



THE PIKES PEAK PINT

January 2018

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

My journey in honesty

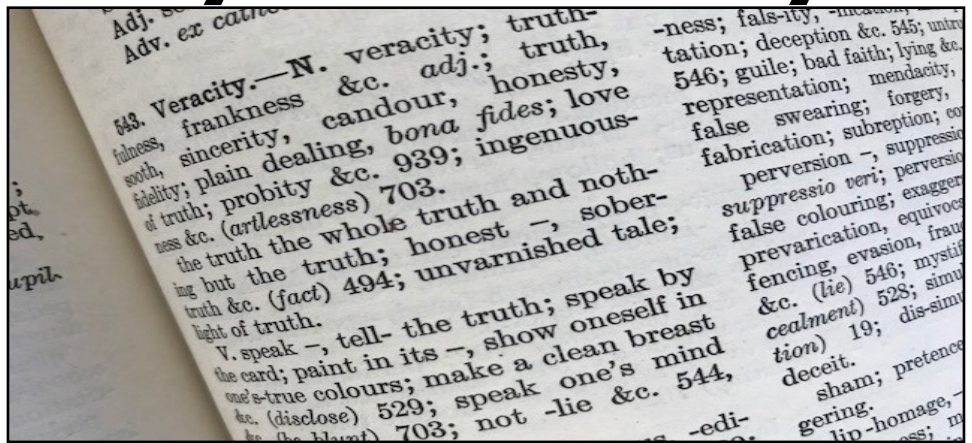
Honesty requires vulnerability. It means letting you know me and giving you the option to possibly reject me and not love me. It means me developing a real relationship with you and then caring whether you stay or go. This all used to scream weakness and **“Danger! Danger!”** to me.

When I was teenager, one of my best friends and I got into fight and she wrote me a nastygram accusing me of being a copycat, a chameleon. She was right ... which is why it hurt so much.

Before coming in to AA, I had no real sense of who Kristy was. I was whomever I needed to be to make the situation calm and unthreatening.

I arrived at AA not knowing how to tell the true from the false – and any truths I did know, well, I wasn’t going to tell you because then you would know the real me. I had to keep up appearances and keep everything on a superficial level. This is a rough place to be — especially when you’re trying to get sober.

In early sobriety I wanted to drink so badly but was afraid to tell anyone because my brain was tell-



ing me you would think I was a fraud. You would think I wasn’t serious about not wanting to drink if I was thinking about drinking, right!? So I figured I had better keep that to myself.

I eventually broke down. A friend was driving us to a meeting and I said “Hey. Becky.... I’m kind of thinking about drinking.” I waited for her disapproval but instead she laughed, put her hand on my knee, and said, “Well, Kristy, you just might be an alcoholic.” Kristy’s awful truth was exposed and I was still accepted! I felt closer to Becky, too. This lady knew exactly who I was at that moment.

A few years into sobriety, I smoked pot for a couple weeks —

another truth I knew I had to keep a secret. I had broken my sobriety and I kept picking up chips. Standing at the podium about to be given my five-year chip, I broke down.

I asked to be given a three-year chip and I confessed to my home group I had been lying to them. I got hugs after the meeting and my friends told me they were proud of me ... all very strange because I was sure they wouldn’t love me any more!

Lately, my enthusiasm for AA has faded and I’m not in the middle of the herd like I used to be. My friends love me and have expressed concern. This is my most recent truth to expose.

— Kristy H.



Walk the Talk

Rob. L.	1-26-02
Steve	1-1-12
Chris W.	1-4-09
Lauri	1-1-88
Carolyn D.	1-26-09
Michael	1-12-07
Buzz	1-23-07
Andy C.	1-21-89
Tina N.	1-17-80
Stephanie	1-19-14
Mariah	1-18-16
Ursula	1-10-14
Scott K.	1-13-12
Joe R.	1-23-05
Mica	1-1-06

New Woman

Sharon W.	18 years
Cathy P.	27 years
Ellen K.	32 years
Maile L.	12 years
Kerry Ann	4 years
Heather H.	4 years
Kathleen	5 years

Happy Heathens

Dick H.	11 years
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Friday Women's

Dolores N.	29 years
Sharon W.	18 years
Molly W.	12 years
Marti B.	33 years
Beth L.	37 years
Joan L.	5 years
Cynthia N.	36 years

Serenity Riders

Bo B.	1-17-05
Darren M.	1-4-95
Jacqui I.	1-20-10
JK McC.	1-07-07
John B.	1-30-92

Steel Magnolias

Cathy C	7 years
Deb. C.	13 years

We Are Not Saints

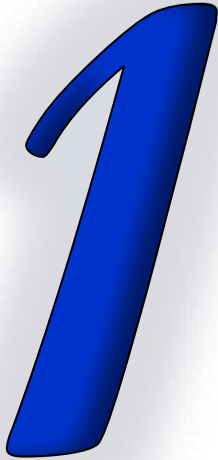
Carolyn D.	19 years
Craig W.	8 years
Drew I.	19 years
Ryan M.	4 years
Scott K.	6 years
Ursula G.	4 years

Easy Does It

Aaron D.	3 years
Benny M.	28 years
Danielle	1 year!
David B.	8 years
Doc	9 years
Harry G.	5 years
Indian M.	29 years
Lea M.	13 years
Lynda H.	21 years
Mark H.	23 years
Mars	6 years
Roger B.	14 years
Scott W.	4 years

STEP 1:

We admitted we were powerless over alcohol — that our lives had become unmanageable



CONCEPT 1:

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

- ◆ Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- ◆ Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?
- ◆ Is the "collective conscience" of Alcoholics Anonymous at work in my home group? In my area? Where do we fit in the upside-down triangle of A.A.?
- ◆ Are we willing to do what it takes to insure that our democracy of world service will work under all conditions?

TRADITION 1:

Our common welfare should come first; personal recovery depends upon A.A. unity.

TRADITION 1 CHECKLIST:

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other member's inventories?
2. Am I a peacemaker? Or do I, with pious preudes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of the fellowship?

Making amends to my dead father

I am a member of Alcoholics Anonymous with almost three years of sobriety. I am thoroughly working on my 9th Step with the help and guidance of my sponsor, who believes there is always a way to make amends — we just have to find it.

My father was the amend that I was working. I thought that since he had not been in my life since I was 13 years old, he had no effect on me at all. I am now 56 years old.

I was in touch with him by telephone one time when I was 25. We talked enough for me to know that he had joined AA, was living in Las Cruces N.M., was married to a woman in AA and had started a locksmith business. I was trying to find out if maybe he was a changed man from the time I knew him.

Several years passed and I found

out he had committed suicide over secrets he was unable to overcome. How was I to make amends to a man who had been dead more than 24 years?

It was suggested that I write a letter of amends, then go to his grave and read it there.

I was very willing.

He died in Las Cruces on June 8, 1993 at 3:30 a.m. The autopsy was performed at the University of New Mexico at Las Cruces. I was referred to The Office of the Medical Investigators, then the Bureau of Vital Statistics, then to the funeral homes, and finally to the cemetery/crematorium.

I lived 600 miles away. I had planned to leave early, make my amends and head right back home. At 4 a.m. early in May, I packed a bag, made some coffee and headed down the freeway. It was very dark with hardly any traffic, but steady rain and snow coming down made driving uncomfortable. I was excited, so I didn't have breakfast after a restless night's sleep.

I was on the road for about 2½ hours and very deep in thought when I was overcome with a powerful URGE TO DRINK. I was shocked; this was something I haven't felt for a long time and certainly not this strong since I became sober.

Happily, my experience in hundreds of AA meetings came to mind. The words, "You are hungry, angry, lonely and tired (HALT!)" rang in my head.

I did not drink and continued on.

I had traveled all the way to Las Cruces and still had about 50-75 miles to my destination. I decided to STOP, REST, EAT and most importantly, "Get your butt to a meeting." I picked an exit at ran-

dom and got a room. The time was about 3:30 p.m. I went up to get settled and my thoughts turned back to my father and his family.

Maybe my dad had been in service within AA and maybe his home address was recorded in GSO. I called my home service office but there was no record there.

I next inquired about a meeting in Las Cruces. I was given a number to an answering service. When I called I was given a few addresses for 7-7:30 p.m. meetings. The second one was on a street that had the same name as my sponsor's last name. I figured that would be a good choice. This particular meeting was less than two miles away.

Coincidence?

After eating, resting a little and cleaning up, I drove to the meeting. I was about a half-hour early because I enjoy the "meetings" before and after the meeting.

When I arrived, there were 5-6 older fellows sitting outside. I walked up to them and introduced myself. They asked why I was visiting their meeting. I briefly explained and they asked my dad's name.

I told them, and they said, "I remember him."

I thought that might be too good to be true: He died 24 years earlier. When the meeting began, the format was changed from the normal Q&A to 'Pick a Topic' from a list of 25. The second on the list was Amends. During the discussion another long-timer asked me, "Didn't he marry a woman in AA?" I replied, "Yes, her name was Dianne." He then told me that she was one of the founders of this group. I could feel an incredible presence at that time.

Thank you!

During November, the Service Office received 3 Grateful Giver contributions, 2 Personal contributions, and 5 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.

Please see Father, page 7



Meeting changes ...

Primary Purpose slims down

The only Primary Purpose meetings take place at 6 p.m., seven nights a week. The group meets at 3950 N. Academy Blvd., Vanguard Church. Park behind Mi Mexico Restaurant. Also, the last Friday of the month is a potluck that starts at 5:30 p.m.

The house is now a living room

The Corona House group that meets Tuesday at 7:30 p.m., at 1509 S. Corona Ave., has changed its name. It is now called The Living Room. The only change to this meeting is the name.

Sunlight comes 30-min. later

The women's Sunlight of the Spirit group, 675 Baptist Road, will gather later. Instead of meeting Mondays at 6 p.m., the time now shifts to 6:30.

They speak, we get & *stay* sober

Speakers for the Saturday 7 p.m. meeting at the Red Cloud Serenity Club, 10400 Ute Pass Ave. in Green Mountain Falls, will be:

- Jan. 6, Annette B., 20 years
- Jan. 13, Tomas M., 12 years
- Jan. 27, Dustin, 14 years
- Feb. 3, Sean P., 6 years
- Feb. 10, Julie A., 15 years
- Feb. 24, Matt H., 11 years

(with apologies from the editor)

***ATTENTION* alcoholics!**

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

Military and civilian recovering alcoholics meet Mondays at 6 p.m. If you want to attend, you must have no active arrest warrants and you must bring a

... and other news

photo ID and vehicle registration. The meeting is 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.



You Are Awesome!!

**As of Dec. 13, Gratitude Month
has had 21 Groups contributing
a total of**

\$1,929.96!!

THANK YOU FOR YOUR GROUP CONTRIBUTIONS:

GROUP (2017/2018)	YTD	Nov.	GROUP (2017/2018)	YTD	Nov.
A Common Solution	\$155.55		Off The Wall	\$147.98	
12 Steps From The Morgue	\$181.50		Old North End Study Group	\$224.03	\$130.00
Apex	\$387.00		One Six Four Group	\$248.63	
Back to Basics	\$903.24	\$100.02	Pre/Dawn Meeting	\$310.00	
Beacon Light Group			Primary Purpose	\$150.00	
Big Book Action	\$400.00	\$250.00	Progress Not Perfection		
Big Book Study UPH	\$250.00		Recovery in Action	\$622.00	\$172.00
Black Forest	\$357.13		Recovery, Unity, Service Group	\$291.00	\$291.00
Broadmoor			Saturday Early Morning Meeting	\$737.00	
Brown Baggers	\$150.00		Saturday Morning Anonymous		
Central	\$10.00		Security Eye Opener	\$245.00	
Clean Air Group			Serenity Hour	\$400.00	\$50.00
Don't Worry Be Happy	\$1,073.31	\$115.02	Serenity Riders	\$237.47	
Down By The Creek			Serenity Sisters	\$147.10	\$147.10
Downtown Group	\$524.09		Sober Sisters	\$112.50	
Drylander's Group			Solutions at Noon		
Easy Does It	\$984.22	\$129.48	Sought Through Prayer & Meditation	\$120.98	
Ellicott Group	\$302.00		Steel Magnolias	\$384.68	\$109.00
4th Dimension Rocketeers	\$145.00		Stepping Stones		
Foxhall Group	\$250.00		Sunday Morning Speaker		
Friday Night Live	\$513.50		Sunlight of the Spirit	\$598.95	
Friday Women's Group	\$898.00	\$448.00	Taking Steps		
Good Ole Boys	\$200.00		The Doctor's Opinion		
Happy Destiny	\$218.47		The Garage Meeting	\$118.10	\$55.10
Happy Heathens	\$328.50		Then and Now	\$189.61	
Happy Hour			Thursday Men's Group	\$150.00	
Happy, Joyous & Free			Thursday Noon/WP	\$109.53	
High Noon	\$120.00	\$50.00	Traditions Only		
H.O.W.			Treating The Illness		
Into Action	\$345.74		Turning Point	\$20.00	\$20.00
Keystone to Recovery	\$100.00		Ute Pass Breakfast Group		
Lake George Group	\$240.00		Veterans for AA	\$75.00	
Limon AA	\$25.00		Walk the Talk	\$3,900.00	
Little Log Church Group	\$34.00		Walking on Water	\$180.00	\$60.00
Living Free	\$150.00		We Are Not Saints	\$1,386.68	
Living Sober South	\$235.31		Westside Eye Opener		
M.A.G.	\$608.25	\$186.25	Women of Grace	\$320.00	\$175.00
Meditation Group	\$300.00	\$300.00	Woodland Park Beginners		
Natural High			Woodland Park Book Study	\$351.50	\$101.50
New Beginners	\$380.74		Woodland Park Women's Step Study		
New Woman	\$617.50	\$142.50	Young People	\$926.07	\$228.28
Northwesters			Totals:	\$24,091.86	\$3,260.25

Perspective of life from the apex

Recently I've been thinking that life is a journey up a mountain, an infinite mountain.

My perspective and thoughts, which skip right along (or ping around like an angry bee in a jar), change depending on each day's 'walk.' Some days, the top of the mountain looks impossibly far away and I am so discouraged. The next day, moment, or nanosecond, I am awed by the beauty and magnificence of the view. That shift and its speed depends on my spiritual fitness.

Of course this means others are also on this journey, some ahead of me, some beside me, and some behind me. There are those who've found a very different path — to climb the steep rock walls. Some are on the far side of this infinite mountain and a journey that is completely their own — one I can't even imagine. All of these other people have their own perspective. Their experience is a fact and the truth to them, as much as mine is to me. I generally get in trouble when

I'm not focused on my journey and when I tell others how to walk.

Ah, I digress. What I'm getting at: There's only one thing that does not change — the mountain.

Like with my Higher Power, I can question it, curse it, rejoice and cry. It is solid and sustained. To see and experience this greatness I have to keep going. I can sit and rest. I can share my strength and help others, but I can't carry them up or force them to walk on my path. I can't walk up the mountain for anyone. I accept that they are on their journeys; I will see them all again, at the top, that place where we shed this physical form and soar off into the endless 'sky' called eternity. To me, we are spiritual beings having human experiences.

This journey is one of a zillion 'journeys.'

Maybe all the confusion and frustration in this journey is because even though I don't consciously remember, I have experienced the infinite, vast timeless beauty of a Universal One. Deep

down I realize the mountain is a tiny part of the whole. I've known what that absolute freedom feels like; my spiritual DNA knows and vibrates that truth.

Today is a linear and limited experience. Maybe my lesson is learning how to love what is linear, ordered, structured and then beyond it. This human experience is the toughest one I think, after the knowing, the being infinite. This tests one's endurance and faith. In exchange is the beauty and priceless gift of connection I have had with other spiritual beings in a way that can't be accomplished any other way, in any other space or time. It is just those of us that are having a human experience that get this wonderful gift because it's expanding love beyond the human limits, to connect with others, that defines spiritual growth.

Thank you for being part of my journey.

Enjoy, laugh, love, and remember Rule #62.

— Ann S. 6/23/2015

Making amends to my dead father

Father, from page 4

Wow! We completed the meeting and afterward, a fellow came up to me and said, "Wasn't your dad a locksmith and didn't some things happen that he committed suicide over?"

I knew then that I was not there by mistake.

I went back to my room, reflected, cried and finally gave thanks to the God that I have turned my will and my life over to. I then had a very restful night of sleep.

The next day I went to the early morning meeting and none of the same fellows were there. The meeting was relaxing and I left to try to find my father's grave.

When I found the cemetery where my father was cremated, they had as no record where his final resting place was, since the family probably claimed the ashes

and did not bury them at the cemetery.

I was at a dead end. I found a beautiful spot, read my amend letter, and in prayer said, "Goodbye. Rest in peace ... And thank you, Dad."

I started my peaceful journey home. I reflected on the events of the last couple days: When I left home; the urge to drink; the exit I stopped at; the meeting with my sponsor's name on the street; the fellows at the meeting that night. So many other perfectly placed occurrences made it clear I was guided.

A few days later, I called my sponsor to describe my experiences. I said, "I don't know or understand how so many small parts had to happen at just the perfect time for this to turn out like it did."

His reply? "Yes, you do!"

— Anonymous

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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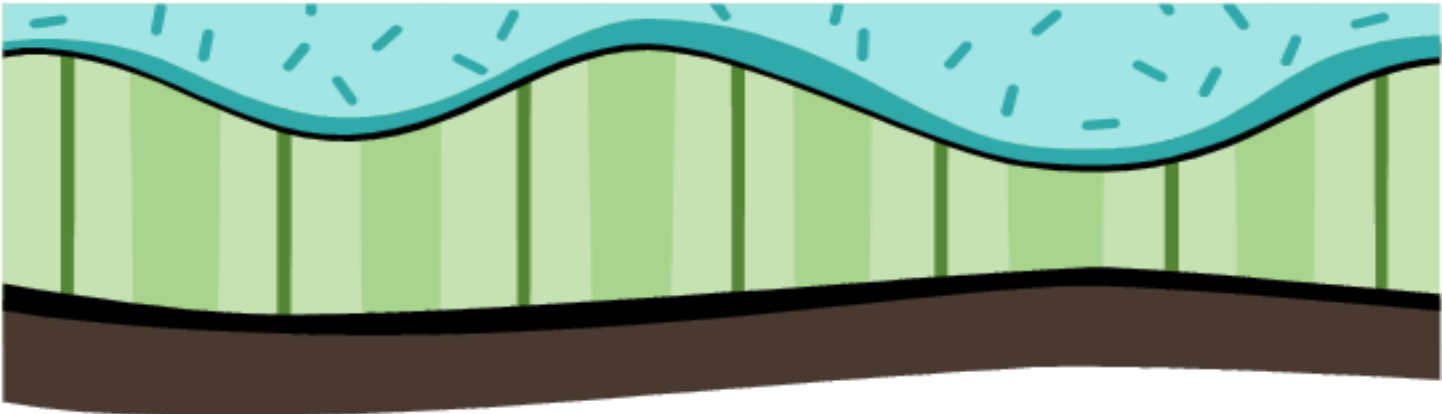
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pint@coloradospringsaa.org

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

