

August, 1995



AA EVERYWHERE ANYWHERE



San Diego was a dream. Forty-five thousand pre-registered. By Friday, an additional 20,000 registered, plus 15,000 more by the end of the convention placed the total anywhere from 75,000 to 80,000 total. Sixty thousand conventioners participated in the opening meeting, kicking off sixty years of AA.

Friday's meetings started at 9 AM with the Pioneer Panel which consisted of two alkie and two non-alkies, Sue Smith, Windows and Bob Smith, Jr., members of Alanon, and Ed, AA #4.

Bob and Sue detailed how AA started, since they are the only remaining survivors of that initial meeting between Bill and Bob, that marked the beginning of AA, June 10th, 1935. Helen Hock, AA's first secretary, was represented by her daughter. Helen Hock helped establish World General Services' first Archives Committee.

Meetings ran every two hours with each panel about an hour in length. Between the Marriott and Hyatt Hotels, which hosted the convention, thirty meetings were held at a time, in all languages of the world.

Niagara Falls' own Dick N. had the honor of being recognized by the Canadian panels to participate in the convention.

The sobriety countdown included 123 people with 40 to 54 years of sobriety. Of those old timers I got to meet four with fifty years, two with fifty-three years and one with fifty-four years. Beautiful people!

Cops directing crowds into the stadium were astonished that there were so many people having such a good time without fights or brawls. When the meetings opened up with "I am responsible..." a silence seized the crowd of 60,000.

Welcome to San Diego. We meet here to celebrate 60 years of sobriety in Alcoholics Anonymous. At the time of AA's first International Convention, held in Cleveland, Ohio, there were 96,475 members, in 3,527 groups around the world. Today, worldwide membership is estimated at over two million, with approximately 90,000 groups in 141 countries.

In two days, from Friday 9 AM to Saturday night, 301 meetings were held. Saturday Night's Old Timers panel left a lot to be desired, however. Twelve Old Timers were drawn from a hat to speak five minutes each. In my estimation, they should have been given more time, at least twenty minutes apiece. That's only my opinion from dealing with Old Timers on panels myself.

The convention had to almost close down a couple of meetings because the hotel rooms were not big enough to accommodate the massive crowds.

A tent was set up adjoining the convention center with tables and information desks in the middle. People could sit down, have coffee, talk and meet people from all over the world. Convention hosts had greeters out in the streets, helping people to restaurants, shopping centers, and so forth. The hospitality was warm and the food was great.

People selling souvenirs, shirts, medallions, tapes and videos were located in the large Tent City adjoining the convention center. Suppliers from around the country put up tents to supply people with keepsakes of the World Convention.

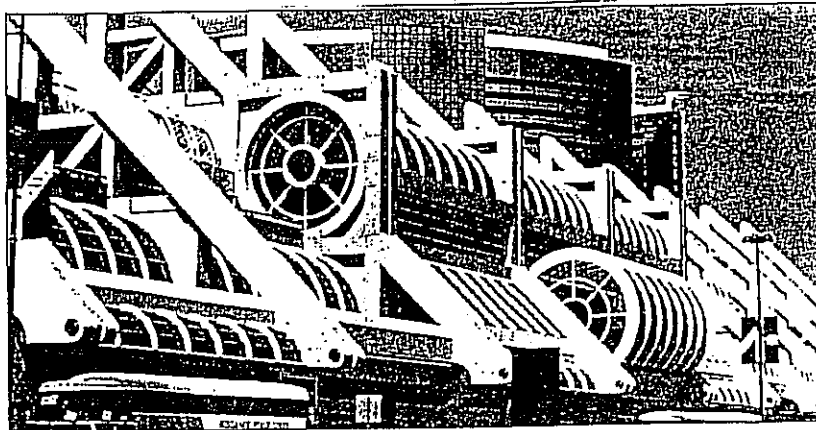
What a wonderful experience to witness what the Big Book describes, we are "people who normally would never mix," when individuals from the lower to upper decks break bread together. I intermingled with Hindus, Muslims, Jews, Mexicans, Germans, Italians, you name it, and from the patio live bands played music respective of each of those countries.

With each World Convention attendance increases 10,000 to 20,000. At this rate, only certain cities will be able to hold it. If you haven't gone to a World Convention, next time you should try it. The experience is overwhelming, it will astonish you. You meet people you wouldn't normally meet in a lifetime. If I were to plan what would happen with my life, I would have sold myself short. By being dependent on the people in AA, I have experienced a full life. But, I know my limitations. My friends in AA helped me to get out to San Diego, and once I was there, I got a scooter so I could get around without my walker.

Imagine a free fall jump, 25,000 feet in the air, blood rushing to your head, weightlessness, the sudden shock of pulling the ripcord. A bird in flight. Then the parachute opens. That's the exhilaration of freedom from the bondage of self AA affords.

See you in Minneapolis, Minnesota, year 2000!

-Paul R.
Freedom Group



54TH BUFFALO FALL CONVENTION

OCTOBER 20, 21, 22, 1995

"FELLOWSHIP OF THE SPIRIT"

BUFFALO MARRIOTT HOTEL, 1340 MILLERSPORT HWY,
AMHERST, NY 14226

For room information call: 1-800-334-4040 1-716-689-6900
For ticket information call the Central Office: 716-853-0388

ONCE MORE IT'S TIME TO START THINKING ABOUT RESERVING YOUR BANQUET TABLES. THE ARRANGEMENTS WILL BE THE SAME AS LAST YEAR FOR THOSE WHO WISH TO PAY ON A TIME PLAN - PLEASE CALL THE OFFICE AT 853-0388 & SPEAK WITH DELPHINE. COST WILL BE THE SAME AS LAST YEAR - \$35 per person/registration & banquet. FOR DIRECT CORRESPONDENCE WITH THE COMMITTEE - WRITE: PO BOX 58
PLEASE SEND HOSPITALITY DONATIONS TO THIS ADDRESS: ORCHARD PARK NY 14127

The Central Office has a Floor Plan of the Banquet Room, if you care to come and pick out your own seats. Table reservations have been coming so get your group organized and make you arrangements soon as possible!!!!!!

In regards to the slogan "I am responsible" I offer the following observation:

There are too many speakers at meetings.

1.) At discussion tables people are whispering to their neighbors about this and that.

2.) At speaker meetings, people tend to gather at the coffee pot discussing things.

A.) Step 12 says we carry a message.

B.) Tradition 5 says we carry a message.

If the newcomers can't hear the message and cannot focus on sobriety they may never "get the message."

We must ALL be able to hear the message without distraction. The sobriety of the newcomer, (and sometimes the old timer) may depend on what he or she hears at AA meetings. If a person cannot hear the message, step twelve is being ignored.

Don B.
Miracle Group

The passing of Melvin P. of Casting Group during the month of June was a heartfelt shock to his many friends in our Fellowship.

The influence of his example and complete loyalty to AA teachings will long be felt by all who came in contact with his work and activity. In not forgetting what he has done for our Fellowship, we can best preserve his memory. Peace and serenity came to him and he tried to give some measure of it to others.

What he has left to us in kindness can help us in our own task of trying always to be what we want to be, sober men and women meeting life and its problems and winning self-victory.



What God Isn't

I'm grateful that AA changed my concept of a Higher Power. When I came into AA, I was sure that God had written me off long ago. I was paralyzed with fear that nothing would ever right my wrongs. I cringed whenever you spoke of God. Ever so slowly, as I worked the steps, my ideas began to change. My head often screamed with blasphemy though. My first major breakthrough was seeing the first "O God" movie. Like George Burns, I had my chance at playing God. I realized, not long ago, that I first came to believe in my God of today by finding out what He wasn't.

Today I believe God isn't punishing and vengeful. What a relief to believe that God doesn't give me deformed children, or take away one to test me, or punish me. Neither does my God preselect my mate, or career, or permit wars, famine, earthquakes and gross injustice to occur. He's also not in the habit of finding me a parking space, or teaching me a "lesson."

What a relief to stop blaming God for all that goes wrong in the world and in my life! Perhaps the reason bad things happen to good people is that the lower forces of nature can't tell good guys from bad guys. I'm so grateful to believe that if someone does me an injustice, it's not my fault and it happens because the world is very often not fair. That was a hard one to swallow. Today I believe that my God loves me exactly the same as he loves the person pulling the trigger on a gun held to someone's head. He loved me so much that He gave me my free will, free choice and intelligence. Why mo? I can say Dear God what is happening to me? Can you help? I believe that when He does fix

thing it isn't because He doesn't want to, but because, as George Burns puts it in the movie, "I gave you everything you need to make it work. I don't want to be so heavenly perfect that I'm no earthly good."

I'm not so much grateful for what God gave me, or what He took away. I'm grateful for what He left me.

Tom McM.
Morning After

Remedial Laughter

As alcoholics around the world frequent AA meetings, a conveyable process offers each of us a chance at "New Frontiers." When new to the AA experience, the questions began to storm in: who are these people, where have you been all my life? However, as was for most of us, the illness progressed to the extent where it was answered for us. These AAers are the same people I drank with, and if I get as well as them, I'll be okay too. Then my drinking won't get out of hand! Oh, how on a good day we laugh, all so genuine, also so real. It's as though we laugh in the face of death.

Life: once a meager commodity challenged foolishly, now cherished and purposeful, respected and responsible! This is what I see regularly in AA: Happiness being the whole point, it had eluded us, and now shows itself regularly in the fellowship. Healthy laughter providing comfort in the storm. But what of the hinderance a laugh can hurl toward a person? Isn't our illness rearing its head, the self-gratification at another's expense? Our "guides to progress" are instilled with principle, and the one principle, contempt prior to investigation, may keep us doomed to ignorant bliss. It may void us of any occurring spiritual experience. It's almost tragic! But, without a drink there's still hope, "some quickly, some slowly" we say. If laughter is the substitute for tolerance, so be it. Only within ourselves can it be positively discovered, although it's only outside of ourselves that the Provider can be sought to possibly restore us to sanity.

Granted "a few twenty-four hours" I've found myself on the "elevator" ride, and ironically enough it was the "we" in the first step that directed me off. The elevator doesn't work, so use the steps, the members said. The basics are the most simple, yet even the most sturdy of foundation become worn among the elements. So I keep coming back.

The unity with which we rely on is vital, and every group is responsible to uphold our Traditions. With this strength, how is it possible for fear to spur a threatening insinuation as to our members' authenticity? Get a grip. There are no AA Police. Join a homegroup, get active, and don't drink. One day you'll be able to look back at this and laugh.

Mark S.
Patchin' Group

NIAGARA FRONTIER AA BULLET

VOL. II

OCTOBER 18, 1948

MOhawk 3287

OUR CENTRAL OFFICE

Because at times there has been an unwarranted load on the telephone at the Central Office, the Central Committee last month ordered the installation of an additional phone. The new number is listed at the head of this column and members are urged to use it in place of the listed number.

This facility will be especially appreciated by the many who have called the office in a hurry and found an exasperatingly busy line.

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JOHNSON PARK MEETINGS

RETURN TO NEIGHBORHOOD

WHERE GROUP FIRST MET

At the meeting on October 14th, the Johnson Park Group took over its new quarters in the Delaware Room of the Hotel Touraine, Delaware Avenue and Johnson Park.

It is almost three years since circumstances compelled the move to Main and High Sts., and the return to the old neighborhood will probably revive many pleasant memories in the hearts of those who found a new way of living through AA in that group.

- o -

As we pass by our Seventh Anniversary it is pleasant to reflect that AA is making considerable progress in the Niagara Frontier Area. The estimated membership on the first of August of this year was 483 in 18 groups.

It is thought that the Fellowship as a whole appreciates that with this growth, the work of the Central Office has expanded considerably, and that should have adequate and efficient administration of that office. That we do enjoy this condition is evidenced by the manner in which our capable Secretary is handling the constantly increasing volume of mail requiring correspondence, the mailing of literature, the ever increasing number of phone calls in and out, the securing of sponsors to visit our brother and sister asking for help with the same problem we have ourselves, and the hundred and one items of related work necessitating immediate action of some kind.

The following data is given as an example of the work now being done in our Central Office:

During the month of September, 35 calls for assistance were handled, calls being allocated to the various groups as reported in the monthly summary of Central Office activities. 17 persons visited the office and of that number, 23 were inquiring prospects, 12 were relatives or friends of prospective members and 24 were members out-of-town groups.

Submitted By Paul R.
WNY GSO Archivist

Arrangements for hospitalization at either Meyer Memorial or Millard Fillmore Hospitals were made for eight cases of acute alcoholism.

Arrangements were made for speakers to appear before three non-alcoholic audiences and four meetings at the Attica Prison Group were formulated.

704 local and long-distance phone calls were handled.

All this work and more is supported by the voluntary contributions of the members of the various groups in the area and it is hoped that all who call themselves AA's will continue this support. Always the majority of the groups have responded warmly whenever it has been known that increased funds are necessary to continue the work of our Fellowship. Work which has brought us, individually, so many blessings.

Although few members have the time to do so, a few hours spent in our Office will amply demonstrate what a busy beehive we have in our midst, doing good every hour of the day, and a lot of the night.

Let us all rally to this important and necessary work for the expansion of Alcoholics Anonymous in the Niagara Frontier Area.

TWIN CITIES GROUP

Announcement is made that a good old-fashioned closed meeting will be held every Monday evening at the meeting rooms, 75 S. Niagara St., Tonawanda.

COMING EVENTS

WEST SIDE GROUP.

A buffet supper will be held in the meetings rooms at 62 Grant St., Saturday night, October 23rd starting at 8 P.M. There will be music and dancing and tickets are \$1.00.

SYRACUSE CENTRAL GROUP.

The Syracuse Central Group in conjunction with other groups in that vicinity are sponsoring an invitation dinner to be held at the Onondaga Hotel, Syracuse, Saturday evening, October 23rd at 7 P.M. The principal speaker will be Edmund B. of New Rochelle. Tickets, \$3.00.

HAMILTON, ONTARIO GROUP.

The 3rd Anniversary Banquet of the Hamilton Group will be held in that city the night of Thursday, October 28th. The speakers will be from our own South Buffalo Group, Hank F. and Jerry K. Tks. \$2

NEW YORK INTER-GROUP ASSOCIATION.

The annual AA Banquet in New York City will be held in the Hotel Commodore, Thursday night, November 4th. Bill and Doctor Bob will both be there. A reception for the out-of-town guests will be conducted in one of the Commodore parlors from 3 to 5 in the afternoon. Dinner tickets are \$6.00.

BINGHAMTON GROUP.

The Seventh Anniversary of AA in the Triple Cities will be celebrated with a dinner in the Arlington Hotel's Spanish Ballroom, Sunday afternoon, November 14 at 4:30 P.M. Hilda M. of New York and Ed B. of New Rochelle will be the speakers. Tickets, \$3.00.

Tickets or further information concerning any of these affairs can be procured at the Central Office, 305 White Bldg. Phones: CL 5496 or MO 3287.

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The next issue of the BULLETIN will contain a full account of the Twin Cities Banquet, the November joint meeting conducted by the Niagara Falls Group and we hope, a few items contributed by members
Tom N., Editor

Dear Friends in AA:

As I sit in my cell tonight, I can't help but feel grateful for the fellowship of AA, my family and my sponsor. All have helped me deal with my day-to-day feelings. It took prison to awaken me to the fact that I need their love and guidance if I am to live.

I can't help but see the destruction alcohol causes here. Many of the men around me continue to take solace in home brewed alcohol. They are desperately trying to keep from feeling their pain. Fear of change keeps them stuck in self-destructive behaviors.

I thank God for my fiancée, my sponsor and the members of AA who continue to support and encourage me in my sobriety. Also, a special thanks to those AA members who carry the message of hope into the prisons. I know if it were not for their help I could also be one of the "walking dead" (as we call them in here) out in the prison yard.

I see many men who lose their loved ones and family members because of the strains the separation causes. They lose contact with friends on the outside world. They fall prey to self-pity, resentments and loneliness. This all saddens me to see, but it helps me realize what I have to be grateful for, even though I'm in prison.

Sometimes I notice at our meetings here the frustration on the faces of the AA members who bring us a meeting. They seem to be wondering how to reach out to us and there's not always a positive response.

The Fear of Loving

In prison one is often forced, out of necessity, to shield his or her emotions. Especially those concerning love, fear, doubt, loneliness and the need for affection. These feelings become very acute for the person who faces separation from a loved one.

If in the early stages of their loss they have no one to share these hurtful feelings with, or another love to fill the void, a paradox may develop. The need to love and be loved grows stronger, but the fear of reaching out and possibly being rejected is just as powerful. Because the prison environment does not offer many opportunities to meet someone else, and one must always be very selective and careful with whom they share their intimate feelings, most find it easier to withdraw.

It's an infection, this self-denial of a basic human need. It poisons the spirit and the longer it's left untreated a person may become so bitter and fearful that true love may no longer be possible for them to express. In fact, even if someone tries to show love in any form, they will find it very difficult to trust, even though they may want to with all their heart.

However, for the empathetic and patient soul that is willing to offer help when the walls of fear and doubt are finally broken down, behind will emerge a grateful and loving soul who is worth more than even they know. But, because of your patience and understanding, they are now able to discover that for themselves.

Unfortunately, if they are not given this chance, the following may become their epitaph:

A person afraid to love and live
Feels that they can never sustain
The quest for their dreams.



Believing that they might gain affection
But never maintaining love
Is their tragic self-fulfilling prophecy

For without the courage to love
This is the way they will always see
Watching their world crumble like sand
As their heart falls apart
With still empty hands.

These feelings of hopelessness are not exclusively the emotional cross men and women carry in prison. But also for those who suffer from crippling and terminal diseases, those who have undergone physical and emotional abuse, including alcohol. And the most tragic victims of all are the children who have been affected by some or all these problems due to no fault of their own.

For it is time I learn to love myself and others
So that this saying becomes reality rather than
The myth it represents for so many of us.
We are all loving. For as the saying goes
God does not make junk.

Whoever you may perceive God to be. You are special and more wonderful than you know. But you must reach out to embrace love, in order to possess it. And one of the amazing realities you may encounter is that the people you reach out to may be even more frightened than you.

In Love and Fellowship,
Robin C. #94-B-0970
PO Box 1186
Moravia, NY 13118



AUGUST 1995

NEW MEETINGS:

HOPE - TUESDAY - new North Tonawanda group announced last month - is not meeting to date.

EARLIEST THIS AREA - SATURDAY - 8AM - Closed Discussion - Non-Smoking St John's Episcopal Church, 200 East Center St, Medina. Starts on August 12.

LIVING IN THE SOLUTION - FRIDAY - meets at 10PM - not AM

DECISIONS, CHOICES, CHANGES - THURSDAY - 7:00PM - OD - Wheel Chair accessible - nonsmoking - Deaconess Hospital 1001 Humboldt at Riley

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LIBERTY WOMEN'S - FRIDAY - was a misprinted in the '95 schedules (pg35) It is still a Closed meeting Open only the last Friday of the month.

ANY LENGTHS - FRIDAY - is now an OPEN SPEAKER meeting the last Friday of the month at 8:00PM, Lancaster Presbyterian Church, 5461 Broadway at Lake.

FRIENDSHIP - THURSDAY - 6PM - is meeting at the Church of God on Ingham Street through the month of August.

NEED SUPPORT:

WEDNESDAY - CENTRAL PARK II - 8:00PM St Andrews Epis Ch, 3105 Main St

FRIDAY - CENTRAL PARK - 9:00PM

SEASONAL MEETINGS

SERENITY IN THE PARK - MONDAY - 7:00PM in the Delaware Park Rose Garden -

PLEASE NOTE:

LIBERTY WOMEN'S - FRIDAY - is updating the membership file. Please contact the group if you are still an active member.

COMMITTEE MEETINGS: YOU DO NOT HAVE TO BE ON A COMMITTEE TO ATTEND ANYONE INTERESTED IN HOW A COMMITTEE WORKS IS WELCOME!!!

TREATMENT FACILITIES COMMITTEE - 3RD SATURDAY of the month - 10AM - 675 Abbott Rd, Woodside Methodist Church

CORRECTIONAL FACILITIES COMMITTEE - SUNDAY preceding the Central Committee Meeting at 80 Goodrich - 5:30PM

COMING EVENTS:

AUGUST 6 - SUNDAY - CENTRAL COMMITTEE MEETING - 7:00PM - 80 GOODRICH

AUGUST 10 - THURSDAY - GRAND - will not be meeting due to church function that day only.

AUGUST 13 - SUNDAY - A DAY AT A TIME will be holding its' 3RD ANNUAL GROUP PICNIC at Sprague Brook Park in Glenwood NY. The shelter to be announced. Please plan on bringing a dish to share.

AUGUST 25-26-27 - 42nd TRI-STATE & CANADA ASSEMBLY - Chautaugua Institute. \$8 registration in advance. \$8 per person each day gate fee. Mail to: Tri-State Assembly, 3378 Washington Blvd., Cleveland Hts, Ohio 44118

AUGUST 26 - SATURDAY - TRI-COUNTY of Gowanda will hold their ANNUAL PICNIC - noon until dusk - Perrysburg Town Park, North Road in Perrysburg. The Saturday Night open discussion meeting will be at the park - 7:00PM. All welcome !! Bring a dish to share.

AUGUST 31 - THURSDAY - GRAND Group will be celebrating its' 25TH GROUP ANNIVERSARY with a speaker meeting. Pizza Party following. Come help celebrate at the Presbyterian Church, 1822 Huth Road on Grand Island at 10AM

SEPTEMBER 23 - SATURDAY - A VISION FOR YOU and Miss Buffalo welcome you to a private charter - three hours of SOBER SAILING. Buffet Dinner - three speakers - dancing. Boarding at 7:30PM til 11PM - 125 tickets available - \$20 per person. For more information call Carolyn C 443-8484

Anniversaries August

Amherst-Snyder
 Dino N. 3 mo.
 Tom B. 6 mo.
 Molley B. 1 yr.
 David P. 1 yr.
 Paul J. G. 3 yrs.
 Mickey J. G. 3 yrs.
 Paul B. 5 yrs.
 Teddy Q. 5 yrs.
 Peter S. 6 yrs.
 Lisa N. 7 yrs.
 Julie R. 9 yrs.
 Ed M. 11 yrs.
 Chuck T. 11 yrs.
 John L. 12 yrs.
 Bernard A. 15 yrs.
 Larry K. 17 yrs.
 Elliot L. 35 yrs.
 Frank L. 47 yrs.

Eyeopener
 Joe E. 3 mo.
 Tom P. 3 mo.
 Jay W. 3 mo.
 Walter A. 9 mo.
 Sam P. 9 mo.
 Bob P. 1 yr.
 John E. 1 yr.
 Joe V. 1 yr.
 Thomas W. 3 yrs.
 Ken Z. 5 yrs.
 Jim C. 5 yrs.
 Julie M. 5 yrs.
 Bill W. 7 yrs.

So. Blo.
 Frank M. 8 yrs.
 Journey 3 yrs.
 Jenny S. 3 yrs.
 Kenmore 1 yr.
 Bob G. 1 yr.
 Jim L. 4 yrs.
 Mark H. 4 yrs.
 Susan C. 5 yrs.
 John S. 24 yrs.

Sunday Morning Breakfast
 Candy B. 6 mo.
 Kevin O. 6 mo.
 Larry B. 6 mo.
 Chris G. 9 mo.
 Darlene B. 9 mo.
 Joe K. 2 yrs.

We Care
 Walter W. 3 mo.
 Bill L. 6 mo.
 Marcl S. 9 yrs.

Any Lengths
 Mark M. 6 mo.
 Ted W. 6 mo.
 Mike S. 1 yr.

Faith
 Sonya B. 3 mo.
Fireside
 John B. 6 mo.
 Phil B. 9 mo.
 Pat S. 9 mo.
 David P. 1 yr.
 Gary W. 2 yrs.
 Henry J. 3 yrs.
 Ron D. 4 yrs.
 Jim F. 4 yrs.
 Sean M. 5 yrs.
 Pat N. 5 yrs.
 Susan K. 6 yrs.
 Anne M. 7 yrs.
 Ed M. 7 yrs.
 Paul H. 9 yrs.

No. Blo.
 Rita K. 2 yrs.
 Lisa Y. 4 yrs.
 Kathy T. 5 yrs.
 John O.B. 6 yrs.
 Chuck B. 6 yrs.
 Kevin C. 12 yrs.
 Barbara B. 22 yrs.
 Elizabeth G. 29 yrs.

Women's Westside Disc.
 Kathy D. 6 mo.
 Karen H. 9 mo.
 Connie B. 1 yr.
 Selina P. 1 yr.
 Bernice D. 1 yr.
 Jenny S. 3 yrs.
 Joelle O. 4 yrs.
 Belinda S. 6 yrs.
 Sue I. 8 yrs.
 Candy C. 8 yrs.
 Martha H. 9 yrs.

Bidwell Monday Disc.
 John R. 3 mo.
 Mike W. 6 mo.
 Lino R. 6 mo.
 Angela C. 9 mo.
 Ray D. 9 mo.
 Bob L. 3 yrs.
 Dave N. 4 yrs.
 Mary E. 8 yrs.
 John S. 9 yrs.

Harmony
 Tina McG. 1 yr.
 Mary R. 2 yrs.
 Bob A. 3 yrs.
 Van R. 3 yrs.
 Neal F. 3 yrs.
 Herbol P. 8 yrs.

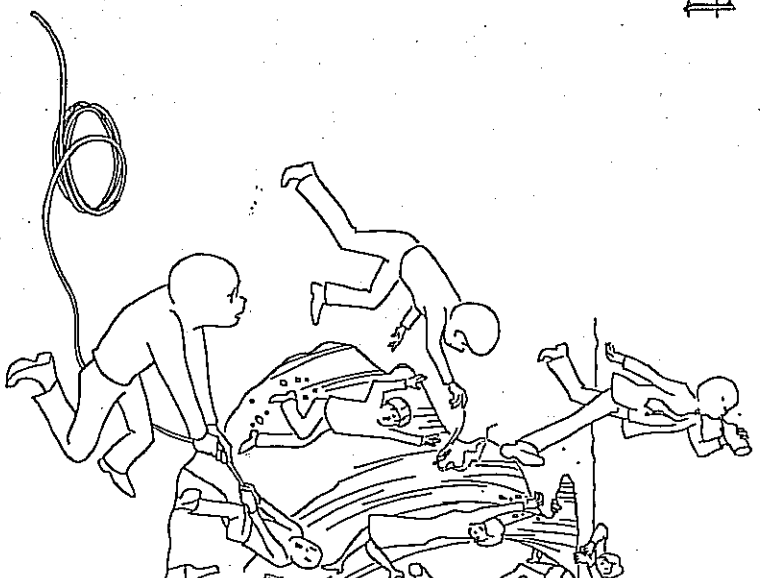
Rise 'n' Shine
 Minnie D. 3 mo.
 Linda R. 6 mo.
 Hank J. 6 mo.
 Michael R. 9 mo.
 Michael A. 1 yr.
 Theresa B. 1 yr.
 Deborah T. 1 yr.
 Kim K. 1 yr.
 Chris M. 4 yrs.

Sunday Morning Breakfast
 Sheridan 3 mo.
 Sylvia M. 6 mo.
 Robert S. 6 mo.
 Jeff S. 1 yr.
 Dave P. 1 yr.
 Well M. 3 yrs.
 Tina L. 10 yrs.
 Debbie M. 16 yrs.
 Lucky W. 19 yrs.
 Sid R. 19 yrs.

Cold Springs
 Tracey W. 6 mo.
 William S. 1 yr.
 Edith H. 2 yrs.
 Barbara H. 2 yrs.
 Van R. 3 yrs.
 Dorothy M. 3 yrs.
 Carmen S. 5 yrs.
 Steve H. 5 yrs.
 Derrile J. 6 yrs.
 Barbara B. 9 yrs.

Iron Horse
 Jack W. 9 mo.
 Mike Mca. 9 mo.
 Joe A. 9 mo.
 Rich F. 1 yr.
 Molly B. 1 yr.
 Dana G. 1 yr.
 Matt D. 1 yr.
 Rich T. 2 yrs.
 Terrance J. 2 yrs.
 Dan Mcd. 4 yrs.
 Jim M. 8 yrs.

Women's Westside Disc.
 Kathy D. 6 mo.
 Karen H. 9 mo.
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 Selina P. 1 yr.
 Bernice D. 1 yr.
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 Joelle O. 4 yrs.
 Belinda S. 6 yrs.
 Sue I. 8 yrs.
 Candy C. 8 yrs.
 Martha H. 9 yrs.



It's pleasures are pain, sorrow and grief
 and loves to dwell on what's beneath.
 Drowning in misery, you can't grasp a breath
 your spirit is running from the mystery of Death
 It pulls your body right into the ground or
 keeps your mind running round and around.
 So, as you can see, I speak undefined and
 I'm talking from incarceration of the mind.
 Although you may be thinking you have no yet
 been beat.
 You shall learn now, or face the defeat!
 This is a message to all the dumb fools who
 think you are good at breaking the rules.

-Ehren A.
 Powerless Group

**BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
295 MAIN STREET
ROOM 845 ELLICOTT SQUARE BUILDING
BUFFALO, NEW YORK 14203
853-0388**

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CORRECTIONAL FACILITIES COMMITTEE - SUNDAY preceding the Central Committee Meeting at 80 Goodrich - 5:30PM

COMING EVENTS:

AUGUST 6 - SUNDAY - CENTRAL COMMITTEE MEETING - 7:00PM - 80 GOODRICH

AUGUST 10 - THURSDAY - GRAND - will not be meeting due to church function that day only.

AUGUST 12 - SATURDAY - The morning group, "EASY DOES IT" is having their summer picnic at Delaware Park on this day from noon to ? All are invited Bring a dish, if you wish. For further information call Steve M at 885-8065.

AUGUST 13 - SUNDAY - A DAY AT A TIME will be holding its' 3RD ANNUAL GROUP PICNIC at Sprague Brook Park in Glenwood NY. The shelter to be announced. Please plan on bringing a dish to share.

AUGUST 25-26-27 - 42nd TRI-STATE & CANADA ASSEMBLY - Chautaugua Institute. \$8 registration in advance. \$8 per person each day gate fee. Mail to: Tri-State Assembly, 3378 Washington Blvd., Cleveland Hts, Ohio 44118

AUGUST 26 - SATURDAY - TRI-COUNTY of Gowanda will hold their ANNUAL PICNIC - noon until dusk - Perrysburg Town Park, North Road in Perrysburg. The Saturday Night open discussion meeting will be at the park - 7:00PM. All welcome !! Bring a dish to share.

AUGUST 31 - THURSDAY - GRAND Group will be celebrating its' 25TH GROUP ANNIVERSARY with a speaker meeting, Pizza Party following. Come help celebrate at the Presbyterian Church, 1822 Huth Road on Grand Island at 10AM

SEPTEMBER 23 - SATURDAY - A VISION FOR YOU and Miss Buffalo welcome you to a private charter - three hours of SOBER SAILING. Buffet Dinner - three speakers - dancing. Boarding at 7:30PM til 11PM - 125 tickets available - \$20 per person. For more information call Carolyn C 443-8484

54TH BUFFALO FALL CONVENTION

OCTOBER 20, 21, 22, 1995

"FELLOWSHIP OF THE SPIRIT"

BUFFALO HARRIOTT HOTEL, 1340 MILLERSPORT HWY,
AMHERST, NY 14226

For room information call: 1-800-334-4040 1-716-689-6900

For ticket information call the Central Office: 716-853-0388

ONCE MORE IT'S TIME TO START THINKING ABOUT RESERVING YOUR BANQUET TABLES. THE ARRANGEMENTS WILL BE THE SAME AS LAST YEAR FOR THOSE WHO WISH TO PAY ON A TIME PLAN - PLEASE CALL THE OFFICE AT 853-0388 & SPEAK WITH DELPHINE COST WILL BE THE SAME AS LAST YEAR - \$35 per person/registration & banquet. FOR DIRECT CORRESPONDENCE WITH THE COMMITTEE - WRITE: PO BOX 58 PLEASE SEND HOSPITALITY DONATIONS TO THIS ADDRESS: ORCHARD PARK NY 14127

The Central Office has a Floor Plan of the Banquet Room, if you care to come and pick out your own seats. Table reservations have been coming so get your group organized and make you arrangements soon as possible!!!!!!

8TH MONTH - 8TH STEP "MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL."

8TH MONTH - 8TH TRADITION "ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS."

YOURS IN THE SPIRIT OF A.A.
Delphine

CENTRAL COMMITTEE

AUGUST 6, 1995

Larry S, Chairman , opened the meeting with a moment of silence followed with the Serenity Prayer. Preamble was read by Charles L of the Spirit of Hope Group. Purpose of the Central Committee was read by Kevin F, VIP Group and the Traditions were read by Jay H of the North Buffalo Group.

Correction to the minutes of last month: Mel L, Renewal Group - under Envelope System "May receipts" should read "June receipts"

Motion to accept the minutes as they were corrected was made by Sonny J of the Powerless Group and seconded by John H of We Care.

32 GROUPS IN ATTENDANCE

- DIST#1** - SUNDAY NITERS, THE JOURNEY
- DIST#2** - CHAPTER IX, NORTH BUFFALO, WHY
- DIST#3** - ABBOTT MEN'S, CAZENOVIA, FATHER BAKER, MATT TALBOT, POWERLESS, RAINBOW, RIDGE, SOUTH BUFFALO, SOUTHGATE, SUNDAY MORN BKFT, URBAN, VALLEY, WE CARE
- DIST#4** - ACTION
- DIST#5** - A VISION FOR YOU, LOCKPORT #1
- DIST#6** -
- DIST#7** - ELLICOTT, FAITH, FRESH START, HIGHER POWERED, LOVEJOY, SPIRIT OF HOPE, VIP, DECISIONS, CHOICES, CHANGES
- DIST#8** - AMHERST SNYDER, EYE OPENER, RENEWAL
- DIST#9** **DIST#10**

COMMITTEE REPORTS

ENVELOPE SYSTEM - MEL L -Renewal Group

July receipts	<u>1994</u>	<u>1995</u>
Average monthly receipts (per month) for the previous 3 months	\$ 292.00 236.33	\$343.00 384.00

STEERING COMMITTEE MEETING - TINA F - The Journey

The meeting was opened at 6:15pm by Sonny J with the Serenity Prayer . Present were Ron E, Margaret H, Larry S, Delphine H, and Tina F. Guest - Lisa Y.

Item 1: Should the memorabilia from the Central Office be combined with the Archives of General Service? Yes.

Item 2: Fall Convention Co-chairman for 1996 from District #6 - Delphine will send letters to secretaries of each group in District 6 requesting names be submitted for the appointment.

Item 3: TFC Chairman - Jim R will serve until January. Brian B, Co-chair does not want the chair position. We will need to find a Chairperson and Co-chair.

Item 4: Steering Committee representatives - voting times and appointments (temporary) December and February.

Item 5: Central Office Seminar in Atlanta, Georgia - October 6-9 - cost is about \$500 to \$600. Larry S motioned to send Delphine Seconded by Ron E - motion carried.

Item 6: Ron E resigned from co-chair position effective August 1, '95. Larry S appointed Tina F as Co-chair until January elections for the position.

Delphine motioned to close at 6:50PM. Tina F seconded. Meeting was closed with the Lord's Prayer.

FINANCIAL REPORT - Gary S, Matt Talbot - see attached

TREATMENT FACILITIES - Mike - Abbott Men's Group

- 1) No minutes of the last month's meeting
- 2) Balance in treasury as of July 15th after purchasing schedules and big books for ECMC - \$700.
- 3) Old business - none
- 4) New business: a) Brylin has stopped taking people to AA meetings, supposedly because the patients were told that they could not talk about drugs at AA meetings. Since the majority of people in treatment today have problems with alcohol and drugs, outside AA meetings will not be part of the Brylin treatment

plan. Horizon Village in Niagara County has patients asking AA people to come to their facility to speak to groups of patients. This seems to be an effort by the patients to get AA's messages into the facility. To date we are not aware of any effort by the staff at Horizons to contact the TFC to co-ordinate starting a 12-step call meeting there.

The TFC requests the CPC contact both facilities to inform BryLin and Horizons what AA is and is not, and to get any relevant feedback possible.

b) The TFC needs people and groups that are willing to carry AA's message into treatment facilities. Participation by individuals is at an all-time low and by groups is nonexistent. If the TFC does not attract new members and participants, our effort to carry the message will cease. The people running 12-step call meetings are burning-out. We need some new blood.

c) John H and John D will be alternating at Vet's on Wednesday. Dan B needs help at Sisters Hospital Sundays.

5) Brian B will write a letter or article to the "New Frontier" for August pertaining to TFC work. Bob D will do the same for September.

6) Meeting adjourned at 11:25AM.

CORRECTIONAL FACILITIES - Linda W, Co-chair, Lockport #1

Meeting started at 5:40PM on Sunday, August 6th.

Inmates at Wende have requested books and materials other than the Big Book and 12 & 12.

Wayne will be given \$25 for secretarial supplies.

Meeting adjourned at 6:00PM.

SCREENERS - LISA Y North Buffalo

There was no meeting for July. Hope everyone read the July "New Frontier" article on Screeners.

There will be a meeting August 15th, at 6PM, room 570 of the Ellicott Square Bldg. Everyone is welcome.

CENTRAL OFFICE: Delphine H

JULY '95

AA information	408	12 Step	2
PIC	2	literature requests	43
CPC		Refer to other agencies	12
Alanon	12	Refer from other agencies	32
Alateen		Central office	
ACOA	2	Outgoing calls	66
Answering Service		Mail costs	\$156.78
Incoming calls 579 - Out going 75 Visitors			92

NEW FRONTIER - Kevin F

Thanks to everyone for letting him serve. John H, from the "We Care" group, will be Editor beginning in September '95.

54th FALL CONVENTION '95 - none

COURTESY REPORTS:

GENERAL SERVICE ASSEMBLY - Joanne McC, Action

The next GSA meeting will be hosted by Happy Hour at Holy Cross School on Niagara Street, the last Sunday of August at 1:00PM

PIC - none

C.P.C. - none

RE-CAP:

FINANCIAL - Mel L questioned the amount spent on schedules. Delphine said we get the money back for the schedules when they are purchased by the groups.

Mel L questioned the Federal Withholding tax. Delphine stated she had not been including the Medicaid payment in the monthly withholding paid to M&T Bank.

Mel L questioned the \$800 paid to the Fall Convention Fund. It was explained to be ticket money brought in cash to the Central Office, deposited and a check written to the Committee for said amount.

TREATMENT - Tina F concerned about report. TFC has requested CPC to speak to BryLin and Horizon Village.

NEW FRONTIER - Joanne McC, Action, corrected the title of Paul R as "Archivist Committee Chairperson". The Archivist is Bill C.

John H, We Care, the new editor, thanked everyone for the appointment. All are encouraged to write; no matter how long their sobriety is.

OLD BUSINESS: none

NEW BUSINESS:

Larry S appoints Tina F as Co-chairperson of Central Committee, Lisa Y chairperson of Screeners and John H as editor of the "New Frontier". All three were voted on for approval and passed.

Motion to adjourn was made by Sonny J, Powerless and seconded by Charles L Spirit of Hope. Meeting ended in the usual manner with the Lord's Prayer.

Respectfully Submitted,

Lisa Y, North Buffalo



GROUP	Central Office		Correctional Facilities		Treatment Facilities	
	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
1st Step						
3rd Step						
6th Step						
7 Clan *				10.00		
12 Step-Holiday Village						
A.A.F.U.N						
A Day At A Time						
Abbott Mens Disc		50.00		10.00		10.00
Acceptance/Welcome		350.00				
Achievement						
Action		200.00				
Age Doesn't Matter		50.00				
Alblon						
Alexander						
All Women						
Amherst Snyder	155.12	485.12		35.00		40.00
Amherst Tree of Life						
Amsdell Lakeshore						
Any Age		300.00		100.00		100.00
Any Length	20.00	40.00				
Arcade						
As Bill Sees It						
Attitude Adjustment						
Attraction		280.00				
Awakening						
Beginner's Table						
Beginning in Sobriety I						
Beginning in Sobriety II						
Beginnings-Women's		100.00				
Better Days (Bilingual)						
Bidwell						
Bidwell Monday Disc						
Big Book - Lockport						
Big Book Study (Thur Nite)		25.00				
Big Book Workshop						
Blasdell						
Blasdell Monday Nite						
Blissfully Sober						
Boulevard Women's		45.00				
Brass		20.00				

pg 2	Central Office		Correctional Facilities		Treatment Facilities	
GROUP	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
Broadway-Bailey		75.00				
Brocton Discussion						
But for the Grace of God		96.25		5.00		5.00
By The Book-Buffalo						
Came To Believe		106.70				20.00
Campus (Buff State)						
Casting		40.00				
Cathedral Park	39.70	114.70				
Caz Manor		37.50		37.50		37.50
Cazenovia		67.50		39.25		39.25
Central Park						
Central Park II						
Chapter IX		120.00		120.00		120.00
Cheektowaga		50.00				
Chevy #1						
Clarence Men's Disc		300.00				
Clarence Men's Disc II						
Cold Springs		25.00				
Common Problem		100.00	12.00	24.00		
Community Center	20.00	45.00				
Cornplanters Again						
Courage		50.00		12.50		12.50
Delaware Discussion						
Derby		125.00				
Design For Living						
Desire						
DeVeaux Discussion						
Discovery						
Downtown Discussion						
Downtown Men's Dis						
Dunkirk		10.00				
Early Bird						
East Amherst						
East Aurora	40.00	330.00			10.00	80.00
Easy Does It		85.00				
Eden-North Collins		240.00				
Ellicott		100.00				
Ellicottville						

DC 3 GROUP	Central Office		Correctional Facilities		Treatment Facilities	
	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
Emergency						
Eternal Vigilance		200.00		50.00		50.00
Everybody's		120.00				20.00
Eye Opener		827.02				
Faith						
Faith in Action						
Father Baker		600.00		100.00		
Feelings		225.51				
Fellowship in the Spirit						
Fireside	182.14	1868.38	50.00	50.00	25.00	175.00
Fireside P.M.		50.00				
First Things First		150.00				
First Ward						
Fredonia Discussion						
Freedom	50.00	400.00	75.00	225.00	75.00	225.00
Fresh Start						
Friday Nite Discu						
Friday Noon Meeting						
Friday Step Beginners						
Friendship						
Friendly		50.00				
Friendship Fireside						
Frontier						
Gardenville		50.00				
Gay, Lesbian, Sober & Proud						
Getting Better						
Giving		40.00				
Going to Any Length						100.00
Golden Slipper		100.00		19.22		
Good Life						
Grand						
Grand II Joy Of Living		100.00				
Grateful						
Guiding Light						
H.A.N.D.		100.00				
H.O.W.		75.00				
Half & Half						
Hamburg						

PG 4 GROUP	Central Office		Correctional Facilities		Treatment Facilities	
	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
Hamburg Big Book						
Handicappers		50.00				
Happy Hour	35.00	70.00	35.00	70.00	35.00	70.00
Harmony						
Helping Hand		60.00				
High View		150.00				
Higher Powered		50.00		72.82		25.00
Hill Billy		70.00		25.00		25.00
Hold On						
Holiday Village		1062.50		75.00		75.00
Honest Desire		10.00				
Honesty		210.00	10.00	80.00		
Hora de Refleccion						
How It Works	150.00	350.00				
Humbly Willing						
Ignatia						
Inner City						
Inspiration		60.00				
Iron Horse	64.00	218.00	64.00	218.00	64.00	218.00
IT						
It's About Time						
Just for Today						
Keep It Simple, Sister						
Keep on Comin'						
Kenmore		80.00				
Kenstington		50.00				
Ladies Night						
Lake Shore		20.00				20.00
Lake View						
Let Go & Let God	20.00	85.00				
Lew-port						
Liberty Women's		115.00				
Life Today						
Lighten Up		150.00				
Live and Let Live		140.00				
Living Sober		210.00				
Lock City		100.00				
Lockport *1	100.00	160.00		127.00		60.00
Lockport Discussion		25.00		5.71		

DG 6 GROUP	Central Office		Correctional Facility		Treatment Facility	
	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
Lockport Ladies						60.00
Lockview		90.00		41.51		
Lovejoy						
Lower River						
Lunch Bunch						
Main Street						
Marilla	25.00	180.00				
Matt Talbot	40.00	305.00		25.00		
Mc Kinley Winners						
Medina New Life						
Mercy						
Mid-day		47.75				
Midnight						
Miracle						
MOD (Serenity Rm)						
Morning After/We	10.00	30.00	10.00	30.00		20.00
Never Too Late						
New Awakening						
New Beginnings		25.00				
New Freedom						
New Frontier						
New Frontier Womens						
New Hope (institu)				20.00		
New Life	50.00	100.00	10.00	50.00		
New Life - New Beginning		100.00				
New Westside		25.00				
Niagara Frontier Men's		150.00				
Nite People						
North Buffalo		800.00		200.00		200.00
North Java		55.00				
One Day at a Time(ODAT)		160.00				
Open Arms						
Open Mind						
Opportunity						
Orchard Park Step		150.00				
Page 30						
Pass It On		150.00				

pg 6	Central Office		Correctional Facilities		Treatment Facilities	
GROUP	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
PatchIn						
Pathway to Peace						
Pendleton-Chapter V						
Perry						
Positively Living II		100.00				
Positively Living III						
Powerless		60.00	46.80	267.82		
Primary Purpose						
Progress						
Purpose		150.00				
Rainbow	25.00	70.00		25.00	25.00	50.00
Ray of Hope		50.00				
Remember When						
Renaissance I		100.00				
Renaissance II						
Renewal		75.00				
Ridge		150.00				
Ripley's "Believe It Or Not"						
Rise & Shine	30.00	255.00		50.00		
Rochester Meeting		60.00				40.00
Rur-al Is Plural						
Rush Hour						
Sally						
Salvation Army						
Saratoga						
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity		100.00				
Second Chance						
Security						
Seneca 12 & 12						
Serenity		180.00				
Serenity Circle	10.00	72.00				
Serenity Trail						
Sheridan	10.00	80.00				
Silver Creek Friendship						

pg 7	Central Office		Correctional Facilities		Treatment Facilities	
GROUP	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
Sober Trall						
Sober Winners						
Sobriety Men's Disc						
Somerset						
South Buffalo	10.00	60.00	10.00	60.00	10.00	60.00
South Town		100.00				20.00
South Town Women's		30.00		5.00		5.00
Southgate		32.00				
Southwestern		20.00		9.00		
Spirit of H.O.P.E.		5.00		5.00		5.00
Spiritual Progress						
Spiritual Progress(wo)						
Springville						
Springville Sat. Aft						
St. Barnabas		60.00				
St. Mark's		60.00				
Starting Over						
Step						
Stepping Stones						
Suburban		55.00				
Sunday Morning Bkft.		500.00		150.00		150.00
Sunday Niters						
Sunday Third						
Sunrise Court		300.00		75.00		75.00
SUNY-Amherst Campus						
Surrender & Hope		100.00				
Survivors						
TnT		290.00				
TGIF	50.00	100.00				
Thankful		160.00				
The Journey	60.00	211.00				
The Way						
Thruway		1400.00		120.00		120.00

pg 8 GROUP	Central Office		Correctional Facilities		Treatment Facilities	
	AUGUST'95	Accum.	AUGUST'95	Accum.	AUGUST'95	Accum.
Thursday Aft Disc		225.00				
Today						
Tri-County						
Tri-Step Beginners						
Try Again		100.00				
Tuesday Men's Disc						
Tuesday Women's Disc.		20.00				
Turning Point		30.00				
T.P.H						
Twin Cities	100.00	260.00				
Twin Cities II						
Unity		60.00				
University	150.00	1200.00			20.00	120.00
Urban						
V.I.P.		10.00				
Valley						
Varysburg		30.00				
Veterans						
Victory		40.00		20.00		20.00
Vision of Hope (women's)						
Wake Up Call	29.11	239.50				
We Are Not Saints						
We Care	30.00	240.00	10.00	80.00	20.00	160.00
We Choose Life	50.00	50.00				
We Need You						
Wehrle				10.00		10.00
Welcome Home						
West Seneca Sat. Nite						
Westfield						
Westminster						
WHY		75.00		15.00		15.00
Williamsville		250.00		30.00		20.00
Willing To Grow	75.00	200.00				
Wilson						
Women's Westside Disc.		75.00		75.00		75.00
Working						
You'll Never Walk Alone						
Youngstown						
Rob't D		150.00				
Dennis B.		20.00				
	1630.07	23141.43	332.80	2884.33	284.00	2752.25
29 Groups- AUGUST'95		1630.07		332.80		284.00
Last months accum total		21511.36		2551.53		2468.25
Year to date totals		23141.43		2884.33		2752.25

CENTRAL COMMITTEE		*504-771-7	7/25/95-8/25/95		
RECEIPTS					
29 Groups contributed			1630.07		
Joint Meeting (expenses 9.75)			21.98		
New Frontier subscriptions			68.00		
Envelope System			490.00		
Literature			2607.34		
Miscellaneous:	Printing & postage/slingers	59.00			
	John M	50.00	109.00		
	Total receipts		4926.39		
DISBURSEMENTS					
#10 Ellcott Square Court Corp	rent		608.00		
Community Mental Health Ctr	rent		35.00		
David F Williamson, Inc	UPS charges		87.64		
Image Office Supplies	Maintainance contract		1515.00		
Happy Spring Water			19.45		
The Talking Phone Book			91.80		
Pitney Bowes	ink rolls		60.95		
Secrephone	answer serv		172.50		
M & T Bank	federal withholding tax		571.92		
AA World Services, Inc	literature		447.82		
AA World Services, Inc	literature		716.30		
Paper Shop			51.53		
NYNEX			191.33		
AT&T			5.41		
Paper Shop			141.23		
Salaries & Insurance			3103.55		
Petty Cash			50.00		
Bank Charges			63.34		
	Disbursements		7932.77		
Balance pr checkbook 7/25/95			4112.92		
Add Receipts 7/25/95-8/25/95			4926.39		
Deduct expenses 7/25/95-8/25/95			-7932.77		
Balance per checkbook 8/25/95			1106.54		
Operating debit for 8/25/95		(-3006.38)			

DE-CAD		7/25/95-8/25/95			
CORRECTIONAL FACILITIES ACCOUNT				*484-185-4	
EXPENSES		CHECK#			
Wayne	paper supplies	114	25.00		
AA Central Office	Wende-books	115	132.00		
			157.00		
Balance pr checkbook 7/25/95				834.84	
Add Receipts 7/25/95-8/25/95				332.80	
Deduct expenses 7/25/95-8/25/95				-157.00	
Balance per checkbook 8/25/95				1010.64	
operating credit for 8/25/95		175.80			
TREATMENT FACILITIES ACCOUNT				*602-089-5	
EXPENSES		CHECK#			
AA Central Office	ECMC	302	254.75		
AA Central Office	Columbus Hos	303	221.35		
			476.10		
Balance pr checkbook 7/25/95				663.15	
Add Receipts 7/25/95-8/25/95				284.00	
Deduct expenses 7/25/95-8/25/95				-476.10	
Balance per checkbook 8/25/95				471.05	
Operating debit for 8/25/95		(-192.10)			