



## NEWS FROM THE CENTRAL SERVICE OFFICE OF SOUTHERN COLORADO

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

April 2017

### 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 Meeting**
- **Longtimers Banquet** April 22, 2017 at the First Presbyterian Church.

### Treasurer's Report

Nov 1st balance	\$ -145.69
Revenue	\$ 1375.13
Expenses	\$ 606.43
Feb 1st Balance	\$ 623.01
Revenue	\$ 2703.59
Expenses	\$ 1228.33
Mar 1st Balance	\$ 2098.27
Misc Fund	\$1000.00
Prudent Reserve	\$2500.00

### A FOND FAREWELL

Thanks to all of you, I will always fondly remember serving as the Chair of the Steering Committee for Southern Colorado during the last two years, especially the laughs and fellowship shared during the monthly meetings, Longtimers' and Fourth of July festivities. While we have certainly had to deal with a few "situations" during this time, they made us all grow in the fellowship of recovery, one day at a time. During this time I was able to realize that I am that which cannot be limited or defined, ineffable like my God, a Recovering Ronin Spiritual Warrior (Lawyer) traversing the timeless universe, ever learning and experiencing the grace of sobriety through the love and radiance of the Spirit of the Universe whom some call God or the Great Spirit, which breathes life in and lives through me. In closing, please remember Dr. Bob's Farwell Talk during which he stated ***"Our Twelve Steps, when simmered down to the last, resolve themselves into the words 'love' and 'service.' . . . Let us also remember to guard that erring member the tongue, and if we must use it, let's use it with kindness and consideration and tolerance. And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us."*** And until we meet again, I wish you another day free from the obsessions of the mind which previously haunted our souls, enjoying each precious moment in recovery from a hopeless state of mind and body.

Michael Wayne C.

### CSO ELECTIONS

The Annual CSO Steering Committee Elections were held at the March Steering Committee Meeting. The following are your new Steering Committee members:

Steering Committee Chairperson Josh S.

Steering Committee Vice-Chairperson Dario A.

Office Manager Kevin W.

Secretary Cindy C.

Treasurer Kevin W. until replacement found

Member at Large (1) Jim R. (Indiana Jim)

Member at Large (2) Vacant

CSO Representative to District 8 Bill B.

Newsletter Editor Barclay C.

Activities Chair Scott W.

If your group or the AA community have 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 the CSO with the information. If your group is not getting the newsletter, contact the CSO to be placed on our distribution list.

## KEEPING CROSSTALK AT BAY

"One thing many groups have discovered that can test that unity within meetings, however, is crosstalk - sharing that is often considered intrusive and generally disruptive.

Crosstalk can mean different things to different people. Some groups define any comments, negative or positive, about another person's sharing beyond 'Thank you for your share' as crosstalk or interference. Some outline crosstalk as engaging directly in conversation with another alcoholic during the meeting or providing commentary or feedback on what another has shared.

The Washington Heights Group in Upper Manhattan has a statement, born of the group conscience, which is read at every Thursday evening meeting: 'Feedback and crosstalk are discouraged here. Crosstalk is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking at the time. If crosstalk occurs, the chair will remind you of this policy.'

Of course, there can be a fine line between sharing and intrusion, as many groups have discovered. and what works in one location may not work in another. The main thing most groups can agree on, however, is that all sharing needs to be nonjudgmental. 'From the very beginning, one drunk talking to another has made the A.A. program go round,' says Anne T., of Rome, New York. 'When someone shares in response to something I've said, that's okay, but only so long as there's not even a hint of censure, belittlement, scolding or preaching, all under the guise of sharing. Knowing there's no risk of judgment makes me feel safe.'

J.P., of Spokane, Washington, has also found that crosstalk of a giving nature is 'sort of a language of the heart. It occurs with familiarity and can be very helpful. If members know one another well, as they tend to in small groups, they feel comfortable about saying 'I'd like to add something to what Jane said...' To me the key is comfort and the hope that sharing one's experience in recovery will help another alcoholic to stay sober and face life's challenges with greater ease.'

Noting of crosstalk that 'until the 1990s the word wasn't even in A.A. vocabulary,' Susan U. of the 79th Street Workshop in New York City cautions against setting up too many rules and regulations in response to what- and how- people share in meetings: 'There are no rules in A.A., just customs and the conscience of each autonomous group, and experience shows that for most groups attempts to control don't work very well. On the other hand, the nonjudgmental sharing we receive at meetings in response to something we have said can be beneficial to our recovery. It's how we learn to live sober, productive lives, and that's what sharing our experience and strength is about.'

In general, then, when it comes to crosstalk, giving advice or disruptive sharing in meetings, keeping the focus on A.A. unity- and on our own personal experiences as they may be helpful to another recovering alcoholic - can provide a useful guideline to keep group sharing on track and resentments from creeping in.

As many groups have found, however, from time to time it may require a loving reminder from the group's chair."

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## HELP NEEDED

### BRIDGING THE GAP

The Bridging the gap program is designed to help those AA members coming out of treatment or correction centers integrate them into the local AA fellowship. AA members are more likely to stay sober if they get to a meeting soon after they get into the local area. Helping someone through Bridging the Gap is not making a 12th step call, you are just taking the member to a few meetings and introducing them to people so they can get comfortable in their new community. Your CSO is trying to create a strong Bridging the Gap program in cooperation with District 8. If you are interested in helping as a Bridging the Gap Volunteer, please call us at (719) 546-1173.

### 12TH STEP LIST

We need people to volunteer to be placed on our 12th Step List. If you are interested, please contact us at (719) 546-1173.

### VOLUNTEERS NEEDED

To help take meetings into local correctional facilities. If interested, contact the office.

### DISCLAIMER

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