

NEW FRONTIERS

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



A VISION FOR YOU

For most normal folks, drinking means conviviality, companionship and colorful imagination. It means release from care, boredom and worry. It is joyous intimacy with friends and a feeling that life is good. But not so with us in those last days of heavy drinking. The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some miracle of control would enable us to do it. There was always one more attempt — and one more failure.

Big Book, Chapter 11
Page 151

Resolutions

Don't drink today

Attend more meetings

Service work

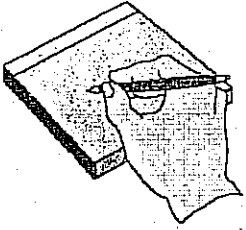
Get out of self

Work the Steps

Believe in a higher power

Get active in your home group

A message from the Editor;



Once again, the problem of no local articles arises. The members of AA in the Western New York Area seem to be more interested in seeing their names on the anniversary list, or glancing through the Central Office announcements to find out where the next party or dance will be held.

The New Frontiers tries to present, to the members of AA in Western New York, the opinions and experiences of local members of AA. However each month the staff has to reprint articles from other newsletters, quotes from the Big Book and other AA literature. The New Frontiers is your Newsletter, and should reflect your experience, strength and hope!

In this issue, you will read only two articles from local AA'ers; the rest are reprints from other sources. The staff is not looking for any John Grishams' or Danielle Steels', but rather just an alcoholic sharing his or her personal experience or opinion with other members of AA on the Niagara Frontier. It is hard for the staff to believe that, of the 300 groups in our area, with all

their members, there is no one who has something to share. Has anyone gone to a meeting where something very controversial was discussed? Think about it - that would make a great article. Did someone say something to you that touched you so much, it brought you to our Fellowship? Let us know. Maybe your story could help someone who isn't quite sure he or she belongs with us.

Is it fair to our faithful subscribers, both individuals and groups who wish to read about how AA works in Western New York? Should we consider downsizing the newsletter from 8 pages to 4 pages? This measure will accommodate the few articles received, and will be cost effective as well.

Let's abandon the attitude of "let the other guy do it." The decision is yours. Please consider the importance of the New Frontiers to beginners and 'old timers' as well, and remember the Twelfth Step, **"Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs."**

EDITOR



The New Frontiers is published monthly by the Central Office of Western New York. We are self-supporting 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 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. Art and articles reprinted with permission of A.A. Grapevine, Inc. are subject to the GRAPEVINE copyright.)

John H., We Care, Editor

Dave W., Giving, Assistant to the Editor

Lack of Support for Central Committee/Central Office
A personal observation by Kevin C.

The Organization Chart of Alcoholics Anonymous is an inverted pyramid. At the point of the pyramid, which is located at its bottom, is the General Service Office in New York City. At the top of the pyramid are the individual AA Groups which are located all over the world. Every element in the AA organization other than the groups is created for one purpose, to serve the groups. They have no other reason to exist and are fundamentally less important than the groups which have the responsibility of carrying out AA's Primary Purpose.

AA Groups arise out of need. If there is a need in an area for an AA Group one will be started. Just because there is a need doesn't mean a new group will survive and grow. It also doesn't mean that an existing group will continue to grow and survive. AA Groups which keep their focus on AA's Primary Purpose and operate by Group Conscience tend to grow and continue in existence. AA Groups which lose sight of AA's Primary Purpose and/or which do not operate by Group Conscience tend to whither and die. Their members start to go to different groups or start another group. New members do not come or, if they do, they visit once or twice and then go elsewhere.

I read the item at the top of p.2 of the December 1996 issue of the New Frontiers concerning the poor Financial Support for Central Committee/Central Office. The item, which is from the Steering Committee, seems to place the blame for this on the groups. I am also aware that only a small percentage of the AA Groups are regularly represented at the Central Committee Meetings.

AA Central Committees/Central Office or Intergroups are created to serve the individual groups in their areas. Like individual AA Groups, Central Committee/Central Offices or Intergroups must carry out their primary purpose effectively if they expect to continue to be supported by their member groups. If the Central Committee/Central Office is not effectively supporting its groups, the groups will stop sending representatives to meetings of the Central Committee and curtail or

eliminate their financial support of the Central Committee/Central Office. If there is a need for our Central Committee/Central Office as it is presently constituted and if it is properly supporting its groups it will survive. If not, it will either die or be replaced by a small less costly operation.

Central Committee/Central Office needs to look at itself to determine what shortcomings on its part are contributing to the lack of financial support and attendance at Central Committee Meetings by the AA Groups. On February 16, 1993 the Steering Committee held an Inventory Meeting, the purpose of which was to discover its own strengths and weaknesses and to develop an agenda to enable it to better serve the AA Community in our area. I was a member of the Steering Committee at that time and still have a copy of the detailed notes from the Inventory Meeting. I believe that the major problem which leads to the lack of financial support and poor attendance at Central Committee Meetings is the inaccessibility of both Central Office and the Central Committee Meeting place. As part of its inventory the Steering Committee developed an Agenda for Consideration. Two of the items on the Agenda were:

1. The possible split of Central Office
2. Moving the Central Committee Meeting out onto the districts.

Both of these items were an attempt to address the inaccessibility issue. My term on the Steering Committee expired shortly after the Inventory Meeting and I do not know what happened to the discussion of these items. I can only perceive that they were rejected or that there was no follow up by the Steering Committee on its agenda.

We are being told that the Central Committee/Central Office is speeding along the pathway of financial disaster. Maintaining the status quo is not going to change that. The Steering Committee's message on p.2 of the December 1996 issue of the New Frontiers might create a temporary increase in support of Central Committee/Central Office but the groups will soon revert to their old practices. Central Committee Meetings and Central Office should be made more accessible to the majority of the groups in our area. If the groups still fail to support it financially and by their attendance at meetings, Central Office will have to be downsized to the point where it can live within its budget.

NOW & LATER



My name is Jim and I'm an alcoholic. Like many of us I didn't think I qualified. I was, after all, a "High Bottom" drunk. No DUI'S, no jail, no lost jobs, no divorce, but most of all, no sense. I didn't realize that all of those things that hadn't happened were, as they say, "yets." They say the only requirement for membership in A.A. is a desire to stop drinking. Sure, I had to be voted in.

The first time I thought I might qualify, I walked into an A.A. meeting and did all the usual things. I sat in the back, I didn't talk to any one or shake hands. I sat there with my ears closed except for when somebody said God! Right out loud! That was enough for me. It was suspicions confirmed and they weren't going to get me out in front of a liquor store with an A.A. hymnal, no sireee! That little bit of *contempt before investigation* caused me to stay out there for another five or six years.

It finally happened. I was forced to go there, sort of. They call it an intervention. I was hoodwinked into a family counseling meeting. Once there they began to talk about dad's alcohol abuse. Naturally, I objected. The Doc. suggested a vote, "How many think dad is an alcoholic?" he asked. Three hands shot up. "How many think dad is not?", he continued. Only mine was raised. I was voted in!

I arrived via a "spin dry" outfit. I am forever grateful to them. They pointed the way to A.A. Without that I surely wouldn't be over eight years sober today.

As I did a written First Step, I realized that they were right. I was totally dependent on alcohol in all phases of my life. I was powerless over alcohol and my life had become unmanageable. Now what?

Working that First Step gave me a clue as to what was to come. And come the steps did. Slowly. The Second Step came only after I had enough time to realize that I was truly insane from the alcohol. The Third Step came to me after a meeting when an A.A. buddy told me that something I had shared would put me in his prayers. One would think that could

have come sooner than two plus years. But it didn't. I guess it was God's time, not mine. I had to get to that point where I was ready to hear.

I was nearly four years sober before I got that dreaded Fourth Step done. The Fifth was really easy. I had spent so much mental sweat getting four done that I could hardly wait to do it. I really was ready, I thought, to have God remove all my character defects. Steps Six and Seven should come easily. I didn't know that I'd have to do a lot of long hard footwork to get any of them removed, or even moderated. I thought that merely asking Him would do the trick.

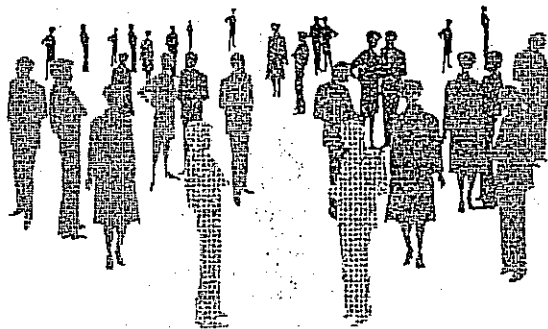
Step Eight was pretty easy. I used my Fourth Step to generate a list. Now the hard part. The part that I am still involved in. I can only say, don't make any important amends without advice from your sponsor. Today I can usually make Tenth Step amends when I realize that I have wronged someone. The hard part is doing that daily, or sometimes instant inventory.

Step Eleven I simply have not mastered, hardly a novice in fact. But as time marches on and I continue to make my meetings and study the Big Book, I'll get there. Step Twelve is what saved me until I was ready to do the rest of the Steps. Pitiful as it may have been, I was able to share my limited experience, strength and hope with others newer than myself. That, going to meetings, and mostly His grace, kept me sober through the early part of my sobriety. I now get to work Step Twelve in many ways and at many places.

Now that I have worked all of the Steps, at least partly, I have had a spiritual awakening. The promises have come true. They don't seem to always be there but they seem to be there more and more as I follow the Road of Happy Destiny. My life is better than it ever was before. And it seems to be better when it's in the dumps. Today I thank God for the new life and sobriety He has given me.

Jim S.

Reprinted from the "Speakeasy" Newsletter
Lawndale, Ca.



A.A. TOOLS FOR RECOVERY

ABSTINENCE: We commit ourselves to not take the first drink, one day at a time.

MEETINGS: We attend AA meetings to learn how the program works, to share our experience, strength and hope with each other, and through the support of the fellowship we do what we could never do alone -- stay sober -- by not taking the first drink.

SPONSORSHIP: A sponsor is someone to whom you can relate, who gives you access, and in whom you can confide. It is a person who is committed to his or her own sobriety and is willing to help you.

12 STEPS: To bring about the fundamental character change (spiritual awakening) necessary for a drunk to stay sober.

TELEPHONE: The telephone is our lifeline-- our meetings between meetings. Call BEFORE you take the first drink. The more numbers you have, the more insurance you have against taking the first drink.

LITERATURE: The Big Book of Alcoholics Anonymous is our basic text. Contained in it are the basics for a successful life of sobriety. The book 12 steps and 12 traditions, and other pamphlets are recommended reading, and are available at most meetings.

SERVICE: Service helps our personal program grow. Service is giving in A.A. Service can involve leading a meeting, making coffee, being a sponsor, moving chairs or being an Intergroup Representative or a General Service Representative. Service is ACTION, and ACTION is a key to the program.

ANONYMITY: WHO you see here,
WHAT you hear here,
WHEN you leave here,
LET it stay here.
ANONYMITY is the spiritual foundation of all our principles, ever reminding us to place principles before personalities.

TOKENS: Remind us of who, what and where we are in sobriety. They are also useful when you want to take a drink: Drink only the booze you can buy with your token. Or, plop the token in the glass of booze and when it dissolves, start drinking. While you are waiting for it to dissolve, call your sponsor.

THE "WORTH" OF SOBRIETY

\$ When I go shopping I look at the prices and if I need what I see, I buy it and pay. **\$**
Now that I am supposed to be in rehabilitation, I have to straighten out my life. I take a coffee with sugar and milk, sometimes more than one. But at the collection time, I am either too busy to take money out of my purse, or I do not have enough, but I am there because I need this meeting. I heard someone suggest dropping the price of a beer into the basket, and I thought, that's too much! I almost never give one dollar. Like many others, I rely on the more generous members to finance the Fellowship. I forget that it takes money to rent the meeting room, buy the milk, sugar and cups. I will pay, without hesitation, ninety cents for a cup of coffee at a restaurant after the meeting; I always have money for that. So, how much is my sobriety and my inner peace worth?

courtesy DAILY REFLECTIONS

RESENT SOMEBODY

The moment you start to resent a person, you become their slave. They control your dreams, absorb your digestion, rob you of your peace of mind and good will, and take away the pleasure of your work.

They ruin your spirituality and nullify your prayers. You cannot take a vacation without them coming along! They destroy your freedom of mind and hound you wherever you go. There is no way to escape the person you resent.

They are with you when you are awake. They invade your privacy when you sleep. They

are close behind you when you eat, when you drive your car, and when you are on the job.

You can never have efficiency or happiness. They influence even the tone of your voice. They require you to take medicine for indigestion, headaches and loss of energy. They even steal your last moment of consciousness before you go to sleep.

**SO IF YOU WANT TO BE A SLAVE,
HARBOR YOUR RESENTMENTS.**

submitted by Helen S.
Thruway Group

THINGS WE CANNOT CHANGE

Murray Garrison
A member of the Port D'Alhousie Group
St. Catherine's, Ontario
Passed away November 27, 1996.
Murray had 29 years of sobriety.
He was a frequent visitor and
supporter of the Sunrise Court Group
Dear Friend
REST IN PEACE.

I KNEW WE HAD NOTHING IN COMMON---RIGHT?

One bitter November night in 1974, I found myself lying on the sidewalk in front of my office. Drunk, of course. When I tried to get up, I felt a mysterious Something, like a big gentle hand, holding me down. This thought crossed my mind, "Take a look at yourself. Take a good look at yourself."

I got up, stumbled to my car, drove home in a fog, and woke up the next morning. I needed a drink. I fumbled for my pants, and found they were covered with blood from my fall. I hid them deep in the closet, got dressed in something else, stumbled down the stairs, and moments later locked myself in my den. One, two, three gulps of 100 proof vodka. Then it happened. After 17 years I heard myself saying, "I Quit."

I had tried to quit a hundred times, but I really wanted to mean it this time. No more insanity! A drunken driving arrest had sent me on another binge. That frigid moment on the sidewalk, the bloody trousers, and many humiliating memories were swimming in my head.

I'll have to go to A.A., or something, I thought. As God is my witness, these were not my words or thoughts. A great and merciful God was leading me.

I did manage to not drink for two weeks after that, but no A.A. meetings yet. I had quit many times before, with the same inevitable result - I drank again. I was a binge drinker simply because of constant failed efforts to quit.

My wife was going to Al-Anon meetings in a neighboring town. "I'm going because of my mother," she had said defensively of her Al-Anon involvement. True, her mother had died drunk.

They were having a Thanksgiving-Christmas potluck, she and the kids were going. Since we had only one car, she asked if I could drop them off and pick them up a couple hours later.

In the back of my mind, I was ready to drink again, and this seemed like the moment. All the way over there I looked for a tavern I could drop into after I dropped them off. I didn't see any. Little did I know that town was semi-dry; they hadn't issued a new liquor license in decades. The only taverns were old neighborhood bars off the main drag. My alcoholic mind was in a tizzy. What could I do?

As we pulled up to their meeting place, the municipal building in town, my wife almost casually said, "You are welcome to come up if you like. There is plenty of food."

In my alcoholic state I instantly figured out that food might hold off my craving until later. I could take them home and then go out for some serious

drinking. It was just a potluck dinner, right? I agreed and went up to a room crowded with noisy people.

I quickly ditched the family, loaded up a plate with food, and sat down alone. I started eavesdropping on conversations. I was sure there were no AA's in the room. There weren't any stooped-over, ashen-faced, shaking albies. Nothing but bright-faced, cheerful, loving people hugging each other like long-lost cousins. But soon it dawned on me from the things they were saying, some of these people were real alcoholics. How could that be?

Something strange began to happen. People were shoving tables and chairs around, setting a couple tables at one end of the room and facing them with rows of chairs. Several people sat down at the tables, and one of them said, "Let's get started..."

Huh? Get what started? He announced that this was an open speaker meeting of such-and-such AA group. In a panic, I looked for the nearest exit. It was way across the room I would have to get up and walk in front of scores of people! I sat tight, and held on to my chair.

The first speaker was introduced. He was Hispanic. I knew I had nothing in common with this guy, right? Incredibly, his story was similar to mine. I felt the hair begin to stand up on my neck. He had drunk 100 proof vodka just like I did, hid a pint in his glove compartment, just like I did, and stopped for liquid lunches like mine.

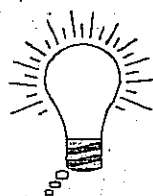
People all around me were smiling and nodding their heads as he told this dumb tale. I began to feel a warmth in that room. A tingle was going all the way up and down my spine by this time. It was like some kind of spiritual experience, but unlike anything I had heard of in any church.

Son of a gun, I thought. I'm in the right place! This felt like home to me. . . . an accidental home. That became my home group a couple nights later.

With the help of God, AA and a continuous stream of miraculous accidents, I have been sober a day at a time from that moment on.

I turned "21" this year in my sober life, and I am living in Florida now. But wherever we go, there are plenty of meetings to stumble into, right?

Each group has but one purpose - to carry its message to the alcoholic who still suffers. In other words, we are there - even if you stumble in by accident.



Dennis L, Lake Worth, FL
Reprinted from HERE'S HOW
Chicago IL June/July 1996

JANUARY ANNIVERSARIES

AMHERST/SNYDER

Walter S. 3 mos.
 Carl H. 3 mos.
 Diane H. 6 mos.
 Gilbert H. 6 mos.
 Ismael E. 6 mos.
 Bill M. 9 mos.
 Mona A. 9 mos.
 Mark S. 1 yr.
 Larry N. 1 yr.
 Dennis B. 2 yrs.
 Joe V. 3 yrs.
 Stephen G. 3 yrs.
 Al F. 4 yrs.
 Ann P. 5 yrs.
 Barbara B. 7 yrs.
 Gene H. 12 yrs.
 Gary S. 12 yrs.
 Dan B. 16 yrs.
 Alice B. 17 yrs.

ANY LENGTHS

Bob C. 9 mos.
 Mark G. 9 mos.
 DeAun D. 1 yr.

COLD SPRING

James F. 3 yrs.
 Brady P. 3 yrs.
 Lenny G. 4 yrs.
 Al E. 17 yrs.
 Henrietta W. 28 yrs.

FIRESIDE

Robbie E. 3 mos.
 Roberta R. 6 mos.
 John B. 9 mos.
 Wayne C. 1 yr.
 Tony G. 1 yr.
 Gregg K. 1 yr.
 Frank B. 2 yrs.
 Jim D. 2 yrs.
 James E. 3 yrs.
 Stephen G. 3 yrs.
 Katie S. 3 yrs.
 Gina C. 5 yrs.
 Lisa G. 5 yrs.
 Annette S. 5 yrs.
 Nancy McC. 8 yrs.
 Peggy O. 8 yrs.
 Kathy K. 9 yrs.
 Tom P. 9 yrs.
 Dave S. 9 yrs.
 Carol A. 21 yrs.
 Bob V. 25 yrs.

HAPPY HOUR

Jerry C. 3 mos.
 Angel B. 6 mos.
 Saundra J. 6 mos.
 David O. 6 mos.
 Angel S. 9 mos.
 Elizabeth T. 9 mos.
 Lizvette C. 1 yr.
 Maira F. 1 yr.
 John J. 1 yr.
 Henretta N. 1 yr.
 Betty K. 3 yrs.
 Scott C. 7 yrs.
 Jim H. 10 yrs.
 Carol A. 21 yrs.

HONESTY

Bridgett L. 2 yrs.
 Brenda S. 3 yrs.
 Terry McC. 17 yrs.

IRONHORSE

Mike B. 3 mos.
 Jeremy W. 9 mos.
 Marty B. 1 yr.
 Bill G. 1 yr.
 Gary G. 2 yrs.
 Daryl B. 2 yrs.
 Bob S. 3 yrs.
 Frank H. 4 yrs.

LET GO & LET GOD

Carol B. 4 yrs.

MATT TALBOT

Jim M. 6 mos.
 Diane B. 9 mos.
 Barry Mc 9 mos.
 Dan B. 9 mos.
 DeAun D. 1 yr.
 Jerry J. 1 yr.
 Anne F. 1 yr.
 Michael M. 2 yrs.
 Mary Anne S. 2 yrs.
 Ron T. 3 yrs.
 Valerie T. 3 yrs.
 Jim V. 3 yrs.
 Jeff R. 4 yrs.
 Tim P. 4 yrs.
 Frank H. 6 yrs.
 Bob P. 13 yrs.

MOD/LIVING IN SOLUTION

Jamie 3 mos.
 Earl 6 mos.
 Tara S. 1 yr.
 Sue D. 1 yr.
 Cindy S. 2 yrs.
 Debbie S. 2 yrs.
 Dave H. 2 yrs.
 Joan 17 yrs.

MONDAY NIGHT BIDWELL

Joanna L. 6 mos.
 Sharmaine S. 6 mos.
 Robert G. 6 mos.
 Mike M. 6 mos.
 Debra C. 9 mos.
 Dave B. 1 yr.
 Wayne H. 1 yr.
 Robert B. 1 yr.
 Larry W. 1 yr.
 Pat I. 12 yrs.

NORTH BUFFALO

Bridgett L. 3 mos.
 George D. 3 mos.
 Matt D. 3 mos.
 Patrick L. 6 mos.
 Jim F. 6 mos.
 Larry D. 6 mos.
 Tom G. 1 yr.
 Ed B. 1 yr.
 Frank G. 1 yr.
 Walter P. 1 yr.
 Phil M. 2 yrs.
 James c. 4 yrs.

NORTH BUFFALO(CONT)

Mike K. 4 yrs.
 Rob O. 6 yrs.
 Robert C. 7 yrs.
 Roger R. 8 yrs.
 Delon Pek 9 yrs.
 Pat S. 9 yrs.
 John S. 10 yrs.
 Mitch L. 10 yrs.
 Larry W. 12 yrs.
 Frank C. 12 yrs.

RENEWAL

Marilyn L. 17 yrs.

RISE & SHINE

Baham P. 3 mos.
 Curtis R. 3 mos.
 Carrie S. 3 mos.
 Lonnie W. 6 mos.
 Faith B. 6 mos.
 Schandra S. 6 mos.
 Kevin F. 6 mos.
 Johnny W. 6 mos.
 Byron 9 mos.
 Jean D. 9 mos.
 Brandy B. 9 mos.
 Therese B. 9 mos.
 Teresa W. 9 mos.
 Wayne W. 1 yr.
 Dennis D. 1 yr.
 Clairreth F. 1 yr.
 Camille C. 1 yr.
 Joe R. 1 yr.
 Brenda G. 2 yrs.
 Venita E. 2 yrs.
 Berry W. 2 yrs.
 James F. 3 yrs.
 David W. 3 yrs.
 Fred R. 4 yrs.
 Ron B. 4 yrs.

SHERIDAN

Sharyn B. 3 mos.
 Pam S. 3 mos.
 Kathleen M. 6 mos.
 Mike K. 9 mos.
 Laurie W. 1 yr.
 Jim M. 5 yrs.
 Kay D. 5 yrs.
 Tony T. 6 yrs.
 Patty R. 7 yrs.
 Greg W. 7 yrs.
 Jeffrey S. 8 yrs.
 Larry Z. 12 yrs.
 Bob V. 25 yrs.

SUNDAY MORN, BREAKFAST

Dan M. 3 mos.
 Mike G. 3 mos.
 Steve D. 6 mos.
 Sean G. 1 yr.
 Norm K. 12 yrs.

THRUWAY

Colleen D. 3 mos.
 Chris M. 6 mos.
 Cherie W. 6 mos.
 Randy D. 9 mos.
 Barry Mo. 1 yr.
 Bruce D. 1 yr.

THRUWAY (CONT)

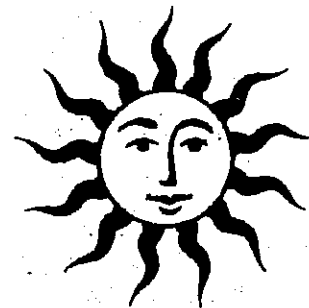
John R. 3 yrs.
 Charisse B. 4 yrs.
 Gerry D. 4 yrs.
 Kreg K. 5 yrs.
 Jim M. 5 yrs.
 Joe M. 6 yrs.
 Kathy G. 7 yrs.
 Kathy S. 7 yrs.
 Dave C. 9 yrs.
 Kathy K. 9 yrs.
 John B. 9 yrs.
 Frank B. 10 yrs.
 Gayle H. 13 yrs.
 Leonard Z. 13 yrs.
 Jim Z. 13 yrs.
 Mike K. 13 yrs.
 Susan L. 14 yrs.
 Scott P. 14 yrs.
 Tom B. 15 yrs.
 Kenneth W. 15 yrs.
 John J. 20 yrs.
 Ellen McN. 22 yrs.
 Carol A. 23 yrs.

WE CARE

James J. 6 yrs.
 Bill G. 11 yrs.
 Agnes H. 15 yrs.
 Jim L. 15 yrs.

WHY

Fred J. 3 mos.
 Jay 3 mos.
 Mark S. 1 yr.
 Kevin O. 1 yr.
 Jim R. 1 yr.
 Debbie S. 2 yrs.
 Duke K. 2 yrs.



**REMINDER:
 FEBRUARY 1997
 ANNIVERSARIES MUST BE IN
 THE CENTRAL OFFICE NO
 LATER THAN
 JANUARY 10, 1997**

**BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
295 MAIN STREET
ROOM 845 ELLICOTT SQUARE BUILDING
BUFFALO, NEW YORK 14203
853-0388**

JANUARY 1997

MEETING CHANGES:

TUESDAY - KENSINGTON DISCUSSION - has made its move to the Cleveland Hill Lutheran Church, 261 Cleveland Drive, still at 7:45PM. Also, it is a non-smoking meeting, open the last Tuesday of the month.

TUESDAY - ORCHARD PARK STEP will begin their meetings at 7:30PM. The last Tuesday will now will be open.

TUESDAY - TONAWANDA - 6:00PM - wich meets at 1225 Brighton Road at Parkhurst is now meeting on Wednesday, also, at 6PM.

WEDNESDAY - EARLY BIRD - 10AM - United Methodist Church at the corner of Ontario and Tonawanda Streets - **HAS CHANGED TO NON-SMOKING** - needs support

MOD/LIVING IN THE SOLUTION - Amity Club, 240 Military Road at Hertel
SUNDAY-1PM, MONDAY-8PM 12 & 12, TUESDAY 8:30PM, WEDNESDAY 8PM, THURSDAY 8PM BIG BK & 12&12 TAPES, FRIDAY 8:30PM.

NEW MEETINGS:

MONDAY and FRIDAY- GEORGETOWN GROUP - BryLin Outpatient, Georgetown Square, Evans and Sheridan, in Williamsville - 12 Noon - Closed - No smoking - Wheelchair accessible (extention of HIGH NOON GRP)

PLEASE NOTE:

"Stop! - your sobriety is worth something to TGIF AA Group. Come join us on Friday night at Our Lady Of Peace, 10950 Main Street in Clarence. Your serenity and our coffee are a good mix. By your attendance at this meeting each entity will benefit! Thank You!"

MONDAY THROUGH FRIDAY - HAPPY HOUR - 5PM - Holy Cross School, Niagara at Maryland, needs support of long time members or it will be forced to no longer meet. As of this month, it has returned to the Original format

TUESDAY - HUMBLY WILLING - is still meeting every Tuesday at the Iroquois Crossroads Center, 1047 Grant Street in the rear. This is still a closed meeting.

SATURDAY - BIG BOOK WORKSHOP - Begins at 9:30AM and goes to 11AM. It will begin studing on the Title Page on December 7th at St Paul's Luteran Church, 4007 Main Street in Eggertsville. All are welcome!

THURSDAY - SARATOGA - 8:00PM on Saratoga and Harlem is changing its format to a Big Book Study. The meeting needs support.

TUESDAY - RAY OF HOPE - 1:00PM meets in East Aurora at the Emmanuel Lutheran Church, Pine and East Fillmore. Here is a old established group that seems to have been forgotten. TUESDAY - ONE O'CLOCK - EAST AURORA

TREATMENT FACILITY MEETING - 3RD FRIDAY OF THE MONTH at 7PM, St Simon's, 200 Cazenovia.

Cooperation with the Professional Community Committee

We are looking for a few good men and women to help carry the message of what AA is and isn't to professionals in our community, such as doctors, lawyers, educators and law enforcement pesonnel. This is one of the ways that the hand of AA is there "when anyone anywhere, reaches out for help." The time commitment is only three to five hours a month and the rewards are infinite. If this looks like a good way to practice AA principles in your life, contact Dave B at 873-7784

COMING EVENTS:

JANUARY 1 - UNITY - St Peter & Paul Church, Main Street in Williamsville, **will be open** New Years' day. The meeting starts at 10AM. These will be open meetings these days only.

JANUARY 11 - SATURDAY - MOD/LIVING IN THE SOLUTION is sponsoring a DANCE to BENEFIT THE CENTRAL OFFICE OF A.A. - Amity Club, 340 Military at Hertel. DJ & Speakers at 7pm - Sound System for your dancing pleasure from 8PM to 1AM. \$5.00 per person. Food will be served. Please bring a dish to share.

JANUARY 29 - WEDNESDAY - UNITY - will be celebrating its 24th Anniversary at 10AM. There will be a guest speaker, Don B from Sunrise Court. This will be an open meeting. A luncheon will follow. Please bring a dish to share.

FEBRUARY 1 - SATURDAY - ANY AGE presents the 12TH ANNUAL BLIZZARD BALL at St Andrew's Church, Donovan Hall, Sheridan and Elmwood Avenue. Speaker, food, and music. Donation is \$5 per person. Doors open at 7PM.

FEBRUARY 15 - NY-PENN INTERGROUP presents its 25TH ANNUAL DAY OF SHARING Weston's Mills Fire Hall, Rt 417, Weston's Mills, New York

APRIL 4-6, 1997 SPRING CONVENTION - Best Western Lookport Inn, South Transit Road, Lookport, New York. Registration \$10 (includes dance), Registration and Banquet \$30; Dance only \$5 per night. Remit to 1997 Spring Convention, PO Box 1981, Amherst, NY 14226.

MAY 23RD THRU MAY 25TH, 1997 CAZENOVIA GROUP is having its' 1st SPIRITUAL WEEKEND at Camp Lakeland in Franklinville, Cost will be \$60.00. This will include food and lodging. The agenda for the weekend will be the first 164 pages of the Big Book of Alcoholics Anonymous. The group is having a fund raiser - 50/25/25 Split - Drawing will be December 6th.

1st MONTH - 1st STEP " *WE ADMITTED WE WERE POWERLESS OVER ALCOHOL---THAT OUR LIVES HAD BECOME UNMANAGEABLE.* "

1ST MONTH - 1ST TRADITION " *OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS ON A.A. UNITY.* "

YOURS IN THE SPIRIT OF A.A.

Delphine
EXECUTIVE SECRETARY

ENVELOPE SYSTEM

AS AN INDIVIDUAL MEMBER, SUPPORT YOUR CENTRAL OFFICE BY DONATING TO IT DIRECTLY THROUGH THE **ENVELOPE SYSTEM** IF YOU DO NOT KNOW HOW IT WORKS CALL THE OFFICE AT 853-0388

REMINDER: Any announcement to appear in FEBRUARY '97 bulletin must be submitted in writing to the Central Office by FRIDAY JANUARY 10 '97

Joanne McC, Chairperson opened the meeting at 7PM with a moment of silence followed with the Serenity Prayer. Cindy N from Sunrise Court read the Preamble. Pat M from Rainbow read the Purpose of the Central Committee and the Traditions were read by Tom H of the Cheektowaga Group.

Motion to dispense with the reading of the minutes was made by Richard F of Iron Horse seconded by Tony B of Sunday Nites.

Delphine mentioned that a correction needed to be made in that the Ellicott group was represented at the last meeting but it was not recorded. Dave P, the Journey made the correction that the length of time to secure a hotel for the Fall Convention is two years. Motion made and second to accept the minutes as corrected.

32 GROUPS ATTENDED - DISTRICT #1 - Getting Better, Giving, ODAT, Sunday Nites, Sunrise Court, The Journey - DISTRICT#2 - Discovery, MOD/Living in the Solution, North Buffalo - DISTRICT#3 - Abbott Men's, Any Length, Cheektowaga, Iron Horse, Matt Talbot, Rainbow, Ridge, Southgate, Urban, We Care, West Seneca Sat Nite - DISTRICT#4 - Action DISTRICT#5- DISTRICT#6 - DISTRICT# 7 - Beginning in Sobriety II - Cold Springs, Ellicott, Lovejoy, Powerless, Spirit of Hope- DISTRICT#8 - Amherst Snyder, Common Problem, Renewal, Saratoga - DISTRICT#9 - Everybody's - DISTRICT#10

COMMITTEE REPORTS:

ENVELOPE SYSTEM - Mel L of Renewal

	<u>1995</u>	<u>1996</u>
DECEMBER Receipts	\$277.00	\$517.00
Average monthly receipts	500.67	533.33
ANNUAL RECEIPTS	5,867.00	6,956.00

Be advised that I am hereby submitting my resignation as Envelope System Chairman to be effective February 21, 1997.

This resignation is being submitted in the Spirit of AA Tradition which suggests that rotating leadership be pursued.

Thank you for this opportunity to be of service to AA for the past couple years. It has been very gratifying.

Respectfully submitted,

Mel L Envelope System Chairman

Joanne asked Mel to explain the work entailed. He stated that you go to the Central Office to open the envelopes up, record the amounts, count the money, have Delphine check amount and deposit the funds. The forms, together with a return stamped envelope are mailed back in a window envelope. Joanne asked for a volunteer for the job.

STEERING COMMITTEE - Janice O, ODAT

Meeting opened at 6:10PM by Dick L of District#9 with the Serenity Prayer. Present were Janice O, District #1, Pat M, District#3, Larry S, District # 7, Rick S, District#8, Dick L, District #9, Joanne McC, Central Committee Chairperson, John H, Co-chair, Delphine H, Executive Secretary. Guests were Linda Z, Common Problem, Joe B, Eye Opener, & Bob H of Saratoga.

Appointments of new officers approved by the Committee were:
 Joe B, Eye Opener, as Co-chairman of the Fall Convention.
 Kevin C, North Buffalo, as Central Committee Financial Chairman.
 Pam L, Bidwell, as Recording Secretary of Central Committee.

Went over the quotes from the printers for the next schedule.
 These quotes will be presented to the Central Committee as requested.
 The meeting was closed with the Lord's Prayer at 6:50PM.

FINANCIAL REPORT - Delphine - read attached

TREATMENT FACILITIES COMMITTEE - Bob K, Southgate

We talked to the Cooperation with the Professional Community Committee in regards to having a "Day of Learning" and or having tables set up at the Spring Convention. The Treatment Facilities Committee felt it would be enough because we have a Workshop coming up the end of Spring.

We still need people to Chair meetings at ECMC on Saturdays and at the VA on the first Tuesdays at 1PM.
 If anyone is interested in getting involved in TFC or any group would like to chair one or two meetings a month, please contact Bob K at 825-7343

SCREENERS - NONE

Need for new Chairperson.

CORRECTIONAL FACILITIES COMMITTEE - Cindy N for Ron E-Corn Probl

Wende is receiving good results from work being done by John S and Jim B for man power.

Gowanda if looking to start meetings everyday and for continued support from Buffalo Thursday nights.

Sunrise Court Group donated a coffee pot to the Gowanda Group. Please announce to your groups the need for old Grapevines, Big Books -- any conference approved material to be distributed in the prisons.

CENTRAL OFFICE - Delphine H, Executive Secretary

AA Information	538	12 Step	3
PIC		Literature requests	53
CPC		Referred to other agency	6
Al Anon	29	Referred from other agency	
Ala Teen	2	<i>CENTRAL OFFICE</i>	
ACOA	1	Outgoing Calls	
<i>ANSWERING SERVICE</i>		Mailing cost	\$244.81
Incoming Calls 493	outgoing 95	Visitors	91

NEW FRONTIER - John H, We Care, Editor

When submitting death notices for the New Frontiers, please include the full name of the deceased, date of death, group name, length of sobriety and any other pertinent information as it relates to AA.

When possible, please include a phone number with articles, anniversaries and death notices in case there is a problem with the information provided. It would help immensely.

55TH FALL CONVENTION - Cindy H - '96 Fall Convention Chairperson
With the last bills paid, there will be approximately \$1000 turned over to the Central Office.

Larry S, **'97 Fall Convention** Chairman said the first meeting will be at St Michael's on Burke at Huntley, Tuesday, January 7 at 7PM.

Joe B, Eye Opener, new Co-chairman, greeted the group and introduced himself.

COURTESY REPORTS - GSA -

State Convention - July, Albany, NY.

RECAP:

Envelope System - Mel was asked how many hours of work are needed? "About 6 hours." Cindy N, Sunrise Court, volunteered. She will be refer to the Steering Committee for appointment.

CORRECTIONAL FACILITIES COMMITTEE - Questions on how long one has to be out of a facility as a client to go back in as a guest. "It varies with the Facilities.

CONVENTION - Rick S, Amherst Snyder, wanted to know when the final financial statement would be in with the monies going to Central Committee. "Next month."

OLD BUSINESS:

Parking issue - Delphine sent a letter to the Hospital Administration The doors and gates were open on time this afternoon.

Price Quotes for new schedules - Sheets were passed out with six quotes ranging from .27 to .66. The prices were discussed as far as quality, how much for getting the material camera ready, etc. Tony B, Sunday Niters, stated we should wait one more month for a further report back to the committee before any decisions were made. Larry S of Cold Springs made a motion second by Tom H of Cheektowaga to let Delphine make the decision with our current printer as preference if he can come down to .40. The price will remain at .50 regardless. The motion was passed.

Paul K from Any Lengths withdrew his motion to raise the price of schedules.

NEW BUSINESS: none

Larry S, Cold Springs, mentioned that Elizabeth G was in Buffalo General -- keep her in your prayers.

Motion was made and second to adjourn at 7:50PM with the Lord's Prayer

Yours in AA,

Pam , Bidwell
Recording Secretary

pg 1 GROUP	Correctional Facilities		Treatment Facilities	
	JAN '97	Accum.	JAN '97	Accum.
12 Step - Holiday Village				
12 Step - Medina				
3rd Step				
4th Step Stumblers				
6th Step				
AA Lunchtime				
A Day At A Time				
A Vision for You				
Abbott Mens Discussion				
Acceptance/Welcome	171.00			
Achievement				
Action				
Age Doesn't Matter	100.00			
Albion	12.00			
Alexander				
Amherst Tree of Life				
Amherst Snyder	64.00			
Amsdell Lakeshore				
Any Age				
Any Length	30.00			
Anybody's Group				
Arcade				
As Bill Sees It				
Attitude Adjustment				
Attraction				
Awakening				
Beginner's Table				
Beginning in Sobriety I				
Beginning in Sobriety II				
Beginnings-Women's				
Better Days (Bilingual)				
Bidwell				
Bidwell Monday Disc				
Big Book - Lockport				
Big Book Study (Thursday Night)				
Big Book Workshop				
Blasdell				
Blasdell Monday Nite				
Boulevard Women's				
Brass				
Broadway-Bailey				
Brocton Discussion				
But for the Grace of G	50.00			
By The Book-Buffalo				
Came To Believe				

pg 2	Correctional Facilities		Treatment Facilities	
GROUP	JAN '97	Accum.	JAN '97	Accum.
Cassadaga				
Casting				
Cathedral Park				
Caz Manor				
Cazenovia	45.00			
Central Park				
Central Park II				
Chapter IX				
Cheektowaga	100.00		50.00	
Chevy #1				
Circle of Recovery				
Clarence Men's Disc II				
Clarence Men's Discos	400.00			
Cold Springs				
Common Problem	50.00			
Community Center				
Cornplanters Again				
Courage				
Decision, Choices, Changes				
Delaware Discussion				
Derby				
Design For Living				
Desire				
DeVeaux Discussion				
Discovery	48.00			
Downtown Discussion				
Downtown Men's Discussion				
Dunkirk				
Early Bird				
Easier Softer Way				
East Amherst				
East Aurora				
Easy Does It				
Eden-North Collins				
Ellicott				
Ellicottville				
Emergency				
Eternal Vigilance				
Everybody's	20.00			
Eye Opener				
F.U.N.				
Faith				
Faith in Action				
Father Baker				
Feelings				

pg 3			Correctional Facilities		Treatment Facilities	
GROUP	JAN '97	Accum.	JAN '97	Accum.	JAN '97	Accum.
Fellowship in the Spirit						
Fireside	16.24		50.00		25.00	
Fireside P.M.						
First Things First						
Fredonia Discussion						
Freedom	25.00					
Fresh Start						
Friendly						
Friendship						
Friendship Fireside						
Frontier						
Gardenville						
Gay, Lesbian, Sober & Proud						
Getting Better	30.00					
Giving	50.00					
Go to Any Length	120.00					
Golden Slipper	100.00					
Good Life						
Grand	10.00					
Grand II Joy Of Living						
Grateful						
Guiding Light						
H.A.N.D.	100.00					
H.D.W.						
Half & Half	50.00					
Hamburg						
Hamburg Literature Study Group						
Handicappers Sat. Nite						
Happy Hour						
Harmony						
Helping Hand						
High Noon						
High View						
Higher Powered						
Hill Billy						
Hold On						
Holiday Village	500.00					
Holland						
Honest Desire						
Honesty	30.00		10.00			
Hope - Big Book Study						
Horizon Sunset						
How It Works						
Humbly Willing						
In the Solution						
Inner City						

Correctional Facilities

Treatment Facilities

GROUP	Correctional Facilities		Treatment Facilities	
	JAN '97	Accum.	JAN '97	Accum.
Inspiration				
Intoxicated on Life				
Iron Horse				
1st Step				
IT				
It's About Time				
Just for Today				
Keep It Simple, Sister	30.00			
Keep on Cornin				
Kerimore				
Kensington				
Lake Shore				
Lake View				
Let Go & Let God				
Leuname Women's AA				
Lew-port 5				
Liberty Women's	200.00			
Life Today				
Lighten Up				
Live and Let Live				
Living Sober				
Lock City				
Lockport #1				
Lockport Discussion				
Lockport Ladies				
Lockview				
Lovejoy	50.00			
Lower River				
Lunch Bunch				
Main Street				
Marilla				
Matt Talbot	25.00			
Mc Kinley Winners				
Medina New Life				
Mercy				
Mid-day				
Midnight				
Miracle				
MOD/Living in the So	25.00		5.00	5.00
Morning After				
New Awakening				
New Beginnings				
New Frontier				
New Frontier Womens				
New Life				

GROUP	Correctional Facilities		Treatment Facilities	
	JAN '97	Accum.	JAN '97	Accum.
New Life - New Begin	50.00			
New Westside	50.00			
Niagara Frontier Men's				
Nite People				
North Buffalo	400.00		100.00	100.00
North Java-Monday				
North Java-Sunday				
One Day at a Time (DDAT)				
Open Arms				
Open Mind				
Opportunity				
Orchard Park Step				
Pass It On				
Patchin				
Pathway to Peace				
Pendleton-Chapter V				
Perry				
Pioneer				
Positively Living II				
Positively Living III				
Powerless				
Primary Purpose				
Progress				
Purpose	100.00			
Rainbow				
Ray of Hope				
Remember When				
Renaissance I	500.00			
Renewal				
Ridge	70.00		30.00	30.00
Ripley's "Believe It Or Not"				
Rise & Shine				
Riverside				
Rochester Meeting				
Rur-al is Plural				
Sally				
Salvation Army				
Saratoga	145.00			
Saturday Night Alive				
Saturday Night Disc				
Searching for Serenity				
Second Chance				
Seneca 12 & 12				
Serenity				

pg 6			Correctional Facilities		Treatment Facilities	
GROUP	JAN '97	Accum.	JAN '97	Accum.	JAN '97	Accum.
Serenity Circle						
Serenity Trail						
Sheridan	20.00					
Silver Creek Friendship						
Sober Trail						
Sober Winners						
Sobriety Men's Disc						
Somerset						
South Buffalo	30.00		30.00		30.00	
South Town						
South Town Women's						
Southgate	30.00					
Southwestern						
Spirit of H.O.P.E.						
Spiritual Progress (women's)						
Springville						
Springville Saturday	60.00					
Springville Wed Noon						
St. Barnabas						
St. Mark's	60.00					
Starting Over						
Step						
Stepping Stones	80.00					
Suburban						
Sunday Morning Ekft.						
Sunday Nites						
Sunday Third						
Sunrise Court						
SUNY-Amherst Campus						
Surrender & Hope						
Survivors						
T'n'T						
T.P.H.						
TGIF						
Thankful	70.00					
The Book Meeting						
The Journey						
The Present	25.00					
The Way						
There's A Solution						
Thursday Nites' Tri-Co Young Peo						
Thruway						
Thursday Afternoon Disc						
Today						
Today's Woman						
Tonawanda						

pg7			Correctional Facilities		Treatment Facilities	
GROUP	JAN '97	Accum.	JAN '97	Accum.	JAN '97	Accum.
Trail's End						
Tri-County	10.00					
Tri-County Young People						
Tri-Step Beginners	100.00					
Try Again						
Tuesday Men's Disc	35.00					
Tuesday Women's Disc.						
Turning Point						
Twin Cities						
Unity	60.00					
University	120.00				10.00	
Urban						
V.I.P.	20.00					
Valley						
Varysburg						
Veterans						
Victory	70.00		30.00		30.00	
Vision of Hope (women's)						
Wake Up Call	12.00					
We Admitted						
We Are Not Saints						
We Care	30.00		10.00		20.00	
We Choose Life						
We Need You						
Wehrle						
Welcome						
Welcome Home						
West Seneca Sat Nite						
Westcourt						
Westfield						
Westminster						
WHY						
Williamsville	100.00					
Willing To Grow						
Wilson						
Wilson Smith University Alumni						
Women's Westside Disc.						
Working						
You'll Never Walk Alone						
Youngstown						
53 Grps contri	4698.24		315.00		250.00	
Total year to date		N/A		N/A		N/A

CENTRAL COMMITTEE		#504-771-7	12/25/96-1/25/97		
RECEIPTS					
53 Groups contributed				4698.24	
Joint Meeting				30.85	
New Frontiers subscriptions				28.00	
Envelope System				920.00	
Literature				3218.99	
Miscellan.: Paul G				300.00	
			Total Receipts	9196.08	
*10 Ellicott Court Corporation		rent		598.00	
Community Mental Health Center		rent		35.00	
David F Williamson co Inc				23.64	
Vermont Pure Spring Inc				14.50	
AT & T				5.34	
Hazelden				521.25	
M & T Bank		Fed WithholdTax		593.60	
Postage by Phone				300.00	
Secrephone				187.79	
World Services Inc				1110.60	
NYS Tax Dept				358.80	
NYNEX				183.64	
AT & T				5.34	
Salaries				2296.55	
cash				50.00	
Bank Charges				74.12	
			Disbursements	6358.17	
Balance pr checkbook 12/25/96				3540.26	
Add Receipts 12/25/96-1/25/97				9196.08	
				12736.34	
Deduct expenses 12/25/96-1/25/97				-6358.17	
Balance per checkbook 1/25/97				6378.17	
<u>Operating credit for 1/25/97</u>			283791		
MONEY MARKET		4693.35		10873.75	savings
CERT OF DEPOSIT		6180.40		6378.17	checking
		10873.75		17251.92	

RE-CAP		12/25/97-1/25/97			
CORRECTIONAL FACILITIES ACCOUNT *484-185-4					
EXPENSES		CHECK #			
Central Office	Gowanda	1153	100.00		
		1154	24.00		
		1155	230.00		
			354.00		
Balance pr checkbook	12/25/96			116.50	
Add Receipts	12/25/96-1/25/97			315.00	
				431.50	
Deduct expenses	12/25/96-1/25/97			-354.00	
Balance per checkbook	1/25/97			77.50	
Operating debit for 1/25/97		(-39.00)			
TREATMENT FACILITIES ACCOUNT *602-089-5					
EXPENSES		CHECK #			
Central Office		343	220.00		
Central Office		344	7.21		
			227.21		
Balance per checkbook	12/25/96			369.62	
Add receipts	12/25/96- 1/25/97			250.00	
				619.62	
Deduct expenses	12/25/96-1/25/97			-227.21	
Balance per checkbook	1/25/97			392.41	
Operating credit for 1/25/97		22.79			