

# NEW FRONTIERS

**DECEMBER 2010**

## **A.A. of the Niagara Frontier**

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

### **Life's Road Map**

We use a lot of different phrases to describe our first book, titled Alcoholics Anonymous, affectionately referred to as our Big Book. One of the descriptions I use for it is “A road map for living” — that book along with the Twelve & Twelve.

We'll assume for this article that we are planning a trip, we have our map which shows us where we are and where our destination is. Read the map, pick the roads to take, go to the next stop, and repeat until you reach your destination. No problem, right?

Another example: Like on *Lost* or some similar TV show, you get placed somewhere in the middle of the Adirondacks, and are given a topographical map of the area and a compass (no GPS). “Get back to civilization and have a safe trip,” as the helicopter flies away. You have a map, so this should be easy.

Oh, you say you never read a map before? That would pose a problem, since you haven't made this trip. And once you leave your hometown or get dropped in the middle of nowhere, *nothing* will look familiar. This minor problem is starting to become a *major* one.

Some of us who know how to read the map might respond with, “The map is accurate. All the information you need to get to your destination (or back to civilization) is there. Just study the map and follow it. You will be OK.” That's one thing for travelling to another city. It is quite another when sometimes we tell new people in A.A. that, “This is a **simple** program, the answers are in the Big Book and Twelve & Twelve, so start practicing the program. It's all there in black and white — what *don't* you understand about *powerlessness* (or fill in the blank)?” Do we wonder why newcomers stare out into space more often than not at meetings?

What's missing here? What are beginners missing when given this journey situation? HELP — they need help, and they may not even know it! The road map is almost *useless* until they are taught how to read it. Once they learn the basics of reading the map, it is still not practical until they start their journey, because that is when they see if they learned anything.

The larger question is, “Are we teaching others (by sharing our experience, if we have any in a particular area) how to read the map, and assisting when they put their journey into action and make a wrong turn?” Or are we simply talking about our own problems, without discussing **the solution** we have found through A.A.? If we just *identify* with the particular topic/situation at a table only, we're not telling the *better* part of the story — or not explaining how we read the map!

The simple fact is that if you don't know how to read the map, you don't have to figure out how to read it by yourself. This principle is one of the *keys* of our Program. You may think you can figure it out on your own, but quite frankly, *you can't*. Our program is designed to be passed along through shared experience. A classroom setting with an instructor (with head knowledge but no travel experience) would never work. It takes at least two actions to learn how to read the map — a person willing to listen and learn, and another who will freely give their experience.

So off we go, starting our journey. Someone begins to teach us how to read the map. We get to the first town, take care of our business there, then on to the next, and so on. As we travel, we continue to learn more about reading the map, and using the map gets to be famili-

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ar. As time goes on, we realize we never have a real picture of the next destination — it is just a point on the map. We learn something at each one; each destination has a purpose. Sometimes we check out a travel brochure or the highlights in a town we are heading toward next, to get an idea of where to go when we get there (like other A.A. books and literature). Someday we get introduced to another person who doesn't even know there is a map, let alone how to read one. That's when we start to *pass it on*.

My experience is that I'm on a journey, and my Higher Power has the map. When it is time to move on, He tears a small piece off, to show me where the next destination is, and tells me how fast to go. Receiving that piece is similar to when a sentence or paragraph in one of our books "comes to life" when I read it, like it never has before.

Frankly, I have no idea where my journey will end. This is the difference when compared to a trip from city A to B. We can plan on where we are going, where to stay in the process, and know where it ends (city B). This trip of sobriety has an end point that I can't even guess at. This is one of the reasons why I need Step Three, to believe that something greater than myself has a better plan for my life than I do. When I decide I know the right route and don't ask for help (from my Higher Power and from other alcoholics), chances are I'll not only end up in the wrong town, but also the wrong state! Some of us have been that lost on a binge...

I can't learn all about map reading and become a PhD in it, **then** start my journey. I only learn what I need to get to the next point. Maybe today's lesson it is how to drive in snow. The next lesson might be how to avoid a tornado. Another might be how to live through a friend passing away. The next might be how to enjoy a peaceful place in the Rockies. I can thoroughly read and memorize chapters in the Big Book and the Twelve & Twelve, and that will help me to a certain extent. If I don't have the experience of actually travelling the path laid out for me, testing what I've learned so far, the knowledge is useless.

I've also found that if I don't give away what I have right now (29 days or 38 years sober doesn't matter), or at least be willing to do so, I will never truly understand what I possess, nor will I receive more. I believe this is why the early A.A. members stressed *action* so much. Sitting there thinking about the next destination and my route there gets me nowhere. In fact, while I'm thinking about it (and doing *nothing*) the plan may have been for me to *be there already!* When that happens, I am actually progressing in *reverse*.

Once I accepted the facts that: **a)** I don't know where the trip ends, **b)** I don't usually know the next destination until it is time to go there, **c)** The speed limit set for my trip is critical and **d)** Began to believe that a Higher Power does have a plan for me, *my life changed*. I could finally understand and begin to live *one day at a time*. I can also accept the fact that, even with help reading the map, I'm going to take the wrong road occasionally. In fact, it happens somewhat regularly that I'm not sure of where I am on the map. I'm on the way to the next destination, but feel like I'm lost. Who said it, "Damn this faith business!?" If I am in regular conscious contact with my Higher Power and other A.A. members, chances are I won't go too far out of the way, and will eventually get to the next stop I'm supposed to visit. I've also found that getting to the next destination early or late, especially early, usually means I missed something along the way.

If you are new to A.A., don't expect to read and fully understand all the books and literature until you have been here a while. The original intent for the literature was that for some the Big Book might be too complicated. You will probably get what you need for that day, week or moment. That *isn't* the rule, because our Higher Power can give us whatever He wants to; sometimes it is silence. Bill W.'s spiritual experience was enough to last him a lifetime, not just till the next day or week. I need to read our books and literature on a regular basis, because it takes a fair amount of repetition for something to sink in (especially into my head!). True learning is piece by piece, with some 'live fire' practice between lessons.

Remember — NONE of us knew how to 'read the maps' when we came to A.A.! You are not alone! You can expect many benefits, some of which are: **1)** Your ability to get through tough times will increase; **2)** It will become easier to ask another alcoholic for help; and **3)** Enjoying life will begin to displace that feeling of hating life or 'I'll never get it.' The answers for our problem with alcohol and corresponding problem with living are on the map.

Chip R.; Grand II Joy of Living

## Step Twelve

*"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."*

### Tradition Twelve

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

## **Concept Twelve**

"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat

of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle;

that it place none of its members in a position of unqualified authority over others; that it reach

all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that

its actions never be personally punitive nor an incitement to public controversy; that it never perform

acts of government, and that, like the Society it serves, it will always remain

democratic in thought and action."

## Tradition Twelve Contemplation Questions

*Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

1. Why is it good idea for me to place the common welfare of all AA members before individual welfare?

What would happen to me if AA as a whole disappeared?

2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?

3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?

4. Do I ever try to get a certain AA group to conform to my standards, not its own?

5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?

6. Does my personal behavior reflect the Sixth Tradition—or belie it?

7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?

8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made me so smart?

9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?

10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?

11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?

12. What is the real importance of me among more than a million AAs?

—Originally published in the *AA Grapevine*

# A Twelfth Step Prayer

Dear God,

My spiritual awakening begins to unfold. The help I have received I shall pass on and give to others both

in and out of the fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day

by day on the road of spiritual progress. I pray for the strength and wisdom to practice the principles of this

way of life in all that I do and say. I need you, my friends, and the program every hour of every day.

## THE POWER OF PRAYER

Some folks believe that praying

Is just a waste of time;

They have no aspirations

For things that are sublime.

While those with faith will persevere

Through many trying years, Confident a loving God

Will wipe away their tears.

They raise their hearts and minds to God

And spiritually grow,

Trusting in that healing Power

From whom all blessings flow.

The power of prayer is greater than

Rocket, bomb or gun;

And the greatest prayer of all is simply,

Thy will be done.

Gene O., First Step Group

## TIME FOR A CHANGE

When you wake up in the morning

And you're shaking at the hands,

And your spinal cord feels hollow

And your legs are rubber bands,

When your brain is seared and muddled

And you've drained your cup of gall,

When you're scared to blink your eyes

For fear you'll see things on the wall,

When your barroom friends have left you

And you know the lonesome road,

When you're nothing but an outcast

Lacking strength to bear your load,

When you know remorse and sorrow

And you dread another day,

Don't reach for that drink, my fellow,

Grab the phone and call A.A.

Gene O., First Step Group

IN MEMORIAM

**Things We Can Not Change**

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

Share your Experience, Strength and Hope

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

Articles can be submitted at any time.

**Buffalo Central Office**

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Buffalo, New York 14210

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



**"My mother just called. When I told her you were working on your searching and fearless moral inventory, she said, 'Put on more coffee. I'm coming over to help him remember everything!'"**

DECEMBER ANNIVERSARIES

**Alexander**

Tim C. 1y  
Ruth C. 5y  
David H. 35y

**Amherst/Snyder**

Jen R. 6m  
Ryen E. 1y  
Lindsay 1y  
Bob W. 1y  
Denise S. 2y  
Bobby J. 3y  
Ed W. 6y  
Tim K. 7y  
Chuck W. 23y  
Mark S. 29y

**Any Lengths**

Mike Z. 18y

**Cold Springs**

Al C. Jr. 17y  
Hoarance M. 24y  
Gigi P. 40y  
Bob B. 44y

**Courage Group**

Joy W. 8y  
Debbie McE. 11y  
Julie H. 11y

**Eyeopener**

Dan C. 1y  
Vilma 3y  
Patty M. 3y  
Christine J. 5y  
Deedee 11y  
Myles 15y  
Ned 16y  
Victor 17y  
Larry 19y  
Butch 20y  
Tom C. 21y  
Earl G. 27y  
Joy P. 57y

**Easy Does It**

Kevin M. 3m  
Joey G. 3m  
Claire M. 6m  
Mary S. 9m  
Maureen L. 9m  
Kristen E. 1y  
Peter D. 2y  
Megan Z. 3y  
Mary P. 3y  
Theo C. 21y  
Raj G. 23y

**Fireside AM**

Adam C. 6m  
Katherine K. 9m  
Ryan R. 1y  
Jim M. 3y  
Megan R. 3y  
Michelle M. 5y  
Katie S. 15y  
Maria D. 20y  
Bill G. 23y

**Freedom**

Andrea S. 3m  
Nicci C. 2y  
Morey F. 17y  
Dave O. 22y

**Golden Slipper**

Tony M. 4y

**H.A.N.D.**

Chris R. 1y

**Helping Hand**

Diane T. 2y  
Dave G. 9y

**How It Works**

Don S. 3m  
Lee B. 3y  
Mike M. 4y  
Dan B. 7y  
Kevin C. 13y  
Bill K. 23y  
Art B. 25y  
Lary F. 26y  
Peter P. 43y

**Lakeshore**

Paul K. 1y  
Cheryl P. 7y

**Lockport#1**

Rodney C. 4y  
Randy W. 10y

**Lovejoy**

Suzanne T. 6m  
Bill P. 9m

Kenny J. 1y

**New Life**

Jay 1y

**North Buffalo**

Brett nF. 5y  
Andy S. 5y  
Loretta R. 6y  
Dan L. 6y  
Tyrone M. 6y  
Terrance H. 6y  
Nancy D. 6y  
Matthew B. 7y  
Judy S. 23y  
Bill K. 23y

**Orchard Park Step**

Cindy R. 13y

**Remember When**

Mark A. 1y  
Theresa D. 1y  
Alvin B. 1y  
Jessica B. 1y  
Timmy L. 2y  
Gary A. 4y  
Yolonda B. 4y

**Rise & Shine**

Brandy J. 3m  
Kim D. 6m  
Patrick S. 6m  
Tracy N. 9m  
Amanda M. 1y  
Joe O. 2y  
Luli 2y  
Odell H. 5y  
Michelle W. 5y  
Liz B. 8y  
Kevin T. 10y  
Theom C. 11y

**Sheridan**

Butch C. 1y  
Debbie F. 24y

**Sunday Morning**

**Breakfast**

Flo G. 6y  
Liz B. 9y  
Lynn B. 11y  
Joy P. 18y  
Dave K. 23y

**Victory Women's**

Darlene 3m  
Molly C. 4y  
Sharon A. 30y

**Women in Recovery**

Bertha W. 9m  
Judy T. 19y

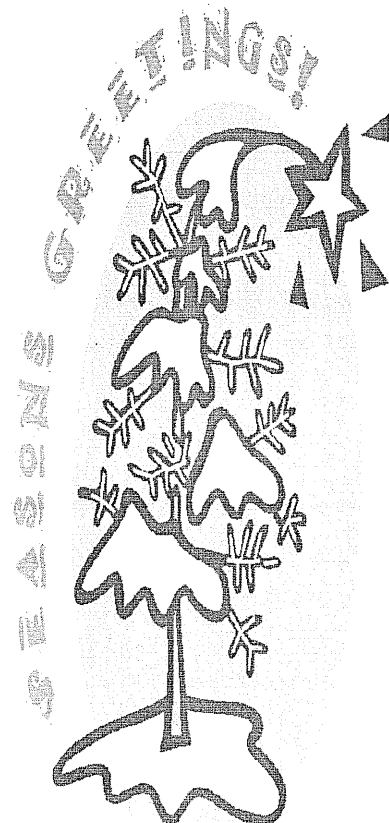
LIFE

12



**GROUPS CELEBRATING**

Abbott Men's; 28y  
Achievement; 38y  
Cayuga Wake Up Call; 7y  
Coldspring; 50y  
Georgetown; 15y  
Intoxicated on Life; 36y  
Pathway to Peace; 18y  
Roland; 11y  
Sally; 22y  
Saturday Nite Sober; 10y  
Sober Winners; 22y  
Sobriety on Saturday Night; 16y  
Sunday's @ 8; 10y  
Tri-Step; 19y  
Wilson; 32y





# Twelve Tips on Keeping Your Holiday Season Sober and Joyous



Holiday parties without liquid spirits may still seem like dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober – an idea we would never have dreamed of, wanted, believed possible when drinking. Here are some tips for having an all around-ball without having a drop of alcohol.



**1** *Line up extra AA activities for the holiday season.* Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



**2** *Be host to A.A. friends, especially newcomers.* If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



**3** *Keep your A.A. telephone list with you all the time.* If a drinking urge or panic comes – postpone everything else until you've called an A.A.



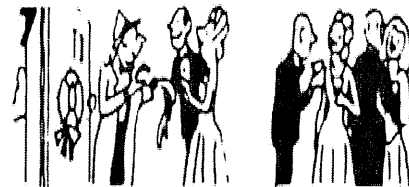
**4** *Find out about the special Holiday Parties, meetings, or other celebrations given by groups in your area, and go.* If you're timid, take someone newer than you are.



**5** *Skip any drinking occasion you are nervous about.* Remember how clever you were at excuses when drinking? Now put that talent to good use. No office party is as important as saving your life.



**6** *If you have to go to a drinking party and can't bring an A.A. with you, keep some candy handy.*



**7** *Don't think you have to stay late.* Plan in advance an "important date" you have to keep.



**8** *Go to church, any church.*



**9** *Don't sit around brooding.* Catch up on those books, museums, walks and letters.



**10** *Don't start now getting worked up about all those holiday temptations.* Remember – "One Day At A Time."



**11** *Enjoy the true beauty of holiday love and joy.* Maybe you cannot give material gifts – but this year, you can give love.



**12** *"Having had a . . ."* No need to spell out the Twelfth Step here, since you already know it.

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**BULLETIN BOARD**





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

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

**DECEMBER 2010**

**MEETING CHANGES**

- **We have been asking for contacts from all the groups that mailings have been returned. As we are approaching sending our next schedule to the printers...It is IMPERATIVE to hear from these groups, , Look to this Day-6 & University Men's-2 ,& Threshing Floor-1, Harmony-7, Women in Recovery-1.**

**If you go to one of these groups...PLEASE HAVE THEM CONTACT CENTRAL OFFICE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

- **Living Clean Group Needs Support.** Tuesday's 7 PM. Sisters Hospital, Conference Rm C on 3rd Floor. 2157 Main St., Parking \$1. Open Meeting.
- **Elmwood Group, Daily, 9am, & 4pm.** Sobriety Emporium, 2590 Elmwood, Kenmore (near Kinsey). Open Meeting.
- **Southtowns Group has moved** to Grace Lutheran Church, corner of Cazenovia & N. Legion, South Buffalo, Tuesdays 8 PM.
- **Today's Women Group, Tuesday's, 6 PM, No Longer Meets.** Georgetown Plaza, Brylin Outpatient, 5225 Sheridan Dr., Williamsville
- **Sprout into Sobriety, has changed it's starting time to 2pm, THURSDAY'S,** Living Faith Church, 1907 Center Rd. (corner of Center & Seneca), West Seneca. Open Discussion.
- **Lakeview Group, Friday's 8:30PM, has moved.** Now meet at St. Paul Rectory on Southcreek Rd
- **Second Chance Group has changed both its time & place.** 6 PM- 7:30 PM. LBJ Apts, inside Community Room, 167 W. Humboldt..
- **Ellicottville Lunch Bunch, No Longer Meets.**
- **Lockport Nooners & Monday Big Book, No longer Meet.**
- **New Meeting: Simplicity,** Royalton Center United Methodist Church, 6309 Royalton Center Rd., Middleport. Monday's 8 PM. Closed Meeting :)
- **Eagle Street Group: No Longer Meets,** merged with Fredonia Discussion Group, Wednesday's 8 :30 PM. Now has babysitting available. 1st week of the month will have a women's table.
- **New Meeting: Women in Recovery;** Stuyvesant Apts, Community Room, 245 Elmwood, Buffalo, 6:00 pm, closed meeting, open last week of the month. Wednesday's @ 6:00 PM.
- **ST.Mark's meeting on Saturday's; HAS RESUMED.** St. Marks Episcopal Church, 6596 E. Quaker Rd., Orchard Park. 8 PM.
- **Gahada Goh,** Tuesday's & Thursday's, 8 PM, **has Resumed.** 12698 Southwestern Blvd(Rt. 20).
- **NEW MEETING; Abbott Corners,** Lakeshore Behavioral Health Building, 3176 Abbott Rd, Bldg A., Orchard Park. Wednesday's at 12 Noon..
- **NEW MEETING; Angola Early Bird,** Most Precious Blood Church, 192 Prospect St.( off Lake St.), Angola. Thursday's 7 AM.
- **Honest Solutions Group** in Gowanda that closed after flooding is **resuming.** Meet in the St. Mary's Rectory behind church. Monday's & Friday's. 12 Noon.

- **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**

- ~ Dec 5, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Dec 5, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, (hosted by Going to Any Lengths Group)
- ~ Dec 5, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca
- ~ Dec. 6, **New Life Group's 35th Anniversary**. St. Aidans Episcopal Church, 13021 West Main St., Alden. Pot luck dinner at 7 PM, Anniversaries & Speaker at 8 PM. All are welcome, Please bring a dish if you wish
- ~ Nov 9- Dec.7, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5-1-hour sessions. Tuesday's; 7:15 PM- 8:15 PM. Sponsored by Holiday Village Group, 8 PM., Southern Erie Clinic, 4390 Quimby Drive, Hamburg. Journey through the 12 steps in 5/ 1 hr sessions. Oct. 6, 13, 20, 27 & Nov 3.
- ~ Nov 22- Dec. 20, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Monday's; 6-7 PM. Sponsored by Caz Manor Group, 489 North Legion Drive. Journey through the 12 steps in 5/ 1 hr sessions.
- ~ Dec 11, **Sprout Into Sobriety 1st Annual Xmas Party**, Saturday, Living Faith Church, 1907 Center Rd. (corner of Center & Seneca), West Seneca. 12-3 PM. Food, Speaker, 50/50. Please bring a dish to pass.
- ~ Dec 13, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Dec.15, **Main & High Groups Annual Christmas Vigil**. 6:00 PM- 9:00 pm. Holy Trinity Lutheran Church, 1080 Main St. Please come fellowship with us. Bring and dish to share.
- ~ Dec 20, **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
- ~ Dec 21, **Public Information Committee meeting**, Tuesday; Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Dec 18, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ Dec 24, **Friends of AA Annual Christmas Vigil**; 291 High St, Moot Senior center. Doors open at 4 PM. Donations accepted. Children's toys, Dinner at 6PM, Santa at 7:30 PM. Contact Charles Lloyd, Mona W.:510-5636 or Blaine H.:553-1504. Open Mic.
- ~ Dec 27, **Women in Recovery Yearend Celebration**; Refreshments, Speaker & Anniversaries. Wednesday, 6 PM, Stuyvesant Apts, Community Rm., 245 Elmwood, Buffalo.
- ~ Feb. 19-21, **Retreat For Men in A.A.**, "Road to Recovery", St. Columban Center, 6892 Old Lakeshore Rd., Derby. Cost \$125, meals included. To register call Daryl B.; 553-3785. All Men welcome. Scholarships available. Donations toward scholarships greatly appreciated.

**12th STEP:** "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

**12th TRADITION:** " Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principals before personalities."

**12<sup>th</sup> CONCEPT;** The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

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

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

## Buffalo Central Committee Minutes November 7, 2010

Cindy Orchard Park Step Committee Chair opened the meeting at 7:01 PM with a moment of silence and the Serenity Prayer. Jared Rochester Group read the Preamble, Greg Primary Purpose Group read the Purpose of Central Committee and Alex Rochester Group read the Twelve Traditions. It was by Tom North Buffalo Group and seconded by Diane New Life Group to accept the October minutes as written by MaryKate Three Legacies Group.

New groups were greeted and 28 groups were represented: Dist #1 Main and High; Dist #2 Freedom, How It Works-Men, North Buffalo, Sober Train, Three Legacies, Staying Sober, Friends of Bill W, Common Solution; Dist #3 Abbott Men's Discussion, Courage, Iron Horse, New Life, OLV Women's, Thruway; Dist #4 Action, Orchard Park Step; Dist #5 Big Book Lockport, Lower River; Dist #6 Derby, Lakeshore, Sobriety Men's Discussion, WE; Dist #7 Solidarity, Thursday Night Steppers, Reflections; Dist #8 Williamsville, Women Making the Effort.

### **COMMITTEE REPORTS:**

- ENVELOPE SYSTEM:** Terry reported that \$277.00 was brought in by Envelope System.
- STEERING COMMITTEE:** No report
- FINANCIAL REPORT:** Rick gave verbal report.
- CORRECTIONS:** Milt would like to thank everyone for covering table at the convention. All meetings being covered but as always in need of volunteers.
- TREATMENT:** Brian reported that there is possibly a new outpatient meeting. Treatment has 15 people sign up at the convention. Brian's term is ending 1/1/11. Qualifications are 3yrs continuous sobriety and 3yrs in service.
- SCREENERS:** No report
- CENTRAL OFFICE:** AA Info: 180, 12-Step: 3, Alanon: 5, PIC: 0, Visitors: 135, Volunteers: 12. Groups we are in need of contacts from are, Look to this Day-6, University Men's-2, Threshing Floor-1, Women in Recovery-1. My last vacation days will be taken Dec. 23, 24, 27 and 28. After several inquiries it has been brought to my attention that a contribution was received in error from the AA members of the Arthur Buchanan Foundation, the contribution is being returned.
- NEW FRONTIERS:** no report
- PIC:** Patrick reported that PIC has upcoming health fairs November 18<sup>th</sup> at School 41(Buffalo Alternative) and November 30<sup>th</sup> at Southside. We participated in the Buffalo Fall Convention with our new convention/day of sharing display. We did a presentation on November 2<sup>nd</sup> to students at the Buffalo State College using our new power point display. We received confirmation from the Buffalo News and will be assisting them with writing an article about AA. We are continuing the development of a letter for the court system as part of our CPC work.
- PAST CONVENTION:** Anne reported that everything went well, many compliments on speakers. Haven't received the final bill from the Marriot. Believe we made money. We have our final meeting on November 20<sup>th</sup> at Central Office. Final report will be given at December's meeting.
- GSA LIASON:** Randy reported that there is a new book available Spiritual Awakenings for \$10.95. Chair person for PIC is looking for replacement. Corrections is looking to obtain literature from Central Office at/near cost. Updates made online for the duties of DCM and Service manual(available in PDF form). New 2010 Northeast AA directory available. Pre and Post conference workshops in process. Getting chairperson( possibly a past delegate) and in 2

different counties, maybe one in Niagara County and one in Genesee County.  
Next GSA meeting November 14<sup>th</sup>.

- ARCHIVES:** Marty reported that he would like to thank all the groups that have made donations to the Archives and every individual who has put a dollar in the coffee pot at our displays. It has helped us to purchase new equipment, supplies and allowed me to attend the 14<sup>th</sup> annual National Archives Workshop, in Macon, GA. The N.A.W. was an excellent learning experience. I learned about a half dozen things that I have been doing wrong or could be doing better. I took detailed notes on preservation techniques, which I hope to find the time to apply once I get laid off for the winter. Tim has been working on the computer, installing a new printer, scanner and new software. He's also working on a power point program for our new laptop, showing photos of area meeting rooms. Please send pictures to W.N.Y. Archives c/o Buffalo Central Office, so that we have hard copy backup. Pat and Joanne continue to sort through the boxes of un-filed documents and Wally has been a big help with digitalizing audio and some historical research. Janet has been keeping up with the book keeping and making the payments, although homebound with health problems. It truly does take a group effort to do what we do. Tom has requested and the committee agreed that I use this opportunity to request that he have a set of keys, so that he can work on the computer. Finally, I apologize that I was unable to give a report at the last two meetings, I was in the process of moving last month and didn't get the truck unloaded in time. The month before I was dealing with a newcomer who called me to meet him and didn't feel it appropriate to bring him here. However, we put on displays at Jamestown's 65<sup>th</sup> anniversary and the Buffalo Fall Convention, both went well. Our next display will be at the Main and High Christmas Vigil, 12/15.
- OLD BUSINESS:** The vote for Phone Systems was tabled for further discussion at Home Groups. Two new groups were voted on and passed unanimously. Simplicity Group in Middleport, Monday nights closed meeting from 8-9 PM. Angola Early Bird on Thursday at 7 AM, open meeting.
- NEW BUSINESS:** Nominations for positions, Co-Chair(5 years)- Pete Sobriety Men's Discussion Group, 16 years sobriety. Recording Secretary(2 years)- Annie WE Group, 2 years sobriety. Steering Committee Reps(3 years)- Dist #1 Winston Main and High, 18 years sobriety; Dist #4 Jeanmarie Orchard Park Step, 7 years sobriety; Dist #5 no one stood for position; Dist #6 Patty, 19 years Sobriety. PIC- Jeff co-chair will be chair in January. Screeners- no one stood for position. Treatment- Joe Three Legacies, 8 years sobriety.
- ANNOUNCEMENTS:** The Williamsville Group will now be starting at 8 PM on Tuesday nights, instead of 8:30 PM. Holiday Village Group will start the 12 Steps on November 9<sup>th</sup>.

Cindy Orchard Park Step Committee Chair thanked As Bill Sees It Group for this month's refreshments and December's to be provided by Going to Any Length Group.

### **NEXT MEETING DECEMBER 5<sup>TH</sup>, 2010**

It was moved by Pat Thruway Group and seconded by Vernon Solidarity Group that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:47 PM.

Respectfully submitted by MaryKate Recording Secretary Three Legacies Group



GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	OCT	YEAR	OCT	YEAR	OCT	YEAR
11:45		60.00		0.00		0.00
12 Step		0.00		0.00		0.00
12 Steps/12 Traditions	50.00	200.00		0.00		0.00
4th Step Stumblers/F.U.N.		0.00		0.00		0.00
6th Step		37.50		0.00		0.00
A Day At A Time		48.00		0.00		0.00
Abbott Men's		635.00		330.00		330.00
Acceptance/Welcome		0.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		50.00		25.00		25.00
Age Doesn't Matter		50.00		50.00		50.00
Akron Awareness		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amhers/ Snyder		650.00		0.00		0.00
Amsdell Lakeshore		350.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	35.00	380.00	15.00	135.00	15.00	135.00
Arcade		50.00		0.00		0.00
As Bill Sees It		370.00		93.00		30.00
Attitude Adjustment		50.00		25.00		25.00
Attraction	100.00	400.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Back To Basics		60.00		0.00		0.00
Beginners Group (NF)		40.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		150.00		75.00		75.00
Big Book Lockport		275.00		0.00		0.00
BB Spiritual Studies		0.00		0.00		0.00
Big Book Study		90.00		0.00		0.00
Blasdell		0.00		0.00		0.00
Blasdell Monday Night		0.00		0.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women		0.00		0.00		0.00
Brass		0.00		0.00		0.00
Building Hope		50.00		0.00		0.00
By The Book		0.00		0.00		0.00
Carry the Message		330.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Cayuga Wake- Up Call		660.00		35.00		20.00
Caz Manor		265.00		0.00		0.00
Central City Café		15.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga	200.00	750.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		0.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Solution		12.00		0.00		0.00
Commitment		300.00		0.00		0.00
Constant Vigilance(Varysburg)		0.00		0.00		0.00
Complanters		0.00		0.00		0.00
Courage		225.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		100.00		0.00		0.00
Dawn of Hope		75.00		0.00		0.00
Derby	60.00	340.00		0.00		0.00
Derby Lunch		0.00		0.00		0.00
Desire	200.00	700.00		0.00		0.00
Desperate		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night		100.00		0.00		0.00
Eagle Street		0.00		0.00		0.00
Early Bird South	100.00	193.42		0.00		0.00
Early Bird Step		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora		300.00		200.00		200.00
Easy Does It	30.00	370.00	30.00	270.00	30.00	270.00
Ellicottville		25.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		14.00		0.00		0.00
Eyeopener		1684.64		0.00		0.00
Eyeopener South	200.00	800.00	100.00	200.00		0.00
Father Baker		0.00		0.00		0.00
Feelings		105.00		0.00		0.00
Fireside PM		200.00		0.00		0.00
Fireside	156.00	1472.50		0.00		0.00
First Things First		450.00		0.00		0.00
Forestville Sunday Serenity		0.00		0.00		0.00
Fredonia Discussion		0.00		0.00		0.00
Freedom	100.00	550.00		0.00		0.00
Fresh Start		135.00		0.00		0.00
Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	OCT	YEAR	OCT	YEAR	OCT	YEAR
Friends of Bill W.		50.00		0.00		0.00
Frontier(New)	13.57	1987.77		0.00		0.00
Gardenville		220.00		0.00		0.00
Georgetown		0.00		0.00		0.00
Getting Better		0.00		0.00		0.00
Gettin With It		38.00		0.00		0.00
Gifted		0.00		0.00		0.00
Giving		0.00		0.00		0.00
Go to Any Length		921.50		61.43		61.43
Golden Slipper		100.00		0.00		0.00
Grand		70.00		0.00		0.00
Grand II Joy of Living		112.22		0.00		0.00
Grateful		100.00		0.00		0.00
H.O.W.		0.00		0.00		0.00
Hamburg		0.00		0.00		0.00
Hamburg Early Bird		0.00		0.00		0.00
Hand		150.00		0.00		40.00
Handicappers		150.00		0.00		0.00
Happy Faces		0.00		0.00		0.00
Harmony		0.00		0.00		0.00
Helping Hand	25.00	125.00		0.00		0.00
High Noon		950.00		0.00		0.00
High View		300.00		0.00		0.00
Higher Power		0.00		0.00		0.00
Hillbilly		360.00		0.00		0.00
Holiday Village	225.00	2000.00	25.00	200.00	25.00	175.00
Holland		120.00		0.00		25.00
Honest Solutions		0.00		0.00		0.00
Honesty		105.00		0.00		0.00
Hope's Horizon	50.00	50.00		0.00		0.00
How It Works/Men's		997.00		105.00		105.00
Humbolt		0.00		0.00		0.00
Inspiration		0.00		0.00		0.00
Intoxicated on Life		0.00		0.00		0.00
Ironhorse		923.11		88.36		88.36
IT		0.00		0.00		0.00
Johnson Creek Big Book		0.00		0.00		0.00
Journey		300.00		0.00		0.00
Just For Today/ Cheektowaga		150.00		0.00		0.00
Just For Today/ Albion		15.00		0.00		0.00
Keep It Simple Sister		90.00		0.00		0.00
Keep On Coming		0.00		0.00		0.00
Kenmore		50.00		0.00		0.00
Kensington		0.00		0.00		0.00
Lake Shore		350.00		100.00		0.00
Lakeview	75.00	305.00		0.00		0.00
Lancaster Dailey Reprieve		193.37		0.00		0.00
Lawyers		0.00		0.00		0.00
LewPort		0.00		0.00		0.00
Liberty Women		210.00		0.00		0.00
Life Today		102.00		0.00		0.00
Lighten UP		300.00		0.00		0.00
Living Clean		0.00		0.00		0.00
Living in the Solution		100.00		0.00		0.00
Living Sober		0.00		0.00		0.00
Lock City	100.00	400.00		0.00		0.00
Lockport #1	250.00	750.00	25.00	75.00	25.00	75.00
Lockport Discussion		50.00		0.00		0.00
Lockport Ladies		50.00		0.00		0.00
Lockport Tuesday	30.00	228.00		48.00		0.00
Lockview		1216.00		192.00		192.00
Look To This Day		0.00		0.00		0.00
Love		0.00		0.00		0.00
Lovejoy		75.00		25.00		25.00
Lower River		0.00		0.00		0.00
Main and High	5.00	56.84		0.00		0.00
Main Street		390.00		0.00		0.00
Maple Men's		0.00		0.00		0.00
Marilla		195.00		0.00		0.00
Matt Talbot	60.00	520.00		0.00		0.00
McKinley Winners	30.00	120.00		0.00		0.00
MEDINA STEP WORK/BIG BOOK	45.00	45.00		0.00		0.00
Medina New Life		50.00		0.00		0.00
Mercy	100.00	200.00		0.00		0.00
Mid-day	35.00	181.13		0.00		0.00
Midnight Discussion		0.00		0.00		0.00
Miracle Happen		0.00		0.00		0.00
Monday CO		110.05		0.00		0.00
Monday Big Book		0.00		0.00		0.00
Morning After	100.00	300.00		0.00		0.00
New Awakening		0.00		0.00		0.00
New Beginnings/ST. Vincent		30.00		0.00		0.00
New Freedom		25.00		0.00		0.00
New Hope		25.00		0.00		0.00
New International		40.00		0.00		0.00
New Life		100.00		0.00		0.00
New Outlook		0.00		0.00		0.00
New Westside		0.00		0.00		0.00
Niagara Frontier Men's Disc.		120.00		0.00		0.00
North Buffalo		950.00		200.00		200.00
North Java Monday		0.00		0.00		0.00
North Java Sunday		0.00		0.00		0.00



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