

-THE PIKES PEAK PINT-



APRIL
TWENTY THIRTEEN

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

• INTERGROUP BOARD ROTATES •

Steve E.

**Intergroup Vice Treasurer April 2011 to ≈ August 2011
& Treasurer ≈ September 2011- March 2013**

I was *voluntold* into this position by a friend serving on the board at the time as registrar, who promptly left his position. Before assenting to put myself forward as vice treasurer, knowing it would probably land me in the treasurer spot after a year, I considered how I felt about intergroup. My experience had not been good as an attendee when I was fairly early in my sobriety and interested in a particular intergroup issue. There were actually people on the board and in the audience pulling out their respective sobriety yardsticks and hitting each other over the head with them, people were leaving and people were shouting, but the issue was not really resolved. I found myself in the parking lot afterward quoting from Tradition One in the 12x12 to a board member that “No AA can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee AA’s unity contain not a single ‘Don’t.’ They repeatedly say ‘We ought...’ but never ‘You must!’”¹ Luckily, I had my handy 12x12 with me to deflect his yardstick; otherwise I would have been bludgeoned with bylaws.

~ Continued on page 2 ~



What Caption would you suggest?

Send your suggestions to

pint@coloradospringsaa.org

Last months cartoon on page 13

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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SUBMISSIONS for The Pikes Peak Pint including all articles, stories, announcements and flyers along with questions, comments and constructive criticism are always welcomed at pint@coloradospringsaa.org.

You will receive a prompt reply and appropriate consideration for publication. Please note that submissions for publication must be made by the 20th of the month prior to the month desired for publication in order to be considered.

~ the 4th step ~

It has been helpful to note that resentment is not singularly describing the anger I hold onto. Anger does get me into plenty of trouble for which much has had to be done to amend, but anger is not the full picture.

It was a small awakening when my sponsor gave me other words besides "who am I angry with" in working my 4th step. Who am I disturbed by, confused about, sickened by, sad for, bothered by, and sure, angry at.

I came in suicidal and hating myself and there was no one I could really feel an accurate anger about, because my self-pity was just too great. Therefore my 4th step just sat there and I could find no names to list. Am I angry at my Mom? No, I love my Mom and I am sorry I was ever born. Do I hate the kids that were cruel to me in high school? No, I don't blame them for hating me and teasing me, after all I am a loser and unworthy of affection. Am I angry at my ex-boyfriend for dumping me? No, I was a terrible girlfriend and he deserves better.

But when my sponsor saw I was stuck, she gave me new words to apply to my resentments and the names suddenly poured from my pen. I could eventually see how I ended up on the wrong side of nearly every connection I had. But to uncover that piece of me that showed up in every relationship, wreaking havoc, I had to figure out what was trapped and blocking the sun. Below is a great definition of resentment and I feel it reflects a more accurate description than I had previously believed it to mean.

(Webster's unabridged dictionary)

Resentment:

2. The state of holding something in the mind as a subject of contemplation, or of being inclined to reflect upon something; a state consciousness; conviction; feeling; impression. [Obs.]

PA

Colorado Springs

Steve E. - Treasurer

~ Continued from page 1 ~

So began and ended my association with intergroup. Fortunately, when I griped about the mess to an elder statesman, he advised me that when dealing with AA politics you must keep a sense of humor; don't let a bunch of drunks trying to sort out the right thing to do mess with your serenity. Taking this viewpoint has helped me grow in AA by seeing the humor in these political situations and accept them for what they are: people with the best of intentions displaying bad behavior one minute and hugging it out the next. As the immortal Jimmy Buffet says, "breathe in, breathe out, move on."

Fast-forward -- as an intergroup board potential recruit, I decided that since I really didn't like intergroup much, it was a perfect service job for me. Things had changed, I had changed, and it was now time to step up and be one of *them*. Providentially, the board was made up of some of the best people I have met in AA. I was voted in. Peace reigned at the intergroup meetings under the iron hand of Rob S. and my own outlaw outbursts were restricted to the board meetings where cooler heads generally prevailed.

After moving up to treasurer a bit early I had the great experience of boarding with two chair people and two boards. My most important task was to find a replacement, a vice-treasurer, and promptly got the guy who *suggested* I should be on the board. This is a prime example of Newton's 3rd law of motion; every action has an equal and opposite reaction.

Anyway, after two budget cycles and a few hug-outs, my outlaw nature tamed and some very good laughs it is time to leave in the spirit of rotation. Just like when I was in the Navy; after you make all the mistakes and get really good at a job, you are rotated out for another you have no clue about. So now my ambition is to find a service position in an area befitting my ignorance. Maybe I'll try to work for Rod on the Pint committee, or not.

Intergroup has changed, or I have changed, or both, but I find the meetings pleasurable, punctual, and about as business-like as any AA group can be. Marykatherine is a blessing to us all, a true cat herder if I've ever seen one. Dana will be equally great and with Adrienne to follow him the future of intergroup looks bright and breezy. Vaya con Dios -- Steve

Write For The PINT!



Concept 4: At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.



Step 4:

Made a searching and fearless moral inventory of ourselves.

Tradition 4:

Each group should be autonomous except in matters affecting other groups or A. A. as a whole.

TRADITIONS CHECKLIST

Tradition Four

- 1) Do I insist that there are only a few right ways of doing things in AA?
- 2) Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
- 3) Do I put down other members' behavior when it is different from mine, or do I learn from it?
- 4) Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
- 5) Am I willing to help a newcomer go to any lengths – his lengths, not mine – to stay sober?
- 6) Do I share my knowledge of AA tools with other members who may not have heard of them?

There are all kinds of groups...
Little groups...



and big groups...



and off-beat groups...



But wherever two or more alcoholics are gathered together to practice A.A. principles, it is an A.A. group if they say it is.



And you are a member if you say you are!



The 4th Tradition 4th Step for the Group

As individuals the 4th step calls us to do a moral inventory of ourselves. We have the opportunity to look honestly at ourselves, our attitudes, and our practices, to find ways in which our lives work and don't work. We get to investigate how our actions affect others positively or negatively. We are told we need to do this to save our life.

The spirit of AA runs through almost all groups without difficulty. Wherever we go, including around the world, AA groups welcome the new comer, the visitor, and the old timer alike. Here in Colorado Springs we walk into the rooms and generally receive a handshake if not a hug, we are greeted with a smile, and we get a cup of coffee. We walk into the door and even when things aren't familiar, we feel at home. The language of AA is spoken. We know that the hand of AA is there for us and we are a part of the grand reality of passing on the message of sobriety to someone else in need.

But there are times when the message of AA doesn't flow so free. Rules pop up. Suggestions turn into guidelines. Pressures are brought to bear to do as we do, think as we think. The group starts to believe they have the corner on truth. Trouble may not be too far away. In fact trouble is already here if the actions of that group now affect other groups or AA as a whole. For example they may bypass the Corrections committee and carry their message to people in jails. Like personal will run riot, group will run riot can be just as damaging. Now the message of AA is in jeopardy.

It's time to take inventory. If a group is to be healthy, it is time to take stock. The way to find out if the message of AA flows through your group is to do as we all have done or will do in sobriety; shine the light of honesty and love in every corner of that room and its practices. Ask yourself if you are acting in the best interest of the still suffering alcoholic and in the best interest of AA. Be clear on the group's motives and actions. It is a matter of life and death.

Watch. With some effort health will follow. Growth will happen. Wholeness happens. And isn't that what we all want for ourselves and others?

Marykatherine M.



A Alcoholic in Service....

Things I have learned from Service/ being a board member.

It's probably not going to go my way/ that's a good thing. (hindsight shows that my way is usually flawed).

There are 3 sides to the triangle (and they maintain a good balance) not just 164 pages. But... Everything must start inside of those 164 pages (the spiritual always precedes the material).

We will develop friendships that will lead to growth and learning that could not be imagined.

The only place that crazyness and love could work like this is inside the Fellowship of AA (another board member likes the word anarchy).

We don't have to re-write the book on service and shouldn't. AA moves slowly for good reason.

When I think I am getting it figured out a good ass-kicking is possibly around the corner....Always be in the KE-Rect position!

An Alcoholic named...

Dana
Colorado Springs

more Board Member Reflections...

April is here. Which means my job is done. I am no longer the Chairperson of the Intergroup. And I am sad, I have to say. I will miss the camaraderie of the Board. I got to know people I would not have otherwise met in the normal routine of my meeting schedule. I met guys, which I normally do not encounter in my woman's meetings. Some pretty neat guys. And contrary to some who think we do... not all women in AA know each other. So I met some wonderful women I hadn't known before. Because they were all such quality people, the Board worked together very well. There were some tense moments as beliefs were challenged and counter stances were made known. But we came through such times strong and with respect for each other. Thank you to my friends on the Board.

And thank you to all the Intergroup members. You are great people. Thank you for taking time out of your life to represent your home group in such a manner. You are the conduits of information and decisions we made together as the Intergroup to local group members. You do a sometimes difficult job.

Thank you to each member of the Intergroup. I appreciate your service to AA as a whole.

Finally thank you to all the chairpersons and members of the Local Committees. You are the real movers and shakers of the Intergroup. From Archives to the Pint, you have mobilized a wonderful group of people to make the Intergroup a true service group. You have the Night owls answer the phone when the Service Office has closed, for example. Programs run the fun and fellowship time we all of Colorado Springs AA can enjoy. We have a polished and practical web site that is used by who knows how many people that are looking for their first meeting. And the Pint is an action group that places all the news that is news in the hands of each of us.

To leave such a marvelous group of people makes me sad. But if I look at it in another way, I have had the privilege of leading such a fine group of folks. I have enjoyed all the time we have spent together. I am a blessed person for having known each other in this setting. And I am happy that the service I have witnessed this past year will carry on as we each get to move on in time in the spirit of rotation. Thank you! Marykatherine M.

Colorado Springs

Reflections

After being asked to fill a position on the intergroup board I was exceptionally happy. I am always happy to be of service. However, I have never been a great advocate of "me" being in charge of/or in close proximity of funds/money.

Happily I had several surprises for me over the course of this year:

- 1) I was constantly reminded GOD was in charge. This was very unlike any other time I had been associated finances.
- 2) I wasn't doing things alone. There was always plenty of "experience, strength, and hope" to go around. Even for me.

In Service

Joe C.

Colorado Springs

Intergroup Member at Large:

I was relatively new to intergroup and attending the meetings as the IG rep for one of the local groups. Being new to this level of AA politics and interested in trying to help my home group I kept coming back to try and learn something. Last March we had the elections for your board and I sat quietly as the meeting unfolded. The board positions were filled one by one until Member at Large. No one in attendance seemed interested in this position so, one of the active board members asked *and* nominated me from the floor, all in one breath. Before I had a chance to respond I found myself sitting in the next board meeting as Member at Large.

It's hard to believe that a year has gone by and not so hard to believe that I still don't know anything. It's hard to believe you elected me to serve another year and it's not hard to believe that the rewards of service go well beyond the efforts to serve. As I look back, I owe a nod of thanks to the board member that felt it necessary to drag me along this path of service.

If you are active in your recovery and need something to do, intergroup is a great, simple way to give back. Get involved in your group, get involved with the local fellowship and you'll find there is no shortage of opportunities to help others help you.

_rod q
Colorado Springs

MEETING ADDITIONS - DELETIONS - CHANGES

AA Deaf/HH Meeting: **NEW** – Open – Open Discussion – Saturday 1:30 pm (in case you hadn't heard) at Walk The Talk – 5635 N. Academy across from Woodley's Fine Furniture.

First Fourty Group: **NEW** – Open – Open Discussion – Monday thru Friday 8:00 am
3425 Van Teligen Drive, Unit I – West of Academy between Rebecca Lane and Carefree Circle N.

Apex Group: **MOVED** – To Sacred Heart Parish room 10 – Friday 6:00 pm 21st and W. Pikes Peak Ave.

Big Book Works: **CHANGED** it's time to Thursday at 7:45 pm – Downtown Group
210 No. Corona behind McDonalds on Wahsatch.

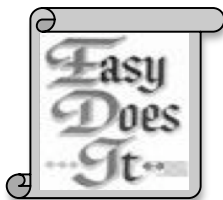
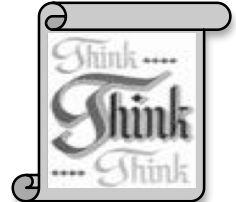
Foxhall Group: **MOVED** – Open - To 7:00 pm Wednesday at Community For Spiritual Living Church
3685 Jeanine Dr. West side of Academy next to Wendy's (last Wednesday is a speaker meeting)

**TURNING POINT GROUP
SATURDAY SPEAKER LINE-UP**

Apr. 6:
Apr. 13:
Apr. 20:
Apr. 27:

**WALK THE TALK GROUP
SATURDAY SPEAKER LINE-UP**

Apr. 6: Mike R.
Apr. 13: Brad
Apr. 20: Fred
Apr. 27: (TBA)



**CENTRAL GROUP
TUESDAY SPEAKER LINE-UP**

Apr. 6:
Apr. 13:
Apr. 20:
Apr. 27:

**DOWNTOWN GROUP
SATURDAY SPEAKER LINE-UP**

Apr. 6:
Apr. 13:
Apr. 20:
Apr. 27:

**Need something to do? Want to get involved with your group? Looking for a Service Opportunity?
Then gather your group's birthday milestones and speaker line-ups and send them in to the Pint!**

~ APRIL BIRTHDAY MILESTONES ~					
SOLUTIONS		TUESDAY NEW WOMEN'S		WALK THE TALK	
Aimee F.	5 yrs.	Jeanni G.	21 yrs.	Robyn C.	5 yrs.
Bill J.	18 yrs.	Linda C.	3 yrs.	Jim R.	2 yrs.
Dan D.	10 yrs.	Lidia Z.	3 yr.	Lori M.	2 yrs.
Dave B.	7 yrs.	Ashley C.	1 yr.	Terry C.	8 yrs.
Glen G.	8 yrs.	Joy S.	2 yrs.	Patty A.	1 yr.
Heidi G.	12 yrs.	FRIDAY WOMEN'S		Betty W.	2 yrs.
Jeanni	21 yrs.	Jan H.	17 yrs.	Dave B.	7 yrs.
Jennifer G.	1 yrs.	Sharon A.	8 yrs.	Allison N.	2 yrs.
Kelly M.	8 yrs.	Jan Z.	13 yrs.	Karen B.	8 yrs.
Mike(Maine)	5 yrs.	Heidi G.	12 yrs.	Frank W.	7 yrs.
Michelle M.	5 yrs.	Iris S.	4 yrs.	Alan L.	6 yrs.
Sandy	25 yrs.	Toni L.	18 yrs.	Liz F.	2 yrs.
Stacy S.	4 yrs.	Robin B.	4 yrs.	Kieth H.	2 yrs.
Terry K.	3 yrs.	HAPPY HOUR GROUP		Debbie T.	2 yrs.
Tim L.	1 yrs.	Robin M.	27 yrs.	ELLCOTT GROUP	
Tony G.	7 yrs.	Rachel N.	9 yrs.		yrs.
		Nate B.	2 yrs.		yrs.
		Natalie R.	3 yrs.		
		Michael M.	1 yr.		

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

April
*** Total Years 261 yrs.**



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

4th Step – 4th Month Aha Moments

There are no coincidences in life. Maybe I should add, in my humble opinion.

First, my sponsor suggested since I am working on my 4th Step, maybe I have an *aha* moment I might want to share for the April edition of the Pikes Peak Pint (4th month, 4th Step).

Second, I am writing this the second week of March that happens to be "National Procrastination Week." Really! I'll get back to this, later. I'll do as much as possible, later.

Whatever your Higher Power may be, God, a Great Spirit of the Universe, your A.A. group, an in-animate object, Mother Earth, whatever... since you have landed in the rooms of Alcoholics Anonymous, connecting with a Power greater than yourself is going to help you. Really!

I remember sitting in the rooms during my first 90 meetings in 90 days. During a noon meeting, people were sharing about the 4th Step. I heard stories of getting so far along on the Step, stopping the work, going out, drinking again. Stories of it taking a long period of time (over months, over a year or years), and how miserable they were setting in all this stuff they were discovering about themselves. Marinating in all the stuff! Stories of the fear of working the Step. Stories. Stories. Yet the main thread through all the sharing was the RELIEF that each individual found by thoroughly working the Step. Finally, removing all the

clutter that had kept the individuals from feeling better! Finally reaching deep within to discover themselves. Digging in to find what was it that made them search out the drink. What were we hiding or what were we trying to find, outside our selves? Finally, connecting with that Power greater than themselves and having a Spiritual Experience.

It is discovery. One of my fears was discovering myself. I was afraid I might not like me. I wasn't liking me anyway at the point I came to the rooms. I was miserable.

Back to no coincidences. My sponsor asked me on Friday to consider writing this. On Saturday morning, I walked into a meeting. Guess what? The 4th Step was part of the reading, discussion and stories being shared.

Also, my work so far has helped me uncover one of my (now glaring) character defects. I procrastinate. I put things off till later. It's all about me and what I want to do, now. So, it is perfect that I am writing this at the beginning (not the end, smile ;-)) of National Procrastination week.

There is hope. Think I'll keep writing on my 4th Step. The discovery will help me. It is part of what we are promised.

Looking forward to more *aha* moments, and being closer to my Spiritual Experience.

C
Colorado Springs

Cessation of drinking is but the first step away from a highly strained, abnormal condition. A doctor said to us, "Years of living with an alcoholic is almost sure to make any wife or child neurotic." (BB pg 122)

~ Shout Out ~

~ . . ~

H.O.W. Group

(open, discussion) BAC - Venue Bldg.

515 Manitou Avenue, Manitou Springs.

Meeting upstairs - East "coffee pot" entrance.

Monday at 7:00 pm

Help support this and all the groups or meetings in our fellowship. Be adventuresome and attend a meeting other than your home group and take a friend or two. It's a great way to serve, meet new people and add some depth to your sobriety.

Feel like a fish out of water??



**Easy Does It AA Group with AA meetings
at 9am, 12noon, 4pm, 7pm and 10pm Daily**

3760 Astrozon Blvd, behind Firestone, next to Thai Massage in the
Astrozon Plaza (Parking on Islands or in Back Only)

Please join us in Denver on August 30-31, September 1, 2013 for a great time with speakers, meetings, workshops, a banquet, a dance, social times and other adventures in AA fellowship.



For more information go to <http://www.a10conv.org/>

In the month of February the Service Office received
6 Grateful Giver contributions,
1 Birthday contribution &
3 Personal contributions!!

Thank You!!
We very much appreciate your support!

Area Service Office NEEDS YOUR HELP!

If you volunteer at the Area Service Office you get to do a lot of different things like - making coffee, serving coffee, answering the phone, leading tours of the ASO, having a smoke break with Robin, chattin' up the visitors, reading and writing for the Pint and assorted other quality fun activities that are certain to help you stay sober for a few more hours.

If you can't stop in, wave as you go by!

Annual Long Timers Dinner

Saturday April 27th, 2013 - 5:00 to 9:00pm

*Chapel Hills Church
2025 Parliament Drive
Colorado Springs, CO 80920*

Dinner Buffet

*Pork Schnitzel, Egg Plant Parmesan,
Vegetables, Rolls and Dessert*

Speaker Meeting and Sobriety Countdown

**\$10.00 per person*

** Complimentary Dinner for Longtimers (18 years or more).
If you have 18+ years of Sobriety and have not yet registered
Please call the Service Office at 719-573-5020*



*For more information contact:
Trish 646-6382 or Traci 377-0584*



Our homes have been battle-grounds many an evening. In the morning we have kissed and made up. Our friends have counseled chucking the men and we have done so with finality, only to be back in a little while hoping, always hoping. (BB pg. 105)

• Psychic Change •

When I read over what Dr. Silkworth said in The Doctors Opinion pages the words “psychic” and “change” stuck out like red flags. Psychic Change? What? Why? There is nothing wrong with me I just need to stop drinking and everything will fall into place in my life. Really, I thought, I’m not even to the pages that have real numbers and I am finding out that I have to go through some psychic change just to stop drinking. I had no idea, and no sponsor to talk with when I started reading the Big Book. Thankfully I did get a sponsor after three weeks that I met for coffee once a week and we read the Big Book together out loud. Being a newcomer I did everything that my sponsor suggested, all the while still wondering about this psychic change the book talked about. I would often hear stories at meetings of others and what they experienced as they began to live a sober life. As my sobriety grew one day at a time along with working the steps I began to think I just wasn’t going to experience this psychic change at all. A smile comes across my face as I think back and wonder what all my fuss was over.

I finally completed Step 12 with my sponsor and was driving home BAMB it hit me.... I already experienced a psychic change, as my mind started to think back over the past months I remembered one certain day several months ago. I woke up and went over my day, I had an interview at 1:00PM, but my plan went something like this: It was 10:00AM I should take a shower, eat, and get ready for the interview. I needed to run to the bank first, get gas, then over to the Service Office, and finally north on 25 to pay my storage unit rent, I only had till 1:00PM to get this all done before my interview, which at the time I had no idea where I was actually going or how long it would take to get there. Oh yeah I also needed to print my resume to take with me since I had not gotten to it the day before. I ran into the office and hit print one copy only to find the black ink was out. Great. Ok now I needed to add Wal-Mart to my morning to get ink then get back home to print the resume. My heart started racing and panic rose in my stomach. How on earth was I going to get all of this done and be 15 minutes early to the interview? I had wasted 30 minutes thinking about how to go about all this and really started to freak out. I was going to be late to the interview there was no way around it and I started to cry. After a few minutes of tears I suddenly remembered (yes I had forgot) what my sponsor always said about praying and I prayed to my Higher Power to guide me because I had no clue what to do. I started to get ready and it dawned on me that I had nothing after the interview, and in fact I really didn’t need to go to the bank, I had enough gas in my jeep to get to the interview and the Service Office was open until at least 5:00PM maybe later. Surely I could do those three after the interview. That sounded better. I had looked up the interview and it was north off 25, hey it would be a better idea to pay storage after the interview as well. Great that left a trip to Wal-Mart for ink and back home which was doable, until I realized it was 11:45AM, panic found its way back, but wait I really only needed page two since page one had printed fine earlier, so I tried it and page two came out perfect. Wal-Mart could wait till tomorrow now. I calmed down and realized this revised plan made sense, what on earth was I thinking all morning? At the time all this was going on it really did not stick out to me that I had changed my thinking that day, I was merely grateful I had remembered my Higher Power was there and prayed to her.

Life before stepping into my first AA meeting was always at 120 miles an hour with panic, chaos, and insanity. But I truly believed everyone’s life was that way? I used to wonder how

my dad worked 8 hours a day, came home by dinner, and found the time to take me and my little sister to the barn for a horse back riding lesson every week before it got dark. How my dad had weekends to take us to the beach or the flea market. I had been an “adult” for years and all my days ended in a deficiency when it came to time just trying to get the daily stuff done so fun just never happened. I lived in constant stress and was quick to jump to the defense when someone would make a comment about me being late. I didn’t want to hear anyone’s opinion on anything if they started the sentence with try it this way because they had no idea what I was going through and were always wrong. If an event didn’t work out right it was because no one ever listened to me, so I always figured they deserved it. I simply could not understand why everyone around me didn’t think the way I did, didn’t react the way I did, and in my teens I finally decided everyone thought like me they just lied about it to seem “normal”.

It was not until that day driving home, having went over Step 12 with my sponsor that I was able to see my alcoholic mind would always have the ability to lie to me and fool me into thinking or looking for something which will lead me off my sober path. My alcoholic mind gave me a false idea on what a

My alcoholic mind gave me a false idea on what a psychic change would be like.

psychic change would be like. So I hadn’t notice days like the interview where my thinking over something like my day ahead changed from the obsession to get everything done and having my priorities all messed up, to becoming aware of

the insanity and taking a different, new approach. I hadn’t noticed I no longer argued with other people on why their opinions or the way they felt was wrong, but instead I had started to tell myself “that is cool they have every right to feel that way”. I hadn’t noticed I no longer had to be the one directing or in control of how an event was done or it was doomed to fall, but I now realized everyone gets things done in their own way and even started to really listen to people talking about how they worked through similar experiences to my own.

Months after that amazing drive home I was at a meeting I had not been to before when the last person sharing put this whole AA and psychic change thing in a way I understood for the first time. They said don’t worry about if you didn’t get this AA and God stuff because God has left us exactly what he is asking of us all we need to do when we had no idea was read Saint Francis of Assisi’s Prayer.*(see footnote for where to find this prayer)

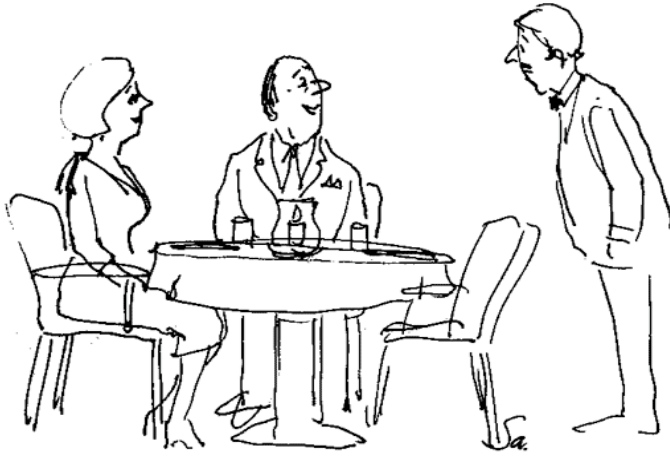
I used to think, react and feel like the words following all the “that where there is” sentences. I have made progress through hard work and each day I get that much better at thinking, reacting and feeling like the words following the “I may bring” sentences.

My Higher Power showed me that I can have a psychic change in how I think, react, and feel. My part is having the courage to work towards that change and then do what is asked of me to maintain each change as I continue to live a sober life.

With Love

Simplietob
Colorado Springs

And we have ceased fighting anything or anyone--even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. (BB pg 84)



“Instead of the complimentary glass of wine, could we have a complimentary filet mignon?”

• 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)

• CASH ACCEPTED IN PERSON ONLY •

• 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.

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

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Heard in the rooms:

I used to thank God for putting AA in my life.
Now, I thank AA for putting God in my life.

GROUP CONTRIBUTIONS

GROUP NAME (2012-2013)	Fiscal Yr. to date	February	GROUP NAME (2012-2013)	Fiscal Yr. to date	February
Above the Bar Group	\$230.38		Northwesters	\$400.00	
Apex	\$428.02		Oasis Group	\$50.00	
Back to Basics	\$720.57	\$120.73	Off The Wall	\$206.44	
Big Book Action	\$322.01		Old North End Study Group	\$343.50	
Big Book Study UPH	\$534.35	\$250.00	Penrose Discussion	\$89.80	
Black Forest	\$311.65		Plug in the Jug	\$0.00	
Broadmoor	\$0.00		Pre-Dawn Meeting	\$277.00	
Brown Baggers	\$345.00		Primary Purpose Men's Group	\$133.00	
Central	\$0.00		Progress Not Perfection	\$447.67	\$27.50
Clean Air Group	\$374.63		Recovery in Action	\$390.40	\$296.00
Don't Worry Be Happy	\$441.35	\$140.40	Saturday Early Morning Mtg.	\$354.40	
Down By The Creek	\$36.68		Security Eye Opener	\$273.60	
Downtown Group	\$2,001.83	\$91.15	Serenity Hour	\$300.00	\$25.00
Drylander's Group	\$122.53		Serenity Riders	\$349.46	\$200.26
Easy Does It	\$225.00		Serenity Sisters	\$583.78	\$137.86
Ellicott Group	\$191.50		Sobriety of Fountain	\$64.00	
Eye Opener	\$88.00		Solutions at Noon	\$516.98	\$74.24
1515 Meditation Group	\$50.00		Steel Magnolias	\$367.38	
Foxhall Group	\$178.56		Stepping Stones	\$178.32	
Friday Night Live	\$450.00		Sunday Morning Speaker	\$805.95	
Friday Women's Group	\$448.81		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Garage Meeting	\$325.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$156.94	
Good Ole Boys	\$500.00		Taking Steps	\$308.62	
Half Pint Group	\$120.00		The Doctor's Opinion	\$300.00	
Happy Destiny	\$159.51		The Sober Jokers	\$200.00	
Happy, Joyous & Free	\$148.00		Then and Now	\$191.00	
Happy Heathens	\$364.00	\$89.00	Thursday Mens	\$1,500.00	
Happy Hour	\$619.05		Thursday Noon--Woodland Park	\$100.00	
High Noon	\$264.50	\$26.00	Turning Point	\$38.50	
H.O.W.	\$78.72		Ute Pass Breakfast Group	\$90.00	
Into Action	\$456.00		Veterans for AA	\$0.00	
Keystone to Recovery	\$100.00		Walk the Talk	\$4,010.00	\$340.00
Lake George Group	\$188.39		Walking on Water	\$200.00	
Living Free	\$168.92		We Are Not Saints	\$1,802.57	
Living Sober	\$208.00		Wed. Westside Womens	\$234.56	
Living Sober South	\$236.44	\$17.00	Westside Eye Opener	\$424.23	
M.A.G.	\$881.02	\$135.00	Woodland Park Beginners	\$170.00	
Natural High	\$122.00		Woodland Park Book Study	\$198.20	
New Beginners	\$660.56		Young People	\$1,086.98	
New Woman	\$968.95		Totals:	\$31,213.21	\$1,970.14

Fear of people and of economic insecurity will leave us.



Nightwatch Night Owls News



Happy April Everyone! The Nightwatch Night Owls received and logged 113 total calls for the month of February. Thank you to all the volunteers for your dedicated service to this program. We simply could not exist without your help.

It was suggested to me by a friend that I change things up a little bit this month. This is a very special time for me, as I have quite recently become engaged to be married. My three year sobriety birthday is also very near. If you are wondering what one has to do with the other, let me tell you: EVERYTHING! I had very little intention on ever getting married again; in fact, the thought of it caused me to be full of fear and apprehension. My previous marriage ended badly and the pain and loss of the divorce sent me into the depths of depression and my addiction. My name is Gina, and I am an alcoholic who is also a meth addict.

I found my way to Alcoholics Anonymous via the court system. I was on probation for drug charges and was sentenced to Court A.A. classes. At the first class, an old timer kindly pointed out to me that I had switched up addictions. It was in that class, at that moment, that I realized I was an alcoholic. My former answer to stop drinking had been to start doing meth. I came back to the next class clean and sober. My sobriety date is March 20, 2010.

I continued on my journey and went through some severe pain and depression those first six months. I got a sponsor; I started reading the big book and began my intensive outpatient therapy classes. It was not long before I began my step work. I wish I could say I stayed clear of relationships all together my first year, but I did not. I really didn't know how to not be in a relationship, but at some point I did finally learn how to be comfortable all by myself. I had a drug counselor who taught me the art of self affirmations. I would look in the mirror and tell myself wonderful things and I would even say to myself, "I love you." I eventually turned those affirmations into telling myself what I always wanted a man to tell me. I practiced those affirmations everyday in the mirror until one day, like magic, I didn't need any one else to say those things to me. Slowly but surely, I had begun to develop value for myself again. I finally understood what all of the fuss

was about when they tell you that you have to learn to love yourself again before you can really and truly love someone else.

I have learned to let go of the fear and embrace the love. I met the man that I am going to marry in Alcoholics Anonymous. He is the love of my life. Neither of us is perfect, thank goodness. We both make mistakes sometimes, but we communicate rather effectively and have learned how to speak to each other with respect and kindness. We let each other work our own program and we are pretty good at not taking anything too personally. We live life one day at a time, attend meetings and A.A. functions and we both do a lot of service work to help keep us sober, grounded and grateful. Life is good; love is good; I am good. I have so much to be thankful for today; so many blessings.

Calling All Night Owls! Hoot! Hoot! If you would like to join us in carrying the message to the alcoholic who still suffers by answering the phone for the hotline, please, contact the Service Office at 719-573-5020 or email us at nightwatch@coloradospringsaa.org. We are able to forward the calls to you via your cell or home phone. The next Nightwatch Service Committee meeting will be on April 2nd at 7:15pm; Sacred Heart School, room 10, located on the corner of 21st Street and Pikes Peak Avenue.

Night Owl Words of Wisdom: A Full and Thankful Heart: One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine -- both temporal and spiritual. Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in some areas of living. I try to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.

From: GRAPEVINE, MARCH 1962 and As Bill Sees It, page 37

Joyfully in Service,

Gina S.

Nightwatch Committee Chairperson

