

# NEW FRONTIERS

February 2005

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

## THE MAYONNAISE JAR AND COFFEE

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar ... and the coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things-your-God, family, your children, your health, your friends, and your favorite passions/things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else - the small stuff.

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your wife/husband/kids out to dinner. Maybe even play another 18. There's always time to clean the house and fix the disposal. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Submitted by Jim F. ~ Holland Group

## **Step Two ~ Came to believe that a Power greater than ourselves could restore us to sanity.**

After admitting I was an alcoholic, I found I had to believe that a power greater than myself could restore me to sanity. Having been brought up believing in God, you would think that this would be easy, but I had a hard time bringing God from the past and into my life today. While attending AA meetings I found that the members of this fellowship had the spirituality I wanted so desperately. I knew that something greater than me took away my desire to drink and started working on the concept of a higher power. I started to pray; concentrating on the words I was saying and started to feel a sense of peace and serenity.

I began reading spiritual literature and listening to AA members who I felt possessed the greater spirituality. Every day I ask for God's will to live according to His plan for me and receive the greatest reward when I am able to help others.

Linda, Riverhead ~ taken from Suffolk Intergroup Association *Bulletin* March 2004

"I did not know then that if you want to *Get Ahead* with any degree of peace, you must first learn to *Stay Here*. ... It takes humility to ask, patience to wait for the answer, and faith that the answer will come. These, it strikes me, are hardly bulldozer virtues."

© 1973, *Came to Believe...* page 114

When we saw others solve their problems by a simple reliance upon The Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did.

The Wright Brothers' almost childish faith that they could build a machine which would fly was the mainspring of their accomplishment. Without that, nothing could have happened. We agnostics and atheists were sticking to the idea that self-sufficiency would solve our problems. When others showed us that "God-sufficiency" worked with them, we began to feel like those who had insisted the Wrights would never fly.

We were seeing another kind of flight, a spiritual liberation from this world, people who rose above their problems.

Alcoholics Anonymous pg. 52-53, 55

When we became alcoholics, crushed by self-imposed crisis we could not postpone or evade, we had to fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't.

Alcoholics Anonymous ~ page 53

**Tradition Two ~ For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

When I was about a year and a half sober, I got a new sponsor. At her suggestion, I joined a new homegroup, where she also belonged. The day I joined the group was the day of their monthly business meeting. It was a new experience for me. I had been to one "business meeting" of the home group I previously belonged to. That one took about five minutes and its purpose was to decide what to do with our extra money (more donuts!). This new group was nothing like that. The business meeting lasted well over an hour and all areas of AA's service structure were discussed. Reports were given on treatment, corrections, public information, and issues at both the local and surrounding area. New positions were given out and discussions on the meeting format took place. I was amazed and fascinated by what was taking place in front of me, especially by the actions of one man in the group.

This man was very well known and respected in AA. I had seen him at many meetings. I knew his name, but was sure that he did not mine. When he spoke at meetings, his voice was loud and clear. His message carried across the room easily, because everyone stopped talking when he spoke. When he walked to or from his seat in a meeting, one of two things always happened - either the path around him quickly cleared out, or a circle of people would form around him. His sponsee lineage ran far and wide throughout the area, the state, and even the country.

This man was a member of the home group I now belonged to, a founding member to be exact. The night of the business meeting, he sat at the head of the table, looking very much in charge. As I waited for him to bang a gavel and govern the group conscience, something quite opposite happened. There was no one person calling the shots. Everyone was given the opportunity to speak, no matter how long they had been sober or how long they had been a member at the home group. No one told anyone else what to do. When a motion was made to change something at the home group, it did not automatically have to pass that night. Things were taken home to be prayed and meditated about. That man with such great sobriety did not tell us what to do or how it must be done. His opinion and experience were greatly valued and trusted, but he was not in charge. A loving God was.

As I stayed on at that home group and attended many more business meetings, I saw that first business meeting repeat itself many more times. When we let God be in charge, things go the way they were meant to.

By Melissa M., Three Legacies Group

Where does AA get its direction? Who runs it? ... the group has a so-called rotating committee, very sharply limited in its authority. In no sense whatever can its members govern or direct the group. They are servants. ... The committee gives no spiritual advice, judges no one's conduct, issues no orders. Theirs (elder statesmen) is the quite opinion, the sure knowledge and humble example that resolve a crisis. When sorely perplexed, the group inevitably turns to them for advice. They become the voice of the group conscience; ... They do not drive by mandate; they lead by example. This is the experience which has led us to the conclusion that our group conscience, well-advised by its elders, will be in the long run wiser than any single leader.

# Thanks

I want to take this opportunity to wholeheartedly thank the Buffalo Central Office Committee Group Representatives that nominated and voted me in as Recording Secretary for the Year of 2004. I took on the position, knowing that I had some experience as a note taker and that I would like to extend my service to AA, as I was a Group Representative at the time. The year has flown by and now it is over.

To all the Committee Representatives, I would personally like to thank you; you made my position very easy when you gave me your written reports of the meeting. I edited only a few when it came to misspelling, but otherwise I typed exactly what you reported. You did a marvelous job and keep up the great work you are doing in service.

Mine has been a wonderful experience and I look forward to the next meeting January 2, 2005 when I take my own personal notes to report back to my Home group as a Representative.

For all the members of Alcoholic Anonymous that are not in Service, there are so many opportunities in the fellowship for Service and **you are needed in every aspect of AA.** Group Representative, Treatment Facility, Corrections, Archives, and Fall Convention, to mention a few. Personal donations for Central Office can be made through The Envelope System and of course, sending in articles to the New Frontier. It has been a wondrous experience for me and I am glad that I did take the leap of faith and did it because in order to keep it, I have to give it away.

Kim E. Southtown CO Group Representative

*New Frontiers* Committee apologizes to Kim for not getting her article in last month as scheduled.

## I May Never See Tomorrow

I may never see tomorrow  
There's no written guarantee  
And things that happened yesterday  
Belong to history.

I cannot predict the future  
I cannot change the past  
I have just the present moment  
I must treat it as my last.

I must use the moment wisely  
For it soon will pass away  
And be lost to me forever  
As part of yesterday.

I must exercise compassion  
Help the fallen to their feet  
Be a friend unto the friendless  
Make an empty life complete.

The unkind things I do today  
May never be undone,  
Any friendships that I fail to win  
May nevermore be won.

I may not have another chance  
On bended knee to pray,  
And I thank God with humble heart

For giving me this day.

Author unknown!  
Submitted by O2 Tom ~ Victory Group

## 36 Principles

I am going to try to put into words some of the gifts this program and you have given me. When I first came to AA and admitted my powerlessness I never expected these gifts. People I didn't know welcomed me in and showed me thru example a new freedom and happiness. Slowly I came to believe in a power greater than myself. Much of what I say is shaped by those that have gone before and my fervent hope that AA be here for those yet to come. My survival hinges on my ability to turn my will and my life over to a Creator who has given me 36 principles to live by.

When my sponsor Bob S. asked me if I would be willing to go to any length, I didn't have a clue where it would take me but I am grateful I was/am willing. Some days I stumble and fall on this great journey and my defects of character rear their ugly heads. Thru some of that stumbling I have learned humility in watching such things as the informed group conscience and our ability to disagree yet still come to a consensus. There is always work and more work to be done for I cannot grow in the spirit today on yesterday's works. I used to blame everything and everyone for my troubles. That sponsor showed me where to put the blame and what to do about it (steps 4 thru 9).

Given a tiny glimpse of the power of this program that stretches from that person waiting outside your meeting to show the hand of AA, to a member traveling by dog-sled to carry the message in the frozen north. I have been given courage to try and do what is right and do it unselfishly as I trudge with others on the great road of happy destiny. You have been my teachers and mentors that have shown me thru love and tolerance what AA is all about. By trying to carry this message God constantly does for me what I cannot do for myself, this is the great fact for me today.

I was attracted by the genuine warmth and honesty shown in the rooms of AA and the fact no one told me what I "must" do. Today I try to give that same warmth and honesty to all that I meet for it is not my job to judge or criticize; my primary purpose is to stay sober and carry the message. It is tough sometimes to not "add" or "subtract" from the message. Believe it or not I do have opinions but they have no place if they detract from the message of one alcoholic talking to another. We don't do this alone; there are hundreds of thousands of groups, committees and millions of members around the globe with that same primary purpose that unifies us all.

My world is a lot different because 2 men met in 1935 in order to stay sober. It is my duty and my privilege to do the same and give it freely as it was given me. I know that I will never be alone again with the despair of alcoholism as long as I am willing to practice these principles in all my affairs. A past I was once ashamed of has become an asset as I share my experience with people of all walks of life and watch with joy as they carry the message. I still, from time to time, have "economic insecurity" but I don't fear it anymore with faith that my higher power will provide what I need as long as I am willing to suit-up and show up. This applies in my commitments to AA, my personal life and my work.

You have given me a purpose that requires me to be better than what I am on my own. I hope I expressed some of my gratitude for these gifts you have given. If you can't see them in my words I hope I will show them in my actions as we trudge this great road of happy destiny. We all have one thing in common, our primary purpose – this along with our traditions unites us in our desire to keep AA alive and welcome all those who have a desire to stop drinking now and in the future. I now believe that those 12 steps, 12 traditions, and our 12 concepts are the real gift.

It was a hot summer morning in July. We were strolling through downtown Boston on a family vacation. Myself dressed like a successful European business tycoon, my wife was her usual elegant self and our two little blonde cup cake daughters. A far cry from the bedraggled drunk that had oozed into the 4 Aces Group a few years earlier. We were the picture of family success. As a drunk approached with his hand out for a few coins, my daughters hid behind their mothers legs. His black face had the reddest eyes I had ever seen, other than in my own mirror. Instead of the 50 cents he asked for I gave him \$5. He reached up and kissed me on the cheek... *A kiss is still a kiss!*

DB-- Regina, SK Canada

### from: "Acceptance Was the Answer"

"For years I was sure the worst thing that could happen to a nice guy like me would be that I would turn out to be an alcoholic. Today, I find it's the best thing that has ever happened to me. This proves I don't know what's good for me. And if I don't know what's good for me, then I don't know what's good or bad for you or for anyone. So I'm better off if I don't give advice, don't figure I know what's best, and just accept life on life's terms, as it is today -especially my own life, as it actually is. Before AA, I judged myself by my intentions, while the world was judging me by my actions."

© 2001, *Alcoholics Anonymous*, pages 417-418

### *Heard at a meeting:*

"Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be." Charles "Tremendous" Jones

If you truly do a Third Step and turn your will over to the care of God, take a Tenth Step each day to see how He's doing.

### *Rule 62*

Just when I was getting used to yesterday, along came today.

I was a Periodic Drinker. I drank, period.

If your life worked so well, what are you doing here now?

The best way to get even is to forget.

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## Share your Experience, Strength and Hope.

Please submit your articles by the 12<sup>th</sup> for next months issue.

Buffalo Central Office  
681 SENECA STREET  
BUILDING 1-H (LOWER)  
Buffalo, New York 14210

or

E-Mail address: [buffalooa@hotmail.com](mailto:buffalooa@hotmail.com)

*New Frontiers* committee meets the 3<sup>rd</sup> Thursday of every month - 7:00pm - St Michaels, corner of Warsaw & Electric in Lackawanna.

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 AA books and pamphlets are reprinted with permission of AA World Services, Inc. Articles reprinted with permission of AA Grapevine, Inc. Are subject to the GRAPEVINE copyright.)



## FEBRUARY ANNIVERSARIES

### Alexander

Tiffnay D. 2y

### Amherst/Snyder

Jen R. 2y

Ronald K. 2y

Donald S. 3y

Daniel K. 3y

Tim G. 3y

Lyn H. 3y

Bill H. 4y

MaryLou C. 4y

Tom K. 4y

Mark L. 5y

Dave Z. 7y

Dave Z. 7y

Gary P. 8y

James W. 8y

Neil S. 9y

Sharon L. 15y

Bob G. 16y

Dave H. 16y

Jim C. 20y

Jim S. 21y

Beverly B. 22y

### Cold Springs

Willie H. 26y

### Courage Group

Kathy W. 9m

Tom P. 1y

Ashley R. 1y

Julie S. 20y

Beverly K. 22y

Jane Marie B. 29y

### Ellicott

Robert R. 7y

### Fireside

Tom B. 12y

John R. 14y

George V. 17y

Jay R. 23y

### Fresh Start

Connie W. 6y

Tyron H. 13y

Peter A. 20y

### Gahada qoh

Patty R. 22y

### Giving

Jim M. 3m

George B. 3m

Mac M. 6m

### Ironhorse

Scott A. 3m

Mark W. 3m

Colleen M. 9m

Bill Mc 9m

Kimberly F. 2y

Jeff Z. 2y

Bruce B. 7y

Dick M. 15y

### Lakeshore

Mark S. 8y

### Living Clean

Diane W. 5y

### Lovejoy

Josh R. 3m

Ron L. 6m

Steve R. 6m

Mike L. 1y

Glenn B. 3y

### North Buffalo

Mel F. 3m

Jason P. 6m

Mike C. 6m

Keith C. 6m

Mark S. 6m

Dan P. 1y

Bob B. 1y

Terrance H. 2y

Peter N. 3y

Dave S. 5y

Dave S. 11y

Ed O. 11y

Walter W. 14y

Roger P. 16y

Rick L. 16y

### Rise & Shine

Tom H. 2y

James D. 3y

Renea P. 3y

Fred H. 3y

Melissa M. 4y

Ed B. 4y

Pat C. 9y

Celia D. 9y

Marvin B. 20y

### Southtowns

Justin K. 6m

Kim E. 4y

Kitty E. 23y

Bill D. 30y

### Spirit of Hope

Antwan D. 7y

### Sun. Morning

### Breakfast

Tim P/ 1y

Carol K. 5y

Liz O. 17y

Max W. 18y

### Thruway

Becky S. 6m

Elizabeth Z. 17y

Joyce T. 18y

Dan T. 21y

### Victory

Debi C. 5y

Dennis 11y

### Women's

### Westside

Jocelyn W. 6m

Carol P. 9m

Lonnie 9m

Donna F. 1y

Melissa B. 9y

Sue V. 23y

### GROUPS CELEBRATING

Love  
Thankful  
6th Step  
Lake Shore  
Harmony  
Common Problem  
Kensington  
Wednesday Women's  
Everybody's Group  
Clarence Men's Disc II  
Early Bird  
Wake-Up Call  
Daily Reflections  
By the Book  
How It Works  
Recovery Near  
The Gardens  
Tri County  
Handicappers  
Grateful

*have the anniversaries  
submitted by  
the 12th  
of the month  
previous*

**But for  
the  
Grace  
of God.**



saturday

friday

thursday

wednesday

tuesday

monday

sunday

12

LINCOLN'S BIRTHDAY

1937: Fitz M. and others bring AA to Washington, D.C., area.

11

1938: Clarence S. has his last drink.

10

1938: Twenty-two hours & Day by Richard W., the #2 best seller of the Book.

9

ASH WEDNESDAY  
20th Anniversary of the Big 5's Submitter.

1941: Bill W. Dr. Bob, and 6 other AAs ask 60 rich friends of John D. Rockefeller, Jr. for money at the Union Club, N.Y. They get \$2,000.

8

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7

STINKIN' THINKIN' leads to DRINKIN'

6 Central Committee Meeting, 7 pm  
Corrections Committee Meeting, 6:00 PM.

1937: Jim B. moves to Philadelphia and starts the first Philly AA group. His story, "The Vicious Cycle," is in the Big Book

19

1967: Father "John Doe", the first Catholic priest to join AA, dies.

18

1943: AAs are granted the right to use cars for 12th step work in emergency cases despite WWII gas rationing.

17 New Frontiers Committee, 7:00 PM. St. Michaels Parish Center, Lackawanna

16

1941: Baltimore Sunday Times reports city's first AA group began in 1940. This group had 3 members who had been sober for 1 year.

15

22 Kensington Discussion will be celebrating their 35th group Anniversary.

14

VALENTINE'S DAY  
1971: AA groups worldwide hold a memorial service for Bill W.

20

1937: Jim B. moves to Philadelphia and starts the first Philly AA group. His story, "The Vicious Cycle," is in the Big Book

26 Archives Committee Meeting, 9 am

1946: Pueblo, Colorado, now has a second group composed of alcoholic State Hospital patients.

25

One picture worth a thousand words

24

Miracle Group will be celebrating their 43rd group Anniversary. Food at 7:30 PM, "Old Timers" Panel at 8 PM. Has to be held on Friday and tomorrow are two days we need not worry about

23

1946: AA 7th Year Anniversary celebrated with new members since Marty has been there.

22

Kensington Discussion will be celebrating their 35th group Anniversary.

21 Treatment Facilities Committee, 6 PM

PRESIDENT'S DAY  
1939: 400 copies of the Big Book manuscript are sent to doctors, judges, psychiatrists, and others for comment. This was the "multifaceted" Big Book

20

1941: The Toledo Blade publishes the first of three articles on AA by Seymour Rothman.

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27

Carry the message—not the alcoholic.

26

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681 Seneca Street Lower  
Buffalo, New York 14210  
(716) 853-0388

\* OCCURRED SOME TIME DURING THE MONTH \*\* OCCURRED SOME TIME DURING THE YEAR



**BUFFALO CENTRAL OFFICE**  
**ALCOHOLICS ANONYMOUS**  
(716) 853-0388  
9:00 AM- 4:30 PM

681 SENECA STREET (Lower)  
BUFFALO, NEW YORK 14210  
Fax: 853-0389

Schedule on line at [ny-aa.org](http://ny-aa.org) [buffalooa@hotmail.com](mailto:buffalooa@hotmail.com)

## FEBRUARY 2005

### MEETING CHANGES:

CAZENOVIA GROUP has changed their meeting time from 8:30 Pm to 8:00 PM. Thursday. Harvest House, 1782 Seneca Street, South Buffalo.

Big Book Spiritual Studies group in Albion, Monday's has changed starting time to 7:30 PM. 1<sup>st</sup> Presbyterian Church, 20 East Street.

NEW MEETING, LIVING CLEAN, Sisters Hospital, Merillac Room, 1<sup>st</sup> Floor, 2157 Main St., Buffalo. Closed Meeting, 7 PM. Wednesday's.

CAYUGA WAKE UP CALL, Open Discussion, Tuesday & Thursday, 7:30 AM, Calvary Episcopal Church, 20 Milton Street, Williamsville.

### NEW MEETINGS AT CENTRAL OFFICE: 681 Seneca Street, Buffalo

- WE DON'T KNOW; Tuesday's & Thursday's at 12:15 PM.
- THURSDAY EVENING BIG BOOK, will start at 7:00 PM until 9:00 PM break in middle.

IS ANYONE INTERESTED IN RUNNING AN AFTER WORK MEETING (5:15??) AT THE CENTRAL OFFICE? IF INTERESTED GIVE TERRY A CALL!!!

### PLEASE NOTE:

- FYI, any and all events in our mailings must feature an A.A. meeting or workshop. Example: a speaker followed by a dinner or dance.

### Service Opportunities:

~ Jan.20, 64th Buffalo Fall Convention Meeting, Thursday, 7:00 PM @. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo. E-mail address

[2005BuffaloFallConvention@gmail.com](mailto:2005BuffaloFallConvention@gmail.com), Website(Still under construction) please send comments/suggestions): <http://mysite.verizon.net/vzeeivob/>

~ Feb. 6, Central Committee Meeting, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street (lower), (Hosted by Sunday Morning Breakfast).

~ Feb. 6, Corrections Committee Meeting, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).

- ~ Feb. 21, Treatment Facilities Committee, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Feb. 17, New Frontiers Committee, THURSDAY, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.
- ~ Feb. 26, Archives Committee Meeting, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).

### **COMING EVENTS:**

- ~ Feb. 22, Kensington Discussion will be celebrating their 35<sup>th</sup> group Anniversary. Speaker and pizza. Come help us celebrate. Cleveland Hill Lutheran Church @ 7:45 PM.
- ~ Feb. 24, Miracle Group will be celebrating their 43<sup>rd</sup> group Anniversary. Food at 7:30 Pm followed by an "Old -Timers" Panel at 8 PM. Trinity Parish Hall, 374 Delaware Ave, Buffalo. Please bring a dish, if you wish!!
- ~ April 22<sup>nd</sup>, Women's Spring Spiritual Weekend Retreat, Friday evening, through Sunday afternoon, April 24th at the St. Columban Center in Derby, Focus is on the 12 steps including speakers, groups, spiritual advisors, meditation, a healing service and lots of food, fun and sobriety. More info to follow. Contact person - Marilyn Schlehr 694-2805.

**2<sup>nd</sup> STEP:** "Came to believe that a power greater than ourselves could restore us to sanity."

**2<sup>nd</sup> TRADITION:** " For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

**2<sup>nd</sup> CONCEPT:** To insure effective leadership, we should endow each element of AA- the Conference, the General Service Board and its service corporations, staff, committees, and executives- with a traditional "Right of Decision."

**PLEASE SUPPORT THE ENVELOPE SYSTEM**

*... Yours in the Fellowship of the Spirit...*

*Terry Bateman... Executive Secretary*

## Buffalo Central Committee Minutes

### JANUARY 2, 2005

Gary J., Committee Chair opened the meeting at 7:00 PM, with a moment of silence, followed by the Serenity Prayer and the Preamble. Donna, from the Wehrle Group, read The Purpose of the Central Committee. Louise, from the Thruway Group, read the Traditions. Motion to dispense with the reading of last months' minutes, motion by Kim, from Southtowns, seconded by John C., Complanters Again Group. Motion passed.

Groups were represented: **District 1:** Complanters Again, Main and High, Sunday Nighters; **District 2:** Age Doesn't Matter, Three Legacies; **District 3:** Abbott Men's Discussion, Blasdell Monday Night, Courage, Father Baker, Rainbow, Southtowns, Sunday Morning Breakfast, Thruway, Victory. **District 4:** No representation. **District 5:** Big Book Lockport, Lockport 1. **District 6:** Amsdell Lakeshore, Gahada Gon, Serenity On The Lake. **District 7:** Fresh Start, Lovejoy, Spirit of Hope. **District 8:** Amherst Snyder, Wehrle, Williamsville.

### COMMITTEE REPORTS:

**ENVELOPE SYSTEM:** Report given by Executive Secretary, Terry B.: December 2004 \$382.00. Year to date: \$5634.00. Last year \$5537.00.

**STEERING COMMITTEE:** Report given by Bill O., District 3: Introduced new Steering Committee members. The Central Office answering service is going up \$10 per month which is still cheaper than previously used answering service. Liability Insurance is \$185. Terry will be on vacation from January 10th through January 14<sup>th</sup>. Volunteers to man the Central Office have been appointed during her absence. New schedules should be in the office by January 7, 2005 and the web schedule has been updated. The Steering Committee recommended that guidelines for groups listed in the Schedule Book be adopted in our operating procedures.

### FINANCIAL REPORT:

#### *Income*

November 2003	November 2004	Variance	% Change	YTD 2003	YTD 2004	Variance	% Change
Avg	Actual			Avg	Actual		
\$7,641.00	\$9,867.60	\$2,406.60	32.26%	\$82,071.00	\$86,241.51	\$4,143.51	5.05%

Narrative                      None

#### *Expenses*

November 2003	November 2004	Variance	% Change	YTD 2003	YTD 2004	Variance	% Change
Avg	Actual			Avg	Actual		
\$7,989.00	\$6,608.32	(\$1,380.68)	-17.28%	\$87,889.00	\$85,823.70	(\$2,065.30)	-2.41%

Narrative                      None

Thank you for allowing me to serve.

Respectfully;

Patti S., Going To Any Lengths Group

**TREATMENT:** Report given by Tom, Chairman. VAMC – Sunday, 3<sup>rd</sup> week, 7:00 PM, needs coverage. VAMC – Tuesday, 2<sup>nd</sup> week, 1:00 PM needs coverage. Salvation Army Monday, 5<sup>th</sup> week, 8:00 PM needs coverage. Dr. Blondell attended the TFC meeting to relate how he has stepped away from the 12<sup>th</sup> Step calls at ECMC that the TFC committee coordinated.

**CORRECTIONS:** No written report given.

**CENTRAL OFFICE:** AA Info: 261; 12-STEP: 3; ALANON: 6; VISITORS: 28; VOLUNTEERS: 7. Office is running well. Will be on vacation January 10<sup>th</sup> thru 14<sup>th</sup>. Volunteers have been set up to run the office. Received a notice that starting next month both the office and TFC answering service base rate will increase by \$10.00 per month, starting February 2005. **FOR GROUPS WITH INSURANCE ISSUES:** Our office insurance agent (Irv P.) has the price for group insurance down to \$185, call Irv P. at 505-2691 for more information. Signature changes have been made on our 3 main bank accounts. ~~The web schedule updates have been sent in, I'm expecting our 2005~~ schedules to arrive any time now.

Yours in the fellowship of the Spirit, Terry B.

**PIC:** No representative present

**NEW FRONTIERS:** Editor, Debbie C., asked for articles. Please share your experience, strength and hope with us. Stories about alcoholism and recovery needed.

**CONVENTION COMMITTEE:** Written report presented by Treasurer, Antwan D.

#### **COURTESY REPORTS:**

**ARCHIVES:** Frank M., Chair. Donations should be mailed to: AA Archives, 681 Seneca Street (Lower), Buffalo, NY 14210. The last display was at Cold Springs Group in December 2004.

**GSA:** No written report given.

**RECAP:** Kim, Southtowns Group, questioned Treatment, asked for time and day for Salvation Army Meeting. Donna, from Wehrle, questioned finances for Archives.

**OLD BUSINESS:** John H., Recording Secretary, motion to adopt new meeting schedule procedures, seconded by John C., Cornplanters Again. Motion passed, one opposed, one abstained.

**NEW BUSINESS:** John H., Recording Secretary tabled motion to appoint new TFC Chair. Kim, Southtowns, asked about Central Committee Representatives signing in for more than one group. Gary, Chair, stated that group representatives may sign in for multiple groups but may only cast one vote. Frank M., Archives Chair, questioned sobriety requirements for Steering Committee Representatives and alternates. **Article V, Section 1a:** "Qualifications for membership shall be that he or she be a member of Alcoholics Anonymous having a minimum of three (3) continuous years of sobriety preceding the date of election..." **Article V, Section 1d:** "When a member cannot attend the Steering committee meeting, a member should appoint an alternate representative who has at least three (3) years of continuous sobriety to represent him or her."

Motion to adjourn by John C., Cornplanters Again, seconded by Pat M., Rainbow. Meeting closed at 7:30 PM with The Lord's Prayer.

Minutes respectfully submitted by:

Recording Secretary, John H., Sunday Morning Breakfast.

Income Statement	31-Jul-04	31-Aug-04	30-Sep-04	31-Oct-04	30-Nov-04	31-Dec-04
Beq Bal Cash on hand	5,256.11	3,572.25	4,004.05	2,715.17	1,542.23	4,801.01
Contributions						
Groups	4,395.59	3,574.13	3,061.20	2,866.05	6,363.84	3,173.91
Joint Meeting	32.00	30.25	47.80	43.32	53.45	55.00
Envelope System	670.00	312.00	404.00	315.00	407.00	382.00
New Frontiers Subs	91.00	83.00	7.00	275.95	10.00	10.00
Literature	2,659.09	5,069.95	1,897.15	2,483.60	2,767.56	1,407.48
Archives Room Rent		75.00		50.00	50.00	449.35
Meetings at CO			61.30	154.35	131.75	289.50
Mail/Misc	335.00	25.00		50.00		
"Gratitude Month" (NOV)					34.00	18.00
Conventions/Day of Sharing				125.00	50.00	
Monthly Income	6,182.65	9,169.33	5,478.45	6,363.27	9,867.60	5,785.24
Expenses						
Office Rent	1,506.08	753.04	753.04	753.04	753.04	753.04
Electric		101.49	77.59	89.54	100.12	90.00
Meeting Room Rent						
Payroll						
Salaries (Net)	2,120.20	2,120.20	1,696.16	1,696.16	2,120.20	2,120.20
Federal Withholdings	735.75	735.75	588.60	588.60	735.65	735.75
NYS Withholdings	365.81			365.81		
Insurance						
State Ins Fund			40.56			
Health	304.00	304.00	304.00	304.00	304.00	304.00
Liability						
Postage	46.07	449.82	49.79	448.44	45.28	201.65
Phone	260.31	124.74	110.68	114.48	126.70	120.63
Accounting						
Advt						
PIC Lit.						
Talking Phone Book			252.00			
Verizon	88.00	88.00	88.00	88.00	88.00	98.50
website						
white directory				63.25		
Yellow Pages			296.00			
Literature Expenses						
Grapevine	185.00			314.50		
World Services Inc	1,745.80	3,184.80	1,138.05	1,533.50	1,829.70	528.00
Hazeldon	524.70	366.88		524.70		524.70
"In All Our Affairs"						
Printers						
Office Supplies	912.40	110.47	339.15	287.53	30.45	345.17
Answering service*	105.98	108.09	98.56	124.11	117.72	108.95
Minolta leasing (copier)	260.45	260.45	260.45	260.45	260.45	260.45
Minolta Copies	58.29				97.51	
Crystal Rock (water)	18.95					
Seminar		50.00	676.70			
DBA Telecommunication	632.75					
computer						
CD						
Monthly Expenses	9,866.54	8,747.53	8,767.33	7,536.21	6,608.82	6,189.04
Monthly Income (Loss)	(3,683.86)	431.80	(3,288.88)	(1,172.94)	3,258.78	(403.80)
CD	8,000.00	8,000.00	8,000.00	8,000.00	8,000.00	8,039.22
End Bal Cash on hand	3,572.25	4,004.05	2,715.17	1,542.23	4,801.01	4,397.21
Literature Assets:	3,957.75	6,110.42	5,985.34	5,075.17	6,446.64	6,820.98
Literature Receivable (outstanding)	1,159.84	1,202.39		2,682.83	1,275.16	425.30
Corrections Facilities	1,591.05	1,278.65	318.88	335.25	410.45	650.95
Donations	210.10	107.73	228.25	95.20	325.00	184.50
Expenses	522.50	1,067.50	211.88	20.00	84.50	
Bank Charges						
Balance	1,278.65	318.88	335.25	410.45	650.95	835.45
Treatment Facilities	846.25	922.33	158.37	380.87	341.27	582.27
Donation	177.10	117.73	253.25	85.20	325.00	84.50
Expenses						
AT & T Bridging The Gap	30.03	66.94		25.55	30.28	34.95
AAA Aboit Answering Service	31.00	39.75	30.75	63.25	34.00	37.25
Literature	40.00	775.00		36.00		228.50
Bank Charges						
Balance	922.33	158.37	380.87	341.27	601.99	366.07

GROUP CONTRIBUTIONS

GROUP CONTRIBUTIONS

	CENTRAL		CORRECTIONS		TREATMENT	
	DEC	YEAR	DEC	YEAR	DEC	YEAR
		0.00		0.00		0.00
		0.00		0.00		0.00
		0.00		0.00		0.00
		0.00		0.00		0.00
		0.00		0.00		0.00
		393.00		393.00		393.00
Acceptance/Welcom		895.00		0.00		0.00
Achievement		200.00		0.00		0.00
Action	50.00	100.00	25.00	75.00	25.00	75.00
Age Doesn't Matter		125.00		0.00		0.00
Alexander		200.00		0.00		0.00
Amherst/ Snyder		1173.51		0.00		0.00
Amsdell Lakeshore	20.00	240.00		0.00		0.00
Any Length	30.00	330.00		0.00		0.00
As Bill Sees It	25.00	100.00		0.00		0.00
Attitude Adjustment		300.00		50.00		50.00
Attraction		600.00		0.00		0.00
Batavia Friday Night		50.00		0.00		0.00
Beginning's Women		35.00		0.00		0.00
Bidwell Monday		225.00		0.00		0.00
Big Book Lockport		150.00		0.00		0.00
BB Spiritual Awakening		5.00		0.00		0.00
Big Book Study		200.00		0.00		0.00
Big Book Workshop		70.00		0.00		0.00
Biasdell Monday Night		80.00		10.00		10.00
Bodhisattva		150.00		0.00		0.00
Boulevard Helping Hand		50.00		0.00		0.00
Boulevard Women		175.00		0.00		0.00
Brass		75.00		0.00		0.00
Buffalo Group		5.00		0.00		0.00
But For the Grace of God		190.00		0.00		0.00
Came To Believe		25.00		0.00		0.00
Casting		100.00		23.00		23.00
Cathedral Park		33.35		18.00		18.00
Cez Manor		212.00		25.00		25.00
Chapter IX		120.00		60.00		60.00
Checkowaga	100.00	600.00		0.00		0.00
Common Solution		30.00		0.00		0.00
Courage		300.00		84.16		60.00
Crossroads	75.00	302.00		0.00		0.00
Cross Talk Big Book	25.00	155.00		60.00		0.00
Daily Reflections		300.00		0.00		0.00
Derby		150.00		0.00		0.00
Dunkirk Monday Night	30.00	60.00		0.00		0.00
Early Bird	60.00	60.00		0.00		0.00
East Amherst	100.00	300.00		0.00		0.00
East Aurora	100.00	760.00		0.00		0.00
Easy Does It	50.00	325.00		0.00		0.00
Everybody's		240.00		0.00		0.00
Express		322.00		0.00		0.00
Eyeopener	110.00	718.00		0.00		0.00
F.U.N.		26.00		0.00		0.00
Father Baker	100.00	650.00		0.00		0.00
Feelings		60.00		0.00		0.00
Fireside		668.00		87.50		87.50
Freedom	189.10	400.00		0.00		0.00
Fresh Start		102.00		11.00		12.00
Friendly		15.00		0.00		0.00
Frontier(New)	300.00	640.00		0.00		0.00
Gardenville		280.00		50.00		50.00

	CENTRAL		CORRECTIONS		TREATMENT	
	DEC	YEAR	DEC	YEAR	DEC	YEAR
		0.00		0.00		0.00
		50.00		0.00		0.00
		50.00		50.00		50.00
		100.00		0.00		0.00
		104.00		0.00		0.00
		100.00		0.00		0.00
		50.00		0.00		0.00
		15.00		0.00		0.00
		100.00		0.00		0.00
		50.00		0.00		0.00
		50.00		80.00		0.00
		215.00		0.00		0.00
	25.00	770.00		0.00		0.00
		120.00		0.00		0.00
		50.00		0.00		0.00
	50.00	350.00	25.00	25.00	25.00	25.00
	200.00	1425.00		0.00		0.00
		120.00		0.00		0.00
		210.00		0.00		0.00
	30.00	210.00		0.00		0.00
		20.00		0.00		0.00
		500.00		0.00		0.00
		0.00		0.00		0.00
		0.00		0.00		0.00
		40.00		20.00		0.00
	11.25	318.35	4.50	127.35	4.50	127.35
		25.00		0.00		0.00
		90.00		0.00		0.00
		116.68		0.00		0.00
		5.00		0.00		0.00
		105.00		10.00		10.00
		25.00		25.00		0.00
		725.00		78.00		75.00
		230.00		0.00		0.00
		19.00		0.00		0.00
		148.00		0.00		0.00
		40.00		0.00		0.00
		1200.00		0.00		0.00
		7.00		0.00		0.00
		110.00		0.00		0.00
		610.00		65.00		55.00
		60.00		60.00		0.00
		750.00		0.00		0.00
		50.00		0.00		0.00
		50.00		0.00		0.00
		46.00		0.00		20.00
		23.85		0.00		0.00
		80.00		0.00		0.00
		200.00		0.00		0.00
		75.00		0.00		0.00
		25.00		0.00		0.00
		120.00		40.00		0.00
		100.00		200.00		0.00
		143.55		0.00		0.00
		300.00		0.00		0.00
		25.00		0.00		0.00
		25.00		0.00		0.00
		75.00		0.00		0.00
		1450.00		200.00		20.00
		26.00		0.00		0.00
		75.00		0.00		0.00
		82.00		555.00		0.00



Income Statement	31-Jan-04	29-Feb-04	31-Mar-04	30-Apr-04	31-May-04	30-Jun-04	31-Jul-04	31-Aug-04	30-Sep-04	31-Oct-04	30-Nov-04	31-Dec-04
Begin Cash on hand	5,559.50	4,901.06	6,126.66	6,330.64	19,216.03	16,019.22	5,256.11	3,972.26	4,006.08	2,716.17	1,642.23	4,801.01
Contributions												
Grants	3,704.15	3,910.51	4,104.22	5,378.84	2,663.45	2,959.28	4,305.58	3,974.13	3,061.20	2,866.65	5,353.84	3,173.91
Joint Meeting	64.70	47.45	51.50	52.01	49.00	51.50	30.25	43.56	43.56	43.56	55.00	55.00
Envelope System	1,322.00	499.00	327.00	340.00	310.00	895.00	870.00	460.00	460.00	192.56	480.00	352.00
New Frontiers Bible	23.00	85.00	74.00	22.00	33.00	81.00	81.00	81.00	81.00	21.56	10.00	10.00
Literature	2,941.19	3,923.19	3,479.42	2,217.47	2,964.00	2,465.63	2,658.09	5,092.85	1,697.19	2,757.55	2,757.55	1,407.18
Archives Room Rent												
Meetings at CO												
Meetings		29.00			75.00		335.00	25.00	61.30	154.35	131.75	289.50
Travel												
Continuing Educat (NGU)												
Continuing Educat of Shannon		633.53	12,000.00		5,904.46	6,771.59	6,102.56	5,169.33	5,478.45	6,063.27	5,987.80	5,705.24
Monthly Income	8,055.84	10,075.12	8,590.67	20,006.42	5,904.46	6,771.59	6,102.56	5,169.33	5,478.45	6,063.27	5,987.80	5,705.24
Expenses												
Office Rent	656.00	656.00	656.00	656.00	1,089.44	636.00	1,508.08	753.04	753.04	753.04	753.04	753.04
Medical												
Meeting Room Rent	35.00	35.00	35.00	35.00	35.00	35.00	101.48	101.48	77.50	69.54	100.12	80.00
Parish												
Shades (Net)	1,698.16	1,698.16	2,120.20	2,120.20	1,698.16	1,698.16	2,120.20	1,698.16	1,698.16	1,698.16	2,120.20	2,120.20
Federal Withholdings	568.60	568.60	735.75	568.60	568.60	568.60	735.75	568.60	568.60	568.60	735.75	735.75
NYS Withholdings	365.81	365.81	365.81	365.81	365.81	365.81	365.81	365.81	365.81	365.81	365.81	365.81
Insurance												
State Inv Fund		266.78				48.38			48.38		304.00	304.00
Health	304.00	304.00	304.00	304.00	304.00	304.00	304.00	304.00	304.00	304.00	304.00	304.00
Liability	947.84											
Postage	253.76	235.45	554.48	399.54	643.31	51.26	48.07	448.02	48.78	448.44	45.28	201.85
Phone	102.04	115.64	109.10	121.80	122.69	104.55	260.31	124.74	110.99	114.46	126.70	120.93
Accounting												
Adm												
PIC Lit												
Talking Phone Book	75.25	75.25	163.00			176.00	88.00	88.00	252.00	88.00	88.00	88.00
Vailzen												
website												
White directory												
Yellow Pages		285.00							295.00			
Literature Expenses												
Employee	223.92	1,971.28	1,313.65	840.30	1,789.34	2,541.26	1,745.89	3,164.60	1,136.05	314.60	1,629.70	528.00
Visitor Services Inc	552.72	980.66	468.10				524.70	366.88		524.70		524.70
"In Our Affairs"	116.46											
Printing	105.81	169.60	69.59	114.40	114.96	291.57	612.40	110.47	336.15	267.53	30.45	345.17
Office Supplies	104.03	101.97	107.06	104.14	102.81	105.98	105.98	105.98	88.55	124.11	117.72	100.55
Answering Service	260.45	260.45	260.45	260.45	260.45	260.45	260.45	260.45	260.45	260.45	260.45	260.45
Minich Kensing (Copier)	60.67	71.73	13.26			59.29					97.51	
Milpola Copies	14.50	14.50	15.00	15.00	15.00	16.95	60.00	60.00	60.00	60.00	60.00	60.00
Crystal Rock (letter)												
Seminar												
DBA Telecommunication												
computer												
CD												
Monthly Expenses	8,472.88	6,081.42	8,262.39	7,004.23	9,314.26	16,934.70	9,866.54	16,737.57	6,767.93	7,656.42	6,606.28	5,188.84
Monthly Income (Loss)	(417.04)	1,443.70	243.20	13,007.19	(3,216.81)	(10,765.11)	(1,683.86)	4,318.00	(1,288.88)	(1,172.84)	3,286.78	(403.80)
CD												
End Bal Cash on hand	4,901.06	6,125.56	6,330.64	19,216.03	16,019.22	5,256.11	5,256.11	4,006.08	2,716.17	1,642.23	4,801.01	4,397.21
Literature Assets:												
Literature Receivable (outstanding)	5,359.04	3,656.32	4,601.95	4,560.75	3,547.54	519.88	3,957.75	6,110.73	5,885.34	5,075.17	6,446.64	6,250.88
Corrections Facilities	1,522.95	1,246.30	1,074.00	619.50	2,014.44	1,658.59	1,591.05	1,278.65	318.00	395.25	410.45	650.85
Donations	206.60	270.25	233.65	1,184.54	275.85	221.48	210.10	107.73	226.25	95.20	325.00	184.50
Expenses	491.25	443.75	469.75	469.75	562.50	443.75	522.50	1,097.50	211.60	20.00	24.50	226.50
Bank Charges												
Balance	1,248.30	1,074.00	619.50	2,014.44	1,658.59	1,651.05	1,278.65	318.00	395.25	410.45	650.85	615.45
Treatment Facilities	1,131.85	825.16	632.99	971.93	1,131.05	721.00	846.26	922.33	166.37	380.87	341.27	602.27
Donation	256.60	177.25	243.85	1,150.54	217.50	181.46	177.10	117.73	252.25	85.20	325.00	64.50
Expenses												
AT & T Building The Gap	43.28	60.82	32.21	43.89	31.55	20.50	30.03	66.84	318.00	25.55	30.28	34.95
AAA Adult Answering Service	36.60	40.50	39.75	38.75	31.50	38.50	30.75	30.75	30.75	63.25	34.00	37.25
Literature	461.50	60.00	32.95	562.50	40.00	40.00	40.00	775.00	360.00	36.00	226.50	226.50
Bank Charges												
Balance	826.16	832.99	871.93	2,050.83	721.00	846.26	922.33	156.37	300.87	341.27	601.99	366.07

YEAR END INCOME  
101,689.88

YEAR END EXPENSES  
102,682.15  
(1,002.29)

3,553.13  
4,260.63

3,288.98  
3,115.06



AA of the Niagara Frontier  
**BUFFALO CENTRAL OFFICE**  
**681 SENECA STREET**  
**(LOWER)**  
**BUFFALO, NY 14210**

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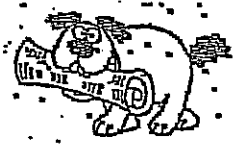
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**681 SENECA STREET**  
**(LOWER)**  
**BUFFALO, NY 14210**

Enclosed is a check or money order made payable to AA Central Office earmarked  
 the "New Frontiers" for \$ \_\_\_\_\_ for \_\_\_\_\_ copies.

Annual Subscription:

1 Copy	\$10	20 Copies	\$57
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5 Copies	\$24	40 Copies	\$95
10 Copies	\$33	50 Copies	\$120
15 Copies	\$43	60 Copies	\$135



**TIME TO CHANGE?**

- Renewal
- New Subscription
- Address Change\*
- Remove Name

A.A. Fall Convention 2004  
Financial Report 12/30/2004 (FINAL)  
(Antwan D. - Treasure)

Seed money from Central Committee \$1,300

Income to date:

7<sup>th</sup> Tradition \$172.48

Registration \$27,637.42

Coffee Fund \$3,198.00

Dance \$166.00

Soda \$224.50

50/50 \$388.00

Mugs/Sweatshirts \$2,311.00

Al-Anon \$100.00

Total \$34,197.40

Disbursements to date:

1. \$118.00 (PO Boxes)
2. \$900.00 (DJ-Final Payment-total)
3. \$317.07 (Flyers-total)
4. \$181.64 (106.00 + 40.64 + 35.00 - John C. Bills Name Badges etc.)
5. \$2,489.00 (Mugs and Sweat Shirts)
6. \$139.22 (Gifts and Gratuities)
7. \$80.00 (A.A. Group for meeting space)
8. \$710.00 (Program Printing)
9. \$100.00 (Flowers - center pieces)
10. \$525.00 (Hospitality)
11. \$300.00 (Speakers-travel)
12. \$105.00 (Archives - tapes)
13. \$27,002.90 (Hotel - 22,816.56 check + 4,186.34 cash)
14. \$38.68 (Literature)
15. \$1,190.89 (Close out account - payment to Central Office)

Total \$34,197.40