



November 2025

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



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

Notable Dates

- Nov. 5 CSO Steering Committee Meeting, 6:00 pm at CSO, 4035A Club Manor Dr.
- Nov. 8 District 8 Meeting, 10:30 am at Rawling Library, 100 E Abriendo
- Nov. 14 - 16 Southwest Regional Forum - Marriott Albuquerque, ABQ, NM.
- Nov. 14 - 16 OIAA 2nd Online International Convention.
- Nov. 21 - 23 Area 10 Winter Assembly, Chamonix Casino and Hotel, Cripple Creek

Exploring Prayer and Meditation

Understanding the Power and Practice of Inner Reflection
By: Pat B., Your Friend and Sister in Sobriety

Prayer and meditation are ancient practices that have played a significant role in the spiritual, emotional, and mental well-being of people across cultures and religions for centuries. Although they may appear similar on the surface, each offers a unique path to inner peace, connection, and self-understanding. The essence of AA's Step 11 involves seeking to improve or bring into practice making conscious contact with a higher power through prayer and meditation. What are prayer and meditation, and how do I practice them? This article explores the definitions, types, benefits, differences, and practical approaches to both prayer and meditation.

What Is Prayer?

Prayer is commonly understood as a form of communication with a higher power, or the divine. It is often rooted in religious traditions and can take many forms, including spoken words, silent contemplation, chants, or written expressions. People pray for guidance, gratitude, forgiveness, blessings, or simply to express their innermost thoughts and feelings.

Prayer is deeply personal and can be performed individually or collectively. It often involves a sense of faith, hope, and trust. For many, prayer serves as a source of comfort, strength, and clarity during difficult times. Prayers are offered for others for the same reasons.

Types of Prayer

- Adoration: This type of prayer focuses on praising and worshiping the divine, expressing awe and reverence.
- Confession: In confession, individuals acknowledge their mistakes or shortcomings and seek forgiveness or cleansing.
- Thanksgiving: Prayers of gratitude, where one expresses thanks for blessings, answered prayers, or the goodness in life.
- Supplication (Petition): These prayers involve making requests, whether for oneself or on behalf of others, asking for guidance, strength, healing, or help.
- Intercession: Prayers offered for the benefit of others, asking for divine intervention or blessings on their behalf.
- Contemplative Prayer: A silent or meditative form of prayer that emphasizes being present with the divine without words, focusing on inner stillness and spiritual connection.

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TOP SHELF, CONTINUED



HOW DOES AA AS A WHOLE WORK?

IF YOU HAVE ANY INFORMATION ON UPCOMING AA EVENTS, PLEASE CONTACT THE CENTRAL OFFICE AND PROVIDE US WITH A FLYER (IF AVAILABLE) AND WE WILL HELP GET THE WORD OUT. FOR FLYERS, PLEASE REMOVE ANY PERSONAL INFORMATION AS WE WILL NOT BE ABLE TO POST ANYTHING WITH PERSONAL INFORMATION ON OUR WEBSITE TO PROTECT PERSONAL ANONYMITY.

Congratulations to Wayne C on October's trivia answer:

Which member of Alcoholics Anonymous did Edward R. Murrow place on his list of 10 greatest Americans of the 1950s?

Answer: Marty Mann

As one of the first women to achieve long-term sobriety in Alcoholics Anonymous (AA), she dedicated her life to educating others that alcoholism is a public health issue, not a moral failing. In 1944, she founded the National Committee for Education on Alcoholism (now the National Council on Alcoholism and Drug Dependence), spreading the message that alcoholism is a disease, those affected are worth helping, and it is a public responsibility to do so.

THIS WILL BE OUR LAST TRIVIA QUESTION. THANKS FOR PLAYING!

A REGIONAL FORUM IS AN EVENT WHERE MEMBERS OF THE AAWS STAFF, BOARD MEMBERS, AND REPRESENTATIVES OF THE AA GRAPEVINE GO OUT TO A REGION (A REGION IS THE GROUP OF AREAS IN A GEOGRAPHICAL AREA. THE SOUTHWEST REGION COVERS THE STATES OF COLORADO, NEW MEXICO, KANSAS, OKLAHOMA, TEXAS, MISSOURI, AND ARKANSAS. THE FORUM HAPPENS EVERY OTHER YEAR AND IS IN A DIFFERENT LOCATION EACH TIME. THIS YEAR THE REGIONAL FORUM WILL BE CLOSE BY SO EVERYONE HAS THE OPPORTUNITY TO ATTEND AND FIND OUT HOW AA WORKS FROM THE PEOPLE WHO SERVE US ON THE NATIONAL LEVEL. IT WILL BE FROM NOVEMBER 14 – 16 IN ALBUQUERQUE, NM. FOR MORE INFORMATION CHECK OUT [AA.ORG/EVENT/2025-SOUTHWEST-REGIONAL-FORUM](https://aa.org/event/2025-southwest-regional-forum).

ON THE SAME TOPIC, AA PRODUCES A SET OF GUIDELINES THAT COVER MANY TOPICS IN AA, INCLUDING THE INTERNET, INTERGROUPS AND CENTRAL OFFICES, RELATIONSHIPS WITH CLUBS AND AL-ANON, AND MANY OTHERS. THEY ARE NOT RULES, BUT THEY PROVIDE GUIDANCE ON THESE TOPICS BASED ON THE EXPERIENCE OF AA. THE CENTRAL OFFICE WILL PROVIDE A SET OF GUIDELINES TO ANY GROUP WHO WANTS ONE, FREE OF CHARGE. CONTACT THE CSO FOR MORE INFORMATION.





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CSO NEWS

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What Is Meditation?

Meditation involves focusing the mind to achieve a state of relaxation, clarity, and heightened awareness. Unlike prayer, which often involves addressing an external presence, meditation is typically an inward journey. It can be secular or spiritual and is found in many traditions, including Buddhism, Hinduism, Christianity, and more. Common forms of meditation include mindfulness meditation, guided imagery, transcendental meditation, and loving-kindness meditation. The main goal is to quiet the mind, observe thoughts without judgment, and foster a sense of inner calm. It is also referred to as a practice.

Types of Meditation

- **Mindfulness Meditation:** Practitioners focus on the present moment, observing thoughts, sensations, and emotions without judgment. This practice cultivates awareness and acceptance.
- **Concentration Meditation:** Involves focusing attention on a single object, sound, mantra, or the breath, training the mind to remain focused and minimize distractions.
- **Transcendental Meditation:** A structured technique using a specific mantra, practiced for 15-20 minutes twice daily, aiming to transcend ordinary thought and reach deep relaxation.
- **Loving-Kindness Meditation (Metta):** Focuses on generating feelings of compassion and goodwill towards oneself and others, often repeating specific phrases or intentions.
- **Guided Meditation:** Led by a teacher or recording, participants are guided through visualizations or scenarios designed to promote relaxation, healing, or personal growth.
- **Movement Meditation:** Practices such as yoga, tai chi, or walking meditation that combine physical movement with mindful attention, fostering harmony between body and mind.
- **Body Scan Meditation:** Involves bringing awareness to different parts of the body in sequence, often used for relaxation and stress reduction.
- **Kundalini, Laughing, Dancing, Walking, Playing Sports and other activity-based Meditations:** These practices use activities such as shaking, laughing, dancing, walking, or playing sports to encourage participants to focus on the present moment without engaging with their thoughts. Purely experiencing. "The Legend of Bagger Vance" is a great movie that illustrates being in the no-mind or egoless space while the lead character plays golf as suggested by his caddy.

How to Practice Prayer and Meditation

Prayer: Find a quiet place, set an intention, and speak or think your prayer. You may choose a traditional prayer, spontaneous words, or simply sit in silent communion. Consistency and sincerity are key.

Meditation: Sit comfortably, close your eyes, and focus on your breath or a chosen mantra. When thoughts arise, acknowledge them and gently return your attention. Start with a few minutes daily and gradually increase the duration.

Numerous individuals have conveyed to me their concerns about not practicing meditation correctly, or that certain techniques are ineffective for them. As in all things in which you practice, either give it time or try another method. In seeking to improve anything, we must be gentle with ourselves and acknowledge our efforts or non-efforts at going with the flow and trusting.

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



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FINANCIAL

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OCTOBER 2025 CSO FINANCIAL SUMMARY

August 1, 2025, Balance	\$1,190.68
Revenue	\$496.62
Expenses	(\$711.41)
August 31, 2025, Balance	\$975.89
Revenue	\$1,471.89
Expenses	(\$1,507.57)
Operating Funds 10/1/2025	\$940.21
Prudent Reserve	\$2,500.00
Miscellaneous Fund	\$1,000.00

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 must relocate).