

A Newsletter for the Pikes Peak Region of
Alcoholics Anonymous

November 2022

The Pikes Peak Pint



[Beautiful Autumn Trees in the Evening Forest](#)



SERVICE OFFICE CLOSED NOV. 22 - NOV 25

Normal Operating Hours will resume Tuesday, November 29

LOOKING FOR A NEW SERVICE OFFICE MANAGER!

Forward resumes to:

serviceoffice@coloradospringsaa.org

YOUR FEEDBACK IS NEEDED!!

- **How Can the Area Service Office Do a Better Job of Serving the AA Community?**
- **What is currently being done that needs to be improved?**
- **What can the Area Service Office stop doing?**

Stop by and welcome new Office Manager Steve V. and Assistant Office Manager Becky H.

Tuesday – Friday 10:00 am – 2:00 pm

Please send all feedback to: serviceoffice@coloradospringsaa.org

District 7 News

- **2022 Area 10 Winter Assembly happened November 4-6**
- **New Area Chairs and SWARSA representatives were voted in.**
- **District 7 voting in new officers and committee members on November 15.**
- **New committee members are always welcome! (see page # of this newsletter for dates and places of meeting).**
- **District 7 meets every 3rd Tuesday of each month at 7:00 PM (Legacy Wesleyan Church, 502 N. Walnut St., Colorado Springs, CO 80905**



A.A. Anniversaries

New Beginners

Andy S. 31 Years

Karen U. 18 Years

Your Group's Name Here....

Celebrate Member's Anniversary

Celebrate Member's Anniversary

Send your/group's sobriety birthdays to

pint@coloradospringsaa.org

No Defense

(Grapevine, October 2022, pp. 12-14)

I was 35 when I came to AA. That was back in 1981. The night before my first meeting, I drank so much and took so many pills laced with phenobarbital that I passed out, wet my bed, and vomited throughout the night. In the morning, I happened to look in the mirror and was startled to find that I didn't know the person looking back at me. I was a physical wreck. My eyes were sunken. My skin was bloated and slightly yellowed. Where had I gone?

Right then, I called a friend who was in AA and had reached out to me once. She arranged for me to go to a rehab in New Hampshire, a place just a 10-mile drive from where I had grown up.

Within just two weeks of being there, my gratitude started to come back. I appreciated things that had lost meaning, little things like the beauty of nature and the ability to walk and feel steady on my feet. I could start a sentence and not lose my train of thought before I finished.

After three weeks, I was discharged and went back to caring for my children - whom I fiercely loved - and dealing with an impending divorce. I still had a job, a house, and custody of my children. I added AA meetings to my list of must-do items.

But within two years, I had weaned myself down to one meeting a week. I was beginning to feel comfortable in my own sobriety. However, in looking back, I realize I had not made any friends in AA. I did not identify with AA members, and the Twelve Steps definitely were in keeping with my liberal religious beliefs. **I felt I was doing well.** After all, I wasn't drinking, and the Promises started to come true. I received promotions in my work and was successful as my jobs changed. My children got older and were basically well-behaved. I maintained my old home and had tons of friends, though none of them were in AA. I dated and eventually married someone well-respected in my community. We started to travel everywhere, all over the US and abroad.

Over the years, my Grapevines began collecting dust. My meeting attendance became more sporadic and eventually, I just stopped going. Gratitude was no longer something I thought about each day. I even stopped journaling. **Then one evening at a dinner party, I had a glass of wine, never giving it a second thought as I swallowed it. That pleasurable, relaxed feeling washed over me.**

It had been 18 years since I'd had a drink, but now I was back in it. Each day, I measured out my allocation of wine. That's how I managed the next three years. I was constantly in withdrawal and totally uncomfortable in my own skin. I was unreliable in my dealings with others. In short, I was miserable (continue on page 5).

Then on July 4th of 2003, my son sat with me in the kitchen and said I would never see my grandchildren or him again unless I stopped drinking. That sent me to rehab.

When I got home, I called the only person I still knew in AA and we met for lunch. She shared her story and I shared mine. She offered to be my temporary sponsor. After that lunch, I started to think about what I was going to do differently this time. My relationship with my family was at stake and I took that very seriously.

I read everything AA-related I could get my hands on. Online, I even searched up and read about the early days of AA. I began to get clearer. **For me, the missing piece seemed to be friendships within AA. I was missing relationships with other members. I need to live in the world and contribute to society at large, but I knew now that I would also have to have close relationships with AA people.**

My weekly women's meeting became my sober core. I reached out and asked questions and formed some AA relationships. I knew I had to prove to myself and to my family that I could stay sober. It took me time to truly understand that staying sober was a process of learned behavior, and I could learn that behavior by staying close to AA.

These women became my lifeline, and after a few years, I realized that I too was a lifeline to them. I invited people in our group over for lunch. I had yearly Christmas parties and Valentine's Day parties, and I even held a summer pool party for everyone. These women became my go-to friends. My other friendships remained, but my friendships in AA became really strong. The meat of every discussion we have is easily reached and an understanding is nearly instantly grasped.

I became a sponsor to other members and have learned far more from those I sponsor than they have gained from me. I soon realized that no one has a monopoly on AA wisdom. If I share my own experience, strength, and hope with others as honestly as I know how, then I've done what's required of me. Sharing is at the very core of AA. I have no special wisdom, just my own experience.

I recently celebrated my 15th anniversary in AA. I don't like to make it too big a deal. For me, the celebration is a personal one, not a promise or guarantee of any future days. It's just one wonderful sober day.

Seven years ago, my husband died. I did not drink. More than a year ago, I sold my home for over 45 years. I did not drink. A year ago, I fell in love with a friend of over 40 years, and today we share life together. It is a blessing I never expected. I did not drink.

Today is a spectacular summer day. I'm listening to the birds sing, I'm sober and I am not drinking. I've been blessed by AA. ~ Dolly A., Old Orchard Beach, Maine

Alcothon MEETING SCHEDULE

<u>TIME SLOT</u>	<u>ASSIGNED GROUP TO CHAIR</u>
12:00 PM, DECEMBER 31	Men in Action Group
1:00 PM, DECEMBER 31	SERENTIY SISTERS
2:00 PM, DECEMBER 31	HAPPY DESTINY
3:00 PM, DECEMBER 31	FOXHALL GROUP
4:00 PM, DECEMBER 31	TUESDAY NEW BEGINNERS
5:00 PM, DECEMBER 31	EASY DOES IT
6:00 PM, DECEMBER 31	SERENITY RIDERS GROUP
7:00 PM, DECEMBER 31	SUNSET SOBRIETY
8:00 PM, DECEMBER 31	(open)
9:00 PM, DECEMBER 31	FRIDAY WOMEN'S
10:00 PM, DECEMBER 31	WALK THE TALK
11:00 PM, DECEMBER 31	THURSDAY NOONERS
12:00 AM, JANUARY 1	LITTLE LOG CABIN
1:00 AM, JANUARY 1	(open)
2:00 AM, JANUARY 1	(open)
3:00 AM, JANUARY 1	(open)
4:00 AM, JANUARY 1	(open)
5:00 AM, JANUARY 1	(open)
6:00 AM, JANUARY 1	INTO ACTION
7:00 AM, JANUARY 1	BLACK FOREST
8:00 AM, JANUARY 1	APEX
9:00 AM, JANUARY 1	THURSDAY OPEN DISCUSSION
10:00 AM, JANUARY 1	(open)
11:00 AM, JANUARY 1	BIG BOOK

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.

Intergroup News...

- All Intergroup Representatives at the November 8 accounted for Alcathon meeting slots.
- Gratitude Month – Boxes available for Groups to offer members a way to support the Area Service Office
- 12-Step call list is updated – Need more volunteers! Contact Service Office for more information.
- Service Office needs volunteers in order to expand hours to Saturday.
- CPC Committee meeting change! (see page 11)

INTERGROUP NOTICE!!!!

November 17, 2022,

Due to our sudden Office Manager vacancy and the upcoming Thanksgiving holiday, The Area Service Office will be closed next week, Tuesday, November 22 through Friday, November 25. We will return to our normal operating schedule the following Tuesday, November 29.

We wish you all a peaceful holiday and apologize for any inconvenience this closure may cause.

With gratitude,

Colorado Springs Area Service Office

Additionally, we are looking for an ASO manager, and ask for any resumes to be forwarded to the service office at serviceoffice@coloradospringsaa.org. Thank you for your support.

AA Group Announcements!

- Apex Group can use your support! Fridays, 6pm @ Sacred Heart Church School, Room 10

Pass it on – Subscribe to the Pint!

<https://www.coloradospringsaa.org/news-events/news/>

The Pint

Publishes current news, articles and information about Alcoholics Anonymous.

Send us your articles, updates, flyers and letters sharing your experience, strength and hope to:

The Pint Editor
c/o ASO
1353 S. 8th Street #209
Colorado Springs, CO 80905

Or by email: www.pint@coloradospringsaa.org

JOIN A COMMITTEE!!

Pikes Peak Pint

Chair: Amy M.

pint@coloradospringsaa.org

Corrections

Chair: Nik W.

4th Saturday, Monthly, 10am

@ Area Service Office

PI (Public Information)

Chair: Nate G.

2nd Saturday, Monthly, 2:30pm

Pikes Peak Library 21C, 1175 Chapel Hills

CPC (Cooperation with the Professional Community)

Chair: Krista

3rd Friday, Monthly, 6pm

@ Area Service Office

Treatment & Bridging The Gap

Chair: Julie L.

2nd Saturday, Monthly, 9am

Pikes Perk, 5965 N. Academy

Programs

Chair: Christy W.

Nightwatch

Chair: Christy W.

Contact Area Service Office

For more info: 719-573-5020

Area Service Office

Tuesday – Friday, 10am – 2pm

Closed: Sat, Sun, Mon

1353 S. 8th Street, STE 209

Colorado Springs, CO 80905

719.573.5020

Email: serviceoffice@coloradospringsaa.org

Visit: www.coloradospringsaa.org

**"We support our central office, our
area committee, and our General
Service Office.**

**If it were not for those entities,
many new people would never
discover the miracles of A.A."**

Reprinted from *Self-Support: Where Money and Spirituality Mix*,
p.5, with permission of A.A. World Services, Inc.

**Contribute at
coloradospringsaa.org**

Where to Send Contributions:

Please include your group name and group number on the check or money order
or app transaction

~ AREA SERVICE OFFICE ~

Payable to: Colorado Springs
Area Service Office
1353 South 8th St., Suite 209
Colorado Springs, CO 80905

~ GENERAL SERVICE OFFICE ~

Payable to: GSO
P.O. Box 459/Grand Central Station
New York, NY 10163

~ AREA 10 ~

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

~ DISTRICT 7 ~

Payable to: District 7,
P.O. Box 26252,
Colorado Springs, CO 80936

~ PINK CAN CONTRIBUTIONS ~

Payable to: Area 10 Corrections Committee
P.O. Box 40368,
Denver, CO 80204