

NEW FRONTIERS

MARCH 2011

A.A. of the Niagara Frontier

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

WHY ATTEND MEETINGS ??

I go for the **RUSH!!** A feeling I get inside when I attend meetings. A tingling inside that goes through my whole body!! Similar to when someone comes up behind you and scares you. YEA – that feeling!! A fast flow of blood running through you. That queasy feeling all over.

That's the same feeling I get when someone says something *very similar* to what I have done, said, or the way I acted. It happens when they are "telling my story!" It's not a bad feeling...actually I enjoy it. I know at that point I am getting better. I am relating and identifying!!

I get that a lot at meetings. It's not at every meeting, but enough to make me come back for more. When I am really paying attention to what is being said, and can relate and not feel alone...that's when it happens. The feeling of satisfaction I get from identifying *and* knowing I am not the only one that has made mistakes. And there is no need to be ashamed and keep to myself. Those kind of feelings!

Can you explain that to anyone outside of A.A.? I kind-of doubt it. Only the people in this program would understand. And I'm thinking many of us have these same feelings.

I also go to meetings to keep in "the circle" as I call it. My circle is A.A. and all of you in it! I have to stay within this circle, my life now depends on it! My "old" circle of friends that I hung around with has been deflated. Those people in that circle would only lead to my destruction. That kind of environment and people in it brought me to my knees! I can't return to that way of life. I was told "stay away from the people and places you frequented." Soooo...to the meetings I go!

My "new" circle is the people in A.A. A loving and caring group of friends who will try to help me. They lifted me from the "dark depths" of hell I was in, and offer me companionship for this loneliness I had been feeling.

I can only find these people at meetings. I need to attend meetings; this is my new lifeline! Just being there increases my chances of recovering. Remove that, and I am doomed! I know, for I have tried without them...to NO avail!!

When we attend meetings, it is like they say, things will get better. Our lives will change for the good. I am grateful each time I go and someone extends their hand for a friendly and sincere welcome. I can vividly remember being told before to "leave and don't come back", by friends AND family!! That handshake feels a whole lot better than the door being slammed in my face!

The benefits of going to meetings is astronomical! What we can learn, people we meet, friendships we make, people we can help, and that rush I referred to are just a sample. We need to be a part of this, feel what we feel and have these things to carry us through our next 24 hours. It is awesome and doesn't cost anything but an hour of your time!

Now where else can we get this other than meetings? Where could we find those close friends that we have something in

common with and can do things with outside of a meeting? Where could we have heard about all the activities going on if we were not attending these meetings?

How could we find this “sponsor ” that we are suggested to get? Or how about encountering that great feeling of helping others if not for meetings? You have something to say...you have experience and knowledge...how about sharing it!!

GO!! Go to these meetings!! Go until you feel this **rush** I've been talking about! It's such a great feeling..much better than the one I had at my last drink! Try it, you'll really appreciate this program if you are a part of it rather than running from it!

Hope to see you at a meeting,

Carl S. Lewport group

Foundation Building

Part I: First Things First

I wish to express my thanks and gratitude for ideas received and the willingness to put them on paper. I'm at the end of a very long chain, whose links include: those who share at tables I sit at; stay or invite me out to meetings after *the meeting*; camp out in coffee shops with; talk to on the phone; crash at their house/apartment; those who shake my hand and especially members I've known for a long time who simply make eye contact with me. It is a privilege to be at the end of this chain, and I hope others are helped by you through me.

Part II: Debugging Thyself

When I came to A.A., they talked about a spiritual program, but what was this Power ([IT]) they were describing? Could those people at those meetings know something I don't? Obviously they do, because THEY are not drinking. I don't know who or what [IT] is, or even how to communicate with [IT]. What if I drank again? I know what's next; more trouble. A lingering thought says I could stop again, but something deeper says that's B.S. Why would [IT] want to help me? There's no way I can clean up my mess enough to stand before [IT] and even beg for help. Be willing ... so is that all you have to do? Just ask? That seems way too easy. Don't you have to earn that right? How did I ever find A.A. anyway? Do all these people really believe this care of God "thing" helps them, or are they full of it and just spinning this society's message?

And so goes a thought train. It's not a steam locomotive lumbering its way to Arcade — this is a bullet train at 260 mph. How does one make sense out of a life in an uproar, especially when those supersonic compulsion or instinct driven thoughts are relentless?

I think one of the unconscious root level decisions I made was to answer the question, "Is there any other entity involved in being able to stop drinking, or is it 100% my own power?"

If you believe that it is 100% you, quickly scan your past. What was your track record when you were in charge before A.A.? Everything you touch turn to gold? Have an extra BMW in the 3-car garage? Highly overpaid for your job? Stress-free daily living, perfect family? Me neither.

If I am willing to believe that it is NOT 100% me staying away from a drink, I have a chance to become sober. I may be oblivious to what is helping me; that's OK. This is where Step Three allowed me to start helping myself. It breaks that **run my own life, I know best** cycle we get caught in during our active alcoholism. If we don't break that, chances are we're burnt toast.

For most testimonies I've heard, the A.A. member's journey really starts at this point. If you don't believe in It, or you are not ready to turn it over yet, that's OK, you are still one of us. Stay on the ride with us! The PRINCIPLES the other people at tables described or lived out were SO IMPORTANT to hear or see, even before I realized principles *existed*, let alone became capable of defining them. One principle — we don't do this alone — is true whether someone has a strong unshakeable faith in It, believes It is out to get them, or is an agnostic/atheist.

A good thing starts to happen when we realize that it isn't 100% me and it might be more than the people we sit at tables with. Step Three's decision begins its work. We open the door a crack, and 100% moves to *maybe* 99% me.

At that point we emotionally, mentally & spiritually move a tad farther away from the point where we want to escape and make a horrible decision by saying it will be different next time. The disease takes some back to that abyss. Of that group (myself included), I know of none who purposely says, "I'm going to pickup again in 7 months and 3 days". That move away from *stinking thinking* starts with, "yes, there is something else involved in me not drinking, and it is bigger than me." That's all I was capable of in the beginning.

A related principle is found in the Big Book: "Half measures availed us nothing. We stood at the turning point. (p. 59)" **STOOD** implies a "one time, past tense" position occupied. With regard to alcohol, it certainly is the correct word; we all can vividly picture ourselves there. But haven't we been there in other areas of our lives as well? It also implies a **black or white** choice, or a right-angle intersection on the road. We either continue the life we have (go straight) or completely change direction (**turn** from the road we are on), with no grey areas available. Don't assume that you will stand at a turning point just once in your life; it only needs to be once with regard to alcohol. You will be standing at turning points like that more often as you continue climbing out of the hole of active alcoholism.

I think the word **HALF** is generous — it really means 0% to 99.9% of complete measure or whatever decision is on my plate. Complete surrender is not simply "do nothing, hide in a cave" thinking. I have to get to the point where I will submit to someone/something else directing my steps, laying down my freedom like a prisoner. Seeking information is not enough; **ALLOWING** another to practice Step Twelve and do something for me is the ticket. There is a difference between that and asking for help, getting a suggestion then adjusting my way of living. In those cases is still my way. Isn't that what we did before A.A.? That worked well, didn't it? That may be the lifetime daily choice (or fight) — my way versus another's "suggested path."

This doesn't mean "well, if I can't give up 100%, then why even bother." It is based on where you are AT THAT MOMENT. You do your best at that time, without the perfection syndrome or comparing it to someone else's best at their particular time. What did the founders do next? "We asked His protection and care with COMPLETE ABANDON" (emphasis mine). Homework: look up abandon <g>.

The consensus I've heard sitting at many tables is that this Power which some have found and turned their life over to has been vital to their recovery. They say IT knows the path for permanent sobriety (Twelve & Twelve p. 40). Will I let IT help me? What is my part; do I just follow orders like a soldier? I can't **earn** that gift, but there is a path of continuous action I need to take to keep it — found in our Twelve Steps. Permanent sobriety sure sounds like something I want!

Chapter Four in the Big Book says faith is not really our problem, because we all have faith in something. What I'm placing my faith in IS the problem. There are also a few other impediments in that process for some. The word prejudice seems to pop up a few times in that chapter. It is a bad thing to set my opinions before knowing my options, having a naive opinion about IT, or just being closed to other member's experience. It also says I can find **POWER** to do things I couldn't — like helping myself in the right way (p. 45).

As we move toward allowing others and IT to help, we begin to build a foundation for life, which might be the best thing we can do to help ourselves. Is your foundation the same as before A.A.? Is it on your own power? I hope not. The Twelve and Twelve says, "We have created a foundation that is NOT easily shaken (p. 98)." Note the choice of the word **CREATED**. They didn't use *rebuilt*, *repaired*, *added to*, *overhauled*, *comingled*, or some other phrase indicating we in ANY way USE THE PREVIOUS foundation we had. We start a brand new one! IT helps us build that foundation.

Part III: Building Up Others

Whether we have started on the path toward debugging ourselves or not, how does one **help another**? We know this is important, "Helping others is the foundation stone of your recovery (Big Book p. 97). There's that foundation word again. Here it says "THE" stone — it is the bottom one — everything else is built off of that one. But CAN you do it? The answer is yes you can, regardless of how long it has been since you drank. How do you do that?

One way is to show up at meetings — yes, in the flesh. Meetings before and after *the meeting* count! It is an example to anyone with two days to multiple decades that **another one found the same path**, and the path still works. You don't have to finish the Twelve Step course and pass the exam before you start. The group doesn't say, "well, in your case you need to work through Step Four, then pass the Wii simulation, **and then** you can help out someone else." Your experience is all you need to start.

Since some of us have a lot of trouble at giving ourselves accurate self-appraisal, how on earth can we even THINK we know what to say to help someone else? Spewing out Steps, Slogans and program platitudes is only part of it, and sometimes is a waste of words. Pause and think for a few moments: "*I really want to help that person. I only get a thumbnail view through a fogged lens of what is going on in their life right now. I look in the mirror and I am just as messed up. Who am I to do this?*" It's about the same as sticking a dollar bill on the big screen at the Ralph and trying to read the serial number from the 50-yard line. All of a sudden "I think I know..." gets real small.

As a discussion progresses I realize I have absolutely NO CLUE on an answer, let alone what I should say. I silently appeal to **IT**, "Why aren't we talking about something I at least have some experience in, so I can say *something* to help this person?" I still hadn't learned what my purpose really was during those one-on-ones. I've found that I'm not necessarily there because I have the cookie-cutter answer to the specific issue brought up! Sometimes I'm not supposed to have an answer, which probably has to do with where I need to put some cotton. Oh, you mean sometimes I'm just there to listen? But it doesn't *feel* like I'm doing anything then! OK, since my mind has no ready solutions, *I'll try it this time and see what happens*. Experience has proven that sometimes just listening has been the absolute best response I could have made — period.

I have found I can help another, and here is what I've learned to do. Feel free to substitute yourself where you think it is appropriate.

- Offer my **TIME**, which is really all I have to give. Ten minutes worth of face-to-face time is more valuable than a 30 minute phone call or a 10 page letter. Don't allow the current "*way the world operates* or our *electronic gadgetry*" convince me otherwise.
- Make sure the conversation goes deeper than just casual talk. It should be give *and* take, without changing the topic and making **ME** the issue to be discussed. That may happen, and if it does it is probably the right time, just don't start into it with that mind-set. The other person is **MORE IMPORTANT** than I am.
- Ask God *as I understand Him* what I should say and then slowly go with what comes into my head. If the message is pointed, stern, or I encounter a blimp-sized ego, think of two words before opening my mouth: **Love** and **Tolerance**.
- Reject nothing except for obvious or absolute contradictions. Who is right or wrong is not the issue. Focus on **PRINCIPLES** if I want to talk about solutions. Steps, slogans, etc. are the guide. If the need is just to be there for that person, focus on building a **PARTNERSHIP**, like it says in Twelve and Twelve (p. 53).
- Don't finish the discussion without getting a way to contact them. Then, **CONTACT THAT PERSON** after a short time to see how they **ARE DOING**. Don't assume that your session is a one-time thing. More often than not there was a reason you got together and the true purpose might be very different than what you think it is.

Part IV: Epilogue

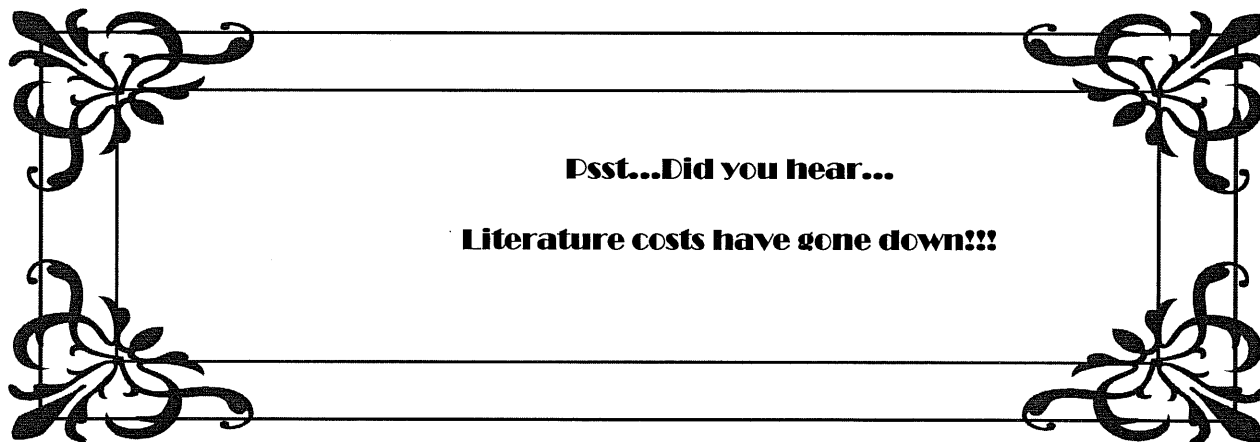
This article was written specifically with vague references to the God mentioned in Steps 3, 5, 6 and 11, and the other references to a God in Steps 2 and 7. Personally, I found **IT**, the same one I grew up with. I think really He came looking for me and I let Him in. Too many things have happened in my life for me to believe this is all by random chance. I hope you find Him now, just like I did, in a way specifically designed for you. You won't find Him just by reading about Him in a book. You will find Him through living One Day At a Time and if you are looking.

One of the great things about A.A. is that during meetings we talk somewhat frequently about God as we understand Him from a “this is my experience or we describe some of the characteristics of the God I found” point of view. I’ve yet to hear someone, at a table or during a lead, tell me who their Higher Power is and then try and convince me why I should believe in theirs. Some have got close, but we’re big enough to handle that. No evangelism here, which is precisely the way our founders thought it should be. No sermons, propaganda, jihads, handouts, hype or indoctrinations. Let’s continue to allow this loving God to express Himself in our **group conscious** — which also means “for us, through us.”

Taking Step Three is a suggestion; there are sober members of A.A. who do not believe in God. What works in your life is what is important, so you don’t drink again. A relationship with God doesn’t mean the problems will end — what will end is thinking you are completely powerless over everything, like plankton floating in the Pacific. **Hope** returns in stages. I’ve found **joy and peace** in the center of a roaring tornado, which is an amazing feeling and immensely better than past *feeling changing methods* I practiced with *zero* success. Do you want to know whom this God is that I found? Ask me sometime — after a meeting!

Chip R.

Grand II Joy of Living



IN MEMORIAM

Things We Can Not Change

Bill D.- Derby Group

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

Share your Experience, Strength and Hope

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

Articles can be submitted at any time.

Buffalo Central Office

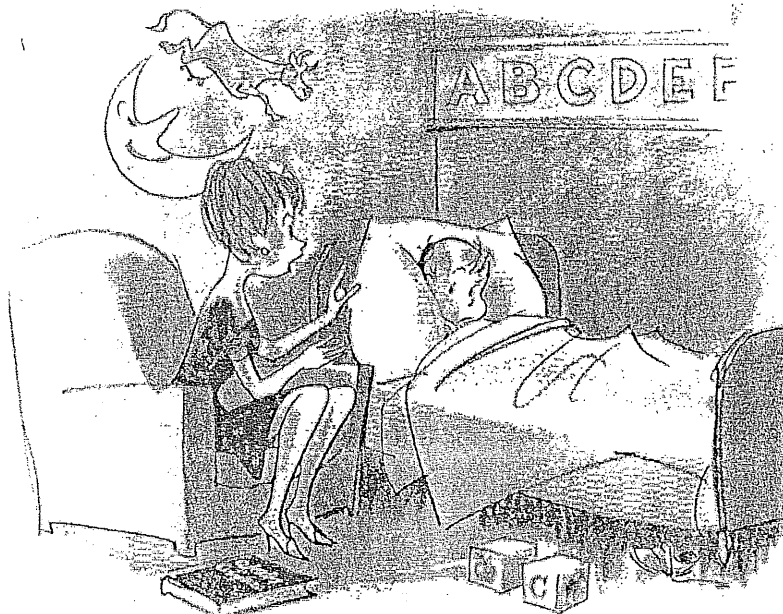
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WE NOW HAVE "MEETING IN A POCKET" in SPANISH!!!



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

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388
9:00 AM- 12:30PM, 2:00 PM- 4:30 PM
Schedule on line at: www.ny-aa.org &
www.buffaloaany.org*

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

MARCH 2011

MEETING CHANGES

- **New Group; Albion; New Beginning.** Wed., 7 PM. First Baptist Church, corner of Liberty & Beaver Sts. 14477.
- The **Elmwood** group has **added** a 10 PM meeting on Fri, Sat & Sun., Sobriety Emporium Coffee House, 2590 Elmwood, Kenmore, 14217.
- **All Meetings that met at the Allsaints Episcopal Church**, 781 Maple in Amherst; **STILL MEET.** only the name of the building has changed to the Hope center.
- **Maple Men's Group**; 781 Maple Rd., Amherst, Thursday's, is no longer a men's meeting! All are welcome and the group needs support to survive.
- **Friends of Bill W.** meeting times changed for the Saturday and Sunday meetings. They now are at 6:00 pm. So, they meet 6 days a week (all except Friday), now all meetings are at the same time, 6:00 pm. Grove St. Christian Church, 85 Grove St., Tonawanda.
- All meetings at the **Serenity shack, NO LONGER MEET.**
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

COMING EVENTS

- ~ Mar 6, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Mar 6, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, (hosted by Carry the Message Group)
- ~ Mar 6, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca
- ~ Mar 6,, **General Service Assembly**, 12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Mar 21, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Mar 15, **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Mar 18,, **Werhle Group is hosting a St. Patrick's Day Dinner**. Polish Villa II, 1085 Harlem near Clinton in Buffalo. Doors open at 6:00 pm, dinner at 6:30 pm. The speaker; James O. Cost for dinner is

\$20.00. The Family Style Dinner includes corned beef and breaded pork chops, sides, beverage and dessert. Tickets are available and must be purchased by March 10th. No tickets available at the door. Call Donna at 510-6617 or Beverly at 580-3516

~ Feb. 17-Mar 17, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Thursday's; 6:30 PM. Sponsored by Serenity Trails Group, Turning Point House, 9136 Sandrock Rd., Eden. Journey through the 12 steps in 5/ 1 hr sessions

~Mar 19, **Sober Train Young Peoples 2nd Annual Corned Beef & Cabbage Dinner**, There is no cost! Please come join us for great food and great fellowship. Feel free to bring a dish. Meeting starts at 7pm and food will follow. Saturday March 19th @ Central Park United Methodist Church 216 Beard Ave. Buffalo, NY 14214

~ Mar 21, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office,681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting

~ Mar 23, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Wednesday's; 4 PM. Sponsored by Helping Hands Group, St. John Vianney Church, 2950 Southwestern, Orchard Park. Journey through the 12 steps in 5/ 1 hr sessions

~ Mar 26, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.

~ Mar 26, Area 50 GSA Pre -Conference Workshop. 9 am-3pm, Trinity Episcopal Church, 261 East Main Street (near Newton Rd.). Flyer enclosed :)

~ April 1,2 & 3, **3rd Annual Cataract City Convention**, Days Inn at the Falls, 443 Main St. Niagara Falls, NY. Registration;\$15. Registration & Dinner:\$40.

~ May 13-15, **Women's Spring Spiritual Weekend Retreat** will be held at Stella Niagara. The focus is on the 12 steps & includes speakers, groups, spiritual advisors -along with a lot of food, fun & fellowship. More info is upcoming. Contact person: Marilyn S. 799-4094

~ May 15, **WNY Area 50 Archives Breakfast," History Lights The Way"**. \$16. Days Inn at the Falls, 443 Main St. Niagara Falls, NY. For info contact; PAM90@aol.com or SHAMME4EVER@aol.com.

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."

PLEASE SUPPORT THE ENVELOPE SYSTEM...

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

MARCH ANNIVERSARIES



As Bill See's It

Tom M. 6y
Carrie H. 24y

Amherst/Snyder

Nicole M. 6m
Jen R. 9m
Joshua T. 3y
Bob M. 7y
JoEllen H. 8y
Patty K. 11y
Bob S. 13y

Casting

Gary C. 9y
Albert McC. 24y
Cecil M. 33y
Bob P. 34y
Kenny C. 38y
Eddie J. 41y

Cold Springs

Ray H. 6y
Elvester McR. 35y

Courage

Karen S. 14y
Martha K. 20y

Daily Reflections

Andy R. 3y
Pat S. 4y

Eyeopener

Pete F. 2y
Garth A. 2y
Linda H. 2y
Dan O. 2y
Lisa P. 3y
Brian R. 3y
Jeremeah 3y
Jim H. 7y
Anthony 9y
John S. 13y
Fred P. 16y
Marian P. 27y
Les T. 31y
Ray O. 36y

Fireside

Sue A. 3y
Sue M. 6y
Mike W. 6y
Joan G. 12y

Freedom

Amy C. 6m
Angela G. 3y

Golden Slipper

Mark R. 4y

H.A.N.D.

Ramone M. 6m

Helping Hand

Dan B. 8y

Holiday Village

Tom Z. 31y

Harmony

Michael C. 3y
Blendea E. 7y
Joyce E. 12y
Judge W. 14y
Ava P. 18y
Dana W. 18y
Fred R. 19y

How It Works

Tom L. 6y
George Kr. 7y
Rick A. 7y
Anthony R. 9y
Paul B. 9y
Jim H. 9y
Joe C. 11y
Tom M. 13y
Tom C. 13y
Mike B. 15y
Ralph B. 17y
Dave S. 17y
Tom O. 18y
Joe Van V. 19y
Walter W. 20y
George Ki. 21y
Lou M. 29y
John P. 31y

Ironhorse

Tracy C. 6y
Janis E. 18y
Ann D. 20y

Kensington

Peaches 29y

Lakeshore

Ron T. 3y
Jim G. 7y

Lighten-Up

Al P. 4y
Carol 4y
Jim H. 7y
Rich B. 8y
JoEllen H. 8y
Teresa P. 11y
MaryBeth P. 19y

Living in the Solution

Ed Z. 4y
Elisa B. 6y
Charlie H. 12y

Lovejoy

Debbie P. 7y
Charlie H. 12y

Marilla

J. Frank H. 25y

North Buffalo

Jason C. 3m
Jack W. 3m
Mary P. 6m
Blane G. 6m
Todd N. 6m
Eric D. 6m
Ryan P. 6m
Todd S. 6m
Joseph S. 6m
Paul C. 1y
Kim S. 1y
Chris D. 1y
Mike G. 1y
John M. 2y
Charles M. 2y
Richard S. 3y
Harold M. 3y
Jeff D. 3y
Tom L. 6y
Perry C. 9y
Ellen H. 14y
Harvey S. 23y
Peter B. 24y
Joan K. 24y

Orchard

Sheri B. 16y

RememberWhen

Debra A. 1y
Cythia G. 1y
Spencer E. 2y
Walter R. 2y
Steve S. 3y
Charles T. 3y
Ulysses C. 4y

Rigorous Honesty

Roxanne H. 3m
Darlene H. 9m

Sheridan

Charles M. 2y
Jason S. 3y
Sheri B. 16y
Jim E. 42y

Sunday Morning Breakfast

Nancy B. 3y
Nick A. 9y

We Care

Brian D. 15y
Bill L. 16y
Judy T. 21y

Women in Recovery

Bertha W. 1y

GROUPS CELEBRATING

A Day At A Time: 28y
Attitude Adjustment: 27y
Big Book/Spiritual Studies: 7y
Bodhisattva: 11y
Clarence Men's Discussion: 31y
Dunkirk Monday Nite: 62y
Early Bird South: 7y
First Things First: 38y
Forestville Serenity: 26y
Grand Il Joy Of Living: 24y
Higher Powered: 18y
Holland 16y
Honest Solutions: 8y
Just For Today/Albion: 13y
Keep On Comin': 13y
Lake View: 30y
Lockport#1: 64y
Medina Big Book: 15y
Medina New Life: 23y
Miracles Happen: 7y
Steps 1,2 & 3: 11y
Powerless: 18y
Reflections On Recovery: 7y
Renaissance: 22y
Rise & Shine: 19y
Rochester Meeting: 18y
Rural Is Plural: 18y
Serenity: 48y
Set Aside: 13y
Sheridan: 37y
Sober Saturday: 12y
Sober Trail: 34y
Southgate: 34y
Surrender & Hope: 19y
The Book Meeting: 15y
Thruway: 38y
Unity: 37y

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



BUFFALO CENTRAL COMMITTEE MINUTES

February 13, 2011

Jake Three Legacies Committee Chair opened the meeting at 7:02 PM with a moment of silence and the Serenity Prayer. Gill Try Again Group read the Preamble, Jeff Derby Group read the Purpose of Central Committee and Kristina Women making the effort read the Twelve Traditions. It was moved by Pat Thruway Group and seconded by Gill Try again Group to accept the January minutes as written by Annie from the WE group.

New groups were greeted and 26 groups were represented: Dist #1 Main & High Dist #2 Freedom, North Buffalo, Sober Train, Step Action, Three Legacies; Dist #3 Courage, Iron Horse, New Life, OLV women's, Thruway, Valley; Dist #4 Orchard Park Step; Dist #5 Lockport #1; Dist #6 Carrying The Message, Derby, Go To Any Lengths, Lakeshore, Sobriety Men's Discussion; Dist #7 Solidarity, Thursday Night Steppers, Central Park Dist #8 Amherst Snyder, Eye-opener, Williamsville, Women Making The Effort.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** Jennifer reported that \$1,395 was brought in throughout January.

•**STEERING COMMITTEE:** Jean Maire reported that Districts 1,2,3,4,6,7,8 were present. There is still no one to represent district 5. There was a Recommendation for a \$250 credit limit for central office literature sales. There was a Recommendation for Terry to enroll in a quick books class.

•**FINANCIAL REPORT:** Rick reported that our cash balance is \$30,256.02 at the end of January. We had income for the month of \$293.95. We also began installing quick books for non-profit business software on the computer. We need to data enter a lot of information regarding groups, inventory, and vendors before it can be running. This hopefully will be by the end of March. This will also include Jan. & Feb. information in order to have a complete year to date accounting for our finances. We will also have to update accounts receivable's by bad debting about \$1440.00 in February.

•**TREATMENT:** Verbal Report

•**CORRECTIONS:** Milt reported that there was no meeting this month. The Buffalo work release program meets every Tuesday and only meets when Volunteers show up. Currently there are two volunteers taking a meeting to the BWR meeting. We need volunteers for the Wende correctional facility. We currently only have 4 volunteers. We have one for every Friday and an alternate for the 5th Friday. When someone misses we do not carry the message. Literature has been provided to Niagara County Jail, Erie County Jail, Wende and Gowanda. I would like to thank the group for donating and for the volunteers taking the literature.

•**SCREENERS:** not present

•**CENTRAL OFFICE:** AA Info: 171, 12-Step: 2 Alanon: 2 PIC: 1 Visitors: 154, Volunteers: 17.

Terry reported she would like to thank Pete E., we now have "meeting in a pocket" in Spanish, as he knew someone to translate into Spanish. The new 2011 schedules are in.

•**NEW FRONTIERS:** No report

PIC: Chip reported our power point presentation services have been requested by the staff of Stutzmann for them to become better informed of AA. We are working in conjunction with area 50 CPC on a project involving University of Buffalo medical school and their students to inform and expose them to AA. Charter school of applied technologies has requested our services for five of their health classes in March. First Bible Baptist Church has requested our health fair presentation on April 1st for their community function. We would like to thank Lockport #1 group which has completed our embroidered table cloth. Our chairperson position is still vacant and if anyone would like to get involved we meet on the third Tuesday of every month @ 6pm at Buffalo Central Office.

• **CONVENTION:** Mark S. reported the 2011 Buffalo Fall Convention will be held at the Marriot Hotel in Amherst, October 21-23 2011. The second convention committee meeting was held February 5th at Central Office. The committee is in place and ready to roll. The bank account was switched over to the new chairman and treasurer and a \$1000 deposit was given to the hotel to hold our spot. We voted on a theme and colors and provided spending guidelines for each sub-committee based on previous convention spending. Also, it was voted to allow the program committee a little more financial freedom to bring in speakers from a wider geographical area. This year we added a decoration committee to bring something special to the festivities. The committee will provide spending and job description guidelines for subsequent convention committees should they choose to have a decoration committee.

• **GSA LIASON:** Randy J. reported a motion was approved for \$500 seed money for the pre conference rental space. The 2011 budget was approved. A motion was tabled till March for two sections of the guidelines (service sponser). You can access this information by going to this website www.area50wny.org. The next GSA meeting is March 6th. Future GSA meeting are April 10th, June 12th, August 7th at the 511 club in Jamestown, September 11th, October 9th, and November 13th.

• **ARCHIVES:** Pat reported we had our meeting this past month. We talked about our upcoming breakfast in Niagra Falls. We said we will keep it at cost. We would like to thank all the groups that have donated. Please remember to make your checks payable to Archives of WNY. You may mail them to Buffalo Central Office c/o Archives.

• **OLD BUSINESS:** District 5 is still looking fro a steering committee representative. PIC is still looking for a chairperson. The proposal to amend the bylaws was tabled until next month.

• **NEW BUSINESS:** \$250 credit line gap on literature sales which was recommended by steering committee motion passed, unanimous.

Jake Three Legacies Group Committee Chair thanked Lakeshore group for this month's refreshments and March's to be provided by Carry The Message.

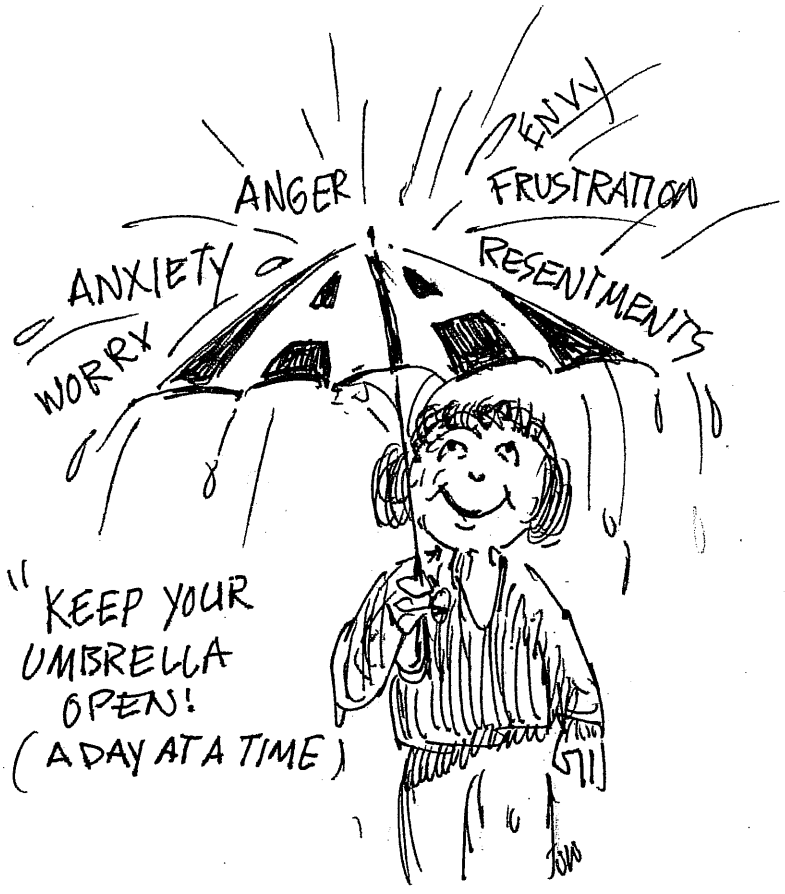
NEXT MEETING March 6th 2011

It was moved by Jennifer Amherst Snyder Group and seconded by Diane Alden New Life Group that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:32pm

Respectfully submitted by Annie C. Recording Secretary WE group.

Income Statement		Jan-11	
Beg Bal Cash on hand		29,362.07	
Contributions			
	Groups	4,977.64	4,977.64
	Joint Meeting	51.00	51.00
	Envelope System	1,395.00	1,395.00
	New Frontiers Subs	10.00	10.00
	Literature/Medallions/Pins	3,131.95	3,131.95
	Literature Sales Tax	230.85	230.85
	Literature Postage		
	Sales+/-	17.18	
	Archives Room Rent	150.00	150.00
	Meetings at CO	14.50	14.50
	Mail/Misc.		
	"Gratitude Month" (NOV)		
	Conventions/Day of Sharing		
Monthly Income		9,978.12	9,978.12
Expenses			
	Office Rent	907.44	907.44
	Electric	90.00	90.00
	Payroll Gross	1,926.60	1,926.60
	Employment Taxes	176.44	
Payroll Tax Deposits			
	Federal	51.15	51.15
	State	542.53	542.53
	NYS Sales Tax		
Insurance			
	State Ins Fund		
	Health	522.93	522.93
	Liability	1,227.18	1,227.18
	Postage	618.14	618.14
	Phone	167.22	167.22
	Accounting		
	Paychex	67.70	67.70
	Advt		
	Talking Phone Book		
	Verizon; Idearc Media website	159.85	159.85
	white directory		
	Yellow Pages		
Literature Expenses			
	Grapevine	588.19	588.19
	World Services Inc	1,847.60	1,847.60
	Hazeldon		
	Printers		
	Medallions		
	PINS		
Petty Cash			
	Office Supplies	137.20	137.20
	Answering service	164.00	164.00
	Minolta leasing (copier)	161.00	161.00
	Minolta Copies/ service contract	223.00	223.00
	PIC		
	Bank Fee's	6.00	
	Prudent Reserve		
	Seed \$\$		
	Seminar		
	Depreciation	100.00	100.00
Monthly Expenses		9,684.17	9,684.17
Monthly Income (Loss)		293.95	\$293.95
	Depreciation add back(non-cash)	100.00	100.00
End Balance		29,756.02	
Petty Cash		500.00	
Total Balance		30,256.02	
PRU RESERVE		28,041.29	
Assets: Literature & Medallions		10,537.01	
Literature Receivable:(outstanding)		2,732.05	
Corrections Facilites		1,456.53	
	Contributions	413.45	413.45
	Bank Fee's	15.99	15.99
	Expenses	215.55	215.55
Balance		1,638.44	213.89
Treatment Facilites		2,758.77	
	Contributions	413.45	413.45
	Expenses		
	Bank Fee's	6.00	
Balance		3,166.22	
			413.45

YTD



GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	JAN	YEAR	JAN	YEAR	JAN	YEAR
1:45		0.00		0.00		0.00
2 Step		0.00		0.00		0.00
2 Steps/12 Traditions	50.00	50.00		0.00		0.00
4th Step Slumblers/F.U.N.		0.00		0.00		0.00
5th Step		0.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbot Men's		0.00		0.00		0.00
Acceptance/Welcome		0.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		0.00		0.00		0.00
Age Doesn't Matter		0.00		0.00		0.00
Akron Awareness		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amherst/ Snyder	125.00	125.00		0.00		0.00
Amsdell Lakeshore		0.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	35.00	35.00	15.00	15.00	15.00	15.00
Arcade		0.00		0.00		0.00
As Bill Sees It		0.00	60.00	60.00	60.00	60.00
Attitude Adjustment(Williamsville)		0.00		0.00		0.00
Attitude Adjustment(NF)		0.00		0.00		0.00
Attraction	100.00	100.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Back To Basics		0.00		0.00		0.00
Beginners Group (NF)		0.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		0.00		0.00		0.00
Big Book Lockport		0.00		0.00		0.00
BB Spiritual Studies		0.00		0.00		0.00
Big Book Study	30.00	30.00		0.00		0.00
Blasdell	15.00	15.00		0.00		0.00
Blasdell Monday Night		0.00		0.00		0.00
Bodhisatva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women		0.00		0.00		0.00
Brass		0.00		0.00		0.00
Building Hope		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Carry the Message		0.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Cayuga Wake- Up Call		0.00		0.00		0.00
Caz Manor	60.00	60.00		0.00		0.00
Central City Café'		0.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga	100.00	100.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		0.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Solution		0.00		0.00		0.00
Commitment		0.00		0.00		0.00
Constant Vigilance(Varysburg)		0.00		0.00		0.00
Complanters		0.00		0.00		0.00
Courage		0.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Dawn of Hope		0.00		0.00		0.00
Derby		0.00		0.00		0.00
Derby Lunch		0.00		0.00		0.00
Desire		0.00		0.00		0.00
Desperate		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night		0.00		0.00		0.00
Early Bird South		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora	100.00	100.00	100.00	100.00	100.00	100.00
Easy Does It	30.00	30.00	30.00	30.00	30.00	30.00
Ellicottville		0.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		0.00		0.00		0.00
Eyeopener	179.25	179.25		0.00		0.00
Eyeopener South		0.00		0.00		0.00
Father Baker		0.00		0.00		0.00
Feelings		0.00		0.00		0.00
Fireside PM		0.00		0.00		0.00
Fireside	145.00	145.00		0.00		0.00
First Things First		0.00		0.00		0.00
Forestville Sunday Serenity		0.00		0.00		0.00
Fredonia Discussion	33.00	33.00		0.00		0.00
Freedom		0.00		0.00		0.00
Fresh Start		0.00		0.00		0.00
Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	JAN	YEAR	JAN	YEAR	JAN	YEAR
2 Friends of Bill W.		0.00		0.00		0.00
1 Frontier(New)	31.24	31.24		0.00		0.00
3 Gardenville		0.00		0.00		0.00
8 Georgetown		0.00		0.00		0.00
2 Getting Better		0.00		0.00		0.00
6 Gettin With It		0.00		0.00		0.00
7 Gifted		0.00		0.00		0.00
1 Giving		0.00		0.00		0.00
6 Go to Any Length	529.50	529.50	35.30	35.30	35.30	35.30
5 Golden Slipper		0.00		0.00		0.00
2 Grand		0.00		0.00		0.00
2 Grand II Joy of Living		0.00		0.00		0.00
2 Grateful		0.00		0.00		0.00
3 H.O.W.		0.00		0.00		0.00
6 Hamburg		0.00		0.00		0.00
6 Hamburg Early Bird		0.00		0.00		0.00
8 Hand		0.00		0.00		0.00
2 Handicappers		0.00		0.00		0.00
1 Happy Faces		0.00		0.00		0.00
7 Harmony		0.00		0.00		0.00
3 Helping Hand	25.00	25.00		0.00		0.00
8 High Noon		0.00		0.00		0.00
8 High View		0.00		0.00		0.00
7 Higher Power		0.00		0.00		0.00
4 Hillbilly		0.00		0.00		0.00
6 Holiday Village	225.00	225.00	25.00	25.00	25.00	25.00
4 Holland		0.00		0.00		0.00
6 Honest Solutions		0.00		0.00		0.00
2 Honesty	30.00	30.00		0.00		0.00
Hope's Horizon		0.00		0.00		0.00
2 How It Works/Men's		0.00		0.00		0.00
7 Humbolt		0.00		0.00		0.00
3 Inspiration		0.00		0.00		0.00
5 Intoxicated on Life	400.00	400.00		0.00		0.00
3 Ironhorse		0.00		0.00		0.00
8 IT		0.00		0.00		0.00
5 Johnson Creek Big Book		0.00		0.00		0.00
1 Journey		0.00		0.00		0.00
3 Just For Today/ Cheektowaga		0.00		0.00		0.00
5 Just For Today/ Albion		0.00		0.00		0.00
4 Keep It Simple Sister		0.00		0.00		0.00
2 Keep On Coming		0.00		0.00		0.00
2 Kenmore		0.00		0.00		0.00
8 Kensington		0.00		0.00		0.00
6 Lake Shore		0.00		0.00		0.00
6 Lakeview	75.00	75.00		0.00		0.00
3 Lancaster Dailey Reprieve		0.00		0.00		0.00
5 LewPort		0.00		0.00		0.00
2 Liberty Women		0.00		0.00		0.00
4 Life Today		0.00		0.00		0.00
8 Lighten UP		0.00		0.00		0.00
1 Living Clean		0.00		0.00		0.00
2 Living in the Solution		0.00		0.00		0.00
2 Living Sober		0.00		0.00		0.00
5 Lock City		0.00		0.00		0.00
5 Lockport #1		0.00		0.00		0.00
5 Lockport Discussion		0.00		0.00		0.00
5 Lockport Ladies		0.00		0.00		0.00
5 Lockport Tuesday		0.00		0.00		0.00
5 Lockview		0.00		0.00		0.00
8 Look To This-Day		0.00		0.00		0.00
7 Love		0.00		0.00		0.00
7 Lovejoy	25.00	25.00	25.00	25.00	25.00	25.00
5 Lower River		0.00		0.00		0.00
1 Main and High		0.00		0.00		0.00
4 Main Street		0.00		0.00		0.00
8 Maple Men's		0.00		0.00		0.00
4 Marilla	52.00	52.00		0.00		0.00
3 Matt Talbot	50.00	50.00		0.00		0.00
5 McKinley Winners	50.00	50.00		0.00		0.00
5 MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5 Medina New Life		0.00		0.00		0.00
8 Mercy		0.00		0.00		0.00
3 Mid-day		0.00		0.00		0.00
8 Midnight Discussion		0.00		0.00		0.00
5 Miracle Happen	50.00	50.00		0.00		0.00
7 Monday CO	10.00	10.00		0.00		0.00
5 Monday Big Book		0.00		0.00		0.00
2 Morning After	100.00	100.00		0.00		0.00
7 New Awakening		0.00		0.00		0.00
3 New Beginnings/St. Vincent		0.00		0.00		0.00
New Freedom		0.00		0.00		0.00
New Hope		0.00		0.00		0.00
5 New International		0.00		0.00		0.00
3 New Life		0.00		0.00		0.00
5 New Outlook		0.00		0.00		0.00
1 New Westside		0.00		0.00		0.00
5 Niagara Frontier Men's Disc.		0.00		0.00		0.00
2 North Buffalo	200.00	200.00	50.00	50.00	50.00	50.00
4 North Java Monday		0.00		0.00		0.00
4 North Java Sunday		0.00		0.00		0.00

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