



CENTRAL SERVICE OFFICE

FEBRUARY 2024 NEWSLETTER



MEETING INFO

A.A.® BIRTHDAYS

A.A.-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

Registered Trademark of A.A. World Services, Inc.

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.

<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	12:00 Noon (MX)	1231
		6:15 PM (MX)	1188
		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
		6:00 PM (M)	1045
		11:00 PM (MX)	Late Nite
<u>Tuesday</u>	<u>Group #</u>	<u>Saturday</u>	<u>Group #</u>
7:00 AM (W)	970	9:00 AM (M)	318
12:00 Noon (MX)	1087	11:30 AM (MX)	250
5:30 PM (M)	972	11:00 PM (MX)	Late Nite
7:00 PM (MX)	464		
<u>Wednesday</u>	<u>Group #</u>		
7:00 AM (W)	970		
12:00 Noon (MX)	358		
5:30 PM (MX)	1126		
7:00 PM (MX)	44		
7:00 PM (MX)	925		

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).

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

MEETING UPDATES

NEW MEETING

Topic Meeting, Thursday, 6:00 PM, MX-O, Hope Lutheran Church, 10701 St. Cosmos Lane, St. Ann, 63074

CANCELED

Boundaries & Buttcheeks, Wednesday, 6:00 PM, W-C, Recovery St. Louis, 8029 Clayton Road, Clayton, 63105

NEW LOCATION

Group #212, Big Book Study, Saturday, 4:00 PM, MX-C, New Location: The Church of St. Michael & St. George, 6345 Wydown Blvd., Clayton, 63105

Group #319, Banana Bunch, Wednesday, 12:00 Noon, MX-C New Location: Zion U.C.C. Church, 115 South Washington Avenue, Union, 63084

Group #409, Monday, 7:30 PM, M-C, New Location: Rock Presbyterian Church, 6439 Hwy. 61-67, Imperial, 63052

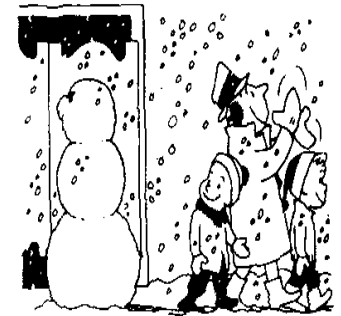
NEW LOCATION / TIME

Group #1205, The Last Supper, Thursday, MX-O New Location: Olive Branch, 8901 Lackland, Overland, 63114; New Time: 7:30 PM

NEW ZOOM ID#

Group #106, Love & Tolerance, Tuesday, 7:30 PM, MX-C New Zoom ID#: 356 362 3018, No Password Needed

Victor E.



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CENTRAL SERVICE OFFICE

#14 Sunnen Drive . Suite #144 . Maplewood, MO 63143 . 314-647-3677 . www.aastl.org . E-mail: 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. 28 Years!!

GROUP #121

Chase 30 Days
 Ryan 30 Days
 Matt 6 Months
 Justin E. 6 Months
 Ken W. 12 Years!

GROUP #144

Julie F. 6 Months

GROUP #311

Jason T. 30 Days
 Rachael B. 40 Years!!!!

MOVED

Group #212 has returned to their original meeting location:
 The Church of St. Michael & St. George
 6345 Wydown Blvd.
 Clayton, 63105
 Saturday, 4:00 PM
 MX-C

GROUP #347

Michel C. 35 Years!!!

GROUP #357

Heath R. 6 Months
 Jimmy Mc. 7 Years
 Ron T. 7 Years
 Jeff N. 21 Years!!

Group #416

Robyn S. 2 Years
 Peggy F. 34 Years

GROUP #449

Brad J. 2 Years
 Liz D. 8 Years
 Lynda M. 33 Years!!!
 Lonnie W. 39 Years!!!

GROUP #460

Damian C. 6 Years
 Constantine 27 Years!!

**** JOB OPPORTUNITY—PART-TIME ****

A.A. Central Service Office

Position: Office Assistant
(Paid Special Service Worker of the ALANO Society)

Days/Hours: Flexible (Some Saturdays)

Contact: Tom N., Executive Secretary
 E-mail: alano@aastl.org
 Phone: 314-647-3677

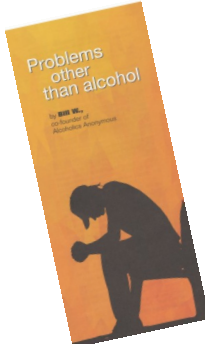
Yolanda P. 31 Years!!!
 Joy L. 34 Years!!!
 Lessie S. 36 Years!!!
 Hiawatha D. 37 Years!!!

GROUP #983

Doc K. 29 Years!!

Thanks for sharing the miracle of your recovery with us!

PAMPHLETS OF THE MONTH

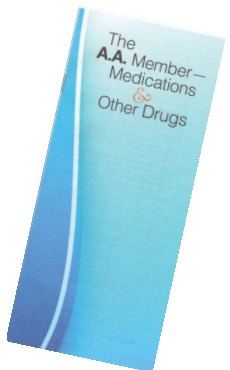


Problems other than alcohol

by **Bill W.**,
co-founder of Alcoholics Anonymous

A.A. Pamphlet P-35

The A.A. Member— Medications & Other Drugs



A.A. Pamphlet P-11

MISSING WORDS FROM A.A. BIG BOOK

Reprinted from *Alcoholics Anonymous* with permission of A.A. World Services, Inc.

1. The r _____, h _____ and h _____ of the next morning are unforgettable.
2. But there exists among us a f _____, a f _____, and an u _____ which is indescribably wonderful.
3. For those who are unable to drink m _____ the question is how to stop altogether.
4. First, we searched out the flaws in our m _____ - u _____ which caused our failure. (Answers on pg. 4)

A.A. SPEAKER / 12th STEP VOLUNTEER BUREAU
 St. Louis Metropolitan Area

Online Application
www.aastl.org; "Speakers & Volunteers" Tab

Request a Speaker
 Phone: 314-647-3677 - E-mail: alano@aastl.org

LIFELINE

Choosing A Sponsor

by Nancy S.

Choosing a sponsor in Alcoholics Anonymous is probably the most daunting task every newcomer faces. Here you are, thrust into a completely foreign environment, surrounded by total strangers who laugh a lot, hug even more, and tell you to “keep coming back,” not necessarily in that order, and you’re supposed to pick a sponsor. What’s a newcomer to do?

First of all don’t panic. Lots of alcoholics have done this before you. Just go to lots of meetings ... and things seem to take care of themselves. Attendance at meetings will help you meet new people who will love you for who and what you are, a fellow alcoholic reaching out for help with a deadly disease. By attending meetings and sharing, other members will get to know you and how you got to the rooms of Alcoholics Anonymous, whether it was by personal choice, at the insistence of an employer or a family member.

Observe who “has what you want” whether it is a smiling face and serene manner in meetings, a successful career, a beautiful family, or a shiny red Porsche parked outside. Learn how these people handled difficult circumstances, faced fears, survived tragedy or overcame seemingly insurmountable obstacles without drinking.

When you find someone who has what you want, go up and introduce yourself. Maybe ask them out to coffee and get to know them better. If you’re invited out with a group by all means go. The sooner you get involved in Alcoholics Anonymous and with the people in your meetings, the sooner you will feel “a part of,” instead of “different from” everyone else, a feeling we fondly call “terminally unique.”

Finally, ask; it’s simple as that. Just say, “Hi, my name is Nancy. Will you be my sponsor?” It doesn’t have to be any harder than that.

Don’t take it personally if the first person you ask cannot sponsor you. A.A. members take sponsorship very seriously, and realize that taking on a new sponsee is a big commitment of their time and their emotional energy. They will be, in essence, the guardian of your sobriety and will help guide you through the Twelve Steps and teach you how to practice the principles of Alcoholics Anonymous in all your affairs. So, the axiom applies: If at first you don’t succeed, try, try, again. Sooner or later you will find the person God meant to sponsor you.

Willingness is one of the first things sponsors look for in a sponsee. They will probably ask how serious you are; because, depending on your answer the next “suggestion” might be for you to attend 30 meetings in 30 days. Or 90 in 90. It all depends upon the sponsor. After all, you always managed to get your alcohol, didn’t you?

Sponsors tend to sponsor as they were sponsored. That means if they were loved until they could love themselves, they will, most likely, just ooze all over you. On the other hand if they were sponsored by a Big Book thumper or a Step Nazi, you may be memorizing the Steps, prayers, paragraphs and A.A. slogans to apply to your life.

Your first sponsor may be your only sponsor, or just the first of several teachers who will enrich your life as you and they grow and change in the program. Sometimes other A.A. members may suggest someone who might be a good match for you, other times an A.A. member may suggest to you that they would like to sponsor you. There have even been instances where people sponsor each other like Bill and Bob in the early days. The beauty of A.A. is that there are no rules.

Perhaps the most interesting thing about sponsorship is that almost every sponsor shares that they get far more out of sponsorship than they give. Want to know why? Keep coming back.

Alano News, March 2001

UPCOMING EVENTS

(For Details See: <https://aastl.org/events-calendar/>)

FEBRUARY 10

40th Anniversary Fall Classic, 5:30 PM, Webster Hills Methodist Church, 1333 West Lockwood Avenue, NW Corner of Lockwood & Berry Road, Webster Groves, 63119

FEBRUARY 13, 27

Journey Through The 12 Steps, Bi-Weekly Big Book/Step Study, Virtual and In-person, 7:00-8:30 PM, The Hub, 140 Weldon Pkwy., Maryland Heights, 63043

FEBRUARY 16, 17

42nd Five Corners Convention, Host State—Arkansas, Miner Convention Center, 2610 East Malone, Miner, MO
www.fivecornersconvention.com

Leadership in A.A.

No society can function well without able leadership at all its levels, and A.A. can be no exception. But we A.A.’s sometimes cherish the thought that we can do without much personal leadership at all. We are apt to warp the traditional idea of “principles before personalities” around to such a point that there would be no “personality” in leadership whatever. This would imply rather faceless robots trying to please everybody.

A leader in A.A. service is a man (or woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us naturally want to back him up and help him with his job. When a leader powerdrives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own—well, he really isn’t a leader at all.

Alano News, February 2002;

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DECEMBER 2023 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL
10		\$25.00	\$10.00
18		\$69.00	\$10.00
44		\$416.75	\$10.00
73		\$240.00	\$10.00
109		\$85.00	\$10.00
239		\$266.00	\$10.00
400		\$20.00	\$10.00
420		\$73.75	\$10.00
680		\$70.00	\$10.00
779		\$100.00	\$10.00
809		\$200.00	\$10.00
972		\$41.00	\$15.00
1045		\$94.00	\$20.00
1087		\$21.00	\$20.00
1184		\$35.00	\$20.00
1188		\$175.00	\$20.00
	Individual Spare Change Cont.	\$75.88	\$20.00
	Green Heart	\$20.00	\$20.00
15	Promises Group	\$100.00	\$23.00
19	Open Door to Recovery	\$113.70	\$25.00
55	The Difference	\$25.00	\$30.00
69	The Gratitude Hour	\$350.00	\$32.50
106	Love and Tolerance	\$144.50	\$40.00
225	Character Defects	\$150.00	\$50.00
299	Lindell Club	\$528.50	\$50.00
347	Textbook Group	\$4.50	\$50.00
349	Westside Lunch Meeting	\$120.00	\$50.00
350	Expect a Miracle	\$100.00	\$70.00
357	Cross Talking Jaywalkers	\$100.00	\$77.00
448	Not Saints	\$97.50	\$100.00
456	Gateway to Freedom	\$100.20	\$100.00
582	Noon-timers	\$0.40	\$100.00
582	Noon-timers	\$98.12	\$100.00
633	Stone Cold Sober	\$62.00	\$100.50
750	Friday Night Happy Hour Group	\$50.00	\$1,000.00
791	K.I.S.S.	\$150.00	\$1,000.00
812	Women in Recovery	\$33.60	
812	Women in Recovery	\$75.00	
945	Living In Recovery	\$200.00	
1151	Women's Words of Wisdom	\$160.00	
1168	Women's Happy Destiny	\$30.00	
1200	Day Counters	\$1,000.00	
1213	Sisters Not Saints	\$52.50	
1220	Conscious Companionship	\$10.00	
1220	Conscious Companionship	\$20.00	
1220	Conscious Companionship	\$20.00	

#	NAME	AMOUNT	INDIVIDUAL
1220	Conscious Companionship	\$25.00	
1234	Phoenix	\$340.00	
4102	Renegade Group	\$463.25	
6262	Rule #62	\$877.50	
TOTAL FOR DECEMBER			\$10,871.65

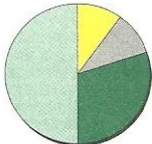
Thank You
for helping us "Carry the Message"

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

Alcoholics Anonymous
pg. xxii


Traditional Distribution Plan

10% To district
10% To area committee
30% To GSO
50% To intergroup or central office



Customize your contribution according to your Group Conscience.

-OR-



Electronic 7th Tradition!!

Scan this QR code to contribute to Central Services, or click the link below!

<https://aastl.org/donate/>

MISSING WORDS FROM A.A. BIG BOOK	
1. REMORSE; HORROR, HOPELESSNESS, p. 6	
2. FELLOWSHIP; FRIENDLINESS;	
UNDERSTANDING, p. 17	
3. MODERATELY, p. 34	
4. MAKE-UP, p. 64	