



CENTRAL SERVICE OFFICE

OCTOBER 2017 NEWSLETTER



MEETING INFO

AA BIRTHDAYS

AA-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

NEW MEETINGS

(See enclosed flyers for details.)

"LIFE'S A BEACH"

Tuesday, 7:30 PM, MX-C, Harbor Point Yacht Club,
Octagon Clubhouse, #1 Jamie Circle, West Alton,
MO 63386

LIVING SOBER

Thursday, 7:00 AM, MX-C-NS, Lindell Club
(Sunroom), 4522 Lindell, 63108

NEEDS SUPPORT

GROUP #251

Wednesday, 7:00 PM, MX-C-NS, St. Peter's
Episcopal, 110 N. Warson Road, 63124

GROUP #284

Tuesday, 7:00 PM, MX-C-NS, Bonhomme
Presbyterian Church, 14820 Conway Road, Room
#2106, 63017

MOVED

GROUP #918

South City Recovery AA Group-Newcomer, Monday,
8:00 PM, New Location: Harris House (Lower Level
Meeting Room), 8315 South Broadway, 63111

GROUP #419

Tuesday, New Time: 7:00 PM, MX-C-NS,
New Location: Christ Church (Library), 2200
Bellevue, 63143

DAY CHANGE

GROUP #1065

New Day: Tuesday, 6:00 PM, MX-O-NS, ST. Luke
the Evangelist, 63117

BABYSITTING

GROUP #792

Monday, 7:00 PM, F-C-NS, Christ Church, 7126
Bruno, 63143

KEY:

- O - Open Meeting (Everyone is welcome; however, only alcoholics participate.)
- C - Closed Meeting (Alcoholics only—i.e., individuals who have a desire to stop drinking.)
- M—Male; F—Female; MX—Male & Female

"...if we remember that our job is to get sober and to stay sober and to help our less fortunate brother do the same thing, then we shall continue to grow and thrive and prosper."

Dr. Bob

**** C E L E B R A T E ****

*The Oldest, Continuous A.A. Banquet
In The World
77th Annual*

Central Service Office Alano Banquet

When: Saturday

November 18, 2017

Social Hour: 6:00 P M

Banquet: 7:00 P M

(Buffet Dinner)

Alano Ball: 9:30 P M

Where: Orlando Event Center

2050 Dorsett Village

Maryland Heights, MO

Featuring: Ralph W., Los Angeles

Tickets-\$35.00 Each

10 Chairs per Table

Scholarships Available

Tickets on sale NOW at

Central Service Office (Sells out fast!)

For Information Contact:

Central Service Office

(314) 647-3677



CENTRAL SERVICE OFFICE

#14 Sunnen Drive . Suite 144 . Maplewood, MO 63143 . 314-647-3677 . www.aastl.org . email: alano@aastl.org

Birthdays celebrated are 30 Days, 6 Months and Years thereafter. Please call birthdays in to the office after they have been celebrated. Thank You! (314) 647-3677



GROUP #43

Nick H. 13 Years!
 Mike O. 14 Years!
 Larry C. 21 Years!!
 Jerry V. 22 Years!!
 Jim H. 36 Years!!!
 Lee L. 37 Years!!!
 John B. 43 Years!!!!

GROUP #86

Steve B. 8 Years
 Mike H. 28 Years!!

GROUP #144

Katrina 6 Months
 Mary K. 3 Years
 Kathy B. 31 Years!!!

GROUP #166

Betsy L. 5 Years
 Sharron S. 5 Years
 Leslie P. 6 Years
 Becky D. 12 Years!
 Dana S. 37 Years!!!

GROUP #195

Don W. 11 Years!
 Allen T. 22 Years!!
 Larry B. 24 Years!!

GROUP #220

Margo G. 24 Years!!

GROUP #226

Russ J. 27 Years!!
 Bill S. 29 Years!!

GROUP #228

Mike V. 1 Year
 Dale H. 6 Years
 Terry B. 7 Years
 Deb D. 15 Years!
 Austin J. 28 Years!!

GROUP #234

Steve B. 6 Years
 Jim K. 10 Years!
 Joe W. 20 Years!!

GROUP #297

Sam I. 19 Years!

GROUP #299

Barbara H. 41 Years!!!!

Group #319

Charlene W. 30 Years!!!
 Gene G. 36 Years!!!

GROUP #344

Samantha S. 30 Days
 Jim 2 Years
 Roger 2 Years
 Steve 3 Years
 Melissa C. 3 Years
 Leanne M. 4 Years
 Mike R. 7 Years
 Rich B. 15 Years!
 Mike F. 16 Years!
 Dick S. 19 Years!
 Sandy R. 21 Years!!
 Kevin M. 25 Years!!
 Gayle M. 26 Years!!
 Ed C. 29 Years!!
 Michael S. 31 Years!!!
 Andrea W. 32 Years!!!

GROUP #356

Bert B. 30 Days
 Mike F. 30 Days
 Mark W. 6 Months
 Mark R. 1 Year
 Vicki D. 18 Years!
 John B. 19 Years!

John S. 26 Years!!
 Chuck B. 27 Years!!

GROUP #357

Jason P. 1 Year

GROUP #365

Ron C. 1 Year

GROUP #449

Andrea 5 Years
 Elise K. 11 Years!
 Jack N. 13 Years!
 Ken C. 21 Years!!
 Rick F. 22 Years!!
 JT 26 Years!!
 Denny L. 28 Years!!

GROUP #467

Mike E. 22 Years!!
 Paul K. 34 Years!!!
 Bill F. 36 Years!!!
 John B. 43 Years!!!!

GROUP #477

Joe G. 14 Years!
 Robert M. 32 Years!!!

THINGS WE CANNOT CHANGE



Dick B.
 Group #688

He will be missed by all who knew him!

GROUP #699

Linda W. 30 Years!!!

GROUP #744

Claire F. 1 Year
 Emily W. 2 Years

Group #774

Kam M. 4 Years
 Paul C. 15 Years!

GROUP #792

Teresa M. 1 Year
 Sarah P. 1 Year
 Marci K. 2 Years
 Cassidy V. 4 Years
 Denise F. 25 Years!!
 Liz M. 25 Years!!
 Renee D. 28 Years!!
 Judy H. 28 Years!!

Thanks for sharing the miracle of your recovery with us!

TRADITION X

"Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared, "Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don't argue these matters privately, it's a cinch we never shall publicly."

Twelve Steps and Twelve Traditions, pg. 176

A.A. WORD SCRAMBLE

Words used in A.A. Big Book

1. YAD LAM _____
2. NTFIARSUTRO _____
3. GYITMH _____
4. TCNORIIRE _____

(Answers on pg. 4)

ALANO BANQUET MEMORIES...

"I went to my first Alano Banquet when I was 4 months sober. I had been off the pink cloud of new sobriety for about a month and while I was working the steps with a sponsor, I wasn't convinced my life was really going to get better. Two friends who had been sober for a while 'suggested' that I go to the banquet with them. I agreed, but only because I wasn't sure how to get out of going. I wasn't doing anything else on a Saturday night. We went to the Banquet and while I don't remember what I wore, the food or even the speaker, I do remember that I danced SOBER that night and began to feel that maybe I could have fun in sobriety and maybe things would get better.

"I have been to the banquet every year since then, and have had the opportunity to take newcomers to their first banquet. I am looking forward to this year and the chance to take someone new with me."

Jenn D.

Alano News, October 2002

**LIFE LINE**

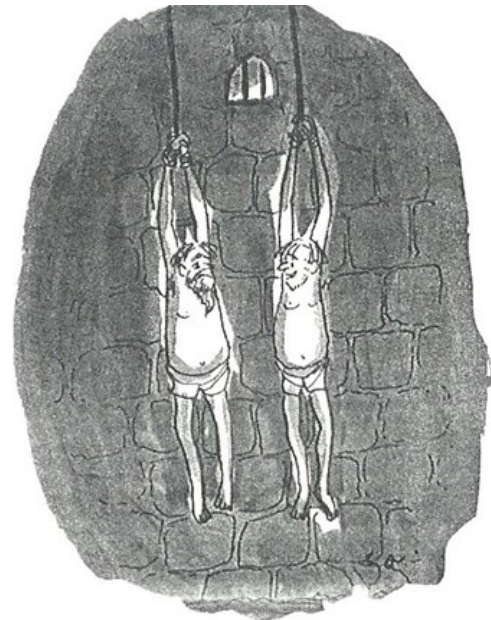
by An Anonymous Alcoholic

Watching the day-to-day drama of Hurricanes Harvey, Irma and Maria unfold, the heroism of ordinary American citizens toward those suffering is awesome. The professional first responders, police, fire departments, and National Guard are valiant. Most of us have witnessed scenes of people carrying victims on their backs through flood waters, going door-to-door in search of anyone left behind, and the outpouring of love through contributions to charities, and shelters for everyone! In times like this, people think about being of service. Beautiful! But things will eventually settle down and get back to some semblance of normalcy, which is also beautiful.

As members of Alcoholics Anonymous, we can relate to the joy of being rescued, as stated so perfectly on page 17 of the Big Book, *Alcoholics Anonymous*:

"We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from steerage to Captain's table, Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action."

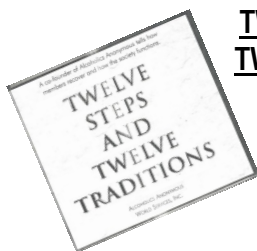


"We're sober ... it was a good day!"

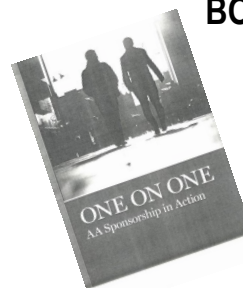
CD OF THE MONTH:**TWELVE STEPS AND
TWELVE TRADITIONS**

Audio CD

"A co-founder of Alcoholics Anonymous tells how members recover and how the society functions."

**BOOK OF THE MONTH:****ONE ON ONE**

"AA Sponsorship in Action"



AUGUST 2017 CONTRIBUTIONS TO CENTRAL SERVICES

#	AMT	#	GROUP	AMT
33	\$75.00	8	New Day	\$300.00
43	\$32.00	15	Promises Group	\$25.00
44	\$16.00	69	The Gratitude Hour	\$240.00
47	\$16.00	84	Dry Noon	\$254.31
67A	\$300.00	136	Frisco Group	\$50.00
123	\$253.50	172	Booze Busters	\$35.00
212	\$130.00	195	Cochran-Newcomer	\$50.00
234	\$175.00	200	the Group	\$100.00
254	\$75.00	201	No Excuses	\$140.00
344	\$157.37	226	The Good Times	\$52.86
394	\$100.00	253	The Group	\$76.50
403	\$274.50	267	Drop The Rock	\$225.00
409	\$56.00	319	Banana Bunch	\$130.38
442	\$240.00	332	Newcomer	\$1,000.00
449	\$375.50	448	Not Saints	\$357.57
500	\$150.00	482	Ladies Night Group	\$87.60
770	\$267.78	484	Serenity by the Lake	\$150.00
956	\$150.00	669	The Breakfast Club	\$37.00
977	\$600.00	673	Veterans group	\$25.00
1005	\$98.75	761	Saturday Night Live	\$40.00
1036	\$50.00	809	Saturday Sober Sisters	\$20.00
		812	Women in Recovery	\$73.80
		921	New Eureka Women's	\$40.50
		1016	Women's Let's Talk	\$50.00
		1027	Bottoms Up	\$65.00
		1074	Happy Joyous & Free	\$372.32
		1406	Endurance in Recovery	\$45.00
			IR Meeting	\$45.00
			Memorial	\$50.00
			Individual	\$1,000.00
			Birthday	\$36.00
TOTAL - AUGUST 2017				\$8,786.24

THANK YOU!

Office & Book Store Hours (Closed Most Holidays):

Monday-Friday: 8:30 AM-5:00 PM
 WEDNESDAY: 8:30 AM-7:00 PM
 Saturday: 9:00 AM-12 Noon
 Deadline for November Newsletter: 10/17/17
 Next newsletter mailing: 10/24/17
 Next I.R. Meeting: 10/17/17, 7:30 PM, Central Service Office



"This is what I call living... music... soft lights... romance"

UPCOMING EVENTS

(See enclosed flyers for details.)

SEPTEMBER 30-OCTOBER 1

Eastern Area of Mo. Fall Area Assembly, Double Tree by Hilton St. Louis, 16625 Swingley Ridge Road, 63017

OCTOBER 6-8

23rd Annual Bootheel Roundup, Hayti Community Center, Hayti, MO - No registration fee; free banquet!

OCTOBER 8

North County Office Unity Picnic (Pot Luck), 11 AM-5 PM, Hellebusch Park, 1149 Oak Avenue, Bridgeton, MO

OCTOBER 14

Olive Branch Gratitude Banquet, 6:00 PM, Harmony UMC Fellowship Hall, 2730 Watson Road, 63114

OCTOBER 14

3 Pillars Workshop, 11:00 AM-3:00 PM, St. Anthony's Hyland Center Great Room, 10020 Kennerly Road, 63128

OCTOBER 21

Spring Fling Convention-Trivia Night, 6:00 PM, St. Vincent DePaul Church, 1408 S. 10th Street, 63104

NOVEMBER 4

Recipes for Sobriety, -Chili Cook-off Potluck & AA Recovery Workshop, 11:00 AM-2:00 PM, St. Luke's UMC Gymnasium, 2761 Telegraph Road, 63125

NOVEMBER 4

Districts #42 & #43 AA Service Fair, 10 AM-1 PM, Speakers, Activities & Lunch, Parkway UCC. 2841 N Ballas Road, 63131

NOVEMBER 5

12 Steps BootCamp Style, 1:30 PM—6:00 PM, Central Service Office, 14 Sunnen Drive, 63143

NOVEMBER 5

Illinois Missouri 20th Annual Men's Breakfast, 9 -11:30 AM, Orlando Gardens, 2050 Dorsett Village, 63043 (Tickets must be purchased by October 13-\$22)

A.A. WORD UNSCRAMBLE (Words used in A.A. Big Book)

1. **MALADY** ("When the spiritual malady is overcome, we straighten out mentally and physically.") pg. 64
2. **FRUSTRATION** ("Joy at our release from a lifetime of frustration knew no bounds.") pg. 128-129
3. **MIGHTY** ("If you are an alcoholic, you are a mighty sick man.") pg. 147
4. **CRITERION** ("... but if our experience is a criterion, more than half of those approached will become fellows of Alcoholics Anonymous.") pg. 163