

NEW FRONTIERS

JUNE 2011

A.A. of the Niagara Frontier

THE CENTRAL COMMITTEE NEWSLETTER FOR ALL A.A. MEMBERS OF WESTERN NEW YORK AND THE NIAGARA FRONTIER. We request that this newsletter be kept within the Fellowship to insure anonymity.
to insure anonymity.

PSST! Hey, Buddy!

NOBODY WANTS to talk about the Traditions. "We don't want to hear about all the politics stuff! Let's talk recovery program!" Really?

What do we talk about when we take a newcomer to a meeting? We sure don't talk recovery program! Can you visualize a newcomer sitting, shaking, worried, fearful in the front seat of the car riding to his or her first meeting? The AA sponsor announces, "We're going to help you recover from your alcoholism with this Twelve Step program. First, you'll admit you're powerless. Then, you'll surrender to God, take a moral inventory, and confess your faults."

The newcomer fumbles for the door handle. "Surrender to God? Confess my faults? Are you people some kind of religious nuts? Let me out of here!"

No, the AA sponsor talks soothingly about things like anonymity, no dues to pay, no bosses in AA, no affiliation with outside groups, no membership requirement except a desire to stop drinking--all to make our newcomer feel comfortable and protected. We talk Traditions to our people in AA long before we broach the sensitive subjects in the Steps.

We think AA will be around forever, but we have nothing to prove it--no AA buildings, towers, or monuments. We are no more permanent than the length of our office lease and the one year's prudent reserve in our treasury. Our groups are month-to-month tenants in churches and meeting halls. The clubhouses are not allied with AA; there, the groups rent meeting space only. The groups aren't well organized, have no bylaws or charters. Officers are elected for terms from six months to two years and resign at will. Meeting formats are loose and mostly unstructured. No policing force exists to make members conform to any rules or regulations.

AA does have a service structure, but it is an upside-down pyramid, with the groups in charge over the board of trustees. With groups as loosely designed as they are, one is tempted to think about comparison to the strength of a chain. If AA is as strong as its weakest group--just how well is AA equipped to survive?

Whatever happened to the Washingtonian Society? In pre-Civil War days, they claimed half a million members who helped sober up other drunks. Abraham Lincoln gave a speech to them that we in AA treasure today. The Oxford Group, which sobered up Ebby T. to carry a message to our co-founder Bill W., is gone. Buchmanism, named for Frank Buchman, who started the Oxford Group, turned into Moral Rearmament; both are gone. Who is to say that AA won't have a similar obituary in some article about alcoholism treatment in the year 2085 AD?

Some groups have Tradition meetings. Formats vary. Two groups that we know of read and discuss a Tradition once a month. Another group reads the AA pamphlet, "The Twelve Traditions Illustrated" and discusses them during the meetings in November, Traditions month. Another group puts on the Traditions play (copies available through the AA General Service Office), which gives a hilarious look at the results of breaking the Traditions and opens the door to discussion and understanding by the members.

One longtime member of a group summed it all up when he said, "You know, I voted against these Tradition meetings. And I refused to comment during the discussion. But I have to admit that now we are doing the Traditions, I'm beginning to enjoy it!" It's simple. Informed members in AA will tell you that if groups follow the Traditions, AA will survive and grow and, for a long time to come, continue to carry the message to the alcoholic who still suffers.

N.A., Wenonah NJ ~ Reprinted with Permission from the A.A. Grapevine Oct 1985

Too smart for AA?

It took him years to get that he simply needed meetings

A recent letter to the Grapevine said, "You can't be too dumb for this program, but you can be too smart." This stuck a note with me because it told my story exactly. Maybe I should say, "I thought I was too smart." I presently have been sober 37 years, and I'm grateful that I dumbled down. This is my story:

I started my career working for an electronics company in Cedar Rapids, Iowa, after leaving the Navy in the late '50s. My drinking had progressed to a point where my marriage was being affected. I managed to keep my job and suffer through this difficult marriage for several years with controlled drinking. I had become an instructor at this company, teaching customers how to use electronics equipment, so I was too smart to be an alcoholic. Alcoholics were those who were not smart enough to control their drinking, especially skid-row bums and those without an education.

My drinking reached a point where my wife threatened a divorce if I did not do something. My trouble was her, not the drinking! I finally agreed to talk to a couple guys she'd tricked me into seeing. They, of course, were in AA, and I met them for a discussion. I agreed to go to a few AA meetings. I was then in my late 20s. I think I went to about three or four meetings and remember not identifying or fitting in at all. In fact, at the first meeting, I remember saying my name and that I was there to observe only! I would not identify myself as an alcoholic.

Of course you know the outcome. We went through the divorce and my troubles were gone, right? This was in the mid-60s and the Apollo Program was in full swing. The company I was working for designed the communications equipment for the Apollo spacecraft. I became the instructor for those using this equipment. Now I was really smart! I couldn't be an alcoholic with these brains. Also, they wanted to transfer me to California to teach the astronauts, flight controllers and engineers. I got rid of my wife and now I got rid of the state of Iowa that caused all my problems.

IN 1966 I headed for California and a new life. I was obsessed with controlling my drinking. After all, I was a smart guy, and anyone with my smarts could do that, right? My drinking continued and progressively worsened. I started missing work and getting into trouble on business trips to the space centers in Houston and Florida. I would lose the rental car and get kicked out of bars. I would wake up in parking lots after a fight. I would not be allowed on flights leaving the Los Angeles airport because I was drunk. The only reason I kept my job was because I was protected by the "good ole boy network." I still would not give up! I was too smart to have this happen and, above all, too smart for AA.

In 1970, I received my third DUI and had to spend time in the Los Angeles County Jail. Wow . . . a smart guy like me? Can't be! I obtained a leave of absence from my company to do the time. I was crushed. This must be a mistake.

My experience in the jail did not wake me up. I still felt that I was not an alcoholic, but a victim of bad luck. In fact I was in a cell with a wino and tried to convince him to go to AA. He might have a problem. When I sat down for the interview for my jail job, I said I was an instructor for the astronauts. I figured for sure I would be assigned to the office near the head of the jail to do bookkeeping or give advice. I finally got the word: I was assigned to the kitchen chopping lettuce and cabbage! My ego was shot. Me? A smart guy? Unbelievable!

Finally, the day came when I was to be released. Several of us got caught playing Poker, which was not allowed. The guard said that we would get 30 more days. I was due to be released at midnight, and I lay in my bunk that night praying to God to please let me out. If he would let me out, I would quit drinking and shape up. Well, I did get released, but my first thought was, I have two hours before the bars close.

My experience in jail did not wake me up. I was in a cell with a wino and tried to convince him to go to AA. He might have a problem.

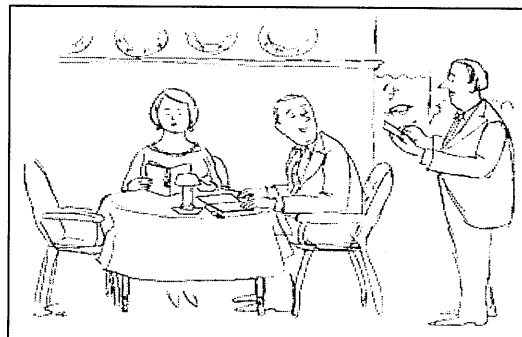
I continued to drink for two more months, and it got worse. The day came when I finally hit bottom and couldn't take anymore. I realized that I was an alcoholic and had to quit: March 9, 1971. I had remarried and my brother-in-law was in the program. I gave him a call and asked if he was going to a meeting that night. He picked me up and I went to the meeting in La Puente, California, that night. It was the beginning of a new life for me.

Now this is the best part. You see, I was too smart for AA, but in the La Puente AA Group, I found those who taught me that you can't be too dumb. What I learned in this group about life and sobriety came from people who were skid-row bums, train hobos, a junkyard worker, a blacktop worker, gasman, swimming pool worker, etc. I knew nothing about life and how to stay sober. They were my instructors in life and sobriety. That was 37 years ago, and I will never forget the people who saved me and my career.

"AA is a program for alcoholics from Yale or from jail," as the letter writer said.

Gary S. Primghar, Iowa

~ Reprinted with Permission from the A.A. Grapevine April 2009



"Actually, I would like a drink, but I have to be somewhere by July."



There Can Be Love And Laughter

On June 8, 1961, while sitting in a boat fishing a picturesque little lake in Illinois, I reached a decision. I had returned to the scenes of my childhood to visit my mother, and for one week I had come daily to this tranquil spot to fish, to pray and meditate, and to reflect back over the years of my life as an active alcoholic.

There had been a brief interlude of dryness, when I was going to AA meetings for a period of three months. But then had come the old call of the wild, and I had bolted, re-joining the pack--the old cronies in their dens.

Now I was at the turning point. What was I to do about my life and the influence my life was having on those around me? The choice was mine to make. Was I to continue down the path of self-willed destruction, filled with hangovers, remorse, confusion and chaos, or was I to stop, make an about-face, and follow the AA path with God and his people as my guides?

It was not a decision made lightly. I agonized over the emptiness of life without all my good drinking friends. Where would love and romance come from? Love and romance were important to me. Where would laughter and fun come from? Laughter and fun were important to me. God didn't like gaiety, I rationalized. God frowned on frivolity. The church of my parents had said so. Was I capable of living out my allotted time in solemn, somber sobriety?

My mind flooded with memories of the price I had always paid for the fleeting gaiety, the hollow laughter, the pseudo loves. I made the decision. "Okay, God. You win. It's AA all the way--starting tomorrow." That's the way it was. The decision, I mean.

I pulled anchor, steered my little boat landward, and never looked back at the tranquil spot, the tiny cove with its tree-filled shores, its quietness and majestic calmness. Heading to the nearest bar to celebrate my decision, I drank the rest of the day, while driving back to my home in Northern Indiana. The next morning, June 9, 1961, there was a note of finality to that hangover. I had drained the last dregs from the cup. I had had enough. It was finished.

That was thirteen years ago, and each morning since that day, when I have awakened, I have had the feeling "I have had enough." Let me tell you about my mornings now. Upon awakening, I take my cup of coffee to the patio of our small, pink house nestled under great oaks and hickory trees along the shoreline of a tranquil cove on a picturesque lake in Illinois. Soon, my husband joins me. My husband--the first boy I ever loved, the idol of my high-school days, returned to me through the divine grace of the Higher Power I came to know through a program of Steps to recovery. We have our morning prayers and meditation in harmony with the birds and God's little critters scampering about.

My gaze fixes on a spot out in the cove. I see a woman in a small boat. I feel again her loneliness, her fears and frustrations. I hurt for her; but there is a sweetness to the pain, the sweetness of gratitude, for she lives only in my memories. May she live only in my memories. May she always abide there. I have gone full circle, returning now to the exact location where I made the weighty decision that changed my life.

I write now to that new woman--and to any woman new in our Fellowship today. That lonely, fearful woman, who cannot envision life without alcohol and all the familiar ramifications of a drinker's life. Thirteen years ago, forty years old, twice divorced, all I could see stretching ahead was an empty path for me to trudge alone. Go to work; come home; meet the family's needs; go to AA meetings alone; come home alone; go to bed alone. Do the best I could about an inventory of self. Relate the sordid details of a seemingly wasted life to another human being. Make humble petitions for forgiveness to those I had harmed. Each morning, day after day after day, ask the God of my limited understanding for his guidance "today". Some days, almost hourly, renew the plea for his way in my life.

But, ever so slowly, I could feel myself changing. Things that had seemed important were no longer important. There was inside me a warming, a softening, a stirring, as the petals of a rosebud stir almost imperceptibly into a blossom. You, too, can live, new woman--really live. There will be love and laughter and a delicious sense of well being down deep inside if you will abandon yourself to the business of recovery--not just recovery from the disease of active alcoholism, but deeper than that, recovery from a former self. Such thorough recovery can be realized, I believe, only through the fearless application of spiritual principles to our daily lives.

I hear the katydids, the buzz of the locusts, and I am reminded of a passage I read about a man named Joel. The locusts had devastated his lands year after year, but God said to Joel, "I will restore to you the years the locusts have taken." My heart swells and tears of gratitude fill my eyes, for I, too, have had restored to me the years of the locusts, through a blessed fellowship called AA.

N.G. ~ Neoga, ILL~~~~ Reprinted with permission of the AA Grapevine~~ November 2010

A Search in Personal Data for Key to "Slips"

What causes "slips?" Is there one, fundamental cause, or are there many causes? Can "slips" be blamed on acts of omission or commission?

These questions deal with one of the most discussed subjects in A.A. In fact, it might seem that the amount of discussion concerning "slips" runs far out of proportion to the percentage or frequency of "slips." But, if so, there is a ready explanation.

Rarely is a "slip" a matter of exclusive concern. It naturally concerns the unfortunate victim's family and friends, his sponsor or sponsors and everyone else in A.A. who has been trying to help him find solid footing.

Of course, a "slip" is primarily a matter of concern to the one who has this disturbing, baffling experience. Sometimes it is a tragic experience. At best it is humiliating. Never can it be said to be pleasant.

Back of the search for the cause or causes is the hope of finding the means of preventing a recurrence. And that, of course, alone justifies the questions and the discussion of the subject.

Many theories have been advanced, many answers have been given, and many more will be heard as the practices and techniques of A.A. are developed. Through examination of these theories and answers, and by testing them in the great school of hard experience, which is A.A., will finally be found the right answer.

It may be helpful to appraise some of these answers now, and at least to exchange suggestions, based on experience, as to what measures have seemed to work thus far. For this reason, the editors of *The Grapevine* asked several members to contribute their thoughts to a round-up of what might be called clinical data on "slips." The first of these contributions follow; others will appear in subsequent issues.

I have no doubts about why I had three "slips" in eight months after first making contact with A.A. I won't say I was "in" during those eight months, because actually I wasn't, even though I attended a fair number of meetings, read the book and listened to older members.

I had a mental reservation about being an alcoholic. That is, I was ready to admit that I was an alcoholic--to a degree. I was not 100 per cent alcoholic. Now, of course, that seems ridiculous. Yet, I don't believe I was the first and only one to harbor that cockeyed idea.

I had never been in any jails, asylums or hospitals. I had not lost any jobs or family, and had not suffered much economically. So, although my life had become unbearable with myself, and although I did recognize that my drinking was out of control and a real problem, nevertheless I thought I was only partly alcoholic. To just what degree--whether I considered myself 40 per cent or 49 per cent or what--I don't know. But I put a qualification on my status in the matter and therefore, of course, put a string on my coming into A.A.

With this mental reservation, it was only a matter of time before I had to try it again. Or, rather it was not so much a matter of trying it again, as that when a situation arose in which I felt it would be very difficult to refuse a drink, I took one with the thought that the results might be bad, but not too bad. I had to do that three times before I discovered the cause.

Once I realized that so far as alcoholism is concerned, one is or is not; and that while the results of one particular drink may be better or worse than some other drink, the inability to control which it will be is the real test--once I realized all of that, I ceased having trouble.

My only "slip" came after an evening when a bunch of us sat about telling tall stories of our past drinking days. I had been dry for more than a year and the unpleasant consequences of some of the sprees that came to mind had faded a little from my memory.

Hearing the exploits of this person and that person in the group brought up exploits of my own. I remembered only occasions on which I had had some fun, and somehow my recollections didn't follow through to the morning after.

New Frontiers

Right there, I know now, is where I made a dangerous mistake. Strecker writes on this point in his wonderful book, *Alcohol--One Man's Meat*. He warns against the danger of letting your mind dwell on only the rosy, fuzzy dreams of the fun you used to have. He points out that one should force himself to push his recollections on to the bitter end, whether that end happened to be the next morning or two years later at the end of alcoholism's progression.

I failed to do that. When that evening session broke up, there still lingered in my mind glowing recollections of days when I could drink and of those rare occasions on which I did have fun. I started home with pretty pictures of frosty glasses, sparkling liquids and bright lights. I didn't force myself to think also of the cold, grey dawn of reckoning. I didn't get home--I had my "slip."

For the good it might do others, I'd like to stress Strecker's warning. I would also like to say that I don't think it's wise or helpful to anyone to sit around and tell drinking tales just to tell them. I agree that there is great therapeutic value in getting things off one's chest, and it's good when one can laugh about the past.

But, I think we should indulge in that kind of thing only when we are doing it with a real purpose--either to relieve ourselves of something or to help someone else. Always, then, we should be sure we bring up into our conscious mind the not so pleasant pictures; that is, the unfunny memories of the happenings that made us come into A.A.

Don't get sore with what you read below. . . I know how you feel and would have been sore had I run onto the following a few years ago.

I think the slips I have had during my five years in A.A. have taught me something, so a word may be helpful, although controversial. But you don't have to slip to learn.

I blew up on a one-night stand after eighteen months of being dry; then the others came after various intervals. In retrospect, the answer seems simple. In comparison with my present prayerful practice and comfort in A.A., I am certain I had unconscious reservations concerning the so-called "spiritual angle."

It had been big of me to nod when people spoke of a power greater than ourselves. I also vaguely mentioned it to be fashionable, yet felt sporadic gratitude toward the principle working in my behalf. That was as far as it went, and I felt my course was safe.

In talking to newcomers I felt apologetic on the spiritual references. I thought I was keeping an open mind but actually I wasn't tolerant of the prayer boys and girls in A.A. But I couldn't escape the fact that they were going through unscathed by slips.

Little by little I seemed to catch on a bit. One time I prayed for three straight weeks, day by day, and then wandered off the habit. Months later I was drunk and I couldn't understand, since I had been twelfth-stepping out all over town. And I had been talking my head off at the clubhouse "helping the newcomers," and not realizing my alcohol heroics.

Each slip seemed to jerk me up. . .to face me up to the inevitable crisis on the issue of prayer or humility. That point came on the battlefield and prayer has seemed a natural function ever since.

Now I am convinced that my well being is in direct proportion to my attitude of humility, honesty and helpfulness. And that my constancy in that attitude can only be maintained by daily prayer as I am essentially an ornery jaboney.

Now I don't think there is a "spiritual angle" to A.A. . . .rather that A.A. is totally a spiritual program. But don't get sore..since this can be wrong.

As a periodic, the cause of the several "slips" I had after my first A.A. meeting may not apply at all to the former steady drinkers. Although all drinkers may be basically alike, I contend that there are certain very important differences which should be taken into account especially when coming into A.A.

Like most periodics, I didn't want a drink during my in-between or dry periods. Nobody could make me take a drink during those times. I could serve it to other people with ease and have absolutely no urge to take anything myself.

During these times, I usually felt pretty good physically and mentally, too. Though I would have moods, I was for the most riding along pretty well, with a fair degree of confidence, and passing bars and liquor stores with scarcely a thought about them.

Of course, I never knew when these periods were to end abruptly in a sudden, inexplicable urge for a drink. But while they did last I was "safe."

Naturally, when I came into A.A. I was just coming off a spell of drinking. As always at the end of these, I was greatly depressed, and as always before, the depression lifted as I recovered my health. Gradually, I regained my confidence. I listened to and read A.A. with great interest. It all sounded and seemed very understandable, logical and wonderful.

But, I felt so confident that I failed to take all of the precautions. Because I had no urge to drink, being then in a dry period, I didn't think it was necessary to go on the 24-hour basis, to give the matter a little thought in the morning and at night, and to keep it uppermost in my mind.

I "slipped," as you would expect. I repeated that sequence several times. I thought I was trying hard and I honestly never wanted to drink again. The strange thing is that during the dry periods I really didn't see how I could ever drink. At those times, I just could not imagine myself ever filling a glass. But then would come that unexpected, unpredictable change of mood.

Finally, I got my tip from another periodic, and am passing it on for still other periodics.

The lesson is that a periodic must learn to work just as hard at this business during his dry periods as when he may be approaching the wet cycle. He must build up insurance. He needs to go on the 24-hour plan just as much as the daily drinker. Only by setting up the right habits of thought, day in and out, can he protect himself against that moment when he suddenly moves from the dry period into the wet period.

But, if he does build every day and if he does ask for help even on those mornings when the idea of taking a drink seems to him to be an utter impossibility--then he'll have the protection he needs when the time comes.

~ Reprinted with permission of the AA Grapevine; February 1946

IN MEMORIAM

Things We Can Not Change

Marilyn L- Kensington Group- 30+ years

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

Share your Experience, Strength and Hope

Please submit your announcements by the 12th for next month's issue.

Articles can be submitted at any time.

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The Central Office of Western New York publishes the *New Frontiers* monthly. We are supported by your subscriptions and Central Office donations. 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 the 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. Articles reprinted with permission of A.A. Grapevine, Inc., are subject to the GRAPEVINE copyright.)

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

BUFFALO CENTRAL OFFICE

ALCOHOLICS ANONYMOUS

(716) 853-0388

9:00 AM- 12:30PM, 2:00 PM- 4:30 PM

Schedule on line at: www.buffaloaany.org

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MAY 2011

MEETING CHANGES

- **Check out our General Service Area 50 website... www.area50wny.org**
- Gahada Goh Group now meets Tuesday and Thursday at both Noon and 8 PM. 12698 Southwestern Blvd, Irving, 14081.
- **Holiday Village Group**; 12:30 PM in Hamburg, **will now meet Mon, Tue, Wed. & Friday** at Wesleyan Church, S4999 McKinley Pkwy, Hamburg, 14075.
- **Sunrise Court meeting**, Sunday's, will start **an half hour earlier**. Now starts at 9:30 AM. City Court House, 50 Delaware Ave., Buffalo.
- **New Westside Group & Cornplanter's Group both are Moving** to "Friends of the Night People", 394 Hudson @ Wadsworth St's. 8 PM. (Tues. & Fri.)
- **Willing to Grow Group** is **moving** to Grace Lutheran Church in Hamburg . S 6220 McKinley Pkwy. 14075. Friday's at 6:45 PM.
- **Friends of Bill W. Group now meets all 7 day's** at 6 PM. Grove Street Christian Church, 85 Grove St in Tonawanda.
- **Erie County Fair**: I am the GSA Pubic Information Chair. I will need 72 volunteers to work shifts for the Erie County Fair. The shifts will run from 10-2, 2-6 and 6-10. The dates will be August 10-21. Contact Dave G. : 866-6612. Thank you.
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

COMING EVENTS

- ~ Jun 4, **70th Buffalo Fall Convention Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street
- ~ Jun 5, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Jun 5, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office(Hosted by).
- ~ Jun 5, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca
- ~ Jun 12, **General Service Assembly**, 12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Jun 17-Jul 15, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Fri.'s; 8:00 PM. Sponsored by Springville New Life, New Life Fellowship Church, 17 Park St., Springville., Journey through the 12 steps in 5/ 1 hr sessions. For more information call; 479-8888.

- ~ June 18, **Chautauqua Big Book Experience**: 8 AM-9 PM. Speakers, 3 meals. Registration \$25. Flyer enclosed.
- ~ Jun 20, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting
- ~ Jun 20, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Jun 21, **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Jun 25, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ May 28, **Ironhorse Picnic**; 9am-?. Speaker is Wally K. @ 1 PM. Please bring a dish to share. Chestnut Ridge Park, McKinnon's Shelter.
- ~ Jul 23, **Carrying The Message- "Humility" Day of Sharing**, 13th Anniversary, sponsored by Main & High and spirit of Hope groups. 9:30 am-3:15 pm, Holy Trinity Lutheran Church, 1080 Main Street (across from Wendy's). Panels & Speakers, 50/50, Hot Lunch, Refreshments. Registration: \$7, Alateen: Reg. \$5.50/50, Hot Lunch, Refreshments.
- ~ July 30, **The Easy Does It group is sponsoring a picnic** at Lincoln Park Shelter #2, Town of Tonawanda. The meeting will begin at 10:00 with a speaker & anniversaries, at the park, followed by food, fun and fellowship. Bring a dish if you wish, along with outdoor games or sports equipment.
- ~ Aug 19-21, **32nd NY State Informational Workshop**. Carondelet Hospitality Center, 385 Watervliet Shaker Rd., Latham, NY 12110. For more information, flyers available at Central Office.
- ~ Oct 21-23, **70th. BUFFALO FALL CONVENTION**: Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst

6th STEP: “Were entirely ready to have God remove all these defects of character.”

6th TRADITION: “An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.”

6th CONCEPT; The Conference recognizes that chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

PLEASE SUPPORT THE ENVELOPE SYSTEM...

Yours in the Fellowship of the Spirit...Terry Executive Secretary

JUNE ANNIVERSARIES

Alexander

Lisa S. 1y
Dale B. 3y
Jose O. 8y
Sam F. 18y
Jamie A. 24y

Amherst/Snyder

Edward J. 4y
Marty P. 16y
Dave L. 22y
Whitey D. 28y

Cold Springs

Horrace M. 25y
James W. 25y

Courage Group

Mary Anne K. 4y
Ruby B. 21y
Peter F. 23y
Roger H. 27y
Donna F. 28y

Dawn Of Hope

Mike F. 25y

Eyeopener

Pete 1y
Jeannie 2y
Lynda 3y
Gary B. 3y
Julie 4y
Jim G. 5y
Bob D. 9y
Mike T. 14y
Iron John 15y
Peter M 16y
Bernie B. 17y
Ralph 21y
Rudy B. 21y
Mike W. 24y
Mike S. 24y
Big Rich S. 27y
Tim 35y

Fireside

Ryan R. 6m
Sue D. 3y
Michelle F. 4y
Amy C. 11y
Tarrie K. 12y
John B. 15y
Judy C. 22y
John S. 23y

Freedom

Joe M. 3m
Don W. 15y

Golden Slipper

Jim W. 1y
Lou S. 2y
Ray W. 3y
Marie C. 18y
Dave B. 20y
Jim S. 37y

Helping Hand

Diane S. 17y

How It Works

John C. 2y
Jeremy Z. 4y
Tim M. 5y
John D. 7y
Brad A. 7y
Bob G. 35y

Ironhorse

Mark McB. 11y
Dorothy K. 14y

Kensington

Jeffry L. 23y

Lakeshore

Tom B. 39y

Living In Solution

Linda S. 2y
Paul N. 2y

Lockport #1

Ken T. 3y
Jerry M. 5y
Bobbie L. 22y

Matt Talbot

Paul K. 6m
Gary G. 4y
Randy K. 5y
Bob G. 23y
Gary S. 24y
MaryJo S. 28y

N. Buffalo

Tracy R. 3m
Anthony L. 3m
Thomas W. 3m
Micheal O. 1y
Andrew C. 1y
Chuck S. 1y
Steven W. 1y
Larry A. 5y
Jennifer R. 5y
Wayne T. 10y
Bernie B. 17y
Jim G. 20y
Peter M. 29y

Orchard Park Step

Bernie B. 17y
Gerry S. 22y
Sandy S. 28y

Remember When

Derrick J. 2y
Dennis E. 14y
Vergil 14y

Rise & Shine

Brandy J. 9m
Kathy J. 3y
Sharon Z. 3y
Wanda W. 5y
Hjohnathan I 6y
Kim D. 14y
Joe A. 14y
Bob O. 15y
Walter C. 18y
Bob C. 35y

South Buffalo

Bob T. 7y
Nelson G. 19y

Serenity

Bev Z. 3m
Kim 6m
Marlene G. 6m
Kevin C. 1y
MaryJo S. 28y

Sheridan

Liza N. 16y

Spiritual Progress

Stacy R. 6m
Robyn M. 9m
Helene C. 9m
Terri G. 3y

Sun. Morning Br.

Cookie L. 26y

Surrender & Hope

Peter K. 1y
Tina F. 23y

Valley

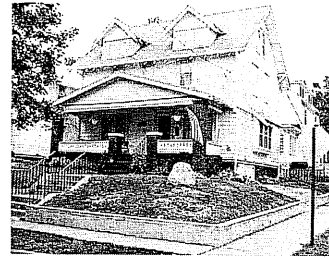
Tom L. 7y
Kathleen S. 21y
Bill O'D 26y

University Men's

Tom 6y

Werhle

Andrea P. 35y



Group Anniversaries

Any Age: 33y
Beginnings Women's: 25y
Downtown Men's: 35y
Guiding Light: 18y
Helping Hand: 36y
High Noon: 16y
Kenmore: 44y
Lockport Tuesday PM
Lovejoy: 27y
Matt Talbot
Mercy: 24y
No. Java Morning After
No. Java Mon.: 24y
No. Java Sun.: 24y
On the Cliffs: 3y
Questions & Answers: 8y
Spirit of Hope: 27y
Spiritual Progress: 22y
Springville Tues Night: 44y
Starting Over (pm)
Sunrise Court: 57y
Victory: 22y

Please remember to have the anniversaries submitted by the **12th**

END OF BUSINESS DAY 4:30 PM of the month

previous



BUFFALO CENTRAL COMMITTEE MINUTES

May 1st, 2011

Jake Three Legacies Committee Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Laura Orchard Park Step read the Preamble, Debbie WE Group read the Purpose of Central Committee and Kristine Three Legacies Group read the Twelve Traditions. It was moved by Kim Lovejoy Group and seconded by Pat Thruway Group to accept the April minutes as written by Annie from the WE group.

New groups were greeted and 21 groups were represented: Dist #1 Main an High , Thruway, Dist #2 North Buffalo, Three Legacies, Step Action, Common Solution Dist #3 Abbott Men's Discussion ,Courage, Iron Horse, ;Dist #4 Orchard Park Step; Dist #5 Lockport #1; Dist #6 Carry The Message, Derby, Lakeshore, As Bill Sees It, Sobriety Men's Discussion, WE Group ; Dist #7 Lovejoy, Solidarity, Dist #8 Eye-opener, Women Making The Effort.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** No Report

•**STEERING COMMITTEE:** Chip reported that Steering Committee has the following recommendations for Central Committee: A.) Recommend that Central Committee set up an adhoc committee to review and determine the best method to calculate the prudent reserve amount for our budget.

B.) Recommend that we add to our bylaws policy regarding product sales to groups. This section would include four points:

- 1.) Literature sales credit will only be extended to the registered groups of the Buffalo Central Office listed in the printed schedule.
- 2.) Only registered groups in good credit standing with no outstanding invoices will be sold literature on credit, up to the currently established cap. This includes literature shipped to groups.
- 3.) A monthly report of outstanding invoices over 30 calendar days by groups is to be submitted by the Executive Secretary or Financial Chairman to the Steering Committee.
- 4.) The Executive Secretary will advise all persons who volunteer at the Buffalo Central Office of this policy.

•**FINANCIAL REPORT:** Rick reported there was a increase of operating cash of \$120.00 to \$21,897.00 however two bills for the copier rental and service not received as of Friday 4/29 (\$384). Revenue for this month was \$7,984.00
Cash expenses were \$ 7,764.00

•**TREATMENT:** Joe reported treatment committee is looking for groups to cover the 2nd Tuesday meeting at Transitional Services at 5pm please call Joe at 716-907-0550

•**CORRECTIONS:** John reported Corrections Committee met on May 1st at Central Office at 6pm. WNY AAer's are responsible for carrying the message to Wende Max, Buffalo Work Release, Gowanda, Collins, Lakeview Shock Camp, Niagara, Wyoming, and Erie County Correctional Facilities for men and women.

We have lots of openings at all facilities. We are not carrying the message and are failing at our duty as members of Alcoholics Anonymous. We would also appreciate any grapevine donations.

•**SCREENERS:** No Report

•**CENTRAL OFFICE:** No Report

•**NEW FRONTIERS:** No report

PIC: Jeff reported the libraries are being surveyed for big books to see if there have been any misplaced or stolen copies since the original stocking of the books. There will be a health fair at Bennette High School on Sat. May 21st. The Erie County Fair is a go and there is a big need for volunteers. PIC is always looking for help we meet on the 3rd Tues. of every month at Central Office everyone is welcome.

•**CONVENTION:** No Report

•**GSA LIASON:** Randy J. reported the general service meet at Hamburg Town Hall on April 10th. There will be a post conference forum on June 4th at Trinity Episcopal Church 261 E. Main St. Hamburg NY. There were changes to the guidelines tabled until next month. Groups registered with World Services need to verify and update information with area 50 registrar. The next meeting is June 12th. You can contact Randy with any questions at RJohn46061@hotmail.com

•**ARCHIVES:** Pat reported we will be having a breakfast on May 15th at the Days Inn in Niagara Falls NY. The event starts at 9am and the cost is \$16.00. You need a ticket to get in you can get tickets from any member of Archives Committee. The panels will be talking about how AA started in their Intergroups. If you want to bring our display for any AA event please give us at least a 30 day notice. We like to thank the groups that have donated. Please make checks payable to Western New York Archives. Our meetings are held on the 4th Saturday of the moth at the Buffalo Central Office at 9am. The meeting this month is on May 28th. Everyone is Welcome.

•**OLD BUSINESS:** District 8 is looking for a steering committee representative. PIC is still looking for a chairperson. John from district 5 was voted in unanimously for Steering Committee Representative. Jason D. was voted in unanimously for After Hours Phone Systems Chair. The recommendation from Steering Committee to Central Committee regarding the prudent reserve was voted in unanimously. The credit limit bylaws amendment will be voted on next month.

•**NEW BUSINESS** Bill G. was appointed to chairperson for the prudent reserve Ad-hoc Committee.

Jake Three Legacies Group Committee Chair thanked Three Legacies for this month's refreshments and June's to be provided by WE group.

NEXT MEETING June 5th 2011

It was moved by Vernon Solidarity Group and seconded by Gilbert Try Again that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:47pm

Respectfully submitted by Annie C. Recording Secretary WE group.

Income Statement	Jan-11	Feb-11	Mar-10	Apr-10	YTD
Beg Bal Cash on hand	29,362.07	29,756.02	23,471.65	21,676.36	
Contributions					
Groups	4,977.64	2,939.50	4,870.12	4,128.21	16,915.47
Joint Meeting	51.00	47.00	38.50	41.00	177.50
Envelope System	1,395.00	155.00	463.00	135.00	2,148.00
New Frontiers Subs	10.00	60.00	20.00	43.00	133.00
Literature/Medallions/Pins	3,131.95	3,063.95	4,369.60	3,251.92	13,817.42
Literature Sales Tax	230.85	209.69	294.63	230.46	965.63
Literature Postage		2.25	38.20	42.37	82.82
Sales+/-	17.18	(5.92)	(37.95)	46.39	19.70
Archives Room Rent	150.00		150.00		300.00
Meetings at CO	14.50	21.00	7.00	16.00	58.50
Mail/Misc.		25.00	25.00	50.00	100.00
"Gratitude Month" (NOV)					-
Conventions/Day of Sharing					-
Monthly Income	9,978.12	6,517.47	10,238.10	7,984.35	34,718.04
Expenses					
Office Rent	907.44	907.44	907.44	892.64	3,614.96
Electric	90.00	90.00	90.00	90.00	360.00
Payroll Gross	1,926.60	2,569.00	3,853.50	2,569.00	10,918.10
Employment Taxes	176.44	235.26	352.89	198.85	963.44
Payroll Tax Deposits					
Federal	51.15				51.15
State	542.53				542.53
NYS Sales Tax			683.59		683.59
Insurance					
State Ins Fund(Travelers)			302.00		302.00
Health	522.93	522.93	2,032.63	115.96	3,194.45
Liability	1,227.18				1,227.18
Postage	618.14	479.44	494.64		1,592.22
Phone	167.22	173.03	267.03	89.55	696.83
Accounting					-
Paychex	67.70	67.70	101.55	77.65	314.60
Advt					-
Talking Phone Book					-
Super Media	159.85	160.85	160.85	160.85	642.40
website					-
white directory					-
Yellow Pages					-
Literature Expenses					
Grapevine	588.19				588.19
World Services Inc	1,847.60	2,844.35	1,811.80	2,882.30	9,386.05
Hazeldon		501.42			501.42
Printers		3,246.00			3,246.00
Medallions		205.34		221.19	426.53
PINS					-
Petty Cash					
Office Supplies	137.20	242.76	416.70	294.22	1,090.88
Answering service	164.00	169.32	171.77	168.78	673.87
Minolta leasing (copier)	161.00	161.00	161.00		483.00
Minolta Copies/ service contract	223.00	223.00	223.00		669.00
PIC					-
Bank Fee's	6.00	3.00	3.00	3.00	15.00
Prudent Reserve					
Seed \$\$					-
Seminar					-
Depreciation	100.00	100.00	100.00	100.00	400.00
Monthly Expenses	9,684.17	12,901.84	12,133.39	7,863.99	42,583.39
Monthly Income (Loss)	293.95	(6,384.37)	(1,895.29)	120.36	(\$7,865.35)
Depreciation add back(non-cash)	100.00	100.00	100.00	100.00	400.00
End Balance	29,756.02	23,471.65	21,676.36	21,896.72	
Petty Cash	500.00	500.00	500.00	500.00	
Total Balance	30,256.02	23,971.65	22,176.36	22,396.72	
PRUDENT RESERVE	28,041.29	28,047.57	28,054.87	28,058.95	
Assets: Literature& Medallions	10,537.01	16,581.91	14,795.13	16,144.76	
Literature Receiveable:(outstanding)	2,732.05	1,065.00	1,732.39	1,728.15	
Corrections Facilites	1,456.53	1,638.44	1,343.70	1,723.68	
Contributions	413.45	356.00	417.00	292.57	1,479.02
Bank Fee's	15.99	12.99	(16.98)	3.00	15.00
Expenses	215.55	637.75	54.00	568.00	1,475.30
Balance	1,638.44	1,343.70	1,723.68	1,445.25	18.72
Treatment Facilites	2,758.77	3,166.22	3,526.22	3,308.22	
Contributions	413.45	363.00	137.00	167.57	1,081.02
Expenses			352.00		352.00
Bank Fee's	6.00	3.00	3.00	3.00	15.00
Balance	3,166.22	3,526.22	3,308.22	3,475.79	367.00
					729.02

GROUP CONTRIBUTIONS

TRIC	CENTRAL		CORRECTIONS		TREATMENT	
	APRIL	YEAR	APRIL	YEAR	APRIL	YEAR
11:45		0.00		0.00		0.00
12 Step		0.00		0.00		0.00
12 Steps/12 Traditions	50.00	180.00		0.00		0.00
4th Step Stumblers/F.U.N.		0.00		2.00		0.00
6th Step		0.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbott Men's		100.00		100.00		100.00
Acceptance/Welcoming		0.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		0.00		0.00		0.00
Age Doesn't Matter		0.00		0.00		0.00
Akron Awareness		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amherst/ Snyder	225.00	350.00		0.00		0.00
Amsdell Lakeshore		0.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	70.00	140.00	30.00	60.00	30.00	60.00
Arcade		0.00		0.00		0.00
As Bill Sees It	60.00	100.00		60.00		60.00
Attitude Adjustment(Williamsville)		0.00		0.00		0.00
Attitude Adjustment(NF)	20.00	20.00	5.00	5.00	5.00	5.00
Attraction		200.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Back To Basics		61.00		0.00		0.00
Beginners Group (NF)	20.00	20.00		0.00		0.00
Beginning In Sobriety II.		0.00		0.00		0.00
Beginning's Women		0.00		0.00		0.00
Big Book Lockport	50.00	100.00		0.00		0.00
BB Spiritual Studies		0.00		0.00		0.00
Big Book Study		30.00		0.00		0.00
Blasdell		15.00		0.00		0.00
Blasdell Monday Night		0.00		0.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		20.00		0.00		0.00
Boulevard Women		0.00		0.00		0.00
Brass		0.00		0.00		0.00
Building Hope		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Carry the Message		75.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Cayuga Wake- Up Call		400.00		0.00		0.00
Caz Manor		140.00		0.00		0.00
Central City Café		0.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga		250.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		0.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Solution		0.00		0.00		0.00
Commitment		0.00		0.00		0.00
Constant Vigilance(Varysburg)		0.00		0.00		0.00
Complanters		0.00		0.00		0.00
Courage		0.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Dawn of Hope	25.00	25.00		0.00		0.00
Derby	80.00	80.00		0.00		0.00
Derby Lunch		0.00		0.00		0.00
Desire		0.00		0.00		0.00
Desperate		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night		0.00		0.00		0.00
Early Bird South		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
East Amherst	250.00	250.00		0.00		0.00
East Amherst Traditions	378.00	378.00		0.00		0.00
East Aurora		100.00		100.00		100.00
Easy Does It	30.00	120.00	30.00	120.00	30.00	120.00
Ellicottville		25.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		0.00		0.00		0.00
Eyeopener	460.81	733.62		0.00		0.00
Eyeopener South	200.00	200.00	100.00	100.00		0.00
Father Baker		75.00		0.00		0.00
Feelings		0.00		0.00		0.00
Fireside PM		0.00		0.00		0.00
Fireside	199.00	707.00		0.00		0.00
First Things First		175.00		0.00		0.00
Forestville Sunday Serenity		0.00		0.00		0.00
Fredonia Discussion		33.00		0.00		0.00
Freedom		0.00		0.00		0.00
Fresh Start	45.00	90.00		0.00		0.00
Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

TRIC	CENTRAL		CORRECTIONS		TREATMENT	
	APRIL	YEAR	APRIL	YEAR	APRIL	YEAR
2 Friends of Bill W.		50.00		0.00		0.00
1 Frontier(New)	15.88	144.50		0.00		0.00
3 Gardenville		55.00		0.00		0.00
8 Georgetown		0.00		0.00		0.00
2 Getting Better		0.00		0.00		0.00
6 Gettin With It	15.00	15.00		0.00		0.00
7 Gifted		0.00		0.00		0.00
1 Giving		0.00		0.00		0.00
6 Go to Any Length		529.50		35.30		35.30
5 Golden Slipper	50.00	150.00		0.00		0.00
2 Grand		0.00		0.00		0.00
2 Grand II Joy of Living		0.00		0.00		0.00
2 Grateful	50.00	50.00		0.00		0.00
3 H.O.W.		0.00		0.00		0.00
6 Hamburg		0.00		0.00		0.00
6 Hamburg Early Bird		0.00		0.00		0.00
8 Hand	40.00	80.00		0.00	10.00	20.00
2 Handicappers		0.00		0.00		0.00
1 Happy Faces		0.00		0.00		0.00
7 Harmony		0.00		0.00		0.00
3 Helping Hand		75.00		0.00		0.00
8 High Noon		0.00		0.00		0.00
8 High View		0.00		0.00		0.00
7 Higher Power		60.00		0.00		0.00
4 Hillbilly		0.00		0.00		0.00
6 Holiday Village	225.00	675.00	25.00	75.00	25.00	75.00
4 Holland		0.00		0.00		0.00
6 Honest Solutions		0.00		0.00		0.00
2 Honesty		30.00		0.00		0.00
8 Hope's Horizon		25.00		0.00		0.00
2 How It Works/Men's		350.00		0.00		0.00
7 Humboit		0.00		0.00		0.00
3 Inspiration		0.00		0.00		0.00
5 Intoxicated on Life		480.00		0.00		0.00
3 Ironhorse		81.96		0.00		0.00
8 IT		0.00		0.00		0.00
6 Johnson Creek Big Book		0.00		0.00		0.00
1 Journey		0.00		0.00		0.00
3 Just For Today/ Cheektowaga		0.00		0.00		0.00
6 Just For Today/ Albion		15.00		0.00		0.00
4 Keep It Simple Sister		50.00		0.00		0.00
2 Keep On Coming		0.00		0.00		0.00
2 Kenmore		0.00		0.00		0.00
8 Kensington		0.00		0.00		0.00
6 Lake Shore		100.00		0.00		0.00
6 Lakeview		75.00		0.00		0.00
3 Lancaster Dailey Reprieve		0.00		0.00		0.00
5 LewPort		0.00		0.00		0.00
2 Liberty Women		0.00		0.00		0.00
4 Life Today		20.00		0.00		0.00
8 Lighten UP		90.00		0.00		0.00
1 Living Clean		0.00		0.00		0.00
2 Living in the Solution		0.00		0.00		0.00
2 Living Sober		0.00		0.00		0.00
5 Lock City	50.00	150.00		0.00		0.00
5 Lockport #1		300.00		30.00		30.00
5 Lockport Discussion	50.00	50.00		0.00		0.00
5 Lockport Ladies		0.00		0.00		0.00
5 Lockport Tuesday		50.00		0.00		0.00
5 Lockview		240.00		80.00		0.00
6 Look To This Day		0.00		0.00		0.00
7 Love		0.00		0.00		0.00
7 Lovejoy		25.00		25.00		25.00
5 Lower River		0.00		0.00		0.00
1 Main and High		0.00		7.00		7.00
4 Main Street		300.00		0.00		0.00
8 Maple Men's		0.00		0.00		0.00
4 Marilla	50.00	202.00		0.00		0.00
3 Matt Talbot	80.00	210.00		0.00		0.00
6 McKinley Winners		90.00		0.00		0.00
5 MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5 Medina New Life		0.00		0.00		0.00
8 Mercy		0.00		0.00		0.00
3 Mid-day		31.02		0.00		0.00
8 Midnight Discussion		0.00		0.00		0.00
5 Miracle Happen	25.00	75.00		0.00		0.00
7 Monday CO		10.00		0.00		0.00
5 Monday Big Book		0.00		0.00		0.00
2 Morning After		200.00		0.00		0.00
7 New Awakening		0.00		0.00		0.00
3 New Beginnings/St. Vincent		30.00		0.00		0.00
New Freedom		0.00		0.00		0.00
New Hope		0.00		0.00		0.00
5 New International		0.00		0.00		0.00
3 New Life		30.00		0.00		0.00
5 New Outlook		0.00		0.00		0.00
1 New Westside		0.00		0.00		0.00
5 Niagara Frontier Men's Disc.		0.00		0.00		0.00
2 North Buffalo		400.00		100.00		50.00
4 North Java Monday		0.00		0.00		0.00
4 North Java Sunday		0.00		0.00		0.00

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