



Upcoming Topics

The Legacies of AA:
Unity-This Month
 Recovery (July)
 Service (August)

~THE PIKES PEAK PINT~

EDITOR'S NOTES



Inside this issue:

Local Shares on "Unity"	1
Step of the Month	4
Meetings & Milestones	5
Group Contributions	6
History Corner	7
Committee Information	8
Happenings	9

We admitted we were powerless, is how it all gets started on the road to recovery and freedom. It is the WE that a power greater than ourselves uses to share its life giving message for the desperate and those dying of alcoholism. The individual has to have a power greater than themselves to achieve a psychic change needed to bring about recovery from alcoholism, but God knew he needed people to get each other the message of the pathway to that power if an individual would ever find it. So if that power needs the WE in order to free the ME, how then can protection and insurance of a strong WE be ensured?

We learn in Tradition 1 that UNITY is a must, our lives as alcoholics absolutely depend on the togetherness. Our common purpose of being channels for the message of Alcoholics Anonymous, placing principles before personalities

(Tradition 12), is the glue that holds us together and allows us to grow towards more freedom and peace with our Creator and out of the bondage of alcoholism.

I know often times when it comes to Tradition talk, many minds go to the 12x12, but the Big Book speaks to us on many occasions of the power of our unity. These are more than simple words, they are instructions, cautions, and promises. The forward to the 2nd edition states, "[Today](#) the [remarkable](#) unity of [A.A.](#) is [one](#) of the [greatest assets](#) that our [Society](#) has." Appendix VII states, "The [Twelve Traditions ensure](#) the unity of the [Fellowship](#)." And twice in Appendix 1 unity is spoken about two times in the same few pages (left these two for you to find)!!!! So see yet again, the truth of our lives and futures as recovered and recovering alcoholics is laid out in our text book, and it's in the text book, then we

can count on its truth!

This month the PINT brings you stories of journeys in UNITY in our fellowship, but also UNITY between individuals and their Higher Power and how that provides a foundation for sobriety one day at a time. Our stories this month also push us all as sober members to evaluate our participation in UNITY in our fellowship, so where we may have disunity in ourselves, our groups, and other relationships. The alcoholic can be a producer of chaos and confusion or a bringer of unity and harmony. Which are you?

With all of my heart I say thank you for another month to be of service to OUR PINT! I look forward to hearing from you and connecting in UNITY in all the days that lie ahead!

Stormie

“United”

Without the unconditional positive regard of a closed mouthed, understanding friend, I would have almost certainly perished. Likewise, he without me.

Through taking steps together, we found that our deepest wounds (the wounds that we believed had alienated us from the rest of mankind) were virtually identical. When we became united on this common ground, God commenced to work through us both for our mutual healing.

As time passes, the unity we experience with our sponsors gives us the courage to share openly with others. We gain the esteem required to be our whole self. When others see our old wounds, now nicely healed scars, we pray that they can relate with our experience and say to themselves, "Maybe this program can work for me too."

"Maybe this program can work for me too."

In this way, our meeting is transformed from a sort of debate club into a place of compassion and human understanding; a place where our embarrassing past no longer isolates us but unites us.

True unity blossoms from recovery. We are not merely united by similar pain, we are bonded through spiritual growth. Because of our connection with and encouragement from the old timer, we are motivated to stretch out of our comfort zones. We begin to apply principles that we would have previously thought ludicrous. When we do, we often experience results similar to theirs.

Once we join the veterans on the path of recovery, we are welcomed with open arms. Our recovery revives their spirits as we walk side by side through dark places. Our common spiritual objective enables us to empathize with one another. From this position, we can lend our newfound strength to those who once walked the path ahead of us. Thus united, we beckon still more newcomers to join us.

JR

“Unified Purpose”

Unity has always meant to me working together towards a single purpose. In AA that single purpose is to stay sober and carry the message to the alcoholics that still suffer.

My first voluntary experience with AA was in 1991 when I went to the first meeting that I ever went to by choice. I was 16 years old and I rode my bicycle to the meeting after school ended. I was living in alcoholic misery knowing that I could no longer drink and be confined to live with an alcoholic mind. When I shared I was afraid that I would be dismissed because I was so young. That group ignored the messenger and paid attention to the message. I was an alcoholic and I had no idea how to live without a drink. That unified group loved and welcomed me to the fold.

"That group ignored the messenger and paid attention to the message."

Over the years I have seen people "who ordinarily do not mix" coming together for the common purpose of carrying the message. When we as an area unify to put on an event like our Alcothon so that the newly sober member may have somewhere safe to go on New Year's we are practicing this principle. When countless members come together to serve food, cook meals, or introduce speakers they are demonstrating this commitment to unity in order to carry our AA message.

It is after all very difficult to separate our three legacies of unity, service and recovery. We unify to serve by carrying the message of recovery.

Anonymous

Heard at a Meeting...

"I pursued the feel good buzz, no matter how bad it made me feel".

"Unity"

Take my hand
Hold it close
Feel my heart
Beating through my palm
Feel your heart
Next to mine
Feel my presence
Next to yours
Feel my love
Reaching out to you
Feel the
Loneliness
Fear
And rejection
Beating away
Feel yourself
Trusting
Feel me
Letting you
let go
Listen to my heart
Listening to yours
Let me
Let you
Forgive
Forget
Let me
Help you
Not be alone

Thanks,
JR



"Recovery"

As with many of the words or concepts in our program, recovery can have different meanings. For example "re-cover" as in "put a new cover on" or "regain something once lost" or in the most common sense "move from alcoholic insanity to sobriety and recovery." It's not uncommon to hear individuals parse these concepts at meetings: "I'm a recovered alcoholic." "I'm a recovering alcoholic." "I'm sober today and have been granted a daily reprieve dependent on the maintenance of a fit spiritual condition." In my case all three apply.

My new cover is a work in progress. At the beginning of my journey I was covered with fear, insecurity and an unhealthy dependence on people, places and things for the maintenance of fragile self-esteem. My sobriety journey has helped me replace this fearful, insecure, dependent cover with a more realistic cover based in an ability of be open, vulnerable and honest, to the best of my ability, with my fellow humans. A worker among workers, family member among family members, neighbor among neighbors, and a member among members. This is not an overnight event and has obviously taken time and continues to take time. However I do not think it would have been possible without my participation in the recovery process laid out in the 12 Steps of Alcoholics Anonymous.

When I think about regaining something lost my attention shifts to the Christian hymn Amazing Grace written by the English poet John Newton (1725-1807). I was lost and now am found, blind and now I see, deaf and now I hear. That last part is not in the hymn but is true for me. I was lost in alcoholic insanity and could not see a way out. Friends and family members were speaking to me but my alcoholic defensive insecurity made me unable to hear their words. It wasn't until I heard the words of Larry G. at the Serenity Club and or the words of Bill W. at Walk the Talk or the unmistakable growl of Truman P. suggesting I get in the key-wrecked position that I began to get a glimpse of my true condition. "Frothy emotional appeal seldom suffices. The message which can interest and hold these alcoholic people must have depth and weight."

Today I do not considered myself "recovered" but am in the process of recovery. I get to do that today as a result of benevolent brain washing that has occurred to me over the time I have been in Alcoholics Anonymous, and yes my brain needed a through scrubbing. I have grown to love the concept of "fit spiritual condition." At the beginning of my journey, fit spiritual condition was the last thing on my mind. Today it is foremost in my consciousness, to maintain fit spiritual condition. This recovery concept has become my rudder, my load stone, my North Star, and my direction when all else fails. Working, on living in fit spiritual condition saved me.

Anonymous Colorado Springs May 19th 2015

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.

TRADITIONS CHECKLIST

Tradition 6:

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?



Self Supporting

Reprinted with Permission: Recovery Cartoons by BenBen www.recoverycartoons.com

GROUP FORUM PAGE

MEETING CHANGES & GROUP BIRTHDAYS

NEW

Fun & Games @ Central Group

Open Discussion
 Fun & Games starts at 10:30
 Meeting starts at Noon
 309 S. Hancock Ave.

Archives Committee Meeting
 7:00 p.m. on First Tuesday of the month
 at the Service Office
 1353 S. 8th Street, Suite 209

CHANGE FROM:

6:00 p.m. to 7:00 p.m.

CENTRAL GROUP

TUESDAY SPEAKERS

8:00 p.m.

June 2: Robin M. 23 yrs
June 9: Kirk C. 1 yr
June 16: Wayne H. 1 yr
June 23: Donnie M. yrs
June 30: Danette F. 21 yrs



In the month of April the

Service Office received

7 Grateful Giver contributions and

1 Birthday contributions!

EASY DOES IT

Joe H.	16 yrs.
Andy E.	20 yrs.
Joe S.	13 yrs.
Danny G.	4 yrs.
Don H.	6 yrs.
Ed R.	4 yrs.
Charlie F.	3 yrs.
Chris B.	14 yrs.
LaJuana G.	10 yrs.
Mitch T.	2 yrs.
Stephaney S.	2 yrs.
Stacy M.	3 yrs.
Elmer	13 yrs.

FRIDAY WOMENS

Patty H.	21 yrs.
Connie W.	14 yrs.
Julie D.	4 yrs.
Charmaine	1 yr.
Tricia A.	19 yrs.
Kelley C.	13 yrs.
Alysa S.	8 yrs.
Sonja	5 yrs.
Mary M.	33 yrs.
Georgia B.	36 yrs.
Adrienne	3 yrs.

**Thank you
 from the
 bottom of
 our hearts!!**

TUESDAY NEW WOMEN

Connie	32 yrs.
Harriet D.	8 yrs.
Ellen C.	3 yrs.

GROUP NAME (2015-2016)	Fiscal Yr. to date	April	GROUP NAME (2015-2016)	Fiscal Yr. to date	April
Above the Bar Group	\$0.00		Off The Wall	\$0.00	
Apex	\$0.00		Old North End Study Group	\$0.00	
Back to Basics	\$60.50	\$60.50	Pre-Dawn Meeting	\$0.00	
Beacon Light Group			Primary Purpose		
Big Book Action	\$125.00	\$125.00	Primary Purpose Men's Group	\$0.00	
Big Book Study UPH	\$0.00		Progress Not Perfection	\$16.00	\$16.00
Black Forest	\$132.26	\$132.26	Recovery in Action	\$0.00	
Broadmoor	\$0.00		Saturday Early Morning Mtg.	\$114.45	\$114.45
Brown Baggers	\$0.00		Security Eye Opener	\$0.00	
Central	\$0.00		Serenity Hour	\$50.00	\$50.00
Clean Air Group	\$0.00		Serenity Riders	\$0.00	
Don't Worry Be Happy	\$0.00		Serenity Sisters	\$0.00	
Down By The Creek	\$0.00		Solutions at Noon	\$25.33	\$25.33
Downtown Group	\$582.00	\$582.00	Sought Through Prayer & Meditation		\$27.50
Drylander's Group	\$0.00		Steel Magnolias	\$33.50	\$33.50
Easy Does It	\$0.00		Stepping Stones	\$0.00	
Ellicott Group	\$0.00		Sunday Morning Speaker	\$0.00	
Foxhall Group	\$0.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Freedom From Bondage	\$0.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$0.00	
Friday Night Live	\$93.50	\$93.50	Taking Steps	\$0.00	
Friday Women's Group	\$0.00		The Doctor's Opinion	\$0.00	
Good Ole Boys	\$0.00		The Garage Meeting		
Happy Destiny	\$0.00		Then and Now	\$0.00	
Happy Heathens	\$0.00		Thursday Mens	\$0.00	
Happy Hour	\$0.00		Thursday Noon--Woodland Park	\$0.00	
Happy, Joyous & Free	\$0.00		Treating The Illness	\$0.00	
High Noon	\$27.00	\$27.00	Turning Point	\$0.00	
H.O.W.	\$0.00		Ute Pass Breakfast Group	\$50.00	\$50.00
Into Action	\$0.00		Veterans for AA	\$0.00	
Keystone to Recovery	\$0.00		Walk the Talk	\$425.00	\$425.00
Lake George Group	\$0.00		Walking on Water	\$0.00	
Little Log Church Group			We Are Not Saints	\$0.00	
Living Free	\$77.00	\$77.00	Westside Eye Opener	\$0.00	
Living Sober South	\$20.50	\$20.50	Women of Grace		
M.A.G.	\$120.00	\$120.00	Woodland Park Beginners	\$0.00	
Natural High	\$0.00		Woodland Park Book Study	\$0.00	
New Beginners	\$234.32	\$234.32	Woodland Park Women's Step Study		
New Woman	\$173.88	\$173.88	Young People	\$0.00	
Northwesters	\$0.00		Totals:	\$2,387.74	\$2,387.74

ARCHIVES PRESENTS: Circle and Triangle Unity

Dateline: Antiquity to Present

Introduction

The solution to our alcoholism is found within the Three Legacies (Recovery, Unity and Service). Each legacy has twelve guiding spiritual principles. A total of 36 guiding principles. Each of spiritual principles are contained in the Big Book of Alcoholics Anonymous (Recovery, Unity, Service), the Twelve and Twelve (Recovery and Unity), and the General Service Manual (Service). This month we are exploring the "Unity" Legacy.

Dateline: Somewhere in Antiquity

The symbol of the circle and triangle or as it is sometimes called the "Triangle of Manifestation" is rooted in the number three. According to metaphysics, in order to manifest something, three components must come together.¹ The purpose of the Triangle of Manifestation is exactly that-to manifest something. Ceremonial magicians used it to manifest astral beings, but it can also be used to manifest spirit guides, animal totems, healing, prosperity, etc.¹

Dateline: St Louis, 1955

The Circle and Triangle symbol has long been connected to the A.A. Fellowship. It was adopted as an official A.A. symbol at the International Convention in St. Louis in 1955, and from that point on was widely used in the Fellowship. For the Fellowship, the three legs of the triangle represented the Three Legacies of Recovery, Unity and Service, and the circle symbolized the world of A.A. In *Alcoholics Anonymous Comes of Age*, Bill W.'s 1955 speech, in which he describes the adoption of the symbol, is printed.

"The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity, and Service. Within our wonderful new world, we have found freedom from our fatal obsession. That we have chosen this particular symbol is perhaps no accident. The priests and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.'s circle and triangle of Recovery, Unity, and Service has certainly meant all of that to us and much more." (Bill W., *Alcoholics Anonymous Comes of Age*, Bill W.'s 1955 speech).²

Dateline: Miami, July 1970

A.A. held its 35th Anniversary International Convention in Miami Beach, Florida in July 1970. The theme of the Conference was unity within the Fellowship.

The Unity Declaration reads:

This we owe to A.A.'s future: to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives and the lives of those to come.

The "Unity" statement was read by delegates from different countries on Saturday night during the Unity Ceremony. Below, I have presented brief highlights from that night's ceremony, as led by former General Manager, Bob H.:

"As you know the theme of this Conference is Unity Within Our Fellowship. We have asked several of our ex-delegates and members from overseas to be on stage and participate with us adopting our new Declaration of Unity..."

"A.A. unity is the special quality that makes our Fellowship unique. It is the cement that holds our society together, the platform which makes A.A. 'Service' possible. It is more than agreement on basic principles, more than freedom from destructive strife. It is a bond fashioned of shared experience, such as this one we share tonight."

"Unity is our most precious possession, our best guarantee of A.A.'s future. May we all value and preserve it, today and all the tomorrows to come."³

Dateline: General Service Office, 1993

Metaphysics and copyrights aside, anyone can still use the circle and triangle logo! It's just not the "official" trade mark for Alcoholics Anonymous anymore. So many groups wanted to use the "Circle" for their own emblems that lawyers advised the General Service Board the copyright on the logo was unenforceable.

Dateline: Anywhere, 2015


Our common welfare must come first; personal recovery depends upon AA unity. The 12 Traditions apply to the life of the Fellowship itself, guiding AA on how to relate to the world around it, how to live, grow and adapt. These traditions apply also to the individual. One member once remarked that by following the spiritual principles within the traditions she refrained from committing homicide in her home group! She learned to play well with others.

Next month's Pint will present a review of the Recovery Legacy leg, providing 12 more spiritual principles for your toolbox. And, if you are still reading the Pint in August, you will have the opportunity to pick up the remaining 12 guiding principles which surround Service. Why would you want to do this? Why, just last month Cris shared that when she put all 36 into action she blew the doors off her recovery!


¹ Dan Moore <http://www.lvx.org/files/quicksiteimages/triangle.pdf>

² *The Llewellyn Encyclopedia*

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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 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 Co-ordinator 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
NEW TIME

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

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at the Area Service Office

Tired of riding *on* the fellowship and want to get inside?
Sponsor pestering you to do some service work?

Want to get involved but just don't know what to do?
Then jump right in and start answering the phone!

**That's right ladies and gentlemen,
NIGHTWATCH needs YOU!**



Nightwatch is one of the most rewarding service positions available and there just happens to be five service slots opening.
THAT'S RIGHT, FIVE!

Thanks to the spirit of rotation we all get a chance to do a little service that has a HUGE impact.

You might make a new friend or run into an old one. You could even save a life simply by answering the phone!



For more information
please contact the
Nightwatch chair at:

nightwatch@coloradospringsaa.org

Or contact the
Area Service Office
at 719-573-5020



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**

**Founder's
Day Picnic!!!**

We'll bring the burgers and dawgs, you bring a side dish, friends, lawn chairs and blankets... & your appetite!
A.A. Speaker meeting,
horseshoes and volleyball!

BBQ!!!! Concessions!!!!

Bear Creek Park East
East of S. 21st Street
Entrance on W Rio Grande

SUNDAY, JUNE 7th 2015
Fun starts at 11am!

Presented by CSASO Intergroup Programs

Delegate Report and AA 101 Potluck

July 11th 2015
10:30am
United Methodist Church
470 N. Nevada

*When
anyone, anywhere
reaches out for help,
I want the hand of AA
always to be there.
And for that:
I am responsible.
Bill W.*

**S
E
R
V
I
C
E**

OPPORTUNITIES

*Come and hear the latest news from
GSO
And learn the fundamentals of AA
service structure*