



CENTRAL SERVICE OFFICE

OCTOBER 2021 NEWSLETTER



MEETING INFO

AA BIRTHDAYS

AA-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

**** WELCOME BACK ****

CENTRAL SERVICE OFFICE MEETINGS

Listed below are the in-person meetings that have resumed at the Central Service Office. Please check aastl.org, which is updated daily, for all known in-person meetings.

Sunday	Group #	Thursday	Group #
4:30 PM	1148	7:00 AM	970
7:00 PM	978	11:00 PM	806
11:00 PM	806		
		Friday	Group #
Monday	Group#	12 Noon	1000
12 Noon	957	5:30 PM	577
6:15 PM	303	6:00 PM	1045
7:30 PM	453	8:00 PM	47
7:30 PM	Archives		
11:00 PM	806	Saturday	Group #
		9:00 AM	318
Tuesday	Group #	11:30 AM	250
7:00 AM	970	4:00 PM	212
12 Noon	1087	6:00 PM	1073
5:30 PM	972	Midnight	735
7:00 PM	464		
11:00 PM	806		
Wednesday	Group #		
5:30 PM	1126		
6:30 PM	925		
8:00 PM	44		

**TO THINE OWN SELF
BE TRUE!**



SAVE THE DATE

**SATURDAY
NOVEMBER 20, 2021**



80th ANNUAL CENTRAL SERVICE OFFICE ALANO BANQUET

The Oldest, Continuous AA Banquet
In The WORLD!

ORLANDO SOUTH COUNTY
4300 Hoffmeister
Mehlville, MO 63125

SPEAKER

Carol M. - Orange, CA

6:00 PM - Social Hour
7:00 PM - Buffet Dinner
9:30 PM - Alano Ball

TICKETS \$45 each (10 chairs per table)
To sit together, submit together.

*Scholarships available -
newly sober, first-time attendees.
Call Central Service Office*

Thought for the month:

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation."

- Herbert Spencer
Alcoholics Anonymous, pg. 568



AA SPEAKER BUREAU
St. Louis Metropolitan Area

Call for a speaker: 314-647-3677

Sign up to speak: aastl.org

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 #107

James S. 34 Years!!!

GROUP #142

Patrick D. 27 Years!!

Group #166

Sharron S. 9 Years
Gabi R. 14 Years!
Dana S. 41 Years!!!!

GROUP #344

Greg W. 3 Years
Cat M. 4 Years
Lynn O. 4 Years
John H. 5 Years
Steve C. 7 Years
Susan K. 8 Years
Denis S. 9 Years
Rich B. 19 Years!
Dick S. 23 Years!!
Sandy R. 25 Years!!
Ron M. 26 Years!!
Ed C. 33 Years!!
Jerry B. 34 Years!!
Michael S. 35 Years!!
Andrea W. 36 Years!!!

GROUP #449

John W. 8 Years
Jack N. 17 Years!
Ken C. 25 Years!!
Rick F. 26 Years!!

UPCOMING EVENTS

(See attached flyers for complete details.)

OCTOBER 9

Central Service's 6th Annual Picnic, 11:00 AM—3:00 PM, Deer Creek Park "Rocket Park," 3200 Laclede Station Road, Maplewood, 63143

OCTOBER 11

"The Unbeliever," 10:00-11:00 AM, Zoom ID: 973 4821 5423, Password: 124145

OCTOBER 22, 23, 24

What's the Point!?!?, Mercy Conference and Retreat Center, 2039 North Geyer Road, Des Peres, 63131

NOVEMBER 6

The Fall Classic Committee Fall Bonfire Night, 5:00—9:00 PM, 1000 Lakeside Park Drive, St. Peter's, 63376

NOVEMBER 7

23rd Annual Illinois/Missouri Men's AA Unity Breakfast, Regency Conference Center, 400 Regency Park, O'Fallon, IL 62269

MEETING INFO

NEW MEETING

In-Person Mixed Format, Monday, 7:00 PM, MX-O, Ignite Church, 1729 West 5th Street, Eureka, 63025

Please inform the Central Service Office of any meeting changes or cancellations. Thank you!

JT 30 Years!!!
Denny L. 32 Years!!!

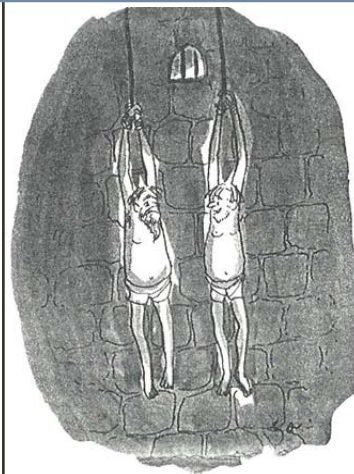
GROUP #460

Jerry D. 24 Years!!
Marie J. 32 Years!!!

GROUP #744

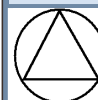
Emily W. 6 Years

THANKS FOR CELEBRATING THE "MIRACLE" OF YOUR RECOVERY WITH US!



"We're sober ... it was a good day!"

THINGS WE CANNOT CHANGE



Father Michael J. Prayer

"Lord, take me where you want me to go. Let me meet who you want me to meet. Tell me what you want me to say, and keep me out of Your way. Heal me, O Lord from all that stands in Your way."
*Chaplain FDNY
Died 9/11/2001, Sober 23 years*

RECIPE FOR "KEEPING IT SIMPLE"

- * Take full responsibility for your life.
- * Stop blaming others.
- * See yourself as the cause of what happens to you.
- * Do things you like to do.
- * Participate in life at the highest level you can.
- * Stop terrorizing yourself with your thoughts.
- * Be gentle with yourself.
- * Give yourself the simple pleasures of life abundantly.
- * Stop trying to change others.
- * Focus your attention on being the way you want others to be.

A.A. WORD SCRAMBLE

Words used in A.A. Big Book

1. X M I _ _ _
2. I D C S L E O S _ _ _ _ _
3. U N B R _ _ _ _
4. E S E I N M E _ _ _ _ _

(Answers on pg. 3)

AUGUST 2021 CONTRIBUTIONS TO CENTRAL SERVICE OFFICE				
#	GROUP	AMT	GROUP	AMT
2		\$1,000.00	Via PayPal	
4		\$40.00	Individual	\$3.00
44		\$65.00	Individual	\$5.00
94		\$112.00	Individual	\$10.00
123		\$70.00	Individual	\$10.00
151		\$40.00	Individual	\$10.00
248		\$350.00	Individual	\$10.00
318		\$500.00	Individual	\$10.00
324		\$180.00	Individual	\$10.00
344		\$374.20	Individual	\$10.00
391		\$200.00	Individual	\$10.00
413		\$42.50	Individual	\$10.00
420		\$43.01	Individual	\$10.00
428		\$175.00	Individual	\$10.00
449		\$300.00	Individual	\$10.00
956		\$125.00	Individual	\$10.00
1005		\$75.00	Individual	\$10.00
1012		\$50.00	Individual	\$10.00
1045		\$40.00	Individual	\$15.00
107	Gold Cup	\$101.07	Individual	\$15.00
187	The Hole in The Wall	\$46.00	Individual	\$15.00
253	The Group	\$75.00	Individual	\$20.00
304	St Charles Thurs Night	\$75.00	Individual	\$20.00
350	Expect a Miracle	\$75.00	Individual	\$20.00
416	Life is Good	\$50.00	Individual	\$20.00
418	Joe's Place	\$100.00	Individual	\$20.00
448	Not Saints	\$115.00	Individual	\$20.00
450	One Day At A Time	\$75.00	Individual	\$20.00
512	Potosi Group	\$30.00	Individual	\$20.00
683	Absolutely Sober	\$101.00	Individual	\$24.00
699	Sisters of Sobriety	\$200.00	Individual	\$25.00
722	The Journey	\$119.50	Individual	\$25.00
747	Keep on Trudging	\$203.67	Individual	\$35.00
806	Late Night	\$100.00	Individual	\$50.00
812	Women in Recovery	\$154.00	Individual	\$50.00
944	The Little Meeting	\$100.00	Individual	\$100.00
946	Circle of Unity	\$213.00	11 @ 11	\$115.00
1049	Simply AA - StL	\$35.00		
1200	Day Counters	\$250.00		
6262	Rule 62	\$16.25		
	Memorial	\$25.00		
	Individual	\$25.00		
	Individual	\$40.00		
	Individual	\$100.00		
	Individual	\$300.00		
	Individual	\$500.00		
	Individual	\$5,000.00		
AUGUST 2021 TOTAL				\$12,793.20

Thank you!

Nothing is sometimes a wise thing to do, and always a clever thing to say.

LIFELINE



"Responsibility Equals Opportunity"

The word *responsibility* is a word of many letters. For me, the definition of the word is another word of many letters: opportunities (meaning spiritual opportunities).

"When I say I am an alcoholic and a member of AA, I am making a commitment and automatically assuming certain responsibilities to AA as a whole. As a member of AA, I have a responsibility to uphold its principles and structure and to preserve the Traditions and our heritage.

"A responsible person is answerable, reliable, and dependable. I feel a responsibility to my home group: to go on Twelve-Step calls, to make sure its doors are always open, to attend its meetings regularly. I am also responsible for sponsoring and helping newcomers develop and grow by guiding them into action. Therefore, it is my responsibility to learn something about the program, so I have something to give away. Being responsible means getting involved, which takes personal sacrifices. My responsibility lies to the old-timers also; they lend a stabilizing influence in their sharing. I must share my gift of faith with others and offer what services I can, depending upon what particular talents I may have.

"In this new sober life, I will be presented with responsibilities to the world, as a good citizen. Our Twelfth Step refers to this. I am ready to accept responsibilities outside AA: in my home and to my loved ones, job, church, neighborhood, and associates. I have a moral responsibility to use the Twelve Steps as a tool for recovery and the AA program for moral regeneration. Sober, I can make decisions and take the responsibility for my actions and for any consequences to others.

"Easy Does It' is no excuse for avoiding responsibilities. 'Keep it simple' does not mean be ineffective. 'Let It Begin With Me' speaks for itself.

"The results of seizing spiritual opportunities are spiritual experiences."

ALANO NEWS, October 2001

A.A. WORD UNSCRAMBLE

1. MIX ("We are people who normally would not mix.") pg. 17
2. DISCLOSE ("Our stories disclose in a general way what we used to be like, what happened, and what we are like now.") pg. 58
3. BURN ("Burn the idea into the consciousness of every man that he can get well regardless of anyone.") pg. 98
4. ENEMIES ("The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear.") pg. 145

CELEBRATE

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



80TH ANNUAL CENTRAL OFFICE

ALANO BANQUET

Orlando South County

4300 Hoffmeister, St Louis, 63125

Featuring

Carol M. Orange, CA

Saturday, November 20, 2021

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

Tickets are \$45 each (10 chairs per table)
To sit together—Submit together!

Scholarships available for newly sober first time attendees – call Central Service

-----Banquet Registration-----

Name: _____

Make checks payable and mail to:

Address: _____

ALANO Banquet
14 Sunnen Drive Suite 144
Maplewood, MO 63143

City: _____

State: _____ Zip: _____ Phone: _____

of paid tickets: _____ additional donation for scholarship fund: \$ _____ Group # _____

Total \$ _____ enclosed

ON-LINE TICKET SALES AT: WWW.ALANOBANQUET.ORG

“The Unbeliever”

The story of Hank P. from the first edition of the Big Book
of Alcoholics Anonymous.

Narrated by Scott H., St. Louis, MO



Zoom ID: 973 4821 5423

Password: 124145

Please join us on **Monday, October 11, 2021, at 10:00 AM (Central Time)** for the story of Hank P. who was the first person Bill Wilson twelve-stepped when he returned from Akron, Ohio to New York in the fall of 1935. This powerful story is told in a “stream of consciousness” revealing the desperate thoughts of an alcoholic searching for answers to his alcoholism.

District 5.3 presents the 2021 Autumn

Sunny ' n Sober



Sunday, October 24, 2021

9:00 AM > 11:30 AM

Outdoor speaker meeting

Cliff Cave Park

(Riverside Shelter)

806 Cliff Cave Rd. - St. Louis, MO 63129

There will be signs to guide you through the park

<<< <> <> <> <> <> <> <> <> >>>

Plenty of donuts and hot coffee provided

Some bench seating available – bring a lawn chair just in case

Recovery countdown

9:30 Tom M.

10:30 Matt S.

Contact Danny M. (314)616-4994 for more information

23RD Annual Illinois Missouri Men's AA Unity Breakfast



“First Tradition: Personal Recovery Depends On AA Unity”
Please join us for the Annual 2021 AA Men's Breakfast

When: Sunday, November 7, 2021

Where: Regency Conference Center, 400 Regency Park, O'Fallon Illinois 62269

Doors Open: 8:00 am

Breakfast: 9:00 am

Speaker: 10:00 am Rod H.

Tickets: \$25

—>**Reserved seating limited to tables of 6 (\$150) call:** Illinois, Bill W. @ (618) 567-5731 & Missouri Bill D. @ (314) 971-0251

For General Ticket Information call: Jason F. @ (618) 623-5875

No Tickets Sold At The Door!!!! Ticket sales deadline is October 10.

2021 Annual Men's Breakfast – Registration Form

(Complete this form to order tickets by mail!)

Individual tickets may be purchased by filling out the registration form and returning it with payment to 400 Biltmore Dr. Ste. 540 Fenton, Mo. 63026. **Reserved seating is available, TABLES OF 6**, by contacting **Bill W. @ (618) 567-5731 in Illinois & Bill D. (314) 971-0251 in Missouri.**

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

OF PEOPLE _____ SCHOLARSHIP DONATION _____ TOTAL ENCLOSED: _____

Mail Check & Form To:

“AIM Unity Breakfast”
400 Biltmore Dr. Ste 540
Fenton Mo. 63026

Make Checks Payable To: ***AIM Unity Breakfast***