

-THE PIKES PEAK PINT-



SEPTEMBER

TWENTY TWELVE

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

• EDITORS NOTE •

Greetings Fellowship!

Now that I have put out a few issues of The Pint and pushing forward with a few more I realized something very important. The Pint committee is supposed to be a committee not a person. It's been a person for far too long and needs to be a committee again. So, I would like to put the word out to the entire fellowship, to those with even a flicker of interest in the layout and content of your newsletter, to step up and put in your two cents worth helping make The Pikes Peak Pint the quality publication it is meant to be!

Anyone interested please contact the ASO, or send an email to pint@coloradospringsaa.org or contact me directly. I will set up a monthly meeting to discuss your ideas and we can collectively do for the fellowship what I can't do alone.

I look forward to working with all of you!

_rod



*What Caption would you suggest?
Send your suggestions to pint@coloradospringsaa.org
Last months cartoon on page 10*

Local Service Office

Hours: T-F 9 a.m. to 5 p.m.

SAT: 9 a.m. to 12 p.m.

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Colorado Springs, CO 80905

719-573-5020

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Web site: www.coloradospringsaa.org

*Contact the Service Office for Intergroup
Information or Chair phone numbers.*

**This is *your* newsletter,
written by *you*,
about *you* and for *you*!**

Tell *your* story, write for *The Pint*!

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• **LOCAL FEATURE** •

Give It Away to Keep It

By Katherine L.

This month, I was fortunate to interview a man with 21 years of sobriety.

What it was:

John grew up in a small Wyoming town. Both of his parents were alcoholic during his childhood. When he was about 15, John began to drink and do drugs. "Everyone was doing it; you were an outcast if you did not do drugs and alcohol." He went downhill fast.

However, his basketball skills were very good and he earned a full-ride scholarship to a junior college despite his early drinking. Once in college, his drinking increased and he never played basketball there as a result. John did "all kinds" of crazy things. "I would say that I worked really hard at 'chasing the ultimate high,' that I loved the rush." Eventually, he dropped out.

This started a steep downward spiral. Although he moved different places, tried different jobs, attended different schools, and had many girlfriends, nothing helped him quit drinking. His drinking and drug use was triggered by old playmates and playgrounds and he could not escape.

What happened:

Eventually, he ended up living in a house his mom owned. John's mom, who'd become sober, said, "If you baby them, you bury them," and kicked him out when he was 23. "It saved my life," John remembers.

He packed his car and drove to Minneapolis for 35 days of in-patient treatment followed by six months in a half-way house. "Once I made a decision to move 1,000 miles away, it was then that I had a real chance at good sobriety." Two years in Minnesota showed him, "with good sobriety, you can live anywhere and do anything." His first five years of sobriety were hard because he didn't stay "with the herd (close to AA)," but he didn't give up.

John returned to Wyoming and finished college. He married and moved to Arizona to start teaching.

Continued on page 3



~ a few simple rules ~

The Doctors Opinion

BB pg xxix

"On the other hand - and strange as this may seem to those who do not understand - once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol the only effort necessary being that [he's] required to follow a few simple rules."

I've learned the rules through the working of all 12 steps of alcoholics anonymous. And in fact, they turn out to be the most basic rules of engagement with myself, my Higher Power, and my fellows in the world at large. Funny how very foreign it can all seem, to behave decently, to think of others, to get out of myself, my thoughts, my feelings. My thoughts and my feelings are the least accurate, least informative tools I have, yet they can become the most powerful influence in my decisions if I am not working all 12 steps in my daily life and this is not a formula for brighter days in my world. I forget the order of things. Do the right thing and I feel better. Instead of waiting to feel better before I'll do the right thing. I can be such a child stuck in this very old rickety body.

PA Colorado Springs

My Story...

What it was like? From the first drink I ever took it was an obsession! There were just as many bad days as there were good. Most days were and still are just a blur. A cousins wedding with an open bar was my first drunk, I was 14 and it was a blast! Drank quite a bit that night and didn't black out, one of the few nights of drinking I can remember. I loved the way it made me feel and I chased that feeling until I was 42 years old. Jails and institutions didn't stop me, barely made me slow down. I drank almost every day and if I wasn't drinking, I supplemented my habit with pot and pills. Maintained this way for a long time with a job and paying my bills. Then that line I crossed of taking a drink in the morning came, leading to 6 long years of drinking every waking moment. My last drink was just another drink. Nothing exciting or fun going on, just another drink.

What happened was a miracle, although at the time I sure didn't feel that way. I had just poured my last drink from a plastic bottle of cheap vodka and asked my roommate to take me to the liquor store. She suggested that I "just don't drink anymore today". She told me I had to leave because she wasn't going to watch me die. Believe me I wanted to, but it wasn't happening fast enough. It wasn't from a lack of trying on my part. Today I look back at this as another time God was there doing his thing instead of mine. I begged the only family member I had left that would take me in that I was going to do something about my drinking problem. I found an AA meeting on line and had my sister drop me off. She said "go get help and don't call until you are done". I didn't know at the time but I was "done". I had enough and had nowhere else to turn. I share this often these days, that if I had another idea I would have tried that first. I sure didn't want to go to AA and ask for help. I know now that asking for help was the best thing I have ever done. Surrender to win! Heard lots of "mumbo jumbo" in those meetings.

Continued on page 4

Buy your individual or
group supplies from our
Area Service Office
and we ALL benefit!

**BOOKS – COINS
Conversation!**

Just a few
great reasons
to stop by and say HI!

Continued from page 2

Give It Away to Keep It

What it is now:

He says, "I've never known how much I need this program until now when I can reap the rewards of it." Living one day at a time helped him stay sober through his oldest child's major health diagnoses, moving, and several funerals.

His favorite quote from the Big Book is, "Give it away to keep it." He finds sponsoring and texting others along with staying in the program help make sobriety easier.

One comment which really resonates is, "I won't answer my home phone, but will always answer a call from an alcoholic."

John's advice is to "Stay with the program and never stray from the herd."

"I owe everything in my life today to AA, and I mean EVERYTHING."

Thank you John.

HIGH PLAINS ROUND ROBIN

Hosted by the Ellicott Group
Sunday, Sept. 9th 2012 from 2:00 to 5:00 pm
At Calhan City Park, Calhan, CO.



Food, Fun and Fellowship! Burgers, Dogs, Buns, Condiments, Coffee, Water and Soda provided. Potluck so please bring your favorite side dish to share. Please bring chairs if you have some.

2:00 pm Gather
3:00 pm Eat
4:00 pm Speaker Meeting
- Barbeque
- Joe S.

Calhan city park is located at the corner of Manitou St. & Eighth St.
Take Highway 24 East to Calhan turn east on Manitou St. go two blocks to Eighth St.
pull into the gravel parking area next to the ball park; the pavilion is located just northeast of the parking area. If you get lost look for the Calhan water tank, the big tank 200 feet in the air on stanchions, it is located in back of the city park aim for it!

*Your Area Service Office and
Intergroup would like you know how
very much we appreciate your
personal contributions!*



In the month of July
we received
6 Grateful Giver
contributions,
4 Personal contributions
& **2 Birthday contributions!**

My Story...

Continued from page 3

What it's like now? Almost 8 years have gone by and I haven't felt the need to take a drink, yet! I don't have too many "not yet's" left. I live my life one day at a time. The same way I did when I was drinking! I think back to those long days with hangovers and long nights when I ran out of booze. Living with a daily reprieve is much easier when you don't take a drink. I moved to Colorado Springs almost a year ago and am loving life! My wife has a great job that allows me to get an education. We just bought a home and are settling in. The problems I have today are minor compared to the ones I created while I was drinking. I owe all this to AA. When I left my home group in VA they told me to get a home group and a sponsor as fast as possible. I did what I was told, mainly because it has never let me down yet! I found a great group that meets early in the morning which fits my schedule perfectly. I have a sponsor that I see often that has great sobriety. All that "mumbo jumbo" I heard early on sure helps me stay sober today. I find that not only having a tool kit of sobriety tools, but using them is the key for me. My favorite saying in AA is "it is what it is or it would be different" but the one I see come true most often is "meeting makers make it". I attend a lot of meetings and volunteer for service work as often as possible. I owe my life to AA and the friends I have made in the rooms.

A grateful alcoholic and my name is Marc

At Wit's End:

The doctor read the test results and told the patient, "I have bad news: You're an alcoholic, and you've got Alzheimer's disease." "Alzheimer's, huh?" replied the patient. "Well, it could be worse. I could be an alcoholic."

MEETING ADDITIONS - DELETIONS - CHANGES

Eye Opener Group: **MOVED** From: 809 N. Circle Dr., through back door downstairs.

To: 2011 E. La Salle, Park Plaza Bldg., Central Group Location

Easy Does It Group: **MOVED** To: 3760 Astrozon Blvd., West of Academy off Hancock

Behind the King Soopers

Half Pint Group: **DELETED** Tuesday at 7:30 pm.

In The Dog House: **DELETED** Tuesday at 7:00 pm.

Not A Glum Lot: **DELETED** Thursday at 6:00 pm.

Write for The PINT!

Write For The PINT!

Write for The PINT!



~ SEPTEMBER MILESTONES ~

HAPPY HOUR			TUESDAY NEW WOMEN'S			ELLCOTT GROUP		
Beth G.	25	yrs.	Sally L.	7	yrs.	Mark K.	19	yrs.
Ken J.	16	yrs.	Valerie J.	16	yrs.	Joe S.	19	yrs.
Michael H.	5	yrs.	Leigh T.	7	yrs.	Jeromy W.	12	yrs.
WALK THE TALK			Kathy S.	12	yrs.	SOLUTIONS		
Phil A.	13	yrs.	Cathy B.	1	yr.	Linda A.	9	yrs.
Gerry W.	11	yrs.	Cindy S.	1	yr.	Aaron	1	yr.
Margot	4	yrs.	Laurel B.	22	yrs.	Darrell	1	yr.
Annie M.	8	yrs.	Chelsey C.	2	yrs.	Eddie	12	yr.
Dawn D.	9	yrs.	STEEL MAGNOLIAS			Eric C.	4	yrs.
Stacey D.	5	yrs.	Kay H.	34	yrs.	Linda O.	3	yrs.
Jody H.	23	yrs.	Rhonda J.	3	yrs.	Linda W.	9	yrs.
Barbara W.	27	yrs.	FRIDAY WOMEN'S			Liz S.	2	yrs.
Anita R.	9	yrs.	Ruth H.	27	yrs.	Chris M.	1.5	yrs.
Greg C.	8	yrs.	Kelsey C.	4	yrs.			
Lou C.	3	yrs.	Mary O.	4	yrs.			
David R.	9	yrs.	Amy L.	4	yrs.			
Joni E.	1	yr.	Calleen	4	yrs.			
Haley	6	yrs.	Theresa	4	yrs.			
Laura R.	24	yrs.						
Norah	18	yrs.						
Ray	1	yr.						
Carolyn P.	19	yrs.						
Aaron	5	yrs.						
Bev C.	5	yrs.						

September

*** Total Years 498.5 yrs.**

* Equals total years reported from our local groups.

To have your group years added please submit your milestones to pint@coloradospringsaa.org

Remember that we deal with alcohol--cunning, baffling,
powerful! Without help it is too much for us. But there is
One who has all power--that One is God.

May you find Him now!

Concept 9: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

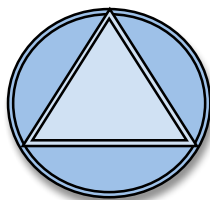
9

Step 9:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9:

A. A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



TRADITIONS CHECKLIST Tradition Nine

If we are painstaking about this phase of our development, we will be amazed before we are half way through...

- 1) Do I still try to boss things in AA?
- 2) Do I resist formal aspects of AA because I fear them as authoritative?
- 3) Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?
- 4) Do I exercise patience and humility in any AA job I take?
- 5) Am I aware of all those to whom I am responsible in any AA job?
- 6) Why doesn't every AA group need a constitution and bylaws?
- 7) Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?
- 8) What has rotation to do with anonymity? With humility?



• Sincere Dues •

Approaching step nine, A 6th century B.C. quote from Heraclitus surfaces, "He prays to refrain from alcohol: 'A man, when he gets drunk, is lead by a beardless lad, tripping, knowing not where he steps, having his soul moist'"(1-p2). Staring at the toes I crushed within my 8th step list, this fact still rings true. However, much good growth is gained from a recovery program as a result of alcohol and this foot-stomping.

Amends concern honest confessions from the immoral inventories within the forth step. The labels, categories and stereo-types of the thinking problem are no longer justifiable. Gone too is the process of storing and releasing anger through these convenient rackets. This eliminates the ongoing terror within those corrupt memories leaving me short on virtuous behavior.

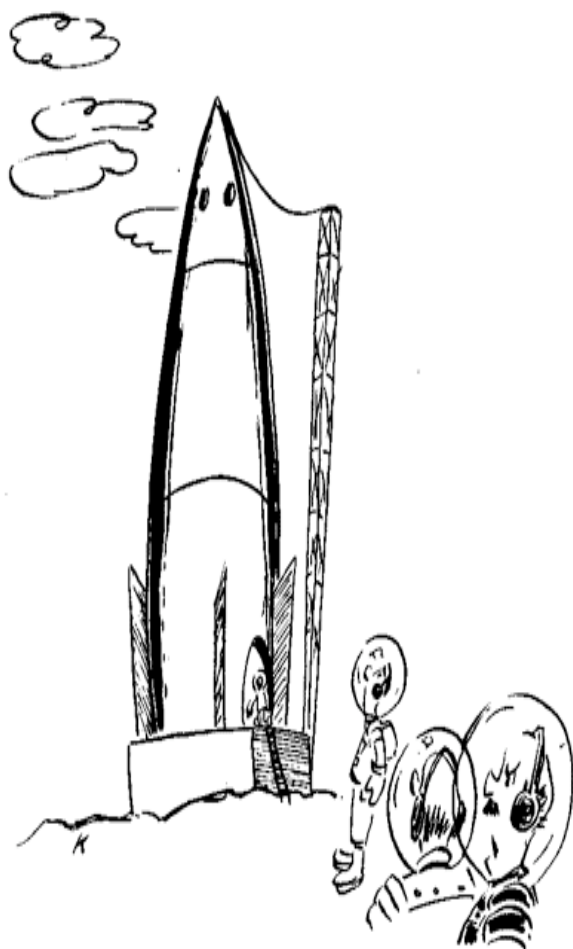
The moral inventory unearths the ability to reestablish a foundational empty-like mind state of love within the brain. Spirituality begins within this peaceful love growing thus onward into appropriate behavior. Living life from this glorious state is a new undertaking. The strength to remain and consistently act from virtuous principles matures through positive experiences.

In step nine, I must provide the justice to ensure the longevity of this new serene existence. I then become accountable to the achy toes of my past. I must also discern when a befitting forthcoming may cause further damage. Making amends for immoral behavior is a perfect time to practice faithful spiritual behavior. Peace of mind, however, comes from simply understanding that if everyone were righteous, forgiveness is already at hand.

Serene Destiny

- 1) "Heraclitus," by Bertrand Russell, History of Western Philosophy, 1945, 8/03/2012, www.thebigview.com/greeks/heraclitus.html (p2).

Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances! (BB - pg. 100)



"Who booked this meeting, anyway?"

• CONTRIBUTION ADDRESSES •

~ AREA SERVICE OFFICE ~

Colorado Springs Area Service Office
1353 South 8th St., Suite 209
Colorado Springs, CO 80905
(Include group name and number on check)

~ GENERAL SERVICE OFFICE ~

P.O. Box 459 - Grand Central Station
New York, NY 10163
(Include group name and number on check)

~ AREA 10 ~

Area 10 Treasurer
12081 West Alameda Parkway #418
Lakewood, CO 80228
(Include group name, number and district 7 on check)

~ DISTRICT ~

District 7
P.O. Box 26252
Colorado Springs, CO 80936
(Include group name, number and district 7 on check)

~ PINK CAN CONTRIBUTIONS ~

Pink Can Contributions
P.O. Box 40368
Denver, CO 80204
(Make checks payable to Area 10 Corrections
Committee)
(Include group name and number on check)

• CASH ACCEPTED IN PERSON ONLY •

Suppose we tell you some of the
obstacles a family will meet;
suppose we suggest how they
may be avoided—even converted
to good use for others.

(BB - pg. 123)

“...real tolerance of other
peoples shortcomings and
viewpoints and a respect for
their opinions are attitudes
which make us more useful
to others. Our very lives as
ex problem drinkers, depend
upon the constant thought of
others and how we may help
meet their needs”

(big book pg 19-20)

• COMMITTEE INFORMATION •

Public Information:

Committee Meeting: 1st Saturday, 2:00 p.m., 1st
floor Penrose Main Hospital, 2222 N. Nevada in
Volunteer Coordinator Conference Room.

Cooperation with the Professional Community:

Committee Meeting: 5:30 p.m., 2nd Sunday of the
month at the Downtown Group, 210 N. Corona St.

Corrections:

Committee Meeting: 9:00 am-10:00 am, 3rd
Saturday of the month, Sacred Heart Catholic
Church 2021 West Pikes Peak Ave, Room #6,
Colorado Springs, CO 80904

Treatment:

Committee Meeting: 12-1 pm, 2nd Saturday of the
month, at Penrose Hospital Volunteer Conference
Room, 2222 N. Nevada.

Nightwatch:

Night Owls Meetings are held @7:00 p.m., 1st
Tuesday of the month at The Peer, 308-I S. 8th St.,
NW Corner of Hwy 24 @ 8th St., behind La Casita.

**For more committee information including
intergroup committees please go to
coloradospringsaa.org**

GROUP CONTRIBUTIONS

GROUP NAME (2012-2013)	Fiscal Yr. to date	July	GROUP NAME (2012-2013)	Fiscal Yr. to date	July
Apex	\$132.16	\$46.90	New Woman	\$339.44	\$179.79
Back to Basics	\$295.06	\$46.20	Noon Meetings @ Clean Slate	\$0.00	
Big Book Action	\$0.00		Northwesters	\$200.00	
Big Book Study UPH	\$250.00		Not A Glum Lot	\$0.00	
Black Forest	\$158.55	\$82.05	Oasis Group	\$0.00	
Broadmoor	\$0.00		Off The Wall	\$118.69	
Brown Baggers	\$150.00		Old North End Study Group	\$0.00	
Central	\$0.00		Penrose Discussion	\$19.80	\$19.80
Clean Air Group	\$0.00		Plug in the Jug	\$0.00	
Don't Worry Be Happy	\$0.00		Pre-Dawn Meeting	\$140.00	
Down By The Creek	\$0.00		Progress Not Perfection	\$145.07	\$28.57
Downtown Group	\$1,377.56	\$609.18	Recovery in Action	\$94.40	
Drylander's Group	\$34.65		Saturday Early Morning Mtg.	\$0.00	
Easy Does It	\$225.00	\$225.00	Security Eye Opener	\$0.00	
Ellicott Group	\$0.00		Serenity Hour	\$100.00	\$25.00
1515 Meditation Group	\$0.00		Serenity Riders	\$0.00	
Foxhall Group	\$141.04	\$54.82	Serenity Sisters	\$0.00	
Friday Night Live	\$200.00		Silver Key Seniors	\$0.00	
Friday Women's Group	\$0.00		Solutions at Noon	\$96.38	\$16.53
Garage Meeting	\$325.00	\$173.00	Steel Magnolias	\$109.53	\$75.73
Good Ole Boys	\$0.00		Sunday Morning Speaker	\$308.24	
Half Pint Group	\$57.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Happy Destiny	\$88.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$0.00	
Happy, Joyous & Free	\$0.00		Taking Steps	\$200.00	
Happy Heathens	\$163.00	\$163.00	Then and Now	\$0.00	
Happy Hour	\$570.05		Thursday Mens	\$300.00	
High Noon	\$86.00	\$22.00	Thursday Noon--Woodland Park	\$100.00	\$50.00
H.O.W.	\$35.10		12@12 Group	\$0.00	
Into Action	\$156.00		Veterans for AA	\$0.00	
Keystone to Recovery	\$0.00		Walk the Talk	\$1,360.00	\$340.00
Lake George Group	\$78.18		Walking on Water	\$100.00	
Living Free	\$81.00		We Are Not Saints	\$380.80	
Living Sober	\$138.00		Wed. Westside Womens	\$118.00	\$59.50
Living Sober South	\$88.54	\$10.50	Westside Eye Opener	\$110.59	
M.A.G.	\$176.02		Woodland Park Beginners	\$50.00	
Natural High	\$0.00		Woodland Park Book Study	\$150.00	\$150.00
New Beginners	\$292.00	\$125.00	Young People	\$188.00	
			Totals:	\$10,026.85	\$2,502.57

We are going to know a new freedom and a new happiness.



Nightwatch Night Owls News



Greetings to my fellow Night Owls and members of our A.A. community. Project E.A.S.E. (Elimination of the Answering Service Experiment) is on schedule to begin as of September 1st. We will be going "live" the first and third weeks in September and the second and fourth weeks in October. I am very excited to embark on this journey with great hope and an opportunity to learn and grow in my recovery by way of service to others. Together, we will maximize our potential to reach out and touch as many suffering alcoholics in our city as possible to give them the chance that we have been given to live happy, joyous, and free.

For the Night Owls who have been actively searching for a new meeting place for our service committee, you may rest easy. The Peer is being kept open for a few more months and we will continue our monthly meetings as scheduled in the same location until further notice.

At this time, I want to announce John B. has stepped down as chair of Nightwatch. He has moved out of town and he will truly be missed. I am sure I speak for us all when I say thank you, John, for the service, inspiration, and the motivation you provided to help the Nightwatch program thrive. I, Gina S, previously vice-chair, have moved into the chair position and I have appointed Crystal S. as vice-chair. We were both ratified at the last Intergroup meeting to make it official.

Calling All Night Owls! Hoot! Hoot! If you or any one you know would like to join our team of volunteers, please contact Gina S. at 719-502-1154 or come to one of our monthly meetings. We meet at The Peer, located at 308-I South 8th Street, behind La Casita, on the first Tuesday of every month at 7pm. We do ask that you be willing to make a one year commitment and have at least six months of continuous sobriety.

Night Owl Words of Wisdom: Still you may say: "But I will not have the benefit of contact with you who write this book." We cannot be sure. God will determine that, so you must remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave.

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you--until then. From the Big Book Page 164 Chapter 11 "A Vision For You".\

Happily In Service.

Gina S.

Last Months Caption



"It's a myth that you can drink like that and look that good."

Submitted by: Melinda H. - Colorado Springs

~ or ~

"I heard she drinks like a fish".

Submitted by: Bob McC. - Bode, IA

(Bob used to live here in the Springs and subscribes to The Pint)