



THE PIKES PEAK PINT

AUGUST 2022

A newsletter for the Pikes Peak Region of Alcoholics

WE HAVE NEW SERVICE OFFICE HOURS:

Saturday	Closed
Sunday	Closed
Monday	Closed
Tuesday	10:00 AM to 2:00 PM
Wednesday	10:00 AM to 2:00 PM
Thursday	10:00 AM to 2:00 PM
Friday	10:00 AM to 2:00 PM

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

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 Alcolthon 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

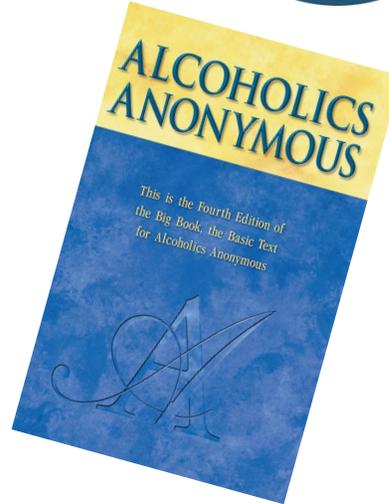
Meetings, when you log onto the website do not click anything, just scroll down to Zoom Meetings.

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

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 (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

Web: 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

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 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 8th 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

Area Service Office Manager Employment Opportunity!

**Forward your
resume no later than**

September 6, 2022
10 a.m.

serviceoffice@coloradospringsaa.org

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

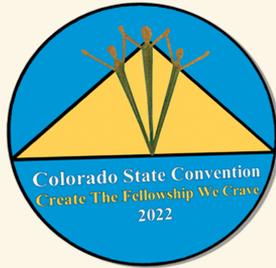
The Colorado Springs
Area Service Office
Manager, Connie Lustig,
is retiring. She and her
husband, Ken, are
moving to Indiana and
Intergroup is looking for
a Service Office
Manager.

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

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: _____

- | | |
|---|--|
| <input type="checkbox"/> Scholarship \$ _____ | <input type="checkbox"/> Saturday Luncheon \$30 |
| <input type="checkbox"/> I'd like to volunteer! | <input type="checkbox"/> Saturday Banquet \$40 |
| <input type="checkbox"/> Registration \$35 | <input type="checkbox"/> Dance \$5 |
| <input type="checkbox"/> Bottomless Coffee Mug \$20 | <input type="checkbox"/> Package \$120 (includes registration) |
| <input type="checkbox"/> Ice Cream Social \$10 | Total \$ _____ |

Presented by
Area 10
Alcoholics
Anonymous

In cooperation with
Area 5 Alanon
Family Groups

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