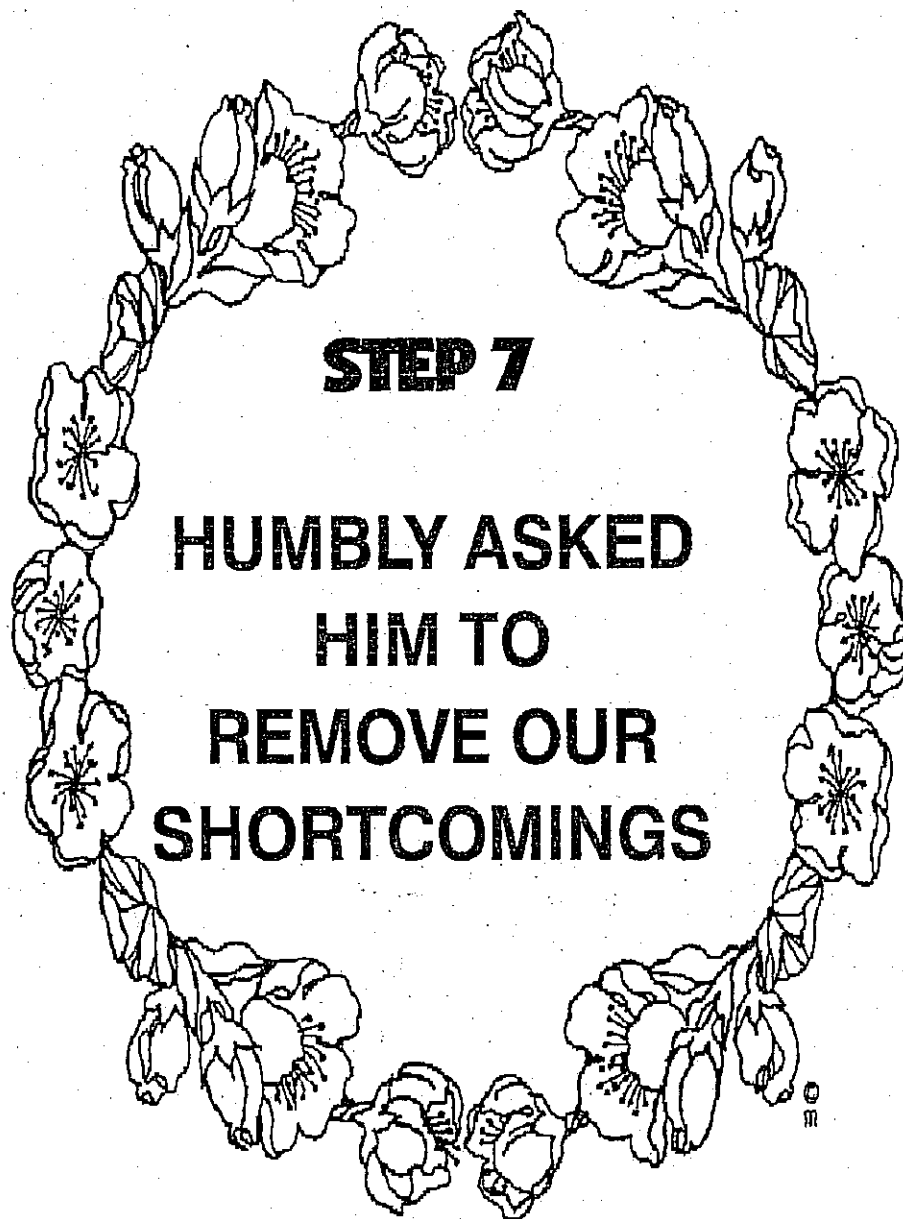


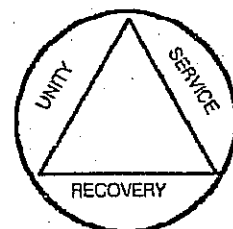
NEW FRONTIERS

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



STEP 7

**HUMBLY ASKED
HIM TO
REMOVE OUR
SHORTCOMINGS**



THE SERENITY PRAYER

**GOD GRANT ME THE SERENITY
TO ACCEPT THE THINGS I CANNOT CHANGE,
THE COURAGE TO CHANGE THE THINGS I CAN,
AND THE WISDOM TO KNOW THE DIFFERENCE.**

OLD TIMER'S CHECKLIST

When I was sober less than a year in Alcoholics Anonymous, I longed for the "prestige" of five years. As I approached five years, I yearned for the "recognition" of ten and fifteen years. At twenty-five and later, there have been moments when I've had no doubt that I had "arrived." Papa Ego was glutting himself on a menu of attitudes until he was fairly bursting at the seams.

I have found myself expecting all kinds of acknowledgment simply because of my sober longevity. It was only recently, when I met a contented man, sober thirty-nine years (I actually became tongue-tied), that I started to think about my length of sobriety, in terms of what Bill W. called "unrealistic expectations." I got out the old dusty inventory pad and headed up the page:

"Soft-centeredness, a.k.a. Uniqueness and Big-shotism."

Here are some of the questions I asked myself:

Am I long winded at meetings, imagining that I "owe it to the group" to talk at length in order to share my exclusive store of experience, strength, and hope?

Do I get annoyed when I am not called on or when I'm not listened to? (Maybe I don't show it, but do I think it or feel it?) My drunkenness was a selfish experience but recovery is a group activity. We all get sober together or none of us gets sober. There are a lot of us at meetings and common sense ought to tell me (and it will if I listen) that everyone at a discussion meeting cannot be called on.

Do I expect to utter gems of wisdom when I share and expect that you will take my "wisdom" to heart? I need to remind myself that wisdom is not all that hard to come by in A.A. Wisdom begins the first day for everyone and grows with our sobriety.

Do I expect my home group to keep me in office because of my "vast experience?" When I take a minute to look at the record, I see that it was made possible for me to hold office in my early A.A. life thanks to the fact that older members rotated out. They showed me, by example, that they cared enough about me to give me the same chance they had been given. They also showed me something about humility. They didn't get swelled heads and act as if they were the only ones who could do the job.

Do I try to manipulate group events (as I did in the beginning), using my length of sobriety as a weapon?

In social settings, do I pretend to have all the information and worldly experience I imagine I should because I am an A.A. old-timer?

Does it occur to me that more success on the job - and more money - would be forthcoming if only my employers knew exactly who I was?

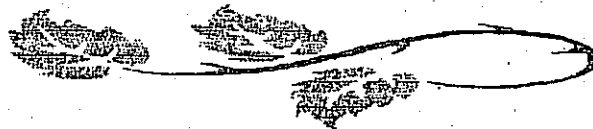
Do I get impatient with long lines at the market, bank, or gas station and imagine that I should be allowed to go to the head of the line because, after all, ...?

In failed relationships, do I take full blame because I've been sober a long time and should have known better? (Even non-AAs know that usually more than one party is at fault!)

Do I quietly meddle in the lives of my friends, believing that I can solve their problems because I have apparently solved the major problem in my own life?

Thanks to this mini-Fourth Step and to an ongoing Tenth, I am happy to report that Papa Ego has gone on a diet and his weight is stabilizing.

The Last Drop
Denver Area Central
Committee



The New Frontiers is published monthly by the Central Office of Western New York. We are self-supporting by your subscriptions. The New Frontiers presents the experience and opinions of members of Alcoholics Anonymous on the disease of Alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS and other A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Art and articles reprinted with permission of A.A. Grapevine, Inc. are subject to the GRAPEVINE copyright.)

John H., We Care, Editor

Ron S., Powerless, Assistant

FROM WHERE I SIT

The secret of Alcoholics Anonymous is finally revealed!

When I came into Alcoholics Anonymous I was continually looking for the secret of how A.A. actually worked. If the truth be known, I was really on an intellectual search for a shortcut, an easier softer way. I certainly wasn't convinced of the redeeming qualities of constantly spending an hour a day in smoke filled church basements swapping tales of how bad our drinking had been.

I did not have a remarkable drunkalogue. I had just been a "harmless" drunk who liked to drink as it provided practical solutions to everyday problems. It allowed me to feel comfortable in my own skin. It allowed me to live my dreams without paying a price. It allowed me to put in more energy at avoiding work than the actual work would have required. It allowed me to hide my feelings of inadequacy; it actually made me feel superior. It dulled the pain of being lonely or depressed. It provided the courage to do many things I would never have done sober. It is easy to look back and wonder why I came into Alcoholics Anonymous when drinking gave me all of these solutions. We in A.A. all know the answer to that question. The solutions finally became too painful to live with.

Of course A.A. showed me a new way of living life and in my early sobriety I was receptive to almost any different way ... I was still rather skeptical about how

these "theoretical crutches" (The Twelve Steps) would furnish practical solutions to my real problems.

I was getting very frustrated going to meetings and hearing people share about their experience, strength and hope knowing they knew the secret and I didn't. Finally I got frustrated enough. I was forced to get a sponsor. I asked those embarrassing questions that I wouldn't ask at meetings. My sponsor told me to phone him every day for 30 days and to go to lots of meetings to develop a network of fellow alcoholics. I was instructed to join a step group and through that I could learn how the program is worked in real life. I was to select a home group and become active in it so that I could learn what the message of Alcoholics Anonymous was and then I would be able to carry the message to yet another drunk like me, who is also looking for the secret.

You see, the secret of A.A. and how it really works for me comes from the verbs used in the last paragraph - GET a sponsor, ASK questions, PHONE your sponsor, GO to meetings, SELECT a home group, BECOME ACTIVE and CARRY THE MESSAGE.

I guess you knew all along what the secret was ... it's ACTION.

Today the program works for me if I am willing to work the program.

Peter H.

Reprinted from Grassroots Forum XI, No. 1
Jan/Feb., 1991, a publication of the
BC Yukoa Area 79

**IF I GO TO A.A. MEETINGS
THE REST OF MY LIFE,
I'LL HAVE THE REST OF MY LIFE!**

SOMEDAY STREET

Someday Street is a one way street, that leads to the gates of hell.
It's littered with broken bottles, it reeks of wine smell.
It's the street of human derelicts, the place of forgotten men,
Who stagger and sway along the way and are never seen again.

Someday Street is a sun-less street, where the days and nights are one,
And each tomorrow brings pain and sorrow, till the life of men is done.
It's a fearful street, a hidden street, that lives in each drunken brain,
That screams and cries, tries and tries, to find somebody again.

Someday Street is a lonely street, it's always dark and dreary,
Where the eyes of men are dulled and tired, and ever filled with fear.
There's not a smile in the last cruel mile, but death in every block,
And the devil smiles and the devil beguiles the soul he has in hock.

Someday Street is an age old street; it claims, it maims, and slays.
Men toss and turn, sob and yearn, for the memory of other days.
Of days before they hit the street, when life was good and new,
When each day and night was clear and bright, and dreams come true.

Someday Street is a hellish street, it's full of broken dreams,
It smells of broken bodies, it laughs at drunken screams.
It's a timeless street, a faceless street, its men are faceless too.
They're there to stay, till they are laid away in a box six by two.

Someday Street is a jealous street, that holds its victims fast,
Each step you make, each drink you take, leads you to death at last.
It's a dim lit street, a lying street, that fools each seeking heart,
It shapes each one and when it's done, it tears each one apart.

Someday Street is a one-way street, that lets few people go.
I've lived on Someday Street myself, and that's how I know.
The wino, the outcast, the big shot and the bum,
The mack-a-roo, the B-girl too. I've swilled their wine and rum.

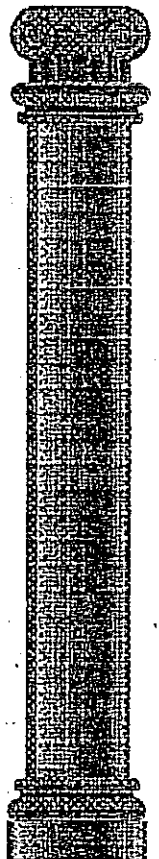
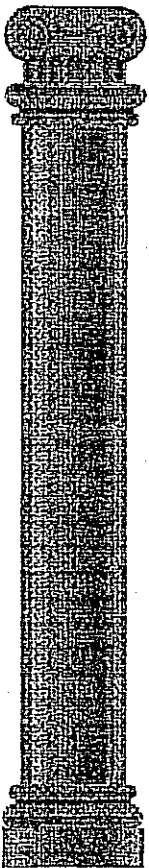
I know the garish lights, I know the hellish dreams,
I know the alleys and the jails. I know the cries and screams.
I know the filth of Someday Street; I know the cry of shame,
Because I came from Someday Street; a man without a name.

I crawled up, up from Someday Street, with all its hell and pain,
I've found a way to live each day, and not go back again.
Some friends who lived near, someday they told me there was a way,
to leave the hell of Someday Street and that way was the A.A.

I've not been back on Someday Street in weeks, months and years.
I fear the hellish street no more, its blackouts and its fears.
These friends of mine showed me a path, a path I've gladly trod,
Out of the depths of Someday Street, onto the path of A.A. and God.

Sammy K., (1900 - 1986) Founder of the Attica Beacon Group, 1946

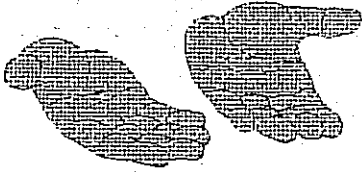
Submitted by the Western New York Archives



WHEN ALL ELSE FAILS -- JUST SURRENDER

It came to me at a meeting. I had already had my turn, and it had gone three or four persons past me when I suddenly had this overwhelming feeling of frustration.

I said to myself, "What am I hanging onto it for." I give!



Then I said, "GOD, if you want it, take all of it. Whatever you want to do with

my life is fine with me. Even if you want me to be a missionary to central New Guinea headhunters. Anything you want. Just please take my life in its entirety. All I have ever done is screwed it up."

And nothing happened. I left the meeting not knowing if anything had happened, or would happen. But on my way home, a guy cut me off in traffic, and I thought, "I wonder what God had in mind with that one."

Well, I might understand someday. In the meantime, I'm asking no questions.

I started doing this in every situation when I could think of it, and thereby sort of developed the habit. *Or fake it till you make it.*

The reason I had made this commitment in desperation was the fact that I had been back on the program for three months after a four-year relapse, and was going to six meetings a week. I was emotionally miserable, and I guess spiritually, although I didn't know it.

I realized that my two previous sojourns with the A.A. program had seen me do the Third Step hundreds of times, but it never took. I turned it over, but God never took it. I had never let go of all of it. I wanted to keep on

cheating, lying, stealing, deceiving and so on. I just wanted God to handle my problems.

This time was different. I gave my life and my will with complete abandon. Then I tried to act as if I had no control. I hadn't been to any church in 30 years, and boiling to death in the mountains of New Guinea was the worst thing I could imagine.

I did not realize that my emotions had calmed down a degree, but nothing else seemed different for three months, when a major event occurred. I got fired from a career without warning, and without cause, unless you consider downsizing a cause. Although experiencing minor shock symptoms, I went to my regular meeting and when it was my turn to talk, I said: "This morning I experienced what many would consider a tragedy, but I see it as the hand of God moving in my life, and I can't wait to see what He has got waiting for me around the next corner."

My life changed that day. I found another job in four days, making \$6,000 a year more than I had been making. It was a job I had never heard of, in an industry I didn't know existed.

That was 14 years ago, and I'm still turning it over every day, because I know a miracle when I've experienced one.

Here is what I have found out: There are no negotiated deals. No armistices. No secret mental reservations. There is only unconditional surrender. Absolute, Total, Complete abandon. Just like it says in "How It Works."

Take the Third Step. Make a decision. GIVE IT ALL UP!!

John M.

Reprinted from Here's How, Chicago, IL
June/July 1996

**THE BEST THING ABOUT THE FUTURE
IS THAT IT COMES
ONE DAY AT A TIME.**

Abraham Lincoln

AN OPEN LETTER TO AA's IN THE NIAGARA FRONTIER

The issue of carrying the message to deaf alcoholics was recently brought to my attention. I was called to help a new-comer to the Buffalo area, find meetings. When I met him, I found out that he was deaf. We communicated with pencil and paper. During the next few days, I called AA's already involved in this issue, talked with a counselor who works for an outside agency that tries to help deaf alcoholics and visited the man several times.

After the first contact with this man, I went to my home group and during the meeting a thought came to me. I do not claim any monopoly on good ideas; I am not even sure that this is one. But I feel obligated to share it with the Fellowship. What the we all do with this idea would be a group conscience decision.

A bit of background: For several years, there have been a few groups that have felt the need and have had the resources to hire a professional signer. I have no problem with this, each group is autonomous and I am sure that their motives are of the highest caliber. The problem is that these groups have "built the field" but, unfortunately, no one came. (Rigorously...a few deaf individuals did come in the very beginning.) The groups, however, committed to and paid for the interpreter for a full six or twelve months, whether or not there were any deaf alcoholics at the meetings. This seems to me to be a less than efficient use of our limited resources.

The idea is actually simple. If groups (making a group conscience decision, of course) contributed to a fund that the Central Office would handle and earmark for this purpose, then any group that has the need and desire, could call the Central Office and request an interpreter at the group's next scheduled meeting. A list could be compiled of available signers and payment would be made from the established fund.

This plan would make all groups equally available to serving the deaf alcoholic, it would conserve our money, to be spent only as needed and it would open up the number of groups that the deaf have to choose from.

Individual circumstances vary, but I may have had trouble getting sober if there was only one or two meetings a week that I could have attended, where they spoke my language. Perhaps I would have had a really important previous commitment on those one or two evenings and could not get to even one a week!

This issue needs to be discussed at as many group conscience meetings as possible and it is my understanding that the Central Office welcomes discussion from all. There is a scheduled panel on this issue at the upcoming New York State Workshop on August 9 - 11 at Daemen College.

Gary B.

SURROUNDED BY AA

I moved to Scottsdale, Arizona...never been there before. I relate to "God could and would if he were sought." I called AA and they directed me to the Alano Club. I purchased a little book telling me where the meetings were. A prayer was answered as I have AA meetings to attend every day, every evening of the week and not more than 10 to 15 minutes from where we live. Yes, I needed AA, although I have over 14 years of continuous sobriety, but mentally before leaving, my thinking was getting out of proportion. I attend at least three meetings a week now and am feeling that I belong again.

Perhaps you would like to know where the meetings differ somewhat. When a person is called upon to say his name, many of them respond "I am an addict and an alcoholic." At

first this bothered me but when I think about it; how many people don't have the double trouble today? Especially women because many of us innocently get hooked on tranquilizers and valium, etc. so being the alcohol and pills.

The young peoples' meetings also have many with both addictions. As young as 14 and 16 start with pot then alcohol, then speed, then all of them.

The Big Book group here reads, like we did, from the Book, but they are also free to discuss any other problems.

Still, it is all wonderful AA and I am so grateful to be home again. Surrounded by AA, whether it be in any state of the country, AA is my home.

Jeannette K.

SERVICE TO OTHERS IN AA

We have members of our fellowship who hear about the importance of getting involved, but are not sure how to do it. They lack the direction on who to call and just what kind of things people do who are involved in service to others.

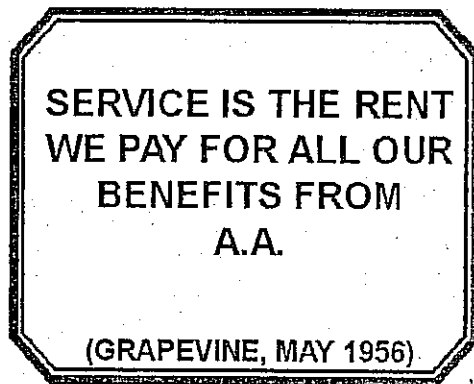
On August 9, 10, & 11 Western NY GSA is sponsoring "The 17th Annual New York State Informational Workshop." The location is Daemen College at 4380 Main Street in Snyder, NY. Members come from all over New York State for the purpose of discussing service to prisons, treatment facilities, professionals, public information, Grapevine and special interest.

There is a large number of AA members who go to these meetings every week. These people serve others on a regular basis and find the peace and serenity that we all want in our lives.

Registration will open Friday, August 9th at 4:00 p.m. We will have activities on Friday evening, all day Saturday and Sunday morning. Registration is \$10.00 for the whole weekend. You can join others at lunch and dinner on Saturday along with registration for \$28.00.

If you want everything that AA has to offer, you have to find the area of service to others that you are comfortable doing. Come and join us on this weekend.

Don H.



Those who are interested in helping with the **Fall Convention** (only 4 months away!) are welcome to attend the monthly committee meetings held on the 1st Tuesday of each month at 7:00 p.m. at the Marriott Hotel on Millersport Highway.

If you would specifically like to help us with service on the Hospitality Committee, please join us at Northern Erie Clinic, 2282 Elmwood Avenue at 7:00 p.m. on the following dates: **June 18th, August 20th, September 17th and October 15th.**

The coffee for this convention will cost **\$4,500**, so if you or your group would like to donate, just get in touch with us. If you cannot join us at the meetings, but want to help at the Convention, or if you have any questions or comments, please contact Committee Chairperson, Cindy H. at 694-3146 or Hospitality Co-chair, Pete C. at 873-4695.

I am grateful to be a part of such a dedicated group who are following the traditions of those before us who have continued to make the Fall Convention so wonderful every year! If you are looking for a great way to be of service or to share your ideas about the convention, please join us.

Respectfully submitted,
Cookie L. - Hospitality Chair

JULY ANNIVERSARIES

AMHERST/STANDER

Bill M. 3 mos.
 Mona A. 3 mos.
 Mark S. 6 mos.
 Larry N. 6 mos.
 Steve W. 9 mos.
 Dave Y. 2 yrs.
 Rick S. 2 yrs.
 Dave P. 2 yrs.
 Roxanne H. 6 yrs.
 Holly M. 7 yrs.
 Guy M. 9 yrs.
 Bill F. 9 yrs.
 Bob L. 11 yrs.
 Dave F. 13 yrs.
 Shella L. 13 yrs.
 Bob D. 13 yrs.
 Jim H. 14 yrs.
 Rick H. 15 yrs.
 Don H. 24 yrs.

ANY LENGTHS

Mark G. 3 mos.
 Bob C. 3 mos.
 DeAnn D. 6 mos.
 John B. 9 mos.
 Jim B. 1 yr.
 Alan C. 1 yr.
 Ben H. 4 yrs.
 Diana Z. 5 yrs.
 Ralph D. 13 yrs.

BIDWELL MONDAY DISC.

Terry L. 6 mos.
 Lisa B. 6 mos.
 George W. 6 mos.
 Willy S. 6 mos.
 Alfonso H. 6 mos.
 Brian H. 9 mos.
 Jack R. 9 mos.
 Mark W. 9 mos.
 Gina M. 9 mos.
 Ron S. 9 mos.
 Lauren J. 9 mos.
 Robert G. 1 yr.
 Dave E. 5 yrs.
 Michael Z. 5 yrs.
 Kimberly K. 5 yrs.
COLD SPRING
 Wonder I. 3 mos.

COLD SPRING (CONT.)

Mat K. 3 mos.
 Kevin S. 6 yrs.
 Larry S. 12 yrs.
 Dan E. 20 yrs.

ELLCOTT

Winston F. 4 yrs.
 Bobby C. 8 yrs.
 Ron D. 9 yrs.
 Mary M. 19 yrs.

EYEDOPENER

Carolyn W. 3 mos.
 Robyn G. 3 mos.
 Dave K. 3 mos.
 Darin H. 6 mos.
 Tom S. 6 mos.

Allison S. 1 yr.
 Tom P. 1 yr.
 Joe V. 2 yrs.
 John E. 2 yrs.
 Bob P. 2 yrs.

Tom W. 4 yrs.
 Julie M. 6 yrs.
 Jim C. 6 yrs.
 Ken Z. 6 yrs.
 William W. 8 yrs.

Tony G. 6 mos.
 Kregg K. 6 mos.
 Scott M. 6 mos.
 Robetta R. 9 mos.
 Don J. 1 yr.

Corry S. 1 yr.
 Karen C. 2 yrs.
 Dunbar S. 3 yrs.
 Mark P. 3 yrs.
 Ken M. 6 yrs.
 Lucille K. 8 yrs.
 Dorothy F. 12 yrs.
 HAPPY HOUR
 Angel S. 17 yrs.

John J. 3 mos.
 Lezette C. 6 mos.
 Carll C. 6 mos.
 James E. 9 mos.
 Jack G. 9 mos.
 John C. 3 yrs.
 Richard M. 3 yrs.
 Diane D. 6 yrs.
 Diane D. 14 yrs.

HAPPY HOUR (CONT.)

Joseph V. 38 yrs.
 IRONHORSE
 Tom K. 6 mos.
 Demetrius 6 mos.
 Vito M. 6 mos.
 Kurt S. 6 mos.
 Marry M. 6 mos.
 Pam C. 6 mos.
 Jim A. 6 mos.
 Matt H. 1 yr.

Shawn P. 1 yr.
 JOURNEY
 Antoinette L. 2 yrs.
 Jim W. 9 mos.
 Mike M. 9 mos.
 Michael D. 9 mos.
 Amy M. 3 yrs.
 LET GO & LET GOD
 Pal S. 5 yrs.

MATT TALBOT
 Diane B. 20 yrs.
 Richard N. 3 mos.
 Dan B. 3 mos.
 DeAnn D. 3 mos.
 Barry McC. 6 mos.
 Mike H. 6 mos.
 Ben H. 4 yrs.
 Linda S. 4 yrs.
 Gerry L. 6 yrs.
 Tom K. 7 yrs.
 Paul V. 7 yrs.

Rick S. 8 yrs.
 Randy K. 8 yrs.
 Pal K. 10 yrs.
 Skip W. 10 yrs.
 Ed S. 10 yrs.
 Ralph D. 11 yrs.
 Gary B. 13 yrs.
 Gladys C. 13 yrs.
 NORTH BUFFALO
 Tom G. 14 yrs.

Frank G. 6 mos.
 Fay W. 6 mos.
 Sarah P. 6 yrs.
 Chits C. 9 yrs.
 Karen R. 9 yrs.
 Joanne W. 12 yrs.
 Bob D. 15 yrs.
 Bob D. 16 yrs.

RISE & SHINE

Therese B. 3 mos.
 Jean D. 3 mos.
 Wayne W. 6 mos.
 Dennis D. 6 mos.
 Clairtha F. 6 mos.
 Camille C. 6 mos.
 Joe R. 6 mos.
 Celesthe 6 mos.
 Ray C. 1 yr.

Jonathan H. 1 yr.
 Doug G. 2 yrs.
 Jack G. 3 yrs.
 Tony C. 3 yrs.
 Kim C. 5 yrs.
 SHERIDAN
 Mark H. 5 yrs.
 Robert M. 9 yrs.

Jim G. 3 mos.
 Matt R. 1 yr.
 Jim L. 5 yrs.
 Susie C. 5 yrs.
 Linda M. 5 yrs.
 Jim V. 10 yrs.

SUNDAY MORNING
 BREAKFAST
 David P. 3 mos.
 Sean G. 6 mos.
 Lynn N. 9 mos.
 Bruce B. 1 yr.
 Robert M. 2 yrs.
 Zeke S. 3 yrs.
 Mark M. 3 yrs.
 Tom K. 3 yrs.

Al K. 4 yrs.
 Donna E. 4 yrs.
 Hilda H. 9 yrs.
 THRUWAY
 Barry Mc 14 yrs.
 Chris M. 6 mos.
 David D. 9 mos.
 Lori D. 1 yr.

Adam B. 2 yrs.
 Joel S. 2 yrs.
 Tom K. 3 yrs.
 Fred Z. 4 yrs.
 Pal F. 5 yrs.
 Todd D. 6 yrs.
 Ed C. 9 yrs.
 Ed C. 9 yrs.

THRUWAY (CONT.)

Mary Ellen R. 9 yrs.
 John M. 9 yrs.
 Helen A. 10 yrs.
 Linda H. 10 yrs.
 Sandra W. 10 yrs.
 Carol G. 10 yrs.
 Ed P. 10 yrs.
 Kelly M. 11 yrs.
 Dennis F. 11 yrs.
 Izzy B. 12 yrs.
 Kevin P. 13 yrs.
 Mary G. 14 yrs.
 Charlie F. 14 yrs.
 Dorothy F. 15 yrs.
 Richard S. 17 yrs.
 WE CARE
 Richard S. 23 yrs.

Allen C. 1 yr.
 Mary K. 5 yrs.
 John Mel. 7 yrs.

WOMEN'S WESTSIDE DISC.
 Evelyn H. 9 mos.
 Nancy H. 9 mos.
 Chandra P. 2 yrs.
 Kaylen 2 yrs.
 Dawn S. 3 yrs.
 Sorja T. 4 yrs.
 JoAnne C. 4 yrs.
 Phillis J. 5 yrs.
 Darla P. 5 yrs.
 Dawn J. 6 yrs.
 Karen K. 7 yrs.
 Yvette T. 7 yrs.
 Mary Alice H. 7 yrs.
 Kelly O. 7 yrs.
 Shirley H. 8 yrs.
 Kim C. 9 yrs.
 Jolo G. 11 yrs.

REMEMBER: ANNIVERSARIES FOR AUGUST 1996 MUST BE IN THE CENTRAL OFFICE NO LATER THAN JULY 10, 1996.

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

JULY 1996

NEW MEETINGS:

SATURDAY - CIRCLE OF RECOVERY - 7:00PM - meets at the Salvation Army, 21 Westminster off Bailey one block north of Kensington. It is a non-smoking, open discussion meeting.

TUESDAY - AA LUNCHTIME - 12 NOON - Community Mental Health Ctr, 80 Goodrich. This meeting is an open discussion, wheelchair accessible, and non smoking.

THURSDAY - TRI COUNTY YOUNG PEOPLE - 7:30PM Meets at the Tri County Hospital - Chemical Dependency Unit, 100 Memorial Drive in Gowanda.

MONDAY through FRIDAY - EARLY RISERS - 7:00AM Meets at the Country Oven Bakery, 8550 Sheridan Drive in Williamsville. A closed, non smoking meeting. It will not be meeting on holidays.

MEETING CHANGES:

THURSDAY - STARTING OVER, 2ND SHIFT will meet at 6:15pm.

TUESDAY - BUT FOR THE GRACE OF GOD is an open discussion meeting.

FRIDAY - ANY LENGTH is non smoking.

WEDNESDAY & FRIDAY - THE SOBER group at 1225 Brighton, no longer meets.

MEETINGS HELD AT 699 ELMWOOD HAVE MOVED

TUESDAY - LUNCH BUNCH - Unitarian Church basement, 695 Elmwood

THURSDAY - WORKING - Unitarian Church basement, 695 Elmwood

TUESDAY - ONE DAY AT A TIME (ODAT) - St John's Grace Episcopal Church

THURSDAY - EMERGENCY - First Presbyterian Church, One Symphony Circle

PLEASE NOTE:

THURSDAY - ARCADE - needs support. They meet above the Firehall on Liberty Street at 8:30 pm.

SATURDAY - MARINA - 7:30PM - will resume meeting at the Downtown Marina, where the Miss Buffalo docks. This is a "Bring your own coffee" meeting.

COMING EVENTS:

JULY 7 - SUNDAY - CENTRAL COMMITTEE MEETING, 80 GOODRICH, BFLO. - 7PM

JULY 19 - FRIDAY - URBAN will not be meeting this night only.

JULY 21 - SUNDAY - ARCADE PICNIC IN THE PARK. Village Park in Arcade off RTE 39E. Please bring a dish share. Starts at 11 AM till dark.

JULY 21 - SUNDAY - TRI-COUNTY GROUP ANNUAL PICNIC - A Sober Day of Fun in the Sun. Noon til dark. Please bring a dish to share - pop, snacks, etc. It will be at the Gowanda Firemen's Park, Rte 62 (Sand Hill) About 300 feet north of McDonald's. Everybody welcome!!!

JULY 27 - SATURDAY - THRUWAY GROUP PICNIC - Cheektowaga Town Park - Shelter #7. Come early, stay late. Fun and games for children and adults. Bring a dish to share!!

AUGUST 4 - SUNDAY - CENTRAL COMMITTEE MEETING, 80 GOODRICH, BFLO. - 7PM

AUGUST 9, 10, 11 - THE 17TH ANNUAL NEW YORK STATE INFORMATIONAL WORKSHOP
Workshops on public information, treatment facilities, cooperation with the professional community, correctional facilities, grapevine and special needs. HOSTED BY WESTERN NEW YORK-AREA 50 Held at DAEMEN COLLEGE, 4380 MAIN STREET, SNYDER, NY. Check slinger for registration information.

AUGUST 23, 24, 25 - ANY AGE'S ANNUAL CAMP OUT has been moved to this date. It will be held at Don Miller Park in North Tonawanda on Sweeney Street. There will be a speaker and a DJ both Friday and Saturday night. Refreshments as hot dogs, hamburgs, pop and coffee will be available. The tickets are \$8.00 for the weekend or \$5.00 per day. Tickets may be purchased at the meeting on Wednesdays at St Andrew's, Elmwood and Sheridan Drive at 8PM or call Lucky at 877-7366

OCTOBER 18, 19, 20, 1996 - 55TH BUFFALO FALL CONVENTION - MARRIOTT HOTEL, AMHERST

REMINDER: Any announcement to appear in August '96 bulletin must be

7th MONTH - 7th STEP "HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS"

7TH MONTH - 7TH TRADITION "EVERY A.A. GROUP OUGHT TO BE FULLY SELF SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS."

YOURS IN THE SPIRIT OF A.A.

Delphine,
Executive Secretary

PLEASE SUPPORT THE ENVELOPE SYSTEM!

TO THE GROUP SECRETARIES:

INFORMATION WAS LOST WHEN THE HARD DRIVE ON THE COMPUTER WENT OUT LAST MONTH. IF INFORMATION IS MISSING FROM THIS BULLETIN OR MAILING ADDRESS HAVE NOT BEEN CHANGED AS REQUESTED PLEASE CALL THE OFFICE.

CENTRAL COMMITTEE
1996

JULY 7,

Tina F, The Journey Group, Chairman, opened the meeting at 7PM with a moment of silence followed with the Serenity Prayer. Richard from Cheektowaga read the Preamble. The Traditions were read by Cindy N of the Sunrise Court Group.

Motion to accept the minutes was made by Glenn P from Southgate and seconded by John H of the We Care Group.

26 GROUPS ATTENDED - DISTRICT #1 - Delaware Discussion, Giving, Happy Hour, Sunday Neters, Sunrise Court, The Journey - DISTRICT#2 - ChapterIX, MOD/Living in the Solution, North Buffalo, WHY - DISTRICT#3 - Abbott Men's, Iron Horse, Matt Talbot, Rainbow, Ridge, Seneca 12 & 12, South Buffalo, Southgate, Victory, We Care, West Seneca Saturday Night - DISTRICT#4 - DISTRICT#5- Turning Point - DISTRICT#6 -DISTRICT# 7 - Fresh Start, Inner City, LoveJoy, Powerless, Remember When, Spirit of Hope - DISTRICT#8-Amherst Snyder, Renewal -DISTRICT#9 -Everybody's - DIST#10

COMMITTEE REPORTS:

ENVELOPE SYSTEM - Mel L of Renewal

	<u>1995</u>	<u>1996</u>
June Receipts	\$469.00	\$477.00
Average monthly receipts (per month) for the previous 3mo.	414.67	479.90

STEERING COMMITTEE - Delphine H

Chairperson, Tina F, opened the meeting with the Serenity Prayer at 6:20PM. Present were Tina F, Tom McM, Pat M, Rick S, Delphine H, and Dick L

Accessing the Parking Lot, Building & Meeting Room.was acceptable this evening.

Problems with a Groups not applying the Tradtions was discussed feeling it is not necessary to support General Service or the Central Committee. Tina and Pat agreed to go to the group and give them the necessaryy information to understand what these services do and hope to work with "Group Conscience"

Meeting closed at 6:35PM with the Lord's Prayer.

FINANCIAL REPORT - Gary S, Matt Talbot - read attached

TREATMENT FACILITIES COMMITTEE - Bob K, Southgate

There will be a table at the Convention explaining the Committees work.

SCREENERS - NONE

CORRECTIONAL FACILITIES COMMITTEE - Cindy D, Sunrise Court

It was noted that Ron E was chosen to Co-chair the Committee.

Cindy stated that the closing of the meeting with the "Lord's Prayer" was questioned at one of the facilities. Following a length discussed no conclusion was met.

CENTRAL OFFICE - Delphine H, Executive Secretary

AA Information	486	12 Step	3
PIC	1	Literature requests	58
CPC	0	Referred to other agency	13
Al Anon	27	Referred from other agency	3
Ala Teen	0	<i>CENTRAL OFFICE</i>	
ACOA	12	Outgoing Calls	60
<i>ANSWERING SERVICE</i>		Mailing cost	\$117.82
Incoming Calls 434	outgoing 75	Visitors	95

NEW FRONTIER - John H, We Care, Editor

I would like to thank all who have submitted articles to the "New Frontiers" and hope you will speak to the members of your groups and urge them to continue to write.

55TH FALL CONVENTION - Rick, Cheektowaga - Program Chairman

Rick noted that the next meeting would be held at the Marriott on August the 6th at 7pm.

Stated that the format of the program was as usual. The Hospitality Rooms, however, will not be serving any perishable foods as sandwiches - neither meat nor cheeses.

COURTESY REPORTS - GSA - none

RECAP:

Griff N spoke about meetings that were mandatory. He stated that it makes AA involved.

Rich asked if a person does not have the money for registration, will he be turned away from the Convention. Sonia of the Remember When group stated that she was interested in being a greeter. She asked how she may sign up. Carmen, Happy Hour, asked if a group wants to send money where do you send it. Glenn of Southgate, asked about food at the Convention

OLD BUSINESS:

NEW BUSINESS:

Cindy D, Sunrise Court, made a motion that the Central Committee fund the Chairs of Treatment and Correctionals to attend the Informational Workshop at Daemean College in Williamsville. The cost is \$89 for room, food and registration if you share a room, \$99 for a single room. The motion was second with a length discussing following. Mel L, Renewal called for a row call vote on the motion. 21 to 3 in favor. Glenn of Southgate and Mel of Renewal voiced their disapproval. Mel stated that he felt it is unnecessary for local people to stay at a facility when it too is local.

Mel L asked what is going on with the Screeners? Tina F, Chairperson said Adam B would be contacted before the next Central Committee meeting.

Motion to adjourn was made by Rick of Cheektowaga and seconded by Rich of Abbott Men's. Meeting was adjourned with the Lord's Prayer.

Andrea S, Fresh Start

pg 1			Correctional Facilities		Treatment Facilities	
GROUP	JULY '96	Accum.	JULY '96	Accum.	JULY'96	Accum.
12 Step - Holiday Village						
1st Step						
3rd Step						
6th Step						
A Day At A Time						
A Vision for You						
Abbott Mens Dis	20.00	30.00	20.00	30.00	20.00	30.00
Accept/Welcome		100.00				
Achievement						
Action		40.00				
Age Doesn't Matter		100.00				
Alblon						
Alexander						
All Women						
Amherst Tree of Life		75.00				
Amherst Snyder	162.00	505.57				
Amsdell Lakeshore						
Any Age		20.00				
Any Length	25.00	95.00	20.00	20.00	25.00	25.00
Anybody's Group		25.00				
Arcade						
As Bill Sees It						
Attitude Adjustment						
Attraction		200.00				
Awakening						
Beginner's Table						
Beginning in Sobriety I						
Beginning in Sobriety II						
Beginnings-Women's						
Better Days (Bilingual)						
Bidwell						
Bidwell Monday Disc						
Big Book - Lockport						
Big Book Study (Thursday Night)						
Big Book Workshop		10.00				
Blasdell						
Blasdell Monday Nite						
Boulevard Women's		60.00				
Brass						
Broadway-Baile	25.00	25.00				
Brocton Discussion		50.00				
But for the Grac	50.00	286.00		5.00		5.00
By The Book-Buffalo						
Campus (Buffalo State College)						
Casting	25.00	75.00		10.00		10.00

pg 2			Correctional Facilities		Treatment Facilities	
GROUP	JULY '96	Accum.	JULY '96	Accum.	JULY'96	Accum.
Catherdral Park	37.00	127.00				
Caz Manor		54.50				
Cazenovia		99.50		49.75		49.75
Central Park						
Central Park II						
Chapter IX	40.00	80.00	40.00	80.00	40.00	80.00
Cheeklowaga		250.00				
Chevy #1						
Clarence Men's Disc II		50.00				
Clarence Men's Disc		150.00				
Cold Springs						
Common Problem						
Community Center						
Cornplanters Again						
Courage						
Decision, Choices, Changes						
Delaware Discussion						
Derby		25.00				
Desire						
DeVeaux Discussion						
Discovery						
Downtown Discussion						
Downtown Men's	50.00	50.00				
Dunkirk						
Earliest This Area						
Early Bird						
Earlybird - Saturday						
Easter Softer Way						
East Amherst						
East Aurora		100.00		4.50		10.00
Easy Does It		85.00		30.00		40.00
Eden-North Collins		120.00				
Ellicott		75.00				
Ellicottville						
Emergency						
Eternal Vigilance	100.00	100.00				
Everybody's	20.00	70.00	50.00	50.00	50.00	50.00
Eye Opener	343.93	1232.81				
F.U.N.						
Falth		15.00				
Faith in Action						
Father Baker		375.00		150.00		150.00
Fellowship in the Spirit						
Fireside	172.25	1394.99		50.00	25.00	175.00

pg 3			Correctional Facilities		Treatment Facilities	
GROUP	JULY '96	Accum.	JULY '96	Accum.	JULY'96	Accum.
Fireside PM						
First Things Fir	50.00	150.00				
First Ward						
Fredonia Disc						
Freedom		175.00		25.00		25.00
Fresh Start						
Friday Nite Disc						
Friday Step Beginners						
Friendly						
Friendship						
Friendship Fireside						
Frontier		110.00				50.00
Gardenville		50.00				
Gay, Lesbian, Sober & Proud						
Getting Better		10.00				
Giving		45.00				
Go to Any Length						
Golden Slipper		50.00				
Good Life						
Grand		15.00				
Grand II Joy Of Living						
Grateful						
Guiding Light						
H.A.N.D.		110.00				10.00
H.O.W.						
Half & Half						
Hamburg						
Hamburg Big Book						
Handicappers Sat. Nite						
Happy Hour						
Harmony						
Helping Hand	20.00	80.00				
High Noon						
High View		150.00				35.00
Higher Powered						
Hill Billy		240.00		75.00		75.00
Hold On						
Holiday Village	300.00	835.00		45.00		20.00
Honest Desire						
Honesty	30.00	210.00	10.00	70.00		
Hope - Big Book Study						
How It Works		210.00		105.00		35.00
Humbly Willing						
Ignatia						
In the Solution						

pg 4			Correctional Facilities		Treatment Facilities	
GROUP	JULY '96	Accum.	JULY '96	Accum.	JULY'96	Accum.
Inner City						
Inspiration						
Intoxicated on Life						
Iron Horse	40.00	231.00	40.00	231.00	40.00	231.00
IT						
It's About Time						
Just for Today						
Keep It Simple Sister		15.00				
Keep on Comin'						
Kenmore						
Kensington		40.00				
Ladies Night						
Lake Shore		130.00				
Lake View		48.00				
Let Go & Let God		20.00				
Let's Talk About It						
Lew-port		15.25				
Liberty Women's						
Life Today		50.00				
Lighten Up		240.00				
Live and Let Live						
Living in the Solution						
Living Sober						
Lock City						
Lockport #1						
Lockport Discussion						
Lockport Ladies						
Lockview				28.60		
Lovejoy		110.00				
Lower River		50.00				
Lunch Bunch						
Main Street						
Marilla	25.00	150.00				
Matt Talbot	40.00	240.00				
Mc Kinley Winners						
Medina New Life						
Medina-Big Book Meeting						
Mercy						
Mid-day						
Midnight						
Miracle						
Morning After						
New Awakening						
New Beginnings		25.00				
New Freedom						

pg 5			Correctional Facilities		Treatment Facilities	
GROUP	JULY '96	Accum.	JULY '96	Accum.	JULY'96	Accum.
New Frontier	30.00	30.00				
New Frontier Womens						
New Life		40.00		20.00		
New Life - New Beginning		25.00				
New Westside		25.00				
Niagara Frontier Men's						
Nite People						
North Buffalo		800.00		150.00		200.00
North Java-Monday						
North Java-Sunday						
ODAT	100.00	100.00	100.00	100.00	100.00	
Open Arms						
Open Mind						
Opportunity						
Orchard Park Step		50.00				
Page 30						
Pass It On						
Patchin						
Pathway to Peace	5.00	5.00				25.00
Pendleton-Chapter V						
Perry						
Pioneer						
Positively Living II						
Positively Living III						
Powerless						
Primary Purpose						
Progress		40.00				
Purpose		135.00				
Rainbow		50.00		25.00		25.00
Ray of Hope	15.00	60.00				
Remember When						
Renaissance I		200.00				
Renewal		150.00		25.00		25.00
Restored to Sanity						
Ridge		100.00				
Ripley's "Believe It Or Not"						
Rise & Shine	100.00	220.00	40.00	70.00	20.00	20.00
Rochester Meeti	50.00	50.00				
Rur-al is Plural						
Rush Hour						
Sally						
Salvation Army						
Saratoga						
Saturday Night Alive						
Saturday Night Disc						

pg 6			Correctional Facilities		Treatment Facilities	
GROUP	JULY '96	Accum.	JULY '96	Accum.	JULY'96	Accum.
Searching for Serenity		75.00				
Second Chance						
Seneca 12 & 12						
Serenity	60.00	240.00				
Serenty Circle		40.00				
Serenity Trail						
Sheridan	20.00	140.00				
Silver Creek Friendship						
Sober Trail						
Sober Winners						
Sobriety Men's Disc						
Sobriety on Saturday Night						
Somerset						
South Buffalo	30.00	130.00	30.00	130.00	30.00	130.00
South Town		15.00				
South Town Women's						
Southgate		90.00				
Southwestern		50.00		10.00		
Spirit of H.O.P.E.						
Spiritual Progress(women's)						
Springville		180.00				
Springville Saturday Afternoon		36.00				
St. Barnabas		120.00		50.00		50.00
St. Mark's		120.00				
Starting Over		15.00				
Step						
Stepping Stones						
Suburban						
Sunday Morning Bkft.		250.00		100.00		100.00
Sun night St Mary's		50.00				
Sunday Niters						
Sunday Thlrđ						
Sunrise Court		300.00		100.00		100.00
SUNY-Amherst Campus						
Surrender & Hope		75.00				
Survivors	200.00	200.00				
TnT		100.00				
T.P.H.						
TGIF						
Thankful						
The Journey		120.00				
The Pax Group		25.00		25.00		25.00
The Present						
The Way						
Thruway	300.00	900.00	20.00	80.00	20.00	80.00
Thursday Aftern	75.00	250.00				

pg 7			Correctional Facilities		Treatment Facilities	
GROUP	JULY '96	Accum.	JULY '96	Accum.	JULY'96	Accum.
Today						
Today's Woman						
Trall's End		25.00				
Tri-County	10.00	30.00				
Tri-Step Beginners						
Try Again		23.00				
Tuesday Men's		50.00				
Tuesday Women's Disc		25.00				
Turning Point		20.00				
Twin Cities		175.00				
Twin Cities II						
Unity		60.00				
University	150.00	900.00			20.00	100.00
Urban		10.00				
V.I.P.						
Valley		20.00		25.00		
Varysburg						
Veterans						
Victory						
Vision of Hope (women's)						
Wake Up Call	41.00	144.95				
We Admitted						
We Are Not Saints						
We Care	60.00	180.00	10.00	50.00	20.00	100.00
We Choose Life						
We Need You						
Wehrle						
Welcome Home						
West Seneca Sat. Nite						
Westfield						
Westminster						
WHY						
Williamsville		450.00		25.00		25.00
Willing To Grow		62.50				
Wilson						
Wilson Smith Un Alumni		25.00				
Women's Westside Disc.						
Working						
You'll Never Walk Alone						
Youngstown						
James K				53.00		
36 Grps contrib	2821.18	17756.07	380.00	2096.85	410.00	2110.75
Last Month		14934.89		1716.85		1800.75
This month		2821.18		380.00		410.00
Total year to date		17756.07		2096.85		2210.75

RE-CAP	6/25/96-7/25/96			
CORRECTIONAL FACILITIES ACCOUNT *484-185-4				
EXPENSES	CHECK #			
A A Central Office-Wyoming	1131.00	10.11		
A A Central Office		69.00		
Informational Workshop		85.00		
		164.11		
Balance pr checkbook 6/25/96			1328.24	
Add Receipts 6/25/96-7/25/96			380.00	
			1708.24	
Deduct expenses 6/25/96-7/25/96			-164.11	
Balance per checkbook 7/25/96			1544.13	
Operating credit for 7/25/96	215.89			
TREATMENT FACILITIES ACCOUNT *602-089-5				
EXPENSES	CHECK #			
AA Central Office	330	120.00		
Balance per checkbook 6/25/96			662.17	
Add receipts 6/25/96-7/25/96			410.00	
			1072.17	
Deduct expenses 6/25/96-7/25/96			-120.00	
Balance per checkbook 7/25/96			952.17	
Operating credit for 7/25/96		290.00		

CENTRAL COMMITTEE		*504-771-7	6/25/96-7/25/96		
RECEIPTS					
36 Groups Contributed				2821.18	
Joint Meeting (expenses \$10.00)				22.40	
New Frontiers subscriptions					
Envelope System				503.00	
Literature				1476.35	
Miscellaneous				25.00	
		Total Receipts		4847.93	
#10 Ellicott Court Corporation		rent		598.00	
Community Mental Health Center		rent		35.00	
David F Williamsons Co Inc		ups chgs		21.52	
Larry Smith Co Inc		Computer repair		352.62	
Gould & Swanson PC		Accountants-'96 tax		800.00	
The Talking Phine Book				132.60	
Happy Spring Water				4.50	
Postage by Phone		mtr refl		300.00	
M & T Bank		Fed withh Tax		593.60	
Secrephone		ans serv		191.76	
General Service Inc		bal due		9.66	
NYS Income Tax				358.80	
The State Insurance Fund		disability ins		52.16	
AT&T				5.58	
NYNEX				185.63	
The Paper Shop				129.50	
Salaries				1783.68	
cash				50.00	
Bank Charges				67.74	
		Disbursements		5672.35	
Balance pr checkbook 6/25/96				1463.95	
Add Receipts 6/25/96-7/25/96				4847.93	
				6311.88	
Deduct expenses 6/25/96-7/25/96				-5672.35	
Balance per checkbook 7/25/96				639.53	
Operating debit for 7/25/96		(-834.42)			
MONEY MARKET		4634.57		15559.28	savings
CERT OF DEPOSI		10924.71		639.53	checking
		15559.28		16198.81	