



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

Pikes Peak Pint

October

2011



AREA MEETING CHANGES, DELETIONS, ADDITIONS

- **CELEBRATING DIVERSITY** (Open) Gay Friendly discussion is **CHANGING LOCATIONS AND TIME** from Tuesdays at 7 p.m. at the MCC church to 2508 E. Bijou St. on Mondays at 5:30 p.m.
- **VETERANS FOR AA** (Closed) Veterans and active duty only that meets at 25 Spruce Street, 3rd floor, VA Building is **CHANGING TIMES** from Tuesdays at 4 p.m. to Mondays at 4 p.m.
- **THE PRE DAWN MEETING** (open, handicap access) Discussion that meets at 1769 S. 8th Street, Bldg. P, Clean Slate Meeting Place **CHANGED** times from 6:15 a.m. to 6:00 a.m and now **MEETS 7 DAYS A WEEK.**
- **THE LIVING SOBER SOUTH GROUP** (open,) Living Sober Book study that meets Thursdays at 10 a.m. at 1769 S. 8th Street, Bldg. P. Clean Slate is **MOVING OCT. 6** to Peak View Church of God, 401 W. Bijou St. (Spruce and Bijou).

I Am an Alcoholic

It was just an average day at the store. The usual mix of people looking to alter their current state of mind for whatever reason. The funny thing is I can relate to each and every one of them. Maybe this is why I enjoy working there as much as I do. It helps me witness my disease in its various phases progressing to the point where I needed to ask for help. I know I'm alcoholic because I used to look at altering my state of mind on a daily basis. Any feeling or emotion was good reason to drink. Alcohol would intensify whatever mood I was in. If I was angry, I'd get angrier; if I was sad, I'd get sadder; if I was confused, I'd get even more confused and if I was already happy, Yeeeeee Ha...

I know I'm alcoholic because to me alcohol wasn't the problem alcohol was the answer. No matter the situation no matter whom with, whether it is my

wife, boss, teammates, neighbor or the guy in the car next to me it didn't matter. If I had a problem with any of them alcohol always came to solve that problem. A couple of drinks and the issues didn't matter any more. Alcohol was the answer and it seemed to work every time...

I know I'm alcoholic because I could have really important things to do and stop for one drink to calm my nerves. Then find myself the next morning wondering how much damage I did. Hoping to be able to mend a business relation or hoping my wife isn't too upset. Hoping I still have the mortgage payment and hoping I didn't wreck the car.

I know I'm alcoholic because when I take a drink, the drink takes a drink

Continued on Page 5



The Grapevine online, www.aagrapevine.org, started a new feature asking readers to suggest the caption for cartoons. What Caption would you suggest?

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
Web site: www.coloradospringsaa.org

Contact the Service Office for Intergroup Information or Chair phone numbers.

DISTRICT COMMITTEES

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

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

PINT
Adrienne A. - Chair
OPEN - 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
Tony G. - Chair
Rory S. - Vice Chair
archives@coloradospringsaa.org

CONTRIBUTION ADDRESSES*

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 August
we received
5 Grateful Giver contributions &
4 Personal contributions!

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

GROUP NAME (2011-2012)	Yr. to date	August
Above The Bar Group	\$0.00	
Apex	\$235.00	\$145.00
At The Inn	\$0.00	
Back to Basics	\$177.77	
Beacon Light	\$0.00	
Big Book Action	\$206.38	
Big Book Study UPH	\$250.00	
Black Forest	\$254.91	
Breath of Life	\$0.00	
Broadmoor	\$50.00	
Brown Baggers	\$0.00	
Celebrating Diversity	\$0.00	
Central	\$5.00	\$5.00
Clean Air Group	\$0.00	
Don't Worry Be Happy	\$106.80	
Down By The Creek	\$45.00	
Downtown Group	\$0.00	
Drylander's Group	\$32.46	
Easy Does It	\$225.00	\$100.00
Ellicott Group	\$100.00	
Eye Opener	\$0.00	
1st 164 Pages	\$0.00	
4th Dimension	\$0.00	
Far North Group	\$0.00	
1515 Meditation Group	\$40.80	
Fountain of Sobriety	\$0.00	
Foxhall Group	\$150.01	\$81.39
Freedom From Bondage	\$0.00	
Friday Night Live	\$150.00	
Friday Women's Group	\$0.00	
Gals of Woodland Park	\$0.00	
Garage Meeting	\$160.00	\$100.00
Gift of the Heart	\$0.00	
Good Ole Boys	\$150.00	
Happy Destiny	\$294.40	
Happy Heathens	\$0.00	
Happy, Joyous & Free	\$0.00	
Half Pint Group	\$117.00	
Happy Hour	\$86.50	
Hilltop AA Meeting	\$0.00	
High Noon	\$111.00	\$20.00
H.O.W.	\$0.00	
Hugo Group	\$0.00	
Into Action	\$210.00	
Keep it Simple	\$0.00	
Keystone to Recovery	\$100.00	
Lake George Group	\$0.00	
Last Chance	\$0.00	
Little Log Group	\$0.00	

Living Free	\$178.06	\$74.43
Living Sober	\$150.00	
M.A.G.	\$301.70	
Motherlode	\$0.00	
Natural High	\$0.00	
New Beginners	\$195.13	
New Woman	\$306.98	\$194.60
Northwesters	\$260.00	
Not A Glum Lot	\$0.00	
Oasis Group	\$144.99	
Off The Wall	\$99.97	
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	\$0.00	
Progress Not Perfection	\$184.82	\$69.63
Recovery in Action	\$126.87	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$386.84	\$239.84
Security Eye Opener	\$0.00	
Serenity Hour	\$105.00	\$40.00
Serenity Riders	\$299.14	
Serenity Sisters	\$0.00	
Silver Key Seniors	\$75.00	\$25.00
Solutions at Noon	\$191.92	
Steel Magnolias	\$79.50	
Stepping Stones	\$0.00	
Sunday Morning Speaker	\$420.00	
Sunday Night Big Book Study (Clean Slate)	\$40.00	\$40.00
Sunlight of the Spirit - Women's 12x12	\$106.35	\$106.35
Taking Steps	\$400.00	\$200.00
The Doctor's Opinion	\$0.00	
Then and Now	\$0.00	
Thursday Mens	\$650.00	\$250.00
Thursday Noon--Woodland Park	\$50.00	
Ute Pass Breakfast	\$0.00	
Veterans for AA	\$200.00	\$100.00
Walk the Talk	\$840.00	\$240.00
Walking on Water	\$100.00	
We Are Not Saints	\$438.60	
Wed. Westside Womens	\$0.00	
Westside Eye Opener	\$215.66	
Womens Step Study-WP	\$0.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$150.00	
Young People	\$680.00	
Totals:	\$11,026.06	\$2,031.24

**From
Page 1**

and the drink takes me. Once I have taken that first drink I'm done and you know what, I don't care.

I know I'm alcoholic because I thought about alcohol every single day and I still think about alcohol every single day.

I am fortunate that I didn't lose my house, my job, my wife, my car or anything material. What I was losing was my mind. My demons and the circles of insanity kept spinning getting bigger and bigger and crazier and crazier until finally one day in early December I asked for help.

I prayed, asking God for some relief from the madness I had woven into my day-to-day life. I made a decision to stop drinking and then I made a phone call. I called a man I knew was in the program, a man I trusted and a man I respected. We talked until I lost the signal but what I got from that conversation was hope, courage and the desire to finish that day without alcohol.

I haven't had a drink since and I won't have one today but, I can say that I still think about alcohol everyday. I face my demons head on with an unrelenting push. My demons are relentless so I have to be relentless. I have to take the tools of recovery, the basic outline from the Big Book and the fundamental principals of the program and weave these into my day-to-day living so that I can keep my demons at bay.

I think about alcohol everyday but not when and where to use it. I think about alcohol everyday to keep it from using me.

I take a short amount of time every morning to reflect on the day before, outline the day I'm in and prepare for the day to come. I journal, I go to meetings, I get involved with my home group, I'm in touch with at least one other alcoholic every single day and I pray.

The fellowship of Alcoholics Anonymous is a powerful tool that can be utilized in everyone's life at many different levels. The fellowship of Alcoholics Anonymous saved my life and I know now, more than ever, that we must hang together lest we die alone.

*Rod Q.
WTT*

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

1

0

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

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

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

STEP UP INTO SERVICE!

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

The TREATMENT COMMITTEE NEEDS volunteers!

Contact Michael at 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@COLORADOSPRINGSAA.ORG. Please have birthdays and any other announcements or editorials your group would like to contribute submitted by the 20th of each month to ensure enough time for publishing. Thank you for all of your participation and CONGRATULATIONS to everyone celebrating a MILESTONE OF RECOVERY!

Walk the Talk	
Tim D.	4 yrs
Scott G.	13 years
Melissa S.	1 year
Michelle	2 years
Lynn R.	8 years
Thea S.	4 years
Wess	1 year
Bill B.	20 years
Charlie S.	9 years
Susan M.	4 years
Karri	4 years
Mike G.	4 years
John G.	3 years

Ellicott Group	
Ross H.	8 years
Solutions @ Noon	
Alan R.	2 years
Greg W.	3 years
Hubert W.	3 years
Joanie S.	1 years
Steve C.	1 years

HAPPY BIRTHDAY!

AA AT A GLANCE ~ SEPTEMBER 2011

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

What the Water Gave Me

*By Kimberly Holcomb
Living Free Group*

I thought this land was scorched
barren
a derelict nuclear cleanup plant
the sun, a merciless middle finger
to mercury
to life

My choice was to walk
until I couldn't
until I'd wither to bone-white dust

or sit
until i couldn't
until i'd wither to bone-white dust

Bukowski said
what matters most
is how well you walk through the
fire
Some other bastard said
if you're going through hell
keep on going

so the thirsty poet in me
chose the former option
began to move
an ambulatory contortionist
a mobile question mark
bent under the bulk of bravado
battered by that oppressive ball
of fire
of self-will

so long
I forgot the color
Green

so long
I forgot
to remember
a cool zephyr
on hot skin
so long
navigation seemed
a moot point

but when the cracked terra cotta
ground
cloyed for passing the time
when the best i could muster
anymore
was the hope to hope
for hope
when all I could see
was more of the same
and my eyes seemed a lost cause
anyway

i straightened my serpentine
spine
said
do not blink No Matter What
craned a creaking neck
upward
with the brand of Trust
borne of destitution

I ditched my pack
of old ideas
laid down my sword and shield
my useless tools
emptied my pockets
of of the heaviness of Want

and though the heat was unrelenting
the blindness was sweet

like Mercy

Then
empty and aimless
as surrender
my feet found the impossible:
a Gift of cobalt calm
a reservoir
placid, deep, and clear
smooth and steel

something like resolve

something like restoration

something like strength

I can 't remember if
I didn't know it was there
or if knew it was there all along

but i am tapping it like an addict
now
guzzling it
as only an alcoholic can
awash in this holiness
baptized
reborn

with a soul less like a
colander
and more like a bowl