

# NEW FRONTIERS

A.A. of the Niagara Frontier

August 2013

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 ensure anonymity



## Group Series Part 9: God handles EVERYTHING?

I'm diverting from the "groups" series because of questions that grew roots in my head over the past few months. The seed was planted as I lived through what I'll call "the incident." It wasn't something traumatic but a favorable one that shook my soul.

The cornerstone of my close encounter with reality is Step Three, that *decision* we make. This Step becomes part of our foundation for *sober* living and burrows into our lives. Incidents aren't simple like making change for a buck; they stretch us beyond our current limits and drip with pain. God must have made the pain rule up; so far I haven't found a loophole! The easier, softer way your brain says is out there is a myth.

Leading up to the incident was an extended period of unemployment with a major intestinal system surgery in the middle. For most of that post-surgery time I didn't have the physical endurance for a two hour a day job. At the same time I was incredibly confused about what I wanted to do or how to become a productive member of society again.

In the past it *seemed* like God led me to job. Certain contacts or job openings would appear, *perhaps* because I was actively looking, after which I became employed. But in my tunnel of surgery recovery, I'm scared, nervous, guilt-ridden, mad at myself and anxious nearly every day. I'm asking God why I'm not even motivated to work, rare for me, let alone am speechless on what I should do next. Yes, *in my opinion* at that time I've recovered from the November surgery. Come on, God, I'm borrowing money to pay the rent and heat the place. Have you *forsaken* me?

The incident: One Thursday in the beginning of May I get a call from a person I worked for in the past, someone I'd work for even if I had to move. He said someone was leaving their company for a different job at the end of that week. I met with him the next day and **started working** the following Monday. It's a job that I've done over 70% of the tasks and gladly worked with over 8 people there years ago. During our discussions I thought it would be a "short term" opportunity. It turns out to be the **perfect** job for me at this time in my life.

In the mental swirl of starting that job, free time vanishing and paying a bill or two on-time, the PRIME QUESTION meanders through my overloaded brain. "*What did I have to do with getting that job?*" I went deeper as the swirl suddenly pauses. What caused that manager to keep my cell number in *his* cell phone for **5 years**? Why did the current person leave that position? Why now and not 3 months from now or 3 weeks after November's surgery?

The "**what-if's**" arrive, right on schedule. What if I did multiple interviews over the past few months, at 40% of my normal energy? Would I get the same results as the previous two times, zero offers? My head pops out of *you-know-where* and shortly after that I get a gentle, clear and concise thought. This Step Three thing, in which I said **yes** to turning **my** will and life over to the care of God as I understand Him. What if that applies to EVERYTHING that happens in my life and all I have to do is not drink &

follow principles I've learned in A.A.? *What if my definition of "everything" isn't God's definition?*

Stop and think about that for a minute — the word **every-thing**. It's not just the alcohol problem. Nor it is just the heavy issues or the close calls I escaped from. Not just what I can't change. Is it ALL colossal, major, average, minor, miniscule and atom sized things? Even those 3 times I drank again?

The answer to the PRIME QUESTION: **nothing**. In fact, *absolutely* nothing; the job appeared like a meteor. At *exactly* the right time in my physical recovery, a job appears that I didn't need training for at a familiar place with benefits. The best part — a meeting 8 minutes away that was my daily lunch break the last time.

Have you ever had an incident occur which caused you to absolutely stop and re-examine your life? A mind-blowing idea, concept or principle that takes two weeks before you can even verbalize a Pez-sized piece of it? Something not related to that "current issue" you are dealing with but one that confronts core beliefs & principles? Think about how you felt the first time you realized that A.A. really might work for you. It's that type of incident.

For a LONG time I've believed there are obligations I'm accountable for and God does the rest. For the things "I" do, if I don't do I'm on my own and will suffer consequences if I don't take *action*. Reviewing the job dilemma, it was my responsibility. He's given me talents, experience, and a brain. I do the work, He chimes in at the end. *The god of the earned reward*. Therefore, I must get off my arse, get out there and respond to ads, knock on doors, drop of resumes, etc. And do it *now*! That thinking brings God down to the same level as another human. Wrrrrrooongggg!

There may be some accuracy in the "my/His part" thinking, because a few jobs ago He planted the idea in my head that "I must do" and eventually I got a job. I learned a lot in my search. Maybe *that's* the reason for "must do."

This time I did **absolutely nothing**, yet I started a job **four days** after the initial call. No special prayers or beating the bushes. No "what can I do to make God happy with me, so maybe He will give a drop of mercy and help with this job thing." He's **not the god of the barely enough**. Brain cells start coming to life.

Did I hear a "pop" again? Did I just waste months of my time and energy on turmoil? *Potential serenity flushed?* Maybe it was just one of those difficult learning experiences. What if back then I actually **BELIEVED** that God was handling this? I made that Step Three decision and He handles EVERYTHING. If that is true, then specifically in this case, **when the time was right, I'd be working again** and not a day before. Would I have lived in a different mental state?



**Absolutely yes I would have!** Oops is a Jupiter sized understatement! I would have had some peace during my recovery! This concept still vibrates my soul. *I confused the "tasks that God gives us" with the assumption that it is part of His expectations of me or who He is.* Defective but repairable thinking; brain cells now meet caffeine <G>.

More questions in Phase II: How do I apply this to the rest of my life? Do my desires and dreams count? I mean, why bother hoping and dreaming about good things if it's useless? Is God working on my dreams, desires & well being right now, keeping me out of the loop until the time is right? **How many months ago did He put the idea in the head of the person I replaced to look for another job, so the opening would be there exactly when I was ready?** Is He really the God of love and abundance, not the god of action-only based rewards or just enough to get by? Now flip the coin — *have I been taking credit for things He really has done for me*, stealing His glory and subtly inflating my own ego (a bad road to be on)?

Just to make sure my mind is utterly mashed (prepared to learn), another thought rolls in like a tsunami: **What if through God is the ONLY way we accomplish what we do in our recovery program and/or our life in general?** We humans think we can solve a lot of problems, but you can see the lack of results daily. A world at peace or the war on poverty. I must get better at remembering names. I can flush this depression I'm in. Why, I've read the books, know the steps out & what to do, so why doesn't my fix work?"

So, He always has a part for me to play, but *who really "pulls me out of depression?"* Like the promise, "God is doing for us what we could not do for ourselves (Big Book p. 84)," *how much REALLY can't I do that I think I can?* IS IT REALLY "**NOTHING**?" Prepare for ego-deflation if you take this road — God's love, however, balances out that deflation!

Back to Phase II: What is my part in this life-process? Since I'm an alcoholic and have found the solution in A.A., it comes first. Is it still first in your life? I learn from you. My primary Steps at this time are Ten, Eleven & Twelve. Live One Day at a Time & Keep It Simple. Be in regular contact with God and others like me. Thank Him and give Him credit when I notice He did something for me. Regular involvement in service work, at my home group and outside the group.

That's it; God handles the rest. ALL of it. Now I have to believe it. When I realize a change has occurred and don't remember doing anything specific to cause it, it's God doing it for me ... *so gently that I didn't even notice!* Service involvement isn't all one's free time or "save the world" thinking. It's one job at your group and a regular task that tries to help a still-suffering person, maybe still drinking, that wants help.

Wander back to my new job example. I'm not saying "OK, you can just sit on your dupa and God does everything." That's light-years from true. There's always a part in it for me, because *God gives me the right to say, "No, God, I'll handle this."* I don't think He ever violates my free will; otherwise I doubt the word suicide would exist. I have numerous disaster stories of when I told God to take the day off. Do you?

To get one job I did the legwork. At that time I believe He gave me that part and I was relatively healthy. This time, being energy deficient, He did something different. I had my part in the latest job search — **DO NOTHING** and He had His — He **GAVE me a job!** Maybe He does have *good things planned for me* — not just today but for as long as I choose to walk with Him. *Maybe??*

I've learned that if I don't tell God to chill out in the morning, I have to assume there is a purpose for EVERYTHING I come in contact with in a given day. At the same time that is the easiest to forget. I will not know or understand most of those daily things, but do believe that there is a reason, it is for my **benefit**, and something **good** will come from it someday. I've learned that's the way to get through the tunnels when life isn't fun.

Does He care about us? Here's a real-life example: For those who haven't raised children, you will have to imagine. You have just arrived at a playground with your 3 year old boy. From the child's point of view, he is out to have fun, run like the wind, find a puddle to splash in, explore the area and get full of dirt. He could care less about everything else, except for who is making a move on his squirt gun.

What are the parent's concerns? I can't count that high; I've had them all. Pick a safe playground. Check out the other kids. Is it going to rain? Are there sharp items on the ground? Where is the bathroom? What time do I have to leave to get dinner ready? "Your shoe is untied." Whose dog is that? How will we pay for his college? Is there a pool around here? "Oh great, you found a worm!" Did I bring band-aids? I'll help him on the swing. "Don't hang upside down!" Who is that guy in the hoodie? Where is his sippy-cup? That's in the first minute.

Is it wrong to assume God would NOT do the same things for us? *Do we ever become an "adult" in God's eyes?* I think not, so why do I take on the parent's burden of concerns while I'm only supposed to do the task at hand — play and be happy?

Either God is actively involved in everything or He is a million billion light-years away and not interested. My experience is that He is *not* indifferent and He will do the same for those who follow Him. **I'm not special to God compared to others — I am special to Him like others.** When your turn for stepping up to the next level comes, keep an open mind. You might miss the chance if you don't.

If you have ever had one of these "incidents" occur in your life, share a piece of it with us, even at a beginners table. While most beginners may not understand what you may share, some want to know what might be in their future from real-life, specific experiences. You talk about the solution in your life and you have my attention. I was one of those beginners once. I hoped A.A. was long-term and you still learn and experience new things, all without drinking. I found out that it is.

Go deep once in a while. It will help someone else, someday. You probably won't know who, when or what you said. They will. MANY have helped me without knowing it!

"So, where have your anxiety, guilt, shame and fear levels been lately?" "Anybody have a topic??"

Chip R.  
Lighten Up Group



This Month in A.A. ~

### Dr. Bob and Sister Ignatia at St. Thomas Hospital

In August of 1939, Dr. Bob came to Sister Ignatia looking a way that she hadn't seen him look before: depressed. He was devoting his life to helping other alcoholics get sober. He knew that they had a disease just like his, and hospital time helped them. But no one else in the Akron medical community seemed to see it that way. The hospitals in the area were closing their doors to the alcoholics most people still saw as weak, immoral, certain to cause trouble, and not so certain to pay their bills. Dr. Bob had gotten the gift of recovery, and his life depended on giving it away. But he couldn't do that the best way he knew how, at that moment. He was out of solutions.

Sister Ignatia had been in almost the same place not long before. After devoting most of her life to playing and teaching music, she had suffered a complete breakdown that showed her the need for a new path. She could either be a dead musician or a live nun. She'd chosen life, and gotten sent to St. Thomas Hospital, to work in the admissions office. She could do the work that was put in front of her, but it wasn't the same as having a calling, like the one she had given up to save herself. The work in admissions might have kept her busy, distracted from this lack of a clear path. She needed more than that, but what?

At that moment, in her office, her course was clear, and so was Dr. Bob's. He hadn't come with new possibilities, or a theory. He'd come with a simple request, for a bed, for a drunk who needed it. She found one open, and, the next morning, when Dr. Bob asked if his patient could have a private room, she made room in the one where they stored flowers. Dr. Bob and she had both learned the gift of flexibility, of looking for those moments of grace that came especially when they were focused on helping others, not just themselves. In the new room, the new patient was able to meet with AA members, and start down his own path of recovery. They started to bring others down that same path, in secret. Sister Ignatia admitted them, and Dr. Bob treated them.

Over time, they were able to bring their work out into the open, and set up a program of recovery as an official part of St. Thomas Hospital. They made sure to put the alcoholics in rooms together, because of the miracle of the 12<sup>th</sup> step: patients who focused on helping each other, on sharing their old and new lives, started to get better. Dr. Bob would talk to them about the A.A. program, stressing "Easy Does It" and "First Things First"—slogans that could get through to even the foggier alcoholics. Sister Ignatia helped them with some of their step work, stressing amends. Together, the pair helped over 4,000 patients who seemed hopeless to just about everyone else.

After Dr. Bob passed, Sister Ignatia was transferred to St. Vincent Hospital in Cleveland, probably because she could work with more alcoholics there. That's where Mel B. met her. She took time from her work to shake his hand, and he says that she was both gracious and frail. He doesn't say they talked long, which probably means that she got right back to the task at hand. He does say that the picture of Dr. Bob that sits in most AA meetings, of the serious, even solemn man, isn't the real man. Dr. Bob laughed a lot, joked a lot, and, in the talk that's archived online, Sister Ignatia did, too. They had found a happy path by getting lost, and praying for a new way.

### Share your Experience, Strength and Hope

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

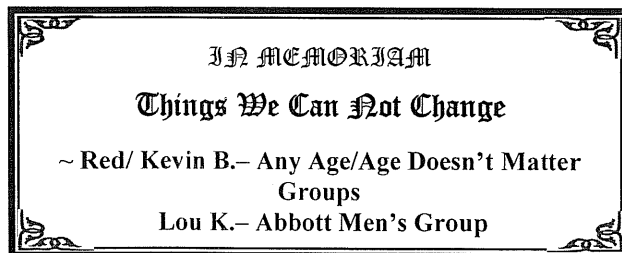
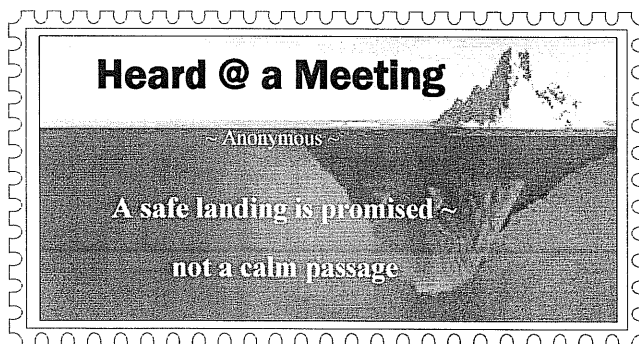
Articles can be submitted at any time

**e-mail address: buffaloA.A.@hotmail.com**

or mail to

**Buffalo Central Office  
681 Seneca St (lower)  
Buffalo, New York 14210**

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## AUGUST ANNIVERSARIES

### Alexander

Deanne Y. 25y  
**Amherst Snyder**  
 Roger E. 3m  
 Valerie 9m  
 JJ C. 9m  
 Henry S. 1y  
 Mary L. 3y  
 Joe M. 4y  
 Sam K. 4y  
 Katie W. 4y  
 Kevin G. 7y  
 Pam K. 12y  
 Mickey G. 23y  
 Lynn L. 24y  
 Tom C. 31y

### Any Age

Barb K. 3y  
 Ray L. 31y  
 Debbie M. 34y  
 Lucky 37y

### Bldv Women's

Susan D. 9m  
 Megan H. 9m

### Courage

Benjamin G. 1y  
 Heather McC 2y  
 Mike B. 6y  
 Marge B. 24y

### Dawn of Hope

Jerry G. 27y

### Eyeopener

Jim 2y  
 Brandy G. 3y  
 Sean H. 3y  
 Amy C. 3y  
 Clare K. 3y  
 Jason M. 4y  
 Kim D. 4y  
 Todd D. 4y  
 Dave B. 7y  
 Rob E. 7y  
 Debbie S. 8y  
 Edward F. 9y  
 Tracy 9y  
 Tony G. 12y  
 Tom S. 13y  
 Danielle 14y  
 Brain B. 20y  
 Thomas W. 20y  
 Scott S. 21y  
 Tom 24y  
 John L. 30y  
 John S. 43y

### Eyeopener South

Katie R. 6m  
 Brett H. 1y  
 Greg C. 18y

### Fireside

Barbara H. 2y  
 Paul M. 5y  
 Nick K. 6y  
 Todd P. 7y  
 Connie D. 15y  
 Maria F. 17y  
 Craig C. 18y  
 Pete W. 24y

### Fresh Start

Carol S. 3y  
 Roosevelt M. 7y  
 Tina C. 13y

### Golden Slipper

Pattie S. 3y  
 Jeff H. 3y  
 Bob S. 26y

### H.A.N.D.

Kevin C. 30y

### Harmony

Carol S. 3y  
 Brian T. 6y  
 Neil F. 21y

### JUST FOR TODAY

GREG 1Y

### Lakeshore

Stephen P. 3y  
 Kathie M. 6y  
 Tom T. 20y

### Living in the Solution

Mark B. 2y  
 Lynn H. 6y

### Lockport #1

Colin B. 3y  
 Dan S. 7y  
 Mark H. 11y  
 Sandee S. 36y

### Matt Talbot

Tom G. 4y

### North Buffalo

Mimi S. 3m  
 Karl C. 6m  
 Bob C. 1y  
 Tom W. 1y  
 Dennis R. 2y  
 MJ B. 2y  
 Josh J. 3y  
 Tina G. 4y  
 Joe M. 4y  
 Gordy M. 5y  
 Zach W. 9y  
 Barbara S. 11y  
 Lisa G. 19y  
 Kathy T. 23y

### Orchard Park Step

Karen G. 3y  
 Judy D. 11y  
 Nancy L. 33y

### Remember When

Valerie H. 9y  
 Norell A. 10y  
 Terry C. 12y  
 Joyce Y. 13y  
 Robert H. 18y

### Renaissance

Melissa D. 10y  
 Fran K. 20y  
 Randy G. 26y  
 Mike M. 26y  
 Patsy N. 43y

### Rise & Shine

Ronita J. 1y  
 Bryan F. 2y  
 Elaine E. 3y  
 Kevin Mc 7y

### Serenity

Chuck O. 2y  
 Steve V. 3y  
 Ross I. 5y  
 Paul S. 8y  
 Lucky 37y

### Simplicity

Tim N. 3y  
 Jeff H. 3y  
 Bill W. 34y

### Spingville New Life

Suzy D. 3y  
 Sandy L. 30y

### Spiritual Progress

Kim B. 5y  
 Marie 12y

### Sun. Morning Br.

Norm B. 13y

### Turning Point

Tom S. 12y  
 Tom O. 17y

### Victory Women's

Darlene M. 3y

### WE

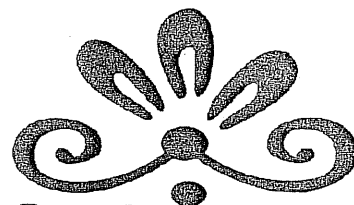
Jess 3m  
 Cassie 6m  
 Nancy 9m  
 Dawn R. 35y

### Williamsville

Melanie H. 9y  
 Scott S. 21y  
 Alan D. 34y

### Women In Recovery

Bertha W. 1y

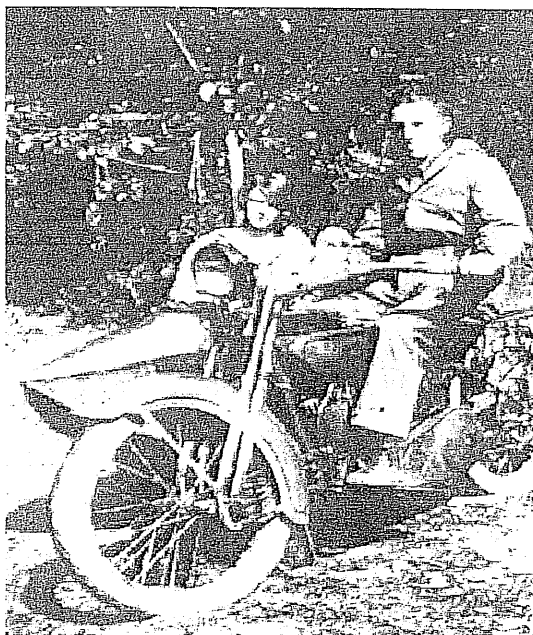


### Group Anniversaries

Age Doesn't Matter:34y  
 Alden New Life; 38y  
 A New Life:22y  
 As Bill Sees It:24y  
 Big Book-Lockport:33y  
 Commitment:10y  
 Derby:39y  
 Grand:43y  
 Lockport Ladies:24y  
 Marilla:25y  
 Point of No Return:7y  
 St. Barnabas:33y  
 Sunday's Best:14y  
 3 Legacies:13y  
 We Care  
 Youngstown:29y

Please remember to  
 have the anniversaries  
 submitted by  
 the 12th

**END OF BUSINESS DAY 4:30**  
 of the month  
 previous



**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](http://www.buffaloaany.org)*

*681 SENECA STREET (Lower)  
BUFFALO, NEW YORK 14210  
Fax: 853-0389  
[www.buffaloaany.org](http://www.buffaloaany.org)  
[buffalooa@hotmail.com](mailto:buffalooa@hotmail.com)*

DR  
JOY  
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## **AUGUST 2013**

### **MEETING CHANGES**

- **Three Legacies** Group will now have a **Speaker Meeting the last Monday of the Month**. 8 PM, 45 Dalton, N. Buffalo, 14217.
- **Lovejoy Group** has changed their starting time to **7PM**. Friday's, Closed Meeting. Immanuel Lutheran Church, 1084 E. Lovejoy, Buffalo, 14212.
- **New Group; It's In The Book, (Women's)**, Wednesday's 10:00 AM, Closed Meeting, Leonard Post Jr. VFW Post, 2450 Walden Ave, Cheektowaga, NY 14043.
- **Beginnings Women's Group** has moved to St. Luke's Lutheran Church, 900 Maryvale Drive, Cheektowaga, NY 14225, effective August 5<sup>th</sup>) Monday's, 7PM.
- **ODAT Group, NO LONGER MEETS**, Tuesday's, Lafayette Presbyterian Church, 592 Lafayette Ave. Buffalo.
- **Love & Tolerance Group, NO LONGER MEETS**, Saturday's Amity Club.
- **Living In The Solution**, meeting update: Wed. 8 PM, Sat. 8 PM, Thurs. **Cancelled. Will restart Aug. 1st**.
- **New Group: AA Breakfast Meeting**, Buffalo Psychiatric Center, Wellness Center Elmwood, 400 Forest Ave, Buffalo, 14213. Monday & Friday, 9:30 AM. Open Meeting.
- **Lakeview Group** has moved back to its original location, Lady Of Perpetual Help Church, 2052 Lakeview Rd., 14085.
- **"Why" Group**, Sunday's 8:30 PM, Kenmore Presbyterian Church, will be a Big Book Study the 1st & 3rd Sunday's.
- **Women In Recovery upcoming event**; Launching a New format "Big Book Study" the first 165 pages lead by Harriet G speakers on the last Wednesday 6 PM 1021 Main St , Buffalo.
- **Gahada Goh** is still in the same location but the actual address has changed to 11278 Southwester, Irving, NY 14081.
- **Elmwood Group has new meeting times**, 7:30 am and 7 pm daily Monday through Sunday so we now meet at 7:30am ,9 am ,1pm,4pm and 7 pm everyday if the year including all holidays that is the Elmwood group at 2590 Elmwood ave near Kinsey ave, Kenmore
- **New Group: HIP (Hope Is Promised); Friday's 6:30 PM**, Open Discussion. St. John's Grace, 50 Colonial Circle, Buffalo, 14222. Babysitting Available.
- **New Group: A Vision For You, Tuesday's 6:30 PM**, Harvest House, 56 Matteson, Fredonia, 14063 Non Smoking, Closed Discussion.
- **New Group: Friday Nite Early Call**, South Park United Methodist Church, 73 Ashton, South Buffalo, 14220. Friday's 7:30 PM. Closed Meeting.
- **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**

- ~ Jul 27, **Matt Talbot will be celebrating its 50th Group Anniversary.** St. John's Lutheran Church, 67 Litchfield Ave, Depew. Food at 6:30pm, Speaker at 8:30pm. Hot dogs, hamburgers, and cake. Bring a dish if you wish. No children please. \*\*Wednesday, July 31st will be a regular, closed meeting.
- ~ Jul 27, **7<sup>th</sup> District & Primary Purpose A.A. Picnic,** LaSalle Park, Shelter #1, (Speaker @ 3 pm.) Bring a dish to share.
- ~ Jul 27, **Courage Group Picnic,** Speaker will be at there AM meeting, followed by picnic at Cheektowaga Town Park, Shelter #3. 2600 Harlem Rd, Cheektowaga, 14225.
- ~ Aug 4, **Central Committee Meeting,** SUNDAY, 7 pm, Buffalo Central Office ( Hosted by Step Action Group)
- ~ Aug 6," **Nightwatch" Committee Meeting,** Tuesday, 6 PM , Central Office, 681 Seneca St..
- ~ Aug 13, **Archives Committee Meeting,** Tuesday, 7 pm, Buffalo Central Office, 681 Seneca Street
- ~ Aug 13, **Public Information Committee meeting,** Monday, 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.
- ~ Aug 19, **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
- ~ Aug 15, **72nd Buffalo Fall Convention Planning Meeting,** Thursday, 6:00 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Aug 18, **Corrections Committee Meeting,** 3rd-SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .
- ~ Jul 13, **Carrying The Message- "Acceptance",** 15th Anniversary, sponsored by **Main & High** group.9:30 am-3:45 pm, Holy Trinity Lutheran Church, 1080 Main Street (across from Wendy's). Panels & Speakers,50/50, Hot Lunch, Refreshments. Registration:\$6, Alateen: \$5.
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- Aug. 31 - Sept. 2, **60th Annual Tri - State Assembly,** Labor Day Weekend. Bellinger Hall Retreat, Chautauqua Institution, Chautauqua, NY. Free parking and no gate pass. For more information call Helen S. (716) 693 - 6543 after 7 PM Mon. through Fri. Or Email- [maxter003@roadrunner.com](mailto:maxter003@roadrunner.com).
- ~ Sept 4, **Action Group 45th Anniversary.** 10:30 AM. Speaker (Speaker has 50 yrs) with food to follow. Bring a dish if you wish. Orchard Park Village Hall, 4295 S. Buffalo St.
- ~ Oct 4-6, **FALL SPIRITUAL WOMEN'S RETREAT:** Saint Columban Center (Derby, NY). Speakers, groups, spiritual advisors & lots of food, fun & fellowship. Cost: \$145 (inc. meals & lodging). Contact person: Marilyn 799-4094.
- ~ Oct 25, 26 & 27 , **72nd. BUFFALO FALL CONVENTION** Adam's Mark Hotel. 120 Church St, Buffalo, 14202. Info & flyers on the website; [www.buffaloaany.org](http://www.buffaloaany.org) (under Events)

**8th STEP: "Made a list of all persons we had harmed, and became willing to make amends to them all."**

**8th TRADITION: "Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."**

**8<sup>th</sup> CONCEPT; The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities**

**PLEASE SUPPORT THE ENVELOPE SYSTEM...**

*Yours in the Fellowship of the Spirit...Terry .... Executive Secretary*

## BUFFALO CENTRAL COMMITTEE MINUTES

### July 7<sup>th</sup>, 2013

Chip R. Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Randy (Abbott Men's) read the Preamble, Travis (Buffalo Group) read the Purpose of Central Committee, Sean (Downtown Men's) read the Twelve Traditions. It was moved by Deb (OP Step) and seconded by Sean (Downtown Men's) to accept the June minutes. New groups were greeted and 30 groups were represented: Zone#1 Downtown Men's, Hope Is Promised Zone#2 Acceptance, Brass, Elmwood, Friends of Bill W. North Buffalo, Step Action, Three Legacies Zone #3 Abbott Men's, Courage, Gardenville, Ridge, Sobriety for Women, South Buffalo, Thruway, Try Again, Zone #4 Action Group, Orchard Park Step, New Life, Zone #5 Lockport No.1, Simplicity, Zone #6 Lakeshore, Sobriety Men's, WE. Zone #7 Fresh Start, Lovejoy Zone #8 Achievement, Amherst Snyder, Beginning women's, Eye Opener, Lighten Up, Midnight, Williamsville, Women making the effort.

#### **COMMITTEE REPORTS:**

•**ENVELOPE SYSTEM:** Verbal courtesy report

•**STEERING COMMITTEE-** Kim (zone #7) Verbal Report

•**FINANCIAL REPORT:** We received \$9,553.61 in income this month, both group contributions and the envelope system increased. Ten groups who had not previously given this year, now contributed. The envelope system increase is explained by semi-annual contributions. We had a small increase in New Frontiers Contribution. Our expenses for the month totaled \$11,749.32 which was higher due to the purchase of schedules, literature, medallions, and the payment of the quarterly sales tax. We also made our last answering service payment and paid our consultant for his work setting up Nightwatch. We do not foresee any other Nightwatch expenditure except for instruction manuals. There are 10 existing and we hope they will be rotated. We saw our first increase in rent of \$100 this month. Our current checking balance for Central Office is \$13,743.08 and our prudent reserve is \$23,114.54. The Prudent reserve's interest was recognized for May and June. The accounts receivable total is \$669.51 all current with one group have a small credit. By July 3, this balance has been decreased to \$264.16

Corrections received \$342.40 and expense of \$679.00 resulting in a checking balance of \$1,138.99. Treatment received \$50.00 and expenses of \$483.00 resulting in a checking balance of \$1,922.46.

Yours in AA, Sue B.

•**TREATMENT:** We met June 17<sup>th</sup>. We had 4 people attend and we discussed how we can better serve AA and our treatment center commitments. We talked especially about ECMC. It has been very poorly attended, groups aren't showing up for their commitments. We are asking anyone as a group or individual interested to support Thursday night and Sunday afternoon meetings there. We also discussed the possibility of merging District 11's TFC with our treatment committee. We always welcome the idea of more committee members and individuals that would like to serve AA, we meet again July 15<sup>th</sup>.

•**CORRECTIONS:** No Report

•**CENTRAL OFFICE:** OFFICE REPORT

AAINFO: 275, 12-STEP: 27, ALANON: 4, VISITORS: 85, VOLUNTEERS: 4

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE; A New Life-1, Kiss-1, New Awakening-7, Sobriety on the Canal-2, Spirit of Hope-7, VIP-2

I will be taking vacation days on 7/25, 7/26, 8/2, 8/8, & 8/9. The envelope system can now accept credit card contributions. Yours in the Fellowship of the Spirit, Terry B.

•**NEW FRONTIERS:** No Report

•**PIC:** July report. We met last on June 10<sup>th</sup>. We have upcoming commitments with UB Medical Students. We also have ads running in the metro-link. Our next meeting will be on Monday July 15<sup>th</sup> at 6:00 PM at the central office. We will be discussing ways we can be more effective in informing the professional community about Alcoholics Anonymous. Yours in Service, Nicole A.

•**Night Watch:** No Report

• **CONVENTION:** I have convention flyers for the upcoming convention. Tables can be reserved for the banquet with 10 seats per table. Respectfully yours, Alan D.

• **GSA LIASON:** There was no meeting since our last meeting, the meeting will be on July 14<sup>th</sup>. It is important that all groups send their GSRs to this meeting at 12:00 noon at the Hamburg Town Hall so that your group has a say in what is happening at the general service assembly. Yours in service, Pat M.

• **ARCHIVES:** June Intergroup Report July 4, 2013

We thank you for the honor and privilege of serving you this past month. We attended and reported to the four intergroups in Area 50 during June. We also attended the planning meetings of the Buffalo Fall Convention and the Cataract Convention. We continue to meet Tuesday evenings at 7 pm at Buffalo Central Office for work nights. We only had one display in June--that was at the Winners Circle Group in Batavia for their 22<sup>nd</sup> anniversary celebration. It was a good road trip, with many members of the committee attending and enjoying the speaker and the hospitality.

Tuesday evenings have been fruitful with the limited time needed for displays this month. We continue to file, sort and digitize meeting minutes. We have recently received a donation of the Frontiersman from the early eighties and the following issues of New Frontiers. There were also several old schedules and programs from the Buffalo Fall Convention. Before you throw out your "old junk," please give us a chance to look it over and make sure that it isn't a missing piece of our history. We have displays July 13<sup>th</sup> that the Main-High Day of Sharing and July 27<sup>th</sup> that the New International Group in Niagara Falls. Our archives committee monthly meeting will be held in the library after the first speaker at the Main-High Day of Sharing. In August, we will return to meeting at Buffalo Central Office on the 2<sup>nd</sup> Saturday of the month, at 10 am for the monthly meeting.

We have received contributions in June from Boulevard Helping Hands, Lockport # 1 Group, the Winners Circle Group, and the Point of No Return. We are an autonomous committee and depend upon group support and special events to continue our work. Please send contributions to Area 50 WNY Archives, c/o Buffalo Central Office, 681 Seneca Street, Buffalo, NY 14210.

We thank you for your continued support.

Yours in service,

Wally E.

Area 50 Archives Chair

• **AD HOC Inventory:** Verbal Report

• **AD HOC 12 step call list:** Verbal Report

• **RECAP:**

• **OLD BUSINESS:** Alan D. (Brass) was nominated to be co-chair of the 2014 fall convention. He was unanimously voted in.

Friday Night Early Call – was unanimously voted into the meeting schedule.

A Vision for You – tabled until steering rep goes to group.

Hope is Promised- was unanimously voted into the meeting schedule.

Buffalo Group – voted in to schedule. (19- in favor) (9-opposed)

• **NEW BUSINESS:** none.

**NEXT MEETING: August 4<sup>th</sup>, 2013 at 7pm.**

It was moved by Kim (Lovejoy) and seconded by Alan (Brass) that we adjourn; adopted. Meeting closed with the Lord's Prayer at 8:21 p.m.

Respectfully submitted Zach F., Recording Secretary Three Legacies Group.



Cash Flow Statement	Apr-13	May-13	Jun-13
Beg Bal Cash on hand	14,481.03	17,796.70	15,938.79
<b>Contributions</b>			
Groups	5,773.41	2,920.64	4,929.28
Joint Meeting	50.00	52.15	67.00
Envelope System	697.00	127.00	895.00
New Frontiers Subs	10.00	20.00	56.00
Literature/Medallions/Pins	3,325.65	2,490.35	3,356.65
Literature Sales Tax	247.60	203.85	205.30
Literature Postage	45.28	3.95	9.35
Sales+/-			(11.97)
Archives Room Rent:May-Aug		240.00	
Com. Meetings at CO	19.00	20.00	22.00
Mail/Misc. -refund from Verizon	71.81	50.00	25.00
Tax Returns			
Transfer from PR			
Income Transfer to Corrections/Treatment "Gratitude Month" (NOV)			
Conventions/Day of Sharing			
<b>Monthly Income</b>	<b>10,239.75</b>	<b>6,127.94</b>	<b>9,553.61</b>
<b>Expenses</b>			
Office Rent	918.81	859.54	959.54
Electric	90.00	90.00	90.00
<b>Payroll Gross</b>	<b>2,571.40</b>	<b>2,571.40</b>	<b>2,571.40</b>
Employment Taxes	196.70	196.70	196.70
Unemployment Surcharge			
NYS Sales Tax			659.85
<b>Insurance</b>			
State Ins Fund(Travelers)	(2.40)	(2.40)	57.60
Health	686.03	686.03	686.03
Liability			
Postage	210.56	300.66	286.44
Phone/Internet	125.62	125.49	125.55
Accounting		1,600.00	
Paychex	110.01	105.00	105.00
Advt			
Talking Phone Book			
Super Media website	166.15	166.15	166.15
Local Edge		143.00	
Yellow Pages			
<b>Literature Expenses</b>			
Grapevine			
World Services Inc	1,306.00		2,170.60
Hazeldon		523.60	
Printers			2,076.65
Medallions			286.94
PINS			
<b>Petty Cash</b>			
Office Supplies		30.00	442.36
Answering service	172.20	162.70	454.75
Copier leasing	209.00	209.00	209.00
Copies/ service contract	161.00	161.00	161.00
PIC			
Bank Fee's including credit cards fee's	3.00	57.98	43.76
literature returns reimbursement			
Seed \$\$			626.60
Seminar			
Transfer to Corrections/Treatment			456.00
<b>Monthly Expenses</b>	<b>6,924.08</b>	<b>7,985.85</b>	<b>11,749.32</b>
<b>Monthly Income (Loss)</b>	<b>3,315.67</b>	<b>(1,857.91)</b>	<b>(2,195.71)</b>
<b>End Balance</b>	<b>17,796.70</b>	<b>15,938.79</b>	<b>13,743.08</b>
<b>Petty Cash</b>	<b>3,000.00</b>	<b>3,000.00</b>	<b>3,000.00</b>
<b>Total Balance</b>	<b>20,796.70</b>	<b>18,938.79</b>	<b>16,743.08</b>
<b>PRUDENT RESERVE</b>	<b>23,112.61</b>	<b>23,112.61</b>	<b>23,114.54</b>
<b>Assets: Literature &amp; Medallions</b>	<b>12,273.20</b>	<b>11,317.82</b>	<b>13,425.62</b>
Literature Receivable:(outstanding)	475.80	131.32	669.51
PIC Removed from Stock			
<b>Corrections Facilites</b>	<b>1,368.01</b>	<b>1,440.01</b>	<b>1,475.59</b>
Contributions	75.00	106.58	342.40
Bank Fee's	3.00	3.00	3.00
Expenses		68.00	676.00
<b>Balance</b>	<b>1,440.01</b>	<b>1,475.59</b>	<b>1,138.99</b>
<b>Treatment Facilities</b>	<b>2,801.46</b>	<b>2,333.46</b>	<b>2,355.46</b>
Contributions	25.00	25.00	50.00
Expenses	490.00		480.00
Bank Fee's	3.00	3.00	3.00
<b>Balance</b>	<b>2,333.46</b>	<b>2,355.46</b>	<b>1,922.46</b>

YTD

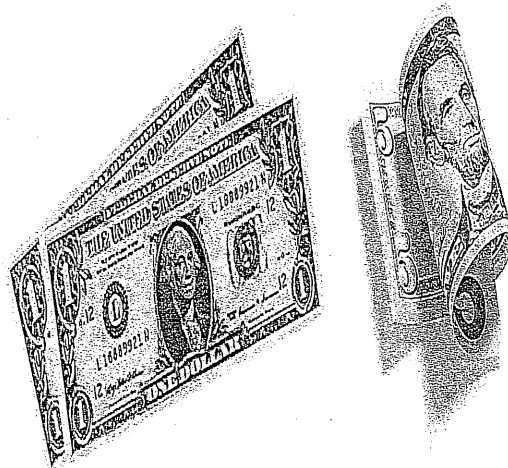
25,030.41  
275.92  
3,965.00  
175.00  
21,820.22  
1,577.70  
140.03  
5.60  
240.00  
109.41  
178.99  
  
53,974.28

5,414.58  
540.00  
16,714.10  
1,406.02  
1,469.73  
353.40  
4,116.18  
1,241.26  
1,850.25  
840.47  
1,600.00  
688.53

995.90  
1,116.20  
10,064.20  
1,061.69  
4,084.15  
744.66

1,310.09  
1,306.60  
1,254.00  
966.00  
113.74  
626.60  
456.00  
60,334.35  
(6,360.07)

A buck in the basket? Maybe it's time for a raise. We have not paid serious attention to inflation in AA. \$1.00 today would have been worth \$0.23 in 1975. Please consider the many ways our groups reach out to bring the message of AA to alcoholics through this meeting and the WNY Area.



\*\*There are no dues or fees in AA. AA is here for anyone who reaches out for help. The program is given freely to anyone who wants to stop drinking, including the times when he or she may not be able to contribute financially.

**ARCHIVES Committee is missing the following from Past Fall Conventions:**

- 2001-Flyer
- 1989-Flyer
- 1987- Flyer
- 1984- Flyer
- 1983-Flyer
- 1979-Flyer
- 1979- Program & Flyer
- 1978-Program & Flyer
- 1976- Flyer
- 1975- Flyer
- 1968-1974- Program
- Early Year

~\*~ All Donations Appreciated :)  
Thank- You

New Frontiers ~ August '13

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		JUNE	YEAR	JUNE	YEAR	JUNE	YEAR
6	11:45		0.00		0.00		0.00
5	12 Steps/12 Traditions	60.00	110.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		0.00		0.00		0.00
5	5th Step		0.00		0.00		0.00
4	A Day At A Time		180.00		0.00		0.00
3	Abbott Corners		0.00		0.00		0.00
3	Abbott Men's		0.00		0.00		0.00
2	Acceptance/Welcome		100.00		0.00		0.00
8	Achievement		100.00		100.00		100.00
4	Action		0.00		0.00		0.00
2	Age Doesn't Matter		0.00		0.00		0.00
8	Akron Awareness		0.00		0.00		0.00
5	Albion Grapevine		20.00		0.00		0.00
3	Alexander		0.00		0.00		0.00
8	Amhers/ Snyder		289.96		0.00		0.00
6	Amsdell Lakeshore		100.00		0.00		0.00
	Angola Early Bird		25.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Length	35.00	210.00	10.00	10.00	25.00	25.00
4	Arcade		40.00		0.00		0.00
6	As Bill Sees It		104.00		104.00		0.00
	Attica		0.00		0.00		0.00
8	Attitude Adjustment(Williamsville)		50.00		25.00		25.00
5	Attitude Adjustment(NF)		0.00		0.00		0.00
6	Attraction	34.00	68.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
8	Back To Basics		0.00		0.00		0.00
5	Beginners Group (NF)		0.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women		25.00		0.00		0.00
5	Big Book Lockport		0.00		0.00		0.00
5	BB Spiritual Studies		0.00		0.00		0.00
6	Big Book Study		80.00		0.00		0.00
3	Blasdel		0.00		0.00		0.00
3	Blasdel Monday Night		0.00		0.00		0.00
	Blasdel Saturday		40.00		0.00		0.00
1	Bodhisatva		0.00		0.00		0.00
5	Boulevard Helping Hand		50.00		0.00		0.00
2	Boulevard Women	50.00	50.00		0.00		0.00
2	Brass	13.00	23.00		0.00		0.00
	Building Hope		0.00		0.00		0.00
3	By The Book		0.00		0.00		0.00
3	By the Wayside		50.00		0.00		0.00
6	Carry the Message		150.00		0.00		0.00
	Castile		50.00		0.00		0.00
7	Casting		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake- Up Call		200.00		0.00		0.00
3	Caz Manor	200.00	200.00		0.00		0.00
7	Central City Cafe'	25.00	100.00		0.00		0.00
2	Chapter IX		0.00		0.00		0.00
3	Cheektowaga	150.00	425.00		0.00		0.00
6	Changing Our Way's		0.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
8	Clarence Men's II		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
2	Common Bond		0.00		0.00		0.00
	Common Solution		0.00		0.00		0.00
1	Commitment		0.00		0.00		0.00
1	Complanters		46.89		0.00		0.00
3	Courage		195.00		0.00		0.00
2	Daily Reflections		100.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Dawn of Hope		25.00		0.00		0.00
6	Derby		250.00		0.00		0.00
6	Derby Lunch		0.00		0.00		0.00
6	Desire		0.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's	6.53	65.65		0.00		0.00
6	Dunkirk Monday Night		0.00		0.00		0.00
4	Early Bird South		0.00		0.00		0.00
5	Early Rising Obliging		0.00		0.00		0.00
8	East Amherst		0.00		0.00		0.00
	East Amherst Traditions	40.00	141.72		0.00		0.00
4	East Aurora		300.00		0.00		0.00
2	Easy Does It		320.00		90.00		90.00
4	Ellicottville		100.00		0.00		0.00
2	Elmwood	10.00	40.00		0.00		0.00
5	Everybody's		0.00		0.00		0.00
1	Express		0.00		0.00		0.00
8	Eyeopener	177.13	1081.57		0.00		0.00
4	Eyeopener South	331.00	449.00	132.40	161.40		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		336.27		0.00		0.00
8	Fireside		204.21		0.00		0.00
6	First Things First	100.00	100.00		0.00		0.00
6	Forestville Sunday Serenity		0.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom	400.00	400.00		0.00		0.00
7	Fresh Start		0.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT		
	JUNE	YEAR	JUNE	YEAR	JUNE	YEAR	
2	Friends of Bill W.	25.00	25.00		25.00		0.00
1	Frontier(New)	14.25	65.59		0.00		0.00
3	Gardenville		110.00		0.00		0.00
8	Georgelown		300.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		148.55		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		228.01		228.00		228.00
5	Golden Slipper		250.00		0.00		0.00
2	Grand		0.00		0.00		0.00
2	Grand II Joy of Living	50.00	50.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
3	H.O.W.		10.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
6	Hamburg Early Bird		0.00		0.00		0.00
8	Hand		0.00		0.00		0.00
7	Harmony	49.00	70.00		0.00		0.00
3	Helping Hand	25.00	100.00		0.00		0.00
8	High Noon		50.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power		0.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
6	Holiday Village	200.00	900.00		0.00		0.00
4	Holland		0.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honesty		50.00		0.00		0.00
	Hope's Horizon		100.00		0.00		0.00
2	How It Works/Men's	75.00	325.00		0.00		0.00
3	Inspiration		3.30		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse		635.45		103.70		0.00
8	IT		0.00		0.00		0.00
1	Journey		0.00		0.00		0.00
3	Just For Today/ Cheektowaga		50.00		0.00		0.00
5	Just For Today/ Albion		0.00		0.00		0.00
4	Keep It Simple Sister		0.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		50.00		0.00		0.00
6	Lake Shore	300.00	700.00		0.00		0.00
6	Lakeview	75.00	150.00		0.00		0.00
3	Lancaster Dailey Reprieve		192.47		0.00		0.00
	Lawyer's		0.00		0.00		0.00
5	LewPort		20.00		0.00		0.00
2	Liberty Women		115.00		0.00		0.00
4	Life Today		45.00		0.00		0.00
8	Lighten UP		240.00		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	50.00	50.00	25.00	25.00		0.00
5	Lock City		0.00		0.00		0.00
5	Lockport #1	240.00	240.00		0.00		0.00
5	Lockport Discussion		80.00		0.00		0.00
5	Lockport Ladies	100.00	100.00		0.00		0.00
5	Lockport Tuesday		90.00		0.00		0.00
5	Lockview	200.00	200.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		50.00		0.00		0.00
5	Lower River		0.00		0.00		0.00
1	Main and High	15.00	45.00		0.00		0.00
4	Main Street	100.00	300.00		0.00		0.00
8	Maple		0.00		0.00		0.00
4	Marilla	50.00	250.00		0.00		0.00
3	Matt Talbot		30.59		0.00		0.00
6	McKinley Winners		0.00		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		115.00		0.00		0.00
8	Midnight Discussion		205.00		0.00		0.00
5	Miracle Happen		0.00		0.00		0.00
5	Monday Big Book		0.00		0.00		0.00
2	Morning After	150.00	350.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Beginnings/St. Vincent		140.00		0.00		0.00
5	Newfane Living Sober		0.00		0.00		0.00
5	New International		0.00		0.00		0.00
3	New Life		40.00		0.00		10.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		30.00		0.00		0.00
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