



CENTRAL SERVICE OFFICE

SEPTEMBER 2019 NEWSLETTER



MEETING INFO AA BIRTHDAYS AA-RELATED ARTICLES CONTRIBUTIONS UPCOMING EVENTS

(See flyers for details.)

NEW MEETINGS

GROUP #1130

The Unplugged Group, Wednesday, 6:00 PM, M-C-NS, Greentree Community Church, 100 Kirkwood Place, Kirkwood, 63122

GROUP #1131

We Are Not Alone, Thursday, 5:45 PM, F-C-NS, Central Service, #14 Sunnen Drive, Maplewood, 63143

Sober Savages, Thursday, 6:30 PM, MX-O-NS, Faith Lutheran Church, 6101 Telegraph Road, Oakville, 63129

DISTRICT 21

Reunion de Alcoholicos Anonimos, Saturday, 1:00 PM & 2:30 PM, 1015 South Compton Avenue, St. Louis, 63104

CANCELED

BIG BOOK MEETING, Wednesday, 5:30 PM, (Little Room) Central Service, #14 Sunnen Drive, Maplewood, 63143

NEEDS SUPPORT

GROUP #18

Monday, 7:00 PM, F-C-NS, Lindell Club, 4522 Lindell Blvd., St. Louis, 63108

GROUP #161

Monday, 10:00 AM, MX-O-NS, Church of the Holy Communion, 7401 Delmar Blvd., University City, 63130

GROUP #225

Sunday, 10:45 AM, MX-C-NS, Care & Counseling, 12141 Ladue Road, Creve Coeur, 63141

GROUP #999

Sunday, 6:30 PM, MX-O-NS, Northbound Treatment Center, 333 North Kirkwood Road, 3rd Floor, Kirkwood, 63122

MOVED

GROUP #324

Tuesday, 7:00 PM, MX-C-NS

New Location: South Side Church of God, 12145 Tesson Ferry Road, Sappington, 63128

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

"Resentment is the 'number one' offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick."

Alcoholics Anonymous, pg. 64

SAVE THE DATE!

CELEBRATE

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



79TH ANNUAL CENTRAL OFFICE

ALANO BANQUET

Orlando Event Center
2050 Dorsett Village, Maryland Heights MO

Featuring
Bobbie M. Cleveland, OH

Saturday, November 23, 2019

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

Tickets are \$39 each (10 chairs per table)
To sit together—Submit together!

Scholarships available for those newly sober first time attendees

ON-LINE TICKET SALES AT: ALANOBANQUET.ORG

TICKETS ON SALE NOW
Online or Central Service office

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 #93

George 33 Years!!!
Dan 38 Years!!!

GROUP #107

Liz A. 2 Years
John L. 9 Years
Nathan O. 12 Years!
Jim J. 34 Years!!!
Jim M. 39 Years!!!

GROUP #144

Sandy G. 19 Years!
Gail T. 19 Years!
Kathy B. 33 Years!!!

GROUP #166

Leslie P. 8 Years
Becky D. 14 Years!
Jean S. 40 Years!!!!

GROUP #170

Jeannie 34 Years!!!

GROUP #234

Bill M. 6 Months
Brian J. 2 Years
Jamey M. 2 Years

GROUP #248

Tim D. 45 Years!!!!

GROUP #344

Lynne O. 2 Years
John H. 3 Years
Nell C. 5 Years
Steve C. 5 Years

Leann M. 6 Years
Scott M. 8 Years
Dick S. 21 Years!!
Ed C. 31 Years!!!
Michael S. 33 Years!!!
Andrea W. 34 Years!!!

GROUP #357

Danny D. 31 Years!!!

GROUP #358

Mel C. 5 Years
John D. 5 Years
Dan R. 6 Years
Vii B. 26 Years!!
Toni F. 33 Years!!!
Linda B. 34 Years!!!

GROUP #362

Larry M. 37 Years!!!

GROUP #414

Allen P. 30 Years!!!

GROUP #416

Lynn O. 2 Years
Donna L. 13 Years!
Lisa W. 17 Years!

GROUP #449

Chrissy B. 2 Years
Joe Q. 4 Years
Quincy 5 Years
Edward L. 12 Years!
Deb S. 12 Years!
Peggy H. 15 Years!
George W. 15 Years!
Gary Q. 35 Years!!!

GROUP #477

Mike E. 9 Years
Burch S. 24 Years!!

GROUP #774

Dennis N. 20 Years!!

GROUP #812

Laurie 6 Months

GROUP #922

Esther S. 42 Years!!!!

GROUP #1058

Mike M. 16 Years!
Judy B. 32 Years!!!

FOUNDER'S DAY CELEBRATION

Hosted by:
Eastern Area of Missouri Archives

(The first group of Alcoholics Anonymous met on October 30, 1940, at the St. Louis Gibson Hotel.)

Join us on

Wednesday October 30, 2019

Central Service Office
#14 Sunnen Dr., Maplewood

Events are scheduled from Noon until 9:00 PM
(See flyer for details)

Light snacks and beverages will be served.

CAN YOU HELP?

The Eastern Area of Missouri (EAMO) is looking for St. Louis Central Service Ofc. *Where & When* booklets from 2002 to 2015.

If you are willing to donate, please contact the Archives archives@eamo.org -or- call Carl, EMO Archivist, 314-359-4776.

Thank You!

THINGS WE CANNOT CHANGE



King McC.
AA Member

Gregory H.
Group #387

They will be missed by all who knew them!

All I Ever Really Needed to Know I Learned in Kindergarten

"...These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some."

Robert Fulghum

QUOTES

"Come to meetings to see those you want to be like as well as those you don't."

"People, places and things exist whether I choose to accept them or not. The only choice I have is to be grateful or miserable."

"Yesterday is so far in the past I can't see it; tomorrow is too distant in the future to be seen. So I'll take a good look at what I can see - Today!"

"If you still feel you have to be number one in what you do, then be the most *human* human being."

A.A. WORD SCRAMBLE

Words used in A.A. Big Book

1. P O U A T I _ _ _ _ _
2. D E C E O N C _ _ _ _ _
3. N C N U I G N _ _ _ _ _
4. W R P E O _ _ _ _ _

(Answers on pg. 4)

LIFELINE



TRADITION 7: "EVERY A.A. GROUP OUGHT TO BE SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS."

"... When these facts were printed, there was a profound reaction. To people familiar with endless drives for charitable funds, A.A. presented a strange and refreshing spectacle. Approving editorials here and abroad generated a wave of confidence in the integrity of Alcoholics Anonymous. They pointed out that the irresponsible had become responsible, and that by making financial independence part of its tradition, Alcoholics Anonymous had revived an ideal that its era had almost forgotten.

TWELVE STEPS AND TWELVE TRADITIONS, pg. 165

SELF SUPPORTING THROUGH OUR OWN CONTRIBUTIONS

One of the first things I heard in AA was the concept of "self-supporting through our own contributions." This was a new way of thinking for me. I had started drinking to numb the fear and anxiety I was experiencing because of financial difficulties. Soon I was unable to stop drinking when I really wanted to.

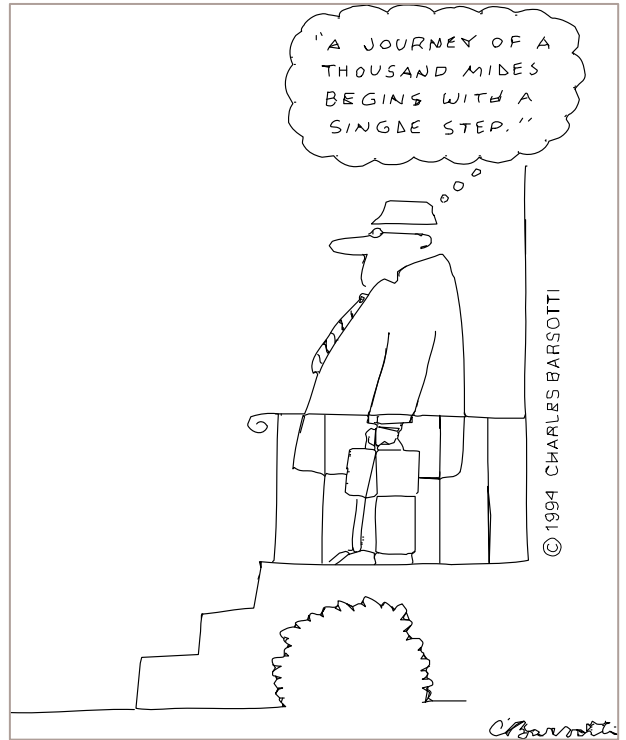
Arriving at the tables of AA, I followed a few simple suggestions and asked a sponsor for help working through the 12 Steps. My nightmarish life took on a new perspective. I was able to face fears and challenges without alcohol, AND I am now "self-supporting through my own contributions." Thanks for the miracle, AA!

A Grateful Alcoholic

"IN OUR DAILY ASSOCIATION with fellow alcoholics, if we can give wholehearted sympathy, without judgment; if we can love without possessiveness or jealousy; if we can have the utmost tolerance for the faults of others; if we can take ourselves not too seriously, knowing that we are only a few of many; if we can give no advice unless asked and then accept the fact that probably it will not be followed; if we can do our best to govern our emotions, well knowing that hate, fear and anger will waste energy that is best conserved; if we can learn that time is the greatest factor in all change, and can truly have attained the goal of brotherhood, then we have grasped the precept of 'Love thy neighbor.' "

NEW LIFE

ALANO NEWS, September 2000



PAMPHLETS OF THE MONTH



Is There an Alcoholic In Your Life?

AA's Message of Hope

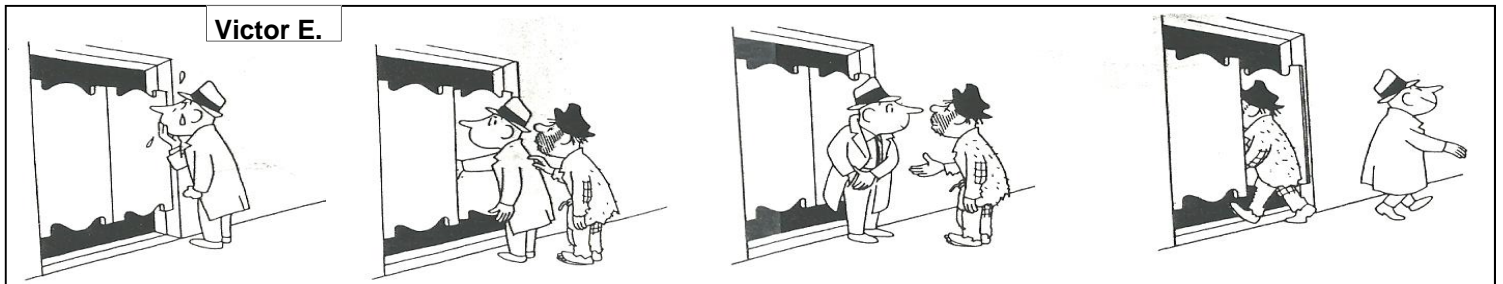
P-30

Alcoholics Anonymous In Your Community

How the Fellowship of A.A. Works In Your Community To Help Alcoholics



P-31



JULY 2019 CONTRIBUTIONS TO CENTRAL SERVICES				
#	AMT	#	GROUP	AMT
3	\$150.00	6	Normandy Group	\$62.50
26	\$96.00	8	New Day	\$500.00
38	\$1,500.00	15	Promises Group	\$25.00
109	\$84.00	43	Group 43	\$17.00
117	\$131.40	67A	Group 67A	\$150.00
126	\$53.50	93	The Eagles	\$30.51
161	\$125.00	106	Love & Tolerance	\$93.60
166	\$241.00	136	Frisco Group	\$50.00
179	\$100.00	178	Carry the Message	\$87.70
212	\$150.00	187	Hole in the Wall	\$163.00
239	\$86.00	198	Night Bloomers	\$135.00
273	\$100.00	253	The Group	\$170.00
306	\$125.50	307	Rancho Mirage	\$122.00
318	\$245.02	344	There is a Solution	\$236.17
357	\$125.00	347	Text Book Group	\$20.00
358	\$45.00	350	Expect a Miracle	\$300.00
391	\$192.46	356	We Are Responsible	\$100.00
410	\$76.50	416	Life is Good	\$40.00
814	\$25.00	418	Joe's Place	\$20.00
949	\$344.00	453	Buder Bunch	\$85.00
977	\$885.00	456	Gateway to Freedom	\$36.00
1005	\$75.00	471	Spiritual Winners	\$218.00
		476	Ladies' Night Out	\$150.00
		669	The Breakfast Club	\$120.00
		744	Women Enjoying Sobriety	\$230.75
		746	Cross Talkers	\$600.00
		791	KISS	\$50.00
		792	KISS	\$200.00
		921	New Eureka Women's	\$26.50
		940	A Newfound Freedom	\$150.00
		946	Circle of Unity	\$200.00
		1024	Spiritual Winners	\$69.50
		1027	Bottoms Up	\$315.00
		1097	We Agnostics	\$15.00
		1117	New Week	\$80.00
			District 21	\$90.00
			Memorial	\$25.00
			Birthday	\$300.00
			Individual	\$400.00
			Individual	\$5,000.00
TOTAL - JULY 2019				\$15,638.61

UPCOMING EVENTS

(See flyers for details.)

SEPTEMBER 14
Spring Fling Stand-Up Comedy Auditions, 6:00 PM, Southside Church of God, 12145 Tesson Ferry Road, Sappington, 63128

SEPTEMBER 14
How it Works: Inside the Service Structure of AA Workshop, 11:00 AM-4:30 PM, Chapel of the Holy Cross Lutheran Church, 907 Jungermann Road, St. Peters, 63376

OCTOBER 1
Threads of Recovery Workshop, 1:30-2:30 PM, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

OCTOBER 6
Picnic / BBQ sponsored by Group #1234, 12 Noon—4:00 PM, Lemay Park, Main Pavilion, 236 Fannie Avenue, Lemay, 63125

OCTOBER 12
Spring Fling Convention Presents Trivia Night, 5:00 PM, St. Vincent DePaul Church, 1408 South 10th Street, St. Louis, 63104

OCTOBER 25, 26, 27
CHUCKYPAA All Hallow's Eve Campout, Cuivre River State Park, 678 State Route 147, Troy, MO 63379, SITE: Camp Cuivre

OCTOBER 27
22nd Annual Illinois Missouri Men's AA Breakfast, 8:00 AM, Orlando Gardens, 4300 Hoffmeister Avenue, Lemay, 63125

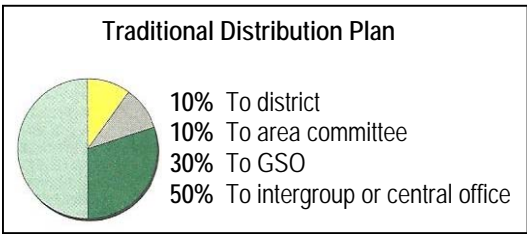
OCTOBER 30
Eastern Area of Missouri Hosting "Founder's Day Celebration," Noon until 9:00 PM, Central Service, #14 Sunnen Drive, Maplewood, 63143

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 2019 Newsletter: 9/17/19
 Next newsletter mailing: 9/24/19
 Next I.R. Meeting: 9/17/19, 7:30 PM, Central Service Office

"...we tried to carry this message to alcoholics ..."
Thank you for carrying the message!

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

1. **UTOPIA** ("Most of us feel we need look no further for Utopia.") pg. 16
2. **CONCEDE** ("We learned that we had to fully concede to our innermost selves that we were alcoholics.") pg. 30
3. **CUNNING** ("Remember that we deal with alcohol—cunning, baffling, powerful") pg. 58
4. **POWER** ("We have recovered, and have been given the power to help others.") pg. 132



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