

A Newsletter for the Pikes Peak Region
of Alcoholics Anonymous

August 2023

The Pikes Peak Pint



Barr Trail, toward Pikes Peak Summit (submitted by Amy M.)

Inside August's Pint:

- *Service Lessons...* an A.A. member's story
- *Archives Corner*
- **Service Opportunities highlighted in Yellow**

SERVICE OFFICE HOURS

Tuesday - Friday 10am - 2pm

Area Service Office Manager: Jeanette

**Volunteers needed at the Area Service Office 12pm
- 2pm on Tuesdays and Thursdays**

Minimum of 6 months of sobriety suggested

For more information contact
(719) 573-5020 or email: serviceoffice@coloradospringsaa.org

Intergroup Updates

- **Programs Chair Appointment: Kimberly H.**
 - LongTimer's Luncheon September 9th! Free lunch for A.A. members with 18 or more years of sobriety. See attached flier.
 - **Volunteers needed! Text Kimberly H. 719-492-1238 for information**
 - 2023 Program Events theme: Colorful Sobriety in Colorful Colorado
- **District 7...Positions for Public Information and Corrections Chairs are filled.**
- **Treasurer - New Fiscal Year beginning April 1.**
 - Income for July \$6,512 | Expenses \$5,710
 - Group Contributions: \$2,312
- **Nightwatch: 43 calls for July**
 - Service office calls are routed to trusted servants, answering questions about A.A., meetings, and 12-step call connection for alcoholics. Contact Service Office for more information.

- **Archives** Workdays usually occur on Saturdays following Intergroup meeting at Service Office @ 9am. **Volunteers welcome**. Received AA cassette tapes, no more books are needed. Old Box 4-5-9s will be perused... any mention of Colorado AA will be kept.
- **Pint** is always looking for 800 word experiences of AA members. Step, Tradition, principle, first 30 days... **share an experience!** Email to pint@coloradospringsaa.org Also need more group member anniversaries!
- **Service Office:** **12 Step Call List** is in process of being updated - this is a list where AA members are contacted by Service Office or Night Watch for suffering alcoholics calling for help. All Intergroup Reps asked to bring sign up sheets to groups for volunteers. Call the Service Office for more info: (719) 573-5020. Service Office has seen 60 walk-in customers and fielded 36 calls for May. **Need volunteer help for all 2-hour shifts Tuesday and Thursday: Noon-2pm.**



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>

A.A. August ANNIVERSARIES

New Woman Group

Kathleen G. 15 Years

New Beginners

Dave M. 8 Years

Dave S. 31 Years

April E. 8 Years

Friday Womens

Becky T. 7 Years

Lyn I. 40 Years

Laurie B. 36 Years

Marie S. 4 Years

Apex

Dave M. 8 Years

Easy Does It

Chris 1 Year

Staci 2 Years

Andrew S. 2 Years

Wayne 4 Years

Blaine 15 Years

Tonya E. 20 Years

Ron Q. 25 Years

Bruce 30 Years

Rose 41 Years

Send your and/or group's sobriety birthdays to:

pint@coloradospringsaa.org

Step 8

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

Reprinted from *Alcoholics Anonymous*, page 58, with the permission of A.A. World Services, Inc.

Tradition 8

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

Tradition 8 Checklist:

- Is my own behavior accurately described by the traditions? If not, what needs changing?
- When I chafe about any particular Tradition, do I realize how it affects others? • Do I sometimes try to get some reward – even if not money – for my personal A.A. efforts?
- Do I try to sound in A.A. like an expert on alcoholism? On recovery? On medicine? On sociology? On A.A. itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
- Do I make an effort to understand what A.A. employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- In my own A.A. life, have I any experiences which illustrate the wisdom of this Tradition?
- Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *A.A. Tradition – How It Developed*?

Copyright © aa.org Traditions Checklist from the A.A. Grapevine [The Traditions Checklist](#)

Concept 8

The trustees are the principal planners and administrators of overall 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.

Reprinted from *A.A. Service Manual, 2018-2020 Edition, The Twelve Concepts (Short Form) pp IV*, with the permission of A.A. World Services, Inc.

Service Lessons

As I step down from one year of being the editor of The Pine, I reflect about the experience I gained from this position.

I have many days of sobriety strung together, using the program of Alcoholics Anonymous, and service is often a topic of discussion of how one can stay sober one day at a time. Service, however, is relevant to the individual and it looks and works differently for everyone, I discovered. I cannot keep “this priceless gift” of sobriety unless I give it away... and giving it away operates in many different forms for me. One of those modes of service is learning (or improving) skills gained from sitting through uncomfortable A.A. group business meetings, volunteering for logistic roles at A.A. events, and taking on unfamiliar tasks while gaining confidence in my autonomy through A.A. related service positions. All of these experiences have contributed to personal and professional development, enabling me to be of maximum service to my co-workers, colleagues, friends and family in and outside of the A.A. circle. This has led to increased peace and joy in my life. My open-mindedness has increased, my penchant for impatience and exasperation has decreased, I’m better at understanding that I am not always right, nor that you are always wrong, and it’s quite a bit easier to let go of a bruised ego.

My latest “service” experiences include Intergroup representation and communications. I returned to our beautiful state after a few years elsewhere, “changed” yet again through A.A. program principles and fellowships with a different air than what I was used to here in Colorado. While I was happy to be back, I could tell I was missing something after a year of grasping for familiar routines. So I did what I learned had worked before: I volunteered. I offered myself to fill an empty Intergroup position at my home group, and I attended my first Intergroup meeting in seventeen years of sobriety. As I sat through this new experience, I quickly learned that I would need to reel in my “what it should look like” idea, and got to work gathering neutral information about the role of Intergroup and the Area Service Office... www.aa.org is invaluable for resources, as well as our pamphlets! Listening to others with experience is fine, but we’re really good at inserting our opinions and ideas, too. I needed facts so that I could determine, for myself, how to be of maximum service to my group. I attended my second Intergroup meeting, August 2022, and I learned of a service position sitting empty: The Pint editor. So I raised my hand – why not? I knew my way around a computer, so why can’t I learn (or figure out) how to put a communications letter together?

I learned right away that not everyone is on the same self-imposed urgency schedule that I was on. So I learned grace, flexibility, and tone. I was given the O.K. that I didn’t have to use the same platform that others used, so I learned autonomy, persistence and confidence in my chosen medium. I learned that compliance wasn’t a bad thing – it was not unreasonable for me to create a PDF as an end result or to rename my file in a certain manner so that it would be easier for the distributors to manage. I gained and improved valuable qualities that translate outside of “work” as a result of these actions. The other night, someone told me I had publishing experience now. I would have never thought to add that to my resume.

Exactly one year later, outside of service terms and months after elections, someone approached me and said they were willing to take on The Pint. This is how it works. My job is to prepare the individual to the best of my ability for transition, and then allow them to do the deal. My job is to not judge, but to support their path. Zoom is awesome – I can record how I worked, and contribute it as a resource that might prove helpful to others. I can turn it over gracefully, and be thankful for the opportunity to be of service. This is how my recovery works... so I think I will keep coming back.

Amy M.

Do you have an experience to share, as it relates to alcoholism and the solution we share?

Submit your writing (or recording!) to pint@coloradospringsaa.org to be published in this space.

You can remain anonymous!

Archives Corner

From the Area Service Office (ASO) Archives: Continuing from **The Pikes Peak Pint July** article on artifacts and papers with the words “independence, freedom, and/or liberty,” let’s look for those words or variations in group/meeting names or locations. Any errors are the sole responsibility of the writer, Doug L.

Let’s start with an easy one from the ASO on-line meeting directory: Meetings are held at the **Freedom Hall** located on North El Paso Street.

Now let’s look for meetings and locations listed in AA directories beginning in the 1980s and continuing through 2015, paper meeting schedules from the early 2000s through 2015, and some on-line meetings:

Grupo Liberacion (liberation or release in Spanish) groups in the Springs and Pueblo. They were active in the early years of this century. No longer active.

Happy, Joyous, and Free group: Again, two groups in the Springs and Pueblo. The Springs group met at the Beth El Mennonite Church for a Friday evening open Big Book study. Both groups were active in the first decade of the 21st Century. No longer active.

Freedom From Bondage group met on Wahsatch Friday evenings for an open discussion meeting. No longer active.

Freedom From Addiction group met for years in Cascade, CO Sunday 1 p.m. No longer active

No groups that I could find included “Independence” or “Liberty” in their names or meeting locations. The ASO Archives contain many directories and paper meeting schedules with a wealth of information, so I could have missed something. If you know of any El Paso County or Teller County meetings with these names that I missed, please contact the Archives Committee at archives@coloradospringsaa.org.

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 needs support! Apex Group meets Fridays at 6pm, at the Sacred Heart Church in room 10. (2021 W. Pikes Peak Avenue).

Does your group have important announcements?

Send announcements, flyers, and information to:

pint@coloradospringsaa.org

To subscribe, visit [https://www.coloradospringsaa.org/news-event s/news/](https://www.coloradospringsaa.org/news-event-s/news/)

The Pint is formatted following the monthly Intergroup Meeting that meets on the second Tuesday of each month. Send your information by the end of the day, second Wednesday of each month, to be included in the following print.

Make plans to attend the 2025 A.A. International Convention scheduled in Vancouver, British Columbia, Canada

See video at <https://www.aa.org/international-convention>



Albert Normandin / Destination Vancouver

Other A.A. Announcements ...

- 11th Tradition Workshop hosted by District 14 **August 26** in Gypsum, CO
- 2023 Colorado State Convention **September 1-3** in Greeley, CO
- 2023 Nat'l AA Tech Workshop (In-Person and Online) **Sept 8-10** in Virginia
- 2023 Southwest Regional Forum in El Paso, TX **September 29 - October 1**
- 2025 **International AA Conference** planned for British Columbia

See related flyers at the end of this newsletter

Join an Intergroup or District Committee!

Archives, Chair: Doug L. For info on Archives workdays at ASO, please email:
archives@coloradospringsaa.org

Nightwatch, Chair: Stephanie - Contact Area Service Office for more info 719-573-5020
or nightwatch@coloradospringsaa.org

Pint, Chair: Amy M. - Collect local AA stories and announcements and send to 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
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

[https://www.aa.org/aa-contributions-self-support in A.A](https://www.aa.org/aa-contributions-self-support-in-A.A)

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

Colorado Springs Intergroup 2023 Programs Committee Presents



VOLUNTEERS ARE ALWAYS NEEDED!

Contact Kimberly H. (719-492-1238, text only) or Area Service Office (719-573-5020)

- **Founders' Day Picnic**
- **Long Timers' Luncheon**
- **Gratitude Dinner**
- **2023-2024 Alcathon**

Share how sobriety in Colorado looks for you!

Examples: pictures, posters, artwork, or a visual representation of sober living in Colorado (any equipment or symbol that represents accomplishments, creativity, or activity that you enjoy in your | sobriety in our beautiful state).



DISTRICT 7 PUBLIC INFORMATION COMMITTEE

PUBLIC INFORMATION (P.I.) IN ALCOHOLICS ANONYMOUS MEANS CARRYING THE MESSAGE OF RECOVERY TO THE STILL-SUFFERING ALCOHOLIC BY INFORMING THE GENERAL PUBLIC ABOUT THE A.A. PROGRAM.

**CONTACT CHAIRPERSON: JACQUI I.
PI@COLORADOSPRINGSAA.ORG**

**MEETS AT 2:30
ON THE 3RD
SATURDAY OF
EACH MONTH**

AREA SERVICE OFFICE
1353 S. 8TH ST, STE 209
COLORADO SPRINGS, CO 80905

DISTRICT 7



C.P.C.

Cooperation
with the
Professional
Community

MONTHLY COMMITTEE MEETING

4TH SUNDAY | 3:30 P.M.

**WALK THE TALK
2334 VICKERS DRIVE
COLORADO SPRINGS, CO 80918**

JOIN C.P.C. COMMITTEE & HELP CARRY THE MESSAGE!

“Cooperating with nonalcoholic professionals is an effective way to carry the message to the sick alcoholic through professionals, alcoholics may be reached sooner with the help of informed non-A.A.s.”

Simply put, the cooperation with the professional community committee or CPC, educated professional communities about the program of A.A.

- *What A.A. Is, and How It Works*

**CONTACT CHAIRPERSON: DEREK G.
CPC@COLORADOSPRINGSAA.ORG**

Area 10 Alcoholics Anonymous presents...

CPC+PI MEETING & POTLUCK

Please bring a dish to share!

August 19th, 2023

Meeting: 10:30am - 12:30 pm

Potluck: 12:30pm - 1:30pm

Wash Park UMC

1955 E Arizona Ave, Denver,
CO 80210

Join via Zoom:

Meeting ID: 327 585 1463

Passcode: 2Q52cq

Questions? Email:

cpc@coloradoaa.org

pi@coloradoaa.org



Let's Celebrate our Tradition 11
District 14 Hosting an **11th** Tradition Work Shop August 26th at
5:30 PM In Person and Virtual
785 Red Table Dr. Gypsum CO. 81637
Virtual Information: 626 686 6649
Passcode: wV9yJ3

Guest Speakers:

Avery – Area 10 Public Relations Chair (PI) - Introduction

Alisha – Co Workshop Chair – District 34 - History

Kate – Co Workshop Chair – District 1 – “Anonymity” Internet

Questions and Answer

For further information please contact Allison – District 14 970-274-2215 / email allison@dgconst.com

Tradition 11 Short Form – Our Public relations policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio, and films

Long Form Tradition 11 – 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 principal of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

2023 Colorado State Convention

Presented by Area 10 Alcoholics Anonymous in cooperation with
Area 5 Al-Anon Family Groups

Island Grove Regional Park, Greeley, Colorado - September 1st, 2nd, and 3rd, 2023



Speakers & Events:

- Friday Evening AA Speaker: Paul M (Galveston, TX)
- Friday Evening: Ice Cream Social
- Saturday Al-Anon Luncheon: Monica H (Highlands Ranch, CO)
- Saturday Evening: Banquet Dinner
- Saturday Evening Al-Anon Speaker: Kari O (Boulder, CO)
- Saturday Evening AA Speaker: Devin C (Brooklyn, NY)
- Sunday Morning AA Speaker: Ashlee M (CO Springs, CO)

Workshops, Continuous Meetings, and Videos in
English & Spanish

PLEASE JOIN US!

The convention runs from 3 p.m. Friday to 12 p.m. Sunday

For Preliminary Program and Updated Information

Go Online: https://www.coloradoaa.org/convention_info/

Or

Email Registration Chair at 23Convention@gmail.com



Island Grove Regional Park
421 N. 15th Ave., Greeley, CO 80631
Enter on Southwest side of facility

Lodging: TBA
Questions: Gina M. (970)215-2260 – 23Convention@gmail.com

Register online at <https://www.convention.coloradoaa.org>,

or complete the form below and MAKE CHECKS PAYABLE TO: 2023 State Convention

Mail To: 2023 Colorado Convention, 2519 Shields St., Suite 1K #172 Fort Collins, CO 80526. *One person per form, please.*

- | | | |
|--|--|--------------------------------|
| <input type="checkbox"/> AA | <input type="checkbox"/> Al-Anon/Alateen | <input type="checkbox"/> Other |
| <input type="checkbox"/> Registration \$30.00 | After 8/18/23 \$35.00 | |
| <input type="checkbox"/> Friday Evening Ice Cream Social | \$10.00 | |
| <input type="checkbox"/> Saturday Al-Anon Luncheon | \$25.00 | |
| <input type="checkbox"/> Saturday Evening Banquet Dinner | \$40.00 | |
| <input type="checkbox"/> Dance | \$5.00 | |
| <input type="checkbox"/> Bottomless Coffee Mug | \$15.00 | |
| <input type="checkbox"/> Discounted Package Price | \$115.00 (Total Savings of \$10.00 for Registration postmarked by 8/18/23) | |
| <input type="checkbox"/> Contributions \$ | _____ | |
| Total Enclosed \$ | _____ | |

Member Registration Information:

Name on _____
Badge _____
Home Group _____
Name _____
Address _____
City _____ State _____
Zip Code _____ Phone (____) _____
Email _____

I'd like to volunteer!

For "Special Needs" consideration, please e-mail Gina M.
at 23Convention@gmail.com

(every effort will be made to accommodate special requests).

On-site registration will be open from 3 p.m.—9 p.m. Friday, September 1, 2023, and at 8 a.m., Saturday, September 2, 2023

COLORADO SPRINGS INTERGROUP EVENT 2023

COME CELEBRATE! MILESTONES IN RECOVERY! AND SUPPORT OUR FRIENDS WITH 18+ YEARS OF SOBRIETY!

**LongTimer's
Luncheon
Saturday,
Sept.9th**



Sacred Heart Church
Gymnasium 2021 W Pikes Peak Ave.
Lunch @ Noon
Speaker @ 1 p.m. ~ Laura S "Party Sober"

Everyone is Welcome

Everyone is Welcome

Everyone is Welcome

\$10.00 Suggested Contribution
18+ Years Sobriety Lunch is Free
Bring a Dessert to Share

Volunteers for 2-hour commitment day of event needed.

Please Contact by text Kimberly 719-492-1238
or call Area Service Office 719-573-5020

ELLICOTT MEETING GROUP PICNIC POTLUCK ~ 9 SEP 23 AT 11AM - 3PM ~



**WE'LL PROVIDE THE BURGERS
AND DOGS, DRINKS TOO!
BRING YOUR FAVE DISH
OR DESSERT TO SHARE!**

**AT THE CALHAN PARK PAVILION
~ 950 PARK LANE, CALHAN, CO. 80808 ~**



Come On Out!



**Ed B. is our Speaker this Year
& will Share his Story at 1pm**

CONTACT PEGGY FOR MORE INFO AT 719.659.5879

National AA Technology Workshop



Hybrid format

2023



"Solving, Sharing, and Scaling Solutions"



September 8th - 10th

**Shenandoah University
Winchester, VA**

**Visit our website
today to:**

- Submit a presentation
- Register for the event
- Sign up to volunteer
- Find special hotel rates
- Learn more!

**\$70 In-person
\$45 Online**

<https://naatw.org>

**The 2023 National AA Technology Workshop
In person in Winchester, VA**

Online via Zoom

September 8 - 10, 2023

This year's theme: "Solving, Sharing, and Scaling Solutions"



What type of members are attending? Is it all about technology? I'm not a geek, but I'm on my intergroup's website committee.

Answer:

Attendees run the gamut of AA experience in not only technology, but in leadership at all levels. We have GSRs, DCMs, Area officers, Intergroup and Central Office workers and just plain old AA members who wish to know more about technology perspectives and using technology to help carry the message.

This year our presenters will give us updates on various solutions that have helped both providing contact or information to committees such as CPC, Treatment and Corrections. There will be presentations on AI and other hot topics as well (a list of topics is included in this email).

Year after year, our program committee has helped us to create workshop weekends that not only provide our membership with information that solves and scales solutions, but also educates and inspires our trusted servants. All in all, utilizing both presentations and hybrid discussions, our workshop's goal is to update or provide technology solutions for the better good to trusted servants at all levels of service..

The information-packed weekend will include:

AA's 12th Concept: Bringing Spiritual Guidance to Our Technology Community
How Australia is Dancing the Digital 12 Steps
What's New: A 2023 Technology Update from AA World Services
What's New II: A 2023 Technology Update from The Grapevine
AI for AA: The Potential for Generative AI to Enhance and Support AA
How to Most Effectively Use AA Literature in a Virtual Setting
Off the Shelf Solutions for Technology in AA
DIY Usability Testing for Better AA Websites
Virtual and Hybrid Events: The Pressing Need for Pre-Production
AI for AA: Bringing New Depth to the Meeting List
Solving Our Common Problems: A Technology Update from TIAA
Virtual Meetings Best Practices
Helping Online Meeting Groups Manage A Directory At Scale
Solution Hacking
Birds of a Feather
Annual NAATW Members Meeting

Visit <https://naatw.org/2023-naatw-workshop/> for full details.