



# THE PIKES PEAK PINT

July 2018

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

'Oh yeah, I can do that!!'

## *God gave us fear for protection*

One day, my sponsor asked me what God would have me be if I wasn't fearful.

I wrote that I would not worry and stress over what people thought of me, what the future holds, and what my real purpose is in this life.

I cannot imagine what it would look like if I did not have my trusty fear. It holds me back from participating in various aspects of life. Fear seems to bring out the selfishness in me as I can sometimes use it for an excuse. I may make an excuse for not wanting to do something, and that means being dishonest in a way

because down deep it is just fear. Fear of engaging with others, fear of being myself, fear of not being myself, fear of what or who I might encounter.

I think God gave us fear to protect us. It has a valuable trait as our natural instincts will alert us with fear when something is wrong. When I'm not drunk I can actually hear and see and feel this kind of warning and not put myself in danger. We are not alone in our fear either. I know that I am not that unique from my fellows when it comes to fear. I think God

*See Fear, page 5*

## **Honesty helps with depression**

I am coming out of a depression that lasted the last six months.

I was accomplishing the bare minimum in my life. I was going to work, going to some meetings, albeit not regularly. I spoke to my sponsor

every once in a while and I got back to my sponsee.

My fiancé noticed that I was out of whack well before I did.

It was difficult to get honest with myself and realize that I was unhappy with life,

that I was expecting things to be different, more exciting, and easier. Such expectations are deadly to an alcoholic like me.

That mindset allowed me to miss more and more meet-

*See Depression, page 8*



## Walk The Talk

Brett A.	7/8/12
Jeanie P.	7/14/15
Ken K.	7/14/08
<b>Derek</b>	<b>7/15/17!!!</b>
Scott C.	7/18/99
Cindy G.	7/12/03
Mark H.	7/15/16
Chris	7/11/16
Cynthia P.	7/25/88

## We Are Not Saints

Chad M.	39 years
Gina S.	6 years
Jessie	7 years
Katy C.	33 years
Mark K.	25 years
Mary Linn B.	33 years
Paige I.	2 years
Rick B.	12 years

## Friday Women

Liz R.	9 years
Yvette W.	27 years
Maxine C.	26 years
Connie Sue	29 years
Eve B.	14 years
<i>Grace</i>	<b>1 year!!</b>

## Central Group

Eric A.	7/28/04
Rory S.	7/27/06
Angie S.	7/9/12
Joe R.	7/11/05
Sally M.	7/1/16

## New Woman

Jessie G.	7 years
<b>Debbie</b>	<b>1 year!!</b>
<b>Julie S.</b>	<b>1 year!!</b>

## Serenity Riders

Christine T.	7/4/14
Joseph P.	7/22/79
Kat B.	7/18/10
Laura W.	7/5/06

## When is YOUR A.A. birthday?

If you want your birthday listed here and you want us to celebrate God's and your) accomplishments with you, please send your name, date, year, and home group to [pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org).

# Let's celebrate sobriety!

Meet the Intergroup Board Members and DCMs, engage in strong fellowship, and enjoy some delicious barbecue!

*Literature will also be for sale (with the 10% discount).*

SATURDAY,  
JULY 21

OPEN  
HOUSE

Barbecue  
Noon-2pm

10am-3pm

All this fun takes place at the SERVICE OFFICE,  
1353 S. 8<sup>th</sup> St., Suite 209, Colorado Springs



# STEP 7:

Humbly asked Him to remove our shortcomings.



## CONCEPT 7:

*The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.*

- ◆ Do we act responsibly regarding the “power of the purse?”
- ◆ Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.?

## TRADITION 7:

Every AA group ought to be fully self-supporting, declining outside contributions.

## TRADITION 7 CHECKLIST:

- ◆ Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- ◆ Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- ◆ If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- ◆ Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
- ◆ Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
- ◆ How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

# *Ask God to remove fear and He will!*

*Fear, from page 1*

would have me reach out to others to be kind and loving toward them to relieve some of their fear.

I don't feel I can say I *always* feel right in my skin even after years in AA. I still

live in great fear. I think God would have me put others before myself to listen and hear what their needs are. This is the best way I can show what God wants me to be if I wasn't full of fear.

Another thing I have learned is to ask God to |



remove my fear. I say the words, "God remove this fear from me," and *instantly* I find relief.

I recognize more of my fears as I go about my day. I get nervous and antsy.

I have been stopping when I notice the feeling that some-

thing is bothering me to pray. Just a deep breath and a prayer to remove my fear. Many times I cannot identify the fear. This is the worst! Just having a feeling of impending doom, even when nothing seems wrong.

A lady called me the other day saying she felt like something in the

back of her mind was making her nervous. She couldn't describe what. I told her to ask God to remove her fear.

"Oh, yeah, I can do that!!" she said, and she and I both laughed and felt so much better.

— Teresa

## **THIS IS IMPORTANT:**

Thanks to the financial and volunteer donations by AA members and friends in the Pikes Peak region, we are able to spread the HOPE of a meaningful LIFE and continued SOBRIETY to newcomers and fellow members and share our Alcoholics

Anonymous meetings with visitors to our beautiful area.

It's practicing Step 12: *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.*

During May,

The Service Office received 2 Grateful Giver Contributions.



## ANNOUNCEMENTS

### *Meeting changes ...*

#### **Big Book meeting delays**

The Tuesday night Big Book meeting now gathers at 7 p.m., instead of 6:30. This is the group that meets at the Phoenix Multisport Building, 2204 Hagerman Street. We also have discussion meetings, and study the 12X12, the Steps and the Traditions.

See you there!

#### **Bondage no longer free**

The Freedom from Bondage group that had met Fridays at 6 p.m. at 1602 S. Wasatch is no longer meeting.

#### **Are you a problem *thinker*?**

There's very few new items for this column this month. So, instead of giving you another green snake (See June 2018), the editor took it upon herself to reprint a few from past months. This one is from February:

A new A.A. meeting has sprung up, called Problem Thinkers. It's an open discussion meeting for atheists and agnostics that meets Sundays at 7 p.m. They meet at Unity in the Rockies, 1945 Mesa Rd. Enter through the main doors next to the flag pole.

#### **All About Recovery could use your help**

The All About Recovery group, a new open, handicap accessible, discussion meeting would love it if you could lend it support Mondays, Fridays, and Saturdays at 3 p.m. and Tuesdays, Wednesdays, and Thursdays at 7 p.m.

It's at Cedarwood Health Care Center 924 W. Kiowa St., downstairs in the conference room.

### *... and old news too*

#### **Meditate on changes**

The Happy, Joyous and Free meeting Fridays at 7:30 p.m. at the Beth-El Mennonite Church, 4625 Ranch Drive, begins with a guided meditation and discussions include the Big Book and 12X12.

#### **Live! From Colorado Springs! It's Saturday Niiiight!!! IN JULY!!!**

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

- July 7, Adrienne M.
- July 14, Bill M.
- July 21, Scott A.
- July 28, Travis

#### **All Newcomers welcome**

The Central Group at 309 S. Hancock has opened a new Saturday 1 p.m. meeting for newcomers. There's a kid-friendly room so bring your kiddos ... or is that room for us alcoholics?!?!

#### **New group loves and tolerates**

A new group called Love and Tolerance gathers Mondays at 7 p.m. at Clean Slate, 1769 S. 8th Street, building P.

It's an open discussion, wheelchair accessible meeting that welcomes **all people and all aliens**, LGBTQ and straight.

That means if you're a purple alien with antennae coming out of your head and eyeballs that bulge, and you like other purple aliens **and** you have a desire to stop drinking, you're welcome to join. ... even if you want to hang with us green and pink aliens who have no eyes.

# THANK YOU FOR YOUR GROUP CONTRIBUTIONS:

GROUP NAME (2018-2019)	Fiscal YTD	May
A Common Solution	\$0.00	\$0.00
12 Steps From The Morgue	\$0.00	\$0.00
Apex	\$0.00	\$0.00
Back to Basics	\$167.31	\$0.00
Beacon Light Group	\$0.00	\$0.00
Big Book Action	\$0.00	\$0.00
Big Book Study UPH	\$200.00	\$200.00
Black Forest	\$0.00	\$0.00
Broadmoor	\$0.00	\$0.00
Brown Baggers	\$0.00	\$0.00
Central	\$0.00	\$0.00
Clean Air Group	\$238.47	\$238.47
Don't Worry Be Happy	\$404.44	\$74.57
Down By The Creek	\$0.00	\$0.00
Downtown Group	\$0.00	\$0.00
Drylander's Group	\$15.00	\$0.00
Easy Does It	\$556.00	\$556.00
Ellicott Group	\$0.00	\$0.00
Foxhall Group	\$200.00	\$200.00
Friday Night Live	\$0.00	\$0.00
Friday Women's Group	\$245.00	\$245.00
Good Ole Boys	\$100.00	\$0.00
Happy Destiny	\$0.00	\$0.00
Happy Heathens	\$0.00	\$0.00
Happy Hour	\$359.00	\$0.00
Happy, Joyous & Free	\$0.00	\$0.00
High Noon	\$87.50	\$87.50
H.O.W.	\$30.00	\$0.00
Into Action	\$225.60	\$225.60
Keystone to Recovery	\$0.00	\$0.00
Lake George Group	\$0.00	\$0.00
Limon AA	\$0.00	\$0.00
Little Log Church Group	\$0.00	\$0.00
Living Free	\$50.00	\$50.00
Living Sober South	\$68.62	\$0.00
M.A.G.	\$494.00	\$0.00
Meditation Group - Tues. 5:30	\$0.00	\$0.00
Natural High	\$0.00	\$0.00
New Beginners	\$83.98	\$83.98
New Woman	\$148.00	\$0.00
Northwesters	\$0.00	\$0.00
Off The Wall	\$30.97	\$30.97
Old North End Study Group	\$0.00	\$0.00

GROUP NAME (2018-2019)	Fiscal YTD	May
One Six Four Group	\$0.00	\$0.00
Pre-Dawn Group	\$60.00	\$60.00
Primary Purpose	\$0.00	\$0.00
Progress Not Perfection	\$0.00	\$0.00
Recovery in Action	\$0.00	\$0.00
Recovery, Unity, Service Group	\$0.00	\$0.00
Rule 62, Victor	\$0.00	\$0.00
Saturday Early Morning Mtg.	\$145.00	\$0.00
Saturday Morning Anonymous	\$0.00	\$0.00
Security Eye Opener	\$0.00	\$0.00
Serenity Hour	\$100.00	\$50.00
Serenity Riders	\$100.00	\$100.00
Serenity Sisters	\$187.45	\$0.00
Sober Sisters	\$69.63	\$0.00
Solutions at Noon	\$0.00	\$0.00
Sought Through Prayer & Meditation	\$27.50	\$0.00
Steel Magnolias	\$81.93	\$0.00
Stepping Stones	\$0.00	\$0.00
Sunday Morning Speaker	\$0.00	\$0.00
Sunlight of the Spirit	\$0.00	\$0.00
Taking Steps	\$0.00	\$0.00
The Doctor's Opinion	\$0.00	\$0.00
The Garage Meeting	\$15.00	\$0.00
Then and Now	\$0.00	\$0.00
Thursday Men's Group	\$0.00	\$0.00
Thursday Noon--Woodland Park	\$75.52	\$75.52
Traditions Only	\$0.00	\$0.00
Treating The Illness	\$0.00	\$0.00
Turning Point	\$0.00	\$0.00
Ute Pass Breakfast Group	\$0.00	\$0.00
Veterans for AA	\$0.00	\$0.00
Walk the Talk	\$850.00	\$425.00
Walking on Water	\$100.00	\$100.00
We Are Not Saints	\$330.59	\$0.00
Westside Eye Opener	\$0.00	\$0.00
Women of Grace	\$0.00	\$0.00
Woodland Pk. Beginners	\$0.00	\$0.00
Woodland Pk. Book Study	\$0.00	\$0.00
Woodland Pk. Women's Step Study	\$254.50	\$254.50
Young People	\$0.00	\$0.00
Totals:	\$6,101.01	\$2,981.59

# *Honesty*

*Depression, from page 1*

ings. It let me talk to my sponsor less frequently and come up with rationalizations why I no longer talk to my friends or other women in the program.

Once I finally realized what was going on, that I was in a depression, it was very difficult to pick up the phone. Reaching out to people, I felt like everyone would judge me or it would be selfish to talk about myself so much.

After being honest with everyone in my life – my sponsor, my friends and my fiancé – for the last couple weeks I realize that people don't mind if I talk about what I'm going through.

Honesty is what is pulling me out of this depression and allowing me to rejoin the program.

— April

# *DEFEATS*

*depression*



## **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](mailto:serviceoffice@coloradospringsaa.org)

## **COMMITTEE MEETINGS**

### **CORRECTIONS:**

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

### **PI (PUBLIC INFORMATION):**

1 p.m., 4<sup>th</sup> 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., 4<sup>th</sup> Saturday of the month

Sand Creek Library, 1821 S. Academy Blvd.  
large study room. This group meets with PI.

### **PROGRAMS:**

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

### **TREATMENT:**

5:30 p.m., 3<sup>rd</sup> Thursday of the month

Penrose Hospital, 2222 N. Nevada Ave., board room

### **NIGHTWATCH:**

7 p.m., 1<sup>st</sup> Tuesday of the month

Sacred Heart Parish, 21<sup>st</sup> and Pikes Peak Ave.  
Room 10, following the New Beginners' meeting

### **DISTRICT 7:**

7 p.m., 3<sup>rd</sup> 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  
number on the check

### **~ AREA SERVICE OFFICE ~**

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

### **~ GENERAL SERVICE OFFICE ~**

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

### **~ AREA 10 ~**

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

### **~ DISTRICT 7 ~**

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

### **~ PINK CAN CONTRIBUTIONS ~**

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

### **• CASH ACCEPTED IN PERSON ONLY •**

**How much did  
*YOU* pay to drink?**

***Please help others***

Consider throwing \$2 into the basket when  
it comes around. Also, 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](http://coloradospringsaa.org)