

# NEW FRONTIERS

February 2006

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.

## February Topics for Discussion

Step Two: "Came to believe that a Power greater than ourselves could restore us to sanity."

- "To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face." (Alcoholics Anonymous pg. 44)
- "We have shared his honest doubt and prejudice" (AA pg. 45)
- "Our own conception, however inadequate, was sufficient to make the approach and effect a contact with Him." (AA pg. 46)
- "Our ideas did not work. But the God idea did." (AA pg. 52)
- ".....we had to fearlessly face the proposition that either God is everything or nothing. God either is, or He isn't." (AA pg. 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."

- ".....no AA can give another a directive or enforce obedience....." (Twelve Steps and Twelve Traditions pg. 132)
- "In no sense whatever can its members govern or direct the group. They are servants..... The committee gives no spiritual advice, judges no ones conduct, issues no orders." (12x12 pg 134)
- "The bleeding deacon is one who is just as surely convinced that the group cannot get along without him." (12x12 pg.135)
- "....elder statesman.... They do not drive by mandate; they lead by example." (12x12 pg)

The second concept of service: "The General Service Conference of AA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in our world affairs." (AA service manual)

- "As I watched all this grow, I became entirely sure that Alcoholics Anonymous was at last safe—even from me." Bill Wilson (General Service Manual). *Is AA safe from Me???????????*

## CARRY THE BURDEN OF ONLY ONE DAY

A LECTURER, WHEN EXPLAINING STRESS MANAGEMENT TO AN AUDIENCE, RAISED A GLASS OF WATER AND ASKED,

"HOW HEAVY IS THIS GLASS OF WATER?"

ANSWERS CALLED OUT RANGED FROM 20G TO 500G.

THE LECTURER REPLIED, "THE ABSOLUTE WEIGHT DOESN'T MATTER.

IT DEPENDS ON HOW LONG YOU TRY TO HOLD IT.

IF I HOLD IT FOR A MINUTE, THAT'S NOT A PROBLEM.

IF I HOLD IT FOR AN HOUR, I'LL HAVE AN ACHE IN MY RIGHT ARM.

IF I HOLD IT FOR A DAY, YOU'LL HAVE TO CALL AN AMBULANCE.

IN EACH CASE, IT'S THE SAME WEIGHT, BUT THE LONGER I HOLD IT, THE HEAVIER IT BECOMES."

HE CONTINUED,

"AND THAT'S THE WAY IT IS WITH STRESS MANAGEMENT.

IF WE CARRY OUR BURDENS ALL THE TIME, SOONER OR LATER,

AS THE BURDEN BECOMES INCREASINGLY HEAVY,

WE WON'T BE ABLE TO CARRY ON. "

"AS WITH THE GLASS OF WATER,

YOU HAVE TO PUT IT DOWN FOR A WHILE AND REST BEFORE HOLDING IT AGAIN.

WHEN WE'RE REFRESHED, WE CAN CARRY ON WITH THE BURDEN. "

"SO, BEFORE YOU RETURN HOME TONIGHT, PUT THE BURDEN OF WORK DOWN.

DON'T CARRY IT HOME.

YOU CAN PICK IT UP TOMORROW.

WHATEVER BURDENS YOU'RE CARRYING NOW,

*LET THEM DOWN FOR A MOMENT IF YOU CAN."*

*SO, MY FRIEND, WHY NOT TAKE A WHILE TO JUST SIMPLY RELAX.*

*PUT DOWN ANYTHING THAT MAY BE A BURDEN TO YOU RIGHT NOW.*

*DON'T PICK IT UP AGAIN UNTIL AFTER YOU'VE RESTED A WHILE.*

*LIFE IS SHORT.*

*ENJOY IT!*

*HERE ARE SOME GREAT WAYS OF DEALING WITH THE BURDENS OF LIFE:*

- \* ACCEPT THAT SOME DAYS YOU'RE THE PIGEON, AND SOME DAYS YOU'RE THE STATUE.*
- \* ALWAYS KEEP YOUR WORDS SOFT AND SWEET, JUST IN CASE YOU HAVE TO EAT THEM.*
- \* ALWAYS READ STUFF THAT WILL MAKE YOU LOOK GOOD IF YOU DIE IN THE MIDDLE OF IT.*
- \* DRIVE CAREFULLY. IT'S NOT ONLY CARS THAT CAN BE RECALLED BY THEIR MAKER.*
- \* IF YOU CAN'T BE KIND, AT LEAST HAVE THE DECENCY TO BE VAGUE.*
- \* IF YOU LEND SOMEONE \$20 AND NEVER SEE THAT PERSON AGAIN, IT WAS PROBABLY WORTH IT*
- \* IT MAY BE THAT YOUR SOLE PURPOSE IN LIFE IS SIMPLY TO SERVE AS A WARNING TO OTHERS.*
- \* NEVER BUY A CAR YOU CAN'T PUSH.*
- \* NEVER PUT BOTH FEET IN YOUR MOUTH AT THE SAME TIME, BECAUSE THEN YOU WON'T HAVE A LEG TO STAND ON.*
- \* NOBODY CARES IF YOU CAN'T DANCE WELL. JUST GET UP AND DANCE.*
- \* SINCE IT'S THE EARLY WORM THAT GETS EATEN BY THE BIRD, SLEEP LATE.*
- \* THE SECOND MOUSE GETS THE CHEESE.*
- \* WHEN EVERYTHING'S COMING YOUR WAY, YOU'RE IN THE WRONG LANE.*
- \* BIRTHDAYS ARE GOOD FOR YOU. THE MORE YOU HAVE, THE LONGER YOU LIVE.*
- \* YOU MAY BE ONLY ONE PERSON IN THE WORLD, BUT YOU MAY ALSO BE THE WORLD TO ONE PERSON.*

*\* SOME MISTAKES ARE TOO MUCH FUN TO ONLY MAKE ONCE.*

*\* WE COULD LEARN A LOT FROM CRAYONS..*

*SOME ARE SHARP, SOME ARE PRETTY AND SOME ARE DULL. SOME HAVE WEIRD NAMES, AND ALL ARE DIFFERENT COLORS, BUT THEY ALL HAVE TO LIVE IN THE SAME BOX.*

*\* A TRULY HAPPY PERSON IS ONE WHO CAN ENJOY THE SCENERY ON A DETOUR.*

## ***Tools for Life***

*There's one for every problem that comes along*

I grew up without tools that showed me how to live. When I was a teenager, I started getting drunk. This gave me immense relief from a lot of bad feelings and made me feel I needed only one tool: alcohol. Alcohol solved all my problems.

My friends, many of them, went on to college or into various businesses, married, and had families. Grew up. Learned how to deal with the real world. I stayed focused on drinking, which I did as often as possible, and my world got smaller and smaller. After a while, all I thought about was the next drink and where it was coming from. My relationships with other people deteriorated and disappeared. People and their reactions to my drinking were inconvenient and unpleasant anyway.

I stopped showing up for work on a daily basis and came close to losing my apartment. Drinking in a bar became too expensive and entailed talking to people, so I drank out of pint bottles of scotch while sitting in public bathroom stalls, sitting on a toilet reading the graffiti scratched onto the back of the stall door.

I felt there were two ways to solve my problems. One, kill myself. Two, somehow, magically, be rescued by kind people who would take me in and take care of me.

As it happened, I was rescued and directed to Alcoholics Anonymous. I immediately experienced the "love that has no price tag" that Bill W. talks about in the Twelfth Step essay in the "Twelve and Twelve." It wasn't what I expected or even wanted.

These AA people kept harping on the theme of not drinking. Nobody offered me money or a place to live. They talked about "tools of sobriety" and incessantly prescribed actions I could take, like getting a home group, asking someone to be my sponsor, or asking somebody else how they were feeling that day. I didn't feel like doing anything, and no one seemed to realize that. I took very few suggestions and nothing changed. I continued to drink periodically and think about suicide.

About a year later, I attempted suicide by overdosing on some pills I'd been hoarding. I went into a coma, had convulsions, and finally came to on my mattress

seventy-two hours later. I felt awful, but there was nothing unusual about waking up feeling awful. I was relieved I hadn't died and couldn't blame anyone for what I had done to myself.

I realized something else: I didn't know how to live without alcohol. I realized that I should go back and ask those AA people how they did it.

That began my real AA journey. One by one, AAs offered me tools I learned to use, tools that solved every problem that came along.

The first tool I acquired was "act as if." It didn't matter how I felt as long as I did something. I had it backwards all along, thinking that I had to feel like doing something before I actually did it. I started, tentatively at first, to "act my way into right thinking."

"Stay in the now," someone suggested, "in the moment, on the twenty-four hour plan. One day at a time." Whenever I am gripped by fear of an unknown future and all my projections are negative, I do what my sponsor directed me to do. I wriggle my toes and come back into the safety of the moment.

Writing down all the things I'm grateful for has been a helpful suggestion. Drinking is no longer a problem, but my thinking sure is. Writing a gratitude list puts the brakes on negative thoughts, turns me back toward the light, and helps me to see the beauty in everyday life.

Try to help somebody else, my fellow AAs suggested. So-and-so is homesick, why don't you send him a card? Turn to the person next to you at a meeting and ask how they are. Call a member of your home group and see how their job interview went. I discovered that when I stopped thinking about myself all the time, I felt better.

However, being told to find a power greater than my own thinking and greater than alcohol, a power that could solve all my problems, was the best suggestion I've received. This is the purpose of the Twelve Steps, and I was fortunate to find a sponsor who took me through the process outlined in the Big Book.

I asked how to begin and was told, "Get down on your knees in the morning when you get out of bed and say, 'Please.' Before you get into bed at night, get down on your knees again and say, 'Thank you.' Turn toward that power and ask for help whenever you feel disturbed, or afraid, the way a plant turns toward the light." I did these things and found that life could be faced, day-by-day, without a drink and with the sure knowledge that my Higher Power is here to help me through everything.

I've been fired in sobriety and offered a job I really wanted. I've fallen in love, had a good marriage, and buried my dear husband. Once I became ill, received an abundance of help, and now am completely well. Precious friends have moved away; new friends have come along. Every day I discover ways to be useful and things to be grateful for. I'm a long way from the person who thought the only solution was to destroy my life. My toolkit is full today and my cup runneth over.

*Anonymous, New York, New York (Grapevine January 2006)*

IN MEMORIAM  
THINGS WE CAN NOT CHANGE  
VICTOR ...RISE & SHINE AND HAPPY HOUR II  
LET'S REMEMBER ALL WHO PASSED ON IN OUR PRAYERS.

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)

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Joe W  
Happiest Friendly Group  
33 111

## FEBRUARY ANNIVERSARIES

### Alexander

Tiffnay D. 3y

### Amherst/Snyder

Liz M. 1y

Jamie A. 2y

Mark D. 2y

Paul B. 2y

Jen R. 3y

Ronald K. 3y

Bill H. 5y

Tom K. 6y

Gary P. 9y

Neil S. 10y

Bob G. 17y

Dave H. 17y

Jim C. 21y

Beverly B. 24y

### Cold Springs

Willie H. 27y

### Courage Group

Julie S. 21y

Beverly K. 23y

Jane Marie B. 30y

### Downtown Men's

Ted D. 1y

### Fireside

Tom B. 13y

George V. 18y

### Fresh Start

Laurie A. 1y

Peter A. 21y

### Giving

James T. 9m

Paul W. 9m

Terry H. 1y

### Holland

Joe G. 1y

### Ironhorse

Bill F. 3m

Bruce B. 8y

Dick Mc. 16y

Bill S. 17y

### Lakeshore

Mark S. 9y

### Living Clean

Diane W. 6y

### Lovejoy

Chris A. 6m

Daniel T. 1y

### North Buffalo

Pam C. 3m

George H. 3m

Judy D. 6m

Michael W. 6m

Jerry L. 6m

Peter N. 3y

Walter W. 15y

### Rise & Shine

Phil P. 3m

Latasha P. 6m

Rusty C. 9m

Paula P. 2y

Tom H. 3y

Fred H. 4y

Melissa M. 5y

Ed B. 5y

Pat C. 10y

Celia D. 10y

Lawrence B. 11y

Ava P. 16y

Marvin B. 21y

### Southtowns

Kim E. 5y

Kitty E. 24y

Bill D. 31y

### Spirit of Hope

Antwan D. 8y

### Sun. Morning

### Breakfast

Diana S. 6m

Tim T. 6m

Eric K. 2y

Carol K. 6y

Max W. 19y

### Thruway

Kayla A. 9m

Elizabeth Z. 18y

Joyce T. 19y

Dan T. 22y

### Valley

Ralph D. 3m

Mike C. 6y

### Victory

Debi C. 6y

Dennis 12y

### Women's

### Westside

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

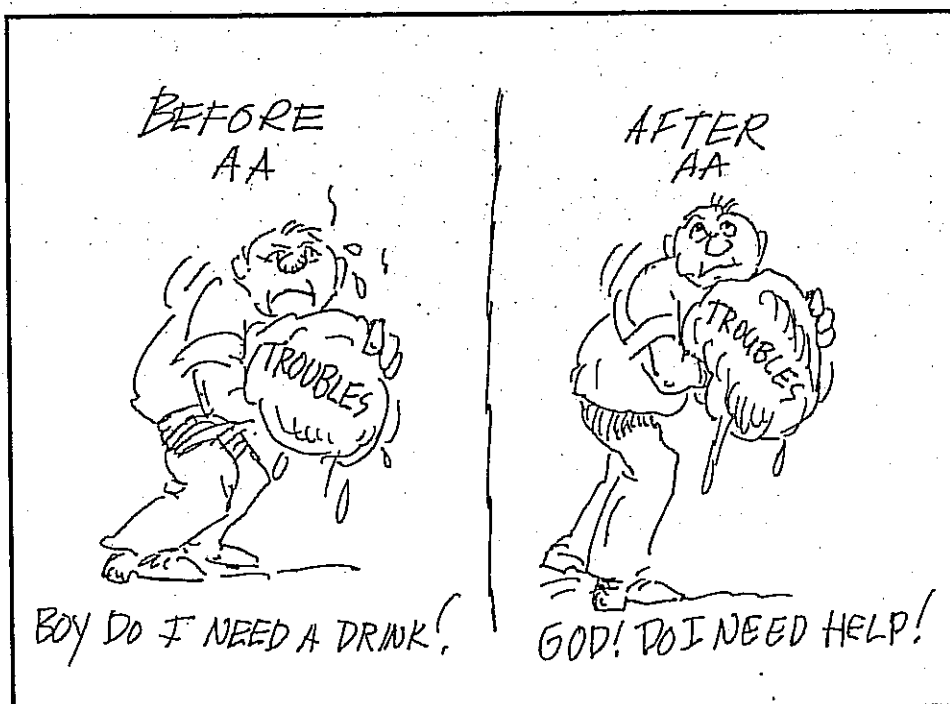
*have the anniversaries*

*submitted by*

*the 12th*

*of the month*

*previous*



submitted by Joe W., Friendly Group

sunday

monday

tuesday

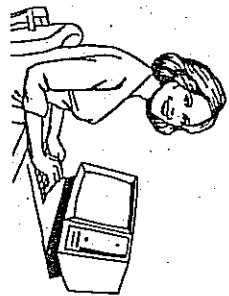
wednesday

thursday

friday

saturday

**Contact the Sobriety Calendar**  
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**5 Central Committee Meeting, 7 pm, Buffalo Central Office**

**Corrections Committee Meeting, 6:00 PM, Buffalo Central Office**

\*\*1997: Fitz M. and others bring AA to Washington, D.C., area.

**12 LINCOLN'S BIRTHDAY**

**13 Spiritual Progress** will celebrate its 13th Anniversary. Church of the Advent, 54 Delaware Road, Kenmore, 6:30PM, speaker 7:00PM, Special Needs Committee, 6:30 PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore.

**19**

**20 PRESIDENTS' DAY**  
**Treatment Facilities Committee, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca**

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

**26**

\* 1946: Pueblo, Colorado, now has a second group composed of alcoholic State Hospital patients.  
 Carry the message—not the alcoholic.



**7** \* **STINKIN' THINKIN' leads to DRINKIN'**

**14 VALENTINE'S DAY**

**13 Spiritual Progress** will celebrate its 13th Anniversary. Church of the Advent, 54 Delaware Road, Kenmore, 6:30PM, speaker 7:00PM, Special Needs Committee, 6:30 PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore.

**21**

**20 PRESIDENTS' DAY**  
**Treatment Facilities Committee, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca**

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

**28**

**Steering Committee, 6 PM, Central Office**  
 \* 1941: *Pittsburgh Telegraph* reports the first AA group meeting on Friday nights with a dozen "former Hopelless Drunks."

**1**  
 \* 1939: Dr. Henry Tiebout becomes the first psychiatrist to endorse AA and use the AA principles in his practice.

**8 WNY GSA SPRING CONVENTION Planning Committee Meeting, 7PM, Buffalo Central Office.**

1940: 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.

**15**

**14 VALENTINE'S DAY**

1971: AA groups worldwide hold a memorial service for Bill W.

**22 WASHINGTON'S BIRTHDAY**

1842: Abe Lincoln addresses the Washington Temperance Society in Springfield, IL.

**2 GROUNDHOG DAY**  
 1942: Bill W. pays tribute to Ruth Hook, AA's first paid secretary, who resigned to get married. Ruth signed 15,000 letters to drunks who wrote the NY AA office asking for help.

**9**

2002: Sue Smith Windows, Dr. Bob's daughter, dies.

**16 65th Buffalo Fall Convention Meeting, Thursday, 7:00 PM @ Holy Trinity Lutheran Church, 1080 Main Street, Buffalo.**

1941: *Baltimore Sunday Sun* reports city's first AA group, began in 1940, has grown from 3 to 40 members with five being women.

**23**

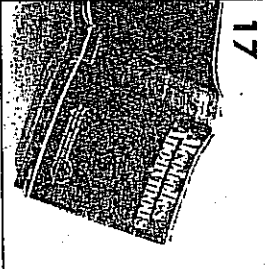
**22 WASHINGTON'S BIRTHDAY**

\* 1946: *AA Tribune* Des Moines reports 36 new members since Marty has been there.

**3**  
 Keep your sobriety first to make it last

**10**

\*\*1958: *Twenty-Four Hours a Day*, by Richard W., is the #2 best seller after the Big Book.



**24**

Yesterday and tomorrow are two days we need not worry about!

**4 Any Age Blizzard Ball, St. Andrew's RC Church, 1525 Sheridan Dr., Kenmore, 6 pm, Speaker @ 7 PM.**  
 \* 1981: 1st issue of *AA Archives* newsletter, "Markings," is published "to give the Fellowship a sense of his own past and the opportunity to study it."

**11**

1938: Clarence S. has his last drink.

**18**

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

**25**

**Archives Committee Meeting, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca**

**Ti-County Group's 47th Anniversary, Speaker at 8:30 PM**

**BUFFALO CENTRAL OFFICE**  
**681 SENECA STREET**  
**BUFFALO, NY 14210**

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



**BUFFALO CENTRAL OFFICE**  
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9:00 AM- 12:30PM, 2:00 PM- 4:30 PM  
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## FEBRUARY 2006

### MEETING CHANGES:

- Casting Group, will now meet on Tuesday's, 7:30 PM, 608 William Street, Buffalo.
- South Dayton, Getting With It Group, has Moved, United Methodist Church on Pine St.
- Recovery Near the Gardens, Monday's in Lackawanna Needs Support.
- AM Sobriety-formerly called Morning Meditation will meet only on Friday's at a new time; 8:30 AM. Door opens at 8 AM. Why not join us and share your sobriety. St. Francis Assisi Outreach Bldg, 71 Adam St. (behind the chapel). City of Tonawanda. Please respect church /school wishes of No Smoking on the grounds. Closed all religious and legal holidays.
- Main & High is moving both location and day. They will begin THURSDAY the 26<sup>th</sup> at Lifetime Health Center, 899 Main Street, Buffalo, from 6- 7 PM.
- Seneca Big Book, Thursday's at Central Office, 681 Seneca St. **NO LONGER MEETS.**
- Lakeview Group has begun a Big Book read as an adjunct to their regular weekly meeting. Book read starts at 7:30 PM followed by regular closed meeting at 8:30 PM. At Our Lady of Perpetual Help RC Church, 2052 Lakeview Rd. All are Welcome.
- Women's Big Book, Thursday's at 7: 15 PM. at Southern Erie Clinic in Hamburg, **NO LONGER MEETS.**
- Mid Day Group, Monday's at 12:30 PM at the Mid-Erie Clinic, 1520 Walden near Harlem; **NEEDS SUPPORT.**
- Gahada Gon Group **NO LONGER MEETS.** on Tuesday's. Thursday's still meets, but has moved to Good Shepherd Church, RT438 Extension @ 8:00 PM in Irving.
- Love Group, Friday's at 1:00 PM has moved back to their scheduled meeting place: 651 Washington St, Buffalo.

### COMING EVENTS:

- ~ Feb. 4, Any Age Blizzard Ball, St. Andrew's RC Church (corner of Sheridan & Elmwood, parking lot off Elmwood at Lowell Rd.) 1525 Sheridan Dr., Kenmore. Doors open at 6 pm, Speaker @ 7 PM. Music and dancing from 8 pm- 1 am. Tickets \$8.00 in advance/ \$10.00 at the door. Pizza-Coffee-Tea- Pop- 50/50. No Children under 12.
- ~ Feb. 5, Central Committee Meeting, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street (Hosted by Southgate).
- ~ Feb. 5, Corrections Committee Meeting, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).
- ~ Feb. 8, WNY GSA SPRING CONVENTION Planning Committee Meeting, 7PM, Buffalo Central Office.
- ~ Feb. 13, Monday, Spiritual Progress Group will celebrate its 13<sup>th</sup> Anniversary. It will be an eating meeting, to which you may bring a dish if you wish. There will be a Speaker and an Archives display. Although this is usually a women's meeting, everyone will be welcome at the Church of the Advent, 54 Delaware Road, Kenmore. The meeting will start at 6:30PM, speaker at 7:00PM.
- ~ Feb. 13, Special Needs Committee, 6:30 PM, The Kenilworth Church of Christ Church, 45 Dalton St.,

and then making sure those individuals with special needs have the appropriate information when it comes to handicap accessible meetings. If you are interested come join us at our meeting. If you have any concerns that you would like to bring to the committee but are unable to attend please contact one of our members.

~ Feb. 16, 65th Buffalo Fall Convention Meeting, Thursday, 7:00 PM @ Holy Trinity Lutheran Church, 1080 Main Street, Buffalo.

~ Feb. 20, Treatment Facilities Committee, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.

~ Feb. 24, Archives Committee Meeting, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).

~ Feb. 25, Tri- County Group's 47<sup>th</sup> Anniversary. Speaker at 8:30 PM, food and fellowship to follow. Please bring a dish to share. Questions please call Barry at 532-3771.

~ Feb. 28, Steering Committee, 6 PM, Central Office, 681 Seneca Street.

~ March 12, General Service Assembly, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg. (Hosted by Ridge Group)

~ April 28- 30, WNY GSA SPRING CONVENTION. Pre- Registration by April 15- \$15, after \$20, Dinner; add \$25, Sunday Breakfast; \$15. Non-registered dance-\$5. Millennium Airport Hotel, 2040 Walden Ave., Cheektowaga. Rooms \$95/night. Home groups are encouraged to sponsor a member's registration. Flyers and more info at Central Office.

~ May 6, Jamestown's 61<sup>st</sup> Anniversary, Holiday Inn. Speakers, Panels & Dance.

~ May 26-28, 2006, East Area Convention of Young People in Alcoholics Anonymous (EACYPAA) Adam's Mark Hotel, Downtown Buffalo, For Info Call Jay M. (716) 812-2489, Deric McH. (716) 983-7102, Jen T. (716) 523-5554, or e-mail at [EACYPAABuffalo@hotmail.com](mailto:EACYPAABuffalo@hotmail.com)

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

## GROUPS THAT DID NOT CONTRIBUTE IN 2005

11:45  
12 Step  
4th Step Stumblers  
A Day At A Time  
Achievement  
Albion Lunchbunch  
Any Age  
Backdoor  
Beginning In Sobriety II  
Beginning's Women  
BB Spiritual Awakening  
Big Book Workshop  
Blasdell  
Bodhisattva  
Boulevard Helping Hand  
Brocton AA  
But For the Grace of God  
By The Book  
Came To Believe  
Cathedral Park  
Central Park  
Chevy #1  
Clarence Men's  
Clarence Men's II  
Common Bond  
Common Problem  
Common Solution  
Arcade  
Daily Reprieve  
Desire  
Early Bird  
Early Rising Obliging  
Easier Softer Way  
Ellicott  
Ellicottville  
Emergency  
Faith  
Fredonia Discussion  
Friendly  
GAHADA GON  
Getting Better  
Grateful  
Guiding Light  
H.O.W.  
Hand  
Happy Hour  
High View  
Higher Power  
Honest Solutions  
Inner City  
Inspiration  
In The Solution  
IT  
Journey  
Just Do It  
Keep On Coming  
Kenmore  
LewPort  
Let Go and Let God  
Life Today  
Live and Let Live  
Lock City  
Lockport (no name)  
Lockport Discussion  
Look To This Day  
Love  
Lower River  
Lunch Bunch Albion  
Main Street  
Maple Meditations  
Medina Big Book  
Mercy  
Midnight Discussion  
Miracle  
New Awakening  
New Frontier  
New Beginnings/St. Vincent  
New Life  
New Outlook  
New Westside  
North Java Monday  
North Java Sunday  
One Day At A Time  
Open Mind  
Pass It On  
Patchin  
Pendleton Chapter Five  
Powerless  
Primary Purpose  
Principles Bef. Personalities  
Progress  
Reco.. Women in the BB.  
Renewal  
Ride Sober  
Rise and Shine  
Sally  
Sat. Night in Recovery  
Sat. Nite Sober  
Sat. Midnights  
Second Chance  
Sernity in the Park  
Serenity on the Lake  
Serenity Shack  
Serenity Trails  
Silvercreek Friendship  
Sober Trail  
Sobriety Comes First  
Sobriety for Women  
Sobriety on the Lake  
Somerset  
South Buffalo  
Southtown Women's  
Springville Wed. Noon  
Springville New Life  
St. Barnabas  
St. Mark's  
Staying Alive  
Step Work  
Stepping Stones/Gow.  
Sunday Afternoon Ascension  
Sunday Third Group  
SUNY Amherst Campus  
Survivors  
TGIF  
Thurs. Nite Steppers  
Today  
Tri-Step Beginniners  
Unity  
Varieties of Spiritual Exper.  
Wake Up Call  
We Are Not Saints  
We Choose Life  
Westfield  
Westminster  
Why  
Wilson Smith Alumni  
Women In Sobriety  
Women's West Side  
Working  
You'll Never Walk Alone  
Youngstown

**140 out of 330  
Groups DID  
NOT  
CONTRIBUTE  
TO CENTRAL  
OFFICE IN 2005**

# **GSA of WNY Area 50**

## Group Registration

Please send information of your group.

Contact person or GSR \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name of Group: \_\_\_\_\_

Time and Place: \_\_\_\_\_

Send to:  
Walter Covert, Area 50 Registrar  
37 Gwendolin Avenue  
Jamestown, NY 14701  
716-665-4163

Buffalo Central Committee Minutes  
January 8, 2006

nk M., Committee Chair, opened the meeting at 7:00 PM, with a moment of silence, the Serenity Prayer and the Preamble. Tony S., Abbott Men's Group, read The Purpose of the Central Committee. Brian C., Lakeshore Group, read the Traditions. Motion to dispense with the reading of last months' minutes by John C., seconded by Bill O. Motion passed.

31 Groups were represented: **Dist. 1:** Cornplanters Again, Main and High; **Dist. 2:** Honesty, North Buffalo, Sheridan, Spiritual Progress, Three Legacies, Trailblazers; **Dist. 3:** Abbott Men's Disc., Iron Horse, Rainbow, Ridge, South Town, Southgate, Sunday Morning Breakfast, The Book Meeting, Thurs. Afternoon Disc.; **Dist. 4:** Rural is Plural, Springville Tues. Night; **Dist. 5:** Lockport #1; **Dist. 6:** Amsdell Lakeshore, Gahada gon, Go To Any Lengths, Lakeshore, Tri-County; **Dist. 7:** Fresh Start, Lovejoy, Spirit of Hope; **Dist. 8:** Amherst Snyder, Wehrle, Williamsville.

**COMMITTEE REPORTS:**

**ENVELOPE SYSTEM:** No representative present.

**STEERING COMMITTEE:** Members in attendance: Reps from Districts 2, 3, 5 6, 7, & 8 and Executive Secretary, Financial Chair and Central Committee Chair. Exec. Sec. report: 2 new groups accepted – Lockport Nooners and Road Less Traveled. Answering service will increase \$7.50 per month. All proceeds from Fall Convention will go to Central Office. New time for Steering Committee meetings – Tuesday at 6:00 p.m. prior to Sunday Central Committee Meeting. District 6 reports confusion over Gahada gon meeting.

**FINANCIAL REPORT:** Scott T., Financial Chair, read Financial Report.

**TREATMENT:** Patti S., Chair. Topics discussed: 1. Outgoing Chairperson Tom C. was thanked for his service work for these last three years. 2. New Chairperson Patti S., Going To Any Lengths Group; Co-Chairs Tim K., Tri-County Group and Bob R., Life Today Group introduced themselves. 3. The Chairs will call the people that are currently on the November 2005 list to insure that meetings are being covered. From this information, a new list will be created with additional information such as e-mail addressed, home groups, and if keys have been issued to the people that cover the locations that require locked cabinets. Keys were made for ECMC and Sheehan. Chairperson to retain an original for these facilities. 4. The Committee was informed that Patti would have surgery in February so Tim and Bob will facilitate the Treatment Meetings and give reports to the Central Committee. Volunteers are always needed especially women. 5. We ask that the folks be patient with us until we can understand and organize Treatment to become a maximum service to the sick and suffering. 6. thanks to the members that attended the meeting. Hopefully through new lists with e-mails we can contact people and encourage them to attend the Treatment meetings. By using the newly revised lists notices will go out to those people facilitating the meetings keeping them informed by the meeting minutes and encouraging them to contact us should there be a change in their status of facilitating their meeting. 7. Patti contacted Chris from General Services and both agreed that we would work cooperatively together. 8. Patti attended the GSA meeting on 1/8/06. 9. Informational forms used by Treatment such as Bridging the Gap, Open Meeting schedules and 12<sup>th</sup> step suggested meeting format are being printed.

**CORRECTIONS:** Bob, Chairman: We are compiling a committee and organizing the meetings list. We need outside help at Wende (Men's). We also need people to bring speakers into Buffalo Work Release. Bob G., Corrections Chair GSO is looking for volunteers for Bridging The Gap. It's a program where sober members of AA meet with prisoners after they are released and bring them to their first AA meeting. For more information, call Bob at 716-743-0645.

**SCREENERS:** Al, Lakeshore. No written report – still organizing a committee.

**CENTRAL OFFICE:** AA INFO: 329, 12-STEP: 12, ALANON: 6, PIC: 0, VISITORS: 105, VOLUNTEERS: 20.

Welcome to a new year here at the office. All are encouraged to come on down and visit. There is a new group started here at the Central Office on Sunday afternoon at 1:00 p.m. Also, we received a notice as of January 1, 2006 our answering service for both Central Office and Treatment Facilities Committee are going up \$7.50 per month.

Yours in the fellowship of the Spirit  
arry B., Exec. Secretary.

**NEW FRONTIERS:** Shawn C., Editor: encouraging written articles from any member. Shawn mentioned Debi C's great organizational skills.

**PIC:** Michael M., Chair: PIC has been working on the following: 1. More AA meetings have been attended to attempt to create a bigger PIC. The following individuals are new committee members: Briani, Lakeshore Group, and Angie, Lakeshore Group. 2. Central Office has supplied the PIC with approved literature. 3. The PIC is still working on these three to six month plans and goals. There were no Service Calls to the Central Office.

**CONVENTION COMMITTEE:** Winston F., Chair: The 2006 Fall Convention will be October 20 – 22, 2006 at the Buffalo Convention Center. The first committee meeting will be January 19<sup>th</sup> at 6.00 p.m. at 1080 Main Street and every 3<sup>rd</sup> Thursday thereafter.

**COURTESY REPORTS:**

**GSA:** Pat M., Rainbow Group, Recording Secretary: The 2006 Spring GSA Convention is all set at the Millennium Hotel on Walden Avenue. Pre-registration is \$15 until April 15, 2006, after that it will cost \$20 to register. Dinner is \$25. Sunday Breakfast meeting is \$15. Dance is \$5 for non-registered members. The 2007 Spring GSA convention will be in the Jamestown area. Walt G. is our chair. Encourage groups to send their GSR's to the next meeting on March 12 at 1:00 p.m. at the Hamburg Town Hall.

**CPC:** No representative present

**ARCHIVES:** Dave B., Archives Chair: On behalf of the Archives, I would like to wish everyone a Happy New Year. We would like to thank The Matt Talbot group for their donation of \$30. Our last display was at the Cold Springs Group Anniversary. Our upcoming displays will be at the Main and High Group on January 17<sup>th</sup> and Three Legacies Group on March 9<sup>th</sup>. We are also looking forward to being a part of the Spring Service convention and will be attending planning committee meetings for this event. Our last Archives Committee Meeting was held on Dec 17<sup>th</sup> at the Central Office. Our next Archives meeting will be at 9:00 a.m. January 28<sup>th</sup> at the Central Office. Anyone interested in our area Archives is more than welcome to attend. Thank you.

**AREA 50 PIC:** Sally Ann C., Chair – e-mailed the following to Rochester, Niagara Falls and Buffalo Central Office: The AA Area 50 GSA 2006 Spring Service Convention is coming on April 28-30. I have the honor of being the PIC Chair for Area 50, and would like to invite your Intergroup PIC Chair to attend the convention, and be on my panel on Saturday afternoon. Please respond as soon as possible to my e-mail: [saczermerys@yahoo.com](mailto:saczermerys@yahoo.com), to my snail mail address at P.O. Box 191, Station C, Buffalo, NY 14209-0191 or telephone at 716-884-0962. I emphasize that I have only your addresses, plus NY-Penn and Genesee/Wyoming, which apparently do not have e-mail, making five groups, from which I need to have four panelists if I want to be truly representative. If you don't help me, I will have to complete the panel with non PICI people. Please do all you can to encourage your PIC Chair to attend.

Terry B. advised me that other Intergroup telephone numbers were listed on page 5 of the Buffalo Meeting schedule. Therefore, I will also be contacting Alfred, Bath, Elk and Cameron Counties, Jamestown, Olean and St. Catharines Ontario, Canada. I will also be contacting these offices, and revising and resending the above e-mail.

**RECAP:** Bob, Treatment Committee Chair – Buffalo Work Release has no meetings. Tuesday evening meetings will be restarted. Kim E., Southtowns group asked where Buffalo Work Release was located. Pat M., Rainbow, asked New Frontiers editor to send GSO a copy each month. Jay H., Amherst Snyder, asked if a New Frontiers committee had been formed.

**OLD BUSINESS:** District 4 – Lori, Springville Tuesday Nite elected Dist. 4 rep.

**NEW BUSINESS:** Central Committee accepted recommendation from Steering committee to add two new groups to schedule – Lockport Nooners and Road Less Traveled. Patti S., Treatment Chair asked for information about ECMC and Dr. Blondell's private list of Twelve Steppers. Much discussion followed. Issue tabled to February meeting by John H., Sunday Morning Breakfast.

Motion to adjourn by Dan, Father Baker Group, seconded by Kim, Southtowns Group. Meeting adjourned at 7:45 p.m. with The Lord's Prayer.

Minutes respectfully submitted by:

Recording Secretary, John H., Sunday Morning Breakfast.

Income Statement	31-Jul-05	31-Aug-05	30-Sep-05	31-Oct-05	30-Nov-05	31-Dec-05
Bag Bal Cash on hand	9,148.43	5,420.08	5,399.12	8,310.13	8,323.39	8,642.93
Contributions						
Groups	2,683.19	3,854.35	4,954.50	4,251.45	4,058.00	4,585.10
Joint Meeting	23.25	33.75	37.25	32.40	37.75	36.00
Envelope System	365.00	484.00	670.00	292.00	345.00	525.00
New Frontiers Subs	30.00	30.00	67.00	30.00	23.00	20.00
Literature	1,877.75	2,621.46	3,852.35	3,040.09	2,363.90	2,868.30
Literature Postage		80.87	79.79	139.96	116.05	76.92
Archives Room Rent	50.00	50.00	50.00	50.00	50.00	50.00
Meetings at CO	85.00	99.00	89.00	99.00	55.00	70.00
Mail/Misc.		25.00	5.69	-	25.00	
REFUND						287.50
"Gratitude Month" (NOV)						25.00
Bank Reconcile to checkbook						
Conventions/Day of Sharing	75.00					8,140.06
Monthly Income	5,189.20	7,278.44	9,805.58	7,934.90	7,073.70	16,583.88
Expenses						
Office Rent	768.47	768.47	768.47	768.47	768.47	768.47
Electric	90.00	90.00	90.00	180.00	90.00	90.00
Payroll						
Salaries - gross	2,801.05	2,240.84	2,801.05	2,240.84	2,240.84	2,801.05
Federal Withholdings	(106.95)	(85.56)	(106.95)	(85.56)	(85.56)	(106.95)
NYS Withholdings	(153.95)	(123.16)	(153.95)	(123.16)	(123.16)	(153.95)
Disability Insurance	(3.00)	(2.40)	(3.00)	(2.40)	(2.40)	(3.00)
Payroll Tax Deposits						
Federal	611.20	688.00	860.00	860.00	688.00	860.00
State	365.81			538.17		
Insurance						
State Ins Fund						
Health	304.00	304.00	304.00	304.00	304.00	304.00
Liability						
Postage	598.55	54.94	256.01	56.10	254.61	646.96
Phone	105.02	105.02	105.02	105.05	105.05	105.05
Accounting						
Advt						
PIC Lit.						
Talking Phone Book						
Verizon	102.75	107.75	105.25	105.25	105.25	106.95
website						
white directory	65.00				224.40	
Yellow Pages	195.00		192.00		296.00	
Literature Expenses						
Grapevine	90.00			400.00		
World Services Inc.	626.00	1,677.65	1,083.20	1,492.90	319.68	1,985.30
Hazelton		379.14		379.14	728.53	356.00
"In All Our Affairs"						
Printers	1,988.00					
Office Supplies	15.47	427.35	204.80	2.60	457.52	
Answering service	114.75	116.91	128.22	119.83	118.48	127.41
Minolta leasing (copier)	260.45	260.45	260.45	264.45	264.45	264.45
Minolta Copies	57.93					
Seminar	20.00	190.00		315.96		
Petty Cash						
Public Information						64.00
Depreciation	100.00	100.00	100.00	100.00	100.00	100.00
Monthly Expenses	8,917.55	7,299.40	6,894.57	7,921.64	6,754.16	8,151.74
Monthly Income (Loss)	(3,728.35)	(20.96)	2,911.01	13.26	319.54	8,532.14
Depreciation add back (non-cash)	100.00	100.00	100.00	100.00	100.00	100.00
End Bal Cash on hand	5,420.08	5,399.12	8,310.13	8,323.39	8,642.93	17,175.07
CD	8,088.78	8,088.78	8,088.78	8,088.78	8,088.78	8,088.78
Literature Assets:	10,908.60	9,383.60	9,283.30	8,373.10	8,658.00	9,432.70
Literature Receivable:(outstanding)	631.45	1,302.55	582.40	369.55	1,261.50	750.90
Corrections Facilities	2,119.43	2,304.87	2,049.37	2,097.37	1,839.62	3,527.62
Donations	185.44	295.50	246.00	167.00	1,688.00	243.00
Expenses		551.00	198.00	424.75		305.00
Balance	2,304.87	2,049.37	2,097.37	1,839.62	3,527.62	3,465.62
Treatment Facilities	1,617.12	456.74	636.39	699.74	775.96	2,415.46
Donation	355.44	305.50	160.00	157.00	1,683.00	233.00
Expenses			18.39			
AT & T Bridging The Gap	28.07	33.10	38.26	37.78		66.79
AAA About Answering Service	40.00	42.75	40.00	43.00	43.50	44.25
Literature	1,447.75	50.00				
Balance	456.74	636.39	699.74	775.96	2,415.46	2,537.42

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	DEC	YEAR	DEC	YEAR	DEC	YEAR
		0.00		0.00		0.00
11:45		0.00		0.00		0.00
12 Step		0.00		0.00		0.00
4th Step Stumblers		0.00		0.00		0.00
6th Step		75.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbott Men's		378.47		378.47		378.47
Acceptance/Welcom	130.00	880.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		250.00		20.00		20.00
Age Doesn't Matter		180.00		0.00		0.00
Albion Lunchbunch		0.00		0.00		0.00
Alexander		100.00		0.00		0.00
Amherst/ Snyder		1043.20		0.00		0.00
Amsdell Lakeshore		160.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Langth	30.00	315.00		0.00		0.00
Arcade		100.00		0.00		0.00
As Bill Sees It	15.00	175.00		0.00		0.00
Attitude Adjustment		200.00		75.00		75.00
Attraction	100.00	500.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Balavia Friday Night		50.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		0.00		0.00		0.00
Bidwell Monday		116.60		50.00		50.00
Big Book Lockport		200.00		35.00		0.00
BB Spiritual Awakening		0.00		0.00		0.00
Big Book Study		75.00		0.00		0.00
Big Book Workshop		0.00		0.00		0.00
Blasdel		0.00		0.00		0.00
Blasdel Monday Night		30.00		10.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women	50.00	180.00		0.00		0.00
Brass		75.00		0.00		0.00
Brocton AA		0.00		0.00		0.00
But For the Grace of God		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Came To Believe		0.00		0.00		0.00
Casling		150.00		20.00		30.00
Cathedral Park		0.00		0.00		0.00
Caz Manor	20.00	245.00		0.00		0.00
Cazenovia		0.00		0.00		0.00
Central Park		0.00		0.00		0.00
Chapter IX		80.00		80.00		80.00
Cheektowaga	100.00	1000.00		0.00		0.00
Chevy #1		0.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		15.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Problem		0.00		0.00		0.00
Common Solution		0.00		0.00		0.00
Compliment		200.00		0.00		0.00
Community Center		50.00		20.00		20.00
Complaners		20.00		0.00		0.00
Courage		140.00		75.00		55.00
Arcade		0.00		0.00		0.00
Crossroads		75.00		0.00		0.00
Cross Talk Big Book		70.00		0.00		0.00
Daily Reflections		325.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Derby		150.00		0.00		0.00
Desira		0.00		0.00		0.00
Downtown Men's	50.00	80.00		0.00		0.00
Dunkirk Monday Night		100.00		0.00		0.00
Early Bird		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
Easier Softer Way		0.00		0.00		0.00
East Amherst		100.00		0.00		0.00
East Aurora	90.00	850.00		0.00		0.00
Easy Does It	25.00	275.00		0.00		0.00
Ellicott		0.00		0.00		0.00
Ellicottville		0.00		0.00		0.00
Emergency		0.00		0.00		0.00
Eternal Vigilance		364.50		0.00		0.00
Everybody's		40.00		0.00		0.00
Express		450.00		0.00		0.00
Eyeopener		1593.39		0.00		0.00
F.U.N.		15.00		0.00		0.00
Faith		0.00		0.00		0.00
Father Baker		300.00		0.00		0.00
Feelings		100.00		0.00		0.00
Fireside	89.10	1731.32		75.00		160.00
First Things First		251.10		0.00		0.00
Fredonia Discussion		0.00		0.00		0.00
Freedom		200.00		0.00		0.00
Fresh Start		135.00		0.00		0.00
Friendly		0.00		0.00		0.00
Frontier(New)		550.00		0.00		0.00
GAHADA GON		0.00		0.00		0.00
Gardenville		100.00		50.00		50.00
Georgetown		300.00		0.00		0.00

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	DEC	YEAR	DEC	YEAR	DEC	YEAR
Getting Better		0.00		0.00		0.00
Giving		100.00		0.00		50.00
Go to Any Length	100.00	300.00	100.00	300.00	100.00	300.00
Golden Slipper		500.00		0.00		0.00
Grand		150.00		0.00		0.00
Grand II Joy of Living		60.00		0.00		0.00
Grateful		0.00		0.00		0.00
Guiding Light		0.00		0.00		0.00
H.O.W.		0.00		0.00		0.00
Hamburg		107.75		0.00		0.00
Hand		0.00		0.00		0.00
Handicappers		200.00		0.00		0.00
Happy Hour		0.00		0.00		0.00
Harmony	59.00	59.00		0.00		0.00
Helping Hand		191.05		0.00		0.00
High Noon	70.00	910.00		0.00		0.00
High View		0.00		0.00		0.00
Higher Power		0.00		0.00		0.00
Hillbilly		50.00	300.00	50.00	80.00	50.00
Holiday Village	700.00	2100.00		0.00		0.00
Holland		60.00		0.00		0.00
Honest Solutions		0.00		0.00		0.00
Honesty		130.00		0.00		0.00
Hope Big Book Study		20.00		0.00		0.00
How It Works		0.00		0.00		0.00
How It Works/Men's	500.00	1300.00		100.00		100.00
Inner City		0.00		0.00		0.00
Inspiration		0.00		0.00		0.00
In The Solution		0.00		0.00		0.00
Intoxicated on Life		65.00		0.00		20.00
Ironhorse	127.00	595.35	13.00	102.50	13.00	102.50
IT		0.00		0.00		0.00
Jameslown Groups		0.00		0.00		0.00
Johnson Creek Big Book		240.00		0.00		0.00
Journey		0.00		0.00		0.00
Just Do It		0.00		0.00		0.00
Just For Today/ Albion		26.05		0.00		0.00
Just For Today/Cheek	100.00	200.00		0.00		0.00
Keep It Simple Sister		80.00		50.00		50.00
Keep On Coming		0.00		0.00		0.00
Kenmore		0.00		0.00		0.00
Kensington	25.00	25.00		0.00		0.00
Lake Shore	85.00	695.00		121.00		120.00
Lakeview		155.00		0.00		0.00
Last Days Fellowship		15.00		0.00		0.00
Lawyers		380.00		0.00		0.00
LawPort		0.00		0.00		0.00
Let Go and Let God		0.00		0.00		0.00
Liberty Women		50.00		0.00		0.00
Life Today		0.00		0.00		0.00
Lighten UP	700.00	1300.00		0.00		0.00
Live and Let Live		0.00		0.00		0.00
Living In the Solution		120.00		0.00		0.00
Living Sober		40.00		0.00		0.00
Lock City		0.00		0.00		0.00
Lockport #1		1600.00		160.00		160.00
Lockport (no name)		0.00		0.00		0.00
Lockport Discussion		0.00		0.00		0.00
Lockport Ladies		50.00		0.00		0.00
Lockview	100.00	1000.00		0.00		0.00
Look To This Day		0.00		0.00		0.00
Love		0.00		0.00		0.00
Lovejoy		70.00		0.00		0.00
Lower River		0.00		0.00		0.00
Lunch Bunch Albion		0.00		0.00		0.00
Main and High		15.00		0.00		75.00
Main Street		0.00		0.00		0.00
Maple Meditations		0.00		0.00		0.00
Manila		40.00		0.00		0.00
Mall Tailor		150.00		0.00		0.00
McKinley Winners		300.00		0.00		0.00
Medina Big Book		0.00		0.00		0.00
Medina New Life	40.00	80.00		0.00		0.00
Mercy		0.00		0.00		0.00
Mid-day		114.10		0.00		0.00
Midnight Discussion		0.00		0.00		0.00
Miracle		0.00		0.00		0.00
Morning After		300.00		0.00		0.00
Morning Meditation	20.00	20.00	10.00	10.00		0.00
New Awakening		0.00		0.00		0.00
New Frontier		0.00		0.00		0.00
New Beginnings/St. Vincent		0.00		0.00		0.00
New Life		0.00		0.00		0.00
New Outlook		0.00		0.00		0.00
Niagara Intergroup		0.00		0.00		0.00
New Westside		0.00		0.00		0.00
Niagara Frontier Men's Disc		145.00		0.00		0.00
No Human Power		20.00		0.00		0.00
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