

January, 2008

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

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

Practice these principles in all our affairs

What are "these principles" that we are supposed to be practicing in our sobriety journey? After all, isn't that is our life-long job, "as a result of these steps?" They had to be somewhere in the Big Book. We have lists - 12 steps, 12 traditions, concepts, and slogans.

Where is the list of the principles? I'd like something I could easily remember, so it would *have* to be simple. Memorizing the Big Book, the source for those principles, was *not* going to happen.

Why does it even matter? Why not just practice them with regard to my drinking? Am I really that messed up?

Then I found a book, by chance, at a convention. I was intrigued by its title and cover, and purchased it. I lost it for 15 years, and found it again in 2006 - it was like finding twenty pounds of gold. It had the list I'd been searching for! It describes some of the princi-

ples that this program is based on.

The title of the book is "<u>The Golden Book of Principles</u>," by Father John Doe.

Father Ralph P. (pen name John Doe) wrote this particular book, 54 pages in length, in 1954. He is the first Roman Catholic priest that became a member of A.A. Ralph is one of the three most published A.A. authors, along with Bill W. and Richmond W. (who wrote the Twenty-Four Hours a Day book). Ralph wrote seventeen books, from the 1940's through the early 1960's. He also invented the A.A. weekend spiritual retreat.

Ralph wrote about the active life in the world, and taught recovering people how to rise up from their meditations and begin to take concrete action. He taught us how to make authentic decisions and then make a real commitment.

Each month we will address

one of these principles in the New Frontiers. This book, along with other publications and fellow AA's experiences will be our guide. Today we set the stage, and introduce you to this rather fascinating member of A.A.

What it was like

Ralph (November 10, 1904 - February 19, 1967) was the youngest of 5 brothers. His father died when he was four. Brought up in a very devout Catholic family, Ralph's mother referred to him as her son who was going to become a priest. This put enormous pressure on him growing up. He graduated from high school, and then entered the seminary, to become a priest.

His first psychological breakdown started at age 24, and came at the time when seminary students were ordained as deacons. He had problems with obsessive perfection, and did not feel mor-

"Thanks, Shawn"

I'd like to thank Shawn C. for the work he has done as editor of the New Frontiers.

I have always enjoyed reading the New Frontiers. It has never been dull. Shawn has surprised us with articles from the past, taking on the issues that we're facing, and telling it like it is.

Shawn also believes rotation is a good thing, which is the reason why he no longer is our editor. Thank you, Shawn, for the past two years of service, as the editor of the "New Frontiers". You will be missed.

ally worthy to be a priest.

His inability to eat or sleep, along with constantly churning thoughts drove him frantic and he saw a doctor because of it. This doctor prescribed a barbiturate for him. Ralph would have as much of a drug problem as he did with alcohol before he ever picked up a drink.

This lasted through the next year (1929), when he was ordained as a priest, during another crisis - a complete nervous and physical breakdown.

His first taste of alcohol was in 1930 (during Prohibition), at a friend's house. He began to meet with this friend frequently, had a drink or two, and it never seemed to bother him.

It gets worse

His story will sound familiar from that point: More breakdowns, lying about how much alcohol he was consuming (at one point, a quart a day of 190-proof moonshine), trips to sanitariums and cold water treatments.

There were some periods where he didn't drink, others when he blacked out, and said once he "didn't drink before noon, so he wasn't an alcoholic."

He also tried to smuggle an entire case of bourbon into a mental institution, lied about it, and the staff believed him {rehab was different in the 1940's - there weren't any}.

Next was shock therapy (ouch), where he received 1,000 milliamps of 110-volt AC (enough to set some people's hair on fire) at each treatment. People caring for him, over a three week period, took him every two or three days for a treatment.

A week after he was released, he was offered a drink by a friend, took it, and promptly drank himself into a total blackout. For the first time, the thought occurred to Ralph: maybe I have a problem with alcohol!

What happened - 1943

Called at 2:00 AM to give last rights to someone thought to be dying, he found the person only passed out from a combination of drugs & alcohol (just what he was doing). As he was leaving, he saw a book in the living room with the title Alcoholics Anonymous. For some reason he could not explain, he asked to borrow it. The family told him he could.

At 3:00 AM, he started reading it. He could not put the book down until he finished the entire book (the original manuscript). For the next three or four weeks, he read the book at least once a day, sometimes twice. And he didn't drink. Something strange was happening.

He made a phone call on November 10, 1943 to someone he knew that dropped A.A. literature off in their church. The man's name is Doherty S., and he came over and visited Ralph. Doherty convinced him to go to a meeting, which was a few days away (7 total members at that meeting, one meeting per week there). Ralph attended that meeting, his first

A.A. meeting. Doherty became his sponsor.

The first two years Ralph encountered the same struggles most any newcomer has. He had a good deal of trouble admitting that he really was an alcoholic. Perhaps his real problems were all psychological, with maybe even some theological issues. Hit gut, however, told him from the start that A.A. had something that he desperately needed.

Finding his purpose

Having trouble on twelvestep calls, because he was a priest (would you want to talk to a priest?), he began to get frustrated. He discussed this several times with his sponsor. Doherty knew that Ralph had special things to give to the program, and the only problem was to discover what it was. As it turns out, the answer was obvious. Catholics have regular spiritual retreats, so couldn't A.A. members have the same thing?

He ran a simple one-day retreat, in 1945. Everything was centered purely on A.A. principles & beliefs. It was so successful he scheduled a weekend retreat in June, 1946, which was the first ever spiritual weekend. It was also a great success.

There's more to the story, but suffice to say hosting spiritual weekends and writing were his gifts to A.A. as a whole. Over the period from 1948 through 1958, he traveled over 750,000 miles, speaking to countless members of A.A. at retreats, conventions and meetings.

Why the principles

What is the reason for the people who achieve success, and are at the top of their profession? The simple answer is practice. All professional sports players and musicians could attest to this. They practice every day. They're exceptional at what they do to begin with. They don't have to practice to stay good. They practice to become masters at their profession. They will continue to practice – constant repetition – to continue to be masters.

Ralph says, "It is this same truth that is behind those who achieve mastery in A.A. Masters of sobriety, which means maintaining complete, sobriety under every circumstance and in any situation. It is the truth behind those few in A.A. who achieve and maintain serenity, happiness and peace of mind in spite of the changing [unexpected vicissitudes changes] of life, and in the face of any obstacles. It is not necessarily perfection, which is reserved for our Higher Power, but mastery."

"It is also that truth that is the missing factor in all of those A.A.s who were sober or at least "dry" for a while, a few years, or many years and who then suddenly "slipped" into drinking again. What hap-

pened? Why do A.A.s slip? Why does the old-timer in A.A. often disappear from our meetings? All of these questions can be answered by the same answer - the same identical truth: THEY OUIT PRACTICING. They "learned" A.A.; "learned" the steps; "learned" all about alcoholism and the alcoholic. But they OUIT PRACTICING ALL OF THEY THOSE THINGS LEARNED. They seemed to have forgotten that all of the twelve steps are necessary for obtaining sobriety and happiness; and that all of the TWELFTH STEP is necessary for MAINTAINING SOBRIETY AND HAPPINESS - FOR RE-TAINING the MASTERY IN SOBRIETY."

"They never learned, or they forgot, or they never accepted the truth that to "PRACTICE THESE PRINCIPLES IN ALL OF OUR AFFAIRS" means to REPEAT AND REPEAT AND REPEAT. DAY IN AND DAY OUT, HOUR IN AND HOUR OUT, and, if necessary, MIN-UTE IN AND MINUTE OUT those PRINCIPLES we learned in A.A. in ALL OF OUR AF-FAIRS, i.e., in EVERY area of living: home life, social life, business life, financial affairs, spiritual life, emotional life, physical life, and thought life."

Do you have some ideas for the New Frontiers? Perhaps you have a story to pass along, or a topic we should address? Would you like to join our committee? We would like to know.

You can email the Central office at

you can email the Central office at buffaloaa@hotmail.com, or directly to the New Frontiers committee at newfrontiers@roadrunner.com.

"All slippees, all unhappy people in A.A., and all unhappy people – period, have never begun to, or have not continued to apply, the most important part of the whole program for continued sobriety and happiness: To practice these principles of our affairs." {CAPS used by Ralph in his booklet}

Please join me on this journey. Let's all become masters of sobriety!

Chip R. - editor

Sources: Sons of Matt Talbot (SMT) Guild; Ralph P (Father John Doe) & the Golden Books Short Outline of Life & Work, by Glen Chestnut (not an A.A. member); Fr. Ralph P, a.k.a. Fr. John Doe, by Nancy O.; The Golden Book of Principles, by A Member of Alcoholics Anonymous, The SMT Guild, Inc., 1954 (pages 8-9); hindsfoot.org website

Fall Convention Update: Oct 31 - Nov 2, 2008

Planning meetings are ongoing: The third Saturday of each month at 12:00 noon, at the Central Office.

For more information, or to get involved, call our Convention Chairman, John C, at (716) 884-0962 (home) or (716) 308-0951 (cell).

He is VERY interested in your ideas. If you had the chance, what would you want done at the convention? Let him know!

Sneak Peek: What do people do, especially children, on October 31?

SETTING GOALS - WHAT DO YOU WANT TO ACCOMPLISH THIS YEAR?

The change of year, for some people, is time to clean the slate, and start off new. Last year is past, we've found we can't change that, the trees are hibernating, and we're inside more than outside. It can be a time of reflection on where we were 12 months prior.

What are your dreams? Will you do something this year to get closer to those dreams? Are your dreams self-serving, or are they part of the plan that our Higher Power has for us, individually and as a group?

We have a chance to put down on paper where we would like to be at the end of 2008. Any decent business does the same thing. Some end their year on December 31. The next day, all the accounts are at zero.

Even before the end of the year, they are planning where they want to be next year, and set some goals for various departments within the company. They realize that if they don't do that, the business will flounder. The goals are to improve certain areas, increase the amount of business they do, and to control some of the costs they encounter in the process. From there, the operations of the business carry that out, on a daily basis.

We can do the same thing in our lives, just as they do in a business. Simply put, inventory what we have now, the good and the bad. Let someone else know so we have a partner in the process of improving "the product us." Deal with the damage the

bad inventory has caused, by working at improving ourselves.

Focus

We are members of A.A. That means, for those who have between 1 and 99,000 days sober, we have a primary purpose. That is found in our Preamble: stay sober and help other alcoholics to achieve sobriety."

Whatever goals we set, the most critical ones will have something to do with that primary purpose. If the most important goal we set deals with something else, we essentially are back on the road toward another drink.

Take the time to reflect on your "inventory." Setting goals is not as hard as you think. Every day we set a goal - don't pick up a drink. Others add "help another alcoholic" or "go to a meeting today."

Like in step Four, be specific. Become a better person,' for example, is meaningless. You might become a better person, but you wouldn't know in which area you became better.

The key is to ask your Higher Power for help. I certainly needed His help to get through that first day without a drink, If He is that powerful, I'd be foolish not to ask Him what I should be working on in the coming year. He knows me better than anyone else, including myself. I did turn my will and life over to Him, didn't I?

Do you need more reasons to set some goals? All athletes set them. Your doctor or counselor will set some FOR you if you have health problems. Governments set them for us, and set up organizations to make sure we meet them - like police departments and the IRS.

BARRIERS

What prevents me from setting goals? One reason is I still don't want to look at myself. All I see at times is the wreckage.

The second thing is I know pain is coming. I've had enough pain, haven't we all? Anything that I've improved on, with God's guidance, has included pain. I must remember the pain is both necessary and bearable.

To overcome those thoughts, I need to look at what God has done in my life. I also need another A.A. member's help.

ACTION!

Set some goals. WRITE them out. Is it time to commit to reading five pages of the Big Book or another A.A. related book every day? Become involved in your group's activities? Service work! Sponsor someone, if you have some time in the program. Organize a party or a dance! Join a committee at Central Office or Intergroup. The list is endless.

Set them with your Higher Power, and ask for His help to accomplish them. If we do what He wants us to do, we can't lose!

> Chip R. - Grand II Joy of Living A Holiday Village groups

MIKESpace.AA - VIEW FROM THE YOUNG AND SOBER

SACRIFICE

As a 25 year old coming to Alcoholics Anonymous I can distinctly remember that the people I saw and talked to at my first meetings seemed to be a good deal *older* than I was. That was the second most striking impression I developed.

The first was the warmth and earnestness that I've encountered in A.A. since my first meetings.

The things these A.A. members talked about rang very true to me, and I soon came to accept that I belonged. I was an alcoholic who needed help. It wouldn't be easy stomaching the fact that this help would often be arriving in the form of a 'man old enough to be my father' taking me for coffee. I can confidently say that the feeling of being a young peg in an older hole is not unique to me.

At one of my first speaker meetings I encountered my soon-to-be close friend, John Q. His story was well delivered, and I know that at the time I tried to identify with it.

We crossed paths again a few months later. We have talked about life and about the recovery program many times since. I must thank him for saying to me one evening over coffee, "Don't let anybody tell you that sobriety isn't a sacrifice."

He was responding to my complaints about the difficulty of trying to have a social life (mostly griping about my inability to meet girls), and being a young member of Alcoholics Anonymous.

At the time this made me feel better, and somewhat justified about my complaints. I still know how to gripe pretty well, but I see the significance of John's comment in a very different light today.

After one or two more attempts at enjoyment and control, I accepted that powerless I had become. Humility helped me accept the hand of A.A., which had persisted in trying to pull my sorry ass out the bottle of the pain and despair. These were the first important sacrifices that I needed to make. I had to not drink, a day at a time, and I had swallowed my pride enough to ask for help.

I recently read that "if you want to know what someone's priorities are, look at their budget." Alcohol had certainly been top of my list for quite some time. Giving up what I seemed to value most may be the first real sacrifice I've made in my life.

Through the tables, my own experience, and the Big Book I saw that willpower would not be sufficient to keep me away from drinking. Well then, what was this willingness that I kept hearing

about? Today I see this is a willingness to sacrifice what I want when I want it.

Over the past year it has been abundantly clear that Honesty, Open-mindedness, and Willingness spell out HOW I can be successful in recovering from the drink problem.

There have been many occasions that the message I received was "grow up already," or "become a responsible person." Responsibility! Today this is where my attention is directed. Doing what I need to, am obligated to, and sacrificing what I claim to want is the spiritual task ahead of me each day.

If I am to make progress, than I will do the things required of me to be responsible. That goes for all facets of my life - the job I have, the family that cares for me, the Steps of recovery laid out for me, the home group I am a member of. These all require me to do things. I do not feel like doing many of those, but I usually do them anyway.

What I think, how I feel, and whether or not I want them is immaterial. It is the actions that I take which make me the person I am today. I owe a special thanks to my sponsor for drilling that point through my thick skull.

These principles apply to A.A. members of any age. We

must sacrifice our precious alcohol, our devotion to our own egos, and our persistent self-will to make progress.

A.A. members of every age have spoken of the need to grow up in my presence. You need not be 20 or 25 years old to delude yourself into thinking the bars could still provide you will the thrill of "that lifestyle," or "the atmosphere."

Although I may have missed out on some good times, some fun adventures, and a few crazy stories by being a member of A.A. and making meeting attendance as my primary evening activity, giving up the social scene seems trivial today. Changing people, places, and things today seems like a small sacrifice considering the progress that's come after it. Sacrificing a few Bills and Sabres games, or some loud music,

accompanied by unorthodox lighting displays, in a dingy hole-in-the-wall were more or less the easy part.

That whole self-will thing - giving that up - was the beginning of a true journey.

Michael K. -The Valley Group

Check out the minutes from the last Central Committee meeting

We have some new officers and committee heads for 2008 We welcome and need your support

IN MEMORIAM Things We Can Not Change Leo K; 30+ years

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

Share your Experience, Strength and Hope.

Please submit your announcements by the 12th for next months issue.

Buffalo Central Office 681 SENECA STREET (LOWER) Buffalo, New York 14210

Or

E-Mail address: <u>buffaloaa@hotmail.com</u>

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JANUARY ANNIVERSARIES

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Amherst/Snyde	_		<u>HOLLAND</u>		North Buffa	_	GROUPS CELEBRATING
Adam P.	3m		CAROLANN A	9Y	Karen M.	2у	-
Timothy J.	6m		<u>HOLLIDAY VII</u>		Lanee B.	2у	•
Sam T.	6m		CINDY T.	2Y	Kevin P.	2y	Father Baker: 27y
Cindi G.	1y		COLLEEN B.	3Y	Gitti B.	Зу	Williamsville: 55y
Dave J.	Зу		TOM W.	5Y	Debbie P.	Зy	New Awakening: 29y
John K	Зу		CARLA H.	5Y	Ava D.	5y	Survivors: 24y
David S.	4y		GINNY J.	8Y 🕮	⊮ Walter P	12y	Somerset: 21y
Jay M.	7y		JEAN S.	8Y 次表	Pam G.	17y	Cazenvoia
Helen H.	14y		LYNN R.	18Y	Frank C.	23y	Tuesday Men's Disc.: 20y
Barbara B.	18y		Ironhorse		Rise & Shin	е	lt: 17y
Gene H.	24y		Dan McC.	18y	Theresa H.	2y	Life Today: 17y
Lou B.	25y		Joanne F.	22y	Debbie H.	2y	Try Again: 15y
Helen H.	33y		Dee R.	30y	Wendy P.	2y	Starting Over : 14y
Cold Springs	,		Sheilla D.	31y	Dani H.	_, 2y	F.U.N.: 13y
Shevis A.	Зу		Kensington	- .,	Jackie H.	2y	Main and High: 10y
Brady P.	14y		Marilyn L.	27y	Melissa B.	3y	New West Side: 9y
Willie D.	14y		<u>Lakeshore</u>	_,,	Trisha B.	3y	Ellicott: 28y
Henrietta W.	39y	<u> ۲۷</u> ۴ ۲ <u>۷۴ی</u> .	, Joli B.	12y	Tyra L.	3y	Daily Repreive: 8y
Courage	Joy		Scott T.	27y	Jeff F.	3y	Constant Vigilance: 12y
John W.	4y	黄素	Lighten-Up	21 y	Kenneth T.	4y	Living Clean: 3y
	13y		Colleen H.	417	Theresa B.	4y	Early Rising Obligin
Andy S Leo K.				1y	Eddie T.		Early Kising Outigin
	21y		Michael M.	1y	Joann T.	5y	DI
JoAnne S.	23y		Cindy W.	6y		6y	Please remember to .
Agnes H.	26y		Dan McC.	7y	Gary C.	6у	have the anniversaries
<u>Fireside</u>	_		John I.	17y	Yvone P.	6у	submitted by
Carol Lee M.	9m		Living Sober	4	Mary L.	7y	the 12th
Daryl Q.	1y		Kim V.	<u>4</u> y	Douglas W.	7y	of the month
Brett S	4 y		Dean B.	<u>5</u> y	Sandra C.	8y	previous
Mike M.	6у		David D.	7y	Joe R.	12y	
Bret B.	8y		Kevin N.	98y	<u>Sun. Mornir</u>	<u>19</u>	
Bob S.	11y		Keith C.	10y	<u>Breakfast</u>		
Fresh Start			Walter W.	15y	Ron E.	2у	
Ralph W.	13y		Brian McC.	24y	Charlie C.	21y	
Golden Slipper			Bob Y.	28y	Norm K.	23y	
Melissa G.	9у		Lockport#1		Micky G.	28y	
Mark B.	9у		Steve C.	4y	Surrender 8	<u> Hope</u>	
Joan H.	17y		Jack P.	5y	Marty G.	Зу	God Grant Me The Serenity
David S.	20y		Derek H.	10y	Thruway		To Accept the things I cannot Chan
<u>Holland</u>			<u>Lockveiw</u>		Tom B.	10y	Courage to change the things I can
Kevin O.	Зу		Gary S.	Ву	Pat M.	19y	and the Wisdom to know the differer
Carol Ann U.	7y		Dianne P.F.	16y	Kathy K.	21y	
How It Works	-		Lovejoy		Robin A.	23y	
Max C.	Зу		Crissie C.	3m	Ellen M.	33y	
Steve G.	4y		Tom D.	6m	Valley G.	-	M. A. (35.72)
Brian McD.	5y		Mike W.	6m			
Jay M.	6y		Tim P.	6m	Mitchell S.	2у	-3-1-1-(073)
JD H.	6y		Jay W.	9m	Jamie	2y	
Mike M.	7y	5 44	Debra S.	1y	Mike C.	9ý	74 72 1) 15 5
Joe K.	8y		Main & High	• •	Kitty E.	26y	
Dan G.	17y	45.	Tom C.	10y	raity =:	20,	
Roger R.	19y	** \$ 10.0°	. 011 0.	,		Ó	
Guy H.	20y					XX	NNI
Frank W.	20y 21y						
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HAILON C.	23y				**************************************	:	
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27 *1940: First AA meeting not in a home meets at King School, Akron, Ohio.	**1965: "I attempted suicide four timesdamn near killed myself." —Jack S., early West Virginia AAer.	General Service Assembly, I PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg. 2003: Dr. Earle M., sober for 49 years, author of Physician Heal Thyself, dies.	Central Committee Meeting, 7 pm, Buffalo Central Office, 681 Seneca Currections Committee Meeting, 6:00 PM	
28	21 MARTIN LUTHER KING, JR. BIRTHDAY	Treatment Facilities Committee, 6 PM, Buffalo Central Office, 681 Seneca	Special Needs Committee, 6:30 PM, The Kenllworth Church of Christ Church, 45 Dalton St., Kenmore. *1984: Pass it On, the story of Bill W. and how the AA message reached the world is published.	
29 *1951: The AA Grapevine publishes a memorial Issue on Dr. Rob.	**1940; Pat C. in California gets sober "solo" by reading The Big Book.	1948: Polk Health Center Alcoholic Clinic for Negroes Starts operation with 14 willing subjects. The Washington Negro Group of AA is cooperating with the clinic.	&	NEW YEAR'S DAY 1943: Columbus Dispatch reports first anniversary of Central Ohio AA group.
30 1961: Dr. Carl lung answers BIII W's letter with "Spiritus Contra Spiritum" (Spirit against the rawages of spirits).	23 1961: Bill W. sends an appreciation letter, which he considers long overdue, to Dr. Carl Jung for his contribution to AA.	Public Information Public Information Committee meeting, 7 PM. Buffalo Central Office, 681 Sencea St.	Website Committee Meeting, 7:30 PM, Kenmore Methodist Church, 32 Landers Rd., Kenmore. *1942: Drunks Are Square Pegs is published.	2
31 THINK! THINK!	24 1918: Bill and Lois marry. 1971: Bill W. dies in Miami.	1.7 *1938: Jim B., a former atheist, gives AA "God as we understand Him."	10 MUHARRAM "We're just a bunch of nameless drunks"	Steering Committee, 6 PM, Central Office, 681 Seneca Street. 1941: Jack Alexander tells Bill W. that the Oxford Group will be in his Saturday Evening Post article on AA.
BUFFALO CE 681 Senega Buffalo, Phone: (71 Fax: (716 E-Mail: buffalo	25 OU O O 1915: Dr. Bob marries Anne R.	18 After 90 days in jail you might want to try 90 meetings in 90 days.	1 1 **1940: San Quentin Prison AAs call newcomers "fish."	4 1941: Bill and Lois W. drive to Bedford Hills to see Stepping Stones and break in through an unlocked window.
BUFFALO CENTRAL OFFICE 681 Senega Street-Lower Buffalo, NY 14210 Phone: (716) 853-0388 Fax: (716) 853-0389 5-Mail: buffaloaa@hotmail.com	Archives Committee Meeting, 9 am, Buffalo Central Office, 681 Seneca St 1971: The New York Times publishes Bill Wilson's obituary on page one.	87th Buffalo Fall Convention Meeting, 12 NOON Buffalo Central Office, 681 Seneca St 1954: Hank P., early AA member who helped Bill W. start the New York office, dies in Pennington, NJ.	12 1943: The press reports about the first AA group in Pontiac, Mich.	5 1941: Bill W. tells Jack Alexander that Jack will be "The toast of AA—in Coca-Cola, of course."

^{*} DCCURRED SOME TIME DURING THIS MONTH ** OCCURRED SOME TIME DURING THE YEAR

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

BUFFALO CENTRAL OFFICE ALCOHOLICS ANONYMOUS (716) 853-0388 9:00 AM- 12:30PM, 2:00 PM- 4:30 PM Schedule on line at: www. ny-aa.org & www.Buffaloaany.org 681 SENECA STREET (Lower) BUFFALO, NEW YORK 14210 Fax: 853-0389 www.buffaloaany.org buffaloaa@hotmail.com

JANUARY 2008

HOLIDAY INFO: GROUPS THAT WILL NOT MEET:

6th Step: Christmas & New Years Eve

Lakeshore: Christmas Eve

MEETING CHANGES:

- Lockport (not yet named) group, NO LONGER MEETS. Horizon's Health Center, 63 East Ave, Lockport.
- Lockport Nooners, NO LONGER MEETS. 178 Transit Rd. Lockport.
- **Sober & Proud Group** will now start at 8 PM. Friday's at Pride Center, 18 Trinity Place. Buffalo.
- Living in the Solution, Amity Club, 340 Military Rd, has changed its time for Mon. & Tues. to 5:30 PM, Starting Dec. 10 & 11. They will be discontinued until then. Wed. & Thurs. will remain the same. Friday will be discontinued.
- **Big Book Workshop** 9:30 AM in Eggertsville, Saturday Mornings, **NO LONGER MEETS**.
- New Woman's Group; Women's Step Action, Thursday, 6- PM, St. Martin in the Field Church, 2587 Baseline Rd., Grand Island. Closed meeting.
- **Earl Bird,** Wed. @ 10-AM, United Methodist Church, Corner of Ontario & Tonawanda Str's., Buffalo, **NEEDS SUPPORT.**
- Ride Sober, Sat. @ 9-AM, Victory Assembly of God Church, 688 Tonawanda St, N. Buffalo, NEEDS SUPPORT.
- **Beginnings Women's Group, Monday's moved** to St. Patrick's Episcopal Church, 1395 George Urban Blvd9Near Dick Rd.), Cheektowaga. Also has **changed their time to 7 PM. Pm**
- New Meeting in Lockport; Monday Night Big Book Workshop, United Church of Christ Church of Christ, 98 East Ave. 8 PM- 9:30 PM. Open Discussion.

Buffalo Central Committee Minutes November 2007

Mark S. Committee Chair opened the meeting at 7:00 pm with a moment of silence and the Serenity Prayer. Mark S., read the Preamble, Patrick from North Buffalo Group read the Purpose of the Central Committee. Gilbert R from Try Again read the Twelve Traditions. A motion was made to accept October's minutes as written by John H. Sunday Morning Breakfast Group. Minutes accepted.

23 Groups were represented: Dist.1: Main and High; Dist.2: Grand II Joy of Living, Living Sober, North Buffalo, Three Legacies; Dist.3: Courage, Sunday Morning Breakfast, Try Again, Valley; Dist. 4: Orchard Park Step; Dist.5: Lockport # 1, Lockview; Dist.6: Carrying The Message, Lakeshore, Serenity On The Lake, Wilson Smith Univ. Alumni; Dist.7: Lovejoy, Solidarity, Spirit of Hope; Dist. 8: Amherst Snyder, Eye Opener, Williamsville;

COMMITTEE REPORTS:

ENVELOPE SYSTEM: No Report

STEERING COMMITTEE: Report respectfully submitted by Cindy Reiner Dist.4 Steering Comm. Rep. The Committee met on November 27, 2007 at 6pm. Present were, Central Office Secretary, Central Comm. Chair, Financial Chair, and the following Dist. 1,2,4,6,7,8. Dist. 3 and 5 were not present, nor was there an alternate. Exec. Sec. Report: The next Steering Comm. meeting would fall on January 1, 2008, voted and agreed to have next meeting by Thursday January 3rd. There are 4 new Groups requesting to become members of our Intergroup. Financial Report: Discussion on contributions being down about 5% of needed revenue. Dist. Reports: Dist.2 Notes that increased expenses, such as Insurance, and decreasing value of \$1 affects group contributions to central office. Inc. Nothing to report. New Business: Motion recommended that an AD-Hoc Comm. of past convention chairs be formed to explore venues and initiate contact for possible multiple year contracts with local hotels for annual Convention. Meeting ended at 7:04 pm with the Our Father. FINANCIAL REPORT: Report given by Scott T. Lakeshore Group. Beginning balance for the month of Nov. was

FINANCIAL REPORT: Report given by Scott T. Lakeshore Group. Beginning balance for the month of Nov. Was \$11,885.64, Income for the month \$8,347.01, Expenses for the month \$8,336.34, so we're in the black for \$10.67, ending balance is \$11,996.31. Corrections Beginning balance \$750.43, after contributions and expenses the Ending balance is \$905.52, Treatment Beginning balance \$991.02, Ending balance after contributions of \$628.90 was \$1619.31. Scott also put together a report based on Financial report and the Group contributions for the year of 2007. There are 308 Groups listed on the contributions sheet. Out of the 308, 176 contribute to Central Office; total \$46,712.79. Group donating percentage, 57% Percentage of Groups not donating, 43%. Monthly Expenses to date, \$98,631.88, Contributions \$46,712.79, making the difference of \$51,919.09. Part of the difference was made up by personal contributions, Literature and medallion sales, and we still have a negative balance of \$2,830.52. Thank you for the opportunity to serve, I really do appreciate it, most of it has been fun.

TREATMENT: Report given by Patty S. 1.) Meetings are covered. 2.) Most meetings have been rotated as per TFC Guidelines. 3.) Letter submitted to Steering Comm. concerning TFC experience at 2007 Convention. 4.) Copy of TFC Guidelines given to Executive Secretary. 5.) Thank you for allowing me to serve for this last two years. The experience has been an honor and a privilege to be a member of Alcoholics Anonymous. Respectfully Submitted, Patty S. As Bill Sees It

CORRECTIONS: Report given by Chair, Andrew. Letters were sent to all volunteers from Molly Kennedy, supervisor of Volunteer Services. In this letter is a revised statement from the Commissioner Brian Fisher, on the policy on the prevention of sexual abuse of inmates. Basically anyone who volunteers at Collins or Gowanda State Facility must sign and date, and have a witness sign and date; that they have received and read the revised notice from the Commissioner regarding this policy.

SCREENERS REPORT: No Report

CENTRALOFFICE: A.A. INFO: 179, 12 Step: 3, Alanon: 1, PIC: 1, Visitors: 114, Volunteers: 20

Anyone that knows of any Groups not meeting for the Holiday's please let me know so that I'm not sending people from out of town or anyone else to Groups that are not open. The 6th Step Group will not meet on Christmas Eve or New Years Eve. Tuesday Men's will not meet on New Years Day. Lakeshore Group will not meet on Christmas Eve.

Yours in the fellowship of the Spirit, Terry Bateman, Exec. Sec.

NEW FRONTIER: No Report

PIC: Report given by Michael Malota. The last meeting for PIC Comm. was Nov. 21, 2007 at 7pm at. Present were Michael M., Jen, and Mike, all from the Lakeshore Group. We continue to fill local libraries with pamphlets and Big Books if needed. We talked briefly about the positions that are up for re-election for the first of the year. It was my responsibility last month to compile a list of Re-Habilitation Centers, so we can begin sending letters for people who are interested in knowing what A.A. is about. We looked over the standard letters in the PIC workbook to begin sending them out. PIC calls: I received a call from Central Office that an individual at Tonawanda High School called for PIC to come in and talk to some kids about what we do here and about the program of Alcoholics Anonymous. The date scheduled to attend the school, Jan. 14,2008

PAST CONVENTION: No Report

CURRENT CONVENTION: Report given by Convention Chair John C. Courage Group. The 2008 Buffalo Fall Convention meeting will be Saturday December 15th at 12pm, at the Buffalo Central Office. All meetings will be on the third Saturday of every month at noon at the Central Office. All are welcome to attend. For more information please call me John at 884-0962

AD-HOC COMMITTEE INCORPORATION: No Report WEBSITE: No Report

GSA LIAISON: Report given by Patty S. our new Liaison GSA and CC. Due to the length of the report please see

CPC: No Report

attachment.

ARCHIVES: Report given by Tom area 50 Archivist. I would like to thank everyone for their cards and prayers. We have been getting the travel kit to most of the Groups that have requested them. I would like to apologize to the Hillbilly Group, for not being able to attend. Also thanks to the Groups for their donations that keeps our Archives up and running. The Thruway Group, Valley Group, Southgate Group and the Lakeshore Group. We started the planning committee meeting for the National Archives Workshop for 2008 that's going to be held at the Days Inn in Niagara Falls. Right after our Archives Committee meeting that is held on the 4th Saturday of every month at 9:00 am, we will meet for the National Archives Workshop that I am chairing, and that will be at 10:00am. Please come down and join us we need help on a number of committees. We will be asking the different Intergroups to host the Hospitality room. I understand this Intergroup requested Saturday September 13th. We thank you and what your Group will have to do is work with Walt E. our Hospitality Chair.

RECAP: Steering Committee; Jake suggested that everyone read the final report from the last GSA Conference because there was a lot of food for thought given in some of the presentations concerning the value of a dollar and how it's just not cutting it anymore, and about the spiritual value of donating in A.A. The Steering Comm. spent some time talking about it.

OLD BUSINESS: John H. from Sunday Morning Breakfast Group nominated Tina C. from the Fresh Start Group for Dist. 7 Steering Committee Rep. seconded by Patty S. The representatives from Dist. 7 voted yes, and the vote was unanimous. Congratulations to all those that have been voted in to position to serve as trusted servants.

NEW BUSINESS: John H. Sunday Morning Breakfast, made a motion to accept four new Groups into the schedule, seconded by Les T. from the Eyeopener Group. Motion passed. John H. on behalf of the entire Committee, made a statement thanking all the outgoing officers that held office for the New Frontier, Recording Sec., Chairman, Treatment and Corrections did a marvelous job. Thanks for stepping up. The Steering Comm. recommended that Terry be given an extra day vacation because she had to use a holiday to travel to the Seminar that we asked her to go to, John H. made a motion to accept the recommendation of the Steering Comm. to grant Terry the extra day, seconded by Danny E. There was no minority opinion. Motion approved. Terry B. made a motion to do a Group Conscious Inventory. Steering Committee will handle the logistics. Motion seconded by Charmaine. Motion passed. Jake expressed a concern regarding the amount of abstentions in the last Central Committee vote. Also from the Committee's point of view there is sometimes a tendency to rush things to an answer. Not spending enough time on issues, wanting a vote right away. I think that may have contributed to some of the excessive abstentions. I think that as a body the Groups should be allowed more time to vote on serious issues that are going to make a difference in Alcoholics Anonymous. Also I attended a business meeting one person said that when they had brought something up as a question they were personally attacked. So for the upcoming year please let us be patient, loving and tolerant when we're answering questions and talking about some of theses issues, because that is part of our primary purpose. Cindy R. member of the Steering Comm. from the Orchard Park Step Group made mention of other new business and Scott T. gave explanation that the Steering Comm. suggested that an AD-Hoc Comm. be formed of past Convention Chair people to go to the hotels to gather information and bring it back to the body and then take it to the Groups to find out whether it would be smart to enter into a five year contract to hold the Conventions. Jay H. current Central Comm. Chair appointed Charles L. Spirit of Hope Group, Chairman of this new AD-HOC Comm. Charles willingly accepted.

Motion to Adjourn John C. Courage Group seconded Charles L Spirit of Hope
Minutes Respectfully Submitted by Tina C. Recording Secretary Fresh Start Group. I would like to say thank you for allowing me serve in this capacity, and I am looking forward to continue to be of service to Alcoholics Anonymous.

inc	ome Staten	nent	July-07	August-07	Sep-07	October-05	Nov-07	YTD
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		Groups	4,395.85	6,405.75	3,593,55	3,059.00	4,227.91	47,345.79
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		Disability Insurance	(2.40)	(2.40)	(3.00)	(2.40)	(2.40)	(28.20)
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		Health	354.00	354.00	354.00	354.00	354.00	3,894.00
		Liability	<u> </u>			ļ <u></u>	47.05	1,245.79
	Postage		49,94	349.43	46.91	52.71	49.05	2,867.94
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4	_	Tri-Step Beginniners		0.00		0,00	i	0,0
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		Tuesday Big Book	T I	107.00		0.00		0.00
4	L	Tuesday Men's AM	50,00	200.00	[0,00		0.0
7		Turning Point		0.00		0.00		0.0
5	乚	Twin Citles		113.10		0,00		0.0
4	Ц	Unity		0,00		0.00		0.0
2	<u> </u>	University Men's Disc.		0.00		0,00	ii	0.0
3	0	Valley	100.00	507.0D		0.00		0.0
3		Victory		100.00		0.00	i	0.0
3		Victory Women's		50.0D		0.00		0,00
1	L	Wake Up Call		25.00		0,00	1	0.00
7	\Box	We Are Not Saints		100,00	·	0.00	-	0.00
1		We Care		180,00		20.00		40.00
7	_	We Don't Know	144,00			0,00	i	0.00
		Wehrle		90.00		0,00		0.00
6	_	Westfield		0.00		0.00	i	0.0
1		Westminster		. 0.00		0.00		0.00
2		Why		0.00		0,00		0.0
t	3	Williamsville		350.00		0.00		0.00
6	Ш	Willing To Grow		275,OD		0.00		0.00
5		Wilson Group		174.50		31.32		0.00
6	0	Wilson Smith Alumni		180.00		0.00		0.00
5		Women in Sobriety		0.00		0.00		0.00
7		Women Making the Effort		0.00		0.00		0,00
1		Women's West Side		0.00		0.00		0.00
1		Working		0.00		0.00	. 1	0.00
6		Young at Heart		0.00		0,00		0,00
5		Youngstown		0.00		0.00		0.00
_		Anonymous	. 1	400.00	-	0.00		3,55
_		Frank & Margie P.	· ·	48.00		0.00		0.00
_		Michael D.		50.00		0.00		0.00
		Owen D.		50,00		0.00	i	0.00
		Michael K.		50.00		0.00		0.00
_]		Frank R.		10.00		0.00		0.00
·		Donna F.		25,00		0.00		0.00
_		Glenda F.	25.00	25.00		0.00	i	0,00
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~+	_	TOTALS	######		448 09	2537.B1	628.09	2725.29

© ATTENDED CENTRAL COMMITTEE

A. A. on the Niagara Frontier

BUFFALO CENTRAL OFFICE 681 SENECA STREET (LOWER) BUFFALO, NY 14210 Non Profit Organization U.S. Postage PAID Buffalo, NY Permit No. 53

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- 1.) Question was raised why the full report from a DCM was not printed in the minutes? The group conscience of GSA is to condense committee reports because of the cost of printing. It is recommended that from time to time should a lengthy report be submitted an attachment will be made to the minutes.
- 2.) A vote was carried that in election years for GSA (every two) an additional assembly be held in September. This is to give the new Chair the opportunity to meet with the outgoing Chair & not go into the new job cold.
- 3.) Treasurer Report: Approx ending balance is \$9485.00
- 4.) Registrar's Report: Please call Walt C. (716) 665-4163 to register home groups with New York World Services. Groups registered with Central Office are not automatically registered with New York.

A vote was carried to extend the Registrars' appointed term from two to four term. Walt C., current Chair accepted the extension to his term for another two years. Groups in Area 50 are encouraged to elect a home group General Service Rep for their group and attend the GSA meetings.

For Information Only: The Registrars' and Archivist position are appointed rather than elected, however, the Archive Chair position is elected and nominations are being accepted and voted on at the 1/13/08 GSA meeting. Nominees should have five years continuous sobriety and the term is two years.

- I checked with Terry before I wrote this report and she confirms that she has a contact person for about 99% of the meetings held in the 8 Districts Buffalo covers for CENTRAL COMMITTEE NOT GSO.

 This list was copied by Terry and forwarded to Walt sometime this past year so the list could be used for the Registrar to contact the groups and to help in registering with New York.
- 6.) 2008 GSA Meeting Schedule held Sundays at Hamburg Town Hall, 6100 South Park Ave in the downstairs conference room. One meeting exception is the August meeting that is typically held either in Morganville or Jamestown.

January 13, 2008 Hosted by Three Legacies
March 2, 2008 Hosted by Lockport #1

Hosted by Amberet Spyde

April 13, 2008 Hosted by Amherst Snyder June 1, 2008 Hosted by As Bill Sees It

August 10, 2008 Hosted by Lakewood Group in Jamestown

October 12, 2008 Hosted by LaSalle Big Book November 9, 2008 Hosted by Abbott Mens

- A GSA meeting is scheduled for all incoming and outgoing Officers and Chairs on Saturday December 8, 2007 at noon at the Buffalo Central Office.
- 8.) Outgoing Chair and Delegate Report: Grateful for serving and thanked the Committee. Please see GSA minutes for further comments.
- Archives Report: Committee is selling 2008 pocket calendars to help support the 2008 September International Archives Workshop to be held in Buffalo.
- 10.) Corrections Report: Volunteers are needed at Collins One and Two and The Buffalo Work Release Program.
 - Corrections is asking for anyone to donate old Grapevines so these can be taken into the prisons. At this time, it was not sure if staples had to be removed. Please bring to Buffalo Correction meeting or call Bob G. at (716) 743-0645. Outgoing Chair thanked the Committee. Please see GSA minutes for further comments. Niagara Intergroup does not have a Corrections Chair position.



- 14.) Treatment Chair: Absent
- 12.) Public Information Report: Outgoing Chair thanked the Committee. Please see GSA minutes for further comments.
- Grapevine Report: Participated at the Amherst Snyder group on 11/16 anniversary. 13.) Outgoing Chari thanked the Committee. Please see GSA for further comments.
- 14.) Special Needs Chair: Absent
- 15.) DCM Reports: No DCM"S reported at the meeting.
- 16.) Spring Convention: Chair Joyce W. (716) 205-7064 The Western New York GSA Spring Convention will be held April 25-27, 2008 at the Day's Inn in Niagara Falls. Registration Forms Available. Anyone interested in getting involved the next meeting is at Amber T. house on Saturday. December 8. Please call Joyce for time and directions to the meeting.
- 17) NERAASA 2008 is being held February 21-24 in West Atlantic City, Southern New Jersey. Registration Forms available.
- 18) Ad Hoc Committee: Derek H. Lockport #1 Group Guidelines for Area 50 - Committee has not yet met. No meeting scheduled. Will be about 3/4 months before first guideline information will be available.
- Area 50 is in need of DCM'S (District Committee Members) DCM'S are the link 19.) between the GSR'S and the area Delegate to the General Service Conference. There are 22 districts and I am not sure how many are covered at this time. DCM'S should generally have four/five year's continuous sobriety and term is two years.
- 20.) Intergroup Reports:

Niagara Intergroup:

Nominations for positions but not yet voted

NY/Penn Intergroup:

Absent

Genesee/Wyoming Intergroup: Absent

Buffalo CC:

Report submitted

- 21) A motion was made that a 10 minute slot be set aside at GSA for a presentation on a Concept. It was decided that in January the Co Chair would speak on Concept One at which time the assembly would re-evaluate if the presentation will become part of GSA's format. It was reminded that there is a time restraint for the rental of the Town Hall is from 1:00 pm - 4:00 pm and that the Town has a custodial worker overtime to accommodate this meeting,
- 22.) GSA requested Buffalo guidelines for liaison position.

Respectfully Submitted:

Patti S.

Liaison GSA and CC