

Pikes Peak Pint

October 2009

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

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: Central Group Discussion/Friday 5:30 PM/Open-Handicap, Access/2011 E. LaSalle (Located in the Park Plaza Bldg. @ DePaul & LaSalle)

NEW: Central Dirty Nine-Thirty/Everyday 9:30 PM/Open-Handicap, Access/2011 E. LaSalle (Located in the Park Plaza Bldg. @ DePaul & LaSalle)

NEW: 12x12-Non-Smoking-Central Group /Thursday 5:30 PM/Open, Handicap Access/2011 E. LaSalle (Located in the Park Plaza Bldg. @ DePaul & LaSalle)

NEW: At the Peer-Discussion/Monday & Wednesday 9:30 AM/Open, Handicap Access/308-I South 8th St. Colorado Springs

NEW: Living Sober at the Peer-Book Study/Saturday 11:00 AM/Open, Handicap Access/308-I South 8th St. Colorado Springs

NEW: At the Peer-Discussion/Friday & Saturday 9:30 PM/Open, Handicap Access/308-I South 8th St. Colorado Springs

NEW: At the Peer-Big Book Study/Sunday 4:00 PM/Open, Handicap Access/308-I South 8th St. Colorado Springs

NEW: Easy Does It-Candlelight Discussion/Sun, Mon, Tues, Wed, Thurs & Sat. 10:00 PM/Open, Handicap Access/3047 Jet Wing (Behind Mission Trace @ Hancock & Academy)

NEW: Fellowship Hall-Discussion/Sunday 9:00 AM/Open, Handicap Access/2375 N. Academy Suite #100, South of Maizeland near Schlotzky's. Use entrance on North side of building.

DELETE: Fellowship Hall-Discussion/Saturday 4:00 PM/Open, Handicap Access/2375 N. Academy Suite #100, South of Maizeland near Schlotzky's. Use entrance on North side of building.

CHANGE: Friday Night 12 x 12/Friday 7:30 PM/Open/12 x 12 Discussion/ Beth-El Mennonite Church /4625 Ranch Drive.



A Note from the Editor

Write to The Pint at pint@coloradospringsaa.org

- ✓ AA Around Town featuring an AA Member Attends the State Convention! p. 6
- ✓ Milestones in Sobriety p. 5
- ✓ Traditions Workshop UPDATE p. 9

Email sobriety anniversaries, announcements, letters to editor and email subscription requests to the Pikes Peak Pint before the 20th of each month:

pint@coloradospringsaa.org

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

DISTRICT COMMITTEE CHAIRPERSONS

Standing Committees

Corrections:

Bart B. - Chair
Renee - *Vice Chair*
corrections@coloradospringsaa.org

Public Information:

Jack - Chair
OPEN - *Vice Chair*
pi@coloradospringsaa.org

CPC:

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

Treatment:

Casey C. - Chair
Lisa S. – *Vice Chair*
treatment@coloradospringsaa.org

INTERGROUP COMMITTEE CHAIRPERSONS

Local Service Committees

(Call the Service Office for committee chair phone numbers)

Program:

Danielle W. – Chair
OPEN – *Vice Chair*
programs@coloradospringsaa.org

Pint:

Rachel N. - Chair
Kim R. - *Vice Chair*
pint@coloradospringsaa.org

Volunteer:

OPEN – Chair
OPEN - *Vice Chair*
volunteer@coloradospringsaa.org

Nightwatch:

Mary Katherine. – Chair
OPEN - *Vice Chair*
nightwatch@coloradospringsaa.org

Web Site:

Courtney B. – Chair
Josh - *Vice Chair*
webmaster@coloradospringsaa.org

Archives:

Curt N. – Chair
OPEN - *Vice Chair*
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 CSASO
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 #7 on check.

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

Districts:

Make checks payable to **DISTRICT 7**
Include Group name, number and District number on check.

Send to Service Office.

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

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 the
Intergroup would like you know how
very much we appreciate your
personal contributions!*



In the month of August
we received
3 Grateful Giver contributions!!!

GROUP CONTRIBUTIONS – THANK YOU!!

GROUP NAME	Yr. to date	Aug '09
Above The Bar Group	\$100.00	
Apex	\$556.11	\$67.38
Back to Basics	\$381.50	
Basket Talk Q and A	\$0.00	
Beacon Light	\$150.00	
Big Book Action	\$375.24	
Big Book Study UPH	\$150.00	\$150.00
Black Forest	\$365.22	
Breath of Life	\$90.00	
Broadmoor	\$0.00	
Brown Baggers	\$0.00	
Celebrating Diversity	\$0.00	
Central	\$0.00	
Clean Air Group	\$60.90	\$60.90
Cripple Creek Natural High	\$0.00	
Don't Worry Be Happy	\$320.00	
Down By The Creek	\$0.00	
Downtown Group	\$762.21	
Drylander's Group	\$0.00	
Easy Breathing Group	\$0.00	
Easy Does It	\$75.00	
Ellicott Group	\$0.00	
End of the Road	\$0.00	
Eye Opener	\$0.00	
Far North Group	\$20.00	
Fountain of Sobriety	\$20.00	
Foxhall Group	\$0.00	
Freedom From Bondage	\$0.00	
Friday Night 12 x 12	\$42.00	
Friday Night Live	\$50.00	
Friday Women's Group	\$364.00	\$25.00
Gals of Woodland Park	\$75.50	
Gift of the Heart	\$0.00	
Good Ole Boys	\$250.00	
H.O.W.	\$140.00	
Half Pint Group	\$138.00	
Happy Hour	\$379.80	
Hilltop AA Meeting	\$0.00	
High Noon	\$93.00	\$21.50
Hugo Group	\$242.00	
Into Action	\$45.00	\$45.00
Keep it Simple	\$0.00	
Lake George Group	\$158.63	
Little Log Group	\$0.00	

GROUP NAME	Yr. to date	Aug '09
Living Free	\$0.00	
Living Sober	\$225.00	\$225.00
M.A.G.	\$400.00	
Motherlode	\$0.00	
New Beginners	\$242.69	
New Women's	\$318.70	\$194.00
Northwesters	\$70.00	
Outright Mental Defectives	\$0.00	
Pass It On	\$40.00	\$15.00
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$106.00	
Pre-Dawn Meeting	\$403.95	\$76.65
Progress Not Perfection	\$165.30	\$35.00
Recovery in Action	\$300.00	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$120.00	\$120.00
Security Eye Opener	\$0.00	
Serenity Riders	\$384.00	
Serenity Sisters	\$100.00	
Silver Key Seniors	\$50.00	
Sisters Not Saints	\$0.00	
Solutions at Noon	\$323.56	\$77.40
Steel Magnolias	\$195.00	
Sunday Morning Speaker	\$360.00	
Sunday Night Big Book Study (Clean Slate)	\$50.55	
Survivors Group	\$18.89	
Taking Steps	\$0.00	
Then and Now	\$100.00	
Thursday Mens	\$0.00	
Thursday Noon--Woodland Park	\$100.00	\$100.00
Ute Pass Breakfast	\$48.00	
Veterans for AA	\$100.00	\$50.00
Walk the Talk	\$1,380.00	\$240.00
Walking on Water	\$450.00	
We Are Not Saints	\$496.34	\$215.00
Wed. Afternoon Ladies	\$0.00	
Wed. Westside Womens	\$0.00	
Westside Eye Opener	\$575.60	
Womens Step Study-WP	\$25.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$0.00	
Young People	\$316.00	
Totals:	\$12,928.69	\$1,717.83

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.

AA-ANNIVERSARIES



MILESTONES in SOBRIETY October 2009



Join us in celebrating member milestones!

Apex

Kathy F.	32 yrs.
Amy H.	5 yrs.

Big Book Action

Joey	6 yrs.
Chuck B.	3 yrs.
Molly H.	1 yr.
Zak M.	1 yr.
Jessica S.	1 yr.
Hubert W.	1 yr.

Happy Hour

Dawn B.	17 yrs.
Nancy G.	11 yrs.
Thea S.	2 yrs.
Christopher P.	1 yr.

Friday Women's Group

Pam McK.	24 yrs.
Amy C.	22 yrs.
Sue S.	5 yrs.
Bryanna C.	3 yrs.

Serenity Riders

Kym S.	27 yrs.
Rebecca	16 yrs.
John B.	2 yrs.

Steel Magnolia's

Sheryl K.	14 yrs.
Shawne G.	8 yrs.
Darice B.	4 yrs.
Maureen O'C	3 yrs.
Sarah	3 yrs.
Lisa M.	2 yrs.
Megan C.	2 yrs.
Rebecca K.	2 yrs.
Karri D.	1 yr.

Walk the Talk

Dave M.	23 yrs.
Bill B.	18 yrs.
Charlie S.	7 yrs.
Dan L.	6 yrs.
Bruce W.	3 yrs.
Dave F.	3 yrs.
Mark G.	2 yrs.
Bob G.	2 yrs.
Thea S.	2 yrs.
Cary R.	1 yr.
Bert E.	1 yr.

Taking Steps

Steve F.	12 yrs.
Joey	6 yrs.
Mike L.	3 yrs.
Kevin J.	1 yr.
Susie P.	1 yr.



*"Okay! I just finished my ninety meetings in ninety days!
When will you people tell me how this thing works?"*

AA~AROUND TOWN

A Local Member's ESH from the 2009 Colorado State Convention

The 2009 Colorado State AA Convention was recently held at the Omni Interlocken Resort in Broomfield, CO. The convention is a way for AA's, AlAnon's and AlAteen's to meet, socialize, hear great speakers and attend workshops. Since I was pre-registered, Friday's registration was a breeze.

The Friday night 'AA Speaker's Meeting' kicked off with Julio E. from GSO and was followed by an AA speaker Erica C. Immediately following the presentations; we adjourned to the pre-event area for the ice cream social. The band Trio Con Brio entertained us with some very nice classical music. Afterwards, a very amusing Soberokie was held, but you had to be there to fully appreciate it. My Friday night ended with a visit to the Hospitality Suite to munch on some 'umm umm' good cookies.

As if the cookies the night before weren't enough, I started Saturday with coffee and sweets in the Hospitality Suite. Can you see a pattern developing here? Although the workshops had started Friday evening, the 'Closed Mouth Friend' workshop would be my first. It was nice to see people up that early and willing to attend a workshop. The AlAnon Brunch started at 10 A.M. and was held at an outdoor pavilion. Oh what a spread! After eating and having to loosen my belt, I listened to an AlAteen and an AlAnon speaker. They both did a nice job.

Next I attended the Convention Advisory Committee's lunch on the outdoor patio which overlooked the dual swimming pools. We discussed the current and future conventions, future bids and how the committee can be of greater service in the future. Later in the afternoon I attended a workshop called 'Where Do Money and Spirituality Mix'.

The Convention Banquet started around 5 P.M. and was going full swing when I got there. I sat with some interesting folks from Colorado and New York, and we all had a very good time. The 'Evening Speaker' meeting was so popular that they had to take advantage of the overflow room. I thought that both AlAnon and AA speakers were very good, but if you get a chance to hear the CD's, I would highly recommend that you listen to the Saturday night AlAnon speaker. A dance immediately followed the meeting with Bluez House laying down some great music. Later my home group (Apex) chaired the marathon meeting, and I would like to take this opportunity to thank them for their support. After a full day, I managed to drag myself back to my very comfortable room and sit on my balcony to contemplate a full day of activities. In fact, the day was so full of activities you may have noticed that I didn't make it to the Hospitality Suite.

Sunday started with breakfast at the Hospitality Suite ...again! As you can tell, I thought it was the best place to eat all weekend. The 'Speaker Meeting' and 'Closing Remarks' ended around noon and, after many hugs and goodbyes, I took myself home. I was happy to see so many familiar faces from the Pikes Peak region there, but I was also pleasantly surprised to see quite a few new ones as well. In fact, the sobriety countdown showed that we had approximately 5600 years of sobriety in attendance. Hopefully I will see many more of you at the next convention which is being held September 3-5, 2010 at the Marriot Tech Center. And yes, I am pre-registered again!

Rob S.

Step 10

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

Promptly Admitted

I use the Tenth Step for revising, amending, and becoming. Unlike the Fourth Step, which was basically retrospective, the Tenth Step is progressive--dealing with current or daily feelings, thoughts, and reactions as they arise. My Fourth Step acts as a backdrop, a point of departure, a basis from which my awareness grows in recognizing when a Tenth Step inventory is indicated.

There are two major sets of circumstances in which I find the Tenth Step most helpful to me: When my actions, responses or reactions conflict with my conscience; and when I have unspecified discomfort. The first happens most often in human interaction or transaction. Someone interrupts my work routine, and verbally or nonverbally, I let the person know I don't want to be bothered. The message: What I'm doing is more important than you, or whatever you have to say to me. Or, God forbid, someone doesn't agree with me, support my position on something, or doesn't feel, think, or do what I *expect* him to do. I become angry (usually covertly), combative, demanding, and unyielding. I disregard the other person's right to be human, to be who he is, and deny myself an opportunity to appreciate his difference.

On the job, in small group situations, in one-on-one intimate encounters, I find it necessary to take a look at my reactions, admit my wrongs, apologize, then amend and revise my own behavior.

Is my admission prompt? The prompter the better for me, usually within the same day or the following. But often I suffer for days, often without identifying the problem until one of my sponsors says: "You're angry. Really angry!" Then, I can get in touch with a feeling in myself that I find extremely hard to acknowledge. Once I identify the feeling (or someone helps me to), take a close look at its causes and effects, I can seek to remove it.

When ego is involved (which is most of the time), when there are underlying questions, real or imagined, of security (financial or emotional or conflicts with my cherished view of myself), the Tenth Step is indicated for me.

There are several messages I receive as a result of applying the Tenth Step in human transactions: I'm learning to place greater value than I used to on persons and relationships; it's not so bad to be wrong, and the admission won't kill me; and there is great relief from the weight of having to fool myself and convince others that I am always right. The perfectionist weight gradually lifts every time I admit my frailty and my fallibility. I experience not a decrease in self-esteem, but an increase in self-esteem. I feel better about myself, more in harmony with my fellows.

The other set of circumstances exists when I feel stuck, disturbed, fearful, discontented or generally uncomfortable and I don't know what's bothering me. Then I do an inventory: state the feelings, find out where they are coming from (are some old tapes running?), and look at my reactions and overreactions. Especially for this kind of situation, I've gotten in the habit of carrying around a small note pad--which has grown into a legal pad--for doing Tenth Step inventories. At break times and lunch periods at work I do an inventory, and it gets me over a difficult spot. Not long ago a Tenth Step inventory turned into a career adjustment plan.

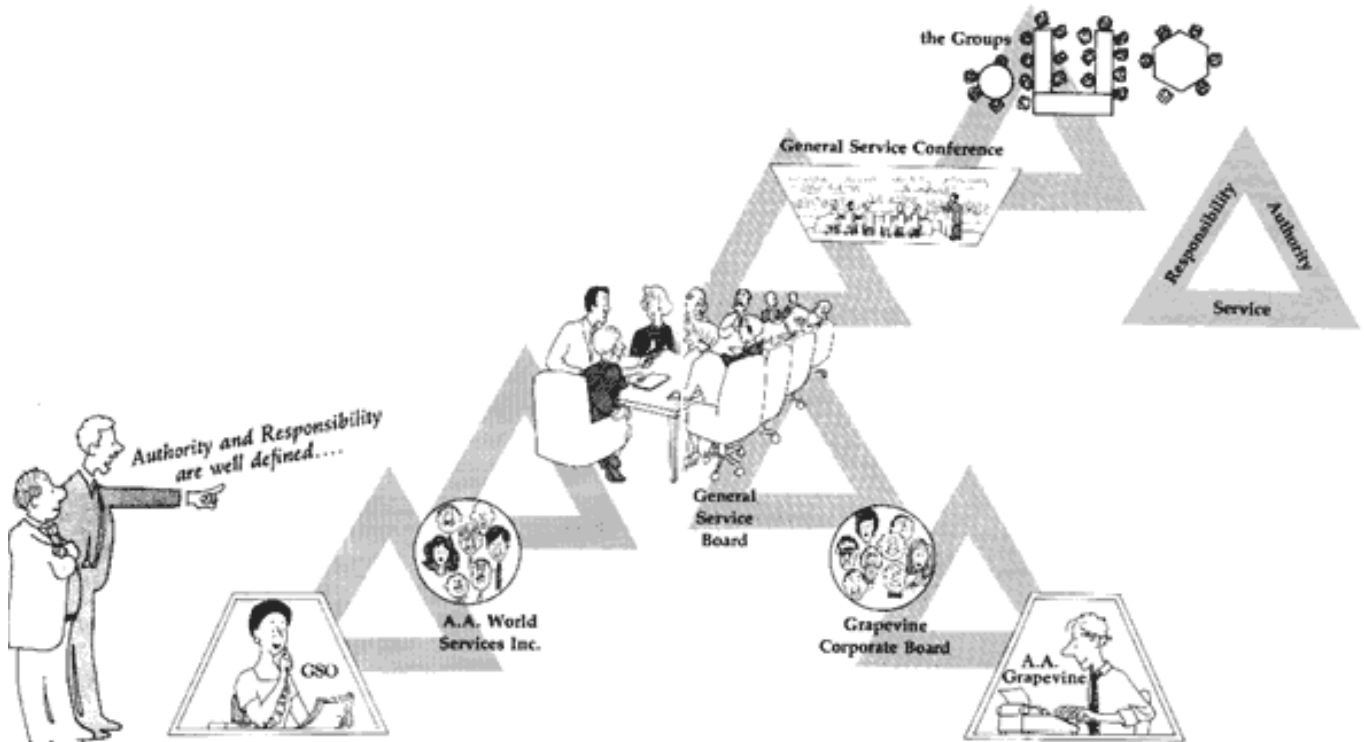
My Tenth Step inventories are for examining myself, revising and amending, getting unstuck, and sorting out. And even more important, they are for becoming--because they help me to define myself, look at who I am without judgment, gradually accept myself, and eventually become the best person I can become. On my *soberest* days--days in which I am keeping really close to the Fellowship--I receive the courage, the willingness, the openness, and the honesty to do a Tenth Step. It is this combination of Fellowship, meetings, and Step work which improves my spiritual condition and maintains my sobriety. And for that, I am truly grateful.

C. L.

Alexandria, Virginia

Concept 10

Every service responsibility should be matched by an equal service authority - the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.



Concept Graphic from Southbay AA .org website

Tradition 10

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

From the 12 Traditions Checklist

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

12 Traditions Workshop ~ Presented by your Intergroup Board

On Saturday, September 19, 2009 your Intergroup Board presented a workshop to give local members a better understanding of AA's 12 Traditions. There were 12 Guest Presenters tasked with discussing the meaning behind one of the 12 Traditions and answering questions from the membership.

Approximately 45 local area members attended the workshop. One common theme was how difficult it was to speak to any one particular Tradition, without mentioning another. Another, other common theme was how desperately important, the need for education in the way of Sponsorship, is to preserving our 12 Traditions.

The presentation was followed by a luncheon featuring entrees of delicious Sloppy Joes, thanks to your Intergroup Vice- Chairperson, Neal H. In addition, we were treated to a healthier option of succulent pork tenderloin, generously donated by Board Treasurer, Rob S., along with many other favorite sides and deserts graciously donated by other members in attendance.

Intergroup Chair Persons from the Website, Archives, Nightwatch, and The Pikes Peak Pint were available to answer questions. District Chair Persons from Cooperation with the Professional Community, Treatment and the Corrections Committee were on hand and had displays and information available.

Respectfully submitted by,
Rachel N.

AAAt A Glance

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						Cooperation W/Professional Community Committee 7 E. Bijou 9:00 AM
4	5	6	7	8	9	10
	Board Meeting 6:30 PM Service Office					Treatment Committee 4:00 PM Pikes Perk 14 S. Tejon St.
11	12	13	14	15	16	17
		Intergroup Mtg. 7:00 PM Bethany Lutheran Church 1401 8 th Street, CS (downstairs) Next door to S.O.				Corrections Committee 9:00 AM Sacred Heart Room 6
18	19	20	21	22	23	24
Submit Milestones to the Pint		Combined District Meeting 7:30 PM Red Cloud	Public Information			
25	26	27	28	29	30	31
		Step UP! Be of Service (see next page)				*Halloween* 

AA Thought for the Day

Inventory and Growth

In the years ahead we shall, of course, make mistakes. Experience has taught us that we need have no fear of doing this, providing that we always remain willing to confess our faults and to correct them promptly. Our growth as individuals has depended upon this healthy process of trial and error. So will our growth as a fellowship. Let us always remember that any society of men and women that cannot freely correct its own faults must surely fall into decay if not into collapse. Such is the universal penalty for the failure to go on growing. Just as each AA must continue to take his moral inventory and act upon it, so must our whole society do if we are to survive and if we are to serve usefully and well.

From AA Comes of Age

Monthly Meetings

The Board	6:30 pm 1st Monday, Svc. Office
Corrections	9:00 am 3 rd Saturday, Sacred Heart, Rm 6, 2021 W. Pikes Peak Ave.
CPC	9:00 am, 1 st Saturday - 7 E. Bijou Street
Treatment	4:00 pm 2 nd Saturday, Pikes Perk, Tejon St, Downtown
Public Info.	6:00pm 3 rd Wednesday, St. Francis Hospital, 5 th Floor
Intergroup	7:00 pm 2nd Tuesday, Bethany Lutheran Church 1401 S. 8 th St. CS CO (downstairs) Located next door to the Service Office

District Monthly Meetings

Red Cloud Serenity Club
8020 W. Highway 24, Cascade
District 7
7:30pm, 3rd Tuesday

STEP UP INTO SERVICE

The Following Service Positions are currently **OPEN & NEED** to be filled

Board of Directors – Registrar

Board of Directors – Vice Treasurer

Archives Committee – Vice Chairperson

Volunteer Coordinator– Chairperson AND Vice Chairperson

Public Information –Vice Chairperson

Night Watch – Vice Chairperson

Programs – Vice-Chairperson

~ Participate Don't Isolate ~

Night Watch has slots **OPEN** that need to be **FILLED**

If interested contact Mary Katherine @ Nightwatch@coloradospringsaa.org

Volunteer Hours at the Service Office **OPEN** that need to be **FILLED**

Thursday from 9 AM-11 AM, 11 AM – 1 PM

If interested contact Robin @ serviceoffice@coloradospringsaa.org



The Last Word

Today Is the Tomorrow You Worried About Yesterday

At my third AA meeting when I was able to realize that total abstinence was included in the program, three insurmountable obstacles immediately sprang into my mind:

1. The following Saturday afternoon, at which time I had promised to visit certain members of my family. How to gracefully refuse a drink and whether or not to mention AA were very real problems to me.
2. New Year's Eve, which was still several months away. I could not visualize New Year's Eve without drinking, nor did I feel I could ever ask or expect my husband to spend that holiday without the customary cheer, and lots of it.
3. My son's marriage

I did maintain my sobriety and presented myself at my relatives' home that Saturday without having resolved the problems whirling through my brain. Nothing alcoholic happened to be served that day, so I had no reason for refusal nor the graceful (?) excuses I had prepared. Neither did I feel called upon to mention AA at that time. I might add that when the subject did come up, I received nothing but approval for having turned to AA for help, and I've never heard anything but good spoken of our fine fellowship.

By the time the New Year rolled around and I had been enthusiastically "on the program" for several months, my husband was so delighted with my sobriety, and grateful to AA for the new and better way we are finding to live, that he escorted me to our local AA New Year's Eve party. As for our son's marriage--he's just nine now, and if I keep trying to use our Twelve Steps in all my affairs and take care of each day as it comes along. I don't think it will matter whether we serve champagne or not.

A. O.

Sherman Oaks, California

NEEDED: Locking Curio Cabinet

The Archives Committee is in need of a locking curio cabinet, to display items at the Service Office.

If you can help please e-mail
archives@coloradospringsaa.org

THANK YOU

The Nightwatch Chair Person, Mary Katherine would like to THANK all of the NightWatch Volunteers for their service!

RING IN THE HOLIDAY SEASON

On December 10, 2009 the 8:00 PM *Thursday Night Men's Group*, which meets at *Our Savior Lutheran Church*, 1128 E. Boulder Street is opening up their normally "closed" meeting for an "OPEN" meeting with a Potluck, to ring in the upcoming Holiday Season!

Anyone who is interested is encouraged to attend!