

NEW FRONTIERS

DECEMBER 2011

A.A. of the Niagara Frontier

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

Lesson Learned

She was damaged goods, running from her demons
Grabbed the bottle and sipped the sweat juice
Never realizing, she couldn't escape those demons
They were buried deep within
Not even aware; she had been consumed
The disease had the control and power, she had lost her sight

Lesson after lesson
Never reflecting, always projecting
She stands and screams, falls to the floor
Shatters to dust, she is no more

Emerging from the dust, a demented and damaged version
She sipped the juice, fell in love with the disease
Good at the game she spun her web and lured him in
Never letting him in and always getting him before he even had a
clue

Love her he did, but he got none in return
Her defiance kicked in and she began to self-destruct
Unable to leave the house she'd become a recluse
Judge, jury and executioner, she ran away

Lesson after lesson
Never reflecting, always projecting
She stands and screams, falls to the floor
Shatters to dust, she is no more

Emerging from the dust, a self-loathing n guilt ridden version
She drank the juice, hopelessly lost in the disease
She surrendered in defeat, tried to make amends
All of a sudden she is faulty, and there is no mercy in the
sentence

You condemn her, kicked her when she was down, tried to make her
feel less

Cause you had drank her juice, owned her disease and then it
consumed you

Finally she was set free

(conti...)

Lesson after lesson
Never reflecting, always projecting
She stands and screams, falls to the floor
Shatters to dust, she is no more

Emerging from the dust, a broken and ready to quit version
One swig of the juice, she embraced the disease
Still not realizing, she'd been everywhere she'd gone
Her defiance kicked in and she began self-destructing again
She set out to prove them all wrong; she was capable of love
She settled and then got even less, unable to man up and admit
the mistake
Down the isle she flowed enraged by the disease, she knew she was
out of control
The disease spread, it infected her kids, they were now consumed

Lesson after lesson
Now reflecting, instead of projecting
She stands and screams, kneels to the floor
She prays to be healed, closed minded no more

Emerging from the fog, a determined and wiser version
The emotional gates were released; drowning, unable to breathe
The wreckage of her past crept up, shadowed her days and nights
A reminder of the part she played, she was unable to accept and
forgive herself
The harder she held on the tougher it got, she was taught to
surrender
She released her hold and regained her sight, she had been
blessed
She took all those lessons learned and put them into play,
She listened to her instincts and got in tune with the world
around her
She became aware!

Lesson after lesson
Now aware, ready to face the fear
She stands and looks in the mirror, faces the demon and falls
gracefully to the floor She's been blessed and the disease is no
more

Emerging into clarity, an aware and willing version
Armored with angels - she faces her last demon
It all began here, from deep within; in order to receive we must
first give
She searches deep within and finds the one she could love all
long
She is now the source, the light is shining bright
She will no longer run away, rather stand, face and embrace!
She is free and she is ME!

Cathie C.

A.A. in WNY, Part One

I've debated writing this for a while ... what follows is based on working our A.A. program and being involved in some type of service work inside and outside of a home group, as well as the "learning experiences" I've lived through over the years. I'll also assume that you have some understanding of our Steps and Traditions, as this article is not written for the new person. It's about A.A. in Western New York — some differences over the past 30 years, and some questions about how we carry out our primary purpose.

My purpose is to get you to think about these issues. This article is my personal ideas and opinions. I am writing as one of you, a fellow A.A. member. I also try to stick to my experience and what I have heard. If I sat at a table with you or talked to you since finding the solution to my problem(s) here, you have some part in my experience.

Let's Start Another Group ...

I've heard it from enough people, that phrase "we have too many meetings." Maybe yes, maybe no. It is not just here — I've heard that comment from other cities as well, that they have too many meetings in their own local area. So, do we?

I decided to compare WNY A.A. in the 1980's to today. The main reason for choosing that period is that I first became a member in 1981, and remember a lot from that time period about how A.A. was.

If you do some quick, imperfect math, you will find that in 1981, we had 189 meetings listed in our schedule, of which 79 were "O or OD" meetings.

In 2011, we have 412 meetings, and 250 of those are "O or OD" meetings.

So, in 30 years, we have more than doubled the number of meetings we have, and more than tripled the number of open or open discussion meetings. I'll say one thing, I don't remember too many meetings that had less than 30 people at them in the 80's, which now seems to be rather common.

Maybe our Erie/Niagara county population doubled, which would lead to increases in everything in our area, including meetings. Oops, the population during the same time period dropped around 103,400 people, or around 8.35% less people. Compare that to our 117.99% increase in meetings.

Hmmm. Twice as many meetings, less people overall. Something's wrong with this picture. Is this where the statement, "A.A. around here has become watered down" comes from? When I got here, I wasn't too prone to open my mouth at tables. Long-timers shared, new people passed and listened. I was here to listen and learn. Now you may get the "cross-eyed" look if you pass at a table.

Yes, two or more people can form a group... you know the rest of the definition. So all those new groups are "OK" or they wouldn't be in our schedule. However, I wonder how much thought goes into starting a new group. It seems like we have a lot of 'copy-cat' groups in our area - why aren't there different ones? Like the lead-type meetings they have in the rest of the country (one member gives a 10-15 minute lead, then people can discuss that or whatever)? There is at least one meeting in this area that does that.

It's easy to form a group and is designed that way on purpose. The old saying is "a resentment and a coffee pot" is all that's needed. Must have been a lot of resentments... Find a place to meet, collect enough money for the coffee/snacks and rent and we're OK. Start a meeting, THEN ask for support (isn't that a little backwards), then wonder why there isn't an extra dime after paying the expenses (so in your "group conscious" you're doing just fine). Is that really the right way?

Don't get the wrong idea here, because starting new groups isn't always the wrong thing to do. I was quite involved in a group which lost sight of a few Traditions ... a new group formed, the old group no longer meets, and that new group has a lot of hands that go up when they ask for members to raise their hands. In that case, it was good for those people who started the group, as well as for A.A. as a whole.

I think that a group should be considering the things they are responsible for before they take the plunge. Like carrying the message to another alcoholic. Does your group have enough people take a meeting into a treatment facility? What about a corrections committee? How about simply a phone number for a member of their group they can list in the phone book for anyone to call if they want help?

No, your group doesn't have those? Well, because of our Central Committee, your group doesn't have to have those. They can't support the centralized system to do these things, along with the rest of the groups who form Central Committee? Yet they expect to be listed in our schedule (and because of the new person, certainly should be). So I ask, is your group really a group? Is your only purpose for existence just to have a meeting? If so, is that right? There may not be an answer to those questions.

Check the groups that ask their members to raise their hands. Many groups have only a couple of hands go up. Where are all the members - out of town that day? There aren't enough members just to do the basic "meeting" tasks, let alone have a rep at Central Committee or GSO. Some groups are so thin in membership that the "spirit of rotation" is impossible to practice. I'm looking at a Central Committee report from June of 1984, where 50 groups were represented. Fast forward to October, 2011 — 21 groups represented. That's probably less than 10% of all the groups in the area, yet we can register many hundreds of people for our convention (yes, some are from out of this area). Not good, in my opinion. **Does this bother anyone?**

Is there anything written in any of our books that say once a group starts, it should never ever end? More than a few groups are hanging on with 2-5 people at each meeting. Why? Usually it is a financial reason that forces a group to face reality. Fr. Baker comes to mind; there are others. If your group is struggling and will close, do you think everyone will drink because your meeting is no longer on the schedule?

I'm not including meetings in rural areas in this discussion. Those need to be there, even when only one person shows up at times for that meeting. Remember the new person... Nor am I including meetings that members anonymity must be almost guaranteed, like people in the professional fields.

Maybe we have this abundance of meetings because they have replaced the "coffee shop or restaurant" get-togethers that used to happen when there weren't a lot of meetings during the week. It talks about that in the Big Book (bottom of p. 159 & top of p. 160), getting together with other members of A.A. at their homes during the week between meetings.

Groups should look in their "mirror" before announcing to other groups that their group needs support. For example, is there any particular reason why your attendance has dropped to single digits in the recent past? If your group needs more members, the best way to get them, like anything else related to getting people involved, is personally asking them, one at a time. Announcements are almost useless, or you get a few people who may show up once or twice.

A "true" group should always have new people showing up - might only be one a month, 2 a year, or a few each week. Alcoholism is still alive and well, and we have a solution! Groups should be attracting new people, regardless of whether they stay & become members or not. The best way I know to keep your group alive is to present truth: stick to our Principles and Traditions and talk about the solution. Tables where everyone relates to what person "X" is going through helps some ... at the least the person knows they aren't alone. If a few people don't talk about the solution they've found in A.A. at that table, person "X" goes home without hope. That's a bad thing.

If I show up at a meeting, I will return to that meeting if: I feel welcomed (at least one person comes over and says hi, regardless of my apparent mood), I hear someone's experience (they found something I want), I relate to someone else's issue (yes, I was there too, I should talk to that person after the meeting), I sense some good cheer in the air (Big Book p. 152). When that happens, I'll hear something that helps me stay sober till the next meeting, and probably help someone else do the same thing, most of the time not knowing I did that.

Virtual Groups

This might be the way of the future. Are meetings on "the cloud" coming soon?

A virtual group is several A.A. members that attend a few of the same meetings each week. They do things together after meetings (that have nothing to do with A.A.), they're friends on Facebook and some can type text messages at blinding speeds. In other words, they really get to know each other, not just at discussion tables ... and because of that, they may never really care about a particular group, making coffee at one, or even chairing a table. I wouldn't call that group a "roving gang" like on the streets, but there are some similarities.

I don't think there's a problem with these virtual groups, as long as they don't mind adding people to their group. Their members' priority should be active membership in an A.A. group, maybe even two home groups. When they become "exclusive", i.e. form a clique, and don't even think to invite someone else to come with them, they might stay sober, but they are missing a few of our principles. That is certainly their choice. Those invited who don't really fit it (i.e., should keep looking for a group they do fit with) eventually weed themselves out, but still appreciate being invited. The "exclusive" groups usually fade away, some quite quickly.

By the way, the term "virtual" is the only new thing here. This was happening in the 80's, and probably long before. I became part of one of these in 1982, because I was invited. The story would take up too much white space here, but let's just say I got to know a bunch of A.A. members really well, and those A.A. members still living in this area are still my close friends today, many years later. The ones that are out of town are on my visit list if I travel to where they live.

In the 80's, we all knew that A.A. came first, and that we had to be active in SOMETHING other than attending meetings and doing a group job. After that, for years we laughed together, bore each other's burdens, celebrated life, and had a few hundred meals or desserts together. These are memories I still cherish today. Think of the opposite of "a glum lot"!

We didn't decide we needed to form our own group and have a meeting in some facility. In fact, that most likely would have wrecked it. We just met at a restaurant or three (long-timers in the Snyder area may remember the Four Seasons). We'd meet after a meeting at "a place", parked for free, didn't pay rent to sit at one of their tables, we got coffee (not free), talked for hours, paid for our food, left a good tip, didn't drink, and went home. Simple. The bond created with that group of 25 or more was incredible, and would never have happened if we just limited our contact to "at meetings". Part of A.A. says we rejoin society, not start another meeting to cocoon in.

It was regularly at the same place, so if someone new was looking around for A.A. people after the meeting, they could find us — we weren't anonymous on our get-togethers. Our "one or five" tables at the restaurant we always open to any A.A. member as well as their non-A.A. friends.

We're Still Carrying the Message!

There are groups out there that get it. Some have been around for many years, and some of the newer groups also get it. You can tell if you go to enough of their meetings. They have more than a few members. All of the "typical" group jobs have at least one person doing them. They are, through their members, involved in service work outside of that group. They do things

other than their regular meetings and a “yearly” group anniversary party. They sponsor workshops. Alive seems to be the best descriptive word.

People are staying sober — that means we’re doing a lot right. I’m certainly not suggesting we do an overhaul. There are, however, a select few areas that have changed, subtly and slowly, over the years. For some of these, I’m asking myself, “this is better?” Let’s not dilute ourselves any further.

Merry Christmas to all of you, and may we continue to grow in 2012. Remember that the Christmas season can be a tough time for many of our members, regardless of their length of sobriety. We need to make the extra effort to help when asked, or when we notice something isn’t quite right with a fellow member.

My hope is in another 20 to 30 years, someone will come along and read this (back issues of our newsletter never die; I’ve read through some of them), and they can say “yep, they did something right, because we found the solution here too!”

Chip R.; Grand II Joy of Living & Lighten Up

10 YEARS AS YOUR EXECUTIVE SECRETARY!!!

Has it been 10 years...yes, It has! Ten years ago, I was asked to help out at the Central Office. At that time I had no idea that it was going to change my world (everything). I felt lead to help rebuilding and updating the Central Office. It then became my job.

As I looked out over the banquet crowd at this year's convention, it struck me that I knew at least 80% of those attending. At least half by name and what group they belong to. I've met many of our members in these 10 years. Though we devote one issue of the New Frontiers each year to what Central Office does, we haven't really said anything about how things have changed. At the least, the job has had responsibilities added, similar to maybe your job.

We didn't inventory literature on a regular basis; now we do it on a monthly basis.

All the financial reports were revamped between a member accountant (Debi C.) and our paid accountant, to report our finances to the body in a simplistic, easy to understand method. This helped to rebuild confidences in the office, All areas are now in a year to date form also. This has helped also helped as a tool to the groups with their contributions as well as seeing what the bigger picture is on their income and expenses. We also started sending “Thank-You” notes for the contributions received, increasing the relationships with the groups. We're even going a step further, because 10 years ago, financial accounting on a PC was only starting, and now we're going to be using QuickBooks to better track your contributions and office operations.

Websites barely existed, let alone email. Now we have both. Many people have found meetings and help through our website, as well as questions via email. The ES position is responsible for both.

If you needed an announcement in the bulletin, it needed to be written and sent to the office. We now take them via email and phone calls.

At one time the entire newsletter was assembled by the committee. That fell apart in the last days of Delphinine, and the ES position received that responsibly. I am thankful when I get volunteers to help with 800 newsletters every month. It is a fine line of timing to get them printed and folded and to the post office in enough time to guarantee that all groups will receive them by the 1st of the month. By bulk mailing standards they need to have them a week and a half before to guarantee delivery. This is why the deadline is the 12th of the month. We spend a full day to print these, in house. Usually that leaves about 3 days to assemble fold, tape, label, sort and do the paperwork to get them to the post office on time.

Those newsletters were not mailed out in the money saving bulk mailing in 2001. This change, though more time consuming, has probably hundreds to thousands of dollars. The ES position is responsible to prepare them for mailing, which including sorting by zip codes, the folding in half and taping, paperwork and delivering them to the post office, usually done before the office opens on that particular day.

The answering service at that time was not serving us well. They were not located locally and the cost was about \$500 / month, almost 3x what we currently pay. With the help of the then Screeners Chair (Dave B.), we located a local company at quite a savings, again saving thousands over the years.

Our current schedule has gone from the simple fanfold type to the booklet we have now. Naturally, maintaining the schedule and group information is part of the ES job, with an ever-increasing number of groups & meetings. After having some issues and

taking to other areas in the country, we brought in guidelines for groups to be listed in our schedule. More paperwork to be kept track of. Seems small, but it all adds up.

When I first took this position, there was no set office hours. There was no set time to try to accomplish the outside responsibilities of the office. I heard all the time back then, "They're never there". The part time staff help was no longer affordable and volunteers were scarce and unreliable. We set office hours with a half hour per day reserved for banking, shipping, office supply runs, etc. This works most of the time, but there are those days when I have worked through my lunch as well as starting early and staying late. That being said, there are still times and appointments which cannot be met in that half hour. I try the best I can to maintain these hours. Even when working with this Steering Committee and Convention Committee's in changing banking signatures, it hasn't fit into the neat half hour allotted for such responsibilities.

NY State started requiring all non profits to collect and pay sales tax in 2008. More to collect explain and paper work to perform. Anyone who owns a business in NY or works in an accounting department knows the lengths our state goes to in making sure they get their share.

Our Central Office was not incorporated 10 years ago. The groups decided it was best to incorporate. More tasks the ES became responsible for.

After moving the office, things like cleaning and scheduling after hours meetings at the office, keeping track of keys are all added responsibilities. I came up with forms for the 12 step volunteers to document information. I keep track of not only the week to week, month to month responsibilities, but also the annual timing in such things as the nominations for Convention Co-Chair and Annual Elections of Officers.

The number of "hats" the ES wears now compared to a decade ago has doubled. That's just what was added – the standard ones still apply, such as answering the phones and filling literature requests. The biggest portion of that is when there aren't people willing to volunteer and help out in the office, the responsibility, and that means the task itself, falls to the ES. I don't think the salary for the ES position has kept up with the additional responsibilities; it hasn't even kept up with inflation over the last 10 years.

So I have put my heart and soul into performing my duties. I ask you all to be patient with me, I put in long hours, trying the best I can to serve you, the groups, the members and the future members to come. Thank you for the 10 years of change :)
Yours in the of Fellowship; Terry Bateman;
Executive Secreary

IN MEMORIAM

Things We Can Not Change

Edward Z. (Big Ed)-4y; Living in the Solution Group

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

SEMINAR 2011 REPORT

Our theme for this Seminar was "Practicing AA's Principles-the Pathway to Unity".

The purpose of the Seminar is to foster, through the exchange of ideas and experiences, greater unity among A.A. members, groups, areas, regions, and service boards; and to provide an opportunity for representatives to the Seminar to discuss the relevant A.A. and office operations issues.

This year we had 22 new to this Seminar. It's just as much about giving as receiving. The seminar was stated by AAWS in 1986. Our Central Office was represented at that Seminar by Delphine, and every seminar since, except in 2001, when we had no Executive Secretary.

This year's Seminar was very productive. There were workshops on; Entice Good Volunteers, Interpreters, Archives, Prudent Reserves, Primary Purpose, Personalities, Literature, Outside Issues, Cheers, Meetings, Organization, Compensation, Show Me The Money, Who's The Boss & PITA'S

Beyond the workshops there was a panel of speakers from GSO & AAWS Staff, speaking on what's new in A.A. World. Much has changed on the website, please check it out .Box 459, regional directories are now online. Added a new position; Jim Malone; Group Services Desk. Main contact for Communication. Daily Reflections, daily email will soon be available. On-line store is starting in Mid- November with the Big Book & 12 & 12 will be available a E-book downloads.

Some highlights:

On volunteers they talked about feeding them :) What are paid office duties vs volunteers services. one area talked about a "Volunteer Coordinator. A lot of talk on making the office inviting and bright. On Archives they talked about the difference between business records from Archives. In Baltimore they made a calendar from their minutes for purchase.. On the Interpreters workshop they talked about hearing, visual & language. Cost for these services are very high. One area wrote an article for their newsletter about the need for Spanish interpreters. On Prudent Reserve, most areas average about 6 months including salaries. Talked about looking at the contracts involved with our offices. One area talked about short 6 month bonds instead of CD's. On , Personalities & Principles they talked about the long form of the 12 Traditions, the Blue card. Looking at what is working and what can be done better. Pointed out we don't just work for any 1 person. Literature workshop we talked about Beginners Packets, E-book sales and how they will affect local sales. Talked about the need to except Credit cards. More to the cost of literature than the cost of literature. Schedule sales are down due to internet. Meetings Workshop we talked about what is needed for schedule.. On the Organization for the UnOrganized workshop, most area's that use QuickBooks, love it. Talked about set-up being very important. Talked about finding polite ways to say "no". Atlanta Georgia, has guidelines to De-list a meeting. Show me the Money they talked about fundraisers, bequests, online contributions, ect. On Technology they talked of benefits to having newsletters online or emailed, the content of newsletters and re-inventing ourselves.

The 2012 seminar is in Washington DC. In 2013 it will be in Palm Springs, CA.

Yours In the Spirit of the Fellowship
Terry Bateman Executive Secretary

Share your Experience, Strength and Hope
Please submit your announcements by the 12th for next month's issue.
Articles can be submitted at any time.

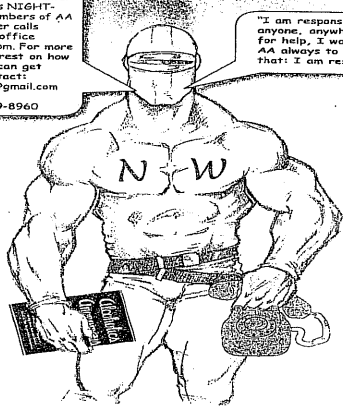
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COMING SOON

The Buffalo Central Committee is starting up a new phone answering service known as NIGHTWATCH. Where members of AA will be able to answer calls coming into central office directly after 4:30pm. For more information or interest on how you or your group can get involved please contact: nightwatchbuffalo@gmail.com or call Jason D. at 716-289-8960



NIGHTWATCH!
please contact nightwatchbuffalo@gmail.com or call Jason D. at 289-8960 for more information or to get involved

**BUFFALO CENTRAL COMMITTEE MINUTES
November 6th, 2011**

Pete E. Committee Co Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Gilbert Try Again read the Preamble. Jeff Derby Group read the Purpose of Central Committee. Jason Three Legacies read the Twelve Traditions. It was moved by Tina Amherst Snyder and seconded by Gilbert Try Again to accept the October minutes as written by Annie Lakeshore Group.

New groups were greeted and 21 groups were represented: Dist #1 Main & High Dist #2 How It Works Men's, North Buffalo, Sober Train, Three Legacies, Friends of Bill W. Dist #3 Abbott Men's, Courage, Iron Horse, Thruway Dist #4 Action, Orchard Park Step, Southwestern; Dist #5 Dist #6As Bill Sees It, Carrying The Message, Derby, Sobriety Men's Disc., Lakeshore; Dist #7 Thursday Night Steppers, Lovejoy Dist #8 Amherst Snyder.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** No Report

•**STEERING COMMITTEE-** Chip reported Districts 1, 2, 3,6, & 8, the alternate representative from District 2, Executive Secretary, Financial Secretary, & Co-Chair were present. Items that were discussed included printers and upcoming lease buyout option on one of the printers, as well as future choices to explore regarding our printing capabilities and needs. Literature costs and pricing for 2012 and possible changes. Treatment committee balance was discussed with only recommendation that no changes be made at this time. Central Committee bank accounts and access to those accounts, any changes will be reported at the next central committee meeting. Night Watch was discussed and questions on existing twelve step call list being used by their committee, there was no problem noted in their taking over this list updating.

•**FINANCIAL REPORT:** Rick reported October saw a continuing decline in group donations (July-4,986 Aug.-4,249 Sept. - 3,817 Oct. - 3,447) but an increase in literature sales due mainly to the convention. Archives paid rent through the end of the year. Total monthly revenue was \$8,555. Total monthly expenses were \$8,911. We had a loss of \$356 which was covered by the operating fund. Our current balance is \$18,262.00 which is down from \$30,000 last January 2011. Please be aware that treatment committee's balance (\$3,953) is overly funded so groups may want to consider divisions accordingly for the next few months.

•**TREATMENT:** No Report

•**CORRECTIONS:** No Report

•**CENTRAL OFFICE:** **AA INFO: 19, 12- STEP:1, ALANON:2,PIC:0,VISITORS:109, VOLUNTEERS:17.** Groups we are in need of contact from are; New Outlook-5, Powerless-7, Recovering Women & The Big Book-7, Renaissance I-2, Threshing Floor-2, Spiritual Studies-5.

Volunteers are needed for when Terry is on vacation or sick. Right now she is down to one volunteer to call. If he is not available their might be times that the office will have to be closed. There is a report on the Intergroup Seminar please see separate report.

•**NEW FRONTIERS:** No report

PIC: No Report

Night Watch: Jason D reported If your home group is interested in getting involved we would be happy to attend your group business meeting to explain the Night Watch program in detail. Anyone interested can contact Jason at nightwatchbuffalo@gmail.com or 716-289-8960.

• **CONVENTION:** No Report

•**GSA LIASON:** No Report

•**ARCHIVES:** Pat reported we have set up work dates for November 1st and 15th at 7pm at Buffalo Central Office. If you want to bring our display for any AA event please gives us at least a 30 day notice. You can email us at the Area 50 WNY.org website look for archives. Our upcoming displays are Tuesday Women's on Feb. 28th, Beginners Group in the Falls, GSA Dist.11 Day of Sharing, Main & High's Vigil, Cataract Convention, and Main & High Day of Sharing in 2012. We would like to thank the following groups for their donations Sobriety Men's Discussion, Action, Deerhurst and New International. Please make checks payable to Western New York Archives. Our next meeting is November 26th at 9am at Buffalo Central Office and all are welcome.

•**OLD BUSINESS:** The proposed amendment to the By-Laws will be voted on next month.

•**NEW BUSINESS:** Nominations for Intergroup positions for 2012 are as follows: Committee Co-Chair- Chip R., Financial Chair- Sue B., Steering Committee Representative Dist. 2- Pat K., Dist.3- Suzie F. from Iron Horse, Envelope System- Tina D. from Amherst Snyder, Corrections- Matt from Hamburg Men's, GSA Liaison- John from Courage Group, New Frontiers Editor- Sally. We are still looking for nominees for Recording Secretary, PIC Chairperson and Dist. 7 steering committee representative.

NEXT MEETING: December 4th 2011.

Pete E. thanked The Derby Group for this month's refreshments and reminded As Bill Sees It of their commitment for next month.

It was moved by Gilbert Try Again and seconded by Paula Reflections that we adjourn; adopted. Meeting closed with the Lord's Prayer at 8:00pm

Respectfully submitted by Annie D. Recording Secretary Lakeshore Group.

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

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

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buffalooa@hotmail.com*

DECEMBER 2011

MEETING CHANGES

- New meeting in Hamburg, Friday evening's at 10PM; All Saints Lutheran Church, 6065 South Park . Open Discussion,
- Victory Women's Group Wednesday; 6:30 PM at OLV Basilica, Lackawana, Needs Support.
- **NEW MEETING; Hamburg Late Birds**, All Saints Church, 6065 South Park Ave, Hamburg, 14075. Open Discussion, 10PM, Friday's.
- **Thankful Group**, Friday's 2 PM **will continue meeting as per schedule :)**
- **Sunday's Best Group** will be meeting **Christmas** Sunday from 1-2:30 PM. They are also in need of support. 875 Elmwood Ave, Buffalo.
- **Dunkirk Monday Nite**, 8pm....**change address** to.... Presbyterian Church, Lark St..., Dunkirk.
- **Fredonia the woman's meeting change in time...** 5:15-6:15 pm
- **Backdoor**, Thursday's meeting at 8:30 in Dunkirk.... **change to address**.... St Elisabeth-Setton church 328 Washington Ave. @ 4th St..
- **Rigorous Honesty** Woman's Group, is **in need of support** we meet every Saturday at 1P 144 Mills St Open meeting
- **Women in Recovery Group**, Wednesday 6pm 245 Elmwood (use back entrance) calling all women in recovery, your **support is needed**.
- **Progress Men's Group** in East Aurora is Closing. **Their last meeting** will be Thanksgiving. All are welcome including ladies. 10:30 AM, St. Mathias, corner of Main & Maple.
- **Staying Sober**, Thursday's 12:15 PM at Buffalo State College, **NO LONGER MEETS**.
- **Women's Westside Discussion** Group **has resumed** meeting at a new time--7:00, NOT 7:30 as in the past. Casa Di Vita House, 200 Albany St., Buffalo.
- **Victory Group**, Thursday's in Lackawanna, **Has Resumed**. Thursday', 8 PM.. Queen of Angels Church, 144 Warsaw at Electric, Lackawanna.
- **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 1, Turning Point Group 27th Anniversary. Imanuel Lutheran Church, corner of Scott & William St's, Tonawanda. Dinner at 7PM, Speaker at 8PM. Please bring a dish to pass.
- ~ Dec 4, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Dec 4, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office(Hosted by As Bill See's It Group).
- ~ Nov 14, **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.

- ~ Nov 12, District 11 Day of Sharing, "Is AA Self-Supporting?". 4:00 PM - 7:00 PM, Lafayette Presbyterian Church, 875 Elmwood Ave. Speaker, Panel, Discussion, Food.
- ~ Nov 17, Dec 1,8,15 & 22; **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Thursday's; 7:30-8:30 PM. Sponsored by Serenity Trail's Group, 9136 Sandrock Rd., Eden. Journey through the 12 steps in 5/ 1 hr sessions
- ~ Dec 18, **Corrections Committee Meeting**, 3rd SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca
- ~ Dec 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
- ~ Dec 20, **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Dec 1, Turning Point Group 27th Anniversary. Immanuel Lutheran Church, Scott & William St's, Tonawanda. Dinner at 7 PM, Speaker at 8 PM. Bring a dish to share :)
- ~ Dec.14, **Main & High Groups Annual Christmas Vigil**. 5:00 PM- 9:00 pm. Holy Trinity Lutheran Church, 1080 Main St. 2 Speakers. Please come fellowship with us. Bring and dish to share
- ~ **Dec 23, Lovejoy Group Christmas Eve Vigil. CANCELLED!!!**
- ~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:602-5037, Mona W.:510-5636 or Blaine H.:553-1504 or Leslie S.: 553-6298. Open Mic.
- ~ Dec 27, "**Nightwatch**" **Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca
- ~Dec 31, **Tri-County Group Annual New Years Eve Party**. St. Joseph's RC Church, 67 East Main St., Gowanda. Speaker @ 8:30 PM, food & music to follow. Family & friends welcome. Please bring a dish to pass. For directions or more information contact: Barry 474-9790.
- ~ Jan 4,11,18,25 & Feb1; **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Wednesday 8-9:15 PM. Sponsored by East Aurora Group, St. Mathias Episcopal Church, 374 Main St. @ Maple.. Journey through the 12 steps in 5/ 1 hr sessions
- ~ Jan 19, **Main & High 14th Group Anniversary**, 6 PM. Bring a dish if you wish. 899 Main St. near Carlton St.- Parking in the rear (Washington Street).Speaker; Tina D..
- ~ Feb. 17- 19th, "Road to Recovery", A.A. Men's' Spiritual Retreat. St. Columban Center, 6892 Lakeshore Road, in Derby, NY. Cost is \$125.00, includes room and board. Scholarships are available. To sign up or for further information, please contact Joe G. at 602-8712 or Lou C. at 674-4896.

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."

12th 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

DECEMBER ANNIVERSARIES

Alexander

Tim C. 2y
Ruth C. 6y
Danny B. 24y
David H. 36y

Amherst/Snyder

Ryen E. 2y
Lindsay 2y
Bob W. 2y
Denise S. 3y
Bobby J. 4y
Ed W. 7y
Tim K. 8y
Chuck W. 24y
Mark S. 30y

Any Lengths

Mike Z. 19y

Cold Springs

Al C. Jr. 18y
Hoarance M. 25y
Gigi P. 41y
Bob B. 45y

Courage Group

Joy W. 9y
Debbie McE. 12y
Julie H. 12y

Dawn Of Hope

Nicci C. 3y

Eyeopener

Mike E 1y
Mary G. 1y
Heather K 1y
Dan C. 2y
Jeff F 3y
Vilma 4y
Christine J. 6y
Deedee 12y
Miles 16y
Ned 17y
Larry 20y
Butch 21y
Tom C. 22y
Earl G. 28y
Joy P. 58y

Easy Does It

Kristen E. 2y
Peter D. 3y
Megan Z. 4y
Mary P. 4y
Theo C. 22y
Raj G. 24y

Fireside AM

Ryan R. 2y
Jim M. 4y
Megan R. 4y
Michelle M. 6y
Katie S. 16y
Maria D. 21y
Bill G. 24y

Freedom

Nicci C. 3y
Morey F. 18y
Dave O. 23y

Giving

Sam R. 3y
Fred H. 3y
Mark R. 4y
Mark G. 5y
Jeff M. 24y

Golden Slipper

Tony M. 5y

Helping Hand

Diane T. 3y

How It Works

Lee B. 4y
Mike M. 5y
Dan B. 8y
Kevin C. 14y
Bill K. 24y
Art B. 26y
Lary F. 27y
Peter P. 44y

Just For

Dan T. 3y

Kensington

Mary B. 6y
Mel L. 39y

Lakeshore

Paul K. 2y
Dana G. 2y
Cheryl P. 8y

Living in the Solution

Damion F. 6m
Charley Y. 8y
Paul V. 39y

Lockport#1

Rodney C. 5y
Randy W. 11y

Matt Talbot

John D. 5y
Bill B. 28y

North Buffalo

David R. 3m
David I 6m
Cathy N. 6m
Bennie W. 6m
David M. 6m
Denise M. 4y
Jackie H. 11y
Millie T. 24y
Judy S. 24y
Bill K. 24y
Kate B 25y

Orchard Park Step

Tina B. 3m
Cindy R. 13y

Remember When

Greg H. 1y
Antonette L. 1y
Mark A. 2y
Yolonda B. 5y

Rise & Shine

Amanda M. 2y
Joe O. 3y
Luli 3y
Odell H. 6y
Michelle W. 6y
Liz B. 9y
Kevin T. 11y
Theo C. 22y

Serenity

Kim R. 1y
Marlene G. 1y
Carol R. 39y

Sheridan

Butch C. 2y
Debbie F. 12y
Debbie F. 25y

Sprout Into Sobriety

Diane T. 3y
Dave G. 10y

Surrender & Hope

Terry H. 22y

TGIF

Liz B. 2y
Kyle 2y
Brian C. 18y

Victory Women's

Molly C. 5y

Women in Recovery

Judy T. 20y

LIFE

12

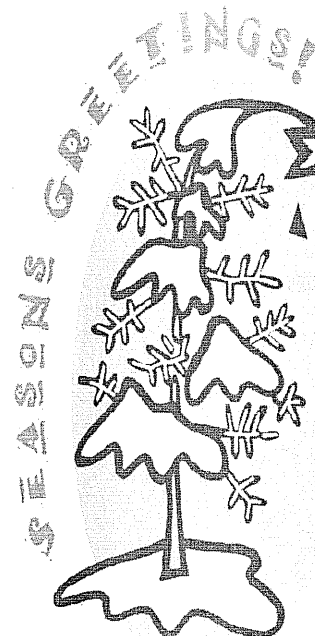
On Life's Terms

GROUPS CELEBRATING

Abbott Men's; 29y
Achievement; 39y
Cayuga Wake Up Call; 8y
Coldspring; 51y
Georgetown; 16y
Intoxicated on Life; 37y
Pathway to Peace; 19y
Roland; 12y
Sally; 23y
Saturday Nite Sober; 11y
Sober Winners; 23y
Sobriety on Saturday Night
Sunday's @ 8; 11y
Tri-Step; 20y
Wilson; 33y



Please remember to have the anniversaries submitted by the 12th END OF BUSINESS DAY of the month previous



GROUP CONTRIBUTIONS

FRONT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		OCT	YEAR	OCT	YEAR	OCT	YEAR
	11:45		0.00		0.00		0.00
	12 Steps/12 Traditions		230.00		0.00		0.00
	4th Step Stumblers/F.U.N.		0.00		2.00		0.00
	6th Step		100.00		0.00		0.00
	A Day At A Time		0.00		0.00		0.00
	Abbott Men's		100.00		353.00		100.00
	Acceptance/Welcomed		100.00		0.00		0.00
	Achievement		250.00		125.00		125.00
	Action		0.00		0.00		0.00
	Age Doesn't Matter		0.00		0.00		0.00
	Akron Awareness		0.00		0.00		0.00
	Albion New Beginnings		12.00		0.00		0.00
	Alexander		0.00		0.00		0.00
	Amherst/ Snyder		456.00		0.00		0.00
	Amsdell Lakeshore		0.00		0.00		0.00
	Any Age		0.00		0.00		0.00
	Any Length	35.00	350.00	15.00	150.00	15.00	150.00
	Arcade		0.00		0.00		0.00
	As Bill Sees It		275.00		60.00		60.00
	Attica		50.00		0.00		0.00
	Attitude Adjustment(Williamsville)		50.00		25.00		25.00
	Attitude Adjustment(NF)		20.00		5.00		5.00
	Attraction	100.00	500.00		0.00		0.00
	Backdoor		0.00		0.00		0.00
	Back To Basics		61.00		0.00		0.00
	Beginners Group (NF)		20.00		0.00		0.00
	Beginning In Sobriety II		0.00		0.00		0.00
	Beginning's Women		0.00		0.00		0.00
	Big Book Lockport	50.00	200.00		0.00		0.00
	BB Spiritual Studies		0.00		0.00		0.00
	Big Book Study		60.00		0.00		0.00
	Blasdell		15.00		0.00		0.00
	Blasdell Monday Night		0.00		0.00		0.00
	Bodhisattva		0.00		0.00		0.00
	Boulevard Helping Hand		20.00		0.00		0.00
	Boulevard Women		0.00		0.00		0.00
	Brass		0.00		0.00		0.00
	Building Hope		0.00		0.00		0.00
	By The Book		0.00		0.00		0.00
	Carry the Message		125.00		0.00		0.00
	Castling		0.00		0.00		0.00
	Castile		50.00		0.00		0.00
	Cathedral Park		0.00		0.00		0.00
	Cayuga Wake- Up Call		760.00		0.00		0.00
	Caz Manor		370.00		0.00		0.00
	Central City Cafe'		20.00		0.00		0.00
	Chapter IX		0.00		0.00		0.00
	Cheektowaga	75.00	575.00		0.00		0.00
	Clarence Men's		0.00		0.00		0.00
	Clarence Men's II		0.00		0.00		0.00
	Cold Spring		0.00		0.00		0.00
	Common Bond		0.00		0.00		0.00
	Common Solution		0.00		0.00		0.00
	Commitment		0.00		0.00		0.00
	Constant Vigilance(Varysburg)		0.00		0.00		0.00
	Complanters		0.00		0.00		0.00
	Courage		100.00		0.00		0.00
	Daily Reflections		0.00		0.00		0.00
	Daily Reprieve		0.00		0.00		0.00
	Dawn of Hope		50.00		0.00		0.00
	Derby	120.00	200.00		0.00		0.00
	Derby Lunch		0.00		0.00		0.00
	Desire		500.00		0.00		0.00
	Desperate		0.00		0.00		0.00
	Downtown Men's		0.20		0.00		0.00
	Dunkirk Monday Night		0.00		0.00		0.00
	Early Bird South		0.00		0.00		0.00
	Early Rising Obliging		0.00		0.00		0.00
	East Amherst		500.00		0.00		0.00
	East Amherst Traditions		378.00		0.00		0.00
	East Aurora		300.00		100.00		100.00
	Easy Does It	30.00	400.00	30.00	400.00	30.00	300.00
	Ellicottville		50.00		0.00		0.00
	Everybody's		0.00		0.00		0.00
	Express		0.00		0.00		0.00
	Eyeopener		1618.80		0.00		0.00
	Eyeopener South	550.00	1150.00	150.00	410.00		0.00
	Father Baker	50.00	125.00		0.00		0.00
	Feelings		0.00		0.00		0.00
	Fireside PM		200.00		0.00		0.00
	Fireside		1369.00		0.00		0.00
	First Things First		360.00		0.00		0.00
	Forestville Sunday Serenity		0.00		0.00		0.00
	Fredonia Discussion		33.00		0.00		0.00
	Freedom		475.00		100.00		0.00
	Fresh Start		135.00		0.00		0.00
	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

FRONT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		OCT	YEAR	OCT	YEAR	OCT	YEAR
2	Friends of Bill W.		50.00		0.00		0.00
1	Fronlier(New)	10.94	307.81		0.00		0.00
3	Gardenville		55.65		0.00		0.00
8	Georgetown	175.00	175.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		15.00		0.00		0.00
7	Gifted		0.00		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		892.50		35.30		35.30
5	Golden Slipper	50.00	250.00		0.00		0.00
2	Grand		0.00		0.00		0.00
2	Grand II Joy of Living		50.00		0.00		0.00
2	Grateful		100.00		0.00		0.00
3	H.O.W.		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
6	Hamburg Early Bird		0.00		0.00		0.00
8	Hand		160.00		0.00		40.00
2	Handicappers		0.00		0.00		0.00
1	Happy Faces		0.00		0.00		0.00
7	Harmony		0.00		0.00		0.00
3	Helping Hand	25.00	200.00		0.00		0.00
8	High Noon		0.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power		60.00		0.00		0.00
4	Hillbilly		250.00		25.00		25.00
6	Holiday Village		1400.00		100.00		100.00
4	Holland		0.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honesty		60.00		0.00		0.00
	Hope's Horizon		50.00		0.00		0.00
2	How It Works/Men's	250.00	1275.00		75.00		50.00
7	Humbolt		0.00		0.00		0.00
6	Inspiration		0.00		0.00		0.00
6	Intoxicated on Life		480.00		0.00		0.00
3	Ironhorse	36.25	582.74	3.60	60.80	3.60	50.55
8	IT		0.00		0.00		0.00
5	Johnson Creek Big Book		0.00		0.00		0.00
1	Journey		0.00		0.00		0.00
3	Just For Today/ Cheektowaga	25.00	25.00		0.00		0.00
5	Just For Today/ Albion		65.00		0.00		0.00
4	Keep It Simple Sister		125.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		0.00		0.00		0.00
6	Lake Shore	100.00	450.00		0.00		0.00
6	Lakeview	50.00	200.00		0.00		0.00
3	Lancaster Dailey Reprieve		0.00		0.00		0.00
5	LewPort	20.00	20.00		0.00		0.00
2	Liberty Women		225.00		0.00		0.00
4	Life Today		44.00		0.00		0.00
8	Lighten UP		150.00		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution		0.00		0.00		0.00
2	Living Sober		0.00		0.00		0.00
5	Lock City	50.00	200.00		0.00		0.00
6	Lockport #1		550.00		55.00		55.00
5	Lockport Discussion		50.00		0.00		0.00
5	Lockport Ladies	100.00	100.00		0.00		0.00
5	Lockport Tuesday	30.00	130.00		0.00		0.00
5	Lockview	240.00	480.00	40.00	120.00		0.00
6	Look To This Day		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		50.00		50.00		50.00
5	Lower River		0.00		0.00		0.00
1	Main and High		38.87		7.00		7.00
4	Main Street		300.00		0.00		0.00
8	Maple Men's		0.00		0.00		0.00
4	Manila	30.00	402.00		0.00		0.00
3	Matt Talbot		390.00		0.00		0.00
6	McKinley Winners		180.00		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		138.39		0.00		0.00
8	Midnight Discussion		0.00		0.00		0.00
5	Miracle Happen		75.00		0.00		0.00
7	Monday CO		10.00		0.00		0.00
5	Monday Big Book		0.00		0.00		0.00
2	Morning After	100.00	400.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Beginnings/St. Vincent		30.00		0.00		0.00
	New Freedom		0.00		0.00		0.00
	New Hope		0.00		0.00		0.00
5	New International		0.00		0.00		0.00
3	New Life		30.00		0.00		0.00
6	New Outlook		0.00		0.00		0.00
1	New Westside		0.84		0.00		0.00
5	Niagara Frontier Men's Disc.		40.00		0.00		0.00
2	North Buffalo		1000.00		100.00		50.00
4	North Java Monday		0.00		0.00		0.00
4	North Java Sunday		0.00		0.00		0.00

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