



CENTRAL SERVICE OFFICE APRIL 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
		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!



MEN'S LUNCH

THE WANG DANG DOODLE

SUNDAY, MAY 4 AT DEER CREEK PARK
3200 N. LACLEDE STATION RD

Men have gathered on the first Sunday in May to support this fundraiser for Central Services, the organization has carried the message of AA in this region for so many years. Enjoy the spirit of camaraderie, brotherhood of companionship and the community offered at this event.

\$20 • Advance tickets required • All food and services are donated

Many give what they are able to offer. Some give \$1 or more for each year of sobriety. Just like an offering for your church, we make a yearly contribution. We like to pay our dues for the life we have been given. When you make a contribution, you support AA in this area. Better yet, you can purchase a ticket for the new guy who might need a hand up like you did. Checks should be made out to Central Services of AA.

FOR TICKETS
Contact Tom L at 314.560.1956 or CSO 314.647.3677
Contributions via Paypal to alanogaastl.org

11:00 AM • FUN & FELLOWSHIP
HIGH NOON • LUNCH (Promptly)
SPEAKER TO FOLLOW LUNCH (Bring your own gear!)
1:30 PM • SOFTBALL/VOLLEYBALL GAME

NEW FROM GSO:

— Our Primary Purpose Podcast —

“Featuring interviews with GSO staff and voices from A.A. history and the Fellowship today—learn how GSO supports A.A. groups and members to carry the message of hope and recovery.”
(Available in English only.)

gsopodcast@aa.org or visit the webpage,
<https://www.aa.org/gso-podcast>

** 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 . 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

Jesse C. 1 Year
 Patrick P. 5 Years
 Michele S. 5 Years
 Dustin W. 5 Years
 Steve M. 12 Years!
 Steve A. 31 Years!!!
 John C. 36 Years!!!
 Julie C. 36 Years!!!

GROUP #212

Linda M. 38 Years!!!
 Julie W. 40 Years!!!!

GROUP #311

Bob 30 Days

THINGS WE CANNOT CHANGE



Jim C.
 Group #303

He will be missed by all who knew him.

GROUP #362

Tom E. 39 Years!!!

GROUP #416

Kerry A. 30 Days
 Jorie J. 13 Years!
 Deborah H. 27 Years!!

GROUP #449

Dan L. 3 Years
 Clay V. 11 Years!
 Harold H. 16 Years!
 Lisa M. 28 Years!!
 Kate D. 35 Years!!!
 Mark R. 40 Years!!!!

GROUP #460

Tammy D. 5 Years
 Veronica W. 8 Years
 Harry 15 Years!
 Clarence C. 16 Years!
 Helen Y. 19 Years!
 Tonette L. 23 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

Step Study, Monday, 7:00 AM, MX-O, Hampton Facility, 6001 Marquette Avenue, St. Louis, 63139

A.A. Spiritual Growth, Tues 7PM, MX-O, BB Study, Hampton Facility, 6001 Marquette Ave, St. Louis, 63139 (*Hybrid*)

Group #1265, Monday, 6:00 PM—7:15 PM, M-O, Big Book—12 & 12 Study, South County Baptist Church, 12995 Tesson Ferry Road, Sunset Hills, 63128

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

Learn to Live Sober Today!, Tues, 1 PM, Cote Brilliante Presbyterian Church, 4673 Labadie Avenue, St. Louis, 63115
NEW LOCATION: Fairgrounds Club, 4103 Fairgrounds Pl, St. Louis, MO 63107

CANCELED

Group #789, Thursday, 6:00 PM, St. Francis Episcopal Church, 602 Rockwood Arbor Drive, Eureka, 63025

Group #1235, Keystone Group, Tues, 7PM, Online Only

UPCOMING EVENTS

APRIL 10

86th Anniversary of the Big Book, Learn the History of the Big Book, Zoom at Noon, Register eamo.org/bigbook86/

APRIL 25, 26, 27

17th Annual Spring Fling Convention (*with Al-Anon Participation*), Hilton St. Louis Airport, 10330 Natural Bridge Road, St. Louis, 63134

MAY 3

Fall Classic 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 31

SAVE THE DATE: Annual Alano Society Picnic, 11:00 AM—3:00 PM, Deer Creek Park, 3200 North Laclede Station Road, Maplewood, 63143

AUGUST 1, 2, 3

SAVE THE DATE: 75th Annual Missouri State Convention (*with Al-Anon Participation*), Capitol Plaza Hotel, 415 West McCarty Street, Jefferson City, MO 65101

COMPLETE THE SETENCE

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

1. "We are not an organization in the _____ sense of the word."
2. "The doctor's theory that we have an _____ to _____ interests us."
3. "_____ drinkers have little trouble in giving up _____ entirely if they have good reason for it."
4. "_____ of drinking is but the first step away from a _____, abnormal condition."

(Answers on pg. 4)

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

LIFELINE



“GLADITUDE” *by Bob H., Long Beach, Ca.*

“For years I felt a little out of step at meetings when the subject was gratitude. I didn’t feel grateful—therefore I must not be grateful. This began to change recently when a friend suggested I make a gratitude list of little things—like having warm blankets and a roof that doesn’t leak. I found that making these lists after getting into bed at night helped me wind down and go to sleep. It felt good. It surely was nice that the bed was warm and the roof didn’t leak. If I woke during the night, this same practice and the good feelings it brought would help me fall back to sleep.

“But what about the big things? I still didn’t feel grateful. Not in proportion to what God had given me. My lack of true gratitude not only made me feel awkward at meetings, but also awkward with God.

“A little progress called out for more. I went to my sponsor and shared the wonderful tip my friend had given me. It was making me feel good. But I still felt a little guilty for not responding properly to God’s blessings. He said, ‘Is there anything you are glad about?’ Well, sure, I told him. There is lots of stuff I’m glad about, but I’m not grateful. Or not grateful enough.

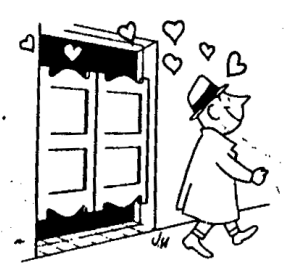
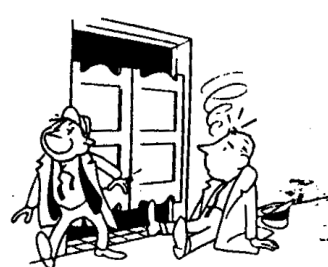
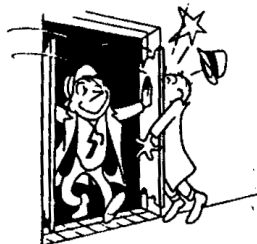
“Well, that’s just what I’m doing. And it works! I’m glad about so much. I am blessed by all God has made possible in my life. After sharing these insights at a meeting recently, and how glad I was to have them, my friend Ron nodded, then said, ‘Yes...Gladitude!’

“I like it, Ron. Gladitude! And I’m going to use it.”
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Alano News, November 2000

Father Ed Dowling, SJ, Quote
St. Louis, 1955 A.A. International Convention

“There is a negative approach from agnosticism. This was the approach of Peter the Apostle. ‘Lord, to whom shall we go?’ I doubt if there is anybody in this hall who really ever sought sobriety. I think we were trying to get away from drunkenness. I don’t think we should despise the negative. I have a feeling that if I ever find myself in Heaven, it will be from backing away from Hell.”
Language of the Heart, pp. 364-366

Victor E.



A SPECIAL **THANK YOU**

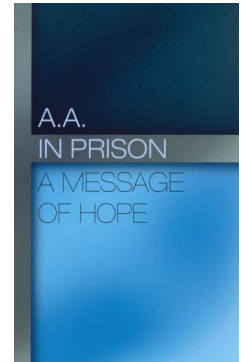
The following groups / entities have helped
 “Carry The Message”
 by contributing Big Books to local prisons!

- Group #113 - Troy, Mo.
- Group #178 “Carry the Message”
- District #41 / 51
- District #52

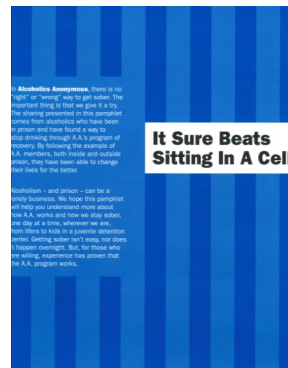
“I am responsible. When anyone, anywhere reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”

A.A. BOOK OF THE MONTH

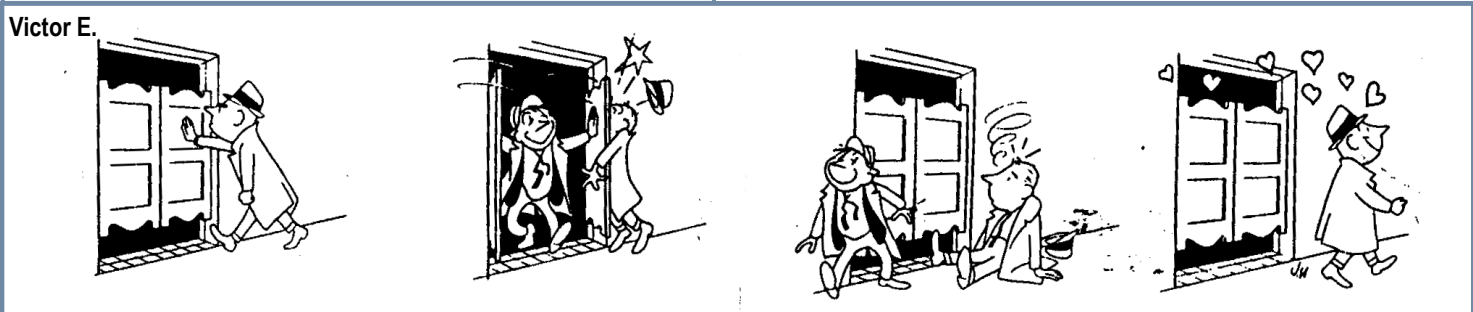
**A.A.
 IN PRISON**
 A MESSAGE
 OF HOPE



A.A. PAMPHLET OF THE MONTH




**It Sure Beats
 Sitting in a Cell**
 Alcoholism—and prison...
 P-33



FEBRUARY 2025 CONTRIBUTIONS			
#	NAME	AMOUNT	INDIVIDUAL
Special HVAC Repair & Replace Fund			\$501.00
			\$1,000.00
			\$1,000.00
			\$1,000.00
			\$2,000.00
			\$5,000.00
#	NAME	AMOUNT	INDIVIDUAL
138A		\$90.00	\$5.00
220		\$5.00	\$5.00
258		\$300.00	\$5.00
280		\$125.00	\$5.00
296		\$162.00	\$5.00
303		\$27.00	\$5.00
303		\$15.00	\$8.00
303		\$30.00	\$8.00
303		\$33.00	\$10.00
306		\$130.00	\$10.00
363		\$200.00	\$10.00
420		\$53.04	\$10.00
500		\$350.00	\$10.00
814		\$150.00	\$10.00
1049		\$57.50	\$10.00
1190		\$281.00	\$10.00
8	New Day	\$341.15	\$10.00
15	Promises Group	\$200.00	\$10.00
81	New Way Bridgeton	\$141.00	\$15.00
253	The Group	\$150.00	\$20.00
299	Lindell Club	\$305.00	\$25.00
344	There is a Solution	\$122.40	\$30.85
371	Bourbon Group	\$50.00	\$50.00
388	Sixth Sense	\$150.00	\$50.00
418	Joe's Place	\$50.00	\$50.00
502	Tues. Night Newcomer	\$120.61	\$100.00
719	Sobriety Alive	\$356.13	\$500.00
1100	We Ain't Saints	\$270.00	\$3,000.00

#	NAME	AMOUNT
1168	Women's Happy Destiny	\$60.00
1168	Women's Happy Destiny	\$20.00
1168	Women's Happy Destiny	\$20.00
1168	Women's Happy Destiny	\$20.00
1178	Hub Bub	\$320.00
1220	Conscious Companionship	\$20.00
1263	Sunlight of the Spirit	\$145.00
1264	Green Heart Wecovery	\$17.00
4102	Renegade Group	\$121.00
	Spare Change	\$19.50
	Anonymous	\$389.00
	Henry House Mtgs.	\$50.00
TOTAL FOR FEBRUARY 2025		\$19,954.18

**THANK YOU
FOR YOUR CONTINUED SUPPORT!!**



Electronic 7th Tradition!!

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

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

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

St. Louis Metropolitan Area

www.aastl.org; "Speakers & Volunteers" Tab

Request a Speaker:
Phone: 314-647-3677
E-mail: alano@aastl.org

COMPLETE THE SENTENCE (Answers)
From the first 164 pages of A.A. Big Book

4.	CESSATION, HIGHLY STRAINED, p. 122
3.	MODERATE, LIQUOR, p. 20
2.	ALLERGY, ALCOHOL, p. xxxvi
1.	CONVENTIONAL, pp. xiii-xiv

SINGLENES OF PURPOSE

"... Sobriety—freedom from alcohol—through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that there is no possible way to make nonalcoholics into A.A. members. We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."

Problems Other Than Alcohol (excerpts) by Bill W., AA Pamphlet F-8

Central Service Office Hours

Monday-Friday: 8:30 AM-5:00 PM
Saturday: 10:00 AM-3:00 PM

Closed Most Holidays