

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

Intergroup is looking for a Secretary.

Please attend the next meeting if you are interested.

Please remember the Area Service Office is open only because of your continued financial support.

Our Primary purpose is to stay sober and help other alcoholics achieve sobriety.

Contributions can be made on the homepage of our CSASO website: www.coloradospringsaa.org or mailed or dropped off at the Area Service Office located at 1353 S 8th Street Suite 209, Colorado Springs, CO 80905

Or feel free to call the office and we can take your contributions over the telephone and charge manually whatever amount you wish to your debit or credit card. This option is available Tuesday—Fridays 9 a.m.—5 p.m.



NOVEMBER 20TH 5:30 P.M. TO 8:00 P.M.



GRATITUDE DINNER/SPEAKER MEETING

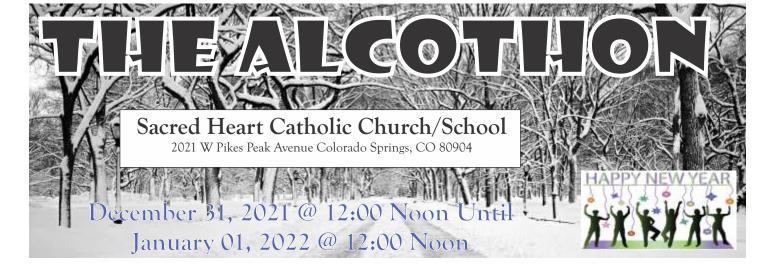
SPAGHETTI & FIXINGS

PETE B. AA SPEAKER

Odd Fellows Hall

575 S. Union Blvd.

Colorado Springs, CO 80910



Tradition Eleben

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.

Nothing in this day and age remains un-promoted. We get targeted ads on our tv's, phones's computers and even on the back of our receipts in the grocery store. There are ads on every late night tv station for self help and recovery centers, but not a word about AA. You will never get a text message, see a glossy full page ad or see an AA pop up.

An attraction is a place which draws visitors by providing something of interest. The people who come into the room of AA are there for, most likely, interested in finding a place to stay sober. Our meetings provide just such a place. A sanctuary of the downtrodden and disenfranchised. There is true power in a free cup of coffee and no questions about your station or ability. Only the genuine desire to be of help to the new person seeking to join our merry band of recovered alcoholics.

What of the second part, personal anonymity? There are many who entreat us to keep our membership in AA a secret, from all. Who think it best to not tell our employers or friends, to keep our member ship from our church and community. This I think is neither the letter or intent of the 11th tradition. We should never maintain personal anonymity any where else but in the press, on radio or in films. We can only be of service to the alcoholic who still suffers if they know whom to reach out to. Not all alcoholics can or will make it to AA. We all must be available: When anyone, anywhere reaches out for help. I want the hand of AA always to be there. And for that: I am Responsible.

Intergroup Committees

INTERGROUP MEETING

2ND TUESDAY

7:00 PM

DOWNTOWN MEETING ROOM

210 N. CORONA

TREATMENT COMMITTEE

2ND SUNDAY

10:00 AM BLACK BEAR COFFEE SHOP

6550 S. ACADEMY BLVD.

DISTRICT 7 MEETING

3RD TUESDAY

7:00 PM LEGACY WESLEYAN CHURCH

502 N. WALNUT STREET

ZOOM: MEETING ID 741 7625 8437 PASS 928 532

COOPERATING W/ PROFESSIONAL COMMUNITY

3RD SATURDAY

3:30 PM AREA SERVICE OFFICE 1353 S. 8TH STREET SUITE 209

CORRECTIONS COMMITTEE

4TH SATURDAY

10:00 AM AREA SERVICE OFFICE 1353 S. 8TH STREET SUITE 209

BRIDGING THE GAP

PLEASE FILL OUT THE FORM UNDER INTERGROUP

COMMITTEES

NIGHTWATCH

PLEASE CALL THE SERVICE OFFICE

Happy A.A. Birthday!

Walk The Talk

Amanda 9 yrs Debbie 29 yrs Judy R. 28 yrs Alberto 15 yrs Leroy E. IO YTS Ron C. 35 yrs Larry G. 44 YTS Sean 9 YTS Nancy 27 YTS Karen N. 37 yrs Glen G. 16 yrs

Friday Women's
N ancy B. 31 yrs

New Woman's Group

Kay G. 1 yr

The IIth Step Promises

"What used to be the hunch, or the occasional inspiration gradually becomes a working part of the mind. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it."

Page 87.

Please send your groups birthdays to: pint@coloradospringsaa.org

Step Eleben

SEEKING "through prayer and meditation," the Eleventh Step tells us, was among the vital actions that brought sobriety to the earliest members of Alcoholics Anonymous. Obviously, if we want what those pioneers had and if we are "willing to go to any length to get it," we should pray and meditate.

As I slowly made my own way through the Steps, I was aware that I had to understand them fully if I was to take them. Prayer was not a big problem. By the time most of us reach the Eleventh Step, we are familiar with communication with a Higher Power. Indeed, by the time alcoholism has beaten us to our knees, most of us accept the fact that we should stay on our knees and start praying.

But meditation? I realized that I had never really meditated. Oh, there were plentiful lonely hours (even complete nights) during my drunken years when my interpretation of meditation was wallowing in self-pity and fantasizing a dismal future.

Had I ever listened for answers during my pre-AA life? I searched my memory, and all I heard was a sick me bragging and commiserating with myself.

Today, I ask, "What good is meditation to a nonlistener?" Now, I know that meditation is basically listening-and hearing what the precepts of our program intend me to absorb. There is no end to the answers that can be revealed while we engage in serious and extended periods of concentration.

Since this kind of thinking occurs only when we are alone with our Higher Power, meditation, like prayer, is usually a silent act. And although revelations may come suddenly during our meditating, it is best when done leisurely. What a lesson in patience!

The "Easy Does It" aspect of meditation allows us time to realize that the sudden insights we receive about ourselves are not complete fulfillments of our goals. These tentative answers require deeper investigation during further meditation.

Meditation, of course, is a personal act. To prove useful, it demands that our thinking remain confined to ourselves rather than to society as a whole. Only by improving ourselves can caring and sharing come. Meditation, like many other facets of our recovery, calls for total commitment. After all, we can hope to grow only by developing our own individual capabilities.

We should not be dismayed if some of our meditative thoughts become retrospective. Memories of errors can create lessons for today. Better still is meditating on events of the past that brought us great pleasure. Sometimes meditation can be like going home again; it can build a desire to return to a happy self, before alcoholism came-a determination to get back something we once had and lost.

Meditation should result in a change in living patterns. It can spur the direction of attention toward a single purpose. It can produce a willingness to analyze ourselves—and then change.

Meditation will reveal both our abilities and our limitations and prepare us to accept both. Such a realistic outlook will make us sure we belong with our fellow AAs-a big step toward liking ourselves.

Meditation will help us see how much closer to our goals we come each day, at the same time cautioning us that we can never arrive. We welcome the truth that there is no finish line in spiritual growth. Perhaps the greatest gift of meditation is the realization that we can never say, "I've got it all wrapped up and can coast the rest of the way through my sobriety."

Continued on Page 6

LOCAL SERVICE OFFICE

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

Closed: Saturday - Monday 1353 South 8th Street, Suite 209

The Change is coming to the fist 164

From District 55:

We recommend that the Conference form a study committee to audit the first 164 pages of the Big Book with the purpose of identifying changes that can be made to make the Big Book more reflective of the A.A. membership composition. The focus should be on identifying the following for possible change: • Pronoun usage – where possible the gender-neutral form should be incorporated. • Passages or sections that are no longer consistent with or relevant when taken in context of society in general or the A.A. membership composition. • The chapters To Wives and The Family Afterward should specifically be evaluated for revisions to be more consistent with today's membership. Once items have been identified these should be prioritized both by the ease of editing and the possible impact to the context of the message. Changes to the overall message should be minimized or avoided entirely. Simplification of the vocabulary should not be considered and references to historical figures and events should remain unchanged. Where possible, suitable changes should be suggested for incorporation into the text subject to Conference approval. Examples of changes consistent with the proposal: Pronoun usage: The gender-neutral form is not the same as no gender; rather it is the generally accepted form of writing that does not assign specific gender to an action or uses a he or she format. From the Big Book page 17, the sentence, "But the ex-problem drinker who has found this solution, who is properly armed with facts about himself," could readily be changed to "But the ex-problem drinker who has found this solution, who is properly armed with facts about themselves," without altering the meaning. This would be considered an appropriate change. Passages or sections that are no longer consistent with or relevant when taken in context of society in general or the A.A. membership composition.

From Feb. 2021 District 5 Literature Committee Report

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

$ilde{\ }$ GENERAL SERVICE OFFICE $ilde{\ }$

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 Here coloradospringsaa.org

Step 11, continued from page 4

How do we meditate? Whatever way best suits each of us individually. There are no set rules, no firm patterns. We can make the act easy and comfortable or hard and frustrating. Either way, the act will be rewarding. Rather than ask ourselves, "How well did I do?" we can ask, "How well did I try?" The lonely act will find us in good company-with our Higher Power.

On what do we meditate? I spent much time asking myself that question until one day I heard a meeting leader greet newcomers with these words: "Welcome to our world, the world of AA." And I heard because it was my time to receive that answer. Why not meditate on the wonderful things that make up the world of AA?

Now, I have no trouble finding a brand-new topic every time I make way for meditation: honesty, gratitude, humility, faith, love, open-mindedness, willingness, tolerance, truth, trust, hope, positive thinking. The opportunities for savoring, through meditation, the gifts of our Fellowship are inexhaustible.

Grapevine Article March 1985 By C.C.

GRATEFUL GIVERS Would you like to be one?

Grateful Givers are AA members who, in gratitude, pledge to contribute any monthly amount toward the support of the Area Service Office in hopes of carrying the message of hope and recovery to those alcoholics who still suffer in the Pikes Peak area.

If you would like to join this worthwhile cause, please fill in the form below and return it with your first contribution.

YES please enroll me as a Grateful Giver

Name:			
Email:			
Phone/Text:			
I plan to contribute			
Monthly			
Quarterly			
Semi-annually			
Annually			
lf you would like to us make arrangements.	se a debit or cre	dit card, please call the	e office to
Please remind me	Yes	NO	

Please return by any of the following methods:

- Mail: 1353 S. 8th Street Suite 209, Colorado Springs, CO. 80905
- Email: serviceoffice@coloradospringsaa.org
- Call the Area Service Office: 719.573.5020

Colorado Springs Area Service Office

1353 S. 8th Street Suite 209 Colorado Springs, CO. 80905 (719) 573-5020 Serviceoffice@coloradospringsaa.org

	А	В	C	D	up Coi	F	G	Н	1 1	J
1	2021-2022 Groups	Fiscal YT	April	May	June	July	Aug	Sept	Oct	Nov
2	A Common Solution	\$276				\$108	74.9	John	\$168	
3	APEX	\$665			\$302	7200			\$363	
4	Back to Basics	\$1,042	\$106	\$81	7502	\$303	\$232		\$320	
5	Beacon Light	\$1,0.2	7100	701	<u> </u>	7505	7232		\$100	
6	Big Book Action	\$750				\$500	-		\$250	, , , , , , , , , , , , , , , , , , ,
7	Black Forest Group	\$397	,		\$217	3300			\$180	
8	Central	\$100			\$217	<u> </u>	\$100		\$190	
9	Clean Air	\$90	-			Ċ20	 			
10	District 7		ć1 270		 	\$38	\$52	-		
11	DWBH	\$1,278	\$1,278		Ċ40C	Ċ440	÷440		4500	
12		\$1,445	\$229		\$406	\$110	\$110	ļ	\$590	
-	Downtown Easy Does It	\$3,000	\$1,000	44 40=		<u> </u>	\$2,000	_		
-		\$1,907	Ċ420	\$1,427			\$480			
***	Florissant Brown Baggers Fountain 2.0	\$120 \$226	\$120 \$226					-		
-	Foxhall	\$150	\$150				 			
extension.	Friday Night Living Free	\$100	7.00	\$100						
18	Friday Women's	\$776		\$529			\$247			
	Girl's Night Out	\$112					\$80		\$32	
-	Good Ole Boys	\$100						\$100		
	Happy Heathens	\$100			\$50	\$50				
	High Noon H.O.W.	\$265			\$50	\$75	\$65	\$75		
****	Keystone to Recovery	\$100 \$100			 		Ć400		\$100	
	Into Action	\$646		\$180	 	\$124	\$100	 	\$342	
	Little Log Cabin	\$533	\$200	3100	 	3124	\$91		\$342	
	Living Sober	\$35	7200		 		731	 	\$35	
	One Six Four	\$334		\$81		\$94		\$159	955	
	MAG	\$310			\$310			7=00		
	Men's Anonymous	\$1,924			\$265	\$307	\$400	\$952		
	Morning Trudge	\$659			\$210				\$449	
-	Natural High	\$80							\$80	
	New Beginners	\$616	\$161			\$214			\$241	
	New Woman Northwester's	\$470	\$264				\$206		100-	
	Old North End	\$205 \$223			 		tana .		\$205	
	Palmer Lake Group	\$316					\$223		\$316	
-	Pre-Dawn	\$500			\$500	<u> </u>	 		2210	
THE RESERVE AND ADDRESS.	Recovery in Action	\$428			\$176				\$252	
	Red Cloud Meeting	\$175			\$25		\$150			
41	Saturday Early Morning	\$378		\$156			\$222			
	Serenity Hour	\$125				\$25	\$25	\$50	\$25	
	Serenity Riders	\$360	40.4			\$360	<u> </u>			
-	Sober Sisters	\$67	\$24		ļ	<u> </u>	\$43			
	Steel Magnolias Sunlight of the Spirit	\$71 \$790	\$71 \$150				Ċ400		4040	
-	Sunset Sobriety	\$159	\$130			 	\$400 \$159		\$240	
	Taking Steps	\$200			 		3122		\$200	
modern energy	Thursday Mens Group	\$500					\$500		7200	
50	Tues 5:30 Meditation	\$235				\$100			\$135	
	Twelve Steps from the Morgu	\$322	\$145			\$101			\$76	
-	Walk on Water	\$175			\$100				\$75	
=	Walk the Talk	\$1,875	A	\$425	\$425	\$425	\$200	\$200	\$200	
	We are Here	\$301	\$102			\$110			\$89	
_	We are not Saints Woodland Park Tues	\$1,890	¢120			\$874			\$1,016	
57	vvoodianu Park Tues	\$240	\$120		 	-	 '	-	\$120	
-	Monthly Totals	\$28,240	\$4,345	\$2,979	\$3,036	\$3,918	\$6,085	\$1,536	\$6,441	
59			GR							

2021-2022 Groups Chairing Times For Meetings at Alcothon

GROUP NAME	INTERGROUP REP	MEETING TIME		
APEX	Steve E.	7:00 a.m. 1/1/2022		
BIG BOOK ACTION	Dallas D.	1:00 a.m. 1/1/2022		
BLACK FOREST	Mark Strauch	2:00 a.m. 1/1/2022		
CENTRAL	Steve. B.	8:00 p.m. 12/31/2021		
CLEAN AIR	Charlotte M.	10:00 a.m. 1/1/2022		
EASY DOES IT	Ricky	3:00 p.m. 12/21/2021		
FOX HALL	Aiden	9:00 p.m. 12/31/2021		
FRIDAY NIGHT LIVE	Steve B.	6:00 p.m. 12/31/2021		

GROUP NAME	INTERGROUP REP	MEETING TIME		
GRACE PPG BOOK STUDY	Julie S.	4:00 a.m. 1/1/2022		
HAPPY DESTINY	Billy R.	10:00 p.m. 12/31/2021		
HOW IT WORKS	Josh (they are a new group and have a GSR but no IR yet)	8:00 a.m. 1/1/2022		
INTO ACTION STEP MEETING	Al T.	5:00 a.m. 1/1/2022		
M.A.G.	Ray R.	3:00 a.m. 1/1/2022		
MONUMENT SATURDAY MORNING	Michael L.	6:00 a.m. 1/1/2022		
MORNING TRUDGE	Sergio	9:00 a.m. 1/1/2022		
RECOVERY IN ACTION	Michael L.	7:00 p.m. 12/31/2021		
SUNSET SOBRIETY	Mike H.	4:00 p.m. 12/31/2021		

GROUP NAME	INTERGROUP REP	MEETING TIME
WALK THE TALK	Glen G.	Midnight 12/31/2021
WE ARE NOT SAINTS	Joe N.	Noon 12/31/2021
YOUNG PEOPLE	Dallas D.	11:00 p.m. 12/31/2021
TAKING STEPS		2:00 p.m. 12/31/2021
DON'T WORRY BE HAPPY		5:00 p.m. 12/31/2021
VETERANS FOR AA	Steve B.	1:00 p.m. 12/31/2021
ONE DAY AT A TIME	Laura	11:00 a.m. 1/1/2022

Where:
OddFellows Hall
575 S. Union
Colo Spgs

Nov. 20 5:30 pm

Speaker: Pete B. 6:30 p.m.

\$10
Suggested
Contribution...
NO one will be turned away.

Gratiticas Ninnet

Menu

Spaghetti Dinner Italian Salad Garlic Bread * Bring a Dessert Pls

Volunteers Needed Contact Kimberly H. 719.492.1238 or Niels H. 719.217.8222