

# AAW BUFFALO

Volume 5

No. 1

JANUARY 1991

[Editor's Comment: On October 4, 1990 Frank H. died. AAs of W.N.Y. lost our oldest oldtimer. His sobriety date was October 25, 1942. My memories of Frank are of a gentle, loving man who always had time to talk to a newcomer. Frank never took his sobriety for granted. He came to meetings and shared his experience, strength and hope freely with us all. I will be forever grateful that Frank was in my life. Recently, Bill C. gave me a copy of an article Frank wrote about the beginnings of A.A. in Buffalo. I offer you his first-hand account, as a tribute to Frank, who loved us all so much that he took the time to put his memories on paper. Thank you, Frank, for passing it on.....]

## BUFFALO BEGINNINGS

by Frank H., 48 years sober

An alcoholic stock broker from New York had a dream - he dreamt that one alcoholic could help another alcoholic get sober and stay sober. One day, that stock broker was in Akron, Ohio on business, and he was seized by the desire to drink. In desperation he sought out another alcoholic, a medical doctor in the last stages of alcoholism. On that day, in Akron, Ohio, when those two men met, Alcoholics Anonymous was born.

And from that small city in Ohio AA began to spread across the world....

And it came to Buffalo....

I was told in my early days in the program that Dr. Yochelson got a big book from New York City. He treated a few alcoholic patients by reading out of the book.

Later, Arnie Cummings came from Cleveland, where he had been attending meetings and the group began to form.

The early forties was a time of gas rationing, sirens, air raid alerts and electric street cars. There was a shortage of very nearly everything, especially A.A. Groups, for there was only one in all of Buffalo. A man called Orville C. called on me and took me to that A.A. group which met in Ed B.'s home on Highland Avenue in October of 1942, and I've been sober ever since.

At that time there was about twenty members, half of them attended the Sunday night 'open' meeting and the other half would meet in the 'closed' meeting on Wednesday night. We were all pretty close and saw each other often during the week. A few would collect at Joe L.'s house, any night of the week, and have an informal meeting. Joe L.'s house was like a hospital for sick alcoholics - Joe L. nursed back to health many a man who was suffering from a bout with alcohol.

In December of 1943, Ben W., a new member who was a real estate man, got the group an empty store he owned at Main and Fillmore, and we moved our meetings there in time for our first Christmas Party. 1943 proved a good year for A.A. in Buffalo. A lot of new members came in and Dick H. started a new group in Tonawanda. There was much concern, at that time, about buying a building in which to hold our meetings. A.A. was unknown then, and we had a hard time finding a place to hold our meetings. We felt if we had our own place it would help a lot, so, we started a Building Fund.

[Continued Page 3]

### **WE WELCOME YOU....**

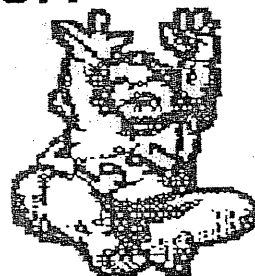
The following are the Themes for the coming issues of newsletter.

February: Hope  
March: Faith  
April: Courage  
May: Integrity

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

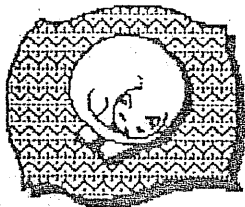
### **THIS MONTH : THEME : HONESTY**

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**HAPPY  
NEW YEAR**

# Helen's Corner ...



Twenty years ago I could easily fit my feet into a size 8 shoe but now I find size 10 shoes are what I need to feel comfortable. You may be wondering why I'm writing about my shoe size when the theme is honesty? Twenty years ago my life was consumed with getting and using booze and drugs (a size 8 shoe). Now, sobriety and living an honest life (a size 10 shoe) allows me to feel comfortable with myself. I found it impossible to be addicted to booze and drugs and honest with others because I was so busy using people and doing whatever just to ensure my supply was continuous. Honesty and addiction are exact opposites and cannot exist together.

Honesty means we are straight forward, truthful and trustworthy with ourselves and other people. What we say is what we do. Just as you can't be a little bit pregnant, you can't be both honest and sneaky.

We need always be rigorously honest with ourselves but I feel it is important to remember what Bill Wilson said in an article he wrote called "This Matter of Honesty" - "Just how and when we tell the truth - or keep silent - can often reveal the difference between genuine integrity and none at all. Step 9 emphatically cautions us against misusing the truth when it states; 'Made direct amends to such people wherever possible, except where to do so would injure them or others.' Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide-ranging application to the problem of developing integrity.

Being honest makes life a lot easier. No longer do I have to make up story upon story to cover my tracks and then try to remember what I told and to whom. Oh, what a tangled web we weave when we practice to deceive. It is such a relief to be free from deception. In AA I rebuilt my value system and learned that the best way to avoid emotional turmoil is not to do the things that are in opposition with that value system. The way I learned was experience, much of it painful. But the pain happened because I caused it. Once I was convinced I was the only one responsible for causing myself pain or serenity, I stopped doing the stuff that hurt.

Reminder: On January 24, 1971 Bill Wilson died at 11:30 p.m. of emphysema. It was Lois and Bill's 53rd wedding anniversary. Please remember them both in your thoughts and prayers.

## Quotes On Honesty From The Big Book

Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. They are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. page 58.

There is no cure for alcoholism, but it can be arrested in the program of A.A. We can have this new way of life - learning to live with our sickness and to be happy and content - if we are willing to change our way of thinking and be honest, first with ourselves, then with others. page 481.

I know the biggest word for me in A.A. is "honesty." I don't believe this program would work for me if I didn't get honest with myself about everything. Honesty is the easiest word for me to understand because it is the exact opposite of what I've been doing all my life. Therefore, it will be the hardest to work on. But I will never be totally honest - that would make me perfect and none of us can claim to be perfect. Only God is. If I work on it every day, it will be easier to be honest with myself. Then getting and staying honest with other people will come automatically. page 482.

I learn more of that foundation stone of character, which is honesty. I learn that when we act upon the highest conception of honesty which is given us, our sense of honesty becomes more acute.

I learn that honesty is truth, and that truth shall make us free! page 507.

## AA Is Not for Sale

We may be paid for our special skills  
but not for doing what keeps us sober



[Continued from Page 1]

In 1944 the man who rented us the store at Main and Fillmore decided he could rent it to someone else for more rent, so a committee was elected to find us a new meeting place. When the committee reported back that they found us a place at Johnson Park it caused quite a stir, some of the members almost came to blows. When the business meeting about our new location was over Ben got some of the members together and they decided to stay in the store at Main and Fillmore - Ben was the landlord. Then it was decided that the people who lived nearer the downtown area would move to the new place Johnson Park; the people nearer Main and Fillmore would stay there. Because all the A.A. members had previously decided to move and elected a committee for that purpose the Johnson Park group took the treasury. The treasury included the building fund and it amounted to about \$600. It was at this time that groups began to use names: North Buffalo (Main & Fillmore), Johnson Park, Tonawanda, and Joe L.'s Smith Street Group.

A lot of friction resulted from the Johnson Park Group taking the treasury. The building fund idea had been abandoned. We had written New York and they advised against A.A. owning any property. I was a member of the Johnson Park Group and was elected treasurer after our other treasurer got drunk. We decided to get rid of some of the \$600 so we threw a party - turkey and all the trimmings. During the party we ran out of turkey and that caused more hard feelings. We sent out and bought more but before we could get it some of the people left - mad and without any turkey. I remember I got so upset over the turkey running out I couldn't eat.

In Johnson Park's first year three new groups were formed by its members: South Buffalo, Kenmore and the West Side.

It was in November of 1944 that Bill Wilson came to Buffalo and we had a banquet at the Hotel Buffalo. About 15 to 18 members attended and after dinner we went over to the Studio Theatre where we were joined by our families and friends for ice cream and coffee.

In the early days of A.A. most of the members were over forty years of age. If anyone younger came around we told him to go out and drink some more - we've learned a lot since then. A great many things have happened in A.A. since I came in back in 1942, but A.A. goes on, so it must be pretty good.

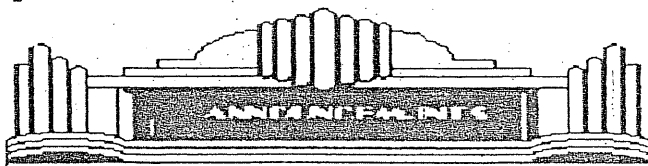
The first meetings I attended at Ed B.'s Home were often interrupted by an air raid drill. I was superintendent in an apartment building so that made me an Air Raid Warden. One of the members was a Fire Marshall so he got advance warning. When he was phoned at the meeting we'd drop everything and I'd take the street car home. In those days most of us took the street car back and forth from a meeting. The war made cars hard to come by and most of the AA's were short of money anyways.

I'll never forget my first twelve step call. A message came from Cleveland that a man who lived in the Fruit Belt area was having trouble. I got the call so I went over to the man's house. As soon as I got inside the house I said, "I hear you're having trouble with your drinking." The man knew nothing about A.A. or me so he got all shook up and threatened to call the police and have me arrested, his uncle was the chief of detectives. My alcoholic mind started working in a hurry and I remembered the saloon I passed up at the corner: "What do you say," I said, "if we step up to the corner for a drink." As soon as we got in the saloon, I laid a dollar on the bar, excused myself, and beat it out the back door.

I was sure green in those days, we all were. But we learned, and AA began to grow up, and AA is still around and growing up even more.

When my mind goes back to the early forties I think of the people who sat around the table at my first meeting - there was Orville C., Joe McM., Tom McC., Bob C. (who worked as a guard), Art B. (I don't know what happened to Art), Duke P. (who was transferred out of town), Homer S. (he was the member to die sober), Ernie C. (a salesman who did business with Orville C.) Ernie C. sponsored Dick H. who gave us the slogan, "Remember When". Bob C. was a man I disliked at first, but it was he who taught me the fundamentals of A.A. I remember how he boomed out when he spoke, "An alcoholic's a different breed of cat, we gotta get humble." There was another Bob C., a member who use to carry around a bichlorate of mercury pill. He said if he ever drank again he would take the pill and end it all. He'd drink and we'd take him over to Alison's Nursing home but he never did take the pill. There were others in AA then but I can't remember them all...some died, some got sober, some got drunk, some drifted away, some moved away but there is still a few of us left from those days. The few that are left are joined by a lot more AA's who are trying to stay sober one day at a time.

*My desire to be honest with myself made it necessary for me to realize that my thinking was irrational. It had to be or I could not have justified my erratic behavior as I did. I've been benefited from a dictionary definition I found that reads: "rationalization is giving a socially acceptable reason for socially unacceptable behavior, and socially unacceptable behavior is a form of insanity." page 560 of the Big Book*



## MEETINGS

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#### NEW MEETINGS:

IT'S ABOUT TIME - 8:00 pm - SATURDAY - Open Discussion meeting at the Franklinville Legion Hall, Rt. 16 North, Franklinville, NY - wheelchair accessible.

#### MEETING CHANGES:

3rd STEP - TUESDAY - 8:30 pm - will now be known as the BIG BOOK STUDY GROUP Amity Club, 340 Military Road.

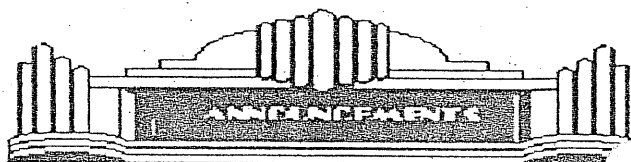
CHAPTER V - THURSDAY - 8:00 pm - will now be known as the BIG BOOK STUDY GROUP, Amity Club, 340 Military Road.

NDH-TONAWANDA FORGE - WEDNESDAY - 7:30 pm - will now be known as the SURVIVORS GROUP - will continue meeting on Kenmore Ave (betw. Vulcan & Sheridan).

POSITIVELY LIVING - TUESDAY AND THURSDAY - 12:30 pm - will now meet at 1280 Main Street near Bryant Street starting January 3rd - non-smoking and wheelchair accessible.

#### Techniques for Thinking

- 1) Keep life simple.
- 2) Practice being satisfied.
- 3) Beware of indecision.
- 4) Practice cheerfulness.
- 5) Learn to like people.
- 6) Live and let live.
- 7) Use adversity.
- 8) Don't take yourself so seriously.
- 9) Have a sense of humor.
- 10) Practice objectivity.
- 11) Tolerate your own mistakes.
- 12) Forgive yourself.



SUNDAY MORNING BREAKFAST - will move to the Cheektowaga Recreation Ctr, 2nd flr, Town Park, on Harlem Rd. - starting January 6th. - 10:00 am continental breakfast - meeting at 11 am.

WEDNESDAY LUNCHEON - WEDNESDAY - 12:30 pm - will now meet at 1280 Main Street near Bryant Street starting January 2nd - non-smoking and wheelchair accessible

#### PLEASE NOTE:

BEGINNINGS WOMEN'S - MONDAY - 8 pm - St. Michael's (Huntley & Burke near Kensington and Eggert) needs support.

FEELINGS - WEDNESDAY - 7:30 pm - PLEASE note that this group does not meet at the First Trinity Luth.Ch, 1570 Niagara Falls Blvd., have moved to 149 Broad St. First Presby. Church, Tonawanda.

WOMAN'S WESTSIDE DISCUSSION - 200 Albany Street - is updating membership list and inviting ALL women who desire winning sober lifestyle to join us at our tables at 7 pm on Fridays. Please come and share, we could use the support of winners and newcomers.

LOVEJOY GROUP would like to thank everyone who helped make our Fifth Christmas Vigil a joyous one. Special thanks to the speakers who took time out of their holiday to share their message, also to the people and groups who donated money or brought a dish to make this vigil one of our best. Again, thank you and have a Happy New Year.

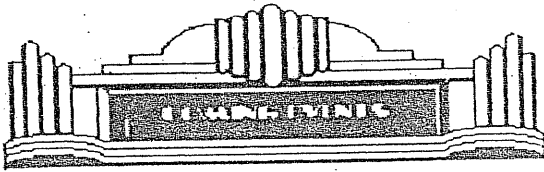
#### In Loving Memory of

**Richard B. Wiese**

Born: August 4, 1930  
Died: December 11, 1990

God knew when to call His devoted and loyal servant home. His goodness and purity will shine in heaven.

Dick died with over two decades of sobriety.



**TOWARD REALITY**

JANUARY 1 - TUESDAY - NEW ZION will not meet this day - building closed.

JANUARY 11 - FRIDAY - FR. BAKER - 10th Anniversary. Speaker at 8 PM. Dance, dance, dance from 9-1 AM. Tickets at door only - \$5 which includes dinner and dancing.

JANUARY 26 - SATURDAY - CAZENOVIA - 3rd Tree Anniversary Dance - 200 Cazenovia St., St. Simon's Church - Buffet dinner 7:00 PM, speaker 8:00 PM. Dancing 9:00 PM to 1:00 AM - No charge at the door. Giant 50/50 tickets for sale from group members.

JANUARY 30 - WEDNESDAY - ELLICOTT - 11th Anniversary with guest speaker and eating meeting - bring a dish - at 8:00 PM.

JANUARY 30 - WEDNESDAY - UNITY - will celebrate its 20th Group Anniversary at Sts. Peter & Paul School in Williamsville. The speakers will be Cindy and Gary. There will be 50/50, refreshments, and coffee. Come help us celebrate.

FEBRUARY 2 - SATURDAY - ANY AGE - 7TH ANNUAL BLIZZARD BALL - at St. Andrew's Donovan Center, Sheridan and Elmwood. 8:00 PM starting with guest panel speakers, food, giant 50/50, etc. with music and dancing - all for a \$5.00 ticket - available from group members.

FEBRUARY 16 - SATURDAY - Buffalo's Gay & Lesbian A.A. Groups are sponsoring a Valentine's Dance - Unitarian Church at Elmwood & West Ferry. 6:00 PM Potluck dinner (bring a dish) - 7:00 PM Speaker - 8:00 PM-Mid. Dance. Advance tickets \$6.00 - Tickets at the door \$8.00.

APRIL 12 - FRIDAY - 50TH ANNIVERSARY OF A.A. IN WNY - As a part of the celebration of the 50th Anniversary of A.A. in Western New York, there will be a dinner held at the Sheraton Inn, Walden Avenue at J-90 (exit 52E). Doors will open at 6:00 PM, dinner at 7:00 PM, and an opportunity to discuss old times until 10:00 PM.

The speaker at my group's closed meeting recounted her sponsor's advice for dealing with her fears: "Don't drink, go to meetings, and nothing bad can happen to you." Not long before this meeting, dear AA friends who don't drink and do go to many meetings had experienced probably the worst thing that can happen to anyone - they had lost a beloved child through a tragic accident. Consequently, I was seriously put off by the remark. But it set me thinking nonetheless, and I have continued to ponder it. As I see it, everything both good and bad can happen to us no matter how conscientiously we practice the program, but that steady practice makes it possible for us to cope with whatever comes.

We are told from the beginning that AA is a simple program for complicated people, but to make the simple simplistic can lead to seemingly unyielding complications down the line. In our zeal to help newcomers cope with fear and anxiety, do we hold out unrealistic expectations and magical answers that bear little relationship to life and the world and people as they really are - a seemingly inseparable mixture of good and bad, true and false, just and unjust, creative and destructive forces?

When I had been sober in AA four months, the secretary of our group was murdered by an insane husband, who immediately killed himself. In a kindly effort to calm and sooth, an older member of the group told me that I should try not to question what happened and should accept it as God's will. This was not the answer to me then, and it isn't now. The God of my understanding suffers and grieves with me and is not the cause and source of my pain.

The beginning of maturing for me was becoming willing to try to face the realities of my own life, a day at a time, and letting go of my childhood fantasies of living happily ever after in a perfect world made up of perfect people.

AA's Twelfth Step speaks of having a spiritual awakening as the result of practicing the first eleven steps. This awakening is experienced in countless different ways by AA members. For me, it was a gradual realization that I was emancipated from the comatose state of my drinking years, so that I could respond to and perceive the world without the anesthetic of alcohol. In a sense, we are more fortunate - better armed, better prepared - than most people are in facing the suffering and problems that no one can escape, because we, in our own deep sickness, have already experienced the darkest kind of trouble and have been led out of it by a Power greater than ourselves and, by way of the Twelve Steps, into the light.

We have a proved way throught the AA program to face whatever life sends us, a day at a time, with the hope that the way will be smooth and with the belief that we won't walk the rough spots alone.

CENTRAL COMMITTEE MEETING



REMEMBER

SUNDAYS - February 7 and March 3, 7:00 PM. at 80 Goodrich Street behind Buffalo General.

Everyone Welcome.

[Editor's Note: this year it is my intention to present an article each month written by Bill Wilson on the Traditions. So here goes.]

## GROUP CONSCIENCE

Don H., Honesty Group

### Tradition One

by Bill W - written in December, 1947

"Our common welfare should come first, personal recovery depends upon AA unity."

Our whole AA program is securely founded on the principle of humility - that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are - "a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why AA Tradition can confidently state, "Our common welfare comes first."

"Does this mean", some will ask, "that in AA the individual doesn't count too much? Is he to be swallowed up dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts". Few AA groups impose penalties on anyone for nonconformity. We do suggest, but we don't discipline. Instead, compliance or noncompliance with any principle of AA is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "judge not", we observe most literally.

"But," some will argue, "if AA has no authority to govern its individual members is it possible to be governed without a government? If everyone can do as he pleases, how can you have anything but anarchy?"

The answer seems to be that we AAs cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, he own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must - we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no AA, and that without AA there can be little lasting recovery for anyone. We humbly confess that we are but "a small part of a great whole."

Group Conscience is a real test of our faith in our Higher Power. Its a concept that is foreign to me alcoholics. Rarely did we ever trust anything other than ourselves. We wanted desperately to run the whole show just so we wouldn't loose our control over people, places and things. We never gave any thought to other people let alone think that they could add to our security in any way. To have faith and trust was as foreign as quitting drinking one day at a time.

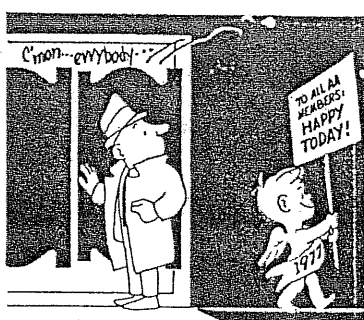
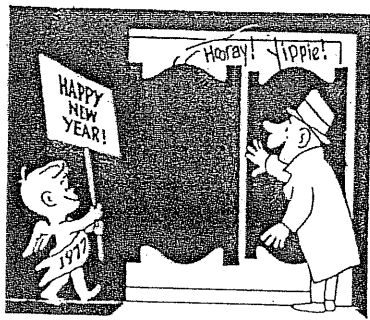
Group Conscience was a gift given to us by Bill W, Bob S, and the early members. They knew that recovering alcoholics could destroy our Fellowship if we let individuals gain personal control of policies and events. Thus, they instituted the concept of Group Conscience.

Once a year all the delegates meet in order to discuss the issues that are of concern to the Fellowship. They bring with them the concerns that their immediate area have expressed along with their wishes for change or no change. The delegates meet, discuss, argue and finally come to a common answer acceptable to the majority. We have a better chance of operating within our Higher Powers will for us when we all participate in the final outcome.

The main advantage to having a Group Conscience is so no one individual has to carry the load or the responsibility for the decisions. Once a majority agree on a course of action it is easier to implement it with everyones cooperation.

It is not easy for any one individual to think like God. No person can know God's will for us. We all have a little piece of God in us so were above to draw from our own hearts in order to build our decisions like putting a puzzle together. Every time we act on a new question or program its a collage of ideas that are spirit centered and spirit directed. It will never fail us when we are willing to sit down with the other people in our Fellowship in order to work things out.

Each group should meet on a regular basis and apply these procedures to all issues that need a common solution in order for them to work for everyones good.





# MOVING ON IN SOCIETY

## SHERIDAN/ HONESTY

Bob U. 19yr.  
Carol R. 17yr.  
Terry B. 12yr.  
Richard W. 8yr.  
Larry Z. 6yr.  
Glenda 5yr.  
Michelle L. 4yr.  
Bill K. 4yr.  
Don S.Sr. 3yr.  
Gary J. 3yr.  
Tim H. 3yr.  
Frank C. 2yr.  
Garry S. 2yr.  
Judy T. 1yr.  
Mike L. 1yr.  
Judy B. 1yr.

## THRUWAY

EllenM.(AM) 16yr.  
John J. 14yr.  
Dorothy C. 10yr.  
Tom B. 9yr.  
Kenneth W. 9yr.  
Scott P. 8yr.  
san L. 8yr.  
Jim Z. 7yr.  
Mike K. 7yr.  
Leonard Z. 7yr.  
Frank B. 4yr.  
John B. 3yr.  
Dave C. 3yr.  
Kathy K. 3yr.  
Sue S. 2yr.  
Kathy G. 1yr.  
Cecelia L. 9mo.  
Fred Z. 6mo.  
Gina C. 6mo.  
Cyndi B. 3mo.  
Lisa A. 3mo.

## MORNING AFTER

**WE ADMITTED**  
Robert U. 19yr.  
Chris A. 6yr.  
Gayle G. 5yr.  
Nancy M. 2yr.  
Dan F. 1yr.  
AnnetteW. 9mo.  
Coleen K. 3mo.

## WELINGS

nda F. 5yr.  
Mitch R. 3yr.  
Garry D. 2yr.

## NEW FRONTIERS

Chris B. 8yr.  
Norm K. 5yr.  
Tom McC. 4yr.  
Eugene P. 2yr.  
Tim H. 2yr.  
Beth D. 2yr.  
Wayne W. 2yr.  
Carl B. 1yr.  
Paul A. 1yr.  
Fred F. 9mo.  
Jeff M. 6mo.  
Rick R. 3mo.

## LOVEJOY

Gerl T. 7yr.  
Eugene B. 7yr.  
Tom D. 3yr.  
Jerry S. 2yr.  
Mary W. 2yr.  
David M. 6mo.  
Earl W. 6mo.  
Kelly M. 3mo.  
Vinney S. 3mo.

## WHY

Bob V. 19yr.  
Lynn G. 13yr.  
Patricia D. 9yr.  
Paul M. 7yr.  
Tony C. 4yr.  
John S. 4yr.  
Mark H. 3yr.  
Lori H. 1yr.  
RoxanneE. 6mo.

## CAZENOVIA

Charlie A. 3yr.  
Jeff F. 3yr.  
William C. 3yr.  
Jason M. 2yr.  
David E. 1yr.  
Robert B. 6mo.  
Keith P. 6mo.  
Chuck J. 3mo.  
Tom B. 3mo.  
MichaelV. 3mo.  
Mickey G. 3mo.  
Kevin L. 3mo.

## COLD SPRING

### DECEMBER

GiGi 20yr.  
Darwin D. 1yr.  
Sammy H. 1yr.  
Isiah W. 9mo.  
Josi P. 6mo.  
Steve H. 3mo.  
Dave C. 3mo.

### JANUARY

HenriettaW. 22yr.  
Al E. 11yr.  
Diane W. 4yr.  
Jim H. 4yr.  
Portia J. 4yr.  
Bob C. 1yr.  
Delores McK. 1yr.  
Henry T. 1yr.  
Bill W. 1yr.  
Frank R. 1yr.  
Henry J. 1yr.  
Walter H. 1yr.  
Ed J. 1yr.  
Sharon G. 1yr.  
Anthony B. 9mo.  
Dwain S. 9mo.  
Carl S. 9mo.  
Bev C. 9mo.  
Jean W. 9mo.  
Tom B. 9mo.  
Candace S. 6mo.  
MansfieldM. 3mo.

## GIVING

Lonnie S. 22yr.  
Judy T. 1yr.  
Ted H. 3mo.

## FREEDOM

Robert U. 19yr.  
Paul R. 6yr.  
Rick B. 4yr.  
Floyd C. 1yr.

**RARELY,  
HAVE WE  
SEEN A  
PERSON  
FAIL**

**WHO HAS**

**THROUGHLY FOLLOWED**

**THOSE WHO DO NOT**

**ARE PEOPLE WHO**

**OR WILL NOT COMPLETELY**

**TO THIS SIMPLE PROGRAM,**

## HARMONY

Ann Z. 2yr.  
Peter 2yr.  
Robert J. 1yr.  
Rodney W. 1yr.  
Anthony B. 9mo.

## NORTH BUFFALO

Shawn D. 9yr.  
Tom C. 8yr.  
Paul M. 7yr.  
Jim M. 6yr.  
Lorraine A. 6yr.  
Frank C. 6yr.  
George F. 5yr.  
Ken C. 4yr.  
Pat S. 3yr.  
Mike M. 3yr.  
Mark C. 3yr.  
Krishna C. 2yr.  
Roger R. 2yr.  
Carl S. 2yr.  
Pat E. 2yr.  
Christine F. 2yr.  
Donna S. 2yr.  
Paul H. 1yr.  
Ingrid H. 1yr.  
David D. 6mo.  
Ed S. 6mo.  
Walter W. 3mo.

## EYEOPENER

Helen B. 16yr.  
Pat H. 2yr.  
Joanne M. 2yr.  
Roger R. 2yr.  
Art B. 1yr.  
Molly B. 1yr.  
Jim G. 1yr.  
Mike H. 1yr.  
Fred H. 1yr.  
Sandy M. 1yr.  
Bill R. 1yr.  
Joe S. 1yr.  
Marsha P. 9mo.  
Jim V. 9mo.  
Jim C. 6mo.  
Julie M. 6mo.  
ElizabethT. 6mo.  
Kevin L. 3mo.  
Skip S. 3mo.

## ELLICOTT

Julius S. 15yr.  
Pat N. 13yr.  
Griff N. 9yr.  
Julia S. 3yr.  
WashingtonH. 1yr.

## FIRESIDE

Bob U. 19yr.  
Carol A. 15yr.  
Bob H. 10yr.  
Kathy L. 10yr.  
Doug S. 6yr.  
Bill K. 4yr.  
Maria B. 3yr.  
Tom C. 3yr.  
David K. 3yr.  
Kathy K. 3yr.  
Tom P. 3yr.  
Dave S. 3yr.  
Day W. 2yr.  
Paul P. 2yr.  
Fran M. 2yr.  
Dave C. 1yr.  
Ray D. 1yr.  
Ray F. 1yr.  
Bill R. 1yr.  
Cel L. 9mo.  
Sandy K. 9mo.  
Mark P. 6mo.

## WE CARE

Agnes H. 9yr.  
Jim L. 9yr.

## SENECA

### 12 & 12

### DECEMBER

Bill K. 3yr.  
Sarah F. 6mo.  
John ML. 6mo.  
Joe B. 3mo.  
Dan F. 3mo.  
**JANUARY**  
Ted P. 10yr.  
Mike R. 6mo.  
Bill C. 6mo.  
Diane 6mo.

## AGE DOESN'T MATTER

Robert U. 19yr.  
Larry Z. 6yr.  
Greg W. 1yr.  
Roxanne E. 6mo.

**AA CENTRAL OFFICE**

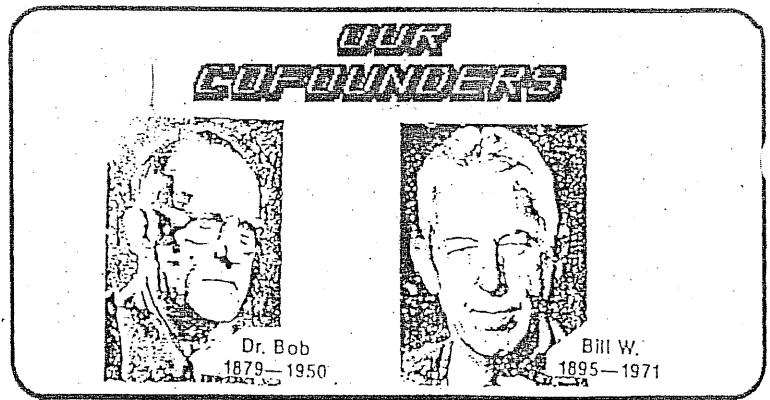
845 Ellicott Square Bldg  
295 Main Street  
Buffalo, New York 14203

(716)853-0388

Executive Secretary - Delphine H.  
Clerical - Helen B. and Mary Ellen S.

**CENTRAL COMMITTEE**

Chairman - Lynn C.  
Recording Secretary - Lue S.  
Financial Secretary - Roger P.



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

**SUB-COMMITTEES OF THE CENTRAL COMMITTEE**

Correctional Facilities - Martha C. and Toni H.  
Treatment Facilities - Don H.  
Buffalo Fall Convention - Joe H.  
Screeners - Norma F.  
New Frontiers - Larry B.  
Editorial - Helen S.  
Envelope System - Roger P.

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

**REMEMBER: WE ARE RESPONSIBLE.**

**STEERING COMMITTEE**

- District 1 - Central Buffalo: Jack C.
- 2 - Northwest Buffalo: Bryan McK.
- 3 - South Buffalo: Gigi P.
- 4 - Southtowns: Scott T.
- 5 - Northern Tier: Paul H.
- 6 - Southern Tier: George B.
- 7 - Northeast Buffalo: Carol R.
- 8 - Eastern Tier: Bernie A.

**WESTERN NEW YORK GENERAL SERVICE** meets the last Sunday of February, June, September and November. Meetings are held at the ORCHARD PARK MUNICIPAL BUILDING at 2:00 PM. June meeting will be in Jamestown. **EVERYONE IS WELCOME TO ATTEND THE GSO MEETINGS.**



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

The NEW FRONTIERS will be mailed to you monthly for a yearly cost of \$6.00. To subscribe EITHER 1) call the Central Office at 853-0388 OR 2) fill out this form (please print). Make checks or money orders payable in American funds to Alcoholics Anonymous and send to the Central Office.:

c/o NEW FRONTIERS  
845 Ellicott Square Bldg.  
295 Main Street  
Buffalo, NY 14203-2545.

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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_



ALCOHOLICS ANONYMOUS

ALCOHOLICS ANONYMOUS

BUFFALO CENTRAL OFFICE

853-0388

Room 845  
Ellicott Square Building

295 Main Street  
Buffalo, New York 14203

JANUARY 1, 1991

**NEW MEETINGS:**

IT'S ABOUT TIME - 8:00 pm - SATURDAY - Open Discussion meeting at the Franklinville Legion Hall, Rt. 16 North, Franklinville, NY - wheelchair accessible.

**MEETING CHANGES:**

3rd STEP - TUESDAY - 8:30 pm - will now be known as the BIG BOOK STUDY GROUP Amity Club, 340 Military Road.

CHAPTER V - THURSDAY - 8:00 pm - will now be known as the BIG BOOK STUDY GROUP, Amity Club, 340 Military Road.

NDH-TONAWANDA FORGE - WEDNESDAY - 7:30 pm - will now be known as the SURVIVORS GROUP - will continue meeting on Kenmore Ave (betw. Vulcan & Sheridan).

POSITIVELY LIVING - TUESDAY AND THURSDAY - 12:30 pm - will now meet at 1280 Main Street near Bryant Street starting January 3rd - non-smoking and wheelchair accessible.

SUNDAY MORNING BREAKFAST - will move to the Cheektowaga Recreation Ctr, 2nd flr, Town Park, on Harlem Rd. - starting January 6th. - 10:00 am continental breakfast - meeting at 11 am.

WEDNESDAY LUNCHEON - WEDNESDAY - 12:30 pm - will now meet at 1280 Main Street near Bryant Street starting January 2nd - non-smoking and wheelchair accessible

**PLEASE NOTE:**

BEGINNINGS WOMEN'S - MONDAY - 8 pm - St. Michael's (Huntley & Burke near Kensington and Eggert) needs support.

FEELINGS - WEDNESDAY - 7:30 pm - PLEASE note that this group does not meet at the First Trinity Luth. Ch, 1570 Niagara Falls Blvd., have moved to 149 Broad St. First Presby. Church, Tonawanda.

WOMAN'S WESTSIDE DISCUSSION - 200 Albany Street - is updating membership list and inviting ALL women who desire a winning sober lifestyle to join us at our tables at 7 pm on Fridays. Please come and share, we could use the support of winners and newcomers.

LOVEJOY GROUP would like to thank everyone who helped make our Fifth Christmas Vigil a joyous one. Special thanks to the speakers who took time out of their holiday to share their message, also to the people and groups who donated money or brought a dish to make this vigil one of our best. Again, thank you and have a Happy New Year.

**COMING EVENTS:**

JANUARY 1 - TUESDAY - NEW ZION will not meet this day - building closed.

JANUARY 7 - CENTRAL COMMITTEE MEETING - 7:00 PM - 80 GOODRICH

JANUARY 11 - FRIDAY - FR. BAKER - 10th Anniversary. Speaker at 8 PM. Dance, dance, dance from 9-1 AM. Tickets at door only - \$5 which includes dinner and dancing.

JANUARY 26 - SATURDAY - CAZENOVIA - 3rd Free Anniversary Dance - 200 Cazenovia St., St. Simon's Church - Buffet dinner 7:00 PM, Speaker 8:00 PM. Dancing 9:00 PM to 1:00 AM - No charge at the door. Giant 50/50 tickets for sale from group members.

JANUARY 30 - WEDNESDAY - ELLICOTT - 11th Anniversary with guest speaker and eating meeting - bring a dish - at 8:00 PM.

JANUARY 30 - WEDNESDAY - UNITY - will celebrate its 20th Group Anniversary at Sts. Peter & Paul School in Williamsville. The speakers will be Cindy and Gary. There will be 50/50, refreshments, and coffee. Come help us celebrate.

FEBRUARY 2 - SATURDAY - ANY AGE - 7TH ANNUAL BLIZZARD BALL - at St. Andrew's Donovan Center, Sheridan and Elmwood. 8:00 PM starting with guest panel speakers, food, giant 50/50, etc. with music and dancing - all for a \$5.00 ticket - available from group members.

FEBRUARY 16 - SATURDAY - Buffalo's Gay & Lesbian A.A. Groups are sponsoring a Valentine's Dance - Unitarian Church at Elmwood & West Ferry. 6:00 PM Potluck dinner (bring a dish) - 7:00 PM Speaker - 8:00 PM-Mid. Dance. Advance tickets \$6.00 - Tickets at the door \$8.00.

APRIL 12 - FRIDAY - 50TH ANNIVERSARY OF A.A. IN WNY - As a part of the celebration of the 50th Anniversary of A.A. in Western New York, there will be a dinner held at the Sheraton Inn, Walden Avenue at I-90 (exit 52E). Doors will open at 6:00 PM, dinner at 7:00 PM, and an opportunity to discuss old times until 10:00 PM.

*1st MONTH - 1st STEP                      "We admitted we were powerless over alcohol - that our lives had become unmanageable."*  
*- 1st TRADITION                      "Our common welfare should come first; personal recovery depends upon A.A. unity."*

Yours in the Spirit of A.A  
DELPHINE A.                      , Executive Secretary

**PLEASE SUPPORT THE ENVELOPE SYSTEM**