



Topics by the Month

- **APRIL:** Humility
- **MAY:** 12 Steps in all our affairs



Inside this issue:

Local Shares	1
Step of the Month	5
Meetings & Milestones	6
Group Contributions	7
History Corner	8
Committee Information	9
Happenings	10

~THE PIKES PEAK PINT~

“Bijou Bottom”

Every day I drove past the Bijou overpass, I wondered if today was the day I would do it, wondered if today I would finally be brave enough to try and drive my little Jeep through the guard rail and into the overpass with enough speed and force that I would actually die. I worked at the north end of town and lived in the south end, and every day, I wondered if maybe today was the day. Sometimes it had more force than others and if I were already drunk, instead of heading home to get drunk, it was more a whisper. But on those days when I'd decided I wouldn't drink but had found myself buying a bottle a few hours later, that overpass looked almost friendly.

I hadn't lost much; at least I didn't think so. Sure, I had had to move home in the middle of the night from the place I loved and live in my parent's basement, there was that. And I couldn't go back to my favorite job overseas because I kept failing the damn psych qualification test. And I'd only been hired at this place because the manager was friends with my sister-in-law and I couldn't pass their standardized psych test. But, I hadn't lost

anything. It's not like relationships were supposed to last longer than 6 weeks. Or friends were supposed to return phone calls.

But really, it was that overpass, and knowing that I would somehow screw that up too and not end up dead, but end up a vegetable, or worse, a mind that worked and a body that didn't. Plus, there was that drink once I got home, and that would lead me to oblivion. I was only watching about five movies in rotation, by which I mean, I'd put a movie in and then spend the next 15 minutes looking for where I had "stopped watching" it last night. And every night was the same. And every day was the same. And the overpass just called.

I had asked the psychiatrist who was going to fail me for my job overseas what she wanted from me, I mean, after all, I'd done what they asked in reducing my drinks to fewer than 8 per week (switching to drinking whiskey out of tumblers helped with that, but it was still a lie). She had said a 6 month chip from AA. A couple years earlier, my best friend had suggested that I look

Continued on Page 2

EDITOR'S NOTES

The Big Book tells us, and my personal experience has shown me, that in order for alcoholics to experience freedom from alcoholism, it IS necessary for them to hit rock bottom. Because who would do the work we are asked to do in exchange for the gift of sobriety, except someone whose life depends on it. Someone with nothing left, someone at THEIR bottom. This does not mean that they have to lose everything in order to achieve sobriety, as some of the stories this month

will show. Some individuals are called to relief from their disease even though they have lost relatively little or have a "High Bottom." Still there are other people who need to lose practically everything before they become ready to face their disease honestly. Tragically for some people their individual bottoms. These stories seek to unify us in the very spirit that binds us to our new found freedoms, and to remind us that EVERY bottom is a gift and a chance to know life as we could never have dreamed of it, free from Alcohol.

We here at the Pint look forward to continuing to meet you as you trudge the road of HAPPY DESTINY! May God bless you and keep you!
- Stormie

Continued from Page 1 "Bijou Bottom"

up the term "functional alcoholic" but I didn't know why. And my brain kept giving me parts of two different books, "Every time you drive past a telephone pole, you're making a decision to live" from Chuck Palahniuk, and "There comes a point in your life when you have to get busy living or get busy dying" from Stephen King. And maybe, just maybe, if I get sober, one day I won't want to die. Maybe, someday, I won't want to die.

I'm a volunteer. I chose a date and made plans for a last "outside issues" weekend and my last weekend drinking. It should come as no surprise that my last weekend drinking did not go as I planned and so my last drink (so far) was a warm beer bought the night before. I came back from that weekend and went to my first meeting and found my home group three days later. I had been living alone, doing nothing other than drinking and watching movies so talking to people really scared me and there were these three guys who every day asked me if I had a sponsor yet. So I got a sponsor, hoping that this would make them be quiet. The question changed to, "What step are you on?"

A couple weeks later, I had that moment of clarity where I am powerless against the first drink and, well, I came to believe that a power greater than myself could restore me to sanity. That really is the only reason I didn't drink that day. That was certainly beyond me. Just that prayer, "Please, God, help."

My first sponsor said I had the "gift of desperation" and probably needed to get into the Steps right away, and I didn't know what else to do, so I did what he told me. Plus, I had all these extra hours to fill, now that I wasn't drunk off my ass every night. And I asked a friend, "How do you know when you've hit bottom?" I thought his answer of "you just stop digging" was brilliant.

I can't tell you the first time I drove past the Bijou overpass without wondering if today was the day, but it must not have been very long after getting sober. The Steps, the fellowship, the new found friends and the tiny, incremental loss of thinking of myself all the time, the desire to help others and be a friend among friends and a worker among workers gave me freedom from self and has allowed me to have days and weeks where I am grateful - grateful for AA, my sponsor, my home group and the wonderful fellowship.

Dan



"The Invisible Line"

From the very beginning of my life in Alcoholics Anonymous, I heard that at some point we 'crossed that invisible line' from casual social drinker to full blown alcoholic. Page 24 of the Big Book states "At a certain point in the drinking of every alcoholic, he passes into a state where the most powerful desire to stop drinking is of absolutely no avail". The Book goes on to say that potential female alcoholics often turn into the real thing and are gone in a few years. That was certainly my story.

I enjoyed what a friend in the program in San Antonio called a B.B.I. drinking career - Brief But Intense!! From my first experience with the occasional cocktail or highball to crawling through the doors of

our fellowship was a mere 12 years...almost to the day. I was an only child in a loving home, no matter how hard I tried to call it dysfunctional in early sobriety. Alcohol might be seen once a year, and then generally at the home of someone else. When taking part in the beer busts along the river with my friends, I stuck with my soft drink....I didn't like the taste or smell of beer then, never did, and still don't. I wonder how different it would have been had there been the REAL thing at that time - and I am not talking about Coca Cola.

I married two days after graduation, had a son at age 19 and by age 21 felt there was nothing left for me to learn or experience in life. Oh how little I knew. I never knew what it was but I was always looking for something else, something more. Ultimately that marriage ended and was followed shortly by marriage number two. We had a cocktail several evenings a week but it was generally one at a time - and that was enough. *Where did I cross the invisible line?*

We built a successful construction business and began to work long hours. The cocktail every evening became routine. And then it became two every evening. We were going to have a Super Bowl Party and my husband cautioned that when I had a little too much to drink, I had a tendency to talk too much. *Was this the invisible line?*

Problems came along in the marriage and the stress and fears were seemingly eased by my friend Jack Daniels. And then the day came when a business opportunity required my being in another town for 5 months. My husband would join me every weekend but during the week.....during the week the loneliness, the fear of what was going on at home became too much. I was drinking at every opportunity and I discovered one day that I was hiding a bottle of Jack Daniels so that my husband would not know how much I drank. *Was this the invisible line?*

The marriage was ending and I found the hurt unbearable and turned to my friend Jack Daniels as soon as I got home and drank until oblivion every night. Weekends were non-stop drinking. But I was always alert for work. And as long as I could do that, I couldn't have a problem, could I? As long as I could have my drink of choice at Happy Hour and not the house brand, I couldn't have a problem could I? Although friends were concerned about me and my consumption, I could stop when I wanted to, couldn't I? I will never forget this soon to be ex-husband looking at me as he walked out the door after an extremely violent experience at my hands, fueled by alcohol, where he stopped and said calmly and quietly that he could protect me from anyone and anything except me. But I could stop if I wanted to, couldn't I? I just didn't want to. And then the night when I got the DUI and spent the night jail. And had to call those same friends to come pick me up. *Was this the invisible line?*

And finally, the night I went out with friends to a country western dance club and swore I was not going to drink that night. I was due in court on the DUI. I COULDN'T risk drinking and driving. All I remember of that evening was shooting pool, getting angry at someone in our group and throwing a drink in his face...and the next thing I knew I was back at my apartment. My first known blackout. *I HAD CROSSED THE INVISIBLE LINE.*

"I HAD CROSSED THE INVISIBLE LINE."

Shortly after that, I went to my first AA meeting, more to impress the judge (which it didn't) than with any real acknowledgement that

Continued on Page 3

I had a problem. That was on May 21, 1986. I would go to one or two meetings a week, drinking in between, trying not to drink in between, miserable, pacing, sweating, lonely, on the outside, getting closer and closer to desperation. Finally, on the evening of August 7, 1986, after having had several drinks that evening, I went to a meeting and this good ol' gal from West Texas said, "Honey, if you don't stop drinking you're gonna die". I wasn't sure whether I wanted to live or die, but I knew I didn't want to hurt anymore. I had found *Another Invisible Line. That line of desperation.*

There have been many invisible lines since then. The line when I finally surrendered and acknowledged that yes I was an alcoholic. The line when I learned to turn to the women in the program – those women I had always distrusted. The line when I got involved in service work. The line when I realized I truly didn't want to drink any more. The line of getting older, and losing loved ones and realizing that life is passing by and that I won't be here all that many more years.

But there is one line that is totally visible, one line that has been read in many many meetings since it was first printed, the line I searched for until I found it. One line that brings it all together. The line on page 164..."We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as we trudge the Road of Happy Destiny". What a wonderful line.

Elizabeth



"There was Nothing Left on My List"

When you think about it, hitting bottom is really a difficult thing for an alcoholic to do. We live our whole lives in such delusion, telling ourselves that the insane is normal, and that we are just one well thought out plan away from turning things around. Breaking through this fog of self-deception and realizing how bad things really are is a testament to just how low we are willing to sink.

I notice that alcoholics are the only people who use the absolute bottom of the barrel as their standard for when things might be going wrong. "I'm not homeless and drinking out of a paper bag beneath a bridge." "My drinking has never gotten me arrested." These were some of my favorite rationalizations for my drinking. Most people might start to get alarmed somewhere before they become the homeless drunk underneath a highway overpass, but in my mind, I had a long way to go before I needed to worry. I never became the bum underneath the bridge, but I definitely did not have a lot to feel good about.

I always had a list of things that I could point to and say "I might drink a lot, but I've never done this." As long as I never started doing things on this list I didn't have to worry about my drinking. This list was important for me to have because I always suspected my drinking might be a problem. I got more excited about drinking than most other people I drank with, and almost always got more out of hand when I drank. The more I started to worry about my drinking, the more things I would add to this list so I could assure myself that

my drinking might be a little excessive but not a problem.

Over time I made sure I added more completely outrageous things to my list that only a low-life drunk would do. This helped ease my doubts that my drinking was becoming more than just something fun I did with my friends. As drinking became much more of a necessity, I needed to drink a lot more to get the feeling I needed. That feeling of release became harder to attain because, unfortunately, drinking more would not bring back my nostalgic memories of the good times.

My drinking took on a very desperate quality towards the end. I needed to drink, I needed to blackout every time I drank, and this all needed to happen more frequently. Drinking was rarely fun anymore, and I reached a point where I just admitted to myself that I was a drunk and would just need to live the rest of my life that way. At this point, I started to become alarmed at how much alcohol it took just to achieve the desired result. It became necessary to add more extreme things to my list because it seemed like every weekend something else would get crossed off.

The last year of my drinking was a nose dive into incomprehensible demoralization. I was well into my list of things that separated a hard drinker from a problem drinker, but it didn't matter. I needed to drink, and if I could just make people understand that, life would be a lot easier. And then I woke up one morning, and for once, had no excuse for my actions the day before. I essentially crossed all of the remaining things off of my list in one day. The first thought in my head after hearing all of this was, "This is bad but quitting drinking is not an option." This would have been a good time to hit bottom, but I was not ready yet.

"This was bad but quitting drinking is not an option."

The night/day I hit my bottom reminds me of the story in the Big Book of the salesman who stops for lunch and orders some whiskey with his milk. Going into the last night I drank, I had no intention of getting drunk. In my mind, I had every good reason for going out and just having a few drinks with some friends. The last thing I remember telling my girlfriend on the phone was, "I'm going to have a few beers and go to bed." A few hours later I came out of a blackout with no idea where I was or how I got there and it hit me; I had absolutely no control over my drinking. I went to my first AA meeting a week later.

The last night that I drank and hit bottom was not significant for being more out of hand than most other nights I drank. By my standards it was pretty unremarkable. What mattered was that I had been emotionally and spiritually beaten enough to finally open my eyes to what my life was really like. I was able to honestly look at the kind of person that I was, and it scared the hell out of me. I reached that point of pitiful, incomprehensible demoralization. I had no excuses left, and I was tired of feeling miserable all the time. My "I might drink a lot but I've never done this" list had been thrown aside and all that was left was the brutally honest picture of my life. We all arrive to our bottoms in different ways, but once we get there, we know it. My path may have been easier or harder than others', but it was enough for me to get into the program. I hope I never come anywhere close to the bewilderment and despair I felt when I finally hit bottom, but I am grateful that I did feel it. For in experiencing that extreme low, it allowed me to take my first step onto the road of happy destiny.

Devon

“Bottoms, Denial, & Grace”

How often I said ‘this is it – I have had it – never again.’ Over the years I have found that for me under every bottom was a subfloor, and under that a crawl space and a basement – bottom ad infinitum. “THIS TIME” was a favorite of mine. I mean it this time – apparently I didn’t really mean it the last time I said “THIS TIME I MEAN IT.” What I was really saying was that I had control over alcohol.

The problem that I had was that I did not know what alcoholism was. Yes I knew that I was an alcoholic but I have come to understand the difference. With *alcoholic* there was always another shot, a little time, another attempt to control the amount, or fix what I thought the underlying problem was. With *alcoholic* there was always more time

“And with alcoholic there was always one more first drink.”

between the next drink, will power, and self-knowledge. All to no avail. And with *alcoholic* there was always one more first drink. As I crossed the imaginary line to become a real alcoholic I became a subject of King Alcohol and frankly I had no input into the subject of bottoms-what was tolerable and what was not - I did as I was told.

But not so with alcoholism. When AA taught me the difference I found the hopelessness of the illness. No reasons – no excuses. I found the obsession and the allergy. I had a body that could not take it and a mind that could not leave it alone. “When the main problem centers in your mind” – what you do with that? That was my first step. I was powerless over alcohol. When Ebby meet with Bill W. Ebby gave Bill a simple religious idea and a practical program of action. When these two are used in conjunction with AA’s definition of alcoholism, there can be no bottoms – only a slow trip to a bitter end. AA offers solutions if as Bill said “I chose to have them.” In the chapter “More about Alcoholism” three examples of the insidious first drink were given. One man drank because he was having a bad day; one man drank deliberately because he felt justified and the conditions certainly warranted a drink; and one man drank because he was having a great day- the best day of his life. That covered it. So much for my reasons.

There definitely seems to be a connection to denial and bottoms. Often times I think that the phrase “denial” is a misnomer. Could it be that what we think is denial is in reality one of the following or a combination of the three?

1. You don’t know that you are hopeless because you don’t know the difference between alcoholic and alcoholism.
2. You have tried everything else including the God idea – I know that I am an alcoholic but nothing ever worked before. Why would it now.
3. You may be the victim of misinformation and you are seeking something other than a “spiritual solution.”

And now comes Grace.

The door opens when one alcoholic armed with the facts talks to another alcoholic for the purpose of recovery. The walls fall and denial disintegrates. God’s business card can be found throughout the Big Book, but especially in Chapter 7 where one man carries the definition of alcoholism, the solution to the problem, and the practice program of action to another alcoholic.

Dale P

“Hitting Bottom”

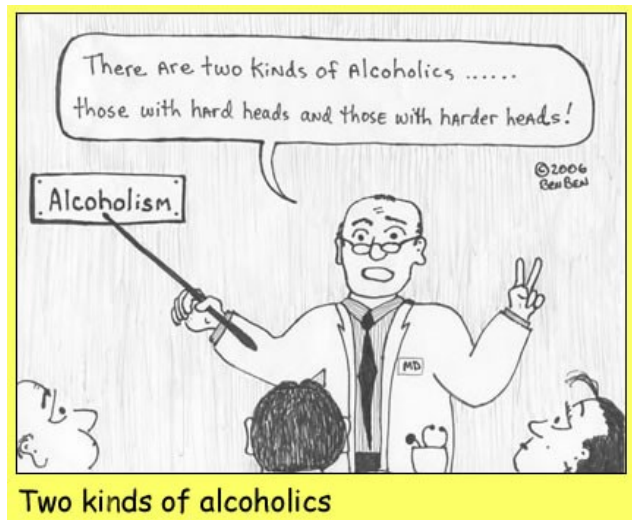
“Hitting bottom” is a saying we use in AA without sometimes really understanding what it means. It achieves a nearly magical quality in the minds of some AAs: If you haven’t hit bottom, you can’t really get any recovery. I think that is true in at least one respect. If I hadn’t hit bottom, I would not have made my way back to AA, and if I hadn’t made my way back to AA, I would either be drinking or I would be dead.

What I mean by hitting bottom is that there has been a sufficient event (or series of events) that I am sufficiently desperate to come through the doors of AA. Lots of people have very dramatic bottoms: getting thrown in jail, passed out in the gutter, or finding that they committed some horrible act while in a blackout. For me, hitting bottom was just dull and gray – essentially continuous drunkenness, punctuated by occasional attempts to quit, sometimes with great sincerity, but often with just a hopeless resignation to the fact I would be drunk again sooner or later – and probably sooner. For me, hitting bottom is no substitute for the First Step, and the idea of hitting bottom as somehow being essential to recovery is misguided. There is literally no bottom so low that it would keep me sober.

“There was literally no bottom so low that it would keep me sober.”

The way I got recovery was by starting at Step One – admitting that I am powerless over alcohol. The First Step is something I learned in two ways. First, I had to experience powerlessness for myself. In my case, I had that experience for many, many years. Second, I had learn exactly what AA means by powerlessness over alcohol. AA taught me that powerlessness means specifically that no matter how strong my will-power is, there will come a time when I will have no effective mental defense against the first drink, and once I have any alcohol whatsoever, I will have no control over how much I drink. Admitting that this definition applied to my experience was how I began recovery.

Paul L.



<http://recoverycartoons.com>

CONCEPT 3: To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives — with a traditional “Right of Decision.”

3

TRADITION 3:

The only requirement for A. A. membership is a desire to stop drinking.

TRADITIONS CHECKLIST

Tradition 3:

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, and ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Step 3:

Made a decision to turn our will and our lives over to the care of God as we understood Him.



Now I remember it

Heard at a Meeting...

“The Serenity Prayer is not about achieving serenity. Its about acceptance.”

<http://recoverycartoons.com>

GROUP FORUM PAGE

MEETING CHANGES, GROUP BIRTHDAYS & SPEAKERS

CPC Committee Meeting

2nd Tuesday of each month at 6:00 pm
Vertec, 1123 Elkton Dr.

CHANGE FROM

2nd Monday of each month to
2nd Tuesday of each month

CHANGE FROM

Sacred Heart, Room 10, 21st and West Pikes
Peak to
Vertec, 1123 Elkton Dr.



TUESDAY NEW WOMEN

Barbara S.	28 yrs.
Noell M.	23 yrs.
Michelle C.	10 yrs.
Jennie C.	29 yrs.

STEEL MAGNOLIAS

Dana R.	18 yrs.
Karen McG.	25 yrs.

FRIDAY WOMENS

Diane G.	35 yrs.
Mona C.	24 yrs.

EASY DOES IT

Mike M.	5 yrs.
Frank M.	2 yrs.
Paul S	3 yrs.
Chris T.	4 yrs
Leo E.	33 yrs.
Dan D.	3 yrs.
Gina F.	5 yrs.
Chris T.	4 yrs.
Heather H.	7 yrs.
Laura R.	8 yrs.

HAPPY HOUR

Brenda H.	19 yrs.
Cris H.	20 yrs.
Marc P.	2 yrs.
Mona C.	24 yrs.

HAPPY DESTINY

Ali P.	3 yrs.
--------	--------

A.A. was founded on the premise that it would be self-supported through member contributions.

For the past 50 years, contributing a single dollar has been almost a tradition.

	1960...10¢ 1970...20¢ 1980...35¢ 1990...50¢ 2000...\$1.00 2010...\$1.75 2015...\$1.75		1960...25¢ 1970...65¢ 1980...\$1.65 1990...\$2.00 2000...\$3.00 2010...\$5.00 2015...\$8.00		1960...22¢ 1970...35¢ 1980...90¢ 1990...\$1.10 2000...\$1.20 2010...\$2.90 2015...\$3.00
---	---	---	---	---	--

Today's dollar has only 13 cents of the purchasing power of a 1960's dollar.



1960 ... \$ 1.00
1970 ... \$ 1.00
1980 ... \$ 1.00
1990 ... \$ 1.00

Acknowledging these economic facts,
(keep in mind what your last drink cost you ☹)

Why not responsibly compensate
BY CONTRIBUTING

2 BUCKS FOR 2015!

For those who can't afford it, the important thing is to keep coming back.

This flyer is unofficial and has not been published by the General Service Office.

Thank you
from the
bottom of
our hearts!!

In the month of January the Service Office received
2 Grateful Giver contributions and
3 Personal contributions.

GROUP NAME (2014-2015)	Fiscal Yr. to date	January	GROUP NAME (2014-2015)	Fiscal Yr. to date	January
Above the Bar Group	\$150.00		Off The Wall	\$198.20	\$75.60
Apex	\$130.17		Old North End Study Group	\$215.38	\$58.63
Back to Basics	\$770.00	\$78.50	Pre-Dawn Meeting	\$0.00	
Beacon Light Group	\$0.00		Primary Purpose - Men's Group	\$210.00	
Big Book Action	\$586.72		Progress Not Perfection	\$366.04	
Big Book Study UPH	\$594.31		Recovery in Action	\$642.88	\$283.55
Black Forest	\$555.53		Saturday Early Morning Mtg.	\$315.60	
Broadmoor	\$0.00		Saturday Morning Anonymous Group	\$104.67	
Brown Baggers	\$150.00		Security Eye Opener	\$54.49	
Central	\$10.00		Serenity Hour	\$475.00	\$75.00
Clean Air Group	\$141.00		Serenity Riders	\$264.56	
Don't Worry Be Happy	\$356.78		Serenity Sisters	\$290.60	
Down By The Creek	\$36.00	\$36.00	Solutions at Noon	\$396.68	\$149.82
Downtown Group	\$2,604.22	\$563.86	Sought Through Prayer & Meditation	\$209.10	
Drylander's Group	\$0.00		Steel Magnolias	\$222.16	\$75.10
Easy Does It	\$614.43	\$250.00	Stepping Stones	\$0.00	
Ellicott Group	\$367.90		Sunday Morning Speaker	\$1,003.00	
Foxhall Group	\$0.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Freedom From Bondage	\$60.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$475.00	\$250.00
Friday Night Live	\$1,130.50	\$163.00	Taking Steps	\$0.00	
Friday Women's Group	\$544.00		The Doctor's Opinion	\$300.00	
Good Ole Boys	\$90.55		The Garage Meeting	\$106.00	
Happy Destiny	\$421.76		The Sober Jokers	\$200.00	
Happy Heathens	\$450.00	\$150.00	Then and Now	\$234.30	
Happy Hour	\$248.46	\$30.50	Thursday Mens	\$1,750.00	
Happy, Joyous & Free	\$370.00		Thursday Noon--Woodland Park	\$80.00	
High Noon	\$175.00	\$26.00	Treating The Illness	\$152.50	
H.O.W.	\$70.00		Turning Point	\$48.56	
Into Action	\$360.00		Ute Pass Breakfast Group	\$300.00	\$90.00
Keystone to Recovery	\$0.00		Veterans for AA	\$0.00	
Lake George Group	\$0.00		Walk the Talk	\$4,784.20	\$614.57
Little Log Church Group	\$78.00		Walking on Water	\$250.00	\$50.00
Living Free	\$246.50		We Are Not Saints	\$739.84	
Living Sober South	\$244.14		Wed. Westside Womens	\$0.00	
Meditation Group			Westside Eye Opener	\$175.00	\$50.00
M.A.G.	\$626.12	\$147.00	Women of Grace	\$112.00	
Natural High	\$33.00	\$33.00	Woodland Park Beginners	\$100.00	
New Beginners	\$687.08	\$194.58	Woodland Park Book Study	\$281.00	
New Woman	\$862.96	\$223.47	Woodland Park Women's Step Study	\$15.55	
Northwesters	\$655.00	\$150.00	Young People	\$714.24	
			Totals:	\$30,206.68	\$3,818.18

ARCHIVES PRESENTS: AA in Colorado Springs Semper Fidelis - forerunner to Alanon

Dateline: February 1949

A group of family members of alcoholics, forerunner to Al-Anon, was founded in February 1949. It was called "Semper Fidelis" (Always Faithful). There were twelve precepts employed by the group of Semper Fidelis:

1. Recognizing that we are members of Semper fidelis because of our close relationship to, and love for, a member of Alcoholics Anonymous.
2. To be of service to the group in any manner they deem necessary, ever keeping in mind that we have no authority nor wish to interfere in internal AA affairs.
3. Resolve to live in exemplary spiritual manner.
4. Resolve to overcome our own character defects by eliminating the destructive habits of negative thinking - gossip, unkindness, resentments, intolerance and replace them with the constructive habits of love, kindness of word, manner, and charity toward all - by learning and living to the best of our ability the AA philosophy.
5. To assist and encourage the AA member to follow all the 12 steps. To give sympathetic understanding and support to the member to enable him or her to maintain sobriety of thought, purpose and habit.
6. To give active and spiritual support to families in the group and others who are in any emergency due to alcoholism.
7. Pledge mutual assistance by calling on group members when necessary.
8. Meeting weekly for inspirational study, exchange of ideas, and social hour.
9. There shall be no set membership dues. Contributions are to be voluntary. Excess money above running expense shall be turned over to the AA group without stipulation as to its use.
10. The only requirement for membership in Semper Fidelis is an honest desire to build finer character in ourselves.
11. Each member shall be free to set the value of

their debt to their fellow man or woman in AA and Semper Fidelis.

12. To learn and use for the good of all the AA Serenity Prayers.

"For tomorrow and its needs I do not pray, but this I beg of thee dear God: Bless me, guard me, and keep me, and help me—just for today."

And then there was Al-Anon...

Al-Anon is almost as old as Alcoholics Anonymous (AA). Al-Anon was started by Lois W., wife of AA co-founder Bill W., and Anne B., a close friend of Lois'.

While the AA's were attending their meetings, their loved ones often waited in their cars. Soon they started to come in from the cold and hold their own meetings to discuss their own common problems, while the AA's were at their meeting.


In 1951, Lois and Anne, created a Clearing House Committee to service 87 inquirers and to coordinate and serve them. Through this effort, 56 groups responded. They chose the name of their groups from the first syllables of "Alcoholics **A**nonymous" and they adopted the name Al-Anon Family Groups. They adopted the [Twelve Steps](#) of AA and later the [Twelve Traditions](#), in the slightly modified form we know today.
Excerpt from Google dated 2/17/2015

D ICTIONARY CORNER


BOTTOM:

the part of something hollow that is furthest from the top

the lowest part, point, or level of something;
the part of something that is below or under the other parts; or
the lowest point or surface inside something.




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 1 YEAR OF
CONTINUOUS SOBRIETY AND A 1 YEAR
COMMITMENT OF SERVICE

• 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 Com-
mittee)
(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 Co-
ordinator Conference Room.

Cooperation with the Professional Community:
Committee Meeting: **new place & time**
6:00 p.m., 2nd Tuesday of the month at Vertec, 1123 Elk-
ton 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.

Archives:
Archive Committee Meetings: 6:00 p.m., 1st Tuesday of
the month at Service Office, 1353 S. 8th Street, Suite 209

Special Needs:
Committee Meetings: 1:00 p.m., last Saturday of every
even month at 309 S. Hancock Ave.

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

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**



UPCOMING EVENTS

2015 Area 10 Colorado State Convention

“Sponsorship in Action”

September 4- 6, 2015

Please join us in Colorado Springs for a great time with speakers, meetings, workshops, a banquet, a dance, social times and other adventures in AA fellowship. It's time to book your hotel room, register for the event and get the car ready to go!

Flyer: http://coloradospringsaa.org/images/pdf/events/2015_AA_Convention_Flyer.pdf

Visit <http://coloradospringsaa.org/news-events/events/50-2015-a10conv> for more information

2015 International Convention of Alcoholics Anonymous

“Happy, Joyous, Free”

July 2 - 5, 2015 - Atlanta, Georgia

The 2015 International Convention of Alcoholics Anonymous will be held July 2 - 5, 2015 in Atlanta, Georgia with the theme "80 Years – Happy, Joyous and Free." A.A. members and guests from around the world will celebrate A.A.'s 80th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Georgia Dome. Other meetings, scheduled or informal, will take place throughout the weekend in the Georgia World Congress Center and local hotels.

Registration will be available at the [*2015 International Convention of Alcoholics Anonymous](http://www.aa.org) website at aa.org starting September 3, 2014.

*All information can be found at the local AA website: www.coloradospringsaa.org

75th ANNIVERSARY

BIG BOOK

SALE

ONLY 200
COPIES REMAIN!

GET YOURS TODAY

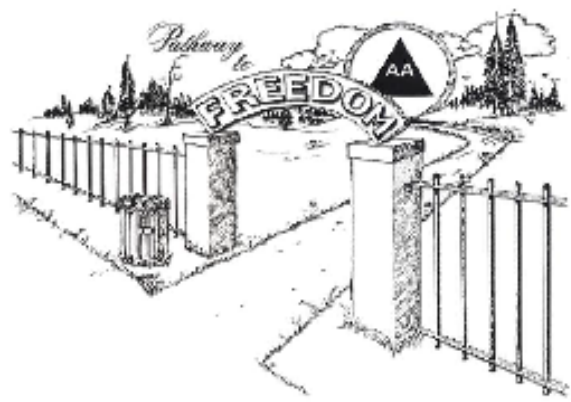


only
\$11.00
NO LIMIT!

These books will not be published after the International!
~ WHEN THEY'RE GONE, THEY'RE GONE ~

There is a way out
2015 AREA 10 CORRECTIONS CONFERENCE
 Hosted by District 21

Harmony Presbyterian Church - 400 E Boardwalk Dr. Fort Collins, CO
Saturday April 25th, 2015 8:00AM – 5:00PM



Registration \$10.00
 Include Registration Form
 With Check payable to:
 Area 10 Corrections Committee
 P.O. Box 40368 Denver, Co 80204

Registration opens at 7:30AM
 8:00AM - 11:00 AM
D.O.C. Refresher Training
 8:00AM Conference Opening
 8:15AM Speaker: Billy B. Fort Collins
 9:30AM - 11:00AM Workshop
 11:30AM - 12:45PM **Lunch is Provided**
 1:00PM - 2:15PM Workshop
 2:30PM - 3:30PM Inmate Panel
 3:45PM Speaker: Roman K. Denver
 Closing
Questions? Julie McD. (970) 266-1267
Kathy S. (970) 443-1231

Please complete the form below and **MAKE CHECKS PAYABLE TO: Area 10 Corrections Committee**
 Mail To: Area 10 Corrections Committee, P.O. Box 40368 , Denver, CO 80204. One person per form please.

Member Registration Form:
Mail to: Area 10 Corrections Committee
 PO Box 40368 Denver, CO 80204

FIRST NAME _____ LAST Name _____
 CITY/TOWN _____ PHONE (_____) _____
 EMAIL ADDRESS _____
 NAME ON BADGE _____
 GROUP/DISRICT/AREA POSITION: _____

Your Intergroup presents:

A Spring Workshop

Date: Saturday, March 07, 2015

Time: 10am to 12pm

Location: First United Methodist Church
420 N. Nevada Ave. Rm. 133/134
Corner of Boulder and Nevada

Subject: *Emotional Sobriety*

Come one/ Come all



Jim & Tina M.

How to live Happy, Joyous and Free

Tuesday - March 10, 2015 - 7pm

ELECTIONS for INTERGROUP OFFICERS will be held at the INTERGROUP MEETING, March 10, 2015. All of the positions listed below will be voted on. CANDIDATES MUST BE PRESENT. It is recommended that those who stand have a minimum of two years continuous sobriety. Term of office is one year, April 1 through March 31. Position descriptions are listed in the [Intergroup Charter](#) on website.

First United Methodist Church, 420 N. Nevada Ave., RM 135, Boulder Street entrance upstairs

UPCOMING ELECTIONS in MARCH

ELECTIONS for INTERGROUP OFFICERS will be held at the INTERGROUP MEETING, March 10, 2015. All of the positions listed below will be voted on. CANDIDATES MUST BE PRESENT. It is recommended that those who stand have a minimum of two years continuous sobriety. Term of office is one year, April 1 through March 31. Position descriptions are listed in the Intergroup Charter.

NOMINATION FOR INTERGROUP BOARD MEMBERS

(**please submit by March 10, 2015 or before!)

I hereby nominate _____ for the trusted servant position of:

(Circle one)

Chairperson One year term

Vice-Chairperson One year term *(two year commitment)*
First year as Vice-Chair, then preferably rotates into position of Chairperson.

Secretary One year term

Treasurer One year term

Vice-Treasurer One year term *(two year commitment)*
First year as Vice-Treasurer then preferably rotates into position of Treasurer.

Registrar One-year term

Member at Large One-year term

****Please fill out this form and bring it to the Area Service Office before March 12, 2013.
Or you can scan your completed form and email to the ASO at serviceoffice@coloradospringsaa.org
Or you can send your nomination to the ASO via email message.
Please be sure to include all the required information.
Remember all nominees must be present at the Intergroup Board meeting in March.**