



THE PIKES PEAK PINT

November 2019

A newsletter for the Pikes Peak Region of Alcoholics

Real Alcoholic or Real Addict?

How I got into the rooms at my bottom is an absolute mystery. I don't really know exactly when my sobriety date is because I was pretty messed up. All I remember is going to a meeting sitting on a chair closest to the door and having the entire room turn and look at me and say "Well are you or aren't you?" It was a closed meeting. I immediately complied with 'I'm an alcoholic.'

I still cringe when people say that to someone who may be coming into their first meeting. That meeting scared the crap out of me. People were talking about washing their sponsors cars, taking the cotton out of their ears and into the mouth, and to sit down and shut up. It didn't do wonders for this alcoholic. For some reason I stayed sober though. I never went to that meeting again.

I got a sponsor, who had me read the first 164 pages and made me leave voicemail messages. I saw him every once in a while and greeted him at a meeting. I told him that I was still working on the assignment. I decided that I was smart enough to do the steps on my own and that's what he wanted me to do. I got hung up on step 11. A guy showed me before the meeting (because I asked him) where it was in the big book. That started a

sponsorship that lasted for seven years.

This guy taught me that I was an alcoholic first and foremost. He suggested I should consider to stop saying "alcoholic/ addict" in AA meetings. I had gone to NA meetings and they didn't resonate.

I got my sober in AA. I stopped drinking in 1999 before my son was born. I got sober via the 'white knuckle' program for a few years. I became a pill head for a year, and then I got sober for two more years. Then my dad died. That was after my move here where the 21 foot U-Haul containing my family's belongings burnt to the ground thanks to a faulty wiring harness.

When my dad died I had a vodka on the rocks. This was December of 2005. I celebrated his death for another five or six months by eating any pill anyone gave me and smoking a ton of weed. No booze.

See Real Alcoholic, page 3



HAPPY BIRTHDAY!

Walk the Talk

Violet H.	11/21/17
Rick H.	11/04/18
Eric P.	11/29/99
Ron C.	11/11/86
Bryan S.	11/17/16
Jason J.	11/26/2016
Leroy	11/22/2011
Judy R.	11/15/1993
Sean M.	11/26/2012
Chuck S.	11/23/1983
Alberto C.	11/07/2006
Nancy	11/26/1994
Karen N.	11/24/1984
Janet S.	11/08/1988

Serenity Riders

Buck B.	11/11/2005
Anthony B.	11/17/2011
Chance Q.	11/15/2018
Kyle B.	11/26/2018
Rune R.	11/04/2012
Bobbi W.	11/22/2018
Heidi S.	11/01/1983
Bart B.	11/27/2005
Dina S.	11/01/2009
Todd C.	11/22/1985
Tony B.	11/04/2008

Real Alcoholic con't

When I'd hit rock bottom since the money and sanity had run out, I finally decided to work on getting sober, and I did.

As I said before, Narcotics Anonymous didn't work for me. It seemed that everyone was all over the place. Maybe it was just that meeting. Despite the experience with my first AA meeting in Colorado Springs, I ended up getting sober in the rooms of Alcoholics Anonymous. Thank God people put up with me saying 'alcoholic and addict.'

My sponsor ended up getting me out of myself. "Well which one did you use first?" he would say. I really wanted to beat my chest and say I was an addict. But alcohol was where I started. Drugs came on later.

In the rooms of Alcoholics Anonymous it was respectful for me to say I'm an alcoholic. I had experience with outside issues, but no one really called me out on it. I made the decision to call myself an alcoholic. I didn't get called out in the middle of a meeting or asked if I was or wasn't.

For some reason it was attraction not promotion. It was easy for me to identify that way. It is the old timers who wanted the purity of a real alcoholic in these meetings, despite the fact that the big book talks about real alcoholics doing sedatives and morphine (page 22).

I try to use the open mindedness that introduced me to a higher power to be welcoming to people who are just as confused as I was when I came in. I let them make their own decision.

I do not want to be rigid with the suggestions of the program. I also do not want to push people away and have them toughen up their skin to deal with all of us real alcoholics. We all had our hard and fast rules which will so surely get diluted if they don't follow the exact way that we got sober. Rather than being malleable, I'd like to let them figure it out for themselves.

There was a real ease, grace, and patience from my first sponsor in dealing with my two-day fifth step. There were tons of phone calls as well as the understanding of being an addict rather than an alcoholic with outside issues. Until I learned from his example, it twisted so many old timers up to hear the word 'addict' out of my mouth. I needed to get out of myself and think of them.

Conversely, the elder statesman of these let me call myself an addict/ alcoholic because they were getting out of themselves to accommodate me. Somewhere in the process of getting out of myself is where I find peace in the rooms.

In retrospect, I do not pedestalize my first sponsor. He is not elevated to guru. However, I do thank him greatly for showing me this way of respecting AA.

-Rory S.



*This month's
"Pint Piece"
for your
personal reflection...*

*The idea that somehow,
someday he will control
and enjoy his drinking is
the great obsession of
every abnormal drinker.
The persistence of this
illusion is astonishing.
Many pursue it into the
gates of insanity or death."*

*-Alcoholics Anonymous, page 30
Chapter 3 "More About Alcoholism"*

Words to Live By

By Ron C.

For most of us being able to say out loud, "My name is Ron, and I am an alcoholic," is a great source of freedom and honesty. We continually get the chance to learn that we can stand in our truth, or run from our shadow. My sponsor keeps repeating to me, "Ron, we're only as sick as our secrets." Over time, in this wonderful program, we hear many wonderful words. May I share with you some of the words I have heard over the past few months that have given me pause, joy, and strength?

I am still living in Florida, but had the wonderful opportunity to visit friends and family in Colorado over seventeen days in February. At Saturday morning, and Monday evening meetings in the mountains, these words were spoken...

"Some people think alcoholics go to AA meetings to get religion so they can avoid going to Hell. The truth is that we alcoholics have already been to Hell...we come to AA to find spirituality."

"Tears are the iceberg melting around our hearts."

"I wake up to a morning symphony of me, me, me, meeeeeee! I have to change that tune every day."

"Coincidence is God's way of keeping anonymity."

"This is the world we live in..." (Phil Collins) We have to live life on life's terms.

"God brought me to AA so that you all could bring me to God."

"I can't...He can...Let Him..."

"There is a higher power...and it's not you!"

"Contempt prior to investigation...equals everlasting ignorance."

"When you change the way you look at things...the things you look at change."

Back in Venice, Florida...

"What is a spiritual axiom...it is something that can not be proved or disproved...it just IS."

"Take your daily inventory about anger, resentments, jealousy, envy, self-pity, and hurt pride."

"If we spot it...we got it."

"Wait, let go, trust...everything has a purpose."

"We are all riding our own donkey..."

"Things that are the most uncomfortable for us...may be the most important."

"Wear life as though it were a loose garment."

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.



CONCEPT 11:

While the trustees hold final responsibility for AA's world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and 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:

- ◆ Do I sometimes promote AA so frantically that I make it seem unattractive?
- ◆ Am I always careful to keep the confidences reposed in me as an AA member?
- ◆ Am I careful about throwing AA names around— even within the Fellowship?
- ◆ Am I ashamed of being a recovered, or recovering , alcoholic?
- ◆ What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- ◆ Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Announcements



New Meetings & Changes



Meeting Guide

Looking for a meeting fast?

The meeting guide goes with you! The app that helps people get and stay sober is available FREE to anyone! Just go to the app store and search for “meeting guide.” Download this app and find a meeting near you at various times of day!

Take Note on the following changes, cancellations, and NEW meetings!

CANCELLATIONS:

Big Book Study at The Phoenix
on Tuesdays at 7:00 pm

The Step House Meeting”
1910 N. Chestnut St.
Wednesdays at 6:00 pm

Big Book Study @ UPH
Thursdays at 7:00pm

NEW ADDRESS:

No Rules, Just Suggestions
Mon-Fri 6:00 am
1301 S. 8th Street
Suite 309

Fountain 2.0 is now an OPEN meeting
Saturdays at 8:30 am

H.O.W. Group: Mondays at 7 pm
St. Andrew’s Church Parish Hall

NEW LOCATION!

Tuesday Women’s Step Study
Location as of January 1, 2020 will be:
Faith Lutheran Church
1310 Evergreen Hts., Dr.

Woodland Park, west of Hwy 67 N, near fire station
Park on side, enter in back (medal doors)

Hey Pint Readers...

This is your newsletter! Tell us what you would like to see included each month. What encourages you ? Or, share your journey by writing your story to encourage others (try to keep it between 400-600 words) and email it to us at:

pint@coloradospringsaa.org

Have a question for the Intergroup Board?

Email: board@coloradospringsaa.org

Walk the Talk Speakers:

November 2: Aaron F.

November 9: James M.

November 16: Kristina B.

November 22: Susie F.

November 30: Larry G.

Reminder

If you have a meeting change, a new post to advertise, sobriety celebrations from your home group, or ANY other announcements you would like to see printed in the Pint, please send an email with all of the information to pint@coloradospringsaa.org
PRIOR TO THE 17th OF EACH MONTH!

LOCAL SERVICE OFFICE

Open: Tuesday - Friday 9 a.m. to 5 p.m.

Closed: Saturday - Monday

1353 South 8th Street, Suite 209

Colorado Springs, CO 80905

719.573.5020

Email: serviceoffice@coloradospringsaa.org

Web: www.coloradospringsaa.org

JOIN A COMMITTEE MEETING!

BRIDGING THE GAP:

7:00 pm, 4th Tuesday of the month, Area Service Office
1353 South 8th Street, Suite 209, Colorado Springs

PIKES PEAK PINT:

7:00 pm, 3rd Thursday of the month, Area Service Office,
1353 South 8th Street, Suite 209, Colorado Springs,

CORRECTIONS:

9 a.m., 3rd Saturday of the month Sacred Heart Parish Room
10, southeast corner of 21st & Colorado Ave.

PI (PUBLIC INFORMATION):

9:00 am; 2nd Saturday of each month
Rocky Mountain Recovery Foundation Inc.
4360 Montebello Drive, Suite 700

CPC (PROFESSIONAL COMMUNITY):

9:00 am; 2nd Saturday of each month
Rocky Mountain Recovery Foundation Inc.
4360 Montebello Drive, Suite 700
(This group meets with PI)

PROGRAMS:

6 pm Wednesdays
Chadborn Community Church
402 Conejos St. 80903

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

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* spend on a 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

GROUP CONTRIBUTIONS YTD 2019 - 2020

Group Name	YTD	April	May	June	July	August	Sept	October
A Common Solution	\$104.58		\$79.88					\$24.70
12 Steps From The Morgue	\$246.00		\$100.00					\$146.00
164 Group	\$413.00		\$205.00					\$208.00
Apex	\$351.20			\$140.70				\$210.50
Back to Basics	\$941.01	\$167.21	\$138.26	\$159.89	\$134.66	\$105.47	\$146.27	\$89.25
Big Book Action	\$350.00				\$350.00			
Big Book Study UPH	\$150.00				\$150.00			
Broadmoor Step Study	\$200.00						\$200.00	
Central	\$50.00			\$50.00				
Cripple Creek	\$50.00						\$50.00	
Don't Worry Be Happy	\$674.69				\$519.41			\$155.28
Downtown Group	\$1,134.00		\$693.00		\$441.00			
Easy Does It	\$731.71		\$145.56		\$331.92			\$254.23
Ellicott Group	\$390.00		\$390.00					
Florissant Brown Baggers	\$250.00						\$250.00	
Foxhall Group	\$400.00					\$150.00	\$125.00	\$125.00
Friday Night Live	\$100.00		\$50.00			\$50.00		
Friday Women's Group	\$283.00		\$148.00			\$135.00		
Good Ole Boys	\$50.00	\$50.00						
Happy Destiny	\$247.69		\$134.51			\$113.18		
Happy Heathens	\$420.25	\$116.50		\$56.25	\$57.00	\$48.75	\$55.50	\$86.25
High Nooners	\$75.00				\$75.00			
H.O.W.	\$44.00		\$44.00					
Into Action Group	\$399.00				\$399.00			
Keystone to Recovery	\$325.00		\$150.00					\$175.00
Little Log Church Group	\$205.00	\$70.00					\$135.00	
Living Free	\$100.00							\$100.00
Living Sober South	\$152.61			\$93.86	\$58.75			
M.A.G.	\$404.00	\$154.00			\$250.00			
New Beginners	\$486.76		\$250.76				\$236.00	
New Woman	\$492.04	\$180.08			\$140.33			\$171.63
No Rules Only Suggestions Meeting	\$246.83				\$78.89	\$54.75	\$113.19	
Northwesters	\$300.00			\$300.00				
Off The Wall	\$115.60			\$40.65		\$40.50		\$34.45
Old North End Study Group	\$141.50						\$141.50	
One Day at a Time	\$25.20	\$25.20						
Pre-Dawn Group	\$500.00		\$300.00					\$200.00
Recovery in Action	\$834.00	\$422.00				\$268.00		\$144.00
Saturday Early Morning Mtg.	\$492.60				\$152.40		\$160.20	\$180.00
Serenity Hour	\$300.00	\$75.00	\$50.00	\$25.00	\$50.00	\$25.00	\$25.00	\$50.00

GROUP CONTRIBUTIONS YTD 2019 - 2020

Group Name	YTD	April	May	June	July	August	Sept	October
Serenity Riders	\$482.70					\$316.08		\$166.62
Sober Sisters	\$86.66			\$42.92	\$43.74			
Sought Through Prayer & Meditation	\$103.43			\$72.87		\$30.56		
Steel Magnolias	\$196.88	\$118.90				\$77.98		
Sunday Morning Speaker Meeting	\$1,525.00						\$1,525.00	
Sunlight of the Spirit	\$135.00			\$135.00				
There is a Solution	\$40.00			\$15.00		\$15.00	\$10.00	
Thursday Noon Group	\$51.75				\$51.75			
Thursday Men's Group	\$1,260.00	\$260.00			\$1,000.00			
Turning Point	\$80.00				\$40.00			\$40.00
Ute Pass Breakfast Group	\$75.00	\$37.00			\$38.00			
Veterans for AA	\$100.00		\$25.00	\$25.00	\$25.00	\$25.00		
Walk the Talk	\$2,975.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00
We Are Not Saints	\$1,202.12	\$191.35			\$553.21			\$457.56
Women of Grace	\$160.00						\$160.00	
Woodland Park Thursday Noon	\$115.00	\$45.00						\$70.00
Woodland Park Tuesday Womens	\$120.00							\$120.00
Woodland Park Book Study	\$419.16	\$141.00			\$185.57			\$92.59
WOW Group	\$150.00					\$150.00		
Young People	\$393.32		\$199.19			\$194.13		
Monthly Totals:		\$2,478.24	\$3,528.16	\$1,582.14	\$5,550.63	\$2,224.40	\$3,757.66	\$3,726.06
YTD Total of All Groups	\$22,847.29							

Where:
Sacred Heart
Catholic Church
2021 W. Pikes
Peak Ave

Nov. 9
6 - 8 pm

Speaker:
Jack Mc.
7 - 8 p.m.

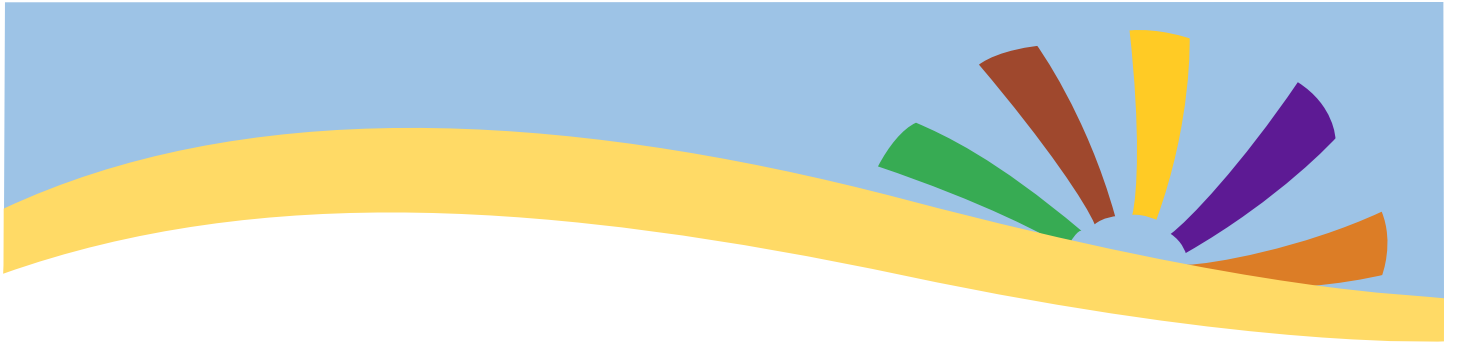
\$10
Suggested
Contribution...
NO one will be
turned away.

Gratitude Dinner

Menu

Meat Lasagna
Veggie Lasagne
Gluten Free Spaghetti
Italian Salad
Garlic Bread
* Bring a Dessert Pls





Bridging The Gap

Workshop and Training



December 14, 2019

9:00 a.m.—11:30 a.m.,

**Sacred Heart Church Gymnasium
2021 W. Pikes Peak Avenue**

Coffee and Donuts Provided

