



CENTRAL SERVICE OFFICE

MARCH 2024 NEWSLETTER



MEETING INFO

A.A.® BIRTHDAYS

A.A.-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 #	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
Tuesday	Group #	5:30 PM (MX)	577
7:00 AM (W)	970	6:00 PM (M)	1045
12:00 Noon (MX)	1087	11:00 PM (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
7:00 AM (W)	970	11:00 PM (MX)	Late Nite
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

(See flyers for details.)

NEW MEETING

Love and Kindness Big Book Meeting, MX-O, Friday, 7:00 AM, Hybrid (*In-person and Online*), Hampton Facility, 6001 Marquette Avenue, St. Louis, 63139

CANCELED

Craig Road Step-Study, MX-O, Friday, 6:00 PM, Mount Zion Church, 1485 Craig Road, Maryland Heights, 63146

Group #190, State Your Peace, Friday, 8:00 PM, Valley Park UMC, 436 Valley School Drive, Valley Park, 63088

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

NEEDS SUPPORT

Group #965, Character Defects, Wednesday, 7:00 AM, MX-O, Rock Church of St. Louis, 1601 Telegraph Road, Lemay, 63125

Group #177, Monday, 10:30 AM, MX-O, American Legion Post 156, 314 South Clay Avenue, Kirkwood, 63122

UPCOMING EVENTS

MARCH 8, 9

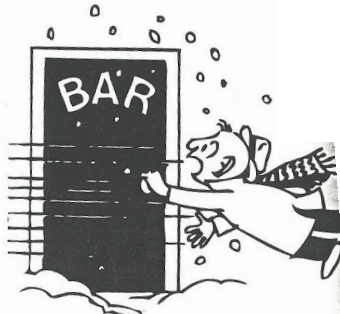
Great River Roundup, Pere Marquette Lodge & Conference Center, Route 100, Grafton, IL 62037

MARCH 12, 26

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

(continued p. 2)

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

Tony H. 38 Years!!!

GROUP #60

Kam S. 1 Year

GROUP #121

Ryan 30 Days
Ross B. 30 Days
Steve S. 6 Years
Jeff P. 16 Years!

GROUP #357

Chance R. 30 Days
Chris 6 Months
Joe S. 2 Years
Jimmy M. 7 Years
Ron T. 7 Years
Steve W. 9 Years

GROUP #362

Paul H. 16 Years!
Mike M. 39 Years!!!

**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

GROUP #416

Tarvi G. 30 Days
Jorie J. 12 Years!
Deborah H. 26 Years!!

GROUP #460

Virgie Y. 5 Years

GROUP #816

Jason R. 5 Years

GROUP #965

Harry B. 38 Years!!!

***Thank you for
celebrating the miracle
of your recovery
with us!***

CONGRATULATIONS A.A. GROUP #5 80th ANNIVERSARY!

"Group #5 in St. Charles, Mo., is the 4th oldest A.A. group west of the Mississippi!"

Help us celebrate 80 years of existence:

DATE: Thursday, March 21

TIME: 7:00 PM

PLACE: Friedens UMC
1703 South Old Hwy. 94
St. Charles, 63303

MEETING TYPE: Open (*For Anniversary Only*)
GUEST SPEAKER: Don C.

History of Group #5 and his
personal story of recovery.

Please join us for coffee and cake after the meeting.

Thank you!

Keith A., Group #5

UPCOMING EVENTS (*continued*)

APRIL 18, 19, 20, 21

47th Annual Springtime in the Ozarks A.A. Convention, Inn of the Ozarks, Eureka Springs, AR

APRIL 19, 20, 21

16th Annual Spring Fling Convention, Hilton St. Louis Airport, 10330 Natural Bridge Road, St. Louis, 63134

APRIL 27

Fall Classic 5K Run & Walk, 7:00 AM, Tower Grove Park, Sons of Rest Shelter, 4257 Northeast Drive, St. Louis, 63110, Register @ www.stfallclassic.org

MAY 17, 18, 19

HACYPAA VIII, Heartland Area Conference of Young People in A.A., Wyndham Omaha, 655 North 108th Avenue, Omaha, NE 68154

AUGUST 2, 3, 4

74th Annual Missouri State Convention, Capitol Plaza Hotel, 415 West McCarty Street, Jefferson City, 65101

Kindness At A.A. Meetings

"I am so grateful to the person who came and sat by me at my first A.A. meeting. I was getting ready to leave, and she sat down and talked to me. I decided to stay."

"I will always be grateful for the 'Greeter at the Door' when I came to my first A.A. meeting. That person welcomed me and sat with me, and I didn't feel so alone."

There is no such thing as a small act of kindness at an A.A. meeting. A kind word or act may make the difference between someone staying or leaving

—or—

life and death!

WORDS FROM A.A. BIG BOOK

(Definitions on p. 4)

1. **PHENOMENON**, p. xxx
2. **DOGEREL**, p. 1
3. **MAELSTROM**, p. 2
4. **THE GOOSE HUNG HIGH**, p. 7
5. **WHOOPEE**, p. 101

LIFELINE**“SPIRITUAL KINDERGARTEN”**

“We are only operating a spiritual kindergarten in which people are enabled to get over drinking and find the grace to go on living to better effect. Each man’s theology has to be his own quest, his own affair.”

“When the Big Book was being planned, some members thought that it ought to be Christian in the doctrinal sense. Others had no objection to the use of the word ‘God,’ but wanted to avoid doctrinal issues. Spirituality, yes. Religion, no. Still others wanted a psychological book, to lure the alcoholic in. Once in, he could take God or leave Him alone as he wished.

“To the rest of us this was shocking, but happily we listened. Our group conscience was at work to construct the most acceptable and effective book possible.

“Every voice was playing its appointed part. Our atheists and agnostics widened our gateway so that all who suffer might pass through, regardless of their belief or lack of belief.

“1. LETTER, 1954

2. *AA Comes of Age*, pp. 162, 163, 167”

As Bill Sees It, p. 95

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“Alcoholism—an illness”

“Today we are willing to accept the idea that, as far as we are concerned, alcoholism is an illness, a progressive illness that can never be ‘cured,’ but which, like some other illnesses, *can* be arrested. We agree that there is nothing shameful about having an illness, provided we face the problem honestly and try to do something about it. We are perfectly willing to admit that we are allergic to alcohol and that it is simply common sense to stay away from the source of our allergy.

“We understand now that once a person has crossed the invisible borderline from heavy drinking to compulsive alcoholic drinking, that person will always remain an alcoholic. So far as we know, there can never be any turning back to ‘normal’ social drinking. ‘Once an alcoholic, always an alcoholic’ is a simple fact that we have to live with.

“We have also learned that there are few alternatives for alcoholics. If they continue to drink, their problem will become progressively worse; they seem assuredly on the path to catastrophe, to hospitals, to jails or other institutions, or to early graves. The only alternative is to stop drinking completely, to abstain from even the smallest quantity of alcohol in any form. If they are willing to follow this course, and to take advantage of the help available to them, a whole new life can open up for alcoholics.”

This is A.A., An Introduction to the A.A. Recovery Program

A.A. Pamphlet P-1, pp. 9, 10

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**** NEW AT CENTRAL SERVICES ******12th STEP VOLUNTEER LIST**

The Central Service Office is compiling a list of volunteers who will return telephone calls to newcomers and people returning to A.A. Central Service takes the name, telephone number and location of the caller, and contacts a volunteer on our 12th Step Volunteer List. We try to match the caller’s location with the volunteer’s location, in the event you may take them to a meeting. All pertinent & safety instructions are on the application.

If you are interested, please:

- fill out the attached 12th Step Volunteer Application and return it to the Central Service Office;
- stop by the office and fill out an application;
- go to www.aastl.org; choose the “Speakers & Volunteers” tab; fill out the application at the bottom of the page.

All information you provide is kept confidential.

Thank you for your service!

“You can help when no one else can.”

A.A.

doesn’t teach us how to handle our drinking. It teaches us how to handle our sobriety, which is what none of us could handle in the first place. That’s why we drank.

—Anonymous

**** NEW PAMPHLETS ******EXPERIENCE
Has Taught Us:**

AN INTRODUCTION TO
OUR TWELVE TRADITIONS

A.A. Pamphlet P-91

**Hispanic
Women
In A.A.**

A.A. Pamphlet P-90



JANUARY 2024 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL
3		\$75.00	\$5.00
5		\$8.00	\$10.00
61		\$43.00	\$10.00
67		\$155.00	\$10.00
67A		\$33.34	\$10.00
83		\$563.00	\$10.00
89		\$1,800.00	\$10.00
117		\$68.00	\$10.00
124		\$107.00	\$10.00
126		\$116.50	\$10.00
220		\$75.00	\$10.00
234		\$100.00	\$12.00
301		\$250.00	\$12.00
306		\$153.00	\$15.00
420		\$68.75	\$20.00
439		\$390.00	\$20.00
446		\$50.00	\$20.00
580		\$200.00	\$20.00
681		\$65.00	\$20.00
744		\$80.00	\$25.00
747		\$42.80	\$50.00
752		\$113.00	\$50.00
774		\$221.20	\$50.00
1005		\$210.00	\$50.00
1049		\$50.00	\$75.00
	Spare change	\$59.16	\$95.00
	Crocker New Beginnings	\$4.00	\$100.00
15	Promises Group	\$100.00	\$100.00
81	New Way Bridgeton	\$186.50	\$101.50
112	Fenton Big Book	\$5.60	\$114.00
121	Early Ducks	\$321.16	\$200.00
136	Frisco Group	\$100.00	\$300.00
157	Big Book Study	\$75.00	\$500.00
198	Night Bloomers	\$90.00	\$500.00
253	The Group	\$150.00	
307	Happy Campers	\$213.00	
344	There is a Solution	\$47.83	
434	Monday Miracles	\$200.00	
450	Live & Let Live	\$175.52	
464	Agape Group	\$227.00	
502	Tues Night Newcomer	\$140.00	
505	Men's Feelings Group	\$300.00	
669	The Breakfast Club	\$285.27	
946	Circle of Unity	\$105.43	
982	AA on the Rocks	\$350.00	
1042	Double Winners	\$151.50	
1042	Double Winners	\$53.00	
1042	Double Winners	\$65.00	

#	NAME	AMOUNT	INDIVIDUAL
1071	Group 1071 in Hermann	\$135.00	
1110	Friday Night	\$125.00	
1123	Steps of Sobriety	\$101.10	
1160	Virtual Ducks	\$312.64	
1168	Women's Happy Destiny	\$50.00	
1192	11th Step Group	\$613.00	
1194	Lotus Pray	\$134.00	
1201	Rosie's Place	\$75.00	
1220	Conscious Companionship	\$20.00	
TOTAL FOR JANUARY 2024			\$12,562.80

Thank You for helping us "Carry the Message"



Electronic 7th Tradition!!

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

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

TO BE PRAYER

O God, I ain't what I ought to be,
and I ain't what I want to be,
and I ain't what I'm going to be.
But O God, I thank You that I ain't what I used to be.

12 Step Prayer Book

WORD DEFINITIONS—A.A. BIG BOOK

1. "PHENOMENON" - *Britannica Dictionary* definition:
"Something (such as an interesting fact or event) that can be observed and studied and that typically is unusual or difficult to understand or explain fully. Natural phenomena like lightning and earthquakes."
2. "DOGGEREL" - *Merriam-Webster Dictionary* definition:
"Noun, doggerel verse. Loosely styled and irregular in measure especially for burlesque or comic effect.
Also: marked by triviality or inferiority."
3. "MAELSTROM" - *Merriam-Webster Dictionary* definition:
"A powerful often violent whirlpool sucking in objects within a given radius."
4. "THE GOOSE HUNG HIGH" - *Old Farmer's Almanac* definition:
"This expression is based on a superstition of that time. When geese flew low, it meant that evil spirits were present. When geese flew, or "hung," high in the sky, the evil spirits were gone, and all was well."
5. "WHOOPEE" - *Merriam-Webster Dictionary* definition:
"Boisterous convivial fun; merrymaking."