



CENTRAL SERVICE OFFICE

APRIL 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 in-person meetings 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	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>	<i>MX—Mixed (Men & Women)</i> <i>M—Men Only W—Women Only</i> All meetings at the Central Service Office are CLOSED <i>(i.e., Alcoholics Only).</i>	
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		

Wang Dang Doodle



Men's Fundraiser Lunch for Central Service Office

Sunday, May 5

**Deer Creek Park
(aka "Rocket Park")**

**3200 N. Laclede Station Road
Maplewood, 63147**

11am: Fun & Fellowship

**Noon: Grub & Gastronomy (lunch!)
Speaker to follow lunch**

**1:30ish: softball game
(bring your own gear!)**

Tickets \$20

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

CENTRAL SERVICE OFFICE 12th STEP VOLUNTEER LIST

If you are interested in returning telephone calls to newcomers and people returning to A.A., please fill out the attached 12th Step Volunteer Application and return it to the Central Service Office. Central Service takes the name, telephone number and location of the caller, and contacts a 12th Step volunteer from our list. We try to match the caller's location with the volunteer's location, in the event they may take them to a meeting.

You can also:

- fill out an application at the Central Service Office;
- visit 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. Safety guidelines and other pertinent information are on the application. Thank you!

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 #95

- Patrick W. 1 Year
- Eric E. 2 Years
- Bill F. 3 Years
- Emily S. 3 Years
- Bill B. 5 Years
- David M. 9 Years
- Alex P. 9 Years
- Lisa W. 15 Years!
- Daniel B. 18 Years!

GROUP #121

- Wayne E. 14 Years!
- Kelly M. 26 Years!!

GROUP #189

- Toni H. 4 Years
- Pat P. 33 Years!!!
- Steve V. 35 Years!!!
- Barney M. 42 Years!!!!

GROUP #357

- Roy P. 47 Years!!!!

THINGS WE CANNOT CHANGE



Susan C.
Group #250
&

Thursday Meditation Meeting

She will be missed by all who knew her.

GROUP #449

- Dan L. 2 Years
- Clay V. 10 Years!
- Harold H. 15 Years!
- Lisa M. 27 Years!!
- Kate D. 34 Years!!!
- Mark R. 39 Years!!!

GROUP #460

- Antonio M. 30 Days
- Elizabeth J. 1 Year
- Tammy D. 4 Years
- Veronica W. 7 Years
- Clarence P. 15 Years!
- Helen 18 Years!
- Tonette L. 22 Years!!

Thank you for celebrating your recovery with us!



"What a coincidence - so does he!"

MEETING UPDATES

(See flyers for details.)

NEW MEETING

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

CANCELED

Group #1093, The Ragtags, Monday, 7:00 PM, Southside Church of God, 12145 Tesson Ferry Road, Sappington, 63128

Group #996, Black Ice, Friday, 5:45 PM, Christ Church, 2200 Bellevue Avenue, Maplewood, 63147

Sunlight of the Spirit, Thursday, 6:00 PM, Maplewood United Methodist Church, 7409 Flora Avenue, Maplewood, 63147

Craig Road Step-Study, 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

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

TIME CHANGE

Group #809, Saturday Sober Sisters, Saturday, W-C, West County Club, 16296 Westwoods Business Park, Ellisville, 63021

NEW TIME: 10:30-11:45 AM

UPCOMING EVENTS

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, 3619 Southeast Drive, St. Louis, 63116

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

SAVE THE DATE

Central Service 8th Annual Picnic, Sunday, June 9, Deer Creek Park "Rocket Park," 3200 North Laclede Station Road, Maplewood, 63143

A.A. BIG BOOK— TRIVIA *(Answers on p. 4)*

1. What are the "essentials of recovery" referred to in *Alcoholics Anonymous*?
2. Was "The Doctor's Opinion" always on page 1 in *Alcoholics Anonymous*?
3. When did the name of William D. Silkworth, M.D., first appear in *Alcoholics Anonymous*?
4. What is "...the great news" referred to in *Alcoholics Anonymous*?

LIFELINE 

History and Function—St. Louis Central Service Office

by Carl B.

“Both A.A. and the Central Service Office have a long and proud tradition in St. Louis. The first recorded A.A. meeting was held at the Forest Park Hotel on June 23, 1940 (a Sunday). There were five people present. Almost five years later to the day, on June 22, 1945 (a Friday) the Articles of Incorporation were registered with the City of St Louis for the Alano Society of St Louis MO Inc., and the Central Service Office opened its doors at the Commerce Bank Building downtown. Later the office was moved to the Boatman’s Bank Building at 4505 Olive. And ultimately, in 1964 the Central Service Office moved to the location at 2683 Big Bend Boulevard.*

“The term ‘Alano Society’ refers to the Not-For-Profit Corporation which oversees the operation of the Central Service Office of the Greater St. Louis area. The term ‘Alano Board’ refers to the elected board that oversees that corporation. The Alano Society, the Alano Board, and the Intergroup Representatives of the Greater St. Louis area are bound by the Articles of Acceptance of the corporation and the written By-laws for the corporation. These basic written procedures were formulated to define the mission of the Central Service Office and the duties, responsibilities, and qualifications of the Alano Board Members and the Intergroup Representatives.

“As written in the By-Laws, the mission (purpose) of the Alano Society and thus the Central Service Office, is ‘to provide education, spiritual help and training, social activity, and such other assistance as may be lawfully provided for those in St. Louis, St. Louis County, and adjoining counties, who suffer from alcoholism or uncontrolled drinking and to otherwise promote the physical, intellectual, social and spiritual welfare of alcoholics, in accordance with the program of Alcoholics Anonymous.’ ” ...

* The Central Service Office moved to #14 Sunnen Drive, Maplewood, Mo., In June 2010.

KEEPING MY GROUP INFORMED

Unfortunately, there is a lot of confusion when it comes to registering a group in A.A. - especially in St. Louis. Most groups want to register with the Central Service Office so their group will be listed on the Central Service Website, which also provides the local meeting listings for the Meeting Guide App. A lot of groups also want to register their groups with the General Service Office (GSO) of A.A. in New York. There are definite advantages to registering your group with both.

Back in 1944 when the St. Louis Central Office first began, groups in the Greater St. Louis Metropolitan Area were assigned numbers. However, the groups in rural Missouri created their own meeting lists and used group names instead of group numbers. Later some groups in St. Louis decided to list themselves with both a number and a name. The important point is that when contributing to the St. Louis Central Office each group contribution should be identified with the number and/or name of the group, so the group is credited with its contribution. Registering with the Central Office is easy. Have a group representative call Central Services at (314) 647-3677). To sign up to receive the Central Office Newsletter by email, go to the website at aastl.org, scroll to the bottom of the page and fill out the information in “Join Our Newsletter.”

To register your group with the General Service Office (GSO) of A.A. in New York, contact the area registrar at registrar@eamo.org. When a group is registered with GSO they will receive a group ID number, which is not the same as numbers assigned by the St. Louis Central Service Office. Each assigned GSO number is nine digits. It is important for groups to use their number assigned by GSO when making contributions directly to GSO, so their group is credited with their contribution. Also, if making group contributions to GSO at the Central Service Office it is also important to use the group’s nine-digit GSO number. The advantage of registering with GSO is that each group representative or mail contact will receive A.A.’s newsletter, Box 459, with the latest news of any changes in A.A., new literature available, and national A.A. events such as workshops and conventions. If you would like to sign up individually for A.A.’s newsletters, go to their website at aa.org/newsletters and you can read and/or sign up to receive their newsletters by email.

“We alcoholics see that we must work together and hang together, else most of us will finally die alone.”



*Alcoholics Anonymous, Appendices, pg. 561
Reprinted with permission of A.A., World Services, Inc.*



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

#	NAME	AMOUNT	INDIVIDUAL
12		\$200.00	\$5.00
33		\$200.00	\$5.50
44		\$243.00	\$7.50
123		\$350.00	\$10.00
138 A		\$100.00	\$10.00
187		\$100.00	\$10.00
250		\$20.00	\$10.00
255		\$132.50	\$10.00
281		\$1.50	\$10.00
296		\$152.00	\$10.00
318		\$1,000.00	\$10.00
324		\$22.65	\$12.00
337		\$100.00	\$15.00
355		\$15.00	\$20.00
391		\$512.00	\$20.00
420		\$45.67	\$20.00
448		\$72.00	\$20.00
814		\$15.00	\$20.00
1005		\$140.00	\$20.00
1212		\$400.00	\$20.00
1220		\$25.00	\$24.00
8	New Day	\$200.00	\$25.00
15	Promises Group	\$100.00	\$38.00
139	Old Priory Group	\$200.00	\$38.00
142	Bedrock Group	\$440.00	\$40.00
163	Gray Summit Monday	\$280.00	\$50.00
223	Grupo Unidad Latina	\$43.00	\$50.00
347	Textbook Group	\$40.00	\$100.00
350	Expect a Miracle	\$100.00	\$100.00
358	Love & Tolerance	\$1.00	\$240.00
453	Buder Bunch	\$288.45	\$270.00
460	Baden Facility	\$30.00	\$500.00
582	Noon-timers	\$156.00	\$500.00
633	Stone Cold Sober	\$93.00	
683	Absolutely Sober	\$97.00	
816	Tower Grove Beginners	\$282.00	
1100	We Ain't Saints	\$196.00	
1100	We Ain't Saints	\$45.00	
1110	Friday Night	\$200.00	
1135	Step Sisters	\$92.00	
1147	Sobriety Sisters	\$20.00	
1151	Women's Words of Wisdom	\$110.00	
1168	Women's Happy Destiny	\$200.00	
1220	Conscious Companionship (11@11)	\$10.00	
1220	Conscious Companionship (11@11)	\$20.00	
	Green Heart Recovery	\$20.00	
	Dist 17	\$500.00	
	Spare change	\$57.25	
TOTAL CONTRIBUTIONS FOR FEBRUARY 2024			\$9,907.02

New Chair Woman Needed Clayton Jail Meeting

Monday, 7:00 PM—Clayton Facility
(Please arrive early.)

Requirements for position:

1. 2+ Years of sobriety; work the steps with a sponsor.
2. Pass a background check.
3. Ability to attend meetings on Monday evenings.
4. Organizational and communication skills.
5. 2-year commitment.

Please contact the Central Service Office
Phone: 314-647-3677— E-mail: alano@aastl.org

A.A. BIG BOOK—TRIVIA

1. "Williנגness, honesty and open mindedness are the essentials of recovery. But these are indispensable." p. 568

2. No. "The Doctor's Opinion" began on page 1 in the First Edition of *Alcoholics Anonymous*; Roman Numerals were used in the subsequent editions. p. xxv

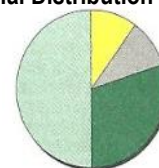
3. The name of William D. Silkworth, M.D., did not appear in the First Edition of *Alcoholics Anonymous*. It did appear in the subsequent editions. (pp. xxvi and xxxii).

4. The "great news" - "The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. **This is the great news** this book carries to those who suffer from alcoholism." p. 17

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

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/>

Thank you for helping us "Carry the Message"