

NEW FRONTIERS

APRIL 2010

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.

“UNCONDITIONAL SOBRIETY”

THEN I MIGHT AS WELL BE DRUNK!" A shocking statement? Yes, but one that I have heard repeatedly at meetings, which concerns me. For example: "I did not come to AA to stay miserable and unhappy. If I'm not going to enjoy life now that I'm sober then I might as well be drunk." Or, "I did not get sober to continue wallowing in self-pity or else I might as well be drinking."

A careless statement? Perhaps, and one that is certainly risky. Granted, being dry and living sober are on opposite ends of the spectrum and on the surface, such a comment can sound quite healthy, meaning: "Snap out of it!" or "Happiness is a choice!" or "Quit acting like a drunk!" or "Misery is optional!" But that meaning is far too often misunderstood, especially by newcomers to the program.

When I was newly sober, an old-timer pointed this subtle attitude out to me. He protested it with such vehement conviction, that although I did not understand its significance at the time, I have frequently thought about what he said and have since listened for that comment and have heard it often in meetings.

What had at first, seemed a trivial issue, upon closer examination became clear to me. What I immediately began to discover was that I never once heard an old-timer use this phrase and

today, I believe, that is exactly why they are old-timers-- because they have never put conditions on their sobriety,

I think we can all agree on one point, that a bad day does not necessitate picking up a drink. But what if that bad day stretches on for weeks, months, or even years? Is drinking then an option? For instance: Bill W. went into deep depressions that sometimes lasted years at a stretch. Miserable? Unhappy? Certainly, but was drinking an option? No! The goading desire to drink clung to Dr. Bob for a long time. Miserable? Undoubtedly, but did he drink? No!

I can think of a number of old-timers who have experienced the unhappy, miserable side of life: loss of loved ones, financial collapse, broken marriages. But was their sobriety on conditional terms? No!

To say that once we are sober, we will never again experience misery and unhappiness is ludicrous. There are times when things crash down around our ears and misery, unhappiness, and even self-pity are our unwanted but constant companions and all we've got that day is our sobriety. This program has never guaranteed us the special status of being suspended above life and all its hills and valleys, whether self-inflicted or not. It has only promised us a way to walk through life and its problems without having to pick up a drink.

After years of living a miserable life full of self-pity, obstinacy, anger, fear and lack of trust, most of us do not shake these things off like so much dust from our feet when we arrive at AA. Often they hang on for a long time after our last drink and, even after a period of relief, can come back and haunt us at times. As one member put it, "The best we'll ever be is human."

I will forever be grateful to that old-timer who shared his feelings with me on this subject because I needed it sooner than I thought. I spent eighteen months in this program struggling to hang onto my old ideas. I was miserable and unhappy. I accept the responsibility of choosing to make it difficult on myself. Today, I believe that I do not struggle to stay sober and I do not struggle with this program because they are gifts and I don't struggle to receive a gift. Today, if I am struggling, it is to hang onto my old ideas and of course . . . the results are nil.

My point is that during those eighteen months I never got arrested for a DWI. I never suffered DT's, nor was Institutionalized to a detox. I was never sent to jail for a crime I committed in a blackout. And my liver never exploded from alcohol poisoning.

I continued to do what I had been told to do: go to meetings, ask for help in the morning, say thank you at night, read the Big Book, call my sponsor, take the Steps, and most importantly, I did not pick up that first drink. As a result, I finally surrendered and am now enjoying the beautiful gift of sobriety.

So if you are miserable or unhappy today, don't give up twenty-four hours too soon. Nothing is so bad that picking up a drink will make it better. I would rather be miserable with the hope of changing tomorrow with God's help, than to die drunk today.

Finally, be careful what you say at meetings. Newcomers are listening.

Lisa A.
Jamestown, New York
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"RESENTMENT AND FORGIVENESS"

ONE OF THE THINGS that's so toxic about a true resentment is its ability to conceal itself from the resenter. It's like a spiritual tapeworm that takes up residence in the victim's moral metabolism and just gorges itself with judgments, anger, self-justification, and other forms of selfishness and self-centeredness that cause us so much unhappiness.

Once, at a weekly Step meeting, I happened to glance across the room and see an old adversary. We weren't really enemies, but we'd had a serious misunderstanding years before. I felt a trust had been breached and I'd never been able to bring myself to really let it go.

This resentment caused me much pain. Although I was the aggrieved party (to my way of thinking), I felt guilty not being able to forgive and forget. People said to pray for him. I tried and it worked for a while. But then I would see him at a meeting and the old anger would well up from some deep recess inside me.

Telling people that I'm unhappy with their behavior is very scary for me, but once, in desperation, I asked the man to meet and talk with me so I could express my anger. That meeting did help. And it was one of the hardest things I've ever had to do. He didn't really seem receptive to the idea that I was trying to get closer to him through honest communication. He appeared defensive and aggressive, and was not forthcoming on the specifics of my complaint that he had breached a good faith friendship.

For a while after this, I felt some relief. I could see him and listen to him speak and I wasn't too agitated. All the same I was frustrated by the fact that he didn't want to share himself with me on a man-to-man basis. But why did it bother me so much? I knew from what AA had taught me that if anyone is renting that much space in my head, it's me who has the problem.

But that wasn't helping me with my problem. Innumerable times I had said to myself: if only I could let go of this bad feeling. If only I could really forgive this person. Then someone shed light on the notion of forgiveness that helped me.

When I decide to forgive someone, I'm setting myself up for a trap. Forgiveness implies that I'm still aggrieved but that I'm taking a morally superior posture in letting the "wrongdoer" off the hook out of the goodness of my heart. However, that position keeps the resentment validated under the mask of moral superiority.

Experience shows me that when I feel upset by what seems like an injustice from someone else, what works is for me to stay close to that feeling of hurt. That feeling has a message in it if I'm willing to pay attention to it.

I learned early to avoid my feelings by trying to make others responsible for how I felt. Because some adults failed to do their job in raising me, I blamed all adults after that and made myself a victim of adult neglect. That way I could maintain an extended childhood for as long as I wanted.

At one time I thought the solution to anger was to go to the person involved and straighten things out. But this is another form of making someone else responsible for my feelings. I think now that I have to go first to the true source of my discomfort, which is within me. Then I may or may not go to that other person; but either way I'm not expecting that other person to fix me. The cure lies not in his acceptance of me, but mine of him. Once I have that, there's nothing he can do for or to me that will make any difference.

What I saw at the Step meeting that night was a tired, sad looking man whom I'd known for many years. Somehow he looked like an old warrior who had weathered a lifetime of storms and had come to a place of surrender. No doubt, he had defects. Who doesn't? And he had suffered because of them. If he was unaware of his faults and so unable to see them, he was in that sense no different from the rest of us. We are all like that at times, and as the "Twelve and Twelve" says, even the best of us sometimes get very far off the beam.

So if forgiving doesn't work as a permanent solution to resentment, maybe accepting does. I am reminded of the peace I was finally able to make with my parents. All my growing up years I had resented them for what I thought was bad behavior on their part. As the years passed, I started to see them as people. They had had parents who did them harm. And their parents in turn had parents. It went all the way back to Adam and Eve, if that's where it started.

When I had suffered enough from my negativity and self-righteousness, I started to see this guy as just one of us. He had his own baggage. He didn't need my forgiveness. He was suffering from his own defects, just as we all do. Virtue is its own reward, and defects of character are a kind of crucifixion. How much effort I've put in over my years trying to perfect the role of the victim.

So, for that evening anyway, I felt I had come to a place of rest with my agitated spirit. If little twinges of irritability still plague me, I will know in the future that I have more accepting to do. And I will leave the forgiveness to those who are better able to handle it.

I spoke to the gentleman about things that didn't matter much, since we're never going to have much serious communication. This man has rendered prodigies of service to AA and has had many difficulties to overcome or accept. If I don't judge him, I won't have to forgive him over and over for as long as we know each other.

Jim N.,
W. Springfield, Massachusetts
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"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome."

William James
1842-1910, Psychologist, Professor and Author

4th Step Prayer from page 66 of *the Big Book of Alcoholics Anonymous*

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done. We avoid retaliation or argument. Copyright © *Alcoholics Anonymous World Services, Inc.*

"We ask God to remove the fear that and direct my attention to what you would have me be." (Fear Prayer - AA Big Book p67)

"At once we commence to outgrow fear!"

WARRANTY FOUR

"That all important decisions be reached by discussion, vote, and whenever possible, substantial unanimity."
AA Service Manual page 68

Tradition Four

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

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths-his lengths, not mine-to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

The Twelve Concepts: Concept Four

Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

"There is another good reason for 'participation,' and this one has to do with our spiritual needs. All of us deeply desire to *belong*. We want an A.A. relation of brotherly partnership. It is our shining ideal that the 'spiritual corporation' of A.A. should never include any members who are regarded as 'second class.' Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principal reason why we should continue to ensure 'participation' at every important level. Just as there are no second-class A.A.'s, neither should there be any second-class world service workers, either."

Bill W., quoted with permission of A.A. World Services, Inc. from *Twelve Concepts for World Service*

IN MEMORIAM

Things We Can Not Change

Jack G.- Gowanda Area- 45+ years

To all our members who have lost family & loved ones our prayers are with you.

Share your Experience, Strength and Hope

Please submit your announcements by the **12th** for next month's issue.

Articles can be submitted at any time.

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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 A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Articles reprinted with permission of A.A. Grapevine, Inc., are subject to the GRAPEVINE copyright.)

Atmosphere of Grace

Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine. And for the same reason. When we refuse air, light, or food, the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions, and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of

Watch your thoughts; they become words.
 Watch your words; they become actions.
 Watch your actions; they become habits.
 Watch your habits; they become character.
 Watch your character; it becomes your destiny. -

The Newcomer

"Go chat with that newcomer!" and the old-timer dismissed me once again from my chat with him at the end of our open meeting. Apprehensive and trembling I trotted off dutifully to face the newcomer, wondering again what to say. "Hi, my name's Chris" gained me another response "I'm mumble-mumble". Next week the same deal, "Go chat with that newcomer!" and another moment of acute embarrassment. I don't have a problem standing up and reading or even speaking. But walking up to a total stranger, and a possibly drunk one at that, leaves me quivering. Thus it was that I finally confronted the old-timer. "Don't you realize that for every ten newcomers I go say hello to, I only see one of them next week?" "Yes", he smiled, "And now you know why every member of your home group is so precious, you included!"

Christopher G.

Something to Think About...

Continuing our personal inventory is like weeding a garden; it allows the good things to grow.

AA PUBLIC INFORMATION ON THE RADIO

Greetings all - to those who know I'm in Alcoholics Anonymous (AA) and remain anonymous except to you (and to some this may be a duplicate message, my apology if this is so). I also sent it to everyone 'BCC' to protect our anonymity - at least I hope email works that way.

I had the opportunity to do some of what we call "Twelfth Step work" today - the 'carry the message to other alcoholics' part. Being a member of our local AA Public Information Committee, I was one of the participants on a 1/2 hour taped radio show about AA by Regent Broadcasting. Gene, who has been sober since I was 2 (49 years) and our committee chairman Patrick were also there. Its been a long while since we have shared our our message via radio.

It was the fastest 30 minutes in my recent memory, and if it helps one person out there it was worth every second. I only had 2 or 3 'brain-farts', 'white-outs', or whatever you want to call them - just a reminder that I'm an amateur and one of many in this program of recovery. Those were the moments when the second hand on the clock stopped - like when Gene nudges me while we're being asked a question and said to go over our first three steps, part of our program of recovery. My brain says no problem, I've heard them 500,000 times. I lead in with here's the basics for the beginner, our first three steps, or something like that. I recite our first 2 steps, and FORGOT the third one 😊. I turned and looked at Gene, my eyes were probably DVD sized! Ah, the way God teaches us humility...I'll be laughing at that one for the next week, and will most likely NEVER forget Step Three now.

I have a CD copy of the interview, and at this moment it is a whopping 47 meg, which is too large for my email to handle in a normal "attach and send" fashion. There must be a way to compress it so I can e-mail it easily, but I haven't got that far just yet.

This 30 minute radio gig is scheduled to air this Saturday or Sunday morning this weekend - **early**. Times are EST for those in far away places. It will air on all four of Regent's radio stations, and can be listened to via the internet by going to their home page. Please remember it is radio, and there isn't really any guarantee it won't be bumped a week or so if something else comes up, or the show host decides on a different topic.

The windows given from Regent Broadcasting suggest it could be aired anytime within their 1 hour block re-

served for things like this (2-30 minute shows).

Saturday March 13th, 6:00 am to 7:00 am - WJYE 96.1 FM. Shows are "Buffalo This Week" starting at 6:00, and "Issues and Views" at 6:30 am. Website: www.wjye.com.

Sunday, March 14th, 5:00 am to 6:00 am - Country WYRK 106.5 FM. Shows are "Issues and Views" starting at 5:00, and "Buffalo This Week" at 5:30 am. Website: www.wyrk.com

Sunday, March 14th, 6:00 am to 7:00 am - Jack FM 92.9. Shows are "Issues and Views" starting at 6:00, and "Buffalo This Week" at 6:30 am. Website: www.929jackfm.com

Sunday, March 14th, 6:30 am to 7:30 am - WBLK 93.7 FM. Shows are "Buffalo This Week" starting at 6:30, and "Issues and Views" at 7:00 am. Website: www.wblk.com

Hopefully this may spur other stations and media outlets to assist us in our public information efforts. The general rule still applies - one in 10 drinkers is probably a problem drinker. We have a solution to the drinking problem (not THE solution, but a solution). Anyway, if we get more opportunities, we will be looking for more volunteers to 'sit in the seat' for a few moments.

There are MANY people in our area that I learned about AA from (yes, you also if you are a member and have received this), and a bit of each person was with me at that mic this morning. My gratitude for them is, well, very high, almost beyond description. God also provided a peace this morning that was quite enjoyable. It lasted long enough - I think it went away a little (the proper amount) when the mic checks were done and the producer said "OK, let's start!"

By the way, as I started writing this I was sitting outside my house (yes, Buffalo NY area), it is in the 60's, sun is shining, and I'm trying to get some tan. Yes, I'm still a bit crazy. Of course, there's the resident snow pile a few paces from my chair...

I think I'll wait till tomorrow to listen to it...

May God Bless Your Day Today!

Chip R

APRIL ANNIVERSARIES

Alexander

Chris S. 5y
 Augustine C. 12y
 Everett J. 14y
 Greg F. 15y
 Rick T. 16y
 Chuck P. 21y
 Ron B. 23y

Amherst/Snyder

Mike E. 3m
 Cassie R. 6m
 Shawn C. 2y
 Jeanine L. 2y
 Mike K. 5y
 Victor C. 5y
 Chris T. 6y
 Doug C. 13y
 Jennifer P. 15y
 Amy H. 20y
 Fred S. 23y
 Dee C. 26y
 Marty M. 29y
 Rita F. 36y

Big Book Lockport

Zanette B. 2y
 Laurie H. 6y

Coldsprings

Dorothy F. 13y

Courage Group

Scott A. 6m
 Laura C. 6m
 Kathy M. 10y
 Marie D. 16y

Easy Does It

Barbara H. 2y
 Laura P. 3y
 Jim B. 13y

Freedom

Shelly H. 2y
 Dan L. 21y
 LouAnn L. 21y

Fresh Start

Sandria B. 6y

Golden Slipper

Kelly R. 4y
 Dan e. 5y
 Tom W. 7y
 Paul H. 17y
 Don S. 18y
 Jerry B. 21y

H.A.N.D.

Chris R. 3m
 Bryant G. 25y

Ironhorse

Ken P. 7y
 Scott S. 26y
 Mike H. 36y

Kensington

Dick B. 27y
 Rita F. 36y

Lakeshore

Tom P. 13y
 Greg H. 21y
 Terry B. 23y
 John B. 23y

Lighten Up

Robert B. 7y

Living in the Solution

Ed Z. 4y
 Eliza B. 5y
 Darnell W. 5y
 Sean M. 8y
 Tara S. 10y
 Bernard A. 11y
 Larry H. 22y

Lockport #1

Wally E. 25y
 Al McC. 39y

Lockview

Dan M. 1y
 Zanette B. 2y
 Louis R. 4y
 Linda K. 21y
 Jerry B. 21y

Lovejoy

Jason S. 3m
 Bob F. 6m

Main & High

Katherine C. 1y
 Wally G. 13y
 Larry H. 22y

Marilla

J.Frank H. 24y

North Buffalo

Paul P. 4y
 Dick H. 6y
 Charles S. 7y
 Justin 7y
 Mike V. 8y
 Donna D. 8y
 Dan W. 11y
 Mona T. 14y
 Dan L. 18y
 Eva H. 19y
 Tom R. 22y
 Bruce G. 23y
 Wally 40y

Orchard Park

Keith K. 9m
 Katie R. 1y
 Mark S. 25y

Remember When

Tony A. 2y
 Aisha S. 3y
 Andrew R. 3y
 Henry M. 3y
 Greg J. 5y
 Elbert L. 7y
 Terrence G. 9y
 Pee-Wee 10y

Rise & Shine

Sue H. 3m
 Kim D. 6m
 Amanda S. 6m
 Mark B. 9m
 Kim M. 9m

Steve B. 1y

Tyrone C. 1y
 Ed P. 8y

Veronica C. 10y

Charles F. 13y

Therese B. 14y

Teresa W. 14y

Serenity on

the Lake

Krissy B. 1y

Sheridan

Mark H. 13y

Mark H. 16y

Lisa M. 17y

Spiritual Progress

Colleen B. 4y

Laurie M. 7y

Sue L. 10y

Sunday Morning

Breakfast

Mark Mc 12y

Surrender & Hope

Joe W. 6m

Chuck J. 9m

Harold S. 11y

Red B. 16y

Debbie M. 17y

Thruway

Mike E. 1y

MaryEllen S. 30y

We Care

Bob W. 2y

Mark C. 3y

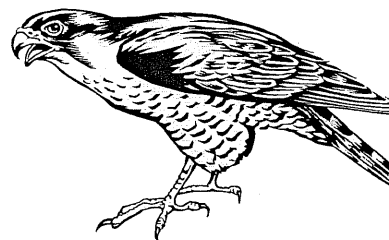
Gdavid G. 9y

John D. 10y

Ed W. 20y

Larry B. 20y

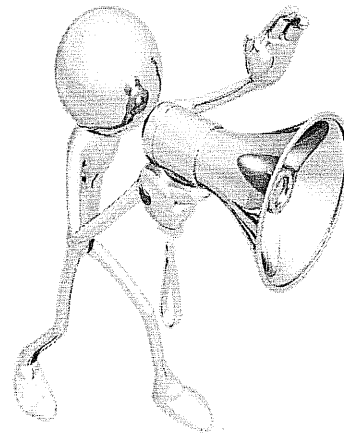
Bill R. 28y



GROUPS CELEBRATING

A.M. Sobriety-5y
Attraction-40y
Casting-36y
Cheektowaga- 53y
East Amherst- 36y
H.O.W.- 19y
Humboldt-21
Lewport- 52y
Purpose- 35y
Ray of Hope- 29y
Serenity on the Lake- 11y
Victory Women's- 5y
Welcome- 38y

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 Easter	5 Worst 4th Step defect is <u>procrastination</u>	6	7	1 April Fool AA Big Book First Published 1939	2 Good Friday	3 69th Buffalo Fall Convention Meeting, 12 NOON, Central Office
11 Steering Committee, 5 PM, Central Office, 681 Seneca Central Committee Meeting, 7 pm, Buffalo Central Office. Corrections Committee Meeting, 6:00 PM, Buffalo Central Office. General Service Assembly, 12 Noon, Hamburg Town Hall, 5999 South Park Ave., Hamburg.	12 GSA, Area 50, District 11 Business Meeting, 5 p.m. - 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.	13	14	15	16	17 Rule 62: Don't take yourself so damn seriously
19	20 Public Information Committee meeting, 6 PM, Central Office	21	22	23	24 Archives Committee Meeting, 9 am, Buffalo Central Office.	
25 OUCH! Great short prayer:	26	27	28 Serenity on the Lake group is celebrating their 11 th Anniversary, 8 PM St. Anthony's Church, 421 Commercial St. (Rt. 249), Farham.	29	30 My Name is Bill W. airs 1989 on ABC TV 9pm.	<i>First "A.A." pamphlet April 1940.</i>

PLEASE READ AT YOUR MEETING...HELP KEEP EVERYONE INFORMED:-)

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388
9:00 AM- 12:30PM, 2:00 PM- 4:30 PM
Schedule on line at: www.ny-aa.org &
www.buffaloaany.org*

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www.buffaloaany.org
buffaloaa@hotmail.com*

APRIL 2010

MEETING CHANGES

- In the **2010 Schedule** pages 16 & 17 are the same. The replacement & correct **page 17 is available as an insert** at the Central Office. Sorry ☹
- **New Group: Friends of Bill W.;** Monday, Tuesday & Thursday- 6 PM, Saturday- 7:30 PM. Grove St. Christian Church, 85 Grove St., Tonawanda, NY 14150.
- **Marilla Group**, Friday's, **Needs Support.** Marilla Methodist Church, S-1910 Two Rod Rd. @ West .
- **Dunkirk Monday Night** Group is **Moving** to Presbyterian Church, corner of 4th & Eagle St's. Lark St. Entrance.
- The Tuesday "**Acceptance**" and Friday "**Welcome**" groups located at Church of Nativity-1530 Colvin Blvd. Near Sheridan Dr. in Kenmore @ 10:00 a.m. has **babysitting** for all the parents and child caregivers who need meetings.
- **New Meeting, Transitions**, Transitional Services, 389 Elmwood Ave, Buffalo, Rec Room. Tuesday's 5-PM. Closed Meeting.
- **Just For Today Group/Cheektowaga** will restart @ Infant Of Prague Church, 921 Cleveland Drive. Saturday, 10-AM.
- **Positively Living Group**, Tues, Wed & Thurs, 12:30 PM, St. Clares, 193 Elk St. Buffalo, **No Longer Meets.**
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

COMING EVENTS

- ~Apr 1, **Thursday Night Big Book Study**, Fredonia, will be celebrating our 10th Anniversary on Thursday, April 1 (no fooling).
- ~ Apr 3, **69th Buffalo Fall Convention Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street .
- ~ Apr 11, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Apr 11, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, (hosted by 3 Legacies)

- ~ Apr 11, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca
- ~ Apr 11, **General Service Assembly**, 12 Noon. Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Apr 12, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Apr 20 **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Apr 24, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ April 28, **Serenity on the Lake group is celebrating their 11th Anniversary**, 8 PM St. Anthony's Church, 421 Commercial St. (Rt. 249), Farham.
- ~ May 10, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca
- ~ May 14-16, **Women's Spring Spiritual Retreat** -will be at Stella Niagara. Registration forms will be mailed to all groups with March Central office announcements. Focus is on the 12 steps -speakers, groups, guided meditation, spiritual advisors -along with loads of food & fun. Cost is \$145 US dollars -includes: 3 day/ 2-night stay, meals & coffee. Contact person: Marilyn S. 799-4094
- ~ Oct 29-31, **69th. BUFFALO FALL CONVENTION**: Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst.

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 B..... Executive Secretary

Buffalo Central Committee Minutes

March 7, 2010

Cindy Orchard Park Step Committee Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Katie Orchard Park Step read the Preamble, Jack Lockport #1 read the Purpose of the Central Committee and Jeff Derby Group read the Twelve Traditions. It was moved by John Sunday AM Breakfast and seconded by Dave Orchard Park Step to accept the February minutes as written by MaryKate Three Legacies Recording Secretary.

New Groups were greeted and 27 groups were represented: Dist #1: Main and High; Dist #2: North Buffalo, Sober Train, Step Action; Dist #3: Abbott Men's Discussion, Any Lengths, Courage, Iron Horse, New Life, OLV Women's, Sunday Morning Breakfast; Dist #4: Orchard Park Step; Dist #5: Big Book Lockport, Lockport #1, Lockview; Dist #6: Amsdell Lakeshore, Carrying The Message, Derby, Lakeshore, Sobriety Men's Discussion; Dist #7: Fresh Start, Lovejoy, Solidarity; Dist #8: Amherst Snyder, Eyeopener, Williamsville, Women Making the Effort.

COMMITTEE REPORTS

- **ENVELOPE SYSTEM:** Jennifer reported that \$572.00 brought in by Envelope System.
- **STEERING COMMITTEE:** Pete Dist #6 rep reported that the Chair, Co-Chair, Secretary, Financial Chair and Steering Committee Reps Dist 1-7 were Present at meeting. Dist #8 absent. Dist #1 rep reported that new meeting Happy Faces could use support. It meets at 1:30 PM on Tuesdays and Fridays. Dist #2 Rep reported that the Stay Alive group is possibly moving. Dist #4 rep reported that they are in serious need of volunteers for their Day of Sharing. Dist #5 rep reported that Lockport #1 is concerned with people from other fellowships causing disturbance during AA meeting in progress. Lockport #1 is celebrating 63 years on March 19th. Also, discussed "Meeting in a Pocket".
- **FINANCIAL REPORT:** It was reported that both Treatment and Corrections have lowered their balances due to Literature purchases in the past two months. Expenses in February were down more than enough to offset the lower amount of group contributions. So far this year we are up financially.
- **TREATMENT REPORT:** Bryan reported that the Treatment Committee meets the 3rd Monday of every month at 6 PM at Central Office.
- **CORRECTIONS:** Jim Co-Chair reported that for the month of March Lakeshore Group will be taking meetings in Alden. The rest of the year has also Been filled up by home groups volunteering to share their experience, strength and hope. They have been getting a lot of volunteers for Gowanda, they are also following up on these volunteers orientations after they have been cleared. The reason for this is to fill the extra days that the prison has meetings with these volunteers. Corrections is making good progress with Gowanda. Collins has volunteers to help inmates who are about to be released into society with the "Bridging the Gap" program. This is also going well with special thanks to those involved.
- **SCREENERS:** No report.
- **CENTRAL OFFICE:** AA Info: 196, 12-Step: 1, Alanon: 2, PIC: 1, Visitors: 175, Volunteers: 9. Groups we are in need of contacts from Powerless- Dist #7, Unity- Dist #8, Beginning's Women- Dist #8 and Look to This Day- Dist #6. Terry's known vacation days August 26-31 and Sept 1-3 and Sept 8th. She will be out of state on those days. The office in the past was authorized to sell a booklet called, "In All Our Affairs". They haven't been available for several years. At the Central Office Seminar, they had a booklet called, "Meeting in a Pocket", that is sold at many Central Offices across the country. I have/will introduced them to both the Steering Committee and Central Committee today. I would like to make a motion to sell them.
- **NEW FRONTIERS:** Terry hopes everyone is enjoying the newsletter. She

would love to have more local articles. Thank you for allowing her to serve.

•**PIC:** Patrick reported that PIC will be taping an AA program on WJYE 96.1 on Thursday March 11, 2010. Details will follow for the date that it will be aired. It will also be aired on it's affiliate radio stations, which are WYRK 106.5, WBLK 93.7 and Jack FM 92.9. PIC has two health fairs scheduled this month. March 16th at the Father Belle Center and March 25th at South Park High School. Libraries are still being stocked. PIC is in need of Spanish speaking members. As always they need volunteers for an assortment of positions. Buffalo Schools' presentations will begin in the coming month. NERAASA was held last weekend and the PIC committee attended the PIC roundtable sessions Friday and Saturday night. They received a lot of valuable information.

•**CURRENT CONVENTION:** not present

•**AD HOC COMMITTEE:** Troy reported that the 1st meeting for the phone systems was meeting after Central Committee tonight.

•**GSA LIASON:** Frank reported that GSA met that afternoon. Don of PIC informed GSA that he is working on setting up a booth at the Erie County Fair this year. Derek has finished the guidelines for GSA, they have been printed and are also available on line. Patti resigned as Co-Chair. Frank was offered the position and accepted. Therefore effective today Frank has resigned as GSA Liaison. Next GSA meeting is April 11, 2010.

•**CPC:** no report

•**ARCHIVES:** Marty reported that the Archives Committee continues to be active by taking the display to anniversaries, days of sharing and conventions. The Committee has also purchased large canvas bags to protect the frames in transit. The Archivist continues to inventory the materials in repository. The Committee has carefully developed a set of guidelines which are based upon, Arkansas' area, Rochester Intergroup and GSO guidelines. We'd like to thank the groups for their donations of \$220.00 in January. We received no donations in the month of February. We take a 7th Tradition at our meeting at the Central Office, which we turn over to the Central Office. If this body would like a full treasurers' report we would be glad to send it to the Central Office. We would like to send Central Office our yearly budget if you'd like to have it, you can make copies. The Archives Committee is committed to making the WNY Archives the best possible display. Our displays was recently at the Thruway Groups anniversary. We will be at Lockport #1 on March 19th, District #4 Day of Sharing March 20th in Springville and The 2nd Annual Cataract City Convention March 26-28 at the Days INN in Niagara Falls.

•**OLD BUSINESS:** A motion was made to allow Happy Faces Dist #1 and Hope's Horizon Dist #2 into the schedule, all in favor, adopted. John Sunday Morning Breakfast made motion to start selling "Meeting in a Pocket" motion was 2nd by Diane, New Life. In Favor-12, Opposed-2. Heard minority report, votes changed and motion was tabled for next month's meeting.

•**NEW BUSINESS:** Jack Lockport #1 wanted to know if Chair, Co-Chair and Recording Secretary are going to give report on NERAASA. All three will give report at next month's Central Committee meeting.

It was moved by Jack Lockport #1 and seconded by Bob Any Length that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:40 PM.

NEXT MEETING APRIL 11TH 2010

Respectfully submitted by MaryKate B. Recording Secretary Three Legacies Group

Income Statement		Jan-10	Feb-10	
Beg Bal Cash on hand		15,011.78	17,123.31	
Contributions				
	Groups	7,825.62	5,259.84	13,085.46
	Joint Meeting	38.00	41.37	79.37
	Envelope System	1,105.00	572.00	1,677.00
	New Frontiers Subs	99.00	93.00	192.00
	Literature/Medallions/Pins	4,544.98	5,247.60	9,792.58
	Literature Sales Tax	303.32	297.58	600.90
	Literature Postage		8.34	8.34
	Archives Room Rent	50.00	50.00	100.00
	Meetings at CO	20.00	34.00	54.00
	Mail/Misc.		55.00	55.00
	US Treasury			-
	"Gratitude Month" (NOV)		54.00	-
	Conventions/Day of Sharing	517.86	40.00	557.86
Monthly Income		14,503.78	11,752.73	26,256.51
Expenses				
	Office Rent	873.22	873.22	1,746.44
	Electric	90.00	90.00	180.00
	Payroll			
	Salaries - gross	2,520.40	2,520.40	5,040.80
	Federal Withholdings	(454.72)	(454.72)	(909.44)
	NYS Withholdings	(112.69)	(112.96)	(225.65)
	Disability Insurance	(3.00)	(3.00)	(6.00)
	Payroll Tax Deposits			
	Federal	917.23	611.44	1,528.67
	State	478.67		478.67
	Insurance			
	State Ins Fund		301.56	301.56
	Health	354.00	354.00	708.00
	Liability	1,220.13		1,220.13
	Postage	479.96	509.99	989.95
	Phone	167.88	158.32	326.20
	Accounting			-
	Advt			
	Talking Phone Book			
	Verizon; Idearc Media website	155.80	155.80	311.60
	white directory			-
	Yellow Pages			-
	Literature Expenses			
	Grapevine		400.00	400.00
	World Services Inc	1,697.40	277.87	1,975.27
	Hazeldon	822.00	452.00	1,274.00
	Printers	2,142.00		2,142.00
	Medallions			-
	PINS			-
	Office Supplies	86.92	502.65	589.57
	Answering service	177.05	175.58	352.63
	Minolta leasing (copier)	223.00	223.00	446.00
	Minolta Copies/ service contract	130.00	130.00	260.00
	PIC	227.00		227.00
	Seed \$\$		200.00	200.00
	Seminar		60.00	60.00
	Depreciation	100.00	100.00	200.00
Monthly Expenses		12,292.25	7,525.15	19,817.40
Monthly Income (Loss)		2,211.53	4,227.58	\$6,439.11
	Depreciation add back(non-cash)	100.00	100.00	200.00
End Bal Cash on hand		17,123.31	21,250.89	
PRUDENT RESERVE		20,735.96	20,739.55	
Assets: Literature & Medallions		16,836.12	14,238.75	
Literature Receivable:(outstanding)		2,980.21	2,913.35	
Corrections Facilites		2,591.67	2,477.82	
	Contributions	389.90	139.20	529.10
	Expenses	503.75	782.50	1,286.25
	Balance	2,477.82	1,834.52	(757.15)
Treatment Facilities		1,105.88	1,492.78	
	Contributions	386.90	91.20	478.10
	Expenses			-
	AT & T Bridging The Gap			-
	AAA Abott Answering Service			-
Balance		1,492.78	1,583.98	478.10

YTD

13,085.46

79.37
1,677.00
192.00
9,792.58
600.90
8.34
100.00
54.00
55.00
-

557.86
26,256.51

1,746.44

180.00

5,040.80

(909.44)

(225.65)

(6.00)

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708.00

1,220.13

989.95

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400.00

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2,142.00

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589.57

352.63

446.00

260.00

227.00

-

200.00

60.00

200.00

19,817.40

\$6,439.11

200.00

+

Getting Real In Order To Heal

Not drinking and going to meetings is not the bottom line of sobriety. This alcoholic must get real to heal. Those 12 Steps of Recovery are not optional for me. I have to practice them all for a sober life to be real.

The reality is that just going to meetings and abstaining from drinking will not automatically cause me to do a 4th Step. The pen and pad necessary for this Step will not appear in front of me and, by some magic, write down my moral inventory all by itself. The reality is that I must make the effort to do this myself.

The reality is that just going to meetings and abstaining from drinking will not cause someone to appear before me and proclaim, "I am here to receive your 5th Step." The reality is that I must with willingness and caution seek that person out!

The reality is that just going to meetings and abstaining from drinking will not automatically cause me to write down an 8th Step amends list. The pen does not work unless I pick it up and use it.

The reality is that just going to meetings and abstaining from alcohol will not cause the people I have harmed to show up at my door and say, "Please make amends to me so you can feel better." The reality is that I must locate those I have harmed and make the amends, wherever possible!

These are only four examples of the action required for me to live the 12 Steps. Only I can do these things. Working these steps for anyone other than myself won't get or keep me sober.

Sobriety doesn't happen by some magical process or by osmosis. Sobriety occurs when this alcoholic engages in the miracle of effort.

Sobriety is not a temporary measure to get my life in order so I can go back out and screw it all up again! Sobriety is a committed, spiritual venture to bring my soul back into unity with

God's Plan and live one day at a time, over and over again!

When it comes to living the 12 steps of recovery, there is no room for me to engage in fantasy. This alcoholic must get real in order to heal. There is no cure for my disease, so I need to get off my duff and get on the pathway to HEAL!

Fred G./ AREA 26 NEWSLETTER - THE VOICE OF KENTUCKIANA - FALL 2009

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