

News from the Central Service Office of Southern Colorado

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Kevin W.
CSO Office Manager
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Upcoming Events

District 8 Meeting

3rd Saturday of the month
1:30 @ Alano Club
320 Clark St. Pueblo
Cañon City Alano Club
715 Elm St. Cañon City

CSO Monthly Business Meeting

July 1, 2015 @ 6:00
August 5, 2015 @ 6:00
4035-A Club Dr. Pueblo

Founders Day Picnic

Saturday June 6, 2015
3834 Canterbury & Vinewood
Under the Pavillion at the Park
Call CSO (719) 546-1173

2015 Summer Assembly

July 24,25,26
Hosted by District 16
Radisson Hotel, Denver
3155 Vaughn Way Aurora
1-800-967-9033

District 8 Unity Day

July 11, 2015
Wesley Methodist Church
Call CSO for more
information.
Look for flyers at local
meetings.

2015 Annual 4th of July Picnic

Bessemer Park Pavilion
11:00 AM to 3:00 PM
Orman & Northern
CSO will provide hotdogs,
hamburgers & fixin's.
Bring a Side Dish and
something to drink

A Last Farewell.

"Good-bye to all my friends, it's time too go again. Think of all the poetry and the pickin' down the line. I'll miss the system here, the bottoms low and the treble's clear. But it don't pay to think to long on things you leave behind." says Guy Clark.

As this will be my last issue I'm going to share my experience, strength and hope with a few tidbits I've enjoyed along the way.

Remember my friends recovery is an action process so make sure your shoes are full of feet (Dr. Z). Keep in mind when it comes to recovery there's a difference between being a noun and a verb. Don't just say you're an alcoholic (noun), do something about it (verb). Take some action.



It was a dreary, dark day and his path was not very clear. The poor fellow stepped off into a deep, dank well. Looking up he saw some light and began calling for help. A social worker heard the cry and wanting to be helpful called down "Hang in there my friend. I will try to get some legislation passed to help you out of your dilemma.", and walked on by. A short time later a member of the clergy passed by, hearing the cry called down "Have faith brother I will get some members from church to pray for your deliverance." As the minister continued on his way a feeling of desperation and doomed dampened the poor fellows spirits. He heard someone and when he looked up, saw a member of AA jump down into the well. "Are you crazy?", cried the fellow, "Now we're both stuck down here." "Not to worry", beamed the AA long timer, "I've been down here before and I know how to get out."

It was the twins, Jake and Joe's, birthday. Their dad led them into a large warehous piled high with horse manure. Joe started crying and when his dad ask why he stated, "I didn't want horse manure for my birthday, wa wa wa." When the dad looked up he saw Jake running around with a crazed and searching look on his mug. "What are you doing Jake?", quariied the father. "Looking for a shovel pops", beamed Jake, "With this much horse poop there has to be a poney in here somewhere!"

And so it goes, you can feed the dark side or the light side. Which ever side gets fed the most is the one that grows.



Changing of the Guard

Loads of interesting stuff surfaced at the June 3 CSO Steering Committee meeting. CSO could use a few more volunteers to help with office management. CSO is in need of a new NewsLetter Editor. Dennis has agreed to help with the Newsletter and Virginia S. has volunteered to be a regular article contributor. Some talk surfaced about CSO including the annual OcSoberfest event into the CSO activities committee. Anita is the new Activities Chair and her experience could be helpful with this event. If you have input please attend the July 1 CSO Steering Committee meeting. Michael Wayne did a great job keeping the meeting on track and all present focused on the tasks at hand.

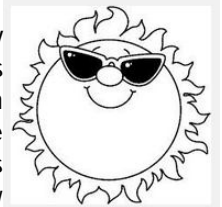
Office Hours: Mon - Fri 10:00 AM - 4:00 PM



Dear Friends, this serves to confirm my heartfelt thanks to all who participated, contributed and/or attended this year's Long Timer's Annual Dinner on April 25, 2015, which was a magical and memorable event. I sincerely enjoy trudging this journey arm-in-arm with all of you and, especially, honoring our LONGTIMERS. Big Hugs. Michael Wayne (CSO Steering Committee Chair)

Mr. Sunshine is alcoholism progressive?

Good question my friends, let's look at this from a damage perspective. Let's assume every drink of alcohol you take kills 1000 brain cells but not to worry because you have billions of killable brain cells to work with. So, you might ask, which cells are killed off and in which order. Well the first bunch of brain cells to die are the Sadness Cells because after a few drinks you get real happy. Then the next group to go are the Quiet Cells because after awhile you get really loud. Then comes the Stupid Cells because after a few more drinks you become very very smart, you become an expert on any and all subjects. And the last group of brain cells to kill off are the Memory Cells and those my friends are the most difficult to eliminate, it take a lot of booze to kill those buggers off. After all this carnage there comes a day when the booze quits working, as it once did, and it takes more and more to kill off the Memory Cells. Then one day you can't get drunk enough to eliminate any of those horrific Memory Cells and that my friends is when it gets scary. When you ask the question "Is alcoholism progressive?" I would have to say yes it is.



Drop the Anchor

Harley had a great anchor. A beautiful anchor and he was very proud of his anchor. As he drifted along in the gulf stream he would sink to the bottom, push off, break the surface, gulp in some air and continue on his way. Along the way he came across a few groups willing to help, wanting to help. The government folk promised funding and guidance, the religious folk prayed and wished him well, the shrinks offered worksheets and therapy (for a fee of course) and his buddies sang his praises for being such a brave soul in spite of his obvious burden. Then one day he this longtimer in AA said "Hey, dude drop the anchor!" Harley took the advice and dropped the anchor. He was then able to get the necessary spiritual, therapy and medical help he needed. But first and foremost he had to drop the anchor. When you no longer have the booze as an anchor things can get better.



"If he's not drunk as a skunk, he smells like one."