



CENTRAL SERVICE OFFICE

SEPTEMBER 2018 NEWSLETTER



MEETING INFO AA BIRTHDAYS AA-RELATED ARTICLES CONTRIBUTIONS UPCOMING EVENTS

NEW MEETINGS

(See enclosed flyers for details.)

ONE CHAPTER AT A TIME

Saturday, 6:00 PM, MX-C-NS, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

GOD AS WE UNDETSTAND HIM

Thursday, 6:30 PM, MX-O-NS, St. Joachim and Ann Care Center, 4116 McClay Road, St. Charles, 63304

NORTH COUNTY OFFICE NEWCOMER'S MEETING

Tuesday, 8:00 PM, MX-O-NS, North County Office, 7222 N. Lindbergh Blvd, Hazelwood, 63042

CANCELED

GROUP #749

Thursday, 6:00 PM, MX-C-NS, St. Peter's Church, 20 West 5th Street, Washington, MO 63090

NEEDS SUPPORT

GROUP #560

Newcomer Meeting, Tuesday, 8:00 PM, MX-O-NS, North County Office, 7222 North Lindbergh, Hazelwood, 63042

GROUP #686

Sunday, 7:00 PM, MX-O-NS, Babysitting, Church of the Holy Communion, 7401 Delmar, University City, 63130

MOVED

GROUP #456

Thursday, 6:30 PM, MX-O-NS (Formerly Vianney)
New Location: Sacred Heart Catholic Church, 17 Ann Avenue, Valley Park, 63088

GROUP #600 (correction)

"Classic Club," Monday, 7:00 PM, M-C-NS,
New Location: Webster Hills UMC, Annie's Hope Center, 1333 W. Lockwood Avenue, Glendale, 63122

TIME CHANGE

GROUP #560

Newcomer Meeting, MX-O-NS, North County Office, 7222 North Lindbergh Blvd., 63042

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

"...There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

"Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it—then you are ready to take certain steps." *Alcoholics Anonymous, pg. 58*

CELEBRATE

YOUR SOBRIETY AT THE
 THE OLDEST CONTINUOUS AA BANQUET IN THE WORLD

78TH ANNUAL CENTRAL OFFICE ALANO BANQUET

Orlando Event Center
 2050 Dorsett Village, Maryland Heights MO

Featuring
Mari G. of Toronto ON

Saturday, November 17, 2018

◆6:00 pm Social Hour ◆7:00 pm Buffet Dinner◆
 ◆9:30 pm ALANO Ball◆

Tickets are \$35 each (10 chairs per table)
To sit together—Submit together!

Scholarships available for those newly sober / first time attendees

COMPLIMENTARY PARKING

TICKETS ON SALE NOW!

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

Jim H. 37 Years!!!
Lee L. 38 Years!!!
John B. 44 Years!!!!

GROUP #86

Steve B. 9 Years

GROUP #95

Will C. 2 Years
Scott P. 4 Years
Kevin K. 8 Years
Katie M. 8 Years
Dave O. 11 Years!
Josh L. 12 Years!

GROUP #107

Liz A. 1 Year
Lisa F. 2 Years
Joan L. 2 Years
Mark D. 7 Years
Tim J. 30 Years!!!
Andy H. 33 Years!!!
Judy P. 33 Years!!!
Gus E. 35 Years!!!

Group #166

Lexi P. 2 Years
Laura A. 5 Years
Leslie P. 7 Years
Denise S. 10 Years!
Becky D. 13 Years!
Jean S. 39 Years!!!

GROUP #142

Molly G. 38 Years!!!

GROUP #144

Jude B. 6 Months
Carol Ann 3 Years
Sandy G. 18 Years!
Kathy B. 32 Years!!!

GROUP #220

Susan C. 37 Years!!!

ROUP #254

Brian J. 1 Year
Janey M. 1 Year
Ed H. 3 Years

GROUP #344

Wes H. 1 Year
Brian G. 2 Years
Nikei K. 3 Years
Mel C. 4 Years
Samantha S. 4 Years
Susan K. 5 Years
Tom G. 6 Years
Don O. 6 Years
Denis S. 6 Years
Zack W. 6 Years
Scott M. 7 Years
Leslie M. 10 Years!
Rich B. 16 Years!
Mike F. 17 Years!
Dick S. 20 Years!!
Sandy R. 22 Years!!
Bard S. 24 Years!!
Michael S. 28 Years!!
Ed C. 30 Years!!!

GROUP #357

Joe S. 1 Year
CJ 2 Years
Jason P. 2 Years
Danny D. 30 Years!!!

GROUP #358

John D. 4 Years
Mel C. 4 Years
Don R. 5 Years
Vii B. 25 Years!!
Toni F. 32 Years!!!

GROUP #416

Lynn O. 1 Year
Donna L. 12 Years!
Lisa W. 16 Years!

GROUP #449

John W. 5 Years

Jack N. 14 Years!
Ken C. 22 Years!!
Rick F. 23 Years!!
JT 27 Years!!
Denny L. 29 Years!!

GROUP #467

Denny W. 1 Year
Jeff G. 8 Years
Curtis W. 14 Years!
Lou B. 32 Years!!!
Bill T. 34 Years!!!
Chuck H. 36 Years!!!

GROUP #476

Linda G. 6 Months
Carol B. 8 Years
Renee B. 6 Years

GROUP #477

Mike E. 8 Years
Butch S. 23 Years!!

GROUP #699

Mary M. 2 Years
Linda W. 31 Years!!!

GROUP #774

Dennis N. 19 Years!

THINGS WE CANNOT CHANGE



Gail H.
Group #453
Volunteer-Central
Service Office

Ivan L.
Group #505

They will be missed by all
who knew them!

GROUP #792

Lauren D. 6 Months
Nadege D. 6 Months
Teresa M. 6 Months
Carol J. 1 Year
Lilli S. 1 Year
Amanda S. 8 Years
Bridget K. 9 Years
Emily A. 10 Years!
Carolyn R-S. 23 Years!!
Suzi G. 29 Years!!

GROUP #1105

Amy H. 5 Years

GROUP #1157

Jan L. 40 Years!!!!

**EASTERN AREA 38 of MISSOURI
FALL ASSEMBLY 2018**

October 20 & 21, 2018

DoubleTree by Hilton St. Louis

16625 Swingley Ridge Road,
Chesterfield, MO 63017

SATURDAY EVENING BANQUET

6:30: Dinner (\$34)

7:30: Speaker:

Southwest Regional Trustee Yoli F.

A.A. WORD SCRAMBLE

Words used in A.A. Big Book

1. K U R D N _ _ _ _ _
2. N W G O A _ _ _ _ _
3. S I C L A B Y L A _ _ _ _ _
4. G H S O N M E T I _ _ _ _ _

(Answers on pg. 4)

WARNINGS FROM THE AA BIG BOOK



Everyone loves to hear the 12 Promises read at meetings, but there are also *warnings* in the *Big Book*. Below are a few:

1. "For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead." (pgs.14-15)
2. "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." (pg.17)
3. "Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible." (pg. 62)
4. "Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves which had been blocking us." (pg. 64)
5. "For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die." (pg. 66)
6. "If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience." (pg. 70)
7. "If we skip this vital step, we may not overcome drinking. ...Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk." (pg. 72)
8. "We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them." (pg. 78)

9. "We feel that a man is unthinking when he says that sobriety is enough." (pg.82)

10. "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe." (p.85)

11. "So our rule is not to avoid a place where there is drinking, if *we have a legitimate reason for being there*. ...But if you are shaky, you had better work with another alcoholic instead!" (pgs.101,102)

12. "But he must see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress; it never preceded." (pg.127)

ON CARRYING THE MESSAGE

"Except for the talk given in Detroit in 1948, Dr. Bob was noted for speaking very briefly. Both he and Anne were often quoted as having said, 'If you speak more than 15 minutes, you're going to repeat yourself,' or 'No souls are saved after 15 minutes.'

"One story had it that when Dr. Bob was guest speaker at an out-of-town meeting, he got up and said that the world's finest talks had been short ones. For example, both the Sermon on the Mount and the Gettysburg Address had been given in less than five minutes. 'With this point in mind,' he said, 'I also propose to give a short talk. In fact, I just did.'
"He sat down."

DR. BOB and the Good Oldtimers PG. 224

THE MISSING DROP IN THE OCEAN

"We ourselves feel that what we are doing is just a drop in the ocean. But if the drop was not in the ocean, I think the ocean would be less because of the missing drop."

Mother Teresa



JULY 2018 CONTRIBUTIONS TO CENTRAL SERVICES				
#	AMT	#	GROUP	AMT
3	\$75.00	8	New Day	\$300.00
43	\$89.00	15	Promises Group	\$25.00
44	\$70.00	16	Sunrisers	\$600.00
83	\$110.00	81	New Way	\$66.15
126	\$122.00	84	Dry Noon Group	\$99.21
166	\$539.00	89	Shipwreck Group	\$500.00
179	\$100.00	106	Love & Tolerance	\$62.50
192	\$50.00	107	The Gold Cup	\$264.75
220	\$350.00	120	Sunlight of the Spirit	\$150.00
248	\$74.00	187	The Hole in the Wall	\$136.00
258	\$250.00	253	The Group	\$175.00
318	\$301.31	263	Honesty Inc.	\$20.00
362	\$168.75	281	Big Book Comes Alive	\$100.00
382	\$41.37	332	Newcomer	\$1,000.00
386	\$400.00	344	There is a Solution	\$164.62
387	\$160.80	350	Expect a Miracle	\$165.00
403	\$221.25	356	Mattis Club	\$200.00
410	\$95.25	424	Noon Topic	\$10.00
746	\$300.00	460	Baden	\$10.00
945	\$50.00	467	Serenity Unlimited	\$250.00
956	\$175.00	471	Wednesday Winners	\$89.00
968	\$109.00	505	Men's Feelings	\$152.90
977	\$642.00	575	Nick of Time	\$158.00
999	\$67.50	669	The Breakfast Club	\$181.14
1036	\$60.00	750	Friday Night Happy Hr.	\$50.00
1045	\$46.00	921	New Eureka Women's	\$24.75
1091	\$55.00	964	Tools of Recovery	\$40.00
		1027	Bottoms Up	\$191.00
		1406	Endurance in Recovery	\$100.00
			Center Point Meetings	\$200.00
			Olive Branch Meetings	\$45.00
			IR Meeting	\$31.00
			Birthday	\$8.00
			Birthday	\$25.00
			Birthday	\$91.00
			Individual	\$380.00
TOTAL - JULY 2018				\$10,787.25

**THANK
YOU
FOR
YOUR
SUPPORT!**

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

4. SOMETHING ("Life will mean something at last") pg. 152
3. BASICALLY ("So our troubles, we think, are basically of our own making.") pg. 62
2. WAGON ("Why can't he stay on the water wagon?") pg. 22
1. DRUNK ("Shortly afterward I came home drunk.") pg. 5

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 October 2018 Newsletter: 9/18/18

Next newsletter mailing: 9/25/18

Next I.R. Meeting: 9/18/18, 7:30 PM, Central Service Office

UPCOMING EVENTS

(See flyers for details.)

AUGUST 31, SEPTEMBER 1, 2

35th Annual Fall Classic, Airport Hilton, 10330 Natural Bridge Road, St. Louis, 63134

SEPTEMBER 8

Friends of Bill W. Golf Outing, Fundraiser for North County Office, Sign-in 7:00 AM, Start 8:00 AM, Golf Club of Florissant, 50 Country Club Lane, Florissant, 63033

SEPTEMBER 9

Sunny 'n Sober, Outdoor Speaker Meeting, 9:00 AM-11:30 AM, Sylvan Springs Park (Artillery Shelter)

SEPTEMBER 10-OCTOBER 1-NOVEMBER 5-DECEMBER 3

Central Service Office Social Committee Planning Meetings, 7:30 PM, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

SEPTEMBER 22

212 Club BBQ, Corner of Hwy K and Mexico Road
 Monthly Breakfast, Second Sunday of Month, 8:30-11:30 AM, 204 West Pitman Road, O'Fallon, 63366

SEPTEMBER 22

District #17 Workshop, "Problems Other Than Alcohol," 1:00-4:00 PM, Windsor Baptist Church, 6701 Hwy. 61-67, Imperial, 63052

SEPTEMBER 23

West County Club Picnic (*meat & drink provided*), 12:00 Noon-?, Bluebird Park, 225 Kiefer Court, Ballwin, 63021

SEPTEMBER 30

South Hampton Facility 40th Anniversary Picnic, 11:00 AM-3:00 PM, Tower Grove Park, Stone Shelter, St. Louis, 63110

SEPTEMBER 30

Group #1234, Hilljack House, Picnic / BBQ, 12:00 Noon-4:00 PM, Lemay Park Main Pavilion, 236 Fannie Avenue, Lemay 63125

OCTOBER 13

Spring Fling Convention Trivia Night, Tickets \$20, 6:00 PM, St. Vincent DePaul Church, 1408 S. 10th Street, St. Louis, 63104

OCTOBER 13

Pacific Facility Hay Ride, 6:30 PM, Bonaker Farms, House Springs, 63051

OCTOBER 19

West County Club Bowling, 7:00—10:00 PM, West County Lanes, 15727 Manchester, Ellisville, 63011

OCTOBER 20 & 21

Eastern Area 38 of Missouri Fall Assembly 2018, 6:30 PM Dinner, 7:30 PM Speaker, Double Tree by Hilton St. Louis, 16625 Swingley Ridge Road, Chesterfield, 63017

NOVEMBER 4

21st Illinois Missouri Men's AA Breakfast, 9:00 AM, Gateway Center, 1 Gateway Drive, Collinsville, IL 62234