



CENTRAL SERVICE OFFICE JANUARY 2025 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 Central Services. 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>	11:00 PM (MX)	Late Nite
6:15 PM (MX)	303	<u>Friday</u>	<u>Group #</u>
<u>Tuesday</u>	<u>Group #</u>	12:00 Noon (MX)	1000
12:00 Noon (MX)	1087	5:30 PM (MX)	577
5:30 PM (M)	972	6:00 PM (M)	1045
7:00 PM (MX)	464	11:00 PM (MX)	Late Nite
<u>Wednesday</u>	<u>Group #</u>	<u>Saturday</u>	<u>Group #</u>
12:00 Noon (MX)	358	9:00 AM (M)	318
5:30 PM (MX)	1126	11:30 AM (MX)	250
7:00 PM (MX)	44	11:00 PM (MX)	Late Nite
7:00 PM (MX)	925		

MX—Mixed (Men & Women) M—Men Only W—Women Only
All meetings at the Central Service Office location are **CLOSED**
(i.e., Alcoholics Only).

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

**We wish you a HAPPY, JOYOUS & FREE
NEW YEAR — 2025!!**

**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

Alano Potluck

Annual Winter Gathering of the St. Louis Central Service Office

Saturday, February 8th, 2025

Wellspring Family Church

5293 S Lindbergh Blvd

Sappington, MO 63126

Celebrate Sobriety!

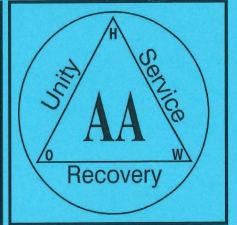
Dinner at 6 pm

OPEN MEETING: AA and Al-Anon

Speakers Follow

Bring a Hot Dish, Salad or Dessert

Coffee and Tea Provided



Build Group Unity

CENTRAL SERVICE OFFICE — CLOSED

Wednesday, January 1

THOUGHT FOR 2025

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called *Opportunity*, and its first chapter is "New Year's Day."



Edith Lovejoy Pierce

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

Dave L. 12 Years!
 Curtis K. 43 Years!!!!

GROUP #95

Carianne 1 Year
 Lindsey H. 3 Years
 Karen R. 35 Years!!!

GROUP #121

Melissa C. 6 Months
 Lisa S. 1 Year
 Dwayne S. 2 Years
 Ron M. 21 Years!!

GROUP #250

Sue J. 29 Years!!

THINGS WE CANNOT CHANGE



Tom E.

Former Director
 Central Service Office

He will be missed by all who knew him.

GROUP #449

Mike M. 3 Years
 Kristine Z. 7 Years
 Jim S. 9 Years
 Bill S. 34 Years!!!
 Mary Ann R. 40 Years!!!!

GROUP #460

Kim H. 6 Years
 Sheila J. 22 Years!!
 Charles L. 25 Years!!
 Earnest D. 29 Years!!

GROUP #965

Harry B. 39 Years!!!

GROUP #983

Doc K. 30 Years!!!
 Laura A. 44 Years!!!!

Thanks for celebrating the miracle of your recovery with us!

MEETING UPDATES

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

NEW MEETINGS

Group #1256, New Beginnings, Saturday, 9:00 AM, MX-O, Double Winners, New Beginnings Lutheran Church, 791 New Beginnings Drive, Pacific, 63069

NEEDS SUPPORT

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

Group #789, Sisters of Sobriety, Thursday, 6:00 PM, W-C, Rotating Format, St. Francis Episcopal Church, 602 Rockwood Arbor Drive, Eureka, 63025

UPCOMING EVENTS

JANUARY 24, 25, 26

Southern States Women's Conference, Hyatt Riverfront Jacksonville, 225 East Coastline Drive, Jacksonville, FL 32202

FEBRUARY 15

Spring Fling Bingo Night (w/AI-Anon Participation), Doors Open-5:30 PM, Potluck-6:00 PM, Speakers-6:45 PM, Bingo-7:30 PM, Crestwood Community Center, 9245 Whitecliff Park Lane, Crestwood 63126

SAVE THE DATES

MARCH 8

2025 West County Club Banquet, Doors Open 6:00 PM-Dinner 7:00 PM, Wildwood Hotel, 2801 Fountain Place, Wildwood, 63040

AUGUST 1, 2, 3

75th Annual Missouri State Convention (w/AI-Anon Participation), Capitol Plaza Hotel, 415 West McCarty Street, Jefferson City, MO 65101—Details Coming Soon.

COMPLETE THE SENTENCE

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

1. "An _____ of this sort—and we have come to believe it an _____—involves those about us in a way no other human _____ can."
2. "A new life has been given us or, if you prefer, a '_____ ' that really works."
3. "Above everything, we alcoholics must be rid of this _____."
4. "Continue to speak of alcoholism as an illness, a _____." (Answers on pg. 4)

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

NOW WHY DIDN'T I THINK OF THAT?

Try using the alphabet from **Q** thru **Z** when making a meditation:

- Q** Quiet down—Quality time.
- R** Think about Relationship with my Higher Power & others.
- S** Surrender (3rd & 7th Step Prayers).
- T** Trust—Higher Power and/or A.A.?
- U** What Undertow pulls me away from progress?
- V** Veritas (Truth. To thine own self be true.)
- W** Willingness?
- X** Look for **warning signs** of fear, selfishness, envy.
- Y** **WHY** was I chosen?
- Z** Do I have Zeal in carrying the A.A. message?

SUGGESTED A.A. MEETING ETIQUETTE

1. Try to be on time.
2. Introduce yourself to anyone alone or new, & welcome them.
3. Silence your cell phone.
4. Avoid crosstalk or rebuttal.
5. Keep comments brief so others may share.
6. Be attentive; keep your cell phone in your pocket or purse.
7. When someone is speaking or sharing, try to stay seated.
8. Stick to alcoholism when sharing (*Singleness of Purpose*).
9. Watch your language—ladies and gentlemen are present.
10. Bring a dish to share when attending pot-luck meetings.
11. Plan to stay and help with the clean-up.
12. Leave the meeting room cleaner than you found it.

“Victor E. & the Slogans—Introduction Victor E.”

“The creation of Jack M., a *Grapevine* editor, Victor E. made his debut in the July 1962 *Grapevine*. For more than forty years, Victor has stood before the saloon, looking longingly past its swinging doors, but every time his Higher Power has intervened and kept him from drinking. Some readers wonder how strong Victor E.’s sobriety is, since he keeps showing up at a bar. Others feel he is no different from any other alcoholic facing this cunning and baffling disease. Whatever his shortcomings and however strong his desire to drink, Victor E. hasn’t picked up a drink in all these years. And that’s how he earns his name.

“(A Guide to the *Grapevine*, p. 7)”

“Victor is not a single AA member with forty-two years of sobriety, he is all of us. ... (The bar is not a bar at all; it is all of the things we bump into, day-to-day, that could get us to resume our destructive behavior with alcohol.)

“(Dennis O., – letter, April 2005)”

“Five AA Slogans (1956-1957)”

“AA members mention the use of ‘First Things First’ and other helpful sayings in the *Grapevine* as early as the June 1945 issue. However, they didn’t find a permanent place in many AAs’ kit of recovery tools until the *Grapevine* ran a series on all five slogans—‘First Things First,’ ‘There But for the Grace of God,’ ‘Easy Does It,’ ‘Think, Think, Think,’ and ‘Live and Let Live’—between September 1956 and February 1957. Each of those issues featured a hand-lettered slogan on the inside back cover and an essay about it inside.

“(A Guide to the *Grapevine*, p. 61)”

LIFELINE**Why We Need a Central Service Office**

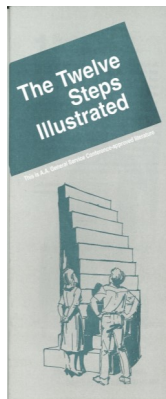
A shopper at the Central Service Office overheard a staff member on the phone with a potential newcomer. The shopper compared the caller to someone standing in the middle of a freeway with cars and trucks speeding all around and not knowing which way to turn. Then a voice is heard saying:

“Come this way and you’ll be alright.”

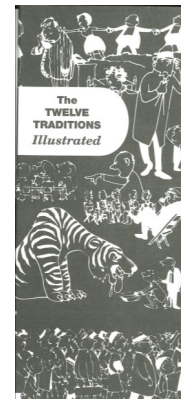
That is the voice of the Central Service Office.

Through the generosity of A.A. groups and members, the Central Service Office is able to carry the message to the one who still suffers “..and for that we are responsible.”

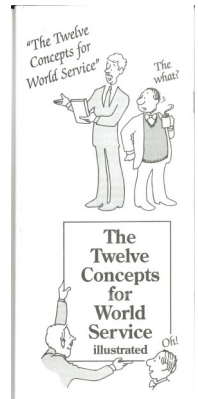
Thank You!

PAMPHLETS OF THE MONTH

The Twelve Steps Illustrated
P-55



The Twelve Traditions Illustrated
P-43

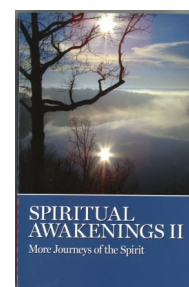
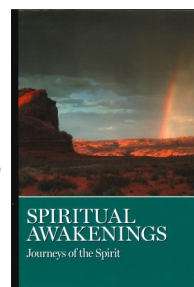


The Twelve Concepts for World Service Illustrated
P-8

BOOKS OF THE MONTH

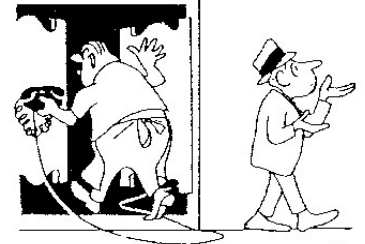
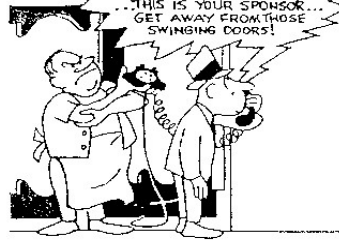
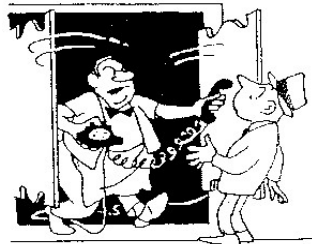
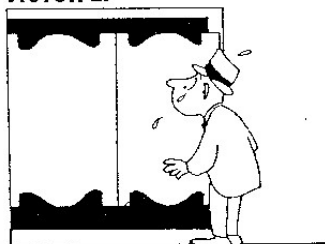
SPIRITUAL AWAKENINGS

Journeys of the Spirit



SPIRITUAL AWAKENINGS II

More Journeys of the Spirit

VICTOR E.

NOVEMBER 2024 CONTRIBUTIONS			
#	NAME	AMOUNT	INDIVIDUAL
43		\$127.00	\$5.00
187		\$78.00	\$5.00
220		\$5.00	\$5.00
250		\$23.00	\$5.00
255		\$637.00	\$5.00
258		\$242.10	\$6.00
362		\$199.00	\$6.00
391		\$243.00	\$7.50
420		\$57.21	\$10.00
448		\$130.00	\$10.00
1153		\$40.00	\$10.00
1215		\$625.00	\$10.00
8	New Day	\$263.13	\$10.00
8	New Day	\$383.83	\$10.00
15	Promises Group	\$240.00	\$10.00
19	Open Door to Recovery	\$108.98	\$10.00
57	The Happy Hour	\$50.00	\$10.00
253	The Group	\$150.00	\$10.00
388	Sixth Sense	\$115.00	\$10.00
418	Joe's Place	\$50.00	\$15.00
453	Buder Bunch	\$163.80	\$16.39
466	Take It Easy	\$125.00	\$20.00
750	Friday Night Happy Hour Group	\$50.00	\$20.00
946	Circle of Unity	\$115.40	\$20.00
982	AA on the Rocks	\$700.00	\$20.00
1010	I Am Responsible	\$183.50	\$22.00
1184	Fairgrounds Group	\$40.00	\$25.00
1188	Joe & Charlie	\$19.00	\$25.00
1194	Lotus Pray	\$300.00	\$25.00
1200	Day Counters	\$138.00	\$25.00
1220	Conscious Companionship	\$100.00	\$45.00
1220	Conscious Companionship	\$20.00	\$50.00
1220	Conscious Companionship	\$20.00	\$50.00
	Anon Group	\$50.00	\$50.00
	Green Heart "Wecovery"	\$20.00	\$50.00
	Spare Change	\$24.04	\$70.00
			\$1,000.00
TOTAL NOVEMBER 2024			\$7,538.88

**Thank you for helping us
"CARRY THE MESSAGE!"**



Electronic 7th Tradition!!
Scan this QR code to contribute to Central Services, or click the link below!
<https://aastl.org/donate/>

TIME TO PRAY

I got up early one morning
and rushed right into the day.
I had so much to accomplish
that I didn't have time to pray.
Problems just tumbled about me,
and heavier came each task.
"Why doesn't God help me?" I wondered.
God answered, "You didn't ask."
I wanted to see joy and beauty,
but the day toiled on, gray and bleak.
I wondered why God didn't show me.
God said, "But you didn't seek."
I tried to come into God's presence;
I used all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."
I woke up early this morning,
and paused before entering the day.
I had so much to accomplish
that I had to take time to pray.
Author unknown

COMPLETE THE SENTENCE

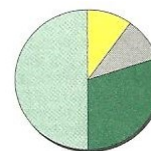
From the first 164 pages of A.A. Big Book

1. ILLNESS, ILLNESS, SICKNESS p. 18
2. DESIGN FOR LIVING p. 28
3. SELFISHNESS p. 62
4. FATAL MALADY p. 92

If your group is hesitating to make contributions to one of the A.A. entities (i.e., *Central Service Office, GSO, Eastern Area, Your District*) because you think it's too small to bother with, just remember how the smallest, individual snowflakes can be lumped together to make a beautiful snowman!



Traditional Distribution Plan



- 10% To district
- 10% To area committee
- 30% To GSO
- 50% To intergroup or central office

-OR-

Customize your contribution according to your Group Conscience.