

### A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

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.

## The Intergroup Committee Openings:

#### Secretary

whose duties include takes roll call at monthly CS Intergroup meetings and records attendance. On the basis of the roll call, declares whether or not there is a quorum; prepares written minutes of CS Intergroup meetings and makes a copy of the minutes available in a timely manner; provides a copy of the minutes to the ASO for distribution and for the archives; and takes minutes of CS Intergroup Board meetings; and makes a copy of the minutes available to the Board and ASO Manager.

Suggested Requirements: At least 3 years sobriety; the ability to transcribe a recording of a meeting; ability to produce accurate minutes of the meeting in a timely manner.

#### Vice Chair

Vice-Chairperson, whose duties include assists the Chairperson in the duties described above; assumes the duties of the Chairperson if she/he is unable to serve; and performs such other duties as the Chairperson may direct.

Suggested Requirements: At least 5 years sobriety; business experience with leadership and management skills; and good people skills.

#### District 7 is Has Open Positions

District 7 is looking for both a DCM and an Alternate DCM. If you are interested please speak with your GSR

#### Spiritual Experience Of Light Saves Me Another 24 Hours

I turned to a spiritual journey in the fall of 2018, where I learned how to hear God's voice. I found out I couldn't do both the journey with God and still drink. I made a choice to leave a 39 year love affair with alcohol, full of abuse and countless near death experiences, behind me. Our family was in ruins from the ravages of active addiction and I had finally found true peace from this new voice.

I was around 6 months sober when an unexpected gift from God saved me in sobriety. I had been tempting fate on this summer day in June, choosing to be very close to alcohol around my friends who were in active alcoholism and didn't know I was in the program of AA.

It was after I had experienced these close calls in almost reaching for a drink, when I left on an evening walk with God. I was writhing in pain from abstinence from alcohol. My ego told me I was missing out. As I spun inside self pity, my eye caught the light of the sun through thick tree leaves. It looked like the image was twirling, so I stopped and took pictures from my cell phone.

I stood with tears in my eyes while I saw a

shape of a cross that got larger and larger. It was so beautiful. It took my breath away.

From 7:31 to 7:32 pm, God shone in His sun what looked like a cross to me. After this encounter, I journaled with God and asked, Why do you shine the light of Jesus's cross through the small opening in these trees?

I heard: "Your belief this is My son's cross overwhelms Me with great joy. His cross in My light is My gift to you for choosing Me and My enduring love. For you have been tempted to return to the lies of darkness all around you and you stay with Me here in My light. We carry the cross in joy and in turbulence together in My light. The cross is pure love from My son's heart to yours. Please share with your brothers and sisters, it's the togetherness as One with Me, who carries the light of the cross into eternity with Me."

And so it is, I am sharing with you my experience, strength and hope in a power greater than myself who saved me from drinking another day and every day I let my heart summon the strength to stay inside of His light, one day at a time.

Anonymous Member of A.A.



#### BY: JUDY M. | BLUFFTON, SOUTH CAROLINA

A woman discovers a way to practice conscious contact while she goes about the business of the day

I got up this morning, and rolled off the bed to my knees to get the day off the ground right like it says to do on pages 86 and 87 of the Big Book. I felt disorganized and disgruntled. I knew from past experience that if I let this thinking continue that it was going to screw up my day. It is always best for me to get my head right by following these directions. I am not sure all of what the day has in store for me, other than plans that I made yesterday. But at least I am making a good attempt for positive outcomes

for my endeavors. 2011 Grapevine

# Step One

#### We admitted we were powerless over alcohol—that our lives had become unmanageable

Admitting that I was an alcoholic was never my problem - I knew that I was an alcoholic years before I was willing to make any changes in my life. Admitting that my life was unmanageable, however, was something I could not do. Throughout my drinking career I managed to climb the ladder of societal success – I finished high-school as Valedictorian with a full ride academic scholarship, I obtained my undergraduate degree, I always maintained consistent employment with upward mobility, I had a safe home with reliable means of transportation. How could my life be unmanageable if I am successful by all of societies measurements?

The truth is that I was very rarely a successful member of society, I just had enough material achievements to look good from an outside perspective. In my real life, I was in and out of jail. I couldn't maintain meaningful relationships. I resorted to

violence and verbal destruction nine times out of ten. I constantly felt at war with my own thoughts. I hated everything about my world and my existence.

On my last night of drinking, my circumstances didn't look much different than they did any other night. I found myself in the back of a cop car being transported to jail, again. Something about that night was different. I felt so much internal disgust that it consumed me. I was overwhelmed with feelings I had never felt before – guilt, remorse, gut-wrenching fear. These feelings were enough to make me willing. it was not only clear to me that I was an alcoholic, but it was clear to me that I was an alcoholic that could not manage my own life.

Admittance wasn't the only key for me-I had to be completely ready to surrender. I waived the white flag with no reservation of any kind. I had no desire to try to beat the game or prove that I could live an even remotely normal life that included alcohol.

I was done.

Aurianna

# Tradition One

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

In simple practice, Tradition One, sets our course for personal action around the fellowship. It is a reminder that as members of A.A. we our primary purpose is stay sober and help other alcoholics achieve sobriety. This is only possible as long as A.A. continues to function. This is the tradition behind putting some money in the basket, making coffee, cleaning up, doing service work, and every other simple chore required to keep the lights one and the doors open. It also speaks to an equally important role for the group member. To carry a message of depth and weight to the newcomer. The Big Book and other A.A. literature gives us a guide to the message we are to carry and again insures A.A. continued survival. Just as much as we allow our meetings to get mired in personal opinions, war stories, judgment and exclusion do we threaten the very existence of A.A. as a whole. It is important that we always remember, we may be the only voice a newcomer hears when they come into a meeting! Are we insuring the common welfare, or are we just dumping our garbage on the table?

2ND TUESDAY

2ND SATURDAY

4TH SATURDAY

2ND SATURDAY

## Tradition One: Questions to Ask

Our common welfare should come first; personal recovery depends upon AA unity.

- Am I in my group a healing, mending, integrating person, or am I divisive? What 1. about gossip and taking other members' inventories?
- 2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
- 3. Am I gentle with those who rub me the wrong way, or am I abrasive?
- 4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
- 5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
- Am I informed about AA as a whole? Do I support, in every way I can, AA as a 6. whole, or just the parts I understand and approve of?
- Am I as considerate of AA members as I want them to be of me? 7.
- Do I spout platitudes about love while indulging in and secretly justifying behavior 8. that bristles with hostility?
- 9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
- 10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

#### INTERGROUP COMMITTEE MEETING

#### TIMES

INTERGROUP MEETING

DOWNTOWN MEETING ROOM 210 N. CORONA

7:00 PM ZOOM MEETING ID: 895 839 8739. PASSCODE: 040352

TREATMENT COMMITTEE

1353 S. 8TH STREET SUITE 209 9:00 AM SERVICE OFFICE

DISTRICT 7 MEETING 3RD TUESDAY

7:00 PM LEGACY WESLEYAN CHURCH 502 N. WALNUT STREET

ZOOM: MEETING ID 741 7625 8437 Pass 928 532

COOP W/ PROFESSIONAL COMMUNITY 1ST&3RD SUNDAY

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

CORRECTIONS COMMITTEE

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

PUBLIC INFORMATION

2:30 PM 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 Group

# New Beginners Group Erin M . . . . . . . . 2011 Mark S. . . . . . . . . . . 1987



# LOCAL SERVICE OFFICE

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

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

#### Concept I for World Service

Final responsibility and ultimate authority for A.A.

World Services should
always reside in the collective conscience of our whole
Fellowship.

Alcoholics Anonymous has been called an upsidedown organization because the "ultimate responsibility and final authority for . . . world services" resides with the groups — rather than with the trustees of the General Service Board or the General Service Office in New York. In Concept I, Bill traces how this came to be. The first step in 1938 was "the creation of a trusteeship," first called the Alcoholic Foundation, renamed in 1954 the General Service Board. Why? To perform the services the groups could not do for themselves: e.g., uniform literature, uniform public information about A.A., helping new groups get started, sharing with them the experience of established groups, handling pleas for help, publishing a national magazine, and carrying the message in other languages and in other countries. A service office was formed to carry on these functions under the board's direction. Both the board and the office looked to the co-founders, Bill and Dr. Bob, for policy leadership.

In the midst of the "exuberant success" of early A.A., Dr. Bob became fatally ill and Bill asked, "When Dr. Bob and I are gone, who would then advise the trustees and the office?" The answer, Bill felt, was to be found in the collective conscience of the A.A. groups. But how could the autonomous, widely scattered groups exercise such a responsibility?

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### 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 8<sup>th</sup> 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 Here coloradospringsaa.org



- 1. An increased tendency to let things happen rather then make things happen.
- 2. Frequent attacks of smiling.
- 3. Feelings of being connected with others and nature.
- 4. Frequent overwhelming episodes of appreciation.
- 5. A tendency to think and act spontaneously rather then from fears based on past experience.
- 6. An unmistakable ability to enjoy each moment.
- 7. A loss of ability to worry.
- 8. A loss of interest in conflict.
- 9. A loss of interest in interpreting the actions of others.
- 10. A loss of interest in judging others.
- 11. A loss of interest in judging self.
- 12 Gaining the ability to <u>love</u> without expecting anything in return.

## **Intergroup and D7 Service Group Meetings**

POSITION	MEETS	LOCATION	CONTACT INFO
Corrections Committee	4th Saturday Monthly at 10:00 a.m.	Area Service Office 1353 S. 8th Street Suite 209	corrections@coloradospringsaa.org
CPC Committee (Cooperation with the Professional Community)	1st and 3rd Sunday Monthly at 3:30 p.m.	Area Service Office 1353 S. 8th Street Suite 209	cpc@coloradospringsaa.org
District 7 Meetings	3rd Tuesday Monthly at 7:00 p.m.	Legacy Wesleyan Church Downstairs 502 N. Walnut And Zoom ID: 741 7625 8437 Passcode: 928 532	d7secretary@coloradospringsaa.org
Intergroup Board Meetings	1st Monday Monthly at 5:00 p.m.	Area Service Office 1353 S. 8th Street	719-573-5020 serviceoffice@coloradospringsaaorg
Intergroup Meetings	2nd Tuesday Monthly at 7:00 p.m.	Downtown Meeting Place 210 N. Corona St Zoom ID: 895 839 8739 Password: 040352	serviceoffice@coloradospringsaa.org
PI (Public Information)	2nd Saturday Monthly at 2:30 p.m.	Pikes Peak Library 21C 1175 Chapel Hills Drive	pi@coloradospringsaa.org
Treatment Committee	2nd Saturday at 9:00 a.m.	Area Service Office 1353 8th Street Suite 209	treatment@coloradospringsaa.org



Potluck 6:00 p.m. Speaker 7:00 p.m.

Wednesday January 26th

The Center For Spiritual Living

5075 Flintridge Drive, 80918

**Enter at the East Door** 

#### District 7 Public Information Committee presents

Public Information Workshop Saturday, February 19th, 2022 2:30pm - 4:30pm



#### Coffee and snacks provided!

Central Methodist Church 4373 Galley Rd. Colorado Springs, CO 80915

For more information, contact our Public Information chair at pi@coloradospringsaa.org 719-232-1046

# Area 10 Spring Assembly





March 18-20, 2022 DoubleTree Colorado Springs 1775 E Cheyenne Mountain Blvd Colorado Springs, CO 80906



Saturday Lunch Buffet Price TDB Saturday Speaker Meeting: 7 pm Ice Cream Social: \$15.00

Accommodations: Doubletree by Hilton: \$122.00 per night Use Event Name "Spring 2022 Assembly" Reserve by February 16th, 2022 for discount reservations: 719-576-8900

Book online at https://www.hilton.com/en/attend-my-event/cosp-dt-saa-fb5f1316-4e19-45cc-9468-ff907d32e751/

Contact: Josh P. 719-210-1612

## 2021-2022 Alcothon at Sacred Heart Gym

Money In			
Chess Tournament	\$75		
22 Meetings	\$538		
Personal Contributions	\$3,792		
Total income	\$4,405		

Money Out	
Sacred Heart Facility Deposit and Contribution	\$800
Food and Supplies (utensils, stereos etc.)	\$1,440
Decorations	\$656
Total expenses	\$2,896

Contribution to the Area Service Office		
Income minus expenses	\$1,509	



