



TOPICS:

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



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~THE PIKES PEAK PINT~

"Best Intentions"

Despite my best intentions, I made it here at a young age. I found myself seconds and inches from death too many times. So I came in, sat down, drank too much coffee and listened closely as I longed for the way out. Still, my heart was trembling and my thoughts were far too loud. I struggled to fit in, I thought I wasn't supposed to be feeling this way. I began, reluctantly, to ask for help. I was guided through the steps by a man who had clearly suffered in the exact same way. Ever since, Alcoholics Anonymous has been quieting my mind, opening my heart, and showing me how to be a better person.

Practicing this way of life has changed everything. If I pay attention and stay close to my higher power, I can stand strong with an "unshakable foundation for life". In place of the darkness I once carried in my chest, I rely instead on a still, calm voice. I relax, take it easy and trust the Great Reality, deep down within. I turn to it in moments of frustration or anger, and I pause to listen. Though it is often impossible to understand and can be uncomfortable to listen, I try. I have seen it work in others. In fact, the friends I have made in recovery who practice daily prayer and meditation seem to have the kind of emotional sobriety I should like to have for myself. I cannot do this alone, I need direction every day, and I need to be *willing* to listen to it. Anonymous

EDITOR'S NOTES

Oh, hello everyone! Wow December already! Another Year, another gift to us all! So much has happened this year for us as individuals, for us as a fellowship, and by the grace of something bigger than all of us, AA is still working in the lives of so many as the pathway to a Power that can relieve the obsession to drink and allow us to be happy, useful, and whole. That's a miracle! However, it is my experience that even once led down the path to that power, the spiritual line of conscious contact and safety, cannot be kept open by desire alone. It must remain open and connected through growth, development, and continued practice. Our actions must continue to be Divinely inspired and directed or we lose ourselves in the depth of selfishness, cutting out the conscious contact once made, and we become again insane. Insane enough to take that first drink.

I can remember starting steps and being told to read pages 86-88

everyday and every night just to get me started on some guided prayer. To pause when I was agitated and ask for help. To say, "Please" in the morning, and "Thank You," at night to a power that I absolutely believed in but hadn't officially met yet. At step 12 prayer and meditation had not only become a part of the new DNA the steps wired into me, but a joy, a delicious time to just be with a Power of my understanding to realize that my will, and my life were now apart of the "we" not just the "me!" Pretty light bulb moments for a self lady like myself! Since that time, those moments haven't changed. Life seems too scary to head into a day unarmed, alone, and unconnected, so prayer and meditation are simply a delicious, wonderful, must if I am to hear and be able to honestly act and respond to my Higher Power.

In this issue we have a range of writers sharing their experience with prayer and meditation. In

fact a few of our writers are sharing in the PINT for the first time, and even more exciting, they have varied lengths of sobriety giving a wonderful perspective of their experience with the solution from many different vantage points. We PINTERS are so de-

lighted and hope you truly enjoy! I will close with saying this, in the last year there hasn't been a single story, flier, or idea in the PINT that wasn't first met with prayer and meditation before it became printed. The genuine desire for the PINT to be of maximum service to the message of AA is something a selfish, spiritually disconnected, group of drunks simply cannot pull off.

But in his hands our lives become far better than we could have ever imaged!

Lots of good Vibes from the PINT!

Stormie.

“Today... Prayer”

Today, for me, one of the most vital parts of my day and my program is prayer. Another necessary part of my day is meditation when I retire at night.

When we go through the steps we reach step two pretty quickly and we come to believe that there is something out there that has all power. Whether or not we call it God, there is a power who can restore us to sanity. However, that step is just becoming willing to believe; we must take action in order to have a spiritual experience.

I came into these rooms agnostic and spiritually unfit. For me just to be willing to believe was a piece of cake. Then, I was asked to pray and meditate to something and someone that I had no intention of ever knowing. When I got to step three, I was asked to give everything over to God. I literally thought to myself multiple times, "How do you expect me to just hand over all this stress and sadness and anxiety?" I would sit there, biting my nails down to the skin, thinking, If I could have done that, don't you think I would have by now? I simply didn't understand the concept.

I can only share my experience...that's all I have. Prayer has been the only thing to rid me of my anxiety--anxiety so bad that I've been beaten to a state of constant anger and depression; anxiety so bad I can't breathe, let alone want to breathe. But there I am, sitting at work during my lunch, not saying a word. I'm sitting in silence, ready to give up; ready to go back out...So I pray...And I keep praying...And praying. Then, for the first time in my life, I feel my body start to breathe from head to toe. I feel like a 50lb anchor has been removed from my chest. I don't need a huge miracle to happen for me to see that my higher power is in everything--I don't. For the first time in my life, I can breathe without anxiety. That's enough to make me see that there is a God.

“Prayer has been the only thing to rid me of my anxiety...”

They say that faith without WORKS is dead. My point is that works without faith STILL works. We all come in damaged and that's exactly why we need prayer and meditation. In the beginning, I only prayed and meditated once or twice each week. Now, I see that I must pray and meditate every day to maintain the sober life that I have. I'll put it like this: We have all exhausted our own ideas on how to get better and it led us to AA, so why not try something else for a change?

Bill writes ***“There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.”

Jess

“Struggles and Slumps”

When I was young in recovery my feelings and emotions were all



over the place. I never really was sure what I was feeling because I very effectively drowned my emotions with booze. Then, slowly but surely the hours turned into days and the days turned into weeks. As time crept by I began to see my emotional extremes. The highs, the lows and sometimes both at the same time [which was a little disturbing] but I did as I was told and those days did pass one emotional minute at a time.

As I began to accept this one day at a time thing I began to feel more of my emotions deeper and clearer. However, they were still all over the place, convoluted and murky. Even though I was beginning to see where they're rooted and the differences between anger, joy, fear

and faith they still continued to work together to mess me up. The emotional struggles would drag me along mercilessly. I would feel every bump while trying to endure every slump.

I'm getting a little better at identifying and processing my emotions but this is not an easy thing to do. I need help, and I need guidance and maybe, just maybe I need a little divine intervention. Anyway, as I struggled with life on this emotional rollercoaster I wore out the speed dial button to my sponsor. The big things got smaller, the little things got bigger and I got more confused which made me even more emotional. So now what...

I continue to struggle in the slumps and, the humps can even be a struggle too. I have to take the bad with the good and sometimes joy can be just as dangerous as anger or fear. So, in order to deal with the struggles and slumps I started doing what is suggested.

In our literature it suggests we get right with God [steps 1, 2, 3] get right with others [steps 7, 8, 9] and in the middle we get *write* with ourselves [steps 4, 5, 6]. So, with that in mind, I started writing. This

“in order to deal with the struggles and slumps I started doing what is suggested.”

too is no easy task. It's difficult to reach into oneself and pull up handfuls of defects then try to

translate them to paper. But, like everything in the program this takes practice, one paragraph, or one sentence sometimes even one word at a time. The more I kept at it though the more my morning meditation evolved into quiet time with my Maker and a type of question and answer process that became my journal.

The Oxford Group called this process The Two Way Prayer. Almost every morning I sit quietly for several minutes. I write down a question or a concern and quietly listen. Then I start to write the answer. It's freakishly effective.

Today my struggles and slumps are minimal comparatively. Practicing prayer and meditation on a regular if not daily basis my emotions and feelings are becoming more a part of me instead of me a part of them. For me this is where steps 10, 11 and 12 come together to get me along in life. The ten spin as it were...

As the fellowship grows around me, the friendships deepen and the relationship with my sponsor gets more comfortable, I am finally experiencing some of the freedom promised without the extreme struggles and slumps that brought me here.

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_rod

**As Bill Sees It - pg. 33 - paragraph 3

HOLIDAY ALERT... The Service Office will be closed Friday, December 25th and Friday, January 1st. Nightwatch will handle all the calls for these days.

The First Women of AA

Lil was the first woman to seek help from AA.

Florence R., author of the chapter “A Feminine Victory” in the first edition of the Big Book. Was the first woman to attain any length of sobriety.

Marty Mann wrote “Women Suffer Too” in the second through fourth editions of the Big Book of AA. In part because of her life’s work, alcoholism became seen as less a moral issue and more a health issue.

Alcothon Committee Needs You!

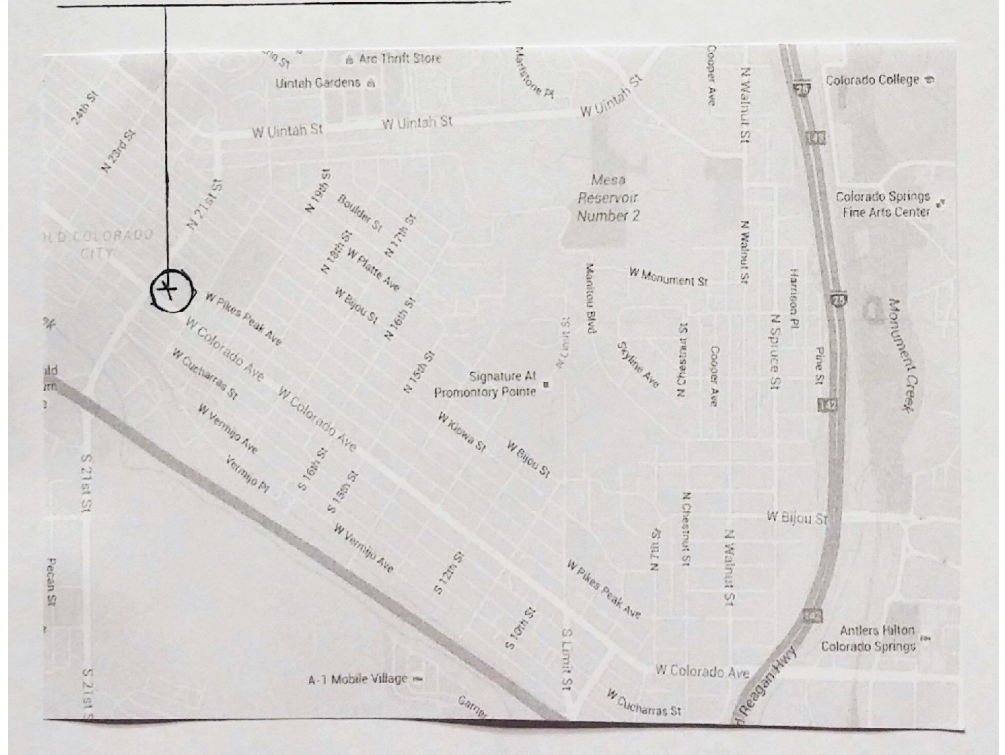
Meetings are Every Thursday at 7pm

Current Tentative Meeting Place:

Sacred Heart Church

2030 W Colorado Ave

Colorado Springs, CO 80904



CONCEPT 12: the Conference shall observe the spirit of the A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.



TRADITION 12:

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

TRADITIONS CHECKLIST

Tradition 12:

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition – or belie it?
7. Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior – especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?

Step 12:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.



Step Twelve

Permission: recoverycartoons.com

MEETING CHANGES, SPEAKERS, & HAPPY BIRTHDAYS!



CHANGE

Topic

From Discussion to Prayer & Meditation

Downtown Group

Open, Prayer & Meditation
7:00 p.m. Tuesday
210 N. Corona (behind McDon-
ald's on Wahsatch)



Location

From 3685 Jeannine Drive to 5075 Flintridge Drive

Foxhall Group

Open, Discussion
7:00 p.m. Wednesday
5075 Flintridge Drive
Center for Spiritual Living, East of Academy,
corner of Mira Loma
Center for Spiritual Living
*Last Wednesday of the month is a speaker meeting



DELETE

The Last Minute Meeting @ Central

Open, Discussion
12:00 Midnight Friday
309 South Hancock
Fun and games @ 10:30 p.m.



In the month of October
the Service Office received
5 Grateful Giver contributions,
2 Birthday contributions,
and
1 "In Memory" contribution!

Thank you!!



FRIDAY WOMENS

Jessica	2 yrs.
JoAnn M.	40 yrs.
Kathy H.	7 yrs.
Larue G.	25 yrs.
Karol P.	5 yrs.
Su S.	2 yrs.
Jeri H.	24 yrs.
Janice W.	3 yrs.
Linda F.	7 yrs.
Mi-Lou	25 Yrs.

EASY DOES IT

Robert S.	3 yrs.
Mark K.	16 yrs.
Brandon B.	3 yrs.
James S.	3 yrs.
Wandaleen T.	23 yrs.
Michelle S.	3 yrs.
Rexx S.	3 yrs.
Jerry R.	2 yrs.

DOWNTOWN GROUP

Nick W	4 yrs.
Randy H.	4 Yrs.
James C.	4 yrs.
Marie R.	10 yrs.
Christopher L.	2 yrs.
Kelly B.	2 yrs.
Rob A.	3 yrs.
Kevin R.	15 yrs.
Liz H.	3 yrs.
Steve G.	3 yrs.
Chrisi F.	3 yrs.
Jean M.	2 yrs.
Michelle I.	20 yrs.
Jesse R.	1 yr.
Darren S.	28 yrs.
Jessica K.	1 yr.
Mike W.	2 yrs.
Andres A.	1 yr.
Jim	2 yrs.
Steve V.	1 yr.
Quest T.	1 yr.

WE ARE NOT SAINTS

Daniel G.	1 yr.
Erica E.	2 yrs.
Luke L.	2 yrs.
Nan P.	32 yrs.
Mary R.	7 yrs.
Bruce A.	31 yrs.

NEW WOMAN

Ashley C.	22 yrs.
Carol H.	20 yrs.
Joan B.	20 yrs.
Lindsay A.	9 yrs.
Ginny M-R	21 yrs.
Kim D.	2 yrs.
Beth P.	3 yrs.
Cat C.	1 yr.

STEEL MAGNOLIAS

Cora J.	13 yrs.
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GROUP CONTRIBUTIONS

GROUP NAME (2015-2016)	Fiscal Yr. to date	October	GROUP NAME (2015-2016)	Fiscal Yr. to date	October
Above the Bar Group			Off The Wall	\$198.48	\$87.76
Apex	\$119.13	\$35.78	Old North End Study Group	\$100.01	
Back to Basics	\$462.00	\$185.50	Pre-Dawn Meeting		
Beacon Light Group			Primary Purpose		
Big Book Action	\$405.00		Primary Purpose Men's Group		
Big Book Study UPH			Progress Not Perfection	\$161.93	\$25.50
Black Forest	\$464.10	\$155.34	Recovery in Action	\$496.27	
Broadmoor			Saturday Early Morning Mtg.	\$114.45	
Brown Baggers	\$150.00		Security Eye Opener	\$150.00	
Central	\$20.00	\$20.00	Serenity Hour	\$450.00	\$50.00
Clean Air Group	\$82.00		Serenity Riders	\$240.00	
Don't Worry Be Happy	\$625.54		Serenity Sisters	\$275.00	
Down By The Creek			Solutions at Noon	\$338.41	\$27.35
Downtown Group	\$2,363.43		Sought Through Prayer & Meditation	\$181.82	\$19.06
Drylander's Group	\$40.46		Steel Magnolias	\$115.98	\$82.48
Easy Does It	\$120.00	\$30.00	Stepping Stones		
Ellicott Group	\$100.00		Sunday Morning Speaker	\$631.00	
Foxhall Group	\$249.87		Sunday Night Big Book Study (Clean Slate)		
Freedom From Bondage	\$100.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$180.00	
Friday Night Live	\$287.50		Taking Steps		
Friday Women's Group	\$170.00	\$100.00	The Doctor's Opinion	\$202.25	
Good Ole Boys			The Garage Meeting		
Happy Destiny	\$100.00	\$100.00	Then and Now	\$75.00	
Happy Heathens	\$200.00	\$200.00	Thursday Men's Group	\$1,600.00	\$550.00
Happy Hour			Thursday Noon--Woodland Park	\$112.50	\$62.50
Happy, Joyous & Free			Treating The Illness		
High Noon	\$136.00	\$27.00	Turning Point		
H.O.W.	\$50.00		Ute Pass Breakfast Group	\$50.00	
Into Action	\$450.00		Veterans for AA		
Keystone to Recovery			Walk the Talk	\$2,550.00	\$425.00
Lake George Group	\$85.00		Walking on Water		
Little Log Church Group			We Are Not Saints	\$665.90	
Living Free	\$187.00	\$52.50	Westside Eye Opener		
Living Sober South	\$191.00	\$31.00	Women of Grace		
M.A.G.	\$263.00		Woodland Park Beginners		
Natural High			Woodland Park Book Study	\$200.00	
New Beginners	\$418.64		Woodland Park Women's Step Study		
New Woman	\$568.88	\$159.00	Young People	\$428.44	
Northwesters	\$350.00		Totals:	\$18,847.49	\$2,425.77



NIGHTWATCH COMMITTEE MEETING



The Purpose of Nightwatch
TRADITION FIVE

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

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



Contact Info:

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

www.nightwatch@coloradospringsaa.org

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

• 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)

• COMMITTEE INFORMATION •

Public Information:

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

Cooperation with the Professional Community:

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

District 7:

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

Treatment:

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

Nightwatch:

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

Archives:

Archive Committee Meetings: 7:00 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.

Web Committee:

Committee Meetings: 1:00 p.m., second Saturday of the month. Email webmaster@coloradospringsaa.org for google hangout

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

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TRADITIONS BREAKFAST MEETING

• Tradition Six •

A. A. Traditions Discussion Meeting
Sunday December 20, 2015 @ 10:00a / 12:00p

At Village Inn on Circle and I-25

Subsequent meetings on the 3rd Sunday of each month!

~ * ~

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

~ * ~

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

ALCOTHON 2016

*Celebrate
Sobriety!*

Starting December 31st at Noon
Ends January 1st at Noon

★ **Continuous Meetings**


Starting at 12pm on December 31st

★ **AA & Al-Anon Speakers**

◆ **New Years Eve Speakers: 7pm-9pm**

Al-Anon Speaker: TBA

AA Speaker: Indian Mike

◆  Sign Language Interpreter Available New Years Eve

◆ **New Years Day Speaker: 9am-10am**

AA Speaker: Robin M.

★ **Child Care Available**

From 4pm-10pm on New Years Eve

★ **New Years Eve Dance** With DJs

★ **Food & Beverages**

Dinner 4pm-6:30pm

Concessions 9pm-1am

Breakfast 6am-9am

★ **Contribute As You Can**

No one Gets Turned Away

