
UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT
Pursuant to Section 13 or 15(d)
of the Securities Exchange Act of 1934

Date of Report: December 23, 2013
(Date of earliest event reported)

Arête Industries, Inc.

(Exact name of registrant as specified in its charter)

COLORADO
(State or other jurisdiction
of incorporation)

33-16820-D
(Commission
File Number)

84-1508638
(IRS Employer
Identification No.)

7260 Osceola Street
Westminster, CO 80030
(Address of principal executive offices) (Zip Code)

(303) 427-8688
(Registrant's telephone number, including area code)

N/A
(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
 - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
 - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b)).
 - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c)).
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Section 8.01 Other Events

On December 23, 2013, the Company issued a press release announcing a sale of an oil well and three oil and gas leases in Campbell County, Wyoming to an unaffiliated third party. A copy of this press release is attached as Exhibit 99.1 hereto. The reader is advised to read this press release in its entirety.

The information in this report shall not be deemed to be “filed” for purposes of Section 18 of the Securities Exchange Act of 1934, as amended (the “Exchange Act”), and shall not be incorporated by reference into any registration statement or other document filed under the Securities Act of 1933, as amended, or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

Item 9.01. Financial Statements and Exhibits.**(d) Exhibits**

The Exhibits listed below are furnished as Exhibits to this Current Report on Form 8-K.

<u>Exhibit No.</u>	<u>Description</u>
99.1	Press Release dated December 23, 2013

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

ARÊTE INDUSTRIES, INC.

Dated: January 2, 2014

By: /s/ Nicholas L. Scheidt

Name: Nicholas L. Scheidt

Title: Chief Executive Officer

**Press Release**

Source: Arête Industries, Inc.

Arête Industries, Inc. Announces Sale of a Well and Leases in Wyoming for Approximately \$1.0 Million in Gross Proceeds With a \$380,000 Gain

WESTMINSTER, CO — (Marketwired) — 12/23/13 — Arête Industries, Inc. (OTCQB: ARET) today announced it recently sold an oil well and three oil and gas (on one of which the well is located) leases in Campbell County, Wyoming to an unaffiliated party for approximately \$1.0 million in gross proceeds. Arête owned a 100% working interest in the well and in three leases that comprise a 640 acre communitized spacing unit. Arête's gain on the sale was approximately \$380,000 and it retained a 1.75% overriding royalty interest in approximately 330 net acres in the communitized spacing unit. A drilling permit has been approved by the Wyoming Oil & Gas Commissions for a horizontal well in the unit.

Make sure you are first to receive timely information on Arête Industries when it hits the newswire. Sign up for Arête's email news alert system today at: <http://www.areteindustries.com/alerts>

About Arête Industries

The Company owns non-operated oil and gas properties in the Rocky Mountain Region of the United States. For additional information on the Company visit our website at: <http://www.areteindustries.com>

Statement as to Forward Looking Statements.

Certain statements contained herein, which are not historical, are forward-looking statements that are subject to risks and uncertainties not known or disclosed herein that could cause actual results to differ materially from those expressed herein. These statements may include projections and other "forward-looking statements" within the meaning of the federal securities laws. Any such projections or statements reflect Arête's current views about future events and financial performance. No assurances can be given that such events or performance will occur as projected and actual results may differ materially from those projected. Important factors that could cause the actual results to differ materially from those projected include, without limitation, the Company's dependence on its management, the Company's significant lack of capital, changes in prices for crude oil and natural gas, the ability of management to execute plans to meet the Company's goals and other risks inherent in the Company's business that are detailed in the Company's Securities and Exchange Commission ("SEC") filings. Readers are encouraged to review these risks in the Company's SEC filings.

For Further Information Contact:

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CEO

Donald W Prosser

CFO

303-427-8688

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Source: Arête Industries, Inc.

Released December 23, 2013