



CENTRAL SERVICE OFFICE

SEPTEMBER 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 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>		
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		

*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!

**KEEP COMING BACK FIRST THINGS FIRST
BUT FOR THE GRACE OF GOD
LIVE AND LET LIVE THINK, THINK, THINK
HALT!—HUNGRY, ANGRY, LONELY, TIRED**

**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

THE OLDEST CONTINUING AA BANQUET IN THE WORLD

CELEBRATE YOUR SOBRIETY

SATURDAY, NOVEMBER 23RD, 2024 FEATURING: KENT B. FROM DECATUR, IL
ORLANDO'S EVENT & CONFERENCE CENTER • 4300 HOFFMEISTER RD., 63125

6:00 PM SOCIAL HOUR • 7:00 PM BUFFET DINNER • 9:30 PM ALANO BALL
TICKETS ARE \$46 EACH (SAME AS LAST YEAR!) • TO SIT TOGETHER—SUBMIT TOGETHER!
SCHOLARSHIPS AVAILABLE FOR NEWLY SOBER FIRST TIME ATTENDEES—CALL CENTRAL SERVICE

Purchase tickets online at www.alanobanquet.org

CENTRAL SERVICES 9th ANNUAL PICNIC!



**Sunday, Sept 8
11am - 3pm**



**Deer Creek Park, aka "Rocket Park"
South Pavilion
3200 N Laclede Station Rd
Maplewood, MO 63143**

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 #53

Mike 6 Months
Catherine S. 41 Years!!!!

GROUP #95

Tony P. 1 Year
Devon K. 3 Years
Peter B. 7 Years
Bill W. 11 Years!
Peter G. 17 Years!

GROUP #121

Diana H. 30 Days
Mike A. 3 Years
Scott A. 8 Years

GROUP #347

Carl W. 23 Years!!

Group #416

Beth G. 6 Years
Sabrina D. 11 Years!
Donna L. 18 Years!
Vernie S. 46 Years!!!!

GROUP #449

Amy H. 3 Years
Kelly S. 3 Years
Quincy 10 Years!
Edward L. 17 Years!
Deb S. 17 Years!

CENTRAL SERVICE OFFICE & BOOKSTORE CLOSED MONDAY, SEPTEMBER 2 IN OBSERVANCE OF LABOR DAY

THINGS WE CANNOT CHANGE



Michael P. Group #357
Michael "Mike" D. Group #350

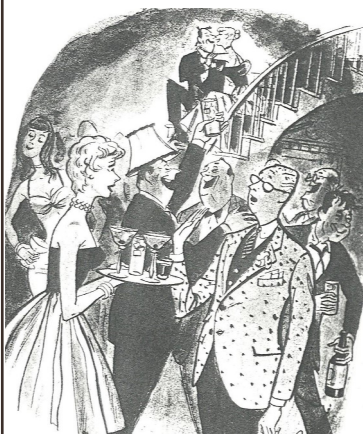
They will be missed by all who knew them.

Peggy H. 20 Years!!
George W. 20 Years!!
Claire T. 37 Years!!!
Gary Q. 40 Years!!!!

GROUP #816

Mark F. 6 Months
Joel C. 1 Year
Jeff G. 1 Year
David G. 15 Years!

Thanks for sharing the miracle of your recovery with us!



"Nothing for me, thanks— I'm an alcoholic."

Reprinted with permission from *The Grapevine*.

MEETING UPDATES

(See flyers for details.)

NEW MEETING

Group #2007, Sunday Serenity, Sunday, 5:30 PM, MX-O, West County Club, 16296 Westwoods Business Park, Ellisville, 63021

Learn to Live Sober Today, Tuesday, 1:00 PM-2:30 PM, MX-O, Cote Brilliant Presbyterian Church, 4673 Labadie, St. Louis, 63115

TIME CHANGE

Group #744, Women Enjoying Sobriety, Thursday, W-C, Ivy Chapel, 620 North Woods Mill Road, Chesterfield, 63017
New Time: 10:00 AM

NEEDS SUPPORT

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

UPCOMING EVENTS

SEPTEMBER 8

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

SEPTEMBER 13, 14, 15

National A.A. Technology Workshop (NAATW), St. Louis, www.NAATW.org

SEPTEMBER 15

Districts #1 & #2 Picnic, 11:00 AM-3:00 PM, Forest Park, Picnic Pavilion #11 (Wells Drive—West of the St. Louis Zoo)

SEPTEMBER 27, 28, 29

40th Fall Classic 2024, Crowne Plaza, 11228 Lone Eagle Drive, Hwy 70 at Lindbergh Blvd., Bridgeton, 63044

OCTOBER 4, 5, 6

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

OCTOBER 5

North County Office "Friends of Bill W. Golf Outing," 12:00 Noon, Eagle Springs Golf Course, 2575 Redman Avenue, St. Louis, 63136

OCTOBER 11, 12

Three Legacies Conference, The Hope Center, 2275 Morello Avenue, Pleasant Hill, CA

E-mail: 3LegaciesConf@LoveAndServiceGroup.org

OCTOBER 11, 12, 13

SWRAASA 2024, Southwest Region A.A. Service Assembly, Renaissance Dallas Richardson Hotel, 900 East Lookout Drive, Richardson, TX, www.swraasa2024.org

NOVEMBER 23

83rd Annual Central Service Office Alano Banquet, Orlando's Event Center, 4300 Hoffmeister Road, St. Louis, 63125

AA WORD SCRAMBLE

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

1. **NEIGNBGN I** _____
2. **TEINNFII** _____
3. **NRBU** _____
4. **OLFO** _____

(Answers on p. 4)

LIFELINE**“Humility...The concept that is forever eluding me.”**

“The best definition for me has always been being the ‘right size’ to God and the people around me. I am not better than, nor am I worse than anyone else. I am not God either. What a relief! Being the right size has lifted a burden from my shoulders. I am no longer responsible for everyone around me.

“Humility...is facing the reality of who I really am. It is becoming aware of my shortcomings and my good qualities. It is allowing people who are more qualified to do a job, to do it.

“Humility...is a feeling. A wave passes over me and I do not feel the need to be right or give advice. I can let people be who they are. Most importantly, Humility is a complete internal surrender to God. He has the power to change me...I don’t. I came to accept that I couldn’t do life without God’s help and the help of other people.

“Humility...is the necessary ingredient for healing. I know I have it when I am in harmony with my Higher Power and the world around me.”

Alano News, September 2001

Stay On The Path

“I have seen hundreds of families set their feet in the path that really goes somewhere...”

Reprinted from *Alcoholics Anonymous*
with permission of A.A. World Services, Inc.; p. 15

When I finally decided to start going to meetings of Alcoholics Anonymous, I was somewhat skeptical about the people I would encounter. Would they be neurotic down-and-outers, etc.? Nothing could have been further from what I found! In my home group, there were everyday people—a mix of young and old from diverse walks of life, creeds and race—and seemingly happy! Everyone showed kindness and tolerance towards me. They let me know we were all there for the same reason—alcoholism! In Chapter 2, “There Is a Solution,” the A.A. *Big Book* states: “... there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.” This was true in every group I attended.

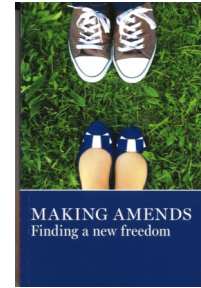
There was one woman in particular who stood out to me because of her dependability for “showing up” at our home group meetings. She led a peaceful, joyful life in spite of many health challenges. When she passed away, I came into possession of some of her A.A. books and memorabilia. This included a thermos mug with the slogan: “Stay On The Path.” Since I used to meet her on a prayer path near our homes, I thought how appropriate this message was as we trudged “... the road to happy destiny.” Just stay on the A.A. path! I thank my Higher Power for all the people I have met in A.A. “who normally would not mix.”

A Grateful Recovering Alcoholic

BOOK OF THE MONTH**MAKING AMENDS**

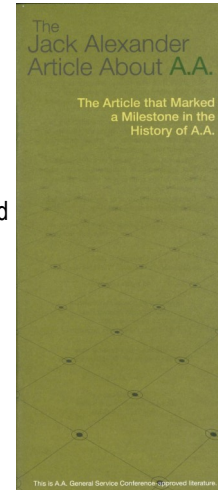
Finding a new freedom

... from the A.A. Grapevine

**PAMPHLETS OF THE MONTH**

The
Jack Alexander
Article About A.A.
The Article that Marked
A Milestone in the
History of A.A. P-12

Do you
think you’re
different? P-13

**TRADITION TEN**

“Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it, for, as one oldtimer recently declared, ‘Practically never have I heard a heated religious, political, or reform argument among A.A. members. So long as we don’t argue these matters privately, it’s a cinch we never shall publicly.’ ”

Twelve Steps and Twelve Traditions, pg. 179

RECIPE FOR SERENITY

“Take full responsibility for your life.

Stop blaming others.

See yourself as the cause of what happens to you.

Do things you like to do.

Participate in life at the highest level you can.

Stop terrorizing yourself with your thoughts.

Be gentle with yourself.


Give yourself the simple pleasures of life abundantly.

Stop trying to change others.

Focus your attention on being the way you want others to be.”

Alano News, 2013

JULY 2024 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL	#	NAME	AMOUNT	INDIVIDUAL
3		\$75.00	\$5.00	1110	Friday Night	\$233.00	
5		\$13.00	\$5.00	1123	Steps of Sobriety	\$173.00	
109		\$93.00	\$5.00	1130	The Unplugged Group	\$350.00	
123		\$214.00	\$5.00	1151	Women's Words of Wisdom	\$110.00	
212		\$600.00	\$5.00	1168	Women's Happy Destiny	\$50.00	
220		\$65.20	\$10.00	1168	Women's Happy Destiny	\$10.00	
220		\$5.00	\$10.00	1183	Chick Crew	\$100.00	
239		\$133.00	\$10.00	1193	Lucky Boys Virtual	\$301.00	
250		\$12.00	\$10.00	1194	Lotus Pray	\$250.00	
255		\$148.00	\$10.00	1201	Rosie's Place	\$60.00	
258		\$150.00	\$10.00	1220	Conscious Companionship	\$25.00	
391		\$200.00	\$10.00	1220	Conscious Companionship	\$20.00	
409		\$60.00	\$10.00	1234	Phoenix	\$33.00	
410		\$204.00	\$10.00	1246	Serenity Now	\$10.00	
420		\$57.21	\$10.00	4102	Renegade Group	\$51.00	
449		\$200.00	\$10.00	4102	Renegade Group	\$101.00	
774		\$160.25	\$10.00		Spare Change	\$24.70	
814		\$500.00	\$15.00		Henry House Mtgs	\$150.00	
924		\$30.00	\$17.50		Green Heart "Wecovery"	\$12.00	
944		\$100.00	\$20.00	TOTAL JULY 2024			\$13,060.32
1049		\$143.00	\$20.00	THANK YOU, EVERYONE!!			
1212		\$208.00	\$20.00	 <p>Electronic 7th Tradition!! Scan this QR code to contribute to Central Services, or click the link below! https://aastl.org/donate/</p>			
15	Promises Group	\$70.00	\$20.00	<p>AA WORD UNSCRAMBLE <i>(Words used in first 164 pages of A.A. Big Book)</i></p> <p>1. BEGINNING ("We feel that elimination of our drinking is but a beginning.") p. 19</p> <p>2. INFINITE ("We trust infinite God rather than our finite selves.") p. 68</p> <p>3. BURN ("Burn the idea into the consciousness of every man that he can get well regardless of anyone.") p. 98</p> <p>4. FOOL ("To him the alcoholic has always seemed a fool of the first magnitude.") p. 137</p>			
16	Sunrisers Group	\$1000.00	\$25.00				
57	The Happy Hour	\$100.00	\$25.00				
121	Early Ducks	\$489.00	\$50.00				
136	Frisco Group	\$100.00	\$50.00				
139	Old Priory Group	\$250.00	\$50.00				
299	Lindell Club	\$306.00	\$50.00				
347	Textbook Group	\$100.00	\$100.00				
349	Westside Lunch Meeting	\$135.00	\$100.00				
356	We Are Responsible	\$250.00	\$100.00				
357	Cross Talking Jaywalkers	\$100.00	\$170.00				
388	Sixth Sense	\$300.00	\$300.00				
428	TGIF	\$250.00	\$320.00				
434	Monday Miracles	\$300.00	\$500.00				
456	Gateway to Freedom	\$63.30	\$500.00				
512	Potosi AA	\$25.00					
746	Cross-talkers	\$869.16					
789	SOS Eureka	\$50.00					
792	KISS Group	\$75.00					
1014	All About Recovery	\$128.00					
1042	Double Winners	\$23.00					
1091	Thurs Meditation	\$20.00					
1091	Thurs Meditation	\$25.00					

Central Service Office & Book Store Hours
 Monday-Friday: 8:30 AM-5:00 PM
 Saturday: 10:00 AM-3:00 PM
(Closed Most Holidays)