



# CENTRAL SERVICE OFFICE APRIL 2026 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](http://www.aastl.org) for a complete list of meetings in St. Louis and surrounding area.

<b>Sunday</b>	<b>Group #</b>	<b>Thursday</b>	<b>Group #</b>
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
<b>Monday</b>	<b>Group #</b>	<b>Friday</b>	<b>Group #</b>
12:00 Noon (MX)	Newcomer	12:00 Noon (MX)	1000
6:15 PM (MX)	303	5:30 PM (MX)	577
		6:00 PM (M)	43
		11:00 PM (MX)	806
<b>Tuesday</b>	<b>Group #</b>	<b>Saturday</b>	<b>Group #</b>
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)	806
<b>Wednesday</b>	<b>Group #</b>		
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).

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

## MEN'S LUNCH

See the light  
Be the light  
Share the light

### SUNDAY, MAY 3

At Deer Creek Park  
3200 N. Laclede Station Rd

11:00 AM - FUN & FELLOWSHIP  
HIGH NOON - LUNCH (PROMPTLY)  
SPEAKER TO FOLLOW LUNCH  
1:30 PM - SAND VOLLEYBALL GAME  
Women welcome after 1:30

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.

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.

**\$30**

Advance tickets required  
All food and services are donated

**FOR TICKETS**

Contact Tom L at 314.560.1956 or CSO 314.647.3677  
Contributions via Paypal to [alano@aastl.org](mailto:alano@aastl.org)

**A.A. SPEAKER /  
12<sup>th</sup> 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)

### Central Service Office / Book Store Hours

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

Saturday: 10:00 AM-2:00 PM

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

**MAY 31, 2026**

**Annual Alano Society Picnic**

**2:00 Noon — 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 #248**

Mike T. 6 Years

**GROUP #311**

Dave S. 6 Months

**GROUP 410-2**

Barbara W. 30 Years!!!

**THINGS WE CANNOT CHANGE**



Deborah J. Group #311

Former Member of the Alano Board

She will be missed by all who knew her.

**GROUP #449**

Dan L. 4 Years  
Clay V. 12 Years!  
Mark R. 41 Years!!!!

**GROUP #460**

Tammy D. 6 Years  
Helen J. 20 Years!!  
Tonette L. 24 Years!!  
Tandria T. 28 Years!!  
Lessie S. 38 Years!!!

**GROUP #1230**

Pat R. 30 Years!!!



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**COMPLETE THE SENTENCE**

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

1. "We learned that we had to fully concede to our i \_\_\_\_\_ s \_\_\_\_\_ that we were alcoholics."
2. "Then they outlined the s \_\_\_\_\_ a \_\_\_\_\_ and program of action which a hundred of them had followed successfully."
3. "Once more: the alcoholic at certain times has no effective m \_\_\_\_\_ d \_\_\_\_\_ against the first drink."
4. "Even so has God restored us all to our r \_\_\_\_\_ m \_\_\_\_\_." (Answers on p. 4)

Reprinted from Alcoholics Anonymous with permission 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**

Newcomer/Big Book Study, Monday, 12:00 Noon, MX-C, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

**NEEDS SUPPORT**

Group #250, Big Book/Step Study, Saturday, 11:30 AM, MX-C, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

Group #1239, Dual Diagnosis, Thursday, 7:00 PM, MX-C, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

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

**CANCELED**

Group #1260, Wednesday, 6:00 PM, MX-O, MO Network, 3431 Meramec, St. Louis, 63118

Group #580, By the Book, Tuesday, 7:00 PM, MX-O, St. Cecelia's School, 906 Eichelberger, St. Louis, 63111

**MOVED / TIME CHANGES**

Group #219, Monday & Thursday, 7:00 PM, MX-C  
**NEW LOCATION:** 202 North Clark Street, Sullivan, 63080

Group #1406, Endurance in Recovery, Tuesday, MX-O  
**NEW LOCATION:** Community Christian Church, 623 Meramec Station Road, Manchester, 63021  
**NEW TIME:** 6:00 PM

Group #147, Friday, 7:00 PM, MX-O  
**NEW LOCATION:** DeSoto Missouri Community Center, 400 Boyd Street, DeSoto, 63020

Group #148, Fundamentally Sober, Tuesday, 7:00 PM, MX-O  
**NEW LOCATION:** St. Andrew's Methodist Church, 1004 Rock Road, DeSoto, 63020 (Park in back; sign on door.)

Group #500, Friday, 7:00 PM, M-C  
**NEW LOCATION:** Bonhomme Presbyterian Church, 14820 Conway Road, Chesterfield, 63017

Group #306, Friday, M-C, Mary Queen of Peace Church (Rectory Basement), 676 West Lockwood Avenue, Webster Groves, 63119  
**NEW TIME:** 7:00 PM

**UPCOMING EVENTS**

- APRIL 10**  
87<sup>th</sup> Anniversary A.A. Big Book, Randy E., A.A. Historian, 6:30 PM CST, ZOOM  
Meeting ID: 833 0696 6154; Passcode: bigbook
- APRIL 11**  
Area 38 & District #52, Concepts Workshop Series, 11:00 AM-1:00 PM, First Baptist Church of Crestwood, 9916 East Watson Road, Crestwood, 63126 (cont'd. p. 3)

**LIFELINE**



**14 WAYS TO BE A WINNER**

- Compliment 3 people every day.
  - Watch a sunrise at least once a year.
  - Be the first to say hello.
  - Live beneath your means.
  - Treat everyone like you want to be treated.
  - Never give up on anyone; miracles happen.
  - Never deprive anyone of hope; it may be all they have.
  - Pray not for things, but for wisdom & courage.
  - Be tough minded, but tenderhearted.
  - Be kinder than necessary.
  - Keep your promises.
  - Learn to show cheerfulness, even when you don't feel it.
  - Remember that overnight success usually takes about 15 years.
  - Never waste an opportunity to tell someone you love them.
- Alano News, May 2001*

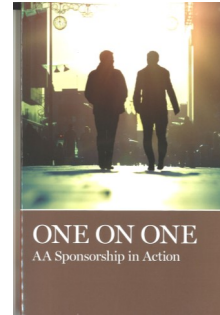
**THE TWELVE REWARDS received from the 12 steps**

- We can have hope, instead of desperation.
  - Faith, instead of despair.
  - Courage, instead of fear.
  - Peace of mind, instead of confusion.
  - Self-respect, instead of self-contempt.
  - Self-confidence, instead of helplessness.
  - The respect of others, instead of their pity and contempt.
  - A clean conscience, instead of a sense of guilt.
  - Real friendships, instead of loneliness.
  - The love and understanding of our families, instead of their doubts and fears.
  - Freedom from bondage of an alcoholic obsession.
  - A happy life.
- Central Service Office Newsletter, May 2017*

**BOOK OF THE MONTH**

**ONE ON ONE**

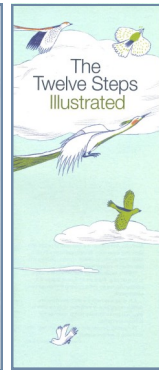
AA Sponsorship  
in Action



**PAMPHLETS OF THE MONTH**

**Questions  
& Answers on  
Sponsorship**

P-15



**The  
Twelve Steps  
Illustrated**

P-55

**UPCOMING EVENTS (cont'd)**

**APRIL 24, 25, 26**

18<sup>th</sup> Annual Spring Fling Convention, Hilton St. Louis Airport, 10330 Natural Bridge Road, St. Louis, 63134

**MAY 2**

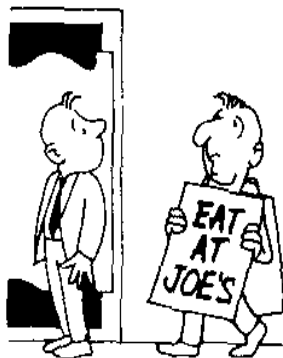
2026 Fall Classic Run & Walk—7:00 AM,  
A.A. Meeting—9:30 AM, Tower Grove Park, Sons of Rest Shelter, 4257 Northeast Drive, St. Louis, 63110

**MAY 3**

41<sup>st</sup> Annual Greater St. Louis Women's Luncheon, 11:30 AM, Orlando's Event Center, 2050 Dorsett Village Plaza, Maryland Heights, 63043

**SAVE THE DATE:** Mo. State Convention—July 31, Aug. 1, 2

**Victor E.**

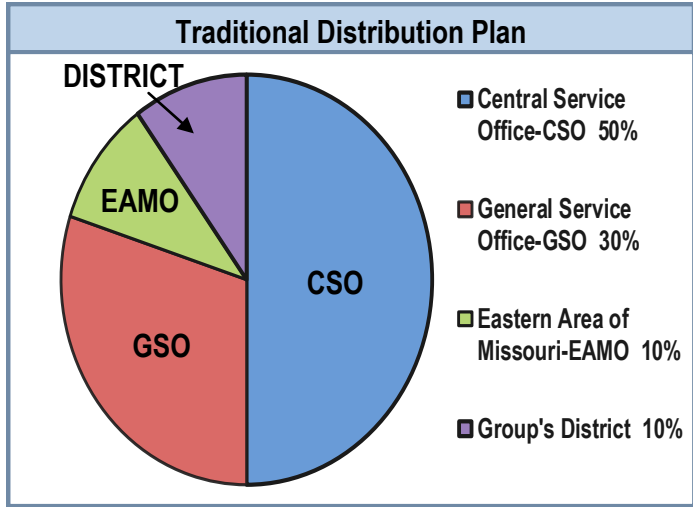


FEBRUARY 2026 CONTRIBUTIONS			
GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL
43		\$50.00	\$5.00
109		\$85.00	\$5.00
212		\$200.00	\$7.50
220		\$5.00	\$10.00
258		\$175.00	\$10.00
280		\$252.50	\$10.00
303		\$45.00	\$10.00
303		\$40.00	\$10.00
303		\$63.00	\$10.00
303		\$18.00	\$11.50
306		\$125.00	\$15.00
420		\$71.58	\$20.00
448		\$94.00	\$20.00
484		\$300.00	\$20.00
500		\$471.00	\$25.00
688		\$750.00	\$42.00
747		\$100.00	\$50.00
782		\$162.00	\$50.00
1037		\$45.00	\$85.00
8	New Day	\$204.00	\$100.00
8	New Day	\$404.00	\$125.00
15	Promises Group	\$50.00	\$500.00
69	The Gratitude Hour	\$500.00	\$2,500.00
223	Grupo Unidad Latina	\$16.53	
310	St. Clair	\$50.00	
344	There is a Solution	\$223.80	
356	We Are Responsible	\$100.00	
371	Bourbon Group	\$300.00	
460	Baden Facility	\$25.00	
582	Noon-timers	\$240.00	
689	Wentzville	\$100.00	
719	Sobriety Alive	\$169.00	
750	Friday Night Happy Hour	\$50.00	
806	Late Night	\$2.00	
950	Bridge Group	\$210.40	
1125	Drive-By	\$146.00	
1130	The Unplugged Group	\$275.00	
1220	Conscious Companionship	\$20.00	
1230	Leasburg Group	\$100.00	
1254	Artists in Recovery	\$71.38	
1264	Green Heart Recovery	\$17.00	
1264	Green Heart Wecovery	\$20.00	
4102	Renegade Group	\$200.00	
	Spare Change	\$33.00	
<b>TOTAL FEBRUARY 2026</b>			<b>\$10,220.19</b>

**Thank You!**

**\*\*DEADLINE\*\* for  
Central Service Office Newsletter  
Announcements**

Please submit announcements, articles, group birthdays/changes, etc. for the *Central Service Office Newsletter* before the 25<sup>th</sup> of the month to be posted in the next month's issue. Thank you!  
Phone: 314-647-3677  
E-mail: [alano@aastl.org](mailto:alano@aastl.org)



**OR customize your contribution according to your group conscience. Thank You!**

Contributions can be made in person or mailed to the Central Service Office. Cash, checks, credit cards are accepted.

**Please use separate checks for each entity.**


Make checks payable to:  
Central Service Office; General Service Board;  
Eastern Area of MO or Area 38; District #\_\_.

**COMPLETE THE SENTENCE (Answers)**

1. INNERMOST SELVES, p. 30
2. SPIRITUAL ANSWER, p. 42
3. MENTAL DEFENSE, p. 43
4. RIGHT MINDS, p. 57

**Electronic 7<sup>th</sup> Tradition!!**

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



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