

Pikes Peak Pint

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!

CHANGE: Happy Hour Group/Tuesday 5:30 PM/Open/Discussion/2375 N. Academy Suite #100, Enter on N. end of Bldg.

CHANGE: Friday Night 12 x 12/Friday 7:30 PM/Open/12 x 12 Discussion/ Rocky Mountain Alano Club/2375 N. Academy, Park in back. Go Upstairs through entrance on rear (EAST side) of bldg.

CHANGE: Moment of Silence Group / Sunday 5:30 PM / 11th Step / 2375 N. Academy Suite #100, Enter on N. end of Bldg.

DELETE: Newcomer Q & A / Tuesday 6:00 PM / Fellowship Hall 2375 N. Academy Suite #100, Enter on N. end of Bldg.

A Note from the Editor



Write to The Pint at pint@coloradospringsaa.org

- ✓ Please join me in welcoming Kim R. as your new Pike's Peak Pint Vice-Chair!
- ✓ SPECIAL THANKS! To Beth G., for her contribution this month on the Summer Assembly, which is featured in AA Around Town, see p. 6.
- ✓ TRADITIONS WORKSHOP coming, see p. 10 for details

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:

OPEN - 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
Greg W. - *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 Intergroup would like you know how very much we appreciate your personal contributions!



**In the month of June we received
2 Personal contributions and
4 Grateful Giver contributions!!!**

GROUP CONTRIBUTIONS – THANK YOU!!

GROUP NAME	Yr. to date	June '09
Above The Bar Group	\$100.00	\$100.00
Apex	\$441.10	\$316.16
Back to Basics	\$250.00	\$100.00
Basket Talk Q and A	\$0.00	
Beacon Light	\$150.00	\$150.00
Big Book Action	\$214.92	
Black Forest	\$365.22	
Breath of Life	\$33.00	
Broadmoor	\$0.00	
Brown Baggers	\$0.00	
Celebrating Diversity	\$0.00	
Central	\$0.00	
Clean Air Group	\$0.00	
Cripple Creek Natural High	\$0.00	
Don't Worry Be Happy	\$200.00	
Down By The Creek	\$0.00	
Downtown Group	\$256.37	\$75.00
Drylander's Group	\$0.00	
Easy Breathing Group	\$0.00	
Easy Does It	\$75.00	\$25.00
Ellicott Group	\$0.00	
End of the Road	\$0.00	
Eye Opener	\$0.00	
Far North Group	\$20.00	\$20.00
Fountain of Sobriety	\$20.00	\$20.00
Foxhall Group	\$0.00	
Freedom From Bondage	\$0.00	
Friday Night 12 x 12	\$42.00	\$42.00
Friday Night Live	\$0.00	
Friday Women's Group	\$339.00	\$114.00
Gals of Woodland Park	\$75.50	
Gift of the Heart	\$0.00	
Good Ole Boys	\$250.00	\$250.00
H.O.W.	\$0.00	
Half Pint Group	\$138.00	
Happy Hour	\$150.00	\$150.00
Hilltop AA Meeting	\$0.00	
High Noon	\$57.00	\$35.00
Hugo Group	\$242.00	\$242.00
Into Action	\$0.00	
Keep it Simple	\$0.00	
Lake George Group	\$158.63	
Little Log Group	\$0.00	

GROUP NAME	Yr. to date	June '09
Living Free	\$0.00	
M.A.G.	\$200.00	
Motherlode	\$0.00	
New Beginners	\$242.69	
New Women's	\$124.70	
Northwesters	\$70.00	\$70.00
Outright Mental Defectives	\$0.00	
Pass It On	\$25.00	\$10.00
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$106.00	\$106.00
Pre-Dawn Meeting	\$192.89	\$71.48
Progress Not Perfection	\$100.30	
Recovery in Action	\$150.00	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$0.00	
Security Eye Opener	\$0.00	
Serenity Riders	\$247.84	
Serenity Sisters	\$100.00	\$100.00
Silver Key Seniors	\$50.00	\$25.00
Sisters Not Saints	\$0.00	
Solutions at Noon	\$75.00	\$75.00
Steel Magnolias	\$100.00	
Sunday Morning Speaker	\$360.00	\$360.00
Sunday Night Big Book Study (Clean Slate)	\$50.55	
Survivors Group	\$18.89	
Taking Steps	\$0.00	
Then and Now	\$35.00	
Thursday Mens	\$0.00	
Thursday Noon--Woodland Park	\$0.00	
Ute Pass Breakfast	\$0.00	
Veterans for AA	\$0.00	
Walk the Talk	\$900.00	\$300.00
Walking on Water	\$250.00	\$100.00
We Are Not Saints	\$281.34	
Wed. Afternoon Ladies	\$0.00	
Wed. Westside Womens	\$0.00	
Westside Eye Opener	\$317.52	
Womens Step Study-WP	\$0.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$0.00	
Young People	\$316.00	
Totals:	\$7,951.46	\$2,856.64

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 August 2009

Join us in celebrating member milestones!

Steel Magnolia's	
Denise D.K.	25 yrs.
Susan H.	24 yrs.
Karen S.	22 yrs.
Susan M.	18 yrs.
Kelly C.	16 yrs.
Shelley D.	9 yrs.
Jamie L.	5 yrs.

Big Book Action	
Dennis C.	29 yrs.
Melissa B.	10 yrs.
Justin H.	5 yrs.
Andy Y.	4 yrs.
Cheri C.	3 yrs.
J. D.	3 yrs.
Carl	2 yrs.
Kristin P.	1 yr.

Taking Steps	
Dennis C.	29 yrs.
Ghislaine H.	9 yrs.
Andy Y.	4 yrs.
Jerry B.	3 yrs.
Manuel	1 yr.

Apex	
Kevin B.	21 yrs.
Timmer G.	16 yrs.
Mark F.	16 yrs.
Teresa H.	7 yrs.
Bennet L.	4 yrs.

New Woman Group	
Alma Z.	35 yrs.
Bernie J.	18 yrs.
Kathleen G.	1 yr.

Serenity Riders	
Cindy M.	22 yrs.
Ian B.	13 yrs.
Carl N.	2 yrs.

Happy Hour	
Kevin M.	21 yrs.
Kathy W.	18 yrs.
Kim H.	15 yrs.
Rich N.	5 yrs.
Sean L.	5 yrs.

Walk the Talk	
Bill H.	40 yrs.
Michael R.	27 yrs.
Kimo H.	18 yrs.
Jeff R.	15 yrs.
Dean A.	14 yrs.
Josh C.	6 yrs.
Rich N.	5 yrs.
Sean L.	5 yrs.
Andrea C.	5 yrs.
Dave W.	4 yrs.
Phil N.	1 yr.
Anna Marie T.	1 yr.

Then and Now	
Bill H.	40 yrs.
John T.	31 yrs.

Central	
Rose R.	27 yrs.
Jamie L.	7 yrs.
Tonya E.	5 yrs.



AA~AROUND TOWN

The Colorado Area 10 Summer Assembly was recently held at the Red Lion Inn in Denver the weekend of July 17th – 19th. As with all tri-monthly assemblies, the Area 10 Delegate, Group Service Representatives (GSR), District Representatives, and Area Committee met to discuss and, when appropriate, vote on particular business items.

On Friday evening, a gentleman from the State Department of Corrections spoke about how the Corrections committee has helped carry the message to inmates by taking literature and meetings to the inmates, how those in corrections help create a bridge for the individual in prison as they leave the prison facility, and how members of AA help provide a “moral compass” meaning showing how to live a healthy and serene life.

Following the speaker on Friday evening, committee break out sessions were held for the following: Archives, Treatment, Public Information, Grapevine, High Country News, State Convention Steering, Cooperation with the Professional Community (CPC), and Corrections.

A GSR Orientation session was held Saturday morning for those of us who were new Group Representatives. This was a very informative session where reference to the GSR responsibilities as noted within the Service Manual were reviewed as well as brief discussion on the Area 10 Procedure Guide. We were also able to ask questions at the end of this session.

Saturday late morning was focused on Area 10 business. Each committee (mentioned above) chair person was given 2 minutes to provide status updates to the group. There was also introduction of a new committee called the Linguistics/Translation committee whose focus is to translate the Area Committee reports for the Spanish speaking community. This was very well received and has proven to be needed within Area 10.

The following attendees can vote on issues/proposals during Saturday’s business meeting: Current Delegate, GSRs Committee Chairs, and DCMs. Past Delegates usually attend the Assembly, but are unable to vote.

Discussion on a few items were held to just inform and get a sense from the group as a whole, but the issues themselves would be addressed and voted upon officially during the business meeting on Sunday morning between DCMs, Committee Chairs, and our Delegate.

Saturday afternoon was focused on our Area 10 Delegate report of the General Service Conference. Judy L. provided a very informative report of her experience at the conference including many issues that were voted upon and some items that will be addressed next year. Judy is traveling to districts and events to share her experience. If you haven’t had a chance to hear her report, it is strongly suggested you take the time to do so.

On Sunday morning, final voting was obtained and approved for Colorado Springs to re-combine from four districts in to one. Many districts have split in to smaller/multiple districts, and there is a procedure for this, but Colorado Springs is the first to split and then successfully recombine in to one in the history of Area 10. The initial proposal to combine Districts 25, 26, 27 and 7 was made approximately 3 years ago. The hard work and dedication by our DCMs, GSRs and Intergroup made this transition a success.

What does this mean to Colorado Springs AA? We still have four DCMs who are now referred to as Co-DCMs and will continue serve our district together. They are Al T., Josh H., Shari A., and Bob M. The DCMs will continue to serve 2 year terms with 2 DCMs rotating out each year, i.e. 2 will rotate out on odd years and 2 will rotate out on even years.

There are many opportunities and needs for service within the committees mentioned above. Please get with your GSR or DCM for more information on how to get involved in carrying the message. Remember, we can’t keep it if we don’t give it away. I appreciate the opportunity to share my experience of the Summer Assembly with you. Thank you for allowing me to be of service.

Beth G.

GSR - Happy Hour Group

Step 8

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

How Willing Would You Be?

Although my body walked, my spirit crawled out of the room where I had just completed my Fifth Step. I was so sick of myself and my character defects that I was *totally* willing to take the Sixth and Seventh Steps.

Then came Step Eight. The first part of this Step was easy. The Big Book told me that I had made my list when I made my inventory, so I took my list of persons I had harmed from my Fourth Step.

The second part of this Step was not so easy. "Willing," it said. There's that word again; the Big Book and the "Twelve and Twelve" seem to use that word a lot. It's written in Step Three, again emphasized in Step Six, and here it is again in Step Eight. As I looked my list over, there were many amends I was willing to make, as I could see where I had been childish, selfish, and self-centered. But there were some that brought back hurts so deep I was not willing to make amends then--and I seriously doubted if I ever would be. The words from the Big Book kept playing through my head, "We have emphasized willingness as being indispensable." I knew that, but I still wasn't willing.

Reading over the part on Step Eight in the Big Book, I saw I wasn't unique; earlier AAs had evidently been like me. This was apparent when I read the line that says, "There are probably still some misgivings," and again when I read, "If we haven't the will to do this, we ask until it comes." (Ask God, of course.)

I kept praying about the difficult amends while I was making other amends, and it seemed like every meeting I attended during that time was on the Eighth Step. In one of these meetings, I heard someone share her experience. She had been willing to make all her amends but one. In talking to her sponsor about it, the sponsor put it like this: If your program depended upon this one amends--that is, if you made this amends you would stay sober, and if you didn't make it you would drink again--how willing would you be then?

Hearing that, and reading again about going to any length, brought me the willingness I had been praying for--at least on all but one. Deep in my heart I knew it would take a miracle for the willingness to come for that one, and when the exact moment was right, God gave me the willingness so suddenly that it was like a physical force slammed into me. Once again, God was right on time, not a minute too early or a second too late.

Since I've been in the program, I've been told countless times that if I will take care of the possible, God will handle the impossible. Countless times I've witnessed this to be true.

It's been over two-and-a-half years since all this happened, and I'm still sober. I can only say it's because of God and not me, for the part I played has been so small in comparison to God's part. I thank God for AA, and for the fact that, just for today, I'm still willing.

Robi M.
Edmond, Oklahoma

Promise 8

Our whole attitude and outlook upon life will change.

The Jerk

One bone-chilling morning, while still active in my insanity, I peered through the window at the rear of the paddy wagon and idly watched as traffic paused for a red light. A car stopped within a few feet of my gaze. I observed the passengers as I sat shivering on the un-upholstered wooden bench. The car's driver, a conservatively dressed young father, was accompanied by his two children. He represented everything that I didn't have--responsibility, stability, and sobriety. I despised him.

I resentfully muttered, "Boy, what a jerk! He's obviously bought into that forty-hour-a-week routine so he can feed those brats." At that time, I still glorified the fast life and had no interest in changing, much less pondering the irony that the "jerk" was free and probably content while the observer was headed for a date with a mug-shot photographer.

Years later, after attempting to live by the value system of Genghis Khan, I was finally rendered "sweetly reasonable" by the consequences of my alcoholic behavior. I got sober.

Since that time, sobriety has not only enabled me to complete a college education, but go on to graduate school. If that wasn't bad enough, my name is listed in *Who's Who Among Students in American Universities*. I am also very active in service work, community service activities, and I value my membership in several civic organizations.

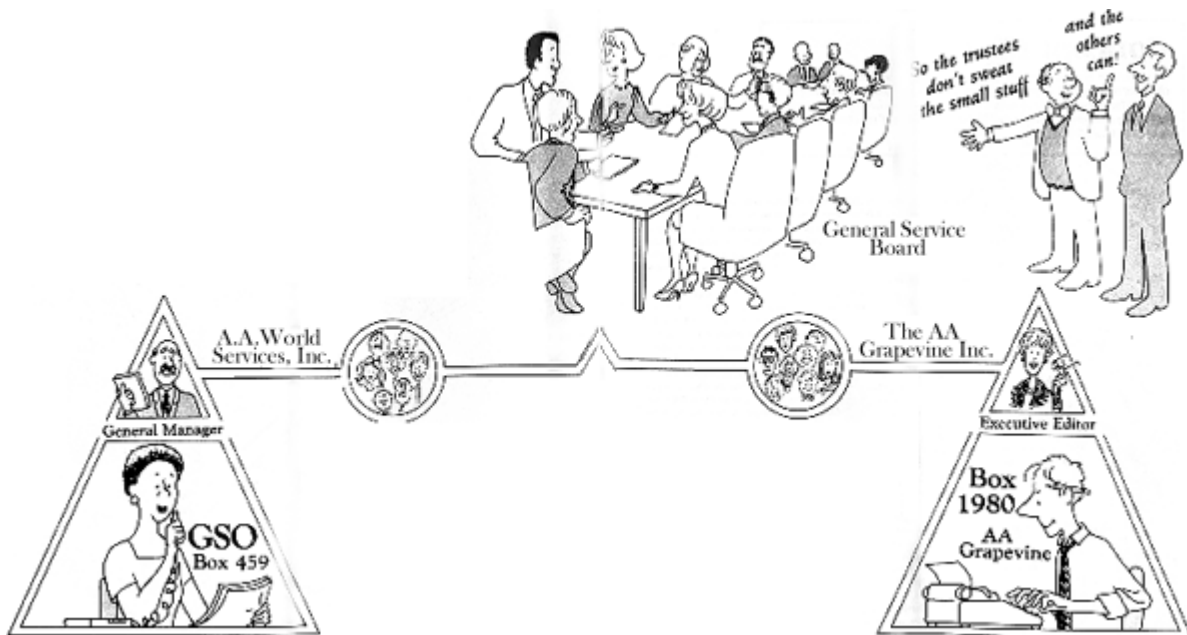
Evidently, the promise that "our whole attitude and outlook upon life will change" seems to have come true--in spite of myself. The idea that "the most satisfying years of your existence lie ahead" seems to also be materializing for me.

By doing my best to practice these principles in all my affairs, like it or not, I've become suspiciously like the "jerk" I scorned that bitter cold morning years ago.

Bill A.
Gainesville, Florida

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.



Concept Graphic from Southbay AA .org website

Tradition 8

Alcoholics Anonymous should remain forever nonprofessional, 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?
3. 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*?
4. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
5. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
6. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition—How It Developed*?

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

A Good Ole Fashioned Traditions Workshop



~ SAVE THE DATE ~

PRESENTED BY YOUR INTERGROUP BOARD

SATURDAY, SEPTEMBER 19, 2009

LOCATION TO BE DETERMINED

***EVERYTHING YOU EVER WANTED TO KNOW ABOUT THE
12 - TRADITIONS BUT WERE AFRAID TO ASK***

WORKSHOP FROM 10:00 A. M. – 1:00 P. M.

POTLUCK TO FOLLOW AT 1:00 P. M.

AA MONTH AT A GLANCE

August 2009

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

AA Thought for the Day

Behind the Eight Ball

The fact that my sobriety has been maintained continuously for thirteen and a half years doesn't allow me to think that I am necessarily any further away from my next drink than any of you people. I'm still very human, and I still think a double Scotch would taste awfully good. If it wouldn't produce disastrous results, I might try it. I don't know. I have no reason to think that it would taste any different--but I have no legitimate reason to believe that the results would be any different either. They were always the same. I always wound up back of the dear old eight ball.

Dr. Bob affectionately known as "Smitty" was born August 8, 1879

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
The Pint	1:00 pm 3 rd Saturday, Rocky Mountain Alano Club
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 – Vice Chairperson

Board of Directors – Vice Treasurer

Archives Committee – Vice Chairperson

Volunteer Coordinator– Chairperson AND Vice Chairperson

Public Information – Chairperson and Vice Chairperson

Night Watch – 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**

Tuesday, Wednesday and Thursday from 11 AM – 1 PM

1st and 3rd Wednesday from 3 PM – 5 PM

If interested contact Robin @ serviceoffice@coloradospringsaa.org

The Last Word

Emotional Binge

MY new-found sobriety had wings. My gratitude knew no limit. It seemed I wasn't bound any more. I soared up into the air and then had a great emotional fall. I suffered an emotional hangover from flying too high on my new sobriety. The fires of enthusiasm had not only burnt out, but I was burning with resentments.

Somehow it occurred to me what was wrong. I was actually indulging in an emotional binge. I had proceeded to cut open a lot of old wounds and rub salt in them. I had rattled the skeleton in my closet from the head bone down to the toe bone. I had peered through my old amber-colored glasses into the bleak future. I was taking my inventory, and everybody else's, by reviewing all my mistakes, and theirs. I had begun making lists of the dreadful things that might happen in the future. My present was so cluttered up with rubbish from the past and filled with phantoms of the future, that I had no room for the present. Yes, I was drunk; emotionally drunk; almost as drunk as when I was really drinking.

I decided for the first time to stand firmly on the Third Step: to turn my life and my will over to God's care and to begin to try to understand His will for me. This wasn't easy for an agnostic and part-time atheist like me. I asked God to remove my "stinking thinking" as He, through AA, had removed my "stinking drinking." And I came to believe--to expect--that He and only He could do this. I asked Him to help me avoid over-reaction to upsetting situations, people or things, to make me willing to change my attitude, to help me develop tolerance and love for others, to live just for today; to accept the things I can't change or can't yet change, and not to expect freedom from life's problems but freedom from the fear of life's problems. I call this freedom serenity.

I've learned that when icy fear creeps in, when I begin to take others' inventories or to feel sorry for myself, or resentful, or to feel the urge to tell somebody off, or throw the whole thing over, to say: "M. I believe your emotional bottle is uncorked, can you afford this emotional binge? You might really get drunk. You might then die." I think God's will for me is not to be drunk, physically or emotionally.

M. U.
Brighton, Colorado