

# NEW FRONTIERS

A.A. of the Niagara Frontier

December 2013

THE CENTRAL COMMITTEE NEWSLETTER FOR ALL A.A. MEMBERS OF WESTERN NEW YORK AND THE NIAGARA FRONTIER

We request that this newsletter be kept within the Fellowship to ensure anonymity



## *LET GO*

To "Let Go" ; Does not mean to stop caring, it means I can't do it for someone else.

To "Let Go" ; Is not to cut myself off, it's the realization I can't control another.

To "Let Go" ; Is not to enable, but to allow learning from natural consequences.

To "Let Go" ; Is to admit powerless, which means the outcome is not in my hands.

To "Let Go" ; Is not to try to change or blame another, it's to make the most of myself.

To "Let Go" ; Is not to care for, but to care about.

To "Let Go" ; Is not to fix, but to be supportive.

To "Let Go" ; Is not to judge, but to allow another to be a human being.

To "Let Go" ; Is not to be in the middle arranging all the outcomes, but to allow others to affect their destiny.

To "Let Go" ; Is not to be protective, it's to permit another to face reality.

To "Let Go" ; Is not to deny, but to accept.

To "Let Go" ; Is not to nag, scold or argue, but instead to search out my own shortcomings & correct them.

To "Let Go" ; Is not to adjust everything to my desires, but to take each day as it comes, and cherish myself in it.

To "Let Go" ; Is not to criticize and regulate anybody, but to try to become what I dream I can be.

To "Let Go" ; Is not to regret the past, but to grow and live for the future.

To "Let Go" ; Is to fearless, and Love more.

Anonymous ~A Spoke



## *A Flower In Bloom*

marriage, was not with my son, I had no money, and lots of legal problems. Coming into the program of Alcoholics Anonymous I was completely terrified and truly believed that my life was over, little did I know quite the contrary was to be true. My life was just beginning, and it was a life that I had never ever known existed.

I have only been in the program of Alcoholics Anonymous for six short months and the changes that have taken place in my life are astonishing. When I first came in, I was one of those people that stuck around on the tiny wimb of sheer hope... I had heard the people in the rooms of AA speak of a life better than they had ever imagined, and it was a life without alcohol? How could that be? But I also, could not deny the light that I had seen in these happiness that I had never known. I did not believe this program could work for me; I was way too damaged for this program and your "solution" to save me. However, I remained intrigued by what people had been saying and I kept listening to the people in those rooms urging me to just "stick around for a miracle." For this alcoholic, that miracle had taken place as a result of my 5th step.

Up until taken part in my 5th Step the phrase, "restless, irritable, and discontent" could not have described my state of mind more accurately. I constantly had that feeling of a massive weight on my chest, I was dead inside, and felt as if I was crawling out of my skin on a regular basis. After completing my 5th Step my sponsor gave me the action of taking an hour to reflect on what we had just gone over in prayer and meditation. It was during this hour that I believe that miracle others had told me to "stick around for" became as present as ever in my life. During that time I had noticed that anchor on my heart and soul had disappeared. The moment that I had realized this foreign feeling I was experiencing a vision popped into my head. I had imagined my insides to be like a flower pot, the flower I envisioned was completely dead, wilted, the leaves falling off, and the soil all dried out, nothing could bring this once beautiful delicate flower back to its original state. The I pictured the pot being emptied and given new fresh

soil and a brand new seed being planted. I pictured it being watered and blooming into the exquisite state that it was meant to be. As this thought came to me I had the most indescribable feeling come over me. This thought was symbolic of what I imagined my 5th Step experience to be. That day God had taken away all that was dead inside of me and gave me a fresh start (a new flower), and as long as I made sure to tend its needs as if watering a plant, and continue to grow each day with God and in my daily life, it will continue to blossom into the beautiful state that it was always meant to be.

This is the concept of what the 5th Step was foe me in my experience. That day I felt like the cartoon "How the Grinch Stole Christmas" it was as if my heart grew three sizes that day! That weight in my chest had disappeared and was replaced with such a love and comfort I had never felt. Since that moment I have felt like shouting from the rooftops and sharing with my fellow alcoholics "This thing really does work! These people aren't lying." I do believe that God's love flooded my heart and soul in that very moment, the light that I had witnessed in others had turned on in me that day.

This program, the extraordinary people in it, and an all loving higher power have saved and changed my entire life! I am now through my twelve steps, an active member in outside service for the good of AA, and have the incredible privilege of sponsoring a fellow AA. Through AA I have learned so much about an absolutely beautiful way of life that prior to this program I would not have ever been able to conceive. The amazing thing is that my journey has just begun! I am ecstatic to share my experience, strength and hope with others, and to give so freely of what others had given to me. I absolutely love this program; it is the best thing that has ever happened to me! I now have the deepest understanding of what others mean when they say the phrase "I am truly grateful alcoholic."

Deonna.... Midnight Discussion Group

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### **Perception**

**I've always heard that alcoholism is a disease of perception. For example, when I first got sober I kept hearing that it was a disease, but I never really saw it that way. Once I started to work my program and learned more about it though, I began to look at it differently, and sure enough it changed! I now see it as a disease it is.**

**As I continued to work my steps and recovery, I began changing the way I looked at a lot of things and they too, began to change. For example, my past used to be a source of shame and regret, but when I looked at it as a source of experience, strength and hope that I could use to help another, my feelings about it changed as well.**

**Today I know that every situation in life is open to interpretation depending on how I choose to look at it. To help me gain perspective, I sometimes pretend I'm part of the debating club and have been assigned the task of building a case for the opposite point of view. Forcing myself to look at something differently changes my opinion and, seemingly, the thing itself.**

***It always comes back to how I look at things. Once I change that, everything else changes as well.***

*Anonymous~"The Messenger"November 2013*



## From the Archives: "The Prayer That Started A.A."

Towns Hospital stood across from Central Park in the early 1900's. It was opened in 1909 by Charles B. Towns, who believed he'd come up with a successful way to remove cravings for alcohol and drugs. Those who could afford the expensive treatment, a few thousand of today's dollars for a few days' stay, received a combination of substances called the belladonna cure that had the backing of Dr. Alexander Lambert, personal doctor of Teddy Roosevelt's. Dr. Lambert would take back his endorsement several decades later, since the cure didn't seem to work in the long term, but the hospital at least offered a space for drying out, one where Bill W. found himself in December of 1934 (New York Times, "An Alcoholic's Savior").

Bill had not been able to stay sober, or really find any deep hope for getting sobriety, even after meeting with Ebby the month before. He'd seen something in Ebby that he desperately wanted, and even briefly felt like it could be his, but his old ways of living and thinking were just too powerful. Hopelessness had been with him too long, and alcohol had been his master for even longer than that. And his whole life had been spent proving he could tackle any problem on his own. A solution that came back to humbling himself, to reaching out for help, and reaching beyond any human to some sort of God could not work for him. He felt like he didn't have the faith he needed even to do what Ebby suggested, and find a conception of God that worked for him. Didn't it take some faith to pray? Ebby couldn't give that to Bill.

Sandy B. describes what happened next as "the prayer that started A.A." We can imagine Bill laying in his hospital bed, or maybe pacing around, but probably not moving much. How much energy could he really have, how much strength, if some part of him was simply waiting to die? The belladonna treatment meant he was probably getting woken up every hour during the night, if he could even sleep, so it might have happened after a nurse left ("An Alcoholic's Savior"). He had felt alone before, and lost before, but this time he'd seen a light that it seemed like he just couldn't reach. Maybe he let his face settle into his hands. Maybe he looked at the ceiling, as if to prove that there was nothing above him to reach down and help him. But what he found was the first "God" a lot of us found, the gift of desperation, and he prayed a prayer that Sandy points out can't be found in any religion: "If there be a God, let him show himself!"

What made that moment, and that prayer, different from the ones he may have tried before, and the many that had probably been offered for him, by people who loved him and desperately wanted him to stay sober? Was it that he could finally see that he didn't believe, but needed some kind of a God anyway? Was he able to stop trying to think his way to faith, and pray from the heart that years of drinking had filled up with darkness, that had been eaten up by fear before he'd ever taken a drink? Whatever he offered there, he got a life-changing answer:

The place seemed to light up, blinding white. I knew only ecstasy, and seemed on a mountain. A great wind blew, enveloping and penetrating me. To me, it was not of air but of Spirit. Blazing, there came the tremendous thought, "You are a free man." (Three Talks to Medical Societies by Bill W., Co-Founder of A.A.)

He stayed free from alcohol from that day on, and started sharing that freedom with others almost at once. Mel B. says that he returned to Towns Hospital to speak to the people there, who were as desperate as him. That light that came to him started to spread, and it hasn't stopped since then, growing across the world, into millions of alcoholics' lives. ~~~~ Chad P.

## Share your Experience, Strength and Hope

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

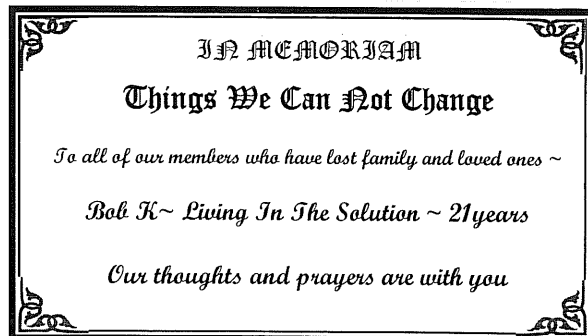
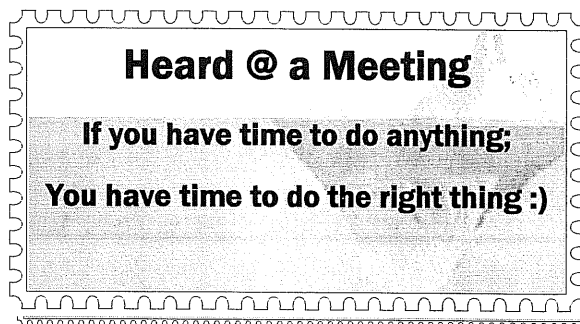
Articles can be submitted at any time

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

or mail to

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

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.)



DECEMBER ANNIVERSARIES

**Alexander**

Tim C. 4y  
Ruth C. 8y  
Danny B. 26y  
David H. 38y

**Amherst/Snyder**

Lindsay 4y  
Robert W. 4y  
Denise S. 5y  
Bobby J. 6y  
Ed W. 9y  
Tim K. 10y  
Lynne B. 13y  
Bob G. 24y  
Chuck W. 26y  
Mark S. 32y

**Any Lengths**

Cory E. 1y  
Rich S. 12y  
Ken W. 14y  
Mike Z. 20y  
John C. 22y

**Beginnings Women's**

Tracy R. 9m  
Maureen A. 2y  
Eileen V. 20y  
Jan D. 25y

**Boluvard Women's**

Susan D. 3y  
Jennifer W. 10y  
Julie H. 14y

**Cheektowaga**

Dan S. 10y  
Rich S. 28y

**Cold Springs**

Gigi P. 43y

**Courage Group**

Chris B. 11y  
Sue S. 24y  
Patty K. 30y

**Dawn Of Hope**

Nicci C. 5y

**Eyeopener**

Mike E. 3y  
Mary G. 3y  
Heather K. 3y  
Dan C. 4y  
Jeff F. 5y  
Vilma 6y  
Christine J. 8y  
Deedee 14y  
Miles 18y  
Ned 19y  
Larry 22y  
Butch 23y  
Tom C. 24y  
Earl G. 30y  
Joy P. 60y

**Eyeopener South**

Greg W. 6m  
Kipp M. 6m  
Rob M. 2y  
Bernie B. 5y  
Bob B. 5y  
Karen M. 19y

**Fireside**

Robin G. 1y  
Ryan R. 4y  
Jim M. 6y  
Michelle M. 8y  
Katie S. 18y  
Bill G. 27y  
Maria D. 23y

**Freedom**

Nicci C. 5y  
Morey F. 20y  
Dave O. 25y

**Golden Slipper**

Tony M. 7y

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

Paul D. 4y

**Helping Hand**

Diane T. 5y

**H.I.P.**

Tennille S. 3m

**Holiday Village**

Jeff G. 3m  
Gary F. 2y  
Joe T. 8y  
John L. 14y

**Kensington**

Louis M. 3y  
Mary B. 8y  
Mel L. 41y

**Lakeshore**

Paul K. 4y  
Cheryl P. 10y

**Lockport#1**

Rodney C. 7y  
Randy W. 13y

**Main & High**

Tom C. 15y

**North Buffalo**

Scott K. 3m  
Meghan M. 6m  
Maxwell M. 6m  
Nikolai S. 6m  
Maggie W. 6m  
Brian M. 1y  
Daniel L. 1y  
Dave M. 2y  
Victor 2y  
Herbert S. 5y  
Paul B. 6y

**Renaissance**

Todd S. 1y  
Kim R. 3y  
Pat R. 7y  
Raj G. 26y

**Rise & Shine**

Kimberly W. 6m  
Lisa N. 6m  
Dora J. 2y  
Joe O. 5y  
O'Dell H. 8y  
Liz B. 11y

**Serenity**

Marlene G. 3y  
Kim R. 3y  
Carol R. 40y

**Sprout Into Sobriety**

Dave G. 12y

**Sunday Morning**

**Breakfast**

Joy P. 20y  
Dave K. 25y

**Victory Women's**

Molly C. 7y

**WE**

Tracey 6m  
Denise 6m  
Michelle 3y  
Teresa 6y

**Williamsville**

Frank P. 3y  
Joe M. 3y  
Brian W. 3y  
Brian C. 20y

**Women in Recovery**

Judy T. 22y

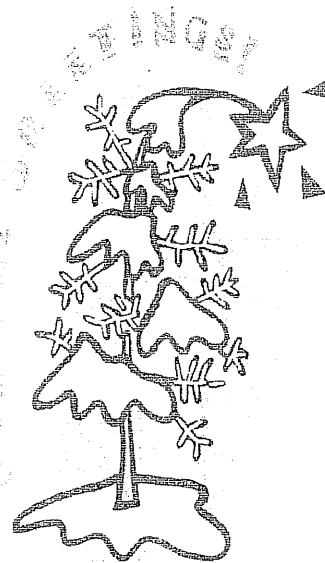


**GROUPS CELEBRATING**

Abbott Men's; 31y  
Achievement; 41y  
Cayuga Wake Up Call; 10y  
Coldspring; 53y  
Georgetown; 18y  
Intoxicated on Life; 39y  
Pathway to Peace; 21y  
Roland; 14y  
Sally; 25y  
Saturday Nite Sober; 13y  
Sober Winners; 25y  
Sobriety on Saturday Night  
Sunday's @ 8; 13y  
Tri-Step; 22y  
Wilson; 35y



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



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

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

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

## **NOVEMBER 2013**

### **MEETING CHANGES**

- I've figured out how to add flyers for Upcoming Events (local) to the website... If I receive one, I should be able to put it on the Website :)
- WOMEN IN RECOVERY will NO LONGER MEET as of Dec.18,2013
- KENMORE BIG BOOK is Changing it's name. It will now be Grace Point .
- PRIMARY PURPOSE GROUP has Moved to 1285 Main St., 8:30 PM.
- SPIRIT OF HOPE GROUP; No Longer Meets.
- Starting Jan.1st, ALDEN NEW LIFE Group will start @ 8PM.
- New Group; First Step Group; Niagara Falls Memorial Medical Center, 621 Tenth St., Niagara Falls, 14302. Friday's, 8 PM. Open Meeting.
- New Group; THE BEGINNING OF RECOVERY; New Beginnings Halfway House, 376 Dewitt, Buffalo 14213. Open Meeting; 6:30 PM Tuesday's.
- Boulevard Women's Group, Wednesday's @ 9:30 AM, Now has Baby Sitting. First Trinity Church, 1570 Niagara Falls Blvd.
- Both Lockport Discussion Group (10 AM Monday) & Lockview Group (6:30 PM Friday) have moved across the street to the Emmanuel Methodist Church, 75 East Ave @ Washburn in Lockport.
- Bodhisattva Group has Moved. Thursday's, 8 PM. Unitarian Universalist Church, 695 Elmwood @ W. Ferry, Buffalo West, 14222
- Sobriety On The Canal will now be starting at 5:45 PM, Sunday's at the Methodist Church, 65 Main St. @ Tremont, N. Tonawanda, 14120.
- Positively Living, No Longer Meets, Monday, 12:30 PM, 193 Elk St, Buffalo.
- Sunday's Best has temporarily moved; Now meet at St. John's Grace, 51 Colonial Circle, Buffalo West, 14222.
- Main & High Group, Thursday's, has changed its time & location. Now meets at 5:30 PM, Stuyvesant Apt Community Room, 245 Elmwood Ave, Buffalo, NY 14222. Closed on Holiday's. You can get to the parking lot from 191 North St. or Elmwood Ave. Entrance in Back.
- **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**

- ~ Nov 3, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office ( Hosted by Lakeshore Group)
- ~ Nov 9, **Archives Committee Meeting**, Tuesday, 7 pm, Buffalo Central Office, 681 Seneca Street
- ~ Nov 10, **General Service Assembly**, SUNDAY ,12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Nov 11, **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.
- Nov 17, **Corrections Committee Meeting**, 3rd-SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Nov 17, **Special Needs Committee Meeting**, 3rd-SUNDAY, 3:30PM, Buffalo Central Office, 681 Seneca Street.
- ~ Nov 18, **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 2, **2014 Convention Committee Meeting**, 1st-MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Dec 8, 2013 **Buffalo Fall Convention Wrap-Up Meeting**, Sunday, Buffalo Central Office, 681 Seneca Street.
- ~Dec 24, **Friends of AA Annual Christmas Vigil**; 291 High St, Moot Senior center.  
**Donations of toys accepted.** Speakers. Children's toys, 2 PM-7 PM. Contact Charles L.:602-5037, Mona W.:247-3690. Linda S.:893-1175 or Big Jim:491-8301.
- ~ Feb 15, Mark your calendars; Celebrate Valentine's Day at the Annual Blizzard Ball. More Information to follow.

**11th STEP: “Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.”**

**11th TRADITION: “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”**

**11<sup>th</sup> CONCEPT; The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.**

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

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

**BUFFALO CENTRAL COMMITTEE MINUTES**  
**November 3<sup>rd</sup>, 2013**

Chip R. Chair opened the meeting at 7:01 PM with a moment of silence and the Serenity Prayer. Steve (Changing Our Ways group) read the Preamble, Krystyna (Beginnings group – Women’s) read the Purpose of Central Committee, Jake (Three Legacies group) read the Twelve Traditions. Refreshments were provided by the Lakeshore group (next month they will be provided by the Fresh Start group). New groups were greeted and 30 groups were represented: Zone #1: Downtown Men’s, Main and High. Zone #2: Brass, North Buffalo, Questions & Answers, Three Legacies. Zone # 3: Abbott Men’s Discussion group, Courage, Gardenville, Iron Horse, South Buffalo, Thruway. Zone #4: Arcade, Orchard Park Step. Zone #5: Lockport #1, Simplicity. Zone #6: As Bill Sees It, Carry the Message, Changing Our Ways, Derby, Going To Any Length, Lakeshore, Sobriety Men’s Discussion, Women’s Experience. Zone #7: Fresh Start. Zone #8: Achievement, Beginnings-Women’s, Eyeopener, Midnight Discussion, Williamsville.

**COMMITTEE REPORTS:**

•**ENVELOPE SYSTEM:** No Report.

•**STEERING COMMITTEE:** Three zones in attendance: 4, 6 and 8, as well as the financial secretary, the executive secretary and the Chair and Co-Chair. No recommendations from Steering Committee this month.

•**FINANCIAL REPORT:**

Income

We received \$11,570 in income this month, both group contributions and envelope system increased. Ten groups who had not previously given this year, now contributed. We also received a generous contribution from Zone 6 Day of Sharing.

Expense

Our expenses for the month totaled \$8,276. There was a slight increase in office supplies due to large Office Max supply invoice. Next month, we foresee no unusual expenses.

Our current checking balance for Central Office is \$19,758.60 and our Prudent Reserve is \$23,118.43. We still need to pay back the Prudent Reserve \$5,000 for a loan taken last year. Our year to date deficit has shrunk to under \$400.00. If this trend continues we may be able to pay something back by early next year.

Accounts Receivable

The accounts receivable total is \$609.22, the majority being current, one invoice over 30 days, one over 60 days and one group having a small credit.

Corrections

Contributions of \$626.00 and expenses of \$71.00 resulting in a checking balance of \$1350.15.

Treatment

Contributions of \$185.00 and expenses of \$390.00 resulting in a checking balance of \$1,273.96.

Yours in AA,

Sue B., Financial Secretary

•**TREATMENT:** On Monday October 21<sup>st</sup>, we met at Central Office at 6pm. There were 6 people in attendance. We discussed making sure the treatment table was covered in the fall convention weekend. We also discussed introducing the spirit of rotation for the meetings being covered at the treatment facilities. All facility meetings will be available for groups to take a yearlong commitment. This commitment will be for one meeting, at one facility, one day a month, starting in March 2014. Any group that wants to take a meeting to a facility must have their group vote on it. Each group will be required to send a representative to the treatment committee meeting on the 3<sup>rd</sup> Monday of the month at 6pm at Central Office. We will need a contact person, phone number and the meeting you are interested in covering too. We would like to thank groups for their contributions and for their commitment. Sincerely, Milt

•**CORRECTIONS:** Verbal Report.

•**CENTRAL OFFICE:**

TOTAL CALLS INCLUDING AFTER-HOURS:

AA Calls: 368, 12-STEP: 36, ALANON: 2, PIC: 0, VISITORS: 127, VOLUNTEERS: 2

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE: ELLICOTTVILLE-4, KISS-1, MUSTARD SEED II-2, RENAISSANCE-2, SPRINGVILLE NEW LIFE – 4, THRESHING FLOOR-2, TODAY-5, VIP-2

**By December**, we will no longer have a free parking lot. Details are not all in yet but everyone will definitely be paying to park at all times. This is beyond my control. They are putting in a card reader machine, that is about what I know for sure. Our parking tags no longer exempt us from that.

I will be taking a vacation day on November 29<sup>th</sup>. Reminder that the office is closed on Veterans Day (November 11<sup>th</sup>).

Yours in the fellowship of the Spirit... Terry B.

•**NEW FRONTIERS:** No Report.

•**PI/CPC:** Our last meeting was on 10/14/13. We discussed new ways to reach out to the professional community. We also discussed how to efficiently stock libraries with literature for the public. We had a table at a wellness fair at Daemen college this month, as well as a presentation to third year medical students at U.B.

We have organized the libraries by which zone they fall into. If everyone could please take a copy back to their group and take a one-year commitment for a library. This would be a once a month check to insure that literature is stocked. Please bring it back next month, or e-mail us, or call Zach (phone: 405-623-8395, email: [buffaloPICPC@gmail.com](mailto:buffaloPICPC@gmail.com)).

Nicole A.

•**NIGHTWATCH:** No Report.

• **2013 BUFFALO FALL CONVENTION:** Verbal Report.

• **GSA LIAISON:** There was no meeting since our last meeting. Their next scheduled meeting will be next week. At that meeting they will be setting their schedule for 2014, try to fill open positions and other important business. It is important that all group send their GSRs to the November 10<sup>th</sup> meeting at 12:00pm at the Hamburg Town Hall, so that your group has a say to what's happening in our General Assembly Area 50.

Yours in Service, Pat M., GSA Liaison.

• **ARCHIVES:** We thank you for the honor and privilege of serving you this past month. We attended and reported to Buffalo, Genesee-Wyoming, NY-Penn and Niagara Intergroups. We attended planning meetings of the Buffalo Fall Convention and the Cataract Convention. We had four work nights on Tuesdays at Buffalo Central Office. The last Tuesday of the month many of us attended a two-man play at the Stuart Steiner Theatre at Genesee Community College in Batavia. The play – “Pass It On---An Evening with Dr. Bob and Bill W.”---was entertaining and informative.

We had three displays in October. The first was in Olean at the NY-Penn Day of Learning October 5th. The next was at the District 14 Day of Sharing on Seneca St., West Seneca October 12th. Lastly, we had a three day display at the 72nd Buffalo Fall Convention at the Adams Mark Hotel October 25th – 27th. We were provided with an excellent room for our display and for the first time we used our new digital projector to play video presentations from our General Service Office and other recovery related movies on a large screen.

We have November displays scheduled for the District 11 Day of Sharing November 2nd at St. Johns Grace from 2 – 5 pm; and for the group anniversary of the Beginners Group in Niagara Falls at 8210 Buffalo Avenue. We have a display in December for the Main-High Group Christmas Vigil. This will be Wednesday December 18th from 5 – 9 pm at 1080 Main St., Buffalo. We also look forward to an all-day display at the NY-Penn Day of Sharing February 1st in Elders, Pa. We look forward to invitations to display your archives at your group anniversaries or special event with a suggested thirty day advanced notification. Please call at 716-998-1745 or e-mail at archives@area50wny.org

We received donations in October from the Point of No Return, GSA District #14 Day of Sharing, the Lakeshore Group and the Main-High Group. We also received Coffee Pot donations at the Buffalo Fall Convention and the NY-Penn Day of Learning. We are an autonomous committee and depend upon group donations to pay our bills and continue our archival preservation. Please send you contributions to Area 50 Archives Committee, c/o Buffalo Central Office, 681 Seneca St. Buffalo, NY 14210. We thank you for your continued support.

Yours in service,

Wally E., Area 50 Archives Chair

• **AD HOC - Inventory:** We had a presence at the Buffalo Fall Convention – some interest was expressed by AA members in general. We will an outreach to groups soon, by Zone. We are developing an outline for the event ant content.

• **AD HOC – 12 Step call:** Verbal Report.

• **RECAP:**

• **OLD BUSINESS:** None.

• **NEW BUSINESS:**

Nominations for 2014 Central Committee positions occurred this month. Votes will be next month:

- Co-Chair:
  - Dianne D., Williamsville and Brass
  - Zach F., Three Legacies
- Recording Secretary: Tim C., Three Legacies (ran unopposed).
- Financial Chairperson: Chip R., Lighten Up (ran unopposed).
- Steering Committee:
  - Zone 2 – Raeanne F., Three Legacies (ran unopposed).
  - Zone 3 – No volunteers, postponed for next month.
  - Zone 5 – No volunteers, postponed for next month.
  - Zone 7 – No volunteers, postponed for next month.
  - Zone 8 – No volunteers, postponed for next month.
- Treatment Committee Chair: Nadav W., How It Work's (ran unopposed).
- Corrections Committee Chair: Alan B., Brass (ran unopposed).
- Nightwatch Committee Chair: Jake J., Three Legacies (ran unopposed).
- New Frontiers: Terry (ran unopposed).
- Envelope System: No volunteers, postponed for next month.

**NEXT MEETING: December 1<sup>st</sup>, 2013 at 7pm.**

Meeting closed with the Lord's Prayer.

Respectfully submitted Nadav W., Recording Secretary, How It Works.



Cash Flow Statement	Aug-13	Sep-13	Oct-13
Beg Bal Cash on hand	14,215.65	16,452.78	16,464.64
Contributions			
Groups	4,611.62	4,954.47	5,969.55
Joint Meeting	50.00	46.50	47.00
Envelope System	165.00	369.00	524.00
New Frontiers Subs	88.00	115.00	30.00
Literature/Medallions/Pins	4,099.61	4,272.12	4,133.79
Literature Sales Tax	297.22	245.06	281.39
Literature Postage	15.08	3.95	35.83
Sales+/-	25.92		(25.92)
Archives Room Rent:Sept-Dec			240.00
Com. Meetings at CO	20.00	14.00	14.00
Mail/Misc.			
Tax Returns			
Transfer from PR			
Income Transfer to Corrections/Treatment			
"Gratitude Month" (NOV)			
Day of Sharing - Zone 6			320.00
<b>Monthly Income</b>	<b>9,372.45</b>	<b>10,020.10</b>	<b>11,569.64</b>
Expenses			
Office Rent	999.54	999.54	999.54
Electric	90.00	90.00	90.00
Payroll Gross	3,908.52	2,622.82	2,622.82
Employment Taxes	299.01	200.66	200.66
Unemployment Surcharge			
NYS Sales Tax		753.20	
Insurance			
State Ins Fund(Travelers)	(3.60)	(2.40)	(2.40)
Health	686.03	686.03	
Liability			
Postage	8.58	293.04	205.86
Phone/Internet	119.88	119.62	122.84
Accounting			
Paychex	157.50	105.00	114.95
Advt			
Talking Phone Book			
Super Media	167.15	167.15	167.15
website			
Local Edge			
Yellow Pages			
Literature Expenses			
Grapevine			481.99
World Services Inc		3,392.84	1,861.88
Hazeldon			635.80
Printers			
Medallions			104.79
PINS			
Petty Cash			
Office Supplies	260.00	134.97	244.11
Answering service			
Copier leasing	209.00	209.00	209.00
Copies/ service contract	161.00	161.00	161.00
PIC			
Bank Fee's including credit cards fee's	72.71	75.77	55.69
literature returns reimbursement			
Seed \$\$			
Seminar			
Transfer to Corrections/Treatment			
<b>Monthly Expenses</b>	<b>7,135.32</b>	<b>10,008.24</b>	<b>8,275.68</b>
<b>Monthly Income (Loss)</b>	<b>2,237.13</b>	<b>11.86</b>	<b>3,293.96</b>
End Balance	16,452.78	16,464.64	19,758.60
Petty Cash	3,000.00	3,000.00	3,000.00
<b>Total Balance</b>	<b>19,452.78</b>	<b>19,464.64</b>	<b>22,758.60</b>
PRUDENT RESERVE	23,116.50	23,117.45	23,118.43
Assets: Literature & Medallions	10,321.55	10,739.20	11,751.48
Literature Receivable:(outstanding)	1,219.44	1,490.44	609.22
PIC Removed from Stock		9.81	8.50
Corrections Facilites	1,229.81	1,218.81	794.85
Contributions	60.00	149.04	626.30
Bank Fee's	3.00	3.00	3.00
Expenses	68.00	570.00	68.00
<b>Balance</b>	<b>1,218.81</b>	<b>794.85</b>	<b>1,350.15</b>
Treatment Facilities	1,994.47	1,366.54	1,478.54
Contributions	20.00	115.00	185.00
Expenses	654.92		386.58
Bank Fee's	(6.99)	3.00	3.00
<b>Balance</b>	<b>1,366.54</b>	<b>1,478.54</b>	<b>1,273.96</b>

YTD
44,850.98
467.67
5,478.00
452.00
36,852.18
2,602.28
218.60
58.05
480.00
171.58
178.99
-
-
320.00
92,586.33
9,412.74
900.00
28,439.66
2,303.05
12.75
2,222.93
342.60
6,174.27
1,241.26
2,756.08
1,297.48
1,600.00
1,180.93
-
1,664.50
1,116.20
-
481.99
16,696.72
1,697.49
4,084.15
849.45
-
1,999.06
1,306.60
2,090.00
1,610.00
-
368.37
626.60
-
456.00
92,930.88
(344.55)

- GROUPS WE HAVE NO ANNIVERSARY DATE FOR:**
- 12 STEPS & 12 TRADITIONS
  - AA BREAKFAST
  - ALBION
  - BEGINNING IN SOBRIETY II
  - BIG BOOK STUDY
  - CAZ MANOR
  - DESPERATE
  - EXPRESS
  - GARDENVILLE
  - GETTING BETTER
  - GETTING WITH IT
  - GOING TO ANY LENGTH
  - LOCKPORT DISCUSSION
  - LUNCH BUNCH ALBION
  - NEW FREEDOM
  - NEW FRONTIER
  - ONE DAY AT A TIME
  - OPEN ARMS
  - PRIMARY PURPOSE
  - PRINCIPLES BEFORE PERSONALITIES
  - SARATOGA
  - SERENITY TRAILS
  - SOBRIETY ON THE CANAL
  - SOBRIETY ON THE LAKE
  - SOUTHWESTERN
  - STEPPING STONES - WILLIAMSVILLE
  - SUNDAY'S IN CATTARAUGUS
  - SUNY-AMHERST CAMPUS
  - VIP
  - WESTMINSTER
  - WILSON SMITH UNIVERSITY ALUMNI
  - WOMEN IN SOBRIETY
  - WORKING

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		OCT	YEAR	OCT	YEAR	OCT	YEAR
5	12 Steps/12 Traditions		110.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		0.00		0.00		0.00
5	6th Step		60.00		0.00		0.00
4	A Day At A Time		180.00		0.00		0.00
3	Abbott Corners		0.00		0.00		0.00
3	Abbott Men's		210.00		0.00		0.00
2	Acceptance/Welcome		200.00		0.00		0.00
8	Achievement		100.00		100.00		100.00
4	Action		50.00		0.00		0.00
2	Age Doesn't Matter	50.00	50.00	50.00	50.00	50.00	50.00
8	Akron Awareness		0.00		0.00		0.00
5	Albion Grapevine		20.00		0.00		0.00
5	Albion New Beginnings		15.00		0.00		0.00
3	Alexander		0.00		0.00		0.00
8	Amherst/ Snyder	202.56	655.60		0.00		0.00
6	Amsdell Lakeshore	100.00	200.00		0.00		0.00
	Angola Early Bird		25.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Length	35.00	350.00	10.00	40.00	10.00	55.00
4	Arcade		40.00		0.00		0.00
6	As Bill Sees It	170.00	274.00	170.00	274.00		0.00
8	Attitude Adjustment(Williamsville)	50.00	100.00	25.00	50.00	25.00	50.00
6	Attraction	34.00	136.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women	50.00	75.00		0.00		0.00
5	Big Book Lockport		0.00		0.00		0.00
5	BB Spiritual Studies		0.00		0.00		0.00
6	Big Book Study		110.00		0.00		0.00
3	Blasdell		0.00		0.00		0.00
3	Blasdell Monday Night		0.00		0.00		0.00
	Blasdell Saturday		81.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand		50.00		0.00		0.00
2	Boulevard Women		100.00		0.00		0.00
2	Brass		48.00		0.00		0.00
	Building Hope		0.00		0.00		0.00
7	Buffalo Group		5.00		0.00		0.00
3	By the Wayside		50.00		0.00		0.00
6	Carry the Message		150.00		0.00		0.00
7	Casting		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake- Up Call		450.00		0.00		0.00
3	Caz Manor	200.00	400.00		0.00		0.00
7	Central City Café		100.00		0.00		0.00
2	Chapter IX		0.00		0.00		0.00
3	Cheekowaga	50.00	845.00		0.00		0.00
6	Changing Our Way's	240.00	240.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
8	Clarence Men's II		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
2	Common Bond		0.00		0.00		0.00
	Common Solution		0.00		0.00		0.00
1	Commitment		150.00		0.00		0.00
1	Complanters		76.89		0.00		0.00
3	Courage	25.00	320.00		0.00		0.00
2	Daily Reflections		300.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Dawn of Hope		75.00		0.00		0.00
6	Derby	100.00	500.00		0.00		0.00
6	Desire		500.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's		105.65		0.00		0.00
6	Dunkirk Monday Night		30.00		0.00		0.00
6	Eagle Street		0.00		0.00		0.00
6	Early Bird Step		0.00		0.00		0.00
8	East Amherst		100.00		0.00		0.00
	East Amherst Traditions		181.72		0.00		0.00
4	East Aurora	200.00	500.00		0.00		0.00
2	Easy Does It		480.00	210.00		210.00	
4	Ellicottville		100.00		0.00		0.00
2	Elmwood	20.00	90.00		0.00		0.00
6	Everybody's	100.00	200.00		0.00		0.00
1	Express		0.00		0.00		0.00
8	Eyeopener	70.16	1942.05		0.00		0.00
4	Eyeopener South	399.00	848.00	159.60	321.00		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		336.27		0.00		0.00
8	Fireside		606.21		0.00		0.00
6	First Things First		300.00		0.00		0.00
5	First Step (NF)		50.00		0.00		0.00
6	Forestville Sunday Serenity		75.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		400.00		0.00		0.00
7	Fresh Start	45.00	135.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		OCT	YEAR	OCT	YEAR	OCT	YEAR
2	Friends of Bill W.		75.00		25.00		0.00
1	Frontier(New)	20.69	126.29		0.00		0.00
3	Gardenville		110.00		0.00		0.00
8	Georgetown		300.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		148.55		0.00		0.00
1	Giving	10.00	10.00		0.00		0.00
6	Go to Any Length		329.54		228.00		228.00
5	Golden Slipper	75.00	475.00		0.00		0.00
2	Grand		0.00		0.00		0.00
2	Grand II Joy of Living		105.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
3	H.O.W.		10.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
8	H.A.N.D.	60.00	60.00		0.00		0.00
7	Harmony		70.00		0.00		0.00
3	Helping Hand	25.00	200.00		0.00		0.00
8	High Noon	100.00	150.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power		0.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
1	H.I.P.		15.00		0.00		0.00
6	Holiday Village	800.00	2300.00		0.00		0.00
4	Holland	75.00	75.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honestly		50.00		0.00		0.00
	Hope's Horizon		200.00		0.00		0.00
2	How It Works/Men's	100.00	525.00		0.00		0.00
	Independence (NF)	62.50	62.50		0.00		0.00
3	Inspiration		3.30		0.00		0.00
5	Intoxicated on Life	70.00	70.00		0.00		0.00
3	Ironhorse	13.10	1300.08	1.70	193.76		0.00
8	IT		0.00		0.00		0.00
2	Just Do It		0.00		0.00		0.00
3	Just For Today/ Cheektowaga		50.00		0.00		0.00
4	Keep It Simple Sister		0.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		50.00		0.00		0.00
6	Ladies Nite Sober		0.00		0.00		0.00
6	Lake Shore	100.00	1100.00	50.00	50.00		0.00
3	Lancaster Dailey Reprieve		192.47		0.00		0.00
	Lawyer's		0.00		0.00		0.00
2	Liberty Women		165.00		0.00		0.00
4	Life Today		45.00		0.00		0.00
8	Lighten UP	65.27	305.27		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution		0.00		0.00		0.00
2	Living Sober		50.00		25.00		0.00
5	Lock City		0.00		0.00		0.00
5	Lockport #1	240.00	480.00	35.00	35.00		0.00
5	Lockport Discussion		80.00		0.00		0.00
5	Lockport Ladies		100.00		0.00		0.00
5	Lockport Tuesday		140.00		0.00		0.00
5	Lockview	365.92	565.92		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		75.00		0.00		0.00
5	Lower River		0.00		0.00		0.00
1	Main and High	10.00	55.00		0.00		0.00
4	Main Street		300.00		0.00		0.00
8	Maple		0.00		0.00		0.00
4	Marilla	50.00	450.00		0.00		0.00
3	Matt Talbot		105.59		0.00		0.00
6	McKinley Winners		0.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5	Medina New Life		0.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
3	Mid-day	72.55	238.68		0.00		0.00
8	Midnight Discussion		295.00		0.00		0.00
2	Morning After		650.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Beginnings/St. Vincent		140.00		0.00		0.00
5	Newfane Living Sober		0.00		0.00		0.00
5	New International		0.00		0.00		0.00
3	New Life		40.00		0.00		10.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		60.00		0.00		0.00
5	Niagara Frontier Men's Disc.		93.50		0.00		0.00
2	North Buffalo	100.00	1200.00		0.00		0.00



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PERMIT # 53  
BUFFALO, NY

**Have The New Frontier's delivered  
To your home every month**



**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP** \_\_\_\_\_

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