



# CENTRAL SERVICE OFFICE

## MARCH 2023 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](http://aastl.org), which is updated daily, for all known in-person & virtual meetings.

<u>Sunday</u>	<u>Group #</u>	<u>Thursday</u>	<u>Group #</u>
9:00 AM (M)	1100	7:00 AM (W)	970
7:00 PM (MX)	978	6:15 PM (MX)	1188
11:00 PM (MX)	Late Nite	7:00 PM (MX)	1024
<u>Monday</u>	<u>Group #</u>	<u>Friday</u>	<u>Group #</u>
6:15 PM (MX)	303	12:00 Noon (MX)	1000
		5:30 PM (MX)	577
<u>Tuesday</u>	<u>Group #</u>	6:00 PM (M)	1045
7:00 AM (W)	970	7:30 PM (MX)	Young People
12 Noon (MX)	1087	11:00 PM (MX)	Late Nite
5:30 PM (M)	972	<u>Saturday</u>	<u>Group #</u>
7:00 PM (MX)	464	9:00 AM (M)	318
<u>Wednesday</u>	<u>Group #</u>	11:30 AM (MX)	250
12 Noon (MX)	358	4:00 PM (MX)	212
5:30 PM (MX)	1126		
7:00 PM (MX)	44		

**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).

### Heard at a meeting...

*"The opinions expressed here are those of the individual members. If you cannot reconcile them to the Big Book of Alcoholics Anonymous, we suggest you forget them."*

### UPCOMING EVENTS

(See attached flyers for complete details.)

#### MARCH 10 & 11

Great River Roundup, Pere Marquette Lodge & Conference Center, Route 100, Grafton, IL 62037

#### MARCH 11

District #16, Annual Spiritual Renewal 2023, 6:00 PM, The Zion Church, Union, MO 63084

#### APRIL 21, 22, 23

15<sup>th</sup> Annual Spring Fling Convention, Hilton St. Louis Airport, 10330 Natural Bridge Road, St Louis, 63134

### MEETING UPDATES

#### NEW MEETINGS

Group #1000, MX-C, Friday, 12:00 Noon, Central Service, #14 Sunnen Drive, Maplewood, 63143

Group #1168, W-C, Sunday, 5:00 PM  
Zoom Only ([www.aastl.org](http://www.aastl.org))

New De Soto Meeting, Thursday, 7:30 PM, St Rose of Lima Catholic Church, 3rd & Miller Street (enter Miller Street), De Soto, 63020

#### TIME CHANGE

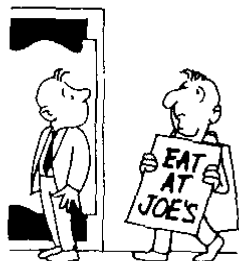
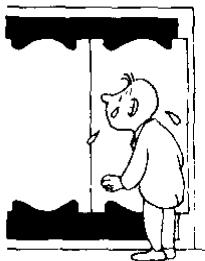
Group #362, Friday, M-C, Glendale Lutheran Church, 1365 North Sappington Road, Glendale, 63122

NEW TIME: 7:30 PM

#### NEEDS SUPPORT

Group #1179, Unity Group, Saturday, 10:30 AM, MX-C  
Zoom Only ([www.aastl.org](http://www.aastl.org))

### Victor E.



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 #44**  
Kate P. 27 Years!!

**GROUP #166**  
Anita F. 34 Years!!!  
Susan J. 39 Years!!!  
Jane Z. 45 Years!!!!

**GROUP #189**  
Daryl N. 26 Years!!

**GROUP #358**  
Darla 40 Years!!!!

**THINGS WE CANNOT CHANGE**  
 Maureen B.  
Group #177  
35+ Years Trusted Servant  
AA Central Service Office  
She will be missed by all who knew her.

**GROUP #416**  
Jorie J. 11 Years!

**GROUP #449**  
Ray B. 6 Years  
Merrie H. 19 Years!  
Linda W. 23 Years!!  
Darla S. 40 Years!!!!

**GROUP #460**  
Damien C. 5 Years  
Constantine A. 26 Years!!  
Yolanda P. 30 Years!!!  
Miss Lessie 35 Years!!!  
James W. 35 Years!!!

**GROUP #812**  
Nancy R. 12 Years!

**LIFELINE** 

**Movement of the Hand-AA**

At one of my meetings, the speaker was talking about powerlessness in Step One. She said, "Just the movement of the hand." This sentence hit me as so simple, yet so profound all at once. It got me thinking how I move my hands all day long in my daily life and how the movement of my hands *can* aid in my recovery. By moving my hands, I can utilize the tools of recovery. My recovery is in the power of my hands. Yes, I need help and guidance to learn a new way of thinking and acting. I am learning how to move my hands towards recovery.

A home group member told me a story from her early recovery. She was fearful, but it manifested as anger. While attending a speaker meeting, she was judging the speaker harshly, and her judgment came out when she shared during the meeting. After the meeting was over, knowing my friend was a newcomer, the speaker approached her, lightly touched her elbow, and said, "Please come back." That touch of a hand melted her fears and opened up her willingness for recovery. Who knew that movement of the hand so gentle would change her life forever.

Now this can be a hard one—using my hand to pick up that 500-pound phone and call my sponsor. If I can't reach my sponsor, I have been instructed to call someone else. Over time, that phone has gotten lighter and lighter. Today I enjoy speaking with my sponsor and other A. A. members. When I share my burdens, they are cut in half. When I share my blessings, they are doubled.

I use my hands to drive or get on a Zoom meeting. Meetings are where I hear that I am not alone. I learn how other members deal with "life-on-life's-terms."

I use my hands to pick up A. A. books where I discover how to work the Steps for personal changes. I learn to apply Traditions and Concepts on how to get along with other members in a group setting, and I also use them in my everyday life.

I raise my hand at a meeting when I find out there's a group task needing to be done such as chairing a meeting; volunteering to be a reader; helping set up and clean up; speaking when asked; sharing at a meeting; accepting group positions such as treasurer, secretary, intergroup representative (IR) or group service representative (GSR) — all of these actions bind my commitment to the group and to my recovery.

*Continued on pg. 3*

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



**AA SPEAKER BUREAU**

**St. Louis Metropolitan Area**

Call for a speaker: 314-647-3677

Sign up to speak: [www.aastl.org](http://www.aastl.org)

**AA WORD SCRAMBLE**

*Words used in A.A. Big Book*

1. T F N I H G I G \_\_\_\_\_
2. S E S N T S I H A U S T \_\_\_\_\_
3. C A U E T \_\_\_\_\_
4. W O G R \_\_\_\_\_

*(Answers on pg. 3)*

## JANUARY 2023 CONTRIBUTIONS

#	GROUP	AMT	GROUP	AMT
2		\$445.50	AA Roots	\$10.00
3		\$75.00	11 @ 11	\$60.00
61		\$50.00	District 17	\$1,000.00
73		\$400.00	Individual	\$10.00
126		\$115.25	Individual	\$10.00
212		\$150.00	Individual	\$25.00
220		\$20.00	Individual	\$50.00
248		\$100.00	Individual	\$65.00
255		\$107.50	Individual	\$500.00
258		\$234.00	Individual	\$1,000.00
306		\$10.00	Individual	\$1,000.00
420		\$62.51	<b>VIA PAY-PAL</b>	
479		\$17.38	Individual	\$2.00
814		\$20.00	Individual	\$5.00
972		\$50.00	Individual	\$5.00
1184		\$50.00	Individual	\$5.00
15	Promises Group	\$30.00	Individual	\$5.00
81	New Way	\$513.00	Individual	\$5.00
107	Gold Cup	\$101.07	Individual	\$5.00
120	Sunlight of the Spirit	\$100.00	Individual	\$10.00
121	Early Ducks	\$311.20	Individual	\$10.00
322	Cedar Hill Sunday Night	\$40.00	Individual	\$10.00
344	There is a Solution	\$162.60	Individual	\$10.00
349	Westside Lunch Meeting	\$115.00	Individual	\$10.00
350	Expect a Miracle	\$125.00	Individual	\$10.00
357	Cross Talking Jaywalkers	\$105.00	Individual	\$14.00
358	Love & Tolerance is Our Code	\$60.00	Individual	\$15.00
388	Sixth Sense	\$300.00	Individual	\$20.00
416	Life is Good	\$50.00	Individual	\$20.00
418	Joe's Place	\$130.00	Individual	\$20.00
456	Gateway to Freedom	\$60.30	Individual	\$20.00
471	Wednesday Winners	\$145.00	Individual	\$20.00
512	Potosi AA Group	\$30.00	Individual	\$20.00
582	Noon-Timers	\$210.19	Individual	\$20.00
744	Women Enjoying Sobriety	\$322.75	Individual	\$20.00
750	Friday Night Happy Hour	\$50.00	Individual	\$20.00
752	Sunday Morning 11th Step	\$143.00	Individual	\$20.00
774	The 905 Group	\$1,013.00	Individual	\$25.00
789	SOS Eureka	\$90.00	Individual	\$33.00
791	KISS	\$106.00	Individual	\$35.00
792	KISS	\$237.50	Individual	\$50.00
916	That Young People's Meeting	\$50.00	Individual	\$50.00
945	Living in Recovery	\$200.00	Individual	\$50.00
970	A Woman's Way	\$50.00	Individual	\$80.00
1024	Spiritual Winners	\$177.00	Individual	\$100.00
1100	We Ain't Saints	\$276.00	Individual	\$100.00
1105	Essentials of Recovery	\$50.00	Individual	\$200.00
1113	Higher Ground	\$200.00	Individual	\$280.00
1130	The Unplugged Group	\$250.00		
1147	Sobriety Sisters	\$50.00		
1179	The Unity Group	\$50.00		
1200	Day Counters	\$275.00		
1406	Endurance in Recovery	\$208.00		
6262	Rule 62	\$509.00		
<b>JANUARY 2023 TOTAL</b>			<b>\$13,856.75</b>	

**THANK YOU!**

**Movement of the Hand-AA** (cont'd)

I welcome newcomers with a kind handshake or touch of the elbow. Without newcomers A. A. would shrivel and die. We need newcomers to keep the program fresh and new. When I help newcomers, I am paying forward what was given to me so freely.

We all pray in different ways. Placing my hands together or on my heart helps me connect with my Higher Power. I am a visual person, so when I pray, I visualize two hands holding my problems or those of the people I'm praying for. As I place the problems in God's hands, I relinquish them completely—letting go and letting God do for me for what I cannot do for myself.

Using my hands in prayer helps me to slow down, pause, and think of someone else and their burdens—which put my problems in perspective. Reflecting on my hands reminds of the times when I hold my two toddler grandsons' hands as we walk together. With my hands of recovery, I can be in the moment with them. Not worrying about the outcome or what other people are thinking. Just holding hands with people, I love.

A.A. held my hand until I could hold God's hand and let others hold mine. Thank you, God. Thank you, A. A.

In Service,  
Susan C.

**AA WORD UNSCRAMBLE**

1. **FIGHTING** ("Besides, we have stopped fighting anybody or anything. We have to!" pg. 103)
2. **ENTHUSIASTS** ("Many alcoholics are enthusiasts. They run to extremes.") pg. 125
3. **ACUTE** ("The man in the bed was told of the acute poisoning from which he suffered..." pg. 157)
4. **GROW** ("Thus we grow. And so can you, though you be but one man with this book in your hand.") pp. 162-163.

