



CENTRAL SERVICE OFFICE

FEBRUARY 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	8:00 PM (MX)	1259
7:00 PM (MX)	44	11:30 AM (MX)	250
7:00 PM (MX)	925	11:00 PM (MX)	Late Nite

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!

"The member talks to the newcomer not in a spirit of power but in a spirit of humility and weakness."

Reprinted from *ALCOHOLICS ANONYMOUS COMES OF AGE*, p. 279,
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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!

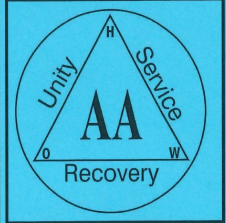
Dinner at 6 pm

OPEN MEETING: AA and Al-Anon

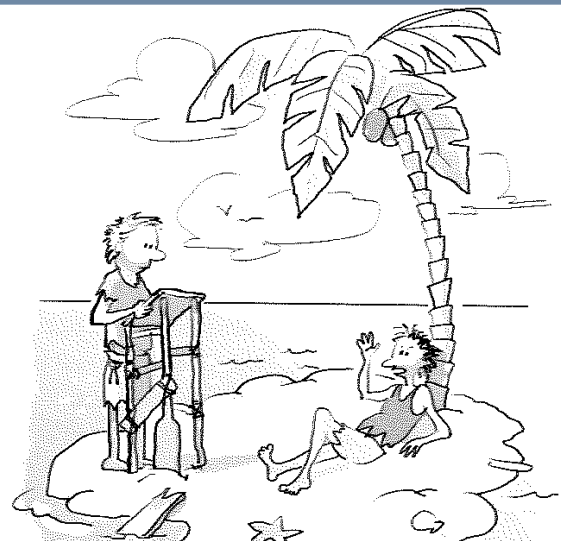
Speakers Follow

Bring a Hot Dish, Salad or Dessert

Coffee and Tea Provided



Build Group Unity



"Do you mind if we change this to a discussion meeting?"

Take me To Your Sponsor,

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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

- Hannah H. 1 Year
- Peter P. 1 Year
- Joe D. 2 Years
- Tricia S. 2 Years
- Levi B. 5 Years
- Virgil G. 17 Years!
- Ralina G. 20 Years!!
- Mike W. 29 Years!!

GROUP #121

- Jim K. 1 Year
- Steve S. 7 Years
- Ken W. 13 Years!

GROUP #357

- Jeff N. 22 Years!!

GROUP #416

- Wendy P. 1 Year
- Lucy H. 2 Years
- Robyn S. 3 Years
- Peggy F. 35 Years!!!

GROUP #449

- Brad J. 3 Years
- Liz D. 9 Years
- Greg S. 16 Years!

- Lynda M. 34 Years!!!
- Lonnie W. 40 Years!!!!

Thanks for celebrating the miracle of your recovery with us!

Alcoholism—an illness

“Today we are willing to accept the idea that, as far as we are concerned, alcoholism is an illness, a progressive illness that can never be ‘cured,’ but which, like some other illnesses, can be arrested. We agree that there is nothing shameful about having an illness, provided we face the problem honestly and try to do something about it. We are perfectly willing to admit that we are allergic to alcohol and that it is simply common sense to stay away from the source of our allergy.

“We understand now that once a person has crossed the invisible borderline from heavy drinking to compulsive alcoholic drinking, that person will always remain an alcoholic. So far as we know, there can never be any turning back to ‘normal’ social drinking. ‘Once an alcoholic, always an alcoholic’ is a simple fact that we have to live with ...”

*THIS IS A.A.
 AN INTRODUCTION TO THE
 A.A. RECOVERY PROGRAM
 A.A. Pamphlet P-1, p. 9
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 World Services, Inc.*

MEETING UPDATES

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

NEW MEETINGS

Group #1259, We’ll Save a Seat for You, Saturday, 8:00 PM, MX-C, Central Services, #14 Sunnen Drive, Maplewood, 63143

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

MEETING CHANGE

Secular Acceptance, Wednesday, 6:30 PM, MX-C, Old Firehouse, 150 Market Street, Hermann, 65041

CHANGE: Closed Meeting effective Immediately.

NEEDS SUPPORT

Group #965, Character Defects, Wednesday, 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

FEBRUARY 7, 8, 9

MOSCYPAA XVIII, Missouri State Conference Young People in AA (w/Al-Anon Participation), Kansas City Host, Stoney Creek Hotel, 18011 Bass Pro Drive, Independence, MO 64055

FEBRUARY 15

Spring Fling Bingo Night (w/Al-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

FEBRUARY 21, 22

43rd Annual Five Corners Convention, Host State—Tennessee, Miner Convention Center, 2610 East Malone, Miner, MO

MARCH 8

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

A.A. WORD SCRAMBLE

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

1. GLINWLI _____
2. UTHTR _____
3. XPNECSEREIE _____
4. NEDSEFE _____

(Answers on pg. 4)

FAMOUS QUOTES

“You just gotta appreciate everything. And that’s one of the most important things in life, is just really appreciating it, because, you know, we only get to do this once, and it’s not for a long time, so enjoy it.”

*Jay Moriarity, Big Wave Surfing Legend
 Born June 16, 1978
 Died June 15, 2001*

LIFELINE



UNITY

“One of the definitions for fellowship is ‘a union of individuals who share similar interests and experiences.’ We have all heard the word *fellowship* mentioned in our AA Preamble at the beginning of every meeting. Only rarely does it become a topic for discussion at the AA meeting—the visible sign of any union is unity itself. Unity is so important to AA that it was established as our First Tradition: ‘Our common welfare should come first; personal recovery depends on AA unity.’

“Within the last few months the issue of the presence of people at AA closed meetings who are addicted to substances other than alcohol has been written about, discussed, and within some groups acted upon according to the group conscience. It started me thinking about some of the basic ideas of AA such as: (1) personal recovery depends on AA unity; (2) the ultimate authority of God as he may express himself through the group conscience; (3) the only requirement for membership is a desire to stop *drinking*; and (4) the inviolate right of the individual AA member to hold whatever opinion he or she truly feels is right and therefore promotes sobriety.

“The one concern I have for all this is that unity is so important to our welfare both as individual AA members and as a Fellowship that I hope we in AA can disagree with each other honestly without it becoming divisive enough to weaken the unity of our Fellowship. This can only be done by respecting each other as persons, as fellow alcoholics, and by carrying out our responsibility to each other by being supportive.

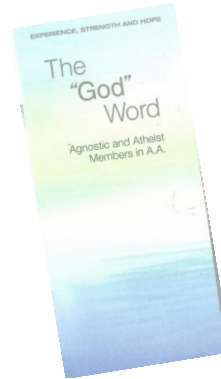
“AA really requires very little for membership, i.e., a desire to stop drinking. Anyone addicted to other substances and alcohol has no problem at an AA meeting. They merely need to limit their discussions to alcoholism. Some groups through their respective group consciences have correctly requested abusers to stay out of the discussions and have kindly suggested they attend a more appropriate Twelve Step

support group where they will be better understood and more effectively helped.

“But—let’s not weaken our Fellowship with uncharitable name calling, or by labeling or judging anyone, but rather let us continue to support each other as brothers and sisters in our common battle with alcoholism. Remember, too, that our public relations policy is based on attraction. Let’s continue to show the world our indivisible unity and attractive fellowship. We will then be better able to get on with our primary purpose.”

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January 2002 *Alano News*

A.A. PAMPHLETS



The “God” Word

Agnostic and Atheist
Members in A.A.

P-86

A.A. for Alcoholics with
Mental Health Issues

— and their sponsors

P-87

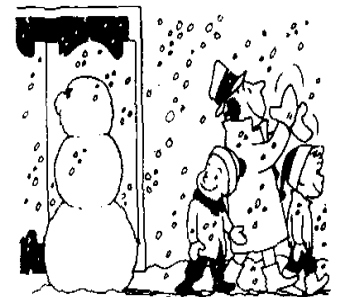
The Hideous Four

Horsemen:
Terror
Bewilderment
Frustration
Despair

The Four

Absolutes:
Honesty
Unselfishness
Purity
Love

VICTOR E.

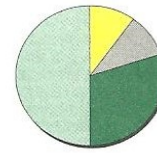


DECEMBER 2024 CONTRIBUTIONS

#	NAME	AMOUNT	INDIVIDUAL
2		\$515.81	\$5.55
3		\$150.00	\$5.00
44		\$339.00	\$5.00
109		\$111.00	\$5.00
123		\$250.00	\$5.00
126		\$151.50	\$5.00
144		\$300.00	\$5.00
212		\$150.00	\$6.00
220		\$50.00	\$8.00
220		\$86.80	\$10.00
220		\$5.00	\$10.00
239		\$247.00	\$10.00
250		\$24.00	\$10.00
301		\$275.00	\$10.00
303		\$1,260.00	\$10.00
303		\$35.50	\$10.00
318		\$148.00	\$10.00
355		\$15.00	\$10.00
391		\$300.00	\$10.00
413		\$250.00	\$10.00
420		\$57.21	\$15.00
439		\$250.00	\$15.00
568		\$130.00	\$17.50
688		\$453.00	\$17.50
752		\$261.75	\$20.00
972		\$60.00	\$20.00
1018		\$150.00	\$20.00
1157		\$67.03	\$20.00
8	New Day	\$292.89	\$20.00
8	New Day	\$391.53	\$25.00
15	Promises Group	\$200.00	\$30.00
55	The Difference	\$40.00	\$44.00
69	The Gratitude Hour	\$500.00	\$50.00
69	The Gratitude Hour	\$400.00	\$50.00
163	Gray Summit Monday	\$212.00	\$100.00
198	Night Bloomers	\$153.25	\$100.00
344	There is a Solution	\$140.07	\$100.00
435	Saturday Morning	\$229.00	\$300.00
450	One Day At A Time	\$50.00	\$1,000.00
456	Gateway to Freedom	\$42.30	\$1,000.00

#	NAME	AMOUNT	INDIVIDUAL
791	K.I.S.S.	\$100.00	
792	KISS Group	\$200.00	
1042	Double Winners	\$95.05	
1100	We Ain't Saints	\$100.00	
1200	Day Counters	\$352.00	
1200	Day Counters	\$209.00	
1200	Day Counters	\$286.00	
1220	Conscious Companionship	\$5.00	
1220	Conscious Companionship	\$5.00	
1220	Conscious Companionship	\$20.00	
1406	Endurance in Recovery	\$361.00	
6262	Rule #62	\$683.16	
	Anonymous	\$60.00	
	Henry House Mtgs	\$50.00	
TOTAL DECEMBER 2024			\$14,393.40

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.

A.A. WORD UNSCRAMBLE

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

1. **WILLING** ("It was only a matter of being willing to believe in a Power greater than myself.") p. 12
2. **TRUTH** ("And the truth, strange to say, is usually that you have.") p. 23
3. **EXPERIENCES** ("...That we have had deep and effective spiritual experiences* which have revolutionized our whole attitude toward life ...") p. 25
4. **DEFENSE** ("Once more: The alcoholic at certain times has no effective mental defense against the first drink ... His defense must come from a Higher Power.") p. 43



Electronic 7th Tradition!!

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

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

Central Service Office & Book Store Hours

Monday-Friday: 8:30 AM-5:00 PM

Saturday: 10:00 AM-3:00 PM

(Closed Most Holidays)