

NEW FRONTIERS

A.A. of the Niagara Frontier

JUNE 2012

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 ensure anonymity



My Armor ...

While I had no problem admitting I was an alcoholic, I didn't believe I was the kind of alcoholic who joined A.A., the kind who had to stop drinking altogether, who could never take another drink. "One day at a time," they said. But I knew what that meant: "One day at a time ... for the rest of your life." Oh, no, not me, buddy! I was pretty sure I was the kind who cut down. You know, a mild case.

My plan was to take a look at these famous Twelve Steps (whatever they were), analyze them and decide which of them I might apply to seriously cutting down. My drinking had admittedly gotten out of hand. Since I had no intention of stopping entirely, I surely wouldn't need all twelve.

A couple of the Steps seemed to be unnecessary. Six and Eight, for instance, were preparation for Steps that followed, and had been stuck in there to make an even dozen, no doubt. Step Six especially, I thought, was a useless space saver. "Were entirely ready to have God remove all these defects of character."

Who wouldn't want to have their defects removed? I'd like to be a nice guy. I'd like to have people think well of me. Maybe it would help me to keep a job, maintain a friendship ... or have a second date with the same girl.

The problem was that I hadn't identified any defects. Little did I know that I had developed, cultivated and come to depend on an army of character defects. They weren't even pests to me. They were more like beloved pets that I fed and nurtured.

Arrogance, for example, was self-confidence. I'm not lustful—I'm romantic by nature. You might call me selfish—I call it frugal. You call it gluttony—I call it lunch. If I'm intolerant, critical or judgmental of oth-

ers, I call it being ruthlessly honest and painfully frank. As for my own dishonesty, I denied it. "I pride myself on my personal integrity." In other words, I lied!

When, after months of attending A.A. meetings, I finally did stop drinking, got a sponsor and decided to apply the Steps to my life, I discovered that taking the Twelve Steps is an entirely different experience than reading them or hearing them read.

Step Six is an extremely significant part of the process. In fact, I've come to think of the Sixth Step as the "gateway Step."

After taking Step Five, I had a list of people to whom I owed amends. I would deal with them at Steps Eight and Nine. The list at hand now was the list of my character defects, my shortcomings. These were the manifestations of self that had placed me in a position to be hurt and to hurt others.

These were the elements of my personal armor I had gathered over my life. I put them on and wore them as if into battle. They may have been heavy and awkward, but I believed that they protected me.

Step Six suggests I place them all on the table and let God sort them out, ask God to decide which I need and don't need. There may be things I consider shortcomings that my Higher Power has some use for, just as there may be things I consider virtues that need to be cleared away for my spiritual well-being.

My meditation was once interrupted by what I considered some worldly and less than spiritual thoughts. I was so irritated by this that I shared it with my wife and exclaimed,



(Continued on page 2)

(Continued from page 1)

"I need to ask God to remove my lust." Her response was, "Don't you dare!"

Evidently she had some use for such distractions and considered them beneficial.

On the other hand, as an artist, I have long considered pride in my work a necessary tool of the trade. And though pride has its usefulness in craftsmanship, it is a total liability in spiritual matters. The Big Book refers to the "leveling of our pride". That doesn't mean evening it out like we might "level" a sand lot, it means like they level an old building to build a new one in its place. It has to be destroyed.

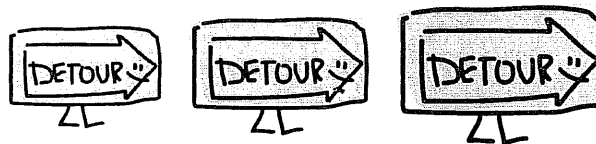
The Seventh Step Prayer says, "I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows."

So Step Six may be the greatest act of courage in the whole twelve-step process: a total act of faith. I have to trust that God will see the big picture and make the right choices. Funny thing is, without all that armor, it's a lot easier to move. In fact, I feel like dancing through the rest of the Steps.

Doug R, Tujunga, Calif.



~Reprinted with permission ~ A.A. Grapevine ~ June 2010 ~ Vol. 0 No. 0 ~

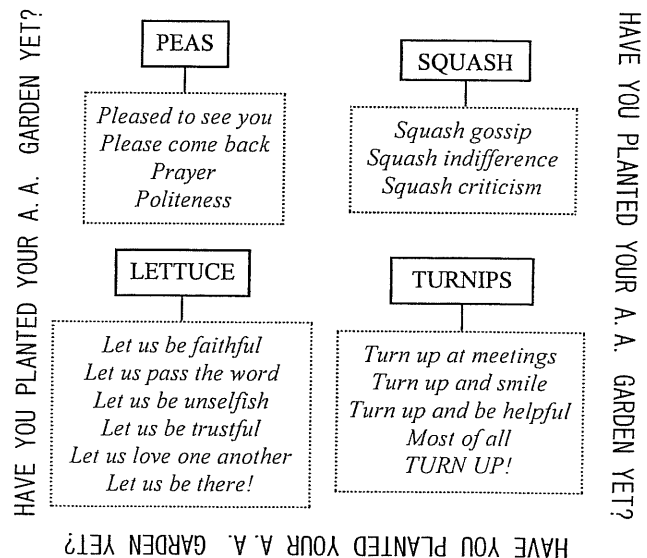


I was back on the road to destruction in my life. I've tried to get sober for many years. My brother came over to my house one day to visit and talk. I can't remember exactly what he said, but I know, through him, God was giving me a message I truly needed to hear. That same night I got myself to a meeting and admitted I had relapsed yet again. After the meeting I felt a little better. My brother is still calling me, checking up on me to make sure I am okay. He even brought me here to Iron Horse. At four days sober, I saw a woman celebrating eight years sobriety—I knew her too—and I also knew I wanted what she had and was willing to get it. It wasn't 'til I came here to A.A., 'til I realized I was done, beaten up enough to know I was powerless, that I knew I didn't want to drink anymore. After the meeting we went out to eat, and that same woman came and talked to me. She said she'd help me if I wanted it badly enough. Well, I did! All I did was cry, and she hugged me. A few weeks later I saw her again and asked her to be my sponsor. I needed to do something differently this time. She told me, "There's no temporary sponsor. You either get one or you don't!" We now meet together every week, reading from the Big Book, and I call her often. A lot of people keep it simple but that didn't, and doesn't, work for me. I have a home group here at Iron Horse. I come early and I stay late. I do the work it is suggested I do, I don't drink today and I pray every day. I go to as many meetings as I can, I keep busy, meet all the requirements of court, visit with all four of my children and my grandchild on a regular basis, call my sponsor or my support group, and I do the Step work.

And if it wasn't for God I wouldn't be here. So, thank you—God, for never leaving my side, [brother], for being the best brother I could ever ask for, and [partner], for being so supportive. I love you. And [sponsor], for being the best sponsor this woman needs—you are a product of example to me. And, of course, all of you here in A.A. Thank you. Without A.A. I wouldn't have the Hope, Honesty, Love and Guidance to learn to live a better way of life.

~ Crystal H ~ Iron Horse ~

HAVE YOU PLANTED YOUR A. A. GARDEN YET?



~ Adapted from Conrad R ~ Middle Tennessee Central Office Intergroup ~
 ~The Messenger ~ April 2012 ~



TIME FOR A CHANGE



When you wake up in the morning
 And you're shaking at the hands,
 And your spinal cord feels hollow
 And your legs are rubber bands,
 When your brain is seared and muddled
 And you've drained your cup of gall,
 When you're scared to blink your eyes
 For fear you'll see things on the wall,
 When your barroom friends have left you
 And you know the lonesome road,
 When you're nothing but an outcast
 Lacking strength to bear your load,
 When you know remorse and sorrow
 And you dread another day,
 Don't reach for that drink, my fellow,
 Grab the phone and call A.A.

~ Gene O ~ First Step Group ~ Niagara Falls, NY ~

Those Twelve Steps as I Understand Them

6. *Were entirely ready to have God remove these defects of character.*

It's not hard to feel like that on a "morning after," but we know this may be remorse and not repentance, superinduced more by a heavy head than by a contrite heart. The further away we get from the last binge of alcohol (or of temper, or Whatever), the better the wrongdoing looks--more innocent, more attractive. Are we ready *then* to "have God remove these defects of character"? It is one thing to want to put behind us the inconveniences of wrong-doing, but another to leave behind the wrong-doing itself. This requires two things, I think: (1) a real vision of how much better the new life really is than the old, fortified by what we have heard from people living in it, and (2) real help from the Higher Power, for the will alone is not capable of sustaining this attitude. It is good to be pushed by the danger and hell of the old life, but we must also be pulled by the constant vision of life integrated under God, living in and for and by Him and in and for other people. This is why fellowship is so essential, why it is so dangerous for anyone to think he can take a little spiritual inspiration or power and go off and enjoy it all by himself. Soon or late he is back in the old groove. We need God and we need each other. God alone can give us this new mind and keep us in it. All people need it, so-called good people as well as so-called bad ones. We need to pray for this fundamental willingness to have God change us.

Rev. Canon Samuel M. Shoemaker, D.D.

~ With permission ~ A.A. Grapevine ~ January 1964 ~ Vol. 20 No 8 ~

On the 6th Step:

This step is most important because here we are ready for God (as we understand Him) to walk along with us and guide us as we seek to improve our character and eliminate the defects which contributed to our alcoholic problem.

With God's help we'll now apologize quickly when we are curt to others. We'll overcome our resentments. We'll become humble and remember it's our own character we want to improve, not the character of others. We'll remember that as we aren't perfect we haven't any particular right to be critical toward others. We'll ask quickly for help each time we are aware of wrong thinking and whenever we begin to feel sorry for ourselves. When we wish to judge others, we'll remember that not so long ago we were in no position to judge anyone.

Resentments, our biggest stumbling block, can be dropped right here. Resentments against those who loved us and tried to help us; resentments against the boss, against our fellow-worker, and all the million other little and big resentments must be turned over to a higher power. At a later date, as our character becomes sound, we'll find that these resentments disappear.

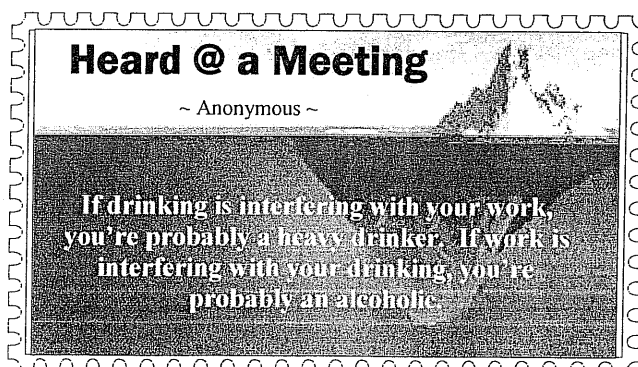
We must ask God to help us understand others. It takes a continued program of doing and thinking our best each day to lead us ahead, out into the open, where we can join the company of our fellow men.

The same help we seek in dealing with our alcoholic problem must be used to overcome our other defects. Knowing our problem is in God's hands will give us serenity and peace of mind.

In other words, we will turn our will over to God, asking that His will be done, and we'll work on our defects one by one as they make themselves known to us.

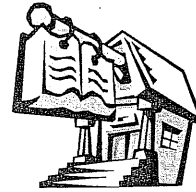
Mark H, Buffalo, New York

~ With permission ~ A.A. Grapevine ~ April 1945 ~ Vol. 1 No. 11 ~



archives

a collection of documents
such as letters, official papers, photographs, or recorded material,
kept for their historical interest



This Month in A.A. ~ *Bob D.*

The month of June holds a place of distinction in A.A. lore.

In June of 1942, New York A.A. groups sponsored the first New York-area meeting. Among the 424 attendees was Dr. Silkworth, who had written the "Doctor's Opinion" in the Big Book.

In June of 1945, Alcoholics Anonymous held its 10th annual anniversary shindig—as the Cleveland Press called it—and 2,500 took part. Of course, half of them didn't have to travel very far. At the time, Cleveland was home to 1,200 of the 25,000 A.A. members in the United States.

But A.A.'s with an appreciation for history know June foremost as the month in which Alcoholics Anonymous was born. It was on the 10th of June in 1935 that Bill W. and Dr. Bob truly united to form the fellowship that would liberate millions of alcoholics worldwide from the shackles of drink and show us the pathway to lives lived happy, joyous and free.

The occasion is now commemorated annually with the Founders' Day celebration in Akron, where thousands of A.A. members gather, visit sites of historical significance and share a common sense of gratitude for a fellowship that was fueled by desperation and arose from simple beginnings. But whether in Akron, at a meeting or at home, we would all do well to express our appreciation for the day.

As recounted in "Pass It On, The Story of Bill Wilson and how the A.A. message reached the world," the happenings of June 10, 1935 qualify the date as the beginning of the A.A. fellowship. It was the day of Dr. Bob's last drink, the day he began to make amends, and the day he united with Bill Wilson in seeking to help other alcoholics escape the bondage of the drink.

The groundwork was laid a month before, during the initial Mother's Day meeting between Bill and Dr. Bob arranged at the home of Henrietta Seiberling. Bill shared his experience with Dr. Bob that day, and Dr. Bob mustered two weeks away from alcohol before leaving for an American Medical Association Convention. He spent most of the trip drunk and returned in a blackout.

Dr. Bob was scheduled to perform an operation three days later. Bill and Dr. Bob's wife, Anne, worked hard at getting him in the proper mental and physical state to proceed.

"It was a worrisome thing, because if he was too drunk, he couldn't do it," Bill remembered. "And if he was too sober, he would be too jittery. So we had to load him up with this combination of tomato juice and sauerkraut and Karo corn syrup. The idea was to supply him with vitamins from the tomatoes and sauerkraut and energy from the corn syrup. We also gave him some beer to steady his nerves."

Dr. Bob awoke early the morning of the operation with a newfound sense of spirituality. He told Bill he would perform his work as scheduled; saying, "I have placed both the operation and myself in God's hands. I'm going to do what it takes to get sober and stay that way."

Dr. Bob performed the operation with the help of a bottle of beer and a tranquilizer provided by Bill. Afterward, he set out on an hours-long journey that would pave the path to a lasting sobriety.

"After leaving the hospital, Dr. Bob had set out to make the round of creditors and others he had previously avoided," it's recounted in "Pass It On". "He told them what had been going on, and expressed his desire to make amends. Following up on the statement he had made to Bill early that morning, he was doing what it took to get sober and stay that way. For Dr. Bob, a professional man, one of the greatest stumbling blocks had been his prideful need to conceal his drinking—from people who probably knew about it anyhow. He had only recently admitted to fellow Oxford Groupers that he was a secret drinker. Now, he openly admitted his problem to the very people he had wanted to hide it from.

"It was a difficult thing to do. He trembled as he went about, for this might mean ruin, particularly to a person in his line of business."

Dr. Bob returned home that night with his outlook transformed. He had invited a Higher Power into his life. He had admitted his faults to other human beings. He had made some amends. All this before the publication of "Alcoholics Anonymous" and the steps suggested as a program of recovery.

Dr. Bob never drank again. Bill Wilson had found success in his mission to help another sufferer recover from alcoholism. Ten years later, Alcoholics Anonymous membership had reached 25,000, demonstrating the power in the steps.



Editorial: On the 6th Tradition

"Problems of money, property and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence, such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.—and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never to go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one."

The sixth of our 12 Points of A.A. Tradition is deemed so important that it states at length the relation of the A.A. movement to money and property.

This Tradition declares in substance that the accumulation of money, property and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an A.A. group must ever be on guard.

Tradition 6 also enjoins the group never to go into business nor ever to lend the A.A. name or money credit to any "outside" enterprise, no matter how good. Strongly expressed is the opinion that even clubs should not bear the A.A. name; that they ought to be separately incorporated and managed by those individual A.A.s who need or want clubs enough to financially support them.

We would thus divide the spiritual from the material, confine the A.A. movement to its sole aim and insure (however wealthy as individuals we may become) that A.A. itself shall always remain poor. We dare not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us.

Thank God, we A.A.s have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well meaning donor present an A.A. group

with a sizeable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bank roll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not A.A.?"

Of course, we of A.A. would be the first to say that many a fine enterprise does a lot of good with a lot of money. To these efforts, money is usually primary; it is their life blood. But money is not the life blood of A.A. With us, it is very secondary. Even in small quantities, it is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain this easily enough; we don't need money. The care of our A.A. procedure is "one alcoholic talking to another," whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all A.A. needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars a piece a year, easily met by voluntary contributions. Trivial indeed, our expenses!

Nowadays, the A.A. group answers its well wishers saying, "Our expenses are trifling. As good earners, we can easily pay them. As we neither need nor want money, why risk its hazards? We'd rather stay poor. Thanks just the same!"

Bill W.

~ With permission ~ A.A. Grapevine ~ May 1948 ~ Vol. 4 No 12 ~



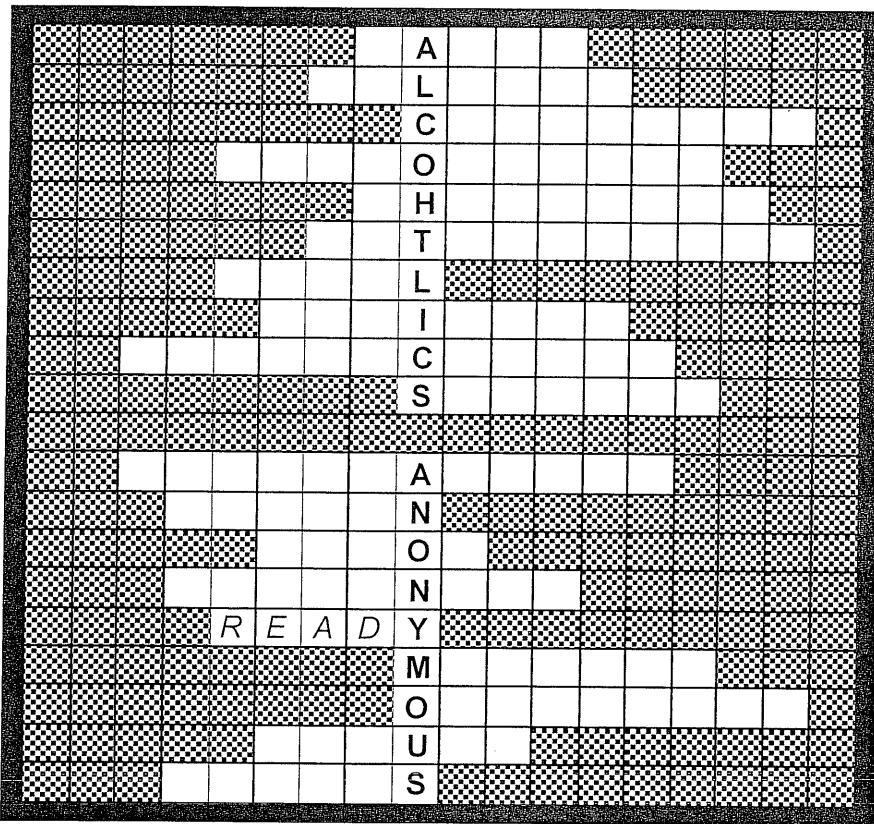
Pray ~ period! Don't expect anything. Or better, expect nothing.

Prayer cleanses us of expectations and allows holy will, providence, and life itself an entry. What could be more worth the effort ~ or the non-effort?

~ Thomas Moore ~

~ With permission ~ Akron InterGroup News ~ March 2012 ~

Step Six Puzzle - If you are baffled, you know where you can find the answers!

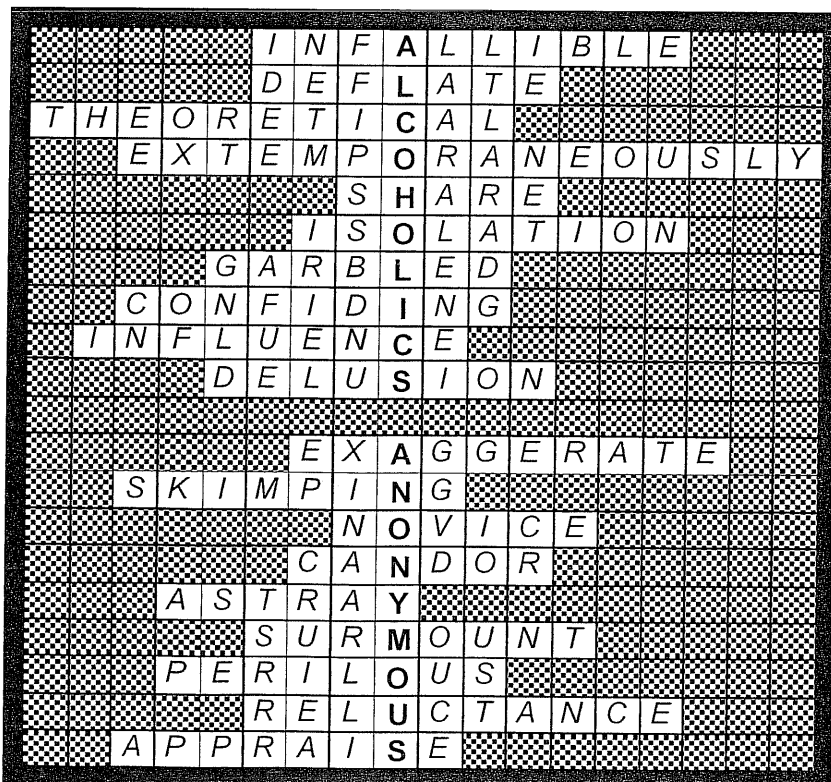


Use each letter in one word across

- Causing destruction, disaster or ruin
- Liberation or freedom from burden
- Do what is asked or required
- Idea, offer or plan to be considered
- Distinctive qualities of personality, behavior
- Possibly, but not yet actually
- Drive or force out
- Totally, in every way
- Abandonment, neglect, failures
- Companionship, community life

- Doubts preventing wholehearted agreement
- Accomplish, usually with effort
- Loathe or detest
- Exclude, expel or put an end to
- Eager, willing and prepared*
- Dimension, capacity or amount
- Difficult to control or get rid of
- Untroubled by feelings of fear or doubt
- Powerful needs or instincts

Step Five Puzzle - Answers



- Incapable of making a mistake
- Cause loss of confidence or self-assurance
- Dealing with speculation rather than practical
- Impromptu, not planned beforehand
- Express something to another person*
- Feeling of being alone, separated from others
- Confused, misleading or unintelligible
- Trusting another with your secrets
- Power to affect another's thinking or action
- False or mistaken belief or idea

- Overstate something
- Giving insufficient attention or effort
- Beginner, having acquired little skill
- Honesty or directness
- Away from the right path
- Successfully deal with a difficulty
- Involving exposure to very great danger
- Unwillingness or lack of enthusiasm
- Form an opinion about merit or quality

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 the 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.

IN MEMORIAM

Things We Can Not Change

Brian W ~ Abbott Corners ~ 20+ yrs

Dick S ~ Cheektowaga ~ 50 yrs

Elvester R ~ Coldsprings ~ Past Delegate ~ 36 yrs

To all of our members who have lost family and loved ones ~
Our thoughts and prayers are with you



Rule 62

- An alcoholic can usually be defined as someone who refuses to give up a life of failure without a fight.
- The greatest thing about being imperfect is the joy it seems to bring to others.
- Before you criticize your friend's faults, remember those are the faults which keep him from getting better friends than you.

~ With permission ~ Naples Area Intergroup, Inc ~ Courier ~ March 2012 ~

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

e-mail address: buffaloA.A.@hotmail.com

or mail to

**Buffalo Central Office
681 Seneca St (lower)
Buffalo, New York 14210**

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 Grapevine copyright.)

COMING SOON

The Buffalo Central Committee is starting up a new phone answering service known as NIGHT-WATCH. Where members of AA will be able to answer calls coming into central office directly after 4:30pm. For more information or interest on how you or your group can get involved please contact: nightwatchbuffalo@gmail.com or call Jason D. at 716-289-8960

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

NIGHTWATCH!

please contact nightwatchbuffalo@gmail.com or call Jason D. at 289-8960 for more information or to get involved

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.buffaloany.org*

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210
Fax: 853-0389
www.buffaloany.org
buffalooa@hotmail.com*

JUNE 2012

MEETING CHANGES

- **Gifted Group**, Fridays @ Wind Ministries Motor Club, **NO LONGER MEETS.**
- **Sprout Into Sobriety needs support.** 2 p.m. Thursdays. Living Gaith Church 1907 Center Road West Seneca NY..Across from Perry's Nursery.
- **Women in Recovery, now meets** at 1021 Main st rm 132C (between North & Goodrich) Rm 132C , same day & time Wednesdays 6PM free parking on Main st
- **New Group; Sobriety Sisters**, Monday's 7 PM. St. Paul Lutheran Church, Rt. 219, Ellicottville, NY 14731. Women's Closed Meeting.
- **Step 1,2 &3 (Wednesday's) & 12 Steps &12 Traditions (Friday's) Groups** at Horizon Health Center, 63 East Ave, Lockport have **changed their start to 10:30 AM.**
- **New Meeting, SENSE OF DUTY**, Tuesday, 7:30 PM, Closed. Kenilworth United Church of Christ, 45 Dalton St., Buffalo, 14223.
- **New Meeting, PRIDE IN RECOVERY**, Saturday, 6:00 PM. Open. Unitarian Church, 6320 Main St., Williamsville.
- **New Meeting, THE NOON MEETING**; Monday & Friday at Noon. Open Meeting. The Hope Center, 781 Maple Rd, Williamsville, 14221.
- **Elmwood Group** has **added** to their meeting hours to include, Friday, Saturday & Sunday's at 7 PM. Friends of Bill W., 2590 Elmwood Ave, Buffalo.
- **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

~ **The 5 Saturday's** in June will be " Movie and a Meeting Night" presented by Living in the Solution Group. All movies will feature Alcoholism as their main theme. Movie's start a 7 P.M. Sharp followed by a Candlelight Meeting. Each movie will be the subject of discussion. Open Meeting – Non AA members welcome. Where: Amity Club 340 Military Rd corner of Hertel Ave.

~ Jun 2, **Archives Committee Meeting**, SATURDAY, 10 AM, Buffalo Central Office

~ Jun 2, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca

- ~ Jun 3, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office(Hosted by North Buffalo).
- ~ Jun 3, **General Service Assembly**, SUNDAY ,12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Jun 4 & 11; **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Monday's 2PM. Sponsored by Southwestern Group, St John Vianney Church, 2950 Southwestern Blvd, Orchard Park. Journey through the 12 steps in 5/ 1 hr sessions
- ~ Jun 9, **71th Buffalo Fall Convention Planning Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street
- ~ June 9, **The Living In The Solution Group** is sponsoring their “ **24 Th Annual Forth Step Writing Workshop** “ Saturday, 10 A.M. To 3 P.M. (Lunch 12 to 1). Amity Club; 340 Military Rd @ Hertel Ave.. Two Guest Speakers. Inventory worksheets and other workshop materials provided - Guidance and Instruction's on writing a 4 Th Step.. Donation \$3.00 to help cover costs. NO MONEY, come anyway..No One turned away.
- ~ Jun 11,**Public Information Committee meeting**, Monday, 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 18, **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 24, **Corrections Committee Meeting**, last SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .
- ~ Jun 19," **Nightwatch" Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca
- ~ Jul 14, **Carrying The Message- "Spirit of Hope"**, 14thAnniversary, sponsored by Main & High group.9:30 am-3:45 pm, Holy Trinity Lutheran Church, 1080 Main Street (across from Wendy's). Panels & Speakers,50/50, Hot Lunch, Refreshments. Registration:\$6, Alateen: \$5.
- ~ Jul 22, **Tri County Group annual summer picnic**, Sunday, starts at 12:00 until dark, speakers, family fun, bring a dish dinner, group will supply hot dogs, hamburgers and coffee or soda, music and games. Gowanda Firemen's park Rt. 62 Gowanda. Bring the Family
- Aug. 31 - Sept. 2, **59th Annual Tri - State Assembly**, Labor Day Weekend. Bellinger Hall Retreat, Chautauqua Institution, Chautauqua, NY. Free parking and no gate pass. For more information call Helen S. (716) 693 - 6543 after 7 PM Mon. through Fri.

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.”

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PLEASE SUPPORT THE ENVELOPE SYSTEM...

JUNE ANNIVERSARIES

Alexander

Jose O. 9y
Sam F. 19y
Jamie A. 25y

Amherst/Snyder

Jade L. 3m
Mark H. 9m
Jen R. 2y
Edward J. 5y
Marty P. 17y
Roger H. 23y
Dave L. 23y
Whitey D. 29y

Cold Springs

Christine 19y
Horrace M. 26y
James W. 26y

Courage Group

Ruby B. 22y
Paul S. 23y
Peter F. 24y
Roger H. 28y
Donna F. 29y

Dawn Of Hope

Dawn P. 3m
Greg S. 2y
Mike F. 25y

Eyeopener

Amy L. 1y
Cathy 1y
Carolyn 1y
Jeannie 3y
Christie 4y
Lynda 4y
Gary B. 4y
Julie M. 5y
Jim G. 6y
Bob D. 10y
Mike T. 15y
Iron John 16y
Peter M. 17y
Bernie B. 18y
Ralph 22y
Rudy B. 22y
Mike W. 25y
Mike S. 25y
Rich S. 28y
Tim 36y

Fireside

Sue D. 4y
Michelle F. 5y
Amy C. 12y
Tarrie K. 13y
John B. 16y
Judy C. 23y
John S. 25y

Golden Slipper

Scott W. 1y
Jim W. 2y
Ray W. 4y
Marie C. 19y
Dave B. 21y
Jim S. 38y

H.A.N.D.

Al K. 18y

Helping Hand

Diane S. 18y

How It Works

John C. 3y
Jeremy Z. 5y
Tim M. 6y
John D. 6y
Brad A. 8y
Bob G. 36y

Ironhorse

Mark McB. 12y
Dorothy K. 15y

Kensington

Jeffry L. 24y

Lakeshore

Berian C. 7y
Tom B. 40y

Living In Solution

Sam H. 6m
Taylor C. 1y
Damion F. 1y
Linda S. 3y
Paul N. 3y
Paul M. 17y

Lockport #1

Ken T. 4y
Jerry M. 6y
Bobbie L. 23y

Matt Talbot

Gary G. 5y
Randy K. 6y
Bob G. 24y
Gary S. 25y
MaryJo S. 29y

N. Buffalo

Jack D. 3m
Jason G. 3m
Nick L. 3m
Thomas W. 3m
Kiul M. 3m
Ashley S. 6m
Chris L. 6m
Victor 6m
Brian M. 6m
Cathy N. 1y
Heather Z. 1y
David M. 1y
Karen P. 1y
Rose 1y
Chuck S. 2y
Steven W. 2y
Jennifer R. 6y
Wayne T. 11y
Colleen B. 13y
Bernie B. 18y
Tom C. 29y
Peter M. 30y

Orchard Park Step

Dan H. 9m
Bernie B. 18y
Jkathleen S. 22y
Gerry S. 23y
Sandy S. 29y

Remember When

Dennis E. 15y
Vergil 15y

Renaissance

DJ 1y
Fred I. 2y
Bob S. 3y
Evelyn L. 3y
Jennifer R. 6y
Jim D. 7y
Neal M. 9y
Wayne T. 11y
John J. 31y

Rise & Shine

Kevin O. 1y
Kim D. 2y
Kathy J. 4y
Sharon Z. 4y
Wanda W. 6y
Johnathan D. 7y
Joe A. 15y
Bob O. 16y
Walter C. 19y
Bob C. 36y

Simplicity

Tom N. 11y
Dave B. 21y
Tim C. 22y

South Buffalo

Bob T. 8y
Nelson G. 20y

Serenity

Kevin C. 2y
MaryJo S. 29y

Sheridan

Liza N. 17y

Spiritual Progress

Terri G. 4y
Kathleen H. 13y

Sun. Morning Br.

Cookie L. 27y

Surrender & Hope

Tina F. 24y

Valley

Tom L. 8y
Kathleen S. 22y
Bill O'D. 27y

Victory Women's

Theresa 2y
Alice 25y

Werhle

Andrea P. 36y

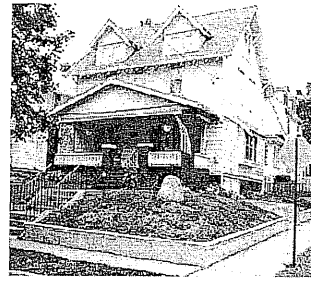
Williamsville

Sandra W. 15y
Roger H. 23y
Sally M. 24y
Bob H. 30y
Bob F. 37y

Women In Recovery

Carmen C. 3y
Wanda W. 6y

Saleemah L. 7y



Group Anniversaries

Any Age: 34y
Beginnings Women's: 26y
Downtown Men's: 36y
Guiding Light: 19y
Helping Hand: 37y
High Noon: 17y
Kenmore: 25y
Lockport Tuesday PM
Lovejoy: 28y
Matt Talbot
Mercy: 25y
On the Cliffs: 4y
Questions & Answers: 9y
Spirit of Hope: 28y
Spiritual Progress: 23y
Springville Tues Night: 45y
Starting Over (pm)
Sunrise Court: 58y
Victory: 23y

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 6th, 2012

Pete E. Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Wally (Lockport No. 1) read the Preamble, Paul (Just for today Cheektowaga) read the Purpose of Central Committee, Laura (Orchard Park Step) read the Twelve Traditions. It was moved by John (Saturday Morning Breakfast) and seconded by Jay (University Men's) to accept the April minutes. Refreshments were Provided by Orchard Park Step (Next month they will be provided by North Buffalo Group). New groups were greeted and 28 groups were represented: Dist. #2 How it Works Men's, North Buffalo, Sheridan, Sober, Train, Three Legacies, University Men's

Dist. #3 Courage, Iron Horse, New Life, OLV Women's, Sunday Morning Breakfast, Thruway Group, Just for Today Cheektowaga

Dist. #5 Lockport No.1, Simplicity, Dist. #6 As Bill Sees it, Carrying the Message, Derby, Lakeshore, Sobriety Men's Disc, Women's Experience Dist. #7 Fresh Start, Lovejoy Dist. #8 Amherst Snyder, Eye Opener, Fireside PM, Lighten Up, Welcome Group.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** Tina (Amherst Snyder) "Took in \$922.00"

•**STEERING COMMITTEE-** Attended: Chair, Co-Chair, Exec. Secretary, Financial Secretary, and Districts, 1, 2, and 5. Absent: District 6. Open Districts: 4, 7, and 8.

Reviewed Central Office financials and projections through the end of 2012. Included with this was discussion about the number of groups that have not contributed to Central Committee operations this year.

(Approximately 63% of groups have not contributed.)

We also directed secretary to revert literature pricing back to January 2011 prices.

There were no recommendations of action for the Central Committee this month. Respectfully submitted, Chip R.

•**FINANCIAL REPORT:** We received \$3,216.36 for group contributions, and \$922.00 for envelope system contributions in April 2012. A marked improvement over last month, but in comparison to last year, we are still on a downward trend. On average, our expenses are exceeding our income by roughly \$800.00 per month. If there is no turn around in monies received through contributions and sales, based on last year's expenses, we will need to draw from the prudent reserve this year. The depreciation lines have been eliminated from the income statement to simplify the statement. An alarming point: only 109 out of 295 groups listed on the contribution sheet have given. About 63% have not contributed. Respectfully submitted, yours in AA, Sue Benner

•**TREATMENT:** There currently is no committee only a chairperson. The committee needs volunteers to help with supplying treatment facilities with books, pamphlets, and schedules. If you are interested in being of service then come on the 3rd Monday of the month at 6 PM. We cover meetings at: ECMC on Sundays at 3:45, Salvation Army on Mondays at 8:00 PM, VA Hospital on Wednesdays at 8:00 PM, and ECMC on Thursdays at 7:00 PM. (*Please be there 15-30 minutes early*) If you or your group are currently covering one of these meetings, please Contact the Treatment Chair Milt B at 716 990-2717

•**CORRECTIONS:** Corrections Committee met on 4/21 at 7:00 PM. At this time Randy has taken over the Bridging the Gap program and agreed to coordinate it fully. Pete E. and I agreed to assure that all meetings were being kept at the state facility. Pat has been to orientation since then as have I, so we are trying to get new faces involved because some of the guys have been doing this for a lot of years and need a break. If anyone is interested, I have applications and can rush the orientation process.

Respectfully submitted, Matt D. Co-chair.

•**CENTRAL OFFICE:** APRIL OFFICE REPORT 5/6/12

AAINFO:135,12-STEP:4,ALANON:2,PIC:1,VISITORS:110,VOLUNTEERS: 4.

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE; ABBOTT CORNERS-4, BIG BOOK , SPIRITUAL STUDIES-5, HIGHER POWERED 7, NEW OUTLOOK 5, ON THE CLIFFS-6, POWERLESS-7, VIP-2

I will be taking vacation day's on May 22, 23, 24 & 25.

Yours in the fellowship of the Spirit... Terry B.

•**NEW FRONTIERS:** No Report

PIC: Judy (Orchard Park Step)

PIC report May 6th My only concern today is that there are health fairs coming up that we have no coverage for. One is Erie County BOCES on May 17th on Jefferson Ave from 9-1. She mentioned that Maybe we could mail her some info. I don't know what the cost of that would be. Another is May 23rd for Veterans at Buffalo Central Terminal from 10-2. Health Fairs require someone to sit at a table and hand out literature for a few hours. Unfortunately they are weekdays and most people are working. If you could bring it up at your meetings, that would be helpful. I also need someone to speak at a High School health class before too long. I can give you my email for more info if you want to contact me. Our next meeting is May 14th at 6 PM.

•**Night Watch:** Terry purchased phone card. Telephone card connects the phone to the computer software. This enables calls to be transferred to volunteer's phones. Presentations were given at Eye Opener, Lakeshore, Amherst Snyder, Lockport No. 1, Iron Horse, and Sober Train. Still in need of groups to make 2 week commitment to man the phones.

•**CONVENTION:** Convention Committee moving along well. Now we have all chair positions filled. We now have our theme and colors decided and graphics is moving along with tickets and decorations. "To Thy Own Self Be True" is the Theme. Any questions about the convention please call me at 716 390-7045. Our next meeting is May 12th at noon. Jack M (Co-chair)

•**GSA LIASON:** No Report

•**ARCHIVES:** Wally (Lockport No. 1)

Thank you for the privilege of allowing us to serve you this month. We attended and reported to three intergroup meetings and e-mailed the intergroup report to NY-Penn. The GSA was April 15th and there was a spirited discussion on supporting archives to become a primary committee in New York. The assembly agreed to have the delegate support this measure if it got to the floor of the conference. The next assembly is June 2nd. The post conference workshop will be May 12th at 9 AM – 1:30 PM. It will be at St. Mathias Episcopal Church, 375 Main St. East Aurora. Our next monthly Archives meeting is changed to Tuesday May 15th at 7 PM at Buffalo Central Office. Our June meeting is changed to Saturday June 2nd. This will be at Buffalo Central Office at 10 AM. Our July meeting will be July 14th at the Main and High day of sharing at the Holy Trinity Lutheran Church, 1080 Main St. Buffalo. We will have an Archives display and will have our meeting in the church library around 10 AM. Then we will resume regularly scheduled monthly meetings the second Saturday of each month at 10 AM at the Buffalo Central Office. We are continuing to have workdays at Buffalo Central Office each Tuesday at 7 PM. Please continue to send us pictures of your home group meeting places, group histories, and information on individuals for oral histories. Our 2nd annual Archives Breakfast was held Saturday May 5th at the Gateway Center in Jamestown. The event was attended by the four intergroup areas of area 50. We experienced wonderful fellowship, a delicious breakfast, and an inspiring message from Cliff H. from the Stoney Creek Group. As advertised the Amish Doughnuts were awesome. We received contributions this month from the 5th Tradition Group in Youngstown, the How it Works Group in Kenmore, and the Iron Horse Group in West Seneca. We rely on contributions from the groups and ask that donations be sent to WNY Area 50 Archives, c/o Buffalo Central Office, 681 Seneca St. Buffalo, NY 14210. Thank you for your continued support. We had one display this month at the 55th group anniversary of the Cheektowaga group. We look forward to more invitations to display archives with a suggested thirty day notification. Yours in

Service, Wally Eick, Area 50 Panel 62 Archives Chair.

•**RECAP:** none

•**OLD BUSINESS:** No old Business.

•**NEW BUSINESS:** No new business.

NEXT MEETING: May 6th, 2012 at 7pm.

North Buffalo Group will be providing refreshments at next month's meeting.

It was moved by John (Sunday Morning Breakfast) and seconded by Jay (University Men's) that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:42 p.m.

Respectfully submitted Zach F., Recording Secretary Three Legacies Group.

Income Statement	Jan-12	Feb-12	Mar-12	Apr-12	YTD
Beg Bal Cash on hand	14,576.22	16,001.84	13,907.14	9,322.04	
Contributions					
Groups	5,220.70	2,879.13	3,627.67	3,216.36	14,943.86
Joint Meeting	41.75	37.00	40.00	55.00	173.75
Envelope System	1,292.00	372.00	87.00	922.00	2,673.00
New Frontiers Subs	54.00	20.00	84.00	3.00	161.00
Literature/Medallions/Pins	3,650.99	3,657.55	4,064.51	4,223.68	15,596.73
Literature Sales Tax	258.28	288.69	258.61	337.01	1,142.59
Literature Postage	21.75	32.54	37.02	34.95	126.26
Sales+/-	(56.00)	(0.50)	7.49	(19.09)	(68.10)
Archives Room Rent			200.00		200.00
Com. Meetings at CO	21.00	13.00	36.00	15.00	85.00
Mali/Misc.			30.00	25.00	55.00
Returns	(1.14)				
NSF Bank fees collected				20.00	
"Gratitude Month" (NOV)					
Conventions/Day of Sharing					
Monthly Income	10,503.33	7,299.41	8,472.30	8,832.91	35,107.95
Expenses					
Office Rent	892.64	892.64	892.64	891.82	3,569.74
Electric	90.00	90.00	90.00	90.00	360.00
Payroll Gross	2,571.40	2,569.00	3,853.50	2,569.00	11,562.90
Employment Taxes	235.26	235.26	352.89	235.26	1,058.67
Unemployment Surcharge					
Payroll Tax Deposits					
Federal					
State					
NYS Sales Tax			707.73		707.73
Insurance					
State Ins Fund(Travelers)			307.00		307.00
Health	626.08	626.08	626.08	626.08	2,504.32
Liability	1,235.23				1,235.23
Postage	205.12	355.00	283.79	200.00	1,043.91
Phone	162.55	167.19	166.44	168.05	664.23
Accounting					
Paychex	151.06	87.04	79.53	91.47	409.10
Advt					
Talking Phone Book					
Super Media	163.15	164.15	163.65		490.95
website					
white directory					
Yellow Pages				99.00	99.00
Literature Expenses					
Grapevine					
World Services Inc	1,947.90	3,009.75	3,373.20	995.00	9,325.85
Hazeldon		520.55		271.26	791.81
Printers			1,620.00		1,620.00
Medallions					
PINS					
Petty Cash					
Office Supplies	240.00	133.25		8.30	381.55
Answering service	167.05	167.20	167.95	171.05	673.25
Copier leasing	209.00	209.00	209.00	209.00	836.00
Copies/ service contract	161.00	161.00	161.00	161.00	644.00
PIC	17.27			35.35	52.62
Bank Fee's	3.00	7.00	3.00	23.00	36.00
Prudent Reserve					
Seed \$\$					
Seminar					
Depreciation					
Monthly Expenses	9,077.71	9,394.11	13,057.40	6,844.64	38,373.86
Monthly Income (Loss)	1,425.62	(2,094.70)	(4,585.10)	1,988.27	(\$3,265.91)
Depreciation add back(non-cash)					
End Balance	16,001.84	13,907.14	9,322.04	11,310.31	
Petty Cash	3,000.00	3,000.00	3,000.00	3,000.00	
Total Balance	19,001.84	16,907.14	12,322.04	14,310.31	
PRUDENT RESERVE	28,092.65	28,094.97	28,096.73	28,099.42	
Assets: Literature& Medallions	11,218.16	12,307.67	13,407.14	11,700.85	
Literature Receiveable:(outstanding)	972.77	692.58	638.90	746.62	
Corrections Facilites	846.70	1,086.95	1,044.62	417.17	
Contributions	485.30	180.92	105.00	392.45	1,163.67
Bank Fee's	3.00	3.00	3.00	3.00	12.00
Expenses	242.05	220.25	729.45	185.00	1,376.75
Balance	1,086.95	1,044.62	417.17	621.62	(201.08)
Treatment Facilities	3,778.71	3,885.71	4,027.71	3,888.96	
Contributions	110.00	145.00	130.00	30.00	415.00
Expenses			265.75		265.75
Bank Fee's	3.00	3.00	3.00	3.00	12.00
Balance	3,885.71	4,027.71	3,888.96	3,915.96	277.75
					149.25

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