

AA ANNALS

CLASSIC GRAPEVINE

*Those Depressions - Make Them
Work for Good*

By M.N., New York, N.Y.; August 1948

Most of us have them, I guess - those depressions that attack us without warning and apparently without adequate cause. I am sure they are not limited to alcoholics; but for us, they are dangerous, much more dangerous than they are to the average nonalcoholic, for they induce a craving, not necessarily for liquor, but for the effect of liquor.

Our depressions vary in length and intensity - at least mine do. Sometimes, they are deep indeed and last as long as a month. Sometimes, they are less severe, and I get over them in a few days. Dark or light, they are distressing, unproductive times, when life seems like a very dull business. Even AA loses its reality. I go to meetings and come away bored and dissatisfied. If it is a discussion meeting and I contribute any optimistic thought, I listen to myself cynically and think, "Why don't we stop kidding ourselves? We'll never really amount to anything. We missed our chance long ago. We are way behind in the race."

These, to my mind, are the times to go to work, fight it out with yourself, answer yourself back. Say to yourself: "All right. Perhaps I never will do anything spectacular. Maybe I'm not any ball of fire, never was, never will be. Suppose I have to plod along in the middle of the road just like the vast majority of human beings - scoring a small success here, a small setback there, never getting very far ahead, trying not to get too far behind."

If we face these thoughts honestly and without shame, we have done something. We have turned our depression into an adjustment that is a necessary one for most of us. It is quite probable that our lives will be spectacular only in that they are so much better than they were during our drinking years. We will be important only to ourselves and the few who are close to us. If we stay sober, and we know we must, we can say these things to ourselves and go on from there.

To us as active alcoholics, the word "mediocrity" meant all the dull, boring aspects of life that we were trying to escape. If we couldn't be tops, we didn't want to play at all. Well, most of us - not all of us by any means, but most of us - are pretty run-of-the-mill individuals. We can do a job as well as the next fellow, but perhaps not any better.

(Continued on Page 3)

Volume 4 No.3 March 1990
THEME: DECISIONS

Opening Up ... 2 ...

You and I
Need Each Other ... 3 ...

Announcements ... 4 & 5 ...

Members Write ... 6 ...

Anniversaries ... 7 ...



*Made a decision to turn our Will
and our Lives over to the care of
God ..*

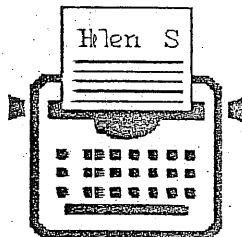
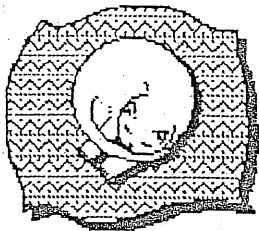
WE WELCOME YOU...

The following are the Themes for the coming issues of newsletter for the next few months.

- April: Acceptance
- May: Admitted
- June: Let Go, Let God

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

Helen's Corner ...



DECISIONS

by Laura M., TGIF Group

This month I begin my article with a note of caution... anyone who thinks I'm about to present a neat, sure-fire formula for making decisions will be sadly disappointed. My ability to make rational decisions varies from day to day. It all depends on how in-touch with my needs and feelings I am and how major a decision it is. I still have the he free floating fear of making the wrong choice. I know I learn from mistakes but, some mistakes are real lulus.

A question that haunts me is ... Why is it that the big picture becomes clear only after I've decided what to do? Being a person who can rationalize myself out of any paper bag I have formulated a theory. I call it the X-factor of any decision. The X-factor is what I don't know about the person, situation, or whatever I'm trying to decide about; it strikes only after I've made a decision. Picture yourself in a totally dark room and you hear something growling. You decide to turn on the light to find out what the heck it is. The light reveals a monster from space who promptly eats you. What you didn't know was the monster couldn't see you in the dark. That's the X-factor.

Just the other day I decided to give my thermos a good cleaning, so I squirted soap stuff in and filled it with hot water. Later, knowing the soap was in there, I rinsed the thermos about four times. Satisfied the job was done, I filled it with coffee and went off to work. The first cup of coffee, from the thermos, convinced me that I had not rinsed out all the soap. Coffee mixed with soap can taste real tasty. The X-factor was my not knowing how tough soap is too-rinse out of a thermos.

There is a saying, "Recovery is the art of making order out of chaos." The question each of us must ask and answer for ourselves is how we may create order in our lives. Fortunately, AA gives us many tools which enable us to create our own mode of operation for leading a sober lifestyle. A gentle reminder I have created for myself is.... "by my using good orderly direction I can be responsible for my thoughts, actions and decisions one day at a time by keeping it simple." I write down how I feel and the various ways I can resolve whatever it is.

I wish you happy trails and remember that I am yours in the spirit of AA.

Helen

What are they?

Packing your bags,

Taking off for a new destination?

Deciding to dress totally different from everyone else,

To show the person you are!

Having the real you come to surface, letting down the wall.

Opening up, like you never did before; learning to trust, Love and grow each minute of the day.

Opening your ears and eyes to see and hear;

What life really is about!

And closing your mouth, when a person is speaking or asking for advice!

Is this a step forward; a new Way to live?

Only you know for sure, no-one can change the way you live, only you!

You must decide which way to go.

Want to live in the same world; or get up, brush yourself off, and say

"It's time for a new way of living, a change must be made,

but one at a time,

A Day At A Time,

By opening up.

Could there be pain?

When you opened your mind

as wide as it could go;

and let every corner of the sky in.

Could there be loneliness, fear?

Would you ever worry again?

We lose the fear of making decisions, great and small, as we realize that should our choice prove wrong we can, if we will, learn from the experience.

Should our decision be the right one, we can thank God for giving us the courage and the grace that caused us to act.

YOU AND I NEED EACH OTHER
by E.S., Mahattan, N.Y, Grapevine May 1977

Dear Newcomer,

I want you to know how close I feel to you at this moment in our lives. Watching new people grow renews my sobriety.

You asked me a question at our meeting last night. You asked why coming close to your first AA anniversary, you felt a bit down and angry. When I asked whether you thought you were getting to enough meetings, you avoided a direct answer. I have seen this before in newer people - the technique of not answering a pertinent question. The other way of avoiding honest answers is to mumble about "being tired" or "busy with work." Well - all these things may be true, but meetings are how you and I met.

The discipline of digging into the AA program pays off in peace of mind. Being undisciplined is not cute or clever. Drunks do as they please; sober adults make plans and stick to them. You wouldn't miss an appointment with the doctor who was going to charge you \$150. Why miss your AA appointments, which are free?

You say you don't read AA literature but will eventually. When? Don't wait until you are sober 25 years; read it now. There is material in our books, written in the language of the heart, that you should know. You should be getting the program from every available source. If you don't get it now, you will have to do it later.

You told me you were very shy when you first tried AA, and AA didn't work. I think shyness, or being introverted, disguises itself after a time as a desire to be super-comfortable. I went to many uncomfortable meetings in the beginning. The discomfort was within me. I am comfortable at all meetings now. This took practice. I broke the ice of shyness, and I resist when it occasionally tries to freeze over again. Isolation is bad for new people, old people, and in-between people if they are alcoholic people.

Isolation sneaks up on us. We can mask it with familiar props that are not in themselves bad. We can isolate ourselves in an attempt to clean up our apartments (and then do not do the cleaning); we can isolate ourselves in churches or in sleep; we can use our family, sweethearts, compulsive working, television. The list is long. The nicest way to end it is the way you and I do together. Reach out - people can't read your mind.

I think you know alcohol is no answer. You would not have made the attempts to help yourself that you have if you wanted to go on as you were. You have not exactly come this far on dumb luck. You worked hard.

You move either away from a drink or toward one. People never stand still. Life is not arrival at a destination; life is travel to many destinations. You must reach your potential in sobriety. Enjoy the journey, bumpy roads and all.

You worry a lot about your past defects. Don't, please, thrash experiences, and move on. Guilt is insidious and counterproductive. Past liabilities can be turned around and become our stongest points. A wonderful way to do this is by reaching out to another drunk. It works.

The 12 Steps are my absolute guideposts for living. My old guides directed me into bars; our Steps brought me to AA and you. Is there any doubt which path is better?

Everything I believe and know best is contained in the Big Book. Chapter Five explains the program perfectly. It begins, "Rarely have we seen a person fail who has thoroughly followed our path." Then it goes on to explain the path.

I will continue to make suggestions based on my own journey. Let's go on together. It's easier for both of us that way. Thanks forever for being new in AA.

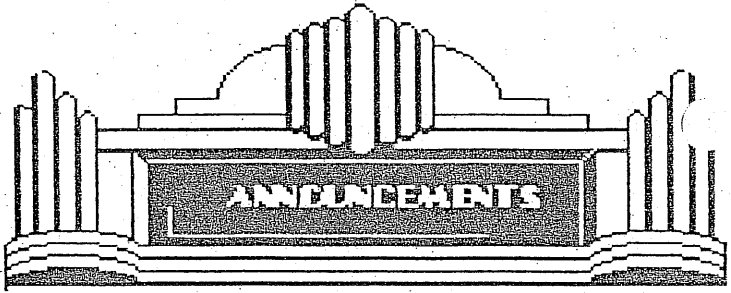
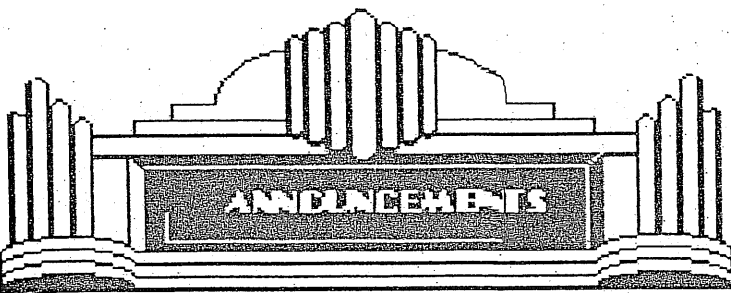
**[THOSE DEPRESSIONS
CONTINUED FROM PAGE 1]**

There is one job that we can do superlatively, and there isn't any thing that can keep us from doing it if we are serious in wanting to. That is the job we do on ourselves, inside ourselves. It means clearing out a whole mess of false values, unrealistic ambitions and worn out resentments, and putting in their place the qualities we want to have - kindness, tolerance, friendliness, for instance. We can begin to see what the real values of life are, and they are very different from the hazy, distorted dreams we had of becoming famous overnight.

If we can really talk to ourselves in this manner during our depression, we have made use of it. Instead of letting it submerge us and perhaps drive us into a slip, we have used it as a stepping-stone towards a better understanding of what our sober lives can hold for us.

In our happier moods, we still daydream, and I wouldn't want to stop. But they will be constructive dreams, rather than mere flights of fancy, and if we keep them within bounds of possibility, we have a good chance of making them come true.

*During the day, we can pause
where situations must be met and
decisions made, and renew the
simple request "Thy will, not mine,
be done"*



MEETINGS

MEETINGS

MEETINGS

NEW MEETINGS

MARK YOUR NEW SCHEDULES !!!

CLARENCE MEN'S DISCUSSION - FRIDAY - 8:30PM - CLOSED - St. Paul's Episcopal Church, 4275 Harris Hill, Williamsville, NY.

PLEASE NOTE:

MATT TALBOT GROUP will be meeting on Tuesday instead of Wednesday during the Lenten season only...

FR. BAKER - FRIDAY - will not be meeting until further notice.

ANY CHANGES THAT NEED TO BE MADE IN THE WORLD DIRECTORY PERTAINING TO YOUR GROUP CONTACT PEOPLE AND THEIR PHONE NUMBER MUST BE INTO A.A. WORLD SERVICES, BOX 459, GRAND CENTRAL STATION, NY, NY 10163; BY MARCH 15TH.

COMMON HOUR - ECC CITY CAMPUS has a closed noon meeting on THURSDAY in room 570. This is a Downtown luncheon meeting that people do not seem to be aware of.

MEETING PLACE AVAILABLE - The Triple A (AAA) at 100 International Drive in Williamsville has offered their auditorium as a meeting place. Any one wishing to start a group or perhaps a group that needs to relocate call the Central Office for the contact person and number.

MEETING CORRECTIONS TO THE NEW SCHEDULE:

SOUTHGATE - SATURDAY - is an OPEN meeting not OD as schedule reads.

LOVEJOY - FRIDAY - the meeting time is be 8:00 PM.

DOWNTOWN MEN'S DISC. - TUESDAY - meets at 8:00 PM

KEEP IT SIMPLE, SISTER - is a SMOKING meeting

MEETING CHANGES:

NON-SMOKING MEETINGS - FRONTIER-TUESDAY, SATURDAY, SUNRISE COURT-SUNDAY.



HALF & HALF - THURSDAY-FREDONIA -meets on Central & Cottage behind Butterick Hall.

SATURDAY NIGHT ALIVE - FREDONIA - is an OPEN meeting and also meets on Central & Cottage behind Butterick Hall.

NEW WESTSIDE - SATURDAY - 8:30 PM - is moving to 1 Symphony Circle. The 1ST Pres.Ch. across from Kleinhan's Music Hall.

PLEASE NOTE:

SUBURBAN GROUP - SATURDAY - is attempting to update its records. If you wish to have your anniversary commemorated at Suburban, please contact any group member at the weekly meeting; Brighton Community Church at 8:00 PM.

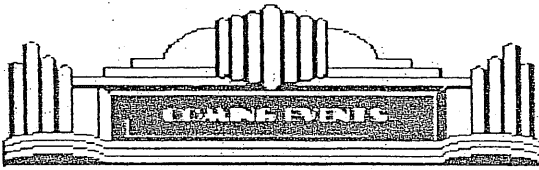

REMEMBER


CENTRAL COMMITTEE MEETING

SUNDAYS - Mar 4 and Apr 1, 7:00 PM. at 80 Goodrich Street behind Buffalo General.
Everyone Welcome.

**HOW IT WAS!
WHAT HAPPENED!
WHAT IT'S LIKE NOW!**

September 1991 marks the fiftieth anniversary of A.A. in Western New York. The Fiftieth Anniversary Committee is charged with compiling a history and presenting it at a gathering to celebrate this milestone. If you have any information about the events or occurrences that were the growth of AA in the area or would like to help in the creation of the celebration. Please contact the Committee through Central Office.



MARCH 14 - WEDNESDAY - WE ADMITTED GROUP will be celebrating their 2nd Anniversary. Come and share coffee and cake with us at the Broad Street Baptist Church, 116 Broad Street, at 10:00 AM.

MARCH 16 - FRIDAY - YOU'LL NEVER WALK ALONE Group is holding a St. Patrick's Day Dance at St. John's Epis. Ch., Lafayette at Bidwell. 7:00 PM - 1:00 AM; speaker, anniversaries & buffet. \$3.00 donation in advance - \$4.00 at the door.

MARCH 17 - SATURDAY - COURAGE GROUP will hold its' Annual St. Patrick's Day Dance at Our Lady Help of Christians Church - School Hall at Genesee St. and Union Rd. Music from 9:00 PM to 1:00 AM, by the Dancing Sound, catered buffet, & door prizes. Doors open at 8:00 PM. Tickets available from members for an \$8.00 donation.

MARCH 26 - MONDAY - THRUWAY GROUP - will be celebrating their 17th Anniversary at Infant of Prague School, 921 Cleveland Drive, Chtg. Speaker; Chuck T., Amherst-Snyder Group. Coffee and cake will be served. Come and help us celebrate.

MARCH 27 - TUESDAY - NEW ZION 6th group Anniversary at Temple Beth Zion, 805 Delaware Avenue at Barker at 8:00 PM. Special guest speaker - desserts and beverages -

APRIL 8 - SUNDAY - SERENITY GROUP will celebrate their 27th Anniversary with a breakfast at the Holiday Inn, 1881 Niagara Falls Blvd., Amherst, NY. Breakfast will be at 9:15 AM and a speaker at 11:00 AM. Donation is \$6.00.

APRIL 10 - TUESDAY - NEW ZION - will not meet this night only.

APRIL 20, 21, 22 - WESTERN NY GSA SPRING CONVENTION - PARK INN INTERNATIONAL, 2711 WEST STATE STREET, OLEAN, NY.

APRIL 27 - FRIDAY - LIFELINE GROUP of Allegany, NY, is celebrating their 5th Anniversary with an open speaker meeting at 6:00 PM / buffet at 7:00 PM / regular meeting at 11:00 PM. St. John's Lutheran Ch. N. 4th St., Allegany, NY; a short distance from the Spring Convention location.

MAY 11, 12, 13 - 39TH CEN. NY AREA A.A. CONVENTION - ROCHESTER THRUWAY MARRIOTT

NOVEMBER 2, 3, 4 - 49TH BUFFALO FALL CONVENTION - HYATT REGENCY



The Correctional Facilities Committee would like to take this opportunity to invite each and everyone of you to get involved in service by volunteering to share at a correctional facility meeting. What better way to express your gratitude and love, than to carry the message to another alcoholic who is "behind the walls."

The following is a list of the institution names, meeting days and meeting times. Please call Central Office for the name and phone number of the contact person involved in the meeting you would like to attend. Remember what the Big Book says: "You can help when no one else can."

Wende - Maximum Security	Friday: 7-8:30PM
	Saturday: 1:30 - 3:00PM
Wende - Erie County	Wednesday: 8-9:30PM
Attica - Beacon Group	Wednesday: 6-8:30PM
Collins #1	Sunday: 6:30-8:30PM
	Tuesday: 6:30-8:30PM
	Saturday: 8:30-10:00AM
Collins #2	Sunday: 6:30-8:30PM
	Tuesday: 6:30-8:30PM
	Saturday: 8:30-10:00AM
Wyoming	Wednesday: 7:00PM
	Annex: 7:00PM
	Saturday: 7:00PM

YOU ARE NEEDED!

I have often heard it at meetings; "I am grateful to AA for my sobriety." I have also heard it said at meetings that gratitude is an action word. So here is an appeal to you out there to put the action into your gratitude.

People are needed to be on the 12 Step list. Those of you who have never done this work will find much reward to your own sobriety. If you would like to do some and start to gain the kind of sobriety for which we all have a desire.

Please contact Central Office at 853-0388, and give us your name and phone number and you will be put on the list. Perhaps your group would like to be on the list you might want to bring this up at your next group business meeting.

TWENTY QUESTIONS REVISITED

By G.N., Toronto, Ont.
Grapevine, October, 1983

- 1) Do you find more time for work today?
- 2) Has your home life become happier?
- 3) Do you find that you are less shy with other people?
- 4) Is the fact that you are not now drinking affecting your reputation?
- 5) Are you waking up in the morning without guilt or remorse?
- 6) Are your financial difficulties becoming easier to manage?
- 7) Do you turn to sober companions and a superior environment?
- 8) Are you now more concerned with your family's welfare?
- 9) Has your ambition increased?
- 10) Do you have a craving to pray and meditate at a definite time daily?
- 11) Do you feel gratitude when you wake up in the morning?
- 12) Do you sleep better?
- 13) Is your efficiency increasing?
- 14) Is not drinking affecting your job or business?
- 15) Do you deal with your troubles and worries head on?
- 16) Do you find it easier to live with yourself?
- 17) Is your memory improving?
- 18) Has your doctor recently commented on improvement in your health?
- 19) Is your self confidence increasing?
- 20) Have you been asked to share your story with others?

If you have answered yes to one of the above questions, you just may be a recovering alcoholic. If you have answered yes to two, it is probable that you are a recovering alcoholic. If you answered yes to three or more, you are definitely a recovering alcoholic.

My Special Gift

by Tom S., Thruway Grp.

This day is mine. It is unique. No-body in the world has one exactly like it. It holds the sum of my past experience and all my future potential. It belongs to me to do with whatever I like. I can fill it with the joyous moments or ruin it with fruitless worry. If painful recollections of the past come into my mind, or frightening thoughts of the future, I will put them away. They cannot spoil today for me. I will wear a smile for everyone I meet today.

Today is my special gift from God.

GRATEFUL???

How would you like to spend 9 years in a hospital with no prospect of getting out? Well there is such a case. He is right here in the Buffalo area. His name is John Guis and he is in Room of the Skilled Nursing Section of Mercy Hospital, 565 Abbott Rd., Buffalo, N.Y. 14220.

John is a member of AA and he is sober. He used to live in Cazenovia Manor with 20 other recovering Alcoholics. My good friend John developed a muscle disorder which to date no one seems to know very much about. He spends most of his time in bed. Despite his problems, whenever I visit him he is always in a kind and has a positive attitude. He has more gratitude than most of us, who have since gotten back some of our families, jobs, good fortune, etc. February 7th was John's birthday. Despite the fact that he will tell you he does not want or need anything, it would be nice if you would send him a card. Any kind of a card will do even a belated birthday card. Maybe a dollar or two for a pack of cigarettes. (he smokes Pall Mall) Maybe your group might want to send a greeting. He always was and still is so grateful to be sober.

How about you?

DO IT - You'll feel better

Francis Peter L.

A TEST YOU SHOULD PASS

Most of us have hopelessly failed the 20 questions on alcoholism, so here is a test with a different twist.

- 1) Do you get a craving for a cup of coffee at 8 or 8:30 PM?
- 2) Do you find yourself saying the Serenity Prayer in grocery lines?
- 3) Are you afraid of saying "My name is _____ and I'm an alcoholic. when introducing yourself?"
- 4) When people tell you their problems, do you offer advice like "One Day At A Time" and "Easy Does It"?
- 5) Do you have difficulty breathing if you are not in a smoke filled room?
- 6) Has your car quit automatically turning into liquor stores?
- 7) Do you call at least 3 friends in the fellowship everyday to say "Hi"?
- 8) Do you carry AA chips in your pockets instead of beer change?
- 9) Have you forgotten what is on TV at 8 P?
- 10) If you miss too many meetings, are you a grouch and a bore?

If you have answered yes to 2 or more of the questions, you might as well face it... You are addicted to AA. Enjoy it, One Day at a Time!

Movin' On In Sobriety

FEEDOM
 Elaine B. 6yr.
 Lorraine P. 3yr.
 Stanley G. 1yr.
 Collette R. 9mo.
 Rita M. 6mo.

HARMONY
 Florence F. 11yr.
 Lillian A. 5yr.
 Dale M. 9mo.
 Chris McG. 3mo.

KENSINGTON DISC.
 Peaches 8yr.
 Pat R. 5yr.

SOUTH BUFFALO
 Charlie A. 8yr.
 Charlie O. 7yr.
 Dan B. 4yr.
 Sharon O. 3yr.
 Laurie F. 3yr.
 MaryAnn H. 2yr.
 Leonard 1yr.
 Jack T. 9mo.
 Mike V. 9mo.
 David P. 9mo.
 Alex S. 6mo.
 Robin H. 6mo.

NORTH BUFFALO
 Marcia W. 11yr.
 Charlie H. 11yr.
 Pat R. 10yr.
 Donna C. 10yr.
 Joan K. 7yr.
 Michael P. 4yr.
 Janet T. 3yr.
 Jacki S. 3yr.
 Peter B. 3yr.
 Bobby S. 3yr.
 Robert W. 2yr.
 Tom F. 2yr.
 Dennis V. 2yr.
 Ed.S. 1yr.
 Victor C. 1yr.
 Joseph E. 6mo.
 Marilyn M. 6mo.
 Chris K. 6mo.
 Frank C. 6mo.
 Mike M. 6mo.
 Mike J. 6mo.
 Dan G. 6mo.
 Karen B. 3mo.
 Stacy N. 3mo.
 Donald H. 3mo.
 Christine M. 3mo.
 Bill H. 3mo.
 Jim C. 3mo.

WE CARE FEBRUARY
 Delores K. 8yr.
 Arlene N. 1yr.
 Betty C. 9mo.
 Bryan D. 6mo.
MARCH
 Bill R. 8yr.
 Bill G. 1yr.
 Darryl H. 3mo.

THRUWAY FEBRUARY
 Terry M. 13yr.
 Allen Z. 7yr.
 Beverly K. 7yr.
 Ronald T. 6yr.
 Bob R. 6yr.
 Danny V. 6yr.
 Paul G. 5yr.
 H. James S. 4yr.
 Joyce S. 3yr.
 Mike M. 3yr.
 George F. 3yr.
 Russell M. 2yr.
 Cindy R. 2yr.
 Dana N. 2yr.

LET GO & LET GOD
 Emma M. 8yr.
 Mary B. 3yr.
 Val F. 3mo.

COLD SPRING
 Vernon G. 28yr.
 Ty E. 15yr.
 ElvesterMcR. 14yr.
 Pearl H. 9yr.
 Loretta H. 9yr.
 James G. 9yr.
 Bo H. 4yr.
 James E. 3yr.
 Diane W. 3yr.
 Ben W. 2yr.
 Trina W. 1yr.
 Vera T. 1yr.
 Reggie L. 6mo.

WOMEN'S WESTSIDE DISC.
 Jackie B. 4yr.
 Jody F. 4yr.
 Trina W. 1yr.
 Diana F. 1yr.
 Edna P. 1yr.
 Doris B. 9mo.
 Dianne C. 9mo.
 Laurie S. 6mo.
 Tammy T. 3mo.

CORNPLANTER'S AGAIN
 Sherry H. 12yr.
 David D. 10yr.
 Milford G. 7yr.
 Richard b. 6yr.
 Val J. 3yr.
 Jeff M. 3mo.

MARCH
 Ray O. 15yr.
 Tom M. 14yr.
 Lorraine B. 7yr.
 Richard S. 6yr.
 Kathleen P. 6yr.
 Sue L. 5yr.
 Marilyn K. 3yr.
 Elvira K. 3yr.
 Arthur E. 3yr.
 Tom G. 3yr.
 Jim W. 2yr.
 Charles B. 1yr.
 Ralph J. 1yr.
 Darryl D. 1yr.

ANY AGE
 Judy S. 10yr.
 Sheryl R. 7yr.
 Dave B. 6yr.
 Sheryl 5yr.
 Dave T. 5yr.
 Kent T. 5yr.
 Candy S. 4yr.
 Dave K. 4yr.
 George Lee 3yr.
 Tom M. 2yr.
 Corey 2yr.
 Jenny W. 1yr.
 Tony 1yr.
 Steve W. 1yr.
 Joe 1yr.
 Tom M. 1yr.
 Sean S. 9mo.
 Gary R. 9mo.
 Tina H. 9mo.
 Mark K. 9mo.
 Mike P. 3mo.

IRONHORSE
 Barbara M. 5yr.
 Debbie N. 2yr.
 Ken McG. 2yr.
 Owney D. 2yr.
 Gail S. 1yr.
 Matt McC. 1yr.
 Larry H. 9mo.
 Mary F. 6mo.
 Tim P. 6mo.
 Sean K. 3mo.

SPY HOUR
 Ty E. 15yr.
 Sherry H. 12yr.
 Kim B. 3yr.
 George F. 3yr.
 Elizabeth T. 2yr.
 Jerome H. 1yr.
 Dave C. 1yr.
 Larry C. 1yr.
 Michael C. 1yr.
 Cecelia B. 1yr.
 Tina W. 1yr.
 Anthony H. 9mo.
 MaryEllenR. 9mo.
 Edward S. 9mo.
 Pat A. 9mo.
 Norman S. 9mo.
 Bill D. 9mo.
 Michael V. 6mo.
 Resheed S. 6mo.
 Wayne D. 6mo.
 Edward C. 6mo.
 Paul E. 6mo.
 Joseph R. 6mo.
 Robert C. 3mo.
 Darryl R. 3mo.
 Otis M. 3mo.
 Drew B. 3mo.
 La McK. 3mo.

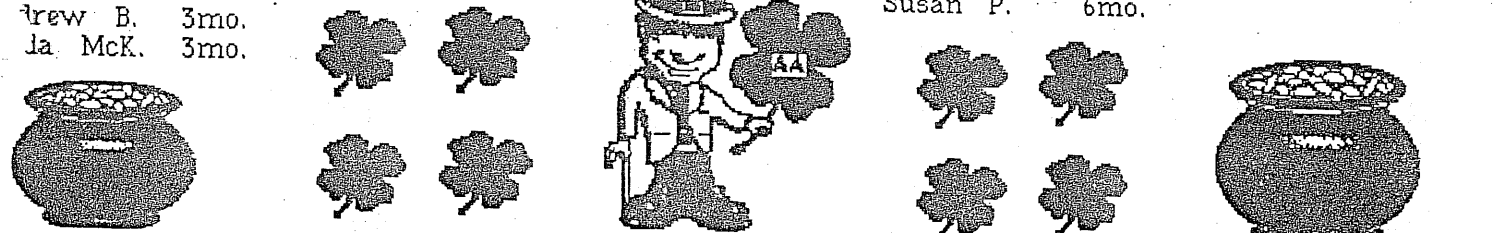
WHY
 Harvey S. 2yr.
 Bill W. 1yr.
 Bob D. 1yr.
 Rita M. 6mo.
 Ella T. 6mo.
 Don L. 3mo.

GIVING
 Emma L. 26yr.
 Joseph H. 16yr.
 Joan K. 7yr.
 Kim M. 2yr.
 Jeanette S. 1yr.
 Paul E. 6mo.

WED. LUNCH
 John T. 2yr.
 Jeanette S. 1yr.

SHERIDAN/HONESTY
 James E. 21yr.
 Evelyn R. 15yr.
 Marcia W. 11yr.
 Tom Z. 4yr.
 Jacki S. 3yr.
 Harvey S. 2yr.
 David C. 2yr.
 Sophia K. 1yr.
 Darlyn T. 1yr.
 Dennis W. 1yr.
 Rita M. 6mo.
 Susan P. 6mo.

LOVEJOY
 Casey K. 23yr.
 Ron B. 7yr.
 Jim M. 7yr.
 Paul G. 6yr.
 Tony A. 5yr.
 Sue M. 4yr.
 Warren H. 4yr.
 John S. 4yr.
 Mike M. 3yr.
 Jeff S. 3yr.
 Sharon F. 1yr.
 Bruce P. 1yr.
 Charles D. 1yr.
 Bob E. 1yr.
 Scott W. 9mo.
 Joe B. 6mo.
 Sandra J. 6mo.
 George C. 6mo.
 Dale S. 3mo.
 Lori D. 3mo.
 Dave B. 3mo.



AA CENTRAL OFFICE

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

(716)853-0388

Executive Secretary - Delphine H.
Clerical - Helen B. and Mary Ellen S.

CENTRAL COMMITTEE

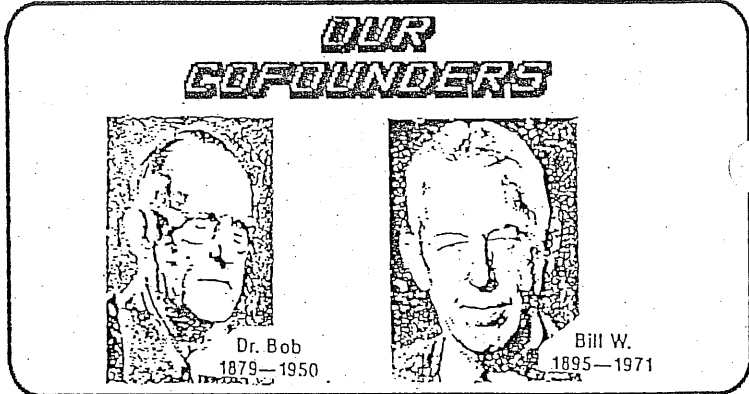
Chairman - Lynn C.
Recording Secretary - Lue S.
Financial Secretary - Roger P.

SUB-COMMITTEES OF THE CENTRAL COMMITTEE

Correctional Facilities - Martha C. and Toni H.
Treatment Facilities - Don H.
Buffalo Fall Convention - Joe H.
Screeners - Norma F.
New Frontiers - Larry B.
Editorial - Helen S.
Envelope System - Roger P.

STEERING COMMITTEE

District 1 - Central Buffalo:	Jack C.
2 - Northwest Buffalo:	Sue G.
3 - South Buffalo:	Gigi P.
4 - Southtowns:	Gary H.
5 - Northern Tier:	Paul H.
6 - Southern Tier:	George B.
7 - Northeast Buffalo:	Carol R.
8 - Eastern Tier:	Bernie A.



Central Committee meets on the first Sunday of every month at 7:00 PM at the COMMUNITY HEALTH CENTER, 80 Goodrich Street (behind Buffalo General Hospital).

AA MEMBERS are encouraged to share the fellowship by volunteering for any of these committees. Call the Central Office at 853-0388.

REMEMBER: WE ARE RESPONSIBLE.

WESTERN NEW YORK GENERAL SERVICE meets the last Sunday of February, June, September and November. Meetings are held at the ORCHARD PARK MUNICIPAL BUILDING at 2:00 PM. June meeting will be in Jamestown. EVERYONE IS WELCOME TO ATTEND THE GSO MEETINGS.

The NEW FRONTIERS is your AA newsletter. Our purpose is to present personal stories and subjects directly related to the recovery from alcoholism. For inclusion in the next issue, material must reach the Central Office by March 15th for inclusion in the April issue. Your artwork, poems, articles etc. are also welcome.

NEXT MONTH'S THEME : *Acceptance*

The NEW FRONTIERS will be mailed to you monthly for a yearly cost of \$6.00. To subscribe EITHER 1) call the Central Office at 853-0388 OR 2) fill out this form (please print). Make checks or money orders payable in American funds to Alcoholics Anonymous and send to the Central Office.

c/o NEW FRONTIERS
845 Ellicott Square Bldg.
295 Main Street
Buffalo, NY 14203-2545.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BUFFALO CENTRAL OFFICE
716-853-0388

ROOM 845
ELLICOTT SQUARE BUILDING

295 MAIN STREET
BUFFALO, N.Y. 14203

MARCH 1, 1989

NEW MEETINGS:

RESTORED TO SANITY - WEDNESDAY - 8:00 P.M. - Salvation Army, 187 Grant Street, Buffalo. Open Discussion, first week - Open Speaker meeting.

MEETING CHANGES:

O.D.A.T. - TUESDAY Closed Discussion at 8:00 P.M. and EMERGENCY THURSDAY Closed Discussion at 8:30 P.M. which meet at the Unitarian Parish House, 699 Elmwood Avenue, Buffalo are now NON-SMOKING meetings.

MATT TALBOT will meet on TUESDAY for the first three weeks in March. They will resume Wednesday meetings on March 29th.

NEEDS SUPPORT:

BEGINNERS TABLE - THURSDAY Open Discussion at 9:30 A.M. - the Rehab, 291 Elm, Buffalo would greatly appreciate you sharing your sobriety with them.

COMING EVENTS:

MARCH 5 SUNDAY - CENTRAL COMMITTEE MEETING - 80 Goodrich - 7:00 P.M.

MARCH 8 WEDNESDAY - WE ADMITTED group will celebrate its 1ST Anniversary at 10:00 A.M. with an Open Discussion meeting, followed by refreshments. Please come and help us celebrate at the Broad Street Baptist Church, 116 Broad Street, Tonawanda.

MARCH 11 SATURDAY - COURAGE group's 8TH ANNUAL ST. PATRICK'S DAY DANCE at Our Lady of Christians School basement at Genesee and Union in Cheektowaga. Music to THE SOUND WAVE by Jake from 9:00 P.M. - 1:00 A.M. - buffet, 50/50. door prizes. Tickets available from members for an \$8.00 donation per person. All members, families and friends are welcome! Slinger enclosed with mailing.

MARCH 17,18,19 BIG BOOK SEMINAR sponsored by the FEELINGS group. Ramada Inn, 6643 Transit Road, Williamsville. Refer to last month's mailed slinger for details.

MARCH 19 SUNDAY - SERENITY group's 26TH Anniversary will be celebrate at the Holiday Inn, 1881 Niagara Falls Blvd., Amherst. Breakfast from 9:30 A.M. until 11:00 A.M. Guest Speaker at 11:00 A.M. 50/50, door prizes. Donation is \$6.00 per person.

MARCH 20 MONDAY - THE DUNKIRK MONDAY NIGHT group will celebrate their 40TH Anniversary at 8:00 P.M. at St. John's Episcopal Church Hall, 332 Eagle in Dunkirk with a speaker and eating meeting. Bring a dish if you wish!

COMING EVENTS: (Continued)

MARCH 23 THURSDAY - V.I.P. 7:00 P.M., rites of Springs Party, Veterans Hospital, 3495 Bailey Ave. Bflo. Speaker: 8:30 P.M. in Room 301. Bring a dish if you wish!

MARCH 28 TUESDAY - NEW ZION group will celebrate its 5TH Anniversary that night at 8:00 P.M. at Temple Beth Zion Auditorium, 805 Delaware at Barker, Bflo. Guest Speaker: Doris Ann from Hamilton, Ontario. Giant 50/50, Refreshments will be served.

APRIL 1 SATURDAY - APRIL FOOLS DANCE sponsored by the SECOND CHANCE group, Bingo Hall, St. Columba/Bridget Churches, Hickory & Eagle Streets, Bflo. Music from 9:00 P.M. - 1:30 A.M. with K.C. Pizza will be served, 50/50. Donation \$3.00 per person. Enclosed slinger in mailing.

APRIL 1 SATURDAY - TRIPLE-HEADER: ST. PATTY'S, SPRING, & APRIL FOOLS DANCE at 291 Elm Street, Bflo. Speaker: 7:00 P.M., Dancing from 8:00 P.M. until 11:30 P.M., Smogasboard, 50/50.

APRIL 2 SUNDAY CENTRAL COMMITTEE MEETING 80 Goodrich - 7:00 P.M.

APRIL 14,15 - LIFE LINE group of Allegheny, N.Y. is celebrating their 3RD Anniversary with a RECOVERY weekend to be held at St. John's Lutheran Church, North 4th Street, Allegheny, beginning that Friday at 8:00 P.M.

GENERAL SERVICE is compiling material for a DAILY REFLECTION book based on sharing from A.A. members on the Steps, Traditions, or writings by Bill from any Conference-approved literature; including Bill W.'s and Dr. Bob's writings in the GRAPEVINE.

Anyone who would like to submit a manuscript for consideration call the Central Office.

3RD MONTH - 3RD STEP

"MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM."

3RD MONTH - 3RD TRADITION

"THE ONLY REQUIREMENT FOR A.A. MEMBERSHIP IS A DESIRE TO STOP DRINKING."

PLEASE SUPPORT THE ENVELOPE SYSTEM!

Yours in the SPIRIT of A.A.,

DELPHINE A. HOY
Executive Secretary

Acting Chairman, Griff N., opened the meeting with a moment of silence, followed by the Serenity Prayer. The Preamble, Purpose of Central Committee, and the Twelve Traditions were read. It was moved, and seconded to waive the reading of the minutes

54 GROUPS WERE REPRESENTED:

<u>DISTRICT #1</u>	<u>DISTRICT #2</u>	<u>DISTRICT #3</u>	<u>DISTRICT #4</u>
BIDWELL	AGE DOESN'T MATTER	CASTING	AS BILL SEES IT
BIDWELL MON NITE	BRASS	ELLCOTT	EAST AURORA
DELAWARE DISC	CAMPUS	IRON HORSE	KEEP IT SIMPLE, SISTER
GIVING	CHAPTER IX	LOVEJOY	LAKE SHORE
HAPPY HOUR	KENMORE	PERRY DISC	ORCHARD PARK STEP
HIGH NOON	LIVING SOBER	RAINBOW	
LIVE & LET LIVE	NEW FRONTIER WOMENS	SECURITY	
NEW AWAKENING	WHY	SOUTH BUFFALO	
RUSH HALL		SOUTH GATE	
SUNDAY NITERS		TUES WOMENS	
SUNRISE COURT		URBAN	
WESTMINSTER			
<u>DISTRICT #5</u>	<u>DISTRICT #6</u>	<u>DISTRICT #7</u>	<u>DISTRICT #8</u>
SIXTH STEP	A DAY AT A TIME	AMHERST SNYDER	MATT TALBOT
TWIN CITIES	NORTH JAVA	BLVD WOMENS	NEW LIFE
WE ADMITTED	SPRINGVILLE-SAT	COLD SPRINGS	SUN MORN BKFT
		FEELINGS	WILLIAMSVILLE
		HARMONY	
		KENSINGTON	
		NORTH BUFFALO	
		SHERIDAN	

The Chairman called for the various reports:

ENVELOPE SYSTEM:		Roger P.		
	1989		1990	
FEBRUARY	\$ 404.00		\$ 516.00	\$112.00 (27.7 %) INCREASE
YEAR TO DATE	\$ 1,955.00		\$1,905.00	\$ 50.00 (2.5 %) DECREASE

STEERING COMMITTEE MEETING - Carol R. February 27, 1990
 Meeting opened at 6:20 PM with the Serenity Prayer. Present - Sue G., Carol R., Paul H., Jack C., Delphine H., Lynn C., and Gigi P.
 Chairperson - Bernie A.

Old Business - None

New Business

1. Erie County EAP contact with Delphine - some problem with one group and one treatment center. Delphine will refer to Bernie (C.P.C. Chairman).
2. New schedules - the main reason for the change in format is that we simply outgrew the old "format". The recent way of listing the meetings makes it easier, especially to the newcomer, to find a meeting in a specific area, etc.

The open schedules were printed for agencies other than A.A. groups in keeping with the A.A. tradition that "we are a program of attraction not promotion" along with our "singleness of purpose".

Some groups are complaining about the cost. Along the same lines, Delphine asked for the group's permission to send an explanatory letter to a local college instructor (who was sending his students to closed meetings).

3. Trinkets/Mementos - World Service Office has hired counsel to protect the copyright on symbols, etc. from being reproduced by trinket manufacturers.
4. Treatment Center cigarette funds - Treatment centers no longer distributing cigarettes.
5. Hyatt has been selected for the Fall Convention. Sandy K. is the treasurer for this year's convention.
6. Need a new chairperson for Christmas Vigil.

Meeting closed at 7 PM.

FINANCIAL REPORT: Delphine H. (See Attached)

TREATMENT FACILITIES: Kevin N.

1. TFC met with Ann Palermo of ECMC on Wednesday, February 14th. Results of meeting are as follows: Eight members attended this meeting.
 - A. All meetings at ECMC are now NO Smoking.
 - B. The Sunday afternoon meeting, which meets at 3:45 PM will change to 7:00 PM, and will be a speaker meeting. This goes into effect on April 1st. Abbott Mens Discussion Group will continue running this meeting.

CORRECTIONAL FACILITIES: Toni H.

All meetings are running smoothly. If you wish to attend a Correctional Facility meeting, please call Central Office.

SCREENERS REPORT: Norma F.

The Screeners Confidential List has been revised. It was a sincere pleasure, for me, to talk, by phone, to each volunteer. We came up with some changes and additions to previous listings, for both Screeners and 12 Step procedures. Screeners full names, phone numbers and areas they reside in.

Delphine generously provided a map of telephone exchange numbers, which expedites knowing where calls are coming from and going out to. In addition, 12 Step Volunteers are listed (in a group) in the areas they reside.

A complete new service is a directory of daily morning, afternoon and two evening meetings, closed and open in the Airport and Dingens Street areas, for motels, complete with detailed route directions to reach them. In Spring thru Fall vacation times, there are a number of calls for this service. It was possible for me to provide this directory thanks to a friend Paul H., North Buffalo group.

Mailings, at this time, are complete.

CENTRAL OFFICE: Delphine H.

A.A. INFORMATION 659

PIC	4	12 STEP	15
CPC		LITERATURE REQUESTS	57
ALANON	66	REFERRAL TO OTHER AGENCIES	41
ALATEEN	6	REFERRAL FROM OTHER AGENCIES	7
ACOA	27		
McLEANS SERVICE GROUP		CENTRAL OFFICE	
OUTGOING CALLS	65	OUTGOING CALLS	170
INCOMING CALLS	423	OUTGOING MAIL	\$201.70
		VISITORS	194

NEW FRONTIERS:

No Report.

BUFFALO FALL CONVENTION: Joe H

1. The committee has been completed, as of today.
2. the theme will be voted on at the next meeting.
3. The program Committee is to meet with the hotel management to discuss availability of rooms to set up programs.

FIFTIETH ANNIVERSARY: No Report.

COURTESY REPORTS:

G.S.A. - GENERAL SERVICE ASSEMBLY Area #50 Marcia W.

Marcia pointed out that the dates of the 1990 Spring Convention reported last month were in error. The correct dates are April 27,28,29, 1990 at the Park Inn International, Olean, N.Y.

P.I.C. - PUBLIC INFORMATION COMMITTEE: Marcia W.

3/6/90 Williamsville North High School Health Class: 9:00 AM -2:00 PM - 150 Students.

3/8/90 Akron Central School PTA Alcohol and Drug Awareness Night - 200 people,
6:30 PM- 9:00 PM., in school cafeteria.

3/21/90 St. Philip the Apostle Parish House eighth grade religion class, 7:00 PM-8:30 PM is on hold.

5/24/90 Parents without Partners 8:00 PM-9:30 PM Workshop for approximately 18 people.

C.P.C. - COOPERATION WITH THE PROFESSIONAL COMMUNITY: Bernie A.

1. A second meeting will be held to continue setting goals and ways to achieve them.
2. Please have all referrals go to the Central Office.
3. One contact is to be made with the U.B. faculty.

RE-CAP

Dan M. asked if cigarette money could be used for books and schedules at non-smoking facilities. Delphine responded that they are already available.

OLD BUSINESS: None.

NEW BUSINESS:

1. A question arose regarding charging for AA social functions. Delphine responded that, according to G.S.O., it is appropriate to charge, as special activities should be self-supporting.

2. The chairman called for nominations for District #4 Steering Committee Representative. Liz G. nominated Scott T., Orchard Park Step group and Mike B. seconded it. There were no other nominations. Chairman welcomed Scott T. to the Committee.

It was moved by Marcia W. and seconded by Bernie A. to close the meeting. The meeting was closed with the Lord's Prayer.

Respected Submitted,
Lue Summers
Cold Springs Group

Treatment Center Account	Financial Statement	602-089-5	Feb. 25, 1990 -	Mar. 25, 1990
	This Month	Check Number	Expenses	Accum Totals
Amherst Snyder	10.00			30.00
Broadway Bailey				5.00
Delaware Disc	15.00			15.00
East Aurora	10.00			30.00
Fireside	50.00			50.00
Hill Billy				60.00
Kenmore	25.00			25.00
Lakeshore	5.00			5.00
New Zion				50.00
South Buffalo	10.00			20.00
Sunday Niters	10.00			20.00
TGIF				25.00
Thruway	10.00			10.00
Tuesday Women's Disc				10.00
Turning Point				50.00
Twin Cities				30.00
University Mens	20.00			60.00
We Care	20.00			40.00
Why				50.00
Receipts	185.00			585.00
Central Office - ECMC - books		123	230.00	
Central Office - ECMC - cards		124	16.00	
Central Office - Orientation - Bry-Lin - lit -		125	40.00	
Expenses			286.00	
RE-CAP				
Balance Pr Checkbook 2/25/90		435.85		
Add Receipts 2/25/90-3/25/90		185.00		620.85
Deduct Expenses 2/25/90-3/25/90				286.00
Balance Pr Checkbook 3/25/90				334.85
Operating deficit for 3/25/90			(101.00)	

Correctional Facilities		Financial Statement-#484-185-4		FEB. 25 '90 - MAR. 25, '90	
		This Month	Check #	Expenses	Accum. Totals
Amherst Snyder		15.00			45.00
Broadway Bailey					5.00
Chapter IX					30.00
Delaware Disc.		15.00			15.00
Fireside		50.00			50.00
Hill Billy					60.00
Honesty		10.00			25.00
Kenmore		25.00			50.00
Lakeshore		5.00			5.00
New Zion					50.00
North Buffalo		10.00			30.00
Sheridan		10.00			30.00
South Buffalo		10.00			20.00
Sunday Niters		15.00			15.00
Thruway		10.00			10.00
Tuesday Women's Disc					10.00
Turning Point					50.00
Twin Cities					30.00
We Care		10.00			20.00
Why					110.00
Anonymous					5.00
RECEIPTS		185.00			665.00
RE-CAP					
Balance Pr Checkbook	2/25/90		368.42		
Add Receipts 2/25/90-3/25/90			185.00		553.42
Deduct expenses	2/25/90-3/25/90				
Balance Pr Checkbook	3/25/90				553.42
Operating credit for	3/25/90		185.00		

Mercy		60.00	Saturday Night Disc	20.00	40.00	University Men's	150.00	450.00
Mid-day			Saturday Night Alive			Urban		30.00
Midnite			Saturday Nite Live		20.00	V.I.P.		
Miracle			Second Chance			Valley		
Mod			Security			Veteran's Hospital		
Monday Nite			Serendipity			Victory		
Morning After			Serenity	25.00	50.00	We Admitted		
NDH-Tonawanda Forge			Sheridan	30.00	90.00	We Are Not Saints		
Never Too Late			Silver Creek			We Care	30.00	70.00
New Awakening			Sober Trail			We Choose Life		
New Beginnings			Sobriety Men's Disc	20.00	20.00	We Have A Dream		20.00
New Direction			Somerset			We Need You		
New Frontier			South Buffalo	30.00	55.00	Wed. Lunchtime	10.00	32.00
New Frontier Womans			South Town	25.00	185.00	Welcome		
New Life		10.00	Southgate			Welcome Home		
New Westside			Southwestern			West Seneca Sat. Nite		50.00
New Zion		400.00	Spirit of H.O.P.E.			West Valley		
Niagara Frontier Men's			Springville			Westfield		
North Buffalo	90.00	270.00	Springville-no smoking	20.00	20.00	Westminster		
North Java			St. Barnabus			Why		100.00
One Day at a Time (ODAT)			Step			Williamsville		
Open Arms			Stepping Stones	10.00	20.00	Wilson		
Open Mind		30.00	Sunday Breakfast	20.00	20.00	Women's Westside Disc.		50.00
Pass It On			Sunday Niters	40.00	60.00	Working		
Patchin			Sunday Third		30.00	You'll Never Walk Alone		
Peaceful			Sunrise Court		50.00	Youngstown		
Perry			SUNY - Amherst Campus					
Positively Living			Surburban			49 Groups Contributed		2798.50
Positively Living II			Swinging Door					
Primary Purpose			T'n'T			Accum total last Mo.		5381.56
Progress			TGIF		75.00	Accum. total		8180.06
Purpose			Thankful	50.00	50.00			
Rainbow	50.00	70.00	The Way					
Ray of Hope	50.00	100.00	Thru-way	300.00	1200.00			
Remember When			Thursday Afternoon Disc.		50.00			
Renewal		100.00	Thursday Nonsmoking					
Rush Hall	25.00	75.00	Today					
Rush Manor			Tri-County					
S. S. Sobriety		34.56	Trinity Monday Night	75.00	75.00			
Salamanca			Tuesday Men's Disc.					
Salamanca Freedom			Tuesday Women's Disc.	10.00	20.00			
Sally Group		10.00	Turning Point		50.00			MARCH 1990
Salvation Army			Twin Cities	25.00	75.00			
Saratoga			United Brotherhood					
			Unity	60.00	120.00			

Central Committee Account		Financial Statement #504-771-7	Feb. 25, '90 - Mar. 25, '90	
49 Groups Contributed			2798.50	
Joint Meeting (9.46 expenses)			36.27	
New Frontiers Subscription			74.00	
Envelope System			680.00	
Literature			3187.39	
Miscellaneous - Tax refund			2.62	
		Total Receipts	6778.78	
DISBURSEMENTS				
	#10 Ellicott Square Court Corp - mth rt			431.00
	Community Mental Health Center - mth rt			35.00
	Mary Ellen Strachura			49.01
	Helen J. Brady			112.80
	Delphine A. Hoy			294.29
	M & T Bank - Fed. With. Tax			554.80
	A.A. World Services, Inc - Literature order.			1890.40
	The Buffalo News - mth bl			266.40
	Mary Ellen Stachura			49.01
	Helen J. Brady			112.80
	Delphine A. Hoy			294.29
	The Grapevine			502.80
	#10 Ellicott Square Court Corp - rt bal '89			501.43
	Mary Ellen Stachura			49.01
	Helen J. Brady			112.80
	Delphine A. Hoy			294.29
	A.A. World Service, Inc. - Lit			1212.00
	The Paper Shop - office supplies			50.00
	McLean Service Group - mth bl			127.65
	Helen J. Brady			112.80
	Delphine A. Hoy			294.29
	New York Telephone			122.58
	Petty cash			50.00
		Total Disbursements		7519.45
Balance Pr Checkbook 2/25/90			11406.89	
Add Receipts 2/25/90 - 3/25/90			6778.78	18185.67
Deduct Expenses 2/25/90 - 3/25/90				-7519.45
Balance Pr Checkbook 3/25/90				10666.22
	Operating deficit for 3/25/90	(740.67)		
	M&T Savings Accounts		19544.70	
	M&T Checking Accounts		10666.22	
	Total Monetary Assets		30210.92	
	Projected Prudent Reserve-1yr.		-36000.00	
	Reserve debit		(5789.08)	