



The Pikes Peak Pint is a monthly AA-oriented newsletter proudly serving Colorado Springs and its surrounding communities.

# Pikes Peak Pint

## January

### 2012



#### AREA MEETING CHANGES, DELETIONS, ADDITIONS

- **STEP BROTHERS & SISTERS** (open, handicap access) that meets Saturdays at 4:30 p.m. is **CANCELLED**.
- **REFLECTIONS** (open, discussion) 7 E. Bijou, Room 205, Enter & Exit through rear of building is a **NEW MEETING** that gathers everyday at 7 a.m.
- **CENTRAL CANDLELIGHT MEETING** (open, handicap access) Discussion, 2011 E. La Salle (located in the Park Plaza bldg. at DePaul and LaSalle is a **NEW MEETING** that gathers Saturdays at 11 p.m.
- **FAR NORTH GROUP** (open) St. Lukes Lutheran, 5265 N. Union Blvd. **CHANGED** from a closed group to an open group.
- **EVENING OPEN DISCUSSION MEETING** (open) 10400 Ute Pass Ave. Green Mountain Falls CO. (across from pond), Red Cloud Serenity Club; **WILL START OFFERING \*FIRST FRIDAY\*** - Music and food following the meeting.
- **SOBRIETY OF FOUNTAIN** (open) is a **NEW MEETING** that gathers Fridays at 7 p.m. at 301 E Iowa Ave, 80817 in the YMCA Secondary School Bldg, Community Room. Use back East side entrance.
- **1515 MEDITATION GROUP** (open) that meets Tuesdays at 5:30 p.m. at 1515 N. Cascade Ave is **CHANGING** its name to **CANDLELIGHT** (Open) 10th step and topic discussion meeting.



*The Grapevine online, [www.aagrapevine.org](http://www.aagrapevine.org), started a new feature asking readers to suggest the caption for cartoons. What Caption would you suggest?*

## When the Bottom is Death

*By Kimberly H.  
Colorado Springs*

**N**othing offers a sucker-punch of reality and perspective quite like death. Most of us, alcoholic or not, meander through life in practice, if not belief, as if we'll live forever.

Perhaps we employ this denial-on-repeat as a defense mechanism, because admitting we are feckless when it comes to life's caprice is too heavy a burden to constantly bear.

For we alcoholics, though, a healthy periodic reminder of

death may be what we need to truly live. If you're like me, you have a penchant for complacency and an on-again-off-again love affair with self-will.

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#### LOCAL SERVICE OFFICE

Hours: T-F 9 a.m. to 5 p.m.,  
SAT 9 a.m. to 12 p.m.

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 or Chair phone numbers.*

## DISTRICT COMMITTEES

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CORRECTIONS  
Renee J.. - Chair  
Stephen P. - Vice Chair  
corrections@coloradospringsaa.org

PUBLIC INFORMATION  
Beth G. - Chair  
OPEN - Vice Chair  
pi@coloradospringsaa.org

CPC  
(COOPERATION WITH THE PROFESSIONAL COMMUNITY)  
Larry S. - Chair  
OPEN - Vice Chair  
cpc@coloradospringsaa.org

TREATMENT  
Mike H. - Chair  
OPEN - Vice Chair  
treatment@coloradospringsaa.org

## LOCAL SERVICE COMMITTEES

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PROGRAM  
Betty A. and Jan I.. - Chair  
OPEN - Vice Chair  
programs@coloradospringsaa.org

PINT  
Adrienne A. - Chair  
Rod Q. - Vice Chair  
pint@coloradospringsaa.org

VOLUNTEER  
Adrienne C.- Chair  
David U. - Vice Chair  
programs@coloradospringsaa.org

NIGHTWATCH  
Bob M.- Chair  
OPEN - Vice Chair  
nightwatch@coloradospringsaa.org

WEB SITE  
Dana E.. - Chair  
OPEN - Vice Chair  
webmaster@coloradospringsaa.org

ARCHIVES  
OPEN. - Chair  
OPEN - Vice Chair  
archives@coloradospringsaa.org

## CONTRIBUTION ADDRESSES\*

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AREA SERVICE OFFICE  
Make check or money order payable to:  
Area Service Office  
Include Group Name and Number on check.

Send to:  
Colorado Springs Area Service Office (CSASO)  
1353 South 8th Street, Suite 209  
Colorado Springs, CO 80905

GENERAL SERVICE OFFICE  
Make check or money order payable to: General Fund  
Include Group Name and Number on check.

Send to:  
General Service Office (GSO)  
PO Box 459, Grand Central Station  
New York, NY 10163

AREA 10  
Make check or money order payable to: Area 10  
Include Group Name, Number, and District #7 on check.

Send to:  
Area 10 Treasurer  
12081 West Alameda Parkway #418  
Lakewood, CO 80228

DISTRICT  
Make check or money order payable to: District #7  
Include Group Name, Number, and District # on check.

Send to:  
District 7  
P.O. Box 26252  
Colorado Springs, CO 80936-6252

PINK CAN CONTRIBUTIONS  
Make check or money order payable to:  
Area 10 Corrections Committee  
Include Group Name and Number on check.

Send to:  
Pink Can Contribution  
P.O. Box 1949  
Carbondale, CO 81623

*\*Cash accepted in person only, please do not mail.*

Please e-mail sobriety anniversaries,  
announcements, letters to the editor, and e-mail  
subscription requests to the Pikes Peak Pint before the  
20th of each month!  
pint@coloradospringsaa.org

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



In the month of November  
we received  
6 Grateful Giver contributions &  
7 Personal contributions!

*YOU'RE AWESOME!!!!*



As of December 31<sup>st</sup>,  
Gratitude Month  
has had **29** Groups contributing  
for a total of  
**\$3649.34!!**

## GROUP CONTRIBUTIONS - THANK YOU FOR ALL OF YOUR SUPPORT!!!

GROUP NAME (2011-2012)	Yr. to date	November
Above The Bar Group	\$0.00	
Apex	\$339.05	
At The Inn	\$0.00	
Back to Basics	\$384.14	\$13.50
Beacon Light	\$0.00	
Big Book Action	\$315.08	
Big Book Study UPH	\$443.51	
Black Forest	\$254.91	
Breath of Life	\$0.00	
Broadmoor	\$50.00	
Brown Baggers	\$150.00	
Celebrating Diversity	\$0.00	
Central	\$10.00	\$5.00
Clean Air Group	\$97.00	
Don't Worry Be Happy	\$291.00	\$184.20
Down By The Creek	\$45.00	
Downtown Group	\$399.17	
Drylander's Group	\$111.11	
Easy Does It	\$225.00	
Ellicott Group	\$135.00	
Eye Opener	\$0.00	
1515 Meditation Group	\$89.42	\$14.19
1st 164 Pages	\$0.00	
4th Dimension	\$0.00	
Far North Group	\$0.00	
Fountain of Sobriety	\$0.00	
Foxhall Group	\$210.88	
Freedom From Bondage	\$0.00	
Friday Night Live	\$300.00	
Friday Women's Group	\$673.11	\$201.61
Gals of Woodland Park	\$0.00	
Garage Meeting	\$260.00	\$100.00
Gift of the Heart	\$0.00	
Good Ole Boys	\$150.00	
Half Pint Group	\$117.00	
Happy Destiny	\$416.98	
Happy Heathens	\$0.00	
Happy, Joyous & Free	\$100.00	
Happy Hour	\$207.75	
Hilltop AA Meeting	\$0.00	
High Noon	\$198.00	\$20.00
H.O.W.	\$94.69	
Hugo Group	\$0.00	
Into Action	\$390.00	
Keep it Simple	\$0.00	
Keystone to Recovery	\$200.00	
Lake George Group	\$90.00	
Last Chance	\$0.00	
Little Log Group	\$0.00	
Living Free	\$231.05	
Living Sober	\$125.00	\$125.00

Living Sober South	\$194.62	\$25.12
M.A.G.	\$442.70	
Motherlode	\$0.00	
Natural High	\$0.00	
New Beginners	\$396.63	
New Woman	\$781.04	
Noon Meetings @ Clean Slate	\$137.01	\$137.01
Northwesters	\$510.00	\$250.00
Not A Glum Lot	\$150.00	
Oasis Group	\$276.11	
Off The Wall	\$161.83	
Old North End Study Group	\$131.50	
Outright Mental Defectives	\$0.00	
Pass It On	\$0.00	
Passed The Bar	\$0.00	
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$200.00	
Pre-Dawn Meeting	\$300.00	\$100.00
Progress Not Perfection	\$438.33	\$169.55
Recovery in Action	\$197.27	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$556.64	\$169.80
Security Eye Opener	\$0.00	
Serenity Hour	\$225.00	\$50.00
Serenity Riders	\$462.13	\$162.99
Serenity Sisters	\$200.00	\$200.00
Silver Key Seniors	\$95.00	
Solutions at Noon	\$255.23	\$26.99
Steel Magnolias	\$242.32	\$86.01
Stepping Stones	\$0.00	
Sunday Morning Speaker	\$900.00	\$480.00
Sunday Night Big Book Study (Clean Slate)	\$190.00	
Sunlight of the Spirit - Women's 12x12	\$106.35	
Taking Steps	\$679.50	\$250.00
The Doctor's Opinion	\$0.00	
Then and Now	\$238.00	\$140.00
Thursday Mens	\$1,050.00	\$300.00
Thursday Noon--Woodland Park	\$100.00	\$50.00
12@12 Group	\$32.67	
Ute Pass Breakfast	\$0.00	
Veterans for AA	\$200.00	
Walk the Talk	\$2,467.00	\$360.00
Walking on Water	\$200.00	
We Are Not Saints	\$871.03	
Wed. Westside Womens	\$196.91	
Westside Eye Opener	\$353.44	\$56.56
Womens Step Study-WP	\$0.00	
Woodland Park Beginners	\$120.00	
Woodland Park Book Study	\$190.00	
Young People	\$1,158.82	
Totals:	\$19,114.11	\$3,677.53

*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.

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

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## **Love at First Sip**

*A young woman chronicles her torrid relationship with alcohol*

The first time I got drunk was Valentine's Day 2000 and I fell hopelessly in love. I was at Lindsey's, her parents were out of town and we raided their liquor cabinet. I was 15 and hanging out with the cool girls. We were unsupervised teenagers on a Friday night which was reason enough for us all get drunk.

Like the other girls that night, I drank a lot but something happened to me that was different than the

rest. I became excited, my heart starting racing, and a tingly feeling took over my whole body. This new sensation ran through me like an electric shock streaming from my fingers to my toes, tickling every part of my body. Soon that tickle turned into a comfortable numb. Once my body went numb I became manic. I felt alive, free, completely uninhibited and unafraid. I had reached the oasis and I was never going to leave.

I realized with this new numb I could let go and do whatever I wanted. The pressures and insecurities that seemed to dominate life quickly melted away. The other girls cozied up on the couch drinking and talking about boys. Me, I was completely high and determined to get higher. I started running. I ran all over the porch like a dog chasing its tail, no destination in mind just running.

I was hysterical too, cackling as I ran fiercely through the house. I ran circles around the den, jumping off the walls and

catapulting myself into the cushions of the pull-out bed. Tears ran down my face as I laughed so hard and the words poured out of my mouth, "Jesus is my friend and he loves me drunk!"

I continued to drink as the others slowed down. I was, as I sang loudly many times that night from what seemed like the top of the Chrysler building, utterly wasted. I wasn't sure exactly what was happening to me, but I liked it, and I knew I needed more of it.

That Valentine's Day I fell in love — a love that would

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consume the next 9 years of my life. My love affair with booze was like that of any toxic, torrid love affair. I knew this relationship was doomed from the beginning, but I did it anyway. I realized I needed alcohol and that I depended upon booze to be okay with myself. This complete and hopeless dependence on something outside of me was dangerous. As with many bad relationships, I tried ending it many times. We'd break up and get back together over and over again.

Each time I was burned by booze, I promised myself with fiery will and determination, that this was it, "I am never drinking again, we are through!" But I crumpled and always seemed to go back. No matter how bad it got, I couldn't manage to leave. I would abandon all good things in my life for this toxic rollercoaster relationship. I would lie for it, steal, cheat, manipulate, con, beg, sell myself out, and leave anyone behind for it.

Nothing else seemed to matter. We would be together at any cost. I couldn't and didn't want to live without

it. I knew booze was bad for me, we were a terribly, deadly match, but I didn't care. This relationship became an obsession that I would defend for the next several years, one I would try to control to overcome, and eventually, one I had to accept was going to ruin me and take my life.

This love affair of mine and alcohol was not a complete waste. Like most of the men

**Instead of wiping out the past,  
I have come to appreciate it,  
keeping it all true all mine, the  
good, the bad and the ugly.**

I have been involved with, I too learned a lot from this 9 year relationship with the bottle—about myself, the people in my life, what's real, what's not, accepting my shortcomings, getting honest with the world and facing it, and knowing and accepting ultimately who I am.

The life I live now would not be possible if I didn't go through this insane love. Live and learn has been a valuable message for me, one I used to think was reserved only for screw-ups and has-beens, but now realize it's for anyone who can renounce some level of

pride and be okay with the way their life has been and maybe even gain something from their trials too.

There were times I was ashamed of my past, haunted by the ghosts of the men I was once involved with, and wanted to shut out the way things were and forget all the mistakes I made. Not anymore. I treasure the blunders and imperfections. When some people sober

up they talk about starting over—about erasing the past and not looking back, but life is linear and for me this approach is incomplete.

Instead of wiping out the past, I have come to appreciate it, keeping it all true all mine, the good, the bad and the ugly. I have been in more bad relationships than I wish to admit, but I do not regret a single one of them. I have dated my fair share of drunken, depressed, lonely cowboys, and a few normal fellows too. Each one has helped me learn something new.

For example, I know now I don't ever want to be with a 34-year-old man who wears gold studded t-shirts that say, "I dig hot moms!" Nor do I want to be with someone who quotes Socrates when I say I love you. I know now I don't want to be with self-loathing, insecure men who are angry at the world. I just want someone who likes himself and can make me laugh. Of all my bad relationships and breakups, ending it with lady liquor was the most significant move I made for myself, my family and my fellows. Booze, like all the men who have come and gone, has taught me a great deal but does not define me.

I am an alcoholic. I am 494 days sober. I have a sponsor, I go to AA meetings and I work the Steps. This is a part of who I am, but not all of who I am. I am more than a recovering derelict. I am more than my imperfections, more than my disease, more than my struggle. I am more than my recovery and my sobriety. I am grateful to be sober, I am proud of what I have overcome, happy to help and know fellow drunks.

—Anonymous

## STEP UP INTO SERVICE!

### CPC/PI COMMITTEES WANT YOU!



Both committees are very busy and always have opportunities for service! Please go to either of their monthly meetings to get involved!

Cooperation with the Professional Community meets the first Saturday of every month at 1:30 p.m. at 7 E. Bijou. Public Information meets the 1st Saturday - 2 p.m. - Penrose Main, 2222 N. Nevada Ave., Volunteer Coordinator Conference Room

The following Service Positions are currently OPEN and NEED to be filled! Please contact the Service Office or come to the next Intergroup Meeting Tuesday November 9th to learn how you can become involved!

Co - DCM (District Committee Member)  
Public Information Committee - Vice Chairperson

NIGHTWATCH has OPEN POSITIONS!!!

Contact Bob at [nightwatch@coloradospringsaa.org](mailto:nightwatch@coloradospringsaa.org)

The TREATMENT COMMITTEE NEEDS volunteers!  
Contact Michael at [treatment@coloradospringsaa.org](mailto:treatment@coloradospringsaa.org)

To submit your group's sober birthdays to The Pint, please e-mail a list of names and the amount of years each person has to: [PINT@COLORADO-SPRINGSAA.ORG](mailto:PINT@COLORADO-SPRINGSAA.ORG).

Solutions at Noon	
Ashley H.	1 year
Brock A.	26 years
Dale P	4 years
Michael R	1 year
Todd C.	27 years
Lamar S	3 years
Stephen K.	18 months
Tuesday New Woman	
Sharon W.	12 years
Cathy P.	21 years
Ellen K.	26 years
Maile	3 years
Shelley D.	3 years
Adrienne S.	1 year
Julie Z.	1 year
Friday Women's	
Dolores N	3 years
Stacy W.	9 years
Pat H.	10 years
Marti B.	27 years
Mary Ann S.	3 years

June S.	31 years
Lori B.	6 years
Molly W.	6 years
Anne M	3 years
Susan U.	3 years
Judy B.	1 year
Happy Hour	
Angela C.	8 years
Bert B.	3 years
Chris S.	7 years
Dolores N.	23 years
Gary D.	3 years
Heather H.	2 years
Kathy F.	4 years
Lauri R.	24 years
Paul G.	22 years
Phil W.	2 years
Walk The Talk	
Calvin	2 years
Steve P.	1 year
Jim N.	32 years
Tina N	32 years

Kristen	3 years
Buzz	5 years
Suzanne	1 yr.
Joe R	7 years
Eric W	20 years
Karla S	25 years
Will	1 years
Deborah E	21 years
Mica E	24 years
Chris W	3 years
Ted A	14 years
Roger	8 years
Andy C	23 years
Steve B	20 years
Carolyn D	3 years
Arlene	3 years

# HAPPY BIRTHDAY!



# AA AT A GLANCE ~ DECEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 CPC(Downtown) 1:30 p.m. PI (Penrose) 2 p.m.
8	9	10 Intergroup Meeting 7pm First United Methodist	11	12	13	14 Treatment Committee 1 pm Penrose
15	16	17	18	19	20 Submit Milestones & Letters to the Editor to The Pint	21 Corrections 9 a.m. Sacred Heart
22	23	24	25	26	27	28
29	30	31				

## Monthly Committee Meetings

### The Board

1353 S. 8th St. - Suite 209  
1st Monday - 6:30 p.m. - Service Office

### Corrections

2021 W. Pikes Peak Ave. - Room 6  
3rd Saturday - 9 a.m. - Sacred Heart

### CPC

7 East Bijou St. - Room 205  
1st Saturday - 1:30 p.m. - Downtown Group

## District 7

3rd Tuesday - 7:30 p.m. - First United Methodist Church,  
420 N. Nevada - Room 135 (access Boulder St.)

### Intergroup

2nd Tuesday - 7 p.m. - First United Methodist Church,  
420 N. Nevada - Room 135 (access Boulder St.)

### Public Information

1st Saturday - 2 p.m. - Penrose Main, 2222 N. Nevada  
Ave., Volunteer Coordinator Conference Room

### Treatment

2nd Saturday - 12 to 1 p.m. - Penrose Main, 2222 N.  
Nevada

# Meeting in Print

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This may cause little more than a follow-through problem in a normie, but in an alcoholic such character defects can be, well, deadly.

We might get comfortable in sobriety, stagnating on this or that particular step, letting more and more time lapse between sponsor calls, paying little more than lip service to service. We might rest on our laurels just a while, pretty soon to find ourselves thinking maybe we could try drinking again. Maybe we could handle just one? Maybe we don't need AA or the bloody 12 steps after all.

How cunning this disease is to engage us in such a tango. All exaggeration aside, to think these thoughts, for this alcoholic, is to dance with Death itself. And sometimes the reality of death is just what we need to save ourselves from the misery sure to ensue if we indulge that kind of thinking.

My cousin, Jimmy, a sometimes-friend of Bill for years, became another victim of the co-conspirators of alcoholism and suicidal ideation shortly before Christmas. The news was shocking and tragic, and left my family reeling in a wake of whys and coulda, shoulda, wouldas.

Jimmy's demons were many and confounding and my heart ached with empathy — for only another alcoholic can know that abysmal morass of despair, that hell. Most, if not all, of us have been there.

My emotions were a swirling maelstrom in my guts those first few days following that sad call — sorrow, a bit of guilt (survivor's?), some anger, incredulity, but mostly, and oddly for me, gratitude. I'm incredibly sad that this was Jimmy's fate and yet nearly prostrate with gratitude that I found AA when I did, because I am certain I would've met a similar fate.

Unfortunately, I'm not unique in this regard. It is well and good to share the solution (along with our experi-

ence, strength, and hope) in the blessed rooms of AA, but we should never proceed in recovery too far or too fast to forget this reality: alcoholism is progressive and fatal if untreated. Period.

Whether by suicide, car accident, poisoning, or the living soul-death that is alcoholic misery, this disease claims, indiscriminately, all who cannot or will not stay sober. A harsh reality it may be, but true nonetheless.

It isn't my business, nor can I waste time grasping for purchase on the slippery slope of why some of us make it out and some don't. Those decisions are far too big for me. What I can do is honor Jimmy, and others before and after him, by staying true to myself, working the steps, and sharing my experience, strength and hope with other alcoholics.

And though I will miss my cousin dearly, I am humbled and grateful for the stern reminder.

### Last month's winning caption from global fellowship



*“Do you know how sick I am of that joke about bar-hopping?”*

*~Mike M, Watertown, NY*