

# Pikes Peak Pint

## July 2011



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

### AREA MEETING CHANGES, DELETIONS, ADDITIONS

- **TREATING THE ILLNESS** (Closed, Big Book Book, 12 x12 Step Study) is a **NEW** meeting Friday nights at 6:30 p.m. at 1123 Elkton Drive.
- **THE KIOWA CORNER CAFE** group that meets Mondays, Wednesdays and Fridays at noon is **CANCELLED**.
- **THE CENTRAL GROUP CANDLELIGHT** meeting that gathers Fridays and Saturdays at 11 p.m. is **CANCELLED**.
- **THE LAST CHANCE GROUP** that meets Fridays at noon is **CHANGING ITS NAME** to **FELLOWSHIP HALL MEETING** (open, handicap access) 3425 Unit I Van Teylingen Dr, west of Academy between Rebecca Lane and Carefree Circle North
- **THE LAST CHANCE GROUP** that meets Tuesdays at 8 p.m. is **CANCELLED**.

### The Unauthorized Alcoholic

By Terry K.

**A**s a boy, I never signed the authorization forms allowing myself to become an alcoholic. Then again, I never signed anything that pertained to having my happiness official or guaranteed. I've learned that we don't get such documents when "signing up" for life. If there were, it'd surely take the fun and the pain out of the challenge. But looking back, I do see that all I really wanted was to be happy.

When I was a tike, my happiness meter was somewhere in the green. It shifted abruptly into the red when my mother's menopause caused a rare hormonal imbalance. She became severely depressed and subsequently made several attempts at suicide. By the time she shot herself in chest with my father's handgun, I had already spent the preceding 18 months with scared and confused as a solid baseline state of being. And a year and a half is long time when you're only 11 years old. She received the crude, 1976 version of electroshock therapy, which effectively turned her into a zombie. The very loving mother I once knew was gone. And after she left to go live with her mother out of State, at age 12, I concluded: life sucks. My mother's departure from my brother, father and I left everything quiet. But it wasn't quiet because of peace. It was more so a quiet like that produced when everything is dead. My happiness

**Continued on Page 8**



*The Grapevine online, [www.aa-grapevine.org](http://www.aa-grapevine.org), started a new feature asking readers to suggest the caption for cartoons. What Caption would you suggest? **See last month's winner on page 9!***

#### LOCAL SERVICE OFFICE

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

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

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

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

VOLUNTEER  
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- Vice Chair  
programs@coloradospringsaa.org

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

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

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

## 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!*



**THANK YOU!**

In the month of May  
we received  
9 Grateful Giver contributions &  
6 Personal contributions!

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

GROUP NAME (2011-2012)	Yr. to date	May
Above The Bar Group	\$0.00	
After Hours	\$0.00	
Apex	\$0.00	
At The Inn	\$0.00	
Back to Basics	\$35.00	
Beacon Light	\$0.00	
Big Book Action	\$0.00	
Big Book Study UPH	\$0.00	
Black Forest	\$123.50	
Breath of Life	\$0.00	
Broadmoor	\$50.00	
Brown Baggers	\$0.00	
Celebrating Diversity	\$0.00	
Central	\$0.00	
Clean Air Group	\$0.00	
Don't Worry Be Happy	\$0.00	
Down By The Creek	\$45.00	
Downtown Group	\$0.00	
Drylander's Group	\$0.00	
Old North End Study Group	\$0.00	
Easy Does It	\$125.00	\$125.00
Ellicott Group	\$0.00	
Eye Opener	\$0.00	
1st 164 Pages	\$0.00	
4th Dimension	\$0.00	
Far North Group	\$0.00	
1515 Meditation Group	\$40.80	\$40.80
Fountain of Sobriety	\$0.00	
Foxhall Group	\$68.62	
Freedom From Bondage	\$0.00	
Friday Night Live	\$150.00	
Friday Women's Group	\$0.00	
Gals of Woodland Park	\$0.00	
Gift of the Heart	\$0.00	
Good Ole Boys	\$0.00	
Happy Destiny	\$294.40	\$294.40
Happy Heathens	\$0.00	
Happy, Joyous & Free	\$0.00	
Half Pint Group	\$117.00	\$117.00
Happy Hour	\$0.00	
Hilltop AA Meeting	\$0.00	
High Noon	\$43.00	\$19.00
H.O.W.	\$0.00	
Hugo Group	\$0.00	
Into Action	\$120.00	
Keep it Simple	\$0.00	
Keystone to Recovery	\$100.00	
Lake George Group	\$0.00	
Last Chance	\$0.00	
Little Log Group	\$0.00	

Living Free	\$103.63	\$103.63
Living Sober	\$150.00	\$150.00
M.A.G.	\$301.70	\$301.70
Motherlode	\$0.00	
Natural High	\$0.00	
New Beginners	\$74.73	
New Woman	\$112.38	\$112.38
Northwesters	\$10.00	
Not A Glum Lot	\$0.00	
Oasis Group	\$90.50	
Off The Wall	\$64.00	\$64.00
Outright Mental Defectives	\$0.00	
Pass It On	\$0.00	
Passed The Bar	\$0.00	
Pathfinders	\$0.00	
Penrose Discussion	\$0.00	
Plug in the Jug	\$0.00	
Pre-Dawn Meeting	\$0.00	
Progress Not Perfection	\$48.83	\$48.83
Recovery in Action	\$88.86	
Rule #62	\$0.00	
Saturday Early Morning Mtg.	\$147.00	
Security Eye Opener	\$0.00	
Serenity Hour	\$20.00	\$20.00
Serenity Riders	\$299.14	
Serenity Sisters	\$0.00	
Silver Key Seniors	\$25.00	\$25.00
Solutions at Noon	\$106.46	\$52.29
Steel Magnolias	\$25.50	
Stepping Stones	\$0.00	
Sunday Morning Speaker	\$420.00	\$420.00
Sunday Night Big Book Study (Clean Slate)	\$0.00	
Sunlight of the Spirit - Women's 12x12 (Monument)	\$0.00	
Taking Steps	\$200.00	\$200.00
The Doctor's Opinion	\$0.00	
Then and Now	\$0.00	
Thursday Mens	\$400.00	\$150.00
Thursday Noon--Woodland Park	\$0.00	.
Ute Pass Breakfast	\$0.00	
Veterans for AA	\$100.00	\$100.00
Walk the Talk	\$120.00	
Walking on Water	\$100.00	
We Are Not Saints	\$0.00	
Wed. Westside Womens	\$0.00	
Westside Eye Opener	\$38.00	
Womens Step Study-WP	\$0.00	
Woodland Park Beginners	\$60.00	
Woodland Park Book Study	\$0.00	
Young People	\$335.00	
Totals:	\$4,753.05	\$2,344.03

# Step 7 : Humbly asked him to remove our shortcomings

## On the 7th Step

We all know that it is God's will that we live clean, wholesome lives; that we think clearly and become persons of honest decision. This we know we cannot do until we become our real selves, so, in desperation, we alcoholics revert to prayer. We humbly ask God to remove our shortcomings; to restore us to our natural selves, so that we may think clearly on our problems.

Emerson says, "None will ever solve the problem of his character according to our prejudice, but only in his own high unprecedented way."

Character is undoubtedly accumulative, and in removing shortcomings it stands to reason that we are striving to build character. This can be done by observing our errors, and, one at a time, correcting them on the spot.

We have already accepted this "Power greater than ourselves" as a reality. Something to which we can pray, expecting to receive help. So now we ask for courage to look at our shortcomings honestly. To recognize them for what they really are, and not what we might wish them to be.

What are some of our shortcomings? Let us list just a few: 1. Excessive drinking. 2. Resenting help. 3. Resenting the good fortune of others. 4. Defending ourselves when we know we are in the wrong. 5. Jealousy and envy of all kinds. 6. Shunning responsibility.

Through the grace of God we have found A.A., which teaches us that we are sick people and that alcohol in any form or amount is out. So we stop drinking. That takes care of our number one problem.

We must be willing to accept help of all kinds without resentment. This takes a little time, as we are the world's most sensitive persons. We know too well that we have neglected all of our talents and abilities for alcohol, and we have terribly guilty feelings, made more acute by persons who are already in better circumstances than we are. Nevertheless, we learn to suffer our hurt feelings and start building a constructive, happy life.

Defending what we call our "pride" is one of the most difficult shortcomings to remove. Many of us have thought of pride as something virtuous, something to be honored. Well, what have we left, we who are humbly seeking help, that we can put on exhibition as virtue? Often we cannot actually put our finger on anything in our make-up of which we are really proud. So we break down our false pride, and exchange it for humility.

The most beautiful art in the world is simple, with few lines, little fuss and complications. So we try being simple for a change. Just plain honest simplicity. We look for the best in our fellow man, "Pardon the wrong in him; hark to the song in him."

By accepting God's help, we learn to think clearly; to play fairly; and to give generously.

*Elizabeth W.  
Boston, Massachusetts  
Grapevine, May 1945*

*Tradition 7:* Every A.A. group ought to be fully self-supporting, declining outside contributions.

*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.



## 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!

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

NIGHTWATCH has OPEN POSITIONS!!!  
Contact Eric 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!

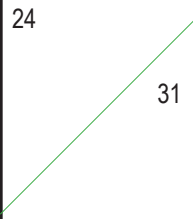
Tuesday New Woman	
Donna B.	25 years
Denise J.	32 years
Renee	4 years
Jane C.	18 years
Wendi P.	1 year
Friday Women's	
Bette C.	31 years
Maxine	19 years
Katy C.	6 years
Connie Sue	22 years
Nancy T.	27 years
Liz R.	2 years
Yvette W.	20 years
Sonja M.	1 year

Steel Magnolias	
Kathy T.	15 years
Sharon S.	17 years
Karen A.	5 years
Solutions at Noon	
Melinda	2 years
Bill W.	1 Year
Lisa J.	17 years
Tom R.	2 years
Earline	19 years
Ellicot Group	
Bruce	2 years
Marvin	32 Years
Oasis	
Donovan	4 years

Walk The Talk	
Delores	9 yrs.
Leon	1 yr.
Diane H.	3 yrs.
Lynn	3 years
Scott C.	12 years.
Lisa J.	17 years.
John C.	1 yr.
Tom	2 years.
Ernest N.	7 years.
Beverley	2 years
Bob J.	1 yr.

# HAPPY BIRTHDAY!

# AA AT A GLANCE ~ JULY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 CPC(Downtown) 1:30 p.m. PI (Penrose) 2 p.m.
3	4	5	6	7	8	9 Treatment Committee 1 pm Penrose
10	11	12 Intergroup Meeting 7pm First United Methodist	13	14	15	16 Corrections 9 a.m. Sacred Heart
17	18	19	20 Submit Milestones & Letters to the Editor to The Pint	21	22	23
24 	25	26	27	28	29	30

## 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 - 12 to 1 p.m. - Penrose Main, 2222 N. Nevada Ave., Volunteer Coordinator Conference Room

meter's power cord had been unplugged. As it turns out, my mom would recover from that bad chapter in our lives years before I would.

At 13, I nagged my friend Mike to have us drink some of his mom's rosé wine. The comedian Foster Brooks' imitation of the funny drunk man was my only reference of what it is to be drunk, and the idea of being like him was more than appealing. Two years passed before I ever did get drunk, but once I did, I became a 15 year-old, beardless version of Foster Brooks. The happiness meter was back on whenever I was intoxicated. I got drunk for the second time a year later at age 16. By the time I was 17, I was getting drunk six days per week. Yes, the meter was back on, but the needle fluctuated wildly throughout its range.

I went to my first meeting of alcoholics anonymous at 19 years-old. I was invited to go by an attractive woman (admittedly, at least half my inspiration to go) who was also burned-out on "party-ing". Though it would be many years before I would admit or simply understand that I was an alcoholic, I also went that day because I knew something was wrong. Drugs would help keep me in denial. I always woke up regretting using the drugs, but drinking – no. It would

remain effective until I was in my late twenties. But by that time, the side effects were more severe than the problem they attempted to solve. I started to go to AA on a semi-regular basis. After several multi-month periods of sobriety, with progressively severe relapses in between, I was forced to commit to AA's way of life in order to survive. And that lead to almost eight years of sobriety. I had found happiness on a new meter the first six years. This wasn't the short-lived relief from that darkness I had for so many years prior. Doing the steps shined a light on my spirit that I hadn't had on it since a very young boy.

But I only made it to step 11. At seven years sober, I stopped going to meetings, hadn't had a sponsor in years and wasn't being of service. And not coincidentally, I had convinced myself I had matured out of alcoholism, despite the fact I knew it was going to kill me eight years prior. Enlightenment...the hard way - gotta love it! I was enlightened the night I gave up all that sober time that I was mistaken when I drank like I always had; alcoholically. My vision of drinking one or two and stopping when I felt the effects vanished at drink number three. I was

enlightened (once again) to the physical craving produced once I have that first drink. In truth, I wasn't mistaken. My alcoholism got me through the back door, as I like to say. I reasoned that because I had absolutely no interest in alcohol whatsoever, I could drink some. Hello! (We won't get into the BS meter at this juncture) Obviously I had "interest" in it to deny almost two decades of misery and years of joy and peace as a result of being sober.

After several relapses, including one that was well on it's way to having me lose virtually everything beautiful my former sobriety had afforded me, including loss

of custody of my now four year-old son, I have come to be sober again. Today, I believe what I hear in AA meetings. I believe I must do all the steps, if I am to survive. I believe that taking the suggested actions have their greatest value when I really, really don't want to take them. I've come to believe that the most painful lessons are the most valuable. I now see that resentment and the variety of other fears I am capable of having are emotions I can never afford. My experience speaks so loudly to me today through divinely inspired wisdom that I've come to use the word

believe just as I would the word know.

I've found it impossible to solve a problem until I can properly identify it. I spent many years of my life mis-identifying my problems. AA has showed me - and importantly, reminds me daily (because I go to meetings daily) what my true problem is. I now see that my only problem is thinking that I have problems - that is the modus operandi of my fears. My fears lie to me and tell me I am lacking this or that in order to be happy. What they do not tell me is that the only thing I am truly lacking is a higher power founded in love that I call God. And I have found much of God in the hearts of the people in alcoholics anonymous. Today, I have no problems, and so my happiness meter is well into the green. I cannot eat one big meal and expect to be satiated in my stomach for the rest of my life. I need to treat my alcoholism the same way. The fear is to my empty stomach as God is to a quality meal. I never did very well at thinking my way into a full tummy.

I have never been presented with any authorization forms to sign for my own happiness. But if God did ever fax one over, I suspect it would only be valid for this moment. And considering I've found the beauty of life to be found in its moments, I'd sign that sucker in a second.



# Meeting in Print

## Sobriety Day 12

My brain seized. A dense fog entrapped my brain. There was neither free will nor clarity of thought. Unable to identify the root or trigger, I fought a demon that had no name. Amid the anger and sheer inability to focus, I prayed and prayed never knowing if God heard my feeble prayers. He was there scooping me up and carrying me. Unbeknownst to me, the abundant strength of my higher power, bled through my cold veins.

*I made it.*

Sobriety Day 13 – Game on.

*Dr. D*

### Last month's winning caption from Colorado Springs fellowship:



*“Oh No! Not last call \*again\*, please just **ONE** more”!!  
~ Susan*

## My name is Rod and I am an alcoholic...

**T**here are a lot of us in our local A.A. community and I know there is more than one that writes in a daily journal. I know more than one has more than a few words to share and, I know there is a lot of experience, strength and hope behind those few words. I know more than one writes on paper but most do it on a computer.

So I have to wonder why no one is helping to make our little local newsletter, ours.

I wrote a little thing for the June Pint and that's fine but I feel the need to share that it took all of ten minutes to write it and two days to get the nerve to send it in. I'm not certain what I was afraid of because I'm pretty sure no one read it anyway. The folks at the Pint don't

take off for spelling, grammar or sentence structure so all you need to do is simply write as you talk.

That's all I do and I'm sure it shows...

At the intergroup meeting last night I challenged everyone to write something and submit it to the Pint. I extend this challenge to any and all of you that read the Pint. It's an easy way to get involved, get connected and who knows, you might even help a fellow alcoholic like me.

The bottom line is the Pint is OUR newsletter so we should own it and make it what we as a community are, GREAT!

(Stepping down off my tattered soapbox)

*Rod Q.*

*WTT/ CSC*