



# THE PIKES PEAK PINT

February 2019

A newsletter for the Pikes Peak Region of Alcoholics Anonymous

Came to, then came to believe...

## *The path to finding a Higher Power*

I know that many folks come into the program with a very limited belief in a Higher Power or are very disappointed in the God of their understanding.

Many others don't believe in a Higher Power.

I have been up and down with my Higher Power. I have been rock bottom and at times have felt abandoned by my Higher Power. I've had moments when I felt like my Higher Power had me by the scruff of the

neck helping me along in my rocky days. Then there are times in my life when I just felt at peace.

I suspect I am not alone.

The last night I drank I heard a still, quiet voice in my head that said, "Why don't you stop drinking?" For some reason that night I heard or felt the power of that question. I asked myself, "Why am I putting myself through this endless cycle of sad, sick, and sorry?"

I am sure it was my Higher Power

that night in the dark with me.

The insanity for me was repeating the same things over and over. I will not drink today. I will not drink tonight. At 5 o'clock I was glass in hand having a "happy hour" that turned into misery during the night and me swearing I won't do that again.

That was my insanity!

I have realized that my Higher

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*See Came-to, page 3*

## AA is everywhere — go experience it!

The great beauty of Alcoholics Anonymous is that you can find it in any state, most cities, and every region in the United States! (For that matter, it's made its way throughout the globe ... but that's another story!)

I truly miss my Colorado communities of AA when I'm not there, but I have enjoyed the groups in the panhandle of Texas, Florida, and in Central Louisiana (Alexandria and surrounding areas). AA is the same friendly, spiritual source of strength, hope, and experience everywhere I go, yet the regional flavor is something, though, to be appreciated.

In Alexandria I quickly noticed some interesting special differences, or flavors, in the AA experience. Bill Wilson noticed that some groups did more helping-talk

with members that had troubles or questions about their sobriety. This is considered cross-talk in many modern groups, yet is not clearly spelled out in the traditions and practices.

In Louisiana I have noticed much more supportive cross-talk than I remember in Colorado. I have also noticed a seemingly significantly higher number of new AA members on a weekly basis (65 folks at a regular Tuesday night meeting I first attended). There are also a larger proportion of NA members in the AA groups. New members seem to talk more than in Colorado. This seems to be both helpful as well as a little out of order from the traditions. Louisiana may be an example of how

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*See AA on the road, page 8*



**Friday Women's**  
**January Birthdays**  
 Dolores N. 30 years  
 Molly W. 13 years  
 Marti B. 34 years  
 Maile L. 13 years  
 Beth L. 38 years  
 Joan L. 6 years  
 Cynthia N. 37 years  
 Ursula G. 5 years  
 Jackie D. 2 years

**We Are Not Saints**  
 Catherine N. 18 years  
 David R. 14 years  
 Debbie M. 3 years  
 Molly 6 years

**Friday Women's**  
**February Birthdays**  
 Lynn E. 9 years  
 Mindy G. 2 years  
 Lori W. 2 years

**Steel Magnolias**  
 Dana R. 22 years

**New Woman**  
 Caren L. 13 years  
 Toni M. 10 years  
 Amy M. 7 years  
 Shawn B. 36 years

**Walk The Talk**

Sean	2-4-11	Dan S.	2-23-14
Jodie Smith	2-28-81	Dez	2-23-17
Ross S.	2-27-04	Curt N.	2-1-64
Jerry F.	2-22-89	David A.	2-11-13
Ron S.	2-5-04	Bev H.	2-26-09
Kathy Barr	2-16-14		

# Step Two, finding a Higher Power

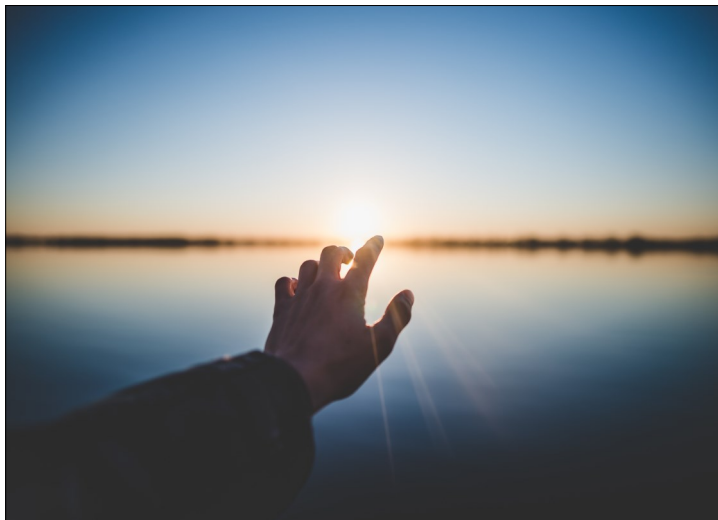
Step two, “Came to believe that a Power greater than ourselves could restore us to Sanity,” sounded great to me when I came in the rooms in 2012. But was this something that actually could happen for my life?

I came into AA believing in God, but I was super angry with Him and didn’t think I could rely on Him to give me a freedom I would never know. I remember thinking this step would be somewhat easy, but I couldn’t fully think He could take away all my insecurities.

When I started working a set of steps with my first sponsor, I remember how long she really wanted to drive into my head all of the times I made decisions on my own and what the outcomes were. We looked at my whole life, before and during my drinking career, and that let me see the damage I caused and the insane acts I had done to try to seem “normal.”

When I was able to see all this on paper with my own handwriting, I was so scared of myself I didn’t know what to do!

Thank God the second step was next. That let me know I am not powerful (nor did I want to be anymore) and all I needed to know was that there is someone else that *WAS* powerful ... and not another human being, either! This step has definitely been a rollercoaster in my life. I tend to forget some days that I am not the one in charge. Recently, with service work and being a new



mom (sweet girl is six months!) I have struggled with thinking that my decisions are best, and if everyone would just show up like they *should*, everything would be great! Ha, no!

My plans are not the greatest.

What usually happens is I show up so mad to life without anything happening, and my inventory has 32 people on resentments

at six years of sobriety! This is **NOT** how I thought sobriety would look like at six years. I thought I would be someone who smiled at everyone, and my life would be so wonderful I would truly know peace! But it has been work, work that I must keep striving for with my sponsor and God.

I have to go back to step one and see how much my life is still unmanageable. I need to see how powerless I am, to truly know how God is more powerful than I am, and when I align my life with his plans, life is more peaceful!

This program is so silly, because it is truly simple, I just like to complicate everything! So, just for today, I will trust God will restore me to sanity, and that I just need to step out of his way!

I’m so grateful for this program being in my life, and I never thought I would be saying that six years ago when I decided alcohol is not the solution any more.

— Alicia S.

## Life’s easier with a Higher Power’s help

*Came-to, from Page 1*

Power is in and around everything I do. In a perfect world in every decision I make, you would think I would quiet down and listen to that still, small voice of my Higher Power. No, when I get overcome by ego, overcome by fear, the voice of my Higher Power gets farther away. To keep connected to my Higher Power

I am constantly “reining” myself in. I must take time every day to read my 24-hour-a-day book and the Big Book of Alcoholics Anonymous. I also keep a journal that helps me to get my thoughts out of my head and on to paper.

For me AA is a spiritual program. I tried sobriety on my own without my Higher Power and it just didn’t work. When I do the right

things to connect to my Higher Power, the results are amazing and not my doing!

The 12 steps are spiritually inspired. If I follow them, I am sure to have some success in my life and with my sobriety. Things will not always be perfect, but they may be a bit easier with the help of a Higher Power.

— Val H.

## STEP 2:

Came to believe that a Power greater than ourselves could restore us to sanity.



### CONCEPT 2:

*The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.*

- ◆ Do we have an understanding of the history of the General Service Conference (the “Conference”)?
- ◆ What is a Conference Advisory Action? Does our home group’s G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- ◆ Is our group meeting its wider Seventh Tradition responsibilities?

### TRADITION 2:

For our group purpose, there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### TRADITION 2 CHECKLIST:

- ◆ Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- ◆ Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- ◆ Do I look for credit in my AA jobs? Praise for my AA ideas?
- ◆ Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- ◆ Although I have been sober a few years, am I willing to serve my turn at AA chores?
- ◆ In group discussions, do I sound off about matters on which I have no experience and little knowledge?

# Group contributions through December

GROUP NAME (2018-2019)	Fiscal Yr. to date	April	May	June	July	August	September	October	November	December
A Common Solution	\$290.50							\$97.00		\$81.00
12 Steps From The Morgue	\$250.00			\$250.00						
Apex	\$327.29				\$170.91			\$83.28		\$73.10
Back to Basics	\$1,230.60	\$167.31		\$277.80	\$158.90	\$112.60	\$127.63	\$125.43	\$88.00	\$171.90
Beacon Light Group										
Big Book Action	\$300.00				\$300.00					
Big Book Study UPH	\$400.00		\$200.00					\$200.00		
Black Forest	\$842.00								\$842.00	
Broadmoor	\$200.00			\$100.00					\$100.00	
Brown Baggers										
Central										
Clean Air Group	\$238.47		\$235.47							
Don't Worry Be Happy	\$869.83	\$129.87	\$74.57		\$188.97		\$148.89	\$106.06		\$140.47
Down By The Creek										
Downtown Group	\$306.00			\$306.00						
Drylander's Group	\$15.00	\$15.00								
Early Saturday AM	\$127.00								\$127.00	
Easy Does It	\$883.38		\$566.00			\$284.96				\$22.42
Ellicott Group	\$427.00							\$350.00	\$77.00	
Football Group	\$650.00		\$200.00				\$150.00			\$200.00
Friday Night Live	\$100.00					\$50.00				\$50.00
Friday Women's Group	\$1,020.00		\$245.00			\$165.00			\$350.00	\$260.00
Good Ole Boys	\$307.00	\$100.00					\$100.00		\$107.00	
Grace PPG Book Study Group	\$233.29							\$218.05		\$15.24
Happy Destiny	\$326.22						\$179.02		\$147.20	
Happy Heathers										
Happy Hour	\$359.00	\$359.00								
Happy, Joyous & Free										
High Noon	\$175.00		\$87.50					\$87.50		
H.O.W.	\$54.00	\$50.00								\$34.00
Into Action	\$578.60		\$225.60				\$126.00		\$228.00	
Keystone to Recovery	\$125.00				\$125.00					
Lake George Group	\$238.00						\$238.00			
Limon AA										
Little Log Church Group	\$79.10				\$79.10					
Living Free	\$182.60		\$50.00		\$80.00		\$52.60			
Living Sober South	\$277.12	\$88.62		\$100.00		\$43.50			\$62.00	
M.A.S.	\$1,211.00	\$484.00			\$285.50			\$205.50		\$200.00
Meditation Group - Tues. 5:30	\$200.00								\$200.00	
Natural High										
New Beginners	\$599.04		\$83.98				\$140.82			\$90.69
New Women	\$830.62	\$148.00			\$175.00			\$148.07	\$159.56	
Northwesters	\$355.74							\$355.74		
Off The Wall	\$51.08		\$30.87			\$20.11				
One Day at a Time	\$63.00							\$63.00		
Old North End Study Group	\$280.26				\$141.20					\$139.00
One Six Four Group	\$231.00			\$128.00					\$103.00	
Pre-Dawn Group	\$828.00		\$80.00	\$220.00			\$80.00	\$160.00		\$100.00
Primary Purpose										
Progress Not Perfection										
Recovery in Action	\$667.00			\$228.00					\$210.00	\$228.00
Recovery, Unity, Service Group	\$625.00								\$625.00	
Rule 62, Victor										
Saturday Early Morning Mtg.	\$548.00	\$145.00		\$118.00			\$131.00			
Saturday Morning Anonymous	\$115.00								\$115.00	
Security Eye Opener										
Serenity Hour	\$578.20	\$50.00	\$50.00	\$25.00	\$75.00	\$50.00	\$25.00	\$50.00	\$128.60	\$101.60
Serenity Riders	\$540.21		\$100.00	\$295.74						
Serenity Sisters	\$218.45	\$187.45				\$29.00				
Sober Sisters	\$142.38	\$69.03					\$26.78			\$46.98
Solutions at Noon										
Sought Through Prayer & Meditation	\$318.76	\$27.50		\$50.00		\$28.50	\$44.86		\$55.00	\$111.73
Steel Magnolias	\$222.11	\$81.93						\$140.18		
Stepping Stones										
Sunday Morning Speaker										
Sunlight of the Spirit	\$801.26			\$803.26					\$150.00	\$48.00
Taking Steps	\$59.00								\$59.00	
The Doctor's Opinion	\$400.00				\$400.00					
The Garage Meeting	\$15.00	\$15.00								
Then and Now										
Thursday Men's Group										
Thursday Noon--Woodland Park	\$75.52	\$75.52								
Traditions Only										
Treating The Illness										
Turning Point	\$52.00							\$12.00		\$40.00
Use Pass Breakfast Group	\$190.00						\$190.00			
Veterans for AA	\$75.00			\$25.00					\$50.00	
Walk the Talk	\$5,148.82	\$425.00	\$425.00	\$425.00	\$850.00		\$425.00	\$425.00	\$425.00	\$1,320.82
Walking on Water	\$100.00		\$100.00							
We Are Not Saints	\$1,285.77	\$330.59			\$187.42			\$235.77		\$85.00
Westside Eye Opener										
Women of Grace	\$28.50									
Woodland Park Beginners										
Woodland Park Thursday Noon Group	\$115.92									\$115.92
Woodland Park Book Study	\$75.51				\$75.51					
WOW Group	\$125.00							\$125.00		
Woodland Park Women's Step Study	\$384.50		\$254.50					\$270.00		\$60.00
Young People	\$335.00									
Totals:	\$28,889.68	\$3,119.42	\$2,081.50	\$3,156.85	\$3,302.60	\$1,119.67	\$2,185.72	\$3,457.58	\$4,207.35	\$3,553.87

# ANNOUNCEMENTS

## *Meeting changes ...*

### **PI, CPC 'breaks up'**

The District 7 CPC (Cooperation with the Professional Community) and PI (Public Information) committee is no longer meeting at the same time and place. The two have now broken in two and are acting on their own in AA of the region.

#### **CPC Committee**

Now, the CPC Committee meets the fourth Saturday of the month from 1-2:30 p.m. at Penrose Main Hospital, 2222 N. Nevada Ave., in the Volunteer Conference Room. The CPC Committee explains the AA program to persons working in the medical and counseling fields, helping people who now or in the future may need AA.

#### **PI Committee**

The PI Committee will begin meeting second Saturdays of the month at 10 a.m. at 4360 Montebello Drive, Suite 700. The PI Committee spreads the word of AA to the general public.

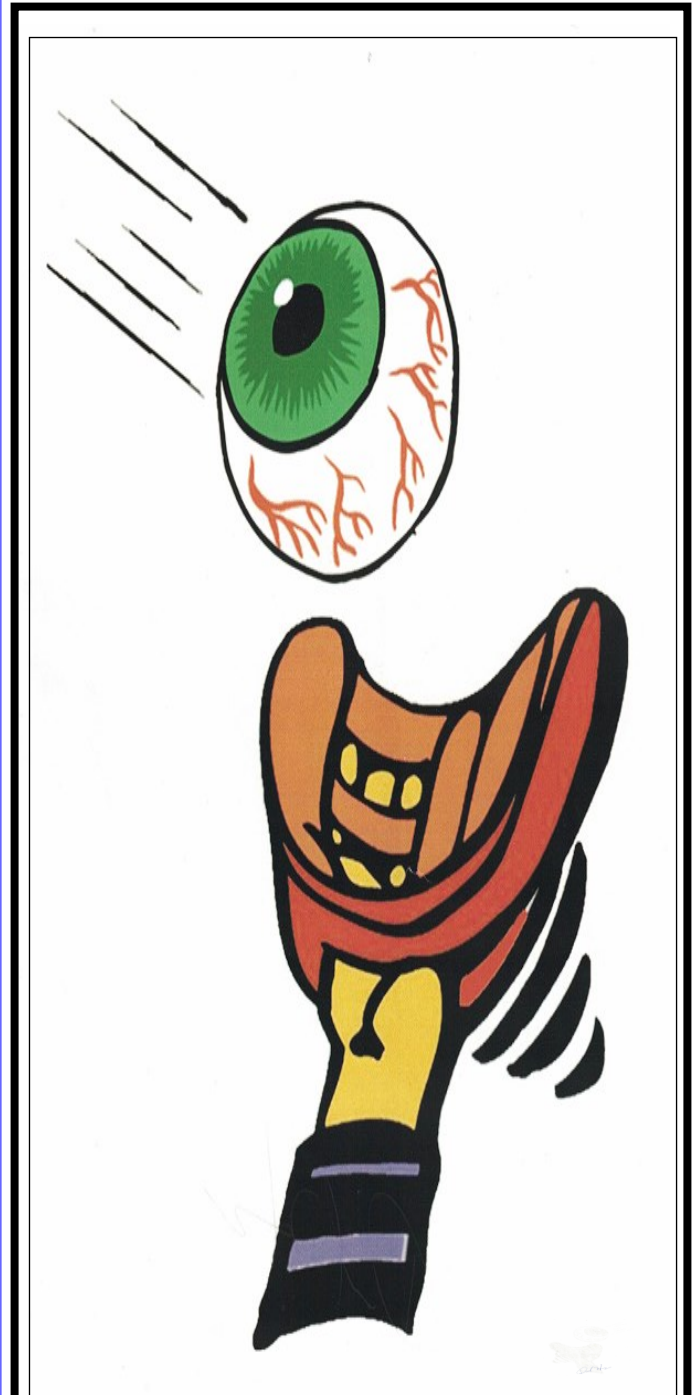
## **Food & AA: Best combination**

Learn something new and partake in GREAT FOOD in a District 7 potluck and workshop Feb. 23. Food starts at noon, followed by a two-hour service workshop. The discussion is: the AA service structure and purpose; a meeting versus a group; and ideas for rural areas. This takes place at the Woodland Park Community Church, 800 Valley View Drive, Woodland Park. Questions? Call Josh at 719-210-1612 or Bob at 719-306-4005 or email Josh at [dcmjosh@coloradospringsaa.org](mailto:dcmjosh@coloradospringsaa.org).

## **Walkers the Talkers Speakers**

The Walk the Talk speakers for February are: Feb. 2, Scott K.; Feb. 9, Thea; Feb. 16, Greg S.; and Feb. 23, Mike O. Thank you for sharing your stories on Saturdays at 6 p.m. at 2334 Vickers in the north end of the Springs. One of the BEST speaker meetings around!

## *... and odd news too*



**Bet this drawing caught your eye.**

## 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.

### PI (PUBLIC INFORMATION):

10 a.m., 2nd Saturday of the month, 4360 Montebello  
Drive, Suite 700.

### CPC (PROFESSIONAL COMMUNITY):

1 p.m., 1<sup>st</sup> Saturday of the month, Penrose Hospital,  
2222 N. Nevada Ave.,  
Volunteer Conference Room.

### PROGRAMS:

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

### 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, after the New Beginners' meeting

### 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)

## 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 8<sup>th</sup> 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 (or more) 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](http://coloradospringsaa.org)

# On the Road with Bill Wilson, et.al.

*AA on the road, from page 1*

AA adjusts to regional differences, while still maintaining its original structure and design.

A new group developed in Alexandria that is a throw-back closed meeting following the original traditions of AA. Old-timers and only-Alcoholics are included. Many large groups open their doors to new members that may not follow the original order in which new folks listen more and speak less.

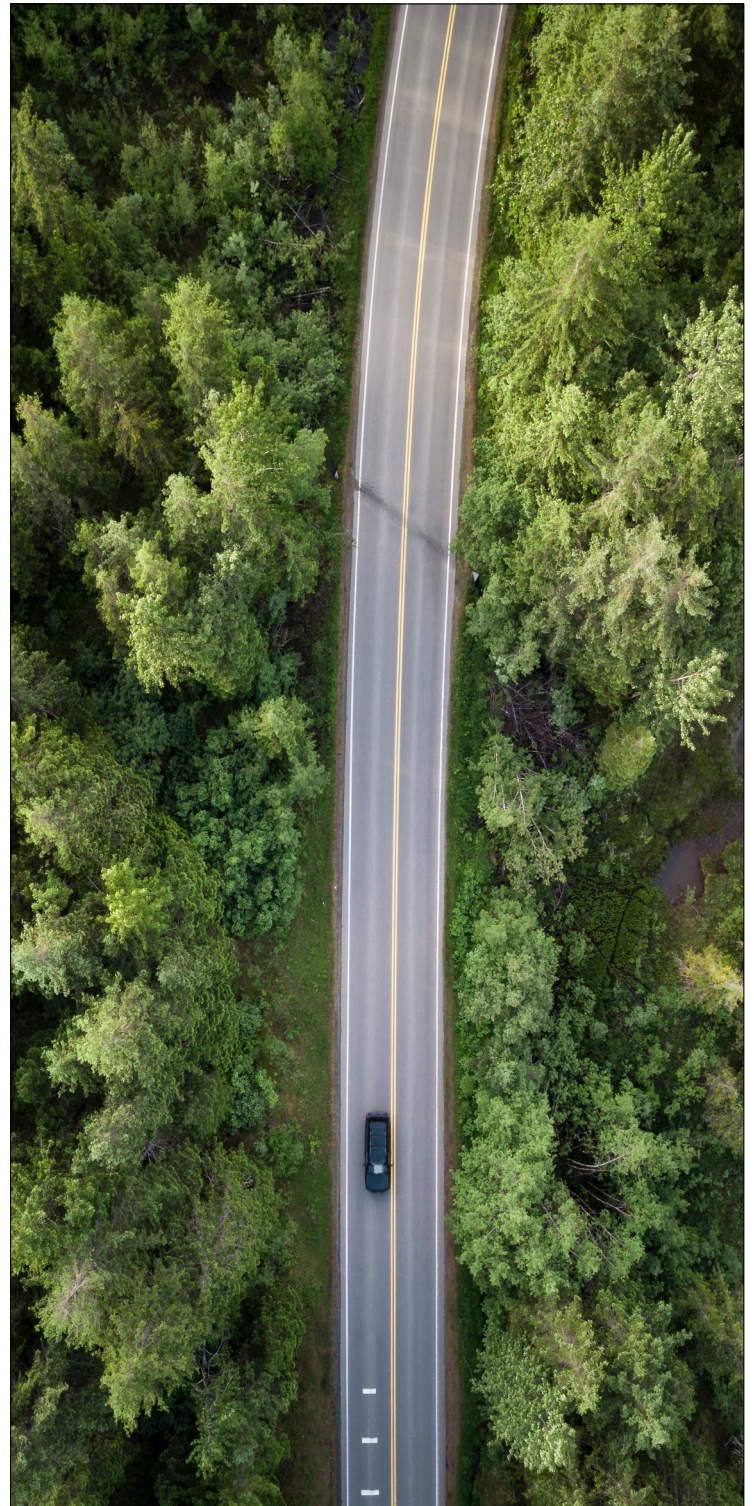
Off the record a little ... An interesting analogy in Louisiana can be made between local convenience stores and different AA groups. Almost every local convenience store (not to include franchise stores), has its own brand of specialty fried foods unique to Louisiana. You can get fried catfish, chicken, meat pies, shrimp, and even fried pork chops (among many other choices) at these small locations. In the AA groups there is a unique “flavor” to each meeting’s personality. Each open, book-study, principals, or speaker meeting has its own character.

Overall, the meetings I have attended whether in Colorado, Texas, Louisiana, or Florida have all had the basic core traditions and routines intact. The beauty of AA is how it seems to travel so well to different states and regions in this country. I have also attended meetings that were not identified as AA, yet promoted their own brand of recovery from addiction. These groups seem well-intentioned, yet seem to fall short, in my mind, to achieve the AA goals. AA has long-tested practices, and well-documented success. It just seems to me that if it’s not broken, don’t try to fix it. Keeping it simple does seem to be the guiding principle that has kept AA moving forward and expanding for nearly ninety years.

My latest travels have brought me to Florida. AA here, as might be expected, is a little older-age heavy. This brings lots of experience, tradition, and life-changing insights. For some reason, Florida seems a little less new-member friendly. It might just be me, but Florida in general seems more eclectic as it is composed of so many folks from so many states and countries. Treats at meetings here are common and popular. There also seems to be many different kinds of meetings here as well.

I visited a few AA meetings in the panhandle of Texas. Even very small towns have several meetings available to the locals at different times. Texas included many local ethnic flavors in its AA offerings, as well as a nice cross-section of ages and lifestyles. Texans are notoriously independent in how they take responsibility for their lives, as well as pride in their state.

I guess my message is ... when you travel, treat your-



self to the regional versions of AA you most certainly will find.

There are often local websites that give the time, place (directions), and purpose of the local meetings. AA truly is far and wide, yet local and personal!

— Ron