

May 2024

# 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  
CSOpueblo@gmail.com/www.puebloaa.org



## SERVICE WORK HELPS TO KEEP US SOBER

If nobody was doing any service work, the Alcoholics Anonymous program would simply cease to exist. Without the service work of those who came before us, none of us would be here now!

### Service Work In Recovery

One of the more common sayings you will hear at an Anonymous meeting is that, “you have to give it away in order to keep it”. What this is referring to is the idea that service in recovery can help the giver as much as the receiver. This giving should not be done in the hope of a reward or praise. Instead the individual does it because they know that it is helping to keep them connected. Numerous studies have provided evidence that helping others in recovery provides great benefit to the helper.

### Service in Recovery Defined

Service in recovery refers to work carried out for no financial reward or compensation. This may involve directly helping somebody else, or indirectly helping them by providing services. Some individual do go on to make a career out of helping others, but this is no longer considered service if they receive payment.

### The Importance of Service in Alcoholics Anonymous

Groups like Alcoholics Anonymous could not function without the voluntary services provided by members. All these meetings around the world are organized and maintained by volunteers. There is usually a collection at the end of each meeting, but (in the spirit of the seventh tradition) this money is used to pay for rent, coffee, donuts, literature, and other overheads. Almost every person at these meetings will provide some type of service, even if it is just sharing a bit of their story, or preparing the coffee.



## Other types of service in recovery

There is no need for the individual to be a member of a particular A.A. group in order for them to become involved in service. There are plenty of official and unofficial ways that those in recovery can help others. Such work is highly rewarding, and it can strengthen the commitment of the individual to their own recovery.

### Types of Service in Recovery

Anything that directly or indirectly helps others in recovery could be considered service. Examples of this type of work include:

- Sponsorship
- Intergroup Representative
- General Service Representative
- Volunteering to work with homeless AAs
- Visiting AAs in prison
- Making coffee or tea at a AA meeting
- Chairing or moderating at a A.A. meeting
- Giving out coins / tokens/ chips.
- Meeting set-up or clean-up
- Welcoming newcomers to recovery meetings
- Being supportive of those who are struggling in recovery
- Taking an official service role within a recovery group, for example treasurer or secretary
- Making time to speak to people who are obviously struggling with problems
- Those individuals who do not hide their past can prove inspirational for those who are dealing with this type of problem.

### The Benefits of Service in Recovery

Service in recovery benefits both the giver and receiver. In a lot of instances it will actually be the giver who ends up benefiting the most. Such benefits include:

- Those people who devote some time to helping others are less likely to suffer with depression.
- Helping others with problems reminds the individual of where they have come from. This will keep the pain of dysfunction fresh in their minds so that they never forget it. This should keep them committed to the recovery path.
- The giver will feel that they are giving back and this will increase their confidence and self-esteem.
- Helping others takes the focus off the individual. This is important because a lot of problems in the recovering A.A.'s life will be due to self absorption.
- Providing service ensures that groups such as A.A. stay in business. If nobody volunteers their time these groups will disappear.

REPRINTED FROM WITH PERMISSION FROM NEWS – A.A. NEWS – TOLEDO, OH

To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends--this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives (Big book of Alcoholics Anonymous, pg 89).

# Opportunities for Service



**The District 8 Public Information Committee is looking for individuals to man a booth for an hour or two at this year's Cinco de Mayo event at Ray Aguilar Park. If interested please email [pi.aa.d8.a10@gmail.com](mailto:pi.aa.d8.a10@gmail.com)**

## **Pueblo State Convention Volunteers**

**We currently have openings to volunteer at the State Convention that is being held in Pueblo in August. We need volunteers to be on the following committees:**

**Solutions Committee with Drew F to help set up signs and run solutions committee**

**Display Committee - Ann B to help set up and tear down decorations**

**Coffee Committee with Billy B to help man the coffee table and take tickets for coffee**

**Registration Committee with Kevin W to help get people signed up at the convention**


**Program Committee with Christine R. to ensure that the program runs as planned OR**

**If you are willing to help out wherever needed please contact Jessica S @ [meridiancounseling@yahoo.com](mailto:meridiancounseling@yahoo.com) with you name, phone number, e-mail and where you would like to volunteer.**

**The Great Escape is looking for a GSR. If you are interested and have two years of sobriety please attend their business meeting which is held the Second Sunday at 1:15. The Next meeting is May 12th. The address is: 1332 E 20th St. Pueblo, CO 81001**

**If you have service work opportunities please contact me by the 21st of the month and I will announce them in the Newsletter**

# FELLOWSHIP



BOWLING EVERY THURSDAY  
NIGHT AT MIDTOWN  
SHOPPING CENTER. 9PM-  
MIDNIGHT. COST IS 12.00PP



DANCING IN SOBRIETY  
3 POINT CLUB  
EVERY SUNDAY FROM 3-4PM  
\$10.00 PER PERSON  
719-5302 ROSE AND SAM

Summer Jam  
July 13th  
Great Escape  
7-?? with DJ

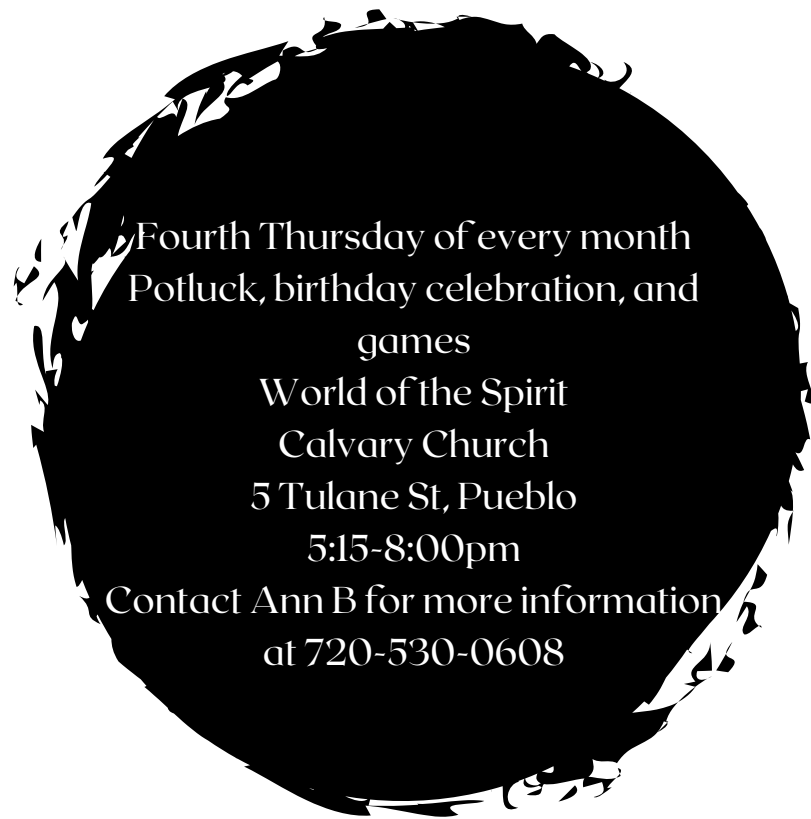
CSO monthly business meeting  
1st Wednesday of every month  
6pm  
CSO office



There is always a puzzle people are working on at  
the 3 Points Club. Come get a cup of joe and help  
put it together



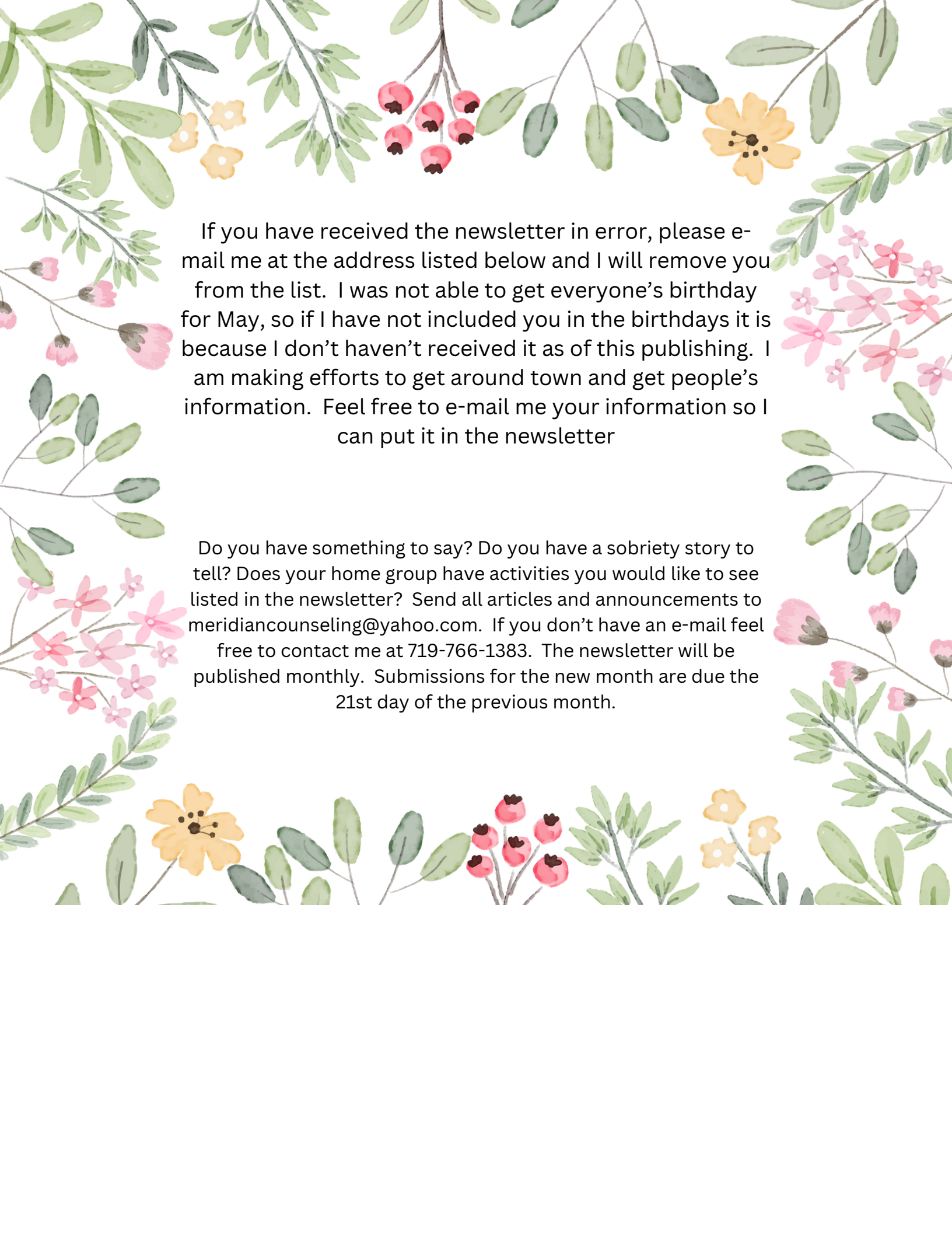
May Birthday's  
Craig T - 04/21/2012  
Helen M - 05/23/1984  
Paulette - 05/28/2006  
Valerie B - 05/29/1988



Use This QR code to donate money directly to the  
Southern Colorado CSO







If you have received the newsletter in error, please e-mail me at the address listed below and I will remove you from the list. I was not able to get everyone's birthday for May, so if I have not included you in the birthdays it is because I haven't received it as of this publishing. I am making efforts to get around town and get people's information. Feel free to e-mail me your information so I can put it in the newsletter

Do you have something to say? Do you have a sobriety story to tell? Does your home group have activities you would like to see listed in the newsletter? Send all articles and announcements to [meridiancounseling@yahoo.com](mailto:meridiancounseling@yahoo.com). If you don't have an e-mail feel free to contact me at 719-766-1383. The newsletter will be published monthly. Submissions for the new month are due the 21st day of the previous month.