



CENTRAL SERVICE OFFICE DECEMBER 2024 NEWSLETTER



MEETING INFO

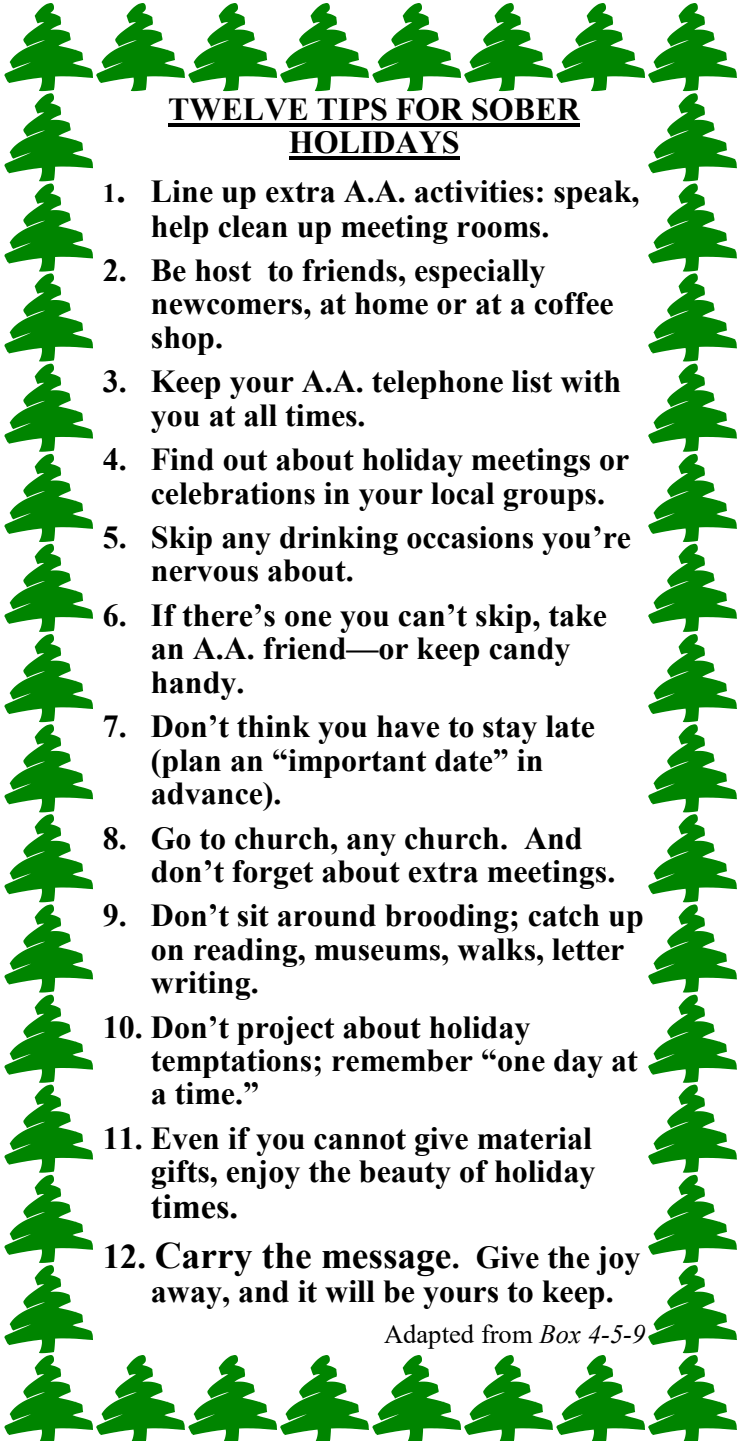
© A.A. BIRTHDAYS

A.A.-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

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TWELVE TIPS FOR SOBER HOLIDAYS

1. Line up extra A.A. activities: speak, help clean up meeting rooms.
2. Be host to friends, especially newcomers, at home or at a coffee shop.
3. Keep your A.A. telephone list with you at all times.
4. Find out about holiday meetings or celebrations in your local groups.
5. Skip any drinking occasions you're nervous about.
6. If there's one you can't skip, take an A.A. friend—or keep candy handy.
7. Don't think you have to stay late (plan an "important date" in advance).
8. Go to church, any church. And don't forget about extra meetings.
9. Don't sit around brooding; catch up on reading, museums, walks, letter writing.
10. Don't project about holiday temptations; remember "one day at a time."
11. Even if you cannot give material gifts, enjoy the beauty of holiday times.
12. Carry the message. Give the joy away, and it will be yours to keep.

Adapted from *Box 4-5-9*

HOLIDAY OPEN HOUSE

SATURDAY

DECEMBER 14

2 - 6 PM

CENTRAL SERVICE
OFFICE

#14 SUNNEN DRIVE
MAPLEWOOD, 63143

Chicken & drinks will be provided! Please bring a side dish or desert to share!



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

- Jenn B. 1 Year
- Chelsea S. 1 Year
- James W. 1 Year
- Joe M. 2 Years
- Kelly M. 2 Years
- Greg T. 33 Years!!!
- Mick M. 46 Years!!!!

GROUP #121

- Maxwell K. 30 Days
- Scott S. 1 Year
- Trish B. 2 Years
- Jim S. 6 Years

GROUP #299

- George A. 20 Years!!

GROUP #449

- Mike O. 7 Years

CENTRAL SERVICE OFFICE — CLOSED
Tuesday, December 24 (After 1:00 PM)
Wednesday, December 25
Wednesday, January 1

- Jim H. 8 Years
- Eric O. 13 Years!
- Carolyn M. 20 Years!!
- John V. 33 Years!!!

GROUP #460

- Shari Y. 15 Years!
- Tina H. 22 Years!!
- Calvin M. 30 Years!!!
- George C. 49 Years!!!!

GROUP #582

- Carl B. 43 Years!!!!

Thanks for celebrating the miracle of your recovery with us!

“Each day my friend’s simple talk in our kitchen multiplies itself in a widening circle of **peace on earth and good will to men.**”
Alcoholics Anonymous Bill’s Story, pg. 16

MEETING UPDATES

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

NEW MEETINGS

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

Late Nite Revival, Thursday, Friday, Saturday, 11:00 PM, MX-C, Central Services, #14 Sunnen Drive, Maplewood, 63143

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

CANCELED

Group #970, A Woman’s Way, Wednesday, 7:00 AM, W-C, Central Services, #14 Sunnen Drive, Maplewood, 63143

UPCOMING EVENTS

DECEMBER 20

Into Action Holiday Potluck, Potluck-6:00 PM, Speaker-7:30 PM, 9916 East Watson Road, Crestwood, 63126

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

JANUARY 24, 25, 26

Southern States Women’s Conference, Hyatt Riverfront Jacksonville, 225 East Coastline Drive, Jacksonville, FL

A.A. HOLIDAY GRATITUDE LIST

During this joyous season, I am so grateful for ...

- * **RECOVERY;**
- * This most blessed and beautiful program of Alcoholics Anonymous;
- * Reunited A.A. families and friends;
- * The ability to attend **and leave** seasonal gatherings—sober;
- * My sponsor and sponsees;
- * A loving home group;
- * Inner peace, and the joy of living restored;
- * Financial prudence;
- * A desire to be of service;
- * Acceptance and tolerance of the way others choose to celebrate the season.

COMPLETE THE SENTENCE

From the first 164 pages of A.A. Big Book

1. “Therefore, the main problem of the alcoholic centers in his _____, rather than in his _____.”
2. “ ‘ _____ an alcoholic, _____ an alcoholic.’ ”
3. “Now we need more _____, without which we find that ‘ _____ without _____ is dead.’ ”
4. “Practical experience shows that nothing will so much insure _____ from drinking as _____ work with other alcoholics.”

(Answers on pg. 4)

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



*Please pray for the still-suffering alcoholic...
 They need the prayers, and we need the practice!*

CENTRAL SERVICE OFFICE MEETINGS

Listed below are in-person meetings at Central Services. 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 #	11:00 PM (MX)	Late Nite
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
12:00 Noon (MX)	358	11:30 AM (MX)	250
5:30 PM (MX)	1126	11:00 PM (MX)	Late Nite
7:00 PM (MX)	44	<i>MX—Mixed (Men & Women)</i>	
7:00 PM (MX)	925	<i>M—Men Only W—Women Only</i>	
<i>All meetings at the Central Service Office are CLOSED (i.e., Alcoholics Only).</i>			

WHY WE WERE CHOSEN



“God in His wisdom selected this group of men and women to be purveyors of His goodness. In selecting them through whom to bring about this phenomenon, He went not to the proud, the mighty, the famous or the brilliant. He went instead to the humble, to the sick, to the unfortunate. He went right to the drunkard, the so-called weakling of the world. Well might He have said to us—

‘Unto your weak and feeble hands I have entrusted a power beyond estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothers, not even to my priests or ministers have I given this gift of healing other alcoholics which I entrust to you.

‘It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon your time can be too urgent; no case too pitiful; no task too hard; no effort too great. It must be used with tolerance for I have restricted its application to no race, no creed and no denomination. Personal criticism you must expect; lack of appreciation will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rungs toward spiritual perfection, and remember, in the exercise of this power I shall not exact from you beyond your capabilities.

‘You are not selected because of exceptional talents and be careful always, if success attends your efforts, not to ascribe to personal superiority that to which you can lay claim only by virtue of my gift. If I had wanted learned men to accomplish this mission, the power would have been entrusted to the physician and scientist. If I had wanted eloquent men, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who would be available. You were selected because you have been outcasts of the world, and your long experience as drunkards has made, or should make you humbly alert to the cries of distress that came from the lonely hearts of alcoholics everywhere.

‘Keep ever in mind the admission you made on the day of your profession in A.A.—namely that you are powerless and that it was only with your willingness to turn your life and will unto My keeping that relief came to you.’”

Judge John T.

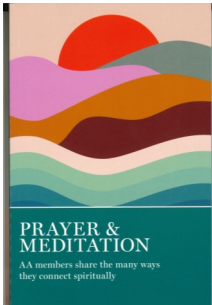
on the 4th Anniversary of the Chicago Group in 1943

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

BOOK OF THE MONTH

PRAYER & MEDITATION

AA members share the many ways they connect spiritually

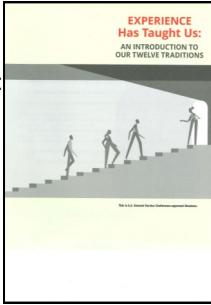


PAMPHLET OF THE MONTH

EXPERIENCE Has Taught Us:

An Introduction To Our Twelve Traditions


P 91



*“I detected a new note of serenity in his Ho! Ho! Ho!
I think he’s off the sauce.”*

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OCTOBER 2024 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL	#	NAME	AMOUNT	INDIVIDUAL
7		\$200.00	\$5.00	582	Noon-timers	\$144.00	
12		\$152.00	\$5.00	669	The Breakfast Club	\$947.03	
44		\$642.00	\$5.00	816	Tower Grove Beginners	\$200.00	
73		\$300.00	\$5.00	970	Woman's Way	\$5.00	
189		\$120.00	\$5.00	1014	All About Recovery	\$112.00	
220		\$5.00	\$5.00	1024	Spiritual Winners	\$113.00	
239		\$173.00	\$10.00	1100	We Ain't Saints	\$200.00	
248		\$97.00	\$10.00	1110	Friday Night	\$125.00	
280		\$200.00	\$10.00	1125	Drive-By	\$403.00	
281		\$125.00	\$10.00	1135	Step Sisters	\$194.00	
306		\$109.00	\$10.00	1168	Women's Happy Destiny	\$20.00	
319		\$120.00	\$10.00	1188	Joe & Charlie	\$100.00	
327		\$40.00	\$10.00	1200	Day Counters	\$132.00	
409		\$80.00	\$10.00	1201	Rosie's Place	\$91.00	
414		\$175.00	\$10.00	1220	Conscious Companionship	\$5.00	
420		\$57.21	\$10.00	1220	Conscious Companionship	\$20.00	
747		\$589.00	\$10.00	1220	Conscious Companionship	\$30.00	
773		\$50.00	\$11.00	4102	Renegade Group	\$48.00	
972		\$27.50	\$15.00		Spare change contributions	\$26.42	
983		\$200.00	\$18.00		Dist 17	\$1,000.00	
1245		\$225.00	\$20.00		Green Heart "Wecovery"	\$17.00	
4172		\$109.58	\$20.00		Woman to Woman	\$1,000.00	
5	Serendipity Group	\$22.00	\$20.00	TOTAL OCTOBER 2024			\$13,126.84
8	New Day	\$283.00	\$20.00	 <p style="text-align: center;"> 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 </p>			
8	New Day	\$470.50	\$20.00				
15	Promises Group	\$150.00	\$25.00				
36	Lindell Club	\$125.00	\$25.00				
81	New Way Bridgeton	\$225.50	\$50.00				
121	Early Ducks	\$531.00	\$50.00				
142	Bedrock Group	\$346.00	\$70.00				
344	There is a Solution	\$10.50	\$100.00				
344	There is a Solution	\$12.60	\$300.00				
349	Westside Lunch Meeting	\$118.00	\$500.00				
350	Expect a Miracle	\$300.00					
356	We Are Responsible	\$250.00					
357	Cross Talking Jaywalkers	\$100.00					
418	Joe's Place	\$50.00					

COMPLETE THE SENTENCE

1. MIND, BODY p. 23

2. ONCE, ALWAYS p. 33

3. ACTION, FAITH, WORKS p. 76

4. IMMUNITY, INTENSIVE p. 89

Victor E.

