



THE PIKES PEAK PINT

October 2018

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

'Cupcake Connie' new manager

Connie L., also known as Cupcake Connie, spent 20 years driving a pink Cadillac, having earned it as a reward from the company she worked for at the time for being a top seller.

Driving such a standout vehicle, an icon, she dared not drink alcohol and then drive her car, lest she be pulled over in it and arrested for driving impaired or driving drunk. Her career didn't need the headlines, nor did the company she worked for.

"So my bar was my home," Connie said recently. "I would never drink in public because that Cadillac meant so much to me until I got into AA.

"And then my thinking changed. It's not about those material things ... it's relationship. It's a relationship with my Higher Power, relationship with oth-

er alcoholics."

It was 2011 when she realized she needed to stop drinking. Citing a health problem, she told the corporation she needed to return the car. She wanted to shift the priority of her life from her career to her sobriety. "I can't be worried about quotas. That's why I'm returning the pink Cadillac. I just need to learn how to live sober," she said.

Sept. 4, Connie L. celebrated seven years sober.

Later that month, Cupcake Connie was hired as manager for the service office of Alcoholics Anonymous of the Pikes Peak Region. The service office acts as the region's central distribution point for A.A.

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Growing up with a drunk, then becoming one

My mom was an alcoholic, so growing up, I despised booze. Alcohol turned my mom into someone who burned every dinner, who embarrassed me in front of my friends, who didn't wash my laundry, who never went to any of my school concerts or sports games. Despite this, I always felt my mom loved me.

Nevertheless, I swore I would never drink a single drop in my life.

That lasted until freshman year

of high school.

I went to a varsity boys' soccer party. Of course, ALL the cute boys were there, and of course, they had a keg of beer (remember keggers?), and of course, everyone was drinking. To fit in, I drank some beer.

As if it were yesterday, I still remember that magic elixir as it danced down my throat and its effects fizzed happily to my head.

Immediately, I was pretty and not

so shy ... in fact, confident. My first beer corresponded with my first kiss. That night, I kept drinking, launching my relationship with my new best friend, alcohol.

I wanted more and more.

Throughout high school, I drank on weekends. In college, I drank when I wanted to. I didn't do many drugs, mainly because I couldn't afford it, thank God. But alcohol was available, inexpensive

See Daughter, page 5



New Woman
 Mariellyn M. 46 years
 Kathy F. 41 years
 Angie N. 30 years
 Susan S. 3 years
 Patti T. 3 years

Walk The Talk
 Kevin G. 10/11/17
Tim B. 10/9/17!!!
Spud 10/8/17!!!
Susan H. 10/1/17!!!
 Manny M. 10/23/16

Easy Does It
 Craig V. 10/07/95
 Dan L. 10/18/03
 Darrell L. 10/17/13
 Jade M. 10/24/16
 Jeff C. 10/2/15
 Kevin C. 10/7/01
 Leslee C. 10/10/11
 Peggy S. 10/9/13
 Sam J. 10/17/16
 Scott H. 10/4/09
 Tom M. 10/11/13
 Trisha K. 10/11/80

Serenity Riders
 Brandon P. 10/13/15
 Dan L. 10/18/03
 Everett L. 10/8/82
 Paul H. 10/19/97
 Peggy B. 10/18/90
 Tonia Sue R. 10/10/09

Friday Women
 Peggy C. 40 years
 Cyndi M. 5 years

Happy Heathens
 Kyle C. 1 year!!

We Are Not Saints
 Lee W. 29 years
Lou A. 1 year!!
 Sandra D. 36 years
 Shannon D. 2 years
 Steve D. 2 years
 Wendy M. 9 years

Connie L. celebrated 7 years last month

Cupcakes, from page 1

literature and phone calls from people who want to stop drinking and from family members of those who may be alcoholic. The service office is often the first contact for those seeking sobriety.

Connie's story

From an alcoholic family, Connie L. had been attending Al-Anon meetings in Colorado Springs; her parents and all her siblings were alcoholics. There, she met another Connie, and they became fast friends.

"I was at the meeting because of my parents," she said. But it made her think about her own drinking. So she turned to her friend Connie and asked how she would know if she was an alcoholic?

"She said, 'YOU'LL know.' I hung up and drank six more years."

Six years later, when a family member without a driver's license was court-ordered to attend A.A. Connie L. offered to drive. She also attended the meetings,

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We will be joined by:

Kirk Machin (Colorado
Dept. of Corrections),

Narva Courtney (Colorado
Dept. of Corrections).

Presentations, Panels, Q&A,
fun, food, and fellowship as
we explore service in
Corrections – a special
breed of service!



CORRECTIONS: A Special Breed of Service

**Saturday, October 20,
2018**


11am – 2pm

Central United Methodist Church

4373 Galley Road (Galley & Murray)

Colorado Springs, CO 80915

Your District 7 Corrections
Committee will provide a main
dish – Please bring sides and
desserts for a potluck lunch!



STEP 10:

Continued to take personal inventory and when we were wrong, promptly admitted it.



CONCEPT 10:

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

- Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of “authority” so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of “authority?”

TRADITION 10:

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

TRADITION 10 CHECKLIST:

- 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?
- Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
- What in AA history gave rise to our Tenth Tradition?
- Have I had a similar experience in my own AA life?
- What would AA be without this Tradition? Where would I be?
- Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

She met a different type of alcoholic at detox

Daughter, from page 1

by comparison, and sometimes legal, depending on the state.

... But really. Legal? Who cares about THAT?

Toward the end of college, I suspected I was an alcoholic; I recognized my mom's behavior in myself, and it horrified me. To learn more about alcoholism, for my senior project I checked myself (undercover and sober) into a detox center. This was the place the state patrol took people who were pulled over for DUI. My school assignment was to write about the experience.

At the detox center, as a 20-something who grew up with an alcoholic parent, for the first time I

saw people living a whole different perspective of alcoholic. I saw people with drunken anger, self-loathing, slammed pride, shame, embarrassment, hate, lies, lies, lies. I attended my first AA meeting there. The stories the others told shocked me with how alcohol ruined their lives. My experience with alcohol at this point in my life had been that my mom drank too much and I hated it when she did that ... but it didn't *ruin* her life, or so I thought. My experience with alcohol also at this point in life had been first-hand ... how much *fun* it was to drink. But at the detox center, I witnessed a different kind of alcoholic.

I could have named this assignment: "What WILL Happen If I

Keep Drinking."

I kept drinking.

Fast forward a couple decades, one divorce, and many drunken (bad) decisions later, I was ready to stop drinking. Because I had just started a great new job in a new town, I didn't think I should ask my new boss for 30 days off to go to treatment because he had just hired a drunk. A few times, I tried on my own to not drink. Soon enough, it became crystal clear I needed help.

So I picked up the phone and called AA. After all, AA was never spoken in my house growing up. And, mom had gone to many treatment centers, after which she drank every time ... so with my pickled

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We're so happy you're reading The Pint!

To continue filling this publication, we need your stories. We've run out of original

content, so now it's **YOUR TURN** (yes, you!) to share your experience, strength and hope for others! Submit 600-800-word stories by the middle of the month to pint@coloradospringsaa.org. Call Mary at 970-901-8599 w/questions!



Sponsor: You'll know if you're an alcoholic

Cupcakes, from page 2

and eventually, just like her new friend Connie said, she KNEW she was an alcoholic. Connie became her sponsor.

Cupcakes?

Early in Connie L.'s sobriety, like many, she didn't know what to do with the time that she had previously spent with alcohol. So she called her sponsor, who asked her what she enjoyed doing.

Bake, she answered.

Connie L.'s sponsor suggested

that every time she wanted to drink, that she bake. So she baked and she baked. She was left with dozens of cupcakes and a question of what to do with them. Her sponsor suggested she take the cupcakes to meetings. "That way, you can be of service," Connie L. recalled her sponsor saying.

It didn't take long for the alliterative nickname to take hold.

Her new life

Cupcake Connie enjoys attending morning meetings to kick off her day in a positive way. She car-

ries with her a cheerful, happy, upbeat personality with a welcoming and contagious smile.

Now driving a different car, Cupcake Connie applied for the service office manager job so she could be of service.

"I don't want to be a leader any more. I want to serve other people. I've been a leader a lot of years. I just want to totally give it over to God."

"Every hour. Let me hear and keep my mouth shut," she said.

— *Anonymous*



Meeting changes ...

New meeting at shelter

A new meeting launched at the Springs Rescue Mission, 5 W. Las Vegas St. The open meetings take place Saturdays at 10 a.m.

Saturday nights'

October delights

(notice the iambic pentameter???)

Pretty clever, eh?)

Speakers for the 7 p.m. Saturday Night Live meeting at Walk the Talk will be:

- Oct. 6, Michael W.
- Oct. 13, Jimmy
- Oct. 20, Bill W.
- Oct. 27, Jody H.

... and old news too

Solution is the solution

A new meeting called The Solution now gathers Mondays at 6:30 p.m. at Veteran Coffee Roasters, 1003 S. Tejon St. It is an open meeting.

Meditate on THIS

A new meditation meeting called Seeking Serenity gathers Fridays at the Rocky Mountain Recovery Foundation, 4360 Montebello Drive, Suite 700. The meeting starts at 7:30 p.m.

Big Book group seeks support

The Thursday 6 p.m. Big Book meeting needs support. It's at the First United Methodist Church, 420 N. Nevada Ave., Room 135. Enter through the door facing south on Boulder Avenue.

THANK YOU FOR YOUR GROUP CONTRIBUTIONS, AUGUST 2018

GROUP (2018-19)	Fiscal YTD	April	May	June	July	August	September	October	November	December	January	February	March
A Common Solution	\$0.00												
12 Steps From The Morgue	\$250.00	\$250.00											
Apex	\$170.91	\$170.91											
Back to Basics	\$844.27	\$167.31	\$277.80	\$158.93	\$112.60	\$127.63							
Beacon Light Group	\$0.00												
Big Book Action	\$300.00	\$300.00											
Big Book Study UPH	\$200.00	\$200.00											
Black Forest	\$0.00												
Broadmoor	\$100.00	\$100.00											
Brown Baggers	\$0.00												
Central	\$0.00												
Clean Air Group	\$238.47	\$238.47											
Don't Worry Be Happy	\$753.30	\$329.87	\$74.57	\$198.97	\$149.89								
Down By The Creek	\$0.00												
Downtown Group	\$306.00	\$306.00											
Drylander's Group	\$15.00	\$15.00											
Easy Does It	\$840.96	\$556.00	\$284.96										
Ellicott Group	\$0.00												
Foxhall Group	\$350.00	\$200.00	\$150.00										
Friday Night Live	\$50.00	\$50.00											
Friday Women's Group	\$410.00	\$245.00	\$165.00										
Good Ole Boys	\$200.00	\$100.00	\$100.00										
Happy Destiny	\$179.02	\$179.02											
Happy Heathens	\$0.00												
Happy Hour	\$359.00	\$359.00											
Happy, Joyous & Free	\$0.00												
High Noon	\$87.50	\$87.50											
H.O.W.	\$30.00	\$30.00											
Into Action	\$350.60	\$225.60	\$125.00										
Keystone to Recovery	\$0.00												
Lake George Group	\$239.00	\$239.00											
Limon AA	\$0.00												
Little Log Church Group	\$79.10	\$79.10											
Living Free	\$182.60	\$50.00	\$80.00	\$52.60									
Living Sober South	\$215.12	\$68.62	\$103.00	\$43.50									
M.A.G.	\$779.50	\$494.00	\$285.50										
Meditation Group - Tues. 5:30	\$0.00												
Natural High	\$0.00												
New Beginners	\$224.80	\$83.98	\$140.82										
New Woman	\$323.00	\$148.00	\$175.00										
Northwesters													

THANK YOU FOR YOUR GROUP CONTRIBUTIONS, AUGUST 2018

GROUP (2018-19)	Fiscal YTD	April	May	June	July	August	September	October	November	December	January	February	March
Off The Wall	\$51.08	\$30.97	\$20.11										
Old North End Study	\$141.26	\$141.26											
One Six Four Group	\$128.00	\$128.00											
Pre-Dawn Group	\$360.00	\$60.00	\$220.00	\$80.00									
Primary Purpose	\$0.00												
Progress Not Perfection	\$0.00												
Recovery in Action	\$229.00	\$229.00											
Recovery, Unity, Service	\$0.00												
Rule 62, Victor	\$0.00												
Saturday Early a.m. Mtg.	\$394.00	\$145.00	\$118.00	\$131.00									
Saturday a.m. Anonym.	\$0.00												
Security Eye Opener	\$0.00												
Serenity Hour	\$275.00	\$50.00	\$50.00	\$25.00	\$75.00	\$50.00	\$25.00						
Serenity Riders	\$395.74	\$100.00	\$295.74										
Serenity Sisters	\$216.45	\$187.45	\$29.00										
Sober Sisters	\$95.41	\$69.63	\$25.78										
Solutions at Noon	\$0.00												
Prayer & Meditation	\$152.03	\$27.50	\$50.05	\$29.50	\$44.98								
Steel Magnolias	\$81.93	\$81.93											
Stepping Stones	\$0.00												
Sunday Morning	\$0.00												
Sunlight of the Spirit	\$603.26	\$603.26											
Taking Steps	\$0.00												
The Doctor's Opinion	\$400.00	\$400.00											
The Garage Meeting	\$15.00	\$15.00											
Then and Now	\$0.00												
Thursday Men's	\$0.00												
Thursday Noon-WP	\$75.52		\$75.52										
Traditions Only	\$0.00												
Treating The Illness	\$0.00												
Turning Point	\$0.00												
Ute Pass Breakfast	\$190.00		\$190.00										
Veterans for AA	\$25.00		\$25.00										
Walk the Talk	\$2,550.00		\$425.00		\$425.00	\$425.00		\$850.00		\$425.00			
Walking on Water	\$100.00		\$100.00										
We Are Not Saints	\$518.01		\$330.59		\$187.42								
West Eye Opener	\$0.00												
Women of Grace	\$0.00												
WP Beginners	\$0.00												
WP Book Study	\$75.51		\$75.51										
WP Wo. Step Study	\$254.50		\$254.50										
Young People	\$335.00		\$335.00										
Totals:	\$15,739.85		\$3,119.42		\$2,981.59		\$3,155.85		\$3,177.60		\$1,119.67		\$2,185.72

LOCAL SERVICE OFFICE

Hours: Tuesday/Friday 9 a.m. to 5 p.m.

SAT./SUN./MON.: 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 Parish
Room 10, southeast corner of 21st & Colorado Ave.

PI (PUBLIC INFORMATION):

1 p.m., 4th Saturday of the month
Sand Creek Library, 1821 S. Academy Blvd.
large study room This group meets with CPC.

CPC (PROFESSIONAL COMMUNITY):

1 p.m., 4th Saturday of the month
Sand Creek Library, 1821 S. Academy Blvd.
large study room. This group meets with PI.

PROGRAMS:

6 p.m., 4th Thursday of the month, Colorado Springs
Area Service Office, 1353 S. 8th St., Suite 209

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

DISTRICT 7:

7 p.m., 3rd Tuesday of the month
First United Methodist Church,
420 N. Nevada, Room 135 (Boulder Street access)

WHERE TO SEND CONTRIBUTIONS

For all, please include your group name and group number on the check

~ AREA SERVICE OFFICE ~

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

~ GENERAL SERVICE OFFICE ~

Payable to: GSO
P.O. Box 459/Grand Central Station
New York, NY 10163

~ AREA 10 ~

Payable to: Area 10 Treasurer
12081 W. Alameda Parkway, #418
Lakewood, CO 80228

~ DISTRICT 7 ~

Payable to: District 7,
P.O. Box 26252,
Colorado Springs, CO 80936

~ PINK CAN CONTRIBUTIONS ~

Payable to: Area 10 Corrections Committee
P.O. Box 40368,
Denver, CO 80204

• **CASH ACCEPTED IN PERSON ONLY** •

How much did *YOU* pay to drink?

Please help others

Consider throwing \$2 into the basket when it comes around. Also, once a year, donate \$1 for each year of sobriety to the General Service Office, the Area Service Office, or both. It costs money to spread the hope of a new life worth living through AA.

Please see coloradospringsaa.org

Looking for the similarities ...

Daughter, from page 5

logic, treatment centers didn't "work," but AA might. The woman who answered the AA Hotline agreed to meet me at a meeting of Alcoholics Anonymous that evening after I got off work. That night, my first meeting as a person seeking sobriety was a women's group. At the meeting, all I did was cry and listen. They each spoke about how they felt at the end of their drinking.

How did they KNOW me so well???

They told me to not drink between meetings. I could wrap my mind around that suggestion.

They also told me to read the first 164 pages of the Big Book of Alcoholics Anonymous. At the time, I couldn't read ONE page,

MUCH LESS 164. Instead, I turned to the back of the book and read the stories, looking for the similarities, not the differences, as the women in the meeting suggested. They also gave me a phone list of people at the meeting, along with lots of hugs and, "We'll see you next week, OK?"

After a sober 30 days, I drank again while on a work trip. That drunk – my last one I hope – showed me that the fun times of drinking were in my past. Like they say in meetings, AA can sure screw up your drinking! It did for me. After returning home, first thing I did was call my sponsor, fess up, and go to a meeting. Thanks to my Creator, the program of AA, my sponsors, I have not had a drink since.

I now revel in the life Alcoholics Anonymous has given me. God,

the AA program, and my AA soulmates got me through some rough patches ... first, my dad's death. Thanks to God and AA, I was able to support mom after dad died. By then, mom had made a secret deal with God and had stopped drinking as a result. Toward the end of her life, mom and I became best friends because we both "got it" – we both understood the disease and our struggles with alcohol.

The program has given me a new life with great joys, intimate friends I trust completely, and a new way of living.

Most of all, it has introduced me to my God, my Higher Power, my Creator. And over time, when I put effort into that relationship, it only improves. God has never let me down.

— *Anonymous*