



CENTRAL SERVICE OFFICE

MAY 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 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>
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
<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)	806
<u>Wednesday</u>	<u>Group #</u>		
12:00 Noon (MX)	358		
5:30 PM (MX)	1126		
7:00 PM (MX)	44		

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!

CENTRAL SERVICES

9th ANNUAL

PICNIC

Sunday, May 31

11am - 3pm

Deer Creek Park, aka "Rocket Park"

South Pavilion

3200 N Laclede Station Rd

Maplewood, MO 63143

Meat & Drinks Provided
Playground onsite for children
Bring Your Favorite Dish!

Speakers: Taylor B (A.A.) & Linda K (Alanon)



50/50 Raffle
Basket Auctions
To benefit the Office



FUN & FELLOWSHIP!

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 / Book Store Hours

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

Saturday: 10:00 AM-2:00 PM

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



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 #5

Keith A. 41 Years!!!!

GROUP #121

Taylor J. 30 Days
 Tina 1 Year
 Kathleen T. 1 Year
 Ruthann C. 2 Years
 David U. 3 Years
 Wayne E. 14 Years!
 Mickey H. 40 Years!!!!

GROUP #144

Diane M. 15 Years!
 Christine A. 38 Years!!!

GROUP #248

Tom O. 3 Years
 Jim H. 33 Years!!!

GROUP #347

Ian L. 1 Year
 Veronica W. 9 Years
 Johnnie R. 22 Years!!
 Andrea K. 41 Years!!!!

THINGS WE CANNOT CHANGE



Jane Z.
 Group #166
 Forrest G.
 Group #982

They will be missed by all who knew them.

We honor and thank our Veterans for their dedication and service!



**Memorial Day
 May 25**

GROUP #362

Tom O. 3 Years

GROUP #449

Joe N. 3 Years
 Tony K. 7 Years
 Mary Gene D. 41 Years!!!!

GROUP #460

Brenda T. 33 Years!!!

GROUP #1162

Abby S. 46 Years!!!!

Thanks for celebrating the miracle of your recovery with us!



**“We’re sober ...
 it was a good day!”**

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 The A.A. Grapevine, Inc.

MEETING UPDATES

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

NEW MEETING

Newcomer/Speaker Meeting, Nooncomers, Monday, Noon, MX-C, Central Services, #14 Sunnen Dr, Maplewood, 63143

NEEDS SUPPORT

Group #250, Big Book/Step Study, Saturday, 11:30 AM, MX-C, Central Services, #14 Sunnen Dr, Maplewood, 63143
 Group #965, Character Defects, Wednesday, 7AM, MX-O, River Rock Church, 1601 Telegraph Rd, Lemay, 63125

CANCELED

Group #925, Newcomer, Wednesday, 7:00 PM, MX-C, Central Service Office, #14 Sunnen Drive, Maplewood, 63143
 Group #1260, Wednesday, PM, MX-O, MO Network, 3431 Meramec, St. Louis, 63118
 Group #189, Wed, 7:30 PM, Affton Christian Church, 63123

MOVED / TIME CHANGES

Group #1198, Cuba Group, Tuesday, 7:00 PM, MX-C
NEW LOCATION: Holy Cross Catholic School, 415 School Avenue, Cuba, 65443
 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 TIME: 6:00 PM
NEW LOCATION: Community Christian Church, 623 Meramec Station Road, Manchester, 63021

UPCOMING EVENTS

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

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

MAY 30

5th Annual Women’s “Sober as a Mother” Luncheon, 11:00 AM—1:00 PM, Christ Memorial Lutheran Church, 5252 South Lindbergh Blvd., Sappington, 63126

JUNE 7

Founders’ Day Picnic, District #52, 930AM, Jefferson Barracks Park, Black Hawk Pavilion, 251 Cy Road St, St. Louis, 63125

JUNE 12, 13, 14

91st Anniversary of Alcoholics Anonymous, Founders’ Day 2026, Akron, OH (*Registration form: www.foundersday.org*)

CENTRAL SERVICE OFFICE / BOOKSTORE
**** CLOSED ****
**MEMORIAL DAY
 Monday, May 25**

LIFELINE



SOUND FAMILIAR?

“The year was 1994, the month was September—just 2 short months since my official sobriety date of 7/13/1994. It was a normal flight like any other. I was visiting a friend in San Francisco and excited to see my friend on my annual trip to the wine country and her home. Newly sober, I thought no problem; drug of choice—fine red wines, crush time ... and all. I should be fine, I remember thinking. Well, stepping off that plane, directly in front of me was an elaborate airport bar; bottles stacked up and announcing, ‘Welcome to Wine Country’ and ‘It’s Crush Season.’ I stopped dead in my tracks and stared at this option. Who would know if I drank, I’m alone? I’ll just taste one sample. I literally could not move. Just next to where I was frozen was a pay phone. I knew I was in trouble and had to call someone. Did I have my meeting lists? No, I didn’t. I picked up that 1000-pound phone, still thinking of the red wine on my tongue and relaxing with it, and dialed the operator and asked to be connected to A.A. or given the number. I called San Francisco A.A. and was directed to the famous club, The Dry Dock, even though I’d never heard of it. The person said they have meetings 24/7, so just to show up. Back before Uber, I stepped outside and hailed a cab to take me there, not trusting driving in SF in and out of streets, as The Club was located directly on Fisherman’s Wharf. I had a car rental to head me up HW 1 and the Pacific Coast Highway, but that would have to wait. I showed up for an A.A. meeting and was it ever a unique place: basically almost underground it seemed, dark, everything on the walls you could imagine, dyed wall hangings. My senses were taking it all in. And I shyly and with some fear came all the way in and sat all the way down and shared at my turn, thanked God to be shown the hand of A.A. that day and the 31 years of continuous sobriety after that. It works!”

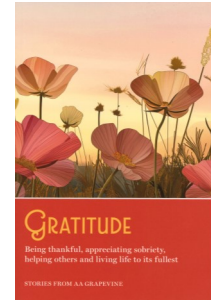
~ Christine L.

****NEW** BOOK OF THE MONTH**

GRATITUDE

Being thankful, appreciating sobriety, helping others and living life to its fullest.

Stories from AA Grapevine

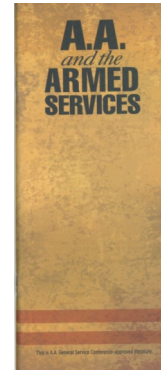


PAMPHLETS OF THE MONTH

Circles of Love and Service

How A.A.s work together to help the alcoholic who still suffers

P-45



A.A. and the ARMED SERVICES

P-50

“**Victor E.** The creation of Jack M., a *Grapevine* editor. **Victor E.** made his debut in July 1962 *Grapevine*.” *Guide to the Grapevine*

Victor is seen tempted at those swinging barroom doors, but he is always “restored to his right mind” by various distractions resulting in happy outcomes. He could be anyone in A.A.’s Twelve-Step Program facing life’s tribulations and concerns, who decides to use the Program for solutions rather than revert to the “stinking thinking” of the past. Alcoholism is a “cunning, baffling, powerful” disease; when you least expect it—expect it! Working the Twelve Steps, attending regular A.A. meetings, calling our sponsors, performing service work, etc., are “distractions” resulting in happy outcomes.

VICTOR E.



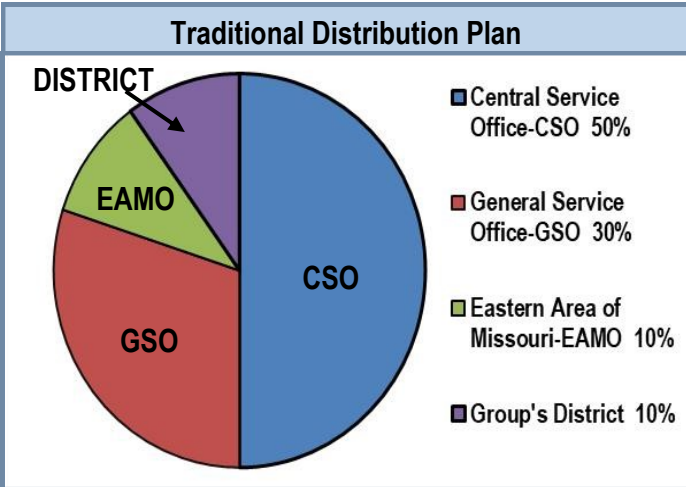
MARCH 2026 CONTRIBUTIONS

GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL	GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL
3		\$200.00	\$5.00	1220	Conscious Companionship	\$40.00	
38		\$500.00	\$5.00	1220	Conscious Companionship	\$10.00	
44		\$128.00	\$5.00	1220	Conscious Companionship	\$20.00	THANK YOU TO ALL THE GROUPS!
52		\$6.00	\$5.00	1264	Green Heart Wecovery	\$17.00	
52		\$100.00	\$5.00		District 17	\$250.00	
62		\$50.00	\$5.50		Olive Branch Groups	\$50.00	
220		\$70.20	\$6.00		Spare change	\$21.00	
220		\$5.00	\$10.00	TOTAL MARCH 2026			
239		\$176.40	\$10.00				
303		\$26.00	\$10.00				
303		\$23.00	\$10.00				
303		\$38.00	\$10.00				
303		\$29.00	\$10.00				
303		\$35.00	\$10.00				
318		\$546.50	\$10.10				
362		\$185.00	\$15.00				
391		\$300.00	\$20.00				
420		\$71.58	\$25.00				
814		\$750.00	\$25.00				
972		\$2.00	\$33.50				
978		\$2.00	\$41.00				
1018		\$200.00	\$45.00				
1018		\$40.00	\$50.00				
1097		\$25.00	\$50.00				
1115		\$112.50	\$85.00				
1194		\$280.00	\$100.00				
8	New Day	\$218.00	\$100.00				
8	New Day	\$380.00	\$100.00				
15	Promises Group	\$80.00	\$100.00				
16	Sunrisers	\$1,000.00	\$100.00				
81	New Way Bridgeton	\$180.00	\$222.00				
84	Dry Noon Group	\$400.00	\$500.00				
106	Love and Tolerance	\$120.00	\$500.00				
299	Lindell Club	\$97.50					
350	Expect a Miracle	\$175.00					
358	Love & Tolerance	\$42.00					
388	Sixth Sense	\$150.00					
512	Potosi AA	\$75.00					
683	Absolutely Sober	\$59.00					
774	The 905 Group	\$120.00					
1135	Step Sisters	\$180.00					
1188	Joe & Charlie	\$51.00					
1200	Day Counters	\$796.00					
1200	Day Counters	\$376.00					
1220	Conscious Companionship	\$25.00					



Electronic 7th Tradition!!
 Scan this QR code to contribute to Central Services, or click the link below!
<https://aastl.org/donate/>

****DEADLINE****
Central Service Office Newsletter Announcements/Articles
 Please submit announcements, articles, group birthdays/changes, etc. for the *Central Service Office Newsletter* before the 25th of the month to be posted in the next month's issue. Thank you!
 Phone: 314-647-3677
 E-mail: 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 #__.