

# NEW FRONTIERS

A.A. of the Niagara Frontier

DECEMBER 2012

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



## Spiritual Awakening ...

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.

The Twelfth Step is, in a sense, the culmination of the whole program. It wraps up all the Steps which go before it and gives us a guide for living the whole program every day of our lives. The Step breaks down into three parts—spiritual awakening, trying to carry the message, and trying to practice these principles in all our affairs.

I think I have heard and been a party to more disagreements, puzzlements and confusion about the term “spiritual awakening” than any other in the program—including “God”. And most of my difficulty was unnecessary. It could have been avoided just by paying more attention to what the Step itself says and less attention to my “old ideas” about spiritual awakening.

First, a small point that made a big difference in my understanding. The Step does not say “Having had a spiritual awakening as a result of these Steps”; it says, “Having had a spiritual awakening as the result of these Steps”. So a spiritual awakening is not just one of several results of working the Steps. It is the totality of what the Steps are all about, what they are aiming at. Therefore, to define spiritual awakening for myself in A.A., all I have to do is describe the results of my work on the first eleven Steps. The work has involved: letting in the truth about my situation as an alcoholic and a loser in life; becoming willing to accept help, not on my terms, but on the terms offered; facing and accepting responsibility for my shortcomings and misbehavior rather than blaming Mums, Dads, my First Sergeant, the boss, the Twentieth Century or fate. The results of this work have been sobriety, stability and responsibility which have, in turn, produced a degree of meaning, satisfaction and joy in my life which were never there before.

I have not yet mentioned God or Higher Power in connection with waking up spiritually. This is not because I want to apologize for or leave out God. The reality of God permeates and is the essence of spiritual awakening, but in order to begin to have experience of the reality, it is not first necessary to come to

terms with the word God or even the words Higher Power. As long as one remains open-minded and willing about the words, experience of the reality does not have to and indeed ought not to be postponed.

One of the early fathers of the Christian church said “Do you wish to know God? Learn first to know yourself.” This is the key which opens up the opportunity for recovery in A.A. to so many of us. Spiritual awakening can begin in the absence of much knowledge or understanding about God. It leads to such knowledge and understanding, but it begins with knowledge and acceptance of the truth about ourselves.

So I am learning, when looking for signs of spiritual awakening in myself, to look, not for bright lights or emotional upheavals (although I'm sure there is a place for these too), but for sobriety, stability, responsibility, meaning, satisfaction, joy. These are the marks of the beginning of spiritual awakening, and they come as the result of work with the Steps. If they fail to come or, after a time, begin to disappear, the answer is no mystery; it is more work with the Steps.

The “tried to carry the message to alcoholics” part of the Twelfth Step is pretty clear to most of us. The term “Twelfth Step work” refers to this part of the Step. The Big Book says, “Nothing will so much insure immunity from drinking as intensive work with other alcoholics.” This is true for me. Reasoning my way out of old selfish habits has proven impossible, but Twelfth Step work enables me to act my way out of myself by working with the problems of others (which so often turn out to be worse than my own).

I had one difficulty in doing Twelfth Step work that my sponsor helped me with. I was nervous about talking to older people or people with tough histories because I'm young and high-bottom. He said to me, “That's ego. The Step doesn't say, ‘carried a terrific message every time’; it says, ‘tried to carry the message’”. In relation to your recovery, Twelfth Step work has nothing to do with whether you sparkle or not; it has everything to do with whether you make the

(Continued on page 2)

**Service Positions Available!!**

My name is Debi and I'm an alcoholic. My sobriety date is 2/28/2000. In the past 12 years I have held many service positions in AA. Those above the Home Group level include – New Frontiers editor, Central Committee Representative (2x's), serving on the Treatment Committee, General Service Representative (2x's) and Steering Committee District Representative.

I was in attendance for the Central Committee meeting on September 9, 2012 and was dismayed to learn that more than one "Committee" is a committee of one.

We need YOUR HELP to carry the message. Please step up and volunteer to be of service, not just at your home group but for your home group.

I believe that those that came before me kept the doors open so I would have a place to go when I admitted I could not get sober without help. I also believe that now that I am sober, my job is to make sure the doors stay open for those looking for help in the future. If you are sober today I hope you feel the same.

Currently the West Side of Buffalo as well as the East Side of Buffalo are not represented at our Central Committee. If your home group is in either area won't you please step up and attend the next meeting? The meeting is held once a month on the 1st Sunday @ 7:00 pm. Once a month – that's it! Don't wait for someone else to do it, step up and get involved!!

~ Debi C ~ Orchard Park Step ~

*(Continued from page 1)*

attempt to communicate your experience, strength and hope in this program. As long as you do your best and are sincere, it's good Twelfth Step work."

The last part of the Twelfth Step, about practicing these principles in all my affairs, has come to mean an awful lot to me. For me it means, don't be a two-stepper, don't take the parts of the program you like and leave the rest out, don't settle for half-measures in your practice of the program. It means these principles won't work for me unless I take them out of the A.A. meetings and carry them over into my home, business and social life.

The first 100 members of this Fellowship, who hammered out the Twelve Steps, knew what they were doing. They could have made it two steps or ten steps or twenty-five steps, but they didn't. I don't think they put anything in they didn't think they needed. They were working the whole program, not because they were saints, but because they were drunks who wanted to get well. I have no reason to suppose I'm any less sick than they were; I have no reason to suppose I need any less of the program than they did.

I think I want to "keep it simple" as much as the next guy, but I also think my sobriety, my sanity and my very life depend on keeping all of it.

T. P. Jr, Hankins, New York

~ With permission ~ A.A. Grapevine ~ May 1967 ~ Vol. 23 No. 12 ~



*A drunk popped his head into the Hollywood A.A. Group meeting at the writers' round table in the Hollywood hotel. "Is it true," he hiccuped, "that you guys ain't got any names?"*

S.H., North Hollywood, California

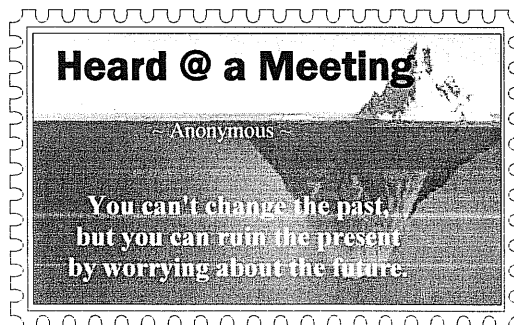
~ With permission ~ A.A. Grapevine ~ June 1946 ~ Vol. 3 No. 1 ~

**FROM ARCHIVES:**

The Archives Committee is missing the following Flyers & Programs from the Buffalo Fall Conventions:

- 2001- Flyer
- 1998- Flyer & Program
- 1992- Flyer & Program
- 1989- Program
- 1988- Program
- 1987- Flyer
- 1984- Flyer
- 1983- Flyer & Program
- 1980- Program
- 1979- Flyer & Program
- 1978- Program
- 1976- Flyer & Program
- 1974- Flyer & Program
- 1973- Flyer & Program
- 1972- Flyer & Program
- 1971- Flyer & Program
- 1970- Program

We encourage anyone who can, to donate them to the Archives :)



# archives

a collection of documents  
such as letters, official papers, photographs, or recorded material,  
kept for their historical interest



## This Month in A.A. ~ Bob D.

In late November of 1934 Bill W. was an alcoholic without hope. He couldn't stop drinking. He wasn't sure he even wanted to stop drinking. Like virtually all alcoholics that came before him and would follow after him, he yearned to control his intake. The idea of giving up booze altogether seemed too preposterous, too unattainable, to even entertain the thought.

Bill was at his kitchen table pouring down a few—before the next few—when a friend, Ebby T., called. Ebby was in New York City. He wanted to come pay a visit. Bill was only too happy to hear his voice. Ebby was an old drinking buddy, and his arrival would provide Bill with what every alcoholic loves—a reason to keep drinking.

Bill noticed a different tone in Ebby's voice. A soundness and clarity. It was as if Ebby was sober, which Bill knew from previous experience couldn't possibly be the case. Only this time, as recounted in *Bill's Story* in "Alcoholics Anonymous," a different Ebby than Bill remembered showed up at the door.

*"The door opened and he stood there, fresh-skinned and glowing. There was something about his eyes. He was inexplicably different. What had happened?"*

*I pushed a drink across the table. He refused it. Disappointed but curious, I wondered what had got into the fellow. He wasn't himself.*

*'Come, what's all this about,' I queried.*

*He looked straight at me. Simply, but smilingly, he said, 'I've got religion.'"*

Bill, although not an atheist, recoiled at the words and expressed his reservations about a God with parameters dictated by religion. Ebby had a response:

*"My friend suggested what then seemed a novel idea. He said, 'Why don't you choose your own conception of God.'"*

*That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered many years."*

Within a couple weeks Bill was back in familiar surroundings, Town Hospital, detoxing. He was two days without a drink when, on Dec. 14, Ebby paid him another visit. Drawing on his experience with the Oxford Group, Ebby took Bill through what would eventually become Steps 4-8 in The Big Book. The impact waned and Bill yearned for a drink when, later that night, he surrendered to the mercy of a higher power. Bill recalled in "Pass It On" that the result was miraculous:

*"What happened next was electric. Suddenly, my room blazed with an indescribably white light. I was seized with an ecstasy beyond description. Every joy I had known was pale by comparison. The light, the ecstasy - I was conscious of nothing else for a time.*

*Then, seen in the mind's eye, there was a mountain. I stood upon its summit, where a great wind blew. A wind, not of air, but of spirit. In great, clean strength, it blew right through me. Then came the blazing thought. 'You are a free man.' I know not at all how long I remained in this state, but finally the light and the ecstasy subsided. I again saw the wall of my room. As I became more quiet, a great peace stole over me, and this was accompanied by a sensation difficult to describe. I became acutely conscious of a Presence, which seemed like a veritable sea of living spirit. I lay on the shores of a new world."*

Ebby—the first A.A. sponsor—slipped in and out of sobriety until his death outside Ballston Spa, N.Y. in 1966. Speculation is he was unable to let go of many resentments, including one stemming from the measure of fame afforded Bill and Dr. Bob as co-founders of Alcoholics Anonymous.

Bill never drank again after leaving the familiar haunt of Town Hospital on Dec. 18, 1934. He maintained a tenuous sobriety until, recognizing the need to work with another alcoholic, he was put in the company of Dr. Bob in May 1935. It was then that the fellowship of A.A. was truly set into motion.

My experience is that few A.A.s have had "burning bush" spiritual experiences such as Bill's. Some have felt a profound shift, others a gentle nudge. Some felt nothing although a change in demeanor and sometimes appearance had become evident to fellow A.A.s. It matters not.

Time has shown that alcoholics, no matter how deeply they desire freedom from alcohol, cannot stop drinking of their own volition. Seventy-eight years ago Bill learned the truth: God would do for us what we could not do for ourselves.

**OLAF FUB SEZ:** According to hard-bitten New York City newspaper columnist Jimmy Breslin, born on this date in 1930, "When you stop drinking, you have to deal with this marvelous personality that started you drinking in the first place."

~ The Buffalo News ~ October 17, 2012 ~



**Editorial: On the 12th Tradition**

*“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.”*

ONE may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest—such is the wide scope of this all embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A GLANCE at the 12 Traditions will instantly assure anyone that "giving up" is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare. Tradition One asks us to place the common good ahead of personal desire. Tradition Two asks us to listen to God as He may speak in the Group Conscience. Tradition Three requires that we exclude no alcoholic from A.A. membership. Tradition Four implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all. Tradition Five restricts the A.A. group to a single purpose, i.e. carrying our message to other alcoholics.

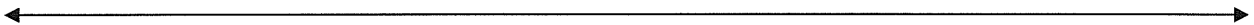
Tradition Six points at the corroding influence of money, property and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements. Tradition Seven states that we had best pay our own bills; that large contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous. Tradition Eight forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status. Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective work by our special services— and no more. This Tradition breathes democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorizations to serve, never to govern. Tradition Ten is an emphatic restraint of serious controversy; it implores each of us to take care against committing A.A. to the fires of reform, political or religious dissension. Tradition Eleven asks, in our public relations, that we be alert against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link A.A. to other causes.

Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The "Twelve Points of Tradition" are little else than a specific application of the spirit of the "Twelve Steps of Recovery" to our group life and to our relations with society in general. The Recovery Steps would make each individual A.A. whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Our A.A. Traditions are, we trust, securely anchored in those wise precepts: charity, gratitude and humility. Nor have we forgotten prudence. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as He may need us.

Bill W.

~ Reprinted with permission ~ A.A. Grapevine ~ November 1948 ~ Vol. 5 No. 6 ~



**PROPOSED CHANGE TO ARTICLES OF INCORPORATION: 11/4/2012**

Because it was originally interpreted the odd & even years to be the nomination & election year, my suggestion is to change the words "odd" & "even" so the document reads correctly meaning *terms that begin in an odd or even year.* ~ Debi C ~ Orchard Park Step ~

**ARTICLE III: STEERING COMMITTEE**

**Section 3.03 Members, Qualifications, Term and Elections**

**C. Term and Election;**

3. District Members - The term of the Members elected from the 8 Districts shall be two (2) years commencing on January 1st following his or her election and ending on December 31st of the second year of service.
  - Members representing the following Districts shall be elected to terms beginning in years ending in an odd number:
    - District 2 North Erie County
    - District 3 South Buffalo & East
    - District 7 Buffalo East
    - District 8 Northeast Erie

From: *shall be elected to terms in years ending in an even number*
  - Members representing the following Districts shall be elected to terms beginning in years ending in an even number:
    - District 1 Buffalo West
    - District 4 Southeast
    - District 5 Niagara County
    - District 6 Southwest

From: *shall be elected to terms in years ending in an odd number*



## GROUPS ~ Part 2



## Members with Health Problems

~ Chip R ~ Lighten Up ~ Central Committee Co-Chair ~

Defeated we come to A.A. and find that there is a way to stop drinking. Then when the pink cloud evaporates, we really start living with the principles we have learned up to that point. Or, we go back for more research.

As we walk this path of life, we find it to be narrow & rough at times. The good news is we also discover that by practicing our principles it becomes a distant thought to consider picking up a drink. Each time I walk through a physical, mental or spiritual "tough time" — when smiles and prayer are hard to find, and then subsequently emerge into the "sunlight of the Spirit", it reinforces the belief that the A.A. program WILL work in ANY situation I encounter. Your story may be similar. If you aren't to that point yet, don't give up. The mental & spiritual freedom you get from these trials is amazing. The only way to get there is to endure the pain, turn it over, allow others to help & encourage you, and not pick up the drink.

Of all the trials & tribulations I've been through, physical problems are the hardest to deal with. A chronic disease, general poor health or just a worn-out body is silently endured. Even if managed to some extent, it can be extremely discouraging. Your problems are in the forefront of your consciousness, will be there "forever" and can be unrelenting. It certainly has been my greatest challenge to living life on life's terms.

Speaking for those who can say, "me too," this leads me to a question: What does a group do for one of its members who is sick? Those members known to understand and practice A.A. — SOBER people who, for whatever reason, have had their natural rhythm of work, meetings, spiritual feeding and growth interrupted. As one wheelchair-bound member said, "It's like living in a major dry-drunk." The ill person can't physically go to meetings, and when they try or can, they need rides. They can't encourage themselves. Gloom and lethargy can become daily partners. They almost can't help themselves get out of that mode — in fact some can't & don't know they are in that frame of mind. They may even tell God, "If you're done with me here on this planet, I'm ready to go ... take me now."

Personally, do you even notice if a member of your group hasn't shown up for a few weeks? It used to be that someone would call them to find out what was going on. That concept, for the most part, seems to have died in the 90's. I hope I'm wrong — what does your group do?

If a group is like a fine-tuned team, they concentrate on getting to know their fellow group members. Someone will know something is amiss within the first few weeks of an absence. One member has to step up and find out what is going on, if they haven't been told by the sick person already of their situation. THE BIGGEST OBSTACLE IN THIS PROCESS IS NOT THE LACK OF MEMBERS WILLING TO ASSIST, BUT THE RECOGNITION OF A GROUP MEMBER NEEDING SOME EXTRA HELP. Finding

out through gossip isn't good enough. That information is usually incorrect or vague. If you don't know any fellow group members in your group that well, you need to decide how important they are to your continued sobriety.

In many cases the ill person may be reluctant to share their problems with anyone but really close friends. You may have to get the air hammer & pry bar out to open them up and find out what's bothering them.

Following that, you might check your definition of "Go To Any Lengths" — to achieve sobriety; to help another still-suffering alcoholic (member or Twelve-Step call). Is anyone missing from your usual active group? Is someone making one meeting a week now instead of five? Has someone who never misses a home group meeting now missed two in a row? FIND OUT WHY. Maybe it's not health related. Maybe it is. Don't settle for "I don't know."

A few group members should visit that person, if possible. If your ill member is in ICU, that probably won't happen. Take a meeting on the road. We're now describing service work on a higher level. This isn't the easy way out; it will take some time and effort. It will cost you something, just like Ebby T.'s visit to Bill W. cost him something.

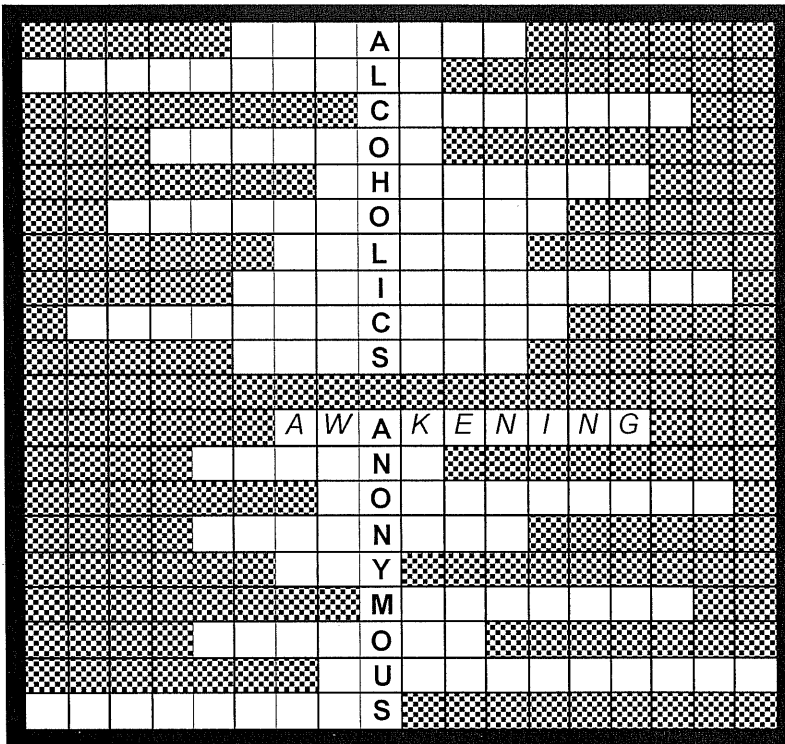
Taking a meeting to someone who otherwise couldn't enjoy the fellowship is one of the most joyful and rewarding things I can do as an A.A. member. It is just as good as doing a blind Twelve-Step call and then seeing that new person walk into a meeting the next day. The most recent road-meeting I was invited to may have been the last "Earth-meeting" for that person — she entered Hospice shortly afterwards, and passed away a few weeks later. I will remember that meeting for the rest of my life.

The value of the gift of your time given to an ill person may be incalculable. It's like putting a selling price on the gift of sobriety. It might be worth more than all the gold in Fort Knox. The simple fact that one or more people decide to take time out of their schedule and bring a meeting to where it is needed — to care that much about an A.A. friend — is something the ill person will never forget. That's how powerful a living, active A.A. group can be to a fellow A.A. member. After all, "Helping others is the foundation stone of your recovery" (Big Book p. 97). Can you think of a better candidate to help when the need is known?

If your group DOES do something special for your ill members, please send us a note, in care of the New Frontiers Editor. We would like to know what your group is doing. We all could use your experience and encouragement. Other groups may want to follow your model.

Suggested reading: Living Sober, story #16, "Being Good to Yourself." Put yourself in the position of someone confined to bed rest for a few months when you read it.

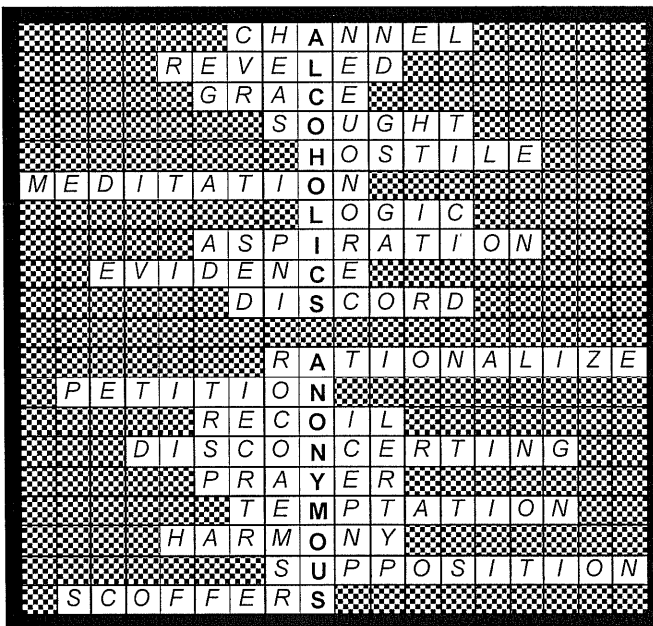
Step Twelve Puzzle - If you are baffled, you know where you can find the answers!



Use each letter in one word across

- Personal responsibilities or business
- With great depth and intensity
- Disaster
- Idea contrary to common sense
- Immature; lacking adult qualities
- Having undergone a total change
- Was reluctant, unwilling to go on
- Lack of interest, care or concern
- Contentment; gratification
- Communication from one person to another
  
- Sudden recognition or realization*
- Passionate; enthusiastic
- Maintaining a particular standard
- Irrational; extraordinarily angry
- Feeling of great happiness or pleasure
- Boredom or dullness
- Unsure about outcome
- Swift and not thorough
- Corrections, improvements or adaptations

Step Eleven Puzzle - Answers



- Means of communication or expression
- Took pleasure, enjoyed
- Generosity of spirit
- Attempted, strived for*
- Antagonistic, unfriendly or not favorable
- Contemplation, serious thoughtful effort to understand
- Sensible rational thought and argument
- Desire or ambition towards achievement
- Sign or proof
- Disagreement, incompatibility or conflict
  
- Offer reasonable explanation
- Appeal or request to a higher authority
- React instinctively with fear or disgust
- Causing uneasiness or confusion
- Expression of praise, thanks, confession or request
- Enticement by promise of pleasure or gain
- Friendly agreement or settlement
- Suggested or accepted as truth without proof
- Those who mock or jeer



All We Have - the greatest gift that one alcoholic can bring to another this holiday season. First we share our experience, the story of what alcohol did to us - this equal opportunity destroyer brought us all to the same end. Next, we bring our strength, by sharing our failures and our victories with one another - thus becoming one hundred times stronger than we could ever be alone. Finally, we bring our hope, the knowledge that we have beaten the odds and that all of us have a chance to re-make ourselves. These stories are the greatest gift we have to give to one another - indeed, they are all we have to give - and such a very tiny price to pay for all we have been given.



~ Adapted from "All We Have to Give" ~

~ The Messenger ~ October 2008 ~ Nashville, TN ~



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 steps in all our affairs.

12th Tradition ~ Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles 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.

IN MEMORIAM

Things We Can Not Change

~ Shelly M ~ Orchard Park Step ~ 32 yrs ~

To all of our members who have lost family and loved ones ~  
Our thoughts and prayers are with you

September 6 ~ Grapevine Quote of the Day

"William Duncan Silkworth ... supplied us with the tools with which to puncture the toughest alcoholic ego, those shattering phrases by which he described our illness: the obsession of the mind that compels us to drink and the allergy of the body that condemns us to go mad or die. Without these indispensable passwords, A.A. could never have worked."

A.A. Co-Founder, Bill W., August 1957

From: "The Physicians" ~ The Language of the Heart

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](mailto:buffaloA.A.@hotmail.com)

or mail to

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

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 Grapevine copyright.)

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 offices directly after 4:30pm. For more information or interest on how you or your group can get involved please contact: [nightwatchbuffalo@gmail.com](mailto:nightwatchbuffalo@gmail.com) or call Jason D. at 716-289-8960

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

**NIGHTWATCH!**

please contact [nightwatchbuffalo@gmail.com](mailto:nightwatchbuffalo@gmail.com) or call Jason D. at 289-8960 for more information or to get involved

**PLEASE READ AT YOUR MEETING...HELP KEEP EVERYONE INFO**

*BUFFALO CENTRAL OFFICE*

*681 SENECA STREET (L*

## **DECEMBER 2012**

### **MEETING CHANGES**

- Sober Trails; Monday's 8:00 PM, has moved to American Legion 1587, Rt. 438, Irving,
- Sunday @ 8 no longer meets at Good Shepherd Church, Rt 438 ext., Irving, NY. Our temporary home and gratitude to Gary S. for offering Gah Ha Dah Gon on Rt 20, Irving, NY. 8 pm each Sunday.
- New Group: The New Group; Harbour Health Multicare Center, 1205 Delaware Ave, Buffalo, NY 14209. Saturday's 10:00 AM. Open Discussion.
- New Group: Quitting Time, Thursday's 5:30 PM, St. Francis Church, 4263 St. Francis Dr., PO Box 182, Athol Springs, NY 14010. Open Discussion.
- Ray Of Hope Group; Immanuel Lutheran Church in East Aurora will be close Christmas Day.
- Gahada Gon meeting on Tuesday & Thursday, No Longer Meets,
- Pride in Recovery; Saturday's 6:00 PM, No Longer Meets. Unitarian Universalist Church, 6320 Main St. Williamsville.
- The Living in the Solution Group is looking for support at it's three weekly meetings : Wednesday " Open meeting", Thursday " Bib Book Study " and Saturday " Candle light meeting ". All meetings are at 8 PM and meet at The Amity Club 340 Military Rd. at Hertel Ave. Free Parking.
- **Southwester Group** is changing their **starting time to 3:30 PM**. Monday's, St. John Vianney, 2950 Southwestern, Orchard Park.
- In **January; Fireside PM** Group will **change** its start time to **7PM**. Sunday's, Unitarian Universalist Church, 6320 Main St., Williamsville

**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. 2, **Steering Committee**, SUNDAY 5:30 PM, Central Office, 681 Seneca
- ~ Dec. 2 **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office( Hosted by Sober Train Group)
- ~ Dec. 3," **Nightwatch" Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca
- ~ Dec. 8, **Archives Committee Meeting**, SATURDAY, 10 AM, Buffalo Central Office, 681 Seneca Street
- ~ Dec. 10, **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.
- ~ Dec. 16, **Corrections Committee Meeting**, last SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .
- ~ Dec. 17, **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. 19, **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 24, **Friends of AA Annual Christmas Vigil**; 291 High St, Moot Senior center. Doors open at 4 PM. **Donations accepted**. Children's toys, 2 PM-7 PM. Contact Charles L.:602-5037, Mona W.:247-3690.
- ~ Dec 24 & 25th, **Elmwood Group 3rd Annual Christmas Vigil**. 2590 Elmwood Ave in Kenmore my 14217 donations of kids toys for the vigil are being accepted call Joe at 716-361-7513 .
- ~ Dec 31, The Tri County Group of AA is having it's annual New Year's Eve Party at St. Joseph's Church East Main St., Gowanda , NY. Speaker at 8:30, Bring a dish dinner at 9:30 music and Karaoke until 12:30 ?  
Family & Friends Welcome Please bring a dish to share. Donations welcomed.
- ~ Dec 31, **The Living in the Solution Group** is sponsoring a FREE **New Year's Eve Dance** at the Amity Club 340 Military Rd. corner Hertel Ave. Doors open at 6 PM -Speaker at 7 PM, Dance 8 PM till ?? Come one and all and help us welcome in the New Year... Free Parking in our lot, with additional parking available at the " Fast Stop Deli " across the street ( please park along the fence ).
- ~ Jan. 13, **General Service Assembly**, SUNDAY ,12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.

**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*

**DECEMBER ANNIVERSARIES**

**Alexander**

Tim C. 3y  
Ruth C. 7y  
Danny B. 25y  
David H. 37y

**Amherst/Snyder**

Ray McN. 3m  
Megan L. 3m  
Karlina S. 3m  
Fred H. 6m  
JJ C. 6m  
Jade L. 9m  
Jim E. 9m  
Lindsay 3y  
Robert W. 3y  
Denise S. 4y  
Bobby J. 5y  
Ed W. 8y  
Tim K. 9y  
Lynne B. 12y  
Bob G. 23y  
Chuck W. 25y  
Mark S. 31y

**Any Lengths**

Mike Z. 20y

**Big Book Lockport**

Ken T. 1y  
Randy W. 12y

**Boluvard Women's**

Sue G. 3m  
Susan D. 2y  
Jennifer W. 9y  
Julie H. 13y

**Cold Springs**

Cecil 9m  
Gigi P. 42y

**Courage Group**

Joy W. 10y  
Debbie McE. 13y  
Julie H. 13y

**Dawn Of Hope**

Dawn P. 9m  
Nicci C. 4y

**Eyeopener**

Mike E. 2y  
Mary G. 2y  
Heather K. 2y  
Dan C. 3y  
Jeff F. 4y  
Vilma 5y  
Christine J. 7y  
Deedee 13y  
Miles 17y  
Ned 18y  
Larry 21y  
Butch 22y  
Tom C. 23y  
Earl G. 29y  
Joy P. 59y

**Freedom**

Nicci C. 4y  
Morey F. 19y  
Dave O. 24y

**Golden Slipper**

Tony M. 6y

**Helping Hand**

Diane T. 4y

**How It Works**

Lee B. 5y  
Mike M. 6y  
Dan B. 9y  
Kevin C. 15y  
Bill K. 25y  
Art B. 27y  
Lary F. 28y  
Peter P. 45y

**Ironhorse**

Tom Mc 1y  
Alex W. 1y  
Dale G. 2y  
Sally W. 6y  
Toni P. 27y

**Just For Today@**

Dan T. 4y

**Kensington**

Louis M. 2y  
Mary B. 7y  
Mel L. 40y

**Lakeshore**

Paul K. 3y  
Cheryl P. 9y

**Living in the Solution**

Charley Y. 9y  
Paul V. 40y

**Lockport#1**

Ken T. 1y  
Rodney C. 6y  
Randy W. 12y

**Matt Talbot**

John D. 6y  
Bill B. 29y

**North Buffalo**

Denise M. 5y  
Jackie H. 12y  
Millie T. 25y  
Judy S. 25y  
Bill K. 25y  
Kate B. 26y

**Orchard Park Step**

Cindy R. 14y

**Remember When**

Odetta 6m  
Patty H. 1y  
Renee T. 1y  
Gary A. 5y  
Yolonda B. 6y

**Renaissance**

Nancy O. 3m  
Kim R. 2y  
Kim R. 6y  
Terry H. 23y  
Raj G. 25y

**Rise & Shine**

Elaine E. 6m  
Tom C. 9m  
Brian N. 9y  
Eddie T. 10y  
Gary C. 11y  
Jeff R. 14y  
Joe R. 19y

**Serenity**

Carol R. 40y

**Sheridan**

Chris M. 3m  
Lindsay V. 6m  
Carolyn R. 9m  
Nicole D. 9m  
Andrea S. 1y  
Leah C. 13y  
Debbie F. 26y

**Simplicity**

Kevin H. 1y

**Spiritual Progress**

Lisa M. 6m

**Sprout Into Sobriety**

Diane T. 4y  
Dave G. 11y

**Surrender & Hope**

Terry H. 23y

**TGIF**

Liz B. 3y  
Kyle 3y  
Brian C. 19y

**Victory Women's**

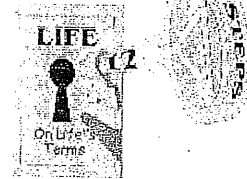
Molly C. 6y

**Williamsville**

Frank P. 2y  
Joe M. 2y  
Brian W. 2y  
Brian C. 19y

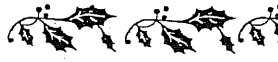
**Women in Recovery**

Judy T. 21y

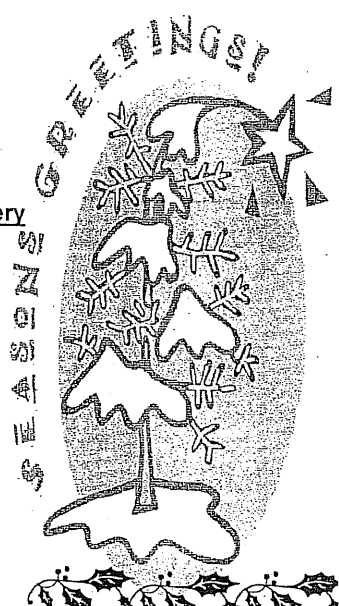


**GROUPS CELEBRATING**

Abbott Men's; 30y  
Achievement; 40y  
Cayuga Wake Up Call; 9y  
Coldspring; 52y  
Georgetown; 17y  
Intoxicated on Life; 38y  
Pathway to Peace; 20y  
Roland; 13y  
Sally; 24y  
Saturday Nite Sober; 12y  
Sober Winners; 24y  
Sobriety on Saturday Night  
Sunday's @ 8; 12y  
Tri-Step; 21y  
Wilson; 34y



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



## BUFFALO CENTRAL COMMITTEE MINUTES

November 4<sup>th</sup>, 2012

Chip R. Co-Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Felix (Carry the Message) read the Preamble, Jeanine (Amherst Snyder) read the Purpose of Central Committee, Mary (Sunday Morning Breakfast) read the Twelve Traditions. It was moved by Cheryl (Lakeshore) and seconded by Debi (OP Step) to accept the October minutes. Refreshments were Provided by The Sober Train group (Next month they will be provided by Sober As Bill Sees It). New groups were greeted and 31 groups were represented: Dist.#1 Main and High Dist.#2 Acceptance/Welcome, Any Age, Brass, How It Works, Questions and Answers, Sober Train, Three Legacies, Dist. #3 Abbott Men's, Courage, Iron Horse, Sunday Morning Breakfast, Thruway, We Care, Dist. #4 Action, Orchard Park Step, Southwestern, Dist. #5 Lockport No.1, Simplicity, Dist. #6 As Bill Sees it, Carrying the Message, Derby, Go to Any Length, Lakeshore, WE Dist. #7 Fresh Start, Higher Powered, Lovejoy Dist. #8 Amherst Snyder, Eye Opener, Highview

### COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** No Report

•**STEERING COMMITTEE-** Attended: Co-Chair, Financial Secretary, Executive Secretary and Districts 3, 4, 5, and 8. There were no issues discussed that need to be addressed by the Central Committee. Sincerely, Chip R.

•**FINANCIAL REPORT:** Largest group contributions to date, we would like to thank every group who contributed, especially the two groups who contributed substantially large amounts. We received a total of \$12,926.10 which includes sales and sales taxes, group and meeting contributions, and various others such as envelope system and New Frontier subscriptions. Our expenses totaled \$8,086.18 with no unusual expenses or PIC expenses. Our A/R's are \$1,115.98 with only 1 group over 90 days, 2 over 30 and 6 remaining under 30 days. Included in this figure is the \$414.51 owed by the Convention which has been paid as of Friday. Respectfully submitted, Yours in AA, Sue B.

•**TREATMENT:** No Report

•**CORRECTIONS:** No Report

•**CENTRAL OFFICE:** November OFFICE REPORT

AAINFO:210, 12-STEP:3, ALANON:2, VISITORS:136, VOLUNTEERS: 5

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE; VIP-2, Sense of Duty-2, Amsdell Lakeshore-6, Yours in the fellowship of the Spirit...Terry B.

•**NEW FRONTIERS:** No Report

**PIC:** No Report

•**Night Watch:** Verbal Report

• **CONVENTION:** No Report

•**GSA LIASON:** Verbal Report

•**ARCHIVES:** October Intergroup Report November 3, 2012 We thank you for the honor and privilege of serving you this past month. I would like to thank Tom for sharing my report last month with you in my absence. Fred and I were in Cocoa Beach, Florida at the National Archives Workshop. On the return trip, we stopped in Akron to visit the Akron Intergroup Office and archives, Dr. Bob's grave and the House. It was a great time to

visit. We had the place to ourselves. We returned in time for the October monthly archives committee meeting on October 13th• We displayed the archives at the 20th anniversary of the Journey Group on October 15th• We had a full display at the 71st Buffalo Fall Convention last weekend. It was a wonderful opportunity to exhibit the archives and show the Ground Zero video to the fellowship. If you missed it, we will be set up again at the 5th Cataract City Convention in Niagara Fall March 22,23 & 24th2013. We attended the Ist Archives Breakfast in Burlington, Ontario October 14th. The speaker was a former GSR from the Young Peoples Group in St. Catharines when they were a part of Area 50. Bev D. will be celebrating 55 years of sobriety on the 14<sup>th</sup> of December this year. Service works. We have displays November 10th at the District 11 Day of Sharing, and November 15that the Beginners Group in Niagara Falls. We continue to be available for group anniversaries, days of sharing and other special events. Please try to give us 30 days advance notice. I can be contacted by-mail at waaly1985@aol.com or by phone @ 716-998-1745. We received contributions in October from the Any Age Group, Surrender & Hope, Iron Horse, Sobriety Mens' Discussion, Lovejoy Group, Age Doesn't Matter, and the New International Group. The Archives committee is self-supporting through your contributions. We depend upon your support to continue the work we do. Thank you for your continued aid. Yours in service, Wally E. Area 50 Panel 62 Archives Chair

•**AD HOC:** No Report

•**RECAP:**

•**OLD BUSINESS:** Blasdell Saturday Night group was unanimously voted into the schedule.

•**NEW BUSINESS:** Nominations, Co-Chair: No Nominations, Recording Secretary: Nadav (How It Works Men's), Dist. 1: No Nominations, Dist. 4: Debi C. (O.P. Step), Dist. 5: No Nominations, Dist. 6: Janis E. (Go To Any Length), Dist. 7: Kim E. (Lovejoy), GSA Liaison: No Nominations, Debi C. made a motion proposing a change to be made in the by-laws regarding the wording of nomination schedule. Motion seconded by Pat (Thru-way) Motion will be printed in New Frontiers and voted on in January.

**NEXT MEETING: December 2<sup>nd</sup>, 2012 at 7pm.**

As Bill Sees It Group will be providing refreshments at next month's meeting.

It was moved by Debi C (O.P. Step) and seconded by Rob M. (Sober Train) that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:50 p.m.

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

New Frontiers ~ December '12

Cash Flow Statement	Jul-12	Aug-12	Sep-12	Oct-12	YTD
Beq Bal Cash on hand	10,023.63	8,837.65	15,042.20	13,974.23	
<b>Contributions</b>					
Groups	3,626.41	5,411.64	4,607.88	7,272.46	44,434.98
Joint Meeting	31.75	47.75	57.00	40.00	436.21
Envelope System	792.00	157.00	370.00	670.00	5,068.00
New Frontiers Subs	148.00	44.00	53.00	90.00	559.00
Literature/Medallions/Pins	2,698.40	6,104.30	3,026.45	4,389.90	39,005.77
Literature Sales Tax	223.95	429.11	229.20	273.94	2,768.84
Literature Postage	31.93	45.65	10.75	15.80	283.91
Sales+/-					(48.64)
Archives Room Rent		200.00			600.00
Corn. Meetings at CO	18.00	19.30	28.00	28.00	224.30
Mail/Misc.	25.00	25.00		45.00	250.00
Tax Returns		720.56			
Transfer from PR		5,000.00			
"Gratitude Month" (NOV)					-
Conventions/Day of Sharing				101.00	101.00
<b>Monthly Income</b>	<b>7,595.44</b>	<b>18,204.31</b>	<b>8,382.28</b>	<b>12,926.10</b>	<b>99,422.79</b>
<b>Expenses</b>					
Office Rent	892.23	892.23	892.23	892.23	8,922.71
Electric	90.00	90.00	90.00	90.00	900.00
Payroll Gross	2,571.40	3,853.50	2,571.40	2,571.40	28,271.00
Employment Taxes	196.70	295.05	196.70	196.70	2,337.22
Unemployment Surcharge					-
Payroll Tax Deposits					-
Federal					-
State					-
NYS Sales Tax			924.85		2,413.46
Insurance					
State Ins Fund(Travelers)	(2.40)	(3.60)	(2.40)	(2.40)	356.20
Health	1,252.16	626.08	626.08	626.08	6,260.80
Liability					1,235.23
Postage	1.35	198.70	288.99	3.25	2,319.34
Phone	168.09	167.48	168.18	168.05	1,670.58
Accounting					1,600.00
Paychex	83.13	111.27	74.18	83.13	909.17
Advt					
Talking Phone Book					
Super Media website	165.15	165.15	165.15	165.15	1,644.00
while directory		143.00			143.00
Yellow Pages					-
Literature Expenses					
Grapevine					498.47
World Services Inc	2,024.00	2,888.00	2,141.20	2,679.20	22,383.95
Hazeldon	602.75		616.50		2,011.06
Printers		1,628.00			3,248.00
Medallions			140.96		223.37
PINS					-
Petty Cash					-
Office Supplies	174.31	342.45	10.43	58.69	1,555.78
Answering service	189.55	168.20	172.80	181.70	1,753.65
Copier leasing	209.00	209.00	209.00	209.00	2,090.00
Copies/ service contract	161.00	161.00	161.00	161.00	1,610.00
PIC					52.62
Bank Fee's	3.00	3.00	3.00	3.00	54.00
literature returns re-embsement		61.25			61.25
Seed \$\$					-
Seminar					-
<b>Monthly Expenses</b>	<b>8,781.42</b>	<b>11,999.76</b>	<b>9,450.25</b>	<b>8,086.18</b>	<b>95,184.86</b>
<b>Monthly Income (Loss)</b>	<b>(1,185.98)</b>	<b>6,204.55</b>	<b>(1,067.97)</b>	<b>4,839.92</b>	<b>\$4,237.93</b>
<b>End Balance</b>	<b>8,837.65</b>	<b>15,042.20</b>	<b>13,974.23</b>	<b>18,814.15</b>	
<b>Petty Cash</b>	<b>3,000.00</b>	<b>3,000.00</b>	<b>3,000.00</b>	<b>3,000.00</b>	
<b>Total Balance</b>	<b>11,837.65</b>	<b>18,042.20</b>	<b>16,974.23</b>	<b>21,814.15</b>	
<b>PRUDENT RESERVE</b>	<b>28,102.86</b>	<b>23,104.69</b>	<b>23,105.60</b>	<b>23,106.01</b>	
Assets: Literature & Medallions	11,492.50	11,993.52	13,083.86	12,596.56	
Literature Receiveable:(outstanding)	1,248.07	689.54	427.21	1,115.98	
PIC Removed from Stock			5.38		
<b>Corrections Facilites</b>	<b>1,092.12</b>	<b>1,300.34</b>	<b>1,307.87</b>	<b>1,606.87</b>	
Contributions	293.22	250.53	370.00	549.21	
Bank Fee's	3.00	3.00	3.00	3.00	
Expenses	82.00	240.00	68.00	589.00	
<b>Balance</b>	<b>1,300.34</b>	<b>1,307.87</b>	<b>1,606.87</b>	<b>1,564.08</b>	
<b>Treatment Facilities</b>	<b>2,932.96</b>	<b>3,079.96</b>	<b>2,926.96</b>	<b>2,728.96</b>	
Contributions	150.00	90.00	120.00	485.00	
Expenses		240.00	315.00	517.50	
Bank Fee's	3.00	3.00	3.00	3.00	
<b>Balance</b>	<b>3,079.96</b>	<b>2,926.96</b>	<b>2,728.96</b>	<b>2,693.46</b>	





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