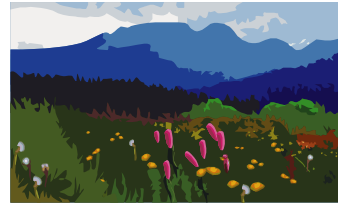




The Pikes Peak Pint is a monthly AA-oriented newsletter proudly serving Colorado Springs and its surrounding communities.

# Pikes Peak Pint



# May 2011

## AREA MEETING CHANGES, DELETIONS, ADDITIONS

- THE NOON OPEN DISCUSSION MEETING (open) that meets Tuesdays at 10400 Ute Pass Ave. Green Mountain Falls CO.(across from pond), Red Cloud Serenity Club is **CHANGING ITS NAME & FORMAT** to the 12 @ 12 GROUP, As Bill Sees It (open).
- THE NOON OPEN DISCUSSION MEETING (open) that meets Thursdays at 10400 Ute Pass Ave. Green Mountain Falls CO.(across from pond), Red Cloud Serenity Club is **CHANGING ITS NAME & FORMAT** to the 12 @ 12 GROUP, 12 steps and 12 Traditions study (open).
- THE NOON OPEN DISCUSSION MEETING (open) that meets Fridays at 10400 Ute Pass Ave. Green Mountain Falls CO.(across from pond), Red Cloud Serenity Club is **CHANGING ITS NAME & FORMAT** to the 12 @ 12 GROUP, Big Book study (open).
- THE NOON OPEN DISCUSSION MEETING (open) that meets Monday, Wednesday, Saturday and Sunday at 10400 Ute Pass Ave. Green Mountain Falls CO.(across from pond), Red Cloud Serenity Club is **CHANGING ITS NAME** to the 12 @ 12 GROUP, Discussion (open).



*The Grapevine online, [www.aagrapevine.org](http://www.aagrapevine.org), started a new feature asking readers to suggest the caption for cartoons. What Caption would you suggest? The Pint will print the submissions in the next edition.*

## Sample Story From the May Grapevine

**F**or the past twenty years (fifteen drunk, five sober), my workplace has been the Mojave Desert. Unbelievably, I used to walk around under a blazing, 115-degree sun, enduring killer hangovers. I spent many a night in bars, motels, and campsites, always working toward tomorrow's hangover. I've frequented bars in every town from Lancaster to Landers, Barstow to Banning, Palmdale to Palm Springs and from Needles to Neenach.

I usually didn't drink in the morning or during the day, but "O-beer-thirty" came every afternoon and I typically didn't taper off until the wee-wee-hours of the morning. While camping, of course, I drank liquor all afternoon, took sink baths in rest stops, dismissing anxious looks from suspicious rest stop patrons. Dinner often included a six-pack (or two), **Continued on Page 8**

## LOCAL SERVICE OFFICE

Hours: T-F 9 a.m. to 5 p.m., SAT 9am-12pm

Location: 1353 South 8th Street, Suite 209  
Colorado Springs, CO 80905  
719-573-5020

E-mail: [serviceoffice@coloradospringsaa.org](mailto:serviceoffice@coloradospringsaa.org)  
Web site: [www.coloradospringsaa.org](http://www.coloradospringsaa.org)

*Contact the Service Office for Intergroup  
Information or Chair phone numbers.*

## DISTRICT COMMITTEES

---

CORRECTIONS  
Renee J. - Chair  
Stephen P. - Vice Chair  
corrections@coloradospringsaa.org

PUBLIC INFORMATION  
Beth G. - Chair  
OPEN - Vice Chair  
pi@coloradospringsaa.org

CPC  
(COOPERATION WITH THE PROFESSIONAL COMMUNITY)  
Larry S. - Chair  
OPEN - Vice Chair  
cpc@coloradospringsaa.org

TREATMENT  
Mike H. - Chair  
OPEN - Vice Chair  
treatment@coloradospringsaa.org

## LOCAL SERVICE COMMITTEES

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PROGRAM  
Betty A. and Jan I. - Chair  
OPEN - Vice Chair  
programs@coloradospringsaa.org

PINT  
Adrienne A. - Chair  
Amiee F - Vice Chair  
pint@coloradospringsaa.org

VOLUNTEER  
Adrienne C. - Chair  
- Vice Chair  
programs@coloradospringsaa.org

NIGHTWATCH  
Eric B. - Chair  
- Vice Chair  
nightwatch@coloradospringsaa.org

WEB SITE  
Dana E. - Chair  
OPEN - Vice Chair  
webmaster@coloradospringsaa.org

ARCHIVES  
Tony G. - Chair  
- Vice Chair  
archives@coloradospringsaa.org

*Intergroup elected new committee chairs April 12.  
Thanks for the service!*

## CONTRIBUTION ADDRESSES\*

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AREA SERVICE OFFICE  
Make check or money order payable to:  
Area Service Office  
Include Group Name and Number on check.

Send to:  
Colorado Springs Area Service Office (CSASO)  
1353 South 8th Street, Suite 209  
Colorado Springs, CO 80905

GENERAL SERVICE OFFICE  
Make check or money order payable to: General Fund  
Include Group Name and Number on check.

Send to:  
General Service Office (GSO)  
PO Box 459, Grand Central Station  
New York, NY 10163

AREA 10  
Make check or money order payable to: Area 10  
Include Group Name, Number, and District #7 on check.

Send to:  
Area 10 Treasurer  
12081 West Alameda Parkway #418  
Lakewood, CO 80228

DISTRICT  
Make check or money order payable to: District #7  
Include Group Name, Number, and District # on check.

Send to:  
District 7  
P.O. Box 26252  
Colorado Springs, CO 80936-6252

PINK CAN CONTRIBUTIONS  
Make check or money order payable to:  
Area 10 Corrections Committee  
Include Group Name and Number on check.

Send to:  
Pink Can Contribution  
P.O. Box 1949  
Carbondale, CO 81623

*\*Cash accepted in person only, please do not mail.*

Please e-mail sobriety anniversaries,  
announcements, letters to the editor, and e-mail  
subscription requests to the Pikes Peak Pint before the  
20th of each month!  
pint@coloradospringsaa.org

*Your Area Service Office and Intergroup would like you to know how very much we appreciate your personal contributions!*



In the month of March  
we received

- 11** Grateful Giver contributions,
- 2** Birthday contributions &
- 1** Personal contribution!

# GROUP CONTRIBUTIONS - THANK YOU FOR ALL OF YOUR SUPPORT!!!

GROUP NAME (2010-2011)	Yr. to date	March
Above The Bar Group	\$230.00	
After Hours	\$82.40	
Apex	\$354.57	
At The Inn	\$36.26	
Back to Basics	\$1,046.09	\$155.00
Beacon Light	\$150.00	
Big Book Action	\$864.55	\$219.03
Big Book Study UPH	\$500.00	
Black Forest	\$555.71	
Breath of Life	\$78.00	
Broadmoor	\$159.00	
Brown Baggers	\$265.00	\$165.00
Celebrating Diversity	\$0.00	
Central	\$5.00	
Clean Air Group	\$490.00	
Clean Slate Noon Meetings (Gratitude)	\$209.68	
Don't Worry Be Happy	\$273.40	
Down By The Creek	\$0.00	
Downtown Group	\$960.36	
Drylander's Group	\$102.80	
Old North End Study Group	\$259.00	
Easy Does It	\$350.00	
Ellicott Group	\$200.00	
Eye Opener	\$0.00	
1st 164 Pages	\$187.04	
4th Dimension	\$0.00	
Far North Group	\$0.00	
Fountain of Sobriety	\$0.00	
Foxhall Group	\$309.46	
Freedom From Bondage	\$0.00	
Friday Night Live	\$100.00	
Friday Women's Group	\$1,118.51	\$221.00
Gals of Woodland Park	\$0.00	
Gift of the Heart	\$0.00	
Good Ole Boys	\$350.00	
Happy Heathens	\$190.00	\$190.00
Happy, Joyous & Free	\$183.37	
Half Pint Group	\$171.00	
Happy Destiny	\$455.23	
Happy Hour	\$596.13	
Hilltop AA Meeting	\$0.00	
High Noon	\$210.75	\$15.00
H.O.W.	\$72.50	
Hugo Group	\$155.00	
Into Action	\$120.71	
Keep it Simple	\$0.00	
Keystone to Recovery	\$188.80	
Lake George Group	\$130.00	\$75.00
Last Chance	\$33.84	
Little Log Group	\$0.00	

Living Free	\$26.30	
Living Sober	\$74.00	
M.A.G.	\$861.39	
Motherlode	\$0.00	
Natural High	\$100.00	
New Beginners	\$640.66	
New Woman	\$654.45	
Northwesters	\$428.44	\$150.00
Not A Glum Lot	\$50.00	\$50.00
Oasis Group	\$137.38	\$37.63
Off The Wall	\$309.00	
Outright Mental Defectives	\$0.00	
Pass It On	\$0.00	
Passed The Bar	\$35.00	\$35.00
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$327.28	
Pre-Dawn Meeting	\$0.00	
Progress Not Perfection	\$398.84	\$74.50
Recovery in Action	\$300.00	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$90.00	\$90.00
Security Eye Opener	\$105.45	
Serenity Hour	\$17.00	\$17.00
Serenity Riders	\$412.73	
Serenity Sisters	\$741.38	
Silver Key Seniors	\$125.00	\$25.00
Solutions at 5:30	\$161.72	
Solutions at Noon	\$842.21	
Steel Magnolias	\$366.00	
Stepping Stones	\$77.80	
Sunday Morning Speaker	\$480.00	
Sunday Night Big Book Study (Clean Slate)	\$125.00	
Sunlight of the Spirit - Women's 12x12 (Monument)	\$100.00	
Taking Steps	\$676.24	
The Doctor's Opinion	\$150.00	\$150.00
Then and Now	\$400.00	
Thursday Mens	\$679.32	
Thursday Noon--Woodland Park	\$195.00	
Ute Pass Breakfast	\$120.00	
Veterans for AA	\$100.00	
Walk the Talk	\$2,321.98	\$200.00
Walking on Water	\$400.00	
We Are Not Saints	\$1,281.55	\$420.00
Wed. Westside Womens	\$310.00	
Westside Eye Opener	\$1,007.05	
Womens Step Study-WP	\$90.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$400.50	
Young People	\$791.70	
<b>Totals:</b>	<b>\$28,714.53</b>	<b>\$2,289.16</b>

# Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

## On the 5th Step

**H**ow important this action is to getting sober, and staying sober, and growing into a cheerful and useful sobriety, is attested by the position given it in the Big Book. Step Five, you recall, leads off the chapter headed, "Into Action." All the Steps before this are regarded as preparation. But when you get to Step Five, brothers and sisters, you're in action. You're "building an arch through which we shall walk free at last."

Step Five was not easy for me. A terror goes with a sense of having been in error. I am almost physically allergic to the word 'wrong' as applied to myself. I tense up and shorten my breath and feel scared at the mere mention of it. I go on the defensive at all points, fairly bristling like a mental porcupine, yet with an underlying deeply panicked sense that my defense is not going to be successful. The word 'wrong,' directed personally to me, means shouting, scolding voices, threats of beatings and incarceration and ostracism and disgrace--an eternity of unfriendliness. It means ultimatums impossible to meet, standards that cannot be attained.

But somehow I took the Step.

When it was over I found I had learned something. I had learned that the Power called God was a kind power, before whom one who had done wrong need not stand in fear. And I had learned that there are kind human beings, to whom one could admit error without fear of attack or denunciation. This made it possible for me to admit wrong; thereafter I was spared some of the exhausting effort of trying to maintain a facade of phony bluster intended to conceal wrong.

Follow carefully the directions of the Big Book, and don't be scared if you're scared. Don't press on too rashly; if the going gets too tough retreat to Step Two--the Higher Power is kind and can restore us to sanity. But don't procrastinate too long. We cannot continue in the maintenance and growth of a spiritual experience until we can live with God, ourselves and man without fear of being found, from time to time, to be somewhat in the wrong, along with the rest of day-to-day humanity."

Another seven years have passed since this was written. Meanwhile I have applied Step Five many times, seeking out a "close-mouthed, understanding friend," as the Big Book puts it, and going over what's been wrong with me lately. It is easier than it was the first time, and less formal, but I still use written notes sometimes.

Nothing could be more important, in this one AA's opinion, than keeping open these channels of candid, constructive self-discussion. If you don't, the old alcoholic phoniness begins to reconstruct itself back of a new front of unctuous and respectable sobriety. People are less inclined to 'go into all that' in their talks, and more inclined to pontificate. It becomes harder and harder for friends to get through the shell and reach a real person.

Have I, as the Big Book predicted, finished building the arch through which I walk a free man? Frankly, no. I'm still not entirely free of fear of admitting I'm wrong. But I'm better than I was, I have improved, I'm freer. Perhaps the quality of my sobriety is not all it should be. But my lowest quality sobriety is better than my highest quality drunk. And the Steps have given me uninterrupted sobriety, to my daily and, I hope, continual gratitude.

As I now see the Fifth Step, it's a kind of way of living. Sure, you have to take it formally, by arrangement, complete with your written inventory, the first time. But at some point after that, it seems to me, it ought to begin to be second nature.

J. E.  
Guilford, Connecticut Grapevine, 1963

*Tradition 5:* Each group has but one primary purpose - to carry its message to the alcoholic who still suffers.

*Concept 5:* Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

**"We can look the world in the eye. We can be alone at perfect peace and ease." ~Big Book, pg. 75**

CPC/PI COMMITTEES WANT YOU!



Both committees are very busy and always have opportunities for service! Please go to either of their monthly meetings to get involved!

Cooperation with the Professional Community meets the first Saturday of every month at 1:30 p.m. at 7 E. Bijou. Public Information meets the 1st Saturday - 2 p.m. - Penrose Main, 2222 N. Nevada Ave., Volunteer Coordinator Conference Room

STEP UP INTO SERVICE!

The following Service Positions are currently OPEN and NEED to be filled! Please contact the Service Office or come to the next Intergroup Meeting Tuesday November 9th to learn how you can become involved!

INTERGROUP needs a new VICE-TREASURER. Candidate would train for next few months for a year-long commitment. Sobriety requirement two years.

Co - DCM (District Committee Member)  
Public Information Committee - Vice Chairperson

NIGHTWATCH has OPEN POSITIONS!!!  
Contact Dana at [nightwatch@coloradospringsaa.org](mailto:nightwatch@coloradospringsaa.org)

The TREATMENT COMMITTEE NEEDS volunteers!  
Contact Michael at [treatment@coloradospringsaa.org](mailto:treatment@coloradospringsaa.org)

To submit your group's sober birthdays to The Pint, please e-mail a list of names and the amount of years each person has to: [PINT@COLORADOSPRINGSAA.ORG](mailto:PINT@COLORADOSPRINGSAA.ORG). Please have birthdays and any other announcements or editorials your group would like to contribute submitted by the 20th of each month to ensure enough time for publishing. Thank you for all of your participation and CONGRATULATIONS to everyone celebrating a MILESTONE OF RECOVERY!

<b>Steel Magnolias:</b>	
Leah	35 years
<b>Tuesday New Woman Group:</b>	
Polly W.	28 years
Kathy B.	4 years
Mary W	4 years
<b>Friday Women's:</b>	
Mary Katherine M.	29 years
Annikki	2 years
Mary	4 years
Nichole R.	3 years
Dianne B	19 years

<b>Walk the Talk</b>	
Butcher Bill.	20 years
Garry R.	4 years
Pam G.	2 years
Sherri S.	10 years
Fernando	23 years
Jim T.	23 years
Marcy M.	7 years
Karen L	5 years
James R.	29 years
Bill M.	22 years

**HAPPY BIRTHDAY!**

# AA AT A GLANCE ~ MAY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
1	2	3	4	5	6	7 CPC(Downtown) 1:30 p.m. PI (Penrose) 2 p.m.												
8	9	10 Intergroup Meeting 7pm First United Methodist	11	12	13	14 Treatment Committee 4pm Pikes Perk												
15	16	17	18	19	20 Submit Milestones & Letters to the Editor to The Pint	21 Corrections 9 a.m. Sacred Heart												
22	23	24	25	26	27	28												
29	30	31																
<p><b>Central Group's Speaker Meeting, Tuesdays at 8 p.m.</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">May 3</td> <td style="width: 50%;">Mike A., 9 years</td> <td style="width: 50%;">May 24</td> <td style="width: 50%;">Fernando, 23 years</td> </tr> <tr> <td>May 10</td> <td>Dan J., 1 year</td> <td>May 31</td> <td>Special Guest Speaker</td> </tr> <tr> <td>May 17</td> <td>Toni G., 5 years</td> <td></td> <td></td> </tr> </table>							May 3	Mike A., 9 years	May 24	Fernando, 23 years	May 10	Dan J., 1 year	May 31	Special Guest Speaker	May 17	Toni G., 5 years		
May 3	Mike A., 9 years	May 24	Fernando, 23 years															
May 10	Dan J., 1 year	May 31	Special Guest Speaker															
May 17	Toni G., 5 years																	

## Monthly Committee Meetings

### The Board

1353 S. 8th St. - Suite 209  
1st Monday - 6:30 p.m. - Service Office

### Corrections

2021 W. Pikes Peak Ave. - Room 6  
3rd Saturday - 9 a.m - Sacred Heart

### CPC

7 East Bijou St. - Room 205  
1st Saturday - 1:30 p.m. - Downtown Group

## District 7

420 N. Nevada - Room 135 (access Boulder St.)

### Intergroup

3rd Tuesday - 7:30 p.m. - First United Methodist Church

### Public Information

1st Saturday - 2 p.m. - Penrose Main, 2222 N. Nevada Ave., Volunteer Coordinator Conference Room

### Treatment

2nd Saturday - 4 p.m. - Pikes Perk  
14 S. Tejon St

a bag of corn chips, and a candy bar (or two) for dessert. I stayed in roach motels, rubbing elbows with the scum of the earth, hookers and drug dealers knocking on my door at all hours of the night. My brain cells that weren't baked in the sun like gooseberry pie I pickled in the evening with alcohol.

In the Mojave, ground temperatures can climb up to 150 degrees, and if you're not wearing sunglasses, the sun bouncing up off the reflective white sand can sunburn your corneas. My sandpapered eyelids were habitually scratching up and down over blood-shot, alcohol-soaked eyeballs. On a typical August day in the Coachella Valley, you can drink two gallons of water and (maybe) urinate once, losing most of your water through evaporation. I was so dehydrated, often times I could not drink enough water to either evaporate or eliminate. I'd need to stop a dozen times, huffing and puffing my way up the steep, boulder-strewn mountainsides of southern California deserts, hangovers getting heavier with each step.

During the day, I harassed employees in the office for failing to achieve my overachieving work (so-called) ethics. I was short-tempered and directed temper tantrums at employees, surreptitiously criticizing them for failing to meet unrealistic standards which fluctuated from high to low because of my cyclical superiority and inferiority complexes.

In the field, I surrounded myself with drinking buddies who walked with me all day and drank with me all night. I had home-bars-away-from-home in every town, where I'd drink with strangers whom I confused for friends, sharing my misery with old drunks getting older by the drink, habitually occupying the same designated barstools. They'd wave me over and we'd sing along to country music lyrics celebrating adultery.

My outdoor workplaces typically required that I drive 100 miles east to Joshua Tree or 100 miles north to Ridgecrest. My favorite destination was east to Twentynine Palms where, after a day of walking the desert, I'd get a fat blue quart of beer, followed by another in Yucca Valley 30 miles to the west, then a quick stop at the Mule Lip Saloon in Lucerne Valley 30 miles further west for several icy cold schooners of beer, and finish with a cold fatty for the final 30-mile drive to my mountain home. The fact that I was drinking and driving never occurred to me, except when I saw police cars. I spent half my time looking in the rearview mirror.

***“‘O-beer-thirty’ came every afternoon and I typically didn’t taper off until the wee-wee-hours of the morning.”***

My favorite form of consumption, though, was the “beer-and-a-bump” method. Shooting bumps (shots of liquor) got me where I wanted to be while sipping beer allowed me to hang out all night. But that, as they say, was then, and this is now.

I still walk 15 miles each day in oppressive heat. At 52, I still keep up with a 22-year-old employee (who also happens to be a sponsee), even in August. I've come to realize, in the absence of pain these last five sober years, that most of the suffering I endured during fifteen long, hot years getting drunk in the sun, was self-induced. I've learned that there is no virtue, whatsoever, in enduring self-inflicted pain that can be completely avoided by not drinking. I haven't taken a sink-bath in years, nor have any hookers or drug dealers recently knocked on the doors of the motels I frequent these days. I've exchanged a thousand barroom happy hours for

thousands of truly happy hours.

In working several Fourth Steps with two different sponsors, I've come to believe that, then and now, I tend to surround myself with people who provide me with what I need. That used to be drinking buddies, who provided familiar company and substances. Now, it's you guys in Alcoholics Anonymous meetings who provide solutions to problems and demonstrate how to live life on life's terms.

In working my Ninth Step, I apologized to several former employees and made living amends to three by continuing to employ them under very different, much improved conditions. I (mostly) keep my temper and (mostly) allow them to work out their issues amongst themselves, rather than butting in. Where I used to take advantage of friends, I now try to engender an advantageous workplace that is beneficial to us all.

Today, I have a home-away-from-home group in Ridgecrest and a mobile-home group at the 6:30 p.m. men's stag, “It's a Better Deal,” in Yucca Valley. Twentynine Palms is still a favorite eastern destination. In fact, I just had a business meeting there the other day at 10 a.m. I left at 4:45 a.m. and fellowshipped with alcoholics at the Joshua Tree Fellowship Hall at their daily 7 a.m. Attitude Adjustment meeting. On my way home at 5:30 p.m., I made happy hour at the HUG (Hesperia Umbrella Group). On any given day, there are dozens of meetings in the 30 miles between Lucerne Valley and Wrightwood, including Apple Valley, Hesperia, and Victorville. This is where I've spent some of the happiest hours of my life.

An antiquated, traditional spiritual says, “I'm using my Bible for a road map. The Ten Commandments tell me what to do.” In truth, for me these days, “I'm using my meeting schedule for a road map. The Big Book tells me what to do.”

—Ed L., Wrightwood, Calif.



# Founders Day Picnic

**JUNE 18th 11:00AM - 3:00 PM**  
**EXPERIENCE THE “JOY OF LIVING”**

**FOUNTAIN CREEK REGIONAL PARK**  
**LARGE PAVILION BY THE LAKE**

**Lots of Open Space and Beautiful Views**

**Take I-25 South - Exit Mesa Ridge Pkwy**  
**Take Hwy 85 South .9 miles on your right!**

**Hamburgers, Hot Dogs, Baked Beans & Drinks Provided.**  
**BRING - Salads, Chips, or Desserts**

- ◆ **Speakers - AA History**
- ◆ **Games and Contests for Kids and Adults**
- ◆ **Playground for Kids**
- ◆ **Wheelchair Accessible**
- ◆ **Hiking Trails, Walk around the Lake**
- ◆ **Volleyball, Basketball, Horseshoes**
- ◆ **Bring Frisbees, Kites, Sports Equipment**



**For more information contact Program Chairs**  
**Betty A. 633-2534 or Jan I. 686-1244**