



# CENTRAL SERVICE OFFICE

## MARCH 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](http://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
		11:00 PM (MX)	Late Nite
<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
		6:00 PM (M)	1045
		11:00 PM (MX)	Late Nite
<u>Tuesday</u>	<u>Group #</u>	<u>Saturday</u>	<u>Group #</u>
12:00 Noon (MX)	1087	9:00 AM (M)	318
5:30 PM (M)	972	11:30 AM (MX)	250
7:00 PM (MX)	464	8:00 PM (MX)	1259
		11:00 PM (MX)	Late Nite
<u>Wednesday</u>	<u>Group #</u>		
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 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!

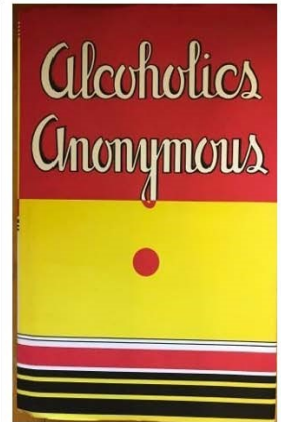
Thursday, April 10th

### Celebrate the 86th Anniversary of the Big Book!

#### Online only, at noon:

A.A. historian William Schaberg presents the history of the Big Book, via Zoom.

To attend online, register at [eamo.org/bigbook86/](http://eamo.org/bigbook86/)



#### In-person at Central Services:

12:00 PM Zoom Big Book presentation by author William Schaberg.  
2:00 PM Presentation on how A.A. came to St. Louis and Missouri.  
4:00 PM Slide show on the lives of Bill Wilson and Dr. Bob.

*Light refreshments will be served.*

14 Sunnen Dr. #144, St. Louis, MO 63143 \* 314.647.3677

### A.A. SPEAKER / 12th STEP VOLUNTEER BUREAU

St. Louis Metropolitan Area

Online Application  
[www.aastl.org](http://www.aastl.org); "Speakers & Volunteers" Tab

Request a Speaker  
Phone: 314-647-3677  
E-mail: [alano@aastl.org](mailto:alano@aastl.org)

**\*\* SAVE THE DATE \*\***

**MAY 31, 2025**

Annual Alano Society Picnic

11:00 AM — 3:00 PM

Deer Creek Park

3200 North Laclede Station Road  
Maplewood, 63143



CENTRAL SERVICE OFFICE

#14 Sunnen Drive . Suite #144 . Maplewood, MO 63143 . 314-647-3677 . [www.aastl.org](http://www.aastl.org) . E-mail: [alano@aastl.org](mailto: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 #44**

Kate P. 29 Years!!

**GROUP #86**

Keith H. 15 Years!

**GROUP #95**

Colin 1 Year  
 Jake W. 3 Years  
 Molly D. 5 Years  
 Shelly P. 7 Years  
 Bob K. 10 Years!  
 Chris W. 12 Years!  
 Jeff N. 15 Years!  
 Doug F. 18 Years!  
 Don A. 22 Years!!  
 Chuck H. 23 Years!!

**THINGS WE CANNOT CHANGE**



Pete M.  
Group #1234

He will be missed by all who knew him.

**GROUP #121**

Robin 6 Months  
 Christina A. 6 Months

**GROUP #460**

Damian C. 7 Years  
 Icie G. 24 Years!!  
 Constantine A. 28 Years!!  
 Yolanda P. 32 Years!!!  
 Joy L. 35 Years!!!  
 Lessie S. 37 Years!!!  
 Hiawatha D. 38 Years!!!

*Thanks for celebrating the miracle of your recovery with us!*

Please share your group's birthdays with us. We love to post them. Thank you!

**ONE DAY AT A TIME!!!**

**COMPLETE THE SENTENCE**

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

1. "My friend suggested what then seemed a novel idea. He said, 'Why don't you choose your own \_\_\_\_\_ of \_\_\_\_\_?'"
2. "We learned that we had to fully concede to our \_\_\_\_\_ that we were \_\_\_\_\_."
3. "Resentment is the ' \_\_\_\_\_ , offender.'"
4. "We have elsewhere remarked how much better life is when lived on a \_\_\_\_\_."

*(Answers on pg. 4)*

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

**MEETING UPDATES**

*See flyers for details -or- [www.aastl.org/events-calendar/](http://www.aastl.org/events-calendar/)*

**NEW MEETING**

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

**MEETING CHANGES**

Group #400, Thursday, 8:00 PM, MX-O, West County Club, 16296 Westwoods Business Park, Ellisville, 63021

**NEW NAME:** Primary Purpose Group

Group #1119, At Wit's End, Monday, 10:30 AM, MX-O, Newcomer, St. Luke's United Methodist Church-Upstairs, Handicap Accessible, 2761 Telegraph Road, Lemay, 63125

**FORMAT CHANGE:** Readings: Big Book - 12 x 12 Steps & Traditions - Grapevine

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

**TYPE CHANGE:** Closed Meeting effective Immediately.

**CANCELED**

Group #1235, Keystone Group, Tuesday, 7:00 PM, Online Only

**UPCOMING EVENTS**

**MARCH 8**

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

**MARCH 14, 15**

Great River Roundup, Pere Marquette Lodge & Conference Center, Route 100, Grafton, IL 62037

**MARCH 22**

Fenton Big Book Pot Luck, 5:00 PM-8:00 PM, Concord Trinity Methodist Church, 5275 Lindbergh Blvd., Sappington, 63126

**APRIL 10**

86<sup>th</sup> Anniversary Publishing of the Big Book, Learn about the History of the Big Book, Zoom at Noon, Register Today, [eamo.org/bigbook86/](http://eamo.org/bigbook86/)

**MAY 3**

5K Run & Walk, Check In-7:00 AM, Race-8:00 AM, A.A. Meeting-9:30 AM, Tower Grove Park, Sons of Rest Shelter, St. Louis, 63116

**MAY 4**

SAVE THE DATE: Men's Gratitude Lunch / Fundraiser for Central Services, 11:00 AM—3:00 PM, Deer Creek Park, 3200 North Laclede Station Road, Maplewood, 63143

**AUGUST 1, 2, 3**

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

**LIFELINE****“THE WISDOM OF THE SERENITY PRAYER”**

“I would like to share some of the interesting definitions of the term serenity I have gathered at A.A. meetings throughout the years.

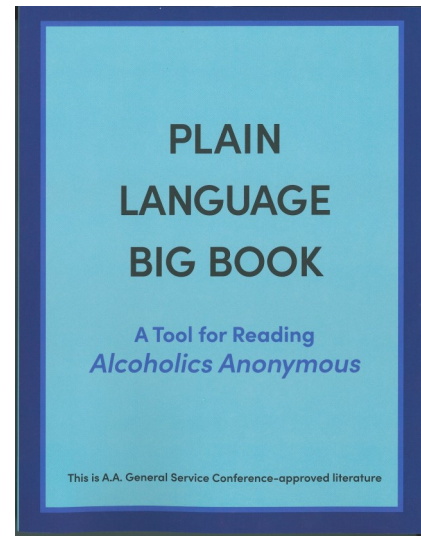
**“Serenity is:**

- \* The serenity prayer ...
- \* Being thankful God saw the plight and anguish of the alcoholic, and ... inspired the A.A. program ...
- \* Dealing honestly with reality ...
- \* Absence of conflict due to the A.A. philosophy ...
- \* A problem well defined and accepted is solved ...
- \* Learning to deal with resentments and live and let live...
- \* There are only two kinds of problems: those you can solve and those you cannot solve ...
- \* Concentrating on the solution, not the problem ...
- \* Knowing the two founders of A.A. ... felt perhaps the most important expression in the A.A. Big Book is establishing a contact with the God of your understanding ...
- \* Realizing we are part of a program that will go down in history as one of the greatest discoveries of the century arresting alcoholism ...
- \* ‘There is a solution’ ...” *Alano News, August 2002*

**RECIPE FOR HAPPINESS—(Serenity)**

- \* “Take full responsibility for your life.
- \* Stop blaming others.
- \* See yourself as the cause of what happens to you.
- \* Do things you like to do.
- \* Participate in life at the highest level you can.
- \* Stop terrorizing yourself with your thoughts.
- \* Be gentle with yourself.
- \* Give yourself the simple pleasures of life abundantly.
- \* Stop trying to change others.
- \* Focus your attention on being the way you want others to be.” *Alano News, September 2015*

**\*\*\* FINALLY ARRIVED \*\*\***  
**Central Service Office Bookstore**

**A.A. PAMPHLETS**

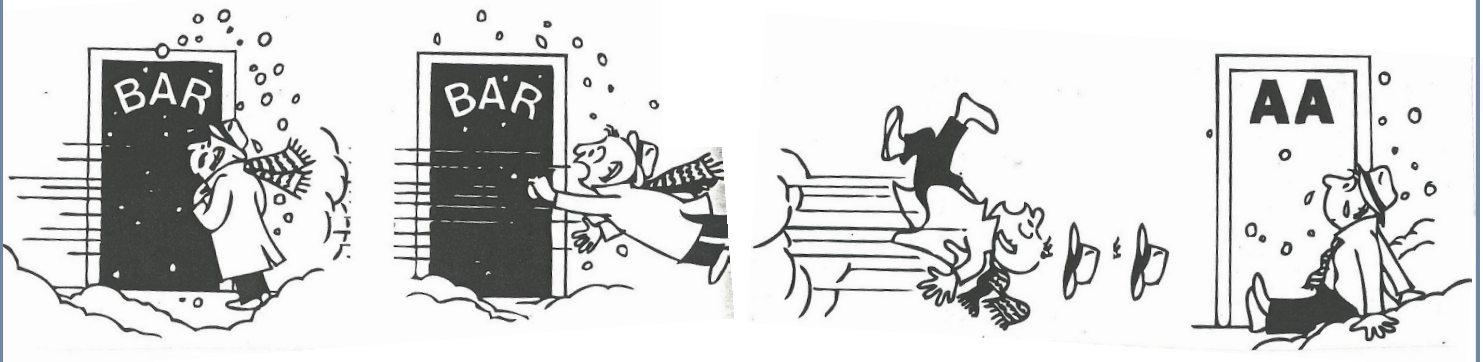
**The Twelve  
Steps  
Illustrated**

P-55



**The  
Twelve  
Traditions  
Illustrated**

P-43

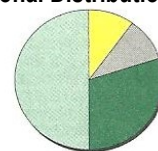
**Victor E.**

**JANUARY 2025 CONTRIBUTIONS**

			INDIVIDUAL
<b>Special HVAC Repair &amp; Replace Fund</b>			\$632.00
			\$1,000.00
			\$1,000.00
			\$1,000.00
			\$1,000.00
			\$1,000.00
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			\$1,000.00
			\$1,000.00
			\$1,000.00
			\$1,000.00
			\$1,000.00
			\$3,000.00
#	NAME	AMOUNT	INDIVIDUAL
62		\$50.00	\$4.00
123		\$178.00	\$5.00
124		\$117.00	\$5.00
220		\$125.00	\$5.00
220		\$5.00	\$5.00
303		\$16.00	\$5.00
303		\$13.00	\$5.00
306		\$100.00	\$5.00
382		\$100.00	\$8.00
391		\$20.00	\$10.00
409		\$75.00	\$10.00
420		\$53.04	\$10.00
476		\$200.00	\$10.00
782		\$175.00	\$10.00
814		\$24.00	\$10.00
916		\$75.00	\$10.00
972		\$38.00	\$10.00
1162		\$40.00	\$10.00
1165		\$100.00	\$10.00
8	New Day	\$344.75	\$15.00
8	New Day	\$309.70	\$20.00
8	New Day	\$275.90	\$20.00
15	Promises Group	\$300.00	\$25.00
95	Into Action	\$300.00	\$25.00
121	Early Ducks	\$186.00	\$50.00
136	Old Priory Group	\$400.00	\$50.00
157	Big Book Study	\$75.00	\$77.00
253	The Group	\$100.00	\$80.00
305	Pacific Facility	\$25.00	\$87.38
307	Happy Campers	\$200.00	\$200.00
344	There is a Solution	\$149.92	\$500.00
349	Westside Lunch Meeting	\$164.00	

#	NAME	AMOUNT
350	Expect a Miracle	\$250.00
416	Life is Good	\$70.00
434	Monday Miracles	\$200.00
469	Working with Others	\$48.00
582	Noon-timers	\$245.00
689	Wentzville Group	\$100.00
905	Rolla New Beginnings	\$324.80
1014	All About Recovery	\$110.00
1024	Spiritual Winners	\$276.50
1071	Group 1071 in Hermann	\$60.00
1100	We Ain't Saints	\$100.00
1113	Higher Ground	\$100.00
1123	Steps of Sobriety	\$227.00
1130	The Unplugged Group	\$335.00
1147	Sobriety Sisters	\$10.00
1193	Lucky Boys Virtual	\$145.00
1201	Rosie's Place	\$75.00
1220	Conscious Companionship	\$20.00
1220	Conscious Companionship	\$5.00
1220	Conscious Companionship	\$40.00
1247	This is the Solution	\$50.00
1264	Green Heart "Wecovery"	\$17.00
	Hampton Facility Groups	\$3,000.00
	Leasburg Group	\$100.00
	Mon Night Serenity - Edwardsville	\$30.00
	Spare Change	\$28.70
<b>TOTAL FOR JANUARY 2025</b>		<b>\$26,229.69</b>

**Traditional Distribution Plan**



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

Customize your contribution according to your Group Conscience.

-OR-

**COMPLETE THE SENTENCE (Answers)**

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

1. CONCEPTION, GOD, p. 12
2. INNERMOST SELVES, ALCOHOLICS, p. 30
3. NUMBER ONE, p. 64
4. SPIRITUAL PLANE, p. 116

**Central Service Office & Book Store Hours**

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

Saturday: 10:00 AM-3:00 PM

**Closed Most Holidays**