

NEW FRONTIERS

March 2004

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

12 Steps to a Slip

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that, someday, somehow, you can drink again and become a controlled drinker.

4. Let the other fellow do the 12th Step Work in your group. You are too busy.
5. Become conscious of your AA "Seniority" and view every new member with a skeptical and jaundiced eye.
6. Become so pleased with your opinion of the program, that you consider yourself an "Elder Statesman."
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new members in confidence that you yourself do not take certain of the 12 Steps seriously.
9. Let your mind dwell more and more on how much you are helping others rather than on how much the AA program is helping you.
10. If an unfortunate member has a slip, drop him at once.
11. Cultivate the habit of borrowing money from other members, then, stay away from the meetings to avoid embarrassment.
12. Look upon the 24 hr plan as a vital thing for new members but not for yourself. You have outgrown the need of that a long time ago.

GET ACTIVE

"NEGATIVE THOUGHTS REQUIRE POSITIVE ACTION"

ENVELOPE SYSTEM? WHAT'S THAT??

The Envelope System was established to allow AA members to directly contribute monies to help defray the costs of operating the Buffalo Central Office, which in turn helps carry the message. By keeping the lines of AA open, through the Central Office, the hand of AA may be ever more accessible to the troubled alcoholic.

Joining the Envelope System gives you an opportunity to put our 12th Step into action and allows you to say in one more way ...
I am responsible.

There are many costs involved in keeping the Central Office open, such as telephones, postage, lights, rent, ETC.

To become a member is quite simple. Just call Central Office, leave your name and address and let them know that you are interested. The Envelope Chairman will send you a form, you decide on how much and how often...and we are off and running. Now wasn't that easy! What is better is the feeling you get.

Don't know how much to contribute? Maybe consider putting in what you drank a day, all right so that is a little silly, maybe. But why not at least the cost of a drink per day. What's your sobriety worth?

Anonymity is kept. The Envelope Chairperson is the only one who knows who is contributing and the amount.

As Bill W. put it in 1957, "Our spiritual way of life is safe for the future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility--one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills paid.

But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who still suffer."

(The Language of the Heart, p. 221)

The survival of Our Office is in jeopardy...***CAN YOU HELP!***

It is not good for a man to be without knowledge, and he who makes haste with his feet misses his way. -- Proverbs 19:2

I used to think that the brain was the most wonderful organ in my body. Then I realized who was telling me this. -- Emo Phillips

Nothing astonishes men so much as common sense and plain dealing. -- Ralph Waldo Emerson

Submitted by Peter C

"Somebody has well said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," and there are those who wake up in the morning and say, "Good Lord, it's morning."

Submitted by Carol Ann U. Holland Group

HONESTY????

Hi...My name is Glen S. "I AM A RECOVERED ALCOHOLIC"!!!! (As stated on Page 17 of the Big Book) Honestly...It states in the book *Alcoholics Anonymous*, about becoming "RECOVERED" ... nowhere in the book does it state that we are to live our lives in a state of "RECOVERING"!!!! Honestly...from page seventeen (17) onward in the book *Alcoholics Anonymous* explains to us, just exactly Step by Step (there are 12 of them) how to accomplish that fact!!!! (There aren't any ladders; you have to take the STEPS) Honestly...AA states that once an Alky, always an Alky!!!! But before my Higher Power could help me to accomplish that fact...he had to help me become "HONEST"!!!!

Oh...I don't mean just "Cash Register Honest" either, that was the real easy part...I just quit lying (as best as I could at the time anyway), cheating and stealing from others. No.No...No.I am talking about the real down deep inside, body numbing, earth shattering, soul searching "BRUTALLY HONEST" as one must be doing the Fourth Step. If we are to even think about trying to stay SOBER..."ONE DAY AT A TIME"!!!!

Thank GOD, my Higher Power, (Who and or what your Higher Power is, is your business alone), Sponsorship and those that came before me in AA or I would never have accomplished it. I had told my lies so many times, it was to a point that I was believing them myself...they weren't intentional lies...some were more like those little white ones we tell...to make ourselves look better to others. You know, those that we think we have to say because we think others will perceive us to be lower than we think we are. Some still crop up to this day...As a close friend and Sober Active member of AA Bob C. (GOD Rest His Soul) would say when giving a lead at AA...I will give this lead as HONESTLY as I perceive that to be TODAY!! He knew just how devastating and how deep our lies went, hence, as everyone does to stay sober...he carried the message of AA...and I learned from him...It took another AA speaker at a Fall Convention. His name was Keith...from North Carolina...for me to really become fully conscience of the fact, just how screwed up my "Brain Case" really was...Keith stated that...

1. He had to come to the realization that he was "WRONG", not just about one or two things, but everything.
2. That through the use and abuse of alcohol he had a really "WARPED PERCEPTION OF REALITY" ...isn't that scary???

It sure is easier leading an HONEST LIFE, by doing so I have learned that there is a "SOBER LIFE"...where I can live as a "RECOVERED ALCOHOLIC" free from the Bondage of Mind, Body and Alcohol...As another Sober Old Timer once said..."THE BEST IS YET TO COME"!!!! I PRAY that everyone stays SOBER ONE DAY AT A TIME, and that your road to Sobriety is smoother than mine was!!!!

Glen S. Matt Talbot Group

BUFFALO CENTRAL OFFICE

ALCOHOLICS ANONYMOUS

(716) 853-0388

(716) 853-0389 FAX: 9-4:00 Monday - Friday

845 ELLICOTT SQUARE

295 MAIN STREET

BUFFALO, NEW YORK, 14203

Schedule on line at ny-aa.org

buffalooa@hotmail.com

MARCH 2004

MEETING CHANGES:

New Meeting; **BACKDOOR GROUP**, Thursday's, Dunkirk, 8:30 PM, 117 Leopard Street, Open Discussion.

Big Book- Lockport, Tuesday's 8 PM, **NOW MEETS** in St. John Baptist School, 160 Chestnut Street.

PLEASE NOTE

- Twenty-Four Hours a Day & The Little Red Book - The cost of these publications are now \$10.
- **MOBILE MEETING- ARE YOU, OR SOMEONE YOU KNOW, HOMEBOUND OR CONFINED IN A NURSING HOME AND UNABLE TO GET TO A MEETING? IF SO, AND YOU WANT A MEETING BROUGHT TO YOU, CALL CENTRAL OFFICE AND LEAVE YOUR NAME AND NUMBER, SOMEONE WILL GET IN TOUCH WITH YOU TO MAKE THE NECESSARY ARRANGEMENTS.**

SERVICE OPPORTUNITIES:

~ March 7, Central Committee Meeting, 7 pm, 651 Washington Street, St. Michael's Parish. (Hosted by Williamsville).

~ March 7, Corrections Committee Meeting, 6:00 PM, 651 Washington Street, St. Michael's Parish.

~ March 14, General Service Assembly, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg. (Hosted by Cazenovia Group)

~ March 16, Treatment Facilities Committee, 9 PM, after the Ironhorse Group, St. Paul's United Church, 49 Indian Church Rd., South Buffalo.

~ March 18, New Frontiers Committee, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.

~ March 25, 63rd Buffalo Fall Convention Meeting, 2nd Meeting, Thursday, 7:00 PM @. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo.

~ March 27, Archives Committee Meeting, Will Not Meet. We can be found at the "Back to Basic's", Day of Sharing in Hamburg.

COMING EVENTS

~ March 15, Dunkirk Monday Night Group will be celebrating its 54th Anniversary. Dinner at 7:00 pm, followed by a speaker @ 8:00 PM. Bring a dish if you wish.

~ March 17, Holland Group will be celebrating its 8th Anniversary. Weds day at 8:00 PM, United Methodist Church, Partridge Rd. off Route 16.

~ March 19, Lockport #1, 57th Group Anniversary, Friday, Fellowship starting at 7 PM, Speaker (Pauly G. from Rochester) at 8 PM Meal to follow. Grace Episcopal Church, 100 Genesee Street, Lockport.

~ March 27, AA DAY OF SHARING: BACK TO BASICS, Presented by District 6, St. James Church, 76 Main Street, Hamburg. Panels, Refreshments, lunch, archives...and much more. \$4.00 to cover expenses. Opens at 9:00 AM.

~ March 29, Thruway Group's 31st Anniversary, 10 Am, Infant of Prague School, 921 Cleveland Drive. Speaker followed by Pizza & Cake. All are Welcome!

~ April 4, Serenity Groups 41st Anniversary Breakfast, Holiday Inn, 1881 Niagara Falls Blvd., Amherst. 9:30 am. Breakfast followed about 11:00 AM by speaker. \$10.00 pre - sale tickets.

~ July 23-25, AA NEW YORK STATE CONVENTION, Buffalo- Amherst Holiday Inn, hosted by Area 50, WNY. "Our Singleness of Purpose". Registration: \$15, Banquet: \$25. Flyer available at Central Office.

~ August 6-8, 25th ANNUAL NY STATE INFORMATIONAL WORKSHOP, Daemen College, 4380 Main Street, Buffalo. Rooms available, Registration \$15. Flyer available at Central Office.

3rd STEP: "Made a decision to turn our will and our lives over to the care of God as we understood him."

3rd TRADITION: "The only requirement for A.A. membership is a desire to stop drinking."

3rd CONCEPT: To insure effective leadership, we should endow each element of A.A.- the conference, the General Service Board and its service corporations, staff, committees, and executives- with a traditional "Right of Decision."

Buffalo Central Committee

March 7, 2004

John opened the meeting at 7:05 PM, with a moment of silence and the Serenity Prayer. Sean, Journey Group read The Purpose of the Central Committee. Charles, Remember When Group read the Traditions. Motion to dispense with reading of last months minutes, motion by John, Gardenville Group, second, Sean, Journey Group. No new Central Committee Representatives.

Charmaine introduced Chuck B of the N. Bflo Group for his explanation of the 2nd Tradition.

42 Groups Attended: **District #1:** 4th Step Stumbers, Cornplanters Again, Downtown Men's, Journey, Main & High, Miracle, Rise & Shine, Sunday Niter's, Sunrise Court, Those Too **District #2:** Chapter IX, Living Sober, North Buffalo, Three Legacies, **District #3:** Abbott Men's Disc., Blasdell Mon. Night, Cazenovia, Father Baker, Gardenville, Iron Horse, New Life, Ridge, South Town, Southgate, Sunday Morning Breakfast, The Book Meeting, Victory. **District #4:** Holland, Patchin, Springville. **District #5:** Big Book Lockport, Lockport#1, Wilson **District # 6:** Amsdell Lakeshore, Lakeshore **District #7:** Buffalo, Fresh Start, Let Go & Let God, Lovejoy, Remember When, Spirit of Hope **District #8:** Amherst Snyder

COMMITTEE REPORTS:

ENVELOPE SYSTEM: No report

STEERING COMMITTEE : No report

FINANCIAL REPORT: Patti, Going to Any Length Group. As discussed, a new system of reporting has been implemented to review income and expense comparing prior year 2003 to the current year 2004 and will be broken down on a month-to-month basis. The previous reporting did not indicate monthly expense explanations and the office would only find out at a year-end if income and expenses were up or down. The new method is advantageous because it will allow the Central Committee Secretary to see what previous expenses have been made which will turn help to make decisions on whether to spend in a particular month or not, it will provide the Steering Committee and the Groups of AA an update picture of income generated, and most importantly decisions can be made immediately on whether or not to purchase goods and services.

January income:

2003 Jan. income \$7461.00 2004 Jan. income 8055.00 or +8%.

Jan. Highlights:

Group contributions decreased from 2003 \$4015 to 2004 \$3704 or (-7.7).

Envelope System increased from 2003 \$473.00 to 2004 \$1322.00 or +179%

Literature sales increase from 2003 \$2620.00 to 2004 \$2941.00 or +12.2% January

Expenses: 2003 \$7989.00 2004 \$8474.00 or +6%

January Highlights increases: NY State taxes paid on a quarterly basis so the line item looks to be over but it not. To clarify, no expenditures will be made in Feb. and March.

Liability Insurance premium was paid in full in Jan. \$948.00. World Services was paid \$2224.00 or \$635.00 40% over 2003. Hazelden was paid \$523.00 or \$291.00 125% over 2003. In All Our Affairs was paid \$176.00 or 96% over the complete year of 2003.

January Decreases: Postage expenses dropped \$243.00 49% over 2003. Answering Services expenses dropped \$344.00 or 77%.

TREATMENT: The Committee was informed that the Lockport Hospital (Reflections) Meeting is no longer registered and of the suspension of the Tuesday Lake Shore – Lighthouse Meeting. It was announced & discussed that volunteers are needed to man the T.F.C. Lite Rature tables at both the State Convention in July & the Fall Convention. BTG calls remain constant at 10-15 per month.

CORRECTIONS: We currently have 2 facilities that need outside support. The Wende Correctional Facility meets at 6:30pm on Friday and 1:30pm on Saturday. Call Bob L at 876-1932 and the Collins II Facility which meets at 7:00pm on Tuesday night call Bob G at 743-0645. We will be having a Corrections Committee Display on the 27th of March (as a committee) for the Day of Sharing in Hamburg.

SCREENERS: No Report

CENTRAL OFFICE: Terry B. AA INFO: 229, 12-STEP: 6, ALANON: 14, VISITORS: 35, VOLUNTEERS: 2 The office operating expenses are still below a monthly average. The good news is that word is getting out and contributions are on the increase. There has been a positive response to the Envelope System article, we hope the word continues to be spread about the Envelope System participation as it was for the members that came before us. There is a correction to the financial report that was mailed, you can see that the wrong number was carried over as the beginning balance for corrections, that number should be \$1,532.95, creating a final balance of \$1,248.30. This will be corrected for the next mailing. The office was also beset with a major setback; the computer is completely down. After being looked at by 2 Computer Tec's, the conclusion was with its age and the nature of the problem and the cost of repairs it is better to replace. All the Central Office Files are saved and when the new computer arrives will be downloaded. I am making due with basic files for our mailing being worked on at home in the evenings. Please be patient with any change of information at this time. It is all being kept track of, just a little slower. Cut off dates for all publications has been changed from the 15th to the 12th to insure all groups get the mailing before the 1st of the month.

PIC : No report

NEW FRONTIER: No report

2004 CONVENTION: 4th Convention meeting 4/29/04 7pm 1080 Main Street

AD-HOC COMMITTEE: No Report

COURTESY REPORTS:

ARCHIVES: No report

GSA: No report

OLD BUSINESS: Gary B. 4th Step Stumbler brought up the motion about whether Shall Central Committee endorse & cooperate with the 12th Step Program at ECMC? Lengthy discussion. Voted on and denied.

NEW BUSINESS: John, Steering Committee Motion to allow ALHOC Committee 30 days to find new place or to secure Tri Main Center and/or negotiate a lease in June with the Ellicott Square. Diane, Wilson Group made the Motion to accept the Motion from the Steering Committee. Voted on and accepted.

Motion to close Debi, Victory Group second, Sean, Journey.

Thank you for the 7th tradition and giving me this opportunity to serve AA, Kim E.

You may have noticed in the Central Committee Minutes from January 2004 that a short talk on the traditions will be made at each Central Committee meeting. At the February 1st meeting Mike Donnelly spoke about Tradition #1.

The traditions start with the line ...Our A.A. experience has taught us that:

My experience with the Traditions began shortly after I first joined a Home Group. Until then, I had no interest or desire to learn how Alcoholics Anonymous conducted its business.

I had called a man in whom I occasionally confided, and he interrupted my tale of woe with the question, "Did you drink today?" This happened a few times and so at the end of my recital I blurted out, "And, no, I didn't drink today." To which he promptly responded, "Then what did you do for A.A. today?"

Shortly after, I went to a business meeting. The experience was so unusual that I still remember being amazed afterwards. People, who moments before were arguing passionately over differing opinions, were all cheerfully following the same path with little grumbling or resentment. When I said something, I was told that the ones who favored the approach that was not adopted had accepted the group's conscience for the common welfare. What a concept!

Tradition One - our common welfare should come first; personal recovery depends upon AA unity. Long Form - Each member of Alcoholics Anonymous is but a small part of a great whole. AA must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

In 1955, Bill Wilson wrote in the *Grapevine*:

"When an alcoholic applies the Twelve Steps of our recovery program to his personal life, his disintegration stops and his unification begins.

Exactly the same principle applies to each AA group and to Alcoholics Anonymous as a whole. So long as the ties which bind us together prove far stronger than the forces, which would divide us if they could, all will be well. We shall be secure as a movement; our essential unity will remain a certainty."

"But AA unity cannot automatically preserve itself. Like personal recovery, we shall always have to work to maintain it. Here, too, we surely need honesty, humility, open-mindedness, unselfishness, and, above all - vigilance."

"Many AA's already feel that these Twelve Traditions are sound enough to become the basic guide and protection for AA as a whole; that we ought to apply them as seriously to our group life as we do the Twelve Recovery Steps to ourselves individually."

"Since personal calamity holds us in bondage no more, our most challenging concern has become the future of Alcoholics Anonymous; how to preserve among us AA's such a powerful unity that neither weakness of persons nor the strain and strife of these troubled times can harm our common cause. We know that Alcoholics Anonymous must continue to live. Else, save few exceptions, we and our brother alcoholics throughout the world will surely resume the hopeless journey to oblivion."

Step 3 ~ Made a decision to turn our will and our life over to the care of God *as we understood Him*.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

Being convinced, *we were at Step Three*.

The first requirement is that we be convinced that any life run on self-will can hardly be a success. ... are not most of us concerned with ourselves, our resentments, or our self-pity?

Dr. Carl Jung "Ordinary religious faith isn't enough. What I'm talking about is a *transforming experience*, a conversion experience, if you like. I can only recommend that you place yourself in the religious atmosphere of your own choice, that you recognize your personal hopelessness, and that you cast yourself upon whatever God you think there is. The lightning of the transforming experience of conversion may then strike you. This you must try - it is your only way out."

We were now at Step Three. Many of us said to our maker, *as we understood Him*: "God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy Will always!" We thought well before taking this step making sure we were ready, that we could at last abandon ourselves utterly to Him.

The wording was, of course, quite optional so long as we expressed the idea, voicing it without reservation.

Alcoholics Anonymous ages 60-63

Tradition 3 ~ The only requirement for AA membership is a desire to stop drinking.

Long Form: Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group, provided that, as a group, they have no other affiliation.

Cracked Pots?

A water bearer in China had two large pots, each hung on the ends of a pole, which he carried across his neck. One pot had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own, and miserable that it was able to accomplish only half of what it had been made to do. After 2 years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream...

"I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house." The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path. Every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.

Submitted by O2 Tom

Heard at a meeting:

God willing we may never again have to deal with our drinking, but we have to deal with sobriety EVERYDAY!

AA meetings are a sane center in an insane world.

AA makes us into the people we were supposed to have been.

I didn't cause it! I can't cure it!! I can't control it!!! I guess I'll turn it over.

Ignoring the truth does not change it.

RULE 62

Don't cry because it's over. Smile because it happened.

Pain and Suffering is inevitable but Misery is optional.

Eagles may soar, but rabbits don't get sucked into jet engines.

Life is not about how fast you run or how high you climb, but how well you bounce.

Laughter is like inner jogging

"Despair is the absolute extreme of self-love. It is reached when a man deliberately turns his back on all help from anyone else in order to taste the rotten luxury of knowing himself to be lost."

Thomas Merton

Come Join Us!

Dear Friends and Fellow Alkies,

Try something different. Our charming location is pleasant, and our camaraderie is comforting. Strength and strengthening comfort – that's important! After you don't take the first drink, so you don't get drunk, what do you do with the rest of your life?

At "Live and Let Live" we practice the principles of "AA Living" in all our affairs, with loving respect for all the traditional values of AA.

Although "Live and Let Live" is listed as a gay group, we enjoy a diversity of personalities and lifestyles as we strive toward our primary purpose – to stay sober and help the still suffering alcoholic to get and stay sober.

Please join us and remember, what is said here, and who you see here, should stay here.

We meet at St. John's Grace Episcopal Church, 51 Colony Circle Buffalo (Richmond & Lafayette Ave.) Friday's @ 8:30pm.

We at "Live & Let Live" hope to meet and greet you soon.

In the Spirit of AA ... Eddie L.

IN MEMORIAM Things We Can Not Change

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

Let's remember them and all the others who passed on in our prayers

Share your Experience, Strength and Hope.

Please submit your articles to

Central Office:
845 Ellicott Square Building
295 Main Street
Buffalo, New York 14203-2412

Or E-Mail address: buffalooa@hotmail.com by the 10th for next months issue.

New Frontiers committee meets the 3rd Thursday of every month - 7:00pm - St Michaels, corner of Warsaw & Electric in Lackawanna.

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 AA books and pamphlets are reprinted with permission of AA World Services, Inc. Articles reprinted with permission of AA Grapevine, Inc. Are subject to the GRAPEVINE copyright.)

MARCH ANNIVERSARIES



Acceptance/

Welcome

Christie L. 1y
Jackie S. 4y
Gary K. 8y
Elisabeth L. 13y
Tom M. 19y
Rosina L. 19y

Amherst/Snyder

Rene VC. 6m
Lauren L. 6m
Chip R. 9m
John L. 9m
Jo Ellen H. 1y
Brian R. 1y
Kelly K. 2y
Mark D. 2y
Jim S. 3y
Greg W. 4y
Patty C. 4y
Ray H. 4y
Joy W. 4y
Randy McK. 4y
Wesley B. 5y
Dennis G. 6y
Bob S. 6y
Jennifer H. 8y
Ken L. 11y
Gina L. 11y
Alan H. 13y
Ron F. 14y
Andrew C. 17y
Richard W. 21y
Nancy J. 27y

Cold Springs

Kenny B. 11y
Al C. Jr 13y
Elvester McR. 28y

Courage Group

Dave MacN. 5y
Martha K.S. 13y

Ellicott

Robert R. 7y

Fireside

Joe W. 1y
Brian R. 1y
Robert G. 3y
Peter M. 8y

Gahada Gon

Tina 3y
Gary S. 14y
Carrie W. 17y

Giving

Pat W. 4y
Holland
Carrie W. 16y

Eyeopener

Hedi P. 3m
Keith P. 9m

Jason 9m

Susan L. 9m

Karen S. 1y

Keith P. 1y

Ann M. 2y

Anthony 2y

Gerry K. 2y

Erica A. 3y

Sue L. 4y

Carolyn W. 4y

Bill W. 5y

Joan S. 6y

Tom M. 6y

Franco B. 6y

Don B. 7y

Shawn M. 7y

Jeff S. 7y

Marie H. 7y

Ed P. 8y

Dave K. 8y

Fred P. 9y

Bob P. 9y

Shawn S. 9y

Bill H. 9y

Tim D. 9y

Nick L. 10y

Stephen B. 10y

Ken L. 11y

Terry F. 11y

Mary Beth S. 12y

Cathy L. 13y

Helen Z. 13y

Thomas M. 16y

Karen A. 18y

Tom M. 19y

Marion P. 20y

IRONHORSE

MARK R. 6M

GEORGE L. 6M

HAROLD S. 9M

GARY K. 8Y

ANN D. 13Y

Lakeshore

Jim McS. 13y

Les T. 24y

Living Sober

Tim C. 4y

Ron M. 4y

Neal L. 8y

Tom D. 16y

Neal L. 18y

Helen B. 31y

North Buffalo

Tom R. 3m

Jim S. 3m

Matt B. 3m

Mark B. 6m

Larry W. 6m

Karen Z. 1y

Bob B. 1y

Perry C. 2y

Mark s. 2y

Ken S. 7y

Walter W. 13y

Burton P. 15y

Roger K. 15y

Harvey S. 16y

Peter B. 17y

Janet T. 17y

Ray of

Hope

Frank H. 18y

Rise &

Shine

Roberta R. 3m

Johnathon 3m

Glen D. 6m

Larry M. 6m

Cheryl S. 9m

Sean M. 2y

Vincent D. 2y

Johnnie C. 2y

Patti M. 2y

Denise C. 3y

Kenneth T. 3y

Linda W. 3y

Linda B. 3y

Jennifer L. 3y

Mitchell J. 3y

Mark K. 6y

Myrdis S. 7y

Pam L. 7y

Darryl S. 8y

Blaire D. 8y

Issiah W. 14y

Joe H. 30y



Sunday Morning

Breakfast

Carl G. 3m

Colleen H. 9m

Ed A. 1y

Onie D. 18y

Thruway

Mike G. 3m

Joe R. 6m

Mike H. 1y

Rosalie P. 9y

Bob M. 16y

Jim S. 16y

Bob M. 16y

Elvire W. 17y

Ray O. 29y

Victory

Nick F. 4y



GROUPS CELEBRATING

A Day At A Time
Attitude Adjustment
Bodhisattva
Brocton Discussion
Clarence Men's Discussion
Dunkirk Monday Nite
Grand II Joy Of Living
Higher Powered
Just For Today/Albion
Keep On Comin'
Lake View
Medina Big Book
Medina New Life
Perry Discussion
Powerless
Renaissance I
Rochester Meeting
Rural Is Plural
Serenity
Set Aside
Sheridan
Sober Saturday
Sober Trail
Southgate
Stayin' Alive
Sunday Third
Surrender And Hope
The Book Meeting
Thruway
Unity
Women On The Rise



Please remember to have the anniversaries submitted by the 12th of the month previous.

~ March 13, Saturday, The Tri County Group in Gowanda, will be celebrating its 46th Group Anniversary. Doors open at 7:30 PM. There will be a speaker at 8:30 pm: food, fun and fellowship will follow. Please bring