

THE PIKES PEAK PINT

A NEWSLETTER FOR THE PIKES PEAK REGION OF ALCOHOLICS ANONYMOUS

October 2025

AREA SERVICE OFFICE

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Hours:

Tuesday–Saturday 10am-2pm

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.org



STEP TEN

“Continued to take personal inventory and when we were wrong promptly admitted it.”

The Twelve Step program of A.A. rests on a notion of spirituality that is not about having the "right" beliefs. Instead, it is about adopting daily practices that help us stay sober.

These daily practices are the subject of Step 10: "Continued to take personal inventory and when we were wrong promptly admitted it."

Here the word "inventory" means taking stock of our emotional disturbances, especially those that can return us to drinking. Step 10 suggests that we watch for these disturbances every day and make an immediate response. Taking a daily inventory is important to all people, but especially to those in recovery.

The Big Book's suggestion for daily work on this Step is to "watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help"

We give other people control over our lives when we say that they "make us" angry or afraid. The truth is that we usually say or do something that helps to create the conflicts in our lives. Step Ten suggests that we take responsibility for this fact, clean up our role in these matters, and practice forgiveness.

My problem was not just learning how to put down alcohol. My problem was dealing with life. Here in Step 10 I have a plan to cope with life, a plan of daily action that will work each day that I work it.

The Pint is published monthly, with release dates approximately the first of each month. Send your information within four days of the end of each month, to ensure inclusion in the following Pint edition. To subscribe, visit <https://www.coloradospringsaa.org/news-event/s/news/>

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“Continued to take personal inventory ...”

So that’s what they meant. Everyone kept telling me we work the Steps for our entire lives. I always thought it meant it was going to take me a long time to get through all 12. But when I got to Step Ten the first word jumped out at me—*continued!*

When I did my first Tenth Step, I remember how confused I was. One day I shared at a Tenth Step meeting and a wise friend took me aside afterward and told me, “You know you’re talking about the Eleventh Step. You might want to look in the Big Book.”

I wasn’t too happy about being called out. After all, I had made almost all my amends and I was attending a lot of meetings. Plus, I was sober! How dare this guy tell me I was wrong. So, you know what I did? I read the Big Book. And you know what I found out? I was doing it wrong. The Tenth Step is about checking myself all day long, watching out for when I become selfish, dishonest, resentful or fearful.

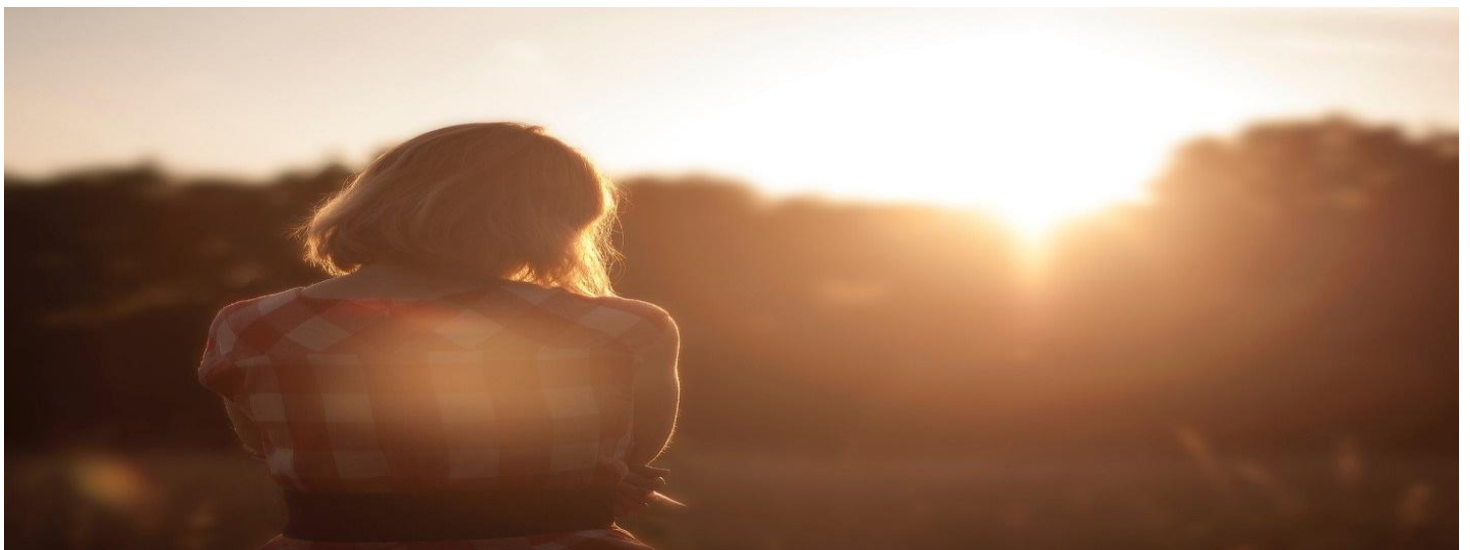
Just because I worked the first nine steps doesn’t mean I’m not still a mess. I have to check on myself all the time. The book tells me exactly what to do if one or more of those four things pop up in my day.

First, I go to God. These Steps have brought me closer to him. And the Tenth Step is where I get to use this new relationship with him. It’s where I get to become a better man. It’s where I get to actually give a damn about other people. The Tenth Step is where I get to remember that life is not all about me. What a great feeling that is. I ask God to help me out, to give me strength. I ask him to remove my feelings of selfishness, dishonesty, resentment or fear. And the best part is—he does!

Afterward I discuss my feelings with someone. We talk about it. If I’m wrong, I can make an amends. If I’m right, I can forgive the other person. This is how I can keep my head screwed on straight. I’m wrong, I make amends. I’m right, I forgive. Simple.

Last, I do whatever I can to try and help someone else. Helping others, I’ve learned, is the best way to get out of me and my head. I believe turning my will and direction toward helping other people is what God wants for me. After all, if I believe he’s with me, then he’s with everyone else too.

The greatest part of the Step Ten is this: It works. It really does. Living life without fear or resentment is the greatest way to live.



Step Ten: I Hate This Step!

I'm one of those alcoholics who has a hard time admitting that they were wr--. I even have trouble saying or typing the word. I know I'm not alone. Anyway, I hate this Step.

I had a particularly bad relationship with my older daughter. We screamed at each other a lot. I kept doing things or saying things--hateful, mean things. Or screaming. Then I'd talk to my sponsor and snivel and whine about making amends. I hated to make amends to that kid. I'd rather scrub toilets with a toothbrush than make amends with her. She would look at me with that look (you know, the one that says, "If I cared at all, I'd hate you") and say, "It's about time." She was nasty and hateful and mean and spiteful.

I'd tell all this to my sponsor. I'd try to justify and rationalize my behavior so I wouldn't have to make amends. One day my sponsor suggested that, if I hated making amends so much, maybe I ought to try not doing the things I had to make amends for (i.e., change my behavior). What an idea! She suggested that I practice restraint of tongue and pen.

I took my sponsor's suggestion. I worked really hard at changing my behavior. I knew it wouldn't change anything because my daughter was still mean, hateful, and spiteful, but at least I wouldn't have to make amends with her.

As you probably guessed, a remarkable thing occurred. Not only did I not have to make amends, but she became less mean, less spiteful, less hateful. In fact, she started being nice. We started talking. We formed a relationship. It even occurred to me that maybe it wasn't all her fault that we didn't get along.

Today we have a wonderful relationship. She talks to me about her life, her loves, her problems. I owe this relationship to the Tenth Step. If I hadn't hated making amends so much, I might not have been willing to change my behavior.

I have found similar results in all of my relationships. Over the years, I have tried to keep my behavior "below amends level" because I hate making amends. As a result, I act differently. And as a result of that, people respond differently. It's amazing.

By: Nancy H. | Lake Forest, California

Grapevine October 2005

A Note on the Grapevine:

Good Morning Everyone,

I am attaching a letter I received yesterday. I met Chris C. (the AA Grapevine Publisher) last weekend at a seminar I attended. He is a good guy.

I would like to share my experience.

I spent 14 years in the US Navy. During that time, I was either going to sea on submarines or stationed at submarine repair facilities. The last 6 years I was a sober member of AA. I do not know what it is like today, but I will give you an idea of what life on a submarine was like in the 80s and 90s. We would go out to sea for days, weeks or months at a time. The longest period that I remained underwater at one time was 75 days. The only time you could contact your family was by mail or phone whenever you were in port (which was rare). When deployed, your family could send a "Family Gram" about once a month. In it, they have 40 words to tell you what is going on.

Life on a submarine is stressful for many reasons and the people you are around are not exactly "touchy-feely" with their game faces on. Blowing off steam is done in very peculiar ways.

So, imagine you are a member of AA. There is no meeting to go to and you cannot call your sponsor. What are you going to do?

Today there are still isolated AA members. Whether inmates incarcerated in correctional facilities, those who are homebound or AA loners, connection with AA is still vital.

That is what the AA Grapevine is all about!

Contrary to popular belief, the Grapevine does not get any money from AA. They do not accept personal or group contributions. They are solely funded by subscriptions and sale of books and merchandise.

Is it worth keeping around?

Yours in Love and Service,

Kevin

September 24, 2025

Dear Friends in the AA Fellowship:

Grapevine and La Viña need your help — now more than ever.

For over eight decades AA Grapevine and La Viña, AA's magazines written by us, for us, convey shared experience, strength, and hope from members across the world. Now, beyond the magazines we carry the AA message in many new forms:

- Apps available worldwide in English and Spanish
- A podcast with more than 1.2 million downloads and 24,000 listens per month
- An Instagram community of 15,000 followers
- A YouTube channel with over 16,000 subscribers and 267,000 views
- ASL Videos for the Deaf on our YouTube Channel
- Over 40 books of member stories and writings
- Free content for the incarcerated on prison tablets
- Free print subscriptions for alcoholics in prisons, hospitals and institutions

Grapevine provides the podcast, YouTube channel, Instagram and the prison tablet content free of charge to help alcoholics. Therein lies the challenge. Grapevine's only source of income is from subscriptions and the sale of books. The magazines do not accept individual or group contributions.

Folks often ask how they can support Grapevine. Today, our financial situation is very difficult. With your increased support, a thriving Grapevine and La Viña will continue providing these vital services to alcoholics everywhere. We will also persist in adapting new technologies to carry the AA message.

Here's how you can help Grapevine help others:

1. **Subscribe** or renew your Grapevine or La Viña subscription today. You can subscribe to the print magazine or online — or subscribe through the apps and read and listen to the magazine right on your smartphone.
2. Ask your group to start a Grapevine or La Viña subscription — or add another.
3. Contribute to the **Carry the Message** program as an individual or as a group to provide subscriptions to those in need.
4. Tell your friends, home group, district and area that we need subscribers now more than ever.
5. Consider gifting a subscription to someone who could benefit from the AA message.
6. We need help from Area and District trusted servants to reach groups that don't have Grapevine or La Viña — or even know that the magazines exist.

24 de septiembre de 2025

Estimados amigos y amigas de la Comunidad de AA:

Ahora más que nunca, Grapevine y La Viña necesitan de su ayuda.

Durante más de 80 años, AA Grapevine y La Viña, las revistas de AA redactadas por y para nosotros, transmiten la experiencia compartida, la fortaleza y la esperanza de los miembros de todo el mundo. Hoy en día, además de las revistas, llevamos el mensaje de AA de muchas maneras:

- Las aplicaciones disponibles en todo el mundo en inglés y español.
- Un podcast con más de 1.2 millones de descargas y 24,000 reproducciones por mes.
- Una comunidad en Instagram con 15,000 seguidores.
- Un canal de YouTube con más de 16,000 suscriptores y 267,000 vistas.
- Videos para personas sordas en lengua de señas americana (ASL) en nuestro canal de YouTube.
- Más de 40 libros que incluyen historias y artículos escritos por los propios miembros.
- Contenido gratuito en tabletas para personas en prisión.
- Suscripciones impresas gratuitas para los alcohólicos que se encuentran en prisiones, hospitales e instituciones.

Grapevine proporciona el podcast, el canal de YouTube, Instagram y el contenido para las tabletas en las prisiones de forma gratuita para ayudar a los alcohólicos. Y aquí es donde radica el desafío: la única fuente de ingresos del Grapevine proviene de las suscripciones y de la venta de los libros. Las revistas no aceptan contribuciones individuales ni grupales.

Con frecuencia, muchos compañeros preguntan cómo pueden brindarle su apoyo al Grapevine. Actualmente, nuestra situación financiera es muy difícil. Con su apoyo, Grapevine y La Viña podrán seguir brindando estos servicios vitales a los alcohólicos en todas partes y continuar usando nuevas tecnologías para llevar el mensaje de AA.

¿Cómo pueden ayudarnos a ayudar a otros?

1. **Suscribiéndose** o renovando su suscripción al Grapevine o a La Viña hoy mismo. Se pueden suscribir a la versión impresa o en línea de la revista, o a través de las aplicaciones para poder leer y escuchar la revista directamente desde su teléfono inteligente.
2. Pidiéndole a su grupo que inicie una suscripción al Grapevine o a La Viña, o

7. Make Grapevine and La Viña part of your local events with workshops and presentations.

Every subscription helps keep the voice of the Fellowship alive for alcoholics who may not be able to get to a meeting but can still hear the message of recovery through our pages, podcasts, videos, and outreach. With your increased support, a thriving Grapevine and La Viña will continue providing these vital services to alcoholics everywhere and once again contribute to the General Service Board Reserve Fund.

Visit our websites to subscribe to the magazine in print or online, to purchase books, or contribute to the Carry the Message program (see links at end of letter).

On the apps, you can download and subscribe to the magazines through the **Apple App Store** or **Google Play** on your smartphone, or use the appropriate QR code for your phone, below. The apps have the portable convenience of being able to listen to the magazine audio or the podcast while you work, exercise or travel.

Thank you for your continued love and support. Together, we can make sure that the AA message keeps reaching the next suffering alcoholic—wherever they may be.

In service and fellowship,

Chris C.

Publisher, AA Grapevine, Inc.

agregando otra.

3. Contribuyendo al programa "Lleva el mensaje" de forma individual o grupal para proporcionarle suscripciones a quienes las necesitan.
4. Compartiendo con sus amigos, su grupo base, distrito y área que, ahora más que nunca, necesitamos suscriptores.
5. Regalando una suscripción a una persona que se pueda beneficiar con el mensaje de AA.
6. Necesitamos ayuda de los servidores de confianza del área y del distrito para que se comuniquen con los grupos que no tienen revistas del Grapevine o La Viña, o que ni siquiera saben que estas existen.
7. Incluyendo al Grapevine y a La Viña en sus eventos locales a través de talleres y presentaciones.

Cada suscripción ayuda a mantener viva la voz de la Comunidad para los alcohólicos que quizá no tengan la posibilidad de asistir a una reunión, pero que aún pueden recibir el mensaje de recuperación a través de nuestras páginas, podcasts, videos y otros recursos. Con el apoyo de todos ustedes, Grapevine y La Viña podrán seguir ofreciendo estos servicios vitales a los alcohólicos en cualquier lugar y, una vez más, contribuir al Fondo de Reserva de la Junta de Servicios Generales.

Visiten nuestros sitios web para suscribirse a la revista impresa o en línea, para comprar libros o contribuir con el programa "Llevar el mensaje" (los enlaces se encuentran al final de la carta).

También pueden descargar las aplicaciones y suscribirse desde **Apple App Store** o **Google Play** en su teléfono inteligente, o usar el código QR que aparece más abajo. Con las aplicaciones, tienen la comodidad de escuchar la revista en audio o el podcast mientras trabajan, hacen ejercicio o viajan.

Gracias por su cariño y apoyo constantes. Juntos podemos asegurarnos de que el mensaje de AA siga llegando al alcohólico que aún sufre, donde quiera que esté.

A su servicio y fraternalmente,

Chris C.

AA Grapevine, Inc.

Grapevine links:

www.aagrapevine.org/subscriptions
www.aagrapevine.org/books
www.aagrapevine.org/carry-the-message

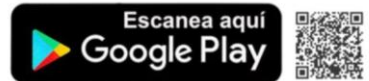
La Viña links:

www.aalavina.org/suscripciones
www.aalavina.org/libros
www.aalavina.org/lleva-el-mensaje

Grapevine Apps



La Viña Apps



Enlaces del Grapevine:

www.aagrapevine.org/subscriptions
www.aagrapevine.org/books
www.aagrapevine.org/carry-the-message

Enlaces de La Viña:

www.aalavina.org/suscripciones
www.aalavina.org/libros
www.aalavina.org/lleva-el-mensaje

Grapevine Apps



La Viña Apps



Local Stories

PRINCIPLES:

The program of AA is immersed in principle. While AA is concerned with other things such as Fellowship and Unity, the program's "main object is to enable [alcoholics] to find a Power greater than [themselves] which will solve [their] problem" (p.45). The second object being "to practice [...] principles in all our affairs" (p.60). The method used to attain these two objectives is through taking the twelve steps (cf. p.59-60) which is an "absolute necessity" (p.14) and "the spiritual answer and program of action" (cf. p.42).

Before we explore principles we must first briefly define the problem in which they solve. "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves" (p.45), "for we have been not only mentally and physically ill, we have been spiritually sick" (p.64).

The alcoholic suffers from a threefold problem that affects every dimension of his being: body, mind, and soul. Physically, the body becomes dependent on alcohol, developing a craving that defies ordinary control (cf. p.xxvi, p.xxviii). Mentally, the mind is plagued by an obsession that drives the alcoholic back to drink despite repeated resolutions to stop (Ibid., xxviii). Spiritually, the soul is darkened and cut off from the sense of wholeness and connection that gives life meaning (cf. p.66). Together, these three dimensions—physical, mental, and spiritual—form the total picture of alcoholism and reveal why recovery must address the whole person, not just one part (cf. p.64).

The severity of the alcoholic problem is so great, that the general opinion among physicians is that we who suffer are doomed (cf. p.xxviii). The alcoholic who is successful at recovery has overcome a "seemingly hopeless state of mind and body" (p.xiii). "For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive [...]. If he did not work, [...], he would surely die" (p.15).

The purpose here is not to discuss the full process of recovery, but only to note that the lack of power is answered by a simple willingness to believe in "a Power greater than [oneself]" and, with this attitude, to begin building an "effective spiritual structure" in which it becomes possible to "make use of spiritual principles" (cf. p.47). "The main thing is that [one] be willing to believe in a Power greater than [oneself] and that [one] live by spiritual principles" (p.93). This, in brief, is the solution.

What are principles? Principles are "guides to progress," (p. 60) pointing to spiritual improvement over material attainment. Many A.A. traditions remind us that "principles come before personalities," (Ibid., 60) underscoring their foundational role in recovery.

The AA program declares that "spiritual principles would solve all [our] problems" (p.42). Without the principles we would not survive. We feel "the absolute necessity of demonstrating [...] principles" (p.14) "in our respective homes, occupations and affairs" (p.19). But what exactly are principles? There is no explicit definition of the word principle in the Big Book, only references to them. "We discovered the principles by which the individual alcoholic could live" (p.xix). "The principles [that have been] set down" within the twelve steps "are guides" to a life of "spiritual progress" (cf. p.60).

Principles are meant to be acted upon and we "ought to be willing" to go to any length in order to benefit from them (cf. p.79). Principles are also prayed, and it is suggested that we "select and memorize a few set prayers which emphasize the principles" (p.87). It is important to mention that the principles are received through these processes in which "God disciplines us" when we "follow [the] suggestions" in the Big Book (cf. p.153). The result is a spiritual awakening that comes through the continual practice of these principles in all our affairs. (cf. p.60).

The Principles of the Steps: Acceptance & Honesty>Hope>Faith>Courage>Integrity>Willingness>Humility>Brotherly Love(implies Forgiveness)>Justice>Perseverance>Spiritual Awareness>Service

Lessons From a 9th Step:

Recently I made an amend. My heart was in the right place. I wanted to wipe the slate clean, admit my faults, and acknowledge the dignity I had denied someone. But I ignored the spot check inventory; that still, small voice that said, 'Not now. Let's try another time.' And I paid the price.

Instead of peace, I got fifteen minutes of venom and anger. It shook me for a moment, but the truth is, it taught me. I was reminded that making amends isn't about the result I hope for. It's about cleaning up my side of the street and leaving the outcome to God.

I also learned that even when I think I'm ready, the other person may not be. Timing matters. Humility matters. And sometimes, less is more; I don't have to unload every truth just because it's in me.

The best part is, I didn't hold on to resentment. I forgave myself, gave the memory to God, and moved on. I can treat that person as spiritually sick, like a newcomer, and keep my peace.

So the lesson for me is simple: trust that inner voice from your spot check inventory, let God handle the outcome, and remember that even the ugliest experiences can bring me growth if I'm willing to see the lesson in them.

Prayer before amend:

God, grant me the humility to make this amend only if it serves Your will. Remove my fear and expectations. Let me speak with honesty, love, and dignity and leave the results in Your hands.

Prayer after amend:

God, thank You for giving me the courage to make this amend. Help me release any resentment, hurt, or expectation. Keep me in honesty, humility, and love and remind me that my peace comes from You, not from how others respond.

Vincent P. | Colorado Springs

The Pint is always excited to share local stories of Experience Strength and Hope. Please submit your stories, musings, poems, art etc. to pint@coloradospringsaa.org

Tradition Ten

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really *is* an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?



AA Birthdays

September

Easy Does It

Kenzie	<i>1 Year 9/15</i>
Kevin O.	<i>3 Years 9/29</i>
Jen V.	<i>15 Years 9/23</i>
Nate	<i>22 Years 9/29</i>
Daniel	<i>22 Years 9/23</i>
Tom S.	<i>30 Years 9/15</i>

October

New Woman Group

Chassee S.	<i>1 Year</i>
Carly M.	<i>1 Year</i>
Tina P.	<i>2 Years</i>
Kathie K.	<i>3 Years</i>
Barbara M.	<i>5 Years</i>
Amber P.	<i>12 Years</i>
Kathy F.	<i>48 Years</i>

Friday Women's

Christina	<i>1 Year</i>
Lindsey M.	<i>1 Year</i>
Teena B.	<i>2 Years</i>
Kimberly	<i>3 Years</i>
Madison	<i>6 Years</i>
Jimmie N.	<i>26 Years</i>
Dawn B.	<i>33 Years</i>
Patty K.	<i>38 Years</i>

Taking Steps

Michelle A.	<i>10/07/09</i>
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W.A.N.S.

Sandy D.	<i>10/13/1982</i>
Amy	<i>1987</i>
Nadine H.	<i>10/19/2018</i>



Upcoming Events

THE HAND OF AA WORKSHOP

SUPPORTING THE NEWCOMER SPONSORSHIP SERVICE SPIRIT OF ROTATION

Date: Saturday, October 11th

Time: 11:00 AM - 2:00 PM

Location: Central Christian Church of Denver
3690 Cherry Creek South Drive, Denver, CO 80209



District 7
Workshop on
Anonymity and Social Media

October 11, 2025

3 - 5 pm

Hosted by: The Little Log Cabin Group

133 High St

Palmer Lake, CO 80133

****Food will be provided****



Join us for a weekend journey through the
12 Steps of Alcoholics Anonymous:
Bringing women together through love,
laughter and service.

*"...we have been given the Keys of the Kingdom."
Page 276, Alcoholics Anonymous*

SPEAKERS
TBD

SATURDAY NIGHT SOCIAL/PAJAMA PARTY/
GAME NIGHT FREE TO ALL IN-PERSON
REGISTRANTS

Rose City Girlstock is a paid event which is self-supporting through your registrations. You must be registered to attend. No Seventh Tradition baskets are passed at any time during the event.

NO REFUNDS WILL BE ISSUED

FREE COFFEE - REGISTRATION LIMITED TO 300 - REGISTER EARLY!!!



October 10th - 12th, 2025
Go to www.rosecitygirlstock.com for
Event and hotel registration!

Holiday Inn Portland - Airport (HIPA)
8439 NE Columbia Court, Portland, OR
97220
503-256-5000
Book your room from our website.

\$89: Special Room Rates for the HIPA (per night plus
tax) for single King or double Queen beds.
Offer expires September 19, 2025

\$75: In-Person Registration Only
\$145: In-Person Registration + Meals
(Meals include Saturday Night Dinner, Sunday Morning
Breakfast)
Vegetarian and Vegan Options will be provided

\$30: Virtual Online Only Registration
All prices above do not include processing fees

Registration Chair: Ashlie B., Co-Chair: Tuesday H.
Email: RCGSregistration@outlook.com
RCGS Chair: MiQuelle D.: 512-751-6996
RCGS Co-Chair: Debbie N.: 503-314-8030
Volunteer Coordinators: Shaurna S. & Kathy B.
Email: shaunnaspta@hotmail.com

INTERGROUP PROGRAMS COMMITTEE PRESENTS

Gratitude Lunch

Come celebrate your gratitude with lunch, desserts, fellowship & speaker!

SATURDAY - NOVEMBER 8th 2025

1PM - 3PM

LUNCH @ 1PM - SPEAKER @ 2PM

SPEAKER - ALICE D.

**PRIZE AWARDED FOR THE MEETING
WITH THE BEST DECORATED TABLE!!!**

SACRED HEART GYMNASIUM - 2021 W. PIKES PEAK AVE.

\$15 Suggested Contribution

**KEEP IT ANONYMOUS
NO PHOTOS OR SOCIAL MEDIA
(TRADITION 11)**

**desserts appreciated
&**

VOLUNTEERS NEEDED!

CONTACT ROMAN @ (719) 465-8663



90th Year
of AA



Long timers
Interviews -
 Share your Colorado AA story for
 Colorado Springs Archives!
 call or text
 April 719-440-9811

LOVE & SERVICE AA GROUP PRESENTS
THREE LEGACIES CONFERENCE
 STEPS, TRADITIONS, CONCEPTS
 -HOPE CENTER CHURCH-

2275 MORELLO AVENUE-PLEASANT HILL CA 94523

SPEAKERS

- KERRY MEYER, (CLASS A TRUSTEE)
- LESLIE K., MODESTO, CA
- SHARON A., DEPOT BAY, OR
- ARISA B., BROOKLINE, MA
- DAVID N., SANTA ROSA, CA
- JENNIFER B., SANTA ROSA, CA
- MIKE S., RIVERSIDE, CA

HYBRID EVENT

- IN-PERSON
- EARLY BIRD-\$30
- STANDARD-\$44
- LAST CALL-\$55
- ON-LINE- \$25
- ON-LINE INCLUDES FREE SPEAKER DOWNLOAD



NOVEMBER
 7 & 8,
 2025
SCHEDULE

- FRIDAY, NOVEMBER 7, 2025
- 4:00PM: REGISTRATION OPEN
- 6:00PM: EVENT SPEAKER
- 7:45PM: EVENT SPEAKER
- SATURDAY NOVEMBER 8, 2025
- 8:30AM: FREE CONT. BREAKFAST
- 9:00AM: EVENT SPEAKER
- 10:45AM: SERVICE PANEL
- 12:00PM: FREE LUNCH INCLUDED
- 1:00PM: EVENT SPEAKER
- 2:45PM: EVENT SPEAKER
- 5:00PM: BANQUET
- 6:15PM: FINAL SPEAKER

3LEGACIESCONFERENCE.ORG



Hosted by District 7

AREA 10
WINTER
ASSEMBLY
 Nov 21 - 23 2025

CHAMONIX HOTEL
 201 E. Bennett Ave
 Cripple Creek, CO 80813
<https://coloradoaa.org/assemblies/>

Rooms: \$149 per night
Lunch: \$25
Dessert Social: \$16

Questions?
mustangsavvy7@gmail.com

Speaker Meetings
 Al-Anon: 7:00 PM Mike R.
 AA: 8:00 PM Charlie H.
 GSO Trustee

Topic Meetings
 Friday Night: 9:00 PM
 Saturday Morning: 7:00 AM
 Sunday Morning: 7:00 AM



Organizado por el
 Distrito 7

ÁREA 10
INVIERNO
ASAMBLEA
DEL 21 AL 23
DE
NOVIEMBRE
2025

CHAMONIX HOTEL
 201 E. Bennett Ave
 Cripple Creek, CO 80813
<https://coloradoaa.org/assemblies/>

Habitaciones: \$149 per night
Almuerzo: \$25
Postre Social: \$16

Contacto: Samantha
mustangsavvy7@gmail.com

Reuniones de oradores
 Al-Anon: 7:00 PM
 AA: 8:00 PM

Reuniones abiertas de AA
 Viernes por la noche: 9:00 pm
 Sábado por la mañana: 7:00 am
 Domingo por la mañana: 7:00 am



SOUTHWEST REGIONAL FORUM

November 14th-16th, 2025
ALBUQUERQUE, NEW MEXICO

Marriott Uptown
2101 Louisiana Blvd. N.E.,
Albuquerque, NM 87110

Marriott Reservations \$149 Rate through 10.16.25
Reference "2025 SW Regional Forum AA"

How to Make a Contribution

PayPal website or App
Search NM Area 46 AA
or @ area46

Write Checks to Area 46
NM AREA 46
PO BOX 13583
Las Cruces, NM 88013

Please note in memo
Contribution is for the SW
Regional Forum



SCAN ME

Registration

FREE Opens 9.12.25
on AA.ORG
[AA Regional Forums page](#)

Get Involved

Scan QR code to get
involved, learn
more. And stay up to date



FORO REGIONAL DEL SUROESTE

Del 14 al 16 de noviembre de 2025
ALBUQUERQUE, NEW MEXICO

Marriott Uptown
2101 Louisiana Blvd. N.E.,
Albuquerque, NM 87110

Marriott Reservations Tarifa de \$149 hasta el 16 de octubre de 2025
Reservas en Marriott Llame al (800) 228-9290

Cómo hacer una Contribución

PayPal website or App
Busque en NM Area 46 AA
or @ area46

Correo
Los cheques pueden
enviarse al Área 46 a esta
dirección

NM AREA 46
PO BOX 13583
Las Cruces, NM 88013
(Por favor, indique en la nota
del cheque y en PayPal
que la contribución es para el Foro
Regional del Sudoeste.)



SCAN ME

Registrarse

Visite: [AA.Org/foros](#)
regionals [Foros regionales](#) para registrarse a partir
del 12 de septiembre
de 2025

Anónimos

Escanee el CÓDIGO QR
para mantenerse
actualizado y ver



Para participar, póngase en contacto con
2025swregionalforum@nm-aa.org

OIAA 2nd Online International Convention

14TH - 16TH NOVEMBER 2025

Free registration now open
<https://aa-intergroup.org/oiaa2025/>

or email convention2025@aa-intergroup.org for more information.

- *Speaker meetings*
- *AA Trivia Event*
- *Twelve Traditions play*
- *Hospitality Rooms*
- *Fellowship*
- *Service*

We have lots of opportunities for service.
If you'd like to volunteer please email: unity@aa-intergroup.org

Unity: At Home Around the World



Group Announcements

~NEW MEETING TIME~

Men's Advancement Meeting
(MAG)

Beth-El Mennonite Church
4625 Ranch Dr. Colorado Springs, CO 80918

Thursday Evenings

7:00PM – 8:15PM
Open Men's Meeting

CENTRAL GROUP'S

**KEEP IT
SIMPLE**

**NEW TIME
NEW LOCATION**

NOW MEETS

FRIDAYS AT 7:30 PM

AT CLEAN SLATE MEETING PLACE

1769 S. 8TH STREET, BUILDING P



JOIN US TO SUPPORT OUR NEW

GARDNER AA MEETING EVERY SUNDAY
START AT 5:00 PM - 6:00 PM

TOPIC OF DISCUSSION

LA CLINICA- GARDNER
24850 HWY 69, GARDNER CO

Building the New Gardner AA Group and Various Topics Weekly. 1st Sunday is Potluck Following Meeting. 1st Meeting Will Be Held Sunday, AUGUST 3rd, 2025

NEW MEETING

Contact Us
719-890-4424



**ANNOUNCING
ELLCOTT A.A. GROUP'S
NEW MEETING
THURSDAY
7:00 P.M.**

2055 N. LOG ROAD, ELLCOTT, COLORADO

TUESDAY 7:00 P.M. MEETING WILL CONTINUE AS USUAL



Red Cloud Serenity Club

10400 Ute Pass Ave
Green Mountain Falls, CO
(across from Lake/Gazebo)
Please join us for a meeting!

Meeting Schedule		
Monday	Noon Daily Reflections Open	6pm Newcomers/Open
Tuesday	Noon As Bill Sees It/Open	6pm Big Book
Wednesday	Noon Open Discussion	6pm Open Discussion
Thursday	Noon 12 X 12 Open	6pm Open Discussion
Friday	Noon Prayer & Meditation/Open	6pm Open Discussion
Saturday	7:30 am Early Saturday Morning AA Group- 9am Mem Meeting- Noon Open Discussion 6pm First Saturday of month-Potluck @6pm- Speaker @7pm (Other Saturdays-6pm-Open Discussion)	
Sunday	9am-Ute Pass Group-Noon-Big Book-open- 6pm open discussion	

SPECIAL EVENTS!

*Speakers Meeting - First Saturday of the month Potluck at 6pm, Speaker at 7pm reach out for info

Red Cloud Serenity Club would love to host other 12 step and Recovery Groups - reach out for info
Take a beautiful ride up Ute Pass and join us! Support the Red Cloud!

Downtown Club (DTC) of Alcoholics Anonymous is hosting a **12 Week 12-Step Panel Discussion Workshop** September 6th to November 22nd

The Workshop will be Saturday mornings **10:00 a.m. to 11:30 a.m.**

Featuring 3 members of the Colorado Springs Recovery Community sharing their experience living the Principles of Recovery regarding one Step each week.

Following presentation a coffee break and time for group participation.

Doughnuts will be provided.
Plan to join the DTC for a lively look at

The Principles in Action
Saturday mornings this Fall.

210 N. Corona

Questions Dennis A. 719-287-5066

Deaf Alcoholics Anonymous deafaa.org

Find an accessible Deaf Alcoholics Anonymous (A.A.) or

ASL Interpreted Meeting **“TODAY”**



Find tools for recovery from alcoholism

- Accessible [Deaf A.A. & ASL](#) interpreted meetings **everyday** of the week. Find fellowship, a sponsor and service opportunities.
- [Grapevine stories by Deaf alcoholics in ASL](#)
- A.A. literature in [American Sign Language](#)
 - [Plain language Big Book TOOL](#) (English)
- [LSQ](#) Langue des signes du Québec / Quebec Sign Language interpreted meetings.
- A.A. literature available in [LSQ](#)
 - A.A. literature in [French](#)
- [LSM Resources](#) Lengua de Señas Mexicana / Mexican Sign Language.
- Grapevine stories in Spanish [La Vina Magazine](#) & [YouTube](#)
- A.A. literature in [Spanish](#)

[Save the Date January 17, 2026](#)

Special Forum for Deaf A.A. Members

Digital Flyer QR Code



AA Group Announcements!

LOST WALLET!! If you lost your wallet at the Founder's Day Picnic at Bear Creek Park last month, please contact the Area Service Office for more information.

The Downtown Group @ 210 North Corona Street has space if a meeting or a group is looking to gather somewhere. Contact John O. 719-291-3240 for further information.

Apex Group @ 2021 W. Pikes Peak Avenue needs support! Apex Group meets Fridays at 6pm, at the Sacred Heart Church in room 10.

Does your group have important announcements?

Send announcements, flyers, and information to: pint@coloradospringsaa.org

Greetings Friends!

The Area Service Office (ASO) is reaching out with an open heart and a hopeful spirit — we need *you*.

As members of a fellowship built on service, connection, and recovery, this is a beautiful opportunity to give back and be part of something that truly matters. Right now, we have open volunteer shifts that are essential to helping the ASO continue its mission of supporting recovery and carrying the message to those who still suffer.

Volunteer Shifts Available:

- **Wednesdays: 12:00 PM – 2:00 PM**
- **Thursdays: 12:00 PM – 2:00 PM**
- **Fridays: 10:00 AM – 12:00 PM**

Your time, presence, and willingness can make a real difference — not just for the ASO, but for everyone who walks through our doors seeking hope, healing, and help. This is more than a service commitment; it's a chance to live the principles of the program, to grow spiritually, and to be a vital part of someone else's recovery journey.

If you're available and feel called to step into service, please consider taking one of these shifts. Your fellowship is deeply grateful.

AREA SERVICE OFFICE

What is the Area Service Office (ASO)? There are approximately 300 individual AA meeting groups in the El Paso County and Teller County area, also known as District 7.

The ASO strives to make AA books, literature, medallions, and other materials available for purchase by local groups. The ASO also operates *Night Watch*, which fields phone calls around the clock during non ASO operating hours. The ASO maintains the online website, meeting schedule, as well as facilitating Zoom meetings.

The “Programs” subcommittee of ASO puts on several area events each year, including the Long-timers Luncheon, Founders’ Day picnic, the annual Gratitude Dinner, and every New Year’s Eve the “Alcathon,” to provide an alcohol-free News Year’s Eve and New Year’s Day celebration involving meetings each hour of the event, as well as food and speaker sessions.

Intergroup & District 7 Service Committee and General Representative Meetings

Treatment Committee

2nd Wednesday Monthly at 6:00 p.m.
ONLINE via Zoom; email for details.
treatment@coloradospringsaa.org

PI (Public Information)

1st Wednesday Monthly at 8:00 p.m.
ONLINE via Zoom; email for details.
pi@coloradospringsaa.org

Intergroup Members Meetings

2nd Tuesday Monthly at 7:00 p.m.
Downtown Meeting Place,
210 N. Corona St
serviceoffice@coloradospringsaa.org

CPC Committee (Cooperation with the Professional community)

1st Monday Monthly at 6:30 p.m.
Zoom ID: 858 8466 2842 Passcode: 082904
CPC@coloradospringsaa.org

District 7 Meetings

3rd Tuesday Monthly at 7:00 p.m.
Freedom Hall, 3026 N. El Paso St.
Zoom ID: 872 4839 8362 Passcode: 15QrFL
d7secretary@coloradospringsaa.org

Area 10 Corrections Committee

Email for information
corrections@coloradosaa.org

District Announcements:

District 7 is currently in need of a Corrections Chair. This vital position allows us to continue to share the A.A. message of hope to jails and prisons in our community.

For information please reach out to dcmaliciar@coloradospringsaa.org

Treatment Committee needs groups to volunteer & take meetings into various local facilities. Please contact via email for more information treatment@coloradospringsaa.org

Corrections Committee in need of volunteers to sign up; please see local website for details on how to apply and bring the A.A. message of hope to jails & prisons.

● **Pot Luck EVERY District meeting 3rd Tuesday of the month. Please bring food/drinks. Next District 7 meeting will be held Tuesday, June 17th, 2025, 7:00pm at Freedom Hall. 3026 N. El Paso St. Colorado Springs, CO 80907**

● Group Contributions: Please include full group name & group #.

● **Vacant District 7 Positions:** PI Chair, Archives Chair, Corrections Chair. Please reach out to D7 Co-DCMs if interested.

● Survey Monkey survey - Convention/survey. Please email dcmjordan@coloradospringsaa.org if you would like to be sent the survey. Unknown when the survey closes.

● **PI Workshop on Anonymity & Social Media.** As our digital presence grows, this is an essential discussion for all members committed to protecting the spiritual foundation of our program. October 11th Little Log Cabin Group 133 High Street, Palmer Lake, CO 80133

● 2025 Southwest Regional Forum November 14th-16th Albuquerque, New Mexico.

● Winter Assembly in Cripple Creek at the Chamonix Casino Hotel, November 21st-23rd

Reminder!! D7 CPC Meets First Monday of each month, 6:30-7 pm. The meeting link is on the website: coloradospringsaa.org. Click the link CPC@coloradospringsaa.org.

1. We will be discussing the CPC/Corrections table (Booth) at the health and wellness expo on August 23 from 10 AM to 2 PM. We need VOLUNTEERS!

2. We will also collaborate and brainstorm ideas for cooperation with healthcare professionals for a EAT and GREET (How AA Members Show Up to Help) the end of June from 11-1 pm.

Thank you!

Sandy, D7 CPC Chair

Email: sbdavis@uwf.edu

CPC Important Dates

TO: Area 10 Colorado CPC Committee (Cooperating with the Professional Community) [Spring Assembly Edition](#)
 RE: Important Dates (so far)
 DATE: Monday, March 19, 2025

CPC Committee Chair: Michelle H. 303.507.2898 cpc@coloradoaa.org (until 11/30/26)
 CPC Alternate Chair: Tom D. 303.601.5363 tdainko@msn.com
 CPC Secretary: Katy I. cpcsecretaryarea10@gmail.com

Mar	21-23 (Fr-Sun)	Area 10 Spring Assembly (CPC Volunteers for Table pls!) Hilton Hotel 425 Prospect Rd Fort Collins, CO 80526	7:00p Fr–12p Su
Apr	7 (Mon)	Area 10 Hybrid CPC Meeting –Smoky Hill UMC	7:00-8:30pm
Apr	12 (Sa)	Area 10 Corrections Conference Steamboat Springs Community Center, 1605 Lincoln Ave Stmbt Spgs 80487	8:00a-4:00p
Apr	24-27 (Th-Sa)	American Society of Addiction Medicine (ASAM) CPC Table Gaylord Rockies: 6700 N Gaylord Rockies Blvd, Aurora 80019	5-7p Th, 7:30a-3 F Fr/1:30 Sa 2 volunteers needed: each time slot
May	1 (Thu)	CU Anschutz Annual Panel Presentation –Patrick McK. = lead	10:00am
May	2-4 (Fr-Su)	CCYPAA CPC Table (Volunteer signup avbl soon) Doubletree Tech Center 7801 East Orchard Road, Greenwood Village, CO, 80111-2508	5:00 Fr - 12:00 Su
May	5 (Mon)	Area 10 Hybrid CPC Meeting –Edit Club	7:00-8:30pm
Jun	2 (Mon)	Area 10 Hybrid CPC Meeting –Smoky Hill UMC	7:00-8:30pm
Jul	3-6 (Th-Su)	AA International –Vancouver, Canada	pls refer to aa.org website
Jul	7 (Mon)	Area 10 Hybrid CPC Meeting –Edit Club	7:00-8:30pm
Jul	18-20 (Fr-Su)	Area 10 Summer Assembly Hilton by Doubletree 743 Horizon Drive, Grand Junction, CO, 81506	7:00p Fr–12p Su
Aug	4 (Mon)	Area 10 Hybrid CPC Meeting –Smoky Hill UMC	7:00-8:30pm
Aug	22-24 (Fr-Su)	GSO CPC/Corrections Table at Conference (Fri set up) Denver (more specific address info TBD)	10:00-2:00 Sa/Su booth
Aug	29-31 (Fr-Su)	Colorado State Convention Loveland Embassy Suites 4705 Clydesdale Pkwy, Loveland 80538	Fri afternoon to Sun approx noon
*Sep	8 (Mon)	Area 10 Hybrid CPC Meeting Edit Club	7:00-8:30pm
Oct	6 (Mon)	Area 10 Hybrid CPC Meeting –Smoky Hill UMC	7:00-8:30pm
Nov	3 (Mon)	Area 10 Hybrid CPC Meeting –Edit Club	7:00-8:30pm
Nov	14-16 (Fr - Su)	SW Regional Forum Marriott Albuquerque 2101 Louisiana Blvd NE Albuquerque NM 87110	5:00p Fr - 12:00 Su
Nov	21-23 (Fr-Su)	Area 10 Winter Assembly Cripple Creek: Chamonix Hotel	5:00p Fr - 12:00 Su
Dec	1 (Mon)	Area 10 Hybrid CPC Meeting –Smoky Hill UMC	7:00-8:30pm

Edit Club (Back Mtg Rm) [odd months] 10576 W. Alameda, Lakewood CO 80226
 Smoky Hill UMC Rm 214 [even months] 19491 E Smoky Hill RD Centennial, CO 80015
 CPC Zoom Credentials for monthly mtgs Meeting ID: 826 0315 2697 Passcode: 681879

*2nd Monday of the month due to Labor Day holiday Helpful links: aa.org coloradoaa.org

- **Mock Panel Presentation** from 8:00-8:30p; even months only (Feb, Apr, Jun, Aug, Oct, Dec)
- This is open to all members and will have a focus on how we show up as sober members of AA and cooperate with professionals.
- Join us online or in person!

Stories Needed!!

We are looking for stories from people who have been helped by Professionals in their AA journey as well as stories from those who have done CPC work!

Want to share?

How to share with us

- email your story to cpc@coloradoaa.org
- fill out the form at <https://tinyurl.com/talesofcpc> or scan the QR code
- Write your story and give it to us at the CPC table at any Area Assembly



Have a Smartphone?

Download the free Meeting Guide!

Google Play or Apple App Store Meeting Guide syncs with area, district, intergroup/central offices and international general service office websites, relaying meeting information from more than 400 A.A. service entities directly to the app. Over 100,000 weekly meetings are currently listed, and the information is refreshed twice daily.



<https://www.aa.org/meeting-guide-app>

DISTRICT 7

Treatment Meeting



Second Wednesday of
the Month

Via Zoom
6pm

Meeting ID: 819 9947 2068
Passcode: 040589

Nightwatch Needs Volunteers!

**I am responsible, when anyone, anywhere,
reaches out for help. I want the hand of AA
always to be there, and for that I am responsible.**

**All time slots are filled but you can
get on the waitlist for when a spot
opens up! Text Sarah if you would
like to get on the waitlist!!!**



**Text Sarah @ 971-377-4991 if interested in
time slot or to get on the waiting list**

CONTRIBUTIONS

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential to all areas of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. The General Service Conference suggests that individual groups, through an informed group conscience, adopt a specific contribution plan tailored to meet the group's financial situation. Once the group's expenses have been taken care of the group may decide to further carry the message by sending money to the following A.A. service entities:

- The local district, which communicates directly with the groups, providing the district group conscience for the area assemblies, and serving as a link between the area delegates and the G.S.R.s.
- The area committee, which coordinates vital A.A. activities over a broad geographic area; sends a delegate to the annual General Service Conference; holds area assemblies to determine the needs of the Fellowship; and provides information at all levels of service.
- The local intergroup or central office, which may provide phone service for Twelfth Step calls and other inquiries; coordinates group activities; and facilitates A.A. literature sales, institutions work, public information, and cooperation with the professional community activities.
- A.A.'s General Service Office, which functions as a storehouse of A.A. information, communicating with members and groups around the world; publishes A.A.'s literature; and supplies information and experience to professionals and others interested.

Where to Send Contributions:

** Please include Group Name and Group Number on check, money order, or app transaction**

Area Service Office

Payable to: Colorado Springs Area Service Office
1353 S. 8th Street, STE 209
Colorado Springs, CO 80905

District 7

Payable to: District 7
PO Box 26252
Colorado Springs, CO 80936

Area 10

Payable to: Area 10 Treasurer
12081 W. Alameda Parkway, #418
Lakewood, CO 80228

General Service Office (UPDATE)

Payable to: General Service Board
PO Box 2407
James A. Farley Station
New York, NY 10116-2407

@coloradospringsASO



venmo



News and Notes from the General Service Office of A.A.®

www.aa.org

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