



CENTRAL SERVICE OFFICE

MAY 2022 NEWSLETTER



MEETING INFO

AA BIRTHDAYS

AA-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

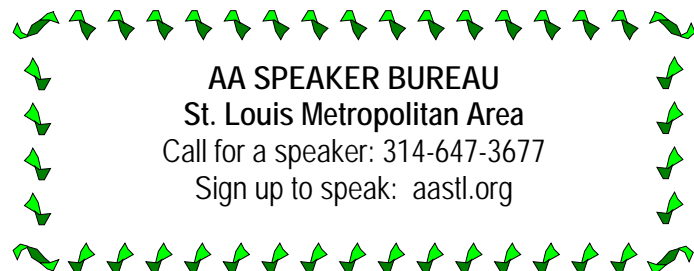
CENTRAL SERVICE OFFICE MEETINGS

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 & virtual meetings.

Sunday	Group #	6:30 PM (MX)	925
9:00 AM (MX)	1100	7:00 PM (MX)	44
4:30 PM (M)	1148	Thursday	Group #
7:00 PM (MX)	978	7:00 AM (W)	970
11:00 PM (MX)	Late Nite	6:15 PM (MX)	Joe/Char
Monday	Group #	7:00 PM (MX)	1024
12 Noon (MX)	957	11:00 PM (MX)	Late Nite
6:15 PM (MX)	303	Friday	Group #
7:30 PM (MX)	453	12 Noon (MX)	1000
11:00 PM (MX)	Late Nite	5:30 PM (MX)	577
Tuesday	Group #	6:00 PM (M)	1045
7:00 AM (W)	970	Midnight (MX)	Late Nite
12 Noon (MX)	1087	Saturday	Group #
5:30 PM (M)	972	9:00 AM (M)	318
7:00 PM (MX)	464	11:30 AM (MX)	250
11:00 PM (MX)	Late Nite	4:00 PM (MX)	212
Wednesday	Group #	6:00 PM (MX)	1073
5:30 PM (MX)	1126	Midnight (MX)	Late Nite

KEY: MX—Mixed (Men & Women) M—Men Only W—Women Only
CLOSED MEETINGS: All meetings at the Central Service Office are CLOSED (i.e., Alcoholics Only).

The Central Service Office is updating the mailing list for the Central Service Office Newsletter. If your group would like to be included in future mailings, please e-mail us your mailing address along with your group's number. (e-mail: alano@aastl.org; Subject: Mailing List)



AA SPEAKER BUREAU
St. Louis Metropolitan Area
Call for a speaker: 314-647-3677
Sign up to speak: aastl.org

MEN's STEAK LUNCH (aka The WANG DANG DOODLE)

SUNDAY May 1, 2022 Tilles Park – Gloria Rogers Shelter

We Don't Got No Stinkin' Flyers,

Don B. from Central makes me put these out so everybody will know.

Tickets are a double sawbuck \$20.00

11am - Fun & Fellowship

NOON - grub and gastronomy (Lunch) charbroiled Steak and all the fixings

1pm - Speaker and Sharing

Tilles Park 9551 Litzsinger Road 63124 you can enter from McKnight At the Gloria Rogers Shelter.



Enjoy the spirit of camaraderie, brotherhood of companionship and the community offered at his event.

This is a fund raiser for Central Services the organization which has carried the message of AA in this region for so many years.

So when you make you contribution don't be shy look what your mother got! Better yet you can buy a ticket for a new guy who might need a hand up just like you did when you were new.

The debt I owe becomes greater and greater each and every time I put my ass in a chair at a meeting of Alcoholic's Anonymous - Jim E.

for tickets: Call Central Service 314-647-3677

Contributions via PayPay to: alano@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 #53

Rhonda H. 1 Year
Grege K. 35 Years!!!

GROUP #81

Mark W. 6 Years
Jim H. 12 Years!
Cameron K. 36 Years!!!

GROUP #107

Penny 6 Months
Thomas 5 Years
Dave K. 17 Years!
Angela P. 26 Years!!
Clyde V. 48 Years!!!!

GROUP #189

Beth B. 22 Years!!

GROUP #220

Jim G. 4 Years
Wendy Mc. 35 Years!!!

GROUP #358

Heidi G. 15 Years!
Rose D. 22 Years!!

GROUP #416

Susan G. 4 Years

GROUP #449

Tony K. 3 Years
Jeff W. 14 Years!
Dave A. 16 Years!

Lisa I. 28 Years!!
Mary Gene D. 37 Years!!!

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

TRADITION V

"Each group has but one primary purpose-to carry its message to the alcoholic who still suffers."

PLEASE CONSIDER ...

writing an article for the *Central Service Office Newsletter*. We would love to hear about your experience, strength and hope as it pertains to your recovery from alcoholism. While we can't promise every article will be published, please be assured every article will be given serious consideration.

Thank you!

E-mail: alano@aastl.org
Subject: Newsletter Article

MEETING NEEDS SUPPORT

Group #469, MX-O-NS, Tuesday, 7:30 PM, Dielman Recreation Center, 11400 Olde Cabin Road, Creve Coeur, 63141



"What a coincidence- so does he!"

UPCOMING EVENTS

(See attached flyers for complete details.)

MAY 1

37th Annual Greater St. Louis Women's Luncheon, The Common Thread, 11:30 AM, Orlando's Event Centers, 2050 Dorsett Village Plaza, Maryland Heights, 63043

MAY 1

26th Annual WANG DANG DOODLE Men's Steak Lunch, 11:00 AM-2:00 PM, Gloria Rodgers Shelter, Tillis Park, 9536 Litzinger Road, St. Louis, 63124

May 28

District #2, Monthly Workshop Traditions and Concepts, Last Saturday Every Month, 11:00 AM-12:15 PM; Zoom ID: 869 5011 2550, Zoom Passcode: 732388

JUNE 11

Fall Classic Trivia Night, 5:30 PM, Crestwood Community Center, 9245 Whitecliff Park Lane, Crestwood, 63126

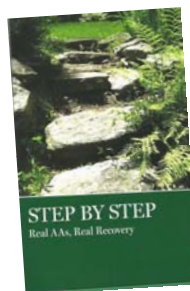
JUNE 24, 25, 26

Annual Women in Recovery Float and Camp Trip, Riverview Ranch, 7945 Hwy N, Bourbon, MO

JULY 29, 30, 31

Missouri State Convention, Capitol Plaza Hotel, 415 West McCarty Street, Jefferson City, MO

Available Central Service Office Bookstore



STEP BY STEP

Real AAs, Real Recovery

A.A.'s LEGACY OF SERVICE

BY BILL W.

AA Pamphlet P-44



AA WORD SCRAMBLE

Words used in A.A. Big Book

1. XSEA _____
2. IARESE _____
3. OIFDNUANO _____
4. RJYONUES _____

(Answers on pg. 4)

LIFELINE



Tools of Recovery—Service Work

“Co-founder Dr. Bob, ‘I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons: 1. Sense of duty. 2. It is a pleasure. 3. Because in doing so I am paying my debt to the man who took time to pass it on to me. 4. Because every time I do it I take out a little more insurance for myself against a possible slip.’”

New Service Manual page 10

These two words (Service Work) can make people run for the hills. When I hear, “I don’t like service work because it is too political,” I believe it comes from the fear of confrontation. Perhaps our past, the way we were raised, our crazy home life has instilled no trust, no feelings, or “my way or the highway.”

As a young person, my life was frightening. We were not taught how to express ourselves in a healthy way. At my house, nobody could have any feelings, and the only emotion ever expressed was anger by a parent. That contributed to my fear of not knowing what is coming next.

Now in A. A., I began to feel better about myself. By working the steps and taking the suggestions of my sponsor, I am able to navigate in this world with confidence and a better understanding of others. My sponsor has told me often, “You can’t keep it unless you give it away.” Which means that I need to give back what was so freely given to me. If I use my tools of recovery, service work can be a wonderful and rewarding practice.

Here are some things I have experienced:

1. Life-long friends.
2. Learning healthy ways to interact with people.
3. Being open to others’ points of view.
4. Recognizing my Higher Power working through others.
5. Learning about the Traditions and Concepts.
6. Patience, acceptance, and compassion for people.

I was drawn to service because I did have the time, and I was ready to give back. Service is another tool in my recovery toolbox. Yes, strong personalities are often involved in service work. If I remember that we are all here to help and pass along the principles of A. A., I can more easily put into play our Tradition 12, *“principles before personalities.”* With help from my service sponsor on using the tools, I learned service work can be very rewarding.

I have many ideas, but I must be willing to do the work if nobody else steps up. To me, suggesting ideas without being willing to do any of the work is like being a *“bleeding deacon”* or giving unsolicited advice, which isn’t *“practice these principles in all our affairs.”* I try to lead with my heart where I feel my Higher Power’s guidance. It is important for me to soften my ego and approach each situation by thinking what is best for the greater good or the whole.

Ways to be of service:

Chair a meeting, Group Treasurer, Group Secretary, make the coffee at your home group, setting out literature, setup and clean up at a meeting, volunteer to do readings at the meetings, speak at a meeting, welcome newcomers, become a sponsor, become an Intergroup Representative (IR) or General Service Representative (GSR), be a good listener, write an article for Central Service Newsletter or Gratitude Gazette (EAMO), attend a new meeting, attend an Eastern Area of Missouri Assembly (EAMO).

There are many other ways too numerous to list, including all sorts of service position opportunities. The more you lean into service, the more ways you will discover to contribute.

Please prayerfully consider taking on some service work you haven’t tried before; or coming back to a job up for rotation you did previously. Ask your Higher Power to guide you in recognizing opportunities for which you have the ability to step up.

“Good leadership originates plans, policies, and ideas for the improvement of our Fellowships and its services. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.”


Bill W.

The Language of the Heart page 288

A Grateful Member of A. A.

MARCH 2022 CONTRIBUTIONS TO CENTRAL SERVICE OFFICE				
#	GROUP	AMT	GROUP	AMT
33		\$150.00	Via PayPal	
123		\$150.00	Individual	\$5.00
126		\$120.00	Individual	\$5.00
306		\$175.00	Individual	\$10.00
391		\$150.00	Individual	\$10.00
420		\$38.01	Individual	\$10.00
449		\$200.00	Individual	\$10.00
493		\$81.50	Individual	\$10.00
1005		\$100.00	Individual	\$10.00
15	Promises Group	\$30.00	Individual	\$10.00
81	New Way	\$150.00	Individual	\$10.00
82	Friday Serenity	\$150.00	Individual	\$10.00
84	Dry Noon Group	\$480.00	Individual	\$10.00
142	Bedrock Group	\$250.00	Individual	\$15.00
208	On the Prairie	\$358.00	Individual	\$15.00
344	There is a Solution	\$254.41	Individual	\$15.00
350	Expect a Miracle	\$50.00	Individual	\$15.00
388	Sixth Sense	\$300.00	Individual	\$20.00
434	Monday Miracles	\$200.00	Individual	\$20.00
448	Not Saints	\$225.00	Individual	\$20.00
476	Ladies' Night Out	\$100.00	Individual	\$20.00
512	Potosi Group	\$20.00	Individual	\$20.00
582	Noon-Timers	\$190.13	Individual	\$20.00
683	Absolutely Sober	\$93.00	Individual	\$25.00
722	The Journey	\$182.50	Individual	\$25.00
792	KISS	\$187.50	Individual	\$25.00
945	Living in Recovery	\$125.00	Individual	\$33.00
970	A Woman's Way	\$10.00	Individual	\$36.30
1010	I Am Responsible	\$76.00	Individual	\$38.01
1014	All About Recovery	\$180.00	Individual	\$50.00
1147	Sobriety Sisters	\$30.00	Individual	\$50.00
1160	Virtual Ducks	\$305.84	Individual	\$50.00
1162	Just for Today	\$30.00	Individual	\$95.00
1168	Woman's Happy Destiny	\$90.00	Individual	\$100.00
	11 @ 11	\$10.00	Individual	\$100.00
	Last Supper	\$55.00	Individual	\$150.00
	Birthday	\$164.36	Individual	\$150.00
	Individual	\$10.00		
	Individual	\$25.00		
	Individual	\$100.00		
	Individual	\$500.00		
	Individual	\$500.00		
THANK YOU!				
MARCH 2022 TOTAL				\$7,813.56

THINGS WE CANNOT CHANGE

 Sharon K-M.
AA Member

She will be missed by all who knew her!

KEEPING IT VERY SIMPLE

- If you turn it on, turn it off.
- If you unlock it, lock it up.
- If you break it, admit it.
- If you can't fix it, call someone who can.
- If you borrow it, return it.
- If you make a mess, clean it up.
- If you move it, put it back.
- If you want to use someone's property, get permission.
- If you don't know how to operate it, leave it alone.
- If it's none of your business, don't ask questions.
- If it ain't broke, don't fix it.
- If it will brighten someone's day, say it.
- If it will tarnish someone's reputation, keep it to yourself.

AA WORD UNSCRAMBLE

1. AXES ("... that there are no fees to pay, no axes to grind, no people to please, no lectures to be endured—...") pg. 18
2. EASIER ("We thought we could find an easier, softer way.") pg. 58
3. FOUNDATION ("Helping others is the foundation stone of your recovery.") pg. 97
4. JOURNEYS ("Some day we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination.") pg. 162

