

# ~The Pikes Peak Pint~

OCTOBER  
TWENTY  
THIRTEEN



***A Newsletter for the Pikes Peak Region of Alcoholics Anonymous***

## EDITORIAL

Because I've moved around so much in my life time, I have had several sponsors. A few have been very directive, you know, good at telling me what to do. This is what I needed at the time. I needed / wanted to stay sober more than anything else so having someone who could look at me, listen to me and knew what I needed was just the person I called sponsor. My first sponsor was like this. Man, was she tough. But I followed her lead and stayed sober. I am so grateful to her and to those like her. If you happen to be a take charge kind of sponsor, thank you.

The other kind of sponsor I've had is one who seems to walk with me, alongside me. She knows me in a different way. She listens to me and she reads me but guides rather than demands that I follow. I would not count her as a friend, although she would make a great one. Perhaps she is the one Bill talked about when he writes of a closed mouth friend. If you are this type of sponsor, thank you from the bottom of my heart.

Although I write of one type of sponsor or another there are probably as many types of sponsors as there are sponsors. Or are there just different flavors of the two kinds of sponsors I have experienced?

*Enjoy*

SUBMISSIONS for The Pikes Peak Pint including all articles, stories, announcements and flyers along with questions, comments and constructive criticism are always welcomed at [pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org).

You will receive a prompt reply and appropriate consideration for publication. Please note that submissions for publication must be made by the 20<sup>th</sup> of the month prior to the month desired for publication in order to be considered.

You will read inspired articles of sponsorship in this Pint. It is wonderful folks. So many of you decided to contribute to this month's Pint. "By us, for us, about us" is beginning to come true in so great a way. Thanks!

You, too, can contribute to the Pint. Here are suggestions. But feel free to write what you will.

November	Groups
December	Big Book
January	12 X 12
February	Living Sober
March	Language of the Heart
April	As Bill Sees It

### 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](mailto:serviceoffice@coloradospringsaa.org)

Web site: [www.coloradospringsaa.org](http://www.coloradospringsaa.org)

Contact the Service Office for Intergroup Information.

### In This Issue:

SPONSORSHIP - pages 1-3

"Step of the Month" - page 4

Meeting Changes and Milestones - page 5

Committee Stuff - pages 6-7

Group Contributions - page 8

Word Search - page 9

September Puzzle Answers - page 10

## GET A SPONSOR

I got sober in all men's meeting in the Northern Virginia/DC area. I remember going to my first meeting and sitting in the corner hoping that no one would notice me. I guess I went to the wrong meeting because when I sat down everybody in the room recognized I was a newcomer. I was told I was most important person in that meeting; it had been a long time since I felt important. I sat through it scared, shaking, still in a fog and hoping that I could just get out the door. The first thing they said was "are there any newcomers" and I reluctantly raised my hand. The next thing they asked was; who is going to be this person's sponsor? To my surprise, not knowing another man in the room several people raised their hand. This group never let a newcomer leave the rooms without a sponsor. We were taught "five basics" incorporated with the program of Alcoholics Anonymous. We were told/ it was strongly suggested to do these five things every day. Don't drink, read AA literature, go to an AA meeting, pray and call your sponsor. Needless to say, sponsorship has been a huge part of my recovery for the past nine years.

I moved to Colorado Springs two years ago, not knowing any other way to get sober and stay sober. Things are done a little bit different here and other places around the world but sponsorship is still as important to me today as it was that first day entered the rooms of AA. I see many struggles in Alcoholics Anonymous that could be resolved by improved leadership from sponsors. In early sobriety we don't know what to do, we don't know what to say, all we know is we want the pain to go away and we want to stay sober. This is why I feel it is important for sponsors to take a more "hands on approach" with their sponsee's. Whether you want to call him a close mouth friend, a mentor or a sponsor, AA needs everyone to participate. I was told early in sobriety that I could not keep a sponsee sober, or get him drunk! However, this does not relieve me of the responsibility of guiding another man to a better way of life through the steps. I know we have all heard do the next right thing and for me part of that is helping other AA members become better people. I don't know about anybody else but I do know I needed guidance, I needed a friend, I needed a mentor and I needed my sponsor. "Nothing insures immunity from drinking as much as intensive work with other alcoholics". Here is my suggestion: If you do not have a sponsor or a sponsee, get one! If you do have a sponsor or a sponsee, call them! Together is the only way we can stay sober. Marc R.

## Sponsorship – A Spiritual Guide

Our hope as recovering alcoholics that have experienced the spiritual shift that occurs in our lives as a result of the daily practice of the 12-Steps are obligated by a singleness of purpose. To carry the message of Alcoholic Anonymous to the alcoholic that still suffers. We are to pass down what was so freely given to us. Sponsorship takes many roles with in A.A. and the community at large i.e. chairing and sharing in meetings, taking up service positions at the group, area, or district levels., working at a non-profits or sponsoring one of the many walks for research for incurable diseases in the community. Anywhere the hand of AA can touch another life. In our world, nothing is more powerful than one alcoholic talking to another. We who live by the principles of the program have become spiritual guides. A living example of the actions of the 12-Steps...sometimes good and sometimes poor, but we lead by example. There is no earthly material award or title that is greater than child of God and no honor greater than being employed as one of His guide's. To those who came before, thank you. And to those now in its folds, grab a newcomer and get busy. Our very lives and the lives of those to come depend on it. In love and in service,

Scott K.

### YOUR SERVICE OFFICES IMPORTANT NUMBERS TO HAVE

**BOULDER: 303-447-8201**  
**DENVER: 303-322-4449**  
**(N COLORADO) FORT COLLINS: 970-224-3552**  
**(S COLORADO) PUEBLO: 719-546-1173**

## Fish Outta Water

I drank like a fish! Every day! A case of beer at least, my drink of choice. I had been through treatment. I had attended some AA meetings. I was employed with a couple of ladies who tried very diligently to 12 step me. They shared the message of Alcoholics Anonymous with me on a regular basis.

I found a psychiatrist who prescribed antabuse and soon figured out I could drink on it. I tried one beer, then two and I was off and running. It didn't take long at all. The psychiatrist concluded that I was counteracting the antabuse with the antihistamine I was also taking.

The alcoholic thinking was alive and well! I would take my antihistamine, take my antabuse and drink. Made perfect sense to me at the time! My bottom came, finally. This vicious cycle brought me to my knees. My last drunk took me to a self-induced coma state. By the grace of God I came to the next day.

I remember sitting at the kitchen table, feet propped up, nursing a Budweiser. My emotions were like the Pisces zodiac sun sign (of which I am ☺), two fish swimming in different directions! I called one of the gals I had worked with who I had asked to sponsor me while I was in treatment. Although I wasn't working a program of any kind, she was always there at the end of the phone line! It was usually 2 o'clock in the morning, me whining about how I was drunk, AGAIN! At least until this day.

This day, it was in the early afternoon. I was swimming in self pity, remorse and incomprehensible demoralization. I said to her, "I know what to do, why can't I do it?" She calmly and matter-of-factly replied, "Maybe it's God's will for you to die!" **BAM!** I thought, I'll be damned if I'm going to die!

When I finally arrived in the program I was relieved yet felt like a fish out of water. I truly didn't know how to function without drinking. How would I relate to people, how would I have any fun, how would I deal with life? I felt like I was in a fishbowl, drowning in self-loathing! I was lost; swimming in circles yet the voice of my sponsor was in the back of my thoughts, "Just keep putting one foot in front of the other. 90 meetings in 90 days and don't drink! Even if your ass falls off! If it does, pick it up and get it to a meeting!"

I remember calling her several times, telling her I was too tired to go to a meeting. She'd tell me, "No one ever died from being tired, get your butt to the meeting!" And I would.

I have since changed sponsors a couple of times, depending on what I've needed at the time. Now my sponsor, whom I've worked with for about 5 years, knows me well enough to call me on my stuff! When I'm lying to myself she graciously sets me straight. When I'm becoming complacent she lets me know. When I'm swimming in circles with any particular situation she gently guides me back to center.

I've acquired a wealth of trusted friends that I use to keep me on track also. Daily I am in contact with another alcoholic that thinks like I do. Someone who understands. Since coming to AA I have become better at relationships with others, I know how to have fun without having to drink and I am a productive member of society.

Without the constant help of my sponsor and my trusted friends I would be dead in the water! ~anonymous

## Pool of Emotions

When I put the bottle down it wasn't long before I could see I was swimming in a pool of emotion. A pool that swirled around and around never allowing me to grasp the true feel of any one of them. With no real definition, my emotions would swirl to the extremes from one side to the other usually out of control with no balance or center. Rearing their ugly heads making drink the only attractive option to try to make them stop. When I put the bottle down I went from trying to drown my emotions to, drowning in them.

Slowly, I started to realize my drinking was fueling my emotional extremes and I began to see the patterns of the emotional chaos. If I was angry, alcohol would whip it up to extreme anger. If I was sad, alcohol would tighten it down to extreme sorrow or depression. If I was happy I would drink until oblivion. Ending up oblivious to why I was happy in the first place. The eddy pool of my swirling emotions was one feeding another, feeding another until I ran the emotional gambit leaving me exhausted by day's end.

After I put the bottle down the murky waters of my emotions started to clear. The swirling slowed so I was better able to see and feel each emotion. I began to learn how to deal with them as they continue to flow through my day-to-day life. Now, with a lot of help from my sponsor and the twelve steps of recovery, I am able to identify some of these emotions. I am learning to own them, to understand them and to grow and mature with them. I am slowly gaining the wisdom I need to accept the things I cannot change and courage to change the things I can. Effectively calming the emotional extremes to manageable feelings that can be processed and handled in real time. I am learning to live life on life's terms one emotion filled day at a time. I am finding my emotional center of gravity and for this I am grateful.

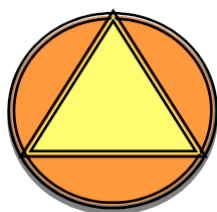
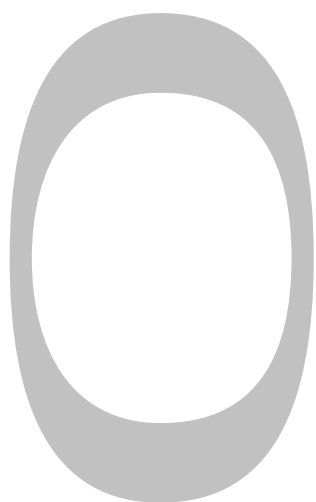
\_rod q  
Colorado Springs



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

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A. A. name ought never be drawn into public controversy.



<p><b>TRADITIONS CHECKLIST</b> <b>Tradition Ten</b></p>
---

- 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 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?

MEETING ADDITIONS – DELETIONS – CHANGES

Central Dirty Nine-Thirty: **DELETED** Tuesday/  
 Wednesday/Thursday 9:30 **only**  
 Friday Women’s Group: **DELETED** Noon Beginner’s  
 Meeting **only**

**WALK THE TALK GROUP  
 SATURDAY SPEAKER LINE-UP**

Oct 5<sup>th</sup> - Michael W  
 Oct 12<sup>th</sup> – Joe Q  
 Oct 19<sup>th</sup> – Bill W  
 Oct 26<sup>th</sup> - Jody

~ OCTOBER BIRTHDAY MILESTONES ~

<b>SOLUTIONS</b>		<b>NEW WOMAN GROUP</b>		<b>WALK THE TALK</b>	
Greg W.	5 yrs.	Kathy F.	36 yrs.	Charlie	11 yrs.
Hubert W.	5 yrs.	Mariellyn S.	41 yrs.	Stacey D2	1 yr.
Glenn K.	32 yrs.	Catherine G.	6 yrs.	John B (Jb)	1 yr.
Joanie S.	3 yrs.	Charlie K.	5 yrs.	Dan L.	13 yrs.
Laura I.	1 yr.	Becky C.	2 yrs.	Marc R.	9 yrs.
		Jodi N.	1 yr.	Melissa	3 yrs.
		Autumn R.	1 yr.	Michael W	24 yrs.
		<b>FRIDAY WOMEN'S</b>		Brad T.	2 yrs.
		Su S.	9 yrs.	Lynne R.	10 yrs.
		Bryana C.	7 yrs.	Bill B.	22 yrs.
		Amy C.	26 yrs.	Tom R.	1 yr.
		Sherry M.	15 yrs.	Michelle A.	4 yrs.
		Jenna B.	4 yrs.		
		<b>STEEL MAGNOLIAS</b>			
		Becky J.	20 yrs.		
<b>*OCTOBER</b>					
Totals	328 yrs.				

\*Equals total years reported from our local groups. To have your group years added please submit your milestones by the 20th to [pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)



Write For  
The PINT!

## Area Service Office Books Books BOOKS AA BOOKS

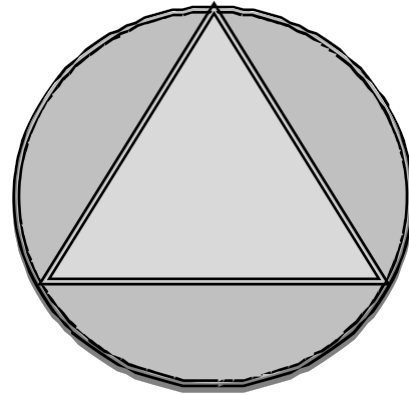
We are pleased to announce that if you buy five or more (hard cover or soft cover) Big Books, 12x12s or the Daily Reflections from the Area Service Office you will receive a discount of 10%..!

...and since your stopping in you can visit a spell and peruse the rest of the quality reading material we have in stock.

If you can't find us, CALL...

Need something to do? Want to get involved with your group? Looking for a Service Opportunity?

*Then gather your group's milestone birthdays and speaker line-ups and send them in to the Pint!*



## ~ Shout Out ~

### THE FIRST FORTY GROUP

The First forty group is registered with the Area Service Office as well as GSO in New York. We are dedicated to remaining true to the Spiritual Heritage of AA. In accordance with our group conscience, we read and discuss materials about early AA as well as materials read by early AA's. If you're searching for the spirituality of AA's earliest members, visit one of our three open meetings each week: Tuesday and Thursday mornings at 9am and Saturday evening at 7pm. Our meeting space is a coffee shop setting and is located at 1110 E Fillmore St. behind Wendy's at the corner of Fillmore and Virginia Ave. We hope to see you soon! Thank you so much for helping us carry the message. Tim Kolstad, GSR-First Forty Group

### The Special Needs Committee

The Special Needs Committee had their first meeting on September 28<sup>th</sup> at the Central Group Meeting location, 309 S Hancock Ave, Colorado Springs, CO.

A Great Service Opportunity!

## Service Opportunities

The Intergroup Programs Committee is coordinating volunteers for upcoming events!  
Please join us!

### Alcothon Event Committee

Sundays Beginning September 22  
1:30-2:30 Clean Slate, 1769 S. 8<sup>th</sup>  
Street, 80905

The Alcothon is the annual New Year's Eve party.

Stay tuned for more info on the Gratitude Event to be held in November!

In the month of August  
the Service Office received  
7 Grateful Giver contributions



• COMMITTEE INFORMATION •

**Public Information**

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

**Cooperation with the Professional Community**

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

**Corrections**

Committee Meeting: 9:00 am-10:00 am, 3<sup>rd</sup> 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, 3<sup>rd</sup> Tuesday of the month at 420 N. Nevada, First United Methodist Church Room 135 (Boulder St. Access)

**Treatment**

Committee Meeting: 12-1 pm, 2<sup>nd</sup> Saturday of the month, at Penrose Hospital Volunteer Conference Room, 2222 N. Nevada.

**Nightwatch**

Night Owls Committee Meetings: 7:00 p.m., 1<sup>st</sup> Tuesday of the month at Sacred Heart Parish, 21<sup>st</sup> and Pikes Peak Room 10 - Following the New Beginners meeting.

For more committee information including intergroup committees please go to [coloradospringsaa.org](http://coloradospringsaa.org)

• CONTRIBUTION ADDRESSES •

~ AREA SERVICE OFFICE ~

Colorado Springs Area Service Office  
1353 South 8<sup>th</sup> 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 •

Sign up to receive  
The Pikes Peak Pint by email!

• Read, enjoy and send a copy to all your friends •

Send subscription requests to  
[pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)

**DO IT TODAY!**

or you can get a copy for only \$1.00  
at the Area Service Office

# GROUP CONTRIBUTIONS

	Fiscal Yr. to			Fiscal Yr. to	
GROUP NAME (2013-2014)	date	August	GROUP NAME (2013-2014)	date	August
Above the Bar Group	\$111.50		Northwesters	\$200.00	
Apex	\$120.13		Oasis Group	\$100.00	\$50.00
Back to Basics	\$0.00		Off The Wall	\$108.15	
Big Book Action	\$200.00		Old North End Study Group	\$63.15	\$63.15
Big Book Study UPH	\$0.00		Penrose Discussion	\$0.00	
Black Forest	\$340.03		Pre-Dawn Meeting	\$0.00	
Broadmoor	\$0.00		Primary Purpose Men's Group	\$100.00	
Brown Baggers	\$150.00		Progress Not Perfection	\$122.32	\$34.00
Central	\$0.00		Recovery in Action	\$189.00	
Clean Air Group	\$160.00		Saturday Early Morning Mtg.	\$224.40	
Don't Worry Be Happy	\$310.00	\$30.00	Security Eye Opener	\$0.00	
Down By The Creek	\$0.00		Serenity Hour	\$150.00	\$50.00
Downtown Group	\$1,351.01		Serenity Riders	\$202.10	\$202.10
Drylander's Group	\$54.00		Serenity Sisters	\$0.00	
Easy Does It	\$0.00		Solutions at Noon Sought Through Prayer & Meditation	\$172.48	\$16.84
Ellicott Group	\$0.00		Steel Magnolias	\$49.00	\$25.00
Eye Opener	\$0.00		Stepping Stones	\$150.00	
Foxhall Group	\$113.25		Sunday Morning Speaker Sunday Night Big Book Study (Clean Slate)	\$200.94	
Friday Night Live	\$350.00		Sunlight of the Spirit - Women's 12x12 (Monument)	\$0.00	
Friday Women's Group	\$0.00		Taking Steps	\$0.00	
Garage Meeting	\$0.00		The Doctor's Opinion	\$100.00	
Good Ole Boys	\$100.00	\$100.00	The Sober Jokers	\$0.00	
H.O.W.	\$80.96		Then and Now	\$75.00	
Happy Destiny	\$149.95		Thursday Mens Thursday Noon--Woodland Park	\$0.00	
Happy Heathens	\$185.00		Turning Point	\$50.00	
Happy Hour	\$120.00		Ute Pass Breakfast Group	\$120.00	
Happy, Joyous & Free	\$166.00	\$166.00	Veterans for AA	\$60.00	
High Noon	\$144.00		Walk the Talk	\$0.00	
Into Action	\$240.00		Walking on Water	\$1,700.00	\$340.00
Keystone to Recovery	\$0.00		We Are Not Saints	\$100.00	
Lake George Group	\$0.00		Westside Eye Opener	\$354.03	
Living Free	\$45.50		Women of Grace	\$0.00	
Living Sober	\$0.00		Woodland Park Beginners	\$193.00	
Living Sober South	\$105.75	\$14.00	Woodland Park Book Study Woodland Park Women's Step Study	\$56.59	
M.A.G.	\$183.63		Young People	\$260.00	
Meditation Group	\$50.00			\$108.00	
Natural High	\$0.00			\$782.69	\$529.05
New Beginners	\$185.00				
New Woman	\$322.85	\$151.48			

Totals: \$11,329.41    \$1,771.62



# OCTOBER WORD SEARCH

o	n	u	t	h	e	s	t	g	e	r	j	e	s	d	h	i	j	k	a
f	s	p	r	o	p	a	a	n	a	m	e	t	l	e	y	p	a	l	l
f	a	o	c	l	a	d	c	o	e	t	p	t	i	a	m	r	c	d	m
i	c	h	o	l	g	r	o	r	e	e	u	n	b	t	l	o	o	u	n
c	i	l	y	o	m	a	n	w	u	q	b	a	h	h	h	m	l	e	s
i	r	e	r	c	u	e	t	e	l	s	l	e	a	o	a	p	u	s	t
a	e	t	o	e	p	d	i	r	l	e	i	o	l	f	s	t	m	m	u
l	m	r	t	i	e	d	n	e	i	u	c	i	l	r	n	l	b	s	o
e	a	t	n	u	o	s	u	w	a	s	c	h	o	o	o	y	u	s	p
s	f	s	e	i	d	r	e	e	e	s	o	t	w	b	o	a	s	i	q
t	o	u	v	l	f	e	d	w	a	i	n	a	e	e	p	d	d	n	u
a	r	e	n	n	c	v	t	n	e	e	t	e	e	r	i	m	a	b	s
b	e	w	i	a	r	e	o	e	d	d	r	r	n	t	n	i	y	e	n
l	r	n	l	o	f	n	t	h	f	i	o	t	i	e	i	t	a	l	a
i	e	l	a	b	y	t	a	w	a	s	v	r	t	l	o	t	s	e	v
s	v	i	n	m	s	h	k	h	m	t	e	o	e	e	n	e	m	e	y
h	o	u	o	b	m	g	e	u	l	u	r	k	o	e	c	d	t	n	x
m	c	u	s	w	h	u	e	n	w	o	s	c	e	w	w	i	r	e	a
e	s	r	r	s	o	o	n	i	n	v	y	i	e	n	t	t	o	r	b
n	i	b	e	d	r	a	w	n	p	k	a	r	t	o	t	n	i	t	c
t	d	e	p	j	a	c	k	o	l	a	n	t	e	r	n	s	t	n	o

continued to take	public controversy	outside issues
personal inventory	us navy	aa name
when we were wrong	official establishment	ought never
promptly admitted it	death of Robert E Lee	be drawn
Alcoholics Anonymous	Columbus Day	halloween
has no opinion	discoverer of Americas	jack o latern
	<b><i>trick or treat</i></b>	



## Answers to September's Puzzle

					o	u	g	h	t	n	e	v	e	r		
		l				w									s	
u	s	a	i	r	f	o	r	c	e						d	c
		b				r									n	o
		o		s		l	a	b	o	r	d	a	y		e	n
m		r		p		d									m	s
e		m		e		t		k	o	o	b	g	i	b	a	t
e	d	o	n	t	d	r	i	n	k		s				e	t
t		v		s		a					n				o	c
i		e		k		d	e				o				r	e
n		m		r		e	l				i				g	r
g		e		o		c	b				n				a	i
s		n		w		e	i				u				n	d
c	i	t	i	z	e	n	s	h	i	p	d	a	y	i	n	n
						t	s								z	r
						e	o								e	a
s	p	o	n	s	o	r	p	a	t	r	i	o	t	d	a	y

labor  
 day  
 unions  
 labor movement  
 us air force  
 patriot day  
 patriot day  
 world trade center  
 constitution day  
 citizenship day  
 don't drink  
 big book  
 meetings  
 sponsor  
 work steps  
 direct amends  
 possible  
 ought never  
 be organized