

A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

NOVEMBER, 2015

#### **TOPICS:**

Prayer & Meditation (Dec) Tradition 1 (Jan) Tradition 2 (Feb) Tradition 3 (Mar)



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### 'HE PIKES PEAK PI



EDITOR'S NOTES

Happy November! As we are The great deal about that is it This month you will read engaging in the fall season, I is true for each of us. As ex about people who share their have been reflecting on the problem drinkers, our lives experience with service and fact that we each have a fall must be centered around ser- how it is saving their lives and season as well. It is very per-vice in order to stay sober and adding to their growth into the sonal and intimate and of connected. Once we step into person HP would have them course changing. In the Big this "life giving service" we be. I'm more than honored and Book it says we "ask who automatically begin to out- humbled to be of continued God would have us be." This grow the mental drama and service to you and our fellowquestion has made this fall self-imposed crisis that edged ship. I pray that this issue and season particularly special to our Higher Power out. We go all that come after are a - me, because in standing for from edging Higher Power demonstration that HP uses us even a moment in who God out to making space to edge all in different ways to help would have me BE, I continue that power in. to find that it is always a woman of service. Regardless I don't know about anyone and willingness to be availaof where I am and what is else but the weight of being of ble and to be of service happening, I understand that it service to you, not needing is just to be available and to anything in return, sometimes In service I say thank you for be of service. And in service, not even a thank you, is so showing me the way back to I find myself solidly connect- much more fulfilling than the life and to freedom! ed to my Creator; feeling as if sheer discomfort of swim-I am the most honest and au- ming around in my alcoholic Have a rockin November thentic version of myself and mind. Thinking less of me and feeling as if I am here to more of you is who HP would Stormie simply love you and help you. have me be as a woman who I become other centered and I has received the gift of sobrieget to be me and to be free. ty.

the alcoholic that is still suffering, through our necessity

#### "It is in Giving that We Receive"

AA cannot survive without service. If there were no one in service, we could not have meetings. From the members who make coffee, greet us at the door and chair our meetings, to the folks who make sure literature is available for newcomers, AA functions because of service.

Unlike any other organization in the world, the very highest "rank" any of us ever achieve in AA is "servant." And if we are truly working the twelve steps of our program, all of us must be servants.

Service is not optional. Step Twelve tells us we "Service is not optional"

receive a spiritual awakening from working the other steps, and having received that gift, we carry the AA message to the alcoholic who still suffers. While we often think of that requirement as doing regular Twelve Step calls on people who ask AA for help, "carrying the message" includes a lot more than that.

Anyone who attends and participates in an AA meeting is helping to carry the message. I, like many of us, have experienced the temptation to attend meetings only "if I need a meeting." That is a wrong, and for me, at least, a nearly deadly attitude.

The most important reason for getting to all your meetings is to be of service to others – whether that means showing up early to make coffee or greet people, or sharing your experience, strength and hope with the group. Our willingness to do so can make the difference between life and death for us and other alcoholics.

Many of AA's principles are paradoxes. We learn in the first few steps that it is only in surrender that we can achieve victory over alcohol. In later steps, we learn that by allowing a Higher Power to free us from the bondage of self, we become our true Selves.

And as we progress along our spiritual path and learn to be in service, we are given the grace to find the truth of this paradox from the Prayer of St. Francis:

It is in giving that we receive.

That is the essence of service.

Anonymous

Heard at a Meeting...

"The worst prison is in your own mind."

#### "Service Work at the Last Second"

I love to do many different types of service work. Whether it's one-on-one work such as driving members to and from meetings, seeking out new sponsees, pulling a newcomer in from the outskirts of the pre/post meeting cigarette smoking circle, etc.; or

service position work such as being on boards, signing up for committees, etc. I love to volunteer for service! That is, I love it when I can plan it.

As much as I love to be of service, I do feel put out when I am called at the very last second to give a ride or, due to a group conscience, change an approach to a project after having put in hours of work only to have it get completely thrown out. It makes me feel underappreciated, undermined and as if my time were completely wasted. I mean don't you guys know that I have a life outside of A.A.?! Yes, you have all forgotten that it is all about me. So, after I throw my little tantrum (all in my head complete with arguments with all involved and then some) I do what needs to be done, if physically possible, because my sponsor says to or I know she would tell me to do it.

"I do what needs to be done"

Last second service work for me is doing stuff in the early morning (not an early morning person). I really

enjoy getting stuff done in the morning but I HATE waking up. Once I get over waking up, get out of bed, and down that first cup of coffee, I am happy and good to go! After all is said and done, for the most part, I feel good once I get that last second service work started. Something I always seem to forget when I'm soaking in a hot tub of self-pity: even though I may have felt as if I wasted my "precious" time or that I am underappreciated/underminded, that "wasted" time was time I spent sober. For that, although I easily forget it, I am grateful. Molly E



"Serving the Fellowship"

One of the most important parts of the fellowship for the new-comer is Unity, feeling a part of something at long last. However, the further along I am in my sobriety, the more I see that service is no longer about me, nor is my sobriety itself. Service is essential to give away what was so freely given to me. I must stay involved with other alcoholics and carry the message to give me the best possible chance to stay in contact God. Dr. Bob said the benefits and reasons of giving back are:

- 1 Sense of duty
- 2 It is a pleasure
- 3 Because in doing so I am paying my debt to the man who took time to pass it on to me.
- 4 Because every time I do it I take out a little more insurance for myself against a possible slip.

Although I usually do not feel like being of service, I must continue to be there for those I share this common peril with. The fellowship of Alcoholics Anonymous has given me everything in my life and for that I am grateful.

Zack M.

#### Dr. Bob's Last Message

# Presented at The First International Conference of Alcoholics Anonymous July 28 - 30, 1950 at Cleveland, Ohio

Dr. Robert Holbrook Smith August 8, 1879 - November 16, 1950 Co-founder of Alcoholics Anonymous

"My good friends in AA and of AA. I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you - not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable."

"I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago, played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't returned as I would like, so my remarks of necessity will be very brief.

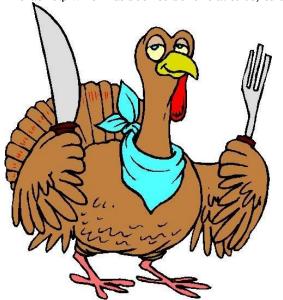
"But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis; one is the simplicity of our Program. Let's not louse it all up with Freudian complexes and things that are interesting to

the scientific mind, but have very little to do with our actual AA work. Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind.

"Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service."

"Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance."

"And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers. Thank you very much."





#### SERVICE...

At someone's service, ready to be of help or use to someone; at one's disposal.

Be of service, to be helpful or useful

AA, coffee maker, greeter, speaker, sponsor, taxi cab, committee member, volunteer, a close mouthed friend. And the list goes on!

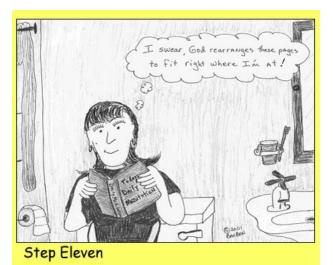
**CONCEPT 11:** The trustees should always have the best possible committees, corporate service directors, executives, staffs and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

#### **TRADITION 11:**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

#### Step 11:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.



#### TRADITIONS CHECKLIST

#### **Tradition 11:**

- 1) Do I sometimes promote AA so fanatically that I make it seem unattractive?
- 2) Am I always careful to keep the confidences reposed in me as an AA member?
- 3) Am I careful about throwing AA names around—even within the Fellowship?
- 4) Am I ashamed of being a recovered, or recovering, alcoholic?
- 5) What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- 6) Is my sobriety attractive enough that a sick drunk would want such a quality for himself?

Permission: recoverycartoons.com

## MEETING CHANGES, SPEAKERS, & HAPPY BIRTHDAYS!

#### **CHANGE**

#### From 5:00 p.m. to 6:00 p.m. Above the Bar Group

Open Discussion
Saturday at 6:00 p.m.
Community Partnership Family
Resource Center
(above McGinty's Pub) in Venture Food Center
NE corner at the Divide light
Divide, CO

#### DELETE

#### The First 164 Pages

Open Big Book Study 6:45 p.m. Thursday 309 S. Hancock Ave. West side of Memorial





In the month of September the Service Office received

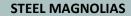
6 Grateful Giver contributions,

1 Birthday contribution,

2 Personal contributions and

1 "In Memory" contribution!

Thank you!!



Anne M. 9 yrs.

#### **TUESDAY NEW WOMEN**

Nancy R. 35 yrs. Robin S. 6 yrs.



НАРРҮ	DESTINY
Alicia S.	4 vrs.

# HAPPYS

DOWNTOW	N GROUP
Tony B.	7 yrs.
Rune	3 yrs.
Charles C.	3 yrs.
Jennifer D.	3 yrs.
Chris M.	3 yrs.
Gustave	4 yrs.
Laurie	2 yrs.
Joe M.	4 yrs.
Gary P.	38 yrs.
Sabrah Jean	2 yrs.
Zach D.	2 yrs.
Corban E.	3 yrs.
Ryan	3 yrs.
Jessica C.	2 yrs.
Sandy B.	2 yrs.
Jesus H.	13 yrs.
Chelsea H.	4 yrs.
Andy S.	4 yrs.
Scoot N.	10 yrs.
Bob S.	4 yrs.
John B.	1 yr.
Donna G.	1 vr.

WALK THE	TALK- OCT
Michael W.	26 yrs.
Dan L.	12 yrs.
Veronica	4 yrs.
Melissa S.	5 yrs.
Mike G.	8 yrs.
Tom	3 yrs.
Sandra D.	33 yrs.
Amanda	1 yr.
Craig V.	20 yrs.
Marc	11 yrs.
Joe E. Bob	1 yr.
Bill B.	24 yr.
Michelle A	6 yrs.
Tim D.	8 yrs.

EASY D	OES IT
Steven F.	1 yr.
Pat K.	17 yrs.
Postal Bob	28 yrs.
Lou C.	7 yrs.
James G.	4 yrs.
Steve M.	4 yrs.
Rick C.	8 yrs.
Aaron H.	7 yrs.
Michael S.	3 yrs.
Red	5 yrs.
Glen O.	2 yrs.
Tracy T.	29 yrs.
Kathy D.	5 yrs.

WE ARE NO	T SAINTS
Lonnie K.	1 yr.
Leslie W.	2 yrs.
Adrienne M.	6 yrs.
Alberto C.	9 yrs.
Lucy M.	11 yrs.
Brian M.	16 yrs.
Jenna C.	20 yrs.
Bill H.	23 yrs.

FRIDAY \	<b>NOMENS</b>
Stacey	5 yrs.
Gretchen	39 yrs.
Nancy B.	25 yrs.
Phyllis C.	45 yrs.
Sandi B.	1 yr.

	G	ROUP CO	NTRIBUTIONS		
GROUP NAME (2015-2016)	Fiscal Yr. to date	September	GROUP NAME (2015-2016)	Fiscal Yr. to date	September
Above the Bar Group	\$0.00	\$0.00	Off The Wall	\$110.72	\$0.00
Apex	\$83.35	\$0.00	Old North End Study Group	\$100.01	\$0.00
Back to Basics	\$276.50	\$0.00	Pre-Dawn Meeting	\$0.00	\$0.00
Beacon Light Group	\$0.00	\$0.00	Primary Purpose	\$0.00	\$0.00
Big Book Action	\$405.00	\$0.00	Primary Purpose Men's Group	\$0.00	\$0.00
Big Book Study UPH	\$0.00	\$0.00	Progress Not Perfection	\$136.43	\$25.63
Black Forest	\$308.76	\$0.00	Recovery in Action	\$496.27	\$211.53
Broadmoor	\$0.00	\$0.00	Saturday Early Morning Mtg.	\$114.45	\$0.00
Brown Baggers	\$150.00	\$0.00	Security Eye Opener	\$150.00	\$0.00
Central	\$0.00	\$0.00	Serenity Hour	\$400.00	\$75.00
Clean Air Group	\$82.00	\$0.00	Serenity Riders	\$240.00	\$0.00
Oon't Worry Be Happy	\$625.54	\$244.74	Serenity Sisters	\$275.00	\$0.00
Down By The Creek	\$0.00	\$0.00	Solutions at Noon	\$311.06	\$15.95
			Sought Through Prayer & Medi-		
Downtown Group	\$2,363.43	,		\$162.76	·
Orylander's Group	\$40.46		Steel Magnolias	\$33.50	
asy Does It	\$90.00		Stepping Stones	\$0.00	,
Ellicott Group	\$100.00	\$0.00	Sunday Morning Speaker	\$631.00	\$334.00
oxhall Group	\$249.87	\$249.87	Sunday Night Big Book Study (Clean Slate)	\$0.00	\$0.00
reedom From Bondage	\$100.00	\$0.00	Sunlight of the Spirit - Women's 12x12 (Monument)	\$180.00	\$0.00
riday Night Live	\$287.50		Taking Steps	\$0.00	\$0.00
riday Women's Group	\$70.00		The Doctor's Opinion	\$202.25	·
Good Ole Boys	\$0.00		The Garage Meeting	\$0.00	
lappy Destiny	\$0.00		Then and Now	\$75.00	
lappy Heathens	\$0.00		Thurday Men's Group	\$1,050.00	
lappy Hour	\$0.00		Thursday NoonWoodland Park	\$50.00	
lappy, Joyous & Free	\$0.00		Treating The Illness	\$0.00	·
ligh Noon	\$109.00		Turning Point	\$0.00	
I.O.W.	\$50.00	·	Ute Pass Breakfast Group	\$50.00	·
nto Action	\$450.00		Veterans for AA	\$0.00	·
Ceystone to Recovery	\$0.00		Walk the Talk	\$2,125.00	
ake George Group	\$85.00		Walking on Water	\$0.00	
ittle Log Church Group	\$0.00		We Are Not Saints	\$665.90	
iving Free	\$134.50		Westside Eye Opener	\$0.00	·
iving Free	\$154.30		Women of Grace	\$0.00	·
M.A.G.	\$263.00		Woodland Park Beginners	\$0.00	
Natural High	\$203.00		Woodland Park Book Study	\$200.00	·
			Woodland Park Women's Step	φ200.00	
lew Beginners	\$418.64	\$0.00	Study	\$0.00	\$0.00
lew Woman	\$409.88	\$92.00	Young People	\$428.44	\$0.00
Vorthwesters	\$350.00	\$0.00	Totals:	\$16,421.72	\$3,694.88



# 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 The1<sup>ST</sup> 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. 8<sup>th</sup> Street, Suite 209 Colorado Springs, CO 80905

www.nightwatch@coloradospringsaa.org



THE ONLY REQUIREMENTS ARE 6 MONTHS OF CONTINUOUS SOBRIETY AND MAKING A 1 YEAR COMITMENT OF SERVICE

#### · CONTRIBUTION ADDRESSES ·

#### $\sim$ AREA SERVICE OFFICE $\sim$

Colorado Springs Area Service Office 1353 South 8th St., Suite 209 Colorado Springs, CO 80905

(Include group name and number on check)

#### $\sim$ GENERAL SERVICE OFFICE $\sim$

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)

#### • 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: 6:00 p.m., 2<sup>nd</sup> Wednesday of the month at Vertec, 1123 Elkton Dr.

#### 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.

#### Archives:

Archive Committee Meetings: 7:00 p.m., 1<sup>st</sup> Tuesday of the month at Service Office, 1353 S. 8<sup>th</sup> Street, Suite 209

#### Special Needs:

Committee Meetings: 1:00 p.m., last Saturday of every even month at 309 S. Hancock Ave.

#### Web Committee:

Committee Meetings: 1:00 p.m., second Saturday of the month. Email webmas-

ter@coloradospringsaa.org for google hangout

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

#### Local Service Office

Hours: Monday-Friday 9 a.m. to 5 p.m. SAT.-SUN.: CLOSED

Location: 1353 South 8th Street, Suite 209, Colorado Springs, CO 80905

Contact the Service Office for Intergroup information 719-573-5020

E-mail: serviceoffice@coloradospringsaa.org Web site: www.coloradospringsaa.org

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## Tradition Five ●

A. A. Traditions Discussion Meeting Sunday November 15, 2015 @ 10:00a / 12:00p

At Village Inn on Ci rcle and ID 25 Subsequent meetings on the 3<sup>rd</sup> Sunday of each month!

Arrive at 9:00a and enjoy some breakfast and fellowship before the meeting begins!

When arriving at Village Inn simply tell the Hostess you are here for TRADITIONS. She will politely direct you to the "BUBBLE".

"When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know". As Bill Sees It, p.37

Please help out (separate from Group Contributions) during **November**.

**Gratitude Boxes** are available through your Intergroup Rep. or at your Area Service Office, 1353 S. 8<sup>th</sup> Street, Suite 209. Call 573-5020.







# GRATITUDE DINNER

Howdy partners! We're gonna be rustlin' up some gratitude and havin' us a western themed chow down, so round up your friends and come on out for food, fun and fellowship. Wear your best cowboy costume for a best dressed contest.







Date: Saturday, November 14, 2015

Time: 4-7:30PM

Location: First United Methodist Church @ 420 N. Nevada Ave

Pre-paid catered dinner provided by Dickey's BBQ. Drinks and dessert included. \$15 meal tickets available for purchase prior to dinner only. Children under 9 eat free; guaranteed seating for purchased tickets only. For tickets, please, see your group's Intergroup rep or contact the Area Service Office.

Contact person: Colorado Springs Area Service Office @ 719-573-5020