



CENTRAL SERVICE OFFICE

AUGUST 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	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		
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).



PARADOX: "When I don't know what to do, I know EXACTLY what to do: stay close to my Higher Power and Alcoholics Anonymous." Anonymous

Join Us For Our Annual Ice Cream Social !

Sunday, August 30, 2026

1 pm – 3:30 pm

Central Services Office

14 Sunnen Dr., Suite 144

Maplewood, MO 63143

**"How They Met:
Coincidence, Fate, or
Providence?"**



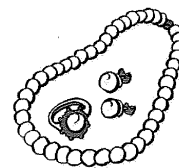
BILL W. and Dr. BOB

**Presentations by Eastern
Area of Missouri Archives
at 1:30 pm and 2:30 pm**



**Ted Drewes
Frozen Custard
and Toppings
(while supplies
last)**

**Al-Anon Jewelry Sale
in AIS Office
Starting at 11 a.m.!!**



**** SAVE THE DATE ****
SATURDAY, NOVEMBER 21
85th Annual Alano Banquet
Speaker: Bob B., St. Paul, MN
Orlando's Event Center
2050 Dorsett Village Plaza
Maryland Heights, 63043

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!

GROUP #121

Kelly W. 30 Days
Cindy D. 6 Months
Robin L. 4 Years
Michelle P. 11 Years!
Gail T. 26 Years!!
Bob T. 29 Years!!

GROUP #144

Ali C. 1 Year
Dale T. 26 Years!!

GROUP #347

Tony B. 12 Years!
Stacy L. 28 Years!!
Dwanna R. 34 Years!!!
Sissy S. 39 Years!!!

GROUP #357

Danny D. 38 Years!!!

GROUP #416

Beth G. 8 Years
Susan G. 8 Years
Bridgette K. 23 Years!!
Teresa T. 28 Years!!
Vernie S. 48 Years!!!!

GROUP #449

Kevin M. 2 Years
Don W. 11 Years!
Bob A. 26 Years!!
Bob S. 27 Years!!
Ron D. 31 Years!!!
Steve W. 31 Years!!!

THINGS WE CANNOT CHANGE

Julia D.
Group #18

Tonya R.
Group #347

Jerry S.
Past DCM District #17

They will be missed by all
who knew them.

A.A. ANNOUNCEMENTS

CANCELED: District Meeting for District #42 canceled for August 2026 — normally 3rd Thursday of each month, 7:00PM Dielmann Recreation Center.

CHAIRPERSON NEEDED:

District host for 2027 Greater St. Louis Area Women's Luncheon.

Contact: Jo Ann W.

E-mail: Aawlstl2026 @ gmail.com

Subject Line: AAWL 2027

GROUP #982

Brad H. 1 Year
Adam S. 3 Years
John H. 3 Years
Mark H. 4 Years
Jason H. 7 Years
Suzie L. 13 Years!

Thank you for sharing the miracle of your recovery with us!

MEETING UPDATES

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

NEW MEETING

Group #1281, Progress Not Perfection, Speaker/Big Book Study, Sunday, 6:00 PM, MX-C, St. Mary Magdalen Church—Lower Level, 2618 South Brentwood Blvd., Brentwood, 63144

CHANGE

St. James Group, Monday, 7:30 PM, MX-O, Immaculate Conception Catholic Church, 318 East Scioto Street, St. James, MO 65559 **CHANGE:** Open meeting all the time.

CANCELED

Group #1119, At Wit's End **(Last Meeting August 31)**

Monday, 10:30 AM, MX-O, St. Luke's United Methodist Church, 2761 Telegraph Road, Lemay, 63125

NEW LOCATION

Group #510, Small Change, Sunday, 9:00 AM, MX-C
NEW LOCATION: Kirkwood United Methodist Church—Room 107, 201 West Adams, Kirkwood, 63122

NEEDS SUPPORT

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

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

Group #1087, Step Series, Tuesday, 12:00 Noon, MX-C, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

UPCOMING EVENTS**AUGUST 1, 2**

76th Annual Missouri State Convention, Speakers-Banquet-Ghost Tours, Capitol Plaza Hotel & Convention Center, 415 West McCarty Street, Jefferson City, 65101

AUGUST 15

Tri-County Intergroup Free Family Picnic, 11:30 AM-4:30 PM, Speakers-1:30 PM, Olde Town Park, 1 Park Street, St. Peters, 63376

AUGUST 29

19th Annual Spring Fling Convention, Trivia Game Night, 6:00 PM, Webster Hills United Methodist Church, 1333 West Lockwood, St. Louis, 63122



Reprinted with permission from A.A. Grapevine, Inc.

LIFELINE**The Wisdom of the Serenity Prayer**

"I would like to share some of the interesting definitions of the term serenity I have gathered at A.A. meetings throughout the years.

"Serenity is:

The Serenity Prayer, 'God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.'

- Being thankful God saw the plight and anguish of the alcoholic, and as a solution compassionately inspired the A.A. program.
- Dealing honestly with reality.
- Absence of conflict due to the A.A. philosophy.
- A problem well defined and accepted is solved.
- Learning to deal with resentments, and live and let live. Resentments are uncharitable, dangerous to sobriety, and can lower happiness and efficiency levels by as much as fifty percent. The person we resent, we are giving the power to control us. A wrong is nothing unless it is remembered.
- There are only two kinds of problems: those you can solve and those you cannot solve. Those you can solve—work on. Those you cannot solve—the hell with them.
- Concentrating on the solution, not the problem. We are not prisoners of the past, but promises of the future.
- Knowing the two founders of A.A., both alcoholics. Bob Smith a kind doctor, and Bill Wilson a brilliant investigator whom Thomas Edison once offered a job, felt perhaps the most important expression in the A.A. Big Book is establishing a contact with the God of your understanding.
- Realizing we are part of a program that will go down in history as one of the greatest discoveries of the century arresting alcoholism, a malady present in mankind since the time of Christ ..."

ALANO NEWS, August 2000

****DEADLINE** Announcements / Articles for the
Central Service Office Newsletter**

Please submit announcements, articles, group birthdays/changes, etc. for the *Central Service Office Newsletter* before the 25th of the month, for publication in the next month's issue. Thank you!

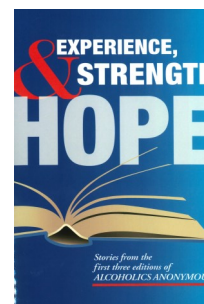
Phone: 314-647-3677

E-mail: alano@aastl.org

BOOK OF THE MONTH

EXPERIENCE,
STRENGTH &
HOPE

Stories from the
first three editions of
ALCOHOLICS ANONYMOUS

**PAMPHLETS OF THE MONTH**

The
A.A. Member—
Medications
&
Other Drugs

P-11

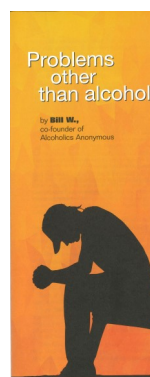


Problems
other
than
alcohol

Problems
other
than
alcohol

by BILL W.,
co-founder of
Alcoholics
Anonymous

P-35



**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

COMPLETE THE SENTENCE

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

1. "We believe ... that the action of alcohol on these c _____ alcoholics is a manifestation of an a _____; that the p _____ of c _____ is limited to this class and never occurs in the average t _____ d _____."
2. "It was only a matter of being w _____ to believe in a P _____ greater than myself. Nothing more was required of me to make my b _____."
3. "As we became subjects of K _____ A _____, shivering d _____ of his mad realm, the chilling v _____ that is L _____ settled down."
4. "The man on the bed was told of the a _____ p _____ from which he suffered, how it deteriorates the body of an alcoholic and w _____ his mind."

(Answers on pg. 4)

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

JUNE 2026 CONTRIBUTIONS

GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL
2		\$444.00	\$5.00
3		\$150.00	\$10.00
33		\$125.00	\$10.00
44		\$126.00	\$10.00
61		\$105.00	\$10.00
62		\$50.00	\$10.00
73		\$400.00	\$10.00
86		\$50.00	\$15.00
109		\$99.00	\$17.00
220		\$5.00	\$20.00
239		\$162.00	\$20.00
303		\$27.00	\$20.00
303		\$23.00	\$25.00
303		\$18.00	\$25.00
303		\$16.00	\$38.00
355		\$20.00	\$40.00
420		\$71.58	\$50.00
439		\$101.00	\$50.00
493		\$45.00	\$85.00
699		\$100.00	\$500.00
747		\$100.00	
782		\$140.00	
978		\$6.00	
1036		\$130.00	
1274		\$60.00	
7156		\$3,000.00	
8	New Day	\$487.00	
8	New Day	\$338.00	
15	Promises Group	\$50.00	
32	Embassy Group	\$750.00	
84	Dry Noon Group	\$600.00	
89	Shipwreck Group	\$1,750.00	
157	Big Book Study	\$225.00	
163	Gray Summit Monday	\$123.12	
182	Thank God It's Monday	\$195.00	
344	There is a Solution	\$165.60	
350	Expect a Miracle	\$150.00	
371	Bourbon Group	\$50.00	
388	Sixth Sense	\$150.00	
450	One Day At A Time	\$250.00	
460	Baden Facility	\$25.00	
575	Nick of Time	\$887.21	
750	Friday Night Happy Hour Group	\$100.00	
969	Oak Hill Group	\$180.00	
1062	Defiant Brats	\$100.00	

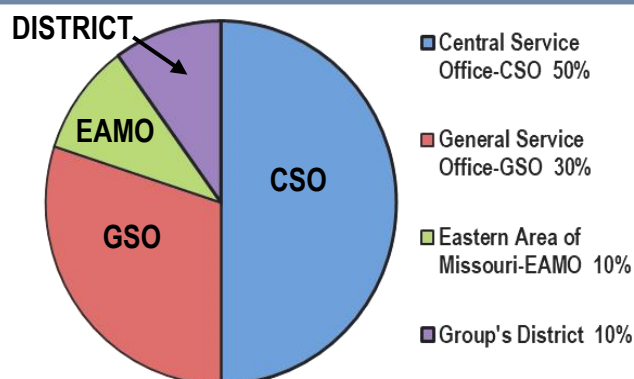
GROUP #	GROUP NAME	AMOUNT
1070	One Day At A Time	\$40.00
1105	Essentials of Recovery	\$130.00
1125	Drive-By	\$150.00
1168	Women's Happy Destiny	\$30.00
1200	Day Counters	\$404.00
1220	Conscious Companionship	\$5.00
	District 17	\$250.00
	spare change contributions	\$26.75
TOTAL JUNE 2026		\$14,155.26

Thank you!**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. 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 from p. 3)

1. CHRONIC, ALLERGY, PHENOMENON, CRAVING, TEMPERATE DRINKER p. xxviii
2. WILLING, POWER, BEGINNING p. 12
3. KING ALCOHOL, DENIZENS, VAPOR, LONELINESS p. 151
4. ACUTE POISONING, WARPS p. 157