



CENTRAL SERVICE OFFICE

APRIL 2019 NEWSLETTER



MEETING INFO AA BIRTHDAYS AA-RELATED ARTICLES CONTRIBUTIONS UPCOMING EVENTS

NEW MEETINGS

(See enclosed flyers for details.)

TIMBERS IN ERUEKA

Tuesday, 7:00 PM, MX-O-NS, #1 Coffey Park Lane, Meeting Room #1, Eureka, 63025

EMOTIONAL SOBRIETY

Tuesday, 12:00 Noon, MX-O-NS, Northbound Treatment Center, 333 South Kirkwood Road, Kirkwood, 63122

GROUP #1115

Our Primary Purpose, Saturday, 9:30 AM, MX-O-NS, Encounter Church, 1930 Meyer Drury Drive, Arnold, 63010

NEED SUPPORT

GROUP #86

Wednesday, 7:00 PM, MX-C-NS, Lemay Unity Church, 3701 Bayless Road, Lemay, 63125

GROUP #1065

Saturday, 6:00 PM, MX-O-NS, St. Luke the Evangelist Church, 7230 Dale, Richmond Heights, 63117

CANCELED

GROUP #805

Thursday, 7:00 PM, St. Francis Xavier Parish Center, 3628 Lindell Blvd., St. Louis, 63108

MOVED

GROUP #419

Tuesday, 7:00 PM, MX-C-NS (Formerly at St. James-Dogtown)

New Location: Christ Church UCC, 2200 Belleview Avenue, Second Floor, Maplewood, 63143

ADDRESS / TIME CORRECTION

GROUP #1114

Monday, MX-O-NS

Correct Time: 6:00 PM

Correct Address: 807 South Court Street, Bowling Green, 63334 (continued pg. 2)

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 can only clear the ground a bit. If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway. With this attitude, you cannot fail. The consciousness of your belief is sure to come to you."

Alcoholics Anonymous, pg. 55

We're gonna pitch a
Wang Dang Doodle

Sunday May 5th 11:00 AM

Tillis Park – Skow Shelter

9551 Litzinger Rd at McKnight

The 25th Annual Men's Steak Lunch
& Fundraiser for our Central Service Office

Great music, great food, great speaker!

Tickets \$25 per person



Mail Order

Name: _____ Make checks payable and mail to:

Address: _____ Central Service
14 Sunnen Drive Suite 144
Maplewood, MO 63143

City: _____

State: _____ Zip: _____ Phone: _____

of tickets: _____ @ \$25 each Total for tickets \$ _____ Group #: _____

Contribution to Central Services \$ _____ Total enclosed \$ _____

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. 4 Years

GROUP #53
Greg K. 32 Years!!!

GROUP #44
Dave B. 9 Years
Kate P. 23 Years!!
Diane H. 33 Years!!!
Gerry H. 35 Years!!!

GROUP #81
Greg O. 1 Year
Pat T. 2 Years
Jacob R. 3 Years
Dennis T. 6 Years
Jim H. 9 Years
Don H. 39 Years!!!

GROUP #107
Miria M. 1 Year
Justin P. 1 Year
Letta 2 Years
Steve D. 20 Years!!
Pat M. 22 Years!!
Betty C. 26 Years!!
Lyle H. 41 Years!!!!

GROUP #142
Steve V. 30 Years!!!

GROUP #166
Sandy McK. 8 Years

GROUP #234
Bill M. 30 Days

GROUP #258
Daveeda D-B. 28 Years!!

GROUP #356
Fran M. 29 Years!!

GROUP #357
Steve W. 4 Years
Roy P. 42 Years!!!!

GROUP #358
Dick D. 38 Years!!!

GROUP #449
Clay V. 5 Years
Harold H. 10 Years!
Lisa M. 22 Years!!
Kate D. 29 Years!!
Mark R. 34 Years!!!

GROUP #467
Mark W. 2 Years
Preston W. 2 Years
Art S. 42 Years!!!!

GROUP #774
Bill M. 17 Years!
Bill W. 36 Years!!!

GROUP #812
Michele S. 10 Years!

GROUP #983
Roger C. 33 Years!!!

Thanks for sharing the miracle of your recovery with us!

THINGS WE CANNOT CHANGE

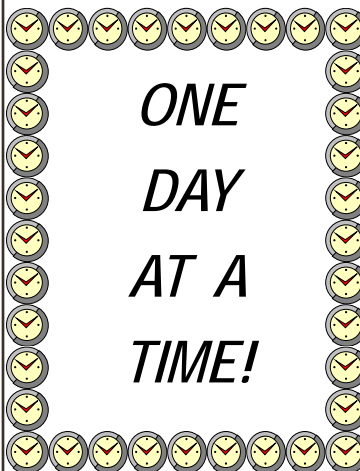


Jim H,
Hampton Facility

Steve C.
Group #312

Ken M.
AA Member

They will be missed by all who knew them!



**ONE
DAY
AT A
TIME!**

HOW TRUE!!!

Resentments are like stray cats. They will go away if you don't feed them!

Alcoholism is the only disease that will kill people who don't have it!
Alano News, May 2001

MEETING INFO (continued)

LOCATION / TIME CHANGE

GROUP #605

Friday, Pacific Facility, 321 East Orleans, Pacific, 63069
New Time: 7:00 PM

GROUP #112-FENTON BIG BOOK STUDY

New Day / Time: Thursday, 7:00 PM
New Location: St. Thomas Holy Spirit Lutheran Church, 3980 South Lindbergh Blvd., Sunset Hills, 63127

A.A. WORD SCRAMBLE

Words used in A.A. Big Book

1. N C M O M O _ _ _ _ _
2. E S O W R _ _ _ _ _
3. W E P R O _ _ _ _ _
4. P T E A P D _ _ _ _ _

(Answers on pg. 4)

THE VINE LINE

"Q: How many first edition Big Books were published; how much did they sell for; how much is one worth today; and does the General Service Office have any copies?"

A: There were 4,700 first edition Big Books published with the first printing in April 1939; they sold for \$2.50 to AAs and \$3.50 to 'outsiders,' how much one is worth today has a lot to do with the condition the book is in (whether the dust jacket is intact, whether or not it is autographed, etc.), though according to *Publisher's Weekly* it is the most sought after book in the country; the GSO Archives has four copies of the first edition, first printing of the Big Book."

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LIFELINE



“ONE DAY AT A TIME

Many of us try to live ‘One Day at Time.’ It is not always easy but it is a simple way to live. There are many tools to use with this way of life. Think about some of the following.

Imagine that there is a bank that credits your account each morning with \$86,400.00. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course!!!

Each of us has such a bank. Its name is TIME. Every morning it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day’s deposits, the loss is yours. There is no going back. There is no drawing against the ‘Tomorrow.’ You must live in the present on today’s deposits. Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade. To realize the value of ONE MONTH, ask a mother who has given birth to a premature baby. To realize the value of ONE WEEK, ask an editor of a weekly newspaper. To realize the value of ONE MINUTE, ask a person who just missed the train. To realize the value of ONE SECOND, ask a person who just avoided an accident. To realize the value of ONE MILLISECOND, ask the person who won a silver medal in Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time. And remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift. That’s why it is called the present! So have yourself a good day.”

*Alano News, April 2002
Twelve Step Times, Edmonton, AB*

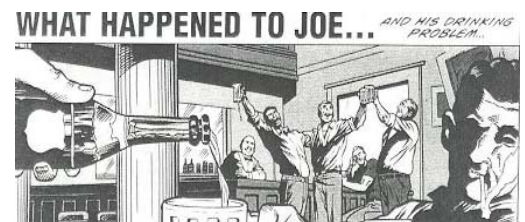
“MY SPONSOR TOLD ME ...

- > that I should begin praying out loud so I could hear the bull I’m laying down.
- > that ain’t today. Whenever I started to worry about yesterday or predict tomorrow she would bring me back into the 24 hours I was in by saying ‘that ain’t today.’
- > that sobriety is like baseball. He said that when you are on a winning streak you should work twice as hard so that when the slump inevitably comes, you will be on good footing.
- > that if I wanted what she had, I was going to have to do what she did to get it. ...
- > that all I had was today because EVERYTHING else belongs to God.
- > that my mind was like a parachute in that it couldn’t work properly unless it was open.
- > that if I wasn’t carrying the message I must be spreading the disease.
- > that if I would take the cotton out of my ears and stick it in my mouth for the first 90 days or so, I might accidentally learn something that would help me stay sober.
- > that if I lay down with dogs, it was inevitable that I would get up with fleas.
- > that if I was so damned smart, what did I need her for?
- > that there were only two kinds of sponsors: the kind I wanted and the kind God wanted me to have.”

Alano News, March 2001

AA PAMPHLETS OF THE MONTH:

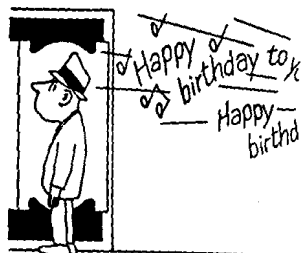
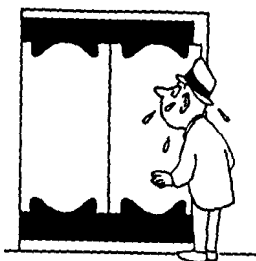
“This story could happen to anyone. It could happen to any nice person like Joe..”



“...Alice like thousands of other women, had a special kind of trouble..”



VICTOR E.



| FEBRUARY 2019 CONTRIBUTIONS TO CENTRAL SERVICES | | | | |
|-------------------------------------------------|----------|------|------------------------|-------------------|
| # | AMT | # | GROUP | AMT |
| 44 | \$87.00 | 8 | new Day | \$500.00 |
| 234 | \$175.00 | 15 | Promises Group | \$50.00 |
| 248 | \$177.00 | 16 | Sunrisers | \$500.00 |
| 255 | \$632.00 | 19 | Open Door to Recovery | \$18.00 |
| 257 | \$300.00 | 84 | Dry Noon | \$115.50 |
| 306 | \$140.00 | 107 | Gold Cup | \$50.00 |
| 409 | \$67.50 | 142 | Bedrock Group | \$142.00 |
| 414 | \$105.00 | 178 | Carry the Message | \$75.00 |
| 694 | \$40.00 | 187 | Hole in the Wall | \$65.00 |
| 752 | \$555.00 | 223 | Grupo Unidad Latina | \$50.00 |
| 814 | \$25.00 | 253 | The Group | \$150.00 |
| 977 | \$708.00 | 267 | Drop the Rock | \$161.50 |
| 1005 | \$50.00 | 307 | Rancho Mirage | \$200.00 |
| 1045 | \$16.00 | 356 | Mattis Club | \$100.00 |
| | | 418 | Joe's Place | \$30.00 |
| | | 424 | Noon Topic Group | \$20.00 |
| | | 453 | Buder Bunch | \$60.00 |
| | | 463 | Tuesday Night Topic | \$125.00 |
| | | 476 | Ladies' Night Out | \$125.00 |
| | | 505 | Men's Feelings | \$116.78 |
| | | 569 | Service for Serenity | \$325.00 |
| | | 644 | Joe & Charlie Big Book | \$100.00 |
| | | 944 | The Little Meeting | \$100.00 |
| | | 969 | Oakhill Group | \$346.11 |
| | | 1027 | Bottoms Up | \$289.00 |
| | | 1100 | We Ain't Saints | \$125.00 |
| | | 1105 | Essentials of Recovery | \$50.00 |
| | | 1234 | Phoenix Group | \$750.00 |
| | | | individual | \$25.00 |
| | | | individual | \$100.00 |
| | | | individual | \$100.00 |
| | | | individual | \$400.00 |
| TOTAL - FEBRUARY 2019 | | | | \$8,441.39 |

THANK YOU FOR YOUR CONTINUING SUPPORT!

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 May 2019 Newsletter: 4/16/19

Next newsletter mailing: 4/23/19

Next I.R. Meeting: 4/16/19, 7:30 PM, Central Service Office



"So I'm powerless over alcohol! What makes you think my life has become unmanageable?"

UPCOMING EVENTS

See flyers for details.)

APRIL 2, 9, 16, 23

"...the MYSTERY, the JOY, the GRATITUDE Workshop, Tuesday, 1:30 PM, MX-C-NS, Central Services, #14 Sunnen Drive, Maplewood, 63143

APRIL 14

Spring Fling Rally Picnic, 1:00 PM, Food/Soda Provided, Easter Egg Hunt, Lemay Park Main Shelter, 236 Fannie Avenue, 63125

APRIL 20

Group #792 KISS Meditation Workshop for Men & Women, 1:00 -3:00 PM, United Church of Christ, 2200 Bellevue Avenue, Maplewood, 63143

APRIL 26, 27, 28

Spring Fling Convention, Hilton St. Louis Airport, 10330 Natural Bridge Blvd., 63134

APRIL 27

One Among Many 8-Year Anniversary, Food Served (Bring a Dish), 5:30 PM—Speaker 7:00 PM, MX-O-NS, Pacific Facility, 321 Orleans Street, Pacific, 63069

MAY 4

Fall Classic Trivia Night, 5:00 PM, Crestwood Community Center, 9245 Whitecliff Park Lane, Crestwood, 63126

MAY 5

35th Annual Women's Luncheon, Orlando's, 2050 Dorsett Village Plaza, Maryland Heights, 63146

MAY 24, 25

Gateway to Recovery, Friday 6:00-9:00 PM, Saturday 8:00 AM-9:00 PM, Church at Affton, 9607 Gravois Road, Affton, 63123

JUNE 7, 8, 9

44th Annual Men's Float Trip, Bass River Resort, 204 Butts Road, Steelville, MO 65565

JUNE 22

"Peculiar Mental Twists" Big Book Study, 1:00 PM, Central Service, #14 Sunnen Drive, Maplewood, 63143

"LIVE AND LET LIVE"

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

1. **COMMON** ("The tremendous fact for every one of us is that we have discovered a common solution.") pg. 17
2. **WORSE** ("The doctor intimated strongly that he might be worse than he realized.") pg. 39
3. **POWER** ("We have recovered, and have been given the power to help others.") pg. 132
4. **TAPPED** ("You forget that you have just now tapped a source of power much greater than yourself.") pg. 163