

# Pikes Peak Pint



December 2009

The Pikes Peak Pint is a monthly AA-oriented newsletter that serves Colorado Springs and the surrounding communities.

## Area Meeting Additions, Deletions, and Changes (all meetings are non-smoking)

To include new meetings, changes or cancellations, deliver or email them to our service office.

All Meetings at DOWNTOWN GROUP, 7 E. Bijou, Room 25 PLEASE ENTER AND EXIT THROUGH REAR OF BUILDING!

NEW: The 4<sup>th</sup> Dimension Group / Wednesday 6 PM & Sunday 9 AM / Open – Handicap Access / Fellowship Hall 2375 N. Academy Suite #100, South of Maize land, Near Schlotsky's, Entrance on North End of Building.

NEW: 12 x 12 Study at the Peer / Saturday / 1 PM / Open – Handicap Access / 308 – I South 8<sup>th</sup> Street 633-7337

CHANGE: Old North End Study Group / Sunday / 6 PM / Step, Traditions, Big Book Discussion / CLOSED /1515 N. Cascade Rm. #204

DELETE: The Friday Penrose Discussion Group / Friday / 8 PM – Penrose Hospital

DELETE: Hilltop AA Meeting / Saturday / 2 PM / Open Discussion / 700 N. A. Street Cripple Creek

## Notes from the Editor



Write to The Pint at [pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)

- ✓ Milestones in Sobriety p. 5
- ✓ AA Around Town featuring Intergroup Programs Committees Gratitude Event p. 6
- ✓ 2009-10 Alcolthon Flyer p. 10
- ✓ AA @ A Glance Calendar p. 11

### Love IT? Hate IT? Have something to SAY about IT?

Email sobriety anniversaries, announcements, letters to editor and email subscription requests to the Pikes Peak Pint before the 20<sup>th</sup> of each month:

[pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)  
We'd love to hear from you!

### Local AA Service Office:

1353 S. 8<sup>th</sup> Street, Suite 209  
Colorado Springs, CO 80905  
Phone: 719-573-5020

Email: [serviceoffice@coloradospringsaa.org](mailto:serviceoffice@coloradospringsaa.org)

Website: [www.coloradospringsaa.org](http://www.coloradospringsaa.org)

# INTERGROUP INFORMATION AND CONTRIBUTION ADDRESSES

## DISTRICT COMMITTEE CHAIRPERSONS

### Standing Committees

#### Corrections:

Bart B. - Chair  
Renee - *Vice Chair*  
corrections@coloradospringsaa.org

#### Public Information:

Jack - Chair  
**OPEN** - *Vice Chair*  
pi@coloradospringsaa.org

#### CPC:

Joey – Chair  
Larry S. - *Vice Chair*  
cpc@coloradospringsaa.org

#### Treatment:

Casey C. - Chair  
Lisa S. – *Vice Chair*  
treatment@coloradospringsaa.org

## INTERGROUP COMMITTEE CHAIRPERSONS

### Local Service Committees

(Call the Service Office for committee chair phone numbers)

#### Program:

Amanda. – Chair  
Megan – *Vice Chair*  
programs@coloradospringsaa.org

#### Pint:

Rachel N. - Chair  
Kim R. - *Vice Chair*  
pint@coloradospringsaa.org

#### Volunteer:

Cissy – Chair  
**OPEN** - *Vice Chair*  
volunteer@coloradospringsaa.org

#### Nightwatch:

Mary Katherine. – Chair  
Dana - *Vice Chair*  
nightwatch@coloradospringsaa.org

#### Web Site:

Courtney B. – Chair  
Josh - *Vice Chair*  
webmaster@coloradospringsaa.org

#### Archives:

Curt N. – Chair  
**OPEN** - *Vice Chair*  
archives@coloradospringsaa.org

## WHERE to SEND CONTRIBUTIONS:

### Area Service Office:

Make checks payable to Area Service Office  
(Cash OK, but do not mail). Include group name on check.

Send to:  
Colorado Springs Area Service Office CSASO  
1353 S. 8<sup>th</sup> Street, Suite 209,  
Colorado Springs, CO 80905

### GSO:

Make checks payable to General Fund.  
Include Group name and number on check.

Send to:  
General Service Office  
Box 459 Grand Central Station  
New York, NY 10163

### Area 10:

Make checks payable to Area 10.  
Include group name, number, and District #7 on check.

Send to:  
Area 10 Treasurer  
12081 W. Alameda Pkwy. #418  
Lakewood, CO 80228

### Districts:

Make checks payable to **DISTRICT 7**  
Include Group name, number and District number on check.

Send to Service Office.

Colorado Springs Area Service Office CSASO  
1353 S. 8<sup>th</sup> Street, Suite 209,  
Colorado Springs, CO 80905

### Pink Can Contributions:

Make check or Money orders to  
Area 10 Corrections Committee.  
Include Group Name and Number.

Send to:

Pink Can Contributions  
P.O. Box 1307  
Englewood, CO 80150

*Your Area Service Office and  
Intergroup would like you to know how  
very much we appreciate your  
personal contributions!*



In the month of October  
we received  
4 Grateful Giver contributions  
And 2 Personal contribution!!!

# GROUP CONTRIBUTIONS – THANK YOU!!

GROUP NAME	Yr. to date	Oct '09
Above The Bar Group	\$100.00	
Apex	\$674.57	\$118.46
Back to Basics	\$431.00	\$49.50
Basket Talk Q and A	\$0.00	
Beacon Light	\$250.00	
Big Book Action	\$655.93	\$280.69
Big Book Study UPH	\$150.00	
Black Forest	\$365.22	
Breath of Life	\$123.00	\$33.00
Broadmoor	\$0.00	
Brown Baggers	\$0.00	
Celebrating Diversity	\$0.00	
Central	\$0.00	
Clean Air Group	\$60.90	
Cripple Creek Natural High	\$0.00	
Don't Worry Be Happy	\$320.00	
Down By The Creek	\$0.00	
Downtown Group	\$798.25	\$36.04
Drylander's Group	\$0.00	
Easy Breathing Group	\$0.00	
Easy Does It	\$100.00	\$25.00
Ellicott Group	\$0.00	
End of the Road	\$0.00	
Eye Opener	\$0.00	
Far North Group	\$20.00	
Fountain of Sobriety	\$20.00	
Foxhall Group	\$0.00	
Freedom From Bondage	\$0.00	
Friday Night 12 x 12	\$42.00	
Friday Night Live	\$50.00	
Friday Women's Group	\$429.00	\$40.00
Gals of Woodland Park	\$75.50	
Gift of the Heart	\$0.00	
Good Ole Boys	\$250.00	
H.O.W.	\$140.00	
Half Pint Group	\$138.00	
Happy Hour	\$379.80	
Hilltop AA Meeting	\$0.00	
High Noon	\$106.00	
Hugo Group	\$242.00	
Into Action	\$45.00	
Keep it Simple	\$90.00	
Lake George Group	\$281.18	\$122.55
Little Log Group	\$0.00	

GROUP NAME	Yr. to date	Oct '09
Living Free	\$0.00	
Living Sober	\$225.00	
M.A.G.	\$600.00	\$200.00
Motherlode	\$0.00	
New Beginners	\$242.69	
New Women's	\$436.11	\$117.41
Northwesters	\$70.00	
Outright Mental Defectives	\$0.00	
Pass It On	\$40.00	
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$106.00	
Pre-Dawn Meeting	\$403.95	
Progress Not Perfection	\$190.30	
Recovery in Action	\$300.00	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$120.00	
Security Eye Opener	\$0.00	
Serenity Riders	\$384.00	
Serenity Sisters	\$100.00	
Silver Key Seniors	\$75.00	
Sisters Not Saints	\$0.00	
Solutions at Noon	\$607.09	\$283.53
Steel Magnolias	\$309.50	\$114.50
Sunday Morning Speaker	\$360.00	
Sunday Night Big Book Study (Clean Slate)	\$163.35	\$112.80
Survivors Group	\$18.89	
Taking Steps	\$200.00	\$200.00
Then and Now	\$220.00	
Thursday Mens	\$0.00	
Thursday Noon--Woodland Park	\$100.00	
Ute Pass Breakfast	\$102.00	\$54.00
Veterans for AA	\$100.00	
Walk the Talk	\$1,860.00	\$240.00
Walking on Water	\$575.00	\$125.00
We Are Not Saints	\$888.34	\$392.00
Wed. Afternoon Ladies	\$0.00	
Wed. Westside Womens	\$300.00	
Westside Eye Opener	\$851.10	\$275.50
Womens Step Study-WP	\$25.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$0.00	
Young People	\$316.00	
Totals:	\$16,686.67	\$2,819.98

Thank you for your contributions. Support your group and support our service office!

## 7<sup>th</sup> Tradition

An extra dollar in the 7<sup>th</sup> Tradition basket just for your home group will help us meet our 2009-10 budget goals for Intergroup and the Area Service Office.

## Intergroup Financial Reports

Financial reports are given to the Intergroup representatives at each monthly Intergroup meeting.

**They are available upon request at the Area Service Office.**

# AA-ANNIVERSARIES



## December



### Big Book Action

Tom R.	2 yrs.
Brian W.	1 yr.
Kathy K.	1yr.

### Serenity Riders

Laurie S.	23 yrs.
Monica S.	21yrs.
Zach A.	12 yrs.
Jeff S.	8 yrs.
Richelle R.	2 yrs.
Fallon W.	1 yr.

### Then and Now

Pat M.	20 yrs.
Courtney B.	2 yrs.

### Happy Hour

John N.	26 yrs.
Joan M.	12 yrs.
Deb	10 yrs.
Nalene	1 yr.
Victoria E.	1 yr.

### Tuesday New Woman Group

Nan P.	26 yrs.
Eva H.	24 yrs.
Carol H.	14 yrs.
Joan B.	14 yrs.

### Friday Women's

Jo Ann M.	34 yrs.
Mi-Lou	19 yrs.
Larue G.	19 yrs.
Jeri H.	18 yrs.
Kathy H.	1 yr.
Linda F.	1 yr.

### Walk the Talk

Doreen	31 yrs.
Bruce	25 yrs.
Maggie M.	24 yrs.
Paula R.	21 yrs.
Mi-Lou	19 yrs.
Susi L.	5 yrs.
Diane H.	5 yrs.
Lynn W,	4 yrs.
Rich S.	2 yrs.
Chris	2 yrs.
Dennis S.	1 yr.
Jerry F.	1 yr.
Ashlee	1 yr.

### Steel Magnolia's

Cora J.	7 yrs.
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*"The Holidays? Review the Twelve Steps, get lots of meetings, think of the Slogans. Repeat the Serenity Prayer — and keep your fingers crossed!"*

# AA-AROUND TOWN

## Grateful Hearts

Saturday, Nov. 22, 2009, was the "Grateful Hearts" dessert, coffee, social, and speaker meeting. All I can say is that you truly missed out if you weren't there. The doors opened at 6pm. There was a \$5 suggested donation at the door and unlimited desserts and coffee. The cheesecake bites and cupcakes were to die for. We got to sit in a very cozy room, socialize, and have great fellowship. The speaker meeting started at 7:45pm with Mark L. sharing his experience, strength, and hope. I had an exceptionally great time and am honestly very grateful to have been a part of it this year. Amanda F. and Megan H. kicked off their first AA event as programs chair and vice chair, with a bang. Their next event will be the New Years Alcothon at Sacred Hearts church. Volunteers are greatly needed and it is another very worthwhile event to attend. Fliers will be available online and also in The Pint. Hope to see you there!

Contributed by: Kim R. – PINT Vice-Chair



### ARCHIVES COMMITTEE WANTS YOU!

The time is near for the current Archives Committee Chair, Curt N. to rotate out. We urge you to step-up and fill this very important service position!

## STEP UP INTO SERVICE

DCM – District Committee Member – (2) Alternate DCM  
The Following Service Positions are currently **OPEN & NEED** to be filled

Board of Directors – Registrar  
Board of Directors – Vice Treasurer  
Archives Committee – Vice Chairperson  
Volunteer Coordinator–Vice Chairperson  
Public Information –Vice Chairperson

**Night Watch has slots OPEN that need to be FILLED**

If interested contact Mary Katherine @

[Nightwatch@coloradospringsaa.org](mailto:Nightwatch@coloradospringsaa.org)

Volunteer Hours at the Service Office **OPEN** that need to be **FILLED**  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday 3 PM – 5 PM

If interested contact Robin @ [serviceoffice@coloradospringsaa.org](mailto:serviceoffice@coloradospringsaa.org)

## RING IN THE HOLIDAY SEASON

Thursday Night Men's Group would like to apologize for any confusion there might be. Our December 10<sup>th</sup> date does not work for the church. We would like to open our meeting on December 17<sup>th</sup>. Potluck at 7:00pm and meeting at 8:00pm. Location at Our Savior Lutheran Church, 1128 E. Boulder Street.

# Step 12

*Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.*

## *Butcher, Baker, Candlestick Maker*

Carrying the message of Alcoholics Anonymous to a sick and suffering alcoholic is an assignment that I welcome, for by reaching out I get to see the miracle of that first flicker of hope in the eyes of someone who feels hopeless.

Recently I registered my name and phone number at our local hospital for Twelfth Step work, and within hours I received my first call for help from the nurses' station. I was to see a patient who admitted herself for detox.

There in Room 235, I encountered a single young mother of three children with the look of fear and desperation on her face. Alcohol had poisoned her and left its mark of near ruin.

After I'd explained I was a member of Alcoholics Anonymous, the young woman told me that she had attended one AA meeting several months prior to this hospital admission. She said, "I didn't like AA because I felt different from everybody there. And when they said the Lord's Prayer, I was out of there fast and never went back!"

Here was my opportunity to share with her my own experience. I explained that I, too, disliked my first several meetings of Alcoholics Anonymous. I deliberately sized up the people as having nothing in common with me, with problems not at all like mine and reasons different from my reasons for drinking. I also thought of an alcoholic as a scruffy chap in a dingy trench coat and clutching a brown bag of booze, whose home address was the doorway of a storefront. These thoughts could have kept me from attending another meeting, but one night someone suggested doing ninety meetings in ninety days, and if I still didn't identify with the people I heard in AA, I should do ninety more meetings in ninety days. Within a few days, I heard a speaker named Dave tell about the first night he entered a meeting and saw the doctor who had delivered him and the judge who put him behind jail bars. The message hit home: the butcher, the baker, and the candlestick maker as well as the homeless chap or the one who lives in a mansion can be just like me: admitted alcoholics wanting to get well.

Clearly, the young woman was not impressed with my story until, miraculously, a local clergyman, dressed in "full uniform" spotted me in her room. He came in said, "Hi, what have we here? A family member?" I replied, "Perhaps so, Father. I just stopped by to give this woman a Big Book in case she's interested." The clergyman extended his hand to the woman and said, "Hi, I'm a member of the AA club, too."

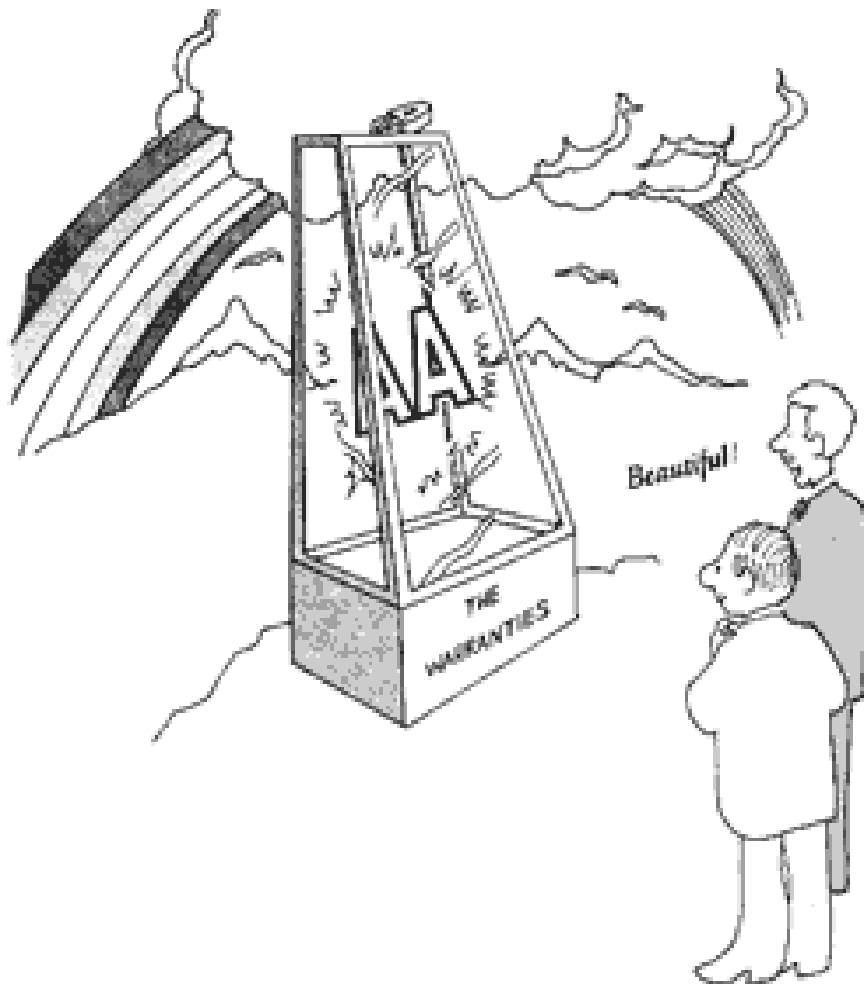
With tears in her eyes, the young woman looked at me and said, "Gosh, I thought that story about Dave was a fib you told just to get me to a meeting."

Five days have passed since the young woman was discharged home and together we have attended an AA meeting every day. That clergyman attended the second AA meeting of the young woman's life and greeted her by name.

Ginger A.  
Dover-Foxcroft, Maine

# Concept 12

General Warranties of the Conference: in all its proceedings, the General Service Conference shall observe the spirit of the A.A. Tradition, taking great care that the conference never becomes the seat of perilous wealth or power; that sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference Members shall ever be placed in a position of unqualified authority over any of the others: that all important decisions be reached by discussion vote and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Alcoholics Anonymous, it shall never perform any acts of government; and that, like the Society of Alcoholics Anonymous which it serves, the Conference itself will always remain democratic in thought and action.



Concept Graphic from Southbay AA .org website



# Tradition 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

*From the 12 Traditions Checklist*

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to *my* standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made *me* so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of *me* among more than a million AAs?

## Alcothon Committee News

CONTACT NEAL H. @ 635-7866 TO DONATE TURKEYS AND HAMS

CONTACT [PROGRAMS@COLORADOSPRINGSAA.ORG](mailto:PROGRAMS@COLORADOSPRINGSAA.ORG) TO SIGN UP FOR  
VOLUNTEER SERVICE OPPORTUNITIES.

# Alcothon 2010

No middle of the road solution



## Come Ring in the New Year!

At Sacred Heart Church 2021 W Pikes Peak Ave, Colorado Springs, CO

Speaker meeting 8-9 PM

Dance 10 PM

24 hr meetings

Pot luck Dinner (Main Course provided)

New Years Day - Continental Breakfast

From noon Dec 31<sup>st</sup> until noon Jan 1<sup>st</sup>

\$10 suggested donation

Contact Amanda 719-659-9208 or Megan 719-466-3225

Keep it simple... Black and White Event

Black & White Attire is *Suggested*

Not to be confused with a Black Tie Event!

# AAAt A Glance



December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	1	2	3	4	5
	Board Meeting 6:30 PM Service Office					Cooperation W/Professional Community Committee 7 E. Bijou 9:00 AM
6	7	8	9	10	11	12
		Intergroup Mtg. 7:00 PM Bethany Lutheran Church 1401 8 <sup>th</sup> Street, CS (downstairs) Next door to S.O.				Treatment Committee 4:00 PM Pikes Perk 14 S. Tejon St.
13	14	15	16	17	18	19
		Combined District Meeting 7:30 PM Red Cloud			Submit Milestones to the Pint	Corrections Committee 9:00 AM Sacred Heart Room 6
20	21	22	23	24	25	26
					Merry Christmas 	
27	28	29	30	31		
	Step UP! Be of Service (see next page)			Alcothon @ Sacred Heart 		

# AA Thought for the Day

## *Missteps of the Season*

1. We admitted we were powerless over the holidays--that our bank balances had become unmanageable.
2. Came to believe that paying attention to advertising would drive us insane.
3. Made a decision to turn our will and our credit cards over to the care of shopping malls *as we understood them* from watching TV.
4. Made a searching and fearless shopping list for our family and friends.
5. Admitted to the bank and to ourselves the exact nature of our credit rating.
6. Were entirely ready to remove extravagant gifts from our shopping lists.
7. Humbly asked for a diet that would remove ten pounds by the New Year.
8. Made a list of all persons we had bought the wrong sizes and colors for and became willing to make exchanges for them all.
9. Made direct returns to stores whenever possible, except when they had gone out of business.
10. Continued to take personal grocery lists to the store and when we could use a coupon promptly cut it out.
11. Sought through procrastination and couch-potatoing to improve our conscious contact with the home team, praying only for the health of the players and their power to carry the ball.
12. Having had a rude awakening as the result of opening our credit card statements, we tried to eliminate shopping from our daily disciplines and to fill our time with more AA meetings.

### Monthly Meetings

<b>The Board</b>	6:30 pm 1st Monday, Svc. Office
<b>Corrections</b>	9:00 am 3 <sup>rd</sup> Saturday, Sacred Heart, Rm 6, 2021 W. Pikes Peak Ave.
<b>CPC</b>	9:00 am, 1 <sup>st</sup> Saturday - 7 E. Bijou Street
<b>Treatment</b>	4:00 pm 2 <sup>nd</sup> Saturday, Pikes Perk, Tejon St, Downtown
<b>Public Info.</b>	6:00pm 3 <sup>rd</sup> Wednesday, St. Francis Hospital, 5 <sup>th</sup> Floor
<b>Intergroup</b>	7:00 pm 2nd Tuesday, Bethany Lutheran Church 1401 S. 8 <sup>th</sup> St. CS CO (downstairs) Located next door to the Service Office

### District Monthly Meetings

**Red Cloud Serenity Club**  
8020 W. Highway 24, Cascade  
**District 7**  
7:30pm, 3<sup>rd</sup> Tuesday

# NIGHTWATCH NEEDS YOU!



Have the hand of AA be there when the still suffering alcoholic reaches out!

We need volunteers for shifts and we are updating our current database. If you are a Night Watch volunteer, wish to become one or have any questions, please contact us.

[nightwatch@coloradospringsaa.org](mailto:nightwatch@coloradospringsaa.org)

Marykatherine 761-1018

Dana 491-0587

# The Last Word

## A Christmas K.I.S.S.

FOR SEVERAL holidays now, I have seen many people in the program suffer. To some, the holidays are a painful reminder of days gone by, and they are filled with remorse or overcome by a sense of loss. To others, the holidays seem a frightening or threatening time, filled with temptation; depression runs rampant. I began to dread meetings, because I know the topic of every one will be "How to Stay Sober During the Holidays."

It seems to me the real topic of those meetings is "How to Stay Sober During the Holidays and Still Do Things Exactly the Same Way I Did When I Drank." This year, why not try something new? Look at the trouble spots, and change them.

If family gatherings are uncomfortable, search honestly for the reason you don't like going, and see if it's something you can change. If not, do the unthinkable and stay home! My best friend tried it one Christmas after six years in AA, and her only regret was not having the courage to try it sooner.

Make up new family traditions, or do traditional things a little differently. Remember, change can be growth.

For me, trimming the tree was a very stressful time. My husband became irritable, and I usually drank over his lack of "proper spirit." My first Christmas after joining AA, I started projecting disaster three weeks ahead of the fateful day. When it finally arrived, I was surprised to hear a little voice inside say, "What can you do to change this?" I began to look objectively at what we had been doing every year. My husband always put the lights on the tree, I realized, and he always became frustrated and angry while he was doing it. That year, I put on the lights, using the one-step-at-a-time techniques taught me by the AA program. It worked. I felt a real sense of accomplishment, and my husband was able to relax and enjoy the day for the first Christmas in many years.

An AA friend of mine realized that he would sorely miss the family he had lost through drinking, so he invited several other loners from AA to his home for Thanksgiving dinner. I was told by everyone attending that it was the best Thanksgiving ever, though the turkey the host had cooked was only half done.

The holidays should be a joyful reminder of our sobriety, not a painful reminder of the past. Probably, the easiest way to ensure that is to "Keep It Simple, Stupid."

C. T.

Everett, Washington