



CENTRAL SERVICE OFFICE

JULY 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.

<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) M—Men Only W—Women Only All meetings at the Central Service Office are CLOSED <i>(i.e., Alcoholics Only).</i></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		

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



HAPPY BIRTHDAY, AMERICA!!!

"When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"

Alcoholics Anonymous, p. 100

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MEETING UPDATES

(See flyers for details.)

CANCELED

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

LOCATION CHANGE

Group #1195, Sober as a Mother, Friday, 4:15 PM, W-C, Babysitting Available (*Online meetings will continue.*)

New Location (effective July 5): Concord Trinity United Methodist Church, 5275 Lindbergh Blvd., Crestwood, 63126

Group #19, Open Door to Recovery, Wed, 7:00 PM, W-C

New Location (effective July 10): Emanuel Episcopal Church, 9 South Bompert Avenue, Webster Groves, 63119
Zoom ID #: 623 155 875; Password: 101112

NEEDS SUPPORT

The Olive Branch Lunchtime Meetings (12:15—1:00 PM), 8901 Lackland Road, St. Louis, 63114

Group #785, Daily Reflections, Tuesday, MX-O

Group #1185, As Bill Sees It, Wednesday, MX-O

UPCOMING EVENTS

AUGUST 2, 3, 4

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

AUGUST 10

Tri-County Intergroup Picnic, 11:30 AM, Laurel Park—Pavilion N, 3000 McClay Valley Blvd., St Peters, 63376

AUGUST 17

A.A.-on-the-Rocks Group, Summer Sizzler Pot Luck, 5:00 PM, Tower Grove Baptist Church, 4257 Magnolia Avenue, St. Louis, 63110

SEPTEMBER 15

Districts #1 & #2 Picnic, 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

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

Julia S. 1 Year
Jerry S. 5 Years

GROUP #121

George 6 Months
Lindsey R. 1 Year
John W. 14 Years!
George J. 21 Years!!

GROUP #362

Don P. 24 Years!!
Al R. 39 Years!!

GROUP #449

Susan B. 4 Years
Andrew H. 5 Years
Mike M. 7 Years
John W. 7 Years
Susan K. 11 Years!
Lori G. 37 Years!!!
John B. 40 Years!!!!



St. Louis Central Services Office will be closed Thursday, July 4!

GRUP #460

Dornal G. 24 Years!!
Darral J. 26 Years!!
Stacy L. 26 Years!!
Karen J. 39 Years!!!

GROUP #744

Jackie B. 7 Years



THANK YOU FOR CELEBRATING THE "MIRACLE" OF YOUR RECOVERY WITH US!



**** NEW SATURDAY HOURS ****

St. Louis Central Services Office

Now Open Saturday!

10:00 AM - 3:00 PM

AA WORD SCRAMBLE

Words used in first 164 pages of A.A. Big Book

1. **WSTDENISE** _____
2. **SHOSPELE** _____
3. **YULIQNEU** _____
4. **SHPLELYSLE** _____

(Answers on p. 4)

LIGHTING THE DARK PAST

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

ALCOHOLICS ANONYMOUS, p.124

"No longer is my past an autobiography; it is a reference book to be taken down, opened and shared. Today as I report for duty, the most wonderful picture comes through. For, though this day be dark—as some days must be—the stars will shine even brighter later. My witness that they do shine will be called for in the very near future. All my past will this day be a part of me, because it is the key, not the lock."

Daily Reflections, May 2

WHAT IS A MIRACLE?

"An unusual or wonderful event that is believed to be caused by the power of God."

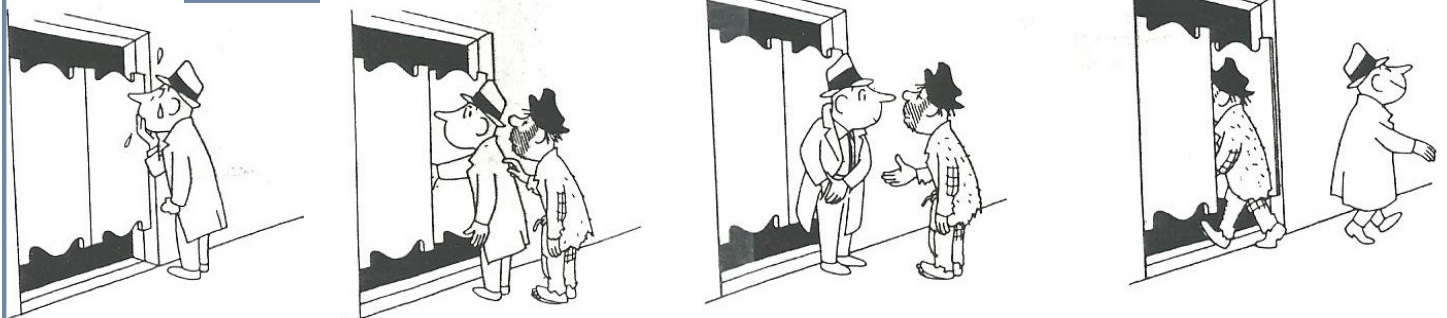
"A very amazing or unusual event, thing or achievement."

Merriam-Webster Dictionary

**"Thanks for the Miracle!"
Kathy K.**

CHANGE IS INEVITABLE, EXCEPT FROM A VENDING MACHINE!

Victor E.



THE FOUR G's

"Soon after I arrived in A.A. in 1979, someone handed me the book *Living Sober*. In that book I discovered the abbreviation H.A.L.T. Don't get too Hungry, too Angry, too Lonely, or too Tired. I hung on to that idea but I wanted a little something more, so I came up with my own 'One Day at a Time' program which I call my 'Four G's.' I will share it with you.

"1. GUTS—My first 'G' I call Guts. Just plain Guts not to take the first drink today. Guts to change my playmates, playgrounds, and playthings. Guts to suffer pain because it's not painless to get sober. However, I found it's less painful to stay sober than to try to get sober again. Guts to get a good sponsor. Guts to attend meetings. Guts to work the steps. And a lot of extra Guts to become willing to change.

"2. GROUP—My second 'G' I call Group. Lucky for me, it was necessary from the beginning to find a Home Group where I was comfortable and could get involved. Involvement then became a solution in staying sober one day at a time. It was necessary for me to arrive at my Group well before meeting time to help make coffee, put out literature, arrange chairs, and greet newcomers. It was also necessary to stay after the meeting and help with emptying ashtrays, housecleaning and talking to anyone who was hanging around. Eventually, I was privileged to become a trusted servant of my Group, for which I will always be grateful.

"3. GOD—The third 'G' I call God. In the beginning I tried to hold on to my father & grandfather's God. It was the God of their understanding, but I did not understand it. My sponsor and my group, which I used as my God, I do understand. I don't have a photograph, recording, or written note, but my God is very real. He is a kind, merciful, loving and forgiving God. I found him right here in Alcoholics Anonymous. This is the God who gave me the gift of life, and what I do with my life as a sober alcoholic, is my gift back to God.

"4. GRATITUDE—The fourth 'G' I call Gratitude. It is my hope that I never fail to be Grateful for the many things that have been given to me. I am Grateful for the past, for without it, the present would be meaningless. I am Grateful for a kind and loving sponsor who spent untold hours with me. I am Grateful for the return of my health, Grateful for the ability to love myself and the ability to receive and to give love without conditions. I am Grateful to be able to give without thoughts of receiving, Grateful for the experience of sharing with other alcoholics, I am so Grateful that you were there and the doors of A.A. were open when I came to you. I am Grateful for the newcomers, I don't know where I would be today without them.

Grateful for the Guts! Grateful for the Group! Grateful for God! Grateful for Gratitude!

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LIFELINE



BEING FRIENDLY WITH OUR FRIENDS

by Carl B.

It has been my experience that A.A. groups do a great job of welcoming the newcomer and passing on our message of experience, strength, and hope. This is done not only from sharing our own recoveries, but also by offering literature on Alcoholics Anonymous. Most A.A. groups offer a wide variety of pamphlets, books, and newcomer packets.

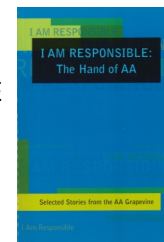
However, there are also non-alcoholics seeking information on A.A. Over the years my home group (which is an open meeting) has been visited by various healthcare students. Our group decided that in addition to newcomer packets, we wanted to offer packets to those visiting our group who are going into the healthcare professions, or other professions, seeking information on Alcoholics Anonymous. We feel it is important that they receive accurate and up-to-date information on A.A., directions to valid A.A. websites, and the phone number of our local central office or answering service. Unfortunately, there is a lot of misinformation about Alcoholics Anonymous on all forms of media, and it is important that we offer information that is accurate, concise, and to the point.

Through the years, A.A. World Services has developed many pamphlets which have been helpful to those who are alcoholic and non-alcoholic seeking information on Alcoholics Anonymous. If your group is interested in developing packets for professionals seeking information on A.A., you may consider going to the www.aa.org website and browse the literature available or visit the Central Office/Intergroup nearest you.

BOOK OF THE MONTH

I AM RESPONSIBLE

The Hand of A.A.



PAMPHLETS OF THE MONTH

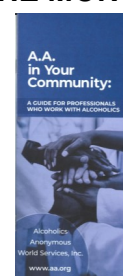
How A.A. Members Cooperate with Professionals

A.A. Pamphlet P-29




A.A. in Your Community

A.A. Pamphlet P-31



MAY 2024 CONTRIBUTIONS			
#	NAME	AMOUNT	INDIVIDUAL
220		\$5.00	\$5.00
220		\$10.00	\$5.00
318		\$1,000.00	\$5.00
391		\$287.50	\$5.00
394		\$10.00	\$5.50
420		\$57.21	\$7.00
694		\$175.00	\$10.00
722		\$313.73	\$10.00
744		\$238.00	\$10.00
916		\$150.00	\$10.00
972		\$50.00	\$10.00
1220		\$20.00	\$10.00
1220		\$35.00	\$10.00
15	Promises Group	\$100.00	\$10.00
69	The Gratitude Hour	\$500.00	\$10.00
81	New Way Bridgeton	\$231.00	\$10.00
253	The Group	\$150.00	\$15.00
344	There is a Solution	\$33.00	\$20.00
350	Expect a Miracle	\$125.00	\$20.00
356	We Are Responsible	\$6.00	\$20.00
358	Love & Tolerance	\$100.00	\$20.00
358	Love & Tolerance	\$50.00	\$25.00
418	Joe's Place	\$30.00	\$25.00
434	Monday Miracles	\$400.00	\$40.00
466	Take It Easy	\$130.00	\$50.00
490	Promises Group	\$400.00	\$50.00
582	Noon-timers	\$228.00	\$50.00
1100	We Ain't Saints	\$170.00	\$50.00
1151	Women's Words of Wisdom	\$55.00	\$75.00
1168	Women's Happy Destiny	\$40.00	\$85.00
1191	Secular Sobriety	\$20.00	\$100.00
1220	11 at 11	\$10.00	\$500.00
1246	Serenity Now	\$5.00	\$500.00
	Green Heart "Wecovery"	\$12.00	\$1,334.40
	Spare Change Contributions	\$23.02	
TOTAL MAY 2024			\$8,281.36





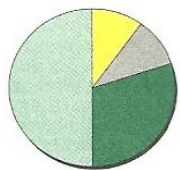
Electronic 7th Tradition!!

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-

Reminder to the groups—When making contributions, please note your group’s name and number on the memo line of your check. Thank you for your support!

THE ROAD OF LIFE

"I expect to pass through this world but once.
Any good therefore that I can do,
or any kindness that I can show to any
fellow creature, let me do it now...
...for I shall not pass this way again."

AA WORD UNSCRAMBLE

1. **WITNESSED** ("Convincing testimony must surely come from medical men who have had experience with the sufferings of our members and have witnessed our return to health.") p. xxv
2. **HOPELESS** ("He begged the doctor to tell him the whole truth, and he got it. In the doctor's judgment he was utterly hopeless...") p. 26
3. **UNIQUELY** ("...but it happens that because of your own drinking experience you can be uniquely useful to other alcoholics.") p. 89
4. **HELPLESSLY** ("Near you, alcoholics are dying helplessly like people in a sinking ship.") p. 152