

-THE PIKES PEAK PINT-



JUNE
TWENTY TWELVE

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

• EDITORS NOTE •

I would like to extend a formal thank you to Adrienne for publishing The Pint this past year. She did a fabulous job pushing the bar so high I can only hope to do half as well. I am honored to have the opportunity to serve at this level and follow in her footsteps.

Thank you Adrienne!

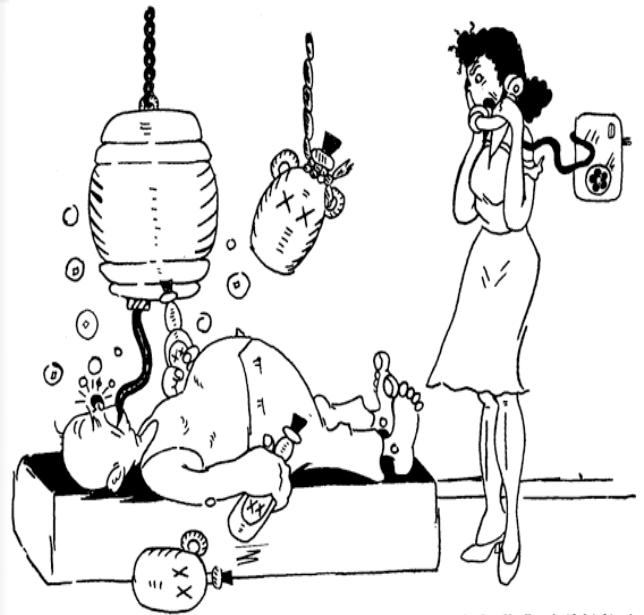
I'd like to remind all of you that this newsletter is about us, by us and for us. So I am inviting each of you and your group members to write your story, a poem or thoughts on the steps, traditions or Big Book. We can use as many different kinds of material you can come up with in order to make our newsletter ours.

The deadline for any submission or update is the 20th of the month. Please send all submissions to pint@coloradospringsaa.org

Thank you,
Rod Q.

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

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



What Caption would you suggest?

Send your suggestions to pint@coloradospringsaa.org

Last months cartoon on page 9

Local Service Office

Hours: T-F 9 a.m. to 5 p.m.

SAT: 9 a.m. to 12 p.m.

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

In This Issue:

Local Feature – page 2

Meeting changes and deletions – page 3

Event Calendar – page 3

Nightwatch Night Owl News – page 6

Area and District Stuff – page 7

Milestones – page 7

Cartoon Caption – page 9

A Well-Worn Path

Long before sobriety, I visited Colorado Springs when I was 16. My mother and I were visiting my brother. He took us to the Garden of the Gods. I thought it was the most beautiful place on earth. I was inspired by the colorful landscape. It was a spiritual reality for me. The place was unforgettable.

Years later, after a couple decades of drinking, sobriety changed my life. I like to think I'm somewhat intelligent, but rather dense when I think about how slow some things occurred to me. Meetings were my journey back to life. I always loved and attended a lot of meetings. But I muddled along with the steps with various sponsors and mentors. I preferred the 12x12 and never got "into" the Big book until later, after years of sobriety. Often I went months and years between sponsors.

However I have stayed sober since March 1987, when living in New York City. I would listen to folks talk about how they prayed and meditated. Saying to myself "I'm going to start doing that". And then another year would pass.

I stayed sober by working on the emotional part of the disease. Individual therapy, group therapy, and marriage counseling kept me very busy. These are very noble endeavors, for sure. But I kept hearing my friends at meetings talking about their relationship to God. Yes, I knew the concepts of "turning it over" and "Let go and let God". The Serenity Prayer helped immensely during times of anxiety. God was there when I needed him but I only sought him out in times of discomfort and pain.

At the end of 1993, I had solid foundation in the fellowship with a collection of loving AA friends. My marriage was enriched by the birth of our son two years earlier. I had a unique companion in sobriety, my sister who had gotten sober a week before me. Life was good and I was grateful.

But my blissful family life was shattered. My loving husband, David, was shot and killed, an innocent by-stander during a robbery. It is difficult describe the depth of pain, grief and sorrow I felt. Speaking about my exhaustion at a meeting I said, "I feel like my tears are melting me and I am flowing into a puddle on the floor".

AA was my tie to sanity. My AA friends let me cry and talk, supported and loved me. I followed the suggestion I was given in early sobriety, "No major changes for the first year". After a year of constant bombardment of news stories, memorial services, awards and a lengthy murder trial, we were ready to leave New York. My 3-year-old son, Mark and I moved across the country to Colorado Springs. It was a good practical decision as it put us closer to family.

The Garden was a safe place, a quiet place for me and my feelings. I felt God.

What seemed like a practical decision, now I understand as "God's plan". After 7 years in Colorado Springs, I moved into a house 4 blocks from the Garden of the Gods. One day I decided for vain reasons, to walk in the Garden of the

Gods to get in shape. I would get up early in the morning and walk.

As I stated, I had my working relationship with God. But I had been so humbled by my overwhelming responsibilities as a parent and the grief that I was kind of numb to praying and meditating. It just seemed like so much work.

But walking in the Garden of the Gods, something in me started to break free. Until that time I hadn't taken the time to deal with the trauma of my husband's death. The Garden was a safe place, a quiet place for me and my feelings. I felt God.

Continued on page 4

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

Thank You!



In the month of April
we received
5 Grateful Giver contributions,
4 Personal contributions &
1 Birthday contribution!

MEETING ADDITIONS - DELETIONS - CHANGES

Ready Or Not Group: **DELETED** Wednesday 7:00pm

Wednesday Night @ The Inn: **DELETED** Wednesday 6:30pm

Downtown Group: **CHANGED** it's address the new address is Downtown Group: 210 N. Corona, Colorado Springs, CO 80903 (behind the McDonalds on Wahsatch)

Primary Purpose: **NEW** 3425 Unit , Van Teylingen Dr. West of Academy, between Rebecca Lane and Carefree Circle North.

BIG BOOK QUOTE

Moderate drinkers have little trouble in giving up liquor entirely if they have good reason for it. They can take it or leave it alone.

AA at a Glance – JUNE 2012

					1:	2: Public Information
3	4:	5: Nightwatch Night Owl Committee Meeting	6	7	8	9: CPC - Treatment
10	11	12: Intergroup Meeting	13	14	15	16: Corrections
17:	18	19: District 7	20: The Pint, Milestone and Article Deadlines	21	22	23
24	25	26	27	28	29	30

~ GOSSIP ~

Guilt and shame possess the brain when I must be around the star of a scornful past gossip. Booze hid those nasty feelings. Sober, the ugly feelings become very, very real. I realize ill rumors are inappropriate.

Hearsay is all about motivation. If the motive is to help the figure, it is approving. If it is to belittle and promote self, it is assassinating.

A positive buzz involves love while negative chat creates fear. Love brings friendship and closeness. Fear entangles victims and establishes distance.

Celebrities of scandals are always absent. There are no real facts. Verification from the notable originates truth.

I remember supportive chitchat within my younger years. Most peers are about negativity. I am gullible to their backbiting. Lies become the norm. I create as well as spread a distinct brand of manure.

Continued on page 9

Nightwatch Night Owls

AA Nightwatch has changed their name to

NIGHT OWLS!

We will be having a gathering of volunteers

Tuesday, June 5th @ 7 PM

at the Peer (corner of Highway 24 and 8th Street).

Desert and coffee will be served.

The meeting will cover training for new Night Owls and fellowship with seasoned volunteers who have stepped up to be of service. As you know, Night Owls are AA members who field calls and respond to "a cry for help" (when the local AA Service Office is closed).

Come and join us. We want the hand of AA to be there when someone reaches out for help. You will also stay sober in the process.

(It is suggested that you have 6 months sobriety and attend a training session before becoming "live" as a Night Owl.)



2012 Founders Day Picnic is pairing up with The Founders Day Golf Tournament!!

GOLF tournament will be at the Springs Ranch Golf Club 3525 Tutt Blvd.
Tee time is 7:30am and the contact is Don M. 719-291-1192

Please join us after golf for some food and fun

Saturday - June 2nd from 11am-5pm
at
Bear Creek Park

Join us for lots of...

**FOOD - FUN & SOCIALIZING
BBQ - GAMES & LOTS OF PRIZES**

**SUPER HERO COSTUME CONTEST
FOR AGES 3-10**

For Volunteer Opportunities or more information please contact
Trisha D. @ 719-646-6382 or Roger C. @ 719-306-6459

A Well-Worn Path

Continued from page 2

Over the past several years of walking the same path, I have cried and grieved. But I have also found remarkable moments of joy unrelated to any event or situation. Just joy to be alive and connected to God. Maybe it is God-consciousness. I love the crispness of the morning. I love the different seasons and changes in the weather: fog, snow and breezes. I have seen deer frolicking on the hillside, packs of coyotes, 3 rattlesnakes and a bear. For a while there was a fox who perched on a rock to greet me. God has given me signs of life and they are gifts. It's time to focus on life.

It was a practical decision to move across the country to Colorado. But maybe God was calling me to this place, the Garden of the Gods, to heal. The place I loved and was inspired by all those years ago when I was 16.

Betty A.
Colorado Springs

Concept 6: The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

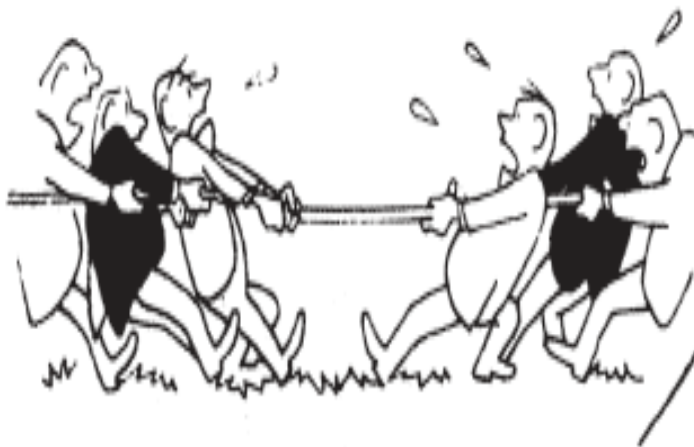
6

Step 6:

Were entirely ready to have God remove all these defects of character.

Tradition 6:

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.



We found that there are all kinds of goals, motives and ambitions...

...and the good name of A.A. could be smeared!

TRADITIONS CHECKLIST Tradition Six

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

A GREAT POEM

From Frank, Colorado Springs

I was shocked, confused, bewildered
as I entered Heaven's door,
Not by the beauty of it all,
Nor the lights or its decor.

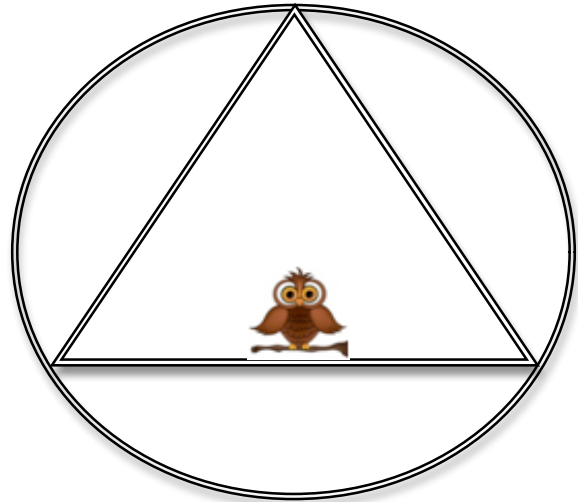
But it was the folks in Heaven
Who made me sputter and gasp--
The thieves, the liars, the sinners,
the alcoholics and the trash.

There stood the kid from seventh grade
who swiped my lunch money twice.
Next to him was my old neighbor
who never said anything nice.

Bob, who I always thought
was rotting away in hell,
was sitting pretty on cloud nine,
Looking incredibly well.

I nudged Jesus, 'what's the deal?
I would love to hear your take.
How'd all these sinners get up here?
God must've made a mistake.

'And why is everyone so quiet,
so somber - give me a clue.'
'Hush, child,' He said,
'they're all in shock.'
No one thought they'd be seeing you.



Nightwatch Night Owls News

What an awesome group of volunteers we have! Nightwatch has been undergoing a lot of changes lately and our volunteers have been very supportive and understanding of this process. We thank you all for your excellent service.

At the monthly Nightwatch meeting on May 1st, the volunteers and committee members present, voted to change the name from Nightwatch to Night Owls. At that same meeting, we also voted in a weekly schedule which contains thirty-three time slots rather than the five week schedule containing eighty slots. The good news is that we will finally be able to fill all of the time slots. This new schedule will go into effect as of June 1st. Also, at the last meeting, our first training session took place. It was a great way to educate new volunteers and get feedback from some long timers.

Our next gathering of the Night Owls will be Tuesday, June 5th @ 7pm at The Peer, located at 308-I South 8th Street, behind La Casita. There will be another fun training session. Coffee and dessert will be available. We look forward to seeing you there, it'll be a hoot!

If you are interested in volunteering as a Night Owl, contact John B. 719-233-6064, Gina S. 719-502-1154, or call the Service Office 719-573-5020. There is a minimum of six months continuous sobriety and a one year commitment required.

-Gina S.



"No, I'm NOT one of the Earth people!"

INTERGROUP & DISTRICT COMMITTEE CHAIRPERSONS

DISTRICT STANDING COMMITTEES

Cooperation with Professional Community
 Chair Larry cpc@coloradospringsaa.org
 Vice-Chair

Corrections
 Chair Renee J. corrections@coloradospringsaa.org
 Vice-Chair Stephen P.

Public Information
 Chair Beth G. pi@coloradospringsaa.org
 Vice-Chair

Treatment
 Chair Michael H. treatment@coloradospringsaa.org
 Vice-Chair

LOCAL SERVICE COMMITTEES

Archives
 Chair archives@coloradospringsaa.org
 Vice-Chair

Nightwatch
 Chair John B. nightwatch@coloradospringsaa.org
 Vice-Chair Gina S.

PINT
 Chair Rod Q. pint@coloradospringsaa.org
 Vice-Chair

Programs
 Chair Trisha D. programs@coloradospringsaa.org
 Vice-Chair

Volunteers
 Chair David U. volunteers@coloradospringsaa.org
 Vice-Chair Brady

Website
 Chair Dana E. webmaster@coloradospringsaa.org
 Vice-Chair

May 1, 2012

CONTRIBUTION ADDRESSES*

AREA SERVICE OFFICE
 Make check or money order payable to:
 Area Service Office
 Include Group Name and Number on check.

Send to:
 Colorado Springs Area Service Office (CSASO)
 1353 South 8th Street, Suite 209
 Colorado Springs, CO 80905

GENERAL SERVICE OFFICE
 Make check or money order payable to: General Fund
 Include Group Name and Number on check.

Send to:
 General Service Office (GSO)
 PO Box 459, Grand Central Station
 New York, NY 10163

AREA 10
 Make check or money order payable to: Area 10
 Include Group Name, Number, and District #7 on check.

Send to:
 Area 10 Treasurer
 12081 West Alameda Parkway #418
 Lakewood, CO 80228

DISTRICT
 Make check or money order payable to: District #7
 Include Group Name, Number, and District # on check.

Send to:
 District 7
 P.O. Box 26252
 Colorado Springs, CO 80936-6252

PINK CAN CONTRIBUTIONS
 Make check or money order payable to:
 Area 10 Corrections Committee
 Include Group Name and Number on check.

Send to:
 Pink Can Contribution
 P.O. Box 1949
 Carbondale, CO 81623

**Cash accepted in person only, please do not mail.*

•• CONGRATULATIONS ••

~ JUNE MILESTONES ~				MISSED MAY MILESTONE	
WALK THE TALK		TUESDAY NEW WOMEN'S		SOLUTIONS	
Tom Y.	1 yr.	Connie A.	29 yrs.	Dennis	2 yrs.
Bruce W.	1 yr.	Harriet O.	5 yrs.	Ed	24 yrs.
Kris K.	5 yrs.	Terrie L.	2 yrs.	Jason G.	1 yr.
Mike N.	35 yrs.	FRIDAY WOMAN'S		Kathy W.	6 yrs.
Patty H.	18 yrs.	Kathy A.	11 yrs.	Kimberly	6 yrs.
Liz	3 yrs.	Tricia A.	16 yrs.	Laurie A.	1 yr.
Julie D.	1 yr.	Alysa S.	5 yrs.	Mike	5 yrs.
Diana C.	23 yrs.	Cathie S.	24 yrs.	Mo	3 yrs.
Bob C.	22 yr.	Julie D.	1 yr.	Sandra C.	16 yrs.
Steve R.	10 yrs.	Patty H.	18 yrs.	Thomas W.	7 yrs.
Burner	40 yrs.	STEEL MAGNOLIAS			
Craig W.	15 yrs.	Robyn S.	30 yrs.	*June Total Years	298 yrs.
Bill W.	29 yrs.				

*Equals total years reported from our local groups.
 To have your group years added please submit your
 milestones by the 20th to pint@coloradospringsaa.org

GROUP CONTRIBUTIONS - THANK YOU FOR ALL OF YOUR SUPPORT!!!

GROUP NAME (2012-2013)	Fiscal Yr. to date	April	GROUP NAME (2012-2013)	Fiscal Yr. to date	April
Apex	\$0.00		Noon Meetings @ Clean Slate	\$0.00	
Back to Basics	\$115.33	\$115.33	Northwesters	\$0.00	
Big Book Action	\$0.00		Not A Glum Lot	\$0.00	
Big Book Study UPH	\$0.00		Oasis Group	\$0.00	
Black Forest	\$76.50	\$76.50	Off The Wall	\$87.00	\$87.00
Broadmoor	\$0.00		Old North End Study Group	\$0.00	
Brown Baggers	\$150.00	\$150.00	Penrose Discussion	\$0.00	
Central	\$0.00		Plug in the Jug	\$0.00	
Clean Air Group	\$0.00		Pre-Dawn Meeting	\$40.00	\$40.00
Don't Worry Be Happy	\$0.00		Progress Not Perfection	\$44.50	\$44.50
Down By The Creek	\$0.00		Recovery in Action	\$94.40	\$94.40
Downtown Group	\$768.38	\$768.38	Saturday Early Morning Mtg.	\$0.00	
Drylander's Group	\$0.00		Security Eye Opener	\$0.00	
Easy Does It	\$0.00		Serenity Hour	\$25.00	\$25.00
Ellicott Group	\$0.00		Serenity Riders	\$0.00	
1515 Meditation Group	\$0.00		Serenity Sisters	\$0.00	
Foxhall Group	\$86.22	\$86.22	Silver Key Seniors	\$0.00	
Friday Night Live	\$200.00	\$200.00	Solutions at Noon	\$0.00	
Friday Women's Group	\$0.00		Steel Magnolias	\$33.80	\$33.80
Garage Meeting	\$0.00		Sunday Morning Speaker	\$0.00	
Good Ole Boys	\$0.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Half Pint Group	\$0.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$0.00	
Happy Destiny	\$0.00		Taking Steps	\$0.00	
Happy, Joyous & Free	\$0.00		Then and Now	\$0.00	
Happy Heathens	\$0.00		Thursday Mens	\$0.00	
Happy Hour	\$570.05	\$570.05	Thursday Noon--Woodland Park	\$50.00	\$50.00
High Noon	\$0.00		12@12 Group	\$0.00	
H.O.W.	\$0.00		Veterans for AA	\$0.00	
Into Action	\$0.00		Walk the Talk	\$340.00	\$340.00
Keystone to Recovery	\$0.00		Walking on Water	\$0.00	
Lake George Group	\$0.00		We Are Not Saints	\$380.80	\$380.80
Living Free	\$0.00		Wed. Westside Womens	\$58.50	\$58.50
Living Sober	\$0.00		Westside Eye Opener	\$110.59	\$110.59
Living Sober South	\$26.00	\$26.00	Woodland Park Beginners	\$50.00	\$50.00
M.A.G.	\$0.00		Woodland Park Book Study	\$0.00	
Natural High	\$0.00		Young People	\$0.00	
New Beginners	\$0.00		Totals:	\$3,307.07	\$3,307.07
New Woman	\$0.00		Total	\$3,307.07	

