

-THE PIKES PEAK PINT-



JULY
TWENTY TWELVE

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

• LOCAL FEATURE •

Give It Away to Keep It

By Katherine L.

I had the good fortune to interview a man with 21 years of sobriety.

What it was:

Loren never fit-in with his peers. In elementary school, the future he envisioned for himself "did not include others." He knew "the system," and worked it. He was an A/B student, yet did not feel challenged. By middle school, he was taking prescription pill bottles filled with alcohol to school and shooting them between classes.

As a sophomore in high school, Loren was "sentenced" to 4 AA meetings due to several arrests involving alcohol. At those meetings, he decided he was definitely not one of "those people". The nice folks in AA told him, "We'll see you in a few years sonny." No way, he thought.

Before the end of his first semester in college, he added cocaine to his addictions, selling it to pay for it. He was involved with drug gangs and experienced many dangerous situations, of which he used his gift of gab to stay alive.

His first report card in college was far below anything he'd received in the past. "No way, this is absolutely unacceptable." He told himself, "I'm gonna stop doing everything." He dove into work and summer classes as if they were his new addiction. Binge drinking and binge using became what Loren thought would help him better control his drinking. But once again...it failed.

Continued on page 7

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.



*What Caption would you suggest?
Send your suggestions to pint@coloradospringsaa.org
Last months cartoon on page 10*

Local Service Office

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

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Contact the Service Office for Intergroup
Information or Chair phone numbers.

In This Issue:

Convention info. – page 2

Milestones – page - 3

Meeting changes and deletions – page 3

Committee Calendar – page 4

Step of the Month – page 6

Cartoon Caption – page 10

Nightwatch Night Owl News – page 10

• Starting and Stumbling •

Starting A.A. is tough enough, but stumbling with sobriety is worse. It took me eight months to finally reach 30 consecutive alcohol-free days. During that time, I attended many meetings, made friends, read the "Big Book" and other publications, and never gave up on myself. Most importantly, A.A. never gave up on me (I will always hold the third tradition as the most precious gift Bill gave me) as I was always welcomed back after times "out" and legitimate absences.

Recently, a friend and sponsor told me I'd have to be honest about my sobriety. I'd stopped giving my date at meetings. My sharing became surface. Her care and direct prompting gave me the courage to share with my regular groups that I struggled and was just now very close to 30 days. I was also able to say my date out loud at the meetings. Furthering my commitment, after much consideration and prayer about the gesture being genuine, I took a service position at a meeting I attend regularly. I've heard many times service positions help one "keep coming back" because there is an obligation to others as well as to self. (Being in charge of chocolate and tea are also a strong motivator.)

I came to A.A. because I needed to. I kept coming because I genuinely wanted to. I will continue coming because others showed me how courage works and how to find my own.

It is true; God does give us the courage to change the things we can. For me, He worked through my sponsor and friends in A.A. While very early in sobriety, I know the A.A. network offers support as long as I seek it, use it, and become a part of it.

Thank you.

Katherine L.
Colorado Springs

2012 Area 10 Colorado State Convention Aug. 31st – Sept. 2nd 2012

Crown Plaza Hotel
2886 S. Circle Drive
Colorado Springs, CO

Event Features:

AA Speakers
Al-Anon Speakers
Ice Cream Social
Al-Anon Luncheon
Banquet and Dance
AA & Al-Anon Workshops
Continuous Meetings (AA & Al-Anon)
Hospitality Suite

Be sure to check the Convention flier for event pricing as all features require registration.

Register online at
ColoradoAA.org

A discounted package price includes all featured events.

Contact the ASO or your Intergroup Rep. for more information.



"Tell you what. You join AA and get sober and we'll attend that convention at Long Beach as 'Before' and 'After.'"

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



In the month of May
we received
7 Grateful Giver contributions,
1 Personal contributions &
2 Birthday contributions!

Happy Destiny AA 4 Year Anniversary - July 23rd



Come join us for a 4-year Celebration Meeting!!

POT LUCK (Bring a dish to share) – at 6:00pm
GROUP SUPPLIES THE MEAT

CONNIE S. (DOWNTOWN GROUP) SPEAKER – at 7:30pm

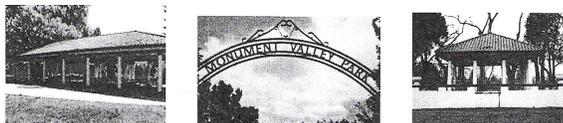
Where: Beth-El Mennonite Church
4625 Ranch Drive

Gonna be a great time – See you there!

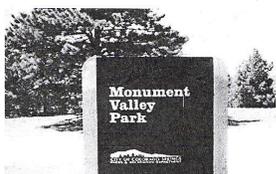
Committee Calendar – JULY 2012

1:	2:	3: Nightwatch Night Owl Committee Meeting	4:	5:	6:	7: Public Information
8:	9:	10: Intergroup Meeting	11:	12:	13:	14: CPC - Treatment
15:	16:	17: District 7	18:	19:	20: The Pint, Milestone and Article Deadlines	21: Corrections
22:	23:	24:	25:	26:	27:	28:
29:	30:	31:				

*Easy Does It Group 10th Anniversary
Celebration
and Annual Picnic
SUNDAY JULY 22ND.*



Directions: Take Uintah east off of I-25, Take first right on Glen Ave after it turns into Mesa Rd the parking lot is on right hand side. Follow sidewalk back to pavilions. (Bring Deserts or Sides If Possible)



***Fun, Food, Family, Friends, and
Fellowship!!
Games and Prizes!!***

As our lives move on,
We cross many paths,
Gathering knowledge as we go.

The wisdom of our elders,
Gathered over years,
If asked for will help us grow.

So look up to those,
That have walked before,
'Cause they've been there and they know.

Respect your elders,
Listen to their stories,
And know them before they go.



Write for The Pint!

Inner Struggle

Fifth and sixth steps behind me, a typical day starts with lots of energy and the ability of good spiritual rational thinking. New beliefs, habits, attitudes and expectations (BHAEs) play a major role within my brain. As the day wears on, situations begin to happen requiring evaluation and decisions. Shortcomings begin within these decisions to become long-comings when intolerance and inappropriate decisions intrude upon my natural subconscious ability to act.

For example, disagreements can become **bothersome**. Thoughts start to drain my natural energy system and concern arises. It becomes easier to do nothing about new situations. Body language remains natural.

The shortcoming progresses to become **annoying** burning twice the energy. Unpleasant, harassing feelings develop into mild tension. My mind wanders to become lost within reality.

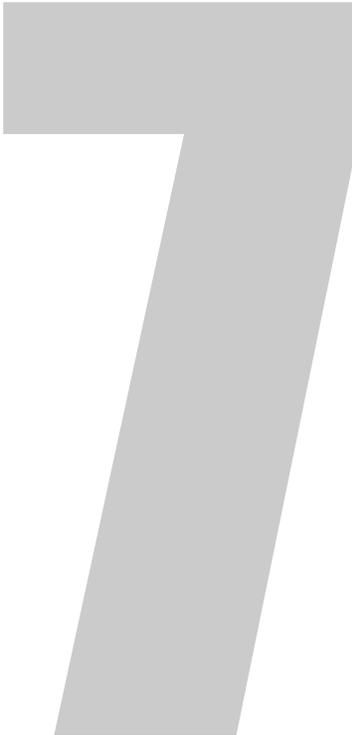
This cycle then migrates into **irritation** draining more precious energy. The ability to think situations through in a calm, rational manner gone. Obsessive thinking begins horrifying thoughts about people: enemies who oppose my righteous beliefs.

I now become **agitated**. The brain begins to experience anxiety, the heart speeds up and veins bulge from skin. The ego takes over, resentment interferes and responsibility flies out the window. I become a slave to delusional thoughts rather than the master problem solver. The blame-game is on and I project the problems upon others.

I then go **mad**. The disorderly mind is incapable of honestly explaining or being accountable. Misdirected enthusiasm brings a desire for retaliation. Muscles tighten to show negative body language. I am irrationally insane.

Continued on page 9

Concept 7: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.



**Step 7:
Humbly asked Him to remove
our shortcomings.**

**Tradition 7:
Every A. A. group ought to be
fully self-supporting, declining
outside contributions.**

TRADITIONS CHECKLIST
Tradition Seven



Experience has shown us, also,
that A.A. as a whole needs to be
self-supporting and independent

- 1) Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- 2) Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- 3) If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- 4) Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
- 5) Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
- 6) How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?



Give It Away to Keep It

Continued from page 1

What happened:

In the fall of 1990, he went on an extreme binge. One day, a guy asked him, "Hey, how you doin'?" Loren spilled everything, at the end of which this man guided him to an A.A. meeting. He was sober for four months and went out while working on the 9th step. On April 29, 1991, he returned to a men's meeting where the members were much older and brutally honest. It was time to stop screwing around and get to the real business of getting sober.

He met his ex-wife in A.A. While they shared similarities of getting and being sober, their life together changed dramatically in October of 2000. The death of their second child shortly after her birth led them to create an organization to help people with similar experiences. The organization was very successful in reaching parents and caregivers alike. However, everything in their life changed immensely when the parent non-profit organization was shut down.

In July 2010, their family moved from Oregon to Colorado Springs in order for his ex-wife to begin a teaching career allowing Loren to stay home with their children and expand his Internet business.

After 18 years of being together, Loren and his ex-wife separated and began the going down the road of divorce. Faced with all these changes, he went into a tail spin, caught a flight to Las Vegas planning his relapse of whisky, women, and coke. He says, during the flight he began thinking. He knew what consequences would happen if he took a drink or a drug. It was all bad. God intervened on that flight and nothing short of a miracle occurred. Upon landing, he withdrew a lot of money and proceeded to smoke cigars, gamble, and chill for a few days. He said it wasn't the best choice, but far better than the alternative.

Conclusion on page 10

• 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 ~

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 •

RULE 62

7 Don't take yourself too damn seriously.

GROUP CONTRIBUTIONS

GROUP NAME (2012-2013)	Fiscal Year	May	GROUP NAME (2012-2013)	Fiscal Year	May	
Apex	\$0.00		New Woman	\$159.65	\$159.65	
Back to Basics	\$170.98	\$55.65	Noon Meetings @ Clean Slate	\$0.00		
Big Book Action	\$0.00		Northwesters	\$200.00	\$200.00	
Big Book Study UPH	\$0.00		Not A Glum Lot	\$0.00		
Black Forest	\$76.50		Oasis Group	\$0.00		
Broadmoor	\$0.00		Off The Wall	\$118.69	\$31.69	
Brown Baggers	\$150.00		Old North End Study Group	\$0.00		
Central	\$0.00		Penrose Discussion	\$0.00		
Clean Air Group	\$0.00		Plug in the Jug	\$0.00		
Don't Worry Be Happy	\$0.00		Pre-Dawn Meeting	\$140.00	\$100.00	
Down By The Creek	\$0.00		Progress Not Perfection	\$76.50	\$32.00	
Downtown Group	\$768.38		Recovery in Action	\$94.40		
Drylander's Group	\$34.65	\$34.65	Saturday Early Morning Mtg.	\$0.00		
Easy Does It	\$0.00		Security Eye Opener	\$0.00		
Ellicott Group	\$0.00		Serenity Hour	\$50.00	\$25.00	
1515 Meditation Group	\$0.00		Serenity Riders	\$0.00		
Foxhall Group	\$86.22		Serenity Sisters	\$0.00		
Friday Night Live	\$200.00		Silver Key Seniors	\$0.00		
Friday Women's Group	\$0.00		Solutions at Noon	\$61.16	\$61.16	
Garage Meeting	\$152.00	\$152.00	Steel Magnolias	\$33.80		
Good Ole Boys	\$0.00		Sunday Morning Speaker	\$308.24	\$308.24	
Half Pint Group	\$0.00		Sunday Night Big Book Study	\$0.00		
Happy Destiny	\$0.00		Sunlight of the Spirit - Women's 12x12	\$0.00		
Happy, Joyous & Free	\$0.00		Taking Steps	\$200.00	\$200.00	
Happy Heathens	\$0.00		Then and Now	\$0.00		
Happy Hour	\$570.05		Thursday Mens	\$0.00		
High Noon	\$27.00	\$27.00	Thursday Noon--Woodland Park	\$50.00		
H.O.W.	\$0.00		12@12 Group	\$0.00		
Into Action	\$0.00		Veterans for AA	\$0.00		
Keystone to Recovery	\$0.00		Walk the Talk	\$680.00	\$340.00	
Lake George Group	\$78.18	\$78.18	Walking on Water	\$100.00	\$100.00	
Living Free	\$81.00	\$81.00	We Are Not Saints	\$380.80		
Living Sober	\$0.00		Wed. Westside Womens	\$58.50		
Living Sober South	\$48.37	\$22.37	Westside Eye Opener	\$110.59		
M.A.G.	\$176.02	\$176.02	Woodland Park Beginners	\$50.00		
Natural High	\$0.00		Woodland Park Book Study	\$0.00		
New Beginners	\$167.00	\$167.00	Young People	\$188.00	\$188.00	
				Totals:	\$5,846.68	\$2,539.61

Inner Struggle

Continued from page 5

Angry now, character defects destroy what's left of good attitude. Adrenaline kicks in to aid the worn down energy supply. The voices within the swearing mind chatter replaying past events, building a case. Blood pressure full steam now, muscles are loaded and cocked within the body. I no longer have the power to stop. Revenge and self-righteousness come into play and the brain starts to plot out what to do with people. I am playing God.

Furious is the next stage. I make condemning comments to others through hateful character assassination. A stormy and turbulent appearance of intense objection is exhibited. I am primed and ready for action.

A war is on and *rage* comes into play. The ill emotion is extremely intense. I am all about triumph and will do whatever in order to be right and win. Biting, kicking, hitting, screaming, and murder are possibilities.

Totally *out of control*, I am ready for the loony bin within jails, mental hospitals or mortuaries. People either leave or friends drag me away from situations. I slowly begin to calm down and eventually snap out of it. These defects never change. The next threatening situation begins and this vicious circle starts all over again.

But now I have a "**Program**". Today with step seven, (humbly asking him to remove my shortcomings) I am able conquer the ego and the disease of self at the bothersome stage. This is vital to my psychic unchanging transformation into a spiritual awakening. Acting then remains genuine through spiritual premises within the heart of HP and all.

Serene Destiny
Colorado Springs

The Insanity

Even on my best days the illness can creep up on me and I can get caught up "in self". The fire alarm goes off in my head and the hook and ladder is headed down the main street "Me", USA. For reasons that I cannot explain and really don't understand, the miracle of my higher power and AA reaches out to pull me from the five alarm fire. If left to my own devices, I would still be sitting in the inferno known as Scott. It is truly an amazing program that allows me a daily reprieve, which I am blessed with each day. As each day passes, the struggle seems less or I finally decide to pick up the spiritual tools laid at my feet. I call a closed mouth friend, a close mouth friend calls me, or I call my sponsor to whine to him. Whining to your sponsor sad, but true we have to make them work for it. LoL. I feel sorry for the guy sometimes having to put up with my dumb butt, but the truth of the matter is that he has saved my AAss more than once. I wouldn't be here without him or the fellowship for that matter.

Today my problems consist of life on life terms and to be honest, I suck at it. When I put anything first, whether it may be my work, my family... anything besides my program and spiritual well being, that is when the spark ignites and the five alarm fire starts to BBQ Scott. But it is in my darkest moments I see the light, the light of AA showing me the way. I don't know how long my higher power plans to keep me around. I just hope it is long enough to help another alcoholic.

To all the fellowship that are trudging the road to happy destiny, I hope to meet you along the broad highway. Thank God for AA.

(A)n (A)lcoholic named Scott
Colorado Springs

We will comprehend the word serenity and we will know peace.

LOOK



Nightwatch



Night Owls News

First of all, many thanks to all of the Night Owls who stepped up and took a weekly time slot. As of June 1st, the weekly schedule went into effect and so far it has been a smooth transition. This is very important service work and we do so appreciate all of the new and not so new Night Owls who commit their time and effort in making this program work.

Our last meeting was on June 5th, and had a wonderful turn out. We discussed some important issues and all involved had a chance to voice their ideas and opinions. We have also been providing some fun and educational training opportunities at the meetings.

The next Nightwatch meeting is going to be Tuesday, July 3rd at The Peer at 7pm. The Peer is located on 8th Street behind La Casita. We urge anyone who is currently a Night Owl or if you are interested in obtaining a service position with Nightwatch to, please, attend our monthly meetings. For further information, you may also contact John B. 719-233-6064 or Gina S. 719-502-1154.

Thank you.
-Gina S.

Give It Away to Keep It

Continued from page 7

What it is:

He maintains a strong relationship with God. As he says, "It is only by the grace of God and Alcoholics Anonymous that I am sober today, and grateful to be here."

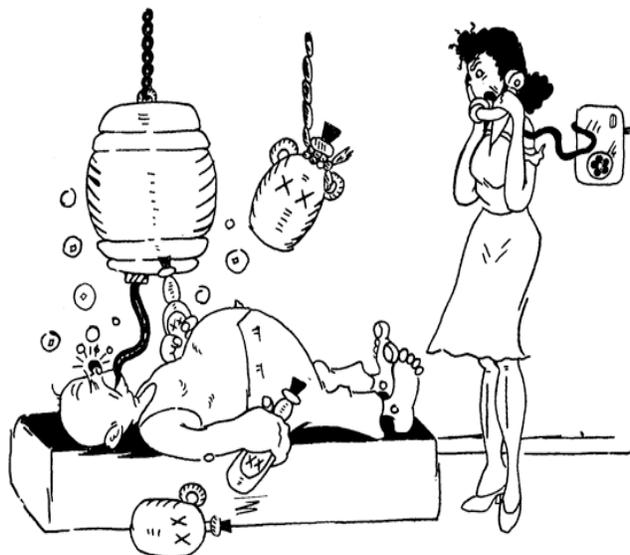
After his divorce, he won custody of his children and works to apply the A.A. principles in all areas of his life. It was not an easy road to travel. Being underemployed, he worked with two counselors, went to many meetings at Walk the Talk, and attended church for support and guidance.

Loren does not take his sobriety for granted. He says the glory has to go to God, and as a consequence, he must relinquish his pride and ego. Three things he keeps in mind are, "I'll get through anything because I have hope. I'm not that smart and have this because of grace. I don't know what I don't know."

He advises not to go to old playgrounds and hang with old playmates during early sobriety.

His favorite quote from the "Big Book" is, "We only know a little, more will be revealed."

Last Months Caption



"He's doing his final packing before you can take him to detox. He should be ready soon."

Submitted by Marykatherine, Colorado Springs