

# NEW FRONTIERS

A.A. of the Niagara Frontier

MARCH 2012

THE CENTRAL COMMITTEE NEWSLETTER FOR ALL A.A. MEMBERS OF WESTERN NEW YORK AND THE NIAGARA FRONTIER

We request that this newsletter be kept within the Fellowship to ensure anonymity



## Don't Bet on "Me" ...

**STEP THREE** is a pivotal point in the twelve step program of Alcoholics Anonymous. In this Step we *made a decision to turn our will and our lives over to the care of God as we understood Him*. Many people who have made a beginning on Steps One and Two falter here. This is a pretty big decision for most of us. It represents a drastic change of focus. What is suggested is that we put all our chips on the God theory. This involves taking at least ninety-five percent of those chips off the "me" theory where they have been for many years. Now this whole proposition is desperately serious.

Step Three makes it clear that I am free to understand God in my own way, but whatever this understanding is, it had better be real to me because through it I will now be dealing with grievously real difficulties: compulsion, obsession, anxiety, depression and many more.

The weakness of the "me" or self-will way of handling these problems was that it didn't work. Too bad it didn't, because for a long time I had worlds of faith in it, and the fact of "me" always seemed as real to me as the problems I was fighting. The obstacles to my latching on to the God way are that my belief in it is weak and, at first, the fact of God may not *seem* as real as the fact of an immediate problem such as, say, a deep depressive state. Before I can make the decision called for in the third Step, I must come to terms with these obstacles.

First, let's not make the difficulties any bigger

than they have to be. The Step does *not say "turned our will and our lives over to the care of God as we understood Him"*, it says "made a decision" to do so. Just the decision is enough here. This point was (and is) helpful to me because I'm the type of alcoholic (the arrogant type) who continues mechanically tending to turn back to self-will. It is too big an order for me to turn my life over and keep it turned over. But I can (and believe that to stay sane and sober I must) make the decision to turn it over and renew that decision at least once every twenty-four hours.

As far as the weakness in my allegiance to the God theory goes, two factors come to my rescue here. First is the fact that I have proven in my own life the bankruptcy of the "me" theory in handling my alcoholism. As long as I felt that "me" would somehow, sometime, be able to solve my drinking problem, I was not in the market for A.A. Now that that has changed I have only to go a step further and take the positive action of consciously throwing my support to the Power which can do for me what "me" could not. The second saving factor is the strength of the Fellowship. Were I alone I probably could not make a real start on Step Three. But in the A.A. meetings I attend I am surrounded by tens, hundreds and thousands of men and women for whom the God way is succeeding with problems just like mine. And so I trust these people, my A.A. friends and my sponsor, more than myself.

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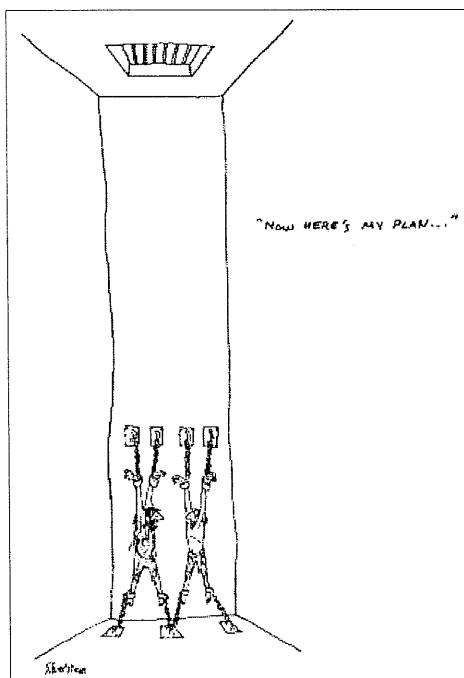
I listen to their advice and follow it even when it goes against my own notions.

On the basis of the success of those who had gone before in A.A. I made the decision, and it has worked and is working as nothing else I have ever tried.

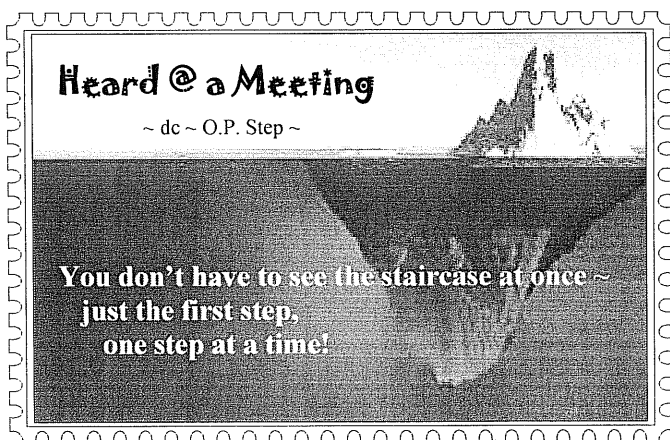
In the final analysis, the most meaningful statement for me about the third Step is that it *works*; it produces results in terms of salvaged lives. Specifically, by taking it we connect in a new way with the power one day at a time to stay away from the first drink. This power is a spiritual power. Through it our spiritual horizons begin to broaden, and we get the strength to commence the spiritual cleansing of Steps Four through Nine.

T.P. Jr.

~ With permission ~ A.A. Grapevine ~ August 1966 ~ Vol. 23; No. 3 ~



~ Reprinted with permission ~ A.A. Grapevine ~ May 1958 ~



### The Moment of Truth ~ Suzette W



I can't win, I can't control  
I will never ace this game  
I need you

Spinning 'round, I hear myself cry, "Never again!"  
The word "alcoholic" whispers to me softly  
I'm looking for me sober. But I can't stay away,  
I can't fight the urges. No pain inside, alcohol is my  
protection. How could I ever feel this good sober?

I am lost, I am hopeless  
I will never be the same  
I need you

Why can't I stop? I have no willpower. I'm trying to  
find the me I once had. The experience of guilt and  
depression is never going to end. I am incapable of  
stepping into reality, I am safe in my world. No pain  
inside, alcohol is perfection.

I can't rest, I can't fight  
I can't take another sleepless night  
I need you

I want to be the girl who fills the silence.  
The quiet scares me because it screams the truth.  
I want to be the girl who laughs the loudest  
or the girl who never wants to be alone.

I can't erase, so I'll take the blame  
I can't look, I'm so blind  
If you're not here I'm paralyzed  
I need you

Ah, the night is calling  
And it whispers to me softly, "Come and Play"  
This is not how I want my story to end!  
I want to soar, I want to climb

Broken down in misery, I've found some friends  
Don't hold back! Don't hide from the light!  
Alcoholics Anonymous is here for me now  
I can't stay away, they help me fight my demons  
I can stare alcohol in the face and remind him that  
for me, it is over

You know how time flies,  
I thought yesterday was the time of my life  
Today nothing compares - no worries, regrets, mistakes  
They're memories made  
The Grace of God and A.A. have helped me learn life's game!

**The eyes**  
< When you rearrange the letters >  
**They see**



## Our Greatest Danger: Rigidity ~ by Bob P



Excerpted from Bob's closing talk to the 1986 General Service Conference; this was also his farewell speech, as he was retiring from his position as Senior Advisor to the G.S.O.

Bob's story is in the Big Book as "A.A. Taught Him To Handle Sobriety,"  
3rd edit. (1976) pp. 554-561, 4th edit. (2001) pp. 553-559.

Let me offer my thoughts about A.A.'s future. I have no truck with those bleeding deacons who decry every change and view the state of the Fellowship with pessimism and alarm. On the contrary, from my nearly quarter-century's perspective, I see A.A. as larger, healthier, more dynamic, faster growing, more global, more service-minded, more back-to-basics, and more spiritual ~ by *far* ~ than when I came through the doors of my first meeting [1961] ... A.A. has flourished beyond the wildest dreams of founding members, though perhaps not of Bill himself, for he was truly visionary. I echo those who feel that if this Fellowship ever falters or fails, it will not be because of any outside cause. No, it will not be because of treatment centers or professionals in the field, or non-Conference-approved literature, or young people, or the dually-addicted, or even the "druggies" trying to come to our closed meetings. If we stick close to our Traditions, Concepts, and Warranties, and if we keep an open mind and an open heart, we can deal with these *and any other* problems that we have or ever will have. If we ever falter and fail, it will be simply because of us. It will be because we can't control our own egos or get along well enough with each other. It will be because we have too much fear and rigidity and not enough trust and common sense. If you were to ask me what is the greatest danger facing A.A. today, I would have to answer: the growing *rigidity* ~ the increasing demand for absolute answers to nit-picking questions; pressure for G.S.O. to "enforce" our Traditions; screening alcoholics at closed meetings;

prohibiting non-Conference-approved literature, i.e. "banning books"; laying more and more rules on groups and members. And in this trend toward rigidity, we are drifting farther and farther away from our co-founders. Bill, in particular, must be spinning in his grave, for he was perhaps the most permissive person I ever met. One of his favorite sayings was, "Every group has the right to be wrong." He was maddeningly tolerant of his critics, and he had absolute faith that faults in A.A. were self-correcting. And I believe this, too, so in the final analysis we're not going to fall apart. We won't falter or fail. At the 1970 International Convention in Miami, I was in the audience on that Sunday morning when Bill made his brief last public appearance. He was too ill to take his scheduled part in any other convention event, but now, unannounced, on Sunday morning, he was wheeled up from the back of the stage in a wheelchair, attached with tubes to an oxygen tank. Wearing a ridiculous bright orange, host committee blazer, he heaved his angular body to his feet and grasped the podium ~ and all pandemonium broke loose. I thought the thunderous applause and cheering would never stop, tears streaming down every cheek. Finally, in a firm voice, like his old self, Bill spoke a few gracious sentences about the huge crowd, the outpouring of love, and the many overseas members there, ending (as I remember) with these words: "As I look over this crowd, I know that Alcoholics Anonymous will live a thousand years ~ if it is God's will."

*The Thirty-Sixth Annual Meeting of the General Service Conference of Alcoholics Anonymous 1986*  
(Roosevelt Hotel, New York City, April 20-26, 1986), *Final Report*

From a featured article in *The COURIER*, January 2012, Naples [Florida] Intergroup



### We Are Not Strangers of Pain



We are not strangers of pain  
With that experience we have much to gain

Through all the painful tears  
We learn to face all of our fears

We are not strangers of hurt  
And we've all felt as low as dirt

That doesn't mean we can't move on  
And stop the hustlin' and the con

We are not strangers to the drink  
We've all been caught hung over the sink

We start by getting on our knees  
And asking God to help us—PLEASE!

Show us the door of a new life  
And prepare us with the keys

The keys will let us in the door  
But it's up to us to find more

We are not strangers of change  
But NOW is the time to re-arrange

Go inside and walk on through  
Forget the old life you once knew

**And DON'T LET GOD BE A STRANGER TO YOU**

~ Crystal H ~ Iron Horse ~

# archives

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



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

If there was one landmark moment in the growth of Alcoholics Anonymous it would be March 1, 1941, the date that Jack Alexander's article on the fledgling fellowship appeared within the pages of one of the nation's most popular magazines, "The Saturday Evening Post".

Up until that issue of the Post hit the news stands A.A. was more or less a word-of-mouth fellowship. Either alcoholics learned of its existence through direct contact with another member or, more likely, they knew of it not at all. Alexander's expansive and insightful piece ushered A.A. out of clandestine quarters and into broader awareness. Alcoholics and their families throughout the U.S. and Canada began to sense they might find hope in their heretofore hopeless situations.

Membership in Alcoholics Anonymous increased by a reported 6,000 by the end of the year. Within months groups were formed in Seattle, Jacksonville, Milwaukee and New Haven, Conn., among other locales. A supply of "The Big Book" that had once greatly exceeded demand dwindled to nothing, necessitating another printing.

Described by Bill Wilson in "[Pass It On: The Story of Bill Wilson and how the A.A. Message Reached the World](#)": "By mail and telegram a deluge of pleas for help and orders for the book 'Alcoholics Anonymous' first in hundreds and then in thousands, hit (P.O.) Box 658."

Alexander adhered to A.A.'s request for anonymity. In his piece, Bill Wilson was dubbed "Griffth" and Dr. Bob Smith was recast as "Dr. Armstrong." However, an uneasiness prevailed when editors at the Post demanded that pictures accompany the article if it were to be printed. "The choice was ours and it was a hard one," Bill later recalled.

Four photographs appeared, with those they pictured left unidentified. Many in a photo captioned "A typical clubhouse discussion group" had their backs to the camera. But the magazine's editors had their photographs and A.A. had its catalyst for rampant growth. "It was a crucial decision which happily turned out to be the right one," Bill said.

The pages of "[Pass It On](#)" suggest that a passage in the article dealing with common experience enabled alcoholics far and wide to identify with the others suffering from the disease. It read:

"These and other bits of drinking lore usually manage to convince the alcoholic that he is talking to blood brothers. A bridge of confidence is thereby erected, spanning a gap which has baffled the physician, the minister, the priest, or the hapless relatives. Over this connection, the troubleshooters convey, bit by bit, the details of a program for living which has worked for them and which, they feel, can work for any other alcoholic. They concede as out of their orbit only those who are psychotic or who are already suffering from the physical impairment known as wet brain."

In a *Grapevine* article written in May of 1945, Alexander recounted public reaction to his piece and the satisfaction he derived from becoming an unwitting messenger behind the fellowship's growth:

"When the article was published, the reader-mail was astonishing," he said. "Most of it came from desperate drinkers or their wives, or from mothers, fathers or interested friends. The letters were forwarded to the A.A. office in New York and from there were sent on to A.A. groups nearest the writers of the letters. I don't know exactly how many letters came in, all told, but the last time I checked, a year or so ago, it was around 6,000. They still trickle in from time to time, from people who have carried the article in their pockets all this time, or kept it in the bureau drawer under the handkerchief case intending to do something about it.

"I guess the letters will keep coming in for years, and I hope they do, because now I know that every one of them springs from a mind, either of an alcoholic or of someone close to him, which is undergoing a type of hell that Dante would have gagged at. And I know, too, that this victim is on the way to recovery,



## Editorial: On the 3rd Tradition

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

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous *so long as he says so*. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, “Are there any conditions?” we joyfully reply, “No, not a one.” When skeptically he comes back saying, “But certainly there must be things that I have to do and believe,” we quickly answer, “In Alcoholics Anonymous there are no *musts*.” Cynically, perhaps, he then inquires, “What is this all going to cost me?” We are able to laugh and say, “Nothing at all, there are no fees and dues.” Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is

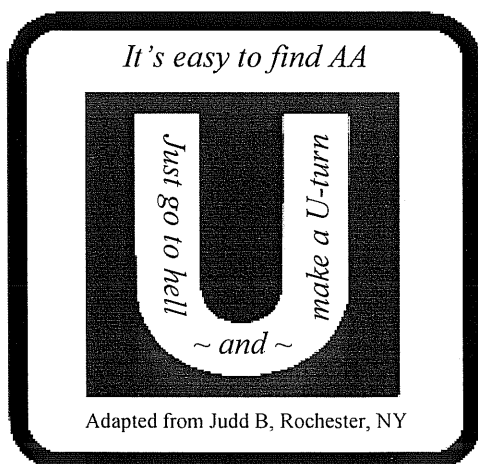
no longer a dream. After years of lonely search it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, “We have something priceless to give, if only you will receive.” That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of “dry” A.A. groups, “wet” A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life—and a useful one!

Bill W.

~ Reprinted with permission ~ A.A. Grapevine ~ February 1948 ~ Vol. 4; No. 9 ~

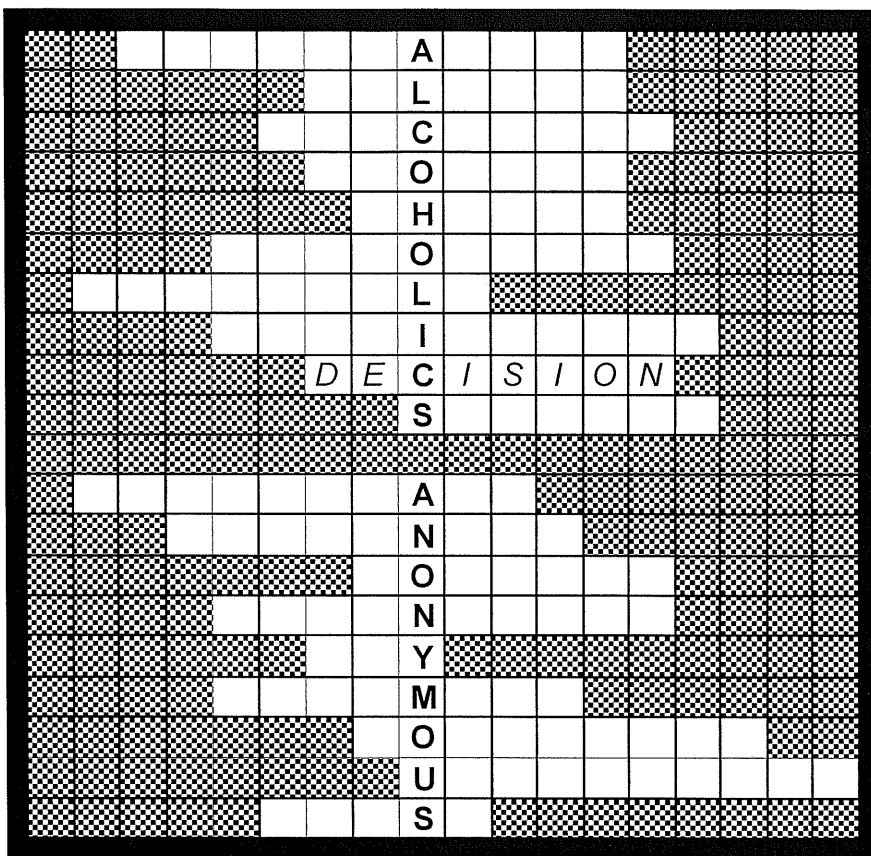


~ THIRD STEP PRAYER ~

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!

~ “Alcoholics Anonymous” ~ pg. 63 ~

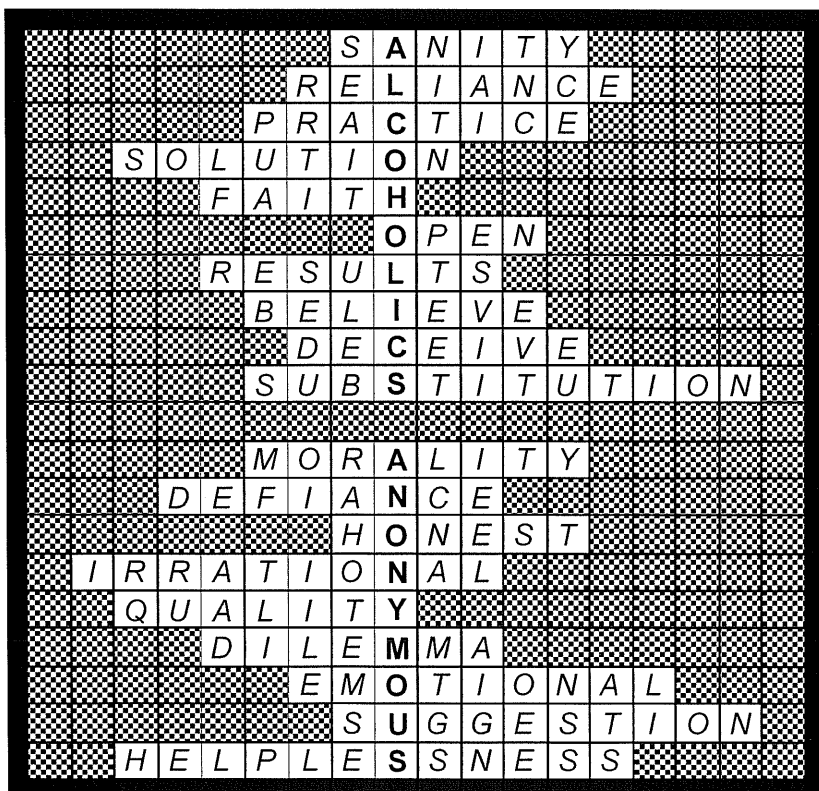
**Step Three Puzzle** - *If you are baffled, you know where you can find the answers!*



**Use each letter in one word across**

- Indicating agreement or confirming truth
- Seeming to threaten or harm
- Concerned with actual facts and real life
- Plan of action for reaching goal(s)
- Become or make different
- School of thought
- Done in a deeply sincere way
- Readiness to do something voluntarily
- Choice made after careful consideration*
- Person contributing help and support
- Relentless destructive force
- First part or early stage
- Quality of being brave
- Physical or psychological need
- Way or means of achieving success
- Basic principle or skill
- Intentional, considered and deliberate
- Able to explain it to yourself
- Place confidence in and rely upon

**Step Two Puzzle** - *Answers*



- State of good mental health
- Dependence on and need for
- Repeat an action in order to improve
- Successful answer to a problem
- Unquestioning trust
- Ready and willing to listen or accept
- Outcome following action(s)
- Accept as true or real*
- Deliberately mislead or hide the truth
- Replacement of one thing with another
- Accepted standards of conduct
- Open refusal to obey or conform
- Truthful or sincere
- Lacking in reason or logic
- General standard or grade
- Situation with unsatisfactory choices
- Related to or expressing strong feelings
- Idea or proposal
- Inability to manage without assistance

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, staffs, committees, and executives—with a traditional “Right of Decision”.

IN MEMORIAM

Things We Can Not Change

~ ~ ~ ~ ~

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



*Willfulness was the name of the game, and I was the dealer. I shuffled the deck, cut the cards, dealt the hand, called for the openers, and played the game by my own rules. As the chips piled up in front of me, the other players pulled out of the game, one by one, and I was left alone, master of a deck of blank cards and banker of a worthless cache of poker chips. I had become an alcoholic, and I couldn't even see what game I was playing. ...*

~ Reprinted with permission ~ A.A. Grapevine ~ March 1970 ~ Vol. 26; No. 10 ~

**Share your Experience, Strength and Hope**

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

Articles can be submitted at any time

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

or mail to

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

The Central Office of Western New York publishes the *New Frontiers* monthly. We are supported by your subscriptions and Central Office donations. The *New Frontiers* presents the experience and opinions of members of Alcoholics Anonymous on the disease of alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply the endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: quotations from "Alcoholics Anonymous", "Twelve Steps and Twelve Traditions" and other A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Articles reprinted with permission of A.A. Grapevine, Inc. are subject to Grapevine copyright.)

**COMING SOON**

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

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

**NIGHTWATCH!**

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

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

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

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

## **MARCH 2012**

### **MEETING CHANGES**

- **Happy Faces Group no longer meets** until further notice; Tuesday's & Friday's, 10:30 Am, Faith Temple, 461 Rhode Island St., Buffalo West.
- **New Group; AA Literature Discussion**, Wednesday's, 6 PM. Brent Manor Apartments ( community room), 366 Elmwood Ave, Buffalo, 14222 (Between Bryant & Summer)
- **Constant Vigilance Group**, Tuesday's, 8 pm in Attica, **NO LONGER MEETS.**
- **JOHNSON CREEK BIG BOOK**, WED @ 8 PM @ HARTLAND BIBLE CHURCH, **WILL NO LONGER MEETS.**
- **Common Solutions** group has **changed it's time** on Wednesday's to 6-PM. Native American Community services, 1005 Grant St., Buffalo, 14207.
- Meeting change for **Women in Recovery** Group; every Wednesday ( except the last) 245 Elmwood 6PM **we will be discussing Steps & Traditions bring your 12 & 12 .**
- **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 2-4, **NERAASA 2012**, Hudson-Mohawk-Berkshire HMB~Area 48, Albany, NY. Registration \$20. Flyer @ Central Office.
- ~ Mar 4, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Mar 4, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office( Hosted by 3 Legacies ).



- ~ Mar 10, **71th Buffalo Fall Convention Planning Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street
- ~ Mar 10, **Archives Committee Meeting**, SATURDAY, 10 AM, Buffalo Central Office
- ~ Mar 6, **Public Information Committee meeting**, Monday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Mar 19, **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 25, **Corrections Committee Meeting**, last SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .
- ~ Mar 26, Monday Night Speaker Group, First Presbyterian Church, corner of Lark St & 4th St., Dunkirk will celebrate it's 63rd Anniversary. Pulled Pork Dinner @ 7 PM, Speaker @ 8PM. Please Bring a Dish to Share.
- ~ Mar 27, "**Nightwatch**" **Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca
- ~ Apr 1, **Serenity Groups 49th Anniversary Breakfast**, Holiday Inn, 1881 Niagara Falls Blvd., Amherst (14228). Doors Open @ 9:00, 11am- speaker. \$13.00. **PRE-SALE tickets available.**
- April 13-15th, **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
- ~ Apr 15, **General Service Assembly**, 12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.

**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."**

**3<sup>rd</sup> 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

## ALEXANDER

JERRY M. 14Y

## As Bill See's It

Tom M. 7y  
Carrie H. 25y

## Amherst/Snyder

Mark H. 6m  
Paul C. 2y  
Chris B. 3y  
Josh T. 4y  
Bob M. 8y  
JoEllen H. 9y  
Patricia K. 12y  
Bob S. 14y

## Casting

Gary C. 10y  
Albert McC. 25y  
Cecil M. 34y  
Bob P. 35y  
Kenny C. 39y  
Eddie J. 42y

## Cold Springs

Ac Jr. 21y  
Elvester McR. 35y

## Daily Reflections

Debbie 2y  
Pat S. 5y

## Eyeopener

Lynn 1y  
Mike 1y  
Bill E. 1y  
Neil F. 2y  
Vic 4y  
Jim H. 8y  
Dean 9y  
Anthony 10y  
Teresa 11y  
John S. 14y  
Fred P. 16y  
Pat B. 26y  
Marian P. 28y  
Les T. 32y  
Ray O 37y

## Golden Slipper

Lou S. 1y  
Mark R. 4y

## Harmony

Demario A. 6m  
Sidney B. 1y  
Linda A. 4y  
Greg P. 6y  
Alex P. 6y  
Dwayne R. 6y  
Jacob B. 7y  
Eugene L. 7y  
Phil G. 7y  
Vivian J. 13y  
Tina W. 23y

## Helping Hand

Dan B. 9y

## Holiday Village

Tom Z. 32y

## Just For Today

Dan S. 21y

## Kensington

Peaches 30y

## Lakeshore

Joe K. 1y  
Ron T. 4y  
Jim G. 8y

## Living in the Solution

Mark B. 6m  
Peter L. 6m  
Jeffery L. 1y  
Emily 1y  
Seth D. 2y  
Robin M. 2y  
Catherine C. 3y  
Adam K. 3y  
Amy K. 9y  
Tom H. 10y  
Charlie H. 13y  
Bob K. 22y

## Main & High

Sandra G. 1y  
Marsha H. 35y

## Marilla

J. Frank H. 26y

## MATT TALBOT

JOHN C. 9M  
JOE S. 2Y  
ERIC K. 14Y  
DARLENE S. 23Y

## North Buffalo

Chris L 3m  
Brian M 3m  
Victor 3m  
David R. 6m  
Nick L. 1y  
Thomas W. 1y  
Doug M. 1y  
John A. 1y  
Millicot W. 1y  
Corey R. 1y  
Anthony L. 1y  
Dave T. 1y  
Frank S. 1y  
Kimberly S. 2y  
Leroy J. 2y  
Paul C. 2y  
Kathleen M. 4y  
Richard S. 4y  
Tom L. 7y  
Perry C. 10y  
Ellen H. 15y  
Harvey S. 24y  
Peter B. 25y  
Joan K. 28y

## Orchard Park Step

Denise B. 1y  
Shen B. 16y

## Renaissance

Donna A. 3m  
John L. 6m  
DJ 9m  
Angel H. 5y  
Eddie L. 21y  
Bob M. 25y  
Helen B. 39y

## Rise & Shine

Melanie M. 9m  
Gray Z. 9m  
Fahim A. 1y  
Ed P. 10y

## Serenity

Joe K. 6y

## Sheridan

Karen 1y  
Jason S. 4y  
Sheri B. 17y  
Jim E. 43y

## Spiritual Progress

Maggie M. 3y  
Beverly 3y  
Laurie M. 9y  
Sue L. 12y

## Sunday Morning

Dave R. 24y

## TGIF

Juls G. 7y  
Roy O. 21y

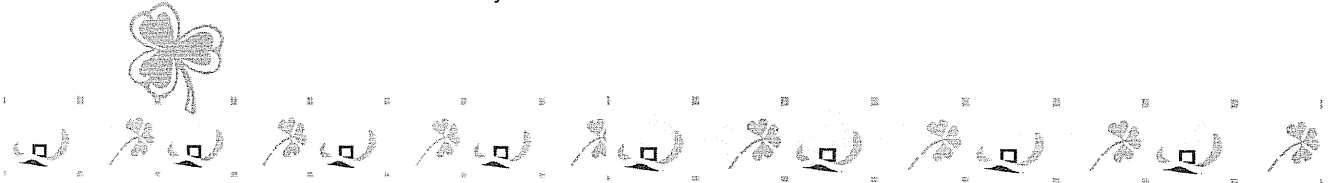
## Women in Recovery

Bertha W. 2y

## GROUPS CELEBRATING

A Day At A Time: 29y  
Attitude Adjustment: 28y  
Big Book/Spiritual Studies: 8y  
Bodhisattva: 12y  
Clarence Men's Discussion: 32y  
Dunkirk Monday Nite: 63y  
Early Bird South: 8y  
First Things First: 39y  
Forestville Serenity: 27y  
Grand II Joy Of Living: 25y  
Higher Powered: 19y  
Holland 17y  
Honest Solutions: 9y  
Just For Today/Albion: 14y  
Keep On Comin': 14y  
Lake View: 31y  
Lockport#1: 65y  
Medina Big Book: 16y  
Medina New Life: 24y  
Miracles Happen: 8y  
Steps 1,2 & 3: 12y  
Powerless: 19y  
Reflections On Recovery: 8y  
Renaissance: 23y  
Rise & Shine: 20y  
Rochester Meeting: 19y  
Rural Is Plural: 19y  
Serenity: 49y  
Set Aside: 14y  
Sheridan: 38y  
Sober Saturday: 13y  
Sober Trail: 35y  
Southgate: 35y  
Surrender & Hope: 20y  
The Book Meeting: 16y  
Thruway: 39y  
Unity: 38y

Please remember to have the anniversaries submitted by the 12th  
**END OF BUSINESS DAY 4:30 PM** of the month  
**previous**



**BUFFALO CENTRAL COMMITTEE MINUTES**  
**February 12th, 2012**

Pete E. Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Chuck (Sobriety Men's) read the Preamble, Chris (Courage Group) read the Purpose of Central Committee, Bobby (Amherst Snyder) read the Twelve Traditions. It was moved by Brian (Abbott Men's) and seconded by Jason (Three Legacies) to accept the January minutes. New groups were greeted and 25 groups were represented: Dist. #1 had no representatives, Dist. #2 Any Age, How it Works Men's, North Buffalo, Questions and Answers, Sheridan, Sober Train, Three Legacies, Friends of Bill, Dist. #3 Abbott Men's, Courage, Iron Horse, Thruway, Dist. #4 Orchard Park Step, Dist. #5 Lockport No.1, Simplicity, Dist. #6 Carry the Message, Derby, Lakeshore, Sobriety Men's Disc, Dist. #7 Cold Spring, Dist. #8 Amherst Snyder, Common Problem, Eye Opener, Fireside P.M, Lighten Up.

**COMMITTEE REPORTS:**

•**ENVELOPE SYSTEM:** No Report.

•**STEERING COMMITTEE-** Chuck (Sobriety Men's)

Districts 1,2,4,5, and 6 were present, along with chair-person, co-chair, executive secretary, and financial secretary. Steering Committee recommended to roll over monthly CD to the prudent reserve savings account as they mature because the interest rate is higher.

•**FINANCIAL REPORT:** Sue (Courage Group)

We currently have a reconciled balance in the account of \$16,001.84 with an outstanding check of \$626.08. The treatment account reconciled balance is \$3,885.71, and the corrections is \$1,086.95 with an outstanding check of \$113.00.

Contributions were \$5,220.70 for the month of January 2012, as compared to \$4,967.64 from 2011. Expenses were \$9,060.44 for January 2012 and \$9,684.17 for January 2011.

3 invoices are 90 days past due, totaling \$449.38. Our main account has been halved since January 2011; at that rate, we will need to tap into prudent reserve by year's end.

On a positive note, Terry is adjusting admirably to using Quick-Books.

•**TREATMENT:** No Report

•**CORRECTIONS:** Jim (As Bill Sees It)

The Corrections Committee is looking for individuals of different racial and ethnic backgrounds to share their experience, strength, and hope in state prisons. The Corrections Committee is also looking for donations from home groups to keep a continuous flow of AA literature into the county lock-up in Alden and the State Prisons. Corrections Committee progress: The first three Mondays of each month are filled, the third Tuesday of each month is filled, and the first three Wednesdays of each month are filled. Alden County is looking for a home group to take the month of January 2013 into the lock-up. Wendie is waiting on volunteers to be cleared.

•**CENTRAL OFFICE:** Terry B. **AA INFO:** 144, **12-STEP:** 1, **ALANON:** 4, **PIC:** 0, **VISITORS:** 117, **VOLUNTEERS:** 6. Groups we are in need of contact from are; Big Book, Spiritual Studies-5, Forestville Sunday Serenity-6, Higher Powered-7, New Outlook-5, Powerlessness-7, VIP-2

•**NEW FRONTIERS:** Sally is looking for jokes, stories etc. please submit articles to [buffaloaa@hotmail.com](mailto:buffaloaa@hotmail.com)

•**PIC:** Paul (Fireside P.M.)

Rack restocked for representation of all demographics. Health Fair February 1<sup>st</sup> at Discovery School was represented; pamphlets were handed out, numerous thank-you's and overall good response. Committee is looking into running ads in Buffalo News and local papers. We welcome suggestions for other opportunities to publicly carry AA's message. Please submit by e-mail to:

(next meeting is on Monday, February 13<sup>th</sup> at 6 P.M. at central office.)

•**Night Watch:** Jason D. (Three Legacies)

Committee met on February 7<sup>th</sup>, 2012. 10 people attended. It was decided by the committee to change the day to the first Tuesday of each month at 7:30 P.M. We currently have 6 members updating the 12-Step call list. If you are on the list, please expect a call in the near-future. We also have a couple of members looking at the "phone attendant" program, and we should be up to speed on this soon. We also have commitments with 4 groups in the area to attend their business meetings and give a presentation on the Night Watch program. So far

we have had 10 groups and a slew of individual AA members express interest in volunteering to answer the phones. Right now we are looking for groups to take either 1 month or 2 week commitments to man the phones after-hours. Our next business meeting will be held on Tuesday March 6<sup>th</sup>, at 7:30 p.m. If your group would like to have the Night Watch committee come to your group to do a presentation, you can contact Jason D. at (716) 289-8960.

• **CONVENTION:** Jack M. (TNT)

Meetings held 2<sup>nd</sup> Saturday of the month at noon.

Date of the convention will be October 26, 27, and 28. We haven't decided on a name or theme yet, but will next meeting (3/10). We are looking for an alternate location for 2013 convention (will take suggestions). We had questions regarding what we pay for when bringing a speaker from other cities. Most importantly, we have positions open for Coffee, Publicity, Graphics, Alc-athon, Travel, and Grapevine.

Contact me at ,

• **GSA LIASON:** John (Courage Group)

We are getting ready for NERAASA (March 2<sup>nd</sup>-4<sup>th</sup>) in Albany. We are also working on pre-conference workshop to be held during the Cataract City Convention on March 24<sup>th</sup> at the Sheraton Hotel in Niagara Falls (formerly the Crown Plaza). Looking ahead to the NYS Convention, also in Albany (July 20<sup>th</sup>-24<sup>th</sup>). This will be the last state convention. NYS Informational Workshop will be held at Stella-Niagara in August. This will be a great time for the committee chairs to interact with other chairs across the state. Our next meeting will be Sunday, February 19<sup>th</sup> at noon at the Hamburg Town Hall.

• **ARCHIVES:** Wally (Lockport No. 1)

I thank you for the privilege and opportunity to serve you. We had our regular monthly meeting on February 11<sup>th</sup> and one work session last month. We also had a display and presentation at the "How it Works Group" January 28<sup>th</sup>. We used our laptop and 32" flats-screen TV to show pictures of meeting places that the Fellowship has sent us. If you would like to become part of that display, please send pictures to Archives at Buffalo Central Office. Or e-mail to [archives@area50wny.org](mailto:archives@area50wny.org) Thank you. We have attended Buffalo, Niagara and Genesee-Wyoming inter-group meetings this past month and look forward to the NY-Penn meeting. We have also participated at the Cataract Convention meeting, Buffalo Fall Convention meeting and the NYS Informational Workshop meeting. We believe that communication and participation are essential in all areas of Alcoholics Anonymous. We have upcoming displays at Tuesday Women's Discussion, the Thruway Group, Lockport No. 1, and the Cataract Convention. We also have been asked to attend and display at NERAASA in Albany, March 2<sup>nd</sup>-4<sup>th</sup>. We ask for a minimum of one month advance notice if you would like a display at your meeting. Our 2<sup>nd</sup> annual Archives Breakfast is moving forward. It is scheduled for May 5<sup>th</sup> at 9 a.m. in Jamestown. Flyers and tickets will be out soon. Please put this date on your schedule. We thank you for your support. We have received contributions this past month from Iron Horse, Thruway Group, Point of No Return Meeting, and Sobriety Men's. As an entity, archives is self-supporting and relies on contribution from the groups. Contributions should be sent to AREA 50 ARCHIVES, Buffalo Central Office, 681 Seneca St. Buffalo, NY 14210. Our next regular meeting is March 10<sup>th</sup> 2012 at 10 a.m. Our scheduled work days before the next meeting are February 14<sup>th</sup>, February 28<sup>th</sup>, and March 6<sup>th</sup>. The work nights are at 7 p.m. at Buffalo Central Office. March 6<sup>th</sup> will be an Oral History Workshop. Anyone is invited to attend and participate in our meetings.

• **OLD BUSINESS:** "Changing Our Ways" group was voted into the meeting schedule. (19 in favor; 1 opposed) It meets Fridays at 10:00 p.m. at 6065 S. Park Ave. in Hamburg, NY

"Love-N-Tolerance" group was voted into the meeting schedule. (17 in favor; 0 opposed)  
It meets Saturdays at 6:00 p.m. at 340 Military Rd. (Amity Club)

• **NEW BUSINESS:** Body discussed the description and duties of recording secretary as stated in by-laws.

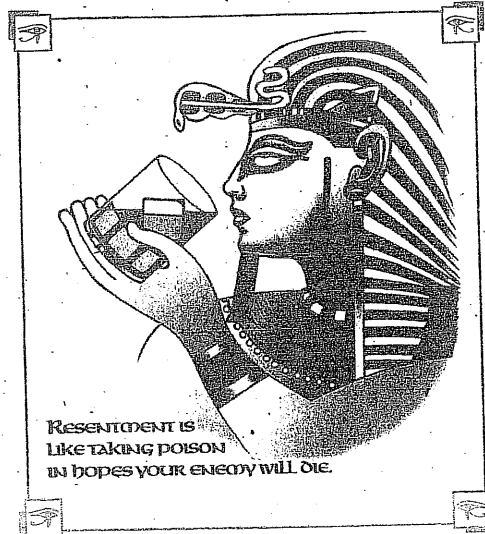
• **NEXT MEETING: March 4<sup>th</sup>, 2012 at 7pm.**

Three Legacies group will be providing refreshments at next month's meeting.

It was moved by Brian (Abbott Men's) and seconded by Derek (Lockport No.1) that we adjourn; adopted.  
Meeting closed with the Lord's Prayer at 9:06 p.m.

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

Income Statement	Jan-12	YTD
Beg Bal Cash on hand	14,576.22	
Contributions		
Groups	5,220.70	5,220.70
Joint Meeting	41.75	41.75
Envelope System	1,292.00	1,292.00
New Frontiers Subs	54.00	54.00
Literature/Medallions/Pins	3,650.99	3,650.99
Literature Sales Tax	258.28	258.28
Literature Postage	21.75	21.75
Sales +/-	(74.41)	(74.41)
Archives Room Rent		
Meetings at CO	21.00	21.00
Mail/Misc.		
"Gratitude Month" (NOV)		
Conventions/Day of Sharing		
Monthly Income	10,486.06	10,486.06
Expenses		
Office Rent	892.64	892.64
Electric	90.00	90.00
Payroll Gross	2,571.40	2,571.40
Employment Taxes	235.26	235.26
Unemployment Surcharge		
Payroll Tax Deposits		
Federal		
State		
NYS Sales Tax		
Insurance		
State Ins Fund(Travelers)		
Health	626.08	626.08
Liability	1,235.23	1,235.23
Postage	205.12	205.12
Phone	162.55	162.55
Accounting		
Paychex	151.06	151.06
Advt		
Talking Phone Book		
Super Media	163.15	163.15
website		
white directory		
Yellow Pages		
Literature Expenses		
Grapevine		
World Services Inc	1,947.90	1,947.90
Hazeldon		
Printers		
Medallions		
PINS		
Petty Cash		
Office Supplies	240.00	240.00
Answering service	167.05	167.05
Minolta leasing (copier)	161.00	161.00
Copies/ service contract	209.00	209.00
PIC		
Bank Fee's	3.00	3.00
Prudent Reserve		
Seed \$\$		
Seminar		
Depreciation		
Monthly Expenses	9,060.44	9,060.44
Monthly Income (Loss)	1,425.62	\$1,425.62
Depreciation add back(non-cash)		
End Balance	16,001.84	
Petty Cash	3,000.00	
Total Balance	19,001.84	
PRUDENT RESERVE	28,092.65	
Assets: Literature& Medallions	11,218.16	
Literature Receivable:(outstanding)	972.77	
Corrections Facilites	846.70	
Contributions	485.30	485.30
Bank Fee's	3.00	3.00
Expenses	242.05	242.05
Balance	1,086.95	246.25
Treatment Facilities	3,778.71	
Contributions	110.00	110.00
Expenses		
Bank Fee's	3.00	3.00
Balance	3,885.71	3.00
		110.00



Two prisoners are locked in adjacent cells. One is lucky enough to have his cot next to the only window in the prison. He constantly remarks on the beauty of the day, the changing of the seasons, the exquisite sunsets. For years his less fortunate neighbor has resented his vantage. Every night the bitter neighbor goes to bed, hating the man with the view, counting the days until he will have the cell with the window.

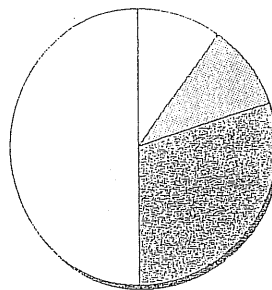
And after many years, his wish comes true. The inmate with the window is released. Now he will be able to move into the next cell and possess the object of his obsession. Upon entering his new cell, he rushes to the window then stops abruptly, shocked to see only a solid brick wall.

**RESENTMENT**

If you treat people badly today, you get to reap the benefits tomorrow.

### Examples of Group Contributions to A.A. Service Entities

Distribution of funds from groups that support four service entities



- 10% to district
- 10% to area committee
- 30% to G.S.O.
- 50% to intergroup or central office

AND



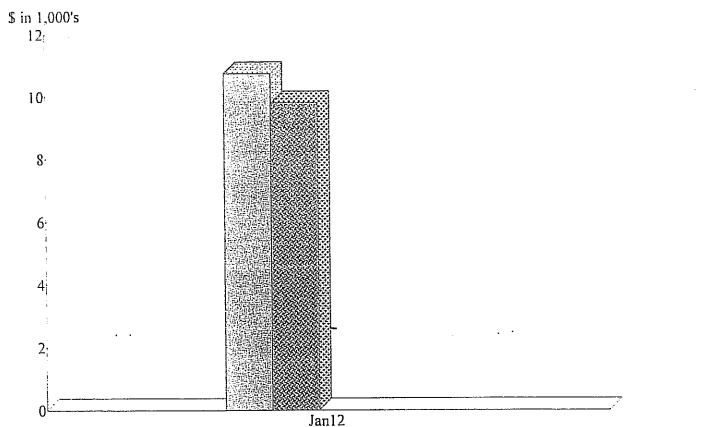
GROUP CONTRIBUTIONS

GROUP	CENTRAL	CORRECTIONS	TREATMENT
1 One Day At A Time	0.00	0.00	0.00
6 On The Cliffs	0.00	0.00	0.00
5 Open Arms	0.00	0.00	0.00
1 Open Mind	0.00	0.00	0.00
4 Orchard Park Step	317.31	317.31	0.00
8 Our Meeting @ the VA	0.00	0.00	0.00
4 Patchin	0.00	0.00	0.00
5 Pendleton Chapter Five	0.00	0.00	0.00
5 Point of No Return	30.00	30.00	0.00
7 Powerless	0.00	0.00	0.00
1 Pride	0.00	0.00	0.00
1 Primary Purpose	0.00	0.00	0.00
4 Principles Bef Personalities	0.00	0.00	0.00
4 Progress	0.00	0.00	0.00
2 Purpose/Tonawanda	0.00	0.00	0.00
2 Questions & Answers	0.00	0.00	0.00
4 Ray of Hope	0.00	0.00	0.00
3 Recovery Near the Gardens	0.00	0.00	0.00
1 Reflections	0.00	0.00	0.00
5 Reflections on Recovery	0.00	0.00	0.00
7 Remember When	50.00	50.00	0.00
1 Renaissance	300.00	300.00	0.00
8 Renewal	0.00	0.00	0.00
3 Ridge	0.00	0.00	0.00
7 Rigorous Honest	1.00	1.00	0.00
1 Rise and Shine	0.00	0.00	0.00
7 Rochester	0.00	0.00	0.00
3 Roland	0.00	0.00	0.00
4 Rural is Plural	0.00	0.00	0.00
2 Sally	0.00	0.00	0.00
8 Saratoga	0.00	0.00	0.00
6 Saturday 12 & 12	0.00	0.00	0.00
6 Sat. Nite Sober	0.00	0.00	0.00
7 Searching For Serenity	0.00	0.00	0.00
7 Second Chance	0.00	0.00	0.00
2 Serenity	0.00	0.00	0.00
1 Serenity Circle	0.00	0.00	0.00
6 Serenity on the Lake	0.00	150.00	150.00
2 Serenity Shack Nooners	0.00	0.00	0.00
6 Serenity Trails	0.00	0.00	0.00
1 Setaside	0.00	0.00	0.00
2 Sheridan	200.00	200.00	0.00
6 Silvercreek Friendship	0.00	0.00	0.00
6 Simplicity	25.00	25.00	0.00
3 Sober Saturday	0.00	0.00	0.00
6 Sober Trails	0.00	0.00	0.00
2 Sober Train	0.00	0.00	0.00
5 Sober Winners	0.00	0.00	0.00
3 Sobriety for Women	0.00	0.00	0.00
6 Sobriety Men's Disc.	0.00	0.00	0.00
5 Sobriety On The Canal	0.00	0.00	0.00
5 Sobriety on a Sat. Night	25.00	25.00	10
5 Sobriety on the Lake	0.00	0.00	15
7 Solidarity	25.40	25.40	0.00
5 Somerset	0.00	0.00	0.00
3 South Buffalo	100.00	100.00	0.00
3 South Town	0.00	0.00	0.00
3 Southgate	0.00	0.00	0.00
4 Southwestern	0.00	0.00	0.00
7 Spirit of Hope	0.00	0.00	0.00
2 Spiritual Progress	40.00	40.00	0.00
4 Springville Sat. Afternoon	83.56	83.56	0.00
4 Springville Tues. Night	0.00	0.00	0.00
4 Springville Wed. Noon	0.00	0.00	0.00
4 Springville New Life	0.00	0.00	0.00
3 Sprout into Sobriety	10.00	10.00	0.00
8 St. Barnabas	0.00	0.00	0.00
4 St. Mark's	0.00	0.00	0.00
3 Starting Over	100.00	100.00	0.00
1 Staying Sober	0.00	0.00	0.00
2 Step Action Group	0.00	0.00	0.00
8 Stepping Stones/Gow.	0.00	0.00	0.00
8 Stepping Stones/Will.	0.00	0.00	0.00
5 Steps 1, 2 & 3	50.00	50.00	0.00
6 Sunday in Cattaraugus	0.00	0.00	0.00
3 Sunday Morning Breakfast	100.00	100.00	0.00
6 Sunday @ 8:00	0.00	0.00	0.00
1 Sunday's Best	0.00	0.00	0.00
1 Sunrise Court	0.00	0.00	0.00
8 SUNY Amherst Campus	39.34	39.34	0.00
2 Surrender and Hope	0.00	0.00	0.00
8 TGIF	0.00	0.00	0.00
4 Thankful	0.00	0.00	0.00
2 Three Legacies	0.00	0.00	0.00
3 Thruway	200.00	200.00	0.00
7 Thurs. Nite Steppers	0.00	0.00	0.00
8 T'nT	0.00	0.00	0.00
5 Today	0.00	0.00	0.00

GROUP CONTRIBUTIONS

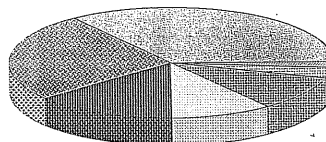
GROUP	CENTRAL	CORRECTIONS	TREATMENT
8 Today's Woman	0.00	0.00	0.00
6 Tri County	0.00	0.00	0.00
6 Tri-Step Beginners	0.00	0.00	0.00
3 Try Again	0.00	0.00	0.00
4 Tuesday Men's AM	0.00	0.00	0.00
2 Tuesday Afternoon	0.00	0.00	0.00
3 Tuesday Women's	0.00	0.00	0.00
2 Turning Point	0.00	0.00	0.00
5 Twin Cities	0.00	0.00	0.00
8 Unity	0.00	0.00	0.00
2 University Men's Disc.	0.00	0.00	0.00
3 Valley	0.00	0.00	0.00
3 Victory	0.00	0.00	0.00
3 Victory Women's	0.00	0.00	0.00
1 Wake Up Call	0.00	0.00	0.00
6 WE( Women's Experience)	0.00	0.00	0.00
3 We Care	0.00	0.00	0.00
7 We Don't Know	37.80	37.80	0.00
8 Wehrle	0.00	0.00	0.00
6 Westfield	0.00	0.00	0.00
1 Westminster	0.00	0.00	0.00
2 Why	0.00	0.00	0.00
8 Williamsville	0.00	0.00	0.00
6 Willing To Grow	0.00	0.00	0.00
5 Wilson Group	0.00	0.00	0.00
6 Wilson Smith Alumni	0.00	0.00	0.00
1 Women In Recovery	0.00	0.00	0.00
5 Women In Sobriety	0.00	0.00	0.00
7 Women Making the Effort	0.00	0.00	0.00
1 Women's West Side	0.00	0.00	0.00
1 Working	0.00	0.00	0.00
6 Young at Heart	0.00	0.00	0.00
5 Youngstown	0.00	0.00	0.00
Robert A.	85.00	85.00	0.00
TOTALS	5220.70	5220.70	485.30
ATTENDED CENTRAL COMMITTEE			

Income and Expense by Month  
January 2012



Expense Summary  
January 2012

66000 Payroll Expenses	635.03
50000 *Cost of Goods Sold	26.07
65100 Other Types of Expenses	14.24
65000 Operations	10.07
62800 Facilities and Equipment	10.03
62100 Contract Services	3.25
70100 Corrections Expense	1.32
Total	\$9,799.81



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