



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

Pikes Peak Pint

August 2010

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 PLEASE ENTER AND EXIT THROUGH REAR OF BUILDING!

CHANGE: Happy Hour/ Tuesday-5:30 PM until 6:45PM/ Open, Handicap Access/ Central United Methodist Church/ 4373 Galley Rd. /Just east of Intersection of Murray & Galley- Entrance on south end of building (Ring Doorbell to the right of the door if you're late)

CHANGE: Be Free/ 1st & 3rd Tuesday – 7:30 PM/ Open, Handicap Access/ Big Book Study/ Rocky Mtn. Health Care Services/ 1420 E. Fountain

Notes from the Editor



Write to The Pint at pint@coloradospringsaa.org

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- ✓ AA Around Town p. 6
- ✓ Open Service Positions p. 6
- ✓ AA Flyers p. 7, 8, & 9
- ✓ AA Outside Colorado Springs p.10
- ✓ AA @ A Glance Calendar p. 14

Love IT? Hate IT? Have something to SAY about IT?

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

We'd love to hear from you!

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:

Greg N. - 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:

Michael H. - Chair
OPEN - Vice Chair
treatment@coloradospringsaa.org

INTERGROUP COMMITTEE CHAIRPERSONS

Local Service Committees

(Call the Service Office for committee chair phone numbers)

Program:

Tomas M. – Chair
Megan H. – Vice Chair
programs@coloradospringsaa.org

Pint:

Amiee. - Chair
OPEN - Vice Chair
pint@coloradospringsaa.org

Volunteer:

Cissy – Chair
Adrienne - Vice Chair
volunteer@coloradospringsaa.org

Nightwatch:

Dana – Chair
Jessica S. - Vice Chair
nightwatch@coloradospringsaa.org

Web Site:

Bert B. – Chair
Dana - Vice Chair
webmaster@coloradospringsaa.org

Archives:

Frank – 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

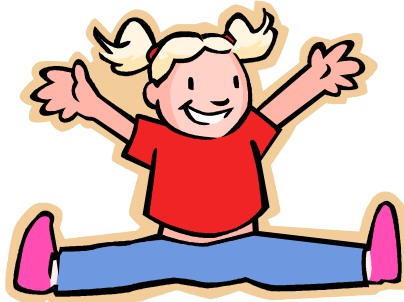
Pink Can Contributions:

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



Thank you!!

**In the month of June
we received
6 Grateful Giver contributions
and 3 Personal contributions!!!**

GROUP CONTRIBUTIONS – THANK YOU!!

GROUP NAME (2010-2011)	Yr. to Date	June '10	GROUP NAME (2010-2011)	Yr. to Date	June '10
Above The Bar Group	\$0.00		Living Free	\$0.00	
Apex	\$157.00	\$157.00	Living Sober	\$0.00	
Back to Basics	\$189.83	\$54.00	M.A.G.	\$300.00	
Beacon Light	\$150.00		Motherlode	\$0.00	
Big Book Action	\$155.50		Natural High	\$0.00	
Big Book Study UPH	\$250.00		New Beginners	\$227.26	
Black Forest	\$170.68		New Woman's	\$128.66	
Breath of Life	\$28.00		Northwesters	\$122.50	
Broadmoor	\$0.00		Not A Glum Lot	\$0.00	
Brown Baggers	\$100.00	\$100.00	Oasis Group	\$20.00	\$10.00
Celebrating Diversity	\$0.00		Off The Wall	\$166.00	\$46.00
Central	\$5.00		Outright Mental Defectives	\$0.00	
Clean Air Group	\$120.00		Pass It On	\$0.00	
Cripple Creek Natural High	\$0.00		Pathfinders	\$0.00	
Don't Worry Be Happy	\$0.00		Penrose Discussion	\$0.00	
Down By The Creek	\$0.00		Plug in the Jug	\$170.00	\$170.00
Downtown Group	\$413.86	\$181.68	Pre-Dawn Meeting	\$0.00	
Drylander's Group	\$47.10	\$47.10	Progress Not Perfection	\$114.66	
Easy Breathing Group	\$0.00		Recovery in Action	\$150.00	\$150.00
Easy Does It	\$150.00	\$50.00	Rule #62	\$0.00	
Ellicott Group	\$50.00		Saturday Early Morning Mtg.	\$0.00	
End of the Road	\$0.00		Security Eye Opener	\$0.00	
Eye Opener	\$0.00		Serenity Riders	\$149.35	
4th Dimension	\$0.00		Serenity Sisters	\$0.00	
Far North Group	\$0.00		Silver Key Seniors	\$25.00	\$25.00
Fountain of Sobriety	\$0.00		Solutions at 5:30	\$44.00	\$44.00
Foxhall Group	\$113.00		Solutions at Noon	\$92.67	\$92.67
Freedom From Bondage	\$0.00		Steel Magnolias	\$85.50	
Friday Night 12 x 12	\$0.00		Sunday Morning Speaker	\$0.00	
Friday Night Live	\$0.00		Sunday Night Big Book Study (Clean Slate)	\$40.00	
Friday Women's Group	\$255.00		Survivors Group	\$0.00	
Gals of Woodland Park	\$0.00		Taking Steps	\$250.00	\$250.00
Gift of the Heart	\$0.00		Then and Now	\$150.00	
Good Ole Boys	\$0.00		Thursday Mens	\$150.00	
H.O.W.	\$0.00		Thursday Noon--Woodland Park	\$95.00	
Half Pint Group	\$87.00	\$87.00	Ute Pass Breakfast	\$0.00	
Happy Destiny	\$171.63		Veterans for AA	\$0.00	
Happy Hour	\$330.00	\$90.00	Walk the Talk	\$720.00	\$240.00
Hilltop AA Meeting	\$0.00		Walking on Water	\$200.00	\$100.00
High Noon	\$45.50	\$22.50	We Are Not Saints	\$297.20	\$117.00
Hugo Group	\$0.00		Wed. Westside Womens	\$0.00	
Into Action	\$0.00		Westside Eye Opener	\$259.26	
Keep it Simple	\$0.00		Womens Step Study-WP	\$0.00	
Keystone to Recovery	\$100.00	\$100.00	Woodland Park Beginners	\$0.00	
Lake George Group	\$0.00		Woodland Park Book Study	\$200.50	
Last Chance	\$0.00		Young People	\$0.00	
Little Log Group	\$0.00		Totals:	\$7,246.66	\$2,133.95

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 2010-11
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



August 2010



Walk the Talk

Michal R.	28	yrs
Frank H.	25	yrs
Jeff R.	16	yrs
Jack M.	15	yrs
Peggy	14	yrs
Josh C.	7	yrs
Sean L.	6	yrs
Rich	6	yrs
Dave	5	yrs
Amanda	3	yrs
Anna Marie	2	yrs
Timbo	1	yr
Gary B.	1	yr
Kathy B.	1	yr
Tiffany	1	yr

We Are Not Saints

Traci	19	yrs
Greg N.	16	yrs

Happy Hour

Greg C.	9	yrs
Mike H.	3	yrs
Ralph	3	yrs
Gary	2	yrs
Jessica	2	yrs

Steel Magnolias

Denise D-K.	26	yrs
Susan H.	25	yrs
Kelly C.	17	yrs

Solutions @ Noon

Rose R.	28	yrs
Kevin B.	22	yrs
Pete G.	17	yrs
Jamie L.	8	yrs

Big Book Action

Dennis C.	20	yrs
Melissa B.	11	yrs
Justin H.	6	yrs
Andy Y.	5	yrs
Cherie C.	4	yrs
J.D.	4	yrs
Carl	3	yrs
Kristen P.	2	yrs

Taking Steps

Dennis C.	20	yrs
Ghislaine H.	10	yrs
Andy Y.	5	yrs
Manuel	2	yrs

Tuesday New Women's Group

Alma Z.	36	yrs
Bernie B.J.	19	yrs
Kathleen G.	2	yrs

**To Submit Birthdays for your group to the PINT,
please e-mail a list of names and the amount of years each
person has for the following month to
pint@coloradospringsaa.org .**

**Please have birthdays into the PINT by the 20th of each
month to assure you will be added to the list.
Thank You for your support!**

AA~AROUND TOWN

My Colorado Springs AA Experience

My story is pretty much the same as most everyone else's before they came into the rooms...but that isn't what this is going to be about. I got sober in Hawaii about 3 ½ years ago, but came to visit my parents when I had 6 months. A family friend told me what meetings he had previously gone to and the names and numbers of some people my age in the program. I went to the young people's meeting and met some of the nicest most welcoming people. I felt like I had finally found a place where I could fit in. I had to go back to Hawaii to finish up some things but I kept in touch with several of the people I had met on my trip. I moved back when I had a little over a year and quickly dove into the AA life in Colorado Springs. I've worked many different service positions in the last couple years and am blown away by the wisdom and great sobriety that surrounds me every day. Going to the many committee meetings, helping clean up and set up different events, and really getting involved has honestly saved my life. It's been my experience that a lot of the same wonderful people show up to help and step up in service over and over again. It's those people that have made my time in sobriety fun and worthwhile. I have some of the greatest friends and have gotten through some of the roughest times with them by my side. I will be forever grateful to the people in Colorado Springs AA that have helped me become who I am today. Thank you for the opportunity to help out and be of service!!!!

Kim R.



CPC/PI COMMITTEES WANT YOU!

Both Committees are very busy and have a lot going on and coming up! Please go to either of their monthly meetings to help out and get into Service!!!

STEP UP INTO SERVICE

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

Archives Committee –Vice Chairperson

PINT Committee- Vice Chairperson

Corrections Committee –Vice Chairperson

P.I. Committee- Vice Chairperson

Nightwatch has OPEN POSITIONS!!!!

If interested contact Dana @ Nightwatch@coloradospringsaa.org

OPEN: Thursday 1-3pm & Thursday 3-5pm Volunteer Positions
@ Service Office

They are always looking for more help.

If interested contact Cissy @ volunteers@coloradospringsaa.org

The Treatment Committee **NEEDS** volunteers

Contact Michael @ treatment@coloradospringsaa.org

**Service Office is OPEN
Saturdays 9:00 am- 12:00 pm Noon!!!!**



**“I AM RESPONSIBLE
WHEN ANYONE, ANYWHERE, REACHES OUT FOR
HELP, I WANT THE HAND OF A.A. ALWAYS TO BE
THERE,
AND FOR THAT I AM RESPONSIBLE.”**

We have a lot of OPEN Positions Available!!!!

Please contact us to be a volunteer to carry the message of Alcoholics Anonymous
and help the alcoholic that still suffers

If you have any questions regarding Night Watch, please contact us .



Jessica S. 719-641-2385

Dana 719-491-0587

Thanks again, your service is appreciated!

nightwatch@coloradospringsaa.org

29th Annual Longtimers Dinner

August 7th, 2010

5pm – 9pm

- 5-6 meet 'n greet
- 6-7:30 dinner/dessert
- 8-9 speaker meeting

First United Methodist Church

420 N. Nevada Ave.

(downstairs in Fellowship Hall)

**Come join us in honoring our area's longtimers. Tickets
available at the Service Office (719) 573-5020**

For more info, or additional tickets, contact:

Tomas: (719) 243-5350

Megan (719) 306-1486



Quarterly Workshop!! Sponsored by District 7

**Guest Speaker:
Frank Pacheco**

Sept 25th from 2:00 to 4:00 p.m.
Central United Methodist Church,
4373 Galley Road, just east of in-
tersection of Murray & Galley.

Pasta Dinner with Salad and Bread
Provided
Coffee and refreshments!!

**Come discover How Bridging
the Gap, Treatment Committee
and the 5th Tradition work hand
in hand!**

AA~OUTSIDE THE SPRINGS



If you haven't had the awesome experience of closing an AA meeting holding hands and saying the Lord's Prayer with over 50,000 other people then you can only imagine what incredible positive energy and blessings flow through the stadium!!!!

The 2010 International Convention was held in San Antonio, Texas July 1st – 4th, with 53,000 people from over 83 different countries attending. This was the 75th Anniversary of Alcoholics Anonymous and it's amazing to see how this fellowship has grown during those years. Obviously IT WORKS!

The people of San Antonio were very gracious and hospitable and the city had lots of things to do and see. Of course, the Convention itself had more attractions than you could fit into a few days. Besides the main meetings in the Alamodome there were continuous meetings, workshops, dances and hospitality rooms to visit.

The Riverwalk that runs through the city is beautiful and goes for miles it seems. There are tons of good restaurants and shops along the way and the boat rides down the river were fun, relaxing and informative.

Everywhere you went, everywhere you looked, everywhere you turned there were sober drunks enjoying sobriety and living life! I personally find it incredible that all those people in one place can behave themselves and play so well together. Again, it works! It reminded me of leaving a rock concert... just continuously... for days....

Colorado, especially Colorado Springs and surrounding areas, had a great turn out! It was fun to see the familiar faces along the way and to spend time with folks you normally don't get the opportunity to visit with. A bunch of us showed up at The Alamo to have a group picture taken.

The International Convention is only held every 5 years. In 2015 it will be held in Atlanta, Georgia and in 2020 Detroit, Michigan will be honored with our presence ☺

~ Anonymous

S.W.R.A.A.S.A. - South West Regional Alcoholics Anonymous Service Assembly

This assembly occurs every two years at different locations in the region, which means it's in Denver every 22 years. The purpose of this assembly is for those in the Southwest Region of Alcoholics Anonymous to learn and share about the General Service structure at the Group, District, Area, and Conference levels and to share information on the trusted service positions within that framework. This year it will be held at the Doubletree Hotel Denver, 3203 Quebec Street, Denver, CO, 80207. It will be held October 8 through October 10. The Contact Registration Chair is Samantha G. at 858-531-8036. The Chairperson is Gelong Tashi at 303-219-0692 or altdelegte@colorado.org. The Alternate Chairperson is Jennifer F. at 970-948-7160 or jpinco@sopris.net.

Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Editorial: On the 8th Step . . .

"Made a list of all persons we had harmed, and became willing to make amends to them all.

It was characteristic of many of us as alcoholics to at least attempt to perform in the grandiose manner. And in harming others we usually succeeded magnificently. So, to say that the first phase of the Eighth Step is a large order is to indulge in understatement which matches our bombastic style.

And yet, however extended be the list of those we have harmed, the fulfillment of this step's admonition need not be a tedious nor a burdensome undertaking. In the first place, let's examine the meaning of the verb: Amend.

Webster's New International Dictionary defines it thus --"To make better, especially in character; to repair, restore; to free from faults, put right, correct, rectify. . ."

There is the credo to which we of A.A. subscribe; the goal we hope to achieve through sobriety. It is both the manifestation of our adherence to the other 11 Steps and our performance of the Eighth itself.

The definition continues:

". . . to change or modify in any way for the better; to recover from illness."

It was written for us!

We have often heard that our sobriety should be founded on "unselfish selfishness", that we should strive to avoid a lapse into drinking for the benefits we, personally, derive from abstinence. It's not sound, we have been told, to try to stay dry for the sake of a wife or a sweetheart or someone else dear to us.

When we first heard that plan of action outlined, we revolted mildly because it didn't seem to meet the specifications of true altruism. Many of us, as we entered A.A., still yearned for that mystic power to "handle" alcohol and it seemed then that the step we were taking was at least in part --a gesture of devotion to some loved one. Without altruism there didn't seem to be much motive to propel us.

Of course, we soon discovered that "unselfish selfishness" was the firmest foundation for our recovery. We found, in the same way, that we try to help others, not solely through altruistic impulse, but so that we may gain strength.

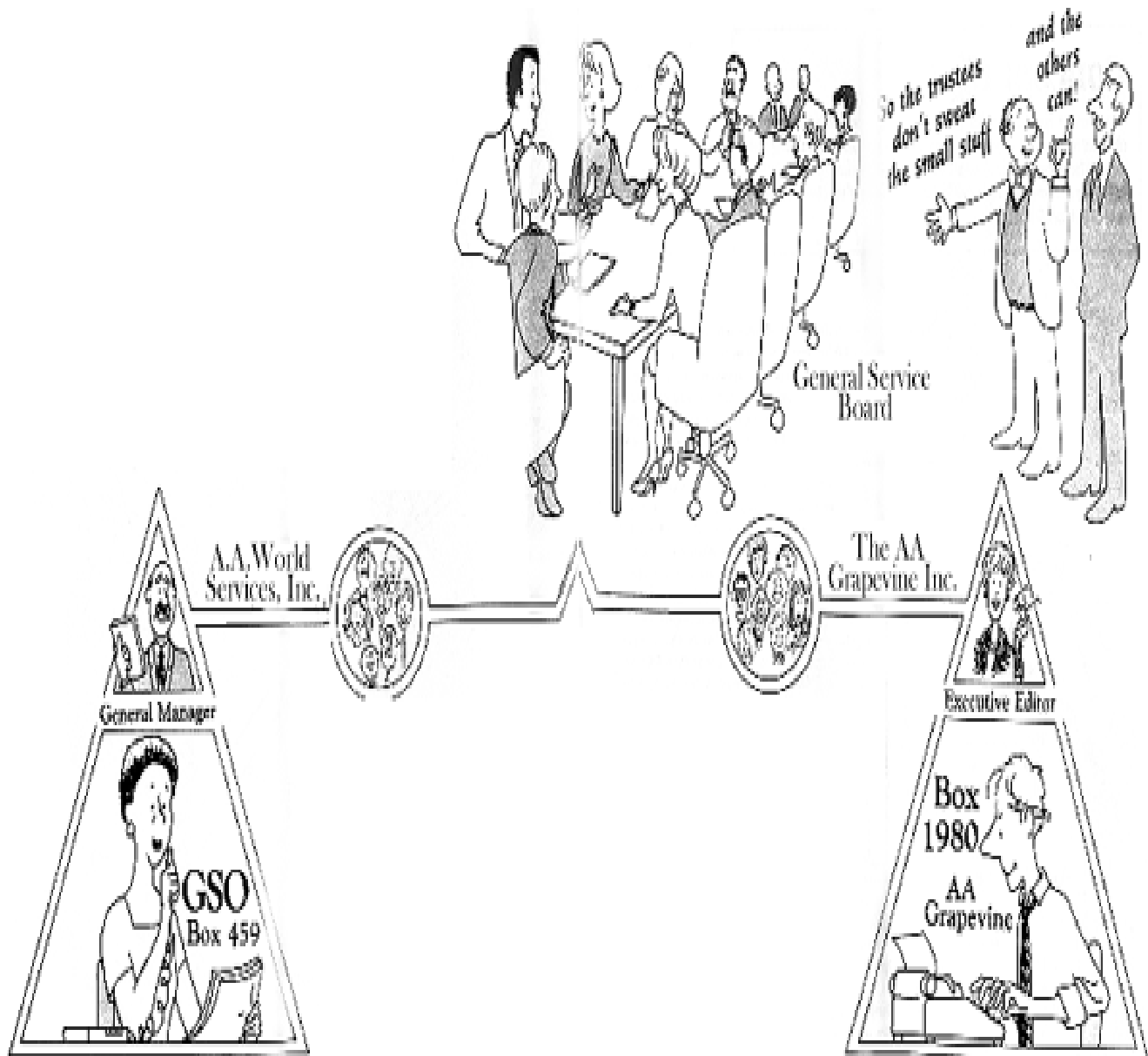
The principle of "unselfish selfishness" is applicable again in the Eighth Step. We seek to identify all those we have harmed and we assume a willingness to make amends so that --recalling the definition of the word --we may "change . . . for the better" and "recover from illness."

The alternative is retrogression. If we fail to "repair", we can only impair.

L. J.

Concept 8

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal placers and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise throughout their ability to elect all directors of these entities.



Tradition 8

Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition—How It Developed?



"My wife don't understand me, Ossifer."

AA At A Glance

August 2010



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

AA Thought for the Day

When, therefore, we AAs look to the future, we must always ask ourselves if the spirit which now binds us together in our common cause will always be stronger than those personal ambitions and desires which tend to drive us apart. . . Though the individual AA is under no human coercion, is at almost perfect personal liberty, we have, nevertheless, achieved a wonderful unity on vital essentials.

For examples, the Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world

Bill W.

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

The Last Word

Accepting Our Differences

I had been sober on my own for almost two years when my shaking knees took me to the top of a flight of stairs where the club for AAs had rooms. I had come to find help for someone else, but I found a program of recovery that helped me relax my own white knuckles.

After the speakers meeting, I bought a Big Book as I put money in the jug for my coffee. I sat at the long table and waited. It did not take long. Soon I was asked my first name and that was when you accepted me. You asked if you could help. I felt a sense of great relief that, at long last, someone understood. I sat among you and listened as the words whirled back and forth. I have never lost that sense of being accepted, of belonging.

Now I find that I have to accept some things that I find hard to understand.

I am confused by the person who comes to his first meeting and fights the concept of God or Higher Power even when we explain "as we understood Him." I have always had a close relationship with my Higher Power. I do not argue about this, but, if asked, I explain my own ideas and the ease of turning over my problems to the God of my understanding. I do not make a sermon out of this. I hope he will come to believe and I accept him.

I am uncomfortable with some of the bad language that occurs in one meeting room. It has recently become a place for newly recovering alcoholics. They are mostly young people and their need to express themselves is almost desperate. The words they use turn the tips of this old lady's ears pink. If the going gets too rough, I sometimes leave, but I wish them all well. If they are alcoholics, they have come to the right place, and I accept them into the Fellowship, but I have the right to leave. I am fortunate to live in an area with a choice of meetings, and I attend several. I do not feel this is a cop-out on my part, because there are many people in that room that use the same lingo and are ready to help. I do go back once in a while.

I have had some trouble accepting the dually addicted, because I have not understood this problem. It reminds me of the time my beloved doctor asked me when I became an alcoholic. It was hard to answer that question, and it is difficult for dually addicted people to explain their problems to me. I am trying to learn and understand more, because I personally believe that a large percentage of new members in AA will be dually or manifoldly addicted. I want to be there if someone who is also an alcoholic reaches out his hand.

I try to accept my fellow travelers just as they say they are--after all *you* accepted *me*, and I can do no less.

Donna K.
Lakewood, Colorado