



CENTRAL SERVICE OFFICE

OCTOBER 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.

Sunday	Group #	6:15 PM (MX)	1188
9:00 AM (M)	1100	7:00 PM (MX)	1239
7:00 PM (MX)	978	7:45 PM (M)	1272
11:00 PM (MX)	806	11:00 PM (MX)	806
Monday	Group #	Friday	Group #
12:00 Noon (MX)	1280	12:00 Noon (MX)	1000
6:15 PM (MX)	303	5:30 PM (MX)	577
Tuesday	Group #	6:00 PM (M)	43
5:30 PM (M)	972	11:00 PM (MX)	806
7:00 PM (MX)	464	Saturday	Group #
11:00 PM (MX)	806	9:00 AM (M)	318
Wednesday	Group #	11:30 AM (MX)	250
12:00 Noon (MX)	358	8:00 PM (MX)	1259
5:30 PM (MX)	1126	11:00 PM (MX)	806
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**

UPCOMING EVENTS visit aastl.org/events

Area 38 Fall Assembly

Oct.3&4-Starts at 9:00am

St. Louis Community College - Florissant Valley

for more info, go to www.EAMO.org

Lindell Club Annual Golf Tournament

Oct 4 6:30 am - 12:00 pm

Forest Park Golf Course

For more info go to <https://lindellclub.org/golftournament/>

Annual Luncheon and Golf Outing!

Oct.17 8:3am-4:00pm

Berry Hill Golf Course, North County Intergroup

For more info go to htt2ps://nco-aa.org/

Purple Poker Run Oct. 25 contact Rich H 314-420-7751 or Mike B 314-583-1027 In memory of Susan B.

MEN'S UNITY BREAKFAST

Nov.1, 8:00 am - 11:30 am

Annual Illinois-Missouri For more info go to aastl.org/events

85th Alano Banquet Nov 21 For more info go to aastl.org/events



85th Annual

ALANO

Banquet

*Celebrate your sobriety
at the oldest, continuous
A.A. Banquet in the WORLD!!!*

SATURDAY, NOVEMBER 21, 2026

**Speaker
BOB B., ST. PAUL, MN**

**Orlando's Event Center
2050 Dorsett Village Plaza
Maryland Heights, 63043**

*Tickets available
September 1—\$50 each
Central Service Office*



IMPORTANT NEWS FLASH!!!

We are excited to announce
you can now register and
receive our
Monthly Newsletter just visit us at
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

Congratulations

One Day at a Time!

Group #121

Taylor J.	6 Months!
Austin K.	1 Year !
Tim D.	8 Years!
Sabrina F.	11 Years!
Amy J.	13 Years!
Chuck B.	38 Years!

Group #347

Inema O.	1 Year!
De Mon G.	5 Years!
Margaret T.	7 Years!
Earl B.	19 Years !
Clement C.	35 Years!
Diane D.	36 Years!

Group #416

Renee D.	37 Years!
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Group #428

Brad	1 Year!
Austin K.	1 Year!
Mike H.	37 Years !
Roy Q.	46 Years!

Group #239

Glen W.	2 Months!
Rick S.	10 Years!
Brian T.	10 Years!
Dan G.	15 Years!
Dan T.	19 Years!
Bob S.	32 Years!

THINGS WE CANNOT CHANGE

The Serenity Prayer was composed by **Reinhold Niebuhr** in the **early 1930s** and became widely associated with AA by the 1940s Its adoption in AA reflects the program's emphasis on **spiritual guidance, humility, and practical wisdom** in overcoming addiction The prayer has since been adapted into many variations, but its core message remains the same: **acceptance, courage, and wisdom** .

Key Takeaways

- Acceptance of what cannot be changed is essential for emotional and spiritual well-being.
 - Courage is needed to take action where change is possible.
 - Wisdom helps distinguish between what can and cannot be changed.
- Practicing this daily can reduce stress, improve focus, and support recovery in .By internalizing this principle, AA members and others can cultivate **serenity, resilience, and clarity** in facing life's challenges.

MEETING UPDATES

Group #357, Tuesday Cross Talking Jaywalkers Closed-Men Our Lady Queen of Peace Church, 4696 Notre Dame Lane, House Springs, MO63051

TIME CHANGE: 7:00 PM Starting October 6,2026

Group #510, Small Change, Sunday, 9:00 AM, MX-C

NEW LOCATION: Kirkwood United Methodist Church—Room 107, 201 West Adams, Kirkwood, MO 63122

St. James Group, Monday, 7:30 PM, MX-O, Immaculate Conception Catholic Church, 318 East Scioto Street, St. James, MO 65559

CHANGE: Closed Meeting changed to Open meeting all the time.

The Olive Branch is moving to 9120 Lackland Rd, Overland,MO 63114 effective September 5, 2026

NOTE: There will not be any meetings held from Saturday 8/29/26 thru Friday 9/4/26

A.A. Spiritual Growth the Hampton Facility 6001 Marquette Ave St. Louis

Change: new meeting day and time change

Moving from Tuesday at 7:00 PM to Wednesday at 7:30 PM

NEEDS SUPPORT

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

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

CLOSED

LIFELINE



REPRINTED FROM

**ALCOHOLICS
ANONYMOUS**
Cleveland

What is an A.A. Event?

An A.A. Event is an event sponsored by an A.A. entity, about Alcoholics Anonymous, and conducted for the benefit of the Fellowship. To qualify for listing, the event must be open to the A.A. community, be consistent with the Twelve Traditions, and/or, for fellowship activities such as picnics, dances, banquets, or similar gatherings, include an Alcoholics Anonymous meeting as part of the program. Events sponsored by outside organizations or primarily promoting non-A.A. purposes will not be listed as A.A. events.

An event must meet all of the following criteria:

Promotes A.A.'s primary purpose.

An A.A. meeting should be part of the official program.

Includes activities centered on A.A. recovery, service, or fellowship.

Intended for members of Alcoholics Anonymous.

Open to all A.A. members—not just members of a particular home group or meeting.

Consistent with the Twelve Traditions

Does not endorse outside organizations.

Does not promote commercial enterprises.

Does not raise funds for outside charities.

Does not affiliate A.A. with religious or political causes.

Not a Social gatherings

An Alcoholics Anonymous meeting should be part of the official program.

Without an A.A. meeting, the event is generally considered a sober social event rather than an A.A. event.

Examples of Events That Do Not Qualify

Recovery club fundraisers

Treatment center events

Church-sponsored recovery events

Commercial recovery conferences

Events sponsored by outside nonprofits

Charity fundraisers benefiting non-A.A. organizations

Sober social events that do not include an A.A. meeting

These guidelines help ensure that events listed are consistent with A.A.'s Traditions and clearly identified as official A.A. events, while respecting the autonomy of each A.A. group and service entity.

I remember asking my sponsor, 'When do I start the Steps?' He replied, 'When do you want to get well?'"
visit aagrapevine.org

Grapevine One on One: AA Sponsorship in Action

AA members write about their experience with sponsorship, including how to choose one, getting the courage to ask someone to be a sponsor, sharing their past and present with them, working with those having trouble staying sober, dealing with the loss of a beloved sponsor and more including staying connected, and living a full, happy life.

BOOK & PAMPHLET OF THE MONTH



The Big Book of Alcoholics Anonymous defines a sponsor as "An alcoholic who has made some progress in the recovery program and shares that experience on a continuous basis with another alcoholic."

Ice Cream Social Kudos

The 12-Step community came together in a beautiful way for our Ice Cream Social, and I want to extend heartfelt gratitude to everyone who made the day so special. We enjoyed delicious ice cream, easy laughter, and the kind of conversations that remind us why fellowship matters. Our jewelry sale was a hit—many members found treasures to take home, and the joy around that table was contagious. A very special thank you goes to all the volunteers who helped prepare, organize, and support the event. Your service is what makes gatherings like this possible, and your generosity was felt in every detail. We also want to recognize Carl, our EAMO Archivist, for his spectacular presentation on how Bill W. and Dr. Bob met. His storytelling brought history to life and added depth and inspiration to the day. Thank you, each and every one of you, for showing up, sharing your spirit, and helping create a memorable Ice Cream Social. Our community shines because of you!
In Service,
Susan C.

****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

Attention All Grateful Alcoholics

November's Newsletter will be all about Gratitude

We are looking for short articles from our members to share. The article should be no more than 150 words using 10pt. Calibri. We will publish as many as we are able, so get your article in early !

Email to Reneeb@aastl.org

September2026 CONTRIBUTIONS

THANK YOU FOR YOUR CONTRIBUTIONS

Group #	Name	Amount
8	New Day	\$ 839.50
15	Promises Group	\$ 75.00
62		\$ 50.00
95	Into Action	\$ 100.00
187		\$ 106.00
239		\$ 180.00
250		\$ 32.00
258		\$ 137.00
303		\$ 202.00
318		\$ 795.50
362		\$ 182.00
388	Sixth Sense	\$ 150.00
391		\$ 334.00
418	Joe's Place	\$ 50.00
434	Monday Miracles	\$ 250.00
485		\$ 213.50
502	Tues Night Newcomer	\$ 100.00
584	Serenity Now St. Charles	\$ 278.40
699		\$ 150.00
791	K.I.S.S. Wildwood	\$ 150.00
944		\$ 100.00
945	Living In Recovery	\$ 200.00
988		\$ 200.00
1062	Defiant Brats	\$ 100.00
1190	Alphabet Soup	\$ 470.29
1194	Lotus Pray	\$ 167.50
1200	Day Counters	\$ 233.00
1264	Green Heart Wecovery	\$ 17.00
Unknown		\$ 220.00
Group	\$ Total	\$6082.69
Individual	Contributions	\$2102.75
	Total All Contributions	\$8185.44



AA has a simple way of cutting through complicated thinking: **short slogans** and **quick acronyms**. They're not "magic words" and they're not a substitute for meetings, sponsorship, or Step work — but they can be powerful tools in the moment, especially when your head is loud and you need a simple next action. Here is one of our powerful slogans.....

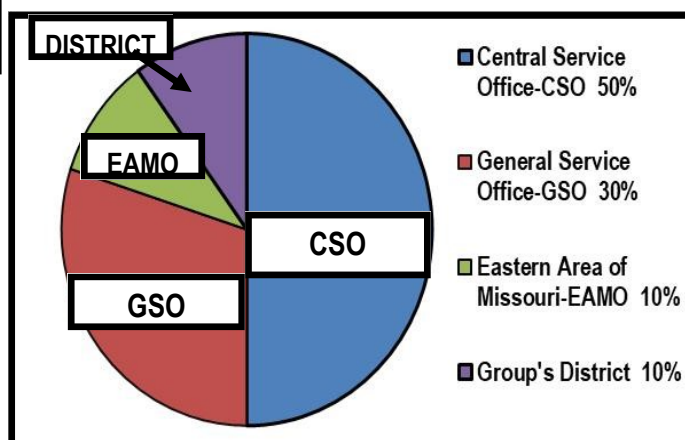
EASY DOES IT!

IMPORTANT!!!
DISTRICT TREASURERS
PLEASE CALL AHEAD
WHEN PLANNING TO
PICK UP DISTRICT
MONEY AS IT IS KEPT IN
A LOCKED SAFE

Tradition Seven reinforces personal responsibility and collective accountability. By funding themselves, members actively participate in the life of the group, fostering unity and commitment. It also protects AA's spiritual heritage from disputes over money, property, or authority, which could otherwise threaten the Fellowship's mission take the 12.org+2.

In essence, Tradition Seven is both a practical guideline for financial independence and a spiritual principle that ensures AA remains a self-sustaining, member-driven community dedicated to helping alcoholics achieve sobriety.

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 #__.

Online contributions: aastl.org/donate; aa.org; eamo.org.

***Electronic 7th Tradition!!***

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

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

Tradition Seven
Every A.A. Group ought to be fully self-supporting, declining outside contributions.

Central Service Office / Book Store Hours

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

Saturday: 10:00 AM-2:00 PM

(Closed Most Holidays)