

J. B. T.'S FOR JULY

- 1) What should we have learned if we have taken Steps 3 and 4 in the manner the Book suggests?
- 2) What must we do to have a good life?
- 3) Does the spiritual experience begin at Step 3 or Step 5?
- 4) When we have completed Step 6, we have also completed what?
- 5) Is our new way of life just for us?
- 6) Is a spiritual life a theory?
- 7) How far in our progress have we come when we have completed the first nine steps?
- 8) What do we do after completing the ninth step "Cleaning up" of the past?
- 9) What is our 11 step program?
- 10) Can the alcoholic do more living each day after completing the 11th step?

Answers to be found on announcement page

WE WELCOME YOU....
The following are the Themes for the coming issues of newsletter.

August: Humor
September: Simplicity
October: Trust
November: Secrets
December: Forgiveness

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

**THIS MONTH :
THEME : FREEDOM**

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FREEDOM OF CHOICE
By B.W., Queens, NY
Grapevine July 1977

I have come to believe that I have been selling myself a false bill of goods in believing that I am a victim of life, circumstances, and of people.

I was a victim of active alcoholism, not through my own choosing, and I was released from the obsession and the compulsion to drink by a Power greater than myself. In that release, I was given the beautiful gift of choice.

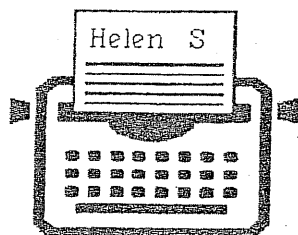
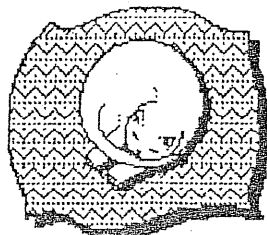
Today, free in sobriety, I can say yes and I can say no. I can walk away from people, places, and things, or walk around them with a smile, or stay and be happy because I like where I am.

I have a freedom of choice that never knew existed. When I was drinking, I thought of myself as the uninhibited rebel. I now see, with the clarity of sobriety, that I was a body locked in the prison of self, again not through my own choosing, but sentenced by the nature of my disease, alcoholism.

Today, I am released and free in sobriety to know and believe that through the living of the Twelve Steps, I am no longer sentenced to a life of woe-me-ism and gloom and doom.

And for that, I thank God, I thank AA, and I thank me.

Helen's Corner ...



PATH TO FREEDOM
By K.M., Clarkston Ga.
Grapevine September 1979

Each day of sobriety is a wonderful gift just waiting for me to unwrap and enjoy. The trick is to remember this. When ever I forget, stuff happens to remind me how precious the freedom I have received in recovery really is.

In March I stopped smoking cigarettes. After the crazies of withdrawal calmed down, I began to inventory the extent I willingly lived the life of a slave to the whims and desires of cigarettes. No longer was I preoccupied with where I could go, with whom, or for how long. The freedom I experience from yet another addiction, reminds me of the saying, "Addiction is slavery!" Whether we are addicted to work, sloth, sleep, worry, exercise, or whatever it is. The truth remains we become willing slaves doing whatever it takes to protect and hide our addiction. Admitting the depth of powerlessness over this addiction and accepting the unmanageability that it brought it inot my life was another ego-busting step in recovery.

As I unwrap this daily gift I find that the program of AA, its steps and principles, work on any addiction but only to the extent I allow it.

Yours in the Spirit of AA
Helen S

During the past twenty months of my sobriety, I have heard that alcoholic drinking is only a symptom of the underlying disease. I never really understood the full implication of that statement, and even now, I have only an inkling of what it means.

I have always been a dependent person. I depended not only on alcohol to hold me together but on people as well. In the beginning of my sobriety, I had to surrender completely or die. I gave up alcohol, but not until there was nothing left in my life but me and the bottle. With the help of a lot of people I was able to get the alcohol out of my body, but that was just the beginning.

After the first year of sobriety, I felt and looked better than I had in my entrie life, and I was ready to begin the journey into the underlying cause of my addiction. It was my path to freedom.

Each time I am faced with an insight into me, there is a time of agony I must go through. It starts with my being uncomfortable and not knowing why. Being uncomfortable is something I don't enjoy, but I know if I hide from it, eventually it come back.

After I have identified that gnawing uncomfortable feeling, I get even more miserable. I know something is wrong, but I can't put my finger on it. It would be so easy to take my program and literally and fall into "Easy Does It", but I know I cannot afford to be complacent - I have to take action. I start listening again at meetings. I seek out people who are further down the road in sobriety than I am. Then I shut my mouth. I listen to them, and I listen to my gut reaction. If I am left with a more miserable feeling than I started with, I know a nerve has been struck that I need to explore.

This is when I must be completely home with me. I can't think of anything worse than having to face myself! - and then to have to share it with someone else. During this time, I have a feeling that resembles withdrawal. I am so frightened, it feels almost as though I am going into DTs. Something is happening to me that I feel I have no control over. I then realize I am about to let go of another part of me that I was afraid to lose. Fear is replaced by a sense of profound freedom. I know then that I have grown another step.



Experience has shown us, also,
that A.A. as a whole needs to be
self-supporting and independent

FREEDOM (AS BILL SEES IT)

"We must never be blinded by the futile philosophy that we are just the hapless victims of our inheritance, of our life experience, and of our surroundings - that these are the sole forces that make our decisions for us. This is not the road to freedom. We have to believe that we can really choose." (Grapevine, November 1960)

"The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore, dependence as AA practices it is really a means of gaining true independence of the spirit. (12 & 12, pg. 36)

"Therefore, freedom from alcohol is the great 'must' that has to be achieved else we go mad and die." (Letter, 1966)

"Man is supposed to think and act. He wasn't made in God's image to be an automaton. My own formula along this line runs as follows: First, think through every situation pro and con, praying meanwhile that I be not influenced by ego considerations. Affirm that I would like to do God's will.

Then, having turned the problem over in this fashion and getting no conclusive or compelling answer, I wait for further guidance, which may come into the mind directly or through other people or through circumstances.

If I feel I can't wait, and still get no definite indication, I repeat the first measure several times, try to pick out the best course, and then proceed to act. I know if I am wrong, the heavens won't fall. A lesson will be learned, in any case." (Letter 1950)

WELCOME TO THE 13TH ANNUAL
NEW YORK A.A. INFORMATIONAL WORKSHOP
WE CARRY THE A.A. MESSAGE
DAEMEN COLLEGE, BUFFALO, N.Y.
AUGUST 7, 8, 9, 1992

CHAUTAUGUA, NEW YORK
AUGUST 28, 29, 30 1992

TO DAY, AUG. 7, 1992 AGENDA

10:00 P.M. REGISTRATION STARTS, WICK CENTER

5:00 P.M. COFFEE AND MEET OLD AND NEW FRIENDS 2ND FLOOR

6:45 P.M. DINNER WICK CENTER.

8:00 P.M. DELEGATES PANEL AUDITORIUM

10:00 P.M. FREE TIME

SATURDAY, AUG. 8, 1992

8:00 A.M. BREAKFAST

8:45 A.M. WORKSHOP: COOPERATION WITH THE PROFESSIONAL COMMUNITY

10:30 A.M. BREAK

11:45 A.M. WORKSHOP: CORRECTIONAL FACILITIES COMMITTEE

1:30 A.M. BREAK

2:45 P.M. LUNCH

3:00 P.M. WORKSHOP: TREATMENT FACILITIES COMMITTEE

3:45 P.M. BREAK

4:00 P.M. WORKSHOP: PUBLIC INFORMATION COMMITTEE

5:45 P.M. BREAK

6:45 P.M. DINNER

8:00 P.M. KEYNOTE SPEAKER FROM G.S.O.

10:00 P.M. FREE TIME

SUNDAY, AUG. 9, 1992

8:00 A.M. BREAKFAST

9:45 A.M. WORKSHOP: THE A.A. GRAPEVINE

11:30 A.M. CLOSING SESSION AND WRAP UP

1:00 A.M. CHECK OUT AND KEY RETURN

DELEGATES PANEL WILL CONSIST OF ALL PAST AND PRESENT DELEGATES ATTENDING.

WORKSHOPS WILL CONSIST OF 4 PANELIST'S FROM THE 4 AREAS

N.Y., CENTRAL, SOUTH EAST AND NME.

The Tri-State Canadian Assembly of Alcoholics Anonymous will be celebrating its 39th Annual Reunion at Chautauqua Institute which is located on New York Rte 394, east of Westfield and the Thruway and West of Lakewood and the Southern Tier Expressway.

Speakers from Pennsylvania, Ohio, New York and Canada will share their experience, strength and hope beginning Friday at 8PM through Sunday at noon.

Chautauqua Institute is the place to unwind from your everyday activities, cares and woes and share your happy sobering experiences with other recovered alcoholics and families. Al-anon and Ala-teen programs are available Saturday morning.

For added enjoyment, Don Williams, Tammy Wynn (Friday) Ray Charles (Saturday) are performing at the Amphitheater.

There are many reasonable accommodations on the Institute grounds listed on the back of the flyer plus many eating establishments.

Flyer - Registrations available at the Buffalo Central Office.
1992 - New York State Chairman
Jack E. - Southgate Group

ANNOUNCEMENTS

MEETINGS

MEETINGS

MEETINGS

SEASONAL MEETINGS

NEW MEETINGS:

SUNDAY BREAKFAST MEETING - 339
GENESEE ST - Breakfast. 9-12noon meeting
- at 12:30 PM.

LAST CHANCE - 339 GENESEE - FRIDAY -
MIDNITE

PLEASE NOTE:

AMSDALE LAKESHORE - WEDNESDAY - 10:30
AM - Presbyterian Ch., S 5017 Lakeshore Rd
- is re-organizing and needs support.

GIVING - SATURDAY - is updating their
membership. Please let the group secretary
know if you want to become or continue to
be a member of the group.

LANGUAGE OF THE HEART - MONDAY -
7:00PM - 1280 MAIN AT BRYANT - is a very
special meeting - there is a signer/inter-
preter available for the hearing-impaired
alcoholic. We need to find this community
of people and share our experience, strength
and hope with them. Make this one of your
meetings and help open up a new world of
sobriety for yourself and others.

VICTORY - THURSDAY - 8PM - ST Michael's
Parish Ctr, Electric & Warsaw in Lacka-
wanna is currently updating their mem-
bership list and is looking for new mem-
bers. Anyone interested see Jesse. We could
use support.

MY MEETING IN THE PARK - SUNDAY -
CAZENOVIA PARK. CASINO AREA- 6PM

MARINA GROUP will resume meetings for
the summer on Saturday, June 6 at 8:00 PM.
Meeting site will again be at the pavilion in
front of the Miss Buffalo Dock. Bring your
own coffee and/ or refreshments.

SERENITY IN THE PARK - MONDAY - 7 PM -
DELAWARE PARK ROSE GARDEN (near the
casino) Remember to bring your own coffee
or beverage.

MEETING CHANGES:

WE CARE - THURSDAY - 7:30 - 9:00PM - will
now meet at the Empire Drive Medical Ctr.,
150 Empire Drive, West Seneca, NY. There
are now two big meeting
rooms "3A and 3B". The meeting is still non-
smoking.

NEW ZION - TUESDAY - is-by building re-
striction, NON-SMOKING.

GAY, LESBIAN, SOBER & PROUD - SATURDAY
- 10:30 PM - the building in which it meets
is called Community Network.

SOBRIETY MEN'S DISCUSSION - THURSDAY -
now meets at the Grace Lutheran Church,
Newton and McKinley Pkwy. in Hamburg.
It is NON-SMOKING

COMMON HOUR - TUESDAY & THURSDAY -
NOON - AT ECC CITY CAMPUS is no longer.

Answers to 3 B.T.'s

- 1) Pg 72 L.4-7
- 2) Pg 73 L.33
- and Pg 74 L.1
- 3) Pg 75 L.16-18
- 4) Pg 76 L.14
- 5) Pg 81 L.32-33
- 6) Pg 83 L.11
- 7) Pg 83 L.30-31
- 8) Pg 84 L.18-20
- 9) Pg 85 L.19-20
- 10) Pg 88 L.4-6

CENTRAL COMMITTEE MEETING

SUNDAYS - July 5 and August 2,
7:00 PM. at 80 Goodrich Street be-
hind Buffalo General.

REMEMBER
Everyone Welcome.



COMING EVENTS

JULY 6 - MONDAY - CENTRAL OFFICE WILL BE CLOSED FOR THE HOLIDAY

JULY 11 - SATURDAY - ARCADE will be having an Anniversary Picnic at 1 PM - the Village Park (off Rte 39) Meat and drinks will be provided. Please bring other dishes to share.

JULY 10-11-12- ANY AGE is sponsoring their 4th annual Living Sober Weekend at the Don Miller Park with Camp site. Speakers-dancing-food \$5 advance tickets, \$6 at the park or \$ 10 per couple.

JULY 18 - SATURDAY - SPIRIT OF HOPE - is having an Anniversary Celebration with a speaker at 10 AM - Eats at 11:15 AM. It will take place outdoors ,weather permitting, with yard games, etc. If it rains the meeting will be inside at Hope House, 335 Grider St. across from ECMC.

JULY 24 - FRIDAY - GIVING will celebrate it's 8th Anniversary with a "Dinner Dance" at Holy Angels' School Hall, Corner of Porter and West Avenues. Speaker - 6PM, dinner - 8PM and dancing to the Moving Music Machine from 9-1. \$5.00 donation. Non-smoking.

JULY 31 - FRIDAY - WOMEN'S WESTSIDE - 200 Albany, is celebrating their 7th anniversary with a guest speaker and eating meeting starting at 6PM. Bring a dish to share.

AUGUST 2 - LIFE TODAY - is sponsoring a summer picnic Sunday, Aug. 2nd, at Emery Park, Shelter #2, Lake Center Street out of East Aurora and follow the signs. The fun begins at noon. Bring a dish if you wish - LET'S EAT !!!!!!!!!

AUGUST 7-9 - 13TH ANNUAL NYS GSA INFORMATIONAL WORKSHOP - at Wick Center, Daemen College, Bflo.

AUGUST 28-29-30. TRI-STATE ASSEMBLY - CHAUTAUQUA. NY

AUGUST 30 - SUNDAY - AMHERST-SNYDER is sponsoring the 4th Annual FOBE GOLF OPEN at Chestnut Hill Country Club, 1350 Broadway, Rte 20 & 77, Alden ,NY. Price - \$55.00 which includes coffee, donuts, lunch, dinner, cart and prizes. Assigned tee time is 11AM. You do not need a foursome to enter. Singles, twosomes and threesomes are welcome. We will be using the Callaway System to determine handicap. Deadline: August 1st.

OCTOBER 30-31, NOV 1, 1992.
51ST BUFFALO FALL CONVENTION
=
CONVENTION CENTER - DOWNTOWN
BUFFALO

Send hospitality contribution to: Buffalo Fall Convention, PO Box 137, Westside Station, Buffalo, NY, 14213-0137 or to the Central Office.

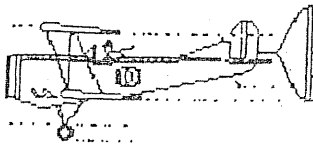
REMINDER: ANY ANNOUNCEMENT TO APPEAR IN AUGUST '92 BULLETIN MUST BE SUBMITTED IN WRITING, TO THE CENTRAL OFFICE BY WED. JULY 15th.

As active alcoholics we were always looking for a handout- in one way or another...



Part of our personal recovery came in making ourselves into responsible human beings





Movin' On In Society

WOMEN'S WESTSIDE NECA 12 & 12 CORNPLANTER'S AMHERST

Debbie C	9yr Pat P	3yr. <u>AGAIN</u>	<u>SNYDER</u>
Jo Jo G.	7yr. Diane T.	2yr. Bell R.	11yr. Don H.
Kim C.	5yr. Michael L.	1yr. Sam G	11yr. Jim H
Shirley H.	4yr. Reggie B.	1yr. Larry P.	7yr. Bob D.
Kelly O	3yr. Michael P.	1yr. Colleen F	6yr. Dave F
Karen K.	5vr. Ike F.	9mo. Lorne J.	6yr. Bob L.
MaryAlice H.	3yr. Kevin H.	3mo Larry L	4yr Gary W
Janis T.	3yr.	Paul Mc.	4yr. Sarah V.
Sandra P.	3yr. <u>WE CARE</u>	Greg G	3yr. Gary M
Dawn J.	2yr. John McI.	3yr. Elwin J.	1yr. Bill F.
Daria P.	2yr. Paul F.	9mo	Debby H
Joanne C.	1yr. Denise G.	6mo. <u>THURS. NIGHT</u>	Cindy R.
Phillis J.	1yr. Paul K.	6mo. <u>BIDWELL</u>	Carl C
Sue S.	1yr. Angela M.	3mo. Chuck L.	3yr. Holly B.
Theresa D.	1yr.	Greg B	3yr. Dennis F
Mary S.	3mo. <u>MORNING</u>	<u>AFTER</u> John F.	3yr. Tina K.
Vicki O	3mo Frank T.	24yr. Amy M.	3yr. Karl Z.
	Nick G.	15yr. Miles C.	6mo. Richard S.

HONESTY

Charlie A	12
Linda McK.	5
Paul W	4
Lonnie F.	2
Jim L	1
Jim M.	6m

FIRESIDE

Dorothy F	13y
Lucille K.	8y
Suzie K	8y
Karen K.	6y
Diane W.	3y
Holly B.	3y
Mark P	2y
Maura G.	2y
Michael P	1y

SUNRISE COURT

Bell R.	11yr. Mary W.	3yr.
Carol R.	4yr. Mary M.	3yr.
Dennis Z.	4yr. Glen S.	9mo.
Mark R.	3yr Bob H.	9mo.
Steven J.	9mo.	
Eddie D.	9mo.	
Doug R.	9mo. <u>CHAPTER 9</u>	
Ray R.	9mo. Bob M	9yr.
Evelyn J.	9mo. Lucille K.	8yr.
John J.	9mo. Chuck M	4yr.
Miles C.	6mo. Scott C.	4yr.
Diane B.	6mo Mollie R.	4yr.

COLD SPRING

Pat N.	16yr.
Larry S.	8yr.
Ronald S.	5yr.
Candace D.	2yr.
Kevin S.	2yr.
Ed H.	9yr.
Val F.	8yr.
Ed B.	4yr.
Archie R.	4yr.
Marcia S	4yr.
Joanne O.	3yr.
Darryll P	2yr.

SOUTH BUFFALO

Lisa G.	6mo.
Gina C.	6mo.
Elaine H.	9mo.
Joe C.	9mo.
Frank M.	6mo.
Hans K	6m
Jack K.	6m.
Frank T.	24yr.
Louie K	21yr.
Dick R.	18yr.
Gene S	8yr.
Mark L.	6yr.
Donna E	5yr.
Tina C.	3yr.
Karen K	3yr.
john H	3yr.
Sharon D.	2yr.
Kimberly W.	2yr.
Larry C.	2yr.
Jim M.	9mo.
Gerry B.	9mo.
Jeff R.	6mo.

GIVING

MaryAlice H	3yr.
Janice T.	3yr.
Joanne C	1yr.
Omar G.	6mo.
Andy L	4yr.
Al K.	3yr.
Nancy R	3yr.

THRUWAY

Richard S.	19yr.
Dorothy F.	13yr.
Charlie F.	11yr.
Mary G.	10yr.
Kevin P.	10yr.
Izzy B	9yr.
Dennis F.	8yr.
Ed P.	7yr.
Kathy M.	7yr.
Helen A.	6yr.
Sandra W.	6yr.
Carol G.,	6yr.
Linda H.	6yr.
John M.	5yr.
Mary Ellen R.	5yr.
Ed C.	5yr.
Fat F.	5yr.
Tod D	5yr.
Gina C.	2yr.
Fred Z.	2yr.
Kreg K.	6mo.

NEW ZION


Rosemary Z.	13yr.
Mark L.	11yr.
Paul C.	8yr.
Kim C.	5yr.
Greg B.	3yr.
Mark R.	3yr.
Ruben M.	2yr.
April S.	6mo
Bob K	9mo.
Judy H.	9mo.
Bob McF	9mo.
Jim M.	6mo.
John M	6mo.
Rob M.	6mo.
Eileen O	3mo

IRONHORSE


HARMONY

Tyrone 6mo.





TO BE INCLUDED IN THIS LISTING PLEASE MAIL IN ONLY THE CURRENT MONTHS ANNIVERSARIES



PEACE OF MIND FROM HAZELDEN

In 1950 the Sociology Department of Duke University made a survey of several hundred people who had apparently achieved a high degree of Peace of Mind. The survey also included the same number of people who were admittedly unhappy but seeking happiness. The inventories from both groups were analyzed. There were nine factors receiving a great majority of votes-factors absolutely necessary for Peace of Mind.

1) Shun suspicion and resentment. Nursing a grudge has been found to pull down happiness levels an average of 50 percent.

2) Live in the present and the future. Most unhappiness stems from an unwholesome pre-occupation with the mistakes and failures of the past. They are important only as your passport to a better and wiser today. Forgive yourself freely for past mistakes. It is as vital to your happiness as forgiving others.

3) Don't waste time and energy fighting conditions you can't change. There is little you can personally do, for instance, about stopping a war, healing the incurable disease of a loved one, or changing the nature of those with whom you live. So stop hurling yourself against the walls.

4) Cooperate with life instead of either trying to demolish it or run away from it.

5) When you find yourself in the grip of emotional stress, force yourself to be out-going to other people instead of retreating within yourself and building a prison of loneliness.

6) Refuse to pity yourself or seek self-justification in easy alibis that make you appear "noble" to yourself and others.

7) Cultivate the old-fashioned virtues of love, honor, loyalty, thrift and church attendance.

8) Stop expecting too much of yourself. When there is too wide a gap between the standards you set for yourself and your actual achievement, unhappiness is inevitable. If you can't improve the performance, try lowering the demands instead.

9) Find something bigger than yourself in which to believe. Self-centered materialistic people score lowest on the Duke University tests for measuring happiness. While those who average high in altruism and religious attitudes generally come out with the top happiness ratings.

EVERY DAY WE ARE BEGINNERS

By E.S., Hendella, Sri Lanka

Grapevine August 1978

In the beginning, as I lived each sober day, merely being free of the physical consequences of drinking was ample reward. The difference was so stark! This as one day led to the next and the program began to unfold and I was able to identify, understand, and accept, I began to feel the glimmerings of personality growth.

Only an alcoholic knows what it is to feel personality growth after having been deprived of this process during long years of active alcoholism. The program and the fellowship in AA made me feel human as nothing had ever done in the past. To me, this is a continuing process; as we say in AA, we do not graduate. I am a beginner and a learner each day, for I am sober only one day at a time. I cannot plan my sobriety days ahead, not can I achieve personality growth in the future. I need to remind myself every day that I am an alcoholic, let the program flow into me, and accept the fact that the program will work for me if I do it. Only in this way can I continue to stay sober one day at a time and grow one day at a time.

In my years of drinking, I suffered personality degradation, deterioration, and alienation, culminating in alcoholic trauma and misery.

The First Step - out of my old life - was a total acceptance of my powerlessness over alcohol and the unmanageability of my entire life. From my first meeting, I had no doubts or reservations about this Step. Through the program, I began to find the answers to the physical desire and urge for alcohol and was able to minimize the purely physical aspects of the disease.

Growth is a painful process, especially for the alcoholic who has to clean house in a personality sense for the first time. To me, the housecleaning Step Four - marks the beginning of personality growth; Step Ten - the continuity of the process - there is no let up! I believe these two Steps make it possible for me to put my "stinking thinking" right. To me, this is the meaning of personality change.

As an alcoholic, I never cease to be inspired by the wonder of our Fellowship and its program.

AA CENTRAL OFFICE

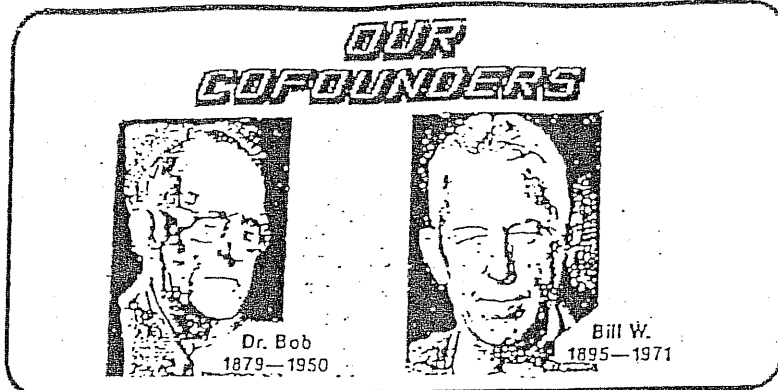
845 Ellicott Square Bldg
295 Main Street
Buffalo, New York 14203

(716)853-0388

Executive Secretary - Delphine H.
Clerical - Mary Ellen S.

CENTRAL COMMITTEE

Chairman - Jack C.
Recording Secretary - James W.
Financial Secretary - Larry B.



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 - Toni H.
Treatment Facilities - Dave
Buffalo Fall Convention - Elizabeth G.
Screeners - Norma F.
New Frontiers - Larry B.
Editorial - Helen S.
Envelope System - Burr E.

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:	Sandy H.
2 - Northwest Buffalo:	Bryan McK.
3 - South Buffalo:	Shawn C.
4 - Southtowns:	John B.
5 - Northern Tier:	Jeff P.
6 - Southern Tier:	Mike B.
7 - Northeast Buffalo:	Kevin C.
8 - Eastern Tier:	Bill M.

WESTERN NEW YORK GENERAL SERVICE meets Sundays of February, March, May, June, August, September, October and November. For place of meeting refer to meeting schedule.

EVERYONE IS WELCOME TO ATTEND THE GSA 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 : "Humor"

The NEW FRONTIERS will be mailed to you monthly for a yearly cost of \$7.00. To subscribe EITHER 1) call the Central Office at 853-0388 OR 2) fill out this form (please print). Make checks or money orders payable in American funds to Alcoholics Anonymous and send to the Central Office.:

c/o NEW FRONTIERS
845 Ellicott Square Bldg.
295 Main Street
Buffalo, NY 14203-2412.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

CENTRAL COMMITTEE

JULY 5, 1992

The meeting was opened at 7:00 pm with a moment of silence, followed by the Serenity Prayer. The Pre-ambule, Purpose of the Central Committee, and the Twelve Traditions were read. It was moved by Bernie A. and seconded by Bill M. to dispense with the reading of minutes from last months meeting.

47 GROUPS WERE REPRESENTED:

DISTRICT #1 - Beginning in Sobriety II, Bidwell, Bidwell Monday Night, Daily Commitment, Delaware Discussion, High Noon, New Westside, Positively Sober, Rush Hall, Sharing and Caring, Sunday Nitters, Sunrise Court, Women's Westside Disc., Working. DISTRICT #2 - Chevy #1, Liberty Women's, Why. DISTRICT #3 - Abbott Men's Disc., Ellicott, Father Baker, Gardenville, Honest Desire, Iron Horse, Lovejoy, Powerless, Rainbow, Seneca 12&12, Tues. Women's Disc., Urban, W. Seneca Sat. Nite. DISTRICT #4 - Amsdell Lake Shore, Derby, Lake Shore, Sobriety Men's Disc. DISTRICT #5 - Twin Cities, We Admitted. DISTRICT #7 - Feelings, Harmony, Honesty, Kensington Disc., North Buffalo. DISTRICT #8 - Attitude Adjustment, Inspiration, Williamsville.

COMMITTEE REPORTS:

ENVELOPE SYSTEM - Burr E.

	1991	1992	CHANGE	% OF CHG.
JUNE RECEIPTS -	\$370.00	\$280.00	-\$90.00	-24.32%
YEAR TO DATE -	\$3912.00	\$3666.58	-\$245.42	-6.27%

STEERING COMMITTEE MINUTES 6/30/92 - Delphine H.

Bill M. opened the meeting at 6:00PM with the Serenity Prayer. Others present were Delphine H., John B., Shawn C., Jeff P., Larry B., and Kevin C.. A motion was made By Shawn C. and seconded by Jeff P. to accept the minutes as written. OLD BUSINESS: A. It was noted that a letter went out to all the groups in the 2nd. district that a representative from their area would be nominated at Central Committee July meeting. NEW BUSINESS: A. Because of health reasons, Jack C. has resigned as Central Committee Chairman, which will result in Ralph P., the Co-Chairperson taking over for the remainder of the year and another Co-Chairman be appointed till January elections. B. Groups listed in facilities pertaining to treatment were discussed. Issues were tabled till matters are looked into. C. A letter will go out to groups in district #3 for anyone wishing to be considered for Co-Chairperson of the '93 Fall Convention. The meeting adjourned at 7:00 pm with the Lord's Prayer.

FINANCIAL REPORT - Larry B. (see attached)

TREATMENT FACILITIES - Shawn C.

Last meeting was 7/25/92, agenda was 1)Participation in N.Y.S.G.S.A. workshop, to be held at Daeman College, 2)Reaffirmed group concience issues/purpose, 3)Reviewed

budget/expenditures, 4)Reviewed article of Don H. for Grapevine for accuracy on efforts in treatment facilities, more articles are encouraged, 5)Outlined plans to increase member support, 6)Discussed changing focus in treatment community and how thos changes affect out committee and AA as a whole.

CORRECTIONAL FACILITIES - Tone H.

All meetings are running smoothly. We wish to express our thanks for continued support of the Correctional Facility Committee and the meetings at WNY Correctional Facilities.

BUFFALO FALL CONVENTION - Elizabeth G.

We had our meeting the last Saturday of June. We have our Friday night opening speaker, the banquet and Sunday morning speaker. We will have a DJ Friday night and for Saturday we will have a live band and a DJ. If you don't eat meat or are a vegatarian, we would like to have you make it known to us. This is your convention so we would like you to get busy and talk about it. Panels are coming along fine. We have to have the money for the banquet in September.

SCREENERS REPORT - Norma F.

Calls in - 462, calls out - 91. Calls were in reference to:
1. Treatment Centers, 2) Picnics, dances, anniversary parties, 3) Just talk, 4) Meetings for people visiting area.

COURTESY REPORTS

G.S.A. - General Services Assembly - Bill M.

1. Next full Assembly meeting, Sunday, August 23, 1992, hosted by and at the same location of the North Java meeting.
2. N.Y. state convention, July 17, 18, and 19, 1992 , Albany, N.Y. 3. N.Y.S.G.S.A. workshop, August 7, and 9, 1992, Wick Center, Daemen College, Buffalo, N.Y., see Bernie A. 827-1897.

RE - CAP

Treatment Facilities - A motion was made that \$90.00 each, from the Treatment Facilities and Corrections Facilities, to send Chairpersons or their delegates to the 13th annual Informational Workshop. Motion was made by Bernie A. and was seconded by Kevin C., vote be representatives present approved.

Financial Report - There was some interest and concern in the statis of the report.

Fall Convention - When will tickets be availible?

OLD BUSINESS - As stated in the minutes from the month of June, a vote was taken of the representatives present as to the matter of Central Office carrying The 24 Hour Book and Reflections. The vote was 42 to carry both, and 5 were opposed to the continued sale of The 24 Hour Book. Shawn C. introduced a motion that this subject should not be brought back before this body at any future date, the motion was seconded by Bill S.. The assembled representatives voted, 44 representatives voted to approve that motion, while 3 were opposed.

NEW BUSINESS - Nominations were requested from the assembled representatives for the 2nd. district area representative. If none is nominated, than one shall be appointed.

Having no further business to attend to, Kevin C. made a motion to adjourn and was seconded by Tom H. The meeting ended at 7:45 pm with the Lord's Prayer. Respectfully submitted by James Woodhead, Recording Secretary, Central Committee.

Treatment Center Account - Financial Statement 602-089-5 June 25, 1992 - July 25, 1992				
		This Month		Accum. Totals
Amherst Snyder				35.00
Beginnings		33.00		99.00
Chapter IX				10.00
Clarence Men's Disc. II				50.00
Cornplanters Again				65.00
Courage				25.00
Delaware Disc				60.00
Early Bird				20.00
East Aurora		10.00		70.00
Eternal Vigilance				50.00
Fireside		50.00		150.00
Ford				30.00
Happy Hour				50.00
Hill Billy				25.00
H.O.W.				50.00
Lake Shore				100.00
Lockport #1		30.00		30.00
North Buffalo		25.00		175.00
Pass It On				5.00
Rainbow				30.00
Renewal				50.00
Seneca 12 & 12				15.00
Sobriety				12.50
South Buffalo				50.00
Spirit of Hope				5.00
Sunday Niters				30.00
Twin Cities				30.00
University		25.00		175.00
We Care				100.00
WHY		25.00		50.00
Williamsville				40.00
		198.00		1686.50
Expenses			Check No.	Amount
Richard M. - expenses at VA-TFC			208	22.50
RECAP				
Balance per checkbook 6/25/92			723.41	
Add receipts 6/25/92 - 7/25/92			198.00	921.41
Deduct expenses 6/25/92 - 7/25/92				22.50
Balance per checkbook 7/25/92				899.01
Operating credit 7/25/92		175.50		

Achievement			25.00
Action			50.00
Amherst Snyder	15.00		90.00
nnings	33.00		99.00
3idwell (Thursday)			25.00
Chapter IX	10.00		75.00
Chevy #1			60.00
Clarence Men's Disc. I			25.00
Clarence Men's Disc. II			50.00
Common Problem			30.00
Cornplanters Again			65.00
Courage			25.00
Delaware Disc.			60.00
Downtown Men's			20.00
Eternal Vigilance			50.00
Father Baker			100.00
H.A.N.D.			25.00
Happy Hour			50.00
High View			15.00
Hill Billy			25.00
Honesty	10.00		70.00
Iron Horse			100.00
Just for Today			5.00
Lake Shore			150.00
Lackport #1	30.00		30.00
Living After	5.00		25.00
New Life	5.00		30.00
North Buffalo	25.00		175.00
North Java			50.00
Pass It On			5.00
Rainbow			47.00
Renewal			100.00
Seneca 12 & 12			15.00
Sheridan	30.00		80.00
Sobriety			12.50
South Buffalo			50.00
Spirit of Hope			5.00
Step			20.00
Sunday Morning Breakfast			50.00
Sunday Niters	20.00		75.00
SIF			10.00
Truway	20.00		40.00
Tri-County			25.00
Trin Cities			100.00
Tuesday Women's			10.00
Upan			20.00
Unadmitted	5.00		25.00
Unire			50.00
UnY	25.00		50.00
UnWilliamsville			40.00
Unling to Grow			15.00
Unonymous			50.00
	233.00		2493.50

Expenses	Check No.	Amount
WNY Informational Wksp	1042	90.00
RECAP		
Balance per checkbook 7/25/92	447.42	
Add receipts 6/25/92 - 7/25/92	233.00	660.42
Deduct expenses 6/25/92 - 7/25/92		90.00
Balance per checkbook 7/25/92		590.42
Operating credit 7/25/92		143.00

Central Committee Acct-Financial Statement #504-771-7 June 25, 1992 - July 25, 1992			
49 Groups contributed			2728.25
Joint Meeting (expenses-12.89)			22.05
New Frontiers Subscription			20.00
Envelope System			613.00
Literature			2587.08
Miscellaneous:	In memory of Clarence C.		203.00
			6173.38
DISBURSEMENTS			
	# 10 Ellicott Sq Ct Corp - rent		542.00
	Community Mental Health Ctr - CC Meeting		35.00
	Dave F. - Central Office Seminar		15.00
	Pitney Bowes -- meter rental		78.00
	Buffalo News		294.00
	AA World Services, Inc. - literature		916.00
	Happy Spring Water		23.40
i	Hazelden Educational Materials		1206.40
	M & T Bank - Federal Withhold: Tax		546.20
	New York Telephone		166.58
	The Message Connection, Inc.		167.27
	NYS Unemployment Insurance - 2nd quarter		22.33
	NYS Dept of Taxation & Finance - 2nd quarter		275.10
	The State Insurance Fund - Disability Ins		74.10
	US Postmaster - meter refill		400.00
	US Postmaster - stamps for Envelope system		29.00
	Salaries - Central Office		1698.40
	Petty cash		50.00
	Bank Charge		50.66
		Total disbursements	6589.44
	Balance per checkbook 6/25/92	3131.40	
	Add receipts 6/25/92 - 7/25/92	6173.38	9304.78
	Deduct expenses 6/25/92 - 7/25/92		6589.44
	Balance per checkbook 7/25/92		2715.34
	Operating 7/25/92		
		M & T Time Deposit	9495.45
		M&T Money Market	12888.24
		M&T Checking Accounts	2715.34
		Total Monetary Assets	25099.03
		Projected Prudent Reserve	-36000.00
		Reserve debit	(10900.97)

GROUP			Cazenovia			Frontier		
1st Step			Central Park		25.00	Gah Nee Goin Geh		
Things 1st	20.00	60.00	Changing Times			Gardenville		50.00
2nd Step			Chapter IX	10.00	75.00	Gay, Lesbian, Sober & Proud		
3rd Step			Cheektowaga			Giving		
4 Day At A Time		60.00	Chevy #1			Golden Slipper		471.25
4 Helping Hand		60.00	Clarence Men's Disc I		350.00	Good Life		
Abbott Mens Disc		50.00	Clarence Men's Disc II			Grand		
Acceptance	70.00	160.00	Cold Springs		50.00	Grand II Joy Of Living		
Achievement		240.00				Grateful		
Action	50.00	175.00	Common Problem			H.A.N.D.	60.00	240.00
Age Doesn't Matter			Community Center			H.O.W.		50.00
Albion			Cornplanters Again		264.75	Half & Half	15.00	15.00
Alexander		50.00	Courage		25.00	Hamburg		
All Women			Rise & Shine	20.00	20.00	Hamburg Big Book		
Amherst Snyder	50.00	350.00	Delaware Discussion		298.75	Handicappers Sat. Nite	50.00	100.00
Amherst Tree of Life		60.00	Derby		215.00	Happy Hour		50.00
Armsdell Lakeshore	20.00	20.00	Desire		315.00	Harmony	3.25	58.25
Any Age			DeVeaux Discussion			High Noon (Gay)		
Arcade			Downtown Discussion			High View		
As Bill Sees It		15.00	Downtown Men's Disc			Hill Billy		130.00
Attitude Adjustment			Dunkirk			Honest Desire		
Attraction	150.00	350.00	Early Beginnings			Honesty	30.00	210.00
Awakening			Early Bird	60.00	60.00	Humbly Willing		
Barner's Table			Early Start			Ignatia		25.00
Beginning in Sobriety I			East Amherst		100.00	Inner City		
Beginning in Sobriety II			East Aurora	40.00	280.00	Inspiration		5.25
Beginnings	34.00	102.00	East Side			Iron Horse		100.00
Better Days			Easy Does It			IT	20.00	20.00
Bidwell	30.00	310.00	Eden-North Collins		180.00	It's About Time		25.00
Bidwell Monday Disc			Ellicott	50.00	150.00	Just for Today	25.00	42.00
Big Book			Ellicottville			Keep It Simple, Sister		10.00
Big Book-Lockport			Emergency			Keep on Comin'		80.00
Big Book Study			Eternal Vigilance		250.00	Kenmore		
Blackwell			Everybody's			Kensington Disc		75.00
Blackwell Monday Nite			Eye Opener		540.00	Ladies Night		
Classfully Sober			Faith and Actions			Lakeshore		100.00
Clarendon Women's		60.00	Father Baker		400.00	Lakeview	55.00	90.00
Class		40.00	Feelings			Let Go & Let God		40.00
Clayway-Bailey			Fireside	270.00	1350.00	Lew-port		
Coction Discussion			Fireside P.M.			Liberty Women's		258.00
Co/Grace of God		43.95	Ford			Life Today		25.00
			Fredonia Bkft. Mtg			Lighten Up		160.00
The Book-Buffalo		10.00	Fredonia Discussion		60.00	Live and Let Live (Gay)		
One To Believe		53.55	Freedom	25.00	175.00	Living Sober	35.00	245.00
Conus-Buff State			Fresh Start			Lock City		75.00
Coning		50.00	Friday Nite Discussion			Lockport #1	115.00	255.00
Conrad Park	20.00	135.77	Friendly		155.00	Lockport Discussion		
Conrad Manor	100.00	200.00	Friendship Fireside			Lockport Ladies		

ackview		200.00	Rush Hall	5.00	30.00	The Way		
ovejoy			Rush Hour		25.00	Thruway	300.00	1500.00
ower River			S.S. Sobriety			Thursday Afternoon Disc		200.00
arilla		75.00	Salamanca			Today		
att Talbot	25.00	175.00	Salamanca Freedom			Tri-County	50.00	112.50
c Kinley Winners			Sally			Tuesday Men's Disc		
edina New Life			Salvation Army			Tuesday Women's Disc.		40.00
ercy			Saratoga			Turning Point		
id-day			Saturday Earlybird			Twin Cities		250.00
idnite			Saturday Night Disc.		60.00	United Brotherhood		
iracle			Saturday Night Alive			Unity		150.00
OD			Saturday Nite Live			University	160.00	1120.00
orning After	5.00	35.00	Searching for Serenity		95.00	Urban	30.00	60.00
ever Too Late			Second Chance			V.I.P.	20.00	20.00
ew Awakening			Security			V.I.P. Sunday		
ew Beginnings			Seneca 12 & 12		15.00	Valley		
ew Freedom			Serendipity			Veterans		
ew Frontier			Serenity		180.00	Victory		
ew Frontier Womens			Sharing and Caring		5.00	We Admitted .	5.00	35.00
ew Life	10.00	85.00	Sheridan	90.00	240.00	We Are Not Saints		
ew Westside			Silver Creek Friendship		100.00	We Care		150.00
ew Zion			Sober Trail			We Choose Life		
agara Frontier Men's		25.00	Sober Winners			We Have a Dream		
ite People			Sobriety Men's Disc		25.00	We Need You		
orth Buffalo	100.00	700.00	Somerset			Welcome	50.00	75.00
orth Java	50.00	50.00	South Buffalo		70.00	Welcome Home		
re Day at a Time(ODAT)			South Town		20.00	West Seneca Sat. Nite		
en Arms			Southgate	11.00	26.00	Westfield		
en Mind		60.00	Southwestern		95.00	Westminster		
portunity			Spirit of H.O.P.E.		10.00	WHY	100.00	125.00
rchard Park Step			Springville	120.00	120.00	Williamsville		250.00
ass It On		10.00	Springville-no smoking			Willing To Grow		25.00
atchin			St. Barnabas		60.00	Wilson		
andleton-Chapter V		100.00	St. Mark's		130.00	Women's Westside Disc.		
erry		15.00	Stay Clean		10.00	Working		
ositively Living I			Steel City			You'll Never Walk Alone		
ositively Living II			Step					
ositively Living III			Stepping Stones			Youngstown		
rimary Purpose			Suburban	30.00	80.00	Youth Gone Wild		
ogress	50.00	100.00	Sunday Morning Bkft.		50.00	Friday Noon Meeting		25.00
ropose			Sunday Niters	20.00	140.00			19177.02
I.P.			Sunday Third					
ainbow		35.00	Sunrise Court					
ty of Hope		200.00	SUNY-Amherst Campus		60.00	49 Groups contributed		2728.25
member When		100.00	Survivors			Last month accum.contr.		16445.77
naissance I		50.00	Swinging Door			Accumulated total		19177.02
naissance II			TnT		20.00			
enewal		100.00	TGIF	50.00	110.00			
dge	20.00	30.00	Thankful		120.00	JULY 1992		