



# THE PIKES PEAK PINT

AUGUST 2022

A newsletter for the Pikes Peak Region of Alcoholics

## **WE HAVE NEW SERVICE OFFICE HOURS:**

<b>Saturday</b>	<b>Closed</b>
<b>Sunday</b>	<b>Closed</b>
<b>Monday</b>	<b>Closed</b>
<b>Tuesday</b>	<b>10:00 AM to 2:00 PM</b>
<b>Wednesday</b>	<b>10:00 AM to 2:00 PM</b>
<b>Thursday</b>	<b>10:00 AM to 2:00 PM</b>
<b>Friday</b>	<b>10:00 AM to 2:00 PM</b>

## **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

New Pint Editor!

Please email your group's UPDATED celebrations to [pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)

## News For You

1. The Intergroup Central Offices of AA (ICOOA) Seminar is being held in Denver over Labor Day weekend (hosted by Colorado Springs Intergroup).
2. Can your group help with Hospitality items (drinks or snacks) or money? Will you or your group, volunteer to help with registration or Hospitality room? Contact Connie at 719-200-3388 at the Service Office for more information.
3. Christy W. (of Nightwatch) is the 2022/2023 Alcothon Program's Chair. More details coming.

### SERVICE OPPORTUNITIES

1. Treatment Committee is looking for groups to volunteer to lead Wednesday or Friday night meetings for the month of September at Mountain Springs. Contact your GSR or the Area Service Office.
2. District 7 is looking for an Accessibility Chairperson.
3. D7 has a new Corrections Chair. Nik is looking for committee members. Monthly meeting held 4th Saturday, 10am at Area Service Office

## 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

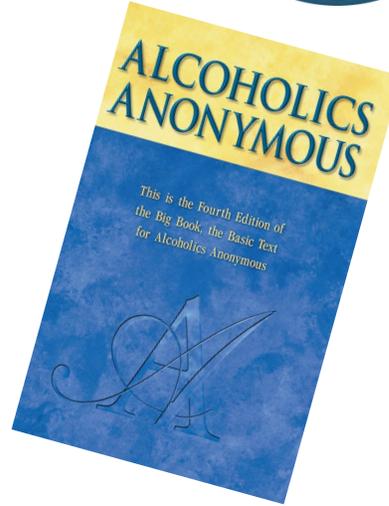
Meetings, when you log onto the website do not click anything, just scroll down to Zoom Meetings.

**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](mailto: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



## **Your input is needed!**

Please take survey to assist AAWS to plan the 2025 International Convention  
<https://survey.zohopublic.com/zs/UhCs6p>

Visit [aa.org](http://aa.org) (click) for the latest information regarding the 2022 International Convention.

# 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 10 a.m. - 2 p.m.

Closed: Saturday - Monday

1353 South 8th Street, Suite 209

Colorado Springs, CO 80905

719.573.5020

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

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

## JOIN A COMMITTEE MEETING!

### TREATMENT and BRIDGING THE GAP

Chair: Julie L.

Meets monthly on the 2nd Saturday, 9 a.m. at Pikes Perk at  
5965 N. Academy Blvd.

### PIKES PEAK PINT

Chair: Amy M.

Please send your and/or your group's sobriety birthdays and  
any other news to [pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)

### CORRECTIONS

Chair: Nik W.

Meets monthly on 4th Saturday, 10 a.m. at the Area Service  
Office, 1353 S. 8th Street

### PI (PUBLIC INFORMATION)

Chair: Nate G.

Meets monthly on second Saturday at 2:30 p.m.  
Pikes Peak Library 21C  
1175 Chapel Hills Drive

### CPC (Cooperation with the Professional Community)

Chair: Krista

Meets 3rd Sunday at 3:30 p.m. at the Area  
Service Office

### PROGRAMS

Chair: Christy W.

Will begin meeting via Zoom soon.

### NIGHTWATCH

Chair: Christy W.

Contact the Area Service Office for more information  
[serviceoffice@coloradospringsaa.org](mailto:serviceoffice@coloradospringsaa.org) or 719-573-5020

## 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 at  
[coloradospringsaa.org](http://coloradospringsaa.org)



# Area Service Office Manager Employment Opportunity!

**Forward your  
resume no later than**

September 6, 2022  
10 a.m.

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

For a full job description,  
contact the office by  
email or phone:  
719-573-5020

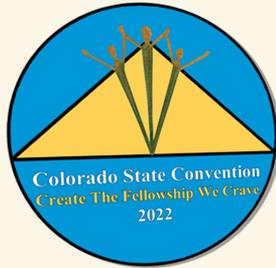
The Colorado Springs  
Area Service Office  
Manager, Connie Lustig,  
is retiring. She and her  
husband, Ken, are  
moving to Indiana and  
Intergroup is looking for  
a Service Office  
Manager.

Currently, the position is  
for 16 hours a week,  
Tuesday through Friday  
from 10 a.m. to 2 p.m.

Salary is DOE.

#### Requirements:

- 5 years sobriety
- Experience with Microsoft Office Suite to include, Excel, Word, Publisher
- Basic website experience
- Intuit QuickBooks experience
- Supervisory and mentoring skills for training volunteers
- Must have attention to detail, accuracy, problem solving, decision-maker, good written and oral communication and follow a budget.



*Create the Fellowship We Crave*

**Area 10 – Colorado  
State Convention  
August 26–28, 2022  
Now in Pueblo!**

**We Hope You'll Join Us!**

The convention runs from  
3 PM Fri. to 12 PM Sun.

**Questions:**

Eric H. 720-940-3060  
a10convention@hotmail.com

**Register online:**

with a credit card at  
convention.coloradoaa.org or  
by check with the mail in  
registration form below.

**Location:** Pueblo Convention Center, 320 Central Main St  
Pueblo CO 81003 • 719-542-1100

**Lodging:** Please see [convention.coloradoaa.org](http://convention.coloradoaa.org)

**Parking:** Free garage parking across Convention Center

**Speakers & Events:**

Fri. Night.....David H. Parker CO

Fri. Night.....Ice Cream Social

Sat. Luncheon.....Al-Anon: Alice G. Arvada, CO

Sat. Night.....Banquet Dinner

Sat. Night.....Al-Anon: Tom W. Oakland, CA.

Sat. Night.....AA: Bob D. Las Vegas, NV

Sun. Morning.....Jennifer H-K. Plano, TX

Mail in registration form - One per person  
Must be postmarked by 8/19/2022  
Checks payable to: Area 10 Convention – Do not send cash

Detach & mail to: 2022 State Convention  
P.O. Box 346  
Longmont, CO 80502

**Full Name:** \_\_\_\_\_

**Name on badge:** \_\_\_\_\_

**Home Group:** \_\_\_\_\_ **Street:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **City:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

- Scholarship \$ \_\_\_\_\_
- I'd like to volunteer!
- Registration \$35
- Bottomless Coffee Mug \$20
- Ice Cream Social \$10
- Saturday Luncheon \$30
- Saturday Banquet \$40
- Dance \$5
- Package \$120 (includes registration)
- Total \$ \_\_\_\_\_

Presented by  
Area 10  
Alcoholics  
Anonymous

In cooperation with  
Area 5 Alanon  
Family Groups

For special needs consideration, please email: a10convention@hotmail.com