



CENTRAL SERVICE OFFICE NOVEMBER 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 meetings at the Central Service Office location. Please check www.aastl.org for a complete list of meetings in St. Louis and surrounding area.

<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)	806	7:45 PM (M)	1272
		11:00 PM (MX)	806
<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
<u>Tuesday</u>	<u>Group #</u>	6:00 PM (M)	43
12:00 Noon (MX)	1087	11:00 PM (MX)	806
5:30 PM (M)	972		
7:00 PM (MX)	464	<u>Saturday</u>	<u>Group #</u>
<u>Wednesday</u>	<u>Group #</u>	9:00 AM (M)	318
12:00 Noon (MX)	358	11:30 AM (MX)	250
5:30 PM (MX)	1126	8:00 PM (MX)	1259
7:00 PM (MX)	44	11:00 PM (MX)	806
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).

We would love to have your group meet at Central Services!



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84th Annual ALANO Banquet

CELEBRATE YOUR SOBRIETY

SATURDAY, NOVEMBER 22, 2025

Speaker
MARI G. FROM ONTARIO, CANADA

ORLANDO'S EVENT CENTER
2050 Dorsett Village Plaza
Maryland Heights, MO 63043

6PM SOCIAL HOUR
7PM BUFFET DINNER
9:30PM ALANO BALL

TICKETS: \$46.00 EACH
(Tables of 10 – Submit
together to sit together)
Available by phone, online, or in the office.
www.alanobanquet.org

**SCHOLARSHIPS AVAILABLE
FOR NEWLY SOBER FIRST-TIMERS**
Contact Tom N., Central Services,
at (314) 647-3677

**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

**Central Service Office/Bookstore CLOSED
Thanksgiving Day—Thursday, November 27**

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 #44**

Christy S.	6 Months
Brandi P.	1 Year
Beth T.	1 Year
Carol P.	2 Years
Diane M.	14 Years!
Cathy B.	22 Years!!
Gail T.	25 Years!!
Kelly M.	27 Years!!
Ruth T.	33 Years!!!
Sue G.	36 Years!!!
Christine A.	37 Years!!!
Linda B.	37 Years!!!

GROUP #95

Don B.	1 Year
Jennie D.	1 Year
Jen B.	2 Years
Chelsea S.	2 Years
James W.	2 Years
Todd H.	3 Years
Kelly M.	3 Years
Neal W.	21 Years!!
Mike B.	28 Years!!

THINGS WE CANNOT CHANGE

Roy P.
Group #357

He will be missed by all who knew him.

Greg T.	34 Years!!!
Mick M.	49 Years!!!!

GROUP #121

Dennis B.	5 Years
Jeff K.	14 Years!
Rick G.	15 Years!
Joe B.	20 Years!!
John S.	27 Years!!
Nora S.	40 Years!!!!

GROUP #212

Barb A.	29 Years!!
Carol W.	40 Years!!!!

GROUP #311

Pamela D.	34 Years!!!
Jerry O.	37 Years!!!
PJ	45 Years!!!!

GROUP #347

Claudia G.	4 Years
Thomas R.	32 Years!!!

GROUP #357

Al T.	15 Years!
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GROUP #460

Kenny R.	4 Years
Keith M.	13 Years!
Graylin R.	23 Years!!
Allif D.	24 Years!!
Cynthia C.	33 Years!!!

GROUP #983

Lew T.	49 Years!!!!
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MEETING UPDATES

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

NEW MEETING

Speaker Meeting, Friday, 7:00 PM, MX-O, Pacific Facility, 202 North Columbus, Pacific, 63039

Group #1269, Step Meeting, Wednesday, 6:30 PM, MX-O, Journey Tower Grove, 4900 Reber Place, St. Louis, 63139

The Men from the Boys, Thursday, 7:45 PM, M-C, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

CANCELED

Tuesday—7:00 AM Meeting, Hampton Facility, 6001 Marquette Avenue, St. Louis, 63139

MOVED

Group #916, That Young People's Meeting, Tuesday—7:30 PM and Wednesday—6:00 PM, MX-O

NEW LOCATION: Kindred United Church of Christ, 2200 Bellevue Avenue, Maplewood, 63143

Group #1254, Artists in Recovery, Sunday, 7:00 PM, MX-O

NEW LOCATION: Steps Alano Club, 3974 Humphrey Street, St. Louis, 63116 (Formerly met at the Lindell Club.)

CHANGES

Group #1090, Bridge to Shore, Wednesday, 6:00 PM, W-C, The Hub, 140 Weldon Parkway, 63043

CHANGE: No longer on Zoom.

NEEDS SUPPORT

Group #965, Character Defects, Wednesday, 7:00 AM, MX-O, River Rock Church, 1601 Telegraph Road, Lemay, 63125

Group #189, Twelve Step Meeting, Wednesday, 7:30 PM, MX-C, Affton Christian Church, 9225 Tesson Ferry Road, Affton, 63123

Group #449, Tuesday, 5:45 PM, MX-C, Gateway Christian Church, 1951 Des Peres Road, Town and Country, 63131 (New Format)

UPCOMING EVENTS**NOVEMBER 1**

North County Office Halloween Trivia Night, 5:30 PM, 7222 North Lindbergh Blvd., Hazelwood, 63042—Tickets \$10

NOVEMBER 2

Men's Unity Breakfast, 8:00 AM, Regency Conference Center, 400 Regency Park, O'Fallon, IL 62269

NOVEMBER 3

Group #53, Autumn Potluck & Bonfire, 5:30 PM, Grace Union Church, 3900 Union Road, Lemay, 63125

NOVEMBER 26

Group #1113, Higher Ground Gratitude Potluck/Meeting, 5:30 PM, Webster Groves Church of the Nazarene, 145 East Old Watson Road, Webster Groves, 63119

NOVEMBER 26

Daycounters, Thanksgiving Eve Bowling Party, 5:00 PM, Saratoga Lanes, 2725 Sutton Blvd., Maplewood, 63147

90 Days! Wow that took forever.
Any way to get more time faster?



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LIFELINE



Our Common Welfare

A.A. group meetings should always be a safe place. Below are excerpts from A.A. Pamphlet:

Safety and A.A. Flyer, F-228, 30M-9/21 (GP).

- "A.A. membership does not include having to tolerate sexual harassment, threats of violence, financial coercion, or bullying. Nor is pressuring A.A. members into a particular point of view or belief relating to medications, religion, and other outside issues acceptable.
- "...an A.A. group could ask someone to stop attending their meetings if the person is disruptive and prevents the group from carrying the message.
- "Calling the proper authorities *does not* go against A.A. Traditions. Anonymity is not a cloak protecting criminal or inappropriate behavior.

"As embodied in the Fourth Tradition, the formation and operation of an A.A. group resides with the group conscience of its members..."

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Nothing is sometimes a wise thing to do and ALWAYS a clever thing to say!

Thoughts from Bill W.

"I was not too well at the time, and was plagued by waves of self-pity and resentment. This sometimes nearly drove me back to drink, but I soon found that when all other measures failed, work with another alcoholic would save the day. Many times I have gone to my old hospital in despair. On talking to a man there, I would be amazingly lifted up and set on my feet. It is a design for living that works in rough going."

Reprinted from *Alcoholics Anonymous*, p. 15, with permission from A.A. World Services, Inc.

Dr. Bob's Prescription for Sobriety

"Unlike most of our crowd, I did not get over my craving for liquor much during the first two and one-half years of abstinence. It was almost always with me. But at no time have I been anywhere near yielding. I used to get terribly upset when I saw my friends drink and knew I could not, but I schooled myself to believe that though I once had the same privilege, I had abused it so frightfully that it was withdrawn. So it doesn't behoove me to squawk about it for, after all, nobody ever had to throw me down and pour liquor down my throat."

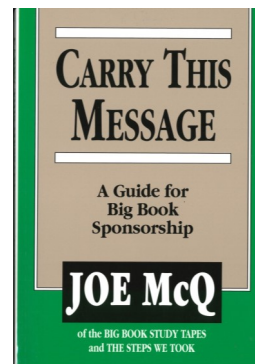
Alcoholics Anonymous, p. 181

****NEW** BY POPULAR REQUEST**

Carry This Message

A Guide for Big Book Sponsorship

JOE McQ
of the BIG BOOK STUDY TAPES
and THE STEPS WE TOOK

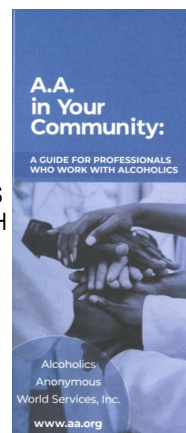


PAMPHLETS OF THE MONTH

A.A. In Your Community:

A GUIDE FOR PROFESSIONALS WHO WORK WITH ALCOHOLICS

P-31

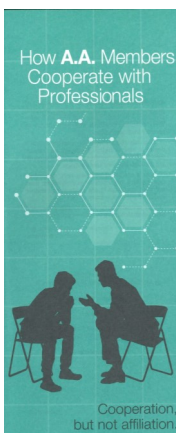


How A.A. Members Cooperate with Professionals

How A.A. Members Cooperate with Professionals

Cooperation but not affiliation.

P-86



ON GRATITUDE

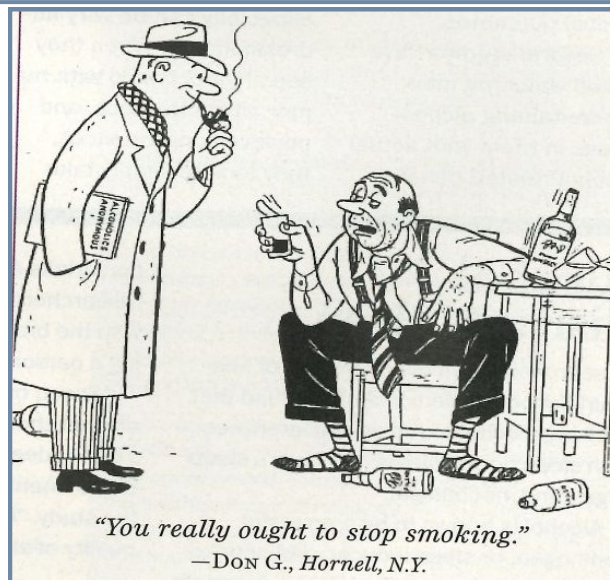
"When I started counting my blessings, my whole life turned around."

Willie Nelson

"Get up every day and say: 'Thank You, God,' even when you don't mean it."

"Stop thinking about all the things you don't have and can't have, and start thanking God for what you do have. It's hard enough to hold on to that."

A Very Wise Man



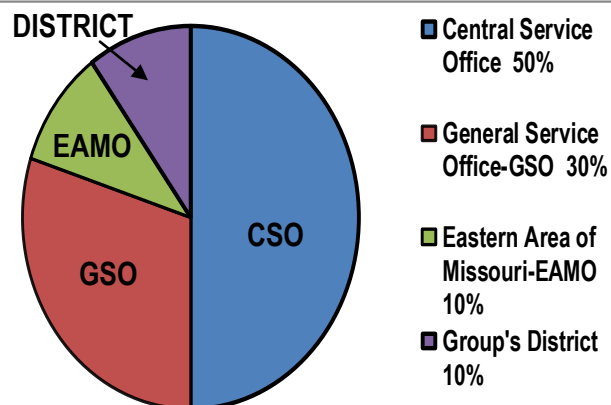
SEPTEMBER 2025 CONTRIBUTIONS

GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL	GROUP #	GROUP NAME	AMOUNT	
3		\$150.00	\$5.00	1200	Day Counters	\$266.00	
52		\$2.00	\$5.00	1220	Conscious Companionship	\$20.00	
62		\$20.00	\$10.00	1230	Leasburg Group	\$100.00	
67		\$67.00	\$10.00	1247	This is the Solution	\$50.00	
220		\$77.40	\$10.00	1264	Green Heart Wecovery	\$17.00	
220		\$5.00	\$10.00		Spare Change	\$31.20	
303		\$24.00	\$10.00	TOTAL SEPTEMBER 2025			\$10,489.18
303		\$37.00	\$10.00				
327		\$65.00	\$10.00				
355		\$25.00	\$15.00				
362		\$71.00	\$20.00				
391		\$257.00	\$25.00				
420		\$53.04	\$29.00				
424		\$25.00	\$50.00				
699		\$150.00	\$50.00				
814		\$300.00	\$85.00				
1018		\$260.00	\$100.00				
1162		\$35.00	\$500.00				
8	New Day	\$136.00					
8	New Day	\$378.00					
15	Promises Group	\$100.00					
32	Embassy Group	\$1,400.00					
32	Embassy Group	\$500.00					
69	The Gratitude Hour	\$500.00					
81	New Way Bridgeton	\$180.00					
107	The Gold Cup	\$1,000.00					
136	Frisco Group	\$100.00					
139	Old Priory Group	\$250.00					
253	The Group	\$150.00					
344	There is a Solution	\$231.54					
347	Textbook Group	\$100.00					
350	Expect a Miracle	\$150.00					
388	Sixth Sense	\$150.00					
683	Absolutely Sober	\$100.00					
689	Wentzville	\$100.00					
719	Sobriety Alive	\$443.00					
791	K.I.S.S. Wildwood	\$100.00					
816	Tower Grove Beginners	\$200.00					
982	AA on the Rocks	\$700.00					
1100	We Ain't Saints	\$45.00					
1123	Steps of Sobriety	\$212.00					
1168	Women's Happy Destiny	\$20.00					
1168	Women's Happy Destiny	\$30.00					
1168	Women's Happy Destiny	\$20.00					
1200	Day Counters	\$132.00					

**Electronic 7th Tradition!!**

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

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

Traditional Distribution Plan

- OR -

Customize your contribution according to your Group Conscience.

Contributions can be made in person at the Central Service Office, by mail, or online: aastl.org/donate, aa.org, eamo.org. Cash, checks, credit cards are accepted. Please make checks/money orders payable to:

Central Service Office
General Service Board
Eastern Area of MO or Area 38
District #__

If contributions are made through the Central Service Office, please use separate checks for each entity.

Thank You.

Central Service Office & Book Store Hours

Monday-Friday: 8:30 AM—5:00 PM

****NEW SATURDAY HOURS** 10:00 AM—2:00 PM**

Closed Most Holidays