

**November 2023**

# The Pikes Peak Pint



## **ITEMS FROM INTERGROUP MEETING 11-14-23**

All area groups are encouraged to send ideas back to the Area Service Office through their Intergroup representatives as to what the ASO can do to better meet the individual groups needs with supports and materials. The ASO office handled 47 phone calls in October, and dealt with 56 visitors to the office, mostly looking for AA

books and medallions. The Night Watch program fielded 48 phone calls during the month. No open volunteer positions needed for Night Watch at this time.

The end of year major event, the Alcothon is being planned, to kick off Noon December 31<sup>st</sup> and running through Noon New Years Day. Location is the Sacred Heart Parish, 2030 West Colorado Avenue. AA meetings to be held all hours, and dinner, breakfast and speakers to be featured. (Please see flier for this event posted later in the PINT.)

## SERVICE OFFICE

- Hours: Tuesday - Friday 10am - 2pm
- Area Service Office Manager: Jeanette
- Open service office volunteer positions:
  - Wednesday, noon – 2pm, 2-4, 4-6 starting November 22. (This is for a one month test of extending Wednesday hours.)
- We would like to expand our hours to include one late day and Saturdays.
  - If you are interested in one of these times please call.
  - A minimum of 6 months of sobriety is suggested.
  - For more information contact (719) 573-5020 or email: [serviceoffice@coloradospringsaa.org](mailto:serviceoffice@coloradospringsaa.org)

**What is the Area Service Office (ASO)?** There are approximately 300 individual AA meeting groups in the El Paso County, Teller County area, also known as District 7. The ASO strives to make AA books, literature, medallions, and other materials available for purchase by local groups.

The ASO also operates *Night Watch*, which fields phone calls around the clock during non ASO operating hours. The ASO maintains the online website, meeting schedule, as well as facilitating Zoom meetings.

The “Programs” subcommittee of ASO puts on several area events each year, including the Long-timers Luncheon, Founders’ Day picnic, the annual Gratitude Dinner, and every New Year’s Eve the “Alcathon,” to provide an

alcohol-free News Year's Eve and New Year's Day celebration involving meetings each hour of the event, as well as food and speaker sessions.

## 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>

## **AA Birthdays, November**

### High Noon Group November AA Birthdays

Judy M.            8 years

### New Beginners group.

Andy S. 1991.

Brian H. 2013.

Karen U. 2004.

### Friday Womens:

Nancy B.            33 years

Debbie C.           31 years

Donna                2 years

Vicki H.             5 years

### New Woman Group:

Desi C.               1 year

### Happy Destiny

Samantha G.        11-1-97

## Walk The Talk Birthdays

Ron C	11-11-86
Alberto	11-7-06
Tristan	11-1-21
Judy R	11-15-93
Taneika	11-21-22
Adrienne	11-10-09
Desi C	11-15-22
Craig C	11-15-22
Jamey	11-19-22
Jason J	11-26-16
Stephen T	11-28-21
Nancy	11-26-94
Diane	11-10-21
Glen G	11-21-05
Louise	11-26-22
Jerome	11-18-89
Karen N.	11-24-84
Larry G	11-24-77
Nathan	11-1-21
Mason	11-5-16
Mikayla W	11-11-18
Stacy J	11-12-22

Post your groups Sober Birthdays by sending the information to [Pint@coloradospringsaa.org](mailto:Pint@coloradospringsaa.org).

# A STORY FROM A MEMBER: A TRAINWRECK RETURNS TO THE STATION

"Hello, my name is Mike, my friends call me TrainWreck and I'm most certainly an alcoholic". I have been introducing myself that way (verbatim) during that portion of our meetings for a while now and there is a deep significance as to why.

See the moniker "TrainWreck" was self imposed right before my first attempt at stand-up comedy. I was backstage and just the right amount of buzzed to actually believe I might pull it off but also just insecure enough to think that I should come up with a stage name, just in case it turns out to be a complete belly flop. It made sense to me because that way if it was awful no one would know my real name. Well I was pretty rankled and deep within the throes of my addiction to the ole' sauce by this phase of my existence and the name came to me because that's truly what I saw myself as and what my life had become.

The performance actually wasn't too poorly received but that's not truly important and it would be well over a year before I had ravaged myself - mind, body and soul - to a point of submission, recognition and self-reflection.

After nearly half of my life battling with the bottle and failing miserably (countless vain attempts as our book puts so succinctly) my mother staged an impromptu/quasi-intervention of sorts and took me to the hospital to "check under the hood " and get to the bottom of all of this mess that my physical health had become. The Doctor informed me that my liver had started to swell as well as my pancreas. By this stage I was throwing up stomach bile constantly and when I would try to eat I could barely hold down a morsel (yet still portly somehow??WTF? haha)...I would have night terrors regularly as well as this nagging and foreboding feeling that something awful was going to happen or might be lurking around the corner, which oftentimes it was, as a result of my poor choices and thinking.

The Doctor further informed me that she could indeed treat me but that (especially since I honestly disclosed the extent of my daily debauchery and self-destruction) as long as I continued on the trajectory in which I was headed I would be dead sooner than later. The terror in my mother's eyes was beyond gripping. It was soul crushing! "Don't you die before me son!" were her exact words and at that moment I realized that as much as I love her...I had to finally do this for me. Of what real use am I if I don't have a full and abundant heart and soul?

My life wasn't just unbearable , it had become stolid. A hamster wheel of stagnation or better yet a carousel of insanity. I finally wanted off and out of the loop! I had attempted the program of Alcoholics Anonymous a few times but always ventured back out into the world after a measure of dry time. Terrified by the god concept and more deeply mortified by the mere thought of the 4th and even worse 5th step; I'd always jettison myself from the program ill-equipped to face the "hideous Four Horsemen" when they'd rear their ugly heads and inevitably trample me under their mighty and unforgiving hooves.

Defeated.

At last I was ready to admit that undesirable truth to myself: I was powerless!

Step One. I dedicated my days to sobriety, hell it was a moment to moment journey until it became hour by hour and now beyond it being a day at a time it's a way of life. I heard this whole 90 in 90 thing being floated around and I said "screw that!" and like a good little addict I attended nearly 250 within that epoch of my early weeks in recovery. I was then and still am grateful for what these steps and what this program has done for me and countless others like me. I say none of that to boast, I just know what worked for me and what desperately needed to change in my life. The program has brought equipoise to my world where it was merely a

cavalcade of calamity and a mental brume before. Today I can look myself and my fellow human beings in the eye and know that I am embracing the opportunity to be powerful versus powerless by keeping a close connection with source and doing the next right thing as often as I can. That's what I love about being of service. It's a demonstration of a larger collective consciousness and I'm honored to be a part of it. So I'm not a damn TrainWreck today but I do keep the name as a reminder of how much I love BEING SOBER but also how I NEVER want to GET SOBER again!

Thanks for letting me share. Many Blessings!

## **Step 11**

Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.

### **Tradition 11 (Long Form):**

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

### **Tradition 11 Checklist:**

Do I sometimes promote AA so fanatically that I make it seem unattractive?

Am I always careful to keep the confidences reposed in me as an AA member?

Am I careful about throwing AA names around—even within the Fellowship?

Am I ashamed of being a recovered, or recovering, alcoholic?

What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?

Is my AA sobriety attractive enough that a sick drunk would want such a quality for him or herself?

### **Concept 11**

The trustees should always have the best possible committees, corporate service directors, executives, staff, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.



## 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.
- **Apex Group** @ 2021 W. Pikes Peak Avenue needs support! Apex Group meets Fridays at 6pm, at the Sacred Heart Church in room 10.
- **Calvary United Methodist Church** We have a meeting space available for any 12 step group that needs it or is starting up. Contact Derf Bergman, Pastor, Calvary United Methodist Church 4210 Austin Bluffs Parkway Colorado Springs, CO 80918 (church mailing address).

### Does your group have important announcements?

- Send announcements, flyers, and information to:  
[pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)
- To subscribe, visit <https://www.coloradospringsaa.org/news-events/news/>
- The Pint is published monthly, with release dates approximately the first of each month.. Send your information within four days of the end of each month, to ensure inclusion in the following Pint edition.

Please direct all  
communications to:

P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

### **STORY SOLICITATION**

“A.A. for the Native North American Alcoholic,” Pamphlet Update

**Deadline for submissions: December 31, 2023.**

**Submit your story form:**

<https://app.smartsheet.com/b/form/cef87490c3ae4c3b9e6e50ce9eb33b24>

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The trustees' Literature Committee has opened a call for recovery stories in response to the 2021 General Service Conference advisory action regarding the pamphlet “A.A. for the Native North American Alcoholic,” stating that the pamphlet be updated to include current stories of recovery and a new title that is respectful and inclusive. The committee is seeking stories of recovery from all Indigenous communities in the A.A. structure in the United States and Canada.

Stories of recovery may include but are not limited to:

- Experience, Strength, and Hope
- Steps, Traditions, Concepts
- Ethnic, cultural, gender and LGBTQ diversity
- Diversity of social status
- Sponsorship
- A.A. Service
- Safety & Racism
- Military
- Sobriety and Mental Health
- Experience in A.A. meetings
- Atheist/Agnostics
- Newcomer Experiences
- Cultural Reconnection

The suggested format for typed manuscripts is 500-1,000 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 8 pages. Please include your complete name, address, and email/phone information on the first page of your manuscript. A copy of your manuscript should be retained for your files. The anonymity of all authors will be observed whether their story is selected for publication or not.

Instructions for submitting your manuscript:

**Deadline:** Please submit on or before **December 31, 2023**.

**Submit Your Story Form:**

<https://app.smartsheet.com/b/form/cef87490c3ae4c3b9e6e50ce9eb33b24>



**Email:** [pamphletstories@aa.org](mailto:pamphletstories@aa.org)

**Subject Line:** A.A. for the Native North American Alcoholic

**Postal Mail:** Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

**On the envelope:** The word "Pamphlet" should be written on the envelope and at the top of the first page of the manuscript.

Thank you for your participation in the process!

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## **Committee Reports: Archives**

From the Area Service Office (ASO) Archives:

The September "Archives Corner" listed information on our basic text Alcoholics Anonymous. This month the Corner will list some of our many other titles, both from the General Service Office and the Grapevine. Any mistakes in this article are the sole responsibility of the author, Doug L.

I don't think the Archives has every title, especially from the Grapevine, but we do have all the basic titles such as Twelve Steps and Twelve Traditions (multiple formats), Living Sober, Came to Believe, As Bill Sees It, Daily Reflections, Pass It On (Bill W.'s story), Dr. Bob and The Good Oldtimers (early AA in the Midwest), AA Comes of Age, and multiple service manuals. The Grapevine magazine has been a prolific publisher of stories (The Best of the Grapevine) in book format for decades. ASO also has many books by non-AA writers covering the world of alcoholism and its treatment. These books are known as "non-Conference-approved literature." But this does not mean that these writings cannot be valuable. This simply means they haven't been approved by the General Service Conference of Alcoholics Anonymous. The Archives has several copies of The Twenty-Four Hours A Day book by the Hazelden Foundation that many AAs use. Other books include living sober day-by-day and spiritual growth. All the above titles are available in book format or, probably, online. What AA or recovery literature do you have in your library?

## Upcoming Events



Montebello Young Peoples March

Friday  
7:30 p.m.

4360 Montebello Dr  
Suite - 700



# Freedom Hall Thanksgiving Potluck

**Free! Families welcome!**

**Thursday, November 23rd,  
10 am-4 pm, drop in!**

Are you willing to donate food? Contact  
Monica L. @ 720-884-6405  
**THANK YOU!**



2023 - 2024  
ALCOTHON

**Save the Date Noon 12/31 - Noon 1/1**

WE NEED VOLUNTEERS

2 HOUR SHIFTS DURING THE EVENT

Planning meetings are as follows:

(Yummy food provided)

Saturday 11/11 2 - 4 pm

Wednesday 11/29 5:30 - 7:30 pm

Sunday 12/17 2-4 pm

WE NEED DONATIONS OF COOKED  
TURKEYS, HAMS, AND DESSERTS

PLEASE DELIVER TO SACRED HEART GYMNASIUM  
ON THE AFTERNOON OF 12/31

Please send photos of your empty meeting rooms  
and colorful sobriety to Kimberly or  
[serviceoffice@coloradospringsaa.org](mailto:serviceoffice@coloradospringsaa.org)

Contact Kimberly for more info  
719-492-1238

# Interested in Being of Service with Intergroup or District Committees?

- **Archives**

- Chair: Doug L.
- For info on Archives workdays at ASO, please email: [archives@coloradospringsaa.org](mailto:archives@coloradospringsaa.org)

- **Nightwatch**

- Chair: Stephanie
- Contact Area Service Office for more info 719-573-5020 or [nightwatch@coloradospringsaa.org](mailto:nightwatch@coloradospringsaa.org)

- **Pint**

- Mike H.
- Collect local AA stories and announcements and send to [pint@coloradospringsaa.org](mailto: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 G. Meets
- 4th Sunday of the month, 3:30pm, at Walk the Talk (2334 Vickers Drive)

- **Corrections**

- Chair: David P.
- Meets 4th Saturday of every month at 10am, @ Area Service Office (1353 S 8th St)

- **PI (Public Information)**

- Chair: Jacque I.
- Meets 3rd Saturday of the month, 2:30pm, @ Area Service Office (1353 S 8th St)

- **Treatment & Bridging the Gap**

- Chair: Clint
- Meets monthly, 2nd Wednesday @ 5:30 PM online. Contact [treatment@coloradospringsaa.org](mailto:treatment@coloradospringsaa.org) for questions or Zoom meeting details.

## 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.

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