

**The 3 BT's  
for April**

- April 3 B.T.'s  
(big Book Brain Teasers)  
Chapter 3 - More About Alcoholism
- 1) What step has the alcoholic taken when he concedes to his innermost self that he is an alcoholic?
  - 2) Why don't alcoholics quit when they can?
  - 3) Can women become alcoholics sooner than men?
  - 4) What two questions do the friends of the alcoholic ask?
  - 5) What is insanity?
  - 6) Is the alcoholic hopeless without divine help?
  - 7) Is there any solution for alcoholics other than a spiritual experience?

**answers to be found on  
announcement page**

**WE WELCOME YOU...**

The following are the Themes for the coming issues of newsletter.

- May: Expectations
- June: Unity
- July: Freedom
- August: Humor
- September: Simplicity
- October: Trust
- November: Secrets
- December: Forgiveness

We hope that this will spur you to think about writing an article or some other demonstration of your thoughts on these Topics.

**THIS MONTH :  
THEME : AMENDS**

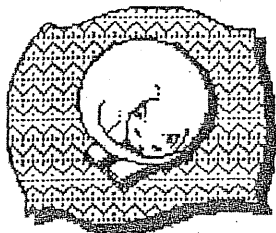
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**The Eight Step  
Grapevine October 1977**

Around the tables, I have, of late, participated in a succession of discussions centering on the Eighth Step. I regard this step as the easiest but perhaps the most subtle in the program. It requires only that I make a list of people I have harmed and become willing to make amends to them all. Unlike Step Five, Eight does not require that I seek out a companion and unload it on him. It does not require searching my soul or being humble—only making a list and becoming willing. Step Nine requires some damn bold action, so it is very different from, though obviously dependent on Step Eight.

The Eighth Step relates to people other than me. Unquestionably, it points outward and not inward. Many of us feel anger about this position and protest, "I didn't hurt anyone else but me. I figure I have to make amends to me." The phrasing may vary but the idea is always the same: "make amends to me." Frankly, I think this is so much garbage. It's one of the "old ideas" the Big book Advises us to discard—namely, selfishness. If the founders had meant Eight and Nine to be directed at themselves, they would have stated so in plain English.

But Here's an AA paradox: I have found, to my great joy, that if I work on Eight and Nine and keep the emphasis on my relationship with others, these steps actually do bring about the ultimate amends to me — a happy, sober day-to-day life that brims over with gladness, happiness, good fortune, and all that I could wish for. It's far better to work on the steps the way the Big Book and the Twelve and Twelve suggest than to risk losing this great life.

*Helen's Corner ...**12 Ways To Accept*

It is my belief the reason the founders recommend we wait until the ninth step to do amends is the very real possibility that the other person will tell us they dislike the person we have become even more than the drunk we were and tell us to take a hike. This rejection could easily lead us to relapse. Our living the steps day by day by day builds a strong foundation of sobriety which we can lean upon when or if disappointment befalls us.

On page 83 of the Big Book it states, "Our behaviour will convince them more than our words. We must remember that ten or twenty years of drunkenness would make a skeptic out of anyone". There is a possibility they will choose to remain skeptical and treat us like a bug under glass forever. At this point, we may have to face the fact that this relationship must end, unless, we should never allow ourselves to become so obsessed by a person that we betray our integrity just to keep that person near us.

A story in the Big book entitled, "Doctor, Alcoholic, Addict", gave me a paragraph on amends I needed to consider, it said, "Perhaps the best thing of all for me to remember that my serenity is inversely proportional to my expectations. The higher my expectations of Max (his wife) and other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my 'rights' try to move in, and they, too, can force my serenity level down. I have to discard my 'rights', as well as my expectations, by asking myself, my emotional sobriety?" And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level—at least for the time being".

This article developed from my own experiences. For too many years I tried to keep someone in my life by betraying my own integrity and well-being. The only one who suffered was me. Finally, I let him go. Today, I realize that obsession leads to possession.

Yours in the spirit of AA  
Helen S.

1) Accept that I am a sick person, and ne help and that help can be found by attending meetins, reading literature and by practicing the program at all times.

2) Accept, that I am powerless over anyone, but that I do have the power to change myself.

3) Accept that I am no t responsible for anyones actions, but I am responsible to myself.

4) Accept God or a Higher Power back into my life. To let go and let God, and to learn to have patience by not taking things back to quickly and trying to manage or play God myself.

5) Accept, that I am a good person and it is OK to be good to myself. Don't be afraid to be happy and enjoy what is beautiful. Always remember, I'm ok, God doesn't make junk.

6) Accept, tolerance with others and especially myself, having faith that I can gro in our program and become a whole person again.

7) Accept, things I do not like, realizing that all things do not have to be good to be acceptable. By having to let someone we love suffer for their own mistakes, or actions, by detaching with love.

8) Accept, that I do not have to be right all the time and that it is ok to be wrong or make a mistake, our mistakes can be a learning experience.

9) Accept, that it is OK to say I'm wrong and ask forgiveness when I hurt or wrong someone.

10) Accept, that I must be open-minded enough to listen thoughtfully to the opinions of others.

11) Accept, that each day is a new beginning and that it is within my power to make that day as good and happy as I want it to be

12) Accept, that I have no control over the past. That tomorrow is beyond our immediate control for it is yet unborn. This leaves only today. Let us therefore live but one day at a time.

## HISTORICAL ROOTS

Taken from the book "Serenity" by  
Dr. Robt Hemfelt and Dr. Richard Fowler

Twelve Step programs were born in the mid-1930s with the establishment of the first program, Alcoholics Anonymous. AA was adapted from a Christian revival organization referred to as the Oxford Group. Both the Oxford Group and the Twelve Steps have at their hearts the desire to take a healing message to people caught in unwholesome lifestyles.

Dr. Frank Buchman, a Lutheran minister of Pennsylvania Dutch stock, was the founder of the Oxford Group. While attending the 1908 Keswick Convention in England, Buchman had an experience that changed his life. Bearing resentments and feelings of ill will toward the official board of a hospice he had established and from which he had been compelled to resign because of differences with those board members, he entered a little church in Cumberland. His pride and anger had prevented his serving as a Christian minister should. Suddenly, in that church, through a woman's talk about the Power of Christ's redemption, he envisioned the suffering face of the crucified Christ. In that moment, he realized what a distance his resentments had placed between himself and God's unconditional love. Spiritually transformed, he was filled with an intense feeling of life as he surrendered his will and willfulness to God. The Oxford principles of surrender, restitution, and sharing were founded on his personal experience of spiritual conversion. The Oxford Group reached out to the suffering through house meetings, which included testimonies, personal witness, Bible study, and informal talks. Members were encouraged to find and work with persons who suffered from problems similar to their own. The use of attention-getting, easy-to-remember, easy-to-repeat slogans also became common in Group circles.

Bill Wilson traced his journey to sobriety through the Oxford Group. In November 1934, while he was still a practicing alcoholic, Bill was visited by an old friend, Ebby Thatcher, who had been restored to sobriety through the Oxford Group. One month later, while in a hospital undergoing treatment for alcoholism, Bill was again visited by Mr. Thatcher, at which time the principles of the Group were explained. It was at this time Bill had his transforming spiritual experience.

For the next three years, Bill pursued his recovery through the Oxford Group, which emphasized the following: 1) complete deflation (of false pride); 2) dependence and guidance from a Higher Power; 3) moral inventory; 4) confession; 5) restitution; 6) continued work with other suffering persons.

During a business trip to Akron, Ohio, Bill experienced a strong urge to drink. He knew, as a principle of his Oxford Group activity, that he could only retain his recovery if he were actively involved in helping others like himself. The man with whom he was finally linked was Dr. Bob Smith. They first met in May 1935, and Bill shared his own life story and his new found spiritual realization that if he persisted in his drinking, he would either go mad or die. They talked night after night. Dr. Bob finally began to share frankly with his new friend. After ten days of sobriety that ended in one final binge, Dr. Bob had his last drink on June 10 of that same year. Many people point to this date as the actual founding of AA, although it would not be known by that name for another four years.

In August of 1937, Wilson broke away from the Oxford Group because certain alcoholics had trouble with its rather aggressive evangelism. Also, Frank Buchman had assumed a controversial political stance, from which Bill wanted to distance himself.

Thus, AA became another link in the chain of brotherly love.



# ANNOUNCEMENTS

## MEETINGS

## MEETINGS

## MEETINGS

### NEW MEETINGS:

NORTH BUFFALO MEN'S - SUNDAY - 8:00 PM  
- Closed W/C at the Amity Club, 340 Military Road, Bflo

BY THE BOOK-Buffalo - MONDAY - 8:00 PM -  
Closed W/C at the Amity Club, 340 Military Road, Bflo

POWERLESS - MONDAY - 8:00 PM - An Open (speaker discussion) meeting at 339 Genesee St., Bflo W/C - doors open at 5:00 PM. The correct meeting time is 8:00 PM.

3rd STEP - TUESDAY - 8:30 PM - Open Discussion W/C - Amity Club, 340 Military Road

BIG BOOK STUDY (COI) - THURSDAY - 7:00 PM  
- 339 Genesee Street, Bflo

### PLEASE NOTE:

FREEDOM - SATURDAY - 8:00 PM - is updating their membership records. Please see group secretary, if you want to be counted as a member - new members welcomed.

GAY, LESBIAN, SOBER & PROUD - SATURDAY - 10:00 PM - is in need of support - actual start of meeting is 10:30 PM at 239 Lexington Ave, Buffalo.

### MEETING CHANGES:

R.I.P. - SUNDAY - 7:00 PM is cancelled

SERENDIPITY - MONDAY - 8:00 PM is cancelled.

ALBION - MONDAY & THURSDAY - 8:00 PM - closed meetings at Pulman Universal Church, Main & Park Sts, will also meet on Mondays at 8:00 PM as the Serendipity Group meeting has been cancelled.

BY THE BOOK-Buffalo - MONDAY - 8:00 PM - once known as the "Active Achievements" meets at the Amity Club, 340 Military Road - is now a closed meeting W/C  
BIG BOOK STUDY - TUESDAY - 8:30 PM cancelled

MATT TALBOT - 8:00 PM - will meet Tuesday nights during the Lenten Season starting March 3 - April 14th at St John Luth Ch, 67 Litchfield, Depew.

CHAPTER IX - TUESDAY - 8:00 PM - will meet on April 7th as the church is used for voting - 257 Deerhurst, Kenmore.

ANY AGE - WEDNESDAY - 8:00 PM - will have a speaker meeting the last Wednesday of the month - St. Andrew's, Elmwood Sheridan, Tonawanda.

WE NEED YOU - WEDNESDAY - 8:30 PM - cancelled - but will continue to meet SUNDAY at 1:00 PM - Open - W/C

BIG BOOK STUDY - THURSDAY - 8:00 PM a closed meeting W/C Amity Club, Military Road

CHANGING TIMES - FRIDAY - 8:00 PM cancelled

STEEL CITY - MON-WED-FRI - 6:00 AM cancelled

### Answers to 3 B.T.'s:

- 1) pg. 30, l. 12-13; 2) pg. 32, l. 23-26; 3) pg. 33, l. 26-28; 4) pg. 35, l. 4-10; 5) pg. 37, l. 4-6; 6) pg. 43, l. 17-19; 7) pg. 43, l. 18-25.

### CENTRAL COMMITTEE MEETING

SUNDAYS - April 5 and May 3, 7:00 PM. at 80 Goodrich Street behind Buffalo General.

REMEMBER Everyone Welcome.



# COMING EVENTS

APRIL 3, 4, 5 - WESTERN NY GSA SPRING CONVENTION - "Secrets to Serenity" McK-inley Park Inn, 3950 McKinley Pkwy., Blasdell, NY -registration \$8.00 (with banquet \$22.00) starts at 7:30 PM on Friday, April 3rd and continues all weekend closing on Sunday with speaker at 10:45 AM.

APRIL 5 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 Goodrich - 7:00 PM - Elections for Steering Committee District #4 - Southtowns.

APRIL 7 - TUESDAY - CHAPTER IX - will not meet this evening.

APRIL 11 - SATURDAY - NORTH BUFFALO - "Spring Fling" - American Legion Post #1041, 533 Amherst St, Bflo - Dinner - dancing - prizes - 7:30 PM - ? See group members for tickets - \$13.00.

APRIL 12 - SUNDAY - SERENITY GROUP - will celebrate their 29th Anniversary at the Holiday Inn, 1881 Niagara Falls Blvd., Amherst Breakfast - 9:15 AM - Meeting at 11:00 AM - Cost of Breakfast Buffet is \$6.25. The speaker is Terry S. - she is from Toronto, Ontario. Get your tickets in advance.

APRIL 19 - SUNDAY - WE CHOOSE LIFE - 2:00-7:00 PM is sponsoring a Talkathon at the Unity Church, 1243 Delaware Ave (back door), Bflo - non-smoking - pot-luck buffet.

APRIL 25 - SATURDAY - BIG BOOK STUDY (Thursday Night) is sponsoring a 4th Step Workshop at the Amity Club, 340 Military Road, Bflo, from 1 - 5 PM - Registration from 12 - 1 PM - \$4.00 fee - register early as seating is limited to 100 people - any questions? see slinger for more information.

MAY 2 - SATURDAY - SPRINGVILLE (Tuesday) is sponsoring "Springville's Spring Dance" at St. Aloysius Ch, 190 Franklin St donation \$5.00 per person in advance, \$6.00 at the door - speaker at 7:00 PM, buffet at 8:00 PM with music and dancing from 8:00 PM - Midnight - bring a dish if you wish.

MAY 23 - SATURDAY - COMMON PROBLEM will be sponsoring their ANNUAL 50 - 60's DANCE, St. Aloysius Ch., 157 Cleveland Drive, Cktg. Doors open at 7:30 PM. Food, music and fun. \$6.00 donation. Watch for slinger next month.

## IN MEMORIAM Francis Peter L.

"...Tis grace has brought me safe thus far, and grace will lead me home." (Amazing Grace)

For those of us who had come to know and love Frank, through the fellowship of Alcoholics Anonymous, we were priveleged to witness the strength and courage shown through his suffering. Having to deal daily with illness - as he phrased it, "learning how to be sick and having limitations" is one of the last things this writer remembers.

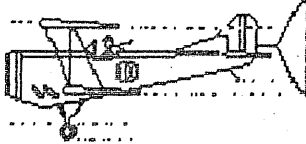
"I don't think happiness or unhappiness is he point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?"

(As Bill Sees It p.306)

Frank was very instrumental in starting a number of AA groups in the Cheektowaga area - one of which was the H.A.N.D. Group - he coined the name, as a matter of fact - "Have A Nice Day"! His love and support to one of the newest AA groups, "Just For Today" over the past year and a half, was most inspiring.

On April 3rd, Frank would have celebrated 13 years of continuous sobriety. Yet, the memory of one day at a time, living on a spiritual basis - for so many months, far outweighs the length of sobriety. His example of "how it can work" in the midst of trials is one we will long remember.

In Gratitude .. MeS



# Movin' On In Sobriety

## LOVEJOY

Denny D. 11yr.  
 Kim W. 4yr.  
 Karen B. 3yr.  
 Eunice S. 3yr.  
 Steve F. 2yr.  
 Mike P. 1yr.  
 Patty C. 9mo.  
 Antoinette J. 9mo.  
 Paul S. 3mo.

## NEW ZION

Mable H.  
 Joe B.  
 Larry B.  
 Penny R.  
 Tammy Z.  
 Barbara W.  
 Karen G.  
 Ron B.  
 Eva H.  
 April S.

## SENECA 12 & 12

Michael L. 9mo.  
 Reginal S. 9mo.  
 Ike F. 9mo.  
 Jason O. 6mo.  
 Dan O. 6mo.  
 Bill C. 14yr.  
 Frank L. (AM) 13yr.  
 Bo N. 12yr.  
 Denny D. 11yr.  
 John O. 8yr.  
 Ed P. 7yr.  
 Bryant G. 7yr.  
 Paul S. 7yr.  
 Pat S. 6yr.  
 Judy M. 5yr.  
 John G. 5yr.  
 Connie R. 3yr.  
 Gary S. 3yr.  
 Cecelia L. 2yr.  
 Kreg K. 3mo.

## WE CARE

Elmer M. 12yr.  
 Nita B. 6yr.  
 Bob O. 6mo.  
 Paul F. 6mo.  
 Denise G. 3mo.

## COLD SPRING

Mary H. 1  
 Lue J. 9  
 Debbie D. 5  
 Ron D. 4  
 Anthony H. 3  
 Ron C. 3  
 Jean W. 2  
 Denise C. 1  
 Tyronne C. 1  
 Michael L. 9m  
 Marcia S. 9m  
 Darryl P. 9m  
 Van P. 6m  
 Larry N. 6m  
 Venita P. 6m  
 Ramona D. 3m

## CHAPTER IX

Donna C. 5yr.  
 Debby P. 5yr.  
 Lisa S. 4yr.  
 Harvey S. 4yr.  
 Dan L. 4yr.  
 Mike N. 3yr.  
 Jammie A. 2yr.  
 Bob K. 2yr.  
 John Ham 2yr.  
 Amy Lynn M. 1yr.  
 Tom C. 3mo.

## FIRESIDE

Bob K. 17yr.  
 Maggie D. 16yr.  
 Dennis D. 11yr.  
 Hazel I. 9yr.  
 Eddie P. 7yr.  
 Day W. 4yr.  
 Rob R. 4yr.  
 Mary Ann M. 4yr.  
 Rick C. 4yr.  
 Gary S. 3yr.  
 Don S. 3yr.  
 June A. 3yr.  
 Cecelia L. 2yr.

## THRUWAY

John O. 8yr.  
 Ed P. 7yr.  
 Bryant G. 7yr.  
 Paul S. 7yr.  
 Pat S. 6yr.  
 Judy M. 5yr.  
 John G. 5yr.  
 Connie R. 3yr.  
 Gary S. 3yr.  
 Cecelia L. 2yr.  
 Kreg K. 3mo.

## HAPPY HOUR

Isiah W. 2yr.  
 Ione K. 2yr.  
 Steve F. 2yr.  
 Cheryl D. 2yr.  
 Bonnie L. 2yr.  
 Tina W. 2yr.  
 John G. 1yr.  
 Cynthia S. 1yr.  
 Bill C. 1yr.  
 Dan L. 1yr.  
 Harold A. 1yr.  
 Toni S. 1yr.  
 Stan S. 1yr.  
 Shirley J. 1yr.  
 Carl B. 9mo.  
 Linda G. 9mo.  
 Maxine B. 6mo.  
 James E. 6mo.  
 Bernard J. 6mo.  
 Elizabeth R. 6mo.  
 Pedro D. 6mo.  
 Ramona I. 6mo.  
 John L. 6mo.  
 Tut 6mo.  
 Victor O. 3mo.  
 Brenda G. 3mo.

## INNER CITY

John B. 22yr.  
 Cleo 22yr.  
 Hattie 11yr.  
 Elmo 4yr.  
 Johny 4yr.  
 Karyn 1yr.  
 Felipe S. 3m

## AMHERST/

## SNYDER

Rita F. 18yr.  
 Maggi D. 16yr.  
 Martin M. 11yr.  
 Sarah W. 9yr.  
 Dee C. 8yr.  
 Edward P. 7yr.  
 Rosanne L. 6yr.  
 Edward D. 5yr.  
 Fred S. 5yr.  
 Kimberly N. 5yr.  
 Colleen M. 5yr.  
 Peggy Z. 4yr.  
 Gary Z. 4yr.  
 Chris T. 3yr.  
 Cecelia L. 2yr.  
 George C. 2yr.  
 Susan H. 2yr.  
 Billy B. 1yr.  
 Fortunato T. 1yr.  
 Eva H. 1yr.  
 Richard S. 6mo.  
 Todd G. 6mo.  
 Andy H. 6mo.  
 Pat S. 3mo.  
 Mike E. 3mo.  
 Brian C. 3mo.

## AGAIN

Rhonda V. 1yr.  
 Michael P. 9mo.  
 Joanie L. 9mo.  
 Jerry F. 9mo.  
 Phil C. 9mo.  
 Rose M. 6mo.  
 Elaine H. 6mo.  
 Joe C. 6mo.  
 Frank M. 3mo.  
 Jack M. 3mo.  
 Gina C. 3mo.

## CORNPLANTERS

Mary B. 11yr.  
 Chris G. 6yr.  
 Edward W. 6yr.  
 Bev E. 2yr.

## WESTSIDE DISC.

Barb W. 6yr.  
 Carmella K. 6yr.  
 Maureen H. 6yr.  
 Robin W. 5yr.  
 Michelle B. 4yr.  
 Kimberly K. 3yr.  
 Joan H. 2yr.  
 Beverly C. 2yr.  
 Joyce E. 2yr.  
 Joanne C. 9mo.

## BIDWELL

Don K. 3-  
 Kimberly K. 1yr.  
 Ron H. 1yr.  
 Wendy S. 1yr.  
 Amy M. 9m  
 Pat L. 9m  
 Dane D. 9m  
 Joanne C. 9m

## THURSDAY

Kimberly K. 1yr.  
 Wendy S. 1yr.  
 Amy M. 9m  
 Pat L. 9m  
 Dane D. 9m  
 Joanne C. 9m

## SOUTH BUFFALO

Joanne M. 10yr.  
 Margaret D. 10yr.  
 Dorothy A. 9yr.  
 Theresa C. 8yr.  
 Cliff H. 7yr.  
 Mark B. 2yr.  
 Chad B. 1yr.  
 Jim H. 1yr.

## H.O.W.

Chad B. 1yr.  
 Dave S. 1yr.  
 Andy T. 1yr.  
 Mike V. 1yr.  
 Brian R. 6mo.  
 Eethra M. 6mo.  
 Theresa C. 3mo.  
 Linda F. 3mo.  
 Scotty S. 8yr.  
 Bea F. 5yr.  
 Sean McG. 4yr.  
 Cheryl G. 2yr.  
 Jerry D. 6mo.

## EYE OPENER

Ed B. 17yr.  
 Chuck D. 16yr.  
 Doug B. 5yr.  
 Nick S. 5yr.  
 Pat W. 4yr.  
 Howard V. 4yr.  
 Ted J. 4yr.  
 Alan C. 3yr.  
 Ralph M. 3yr.  
 Jim V. 2yr.  
 Marsha P. 2yr.  
 Bill F. 1yr.  
 Carol D. 1yr.  
 Kirsten W. 9mo.  
 Diane Z. 9mo.  
 Nancy B. 9mo.  
 Joe L. 9mo.  
 Ray 6mo.  
 Judy H. 6mo.  
 Bob McF. 6mo.  
 Jim M. 3mo.  
 John M. 3mo.  
 Rob M. 3mo.

## WOMEN'S

Victor O. 3mo.  
 Brenda G. 3mo.

## HARMONY

Tony B. 2yr.  
 Dathan B. 2yr.  
 Tom S. 22yr.  
 Jerry S. 17yr.  
 Peter B. 9yr.  
 Bob C. 8yr.  
 Bill K. 8yr.  
 Joe V. 6yr.  
 Pat C. 5yr.  
 Mark L. 4yr.  
 Mark H. 6mo.

## SUNRISE COURT

Larry B. 10yr.  
 Carolyn C. 1yr.  
 Boykin D. 1yr.  
 Pat W. 1yr.  
 Bruce D. 9mo.  
 Charles M. 9mo.  
 Ray R. 6mo.  
 Doug R. 6mo.  
 John J. 6mo.  
 Eddie D. 6mo.  
 Diane B. 3mo.

## LET GO

Tim F. 4yr.  
 John McB. 4yr.  
 Tony H. 3yr.

## LET GOD

John McB. 4yr.  
 Tony H. 3yr.

TO BE INCLUDED IN THIS LISTING PLEASE MAIL IN ONLY THE CURRENT MONTHS ANNIVERSARIES

## MAKING AMENDS

By Tom A., Laguna Beach, Calif.  
Grapevine

March 1975

In the program of AA, Step Eight and nine suggest that, to attain peace, I must make a list of persons I have harmed and make amends to them. For some time, I neatly sidestepped the tough amends, saying, "The Step says, 'except when to do so would injure them or others'. Well, I'm others, aren't I? And some of the amends would clearly hurt me, right?"

That is precisely the kind of thinking that prevented me from giving myself completely to this simple program. Angle-shooting and "cool" thinking kept me drunk for six years and, worse yet, let peace of mind elude me for over five sober years. Self-righteousness was blocking me from God's light.

After tenaciously holding on to my self-will until it about drove me insane, I faced the tough amends one by one. I owned up to stealing money via a padded expense account; I admitted character assassination that bordered on libel; I faced the Internal Revenue Service and other creditors. The most difficult part was doing all these things while sober.

Today, I'm learning the freedom that comes with facing my problems fearlessly and without resistance. They are not all resolved, but I've done my part. God will take it from here.

There was one more act of amends—the hardest of all. After a few attempts at sitting down with my father, I was convinced I'd never be able to honestly complete this one. Each time I'd about get to the point of admitting I'd stolen from him, slandered him, hated him, and venomously resented him, my insides would go into knots, and unbelievable hostility would well up. My mind would flash to the years I spent fearing him, the bad things I thought he'd done to my mother while he was drunk. I simply was still hating him and didn't know how to deal with it.

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"We ask ourselves what we mean when we say that we have 'harmed' other people. What kind of 'harm' do people do one another, anyway? To define the word 'harm' in a practical way, we might call it the result of instincts incollision, which, cause physical, mental, emotional, or spiritual damage to those about us." 12&12, pg.

80

A few months before my seventh AA birthday, I was alone, praying. Somehow, the words "Our Father" clicked in my head. I had been saying that prayer since I was five years old, without hearing it. "Our Father" means God to me, not my natal father. If God is our Father, He is then my father's Father, too, and we therefore are brothers. All of a sudden, I saw my worldly father as my spiritual brother, doing the best job he can with what he's got. It has been as hard for him as it has been for me. He's attempting to find happiness, just as I am.

I am very grateful I have found the program of AA as a guideline to living. I have allowed me to learn that God, my spiritual Father, is guiding me through today. With each living experience, I find that happiness and security come as a result of working this simple program.

The next time my dad and I were together, all the hatred and fear were removed. I reached out to him with love—without strings or reservations. It was like an inside shower. Today, we're very good friends. We don't need to either approve or disapprove of each other. Why do we have to put our parents in some unfailing, Godlike role? I'm so galled I've finally seen that we are both God's kids, doing our best each day.

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"Some of us clung to the claim that when drinking we never hurt anybody but ourselves. What real harm, therefore, had we done? No more, surely, than we could easily mend with a few casual apologies.

This attitude, of course, is the end result of purposeful forgetting. It is an attitude which can be changed only by a deep and honest search of our motives and actions." 12&12, pg. 79

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"Just how and when we tell the truth—or keep silent—can often reveal the difference between genuine integrity and none at all.

Step 9 emphatically cautions us against misusing the truth when it states: 'We made direct amends to such people wherever possible, except when to do so would injure them or others.' Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide-ranging application to the problem of developing integrity." Grapevine, August 1961

**AA CENTRAL OFFICE**

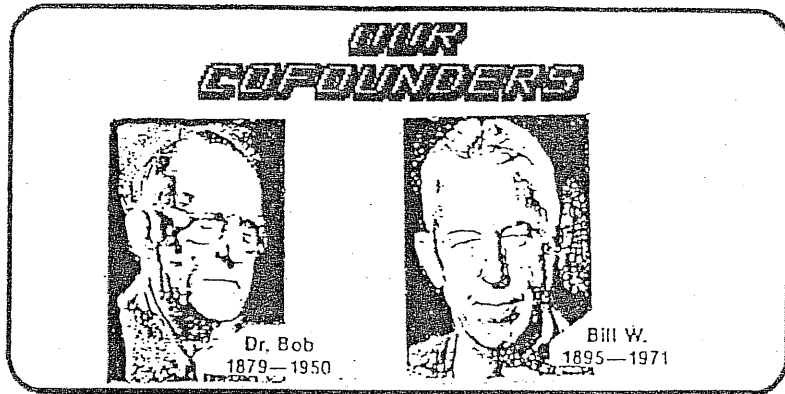
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295 Main Street  
Buffalo, New York 14203

(716)853-0388

Executive Secretary - Delphine H.  
Clerical - Mary Ellen S.

**CENTRAL COMMITTEE**

Chairman - Jack C.  
Recording Secretary - James W.  
Financial Secretary - Larry B.



Central Committee meets on the first Sunday of every month at 7:00 PM at the COMMUNITY HEALTH CENTER, 80 Goodrich Street (behind Buffalo General Hospital).  
**OPEN TO ALL AA MEMBERS.**

**SUB-COMMITTEES OF THE CENTRAL COMMITTEE**

Correctional Facilities - Toni H.  
Treatment Facilities - Dave  
Buffalo Fall Convention - Elizabeth G.  
Screeners - Norma F.  
New Frontiers - Larry B.  
Editorial - Helen S.  
Envelope System - Burr E.

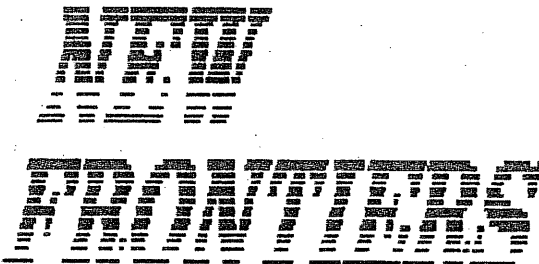
AA MEMBERS are encouraged to share the fellowship by volunteering for any of these committees. Call the Central Office at 853-0388.

**REMEMBER: WE ARE RESPONSIBLE.**

**STEERING COMMITTEE**

District 1 - Central Buffalo: Sandy H.  
2 - Northwest Buffalo: Bryan McK.  
3 - South Buffalo: Shawn C.  
4 - Southtowns: John B.  
5 - Northern Tier: Marlon G.  
6 - Southern Tier: Mike B.  
7 - Northeast Buffalo: Kevin C.  
8 - Eastern Tier: Bill M.

**WESTERN NEW YORK GENERAL SERVICE** meets Sundays of February, March, May, June, August, September, October and November. For place of meeting refer to meeting schedule.  
**EVERYONE IS WELCOME TO ATTEND THE GSA MEETINGS.**



The NEW FRONTIERS is your AA newsletter. Our purpose is to present personal stories and subjects directly related to the recovery from alcoholism. For inclusion in the next issue, material must reach the Central Office by **April 15th** for inclusion in the **May** issue. Your artwork, poems, articles etc. are also welcome.

**NEXT MONTH'S THEME : "Expectations"**

The NEW FRONTIERS will be mailed to you monthly for a yearly cost of \$7.00. To subscribe EITHER 1) call the Central Office at 853-0388 OR 2) fill out this form (please print). Make checks or money orders payable in American funds to Alcoholics Anonymous and send to the Central Office.:

c/o NEW FRONTIERS  
845 Ellicott Square Bldg.  
295 Main Street  
Buffalo, NY 14203-2412.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



CENTRAL COMMITTEE

APRIL 5, 1992

The meeting was opened at 7:03 pm with a moment of silence, followed by the Serenity Prayer. The Pre-ambler, Purpose of the Central Committee, and the Twelve Traditions were read. It was moved by Gene O. and seconded by John M. to dispense with the reading of minutes from last months meeting.

50 GROUPS WERE REPRESENTED:

**DISTRICT #1** - Bidwell, Delaware Discussion, Gay Lesbian Sober & Proud, Happy Hour, High Noon, Live & Let Live, New Westside Positively Sober, Rush Hall, Sunday Nitters, Womens Westside Disc., Working. **DISTRICT #2** - Chevy #1, Positively Living II, Serenity, Why. **DISTRICT #3** - Casting, Cazenovia, Ellicott; Father Baker, Honest Desire, Iron Horse, Lovejoy, Pass It On, Powerless, Rainbow, Security, South Gate, Urban, W. Seneca Sat. Nite. **DISTRICT #4** - Action, Hamburg Big Book, Lake Shore, The Way. **DISTRICT #5** - Twin Cities, We Admitted. **DISTRICT #6** - Tri-County. **DISTRICT #7** - All Women-ECMC, Cold Springs, Feelings, Honesty, Sheridan, Stay Clean, United Brotherhood. **DISTRICT #8** - Attitude Adjustment, Common Problem, Inspiration, T.G.I.F., Williamsville, Sobriety II.

COMMITTEE REPORTS:

ENVELOPE SYSTEM - Burr E.

	1991	1992	CHANGE	% OF CHG.
MAR. RECEIPTS -	\$367.00	\$313.58	-\$53.42	-14.55%
YEAR TO DATE -	\$2450.00	\$2388.58	-\$61.42	-2.50%

STEERING COMMITTEE MINUTES 3/31/92 - Delphine H.

Bill M. opened the meeting at 6:15 pm with the Serenity Prayer. Others present were Delphine H., Sandra H., Larry B., Mike B., and Jack C.. The minutes were read and a motion to accept them was made and seconded. Motion carried. OLD

BUSINESS: A. Schedules will be out with a month - \$.50 for the full schedule booklets and \$.25 for the Open meeting schedules. B. The new copier has arrived - Konica - at \$6585.00.

NEW BUSINESS: A. It was brought up that many members of the Steering Comm. have been repeatedly absent. Letters are to go out to those people. A list of the expiration dates is to be available at the next Steering Committee meeting, where we will decide to appoint replacements for these districts to fulfil the remaining terms. B. There will be three meetings dropped from our schedules because of their membership in another Intergroup - Salamanca, Salamanca Freedom who are members of NY Penn Intergroup and Early Beginnings who is a member of the Niagara Falls Intergroup. C. Mike B., as Chairman of the CPC committee has spoken with Steve Swartz, Director of ARU about the subject of his facility being an exception to the ruling of the Central Committee and that his institution be able to purchase the full schedule. After a brief discussion the Committee felt no justified reason to do so.

It is my hope, by publishing Joes' drawings, that others will submit drawings of the same for publication in your monthly newsletter. I would also like to point out that the memoriam for FRANCIS PETER is not written to extol him, but to recognize a members thoughts on him. I would like to see others to be published.

#### BUFFALO FALL CONVENTION - Elizabeth G.

We had our meeting March 28, everything is going well because of the controversy that we had at this meeting last month. I talked with the Committee and we decided that we would charge \$26.00 for the Convention. The Hospitality Chairperson, Co-Chairperson and I have selected the menu. Prime Rib! We are going to be asking for Hospitality money soon.

#### COURTESY REPORTS

##### G.S.A. - General Services Assembly - Bill M.

1. Next area Committee meeting: ECC North, Wherle Dr., 1 pm, smoking meeting. 2. N.Y.S. Convention: July 17th, 18th; and 19th, Albany Marriot, Albany, N.Y.. Registration and banquet, \$30.00.

##### P.I.C. - Public Information Committee - John L.

3/17/92 Hamburg Junior High, 1 class of 19 students. Sent literature rack and 2 speakers. Students had lots of questions. Class was 45 minutes. 3/19/92 ECC downtown, 1 class of 25 students. Sent literature rack and 1 speaker. Active participation and class was 1 hour. 3/26/92 UB campus, 1 class of 30 students. Sent rack of literature and 2 speakers. Students took notes and cleared up a lot of misconceptions about what A.A. is and what A.A. is not. Lots of questions were asked and class was about 1 1/2 hours.

#### RE - CAP

Fall Convention - Elizabeth G. asked for clarification of the statement from the Steering Committee concerning the need for a representative from each Committee to be at each others meetings.

Treatment Facilities - Bob H. brought it to the Committees attention we have no report from this chairperson tonight and has not been a report in some months.

NEW FRONTIERS - It was brought up that the artist who submits their work to the New Frontiers should be permitted to include their initials.

G.S.A. - John L. made available flyers for the Aug. '92 GSA 13th Annual Workshop to be held at Daemen College. Marcia W. gave a short explanation of the Spring Convention that had just been held in Blasdell.

Amherst Snyder	15.00	60.00
Beginnings		33.00
Bidwell (Thursday)		25.00
Chapter IX	10.00	45.00
Chevy #1		60.00
Clarence Men's Disc. I		25.00
Clarence Men's Disc. II		50.00
Cornplanters Again	20.00	40.00
Courage		25.00
Delaware Disc.	20.00	40.00
Downtown Men's		20.00
Eternal Vigilance		50.00
Father Baker	50.00	50.00
H.A.N.D.		25.00
Happy Hour		50.00
High View		15.00
Hill Billy		25.00
Honesty	10.00	40.00
Iron Horse	100.00	100.00
Just for Today		5.00
Lake Shore	70.00	110.00
Morning After		10.00
New Life	5.00	10.00
North Buffalo	25.00	100.00
North Java		50.00
Pass It On		5.00
Rainbow		32.00
Renewal		100.00
Seneca 12 & 12		10.00
Sheridan	30.00	50.00
South Buffalo		50.00
Step		20.00
Sunday Morning Breakfast		50.00
Sunday Niters		35.00
TGIF	10.00	10.00
Tri-County		25.00
Twin Cities		100.00
Urban		20.00
We Admitted		10.00
We Care	10.00	40.00
WHY		25.00
Williamsville		30.00
Willing to Grow		15.00
Jane M. Bankers		30.00
	375.00	1720.00
Expenses	Check No.	Amount
AA Central Office-Wende	1138	310.00
		310.00

RECAP				
Balance per checkbook 3/25/92	(29.08)			
Add receipts 3/25/92 - 4/25/92	375.00		345.92	
Deduct expenses 3/25/92 - 4/25/92			310.00	
Balance per checkbook 4/25/92				35.92
Operating credit 4/25/92				65.00

EDMHD			EXHIBITS			EXHIBIT		
1st Step			Central Park			8th Nee Gain Geh		
1st Things 1st		20.00	Changing Times			Gardenville		50.00
6th Step			Chapter IX	10.00	45.00	Gay, Lesbian, Sober & Proud		
11th Step			Cheektowaga			Giving		
A Day At A Time			Chevy #1			Golden Slipper		221.25
A Helping Hand	20.00	20.00	Clarence Men's Disc I		350.00	Good Life		
Abbott Mens Disc			Clarence Men's Disc II			Grand		
Acceptance		60.00	Cold Springs		25.00	Grand II Joy Of Living		
Achievement			Common Hour			Grateful		
Action		100.00	Common Problem			H.A.N.D.		60.00
Age Doesn't Matter			Community Center			H.O.W.		30.00
Albion			Cornplanters Again	80.00	150.00	Half & Half		
Alexander	50.00	50.00	Courage		25.00	Hamburg		
All Women			Daily Commitment			Hamburg Big Book		
Amherst Snyder	50.00	200.00	Delaware Discussion	80.00	150.00	Handicappers Sal. Nite		50.00
Amherst Tree of Life			Derby	50.00	140.00	Happy Hour		50.00
Amsdell Lakeshore			Desire		225.00	Harmony	5.00	35.00
Any Age			DeVeaux Discussion			High Noon (Gay)		
Arcade			Downtown Discussion			High View		
As Bill Sees It	15.00	15.00	Downtown Men's Disc			Hill Billy		130.00
Attitude Adjustment			Dunkirk			Honest Desire		
Attraction		200.00	Early Beginnings			Honesty	30.00	120.00
Awakening			Early Bird			Humbly Willing		
Beginner's Table			Early Start			Ignatia		10.00
Beginning in Sobriety I			East Amherst		100.00	Inner City		
Beginning in Sobriety II			East Aurora	40.00	160.00	Inspiration		5.25
Beginnings		34.00	East Side			Iron Horse	100.00	100.00
Better Days			Easy Does It			IT		
Bidwell	30.00	250.00	Eden-North Collins		80.00	It's About Time		25.00
Bidwell Monday Disc			Ellicott	25.00	75.00	Just for Today	12.00	17.00
Big Book			Ellicottville			Keep It Simple, Sister	10.00	10.00
Big Book-Lockport			Emergency			Keep on Comin'		80.00
Big Book Study			Eternal Vigilance		250.00	Kenmore		
Blasdell			Everybody's			Kensington Disc	75.00	75.00
Blasdell Monday Nite			Eye Opener	240.00	540.00	Ladies Night		
Blissfully Sober			Faith and Actions			Lakeshore	20.00	60.00
Boulevard Women	30.00	60.00	Father Baker	200.00	200.00	Lakeview		35.00
Brass		40.00	Feelings			Let Go & Let God		20.00
Broadway-Bailey			Fireside		600.00	Lew-port		
Brocton Discussion			Fireside P.M.			Liberty Women's	256.00	258.00
But/Grace of God	23.45	33.45	Ford			Life Today	25.00	25.00
By the Book-Batavia			Fredonia Bkft. Mtg			Lighten Up		160.00
By The Book-Buffalo			Fredonia Discussion	60.00	60.00	Live and Let Live (Gay)		
Came To Believe	32.50	53.55	Freedom	25.00	100.00	Living Sober	35.00	140.00
Campus-Buff State			Fresh Start			Lock City	75.00	75.00
Casting	50.00	50.00	Friday Nite Discussion			Lockport #1		140.00
Cathedral Park	31.00	75.77	Friendly	75.00	155.00	Lockport Discussion		
Caz Manor		50.00	Friendship Fireside			Lockport Ladies		

Central Committee Acct-Financial Statement #504-771-7 March 25, 1992 - April 25, 1992				
55 Groups contributed				3251.95
Joint Meeting (expenses \$13.62)				26.57
New Frontiers Subscription				66.00
Envelope System				593.00
Literature				4056.42
Miscellaneous:	Slingers and postage		34.00	
	Fall Convention hosp.- Renaissance		50.00	
	In memory of Isabel-Boulevard wo.		20.00	104.00
			Total receipts	8097.94
<b>DISBURSEMENTS</b>				
	*10 Ellicott Sq Ct Corp - rent			542.00
	Community Mental Health Ctr - CC Meeting			35.00
	Image Office Equipment, Inc. - copier			5584.00
	Gould & Swanson, PC - income tax			600.00
	Pitney Bowes - meter rental			83.00
	Message Connection, Inc. - answering service			166.40
	Quill - computer tapes/supplies			44.91
	Patty R. - books			353.74
	Buffalo News - monthly ads			294.00
	Happy Spring Water - monthly			18.45
	AA World Services - books			2381.80
	M&T Band - Fed withholding tax			714.35
	Internal Revenue Service - 1st qtr.			6.58
	NYS Unemployment Insurance - 1st qtr			100.13
	NYS Income Tax - 1st qtr			334.10
	Image Office Equipment - Maintenance contract			1395.00
	New York Telephone			172.14
	The State Insurance Fund			240.50
	US Postmaster - stamp machine refill			600.00
	The Message Connection - Ans service			130.25
	Salaries - Central Office			2547.24
	Petty Cash			50.00
	Bank charges			33.71
			Total disbursements	16427.30
Balance per checkbook 3/25/92			11215.14	
Add receipts 3/25/92 - 4/25/92			8097.94	19313.08
Deduct expenses 3/25/92 - 4/25/92				-16427.30
Balance per checkbook 4/25/92				2885.78
Operating debit	4/25/92	(8329.36)		
		M & T Time Deposit	9495.45	
		M&T Money Market	12778.02	
		M&T Checking Accounts	2885.78	
		Total Monetary Assets	25159.25	
		Projected Prudent Reserve	-36000.00	
		Reserve debit	(10840.75)	

TEERING COMMITTEE MINUTES 5/2/92 Delphine H.

Bill M. opened the meeting at 6:00PM with the Serenity Prayer. Others present were Delphine H., Mike B., Patricia T., John B., Shawn C.

Jeff P. and Kevin C. It was noted that part of a sentence was left out of last month minutes. Other than that, the minutes were read and approved.

Old Business: a. Sandra reported that she went to the Fall Convention Meeting held the previous Saturday at the Hyatt. The meeting chiefly was about the slinger. Nothing else new to report. In that she was ill, this report was made over the phone for Delphine to relate to the Committee.

New Business: a. Incidents at 3 groups were discussed. All the situations have been or are being taken care of. b. Security of the Central Office was questioned. There does not seem to be a problem for the workers who have found their own methods dealing with any problems that might arise. e.g. "Please Knock" sign and a locked door when anyone is working alone.

c. The office is out of "24 Hour a Day" books. It is proposed that we take it back to our groups this month and vote at July's meeting, once again, as to whether or not we should carry this publication at the Central Office.

d. It was asked by the Chairman of the Correctional Facility Committee that the meetings in the various facilities be put on a separate page in our schedule. The Steering Committee unanimously felt that this would be a good idea for our next printing of the schedule to make people more aware of these meetings and get them involved. It was as suggested that we do this with the Treatment Facility Meetings also. Any input would be appreciated. c. Other topics discussed were CPC at Sheehan, the Turning Point meeting which will be looked into, and the NYS Division on Alcoholism, etc's actions in trying to become involved with AA policies.

It was noted that in 1994 our area will host the NERAASA Conference in Niagara Fall, NY. (North East Region A.A. Service Assembly).

Old Business: a. A few people were discussed as possible candidates for '93 Co-chairperson of the Fall Convention.

The meeting was adjourned with the Lord's Prayer at 7:30 PM.

CENTRAL OFFICE:

Delphine H. - April '92

A.A. INFORMATION	758		
PIC	3	12 STEP	4
CPC		LITERATURE REQUESTS	20
AL-ANON	17	REFERRAL TO OTHER AGENCIES	11
ALATEEN	2	REFERRAL FROM OTHER AGENCIES	3
ACOA	19	CENTRAL OFFICE	
METROCOMM SERVICE GROUP		OUTGOING CALLS	449
INCOMING CALLS	423	OUTGOING MAIL	\$192.45
OUTGOING CALLS	25	VISITORS	77

STEERING COMMITTEE MINUTES 4/28/92 Delphine H.

Bill M. opened the meeting at 6:00PM with the Serenity Prayer. Others present were Delphine H., Sandra H., Larry B., Mike B., Patricia T., Kevin C., John B. and Jack C. The minutes were read and a motion to accept them was made and seconded. Motion Carried.

Old Business: a. Sandra reported that she went to the Fall Convention Meeting held the previous Saturday at the Hyatt. Selling of sweat and T-shirts is out and the prices of the convention with banquet is at present \$28. Co-chairperson, Pat T. concered and asked what was expected of her if we send a representative from Steering Committee her reports would be redundant. A discussion took place starting with the fact that in our Procedures and our Guidelines it is stated that there be such representation and that when questions arise or support is need from the Steering Committee a spokesperson is welcome to the monthly meeting to discussion any issue in more length than can be done at Central Committee itself. Then such issue can be presented to the full body with the traditions, guidelines and prodecures all in order. This practice should have been put in play years ago as our guidelines states.

b. Letters were sent to Marion G., Shawn C., and Bryan McK. All responded. Marion G. agreed that if someone can be then more often she felt she best resign. Jeff P., Turning Point Group, was appointed by the Committee to complete the term. Bryan McK. said it would be best if we replaced him for his working schedule has not permitted him to be active with the Committee. We will be looking for a replacement for district #2. Shawn C. from South Buffalo does not wish to be removed from the Committee. He asked if perhaps he could have an alternative person appointed to be there when he is in school. Toni H. was suggested. She will be approached.

NEW BUSINESS: None.

The meeting adjourned at 6:30PM with the Lord's Prayer.



ENVELOPE SYSTEM REPORT

TO CENTRAL COMMITTEE

APRIL 1, 1992

Burr E.

	1991	1992	CHANGE	PERCENT CHANGE
MARCH RECEIPTS	\$367.00	\$313.58	-\$53.42	-14.55 DECREASE
YEAR TO DATE	\$2450.00	\$2388.58	-\$61.42	-2.50 DECREASE

STEERING COMMITTEE MINUTES 3/31/92 Delphine H.

Bill M. opened the meeting at 6:15PM with the Serenity Prayer. Others present were Delphine H., Sandra H., Larry B., Mike B., and Jack C. The minutes were read and a motion to accept them was made and seconded. Motion Carried.

Old Business: (a) Schedules will be out within a Month - \$.50 for the Full schedule booklets and \$.25 for the Open meeting schedules. (b) New copier has arrived - Konica at \$6585.00

NEW BUSINESS: (a) It was brought up that many members of the Steering Committee have been repeatedly absent. Letters are to go out to these people. Next month a list of the expiration dates is to be available at the next Steering Committee Meeting where we will decide to appoint replacement people for these districts for the remainder of their terms.

(b) There will be three meetings dropped from our schedules because of their membership in another Intergroup - Salamanca, Salamanca Freedom who are members of NY Penn Intergroup and Early Beginnings who is a member of the Niagara Falls Intergroup. (c) Mike B., as Chairman of the CPC Committee had spoken with Steve Swartz, Director of ARU about the subject of his facility being an exception to the ruling of the Central Committee and that his institution be able to purchase the full schedule. After a brief discussion the Committee felt no justified reason to do so. The Open Schedule contains atleast 200 meetings for the clients to chose from with the clear understanding that Alcoholics Anonymous is telling them that if *they* feel the desire to go to closed meetings they are welcome to pick up a full schedule at any meeting and attend any meeting listed, thus hoping to re-enforce our non-affiliation with the Institution. (d) On the topic of the Buffalo Fall Convention, there was expressed a desire to bring more inter-play between the Convention Committee and Steering Committee. One point discussed was the rise in cost for the convention - what was needed was a proposed budget to justify or explain the increase in the tickets, which would have caused less or no question about the decision of the Convention Committee. (e) The Convention Guideline are to be sent to the new Steering Committee members. We will review them next month. The Steering Committee suggested to the Central Committee Chairman to delegate a Steering Committee Representative to attend the Convention planning meetings and perhaps having a Convention Rep come to our meetings. Jack C. agreed and appointed Sandra H. to be the liaison, she agreed and the Committee approved the appointment. (f) Bill M. again made the request that Delphine approach the managment of the Ellicott Square Bldg. to see if perhaps someone would like the space we are now in so that, at the expense of the building management, we could move into larger quarters in hopes of having a room for the archives.

The meeting adjourned at 7:15PM with the Lord's Prayer.