



THE PIKES PEAK PINT

November, 2017

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

New, sober holidays

I'm an alcoholic named Tom and a grateful sober member of Alcoholics Anonymous. My sobriety date is Oct. 11, 2013.

My story and how I stay sober during the holidays is probably not much different than others. I hope those of you reading this find my experience, strength, and hope useful in your own journey in recovery.

Before my last drink, my holiday season revolved around drinking. I simply do not remember many Thanksgivings and Christmases. When I sobered up in October 2013 the holidays were the last thing on my mind. My world was falling down around me and I had no clue what to expect. After I quit drinking, my sponsor told me the holidays may be a difficult time for me because I was so early in sobriety.

Boy, was he right.

My first Thanksgiving sober I was less than 60 days in and working my

Third Step. I had been around alcohol but only for professional events. My wife and I had not spoken much to the extended family about it. Before walking into my in-laws' home that cold, fall day, I remember saying the Third Step prayer and asking for strength because the obsession to drink had not yet been removed.

If my home group didn't meet on Thursdays and if I didn't hold a service position as the coffee maker, I wonder if the obsession would have been more prevalent than it was. What I do recall were the words in the Big Book ringing in my ears while sitting at the dinner table. I thought of a few sentences where it talked about us alcoholics drinking to find the conviviality and pleasures of the past. That, along with the meeting I was to attend at the end of the evening reminded me of several

See HOLIDAYS page 9



Discomfort disappears with a drink

I was born to alcoholic and bipolar parents. A naturally obsessive kid, initially with sports, fleetingly with academics, and with virtually any other activities I undertook, I had my first beer at 10 years old with my best buddy, stealing them from his dad's stash.

Before that beer was halfway done, there was a warming, peaceful feeling that came over me.

I knew I wanted more of it.

As a kid, I felt uncomfortable in

social situations. This discomfort vanished when I drank alcohol. In my early teen years, my friends and I drank most weekends. By my junior year in high school I was drinking most days.

After heading off to college and my drink-filled freshman year, I got serious about my education and limited my drinking to mostly weekends. I was able to maintain this weekend drinking routine through my mid-20s when I started

drinking every night after work and virtually all weekend. Despite my constant morning hangovers, I seemed to be able to perform relatively well at my work and develop professionally.

This ability to function well at work and in the eyes of society masked what I now know was a serious problem called alcoholism. I knew I couldn't keep drinking that

See *JUMP* page 6

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.

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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.

TRADITION 11 CHECKLIST:

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 AA sobriety attractive enough that a sick drunk would want such a quality for himself?

THANK YOU FOR YOUR GROUP CONTRIBUTIONS:

GROUP (2017/2018)	YTD	Sept.
A Common Solution	\$70.00	\$0.00
12 Steps From The Morgue	\$181.50	\$0.00
Apex	\$193.43	\$0.00
Back to Basics	\$589.75	\$90.36
Beacon Light Group		
Big Book Action	\$150.00	
Big Book Study UPH		
Black Forest	\$357.13	
Broadmoor		
Brown Baggers		
Central	\$10.00	
Clean Air Group		
Don't Worry Be Happy	\$807.21	
Down By The Creek		
Downtown Group	\$524.09	
Drylander's Group		
Easy Does It	\$854.74	
Ellicott Group	\$302.00	\$302.00
4th Dimension Rocketeers		
Foxhall Group	\$250.00	
Friday Night Live	\$401.00	
Friday Women's Group	\$450.00	
Good Ole Boys	\$200.00	\$100.00
Happy Destiny	\$218.47	\$218.47
Happy Heathens		
Happy Hour		
Happy, Joyous & Free		
High Noon	\$70.00	
H.O.W.		
Into Action	\$136.65	
Keystone to Recovery	\$100.00	
Lake George Group	\$240.00	\$240.00
Limon AA	\$25.00	
Little Log Church Group	\$34.00	
Living Free		
Living Sober South	\$151.13	
M.A.G.	\$422.00	
Meditation Group		
Natural High		
New Beginners	\$380.74	\$202.50
New Woman	\$376.50	
Northwesters		

GROUP (2017/2018)	YTD	Sept.
Off The Wall	\$71.92	
Old North End Study Group	\$94.03	
One Six Four Group	\$158.63	
Pre/Dawn Meeting	\$310.00	\$120.00
Primary Purpose	\$150.00	
Progress Not Perfection		
Recovery in Action	\$450.00	\$223.00
Recovery, Unity, Service Group		
Saturday Early Morning Mtg.	\$737.00	\$333.60
Saturday Morning Anonymous		
Security Eye Opener	\$245.00	
Serenity Hour	\$300.00	\$50.00
Serenity Riders	\$237.47	
Serenity Sisters		
Sober Sisters	\$52.62	
Solutions at Noon		
Sought Through Prayer & Meditation	\$98.48	
Steel Magnolias	\$164.78	
Stepping Stones		
Sunday Morning Speaker		
Sunlight of the Spirit	\$200.00	
Taking Steps		
The Doctor's Opinion		
The Garage Meeting	\$52.00	
Then and Now	\$189.61	
Thursday Men's Group	\$150.00	
Thursday Noon//WP	\$61.53	
Traditions Only		
Treating The Illness		
Turning Point		
Ute Pass Breakfast Group		
Veterans for AA	\$75.00	
Walk the Talk	\$3,050.00	\$925.00
Walking on Water	\$120.00	
We Are Not Saints	\$879.79	
Westside Eye Opener		
Women of Grace	\$145.00	
Woodland Park Beginners		
Woodland Park Book Study	\$250.00	
Woodland Park Women's Step Study		
Young People	\$679.79	\$679.79
Totals:	\$16,435.99	\$3,502.72



Meeting changes ...

Glum? Not *these* chaps!

Here's a new group, a new meeting: We are not a Glum Lot meets Mondays through Fridays at noon at the Rocky Mountain Recovery

Foundation, 4360 Montebello Drive, Ste 700.

All meetings are open discussion, and it is wheelchair accessible. The Un-Glum also meet Mondays, Wednesdays and Fridays at 6 p.m.

Primary Purpose changes

The Primary Purpose Newcomers meeting Tuesdays at 6 p.m. will meet for the last time Oct. 31.

On Nov. 7, it will become a closed group. Same time and place, but a new name: New Woman's meeting.

Group cancelled (frown emoji)

The Primary Purpose Woman's meeting that had gathered at 4:30 p.m. Thursdays at 3958, Suite 103 has stopped meeting.

They speak, we listen, we learn

Speakers for the Saturday 6 p.m. meeting at Walk

The Talk will be:

- Nov. 4, Jessie
- Nov. 11, Bill D.
- Nov. 18, Ryan T.
- Nov. 28, Sean M.

H.O.W. to move? Here's *where*

The H.O.W. meeting on Mondays at 7 has moved to St. Andrew's Church, 808 Manitou Ave., Manitou. Enter on the lower side of the building on Canon Avenue. Parking on Canon is **FREE** after 6.

... and other news

Landmark temporary closure

The Landmark meeting Wednesdays at 5:30 is indefinitely postponed, due to asbestos and mold.

The search is on for a new venue.

Service opportunity

Robin at the Service Office occasionally needs volunteers to help her wo-man the office.

Please call 573-5020 to help.

New meeting downtown

We have a new Thursday night 7 p.m. discussion meeting at the Downtown location, 210 N. Corona.

NEW group meets On Post

A new, closed meeting called The 11th Hour has begun on the Fort Carson Army Post. Military AND civilians meet Mondays at 6 p.m.

This is great news, and it needs YOUR support. Folks who want to attend must have no warrants for their arrest and they have to bring a photo ID and their vehicle registration.

It meets at the BBC Community Building, 4355 S. Funk Ave.

Here's how to get there: From I-25, take the south Academy Boulevard exit and head west. Turn left at the light at Westmeadow Drive and go through Gate 3. Turn right on Funk Avenue. Take the first left to park.

This is called white space

He reached the jumping-off point

JUMP from page 2

way forever, but simply believed it “logical” that I would “naturally” stop drinking when I got married and had kids.

My mother had gotten sober when I was still in high school and married a recovering alcoholic when I was in my early college years. Both were devoted AA fellows. Through them, I became familiar with AA as a concept, but the ideas of believing in a “higher power” and the other AA concepts I familiarized myself with at the time seemed quite extreme. I just had a tendency to drink too much and was sure I would be able to solve the problem myself.

I met my wife in my late 20s. She was pretty, funny, smart and liked to drink. One particularly nice quality she had was she didn’t think it too strange that I drank a 12-pack of beer every night when we didn’t go out to the bars. Like me, she thought as a reasonably successful professional who functioned well, even when drinking, I’d stop when it made sense to do so.

We were both wrong.

In the ensuing years after we got married, we had four children, I started my own business and my drinking got WORSE, not better as planned. My efforts to stop drinking became frequent. Looking back on it, in many ways I was worse off when I wasn’t drinking. A true “dry drunk,” I was often angry and irritated with the people and situations I encountered in life and constantly thinking about how drinking alcohol would “solve” the situation. I didn’t know how to live life with-

out alcohol.

Inevitably, I returned to drinking and my bouts of sobriety became shorter and shorter each time I “quit.” As I saw it, alcohol was my only “way out.” I would just have to learn more about how to manage my drinking. Soon, drinking became necessary and I started to violate all of the rules that I had made for myself. I promised myself that I would seek help if I started drinking during the work/day, or the nights before important business events.

I called a cousin who had gotten sober through AA and told him I wanted to stop drinking. He told me he had been “keeping a chair warm for me” and to go to 90 AA meetings in 90 days. Of course, I told him that was far too much of a commitment and I didn’t have that kind of time available. It just seemed awfully extreme.

He laughed.

I attended AA meetings sporadically for the next couple of years and it took me three long, painful years to find the rooms of AA for good after that conversation. There was nothing my wife or kids could say or do to make me stop. I had to want it myself. And the only way I would do it was when I arrived at the “jumping off” point mentioned in the Big Book. That place where I couldn’t live with, or without, alcohol.

I did finally get to the point where I was in so much pain about my condition and life in general that I really didn’t seem to care whether I lived or died. I finally made that 90/in/90 commitment about 3½ years ago.

The 12 steps of AA were a slow and awkward process for me. It all seemed so strange and extreme at first. I was offended at the idea my drinking was just a symptom of a deeper sickness. I fought the idea there was something wrong with me other than I couldn’t stop drinking alcohol and was resistant to the idea I was anything other than a genuinely good guy who had an alcohol problem.

The program told me all I needed was a sincere willingness to believe in a power greater than myself.

That didn’t seem so extreme.

I developed that willingness which became the springboard for my recovery. I began to experience some peace and serenity in life as it is. No preaching, no judging, just a desire to carry on daily living with the proper intentions of helping others and to cease my habit of asking myself what was in it for me. I started to become comfortable with myself and those around me. To be a “part of,” and no desire to “win.”

I still make mistakes and am prone to anger of perceived wrongdoings by and of others. I continue to develop skills at dealing with everyday problems I encounter at work, home and everywhere else life takes me.

Those promises read by meeting/goers when I first arrived in AA which seemed so far/fetched and elusive have begun to be realized in my life. I now believe the best years of my life lie ahead. It’s a design for good quality living and I am lucky and happy to be a part of it. No alcohol needed.

Rob L.

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

719.573.5020

E/mail: serviceoffice@coloradospringsaa.org

COMMITTEE MEETINGS

CORRECTIONS:

9 a.m., 3rd Saturday of the month

Sacred Heart Catholic Church, 21st & Colorado Ave.

PUBLIC INFORMATION:

2 p.m., 1st Saturday of the month

Penrose Hospital, 2222 N. Nevada Ave.

Volunteer Coordinator Conference Room

C.P.C. (PROFESSIONAL COMMUNITY):

1 p.m., 4th Saturday of the month

Sand Creek Library, 1821 S. Academy Blvd.

large study room

DISTRICT 7:

7 p.m., 3rd Tuesday of the month

First United Methodist Church

420 N. Nevada, Room 135 (Boulder Street access)

TREATMENT:

5:30 p.m., 3rd Thursday of the month

Penrose Hospital, 2222 N. Nevada Ave.

Board Room

NIGHTWATCH:

7 p.m., 1st Tuesday of the month

Sacred Heart Parish

21st and Pikes Peak Ave.

Room 10 / Following the New Beginners' meeting

SPECIAL NEEDS and ARCHIVES:

VOLUNTEERS NEEDED

For more info., please visit coloradospringsaa.org

WHERE TO SEND CONTRIBUTIONS

~ AREA SERVICE OFFICE ~

Payable to: 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 ~

Payable to: GSO

P.O. Box 459 / Grand Central Station

New York, NY 10163

(Include group name and number on check)

~ AREA 10 ~

Payable to: Area 10 Treasurer

12081 West Alameda Parkway #418

Lakewood, CO 80228

(Include group name, number and District 7 on check)

~ DISTRICT 7 ~

Payable to: District 7

P.O. Box 26252

Colorado Springs, CO 80936

(Include group name, number and District 7 on check)

~ PINK CAN CONTRIBUTIONS ~

Payable to: Area 10 Corrections Committee

P.O. Box 40368

Denver, CO 80204

(Include group name and number on check)

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pint@coloradospringsaa.org

DO IT TODAY! (Or don't!)

A 'God wink'

I was driving to meet a friend of mine for coffee, and was on the phone with him because I needed directions to the coffee shop.

We had been discussing prayer, and I had just stated the question, "Why do we pray on our knees?"

No sooner had I uttered that statement when I drove by a church, and on the marquee it said, "GOD ANSWERS KNEE-MAILS!" I cried and laughed and called my sponsor and my mom. One more time my HP revealed himself to me.

Abigail A.P.K.

Thank you!

During September, the Service Office received 4 Grateful Giver contributions, 4 Birthday contributions, and 5 personal contributions!

Thanks to your generous donations, the Service Office is able to keep spreading the hope of Alcoholics Anonymous to residents and visitors of the Pikes Peak Region.

HELP!

Here's a great opportunity for service, and it may just help you stay sober over the New Year.

Every year, we have an alcothon from noon New Year's Eve to noon Jan. 1. Along with back-to-back AA meetings, there's lots of fellowship, fun, food, frivolity, and friends.

An event like this doesn't happen without good quality help. That's where YOU come in. We need help with

coffee, security, child care, meeting chairs, concessions, finance, and much more.

If you want or are called to do some service work, please attend the planning meetings, Thursdays (except Thanksgiving) at 6 p.m. at the Area Service Office, 1353 S. 8th St.

The alcothon will be held at the Hillside Community Center, 925 S. Institute St.

Questions? Call the service office at 573-5020.



You CAN stay sober during the holidays

HOLIDAYS from page 1

Thanksgivings before this one where I was at the depths of my bottom.

When the meal was over and my extended family continued to drink wine to celebrate, I excused myself and left to be with my AA family. I told everyone, “I’m going to a meeting.”

At that time I started to feel hope. This was one of the “firsts” we talk about in the rooms. This was the first major holiday in 20 years that I didn’t make a fool of myself and I could or more importantly *wanted* to remember the occasion.

By that Christmas I was well into my Fourth Step and had become one of the whole in AA. I took several days off between Christmas and New Years and poured myself into meetings. My wife (not one of us) and our daughter joined me for a potluck at one of the clubs in town. That was a first. Then I joined my sponsor, grand-sponsor and a few other AAs to attend my first alcothon. There again I encountered new firsts. I chaired the meeting my group had signed up for and enjoyed bringing in the New Year sober and lucid for the first time in years.

As most things do, life and my journey in sobriety continued on. The year that followed, by the grace of God, the obsession had been removed and I was no longer uncomfortable around alcohol.

That second Thanksgiving, I remember reflecting on the previous year and the progress my higher power and the AA program had allowed me to experience. An overwhelming feeling of gratitude filled me and I could not wait to be a part of the festivities.

Like the year before, at the end of the meal I excused myself, saying to the family, “I need to leave and go to a meeting.” My wife’s aunt then said, “Tom, why are they making you work holidays these last few years?”

I hadn’t laughed that hard in some time.

I then explained to her and everyone else listening that I was an alcoholic and I was not leaving to attend

a business meeting for work, but was leaving to meet with my AA family. My wife’s aunt said she had noticed something different about me and now she knew what had changed.

No one prepared me for feeling emotions again once alcohol was removed from the equation, but that second sober Christmas was a hard one. A very dear friend of mine and the program passed away sober. Like it was yesterday, I remember my sponsor and me getting the call sitting outside a meeting. We were both overcome with emotion. We found beauty in this experience in that our friend graduated and was no longer in pain. The tools from the program kicked in. A drink was the farthest thing from my mind. We attended the alcothon again but without him. With everything that happened I was still sober, being of service and working my program.

Megapixl.com I attribute the incredible memories I have of that holiday season to

those tools I learned in AA. Equally important was that I was finally able to be there for my wife, daughter and the bun in the oven that year in mind, body and spirit.

Today I stay sober during the holidays doing the exact same things I did in the beginning. I surround myself with other AAs, go to my home group after Thanksgiving dinner and try to stay in the moment. There are so many distractions and stresses that can distract me from what’s truly important and pull me back into old behavioral patterns. Sometime I feel myself slipping into that negative way of thinking, but then I remember my wife’s aunt asking me about having to work because I was leaving to go to a meeting. Immediately I laugh, say a quick prayer, and try and do something for another person.

That is how I stay sober through the holidays, but I would be remiss if I didn’t leave you with this: Yes I am sober, but more importantly I am truly present for my family and friends. I am living life and trying my hardest to live that life by the principles of the program of Alcoholics Anonymous.

Humbly, Tom M.





2017 ANNUAL GRATITUDE DINNER

November 11th, 2017

@ Oddfellows Hall

575 South Union Blvd.

Colorado Springs, CO 80910

Dinner @ 4pm

Speaker #1 Alice @ 6pm

Speaker #2 Joey @ 6:30pm

Main Course Spaghetti Dinner