

-THE PIKES PEAK PINT-



JANUARY
TWENTY THIRTEEN

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

Happy New Year

• EDITORS NOTE •

I'd like to take this opportunity to welcome Amanda F. to the Pike Peak Pint staff. She has stepped up to take the position Vice Chair of this very important committee! Amanda understands the importance of service work and knows the Pint can be a fun way to give back a tiny piece of that which has been given her. *Welcome aboard Amanda!*

Speaking of giving back...

WRITE FOR THE PINT!

• LOCAL FEATURE •

In Love and Service

"My name is Amanda and I am an alcoholic" I never imagined those would be the words that would free my soul. I never believed I would find a way of life that would make me want to continue living. I never felt that I was worth much happiness or love or freedom from sadness and despair. What I did believe was that I was a condemned human. I knew, for whatever reason, I was condemned to go on living with this sad, sick person I had become because there was no way out.

Today my beliefs have undergone a drastic metamorphosis! I no longer feel condemned whatsoever, I feel blessed. I no longer believe I am too far gone for love, happiness or freedom of spirit. I have been given a reprieve from that darkness and I thank God every day for it.

Continued on page 2



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

Local Service Office

Hours: Tuesday-Friday 9 a.m. to 6 p.m.
SAT. - SUN. - MON: CLOSED

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 Information.

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In Love and Service

Continued from page 1

What sometimes causes me to laugh out loud is the irony of our lives as recovering alcoholics. In order to be free from the bondage of our selves, which I finally came to realize was the core of my problems, we must immediately begin to be selfless. In order to have freedom of choice we must surrender our thought life and actions to something else. In order to be free of wanting to drink, I must talk about it constantly.

One of the first and most powerful tools I was taught to use in AA was Service Work. It was a completely foreign concept to me when I first stumbled across the threshold of my first meeting. I was told to get a sponsor right away and so I asked some random stranger if she would be my sponsor and she agreed. She told me I would have to do certain things her way and the next meeting we went to that week she informed me I was going to become a greeter at that doorway every week. I was terrified but I did not argue or say no, rather I stood at that doorway every week and began to meet people. She later told me I was going to get another service position at another meeting we attended regularly and attend the business meetings also. I did not argue or say no, I showed up at the next business meeting and said I wanted to be the coffee maker. Before I realized what was really taking place, I simply knew I was looking forward to taking these actions at every meeting. I later learned that I had met and come to know nearly every regular attendee at these meetings and rapidly made friends and became a part of these groups. I felt like I was adding to the meetings and had some purpose in showing up. What a shock when I became aware of this!

Throughout my sobriety I have had several sponsors and every time God has placed me in a position to work with a new sponsor I have always looked for and prayed for one who is even more into service work than the one before. I am so grateful it was instilled in me from the very beginning. I have watched many people over the years who, for one reason or another, never acquire the love of service work and I cannot understand. In troubled times or lonely times or even restless times it has always kept me grounded. I have had the honor to serve my beloved AA in many capacities and on many levels. I still love to be involved today and that is why I volunteered to work with the PINT. I love that the PINT is our local newsletter and is for us about us and by us. We can communicate with one another through it and learn more about our community within it. I am always placed in the spot God has emptied for me to fill. I am grateful for this newest chance to serve you all, thank you.

Amanda F.
Young Peoples Group – Colorado Springs

~ Practicing Serenity ~

"I was lucky," a man explained to me. "One of my first mentors in life made me practice serenity. Whenever I'd call him in full-blown panic mode or with that frantic tone in my voice, he'd refuse to talk to me until I calmed myself down.

"Go get centered," he'd tell me. "Then we'll talk." Sometimes we need help working through our panic, anxiety, and fear. Find someone to talk to who will support serenity, rather than feed anxiety. Learn to recognize turmoil and urgency in your body, speech, emotions, and thought. Learn what it feels like to be centered and calm. Practicing serenity is a learned behavior and an art.

Action:

When you find yourself in turmoil, stop what you are doing. Take deliberate steps to relax. Talk to a friend, say the Serenity Prayer or any favorite prayer, breathe, meditate, feel any emotions you need to feel. Calming yourself may feel awkward at first, nearly impossible. (Some people may need professional help to deal with anxiety and panic if it's chronic and continual.) Over time and with practice, you will discover ways to calm yourself, the way a loving parent learns to calm a fretting child.

Submitted by: Marc R.
Colorado Springs

OUR REAL PURPOSE IS TO
FIT OURSELVES TO BE OF
MAXIMUM SERVICE TO GOD
AND THE PEOPLE ABOUT US.
BB – pg. 77

~• Step 1 •~

by Kirk C.

Step 1 for me is the foundation of my recovery. Without this vital step, I could not be useful or effective with the rest of the program. When I first started in AA, I could see where I had no control over my drinking, but I couldn't grasp how unmanageable my life had become. I was on probation and had no job, was living in a sober house and was in over my head in financial trouble, but I was okay. So I thought, I figured that if you had to deal with my life, you would drink too. I couldn't see the nature of my disease, how alcoholism played a significant role in my messed up situation. I thought that I just needed to manage better. The problem was that I couldn't even manage my way out of the bottle I desperately clung to. Alcohol had become my solution to dealing with life, and all it left me with was misery, depression, messed up relationships, and a lot of fear. The Big Book talks about nine areas where life was unmanageable, and they all applied. My sponsor showed me that my life being unmanageable was more than what material things I had or didn't have. He suggested I sit down and look at these nine areas in my own life. When I did that, I really began to understand how bad my life got with alcohol. I concluded that I was not only powerless over alcohol, but my attempts to deal with and manage my life had failed miserably. I also had nothing else left to try and prove I was not an alcoholic. Alcohol had finally beaten me to that point where I had nowhere else to turn but to the open arms of AA. It helped me to learn that I had an allergy to alcohol, and an obsession beyond my control. That obsession is what kept me drinking for a long time, and that one drink was enough to trigger that craving for more. It was hard for me at first to accept the fact that this was something I could not control. I grew up learning that I had to be strong, and asking for help was weak. I learned that I had to always be in control no matter what. When it came to alcohol, however, it didn't matter what I did, I had no control. The more I tried to do, the worse things got in my life. I got into the rooms and talked with someone who had something better. I got to the point where I was convinced that one drink meant destruction, and ultimately my death. Today I believe this to my core. I also found that sobriety came with hope and something to live for. I found a fellowship that

offered me a way out, and a way of life that was better than anything I could ever imagine. When I was able to admit I was powerless, as one is powerless over the weather, I gained hope that this program could work for me. It was a painful process, and I had many years of wreckage, but I found that light of hope and was able to let go and stop fighting. Today it's okay for me to not be in control, and I only have to do it for twenty-four hours at a time. I don't have to run the show, because I have a Power in my life that does, and I am grateful for the Fellowship of Alcoholics Anonymous.

Young Peoples Group
Colorado Springs

1ST AA: Do you know the first thing a sponsee does after having had a spiritual awakening'?

2ND AA: No; what does he do?

1ST AA: He fires you as a sponsor

“ this ”

"We are often surprised how the right answers come after we have tried this for a while." (BB, pg.86)

Today I was reminded and shocked once again by the very specific nature of these pages. The word "this" told me this morning that, contrary to my thinking, I must have "tried THIS" - meaning something very specifically outlined in the paragraphs proceeding.

Oh, you mean right answers don't just come after a while because I "know" a bunch of stuff or I've learned a bunch of stuff or I remember what a bunch of stuff says.

Always a little slow on the uptake and forever doubting that instructions are: meant for me, meant as they are written, and effective when applied instead of merely known

It is a very good thing indeed, that meetings are something considered very necessary to the maintenance of sobriety, no matter the years that have gone by. All I have is borrowed time and I pray that I should continue to remember this and give credit where credit is due. Grace.

PA
Colorado Springs

❁ Step 1 ❁ from: 'One of Us'

Step 1: "We admitted we were powerless over alcohol and that our lives had become unmanageable."

My last drunk consisted of celebrating a three day dry spell by having a drink at the bar. It seemed, in my alcoholic mind, that they way to reward myself for successfully evading booze for 72 hour period was to take a drink. What I later learned is that alcoholics drink because we are addicted to alcohol and that I was drinking to satisfy an urge that existed outside my understanding or control. My excuses, ideas and storylines were no longer able to justify consequences brought about by my uncontrollable consumption of alcohol. After waking up 12 hours later in the hospital from what was almost an alcoholic death, it was clear that I was powerless and my life was absolutely unmanageable. I was lucky, even blessed, that this episode was sufficient in getting me to *see* my powerlessness. So often, alcoholics cannot see this defeat and continue to a bitter end. So often, alcoholics, while they may see the powerlessness, cannot grasp a solution and resolve to die drunk.

What has become increasingly important for me when looking at this step is the word "we." I hear it said repeatedly in the rooms and it remains true for me today, that I don't have to experience the anguish of powerlessness over alcohol alone. Today I have a network of friends in the fellowship, surrounding my life and life decision making process that help me to make choices that adhere to my recovery. For that, I am eternally grateful. There was nothing more relieving than learning I was not alone in the destruction and devastation alcohol had created in my life; that other human beings had experienced an utter helplessness and hopelessness with their drinking and had found a solution. Most importantly, they had been able to *admit* their own powerlessness over it and, because of this acceptance they were finding abstinence and serenity. The "we" is what made admitting my own powerlessness possible.

Step 1 is the just first step out of 12 that are necessary to keep recovery alive and healthy in my life. However, without the admission of powerlessness over this disease I would still be trying desperately to control and enjoy my drinking. It is the step that lays out the dichotomized choice between living my life today sober or in an alcoholic hell. If my choice is to be to live sober, I am going to

have to recognize I am absolutely defeated by alcohol and that it is not a manageable substance in my life. To know this I have had to take an honest and unmerciful look at my drinking history and where the thought of a drink takes me if I act upon it. While there is so much work to be done in my steps to understand my alcoholic thinking and heal the damage of my past, Step 1 allows me to hit my bottom and "put down the shovel" in digging a deeper grave. At least for today, I am free in admitting my powerlessness over alcohol. Likewise, today I am not alone in doing that and am surrounded by loving people who show me how to live an empowered and free life.

Young Peoples Group
Colorado Springs



"Nothing for me, thanks—I'm an alcoholic."

• Instructions •

The instructions for recovery are in our Twelve Step program. Yet, there are times when we feel our program isn't working. At these times, we need to read the instructions.

Have you followed the "instructions," the wise words found in The Big Book, The Twelve and Twelve, and other recovery literature? When we do, we recover.

It's hard at times and easy at others. Our problems go deeper than just staying sober. No matter what our problems, our program can help us start fixing them if we follow the instructions. Don't use alcohol or other drugs. Go to meetings. Talk often with sponsors and program friends. Work the Steps. Think. Easy Does It. First Things First. Listen. Let Go and Let God. One Day at a Time.

Anonymous
Colorado Springs

MEETING ADDITIONS - DELETIONS - CHANGES

Basic Text South: **NEW** Tuesday 7:00 pm – CLOSED – 643 Hwy 105, Palmer Lake
Mountain Community Mennonite Church.

Central Group: **DELETED** Saturday 12:05 pm

H.O.W. Group: **MOVED** Monday 7:00 pm – OPEN – BAC-Venue Bldg. 515 Manitou Avenue.
Manitou Springs, Meeting upstairs – East 'Coffee Pot' entrance.

Knuckleheads: **DELETED** Sunday 9:30 am – Clean Slate Meeting Place

Sobriety of Fountain: **DELETED** Friday 7:00 pm – YMCA Lorraine Secondary School Building

3rd Tradition: **NEW** Friday 8:30 pm – OPEN – Reading from the first 164 pages of the Big Book
The PEER, 308-I S. 8th Street.

Big Book Works: **NEW** Thursday 7:00 pm – OPEN – Big Book and Traditions Study – Downtown
201 N. Corona, Behind the McDonald's on Wahsatch

Old School Candlelight: **NEW** Friday and Saturday 11:00 pm – OPEN – Discussion – Downtown
201 N. Corona, Behind the McDonald's on Wahsatch

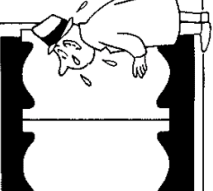
Central Group: **MOVED** from 2011 E. LaSalle **TO** 309 S. Hancock effective Jan. 1, 2013

TURNING POINT GROUP SATURDAY SPEAKER LINE-UP Jan 5: Open (Kevin maybe) Jan 12: Larry F. (20 yrs.) Good Ole Boys Jan 19: Al-Anon Meg V. – AA Celeste H. Jan 26: Open	} ● }	WALK THE TALK GROUP SATURDAY SPEAKER LINE-UP Jan 5: Liz B. Jan 12: Kristen S. (4 yrs.) Jan 19: Tina N. (33 yrs.) Jan 26: Jim N. (33 yrs.)
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~ **JANUARY BIRTHDAY MILESTONES** ~

WALK THE TALK			TUESDAY NEW WOMEN'S			SOLUTIONS		
Tina N.	33	yrs.	Sharon W.	13	yrs.	Adam I.	11	yrs.
Jim N.	33	yrs.	Cathy P.	22	yrs.	Ashley H.	2	yrs.
Kristin S.	4	yrs.	Ellen K.	27	yrs.	Wes L.	3	yrs.
Amanda	1	yr.	Shelley D.	4	yrs.	Dale P.	15	yrs.
Joe R.	8	yrs.	Ann L.	32	yrs.	Lamar S.	4	yrs.
Steve	1	yr.	Adrienne S.	2	yrs.	Lawrence P.	31	yrs.
Andy C.	24	yrs.	Julie Z.	2	yrs.	Michael R.	2	yrs.
Daniel	14	yrs.	Marella O.	2	yrs.	Thomas W.	8	yrs.
Buzz	6	yrs.	Sarah B.	3	yrs.	Tony P.	3	yrs.
Steve B.	21	yrs.	Kelly H.	2	yrs.	HAPPY HOUR		
Ted	15	yrs.	FRIDAY WOMEN'S			Angela C.	9	yrs.
Arlene	4	yrs.	Dolores N.	24	yrs.	Dolores	24	yrs.
Scott K.	1	yr.	Stacy W.	10	yrs.	Bert B.	4	yrs.
Kristi	1	yr.	Pat H.	11	yrs.	Chris S.	8	yrs.
Lauri R.	25	yrs.	Marti B.	28	yrs.	Gary D.	4	yrs.
Carolyn D.	4	yrs.	Mary Ann S.	4	yrs.	Heather H.	3	yrs.
Eric W.	21	yrs.	June S.	32	yrs.	Kathy F.	5	yrs.
Joe G.	24	yrs.	Lori B.	7	yrs.	Lauri R.	25	yrs.
Steve P.	2	yrs.	Molly W.	7	yrs.	Paul G.	23	yrs.
Lisa S.	5	yrs.	Anne M.	4	yrs.	Phil W.	3	yrs.
Mike C.	6	yrs.	Susan U.	4	yrs.			
Brittane	1	yr.	Maile	4	yrs.			
STEEL MAGNOLIAS			Judy B.	2	yrs.			
Cathy C.	2	yrs.	Julia R.	3	yrs.			
TURNING POINT GRP.			Cindy B.	5	yrs.			
Brock A.	27	yrs.	Debi C.	4	yrs.			
						January * Total Years 728 yrs.		



Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.
May God bless you and keep you—until then. (BB pg. 164)

Get a **FREE**
cup of coffee at your
Area Service Office
and since you're here
visit a while!

Get the latest in AA approved
reading for yourself or your group
at everyday low prices!

Every individual purchase benefits
the entire local fellowship!

Be part of the solution!

In the month of November we received
**10 Grateful Giver contributions &
8 Personal contributions!**



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

You All Rock!!!!
(You beat last year 😊)



Gratitude Month
has had **32** Groups
contributing
for a total of
\$4429.75!!

Unity

**Area 10
Spring Assembly**
March 22-24, 2013



Through service!

Hosted by District 7
@
The Antlers Hilton

Call: 719-955-5600 for reservations.

More info:

Mtroyerickson@gmail.com

Or 719-439-1015

The want to want – Step Zero

I took my first drink at age 12, by the time I reached my senior year in high school I had put every illegal substance I could into my body. The hole and emptiness in my soul was immense. I even remember in my early days of drinking at 15 or 16 years old, thinking to myself that I was allergic to alcohol. The plain fact of the matter was once I took that first drink, I couldn't stop. Most nights ended in highly intoxicated blackouts. I drove drunk many nights in the early years. I had become a master liar and manipulator by that time as well. I recall an argument with my father; don't recall the topic, but him stating to me that I should become a lawyer. I was 17 and had honed my craft of deceit, keeping people off balance. A master in the "ism" at an early age. By the time I reach my late teens and early twenties, I knew that I was in serious trouble. I lusted only after one thing, the next buzz. Alcohol and drugs had become my master. I wanted to stop, I knew what I was doing was wrong...the lying, cheating, stealing, and using of people had already eaten at my soul. I crossed that line early and there was nothing humanly possible that was going to stop me.

I wanted to stop, I wanted to change, I knew I had potential as a human. Over the course of the next 25+ years, I cannot honestly tell you how many time "The Goose Hung High" where I tried to summons all the personal will power humanly possible, I had to stop. I had several periods of dryness, always follows by still a worse relapse. I would bounce from drug to drug, trying to find the right combination to fix me. All the time alcohol was ole' reliable. After spending time in jail and half-ways homes, I was scared dry for a period of time, still having a small relapse here and there, trying to control it. It was the first time I noticed that I couldn't turn off my thoughts, I was going mad and in a hurry. I just wanted the noise to stop. I had a period of dryness that lasted the better part of 3 years. It was hell, no program and I was mentally breaking down daily....God only knows how I managed all the pain for that long without a drink or drug, I had even managed to quit smoking cigarettes. After having put some time behind me, I thought I could manage or control my drinking. All it took was one puff of that funky stuff and with in a week I was back full tilt drinking, at my dealers' house and back coning doctors for pills.

This lasted another 2-3 years. Damn it, why can I not stop. I have everything to live for, a good family, a good job, but it all didn't matter. Nothing any doctor, physiatrist, counselor, family member, friend, jail, almost homeless, car wrecks, wrecked relationship, lost job and over dose taught me on how to stop and stay sober. It all ended this past year, I was kicked out of my house, my wife was

pregnant and I was alone in a hotel room, drinking booze, taking pills. smoking pot trying to come down off pain med's. Wishing for death. I can't live like this anymore. I don't recall asking God directly for help, but he must have heard my soul cry out in absolute agony. I reached out for help, I called a random counselor and she directed me to AA. That was January 10th, 2012. My sobriety date is January 13th, 2012. The immensity of that miracle has escaped me, until now.

Thank God for AA.

Scott K.
Walk The Talk
Colorado Springs

Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness. 12x12 pg. 21

...a process in time...

I was told when I sobered up I'd feel better, thoughts would get clearer and I would be a better person. They were right I do feel better. I feel anger better, I feel sorrow better, I feel resentments better and I feel joy, delight and happiness better too. I guess this is all part of the healing process because I feel these things over and over. In fact, I have felt some of these emotions often enough that I'm finally convinced they are real. Dealing with a real emotion is definitely easier than dealing with uncertainty and confusion.

Which is where some clarity comes in. As the fog of my alcoholism clears and reality starts coming clean, I realize I need to keep moving forward. As I learn to accept what I feel as real, the uncertainty and confusion fades leaving only a clear path for me to follow.

This is all a process in time and the result of working the steps, working with others and submersing myself in service. By finding God, a home group, making friends and staying active I am learning to work through the emotions of everyday living without the need of alcohol to cope. Every time I feel, I learn; every time I learn, I grow; every time I grow I understand a little more and, the more I understand the better I feel.

It's the same type of cycle I was stuck in with my uncontrolled drinking minus the uncertainty and confusion. I now try to learn from my mistakes and the mistakes of others. Making it easier to do the next right thing while attempting to be a better person.

The fact is, I might actually be growing up... (=

This is truly, the easier softer way...

Rod Q.
Walk The Talk
Colorado Springs

Concept 1: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.



Step 1:

We admitted we were powerless over alcohol - that our lives had become unmanageable.

Tradition 1:

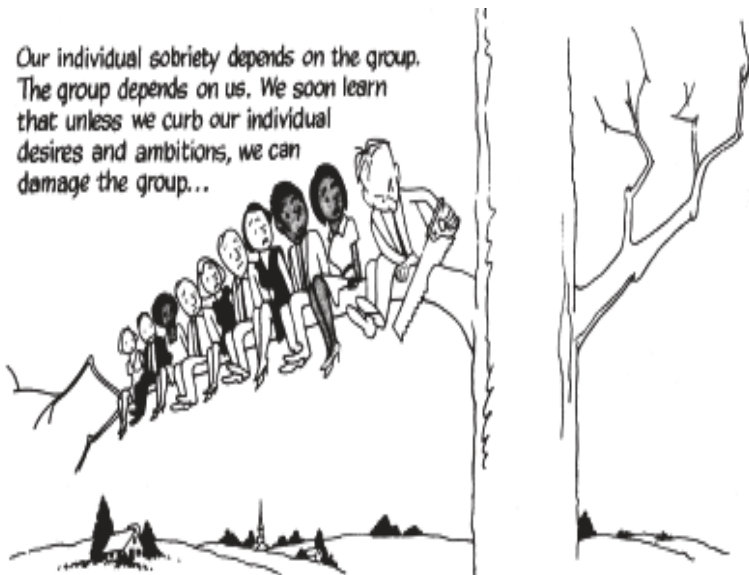
Our common welfare should come first; personal recovery depends upon A. A. unity.



TRADITIONS CHECKLIST Tradition One

- 1) Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?
- 2) Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
- 3) Am I gentle with those who rub me the wrong way, or am I abrasive?
- 4) Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
- 5) Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
- 6) Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
- 7) Am I as considerate of AA members as I want them to be of me?
- 8) Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
- 9) Do I go to enough AA meetings or read enough AA literature to really keep in touch?
- 10) Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

Our individual sobriety depends on the group. The group depends on us. We soon learn that unless we curb our individual desires and ambitions, we can damage the group...



*See to it that your relationship with Him is right,
and great events will come to pass for you and
countless others. This is the Great Fact for us.*

(BB - pg. 164)

• 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.

Corrections:

Committee Meeting: 9:00 am-10:00 am, 3rd Saturday of the month, Sacred Heart Catholic Church 2021 West Pikes Peak Ave, Room #6, Colorado Springs, CO 80904

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.

The Pikes Peak Pint:

Committee Meeting: 6:30 pm, 3rd Monday of the month at (a place to be determined)

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.

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

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pint@coloradospringsaa.org

DO IT TODAY!

Area Service

Office Hours

Tuesday / Friday

9:00am to 6:00pm

~ ~

~ **CLOSED** ~

Saturday - Sunday - Monday

Write
For
The
PINT!



Write For The PINT!

• 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 •

GROUP CONTRIBUTIONS

GROUP NAME (2012-2013)	Fiscal Yr. to date	November	GROUP NAME (2012-2013)	Fiscal Yr. to date	November
Apex	\$281.99		Noon Meetings @ Clean Slate	\$0.00	
Back to Basics	\$599.84	\$226.53	Northwesters	\$400.00	
Big Book Action	\$200.00		Not A Glum Lot	\$0.00	
Big Book Study UPH	\$284.35	\$34.35	Oasis Group	\$50.00	
Black Forest	\$311.65		Off The Wall	\$206.44	\$39.55
Broadmoor	\$0.00		Old North End Study Group	\$281.50	\$116.00
Brown Baggers	\$150.00		Penrose Discussion	\$89.80	
Central	\$0.00		Plug in the Jug	\$0.00	
Clean Air Group	\$0.00		Pre-Dawn Meeting	\$140.00	
Don't Worry Be Happy	\$121.60		Primary Purpose Men's Group	\$133.00	
Down By The Creek	\$36.68	\$36.68	Progress Not Perfection	\$354.07	\$106.00
Downtown Group	\$1,402.07		Recovery in Action	\$94.40	
Drylander's Group	\$74.53	\$39.88	Saturday Early Morning Mtg.	\$354.40	\$158.40
Easy Does It	\$225.00		Security Eye Opener	\$0.00	
Ellicott Group	\$116.50		Serenity Hour	\$225.00	\$25.00
Eye Opener	\$88.00	\$88.00	Serenity Riders	\$149.20	
1515 Meditation Group	\$50.00	\$25.00	Serenity Sisters	\$305.00	\$179.00
Foxhall Group	\$178.56		Solutions at Noon	\$288.38	\$62.96
Friday Night Live	\$200.00		Steel Magnolias	\$309.73	\$124.20
Friday Women's Group	\$300.00		Sunday Morning Speaker	\$805.95	\$221.40
Garage Meeting	\$325.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Good Ole Boys	\$250.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$156.94	
Half Pint Group	\$120.00		Taking Steps	\$200.00	
Happy Destiny	\$88.00		The Doctor's Opinion	\$300.00	\$300.00
Happy, Joyous & Free	\$0.00		Then and Now	\$100.00	
Happy Heathens	\$275.00		Thursday Mens	\$850.00	\$500.00
Happy Hour	\$570.05		Thursday Noon--Woodland Park	\$100.00	
High Noon	\$192.50		Ute Pass Breakfast Group	\$60.00	
H.O.W.	\$78.72	\$43.62	12@12 Group	\$0.00	
Into Action	\$336.00		Veterans for AA	\$0.00	
Keystone to Recovery	\$0.00		Walk the Talk	\$2,380.00	\$340.00
Lake George Group	\$188.39		Walking on Water	\$200.00	
Living Free	\$81.00		We Are Not Saints	\$1,802.57	\$785.15
Living Sober	\$138.00		Wed. Westside Womens	\$167.50	
Living Sober South	\$178.32	\$21.78	Westside Eye Opener	\$110.59	
M.A.G.	\$663.02	\$487.00	Woodland Park Beginners	\$50.00	
Natural High	\$0.00		Woodland Park Book Study	\$150.00	
New Beginners	\$470.06	\$109.06	Young People	\$538.00	
New Woman	\$816.95	\$207.13	Totals:	\$20,744.25	\$4,276.69

Fear of people and of economic insecurity will leave us.



Nightwatch Night Owls News



Happy New Year! I want to start by thanking all of the Night Owls who help to make this program work. You are all greatly appreciated for making a weekly service commitment to answer the A.A. hotline. As many of you already know, we recently transitioned from using an answering service for our hotline, to having our Night Owl volunteers directly answer the calls. It has been an amazing experience that I am very grateful to be a part of! I am happy to report that in the month of November, which was our first full month without the answering service, the Night Owls answered a total of 124 calls. Thus far, we are averaging about thirty calls per week. The bulk of the calls which come in are meeting and information calls, but plenty of twelfth step calls have been made as well. We are projecting even more call volume after the first of the year. The Nightwatch Program is also actively searching for Spanish speaking individuals who are able to serve as direct contacts for our Spanish speaking hotline callers, please see contact information for program chair below, if you are able to assist us.

Just in case you haven't heard about the twelfth step lists yet, let me tell you what that is. Our local area service office has compiled two lists, one for males and one for females. When the service office or a Night Owl on the hotline gets a call from an individual who is in need of a ride to a meeting or detox, a home visit, or just someone of the same gender to talk to, they call in a twelfth stepper from the list. They try to match the caller within the same or nearby zip code, as well as matching male with male and female with female. No one will ever actually give the caller the twelfth stepper's number. The Night Owl volunteer takes the caller's information, then calls the twelfth stepper and passes on the caller's information to the twelfth stepper. The twelfth stepper then phones the caller and attempts to provide the much needed assistance that the caller has requested. To protect anonymity, it is recommended that the twelfth stepper dial *67 then the caller's number, which will block the number they are calling from. It is also suggested that the twelfth stepper uses caution and common sense when planning to meet a caller in person. Take a friend with you or if that is not possible, meet at a public place. We want to make certain our people are safe. Twelfth steppers are a crucial part of our program and are instrumental in carrying the message of recovery to alcoholics who are still suffering. It is an awesome way to be of service to our community and to help preserve our own sobriety. If you would like to be added to the twelfth stepper's list, please call the Area Service Office at 719-573-5020.

Calling All Night Owls! Hoot! Hoot! If you are interested in becoming a Night Owl and want more information, call Gina S. at 719-502-1154 or email me at nightwatch@coloradospringsaa.org. We do ask that you have six months of continuous sobriety and be prepared to commit to one year of service. The Nightwatch Committee normally meets on the first Tuesday of the month but the January meeting has been canceled due to the meeting falling on New Year's Day. Our next Nightwatch Service Committee meeting is on Tuesday, February 5th at 7:00pm at Sacred Heart School, Room 10, located on the corner of 21st Street and Pikes Peak Avenue. Please, join us for snacks and fun as we share ideas and do some great Night Owl training exercises.

Night Owl Words of Wisdom: Practical Experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends --- this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

From the A.A. Big Book, Chapter 7: Working With Others, page 89

Happily in Service,
Gina S.
Nightwatch Chair



"Hello, AA? My wife has a desire that I stop drinking!"

