



CENTRAL SERVICE OFFICE NOVEMBER 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	6:15 PM (MX)	1188
7:00 PM (MX)	978	7:00 PM (MX)	1239
Monday	Group #	Friday	Group #
6:15 PM (MX)	303	12:00 Noon (MX)	1000
Tuesday	Group #	5:30 PM (MX)	577
7:00 AM (W)	970	6:00 PM (M)	1045
12:00 Noon (MX)	1087	11:00 PM (MX)	Late Nite
5:30 PM (M)	972	Saturday	Group #
7:00 PM (MX)	464	9:00 AM (M)	318
Wednesday	Group #	11:30 AM (MX)	250
7:00 AM (W)	970	11:00 PM (MX)	Late Nite
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!



"I've got so much to be thankful for, I feel guilty."

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THE OLDEST CONTINUING AA BANQUET IN THE WORLD

83RD Annual
ALANO BANQUET
CENTRAL SERVICES • 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

Banquet tickets on sale at Central Service Office!



HOLIDAY OPEN HOUSE & POTLUCK

SATURDAY, DECEMBER 14

2-6 PM

CENTRAL SERVICE OFFICE



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 #8**
Soby B. 1 Year
- GROUP #53**
John Z. 3 Years
Gary M. 4 Years
- GROUP #95**
Adam D. 1 Year
Amanda D. 1 Year
Todd H. 2 Years
David M. 6 Years
Matt B. 19 Years!
Neal W. 20 Years!!
Mike B. 27 Years!!
Greg A. 39 Years!!!
- GROUP #121**
Cindy B. 30 Days
Bob C. 30 Days
Scott M. 30 Days
Ruthann C. 6 Months
Tim 1 Year
Joe 2 Years
Dennis B. 4 Years
Jeff K. 13 Years!
Joe B. 19 Years!
John S. 26 Years!!
Nora S. 39 Years!!!
- GROUP #212**
Melva L. 20 Years!!
Ellen L. 24 Years!!

THINGS WE CANNOT CHANGE



Sally B.
Group #36
Doug F.
Group #36
Central Service Volunteer
They will be missed by all who knew them.

Barb A. 28 Years!!
Leslie A. 33 Years!!!
Rich T. 37 Years!!!

GROUP #311
Jerry O. 36 Years!!!

GROUP #352
Karl R. 4 Years
Jerry S. 6 Years
Al T. 14 Years!

GROUP #416
Renee D. 35 Years!!!

GROUP #449
Chrissy B. 5 Years
Jon G. 18 Years!
Barb R. 19 Years!

GROUP #460
Kennie R. 3 Years
Keith Mc. 12 Years!
Grayling R. 22 Years!!
Cynthia G. 32 Years!!!

GROUP #905
Kathy M. 2 Years
Richard G. 7 Years
Tonya S. 13 Years!

GROUP #983
Lew T. 48 Years!!!!

Thanks for celebrating the miracle of your recovery with us!

Please call your group's birthdays in to Central Service Office — we love posting them!

MEETING UPDATES

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

NEW MEETINGS

Alphabet Soup, LGBTQI+ & Friends, Thursday, 5:30 PM, MX-O, Steps Alano Club, 3974 Humphrey Street, St. Louis, 63116 (Hybrid; Zoom ID: 929 526 9860)

St. Clair Group, Friday, 7:00 PM, MX-O, Scenic Revival Library, 515 Springfield Road, Room B, St. Clair, 63077

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

Dual Diagnosis A.A. Meeting, Thursday, 7:00 PM, MX-C, Central Services, #14 Sunnen Drive, Maplewood, 63143

Group #311, A Fresh Start, Monday, 7:00 PM, MX-O, St. Luke's United Methodist Church, 2761 Telegraph Road, Lemay, 63125

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

UPCOMING EVENTS

NOVEMBER 3

26th Annual Illinois Missouri Men's A.A. Unity Breakfast, 8:00 AM, Andre's Banquets & Catering, 4254 Telegraph Road, St. Louis, 63129

NOVEMBER 9

District #53 Annual Chili Cook-Off Contest and Speakers on the Three Legacies of A.A., 1:30 PM—3:00 PM, St. Luke's United Methodist Church (Fellowship Hall), 2761 Telegraph Road, Lemay, 63125

NOVEMBER 23

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

NOVEMBER 27

Day Counters Thanksgiving Eve Bowling Party, 5:00 PM—8:00 PM, Saratoga Lanes, 2725 Sutton Blvd., Maplewood, 63143

DECEMBER 31

Districts #52 & #53, New Year's Eve Beach Party, 6:00 PM, St. Luke's United Methodist Church, 2761 Telegraph Road, Lemay, 63125

A.A. WORD SCRAMBLE

1. CRPWSKHEI _____
2. EDNSEFE _____
3. PNHGIEL _____
4. APTDPE _____

(Answers on pg. 4)

LIFELINE



Listed below are some frequently-used A.A. acronyms and definitions:

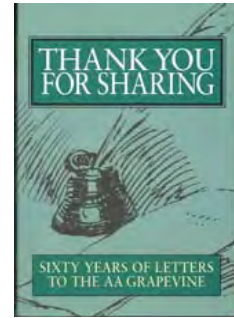
<p>G.S.O.# <i>General Service Office</i></p>	<p>"The General Service Office in New York City serves all A.A. groups in the United States and Canada. GSO also offers services to A.A. overseas, especially in countries where there is no service structure. ... The U.S./Canada office works with committees of A.A.'s General Service Board and the General Service Conference (U.S. and Canada)." <i>www.aa.org/aa-gso</i> <i>Reprinted with permission of A.A. World Services, Inc.</i></p>
<p>A.A.W.S.# <i>Alcoholics Anonymous World Services, Inc.</i></p>	<p>"A.A.W.S., Inc., which employs G.S.O. personnel, directs G.S.O. Services, and is responsible for A.A.'s website (aa.org) and broad publishing efforts." <i>The A.A. Service Manual, p. 5</i></p>
<p>C.S.O.# <i>Intergroup - Central Service Office</i></p>	<p>"A Central or Intergroup Office is an A.A. service office that involves collaboration between groups in a community. An Intergroup Office is established to carry out certain functions common to all the groups and it is usually maintained, supervised, and supported by these groups in their general interest. It exists to help groups in the common purpose of carrying the A.A. message to the alcoholic who still suffers." <i>https://eamo.org/new-to-service</i></p>
<p>EAMO# <i>Eastern Area of Missouri</i></p>	<p>"Area 38 consists of the Eastern Area of Missouri (EAMO) A.A. and is divided into 25 Districts, including one Spanish speaking district. Each quarter of the year, all of the EAMO districts gather at one location to hold an Area Assembly where representatives of the Groups, Committees, and Area officers work together to ensure that A.A.'s message of experience, strength, and hope is available to all alcoholics in the EAMO." <i>https://eamo.org/new-to-service</i></p>
<p>GSR# <i>Group Service Representative</i></p>	<p>"The general service representative (G.S.R.) is an elected member of your home group. It is a 2-year service commitment. The G.S.R. is your home group's link to the whole of A.A. G.S.R.s attend district meetings and area assemblies and relay information between groups and the whole of A.A." <i>https://eamo.org/new-to-service</i></p>
<p>DCM# <i>District Committee Member</i></p>	<p>"The District Committee Member (D.C.M.) is the elected leader of the district committee which is made up of all GSRs in the district. The DCM reports information from G.S.R. meetings at the General Service Conference." <i>https://eamo.org/new-to-service</i></p>
<p>IR# <i>Intergroup Representative</i></p>	<p>"...consider electing an Intergroup Representative so that your group can have the voice it deserves in operating our Central Service Office. IRs carry their groups' conscience, and serve their groups by participating – they offer suggestions, ask questions, meet new people, and learn about our A.A. community. In short, they help their groups get connected by getting connected themselves." <i>##### A.A. Central Service Office Tri-fold Pamphlet</i></p>

PAMPHLETS OF THE MONTH

BOOK OF THE MONTH

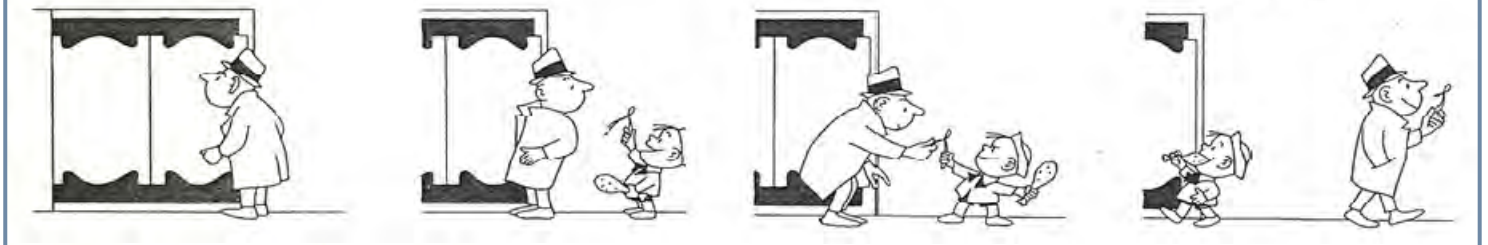
A.A. in Treatment Settings
P-27

The A.A. Member— Medications & Other Drugs
P-11



Victor E.

November 1964



SEPTEMBER 2024 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL
3		\$250.00	\$5.00
22		\$5.00	\$5.00
44		\$40.00	\$5.00
124		\$100.00	\$5.00
126		\$150.00	\$5.00
220		\$110.00	\$5.00
220		\$800.00	\$10.00
318		\$107.00	\$10.00
391		\$57.21	\$10.00
410		\$20.00	\$10.00
420		\$400.00	\$10.00
476		\$72.19	\$10.00
484		\$300.00	\$10.00
573		\$5.00	\$10.00
583		\$603.25	\$10.00
782		\$125.00	\$15.00
1045	<i>Thank you for helping us "Carry the Message"!</i>	\$57.00	\$20.00
1046		\$250.00	\$20.00
1097		\$30.00	\$20.00
1162		\$178.00	\$20.00
8	New Day	\$435.00	\$20.00
15	Promises Group	\$175.00	\$25.00
15	Promises Group	\$257.00	\$28.00
16	Sunrisers	\$1,000.00	\$40.00
53	Cuckoo's Nest	\$120.00	\$50.00
253	The Group	\$100.00	\$50.00
307	Happy Campers	\$200.00	\$50.00
350	Expect a Miracle	\$150.00	\$100.00
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358	Love & Tolerance	\$100.00	\$160.00
434	Monday Miracles	\$200.00	\$250.00
683	Absolutely Sober	\$150.00	\$400.00
945	Living In Recovery	\$100.00	\$500.00
1070	One Day At A Time	\$75.00	\$500.00
1168	Women's Happy Destiny	\$40.00	\$1,000.00
1183	Chick Crew	\$100.00	\$1,000.00
1200	Day Counters	\$114.00	\$1,550.00
1200	Day Counters	\$571.50	\$3,000.00
1220	Conscious Companionship	\$20.00	
1220	Conscious Companionship	\$25.00	
	Spare Change	\$22.20	
TOTAL SEPTEMBER 2024			\$16,802.35

Thoughts from Bill W.

"I was not too well at the time, and was plagued by waves of self-pity and resentment. This sometimes almost drove me back to drink, but I soon found that when all other measures failed, work with another alcoholic would save the day. Many times I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going."

Alcoholics Anonymous, p. 15

Dr. Bob's Prescription for Sobriety

"Unlike most of our crowd, I did not get over my craving for liquor much during the first two and one-half years of abstinence. It was almost always with me. But at no time have I been anywhere near yielding. I used to get terribly upset when I saw my friends drink and knew I could not, but I schooled myself to believe that though I once had the same privilege, I had abused it so frightfully that it was withdrawn. So it doesn't behoove me to squawk about it for, after all, nobody ever had to throw me down and pour liquor down my throat."

Alcoholics Anonymous, p. 181




A.A. SPEAKER /
12th STEP VOLUNTEER BUREAU
St. Louis Metropolitan Area
Online Application:
 www.aastl.org/speaker-bureau
Request a Speaker:
 Phone: 314-647-3677 - E-mail: alano@aastl.org

A.A. WORD UNSCRAMBLE
(Words used in *Alcoholics Anonymous*)

1. SHIPWRECK ("We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade the vessel from storage to Captain's table.") p. 17
2. DEFENSE ("Once more: the alcoholic at certain times has no effective mental defense against the first drink.") p. 43
3. HELPING ("Helping others is the foundation stone of your recovery.") p. 97
4. TAPPED ("... you have just now tapped a source of power much greater than yourself.") p. 163

Electronic 7th Tradition!!

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



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