

THE PIKES PEAK PINT

A NEWSLETTER FOR THE PIKES PEAK REGION OF ALCOHOLICS
ANONYMOUS

AREA SERVICE OFFICE

1353 S. 8th Street, Suite 209

Hours:

Tuesday–Saturday 10am–2pm

ASO Manager: Jeanette

(719) 573-5020

serviceoffice@coloradospringsaa
.org



July 2026

STEP SEVEN

“Humbly asked Him to remove our shortcomings.”

As alcoholics we tend to have issues with pridefulness. In recovery, it is very hard to let go of what we think we can do through our own resourcefulness and place our trust in our Higher Power. But that act of humility is exactly what lies at the center of Step 7.

Maybe you’ve noticed how humility seems to be a common denominator in the first seven of the steps:

1. *We admitted we’re powerless over alcohol, and that our lives had become unmanageable.*
2. *Came to believe that a Power greater than ourselves could restore us to sanity.*
3. *Made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *Make a searching and fearless moral inventory of ourselves.*
5. *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *We’re entirely ready to have God remove all these defects of character.*
7. *Humbly asked God to remove our shortcomings.*

Taken as a whole, the first seven steps of A.A. involve realizing that we cannot make the shift from drinking to sobriety on our own. This is true, no matter how intelligent or strong-willed we might be, because our will has been hijacked. In essence, the steps demonstrate our need for a Higher Power to step in and remove the defects of character that have contributed to our drinking.

Asking our Higher Power to remove our character flaws is absolutely an act of faith. We realize we are not capable of doing the heavy lifting all by ourselves. We have come to believe—to have faith that our Higher Power is ready to step in and help tune up our character.

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-events/news/>

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Humility in Step Seven

When I was drinking and early in recovery I fundamentally misunderstood how to get my needs met. I needed to feel ok, and unable to identify any strategy to be happy, I settled for being numb. I like to think I am honest, kind, and supportive, but I would lie and steal to get a drink. My value first and foremost was the selfish desire to be ok, which meant to be drunk. I hated the truth of that, and I was deeply ashamed, but shame and self-loathing were secondary to numbness. I thought any effort to be more honest, less controlling, and more trusting would involve a humiliating and irrevocable exposure of my wretchedness. I did not understand that admitting my soul was rotting, and exposing the wound to the sunlight of the spirit was humility to heal and find happiness.

That was the trick I had missed – being humble was being one among many. It was being a friend among friends. I had a sponsor who laughed and shared in my trials and helped remove my shame. I had a higher power that would let me feel worthy of love and peace. I had a fellowship that would accept me despite the fact I had done some awful things. The thing I wanted more than anything was not to be ok, it was to feel happy and at peace. I had to let go of the toxic fear and guilt, and a sick brain that said I was the center of the universe and if I ever revealed myself people would never forget. Humility released me from the obligation to be god, the locus to all people and things.

So humility meant I got to stop trying to steer my life, and constantly going from crisis to crisis, never managing to both man the rudder and the sails. If I was willing to get over my vanity, my outsize pride, I could join my fellows who seemed to have much smoother sailing in life. I find myself still compelled to try to take the steering from god –my pride is not lifted without my effort. Every time I do so, I misalign my needs, and my happiness suffers. Every time I just let myself be piloted and follow the direction my higher power gives me, the gentler the breeze, the lighter my spirit, and the more I find myself on a ship full of friends, love, and support.

If I had not given humility a try, I would be humbled and tried to hide my failure. Today I know that the works are not of me, and I can let gratitude, kindness, tolerance, and joy lift me instead. Today I understand that my need is peace and that peace comes from humility and being part of life.

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 Seven

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 Seven: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?



AA Birthdays



July

Easy Does It June

Treasure	2 Years
Tera	7 Years
Louis	7 Years
Carolyn	16 Years
Elmer	24 Years
JJ	28 Years
Amy	33 Years

W.A.N.S

Mary Lin	7/1/1985
Don S.	7/19/1998

Big Book Action/ Taking Steps

Lauren "Carter"	7/15/25
Teresa T	7/6/21
Pete V	7/4/18
JR C	7/28/92

Upcoming Events

SINGLENESS OF PURPOSE
Our Responsibility is Clear
WORKSHOP



PRESENTED BY:
THE AREA 10 SERVICE COMMITTEES

FEATURING:
CLASS A TRUSTEE – VERONICA RAMIREZ
PAST AREA 10 DELEGATE – SARAH M.

DENVER UNITED CHURCH
660 S. BROADWAY
DENVER, CO 80209

JULY 11TH
2026
1:00-4:30PM

NIGHT WATCH WORKSHOP

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.



SATURDAY, JULY 18, 2026
9A-11AM
at Denver Central Office
3275 W 14TH AVE
(ENTRANCE BACK THROUGH THE GARDEN GATE)
Limited parking, car pool if you can!

*What is Night Watch?
How do we sign up for a shift?
Where do I get a packet?*

Donuts and Coffee!

Hosted by
Denver Area Central
Committee of AA. QUESTIONS
CALL 303-322-4440

**2nd ANNUAL
WALSH ACCEPTANCE GROUP
ROUND ROBIN
SATURDAY
JULY 18, 2026
REGISTRATION STARTS AT 9AM**



**AL-ANON
SPEAKER
10:30AM**
CATHIE B
FT MORGAN
CO

**AA
SPEAKER
2 PM
NICK S
GARDEN CITY
KS**
HOMEMADE
ICE CREAM
FOLLOWING

**PULLED
PORK
NOON**

**MAIN DISH PROVIDED
BRING A SIDE DISH OR DESSERT
BRING A FRIEND**

**WALSH SENIOR CENTER
317 N COLORADO ST
WALSH CO
LISTED TIMES ARE MTN**

**SILENT AUCTION
GAMES
50/50 DRAWING**

**FOR MORE INFORMATION
INCLUDING RV/LODGING
CONTACT
UEL T 719-361-0674
STEVE C 719-529-0555**

**OPEN
MEETING
4 PM**

**GREAT ESCAPE
SUMMER JAM
2026**

SATURDAY JULY 18, 2026
Meeting 6-7 PM
Dinner & Dance 7-9 PM
w/DJ Juan
Grill closes @ 9 PM
Cost: \$9.00
***Includes admission,
food, and dance**
Kids under 12 - free

**BRING YOUR
OWN CHAIR!**

**BRING A
SIDE DISH!**

INDOOR RAFFLE
50/50 RAFFLE
\$1/EA. OR 6 FOR \$5



1st Pueblo Area AA

OPEN HEART - OPEN MIND

GRAPEVINE WRITING WORKSHOP

EVENT DETAILS

SATURDAY

08/01/26

FROM 10AM TO 1PM

**SONRISE CHURCH
RECOVERY ROOM GROUP
421 EAST SPAULDING AVE
PUEBLO WEST, CO 81007**

Secondary AA Hosts:

DISTRICT 8 CSO

CRACKER FACTORY GROUP

DAILY REPRIEVE GROUP

NO MATTER WHAT GROUP

Learn How To Share:
Short Stories, Photos, Artwork
& Inspiration

*How to write articles and make
submissions to AA Grapevine*



AA GRAPEVINE
The International Journal of Alcoholics Anonymous

www.AAGrapevine.org

For Info Contact: Norm G. (719)470-4880 normmgonzales@gmail.com

Need help with a drinking problem? Visit WWW.AA.ORG

**AREA 10 COLORADO 2026
STATE CONVENTION**

**SUFFICIENT
SUBSTITUTE**
2026
STATE CONVENTION

AREA 10
COLORADO SPRINGS

**AUG 21-23
2026**

- meetings
- workshops
- speakers
- fellowship
- food
- dancing

**AT THE
ANTLERS,
COLORADO
SPRINGS**

Scan to register today!

2026 Colorado State Convention

Presented by Area 10 Alcoholics Anonymous in Cooperation with
Area 5 Al-Anon Family Groups
The Antlers Hotel, Colorado Springs, CO
August 21st to 23rd, 2026

Speakers & Events:

Friday Night AA Speaker: Dave P., Woodland Park, CO

Friday Night Ice Cream Social

Saturday Al-Anon Luncheon Speaker:

To Be Determined

Saturday Evening Banquet Dinner

Saturday Night Al-Anon Speaker: To Be Determined

Saturday Night AA Speaker: Erika C.,

Past Area 10 Delegate, Panel 67, Cambridge, MA

Saturday Evening Dance and Entertainment

Sunday Morning AA Speaker: Diane D.,

Past Area 10 Delegate, Panel 63, Steamboat Springs, CO

Workshops, Continuous Meetings & Fellowship!

For Updated Information, Lodging and Preliminary Program Go
Online: <https://convention.coloradoaa.org/> or Email Registration
Chair at averyanagel@gmail.com

The Antlers Hotel
4 S. Cascade Ave.
Colorado Springs, Colorado 80903
(719) 955-5600



Use code A10 to book lodging
in the hotel room block
Questions: Avery P. (720) 324-3747
averyanagel@gmail.com

Register online at <https://www.convention.coloradoaa.org/> or send completed form with payment and

Mail To: Area 10 Convention | 40 W. Littleton Blvd., Ste 210-320 | Littleton, CO 80120

- ☐ AA ☐ Al-Anon ☐ Alateen ☐ Other
One person per form, please.
- ☐ Registration \$35.00
☐ Friday Night Ice Cream Social \$20.00
☐ Saturday Al-Anon Luncheon \$40.00
☐ Saturday Evening Banquet Dinner \$65.00
☐ Saturday Night Dance/Entertainment \$5.00
☐ Bottomless Coffee Mug \$30.00
☐ Discounted Full Package Price \$175.00
(\$20 Savings Limited Quantity Available)
☐ Scholarship Contribution \$ _____
☐ I Need A Scholarship
Total Enclosed \$ _____

Member Registration Information:

Name on Badge _____
Home Group _____
Name _____
Phone (____) _____
Email _____

Note: Any overage of scholarship funds will be put
towards 2026 State Convention operating expenses and/or
sent as a contribution to GSO

☐ I'd like to volunteer!
For accessibility needs, please email Avery P.
averyanagel@gmail.com Every effort will be
made to accommodate requests.

On-site registration will be open from 3pm to 9pm on Friday, August 21st
and from 8am to 8pm on Saturday, August 22nd, 2026

Love & Service Workshop

How to best continue to carry the message to the alcoholic who still suffers

It's a POTLUCK! Saturday, October 3, 2026

9AM-Noon

St. Mary's 2290 S Clayton St.

Sharing their Experience, Strength & Hope
w/ Concept 1 | Tradition 5 | Tradition 7 :

- Don M.
- Michelle H.
- Megh R.



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



**Volunteers
NEEDED**

INTERGROUP VACANCIES

We need help with

- Treasurer
- Vice Treasurer
- The Pint Chair
- Nightwatch Chair

Please join us!

📍 210 N. Corona St

📅 2nd Tuesday of every month

🕒 Start Time: 7pm




**Colorado Springs
District 7
Public Information Committee**



Opportunity for anyone!
Help make sure literature is available
where needed
Meets 1st Tue of each month 7 pm

Meeting ID 995 5370 5502
Passcode 287852

2/3/26
3/3/26
4/7/26
5/5/26
6/2/26

7/7/26
8/4/26
9/1/26
10/6/26
11/3/26

12/1/26



Group Announcements

H.O.W.

Honesty Open-mindedness Willingness

Has Moved!

The H.O.W. meeting of AA has moved
to a new location:

MAC Community Rm. (2nd floor)

515 Manitou Ave., Manitou Springs

Park and enter on the EAST SIDE of the building.

Use external stairs, or front door elevator if needed.

7:00 p.m. Mondays



**WILLINGNESS
WEDNESDAYS
2:30 - 3:30 P.M.**

Area Service Office

1353 S 8th Street

#209

**READING
"THE
LANGUAGE OF THE
HEART: BILL W.'S
GRAPEVINE
WRITINGS"**



Grass Roots Of Manitou Springs Group

**Wednesdays @ 7pm.
All are welcome
Open Meeting**

Community Congregational Church

103 Pawnee Ave, Manitou Springs, CO 80829



Grass Roots is located at the lower Northwest entrance off High Street. A Handicap entrance is located at the East Kitchen door. Please park in the lot behind church off High Street. If the door is locked, call the phone numbers on the kitchen door. An AA member will guide you to the elevator. Please call Malcolm at 314-570-5307 or Marc at 719-685-3707.

Beacon Light Group

Thursday 6:30pm

Little Log Cabin Church

133 High Street

Palmer Lake, CO 80133



Falcon Meets

is now meeting 2x / week!

Big Book Study
Mondays @ 7pm

&

Open Discussion
Fridays @ 7pm

WOODMEN HILLS
COMMUNITY CENTER
WEST

11720 Woodmen Hills Dr
Peyton, CO 80831



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

CASTLE ROCK CLUBHOUSE

Young People of AA



Young and struggling with alcohol or drugs?
We are here to help!

404 Jerry Street
Castle Rock, CO. 80104
Eagle Room
Sunday nights 5:30pm



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	730 am Early Saturday Morning AA Group- 9am Mens 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

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!

AA Group Announcements!

The Clean Slate meeting space on 1769 South 8th street has started doing a new meeting every Monday-Friday at 9:30pm called Night Owls!

The Beacon Light group is no longer meeting Monday evening. fortunately. the Thursday 6:30 p.m. Beacon Group meeting is still active Little Log Church, 133 High Street, Palmer Lake, CO 80133.

The H.O.W. AA open meeting is now located at the Manitou Art Center (MAC) in the second-floor Community Room, 515 Manitou Ave, Manitou Springs, CO 80829. Parking is available on the east side of the building; please use the outside east stairs. The upper entrance door opens at 6:30 p.m., with the meeting room just inside. For accessible/handicap access, please use the front north entrance and call or text the number posted on the door; a member will assist you with the elevator.

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

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 Tuesday Monthly at 7:00 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)

Last Sunday Monthly at 3:00 p.m.
2424 N. Franklin St.
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 Standing Committee Reports

- **Archives (Open) Need a Chair**
- **CPC - Cooperation with the Professional Community (Bhrian)**
 - cpc@coloradospringsaa.org
 - Meeting is in person at 2424 N. Franklin St. 3pm on the last Sunday each month. Please join us!
 - CPC panel at Beth El School of Nursing went great!
 - Current Zoom link on our website is not valid.
- **Corrections (Joseph P.) - corrections@coloradospringsaa.org**
 - Participated in Area Corrections Conference in Denver.
 - Need volunteers to complete approval process for DOC & local facilities (link on our website).
 - Need volunteers for DOC correspondence (link on coloradoaa.org)
 - Need volunteers for Bridging the Gap (link on coloradoaa.org)
 - Meeting time is TBD
- **PI - Public Information (Dena) - pi@coloradospringsaa.org**
 - Currently meeting 1st Tuesdays at 7pm via Zoom. (Subject to change).
 - We're still looking for a meeting time when more than 2 people can attend.
 - Still welcoming new members.
 - Registered for Pikes Peak Pride Fest 6/13-14.
 - Sign-up sheet will be circulated through some groups.
- **Treatment (Kayleigh) - treatment@coloradospringsaa.org**
 - Meet 2nd Wednesdays at 6pm via Zoom and once quarterly in person.
 - We met at Starbucks this month and continue to see strong participation from liaisons / groups.
 - Treatment Workshop 6/28 - Please announce at your groups and post the flyer.
 - Email me to schedule your group for treatment meetings, or write your group in the calendar sent around during the District meeting.

Announcements

- Potluck before every District meeting at 6 pm. Please bring food, drinks, & fellowship.
- Area Singleness of Purpose Workshop, July 11th, 1-4:30, Denver United Church.
 - Treatment, Corrections, CPC, and PI combining!
- Summer Assembly, July 24-26, at Sky Ute, Ignacio - Reservations sold out!
- Colorado State Convention Aug 21-23, in COLORADO SPRINGS.
 - We need a ton of registrations and volunteers! We're hosting this!
- Winter Assembly, Nov 6-8, Doubletree in Greenwood Village.

Together, we are stronger. Together, we carry the message. Together, we serve. 🧡

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.

**OPEN SLOT IN NEED OF
VOLUNTEER**

Sundays - 4:00pm - 8:00pm



**Text Amy @ 307-399-9429 if interested in
time slot or to get on the waiting list**

Contributions & Budget

2026-2027 Groups

[illegible]

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

Your New Box 4-5-9 is Now Available!

Dear Reader,

The e-mail subscription that you registered for ensures that you will receive each new issue of **Box 4-5-9**, published four times a year with news from GSO New York.

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