



THE PIKES PEAK PINT

November 2018

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

Spending time with God

No matter where she is, she has conscious contact

For the first year of my sobriety, I could only whisper a short, “Please help me stay sober today” and finish my day with a simple, “Thank you.” On days when I was feeling especially powerless over my alcoholism, I resorted to begging God to help me not drink for the next five minutes, hour, or afternoon. I often said emergency prayers and tried using God to save the day. I said a lot of prayers that really were orders in disguise for God to give me what I wanted or thought I needed and deserved.

While some old-timers said I needed to “try harder to talk to God,” this was all I could muster at the time. I lived in fear and rolled my eyes at the members who spoke of their “deep conversations with God.” What a joke, I thought. All the while, a pit in my stomach longed for a more direct linkage and connection to something greater.

I’m grateful it was suggested that I take the Steps in order. This allowed me to begin to understand what I needed in a Higher Power and what that could look



like. Initially, God was very limited in my finite mind to a spirit that could simply love me unconditionally and keep me safe. As I progressed through the Steps, I began to trust in something outside of myself. I began to have a book of God moments and God signs that made it harder to doubt that there was something else out there.

One of my biggest dilemmas the first time through the Steps was how afraid I was of prayer and meditation. I had long been a perfectionist, which worked

See Conscious contact, page 3



Friday Women
 Nancy B. 28 years
 Stacy N. 8 years
Val 1 year!!!

Easy Does It
 Aaron H. 11-10-08
 Gregory K. 11-20-99
 James G. 11-9-11
 Lou C. 11-8-08
 Michael S. 11-20-12
 Mike D. 11-28-96
 Pat K. 11-5-98
 Postal Bob 11-6-87
 Red 11-27-10
 Rune 11-4-12
 Steve M. 11-13-11
 Tracy T. 11-16-86

We Are Not Saints
 Adrienne M. 9 years
 Alberto C. 12 years
 Bill H. 26 years
 Leon B. 2 years
 Nancy R. 24 years

Steel Magnolias
 Anne M. 12 years
 Mary S. 43 years

New Woman
 Robin S. 10 years
 Judy 3 years
Linda 1 year!!!
 Deanna S. 9 years

Serenity Riders
 Bart B. 11-27-05
 Dina S. 11-1-09
 Heidi S. 11-1-83
 Todd C. 11-22-85
 Tony B. 11-4-08

***This is what we call
 White Space***

'The last time I saw my daughter'

Getting sober with her child wasn't easy, but what happened after Mother's Day was almost more than she could bear



I've been sober since May 22, 2007. After I quit drinking it became clear to me, through prayer and meditation, that I was saved from alcoholism for a purpose. So I embarked on a mission to discover what that mission was. Like any good alcoholic, I wanted my purpose to be something grandiose and attention-gathering. Of course, as the years went by, I saw none of this mission.

What I did find was a path toward inner peace and contentment. I found gratitude in literally every event in my life, both good and bad, both earth-shattering and heaven-affirming. My story involves one of those events.

In 2010, my oldest daughter Kelly died of

See Daughter, Page 5

I listen ... to hear God's answers to my prayers

Conscious contact, from Page 1

quite well when I was in the world of academia. But this long-standing personality trait (or defect) was keeping up a high wall between the God of my understanding and me. I had immense fear that I would pray "incorrectly" and God would not be able to hear me. I truly believed that other AA members had access to some sort of secret prayer and meditation manual that instructed them how to properly pray, meditate, talk to and hear direction straight from God. My ego interfered with my ability to ask questions of how other members performed Step Eleven in their daily lives. And I was afraid to share with my friends what prayer and meditation looked like for me—in case I was doing it "wrong."

The best part about Step Eleven is that there is no wrong way to do it. Step Eleven encourages me to speak to God through prayer and listen to God via meditation. There is no magical formula, book or equation on how to achieve this. I've found a way that works for me, and in return I'm able to find God no matter where am in my day. God and I have frequent

chats, apart from a formal recitation of prayers or elaborate readings from my meditation books. Instead, it's just a conversation about my fears, my excitement, my concerns and my stories that take place while walking into coffee shops, driving my car, sitting on my bed, or swimming laps. I've had to make God bigger over the years, so that he could be more involved and enter into all areas of my life.

I've learned that I cannot just ask God to reveal his will to me, but I also have to listen closely to hear the answer. Today, I'm able to ask God to use me how he wants. Prayer is no longer about trying to get God to change his will to make me happy. Rather, it's about finding out what his will is so that I can align myself with his purpose for me in the world. I now have a deep trust and faith in my Higher Power. It gives me great comfort in knowing that for today, I'll be provided with everything I need.

*Emily G.
Paradise Valley, Ariz.*

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STEP 11:

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.



CONCEPT 11:

Concept X: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

- Do we understand “authority” and “responsibility” as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
- Why is delegation of “authority” so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of “authority?”

TRADITION 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

TRADITION 11 CHECKLIST:

- Do I sometimes promote AA so fanatically that I make it seem unattractive?
- Am I always careful to keep the confidences reposed in me as an AA member?
- Am I careful about throwing AA names around – even within the Fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- Is my sobriety attractive enough that a sick drunk would want such a quality for himself?

'The last time I saw my daughter'

Daughter, from page 3

a drug overdose. Months prior, she had sought help in AA. Kelly celebrated her first 90 days sober by speaking at an AA meeting. She was attending a Big Book study and lived in a sober environment. She was involved in a home group and had a sponsor.

Due to my problems with alcohol, Kelly had lived with her father since she was 11. I hadn't been the mother I was supposed to be. I went away to get help, leaving her with her father. Like a lot of alcoholics, I didn't stay sober my first time around. As a result, Kelly stayed on with her father.

Once I got sober in 2007, I followed advice on how to make

amends with Kelly and the journey began for us to rebuild what we had lost. By this time she was a young woman. She felt damaged and deserted. I will forever be grateful to the women who guided me through this difficult time of restoration. Kelly and I were able to create a new relationship and looked toward a future. I began to realize that she, too, had a drinking problem.

We all know that AA is a program of attraction, not promotion. I knew that I had to wait for her to ask for help. I needed only to be consistent, available and sober. I prayed that she would see the change in me and that it would look desirable to her. I used to tell my friends that I would be uniquely qualified to help her when the time

came. How wrong I was.

On a rainy night in 2009, the call finally came. Kelly said, "Mommy, I need help!" My husband and I jumped in the car and spent the rest of that night in the emergency room with Kelly. We used quite a bit of persuasion to get her to consider getting help at a detox. Finally, she agreed.

Where I was wrong about the "uniquely qualified" comment was that I was unable to treat Kelly like any other sick and suffering alcoholic. This was my daughter we're talking about. I needed more for her. I needed for her to see the beauty in our way of life. I tried to stuff it down her throat and I felt like I was failing miserably, where

See Daughter, page 6

We're happy you're reading The Pint!

This month's issue is filled with Grapevine stories from the General Service Office in New York. That's because all local content has been used. We'll continue to run Grapevine stories, because they are moving and compelling. We would love to use your stories, but we've run out of original content.

content, so now it's **YOUR TURN** to share your experience, strength and hope for others! Submit 600-800-word stories by the middle of the month



to pint@coloradospringsaa.org. Call Mary at 970-901-8599 w/questions.



ANNOUNCEMENTS

Meeting changes ...

ComCor has new location

The Tuesday 7:30 p.m. women's open ComCor meeting at 3615 Roberts Road is now meeting at 2723 N. Nevada Ave. The men's ComCor group, same date, same time, different room, has also moved to 2723 N. Nevada.

The Doctor has no Opinion

The Doctor's Opinion open, Big Book meeting that had been held Fridays at 6 p.m. is no longer meeting. This meeting gathered at St. Francis Medical Center, 6001 E. Woodmen Road.

Meditate on *THIS*

A new meditation meeting called Seeking Serenity gathers Fridays at the Rocky Mountain Recovery Foundation, 4360 Montebello Drive, Suite 700. The meeting starts at 7:30 p.m.

... and old news too

Same message, different room

The Downtown Serenity Hour group that meets at noon Tuesdays and Fridays at the First Presbyterian Church fellowship hall (Bijou at Weber; enter on Weber Street) now meets in room 218.

Fall back for Book Study

The Tuesday night Book Study open discussion meeting that gathers at 7 p.m. at the Phoenix Multi-sport Building, 2204 Hagerman St. has changed the time to 5 p.m.

UnGlum meetings deleted

Of the We Are Not A Glum Lot meetings held at the Rocky Mountain Recovery Foundation, 4360 Montebello Drive, Room 700, two have been deleted, Mondays and Wednesdays at 6 p.m.

'The last time I saw my daughter'

Daughter, from 5

I had once believed I would be "uniquely qualified."

That's when I knew I had to leave her journey in the hands of others. I introduced her to some good women and stood back to let God do the rest. And this arrangement seemed to be working. Meanwhile, Kelly and I spent quite a bit of time together and were known as the mother-daughter duo at our home group. But I never truly knew what was in my daughter's head or heart. She seemed to be enjoying sobriety most of the time, but this was early sobriety with all

its ups and downs. I noticed her refusal to change certain behaviors. "Change we must or die we will."

On Mother's Day in 2010, Kelly and I went out for dinner. I took her back to her recovery house. We hugged each other and said how much we loved each other. That was last time I saw my daughter alive.

Now remember, I was just coming up on my three-year anniversary. To say that her death was the worst thing that ever happened to me is an understatement. The grace in my story is that I can now tell you that her death, in one respect, was the best thing that ever hap-

pened to my sobriety. It forced me to seek God in a way I might never have otherwise.

I had been working through the Steps. I was at the time doing Steps Ten, Eleven and Twelve, but had not yet grasped the full impact of prayer and meditation.

Step Eleven tells us that we "Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

How was I to accept that my child's death could possibly be his

See Daughter, page 8

THANK YOU FOR YOUR GROUP CONTRIBUTIONS, AUGUST 2018

GROUP NAME (2018-2019)	Fiscal YTD	April	May	June	July	August	September	October
A Common Solution								
12 Steps From The Morgue	\$250.00			\$250.00				
Apex	\$170.91				\$170.91			
Back to Basics	\$844.27	\$167.31		\$277.80	\$158.93	\$112.60	\$127.63	
Beacon Light Group								
Big Book Action	\$300.00				\$300.00			
Big Book Study UPH	\$200.00		\$200.00					
Black Forest								
Broadmoor	\$100.00			\$100.00				
Brown Baggers								
Central								
Clean Air Group	\$238.47		\$238.47					
Don't Worry Be Happy	\$859.36	\$329.87	\$74.57		\$198.97		\$149.89	\$106.06
Down By The Creek								
Downtown Group	\$306.00			\$306.00				
Drylander's Group	\$15.00	\$15.00						
Easy Does It	\$840.96		\$556.00			\$284.96		
Ellicott Group								
Foxhall Group	\$350.00		\$200.00				\$150.00	
Friday Night Live	\$50.00					\$50.00		
Friday Women's Group	\$410.00		\$245.00			\$165.00		
Good Ole Boys	\$200.00	\$100.00					\$100.00	
Grace PPG Book Study Group	\$153.50							\$153.50
Happy Destiny	\$179.02						\$179.02	
Happy Heathens								
Happy Hour	\$359.00	\$359.00						
Happy, Joyous & Free								
High Noon	\$87.50		\$87.50					
H.O.W.	\$30.00	\$30.00						
Into Action	\$350.60		\$225.60				\$125.00	
Keystone to Recovery								
Lake George Group	\$239.00						\$239.00	
Limon AA								
Little Log Church Group	\$79.10				\$79.10			
Living Free	\$182.60		\$50.00		\$80.00		\$52.60	
Living Sober South	\$215.12	\$68.62		\$103.00		\$43.50		
M.A.G.	\$779.50	\$494.00			\$285.50			
Meditation Group - Tues. 5:30								
Natural High								
New Beginners	\$224.80		\$83.98				\$140.82	
New Woman	\$323.00	\$148.00			\$175.00			
Northwesters	\$355.74							\$355.74
Off The Wall	\$51.08		\$30.97			\$20.11		
Old North End Study Group	\$141.26				\$141.26			
One Six Four Group	\$128.00			\$128.00				
Pre-Dawn Group	\$360.00		\$60.00	\$220.00			\$80.00	
Primary Purpose								
Progress Not Perfection								
Recovery in Action	\$229.00			\$229.00				
Recovery, Unity, Service Group								
Rule 62, Victor								
Saturday Early Morning Mtg.	\$394.00	\$145.00		\$118.00			\$131.00	
Saturday Morning Anonymous								
Security Eye Opener								
Serenity Hour	\$275.00	\$50.00	\$50.00	\$25.00	\$75.00	\$50.00	\$25.00	
Serenity Riders	\$395.74		\$100.00	\$295.74				
Serenity Sisters	\$216.45	\$187.45				\$29.00		
Sober Sisters	\$95.41	\$69.63					\$25.78	
Solutions at Noon								
Sought Through Prayer & Meditation	\$152.03	\$27.50		\$50.05		\$29.50	\$44.98	
Steel Magnolias	\$81.93	\$81.93						
Stepping Stones								
Sunday Morning Speaker								
Sunlight of the Spirit	\$603.26			\$603.26				
Taking Steps								
The Doctor's Opinion	\$400.00				\$400.00			
The Garage Meeting	\$15.00	\$15.00						

THANK YOU FOR YOUR GROUP CONTRIBUTIONS, AUGUST 2018

GROUP NAME (2018-2019)	Fiscal Yr. to date	April	May	June	July	August	September	October
Then and Now								
Thursday Men's Group								
Thursday Noon--Woodland Park	\$75.52	\$75.52						
Traditions Only								
Treating The Illness								
Turning Point								
Ute Pass Breakfast Group	\$190.00						\$190.00	
Veterans for AA	\$25.00			\$25.00				
Walk the Talk	\$2,550.00	\$425.00	\$425.00	\$425.00	\$850.00		\$425.00	
Walking on Water	\$100.00		\$100.00					
We Are Not Saints	\$753.78	\$330.59			\$187.42			\$235.77
Westside Eye Opener								
Women of Grace								
Woodland Park Beginners								
Woodland Park Book Study	\$75.51				\$75.51			
Woodland Park Women's Step Study	\$524.50		\$254.50					\$270.00
Young People	\$335.00					\$335.00		
Totals:	\$16,860.92	\$3,119.42	\$2,981.59	\$3,155.85	\$3,177.60	\$1,119.67	\$2,185.72	\$1,121.07
Total	\$16,860.92							

'The last time I saw my daughter'

Daughter, from page 6

will? I embarked on the journey to discover how this could be so.

I had been sober long enough and had seen enough evidence that our program of recovery works to know that drinking wasn't the answer. Killing myself seemed like a good idea at times, but I believe suicide is a selfish act. The Steps had taught me that selfishness is the root of my problem, so that wasn't going to work. Acceptance was all this alcoholic had left.

So began my life of prayer and meditation. I walked around for months reciting Step Eleven in my head. I cried, I picked fights with my loved ones, I withdrew from the world, but I kept reciting Step Eleven in my head—and I didn't drink.

At Christmas that year, my parents gave me a book of meditations. When I opened it, I wept. I felt God was coming to me because I was struggling so hard to find him. Within the pages, I found a concept that I had learned in AA but had not applied to this situation—gratitude. When God first spoke to me through those pages saying that I should be grateful for the death of my child, I thought, No way! But then God reminded me that I had felt the same way about the Steps of AA. I had begun that process in disbelief but now had the results to show for it. If that worked, why wouldn't this?

So, I began thanking God. At first, it went like this,

"Thanks for killing my kid." Not too spiritual, huh? But then over time, it became, "Thanks for sparing my beloved child the horrors of the life of an alcoholic with no solution."

In the last five years, I have sought God with the kind of intensity that I first sought sobriety. I have an amazing prayer and meditation routine. I have a new sponsor who continues to teach me how to meditate. It is in meditation that answers to prayer come. God has shown me the true meaning of Step Eleven and allows me to practice it in all areas of my life. If not for the death of my child, I might never have reached this level of spirituality.

In the opening of my story I spoke of earth-shattering and heaven-affirming events. It turns out that they were the same event—the death of my beautiful Kelly. It crushed my soul for a time, but with an amazing circle of AA support, the grace of the God of my understanding and a whole lot of work on my spirit, it turned into the event that gave me spirituality.

We hear in meetings that AA is a spiritual program, not a religious one. I found all of my acceptance, peace, joy and serenity through the process of losing a loved one, not in a church. It's my desire that others might find hope in my story.

*Pamela S.,
Philadelphia, Pa.*

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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

COMMITTEE MEETINGS

CORRECTIONS:

9 a.m., 3rd Saturday of the month Sacred Heart Parish
Room 10, southeast corner of 21st & Colorado Ave.

PI (PUBLIC INFORMATION):

1 p.m., 4th Saturday of the month
Sand Creek Library, 1821 S. Academy Blvd.
large study room This group meets with CPC.

CPC (PROFESSIONAL COMMUNITY):

1 p.m., 4th Saturday of the month
Sand Creek Library, 1821 S. Academy Blvd.
large study room. This group meets with PI.

PROGRAMS:

6 p.m., 4th Thursday of the month, Colorado Springs
Area Service Office, 1353 S. 8th St., Suite 209

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

DISTRICT 7:

7 p.m., 3rd Tuesday of the month
First United Methodist Church,
420 N. Nevada, Room 135 (Boulder Street access)

WHERE TO SEND CONTRIBUTIONS

For all, please include your group name and group number on the check

~ AREA SERVICE OFFICE ~

Payable to: Colorado Springs
Area Service Office
1353 South 8th St., Suite 209
Colorado Springs, CO 80905

~ GENERAL SERVICE OFFICE ~

Payable to: GSO
P.O. Box 459/Grand Central Station
New York, NY 10163

~ AREA 10 ~

Payable to: Area 10 Treasurer
12081 W. Alameda Parkway, #418
Lakewood, CO 80228

~ DISTRICT 7 ~

Payable to: District 7,
P.O. Box 26252,
Colorado Springs, CO 80936

~ PINK CAN CONTRIBUTIONS ~

Payable to: Area 10 Corrections Committee
P.O. Box 40368,
Denver, CO 80204

• **CASH ACCEPTED IN PERSON ONLY** •

How much did *YOU* pay to drink?

Please help others

Consider throwing \$2 into the basket when it comes around. Also, once a year, 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 AA.

Please see coloradospringsaa.org

GRATITUDE DINNER

WHEN: November 10th
6:00 – 8:00 PM

WHERE: **FIRST** United Methodist Church
420 N. Nevada Ave.



*** Please enter church on the WEST side &
park on the NORTH side of St. Vrain*

WHAT: 6:00 PM: DINNER
Tacos & Spaghetti will be served
*** Please feel free to bring a side and/or dessert*

7:00 PM: SPEAKER
*** Robyn C.***

SUGGESTED DONATION AT THE DOOR: \$5.00
NOBODY WILL BE TURNED AWAY!!

THERE WILL BE A RAFFLE!!

The winning proceeds will go to:

- *1/3 SERVICE OFFICE*
- *1/3 PROGRAMS*
- *1/3 WINNER*