

A Newsletter for the Pikes Peak Region of
Alcoholics Anonymous

June 2023

The Pikes Peak Pint



[Courtesy of Ranger Stephen L. Peterson:Blizzard conditions hit Pikes Peak during June storm](#)

Inside June's Pint:

- *How I Found Out I Was An Alcoholic*
- *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, Wednesdays, Thursdays and Fridays

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.**
 - **Founders Day Picnic** is June 25th @ Bearcreek Park (see flyer)
 - Pavillion 1, 11am -2pm, speaker TBD, hotdogs/hamburgers provided
 - **Need volunteers for serving, clean-up** (12pm-2pm, 2pm-4pm)
 - 2023 Program Events theme: Colorful Sobriety in Colorful Colorado
- **DISTRICT 7...** April 29th service workshop went well. Still in need of **Alternate Co-DCM and Public Information (PI) chair**
 - Area 10 Summer Assembly to be held in July 7-9 (see flyer)
- **Treasurer** - New Fiscal Year beginning April 1.
 - Income for May \$5,796 | Expenses \$6,172
 - Group Contributions: \$3,419 - Personal contributions have significantly decreased by almost 90% April, May
- **Nightwatch:** 66 calls for May
 - **Service opportunity: 6am - 12pm Saturdays.** 1 year commitment.
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.**
- **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 through Friday: 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>

Ready to Get Involved in AA? Visit <https://www.aa.org/aa-member> for information on service work.

A.A. June ANNIVERSARIES

Friday Women's

Mary M. 41 Years
Adrienne 11 Years
Tera 4 Years
Peggy H. 35 Years
Jeanette C. 2 Years
Maggie 1 Year

New Woman Group

Sarah 5 Years
Heather M. 4 Years
Mattie L.L. 4 Years
Kathy S. 2 Years
Jessica F. 1 Year
Harriet 20 Years

Walk The Talk Group

Kristina B. 7 Years
Amanda H. 2 Years
Patty H. 29 Years
Marlowe 12 Years
Theresa 3 Years
Liz 14 Years

New Beginners Group

Al T. 24 Years
Christopher K. 21 Years
Deron H. 2 Years
Randy J. 46 Years

Apex

Jeanette C. 2 Years

Easy Does It

Pam M. 1.5 Years
Carolyn 13 Years
Louis 4 Years

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

pint@coloradospringsaa.org

Step 6

Were entirely ready to have God remove all these defects of character.

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

Tradition 6

An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Tradition 6 Checklist:

- Why is it important that we not get involved in outside enterprises?
- Is it ever wise for a group to lease a small building or endorse an outside event?
- Are all of the officers and members of our local clubhouse familiar with “Guidelines on Clubs” which is available from GSO?
- Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
- Our group’s landlord is raising money to pay for a new roof on the building. Should the group make a contribution? What if the landlord specifically asks the group to make a contribution?

Copyright © The AA Grapevine, Inc., April 2011, [The Traditions Checklist](#)

Concept 6

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

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.

...how I found out I was an alcoholic...

My name is Mike and I am an alcoholic.

The story about how I found out I was an alcoholic would read like an experiment, if I had known at the time what was going on. I did not.

Suppose genetics made you an alcoholic, but you did not drink most of your life! I didn't for reasons having little to do with me.

My first wife was the youngest child of an alcoholic father who had already left the home when she was born. She was very afraid of alcohol, and we did not keep or use it in our home. She passed away for medical reasons after 18 years of marriage.

I remarried a year and a half later to a woman I met at a Colorado Springs Grief Workshop I attended. She already had 16 years of sobriety in AA. We only had alcohol around to entertain guests and business associates.

When I turned 53, I had a great idea to learn how to pair wine with different foods. My wife was enthusiastic about this idea, and would pay attention to what wines I liked, and stock me up with it.

I now know that alcoholism is progressive, and you don't even need to use alcohol for it to progress and worsen. I was a late stage alcoholic, without knowing it! When I would drink a glass of wine, it seemed very enjoyable, and I would finish the bottle of wine that night. I did this pretty regularly for seven years. As a subscriber to Food and Wine magazine, I saw an article one time about what to do with leftover wine. I asked my wife what leftover wine was, and who would have a problem with it. She looked at me funny!

I later learned that as a late stage alcoholic, I would drink too much on a given evening, but my body would metabolize it over night and I would wake up clear headed. People find it hard to believe that I have never had a hangover. Under the circumstances, that's not a good thing!

There came a point in those seven years of drinking that I realized there was something about my use of wine that was not what I thought it was. I went through our house to see how much of it we had on hand, and it was 26 cases! If I mention that in a meeting now, I point out that we entertained a lot of business people, so really, only 25 cases were mine! At the end of my drinking there was a point that the same amount of drinking no longer produced the effect that I had come to expect. I realized that if I kept chasing that effect, I would have to drink more. I decided then to stop.

I suddenly went dry. And as a plus, I thought the problems that were happening because of the alcohol use would go away, since I stopped drinking. Another experiment: they did not. In the last years of my drinking I had become very angry and isolated and that did not improve at all, even in six months of not drinking.

I had been regularly seeing an alcohol specialty therapist who told me at the beginning I was an alcohol abuser. After six months he told me that I needed to "sample" AA meetings, because I was an alcoholic. How many meetings do I need to "sample?", I asked. "Three," he said.

What I discovered in attending and listening to other people's stories was that I had forgotten how to think about other people rather than myself. I learned about the idea of doing service work, working with a sponsor, and doing the steps. With the steps themselves, I learned the power of looking back to take a hard look at how my drinking affected others, and the need to honestly make that right, to the best of my ability.

Eventually I was able to share what I had learned with other men newer to the program.

I simply have a life today of being involved with others in different roles, that I never would have dreamed about eight years ago.

Three meetings was not enough! Some 2500 meetings is not enough, either. I'll let you know when I figure out what the number is!

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 Archives:

Since June is Founders' month, the Archives Committee is writing a sketch on the first Alcoholics Anonymous groups in Colorado Springs. The information comes from the Archives binder: "Colorado Springs Alcoholics Anonymous Timeline: 1942 to 1955." Any errors are the sole responsibility of the writer, Doug L.

It begins with Dave C., a Springs man who "had been on the wagon for a year," writing to the General Service Office (GSO) in May 1942, wondering if he qualified for "membership" and asking about organizing a chapter of AA in Colorado Springs. GSO wrote Dave encouraging him to start a group and that inquiries about AA would be referred to him. Nothing more was heard from Dave C. until January 1943 when he again wrote GSO asking for pamphlets and books. Dave C. announced that the first meeting of the Colorado Springs AA Group would be held during November 1943. There were to be five attendees at that first meeting. Then the first two members, Dave C. and Fred U., both moved out-of-state, and the first little AA group collapsed.

Fast forward to November 1944 when Dave C. was back in town again working for the Gazette Telegraph and corresponding with GSO. He started a new AA meeting (still named the Colorado Springs Group which became the Colorado Springs Central Group in December 1945) probably in early 1945 with Mert R., Doc R., and William H. The Group met in the building housing Mert's business. Mert R. was a driving force in early Springs AA when Dave C. stepped back from leadership. The Gazette had a long write-up (March 11, 1945) on this early group that met on Sundays with eighteen members.

Soon there were several groups at Pueblo, Canyon City, and the Springs. There were open and closed meetings. Dave C. started several groups in this area including Group #2 which held only open meetings. Group #2 didn't last. The original group held almost all closed meetings. Dave C. died sober in August 1946 at age 40. Mert R. went on in 1951 to become Colorado's (Area 10) delegate to the first General Service Conference.

This article is only a very short description of early AA in our area. I'd say that when the Colorado Springs Group restarted in late 1944 or early 1945, Springs AA never looked back!

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 ...

- Area 10 Summer Assembly **July 7-9** in Greenwood Village, CO
- 2023 Colorado State Convention **September 1-3** in Greeley, CO
- 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: cos.aso.archives@gmail.com

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
Meets 4th Sunday of the month, 3:30pm, at 3530 Muirfield Dr., Colorado Springs

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

PI (Public Information), Chair: (need to fill)
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

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



Founders Day Picnic

\$10 suggested Contribution

Sunday June 25th, 2023



EVENT 12 – 3 pm

BEAR CREEK PARK

ARGUS & 21ST ST

LOOK FOR THE **BALLOONS !!!**

LUNCH 12 – 2 pm

BURGERS, DOGS, POTATO SALAD & FIXINS

*****BRING a DESSERT or SIDE to SHARE!*****

SPEAKER 1 – 2 pm Bob B. Sobriety Date 09/03/09

VOLUNTEERS NEEDED FOR 2 hour commitment between 8 AM & 4 PM

TO HELP: CALL THE SERVICE OFFICE (719) 573-5020/KIMBERLY H (719) 492-1238

<<< BRING GAMES and Lawn Chairs ~ Enjoy MUSIC & FELLOWSHIP! >>>

Area 10 Summer Assembly 2023

The Gift of Gratitude

July 7-9, 2023

Doubletree by Hilton
Greenwood Village, CO 80111
Hosted by District 30



Saturday Lunch Buffet: \$22⁰⁰ cash or check
Saturday Speaker Meeting: 7 pm
Ice Cream Social: \$16⁰⁰ cash or check
Saturday following the Speaker Meeting

Parking: Overnight and day parking are charged to each individual guest through a parking company. Guests will see signs upon arrival and will need to scan the QR code on the signs in order to register their vehicles and pay the fee. Overnight guests can also pay the hotel directly via their guest room if preferred. Maximum parking fee is currently \$15; subject to change. ****Special Discount Overnight and Day Event Parking is extended to \$5 per day, per vehicle.***

Accommodations:

Doubletree by Hilton: \$129 per night
Use Event "Summer 2023 Assembly"
Reserve by June 1, 2023 for discount
Central Reservations: 800-222-8733
Local Reservations: 303-779-6161

Direct Link:

[Available Rooms - DoubleTree by Hilton Hotel Denver Tech Center](#)



Contact: Amy at acn1143@comcast.net

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 | |
| <input type="checkbox"/> Contributions \$ | of \$10.00 for Registration postmarked by 8/18/23) | |
| 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

2023-2024 Group Contributions

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	2023-24 Groups	FYE	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
2	164 Group	\$0												
3	A Common Solution	\$136	\$136											
4	Anonymous Group	\$280	\$280											
5	APEX	\$0												
6	Back to Basics	\$138	\$32	\$106										
7	Beacon Light	\$0												
8	Big Book Action	\$0												
9	Black Forest Group	\$186	\$186											
10	Central	\$0												
11	Clean Air	\$0												
12	Clean Slate Noon	\$0												
13	Don't Worry Be Happy	\$0												
14	Downtown	\$0												
15	Easy Does It	\$480	\$480											
16	Ellicott Group	\$0												
17	Florissant Brown Baggs	\$100		\$100										
18	Florissant Step Study	\$0												
19	Fountain 2.0	\$0												
20	Foxhall	\$0												
21	Friday Night Live	\$0												
22	Friday Night Living Fret	\$0												
23	Friday Women's	\$367		\$367										
24	Girl's Night Out	\$0												
25	Golden Slippers	\$190	\$190											
26	Good Ole Boys	\$0												
27	Grace PPG	\$0												
28	Happy Destiny	\$140		\$140										
29	Happy Heathers	\$0												
30	Happy Hour	\$55	\$55											
31	High Noon	\$1,054	\$1,054											
32	H.O.W.	\$100	\$100											
33	Keystone to Recovery	\$0												
34	Into Action	\$118		\$118										
35	Little Log Cabin	\$388	\$200	\$188										
36	Living Sober South	\$0												
37	One Six Four	\$0												
38	MAG	\$466		\$466										
39	Morning Trudge	\$0												
40	Natural High	\$0												
41	New Beginners	\$194	\$194											
42	New Woman	\$304		\$304										
43	North 40	\$0												
44	Northwester's	\$0												
45	Old North End	\$0												
46	Palmer Lake Group	\$0												
47	Pathfinders	\$60	\$60											
48	Pinnacle	\$0												
49	Pre-Dawn	\$0												
50	Primary Purose Alano	\$0												
51	Recovery in Action	\$200	\$200											
52	Red Cloud Meeting	\$0												
53	Saturday Early Mornin	\$0												
54	Sat Morn Anonymous	\$266		\$266										
55	Saturday Morning WP	\$0												
56	Security Eye Opener	\$0												
57	Serenity Hour	\$0												
58	Serenity Riders	\$0												
59	Serenity Sisters	\$0												
60	Sober Sisters	\$0												
61	Sought Thru Prayer	\$83		\$83										
62	Steel Magnolias	\$210	\$210											
63	Sunday Morning Speak	\$0												
64	Sunlight of the Spirit	\$313		\$313										
65	Sunset Sobriety	\$0												
66	Taking Steps	\$0												
67	Thursday Recovery in Act	\$0												
68	Thursday Mens Group	\$0												
69	Tues 5:30 Meditation	\$258		\$258										
70	Turning Point Group	\$0												
71	Twelve Steps from the Max gun	\$109	\$109											
72	Walk the Talk/n. co sp	\$176	\$88	\$88										
73	We are Here	\$0												
74	We are not Saints	\$548		\$548										
75	Women of Grace	\$0												
76	Woodland Park Study	\$0												
77	Woodland Park Tues	\$0												
78	WP Women's Step Study	\$0												
79	W.O.W.	\$75		\$75										
80	Young People's	\$0	\$0											
81	Monthly Totals	\$6,994	\$3,574	\$3,420	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
82	FYTD Total	\$6,994												



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).

Contact Kimberly H. (719-492-1238, text) or Heidi (719-491-4875, text) for details.