



THE PIKES PEAK PINT

December, 2017

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

We get promoted to servant

It is not by coincidence that I have had sponsors that have lived service in their lives and within AA's service structure. It has become an indispensable part of my own recovery. My gratitude for service was not apparent in my early sobriety. It was a blind faith that *this shit would help me stay sober*.

I had nowhere else to go.

You see, after being beaten into shadow of myself and enduring the mental torture of 25 years of active alcoholism, I gained a measure of willingness to try something different. My plan failed utterly. I would barely hold a sober breath during that time frame. (Usually due to judicial intervention.) Lol. It's funny now, but the cops and City of Colorado Springs were none too happy with me to the tune of five felonies in a two-year span.

I would like to say that my time in jail and various other programs sobered me up, but it would be another seven years before I hit bottom. That bottom was one of hopelessness, a hole that alcohol and drugs could no longer fill. A hell of a place for a drunk. My solution stopped working.

After asking for help and being directed to Alcoholics Anonymous, my service career started quickly. Coffee-maker at my first home group. This gave a place to be

See Servant, page 7



**Nothing serious ...
... just a little chat
with my sponsor**



Downtown

| | |
|--------------------|-------------------|
| Nick W. | 12-1-11 |
| Randy H. | 12-2-11 |
| Michael R. | 12-2-14 |
| Terri L. B. | 12-4-15 |
| Lauren M. | 12-6-13 |
| Tiffany | 12-7-15 |
| Kolsie C. | 12-10-11 |
| Marie | 12-10-05 |
| Christopher L. | 12-11-13 |
| Ron G. | 12-12-12 |
| Jim | 12-12-15 |
| Jesse R. | 12-13-14 |
| Manuel M. | 12-14-87 |
| Liz H. | 12-16-12 |
| Kelly B. | 12-16-13 |
| Rob A. | 12-17-12 |
| Tiffany M. | 12-16-13 |
| Genniese E. | 12-20-16!! |
| Michelle O. | 12-27-95 |
| Chris F. | 12-29-12 |
| Steve V. | 12-31-14 |

Friday Women's

| | |
|---------|----------|
| Jeri H. | 26 years |
| Nan P. | 34 years |

Steel Magnolias

| | |
|----------|----------|
| Cora J. | 15 years |
| Jean D. | 26 years |
| Rosio E. | 19 years |

We Are Not Saints

| | |
|-----------------|------------------|
| Bill M. | 36 years |
| Bruce A. | 33 years |
| Kevin G. | 1 year!!! |
| Mary R. | 9 years |

New Woman:

| | |
|------------|----------|
| Ashley C. | 24 years |
| Joan B. | 22 years |
| Ginny M-R. | 23 years |
| Beth P. | 5 years |

Serenity Riders

| | |
|-----------|----------|
| Teri M. | 12-25-14 |
| Zach A. | 12-3-97 |
| Kevin H. | 12-4-11 |
| Kevin R. | 12-17-00 |
| Laura S. | 12-9-86 |
| Monica S. | 12-1-88 |
| Jeff S. | 12-17-01 |

Happy Heathens

| | |
|---------|----------|
| John H. | 37 years |
| Mary R. | 9 years |

Easy Does It

| | |
|----------------|--------------------|
| Blaine H. | 12-12-12 |
| Britt | 12-28-16!!! |
| Carol B. | 12-10-80 |
| Dave C. | 12-3-16!!! |
| James S. | 12-15-12 |
| Jerry R. | 12-28-13 |
| Mark K. | 12-5-99 |
| Michelle S. | 12-22-12 |
| Robert S. | 12-22-12 |
| Tiffany K. | 12-7-15 |
| Wandaleen T. | 12-8-92 |

Walk the Talk:

| | |
|------------------|--------------------|
| Lynn W. | 12-28-05 |
| Chris B. | 12-14-07 |
| Rob S. | 12-12-16!!! |
| Rick G. | 12-25-91 |
| Paula R. | 12-24-88 |
| Heather J. | 12-11-15 |
| Eileen G. | 12-25-16!!! |
| Joshua C. | 12-3-16!!! |
| Brian G. | 12-12-86 |
| Mike H. | 12-12-14 |
| Dennis S. | 12-4-07 |
| Wendy B. | 12-19-15 |
| Lauri | 1-1-88 |

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.

12

CONCEPT 12:

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

TRADITION 12:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

TRADITION 12 CHECKLIST:

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?

The great reality for us consistent waves of emotion

I was feeling horribly lost, depressed, and very frightened at what was being 'thrown' at me, so I went to sit on the beach. It was late.

Gradually, I became aware of the gentle warm ocean breeze on my skin. As my eyes adjusted to the dark night and my senses started to calm down, I became aware of the waves. I sat quietly and watched them roll in and crash on the sand and stones.

Mesmerized, I watched the subtle motion as swells advanced toward the beach, and then how each transformed the energy into a wave.

Some of the waves were big, some small, some almost flat. There

were waves that crashed on waves, one after another.

As I sat there, I thought about how the energy for that wave started so very far out in the vast expanse of the ocean, imperceptible to the human eye. It traveled to this place and time and it rolled in and crashed into the sand.

An analogy came into my mind: The ocean is life and the waves are challenges and emotions we face. The ocean is beyond comprehension in its vast, mysterious depths. The waves are a mere fraction of that majesty. Emotions roll over me and I can't hold them back — I can't stop the waves. The challenges are energy that just starts out there somewhere in my life, as a direct or indirect consequence of my decisions. I need to let the emotions roll over me, accept them, and let them go ...

About then, another thought came wandering into my consciousness, rudely dislodging my rather lofty, intellectual musings.

I had a good laugh as I remembered the time I was trying to get past the 'big' break and tackle the ocean. Time to play! But in an instant, everything was utter chaos! I was churning along, scraping bottom and thrashing for all I was worth, trying to get back in control. Sand and salt water went in and out of places it is just not meant to be.

The breath was knocked out of me and I really, really wanted some air. Just about then, I was spit out on the beach, sputtering and coughing. All that took place in about 15 or 20 seconds of my life.

As I sat there, remembering that incident, I realized the ocean does

See Reality, page 5

Thank you!

During October, the Service Office received 2 Grateful Giver contributions and 2 Birthday contributions!

Thanks to your generous donations, the Service Office is able to keep spreading the hope of Alcoholics Anonymous to residents and visitors of the Pikes Peak Region.

HELP!

Here's a great opportunity for service, and it may just help you stay sober over the New Year.

Every year, we have an alcothon from noon New Year's Eve to noon Jan. 1. Along with back-to-back AA meetings, there's lots of fellowship, fun, food, frivolity, and friends.

An event like this doesn't happen without good quality help. That's where YOU come in. We need help with coffee,

security, child care, meeting chairs, concessions, finance, and much more.

If you want or are called to do some service work, please attend the planning meetings, Thursdays (except Thanksgiving) at 6 p.m. at the Area Service Office, 1353 S. 8th St.

The alcothon will be held at the Hillside Community Center, 925 S. Institute St.

Questions? Call the service office at 573-5020.



Meeting changes ...

Nuevo grupo Hispano aqui!

Here's a new group, Grupo Hispano that is an open, Spanish-speaking meeting that meets Mondays, Wednesdays, and Fridays from 7:30 to 9 p.m. The group meets at 3812 E. Pikes Peak Ave., Suite 102 in Colorado Springs,

Another group cancelled (frown emoji)

The Tuesday 7 p.m. Promise Place Women's Group meeting has stopped meeting.

Rocketeers fall back to Earth (another frown emoji)

The Fourth Dimension Rocketeers that met Tuesdays at 7:30 p.m. is no longer meeting.

ATTENTION alcoholics!

The new, closed meeting on the Fort Carson Army Post could use some civilian help.

Military AND civilians meet Mondays at 6 p.m.

Recovering alcoholics who want to attend must have no active arrest warrants and they must bring a photo ID and their vehicle registration.

The meeting takes place at the BBC Community Building, 4355 S. Funk Ave.

Directions: From I-25, take the south Academy Boulevard exit and head west. Turn left at the light at Westmeadow Drive and go through Gate 3. Turn right on Funk Avenue. Take the first left to park.

... and other news

They speak, we listen, we learn

Speakers for the Saturday 6 p.m. meeting at Walk

The Talk will be:

- Dec. 2, Dan G.
- Dec. 9, Dave B.
- Dec. 16, Adam G.
- Dec. 22, Rod Q.
- Dec. 30, Andrew T.

Service opportunity

Robin at the Service Office occasionally needs volunteers to help her wo-man the office.

Please call 573-5020 to help.

Waves are waves, they come and go

From Reality, page 4

not remember ... the ocean and the waves don't care one way or the other. The ocean just keeps on being the ocean and the waves just keep on rolling in. Those 15 or 20 seconds comprised just one terrifying moment in my life ... it was not my entire existence.

Occasionally, I look back and reflect on that night. I have decided that when I try to 'stop' or 'fight' the waves, they are trapped inside me and wreck havoc! I just have to let them come and go, accepting that waves are waves.

Ann S.

THANK YOU FOR YOUR GROUP CONTRIBUTIONS:

| GROUP (2017/2018) | YTD | Oct. |
|--------------------------|----------|----------|
| A Common Solution | \$155.55 | \$85.55 |
| 12 Steps From The Morgue | \$181.50 | |
| Apex | \$387.00 | \$193.57 |
| Back to Basics | \$803.22 | \$213.47 |
| Beacon Light Group | | |
| Big Book Action | \$150.00 | |
| Big Book Study UPH | \$250.00 | \$250.00 |
| Black Forest | \$357.13 | |
| Broadmoor | | |
| Brown Baggers | \$150.00 | \$150.00 |
| Central | \$10.00 | |
| Clean Air Group | | |
| Don't Worry Be Happy | \$958.29 | \$151.08 |
| Down By The Creek | | |
| Downtown Group | \$524.09 | |
| Drylander's Group | | |
| Easy Does It | \$854.74 | |
| Ellicott Group | \$302.00 | |
| 4th Dimension Rocketeers | \$145.00 | \$145.00 |
| Foxhall Group | \$250.00 | |
| Friday Night Live | \$513.50 | \$112.50 |
| Friday Women's Group | \$450.00 | |
| Good Ole Boys | \$200.00 | |
| Happy Destiny | \$218.47 | |
| Happy Heathens | \$328.50 | \$328.50 |
| Happy Hour | | |
| Happy, Joyous & Free | | |
| High Noon | \$70.00 | |
| H.O.W. | | |
| Into Action | \$345.74 | \$209.09 |
| Keystone to Recovery | \$100.00 | |
| Lake George Group | \$240.00 | |
| Limon AA | \$25.00 | |
| Little Log Church Group | \$34.00 | |
| Living Free | \$150.00 | \$150.00 |
| Living Sober South | \$235.31 | \$84.18 |
| M.A.G. | \$422.00 | |
| Meditation Group | | |
| Natural High | | |
| New Beginners | \$380.74 | |
| New Woman | \$475.00 | \$98.50 |
| Northwesters | | |

| GROUP (2017/2018) | YTD | Oct. |
|------------------------------------|--------------------|-------------------|
| Off The Wall | \$147.98 | \$76.06 |
| Old North End Study Group | \$94.03 | |
| One Six Four Group | \$248.63 | \$90.00 |
| Pre/Dawn Meeting | \$310.00 | |
| Primary Purpose | \$150.00 | |
| Progress Not Perfection | | |
| Recovery in Action | \$450.00 | |
| Recovery, Unity, Service Group | | |
| Saturday Early Morning Mtg. | \$737.00 | |
| Saturday Morning Anonymous | | |
| Security Eye Opener | \$245.00 | |
| Serenity Hour | \$350.00 | \$50.00 |
| Serenity Riders | \$237.47 | |
| Serenity Sisters | | |
| Sober Sisters | \$112.50 | \$59.88 |
| Solutions at Noon | | |
| Sought Through Prayer & Meditation | \$120.98 | \$22.50 |
| Steel Magnolias | \$275.68 | \$110.90 |
| Stepping Stones | | |
| Sunday Morning Speaker | | |
| Sunlight of the Spirit | \$598.95 | \$398.95 |
| Taking Steps | | |
| The Doctor's Opinion | | |
| The Garage Meeting | \$63.00 | \$11.00 |
| Then and Now | \$189.61 | |
| Thursday Men's Group | \$150.00 | |
| Thursday Noon//WP | \$109.53 | \$48.00 |
| Traditions Only | | |
| Treating The Illness | | |
| Turning Point | | |
| Ute Pass Breakfast Group | | |
| Veterans for AA | \$75.00 | |
| Walk the Talk | \$3,900.00 | \$850.00 |
| Walking on Water | \$120.00 | |
| We Are Not Saints | \$1,386.68 | \$506.89 |
| Westside Eye Opener | | |
| Women of Grace | \$145.00 | |
| Woodland Park Beginners | | |
| Woodland Park Book Study | \$250.00 | |
| Woodland Park Women's Step Study | | |
| Young People | \$679.79 | \$679.79 |
| Totals: | \$20,831.61 | \$4,395.62 |

Meditation concentrates my ability to be of service to others

In my mind, meditation acts sort of like a concentrator. I think it is like a magnifying glass and the sun.

The sun is a very huge, powerful source of heat and light — so much so it has to be disseminated or would burn us alive, but we cannot live without it. We can concentrate that power to a very specific and sharp point. With a little kindling, can even start a fire. Fire, being the useful tool it is, provides heat for many things. It has been used for things as simple as cooking bacon to forging steel.

So the parallel I see is this: God is sending his vast, massive amounts of love and compassion. I like to think that as we meditate we focus and concentrate that love which cleanses us and allows us to send that love and compassion to others.

We can start a small fire of AA hope and healing with the kindling of kindness and compassion. That fire is another sober member of AA who, in turn, will spread warmth, kindness, and yet more love.

What follows is another member who can be used in service to others for something as simple as setting up chairs to becoming a DCM and serving AA on a

global level.

So does God need our assistance in sending love and compassion? I don't think so but I do think that we are a special conduit for this purpose. It raises our consciousness and aligns our thoughts and emotions.

Why is this important? Our primary purpose is to be of service to others. The more balanced and focused we are, the more love and compassion we have to share. As we help others, we stay sober, so we can help still others.

Is it absolute and I can't be of service if I'm not practicing step 11? Obviously not (because I am not the pinnacle of AA sainthood and was still able to set up chairs and brew coffee). But I really find when I have set up a constant practice of prayer and meditation, I am more patient, I feel more energetic and kind, and I have more to give.

It is another AA paradox. If I am 'selfish' and take that time to pray and meditate, I have more mental, emotional and spiritual sobriety to share.

**In service,
Ann**

Service work makes me happy, whole

Servant from page 1

every week and quickly introduced me to the fellowship. I was told to pick up other drunks and bring them to the meeting ... or at least it seemed I was told. I remember working in the kitchen at the long-timers dinner in my first year and wondering how is this going to help? Well it did.

I stayed sober that day.

Six months into recovery I was chairing a weekly meeting. As time passed I was helping out at picnics,

working alcohons, becoming the Archives chairperson, Intergroup vice treasurer, Intergroup treasurer, setting up sober golf tournaments, group secretary and not to mention the countless hours of living amends for my wife and family.

My family is truly a gift of this program. I would not be involved in their lives if not for the 12 Steps. I state all of my service work not to brag ... well a little ... but moreover to show you a pattern and design for living that really works.

Service can manifest in so many

different ways. Show up at a meeting, sharing, making coffee, taking out trash, greeting, pushing a shopping cart left in the parking lot, volunteering at a host of organizations, and our primary purpose to stay sober and to help others recover from alcoholism. Service work used in conjunction with the 12 Steps of recovery and the help of fellowship have rendered me happily and usefully whole. My hope is that you pick up the tools laid at your feet, dig your way out of the pit of despair, and walk as a free

LOCAL SERVICE OFFICE

Hours: Monday/Friday 9 a.m. to 5 p.m.

SAT./SUN.: CLOSED

Location: 1353 South 8th Street, Suite 209

Colorado Springs, CO 80905

Contact the Service Office

719.573.5020

E/mail: serviceoffice@coloradospringsaa.org

COMMITTEE MEETINGS

CORRECTIONS:

9 a.m., 3rd Saturday of the month

Sacred Heart Catholic Church, 21st & Colorado Ave.

PUBLIC INFORMATION:

2 p.m., 1st Saturday of the month

Penrose Hospital, 2222 N. Nevada Ave.

Volunteer Coordinator Conference Room

C.P.C. (PROFESSIONAL COMMUNITY):

1 p.m., 4th Saturday of the month

Sand Creek Library, 1821 S. Academy Blvd.

large study room

DISTRICT 7:

7 p.m., 3rd Tuesday of the month

First United Methodist Church

420 N. Nevada, Room 135 (Boulder Street access)

TREATMENT:

5:30 p.m., 3rd Thursday of the month

Penrose Hospital, 2222 N. Nevada Ave.

Board Room

NIGHTWATCH:

7 p.m., 1st Tuesday of the month

Sacred Heart Parish

21st and Pikes Peak Ave.

Room 10 / Following the New Beginners' meeting

SPECIAL NEEDS and ARCHIVES:
VOLUNTEERS NEEDED

For more info., please visit coloradospringsaa.org

WHERE TO SEND CONTRIBUTIONS

~ AREA SERVICE OFFICE ~

Payable to: 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 ~

Payable to: GSO

P.O. Box 459 / Grand Central Station

New York, NY 10163

(Include group name and number on check)

~ AREA 10 ~

Payable to: Area 10 Treasurer

12081 West Alameda Parkway #418

Lakewood, CO 80228

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

~ DISTRICT 7 ~

Payable to: District 7

P.O. Box 26252

Colorado Springs, CO 80936

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

~ PINK CAN CONTRIBUTIONS ~

Payable to: Area 10 Corrections Committee

P.O. Box 40368

Denver, CO 80204

(Include group name and number on check)

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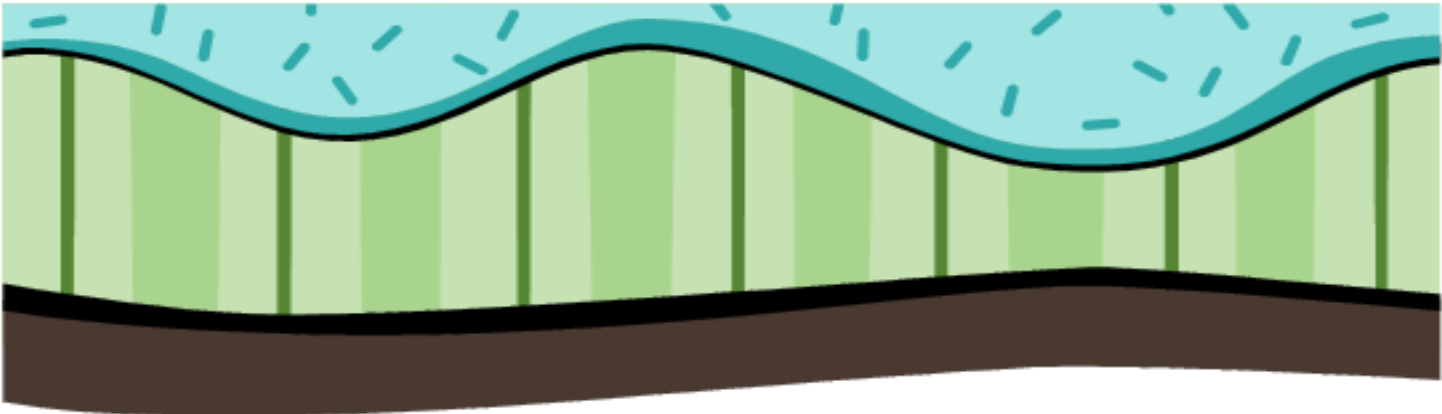
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DO IT TODAY! (Or don't!)



You're invited to
A ROUND ROBIN WORKSHOP

January 13, 2018,
11am -3:00pm

Pizza will be provided

Hotel Elegante
2886 S. Circle Dr.
Colorado Springs Co

For more information please
Contact Sheila O.
719-659-8892

