



# CENTRAL SERVICE OFFICE

## AUGUST 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.

<b>Sunday</b>	<b>Group #</b>	5:30 PM (MX)	1126
9:00 AM (M)	1100	7:00 PM (MX)	44
4:30 PM (M)	1148		
7:00 PM (MX)	978	<b>Thursday</b>	<b>Group #</b>
11:00 PM (MX)	Late Nite	7:00 AM (W)	970
		6:15 PM (MX)	1188
<b>Monday</b>	<b>Group #</b>	7:00 PM (MX)	1024
6:15 PM (MX)	303	<b>Friday</b>	<b>Group #</b>
7:30 PM (MX)	453	5:30 PM (MX)	577
		6:00 PM (M)	1045
<b>Tuesday</b>	<b>Group #</b>	11:00 PM (MX)	763
7:00 AM (W)	970	<b>Saturday</b>	<b>Group #</b>
12 Noon (MX)	1087	9:00 AM (M)	318
5:30 PM (M)	972	11:30 AM (MX)	250
7:00 PM (MX)	464	4:00 PM (MX)	212
<b>Wednesday</b>	<b>Group #</b>	6:00 PM (MX)	1073
12 Noon (MX)	358	11:00 PM (MX)	735

**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](mailto:alano@aastl.org)

AA SPEAKER BUREAU  
St. Louis Metropolitan Area  
Call for a speaker: 314-647-3677  
Sign up to speak: [aastl.org](http://aastl.org)



### SAVE THE DATE

SATURDAY  
NOVEMBER 19, 2022



### CELEBRATE

81st ANNUAL CENTRAL SERVICE OFFICE  
ALANO BANQUET

The Oldest, Continuous AA Banquet  
In The WORLD!

ORLANDO EVENT CENTER  
2050 Dorsett Village  
Maryland Heights, MO

SPEAKER  
Sterling H., Omaha, NE

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

TICKETS \$46 each (10 chairs per table)  
*To sit together, submit together.*

Tickets on Sale Soon  
Central Service Office

For Information Contact:  
Central Service Office  
(314) 647-3677

CENTRAL SERVICE OFFICE

#14 Sunnen Drive . Suite #144 . Maplewood, MO 63143 . 314-647-3677 . [www.aastl.org](http://www.aastl.org) . email: [alano@aastl.org](mailto: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 #189**

Steve D. 5 years

**GROUP #358**

John D. 8 Years

Beth G. 4 Years

Sabrina D. 9 Years

Donna L. 16 Years!

Lisa B. 18 Years!

Vernie S. 44Years!!!!

**GROUP #449**

Don W. 7 Years

Mark M. 10 Years!

Bob A. 22 Years!!

Bob S. 23 Years!!

Ron D. 27 Years!!

Steve W. 27 Years!!

Mike D. 29 Years!!

**GROUP #460**

Nichole M. 30 Days

La Monica 22 Years!!

**GROUP #744**

Cindi C. 12 Years!

**GROUP #1179**

Mel M. 8 Years

Andrea H. 10 Years!

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

**THINGS WE CANNOT CHANGE**



Michael W.  
Group #391

He will be missed by all who knew him!

"Each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength, and hope."

*Alcoholics Anonymous pg. xxii*

**THE CSO SOCIAL COMMITTEE IS BACK!**

To join:

Call: (314) 647-3677  
email: alano@aastl.org

ZOOM MEETING  
ID: 812 5249 4093  
Passcode: 136380

7:00 PM

1st Tuesday of Every Month

**ICE CREAM SOCIAL**  
*Sponsored by Central Service Office Family Event*

**Sunday, August 7  
1:30—3:30 PM**

**Paul C. Whener, Sr.  
Memorial Park  
Festival Pavilion**

**7600 Hazel Ave.  
Shrewsbury, 63119**

*(bring your own lawn chair & beverage)*

**LIFELINE**



"Too much of my life has been spent dwelling upon the faults of others. This is a most subtle and perverse form of self-satisfaction, which permits us to remain comfortably unaware of our own defects. Too often we are heard to say 'If it weren't for him (or her), how happy I'd be!'"

"Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives."

"Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be the sure foundation upon which increased emotional health and therefore spiritual progress can be built."

*As Bill Sees It, pg. 44*

**PAMPHLET OF THE MONTH**

The A.A. Member—  
Medications  
&  
Other Drugs

*AA Pamphlet P-11*



**BOOK OF THE MONTH**

**Grapevine  
DAILY QUOTE  
Book**

365 inspiring passages from the pages of AA Grapevine

**"TRADITION FIVE"**

AA CO-FOUNDER, BILL W., APRIL 1948

"May we never forget that we live by the grace of God—on borrowed time."

*Grapevine DAILY QUOTE, pg. 57*

**AA WORD SCRAMBLE**

*Words used in A.A. Big Book*

1. GESDNI \_ \_ \_ \_ \_
2. TAYBESULOL \_ \_ \_ \_ \_
3. SRLEGRDAES \_ \_ \_ \_ \_
4. ORUNJYSE \_ \_ \_ \_ \_

*(Answers on pg. 3)*

JUNE 2022 CONTRIBUTIONS TO CENTRAL SERVICE OFFICE				
#	GROUP	AMT	GROUP	AMT
220		\$50.00	<b>Via PayPal</b>	
306		\$10.00	Individual	\$5.00
344		\$210.14	Individual	\$5.00
420		\$38.51	Individual	\$10.00
694		\$125.00	Individual	\$10.00
814		\$200.00	Individual	\$10.00
1005		\$100.00	Individual	\$10.00
6	Normandy Group	\$100.00	Individual	\$10.00
15	Promises Group	\$35.00	Individual	\$10.00
43	Group 43	\$79.00	Individual	\$10.00
53	Cuckoos Nest	\$75.00	Individual	\$10.00
69	The Gratitude Hour	\$450.00	Individual	\$10.00
198	Night Bloomers	\$150.00	Individual	\$10.00
350	Expect a Miracle	\$50.00	Individual	\$10.00
418	Joe's Place	\$115.00	Individual	\$15.00
448	Not Saints	\$61.00	Individual	\$20.00
750	Friday Night Happy Hour	\$75.00	Individual	\$20.00
778	Sycamore Group	\$100.00	Individual	\$20.00
789	SOS Eureka	\$100.00	Individual	\$20.00
1042	Double Winners	\$32.00	Individual	\$20.00
1045	Group 145	\$150.00	Individual	\$20.00
1100	We Ain't Saints	\$140.00	Individual	\$20.00
1160	Virtual Ducks	\$164.75	Individual	\$20.00
	AA Roots	\$10.00	Individual	\$25.00
	Individual	\$25.00	Individual	\$25.00
	Individual	\$40.00	Individual	\$26.00
	Individual	\$500.00	Individual	\$33.00
	Memorial	\$10.00	Individual	\$38.51
	Memorial	\$100.00	Individual	\$50.00
	Memorial	\$100.00	Individual	\$50.00
	Memorial	\$100.00	Individual	\$50.00
	Memorial	\$250.00	Individual	\$50.00
	Memorial	\$391.00	Individual	\$75.00
			Individual	\$75.00
			Individual	\$120.00
			Individual	\$125.00
			Individual	\$150.00
			Individual	\$200.00
			Individual	\$200.00
<b>JUNE 2022 TOTAL</b>				<b>\$5,723.91</b>

**UPCOMING EVENTS**

(See attached flyers for complete details.)

**AUGUST 6**

Districts #2 (MO) & #18 (IL) Correctional Workshop, 9:00 AM

Zoom ID: 892 9882 0291; Passcode: aainside

In-Person: Southern IL AA Central Service Office, 409 Broadway Unit C1, South Roxana, IL

**AUGUST 7**

Central Service Office Ice Cream Social, Family Event, 1:30-3:30 PM, Wehner Park, Festival Pavilion, 7600 Hazel, Shrewsbury, 63119

**AUGUST 20**

Spring Fling Trivia Night, 6:00 PM, Crestwood Community Center, 9245 Whitecliff Lane, Crestwood, 63126

**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

**AUGUST 27**

District #2 Monthly Workshop Traditions & Concepts, 11:00 AM (Last Saturday of Month—Different Presenter Each Month)

Zoom ID: 869 5011 2550; Passcode: 732388

**SEPTEMBER 2, 3**

St. Louis Fall Classic 2022, Airport Hilton Hotel, 10330 Natural Bridge Road, St. Louis, 63134

**SEPTEMBER 18**

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

**SEPTEMBER 25**

Group #356, 37<sup>th</sup> Anniversary Potluck Meeting, 5:30 PM, Southside Church of God, 12145 Tesson Ferry Road @ I-270

**AA WORD UNSCRAMBLE**

1. **DESIGN** ("A new life has been given us or, if you prefer, a design for living that really works.") pg. 28
2. **ABSOLUTELY** ("But the actual or potential alcoholic, with hardly an exception, will be absolutely unable to stop drinking on the basis of self-knowledge.") pg. 39
3. **REGARDLESS** ("Burn the idea into the consciousness of every man that he can get well regardless of anyone.") pg. 98
4. **JOURNEYS** ("Some day we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination.") pg. 162



"This is what I call living ... music ... soft lights ... romance..."