



# CENTRAL SERVICE OFFICE JULY 2026 NEWSLETTER



MEETING INFO

A.A.® BIRTHDAYS

A.A.-RELATED ARTICLES

CONTRIBUTIONS

UPCOMING EVENTS

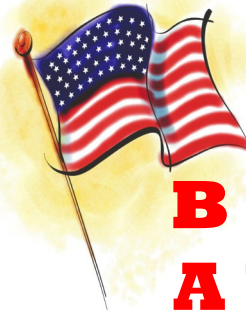
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## CENTRAL SERVICE OFFICE MEETINGS

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.

<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)	1280	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).



## HAPPY 250<sup>th</sup> BIRTHDAY AMERICA!

"...When World War II broke out, this spiritual principle had its first major test. A.A.'s entered the services and were scattered all over the world. Would they be able to take discipline, stand up under fire, and endure the monotony and misery of war? Would the kind of dependence they had learned in A.A. carry them through? Well, it did. They had even fewer alcoholic lapses or emotional binges than A.A.s safe at home did. They were just as capable of endurance and valor as any other soldiers. Whether in Alaska or on the Salerno beachhead, their dependence upon a Higher Power worked. And far from being a weakness, this dependence was their chief source of strength."

*Twelve Steps and Twelve Traditions*, pp. 38-39  
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A.A. SPEAKER /  
12<sup>th</sup> STEP VOLUNTEER BUREAU  
St. Louis Metropolitan Area

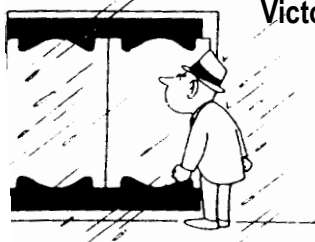
Online Application:  
[www.aastl.org](http://www.aastl.org); "Speakers & Volunteers" Tab

Request a Speaker:  
Phone: 314-647-3677; E-mail: [alano@aastl.org](mailto:alano@aastl.org)

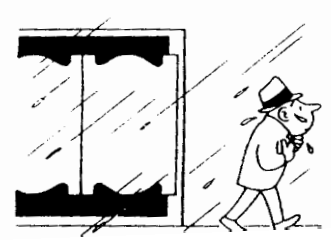
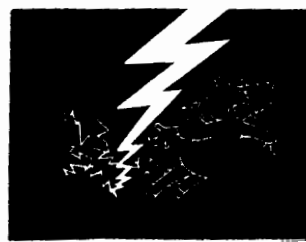
CENTRAL SERVICE OFFICE / BOOKSTORE  
CLOSED

SATURDAY, JULY 4

In honor of our Nation's 250<sup>th</sup> Birthday!



Victor E.



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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!**



**GROUP #2**

Tom B. 40 Years!!!!  
Dan B. 25 Years!!

**GROUP #121**

Stacy 30 Days  
Jaime G. 30 Days  
Tony B. 1 Year  
Melissa C. 2 Years  
Mike C. 5 Years  
Pat W. 6 Years  
Jack C. 15 Years!  
John W. 16 Years!

**GROUP #144**

Carol P. 3 Years

**GROUP #220**

Peggy d' 23 Years!!  
Kate A. 38 Years!!!  
Karen M. 38 Years!!!  
Sylvia N. 40 Years!!!!

**GROUP #239**

Bill C. 43 Years!!!!

**GROUP #347**

Darryl M. 32 Years!!!

**GROUP #391**

Tom F. 40 Years!!!!

**THINGS WE CANNOT CHANGE**



Susan B.  
Past Board Member of the  
Central Service Office  
She will be missed by all who knew her.

**JOB OPPORTUNITY**

The Central Service Office is looking for a qualified cleaning person/service. If interested, please contact Tom N. at Central Services!  
Phone: 314-647-3677  
E-mail: alano@aastl.org

**GROUP #410-2**

Carrie 4 Years  
Deborah H. 24 Years!!  
Barb P. 44 Years!!!!

**GROUP #428**

Andy B. 13 Years!  
Dave H. 36 Years!!!  
Leonard C. 39 Years!!!  
John W. 42 Years!!!!

**GROUP #449**

Susan B. 6 Years  
Andrew H. 7 Years  
Susan K. 13 Years!  
Lori G. 39 Years!!!  
John B. 42 Years!!!!

**Group #969**

Branson 2 Years

**GROUP #983**

Bruce H. 26 Years!!

*Please remember to call in your group's birthdays. We love posting them! 314-647-3677*

**"FEAR OF PEOPLE AND ECONOMIC INSECURITY..."**

I began using alcohol as a "coping tool" when faced with sudden, extreme financial difficulty. My life was changing and I was uncertain how to move forward. At first alcohol was my comfort—my friend; it calmed the fear and anxiety. Then I realized I was unable to stop drinking when I really wanted to. While my financial situation was improving, my drinking became unmanageable. Finally, I had to face the fact that I was an alcoholic.

An Employee's Assistance Counsellor advised me to go to A.A. and get a sponsor. In the beginning it seemed overwhelming; I didn't understand all the slogans and sayings. But one of the first things to get my attention was the Promise: "Fear of people and economic insecurity will leave us." Wasn't fear of economic insecurity the reason I started drinking? Over time this promise came true, and the others as well.

The A.A. Program has taught me that total dependence upon "a God of my understanding" is all I need to calm my fear and anxiety. I now turn to A.A. and my Higher Power, not alcohol, to navigate through this wonderful life I have been blessed with.

*A Calm Alcoholic*

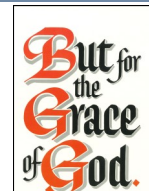
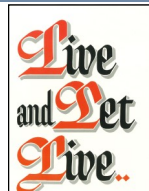
**\*\*DEADLINE\*\* Announcements / Articles  
Central Service Office Newsletter**

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

Phone: 314-647-3677 E-mail: alano@aastl.org

**AVAILABLE AT CENTRAL SERVICE BOOKSTORE**

A.A. SLOGANS-8.5" x 11" (SET OF 5); MAN ON THE BED-9" x 12"



**A.A. WORD SCRAMBLE**

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

1. IGEODANS \_\_\_\_\_
2. LRYAER \_\_\_\_\_
3. RNLOAM \_\_\_\_\_
4. SCODLSIE \_\_\_\_\_

*(Answers on p. 4)*

**Central Service Office / Book Store Hours**

Monday-Friday: 8:30 AM-5:00 PM  
Saturday: 10:00 AM-2:00 PM  
**(Closed Most Holidays)**

**LIFELINE****WHY I ATTEND THE MISSOURI STATE CONVENTION**

After receiving the gift of sobriety in June of 1984, I attended our wonderful State Convention for the first time the following summer in 1985. It took a couple of years before I began to attend the convention on an annual basis, but once that habit began, finding ourselves at the State Convention is an annual rite for my wife, Robin, and me. In fact, as part of our annual planning, we set aside part of our work vacation time around the convention dates. Robin is a member of Al-Anon, and is thankful for and enjoys the Al-Anon participation at the convention.

So just what is it that I like about the convention that keeps me coming back? There are so many reasons that come to mind, but in the interest of brevity, I'll share only my top reasons. I suppose at the top of the list is that the convention is such a celebration of sobriety and our way of life in the society of Alcoholics Anonymous, as well as the Al-Anon Family Groups. Just as we do in any gathering of our fellowship, we share our experience, strength and hope. We get to see a bigger picture of things than we do in our home groups. It is inspiring! And as one who has a good number of conventions under his belt, to me it feels, for lack of better terms, like a big family reunion. I look forward to renewing contact with folks I've seen at the convention for years. They are "old" family members. I also get excited about meeting new people and making new "Program Friends." They are the "new" family members.

Our convention and "Old Grandad," The Arkansas State Convention, are the two oldest conventions west of the Mississippi River. Folks in each state good-naturedly tease about which is the oldest. It makes no difference (even though I do believe it is us). What does matter is that by attending our convention, I'm participating in a convention tradition that has been around a long time. In addition, we are a Three Legacy Convention, which means we always have participation in some aspect of the General Service Board. Between our convention and Old Grandad, we are the only one that can make that claim.

Perhaps, one of the reasons I like to attend may seem like something that doesn't need to be said, but I'll say it anyway. I attend to support the convention. What if we didn't support it? It would fade away, and we would be faced with the reality of losing something special and precious. "Oh... what might have been?"

Finally, I have yet not to feel tears well up during the Sobriety Countdown after the Saturday Night Banquet, when the newest newbie stands. And I know that he/she is at their very first family reunion. I always pray to see them again.

*John H., Poplar Bluff, Mo.*

**MEETING UPDATES**

*See flyers for details -or- [www.aastl.org/events-calendar/](http://www.aastl.org/events-calendar/)*

**NEEDS SUPPORT**

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

**UPCOMING EVENTS****JULY 25**

Fall Classic Pickleball Tournament, 6:00-9:00 PM. *(New this year: Costume Contest)*, Missouri Pickleball Club  
Ellisville, 15446 Manchester Road, Ellisville, 63011

**JULY 29**

A.A. On the Rocks Presents "A Special Birthday Night," History Presentation & Pizza-5:30 PM, Speaker-7:00 PM, Birthday Celebration Following Speaker, Tower Grove Baptist Church, 4257 Magnolia Street, St. Louis, 63110

**JULY 31, AUGUST 1, 2**

76<sup>th</sup> Annual Missouri State Convention, Speakers-Banquet-Ghost Tours, Capitol Plaza Hotel & Convention Center, 415 West McCarty Street, Jefferson City, 65101  
Register Online: [MOSTATECONVENTION.ORG](http://MOSTATECONVENTION.ORG)

**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 30**

Central Services Annual Ice Cream Social with EAMO Presentations, 1:00-3:30 PM, Central Service Office, #14 Sunnen Drive, Maplewood, 63143

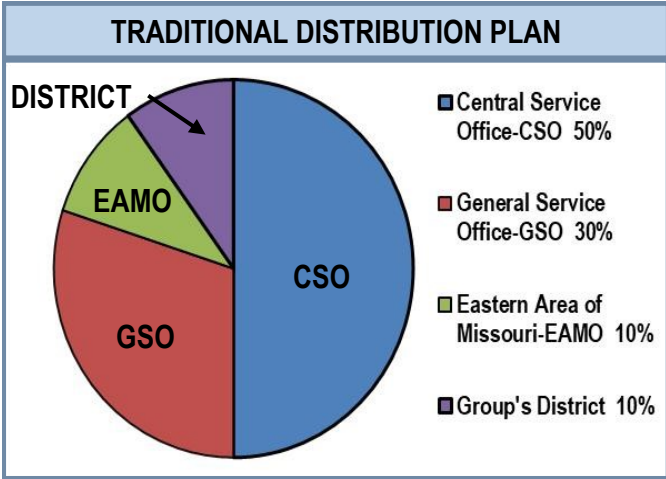


"Do you mind if we change this to a discussion meeting?"

MAY 2026 CONTRIBUTIONS			
GROUP #	GROUP NAME	AMOUNT	INDIVIDUAL
43		\$50.00	\$5.00
62		\$50.00	\$5.00
144		\$350.00	\$5.00
187		\$106.00	\$7.00
189		\$305.00	\$7.50
220		\$5.00	\$10.00
258		\$46.00	\$10.00
281		\$228.00	\$10.00
303		\$35.00	\$10.00
303		\$34.00	\$10.00
303		\$29.00	\$15.00
391		\$285.00	\$20.00
420		\$71.58	\$25.00
448		\$135.00	\$46.00
476		\$200.00	\$50.00
500		\$500.00	\$50.00
744		\$138.50	\$85.00
814		\$1,000.00	\$300.00
1049		\$132.00	\$500.00
1049		\$125.00	
1271		\$75.50	
8	New Day	\$292.00	
8	New Day	\$389.00	
15	Promises Group	\$60.00	
81	New Way Bridgeton	\$80.00	
253	The Group	\$200.00	
307	Happy Campers	\$200.00	
344	There is a Solution	\$190.00	
582	Noon-timers	\$175.35	
584	Serenity Now St. Charles	\$216.00	
683	Absolutely Sober	\$20.00	
791	K.I.S.S. Wildwood	\$100.00	
942	There is a Solution	\$50.00	
1139	A Way Out	\$240.00	
1168	Women's Happy Destiny	\$20.00	
1183	Chick Crew	\$100.00	
1188	Joe & Charlie	\$56.00	
1200	Day Counters	\$40.00	
1220	Conscious Companionship	\$5.00	
1220	Conscious Companionship	\$25.00	
1264	Green Heart Wecovery	\$17.00	
6262	Rule #62	\$600.00	
	Progress Not Perfection, O'Fallon	\$67.87	
	Spare Change Contributions	\$33.65	
<b>TOTAL MAY 2026</b>			<b>\$8,247.95</b>

**Group Changes?**  
**PLEASE** contact the Central Service Office if your group is disbanding so we can update our database and meeting guides—mostly for the sake of the newcomer. Thank you!

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



**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 #\_\_.

**A.A. WORD UNSCRAMBLE**

1. **DIAGNOSE** ("We do not like to pronounce any individual as alcoholic, but you can quickly diagnose yourself.") p. 31

2. **RARELY** ("Rarely have we seen a person fail who has thoroughly followed our path.") p. 58

3. **NORMAL** ("Normal drinkers are not so affected, nor can they understand the aberrations of the alcoholic.") p. 140

4. **DISCLOSE** ("God will constantly disclose more to you and to us.") p. 164

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