



CENTRAL SERVICE OFFICE

OCTOBER 2025 NEWSLETTER



MEETING INFO

© A.A. BIRTHDAYS

A.A.-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

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CENTRAL SERVICE OFFICE MEETINGS

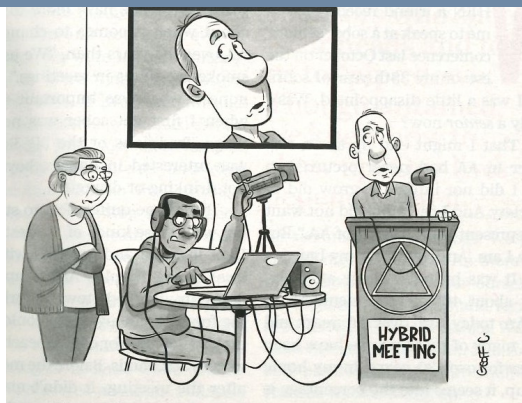
Listed below are meetings at the Central Service Office location. Please check www.aastl.org for a complete list of meetings in St. Louis and surrounding area.

<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
<u>Monday</u>	<u>Group #</u>	11:00 PM (MX)	806
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)	43
7:00 PM (MX)	464	11:00 PM (MX)	806
<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	8:00 PM (MX)	1259
7:00 PM (MX)	925	11:00 PM (MX)	806

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!



"In my day, the most complicated service position was emptying ashtrays!"

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SAVE THE DATE!!

84th Annual Alano Banquet

SPEAKER:

MARI G., TORONTO, CANADA

Saturday, November 22nd
Orlando's Event Center

2050 Dorsett Village Plaza, Maryland Heights, MO 63043
6pm social hour 7pm buffet dinner 9:30pm dance

TICKETS: \$46 EACH, by phone, in the office
or ONLINE, at

www.alanobanquet.org

Alano Society of Greater St. Louis, 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

#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**

Amanda D. 2 Years
Dave O. 18 Years!
Greg A. 40 Years!!!!

GROUP #121

Kathleen T. 6 Months
Christina 1 Year
Jeff 2 Years
Ellen 4 Years
Mike A. 4 Years
Scott A. 9 Years
Sabrina F. 10 Years!
Chuck B. 36 Years!!!

GROUP #123

Christina S. 1 Year

GROUP #127

Steve H. 24 Years!!

GROUP #212

Michelle J. 13 Years!
Melva L. 21 Years!!
Ellen L. 25 Years!!
Leo R. 29 Years!!
Leslie A. 34 Years!!!
Rich T. 38 Years!!!

GROUP #347

Daniel W. 2 Years
Earl B. 18 Years!
Clement C. 34 Years!!!
Diane D. 35 Years!!!
Maurice S. 37 Years!!!

GROUP #449

Alexis 6 Years
John W. 12 Years!
Jack N. 21 Years!!
Ken C. 29 Years!!
JT 34 Years!!!

GROUP #480

Maddy M. 1 Year
Janelle O. 1 Year
Shontay B. 3 Years
Carrie K. 3 Years

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



"Hey, it's Jim, your sponsee, I realize I haven't called you in a while..."

MEETING UPDATES

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

NEW MEETING

Emotional Sobriety, Tuesday, 6:30 PM, MX-O, Pathfinder Church, 15800 Manchester Road, Ellisville, 63011

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

CHANGES

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

NO LONGER ON ZOOM**NEEDS SUPPORT**

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

UPCOMING EVENTS**OCTOBER 4**

North County Office Chili Cook-Off & Meeting, 12:00-4:00 PM, Sioux Passage Park, Lenz Shelter, 17930 Old Jamestown Road, Florissant, 63034

NOVEMBER 2

27th Annual Men's Unity Breakfast, 8:00 AM, Regency Conference Center, 400 Regency Park, O'Fallon, IL 62269

NOVEMBER 7, 8, 9

2025 National A.A. Technology Workshop, Cincinnati, Ohio
In Person: Hilton at the Cincinnati/Northern Kentucky International Airport, Florence, KY -or- Online via Zoom

"You give the program an hour a day and it gives you twenty-three."
Marco D., New York, NY

"In A.A., we discover that it is impossible to give without receiving, or receive without giving."
C.C., No. Hollywood, CA

"Surrender has nothing to do with giving up. It means to stop fighting."
Brian F., Carrollton, TX

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ALANO NEWS, November 2000

A.A. WORD SCRAMBLE

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

1. NPORPOTRIOS _____
2. UYLNEOVL _____
3. TRDESORE _____
4. ALEULRS _____

(Answers on p. 4)

LIFELINE



ANONYMITY ONLINE AND DIGITAL MEDIA—SUMMARY SERVICE MATERIAL FROM THE GENERAL SERVICE OFFICE

"In all A.A.'s public relations, A.A.'s sole objective is to help the still suffering alcoholic; always mindful of the importance of personal anonymity at the public level."

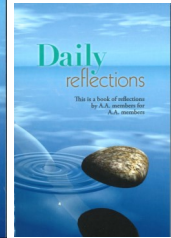
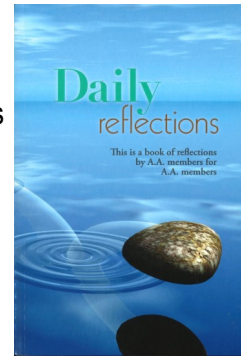
- **Forms of Public Information**
 - Signs outside A.A. meeting places
 - Distribution of A.A. literature
 - A.A. websites
 - Anonymity protected Public Service Announcements, informational videos, radio, TV, digital media
- **General Principles**
 - Radio, TV, Film, Internet: A.A. members refrain from showing their faces & use of last names.
 - Printed Articles, Websites, E-mail: A.A. members identify by first names & last initials only.
 - Post, Text, or Blog: A.A. members assume they are publishing at public level.
- **A.A. Websites**
 - A.A. members observe all A.A. principles & traditions.
- **Social Networking Websites**
 - Public in nature—A.A.s do not identify as A.A. members.
- **E-mail**
 - Consider anonymity of all recipients.
- **Internet**
 - A.A. members carefully consider situations where anonymity could be compromised at public level.
- **Videos & Audios**
 - Public Service Announcements help to carry the message of recovery & inform public and professionals about A.A.
- **More Reflections on Anonymity**
 - "Bill's Last Message," aa.org
 - *Twelve Steps and Twelve Traditions*, p.187
 - "Freedom Under God: The Choice is Ours"
Bill W., AA Grapevine, November 1960
(www.aagrapevine.org)
 - A.A. Comes of Age, pp. 131-132
- **Carrying the A.A. Message**
 - www.aa.org
 - *Speaking at Non-A.A. Meetings*, Pamphlet P-40
 - A.A. Guidelines on Public Information,
(Service Manual)
 - A.A. Service Committees' webpage
 - Box 459—G.S.O. Newsletter **SMF-197**
A.A. Public Information and Cooperation with the Professional

BOOK OF THE MONTH

Daily Reflections

This is a book of reflections by A.A. members for A.A. members.

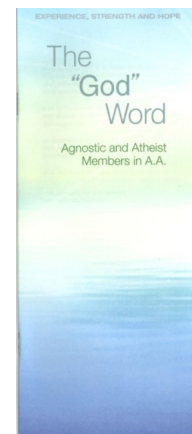
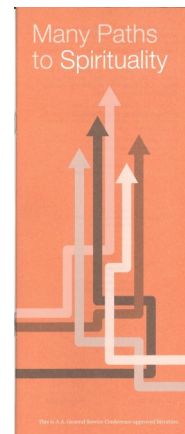
Large & Regular
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PAMPHLETS OF THE MONTH

Many
Paths
to
Spirituality

P-84

The
"God"
Word

P-86

"LIVE AND LET LIVE"

A.A. Slogan

"As A.A. co-founder Bill W. wrote in 1965:

"We have atheists and agnostics. We have people of nearly every race, culture and religion. In A.A. we are supposed to be bound together in the kinship of a common suffering. Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light. Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of A.A., so long as he or she declares."

"Whatever you do, please don't let someone else's religious beliefs prevent you from finding the solution that is available to you through Alcoholics Anonymous."

A.A. Pamphlet P-86, pp. 5-6, *The "God" Word*

AUGUST 2025 CONTRIBUTIONS

GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL	GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL
36		\$3.00	\$4.50	1200	Day Counters	\$89.00	
44		\$182.00	\$5.00	1200	Day Counters	\$323.00	
123		\$250.00	\$5.00	1220	Conscious Companion.	\$100.00	
124		\$100.00	\$10.00	1220	Conscious Companion.	\$20.00	
179		\$500.00	\$10.00	1220	Conscious Companion.	\$11.00	
220		\$5.00	\$10.00	1264	Green Heart Wecovery	\$17.00	
239		\$203.00	\$10.00	1272	The Men from the Boys	\$8.00	
248		\$80.00	\$10.00	1406	Endurance in Recovery	\$100.00	
258		\$125.00	\$10.00	4102	Renegade Group	\$75.00	
303		\$35.00	\$10.00		Spare change	\$27.79	
303		\$73.00	\$13.00	TOTAL AUGUST 2025			\$16,306.56
303		\$55.00	\$15.00	<div data-bbox="868 667 1052 877" data-label="Image"> </div> <div data-bbox="1096 661 1526 882" data-label="Text"> <p>Electronic 7th Tradition!! Scan this QR code to contribute to Central Services, or click the link below! https://aastl.org/donate/</p> </div>			
337		\$30.00	\$20.00				
382		\$150.00	\$25.00				
391		\$307.50	\$25.00				
403		\$287.50	\$33.00				
414		\$36.00	\$37.00				
420		\$53.04	\$50.00				
448		\$203.00	\$50.00				
569		\$50.00	\$50.00				
752		\$100.00	\$200.00				
944		\$200.00	\$500.00				
961		\$500.00	\$1,000.00				
1000		\$10.00	\$1,000.00				
1036		\$25.00	\$2,500.00				
1153		\$117.00					
8	New Day	\$423.00		<div data-bbox="876 1092 1055 1207" data-label="Text"> <p>"A grudge is a heavy thing to carry."</p> </div> <div data-bbox="1071 913 1542 1354" data-label="Image"> </div>			
8	New Day	\$363.00					
8	New Day	\$377.00					
15	Promises Group	\$50.00					
32	Embassy Group	\$1,000.00					
89	Shipwreck Group	\$1,750.00					
112	Fenton Big Book	\$342.00					
157	Big Book Study	\$100.00					
344	There is a Solution	\$326.52					
418	Joe's Place	\$40.00					
502	Tues Night Newcomer	\$150.00					
512	Potosi Group	\$40.00					
582	Noon-timers	\$196.21					
644	Joe & Charlie BB Study	\$250.00					
750	Friday Night Happy Hour Grp.	\$50.00					
1102	Living Sober	\$300.00		<div data-bbox="1015 1375 1372 1417" data-label="Section-Header"> <h3>A.A. WORD UNSCRAMBLE</h3> </div> <div data-bbox="852 1428 1542 1816" data-label="List-Group"> <ol style="list-style-type: none"> 1. PROPORTIONS ("My drinking assumed more serious proportions, continuing all day and almost every night.") p. 3 2. UNLOVELY ("An alcoholic in his cups is an unlovely creature.") p. 16 3. RESTORED ("Even so has God restored us all to our right minds.") p. 57 4. LAURELS ("It is easy to let up on the spiritual program of action and rest on our laurels") p. 85 <p style="text-align: right;">with permission from A.A. World Services, Inc. Reprinted from <i>Alcoholics Anonymous</i>.</p> </div>			
1130	The Unplugged Group	\$264.50					
1151	Women's Words of Wisdom	\$55.00					
1183	Chick Crew	\$100.00					
1191	Secular Sobriety	\$76.00					

Central Service Office & Book Store Hours

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

Saturday: 10:00 AM-2:00 PM

Closed Most Holidays