



## NEWS FROM THE CENTRAL SERVICE OFFICE OF SOUTHERN COLORADO

4035-A Club Manor Drive, Pueblo, CO 81008 (719) 546-1173 24/7

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www.puebloaa.org

Office hours Monday-Friday 10 am to 4 pm. Closed some holidays. Call to verify.

**July 2016**

### UPCOMING EVENTS

- **CSO Monthly Business Meeting** 1st Wednesday of each month at 6:00 PM at the CSO. All groups are encouraged to send a representative.
- **District 8 Meeting** 3rd Saturday of the month at 1:30 pm. At the Central Service Office.
- **Hit and Run LaJunta**, July 22nd for the 8PM Eye Opener meeting
- **Trinidad Groups Picnic @** Trinidad Lake, July 30th, 11:00-1:00
- **LaJunta Round Robin**, August 16th, 11:00 2nd & Raton
- **Unity Day**, Sept 17, Wesley Methodist.
- **Ocoberfest**, October 7-9

### **Treasurer's Report**

May 1st balance	\$1132.13
Revenue	\$ 1125.99
Expenses	\$ 752.68
June 1st Balance	\$ 1505.44
Revenue	\$ 669.31
Expenses	\$ 1549.69
July 1st Balance	\$ 625.06
Misc Fund	\$1000.00
Prudent Reserve	\$2500.00

### **CSO NEWS**

#### **4TH OF JULY PICNIC**

The CSO sponsored 4th of July picnic at Bessemer Park was a great success! The burgers and hot dogs were rolling off the grill and there were plenty of side dishes brought by everyone. Thanks to Anita I. for all the hard work in organizing this picnic the last two years and thank everyone who pitched in and helped in any way!

**CSO IS ASKING THE GROUPS IF THEY COULD HELP WITH A COUPLE OF SERVICES, PLEASE TAKE THESE TWO ITEMS BELOW TO YOUR GROUP BUSINESS MEETINGS AND DISCUSS IF YOUR GROUP WOULD BE INTERESTED IN ASSISTING WITH THESE TWO SERVICE OPPORTUNITIES. PLEASE CONTACT CSO OR ATTEND THE MONTHLY CSO MEETINGS IF INTERESTED. THESE ARE DEVELOPING ACTIVITIES, AS SUCH THEY CAN BE ADJUSTED AS THE GROUPS AND CSO NEEDS.**

#### **CSO REQUESTING GROUP HELP WITH RUNNING CSO**

The Steering Committee for the Central Service Office of Southern Colorado in Pueblo respectfully requests your Group to volunteer to sponsor a three (3) hour shift at the CSO located at 4035 Club Manor Drive, Pueblo, CO at least once a month during the week, Monday thru Friday, from either 10:00 a.m. to 1:00 p.m. or 1:00 p.m. to 4:00 p.m. to answer phones and provide callers with meeting times and locations, refer them to a person on the 12 Step list (of the same gender), give the caller a phone number from a List of useful resources, sell AA literature and share your experience strength and hope to office visitors. We are hopeful that a few of your members agree to participate and have a mini-meeting during the volunteer shift, especially when newcomers come to the office.

We will train and encourage your Group members, which we believe will also promote unity and fellowship. This provides a great opportunity for home group members and their sponsees to be of service. In our experience, service is something that new AA members either learn by example or fail to ever appreciate and enjoy. Many of you know that there is no greater joy than being of service to our fellows and to give back what was so freely given to us, as we joyously trudge the road of happy destiny. Please help pull the wagon.

#### **CSO REQUESTING GROUP HELP WITH THE AA HOTLINE**

The Steering Committee for the CSO respectfully requests your group to volunteer to sponsor a Night Watch shift in order to answer telephone calls from the people who want to find an AA meeting or who might need 12th step help.

When your group volunteers to take on the responsibility of responding to calls directed to AA during the hours the CSO is closed, it accepts a great responsibility but also a wonderful opportunity. We can forward the phones to a residence and suggest that at least one-person present has one year of continuous sobriety. Depending on the issue presented during your Night Watch shift, you may need to provide the caller a meeting time and location, have a few group

If your group or AA community has a special occasion or event that you would like in the newsletter, or a flyer that you would like distributed with the newsletter please contact CSO with the information. If your group is not getting the newsletter, also contact CSO and they will be mailed to groups outside the Pueblo area, and packets will be made for those in the Pueblo area.

### Step One on Repeat

On her one-year anniversary, a member recalls the fear and excitement of early sobriety  
I woke up this morning and my first thought of the day was ... I am one year sober today.

A year ago today—right at this very moment—I was slamming down some wine while getting ready to head to the hospital. My faithful sisters, Tiffany and Vicki were by my side. I was excited, confused, and most of all scared to death. I didn't have complete faith that I would be able to overcome this addiction. I didn't understand how being in a hospital for a short period of time was going to undo what I had done to myself over the past five years. When I said goodbye to Tiff and Vicki and those doors closed and locked behind me I thought to myself, Goodbye to you too. Goodbye to my old life. I was locked in and determined that when I was released I would be a whole new me. Determined, but not completely sure I could make it. I was afraid that it would be too hard and I would end up going right back to my drinking. Right back to shutting out my family. Right back to putting 10 percent (if even that) of myself into my job because my addiction controlled the other 90 percent.

When I was released and returned home I was so overcome by how alone I was. I immediately called my father, who in his much appreciated humor, asked me if I had escaped since I was home so soon. So there I was—home. What the hell was I going to do now? So I started doing what I do best—some serious cleaning. I spent a few days cleaning my entire house and finding empty bottles of brandy and whiskey, empty boxes of wine in my garage and then-full bottles of vodka I had hidden in my refrigerator. I set them on my kitchen counter and just looked at them thinking to myself, it would be so easy. No one would know. But I would know. And I would hate myself for it. So I opened them and poured them out. The smell made me so sick.

I don't remember how long it took me to tell my co-workers and my boss, but when I did all my previous actions seemed to make sense to them. They knew something was wrong, but being a master manipulator—like all of us alcoholic are—they had no idea what it was. So I came clean with them fearing that they would not understand. That they would not accept me with all of my character defects and not forgive me for all the deception. But they did something I wasn't expecting. They rallied around me. They supported me. They didn't judge me. And they appreciated what I had done for myself. For that, I am so grateful.

So I now get to the most important change in my life—my daughter. I wanted so bad to have the relationship with her that I did with my mother. My addiction controlled every aspect of my life so my time with her was not spent as it should have been. I remember our first trip together in my sobriety. I took her to an amusement park and on the way home she told me that was the best weekend ever. She told me she was proud of me. As I think about that moment in the car with her I can't help but cry, and I know that no matter what I have to do, no matter how bad the cravings become, to have that one moment with her- it was all worth it. The more time I spend with her building that mother/daughter and best buddy relationship, the more I want sobriety. The more determined I become. I am strong because of her. And I continue to fight because of her. I want her to be proud to say I am her mother, as I did mine.

Some people ask me where my strength and will comes from. How do I handle it? How have I stayed sober? How have I (so far) beaten the odds, the statistics. I could go into a long explanation recalling every morning I woke up shaking from head to toe, throwing up, and then having to force down some wine just so I would be able to function and how I never want to feel out of control like that again. I could attribute my strength to God doing for me what I could not do for myself. I could say it's my biggest character defect working as my best ally—my bullheaded stubbornness.

But the simple truth is that it is that one statement from her. "Mom, this has been the best weekend ever. I am so proud of you." That is what keeps me going.

I still struggle with losing my mother and my broken, sometimes non-existent, relationship with God. I struggle with all the decisions I had to make and sitting by her side seeing her in pain even in her comatose state and just waiting for the end. The sixth anniversary of her passing is coming up in nine days. I spent four of them drunk, one of them only nine days sober. But this one, this one will be all too real. With sobriety comes a new beginning, a new and fresh love for life, but it also comes with real feelings that aren't muted or manipulated by the bottle. As they say in AA: "Oh my God, this stuff is real now."

So I woke up this morning to one year of sobriety. I made some coffee and got the Sunday newspaper. I opened my email to type this and to my surprise I received dozens of emails from AA members all over the U.S. congratulating my sobriety. Apparently a member had placed my sobriety birthday on an AA website. It proved to me how strong of a family and support group I have to have received these emails from total strangers. But, they really aren't strangers. They are all just like me.

I can't promise that I will be sober another year, another month, another day. I can only do what I have been taught. Take it one day at a time, sometimes one minute at a time. Live life on life's terms. I accept that even in my sobriety I am an alcoholic. I accept that I will need continuous support from my AA family for the rest of my life. I repeat Step One every day—I surrender and admit that my life has been unmanageable. And it is the hardest thing I have ever loved to do.—*Barbara—Used with permission from AAGrapevine.org.*

Concept VII: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Concept VIII: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

### DISCLAIMER

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