



# THE PIKES PEAK PINT

March 2018

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

## From a broken soul to becoming whole

I came to AA with a hole in my soul. It was a deep, cold, endless pit. I tried to fill it with anything and everything because I was afraid I would be sucked into that hole and disappear. I threw in alcohol, food, men, money, and 'stuff' — anything I thought might fill that hole. It all merely vanished. It was as if the hole fed off my desperation, fear, and loneliness. The more I tried to fill it, the bigger it got.

I ran to escape it.

I ran to new homes, new jobs, and new friends.

No matter how far I ran from this icy black pit, it was right there at every turn ... waiting. It was as if there was an invisible force field that would let me get only so far before pulling me back into its orbit.

I could not escape.

If I stopped, there it was, looming over me and growing bigger, and the

pull got stronger.

I found a way to cope with that hole by drinking. I drank as much and as often as I could because it left me numb and unconscious. I could be 'free' for a little bit. The only problem here was that I had to keep drinking more for the same sense of escape.

Then alcohol quit working.

The edges blurred, but no matter how much I drank I could still see it and feel it growing bigger and colder. Out of sheer terror I drank even more. I was so terrified of what was lurking way down in those depths. I could not explain it to anyone. No one understood what I was saying and no one else could see this huge horrible darkness. They saw how I acted and backed away, so one by one I lost all my



*See Whole, page 4*

## Outgoing officer honors spirit of rotation

My name is Stormie and I'm an alcoholic. I am also the current outgoing Intergroup board chair. And it has been an absolute privilege to serve our fellowship in this capacity.

But as our traditions keep us safe and thriving, it is time for the principle of the spirit of rotation. While I will miss many aspects of this service position, the one thing I continue to learn as I stay sober is that transition and change are not, or at least do not, have

to be sad times.

The principle of rotation exists much more than just in service, as I've had the opportunity to experience this year alongside of this program and this position.

I know that for me, before I was sober and even at certain times in my sobriety when things are changing or I am in transition, there has been a sense of dread or panic or loss. A general sense of not OK-ness. Is it OK for me

to step out of this phase of my life regardless of if I believe I am ready or available, or is it for me to fight and stay frozen?

Ultimately, I believe the idea comes down to the fact that I am but a trusted servant. Even in my own life, I am not the governor. I had to stop playing God!

And that's why I say this change,

*See Rotation, page 7*



**Happy Heathens**  
 B.J. L. 29 years  
 Lee J. 13 years

**Walk The Talk**  
 Anthony A. 3-21-83  
 Patrick 3-17-12  
 Debbie B. 3-12-89  
 Erin B. 3-22-88  
 Jennifer C. 3-25-11  
 Newell 3-8-88  
 Mary V. 3-7-99  
 Gerry H. 3-15-13  
 Gary K. 3-3-03  
 Thom N. 3-22-16  
 Matthew P. 3-1-16

**Steel Magnolias**  
 Nicole T. 4 years

**Serenity Riders**  
 Karla P. 3-17-11  
 Kevin M. 3-3-08  
 Marylou 3-21-04  
 M.J. C. 3-14-11  
 Natalie B. 3-1-88  
 Patrick H. 3-13-15

**New Woman**  
 Barbara S. 31 years  
 Noell M. 26 years  
 Michelle C. 13 years  
 Jennie C. 32 years  
 Suzanne 19 years  
 Priscilla T. 5 years  
 Erin 2 years  
**Mickey 1 year!!**

**We Are Not Saints**  
 B.J. 29 years  
 Bryan P. 13 years  
 Betty A. 31 years  
 Karyn R. 3 years  
 Lynne 11 years  
 Ron Q. 28 years  
 Ruby P. 1 year!!  
 Terrie C. 19 years

**Easy Does It**  
 Amberly G. 3-22-15  
 Brad B. 3-11-84  
 Chris T. 3-20-11  
 Daniel 3-15-12  
 Frank M. 3-3-13  
 Gina F. 3-20-10  
 Heather H. 3-21-08  
 Kirk C. 3-1-14  
 Juan C. 3-3-09  
 Leo 3-14-82  
 Mark T. 3-22-08  
**Steve L. 3-15-17!!**  
**Matt 3-6-17!!**  
 Mike M. 3-3-10  
 Mike S. 3-7-16  
 Paul S. 3-12-12  
 Raymond W. 3-7-16  
 Tonya S. 3-23-16

**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 3:

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.



### CONCEPT 3:

*Concept III: To insure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives — with a traditional “Right of Decision.”*

- ◆ Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
- ◆ Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself?

### TRADITION 3:

The only requirement for AA membership is a desire to stop drinking.

### TRADITION 3 CHECKLIST:

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, and ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can’t ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

# Where ever you go ... there you are

*Whole, from page 1*

friends and family members.

Alcohol took over completely.

I was so very lonely. I ran until I dropped. I was defeated, desperate and going insane.

I realized I was absolutely powerless over alcohol and my life was completely and totally out of control and unmanageable. I knew that either I had to drink myself to death, go stark raving insane or stop drinking and stop running.

That's when I walked into the rooms of Alcoholics Anonymous. There was nowhere else left to go. I was dying and I knew it. I heard the words but they made very little sense to me. My mind was foggy.

In spite of that, I had a sense that I was safe. I was safe with the people in the rooms. They seemed to understand my confusion, fear, and pain. I got a sponsor who started walking me through the steps. She showed me that I would

always be powerless over alcohol and could not take another drink. I could do this one day at a time.

She helped me see where I still thought I could manage parts of my life, the illusion that I might just be cured someday. She explained my insane thinking. I was a little confused by the word 'insane' ... I thought it was just a little bit over the top. It didn't take too long for me to get a pretty clear picture of just how insane my actions and thinking had become with a bit of review of the things I said and did while I was drinking. My best thinking had brought me to this place of desperation, it was time to try something different.

She suggested I try asking God to restore me to sanity. This set off every bell and whistle in my head. I just didn't have a very good working idea of God. She said to come up with a God of my understanding. Something more powerful than me. It was the power I saw in the rooms that made me realize God came in every conceivable size, shape, and design. I had some work to do here but made a rudimentary start. This was enough of a start so I could then start turning things over to this Higher Power.

It was certainly not everything and definitely not all at once. She said it was a daily practice.

The day came to start working on Step 4. This meant it was time to start looking into that dark hole. Quite frankly I thought she was nuts. Who would venture into that deep morass??? Not happening. No. She said I didn't have to go there alone. She continued, 'Actually there is more to that hole than I could see. A miracle waited.'

Uh huh. Now I was convinced she slipped a cog.

I kept coming to meetings, seeing the Power, that thing I knew they knew and had but I was missing. I was still irritable, restless, and discontent, but there were those people in the rooms that were happy. Not just smiley happy, they were really content and had serenity. They weren't fighting alcohol, grinding through every day thinking about the

next drink.

I gave this some thought and realized I had a choice: face the hole and hope for the best; or run as fast as possible – straight back into a slow, painful drunken death. Worst still was the thought that I wouldn't die, I would have to live.

Lovely.

I was just desperate enough to keep moving forward and work Steps 4 and 5. I was becoming willing. Willing as only the desperate and dying can be. I knew the answer to the question, "What happens if I take another drink?" It is a hell of a lot worse than the obvious fact that I will get drunk.

Now ... about being willing to have God remove my character defects, which seemed a bit simple-minded to me. Of course I wanted my resentments, fear, and all the related kinks removed from my psyche. I heard a gentle voice ask if I were truly, completely willing. I answered, "Of course!"

That voice said it was time to walk over to the edge of that hole. The thought struck me that maybe I'd been a bit hasty in my answer.

My sponsor assured me I would not be alone.

This one would take a while.

I was assured that I was walking with others. My sponsor, all of AA – the warmth, love, acceptance, and encouragement was right there, next to me. The only thing they could not do was my stuff. The thought crossed my mind I might just be a sacrifice and get tossed in. Did I mention I have some trust issues?

I still hesitated and balked. There *had* to be something easier than this option ... but no, this was it, the only way. Stand on the edge and look into *that hole*. I also had to be willing to let go because I was going to throw all my character defects in there, so I had better take a good look and know the edge.

I prayed, asked this Tzar of the Universe, whom I still wasn't too sure about, to walk with me.

**Thank  
you**  
**During January, the  
Service Office received 1  
Grateful Giver  
contribution, 2 Personal  
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.**

*See Whole, page 7*



## *Meeting changes ...*

### Share your hope with youth

The Landmark Recovery High School group that meets Mondays at noon could use some grown-ups sharing their experience, strength, and hope for those up-and-coming adults in our recovery community. The school is at 828 E. Pikes Peak Ave. See you there, Mondays at noon.

### One drops, another adds

The Central Group has added a **CHILD-FRIENDLY, OPEN** gathering to its schedule. The new meeting is a Big Book study and meets Tuesdays at 8 p.m. at 309 S. Hancock Ave. The Central Group has also deleted its Saturday, 11 p.m. meeting from the schedule.

### Primary Purpose changes

Headline caught your eye, didn't it? Our Primary Purpose is to stay sober and help other alcoholics achieve sobriety.

That hasn't changed.

However ... We're talking about a meeting with that title, not our primary purpose.

The Primary Purpose New Women's closed meeting held Tuesdays at 6 p.m. at 3950 N. Academy Blvd., the Vanguard Church parking lot, behind Mi Mexico Restaurant, has some changes.

It's now known as Girls Gone Sober and is an open meeting, welcoming all those whose primary purpose is to stay sober and to help another alcoholic achieve sobriety.

## *... and other news*

### Love & tolerance is our code ... and our new meeting

A new 7 p.m. Monday meeting is launching beginning March 5. Called Love and Tolerance, it's an open discussion meeting that welcomes all persons wanting to get and stay sober, including individuals from the LGBTQ and straight communities. The venue, Clean Slate at 1769 S. 8th St., Building P, is wheelchair accessible.

We'll see you there!

### Drylanders dries up

The Calhan Drylanders Group that meets Mondays at 2 p.m. and 7 p.m. is no longer meeting, effective March 6.

### They speak, we get & *stay* sober

Speakers for the Saturday 7 p.m. meeting at Walk the Talk will be:

- March 3, Wendy M.
- March 10, Darren R.
- March 17, Maile L.
  - March 24, Erin
  - March 31, Stevie

# THANK YOU FOR YOUR GROUP CONTRIBUTIONS:

GROUP NAME (2017-2018)	Fiscal Yr. to date	January
A Common Solution	\$206.55	\$0.00
12 Steps From The Morgue	\$181.50	\$0.00
Apex	\$437.00	\$0.00
Back to Basics	\$1,155.47	\$88.45
Beacon Light Group	\$0.00	\$0.00
Big Book Action	\$488.00	\$0.00
Big Book Study UPH	\$324.00	\$0.00
Black Forest	\$819.88	\$397.50
Broadmoor	\$0.00	\$0.00
Brown Baggers	\$150.00	\$0.00
Central	\$146.07	\$0.00
Clean Air Group	\$0.00	\$0.00
Don't Worry Be Happy	\$1,468.86	\$165.59
Down By The Creek	\$0.00	\$0.00
Downtown Group	\$1,049.10	\$0.00
Drylander's Group	\$0.00	\$0.00
Easy Does It	\$984.22	\$0.00
Ellicott Group	\$302.00	\$0.00
4th Dimension Rocketeers	\$145.00	\$0.00
Foxhall Group	\$450.00	\$0.00
Friday Night Live	\$513.50	\$0.00
Friday Women's Group	\$898.00	\$0.00
Good Ole Boys	\$350.00	\$0.00
Happy Destiny	\$256.47	\$0.00
Happy Heathens	\$328.50	\$0.00
Happy Hour	\$0.00	\$0.00
Happy, Joyous & Free	\$0.00	\$0.00
High Noon	\$120.00	\$0.00
H.O.W.	\$0.00	\$0.00
Into Action	\$617.24	\$0.00
Keystone to Recovery	\$100.00	\$0.00
Lake George Group	\$240.00	\$0.00
Limon AA	\$25.00	\$0.00
Little Log Church Group	\$134.00	\$100.00
Living Free	\$150.00	\$0.00
Living Sober South	\$345.81	\$41.00
M.A.G.	\$702.25	\$94.00
Meditation Group —	\$300.00	\$0.00
Natural High	\$16.00	\$16.00
New Beginners	\$593.84	\$213.10
New Woman	\$778.00	\$160.50
Northwesters	\$312.14	\$0.00
Off The Wall	\$185.04	\$37.06
Old North End Study Group	\$362.98	\$138.95

GROUP NAME (2017-2018)	Fiscal Yr. to date	January
One Six Four Group	\$248.63	\$0.00
Pre-Dawn Group	\$450.00	\$70.00
Primary Purpose	\$150.00	\$0.00
Progress Not Perfection	\$0.00	\$0.00
Recovery in Action	\$683.70	\$0.00
Recovery, Unity, Service Group	\$291.00	\$0.00
Rule 62, Victor	\$16.00	\$16.00
Saturday Early Morning Mtg.	\$1,110.95	\$211.95
Saturday Morning Anonymous	\$0.00	\$0.00
Security Eye Opener	\$281.00	\$0.00
Serenity Hour	\$500.00	\$75.00
Serenity Riders	\$237.47	\$0.00
Serenity Sisters	\$305.10	\$0.00
Sober Sisters	\$112.50	\$0.00
Solutions at Noon	\$0.00	\$0.00
Sought Through Prayer & Meditation	\$209.26	\$31.75
Steel Magnolias	\$456.03	\$71.35
Stepping Stones	\$0.00	\$0.00
Sunday Morning Speaker	\$0.00	\$0.00
Sunlight of the Spirit	\$697.95	\$0.00
Taking Steps	\$41.00	\$41.00
The Doctor's Opinion	\$0.00	\$0.00
The Garage Meeting	\$118.10	\$0.00
Then and Now	\$189.61	\$0.00
Thursday Men's Group	\$316.63	\$166.63
Thursday Noon — Woodland Park	\$177.03	\$67.50
Traditions Only	\$0.00	\$0.00
Treating The Illness	\$54.00	\$0.00
Turning Point	\$40.00	\$20.00
Ute Pass Breakfast Group	\$0.00	\$0.00
Veterans for AA	\$100.00	\$25.00
Walk the Talk	\$5,498.71	\$425.00
Walking on Water	\$180.00	\$0.00
We Are Not Saints	\$1,957.97	\$351.42
Westside Eye Opener	\$0.00	\$0.00
Women of Grace	\$354.00	\$34.00
Woodland Park Beginners	\$0.00	\$0.00
Woodland Park Book Study	\$351.50	\$0.00
Woodland Park Women's Step Study	\$60.00	\$60.00
Young People	\$1,028.90	\$0.00
Totals:	\$31,853.46	\$3,118.75

# *AA made me whole again*

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*Whole, from page 4*

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And so, with my sponsor and surrounded with AA, I dragged my heavy, stinky bundle of character defects over to the edge and threw them hard and far into the black abyss. I could imagine them falling down, down and disappear. Or filling the hole, I wasn't too sure at this point. So I stood there waiting ... but they were vaporized. I realized I thought I *was* a creation of defects, one huge cosmic mistake and my fear came from the idea that I would vaporize too.

Sometimes being wrong isn't such a bad thing.

I made bad decisions and done some very foolish things. I hurt not just family, friends but many others and I needed to do my part to heal those wounds, to ask for forgiveness and give forgiveness.

I worked with my sponsor to understand my part and went to those people I hurt and offered willingness to mend these relationships.

Some could be mended and even started again. Others? I had to let them go.

Back to the hole yet again.

OK, I didn't just toss them in and run, these weren't defects after all. I sat down and gently let them slide out of my hands along with all the related remorse and regrets. I let the sorrow and grief wash through me as I said goodbye. I knew from that point forward I would need to live each day so when I woke up each morning I didn't regret my own existence.

I started to feel the promises in my heart, not just hear the

words. I felt serenity.

Now for the last three steps – bring it on. I could do anything. Ah, I know “that voice” whispering the same question: “Am I truly willing to go to any length for sobriety?”

My enthusiastic response, “Absolutely.”

“Walk over to the hole.” I danced right on over to the edge.

“Now jump in.”

My thoughts: So much for newfound happiness. I'm out of here. I was on a quest for God's will and I know it's not in that hole. I know what's in that hole and it's not pretty.

“Jump in the hole.”

I walked over, looked in and nothing had changed, it was dark and bottomless. The old timers said this was between me and God. Everyone who stays sober has their own journey at this point. I stood, afraid and lonely, once again.

“Jump into the hole.”

Either I finish this or I drink. I took a deep breath and jumped into that terrifying space.

At first I fell hard and fast into the cold darkness. Then I slowed and found I was floating. A warmth and joy radiated around me and then in me. I was immersed in a beautiful light. I was wrapped in unconditional love. I rested in the arms of God.

From this place I looked up and realized there had never been a hole. It had just been the gap between me and God. I have found the Great Reality deep down within me – the only place it can be found. I am whole.

— Ann S.

## *Service keeps us sober*

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*Rotation from page 1*

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this transition, whether it be in my life or in my service commitment, is not a time of sadness. It is now a time of wisdom and spiritual perspective. It is right for me in this life to gain experience and information passed down to me from another and for me to pass it yet still to the next and move on.

This is the correct pattern, not to stand still and pretend things have to stay the same to be OK. Through this principle of rotation and watching it in action I have the opportunity to learn the difference between being a trusted servant and being a ruling leader. Ro-

tation allows us all to remember that the transition serves to keep us humble, other-centered, and service-minded.

Rotation and transition serve to remind us we are not the Higher Power in our lives, but with willingness to follow directions, we can move forward steady, stronger, wiser, and with fuller hearts.

I have thoroughly enjoyed this service position over the last year.

If I could leave this position saying anything, it would first be thank you for trusting me to serve you. It has truly been an experience I'm glad I didn't miss. I would also say if you're

stepping into service in any capacity, try to remember to enjoy it. Enjoy the new experience, enjoy and embrace the transition and the rotation of your life and your service on this road of happy destiny!

While service saves our lives and is a part of our 12th (suggested) Step, and therefore must be done, I do believe there is great freedom and doing what we must do because we want to!

To wherever the transitions and the rotations take each of you in our beautiful Fellowship, I wish you much love much happiness and remembrance that the greatest years of our lives lie ahead of us! — Stormie Y.

## 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](mailto:serviceoffice@coloradospringsaa.org)

## COMMITTEE MEETINGS

### CORRECTIONS:

9 a.m., 3<sup>rd</sup> Saturday of the month

Sacred Heart Catholic Church, 21<sup>st</sup> & Colorado Ave.

### PUBLIC INFORMATION:

2 p.m., 1<sup>st</sup> Saturday of the month

Penrose Hospital, 2222 N. Nevada Ave.

Volunteer Coordinator Conference Room

### 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

### DISTRICT 7:

7 p.m., 3<sup>rd</sup> Tuesday of the month

First United Methodist Church

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

### 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

**PLEASE CONSIDER DONATING \$1  
FOR EVERY YEAR OF SOBRIETY TO THE  
GENERAL SERVICE OFFICE or AREA  
SERVICE OFFICE TO SPREAD AA'S HOPE**

For info., please visit [coloradospringsaa.org](http://coloradospringsaa.org)

## 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)

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# **"OPEN" AA Meeting**

## **"The 11th Hour" Armistice Day**

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

**When: Every Monday at 1800**

**Where: *Chaplain Family Life Center*  
6282 Barkeley Ave bldg. # 1659  
(Corner of Barkeley & Prussman)**



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*"What you hear here, or say here stays here."*

**Alcoholics Anonymous**

*"All are welcome, only requirement a desire to stop drinking"*