



CENTRAL SERVICE OFFICE

NOVEMBER 2018 NEWSLETTER



MEETING INFO

AA BIRTHDAYS

AA-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

NEW MEETINGS

(See enclosed flyers for details.)

GROUP #1108

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 NEWCOMERS' MEETING

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

CANCELED

GROUP #918

South City Recovery Group, Monday, 8:00 PM, Harris House, 8315 South Broadway, St. Louis, 63111

NEEDS SUPPORT

GROUP #26

Tuesday, 11:30 AM, M-C-NS, Arlington United Methodist Church, 3770 McKelvey Road, Bridgeton, 63044

GROUP #70

Friday, 7:30 PM, M-C-NS, St. Andrew's Church, 309 Hoffmeister, Lemay, 63125

GROUP #200

Sunday, 10:30 AM, MX-C-NS, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

GROUP #686

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

GROUP #922

Lunch with Bill, Wednesday, 12 Noon, MX-C-NS, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

TIME CHANGE

GROUP #1088

New Time: 7:00 PM

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

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

**HOLIDAY OPEN HOUSE &
POTLUCK**

**WEDNESDAY
DECEMBER 19
3-7 PM**

**CENTRAL SERVICES
#14 SUNNEN DRIVE
MAPLEWOOD, 63143**

**Please bring side dishes
to share!**

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 #26

Jodi 29 Years!!
Woody 34 Years!!!

GROUP #107

Justin P. 6 Months
Jeremiah D. 1 Year
Mark M. 2 Years
Kelly B. 4 Years
Bill Y. 4 Years
Nick G. 6 Years
Levi K. 13 Years!
Cliffy W. 18 Years!
Dave K. 25 Years!!
Keith G. 28 Years!!
Tony K. 33 Years!!!
Roland S. 34 Years!!!
Mitzie 36 Years!!!

GROUP #234

Lynn R. 13 Years!
Bob H. 32 Years!!!

GROUP #254

Michela B. 19 Years!
Gail S. 20 Years!!
Patty P. 22 Years!!
Pat G. 32 Years!!!
Doris H. 38 Years!!!

GROUP #258

Allison S. 2 Years
Nikki S. 2 Years
Sheila B. 11 Years!

GROUP #297

Carol W. 27 Years!!

GROUP #357

Scot 30 Days
Jimmy M.C. 2 Years
Don R. 15 Years!

GROUP #449

Mike O. 1 Year
Eric O. 7 Years
Carolyn M. 14 Years!

GROUP #467

Jim P. 27 Years!!
Bill F. 37 Years!!!

GROUP #477

Mike S. 10 Years!
Mark S. 15 Years!

GROUP #600

Josh M. 2 Years
Gavin P. 3 Years
John W. 4 Years
Harley 5 Years
Christian G. 12 Years!
Lawrence K. 28 Years!!
Jim M. 29 Years!!
Tom W. 35 Years!!!

GROUP #774

Katie F. 2 Years
Shannon N. 7 Years
Tonya S. 7 Years
Mike B. 11 Years!
Tom F. 49 Years!!!!

GROUP #792

Renee 30 Days
Marci 3 Years
Judy H. 29 Years!!

GROUP #983

Lew T. 42 Years!!!!

GROUP #1058

Richard G. 1 Year

GROUP #4094

Colbert G. 5 Years
Kohler M. 8 Years
Ted K. 15 Years!
Nelson B. 16 Years!

AA "SAYINGS"

Keep it Simple

Live and Let Live

H. A. L. T.

Let Go and Let God

First Things First

Easy Does It

One Day at a Time

Keep it Simple

Keep Coming Back

"THE CIRCLE AND THE TRIANGLE"

"The circle stands for the whole world of A.A., and the triangle stands for A.A.'s Three Legacies of Recovery, Unity and Service.



Within our wonderful world we have found freedom from our fatal obsession."

A.A. Comes of Age, pg. 139

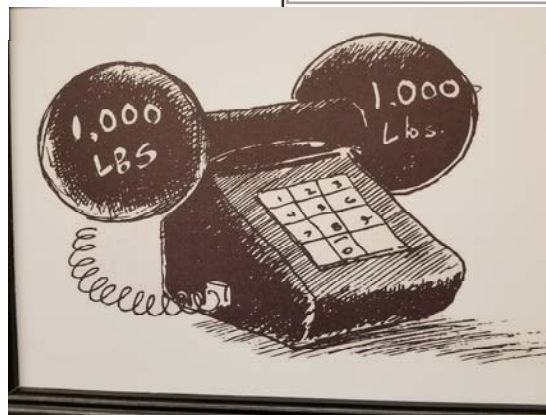
"ALL ALCOHOLICS HAVE LOST MUCH TO THIS DISEASE"

"Money, self respect, relationships, and sometimes homes and careers have disappeared as our lives spun out of control.

"Sometimes, in early sobriety, there may seem precious little for which to be grateful. But for any of us who have made a beginning, there is much to be thankful for.

"As our blessings grow, after the necessary destruction of our former way of life, we should tend to our gratitude and let it grow as well."

Alano News



A.A. WORD SCRAMBLE

Words used in A.A. Big Book

1. G G N O I W L _ _ _ _ _
2. O C N D V E I N C _ _ _ _ _
3. L T E O R C A N E _ _ _ _ _
4. S E C T L O H _ _ _ _ _

(Answers on pg. 4)

"THE WISDOM OF THE SERENITY PRAYER"



"I would like to share some of the interesting definitions of the term serenity I have gathered at AA meetings throughout the years.

"Serenity is...

"The serenity prayer. 'God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.'

- > Being thankful God saw the plight and anguish of the alcoholic, and as a solution compassionately inspired the AA program.
- > Dealing honestly with reality.
- > Absence of conflict due to the AA philosophy.
- > A problem well defined and accepted is solved.
- > Learning to deal with resentments and live and let live. Resentments are uncharitable, dangerous to sobriety, and can lower happiness and efficiency levels by as much as fifty percent. The person we resent, we are giving the power to control us. A wrong is nothing unless it is remembered.
- > There are only two kinds of problems. Those you can solve and those you cannot solve. Those you can solve—work on. Those you cannot solve—the hell with them.
- > Concentrating on the solution, not the problem. We are not prisoners of the past, but promises of the future.
- > Knowing the two founders of AA, both alcoholics, Bob Smith a kind doctor, and Bill Wilson a brilliant investigator whom Thomas Edison once offered a job, felt perhaps the most important expression in the AA big book is establishing a contact with the god of your understanding.
- > Realizing we are part of a program that will go down in history as one of the greatest discoveries of the century arresting alcoholism, a malady present in mankind since

the time of Christ. There are about two million members of AA in 115 countries throughout the world and their numbers continue to grow.*"

*1990 figure

ALANO NEWS, August 2000

"WHERE DO I GO FROM HERE?"

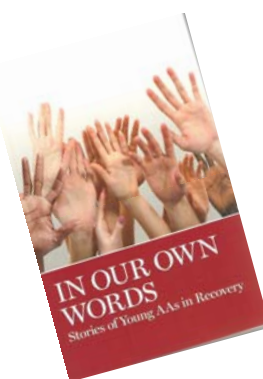
"... Back in 1935, two men saw that alcohol had ruined their lives. They knew it would kill them if they didn't stop drinking it. They wanted to stop, but couldn't do it alone. ...

"... By strange coincidence, they met and began to share their common experience with alcohol. They found they understood each other's problems better than their families and friends and doctors did. This mutual understanding gave them the strength each desperately needed to pass up the first drink that had always paved the way to disaster. ..."

"Where do I go from here?"
AA Pamphlet F4

BOOK OF THE MONTH

IN OUR OWN WORDS **Stories of Young AAs** **in Recovery**



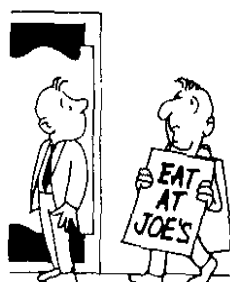
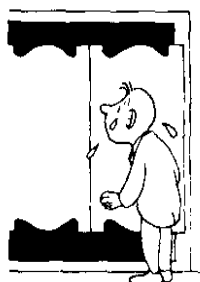
FREE PAMPHLET OF THE MONTH

A.A. at a glance

F-1

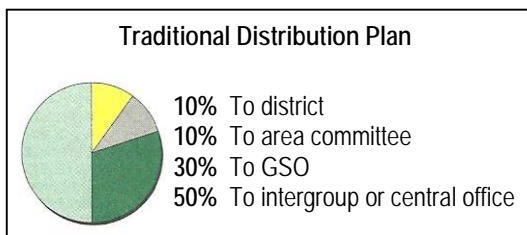


Victor E.



SEPTEMBER 2018 CONTRIBUTIONS TO CENTRAL SERVICES				
#	AMT	#	GROUP	AMT
33	\$100.00	15	Promises Group	\$15.00
38	\$750.00	16	Sunrisers	\$600.00
44	\$37.50	107	The Gold Cup	\$50.00
124	\$100.00	121	Early Ducks	\$675.72
126	\$143.85	139	Old Priory	\$305.00
138	\$67.50	142	Bedrock	\$162.50
212	\$131.00	363	St Joseph Newcomer	\$150.00
234	\$150.00	388	Sixth Sense	\$300.00
254	\$60.00	416	Life is Good	\$50.00
306	\$160.00	448	Not Saints	\$265.00
324	\$280.00	453	Buder Bunch	\$60.00
344	\$144.88	577	As Bill Sees It	\$58.80
439	\$448.50	582	Noon-Timers	\$561.25
770	\$230.00	644	Joe & Charlie Big Book	\$60.00
814	\$25.00	669	Breakfast Club	\$123.14
977	\$350.00	699	Sisters of Sobriety	\$100.00
1045	\$51.50	744	Women Enjoying Sobriety	\$262.72
1212	\$150.00	791	KISS	\$50.00
		914	Big Book Babes	\$75.00
		940	A Newfound Freedom	\$250.00
		964	Tools of Recovery	\$50.00
		1100	We Ain't Saints	\$125.00
			IR Meeting	\$33.00
			Individual	\$25.00
			Birthday	\$12.00
THANK YOU FOR ALL YOUR HELP!				
TOTAL - SEPTEMBER 2018				\$7,798.86

"The lowest ebb is the turn of the tide. "
 — Henry Wadsworth Longfellow



-OR-

Customize your contribution according to your Group Conscience.

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 December 2018 Newsletter: 11/20/18

Next newsletter mailing: 11/27/18

Next I.R. Meeting: 11/20/18, 7:30 PM, Central Service Office

UPCOMING EVENTS

(See flyers for details.)

NOVEMBER 3

AA Traditions in Today's World, Hosted by Threads of Recovery, 10:00 AM—3:00 PM, Church at Affton, 9607 Gravois Road, Affton, 63123

NOVEMBER 3

Chili Cook-off Potluck and AA Recovery Workshop, 11:00 AM, St. Luke's UMC Gymnasium, 2761 Telegraph Road, St. Louis County-South, 63125

NOVEMBER 4

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

NOVEMBER 5, DECEMBER 3

Central Service Office Social Committee, *Develop & plan fun & fellowship*, 7:30 PM, #14 Sunnen Drive, Maplewood, 63143

NOVEMBER 4

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

NOVEMBER 6, 13, 20

Traditions Workshop, Hosted by Threads of Recovery, 1:30 PM, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

NOVEMBER 21

Group #2 Presents Potluck Dinner—Free Bowling 5:00-8:00 PM, Saratoga Lanes, 2725 Sutton Blvd., Maplewood, 63143

DECEMBER 1

Christmas Party, North County Intergroup Office, 7722 North Lindbergh Blvd., Hazelwood, 63042

HEARD AT A MEETING

"The opinions expressed here are those of the individual members. If you cannot reconcile them to the Big Book of Alcoholics Anonymous, we suggest you forget them."

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

1. **GLOWING** ("The door opened and he stood there, fresh-skinned and glowing.") pg. 9
2. **CONVINCED** ("The first requirement is that we be convinced that any life run on self-will can hardly be a success.") pg. 60
3. **TOLERANCE** ("Love and tolerance of others is our code.") pg. 84
4. **CLOTHES** ("That afternoon he put on his clothes and walked from the hospital a free man.") pg. 158