

NEW FRONTIERS

A.A. of the Niagara Frontier

FEBRUARY 2012

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

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



It Works For Me ...

Sober sixty years, a member reflects on A.A.'s principles

My sobriety date is August 15, 1947.

During World War II, I served as a naval aviator flying single-engine seaplanes that were catapulted off cruisers and battleships. The catapult shot didn't cure a hangover, but for a little while it really took your mind off it. In the summer of 1945, I ended up in a Navy hospital with pneumonia, and I went into DTs. I was in the hospital for four weeks. I got drunk nine out of my last ten nights there, so obviously I didn't learn a great deal. I got out of the service in December 1945, and continued to drink, gradually coming to the realization that I couldn't handle it, but I didn't know how to stop.

Finally, on a steamy Saturday morning in August 1947, I called the Chicago A.A. office, which put me in touch with an A.A., and I met him that afternoon. He lived in Oak Park, the Chicago suburb where I lived, and he'd been sober for five years. A.A. was only twelve years old at the time, so he had been sober nearly half as long as A.A. had been in existence. I was twenty-five years old.

I was brought up in a traditional Christian religion. Its followers declared that they had the only true way to God. At the time of my entrance to A.A., I believed in nothing. Looking back, it seems to me that my problem was not an unwillingness to believe in God; I was simply unable to believe in that concept of God and I didn't know any other way to find Him.

That first day, this man talked to me about "God as we understood him". The bewilderment and antagonism of years began to melt, thawed by this unheard-of approach to God. Nobody argued about whose Higher Power was higher.

The next day, he took me to the Sunday morning breakfast A.A. meeting on the west side of Chicago. There were sixty or seventy people there. I listened to the speaker and several comments afterward. When we walked out, nothing seemed different, but apparently something was different because I never took another drink and I began to experience the miracle and power of A.A.

In the spring of 1948, I heard Paul S. talk at the same meeting. He was one of the early Akron A.A.s. Over and over, he kept saying, "A.A., in and of itself, is sufficient." I didn't know whether to believe him or not. But, today I believe it's true. A.A., in itself, is sufficient if we work the Steps.

If I were drowning, I would want a life preserver, not a serving of cotton candy philosophy, theology, or positive thinking. In the Twelve Steps, A.A. gave me a life preserver. The people in A.A. told me: "Do these things and your life will change." That is precisely what happened. ...

(Continued on page 2)

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When the Big Book was written, no A.A. member was sober for more than a few years, and yet, its prescription for a sober, useful life remains as timely and powerful today as ever. ...

The worst advice I ever got in A.A. was to work the first nine Steps once and then attempt to exist on Steps Ten, Eleven and Twelve. In 1963, sober sixteen years, I heard a suggestion that there's great benefit in redoing all of the Steps. It turned out to be absolutely correct. In my experience, A.A.s who continue to work all of the Steps do not suffer from depression, anxiety, apathy, boredom, and similar symptoms. ...

My belief in God began as a very simple view of the Higher Power. Gradually, as I read everything I could find on the spiritual life, it became very complicated and, in my view, quite advanced. As years have passed, my belief has become simpler and simpler. My relationship with God is dependent on rigorous honesty and continuing work with the Twelve Steps because this gives me a continuing experience of God in my life.

The Twelve Steps are deceptively simple but provide limitless spiritual growth for anyone with the patience to stay the course. However, the timetable is generally far slower than we believe it should be. ...

The A.A. message is a "spiritual awakening as a result of these Steps". The forward to "The Twelve Steps and Twelve Traditions" says "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

It works for me.

Paul M., Riverside, Illinois

~ Reprinted with permission ~ A.A. Grapevine ~ September 2007 ~ Vol. 64 No. 4 ~

A Benedictine monk's advice
for walking [any] spiritual labyrinth:

*Don't judge yourself.
Don't judge your process.
When you catch yourself judging,
don't judge yourself for judging.*

~

*Try not to try.
When you catch yourself trying,
or trying too hard not to try,
don't judge yourself for trying.*

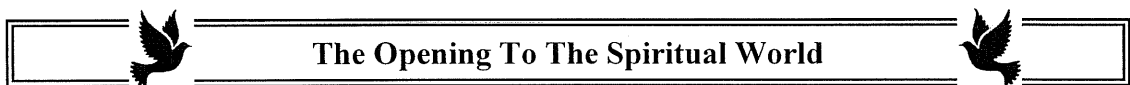
~

*Just be open to all of it,
and decide before you start
that everything that happens
is the right thing
that was supposed to happen ~
your thoughts,
how you feel ~
all of it ~
is the right thing
to be part of your question
and part of your answer,
whatever it might be.*

~

*Have faith that this has worked
for thousands of other souls,
and so it will work for you, too.*

MrSponsorPants@aol.com ~ April 24, 2009



The Opening To The Spiritual World

A.A. is a spiritual program and a spiritual way of life. Even the first half of the First Step, "We admitted we were powerless over alcohol," is a spiritual experience. An A.A. member needs more than physical capabilities; he needs the use of his full faculties as a human being to hear the message, to think about it, to review the effects of the past, to realize, to admit, and to accept. These processes are activities of the mind, which is part of the spirit.

Yes, I began with blind faith, but the proof of truth is that it *works*. I believed those who said they had suffered from alcoholism, but, through A.A., were now enjoying sobriety. So the truth was there for me to see. But shortly I knew the truth from my own experience. I was not only released from the compulsion to drink; I was guided toward a compulsion to live!

A.A. also made me very much aware, by constant repetition, of my freedom of choice, and this is the human faculty of willpower. As time has gone on in sobriety, I have been offered and have used the opportunity to learn more about humanity by learning more about myself. I now realize that when I first said at an A.A. meeting, "My name is Tom and I am an alcoholic," I was expressing the first truth I had known about myself. Think about the spirituality in such statements. My name tells me that I am a human being; the fact that I *can* know it, think about it, and communicate it reinforces my humanity and makes me aware and excited that I *am*!

This, then, became the opening to the spiritual world. With the guidance of the program and the encouragement

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and examples within the Fellowship, I could begin to find out about myself and be prepared to accept what I found. I learned in the Fellowship that if others could accept me and love me as I was, then I should love myself as I was ~ not for what I was, but for what I could become. So I have learned a little about my mind and about my will and about my emotions and passions. I have learned that I can be a good human being, although an imperfect one; that, when I consciously live in the real world (sanity), each good day helps to counterbalance my past.

My religion did not give me A.A. A.A. gave me greater strength in my religion. The simple contrast between active alcoholism and active sobriety has helped me to seek, to listen, and to apply the good principles of living, and I am rewarded with much more excitement and joy than was mine before A.A. sobriety. By accepting this sobriety gratefully, as a gift, and using it willingly, I have become aware of other gifts available to me as a human being. To get the benefits, I need only ask and then use.

This is the crux of the program and the crux of living: acceptance and action.

The gift of understanding has allowed the simple messages from my parents, my teachers, and my church to take on new meaning and soundness. With the gift of serenity, I am ready and willing to accept what God permits to happen to me; with the gift of courage, to take action to change the things I can for the good of myself and others. The gift of wisdom has been given to me so that in personal relationships I may act intelligently and with love or, as it has also been expressed, with competence and compassion.

Now I am trying to grasp the idea of living "inside out". The Big Book, "As Bill Sees It—the A.A. Way of Life", "24 Hours a Day", the meetings, the experiences, the consciousness of change in myself, in my thinking, my choices, and my habits ~ all of these are spiritual. There is the spirituality of the A.A. way of life, which simply makes us aware of our individual inner resources. There is no materialism in A.A. ~ just spirituality. If we take care of our inner needs, our other needs will be provided for.

I have come to believe that the gift of sobriety is what gives value and dignity to my life. It is this that I have to share, and it grows as it is shared.

El Cerrito, California

~ Reprinted with permission ~ "Came to Believe" ~ pp. 3-4 ~



The most interesting characteristic of this Step is its effect on new persons in A.A. ... The 2nd Step is the very heart of the A.A. program. Without it, the most carefully planned approach to the problem of alcoholism fails; without it, the most stubborn and determined fail. Unless there is acceptance of a Power greater than ourselves, the other Steps become meaningless. ...

There are many things in our lives that we *cannot* change. Some of these things, or our inability to change them, may be the underlying causes of our alcoholism. They may be the things we are trying to escape through alcohol. When we become sober and start out on the A.A. Program, these things remain with us. Of ourselves, we can do nothing about them. They are insurmountable. It is at this point in our lives that we draw strength from this Power that is greater than ourselves. Having turned these things over to it, they need no longer concern us. At long last they reveal themselves in their true perspective.

On the other hand, there are many things in our lives that we *can* change. Some of these things, or our failure to change them, may be the underlying causes of our alcoholism. Usually, we lacked the courage to change these things. We have been unable to summon the courage. Immature and emotionally unstable, we have evaded reality

by escape through alcohol.

When we accept the fact that there is a Power greater than ourselves, it is not too difficult to call on this Power for the courage and wisdom necessary to face even a bleak reality. In other words, we have found an understanding and helpful friend who cannot fail us. We are relieved because we know that we are no longer alone. ...

A word of hope to the cynical newcomers to the Program ~ look around you. There are more than 40,000 persons in the world today who have recovered from this illness. Many of them, too, had trouble with the second step. Many, like you, were cynical. But they *continued to try to believe* and they kept an open mind! Today, they are well. If they remain on the Program, they will keep well.

There is no set pattern for realizing the 2nd Step. Many attain belief suddenly; others more slowly. The "bright, shining light of understanding" does not come to all at once. Acceptance of this Step comes to many men in many ways. You will get it eventually. When you do, you will understand when an A.A. says to you: "Gee, this thing isn't so tough after all. I don't seem to want to drink anymore!"

J.T. Greenwich [sic] Village, New York

~ Reprinted with permission ~ *A.A. Grapevine* ~ December 1946 ~ Vol. 3 No. 7 ~

archives

a collection of documents
such as letters, official papers, photographs, or recorded material,
kept for their historical interest



This Month in A.A. ~ Bob D.

We alcoholics find within the meeting rooms of Alcoholics Anonymous a unique kinship that can seldom if ever exist with those outside the fellowship. Few “normal” folks can comprehend our craving for alcohol or understand that the runaway desire is rooted in reasons beyond the drink itself. They do not know what we’ve come to accept: that our malady has nothing to do with lack of willpower, and that probably no human power could have relieved our alcoholism.

Dr. Harry Tiebout understood. According to a published A.A. timeline, in February of 1939—73 years ago this month—Tiebout became “the first psychiatrist to endorse A.A. and use the A.A. principles in his practice”. His role in the fellowship was regarded with such significance that in 1955 Tiebout was invited to speak at A.A.’s Second International Convention in St. Louis. “Pass It On: The Story of Bill Wilson and How the A. A. Message Reached the World” says much of the St. Louis convention was dedicated to “giving full recognition to non-A.A.’s who had aided the Fellowship in its early years”.

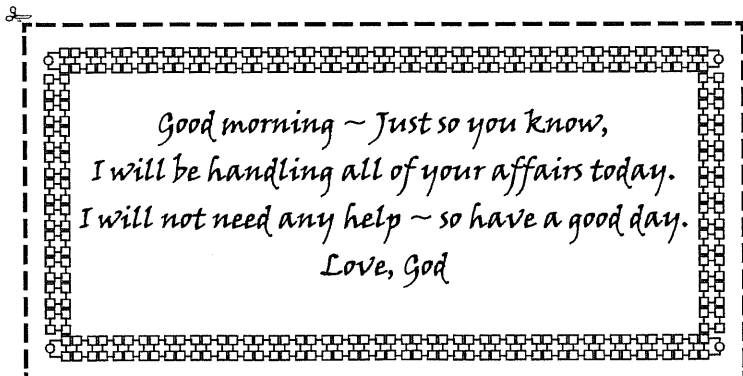
Dr. Tiebout certainly qualified. The first known instance of Tiebout applying A.A. principles in his work occurred two months later, at Blythewood Sanitarium in Greenwich, Conn. Tiebout, the medical director at the facility, had been sent a Multilith copy of the Big Book for review and used it as the basis for recovery in his dealings with Marty M.

“Pass It On” identifies Marty M. as the first female to achieve lasting sobriety in A.A. (a fact challenged in other publications). But her place in A.A. history is unchallenged. Margaret “Marty” Mann helped found the first Greenwich group, authored two books on alcoholism and founded the National Committee for Education on Alcoholism.

Mann’s story may have ended darkly, tragically, if not for Dr. Tiebout’s interest in the Big Book and his uncommon understanding of alcoholism. In papers published in the 1953 *Quarterly Journal of Studies on Alcoholism*, Tiebout writes of how he struggled to reconcile from a psychiatric standpoint why “bottoming out” played a necessary role in the recovery process.

“Finally, the appearance of an apparently unconquerable ego became evident,” he wrote. “It was this ego which had to become humble. Then the role of hitting bottom, which means reaching a feeling of personal helplessness, began to be clear. It was this process that produced in the ego an awareness of vulnerability, initiating the positive phase. In hitting bottom the ego becomes tractable and is ready for humility. The conversion experience has started.”

Certainly any A.A. who has succeeded and/or struggled in recovery can identify with Dr. Tiebout’s conclusion. All four articles that he wrote of the Quarterly are available online at http://silkworth.net/tiebout/tiebout_papers.html.



~ Thanks, Steve ~



~ Reprinted with permission ~ A.A. Grapevine ~ July 1960 ~



Editorial: On the 2nd Tradition

“For our group purpose there is but one ultimate authority ~ a loving God as He may express Himself in our group conscience.”

Sooner or later, every A.A. comes to depend upon a Power greater than himself. He finds that the God of his understanding is not only a source of strength, He is also a source of *positive direction*. Realizing that some fraction of that infinite resource is now available, his life takes on an entirely different complexion. He experiences a new inner security together with such a sense of destiny and purpose as he had never known before. As each day passes, our A.A. reviews his mistakes and vicissitudes. He learns from daily experience what his remaining character defects are and becomes ever more willing that they be removed. In this fashion he improves his conscious contact with God.

Every A.A. group follows this same cycle of development. We are coming to realize that each group, as well as each individual, is a special entity, not quite like any other. Though A.A. groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every A.A. group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. As this process continues, the group becomes better able to receive right direction for its own affairs. Trial and error produce group experience, and out of corrected experience comes custom. When a customary way of doing things is definitely proved to be best, then that custom forms into A.A. Tradition. The Greater Power is then working through a clear group conscience.

We humbly hope and believe that our growing A.A. Tradition will prove to be the will of God for us.

Many people are coming to think that Alcoholics Anonymous is, to some extent, a new form of human society. In our discussion of the 1st Tradition, it was emphasized that we have, in A.A., no coercive human authority. Because each A.A., of necessity, has a sensitive and responsive conscience, and because alcohol will discipline him severely if he backslides, we are finding we have little need for man-made rules or regulations. Despite the fact that we do veer off at times on tangents, we are becoming more able to depend absolutely on the long-term stability of the A.A. group itself. With respect to its own affairs, the collective conscience of the group will, given time, almost surely demonstrate its perfect dependability. The group conscience will, in the end, prove a far more infallible guide for group affairs than the decision of any individual member, however good or wise he may be. This is a striking and almost unbelievable fact about Alcoholics Anonymous. Hence we can safely dispense with those exhortations and punishments seemingly so necessary to other societies. And we need not depend overmuch on inspired leaders. Because our active leadership of service can be truly rotating, we enjoy a kind of democracy rarely possible elsewhere. In this respect we may be, to a large degree, unique.

Therefore we of Alcoholics Anonymous are certain that there is but one ultimate authority, “a loving God as he may express Himself in our group conscience”.

Bill W.

~ Reprinted with permission ~ *A.A. Grapevine* ~ January 1948 ~ Vol. 4; No. 8 ~

How often do we sit in A.A. meetings and hear the speaker declare, “But I haven’t yet got the spiritual angle.” Prior to this statement, he had described a miracle of transformation which had occurred in him ~ not only his release from alcohol, but a complete change in his whole attitude toward life and the living of it. It is apparent to nearly everyone else present that he has received a great gift; “... except that he doesn’t seem to know it yet!” We well know that this questioning individual will tell us six months or a year hence that he has found faith in God.

~ Reprinted with permission ~ “Daily Reflections” ~ p. 48 ~

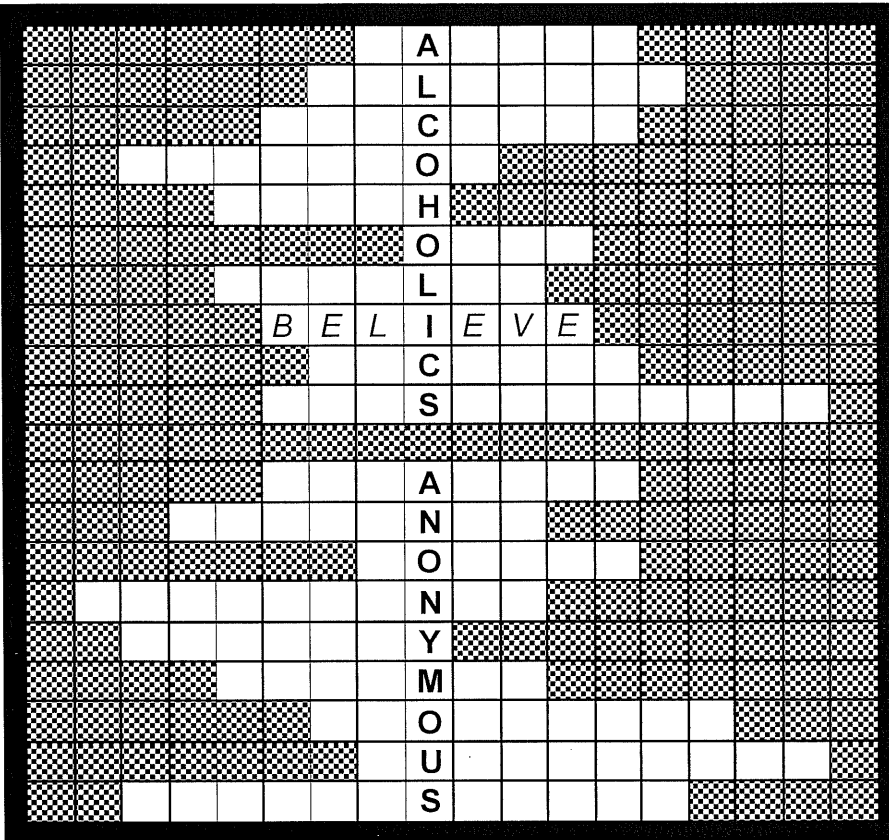


“This is what I call LIVING...music...soft lights...romance...”

~ Reprinted with permission ~ *A.A. Grapevine* ~ July 1947 ~

Step Two Puzzle - If you are baffled, you know where you can find the answers!

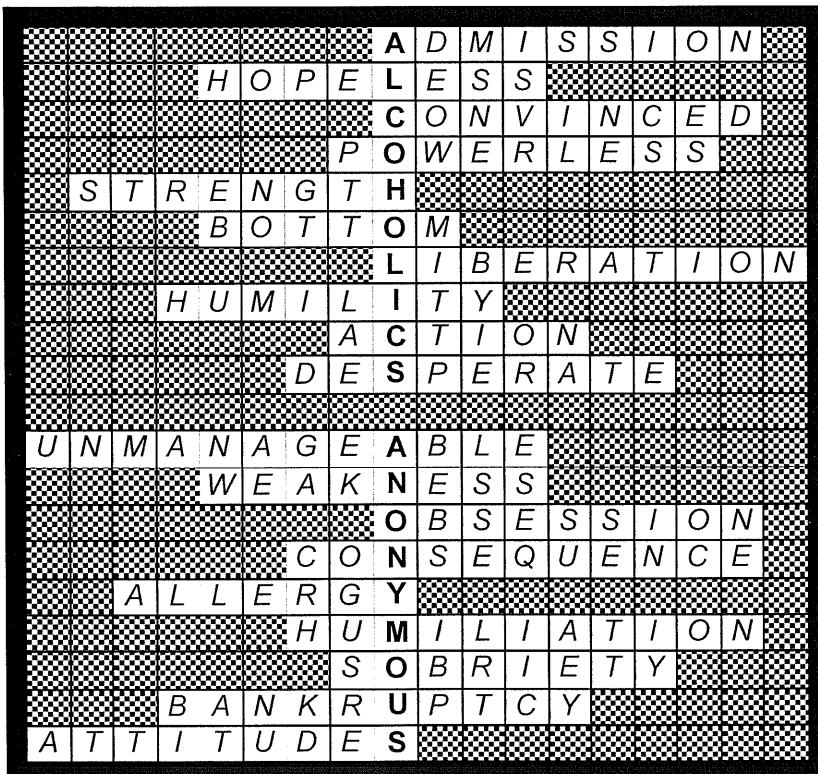
Use each letter in one word across



- State of good mental health
- Dependence on and need for
- Repeat an action in order to improve
- Successful answer to a problem
- Unquestioning trust
- Ready and willing to listen or accept
- Outcome following action(s)
- Accept as true or real*
- Deliberately mislead or hide the truth
- Replacement of one thing with another

- Accepted standards of conduct
- Open refusal to obey or conform
- Truthful or sincere
- Lacking in reason or logic
- General standard or grade
- Situation with unsatisfactory choices
- Related to or expressing strong feelings
- Idea or proposal
- Inability to manage without assistance

Step One Puzzle - Answers



- Acknowledgement of truth*
- Feeling unable to succeed or improve
- Being sure or certain
- Lacking strength or effectiveness
- Source of support
- The lowest point
- Being set free
- Modesty or respectfulness
- Process of doing
- In great need

- Difficult to control
- Lack of strength, power or determination
- Idea completely occupying the mind
- Result of action(s)
- Hypersensitivity to a substance
- Loss of dignity or pride
- Quality of clear-headedness
- Complete lack of a particular quality
- Personal views, feelings or opinions

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 ~ The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

IN MEMORIAM

Things We Can Not Change

~ ~ ~ ~ ~

*To all of our members who have lost family and loved ones ~
Our thoughts and prayers are with you*



In 1941, a news clipping was called to our attention by a New York member. In an obituary notice from a local paper, there appeared these words:

“God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.”

Never had we seen so much A.A. in so few words. With amazing speed the Serenity Prayer came into general use.

~ “As Bill Sees It” ~ p.108 ~

Deep down in every man, woman, and child, is the fundamental idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself.

~ “Alcoholics Anonymous” ~ p. 55 ~

Share your Experience, Strength and Hope

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

Articles can be submitted at any time

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

or mail to

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

The Central Office of Western New York publishes the *New Frontiers* monthly. We are supported by your subscriptions and Central Office donations. The *New Frontiers* presents the experience and opinions of members of Alcoholics Anonymous on the disease of alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply the endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: quotations from “Alcoholics Anonymous”, “Twelve Steps and Twelve Traditions” and other A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Articles reprinted with permission of A.A. Grapevine, Inc. are subject to Grapevine copyright.)

COMING SOON

The Buffalo Central Committee is starting up a new phone answering service known as NIGHTWATCH. Where members of AA will be able to answer calls coming into central office directly after 4:30pm. For more information or interest on how you or your group can get involved please contact: nightwatchbuffalo@gmail.com or call Jason D. at 716-289-8960

“I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”

NIGHTWATCH!

please contact nightwatchbuffalo@gmail.com or call Jason D. at 289-8960 for more information or to get involved!

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

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

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

FEBRUARY 2012

MEETING CHANGES

- **Constant Vigilance Group**, Tuesday's, 8 pm in Attica, **NO LONGER MEETS.**
- **JOHNSON CREEK BIG BOOK**, WED @ 8 PM @ HARTLAND BIBLE CHURCH, WILL NO LONGER MEETS.
- **Common Solutions** group has **changed it's time** on Wednesday's to 6-PM. Native American Community services, 1005 Grant St., Buffalo, 14207.
- Meeting change for **Women in Recovery** Group; every Wednesday (except the last) 245 Elmwood 6PM **we will be discussing Steps & Traditions bring your 12 & 12 .**
- **New Meeting, Love-N-Tolerance**, Amity Club, **Saturday's at 6PM.** 340 Military Rd, Buffalo, 14207
- **Elmwood Group**, 2590 Elmwood Ave, Kenmore, now **only meet at 9AM, 1PM & 4PM** (daily).
- **Patchin Group**, is **changing it's start time to 8:30 PM.** Church Memorial Church, 8019 Route 391, Boston, 14025.
- **Roland Group**, Saturday's @Roland Methodist Church, 168 Roland, Lackawanna, **NO LONGER MEETS** until further notice.
- **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 4, **71th Buffalo Fall Convention Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street
- ~ Feb 11, **Archives Committee Meeting**, SATURDAY, 10 AM, Buffalo Central Office
- ~ Feb 12, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Feb 12, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office (Hosted by Sobriety Men's).
- ~ Feb 13, **Public Information Committee meeting**, Monday, Anyone interested in helping the community understand who we are, what we do, and what we are not to

do, PLEASE come out and get involved. Help keep A.A. around for your children.
Buffalo Central Office, 6 PM.

~ Feb. 17- 19th, "Road to Recovery", A.A. Men's' Spiritual Retreat. St. Columban Center, 6892 Lakeshore Road, in Derby, NY. Cost is \$125.00, includes room and board. Scholarships are available. To sign up or for further information, please contact Joe G. at 602-8712 or Lou C. at 674-4896.

~ Feb 18, **Any Age presents the 32nd 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 \$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.

~ Feb 19, **General Service Assembly**, 12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.

~ ???, **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 20, **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 25, **Tri County Group** that meets at St. Joseph church on East Main St. in Gowanda is celebrating the groups **53rd year anniversary**, bring a dish, dinner at 7:30 speaker at 8:30 Food & Refreshment to follow.

~ Feb 26, **Corrections Committee Meeting**, 3rd SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .

~ Feb 28, "**Nightwatch**" **Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca

~ March 2-4, **NERAASA 2012**, Hudson-Mohawk-Berkshire HMB~Area 48, Albany, NY. Registration \$20. Flyer @ Central Office.

April 13-15th, **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

FEBRUARY ANNIVERSARIES



GROUPS CELEBRATING

6th Step: 35y
Stayin Sober: 4y
Backdoor: 8y
By the Book: 13y
Clarence Men's Disc II: 22y
Common Problem: 29y
Daily Reflections: 16y
Everybody's Group: 28y
Grateful: 37y
Harmony: 34y
Kensington: 42y
Lake Shore: 50y
Love: 12y
Recovery Near
 The Gardens: 11y
Thankful: 42y
Threshing Floor: 6y
Tri County: 53y
Wake-Up Call: 20y

*Please remember to
 have the anniversaries
 submitted by
 the 12th
END OF BUSINESS DAY 4:30 PM
 of the month
 previous*

Alexander
 Larry R. 1y
Amherst/Snyder
 Ray M. 9m
 Kelly H. 7y
 Patti B. 8y
 Gary P. 15y
 Dave H. 23y
 Jim C. 27y
Cold Springs
 Willie H. 33y
Daily Reflections
 Beverly 6m
 Julie L. 6m
Courage Group
 John W. 7y
 Julie S. 27y
 Beverly K. 29y
Easy Does It
 Chris M. 4y
 Faith D. 4y
 Joe D. 5y
 Melissa B. 16y
 John R. 21y
 Sue V. 30y
Eyeopener
 Brian O. 1y
 Clark 1y
 Karen M. 4y
 Steve G. 4y
 Ashley W. 5y
 Russ A. 7y
 Kelly Ann M. 8y
 Leo 14y
 Kevin W. 17y
 Bill R. 17y
 Brian O. 18y
 Liz 24y
 Jim S. 28y
 Terry M. 35y
Fireside
 Stephonie C. 18y
 Tom B. 19y
 Liz O. 24y
Fresh Start
 Laurie A. 7y
 Constance W. 13y
 Sebastian W. 16y
 Peter A. 27y
Golden Slipper
 Phil D. 1y
 Roger K. 31y
 Jim R. 32y

Harmony
 Willie H. 1y
 Michael C. 4y
 John L. 8y
 Belinda E. 9y
 Joyce E. 13y
 Judge W. 15y
 Dana W. 19y
 Fred R. 21y
Helping Hand
 Sherry C. 4y
How It Works
 Dave R. 2y
 Kevin T. 3y
 Steve C. 4y
 Mark F. 4y
 Tom C. 14y
 Dave S. 18y
 John P. 32y
Ironhorse
 Chris G. 3y
 Jim P. 7y
 Bill S. 22y
Lakeshore
 Mark S. 15y
 Geoff A. 33y
Living in the Solution
 Bob K. 20y
Lovejoy
 Kim E. 11y
North Buffalo
 Anita H. 3m
 Analise F. 3m
 Harry C. 3m
 Karly C. 6m
 Dennis R. 6m
 M.J.B. 6m
 Beth S. 2y
 Brendan M. 2y
 Erin B. 3y
 Rob S. 4y
 David B. 5y
 Walter W. 21y

Orchard Park
 Debi C. 12y
Recovery Near the Gardens
 Jose D. 13y
Remember When
 Walter R. 1y
 Bernard H. 1y
 Tiffany K. 1y
 Stephen M. 2y
 Ernest A. 13y
 Belinda E. 8y
 Rosevelt M. 18y
 Ava P. 22y
Rise & Shine
 Dave H. 6m
 Kevin O. 9m
 Justine C. 4y
 James H. 4y
 George S. 6y
 Tom H. 9y
 Lawrence B. 17y
 Ava P. 22y
Serenity
 Joe K. 6y
Sheridan
 Angela G. 4y
 Paul D. 21y
Spirit of Hope
 Antwan D. 14y
Sun. Morning Breakfast
 Max W. 25y
 Bev B. 29y
Surrender & Hope
 Ruth C. 15y
 Al Z. 29y
 Sherri H. 35y
Spiritual Progress
 Tina S. 3m
 Susan D. 3m
 Sandra S. 1y



BUFFALO CENTRAL COMMITTEE MINUTES

January 9th, 2012

Pete E. Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer Patrick North Buffalo read the Preamble Brian Abbott Men's read the Purpose of Central Committee. Joe Kaz Manor read the Twelve Traditions. It was moved by Tina Amherst Snyder and seconded by Gilbert Try Again to accept the December minutes with one correction made by Annie Lakeshore Group. The correction is as follows: The amendment to the bylaw regarding the Convention Co-Chair changes was not passed as reported. Last month we used a 2/3 majority vote, when we should have used a 3/4 vote.

New groups were greeted and 21 groups were represented: Dist #1 Dist #2 How It Works Men's, North Buffalo, Questions & Answers, Sober Train, Three Legacies, Friends of Bill W. Dist #3 Abbott Men's, Courage, Iron Horse, Ridge, Thruway Dist #4 Action, Orchard Park Step #5 Lockport #1 Dist #6 As Bill Sees It, Carrying The Message, Derby, Lakeshore, Sobriety Men's Disc; Dist #7 Lovejoy Dist #8 Amherst Snyder, Eyeopener.

COMMITTEE REPORTS:

• **ENVELOPE SYSTEM:** Tina D. reported they brought in \$125.00 last month.

• **STEERING COMMITTEE-** No Report

• **FINANCIAL REPORT:** Rick reported December's operating balance was \$13,110. December revenues of \$9,159 and expenses of \$7,792. There was an increase in group contributions for December and the cash drawer is now set at \$100 rather than \$500.

• **TREATMENT:** No Report

• **CORRECTIONS:** Jim S. reported the committee met on December 18th and 2 members attended. They need more volunteers at Wendy and Collins. Anyone volunteering at Gowanda please notify Jim so he can update his list. The Alden meeting needs coverage from home groups for May of 2012 and January 2013.

• **CENTRAL OFFICE:** AA INFO: 199, 12- STEP:1, ALANON:2, PIC:0, VISITORS:114, VOLUNTEERS:17.

Groups we are in need of contact from are; New Outlook-5, Powerless-7, Recovering Women & The Big Book-7, Renaissance I-2, Threshing Floor-2, Spiritual Studies-5, Sunday Serenity-6, Higher Powered-7.

• **NEW FRONTIERS:** Sally is looking for jokes, stories etc. please submit articles to buffaloaa@hotmail.com

PIC: Will be having meetings the 2nd Monday of every month at 6pm at Central Office. The next meeting is 2/13/12. They have some health fairs set up on 2/15, 2/17, and 2/18.

Night Watch: Jason reported that the committee is currently updating the current 12 step list. He also is requesting any computer savvy people that would like to look at the conversion program they will be using to forward calls to contact him 716-289-8960.

• **CONVENTION:** No Report

• **GSA LIASON:** John reported GSA meet today. The current balance is \$6,001.88. All committee chairs were present. Pre-conference workshop held 12/24 at The Cataract Convention. Post-conference workshop will be held May 19th in East Aurora. NYS workshop will be in August.

• **ARCHIVES:** Wally reported they have started a monthly archives article in the New Frontiers. There will be an Archives breakfast Saturday May 5th in Jamestown. They will have the following upcoming displays: How it Works, Tuesday Woman's, NYS Convention, 2012 Main & High Day of Sharing. The next Archives Committee meeting is Saturday January 14th at 10am at Buffalo Central Office.

• **OLD BUSINESS:** Steering Committee Rep. for District 7 was still needed. The position was filled by Kim from Lovejoy.

• **NEW BUSINESS:** It was brought to the body's attention that we need to clear up our voting rules when it comes to abstentions Under a 50% majority vote rule, if someone abstains they are taken out of the voting pool and their vote does not count. Under the 3/4 voting rule ("substantial unanimity") an abstained vote is a NO vote, per the bi-laws. A motion was made by Jason Three Legacies and seconded by Pat Thruway to follow these rules and the motion passed unanimously.

NEXT MEETING: February 12th, 2012 at 7pm. (Pushed back due to the super bowl)

Pete E. Committee Chair thanked Abbott Men's for this month's refreshments and reminded Sobriety Men's Discussion of their commitment for next month.

It was moved by Tina Amherst Snyder and seconded by Pat Thruway group that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:56pm.

Respectfully submitted for the last time by Annie D. (fill in) Recording Secretary Lakeshore Group.

Income Statement	Jan-11	Feb-11	Mar-11	Apr-11	May-11	Jun-11
Beg Bal Cash on hand	29,362.07	29,756.02	23,471.65	21,676.36	21,896.72	23,096.96
Contributions						
Groups	4,967.64	2,939.50	4,870.12	4,141.24	3,076.65	4,180.86
Joint Meeting	51.00	47.00	38.50	41.00	33.00	40.00
Envelope System	1,395.00	155.00	463.00	135.00	740.00	362.00
New Frontiers Subs	10.00	60.00	20.00	43.00	98.00	56.00
Literature/Medallions/Pins	3,131.95	3,063.95	4,369.60	3,247.85	4,038.00	2,984.65
Literature Sales Tax	230.85	209.69	294.63	230.46	329.07	217.72
Literature Postage		2.25	38.20	42.37	59.57	7.90
Sales+/-	17.18	(5.92)	(37.95)	37.43	(21.02)	93.80
Archives Room Rent	150.00		150.00			200.00
Meetings at CO	24.50	21.00	7.00	16.00	3.00	16.00
Mail/Misc.		25.00	25.00	50.00		55.00
"Gratitude Month" (NOV)						
Conventions/Day of Sharing						
Monthly Income	9,978.12	6,517.47	10,238.10	7,984.35	8,356.27	8,213.93
Expenses						
Office Rent	907.44	907.44	907.44	892.64	892.64	892.64
Electric	90.00	90.00	90.00	90.00	90.00	90.00
Payroll Gross	1,926.60	2,569.00	3,853.50	2,569.00	2,569.00	2,569.00
Employment Taxes	176.44	235.26	352.89	198.85	196.70	196.70
Unemployment Surcharge						
Payroll Tax Deposits						
Federal	51.15					
State	542.53					
NYS Sales Tax			683.59			875.53
Insurance						
State Ins Fund(Travelers)			302.00			53.49
Health	522.93	522.93	2,032.63	115.96	638.89	
Liability	1,227.18					
Postage	618.14	479.44	494.64		300.00	283.14
Phone	167.22	173.03	267.03	89.55	161.74	161.74
Accounting						1,980.00
Paychex	67.70	67.70	101.55	77.65	65.72	65.72
Advt						
Talking Phone Book						
Super Media	159.85	160.85	160.85	160.85	160.85	160.85
website						
white directory						
Yellow Pages						
Literature Expenses						
Grapevine	588.19				335.49	
World Services Inc	1,847.60	2,844.35	1,811.80	2,882.30	326.48	1,876.40
Hazeldon		501.42			602.75	
Printers		3,246.00				
Medallions		205.34		221.19		
PINS						
Petty Cash						
Office Supplies	137.20	242.76	416.70	294.22	202.07	3.69
Answering service	164.00	169.32	171.77	168.78	164.70	158.01
Minolta leasing (copier)	223.00	223.00	223.00		446.00	
Copies/ service contract	161.00	161.00	161.00			322.00
PIC						
Bank Fee's	6.00	3.00	3.00	3.00	3.00	3.00
Prudent Reserve						
Seed \$\$						25.00
Seminar						
Depreciation	100.00	100.00	100.00	100.00	100.00	100.00
Monthly Expenses	9,684.17	12,901.84	12,133.39	7,863.99	7,256.03	9,816.91
Monthly Income (Loss)	293.95	(6,384.37)	(1,895.29)	120.36	1,100.24	(1,602.98)
Depreciation add back(non-cash)	100.00	100.00	100.00	100.00	100.00	100.00
End Balance	29,756.02	23,471.65	21,676.36	21,896.72	23,096.96	21,593.98
Petty Cash	500.00	500.00	500.00	500.00	500.00	500.00
Total Balance	30,256.02	23,971.65	22,176.36	22,396.72	23,596.96	22,093.98
PRUDENT RESERVE	28,041.29	28,047.57	28,054.87	28,058.95	28,064.31	28,069.90
Assets: Literature & Medallions	10,537.01	16,581.91	14,795.13	16,144.76	15,212.75	12,234.89
Literature Receivable:(outstanding)	2,732.05	1,065.00	1,732.39	1,638.43	690.24	929.98
Corrections Facilities	1,456.53	1,638.44	1,343.70	1,723.68	1,445.25	1,540.45
Contributions	413.45	356.00	417.00	292.57	268.00	261.00
Bank Fee's	15.99	12.99	(16.98)	3.00	3.00	3.00
Expenses	215.55	637.75	54.00	568.00	169.80	181.00
Balance	1,638.44	1,343.70	1,723.68	1,445.25	1,540.45	1,617.45
Treatment Facilities	2,758.77	3,166.22	3,526.22	3,308.22	3,472.79	3,589.79
Contributions	413.45	363.00	137.00	167.57	140.00	171.00
Expenses			352.00		20.00	320.00
Bank Fee's	6.00	3.00	3.00	3.00	3.00	3.00
Balance	3,166.22	3,526.22	3,308.22	3,472.79	3,589.79	3,437.79

(Conti.)

GROUP CONTRIBUTIONS

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
6	11:45		0.00		0.00		0.00
5	12 Steps/12 Traditions		230.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		0.00		2.00		0.00
5	6th Step		100.00		0.00		0.00
4	A Day At A Time		0.00		0.00		0.00
3	Abbott Corners	100.00	100.00		0.00		0.00
3	Abbott Men's		100.00		425.00		100.00
2	Acceptance/Welcome		200.00		0.00		0.00
8	Achievement		250.00		125.00		125.00
4	Action		0.00		0.00		0.00
2	Age Doesn't Matter		0.00		0.00		0.00
8	Akron Awareness		0.00		0.00		0.00
5	Albion New Beginnings		12.00		0.00		0.00
3	Alexander		0.00		0.00		0.00
8	Amherst/ Snyder		456.00		0.00		0.00
6	Amsdell Lakeshore	100.00	100.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Length	35.00	420.00	15.00	180.00	15.00	180.00
4	Arcade		180.00		0.00		0.00
6	As Bill Sees It		349.00		60.00		60.00
8	Altica		50.00		0.00		0.00
8	Attitude Adjustment(Williamsville)	50.00	100.00	25.00	50.00	25.00	50.00
5	Attitude Adjustment(NF)		20.00		5.00		5.00
6	Attraction	100.00	600.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
8	Back To Basics	42.00	103.00		0.00		0.00
5	Beginners Group (NF)		20.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women		0.00		0.00		0.00
5	Big Book Lockport		200.00		0.00		0.00
5	BB Spiritual Studies		0.00		0.00		0.00
6	Big Book Study	40.00	100.00		0.00		0.00
3	Blasdell		15.00		0.00		0.00
3	Blasdell Monday Night		0.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand		20.00		0.00		0.00
2	Boulevard Women		0.00		0.00		0.00
2	Brass		0.00		0.00		0.00
3	Building Hope		0.00		0.00		0.00
3	By The Book		0.00		0.00		0.00
6	Carry the Message		150.00		0.00		0.00
7	CASTING		0.00		0.00		0.00
	Castile		50.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake- Up Call		985.00		0.00		0.00
3	Caz Manor		370.00		0.00		0.00
7	Central City Café		20.00		0.00		0.00
2	Chapter IX		0.00		0.00		0.00
3	Cheektowaga		725.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
8	Clarence Men's II		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
2	Common Bond		0.00		0.00		0.00
	Common Solution		0.00		0.00		0.00
1	Commitment	400.00	400.00		0.00		0.00
4	Constant Vigilance(Varysburg)		0.00		0.00		0.00
1	Complanters		0.00		0.00		0.00
3	Courage		100.00		0.00		0.00
2	Daily Reflections		100.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Dawn of Hope		50.00		0.00		0.00
6	Derby		200.00		0.00		0.00
6	Derby Lunch		0.00		0.00		0.00
6	Desire	500.00	1000.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's		0.20		0.00		0.00
6	Dunkirk Monday Night		0.00		0.00		0.00
4	Early Bird South		0.00		0.00		0.00
5	Early Rising Obliging		0.00		0.00		0.00
8	East Amherst		500.00		0.00		0.00
	East Amherst Traditions		378.00		0.00		0.00
4	East Aurora		300.00		100.00		100.00
2	Easy Does It	30.00	460.00	30.00	460.00	30.00	360.00
4	Ellicottville		50.00		0.00		0.00
6	Everybody's		0.00		0.00		0.00
1	Express		0.00		0.00		0.00
8	Eyeopener		1618.80		0.00		0.00
4	Eyeopener South		1150.00		410.00		0.00
3	Father Baker		125.00		0.00		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		200.00		0.00		0.00
8	Fireside	120.00	1489.00		0.00		0.00
6	First Things First	100.00	460.00		0.00		0.00
6	Forestville Sunday Serenity		0.00		0.00		0.00
6	Fredonia Discussion		33.00		0.00		0.00
2	Freedom		475.00		100.00		0.00
7	Fresh Start	15.00	180.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
2	Friends of Bill W.		50.00		0.00		0.00
1	Frontier(New)	44.75	383.35		0.00		0.00
3	Gardenville		55.65		0.00		0.00
8	Georgetown		175.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		15.00		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		892.50		35.30		35.30
5	Golden Slipper	150.00	400.00		0.00		0.00
2	Grand		0.00		0.00		0.00
2	Grand II Joy of Living	50.00	100.00		0.00		0.00
2	Grateful		100.00		0.00		0.00
3	H O W		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
6	Hamburg Early Bird		0.00		0.00		0.00
8	Hand	40.00	200.00		0.00	10.00	50.00
2	Handicappers		0.00		0.00		0.00
1	Happy Faces		0.00		0.00		0.00
7	Harmony		0.00		0.00		0.00
3	Helping Hand	25.00	225.00		0.00		0.00
8	High Noon		0.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power		60.00		0.00		0.00
4	Hillbilly		250.00		25.00		25.00
6	Holiday Village		1400.00		100.00		100.00
4	Holland		0.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honesty		60.00		0.00		0.00
2	Hope's Horizon		50.00		0.00		0.00
2	How It Works/Men's	100.00	1525.00		100.00		75.00
7	Humbolt		0.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
5	Intoxicated on Life		480.00		0.00		0.00
3	Ironhorse	80.28	707.42	10.35	65.58		54.98
8	IT		0.00		0.00		0.00
5	Johnson Creek Big Book		0.00		0.00		0.00
1	Journey		0.00		0.00		0.00
3	Just For Today/ Cheektowaga		25.00		0.00		0.00
5	Just For Today/ Albion		65.00		0.00		0.00
4	Keep It Simple Sister		125.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		0.00		0.00		0.00
6	Lake Shore		450.00		0.00		0.00
6	Lakeview	50.00	250.00		0.00		0.00
3	Lancaster Dailey Reprieve		0.00		0.00		0.00
5	LewPort		20.00		0.00		0.00
2	Liberty Women		225.00		0.00		0.00
4	Life Today		69.00		0.00		0.00
8	Lighten UP		150.00		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution		0.00		0.00		0.00
2	Living Sober		0.00		0.00		0.00
5	Lock City		200.00		0.00		0.00
5	Lockport #1		800.00		80.00		80.00
5	Lockport Discussion		50.00		0.00		0.00
5	Lockport Ladies		100.00		0.00		0.00
5	Lockport Tuesday	55.00	185.00		0.00		0.00
5	Lockview		480.00		120.00		0.00
8	Look To This Day		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		50.00		50.00		50.00
5	Lower River		0.00		0.00		0.00
1	Main and High		38.87		7.00		7.00
4	Main Street		300.00		0.00		0.00
8	Maple Men's		0.00		0.00		0.00
4	Marilla	30.00	462.00		0.00		0.00
3	Matt Talbot	77.82	587.82		0.00		0.00
6	McKinley Winners		180.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5	Medina New Life		0.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
3	Mid-day		188.39		0.00		0.00
8	Midnight Discussion		0.00		0.00		0.00
5	Miracle Happen		75.00		0.00		0.00
7	Monday CO		10.00		0.00		0.00
5	Monday Big Book		0.00		0.00		0.00
2	Morning After		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
	New Freedom		0.00		0.00		0.00
	New Hope						

BUFFALO CENTRAL OFFICE
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BUFFALO, NY 14210

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