



CENTRAL SERVICE OFFICE

MAY 2023 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 #	Thursday	Group #
9:00 AM (M)	1100	7:00 AM (W)	970
7:00 PM (MX)	978	6:15 PM (MX)	1188
		7:00 PM (MX)	1024
Monday	Group #	Friday	Group #
6:15 PM (MX)	303	12:00 Noon (MX)	1000
		5:30 PM (MX)	577
Tuesday	Group #	6:00 PM (M)	1045
7:00 AM (W)	970	11:00 PM (MX)	Late Nite
12 Noon (MX)	1087		
5:30 PM (M)	972	Saturday	Group #
7:00 PM (MX)	464	9:00 AM (M)	318
Wednesday	Group #	11:30 AM (MX)	250
7:00 AM (W)	970	4:00 PM (MX)	212
12 Noon (MX)	358	11:00 PM (MX)	Late Nite
5:30 PM (MX)	1126		
7:00 PM (MX)	44		

Please consider the Central Service Office location for your group's meeting. We would love to have you!

MEN'S STEAK LUNCH

(AKA THE WANG DANG DOODLE)

SUNDAY, MAY 7 • DEER CREEK PARK
3200 N. LACLEDE STATION RD.

This is a fund raiser for Central Services, the organization which has carried the message of AA in this region for so many years. Enjoy the spirit of camaraderie, brotherhood of companionship and the community offered at this event.

Tickets are a double sawbuck (\$20.00)

11am – Fun & Fellowship

Noon – grub and gastronomy (Lunch) charbroiled steak and all the fixings

Many men give what they are able to offer. Some give \$10 or \$20 for each year of sobriety. Just like an offering for our church, we make a yearly contribution for The Life We Have Been Given

When you make your contribution, you support A.A. in this area. Better yet, you can buy a ticket for new guy who might need a hand up just like you did.

FOR TICKETS: Tom Luckey 314.560.1956 or Tom N. 314.647.3677
Contributions via PayPal to : alano@aastl.org

"Cling to the thought that, in God's hands, the dark past is the greatest possession that you have—the key to life and happiness for others. With it you can avert death and misery for them."

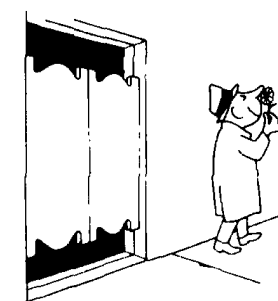
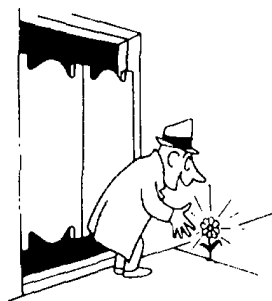
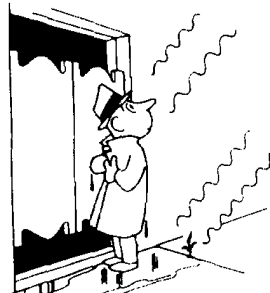
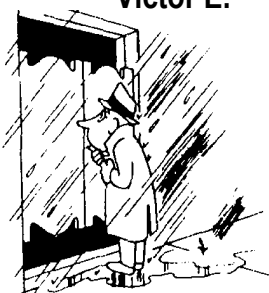
ALCOHOLICS ANONYMOUS, pg. 124

"MYTH: I know I have a problem. But I can't beat it.

REALITY: If you are like us, the chances are you can't beat it alone. Alcoholism is a progressive illness; and if an alcoholic keeps on drinking, the illness will always get worse."

Young People and A.A., Pamphlet P-4

Victor E.



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 #144**

Cathy B. 20 Years!!
Linda G. 37 Years!!!

GROUP #189

Chad D. 30 Days
Beth B. 23 Years!!

GROUP #311

Rod 6 Years
Tim S. 23 Years!!
Deborah J. 36 Years!!!

GROUP #362

Jamie C. 1 Year
Bill J. 15 Years!
Mark S. 23 Years!!
Steve B. 35 Years!!!

GROUP #416

Susan G. 5 Years

**We honor and
thank all of our
Veterans for
their dedication
and service!**



**Memorial
Day
Monday,
May 29**

GROUP #449

Tony K. 4 Years
Dave A. 17 Years!
Lisa I. 29 Years!!
Mary Gene D. 38 Years!!!

GROUP #812

Diane M. 12 Years!
Denise J. 17 Years!

GROUP #816

Adam B. 4 Years

GROUP #983

Patty K. 29 Years!!

GROUP #1162

Abby S. 43 Years!!!!

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

Please keep the Central Service Office informed when your group celebrates birthdays. We love posting them!

LIFELINE**THE SWING OF THE PENDULUM**

by Susan C., Group #220

I spoke at an AA meeting where the group had just lost a beloved member the day before. This person was a regular member of the meeting. I could tell she was a huge part of their meeting. With her passing there is going to be a void hard to fill. They shared many words of wisdom which they will have forever about their friend. There were many tears. These people who we attend meetings with, penetrate our heart in ways which is unexplainable. They have seen us at our worst and our best. People who do not attend meetings just don't get it. But that is the magic of attending 12-step meetings. We are given a gift of love and understanding of others. They love us into recovery before we can love ourselves. They give us encouraging words when we are down. They celebrate our accomplishments. Group members know when we are in need. Our Groups teach us to be a part of and how to function in today's world. When we are grieving my beloved Sponsor told me to "Ride out the feelings. Do not stuff them." How many times I have heard people apologize for crying at a meeting. We are human and humans have emotions. Some of us are taught not to feel or show any kind of emotion. In the program we begin to feel and we need to work through them. My Sponsor also told me "Grief is like a pendulum it is going to swing." One moment you are doing fine, maybe sweeping the floor, and the next minute you start crying. IT IS OK!! We never know when grief is going to hit us. Just ride it out. Feel those feelings. In my life I have lost many people. One way to memorialize them is doing acts of kindness in their name. Also, I pray for their family because they are hurting too. When I think of the family my grief is put into perspective. We all hurt because of a loss of a loved one. I have to remember that I'm grateful that I had that loved one in my life and remember how they were a part of my life.

AA TRIVIA

Words used in A.A. Big Book

1. "We landed in England. I visited _____."
2. "My friend had emphasized the absolute necessity of demonstrating these _____ in all my affairs."
3. "Thus started one more journey to the _____ for Jim."
4. "No wonder an alcoholic is strangely _____. Who wouldn't be, with such a fevered brain?"

(Answers on pg. 4)

BACKGROUND OF AA IN ST. LOUIS

"...And speaking of another 'first,' St. Louis was signally honored by a telegram received from President Eisenhower at Kiel Auditorium during the Twentieth Anniversary Convention July 4, 1955. It read as follows:

'Please convey to all who participate in your Twentieth Anniversary Gathering my good wishes for a successful meeting. Your society's record of growth and service is an inspiration to those who through research, perseverance, and faith, move forward to the solution of many serious personal and public health problems.
Dwight D. Eisenhower' "

ALANO NEWS ST. LOUIS, MO, June 2002

MEETING UPDATES**NEW MEETINGS**

11th Step Meeting, Thursday, 6:00 PM, MX-O, St. Michael & St. George Church (Library), 6345 Wydown Blvd., Clayton, 63105

Group #1203, Saturday, 9:00 AM, MX-O, West County Club, 16296 Westwood Business, Ellisville, 63021

Group #1025, Hill Jill Meeting, Tuesday, 7:00 PM, W-C, Lindell Club-Big Room, 4522 Lindell Blvd., 63108

Group #1208, Glow Girls, Sunday & Wednesday, 7:15 PM, W-C, Zoom Only, www.aastl.org

Group #1206, Line By Line, Friday, 6:30 PM, MX-O, 4092 Blow Street, St. Louis, 63116

Group #951, Monday, 12:00 PM, MX-C, St. Francois County Community Center, Room #104, 1101 Weber Road, Farmington, 63640

Group #951, Friday, 2:00 PM, MX-O, St. Francois County Community Center, Room #104, 1101 Weber Road, Farmington, 63640

CANCELED

Group #52, Sunday, 9:00 AM, M-C, Harris House, 8315 South Broadway, St. Louis-South City, 63111

Group #199, Monday, 8:00 PM, MX-C, Arlington Methodist Church, 3770 McKelvey Road, Bridgeton, 63044

A Reasonable Alternative Group, Friday, 7:00 PM, St. Paul's Episcopal Church, 6518 Michigan Avenue, St. Louis, 63111

TIME CHANGE

Group #951, Wednesday, MX-C, St. Francois Community Center, 1101 Weber Road, Room #104, Farmington, 63640
NEW TIME: 12:00 PM

MEETING-TYPE CHANGE

Group #1018, Friday, 7:00 PM, St. Paul's Episcopal Church, 6518 Michigan Avenue, St. Louis. 63111
New Format: MX-C

LOCATION CHANGE

April 16-November: Outdoor Meeting

Group #148, Sunday, 2:00 PM, MX-O, Walter Park, 1551 Veteran's Drive, Desoto, 63020. Look for Sign: "Friends of Bill W. & Dr. Bob" *Bring Big Book and Lawn Chair.*

AA SPEAKER BUREAU

St. Louis Metropolitan Area

Call for a speaker: 314-647-3677

Sign up to speak: www.aastl.org

UPCOMING EVENTS**MAY 6****DISRICT #14 WORKSHOP**

12:00 Noon—3:00 PM, St. Charles Presbyterian Church, 131 Gamble Street, St. Charles, 63301
Zoom ID: 810 5638 3735; Password: Service

MAY 7**WOMEN'S LUNCHEON**

11:00 AM—2:00 PM, Orlando's Event Centers, 2050 Dorsett Village Plaza, Maryland Heights, 63043

MAY 20**NORTH COUNTY OFFICE ANNUAL UNITY PICNIC**

11:00 AM—5:00 PM, Bangert Park-Pavilion #1, 275 South New Florissant Road, Florissant, 63031
Family friendly event. Sorry, no pets please.

MAY 20**SNL 16th ANNIVERSARY BBQ PICNIC**

4:00 PM—9:00 PM, Lemay Park, 236 Fannie Avenue, Lemay, 63125

MAY 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

JUNE 4**CENTRAL SERVICE 8th ANNUAL PICNIC**

11:00 AM—3:00 PM, Deer Creek Park "Rocket Park," 3200 North Laclede Station Road, Maplewood, 63143

JUNE 23, 24, 25**ANNUAL WOMEN IN RECOVERY FLOAT & CAMP TRIP**

Riverview Ranch, 7945 Hwy N, Bourbon, 65441

JULY 28, 29, 30**73rd ANNUAL MISSOURI STATE CONVENTION**

Capital Plaza Hotel, 415 West McCarty Street, Jefferson City, 65101, mostateconvention.org

ONE DAY AT A TIME

"...To realize the value of ONE YEAR, ask a student who failed a grade. To realize the value of ONE MONTH, ask a mother who has given birth to a premature baby. To realize the value of ONE WEEK, ask an editor of a weekly newspaper. To realize the value of ONE MINUTE, ask a person who just missed the train. To realize the value of ONE SECOND, ask a person who just avoided an accident. To realize the value of ONE MILLISECOND, ask the person who won a silver medal in Olympics..."

*Twelve Step Times, Edmonton, AB
ALANO NEWS ST. LOUIS, April 2002*

MARCH 2023 CONTRIBUTIONS

#	GROUP	AMT	GROUP	AMT
8	New Day	\$382.87	District 41	\$500.00
15	Promises Group	\$75.00	District 51	\$500.00
61	Group 61	\$90.00	Individual	\$20.00
69	The Gratitude Hour	\$450.00	Individual	\$25.00
93	The Eagles	\$88.16	Individual	\$25.00
95	Into Action	\$400.00	Individual	\$25.00
126	Group 126	\$169.00	Individual	\$25.00
150	Live & Let Live	\$818.17	Individual	\$60.00
177	Group 177	\$250.00	Individual	\$500.00
220	Group 220	\$10.00	Birthday	\$168.02
344	Group 344	\$111.46	Via PayPal	
350	Expect a Miracle	\$140.00	Individual	\$5.00
355	Group 355	\$70.00	Individual	\$5.00
371	Bourbon Group	\$50.00	Individual	\$5.00
391	Group 391	\$250.00	Individual	\$5.00
400	A.A. Literature Group	\$28.00	Individual	\$5.00
414	Group 414	\$100.00	Individual	\$10.00
420	Group 420	\$149.50	Individual	\$10.00
502	Tues Night Newcomer	\$150.00	Individual	\$10.00
669	The Breakfast Club	\$231.03	Individual	\$10.00
699	Sisters of Sobriety	\$100.00	Individual	\$10.00
722	The Journey	\$300.00	Individual	\$10.00
759	Perryville Group	\$95.00	Individual	\$10.00
778	Sycamore Group	\$120.00	Individual	\$15.00
806	Late Night	\$5.00	Individual	\$20.00
983	Group 983	\$150.00	Individual	\$20.00
1000	Group 1000	\$25.00	Individual	\$20.00
1005	Group 1005	\$250.00	Individual	\$20.00
1042	Double Winners	\$657.00	Individual	\$20.00
1045	Group 1045	\$72.00	Individual	\$20.00
1086	Conscious Contact	\$10.00	Individual	\$20.00
1091	11th Step Meditation	\$10.00	Individual	\$20.00
1135	Step Sisters	\$60.00	Individual	\$25.00
1179	The Unity Group	\$50.00	Individual	\$30.00
1183	Chick Crew	\$125.00	Individual	\$33.00
1187	Luck of the Draw	\$100.00	Individual	\$50.00
1205	The Last Supper	\$75.00	Individual	\$50.00
	11 @ 11	\$10.00	Individual	\$60.00
THANK YOU!		MARCH 2023 TOTAL	\$8,593.21	

A.A. LITERATURE PRICE INCREASE

Did you know that A.A. has its own publishing company? A.A. World Services is the non-profit corporation that produces our literature and controls A.A. copyrights and trademarks, such as the names "Alcoholics Anonymous" and "Big Book."

In the last few years the news has been full of talk of inflation and "supply chain issues," and A.A. is not immune to these issues. Several A.A. books and pamphlets have been on back-order for months, due to paper shortages. And, after many years of wholesale pricing that allowed A.A. offices around the country to sell the Big Book at \$10 each, A.A.W.S. has raised its prices. As of April 3rd, the retail cost of a Big Book is now \$12.

The St. Louis office raised its prices the week of April 17th. While most A.A. titles have gone up, we have kept some prices the same, to ease the transition.

Tom N., Manager, Central Service

ANSWERS—AA TRIVIA

(Words used in A.A. Big Book)

1. WINCHESTER CATHEDRAL, pg. 1
2. PRINCIPLES, pg. 14
3. ASYLUM, pg. 36
4. IRRATIONAL, pg. 140



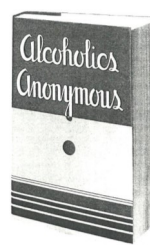
We're sober ... it was a good day!

"This is our *twelfth* suggestion: Carry this message to other alcoholics!
You can help when no one else can."

Alcoholics Anonymous, pg. 89

CD OF THE MONTH:**ALCOHOLICS ANONYMOUS**

*Audio CD Full Big Book
Including Stories*

BOOK OF THE MONTH:**ALCOHOLICS ANONYMOUS****75TH ANNIVERSARY EDITION**

Authorized Reproduction of
AA Big Book, 1st Edition