



CENTRAL SERVICE OFFICE

MAY 2018 NEWSLETTER



MEETING INFO

AA BIRTHDAYS

AA-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

NEW MEETINGS

(See enclosed flyers for details.)

GROUP #1068

Little Red Book/Big Book/Step Study, Tuesday, 5:30 PM, MX-C-NS, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

Women's 12 & 12 Study, Tuesday, 10:00 AM, F-C-NS, Ivy Chapel, 620 N. Woods Mill Road, Chesterfield, 63017

CANCELED

GROUP #443

Wednesday, 6:00 PM, St. Joseph Church, 106 N. Meramec, Clayton, 63105

GROUP #1068

Daily Reflections, Tuesday, 5:45 PM, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

NEEDS SUPPORT

GROUP #420

Monday, 6:30 PM, MX-C-NS, DeSmet High School Chapel, 233 New Ballas Road, Creve Coeur, 63141

GROUP #970

Tuesday, 7:00 AM, F-C-NS, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

MOVED

GROUP #358

Wednesday, 12 Noon, MX-C-NS,
New Location: Christ Church UCC, 2200 Bellevue Avenue, Maplewood, 63143

TIME CHANGE

GROUP #330

Thursday, MX-C-NS, Christ Church UCC, 2200 Bellevue Avenue, Maplewood, 63143

New Time: 7:00 PM

GROUP #1088

Tuesday, MX-O-NS, Transfiguration Episcopal Church, 1860 Lake St. Louis Blvd., Lake St. Louis, 63367

New Time: 7:30 PM

KEY:

C - Closed Meeting (Alcoholics only—i.e., individuals who have a desire to stop drinking.)

O - Open Meeting (Everyone is welcome; however, only alcoholics participate.)

M—Male; F—Female; MX—Male & Female

"...We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. ..." Alcoholics Anonymous, pgs. 83-84

CENTRAL SERVICE'S **3rd ANNUAL PICNIC**

Sunday, June 3, 2018
11 AM—3 PM



Deer Creek Park "Rocket Park"
3200 Laclede Station Road
Maplewood, MO 63143

Just down the street from Central Services

Meat & Drinks Provided
Bring Your Favorite Dish

AA Speaker & Al-Anon Speaker
2:00 PM

Activities for Everyone!

Carnival Games for the Kids!

Water Balloons
Balloon Animals
Washers
Volleyball
Bean Bag Toss



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 #5

Keith C. 3 Years

GROUP #26

Bruce O. 11 Years!
Tom P. 44 Years!!!!

GROUP #166

Lulu 2 Years
Krystal H. 8 Years
George 26 Years!!

GROUP #226

Rose J. 4 Years
Jerry K. 32 Years!!!

GROUP #234

Colin 1 Year

GROUP #254

Carolyn L. 30 Years!!!

Group #297

Elliott K. 8 Years
Bob W. 22 Years!!

GROUP #319

Chris J. 33 Years!!!
Lyle H. 40 Years!!!!

GROUP #358

Heidi G. 11 Years!

Rose D. 17 Years!

GROUP #365

Angel P. 22 Years!!

GROUP #393

John 1 Year
Cathy B. 26 Years!!

GROUP #449

Jeff W. 10 Years!
Dave A. 12 Years!
Lisa I. 24 Years!!
Mary Gene D. 33 Years!!!

GROUP #471

Marybel C. 41 Years!!!!

GROUP #476

Tammy S. 30 Days
Nancy C. 15 Years!
Carol B. 33 Years!!!

GROUP #774

Dave S. 5 Years
Gary G. 7 Years
Tim SC. 15 Years!
Tim S. 19 Years!
Jack Z. 21 Years!!
Tim B. 30 Years!!!

GROUP #812

Diane 7 Years
Michelle S. 9 Years
Peg D. 25 Years!!

GROUP #983

Patty K. 24 Years!!

Thanks for sharing the miracle of your recovery with us!

Q.: How can you tell the difference between a sponsor and a therapist?

A.: The only time a sponsor uses the word 'closure' is before the word 'mouth.' "

*Andrew D., May 2001
A Rabbit Walks Into a Bar*

We honor and thank all of our Veterans for their dedication and service!



"Although financial recovery is on the way for many of us, we found that we could not place money first. For us, material well-being always followed spiritual progress; it never preceded."

Alcoholics Anonymous pg. 127

THINGS WE CANNOT CHANGE



Jeff R.
Group #357

He will be missed by who knew him!

SINGLENES OF PURPOSE

"Sobriety—freedom from alcohol—through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that there is no possible way to make nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."

*Problems Other Than Alcohol
By Bill W.*



A.A. WORD SCRAMBLE

Words used in A.A. Big Book

1. BEUTSL _____
2. OCNNDTEAI _____
3. YERAW _____
4. SCRI AELM _____

(Answers on pg. 4)

LIFELINE

**“14 WAYS TO BE A WINNER**

1. Compliment 3 people every day.
2. Watch a sunrise at least once a year.
3. Be the first to say hello.
4. Live beneath your means.
5. Treat everyone like you want to be treated.
6. Never give up on anyone; miracles happen.
7. Never deprive anyone of hope; it may be all they have.
8. Pray not for things; but for wisdom and courage.
9. Be tough minded, but tenderhearted.
10. Be kinder than necessary.
11. Keep your promises.
12. Learn to show cheerfulness even when you don't feel it.
13. Remember that overnight success usually takes about 15 years.
14. Never waste an opportunity to tell someone you love them.”

Alano News, May 2001

DISTINGUISHED HONOR FOR AA

“... And speaking of another ‘first,’ St. Louis was signally honored by a telegram received from President Eisenhower at Kiel Auditorium during the Twentieth Anniversary Convention July 4, 1955. It read as follows:

‘Please convey to all who participate in your Twentieth Anniversary Gathering my good wishes for a successful meeting. Your society’s record of growth and service is an inspiration to those who through research, perseverance, and faith, move forward to the solution of many serious personal and public health problems.’

Dwight D. Eisenhower”

Alano News, May 2002

Excerpts from:**A.A. TRADITION HOW IT DEVELOPED**

BY BILL W.

“FOREWORD

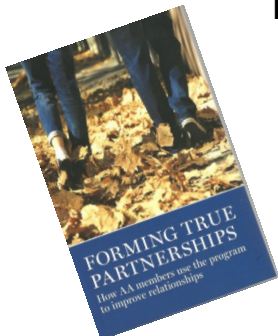
By Bill W.—1955—*

How shall we A.A.’s best preserve our unity? That is the subject of this booklet.

When an alcoholic applies the Twelve Steps of our recovery program to his personal life, his *disintegration* stops and his *unification* begins. The Power which now holds him together in one piece overcomes those forces which had rent him apart.

Exactly the same principle applies to each A.A. group and to Alcoholics Anonymous as a whole. So long as the ties which bind us together prove far stronger than those forces which would divide us if they could, all will be well. We shall be secure as a movement; our essential unity will remain a certainty. ...

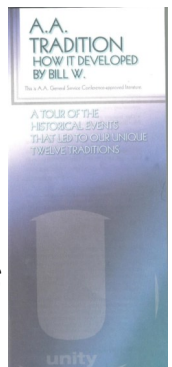
*Originally published in *The A.A. Grapevine*.”

BOOK OF THE MONTH:**FORMING TRUE PARTNERSHIPS**

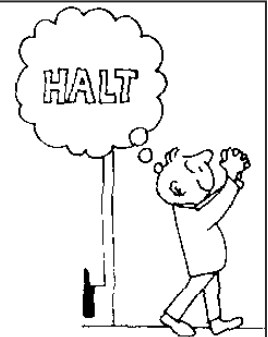
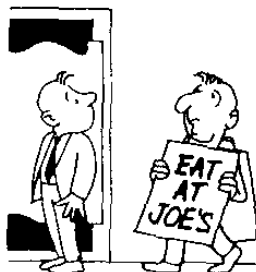
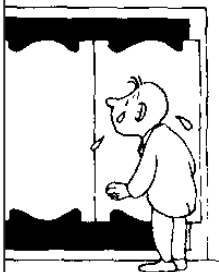
“How AA members use the program to improve relationships”

PAMPHLET OF THE MONTH:**A.A. TRADITION
HOW IT DEVELOPED
BY BILL W.**

A TOUR OF THE HISTORICAL EVENTS
THAT LED TO OUR UNIQUE
TWELVE TRADITIONS (P-17)



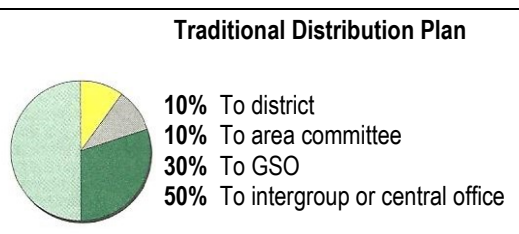
Victor E.



| MARCH 2018 CONTRIBUTIONS TO CENTRAL SERVICES | | | | |
|--|----------|------|------------------------|-------------------|
| # | AMT | # | GROUP | AMT |
| 52 | \$150.00 | 8 | New Day | \$700.00 |
| 123 | \$250.00 | 15 | Promises Group | \$25.00 |
| 126 | \$100.00 | 61 | Newcomer | \$200.00 |
| 138 | \$50.00 | 84 | Dry Noon Group | \$92.48 |
| 161 | \$53.00 | 89 | Shipwreck Group | \$92.48 |
| 238 | \$100.00 | 107 | Gold Cup | \$75.00 |
| 248 | \$61.00 | 120 | Sunlight of the Spirit | \$50.00 |
| 254 | \$50.00 | 121 | Early Ducks | \$756.98 |
| 257 | \$100.00 | 136 | Frisco Group | \$50.00 |
| 306 | \$157.50 | 142 | Bedrock Group | \$230.00 |
| 344 | \$179.53 | 195 | Cochran - Newcomer | \$30.00 |
| 376 | \$300.00 | 223 | Grupo Unidad Hispana | \$75.00 |
| 500 | \$200.00 | 253 | The Group | \$150.00 |
| 814 | \$50.00 | 307 | Rancho Mirage | \$176.00 |
| 977 | \$745.00 | 383 | Daybreakers | \$149.75 |
| 999 | \$93.00 | 448 | Not Saints | \$129.30 |
| 1005 | \$79.00 | 456 | Gateway to Freedom | \$75.00 |
| | | 460 | Baden | \$10.00 |
| | | 467 | Serenity Unlimited | \$250.00 |
| | | 471 | Wednesday Winners | \$95.63 |
| | | 505 | Men's Feelings | \$200.00 |
| | | 582 | Noon-Timers | \$221.86 |
| | | 600 | Classic Club | \$250.00 |
| | | 601 | Kirkwood Step | \$500.00 |
| | | 669 | The Breakfast Club | \$164.02 |
| | | 699 | Sisters of Sobriety | \$100.00 |
| | | 774 | The 905 Group | \$209.69 |
| | | 809 | Saturday Sober Sisters | \$20.00 |
| | | 948 | Not a Glum Lot | \$140.00 |
| | | 964 | Tools of Recovery | \$40.00 |
| | | 1016 | Women's Let's Talk | \$50.00 |
| | | 1091 | 11th Step | \$100.50 |
| | | | Friday AM Big Book | \$227.75 |
| | | | Lucky Boys | \$250.00 |
| | | | Birthday | \$31.00 |
| | | | Birthday | \$149.75 |
| | | | Memorial | \$50.00 |
| | | | Memorial | \$50.00 |
| | | | Memorial | \$100.00 |
| | | | Memorial | \$375.00 |
| | | | Individual | \$10.00 |
| | | | Individual | \$15.50 |
| | | | Individual | \$25.00 |
| | | | Individual | \$380.00 |
| TOTAL - MARCH 2018 | | | | \$9,790.72 |

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

Thank You!



-OR- Customize your contribution according to your Group Conscience.

UPCOMING EVENTS

(See flyers for details.)

MAY 6

34th Annual Women's Luncheon, 11:30 AM, Orlando's Event Center, 2050 Dorsett Village Plaza, Maryland Heights, 63043

MAY 6

Wang Dang Doodle, 11:00 AM, Tilles Park-Skow Shelter, 9551 Litzsinger Road @ McKnight, Brentwood, 63144, Tickets \$25 on sale at Central Service Office

MAY 12

Group #792, Meditation Workshop, 1:00-3:00 PM, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

MAY 19

Archives Workshop, 1:30-3:30 PM, North County Intergroup Office, 7922 North Lindbergh Blvd., Hazelwood, 63142

MAY 19

North County Office Unity Picnic, Noon-5:00 PM, Bangert Park, Pavilion by tank, 275 New Florissant Road, Florissant, 63031

JUNE 8, 9, 10

Friends of Bill W. Float Trip, Bass River Resort, Steelville, MO

JUNE 10

Pacific Facility Spring Fling Picnic, 12:00 PM, Speaker 3:30 PM, Pacific Park Back Pavilion, Pacific, 63069

JUNE 22, 23, 24

25th Annual Women in Recovery Float & Camp Trip, Riverview Ranch, Bourbon, MO, Register by June 8

JUNE 29, 30, July 1

Road to Detroit, Conference designed to build awareness for 2020 International Convention in Detroit, MI, Greensfelder Recreation Complex, 550 Weidman Road, Ballwin, 63011

AUGUST 31, SEPTEMBER 1-2

Fall Classic, Airport Hilton, 10330 Natural Bridge Road, St. Louis, 63134

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

- 1. SUBTLE** ("...for alcohol is a subtle foe." pg. 85)
- 2. CONTAINED** ("However, he did become 'sold' on the ideas contained in this book. He has not had a drink for a great many years.") pg. xxxii
- 3. WEARY** ("Maybe the doctor has been called in, and the weary round of sanitariums and hospitals has begun.") pg. 110
- 4. MIRACLES** ("They had seen miracles, and one was to come to them." pg. 161)

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 June 2018 Newsletter: 5/15/18

Next newsletter mailing: 5/22/18

Next I.R. Meeting: 5/15/18, 7:30 PM, Central Service Office