

NEW FRONTIERS

APRIL 2011

A.A. of the Niagara Frontier

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.

I believe "this is a God thing"

My name is Mary Lou and I am an alcoholic. I have been sober 32 years, which can be considered a long time, even old timer status. I frequently listen to the newcomer in AA and can truly feel those feelings, understand those fears and thoughts that occur in early recovery from alcoholism. In my own life, situations regularly occur that bring me back to the first step and keep me practicing the principles of AA in daily life.

In my early days of sobriety I didn't think too much about the steps. I was confused, unable to sleep, and continuously panic stricken. I remember certain people were kind to me, but even if someone wasn't, I still came back to the next meeting. I collected phone numbers (at one time I had 300). It made me feel secure, but I never called anyone. I struggled to maintain a job and got no relief from praying or practicing good orderly direction.

Today I hear from some that the steps can be taken in an afternoon. Another group painstaking reads, writes about and discusses each paragraph in our Big Book. Although I am not a proponent of the "whatever works" brand of AA, (it is too easy for me to justify wrong behavior), both approaches seem to work for some. What doesn't work is arguing about who is right and gossiping about who I think is wrong.

I need to remember that I believe "this is a God thing". God worked in my life in ways I could never imagine. I got comfort at a 12 midnight meeting from an old-timer who told the same story every week and then fell asleep. Go figure.

My first sponsor was a beautiful, bubbly lady who looked like Betty Boop. She was the anti-Mary Lou. She didn't understand me, but she cared about me and called me on Christmas. I will always be grateful to her.

My life changed at a meeting one night when an angry blond was pounding on the table after a relapse, saying "I deserve to be sober!", and another member spoke after her and quietly said "I hope I never get what I deserve." Talk about putting on a new pair of glasses!

I unsuccessfully was trying to take a fourth step and a member told me if I was having trouble- go backwards to step 3. I ended up on Step 2 and stayed there awhile. I was angry, and I didn't believe any-

thing could change me. Finally after 2 years I couldn't deny that I was beginning to heal and could move forward. I had been treating the steps like I was playing Candyland and whoever got to the end first, wins.

I began to practice the 12 Steps in earnest when marriage and motherhood threatened to overwhelm me. Those years were tough (they don't call motherhood the hardest job on Earth for nothing) but God gave me the help I needed. A sponsor, a doctor, a meeting, a church. Today my children are relatively happy, healthy adults. Unfortunately the marriage didn't survive. About that I will say, divorce brings a great opportunity to do your own inventory and learn to move on after failure.

I belong to an AA group I really love today. Recently, my inventory has shown me to direct more of my attention to the newcomer and to be present in the moment, not interrupting when they talk. I also offer to read the Big Book with them- what a true demonstration of mutual aid. I look forward to the future, even with old age and an empty nest on the horizon. I know God isn't finished with me yet.

Mary Lou: Rise & Shine Group

The Higher Power's Prayer

Higher Power, universal.
In the depth of our being we hold your name.
Come. But show us how to live now
as we will once we are with you.
Teach us to live one day at a time.
And forgive the many things we have done wrong
as we forgive the people who have done wrong to us.
Guide us away from our paths of destruction.
But if we go there anyway, remove us from them.
Because this is your world
and you have the power.
We offer all this from the depth of our being.
For all eternity let it be so.
Let it be so.

Jen H.



Dsst...Did you hear...Literature costs have gone down!!!

Central Office

Hello. Alcoholics Anonymous. Yes, this is the central office. No, it's not the answering service. No, this conversation is not being taped. How can I help you? You say you're drunk and can't stop drinking, but your wife says you should stand up like a man and use your willpower--if you really cared for her, you'd stop drinking by yourself. Well, I can only tell you about myself, my friend, because I'm the only one I really know about, and I couldn't stop drinking by willpower, either. It meant doing something about my drinking problem. It meant contacting the local office of Alcoholics Anonymous. If you like, I can have a couple of sober AAs come over to your house and talk with you. What's that? You think you can do it on your own? Good luck, and call us when you're ready to do something to help yourself. . . .

Hello. Alcoholics Anonymous. You're a student doing a project on AA and you'd like to attend an open meeting? What area do you live in? I'll try to get you information on the meeting nearest you. The only thing we ask is that if you see somebody you know there, please keep it to yourself. Have a good day. . . .

Hello. Alcoholics Anonymous. You'd like someone from AA to come to your school and talk to the children? What school is it? What age bracket are the students? We have a public information committee to handle this type of request, and I'll be glad to forward the information to them. Thanks for calling. . . .

Hello. Alcoholics Anonymous. Yes, that group's still meeting in the same place at the same hour. The people will be glad to see you again. . . .

Hello. Alcoholics Anonymous. What church is calling? I see--you can't have the AA meeting there next Thursday, because there's a special church service. We'll make sure the information gets to the proper people. Thank you for calling. . . .

Hello. Alcoholics Anonymous. Hi, Larry. Yes, there is a steering committee meeting here in the central office tonight. Seven-thirty. See you there. . . .

Hello. Alcoholics Anonymous. Yes, this is AA. How can we help you? You're drunk, but you don't know if you're an alcoholic, and you don't want your husband to know about this call. Well, if *you* don't tell him, *we* sure won't. You don't have to say you're an alcoholic to join AA. The only requirement for membership is a desire to stop drinking. If you'd like, we can have a woman call you, and maybe come over to your house. You would? Fine! Try your best not to take a drink for the next hour, and we'll get hold of someone. . . .

Marge? This is the central office. We just had a call from a woman asking for help and AA information. Can you contact her, and maybe get her to a meeting tonight? That's great. Here's her phone number. Call us back and let us know how you made out. . . .

Hello. Alcoholics Anonymous. Oh yes--how are things in your area? That's good. One day at a time. What's up? You're having a convention and you'd like a speaker panel from around here? We'll see what we can do. Give me your number, and I'll get back to you as soon as I can. . . .

(Time out for lunch, and we forgot to put the calls on the answering service.)

Hello. Alcoholics Anonymous. What do you mean, you didn't think AA was open? Oh. You just called twice, and nobody answered. This is your third call in a half-hour. I'm sorry, but we were out to lunch. What can we do to help you? You want a meeting schedule mailed to you? Sure. What's your address? Sorry about not being here. Nope, we're not perfect, and thank God for that.

H. D.(Former Executive Secretary; Harry D.)

Buffalo, New York

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IN MEMORIAM

Things We Can Not Change

Bill O'C- Courage Group- 30 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.

End of the road

When his wife threatens to walk out, he goes to his first AA meeting

I STUMBLED through the door of my house. It was 7 in the morning. I knew I would have to come up with some excuse. But when I went to the bedroom to see if my wife was sleeping, the door was locked. The woman who'd adored me, stood by me and loved me had locked me out of the bedroom. With a head full of booze, I knocked on the door and she did not respond. I knocked again, and this time she opened the door without saying a word. I was about to lay into her, but I could hear that she had been crying by the sniffs and noises she was making. Who the hell was she to get mad at me? I was working; I was bringing home money; she had food on the table and gas in the car. Two could play at this game. I decided not to speak with her, either, and I lay down and tried to sleep. But as the booze filtered through my kidneys, I began to feel the sickness that I had become accustomed to. After about an hour, realizing that she was not asleep, I asked her what was wrong. I hoped for some smart remark so that we could go at it and I could put her in her place. Instead she just said that something was wrong with me, and that she would be leaving for a few days. Her reaction scared me.

Drinking made the painful reality of my mediocre existence disappear. I was a fun guy on booze, and I could talk to people on booze. This is what my wife could not understand--drinking and drugging was not just something to do on a Friday or a Saturday; it was a way to fit in with the world. The truth was that I was completely unequipped to deal with life on life's terms; I had the emotional capacity of a child. I'd never grown up. I stuffed down everything I experienced, both good and bad, and let alcohol dictate my outlook on life.

When I started drinking at 13 years old, it was not about the taste. It was about not feeling the way I felt most of the time; it was about having the confidence to do things I would never normally do. Growing up, I had a severe phobia about people and places; I think that is where my alcoholism took root. I had a difficult time talking with people, unless I was drunk or drinking. When I was drinking, I would go anywhere and do anything. By the time I graduated from college, I had also graduated to hard liquor.

My first job out of college was a disaster, between calling in sick and neglecting my responsibilities. Every day at 5 P.M. was a vacation waiting to happen. It might only be temporary, it might only last 12 hours, but saddling up to the bar for the first drink was like heaven; it was like God's reward for putting me through the workday. I knew everything would be OK. The next morning, with two hours of sleep and a mouth full of copper, I would call in sick. I left after less than one year.

My second job was more interesting, but not much more rewarding. I wore out my welcome real fast. I was the lackey in my office; I went from being the new guy to being the floormat. I worked shift hours, 4 P.M. to midnight, I drank incredible amounts of alcohol by myself, and was convinced that the world was an awful place full of dumb people. I lived in an apartment that looked more like a cave; I never opened the windows, I never used the porch, I just drank and drank and never went out. This was the life I was destined to live for many years, alone.

When I was in college, I went to London for a semester. It was the most amazing experience of my life. I knew that I wanted to go overseas to live again, I just did not know where, how, when or why. It occurred to me that the Peace Corps would be awesome. I could help people, immerse myself in a foreign environment and maybe learn a new language. This all seemed like wonderful stuff to me. My desire to explore the world could help make me the man I'd always wanted to be--a worldly, man's man. I would never have to explain my decisions because they would be tempered in grit and experience. It was a pipe dream. As fate would have it, I was accepted and assigned to Uzbekistan. I had never really been on my own before, least of all in a Third World country. It would have been a disaster. I would have fallen on my face, only this time I would have been 5,000 miles from home.

I was prepared to go, though--that is, until I got a call from the folks at Peace Corps headquarters in Washington, D.C. They said my health was in serious question due an astronomically high cholesterol level, and they were delaying my trip for six months. Like an idiot, I had already given notice at my job and my apartment, and my car would soon be gone. I quickly went from diplomat to dog. I had no place to go and no way to pay for it if I did.

Luckily, my sister was the angel I was looking for. She told me I could live with her rent-free--dangerous words for an alcoholic to hear--and of course I took her up on her offer. I was now officially a drifter. I had nothing to do and there was nothing tying me down, so I pretty much did what I wanted when I wanted, which meant I drank, slept and pontificated on my sad life and how everyone had done me wrong. The only time I thought of God was when I was asking him to make somebody's life miserable.

Most of the time I walked around, hoping that an anvil would fall from the sky and kill me, because I did not have the guts to kill myself. I thought I was a useless, miserable, sorry excuse for a human being. I couldn't go to the grocery store during the day because I was embarrassed and ashamed of what had become of my life--and I might see somebody I knew who would want to talk to me. I thought that people could just look at me and see that I was worthless; I'd gone my whole life running away from that thought. It never occurred to me that the problem was drinking; drinking was the only thing that made me feel good.

FORGIVING myself for the things I did when I was drunk has not been easy. I insulted friends and strangers; I made women feel uncomfortable; I was a creep. I can never take back what I did and the way I behaved; I can only say, "Sorry." I carried my faults and mistakes in a bag slung across my back; that was my life, and it was heavy.

Then came that cold February day when I came walking into the house drunk and my wife said she was leaving. I left the house that day and stumbled into my first AA meeting. It was a surreal experience.

It was one of the very sunny, very cold days we get here in Buffalo; cold enough to freeze you to death, but still beautiful. There I was at an AA meeting in the basement of a church. There were eye-level windows all around the room, the sun was streaming through the windows, the room looked beautiful, and I felt safe. We all sat around a couple rickety old tables that were pushed together. A couple people shared and then I spoke. Actually, I sobbed. The words would not come out. I was at the end and I knew it. I was close to losing my wife, my house, my car--everything. God sent Jon R. to help me that day. In my opinion, Jon's intervention saved me. The meeting was over and I was about to walk out when Jon stopped me and gave me a few gruff orders to call him. He sounded serious--and a little mad--so I took down his number and I promised to call.

That is what I did; that is how it started. In the beginning months I did the old "fake it, until you make it" routine. I showed up early for my home group and made coffee. I put the chairs back in place after the meeting, and I called a lot of guys who had given me their numbers. Jon R. introduced me to the guy who would become my sponsor. My sponsor and I became quick friends; I guess it's true that when the student's ready, the teacher appears. I experienced so much in the first months of sobriety. I was riding a so-called pink cloud. It was tough, though; I had no contact with the guys I used to drink with--and the tough part was that they did not notice I was gone.

Like a little kid swinging blindly at a pinata, my first sober year was confusing, exciting, funny and rewarding. I did my first Fourth Step, and wrote out a gratitude list. The thing was, I was enjoying the hell out of it. I met so many people who looked at me like I was normal.

I originally thought my story was going to change the principles of AA; I thought they were going to have to add an extra step for me to follow. But they just told me I was in the right place. I would confess my angst to my sponsor and he would just laugh at me and give me some work to do. I still go to about four or five meetings a week and try to work the Steps as best as I know how. I still screw it up and I still lose my head over silly things, but I don't have to drink over it. Eighteen months later, I have a great sponsor and a great home group. When I got my one year pin, my whole family showed up. Alcoholics Anonymous gave me the only real life I have ever known. I am grateful every day for the blessings I now know exist in my life. A little simpler, a little slower, my life overflows with promise and hope one day at a time, thanks to AA.

CHRIS M.; Buffalo, N.Y.

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APRIL ANNIVERSARIES

Alexander

Chris S. 6y
Augustine C. 13y
Everett J. 15y
Greg F. 16y
Chuck P. 22y
Ron B. 24y

Amherst/Snyder

Shawn C. 3y
Jeanine L. 3y
Mike K. 6y
Victor C. 6y
Chris T. 7y
Doug C. 14y
Amy H. 21y
Fred S. 24y
Dee C. 27y
Marty M. 30y
Rita F. 37y

Big Book Lockport

Rob S. 1y
Dave G. 1y
Zanette B. 3y
Laurie H. 7y

Courage Group

Kathy M. 11y
Marie D. 17y

Easy Does It

Barbara H. 3y
Laura P. 4y
Jim B. 14y

Fresh Start

Sandria B. 7y

Golden Slipper

Paul H. 18y
Don s. 19y
Jerry B. 22y
Kurt K. 29y

Helping Hand

Nancy P. 13y
Dick E. 21y

H.A.N.D.

Bryant G. 26y

Harmony

Greg H. 2y
Robert N. 3y
Phil M. 7y
Sam B. 10y
Tony B. 21y

Ironhorse

Ken P. 8y
Scott S. 27y
Mike H. 37y

Just For Today (Cheek)

Paul L. 16y
Dave M. 22y
Nick 28y
Rita F. 37y

Kensington

Dick B. 28y
Rita F. 37y

Lakeshore

Tom P. 14y
Greg H. 22y
Terry B. 24y
John B. 24y

Living in the

Solution

Bernard A. 12y
Larry H. 23y

Lockport #1

Wally E. 26y
Al McC. 40y

Lovejoy

Mike M. 3m
Greg S. 3m
Tom H. 1y

Main & High

Joames C. 8y
Wally G. 14y
Larry H. 23y

Scott K. 3m
Justin L. 6m
Craig G. 6m

Bill S. 1y
Howard H. 1y
Gordon B. 3y

Mike V. 8y
Eva H. 19y
Norman T. 25y
Wally 41y

Orchard Park

Janet J. 3m
Katie R. 2y
Mary B. 4y
Mark S. 26y

Remember When

Willie S. 1y
Karen C. 1y
Damon D. 1y
Ceceloia J. 1y
Steve C. 2y
Greg P. 4y

Rise & Shine

Sheila G. 3m
Steve B. 2y
Ed P. 9y
Charles F. 14y
Therese B. 15y
Teresa W. 15y

Sheridan

Mark H. 14y
Mark H. 17y
Lisa M. 18y

Spiritual Progress

Colleen B. 5y
Laurie M. 8y
Sue L. 11y

Sunday Morning

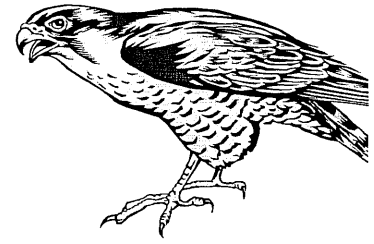
Breakfast

Mark Mc 13y
Surrender & Hope

Harold S. 15y
Red B. 17y
Debbie M. 18y

Thruway

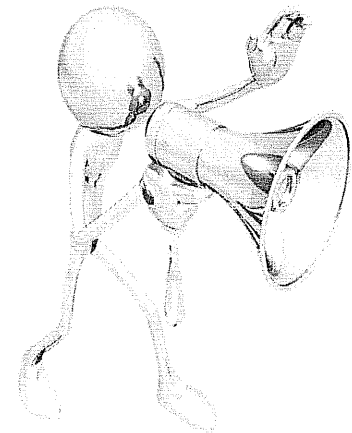
Mike E. 2y
MaryEllen S. 31y



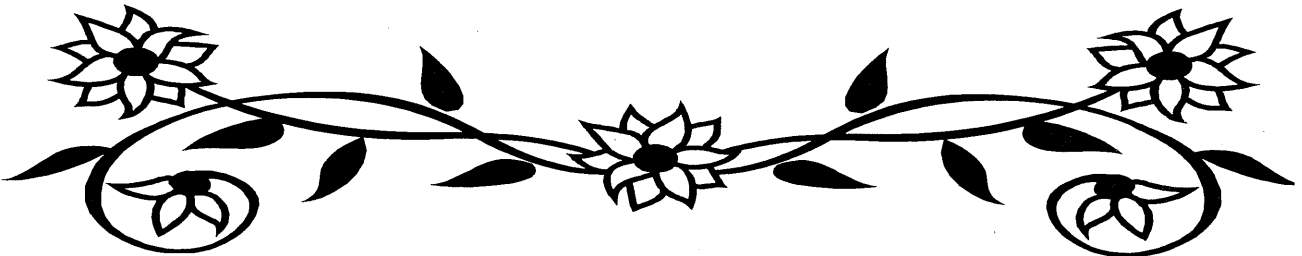
GROUPS CELEBRATING

A.M. Sobriety-6y
Attraction-41y
Casting-37y
Cheektowaga- 54y
East Amherst- 37y
H.O.W.- 20y
Humboldt-22
Lewport- 53y
Purpose- 36y
Ray of Hope- 30y
Serenity on the Lake- 12y
Victory Women's-6y
Welcome- 39y

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



XX



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.buffaloaany.org

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APRIL 2011

MEETING CHANGES

- **Women in Recovery**, Please join us on Wednesday's @ 6pm 245 Elmwood Ave between Summer & North use back door entrance, child friendly environment, W/C ,NS
- **Rigorous Honesty Women's** @ 144 Mills Sat 1PM 'This Newly formed group **will not** meet during the month of April , the future of this group is pending .
- **Father Baker Group**, Friday's @ 8pm, Lackawanna ; **NO LONGER MEETS.**
- **Williamsville Group** on Tuesday's now **start at 8 PM.** Amherst Presbyterian Church, 151 Youngs Rd., Williamsville.
- **New Group; Albion; New Beginning.** Wed., 7 PM. First Baptist Church, corner of Liberty & Beaver Sts.14477.
- The **Elmwood** group has **added** a 10 PM meeting on Fri, Sat & Sun., Sobriety Emporium Coffee House, 2590 Elmwood, Kenmore, 14217.
- **All Meetings that met at the Allsaints Episcopal Church**, 781 Maple in Amherst; **STILL MEET.** only the name of the building has changed to the Hope center.
- **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 3, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Apr 3, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, (hosted by Carry the Message Group)
- ~ Apr 3, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca
- ~ Apr 9, **70th Buffalo Fall Convention Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street
- ~ Apr 10, **General Service Assembly**, 12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Apr 17, **Serenity Groups 48th Anniversary Breakfast**, Holiday Inn, 1881 Niagara Falls Blvd., Amherst. Breakfast @ 9:30, 11am- speaker. \$13.00. **PRE-SALE tickets only.** For more info: call Patti S. 773-3689

- ~ Apr 18, **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 18, **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 18, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting
- ~ Mar 23- Apr 20, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Wednesday's; 4 PM. Sponsored by Helping Hands Group, St. John Vianney Church, 2950 Southwestern, Orchard Park. Journey through the 12 steps in 5/ 1 hr sessions
- ~ Apr 23, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ April 1,2 & 3, **3rd Annual Cataract City Convention**, Days Inn at the Falls, 443 Main St. Niagara Falls, NY. Registration;\$15. Registration & Dinner:\$40.
- ~ May 13-15, **Women's Spring Spiritual Weekend Retreat** will be held at Stella Niagara. The focus is on the 12 steps & includes speakers, groups, spiritual advisors -along with a lot of food, fun & fellowship. More info is upcoming. Contact person: Marilyn S. 799-4094
- ~ May 15, **WNY Area 50 Archives Breakfast," History Lights The Way"**. \$16. Days Inn at the Falls, 443 Main St. Niagara Falls, NY. For info contact; PAM90@aol.com or SHAMME4EVER@aol.com.
- ~ May 28, **Ironhorse Picnic**; 9am-?. Speaker is Wally K. @ 1 PM. Please bring a dish to share. Chestnut Ridge Park, McKinnon's Shelter.
- ~ Oct 21-23, **70th. 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 Executive Secretary

BUFFALO CENTRAL COMMITTEE MINUTES

March 6th, 2011

Jake Three Legacies Committee Chair opened the meeting at 7:04 PM with a moment of silence and the Serenity Prayer. Jeanmarie Orchard Park Step read the Preamble, Gilbert Try Again Group read the Purpose of Central Committee and Jeff Derby Group read the Twelve Traditions. It was moved by Kim Lovejoy Group and seconded by Troy Abbott Men's Group to accept the February minutes as written by Annie from the WE group. New groups were greeted and 22 groups were represented: Dist #1 Dist #2 Sober Train, Common Solution Dist #3 Abbott Men's Discussion Courage, Iron Horse, Ridge, Valley; Dist #4 Orchard Park Step; Dist #5 Lockport #1; Dist #6 Carry The Message, Derby, Go To Any Lengths, Lakeshore, Serenity On The Lake, Sobriety Men's Discussion, WE Group ; Dist #7 Coldspring, Lovejoy, Solidarity, Dist #8 Eye-opener, Williamsville, Women Making The Effort.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** No Report

•**STEERING COMMITTEE:** Jean Maire reported that Districts 1, 2, 3, 4, 6,7 were present. There is still no one to represent district 5. Discussed a variety of issues but nothing was voted on to recommend to central committee. We discussed financial concerns and a couple of meeting not following the traditions.

•**FINANCIAL REPORT:** Rick reported that our cash decreased \$6384.37 to cover monthly expenses. Our monthly inventory increased \$6044.90. The bad debt of \$1446.00 was removed from receivables. Our operating cash balance is \$23,971.65.

•**TREATMENT:** Verbal Report

•**CORRECTIONS:** No Report

•**SCREENERS:** No Report

•**CENTRAL OFFICE:** AA Info: 196, 12-Step: 1 Alanon: 2 PIC: 1 Visitors: 175, Volunteers: 9.

Terry reported the new 2011 schedules are in and these schedules include zip codes.

•**NEW FRONTIERS:** No report

•**PIC:** No Report

• **CONVENTION:** Mark S. reported that things are running along smoothly. We are looking into a possible need for signers for our members who are hearing impaired. If anyone can offer these services or know anybody that needs these services please know. We are also talking about putting together a convention survey to be able to keep improving our conventions.

• **GSA LIASON:** Randy J. reported that our delegate John has stepped down due to health reasons and our new delegate is Mike D.

• **ARCHIVES:** No Report

• **OLD BUSINESS:** District 5 is still looking for a steering committee representative. PIC is still looking for a chairperson. The proposal to amend the bylaws was voted on 17 voted yes, 2 voted no; Motion Passed.

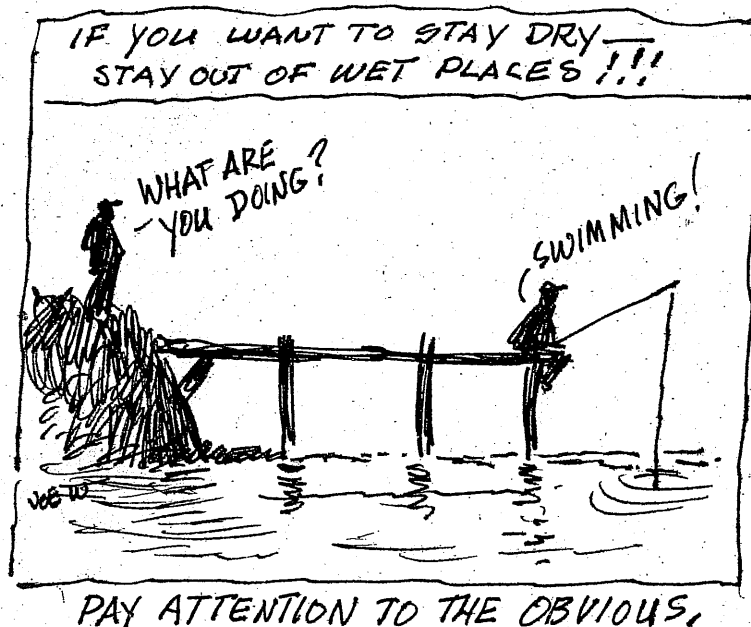
• **NEW BUSINESS:** New group Rigorous Honesty Women was voted on; Unanimous passed. We are looking for a chairperson for the new afterhour's phone committee.

Jake Three Legacies Group Committee Chair thanked Carry The Message for this month's refreshments and April's to be provided by Sober Men's Discussion.

NEXT MEETING April 3rd 2011

It was moved by Vernon Solidarity Group and seconded by Paul Iron Horse that we adjourn; adopted. Meeting closed with the Lord's Prayer at 8:55pm

Respectfully submitted by Annie C. Recording Secretary WE group.



Buffalo NY Intergroup After Hours Phones Committee

"Working Model"

The following is a description of how the Buffalo Central office After Hours Phone Committee could work. This is not binding on the actual operations of the committee as the committee should be afforded the opportunity to operate as the volunteers see fit. This is to prove that the committee is a possibility. As with most actions in our fellowship a leap of faith is required so many stones may be left unturned. This working model is also based exclusively on the findings and reports of the Ad Hoc Committee charged with investigating this issue prior to our intergroup voting to start this committee.

Committee Structure

Determined by the proposal set before Central Committee.

Start up

The Cost to start this committee will range between \$500 and \$1000. This takes into account purchase of the software and computer equipment. Any subsequent expenditures will be nominal.

Operation

The actual operation of this committee will be dependent on Volunteer participation like most of our service committees in Alcoholics Anonymous. The committee will be responsible to recruit, train, and direct a core group of volunteers. The Committee will be provided with information from the Rochester Intergroup "Nightwatch" Committee as a suggestion. The "Nightwatch" Committee has successfully recruited and trained AA home groups to accept the commitment for 1 month intervals in which 3-5 home group members volunteer to answer the phones when calls come in. The Rochester "Nightwatch" has also provided the Ad Hoc Committee with their training manual and information binder. These materials could act as a guide for our new committee. There are a number of concerns that the new committee will have to address including; What to do when a suicidal person calls? what to do when a drug addict calls? How do we protect individual AA members' anonymity? How do refer 12 step calls and to whom? Do we refer to other fellowships? I will not propose answers to these very important questions as it is my belief that these decisions will be the responsibility of the trusted servants that our intergroup elects to the committee upon formation. It is important to note however, that these concerns have been addressed by our neighbors in Rochester. The "Nightwatch" training materials and information binder will be presented to Central Office on February 13th 2011 for use by the new committee.

It is my belief that the new committee should be afforded at least 4-6 months for start-up. The final month being a trial month keeping our current answering service in place as a backup only. The new Committee will need that time to recruit and train home group and other volunteers.

Specific questions and concerns could be answered by the AA members who served on the Ad Hoc Committee that initially investigated this matter. Up to this point the Buffalo Intergroup has answered the following questions: Can this be done? Should this be Done? The Ad Hoc Committee answered the former and the body as a whole answered the latter. It will be the responsibility of our new committee to answer the question of how exactly the Buffalo Intergroup will do it, with the guidance and supervision of Central Committee Reps Steering Committee Members and Ultimately the AA Groups.

Income Statement	Jan-11	Feb-11	YTD
Beg Bal Cash on hand	29,362.07	29,756.02	
Contributions			
Groups	4,977.64	2,939.50	7,917.14
Joint Meeting	51.00	47.00	98.00
Envelope System	1,395.00	155.00	1,550.00
New Frontiers Subs	10.00	60.00	70.00
Literature/Medallions/Pins	3,131.95	3,063.95	6,195.90
Literature Sales Tax	230.85	209.69	440.54
Literature Postage		2.25	2.25
Sales+/-	17.18	(5.92)	
Archives Room Rent	150.00		150.00
Meetings at CO	14.50	21.00	35.50
Mail/Misc.		25.00	25.00
"Gratitude Month" (NOV)			-
Conventions/Day of Sharing			-
Monthly Income	9,978.12	6,517.47	16,495.59
Expenses			
Office Rent	907.44	907.44	1,814.88
Electric	90.00	90.00	180.00
Payroll Gross	1,926.60	2,569.00	4,495.60
Employment Taxes	176.44	235.26	
Payroll Tax Deposits			
Federal	51.15		51.15
State	542.53		542.53
NYS Sales Tax			-
Insurance			
State Ins Fund			-
Health	522.93	522.93	1,045.86
Liability	1,227.18		1,227.18
Postage	618.14	479.44	1,097.58
Phone	167.22	173.03	340.25
Accounting			-
Paychex	67.70	67.70	135.40
Advt			
Talking Phone Book			
Super Media	159.85	160.85	320.70
website			-
white directory			-
Yellow Pages			-
Literature Expenses			
Grapevine	588.19		588.19
World Services Inc	1,847.60	2,844.35	4,691.95
Hazeldon		501.42	501.42
Printers		3,246.00	3,246.00
Medallions		205.34	205.34
PINS			-
Petty Cash			
Office Supplies	137.20	242.76	379.96
Answering service	164.00	169.32	333.32
Minolta leasing (copier)	161.00	161.00	322.00
Minolta Copies/ service contract	223.00	223.00	446.00
PIC			-
Bank Fee's	6.00	3.00	
Prudent Reserve			-
Seed \$\$			-
Seminar			-
Depreciation	100.00	100.00	200.00
Monthly Expenses	9,684.17	12,901.84	22,586.01
Monthly Income (Loss)	293.95	(6,384.37)	(\$6,090.42)
Depreciation add back(non-cash)	100.00	100.00	200.00
End Balance	29,756.02	23,471.65	
Petty Cash	500.00	500.00	
Total Balance	30,256.02	23,971.65	
PRUDENT RESERVE	28,041.29	28,047.57	
Assets: Literature & Medallions	10,537.01	16,581.91	
Literature Receivable:(outstanding)	2,732.05	1,134.87	
Corrections Facilites	1,456.53	1,638.44	
Contributions	413.45	356.00	769.45
Bank Fee's	15.99	12.99	28.98
Expenses	215.55	637.75	853.30
Balance	1,638.44	1,343.70	(54.87)
Treatment Facilities	2,758.77	3,166.22	
Contributions	413.45	363.00	776.45
Expenses			-
Bank Fee's	6.00	3.00	
Balance	3,166.22	3,526.22	

Do You Just Belong?

Are you an active member,

The kind that will be missed,

Or are you just contented

That your name is on the list?

Do you attend the meetings

And mingle with the flock,

Or do you meet in private

And criticize and knock?

Do you take an active part

To help the work along,

Or are you satisfied to be

The kind that just belong?

Do you work on the committees?

To this there is no trick.

Or leave the work to just a few

And talk about the clique?

Please come to meetings often

And help with hand and heart.

Don't be just a member,

But take an active part.

Think this over, members,

And do what's right from wrong.

Are you an active member,

Or do you just belong?

Anonymous

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	FEB	YEAR	FEB	YEAR	FEB	YEAR
11:45		0.00		0.00		0.00
12 Step		0.00		0.00		0.00
12 Steps/12 Traditions		50.00		0.00		0.00
4th Step Stumblers/F.U.N.		0.00	2.00	2.00		0.00
6th Step		0.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbott Men's		0.00		0.00		0.00
Acceptance/Welcome		0.00		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
Akron Awareness		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amherst/ Snyder		125.00		0.00		0.00
Amsdell Lakeshore		0.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	35.00	70.00	15.00	30.00	15.00	30.00
Arcade		0.00		0.00		0.00
As Bill Sees It		0.00		60.00		60.00
Attitude Adjustment(Williamsville)		0.00		0.00		0.00
Attitude Adjustment(NF)		0.00		0.00		0.00
Attraction	100.00	200.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Back To Basics	61.00	61.00		0.00		0.00
Beginners Group (NF)		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
Big Book Lockport		0.00		0.00		0.00
BB Spiritual Studies		0.00		0.00		0.00
Big Book Study	50.00	80.00		0.00		0.00
Blasdel		15.00		0.00		0.00
Blasdel Monday Night		0.00		0.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand	20.00	20.00		0.00		0.00
Boulevard Women		0.00		0.00		0.00
Brass		0.00		0.00		0.00
Building Hope		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Carry the Message	75.00	75.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Cayuga Wake-Up Call		0.00		0.00		0.00
Caz Manor		60.00		0.00		0.00
Central City Café		0.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga	100.00	200.00		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 Solution		0.00		0.00		0.00
Commitment		0.00		0.00		0.00
Constant Vigilance(Varysburg)		0.00		0.00		0.00
Complainers		0.00		0.00		0.00
Courage		0.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Dawn of Hope		0.00		0.00		0.00
Derby		0.00		0.00		0.00
Derby Lunch		0.00		0.00		0.00
Desire		0.00		0.00		0.00
Desperate		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night		0.00		0.00		0.00
Early Bird South		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora		100.00		100.00		100.00
Easy Does It	30.00	60.00	30.00	60.00	30.00	60.00
Ellicottville	25.00	25.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		0.00		0.00		0.00
Eyeopener	93.56	272.81		0.00		0.00
Eyeopener South		0.00		0.00		0.00
Father Baker		0.00		0.00		0.00
Feelings		0.00		0.00		0.00
Fireside PM		0.00		0.00		0.00
Fireside	212.00	357.00		0.00		0.00
First Things First		0.00		0.00		0.00
Forestville Sunday Serenity		0.00		0.00		0.00
Fredonia Discussion		33.00		0.00		0.00
Freedom		0.00		0.00		0.00
Fresh Start	45.00	45.00		0.00		0.00
Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	FEB	YEAR	FEB	YEAR	FEB	YEAR
2 Friends of Bill W.	25.00	25.00		0.00		0.00
1 Frontier(New)	47.30	78.54		0.00		0.00
3 Gardenville	55.00	55.00		0.00		0.00
8 Georgetown		0.00		0.00		0.00
2 Getting Better		0.00		0.00		0.00
6 Gettin With It		0.00		0.00		0.00
7 Gifted		0.00		0.00		0.00
1 Giving		0.00		0.00		0.00
5 Go to Any Length		529.50	35.30	35.30		35.30
5 Golden Slipper	50.00	50.00		0.00		0.00
2 Grand		0.00		0.00		0.00
2 Grand II Joy of Living		0.00		0.00		0.00
2 Grateful		0.00		0.00		0.00
3 H.O.V.		0.00		0.00		0.00
6 Hamburg		0.00		0.00		0.00
6 Hamburg Early Bird		0.00		0.00		0.00
8 Hand	40.00	40.00		0.00	10.00	10.00
2 Handicappers		0.00		0.00		0.00
1 Happy Faces		0.00		0.00		0.00
7 Harmony		0.00		0.00		0.00
3 Helping Hand		25.00		0.00		0.00
8 High Noon		0.00		0.00		0.00
8 High View		0.00		0.00		0.00
7 Higher Power		0.00		0.00		0.00
4 Hillbilly		0.00		0.00		0.00
5 Holiday Village	225.00	450.00	25.00	50.00	25.00	50.00
4 Holland		0.00		0.00		0.00
5 Honest Solutions		0.00		0.00		0.00
2 Honesty		30.00		0.00		0.00
Hope's Horizon		0.00		0.00		0.00
2 How It Works/Men's	150.00	150.00		0.00		0.00
7 Humbolt		0.00		0.00		0.00
3 Inspiration		0.00		0.00		0.00
5 Intoxicated on Life	80.00	480.00		0.00		0.00
3 Ironhorse		0.00		0.00		0.00
8 IT		0.00		0.00		0.00
5 Johnson Creek Big Book		0.00		0.00		0.00
1 Journey		0.00		0.00		0.00
3 Just For Today/ Cheektowaga		0.00		0.00		0.00
5 Just For Today/ Albion	15.00	15.00		0.00		0.00
4 Keep It Simple Sister	50.00	50.00		0.00		0.00
2 Keep On Coming		0.00		0.00		0.00
2 Kenmore		0.00		0.00		0.00
8 Kensington		0.00		0.00		0.00
6 Lake Shore		0.00		0.00		0.00
6 Lakeview		75.00		0.00		0.00
3 Lancaster Dailey Reprieve		0.00		0.00		0.00
5 LewPort		0.00		0.00		0.00
2 Liberty Women		0.00		0.00		0.00
4 Life Today		0.00		0.00		0.00
8 Lighten UP		0.00		0.00		0.00
1 Living Clean		0.00		0.00		0.00
2 Living in the Solution		0.00		0.00		0.00
2 Living Sober		0.00		0.00		0.00
5 Lock City	100.00	100.00		0.00		0.00
5 Lockport #1	300.00	300.00	30.00	30.00	30.00	30.00
5 Lockport Discussion		0.00		0.00		0.00
5 Lockport Ladies		0.00		0.00		0.00
5 Lockport Tuesday	50.00	50.00		0.00		0.00
5 Lockview		0.00		0.00		0.00
6 Look To This Day		0.00		0.00		0.00
7 Love		0.00		0.00		0.00
7 Lovejoy		25.00		25.00		25.00
5 Lower River		0.00		0.00		0.00
1 Main and High		0.00		0.00		0.00
4 Main Street		0.00		0.00		0.00
8 Maple Men's		0.00		0.00		0.00
4 Marilla	50.00	102.00		0.00		0.00
3 Matt Talbot	40.00	90.00		0.00		0.00
5 McKinley Winners		50.00		0.00		0.00
5 MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5 Medina New Life		0.00		0.00		0.00
8 Mercy		0.00		0.00		0.00
3 Mid-day		0.00		0.00		0.00
8 Midnight Discussion		0.00		0.00		0.00
5 Miracle Happen		50.00		0.00		0.00
7 Monday CO		10.00		0.00		0.00
5 Monday Big Book		0.00		0.00		0.00
2 Morning After		100.00		0.00		0.00
7 New Awakening		0.00		0.00		0.00
3 New Beginnings/St. Vincent		0.00		0.00		0.00
New Freedom		0.00		0.00		0.00
New Hope		0.00		0.00		0.00
5 New International		0.00		0.00		0.00
3 New Life		0.00		0.00		0.00
5 New Outlook		0.00		0.00		0.00
1 New Westside		0.00		0.00		0.00
5 Niagara Frontier Men's Disc.		0.00		0.00		0.00
2 North Buffalo		200.00		50.00		50.00
4 North Java Monday		0.00		0.00		0.00
4 North Java Sunday		0.00		0.00		0.00

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