

Pikes Peak Pint

The Pikes Peak Pint is a monthly AA-oriented newsletter that serves Colorado Springs and the surrounding communities.

March 2009

Area Meeting Additions, Deletions, and Changes (all meetings are non-smoking)

To include new meetings, changes or cancellations, deliver or email them to our service office.

NEW: Above the Bar / Sat 5:00 pm / open, discussion / Community Partnership Resource Center (above Jackie's Bar, Venture Foods lot) Divide

CHANGE: Central Group / Sat noon / discussion / 2011 E. La Salle (Park Plaza Bldg, at La Salle and De Paul)

CHANGE: We Are Not Saints / M thru F noon / closed, handicap / Front Range Alli Ch, 5210 Centennial Blvd (North of Garden of the Gods Road)

CHANGE: Above the Bar / Mon 7:00 pm / open, discussion / Community Partnership Resource Center (above Jackie's Bar, Venture Foods) Divide

CHANGE: Downtown Beginners / Thurs 6:00 pm / open / 7 E. Bijou, Room 25 (above Zeezo's)

CHANGE: Celebrating Diversity – Gay Friendly / Tues 7:00 pm / open, discussion, handicap / 1102 S. 21st Street

DELETE: Central Group / Sun noon / discussion / 2011 E. La Salle (Park Plaza Bldg, at La Salle and De Paul)



Letters to the Editor

Write to The Pint at pint@coloradospringsaa.org

This month: Intergroup is calling YOU.

The Pikes Peak Pint is in need of a new chairperson. We are looking for someone with access to a reliable computer and internet connection, with some basic MS Word and Excel skills (you don't need to be an expert, you will be trained). If you are interested, or have questions, send an email to pint@coloradospringsaa.org.

Elections are being held at the March 10th Intergroup meeting. Various Intergroup and Board positions are open.

Thanks,

Tom R., Pint Chair

Email sobriety anniversaries, announcements, letters to editor and email subscription requests to the Pikes Peak Pint:

pint@coloradospringsaa.org

Or deliver to the local AA Service Office.

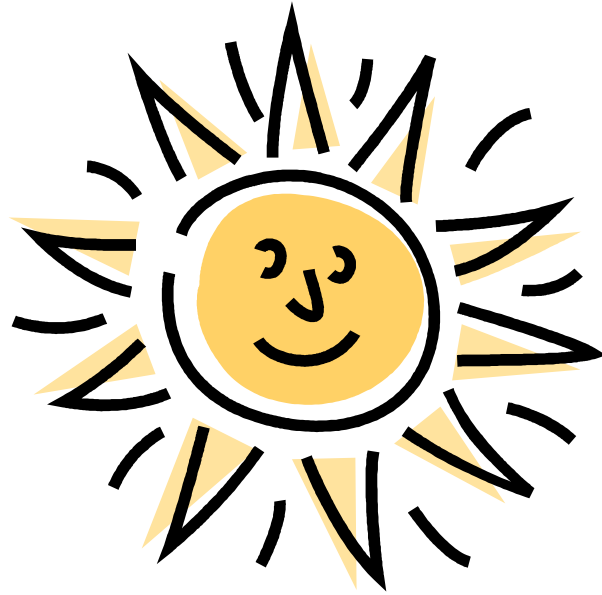
Local AA Service Office:

1353 S. 8th Street, Suite 209,
Colorado Springs, CO 80905
Phone: 719-573-5020

Email: serviceoffice@coloradospringsaa.org

Website: www.coloradospringsaa.org

*Your Area Service Office and Intergroup
would like you to know how very much we
appreciate your personal contributions!*



In the month of January we had

1 personal contribution and

3 Grateful Giver contributions!

Thank you!!

Intergroup Information and Contribution Addresses

INTERGROUP COMMITTEE CHAIRPERSONS

Call the Service Office for committee chair phone numbers.

Standing Committees

Corrections:

Greg N. - Chair
Bart B. - Vice Squad
corrections@coloradospringsaa.org

Public Information:

Heidi G. - Chair
Vice Chair Open
pi@coloradospringsaa.org

CPC:

Joey - Chair
Larry S. - Vice Chair
cpc@coloradospringsaa.org

Treatment:

Nate G. - Chair
Casey C. - Vice Chair
treatment@coloradospringsaa.org

Local Service Committees

Program:

Doreen D. - Chair
Carrie - Vice Chair
programs@coloradospringsaa.org

Pint:

Tom R. - Chair
Traci M. - Vice Chair
pint@coloradospringsaa.org

Volunteer:

Sharon A. - Chair
Vice Chair open
volunteer@coloradospringsaa.org

Nightwatch:

Thea S. - Chair
Melissa - Vice Chair
nightwatch@coloradospringsaa.org

Web Site:

Sasha - Chair
Courtney B. - Vice Chair
webmaster@coloradospringsaa.org

Archives:

Curt N. - Chair
Vice Chair Open
archives@coloradospringsaa.org

WHERE to SEND CONTRIBUTIONS:

Area Service Office:

Make checks payable to Area Service Office
(Cash OK, but do not mail). Include group name on check.

Send to:
Colorado Springs Area Service Office
1353 S. 8th Street, Suite 209,
Colorado Springs, CO 80905

GSO:

Make checks payable to General Fund.
Include Group name and number on check.

Send to:
General Service Office
Box 459 Grand Central Station
New York, NY 10163

Area 10:

Make checks payable to Area 10.
Include group name, number, and District number on check.

Send to:
Area 10 Treasurer
12081 W. Alameda Pkwy. #418
Lakewood, CO 80228

Districts:

Make checks payable to DCM by name (not Dist. #).
Include Group name, number and District number on check.

Send to DCM or to Service Office.

	Rep	District	Email
Kathy A.	7		dcm7@coloradospringsaa.org
Alt. Josh H.			
Al T.	26		dcm26@coloradospringsaa.org
Robert M.	27		dcm27@coloradospringsaa.org
Shari A.	28		dcm28@coloradospringsaa.org

Pink Can Contributions:

Make check or Money orders to
Area 10 Corrections Committee.

Include Group Name and Number.

Send to:
Pink Can Contributions
P.O. Box 1307
Englewood, CO 80150

A.A. was founded on the premise that it would be self-supported through member contributions.

For the past 49 years, contributing a single dollar has been almost a tradition.



1960...10¢
1970...20¢
1980...35¢
1990...50¢
2000...\$1.00
2009...\$1.75



1960...25¢
1970...65¢
1980...\$1.65
1990...\$2.00
2000...\$3.00
2009...\$4.90



1960...22¢
1970...35¢
1980...90¢
1990...\$1.10
2000...\$1.20
2009...\$2.09

Today's dollar has only 16 cents of the purchasing power of a 1960's dollar.



1960...\$1.00
1970...\$1.00
1980...\$1.00
1990...\$1.00
2000...\$1.00
2009...\$2.00

**Acknowledging these economic facts,
why not responsibly compensate**

**BY DROPPING IN
2 BUCKS FOR 2009?**

For those who can't afford it, the important thing is to keep coming back.

This poster is unofficial. It has not been published by General Services.

Group Contributions – Thank you!!

GROUP NAME	Yr. to date	Jan. '09
Apex	\$629.28	
Back to Basics	\$650.00	\$75.00
Basket Talk Q and A	\$0.00	
Beacon Light	\$400.00	
Big Book Action	\$786.79	
Big Book Study UPH	\$200.00	
Black Forest	\$631.00	
Breath of Life	\$270.00	\$60.00
Broadmoor	\$450.00	\$100.00
Brown Baggers	\$40.41	
Celebrating Diversity	\$0.00	
Central	\$0.00	
Clean Air Group	\$162.74	
Clean Slate	\$1,489.79	
Cripple Creek Natural High	\$75.00	
Divide Meeting	\$0.00	
Don't Worry Be Happy	\$480.00	
Down By The Creek	\$89.00	\$89.00
Downtown Group	\$1,140.91	\$108.41
Drylander's Group	\$94.00	
Easy Breathing Group	\$254.50	
Easy Does It	\$0.00	
Ellicott Group	\$300.00	\$50.00
End of the Road	\$100.00	
Eye Opener	\$0.00	
Far North Group	\$0.00	
Fountain of Sobriety	\$20.00	
Foxhall Group	\$150.00	
Freedom From Bondage	\$50.00	
Friday Night 12 x 12	\$42.00	\$5.00
Friday Night Live	\$25.50	
Friday Women's Group	\$665.30	\$50.00
Gals of Woodland Park	\$0.00	
Gift of the Heart	\$0.00	
Good Ole Boys	\$450.00	
H.O.W.	\$50.00	
Half Pint Group	\$240.00	
Happy Hour	\$666.11	
Hilltop AA Meeting	\$0.00	
High Noon	\$187.50	\$17.00
Hugo Group	\$50.00	
Into Action	\$365.50	
Keep it Simple	\$90.00	
Lake George Group	\$369.17	\$81.75

GROUP NAME	Yr. to date	Jan. '09
Little Log Group	\$0.00	
Living Free	\$20.00	
M.A.G.	\$875.00	
Motherlode	\$0.00	
New Beginners	\$605.92	\$151.00
New Women's	\$595.91	
Northwesters	\$533.00	
Outright Mental Defectives	\$51.42	
Pass It On	\$0.00	
Pathfinders	\$31.00	
Penrose Discussion	\$60.00	
Plug in the Jug	\$110.00	
Pre-Dawn Meeting	\$71.63	\$71.63
Progress Not Perfection	\$206.81	
Recovery in Action	\$0.00	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$504.00	\$150.00
Security Eye Opener	\$47.00	
Serenity Riders	\$1,117.95	\$418.40
Serenity Sisters	\$235.05	
Silver Key Seniors	\$150.00	\$25.00
Sisters Not Saints	\$250.10	
Solutions at Noon	\$1,108.80	\$335.35
Steel Magnolias	\$440.00	\$100.00
Sunday Morning Speaker	\$354.00	
Sunday Night Big Book Study (Clean Slate)	\$187.00	\$187.00
Survivors Group	\$107.00	\$60.00
Taking Steps	\$458.00	
Then and Now	\$15.29	
Thursday Mens	\$300.00	
Thursday Noon--Woodland Park	\$100.00	
Ute Pass Breakfast	\$63.00	
Veterans for AA	\$100.00	
Walk the Talk	\$3,010.25	\$300.00
Walking on Water	\$720.00	\$100.00
We Are Not Saints	\$872.50	\$248.55
Wed. Afternoon Ladies	\$0.00	
Wed. Westside Womens	\$140.30	
Westside Eye Opener	\$961.05	\$298.85
Womens Step Study-WP	\$15.00	
Woodland Park Beginners	\$30.00	
Woodland Park Book Study	\$178.00	
Young People	\$875.00	
	Totals:	\$27,164.48
	Total	\$27,164.48

Thank you for your contributions. Support your group and support our service office!

7th Tradition

An extra dollar in the 7th Tradition basket just for your home group will help us meet our 2009-10 budget goals for Intergroup and the Area Service Office.

Intergroup Financial Reports

Financial reports are given to the Intergroup representatives at each monthly Intergroup meeting.

They are available upon request at the Area Service Office.

MILESTONES in SOBRIETY

March 2009

Join us in celebrating member milestones!

Big Book Action

Dave T.	20	yrs
Adam C.	4	yrs
Pete S.	3	yrs
Lori F.	2	yrs
Jimmy P.	1	yr

Happy Hour

Brenda H.	13	yrs
Kirk C.	4	yrs

New Woman Group

Beverly J.	32	yrs
Barbara S.	22	yrs
Bea P.	21	yrs
Noell M.	17	yrs
Michelle C.	4	yrs
Lucy L.	2	yrs
Christine Anne	1	yr

Friday Women's Group

Beverly J.	33	yrs
Mona C.	18	yrs

Steel Magnolias

Linda L.	31	yrs
Cathy V.	27	yrs
Lisa F.	22	yrs

Solutions @ Noon

Truman P.	39	yrs
Leslie T.	15	yrs
Lee W.	15	yrs
Danica	7	yrs
Mary B.	6	yrs
Ed B.	4	yrs
Adam C.	4	yrs
Jennifer R.	2	yrs
Samantha	2	yrs
Stephen F.	1	yr
Erin F.	1	yr

Walk the Talk

Diane G.	29	yrs
John F.	28	yrs
Steve O.	27	yrs
Anthony A.	26	yrs
Dave P.	19	yrs
Mary L.	16	yrs
Brenda S.	13	yrs
Felix U.	6	yrs
Willy C.	5	yrs
Cheryl G.	3	yrs
Darwin W.	3	yrs
Lynne	2	yrs
Laura R.	2	yrs

Serenity Riders

Natalie	21	yrs
Becky K.	8	yrs
Angelique S.	8	yrs

Taking Steps

Pete S.	3	yrs
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Step 3

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

An AA discovers you can't go forward if you stay in your shell

When I came to AA, I was forty-seven years old and had been drinking for about thirty years. While I was in my early twenties, I suspected I was an alcoholic, but I always resented it if anyone else said that I was. Years later, toward the end of my drinking, I was baffled, disgusted, and depressed by my inability to quit, even when I tried. Often I would find myself with a drink in my hand and a hole where my chest was supposed to be, thinking things like: "What's the use?" or "I've started now, so I may as well continue."

I remember trying to explain to my first sponsor that the reason I drank all the time wasn't so much to get drunk as it was just to "take the edge off things," and that my getting drunk was, therefore, accidental. After listening to me repeat that nonsense a few times, he interrupted to ask, "Take the edge off of what?" and I didn't have an answer. I wasn't ready to admit that the real reason I drank was because I was a full-blown, chronic alcoholic who had to drink in order to deal with life.

Sometimes I would wonder how other people were able to not drink or use drugs, and I was secretly jealous of them for being able to do so. Life for me was either too boring or harshly unpleasant not to want to alter reality. I lived in a fantasy world where, when I drank, I could pretend to be, or have attributes of, people I admired. Inside, I felt like a fraud and a phony. I considered myself to have high values, but despised myself for continually falling below the moral expectations I had for myself. The selfloathing, fear, anger, sense of impending doom, and the overall meaninglessness of my life finally drove me to admit that I needed help. So, without much hope, I decided (at the suggestion of others) to give AA a try.

Prior to AA, I had no religious upbringing, and I didn't believe that God existed. I considered people who believed in God to be either too stupid to figure things out for themselves, or hypocrites who didn't practice what they heard preached on Sundays. I spent a great deal of time criticizing and ridiculing those who had faith, and resented anyone who I felt was trying to cram beliefs down my throat.

At those early meetings, I would sit in the back of the room with my arms folded across my chest, rolling my eyes and groaning whenever some Goody Two-Shoes in need of choking would mention God or how wonderful his or her life was. Mine was definitely not wonderful! In fact, I was in a state of barely subdued rage most of the time. I had expected things to improve when I quit drinking, but instead they had gotten worse (a sign of a true alcoholic, I heard later.) I felt damned if I drank and damned if I didn't.

Refusing to take part in the Lord's Prayer at the end of the meetings, I felt I had ended up in the midst of naive, religious fanatics who didn't have a clue as to what life was about. The fact that I myself didn't did not enter my mind at that time. Sometimes, I would get up and leave, disgusted by all the God talk. Fuming, I would get halfway out to the parking lot, then realize I didn't have anywhere to go. I certainly couldn't go home to face my wife asking me what I was doing home so soon, so I would go back in. The sponsor I now have told me he once saw me leave a meeting four times!

I've heard it said that if you pour enough water over someone's head, some of it is bound to get into their ears. Fortunately, there were enough people at those meetings I could relate to, so I kept coming back. I'm sure there were a few who wished I wouldn't.

But even though I kept going back to meetings, had a sponsor, and was trying to do the Steps, every time I read about turning my will and my life "over to the care of God *as we understood Him*," I was stumped. I called my sponsor, once again looking at Step Three for the loophole that would allow me to get out of this mess and said, "I don't think I can do this. How can I turn my will and life over to something I don't understand?" He replied, "You don't have to understand it in order for it to work!" For a person who always felt he had to understand things and to have things make sense, this was stunning. I

was able to use that statement as a starting point from which I could pray without just cynically mouthing words. Most interesting to me was the fact that I was actually getting results from doing this. There is a saying, "Behold the turtle. He makes no progress until he sticks out his neck." What was once too repugnant for me to contemplate doing, I was now doing in earnest. I discover that my head didn't get chopped off when I stuck out my neck with this prayer business, so I was able to continue. Amazed, I was beginning to get the relief from myself I so desperately needed. Words from the Big Book began to take on new meaning for me.

In the Big Book in the chapter called "We Agnostic," it states, "When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else he is nothing. God either is, or he isn't. What was our choice to be?" For me, "everything" encompasses quite a lot, to say the least. I'll never be able to understand everything, so with that realization, I was able to just let go. Certainly, if God is everything, that would have to include the God of other faiths and beliefs, and I needn't get so wrapped around the axle of intolerance by what others believe. "Live and Let Live." The words italicized and underlined and repeated again and again throughout the Big Book finally made sense to me. The "we" in "*as we understood Him*" meant that there wasn't a particular AA brand of God I had to accept. "Some of us have tried to hold on to our old ideas, and the result was nil until we let go absolutely" was true for me.

Today I believe that I have had a spiritual awakening of the educational variety built by experience. Although I still at times can be arrogant and judgmental, these traits are not nearly as bad as they used to be. Thanks to the program of Alcoholics Anonymous and its members, I am more open and willing to learn from others. Unselfishly helping others is something I need and feel compelled to do, and I benefit in so many ways as a result.

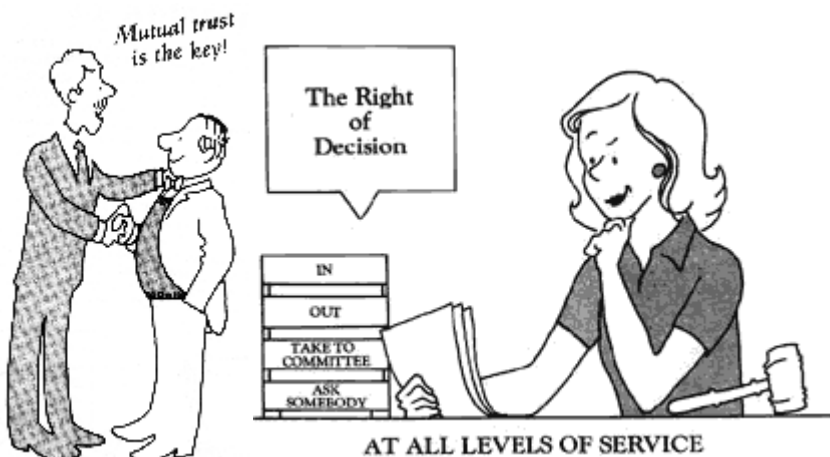
Kurt S.
Port Angeles, Washington

July, 2005

Concept

3

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."



Excerpts from AA Grapevine Archives and 12

Steps / 12 Traditions / Checklists

Concept Graphic from Southbay AA .org website

UPCOMING ELECTIONS in MARCH

ELECTIONS for INTERGROUP OFFICERS will be held at the INTERGROUP MEETING, March 10, 2009. All of the positions listed below will be voted on. CANDIDATES MUST BE PRESENT. It is recommended that those who stand have a minimum of two years continuous sobriety. Term of office is one year, April 1 through March 31.

NOMINATION FOR INTERGROUP BOARD MEMBERS

(please submit by March 10, 2009)

I hereby nominate _____ for the trusted servant position of:

- (Circle one)
- | | |
|------------------|---|
| Chairperson | One year term |
| Vice-Chairperson | One year term (two year commitment)
First year as Vice-Chair, then rotates into position of Chairperson. |
| Secretary | One year term |
| Vice-Treasurer | One year term (two year commitment)
First year as Vice-Treasurer, then rotates into position of Treasurer. |
| Registrar | One year term |
| Member at Large | One year term |

Promise 3

*We will comprehend the word serenity
and we will know peace.*

The Puzzle of Serenity

LATE AFTERNOON at any radio or any TV station is hectic, especially at the copy desk. There are always deadlines to meet and last-minute commercials to write. This day was no different.

I typed rapidly: "Peace of mind. . .serenity. . .contentment. . .security. Yours, when you open a savings account at your nearby Friendly Savings and Loan Company, the people who care about you."

A picture of old people in rocking chairs flashed through my mind. "That's serenity?" I thought. "When you're too old and too afraid to live?"

I glanced at the clock. It was quitting time. That meant going next door for a few drinks with the party people of the office.

A few years later, I heard these words again. I was at an AA meeting. My life was a mess, and the party spirit was gone. As I listened to what the members had to say, I heard the words "I now have serenity and peace of mind." Another speaker mentioned that the members of AA really cared about me. A little later, I was told that AA would show me how to live a sober, happy, and contented life.

None of this made sense to me. I did not know the meanings of these words, but if the people at that meeting were living examples of all this, then I wanted it. Never before had I seen such beautiful people.

I looked around the room. I saw people whose eyes were clear and bright with happiness. Their faces were free of worry lines. Their laughter was something that began deep within their being and emerged as sincere and real. It was not the surface gaiety that I had tried to show when I was drinking. It was not the frivolous laughter that covered up the misery within me. I could feel the inner peace and happiness of these people that night. I thought to myself, "I will do anything they tell me to do if I can have just a little bit of what it is they have!"

I was elated over being sober. At last, I could say no to a drink. Surely, this must be the serenity they were talking about. Those first few weeks, I walked around the office and meetings with what I believed to be a "serene look" on my face. I practiced for hours in front of the mirror perfecting this look. I felt it should include a Mona Lisa smile and a very wise, loving, and forgiving expression in my eyes. Everybody who knew me was supposed to be impressed by my serenity.

Finally, an old drinking friend burst my bubble with the remark "If this is what AA does for you, I don't want it." I was crushed. Here I was, trying to be a living example of this beautiful program, and all I was doing was chasing prospects away. What was wrong?

At a meeting that night, I heard the cliché "You can't give what you don't have." The thought came to me: "How can I have serenity when I don't even know what the word means?" The next day, I looked up the word "serenity" in the dictionary. It was defined as "the state of being marked by utter calm." The definition for peace was "freedom from disquieting or oppressive thoughts or emotions."

I still didn't know what these words meant. Language is symbolic. People use language to describe their experiences. I had never experienced the feelings these words described, but the people at the meetings said they had. They certainly looked serene and peaceful. I continued to go to my meetings, staying

sober and trying to get some of that serenity.

After six weeks of sobriety and AA meetings, I was fired from my job. My serenity was really shaken. I went to a meeting and was told to pray about it and then turn it over to God. I had three children to support and no one to go to for help, so I prayed as I was told. I was frantic and confused. Would this help?

Full of anxiety and fear, I paced the floor of my apartment awaiting the booming voice of the Higher Power. I expected Him to give me explicit instructions on getting a job. There was no voice. But two days later, my prayer was answered. I was rehired and assigned to a different job, one I could handle.

This was the beginning of faith: praying, giving my problem to God (even one I did not understand), waiting for the answer, and accepting the answer that came. This first step to faith was also the first piece of the puzzle of serenity to fall into place, a first effort at dependence on a Higher Power.

More than ten years have passed since I sat at my first meeting. Through the grace of God, I have not had to take that first drink. Once again, I find myself unemployed, and I still have three children to support. Once more, I pray; I ask God for help. Again, I let God solve the problem. I go about my daily work at home and trust my Higher Power to find me the right job. I fill out the applications; I go to the interviews; but God will ultimately place me where I belong.

Am I serene? Occasionally. But for me, the question "What is serenity?" is still being answered. I have experienced serenity and peace of mind during my sobriety. As was promised in the Big Book, I have known "a new freedom and a new happiness." I do not "regret the past nor wish to shut the door on it." I am beginning to "comprehend the word serenity and. . .know peace."

When I am confronted with a decision, I no longer run and hide in the bottle. I have learned, after many bouts with decisions, that the discomfort I feel at these times is caused by conflict. Once I make a decision and turn it over to God, my mind is at peace. Regardless of the outcome, I can live with my decision, because it seemed to be the best thing to do at the time. Another part of the puzzle of serenity has fallen into place.

When I can face trying times of life without fear, without confusion, without tears of self-pity and resentment, only then will I have found perfect serenity. Until then, I am willing to settle for the little bits and pieces that happen occasionally.

There is no easy road to serenity and peace of mind. Money in the bank cannot buy them. A close contact with my Higher Power, a desire and concern for others, and the fellowship of people who are seeking what I am seeking help lead the way. But in this search for serenity, I must always remember first and foremost: I am an alcoholic, and that first drink would rob me of whatever progress I have made down the road of sobriety, and I might not have a chance to start this journey again.

C. P.
Phoenix, Arizona

July, 1977

*We will
comprehend
the word
serenity*



*And
we
will
know
peace*

AA Thought for the Day

Bedevilments

We were having trouble with personal relationships,
we couldn't control our emotional natures,
we were a prey to misery and depression,
we couldn't make a living, we had a feeling of uselessness,
we were full of fear, we were unhappy,
we couldn't seem to be of real help to other people --
was not a basic solution of these bedevilments more important ... ?

Reprinted from *Alcoholics Anonymous* [Second Edition], Page 52.

Tradition 3

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

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict?
Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?



Area 10 - Group Histories

CONFIDENTIAL (AA Members ONLY)

The Archives committee is requesting approximately five members from each group to write their memory of their group's history, in two pages or less.

Please consider providing as much *detailed* information as you are comfortable for the future benefit of an historian or members interested in your group history.

I. General Information (sample questions, feel free to change):

1. Your name, contact info, service position, etc. (Are you the Group Archivist?):
2. Date:
3. Group name:
4. District #:
5. Location/town:
6. Approximate date Group was founded:
7. Group # (if available, is your Group registered with GSO?):
8. Group name changes & background:
9. Location, time, days, changes, etc.:
10. Meeting format changes, e.g., Big Book, Open/Closed, etc.:
11. Founders & early members of Group: (if applicable, contact info, who might know them?)
12. Current & past Old-timers of Group: (Contact information)
13. Past service positions (GSRs, Secretaries, other positions):
14. If you have an Old-timer AA needs to interview (mp3 format, please), please let us know. *Get sample questions at our webpage: coloradoaa.org/committees/archives.*

II. Collect, Organize & Scan (anything & everything):

Collect, consolidate, organize, index & scan (pdf) old notes, minutes, phone lists, meeting formats, etc. Collect both computer (text/Word and pdf) and paper/notebook files. Consolidate to one location, scan the paper files and organize them with your computer files, consolidate into 1 master computer folder (name it by your group name & district number) broken down into subdirectories (e.g., year, group conscience minutes, histories, phone lists, etc.). Consider making a CD for your group members and one for Area 10 Archives. Save it, add to it and pass it on to the next Group Archives Chair or GSR. For Records, please email or send us ONE master electronic (computer) file only! **No Scanner?** Set an appointment and come use ours (it belongs to the fellowship!). Confusing? Please call me!

III. Group Histories:

Ask everyone in your Group to contribute! Typed or handwritten, one page or ten. Highlights, lowlights, earliest memories of my group, group demeanor, leaders, rulers, attitudes toward newcomers, attitudes towards traditions, towards outside issues, how founded, group involvement in service, activities, conflicts, disagreements, resolutions, etc. Be general or specific, names or anonymity, it's up to each group. There is no right or wrong, just our perception of what happened. Consider doing this as a work in progress, so keep asking group members! The more detail and flavor, the better; and the more participation, the better! For Histories: please send us your printouts and email us one master computer file.

We may already have some of your history down at Area 10 Archives. Ask us, we'll check.

Email ONE (1) master file to: archives@coloradoaa.org

Please email us with ANY suggestions, questions or comments.

The Last Word

Harmony

Active alcoholism creates chaos and disharmony within oneself and with others. "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." (BB p. 77) Many of life's difficulties are the direct result of disharmony with the Spirit of the Universe and with other people. "Courtesy, kindness, justice and love are the keynotes by which we may come into harmony with practically anybody." (12 & 12 p. 93)

Alcoholics lack the power to free themselves from the bondage of self because they are out of sync with a Power greater than themselves. Some believe that God has failed them because His power is not manifested in their lives. God does not fail! People fail because they are out of harmony with Him. The active alcoholic is under the delusion that he can obtain happiness through self will and human power, but "Is he not, even in his best moments, a producer of confusion rather than harmony?" (BB p. 61)

Most of us have felt at one time or another that we were a square peg trying to fit in a round hole. Did we not drink to escape from a reality where nothing seemed to go our way? "We have been demanding more than our share of security, prestige and romance. When we were frustrated, even in part, we drank for oblivion. Never was there enough of what we thought we wanted." (12 & 12 p. 71)

Through the practice and teaching of the 12 steps of Alcoholics Anonymous we have found an answer to this chaos and we have found peace. "Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity." (BB p. 68)

The prayer of Saint Francis reminds us that true peace comes from forgetting self and caring for others; from matching discord with harmony, and by forgiving others. We seek through prayer and meditation to be in harmony with God and with other people and this harmony has resulted in great strength and success.

Dick N.
Big Book Action Group

February, 2009