



April 2026

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

- May 6 CSO Steering Committee Meeting, 6:00 pm at CSO, 4035 A Club Manor Dr. and on Zoom.
- May 9 District 8 Meeting, 10:30 am at Rawlings Library 100 E Abriendo Ave. and on Zoom.
- Jun 3 CSO Steering Committee Meeting, 6:00 pm at CSO, 4035 A Club Manor Dr. and on Zoom.
- Jun 13 District 8 Meeting, 10:30 am at Rawlings Library 100 E Abriendo Ave. and on Zoom.
- Jun 3 CSO Steering Committee Meeting, 6:00 pm at CSO, 4035 A Club Manor Dr. and on Zoom.
- Jul 4 CSO 4th of July Picnic, Pueblo City Park, Pavilion next to Zoo.

The Heartbreak of Relapse and the Miracle of Recovery

Jacky H

I once told a therapist I had that I'm the Queen of Relapse. After several times of hearing this, she said that she is taking the title away from me. But nothing I learned from many inpatient and outpatient recovery treatments ever sunk in. As we all know, when we're ready, we're ready and no amount of tears or frustration from well-meaning family, friends, or counselors can MAKE us want to stay sober.

For the last 35 years, before I finally surrendered five years ago, I tap danced around AA, never really getting involved and refusing to work the steps or get a sponsor. I went through many different sponsors and thankfully, I have remained friends with them all. King Alcohol had such a grip on me, I would go straight to the liquor store after getting a 60-day sobriety medallion. I tried living at the homeless mission at night and hanging around at the Alano Club during the day, just so I wouldn't be around other practicing alcoholics. I actually got a year using this method. However, I still wanted to do things "my way". Many of the ladies at the shelter were on ankle bracelets and were required to be there. They couldn't believe I would stay there if I didn't have to! My probation officer was right across the street, and she said I did better living there than I had before.

When I read Chapter 3 in the Big Book, "More About Alcoholism", I realized I had proven every statement in the first two pages. I was desperate to control my drinking. I stayed sober for brief periods always followed by a still worse relapse, leaving me more sick, closer to death, and more depressed than ever. I not only did not get to start over drinking where I left off, but my disease progressed during intervals of sobriety.

I was dying to get sober, but I kept drinking against my own will!! Hospitals, institutions and near death were not enough for me to stop drinking. Once when I was in the hospital for about the 5th time, I was so shaky and debilitated that I had to use a walker. I remember the nurse telling me that if I didn't quit drinking, I was going to stay that way. But I would get out and drink again. When I was asked to resign from a very good job as a healthcare professional, instead of feeling sad, I was relieved and excited that I could now drink full time!! I even cashed in my 401 K for half of its worth, just so I could keep drinking or doing any mind-altering substance I could get my hands on.



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TOP SHELF, CONTINUED



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.

cntd.

Meanwhile, I was crushing the soul of everyone around me, including my children, family and friends, all the while believing that I wasn't hurting anyone and that everyone should just LEAVE ME ALONE! Finally, 5 years ago, I was halfway trying to get sober again but decided to visit an old flame because I wanted to "see his new apartment". This relationship had always been very destructive for both of us, but all I wanted was someone to drink with. That night, I fell while drinking and shattered my femur. This was the two by four across the side of the head or leg, that I needed in order to make a change. This was my gift of desperation from my God. When the doctors and nurses at the hospital asked me if someone had hurt me, I said, "No, it was God." They began to understand what I meant by that and even asked me to explain it to their coworkers.

I reached out to a sponsor from the past who had told me she couldn't keep working with me because she couldn't watch me die. I had always greatly admired her spirituality and asked her to please just help me get through these steps!! As always, she said she would pray about it and get back to me. The next day, I was relieved to hear, "Of course I will help you, Jacky. This is not your first rodeo!" And so I began to face everything about myself that I was hiding from.

When I got one year sober, a friend in the program said, "Gee, if you break your other leg, maybe you'll get two years!" I had to laugh at that because I was already starting to feel more lighthearted. Then, at two years sober, I received a scary medical diagnosis and then another one at three years sober. All the drinking had caught up to me. I will never forget the morning I stood on my little deck of my apartment looking at the beautiful full moon as I prayed, "Dear God, please help me stay alive. I have a lot of work to do!" I immediately felt an invisible shield cover me and I knew God was there and protecting me. The feeling has never left but I do have to stay in fit spiritual condition by working the steps on a regular basis.

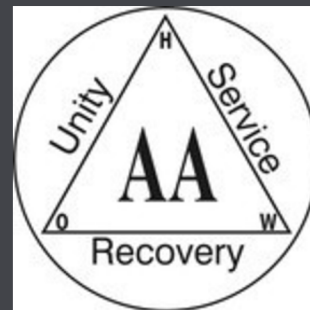
I am no longer the Queen of Relapse. I am just a lowly drunk trying to help other alcoholics and I've never been happier in my life. That's why at meetings I say, "Hi, I'm Jacky and I'm a miracle." And my fellow alcoholics understand just what I'm talking about.



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FINANCIAL

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FY 2024 & 2025 Financial Report

The CSO fiscal year is April 1 until March 31 of the following year

Fiscal year 2024 Summary

April 1, 2024 Balance		\$4845.50
Revenue		
Contributions	\$ 12,536.17	
Sales	\$ 5776.30	
Taxes Collected	\$ 438.97	
Total	\$ 18,751.44	
Expenses		
Operating Expenses	\$ 12,841.48	
Cost of goods sold	\$ 4141.01	
Taxes paid	\$ 532.35	
Total	\$ 17,514.84	
March 31, 2025 Balance		\$ 6082.10

Fiscal Year 2025 Summary

April 1, 2025 Balance \$6082.10

Revenue		
Contributions	\$ 9875.86	
Sales	\$ 4563.80	
Taxes Collected	\$ 346.84	
Total	\$ 14,786.50	
Expenses		
Operating Expenses	\$ 12,953.71	
Cost of goods sold	\$ 3802.75	
Taxes paid	\$ 485.13	
Total	\$ 17,241.59	
March 31, 2026 Balance		\$3627.01



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Fiscal Year 2025 Summary (cont)

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 emergency purchases (for example, the office must relocate or office equipment fails).

- 1. Last year's revenue was \$18,751.44 this year it is \$14,785.50. We took in \$3,964.94 less than last year. We spent \$273.25 less than last year.**
- 2. Our contributions were \$2,660.31 less than last year.**
- 3. The minimum cost to keep the office open is about \$700.00 a month. That varies based on the cost of the answering service. On top of this we have other expenses such as insurance, cost of hosting our websites, cost of software, Office supplies, and the cost of sponsoring activities.**
- 4. Our prudent reserve is \$2,500, based on covering necessary expenses for 3 months. We are 2 weeks into the new fiscal year, and we are already \$619.94 into our prudent reserve, because we had to buy books.**
- 5. Our literature sales are self-supporting. We buy literature to replace what we sell.**
- 6. We provide detailed accounting at the CSO monthly business meeting. If you would like to review the details, send a representative to the meeting or come by the office when I am here.**

**Yours in Love and Service,
Kevin**