



THE PIKES PEAK PINT

December 2018

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

Longtimer muses on anonymity

His 34th birthday takes him back

I will not be posting on Facebook this year about celebrating the 34th anniversary of my sobriety date. Many of you know that day is Dec. 1, 1984.

No, I have not relapsed.

I am only reconsidering what being anonymous at the level of press, radio, film, and social media means to me. However, most of you saw me post on Facebook about traveling to Bill W.'s childhood home in Vermont, and the National Historic site called Stepping Stones where Lois and Bill lived.

So, I hope being Facebook friends with me didn't expose you to "guilt by association." I sure hope AI isn't as stupid as feared. If there are two things members of Alcoholics Anonymous don't understand, it's:

- ◆ A. Alcoholism; and
- ◆ B. Anonymity!

... Kinda kidding, but I'm trying not to take myself so seriously.

The birthday of my grandmother Ruth and goddaughter Jaime being the Saturday morning following my first



(Photo by Adi Goldstein)

Bruce, grandmother Ruth and goddaughter Jamie could celebrate birthdays together, kind of.

AA meeting is just the sweetest thing! As I recall, after calling my mom to tell her about thinking I had found

See Birthday, page 2

Dreaming drunk while being sober

Ever since I can remember, I've always had very vivid, color, wild, eccentric, and just plain crazy dreams. Sometimes it was like I had just watched a movie.

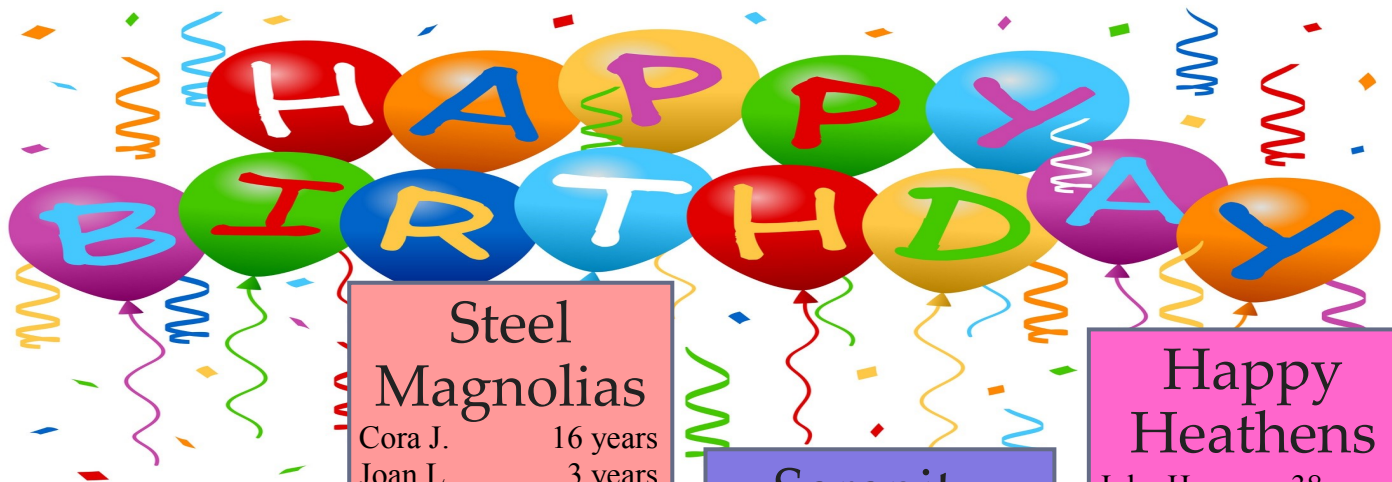
I also dreamed I had been killed and did not wake up. I saw it 'til the end.

CREEPY!!!

I've read that deceased loved ones

appear in our dreams. I've had that happen over and over. It's always pleasant. When my husband passed away from an accidental OD, he

See Dreaming, page 5



Steel Magnolias

Cora J. 16 years
 Joan L. 3 years
 Jean D. 27 years
 Kelly R. 20 years

Happy Heathens

John H. 38 years
 Mary R. 10 years

New Woman

Ashley C. 25 years
 Joan B. 23 years
 Ginny M-R. 24 years
 Beth P. 6 years
Lin A. 1 year!!
Dawn G. 1 year!!

We Are Not Saints

Bill M. 37 years
 Bruce A. 34 years
 James K. 4 years

Serenity Riders

Jeff S. 12-17-01
 Kevin H. 12-4-11
 Kevin R. 12-7-00
 Laura S. 12-9-86
 Monica S. 12-1-88
 Teresa B. 12-19-13
 Zach A. 12-3-97

Friday Women

Jeri H. 27 years
 Nan P. 35 years
Connie W. 1 year!!
 Nancie J. 21 years

Happy birthday, grandma Ruth, Jamie!

Birthday, from Page 1

“my people,” she said that her weight issues were as obvious as my drinking issues. And her Weight Watchers meetings helped her! Mom was grateful I had gone to the AA meeting.

... Then came mom’s suggestion to wish grandma Ruth happy birthday. That’s what she thought I had called to do.

It probably doesn’t surprise anyone reading this that I didn’t remember her birthday. That’s the terrible truth about how much and how long I had been drinking over the years prior to that first meeting.

I was equally surprised to be reminded that it was also Jaime’s birthday. Not as an excuse, but just a timeline point of reference, my first wife and I got divorced that summer. That’s a lot of evidence that I wasn’t the man, grandson, godfather, (or husband for that matter) I would have hoped to be.

During that Friday night meeting the night before, everyone spoke about hitting bottom. And making their decision to stop digging their hole deeper. They were pretty clear that working these 12 steps would develop

a spiritual experience in me sufficient to solve this allergy of my body, obsession of my mind, and my spiritual malady. I still thank God they stressed that they were sick people trying to get well, not bad people trying to get good or something.

Yes, it did turn out to be “a long period of reconstruction” as the book Alcoholics Anonymous suggests ... thirty four years and counting. The Big Book is the book Time magazine cited as the most influential book of the last century. I hope someday you can tell me you’ve read it, if I didn’t already know. Maybe, after reading it, you can tell me what you think about it saying, “Our way of living surely has its advantages for all.” Telling me what you think *before* reading all of it is of no interest to me at all. Unless of course the conversation covers your views before and after reading it.

This year I have taken to saying, “Welcome to team Bruce!” Take a look around, Apparently it takes a lot of you to help me say sober these days — 12,400 days y’all have been doing your part to help me stay sober! Keep up the good work!

— Bruce A.

Wanting sobriety more than anything

Scientific American article headline: "What causes alcoholic blackouts?"

Me: "Alcohol?" Is this a trick question?

I read the article, and while it's interesting to learn how alcohol affects the brain on a molecular level, none of this would matter if I didn't drink too much alcohol in the first place.

My logic when I was drinking went something like this: I hurt myself walking into things when I'm drunk, so I guess I should stop walking.

A question came to mind: If there were a new pill that would allow a person to drink and feel drunk without any bad side effects, would I want to take that pill? (If the idea of this 'drinking pill' is making your mouth water and your palms sweat you might want to review page 21 in the Big Book.)

It shows the keen alcoholic mind at work. The hope that somehow, someday I can control my drinking is the obsession of every abnormal drinker. The definition of the alcoholic is the physical craving and the mental obsession, but what I have found in AA is, there is more to that 'obsession.' There is my inability to differentiate the true from the false. I drank to escape life. I used self-delusion, self-seeking and self-pity to justify my reactions to problems. (of course, even sober, these can still be my tools of choice — I just get a daily reprieve like everyone else).

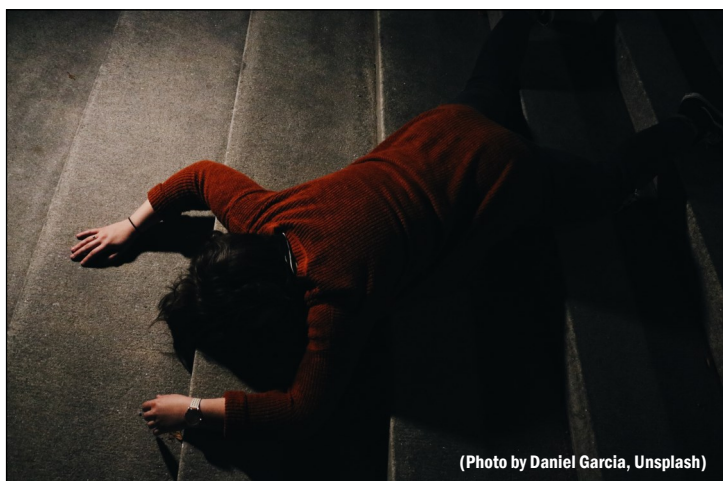
— — —

Early in AA I wanted to believe I was not an alcoholic. As I read about the different types of drinkers in the Big Book I was a bit confused. I thought I could stop anytime; I was basically normal in every other respect.

I read on: If given a good enough reason I could stop anytime. But so far there hadn't been any good reason. I got to page 21 and realized there would never, ever be a good reason to stop drinking. It was describing me. I had lost the option to not drink.

It's pretty clear my alcoholic mind hijacks and harms my emotions, my thoughts, my spiritual and physical being.

In this sentence from The Doctor's Opinion I found that I chase the *effect of alcohol*: "They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at



If there was a magic pill allowing you to drink with impunity, would you take it?

once by taking a few drinks — drinks which they see others taking with impunity."

Go back to the analogy of the magical drinking pill that would allow me to get drunk without the bad side effects. The idea of getting my hands on that pill showed me that it was an obsession of my mind. This magical pill would take away the consequences but would not alter the pattern of my thinking. If I want to drink as much as possible without any effects of alcohol then I would have been happy to drink water.

To be clear, non-alcoholics are not interested in this pill. They don't have the obsession to drink.

— — —

If you are still unsure about being alcoholic, here's a little quiz:

If there were a pill you could take that would allow you to drink as much alcohol as you wanted, getting as drunk as you wanted, but without the bad side effects, what would you do to get that pill?

— Nothing, getting drunk is a waste of time and money.

— No need now, I'm an adult with responsibilities. It would have been handy in college, but never since, I learned my lesson!

— Anything I could to get a lifetime supply of it!

I came to Alcoholics Anonymous because I wanted to stop drinking, I stay because I want to change my thinking.

— Ann S.

STEP 12:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.



CONCEPT 12:

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

TRADITION 12:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

TRADITION 12 CHECKLIST:

- ◆ Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
- ◆ When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
- ◆ In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
- ◆ Do I ever try to get a certain AA group to conform to my standards, not its own?
- ◆ Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
- ◆ Does my personal behavior reflect the Sixth Tradition – or belie it?
- ◆ Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
- ◆ Do I complain about certain AAs' behavior – especially if they are paid to work for AA? Who made me so smart?
- ◆ Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
- ◆ Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?

Her real dreams are now coming true

Dreaming, from page 1

would be in my dreams and would never let me go to the liquor store or to get drugs. He would go and that was the last of the dream. I always felt that he was trying to tell me to not do what he had done.

After I came to AA about 2 1/2 years ago, I started to think differently about those dreams. I believe it was my Higher Power all along, trying to tell me to stop drinking and drugging, through my deceased husband.

I got into cocaine pretty bad after my husband died. I went to rehab for it, and never touched it again.

But I thought it was OK to keep drinking. So for about 20 years on and off I tried to get sober on my own. I did it somehow for three years, but with no guidance, tools,

support groups, or relation to my Higher Power, as I have come to understand Him.

The drinking dreams are always crazy. I had a lot more in early sobriety than I do now. I could never get a drink. I couldn't get served, for whatever reason, and I'd wake up in a panic. What was I thinking! A few times that I drank in my dreams, I was so ashamed and embarrassed, it was almost worse than a real relapse. I do think my Higher Power was working through me in those dreams to keep me from taking that first drink.

I did relapse twice, but that was before I got serious about working the program.

Finally, I surrendered. I couldn't do it alone.

Only then did I establish a differ-

ent relationship with my Higher Power. I did not pray selfishly, but for others, and I seriously prayed to do what it takes to stay sober, like working the program. That's when things began to happen.

My obsession with alcohol was removed and I felt a new freedom. Now, I kind of enjoy my drinking dreams when I have them. I wake up and know I don't have to go down that road.

The real dreams are coming true — staying sober, living a good life, being a useful person again. I thank this program and my Higher Power for all my dreams that are coming true, and the good life I have because of it!

Stay Sober, my friends! Merry Christmas and to a sober New Year!

— P.P.

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

We're also tickled PINK that we have some submissions from our area, so we don't have to mine Grapevine stories from the General Service Office in New York this month. Let's see how long it lasts, said a skeptical editor.

So, it's **STILL YOUR TURN** 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. She likes this photo of the colorful colored water (no, they're not shots!!) so she decided to keep it in for December. Happy Holidays!

ANNOUNCEMENTS

Meeting changes ...

Primary Purposes go away (frown emoji)

The Primary Purpose Saturday 6 p.m. Ask it Basket and Sunday 6 p.m. meetings held at the Vanguard Church at 3950 N. Academy Blvd. have been deleted, removed, and erased from the schedule.

Westside Newcomers Meeting

The Tuesday noon meeting that gathered at 2808 W. Colorado Ave. on the city's Westside has been modified. It is now called Westside Newcomers and Big Book Open Discussion meeting. It still meets Tuesdays at noon at the same location at the West Side C.A.R.E.S. Building.

Sober in the Canyon closes

The Tuesday night Sober in the Canyon meeting has been deleted from the schedule. Alcoholics had met at 7:30 p.m. at the Sacred Grounds coffee shop at 1801 Cheyenne Blvd.

We're *there* too!

A new meeting has launched in the Falcon/Peyton area. It is called We Are Here and meets at the High Prairie Library. (That rhymes! Isn't that fun?! AND it's iambic pentameter! Wow, I haven't had this

... and old news too

much fun since middle school poetry classes!) The library is at 7035 Old Meridian Road. Alcoholics gather on Mondays at 9:30 a.m. in the small study room. This is a temporary meeting place.

Woodland Park meeting closes

The Recovery, Unity and Service Group, a closed meeting held at the Senior Citizens Center, 312 N. Center St., has stopped meeting. This meeting was held Thursdays at 6 p.m.

Walk the Talk speakers

Because there are five Saturdays in December, Walk the Talk will have five speakers (Duh, do the math) for the popular Walk The Talk speaker meetings, Saturdays at 6 p.m. The meetings take place at Walk the Talk (Dual Duh), 2334 Vickers Drive.

No, Santa and Mrs. Claus will *not* be speaking about their experience, strength, and hope this month. When asked if they could make it THIS year, they again politely declined, saying they're kinda busy on special projects with the elves. We'll ask them again next year ... Maybe June?

The real WTT speakers will be Laurie R. on Dec. 1, Maggie on Dec. 8, John O. on Dec. 15, Jermey P. on Dec. 22, and Brett M. on Dec. 29.

Walk The Talk Birthdays

Mike H.	12-12-14	Jeremy P.	12-24-04	Paula R.	12-24-88	Joshua C.	12-2-16
Lynn W.	12-28-05	<i>Austen</i>	<i>12-16-17!!</i>	Brian	12-12-86	Eileen G.	12-25-16
Bruce A.	12-1-84	Rob S.	12-12-16	Wendy B.	12-19-15		
Renate J.	12-29-90	Doreen D.	12-14-78	<i>James D.</i>	<i>12-18-17!!</i>		



THANK YOU FOR YOUR GROUP CONTRIBUTIONS, NOVEMBER 2018

GROUP NAME (2018-2019)	Fiscal YTD	April	May	June	July	Aug.	Sept.	Oct.	Nov.
A Common Solution	\$97.00							\$97.00	
12 Steps From The Morgue	\$250.00			\$250.00					
Apex	\$254.19				\$170.91			\$83.28	
Back to Basics	\$1,058.70	\$167.31		\$277.80	\$158.93	\$112.60	\$127.63	\$125.43	\$89.00
Beacon Light Group									
Big Book Action	\$300.00				\$300.00				
Big Book Study UPH	\$400.00		\$200.00					\$200.00	
Black Forest	\$642.00								\$642.00
Broadmoor	\$200.00			\$100.00					\$100.00
Brown Baggers									
Central									
Clean Air Group	\$238.47		\$238.47						
Don't Worry Be Happy	\$859.36	\$329.87	\$74.57		\$198.97		\$149.89	\$106.06	
Down By The Creek									
Downtown Group	\$306.00			\$306.00					
Drylander's Group	\$15.00	\$15.00							
Early Saturday AM	\$127.00								\$127.00
Easy Does It	\$840.96		\$556.00			\$284.96			
Ellicott Group	\$350.00							\$350.00	
Foxhall Group	\$350.00		\$200.00				\$150.00		
Friday Night Live	\$50.00					\$50.00			
Friday Women's Group	\$760.00		\$245.00			\$165.00			\$350.00
Good Ole Boys	\$200.00	\$100.00					\$100.00		
Grace PPG Book Study Group	\$218.05							\$218.05	
Happy Destiny	\$326.22						\$179.02		\$147.20
Happy Heathens									
Happy Hour	\$359.00	\$359.00							
Happy, Joyous & Free									

THANK YOU FOR YOUR GROUP CONTRIBUTIONS, DECEMBER 2018

GROUP NAME (2018-2019)	Fiscal YTD	April	May	June	July	Aug.	Sept.	Oct.	Nov.
High Noon	\$175.00		\$87.50					\$87.50	
H.O.W.	\$30.00	\$30.00							
Into Action	\$578.60		\$225.60				\$125.00		\$228.00
Keystone to Recovery	\$125.00				\$125.00				
Lake George Group	\$239.00						\$239.00		
Limon AA									
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.	\$985.00	\$494.00			\$285.50			\$205.50	
Meditation Group - Tues. 5:30									
Natural High									
New Beginners	\$224.80		\$83.98				\$140.82		
New Woman	\$471.07	\$148.00			\$175.00			\$148.07	
Northwesters	\$355.74							\$355.74	
Off The Wall	\$51.08		\$30.97			\$20.11			
One Day at a Time	\$63.00							\$63.00	
Old North End Study Group	\$141.26				\$141.26				
One Six Four Group	\$231.00			\$128.00					\$103.00
Pre-Dawn Group	\$520.00		\$60.00	\$220.00			\$80.00	\$160.00	
Primary Purpose									
Progress Not Perfection									
Recovery in Action	\$439.00			\$229.00					\$210.00
Recovery, Unity, Service Group									
Rule 62, Victor									
Saturday Early Morning Mtg.	\$394.00	\$145.00		\$118.00			\$131.00		
Saturday Morning Anonymous									
Security Eye Opener									
Serenity Hour	\$350.00	\$50.00	\$50.00	\$25.00	\$75.00	\$50.00	\$25.00	\$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									
Sought Through Prayer & Meditation	\$152.03	\$27.50		\$50.05		\$29.50	\$44.98		
Steel Magnolias	\$222.11	\$81.93						\$140.18	
Stepping Stones									
Sunday Morning Speaker									
Sunlight of the Spirit	\$753.26			\$603.26					\$150.00
Taking Steps									
The Doctor's Opinion	\$400.00				\$400.00				
The Garage Meeting	\$15.00	\$15.00							
Then and Now									

GROUP NAME (2018-2019)	Fiscal YTD	April	May	June	July	Aug.	Sept.	Oct.	Nov.
Thursday Men's Group									
Thursday Noon--Woodland Park	\$75.52	\$75.52							
Traditions Only									
Treating The Illness									
Turning Point	\$12.00							\$12.00	
Ute Pass Breakfast Group	\$190.00						\$190.00		
Veterans for AA	\$50.00			\$25.00					\$25.00
Walk the Talk	\$3,400.00	\$425.00	\$425.00	\$425.00	\$850.00		\$425.00	\$425.00	\$425.00
Walking on Water	\$100.00		\$100.00						
We Are Not Saints	\$753.78	\$330.59			\$187.42			\$235.77	
Westside Eye Opener									
Women of Grace									
Woodland Park Beginners									
Woodland Park Book Study	\$75.51				\$75.51				
WOW Group	\$125.00							\$125.00	
Woodland Park Women's Step Study	\$524.50		\$254.50					\$270.00	
Young People	\$335.00					\$335.00			
Totals:	\$21,943.63	\$3,119.42	\$2,981.59	\$3,155.85	\$3,302.60	\$1,119.67	\$2,185.72	\$3,457.58	\$2,621.20

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 (or more) 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



ALCATHON



WHEN: December 31, 2018 – January 1, 2019
Noon to Noon

WHERE: Hillside Community Center
925 S. Institute Street, CO

\$10.00 Registration for 24 HOURS OF FELLOWSHIP & FUN
NOBODY WILL BE TURNED AWAY!!

Schedule of Events:

DECEMBER 31st:

- 24 Hours of MEETINGS beginning at Noon
- POOL TOURNAMENT begins at 1:00 PM
- CHILD CARE available from 4:00 - 10:00 PM
- HOLIDAY DINNER: 5:00 - 7:00 PM
 - *Please feel free to bring a cold side & dessert*
- **ALANON SPEAKER, TBD: 7:00 - 8:00 PM**
- **AA SPEAKER, CHUCK M.: 8:00 - 9:00 PM**
- DANCE starts at 9:00 and goes until ??
- GAMES
- 50/50 Raffle (½ to Winner & ½ to Service Office)
- COFFEE... COFFEE & MORE COFFEE

JANUARY 1st: HAPPY NEW YEAR!

- **BREAKFAST: 6:00 – 8:00 AM**
- **AA SPEAKER, CHERYL M.: 9:00 – 10:00 AM**

QUESTIONS? Call Todd G. 719.684.4507 or Niels H. 719.217.8222