



~THE PIKES PEAK PINT~

EDITOR'S NOTES

TOPICS:

- Tradition 1 (Jan)*
- Tradition 2 (Feb)*
- Tradition 3 (Mar)*
- Tradition 4 (Apr)*

Well, you get it...

Inside this issue:

| | |
|--|---|
| <i>Local Shares on</i> TRADITION ONE | 2 |
| <i>Step of the Month</i> | 3 |
| <i>Meetings & Milestones</i> | 4 |
| <i>Group Contributions</i> | 6 |
| <i>Committee Information</i> | 5 |
| <i>Happenings</i> | 6 |

Well well well, Happy New Year! 2016, here WE are! The emphasis is on the "we" because it is in unity that we drunks are granted freedom and recovery. It is through this unity that we get to experience a Higher Power. As the 12 Steps lay a spiritual foundation for path of recovery for individual members, the 12 Traditions provide the principles that keep the group strong and healthy, and it begins with the first tradition -- an emphasis on unity. If groups become drawn into controversy, or become dominated by individuals, or for any other reason jeopardize the unity of the group, it will cease to thrive and very easily can fall apart. Individual members may drift away and perhaps even leave the program. It is through our common welfare, problem, and solution that recovery maintains.

I once lived a life that had me separate from you guys and the world. I was sick, alone, scared, and dying. The thing I craved the most was peace and someone who understood me in a way that others seemed to miss. By the Grace of a Higher Power, and the spiritual experience of a non-alcoholic delivering me to the doors of AA, I found "my people," and I was immediately accepted. (In fact, I was be-

yond accepted. I wasn't sure if I was an alcoholic, and you fine people just looked at me and said, "Yeh, you should just keep coming!" SO I offer a thank you for having my back team!) I wasn't alone anymore!

Now, I have always been a traditions lover and passionate about what they mean for us today as well as the ensured future of our people, so I have made it a point to study them with a traditions sponsor. What a joy to see that the traditions are principals that keep our groups and members unified and close to a defense against the first drink. That said, I'm not sure anything teaches us about the weight and importance of the traditions like going against one, AND having to go clean it up! I gossiped out right about a woman in our fellowship out of fear and jealousy of my own. As I was doing it, that "thing" within me got very uncomfortable and I KNEW I had just created DIS-Unity. The issue was not this woman, it was me and my lack of honesty around and issues in my world. What was I doing? This woman and I needed each other to survive this disease, and I was pushing her away; furthermore, I was harming her. WELLLLLL, that of course had to be cleaned up! After speaking with my spon-

sor I again greeted humility. I went to the woman and made amends for my actions, telling her flat out that I had said unsavory things about her. By the Grace of a Higher Power, the woman had a program that was alive and enabled her to forgive me. Months later she needed help and I was able to hand her my experience. To this day we speak often and warmly with each other! Such a joy, but I tell you I GOT TO experience the weight of going against this tradition and it has made solid within me some behaviors that do not serve recovery because they put me too far from my Higher Power, my protection from the disease of alcoholism.

During, these next several months, I hope you enjoy learning and hearing about traditions from our lovely writers and their experiences. Furthermore, if the traditions seem like the "Ughhhhhh" in your recovery, I hope that you will find the passion to realize that our footwork is never done, and the traditions will soften you to the work of your steps by showing you where you are unable to bring a Higher Power sufficiently into your relationships.

Here's to an amazing New Year....one day at a time of course! Stormie

“Tradition 1: My Ego’s Problem with Unity”

I had worked two sets of steps and began a third at 2 years of sobriety. But I was an unhappy camper; I kept getting into arguments in my groups, on A.A. committees and in my personal relationships. Then I went off to an A.A. workshop and encountered a view of the Traditions which changed my sobriety for the better. Here is what I learned and experienced.

I knew that the 12 Steps had given me a new way to live and had brought me into a relationship with my Higher Power, whom I call God. I no longer wanted to drink or kill myself, but I still couldn’t get along with others very well; endless inventories resulted and more amends piled up. The Steps gave me the actions to take to find my way in life, but it was the Traditions that gave me the _inactions_ to take to find my way in the group! The Traditions were written out of bitter group experience in A.A.’s adolescent stage. What do we tell unruly teenagers? NO! No, you cannot take the car, no you cannot stay out past curfew, and no you cannot talk back to dad. And through inaction, I received the key to getting along in groups and committees.

In Step 1, I became honest enough to know that what I know how to do does not work and so I surrendered to the fact that untreated, my mind will always take me back to a drink and my body cannot ever handle a drink. I was beaten down by alcohol and I met head-on the problem of Step 1: that I am powerless over alcohol and my life is unmanageable. Coming out of self-reliance, I became willing to do whatever my sponsor told me to do to recover: to work the program of action. Steps 2-12 each showed me how I can live with my Step 1 powerlessness and unmanageability.

“I surrendered to the fact that untreated, my mind will always take me back to a drink...”

Then I entered the adolescence of my sobriety, when my ego came back and I pushed against being integrated into the group. I didn’t know how to get along with all y’all. I thought I knew more than my sponsor and the groups annoyed me. I met head-on the problem of Tradition 1: Our common welfare should come first; personal recovery depends upon A.A. unity.

As the long form of this tradition says in part: Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. The problem? I didn’t know how to put the group’s needs above mine... but if I didn’t, I knew I could relapse and die. Well, I sure did feel at 2 years of sobriety as though I was dying. See, my ego needed to die, again.

We need to work well, play well and live together so that we might provide a space for the newcomer to encounter recovery and for us all to grow up spiritually; the problem is that my ego wants things my way. So, I soon learned that unless I curb my individual desires and ambitions, I can damage the group by my rebuilt ego’s drive to control

and manage and divide and conquer.

And so I encounter the first NO: I must yield to the group conscience and the spiritual principles of the steps and traditions (and later, the concepts). Just like Steps 2-12 showed me how to live in Step 1, Traditions 2-12 each show me how I can live with Tradition 1: that I can live in Unity with the group. I began to grow up in public, as my sponsor liked to say.

So how I do practice Tradition One’s principle of Unity? By sitting on my hands, mostly. I practice being cooperative, not divisive. I practice respecting that my way is not the only way. I let other people do things their way and keep my fingerprints off things. I just shut the hell up instead of gossiping or criticizing and let other people be who they are. The more I sat back and stayed small (asking God for

“I saw the power of God open up in my group and in my world.”

the strength to do so, of course), the more I saw the power of God open up

in my group and in my world. NO, I do not get to impose my way on others and NO, I do not know what is best! In practicing leaving no trace, I got to experience what it is like to be a small part of a great whole (free!)... and to see how big my Higher Power truly is (really big!). The group didn’t fall apart, it got stronger, and my relationships started to improve! Tradition 1 is another ego busting opportunity, as all of our principles truly are, which frees me (and you!) personally and interpersonally.
Cris S.



“Common Welfare”

Our common welfare should come first; personal recovery depends upon A.A. unity.

I am very grateful that AA exists. According to the first Tradition I should focus on the welfare of the group. Thinking of anyone’s welfare before my own is a relatively new concept for me. One I am trying to put into action within my own life as an AA. Being friendly to newcomers regardless of how I feel, not being disruptive during a meeting by talking or messing with my phone, acknowledging everyone even if I feel uncomfortable being social, these are ways I try to practice adding to the Unity of the groups I attend.

April

CONCEPT 1: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



TRADITION 1:

Our common welfare should come first; personal recovery depends upon A. A. unity.

TRADITIONS CHECKLIST

Tradition 1:

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

Step 1:

We admitted we were powerless over alcohol - that our lives had become unmanageable.



MEETING CHANGES, SPEAKERS, & HAPPY BIRTHDAYS!

CHANGE

Time

From 6:30 p.m. to 5:30 p.m. Tuesday
Central Group Tuesday Women's
 Open, Discussion
 5:30 p.m. Tuesday
 309 South Hancock Ave.,
 West side of Memorial Park

Location

From Google Hangouts to Pikes Perk Coffee & Tea House, 5965 N. Academy Blvd. #203

Website Committee Meetings

1:00 p.m. 2nd Saturday of the Month
 5965 N. Academy Blvd. #203

DELETE

AA History Meeting

Open
 5:00 p.m. Tuesday
 309 South Hancock Ave,
 West side of Memorial Park



Above the Bar Group

Open, Discussion
 6:00 p.m. Saturday
 Community Partnership Family Resource Center, NE corner at the Divide light.
 Divide, CO



WALK THE TALK (DEC)

| | |
|-----------|---------|
| Mi-Lou | 25 yrs. |
| Doreen D. | 37 yrs. |
| Paula R. | 27 yrs. |
| Rick G. | 24 yrs. |
| Chris B. | 8 yrs. |
| Justin V. | 1 yr. |
| Ron W. | 1 yr. |
| Brian G. | 29 yrs. |
| Lynn W. | 10 yrs. |
| Mike H. | 3 yrs. |
| Jeremy P. | 11 yrs. |
| Leann F. | 28 yrs. |
| Rod Q. | 7 yrs. |

EASY DOES IT

| | |
|-------------|---------|
| Benny M. | 26 yrs. |
| Mark H. | 21 yrs. |
| Scott W. | 2 yrs. |
| David B. | 6 yrs. |
| Doc | 7 yrs. |
| Carla R. | 3 yrs. |
| Lynda H. | 19 yrs. |
| Lawrence P. | 34 yrs. |
| Mike F. | 3 yrs. |
| Harry G. | 3 yrs. |
| Aaron D. | 1 yr. |
| Codi S. | 1 yr. |

FRIDAY WOMENS

| | |
|-------------|---------|
| Dolores N. | 27 yrs. |
| Sharon W. | 16 Yrs. |
| Stacy W. | 13 yrs. |
| Molly W. | 10 yrs. |
| Leanne D. | 8 yrs. |
| Janie C. | 2 yrs. |
| Pat H. | 14 yrs. |
| Marti B. | 31 yrs. |
| Susan U. | 7 yrs. |
| Cindy B. | 8 yrs. |
| Maile | 10 yrs. |
| Beth L. | 35 yrs. |
| Julia R. | 6 yrs. |
| Judy B. | 5 yrs. |
| Lori B. | 10 yrs. |
| Mary Ann S. | 7 yrs. |
| June S. | 35 yrs. |
| Debi C. | 7 yrs. |
| Anne M. | 7 yrs. |

NEW WOMAN


| | |
|------------|---------|
| Sharon W. | 16 yrs. |
| Cathy P. | 25 yrs. |
| Ellen K. | 30 yrs. |
| Maile | 10 yrs. |
| Shelley D. | 7 yrs. |
| Midori M. | 1 yr. |
| Alison | 1 yr. |
| Kerry Ann | 2 yrs. |
| Heather H. | 2 yrs. |
| Janey B. | 1 yr. |

STEEL MAGNOLIAS

| | |
|----------|---------|
| Cathy C. | 5 yrs. |
| Joan L. | 3 yrs. |
| Pat H. | 14 yrs. |

HAPPY HOUR

| | |
|------------|--------|
| Heather H. | 6 yrs. |
|------------|--------|

In the month of  November

the Service Office received

4 Grateful Giver contributions,
2 Birthday contributions,
 and
4 Personal contributions!
Thank you!!

718

GROUP CONTRIBUTIONS

| GROUP NAME (2015-2016) | Fiscal Yr. to date | November | GROUP NAME (2015-2016) | Fiscal Yr. to date | November |
|-------------------------|--------------------|----------|---|--------------------|------------|
| A Common Solution | \$55.26 | \$55.26 | Off The Wall | \$198.48 | |
| Above the Bar Group | \$0.00 | | Old North End Study Group | \$228.36 | \$128.35 |
| Apex | \$119.13 | | Pre-Daw n Meeting | \$0.00 | |
| Back to Basics | \$547.00 | \$85.00 | Primary Purpose | | |
| Beacon Light Group | | | Primary Purpose Men's Group | \$0.00 | |
| Big Book Action | \$405.00 | | Progress Not Perfection | \$161.93 | |
| Big Book Study UPH | \$0.00 | | Recovery in Action | \$496.27 | |
| Black Forest | \$464.10 | | Recovery, Unity, Service Group | \$105.00 | \$105.00 |
| Broadmoor | \$0.00 | | Saturday Early Morning Mtg. | \$177.45 | \$63.00 |
| Brow n Baggers | \$150.00 | | Security Eye Opener | \$226.48 | \$76.48 |
| Central | \$20.00 | | Serenity Hour | \$500.00 | \$50.00 |
| Clean Air Group | \$82.00 | | Serenity Riders | \$240.00 | |
| Don't Worry Be Happy | \$736.99 | \$111.45 | Serenity Sisters | \$275.00 | |
| Dow n By The Creek | \$0.00 | | Solutions at Noon | \$357.49 | \$19.08 |
| Dow ntow n Group | \$2,838.00 | \$474.57 | Sought Through Prayer & Meditation | \$181.82 | |
| Drylander's Group | \$40.46 | | Steel Magnolias | \$115.98 | |
| Easy Does It | \$120.00 | | Stepping Stones | \$0.00 | |
| Ellicott Group | \$100.00 | | Sunday Morning Speaker | \$631.00 | |
| Foxhall Group | \$249.87 | | Sunday Night Big Book Study (Clean Slate) | \$0.00 | |
| Freedom From Bondage | \$100.00 | | Sunlight of the Spirit - Women's 12x12 (Monument) | \$180.00 | |
| Friday Night Live | \$287.50 | | Taking Steps | \$0.00 | |
| Friday Women's Group | \$220.00 | \$50.00 | The Doctor's Opinion | \$202.25 | |
| Good Ole Boys | \$0.00 | | The Garage Meeting | | |
| Happy Destiny | \$100.00 | | Then and Now | \$75.00 | |
| Happy Heathens | \$200.00 | | Thursday Men's Group | \$1,600.00 | |
| Happy Hour | \$0.00 | | Thursday Noon--Woodland Park | \$112.50 | |
| Happy, Joyous & Free | \$0.00 | | Treating The Illness | \$0.00 | |
| High Noon | \$184.00 | \$48.00 | Turning Point | \$0.00 | |
| H.O.W. | \$50.00 | | Ute Pass Breakfast Group | \$50.00 | |
| Into Action | \$450.00 | | Veterans for AA | \$0.00 | |
| Keystone to Recovery | \$100.00 | \$100.00 | Walk the Talk | \$2,550.00 | |
| Lake George Group | \$85.00 | | Walking on Water | \$0.00 | |
| Little Log Church Group | | | We Are Not Saints | \$1,018.33 | \$352.43 |
| Living Free | \$187.00 | | Westside Eye Opener | \$0.00 | |
| Living Sober South | \$191.00 | | Women of Grace | | |
| M.A.G. | \$353.00 | \$90.00 | Woodland Park Beginners | \$0.00 | |
| Natural High | \$0.00 | | Woodland Park Book Study | \$200.00 | |
| New Beginners | \$418.64 | | Woodland Park Women's Step Study | | |
| New Woman | \$568.88 | | Young People | \$428.44 | |
| Northw esters | \$650.00 | \$300.00 | Totals: | \$20,956.11 | \$2,108.62 |



NIGHTWATCH COMMITTEE MEETING



The Purpose of Nightwatch
TRADITION FIVE

Each Group Has But One Primary Purpose- To Carry Its Message To The
Alcoholic Who Still Suffers

NIGHTWATCH COMMITTEE MEETING
The 1ST Tuesday Of Every Month At 7PM,
We Meet At Sacred Heart Parish
2021 West Pikes Peak Ave
Room 10 *upstairs*
(corner of 21st street and Pikes Peak)



Contact Info:

Service Office 24hr Hotline (719)573-5020
www.coloradospringsaa.org
1353 S. 8th Street, Suite 209
Colorado Springs, CO 80905

www.nightwatch@coloradospringsaa.org

THE ONLY REQUIREMENTS ARE 6 MONTHS OF CONTINUOUS SOBRIETY AND MAKING A 1 YEAR COMMITMENT OF SERVICE

• 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: 6:00 p.m., 2nd Wednesday of the month at Vertec, 1123 Elkton Dr.

District 7:

Committee Meeting: 7:30 pm, 3rd Tuesday of the month at 420 N. Nevada, First United Methodist Church Room 135 (Boulder St. Access)

Treatment:

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

Nightwatch:

Night Owls Committee Meetings: 7:00 p.m., 1st Tuesday of the month at Sacred Heart Parish, 21st and Pikes Peak Room 10 - Following the New Beginners meeting.

Web Committee: NEW

Committee Meetings: 1:00 p.m., second Saturday of the month. 5965 N. Academy Blvd. #203 Pikes Perk Coffee & Tea House

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

• 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 7 ~

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)

Local Service Office

Hours: Monday-Friday 9 a.m. to 5 p.m.

SAT.-SUN.: CLOSED

Location: 1353 South 8th Street, Suite 209, Colorado Springs, CO 80905

Contact the Service Office for Intergroup information
719-573-5020

E-mail: serviceoffice@coloradospringsaa.org

Web site: www.coloradospringsaa.org

Sign up to receive

The Pikes Peak Pint by email!

- Read, enjoy and send a copy to all your friends •

Send subscription requests to

pint@coloradospringsaa.org

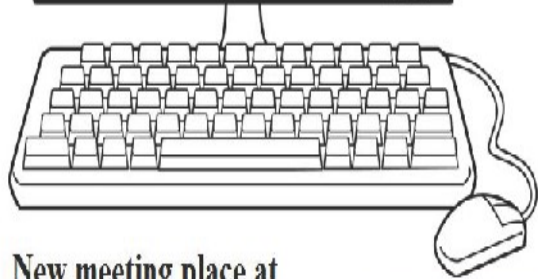
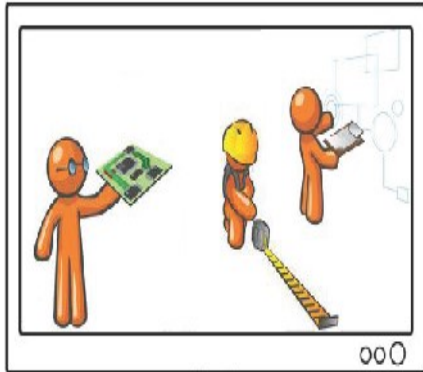
DO IT TODAY!

or you can get a copy for only \$1.00
at the Area Service Office

Website Committee

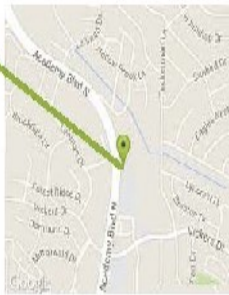
Come Join the Team!

Committee meets every second Saturday at 1pm



New meeting place at
Pikes Perk Coffee & Tea House
on N. Academy

5965 Academy Blvd N #203
Colorado Springs, CO 80918



TRADITIONS BREAKFAST MEETING

● Tradition Seven ●

A. A. Traditions Discussion Meeting
Sunday January 17, 2016 @ 10:00a / 12:00p

At Village Inn on Circle and I-25

Subsequent meetings on the 3rd Sunday of each month!

~*~

Arrive at 9:00a and enjoy some
breakfast and fellowship
before the meeting begins!

~*~

When arriving at Village Inn simply tell the Hostess you are here for
TRADITIONS. She will politely direct you to the "BUBBLE".



You Are Awesome!!!!

THANK YOU

As of December 16th,
Gratitude Month
has had **24** Groups
contributing
for a total of
\$2045.85!!