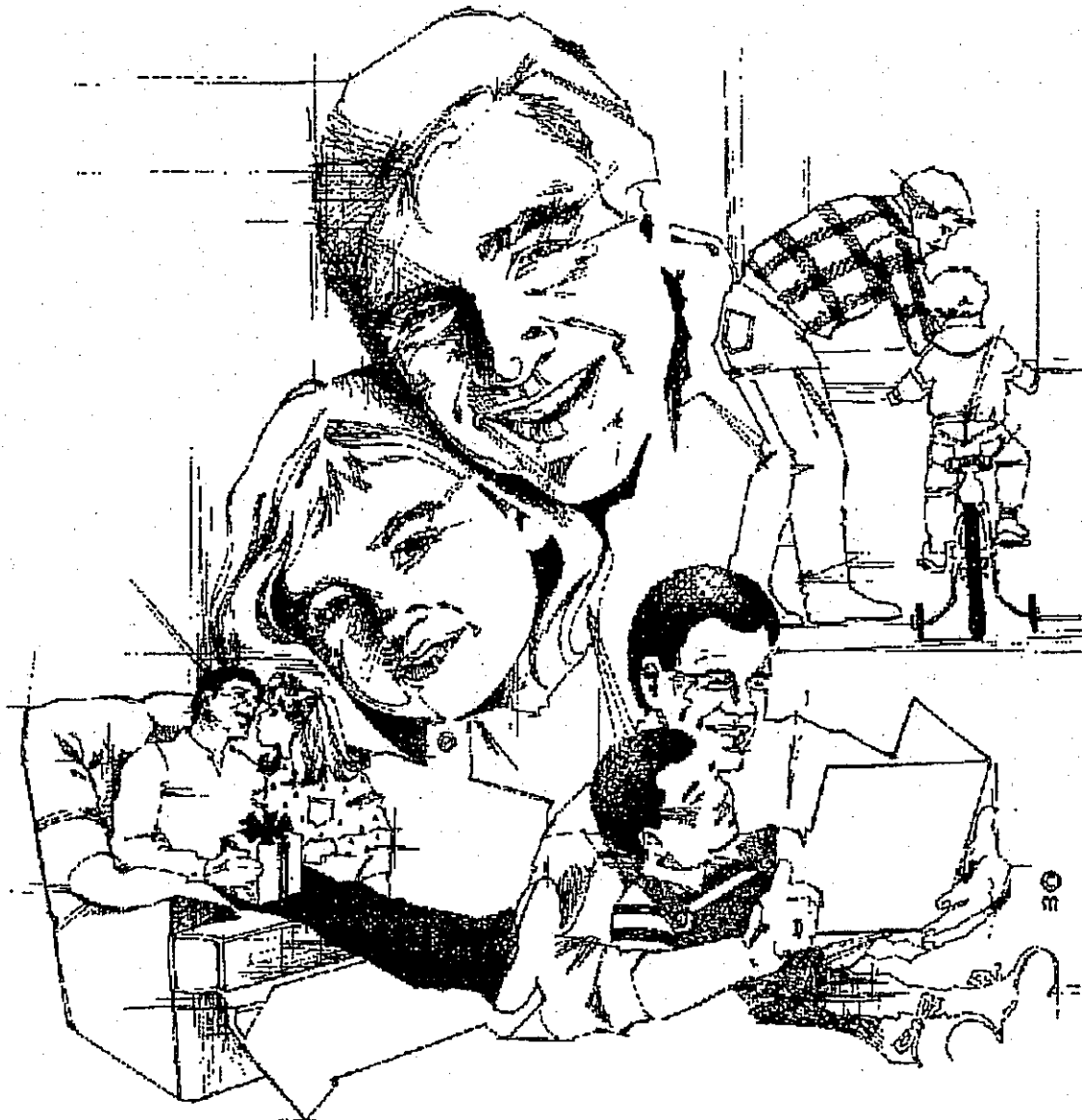


JUNE 1998

NEW FRONTIERS

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

HAPPY FATHER'S DAY



EXPERIENCE STRENGTH AND HOPE

By Cindy N. STAFF REPORTER

STEP 6 "WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER."



I bounced around in early sobriety, not taking all the suggestions, jumping over the Steps, getting a sponsor (in name only), picking and choosing what I did and didn't want to do.

I happened across this Step at just the right time, 'cause I was ready to be perfect. If all my defects of character were removed, I would be absolutely downright wonderful!

My Higher Power was working just fine for me, everything I needed was always in front of me. My Higher Power kept a roof over my head, and food in my tummy. I figured that all I needed to do was to pray for my character defects to be removed. So I prayed, "God, please remove my character defects." That's it. Then I proceeded to wait, and wait, and wait. A couple of days went by and I didn't notice any

difference. So I prayed again and waited. Then it dawned on me, that I had never worked the Steps as they were written, with the help of a sponsor. Had I done this, I would have been able to identify my defects of character. When all else fails, read the directions! As it was, I wouldn't have known if *they* had been removed, because I didn't know what *they* were.

What a humbling experience, one that was brought on by ignorance, but could be fixed. I learned that I can forgive myself, ask yours, and believe that I have Gods forgiveness.

I have come to believe that it's not my being perfect or defect free that counts, it's doing the best I can in all my endeavors. When I do exactly that, I cannot get any closer to my God than if I were perfect, besides I don't want to be perfect, the stress would be unbearable.

TRADITION 6, "EVERY A.A. GROUP OUGHT NEVER ENDORSE, FINANCE, OR LEND THE AA NAME TO ANY RELATED FACILITY OR OUTSIDE ENTERPRISE, LEST PROBLEMS OF MONEY, PROPERTY AND PRESTIGE DIVERT US FROM OUR PRIMARY PURPOSE."

Without reading the history of AA or speaking with the old-timers, it was easy to think that some old sour-puss sat up in his little one room hole in the wall and wrote the Traditions.

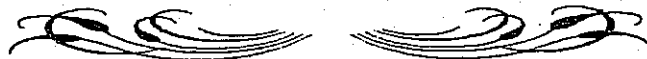
After self-centeredness is gone and the good of this fellowship takes its place and understanding that our Traditions did not just happen, but rather came from cold hard experience, it is easy to see why our Traditions are so important. Understanding them without the benefit of a sponsor is like trying to recreate the wheel. What is so wonderful about this program is that here is no person, institution or religion cramming something down our throats.

It passes down to us, the hard experiences of what works and doesn't work. It does not preach, it shares what it was like, what happened and what keeps us going. AND, if then, we still go ahead and do it "our way," and find ourselves in pain once again, we come to see why we need to do it the correct way. This, I believe, is referred to as "reading the instructions" (our Big Book), and getting help from our sponsor.

So, instead of having Secretary's Day, Father's Day or Mother's Day, can we have a Sponsor's Day? You tell me...Outside enterprise? Prestige? Diversion of Primary Purpose?

THINK ON THESE...

- If you are lucky in love but unlucky in everything else - you are lucky.
- Commitment is the reward collected by those who feel that what they have is better than what they are missing.
- We do not always see things as they are, we usually see things as we are.
- A true victor is one who has strengthened himself - not weakened his opponent.
- Getting revenge may make you even with your enemy, but forgiving him puts you above him.
- Don't talk about your good intentions - do them and others will do the talking.
- The best salaries always seem to go to those doing work they like to do.
- Misery comes from assigning too much importance to the things you don't have.
- When a man has put a limit on what he will do, he has put a limit on what he can do.
- Greatness is achieved not by wanting to be great, but by wanting to be useful.
- Most people spend more time and energy going around problems than trying to solve them.
- Talent is knowing how to do something, judgement is knowing whether to do it.



WILLINGNESS IS THE KEY

No matter how much one wishes to try, exactly how can he turn his own will and his own life over to the care of whatever God he thinks is his?

A beginning, even the smallest, is all that is needed. Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more.

Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

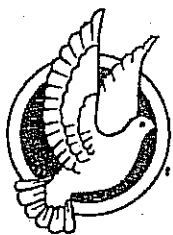
Twelve and Twelve

WNY GSA ARCHIVES COMMITTEE PRESENTS..



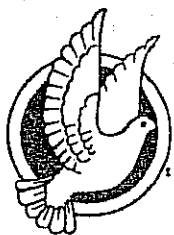
History Lites The Way

Inaugural Archives Gathering
Saturday, June 13, 1998 - 9:00 a.m. - 3:00 p.m.
Infant of Prague School
921 Cleveland Drive, Cheektowaga, NY
Donation: \$12.00 includes Deluxe Buffet
For more information or tickets call
John M. 833-1579 or Bill C. 655-2291



THINGS WE CANNOT CHANGE

Frank S. Durante
 May 21st, 1998
 A member of the Amherst-Snyder Group
 40 Years of Sobriety
 Rest in peace, dear friend



DISCIPLINE

A.A.'S don't take it to easily - but can we live without it?

I've heard discipline mentioned at AA meetings, and the response was always "I've never thought much about that," or "We've never done much with that." The fact is that most alcoholics are not basically in love with the idea of discipline. It is not a subject that we reach out for, or wish to know more about. But I believe it is a subject that is as vital as life to us. That basic discipline of AA, "We don't drink" to me is certainly the greatest exercise in self-discipline that I have ever faced.

I arrived at AA wildly out of control, and undisciplined. I found that I had to submit to the discipline of sobriety. Somehow, I made it with the help of a Higher Power. But first a little bit of self-control had to come from me. I could reach for the first drink; that was easy. However, with an honest attempt on my part and a reliance on my Higher Power, it just wasn't necessary. So, simply stated, the solution to the biggest discipline problem of my life was this; I had to use all the control that I had in order

not to reach for the first drink; I asked for help; and it worked. I was on my way!

With sobriety comes a need for discipline that is without bounds. The good things do happen, and we must be steady and ready for them when they arrive. We get the good job, the reunited family, and the real friends, and meeting life on this new level requires a new person. Good sobriety is a growing time. Every 24 hours makes us a little more ready to meet the next 24. **Self-control comes a day at a time!!**

I can look ahead with enthusiasm. A taste of the ordered, serene life creates a great thirst indeed. The order is in the Twelve Steps, and the serenity is in controlling my life to follow their message. Discipline is a great word for the alcoholic. We start with so little, but we have the Steps that can lead us to the stars.

Editor



TOLERANCE

Occasionally, in their sharing, some members will stray away from the subject of Alcoholism. We as alcoholics and members of the fellowship of Alcoholics Anonymous must firmly and lovingly remind them that they are attending an AA meeting, and our only requirement for membership, is a desire to stop drinking. We must find ways of acting rather than reacting to them. A gentle reminder after the meeting, with the right motive, may clarify something for the new member, and may make him or her feel supported instead of rejected.

ONE DAY AT A TIME

Finish every day and be done with it. You have done what you could. Some blunderers and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays.

Ralph Waldo Emerson

SIXTH STEP HURDLES

Recently I heard a woman say, at a meeting, that her character defects generally came under three headings: false pride, self-centered fear and the need to control. I immediately identified. She was telling my story and helping me to get a better grasp of Step 6... "Were entirely ready to have God remove these defects of character."

Then something else clicked. I needed to call my character defects by their right name. The 12 & 12 suggests that we like to rename our defects in order to justify holding on to them. That sounded like me.

Then I realized that I needed to be fed up with my character defects if I was going to become sincerely ready to ask God to remove them. Here I began to get some clear direction.

I am beginning to recognize when these defects begin operating in my life. I start getting uncomfortable when pride or my need to control starts to take over. I can accept that my fears are self-centered when they are based on losing something or not getting something I think I deserve. I really start getting uncomfortable when I realize I am trying to orchestrate another person's life.

Believe it or not, I am grateful for the discomfort because it truly motivates me to change and to realize that I must be entirely ready to have God remove my defects of character.

Written by an A.A. member in the North Delaware I.G. Newsletter

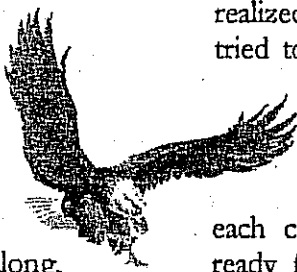


ON A WING AND A PRAYER

... We then look at Step Six. We have emphasized willingness as being indispensable.

Alcoholics Anonymous p 76

Steps Four and Five were difficult, but worthwhile. Now I was stuck on Step Six and, in despair, I was outside, praying for willingness, when I raised my eyes and saw a huge bird rising to the sky. I watched it suddenly give itself up to the powerful air currents of the mountains. Swept along, swooping and soaring, the bird did things seemingly impossible for mortal birds to do. It was an inspiring example of a fellow creature "letting go" to a power greater than itself. I



realized that if the bird "took back his will" and tried to fly with less trust, on its power alone, it would spoil its apparent free flight. That insight granted me the willingness to pray the Seventh Step prayer.

It's not easy to know God's will in each circumstance. I must search out and be ready for the currents, and that's where prayer and meditation help! Because I am, of myself, nothing, I will ask God to grant me the knowledge of His will and the power and courage to carry it out - today.



"ONE DAY AT A TIME" Word Search Puzzle

Page 7 contains a word search puzzle submitted by Pat M. from the Rainbow group. Words can be found forwards, backwards, horizontally or diagonally. Circle the words from the list and check that word off. "WISDOM" is already circled as an example. Have fun with this.

One Day At A Time

UCHYEUE TKIPHONE STY COTLEW M
 KHRXS WZH ZEXIALV VWNBCYJODI
 JSELPICNIRPPHYLIRIZARTAVM
 BR COURAGENDKTSTEP SUXORTTE
 NEKO OBGIBK CIGORYWZNDTANQD
 YWUXUDRDYDLGVMWOHKEVNDUUI
 HOTFGWILLINGNES SSSEREIAHT
 SPANODCHBSNSDFTMNNYKV TWUA
 URORBOXIPMLAOSWOPDOHNIAMT
 REI **MODSIW** TMRETTITSYKPIOKII
 RHIKNNRBF TGRGT TDWATKSNELO
 EGTAOIRAFIESCMCKGENIKSNIN
 NIBPTEITVNMEDGFIRLINQITTI
 DHSUYTOEIALCOHOLICAVTUNYH
 EEAAHGNTLFE CIVRES DJTEYGIS
 RLRKUEYREKOWZAKOPJODIKVGT
 UPWPSXFRNECNATPECCAGCTLRT
 UAPSSDNEMASXWSNYMEXFVPUCA
 GAYKQP NJAWMF MOMEAY UPSKDW
 VIZEARNCYXC YDL DWFP SJTGFAE

ACCEPTANCE
 AWAKENING
 FAITH
 GRATITUDE
 HUMILITY
 MEDITATION
 REFLECTIONS
 SERENITY
 SPONSORSHIP
 TRADITIONS
 UNITY

ALCOHOLIC
 BIGBOOK
 FORGIVENESS
 HIGHERPOWER
 INVENTORY
 PRAYER
 RESPONSIBILITY
 SERVICE
 STEPS
 TRUST
 WILLINGNESS

AMENDS
 COURAGE
 GOD
 HONESTY
 LOVE
 PRINCIPLES
 SANITY
 SPIRITUAL
 SURRENDER
 TWELVE
 WISDOM



JUNE 1998 ANNIVERSARIES

AMHERST/SNYDER

Bob S. 3 mos.
 Dennis G. 3 mos.
 Jon O'R. 6 mos.
 Paul B. 6 mos.
 Keith C. 1 yr.
 Michael B. 1 yr.
 Tim K. 1 yr.
 Chris H. 3 yrs.
 Martin P. 3 yrs.
 Elizabeth S. 5 yrs.
 Larry F. 8 yrs.
 David L. 9 yrs.
 Patti S. 10 yrs.
 Barb McC. 15 yrs.
 Whitey D. 15 yrs.
 Bill O'C. 18 yrs.
 MaryAnn C. 19 yrs.

COLD SPRING

Rosetta A. 3 mos.
 Milka K. 6 mos.
 Victoria M. 6 mos.
 Sydney E. 6 mos.
 Harrietta M. 9 mos.
 Christine F. 4 yrs.
 Mona W. 8 yrs.
 Fanny B. 8 yrs.
 James W. 12 yrs.

COURAGE

Ruby B. 8 yrs.
 Peter F. 10 yrs.
 Roger H. 14 yrs.
 Bill O. 18 yrs.
 Donna B. 23 yrs.

ELLCOTT

Richard M. 3 mos.
 Bobby C. 10 yrs.
 Mary M. 21 yrs.

EVERYBODY'S

Tom S. 9 mos.
 Barry H. 11 yrs.
 Dick L. 18 yrs.

EYEOPENER

Tom M. 3 mos.
 Frank O'B. 3 mos.
 Tom P. 9 mos.
 Pat D. 9 mos.
 Dan P. 1 yr.
 Jeff C. 1 yr.
 Mike T. 1 yr.
 Lynn B. 1 yr.
 Paul L. 1 yr.
 Dawn T. 1 yr.
 Ed G. 1 yr.
 Michael R. 1 yr.
 John B. 2 yrs.
 David B. 2 yrs.

EYEOPENER(CONT)

Darin H. 2 yrs.
 Adam H. 2 yrs.
 Liza N. 3 yrs.
 Sue S. 3 yrs.
 Jim C. 3 yrs.
 Beth D. 3 yrs.
 Camille H. 4 yrs.
 Ken B. 4 yrs.
 Bernie B. 4 yrs.
 Cindy D. 5 yrs.
 Mary S. 7 yrs.
 Ralph S. 8 yrs.
 Tom L. 9 yrs.
 Jan M. 11 yrs.
 Rich S. 14 yrs.
 Bob H. 25 yrs.

FIRESIDE

Bill Mc 9 mos.
 John B. 2 yrs.
 Liz E. 3 yrs.
 Peter M. 3 yrs.
 Spero A. 3 yrs.
 Ron R. 5 yrs.
 Jack K. 6 yrs.
 Debbie O. 7 yrs.
 Jim H. 7 yrs.
 John S. 10 yrs.
 John M. 12 yrs.
 Marlene O. 16 yrs.
 Bill O. 17 yrs.

GIVING

Delores I. 9 mos.

H.A.N.D.

Mark S. 2 yrs.
 Al K. 4 yrs.
 Tom S. 13 yrs.
 Paul G. 21 yrs.

HAPPY HOUR

Kenneth S. 3 mos.
 Anthone P. 6 mos.
 Angie W. 6 mos.
 Eleanor V. 9 mos.
 Harold W. 5 yrs.

HARMONY

Terry G. 6 mos.
 Tom C. 9 mos.
 Jerome B. 2 yrs.
 John J. 2 yrs.
 Jerr L. 2 yrs.
 Diane B. 3 yrs.
 Carl B. 3 yrs.
 Paula K. 4 yrs.
 Robert D. 6 yrs.
 Jerry C. 9 yrs.
 Jim L. 13 yrs.

LOVEJOY

Tom B. 3 mos.
 Jeff J. 6 mos.
 Dan B. 6 mos.
 Gary P. 6 mos.
 John L. 6 mos.
 Mark B. 2 yrs.
 Frank P. 5 yrs.
 Kathy W. 5 yrs.
 John M. 8 yrs.
 Paul G. 21 yrs.

MAIN & HIGH

Geraldene H. 9 mos.
 Alicia H. 5 yrs.

NORTH BUFFALO

John D. 3 mos.
 Becky S. 3 mos.
 William H. 3 mos.
 Billy J. 6 mos.
 Mike F. 6 mos.
 Mark H. 1 yr.
 Chris S. 1 yr.
 Kathy M. 2 yrs.
 Frank Z. 6 yrs.
 Nelson G. 6 yrs.
 Sharon McH. 13 yrs.
 Barb M. 13 yrs.
 Jim S. 14 yrs.
 Peter M. 16 yrs.
 Bob G. 22 yrs.

POWERLESS

Mike W. 4 yrs.
 Ron S. 11 yrs.

SOUTH BUFFALO

Terry G. 1 yr.
 Kevin D. 2 yrs.
 John H. 2 yrs.
 Kevin S. 2 yrs.
 Rich H. 3 yrs.
 Chris W. 4 yrs.
 Blanch M. 22 yrs.

SUN. MORN.BREAKFAST

Kevin D. 3 mos.
 Rich W. 9 mos.
 Kathi A. 1 yr.
 Mike L. 2 yrs.
 Frank C. 5 yrs.
 Rudy B. 8 yrs.

THRUWAY

Darryl D. 3 mos.
 Gerald B. 9 mos.
 Brian S. 2 yrs.
 Bob S. 4 yrs.
 Don Y. 5 yrs.
 John B. 7 yrs.
 Jim McN. 8 yrs.

THRUWAY(CONT)

Anda M. 9 yrs.
 Joseph G. 9 yrs.
 Tom S. 13 yrs.
 Donna F. 15 yrs.
 Bill O'C. 18 yrs.
 Norbert E. 22 yrs.

WE CARE

John W. 1 yr.
 Jim McC. 11 yrs.
 Bob M. 12 yrs.

WILLIAMSVILLE

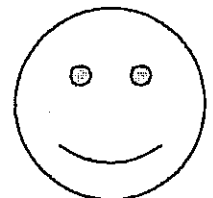
Mark C. 3 mos.
 Patrick S. 1 yr.
 Vicky H. 2 yrs.
 Adam H. 2 yrs.
 Bonnie W. 2 yrs.
 Colette K. 7 yrs.
 Jennifer S. 8 yrs.
 Roger H. 9 yrs.
 Sally M. 10 yrs.
 Joel R. 12 yrs.
 Bob H. 16 yrs.
 Bob F. 23 yrs.

REMINDER:

**JULY 1998
 ANNIVERSARIES
 MUST BE IN THE
 CENTRAL OFFICE, IN
 WRITING, NO LATER
 THAN JUNE 10, 1998.**

PLEASE NOTE:

**We cannot be
 responsible for illegible
 submissions. Please type
 or print clearly.**



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

JUNE 1998

MEETING CHANGES OR CORRECTIONS.

WILLING TO GROW - FRIDAY - Southern Erie Clinical Services, 517 Sunset Drive in Hamburg - This is to remind you again, that the meeting time had been changed to 6:45PM. It is now a Closed Discussion meeting.

KEEP ON COMIN' - FRIDAY - 4:00PM - has reopened at the United Presbyterian Church, 3150 Elmwood Avenue at Homewood Avenue Two blocks north of Sheridan Dr. It is an Open discussion meeting & wheelchair accessible.

STAYIN' ALIVE - SUNDAY TUESDAY WEDNESDAY - 6:00PM - Brighton Community Baptist Church, 1225 Brighton Road at Parkhurst. Open Discussion & wheelchair accessible.

PLEASE NOTE

SCHILLER - TUESDAY - 8:00PM - new meeting that meets at St Francis of Assisi School, 122 Schiller Street off Lovejoy, one block east of North Ogden. This is a closed, 12 step study group. Non-smoking.

HARMONY - MONDAY & FRIDAY - Salvation Army - Westminster at Bailey is updating their membership during the months of June, July and August. Please come to the meeting and let the group secretary know if you consider yourself a member of the group.

SEASONAL MEETING:

SERENITY IN THE PARK - MONDAY - 7:00PM, Delaware Park Rose Garden. -

FOR SECRETARIES AND TREASURERS, ETC

Any correspondence with GSA (General Service Assembly of Western New York) should be sent to: GSA-WNY SUITE 103, 5999 SOUTH PARK AV, HAMBURG NY 14075

COMING EVENTS:

JUNE 5, 6, 7, 1998 - FOUNDERS' DAY WEEKEND - for information write:
Founders' Day Committee, PO Box 12, Akron, OH 44309-0012

JUNE 7 - SUNDAY - CENTRAL COMMITTEE - 80 GOODRICH - 7:00PM

JUNE 13 - SATURDAY - SPECIAL ARCHIVES EVENT - 9:00AM TO 3:00PM Hosted by the WNY GSA Archives Committee, Infant of Prague School, 921 Cleveland Drive in Cheektowaga. This event will consist of Speakers, video tapes, audio tapes and archives displays. Guest speaker will be the GSO Archivist, Judith S. There is a \$12.00 donation which includes a deluxe buffet and coffee - there is limited seating. Tickets are available at the Central Office.

Send coffee donations to GSA, 5999 South Park Av Suite 103, Hamburg, NY 14075. Mark: "Archives Committee."

