



THE PIKES PEAK PINT

AUGUST 2020

A newsletter for the Pikes Peak Region of Alcoholics

Zoom Intergroup Meeting Scheduled!

Calling all Intergroup Representatives to Join Us!

- DATE: Tuesday, September 8, 2020 (We will notify you if we are able to do an in-person meeting closer to the date.)
- TIME: 6:00 p.m.
- MEETING ID: 895 839 8739

To Remember Without Anger

The program helped him find compassion, love and a new definition of forgiveness.

I used to cringe every time I heard the word “forgiveness.” I used to believe forgiveness was for sissies.

See, I was the kind of person who kept a list of all the people who had ever hurt me—physically, emotionally, spiritually. Anytime something triggered my memory of that person, I replayed the harmful incident in my mind, allowing my anger, hate and desire for revenge to flare up. I believed that someday, some way, I would “get even” with everyone on my list.

My longing for retribution sustained me. Forgiveness was never in the picture. In fact, my desire to get even actually motivated my behavior in many way, although I never realized it at the time.

When I attended a social function that my ex-wife was also set to attend, I made sure I had a gorgeous young-

er woman with me as my date. That’ll show her, I thought. A few times, my dates actually realized I was just using them as pawns to emotionally damage my ex-wife and complained about it. I ignored their protests and cajoled them into attending the social function anyway. I had no clue that my behavior was negative, manipulative and wrong.

My “get even” list was *long*. It went back decades: teachers, relatives, police, bosses, coworkers, friends. I even wanted revenge against the cat that bit me when I was 3 years old while I was trying to put a pretzel down its throat.

I was one miserable, angry, vengeful, twisted and warped person. The worst part of it all was that I believed I was in the right; everyone else was in the wrong.

At the age of 59, it was suggested that I enter therapy. My response was that I didn’t want to dredge up the past. I wanted to just forget it and move on. In fact, if there had been a way to give myself amnesia, I would have considered it.

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To Remember Without Anger

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By a series of coincidences, I found myself in the rooms of A.A. As usual, I didn't consider myself as having a problem with drinking. But slowly, in God's time, not my own, some of the AA philosophy started insidiously seeping into my brain. I began to question myself. If these AA people were right, then I couldn't just forget the past. I had to settle with it.

I'm not embarrassed to say that I must be a slow learner because it took almost seven years for me to begin to realize that my desire for revenge, my anger and my hate were all negative and self-defeating. My defect had turned my world into a dark, hostile and hopeless place.

AA eventually shined a light into that world and gave me back a positive outlook, hope and yes, even a desire to forgive.

I found that my first problem with forgiveness was my total misunderstanding of the definition of the word. I was under this misconception that to forgive someone meant that I had to condone someone's bad behavior. I thought forgiveness required that I forget that a person hurt me, perhaps willingly, maliciously.

But when I eventually learned was a new, accurate definition of forgiveness, one that I could understand, accept and actually put into practice: *To remember without anger.*

One of the major books we study in AA is *Twelve Steps and Twelve Traditions*. In it there's a line that jumped out at me one day (after having read the book about 20 times). That line says that it "is pointless to become angry, or to get hurt by people who, like us, are suffering..."

When that thought finally made it into my consciousness, I suddenly saw clearly that everyone on my grudge list was the same as me; we're all just emotionally ill human beings who frequently make mistakes, lash out in anger with pen and tongue, and unfortunately, sometimes with physical harm.

I knew that I wanted to be a better person. Instead of hurting people, I wanted to heal people. Instead of being angry, I wanted to be happy. And the key to do that was to remember without anger, to feel compassion instead of annoyance, love instead of hate. To set aside those resentments, it takes practice, and for me, a near-constant vigilance and self-censoring.

It's not always easy, but the patience and effort have been rewarding.

Jersey Steve
St. Augustine, FL



August Celebrations

Gunner G. 40 years

Sherry J. 35 years

Connie H. 32 years

Ron Q. 22 years

Dan K. 15 years

Pamela A. 4 years

Brett B. 3 years

Lisa 1 year

Mark K. 1 year

Please email your group's celebrations to pint@coloradospringsaa.org

News For You

- 1) Your Area Service Office currently has aluminum coins available for every month one through eleven! Cost is only 50 cents!
- 2) Intergroup Meeting was held via Zoom on Tuesday, August 11, 2020. Next Intergroup Meeting will be Tuesday, September 8th at 6 p.m.

Meeting Changes

- ⇒ Please contact the Area Service Office with any updates regarding your Zoom Meetings and In-Person meetings so the website can be up-to-date.
- ⇒ Log onto our website and click "Find A Meeting" for in-person meetings. For Zoom Meetings, when you log onto the website do not click anything, just scroll down to Zoom Meetings.

The Pint

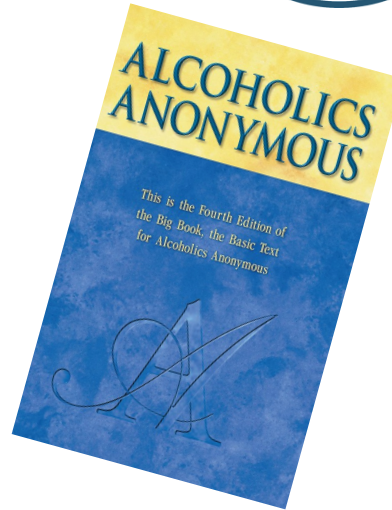
Publishes current news, articles and information about Alcoholics Anonymous.

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

The Pint Editor
c/o ASO
1353 S. 8th Street
#209
Colo Spgs, CO 80905
Or by email:
www.pint@coloradospringsaa.org



Using your smart telephone, go to your app store and search for "Meeting Guide". This is a FREE app that will show you the nearest meeting to your location anywhere in the United States.



This month's "Pint Piece" for your personal reflection...

"So we clean house with the family, asking each morning in meditation that our Creator show us the way of patience, tolerance, kindness and love."

Page 83 of the Big Book



Log onto www.aa.org and click on this icon to get the latest information regarding the 2020 International Virtual Experience.

STEP 8

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

TRADITION 8

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



TRADITION 8 CHECKLIST

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

1. Does my own behavior accurately mirror the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. Do I know where my local meeting directory comes from?
7. In my own AA life, have I had any experiences which illustrate the wisdom of this Tradition?
8. Have I read the book *Twelve Steps and Twelve Traditions*?



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.”

1. Do we understand the relationship between the two corporate service entities (AA World Services, Inc., the AA Grapevine) and the General Service Board?
2. How can the business term “custodial oversight” apply to the trustees’ relationship to the two corporate service entities?
3. Does my home group subscribe to GSO’s bimonthly newsletter Box 4-5-9? AA Grapevine? Do I?

LOCAL SERVICE OFFICE

Open: Tuesday - Friday 9 a.m. to 5 p.m.

Closed: Saturday - Monday

1353 South 8th Street, Suite 209

Colorado Springs, CO 80905

719.573.5020

Email: serviceoffice@coloradospringsaa.org

Web: www.coloradospringsaa.org

JOIN A COMMITTEE MEETING!

These are suspended until further notice.

BRIDGING THE GAP

7:00 pm, 4th Tuesday of the month, Area Service Office
1353 South 8th Street, Suite 209, Colorado Springs

PIKES PEAK PINT

CORRECTIONS

9 a.m., 3rd Saturday of the month Sacred Heart Parish Room 10,
southeast corner of 21st & Colorado Ave.

PI (PUBLIC INFORMATION)

9:00 am; 2nd Saturday of each month
Area Service Office
1353 S. 8th St Suite 209

CPC (Cooperation with the Professional Community)

Meets the 4th Saturday of the month from 1:00-2:30
Penrose Main Hospital—2222 N. Nevada Ave.
We meet in the Volunteers Conference Room.
You can also call in on our conference line at:
(515) 604-9925, access pin: 311273#

PROGRAMS

6 pm Wednesdays
Chadbourn Community Church
402 Conejos St. 80903

NIGHTWATCH

7 p.m., 1st Tuesday of the month
Sacred Heart Parish, 21st and Pikes Peak Ave.
Room 10, following the New Beginners' meeting

DISTRICT 7

7 p.m., 3rd Tuesday of the month
First United Methodist Church,
420 N. Nevada, Room 135 (Boulder Street access)

WHERE TO SEND CONTRIBUTIONS

Please include your group name and group number on the check

~ 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

How much did *YOU* spend on a drink?

Please help others.....

Consider putting \$2 in a jar/cup/basket each time you log onto a Zoom Meeting. Then consider splitting the money accumulated and give 1/2 to your group when they begin meeting again, and 1/2 to your Service Office.

Contribute at
coloradospringsaa.org

Service Office Car Wash Fund Raiser

Saturday, August 29th

10 a.m. - 2:00 p.m.

Service Office Parking Lot

CONTRIBUTIONS APPRECIATED!

Contact the Service Office if you would like to volunteer to help with this Fund Raiser, 719.573.5020 or email: serviceoffice@coloradospringsaa.org



BBQ



AND LIVE MUSIC!

AT THE AREA SERVICE OFFICE!

1353 S. 8TH STREET

BRING
YOUR
FRIENDS
2GETHER



BRING A
SIDE DISH
OR
DESSERT

CHEF MICHAEL GRILLING BURGERS AND BRATS!

"ABOVE GROUND" LIVE BAND

\$10 SUGGESTED CONTRIBUTION FOR LUNCH AND STREET DANCE

THIS IS AN ASO FUND RAISING EVENT

SEPTEMBER 19, 2020



**NOON - 2 PM IS BBQ
2 - 4 PM IS STREET DANCE**

