



CENTRAL SERVICE OFFICE

MAY 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 in-person meetings at the Central Service Office. Please check www.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
Monday	Group #	7:00 PM (MX)	1024
6:15 PM (MX)	303	Friday	Group #
Tuesday	Group #	12:00 Noon (MX)	1000
7:00 AM (W)	970	5:30 PM (MX)	577
12:00 Noon (MX)	1087	6:00 PM (M)	1045
5:30 PM (M)	972	11:00 PM (MX)	Late Nite
7:00 PM (MX)	464	Saturday	Group #
Wednesday	Group #	9:00 AM (M)	318
7:00 AM (W)	970	11:30 AM (MX)	250
12:00 Noon (MX)	358	11:00 PM (MX)	Late Nite
5:30 PM (MX)	1126		
7:00 PM (MX)	44		
7:00 PM (MX)	925		

*MX—Mixed (Men & Women)
M—Men Only W—Women Only
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!

**"This is our *twelfth* suggestion:
Carry this message to other alcoholics!"**

**** NEW SATURDAY HOURS ****

Central Service Office & Bookstore

Now Open Saturdays

10:00 AM - 3:00 PM

Don't Miss It! The annual...

Wang Dang Doodle



**Men's Gratitude Lunch/
Fundraiser for
Central Service Office**

Sunday, May 5

**Deer Creek Park
3200 N. Laclede Station Road
Maplewood, 63143**

11am: Fun & Fellowship

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

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

**Tickets \$20
Central Service: 314-647-3677**

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

Jeff F. 26 Years!!

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

Kevin D. 30 Days
 Angie R. 3 Years

GROUP #142

Ron H. 47 Years!!!!

GROUP #189

Beth B. 24 Years!!

GROUP #311

Rod B. 7 Years
 Tim S. 25 Years!!

GROUP #347

Veronica W. 7 Years

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

THINGS WE CANNOT CHANGE



Lloyd A.
 Dick T.
 Group #248

They will be missed by all who knew them.

We honor and thank our Veterans for their dedication and service!



Memorial Day Monday May 27

Markita 16 Years!
 Brenda T. 31 Years!!!

GROUP #357

Heath R. 1 Year

GROUP #362

Steve F. 9 Years
 Bill J. 16 Years!
 Mark S. 24 Years!!
 Steve B. 36 Years!!!
 Tom E. 38 Years!!!

GROUP #416

Tanvi G. 30 Days
 Susan G. 6 Years

GROUP #449

Joe N. 1 Year
 Tony K. 5 Years
 Dave A. 18 Years!
 Lisa I. 30 Years!!!
 Mary Gene D. 39 Years!!!

GROUP #471

Marybel C. 47 Years!!!!

GROUP #983

Patty K. 30 Years!!!

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

Group #148, Sunday, 2:00 PM, MX-O, Resumes meeting in Walther Park (effective May 5), 1551 Veterans Drive, DeSoto, 63020

CANCELED

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

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

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

MAY 17, 18, 19

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

JUNE 7, 8, 9

Men's Float Trip, Bass River Resort, 204 Butts Road, Steelville, MO 65585

JUNE 9

Central Service Office 9th Annual Picnic, 11:00 AM-3:00 PM, Deer Creek Park "Rocket Park," 3200 North Laclede Station Road, Maplewood, 63143

AUGUST 2, 3, 4

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

SEPTEMBER 15

District #1 & #2 Picnic, Sunday, 11:00 AM-4:00 PM, Forest Park, Picnic Pavilion #11 (Wells Drive-West of the St. Louis Zoo). More details to come.

OCTOBER 4, 5, 6

39th Annual Midwest Woman-to-Woman Seminar, DoubleTree St. Louis Westport, 1973 Craigshire Road, St. Louis, 63146

AA WORD SCRAMBLE

Words used in A.A. Big Book

1. SNLSILE _____
2. IARESE _____
3. OIFDNUTANO _____
4. RJYONUES _____

(Answers on pg. 4)

The History of the Serenity Prayer

“The original Serenity Prayer was written on a piece of paper by Reinhold Niebuhr as his closing prayer in a church service on Sunday. Afterwards, upon request, he gave it to a friend. The version used at Alcoholics Anonymous meetings is said to have been found in the obituary section of a newspaper. Regardless of how alcoholics came by the particular version they use, the *Serenity Prayer* has brought help to many recovering people as they attempt to accept their disease, to take an inventory, to make amends, and to accept God’s will for their lives one day at a time.”

“God, grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and the wisdom to know the difference.”

Alano News, December 2000

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

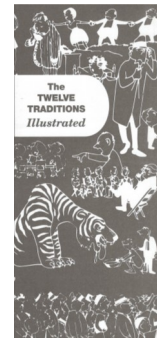
BOOK OF THE MONTH

Fun in Sobriety



How AA members learn to live sober
and enjoy life to its fullest

PAMPHLETS OF THE MONTH



IF NOTHING CHANGES —
NOTHING CHANGES!!

LIFELINE



After the “Honeymoon”

“For most of us, the first years of A.A. are something like a honeymoon. There is a new and potent reason to stay alive, joyful activity aplenty. For a time, we are diverted from the main life problems. That is all to the good.

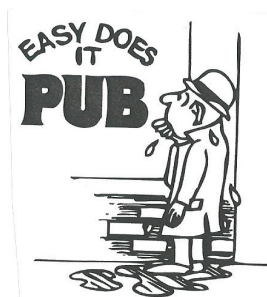
“But when the honeymoon has worn off, we are obliged to take our lumps, like other people. This is where the testing starts. Maybe the group has pushed us onto the sidelines. Maybe difficulties have intensified at home, or in the world outside. Then the old behavior patterns reappear. How well we recognize and deal with them reveals the extent of our progress.”

The wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

As Bill Sees It, p. 216

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Victor E.




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MARCH 2024 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL
2		\$846.00	\$5.00
126		\$20.00	\$5.00
220		\$98.00	\$5.00
258		\$78.00	\$5.00
303		\$208.00	\$5.00
327		\$60.00	\$5.00
420		\$57.21	\$5.50
448		\$76.00	\$6.00
449		\$200.00	\$7.50
510		\$100.00	\$7.50
972		\$60.00	\$10.00
1045		\$31.00	\$10.00
1162		\$40.00	\$10.00
15	Promises Group	\$100.00	\$10.00
19	Open Door to Recovery	\$4.00	\$10.00
57	The Happy Hour	\$100.00	\$10.00
69	The Gratitude Hour	\$350.00	\$10.00
106	Love and Tolerance	\$173.00	\$10.00
107	The Gold Cup	\$500.00	\$10.00
182	Thank God It's Monday	\$215.00	\$10.00
198	Night Bloomers	\$112.00	\$10.00
253	The Group	\$150.00	\$12.00
307	Happy Campers	\$156.00	\$12.00
344	There is a Solution	\$104.40	\$12.00
344	There is a Solution	\$241.62	\$15.00
358	Love & Tolerance	\$100.00	\$15.00
377	Couples in Sobriety	\$100.00	\$16.00
388	Sixth Sense	\$300.00	\$16.50
418	Joe's Place	\$25.00	\$17.50
434	Monday Miracles	\$200.00	\$20.00
482	Ladies Night	\$157.00	\$20.00
512	Potosi AA	\$25.00	\$20.00
575	Nick of Time	\$400.00	\$20.00
669	The Breakfast Club	\$80.43	\$20.00
669	The Breakfast Club	\$163.67	\$20.00
719	Sobriety Alive	\$633.11	\$20.50
792	KISS Group	\$125.00	\$25.00
940	A Newfound Freedom	\$122.50	\$40.00
969	Oak Hill Group	\$180.00	\$50.00
1010	I Am Responsible	\$100.00	\$50.00
1091	Thurs Meditation	\$25.00	\$100.00
1151	Women's Words of Wisdom	\$50.00	\$100.00
1168	Women's Happy Destiny	\$30.00	\$150.00
1168	Women's Happy Destiny	\$50.00	\$171.66
1220	Conscious Companionship	\$20.00	\$392.00

NAME	AMOUNT	INDIVIDUAL
Dist 16	\$500.00	\$500.00
Dist 41-51	\$303.51	
Dist 52	\$716.00	
Leasburg Group	\$100.00	
Anonymous	\$234.00	
Zoom Mtg	\$400.00	
Spare Change	\$29.00	
TOTAL MARCH 2024		\$11,251.11

Thank you for "Carrying the Message"



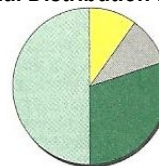
Electronic 7th Tradition!!

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

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

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-

Dr. Bob's Prescriptions for Sobriety

"Speakers were not always chosen in advance, according to Norman Y. He recalled Dr. Bob's telling one fellow, 'George, it's your turn this week.'

"'But I didn't prepare anything,' the man replied.

"'You didn't prepare to get drunk, either.' Dr. Bob said. 'Get up and talk.'"

DR. BOB and the Good Oldtimers, pg. 223

WORD DEFINITIONS—A.A. BIG BOOK

- Reprinted from *Alcoholics Anonymous* with permission of A.A. World Services, Inc.
1. **ILLNESS** ("An illness of this sort—and we have come to believe it an illness—involves those about us in a way no other human sickness can.") pg. 18
 2. **EASIER** ("We thought we could find an easier, softer way.") pg. 58
 3. **FOUNDATION** ("Helping others is the foundation stone of your recovery.") pg. 97
 4. **JOURNEYS** ("Some day we hope that every alcoholic who journeys will find a Fellowship of Alcoholics Anonymous at his destination.") pg. 162