

# MOUNTAIN CLUB HISTORY 1990-2019



**12795 US Highway 285  
Conifer, Colorado  
80433**

**The purpose of the Mountain Club, LTD. is to provide and maintain safe meeting space and related facilities to assist 12-Step recovery groups in the mountain community in achieving their primary purpose of freedom from addiction.**

This booklet contains the original histories written by members of the Mountain Club in 1995 and 2005. No changes were made to these first two documents. We have added separate group updates and new histories of groups started in the last five years. Our hope is that this will be added to in the years to come.

## **THE MOUNTAIN CLUB**

**(Written by Pamela P. and Dale A., October 1995)**

Some of us who have been here for the entire process of "The Mountain Club" thought may be some of you would be interested in how the Club came to be over 5 years ago. So.....

The first "strategy" meeting was held March 3, 1990 at Pat B.'s house in Pine Junction. Pat had already "checked out" the old VFW building at Shaffer's Crossing. He found out who to talk to and how much they wanted for the building. We all decided to go ahead and see what happened.

A bunch of us went down and looked at the VFW building. It had been sitting empty and unused for three years and was quite a sight! There were names written on the ceiling, the pipes had broken, insulation was falling through the ceiling, the floor was collapsed in the big room, in front of the coffee bar and in what is now the Alanon room, you could see daylight through the walls, the coffee bar was full of booze, bottles of liquor and cases of beer in cooler. The kitchen was a greasy, cluttered mess, full of old dishes, mouse turds, and crickets. But that group of people saw some "potential".

We sent a survey around the area to find out if people were interested in having a Club and if they would support it. The response was positive so we went around to meetings in the Bailey to Evergreen area and collected donations. From April 14, 1990 to May 4, 1990 we collected \$2891.00. Success! So onward we pressed.

A few of us went down to New Beginnings Treatment Center and attended a presentation by Dick Kessler on how to start a non-profit and the distinction between a "CLUB" and "AA".

A temporary Board of Directors was set up with Pamela P. as President, Dale A. as Vice-president, Pat O. as Secretary and Pat. B. as Treasurer. Dale set up the bank account and Pat B. worked on the lease/purchase agreement. Pamela P. filed the incorporation papers and it was becoming a reality.

The lease was signed on May 8, 1990 and from that point until Memorial weekend 1990, the temporary Board and many volunteers, cleaned, repaired, painted and generally worked our asses off to be able to open the doors. So much was done! Glass West donated the windows, Gallagher Roofing fixed the leaky roof, Conifer Gutter donated and installed the gutters, Hutchison Lumber carried our account and gave us a very fair deal on supplies, Pat O.'s employers, Young Electric Sign Company, donated the sign on the front of the building. Many skilled members donated their time and expertise. Dennis S. did the plumbing and Bill P. did the initial electrical. We hauled all the booze out of the coffee bar, much to our amusement. There were cases of beer in the cooler that had frozen and broken or swollen. There were unopened bottles of liquor. Imagine, a bunch of recovering drunks trying to understand unopened bottles of liquor just sitting for years.

Memorial Weekend of 1990, we had our first "Flea Market" and raised over \$1900.00. Our first meeting was held at 8:00 p.m., Friday, May 25, 1990.

Our first General Membership Meeting was held July 22, 1990. Only 16 people showed up for the meeting but much was accomplished. Information was shared about the purpose, the by-laws, finances, goal, repairs, the difference between a "CLUB" and "AA", and etc. Nominations were taken for the first permanent Board of Directors. Elections were held in August and the first Board of Directors was: Bob H., Geoff A., Nancy O., Bill P., Pat O., and Rona L. The officers were Bill P., Chairman, Geoff A., Vice-Chairman, Pat O., Treasurer, and Nancy O., Secretary.

We began to establish some of our traditions such as Thanksgiving and Christmas Dinner, the Flea Market, and Dale A. started the Sunday Morning Breakfast Club in June of 1991.

The Mountain Club building was purchased September 9, 1991. We would never have done it with out the help of Steve G. He went to all the meetings with the VFW and did the paperwork and gave us invaluable advise on how to proceed in the real estate world.

Around this time, lots of other things started to happen; the kid's room began to take shape, Jerry and Linda H. did the walls and Dale did the floor. In October 1991, we began remodeling and insulating the walls. The electrical throughout the Club had to be completely redone and brought up to code, Bill P. began work on it. We had our first Bill W.'s Awful Coffee House on February 22, 1992. The electrical was finished in the summer of 1993 and the walls were finished in 1994.

Money was tight for the first three years. The Club was cold, bills were high. Attendance at meeting was low at first. But, since those early days in 1990 a lot has happened. We are amazed and grateful that the Higher Power has graced us with these accomplishments:

- The Mountain Club, LTD was established as a private non-profit corporation.
- The old VFW building was purchased.

- Repair of floors, plumbing, roof, ceiling, electrical, well and the insulation of the walls has become a reality.
- The outside of the building has been painted.
- The septic system has been replaced.
- There is a room for children to play in. It is carpeted, warm and thanks to the generosity of a few members, there is a TV and a VCR for movie watching.
- Attendance at the meetings has increased greatly. For example, the first year 4-8 people attended the Sunday meeting; now as many as 40-50 attend.
- The oven works!
- We are getting respect from people in the community who do not attend meetings at the Mountain Club.
- Duane installed a water filtration system.

None of this would have, would be happening if it wasn't for the great support we've had over the years from many of our members. The work days, the fundraisers, the moral support. We couldn't have accomplished any of this without Pat B.'s dream. We could go on and on and then we would probably forget to name someone. You know who you are. THANK YOU, it has been worth the sweat and time to see so many people finding recovery in AA in the mountains, (and that is really why we do it anyway).

In 1995 the Board of Directors was: Steve G., Chairman, Elizabeth J., Vice-chairman, Greg McA., Treasurer, and Pamela P., Secretary. The Directors at large are: Chuck, Fitz F., and Vicki F. Thanks to them for helping the dream to continue.

**By the grace of God we've come this far.....hopefully it will be his will for us to continue.**

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## THE MOUNTAIN CLUB

**Written by Val A. as told to her by the Club members in 2005 and 2006. Includes portions of two previous histories written by Pamela P., Dale A., and Barb H. This information solely for distribution within the fellowship of Alcoholics Anonymous. Not to be reproduced without written consent. Copies may be obtained by contacting Val A at 303-816-0909 or stumpandval@msn.com. © 2007**

The Mountain Club is located four miles south of Highway 73 on Highway 285 in Conifer, Colorado. The purpose of the Club is to maintain a safe meeting place for 12-Step recovery groups in the mountain community in order for them to achieve their primary purpose of freedom from alcoholism and addiction.

The Club started out as a dream of Pat B. in March 1990, and he was the driving force behind its establishment. Pat had his eye on the old VFW building which had been sitting empty and unused for three years. It would be perfect for an AA club. He contacted the VFW and found out they were ready to sell. He took a group of interested AA's to look at the building before deciding to go for a lease/purchase agreement with the VFW. The first strategy meeting was held March 3, 1990, at Pat's house in Pine Junction. He would host barbecue dinners after the Pine Junction meeting, and everyone would give their input on the proposed club. A temporary board of directors was set up to spearhead the work on acquiring, establishing, and setting up the Club. This board included: Pamela P. as President, Dale A. as Vice-president, Pat O. as Secretary, and Pat B. as Treasurer.

Next, the local AA population was surveyed to determine if there was interest in a club and if it would be supported by the groups. The response was overwhelming! A club fund drive was held from April 14, 1990 to May 4, 1990, collecting \$2,891 from the various AA groups and meetings from Bailey, Pine, Conifer, and Evergreen. Both Pamela P. and Judy G. remember taking flyers to other mountain meetings to drum up financial support for the proposed club.

As Steve G. had real estate experience, he worked on the lease/purchase agreement and negotiated a contract with the VFW. They rented the building for a year with the option to buy at the end of that year. A \$3,000 down payment closed the deal. Steve G., Bob H., Fred H., and Pat B. were at the closing. Their names were listed on the deed, which was signed May 8, 1990. (The final purchase of the Mountain Club took place in September 1991.) After the lease was signed, Pamela P. filed the incorporation papers, and the Club was becoming a reality.

Bob H. was in favor of the idea of a club because he had seen similar clubs in Oklahoma which were very successful. However, Bob H. and Steve G. wanted the Club to be more of a social place. They wanted to have card games, pool tables, and beverages with someone to run the Club (in addition to meetings). Bill P., Pamela P., and Elizabeth J. were opposed to that idea and only wanted the Club for meetings, no gambling. Nancy O., Peggy S., and Fred H. were in agreement with Bill, Pamela, and Elizabeth. Steve and Bob's idea was voted down.

When they first walked into the building, the smell of booze and mold was overpowering! Everyone interviewed commented on the smell, and some said it was reminiscent of an old, dark dingy bar – a real dive! The place looked as though it had just been abandoned. It was full of mouse turds and trash, and there was graffiti on the ceiling. Pamela P. says the "graffiti" was actually signatures and dates which she assumed were from the people who drank at the VFW. The original kitchen was filled with lots of junk, old dishes, dead crickets, and everything was caked in layers of grease, dirt, and dust. There was a bar full of liquor and frozen, busted beer bottles where the current coffee bar is located. Hard for an alcoholic to imagine how anyone could have left so many unopened bottles of liquor just sitting for years. One day they had a Club "detox" party. Wheelbarrows filled with cases of beer and gallons of vodka and whiskey were carted out of the building and smashed into a dumpster. Some of the bottles were so dusty you could barely tell if there was any liquid in them. Terry O.

remembers cleaning day at the Club. He was young in sobriety and the place reeked of alcohol. It made him want to drink, but he didn't.

Shortly after the "detox" party, members of the VFW came because they still had things they wanted out of the building. All they really wanted were the cases of liquor, most of which had already been tossed. They also took a 100 year-old meat grinder/slicer. It weighed about 300 pounds and was very ornate with red enamel paint and gold lettering. Rex S. recalls the last visit by members of the VFW in 2003. They came during a "Mountain Nooners" meeting and removed the original "VFW" cornerstone from the building. The veterans replaced the cornerstone with a cinder block and painted it to match the building.

The bathroom pipes had frozen and were broken, so there was a lot of water damage to the floors and walls. Dennis S. soldered and repaired the pipes. The outside cinder blocks were also the inside walls, and at places daylight could be seen through the walls. There was no insulation so they had to frame, insulate, and put up drywall. (That project was started in October 1991 and wasn't completed until 1994.) Initially Dennis S. and Steve G. installed drywall and let everyone know they weren't drywall experts. All they had were pocketknives, so the job looked a bit primitive. The first remodel might have been shabby, but it worked! The fireplace and the big stove in the old kitchen were used for heat during the remodeling. Pamela P. remembers opening an IREA account "with a crisp one hundred dollar bill on a windy day with one of those Colorado azure blue skies." Again, the money came from the contributions of local AA's who were supporting their dream of a place to gather and share their experience, strength, and hope.

There was a lot of work to be done in the those three short weeks from the signing of the lease until the Memorial Day weekend opening of the Club. Many skilled members donated their time and expertise in getting the Club renovated. There was a roofer, carpenter, plumber, and electrician amongst the group. Glass West donated windows. Gallagher Roofing fixed the leaky roof. Fred H. donated and installed the gutters. Hutchison Lumber carried the account and gave a very fair deal on supplies. Pat O's employers, Young Electric Sign Company, donated the sign on the front of the building. Dennis S. installed the plumbing. He also had experience with propane tanks and furnaces and volunteered on most of the work days. Bill P. was an electrician and initially did some wiring, but it wasn't until 1993 that he completed the rewiring of the entire building. There were also lots of unskilled workers who helped with the general scrubbing of walls, floors, windows, etc. A guy with two days of sobriety was recruited to help with the grunt work. He hauled out wheelbarrows of soggy, busted drywall and trash. For Bill P. this wasn't just about fixing up a building. It was about fixing up people. He would spend hours working at the Club, talking with the new guys who were trying to get sober. They might be swinging hammers, but it was lives they were repairing.

Elizabeth J. got roped into crawling under the Club because she was the littlest one there. They wanted to inspect the undersides of the floors as they were sagging in many places. Reluctantly Elizabeth crawled under the building by the entry to check out the floors. The underworld was "scummy, moldy, oozy, gooey, and it stank of

marmots." Elizabeth's screams could be heard from under the building as she made her way over to where the new coffee bar is located. She discovered a lot of rotting boards at the entryway and coffee bar. Steve G. and Bill P. took out the flooring where it was sinking and put bracing under the floor. A few years later the north side of the building was raised and the foundation was reinforced. Carol M. remembers Jo N. standing between the floor boards in the old Al-Anon room (behind the north wall where the literature cabinet is located). With hammer in hand Jo said, "I don't have anything, but I know you get back what you give."

Pamela P. and Nancy O. painted the bathrooms. At that time there was a door from the Ladies' room into the old kitchen. Nancy's painting of the cowboy boots still hangs in the Men's room. Nancy also designed and painted the Mountain Club logo that hangs above the mantel, the 3<sup>rd</sup> Step Prayer plaque and the plaque of the last paragraph of "A Vision for You" in the Big Book, which hang on the walls in the main meeting room.

The initial group went to a seminar presented by Dick Kessler at the New Beginnings Treatment Center on how to start a non-profit and the distinction between a "club" and "AA." They spoke with other clubs to learn how to set up by-laws. The Mountain Club is unique in that there is no owner. It was set up so that "ownership" would pass from one board of directors to the next board each year. Nobody can have absolute control. It is truly "principles before personalities." Even if there are personality conflicts, no one person can make the rules or force anyone or any meeting to leave.

A picture of some of the initial club organizers still hangs over the mantel. Included in the photo are Bill P., Pamela P., Peggy S., and Bob H. (top row), Nancy O., Judy G., and Dennis S. (bottom row). Elizabeth J. was out of town due to a death in the family; therefore, she was not included in the photo. Steve G. and Pat B. went to the Club for the photo shoot, but unfortunately everyone else was at the bank as they had provided a photographer free of charge. So Steve and Pat were also left out of the picture. There were some personality conflicts within the founding group. Pat B. had developed a resentment and walked away. He never returned to realize his dream and attend that first AA meeting at the Club.

The Club opened the Friday before Memorial Day in 1990. The first meeting was held at 8 p.m. on a Friday night. In the beginning all the groups along the Highway 285 corridor were asked to move to the Club to help support it financially. The Pine Junction group moved there. However, the Conifer Seekers group remained at the church in Aspen Park and the Bailey Group still met at the Bailey Firehouse.

The first "flea market" was held that opening weekend and raised over \$1,900. It was the beginning of a tradition that continues to this day. Every Memorial and Labor Day weekends a flea market is held to support the Club's operations. A lot of lessons were learned from that first flea market. Many people dumped off their trash, so guidelines needed to be established. There was controversy over it being an appropriate fund raiser. It took a lot of discussion until they decided to continue with the flea market. It just wasn't possible to keep the doors open with the monies from the few meetings that were held at that time.

Despite their fund-raising efforts, there were times when the early Club members couldn't afford to pay the mortgage. Some of those early members stepped up to the plate and helped out financially when needed. Greg M. was on the Board from 1991 thru 1996 and was the treasurer for four years. He said most of the income was spent trying to fix up the building. The flea markets were the biggest money makers and provided fifty percent or more of the operating expenses. The Club was usually in the hole by the Memorial Day sale and would build up reserves through Labor Day. Over \$2,000 was put into savings the four years Greg was treasurer. During that time they did one roof repair and redid the septic system. The back lot was developed by John S. to provide for future parking needs. In the beginning, it was only needed during barbecues or dances. Today, due to the growth in Club membership, this rear parking lot is frequently full of vehicles.

The first General Membership meeting was held on Friday, July 22, 1990. Only 16 people showed up for the meeting but much was accomplished. Information was shared about the Club's purpose, the by-laws, finances, goals, repairs, the difference between "a club and AA," etc. Nominations were taken for the first permanent Board of Directors. Elections were held in August and the members of the first board were: Bob H., Geoff A., Nancy O., Bill P., Pat O., and Rona L. The officers were: Bill P, President; Geoff A., Vice-president; Pat O., Treasurer; and Nancy O., Secretary.

Doug R. remembers spending Friday and Saturday nights at the Club until midnight having meetings around the fireplace with five to seven people. Meetings were a lot less structured than they are now. Initially there weren't any groups. Meetings were so small they barely had enough money to pay for the rent and the coffee, let alone support the AA service structure. There weren't any group service reps (GSRs). A big meeting back then was 15 people. Many times there were just two or three in attendance. They were just trying to make it. Folks were more concerned with you being sober than how you got sober. No emphasis was placed on the Concepts at that time. The Riders N Recovery meeting was the first group that announced the Traditions in their preamble. Service was mainly based on keeping the doors open for the still-suffering alcoholic who walked across the threshold. They were unable to stock pamphlets or books and always ran out of sobriety chips. The Central Office was by East High School back then, and no one worked close enough to go there to make purchases. Greg M. recalls at least two meetings most days and a couple days with three meetings by 1992.

The building needed a lot of work even after its "grand opening." One Saturday a month was designated as a work day to fix up the place. That tradition continues today with the monthly Club Beautification Day for the Club's "house cleaning." Bill and Sandy F. are instrumental in getting a work crew together for that endeavor. Rex has spent many Saturday mornings there as well. Originally the Club was one really big, freezing room which was so cold that at times you could see your own breath. The building was mostly heated by the fireplace, as it was too expensive to use the propane furnace. The fireplace was definitely functional! Many nights couches were pulled up to the fireplace because it was so cold in those initial years. Whoever was closest to the fire was in charge of keeping the fire stoked. Everyone else was in charge of picking up hot embers that sparked from the fire. Pamela P. asked for yarn



donations and would crochet blankets. Everyone would grab a blanket when they walked in and then cuddle up with someone else for a meeting.

Dale got a cutting permit. Paul, Steve G., and Little Debbie M. joined him in the national forest one Saturday to cut wood. Debbie worked side by side with those guys all day. They were amazed at the work such a small woman could do. They hauled all the wood back to the Club. Ward S. & Doug R. rented a log splitter and cut up the four to five cords of wood dropped off in the parking lot. Peggy S. made all the warm-window, thermal shades in the main room to keep the Club warmer. Those eventually wore out and were replaced with curtains and rods. Larger meetings used kerosene heaters. Ellen and Steve had a fireplace insert that they gave to the Club. The only problem was that when the electric blower was running, you couldn't hear what was being said in the meeting. The insert didn't last long, much to Steve's unhappiness.

Dennis S. worked for Suburban Propane, and they had old 500-gallon tanks that were going to be scrapped. He acquired two that were certified to be in good condition and gave them to the Club. The Board Members could get the best price for propane because they owned these tanks and could shop around. Around 1993 Bill P. & Dennis S. installed a new furnace that was donated to the Club. The old furnace was located in the attic. There weren't any drop-down steps to the attic, so they dropped the furnace down through the ceiling, reconnected the ductwork and installed the new furnace in the closet by the entry.

Debbie M. was told by her sponsor to get active in service, so she helped out whenever possible. There was debate on the best way to split up the large room to make it more functional. Debbie was working as a carpenter at the time and helped to build the first wall that created the old Al-Anon room. After completing the dividing wall, all the Club walls were painted yellow in hopes of disguising the nicotine stains from the heavy cigarette smoke.

When they painted the outside of the Club the summer of 1991, Elizabeth J. and Steve G. were arguing about the color of the trim. Steve wanted to paint the entire Club white. He said, "I'm the president and I want it all white because it looks clean." Elizabeth wanted to paint the trim an offsetting color as it would be aesthetically pleasing. As they were arguing, Elizabeth walked over to a windowsill and "spilled" some brown paint on it. "Oops," she said. Steve said, "Fine. You want the trim brown, you paint it all yourself." So she did. That's our Elizabeth!

Bill and Pamela P. started a Friday night candlelight meeting at 10 o'clock shortly after the Club opened. It was called Mountain High Candlelight. (Bill and Pamela got to know each other pretty well at a candlelight meeting at the Alano Club in town, so they had a fondness for candlelight meetings.) It was always a small meeting with seven to ten people. The exception was Pamela's 10th birthday in 1991. Gabe told everyone she was celebrating at the "Candlelight" and the place was packed. For a while they used the fireplace as the "candle" and just scooted couches up to it. Debbie M. was an accomplished fire starter and would build a rousing fire for these meetings. They eventually bought candles and candy for the meeting. The first round of candy was eaten by mice, but they got smarter after that. It was a very cozy, intimate, safe meeting and a lot of wonderful recovery went on there. The meeting died out around

the time of Bill P.'s death. Pamela was almost afraid to make a list of regulars because she didn't want to leave someone out. But she remembers: Billy M., Kris S., Carol (who died a few years ago), Gary, Gabe, and Lori. Steve and Pam O. came in the beginning. Most people thought 10 o'clock was too late. Billy M. and Pamela P. were the most regular attendees, and often it was just the two of them talking until the wee hours of the morning.

Bill W's Awful Coffee House was the brainchild of Jonathan, Rip R., and Bill P. It was a chance for everyone to get together and have fun on a Saturday night. There was a stage in the corner of the big room, and people came to sing, play guitar, play games, eat, drink coffee, and talk. There was quite a bit of talent on the mountain (and still is, as our 2005 New Year's Eve talent show proved). Usually there would be a potluck, but once there was a spaghetti dinner. They tried to make it a regular event, but that didn't work out. After a few gatherings, Bill W's Awful Coffee House fizzled out.

In June 1991, Dale A. started the Sunday Breakfast Club as another way to help pay for the mortgage and much-needed upgrades and remodeling. A permit was required and the electrical had to be brought up to code. Bill P. and Dennis S. ran the conduit along the ceiling in the main room, replaced wiring, put in a new breaker box, and redid all the lighting. Dennis also got the kitchen stove ready to fire up. He remembers nearly busting his back taking the large cast iron griddle off the top of the stove. Fortunately he only had to do that once. Breakfast included eggs, bacon, sausage, pancakes, toast, hash browns, juice, and coffee. It was a lot of hard work, and it was difficult to find someone to keep the commitment. Finally Hugh R. took the cooking detail and kept it up for years.

Michael O. "apprenticed" under Hugh for over a year. He would leave his house at 6:30 a.m. and hitchhike up to the Club. (At that time Michael had lost his driver's license for five years and was hitchhiking everywhere.) Hugh taught Michael an awesome recipe for biscuits and gravy. The early arrivals were lucky enough to get this delectable treat. Another favorite was the banana pancakes. The Sunday morning breakfast attracted a lot of folks from the Denver area. It was a real boost to attendance at that Sunday morning meeting. It was VERY spiritual. Hugh moved to Washington State, and Michael took over cooking breakfast for another year or two. Whoever came in first for breakfast usually ended up in the kitchen helping Michael. He'd have a crew of four or five slinging eggs, bacon, sausage, etc. When Michael moved down the mountain in February 2000, the Club Board members cooked breakfast for a while to support it. As the breakfasts were no longer needed for financing and were a lot of hard work, they were discontinued, much to the dismay of many people. There was also concern about a visit from the health inspector! One Saturday members of the KISS Group used an entire gallon of Simple Green just to clean the grease off the kitchen stove, walls, and floor.

In the fall of 1991, the kids' room was finished so that it was habitable for the little ones. There were a lot of young children in the meetings at that time. The group science felt a separate room for the children would lessen the noise level in the main room. The kids' room was originally a shed that was separate from the main building. The two structures were connected and a doorway was installed. Jerry and

Linda H. hung drywall and Dale A. installed the floor. Debbie's four-year old daughter, Lynette, would hold meetings in the kids' room. She would introduce herself as "Lynette, an alcoholic," and then tell stories to the other children. Melissa painted the mural on the wall in 2005 during a second remodel.

In those early years the marmots were almost friendly. During the meetings the marmots would come out of their tunnels and sit on a table under one of the windows. Dennis S. referred to them as "whistle pigs" because they would sit and whistle during the meetings. At that time Club members tried to get them out from under the building, but nothing seemed to work. They were entrenched under the building, and no bunch of drunks was going to move them out. They became the Club mascots. It's still a real treat to see them sunning themselves on the picnic benches on a sunny Colorado day!

At times there has been difficulty in separating AA from the running of a club. It is especially difficult as board members are AA and AI-Anon meeting members. The bulletin board with the list of ten DON'Ts came into being between five and seven years after the Club opened. What caused the rules to come about were incidents that led to a lot of turmoil. They ran into some of the same kinds of problems at the Club as early AA did before the Traditions were put into place. Someone would stay too long, start sleeping overnight and the Board couldn't get them out. Originally those who stayed were honorable and desperate and didn't stay longer than needed. The door combination was known to everyone, and people would come and stay on and on and on anon. The Club had growing pains. There were fights. There was a man who made it known that he carried guns and knives. One of the marmots was killed with a bow and arrow. This was especially upsetting to the Club members. Therefore, it was important to establish some rules and regulations to keep the Club a safe haven for its members.

Around 1995 Bill F. went to a meeting in Denver. The entry had a vestibule and an arched entry with a "Keep Coming Back" sign over the archway. Bill thought a sign like that would be perfect for the Club. He went back to the Club and gathered scraps of plywood and junk left over from the demolition. He then created the sign that still hangs over the double doors at the exit.

Elizabeth J. recalls Pamela and Bill P. as being parent figures at the Club in the early years. Pamela was sponsored by Bill B. from Burlington, who died in 1988 with 13 years of sobriety. Pamela says, "He was a fabulous member of AA, and I was lucky that the HP crossed our paths." She spoke the solid Big Book recovery Bill B. taught her, so his legacy continued through her at the Mountain Club. Pamela was described as an "in charge person, a dominant force with a lot of love and caring in her heart." Pamela got things done. She was always saying, "Where's God in this?"

Bill P. was described as "rough and tough with the biggest heart in the world." Bill had a lot of anecdotes about sobriety. "If frogs had machine guns, snakes wouldn't fuck with them." And... "Two of the most important things in my life are sobriety and a good pair of shoes." In January 1997, Bill P. died of a brain hemorrhage at age 44. That was a very sad time for Club members. Patty S. was driving a van load of girls from her daughter's Brownie Troop. Her third grade daughter, Savannah, informed the girls

that her mom was sad that day because "someone famous at the Mountain Club had died." Bill P. lives on in our hearts and in the recovery of the alcoholics he sponsored.

Social events also became an important part of the Club. The Christmas and Thanksgiving dinners were started the first year the Club was opened and immediately became a tradition. The Club provides the turkey to accompany the potluck dishes brought by members for a holiday feast. In the beginning there were a lot of Halloween, Christmas and New Years' Eve parties. Billy M. would always read his poetry at these events. Dennis S. was the original DJ for the dances in the early Club years and would donate his time and equipment to generate money for the Club. Today the DJ's vary and sometimes live bands play at Halloween, Valentine's and other parties. In the early years, a Club softball team was formed with tie-dyed tee shirts serving as uniforms. Elizabeth J., Steve G., Robin W., Gabe, Lorie F., Bob R., and Pam R. were on the "Mountain Magic" team. They played for two years down in Golden. There are speaker meetings and celebrations of group anniversaries. The Club has given our mountain community a focal point for recovery and fellowship. By God's grace the Club will continue to grow and flourish so that the hand of AA, Al-Anon, NA, OA, etc. will be there for the next suffering person who walks through its doors.

## MOUNTAIN CLUB GROUP HISTORIES

### CLEAN AND SERENE--AA (Group #160779):

The original founders of the Clean and Serene group were Pam O., Steve O., Robin W., Pam R., Linda, Jerry, Rachel, and Charlie W. The group was a spin-off from the Bailey Firehouse Group. The firehouse meeting was a heavy smoking meeting, and this group of non-smokers wanted to find a meeting place where they could breathe. Initially Linda and Jerry or Charlie and Rachel held this new meeting at their homes in Bailey. Linda's mom and sister would come up from Denver to help support the group. Their first public location was a dentist's office at the top of Crow Hill (the current site of the Bible Church). Rachel came up with the name of the group. The meeting was held Friday nights at 8 o'clock. Pam R. was the first GSR and remained GSR for a few years.

At the same time the Mountain Club opened, the dentist's office was sold and remodeled into a church. The group had a few meetings during the remodel and watched the altar and pews being installed. In June 1990, the group decided to move to the Mountain Club. There was a 6:30 p.m. time slot open on Friday nights. The meeting grew at the Club, and it was the only non-smoking meeting there for many years. However, after a time, many of the old time members stopped coming. Five of the original members moved away. Pam O. married and got busy with family and home commitments. The faces in the group have changed, but the group has continued to grow and flourish.

In January 1998, the group started a second meeting on Sunday nights at 6 p.m. It was a 12 x 12 study. A Tradition was studied the first Sunday of the month and the Steps the remaining weeks. This was a short-lived meeting. After the Tuesday night

KISS group disbanded at the Club, the Clean and Serene group started another meeting Tuesday nights at 7:30 p.m. This has become another popular meeting with upwards of 30 people in attendance on any given week. Current group traditions are to provide "Newcomer packets" of literature and *Grapevine* subscriptions for one-year sobriety birthdays. This expense has been shared with the "Three for All" group.

### **UPDATE July 2015—Kris S.**

*Clean and Serene has kept the Friday, 6:30 p.m. meeting since 1990. The Tuesday night 6:30 p.m. meeting replaced the KISS Women's Group meeting sometime after 1994. The Saturday night 6:30 p.m. meeting started in 2014. Meeting size varies. By group conscience, the meeting format is. . .*

*First Tuesday -- tag meeting*

*Second Friday -- 30-minute Mini speaker meeting*

*Fourth Friday -- call-up meeting*

*Fourth Saturday -- munchies/potluck before meeting*

*Those not listed above are regular discussion meetings.*

*Clean and Serene still works with the Three-For-All meeting to provide packets for newcomers. The GSR holds regular group conscience meetings, attends assemblies, and supports District 29.*

### **RIDERS N RECOVERY--AA (Group #166840):**

When the Club first opened, Pamela P. asked Libby M. if she would be interested in starting a meeting there. Libby M. and Larry K., active members of Puttin' Sober, started Riders N Recovery in 1990 on Saturdays at 6 p.m. It was a smoking meeting until Colorado law turned the entire Club non-smoking in July 2006. For a couple of years RNR was the dominant financial supporter for the Club. Then meetings started branching out. Meetings would grow and then a resentment and a coffee pot would start another meeting. There was constant rotation and change. The RNR group registered with GSO as an official AA group on April 12, 1991.

For those early group members it was all about riding motorcycles and being sober. Puttin' Sober was very influential, and their members came to support the early meetings. Puttin' Sober read the Traditions to open their meetings, so RNR read the Traditions, too. Puttin' Sober had a good foundation of Big Book sobriety and that was passed on to this meeting. RNR was the first group at the Club that bought Big Books and put them on the tables. The meeting was a loose, open discussion format that always closed with the Lord's Prayer. Those who regularly attended wanted this group to be an open meeting so everyone would feel welcome. Early members included: Duane C., Judy C., John S., Kay D., Pamela P., Bill P., Elizabeth J., Dennis S., Judy G., Larry K., and Libby M. Carol & Greg M. started coming in 1991. Other members

included Shanda B., Jo N., Pam R., Robin W., Conni A., and Dave T. By February 1991, they added a Thursday meeting at 6 p.m., and by July 1991, they added a Big Book study Monday nights at 6:30.

Since many members were motorcyclists, they rode together a lot, including to the Area Assemblies. Riding members included Kay & John S., Duane & Judy, Judy & Dennis, Larry & Libby, Jo N. and later Greg and Carol M. RNR members also helped with the International Serenity Run, a clean and sober motorcycle event held annually in Cedaredge, Colorado. This was a very socially active group, and there was a lot of fellowship among the members outside of meetings. Jo N. was influenced by her experience with this group. She had been sober for four years, went out and lost everything. She moved to the mountains and wanted to live in a community where she could see people practicing this program in all their affairs. She naturally gravitated to the RNR meeting.

In 1992 the group held a progressive dinner on New Years Day. The dinner started in Grant at John and Kay's house. From there it went to Larry and Libby's in Bailey, Laura and Howie's, Carol and Greg's in King's Valley, Jo and Shanda's in Evergreen, Judy and Duane's in Conifer, and Robin and Pam's in Pine. Everyone rode in two pickup trucks for the dinner and froze along the way. Jo N. remembers it as, "Freezing our goddamn asses off. There was a foot of snow on the ground, and we were driving to the start in Grant. There were tons of blankets and hats and gloves and ski masks and sleeping bags. BRRRRRR! It was just insane and so much fun. Everyone was laughing and cutting up and talking about how nuts we were! It was great fellowship!" This was done two years in a row. Libby says those two dinners were "an absolute hoot!"

Libby was the first GSR and then rotated to the treasurer position. She had just been GSR for Puttin' Sober, and it was a natural progression for her in her new home group. Shanda rotated in as GSR when Libby rotated out. Over the years RNR remains a strong and stable group at the Mountain Club. Several of the original members still attend the meeting on Thursday and Saturday nights. Today the influence over RNR as a "Riders Only" group has changed, as many members of this meeting do not ride. It doesn't matter as everyone is welcome. RNR continues to be a strong influence in adhering to the Traditions and principles of AA.

### **THREE FOR ALL--AA (Group #603234):**

The Three for All group started at the Mountain Club in the fall of 1994. Sandy and Bill F. started it at the suggestion of Pamela P. when it was pointed out to Pamela that there were meetings not making donations to AA as a whole. Three meetings were approached about becoming a registered group: the 11:00 a.m. Sunday Speaker meeting, the 6:30 p.m. Monday Riders N Recovery Big Book study, and the 6:30 p.m. Wednesday Bedrock Open Discussion meeting. A group conscience was held and the name "Three for All" was proposed by Bill P. All were in agreement. This new group registered with GSO in New York on December 12, 1994.

In 1996 Bill F. became the first GSR, Michael O. the Alternate GSR, and Sandy F. the Secretary/Treasurer. Mike O. was the GSR in 1998 and 1999. When Michael O. was six months sober, he went to his first Area Assembly in Montrose with Bill F. Everyone was given a ticket with a number upon entering the Friday night meeting. He asked Bill what the tickets were for, and Bill explained it was a call up meeting. Michael said with the way his luck was going, he would surely be called up to speak. Bill and Michael sat in the front row, and there were lots of empty seats around them. Sure enough Michael's number was called. As he made the right turn onto the stage, he saw that all the chairs in the auditorium behind his seat were filled. As Michael recalls, he was "nervous and sweating bullets" as he made his way up the stairs to the podium. It couldn't have been all that bad, as he lives to tell that tale today.

When Michael became the GSR, he attended an Area Assembly at the Glacier View Ranch near Estes Park. Bill F. and Michael drove up to Estes Park in a blinding snow storm. Several cars got stuck near the entrance to the camp. Everyone got out of their cars and helped push each other into the parking lot. After all had arrived, the roads were closed. Everyone was safely tucked in the Assembly for the weekend while a whiteout continued outside. By Sunday morning the weather cleared and the roads were opened. According to Michael, "It was a God thing." God's timing is perfect, isn't it?

Ron was the GSR for six months in 2000 and Sandy F. was the Alternate GSR. Bill F. recalls Sandy's fear of taking over the GSR position. It was something she was not going to do. As luck (or God) would have it, Ron resigned as GSR within six months, and Sandy was rotated into that position through the end of 2002. Kori G. became the GSR in 2003 and 2004. Kelly H. served as GSR until the end of 2006. John D. rotated into that position for the 2007/2008 term.

The group went non-smoking in 2000 and has been ever since. The Sunday Open Discussion meeting is very well attended. On the last Sunday of the month there is a speaker meeting. Attendance is sometimes 50 or more with visitors from Denver and surrounding areas. *Monday night is a Book Study meeting. On the first Monday of the month a Tradition is studied. The Big Book is read on the second and fourth Mondays. The third Monday is a Step Study meeting. On any fifth Monday a Concept is studied. Wednesday evening is an open discussion meeting with 15 to 30 people in attendance*

### **UPDATE--Karl H., July, 2015**

*More recently, a Saturday morning meeting at 6:30am was added to the Three For All agenda. This is also an open discussion meeting and is a great way to start the weekend. At optimal times of the year, the meeting occurs during sunrise and can be a very spiritually enriching experience. On the second saturday of each month the group spends a half hour or more cleaning and beautifying the mountain club. This beautification saturday reflects the group's commitment to ensuring that the mountain club continues to be an inviting and comfortable place to meet and discuss the solution of recovery from alcoholism.*

*The group supports and participates in the fellowship at all levels. It supports and sends the gsr to vote and represent the group to district meetings and area assemblies*

*and conferences. The group sends a voting delegate to the Denver central office monthly meetings and provides many opportunities for members to be of service. When the fifth Sunday of the month occurs, the group convenes at a group members home to enjoy a potluck dinner and answer the phones for the Denver central office (Nightwatch) from 5pm to 11pm. This provides a great opportunity for informal fellowship in addition to providing service to the fellowship ensuring that the hand of AA will be available when the alcoholic reaches out via the central office 24 hour hotline. At the group level, service positions are available ranging from the typical treasurer, secretary etc. to less typical Sunday morning greeter, chair setup person etc.*

### **SUNDAY NIGHT TABLE MEETING--AA (Group #135010):**

Peggy S. was responsible for starting the Sunday Night Table meeting in the latter part of 1996. Initially it was just Peggy and Billy M. getting together on Sunday nights. Peggy started calling several old timers to get support for the meeting as they weren't coming to the Club very often. Bob H. said the only way he would attend a meeting is if it had tables. He wanted a meeting where people could sit at a table and look each other in the eye rather than "slouch in couches spouting psycho-babble." The others all said the same thing, "We don't like sitting on couches." It was decided everyone would have to buy a table. So Peggy, Bob, Billy, and Steve G. each bought a table. Once the tables and hard folding chairs were in place, the meeting started to attract more people.

At the present time there are eight to twelve people attending on any given night. Today the folding tables are not being used. As Gary put it, "we're too damn old to set them up and put them down." Although those tables are not being used in this meeting, they are getting plenty of use at other functions inside and outside the Club. This meeting is sometimes affectionately referred to as the "old farts" meeting. Susan B. was the treasurer for two years starting around 1999. Jim H. took over when Susan rotated out of that position. The most recent group participants include Sam A., Bob H., Brad G., Peter D., Susan W., Kerry D., Gary M., Bud S., and Dick G. The group currently does not have a GSR, but it does support the AA service structure.

### **MOUNTAIN NOONERS--AA (Group #636462):**

This meeting was founded by Brad P. in April 1999. It is an open discussion meeting Tuesdays and Thursdays at noon. It was originally a smoking meeting, but Colorado State law put an end to that. Brad started this meeting because of a need for a daytime meeting in the Conifer/Bailey area. He wanted to spend evenings home with his family, and there were no daytime meetings along the 285 corridor at the time. The meeting took off and quickly developed a regular membership. The meeting became a registered group with GSO not long after it was started. Early group members included: Brad P., Susan B., Billy, Rex S., Smilin' Dave, Phyllis, Sue D., Peter D., Jane, Sam A., Gene W., Ed G., and Bob H. The meeting was originally called "Nooners" until it was learned that a "Nooners" meeting already existed in the Denver Metro area.



It was a small meeting in the beginning. The basic format included the AA preamble, reading a portion of the Big Book, picking a topic, and then open discussion. The group doesn't have a GSR and never did. Today they have 15 to 20 people per meeting. It remains a good, steady meeting. It has become a tradition for Rex S. to fix barbecue sandwiches every February for Sam A's AA anniversary.

### **SATURDAY SPEAKEASY--AA (Group #646118):**

The Saturday Speakeasy Group was founded in March 2001 by Pam O., Steve O., Lynette T., and Phil S. Before the Speakeasy Group formed, there was a women's meeting in the main room and an Alateen meeting in the old Al-Anon room. Steve and Pam O. took their daughter, Kiley, to the Alateen meeting and had intended to run errands while she was in the meeting. However, two newcomers showed up for the women's meeting, and there was no one else in attendance. Pam held a meeting for the three of them and committed to continue to be there on Saturday mornings.

During the women's meeting, men drifted in and out, especially Phil S. Pam contacted the elders of the women's meeting (Conni A., Debbie M., Carol M.) to see if it would be okay to change the meeting since they were no longer attending. All said it would be fine. So via a group conscience, it was decided to open up the meeting. Then they voted to change the format. Phil came up with the group's name, Saturday Speakeasy. Pam was elected treasurer. She informed Sandy F. (the DCM at that time) of the new meeting status. Pam and Steve O. were regulars until the fall of 2003, when due to illness, a death in the family, and kid obligations, they had to stop attending. The treasury was turned over to Beverly S. She soon quit and turned it over to her sponsor, Carol M.

Phil S. was instrumental in getting new members to attend. He wanted to celebrate his AA birthday in July by inviting family members. They also planted a tree out front in memoriam of his deceased brother, John. Phil S. has since passed away, but his vision for the group is alive and well. Phil also has his own tree planted in his honor in front of the Club. When the NA group hosted a motorcycle poker run and speaker meeting, a tree was planted for Phil S. as well as Matt C. The Saturday morning meeting has been a fixture at the Club with 15 to 30 people in attendance. This group registered with GSO on June 3, 2001.

### **KISS (KEEP IT SIMPLE SISTER)--AA**

Nancy O'D started a Tuesday night women's meeting the first year of the Club. It was listed as an open AA meeting in the February 1991 directory. Early members included Kay and Carol M. Carol M. remembers going to that meeting drunk in her early attempts at sobriety. The early history is unknown. In 1996 Nora, Kris S., Robyn B., Vicky F., Leslie P., Carol, Barbara S., Julie H., Patty S., Donna S., Val A., Dot B., Kathy L., and Cindy R. attended this meeting. In 1998 a group conscience was held to vote on going non-smoking. As none of the members were familiar with the workings of the Concepts, the meeting went non-smoking on a simple majority. There was no substantial unanimity, and the minority voice was not heard. This caused a division in the group. Half of the women left and started a new meeting called "Smokin' Women"

on Saturdays at 11 a.m. This meeting eventually changed its format and became the Saturday Speakeasy Meeting.

The original KISS meeting lasted about another two years. A monthly speaker meeting was added to encourage more participation. Many evenings men would show up expecting an open AA meeting, so the women would welcome them to join in. Attendance dropped off to just a small group of women with double digit sobriety. Newcomers weren't showing up, and the women felt they weren't able to carry out their primary purpose of "carrying their message to the alcoholic who still suffers." In 2001 it was decided to open up the time slot for a meeting where all AA members could freely participate.

### **MOUNTAIN MEN STAG MEETING--AA:**

This was a Tuesday night meeting at 8 p.m. (following the KISS meeting). It was listed as closed AA meeting in the February 1991 directory. The meeting folded around 1999 due to lack of participation. Towards the end there was only one or two guys showing up, and sometimes no one came to the meeting at all.

### **BEDROCK MEETING—AA**

This meeting was listed in the February 1991 directory as an open discussion meeting, and by the July 1991 directory, it was listed as the Bedrock Discussion. Pam R. and Robin W. were early members of this meeting. They were Carol M.'s sponsors at the time. Carol supported that Wednesday night meeting when she got sober in 1991. Rip was another early member of the group. Carol recalls many weeks when it was only her and Rip attending this meeting. This meeting became part of the Three For All group in 1994.

### **THAT ONE MEETING at LOST N FOUND--AA (Group #654931):**

In 1993 Dennis S. was the president of the Mountain Club board. Judy G. was the secretary. Due to time constraints, they resigned when they started their own business. It was on a business outing in 1993 that Judy discovered the Lost N Found facility on South Turkey Creek Road in Morrison. She invited the boys to attend the Sunday night open meeting at the Club, which was just an open meeting and not a group at that time. After a while, there was opposition with Club members as they felt the boys were unruly, disruptive, and insincere. The boys also insisted on smoking, which was illegal because a State law against under-age smoking was passed around this time.

Since the 8 p.m. Wednesday meeting wasn't a very active meeting, that time slot eventually was allotted for a meeting for the boys from Lost N Found. A small group of men stayed after the 6:30 meeting to make sure the boys had a meeting. There were nights when Doug R. chaired the meeting, and he was the only AA guy with 10 or 12 rowdy adolescents. Every meeting was a newcomer's meeting. He would ask them if they were alcoholic and conducted 1<sup>st</sup> Step meetings. For those people looking to grow in their program, that wasn't happening in this meeting. Therefore, many of the

local AA's didn't show up. There were times when no one showed up, and the boys were locked out.

Doug R. was under the assumption that the counselors at the Lost N Found facility had explained to the boys what an AA meeting was. When he realized the boys didn't know what AA was and how to conduct themselves in a meeting, he started opening each meeting with an introduction of what AA was and wasn't and how a meeting was conducted. Their behavior improved quite a bit once they understood what AA was all about and that its members showed respect for one another by conducting themselves respectfully in meetings.

Bill F. chaired those meetings for four years. He only came to that meeting for the boys. There were times when the boys didn't show up or they came late. Sometimes he didn't think they were coming, so he would lock up and leave. The boys would arrive to a locked club. He asked the Lost N Found counselors to call to confirm whether or not they would need a meeting each Wednesday. That didn't happen, so there were a lot of missed meetings. In January 1999, Nate B. took his turn at chairing that meeting as well.

Eventually Lost N Found asked if an AA meeting could be brought into their facility. Brad P., Barry K., and Brook T. were instrumental in getting that meeting started in May 2000. That One Meeting is held 6:30 p.m. on Sundays at the Lost N Found facility on South Turkey Creek Road. It became a registered group with GSO in April 2002. That One Meeting continues to flourish and is self-supporting. Judy G. was pleased to learn that her unpopular invitation resulted in a positive end.

### **Common Ground—AA (Group # 726268)**

In November 2018, three District 29 AA members got together (Sandy F, Kris S, Nancy B.) to share experiences with secular (nonreligious) AA meetings they had heard of or attended. They read background info on other secular meetings and researched AA Founders' writings on the topic. Recognizing that AA does not endorse or oppose any form of religion or belief system and that the Third Tradition states that the only requirement for membership is a desire to stop drinking, it became apparent that a secular meeting was needed that promoted inclusivity in the AA community, without a defined religious higher power. Further, regarding the use of literature in meetings, the group conscience prevails – any literature supporting the spiritual principles behind the 12 steps is welcome. An organizational meeting was held in December, with interested AA members – the 14 people who attended said they would welcome and support a secular meeting. A New Group form was submitted to GSO, listing the name "Common Ground." The name would be a reflection of the desire to share recovery, using the Big Book and the 12 steps, regardless of personal beliefs or definition of a Higher Power. In January, the three organizers met with the Mountain Club Board to request a meeting time. After much discussion, the request was approved. Later that month, the meeting was added to the Central Office of Denver's online meeting list and will appear in the next edition of the hard-copy meeting book. It is noted that ALL seeking to stay sober and to support

the still-suffering alcoholic are welcome to attend, regardless of who or what their higher power – religious, philosophical, educational, or experiential - might be.

"It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them".- Letter from Bill Wilson to Father Marcus O'Brien, written in 1943, and quoted in *The Soul of Sponsorship*

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## 12 STEP-FELLOWSHIP GROUPS

### 12:00 High Al-Anon

The 12:00 High Al Anon meeting started on January 25, 2001 on Wednesdays at The Mountain Club. It was founded by Maggie McC., Nancy B., Cindy L. and Rhoda W. It started small and grew within a few years. Soon, more regular members showed up.... Nancy Lee, Suzanne R. LuAnn, Dottie C., Bobbie D., Pam O. Linda H. and many others.

Every year, we have a Holiday pot luck lunch after our meeting to promote fellowship. We have hosted workshops in the community to raise money for our Group Representatives and awareness of Al Anon recovery. These workshops were well attended, raising hundreds of dollars for GR expenses.

Our members are currently active in the local speaker meeting held the first Friday of every month at The Evergreen Lutheran Church. Members from all over the mountain area work together to host the meeting for both Al Anon and AA speakers. This meeting was founded in June 2011.

There is also a book study that occurs at 10:30am Wednesdays, before the regular meeting starts. This book study uses Al Anon CAL books. We read and discuss as we move through the literature. As a group of 8 or so, we have studied several books for

many years.

Currently, the 12:00 High Al Anon meeting is attended by 15 to 25 members each week. Al Anon focus is on healing relationships, not the alcoholic.

## **Mountain Community ACA**

Adult Children of Alcoholics started meeting at The Mountain Club in January 1991. It was well attended for many years by Greg McA. Jim B. Mike McD. Patty S. Jane G. Dale, Lisa D., Dave and others.

Meetings were held on Thursday nights and Saturday mornings. There was also an ACA meeting in Evergreen at the Senior Resource Center and more ACA meetings in the city. Eventually, attendance dropped and the meeting closed in June 1996.

After lots of discussion with local fellowship members, and seeing a need for another ACA meeting in the mountains, David B. started the Mountain Community ACA meeting on Wednesday nights at Conifer Community Church in November 2012. That meeting quickly grew to over 20 and many members expressed a need for a second ACA meeting each week.

Patti H. and Pam O. asked The Mountain Club Board for permission to use the Saturday 9:30 am time slot and were approved. The Mountain Wake Up Call ACA meeting started on June 7, 2014.

This meeting is well attended by 8 to 18 people consistently. Many workbook study groups and sponsor/sponsee relationships have started... often meeting at the Mountain Club after the ACA meeting, or at other places in the community.

Adult Children of Alcoholics is a fellowship for those who show the behaviors of an alcoholic without necessarily taking a drink, people who are affected by growing up in an alcoholic or otherwise dysfunctional home. We recover by going to meetings, working the Steps, using the phone, having a Higher Power and learning to re parent ourselves into healthier behavior.

## **Mountain Beginners Group--AA**

In 2011, a small group of people saw a need to develop a beginners meeting to compliment the current meeting list at the mountain club. This group was to provide an evening beginners meeting convenient for people who could not attend the beginners meeting that occurs during the day at the Mountain Club.

Originally, the group met on Tuesday and Friday evenings at 6:00 pm. Weather permitting, the meetings were held outdoors around a fire in the fire pit at the Mountain Club. The group was indeed fortunate to have a meeting place capable of supporting a "fireside" meeting.

Anna H. and Steve C. developed a format based on suggestion from the GSO in New York. The one hour meeting proceeds as follows. After a short reading from AA conference approved literature, the format suggests that during the first half of the meeting, the floor be open to beginners only (less than 1 year sobriety) to share struggles, issues, and successes experienced during early sobriety. This allows newcomers to share about things affecting their lives. Speaking out loud about these things can diminish the effect that some of them have over our lives and often triggers sharing from group members who have experienced similar issues. After the newcomers have shared, the floor is opened up to everyone to participate in a solution oriented discussion of a topic selected by the meeting chair person. This topic should try to encompass the issues presented by the newcomers and should focus on but not be limited to steps 1,2 and 3. With slight modification, this format is still used today and has served the group well over the last couple years.

In the beginning, meeting attendance was small but consistent (2-5 participants). After about a year, the Friday meeting was dropped and the group meeting limited to Tuesday at 6:00pm. Slowly, the meeting attendance started to ramp up and has grown steadily over the last year or so to 15-35 participants. The fireside meetings were forgone in 2013 due to difficulty getting permits due to drought conditions in the Conifer area. The meeting continued to flourish indoors, however, using the couches inside the Mountain Club. Many people from other groups at the Mountain Club come regularly to the Tuesday night meeting and have helped the group grow into the success it is today. Many of these people consider a different group at the Mountain Club to be their home group but regularly attend the Mtn. Beginners meeting as part of their recovery. It is the "club" environment at the Mountain Club that makes this possible and convenient.

By 2014, both Anna H and Steve C moved away from the Conifer area and no longer attend the group meetings. During 2014, the group had grown large enough that more formal structure became desirable. A treasurer was elected and a bank account opened to hold the groups funds which had out grown the coffee can on the desk. Along with this, the group registered with GSO in New York and began regular disbursements to the district 29, area 10, gso in NY, and the Denver central office. It was during this time too that the group met the longevity requirements to be listed in the meeting book published by the Denver central office.

The name of the group has changed a couple of times from Friday night beginners to New Beginnings, to Mtn Beginners. By group conscience, the name uses mtn instead of mountain to limit the name to 13 letters to accommodate the field width requirement for inclusion in the meeting book published by the Denver Central Office.

During 2013, Karl H. served as the GSR and Treasurer for the group. In 2015 Karl rotated out and Matt C was elected GSR, Dan F elected alternate GSR, and Tom M. elected Treasurer. After about 6 months, Dan F moved out of the area, and Tom M. had to step down as Treasurer. Currently, Jim and Matt C. are treasurer and GSR respectively. Karl H represents the group as delegate to the central office.

While this is a newer group at the Mountain Club, it flourishes now and enjoys the benefits enjoyed by all the groups at the Mountain Club. The environment at the club

makes it easy for a new group to succeed by providing a great place to meet, and support in the form of coffee, literature, etc. allowing the group to concentrate on promoting recovery. It is our hope that this group will continue to evolve and support the newcomer as well as the longer time members for many years to come.

Revision Karl H. July 2015

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