



# THE PIKES PEAK PINT

May 2018

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

**‘Running the rapids of turmoil’**

## Approaching my 10-year slump

Sitting in a dark corner of my room I was wrestling with the emotions brought to the surface during the earlier meeting. It was a good meeting as most are but, this one left me reflecting on my life and the lives of those around me. I was feeling the whole gambit of emotion racing through my sober mind as I stumbled through the decades. Even after nine plus years of active sobriety I found myself in a slump unlike anything I have experienced before.

As I look back on my life I began to see a pattern. My late teens and 20s were full-throttle. I found myself with a few DUIs, in drunk tanks, a prison and towards the end, I had a wife and two children. How all this happened I’m not real sure, but as the end of my 20s drew closer, my wife somehow knew we were on a collision course with disaster.



Just as I crossed into my 30s we were licking our wounds after a raging three-day bender. Sitting at the dining room table watching our children play on the

*See Slump, page 4*

## Sobriety and Service and A new way of life, OH MY!

When joining this program over five years ago, I only thought I needed to stay sober to have a new way of life. I started on this journey not knowing where it would take me, and I was ready to live a life of the unknown. I came into these rooms as if I was Dorothy in the Wizard of Oz.

Everything was new and the

smiles on people’s faces made me not want to lose this experience. I started on this yellow brick road and I grabbed a sponsor as fast as I could. When she was guiding me through these steps I never know how much courage, hope, and love I would receive taking this journey one step at a time. I was so pleased that I didn’t want to return home

from where I came and wanted to see how much more I could get in this new way of life.

I started my journey in service, this gave me some love and tolerance I had never experienced. I was able to see where I was wrong in situations and not have to

*See My Yellow Brick Road, page 8*



### Walk The Talk

Robyn H.	5/11/83
Teresa M.	5/28/17
Josh L.	5/20/14
Scott A.	5/25/14
John F.	5/25/13
Pam G.	5/8/09
Karen L.	5/30/06
Annikki	5/25/89

### New Woman

Marykatherine	36 years
Kathy B.	11 years
Michelle G.	5 years
Mary D.	24 years
Peggy C.	4 years
Laurie G.	4 years
Teresa H.	10 years
Kimberly H.	1 year

### We Are Not Saints

Channing L.	2 years
Elizabeth T.	31 years
Fernando R.	30 years
Kellie J.	2 years

### Serenity Riders

Dan J.	5/10/10
Jeff B.	5/17/07
Laura I.	5/30/14
Leah R.	5/14/76
Michael H.	5/22/10
Andrea N.	5/2/10

### Steel Magnolias

Rhonda J.	2 years
Tracy D.	10 Years

### Sunlight of the Spirit Women

Andrea A.	5/25/99
Holly	2/1/98
Wendy M.	7/20/91
Ann S.	5/24/11
Margot B.	9/28/08
Teresa M.	1/13/13
Jenny L.	8/12/14

### Friday Women's

Nichole R.	10 years
Michele	2 years
Candace	4 years

### Easy Does It

Chad V.	5/22/03
Christopher S.	5/27/79
Elizabeth S.	5/25/10
John L.	5/9/11
Lisa C.	5/4/02
Matt D.	5/28/14
Michael B.	5/29/13
Sharon H.	5/20/17
Trisha D.	5/1/09

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

# STEP 5:

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



## 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.
- ◆ Do we encourage the minority opinion, the “Right of Appeal”, to be heard at our home group, district committee meetings, area assemblies and the Conference?
- ◆ What does our group accept as “substantial unanimity”?
- ◆ Has our group experienced the “tyranny of the majority” or the “tyranny of the minority”?
- ◆ Does our group understand the importance of all points of view being heard before a vote is taken?

## TRADITION 5:

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

## TRADITION 5 CHECKLIST:

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

# *Working the solution over and over*

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*Slump, from page 1*

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living room floor she said something that shook me to the bone. She simply said “are we really going to raise our children like this?”

Somewhere around six weeks later I was in a treatment facility and began a journey of healing and enlightenment. This was October of 1988 and I stayed sober throughout my 30s.

## **My first slump**

As I approached my 40s, slowly creeping up on my 10-year milestone I found myself drifting away from the fellowship, away from meetings and effectively drying out. It took a little less than three years for me to go from sobriety to sodriety. I was in an uncomfortable place but I wasn't drinking.

Yet.

Somewhere in the middle of 1998 I came home from a rough day at work. I looked for something to cook, but what I found was an old friend that ultimately cooked me. I found a half pint of rum.

I never reached my 10-year mark and raced through my 40s chasing my favorite escape. More was never enough and I never ran out. This run took its toll on me. The vast majority of the damage I did to family, friends and myself was during this run of self-absorbed, self-righteous and self-centered indignation to all who surrounded me. By the time I got to my 50s, I was a wreck spiritually, mentally, and physically.

However, I still had my business, my wife and my house, so I couldn't be that bad, right?

Wrong!

Remember the treatment center I entered in 1988? Well, in June 2008 I visited with an old friend I met in that facility 20 years prior. He told me his story and watered the seed of recovery that remained in me for all these years. Roughly six months later the seed germinated and I found my way back to the rooms. By the grace of God and the fellowship of Alcoholics Anonymous I have managed to stay sober throughout my 50s.

Now I am 60 and again looking at a 10-year milestone. I have been through the Steps several times and have stayed active in service. I have a sponsor, I sponsor, I have a home group, I chair one of our meetings, and I help with meetings in a juvenile detention center. This is all good but why am I in this slump? Why are my emotional biorhythms running the rapids of turmoil?

Why are the tools in my spiritual toolbox seemingly ineffective? Why are my demons haunting me from the depths of my soul?

## **Realign with God**

I don't know the answers to any of these questions, but I know Who does. So in order for me to reinforce my spiritual connection, I have to get back to basics and revisit the roots of the program that has carried me this far.

The first thing I needed to do is realign myself with the God of my understanding. The only way I know how to do this is to do what I was taught in the beginning. By admitting I let things get out of hand, believing a Power greater than I could help and making a decision to let Him I again put pen to paper. I was taught that when I sit quiet,

asking for Divine guidance and listening for the answers, what leaks out of my pen is sometimes surprising. Dr. Bob and the boys in Akron used this process called the two-way prayer. It takes practice, but it always yields answers. Some of which I don't like but they **always** make sense.

## **Get right with me**

Next, I had to get right with me. I needed to revisit my resentments, defects and shortcomings. Already putting pen to paper, I was easily able to highlight issues and bring them to the surface. Talking with my sponsor and others I trust in the program I was able to defuse the impact of these issues and neutralize the subsequent emotions, I felt better.

Daily I ask for guidance to do His will so that I might help another in need. I ask for the shortcoming and defect of the day be removed. I look at who I may have harmed and seek to make it right and I start most every day with a morning meeting to help energize these goals.

As I improve my conscience contact with God, everyday gets just a little easier. I have the power to solve any issue or situation that I am faced with today, even a slump. What I went through this last week was very real, alarming and mildly disturbing. I could go on and on about what the problem was but, let it suffice to say it all boiled down to fear.

It hit hard because the characters in this are all family and close to the heart. The slump I experi-

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*See Slump, page 8*

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# ANNOUNCEMENTS

## *Meeting changes ...*

### **Ellicott/Eastern Plains Meeting**

This is an open, handicap accessible meeting that is now meeting at **7:00pm**.

Address: 23356 CO Hwy 94 (in the bingo hall next to the grocery store, mile marker 17)

### **We Are Not Saints Beginners**

#### **Cancelled**

Mondays at 10:30am

## *... and new groups*

### **Fountain 2.0**

This is a new closed, handicap accessible meeting on Saturdays at 8:30am. They meet at the First

United Methodist Church in Fountain.

1003 N. Santa Fe Avenue

### **All About Recovery**

A new open, handicap accessible, discussion meeting in Colorado Springs. Saturdays at 7:00pm.

At Cedarwood Health Care Center

924 W. Kiowa Street (downstairs in the conference room)



Beginning  
*April 1<sup>st</sup>, 2018*

**Closed** Saturday, Sunday and **Monday!!**

Your Area  
Service  
Office has  
**new**  
office  
hours!

Tuesday – Friday  
9:00am – 5:00pm

*Important* factors that would help to reopen  
the office on Mondays:

More Group,  
Personal, Birthday  
and Grateful Giver  
Contributions!!!

Buy your literature  
and Medallions at  
the Service Office!!!

# THANK YOU FOR YOUR GROUP CONTRIBUTIONS:

GROUP NAME (2017-2018)	Fiscal YTD	March	GROUP NAME (2017-2018)	Fiscal YTD	March
A Common Solution	\$330.05	\$0.00	One Six Four Group	\$423.63	\$0.00
12 Steps From The Morgue	\$181.50	\$0.00	Pre-Dawn Group	\$450.00	\$0.00
Apex	\$608.59	\$0.00	Primary Purpose	\$150.00	\$0.00
Back to Basics	\$1,471.28	\$175.54	Progress Not Perfection	\$0.00	\$0.00
Beacon Light Group	\$0.00	\$0.00	Recovery in Action	\$875.70	\$192.00
Big Book Action	\$488.00	\$0.00	Recovery, Unity, Service Group	\$291.00	\$0.00
Big Book Study UPH	\$324.00	\$0.00	Rule 62, Victor	\$16.00	\$0.00
Black Forest	\$819.88	\$0.00	Saturday Early Morning Mtg.	\$1,211.95	\$101.00
Broadmoor	\$150.00	\$0.00	Saturday Morning Anonymous	\$0.00	\$0.00
Brown Baggers	\$150.00	\$0.00	Security Eye Opener	\$281.00	\$0.00
Central	\$156.07	\$0.00	Serenity Hour	\$625.00	\$100.00
Clean Air Group	\$0.00	\$0.00	Serenity Riders	\$237.47	\$0.00
Don't Worry Be Happy	\$1,686.58	\$96.69	Serenity Sisters	\$305.10	\$0.00
Down By The Creek	\$52.20	\$52.20	Sober Sisters	\$112.50	\$0.00
Downtown Group	\$1,370.21	\$321.11	Solutions at Noon	\$0.00	\$0.00
Drylander's Group	\$0.00	\$0.00	Sought Through Prayer & Meditation	\$263.76	\$0.00
Easy Does It	\$1,352.62	\$0.00	Steel Magnolias	\$456.03	\$0.00
Ellicott Group	\$398.00	\$96.00	Stepping Stones	\$0.00	\$0.00
4th Dimension Rocketeers	\$145.00	\$0.00	Sunday Morning Speaker	\$0.00	\$0.00
Foxhall Group	\$450.00	\$0.00	Sunlight of the Spirit	\$697.95	\$0.00
Friday Night Live	\$513.50	\$0.00	Taking Steps	\$41.00	\$0.00
Friday Women's Group	\$1,145.50	\$0.00	The Doctor's Opinion	\$0.00	\$0.00
Good Ole Boys	\$350.00	\$0.00	The Garage Meeting	\$123.10	\$0.00
Happy Destiny	\$256.47	\$0.00	Then and Now	\$189.61	\$0.00
Happy Heathens	\$506.50	\$178.00	Thursday Men's Group	\$316.63	\$0.00
Happy Hour	\$0.00	\$0.00	Thursday Noon--Woodland Park	\$177.03	\$0.00
Happy, Joyous & Free	\$0.00	\$0.00	Traditions Only	\$0.00	\$0.00
High Noon	\$120.00	\$0.00	Treating The Illness	\$54.00	\$0.00
H.O.W.	\$0.00	\$0.00	Turning Point	\$50.00	\$0.00
Into Action	\$855.44	\$0.00	Ute Pass Breakfast Group	\$400.00	\$0.00
Keystone to Recovery	\$200.00	\$100.00	Veterans for AA	\$100.00	\$0.00
Lake George Group	\$240.00	\$0.00	Walk the Talk	\$6,348.71	\$425.00
Limon AA	\$75.00	\$50.00	Walking on Water	\$180.00	\$0.00
Little Log Church Group	\$254.00	\$0.00	We Are Not Saints	\$1,957.97	\$0.00
Living Free	\$150.00	\$0.00	Westside Eye Opener	\$0.00	\$0.00
Living Sober South	\$399.81	\$0.00	Women of Grace	\$354.00	\$0.00
M.A.G.	\$702.25	\$0.00	Woodland Park Beginners	\$0.00	\$0.00
Meditation Group - Tues. 5:30	\$300.00	\$0.00	Woodland Park Book Study	\$351.50	\$0.00
Natural High	\$16.00	\$0.00	Woodland Park Women's Step Study	\$460.00	\$0.00
New Beginners	\$593.84	\$0.00	Young People	\$1,028.90	\$0.00
New Woman	\$778.00	\$0.00			
Northwesters	\$312.14	\$0.00			
Off The Wall	\$185.04	\$0.00			
Old North End Study Group	\$362.98	\$0.00			
			<b>Totals:</b>	<b>\$36,979.99</b>	<b>\$1,887.54</b>

# My Yellow Brick Road

*Sobriety and Service and a New Way of life, from Page 1*

think I was always right. Since that day I haven't stopped on where my service commitments could take me, for I was worried about leaving this beautiful experience.

As time has gone by, my life has been twisted up and down and side to side, I sometimes didn't know how to see there was an end to these obstacles. I was than greeted with new people and new inspirations where I knew this was not going to be the end. Life has grew to a new extreme where Sobriety has given me these wonderful gifts with a relationship with a Higher power, School, Friendships and a baby on the way, were I forget to look at the different colors I had to go through to get here. I can get so wrapped up in self again, were all I see is the black and white and not able to

see there is still a long road to reconstruction I have to grow through. This life has given me the best people I have ever met, and the best set of communication skills, that I know I will be able to raise this child in a beautiful way.

So unlike Dorothy, I do not want my yellow brick road to end, and I don't want to go back home (the past). I'm excited to only grow more and see what other obstacles are on the way for my sobriety and to only find more of us in this thing we call "life". I hope to meet you all along the way and get to grow through this journey together!

—Alicia S.

# Thank you!

**During March,  
the  
Service Office received  
3 Grateful Giver  
contributions,  
1 Personal contribution, and  
8 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.**

## Don't give up before the miracle

*Slump, from page 4*

enced was very powerful and blindsided me without warning. Surprised, I reeled in the darkness of the problem by not seeking the light of the solution.

I'm sharing this because I know all of us at some point in our jour-

ney experience the lows in our bios. Our demons try to take advantage of us and bring us back to the comfortable dark, sordid places. Our tools feel useless and we are left confused with the answer just out of reach.

Get back to basics, call your sponsor, study the Big Book, go to

meetings and help others that are reaching out. Your lows won't be so low and your highs won't be so high. You'll learn the lessons of the struggle and enjoy the light of the moment.

Don't give up before the miracle happens.

— Rod Q.



## 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.

### 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 now meets with the Cooperating with the  
Professional Community Committee  
(see immediately below)

### C.P.C. (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 now meets with the Public Information  
Committee (see immediately above)

### 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

### PROGRAMS:

6 p.m., 1st Thursday of the month  
Service Office, 1353 S. 8th Street, Suite 209

## WHERE TO SEND CONTRIBUTIONS

### ~ AREA SERVICE OFFICE ~

Payable to: Colorado Springs  
Area Service Office  
1353 South 8<sup>th</sup> 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)

### • CASH ACCEPTED IN PERSON ONLY •

How much did  
*YOU* pay  
for a drink?

*Please help others*

Please 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 Alcoholics Anonymous.

# FUN WORKSHOP

Don't miss out on the fun!!

**May 12th**

From 1:30-3:30

@

Methodist Church

**4373 Galley  
RD**

**Come watch  
a movie**

"History of Drunks in  
Colorado"

**It's Free!**



A flyer for an AA Workshop. The top has a blue and yellow gradient background with the AA logo and the word 'WORKSHOP' in large blue letters. Below this, it says 'Delegate Erica C. Report from New York AA 101 Scott M. Has a wonderful presentation on services work'. A yellow banner with a blue teapot and lemon slice graphic says 'We will have breakfast snacks!!!'. Below that, it says 'Pot Luck Put on by District 7'. At the bottom, an orange banner contains the location 'Hotel Elegante', the date 'June 2, 2018', and the time '9AM -1PM'. The address '2884 S. Circle Dr Colorado Springs' and the names of the DCM members 'Dana, Andrew, Josh, Sheila' and 'All DCM's Mike, Jacob' are listed at the very bottom.