



THE PIKES PEAK PINT

December 2019

A newsletter for the Pikes Peak Region of Alcoholics

Perfect Outsides, Disintegrating Insides

I have had a typical life. I was born to a mother who divorced my biological father within 6 months of my entrance into the world. She dedicated herself to her work so that she could provide a life for my sister and me. In that work, she found love and remarried my step father when I was just about to turn 8 years old. I had seen some violence in my childhood and experienced the confusion of a fractured home, but nothing that my classmates weren't also exposed to. The remarriage was a turbulent time for me—my little triangle of women (mom, sister, and myself) was upset to include a powerful business man of great earnings and prestige. We no longer had quant, intimate dinners, but had dinner parties with fine meats and company. I felt like I would betray my biological father if I actually admitted I enjoyed the new life. There began the stream of lies that eventually wielded the weapon that would all but kill me. I lied to my biological father about our circumstances, my faith in a higher power, my enjoyment of gymnastics; I even lied about my desire to see him. I poured myself ever the more into competitive gymnastics.

Retrospectively I see that I was determined to transfer the control, precision, determination, and discipline to my daily life. I was convinced that if I could be good enough in sports and academics, I would be good enough to be loved by all of the different facets of my family life. I

manically tried to be good enough. Everything from countless hours training in the gym, taking accelerated classes in school, sneaking my sister in from her drunken escapades and keeping our secret, to completing every chore to ease my mothers schedule so maybe she could “pencil me in” for school supply shopping. I exerted myself more and more and more. If only I could have arranged my circumstances to be powerful enough to rearrange my insides which were disintegrating faster than I could glue them back together.

During an annual visit with my biological father when I was 10 years old, I was sexually assaulted and the thought to tell someone about it was quickly put out of my mind when a friend told me “that is just how girls grow up.” I commenced to abandon myself to more maniac living, more arranging the world to guide my grief and reset my insides.

After sustaining a back injury from gymnastics, I stepped out of the only community I had and entered into high school. As the odd girl who still wore gymnastics leotards to school and carried all of my books even in passing periods

See Outsides/ Insides page 3


Happy
Holidays

HAPPY BIRTH-

Walk the Talk

Brian G.	12/12/86
Joni M.	12/29/18
Bruce A.	12/01/84
Noah E.	12/26/18
Lynn W.	12/28/05
Paula R.	12/24/88

Serenity Riders

Jeff S.	12/17/01
Jessica S.	12/07/18
Laura S.	12/09/86
Monica S.	12/01/88
Teri M.	12/26/14
Todd B.	12/16/15

Steel Magnolias

Cora J.	17 years
Helen P.	36 years
Joan L.	4 years
Kelly R.	21 years
Anne M.	13 years
Jenice M.	1 year
Mary S.	44 years

We Are Not Saints

Kelly R.	12/10/98
Marie R.	12/10/03
Connie W.	12/11/17
Bill M.	12/30/81

New Beginners

Angela J.	12/26/15
Cora	12/16/02
Ginny M-R.	12/05/94
Jeff H.	12/26/15
Kat K.	12/11/18
Mike H.	12/06/16
Nicole T.	12/01/16
Sharon B.	12/26/16
Teresa B.	12/13/13

New Woman Group

Ashley C.	26 years
Ginny H-R.	25 years

Happy Heathens

Mary R.	11 years
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Outsides/ Insides con't

(I wouldn't want to be only 4 minutes early! That would be disgraceful!) my soul sickness grew and the loneliness of my secrets was becoming unbearable. A group of individuals took note of my academic prowess and asked if I would help them with their school work. "This was it at last" I thought! Friends, connection, purpose! I certainly would help—I needed to be needed. They offered to pay me, but lacking jobs as high schoolers all they had to offer was substances. I accepted. After all, my mom just told me to keep my "nose clean" and I wouldn't be snorting this hard earned payment. I went back the next day to see if I could help them more, they obliged, but the substance of payment changed.

I took my first dose of Oxycontin the second day of my 4+ year career with drugs and alcohol. I couldn't believe that I had been missing this my whole life. It was like they had the answers to the unusual mind I suffered from. I didn't feel like I had to do anything, moreover, I didn't care that I didn't feel like I had to do anything. The manic living of pursuing perfection didn't matter to me anymore and I was free. I graduated to harder drugs the very next day and continued on like that with more drugs and more alcohol delivered in higher quantities all day, every day. I stayed in school, held a part time job in an Alzheimer's care unit and started dealing drugs for our local cartel members. Everything on the outside looked like a bright, intelligent, kind, capable young woman destined for medical school, but the inside was deep, bitter morass. I was hateful and discontent. I was assaulted many times over and believed that it was normal. I was empty.

On my 19th birthday I was given what I now know to be a gift. I was given a way out. The intervention took

place in lieu of a birthday party and I miraculously agreed after battling with the option of prostitution and living "abroad in Mexico." I spent 9 months in an intensive inpatient rehabilitation center in California far away from my home in Colorado. Here I was introduced to a way of life that is, as the book says, infinitely more wonderful as time passes. Through the rigorous action of consistent inventory work, sponsorship, service, and enlarging my perspective on a higher power I have not had a drink or drug since September 4th, 2010.

I have never had a legal drink, but more importantly, I don't want one today. I am filled with a humble knowing of my purpose in serving the next alcoholic. I am aware of the actions I can take to create good and bad in my life as well as the lives of others. Knowing that I can do both good and bad softens me back to my steps each time I am faced with indecision. It means that I get to practice a principle in the hopes of warding off the inevitable next drink if I run my life on self propulsion.

I married at 4 years sober to another wonderful member of Alcoholics Anonymous and we have collectively dedicated our lives to serving those who have suffered as we have. With spiritual awakenings happening on a daily basis around our home, in meetings, and in our daily work, there is no more powerful expression of purpose, universal love and power, or meaning.

-Kaley J.



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

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics."

-Alcoholics Anonymous, page 89; Chapter 7: "Working With Others"



36 Years Sober: What I've Learned

I just celebrated 36 years clean and sober on November 1, 2019. I am so very grateful to be living my life clean and sober. When I came to my first meeting it was 1974. I was 14 years old and I had been drinking and smoking pot since I turned 12. I obviously was not ready then. Things had to get much worse, and I was out for another 10 years before I got the gift of desperation. I came in and out several times during those years. I just could not stop and stay stopped. I was always trying to figure out why I was the way I was. I thought if I figured out why, then I could control my drinking and using. I thought I would be able to change myself.

Here's what I've learned:

It doesn't matter why. What matters is that I accept what I am. I am an alcoholic and an addict. Alcohol is a drug. A drug is a drug is a drug. I have the disease of addiction to mind altering substances.

I need a God. A God of my choosing. Not a person, something bigger.

I need meetings and you people.

I need to be of service: share, make coffee, greet people, etc.

I need to read the big book and I need to write the steps, do the step work, then live in the steps and practice the principles.

I need to accept my own humanness.

I need to listen. Learning to listen is work for me. I have to practice listening.

There are promises in the Big Book. If i want to experience them, I need to work for them.

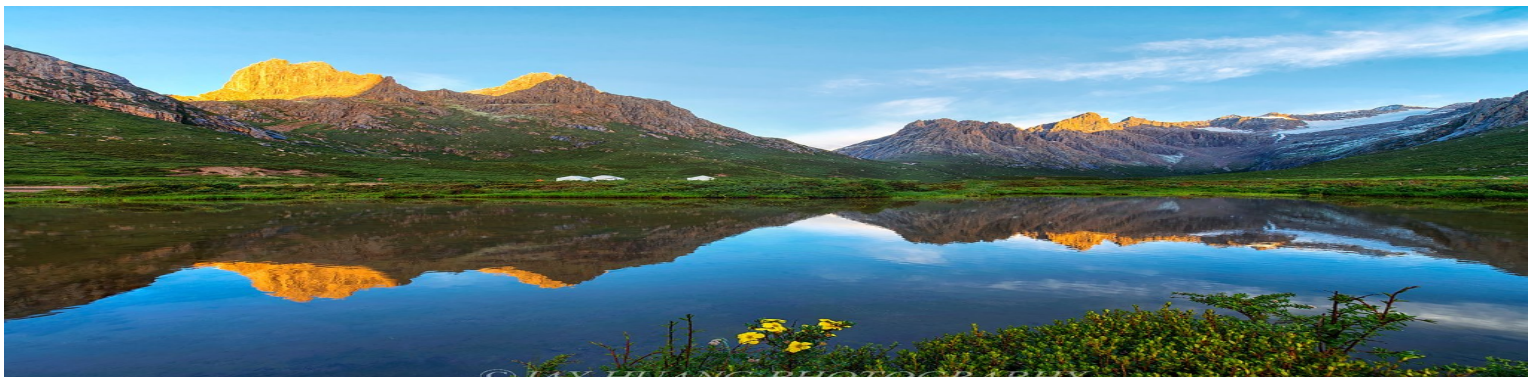
If I want to be happy, I need to be grateful.

If I want to change, I need to surrender to my God, stop blocking my God and be open to receiving the healing that comes from letting go of what no longer works in my life.

If I trust that my God will bless and heal me, that's what I get.

This is what I've learned. Keep coming back. Love, peace and blessings to all.

Heidi Smith, Colorado Springs.



STEP 12:

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



CONCEPT 12:

The conference shall observe the spirit of AA 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, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; 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 do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
- ◆ Do I complain about certain AA's behavior— especially if they are paid to work for AA? Who made ME so smart?
- ◆ Do I fulfill 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?
- ◆ Should I keep my AA membership a secret, or reveal it in a private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
- ◆ What is the real importance of me among more than a million AAs?

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!

"Good Old Boys" meeting will be relocating, effective January 1, 2020. **New location** will be:
Faith Lutheran Church
1310 Evergreen Hts, Dr.
Woodland Park, CO 80866

*Park on the side and enter in back (metal doors)

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)

ANNOUNCEMENTS:

Effective immediately! All who come into the Service Office to purchase a 40+ year bronze coin will receive it for FREE! Congratulations on your sobriety and your example!

"Meeting in a Pocket" are now 50 cents instead of \$1

Hey Pint Readers...

This is your newsletter! Tell us what you would like to see included each month. What encourages you? What motivates you to read The Pint? Let us know by emailing us at:

pint@coloradospringsaa.org

Have a question for the Intergroup Board?

Email: board@coloradospringsaa.org

We Need Stories!

Are YOU looking for service work?
Are you willing to share your experience, strength, and hope? Please submit your story to:
pint@coloradospringsaa.org and be a blessing to someone who needs to hear your that there IS a way out! (No requirement for length of sobriety; approx. 400-600 words)

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, contact Whitney at
414-828-7434 as location changes each month

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.

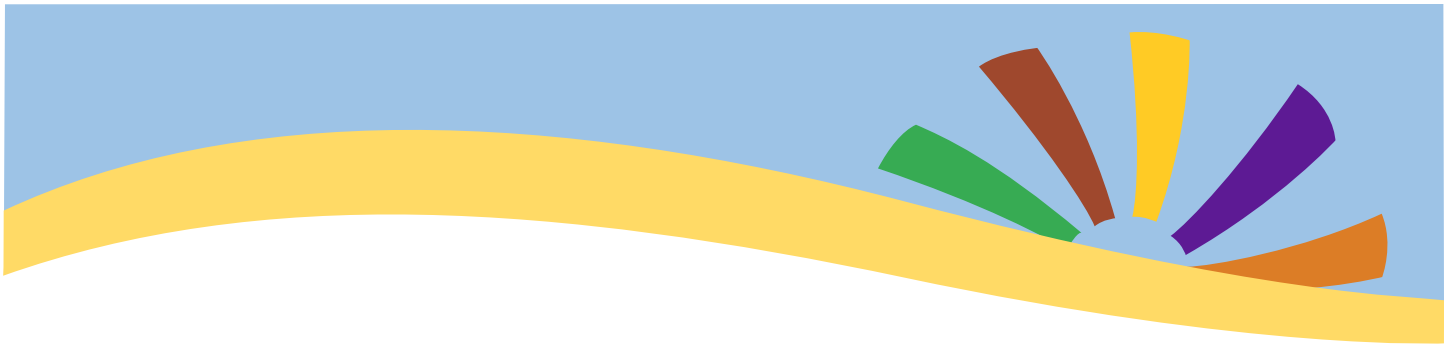
Please see coloradospringsaa.org

GROUP CONTRIBUTIONS YTD 4/1/2019 – 11/30/2019

GROUP NAME	YTD	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
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	\$1,180.34	\$167.21	\$138.26	\$159.89	\$134.66	\$105.47	\$146.27	\$89.25	\$239.33
Beacon Light	\$100.00								\$100.00
Big Book Action	\$350.00				\$350.00				
Big Book Study UPH	\$424.63				\$150.00				\$274.63
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	\$150.00		\$50.00			\$50.00			\$50.00
Friday Women's Group	\$558.00		\$148.00			\$135.00			\$275.00
Good Ole Boys	\$75.00	\$50.00							\$25.00
Happy Destiny	\$349.82		\$134.51			\$113.18			\$102.13
Happy Heathens	\$420.25	\$116.50		\$56.25	\$57.00	\$48.75	\$55.50	\$86.25	
High Nooners	\$130.00				\$75.00				\$55.00
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.	\$704.00	\$154.00			\$250.00				\$300.00
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	\$379.40	\$75.00	\$50.00	\$25.00	\$50.00	\$25.00	\$25.00	\$50.00	\$79.40
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					

GROUP CONTRIBUTIONS YTD 4/1/2019 – 11/30/2019

GROUP NAME	YTD	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
Taking Steps	\$200.00								\$200.00
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	\$125.00		\$25.00	\$25.00	\$25.00	\$25.00			\$25.00
Walk the Talk	\$3,400.00	\$425.00	\$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	\$145.00							\$120.00	\$25.00
Woodland Park Book Study	\$419.16	\$141.00			\$185.57			\$92.59	
WOW Group	\$300.00					\$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	\$2,325.49



Bridging The Gap

Workshop and Training

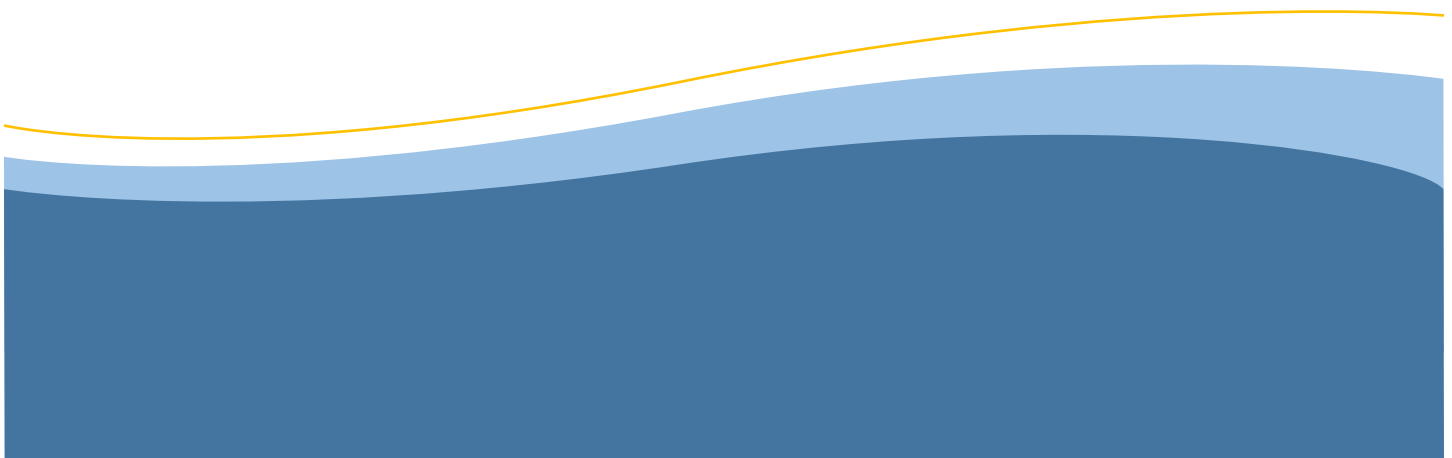


December 14, 2019

9:00 a.m.—11:30 a.m.,

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

Coffee and Donuts Provided



Alcathoon

Sacred Heart Church
2030 W. Colorado Avenue
Colorado Springs, CO 80904

December 31, 2019 - January 1, 2020
Noon to Noon

24 Hours of Meetings

\$10 Registration for 24 hours of fellowship and fun!

Pool Tournament

Begins 1:00 p.m. on Dec. 31st

NO ONE will be turned away!!!!

Child Monitoring

Dec. 31st from 4 - 10 p.m.

Holiday Dinner

Dec. 31st from 5 - 7 p.m.

Please feel free to bring a cold side or dessert

Dance at 9:00 p.m.

50/50 Opportunity

Drawing

½ to winner and ½ to Service Office

Breakfast

New Years Day 6 - 8 a.m.

AA Speaker

A I T.

20 years of sobriety
8:00 pm New Years Eve

AlAnon Speaker

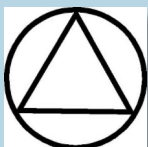
TBD

7:00 pm New Years Eve

AA Speaker

Kimberly H.

32 years of sobriety
9:00 am New Years Day



Come Share the Season Spirit

Questions Please Contact: Niels H. 719.217.8222 or Kerry R. 719.201.5718