

-THE PIKES PEAK PINT-



NOVEMBER

TWENTY TWELVE

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

• **LOCAL FEATURE** •

My First Thirty Days...

My first thirty days of sobriety helped me get on the right path for the first time in my life and so I was able to finally change who I was into who I strived so hard for such a long time to be. I didn't like who I was. I had a constant internal war of insanity going on in my head; I didn't realize that alcohol was increasing the insanity, keeping me from ever having a chance at being who I felt I truly was.

It was scary driving up to my first AA meeting, but I had told myself I would pick a meeting and go there three times no matter what, so I walked inside. I immediately felt nervous, out of place, weird, scared, confused and wanted to bolt. I sent a text message to my fiancé with the address and explained I was nervous and unsure what I had walked into so I wanted him to know exactly where I was. I had some willingness so I got my desire chip and even spoke at the meeting. I got some numbers and a schedule. Something was unlocked deep inside my brain that Thursday night and I felt a little bit of comfort, I felt a little calmer and lighter as I walked to my car after the meeting was over.

I picked a woman's meeting from the schedule and went the following Tuesday. I met my future Grandma Sponsor there who told me about another meeting the next night (Wednesday) and that I should go. So I went.

Continued on page 3



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

Local Service Office

Hours: Tuesday-Friday 9 a.m. to 6 p.m.

SAT. - SUN. - MON: CLOSED

Location: 1353 South 8th Street, Suite 209

Colorado Springs, CO 80905

719-573-5020

E-mail: serviceoffice@coloradospringsaa.org

Web site: www.coloradospringsaa.org

Contact the Service Office for Intergroup Information.

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• Admitting Alcoholism •

Rural values, positive and negative, surrounded my upbringing. Subtle gossip, typical of small towns and rural society, was often prevalent during family conversations. In particular, those with alcohol and/or drug problems were belittled and ridiculed. Such people were “throwing their lives away”, “being inconsiderate”, and generally “making fools of themselves”. These losers had weak character, came from *bad* families, and were to be avoided. They were examples of what not to become. The sober part of my family could not comprehend why such people would not just pull themselves up by their bootstraps, put their life back together, and stop drinking.

Much to the disgrace of my *good* family, two of my cousins were alcoholics. One was a medical doctor who worked himself through medical school achieving stature as a successful anesthesiologist. The other was a college-educated man from a stable family. However, they both suffered from alcoholism and the sober relatives felt dishonored to have these alcoholics in the family. Before long, both of these alcoholics died early leaving behind wives and children to fend for themselves. Once again, the relatives shook their heads in disgust, revulsion, and scorn at these drunks’ weakness and inability to control their drinking.

Upon entering the program, I absolutely dreaded stating that I was an alcoholic. It was not because I doubted my situation; I knew that I had a severe problem, which I could not control. However, stating aloud that I am an alcoholic was incredibility upsetting given my family morals. In my mind, it meant I was to be shunned and emotionally outcast by my family. I would be discredited much as my cousins. I would be the subject of whispered gossip and described by my own family as a loser and a person of weak character. How could this be? I had such a virtuous and, perhaps even grandiose, character!

Flexing my alleged control of the world, I did not tell relatives of my alcoholism (other than my wife and children). I was far too afraid of watching their sinking facial expressions and hearing the immediate quips of disgust. I have a deeply Freudian fear of revealing my weakness to those whose approval and *unconditional* love I so desperately seek.

However, as is often the case, several wise friends in the program questioned my warped motives and suggested that perhaps I admit my alcoholism to those from whom I’ve been hiding it. Intellectually, I know they’re right...*they are always right*. These spiritual advisors have an incredible talent for remaining nonjudgmental while offering unwavering advice. I hear God through their words.

Later this month, my wife, kids, and I will be traveling to the farms of the Midwest for Thanksgiving with relatives. This is my opportunity, but I continue to be tentative and

anxious with an obsessive tendency to worry, over-analyze, and generally freak-out; all in my own head. I can even do so without external stimulus! Fortunately, I have incredible support...a sponsor, a program, a book, a set of steps, phone numbers, farmland meetings, and an understanding wife and kids. I am lucky, blessed, and eternally grateful. It’s a strange combination of feelings...intense fear mixed with reassuring comfort and support. I am not good at dealing with feelings but I am incredibly grateful to finally be experiencing life sober.

Happy Thanksgiving and God bless you brave souls,

Bill
Walk The Talk - Colorado Springs

Upon entering the program, I absolutely dreaded stating that I was an alcoholic.

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!
(BB pg. 59)

My First Thirty Days...

Continued from page 1

Confused and even lost became feelings I had quite often the first weeks of my sobriety. Meetings did not make any sense as I searched for a sponsor. I kept my word to myself and went to the Thursday meeting three times and then I tried other meetings until I found one that was a good fit for me. By the third week I had my first sponsor and she started right in to reading the Big Book with me, told me to call her every day and that I needed to get some service work, which I had no idea what that meant, but she comforted me and said she was there to help me as her sponsor helped her. I was overwhelmed by everything, but I read the first 164 pages in the Big Book as fast as I could because I wanted to understand what people were referring to in meetings. Everyone had a few sentences or phrases that they all said over and over leaving me feeling they had all gotten them from the same source; curiosity is one thing that motivates me. And so I got to work.

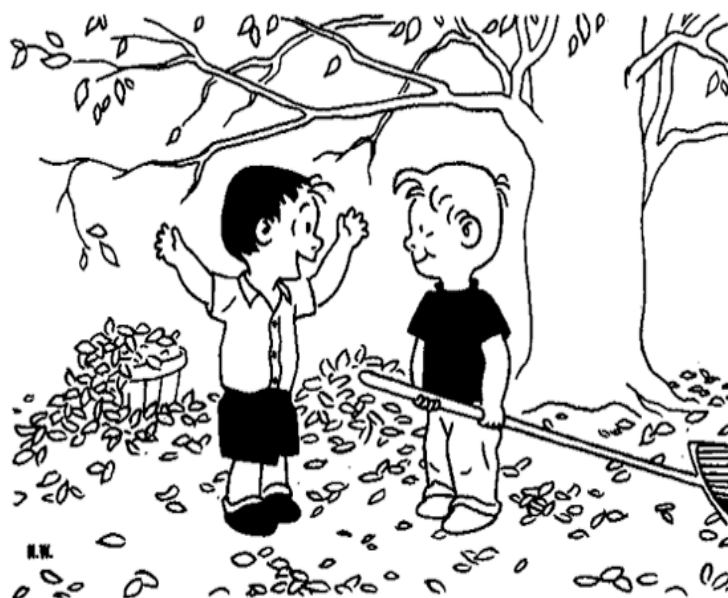
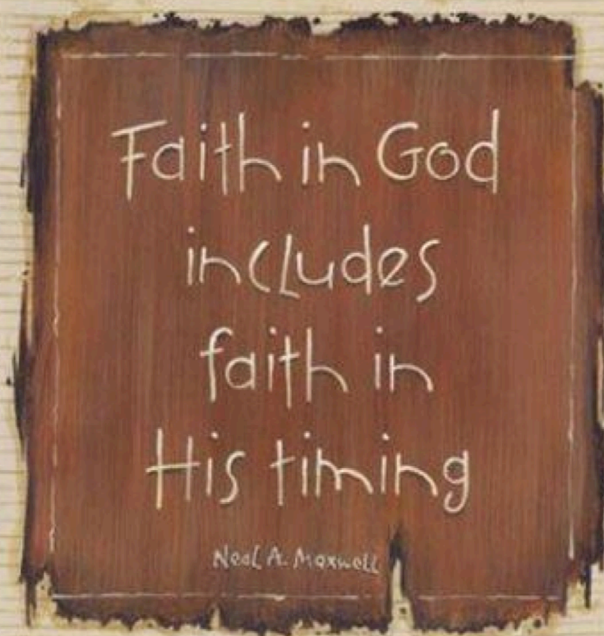
I did whatever my sponsor asked me to do for my sobriety, willing to work as hard as I could even though I was still completely unsure about what all the hard work was really going to do. Slowly I realized that meetings were finally making sense and I began to relate to people instead of sitting there trying to figure out what was going on. The door that was unlocked at my first Thursday night meeting opened and my obsession to drink alcohol simply disappeared long before I even realized it was gone. My life was moving forward, up and down, and sometimes every direction all at once but drinking never came to mind as a solution anymore, AA had become my solution and as I continue to go to meetings, do what my new sponsor tells me, work my butt off on my steps and my program I become stronger. I found myself, the person silenced for so long from alcohol that she never had a chance at winning my internal war. Confusion, struggles, pain, fear, tears, love, acceptance from AA members, laughter, hanging out, understanding from stranger and finally a little sanity were all feelings and experiences I had those first thirty days and I would not change a single one of those days, life now is worth so much more.

With love.

Simplietob

Young Peoples Group, Colorado Springs

He thought it better to give comfort than to receive it; better to understand than to be understood; better to forgive than to be forgiven. (12 x 12 pg. 101)



"... and he didn't drop the turkey or spill the gravy and everybody was happy! It was the best Thanksgiving we ever had!"

MEETING ADDITIONS - DELETIONS - CHANGES

Young Peoples Group: **CHANGED** all meetings no longer have child care!

The Penrose Step Study: **NEW** Open Step Study – Monday at 6:00pm – Penrose Hospital
Ground Floor, Main Lobby Conference Room, 2222 N. Nevada Ave.

Walk The Talk Group: **MOVED** to 5635 N. Academy Blvd., across from Woodley's Fine Furniture.

New
**Area Service Office
Hours**
*Tuesday through Friday
9:00am to 6:00pm*
~*~
~ **CLOSED** ~
Saturday, Sunday and Monday
Beginning November 1, 2012

This years Gratitude Dinner is at
SOLO'S RESTAURANT
• Saturday, November 10 •
~ *Terry H. will tell his story!* ~
Fellowship, Food and maybe some Fun too!
All for one low price of only \$25.00
• *Only 100 seats available!* •
For more information call or text
~ *Trisha at 646-6382* ~
~ *Roger at 306-6459* ~
This event will sell out so get your tickets today!

Write For The PINT!



~ NOVEMBER BIRTHDAY MILESTONES ~

WALK THE TALK			TUESDAY NEW WOMAN			SOLUTIONS		
Ray III L.	1	yr.	Puddi K.	29	yrs.	Anne. M.	6	yrs.
Leroy E.	1	yr.	Nancy R.	32	yrs.	Annette B.	15	yrs.
Stacy	2	yrs.	Nora M.	4	yrs.	Buck B.	7	yrs.
Terry	2	yrs.	Francine	3	yrs.	Dick N.	14	yrs.
Kristy	2	yrs.	Taylor	2	yr.	Dina S.	3	yrs.
Alberto C.	6	yrs.				Shanna G.	2	yrs.
Mary L.	10	yrs.	STEEL MAGNOLIAS					yr.
Eric P.	13	yrs.	Anne M.	6	yrs.			yrs.
Denise D.	25	yrs.	FRIDAY WOMEN'S					yrs.
Ron C.	26	yrs.	Nancy B.	22	yrs.	ELLCOT GROUP		
Konnee P.	26	yrs.	Phyllis C.	42	yrs.	Ray S.	32	yrs.
Chuck S.	27	yrs.	Stacey N.	2	yrs.			
Karen N.	28	yrs.	Kathy H.	4	yrs.			yrs.
Mary G.	?	yrs.	Gretchen F.	36	yrs.			
					yr.	November		
						* Total Years	424	yrs.

* Equals total years reported from our local groups.
To have your group years added please submit your milestones to pint@coloradospringsaa.org

• **WALK THE TALK** •
has finally MOVED!

Our newly renovated new location features a large meeting room (the Classroom), a small meeting multi purpose room (the Office), two bathrooms, handicap access and a designated smoking area out back (strictly enforced).

We have 44 meetings a week from 6:00 am to 8:00 pm and all times in between. We feature all meeting formats with men's meetings, women's meetings, meditation and discussion meetings.

We are all AA all the time!

**Come check out the new digs at
 5635 N. Academy Blvd. across from
 Woodley's Fine Furniture**

**If you stop by our
 Area Service Office
 you could be Thankful!**

Get the latest in AA approved reading for yourself or your group at everyday low prices!

Every individual purchase benefits the entire local fellowship!

**The coffee is always on and the
 conversation is always good!**

(the coffee isn't always good but the conversation is always on)

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.* (BB pg. 45)

To clergymen, doctors, friends, and families, the alcoholic who means well and tries hard is a heartbreaking riddle. To most A.A.'s he is not. (12x12 pg. 32)

~ **ALCOTHON 2012/13** ~
"The Journey IS the Destination"

Next planning meeting November 6th at
 6:00pm - Sacred Heart Center

•• **Volunteers Always Needed!** ••

~ Contact Mary Ann at 332-8455 ~

- Speakers •
- Decorations •
- Entertainment •
- Set Up / Clean Up •
- Coffee / Water / Tea •
- Greeters / Friendlies •

Actors for the Dinner Hour Melodrama

~ Contact Paul H. at 634-4517 ~

Be sure to polish your chili recipes for this years

- **Chili Cook Off** •

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

**Thank
 You!**

In the month of
September we received
 6 Grateful Giver
 contributions &
 3 Personal contributions

Editorial: On Cultivating Tolerance

During nine years in A.A. I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior--which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another--and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important--in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

Dr. Bob of Akron
July 1944



The Area Service Office
would like to send out a
warm Thank You to
THE NEW WOMAN GROUP
For sending in a special
contribution in memory of
one of their long time members!

To be doomed to an alcoholic
death or to live on a spiritual
basis are not always easy
alternatives to face. (BB pg. 44)

Unity

Area 10
Spring Assembly
March 22-24, 2013



Through service!

Hosted by District 7
@
The Antlers Hilton

Call: 719-955-5600 for reservations.

More info:

Mtroyerickson@gmail.com

Or 719-439-1015

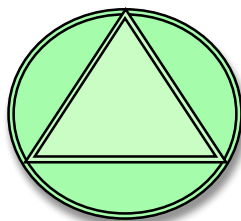
Concept 11: The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Step 11:

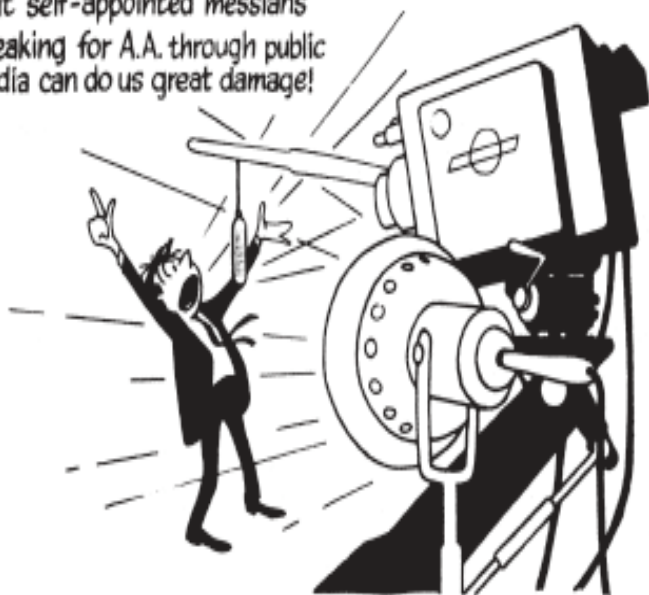
Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.



But we must ever be aware that self-appointed messiahs speaking for A.A. through public media can do us great damage!



TRADITIONS CHECKLIST Tradition Eleven

- 1) Do I sometimes promote AA so fanatically that I make it seem unattractive?
- 2) Am I always careful to keep the confidences reposed in me as an AA member?
- 3) Am I careful about throwing AA names around – even within the Fellowship?
- 4) Am I ashamed of being a recovered, or recovering, alcoholic?
- 5) What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- 6) Is my sobriety attractive enough that a sick drunk would want such a quality for himself?

• 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)

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• 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

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.

The Pikes Peak Pint:

Committee Meeting: 6:30 pm, 3rd Monday of the month at The Coffee Exchange on South Tejon.

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.

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



GROUP CONTRIBUTIONS

GROUP NAME (2012-2013)	Fiscal Yr. to date	September	GROUP NAME (2012-2013)	Fiscal Yr. to date	September
Apex	\$213.89	\$31.06	Noon Meetings @ Clean Slate	\$0.00	
Back to Basics	\$373.31	\$78.25	Northwesters	\$200.00	
Big Book Action	\$200.00		Not A Glum Lot	\$0.00	
Big Book Study UPH	\$250.00		Oasis Group	\$50.00	\$50.00
Black Forest	\$158.55		Off The Wall	\$166.89	
Broadmoor	\$0.00		Old North End Study Group	\$165.50	
Brown Baggers	\$150.00		Penrose Discussion	\$19.80	
Central	\$0.00		Plug in the Jug	\$0.00	
Clean Air Group	\$0.00		Pre-Dawn Meeting	\$140.00	
Don't Worry Be Happy	\$121.60		Primary Purpose Men's Group	\$133.00	
Downtown Group	\$1,377.56		Progress Not Perfection	\$207.93	\$31.44
Drylander's Group	\$34.65		Recovery in Action	\$94.40	
Easy Does It	\$225.00		Saturday Early Morning Mtg.	\$0.00	
Ellicott Group	\$116.50		Security Eye Opener	\$0.00	
1515 Meditation Group	\$25.00	\$25.00	Serenity Hour	\$150.00	\$50.00
Foxhall Group	\$141.04		Serenity Riders	\$149.20	\$149.20
Friday Night Live	\$200.00		Serenity Sisters	\$126.00	
Friday Women's Group	\$300.00		Solutions at Noon	\$175.50	\$54.27
Garage Meeting	\$325.00		Steel Magnolias	\$109.53	
Good Ole Boys	\$250.00		Sunday Morning Speaker	\$584.55	\$276.31
Half Pint Group	\$120.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Happy Destiny	\$88.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$156.94	
Happy, Joyous & Free	\$0.00		Taking Steps	\$200.00	
Happy Heathens	\$163.00		Then and Now	\$100.00	\$100.00
Happy Hour	\$570.05		Thursday Mens	\$300.00	
High Noon	\$111.50		Thursday Noon--Woodland Park	\$100.00	
H.O.W.	\$35.10		Ute Pass Breakfast Group	\$60.00	
Into Action	\$336.00	\$180.00	12@12 Group	\$0.00	
Keystone to Recovery	\$0.00		Veterans for AA	\$0.00	
Lake George Group	\$78.18		Walk the Talk	\$2,040.00	
Living Free	\$81.00		Walking on Water	\$200.00	\$100.00
Living Sober	\$138.00		We Are Not Saints	\$1,017.42	
Living Sober South	\$129.54	\$24.50	Wed. Westside Womens	\$167.50	\$49.50
M.A.G.	\$176.02		Westside Eye Opener	\$110.59	
Natural High	\$0.00		Woodland Park Beginners	\$50.00	
New Beginners	\$292.00		Woodland Park Book Study	\$150.00	
New Woman	\$339.44		Young People	\$538.00	\$350.00
Totals:				\$14,782.68	\$1,549.53



Nightwatch Night Owls News



Attention Fellow Night Owls and Members of Alcoholics Anonymous: There is a chill in the air these days, fall is upon us and winter will soon be here. What does that mean to us as alcoholics? To those of us in recovery, it might mean the holidays are coming and wonderful memories are just waiting to be made with our friends and families. To those who are not in recovery, it might mean lonely, cold nights, a bottle in hand, with no hope for a better tomorrow. Who will they call when they just can't take anymore? They might call the Area Service Office of Colorado Springs for Alcoholics Anonymous. What if the office is closed? Who will be there to provide them with meeting information, put in a much needed twelfth step call, or just simply talk to them, alcoholic to alcoholic, and give them a glimmer of hope? The answer to that question is simple, a Nightwatch Night Owl, that's who!

For many years, the answering service has answered our calls to the Service Office, after hours and on weekends. As much as we appreciated the assistance, we have chosen to eliminate them from the equation. As of November 1st, there will be no answering service and it is up to us, as members of Alcoholics Anonymous, to answer these calls.

Our next Nightwatch Service Committee meeting is on November 6th at 7:00pm at Sacred Heart School, Room 10, located on the corner of 21st Street and Pikes Peak Avenue. Please, join us for snacks and fun as we share ideas and do some great Night Owl training exercises.

Calling All Night Owls! Hoot! Hoot! If you are interested in becoming a Night Owl and want more information, call Gina S. at 719-502-1154 or email me at nightwatch@coloradospringsaa.org. We do ask that you have six months of continuous sobriety and be prepared to commit to one year of service. We always need more in-service volunteers.

Night Owl Words of Wisdom: "every time we are disturbed, no matter what the cause, there is something wrong with us" No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality. When I [review my day], I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my hearts, I should thank that person."

-Bill Wilson, Twelve Steps and Twelve Traditions, p. 88

*also found in "Daily Reflections" for the day October 7

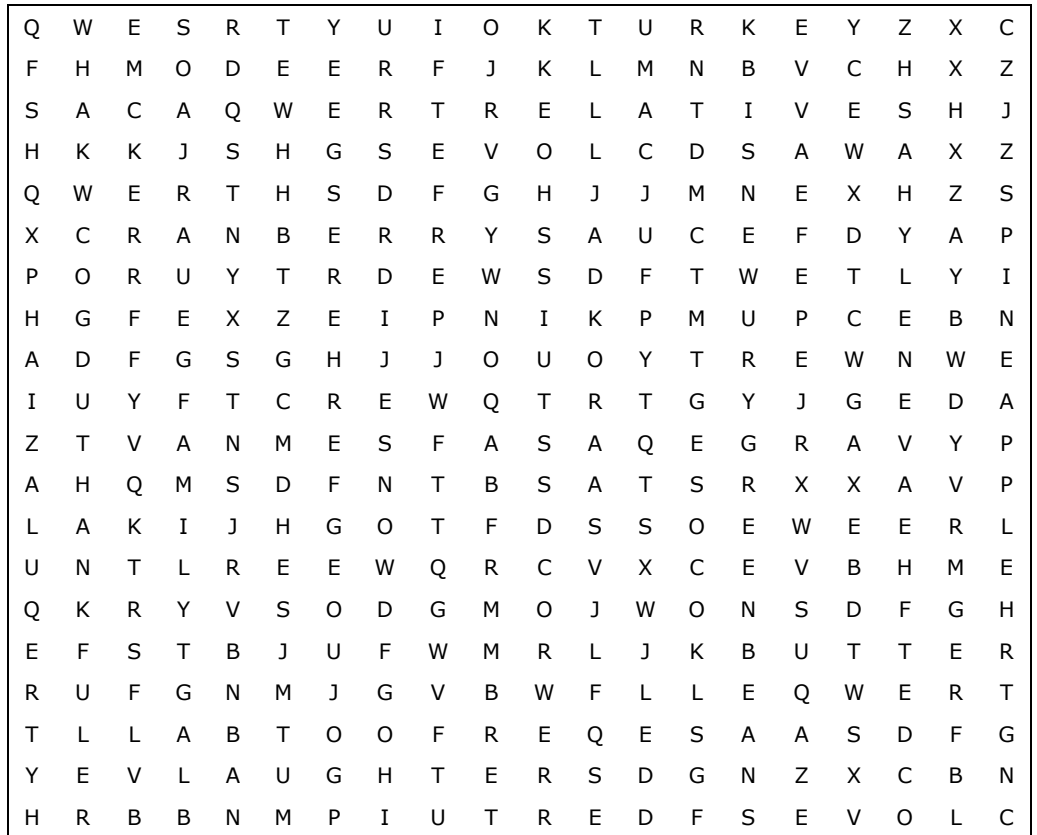
My name is Gina S., and I am a grateful, recovering alcoholic.

**...don't stumble over another
service opportunity...
Be a Nightwatch Night Owl
and help us answer the phones!**

There are 20 words in this puzzle and they are forward, backward, diagonal and some even intersect with others. How long will it take you?

• THANKSGIVING WORD SEARCH •

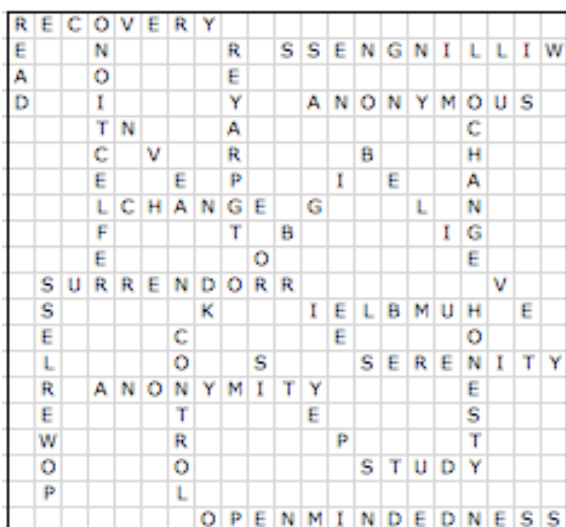
- TURKEY
- HAMS
- MASHED POTATOES
- GRAVY
- CLOVES
- HEAVENLY HASH
- CRANBERRY SAUCE
- PUMPKIN PIE
- GREENBEANS
- PINEAPPLE
- BUTTER
- FOOTBALL
- THANKFUL
- CRESCANT ROLLS
- FREEDOM
- RELATIVES
- SNOW
- LAUGHTER
- FAMILY
- SWEET POTATOES



AN OLDIE BUT A GOODIE: A drunk, fired because he loafed on the job, sought a letter of recommendation from his ex-boss. The employer, though eager to be honest, didn't want to hurt the worker's reputation. Having given it a good deal of thought, he finally wrote the following:

"Dear Sir, You will be lucky if you can get this man to work for you."

• Recovery Word Search • October Solution



Last Months Caption



"You've been coming here for the past 3 years of my drinking!
If you're still not real I may have to try that AA thing!"
~ Submitted by Marc R. - Colorado Springs ~

Trick 'er Treat, smell your feet -
gimmi' some more of those darned rum cordials, would ya..?