

A Newsletter for the Pikes Peak Region of
Alcoholics Anonymous

May 2023

The Pikes Peak Pint



[The Month of May](#)

SERVICE OFFICE HOURS

Tuesday - Friday 10am - 2pm

Area Service Office Manager: Jeanette

**Volunteers needed at the Area Service Office
12pm - 2pm on Wednesdays, Thursdays and Fridays**

Minimum of 6 months of sobriety suggested

For more information contact
(719) 573-5020 or email: serviceoffice@coloradospringsaa.org

Intergroup Updates

- **Programs Chair Appointment: Kimberly H.**
 - **Founders Day Picnic** scheduled for June 25th @ Bearcreek Park
 - Pavillion 1, 11am -2pm, speaker TBD, hotdogs/hamburgers provided
- **DISTRICT 7...** April 29th service workshop went well. Still need an Alternate Co-DCM and Archives Chair. **Public Information (PI)** chair will be needed beginning in June.
 - **Delegate's Report** on April 2023 General Service Conference will be held at Freedom Hall on June 10th, 2023 for District 7.
3026 N El Paso St Colorado Springs, CO 80907
 - Summer Assembly to be held in July 7-9 (see flyer)
- **Treasurer** - New Fiscal Year beginning April 1.
 - Income for April \$5,109 | Expenses \$4,729
 - Group Contributions: \$3,519
- **Nightwatch:** 65 calls for April
 - **Service opportunity: 6am - 12pm Saturdays.** 1 year commitment. Service office calls are routed to trusted servants, answering questions about A.A., meetings, and 12-step call connection for alcoholics. Contact Service Office for more information.

- **Archives** signed up for annual cloud subscription for digital storage. Workdays usually occur on Saturdays following Intergroup meeting at Service Office @ 9am. **Volunteers welcome.**
- **Pint** is always looking for 800 word experiences of AA members. Step, Tradition, principle, first 30 days... **share an experience!** Email to pint@coloradospringsaa.org
- **Service Office:** averages 3-4 calls a day during business hours and 30 walk-in “customers” purchasing coins, literature, or bling. Some calls are seeking other 12 step programs or treatments centers, and are referred to internet search. **Pikes Peak region of A.A. can always use more help with the 12 Step call list.** Call Service Office for more info: (719) 573-5020



Have a smartphone? Download the free [Meeting Guide!](#)

[Google Play](#) or [Apple App Store](#)

“Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.” <https://www.aa.org/meeting-guide-app>

Ready to Get Involved in AA? Visit <https://www.aa.org/aa-member> for information on service work.

A.A. May ANNIVERSARIES

Friday Women's

Annikki H. 34 Years
Nicole R. 15 Years
DeSha T. 15 Years
Alysa F. 4 Years
Helen 3 Years

We Are Not Saints

Fernando R. 35 Years
Lynne F. 7 Years

New Beginners Group

Sherry S. 22 Years

New Woman Group

Michelle G. 10 Years
Lori S. 21 Years
Danielle D. 3 Years
Laura M. 3 Years
Valerie C. 10 Years
Yoland G. 2 Years
Amber G. 1 Year
Meredith 1 Year

Easy Does It

Brandy M. 1 Year
Yolanda 2 Years
Nina H. 15 Years
Lisa 21 Years
Michael C. 1.5 Years

Walk The Talk Group

Joanna 4 Years
Bunny 6 Years
Jon 10 Years
Nina 15 Years
Robyn 40 Years
Ben C. 6 Years
Tyler H. 2 Years
James R. May 26
Karen L. 17 Years

Send your and/or group's sobriety birthdays to:

pint@coloradospringsaa.org

Step 5

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

Reprinted from *Alcoholics Anonymous*, page 58, with the permission of A.A. World Services, Inc.

Tradition 5

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

Tradition 5 Checklist:

- Am I willing to firmly explain to newcomers the limitations of AA help, even though they may get mad at me for not giving them a loan? Or dating advice? Or help with a job?
- Have I ever imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
- Am I willing to Twelfth-Step the next newcomer without regard to who or what is in it for me?
- Do I help my AA group in every way to fulfill our primary purpose?
- Do I remember that AA long-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?
- Does our group ever use money from the basket for dinners or events or for memorials for members who have passed on?

Copyright © The AA Grapevine, Inc., April 2011, [The Traditions Checklist](#)

Concept 5

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinions will be heard and personal grievances receive careful consideration.

Reprinted from *A.A. Service Manual, 2018-2020 Edition, The Twelve Concepts (Short Form) pp IV*, with the permission of A.A. World Services, Inc.

AA Group Announcements!

The Downtown Group @ 210 North Corona Street has space if a meeting or a group is looking to gather somewhere. Contact John O. 719-291-3240 for further information.

We're back! **Happy Hour Group** meets at the new Freedom Hall 3024 N. El Paso, CS 80909 @ 5:30 PM on Wednesdays.

Does your group have important announcements?

Send announcements, flyers, and information to:

pint@coloradospringsaa.org

To subscribe, visit [https://www.coloradospringsaa.org/news-event s/news/](https://www.coloradospringsaa.org/news-event-s/news/)

The Pint is formatted following the monthly Intergroup Meeting that meets on the second Tuesday of each month. Send your information by the end of the day, second Wednesday of each month, to be included in the following print.

Make plans to attend the 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada

See video at <https://www.aa.org/international-convention>



[Albert Normandin / Destination Vancouver](#)

Other A.A. Announcements ...

- Area 10 Summer Assembly **July 7-9** in Greenwood Village, CO
- 2023 Colorado State Convention **September 1-3** in Greeley, CO
- 2023 Southwest Regional Forum in El Paso, TX **September 29 - October 1**
- 2025 International **AA Conference** planned for British Columbia

See related flyers at the end of this newsletter

Join an Intergroup or District Committee!

Archives, Chair: Doug L. For info on Archives workdays at ASO, please email: cos.aso.archives@gmail.com

Nightwatch, Chair: Stephanie - Contact Area Service Office for more info 719-573-5020

Pint, Chair: Amy M. - Collect local AA stories and announcements and send to pint@coloradospringsaa.org

Programs, Chair: Kimberly H. Contact Area Service Office for more info 719-573-5020

District

CPC (Cooperation with the Professional Community), Chair: Derek
Meets 4th Sunday of the month, 3:30pm, at 3530 Muirfield Dr., Colorado Springs

Corrections, Chair: Nik W.
Meets 4th Saturday of every month at 10am, @ Area Service Office

PI (Public Information), Chair: (need info!)
Meets 2nd Saturday of the month, 2:30pm, at Pikes Peak Library 21C (1175 Chapel Hills)

Treatment & Bridging the Gap, Chair: (need info!)
Meets 2nd Saturday of the month at 9am, Pikes Perk (5965 N. Academy Blvd.)

Supporting A.A.'s services

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential to all areas of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. The General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the group's expenses have been taken care of the group may decide to further carry the message by sending money to the following A.A. service entities.

- The local district, which communicates directly with the groups, providing the district group conscience for the area assemblies, and serving as a link between the area delegates and the G.S.R.s.
- The area committee, which coordinates vital A.A. activities over a broad geographic area; sends a delegate to the annual General Service Conference; holds area assemblies to determine the needs of the Fellowship; and provides information at all levels of service.
- The local intergroup or central office, which may provide phone service for Twelfth Step calls and other inquiries; coordinates group activities; and facilitates A.A. literature sales, institutions work, public information, and cooperation with the professional community activities.
- A.A.'s General Service Office, which functions as a storehouse of A.A. information, communicating with members and groups around the world; publishes A.A.'s literature; and supplies information and experience to professionals and others interested

<https://www.aa.org/aa-contributions-self-support-in-A.A>

Where to Send Contributions:

**** Please include Group Name and Group Number on check, money order, or App transaction****

Area Service Office

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

District 7

Payable to: District 7
PO Box 26252
Colorado Springs, CO 80936

Area 10

Payable to: Area 10 Treasurer
12081 W. Alameda Parkway, #418
Lakewood, CO 80228

General Service Office **(UPDATE)**

Payable to: GSO
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

An A.A. Member's Experience

Until We Let Go Absolutely

“What the heck does this mean, exactly? Hmmm? First of all, just ahead of this the Big Book explains, “Some of us tried to hold on to our old ideas...” Whelp, my recovery experience begins with no clue what, (old ideas), means and I am receiving no results just like it says. OK, I wasn't completely stupid and did know it means ideas about how I live my life. But, many deeper and more to the point definitions are to come later.

It wasn't until I was about eight years sober and heavy into researching and understanding material life that more clarity is had. I started to realize many of my beliefs about life were simply, false beliefs, lies if you will. I had let go of them as well. Yup, I was right about one thing. Letting go clearly involves living differently.

At fifteen years clean and sober, the definition of letting go expands even further. I am working with a friend within meditation. I have what I come to understand to be, an authentic spiritual awakening. It is much different from the one people describe in books. Yes, deep within this meditation. I find and become the true, “ME”, a spirit. Not only that but I am within an out-of-body state and healing one of my past life issues within this galaxy. I realize then that education cannot and does not produce the actual spiritual awakening experience. It may however lead the way into clearing what needs to be overcome within the ole memory system of ‘old ideas’ in order to succeed at having one. Understanding material life is a good thing as well and certainly not a waste of time. I am now about to learn about how the spiritual way of life is completely backwards from how many people experience material life or vice versa, actually.

No, awakening is an experience I must have to understand and maintain before I can honestly say, “I have had a spiritual awakening.” Yes, I then come to understand I am simply a spirit within the space of loving emotion and physical energy. Nothing I learn here about living a material life will be of any real value at all in my afterlife. The lessons I learn from it all will be, however. Most of all beliefs here are simply man-made ego. This is exactly why the spiritual realm and the material realm are completely backwards to one another.

Ego comes into existence here because of our need to survive and overcome dangers. Yup, I/we must eat. I then learn that even though the purest form of love and energy is my truest identity, I still must possess a certain amount of ego to make the money needed for shelter and food. Yup! Darn, I was hoping all that would be behind me now. But no, until my body says no more, I will still be partly full of ego here.

Poop, that is the best I can do concerning ‘let-go-absolutely’ while my body still exists is what I find to be true. There is no survival aspect within the spiritual realm.

Whelp, what then will I need to KNOW in the afterlife? Once again, a deeper understanding comes. The answer is, “NOTHING SILLY!” TaHee. I then realize that as a spirit of love and energy, love provides its own definitions to our actions within the universe. Each is a gift that comes through intuition. As Ringo Star sings, “All I Gotta Do Is, Act Naturally.” Acting naturally is simply acting from a state of love. Yup, if we learn to act from love within material life, a love vocabulary is automatically provided after our actions here as well. This then is why we alcoholics are taught to act our way into recovery instead of thinking our way. Whether we know it or not, love-energy is our material foundation here as well.

Please enjoy recovery because as I look back, it was simply a blast to be learning and rocketing into the, “Fourth Dimension.” They may have been tough years, but they are definitely the best ones of my life. Welp, that is my experience. It doesn’t have to be yours is my only advice.”

Windwalker

Do you have an experience to share, as it relates to alcoholism and the solution we share?
Submit your writing (or recording!) to pint@coloradospringsaa.org to be published in this space.

You can remain anonymous!



Please join district 7 on AAs birthday for

AREA 10 DELEGATE'S REPORT

Presented by: Sarah M.

Our Area 10 Delegate to the
73rd General Service Conference

June 10, 2023 10:00-Noon

Freedom Hall

3026 N El Paso St

Colorado Springs, CO



The Delegate's report will begin at 10:00 AM
There will be time for Q&A after the report

Area 10 Summer Assembly 2023

The Gift of Gratitude

July 7-9, 2023

Doubletree by Hilton
Greenwood Village, CO 80111
Hosted by District 30



Saturday Lunch Buffet: \$22⁰⁰ cash or check
Saturday Speaker Meeting: 7 pm
Ice Cream Social: \$16⁰⁰ cash or check
Saturday following the Speaker Meeting

Parking: Overnight and day parking are charged to each individual guest through a parking company. Guests will see signs upon arrival and will need to scan the QR code on the signs in order to register their vehicles and pay the fee. Overnight guests can also pay the hotel directly via their guest room if preferred. Maximum parking fee is currently \$15; subject to change. ****Special Discount Overnight and Day Event Parking is extended to \$5 per day, per vehicle.***

Accommodations:

Doubletree by Hilton: \$129 per night
Use Event "Summer 2023 Assembly"
Reserve by June 1, 2023 for discount
Central Reservations: 800-222-8733
Local Reservations: 303-779-6161

Direct Link:

[Available Rooms - DoubleTree by Hilton Hotel Denver Tech Center](#)



Contact: Amy at acn1143@comcast.net

2023 Colorado State Convention

Presented by Area 10 Alcoholics Anonymous in cooperation with
Area 5 Al-Anon Family Groups

Island Grove Regional Park, Greeley, Colorado - September 1st, 2nd, and 3rd, 2023



Speakers & Events:

- Friday Evening AA Speaker: Paul M (Galveston, TX)
- Friday Evening: Ice Cream Social
- Saturday Al-Anon Luncheon: Monica H (Highlands Ranch, CO)
- Saturday Evening: Banquet Dinner
- Saturday Evening Al-Anon Speaker: Kari O (Boulder, CO)
- Saturday Evening AA Speaker: Devin C (Brooklyn, NY)
- Sunday Morning AA Speaker: Ashlee M (CO Springs, CO)

Workshops, Continuous Meetings, and Videos in
English & Spanish

PLEASE JOIN US!

The convention runs from 3 p.m. Friday to 12 p.m. Sunday

For Preliminary Program and Updated Information

Go Online: https://www.coloradoaa.org/convention_info/

Or

Email Registration Chair at 23Convention@gmail.com

Island Grove Regional Park
421 N. 15th Ave., Greeley, CO 80631
Enter on Southwest side of facility

Lodging: TBA
Questions: Gina M. (970)215-2260 – 23Convention@gmail.com

Register online at <https://www.convention.coloradoaa.org>,

or complete the form below and MAKE CHECKS PAYABLE TO: 2023 State Convention

Mail To: 2023 Colorado Convention, 2519 Shields St., Suite 1K #172 Fort Collins, CO 80526. *One person per form, please.*

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> AA | <input type="checkbox"/> Al-Anon/Alateen | <input type="checkbox"/> Other |
| <input type="checkbox"/> Registration \$30.00 After 8/18/23 \$35.00 | | |
| <input type="checkbox"/> Friday Evening Ice Cream Social \$10.00 | | |
| <input type="checkbox"/> Saturday Al-Anon Luncheon \$25.00 | | |
| <input type="checkbox"/> Saturday Evening Banquet Dinner \$40.00 | | |
| <input type="checkbox"/> Dance \$5.00 | | |
| <input type="checkbox"/> Bottomless Coffee Mug \$15.00 | | |
| <input type="checkbox"/> Discounted Package Price \$115.00 (Total Savings of \$10.00 for Registration postmarked by 8/18/23) | | |
| <input type="checkbox"/> Contributions \$ _____ | | |
| Total Enclosed \$ _____ | | |

Member Registration Information:

Name on _____
Badge _____
Home Group _____
Name _____
Address _____
City _____ State _____
Zip Code _____ Phone (____) _____
Email _____

I'd like to volunteer!

For "Special Needs" consideration, please e-mail Gina M.
at 23Convention@gmail.com
(every effort will be made to accommodate special requests).

On-site registration will be open from 3 p.m.—9 p.m. Friday, September 1, 2023, and at 8 a.m., Saturday, September 2, 2023

