

NEW FRONTIERS

April 2005

THE CENTRAL COMMITTEE NEWSLETTER FOR ALL A.A. MEMBERS OF WESTERN NEW YORK AND THE NIAGARA FRONTIER
We request that this newsletter be kept within the Fellowship to insure anonymity.

Too few articles submitted this month so we went to the *Grapevine*, once more, to fill the pages!

Get ready for the 2005 International Convention

You can find out where to register online and where to volunteer for service at the July 2005 Toronto Convention on our home page: <http://www.aagrapevine.org>

The Gentleman From Vermont

The Convention promises to be an exciting celebration and you never know who you'll run into. In the July 1949 issue, *G.F.G. of Waterville, Maine*, described a memorable experience at the convention in Montreal in 1949:

A few months ago I attended the convention at Montreal, Quebec, Canada. Friday evening I visited the headquarters in the Mount Royal Hotel. In the salon I started a conversation with an affable gentleman who told me that he originally came from Vermont.

Since Maine and Vermont have many things in common, we continued our talk. Naturally I asked him the stock question of how long he had been dry and he replied, "Fourteen years."

I figured back in my head. That would be 1935, which was about the time Alcoholics Anonymous was founded.

Thinking this man was either kidding me or trying to tell me politely to mind my own business I thought I would put him in his place and I replied, "That is nothing. Rip Van Winkle was dry for 20 years."

He smiled very broadly. In fact, I would call it a good New England grin. Imagine my surprise to later learn that I was talking to Bill W.!

Since then I have been slightly more humble.

Sometimes Nine and Twenty Do Not Suffice

from *A Delicate Diet for Dainty mouthed Drunkards* (c. 1575) by George Gascoigne found in the *Grapevine Digital Archive* (c. 1995), and contributed by Grady S. of St. Louis, Missouri:

I would that our gentry, and the better sort of our people, were not so much acquainted with quaffing, carousing and drinking of hearty draughts, at many merry conventions. I find that the pleasantness of the drink and the infirmity of our nature do beget one draught upon another, so that, beginning with courtesy, we end with madness and beastliness. Well wrote he which said that the first cup quenched thirst, the second induced mirth and rejoicing in heart, the third voluptuousness, the fourth drunkenness, the fifth wrathfulness, the sixth contentiousness, the seventh furiousness, the eighth sluggishness, and the ninth extremity of sickness. But with us nine draughts, yea nineteen draughts, nay, sometimes nine and twenty do not suffice. And though his worldly friends wink, and temporal death forbear him a while, let him yet not think to escape: for it weakeneth and endangereth man's body daily, it impairerth his reputation openly, and wounderth his soul secretly.

Step Four ~ Made a searching and fearless moral inventory of ourselves.

I'm a blackout drinker ... when I drank, nine times out of ten I drank until I blacked out; and nine days out of ten I was drunk!

First, I looked around the bedroom to see if there was anyone there I didn't recognize (and to make sure I was in my own). Then, I'd stagger to the front window of the house to see if I came home with my car. Next, I'd stagger into the bathroom to see if I came home with all my teeth and my other features intact. Everyday, while I was looking in the mirror, I'd groan to my reflection. "Why do I keep doing this shit?"

Drinking had cost me four years of college, my wife, a home, jobs, the affection of friends & family, and the girl of my youthful dreams. (And, no, I'm not counting my wife twice, but that's another story.) After all this, I still kept drinking and I couldn't understand why, until I came to AA and you folks explained it to me. Until then, I didn't know what was wrong with me, and, not knowing what was wrong was incapable of doing anything to fix it.

After I found AA and had been dry awhile, I found myself back in front of that mirror. And I was still asking the same question. Even though I wasn't drinking, I was still hurting myself and others and I didn't know what was wrong or how to fix it. Again, AA came to my rescue, this time in the person of my first sponsor, who told me it was time for Step Four.

I was overwhelmed at the thought of a complete inventory, so I thought to do it in small bits. I carried a small spiral notebook everywhere. When I thought of something that should be in my inventory, I wrote it in the book. At the end of the day, I tore out any pages I had written on and hid them away, so that each day started as a new, blank page, a symbolism that was lost on me at the time. At the end of a month or so, I took out all my pages, copied them over and took them to my sponsor. He helped me to see the patterns in my inventory. I learned that it was these patterns that were important, not the details of my inventory. The patterns showed how my defects of character created and shaped my problems with the world. Looking at those patterns, I was shown what I needed to work on to fix those problems.

Once I knew what was broken, I had a chance to fix it. It's been a number of years now, and I'm still working on it. As my present sponsor has reminded me repeatedly, my defects of character are not likely to go away, but if I work on them on a daily basis, they remain manageable, and I get to be happy and content with my life.

Tradition Four ~ Each group should be autonomous except in matters affecting other groups or AA as a whole.

A Question of Safety Tradition Four

"I don't feel safe," someone at a meeting will share, or "Let's keep AA a safe place." And I will think, "Safe from whom? Safe from what? Safe from the outside world?" Perhaps, but it is more likely that the world needs to be kept safe from me should I pick up a drink, given my drinking history. *Safe*. Sometimes the word seems to float lonely, unattached, through the room, seeking a context. Sometimes, hearing the word, I feel, well, unsafe.

I noticed that the business meeting that normally followed the regularly scheduled meeting on the first Thursday of the month did not take place. The next month came and again no business meeting. The same thing the following month. I asked the chairperson about it. "We have business meetings when we feel like having business meetings," he said. I went to another member of the group. "We're not into business meetings," he said.

The group began to seem different. A group officer wandered around with the collections from the previous three weeks seeking to know who the treasurer was. The chairperson's personality seemed to intrude more on the meeting. Vacancies in some service positions went unfilled. The offerings on the literature table looked sparse. It became difficult to share simple things about sobriety at the meeting: the premium seemed to be on wit over sincerity.

Then, at the group's monthly anniversary meeting, the celebrants shared their gratitude for their year or years of recovery. At the secretary's break, the elderly manager of the center where we met asked for a few minutes of the group's time. She spoke with pain and anger. She said that we weren't cleaning up after ourselves. She said that time after time the meeting place was being left in disarray: chairs weren't put away, garbage was not disposed of, the floors weren't swept and mopped. She said that some group members, when she sought to discuss the problem, gave her the runaround, that they tried to con her with flip answers. "Keep it up and I'm going to put you out of here," she announced to the stunned group.

Each group has the right to be wrong (and the right to be right). Tradition Four tells us so. And yet, among the sweetest words I hear at any AA meeting these days are, "There's a business meeting following our regular meeting tonight. All group officers are asked to attend, and members of the group are encouraged to do so as well." A regularly scheduled business meeting increases the probability of group unity, of an informed group conscience rather than the whims of a few. It increases the probability that group officers will, along with the right to serve, have a sense of responsibility regarding their service commitment. A business meeting is a way of saying that we as members have a right to an accounting of our Seventh Tradition contributions with a treasurer's report. It is a way of allowing the general service representative, through his or her report, to introduce into the consciousness of the group the idea that the group is not an end in itself but part of the service structure beyond it. It is a way of ensuring that we take our inventory so our hosts won't have to. It is a way of saying we care.

Safe from each other and safe for each other, and safe for the person coming in behind us, the alcoholic who still suffers--that is what I think *safe* means. Safe through our Twelve Traditions from the irresponsibility that was such a feature of my active alcoholism.

Heard at a meeting:

Real communion with God is communion with your fellow beings.

Don't count the days, make the days count.

Look for a way in; not for a way out.

We are not reformed drunks, but informed alcoholics.

AA is not for people who need it; it's for people who want it.

An alcoholic is chosen to find God.

To learn about spirituality, you must be willing to unlearn.

To forgive is to set the prisoner free, and then discover the prisoner was you.

Rule 62

God promises a safe landing, not a calm passage.

It's all right to sit on your pity pot every now and again. Just be sure to flush when you are done.

Dignity is something that can't be preserved in alcohol.

It isn't the things that go in one ear and out the other that hurt, as much as, the things that go in one ear, get all mixed up, and then slip out the mouth.

Check out this web site & sign up to receive free e-mail AA recovery messages.

"Just For Today!" Web Site: <http://www.aahistory.com/jft.html>

(Sharing AA recovery messages Monday through Friday of each week)

Two recent ones below.

From "The Belief Will Come:"

"Something lets the sun rise in the morning and set at night, make the leaves come out in the spring and drop off in the fall, and gives the birds song. Why not let this Something be God?"

c. 1973, Came to Believe..., page 48

From "The Missing Link:"

"The idea that religion and spirituality were not one and the same was a new notion. My sponsor asked that I merely remain open-minded to the possibility that there was a Power greater than myself, one of my own understanding....Reluctantly, I opened my mind to the fact that maybe, just maybe, there was something to this spiritual lifestyle. Slowly but surely, I realized there was indeed a Power greater than myself."

c. 2001, Alcoholics Anonymous, page 287

Drunks

by Jack McCarthy

We died of pneumonia in furnished rooms where they found us three days later when somebody complained about the smell. We died against bridge abutments and nobody knew if it was suicide and we probably didn't know either except in the sense that it was always suicide. We died in hospitals, our stomachs huge, distended and there was nothing they could do. We died in cells, never knowing whether we were guilty or not. We went to priests, they gave us pledges, they told us to pray, they told us to go and sin no more, but go. We tried and we died. We died of overdoses; we died in bed (but usually not the Big Bed). We died in straitjackets, in the DT's seeing God knows what, creeping, skittering, slithering, shuffling things. And you know what the worst thing was? The worst thing was that nobody ever believed how hard we tried. We went to doctors and they gave us stuff to take that would make us sick when we drank on the principle of "so crazy, it just might work," I guess, or maybe they just shook their heads and sent us to places like Drop kick Murphy's. And when we got out we were hooked on paraldehyde or maybe we lied to the doctors and they told us not to drink so much, just drink like me. And we tried, and we died. We drowned in our own vomit or choked on it, our broken jaws wired shut. We died playing Russian roulette and people thought we'd lost, but we knew better. We died under the hoofs of horses, under the wheels of vehicles, under the knives and boot heels of our brother drunks. We died in shame. And you know what was even worse was that we couldn't believe it ourselves, that we had tried. We figured we just thought we tried and we died believing that we hadn't tried, believing that we didn't know what it meant to try. When we were desperate enough or hopeful or deluded or embattled enough to go for help, we went to people with letters after their names and prayed that they might have read the right books, that had the right words in them, never suspecting the terrifying truth, that the right words, as simple as they were, had not been written yet. We died falling off girders on high buildings, because of course ironworkers drink, of course they do. We died with a shotgun in our mouth, or jumping off a bridge, and everybody knew it was suicide. We died under the Southeast Expressway, with our hands tied behind us and a bullet in the back of our head, because this time the people that we disappointed were the wrong people. We died in convulsions, or of "insult to the brain," we died incontinent, and in disgrace, abandoned. If we were women, we died degraded, because women have so much more to live up to. We tried and we died and nobody cried.

And the very worst thing was that for every one of us that died, there were another hundred of us, or another thousand, who wished that we could die, who went to sleep praying we would not have to wake up because what we were enduring was intolerable and we knew in our hearts it wasn't ever gonna change. One day in a hospital room in New York City, one of us had what the books call a transforming spiritual experience, and he said to himself "I've got it" (no, you haven't, you've only got part of it) "and I have to share it." (now you've ALMOST got it) and he kept trying to give it away, but we couldn't hear it. We tried and we died. We died of one last cigarette, the comfort of its glowing in the dark. We passed out and the bed caught fire. They said we suffocated before our body burned, they said we never felt a thing, that was the best way maybe that we died, except sometimes we took our family with us. And the man in New York was so sure he had it, he tried to love us into sobriety, but that didn't work either, love confuses drunks and he tried and we still died. One after another we got his hopes up and we broke his heart, because that's what we do. And the worst thing was that every time we thought we knew what the worst thing was something happened that was worse. Until a day came in a hotel lobby and it wasn't in Rome, or Jerusalem, or Mecca or even Dublin, or South Boston, it was in Akron, Ohio, for Christ's sake. A day came when the man said I have to find a drunk because I need him as much as he needs me (NOW you've got it). And the transmission line, after all those years, was open, the transmission line was open. And now we don't go to priests, and we don't go to doctors and people with letters after their names. We come to people who have been there, we come to each other. And we try. And we don't have to die.

Submitted by Bill O

Justice is when we get what we deserve.
Mercy is when we don't get what we deserve.
Grace is when we get what we don't deserve.

Clancy I - Venice, CA

The essence of the third step is acceptance.

Early in this journey into my sobriety and a full life. I worked very hard to accept *Life on Life's Terms*, to accept that my Higher Power didn't bring me this far to drop me on my head.

The fact is, even if that were the case, my head is very hard, and all would be well. I didn't need to work so hard. Just accept the care of my Higher Power. I have come to believe that this existence is a battle of fear against love. Fear has no frust, it is an angry, depressive state of being that makes me short sighted. For many years I couldn't see past the length of my arm. Which is exactly the distance between a drink & me. If I dwell in fear, I am doomed to drink. Love is the only way out, and for me that is my Higher Power.

The third step says that I should turn my will and life over to God's care. Frankly, when my perspective comes from a place of love, I cannot help but live in the third step and acceptance that requires. Trouble starts when I am living in fear. Today, I turn my will and life over to God's care ... Today, I will stay sober.

Anonymous ~ taken from Suffolk Intergroup Association *Bulletin* March 2004

IN MEMORIAM
Things We Can Not Change

Aggie K. ~ Amherst Snyder & Serenity Groups ~ 32 years

Let's remember all our members who passed on in our prayers.

Share your Experience, Strength and Hope.

Please submit your articles by the 12th for next months issue.

Buffalo Central Office
681 SENECA STREET
BUILDING 1-H (LOWER)
Buffalo, New York 14210

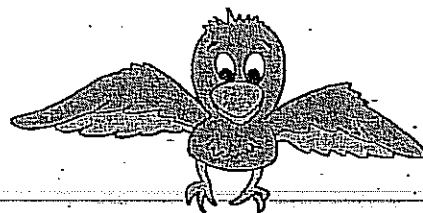
or

E-Mail address: buffalooa@hotmail.com

New Frontiers committee meets the 3rd Thursday of every month - 7:00pm - St Michaels, corner of Warsaw & Electric in Lackawanna.

The Central Office of Western New York publishes the *New Frontiers* monthly. We are supported by your subscriptions and Central Office donations. The *New Frontiers* presents the experience and opinions of members of Alcoholics Anonymous on the disease of Alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply the endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS and other AA books and pamphlets are reprinted with permission of AA World Services, Inc. Articles reprinted with permission of AA Grapevine, Inc. Are subject to the GRAPEVINE copyright.)

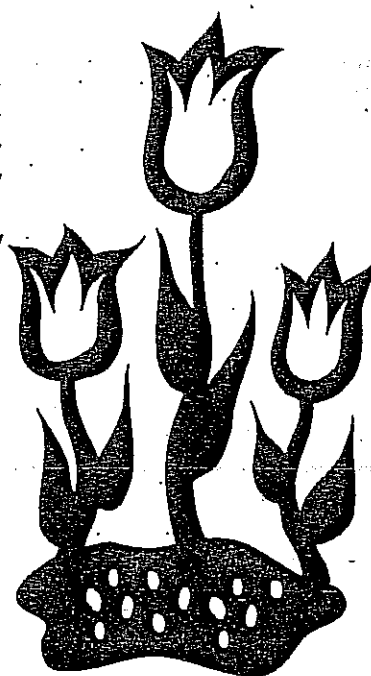
APRIL ANNIVERSARIES



GROUPS CELEBRATING

Attraction
 Casting
 Cheektowaga
 Crossroads
 East Amherst
 H.O.W.
 Holland
 Inner City
 Lewport
 Purpose
 Ray of Hope
 Serenity on the Lake
 There's a Solution
 Welcome

Please remember to
 have the anniversaries
 submitted by
 the 12th
 of the month
 previous.



Rise & Shine

Tyra L.	3m
Kenneth T.	3m
Theresa B.	3m
Charlana	6m
Renea P.	6m
Chris S.	6m
Mike V.	9m
Polly B.	9m
Sandra L.	1y
Justin B.	2y
Jane B.	3y
Richard P.	3y
Veronica C.	5y
Tim F.	6y
Cleveland	7y
Charles F.	8y
Dorothy	8y
These B.	9y
Teresa W.	9y
Jean D.	9y
Carol S.	10y
Patricia K.	11y
Bruce G.	18y
Bill B.	25y

Southtown

Debbie	1y
Ed H.	26y

Thruway

Nancy H.	6m
Michael K.	1y
Chris R.	1y
Brebda B.	2y
Todd P.	4y
Paul C.	10y
Ed W.	15y
Connie R.	16y
Karen B.	16y
Bryant G.	20y

Victory

Donna O.	4y
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Giving

Amy H.	3y
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Holland

Tim M.	19y
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Ironhorse

John G.	9m
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Ken P.	2y
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Todd S.	11y
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Scott S.	21y
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Lakeshore

Tom P.	8y
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Greg H.	16y
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Terry B.	18y
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John B.	18y
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Stanley M.	38y
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Lockport #1

Mike O.	3y
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Wally E.	20y
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Al McC.	34y
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Lovejoy

Ron L.	9m
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Josh R.	1y
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Tom B.	9y
--------	----

Ron G.	31y
--------	-----

Main & High

Wally G.	8y
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Larry H.	16y
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North Buffalo

Matthew M.	3m
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Paul S.	6m
---------	----

Louis S.	6m
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Jeffrey	6m
---------	----

Dick H.	1y
---------	----

Mikel V	1y
---------	----

Mary D.	2y
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Brian D.	2y
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Charles S.	2y
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Justin	2y
--------	----

Donna D.	3y
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Dan W.	6y
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John M.	9y
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Dan L.	13y
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Tom R.	17y
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Bruce G.	18y
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Peter B.	22y
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Jim M.	32y
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Wally	35y
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Alexandria

Augustine C.	7y
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Everett J.	9y
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Rick T.	11y
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Chuck P.	16y
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Ron B.	18y
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Amherst/Snyder

Dave J.	3m
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Don L.	3m
--------	----

Laverne W.	3m
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Steve K.	1y
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JANET J.	1y
----------	----

Chris T.	1y
----------	----

Chris T.	1y
----------	----

Dave M.	1y
---------	----

Farra	1y
-------	----

Jenny	2y
-------	----

Richard F.	3y
------------	----

Susan C.	3y
----------	----

Chandra C.	3y
------------	----

Chuck T.	3y
----------	----

Dave G.	4y
---------	----

Tony P.	4y
---------	----

Rob W.	4y
--------	----

Liz C.	4y
--------	----

Ken C.	4y
--------	----

Jacki M.	4y
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Tom C.	4y
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Mary B.	5y
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Donald S.	5y
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Therese P.	5y
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Bill R.	8y
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Doug C.	8y
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Mona A.	9y
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Ken L.	9y
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Tony B.	10y
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Jennifer P.	11y
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Jeff R.	12y
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Eva H.	14y
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Amy H.	14y
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Chris T.	16y
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Jerry B.	16y
----------	-----

Sheila G.	17y
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Fred S.	18y
---------	-----

Pat B.	19y
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Dee C.	21y
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Marty M.	24y
----------	-----

Rita F.	31y
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Al C.	38y
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Coldsprings

Shevis A.	3m
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Dorothy F.	8y
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Courage Group

Linda J.	3m
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Kathy M.	5y
----------	----

Marie D.	11y
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sunday monday tuesday wednesday thursday friday saturday

**BUFFALO CENTRAL OFFICE
681 SENECA STREET
(LOWER)
BUFFALO, NY 14210**

3 Central Committee Meeting, SUNDAY, 7 pm, Corrections Committee Meeting, SUNDAY, 6:00 PM; Buffalo Central Office, 681 Seneca St.
DAYLIGHT SAVINGS
1941: 1st AA meeting is held in Florida.

10 General Service Assembly, 1 PM, Hamburg Town Hall, 5999 South Park Ave., Hamburg.
1939: First 10 copies of Big Book arrive at the Assembly in Newark, N.J. Confirmed at 4,650 copies.

17 2nd group in Los Angeles forms the "hole in the Ground."
18 Treatment Facilities Committee, 6 PM, Buffalo Central Office, 681 Seneca St.
1940: 1st group in Little Rock, Arkansas, is formed.

24 PASSOVER Conference is held.
1950: 1st Passover Conference is held.

4 1960: Chicago Daily News reports that Fr. Edward Dowling, a Jesuit Priest who helped start the first AA group in St. Louis, died at age 82.

11 1942: Windsor Daily Star in Ontario, Canada, reports over 400 AA's at the annual dip for Dr. Dobson's company.

19 Bill W. and Lois W. move into the new home at the Westchester Hotel, New York.
1940: 1st group in Little Rock, Arkansas, is formed.

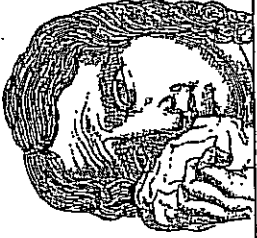
26 Bill W. and Lois W. move into the new home at the Westchester Hotel, New York.
1940: 1st group in Little Rock, Arkansas, is formed.

5 All you need for the Fourth Step is paper, pencil, and willingness.

12 1942: Windsor Daily Star in Ontario, Canada, reports over 400 AA's at the annual dip for Dr. Dobson's company.

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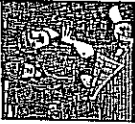
"That feeling of uselessness and self-pity will disappear."
—Big Book, Chapter Six, "Into Action, page 84"

6 *April 1940: First AA pamphlet titled simply "AA" is published.

13 Call your sponsor, they may need it.

20 *April 1960: Bill W. is featured on the cover of the magazine to preserve AA's anonymity.

27 Bill W. and Lois W. move into the new home at the Westchester Hotel, New York.
1940: 1st group in Little Rock, Arkansas, is formed.

7  Expectations are resentments under construction.

14 *April 1958: The word "honest" is dropped from the AA preamble. "...only requirement is an honest desire to stop drinking."

21 New Frontiers Committee, 7:00 PM, St. Michaels Parish Center, Electric And Warsaw, Lackawanna
64th Buffalo Fall Convention Meeting, Thursday, 7:00 PM @ Holy Trinity Lutheran Church, 1080 Main St

28 *April 1940: Bill W. and Lois W. move into the new home at the Westchester Hotel, New York.
1940: 1st group in Little Rock, Arkansas, is formed.

8 *April 1941: Ruth Hook reports 1,600 letters for help arrive since the Saturday Evening Post article on AA by Jack Alexander.

15 **1939: NY psychiatrist Dr. Howard suggests swapping the "you must" in the Big Book with "we ought."

22 Women's Spring Spiritual weekend Retreat, St. Colomban Center/Derby, NY.
1940: Dr. Bob writes Trustees to refuse Big Book royalties, but Bill W. insists on them for Dr. Bob and Anne.

29 Alcoholics die one of two ways: Drunk or Sober.

9 Seven days without a meeting makes one weak.

16 1973: Dr. Jack Norris, Chairman of AA General Service Board, presents one-millionth copy of the Big Book to President Nixon.

23 Archives Committee Meeting, 9 am, Buffalo Central Office, 681 Seneca Street
1940: Dr. Bob writes Trustees to refuse Big Book royalties, but Bill W. insists on them for Dr. Bob and Anne.

30 1969: "My Name is Bill W." broadcasts on ABC at 9:00pm.

* OCCURRED SOME TIME DURING THE MONTH ** OCCURRED SOME TIME DURING THE YEAR

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388
9:00 AM- 4:30 PM
Schedule on line at ny-aa.org*

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210
Fax: 853-0389*

buffalooa@hotmail.com

APRIL 2005

MEETING CHANGES:

New Meeting: Friday's at 6:45 PM in Fredonia. **"The Women's Meeting"**, closed woman's group at 56 Mattison (Van Burren).

Hope- Big Book Study, Sunday at 7:30 PM will not meet until further notice.

OLV Woman's discussion is moving back to Tuesday's! Will now meet at Woodside Methodist 675 Abbott Rd at 7:30 PM.

PLEASE NOTE:

- FYI, any and all events in our mailings **must** feature an A.A. meeting or workshop. Example: a speaker followed by a dinner or dance.

Service Opportunities:

~ April 3, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street (Hosted by 3 Legacies).

~ April 3, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).

~ April 10, **General Service Assembly**, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg. (Hosted by 3 Legacies)

~ April 18, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.

~ April 21, **New Frontiers Committee**, THURSDAY, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.

~ April 23, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).

~ April 15, **64th Buffalo Fall Convention Meeting**, Thursday, 7:00 PM @. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo. E-mail address

2005BuffaloFallConvention@gmail.com. Website(Still under construction) please send comments/suggestions): <http://mysite.verizon.net/vzeeivob/>

COMING EVENTS:

~ April 22, Women's Spring Spiritual Weekend Retreat, Held at the St. Colombian Center/Derby, NY. Focus is on the 12 steps- speakers, groups, spiritual advisors, meditation, lots of food, fun and sobriety. Registration forms now available and should be mailed on but NOT before March 16th to give all interested an equal opportunity to attend. Cost is \$105-includes lodging, meals and endless coffee. For more information- contact person: Marilyn S. 694-2805

4th STEP: "Made a searching and fearless moral inventory of ourselves."

4th TRADITION: "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

4th CONCEPT: At all responsible levels, we ought to maintain a traditional "right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

PLEASE SUPPORT THE ENVELOPE SYSTEM

... Yours in the Fellowship of the Spirit...

Terry Bateman.... Executive Secretary

"Willingness, Patience and Labor"



8th Anniversary
Main & High Group Sponsors
A Day of Sharing of
Alcoholics Anonymous



Carrying The Message

Saturday, July 16th 2005
9:00 A.M. - 3:30 P.M.
Holy Trinity Lutheran Church
1080 Main Street
Buffalo, New York
(Across from Wendy's)
Parking is available.

Directions:

- * 190 to Elm Street, to Goodell - go left on Goodell and when you reach Main Street make a right onto Main Street. (Stay in the left lane on Elm and Goodell.)
- * 33 to Best, take Summer to Main Street. Coming West, make a right at the ramp and coming East, make a left.

Featuring: AA Speakers and an Alanon Panel

Registration: \$7.00 - 50/50 - Hot Meal - Refreshments

Buffalo Central Committee
MARCH 2005

Frank M., Committee Co-Chair opened the meeting in the unexplained absence of the Chairman, Gary J. at 7:00 PM, with a moment of silence, the Serenity Prayer and the Preamble. Nancy H., The Book Meeting, read the Traditions. Motion by Joe S., Living Sober Group, was made to dispense with the reading of last months' minutes, seconded by Sean M., Journey Group. Motion passed.

Groups were represented: **District 1:** 4th Step Stumblers, Cornplanters Again, Journey, Sunday Niter's. **District 2:** Early Bird, Living Sober, North Buffalo, Three Legacies. **District 3:** Abbott Men's Disc., Blasdell Mon. Night, Father Baker, Iron Horse, New Life, South Town, Southgate, Sunday Morning Breakfast, The Book Meeting, Valley, Victory. **District 4:** No representatives. **District 5:** Big Book Lockport, Lockport #1. **District 6:** Amsdell Lakeshore, Lakeshore, Serenity On The Lake. **District 7:** Fresh Start, Spirit Of Hope, Community Center. **District 8:** Amherst Snyder, Williamsville, Eye Opener.

COMMITTEE REPORTS:

ENVELOPE SYSTEM: No representative present

STEERING COMMITTEE: No written report

FINANCIAL REPORT: Patty C., Financial Secretary, presented a written report comparing 2003 finances with 2004 finances.

TREATMENT: No representative present

CORRECTIONS: Andy K., Chairman, No written report

CENTRAL OFFICE: AA INFO:246; 12-STEP: 13; ALANON: 10; VISITORS: 59; VOLUNTEERS: 6
Yours in the fellowship of the Spirit
Terry B., Executive Secretary

PIC: No representative present

NEW FRONTIERS: No representative present

CONVENTION COMMITTEE: Verbal report given to Steering Committee by 2005 Chair, Charmaine D.

COURTESY REPORTS:

ARCHIVES: Our past display was at the Lakeshore Group anniversary on February 28, 2005. Our future displays will be Lockport #1 Group anniversary on March 18, 2005 at 8:00 PM and Rural-Is Plural in East Otto on March 30, 2005. We would like to thank Lockport #1 Group for their generous donation to the Archive Committee. Members of our committee will be attending Hamilton's' and Districts Archives Breakfast on Sunday, April 10, 2005 at 9:00 AM in Hamilton, Ont.
Archives Recording Secretary/Treasurer
Kim E., Southtowns Group.

GSA: Tom B. reported the next Assembly meeting is at Hamburg Town Hall, Sunday, March 13, 2005 at 1:00 PM.

RECAP: Executive Secretary, Terry B., corrected the Financial Report from January 2005 to read \$1,936.24 for Literature Receivable (outstanding).

OLD BUSINESS: Gary B., 4th Step Stumblers, addressed Committee about the decision to refuse TFC Chair to a member of the Buffalo Group: Co-Chair, Frank M., reminded Gary that the issue was closed. Joe S., Living Sober Group, mentioned that the Buffalo Group was not a recognized AA Group. Mike E., Sunday Niters, read from the 1975 General Service Conference: "...Groups listed in the directory are listed at their request. A directory does not constitute or imply approval or endorsement of any group's approach to or practice of the traditional AA program." Kevin S., Southgate Group, questioned why an AA member not belonging to a home group could not serve as TFC Chair. Kevin was given a copy of Central Committee Operating Procedures by Executive Secretary, Terry B. Co-Chair, Frank M., stated there will be no more future discussions on the issue.

NEW BUSINESS: None

Motion to adjourn by Willie E., Serenity On The Lake, seconded by Patty C., Going to Any Lengths. Meeting closed at 7:30 PM with The Lord's Prayer.

Minutes respectfully submitted by:

Recording Secretary, John H., Sunday Morning Breakfast.

Income Statement	31-Jan-05	29-Feb-04
Beg Bal Cash on hand	4,397.21	4,981.86
Contributions		
Groups	4,231.86	3,539.40
Joint Meeting	42.05	25.70
Envelope System	617.00	674.00
New Frontiers Subs	106.00	20.00
Literature	1,678.57	3,193.57
Archives Room Rent	50.00	50.00
Meetings at CO	150.00	228.50
Mail/Misc.		
"Gratitude Month" (NOV)		
Conventions/Day of Sharing	1,190.89	
Monthly Income	8,066.37	7,731.17
Expenses		
Office Rent	753.04	753.04
Electric	90.00	90.00
Payroll		
Salaries (Net)	1,696.16	1,696.16
Federal Withholdings	588.60	735.75
NYS Withholdings	365.81	
Insurance		
State Ins Fund		
Health	304.00	304.00
Liability	973.73	
Postage	246.83	561.81
Phone	104.98	137.01
Accounting		
Advt		
PIC Lit.		
Talking Phone Book		
Verizon	98.50	98.50
website		
white directory		
Yellow Pages		
Literature Expenses		
Grapevine		434.80
World Services Inc	1,028.85	1,021.00
Hazelton		
"In All Our Affairs"		
Printers	2,232.50	
Office Supplies		112.02
Answering service	119.29	114.58
Minolta leasing (copier)	260.45	260.45
Minolta Copies	80.30	
Seminar		
Monthly Expenses	8,039.22	8,039.22
Monthly Income (Loss)	8,039.22	8,039.22
CD	8,039.22	8,039.22
End Bal Cash on hand	4,981.86	4,397.21
Literature Assets:	9,350.98	7,382.40
Literature Receivable:(outstanding)	1,936.24	1,487.14
Corrections Facilities	835.45	988.72
Donations	153.27	121.12
Expenses		96.12
Balance	988.72	1,013.72
Treatment Facilities	385.79	473.41
Donation	178.27	106.12
Expenses		
AT & T Bridging The Gap	35.15	36.24
AAA Abott Answering Service	42.00	41.50
Literature	13.50	
Balance	473.41	450.79

AA of Jamestown



60th

Anniversary

Friday May 6th-Sunday May 8th 2005

Holiday Inn 150 West 4th St. Jamestown, NY
hotel room reservations: 716-664-3400

**Old Timers
& 3-6-9-12 panels**

Alanon Programs

Hospitality Room

Dinner Banquet & Dancing

Scheduled Speakers:

Carl K. Wisconsin
Bob B. Minnesota
Mari G. Ontario
Lee R. Ohio (Alanon)
Tom K. Pennsylvania
Joe & Diana Pennsylvani
Beverly P. Pennsylvania

Jamestown's 60th Anniversary ~ Registration Form
Please have registrations in by: Friday, April 22nd 2005

- 3-day Anniversary Registration (not including dinner banquet) @ \$20.00 = \$ _
- 3-day Anniversary & Dinner Banquet Registration @ \$40.00 = \$ _
- Scholarship Donation (optional) \$ _
- Please make check/money order made payable to Jamestown Anniversary Registration TOTAL \$ _

Name(s) _____

Mailing Address _____

Telephone # _____ E-Mail Address _____

Please return this completed form and payment to:
Jamestown Anniversary, PO Box 533, Jamestown, NY 14701

GROUP CONTRIBUTIONS

2005

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	FEB	YEAR	FEB	YEAR	FEB	YEAR
		0.00		0.00		0.00
11:45		0.00		0.00		0.00
12 Step		0.00		0.00		0.00
4th Step Stumblers		0.00		0.00		0.00
6th Step		0.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbott Men's		56.44		56.44		56.44
Acceptance/Welcome	200.00	200.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		0.00		0.00		0.00
Age Doesn't Matter		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amherst/ Snyder		146.53		0.00		0.00
Amsdell Lakeshore	20.00	40.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	30.00	60.00		0.00		0.00
As Bill Sees It	15.00	40.00		0.00		0.00
Attitude Adjustment		0.00		0.00		0.00
Attraction		200.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Batavia Friday Night		0.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		0.00		0.00		0.00
Bidwell Monday		0.00		0.00		0.00
Big Book Lockport	50.00	50.00	30.00	30.00		0.00
BB Spiritual Awakening		0.00		0.00		0.00
Big Book Study		0.00		0.00		0.00
Big Book Workshop		0.00		0.00		0.00
Blasdel		0.00		0.00		0.00
Blasdel Monday Night		0.00		0.00		0.00
Bodhisatva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women		50.00		0.00		0.00
Brass	50.00	50.00		0.00		0.00
Brocton AA		0.00		0.00		0.00
But For the Grace of God		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Came To Believe		0.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Caz Manor		40.00		0.00		0.00
Cazenovia		0.00		0.00		0.00
Central Park		0.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga	100.00	200.00		0.00		0.00
Chevy #1		0.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		0.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Problem		0.00		0.00		0.00
Common Solution		0.00		0.00		0.00
Commitment		0.00		0.00		0.00
Community Center		0.00		0.00		0.00
Complanters		0.00		0.00		0.00
Courage		0.00	10.00	10.00		0.00
Arcade		0.00		0.00		0.00
Crossroads		0.00		0.00		0.00
Cross Talk Big Book		0.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Derby		0.00		0.00		0.00
Desire		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night		100.00		0.00		0.00
Early Bird		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
Easter Softer Way		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora		0.00		0.00		0.00
Easy Does It	25.00	25.00		0.00		0.00
Ellicott		0.00		0.00		0.00
Ellicottville		0.00		0.00		0.00
Emergency		0.00		0.00		0.00
Eternal Vigilance		100.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		0.00		0.00		0.00
Eyeopener		101.40		0.00		0.00
F.U.N.		0.00		0.00		0.00
Faith		0.00		0.00		0.00
Father Baker		100.00		0.00		0.00
Feelings		0.00		0.00		0.00
Fireside	532.98	768.59		0.00	25.00	50.00
First Things First		0.00		0.00		0.00
Fredonia Discussion		0.00		0.00		0.00
Freedom		0.00		0.00		0.00
Fresh Start	30.00	30.00		0.00		0.00
Frindly		0.00		0.00		0.00
Frontier(New)		0.00		0.00		0.00
GAHADA GON		0.00		0.00		0.00
Gardenville		0.00		0.00		0.00
Georgetown		0.00		0.00		0.00

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	FEB	YEAR	FEB	YEAR	FEB	YEAR
Getting Better		0.00		0.00		0.00
Giving		0.00		0.00		0.00
Go to Any Length		0.00		0.00		0.00
Golden Slipper		500.00		0.00		0.00
Grand	48.00	48.00		0.00		0.00
Grand II Joy of Living		50.00		0.00		0.00
Grateful		0.00		0.00		0.00
Guiding Light		0.00		0.00		0.00
H.O.W.		0.00		0.00		0.00
Hamburg		0.00		0.00		0.00
Hand		0.00		0.00		0.00
Handicappers		200.00		0.00		0.00
Happy Hour		0.00		0.00		0.00
Harmony		0.00		0.00		0.00
Helping Hand	25.00	25.00		0.00		0.00
High Noon	70.00	140.00		0.00		0.00
High View		0.00		0.00		0.00
Higher Power		0.00		0.00		0.00
Hillbilly		0.00		0.00		0.00
Holiday Village	100.00	100.00		0.00		0.00
Holland		0.00		0.00		0.00
Honest Solutions		0.00		0.00		0.00
Honesty		0.00		0.00		0.00
Hope Big Book Study	20.00	20.00		0.00		0.00
How It Works		0.00		0.00		0.00
How It Works/Men's		0.00		0.00		0.00
Inner City		0.00		0.00		0.00
Inspiration		0.00		0.00		0.00
In The Solution		0.00		0.00		0.00
Intoxicated on Life	45.00	45.00		0.00		0.00
Ironhorse		-19.25		7.70		-7.70
IT		0.00		0.00		0.00
Jamestown Groups		0.00		0.00		0.00
Johnson Creek Big Book		60.00		0.00		0.00
Jourmay		0.00		0.00		0.00
Just Do It		0.00		0.00		0.00
Just For Today/ Albion		0.00		0.00		0.00
Just For Today/Cheek		0.00		0.00		0.00
Keep It Simple Sister		40.00		10.00		10.00
Keep On Coming		0.00		0.00		0.00
Kenmore		0.00		0.00		0.00
Kensington		0.00		0.00		0.00
Lake Shore		0.00		0.00		0.00
Lakeview		0.00		0.00		0.00
Last Days Fellowship		5.00		0.00		0.00
Lawyers		0.00		0.00		0.00
LewPort		0.00		0.00		0.00
Let Go and Let God		0.00		0.00		0.00
Liberty Women	50.00	50.00		0.00		0.00
Life Today		0.00		0.00		0.00
Lighten UP		0.00		0.00		0.00
Live and Let Live		0.00		0.00		0.00
Living In The Solution	100.00	100.00		0.00		0.00
Living Sober		0.00		0.00		0.00
Lock City		0.00		0.00		0.00
Lockport #1	250.00	250.00	25.00	25.00	25.00	25.00
Lockport (no name)		0.00		0.00		0.00
Lockport Discussion		0.00		0.00		0.00
Lockport Ladies		0.00		0.00		0.00
Lockview		0.00		0.00		0.00
Look To This Day		0.00		0.00		0.00
Love		0.00		0.00		0.00
Lovejoy	20.00	20.00		0.00		0.00
Lower River		0.00		0.00		0.00
Main and High		0.00		0.00		0.00
Main Street		0.00		0.00		0.00
Maple Meditations		0.00		0.00		0.00
Manilla		0.00		0.00		0.00
Matt Talbot	100.00	100.00		0.00		0.00
McKinley Winners		100.00		0.00		0.00
Medina Big Book		0.00		0.00		0.00
Medina New Life		0.00		0.00		0.00
Mercy		0.00		0.00		0.00
Mid-day		54.50		0.00		0.00
Midnight Discussion		0.00		0.00		0.00
Miracle		0.00		0.00		0.00
Morning After		0.00		0.00		0.00
New Awakening		0.00		0.00		0.00
New Frontier		0.00		0.00		0.00
New Beginnings/St. Vincent		0.00		0.00		0.00
New Life		0.00		0.00		0.00
New Outlook		0.00		0.00		0.00
Niagara Intergroup		0.00		0.00		0.00
New Westside		0.00		0.00		0.00
Niagara Frontier Men's Disc.	70.00	70.00		0.00		0.00
North Buffalo	100.00	200.00	25.00	50.00	25.00	50.00
North Java Monday		0.00		0.00		0.00
North Java Sunday		0.00		0.00		0.00
One Day At A Time		0.00		0.00		0.00
Open Arms		0.00		0.00		0.00
Open Mind		0.00		0.00		0.00
Orchard Park Step	68.00	138.00		0.00		0.00
Pass It On		0.00		0.00		0.00
Patchin		0.00		0.00		0.00

~~AA of the Niagara Frontier~~
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