

~The Pikes Peak Pint~

FEBRUARY
TWENTY
FOURTEEN



A Newsletter for the Pikes Peak Region of Alcoholics Anonymous

EDITOR'S NOTE

I really love the book 'Living Sober'. It was a fairly new book when I started in AA and my sponsor, thankfully, was not afraid of the new. So she decided it was time for me to get my own copy. And I used it to my benefit almost every day for the first year of my sobriety.

Each topic, each numbered short discussion was like manna from heaven for me. It covered a topic in short, easy to understand thoughts. Words were not complicated. And generally there was no need to remember the numbered topic before to understand the next topic. In fact, in the very beginning of the book, we were encouraged to skip around in the book. I loved that. I was actually allowed to find the topic that I wanted to or needed to read without feeling bad about moving to the back, coming back to the beginning, and then moving 2/3rds of the way through to a different topic. There were no specific rules to read the book. Wow. What a concept. Whatever was bothering me that day, to be truthful I was greatly bothered each day, I would turn to the table of contents and found a numbered discussion that spoke to my particular bother. And I would read and reread that topic until I felt my neck relax and my forehead de-wrinkle. 'Living Sober' saved my life and was a big part in keeping me sober that first painful and endless year.

Chapter 29 talked about my personality of being shy, being a loner, and going to meetings anyway. And I would be accepted as the loner I felt like being even as I wanted to feel like I fit in. Number 26 taught me, among other things, that I didn't have to answer rude or personal questions. Even though I may want to be an open, honest person as a generality to live by, I can deflect rude or personal questions as a right. I could relax. My business is my business, thank you very much.

I also used the book on many occasions by simply opening the book anywhere and reading, say, two paragraphs. More often than not my random reading was indeed what I needed to read right then. It didn't always work that way. Sometimes I came away from the reading more confused than before. So I just went to the beginning of that topic and read it in its entirety. Then I really learned something.

While 'Living Sober' was my constant companion during my first year, it has been an often read book of my more current years. While I claim for myself double digit sobriety, I realize the need for the basics more than ever. 'Sometimes, for no apparent reason' I begin to 'feel the onslaught of anxiety, fear, terror, even panic, which makes no sense'. When I pick up the phone, I find I am fully understood. 'We got total empathy-not sympathy'. I am no longer in threat of taking that first drink. I am understood. I am not alone.

Number 5, 'Live and Let Live' appears to be more real to me now than ever before. I can get caught up in personalities rather than principles. I get drugged down with people who don't believe like I do. They don't act like me. They certainly didn't drink like I did. As much as I have grown and learned, I need to specifically remind myself to live and let live, to let others be and stay out of their way. From the beginning to now, 'Living Sober' has been a constant companion giving me specific lessons in sobriety. For that, I am grateful.

Next month's topic is the book 'Language of the Heart'. If you haven't read it before, now is the time. It is a compilation of Bill's writings to The Grapevine. Part history book, part the struggles Bill went through as he explored his own relationship with AA, this book is truth and compassion straight from Bill's heart. It is a tender thing to watch a man struggle with his own God and his place in the world in a public setting. Obviously a good read.

Submissions - pages 2-3

Tradition - page 4

Milestones - page 5

Intergroup Elections - page 6

Committee Stuff - pages 7-8

Group Contributions - pages 9

Puzzle - page 10

2014 Corrections Flyer - page 11-12

SUBMISSIONS for The Pikes Peak Pint including all articles, stories, announcements and flyers along with questions, comments and constructive criticism are always welcomed at pint@coloradospringsaa.org.

You will receive a prompt reply and appropriate consideration for publication. Please note that submissions for publication must be made by the 20th of the month prior to the month desired for publication in order to be considered.

Trigger Happy

Grappling with early sobriety, the book *Living Sober* has become a lifeline for me, one I plan to continue to use regularly. It reminds me precisely: "Anyone can get sober. We have all done it lots of times. The trick is to stay and to live sober." This text time and time again offers up a very tangible toolbox of tricks to thrive in sobriety – day by day, hour by hour, and minute by minute.

For a chronic alcoholic like me, whose life in and out of AA for almost six years has been characterized by chronic relapses, it was a relief to find this conference approved "handy manual" which is meant "for consulting from time to time...not to be read straight through just once, and then forgotten." Perfectionist that I am, I did read through the entire book. Subsequently, however, in times of agitation, I have found myself scanning the index, re-reading section after section, several times a week, several times a day even, seeking concrete tips to use to keep my stinking thinking and drinking triggers at bay. I have repeatedly been provided with both firm and gentle reminders that help me redirect the grinding pangs of shame and confusion and anxiety that previously became the scene setters to me clutching yet again for that first gulp of wine from a tidy purse-sized box, a gulp which without fail streamline me way past that first drink into yet another usually catastrophic drunk.

I know my gun of alcoholism is loaded; *Living Sober* is one keen tool that helps me find ways to not to flex that trigger finger, no matter how itchy it may become. "It is your right to take back your misery if you want it," I am reminded. But, on the other hand, I am learning slowly that "a new picture" of me and of my life is also my right! I am learning slowly that I need never again drink at someone and let loose a barrel full of anger and resentments. I don't have to drink at my husband, even when we argue. I don't have to drink at my step-daughter's five year struggle with anorexia; I can develop compassion, and love her without turning myself into a martyr and a victim, which in the past has just turned me back towards active alcoholism. I don't have to drink at a job in a dysfunctional organization that I actually chose. I don't have to drink at my guilt and shame – the 12 Steps and the program will help me find another way. Blame and shame are not my only alternatives. *Living Sober* and its embodiment in AA remind me how deathly and dangerous stinking thinking, and anger and resentment at people, places and things are for me. Chapter 15 even goes a bit further to assert that "there may be a subtle, undetermined biochemical relationship between alcohol and the kind of body changes that accompany anger." I am accepting that my biological makeup is different than normal drinkers, indeed, not only in regards to alcohol. "One experimental study of alcoholics suggested that resentments may create in the blood of alcoholics a certain uncomfortable condition that is cleared up by a binge." I can learn to seek alternatives, choosing different tools and leaving anger and resentments as the dubious luxuries of normal men and women.

The tool kits outlined in *Living Sober* encourage me to eat brownies and go to body pump class and walk in the woods and find quiet time. I am encouraged to live in gratitude and to extend towards myself the Tender Loving Care that is inherent in my Creator's embrace and which I readily extend to a child in distress, an agitated friend, a companion in grief. I am encouraged to go play poker with my home group buddies, to take time for an AA retreat in the mountains, to relax and savor life. All of these bring much more delight than drinking! Instead of spending an hour alone with my brain and myself (truly dangerous company), I can call my sponsor or an AA sister to acknowledge my feelings, or even just to chat about the practical and financial perils of going to the dentist! I can go to any one of 300 weekly meetings in the Pikes Peak region and be filled with experience, strength and hope, rather than isolate in my cocoon of self-pity and self-destructive thinking. It's remarkable that the split second after hearing a fellow alcoholic answer my call, or just a few minutes into a meeting, the power of my anger, my resentment or my obsession of the hour begins to lessen. I step even further away from that first drink.

I am learning that feeling trigger happy is an opportunity to change, not a sentence leading me into drunken destruction. I can let go of it with God's help, by praying and taking action, by getting busy with something that pulls me out of my morose thoughts and ego-centric patterns. I can respond to a request to help with service, in this case, by writing this little ditty. These words may resonate with a fellow alcoholic, they may not. But for the hour and a half I spent reviewing *Living Sober* last night, during the time I spent driving back from a meeting today thinking about what I wanted to write about rather than thinking about a Vendange Shiraz binge, and for this hour or so I am writing, I am further and further away from that first drink and closer and closer to serenity and purposefulness. That feeling that I am akin to dung has begun to disappear. This is truly more satisfying than spending inordinate amounts of time figuring out how to get cash to buy wine, of trying to remember which liquor stores are open when and which one I frequented last (too many visits in a row to the same one might lead the owners to believe I am alcoholic!) or using my God-given intelligence and creativity devising new hiding places for my stashes (yep, filling translucent shampoo bottles with wine in the guest bathroom) and making excuses to visit the caches (I should have been diagnosed with one of the smallest bladders in the world). Today, I have alternatives. As *Living Sober* reminds: "We needed new habits of activity to fill those open spaces and utilize the nervous energy previously absorbed by our preoccupation, or our obsession, with drinking." Today I can choose -- with the help of God, my sponsor, my home group and my AA buddies; with the help of prayer and meditation and contrary action – to be thinking about Black Brandywine tomatoes, and garden plots, and a mystery novel, and riding bikes with the neighbor children and taking a permaculture class online...instead of Jane Cabernet's deadly poison in a box!

My all or nothing alcoholic thinking and actions, though, often fed my disease from the other end: Busy-ness, particularly workaholicism, was also a frantic obsession. AA and the text *Living Sober* teach me that balance is essential to living and thriving sober, one hour, one day at a time. In addition to outright program tools, I can take a nap when weary. I can allow myself an extra hour's sleep as my body heals from my assault on it as a result of drinking day in and day out for days or weeks or months at a time for years, intermittently interrupted by yet another attempt at getting, but not really committed to living, sober. I can choose to follow my sponsor's suggestion, delaying jumping into another high-powered, intense job where I would be tempted yet again to "bite off more than even a hippo could chew," and end up drinking my way through the stress, and yet again out of employment. I can, as *Living Sober* describes, "move with less hurry," and sit with discomfort, rather than knee jerking my way into situations compromising my health, my sanity and ultimately my sobriety. New habits are bound to cause discomfort, even confusion, but I am learning that it is possible to "pace ourselves in a healthy way...to enjoy small gains and even the simple pleasures." By flexing these muscles I can humbly learn to be a sober woman of just the right size -- neither grandiose nor downtrodden by shame and drunken oblivion.

I am learning I do not have to try and fix everything on my list today. Working through the rest of my PTSD can wait. Lining up what I think is perfect employment can be postponed. All risky emotional entanglements can be avoided, just for today. Sobriety must come first, at any length. Indeed, as a newcomer, it is a life and death matter for me to remember: "When our sobriety has a foundation firm enough to withstand stress, then we are ready to work through and straighten out other aspects of our lives." I thank God and my AA foremothers and forefathers that I have been given the chance to open my life and heart to developing the courage to change and the willingness to believe that wisdom and serenity can become my frequent companions.

Leslie

Once upon a time I met a little prayer I hated on sight. Maybe that was part of the problem—I didn't *hear* it so much as *see* it everywhere: Cross-stitched on pillows, emblazoned on posters, or decoupage onto wooden plaques from the 70s. Clearly it was the cliché of all prayers, and not to be taken seriously by thinking people like myself. So when I discovered this silly prayer was a favorite among recovery folk, I was embarrassed: *Really? That's the best you can do?*

Of course, I'm talking about **The Serenity Prayer**:

*God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

I didn't get it. What does this prayer have to do with *not* drinking? For months, I prayed along in unison, but without enthusiasm. Until one day, I finally heard what the words were actually saying. What they were telling me was that I lived the prayer in reverse:

- Trying to change people and situations I can't possibly control.
- Failing to change what I can and should.
- Neglecting to ask for wisdom before I charge ahead.

When I live this way, forcing my will against the flow of life, I lose any sense of inner peace or calm. In place of serenity, I reach for escape, distraction, or the kind of numbness I used to get from alcohol. *This* is what the prayer has to do with addiction. Once I made this connection, I began to say this prayer with new intention. And today, I get it, why it's worked wonders for so many millions of people. It's not a silly prayer, at all—it's a sneaky prayer. Tucked within it is a powerful prescription for living in harmony with the world no matter what life brings.

Today, I often use this prayer to help me sort out how I should respond when I feel anxious, confused, or overwhelmed. On paper or in my head, I put troubling situations into columns:

Column 1. Things I cannot change because I have absolutely no control over them. My best response: Let it go. Give it to God. Don't waste any more time or energy on it.

Column 2. Things I could and should change but I lack the confidence or courage to act. My best response: Ask God for willingness. Determine the next right step. Choose to act.

Column 3. Things I need wisdom to sort out because they fall into neither column or both. My best response: Pause. Be slow to respond. Pray for discernment. Possibly seek counsel.

And then there's Column 4: Things that are simply none of my business. Okay, this isn't part of the prayer, but it seems like it should be!

These days, my husband and I often use these columns as a fun shorthand. For example, the other day, I was whining about how I can't believe I haven't been to the gym for months when Dave interjected, "Isn't that...Column 2?" He was right, of course. It's a clear case of something that is up to me to change—and I could, if I wanted to, but...

Well, you get the idea.

Like I said, it's a sneaky little prayer.
But it could just change your life today.

[Heather Kopp at SoberBoots.com](http://HeatherKoppatSoberBoots.com)

HIYA! I'm Stormie, and I'm an Alcoholic! Yep, an Alcoholic of the fearful variety, especially in the beginning. I joined our beautiful fellowship and began to be taught about what it meant to be a woman living with alcoholism, that alcoholism IS a serious fatal incurable illness, and that without a spiritual solution, I could die. All of that was a ton to absorb for sure, but nothing was as scary and filled with fear than the idea of what in the world I should do in between meetings, while I was not drinking. Yes, my sponsor had me step up quickly to service, and I was working steps and coming to meet my HP, but what did I do with me in between meetings, if I couldn't think, date for a year, or drink? Oh man, my choices of substitution were becoming very limited so I chose two I thought were the safest, talking to God and eating lots and lots of carbs (Shout out to the local donut shop)! As you may be able to guess, God didn't make my thighs thicker or my belly more soft, but the constant donuts absolutely did. There I was 2 months sober 10lbs heavier and while I was getting happier and more free every day, I was so nervous that I was going to be obese in order to be sober. That's when I heard it. My, now, favorite line in Living Sober, "Did you ever hear of anyone being arrested for fat driving?"

I laugh as I share that with you, but it was a clear moment in my journey in sobriety when I realized that I was ok, I was really ok. I was happy, free, and sober. Yes I had developed a few rolls that hadn't been there before, but I was joining the ranks of women who had gone through this exact same thing in their sobriety journeys. I was having my own experience in Alcoholics Anonymous, and it was ok.

I ended up joining a weekly Living Sober meeting and reading the rest of that chapter that talks about how the alcoholic may need the sugar to aid in their recovery in the beginning and how we needn't be too concerned about that because, like it had with myself and thousands of other sober alcoholics, the food and weight issues began to balance out as my trust and reliance in my HP continued to grow. So I for one am so very grateful that that line made it into the book.

From the fear calming words in Chapter 9, I came to really recognize how practical and easy to understand the book was and that in conjunction with working with my sponsor and a set of steps, Living Sober provided me common sense tools to navigate new life as a sober woman. It also made me feel like I could take more responsibility for my sobriety with great suggestions like making an exit plan when at an event, changing up old routines, using the Serenity Prayer...a lot, and using gratitude to fend off negativity. Living Sober for me was a practical tool that helped me understand what the Big Book was teaching me before I could really absorb it.

I'll close with this, if you're new or old, or anywhere in between I would suggest giving this book and these meetings a try. We are asked to maintain and enlarge our spiritual lives and Living Sober is just another lovely way to that. The experience, strength and hope, I've heard in these meetings has done wonders to make me laugh, give me a new perspective, and show me that although it looked a bit of a mess, sometimes someone's sobriety starts with donuts!

All My love, Stormie

Local Service Office
Hours: Tuesday-Friday 9 a.m. to 6 p.m.
SAT.-SUN.-MON: CLOSED
Location: 1353 South 8th Street, Suite 209
Contact the Service Office for intergroup information
Colorado Springs, CO 80905
719-573-5020
E-Mail: service_office@coloradospringsaa.org
Web site: www.coloradospringsaa.org

Concept 2: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

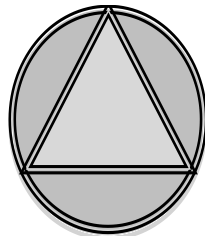


Tradition 2:
For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

TRADITIONS CHECKLIST

Tradition Two

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?



Where does A.A. get its direction? Sole authority in A.A. is a loving God as He may express Himself in the group conscience. ...

MEETINGS ADDITIONS – DELETIONS – CHANGES

Burning Desire Group (open) discussion **CANCELLED** – Monday at 7:00 p.m., 3850 Pony Tracks Dr, Baptist Church.
Downtown Men's Stag (closed) **CANCELLED** – Tuesday at 7:30 p.m., 210 N. Corona.
Downtown Spirituality discussion (open, handicap access) **CANCELLED** – Wednesday at 7:30 p.m., 210 N. Corona.
Big Book Works (open) Big Book & Traditions Study, **CANCELLED** - Thursday at 7:45 p.m., 210 N. Corona.
After Hours (closed, handicap access) **CANCELLED** – Sunday at 8:30 p.m., 210 N. Corona.
Downtown Group discussion (open, handicap access) **ADDED** - Wednesday at 7:00 p.m., 210 N. Corona.
Downtown Group 12x12 study **CHANGED** – After Hours Meeting (open, handicap access) Sunday at 7:00 p.m., 210 N. Corona

**TURNING POINT GROUP
SATURDAY SPEAKER LINE-UP**

1st Collen *6-7 Potluck*
 8th Earline *7-8 Speakers*
 15th TBD *at*
 22nd Karl *Green Mnt Falls*

**WALK THE TALK
SATURDAY SPEAKER LINE-UP**

1ST Paula R.
 8th Scott K.
 15th Sean P.
 22nd Ron

~ FEBRUARY BIRTHDAY MILESTONES ~

HAPPY HOUR		NEW WOMAN GROUP		WALK THE TALK	
Susan L.	26 yrs.	Caren L.	8 yrs.	Sean P.	3 yrs.
Mark L.	26 yrs.	Toni M.	5 yrs.	Sandy A.	18 yrs.
Rick D.	10 yrs.	Lisa J.	2 yrs.	Ross S.	10 yrs.
Carl N.	18 yrs.	Kathy M.	1 yr.	Ron S.	10 yrs.
OASIS GROUP		Shawn B.	31 yrs.	Jodie S.	28 yrs.
Bill M.	22 yrs.	FRIDAY WOMEN'S		Joe	11 yrs.
Michael K	1 yr.	Lynn E.	4 yrs.	Deborah Jo	2 yrs.
SOLUTIONS AT NOON		Barb B.	4 yrs.	Dave A.	1 yr.
Bill M.	22 yrs.	SERENITY RIDERS		Dean C.	13 yrs.
WE ARE NOT SAINTS		Jesse F.	27 yrs.	Bev H.	5 yrs.
Melissa E.	15 yrs.	VETERANS FOR AA		Charles B.	23 yrs.
Susan P.	23 yrs.	Bob McC.	35 yrs.	Pam	2 yrs.
STEEL MAGNOLIAS		NEW WOMAN GROUP		Lindsey	5 yrs.
Dana R.	17 yrs.	Caren L.	8 yrs.	Daren R.	11 yrs.
Karen M.	24 yrs.	Toni M.	5 yrs.		
		Lisa J.	2 yrs.		
		Kathy M.	1 yr.		
		Shawn B.	31 yrs.		

***536 YEARS FEBRUARY**

~OOPS~ JANUARY BIRTHDAY MILESTONES ~

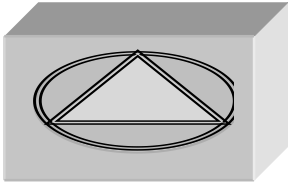
HAPPY HOUR		HAPPY DESTINY	
Delores N.	25 yrs.	Lauri R.	26 yrs.
Gary D.	5 yrs.		
Angelia	10 yrs.		
Paul G	24 yrs.		
Chris S.	9 yrs.		
Heather H.	4 yrs.		
Phil W.	4 yrs.		

*Equals total years reported from our local groups. To have your group years' added please submit your milestones by the 20th to pint@coloradospringsaa.org

**UPCOMING
ELECTIONS in MARCH**

ELECTIONS for INTERGROUP OFFICERS will be held at the INTERGROUP MEETING, March 11, 2014. All of the positions listed below will be voted on. CANDIDATES MUST BE PRESENT. It is recommended that those who stand have a minimum of two years continuous sobriety. Term of office is one year, April 1 through March 31.

NOMINATION FOR INTERGROUP BOARD MEMBERS
(Please submit by March 11, 2014 or before!)



I hereby nominate _____ for the trusted servant position of:

- | | | |
|--------------|------------------|---|
| (Circle one) | Chairperson | One year term |
| | Vice-Chairperson | One year term (two year commitment)
First year as Vice-Chair, then preferably rotates into position of Chairperson. |
| | Secretary | One year term |
| | Treasurer | One year term |
| | Vice-Treasurer | One year term (two year commitment)
First year as Vice-Treasurer then preferably rotates into position of Treasurer. |
| | Registrar | One year term |
| | Member at Large | One year term |

• COMMITTEE INFORMATION •

Public Information:

Committee Meeting: 1st Saturday, 2:00 p.m., 1st floor Penrose Main Hospital, 2222 N. Nevada in Volunteer Coordinator Conference Room.

Cooperation with the Professional Community:

Committee Meeting: 5:30 p.m., 2nd Sunday of the month at the Downtown Group, 210 N. Corona St.

Corrections:

Committee Meeting: 9:00 am-10:00 am, 3rd Saturday of the month, Sacred Heart Catholic Church 2021 West Pikes Peak Ave, Room #6, Colorado Springs, CO 80904

District 7:

Committee Meeting: 7:30 pm, 3rd Tuesday of the month at 420 N. Nevada, First United Methodist Church Room 135 (Boulder St. Access)

Treatment:

Committee Meeting: 12-1 pm, 2nd Saturday of the month, at Penrose Hospital Volunteer Conference Room, 2222 N. Nevada.

Nightwatch:

Night Owls Committee Meetings: 7:00 p.m., 1st Tuesday of the month at Sacred Heart Parish, 21st and Pikes Peak Room 10 - Following the New Beginners meeting.

For more committee information including intergroup committees please go to coloradospringsaa.org

• CONTRIBUTION ADDRESSES •

~ AREA SERVICE OFFICE ~ Colorado

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

(Include group name and number on check)

~ GENERAL SERVICE OFFICE ~ P.O.

Box 459 - Grand Central Station New
York, NY 10163

(Include group name and number on check)

~ AREA 10 ~ Area

10 Treasurer
12081 West Alameda Parkway #418
Lakewood, CO 80228

(Include group name, number and district 7 on check)

~ DISTRICT 7 ~

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

(Include group name, number and district 7 on check)

~ PINK CAN CONTRIBUTIONS ~

Pink Can Contributions
P.O. Box 40368
Denver, CO 80204

(Make checks payable to Area 10 Corrections Committee)

(Include group name and number on check)

• CASH ACCEPTED IN PERSON ONLY •

**Sign up to receive
The Pikes Peak Pint by email!**

• Read, enjoy and send a copy to all your friends •
**Send subscription requests to
pint@coloradospringsaa.org
DO IT TODAY!
or you can get a copy for only \$1.00
at the Area Service Office**

2014 Colorado AA Corrections Conference
"Freedom is a State of Mind"
April 11-13, 2014
Antler's Hilton, Colorado Springs
Speaker: Danny Brown from Texas
Listen to how lives have changed as a result of
AA volunteers bringing meetings into jails and
prisons. Conference registration is \$15.00.
Want to be a part of this change? Page 11 has
all the details!

The Colorado Springs Intergroup Programs Committee says...

THANK YOU!!

for being part of the
2013/14 Alcothon

Your contribution helped us carry the message to hundreds of people who came to be with us in the Fellowship of the Spirit on New Year's Eve.

Thank you for your service!



THANK YOU!!
WE
APPRECIATE
YOUR SUPPORT!

In the month of December the Service Office received 7 Grateful Giver contributions,

2 very special personal contributions!!

"AA membership is not a spectator sport."

District 7 Presents a Workshop On: 12 Step Work in Our Service Structure



Saturday, February 22nd 11am-2:30pm

First United Methodist Church 420 N. Nevada Ave, Room# 133 & 134, Colorado Springs

Please join us for an afternoon with food, fellowship and interaction on how our service structure is active in 12 step work within our community!

Workshop Format

GSR Experience, Q & A – Julie L.

DCM Experience, Q & A – Troy E.

Round Table Discussions w/ Standing Committee Chairs:

Treatment, Public Information, Cooperation With The Professional Community, Corrections

Guest Speaker: David H. Former Delegate Panel 47, Parker, CO

District 7 Will Provide BBQ Pork & Beef and Drinks!

Please bring a dessert or side dish to share!

"To the world you may be one person, but to that one person you may be the world" Bill W.

We of AA have two responsibilities. The first is to work our program and stay sober; the second is to work with others. Where and how we serve is based upon our unique talents, skills, and calling. But the one place where we are all expected to give of ourselves is to our home group. My service as an inter-group rep has come to an end; it seemed that I just had enough time to figure out what was going on when it was time to rotate out. I wish to thank everyone who helped me to see how all the groups in the area have the opportunity to come together and work on larger projects. The opportunity to work with others on the Alcothon, to see all the threads come together to make a beautiful tapestry was amazing.

When you were first recovering, the God of your own understanding brought you into a life boat a group of friends whom you were meeting for the first time. The body of AA lives all over the world but we are united by trust in the program. You then chose, according to the will of God, to become part of a local, autonomous group of likeminded Alcoholics. He placed you there because He knows that you are needed and that you are significant to your home group.

The local group, Inter-group or ASO is more than a community. Each is an interdependent body with individual members who were created to function in co-operation with one another. We of AA, like the world at large, are a diverse group, and that means we often have to strive hard for unity. But our differences are actually something to be celebrated, because each person uniquely contributes to God's purpose. A local group that is truly operating as a unit—with all its varied gifts, talents, personalities, and intellects focused toward their primary purpose must be a beautiful sight.

AA membership is not a spectator sport. We all have jobs to do in the recovery of others as well as in ourselves. The body of AA functions best and most beautifully when all members resolve to serve God and each other to the best of their ability. What are you doing for your group? Your sobriety? And for others? Dennis D.

GROUP NAME (2013-2014)	Fiscal Yr. to date	December	GROUP NAME (2013-2014)	Fiscal Yr. to date	December
Above the Bar Group	\$111.50		Northwesters	\$300.00	
Apex	\$180.13		Oasis Group	\$150.00	\$50.00
Back to Basics	\$173.06	\$115.06	Off The Wall	\$185.59	\$77.44
Beacon Light Group	\$150.00		Old North End Study Group	\$63.15	
Big Book Action	\$200.00		Pre-Dawn Meeting	\$0.00	
Big Book Study UPH	\$51.00	\$51.00	Primary Purpose Men's Group	\$175.00	
Black Forest	\$340.03		Progress Not Perfection	\$320.03	\$98.70
Broadmoor	\$0.00		Recovery in Action	\$386.65	
Brown Baggers	\$150.00		Saturday Early Morning Mtg.	\$224.40	
Central	\$69.46	\$69.46	Security Eye Opener	\$84.72	\$84.72
Clean Air Group	\$253.45	\$93.45	Serenity Hour	\$272.00	\$47.00
Don't Worry Be Happy	\$577.42	\$117.42	Serenity Riders	\$202.10	
Down By The Creek	\$0.00		Serenity Sisters	\$263.85	\$263.85
Downtown Group	\$2,912.97	\$506.42	Solutions at Noon	\$325.00	\$58.38
Drylander's Group	\$54.00		Sought Through Prayer & Meditation	\$74.00	\$25.00
Easy Does It	\$0.00		Steel Magnolias	\$277.96	\$77.96
Ellicott Group	\$201.00	\$108.00	Stepping Stones	\$310.65	\$260.60
Eye Opener	\$0.00		Sunday Morning Speaker	\$1,061.28	\$104.00
First Forty	\$35.00		Sunday Night Big Book Study (Clean Slate)	\$0.00	
Foxhall Group	\$113.25		Sunlight of the Spirit - Women's 12x12 (Monument)	\$518.50	
Friday Night Live	\$350.00		Taking Steps	\$41.25	\$41.25
Friday Women's Group	\$440.16	\$272.66	The Doctor's Opinion	\$100.00	
Good Ole Boys	\$100.00		The Garage Meeting	\$42.76	\$16.67
H.O.W.	\$99.96		The Sober Jokers	\$200.00	
Happy Destiny	\$353.01	\$203.06	Then and Now	\$246.06	\$96.06
Happy Heathens	\$297.00		Thursday Mens	\$500.00	\$500.00
Happy Hour	\$120.00		Thursday Noon--Woodland Park	\$100.00	
Happy, Joyous & Free	\$298.00	\$132.00	Turning Point	\$120.00	
High Noon	\$232.00	\$36.00	Ute Pass Breakfast Group	\$165.00	\$105.00
Into Action	\$480.00		Veterans for AA	\$0.00	
Keystone to Recovery	\$75.00		Walk the Talk	\$4,613.71	\$958.71
Lake George Group	\$215.00		Walking on Water	\$100.00	
Little Log Church Group	\$100.00		We Are Not Saints	\$966.71	\$272.57
Living Free	\$138.85	\$30.35	Westside Eye Opener	\$0.00	
Living Sober	\$0.00		Women of Grace	\$314.68	\$61.68
Living Sober South	\$198.68	\$45.00	Woodland Park Beginners	\$56.59	
M.A.G.	\$440.36	\$77.00	Woodland Park Book Study	\$529.60	\$232.00
Meditation Group	\$50.00		Woodland Park Women's Step Study	\$138.00	
Natural High	\$0.00		Young People	\$953.20	\$170.51
New Beginners	\$512.50		Totals:	\$24,985.76	\$5,458.98
New Woman	\$530.53				

FEBRUARY PUZZLE

w	e	c	a	s	o	c	h	i	r	u	s	s	i	a	c	s	r	W	step two	valentines day
a	i	o	p	o	w	e	r	g	r	e	a	t	e	r	u	k	s		believe	celebrate
s	y	u	l	w	t	c	e	v	e	i	l	e	b	e	r	a	s		power greater	love
h	t	l	b	t	p	i	h	n	g	j	a	c	o	l	l	t	e		ourselves	olympics
i	i	d	i	n	e	e	t	r	s	o	f	t	b	a	i	i	r		could restore	Sochi Russia
n	r	r	d	o	t	p	a	p	l	o	r	h	s	b	n	n	p		sanity	bobsleigh
g	o	e	l	i	s	r	e	o	s	r	e	d	d	o	g	g	x		group	curling
t	h	s	s	t	u	e	w	s	i	s	s	c	e	b	c	r	e		purpose	skiing
o	t	t	r	i	s	s	g	e	c	n	e	i	c	s	n	o	c		one ultimate	skating
n	u	o	e	d	l	i	n	c	o	l	n	o	s	l	o	u	e		authority	ski jump
t	a	r	d	a	i	d	i	e	c	i	t	s	m	e	u	n	l		loving God	snowboarding
m	g	e	a	r	d	e	t	s	u	r	t	t	a	i	r	d	e		express	tradition two
u	o	m	e	t	p	n	c	l	l	j	u	n	s	g	s	h	b		himself	conscience
j	v	a	l	e	n	t	i	n	e	s	d	a	y	h	e	o	r		presidents day	leaders
i	e	a	s	i	e	s	d	s	i	n	o	v	t	n	l	g	a		Washington	trusted
k	r	h	o	l	v	d	e	d	a	g	i	r	i	m	v	d	t		Lincoln	servants
s	n	o	w	b	o	a	r	d	i	n	g	e	n	a	e	a	e	Groundhog day	govern	
y	s	i	n	i	l	y	p	u	o	r	g	s	a	r	s	y	t	predicting weather		
l	y	m	p	i	c	s	k	r	e	h	i	m	s	e	l	f	i			
e	j	t	s	l	o	v	i	n	g	g	o	d	h	t	u	l	n			
																		HINT: STEP TWO		

2014 Corrections Conference – Colorado Springs

Our agenda at this conference includes a panel of directors from correctional facilities and correctional programs across the state of Colorado.

You will have the opportunity to listen to some amazing and inspirational stories from members of Alcoholics Anonymous who directly benefited from volunteers who carried the AA message to them behind the walls.

You will be invited to take part in round table discussions specific to service opportunities within corrections.

D.O.C. Training Available!

1. Download the DOC volunteer application at www.doc.state.co.us/becoming-cdoc-volunteer
2. Mail the completed volunteer application form to:
Colorado Dept. of Corrections
c/o Darlene Kinsel
2862 South Circle Drive
Colorado Springs, CO 80906
3. Register for training by calling Darlene Kinsel at 719-226-4482

*When anyone, anywhere, reaches out for help,
I want the hand of AA to be there.
And for that: I am responsible.*

Location Information:

Antlers Hilton
4 S. Cascade Avenue
Colorado Springs, CO
719-955-5600 ext: 409

Lodging:

Rooms are available at a discounted group rate of:
\$99.00 per night

****Mention Corrections Conference to get this group rate****

Located in the heart of downtown Colorado Springs, the Antlers Hilton features a full service restaurant, a health club, and an indoor pool & whirlpool with beautiful views of Pikes Peak.

Questions? Please email: corrections@coloradoaa.org



Freedom is a State of Mind...

Your 2014 Area 10 Corrections Conference

April 11-13, 2014

The Antlers Hilton – Colorado Springs

Register Today!

Checks can be made payable to: Area 10 Corrections Conference

Registration fee: \$15.00

To register, please fill out this form and return it along with a check to:
2014 Area 10 Corrections Conference, PO Box 40368 Denver, CO 80204

Name: _____

Address: _____

Telephone: _____ Email: _____

Name you would like on your badge: _____

I am attending the Dessert Social: Yes/No

Donation: _____ Total enclosed: _____