



# THE PIKES PEAK PINT

March 2020

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

## *A Beautiful Life, Forgotten*

I watched alcohol steal my father's dreams. One by one, his dreams and aspirations faded away, like a fog bank, drifting in and rolling out. Never announcing its arrival or departure... Much like a dream. Easily forgotten. It is one of the saddest occurrences a human can watch another endure. I had, unwittingly found myself cold, in his shadow. I was right behind him, suffering a mirrored state. I was to suffer, in the exact same manner. Or so it seemed.

I wanted to see the West. I wanted to explore mountains. I wanted adventure. I wanted meaning. I wanted love. I wanted peace. My reality was far less exciting. In time, I could barely remember all the things, great or small, that I wanted to see and do. I was forgetting everything. I was sick. This thought brings to mind a quote from William James... "Any organism failing to meet its potential, becomes sick." I would have been okay with sick. I was worse than simply sick. I was dying. I had become an alcoholic invalid, paralyzed by the cycles of long-term addiction. The puppet-master, pulling the strings with great skill, would not allow me to see any light, or any way out. It was savage. It was demoralizing. I felt as if quitting would kill me and I knew continuing absolutely would.

Stalemate! Nowhere to go. A thought! Suffer and die or, suffer and live. I didn't know what it meant. I do now. I had to grow up. I had to mature. I had to be decent. I had to do honorable things. I had to serve. An impossible task! It would take something of a perfect storm, lining up, against odds, in my favor, if I stood a chance.

Luckily, I found myself...my problems, fears, insecurities, those

who could help, those with complimentary illnesses, friends, mentors, and saviors in one single place. A room full of lousy drunks. My people. An AA meeting. I was not successful at first, to say the very least. There was much trial and error. Much experimenting. I was hoping to be lucky in that, in the end, it would all be worth it. That all the suffering would pay dividends. A new suffering was about to begin. Though, a good kind. The ending of one suffering and the beginning of another would mark the start of a great unknown. The kind that would define growth and health. The kind that would give me what I truly wanted, more than anything in this life. Balance.

My cards on the table, I admit...the choice made itself. An alcoholic's life is a shell-game. A life of lies. I had painted myself into the darkest corner imaginable. There was no light to see the pain that lied ahead. I'm truly thankful for this. One leap of faith. Options, down to one. Suffer, just a little longer for the prize... I hoped. I had no guarantee that I could be well. I knew the odds. I knew the suffering. I had no control, it seemed, over the suffering I had endured while drinking. However, it occurred to me that I could measure out the suffering I would need to endure in recovery, allowing myself that which I could manage at any point.

*See Beautiful Life con't, page 3*

***Beautiful Life, con't***



**HAPPY BIRTHDAY!**

## Happy Heathens

BJ L.	3 years
Lee J.	15 years

## Serenity Riders

Isaac F.	3/11/17
Ben S.	3/17/91
Don B.	3/08/82
Franco L.	3/11/17
MJ C.	3/14/11
Patrick H.	3/13/15

## New Beginners

Neal	3/10/15
Ron C.	3/21/16
Ryan M.	3/15/14
Jonathon	3/19/14
Katie L.	3/16/17
Sue	3/21/17
Sue	3/21/00
Cory A.	3/01/16
Glynn P.	3/16/18

## We Are Not Saints

Barbara S.	3/08/87
Ron Q.	3/28/90
Mary V.	3/07/99
John S.	3/07/01
Jean E.	3/28/02
Bryan P.	3/14/05
Joy	3/21/12
Carolyn F.	3/14/18

## Steel Magnolias

Camille	1 year
Rachel Z.	4 years

## New Woman Group

Barbara S.	33 years
Noell W.	28 years
Michelle C.	15 years
Jennie C.	34 years
Priscilla T.	7 years

## Black Forest Group

Andrew S.	1 year
Ben M.	1 year
Jim R.	3 years
Joe N.	2 years
Leo G.	1 year



# Powerlessness

It wasn't the fact that I was washing down handfuls of painkillers and anxiety medications with whiskey until I lost consciousness or that I would shoot heroin until I was dead that convinced me that I was powerless. It was the day that I made the conscious decision that I wanted to stop because I didn't want to die like that and couldn't stop doing these things on my own power and will. I tried everything that I could think of...only drinking this type of liquor on these specific days at these times, only using prescription drugs (as prescribed) or only using drugs intravenously and not drinking. Then I realized that no matter what I did, the ultimate end result was always going to be death for me. So I said, "If I can stay sober for 1 month then I can do this."

Shortly after making this commitment, once again I found myself waking up in detox only a week later and not knowing how I ended up there. This was powerlessness at its finest. I remember the Judge had ordered me to stay in detox until I found a bed in Sober Living so I called every number on the list. When I finally found a bed, the man I spoke with told me that he would pick me up and give me a bed. All I had to do was call this man every day when I got out. I said, "I'll do whatever you say," thinking I just needed to get out of there.

Before calling this man, I had very little experience with Alcoholics Anonymous and had no real idea of what the 12 Steps were. I had been to many 28-day treatment programs and they brought me to different meetings, but I never paid attention because I was always consumed with myself and my thoughts never wandered far from me. So, I called this man and he asked me if I've run out of ideas. "Yes," I replied. "I've done everything that I can think of and I don't want to die like this." He asked, "Are you willing to go to any length to stop?" I replied, "Yes, I will do whatever you say because anything is better than dying like this." This man became my sponsor without it ever being discussed. He had me write 5 things on the inside of the cover of my Big Book of Alcoholics Anonymous.

1. Go to meetings
2. Call me every day and do step work
3. Pray
4. Be of service
5. Help others.

Do these 5 things and you will stay sober. So, this was my alternative to dying. Sure! I did these things every day to the best of my ability and sure enough, I stayed sober. He explained to me the 2 aspects of my "condition" were the physical aspect (and the solution for that is to remain abstinent from all mind-altering substances) and second was the mental obsession (and the solution for this are the 5 actions that I wrote down in my book). So, I took these actions and miraculously maintained some length of sobriety. I took my life back. When I stopped taking these actions, my ego and my addiction took everything I had worked so hard to achieve away from me without me even realizing what had happened.

I think I'm the type of person who learns all of his lessons the hard way. By the grace of God, I was able to make it back into the rooms of Alcoholics Anonymous and pick up where I left off with my recovery. My sponsor couldn't be here for me when I got back but because of what he taught me I knew where to start. Step 1 "We admitted we were powerless over alcohol – that our lives had become unmanageable." I need this constant reminder because no matter how good things get or how bad they get, I will always be powerless to my alcoholism and addiction. Today, when I think about step 1, I am willing to admit to my Higher Power that I am powerless, and for some reason my life just seems to become manageable. Because of my Higher Power and the 12 steps of Alcoholics Anonymous I have this day. I have a life worth living and I have been granted the opportunity to help others. Thank you.

-Derrin B.



# STEP 3:

Made a decision to turn our will and our lives over to the care of God as we understood Him.



## TRADITION 3:

*The only requirement for AA membership is a desire to stop drinking.*

## CONCEPT 3:

To insure effective leadership, we should endow each element of AA—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

## TRADITION 3 CHECKLIST:

- ◆ In my mind, do I prejudge some new AA members as losers?
- ◆ Is there some kind of alcoholic whom I privately do not want in my AA group?
- ◆ Do I set myself up as a judge of whether a newcomer is sincere or phony?
- ◆ Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
- ◆ Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
- ◆ When someone turns up at AA needing information or help (even if he can't ask for it out loud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

# 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!

#### “Here Are the Steps We Took”

Mondays at 6:00pm  
1910 N. Chestnut Street

\*Heated Garage in the back!\*

Complete the 12 steps in 4 sessions!

Join anytime. The new session begins the first Monday of every month.

#### “Sober Students”

Open Meeting/ Book Study at UCCS  
Wednesdays at 5:00 pm

1420 Austin Bluffs Parkway, Columbine Hall 4th floor—  
look for the sign!

#### CANCELLATIONS:

**Central Group**— 309 S. Hancock  
Tuesdays at 8:15 pm is CANCELLED.

**Central Group**— 309 S. Hancock  
Tuesdays at 7:00pm Speaker Meeting is CANCELLED.

**Sink or Swim**— 4625 Ranch Drive  
Discussion at Beth-El Church  
Fridays at 7:00pm is now CANCELLED.

#### NEW LOCATION:

Big Book Action on Mondays at 7:30 pm used to be at 3010  
W. Bijou Street at Pleasant Valley Baptist Church.  
THE NEW LOCATION is at Sacred Heart Church School  
Room 10.  
2030 W. Colorado Avenue

## 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](mailto:board@coloradospringsaa.org)

## We Need Stories!

Are YOU looking for service work?

Are you willing to share your experience,  
strength, and hope?

Someone who is struggling may need to  
hear EXACTLY what you have to say!

Email your story to  
[pint@coloradospringsaa.org](mailto:pint@coloradospringsaa.org)

(No requirement for length of sobriety; ap-  
prox. 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](mailto: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](mailto:serviceoffice@coloradospringsaa.org)  
Web: [www.coloradospringsaa.org](http://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., 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):

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

### CPC (Cooperation with the Professional Community):

Meets the 4th Saturday of the month from 1:00-2:30  
Penrose Main Hospital—2222 N. Nevada Ave.  
We meet in the Volunteers Conference Room.  
You can also call in on our conference line at:  
(515) 604-9925, access pin: 311273#

### PROGRAMS:

6 pm Wednesdays  
Chadborn Community Church  
402 Conejos St. 80903

### 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

Please include your group name and group 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* 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](http://coloradospringsaa.org)

GROUP NAME 2019-2020	FYD	April	May	June	July	August	September	October	November	December	January	February
A Common Solution	\$217.58		\$79.88					\$24.70			\$113.00	
12 Steps From The Morgue	\$246.00		\$100.00					\$146.00				
184 Group	\$413.00		\$205.00					\$208.00				
Apex	\$465.62			\$140.70				\$210.50				\$114.42
Back to Basics	\$1,611.85	\$167.21	\$138.26	\$159.89	\$134.66	\$105.47	\$146.27	\$89.25	\$239.33	\$13.57	\$252.64	\$165.30
Beacon Light	\$100.00								\$100.00			
Big Book Action	\$600.00				\$350.00					\$250.00		
Big Book Study UPH	\$424.63				\$150.00				\$274.63			
Black Forest Group	\$350.00										\$350.00	
Broadmoor Step Study	\$200.00						\$200.00					
Central	\$50.00			\$50.00								
Cripple Creek	\$50.00						\$50.00					
Don't Worry Be Happy	\$726.34				\$519.41			\$155.28				\$51.65
Down By The Creek	\$787.94										\$30.60	\$757.34
Downtown Group	\$1,134.00		\$693.00		\$441.00							
Early Morning Saturday	\$241.00									\$241.00		
Easy Does It	\$1,223.32		\$145.56		\$331.92			\$254.23			\$491.61	
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	\$831.50		\$148.00			\$135.00			\$275.00	\$106.00		\$167.50
Good Ole Boys	\$75.00	\$50.00							\$25.00			
Grace PPG Book	\$248.89										\$248.89	
Happy Destiny	\$471.67		\$134.51			\$113.18			\$102.13			\$121.85
Happy Heathens	\$548.50	\$116.50		\$56.25	\$57.00	\$48.75	\$55.50	\$86.25		\$60.75	\$67.50	
High Nooners	\$217.50				\$75.00				\$55.00			\$87.50
H.O.W.	\$79.72		\$44.00									\$35.72
Into Action Group	\$644.00				\$399.00						\$245.00	
Keystone to Recovery	\$475.00		\$150.00					\$175.00				\$150.00
Little Log Church Group	\$205.00	\$70.00					\$135.00					
Living Free	\$165.00							\$100.00			\$65.00	
Living Sober South	\$152.61			\$93.86	\$58.75							
M.A.G.	\$704.00	\$154.00			\$250.00				\$300.00			
New Beginners	\$695.76		\$250.76				\$236.00				\$209.00	
New Woman	\$738.79	\$180.08			\$140.33			\$171.63		\$85.00	\$161.75	
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	\$403.79						\$141.50			\$112.50	\$149.79	
One Day at a Time	\$25.20	\$25.20										
Pre-Dawn Group	\$500.00		\$300.00					\$200.00				
Recovery in Action	\$958.84	\$422.00				\$268.00		\$144.00		\$124.84		
Saturday Early Morning Mtg.	\$784.07				\$152.40		\$160.20	\$180.00		\$75.00		\$216.47
Serenity Hour	\$504.40	\$75.00	\$50.00	\$25.00	\$50.00	\$25.00	\$25.00	\$50.00	\$79.40	\$25.00	\$50.00	\$50.00

Serenity Riders	\$717.79					\$316.08		\$186.62			\$235.09	
Sober Sisters	\$113.66			\$42.92	\$43.74							\$27.00
Sought Through Prayer & Meditation	\$203.43			\$72.87		\$30.56					\$100.00	
Steel Magnolias	\$455.23	\$118.90				\$77.98				\$91.50		\$166.85
Sunday Morning Speaker Meeting	\$1,850.50						\$1,525.00			\$325.50		
Sunlight of the Spirit	\$758.50			\$135.00						\$623.50		
Taking Steps	\$200.00								\$200.00			
There is a Solution	\$40.00			\$15.00		\$15.00	\$10.00					
Thursday Noon Group	\$101.75				\$51.75						\$50.00	
Thursday Men's Group	\$1,260.00	\$260.00			\$1,000.00							
Tuesday Meditation Group	\$100.00											\$100.00
Tuesday Women's	\$25.00								\$25.00			
Turning Point	\$120.00				\$40.00			\$40.00				\$40.00
Under The Bridge	\$622.13									\$622.13		
Ute Pass Breakfast Group	\$75.00	\$37.00			\$38.00							
Veterans for AA	\$225.00		\$25.00	\$25.00	\$25.00	\$25.00			\$25.00		\$100.00	
Walk the Talk	\$4,250.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00	\$425.00
We Are Here	\$60.38									\$60.38		
We Are Not Saints	\$1,252.12	\$191.35			\$553.21			\$457.56		\$50.00		
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	\$486.16	\$141.00			\$185.57			\$92.59			\$67.00	
WOW Group	\$300.00					\$150.00			\$150.00			
Young People	\$393.32		\$199.19			\$194.13						
<b>Monthly Totals:</b>		<b>\$2,478.24</b>	<b>\$3,528.16</b>	<b>\$1,582.14</b>	<b>\$5,550.63</b>	<b>\$2,224.40</b>	<b>\$3,757.66</b>	<b>\$3,726.06</b>	<b>\$2,350.49</b>	<b>\$3,291.67</b>	<b>\$3,411.87</b>	<b>\$2,251.60</b>

# Longtimers Celebration

Saturday  
April 11th  
4-7 p.m.

Menu includes green tossed salad and dinner rolls.

Menu includes glazed ham, ambrosia salad, chicken dish with rice pilaf, green tossed salad and dinner rolls.

Bring a  
dessert to  
share



**Wear your  
hawaiian outfit!  
Hawaiian Luau Theme!**



**Location: Hillside Community Center 925 S. Institute Road**

18+ years of sobriety dinner is complimentary. Otherwise suggested contribution of \$10.





# Pot Luck

Bring a dish and join us Saturday  
MARCH 14, 2020

11 – 1:00 P.M.

Colorado Springs Area Service Office  
1353 South 8<sup>th</sup> Street

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THEME: Pot of Gold  
Save 10% on Literature

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