



TOP SHELF

NEWS FROM THE CENTRAL SERVICE OFFICE OF SOUTHERN COLORADO
4035 A CLUB MANOR DRIVE, PUEBLO, CO 81008 (719) 546-1173 24/7
OFFICE HOURS MONDAY-FRIDAY 10AM - 4PM. CLOSED SOME HOLIDAYS.
CALL TO VERIFY



MAY 2025

ANNOUNCEMENTS FOR NEWSLETTER MUST BE SUBMITTED TO
E-MAIL BELOW BY THE 21ST OF EACH MONTH

DISTRICT 8 NEWS

CSO STEERING COMMITTEE
MEETING MAY 7TH AT 6PM AT
CSO

DIISTRICT 8 COMMITTEE
MONTHLY MEETING, MAY 10TH AT
10:30 AT CSO OR ZOOM

HIT AND RUN MAY 16TH, DINNER
AT 6, MEETING AT 7
HOSTED BY FIRST THINGS FIRST
GROUP, CHURCH OF CHRIST,
416 WALSEN AVE, WALSENBERG
CO

ANONYMITY AND SOCIAL MEDIA
WORKSHOP MAY 31ST, 2PM, SON
RISE CHURCH, PUEBLO WEST

My Essential Spiritual Tool Kit

Patty B - Pueblo

"When therefore, we were approached by those whom the problem has been solved, there was nothing left for us but to pick up the spiritual tools laid at our feet. " (Page 25, Chapter 2, There's a Solution, Big Book Alcoholics Anonymous)

When I made my foray into AA meetings and was told that I could drink again, but I didn't "have" to drink again, I was a bit skeptical. I was also told there is a solution, and we can show you how if you're honest, open and willing. If was honest with myself and having admitted to my innermost self that I was an alcoholic; I was willing to go to any lengths to stay sober because I was desperate. However, being open-minded to a higher power was difficult. I felt let down, disappointed and disillusioned with my experiences of a higher power, let alone spiritual tools prior to walking into AA.

Recently, celebrating 25 years of sobriety, I was asked multiple times how I got sober and have maintained sobriety for so long. I've experienced great joys and very tragic circumstances over the years. I knew that no matter what I couldn't drink and that a drink would only diminish joy or make a tragedy much worse.

The answer to my long-term sobriety was simple yet complex. My mind and heart always return to the spiritual tools laid at my feet. I can't say which one or ones of these spiritual tools or the combination of them kept me sober. All of them have been essential at different times.

NEWSLETTER.CSOPUEBLO@GMAIL.COM/WWW.PUEBLOAA.ORG

The purpose of this article is to highlight the tools that contributed in whole or in part to my sobriety. It's my hope that any or many of these may help you, too.

My Essential Spiritual Tools

1. **Big Book of Alcoholics Anonymous and The Twelve Steps and Twelve Traditions** - studying/working the steps as a design for living, using the steps for all situations.
2. **A Sponsor/Sponsoring** - Asking and accepting help and guidance, carrying the message, giving to another recovering alcoholic what was freely given to me, ensuring against a slip, a sense of duty, gives my sobriety and experiences meaning in benefitting others
3. **Higher Power of my Understanding** - Always changing and expanding, experiencing in my life, accepting that mine and your Higher Power are our own business
4. **The Fellowship** - We are not a glum lot - having fun in sobriety, Don't ever have to do this alone, the power of we - my tribe, at home anywhere I go in AA - meetings, events, conferences, at ease whenever I go with other AA members to non-AA events, can contact anyone on phone lists and they will listen, be supportive.
5. **Meetings** - Fellowship in person or online, place to learn, share and grow, feel, safe, loved, part of those in recovery
6. **Service Work** - Inside and outside the rooms - see how I can contribute, Get out of my head and extend kindness, a million ways at meetings, part of the service structure: treatment, corrections, public information, archives, conferences, assemblies, Central Service Office, District, Area, General Service Office, Showing up for others locally celebrating accomplishments, supporting them during loss or other difficult situations, helping when people are sick or need to move.
7. **Expressing Gratitude** - Journaling, showing up for others, smiling
8. **Carrying the Message** - Reaching out to newcomers at meetings, reaching out to recovery friends who you know are struggling, bridging the gap: acting as a temporary contact for those getting out of treatment and taking or going to a meeting together, Twelve Step Calls- putting your name on a contact list and being available when someone reaches out for the hand of AA to listen or sit with them, responding to texts, phone calls to those who reach out to you, practicing these principles in all our affairs
9. **Prayer and Meditation** - Prayers for help, gratitude, epiphanies, comfort for others, praying for two weeks, meditating alone, in groups and guiding groups, being guided, finding my high power within.

"We have found much of heaven, and we have been rocketed into a fourth dimension of existence of which we had not ever dreamed."

(Page 25, Chapter 2, There's a Solution, Big Book of Alcoholics Anonymous)



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Does your group have any questions about topics in A.A.? Do you need information about maintaining anonymity on the internet or how the relationship with Al-Anon works? There are guidelines produced by AAWS that are written to help with these topics and many others. If your group is interested, the CSO has copies of the guidelines free of charge.

The Central Office's service area includes District 3, 6, and 8 (basically the entire southeast corner of Colorado. We are very interested in improving our contact with our entire service area. We are looking for ways to reach out to individuals and groups that find it inconvenient to come to us. If you have any thoughts on this matter, please feel free to call us at 719-546-1173 or email us at csopueblo@gmail.com.

We always have need for volunteers who are willing to do 12th step calls, provide rides to meetings, or working with the Bridging the Gap committee. If you are interested or have any questions, please feel free to call us at 719-546-1173 or email us at csopueblo@gmail.com.

FEBRUARY 2025 FINANCIAL SUMMARY

January 1, 2025 Balance	\$2881.58
Revenue	\$1439.21
Expenses	(\$1964.85)
January 31, 2025 Balance	\$2355.94
Revenue	\$2195.97
Expenses	(\$1556.41)
Operating Funds 2/1/2025	\$2995.50
Prudent Reserve	\$2500.00
Miscellaneous Fund	\$1000.00
Year to Date	Previous Year
Revenue \$18030.12	\$17576.32
Expenses \$16386.59	\$14889.54

Note: The Prudent Reserve and Miscellaneous Fund are established by The CSO Charter. The Prudent Reserve is held to support office operations for 3 months (not including literature purchases) and the Miscellaneous fund is available for emergent purchases (for example, the office has to relocate).

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FELLOWSHIP

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MAY BIRTHDAYS

VIRGINIA M - 05/02/90
WILL S (CANON) 05/04/03
ED V 05/11/98
GEORGIA M (TRINIDAD) -
05/17/24
HELEN M 05/23/84
PAULETTE C 05/28/06
BEV VC - 05/29/23
VALERIE B 05/29/98



DISTRICT 8 NEWS CONTINUED

FOUNDER'S DAY, JUNE 7TH, GREENHORN
VALLEY GROUP, RYE CO

2025 STATE CONVENTION, AUGUST 29-31,
EMBASSY SUITES LOVELAND CO

JULY 4TH PICNIC, HOSTED BY CSO, CITY PARK
PAVILLION

INTERNATIONAL AA CONVENTION, JULY 3-
6, VANCOUVER, BC

05

MAY

2025

(If I have your
sobriety date
wrong, or if you
would like your
date to be
listed, send me
a quick e-mail
at
newsletter.cso
pueblo@gmail.
com

S	M	T	W	T	F	S
					VIRGINIA BIRTHDAY	
				1	2	3
WILL S BIRTHDAY	5	6	7	8	9	10
ED V BIRTHDAY	12	13	14	15	16 HELEN M BIRTHDAY	17 GEORGIA M BIRTHDAY
11	19	20	21	22 BEV VC	23	24
18	26	27	28 PAULETTE C BIRTHDAY	29 AND VALERIE B BIRTHDAY	30	31
25						

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