

The Pikes Peak Pint is a monthly AA-oriented newsletter proudly serving Colorado Springs and its surrounding communities.

Pikes Peak Pint



August 2011

AREA MEETING CHANGES, DELETIONS, ADDITIONS

- **THE SERENITY RIDERS GROUP** (Open) that meets Sundays at 9:30 a.m. at Clean Slate, 1769 South 8th St. Bulding P is **MOVING** to the PEER at 308-I South 8th St.
- **THE REAL DON'T WORRY BE HAPPY-OLD SCHOOL** (Closed) that meets Wednesdays at 5:30 p.m. at 1919 W. Colorado has been **CANCELLED**.
- **TREATING THE ILLNESS** (Closed, Big Book Book, 12 x12 Step Study) is a **NEW** meeting Friday nights at 6:30 p.m. at 1123 Elkton Drive.
- **THE CENTRAL GROUP CANDLELIGHT** meeting that gathers Fridays and Saturdays at 11 p.m. is **CANCELLED**.
- **THE LAST CHANCE GROUP** that meets Tuesdays at 8 p.m. is **CANCELLED**.



The Grapevine online, www.aagrapevine.org, started a new feature asking readers to suggest the caption for cartoons. What Caption would you suggest?

See last month's winner on page 9!

Old Ideas

Some of us have tried to hold on to our old ideas, and the result was nil until we let go absolutely.”

This statement is fairly self explanatory, yet just what exactly does it mean? When I arrived at A.A., I had to let go of the idea that maybe I wasn't really an alcoholic; that misfortune had caused my problems and I just drank a little too much. If I was just a little smarter and a little stronger, not such a weakling, I could control my drinking. As I learned that I have an illness – a physical allergy coupled with a mental obsession – I learned that the cravings, the guilt and shame, the futile attempts to moderate or control my drinking, the spiritual wasteland my life had become were all old ideas. I was told I'd best let go of these or die. Denial kills a lot of us.

When the denial, drenched, drunken sot that was Cameron showed up at A.A., I thought this idea of god was just a twisted figment of the imagination. Now that's an idea to let go of. My sponsor does this demonstration where he drops an orange and catches it. “That is a demonstration of gravity, a physical law. It is true. You may not believe it, or like it, nonetheless it is true. Just as true is the spiritual law that says, If you put out positive energy, positive energy returns. You can't see it, you may not believe it or like it, but it is just as true as gravity. I see this truth every time someone takes a medallion, whether it is 30 days or 30 years.”

Continued on Page 8

LOCAL SERVICE OFFICE

Hours: T-F 9 a.m. to 5 p.m.,
SAT 9 a.m. to 12 p.m.

Location: 1353 South 8th Street, Suite 209
Colorado Springs, CO 80905
719-573-5020

E-mail: serviceoffice@coloradospringsaa.org
Web site: www.coloradospringsaa.org

*Contact the Service Office for Intergroup
Information or Chair phone numbers.*

DISTRICT COMMITTEES

CORRECTIONS
Renee J. - Chair
Stephen P. - Vice Chair
corrections@coloradospringsaa.org

PUBLIC INFORMATION
Beth G. - Chair
OPEN - Vice Chair
pi@coloradospringsaa.org

CPC
(COOPERATION WITH THE PROFESSIONAL COMMUNITY)
Larry S. - Chair
OPEN - Vice Chair
cpc@coloradospringsaa.org

TREATMENT
Mike H. - Chair
OPEN - Vice Chair
treatment@coloradospringsaa.org

LOCAL SERVICE COMMITTEES

PROGRAM
Betty A. and Jan I. - Chair
OPEN - Vice Chair
programs@coloradospringsaa.org

PINT
Adrienne A. - Chair
Amiee F - Vice Chair
pint@coloradospringsaa.org

VOLUNTEER
Adrienne C. - Chair
- Vice Chair
programs@coloradospringsaa.org

NIGHTWATCH
Eric B. - Chair
- Vice Chair
nightwatch@coloradospringsaa.org

WEB SITE
Dana E. - Chair
OPEN - Vice Chair
webmaster@coloradospringsaa.org

ARCHIVES
Tony G. - Chair
Rory S. - Vice Chair
archives@coloradospringsaa.org

CONTRIBUTION ADDRESSES*

AREA SERVICE OFFICE
Make check or money order payable to:
Area Service Office
Include Group Name and Number on check.

Send to:
Colorado Springs Area Service Office (CSASO)
1353 South 8th Street, Suite 209
Colorado Springs, CO 80905

GENERAL SERVICE OFFICE
Make check or money order payable to: General Fund
Include Group Name and Number on check.

Send to:
General Service Office (GSO)
PO Box 459, Grand Central Station
New York, NY 10163

AREA 10
Make check or money order payable to: Area 10
Include Group Name, Number, and District #7 on check.

Send to:
Area 10 Treasurer
12081 West Alameda Parkway #418
Lakewood, CO 80228

DISTRICT
Make check or money order payable to: District #7
Include Group Name, Number, and District # on check.

Send to:
District 7
P.O. Box 26252
Colorado Springs, CO 80936-6252

PINK CAN CONTRIBUTIONS
Make check or money order payable to:
Area 10 Corrections Committee
Include Group Name and Number on check.

Send to:
Pink Can Contribution
P.O. Box 1949
Carbondale, CO 81623

**Cash accepted in person only, please do not mail.*

Please e-mail sobriety anniversaries,
announcements, letters to the editor, and e-mail
subscription requests to the Pikes Peak Pint before the
20th of each month!
pint@coloradospringsaa.org

Your Area Service Office and Intergroup would like you to know how very much we appreciate your personal contributions!



THANK YOU!

In the month of June
we received
**5 Grateful Giver contributions &
5 Personal contributions!**

GROUP CONTRIBUTIONS - THANK YOU FOR ALL OF YOUR SUPPORT!!!

GROUP NAME (2011-2012)	Yr. to date	June
Above The Bar Group	\$0.00	
After Hours	\$0.00	
Apex	\$90.00	\$90.00
At The Inn	\$0.00	
Back to Basics	\$89.77	\$54.77
Beacon Light	\$0.00	
Big Book Action	\$0.00	
Big Book Study UPH	\$250.00	\$250.00
Black Forest	\$123.50	
Breath of Life	\$0.00	
Broadmoor	\$50.00	
Brown Baggers	\$0.00	
Celebrating Diversity	\$0.00	
Central	\$0.00	
Clean Air Group	\$0.00	
Don't Worry Be Happy	\$0.00	
Down By The Creek	\$45.00	
Downtown Group	\$0.00	
Drylander's Group	\$0.00	
Old North End Study Group	\$0.00	
Easy Does It	\$125.00	
Ellicott Group	\$0.00	
Eye Opener	\$0.00	
1st 164 Pages	\$0.00	
4th Dimension	\$0.00	
Far North Group	\$0.00	
1515 Meditation Group	\$40.80	
Fountain of Sobriety	\$0.00	
Foxhall Group	\$68.62	
Freedom From Bondage	\$0.00	
Friday Night Live	\$150.00	
Friday Women's Group	\$0.00	
Gals of Woodland Park	\$0.00	
Garage Meeting	\$60.00	\$60.00
Gift of the Heart	\$0.00	
Good Ole Boys	\$150.00	\$150.00
Happy Destiny	\$294.40	
Happy Heathens	\$0.00	
Happy, Joyous & Free	\$0.00	
Half Pint Group	\$117.00	
Happy Hour	\$86.50	\$86.50
Hilltop AA Meeting	\$0.00	
High Noon	\$43.00	
H.O.W.	\$0.00	
Hugo Group	\$0.00	
Into Action	\$120.00	
Keep it Simple	\$0.00	
Keystone to Recovery	\$100.00	
Lake George Group	\$0.00	
Last Chance	\$0.00	

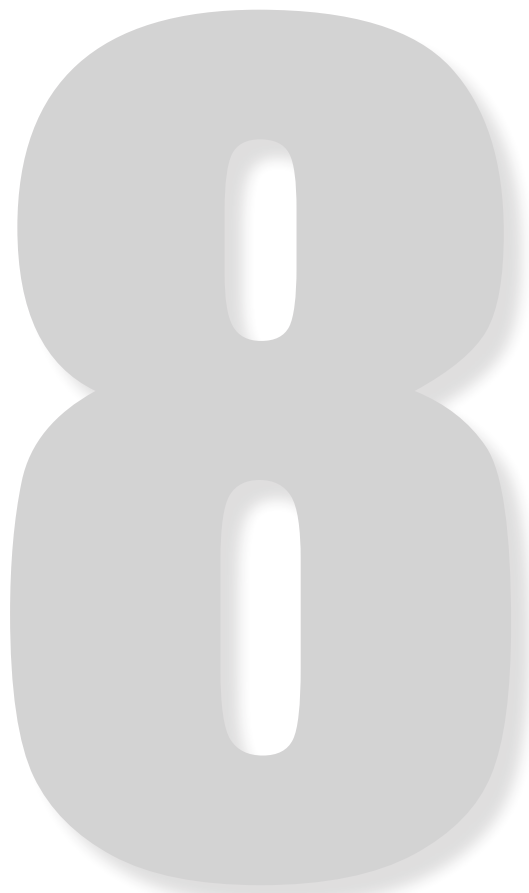
Little Log Group	\$0.00	
Living Free	\$103.63	
Living Sober	\$150.00	
M.A.G.	\$301.70	
Motherlode	\$0.00	
Natural High	\$0.00	
New Beginners	\$74.73	
New Woman	\$112.38	
Northwesters	\$260.00	\$250.00
Not A Glum Lot	\$0.00	
Oasis Group	\$110.99	\$20.49
Off The Wall	\$99.97	\$35.97
Outright Mental Defectives	\$0.00	
Pass It On	\$0.00	
Passed The Bar	\$0.00	
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$0.00	
Pre-Dawn Meeting	\$0.00	
Progress Not Perfection	\$80.69	\$31.86
Recovery in Action	\$88.86	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$147.00	
Security Eye Opener	\$0.00	
Serenity Hour	\$50.00	\$30.00
Serenity Riders	\$299.14	
Serenity Sisters	\$0.00	
Silver Key Seniors	\$50.00	\$25.00
Solutions at Noon	\$106.46	
Steel Magnolias	\$25.50	
Stepping Stones	\$0.00	
Sunday Morning Speaker	\$420.00	
Sunday Night Big Book Study (Clean Slate)	\$0.00	
Sunlight of the Spirit - Women's 12x12 (Monument)	\$0.00	
Taking Steps	\$200.00	
The Doctor's Opinion	\$0.00	
Then and Now	\$0.00	
Thursday Mens	\$400.00	
Thursday Noon--Woodland Park	\$0.00	
Ute Pass Breakfast	\$0.00	
Veterans for AA	\$100.00	
Walk the Talk	\$360.00	\$240.00
Walking on Water	\$100.00	
We Are Not Saints	\$438.60	\$438.60
Wed. Westside Womens	\$0.00	
Westside Eye Opener	\$38.00	
Womens Step Study-WP	\$0.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$150.00	\$150.00
Young People	\$335.00	
Totals:	\$6,666.24	\$1,913.19

Step 8 : Made a list of all persons we had harmed, and became willing to make amends to them all.

On the 8th Step

When I began doing the steps back in November I found myself projecting a lot of fear toward Step 8. Yet, when the time came to make the list (and to check it much more than twice) of those I had harmed, I found that by then I felt motivated and prepared. Working with my sponsor during early sobriety expedited the process. The day I presented my list to him, although nervous, I felt content in my heart that I had made a fearless and thorough inventory.

My sponsor effectively helped me edit the list by eliminating a couple of people and adding another. He was able to facilitate this because by then he knew me and, because of that, my trust in him had grown.



Trust, being key in the process, has allowed me to confide in him things I never imagined I'd share with another. This connection has increased my willingness to be open and honest in meetings, to feel connected with other AA members, and to begin having the wherewithal to help others in need.

Step 8 begins the process of mending fences when possible, and to let go when it isn't.

David E.

Colorado Springs

Tradition 8: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept 8: The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

CPC/PI COMMITTEES WANT YOU!



Both committees are very busy and always have opportunities for service! Please go to either of their monthly meetings to get involved!

Cooperation with the Professional Community meets the first Saturday of every month at 1:30 p.m. at 7 E. Bijou. Public Information meets the 1st Saturday - 2 p.m. - Penrose Main, 2222 N. Nevada Ave., Volunteer Coordinator Conference Room

STEP UP INTO SERVICE!

The following Service Positions are currently OPEN and NEED to be filled! Please contact the Service Office or come to the next Intergroup Meeting Tuesday November 9th to learn how you can become involved!

Co - DCM (District Committee Member)
Public Information Committee - Vice Chairperson

NIGHTWATCH has OPEN POSITIONS!!!
Contact Eric at nightwatch@coloradospringsaa.org

The TREATMENT COMMITTEE NEEDS volunteers!
Contact Michael at treatment@coloradospringsaa.org

To submit your group's sober birthdays to The Pint, please e-mail a list of names and the amount of years each person has to: PINT@COLORADOSPRINGSAA.ORG. Please have birthdays and any other announcements or editorials your group would like to contribute submitted by the 20th of each month to ensure enough time for publishing. Thank you for all of your participation and CONGRATULATIONS to everyone celebrating a MILESTONE OF RECOVERY!

Walk the Talk	
Peggy	15 years
Jeff	17 years
Timbo	2 years
Jack	16 years
Marty W.	1 year
Dianne	1 year
Amanda	4 years
Paul	1 year
Sandy W.	34 years
Michael	29 years
Dave W.	6 years
Jeff B.	1 year
Al B.	12 years
Tiffany	2 years

Tuesday New Woman	
Bernie (BJ)	20 years
Kathleen G.	3 years
Alma Z.	37 years
Deb S.	1 year
Mary Beth S.	28 years
Friday Women's	
Alma Z.	37 years
Kristen P.	3 years
Robin S.	17 years
Steel Magnolias	
Denise (D-K)	7 years
Kelly C.	18 years
Susan H.	26 years

Ellicot Group	
Kim C.	1 year
Cindi A.	12 Years
Happy Hour	
Kevin M.	23 years
Kim H.	17 years
Sean L.	7 years
Oasis Group	
Justh H.	7 years
MAG	
Chad L.	5 years
Rod B.	27 years
Jim D.	22 years
Justin H.	7 years

HAPPY BIRTHDAY!

AA AT A GLANCE ~ AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 CPC(Downtown) 1:30 p.m. PI (Penrose) 2 p.m.
7	8	9 Intergroup Meeting 7pm First United Methodist	10	11	12	13 Treatment Committee 1 pm Penrose
14	15	16	17	18	19	20 Corrections 9 a.m. Sacred Heart
21	22	23	24 Submit Milestones & Letters to the Editor to The Pint	25	26	27
28	29	30	31			

Monthly Committee Meetings

The Board

1353 S. 8th St. - Suite 209
1st Monday - 6:30 p.m. - Service Office

Corrections

2021 W. Pikes Peak Ave. - Room 6
3rd Saturday - 9 a.m - Sacred Heart

CPC

7 East Bijou St. - Room 205
1st Saturday - 1:30 p.m. - Downtown Group

District 7

420 N. Nevada - Room 135 (access Boulder St.)

Intergroup

3rd Tuesday - 7:30 p.m. - First United Methodist Church

Public Information

1st Saturday - 2 p.m. - Penrose Main, 2222 N. Nevada Ave., Volunteer Coordinator Conference Room

Treatment

2nd Saturday - 12 to 1 p.m. - Penrose Main, 2222 N. Nevada Ave., Volunteer Coordinator Conference Room

**Continued
From
Page 1**

Another thing that helped me a great deal to let go was the set aside prayer. It says, "Dear god, please set aside everything I think I know about myself, my disease, the big book, the 12 steps, the program, the fellowship, the people in the fellowship and all spiritual terms, especially you god, so I may have an open mind and a new experience with all things. Please help me to see the truth. Amen." The copy I have has a list of references of the idea from the big book, including page 58, "Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely." Page 49, "We who have traveled this dubious path, beg you to lay aside prejudice, even against organized religion."

Now, I don't know that the set aside prayer did those things for me, but I do believe it helped me to see that I really didn't know, and that if I was to live, I needed to find the positive spiritual power my sponsor talked about. The book states that we don't have to believe in anything; we just have to be willing to believe. In my case the notion that god was not a twisted figment of my imagination was a good start.

It seems to me a lot of us are down on the churches. How many times have we heard, "A.A. is a spiritual program, not a religion.?" Or "religion is for people who are afraid to go to hell, spirituality is for those who have been there?" I started this journey with a lot of what I call "Sunday school

prejudice". The set aside prayer helped me a great deal with that. The notion that the wrath of a bearded old giant sitting on a cloud with a fist full of lightning bolts ready, willing and able to smite me at any second was not the power I needed to stay sober. To shed fears, quit thinking I was god and work the steps to number eleven, which tells me exactly what to pray for ("only for knowledge of his will for us and the power to carry that out.") I sought a more loving god. Page 87 states, "be quick to see where religious people are right. Make use of what they offer." I was sure quick to see where they were wrong, or so I thought. Well, I want to stay sober, even if I don't know how; I strive to be open minded. I'm the bass player in the worship team at the

Salvation Army Church in Fountain (the book says fear is an evil and corroding thread that the fabric of our existence is shot through with it. I have come to believe that god is a loving and powerful thread that replaces fear and weaves its way through the fabric of our lives. If you are curious as to how I came to play in a church band, see me after a meeting sometime and I will tell you that story). One Sunday, I walked into the sanctuary and picked up a service bulletin. On the front of the bulletin was this prayer:

God, give us grace to accept with serenity, the things that cannot be changed, courage to change the things, which

should be changed, and the wisdom to distinguish the one from the other. Living one day at a time, enjoying one moment at a time, taking, as Jesus did, this sinful world as it is, not as I would have it, trusting that you will make all things right, if I surrender to your will, so that I may be reasonably happy in this life, and supremely happy with you forever in the next.

Sound familiar? Reinhold Niebuhr wrote that prayer in the thirties and a condensed version was published in the Grapevine about 1950. Anyway, I still see where I think religious people are wrong sometimes, but they sure got it right that day.

One time I made the comment to a friend that I could chair

meetings for six months on topics from the first page and a half of "How It Works." She called me on it, so when I have the honor of chairing a meeting I simply ask, "What does this mean to you?" When I asked how to find and let go of old ideas, many of you had said your sponsor was instrumental in helping you to see them. Working the steps and sobriety changed our thinking and beliefs.

One member with several decades in the program (I mention this only because it demonstrates a track record. As we learn open mindedness, we learn from those with ten days to ten years, but long timers have weathered the storms

of decades without a drink. I have not, and have the deepest respect for those who have.), said that we must let go of all our old ideas and continually examine all our ideas to see if they are old or new and if they help us grow spiritually or not. We stop deciding whether our ideas are good or bad. Another member, also with several decades of sobriety, said the only ideas I need to discard are my ideas that I can drink and any related thoughts. How's that for making things clear as mud?

So, where am I going with this story? Maybe it is just food for thought. A while back I was listening to the radio to a show about evangelism in the Pikes Peak region. Two men, I think they were ministers, were discussing the history of evangelical Christians, mega churches, fallen leaders, etc. They talked and answered questions on the evangelical movement's influence on the area. One minister commented on the wars and resulting carnage perpetrated in the name of religion (I read that in Bill's story). They discussed spiritual growth in service (the entire big book). Then, the conversation turned to the difference between religion and spirituality. One minister stated that by the oldest definition known, ancient Sanskrit, the definition of spirituality is "breath," anything that breathes has the breath of spirituality. The definition of religion is "union."

My conclusion is let go of old ideas and let god.

**Cameron M.
Colorado Springs**

Meeting in Print

Friends in Recovery

When I was drinking I had the best friends money could buy. They were always around when I was buying drinks but if I needed a hand with some work the crowd thinned dramatically. The only ones that stayed around were the ones that knew I'd be good for another round when the job was done. Everything we did, in work or play, somehow or another revolved around or involved alcohol. These friends were always willing to allow me to donate to their cause but were rarely around when I needed anything. As long as I had money I had friends, yes sir, I had the best friends money could buy...

Today I am building friendships with people who don't care if I have any money at all, what they care about is me. They

are always willing to lend a hand and go out of their way to do so and I would do the same for them. They genuinely care about my family and we care about theirs. The friendships I am building today are being built on a solid foundation based on the fundamental needs of each other with a spiritual connection of positive energy that will last a lifetime.

During my first ten-year stretch in sober circles I met a lot of sober people. Ten years of my life with some of them kindled and built a solid friendship I never knew could be so powerful, until now. One of the guys that got sober about the same time I did, the first time through, is still a friend today. In fact he is partially responsible for my sobriety today. We have similar stories getting sober about the same time, losing touch with the fellowship and each other and going back out for around ten long years. It was the miracle of the program, the friendship we built and the grace of God that somehow allowed our paths to cross again allowing our friendship to rekindle. He is the one that watered the seed of my sobriety in June of '08 and the first one I called when I finally made the decision to run in sober circles again. Even after going back out for ten long loaded years the friendship we nurtured twenty years prior held strong. This is a miracle...

I said all this to say that a lasting friendship takes time to build and can last a lifetime if the foundation is solid, based on the spiritual nature of the program and a mutual respect for the individual.

I would never have believed this to be possible if it hadn't happened to me.

Thanks for letting me share...

Rod Q.
WTT/CSC

Last month's winning caption from Colorado Springs fellowship:



"Will you please just tell me this, is my bottle even in this room?"

~ Suzan, Manitou Springs HOW