

New Frontiers

March, 1994

Recovered vs. Cured?

Are the words "recovered," and "cured" synonymous in regards to the AA program? Webster defines "recovered" as "the restoration to health, via the removal of the symptoms of an illness." "Cured" is "restoration to health, via the removal of the illness." I believe we are never "cured" of alcoholism, however, we can "recover."

The phenomena of craving, and the lack of power to choose separates alcoholics from non-alcoholics. This illness can never be removed. Dr. Silkworth, in the "Doctor's Opinion" states alcoholism "has never been, by any treatment with which we are familiar, permanently eradicated."

True alcoholics recover from physical symptoms, vomiting, jitters, hallucinations with detox. However, no detox enables the true alcoholic to recover from spiritual symptoms of insanity, self-centeredness, resentment, and fear. When treating our spiritual malady, with the steps of recovery, we recover from these symptoms.

The purpose of taking the steps is not to examine and learn to deal with these symptoms of untreated alcoholism, instead we want to "face and be rid of the things in ourselves which had been blocking us from the Sunlight of the Spirit." (AA, pp.64-66). In experiencing the ego deflation of the first two steps, abandoning myself to God in Step Three, I entered into an environment in which spiritual healing can take place, the fourth step inventory, and Step Five. Exiting that space through Steps Six and Seven, I commenced to make restitution in Steps Eight and Nine. Upon decisively entering the "Realm of the Spirit," I recovered, no longer subservient to the symptoms of untreated alcoholism.

Bill Wilson says "we are not cured of alcoholism. What we have is a daily reprieve (gift) contingent on the maintenance of our spiritual condition." (AA, p.85). The good condition of my spirit was given to in Steps One through Nine. By daily implementing Steps Ten, Eleven, and Twelve, I maintain that condition. It is so with other recovered alcoholics. If any ambiguity remains regarding this subject, I recommend that the appendix on "Spiritual Experience" be read.

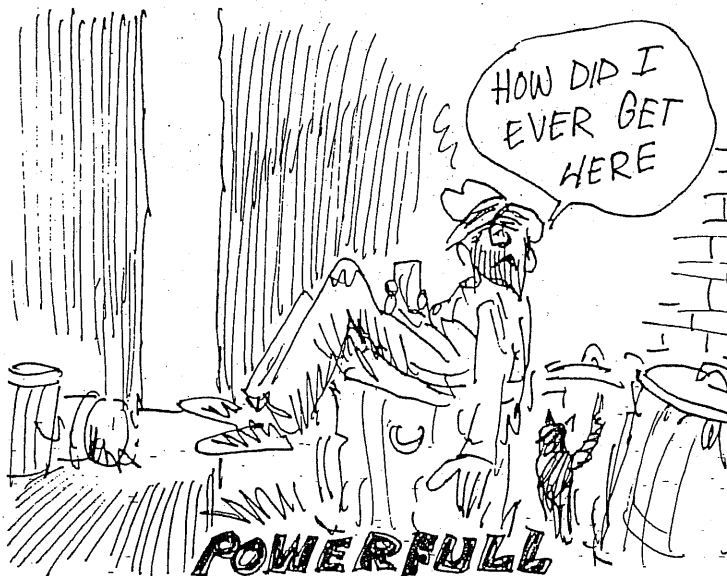
Jason M., Abbot Men's

Do I Now Have Choice?

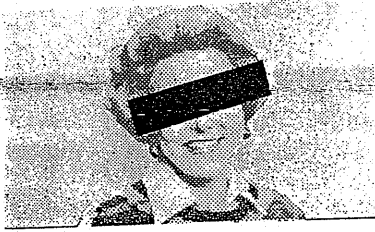
Having sought a power greater than ourselves through the application of the AA program, do we now have a choice over whether we drink? The functioning of an alcoholic mind might interpret the freedom experienced in release from our merciless obsession to mean just that. I interpret our literature to limit my choices to drinking, to oblivion, or to accepting spiritual help.

Some Choice! It appears that the only choice for me is to find a "Power Greater Than Myself" that will solve my problem. Nowhere is there any suggestion of God's power. To claim choice after being so brutally beaten into submission is spiritual arrogance. Page 30 of the Big Book tells us that "(w)e are like men who have lost their legs, they never grow new ones." Have I grown legs? Do I no longer rely on God's power for my freedom? Do I now think I am like other men?

Shawn C., Abbot Men's



Miss Sober Manners



Lay it on the line

Miss Sober Manners, at the suggestion of her sponsor, has been minding her own business, and seeing to her own affairs. However, she doesn't always follow her sponsor's advice without deviation. Her perennial bone of contention, the Western New York AA Convention, always makes her hasten to comment on the behavior of otherwise sober people. Miss Sober Manners is well aware that the moving of the convention from site to site is the direct result of conventioners' slovenly deportment and she shudders to think how these people must have behaved when drunk. Could they have dismantled the building brick by brick?

But that's not the only problem with this event. She read with great interest the two viewpoints offered in the December issue of "New Frontiers," and finds herself in sympathy with both writers. Certainly it's unfair to expect some people to pay while others are admitted free; she can understand the seemingly justifiable resentment of the paying customers, and also takes a dim view of "gate crashing." She can certainly recall the excitement of decorating the hall, and then attending her first sober New Years Eve Party, given by her home group. She doesn't take issue with those who like to dress up and enjoy good food and music, without the presence of alcohol. She has enjoyed these things herself at various conventions throughout the years.

But being witness to the fact that many people were turned away from the 1993 Convention, with disappointment and pain in their eyes, horrified her. She also saw many members, with at least as much sober time as herself, (over a decade), dressed to the nines. They were engaged, in what she considered, excessive public displays of affection, parading about with their most recent romantic liaisons in a flaunting manner. They indiscreetly checked out the rest of the attendees in a competitive fashion, as if to discover whether they indeed were "the fairest of them all." What any of this has to do with celebrating one's sobriety, Miss Sober Manners is hard pressed to find. She immediately pronounced it as not only a disgraceful display of self-centeredness, but also in the poorest taste.

When she saw those of slender means being turned away, it horrified her. She recalled her early days of sobriety rolling pennies to make it to her next paycheck. Maybe the cost of the affair has gotten out of hand. She recalled her earlier days when the focus of the convention was on the speakers, rather than ostentatious displays of alcohol-free celebration. And as far as she can recall, those conventions were more modestly priced, ensuring that almost anyone who wished to attend could do so. In no other cities are there the problems of exclusionary cost or location.

The purpose of a convention is to ensure that the newcomer is maximally exposed to a wide variety of AA people, speaker, opinions which would not be readily available at their home groups. Miss Sober Manners has a few suggestions:

1. The planning committee may wish to seek out a less expensive setting for panels and speakers. The banquet and dance may be as elaborate as they wish. However, if a speaker is involved at the banquet, exclusionary pricing should not occur.

2. Those who attend the banquet and dance may wish to sponsor a newcomer for the cost of the convention. Miss Sober Manners has found it infinitely more enjoyable than dragging along a person who has only a mild interest in the proceedings. This can even be done if one is dating. Simply explain to your partner that you would like their company, but in this case it will be Dutch treat, since you are paying a newcomer's registration fee. Suggest that your date do the same. "Double date" with the newcomers you are "sponsoring" for that weekend. If you are merely interested in a dinner and a night out, there are better alternatives available than to reduce the convention to a mere social affair. If you do opt for Miss Sober Manner's second suggestion, be sure to discuss each panel, and each speaker you hear with your newcomer, rather than seek out old friends for mere gossip, leaving the new person to their own devices.

Miss Sober Manners merely wishes to remind the more prosperous members of AA that watchwords should be "kindness, courtesy, justice and love." These ideas are more profitable spiritually and emotionally than a weekend dedicated to social pretensions.

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

MARCH 1994

PLEASE READ THESE ANNOUNCEMENTS

NEW MEETING:

ABBOTT WOMEN'S DISCUSSION - MONDAY - 7:30PM - Closed; open discussion last Monday of the month - 675 Abbott Rd, Woodside Methodist Ch. Smoking and non-smoking tables. Step table according to the Big Book. Please bring your own Big Book.

NOTICE:

MATT TALBOT will be meeting on Tuesday starting the 15th of February, instead of Wednesday during the Lenten Season. It will meet again on Wednesdays the week after Easter.

THRUWAY - MONDAY, TUESDAY, AND FRIDAY - is updating their membership. If you wish to be considered a member of the group, please see the secretary at a meeting.

WE ARE NOT SAINTS - SUNDAY - 8PM - Ivy House, 2025 Broadway needs outside support.

COMING EVENT

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APRIL 3 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM

APRIL 1-2-3 - GSA SPRING CONVENTION - RADISSON HOTEL, 4243 GENESEE ST, BUFFALO. REGISTRATION-\$10 REGISTRATION & DANCE - \$25 FRIDAY & SATURDAY DANCE ONLY - \$3

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."

YOURS IN THE SPIRIT OF A.A.

Delphine



AA ♦ AL-ANON PANELS ♦ SPEAKERS

Friday, April 1st

3:00PM Registration, Hospitality,
(Smoking and Non-smoking)
4:00-5:00PM Informal Opening
4:00-9:00PM Al-Anon
4:00-9:00PM Alateen
6:30-7:30PM General Service
7:00-8:00PM Main Speaker
8:15-9:15PM Play
9:00PM-? Talkathon
9:00PM-1:00AM Dance

Saturday, April 2nd

8:00AM Registration, Hospitality
(Smoking and Non-smoking)
8:45-9:45AM Home Group Service
9:00AM-4:00PM Alanon
9:00AM-4:00PM Alateen
9:45-10:45AM Theme: "What Is In?"
10:00-11:00AM Treatment Committee
10:30-11:30AM Theme: "Service Sponsor"
11:30AM-12:30PM Strip Play
Lunch On Your Own
12:45-1:45PM Delegates Panel
1:15-2:15PM Corrections Facilities
Committee
2:00-3:00PM Professional Community
2:30-3:30PM Theme: "Circle of Love"
3:15-4:15PM Public Information
Committee
3:45-4:45PM Old Timers Panel
4:30-5:30PM General Assembly
5:00-6:00PM Spiritual Panel
6:00PM Banquet
9:00PM-1:00AM Dance
9:00PM-? Talkathon

Sunday, April 3rd

8:00AM-Noon Hospitality
(Smoking and Non-smoking)
9:00AM-10:00AM "Spiritual Awake"
9:00AM-Noon Alanon
10:15AM-11:15AM Meeting

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Al-Anon Schedule
Friday, April 1st
7:00-9:00PM AL
9:00PM-? Da

Saturday, April 2nd
10:00-10:45AM Pa
11:00-11:45AM Pa
Lunch
1:00-1:45PM Fo
2:00-2:45PM Pa
3:00-3:45PM Ma

Sunday, April 3rd
9:00-Noon a

TH • HOPE • SERVICE
A SPRING CONVENTION
April 1 - 2 - 3, 1994

Radisson Hotel & Suites
3 Genesee St., Buffalo, NY 14225
Across from Bflo. Intl. Airport

N ♦ ALATEEN
LAYS ♦ DANCES ♦ FELLOWSHIP

"The GSA Spring Convention
and Service." The idea
bring the feeling of
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Richard V.

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Moderator, Joanne
Moderator, Lynn

etter Words
Twin Cities
peaker, TBA

RSVP CONVENTION & SEND COFFEE DONATIONS TO:
SALLY J. TAGG
4675 Gasport Rd., Gasport, NY 14067



Name: _____

Address: _____

Phone: _____

REGISTRATION ONLY:

AA/AL-ANON: # _____ @ \$10. ea = \$ _____

ALATEEN: # _____ @ \$ 5. ea = \$ _____

REGISTRATION & BANQUET

AA/AL-ANON: # _____ @ \$30. ea = \$ _____

ALATEEN: # _____ @ \$25. ea = \$ _____

COFFEE FUND CONTRIBUTION: = \$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

RADISSON HOTEL

\$79. + 13% tax (\$89.27)

per night for

Single - Double - Twin

Reservations due by March 4, 1994

For Reservations, Call

(716) 634-2300

or

1-800-333-3333



Practicing our Eleventh Step develops my ability to do one thing at a time. Sometimes, at meetings, people are amused when I say that. One man told me, "that's ridiculous, everyone knows how to do one thing at a time." Later on, when I asked him if he meditates, he said, "I can't stop my mind from racing long enough to meditate." In saying that he demonstrates the purpose of the practice.

I wasn't born with the necessary skills to meditate, (nor was I born with an alcoholic mind), I've developed both. The problem with me, not meditating, is that I'm alcoholic and "(w)e alcoholics are undisciplined" (AA, p.88.) So, the real problem is discipline, I need lots of practice.

When I decide to sit still, for 20 minutes, it is my alcoholic mind that has the ability to distract me. Distraction usually comes in the form of a thought or a subtle sensation, or a twitch, telling me to stop meditating and to do something else. Quieting the alcoholic mind is the purpose of meditation. Following through, on a decision to sit still, no matter what happens, is spiritual practice.

Without regards to any possible results, I have a simple method that I use for meditation. I'd like to pass it on. Before assuming the posture, to meditate, I set the timer on the microwave for twenty-one minutes. Next, I say a prayer and ask God, as I understand God, for contact. Then, for twenty minutes, twice a day, morning and evening, I sit with my back straight, in my quiet spot, with reverence for the practice. With my chin held level, and my eyes closed, I focus on my breathing. The only thing that exists now is the breath. In rhythm. on the inhalation, I silently and slowly say, "God's will," and on the exhalation, I say "be done."

The above, is my formal practice of Step Eleven. However, I'm alcoholic and when something is good I want more. So I've learned to meditate even when I'm walking. By doing one thing, walking with my body, and paying attention to it with my mind, gives my spirit a chance to join

in. When I pay full attention to what I'm doing, I'm meditating. I'm united, body mind, and spirit, with a singleness of purpose.

Another example is when I do the dishes. I no longer view the dishes as an unpleasant task that must be done. I see them as an additional opportunity to meditate. In fact, I stretch the job out. I touch the warmth of the water, listen to it's rich flow. I watch the formation of bubbles. I feel a loving God. I concentrate on washing the dishes and not on something else.

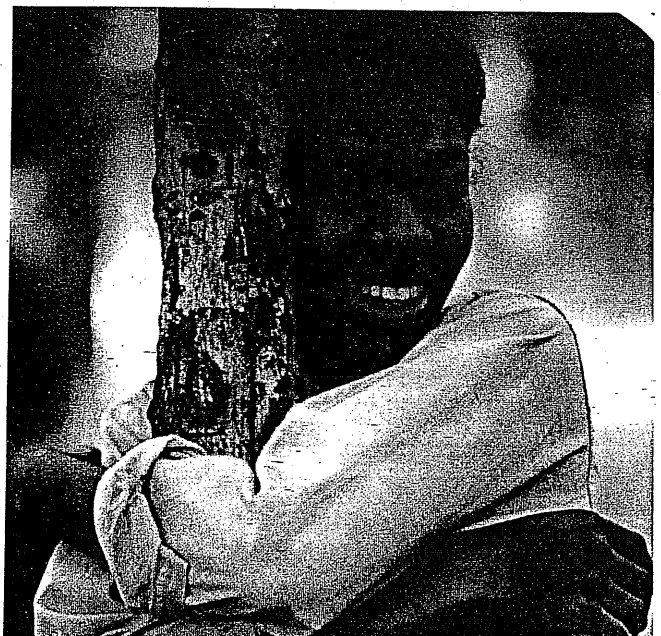
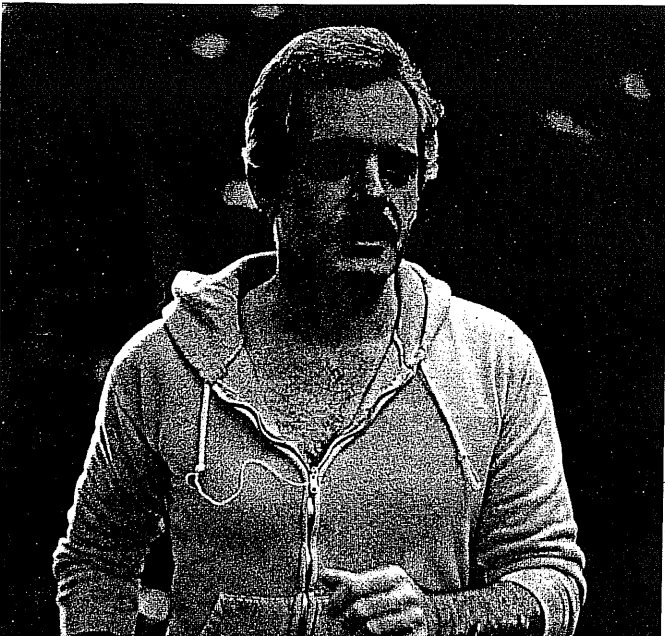
One AA member, from the Southtowns, puts mindfulness this way, "Wherever you are, be there." Likewise, when I walk I walk. When I do dishes, I do dishes." You'd be amazed at the opportunities, during the twenty-four hour period, that are given to this alcoholic for meditation. United in body, mind, and spirit, is spiritual practice, it keeps me sober.

Tom W., Willing to Grow Grp.

Updated Corrections List

Call the following prison sponsors to get hooked into corrections service work.

1. Wende Max, Barb C., 881-3988 Fri. 7-8:30PM
2. Wende Erie County, Dick S., 675-5571 Weds. 8-9:30PM
3. Attica Corr., Larry S., 832-4077 (h), or 591-2000, ext. 402 (w).
4. Collins I, Al Cooper, 934-3050, Sun. and Tues., 6:30-8:30PM. Sat. 8-10AM.
5. Collins II, Ron L., 934-9609, Sun. and Tues. 6:30-8:30PM, Sat. 8-10AM.
6. Bflo. Prison, Sonny J., 856-2943, Tues., 7:30-9:30PM.
7. Lakeview Shock, Larry S., 883-4077, Fri. 7:00PM.
8. Wyoming CF, Fran A., 591-1477, Weds. 7:30PM, Sat 7:00PM.
9. Cattaraugus CF, Terry W., 372-8024, Sun. 7:15-8:15PM.
10. Niagara County, (Women Only), Joyce W., 884-0139, Lucy LaS., 297-4403.
11. Niagara Co. Women's, Lucy La S., 297-4403.
12. Niagara Co. Men's, Bill W., 434-0255, Mon. 8:00PM.



My experience with the AA program of recovery tells me that taking the steps as quickly as possible is the easier, softer way. I struggled for many years as a two-stepper. That is someone who doesn't drink, makes calls on other prospects, and goes to endless meetings. Somehow I thought that talking about the steps was the same as working them.

At about five years of continuous sobriety, I came real close to getting drunk. My personal honesty had become somewhat less than rigorous. I was playing the angles and doing superficial things to make me feel better instead of getting at the underlying causes of my discontent. It was at this point that I became more reasonable and actively sought out persons who could help me with the program of recovery. The effect on my spiritual and emotional well-being was immediate. I have not been so close to a drink as that time. This is a living program, so I have had my share of problems and unhappy situations, but they always respond to the treatment when I pick up our simple spiritual tools.

In recent years I have sought to get an even clearer understanding of the AA program. I have turned to AA's forgotten literature, the Big Book, and found my understanding was still limited by well-intentioned word-of-mouth misconceptions.

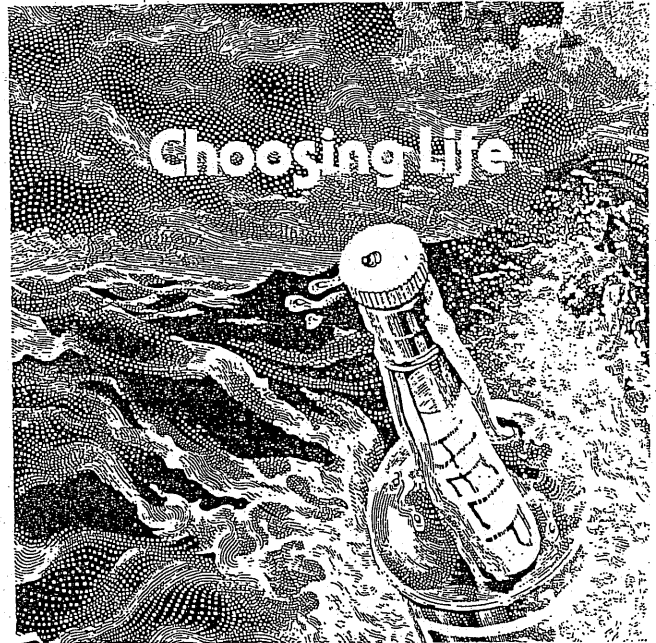
On page 13 of the Big Book it describes the action taken on steps three through nine by Bill Wilson while he was still in detox for the last time. The effect of this action was a spiritual experience profound enough to completely free him from his drink problem. Is this possible for each one of us? Yes! The steps are a design for living which result in a spiritual experience sufficient enough to bring about the condition of permanent sobriety.

The problem with me was that I wasn't open-minded enough to seek out persons who knew who to interpret and pass on our program of recovery. I became fearful when my "old ideas" about staying sober were threatened. As our book states the greatest barrier to a spiritual experience is "contempt prior to investigation." I was content to go to "meetings, meetings, meetings" and it almost killed me.

If you find my personal account of

struggle and recovery disturbing, run don't walk to your Big Book and recommit yourself to our program of recovery. Study our text and try its suggestions just for the heck of it. Try it with someone who has had the experience, and then share it with someone who has not. May God bless you and keep you as you trudge the road to happy destiny.

Shawn C., Abbot Men's



Thanks to my Higher Power, and AA, I don't have to drink today. While in my active addiction to alcohol, and in my case, mood-altering substances, I did not have a choice whether or not I was going to drink. I didn't understand that I have an illness, or that I'm powerless once I did pick up that first drink. Back then I didn't understand how to stay away from that first drink.

The Big Book states "(r)arely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program. Usually men and women who are constitutionally incapable of being honest with themselves." So the key is to thoroughly follow their [the first hundred alcoholics'] path. And, so far as I have experienced to date, I do have a choice.

I have a choice to attend a meeting, or not. To get a sponsor, or not. To read the Big Book, or not. To work the steps, or not. I have a choice to ask my Higher Power for the help and guidance to keep me sober another day.

The Third Step states "We made a decision." There again, one is exercising a choice. I don't mean that I have power over alcohol, or other substances. I don't. But, I do have the option today of either protecting my daily reprieve by thoroughly following the path of those before me, or to slack off on the program, which I choose not to today.

I heard a speaker once say, "I may have had nothing to do with getting to AA, but I've everything to do with staying." The true gift of the program is empowerment.

Thank you,
An Average Alcoholic



Anniversaries March, 1994

<u>Amerst-Snyder</u>	Dave M.	9 mo.	Donald W.	3 yrs.
Dale B.	Dana T.	1 yr.	Bonnie L.	4 yrs.
Jeff A.	Tom S.	1 yr.	Steve F.	4 yrs.
Carleen W.	Ann N.	1 yr.	Cheryl D.	4 yrs.
Kenny L.	Linda F.	1 yr.	Isiah W.	4 yrs.
Elizabeth T.	Bob C.	1 yr.	Jane K.	4 yrs.
David W.	Greg J.	1 yr.	Jerry C.	5 yrs.
Martin E.	Alice V.	2 yrs.	Jerome H.	5 yrs.
Joe P.	Steve H.	2 yrs.	Larry C.	5 yrs.
Jay D.	Mary Beth S.	2 yrs.	Dave C.	5 yrs.
Andy C.	Shannon R.	2 yrs.	Tina W.	5 yrs.
Andrew P.	Harb F.	2 yrs.	Cecelia B.	7 yrs.
Dick W.	John M.	3 yrs.		
	Dan P.	3 yrs.	<u>Honesty</u>	
<u>Cazanovia</u>	Nike P.	3 yrs.	Marcia W.	15 yrs.
Gary S.	Susan B.	3 yrs.	Evelyn R.	19 yrs.
Bill B.	Jeff S.	3 yrs.	Jim E.	25 yrs.
John S.	John F.	4 yrs.		
Carrine C.	Ernie G.	4 yrs.	<u>Kensington Disc.</u>	
Darren W.	Mary C.	5 yrs.	Sue G.	6 mo.
Troy C.	Gus S.	5 yrs.	Brenda S.	9 mo.
Sandra W.	Thomas M.	6 yrs.	Bill B.	1 yr.
Anne A.	Sue A.	7 yrs.	Peaches R.	12 yrs.
	Karen A.	8 yrs.		
<u>Cold Spring</u>	Patrick B.	9 yrs.	<u>Liberty Women's</u>	
Benjamin S.	Marion P.	10 yrs.	Myrna K.	1 yr.
Diane O.			Colleen M.	1 yr.
Lavern J.			Patly C.	2 yrs.
Catherine L.			Tina S.	6 yrs.
Reggie R.			Donna C.	7 yrs.
Kenny R.				
Toyia W.			<u>North Buffalo</u>	
Al C.	<u>Happy Hour</u>		Kristina G.	3 mo.
Isiah W.	Tom H.	3 mo.	Robert M.	6 mo.
Bo H.	Sidney C.	3 mo.	Fred S.	6 mo.
Pearl H.	Vincent D.	3 mo.	Michael W.	1 yr.
Elevester NCR.	Alicia G.	6 mo.	Joe V.V.	2 yrs.
Ty E.	Chris L.H.	9 mo.	Susan G.	3 yrs.
Vernon G.	Fernando R.	1 yr.	Sally H.	4 yrs.
	Ella H.	1 yr.	David K.	4 yrs.
	Marlene C.	1 yr.	Aaron W.	6 yrs.
	Matthew D.	1 yr.	Janet T.	7 yrs.
	Joseph S.	2 yrs.	Peter B.	7 yrs.
	Sharyl Lee B.	2 yrs.	Joan K.	11 yrs.
	Homer L.	2 yrs.	Bill B.	15 yrs.
	John G.	3 yrs.	Marcia W.	15 yrs.
	Amy K.	3 yrs.		
<u>Eye Opener</u>	Stan S.	3 yrs.	<u>Sunday Morn. Breakfast</u>	
Judy R.	Shirley J.	3 yrs.	John W.	3 mo.
Lance C.	Tony S.	3 yrs.	Carmen S.	2 yrs.
Becky M.	Harold A.	3 yrs.		
Doug L.	Daniel L.	3 yrs.	<u>Thruway</u>	
Brian P.	Bill C.	3 yrs.	Benita R.	9 mo.
Tim W.	Cynthia S.	3 yrs.	Don Y.	9 mo.
Jim C.			Gloria B.	1 yr.
John M.			Paul L.	2 yrs.
Cindy D.			Mike K.	2 yrs.
Luan W.			George W.	2 yrs.
			Dave F.	4 yrs.
			Ralph J.	5 yrs.
			Jim W.	5 yrs.
			Jenny H.	6 yrs.
			Bob M.	7 yrs.
			Elvira W.	7 yrs.
			Marilyn K.	7 yrs.
			Kathleen P.	10 yrs.
			Richard S.	11 yrs.
			Tom M.	18 yrs.
			Ray O.	19 yrs.
			<u>We Care</u>	
			Kim C.	1 yr.
			Larry B.	4 yrs.
			Bill G.	5 yrs.
			William R.	12 yrs.
			<u>Williamsville</u>	
			Glenn H.	4 yrs.
			Martin E.	4 yrs.
			Vida J.	12 yrs.
			Bud M.	25 yrs.



**Keep
it up!**

**You're
doing great!**

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MARCH 28 - MONDAY - THRUWAY Group will be celebrating their 21st Anniversary with a guest speaker, Roger H, followed by a buffet. Please bring a dish to share.

APRIL 3 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM

APRIL 1-2-3 - GSA SPRING CONVENTION - RADISSON HOTEL, 4243 GENESEE ST, BUFFALO. REGISTRATION-\$10 REGISTRATION & DANCE - \$25 FRIDAY & SATURDAY DANCE ONLY - \$3

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."

YOURS IN THE SPIRIT OF A.A.

Delphine

The meeting was opened by Bill M at 7PM with a moment of silence followed by the Serenity Prayer. The Preamble, Purpose of the Central Committee and the Twelve Traditions were read.

39 GROUPS & ALL DISTRICT REPRESENTATIVES WERE REPRESENTED:

Abbott Men's, Abbott Women's, Action, Amherst Snyder, Cazenovia, Chapter IX, Cold Springs, Common Problem, Delaware Disc, Ellicott, Eye Opener, Father Baker, Gay, Lesbian, Sober & Proud, Higher Powered, Honesty, Inner City, Iron Horse, Kensington Disc, Lighten'Up, Lovejoy, Matt Talbot, New Life, North Buffalo, Open Mind, Powerless, Rainbow, Renaissance I, Second Chance, Seneca 12 & 12, South Buffalo, Southgate, Sunday Morning Bkft, Sunday Niters, T'n'T, The Journey, Urban, Valley, Vision of Hope, Williamsville.

COMMITTEE REPORTS

ENVELOPE SYSTEM:

	1993	1994	change	% change
Jan Receipts		\$ 803.00		
Year to Date	\$1669.74	2339.00	(\$133.74)	-8.01

STEERING COMMITTEE MEETING - MARCH 1, 1994 - TINA F

The meeting was opened at 6:10PM with the Serenity Prayer. Present were Delphine H, Tina F-#1, Larry S, Al C-#8, Bill M, Dennis O-#4, Mike B, Sonny J-#3, Margaret H-#7, Jerome D.

Two items on the agenda:

1. Amherst Snyder requesting to find out why there has been a delay in responding to calls from Answering and the Screeners.

Action taken is in discussion and Ralph K was invited to the next Steering Committee meeting to discuss more on the subject as well as his taking over as Chairman of the Screening Committee.

2. Early D's question on the Operating Procedures and the use of the term "By-laws". Action- Bill M moved that the question of the word (By-Law) in the Operating Procedure was discussed and acknowledged that on the third page subsection 3C, the word "by-law" was used. The issue was tabled because the Steering Committee is unable to change the Procedures without due process as written in the Procedures themselves. It must first be presented to the Central Committee in writing by the Group desiring the change, sent to all the groups as a proposed amendment to the Operating Procedures to be voted on the next month needing a 3/4 affirmative vote to pass.

New Business: Bill M motioned that Shawn D'L, Area Delegate, be invited to our Central Committee meetings.

Bill M motioned that GSA be allowed to store the Archives, in a receptacle provided by GSA, in the Central Office. Jerome D seconded the motion - Vote was unanimous by the Steering Committee.

Meeting adjourned at 7:10PM in the usual manner with the Lord's Prayer.

FINANCIAL REPORT - Jerome D - as attached

TREATMENT FACILITIES: Brian B - Sunday's meeting at the VA, run by the Iron Horse group may come under the umbrella of the TFC. I will speak to the group on Tuesday.

CORRECTIONAL FACILITIES: Frank M.

1. Mixed case of books went to Wende Max.
2. Mixed case of books given to Buffalo Correctional.
3. Literature went to Niagara County Women's Facility.
4. Collins I & II still need help and possible sponsors.
5. Erie County-Wende Women's Prison needs help. They meet Wednesdays at 8PM.
6. Please ask your groups for donations to prisons and earmark checks to say "for Corrections". We could use the help.

7. To me the spirit of AA is to give away what was freely given to me. The person in prison needs our help to know that there is hope and also help on the outside, also, that AA teaches us how to live sober and productives lives, one day at a time. Ask your respective groups to help by taking a prison and getting active. We have to spread the word to the less fortunaté.
8. Shock Incarceration Wednesday 1PM, needs help. Contact Tom D at 592-2731.
9. Niagara County Women's needs help Wednesday night at 8:30PM contact Lucy S 297-4403.
10. Sponsor for Attica is still needed contact Larry S through Central Office.

SCREENERS: No report

CENTRAL OFFICE: Delphine H

AA information	490	12 Step	4
PIC	1	literature requests	120
CPC		Refer to other agencies	55
Alanon	46	Refer from other agencies	67
Alateen	12	<i>Central office</i>	
ACOA	14	Outgoing calls	76
<i>Answering Service</i>		Mail costs	\$203.22
Incoming calls 349 - Out going 29		Visitors	130

NEW FRONTIER: NO REPORT

FALL CONVENTION '94 Jack B- chairman

"1994 AA Fall Convention", October 28,29,30 - Marriott Hotel.

1. The room price at the hotel will be \$79 per night - single or double occupancy.
 2. Saturday afternoon speaker will be Annmarie M (Boston, Massachusetts)
- Sunday Morning it will be Martina S from Cleveland, Ohio.

We have received permission to use the picture of "The Man on the Bed" from the Grapevine, Inc. on our flyers and program cover. This picture cannot be used on souvenirs as mugs, t-shirts, etc.

For info or comments write: Chairman, P O Box 237, Buffalo, NY 14240-0237.
Theme: "We Have Recovered -- These are the Steps We Took."

COURTESY REPORTS:

NERAASA - JOANNE MC - CHAIRPERSON - FINAL REPORT

Over 550 registered-mostly from all out of town. Thanks to those who attended from our own area. The people from other areas were amazed at the warmth of our local people. It was the help of you people that made NERAASA.

OLD BUSINESS:

Liz G discussed the word "by-laws" and "councilmatic". It was again discribed how the one term could be changed in the Operating Procedures and that the other term was used only as a descriptive word by one individual only.

Making moves to correct or better the Answering Service

Request from Area Delegate to beable to explain at a later date ways to improve Intergroup.

Tom M, Renaissance I group, spoke on improving quality of recovery - getting newcomers into the Big Book as soon as possible.

NEW BUSINESS:

Comments were made as to what the Newsletter is really for. No conclusions.

It was moved and seconded to close the meeting with the Lord's Prayer.

Respectfully Submitted,

Blane H, Recording Secretary

CPC *operation with the Professional Community*

Alcoholics Anonymous - Rm. 845 Ellicott Square Building, Buffalo, New York 14203 - (716) 853-0498

March 12, 1994

To: GSA, Area 50 and NERAASA 1994 CPC Roundtable attendees
From: Arthur P B [REDACTED] Moderator
Subject: CPC Roundtable Report
Copies to: Joanne McC., Elvester McR., Buffalo Intergroup
Attach.: Personal Contact Information

Introduction:

This report contains the summary given to the convention on Sunday February 26th plus "The Rest of The Story." Many thanks to our Recorders - Harvey M. CPC Chair, Area 48 - Albany, NY, Nancy R. Area 30 CPC District Chair - Quincy, MA.

Overview:

There were Fourteen attendees over two days at our Roundtable. Meetings commenced with introductions followed by sharing of personal contact information. The general feeling was that we covered much ground but could have used more time. A needs and leads overtone prevailed. We missed out on some of the detailed experience that could have been exchanged with more time, yet we did manage to answer all questions that were posed.

Friday Roundtable:

We established a goal to select four topics to discuss in depth at Saturdays Session. A format fell out of this selection process which permitted each attendee to share for six minutes followed by two minutes as we went around the Table twice. A recap gave us all another minute as we targeted the next days Topics. Thus we agreed to focus on the following agenda items Saturday:

- ♥Communication with Professionals
- ♥Methods CPC work may employ
- ♥Attracting Volunteers
- ♥Difficulties

An agenda (Saturday's) was published after the meeting and set out at the CPC display for pickup.

Saturday:

Each topic was discussed for twenty minutes. We had the opportunity to go around the table three times and enough information was shared to help us all in some way. We reviewed our notes in preparation for Sundays Report.

Scope

Its really beyond the intention of this report to address the details of everything we discussed but appropriate to list the topics here:

Direct calls	Direct mail	Presentations
Workshops	Workbook	Communicating professionally
Recruiting	Two hatters	Professional courtesies
Urban vs rural work	Business cards	Stationary
Conduct	Image	Cooperation between committees
Displays	Advertising	Where to find prospects
"Hope"	"RAP"	Finding daytime help

The message concerning other areas strategies that have been discussed recently in our own committee meetings concern the wisdom of elevating our level of communication to professionals. It was good to here that other areas use letterhead, business cards, advertising, and other media to carry the message in a manner that professionals are accustomed to.

Prospecting:

Among the many sources of leads that were discussed the following list was compiled to help all of the attendees find a comfort zone to work in:

Bar associations	Law enforcement	Judicial system
Probation officers	Accounting agencies	Colleges
Attorneys	Doctors	Public school staffs
Medical students	Nursing associations	Public health agencies
EAP's	Unions	Minority associations
Corporate business managers	District attorney associations	Alcoholism counselors

Centering around these areas we discussed things such as the best way to contact e.g. Its probably best to send a Doctors office a letter with some literature since it is so difficult to make personal contact. Where as a letter followed up with a telephone call may give the best results when attempting to carry the message through agencies with large staffs.

In Closing

A special thanks to all the participants attendees who traveled so far to share there experience at the CPC Roundtable I will be forever grateful for the opportunity you gave me to stay sober another day. The following will obtain a copy of this report along with personal contact information:

Ray S., Kevin J., Virginia F., Nancy R., Linda O., Quey H., Cedric M., Jack B., Harvey M., Kathy B., Lou D., June K., Ginger F., Archie S.

Yours in service,



Art B.
CPC chair - Area 50

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

GROUP	Correctional Facil		Treatment Ctrs			
	MARCH '94	Accum.	MARCH '94	Accum.	MARCH '94	Accum.
1st Step						
3rd Step						
6th Step						
A Day At A Time						
Abbott Mens Discussion						
Acceptance						
Achievement						
Action						
Age Doesn't Matter						
Albion						
Alexander						
All Women						
Amherst Tree of Life						
Amherst Snyder						
Amsdell Lakeshore						
Any Age						
Arcade						
As Bill Sees It						
Attitude Adjustment						
Attraction		100.00				
Awakening						
Beginner's Table						
Beginning in Sobriety I						
Beginning in Sobriety II						
Beginnings-Women's	33.00	33.00	34.00	34.00	33.00	35.00
Better Days (Bilingual)						
Bidwell						
Bidwell Monday Disc						
Big Book						
Big Book Study (Thursday Night)						
Big Book Workshop						
Blasdell						
Blasdell Monday Night		10.00		10.00		10.00
Blissfully Sober						
Boulevard Women's						
Brass		20.00				
Broadway-Bailey	25.00	25.00				
Brocton Discussion						
But for the Grace of God		41.50				
By The Book-Buffalo						

GROUP	Correctional Facil		Treatment Ctrs	
	MARCH '94	Accum.	MARCH '94	Accum.
pg. 2				25.00
Came To Believe		45.00		
Campus (Buffalo State College)				
Casting		40.00		
Cathedral Park		61.35		
Caz Manor				
Cazenovia				
Central Park	20.00	20.00		
Chapter IX				
Cheektowaga		50.00		
Chevy #1				
Clarence Men's Disc II				
Clarence Men's Discsion		400.00		
Cold Springs			25.00	25.00
Common Problem		50.00		
Community Center			25.00	25.00
Cornplanters Again				
Courage				
Delaware Discussion				
Derby				
Desire				
DeVeaux Discussion				
Downtown Discussion				
Downtown Men's Discussion				
Dunkirk				
Early Bird				
Earlybird - Saturday				
East Amherst				
East Aurora	40.00	120.00		30.00
Easy Does It.				
Eden-North Collins				
Ellicott	25.00	25.00		
Ellicottville				
Emergency				
Eternal Vigilance				
Everybody's				
Eye Opener		170.00		
Face to Face (women's)				
Faith				
Faith In Action				
Father Baker				

GROUP	Correctional Facil		Treatment Ctrs	
	MARCH '94	Accum.	MARCH '94	Accum.
pg.3				
Feelings				
Fireside		369.00		50.00
Fireside P.M.				
First Things First				
First Ward				
Fredonia Discussion				
Freedom	25.00	75.00	75.00	75.00
Fresh Start				
Friday Nite Discussion				
Friday Noon Meeting				
Friday Step Beginners				
Friendly				
Friendship				
Friendship Fireside				
Frontier				
Gah Nee Goin Geh (Of the Mind)				
Gardenville				
Gay, Lesbian, Sober & Proud				
Giving				
Golden Slipper				
Good Life				
Grand		30.00		
Grand II Joy Of Living				
Grateful				
Guiding Light	50.00	50.00		
H.A.N.D.		325.00		
H.O.W.				
Half & Half		25.00		
Hamburg				
Hamburg Big Book	20.00	20.00		
Handicappers Sat. Nite				
Happy Hour				
Harmony	10.00	30.00		
Helping Hand	20.00	40.00		
High Noon				
High View				
Higher Powered				
Hilly Billy		60.00	20.00	20.00
Holiday Village	132.35	232.35		
Honest Desire				

GROUP	Correctional Facil		Treatment Ctrs	
	MARCH '94	Accum.	MARCH '94	Accum.
pg. 4				
Honesty	30.00	90.00	10.00	30.00
Hora de Reflección (Spanish)				
How It Works				
Humbly Willing				
Ignatia	10.00	10.00		
Inner City				
Inspiration		30.00		
Iron Horse				
1st Step				
IT				
It's About Time				
Just for Today				
Keep It Simple, Sister		30.00		
Keep on Comin'				
Kenmore				
Kensington		25.00		25.00
Ladies Night				
Lakeshore				
Lakeview				
Let Go & Let God		20.00		
Lew-port				
Liberty Women's		91.00		25.00
Life Today				
Lighten Up				
Live and Let Live		80.00		
Living Sober	35.00	105.00		
Lock City				
Lockport #1				
Lockport Discussion		75.00		
Lockport Ladies				
Lockview		418.00		
Lovejoy				
Lower River				
Lunch Bunch				
Main Street				
Marilla	30.00	30.00		
Matt Talbot		50.00		
Medina New Life				
Mercy				
Mid-day				

GROUP			Correctional Facil		Treatment Ctrs	
	MARCH '94	Accum.	MARCH '94	Accum.	MARCH '94	Accum.
pg. 5						
Midnight						
Miracle						
MOD (Serenity Room)						
Morning After		10.00		5.00		
Never Too Late						
New Awakening						
New Beginnings		25.00		10.00		10.00
New Freedom						
New Frontier						
New Frontier Womens						
New Life		20.00		10.00		
New Life - New Beginning		50.00				
New Westside						
Niagara Frontier Men's						
Nite People						
North Buffalo	100.00	300.00	25.00	75.00	25.00	75.00
North Java-Monday						
North Java-Sunday						
One Day at a Time(ODAT)	25.00	25.00			25.00	25.00
Open Arms						
Open Mind						
Opportunity						
Orchard Park Step						
Pass It On	25.00	25.00				
Patchin						
Pathway to Peace						
Pendleton-Chapter V						
Perry						
Positively Living II	50.00	50.00				
Positively Living III						
Powerless						
Primary Purpose						
Progress		44.00				
Purpose	40.00	120.00				
Rainbow						
Ray of Hope		50.00				
Remember When						
Renaissance I						
Renaissance II						
Renewal	75.00	75.00	25.00	25.00		

GROUP	Correctional Facil		Treatment Ctrs	
	MARCH '94	Accum.	MARCH '94	Accum.
pg. 6				
Ridge		50.00		50.00
Ripley's "Believe It Or Not"				
Rise & Shine				
Rochester Meeting				
Rur-al is Plural				
Rush Hour				
S.S. Sobriety				
Sally				
Salvation Army				
Saratoga				
Saturday Night Alive				
Saturday Night Disc				
Searching for Serenity				
Second Chance	30.00	30.00	10.00	10.00
Security				
Seneca 12 & 12	5.00	5.00		
Serenity	60.00	120.00		
Serenity Circle		20.00		
Serenity Trail				
Sheridan		30.00		
Silver Creek Friendship				
Sober Trail				
Sober Winners				
Sobriety Men's Disc				
Somerset				
South Buffalo		10.00		
South Town		20.00		
South Town Women's	20.00	40.00	20.00	40.00
Southgate		21.80		
Southwestern	36.00	36.00		
Spirit of H.O.P.E.				
Spiritual Progress				
Spiritual Progress(women's)				
Springville				
Springville Saturday Afternoon				
St. Barnabas				
St. Mark's				
Starting Over				
Step				
Stepping Stones				

GROUP			Correctional Facil		Treatment Ctrs	
	pg. 7	MARCH '94	Accum.	MARCH '94	Accum.	MARCH '94
Suburban	14.00	14.00				
Sunday Morning Bkft.		125.00		50.00		75.00
Sunday Niters		40.00		20.00		10.00
Sunday Third		15.00				
Sunrise Court						
SUNY-Amherst Campus						
Surrender & Hope						
Survivors						
Swinging Door						
T'nT						
T.P.H.						
TGIF						
Thankful		70.00				
The Journey	5.00	15.00				
The Way						
Thruway	300.00	700.00	20.00	50.00		
Thursday Afternoon Disc		50.00				
Today						
Town Hall						
Tri-County						
Try Again						
Tuesday Men's Disc		50.00				
Tuesday Women's Disc.		15.00				10.00
Turning Point		25.00				10.00
Twin Cities	45.00	45.00				
United Brotherhood						
Unity		60.00				
University		300.00			20.00	60.00
Urban						
V.I.P.		21.50				
Valley						
Varysburg		15.00				
Veterans						
Victory						
Villa	20.00	20.00				
Vision of Hope						
Wake Up Call	22.80	67.30				
We Amitted		10.00		5.00		
We Are Not Saints						
We Care		60.00		20.00		40.00

GROUP	Correctional Facil		Treatment Ctra	
	MARCH '94	Accum.	MARCH '94	Accum.
pg. 8				
We Choose Life		60.50		
We Need You				
Wehrle				
Welcome				
Welcome Home				
West Seneca Sat. Nite				
Westfield				
Westminster				
WHY				
Williamsville				
Willing To Grow		150.00		
Wilson				
Women's Westside Disc.				
Working		20.00		
You'll Never Walk Alone				
Youngstown				
Youth Gone Wild				
	1520.15			
32 Groups - MARCH '94	1520.15		244.00	243.00
Last month accum totals	5266.15		495.00	505.00
Year to date totals	6786.30		739.00	748.00

CENTRAL COMMITTEE		#504-771-7	MONTHLY REPORT	
RECEIPTS		2/25/94 - 3/25/94		
Groups contributed			1489.15	
Joint meeting (expenses)			40.40	
New Frontier Subscriptions			28.00	
Envelope System			145.00	
Literature			6245.17	
Miscellaneous	MAILING		100.00	
	FALL CONVENTION'93		3084.96	
	Total Receipts		11132.68	
DISBURSEMENTS				
#10 Ellicott Sq Ct Corp			578.00	
Community Mental Health Ctr			35.00	
Happy Spring Water			33.40	
NYS Tax Dept 4th Qtr. Withhold			278.20	
Breitwieser Printing Co Inc			2549.00	
M & T Bank			462.26	
The Message Connection	Answering Serv		141.85	
AT & T			1.39	
AA World Services Inc	Books		1476.00	
NYNEX			164.70	
AA World Services			644.68	
AA World Services			1380.80	
The Paper Shop			128.68	
Salaries			1852.15	
Petty Cash			50.00	
Bank Charge			52.39	
			9828.50	
Balance per checkbook 2/25/94			4130.55	
Add receipts 2/25/94-3/25/94			11132.68	
Deduct expenses 2/25/94-3/25/94			-9828.50	
Balance per check book 3/25/94			5434.73	
Operating credit for March 1994		1304.18		
Money Market		8302.85		
Time Deposit		9915.50		

RECAP		2/25/94 - 3/25/94			
CORRECTIONAL FACILITIES ACCOUNT #484-185-4					
Expenses		Check #	Amount		
AA Central Office -		1084	27.00		
AA Central Office - womens		1085	50.00		
AA Central Office-Wende-Womens		1086	57.75		
			260.93		
Balance per checkbook 2/25/94				201.68	
Add Receipts 2/25/94 - 3/25/94				244.00	
Deduct expenses 2/25/94 - 3/25/94				-134.75	
Balance per checkbook 2/25/94				310.93	
Operating credit for 3/25/94		109.25			
TREATMENT FACILITIES ACCOUNT #602-089-5					
Expenses		Check #	Amount		
AA Central Office-ECMC		262	204.00		
				0.71	adj '93
Balance per checkbook 2/25/94				392.28	
Add Receipts 2/25/94 - 3/25/94				243.00	
Deduct expenses 2/25/94 - 3/25/94				-204.00	
Balance per checkbook 3/25/94				431.28	
Operating credit for 3/25/94		39.00			