

FEATURE :
THE J.B.T.'S

Chapter I Bill's Story:

- 1) When did Bill begin to rationalize his behavior?
- 2) What did Bill think about his condition?
- 3) Did Bill think about suicide?
- 4) We know Bill has gotten Step 1 from Dr. Silkworth; but how did he get the other steps?
- 5) When and where did Bill conceive the idea that became AA?
- 6) What happens to alcoholics who do not work with others to grow spiritually?
- 7) Why did Bill's friend commit suicide, and where did this happen?

**answers to be found on
announcement page**

WE WELCOME YOU....

The following are the Themes for the coming issues of newsletter.

- March: Surrender
- April: Amends
- May: Expectations
- June: Unity
- July: Freedom
- August: Humor
- September: Simplicity
- October: Trust
- November: Secrets
- December: Forgiveness

We hope that this will spur you to think about writing an article or some other demonstration of your thoughts on these Themes.

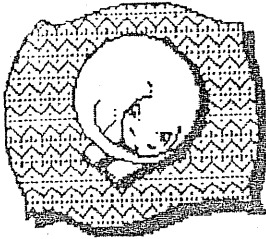
THIS MONTH :
THEME : DIGNITY

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TEN GUIDES TO HUMAN RELATIONS

- 1) Speak to people. There is nothing as nice as a cheerful greeting.
- 2) Call people by name—not names, the sweetest music is to hear one's name called.
- 3) Have humility. There is something to be learned from every thing.
- 4) Be friendly. If you want to have a friend, be one.
- 5) Be cordial. Speak and act as if everything you do is pleasure.
- 6) Be interested in others. You can like almost everybody if you try.
- 7) Be generous with praise, cautious with criticism.
- 8) Give your word; then keep it.
- 9) Be considerate of the feelings of others.
- 10) Be alert to give service. What

Helen's Corner ...



EGGSHELLS, GRAVEL
AND PLATEAUS....oh, my!

Do you treat yourself as the quest of honor at the banquet of life? In other words, do you try to eat a balanced diet; get plenty of sleep; practice forging yourself for being human; and act in ways not to do yourself in. If you do you are showing your self respect - which is dignity.

Before we can treat other people with dignity, we have to treat ourselves with dignity. You cannot give away what you do not have. Shakespeare said, "This above all, to thine own self be true, and it must follow, as the night to the day, thou canst not then be false to any man."

The steps of the program give us the means to figure out what we believe in, develop values, set standards for ourselves, become consistent in our reactions and learn to live a lifestyle sober and clean on a one-day-at-a-time basis. The only catch is we have to patiently practice the steps over a length of time to get results. The instant cure does not exist. Sobriety is a lifetime process.

Self-respect is an inside job. You can't buy it or receive it as a gift from anyone. We begin by believing we deserve to treat ourselves like a treasured piece of fine jewelry. Then, we need to forgive ourselves of all past harms we have done to ourselves. Lastly, "Acceptance is the answer to all my problems today. Until I could accept my alcoholism, I could not stay sober; unless I accept life on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes." (Big Book, page 449). This means accepting our warts and dimples just as they are today. Finally, becoming our own best friend.

Remember: living the good life and living a good life are not the same thing.

Yours in the Spirit of AA
Helen S.

P.S. Founders Day Weekend in Akron, Ohio is June 12, 13, 14, 1992. For more information write: Founders Day Committee, P.O. Box 12, Akron, Ohio 44309-0012. See you there!

It should not surprise anyone that courage is an important aspect or recovery from alcoholism, or at the very least acknowledging that a problem exists. Fear is a tangible reality; hence, the need for courage.

There are events and circumstances and issues that inspire a great deal of fear even when alcohol or alcoholism is nowhere near. Add alcohol or alcoholism to those events, circumstances or issues along with all the attendant fear and everything else and it is possible to imagine the horror or despair of that life.

This general description applies to at least most of us in the Fellowship. The second part of Step One very simply states it. But there is another element which adds to the horror, as if things were not bad enough.

Imagine entering the Fellowship for the first time, or even being a long-time member and encountering some prejudice. This prejudice might be inspired by anything, but suppose it were inspired by fear and/or ignorance. Suppose further that it was subtle. Suppose again that it made the individual suffering the prejudice so uncomfortable that meaningful participation at a table or within a group became too difficult and that individual remained silent, or worse, left the Fellowship and maybe resumed drinking.

Perhaps it can be argued that the suffering individual did not want sobriety or recovery enough. Perhaps that might be true. Perhaps it might even be true that the prejudice is imagined, delusion due to alcoholism or some other problem.

Anyway, the suffering wants relief no matter what its origin.

There are members of the Fellowship today who feel that they cannot receive a full measure. Right or wrong they feel it.

The tragedy of HIV infection affects members of the fellowship and some seeking help for their problem with alcohol. These men and women need support in helping eliminate the fear interfering with recovery.

Ron V.

I Like Myself
by B.C., Yonkers N.
Grapevine November

I am an alcoholic, but that doesn't describe my whole being, by any means. I am also many other things. I am a good person. I love my fellowmen. I have dedicated my life to a helping profession for the service of mankind, and I was doing this even as an active alcoholic. I am creative and industrious, and I get along well with others. My work is respected by my colleagues.

At this point, you may be ready to add to the above: "And he is also very self-centered and self-satisfied." My intention is not to shout out my own praises narcissistically, but to tell you that I really like myself, and as all men should; that I really feel like a useful, productive member of society; that I feel very deeply my own human dignity and worth; that I respect the dignity and worth of every other human being created in the image and likeness of God.

In the past, I have made many blunders; in the future, I shall make many more. True living isn't a process of hiding from your past and fearing your future; it is a process whereby we forgive ourselves for the mistakes and ills of our past and attempt to use the knowledge gained through these failings to make today a better day for ourselves and those around us. We should look forward, with joyful anticipation, to our whole lives. If we don't feel joy at facing each new day and a sense of accomplishment at the end of it, then we are not living properly of fully.

My own drinking story isn't particularly exciting. I'm sure I couldn't tell AA members anything that they haven't already heard about drinking. I merely put myself through hell and suffered in every fiber of my being, as all active alcoholics do. But, when I was drinking, I had an underlying motive: to make myself something that I was not, to aggrandize myself a free, uninhibited, philosophical person. The morning after, I always drank to forget or to nullify what I actually had made of myself: a trembling, boisterous, foolish person. This is the way the proverbial vicious circle went on and on for me.

It was only AA and good fortune, which smiles on every man if he will only look to see it, that saved me from continuing along this futile path to nowhere. I had been facing each day with so much fear and anxiety that I needed fortification, which then only gave me more fear and anxiety. I couldn't give myself to anyone as a friend or a loved one, because I was ashamed of what I had to give. Now I can give; I can stand up proudly and say "Here I am. I'll give you what I can. This is the real me, and as long as I put sincere effort into my life, I'm proud of being what I am."

Any honest self-evaluation should both include and capitalize upon a man's good points. To neglect this aspect of one's personality is false humility and dangerously dishonest. I have never met an individual without a large variety of good points, so I think that every man should be fair and honest enough to really like himself. If a man can start out on this footing, he will see more easily that he is responsible to himself and to his higher power to put serious effort into improving himself and using his virtues so that he can continue to grow as a productive human being. If he can see only his negative points, then it is far more likely that he will merely give up in despair.

I drank because I didn't like myself and didn't believe that anyone else could like me. If I again come to a point where I don't like myself, then I'll probably drink again. This prediction doesn't mean that I have to be perfect; I like myself as a human being and I have yet to meet a human being who doesn't have shortcomings and make serious blunders occasionally. All that I have to do is put real effort into life and into doing all of the good that I can. Then I'll be able to like myself; then, with the help of God and AA, I'll stay sober.



ANNOUNCEMENTS

MEETINGS

MEETINGS

MEETINGS

NEW MEETINGS:

STEEL CITY - MONDAY-WEDNESDAY-FRIDAY
- 6:00 AM - Closed meeting - Bethlehem Steel,
Route 5, Woodlawn, NY.

PLEASE NOTE:

12th STEP LIST - The Treatment Facilities Committee is in need of volunteers to take treatment people to A.A. meetings. Any one interested contact Central Office 853-0388.

BEGINNINGS-WOMEN'S - MONDAY - 8:00 PM
- is updating their membership. Anyone interested in joining or remaining an active member - please inform the group.

CORRECTIONAL FACILITIES - The financial report as of December 25, 1991 reflects the desperate need for contributions from all local groups. In order to continue twelve step work at the prisons, the committee is requesting that groups make a special effort to send in additional donations.

FIRST THINGS FIRST SKI TEAM - every Friday night till March 6th - we go to the Life Today A.A. closed meeting, E. Aurora Christian Ch., Main & N. Grove at 7:30 PM - then meet after to downhill ski 10:00 PM - 1:00 AM at Kissing Bridge.

UNITED BROTHERHOOD - TUESDAY - 8:00 PM - is a closed Big Book Study group at the Gethsemane Lutheran Ch, 427 Goodyear (back entrance on Koons Ave.). Come join us!

MEETING CHANGES:

BEGINNINGS WOMEN'S - MONDAY - the last Monday of the month "open" meeting is also at 8:00 PM.

BLASDELL MONDAY NITE - 8:00 PM - closed meeting - needs support - Union Presbyterian Ch, 67 Lake Street, Blasdell NS

EAST SIDE - MON-FRI - 1:00 PM - now meets at 399 Genesee St, Bflo.

FORD - SUNDAY - 10:30 AM meets at the Village Town Hall, 6100 South Park Ave., Hamburg (side entrance, room 7) non-smoking.

CENTRAL COMMITTEE MEETING

SUNDAYS - FEBRUARY 2 and
MARCH 1, 7:00 PM. at 80
Goodrich Street behind Buf-
falo General.

REMEMBER
Everyone Welcome.



COMPLETE TRUST IN GOD BY ST. FRANCIS DESALES

Do not look forward to the trials and crosses of this life with dread and fear. Rather, look to them with full confidence that, as they arise, God, to whom you belong, will deliver you from them.

He has guided and guarded you thus far in life. Do you but hold fast to his dear hand, and he will lead you safely through all trials. Whenever you cannot stand, he will carry you lovingly in his arms.

Do not look forward to what may happen tomorrow. The same God who cares for you today will take good care of you tomorrow and everyday of your life. Either he will shield you from suffering or he will give you the unfailing strength to bear it.

Be at peace then and put aside all useless thoughts, vain dreads and anxious imaginations.

BY J. COUDERT

It is rewarding to find someone whom you like, but it is essential to like yourself. It is quickening to recognize that someone is good and decent human being, but it is indispensable to view yourself as acceptable. It is a delight to discover people who are worthy of respect and admiration and love, but it is vital to believe yourself deserving of these things. For you cannot live in someone else. You cannot find yourself in someone else. You cannot be given a life by someone else. Of all the people you will know in a lifetime, you are the only one you never leave nor lose. To the question of your life, you are the only answer. To the problems of your life, you are the only solution.

COMING EVENTS

FEBRUARY 1 - SATURDAY - ANY AGE - 8TH ANNUAL BLIZZARD BALL - at St. Andrew's Donovan Center, Sheridan and Elmwood - doors open at 7:00 PM - guest speaker at 8:00 PM followed by food, with music and dancing from 9:00 PM - 1:00 AM - \$5.00 advance tickets from group members - tickets at the door \$6.00.

FEBRUARY 24 - MONDAY - BEGINNINGS-WOMEN'S - 6th ANNIVERSARY - 8:00 PM Speaker meeting - with a panel of speakers - desserts and coffee - St. Michael's Epis Church, 81 Burke Drive at Huntley (Kensington City Line)

FEBRUARY 25 - TUESDAY WOMEN'S DISCUSSION - 9th ANNIVERSARY - at 7:30 PM with speaker and pot luck - bring a dish if you wish - O.L.V. Hospital Conference Room, Melroy and Ridge Road.

FEBRUARY 26 - WEDNESDAY - ELLICOTT - 12th ANNIVERSARY - 8:00 PM with guest speaker - eating meeting - bring a dish to share! Jessie Nash Health Center, 608 William St., Buffalo.

FEBRUARY 29 - SATURDAY - TRI-COUNTY - 34th ANNIVERSARY - Speaker at 8:00 PM - eating at 9:00 PM - bring a dish if you wish - St. Joseph's Ch, East Main St., Gowanda, NY.

MARCH 6 - FRIDAY - HARMONY - 11th ANNIVERSARY - 10:00 AM - guest speaker, eating meeting - come one, come all! Evangelical Lutheran Ch, 987 Kensington, Buffalo.

MARCH 7 - SATURDAY - SATURDAY NITE DISC. - sponsoring a dance at Amvets Post #13, at 25 Review Place off Tonawanda St. - doors open 7:30 PM - speaker 8:00 PM-9:00 PM - music for all 9:00 PM - 1:00 AM with a buffet at 10:00 PM - door prizes, lots of fun. Donation \$6.00 single; \$11.00 couple

MARCH 11 - WEDNESDAY - WE ADMITTED - 4th ANNIVERSARY - 10:00 AM at the Broad Street Baptist Church, 116 Broad Street, Tonawanda - come join the fellowship!

MARCH 31 - TUESDAY - NEW ZION - 8th ANNIVERSARY - 8:00 PM also celebrating individual anniversaries with a special guest speaker - refreshments.

APRIL 3, 4, 5 - WESTERN NY GSA SPRING CONVENTION - "Secrets to Serenity" McKinley Park Inn, 3950 McKinley Pkwy., Blasdell, NY - send coffee donations to: A.A. Spring Convention-Coffee, P.O. Box 86, Amherst, NY 14226-0086

GRAPEVINE SHORTS

"I am only one, but I am one. I can't do everything, but I can do something. And what I can do is what I ought to do. And what I ought to do, by the grace of God, I shall do."

Feb., 1978.

"My sobriety is neither richer nor poorer, higher nor lower, faster nor slower, newer nor older than anyone else's. It is neither longer nor shorter, wider nor narrower, shakier nor surer, heavier nor lighter than the sobriety of others. My sobriety is mine. If yours is different, it is because you are different. My sobriety is physical, mental, and spiritual, and whatever my sobriety is, I am."

August, 1977.

"Oh do not pray for easy live; pray to be stronger men. Do not pray for tasks equal to your powers; pray for powers equal to your tasks. Then the doing of your work shall be no miracle but you shall be a miracle. Everyday you shall wonder at yourself, at the richness of life which has come to you by the grace of God."

Feb., 1960.

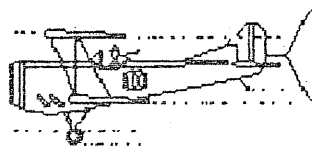
"Be master of your petty annoyances, and conserve your energies for the big, worthwhile things. It is not the mountain ahead that wears you out - it is the grain of sand in your shoe." April, 1970.

"There are so many ways to be a fool, no alcoholic can duck them all."
April, 1979.

Answers for 3 B.T.'s

- 1) Pg. 2, l. 11-15; 2) Pg. 5, l. 11-13;
- 3) Pg. 6, l. 29-32; 4) Pg. 9, l. 29-31;
- 5) Pg. 14, l. 23-27; 6) Pg. 15, l. 2-5;





Movin' On In Sobriety

SENECA 12&12

Sandy D. 3yr.
 Jack W. 2yr.
 Tim P. 2yr.
 Walter W. 1yr.
 Bernie K. 1yr.
 Kathy M. 9mo.
 Jim D. 3mo.

H.O.W.

Gidgett M. 9mo.
 Patty K. 9mo.
 Ronnie W. 9mo.
 Luca F. 6mo.
 Mark I. 6mo.
 Darryl K. 6mo.
 Kevin R. 6mo.

IRONHORSE

Dee R. 13yr.
 Joe L. 12yr.
 Bernie K. 1yr.
 Deirdre McM. 6mo.

WE ADMITTED

Mel B. 5yr.
 Tom M. 4yr.
 John B. 4yr.
 Bill b. 3mo.

THURSDAY NITE

BIDWELL

Robert D. 3yr.
 David H. 3yr.
 Tom M. 2yr.
 Elizabeth F. 1yr.
 Mike W. 1yr.
 Phillip G. 9mo.
 David G. 9mo.
 Perry c. 6mo.

CHAPTER NINE

Gary H. 10yr.
 Phil J. 7yr.
 Bob K. 5yr.
 Karen M. 5yr.
 Mark P. 4yr.
 Tom McM. 3yr.
 Phil O. 3yr.
 Stephen 1yr.
 Mike D. 1yr.
 Tom W. 1yr.
 Dave N. 6mo.
 Don G. 6mo.
 Jim B. 6mo.

WHY

Alan Z. 9yr.
 Gerry P. 7yr.
 Mark P. 4yr.

NEW ZION

Sheryl B. 9yr.
 Michael B. 5yr.
 Frank C. 3yr.
 Nathan K. 2yr.
 Donald S. 2yr.
 Doug d. 2yr.
 Elizabeth F. 1yr.
 Bridgid F. 1yr.
 Amy K. 1yr.

AMHERST/SNYDER

Wesley McC 23yr.
 Dick M. 20yr.
 Sue V. 10yr.
 Jim S. 8yr.
 Dan M. 7yr.
 Gail M. 7yr.
 Jim C. 7yr.
 Bill S. 2yr.
 Michael R. 2yr.
 Glenn H. 2yr.
 Sharon F. 2yr.
 Frank K. 1yr.
 Dawn W. 9mo.
 Gretchen F. 9mo.
 John D. 9mo.
 Beth D. 9mo.
 Dave C. 9mo.
 James B. 9mo.
 Greg K. 6mo.
 Nancy P. 6mo.
 Bob B. 6mo.
 Gary S. 6mo.
 Artie G. 6mo.
 Paul B. 6mo.
 Michele S. 3mo.
 John S. 3mo.
 Greg B. 3mo.

WE CARE

Dolores K. 10yr.
 Arlene N. 3 yr.
 Sheila D. 2yr.
 Steven R P 3mo.

LOVEJOY

Mark D. 5yr.
 Art M. 3yr.
 Jeff W. 3yr.
 Ben T. 3yr.
 Mark K. 1yr.
 Scott B. 6mo.

KENMORE

Gary H. 10yr.
 Mark P. 4yr.
 Tom M. 4yr.
 Ken D. 9mo.
 Christian G. 9mo.
 Mark G. 9mo.
 Chris D. 6mo.

SHERIDAN HONESTY

James DiB. 9yr.
 Lawrence P. 5yr.
 Richard G. 4yr.
 Thomas McM. 4yr.
 Ronald S. 3yr.
 Tom M. 3yr.
 James B. 6mo.
 Frank R. 6mo.

CORNPLANTERS

David D. 12yr.
 Richard R. 8yr.

EYEOPENER

Bob K. 9yr.
 Jim S. 8yr.
 Liz O. 4yr.
 Sue C. 2yr.
 Gene B. 2yr.
 Richard B. 2yr.
 Carol P. 1yr.
 Frank K. 1yr.
 Jacquie P. 1yr.
 Paul P. 1yr.
 Beth D. 9mo.
 Pat. 9mo.
 Peter K. 9mo.
 Helen Z. 9mo.
 Dan V. 9mo.
 Rick K. 9mo.
 Leslie K. 9mo.
 Randy M. 6mo.
 Marty D. 6mo.
 Tom W. 6mo.
 Mike A. 6mo.
 Vivian S. 6mo.
 Dave G. 6mo.
 Don S. 3mo.
 Ron C. 3mo.
 Leo 3mo.
 Barbara H. 3mo.

NORTH BUFFALO

Wesley K. 12yr.
 John P. 12yr.
 Frank C. 8yr.
 Mike McC. 6yr.
 Paul H. 6yr.
 Dan O'M. 4yr.
 Shannon H. 3yr.
 Lyn T. 3yr.
 Jim C. 3yr.
 Dwight D. 3yr.
 Dennis McC. 3yr.
 Walter W. 1yr.
 Mike A. 6mo.
 Julie W. 6mo.
 Roslyn S. 3mo.

JUST FOR TODAY

COLD SPRING

Early D. 23yr.
 Cecil M. 14yr.
 Pete A. 7yr.
 Vera T. 3yr.
 Kevin D. 9mo.
 Althea M. 9mo.
 Tracy R. 6mo.
 Patricia K. 3mo.
 Daryll V. 3mo.
 Clarence B. 3mo.
 Jerry M. 3mo.

HAPPY HOUR

Sherry H. 14yr.
 Oliver H. 5yr.
 Kim M. 3yr.
 Ava B. 2yr.
 James M. 2yr.
 Carl T. 2yr.
 Irine P. 2yr.
 Mary Ann B. 2yr.
 Mary M. 2yr.
 Jace W. 1yr.
 Boykin D. 1yr.
 Edward K. 1yr.
 Bernice R. 1yr.
 Jackie T. 6mo.
 Chris M. 6mo.
 Louis R. 6mo.
 Shirley J. 6mo.
 Chris R. 6mo.
 Kevin P. 6mo.
 Donald S. 6mo.
 Cleveland H. 6mo.
 John H. 6mo.
 Cynthia W. 3mo.
 Willie P. 3mo.
 Dave V. 3mo.
 Art S. 3mo.

WOMEN'S

WESTSIDE DISCUSSION

Sandy H. 5yr.
 Mary B. 5yr.
 Paula W. 4yr.
 Sandra D. 3yr.
 Kimberly H. 3yr.
 Beth B. 3yr.
 Karen Z. 3yr.
 Beth M. 3yr.
 Elizabeth L. 2yr.
 Brittany B. 2yr.
 Honnor C. 2yr.
 Judith H. 2yr.
 Judy W. 1yr.
 Gilda R. 9mo.
 Cheryl S. 9mo.
 Michele B. 3mo.

NORTH JAVA

Mike C. 3yr.

KEEP IT SIMPLE

My name is Tom, and I am an alcoholic. I'd like to share some of my experience on "keep it simple" with you today.

My initial contact with Alcoholics Anonymous was in a clinic in Ohio where I was getting treatment for my chronic pain (caused by accidents and injuries) and also for my alcoholism. I met a man named Jim K. at this clinic. He said that he keeps coming back to the clinic to "carry the message" to others, just like others had carried it to him. Boy this man could talk. I still can see his flushed Irish face beaming with hope and intensity as he paced the floor, in that room, telling us how his "personality had changed" since through the "Grace of God" and the "Fellowship of A.A.", he was able to "stay stopped" and begin his recovery from his "disease."

All of this was new to me and I didn't hesitate too long to tell Jim K. that I could not understand what he was saying. He used to tell me: "Tom, all you need to do is this: don't drink; go to meetings; you'll be contacted." He also added: "keep it simple, kiddo." I'd get frustrated and sometimes mad because I couldn't comprehend what I had to "keep simple" or what this "contact" meant. Jim K. was loving. He understood my anger. He didn't say that I shouldn't be mad, or that I was supposed to know this stuff, or that I was lacking or inadequate. He reminded me that "recovery" takes time, and that the clinic, its doctors, and its staff had my health interest in mind. He said that it was up to me regarding taking any of his "suggestions" on simplicity or "contact." He asked me to look at the "disease" called alcoholism and to look at how it effected my life. He asked me to talk to, and to make inquiries to the A.A.'s from the community that came to the clinic 7 days a week to "carry the message."

When I returned home, back to Buffalo, and started my "program" of recovery, Jim K.'s words had taken root in my mind. I would yearn to hear his soft melodious voice, laced with that Irish brogue, delivered through that flushed face, intense with the true nature of recovery. I'd sit in my chair, reading The Book, thinking about what it is that I should "keep simple." I pondered this alleged "contact." With all of my health, living, and other problems, and with the uncertainty that I faced, along with the guilt, shame, fear and isolation feelings and the "disease" still haunting me, I kept thinking about what Jim K. had said.

At the 2 month point, in my "recovery" my wife came to me one day and asked what I was doing. I replied "recovering from alcoholism." She asked how long I would remain in "that chair." We started fooling around, in a playful mood. It was the first

She then said "No, really Tom, how long do you figure that it takes?" I didn't know, at that time, what to say. I had reached the point where I'd seen my entire life before my eyes, while sitting in that chair, those first 2 months of "recovery", while I waited for "contact" and tried to figure out what I was supposed to "keep simple." But finally my answer came, through all of that pondering.

I didn't have a "spiritual awakening" all in one flash. Mine was/is of the "educational variety" (Alcoholics Anonymous p. 569). I realized that I was running an entertainment production company (in my mind) to deny my true self, thus keeping it complicated. I was cut off from my inner self. The action that I took/take to correct this defect is outlined in our book Alcoholics Anonymous, and is no different from what is suggested therein. Many people before me came to the same realizations that I have, hence gaining "contact" and learning to "keep it simple". Thus, we have a 12 Step program, its meetings, and the Book, that shows us how to recovery. God as I understand Him gave me those first two months to contemplate what it was that I needed to "keep it simple." He also gave me the courage to still my mind enough to "see" what "simple" means.

Treatment for my alcoholism is not ordinary. People take quick fixes when they problem solve. They don't go out of their way to make an amend, to help the other guy, or to establish and maintain "contact" with God as they understand Him, Her, or It. The discipline required for me to "keep it simple" is great. I can't send out for it, nor mail away for it, or get someone else to prescribe it for me. Like most of recovery, thus far for me, in the physical plane at least, keeping it simple is a skill. First I must learn it, then I must practice it in order to strengthen it. This "simple" (uncomplicated) and "contact" business ties into my 11th Step. Silence and contemplation is where I get my vitality to "keep it simple."

Now all of this stemmed from a flushed, Irish, sober face telling me: "Don't drink; go to meetings; you'll be contacted", and to "keep it simple, kiddo." If it had been any other way for me, it probably would not have worked. Life is exactly the way that it is supposed to be. In all the turmoil that I was in, at the time, keeping it "simple" and figuring out what "contact" meant but I don't always remember. I think that I'll keep on coming back to learn more about people and to strengthen my relationship with God. Thanks for letting me share today.

AA CENTRAL OFFICE

845 Ellicott Square Bldg
295 Main Street
Buffalo, New York 14203

(716)853-0388

Executive Secretary - Delphine H.
Clerical - Mary Ellen S.

CENTRAL COMMITTEE

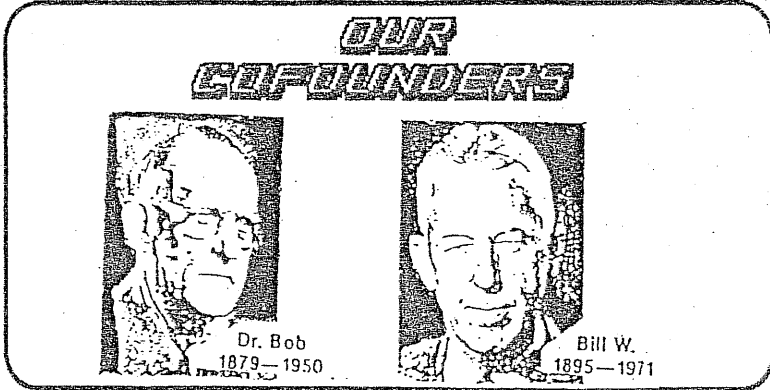
Chairman - Jack C.
Recording Secretary - James W.
Financial Secretary - Larry B.

SUB-COMMITTEES OF THE CENTRAL COMMITTEE

Correctional Facilities - Toni H.
Treatment Facilities - Dave
Buffalo Fall Convention - Elizabeth G.
Screeners - Norma F.
New Frontiers - Larry B.
Editorial - Helen S.
Envelope System - Burr E.

STEERING COMMITTEE

District 1 - Central Buffalo:	Sandy H.
2 - Northwest Buffalo	Bryan Mck.
3 - South Buffalo:	Shawn C.
4 - Southtowns:	Scott T.
5 - Northern Tier:	Marion G.
6 - Southern Tier:	Mike B.
7 - Northeast Buffalo:	Kevin C.
8 - Eastern Tier:	Bill M.



Central Committee meets on the first Sunday of every month at 7:00 PM at the COMMUNITY HEALTH CENTER, 80 Goodrich Street (behind Buffalo General Hospital).
OPEN TO ALL AA MEMBERS.

AA MEMBERS are encouraged to share the fellowship by volunteering for any of these committees. Call the Central Office at 853-0388

REMEMBER: WE ARE RESPONSIBLE.

WESTERN NEW YORK GENERAL SERVICE meets Sundays of February, March, May, June, August, September, October and November. For place of meeting refer to meeting schedule.

EVERYONE IS WELCOME TO ATTEND THE GSA MEETINGS.



The NEW FRONTIERS is your AA newsletter. Our purpose is to present personal stories and subjects directly related to the recovery from alcoholism. For inclusion in the next issue, material must reach the Central Office by **February 15th** for inclusion in the **March** issue. Your artwork, poems, articles etc. are also welcome.
NEXT MONTH'S THEME : "Surrender"

The NEW FRONTIERS will be mailed to you monthly for a yearly cost of \$7.00. To subscribe EITHER 1) call the Central Office at 853-0388 OR 2) fill out this form (please print). Make checks or money orders payable in American funds to Alcoholics Anonymous and send to the Central Office.:

c/o NEW FRONTIERS
845 Ellicott Square Bldg.
295 Main Street
Buffalo, NY 14203-2412.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CENTRAL COMMITTEE

FEBRUARY 2, 1992

The meeting was opened at 7:06 pm with a moment of silence, followed by the Serenity Prayer. The Pre-amble, Purpose of the Central Committee were read. It was moved by Bernie A. and seconded by Pat M. to dispense with the reading of minutes from last months meeting.

48 GROUPS WERE REPRESENTED:

DISTRICT #1 - Chevy #1, Kenmore, Living Sober, Why. DISTRICT #2 - Bidwell, Delaware Discussion, Happy Hour, Live & Let Live, New Westside, New Zion, Open Mind, Remember When, Rush Hall, Sharing and Caring, Sunday Nitters, Sunrise Court, Positively Sober. DISTRICT #3 - Casting, Ellicott, Father Baker, Honest Desire, Inner City, Iron Horse, Lovejoy, Pass It On, Perry Disc., Security, Seneca 12&12, South Buffalo, South Gate, Urban. DISTRICT #4 - Lake Shore, The Way, Trinity Mon. Night. DISTRICT #5 - Morning After, Sixth Step, Twin Cities. DISTRICT #6 - North Java Sunday, North Java Monday. DISTRICT #7 - Cold Springs, Faith and Actions, Feelings, Harmony, North Buffalo, Stay Clean, United Brotherhood. DISTRICT #8 - Attitude Adjustment, Inspiration, Sun. Morn. Bkfst., Williamsville.

COMMITTEE REPORTS

ENVELOPE SYSTEM - Burr E.

	1990	1991	CHANGE	% OF CHG.
Jan. receipts	\$1,661.00	\$1,758.00	\$97.00	5.83 INCR.
YEAR TO DATE	\$1,661.00	\$1,758.00	\$97.00	5.83 INCR.

STEERING COMMITTEE MINUTES 1/28/92 - Delphine H.

Bill M. opened the meeting at 6:00 pm with the Serenity Prayer. Others present were Delphine H., John B., and Kevin C., with invited participants Ralph K. and Margaret H.. The minutes were read and a motion to accept them was made and seconded. Motion carried. OLD BUSINESS - The committee reviewed the final statement of the '91 Fall Convention. There was discussion on the number of people who paid to attend. The general conclusion of the discussion was that better records must be kept by every committee head, but especially those who handle monies. All bank deposits need to have a break down as to where the money came from, e.g., so much for hospitality, what is just registration, what is banquet and registration, etc.. It was felt that literature money should be kept totally separate. The final statement was accepted as corrected. Copiers are still being reviewed! Companies have been bringing in demonstration models for the office to use for approval. The cost proposals are consistent in the \$7,000.00 to \$8,000.00 range for a copier with options for our needs. NEW BUSINESS - District #4 - Southtowns - Scott T's. term is up in April. Letters will go out to groups in the district for nominations on March 1st.. New Schedules were discussed. First of all, no matter what format is decided upon the cost has gone up! There was an extensive discussion on the format and who will do the

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ENVELOPE SYSTEM REPORT TO CENTRAL COMMITTEE

	Burr E.			
	1990	1991	CHANGE	PERCENT CHANGE
JAN. RECEIPTS	\$1661.00	\$1758.00	\$97.00	5.83 INCREASE
YEAR TO DATE	\$1661.00	\$1758.00	\$97.00	5.83 DECREASE INCREASE

COURTESY REPORTS

G.S.A. - General Services Assembly - Bill M.

G.S.A. Spring Convention, April 3rd., 4th., and 5th. McKinley Park Inn, Blasdell, New York. Coffee donations may be sent to A.A. Spring Convention - Coffee, P.O. box 86, Amherst, New York 14226. N.Y.S. Convention, July 17th., 18th., and 19th.. Albany Marriott, Albany, New York. Next G.S.A. - Full Assembly, Sunday, February 23 at 1:00 pm. Action Group, Orchard Park Municipal Bldg., Orchard Park, New York.

C.P.C. - Cooperation with the Professional Community - Mike B

Next meeting Feb. 5 at 7:00 pm, room Ellicott Square Bldg.. C.P.C. seminar WCA Hospital, March 25. Treatment Center Staff, Psychiatric Staff approx. 31 people. May, WCA Hospital, all Staff nurses. Letter out to certain school districts telling them about what is available from A.A. to their professional staff.

RE - CAP

STEERING COMMITTEE - Rick L. questioned the cost of the new schedule. Delphine H. answered, it will depend on what format we decide to take. Rick L. also questioned about whether the Central Office should incorporate and again Delphine H. answered in the affirmative. FALL CONVENTION - A representative asked if there was any seed money given for the Fall convention and Delphine H. answered, no the Convention Center did not require such a deposit. At this time it was brought to the floor a motion to recognize Jerome D. for his superb job as Treasurer for the Fall Convention. All present joined in giving a warm round of applause.

NEW BUSINESS - Rick L. of the Urban Group made a motion that Central Committee draft and endorse a letter to all treatment facilities, out patient after care centers, judges and courts, and any other type facility that sends people to meetings requiring the signing of slips of paper stating that they were in fact there, that A.A. in western New York will not sign any such slips of paper any more. The motion was seconded by Gene D. The motion was then opened to discussion from the floor: Elizabeth G stated that the group might want to use a stamp of the group that would require no name, Bernie A. maintained that group conscience should prevail, Kevin C. stated that it is very important that we continue to sign these little slips of paper, Sylvester McR. maintained that it is up to the group conscience, Tim M. stated that if it weren't for those little slips of paper, he would not be here, Mike B. urged that any group in the same situation should utilize C.P.C., Bill A. called for a vote. All in favor: 1, all opposed: the majority. Motion denied.

FINAL STATEMENT - 1991 BUFFALO A.A. 50th FALL CONVENTION					
INCOME:					
Contributions for hospitality (see other side)				2866.00	
Literature sales				1000.00	
Registrations and banquets:		560 registrations (paid for)			
		700 registrations and banquet		23794.00	
Total income					27660.00
EXPENSES:					
Room rental - Convention Center				3410.00	
Banquets (700 served and paid for)				8813.00	
Hospitality room expenses				1644.52	
Music				819.50	
Speaker travel expenses				1179.15	
Speaker/Committee hotel expenses				1798.61	
Printing				1029.00	
Gifts for speakers and committee				503.52	
Literature purchases				1000.00	
Bank charges				35.00	
Convention committee expenses				364.30	
Misc. Convention Charges -		Table covers/skirts		401.00	
		Novelty fee to have own coffee		225.00	
Post office box rental				48.50	
Postage				340.90	
Miscellaneous - 3 refunds @ \$26.00				78.00	
Total expenses					21690.00
Balance in M & T Bank for 1992 Convention					1000.00
Operating credit					4970.00
					27660.00
January 31, 1992					

Correctional Facilities Financial Statement - *484-185-4 January 25, 1992-February 25, 1992

				Accum. Totals
Amherst Snyder		15.00		30.00
Chapter IX		10.00		20.00
Chevy *1		60.00		60.00
Clarence Men's Disc. I				25.00
Clarence Men's Disc. II		50.00		50.00
Cornplanters Again		20.00		20.00
Courage		25.00		25.00
Delaware Disc.		20.00		20.00
Eternal Vigilance		50.00		50.00
H.A.N.D.		25.00		25.00
High View		15.00		15.00
Hill Billy		25.00		25.00
Honestly		10.00		20.00
Just for Today		5.00		5.00
Lakeshore				20.00
Morning After		5.00		10.00
New Life				5.00
North Buffalo		25.00		50.00
North Java				50.00
Pass It On				5.00
Rainbow		32.00		32.00
Seneca 12 & 12		10.00		10.00
Sheridan		10.00		20.00
South Buffalo		20.00		50.00
Step		20.00		20.00
Sunday Morning Breakfast				25.00
Sunday Niters				15.00
Tri-County		25.00		25.00
Twin Cities				100.00
Urban				20.00
We Admitted		5.00		10.00
We Care		10.00		20.00
Williamsville		10.00		20.00
Jane M. Bankers		10.00		20.00
		512.00		917.00
Expenses				
			Check No.	Amount
A.A. Central Office - Wende - Spanish books			1033	76.00
A.A. Central Office - Attica - books			1034	100.00
A.A. Central Office - Attica - books			1035	145.00
		Total expenses		321.00
RECAP				
Balance per checkbook 1/25/92			(75.58)	
Add receipts 1/25/92 - 2/25/92			512.00	436.42
Deduct expenses 1/25/92 -2/25/92				321.00
Balance per checkbook 2/25/92				115.42
Operating credit 2/25/92		191.00		

6GROUP			Cazenovia			Frontier		
1st Step			Central Park			Gah Nee Goin Geh		
1st Things 1st			Changing Times			Gardenville		
6th Step			Chapter IX	10.00	20.00	Gay, Lesbian, Sober & Proud		
11th Step			Cheektowaga			Giving		
A Day At A Time			Chevy *1			Golden Slipper		221.25
A Helping Hand			Clarence Men's Disc I		350.00	Good Life		
Abbott Mens Disc			Clarence Men's Disc II			Grand		
Acceptance	60.00	60.00	Cold Springs	25.00	25.00	Grand II Joy Of Living		
Achievement			Common Hour			Grateful		
Action			Common Problem			H.A.N.D.		60.00
Age Doesn't Matter			Community Center			H.O.W.	10.00	20.00
Albion			Cornplanters Again	70.00	70.00	Half & Half		
Alexander			Courage	25.00	25.00	Hamburg		
All Women			Daily Commitment			Hamburg Big Book		
Amherst Snyder	50.00	100.00	Delaware Discussion	70.00	70.00	Handicappers Sat. Nite		
Amherst Tree of Life			Derby	60.00	60.00	Happy Hour		
Amsdell Lakeshore			Desire	50.00	125.00	Harmony	10.00	20.00
Any Age			DeVeaux Discussion			High Noon (Gay)		
Arcade			Downtown Discussion			High View		
As Bill Sees It			Downtown Men's Disc			Hill Billy	130.00	130.00
Attitude Adjustment			Dunkirk			Honest Desire		
Attraction		100.00	Early Beginnings			Honesty	30.00	60.00
Awakening			Early Bird			Humbly Willing		
Beginner's Table			Early Start			Ignatia	10.00	10.00
Beginning in Sobriety I			East Amherst	100.00	100.00	Inner City		
Beginning in Sobriety II			East Aurora	40.00	80.00	Inspiration	5.25	5.25
Beginnings			East Side			Iron Horse		
Better Days			Easy Does It			IT		
Bidwell		160.00	Eden-North Collins		80.00	It's About Time		
Bidwell Monday Disc			Ellicott			Just for Today	5.00	5.00
Big Book			Ellicottville			Keep It Simple, Sister		
Big Book-Lockport			Emergency			Keep on Comin'	20.00	20.00
Big Book Study			Eternal Vigilance	250.00	250.00	Kenmore		
Blasdell			Everybody's			Kensington Disc		
Blasdell Monday Nite			Eye Opener		300.00	Ladies Night		
Blissfully Sober			Faith and Actions			Lakeshore		20.00
Boulevard Women's		30.00	Father Baker			Lakeview		
Brass	40.00	40.00	Feelings			Let Go & Let God		
Broadway-Bailey			Fireside	300.00	300.00	Le-w-port		
Brocton Discussion			Fireside P.M.			Liberty Women's		
But/Grace of God	10.00	10.00	Ford			Life Today		
By the Book-Batavia			Fredonia Bkft. Mtg			Lighten Up	60.00	160.00
By The Book-Buffalo			Fredonia Discussion			Live and Let Live (Gay)		
Came To Believe		21.05	Freedom	25.00	50.00	Living Sober	35.00	70.00
Campus-Buff State			Fresh Start			Lock City		
Casting			Friday Nite Discussion			Lockport *1		140.00
Cathedral Park	14.00	14.00	Friendly	80.00	80.00	Lockport Discussion		
Caz Manor		50.00	Friendship Fireside			Lockport Ladies		

Central Committee Acct-Financial Statement *504-771-7 January 25, 1992-February 25, 1992				
53 Groups contributed				2706.75
Joint Meeting (expenses \$13.35)				22.84
New Frontiers Subscription				70.00
Envelope System				317.00
Literature				4295.03
Miscellaneous:	Slings	20.00		20.00
1991 Fall Convention				50.00
Bank credit adjustment				10.00
			Total receipts	7491.62
DISBURSEMENTS				
	*10 Ellicott Square Court Corp. - rent			542.00
	Community Mental Health Center - CC mtg			35.00
	Pitney Bowes, Inc. - postage machine red ink rollers			55.90
	Buffalo News - monthly ads			294.00
	A.A. World Services, Inc. - books			1230.00
	Happy Spring Water			18.45
	M&T Bank-Federal Withholding Tax			927.20
	A.A. World Services, Inc. - books			1765.00
	Metrocomm - answering service			151.48
	A.A. World Service - Seminar - Mesa			20.00
	NY Telephone - monthly			129.23
	Salaries - Central Office			2179.56
	Petty Cash			50.00
	Bank charges			22.34
	NSF returned check charge			7.00
			Total disbursements	7427.16
Balance per checkbook 1/25/92			11981.22	
Add receipts 1/25/92 - 2/25/92			7491.62	19472.84
Deduct expenses 1/25/92 - 2/25/92				7427.16
Balance per checkbook 2/25/92				12045.68
Operating credit 2/25/92		64.46		
		M & T Time Deposit	9267.35	
		M&T Money Market	12708.26	
		M&T Checking Accounts	12045.68	
		Total Monetary Assets	34021.29	
		Projected Prudent Reserve	36000.00	
		Reserve debit	(1978.71)	

DISTRICT #2 BRYAN McK.
BUFFALO
NORTHWEST 8/92

ACCEPTANCE _____
AGE DOESN'T MATTER _____
ANY AGE _____
BIG BK STUDY TUES _____
BIG BK STUDY THUR _____
BRASS _____
BUT FOR THE GRACE OF GOD _____
BY THE BOOK-BFLO _____
CAMPUS-BFLO ST COL _____
CHAPTER IX _____
CHEVY #1 *Author* _____
EARLY BIRD _____
FREEDOM _____
FRONTIER _____
GRATEFUL _____
KEEP ON COMIN' *Samuel O'Fero* _____
KENMORE _____
LIBERTY WOMENS _____
LIVING SOBER *Paul Riff* _____
MIDNITE _____
MOD _____
NEW FRONTIER _____
NEW FRONTIER WOMENS _____
POSTIVELY LIVING II _____
PURPOSE _____
R. I. P. _____
RENAISSANCE I _____
RENAISSANCE II _____
SALVATION ARMY _____
SALLY _____
SAT EARLY BIRD _____
SAT NITE LIVE _____
SAT NIGHT OPEN DISC _____
SEARCHING FOR SERENITY _____
SERENITY _____
SURVIVORS _____
WELCOME _____
WE NEED YOU _____
WHY *Bat Towah* _____

DISTRICT #1
BUFFALO CENTRAL

SANDY H.
12/93

BEGINNERS TABLE _____
BEGINNING IN SOBRIETY II _____
BIDWELL Bob Wagner _____
BIDWELL MONDAY NITE _____
CAME TO BELIEVE _____
CATHEDRAL PARK _____
COMMON HOUR _____
COMMUNITY CENTER _____
CORNPLANTERS AGAIN _____
DAILY COMMITMENT _____
DELAWARE DISCUSSION Elizabeth Garnett _____
DOWNTOWN MENS DISC _____
EARLY START _____
EMERGENCY _____
FRESH START _____
GAY, LESBIAN, SOBER & PROUD _____
GIVING _____
HAPPY HOUR Sandy Hayes _____
HIGH NOON _____
HUMBLY WILLING _____
LIVE & LET LIVE Byron Fuller _____
MIRACLE _____
NEW AWAKENING _____
NEW WESTSIDE Dan Palazzo _____
NEW ZION Yvonne Duff _____
NITE PEOPLE _____
ONE DAY AT A TIME-ODAT _____
OPEN MIND Donald A. Rubin _____
POSITIVELY LIVING I _____
POSITIVELY LIVING III _____
REMEMBER WHEN Lynn Clegg _____
RUSH HALL Renee Drent _____
SECOND CHANCE _____
SHARING AND CARING Wm Robinson _____
SUNDAY NITERS Bruce Ellis _____
SUNRISE COURT Ken Morrison _____
WE CHOOSE LIFE _____
WESTMINSTER _____
WOMENS WESTSIDE DISC _____
WORKING _____
YOU'LL NEVER WALK ALONE _____
YOUNG, SOBER & FREE _____

POSITIVELY SOBER

[Handwritten signature]

DISTRICT #3
BUFFALO SOUTH

SHAWN C.
8/93

ABBOTT MENS DISC _____
AWAKENING _____
A HELPING HAND _____
BROADWAY BAILEY _____
CASTING Thomas Allen _____
CAZENOVIA _____
CAZ MANOR _____
EAST SIDE _____
ELLCOTT Ron Depina _____
FATHER BAKER Carl Cayan _____
GARDENVILLE _____
H.O.W. _____
HONEST DESIRE Bary Reis _____
IGNATIA _____
INNER CITY James M. Davis _____
IRON HORSE Joni Hufnagel _____
LOVEJOY Cyril Behringer _____
PASS IT ON James T _____
PERRY DISC P. Morkowski _____
RAINBOW _____
RIDGE _____
SECURITY James Bennett _____
SENECA 12&17 Jim Pecora _____
SOUTH BUFFALO Laurie Farrell _____
SOUTH GATE Tom Walsh _____
SOUTHTOWNS _____
SOUTHWESTERN _____
STEP _____
TUES WOMENS DISC _____
URBAN Rick Landonen _____
VALLEY _____
VICTORY _____
WE CARE _____
W. SENECA SAT NITE _____

DISTRICT #4 SCOTT TANNER
SOUTH TOWNS 4/92

- ACTION _____
- AMSDELL LAKESHORE _____
- AS BILL SEES IT _____
- ATTRACTION _____
- BLASDELL _____
- BLASDELL MONDAY NITE _____
- DERBY _____
- DESIRE _____
- EAST AURORA _____
- EDEN-N. COLLINS _____
- ETERNAL VIGILANCE _____
- FIRST THINGS FIRST _____
- FORD _____
- HAMBURG _____
- HAMBURG BIG BOOK _____
- HILL BILLY _____
- KEEP IT SIMPLE, SISTER _____
- LAKE SHORE *Lester J. Trappett* _____
- LAKE VIEW _____
- LIFE TODAY-EA _____
- MARILLA _____
- McKINLEY WINNERS _____
- ORCHARD PK STEP _____
- PATCHIN _____
- PROGRESS _____
- RAY OF HOPE _____
- ST. MARK'S _____
- SOBRIETY MENS DISC _____
- STEEL CITY _____
- THANKFUL _____
- THE WAY *George Frind* _____
- TUESDAY MENS DISC _____
- WILLING TO GROW _____

new group 1/92

Trinity Men Night *Darryl D. [unclear]*

DISTRICT #5
NORTHERN TIER

MARION G.
2/93

ALBION _____
BIG BOOK, LKPT _____
DEVEAUX _____
EARLY BEGINNING _____
FRIENDLY, LKPT _____
GOLDEN SLIPPER, LKPT _____
GOOD LIFE _____
GRAND _____
GRAND II-JOY OF LIVING _____
IT-CORFU _____
LEWPORT _____
LOCK CITY _____
LOCKPORT #1 _____
LOCKPORT DISC _____
LOCKPORT LADIES _____
LOCKVIEW _____
LOWER RIVER _____
MEDINA NEW LIFE _____
MORNING AFTER Tom McMillan _____
NIAGARA FRONTIER MENS _____
OPEN ARMS _____
PENDLETON-CHAPTER V _____
SERENDIPITY, ALBION _____
SOBER WINNERS, LKPT _____
SIXTH STEP Joseph L. Peeples _____
SOMERSET _____
TODAY, MEDINA _____
TURNING POINT _____
TWIN CITIES Rosmarie Capra _____
WE ADMITTED _____
WELCOME HOME, LKPT _____
WILSON _____
YOUNGSTOWN _____

DISTRICT #6 MIKE B.
SOUTHERN TIER 2/94

- A DAY AT A TIME _____
- ARCADE _____
- BETTER DAYS _____
- BLISSFULLY SOBER _____
- BROCTON _____
- DOWNTOWN DISC. -DUNKIRK _____
- DUNKIRK (MON. NIGHT) _____
- ELLCOTTVILLE _____
- EVERYBODYS' _____
- FREDONIA BKFST _____
- FREDONIA DISC _____
- FRIDAY NITE DISC _____
- FRIENDSHIP FIRESIDE WED _____
- FRIENDSHIP FIRESIDE SAT _____
- HALF&HALF _____
- IT'S ABOUT TIME _____
- LADIES NIGHT _____
- NORTH JAVA-SUNDAY _____
- NORTH JAVA-MONDAY _____
- PRIMARY PURPOSE _____
- SALAMANCA _____
- SALAMANCA FREEDOM _____
- SAT NITE ALIVE _____
- SILVER CREEK _____
- SOBER TRAIL _____
- SPRINGVILLE _____
- SPRINGVILLE-NO SMOKING _____
- S.S. SOBRIETY _____
- STEPPING STONES _____
- SUNDAY THIRD _____
- SWINGING DOOR _____
- TRI-COUNTY _____
- WE HAVE A DREAM _____
- WESTFIELD _____
- YOUTH GONE WILD _____

W E Barn *Worth Sam*

DISTRICT #7
BUFFALO
NORTHEAST

KEVIN C. *Kevin Cunningham*
4/93

ACHIEVEMENT _____
ALL WOMEN-ECMC _____
AMHERST SNYDER _____
BEGINNING IN SOBRIETY I _____
BEGINNINGS _____
BOULEVARD WOMENS _____
CENTRAL PARK _____
COLD SPRINGS *Les Johnson*
EASY DOES IT _____
FAITH AND ACTIONS *Steve Della*
FIRST STEP _____
FEELINGS *Jim Woodhead*
H. A. N. D. _____
HANDICAPPERS SAT NITE _____
HARMONY *Wm Robinson*
HIGH VIEW _____
HONESTY _____
KENSINGTON DISC _____
LET GO & LET GOD _____
MID-DAY _____
NORTH BUFFALO *Kevin Cunningham*
RUSH HOUR _____
SARATOGA _____
SHERIDAN _____
SPIRIT OF HOPE _____
STAY CLEAN *James Robinson*
SUBURBAN _____
S. U. N. Y. - AMH CAMPUS _____
UNITED BROTHERHOOD *Alvin McPhee*
UNIVERSITY MENS _____
VETERANS _____
V. I. P. _____
V. I. P. SUNDAY _____

DISTRICT #8 BILL M
EASTERN TIER 12/92

11TH STEP _____
ALEXANDER _____
AMH-A TREE OF LIFE _____
ATTITUDE ADJUSTMENT BILL MOELLER
BY THE BOOK-BATAVIA _____
CHANGING TIMES _____
CHEEKTOWAGA _____
CLARENCE MENS DISC-WED _____
CLARENCE MENS DISC-FRI _____
COMMON PROBLEM _____
COURAGE _____
EAST AMHERST _____
EYE OPENER _____
FIRESIDE _____
FIRESIDE P.M. _____
GAH NEE GOIN GEH-OF THE MIND _____
INSPIRATION Regina Nowak
JUST FOR TODAY _____
LIGHTEN UP _____
MATT TALBOT _____
MERCY _____
NEVER TOO LATE _____
NEW BEGINNINGS _____
NEW FREEDOM _____
NEW LIFE _____
OPPORTUNITY-BATAVIA _____
RENEWAL _____
SUN MORN BKFST Sandy Kopan
ST. BARNABAS-AKRON _____
T.G.I.F. _____
THRUWAY _____
THUR AFT DISC _____
T'n'T _____
UNITY _____
WE ARE NOT SAINTS _____
WILLIAMSVILLE Angie Hayward

STEERING COMMITTEE MINUTES 1/28/92 Delphine H.

Bill M. opened the meeting at 6:00PM with the Serenity Prayer. Others present were Delphine H., John B., and Kevin C., with invited Participants Ralph K. and Margaret H. The minutes were read and a motion to accept them was made and seconded. Motion Carried.

OLD BUSINESS: The Committee reviewed the final statement of the '91 Fall convention. There was a discussion on the number of people who paid to attend. The general conclusion of the discussion was that better records must be kept by every Committee Head, but especially those who handle monies. All bank deposits need to have a break down as to where the money come from. e.g. so much for hospitality, what is just registration, what is banquet and registration, etc. It was felt that literature money should be kept totally separate. Final Statement was accepted as corrected. Copiers are still being reviewed. Companies have been bringing in demo models for the office to use for approval. The cost proposals are consistant in the \$7000 to \$8000 range for a copier with our needs.

NEW BUSINESS: District #4 - Southtowns - Scott T.'s term is up in April. Letters will go out to groups in the district for nominations on March 1st. New schedules were discussed. First of all, no matter what format is decided upon the cost has gone up. There was an extensive discussion on the format and who will do the printing. The office has approximately three months supply of '91 schedules with updated correction sheets. We discussed a possible committee being formed to do the research with the final decision left to Central Committee.

Brad B., the Archivist from GSA, has requested that we store the materials at the Central Office. It was suggested to approach the management of the Ellicott Square Bldg. with the proposal that if any one wishes our present space we would be willing to move to larger quarters, perhaps with a special room for the archives.

There has been a need to incorporate. We have a program lawyer and an individual who is experienced in doing the paper work for such an endeavor working on this. We will give more information to Central Committee as we receive it.

The meeting was closed with the Lord's Prayer at 7:00PM.

CENTRAL OFFICE:

Delphine H.

A.A. INFORMATION	713		
PIC	3	12 STEP	6
CPC	1	LITERATURE REQUESTS	73
AL-ANON	44	REFERRAL TO OTHER AGENCIES	39
ALATEEN	4	REFERRAL FROM OTHER AGENCIES	10
ACOA	15	CENTRAL OFFICE	
METROCOMM SERVICE GROUP		OUTGOING CALLS	136
INCOMING CALLS	505	OUTGOING MAIL	\$254.20
OUTGOING CALLS	52	VISITORS	176

*Reports
for Delphine*