



CENTRAL SERVICE OFFICE OCTOBER 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	6:15 PM (MX)	1188
7:00 PM (MX)	978	7:00 PM (MX)	1239
<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
<u>Tuesday</u>	<u>Group #</u>	6:00 PM (M)	1045
7:00 AM (W)	970	11:00 PM (MX)	Late Nite
12:00 Noon (MX)	1087	<u>Saturday</u>	<u>Group #</u>
5:30 PM (M)	972	9:00 AM (M)	318
7:00 PM (MX)	464	11:30 AM (MX)	250
<u>Wednesday</u>	<u>Group #</u>	11:00 PM (MX)	Late Nite
7:00 AM (W)	970	<i>MX—Mixed (Men & Women)</i>	
12:00 Noon (MX)	358	<i>M—Men Only W—Women Only</i>	
5:30 PM (MX)	1126	<i>All meetings at the Central Service Office are CLOSED</i>	
7:00 PM (MX)	44	<i>(i.e., Alcoholics Only).</i>	
7:00 PM (MX)	925		

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

**** NOW ON SALE ****

Alcoholics Anonymous

WHERE & WHEN — September 2024

Central Service Office Bookstore - \$2.00

(Complete listing of A.A. meetings in St. Louis City & surrounding area.)

THE OLDEST CONTINUING AA BANQUET IN THE WORLD

83RD

Annual



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!

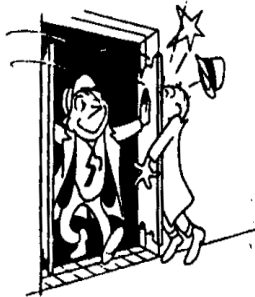
SCHOLARSHIPS AVAILABLE FOR NEWLY SOBER FIRST TIME ATTENDEES—CALL CENTRAL SERVICE

Purchase tickets online at www.alanobanquet.org

Tickets on sale now at Central Service Office!



Victor E.



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

Kevin K. 2 Years
 Jim P. 2 Years
 Dave O. 17 Years!
 Lisa M. 22 Years!!

GROUP #299

Barbara H. 48 Years!!!!

GROUP #449

Alexis 5 Years
 John W. 11 Years!
 Jack N. 20 Years!!
 Ken C. 28 Years!!
 JT 33 Years!!!

GROUP #460

Jerry O. 27 Years!!

THINGS WE CANNOT CHANGE



Bill W.
 Group #905
 James McA.
 Group #357
 Jennifer S.
 Group #349

They will be missed by all who knew them.

GROUP #1018

Ami K. 2 Years
 Anthony P. 4 Years
 Bobby M. 34 Years!!!
 Glynis M. 41 Years!!!!

Thanks for sharing the miracle of your recovery with us!

Please call in your group's birthdays—we love posting them!

*Did is a word of achievement,
 Won't is a word of retreat,
 Might is a word of bereavement,
 Can't is a word of defeat,
 Ought is a word of duty,
 Try is a word each hour,
 Will is a word of beauty,
 Can is a word of power.*

MEETING UPDATES

See flyers for details -or- www.aastl.org/events-calendar/

NEW MEETINGS

Keep It Simple, Monday, 7:00 PM, MX-O, Affton Supportive Housing (Basement), 6710 Colony Acers, Affton, 63123

Henry House, Grapevine Meetings, MX-O, Monday 11:00 AM & Friday 12:00 Noon, 102 South Henry Street, Farmington, 63640

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

NEEDS SUPPORT

Group #970, A Woman's Way, Tuesday & Wednesday, W-C, 7:00 AM, Central Services, #14 Sunnen Drive, Maplewood, 63147

Group #721, Big Book Meeting, Saturday, 5:00 PM, MX-O, St. Martin UCC, Dittmer, 63023

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

UPCOMING EVENTS

OCTOBER 4, 5, 6

39th Annual 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 5

Group #357, Hayride and Bonfire, 6:30 PM, Bonacker Farms, Hwy. W, House Springs, 63051

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 3

25th Annual Illinois Missouri Men's AA Unity Breakfast, 8:00 AM, Andre's Banquets & Catering, 4254 Telegraph Road, St. Louis, 63129

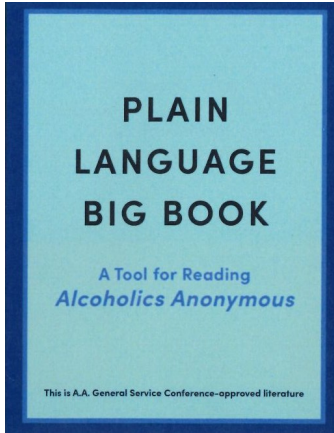
NOVEMBER 23

83rd Annual Central Service Office Alano Banquet, 6:00 PM, Orlando's Event Center, 4300 Hoffmeister Road, St. Louis, 63125



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NEW BOOK FROM A.A. WORLD SERVICES NOVEMBER 1, 2024



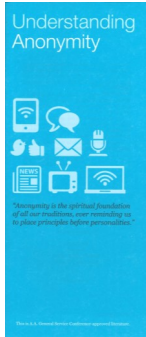
"A Tool for Reading *Alcoholics Anonymous*"
 "...This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.'s lifesaving message..."

Printed With Permission AAWS

"The *Plain Language Big Book* is A.A. General Service Conference-approved literature."

PAMPHLETS OF THE MONTH

Understanding
Anonymity
P-47



Frequently
Asked
Questions
About A.A.
P-2

LIFELINE



A Matter of Perspective

I have noticed over the years that my perspective can easily become distorted, especially when my ego is involved. It's like I am looking through both ends of a pair of binoculars. When I look at others, their character defects seem up close and huge, but when I look at my own character defects, it's as if I turn the binoculars around and look through the wrong end and my character defects seem far away and small. However, my ego can turn on me causing the opposite distortion with my character defects becoming huge and the character defects of others seem small by comparison. It has only been through working the Twelve Steps of Alcoholics Anonymous that I have been able to attain a proper perspective of both myself and others. I often have to tell myself to put down the binoculars!

Carl B.

"It is a generally acknowledged fact in spiritual development that ego reduction makes the influx of God's grace possible."

Bill Wilson

ANONYMITY ONLINE AND DIGITAL MEDIA—SUMMARY SERVICE MATERIAL FROM THE GENERAL SERVICE OFFICE

"In all A.A.'s public relations, A.A.'s sole objective is to help the still suffering alcoholic; always mindful of the importance of personal anonymity at the public level."

- **Forms of Public Information**
 - Signs outside A.A. meeting places
 - Distribution of A.A. literature
 - A.A. websites
 - Anonymity protected Public Service Announcements, informational videos, radio, TV, digital media
- **General Principles**
 - Radio, TV, Film, Internet: A.A. members refrain from showing their faces & use of last names.
 - Printed Articles, Websites, E-mail: A.A. members identify by first names & last initials only.
 - Post, Text, or Blog: A.A. members assume they are publishing at public level.
- **A.A. Websites**
 - A.A. members observe all A.A. principles & traditions.
- **Social Networking Websites**
 - Public in nature—A.A.s do not identify as A.A. members.
- **E-mail**
 - Consider anonymity of all recipients.
- **Internet**
 - A.A. members carefully consider situations where anonymity could be compromised at public level.
- **Videos & Audios**
 - **Public Service Announcements** help to carry the message of recovery & inform public and professionals about A.A.
- **More Reflections on Anonymity**
 - * "Bill's Last Message," aa.org
 - * *Twelve Steps and Twelve Traditions*, p.187
 - * "Freedom Under God: The Choice is Ours"
Bill W., AA *Grapevine*, November 1960
(www.aagrapevine.org)
 - * *A.A. Comes of Age*, pp. 131-132
- **Carrying the A.A. Message**
 - * www.aa.org
 - * *Speaking at Non-A.A. Meetings*, Pamphlet P-40
 - * *A.A. Guidelines on Public Information*, (Service Manual)
 - * A.A. Service Committees' webpage
 - * *Box 459—G.S.O. Newsletter*


For more information, contact local A.A. Public Information and Cooperation with the Professional Committees.

AUGUST 2024 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL
89		\$900.00	\$5.00
89		\$75.00	\$5.00
117		\$120.00	\$5.00
193		\$93.00	\$5.00
220		\$8.00	\$5.00
220		\$20.00	\$6.00
220		\$150.00	\$10.00
220		\$5.00	\$10.00
234		\$173.00	\$10.00
239		\$182.00	\$10.00
248		\$80.00	\$10.00
355		\$25.00	\$10.00
363		\$400.00	\$10.00
394		\$5.00	\$10.00
420		\$57.21	\$10.00
449		\$200.00	\$10.00
449		\$65.00	\$10.00
699		\$100.00	\$11.50
721		\$10.00	\$15.00
814		\$365.00	\$20.00
1157		\$93.00	\$20.00
8	New Day	\$150.00	\$20.00
15	Promises Group	\$100.00	\$20.00
106	Love and Tolerance	\$131.00	\$20.00
107	The Gold Cup	\$500.00	\$25.00
157	Big Book Study	\$100.00	\$31.00
253	The Group	\$150.00	\$35.00
344	There is a Solution	\$234.75	\$36.00
344	There is a Solution	\$139.80	\$46.74
350	Expect a Miracle	\$100.00	\$50.00
371	Bourbon Group	\$75.00	\$50.00
416	Life is Good	\$50.00	\$52.00
418	Joe's Place	\$40.00	\$100.00
450	One Day At A Time	\$150.00	\$100.00
466	Take It Easy	\$120.00	\$200.00
505	Men's Feelings Group	\$200.00	\$250.00
575	Nick of Time	\$500.00	\$500.00
582	Noon-timers	\$110.25	\$500.00
719	Sobriety Alive	\$445.45	\$500.00
750	Friday Night Happy Hour	\$50.00	\$1,000.00
903	Rolla Group	\$120.00	
940	A Newfound Freedom	\$500.00	
1100	We Ain't Saints	\$150.00	
1139	A Way Out	\$200.00	
1151	Women's Words of Wisdom	\$100.00	
1168	Women's Happy Destiny	\$70.00	
1209	The Steps We Took	\$250.00	
1220	Conscious Companionship	\$10.00	

#	NAME	AMOUNT	INDIVIDUAL
1220	Conscious Companionship	\$20.00	
	Spare change	\$27.00	
	Green Heart "Wecovery"	\$20.00	
	Green Heart "Wecovery"	\$12.00	
	Anonymous	\$412.00	
	Anonymous	\$750.00	
	Dist. 6	\$12.00	
TOTAL AUGUST 2024			\$12,868.70

THANK YOU, EVERYONE!!



Electronic 7th Tradition!!

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

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

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

ON CARRYING THE MESSAGE

"Except for the talk given in Detroit in 1948, Dr. Bob was noted for speaking very briefly. Both he and Anne were often quoted as having said, 'If you speak more than 15 minutes, you're going to repeat yourself,' or 'No souls are saved after 15 minutes.'

"One story had it that when Dr. Bob was guest speaker at an out-of-town meeting, he got up and said that the world's finest talks had been short ones. For example, both the Sermon on the Mount and the Gettysburg Address had been given in less than five minutes. 'With this point in mind,' he said, 'I also propose to give a short talk. In fact, I just did.'

"He sat down."

Reprinted from DR. BOB and the Good Oldtimers, p. 224 with permission of A.A. World Services, Inc.

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