

AA FRONTIERS

CLASSIC GRAPEVINE

THE NEXT FRONTIER: EMOTIONAL SOBRIETY

BY BILL W., JANUARY 1989

[Editors note: In the May 1989 issue of the Grapevine an article 'In Search of Emotional Sobriety' mentioned an article by Bill W. titled "The Next Frontier: Emotional Sobriety". Well I found it and here it is.]

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead of the next major development in AA - the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance - urges quite appropriate to age seventeen - prove to be an impossible way of life when we are at the age of 47 or 57.

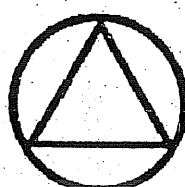
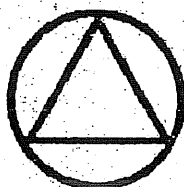
Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how painful to discover, finally, that all along we have put the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so into a happy, and good living - well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of oldsters have come to. And it's a hell of a spot literally. How shall our unconscious - from which so many of our fears, compulsions, and phony aspirations still stream - be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones - folks like you and me - commencing to get results. Last autumn, depression, having no real rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer... "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work?

[CONTINUED PAGE 3]



VOLUME 3
NUMBER 7 JULY 1989

BASIC PRINCIPLES STEP 7 - HUMILITY

Classic Grapevine	... 1 ...
Helen's Corner	... 2 ...
Maturity	... 2 ...
One Prays	... 3 ...
Announcements	... 4 & 5 ...
Chautauqua	... 5 ...
Anniversaries	... 6 & 7 ...

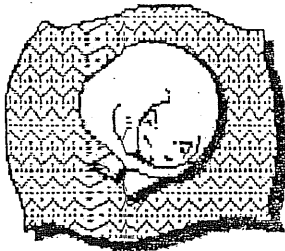
*"Humbly asked Him to
REMOVE OUR SHORTCOM-
INGS"*

SUBMISSIONS

I was asked at the last Central Committee meeting to reprint the Topics for the Coming issues of this paper for the next few months. Here they are:

- August: Brotherly Love
- September: Discipline
- October: Perseverance
- November: Awareness of God
- December: Service

I hope that this will spur each of you to think about writing an article or some other demonstration of your thoughts on the Steps



This was a miracle.
For them, for me, for us.

One of the most important tools AA gave me to practice humility is the Serenity Prayer. It gives me the guidelines, by praying to God, to honestly determine the limits of my ability to control what is going on in my life. I'll close by sharing it in its entirety.

God Grant Me The Serenity
To Accept The Things
I Cannot Change;
Courage To Change
The Things I Can;
And The Wisdom To Know
The Difference—

Living One Day At A Time;
Enjoying One Moment At A Time;
Accepting Hardships
As The Pathway To Peace;
Taking, As He Did, This Sinful World
As It Is, Not As I Would Have It:
Trusting That He Will Make
All Things Right
If I Surrender To His Will;
That I May Be Reasonably Happy
In This Life And Supremely Happy
With Him Forever In The Next.

Amen

Humility is a virtue. For me it is a way of keeping my ego from reaching God size big or crawling worm low. The question I ask myself is - How do I view myself in relationship with the world? Do I feel a part of everything or not a part of everything?

I've just returned from my 8th trip to Founder's Day in Akron, Ohio. This annual trip is one of total experience in living humility. My sobriety depends on my remembering that I am not the only tree in the forest. My stresses and problems are not the only ones in the world. To survive I need the AA program and the fellowship. Each year when I walk up the Twelve Steps of Dr. Bob's house I feel humble. Fifty-four years ago God brought together Bill and Bob, in this house, and through them gave us the means to learn a sober lifestyle. It's ego popping to realize that the sobriety I enjoy and sometimes take for granted was made possible because God willed these two men to meet.

Maturity

Maturity is the ability to tolerate an injustice without wanting to get even.

Maturity is patience. It is willingness to postpone immediate gratification in favor of the long term gain.

Maturity is perseverance, sweating out a project in the face of heavy opposition and discouraging setbacks.

Maturity is the capacity to face unpleasantness and frustration, discomfort and defeat without complaint, collapse or attempting to find someone to blame.

Maturity is humility. It is being big enough to say "I was wrong." And, when right the mature person is able to forgo the satisfaction of saying "I told you so."

Maturity is the ability to evaluate a situation, Make a decision and stick with it. The immature spend their lives exploring possibilities, Changing their minds and in the end doing nothing.

Maturity means dependability, keeping one's word, coming through in a crisis. The immature are masters of the alibi. They are confused and disorganized. Their lives are a maze of broken promises, former friends, unfinished business and good intentions that never materialized.

Maturity is the art of living in peace with that which we cannot change, the courage to change that which can be changed and the wisdom to know the difference

*EMOTIONAL SOBRIETY
CONTINUED FROM PAGE 1*

Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstance to supply me with prestige, security and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these of these frightful dependencies had never been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relationship in life.

Plainly, I could not avail myself of God's love until I was able to offer it back to him by loving others as he would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand - a demand for the possession and control of the people and conditions surrounding me.

While these words "absolute dependency" may look like a gimmick, they are the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and his people, by means of which we avail ourselves of his love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months of working with a new Twelfth Step case. If the case says "To the devil with you," the twelfth-stepper only smiles and turns to another case. He doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender our hobbling demands. Then we can be set free to live and love; we may be able to Twelfth Step ourselves and others into emotional sobriety.

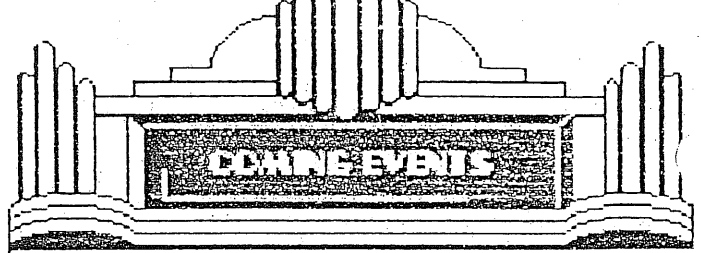
Of course, I haven't offered you a really new idea - only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races, compulsively in either elation, grandiosity, or depression; I have been given a quiet place in bright sunshine.

ONE PRAYS

submitted by Diana C.

Some Pray Kneeling, Some Pray Standing,
Some Pray Asking, Some Demanding,
Some With Anger, Some With Praise,
Some In Fear, Their Voices Raise,
Some Persistent, Others Brief,
Some Want Vengeance, Some Relief,
And Of Them All, God Hears But One,
Who Humbly Says, "THY WILL BE DONE."

I CAN'T, HE CAN, LET HIM.



MEETINGS,
MEETINGS,
MEETINGS.

NEW MEETINGS:

WEDNESDAY - 7:00 PM - NEW MEETING - OD-Vietnam Veterans's Center, 351 Linwood

SATURDAY - 8:00 PM - BLISSFULLY SOBER - OD - Bliss Baptist Church, Main Street, Bliss, NY off route 362 between route 78 and route 39. Come for a drive in the country to this new meeting at a beautiful meeting hall.

NEEDS SUPPORT

ANY AGE - 8:00 PM - WEDNESDAY - St. Andrew's - Sheridan at Elmwood. There is a need for people with sobriety to help the "young" people who attend this group.

MEETING CHANGES

KENMORE - 8:00 - THURSDAY - 257 Deerhurst - the first meeting of the month will be an open discussion.

DOWNTOWN MEN'S DISC - TUESDAY - St. Joseph's Cathedral Social Room, 50 Franklin is now meeting at 8:00 PM.

VICTORY GROUP - 8:00 PM - THURSDAY - is moving to a new location which is St. Michaels' Parish Center, Warsaw and Electric Sts. beginning the first week in August

ABBOTT MENS' AT VA - WEDNESDAY - name is corrected to read 1ST STEP GROUP

JULY 1 - SATURDAY - NEW FRONTIER'S 5th Annual Banquet Dinner Dance commemorating A.A. 54 Years of service St. Gerard's Lyceum, 2535 Bailey Ave at Delavan Doors open at 5:00 PM Donation \$8.00

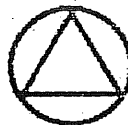
JULY 8 - SATURDAY - GIVING GROUP - 5TH Anniversary celebration to be held at 489 Hertel Avenue, corner of Military Drive, with speaker at 7:00 PM, Buffet 8:00 PM and Dancing at 9:00 PM thru 1:00 AM. Music by the "Moving Music Machine" Door prizes - 50/50's - Donation \$5.00 per person. Come help us celebrate!

JULY 8 - SATURDAY - LOVEJOY'S Annual Picnic at Cheektowaga Town Park. Shelter 6 11:00 AM. till Dusk. Games/ Prizes/ All the usual picnic goodies. Bring a dish to pass

JULY 15 - SATURDAY - YOU'LL NEVER WALK ALONE GROUP'S 2nd Annual Picnic at LaSalle Park - Shelter #4. Between 1:00 & 6:00 PM. Bring a dish to share.

JULY 14,15,16TH - 24TH NEW YORK STATE CONVENTION, Ramada Renaissance Hotel, 4243 Genesee Street, Buffalo, NY 14225

REMEMBER



CENTRAL COMMITTEE
MEETING SUNDAYS - July
2. and Aug 6, 7:00 PM. at 80
Goodrich Street behind Buf-
falo General.





COMING EVENTS

JULY 22 - SATURDAY - AMHERST-SNYDER is sponsoring a Day of Sharing at the Cleveland Hill Lutheran Church, 261 Cleveland Drive, Cheektowaga. Time 9:00 AM - 5:00 PM.

JULY 29 - SATURDAY - FREEDOM GROUP - 4th Anniversary will be celebrated at St. Amelia's, 210 St. Amelia Drive at Eggert Road, Town of Tonawanda, NY. Speaker will be Stan C. of the Winner Circle Group of Ft. Erie. Refreshments will follow.

JULY 29 - SATURDAY - ARCADE GROUP - 17TH Anniversary Picnic - Village Park, Main Street (Rte 39) 2:00 PM till 10:00 PM. Bring a dish to share.

JULY 31 - MONDAY - BRASS GROUP - 27th Anniversary. Speaker/Food. Bring a dish if you wish. The meeting is at the Union Hall #593, 425 Military Road at 2:00 PM.

AUGUST 5 - SATURDAY - TURNING POINT GROUP - is having a Speaker, Dinner and Dance. Midsummer Madness II at VFW 7545, 110 Elgin St. behind Delaware Lanes in Tonawanda, NY. Dinner at 7, Speaker at 8 and Dancing 9 till 12:30. Door Prize, 50/50 and Giant 50/50. Music by Eddie and Flo. Tickets limited to 150 so there may be none at the door.

PLEASE SUPPORT THE ENVELOPE SYSTEM.

48TH BUFFALO FALL CONVENTION

AS MANY OF YOU KNOW, PREPARATIONS ARE BEING MADE FOR THE BUFFALO FALL CONVENTION. THIS YEAR THE CONVENTION WILL BE HELD AT THE BUFFALO WATERFRONT HILTON. THE MAIN DINING ROOM OF THE HILTON CAN ACCOMMODATE 500 PEOPLE FOR THE SATURDAY NIGHT BANQUET/SPEAKER. ARRANGEMENTS HAVE BEEN MADE FOR AN ADJACENT ROOM WHICH WILL HOLD AN ADDITIONAL 250 PEOPLE. IN THIS ROOM CLOSED CIRCUIT TELEVISION SETS WILL BE SET UP SO THE SPEAKER CAN BE EASILY SEEN AND HEARD.

IT IS RECOMMENDED THAT GROUPS AND/OR INDIVIDUALS MAKE THEIR RESERVATIONS AS SOON AS POSSIBLE TO BEST MEET THEIR PERSONAL PREFERENCES. OCTOBER 20TH, 22ND, AND 23RD, 1989



COMING EVENTS

AUGUST 6 - SUNDAY - SUNRISE COURT GROUP will hold its' 2nd Annual Picnic at LaSalle Park, shelter #4 immediately following the regular meeting until 9:00 PM. Please bring a dish to share. FUN & GAMES - hope to see you there!

AUGUST 6 - SUNDAY - BROCTON DISC GROUP will hold its' Annual Family Picnic at the Brocton-Portland Community Park on Route 20, Portland. Beef on wick and beverage will be served. Bring a dish if you wish. Picnic begins at noon.

AUGUST 26 - SATURDAY - ANY AGE GROUP is sponsoring its' First Annual Family Fun at Joseph Davis State Park, Lewiston, NY. Giant 50/50 Music by M.D Productions. Noon till 8:00 PM. More details next month

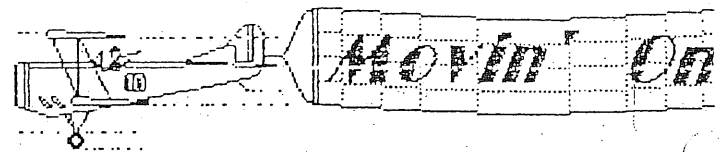
AUGUST 25, 26, 27 - THIRTY-SIXTH TRI-STATE ASSEMBLY Chautauqua Institute, Chautauqua, NY

OCTOBER 20, 21, 22 - BUFFALO FALL CONVENTION - BUFFALO HILTON

7TH STEP *"Humbly asked Him to remove our shortcomings"*

7TH TRADITION *"Every A.A. group ought to be fully self-supporting, declining outside contributions."*

Come to Chautauqua.



With the approach of summer, it is time once again to turn our thoughts to the Annual Tri-State Assembly which is taking place August 25, 26, 27 1989 on the grounds of the Chautauqua Institution near Jamestown, New York.

This is the 36th consecutive year this event has taken place, making it one of the longest running AA related events in the New York, Ohio, Pennsylvania and Ontario, Canada region. In addition to its long standing tradition, the Tri-State Assembly is also one of the largest gatherings of the year, with attendance sometimes exceeding 1000 people.

Come share the experience on the tranquil grounds of the historic Chautauqua Institution. Relax and listen to the speakers from throughout New York, Pennsylvania, Ohio and Canada "tell their stories". In addition to AA, there are programs for Al-anon and Alateen as well. This well rounded program makes it an event to be enjoyed by the entire family. Unlike AA conventions which we have come to know so well, there is no dinner nor dance. Instead there is much time set aside for everyone to relax and partake in the Fellowship and Spirituality for which the Assembly is well known.

In addition to viewing the spectacular Institution grounds, other near by activities include swimming, sailing, tennis, golf, biking, shuffle board, horseshoes, etc. These make it an irresistible place to take the family and get away from it all.

The program commences on Friday at 7:30 PM with the traditional Sing-A-Long with Pepy V. of Ohio, followed by the Opening speaker. The Schedule continues throughout Saturday with Speakers, Al-anon, and Alateen programs and a Special Women's Panel. Sunday, the last day of the program, is by no means the least. A number of years ago, a gentleman of the Clergy remarked to the Assembly Chairman, that on Sunday morning, he heard, saw and felt a greater Spirituality in Norton Hall, than in all the Churches of Chautauqua put together. Finally, at noon, the Assembly reaches its climax with the closing ceremonies, thus ending one more edition of this wonderful event.

So come down for the day or the entire weekend. The Institute is filled with numerous Hotels, Inns, Bed and Breakfast Houses and Boarding Houses. There are also plenty of restaurants offering a range of dining from the inexpensive to the elegant. One of the places you won't want to miss, is the famous Ice Cream Parlor, which is a traditional favorite among Assembly attendees.

Registration is at Norton Hall on the Institute grounds and is just \$4.00 for the weekend. There is an Institution gate fee of \$8.00 a day with Sunday being free. The gate fee is paid at the school on the left side of Route 394 just before the Institute grounds. Signs will be posted along the road.

THRUWAY

Richard S. 16yr.
Dorothy F. 10yr.
Herb B. 8yr.
Charlie F. 8yr.
Fred B. 8yr.
Mary G. 7yr.
Kevin P. 7yr.
Izzy B. 6yr.
Dennis F. 5yr.
Ed P. 4yr.
Kathy M. 4yr.
Helen A. 3yr.
Carol G. 3yr.
John M. 2yr.
MaryEllen R. 2yr.
Ed C. 2yr.
Pat F. 2yr.
Tod D. 2yr.
Bob K. 1yr.
Connie R. 3mo.

FIRESIDE

Dorothy F. 10yr.
MaryAgnes F. 6yr.
Paul G. 6yr.
Helen B. 5yr.
Suzie K. 5yr.
Norm F. 4yr.
Roslyn H. 4yr.
Jenny M. 4yr.
Richard H. 3yr.
Karen K. 3yr.
Tim R. 3yr.
Joe K. 2yr.
Guy M. 2yr.
Rodney M. 1yr.
Jim P. 1yr.
Alma B. 9mo.
Barbara K. 9mo.
Jim W. 9mo.
Sue C. 6mo.
Fran M. 6mo.
Paul P. 6mo.
Day W. Jr. 6mo.

COLD SPRINGS

Dan E. 13yr.
Larry S. 5yr.
Ed H. 1yr.
Earl D. 6mo.
Trina W. 3mo.

KENMORE

Billie F. 1yr.
Steve J. 9mo.
Jim K. 6mo.
Mike M. 3mo.

KENSINGTON

Ellie M. 11yr.
Dick H. 10yr.
JoJo G. 4yr.
Richard D. 4yr.
Patty S. 9mo.
Paul B. 9mo.
Derrick 6mo.
Ernastine O. 3mo.

WE ADMITTED

Linda M. 2yr.
Paul H. 9mo.
Ron McC. 9mo.
Tina H. 6mo.
Nancy A. 6mo.

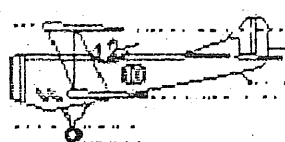
Information regarding pre-registraion and accomodations can be obtained from your Group, or write to:

Vice Chairman
10 Claremont Ave. Apt. 2
Buffalo, New York 14222

Come and experience an event which many AAs have lost their heart to...

Come share the Magic.....
Come to Chautauqua.

John B.
New York State Chairman
Tri-State Assembly



Movin' On In Sobriety

HY

Liggy G. 10yr.
 Bob McC. 6yr.
 Charlie M. 5yr.
 David C. 5yr.
 Jo Ann V. 4yr.
 Tony G. 3yr.
 Janet A. 3yr.
 Ed L. 2yr.
 Julie S. 6mo.

GIVING

RoseMary Z. 10yr.
 Charmaine C. 6yr.
 Larry S. 9mo.
 Sherrie P. 6mo.

BRASS

Shirley 1yr.
 Marge 6mo.

WOMENS

WESTSIDE DISC.
 Debbie C. 6yr.
 JoJo G. 4yr.
 Kim C. 2yr.
 Shirley H. 1yr.
 Rebecca W. 1yr.
 Patty S. 9mo.
 Laura A. 6mo.

LOVEJOY

Reggie N. 6yr.
 Henry M. 2yr.
 Christine G. 1yr.
 Victor D. 6mo.
 Tony N. 6mo.
 Mike B. 6mo.
 Jeff F. 6mo.
 Mike F. 3mo.
 Charles D. 3mo.
 Bob E. 3mo.

HAPPY HOUR

Marshall Z. 10yr.
 Richard P. 3yr.
 Brian A. 3yr.
 Elvis R. 2yr.
 Lorne J. 2yr.
 Kim C. 2yr.
 Ramon G. 1yr.
 Marilyn D. 1yr.
 Anthony L. 9mo.
 Calvin B. 9mo.
 Bernie B. 9mo.
 Christine F. 6mo.
 Tom P. 3mo.
 Brian L. 3mo.

LAKESHORE

Mary W. 7yr.
 Ed H. 3yr.
 Ken S. 1yr.

FREEDOM

Frank W. 37yr.
 Kevin B. 7yr.

EYE OPENER

Lucille K. 5yr.
 Helene B. 5yr.
 MaryAnn S. 4yr.
 Linda B. 1yr.
 Bill W. 1yr.
 Jeff W. 9mo.
 Lisa M. 6mo.
 Dick F. 3mo.
 Sandy M. 3mo.
 Linda F. 3mo.
 Frank S. 3mo.

IRONHORSE

JUNE
 Bob D. 19yr.
 Jim S. 15yr.
 Linda P. 6yr.
 Tom K. 1yr.
 Diane S. 1yr.
 Ray C. 1yr.
 Steve C. 9mo.
 Jerry C. 9mo.

JULY

Jane C. 8yr.
 Mike S. 4yr.
 Steve L. 4yr.
 Steve K. 2yr.
 Jim M. 2yr.
 Dennis Z. 1yr.
 Ed Y. 1yr.

CHEEKTOWAGA

Kevin P. 7yr.
 Dave F. 3yr.
 Michele B. 3yr.
 Bill F. 2yr.
 Dave R. 1yr.
 Joseph S. 9mo.
 Earl S. 6mo.
 Mike O. 6mo.
 David M. 6mo.
 Vince L. 6mo.
 Mike D. 6mo.
 Leon D. 6mo.
 John B. 6mo.
 Shawn A. 6mo.
 Peter A. 6mo.
 Jim V. 3mo.
 Anthony J. 3mo.

BOULEVARD

WOMEN'S
 Roberta C. 17yr.
 Glenda G. 5yr.

WED. LUNCH

Lorne J. 2yr.

WE CARE

Melissa D. 3mo.

CAZENOVIA

Mike M. 2yr.
 Phillis W. 2yr.
 Tim P. 1yr.
 Matt D. 9mo.
 Jeff S. 9mo.

DERBY

Mary G. 7yr.
 Terry B. 3mo.

NORTH BUFFALO

Robert D. 9yr.
 Joanne W. 8yr.
 Brian W. 7yr.
 Joan G. 3yr.
 Joe T. 2yr.
 Nelson H. 1yr.
 Sherri P. 1yr.
 Debra T. 1yr.
 Bob G. 6mo.
 Christina C. 6mo.
 Donna S. 6mo.
 Mike C. 6mo.
 Mari B. 6mo.
 Matt Mc. 3mo.
 Robert S. 3mo.

SOUTH BUFFALO

Frank T. 21yr.
 Louie K. 18yr.
 Judy W. 10yr.
 Gene S. 5yr.
 Mark L. 3yr.
 Bill L. 3yr.
 Donna E. 2yr.
 Bob C. 9mo.
 Lela C. 6mo.
 Terry Y. 6mo.
 Mike C. 6mo.
 Mike O'N. 6mo.
 Suzette C. 3mo.

ANY AGE

Gladys C. 7yr.
 David H. 7yr.
 Kevin 7yr.
 Marcie B. 4yr.
 Jo Ann V. 4yr.
 Dave O. 3yr.
 Jim V L. 3yr.
 Tony G. 3yr.
 Matt P. 2yr.
 Bill C. 2yr.
 Karill J. 2yr.

BIDWELL

Dave H. 17yr.
 Lorne J. 2yr.
 Kathy M. 6mo.
 Joe V. 3mo.

SHERIDAN/ HONESTY

Don H. 17yr.
 Charles S. 9yr.
 Dave H. 7yr.
 Bob McC. 6yr.
 Lucille K. 5yr.
 Butch S. 3yr.
 Linda Mc. 2yr.
 Paul W. 1yr.
 Frank C. 6mo.
 Joe K. 3mo.

CHAPTER IX

Rory C. 3yr.
 Steve G. 2yr.
 Dave D. 9mo.
 Paul C. 9mo.
 Linda S. 6mo.
 James K. 6mo.
 John H. 6mo.
 Mike M. 3mo.

AA CENTRAL OFFICE

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

(716)853-0388

Executive Secretary - Delphine H.
Clerical - Helen B. and Barbara H.

Our Co-Founders



Dr. Bob
1879-1950



Bill W.
1895-1971

CENTRAL COMMITTEE

Chairman - Larry B.
Recording Secretary - Lue S.
Financial Secretary - Roger P.

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

SUB-COMMITTEES OF THE CENTRAL COMMITTEE

Correctional Facilities - Martha C.
Treatment Facilities - Dan M.
Buffalo Fall Convention - Lloyd E.
Screeners - Lynn C.
New Frontiers - Larry B.
Editorial - Helen S. and Don H.
Envelope System - Roger P.

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

REMEMBER: WE ARE RESPONSIBLE.

STEERING COMMITTEE

DISTRICT 1- Central Buffalo : Jack C.
2 - Northwest Buffalo : Sue G.
3 - South Buffalo :
4 - Southtowns : Gary H.

DISTRICT 5 - Northern Tier : Paul H.
6 - Southern Tier :
7 - Northeast Buffalo : Carol R.
8 - Eastern Tier : Bernie

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

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

NEXT MONTH'S THEME : Step 8 - Brotherly Love

The **NEW FRONTIERS** will be mailed to you monthly for a yearly cost of \$6.00.

To subscribe EITHER 1) call the Central Office at 853-0388

OR 2) fill out this form (please print)
and send to the Central Office.

Make checks or money orders payable in
American funds to : **NEW FRONTIERS**

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

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

Chairman, Larry B. opened the meeting with a moment of silence, followed by the Serenity Prayer. The Preamble, Purpose of Central Committee, and the Twelve Traditions were read. A motion was made by Elvester McR and seconded by Bernie A., to accept the minutes as read.

48 GROUPS WERE REPRESENTED:

AGE DOESN'T MATTER	FIRST STEP	NEW ZION
ATTITUDE ADJUSTMENT	FREEDOM	OPEN MIND
BIDWELL	FRESH START	PERRY DISC
B.M.D. BIDWELL MONDAY	HAPPY HOUR	RUSH HALL
BOULEVARD WOMENS	HARMONY	SECOND CHANCE
CASTING	HONESTY	SECURITY
CHAPTER IX	IRON HORSE	SHERIDAN
COLD SPRINGS	LAKE VIEW	SOUTH BUFFALO
COMMON PROBLEMS	LOVEJOY	SOUTHGATE
COMMON PROBLEMS at VA	MAIN VIEW MANOR	UNIVERSITY MENS
COMMUNITY CENTER	MATT TALBOT	URBAN-FRIDAY
DELAWARE DISCUSSION	MIRACLE	URBAN-SUNDAY
DERBY	MORNING AFTER	WEDNESDAY LUNCH
EARLY START	McKINLEY WINNERS	WESTMINSTER
E.C.M.C.	NATIVE AMERICAN	WHY
FATHER BAKER	NEW WESTSIDE	WILLIAMSVILLE

The Chairman called for the various reports:

ENVELOPE SYSTEM:

Roger P.

	1988	1989	
JUNE	\$ 588.00	\$ 512.00	\$ 76.00 (12.9%) DECREASE
YEAR TO DATE	\$ 4,736.00	\$ 4,283.00	\$ 453.00 (9.5%) DECREASE

STEERING COMMITTEE:

Delphine H.

Meeting opened at 6:30 PM with the Serenity Prayer. Present were Bernie A., Jack C., Paul H., Carol R., Larry B., and Delphine H. Adjenda:

1. Treatment Facilities Workshop as proposed by Don H. was discussed and unanimously voted on to recommend to Central Committee that they approve this Workshop and make plans to have it transpire.
2. The possible changing of names of meetings held in hospitals and treatment centers was discussed. Going to the "Treatment Facilities Workbook" Pg. 8 which reads; Tradition Six: "An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose." Experience has given us a simple guiding principle: We cooperate, but we do not affiliate. We wish to work with treatment facilities programs, administrators, patients, staff or the public. A.A. is available to the treatment facilities, but public linking of the AA. name can give the impression of affiliation. Therefore, an AA meeting or group that meets in a treatment facility should never bear the name of the facility.

3. The Christmas Vigil's format was discussed. Only 3 groups responded to the request for the term "vigil" to be defined by their group conscience. One recommended that the "Vigil" be open for 24 hours regardless of what it was. Another that the name be changed to "party" if there is to be dancing and one was that the "Vigil" return to its original

focus -- that of a time of sharing, caring, reflection and A.A. companionship - definitely opposed to the current "party" atmosphere.

After a lengthy discussion the Steering Committee unanimously felt that with the "party" attitude we lose the very people the "vigil" was created to serve - the street people, those without families, or those who simply need to get away from their homes awhile, etc.

It is the Steering Committee's recommendation that we go back to the Old Traditional Vigil - back to Christmas Conginiality, Coffee, Cake and Conversation asking people to share in the bringing of food, each making an offering to the table. A place here the person coming in the door is acknowledged and made to feel at home rather than walking into a place where people are engrossed in dancing and merry making and the lonely person feels even more left out.

Seasonal parties are held throughout the month at group level.

4. District 3 has a vacancy on the Steering Committee. Letters have gone out to the District groups. We will entertain nominations for this position at the Central Committee meeting.

The meeting was adjourned at 7:15 pm with the Lord's Prayer.

FINANCIAL REPORT: Roger P. (See Attached)

TREATMENT CENTERS: Dan M.

1. E.C.M.C.'s Ann Palermo called and told me that the hospital will try to enforce a non-smoking policy. Please report to your group, please try to refrain from smoking at E.C.M.C. meetings.

2. I reported in May that Sheehan Memorial Hospital was going to contact me regarding steady meetings. They have requested one A.A. meeting per week, on Saturday at 7:00 pm. Your direction and support in this matter is welcome.

CORRECTIONAL FACILITIES: Toni H.

All meetings are running smoothly. The Attica picnic was a success. Anyone wishing to attend a Correctional Facility meeting, please call the Central Office.

SCREENERS REPORT: No Report.

CENTRAL OFFICE Delphine H.

A.A. INFORMATION 742

PIC 12 STEP 20

CPC LITERATURE REQUESTS 66

ALANON 60 REFERRAL TO OTHER AGENCIES 19

ALATEEN 4 REFFERAL FROM OTHER AGENCIES 43

ACOA 14

McCALLS SERVICE GROUP CENTRAL OFFICE

OUTGOING CALLS 73 OUTGOING CALLS 275

INCOMING CALLS 415 OUTGOING MAIL \$249.44

VISITORS 198

NEW FRONTIERS: Larry B

The monthly topics through December are listed on the front page of this month's newsletter.

We are looking forward to submissions of your ideas surrounding the subjects.

BUFFALO FALL CONVENTION: No Report.

COURTESY REPORTS:

G.S.A. - GENERAL SERVICE ASSEMBLY: Elvester McK.

1. All are encouraged to attend the N.Y.S. Convention at the Ramada Renaissance on July 14-16.
2. The next area committee meeting will be held at 2:00 pm, August 27, 1989 at Memorial Hospital, Niagara Falls, N.Y.

P.I.C. - PUBLIC INFORMATION COMMITTEE: No Report.

C.P.C. - COOPERATION WITH THE PROFESSIONAL COMMUNITY: NO REPORT.

CHRISTMAS VIGIL: HELENE R.

The Christmas Vigil Committee meeting was held June 30th. In attendance: Helene R., Maureen H., Bob J., Maribeth B., and Fr. Boss. Holy Cross Church at Niagara and Maryland is the new location for the Vigil. Lots of parking available, kitchen available, open for all night vigil. Also discussed: food donations: how do traditions and guidelines work with us accepting donations from local super markets? Ask at Central Committee meeting. People donating made food will be organized closer to the vigil. Committee members to find speakers for the panels. Suggestion taken to put together a "Put Together Vigil Info" for next year's committee. More in detail at next meeting, July 28th at 6:30 pm at 80 Goodrich. All interested in donating time, service and ideas are welcome. The Vigil committee would like to thank any groups that did participate in our requested survey.

RE-CAP

TREATMENT CENTERS: Elizabeth G. suggested that we do not take an A.A. meeting into Sheehan Hospital, because they don't accept alcoholics into their treatment program. John M. suggested putting meeting in N.A. hands. It was, also, suggested both programs participate. Elvester Mc.R. stated that this was tried at Sisters Hospital, and failed.

CHRISTMAS VIGIL: Marcia W. asked if Mass will be available. Helene said we will be welcome at 3 Masses.

OLD BUSINESS:

Bernie presented the proposed Treatment Facility Workshop schedule and Introduction to A.A., a new meeting. It was suggested to use Treatment Facility funds for seed money. Dan M. stated that the new meeting format was extremely structured.

It was moved and seconded to approve seed money for the workshop. The motion was passed, by a show of hands.

NEW BUSINESS:

The Chairman welcomed nominations for District #3 Representative. Eugenia (Gigi) P. was nominated by Elvester McR., and seconded by Elizabeth G. Nominations were closed.

A motion was made by Bernie A., and seconded by Harold W. to close the meeting. The meeting was closed with the Lord's Prayer.

Respectfully Submitted,
Lue Summers, Recording Secretary
Cold Springs Group

Treatment Center Account		Financial Statement	602-089-5	June 25, '89 - July 25, '89	
		This Month	Check Number	Expenses	Accum Totals
Abbott Men's Disc					20.00
Bidwell Monday Discussion					50.00
Broadway Bailey		5.00			25.00
Chapter IX					25.00
Cornplanters Again					10.00
Courage					100.00
Delaware Disc					10.00
East Aurora					60.00
Eternal Vigilance					10.00
Father Baker					30.00
Fireside					150.00
Hill Billy					60.00
Lakeshore		5.00			15.00
Let Go & Let God					60.00
New Beginnings					30.00
New Zion					75.00
Pass It On					10.00
Patchin					25.00
Remember When					10.00
Rush Manor					100.00
South Buffalo		10.00			35.00
Sunday Niters		10.00			25.00
TGIF					25.00
Turning Point					50.00
University		20.00			140.00
We Admitted					15.00
We Care					85.00
Why					30.00
		50.00			1280.00
	Robert Haefner - cgts - ECMC		104	50.00	
	Central Office-cgts-ECMC		105	25.00	
		EXPENSES		75.00	
RE-CAP					
Balance Pr Checkbook 6/25/89			557.18		
Add Receipts	6/25/89-7/25/89		50.00		607.18
Deduct Expenses	6/25/89 -7/25/89				-75.00
Balance Pr Checkbook 7/25/89					532.18
	Operating debit for 7/25/89			(25.00)	

CORRECTIONAL FACILITIES FINANCIAL STATEMENT #484-185-5 JUNE 25, '89 - JULY 25, '89				
		THIS MONTH		ACCUM TOTALS
ABBOTT MEN'S DISC				20.00
BROADWAY BAILEY		5.00		25.00
CHAPTER IX				25.00
CORNPLANTERS AGAIN				10.00
COURAGE				100.00
DELAWARE DISC				10.00
EAST AURORA				10.00
ETERNAL VIGILANCE				10.00
FATHER BAKER				30.00
FIRESIDE				50.00
HAND				60.00
HILL BILLY				60.00
HONESTY		10.00		70.00
LAKESHORE		5.00		15.00
LAKE VIEW		20.00		60.00
LET GO & LET GOD				60.00
MC KINLEY WINNERS				20.00
NEW BEGINNINGS				30.00
NEW ZION				75.00
NO BUFFALO		10.00		60.00
PASS IT ON				5.00
PATCHIN				25.00
REMEMBER WHEN				10.00
RUSH MANOR				150.00
SHERIDAN		10.00		70.00
SO. BUFFALO		10.00		35.00
STEP				20.00
SUNDAY NITERS				25.00
TURNING POINT				50.00
WE ADMITTED				20.00
WE CARE				60.00
WHY				30.00
		70		1300.00
EXPENSES	CENTRAL OFFICE-LIT-WENDE		400	125.00
			401	75.00
RE-CAP				200.00
BALANCE PR CHECKBOOK 6/25/89			153.82	
ADD RECEIPTS 6/25/88 - 7/25/89			70.00	223.82
DEDUCT EXPENSES	6/25/88-7/25/89			-200.00
BALANCE PR CHECKBOOK 7/25/89				23.82
OPERATING DEBIT FOR	7/25/89	(130.00)		

Central Committee Account Financial Statement #504-771-7 JUNE 25, '89 - JULY 25, '89			
		Groups Contribu	2119.35
Joint Meeting	(expenses 8.09)		26.36
New Frontiers Subscription			142.00
Envelope System			667.00
Literature			2291.11
		Total receipts	5245.82
DISBURSEMENTS			
	*10 Ellicott Square Court Corp - mth rt		431.00
	Community Mental Health Center - mth rt		35.00
	McLean Service Group		145.50
	Barbara N. Haefner		49.01
	Helen J. Brady		107.44
	Delphine A. Hoy		281.00
	Barbara N. Haefner		123.39
	Helen J. Brady		107.44
	Delphine A. Hoy		281.00
	Delphine A. Hoy - Blue Shield		590.81
	Copies, Inc - supplies		601.20
	Copies, Inc - PM Kit, drum		406.82
	The Buffalo News		250.80
	M&T Bank - withholding tax		652.10
	Deer Park Spring Water, Inc.		12.85
	Pitney Bowes - meter rental		59.25
	A.A. World Services, Inc. - literature		734.26
	Barbara N. Haefner		49.01
	Helen J. Brady		107.44
	Delphine A. Hoy		281.00
	New York Telephone		132.89
	Barbara N. Haefner		49.01
	Helen J. Brady		107.44
	Delphine A. Hoy		281.00
	NYS Dept of Taxation & Finance		361.40
	IRS - Withhold. tax -bal. due		1.30
	NYS Unemployment Insurance		13.21
	Petty Cash		50.00
		Disbursements	6302.57
RE-CAP			
	Balance Pr Checkbook 6/25/89	13004.23	
	Add Receipts 6/25/89 - 7/25/89	5245.82	18250.05
	Deduct Expenses 6/25/89 - 7/25/89		-6302.57
	Balance Pr Checkbook 6/25/89 - 7/25/89		11957.48
	Operating debit for 7/25/89	(1056.75)	
	M&T Savings Accounts	18882.21	
	M&T Checking Accounts	11957.48	
	Total Monetary Assets	30839.69	
	Projected Prudent Reserve-1yr.	36000.00	
	Reserve debit	(5160.31)	

GROUP			Common Hour			Giving		
1st Step		20.00						
11th Step		47.50	Common Problem	114.35	187.35	Golden Slipper		400.00
1st. Things 1st.		30.00	Common Problems at VA			Good Life		
3rd Step			Community Center		50.00	Grand		
6th Step			Cornplanters Again		60.00	Grand II Joy Of Living		60.00
A Day At A Time		150.00	Courage		285.00	Grateful		75.00
A Helping Hand		22.50	Delaware Discussion		170.00	H.A.N.D		245.00
Abbott Mens at VA			Derby		175.00	Half & Half		
Abbott Mens Discussion		60.00	Desire		85.00	Hamburg		
Acceptance	150.00	375.00	DeVeaux Discussion	25.00	25.00	Handicappers Sat. Nite		50.00
Achievement		210.00	Downtown Discussion		60.00	Happy Hour	20.00	140.00
Action		50.00	Downtown Men's Disc.		45.00	Harmony	5.00	20.00
Active Achievement			Dunkirk		20.00	High View		
Age Doesn't Matter			E.C.M.C.			Hill Billy		480.00
Albion			Early Beginnings		25.00	Honesty	30.00	240.00
All Women			Early Bird			Humbly Willing		
Amherst Snyder		500.00	Early Start			Ignatia		20.00
Amherst Tree of Life		60.00	Easier Softer Way			Inner City		100.00
Amsdell Lakeshore			East Amherst			Inspiration	50.00	100.00
Any Age			East Aurora	35.00	245.00	Iron Horse		80.00
Arcade			East Aurora		25.00			
Attitude Adjustment			Eden-North Collins		240.00	Kenmore		100.00
Attraction	15.00	160.00	Ellicott	25.00	165.00	Kensington		60.00
Beginner's Table			Ellicottville			Ladies Night		
Beginnings			Emergency			Lakeshore		70.00
Bidwell	30.00	40.00	Eternal Vigilance		65.00	Lakeview	10.00	60.00
Bidwell Monday Disc.			Everybody's		40.00	Lazy Bee Ranch		
Big Book			Eye Opener	75.00	125.00	Let Go & Let God	25.00	150.00
Blasdell						Lew-port		20.00
Boulevard Women's		60.00	Father Baker		90.00	Liberty Women's		
Brass		50.00	Feelings			Live and Let Live		195.00
Broadway-Balley	10.00	70.00	Fireside		1860.00	Living Sober	25.00	175.00
Brocton Discussion		30.00	Fireside PM		76.00	Lock City		
Came to Believe		155.75	Ford		300.00	Lockport #1		
Campus			Fredonia Bkft. Meeting			Lockport Discussion		
Casting		50.00	Fredonia Discussion			Lockport Ladies		
Cathedral Park		80.00	Freedom	25.00	150.00	Lockview		200.00
Caz Manor		50.00	Fresh Start			Lovejoy		20.00
Cazenovia	100.00	110.00	Friday Nite Disc.			Main View Manor	10.00	25.00
Central Park			Friendly		140.00	Marilla		
Chapter IX		50.00	Friendship Fireside			Matt Talbot	15.00	90.00
Chapter V								
Cheektowaga		120.00	Frontier		100.00			
Chevy #1						Mc Kinley Winners		80.00
Clarence Men's Dis		180.00	Gardenville		200.00	Medina		
Cold Springs		100.00	Getting it Together			Medina Sunday		

Men's		60.00	Saturday Night			University Men's	150.00	1005.00
Mid-day			Saturday Night Alive			Urban		60.00
Mid-Erie AA Grp.			Saturday Nite Live			V.I.P.		
Midnite			Second Chance			Valley		
Miracle			Security			Veteran's Hospital		
MOD			Serendipity			Victory		
Monday Nite			Serenity		100.00	We Admitted		50.00
Morning After			Sheridan	30.00	210.00	We Are Not Saints		
NDH-Tonawanda Forge			Silver Creek			We Care		170.00
Never Too Late			Sober Trail			We Choose Life		
New Awakening			Sobriedad, Un Dia A La Va			We Need You		
New Beginnings		50.00	Sobriety Men's Disc			Wed. Lunchtime	20.00	124.65
New Direction			Somerset			Welcome		
New Frontier		100.00	South Buffalo	50.00	175.00	Welcome Home		
New Frontier Womans		25.00	South Town		140.00	West Seneca Sat. Nite		400.00
New Life		30.00	Southgate		18.00	West Valley		
New Westside			Southwestern		80.00	Westfield		60.00
New Zion		500.00	Spirit of H.O.P.E.		30.00	Westminster		
Niagara Frontier Men's		20.00	Springville		90.00	WHY		140.00
North Buffalo	80.00	560.00	Springville-no smoking			Williamsville		134.00
North Java			St. Barnabus		60.00	Wilson		
One Day at a Time (ODAT)			Step		40.00	Women's Westside Disc.		30.00
Open Arms			Stepping Stones	10.00	50.00	Working		
Open Mind	30.00	80.00	Strozzi			You'll Never Walk Alone		
Pass It On		20.00	Sunday Niters	20.00	100.00	Youngstown		30.00
Patchin		100.00	Sunday Third		15.00	Native American		22.21
Peaceful			Sunrise Court		50.00	39 GRPS. CONTRI.	2119.35	
Perry		50.00	SUNY - Amherst Campus		50.00			
Positively Living			Surburban			ACCUM. TOTAL		21253.46
Positively Living II			Swinging Door		50.00			
Primary Purpose			T'n'T					
Progress	300.00	600.00	TGIF		150.00			
Purpose	60.00	187.00	Thankful	45.00	145.00			
Rainbow		80.00	The Way	60.00	170.00			
Ray of Hope	50.00	160.00	Thru-way	300.00	2100.00			
Remember When		50.00	Thursday Afternoon Disc.					
Renewal			Thursday Nonsmoking					
Rush Hall	25.00	175.00	Today					
			Tri-County					
Rush Manor		50.00	Trinity Monday Night		325.00			
S. S. Sobriety		98.50	Tuesday Men's Disc.					
Salamanca			Tuesday Women's Disc.	10.00	20.00			
Salamanca Freedom			Turning Point		50.00			
Sally Group			Twin Cities	25.00	200.00			
Salvation Army			United Brotherhood					
Saratoga		200.00	Unity	60.00	220.00			

July 25 89