



Topics by the Month

- NOVEMBER: Sober Holidays. Joy or Sadness?
- DECEMBER: Service, Service, Service. How are you carrying the message?

**THIS ISSUE:
SPIRITUALITY**

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~THE PIKES PEAK PINT~

Once Upon a Time

It started out innocuous just a few beers here and there. It dulled down all my worries allowed me not to care.

Quickly there was a dire shift in the way that I consumed. Why couldn't I see back then my life with alcohol is doomed?

My being quickly morphed From Dr. Jekyll to Mr. Hyde. I was angry, resentful and bitter for to my own self I had lied.

Once upon a time my children lost their mother.

This caused tremendous pain for they will never have another.

I refuse from this day on to let booze control my life.

I want more than anything to be a good mother, daughter and wife. J.

EDITOR'S NOTES

"I refuse from this day on to let booze control my life." Oh yes. We have all thought, "I refuse to let booze control my life." We have all thought, sworn and vowed to quit. The pain leaps off the page at you, doesn't it? But, if pain and determination alone were good enough to regain control, most, if not all of us would have done so. But, try as we might, we found that our own limited powers were not enough to relieve our obsession to drink.

What we did find, however, was AA. AA gave us hope and we found something that had worked for others in overcoming the deadly and destructive disease of alcoholism. Indeed, they seemed "happy, joyous and free" We wanted that too! But some of us were very reluctant to accept the full AA program if it contained "God". They (AA) said that we had a spiritual ailment that was beyond our own limited powers to fix and that we needed and would

continue to need a power greater than ourselves. Some of us didn't believe in such a power and some did but were very angry with a God or power that would allow pain to be the dominating factor of our lives. Yes, we had some real questions about spirituality. The following shares tell of how some of our members found their path to spirituality and were able to find and embrace a "God, as we understand him." Read on...

“Spirituality”

As a young girl I was raised in a Christian home. My family did not by any means cram religion down my throat. We attended church on Sundays, prayed before bed, and were taught bible stories. I never felt like it was forced or a reason to reject the idea. That being said, I had an idea of what I thought God is when I came to Alcoholics Anonymous. One of the first meetings I attended people were talking about a God of their understanding being their solution. I remember thinking " great, I am screwed! I already believe in God and I still can't stay sober, even this won't work." I always had the idea that I needed to "get right" and then find God. I did not know I needed God to get right. Alcoholics Anonymous showed me that my ideas did not work and the only chance I have is to let go of them. Alcoholics Anonymous taught me to be open-minded, willing, and honest. These are indispensable.

In the beginning of my sobriety my sponsor told me taking the steps is how I would begin to grow and de-

She told me on a daily basis to pray and take the actions regardless of how I felt or what I thought.

velop spirituality. She told me on a daily basis to pray and take the actions regardless of how I felt or what I thought. Today that is still essential in my sobriety. Today I know that the actions and steps are spiritual and if I do them I will grow spiritually and things get better. My experience with step one was my first development of spiritual growth. It showed me how truly hopeless and defeated I was. My experience with step two taught me that I need a defense against my own mind, and that my mind needed to be restored. In step three, I made the decision to turn my will and life over to the care of God as I understood him, and the decision to carry on with the rest of the steps. It was the first time I began to understand how to have a reliance on God rather than myself or others. Through the twelve steps and practicing these principles in all of my affairs, I had a spiritual awakening. Now I try to carry the message to the next suffering alcoholic.

Today in my sobriety there are many things I do to grow spiritually. I pray and meditate morning and night. I have several books that I read from each

morning. I am involved in service work. I sponsor women. I work with a sponsor. I work steps. I am involved in another fellowship that allows me to enlarge my spiritual life. Recently I attended an 11th step workshop that included fellowship, prayer ties, prayer and meditation. Today I understand and believe I have alcoholism. Today I know that God is EVERY-

“Today I know that God is EVERY-THING.”

THING. For me, the only way I am willing to take the steps and the actions is by truly understanding step one. Understanding step one is the only way I was able to let go of my old ideas and try this design for living. Alcoholics anonymous has not only given me sobriety, but a relationship with my creator that is indescribable. Alcoholics Anonymous has given me a life beyond anything I could have hoped for. It has taught me spiritual actions and principles to live by. It has given me a solution to my life problem. It has given me real genuine relationships with people. It has given me more than I feel I deserve. Alcoholics Anonymous has taught me a way of life that works. It is all a result of taking spiritual actions that I once did not believe would work. Alcoholics Anonymous is a spiritual program that works one day at time, and for that I am forever grateful. Kristen

12 Symptoms of Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything in return.

<http://artofdharma.com/12-symptoms-of-spiritual-awakening/>

“Spiritual Path”

“We claim spiritual progress rather than spiritual perfection.”¹ This is a tall order for perfectionists like alcoholics. A short time after being completely deflated, my ego begins to rise again and convince me that I should be doing better than I really am. To hide my inadequacy, I present a false character to my AA peers. This phenomenon retards my spiritual growth by keeping me from the humility that I desperately need to survive alcoholism. To make matters worse, it is also destructive to the alcoholics around me who, like me, tend to compare their insides to other people’s outsides.

Spiritual progress can be related to climbing a mountain--what really matters is staying on an uphill track. Every day, I must do my best to find a constructive course and keep putting one foot in front of the other.

The journey starts with being honest (with myself and others) about where I really am on the map of recovery. Otherwise, I may set upon paths that are not leading me toward my objective--possibly closer to a drink.

Next, I must be open to being reoriented. The most reliable resources that I have for direction are people who have already navigated the road ahead of me, the Big Book, close-mouthed friends and...ultimately God.

Finally, I must decide if I’m willing to try the new route; to go head-on into an obstacle that I don’t feel equipped to handle; something that looks doubtful or even terrifying. In this case, it means that I walk “in the Fellowship of the Spirit” as I “trudge the Road of Happy Destiny” instead of trying to be the first one on top.² JR

Notes

1. *Alcoholics Anonymous*. Third ed. New York City: Alcoholics Anonymous World Services, 1987, 60.
2. *Ibid*, 164.

Heard at a Meeting...

“The right thought or action occurs to the relaxed mind.”

“Spirituality – I Came to Believe”

We hear much in the AA rooms about spirituality and the guidance of a higher power. Early AA’s were sensitive enough to realize that defining a higher power as a single entity would preclude many that would otherwise benefit from AA solutions. Thus we are able to participate with the acceptance of our fellowship and avoid the judgment that often comes with a religious declaration.

I came to believe long before coming to AA. I’d called on my Higher Power, God, many times and wanted to know more about following God throughout my life. My mother had a strong spiritual believe so as a child I was nurtured through that strong belief. I’ve struggled however, in defining how I should live a spiritual life and travel the path I have that ultimately led me to AA.

While there have been times I’ve had a satisfactory spiritual life experience through attendance, service and participation, I’ve always sensed there was more to a spiritual life than my path had opened for me.

I stopped drinking many times before coming to AA, promising God I would not drink again and behave better with friends and family. Each time I failed, each time I vowed again, followed by another failure, not realizing I was being let through life’s circumstances on God’s timing not my own.

When I came to AA not only did I come to believe, I came to admit and make a decision to turn my will and life over to God as I understand Him, and follow the steps wiser members provided for us as they were inspired to do. These first three steps were critical to my sobriety and convinced me there was hope to stop the downward spiral I currently lived and to seek a better path.

AA, the Steps, Traditions, Principles and Fellowship show me how to wear and grow my spirituality and carry the message to other alcoholics. The spirituality in AA gives me a foundation that doesn’t change regardless of disappointments, challenges or failures. I’m grateful for the grace and acceptance of my Higher Power and am certain if I maintain my spiritual relationship I can succeed and help others do the same. Tom S

Concept 10: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

10

Tradition 10:

AA has no opinion on outside issues, hence the AA name ought never be drawn into public controversy.

TRADITIONS CHECKLIST

Tradition Ten

1. Do I ever give the impression that there really *is* an “AA opinion” on Antabuse?

Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?

2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?

3. What in AA history gave rise to our Tenth Tradition?

4. Have I had a similar experience in my own AA life?

5. What would AA be without this Tradition? Where would I be?

6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

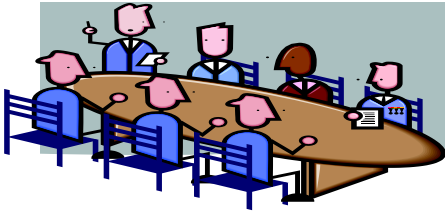
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

Step 10

Continued to take personal inventory, and when we were wrong promptly admitted it.

HEARD AT A MEETING:

“The purpose of prayer is to change how you think.”



GROUP FORUM PAGE

BIRTHDAYS AND MEETING CHANGES



CHANGES CHANGES MEETINGS

SPECIAL NEEDS COMMITTEE

309 S. Hancock @ 1:00 P.M.

CHANGE from last Saturday of the month to last Saturday of every even month

CENTRAL GROUP

Open Discussion

Wednesdays at Noon

309 South Hancock Avenue

DELETE

THE OASIS GROUP

Closed Big Book Study

On Mondays at 7:00 P.M.

Westside First Wesleyan Church

502 N. Walnut

DELETE

VETERANS FOR AA

Closed Discussion

On Mondays at Noon

25 Spruce St, Room 310 VA Bldg

DELETE

WESTSIDE CARES

Open Discussion

On Tuesdays at Noon

Westside CARES, 2808 W. Colorado Ave.

ADD

EYE OPENER

Open Discussion

Mondays at 7:00 A.M.

309 S. Hancock

ADD

SOLUTIONS AT NOON

Greg W	6 yrs.
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HAPPY HOUR

Amy M.	6 yrs.
Christopher P	6 yrs.
Dawn B.	22 yrs.
John B.	6 yrs.
Larry M.	3 yrs.
Tom M.	1 yr.
Thea S.	7 yrs.

EYE OPENER

Open Big Book Stories

Wednesdays at 7:00 A.M.

309 S. Hancock

ADD

ONE DAY AT A TIME

Open Discussion

handicap accessible

402 S. Conejos Street

Chadborn Community Church

South end of America the Beautiful

Park at dead end

On Wednesdays at 6:00 P.M.

ADD

FOUNTAIN OF SOBRIETY MEETING

Open Discussion

Saturdays at 6:30 P.M.

CHANGE from The Fusion Church, 331

Main St, Fountain to

Old Saint Dominics Church, in front of

Knights of Columbus Hall, 331 N. Main, Se-

curity. Enter in door by banner with Church

name.

STEEL MAGNOLIAS

Terri	1 yr.
Becky J.	21 yrs.

TUESDAY NEW WOMEN

Kathy F.	37 yrs.
Mariellyn M.	42 yrs.
Angie N.	26 yrs.
Moira C.	1 yr.

FRIDAY WOMENS

Bryana C.	8 yrs.
Amy C.	27 yrs.
Sherry M.	16 yrs.
Jenna B.	5 yrs.
Rhonda G.	8 yrs.



In the month of August the

Service Office received 5 Grateful Giver contributions!

GROUP NAME (2014-2015)	Fiscal Yr. to date	August	GROUP NAME (2014-2015)	Fiscal Yr. to date	August
Above the Bar Group	\$150.00		Oasis Group	\$0.00	
Apex	\$130.17		Off The Wall	\$122.60	
Back to Basics	\$339.50	\$63.50	Old North End Study Group	\$32.75	
Beacon Light Group			Pre-Dawn Meeting	\$0.00	
Big Book Action	\$247.72		Primary Purpose		
Big Book Study UPH	\$300.00		Progress Not Perfection	\$185.36	\$23.25
Black Forest	\$100.00		Recovery in Action	\$182.82	
Broadmoor	\$0.00		Saturday Early Morning Mtg.	\$226.80	
Brown Baggers	\$150.00		Saturday Morning Anonymous Group	\$104.67	
Central	\$0.00		Security Eye Opener	\$0.00	
Clean Air Group	\$41.00		Serenity Hour	\$225.00	\$75.00
Don't Worry Be Happy	\$160.00	\$80.00	Serenity Riders	\$151.16	
Down By The Creek	\$0.00		Serenity Sisters	\$109.00	
Downtown Group	\$384.16	\$67.91	Solutions at Noon	\$134.38	\$52.02
Drylander's Group	\$0.00		Sought Through Prayer & Meditation	\$100.95	\$23.00
Easy Does It	\$50.00		Steel Magnolias	\$37.50	
Ellicott Group	\$256.00	\$256.00	Stepping Stones	\$0.00	
Eye Opener	\$0.00		Sunday Morning Speaker	\$540.00	
First Forty	\$0.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Foxhall Group	\$0.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$0.00	
Friday Night Live	\$800.00		Taking Steps	\$0.00	
Friday Women's Group	\$100.00	\$100.00	The Doctor's Opinion	\$0.00	
Good Ole Boys	\$75.00		The Garage Meeting	\$63.00	
Happy Destiny	\$236.16		The Sober Jokers	\$200.00	
Happy Heathens	\$150.00		Then and Now	\$75.00	
Happy Hour	\$217.96		Thursday Mens	\$550.00	
Happy, Joyous & Free	\$120.00		Thursday Noon--Woodland Park	\$50.00	
High Noon	\$47.00		Treating The Illness	\$71.50	
H.O.W.	\$70.00	\$70.00	Turning Point	\$0.00	
Into Action	\$180.00	\$180.00	Ute Pass Breakfast Group	\$210.00	
Keystone to Recovery	\$0.00		Veterans for AA	\$0.00	
Lake George Group	\$0.00		Walk the Talk	\$2,125.00	\$850.00
Little Log Church Group			Walking on Water	\$200.00	
Living Free	\$139.00		We Are Not Saints	\$342.30	\$342.30
Living Sober South	\$113.64	\$36.87	Wed. Westside Womens	\$0.00	
Meditation Group			Westside Eye Opener	\$50.00	
M.A.G.	\$335.50		Women of Grace		
Natural High	\$0.00		Woodland Park Beginners	\$0.00	
New Beginners	\$322.00		Woodland Park Book Study	\$164.00	\$164.00
New Woman	\$356.30	\$213.02	Woodland Park Women's Step Study		
Northwesters	\$360.00	\$210.00	Young People	\$422.44	
Totals:				\$12,817.34	\$2,806.87

ARCHIVES PRESENTS: AA in Colorado Springs

A Brief Look at Some of the Events Along the *TIMELINE*: 1942—1955

"Provided in service by the District 7 Intergroup Archives Committee – Remembering the past that paves our future. An early history of Colorado Springs AA from 1942-1955. The length of this particular document is 35 pages and we will be presenting several pages each month in "The Pint"! So please pick up, download, or printout a copy of our beloved Pint to get the whole story."

Thanks. Scott K, Chair, Archives Committee

1942

May 15, 1942 Dave Clark Writes to the GSO of New York for Information About Alcoholics Anonymous.

In May of 1942 Dave Clark, a sport writer for the Gazette Telegraph newspaper, sat down and wrote a brief letter to Bobbie Burger, a secretary at the General Service Office of Alcoholics Anonymous in New York city. In his note he told Burger that he'd "qualified for a rating as an alcoholic, but had been on the wagon for more than a year". He attributed this period of sobriety to a "covey of ulcers in my tummy."



Dave Clark

Inquiring of Bobbie, "Will this make me eligible for membership?", he also referenced a couple of his friends as "badly in need of such an organization," and sincerely wanted to organize a chapter of Alcoholics Anonymous in the Springs.

A fellow writer described Dave as a "Will Rogers type character dressed in (Bing) Crosby type clothes," who did publicity for Alexander Films. In 1936 he'd done the same for famed fan dancer, Sally Rand at the Texas Centennial Exposition.

Colorado Springs boasted a population of approximately 40 thousand persons in 1942. The community was founded by General William J. Palmer as a dry town. No alcohol could be manufactured or sold except in drug stores as a medicine requiring a prescription from a doctor. There were said to be over thirty drug stores here then.

As Dave wrote New York that spring day, a well known Springs businessman just a block and a half away, was dying from late stage alcoholism as he struggled to keep the doors of his store open. His name was Merton Robbins. Mert was a fourth generation clothier

in a Tejon Street business founded by his great grandfather.

A few years later in 1948 Mert would tell a group of local clergy,

"Just before I found A.A. in 1944, I was on a merry-go-round, going round and round, and I couldn't get off. I'd get up in the morning feeling sick and shaky, many times being fearful of my ability to even get over town, straight to a bar for a double shot, one of them, two of them; or even more, until this sickly feeling left, and the inner and outer shakes left me. I'd stay until I felt I was normal and could turn the key in my place of business. Then, starting to sink about mid-morning, I would head for the bar again. In fact all day long until it got so regular that you could set your watch by my hourly visit."



Mert Robbins

"This daily merry-go-round ride went on for 750 consecutive days," Mert continued, "and each day I told myself it won't be this way tomorrow. I'm going to taper off and in a few days it won't be bothering me and I will be well and normal again."

"But tomorrow never showed up, and 300 of these tomorrows were really a Hell on this earth. I got the bright idea, the sincere idea, that I was going to cut down on my drinking and eliminate it so I sincerely limited myself to a pint, but never once during those 300 attempts did that pint last beyond noon. Of course after getting that pint into me, the job was again put off with the renewed pledge that I would do it tomorrow."

Responding to Dave Clark's initial 1942 letter to New York, Bobbie Burger sent him information, encouraged him to start a group, and said she would refer inquiries to him. When nothing more was heard from Dave, Bobbie wrote to him the following November asking how he was progressing and offering assistance.

Editor's Note: To find out what happened to Dave, read next month's Pint.



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

• COMMITTEE INFORMATION •

Public Information:

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

Cooperation with the Professional Community:

Committee Meeting: 5:30 p.m., 2nd Sunday of the month at the Downtown Group, 210 N. Corona St.

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 (NEW)** at 309 S. Hancock Ave.

The Pikes Peak Pint:

Committee Meetings: 6:00 p.m. third Monday of the month at Sacred Heart Parish, 21st and Pikes Peak Room 10.

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

• 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 •

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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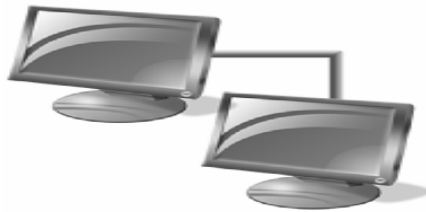
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UPCOMING EVENTS

- ◆ 18th National AA Archives Workshop (October 9th – 12th, 2014)
King of Prussia, Pennsylvania (near Philadelphia)
- ◆ **S.W.R.A.A.S.A** Southwest Regional Alcoholics Anonymous Service Assembly
(October 10th – 12th, 2014) Corpus Christi, Texas
- ◆ OcSoberFest 2014 (October 10th – 12th, 2014) (**Clancy is speaking!**)
Pueblo, Colorado
 - ◆ 19th International Fall Round-Up (October 10th – 12th, 2014)
Angeles City, Pampanga Philippines
 - ◆ 18th WACYCAA (December 18th – 21st, 2014)
Waimea, Hawaii
 - ◆ 51st International Women's Conference (Feb. 5th—8th, 2015)
Palm Springs, California (**VOLUNTEERS NEEDED**)



TECHnoWOEshow!



Join us for a morning of **TECHNOLOGY IN AA**

Saturday, October 18th
10:00 am to 12:00 pm

Hear the report from the 1st Ever National AA Tech Workshop!
Discover Anonymity in the Digital Age!
Uncover the mysteries of the Traditions and Technology!
Discard your tech woes – learn all about the new Colorado Springs Area
email system and how it can help your committee!

The festivities will be held
at First United Methodist Church
at 420 N Nevada Ave, Rm 133/134
Upstairs through the Boulder St doors

Presented by your Colorado Springs Intergroup!

Refreshing beverages will be served!

Bring your laptop or tablet for added marvels!