



Pikes Peak Pint

January 2010



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 PLEASE ENTER AND EXIT THROUGH REAR OF BUILDING!

NEW: Not A Glum Lot / Monday / 5:30 PM / Big Book Study Group / Open – Handicap Access / Fellowship Hall 2375 N. Academy Suite #100, South of Maizeland, Near Schlotsky's, Entrance on North End of Building.

CHANGE: Woodland Park Beginners /Thursday / 7 PM / Handicap Access & Wheelchair Accessible

DELETE: Moment of Silence Group / Sunday / 5:30 PM / 11th step/meditation / Open – Handicap Access / Fellowship Hall 2375 N. Academy Suite #100, South of Maizeland, Near Schlotsky's, Entrance on North End of Building.

DELETE: Last Chance / Wednesday & Thursday 8 PM / Topic Meeting / Open – Handicap Access / Fellowship Hall 2375 N. Academy Suite #100, South of Maizeland, Near Schlotsky's, Entrance on North End of Building.



Notes from the Editor

Write to The Pint at pint@coloradospringsaa.org

- ✓ Milestones in Sobriety p. 5
- ✓ AA Around Town p. 6
- ✓ Open Service Positions p. 6
- ✓ AA @ A Glance Calendar p. 11

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:

Bert. - 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:

Amanda F. – Chair
Megan H. – *Vice Chair*
programs@coloradospringsaa.org

Pint:

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

Volunteer:

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

Nightwatch:

Mary Katherine. – Chair
Dana - *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 to know how
very much we appreciate your
personal contributions!*



In the month of November
we received
5 Grateful Giver contributions
And 2 Personal contributions!!!

GROUP CONTRIBUTIONS – THANK YOU!!

GROUP NAME (2009-2010)	Yr. to date	November
Above The Bar Group	\$100.00	
Apex	\$674.57	
Back to Basics	\$488.97	\$57.97
Beacon Light	\$250.00	
Big Book Action	\$655.93	
Big Book Study UPH	\$0.00	
Black Forest	\$504.72	\$139.50
Breath of Life	\$123.00	
Broadmoor	\$0.00	
Brown Baggers	\$0.00	
Celebrating Diversity	\$0.00	
Central	\$0.00	
Clean Air Group	\$60.90	
Cripple Creek Natural High	\$0.00	
Don't Worry Be Happy	\$320.00	
Down By The Creek	\$0.00	
Downtown Group	\$1,478.12	\$679.87
Drylander's Group	\$0.00	
Easy Breathing Group	\$0.00	
Easy Does It	\$125.00	\$25.00
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	\$509.00	\$80.00
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 Destiny	\$166.05	\$166.05
Happy Hour	\$379.80	
Hilltop AA Meeting	\$0.00	
High Noon	\$136.50	\$30.50
Hugo Group	\$242.00	
Into Action	\$45.00	
Keep it Simple	\$90.00	
Lake George Group	\$281.18	
Little Log Group	\$0.00	
Living Free	\$0.00	

GROUP NAME (2009-2010)	Yr. to date	Nov '09
Living Sober	\$225.00	
M.A.G.	\$600.00	
Motherlode	\$0.00	
New Beginners	\$242.69	
New Woman's	\$436.11	
Northwesters	\$70.00	
Not A Glum Lot	\$68.50	\$68.50
Off The Wall	\$100.00	\$100.00
Outright Mental Defectives	\$0.00	
Pass It On	\$40.00	
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$256.00	\$150.00
Pre-Dawn Meeting	\$403.95	
Progress Not Perfection	\$221.60	\$31.30
Recovery in Action	\$300.00	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$248.40	\$128.40
Security Eye Opener	\$0.00	
Serenity Riders	\$537.65	\$153.65
Serenity Sisters	\$278.78	\$178.78
Silver Key Seniors	\$100.00	\$25.00
Solutions at 5:30	\$100.00	\$100.00
Solutions at Noon	\$607.09	
Steel Magnolias	\$309.50	
Sunday Morning Speaker	\$360.00	
Sunday Night Big Book Study (Clean Slate)	\$163.35	
Survivors Group	\$18.89	
Taking Steps	\$200.00	
Then and Now	\$220.00	
Thursday Mens	\$300.00	\$150.00
Thursday Noon--Woodland Park	\$100.00	
Ute Pass Breakfast	\$102.00	
Veterans for AA	\$100.00	
Walk the Talk	\$2,160.00	\$300.00
Walking on Water	\$675.00	\$100.00
We Are Not Saints	\$888.34	
Wed. Afternoon Ladies	\$0.00	
Wed. Westside Womens	\$300.00	
Westside Eye Opener	\$851.10	
Womens Step Study-WP	\$25.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$0.00	
Young People	\$316.00	
Totals:	\$19,351.19	\$2,664.52

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



January 2010



Big Book Action

Don G.	13 yrs
Dale P.	12 yrs
Sherril Lee G.	10 yrs
Curtis M.	7 yrs
Lori B.	4 yrs
Brian A.	3 yrs
Kirk R.	3 yrs
Brian T.	2 yrs
Gary D.	1 yr
India T.	1 yr

Steel Magnolias

Patsy C.	30 yrs
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Taking Steps

Mark S.	23 yrs
Tom D.	4 yrs
Amanda E.	3 yrs
Kirk R.	3 yrs
Gary D.	1 yr
Eadie M.	1 yr

Walk the Talk

Tina N.	30 yrs.
Jim N.	30 yrs.
Karla S.	23 yrs.
Lauri R.	22 yrs.
Andy C.	21 yrs.
Deborah M.	19 yrs.
Marsha	19 yrs.
Eric W.	18 yrs.
Steve B.	18 yrs.
Bill L.	16 yrs.
Daniel G.	11 yrs.

Happy Hour

Lauri R	22 yrs.
Dolores N.	21 yrs.
Paul	20 yrs.
Dayna K.	18 yrs.
Daniel G.	11 yrs.
Chris S.	5 yrs.
Bert	1 yr
Gary D.	1 yr
Lana H.	1 yr

Tuesday New Women's Group

Cathy P.	19 yrs
Ashley C.	16 yrs
Sharon W.	10 yrs
Maile	1 yr

Roger B.	6 yrs.
Joe R.	5 yrs.
Mica	4 yrs.
Buzz R.	3 yrs.
Mikee	3 yrs.
Lisa S.	2 yrs.
Chris W.	1 yr.
Eddie H.	1 yr.
Carolyn D.	1 yr.
Arlene	1 yr.



"Mr. Jones wanted a second opinion when

I told him he was an alcoholic.

I told him he was in denial, too!"

AA~AROUND TOWN

Christmas Fellowship & Solution

The Downtown Group at 7 E. Bijou hosted their annual Christmas Open House this past Christmas Eve and Christmas Day. Meetings occurred every other hour, with a social hour in-between. Members brought an abundance of food to share. It was a delight to sit among fellow alcoholics to share the holiday and live in the solution. What a gift to be able to be of service on a day when so many fellow alcoholics struggle to make it through the holiday season sober. Old timers and newcomers alike gathered, leaning on each other, and sharing the message of Alcoholics Anonymous. The loudest message rang out that we need not ever be alone again, and together we can stay sober through anything. Thanks Downtown Group! It was a pleasure to be a part of.

Written By: Melissa D.



ARCHIVES COMMITTEE WANTS YOU!

The time is near for the current Archives Committee Chair, Kurt N. to rotate out. We urge you to step-up and fill this very important service position!

STEP UP INTO SERVICE

DCM – District Committee Member – Alternate DCM

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

Board of Directors – Registrar

Board of Directors – Vice Treasurer

Archives Committee – Chairperson & Vice Chairperson

Volunteer Committee–Vice Chairperson

Corrections Committee – Chairperson

Night Watch has slots **OPEN** that need to be **FILLED**
(*See Open Hours Below*)

If interested contact Mary Katherine @
Nightwatch@coloradospringsaa.org

Volunteer Hours at the Service Office are filled.

They are always looking for more help.

If interested contact Robin @ serviceoffice@coloradospringsaa.org

The Treatment Committee **NEEDS** volunteers

Contact Casey or Lisa @ treatment@coloradospringsaa.org

Nightwatch OPEN Slots:

2nd Sunday 4pm - 12 am

1st Monday 9 am – 5pm

4th Thursday 12 am - 9am

2nd Saturday 4pm – 12am

NIGHTWATCH NEEDS YOU!



Have the hand of AA be there when the still suffering alcoholic reaches out!

We need volunteers for shifts and we are updating our current database.

If you are a Night Watch volunteer, wish to become one or have any questions, please contact us.

nightwatch@coloradospringsaa.org

MaryKatherine 761-1018

Dana 491-0587

Step 1

We admitted we were powerless over alcohol -
that our lives had become unmanageable.

Unmanageable Was the Word

DURING my first few months in AA, I heard older members discuss at closed discussion meetings the pros and cons of two opposing interpretations of the last half of the First Step. . . "that our lives had become unmanageable." Some said that this means "that our lives had become unmanageable" because of alcohol. Others said that this means "that our lives had become unmanageable," period. That is, with or without alcohol.

I soon came to agree with the last interpretation, and have held to this view since then. It was not until a few nights ago, however, that the leader of a regular meeting made me realize the deep significance of the adoption of one or the other of these interpretations. So I will try to pass along his thoughts for what they may be worth to somebody else.

His contention was that if a member adopts the first of these two interpretations, that once he has become able to stay away from alcohol, his life must automatically have become manageable again; and therefore he doesn't need to bother with the remaining 11 Steps in the program. AA to him remains solely a program of physical sobriety. It is very little different from "being on the wagon," except that it is done in the company of others with a like purpose in mind.

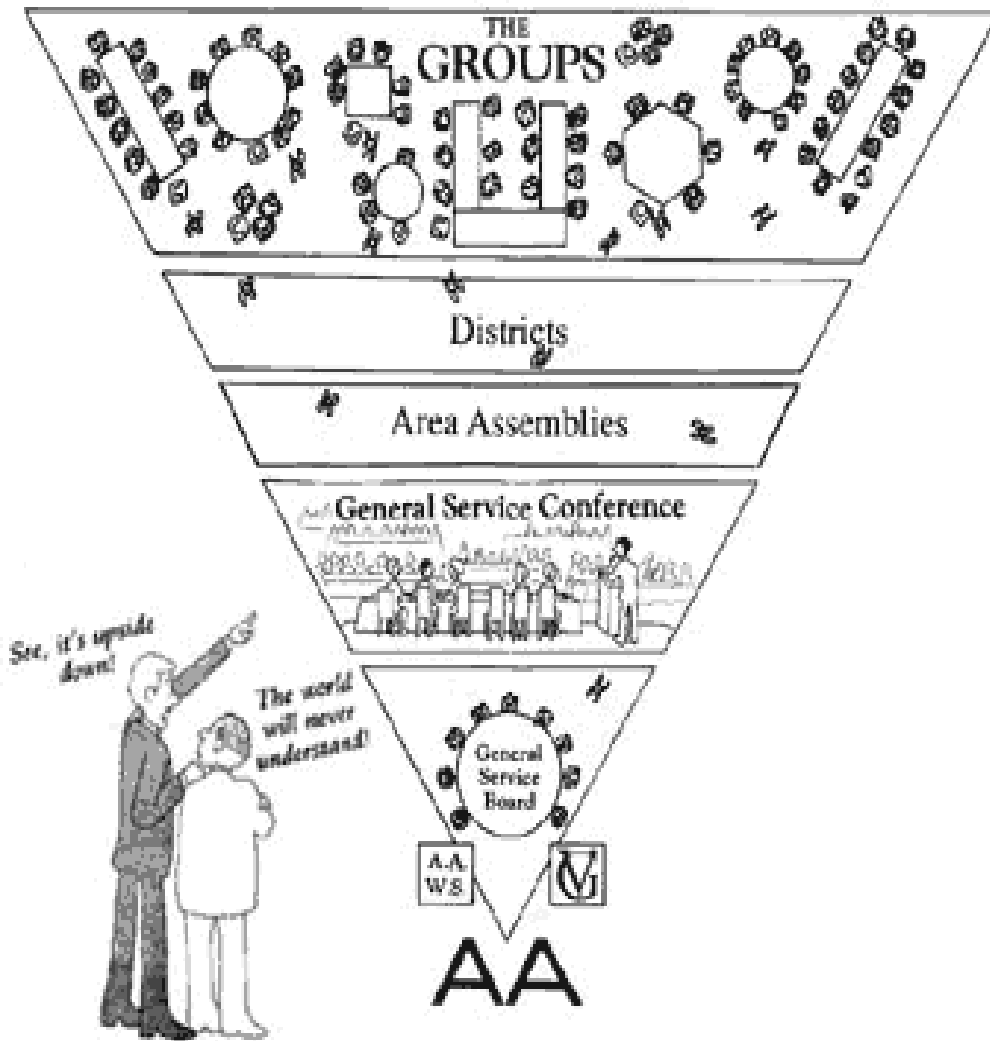
When I came into AA, I, like so many others, was looking simply for a way to stop drinking, and *stay stopped*. In order to stay stopped, however, it was suggested to me that I straighten out my "stinking thinking". . . that is, that I get emotionally and spiritually sober also. For unless I did so, I was told that I could not remain happy with my new-found physical sobriety, and I knew that if I could not be sober and *happy*, I would be drunk again.

I now think that I am one of those alcoholics whose life was unmanageable quite a few years *before* I took my first drink, and that I became addicted to alcohol because I found it to be a wonderful "solvent" for all my troubles. I had certainly made a mess of my life by the time I came into AA, and I decided that my life very definitely needed a new Manager, as suggested in the Second and Third Steps. So I have tried to "practice" all twelve of "these principles in all my affairs," for I believe that this is what my new Manager wants me to do. I am sure that it has been only by doing this that I have remained sober and *happy* these past several years.

R. S. W
West Hartford, Connecticut

Concept 1

Final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.



Concept Graphic from Southbay AA .org website

Tradition I

Our common welfare should come first; personal recovery depends upon A.A. unity

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

**Please Submit Nominations to the
Intergroup Board
by February Intergroup Meeting
(02/09/10) for
March Elections!!!!**

AA At A Glance



January 2010



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

AA Thought for the Day

A New Dimension of Hope

I used to wonder what a spiritual awakening was. I tended to think it was something esoteric, mysterious, or miraculous. But what actually happened to me was a transformation of attitude, a new level of awareness, peace, and serenity. My inner turmoil and insanity were significantly diminished, and I entered a new dimension of faith, hope, and love. I think that the extent to which I experience these new attitudes and assets in my life is in direct proportion to how much effort I put into applying the Twelve Steps of AA in all my daily affairs.

Letting go of my past active alcoholic lifestyle is not an attempt to reject the world, but to put into action the principles I have come to know and cherish. It is to help others experience the sanity and serenity that I have experienced. And when I am truly committed to the principles of this way of life, it really doesn't matter what I do for a living, how many degrees I have, what clothes I wear, or how much money I have. My primary purpose is to carry the message of recovery, and to be a "power of example." For this I am grateful.

Gary T.
New York

Monthly Meetings

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

A nice way to start the day

I am an alcoholic who has been sober and recovering for just over eight months now. What an incredible ride it has been. From the moment I pulled open the doors to my very first meeting, I felt something different, something good was going to happen. Those doors, which at the time I believed to be the heaviest ever made, allowed me to walk into a new way of life. I don't remember what exactly was said, nor do I remember any one person in particular, but I do remember the incredible feeling of positive power in that room. It certainly struck me hard enough to make me come back the next day, and I did. I chased that feeling from room to room, the same way I chased the seemingly wonderful effects of my first drunk. Every drunk got progressively worse. To my surprise, I found that same great feeling that I had in my first meeting in every room I went to. Sometimes more powerfully than others, sometimes the same, but never less.

It hasn't been easy. My emotional bottom came in sobriety. Everything seemed to be going wrong, with one tragic occurrence after another. My life was suffering emotionally, professionally, and spiritually. I was mired in depression. It was awful. I lost weight and was slowly losing my mind. I actually had to sit and feel all of those feelings I worked so hard to drown out with alcohol. I knew that I couldn't drink anymore. It would only make things worse. I just had to deal with those things called feelings. I guess I always had them, I just never felt them before. Too drunk to. Waking every morning, I would ask myself, What else could possibly go wrong today? I knew something would go wrong. Who knew what, but something would. Nice way to start the day, huh?

So, I made the decision to keep coming to the rooms. It was the only thing going right for me. I felt great when I was in a meeting. The "committee" in my head took a break when I was there. I laughed, smiled, and listened. Little by little, I got it. Then, one day, nothing went right, but nothing went wrong. It just went. I went with it. Then another day. Then another, but this time I smiled and even chuckled. The next one, I laughed. It seemed that the good feelings from the meetings were starting to carry over to the rest of my day. My days were actually getting better.

I was starting to feel joy. I was smiling on the inside. Gratitude, dare I say, was beginning to creep into my vocabulary. I shared those feeling with new comers. I felt better. I started working the Steps and felt better still. Sobriety, I realized, is also progressive.

Now, months later, I have a great deal of respect and gratitude for my disease. Without it, I would never have found this new way of life. I have become happy, joyous, and free. Don't get me wrong: my life isn't perfect. There are many situations that I'm working to resolve, but I don't pick up a drink a day at a time. Not picking up a drink creates infinite possibilities for me. What are those possibilities? I don't know, but I do know that when I wake up in the morning I pray for what I need to get through the day sober. I also smile and say to myself, Who knows? This could be the greatest day of my life!

Nice way to start the day, huh?

Gee

New York, New York