

NEW FRONTIERS

FEBRUARY 2011

A.A. of the Niagara Frontier

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.

Why Service Work Enhances Your Sobriety

I thought of a substitution I'd like to do at a convention, in place of the predictable sobriety countdown: Ask everyone to stand up. Then ask those who are not involved in any service work other than participating at meetings to sit down. Then ask those who are involved doing something at only their home group to sit down. Those *left standing* would be the ones who are both doing something at their home group and for A.A. as a whole. I really wonder how many people, say out of a banquet-sized group, would still be standing. Would it be 2%? Maybe 60%? Today I can say I would be one of those still standing. A few years ago I'd have sat down with the first group. I have a few specific reasons to be one of those standing: I rarely think about a drink; when I am doing service work, especially for A.A. as a whole, I'm not continuously rehashing my own problems in my head; my recovery is growing at a faster pace than if when I was one of the sitting people.

My journey, like yours, started with just not drinking while the compulsion continuously said to. Show up at meetings to try and learn out how these people stayed away from a drink, because my ways were futile. I found one of the secrets — they were telling each other what they were going through, in life in general, or maybe just that afternoon's events. It was working for them. I also knew that eventually I had to get involved. Something inside me can't stand not doing something at whatever meeting I'm at (A.A. or not), even if it is picking up an empty paper cup.

I did what was *suggested*; get a sponsor and joined a home group. After around 6 months without a drink, I started doing things at my home group. There weren't many group members to begin with at our group. Some weeks I made coffee, most other weeks I made sure we didn't run out of coffee, greeted people at the door, or helped clean up. I somehow became anniversary chairman, a job I'd done at another group many years ago.

Up to this point, these are tasks I've done before — this isn't my first time on our sobriety ship. Granted, there were other factors involved in going back to the lie, like working the steps SDRAWKCAB (that's BACKWARDS backward). I did get involved in some work outside the group my first time in A.A. My sponsor *suggested* I help with meetings at ECMC. I did that with a long-timer for 6 to 8 months, then ran the meeting for a year or so. After that, I fizzled out, just being involved in a group 'job'.

Eventually, that group job went away, and I reverted back to how I came in, just a meeting attendee. That path, in the *wrong* direction, took me right out of A.A.

This time I looked a little closer at people in the program, picking up bits and pieces of others' recovery as my seat time with *the cotton in my mouth* at meetings grew. It sure seemed like those who were active in something else, other than their home group, were *sober and enjoying life*. It wasn't necessarily *full-time* A.A. service work, nor a requirement for membership. They were doing something for A.A. outside their particular group. The closer I looked, the more I realized they had something I wanted. I certainly NEVER want to have to come *back to* A.A. again — so what do I need to do to stay? The answer for me was to get involved on the 'next stage up' in service work. At the right time my sponsor said that there is more to A.A. than just going to meetings, having an attitude of helping another member, and doing something for my home group. That line stuck in my head. Now that thought was confirmed, and I became open to that next step on my journey.

After about 18 months of kindergarten-level relearning these principles we live by, I realized my home group did not have a Central Committee representative. I brought that up at a business meeting, and guess what — I now had a job on behalf of my home group. This one was different — it was my first service-type job outside of the home group itself. I became exposed to a whole new flock of A.A. members I didn't know. My world started to open up in a BIG way.

Fast forward about a year. Off and on I had thought about writing an article for the *New Frontiers*, our local A.A. newsletter (the one you are reading *right now*, and submissions ARE welcomed). When I found out the position of Editor would be open at the end of 2007, a 2 month debate started in my head, 4 months before the job would be open. Should I do it? Hell, I'm not an editor, nor ever have been one. I had not even written an article, let alone submitted one! Fear presented itself in full blossom. What if I screw something up? Who am I to do this job, there **must** be someone better qualified to do it in our area. Simultaneously I'm asking God if this is something *He* wanted me to do. Please tell me explicitly — and since I still tend to want concrete proof, a letter in the mail with *detailed instructions* would be preferred.

That letter never appeared — I know, yours probably didn't show up either. To get a position at Central Committee, you either are nominated by another A.A. member or simply stand for the position at nomination time. I *still* didn't know too many at that meeting, and when the position was announced, every one of my nerve endings were firing at once. I swallowed hard and decided to stand for that position. The last thoughts before that action were if God wants me to be the next editor, it isn't my choice anymore. I am to be available, and leave the decision to Him. If He has another person for that job, the group conscious will decide that. The only think I could have done to veer from the path I am supposed to be on would have been to take my will back by not standing for the position. So, nervous as standing on the river side of the Peace Bridge railing, I stood for that position. It seems like the winners make decisions, then take action (Steps Three through Twelve), and somehow I followed that route here.

I guess it was my turn to be the Editor — I ran unopposed. It's hard to question whether our Higher Power wanted me in that position. That was a two-year term, and I believe I had a much higher *level* of sobriety, if there is such a thing, when compared to not being in that position. I met many

more fellow A.A. members I never would have and made numerous new friends all over our area. I learned MUCH more about certain principles we practice when writing about them than I ever would have. I certainly would not have written as much as I have, hopefully to your benefit and growth.

I also learned that the “best *qualified* person” for a particular position may not be the right choice, especially the way *we humans determine the qualifications*. I certainly believe God as we understand Him has done through me *countless* things I could have not done myself. A.A. needs willing participants, who get to enjoy the highlights as well as live through the darkest depressing tunnels, growing in their sobriety in the process.

That position has taught me another important lesson - just being a member of A.A., and maybe doing some job at my home group is **not enough**. Before you start throwing heavy objects at me, I would not recommend the same exact path I’ve walked for the last 20 years for everyone. Some of those years I was drinking. My path in service work may not be the same fit for you.

Being involved in A.A. service other than your home group is not for beginners, unless it is assisting someone else, like I did at ECMC. It is not for those whose health prevents them from doing some things. In fact, it may not really be for our Elder Statesmen (they get the excellent opportunity to coach us). It is for the rest of us, the majority of people in any A.A. meeting. Those who might be struggling a bit with this sobriety thing. Those of us who are a tad bored with “meetings, meetings, *MEETINGS*.” Those of us who know we have received a miracle and will make some extra time each week or month to do something else, giving back without any expectation of credit.

In my experience, you can’t out give our Higher Power. He always gives back more to me than I give to Him. I just have to watch how I view life’s events, because some of the gifts look like horrendous problems. Even those who are agnostic or atheist will usually say the benefits in giving away some of what they have outweigh what they have given. I also believe if you don’t give something away, you never get more, and what you have slowly evaporates. So slowly that you may not notice it.

In our area there are too many committees that are understaffed. **Every committee could use another person on their team**. I realize that our Higher Power seems to like using a remnant of people to do His work — that way He gets the proper credit, if we are willing to give it to Him. There might be over 1,000 A.A. members here in our area, yet committees are anorexic. Are 900 members too busy? Please, get up and GET INVOLVED. Pick something you like doing — something you want to learn more about, something you would work on at 3:30 am (like I’m doing now <G>).

How many times have you heard someone share about *returning* to A.A. (i.e., picked up a drink) and also said they were involved with their home group, and regularly involved with other type of service work outside of their home group? I can’t remember one, and I’ve been to over a decade’s worth of meetings. It is like they are polar opposites. Do you think there is a correlation? I do, and in a way am risking my sobriety on it. It’s not really a big risk. Chapter Seven of our Big Book starts off with, “PRACTICAL EXPERIENCE shows that nothing will so much

insure immunity from drinking as intensive work with other alcoholics.” I love that word IMMUNITY. It’s not all work; if you continue to read the page, “Frequent contact with newcomers and with each other is the bright spot in our lives.” Bright spots are GOOD.

A summary of my path since then, you ask? Sure! The Public Information Committee (PIC) seemed interesting, so I joined that committee, *after* the job as Editor. I also have interest in how our Central Office works, and what is done through it, so I’ve spend some days there. I’ll tell you, there is NO SUBSTITUTE for answering the phone and getting someone who realizes they need help, hasn’t a clue on what to do next, and sharing some of my experience while directing them to a meeting! I’m still willing to explore other areas of service. I was nominated to the Steering Committee, and am in the 2nd year of a two-year term. I decided to just show up at a Convention Committee meeting, and walked out with a job to do.

Please understand this: I am not trying to say I’m “Mr. A.A. Super Service person!” There are people who are giving way more than I am. It is just at this time in my life, this is what I am doing to stay sober. It isn’t a task list I look at every day — oh man, I *have* to do this or that today. Something inside my soul is driving me in that direction. It is probably what I need to be doing at this moment. Has everything been good in my life? **NO**. Major concerns are being unemployed, health problems, relationship problems. They almost crushed me for a time.

Have I received anything in return for this service work? Yes, ABSOLUTELY YES — I have not picked up a drink in over 5 years. **That alone is more than enough return on my paltry investment.** I vividly remember how hopeless I was, as well as the initial priceless gift A.A. has given me.

There was an astounding surprise hiding out on the path I am on. It was just over the mountain I recently climbed, so there was no way I couldn’t know it even existed. Six months ago I’d have said there was no possible way anything *good* will happen in the near future. Well, I found out the reason people in A.A. say to never give up (and include over half of our slogans here as well) when life is trying to beat you into mashed potatoes. Lucky for me I listened to those people a tad more than the 987,500.51 thoughts in my head over a 9 month period that said “enough is enough, I don’t want to play life anymore like this, so God if you are done with me here, I’m done too!” I also realized how powerless I was to actually change some of my circumstances. The climbs over those mountains appear impossible; they aren’t. **DON’T GIVE UP; DON’T CLIMB ALONE!** Other’s experience tells me **THEY CAN BE CROSSED**.

What’s the prize? What could have happened that so overwhelmed a million prior thoughts which have disappeared like grains of sand in the middle of the ocean? Yours might be different, but here is mine: A **profound thinking change**. I’ll be addressing that in greater detail in a future article. The summary: My core shortcoming, the one that many of my Step Four defects are related to, has been addressed. My thought process, knowing full well I was incapable of changing it (having tried countless times), suddenly changed. I didn’t get cured, because I have some part in this process, will need to learn more lessons, and will have something else to give away. I still have to pinch myself every once in a while, “yes it’s true; **IT’S NOT A DREAM.**” I’m one of you, too — the same thing can happen in your life if it hasn’t yet!

You will not know what you are missing until you put some action into your life —specific action with the goal of helping someone else. See page 97 in the Big Book, “Helping others is the foundation stone of your recovery. A kindly act once in a while isn’t enough. You have to act the Good Samaritan every day, if need be.” When was the last time you heard that at a meeting? Notice it says THE foundation stone, not A foundation stone. It isn’t a multiple-choice decision. It is choose that or your recovery will suffer.

A FOUNDATION STONE, once set, never moves again. It will always be part of whatever is built upon it. Pull it out and whatever is built on it collapses. What’s your FOUNDATION stone? Me first? Job security? Get my family back together? Something that should be in your inventory? Self-sponsorship? Just doing Steps? Easy Does It? Think about it...your choice will affect the rest of your life.

Even if someone predicted the future blessing you will receive, YOU WOULD NOT BE ABLE TO COMPREHEND IT UNTIL YOU LIVE IT. YOU MUST STAY THE COURSE. I CERTAINLY COULD NOT COMPREHEND WHAT I NOW KNOW ABOUT THAT BLESSING, LET ALONE WHAT WILL HAPPEN IN MY FUTURE. Take it to the next level — as a good friend has said, “STAND FOR SOMETHING!” Hang on, the ride will truly amaze you!

Chip R.; Grand II Joy of Living



“Kinda hard to believe you ‘n’ me got a common problem.”

FEBRUARY ANNIVERSARIES

Amherst/Snyder

Christian 3m
Ray M. 6m
Kelly H. 6y
Patti B. 7y
Gary P. 14y
Dave H. 22y
Jim C. 26y

Cold Springs

Willie H. 32y

Courage Group

John W. 6y
Julie S. 26y
Beverly K. 28y

Easy Does It

Chris M. 3y
Faith D. 3y
Joe D. 4y
Melissa B. 15y
John R. 20y
Sue V. 29y

Eyeopener

Tamara 2y
Mary 2y
Robert M. 2y
Karen M. 3y
Steve G. 3y
Maureen 4y
Ashley W. 4y
Russ A. 6y
Kelly Ann M. 7y
Liz 13y
Leo 13y
Kevin W. 16y
Bill R. 16y
Brian O. 17y
Jim S. 25y
Terry M. 34y

Fireside

Mackenzie M. 3m
Stephonie C. 17y
Tom B. 18y
Liz O. 23y

Fresh Start

Laurie A. 6y
Constance W. 12y
Sebastian W. 15y
Peter A. 26y

Golden Slipper

Roger K. 30y
Jim R. 31y

Harmony

Blendan 7y
Joyce E. 13y
Judge W. 14y
Fred F. 19y
Donna W. 19y

Helping Hand

Sherry C. 3y

How It Works

Keith C. 6m
Dave R. 1y
Kevin T. 2y
Steve C. 3y
Mark F. 3y
Tom C. 13y
Dave S. 17y
John P. 31y

Ironhorse

Chris G. 3y
Jim P. 7y
Bill S. 22y

Lakeshore

Kerry W. 4y
Mark S. 14y

Living in the Solution

Bob K. 19y

Lovejoy

Mike A. 6m
Kim E. 10y

North Buffalo

Chris L. 3m
Ember 3m
Russell P. 3m
Maria 3m
Jennifer P. 6m
Michelle L. 6m
Beth S. 1y
Brendan M. 1y
Chris G. 1y
Nancy Z. 1y
Yasir R. 1y
Erin B. 2y
John T. 2y
Jorge Q. 3y
Phillip W. 3y
Teddy S. 3y
Rob S. 5y
Phil R. 5y
David B. 4y
Amy S. 6y
Larry A. 7y
Joe L. 7y
Peter N. 9y
Donat M. 15y
Walter W. 20y

Orchard Park

Karen G. 6m
Cory B. 1y
Debi C. 11y

Recovery Near the Gardens

Jose D. 12y

Remember When

Kathy A. 2y
Rich C. 3y
Darnelle J. 4y
Belinda E. 7y
Marcus 8y
Ernest A. 13y
Rosevelt M. 17y
Ava P. 21y

Rise & Shine

Justine C. 3y
James H. 3y
George S. 5y
Tom H. 8y
Lawrence B. 16y
Ava P. 21y

Sheridan

Angela G. 3y
Paul D. 20y

Spirit of Hope

Antwan D. 13y

Sun. Morning

Breakfast

Carol K. 11y
Max W. 24y

Surrender & Hope

Barb K. 6m
Adam P. 1y
Sara Y. 2y
Ruth C. 14y
Al Z. 28y
Sherri H. 34y

Thruway

Elizabeth O. 23y
Joyce T. 24y
Dan T. 27y
Jane Marie B. 35y

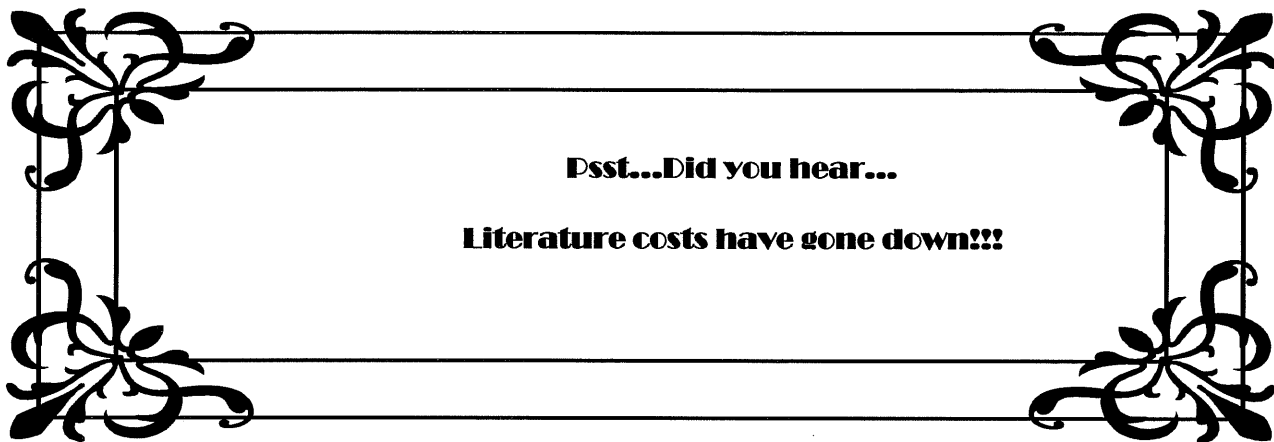


GROUPS CELEBRATING

6th Step: 34y
Stayin Sober: 3y
Backdoor: 7y
By the Book: 12y
Clarence Men's Disc II: 21y
Common Problem: 28y
Daily Reflections: 15y
Early Bird: 20y
Everybody's Group: 27y
Grateful: 36y
Harmony: 33y
Kensington: 41y
Lake Shore: 49y
Love: 11y
Recovery Near
The Gardens: 10y
Thankful: 41y
Threshing Floor: 5y
Tri County: 52y
Wake-Up Call: 19y

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





IN MEMORIAM

Things We Can Not Change

Ray D.- 14 years- Coldsprings Group

To all our members who have lost family & loved ones our prayers are with you.

Share your Experience, Strength and Hope

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

Articles can be submitted at any time.

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

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

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210
Fax: 853-0389
www.buffaloaany.org
buffalooa@hotmail.com*

FEBRUARY 2011

MEETING CHANGES

- **All Meetings that met at the Allsaints Episcopal Church**, 781 Maple in Amherst; STILL MEET. only the name of the building has changed to the Hope center.
- **Maple Men's Group**; 781 Maple Rd., Amherst, Thursday's, is no longer a men's meeting! All are welcome and the group needs support to survive.
- **Friends of Bill W.** meeting times changed for the Saturday and Sunday meetings. They now are at 6:00 pm. So, they meet 6 days a week (all except Friday), now all meetings are at the same time, 6:00 pm. Grove St. Christian Church, 85 Grove St., Tonawanda.
- All meetings at the **Serenity shack, NO LONGER MEET.**
- **New Group: Rigorous Honesty Women's**; Saturday's 1PM, closed meeting, Paradise House Opportunities, 144 Mills St. Buffalo, 14212
- **Golden Slipper Group**; Sunday's, 9:30 am, has **moved** to VFW Post 2535, 112 Caledonia St., Lockport
- **Women's Step Action Meeting: NO LONGER MEETS**; Thursday's 6 PM, St. Martins in the Field, Grand Island
- **Redeemers Group: NO LONGER MEETS**, Sunday's, 2 PM, The Redeemers Church, Falconer & Thompson Streets, N. Tonawanda.
- **We Don't Know Meeting: NEEDS SUPPORT**; Tuesday's & Thursday's, 12:15PM, Buffalo Central Office, 681 Seneca St. Buffalo.
- **Spirit of Hope Group: NEEDS SUPPORT**; Saturday, 10 AM, Bissonette House, 335 Grider Street, Buffalo.
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

COMING EVENTS

- ~ Feb 13, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Feb 13, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, (hosted by Lakeshore Group)
- ~ Feb 13, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca

- ~ Feb 14, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Feb 15, **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Feb. 17-Mar 17, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Thursday's; 6:30 PM. Sponsored by Serenity Trails Group, St. Anthony's Church, 421 Commercial St. Farnham. ,Journey through the 12 steps in 5/ 1 hr sessions
- ~ Feb. 18-20, **Retreat For Men in A.A.**, "Road to Recovery", St. Columban Center, 6892 Old Lakeshore Rd., Derby. Cost \$125, meals included. To register call Daryl B.; 553-3785. All Men welcome. Scholarships available. Donations toward scholarships greatly appreciated.
- ~ Feb 19, **Any Age presents the 30th 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- Midnight. Tickets \$9.00 in advance/ \$11.00 at the door. Pizza-Coffee-Tea- Pop- 50/50. No Children under 12. Smoke ONLY in your vehicles & please keep butts in the car. Speaker will be Charmaine D. from High Noon Group.
- ~ Feb 21, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting
- ~ Feb 26, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ Feb 26, **Tri Co. Group** that meets at St. Joseph church on East Main St. in Gowanda is celebrating the groups **52 year anniversary**, bring a dish, dinner at 7:30 speaker at 8:30. doors open at 7:00 group supplying roast beef, for info call Barry H. 532-3771.
- ~ Mar 18,, **Werhle Group is hosting a St. Patrick's Day Dinner**. Polish Villa II, 1085 Harlem near Clinton in Buffalo. Doors open at 6:00 pm, dinner at 6:30 pm. The speaker; James O. Cost for dinner is \$20.00. The Family Style Dinner includes corned beef and breaded pork chops, sides, beverage and dessert. Tickets are available and must be purchased by March 10th. No tickets available at the door. Call Donna at 510-6617 or Beverly at 580-3516
- May 13-15, **Women's Spring Spiritual Weekend Retreat** will be held at Stella Niagara. The focus is on the 12 steps & includes speakers, groups, spiritual advisors -along with a lot of food, fun & fellowship. More info is upcoming. Contact person: Marilyn S. 799-4094

2nd STEP: "Came to believe that a power greater than ourselves could restore us to sanity."

2nd 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."

2nd 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 Executive Secretary

BUFFALO CENTRAL COMMITTEE MINUTES

January 9th, 2011

Jake Three Legacies Group Committee Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Felix Carry The Message Group read the Preamble, Joe Sober Train read the Purpose of Central Committee and Brett North Buffalo read the Twelve Traditions. It was moved by Vernon Solidarity Group and seconded by Pat Thruway Group to accept the December minutes as written by MaryKate Three Legacies Group.

New groups were greeted and 24 groups were represented: Dist #1 Main And High; Dist #2 How It Works-Men's, North Buffalo, Sober Train, Three Legacies; Dist #3 Abbott Men's Discussion, Courage, Iron Horse, OLV women's, Thruway Dist #4 ; Dist #5 Lockport #1; Dist #6 As Bill See's It, Carrying The Message, Derby, Lakeshore, Sobriety Men's Discussion, WE; Dist #7Amherst Snyder, Solidarity, Thursday Night Steppers, Reflections; Dist #8 Eycopener, Williamsville, Women Making The Effort.

COMMITTEE REPORTS:

- ENVELOPE SYSTEM:** \$437.00 brought in by the envelope system
- STEERING COMMITTEE:** Jeanmarie reported that district 1, 2, 4, 6, 7, 8 were represented. District 3 & 5 were not reporting. Chip R. was voted the chair of steering committee. Jeanmarie F. was voted secretary. Terry will report on the literature cost changes pertaining to world service books. New schedule printings will include zip codes for mapping location purposes.
- FINANCIAL REPORT:** Rick reported that monthly income was \$3,765 of which \$47.60 was from the convention. Achieves is to begin paying rent bimonthly. Terry's health insurance is for (Nov/Dec/Jan) 3 months. Accounts receivable has a large doubtful amount of \$1446.00
- TREATMENT:** Verbal report given.
- CORRECTIONS:** Peter L. reported help is still needed for volunteers to take meetings into the Wende correctional facility and Buffalo work release. See Milt or Peter for volunteer information.
- SCREENERS:** not present
- CENTRAL OFFICE:** AA Info: 163, Alanon:6, Visitors: 131, Volunteers: 12. Terry reported in light of last year's gains, we are going to lower the literature costs of AA WS literature. In June we will relook at the financial situation at that time and adjust accordingly. Next month's meeting will be moved to the second week of February, Sunday February 13th.
- NEW FRONTIERS:** Terry would like to thank all whom have submitted articles.
- PIC:** No report.
- PAST CONVENTION:** No report
- GSA LIASON:** not present
- ARCHIVES:** Pat M. reports at our December meeting we discussed what we will be doing on our work days. We talked about doing a day of sharing. It was decided we would do a breakfast on May 15th at Days Inn in Niagara Falls, NY. We will call it "History Lights the Way". It would start at 9 to 10am with free coffee, then a breakfast at \$16.00. We are keeping it at cost because we do not

want to profit from this. It will be a day of learning what we are doing. Tom will give a presentation on group photos and there will be a panel on the history of the different Intergroups in our area. If you would want us to bring our display for group anniversary or any other event please give us 30 day notice. This way you are sure that we will be able to come and that date is free for your group. We would like to thank the groups that have donated to us. Please make checks payable to Western New York Archives. Our meetings are usually held on the 4th Saturday of the month at the Buffalo Central Office at 9:00am. The meeting for this month is on January 22nd. Anyone interested in becoming a part of Archives is welcome to join us or be on the committee for the breakfast/

•**OLD BUSINESS:** Winston Main and High for district 1 steering committee, unanimous, carries. Jason Abbott Men's presented a proposal to amend the bylaws. Jake Three Legacies committee chair will appoint a chairperson for phone systems Ad-Hoc committee to present a model to steering committee and central committee.

•**NEW BUSINESS:** No new business.

Jake Three Legacies Group Committee Chair thanked Sober Train for this month's refreshments and Februarys to be provided by Carry the Message.

NEXT MEETING February 13th 2011

It was moved by Jason Abbott Men's Group and seconded by Brett North Buffalo Group that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:42 PM.

Respectfully submitted by Annie Recording Secretary WE group.

Section 7.06 Amendments to the By-Laws

- A. Any proposed amendment of any part of these By-Laws shall be submitted in writing and signed by a Member of the Central Committee at any regular Central Committee meeting and shall thereupon be ordered tabled for consideration and voted on at the next monthly meeting of the Central Committee.
- B. A notice and copy of the proposed amendment(s) clearly stating the article(s) and section(s) to be amended shall be sent to all groups registered with the Central Committee.
- C. A motion to amend these By-Laws shall be made and approved at a regularly scheduled meeting of the Central Committee.
- D. These By-Laws may be amended by a three-fourths majority of the Central Committee's Representatives present and eligible to vote at a regular Central Committee meeting.
- E. All approved amendments to these By-Laws shall be incorporated into a revised edition of the By-Laws. The cover page of each edition of the By-Laws shall include a statement "As approved on (insert date)" with the words "Revision (insert revision letter such as A, B)" directly below the statement. The last Section in the last Article of the By-Laws shall list all revisions by revision letter, date approved and an indication of the Sections that were added, deleted, revised or renumbered.

Bi-law amendment proposal:

Section 4.08 Afterhours: Screeners – Twelfth (12th) Step Committee

- A. The purpose of this committee is to recruit, train and oversee those A.A. groups or groups of A.A individuals who have volunteered to man the phone after normal business hours of the Central Office of Buffalo.
- B. The Phone Committee shall consist of no less than three members of A.A.
- C. The officers shall be elected internally and shall meet such sobriety requirements as the Phone Committee may specify as necessary. The Chairperson shall be elected for a term of 2 years and shall be required to have at least 2 years of continuous sobriety.
- D. The duties of and responsibilities of the Phone Committee are:
 - 1. Develop and continually update training/information manuals with the assistance of the Office Administrator.
 - 2. Recruit A.A. groups and or individuals to man the phone after normal office business hours.
 - 3. Train these individuals as to their responsibilities, procedures, and requirements.
 - 4. Promote and oversee the 'Night Watch' so as to make certain that the hand of A.A that is extended through our phones are always that of an A.A. member.

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	DEC	YEAR	DEC	YEAR	DEC	YEAR
1:45		60.00		0.00		0.00
2 Step		0.00		0.00		0.00
2 Steps/12 Traditions		200.00		0.00		0.00
4th Step Stumblers/F.U.N.		0.00		0.00		0.00
4th Step		37.50		0.00		0.00
Day At A Time		48.00		0.00		0.00
Debbott Men's	32.25	760.25	32.25	455.25	32.25	455.25
Acceptance/Welcome		150.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		50.00		25.00		25.00
Age Doesn't Matter		50.00		50.00		50.00
Akron Awareness		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amherst/ Snyder	120.00	770.00		0.00		0.00
Armsdell Lakeshore		350.00		0.00		0.00
Arny Age		0.00		0.00		0.00
Arny Length	35.00	450.00	15.00	165.00	15.00	165.00
Arcade		50.00		0.00		0.00
As Bill Sees It		370.00		93.00		30.00
Attitude Adjustment(Williamsville)		100.00		50.00		50.00
Attitude Adjustment(NF)	35.00	35.00		0.00		0.00
Attraction	100.00	500.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Back To Basics		60.00		0.00		0.00
Beginners Group (NF)		40.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		150.00		75.00		75.00
Big Book Lockport		275.00		0.00		0.00
BB Spiritual Studies		0.00		0.00		0.00
Big Book Study		90.00		0.00		0.00
Blasdell		0.00		0.00		0.00
Blasdell Monday Night	15.00	15.00		0.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women		0.00		0.00		0.00
Brass		0.00		0.00		0.00
Building Hope		50.00		0.00		0.00
By The Book		0.00		0.00		0.00
Carry the Message		430.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Cayuga Wake- Up Call		660.00		35.00		20.00
Caz Manor		320.00		0.00		0.00
Central City Cafe'		15.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga		850.00		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		0.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Solution		12.00		0.00		0.00
Commitment		300.00		0.00		0.00
Constant Vigilance(Varysburg)		0.00		0.00		0.00
Complanters	50.00	50.00		0.00		0.00
Courage		225.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		100.00		0.00		0.00
Dawn of Hope		75.00		0.00		0.00
Derby		340.00		0.00		0.00
Derby Lunch		0.00		0.00		0.00
Desire		700.00		0.00		0.00
Desperate		0.00		0.00		0.00
Downtown Men's	50.00	50.00		0.00		0.00
Dunkirk Monday Night		100.00		0.00		0.00
Early Bird South		193.42		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
East Amherst		200.00		0.00		0.00
East Aurora		300.00		200.00		200.00
Easy Does It	30.00	455.00	30.00	355.00	30.00	355.00
Ellicottville	25.00	50.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		14.00		0.00		0.00
Eyeopener	28.61	1903.43		0.00		0.00
Eyeopener South	350.00	1150.00	150.00	350.00		0.00
Father Baker		0.00		0.00		0.00
Feelings		105.00		0.00		0.00
Fire Side PM		600.00		0.00		0.00
Fire Side		1472.50		0.00		0.00
First Things First		625.00		0.00		0.00
Forestville Sunday Serenity		0.00		0.00		0.00
Frederonia Discussion		0.00		0.00		0.00
Freedom		550.00		0.00		0.00
Fresh Start		180.00		0.00		0.00
Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

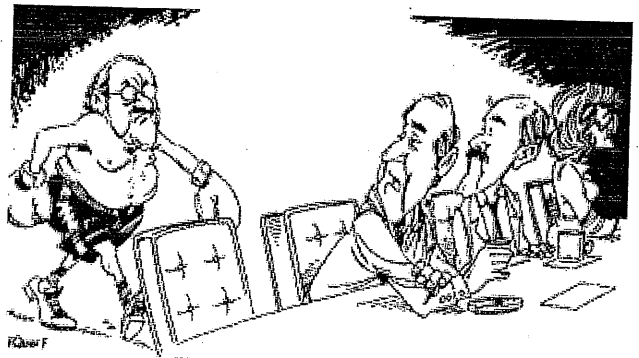
GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	DEC	YEAR	DEC	YEAR	DEC	YEAR
2 Friends of Bill W.		75.00		0.00		0.00
1 Frontier(New)	38.84	2131.42		0.00		0.00
3 Gardenville		220.00		0.00		0.00
8 Georgetown		0.00		0.00		0.00
2 Getting Better		0.00		0.00		0.00
6 Gettin With It		38.00		0.00		0.00
7 Gifted		0.00		0.00		0.00
1 Giving		0.00		0.00		0.00
6 Go to Any Length		921.50		61.43		61.43
5 Golden Slipper		100.00		0.00		0.00
2 Grand		70.00		0.00		0.00
2 Grand II Joy of Living		112.22		0.00		0.00
2 Grateful		150.00		0.00		0.00
3 H.O.W.		0.00		0.00		0.00
8 Hamburg		0.00		0.00		0.00
6 Hamburg Early Bird		100.00		0.00		0.00
8 Hand	40.00	200.00		0.00	10.00	50.00
2 Handicappers		150.00		0.00		0.00
1 Happy Faces		0.00		0.00		0.00
7 Harmony		0.00		0.00		0.00
3 Helping Hand		150.00		0.00		0.00
8 High Noon		1250.00		0.00		0.00
8 High View	150.00	450.00		0.00		0.00
7 Higher Power		0.00		0.00		0.00
4 Hillbilly	100.00	460.00	50.00	50.00	50.00	50.00
6 Holiday Village	225.00	2450.00	25.00	250.00	25.00	225.00
4 Holland		120.00		0.00		25.00
6 Honest Solutions		0.00		0.00		0.00
2 Honesty		105.00		0.00		0.00
6 Hope's Horizon		50.00		0.00		0.00
2 How It Works/Men's		1167.00		126.00		126.00
7 Humbolt		0.00		0.00		0.00
3 Inspiration		110.00		0.00		0.00
5 Intoxicated on Life		0.00		0.00		0.00
3 Ironhorse		1040.46		100.71		100.71
8 IT		0.00		0.00		0.00
5 Johnson Creek Big Book		0.00		0.00		0.00
1 Journey	300.00	600.00		0.00		0.00
3 Just For Today/ Cheektowaga		150.00		0.00		0.00
5 Just For Today/ Albion		15.00		0.00		0.00
4 Keep It Simple Sister		90.00		0.00		0.00
2 Keep On Coming		0.00		0.00		0.00
2 Kenmore		50.00		0.00		0.00
8 Kensington		0.00		0.00		0.00
6 Lake Shore		350.00		100.00		0.00
6 Lakeview		305.00		0.00		0.00
3 Lancaster Dailey Reprieve		193.37		0.00		0.00
5 LewPort		0.00		0.00		0.00
2 Liberty Women	50.00	260.00		0.00		0.00
4 Life Today		102.00		0.00		0.00
8 Lighten UP		300.00		0.00		0.00
1 Living Clean		0.00		0.00		0.00
2 Living in the Solution		100.00		0.00		0.00
2 Living Sober		0.00		0.00		0.00
5 Lock City		400.00		0.00		0.00
5 Lockport #1		750.00		75.00		75.00
5 Lockport Discussion		50.00		0.00		0.00
5 Lockport Ladies		50.00		0.00		0.00
5 Lockport Tuesday	25.00	253.00		48.00		0.00
5 Lockview		1216.00		192.00		192.00
6 Look To This Day		0.00		0.00		0.00
7 Love		0.00		0.00		0.00
7 Lovejoy		75.00		25.00		25.00
5 Lower River		0.00		0.00		0.00
1 Main and High	5.00	61.84		0.00		0.00
4 Main Street		390.00		0.00		0.00
8 Maple Men's		0.00		0.00		0.00
4 Manila		270.00		0.00		0.00
3 Matt Talbot		580.00		0.00		0.00
6 McKinley Winners	40.00	160.00		0.00		0.00
5 MEDINA STEP WORK/BIG BOOK		45.00		0.00		0.00
5 Medina New Life	29.00	79.00		0.00		0.00
8 Mercy		200.00		0.00		0.00
3 Mid-day		220.13		0.00		0.00
8 Midnight Discussion		0.00		0.00		0.00
5 Miracle Happen		0.00		0.00		0.00
7 Monday CO		110.05		0.00		0.00
5 Monday Big Book		0.00		0.00		0.00
2 Morning After	100.00	400.00		0.00		0.00
7 New Awakening		0.00		0.00		0.00
3 New Beginnings/St. Vincent		30.00		0.00		0.00
5 New Freedom		25.00		0.00		0.00
5 New Hope		25.00		0.00		0.00
5 New International		40.00		0.00		0.00
3 New Life		100.00		0.00		0.00
5 New Outlook		0.00		0.00		0.00
1 New Westside	50.00	50.00		0.00		0.00
5 Niagara Frontier Men's Disc.		120.00		0.00		0.00
2 North Buffalo	200.00	1350.00	50.00	300.00	50.00	300.00
4 North Java Monday		0.00		0.00		0.00
4 North Java Sunday		0.00		0.00		0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL	CORRECTIONS	TREATMENT
One Day At A Time	0.00	0.00	0.00
On The Cliffs	0.00	0.00	0.00
Open Arms	150.00	310.00	0.00
Open Mind	0.00	0.00	0.00
Orchard Park Step	1025.00	0.00	0.00
Our Meeting @ the VA	0.00	0.00	0.00
Patchin	0.00	0.00	0.00
Pendleton Chapter Five	100.00	0.00	0.00
Point of No Return	0.00	0.00	0.00
Powerless	0.00	0.00	0.00
Pride	130.20	0.00	0.00
Primary Purpose	0.00	0.00	0.00
Principles Bef. Personalities	20.00	225.00	0.00
Progress	0.00	0.00	0.00
Purpose/Tonawanda	0.00	0.00	0.00
Questions & Answers	75.00	0.00	0.00
Ray of Hope	0.00	0.00	0.00
Recovery Near the Gardens	28.00	105.00	0.00
Reflections	0.00	0.00	0.00
Reflections on Recovery	0.00	0.00	0.00
Remember When	0.00	95.00	0.00
Renaissance	300.00	2301.00	0.00
Renewal	0.00	0.00	0.00
Ridge	344.00	20.00	20.00
Rise and Shine	0.02	0.00	0.00
Rochester	220.00	220.00	0.00
Roland	0.00	0.00	0.00
Rural is Plural	0.00	0.00	0.00
Sally	0.00	0.00	0.00
Saratoga	0.00	0.00	0.00
Saturday 12 & 12	0.00	0.00	0.00
Sat. Nite Sober	0.00	0.00	0.00
Searching For Serenity	225.00	90.00	90.00
Second Chance	0.00	0.00	0.00
Serenity	350.00	0.00	0.00
Serenity Circle	0.00	0.00	0.00
Serenity on the Lake	0.00	0.00	0.00
Serenity Shack Nooners	0.00	0.00	0.00
Serenity Trails	0.00	0.00	0.00
Setaside	615.00	0.00	0.00
Sheridan	260.00	0.00	0.00
Silvercreek Friendship	30.00	0.00	0.00
Sober Saturday	100.00	400.00	0.00
Sober Trails	0.00	0.00	0.00
Sober Train	0.00	0.00	0.00
Sober Winners	100.00	255.86	0.00
Sobriety for Women	0.00	0.00	0.00
Sobriety Men's Disc.	125.00	225.00	225.00
Sobriety On The Canal	15.00	0.00	0.00
Sobriety on a Sat. Night	50.00	25.00	25.00
Sobriety on the Lake	0.00	0.00	0.00
Solidarity	43.75	590.54	0.00
Somerset	0.00	0.00	0.00
South Buffalo	810.00	0.00	0.00
South Town	390.00	0.00	0.00
Southgate	0.00	0.00	0.00
Southwestern	60.00	0.00	0.00
Spirit of Hope	22.00	47.00	0.00
Spiritual Progress	0.00	330.00	0.00
Springville Sat. Afternoon	0.00	0.00	0.00
Springville Tues. Night	0.00	145.00	0.00
Springville Wed. Noon	25.00	230.00	0.00
Springville New Life	0.00	120.00	0.00
Sprout into Sobriety	10.00	10.00	0.00
St. Barnabas	200.00	200.00	50.00
St. Mark's	0.00	0.00	50.00
Starting Over	700.95	0.00	0.00
Staying Sober	12.00	0.00	0.00
Step Action Group	735.00	72.50	72.50
Stepping Stones/Gow.	0.00	0.00	0.00
Stepping Stones/Will.	0.00	0.00	0.00
Steps 1, 2 & 3	250.00	0.00	0.00
Sunday in Cattaraugus	0.00	0.00	0.00
Sunday Morning Breakfast	750.00	0.00	0.00
Sunday @ 8:00	0.00	0.00	0.00
Sunday's Best	0.00	0.00	0.00
Sunrise Court	400.00	70.00	0.00
SUNY Amherst Campus	12.73	0.00	0.00
Surrender and Hope	350.00	50.00	100.00
TGIF	0.00	0.00	0.00
Thankful	70.00	0.00	0.00
Three Legacies	80.00	0.00	0.00
Thruway	100.00	2230.44	25.00
Thurs. Nite Steppers	0.00	0.00	0.00
TnT	120.00	660.00	0.00
Today	0.00	0.00	0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL	CORRECTIONS	TREATMENT
8 Today's Woman	80.00	0.00	0.00
6 Tri County	0.00	0.00	0.00
6 Tri-Step Beginners	0.00	0.00	0.00
3 Try Again	200.00	10.00	10.00
4 Tuesday Men's AM	108.00	300.27	0.00
3 Tuesday Women's	0.00	25.00	25.00
2 Turning Point	50.00	0.00	0.00
5 Twin Cities	100.00	0.00	0.00
8 Unity	127.00	0.00	0.00
2 University Men's Disc.	574.10	0.00	0.00
3 Valley	3.00	0.00	0.00
3 Victory	175.00	0.00	0.00
3 Victory Women's	25.00	0.00	0.00
1 Wake Up Call	77.00	117.00	0.00
6 WE(Women's Experience)	93.04	0.00	0.00
3 We Care	0.00	0.00	0.00
7 We Don't Know	37.00	978.41	0.00
8 Wehrle	0.00	0.00	0.00
6 Westfield	0.00	0.00	0.00
1 Westminster	0.00	0.00	0.00
2 Why	0.00	0.00	0.00
8 Williamsville	0.00	0.00	0.00
6 Willing To Grow	300.00	0.00	0.00
5 Wilson Group	55.79	20.00	0.00
6 Wilson Smith Alumni	195.00	0.00	0.00
5 Women In Sobriety	0.00	0.00	0.00
7 Women Making the Effort	150.00	30.00	30.00
1 Women's West Side	0.00	0.00	0.00
1 Working	300.00	0.00	0.00
6 Young at Heart	0.00	0.00	0.00
5 Youngstown	0.00	0.00	0.00
Bowl In the New Year	80.00	0.00	0.00
Anonymous	730.00	0.00	0.00
J. Frank H.	25.00	0.00	0.00
Elaine B.	50.00	0.00	0.00
Gene H.	80.00	0.00	0.00
Hoot G.	8.00	24.00	0.00
Jane K.	1000.00	0.00	0.00
Fred N.	30.00	0.00	0.00
Donna F.	30.00	0.00	0.00
Ed O'C.	50.00	0.00	0.00
Douglas W.	10.00	0.00	0.00
Quo V.	30.00	0.00	0.00
George H.	100.00	0.00	0.00
Zachary F.	37.42	0.00	0.00
TOTALS	3892.45	60412.86	427.25
		4018.89	287.25
			3652.89



12 steps, not 12 rounds

RETURN SERVICE REQUESTED

681 Seneca St. (Lower)
Buffalo, NY 14210
buffalooa@hotmail.com

NON-PROFIT ORG.
US POSTAGE PAID
PERMIT # 53
BUFFALO, NY

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



NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP** _____

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**MAKE CHECKS PAYABLE TO: BUFFALO CENTRAL OFFICE, 681 SENECA ST.,
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