be the Saturday night speaker. New Year's Eve Party: \$400.00 to book the Country Inn. Mike and Lawrence stepped up to chair and co-chair. There will be a speaker and dancing. \$5 in advance and \$7 at the door. Group & District Reports: Kevin – Robber's Roost (Austin) Good attendance at 8<sup>th</sup> annual men's retreat in late June. Donna – Women's Outreach Tuesday 10-15 and Fridays 20 to 25 people. Sienna is new secretary. Dan – Promises Meets every day and are trying to have a chairperson for each night. Joe – Oddballs Good core group. Rick – Early Birds Attendance steady, around 24. Jerry – Came to Believe – Meets 7 days a week, spkr on Sunday from 1 to 2. There is a new speaker's meeting on Saturday night in Delta's United Methodist Church. There is also a new Young Peoples group at the American Lutheran Church in Grand Jct. @ 7:00pm 7<sup>th</sup> and Patterson. Old Business: Positions open for MAL 1, 5, 14, 17 and 18. Districts 2 and 20 are rep. Vice-chair – Vince was appointed by Chairman – Jerry to end of year. Secretary: still need one. New Business: Welcome Nancy C as new assistant! 7<sup>th</sup> Tradition and closed with the Lord's Prayer.

### **Steering Committee Minutes, November 12, 2011**

Jerry opened with the Serenity Prayer. Bill read Concept III and Jerry read the Statement of Purpose. Vince motioned to approve the minutes from last meeting and Bill 2<sup>nd</sup>. Central Office Report: We started the month with a healthy contribution from Colordaze of \$2,600. Thank you again for your service and getting the job done so well!!! I visited the Parachute Group for their Halloween party which was well attended and a lot of fun! They had two great speakers and a live band. I went to the Winter Assembly in Breckenridge and sold about \$250 in literature. I got a lot of people asking to purchase with credit cards. We made sure the door was open and the phones turned over and ready for business before 10:00am. Ed worked very hard on the newsletter and we had to let Teresa go. Treasurer's Report: Group contributions were up and our gross profit was up \$1805.87 from our projected budget. This is great news to see a turnaround from a downward trend which was having a negative effect on our PR. Our net income was \$2,926 for Oct as compared to \$1,489.23 last year. Currently our assets are \$32,460.55 of which inventory is \$9,656.43. This leaves us with a cash balance of \$22,804.12. When the Colordaze account is reconciled it will be \$2,000. Thanks to everyone who has helped in turning around our cash position at our Central Office. MAL Reports: Dan – Dist 20: Joy and Jerry came to their last meeting to thank the Dist for their generous donation of \$2,100 from the Summer Assembly. They have a new CPI person and their next meeting is Dec 17 at noon at the 1<sup>st</sup> Baptist Church in Montrose. Hulan – Dist 2: Contributions are up and down but usually keep \$500 to \$750 in PR. Old Business: Need Vice-chair and Secretary. Vince was appointed by Jerry the Chair to fill the remaining year. He will then probably stand for the 2 year term starting in January 2012. New Business: Welcome to Nancy C as new Assistant! Tabled credit cards and Hulan moved to approve IG Agenda and Vince seconded. 7<sup>th</sup> Tradition and closed with the Lords Prayer.

### **Intergroup Minutes, December 10, 2011**

Jerry opened the meeting with the Serenity Prayer and read The Statement of Purpose. The Twelve Concepts were read by all. Hulan motioned to except the Agenda and Doris seconded. Doris motioned to accept the minutes and Donna seconded. Alkathon Report: The Clarion is all set and Ron G donated decorations. Attraction donated \$50 and District 2 \$100 which paid for the room rent. Founder's Day 2012: need Chair and Co-Chair. Colordaze 2012: Next meeting in January. New Years Eve 2011: Committee is working very hard to pull it together and as long as we get the word out it should be a success. Group Reports: Doris-Lunch Bunch: Attendance up 7<sup>th</sup> Trad low. ARP people are coming. Donna-Women's Outreach: Good attendance, closed women's group. Tues 10-15 and Fri 25+. Dan-Promises: signed up for Alkathon. Kevin-Robber's Roost: Nothing new to report. Usually 14-30 men. Old Business: MAL positions open for Districts 1, 5, 14, 17 and 18. Dist 2 and 20 are represented. Need Vice Chair and Secretary. New Business: Close office for inventory January 2, 2012. 7<sup>th</sup> Trad and closed with The Lord's Prayer.

### **Steering Committee Minutes, December 10, 2011**

Jerry opened with the Serenity Prayer, Joy read Concept III and Bill read the Statement of Purpose. Bill moved to accept the last minutes and Dan seconded. Central Office Report: Welcome to Nancy C, who through her 33 years of sobriety, has held many service positions in four states. I got new meeting lists printed for the hotline packets and printed new pocket book meetings for the Western Slope and they are on sale for \$3. Nancy and I went to GWS to meet with Frank M and Sue B to do a phone workshop with District 14. After a stop at the hospital (Nancy became ill) Sue Karin B and Frank got 30 of about 50 people that showed up to sign up for the hotline! Dist 14 really rocks! Ed is training our new newsletter editor, Bobby. I'm putting out a plea for a SC/IG secretary as the position has been vacant for a year now. I'm desperate! Treasurer's Report: We are at our prudent reserve level but went in the hole \$1,500 last month. MAL Reports: Hulan Dist 2 reported we got the bids on the summer assembly and the State Convention 2013. Their money goes up and down. Dan Dist 20: They are trying to plan their meetings in advance. Old Business: Need Vice-chair and Secretary. New Business: Close office January 2, 2012 for inventory. Bill motioned to approve IG agenda and Dan seconded. 7<sup>th</sup> Trad and closed with The Lord's Prayer.

Central Office of  
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