

Pikes Peak Pint

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

May 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.

All Meetings at DOWNTOWN GROUP, 7 E. Bijou, Room 25 (above Zeezo's) PLEASE ENTER AND EXIT THROUGH REAR OF BUILDING!

NEW: The Doctor's Opinion / Fri 7:00 pm / open, BB Topic / St. Francis Med Ctr, Conf Rm 5, 6001 E Woodmen (at Powers)
NEW: Central Group Women's / Tue 5:30pm / open, handicap / 2011 E. La Salle (Park Plaza Bldg, at La Salle and De Paul)
NEW: Primary Purpose / Mo & Fr 5:30 pm, Wed noon / closed / Meridian Point Church, corner of Garret and Meridian, Falcon CO

CHANGE: Young People's Group /Monday 8pm / open, handicap, discussion / First United Methodist, 420 N. Nevada (south door on Boulder St.)
CHANGE: Young People's Alive and Steppin' / Wed 8pm / open, handicap, 12x12 / First United Methodist, 420 N. Nevada (south door Boulder St.)
CHANGE: Young People's Group /Sat 6:30pm / open, handicap, As Bill Sees It / First United Methodist, 420 N. Nevada (south door on Boulder St.)
CHANGE: Last Chance / Tu, Wed, Th 8pm / open, handicap, Topic / Fellowship Hall: 2375 N Academy, #100 (enter on north end of Bldg)



Letters to the Editor

Write to The Pint at pint@coloradospringsaa.org

This month: A final note from your Pint chairperson

I have thoroughly enjoyed the past 15 months as your Pikes Peak Pint chairperson. In the AA spirit of rotation, it is time for me to step aside and move on to another service position while making room for the next Pint chair and vice chair.

In addition to the simple enjoyment of giving a new look to the Pint and bringing it to you fresh each month, I am extremely grateful for all the wonderful people I have met and worked with as a result of doing this work.

Thanks for letting me be of service. I hope to do this again sometime.

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

Intergroup Information and Contribution Addresses

INTERGROUP COMMITTEE CHAIRPERSONS

Call the Service Office for committee chair phone numbers.

Standing Committees

Corrections:

Bart B. - Chair
Vice Chair Open
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:

Danielle W. – Chair
Greg W. - Vice Chair
programs@coloradospringsaa.org

Pint:

Chair - Open
Vice Chair - Open
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:

Courtney B. – Chair
Vice Chair open
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

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



In the month of March we had
1 Personal contribution and
3 Grateful Giver contributions!

Group Contributions – Thank you!!

GROUP NAME	Yr. to date	Mar. '09
Apex	\$1,035.20	\$405.92
Back to Basics	\$725.00	\$75.00
Basket Talk Q and A	\$0.00	
Beacon Light	\$400.00	
Big Book Action	\$1,063.27	
Big Book Study UPH	\$400.00	\$200.00
Black Forest	\$631.00	
Breath of Life	\$270.00	
Broadmoor	\$550.00	\$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	
Above The Bar Group	\$0.00	
Don't Worry Be Happy	\$480.00	
Down By The Creek	\$89.00	
Downtown Group	\$1,323.54	\$182.63
Drylander's Group	\$94.00	
Easy Breathing Group	\$314.00	\$59.50
Easy Does It	\$0.00	
Ellicott Group	\$300.00	
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	
Friday Night Live	\$25.50	
Friday Women's Group	\$769.46	\$35.00
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	\$819.11	\$153.00
Hilltop AA Meeting	\$0.00	
High Noon	\$221.00	\$33.50
Hugo Group	\$150.00	
Into Action	\$365.50	
Keep it Simple	\$90.00	
Lake George Group	\$369.17	

GROUP NAME	Yr. to date	Mar. '09	
Little Log Group	\$0.00		
Living Free	\$20.00		
M.A.G.	\$875.00		
Motherlode	\$0.00		
New Beginners	\$605.92		
New Women's	\$595.91		
Northwesters	\$633.00		
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	\$211.00	\$61.69	
Progress Not Perfection	\$236.81	\$30.00	
Recovery in Action	\$0.00		
Rule #62	\$0.00		
Saturday Early Morning Mtg.	\$637.20	\$133.20	
Security Eye Opener	\$47.00		
Serenity Riders	\$1,117.95		
Serenity Sisters	\$235.05		
Silver Key Seniors	\$150.00		
Sisters Not Saints	\$250.10		
Solutions at Noon	\$1,108.80		
Steel Magnolias	\$440.00		
Sunday Morning Speaker	\$354.00		
Sunday Night Big Book Study (Clean Slate)	\$187.00		
Survivors Group	\$107.00		
Taking Steps	\$458.00		
Then and Now	\$44.86		
Thursday Mens	\$300.00		
Thursday Noon--Woodland Park	\$100.00		
Ute Pass Breakfast	\$63.00		
Veterans for AA	\$400.00		
Walk the Talk	\$3,610.25	\$300.00	
Walking on Water	\$820.00	\$100.00	
We Are Not Saints	\$872.50		
Wed. Afternoon Ladies	\$0.00		
Wed. Westside Womens	\$140.30		
Westside Eye Opener	\$961.05		
Womens Step Study-WP	\$15.00		
Woodland Park Beginners	\$30.00		
Woodland Park Book Study	\$328.00		
Young People	\$875.00		
	Totals:	\$30,436.81	\$1,869.44
	Total	\$30,436.81	

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

May 2009

Join us in celebrating member milestones!

Big Book Action

Dennis F.	29	yrs
Randy H.	20	yrs
John L.	10	yrs
Sherri S.	8	yrs
Steve T.	3	yrs
Tom R.	2	yrs

Serenity Riders

Julie W.	18	yrs
Joey M.	14	yrs
John O.	13	yrs

Apex

Annikki H.	20	yrs
John O.	13	yrs
Kathy W.	3	yrs
Tom R.	2	yrs

Steel Magnolias

Leah	33	yrs
Tina R.	1	yr

Solutions @ Noon

Ed J	21	yrs
Julie OW	17	yrs
Kathy W	14	yrs
Kimberly	13	yrs

New Woman Group

Polly W.	26	yrs
Kimberly M.	3	yrs
Cathie F.	2	yrs
Kathy B.	2	yrs
Mary W.	2	yrs

Taking Steps

Karen W.	9	yrs
Sherri S.	8	yrs
Steve T.	3	yrs

Walk the Talk

Addie H.	41	yrs
James R.	27	yrs
Fernando R.	21	yrs
Jim T.	21	yrs
Bill M.	20	yrs
John O.	20	yrs
Mary D.	15	yrs
Sherri S.	8	yrs
Karen L.	3	yrs
Jody W.	3	yrs
Dana E.	1	yrs
Debbie I.	1	yrs
Kristan	1	yrs

Happy Hour

Marcy M.	5	yrs
Amber W.	4	yrs
Jonna G.	4	yrs
Robin BN	4	yrs
Dana	1	yr
Kathy I.	1	yr



Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

"SCRATCH an alcoholic," declared the leader, "and you may find pride and prejudice just under the surface. These mental and emotional afflictions can disrupt our lives as much as the twin combination of resentment and self-pity. Pride in its many forms is a real obstacle to the successful practice of the Twelve Steps. We haven't time to develop this opinion as thoroughly as I would like, but I can support it by quoting or excerpting from the Steps.

"Pride prevents many alcoholics from admitting they're powerless over alcohol. It makes acceptance of the Second Step more difficult because of the implication of insanity. It interferes with making a decision to turn our will and our lives over to the care of God, as we understand Him.

"Pride also keeps us from making a searching and fearless moral inventory, from admitting to God, ourselves and to another human being the exact nature of our wrongs, from being entirely ready to have God remove all our defects of character and from humbly asking Him to remove our shortcomings.

"Pride can halt our willingness to make amends. A feeling of self-sufficiency prevents us from continuing to take personal inventory . . . to try through prayer and meditation to improve our conscious contact with God . . . to become careless in practicing AA's principles in all our affairs. Bob's hand is raised for attention, so I'll turn it over to him."

"I'm inclined to agree with you that pride can, and does, come between us and better results from the Twelve Steps. Pride has many faces--among them are stubborn pride, intellectual pride, false pride. All three have delayed my growth toward maturity. I'm one of those who quarreled with the Second Step because of the part which says, 'could restore us to sanity.' My pride wouldn't let me admit, even to myself, drunk or sober, that I was ever irrational, abnormal or lacking in self-control. Though pride isn't the only reason why we have trouble with the Steps, it is one of the most frequent causes."

"It seems to me," remarked Margie, "that we should make it clear we're not talking about real pride which is a 'constructive force in achievements and possessions.' We're only trying to pinpoint the destructive kinds--pride composed of inordinate self-esteem, arrogance, conceit, superciliousness or lofty self-evaluation.

"Most certainly I would emphasize what the leader has termed the pride of self-sufficiency. We had it in great measure when we drank. For instance: we manufactured the belief that we could live life on our own terms; we were always right and others were always wrong; we willfully concealed from ourselves the appalling chaos and destruction we were creating with our alcoholism.

"You know what happened to us. It must be that time dulls memories of our drunken disasters because, after some sober years in AA, we allow ourselves to become allergic to the pride of self-sufficiency. We reach the point where we think, consciously or otherwise, the Twelve Steps are mostly for beginners, or perhaps we never did pay much attention to them. We have attended many, many meetings so we don't need them any more. Twelfth Step calls? They're for the newer members who need them more than we do.

"There we have some results of the pride of self-sufficiency. Our rationalizations are based on lofty self-evaluation, our attitudes based on conceit or arrogance. Our indifference or carelessness arises from self-congratulation. I would be the last one to claim this is a conscious attitude . . . but there it is. The pride of self-sufficiency never telegraphs its punches. It is always a 'fifth column' boring from within and most times when we wake up it is too late. When we start acting in a self-sufficient manner in AA, we are undermining our sobriety with the kind of pride which precedes a fall . . . "

"Before it's too late," interrupted the leader, "let's discuss one or two examples of prejudice, another obstacle to happy sobriety. All right, Eloise."

"You couldn't have picked a better qualified member to talk about prejudice. I had so many prejudices against so many people that, periodically, I had to stop and sort them out. Otherwise I became confused and attacked the wrong people with the wrong prejudices . . . much to their bewilderment and my consternation.

"One of my prejudices made me a chronic boss-hater and job-hopper. At the beginning of each new job, I was always prepared to find my new boss dictatorial, selfish, demanding and unreasonable. Because of my stupid prejudice, I never stayed very long in one job. Either I left, or I was fired.

"Something happened to me when I took my last job, almost a year ago. Having heard about the value of an 'open mind' at several hundred AA meetings, the meaning finally percolated through my prejudices and changed my whole attitude. I don't believe I'll ever be a boss-hater again or antagonistic toward my fellow workers. As a matter of fact, I am beginning to get the reputation of being a cooperative and able worker.

"Another big help in eliminating prejudice is use of the Fourth or inventory Step in all my daily affairs. I have noticed other improvements in myself: I don't immediately dislike the member who is addicted to mentioning his years of sobriety on all occasions. I no longer poison my mind with brooding over fancied wrongs and I have stopped being suspicious of another's words or actions. Suspicion, fault-finding, criticism and antagonism are the worst and most damaging breeders of prejudices.

"I haven't changed into all sweetness and light. I'm not trying to achieve the impossible: to like and love everyone. I have, however, finally become aware of the stupidity of prejudice . . . any kind of prejudice. I know now that every time in the past that I encouraged a prejudice, and they must be encouraged in order to remain active, I did it to increase my good opinion of myself to the detriment of someone else.

"Maybe my changed attitude is motivated not so much by trying to think kindly of others, as it is from the newfound knowledge that unchecked prejudices will not only stunt the growth of my sobriety, but will also make me miserable as long as I remain a victim of them."

"Time's up," said the leader. "I hope we can talk about prejudices again at another Closed Meeting. Shall we close in the usual way?"

anonymous

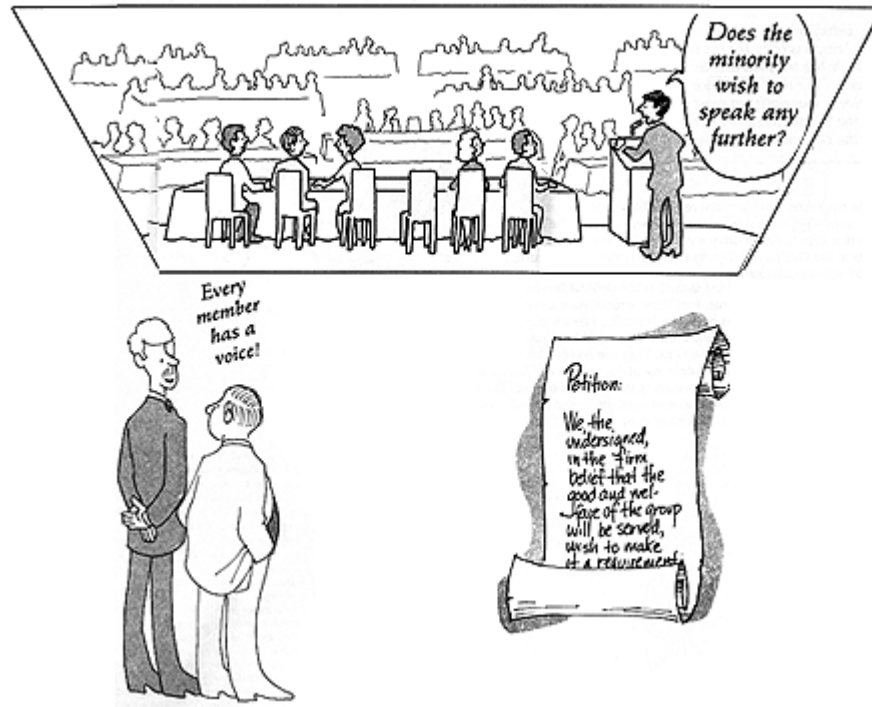
September, 1958



Concept 5

Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

Excerpts from AA Grapevine Archives and 12 Steps / 12 Traditions / Checklists



Concept Graphic from Southbay AA .org website

Tradition 5

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

Promise 5

That our feelings of uselessness and self pity will disappear.

Little Things Mean a Lot

EVEN AFTER I stopped drinking, it took me some time to awake from my alcoholic stupor. When my mind began to function, the promise of the Big Book that my feelings of uselessness and self-pity would slip away offered great hope. Both of my children were away from home. My daughter had finished nursing school and moved out of state, and my son was off to college, also in another state. It took me a year to discover I was at home alone in an empty nest. I was still a married housewife, on my feet but with some physical problems, and ill-equipped at middle age to launch another career. The feeling of uselessness was with me much of the time.

When people talked of being useful, I thought of earning money, of making frequent Twelfth Step calls, and of a lot of major doings--maybe I could be a delegate or go on the speaking circuit, all at a year of sobriety!

Gradually, some windows opened. A man who had stopped drinking after he retired told what happened on some days when he didn't have much of a program: Once he got up, put his feet on the floor, and started moving, he soon had his program one day at a time. So I started just putting my feet on the floor and moving. I had never counted watering my plants as useful, but my daily program often began with that small activity. A normal life was difficult for me. I had always expected life to be a big deal.

My sponsor recommended correspondence with AA Loners. I liked writing letters, not only because it filled my time, but because it was a thrill to receive letters. Meetings by mail became as important to me as those I attended.

Loading the dishwasher, though a small activity, became a useful one in my eyes--and a type of service, since I was still fortunate enough to have my husband. My attitude toward dishes and laundry during my drinking days boiled down to: "A bright college graduate like me must be meant to do something better, like write a great poem or at least be president of something."

As I became conscious of the needs of others, I started making phone calls to people in the Fellowship, not just seeking help or company, but trying to give a little, too. I was useful, and self-pity indeed began to "slip away." The Big Book was true to its promise. And I learned that a cup of coffee or a glass of iced tea and a treat after work added to my husband's happiness and gave him a lift. I was useful; I was becoming thoughtful of others.

I expanded and improved upon my cooking. A trip to the grocery store became a useful activity. I took over the banking, an errand my husband had always performed (along with many others) out of necessity. I began redecorating my home as we could afford it. I rearranged my kitchen so it was more convenient. I organized clutter in attractive baskets, took the 100 pictures off my walls, and hung up a few. I remembered birthdays of AA members and of my family. I crocheted for our annual AA fair.

Gradually, I grew to understand that normal living meant being useful where I was, accepting where I was, and not hankering after all those big things. As I had heard at meetings--my ship had already come in. All these little activities kept me sober and made me feel like a contributing person once again.

I might have continued feeling useless and full of self-pity if I had not begun to *think* again and, under the care of God and excellent sponsors, to see clearly that my attitude needed changing. Even as an

alcoholic staying sober one day at a time at home, I could be worthwhile and step out of self-pity by stepping out of self. To me, that meant service of any small kind, and I came to view service as the opposite of uselessness.

The Big Book kept its promise for me. I am delighted to recognize what normal, constructive activity is. For this change in outlook, for seeing my worth where I am, I have become most grateful and happy in the everyday activities of life, all given back to me by the beautiful AA program and my God.

Subsequently, when speaking, I tried to share those very feelings, so that I, too, might benefit others. But my grandiosity kept getting in the way. Curiously enough, even my grandiosity eventually became a source of benefit to one alcoholic--myself. One night, after I had given an especially pompous AA talk, a supersophisticated person came up and told me that he had identified with my story. I did not like anything about him and wanted to get away from him. I was upset for some time, until I eventually figured out why. He had identified with me, *yes, but I had identified with him.*

Sharing, as I had yet to learn, is a two-way street. I may not always want to hear what somebody else has to say, but I owe it to him (or her) to listen. And I owe it to myself, because I never know from what unexpected quarter I may receive the benefits promised in the Big Book.

Z. H.
Metairie, Louisiana

September, 1984

AA Thought for the Day

An Open Gate

The Fellowship of AA has said that no matter what was out there,
they would stand by me and help me through.
More importantly, a Higher Power of my own understanding
would be there with me,
and they could show me the way to tap into that power.
They were holding that gate open,
but I was going to have to take the action and step across.
- Anonymous

*Note: There will be NO Corrections meeting the 2nd
Saturday (May 9) this month!*

The Last Word

Never Too Old To Dream

I'm forty years old. I'm working for hourly wages, and I have no husband to support me. I'm too old to go back to school--I'd be almost fifty when I started a new career! I'm sober, but I still resent alcohol ruining my life!" This declaration was made by an attractive, articulate woman, at the end of an out-of-town meeting that my husband and I were attending on one of our adventures across the country.

I wanted to share my experience and hope with this lady, but the meeting was coming to a close, and she left hurriedly after the Lord's Prayer. I thought about what she had said and found it very similar to what I had said fourteen years ago, at the age of forty. I also remember with brilliant clarity what was said to me: "Well, in ten years, you'll be fifty whether you go to school or not. Would you rather be fifty with a degree or be fifty without a degree?" Ah, such wisdom!

I am now fifty-four, and I have had my Ph.D. for two years. I worked full-time and finished my undergraduate degree. The following year I was accepted into a master's program. The same month I started graduate school (I was still working full-time), I was diagnosed with cancer (my past consumption of alcohol and withdrawals were primary factors), and had surgery with two and a half months of daily radiation treatments as a follow up. Somehow, I continued in school and work (with three weeks off for surgery) and completed that first semester. My master's took two years, and following completion, I was accepted in a doctoral program. That program took a little over three years to complete. True, I'll probably be paying off my student loans with my social security checks, but that's okay. The years in school were some of the best in my almost fourteen years of sobriety. I am now doing the things I only fantasized about when I had my vodka tonic in one hand and my dream list in the other.

One of my jobs is as an adjunct faculty member at a local university. I often hear women (and men) in their thirties and forties offer their age as an excuse for not going to graduate school. I tell them if age is the only excuse, they might want to reconsider.

Had I not remained sober, I would never have accomplished my goals. Remaining sober and following the principles I learned in AA allowed me to experience miracle beyond sobriety, but not beyond my dreams. In sobriety, my dreams really do mean something.

I hope somewhere, a woman in her forties is reading this--and reconsidering her options.

Romey P.

August, 2004

Jeffersonville, Indiana

