



CENTRAL SERVICE OFFICE

JUNE 2022 NEWSLETTER



MEETING INFO	AA BIRTHDAYS	AA-RELATED ARTICLES	CONTRIBUTIONS	UPCOMING EVENTS
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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)	1188
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
Tuesday	Group #	5:30 PM (MX)	577
7:00 AM (W)	970	6:00 PM (M)	1045
12 Noon (MX)	1087	Midnight (MX)	Late Nite
5:30 PM (M)	972	Saturday	Group #
7:00 PM (MX)	464	9:00 AM (M)	318
Wednesday	Group #	11:30 AM (MX)	250
12 Noon (MX)	358	4:00 PM (MX)	212
5:30 PM (MX)	1126	6:00 PM (MX)	1073
		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).

MEETING NEEDS SUPPORT

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

NEW MEETING

Saturday, 10:30 AM, W-O, Maplewood United Methodist Church, 7409 Flora, Maplewood, 63143

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)

FOUNDERS' DAY—JUNE 10, 1935



Robert Holbrook Smith (Dr. Bob)
 Born: August 8, 1879
 Died: November 16, 1950



William Griffith Wilson (Bill W.)
 Born: November 26, 1895
 Died: January 24, 1971

A DECLARATION OF UNITY

This we owe to A.A.'s future:

- To place our common welfare first;
- To keep our fellowship united;
- For on A.A. unity depend our lives;
- And the lives of those to come.

Dr. Bob writes about Bill W.:

"... That was June 10, 1935, and that was my last drink. As I write nearly four years have passed.

"The question which might naturally come into your mind would be: 'What did the man do or say that was different from what others had done or said?' It must be remembered that I had read a great deal and talked to everyone who knew, or thought they knew anything about the subject of alcoholism. But this was a man who had experienced many years of frightful drinking, who had most all the drunkard's experiences known to man, but who had been cured by the very means I had been trying to employ, that is to say the spiritual approach."

Alcoholics Anonymous, Dr. Bob's Nightmare, pg. 180

AA SPEAKER BUREAU

St. Louis Metropolitan Area

Call for a speaker: 314-647-3677

Sign up to speak: 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 #62
Bob W. 36 Years!!!

GROUP #81
Mike S. 5 Years

GROUP #189
Debbie O. 12 Years!


GROUP #198
Bob K. 41 Years!!!!

GROUP #449
Allen 3 Years
Richard Y. 12 Years!
Mark N. 13 Years!
Julie W. 17 Years!
Tom R. 20 Years!!
Jimmy M. 21 Years!!

GROUP #460
Kenny R. 6 Months
Brenda T. 29 Years!!

GROUP 744
Ann P. 2 Years

THINGS WE CANNOT CHANGE

 Michael W.
A.A. Member
He will be missed by all who knew him!



**FLAG DAY
JUNE 14**

Claire F. 6 Years
Angie M. 10 Years!

GROUP #812
Denise J. 16 Years!
Peg D. 29 Years!!

GROUP #1162
Abby S. 42 Years!!!!

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

G.O.D. Explained part 3

Resolving Fear

"The problem of resolving fear has two aspects. We shall have to try for all the freedom from fear that is possible for us to attain. Then we shall need to find both the courage and the grace to deal constructively with whatever fear remains."
Grapevine, January 1962- As Bill Sees It
The A.A. Way of Life page 61

Go On Doing

When I first heard this, I thought, "Doing what?" I looked up the definition of *doing: the activities in which a particular person engages.* "Ok, what activities can I engage in?" Do I choose to stay in the moment or worry (the illusion of control) about the future or the past? That gets me to the insanity of Step Two. Do I choose to have insane (unhealthy) behavior or sane (healthy) behavior? I can choose to use my tools or not use my tools. When I feel powerlessness over people, places and things, my fear kicks in and I lash out in angry or the insane thinking "My way or the highway" causes me nothing but trouble. I know that FEAR is False Evidence Appearing Real. When the evidence is *not* real, I **Go On Doing** by using my tools of recovery: Prayer, call my sponsor, go to a meeting, and call a fellow member of A.A. **Go On Doing** anything to get me back *into the moment.*

Pipeline to God

"I am a firm believer in both guidance and prayer. But I am fully aware, and humble enough, I hope, to see there may be nothing infallible about my guidance."
Letter, 1950 As Bill Sees It -The A.A. Way of Life page 38

Guide Our Dreams

Do I have a cherished aspiration, ambition or ideal I want to fulfill? A "Guide" is a person or group who shows the way to others. I believe we all have dreams. Sometimes they are realistic and sometimes they are unrealistic. We need the guidance of a God of our understanding, a trusted sponsor, and our home group to help us with our dreams. I suggest to my sponsees that when you can't get in touch with me, you need to have a tribe of people (I have five) who you can tell everything you can tell your sponsor. These are the people, with my HP, that will help me with my dreams. In the beginning, I took baby steps. I asked, "What is one situation in which I can change my view or action?" One thing I can do differently is when I think I know what is best for me and others. When I think I know what is best I am superseding my higher power's will for me. I take one situation at a time. I pray for the strength to keep my mouth shut. I realize when I'm acting out of fear. I walk away and call someone from my support group. I "Keep It Simple" by doing this one situation at a time.

A grateful AA member

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 cannot promise that every article will be published, please be assured every article will be given serious consideration.
Thank you!

AA WORD SCRAMBLE

Words used in A.A. Big Book

1. IYVNRENOT _ _ _ _ _
2. BDELOU _ _ _ _ _
3. WRPOE _ _ _ _ _
4. SDLISCOE _ _ _ _ _

(Answers on pg. 3)

APRIL 2022 CONTRIBUTIONS TO CENTRAL SERVICE OFFICE				
#	GROUP	AMT	GROUP	AMT
166		\$502.00	Individual	\$20.00
220		\$50.00	Individual	\$25.00
255		\$459.00	Individual	\$100.00
299		\$193.00	Individual	\$500.00
403		\$250.00	Via Pay-Pal	
420		\$35.51	Individual	\$5.00
500		\$985.25	Individual	\$5.00
776		\$10.00	Individual	\$10.00
1023		\$150.00	Individual	\$10.00
5	Serendipity	\$27.00	Individual	\$10.00
15	Promises Group	\$35.00	Individual	\$10.00
95	Into Action	\$300.00	Individual	\$10.00
107	Gold Cup	\$101.07	Individual	\$10.00
120	Sunlight of the Spirit	\$80.00	Individual	\$10.00
121	Early Ducks	\$366.77	Individual	\$10.00
316	Frisco Group	\$100.00	Individual	\$10.00
157	Big Book	\$270.00	Individual	\$10.00
182	Thank God It's Monday	\$50.00	Individual	\$10.00
350	Expect a Miracle	\$175.00	Individual	\$15.00
356	We Are Responsible	\$150.00	Individual	\$18.00
358	Love & Tolerance	\$5.00	Individual	\$20.00
416	Life is Good	\$50.00	Individual	\$20.00
418	Joe's Place	\$110.00	Individual	\$20.00
456	Gateway to Freedom	\$69.30	Individual	\$20.00
460	Baden	\$10.00	Individual	\$20.00
512	Potosi Group	\$20.00	Individual	\$20.00
601	Kirkwood Step	\$500.00	Individual	\$20.00
669	The Breakfast Club	\$513.00	Individual	\$23.00
744	Women Enjoying Sobriety	\$266.50	Individual	\$25.00
791	KISS	\$106.00	Individual	\$38.00
792	KISS	\$100.00	Individual	\$38.51
916	That Young People's Mtg.	\$75.00	Individual	\$40.00
940	A Newfound Freedom	\$150.00	Individual	\$50.00
1024	Spiritual Winners	\$145.00	Individual	\$50.00
1097	We Agnostics	\$23.00	Individual	\$50.00
1118	Building on Higher Ground	\$950.00	Individual	\$60.50
1162	Just For Today	\$42.00	Individual	\$75.00
1179	The Unity Group	\$50.00	Individual	\$200.00
4102	Renegade Group	\$235.00	Individual	\$236.00
	AA Roots	\$10.00	Individual	\$459.50
	11 @ 11	\$10.00		
	District 42	\$250.00		
	Expressions of Gratitude	\$100.00		
THANK YOU!				
APRIL 2022 TOTAL				\$10,362.91

AA WORD UNSCRAMBLE

1. **INVENTORY** ("Therefore, we started upon a personal inventory;" pg. 64)
2. **DOUBLE** ("More than most people, the alcoholic leads a double life;" pg. 73)
3. **POWER** ("We have recovered, and have been given the power to help others;" pg. 132)
4. **DISCLOSE** ("God will constantly disclose more to you and to us;" pg. 164)

UPCOMING EVENTS

(See attached flyers for complete details.)

JUNE 4

District #53, Sunny 'n Sober, 9:00 AM, Faith Lutheran Church (Outdoor Speaker Meeting), The Hanger, 6101 Telegraph Road, Oakville, 63129

JUNE 10, 11, 12

Men's Float Trip, Bass River Resort, 204 Butts Road, Steelville, MO 65565, 1-800-392-3700

JUNE 11

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

JUNE 11

District #52, Founders' Day Picnic, 9:30 AM, Jefferson Barracks Park, Blackhawk Pavilion, 251 City Road, Lemay, 63125

JUNE 24, 25, 26

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

JUNE 26

Gratitude Hour's Bar-B-Q Party, 11:00 AM—4:00 PM, Bluebird Park, Lion's Pavilion, 225 Kiefer Creek Road, Ellisville, 63021

JULY 29, 30, 31

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

AUGUST 21

District #17, "Pig in the Park," Annual Potluck Picnic, 12:30 PM, Arnold City Park, Kiwanis Pavilion, 2400 Bradley Beach Road, Arnold, 63010

SEPTEMBER 18

Central Service Office Antique Cars & Motorcycles and Picnic, 11:00 AM, Deer Creek Park (Rocket Park), 3200 Laclede Station Road, Maplewood, 63143

ANNOUNCEMENT FOR THE CSO SOCIAL COMMITTEE

THE SOCIAL COMMITTEE IS BACK!

We are inviting you to join us for our first Social Committee Meeting since COVID on June 7th at 7pm. To Join:

Call (314) 647-3677

Email alano@stl.org

ZOOM MEETING

ID: 812 5249 4093

Passcode: 136380

1st Tuesday of Every Month!