

ALCOHOLICS ANONYMOUS

CLASSIC GRAPEVINE

Slips and Human Nature

by William Silkworth, MD.
January 1947

The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who is restored to a dignified place among his fellowmen and continued dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple.

People are inclined to say, "There is something peculiar about alcoholics. They seem to be well, yet in a moment they may turn back to their old ways. You can never be sure."

This is largely twaddle. The alcoholic is a sick person. Under the techniques of Alcoholics Anonymous, he gets well - that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings. Then we can safeguard ourselves intelligently against most slips.

In both professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simply human nature.

It is very wrong to consider many personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks can be found among nonalcoholics, too. Actually, they are symptoms of mankind!

Of course, the alcoholic himself tends to think of himself as different, somebody special with unique tendencies and reactions. Many psychiatrists, doctors, and therapists carry the same idea to the extremes in their analyses and treatment of alcoholics. Sometimes, they make a complicated mystery of a condition which is found in all human beings, whether they drink whiskey or buttermilk.

To be sure, alcoholism, like every other disease, does manifest itself in some unique ways. It does have a number of baffling peculiarities which differ from those of all other diseases.

At the same time, many of the symptoms and much of the behavior of alcoholism are closely paralleled and even duplicated in other diseases.

The slip is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started the AA program of recovery. Slips usually occur in the early stages of the alcoholic's AA indoctrination, before he has had time to learn enough of the AA technique and AA philosophy to give him a solid footing. But slips may also occur after an alcoholic has been a member of AA for many months or even several years, and it is in this kind above all, that one finds a marked similarity between the alcoholic's behavior and that of "normal" victims of other diseases.

For the first several months, perhaps for several years, the person follows directions. But, as his strength increases and he feels fully recovered, he becomes slack. Soon he is disregarding the directions given him and eventually, he has a relapse! The acts which led to the relapse were preceded by wrong thinking. The person rationalized himself out of a sense of his own perilous reality. He deliberately turned away from his knowledge of the fact that he had been the victim of a serious disease. He grew overconfident. He decided he didn't have to follow directions.

WE WELCOME YOU...

The following are the Themes for the coming issues of newsletter.

- June: Let Go, Let God
- July: Shortcomings
- August: Willingness
- September: Godgram

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

Volume 4 No.5 MAY 1990

THEME: ADMITTED

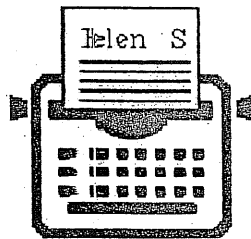
Helen's Corner ... 2 ... Admitted to God ... 5 ...

Around the Tables ... 3 ... The Envelope System ... 6 ...

Announcements ... 4 ... Anniversaries ... 7 ...

"The deception of others is nearly always rooted in the deception of ourselves."

Helen's Cornea ...



We take the first step on the road marked recovery when we are able to admit having a problem that no amount of self-will will ever solve. Not until we admitted to our innermost selves that we are puppets dancing to our addictions' song can we hope to ever cut the strings. Once we are willing to accept responsibility for our thoughts and actions, past and present, we will begin to experience sobriety.

To reach emotional sobriety we need to become willing to change. The steps ask us, at all times, to face ourselves honestly - admitting and accepting responsibility for what we find. We need to become willing to change what we can within and accept what we cannot change without.

To change, it is essential, we learn how to grieve our losses. The grief process is important because it allows us to let go of those things which were so much a part of our lives.

Alcohol was an old reliable friend upon whom we depended many times to take away our pain, to help us feel in control, and to help us think better of ourselves. Alcohol was a constant companion, always there when we needed it. Suddenly, we are left without a crutch. If this loss is ever to be fully accepted, we must grieve. We must go through the grieving process before we can accept the loss and find serenity and peace of mind.

Dr. Elisabeth Kubler-Ross has outlined the five stages of grief as denial, anger, sorrow/despair/depression, bargaining, and acceptance.

DENIAL Denial is a buffer that protects us from knowledge or feelings we are not yet ready to deal with mentally, emotionally, or spiritually. All of us deny reality we are not ready to accept. The trick is to have the reality presented to us in a way that we can see it and admit the loss has happened. At some point we need to face reality and stop denying our powerlessness by taking the First Step.

ANGER When we find we can't control our own behavior and feelings we get angry. "Just one drink", we used to say. But we found we had no control and soon we filled with anger at how powerless we were over our drinking. Anger can turn into bitter resentment and this can lead us right back to drinking in order to escape those feelings.

SORROW/DESPAIR/DEPRESSION We need to give ourselves permission to feel sad. This helps us express the deep feelings we have over the loss. It's important to feel deeply the sorrow that naturally comes as part of the dying of an old way of life.

BARGAINING Bargaining is a desperate attempt to stay in control, to have things the way we want them. But, it keeps us from the reality of the loss and leaves us with the illusion we are in control.

ACCEPTANCE Entering this stage we find we can accept our powerlessness over alcohol and the fact that we are not the people we thought we were. The truth being we were people who would drink again, this leads us to accept our need for change.

Having grieved we can go on with the rest of our lives, which is what the Twelve Steps are all about. We have come to terms with reality. To admit and accept responsibility for what we find are firm foundation steps to build a life of sobriety upon.

Yours in the Spirit of AA
Helen

FROM MAKE BELIEVE TO BELIEF

BY B.B., CHARLESTON, W.VA
Grapevine June 1961

When I read in the Big Book (after asking God to bring some calmness to my life) that I could find happiness, power, peace and a sense of direction and that God did not make too hard demands on those who earnestly seek Him. I began to be encouraged. Reading further in our Big Book, I was relieved to learn that I didn't have to believe - and came to believe. When I surrendered, the battle was over. I finally realized that I did not drink because I wanted to - I drank because I had to. This leads me to think that we alcoholics do not try to stop drinking until we discover that we can't stop drinking. Then we must ask for help. I asked for help from a fellowship of lovely people who accepted me, not for what I had been, nor for what I might become, but for what I was: a suffering, dying alcoholic.

When I drank, I made numerous trips to mental institutions, jails and just plain nowhere. Today, I am ten years happily sober in the Fellowship. I have found the God of my understanding and gotten everything I need and most of what I want. I'm glad I surrendered.

Now that is precisely what happens with the alcoholic - the arrested alcoholic, or the alcoholic in AA who has a slip. Obviously, he decides to take a drink again sometime before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a slip. There is no reason to charge the slip to alcoholic behavior. The alcoholic slip is not a symptom of a psychotic condition. There's nothing screwy about it at all. The person simply didn't follow directions.

For the alcoholic, AA offers the directions. A vital factor, or ingredient of the preventive, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or mechanics of AA but misses the philosophy or the spirit may get tired of following directions - not because he is alcoholic, but because he is human.

Rules and regulations irk almost anyone, because they are restraining, prohibitive, negative. The philosophy of AA, however, is positive and provides ample sustained emotion - a sustained desire to follow directions voluntarily.

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he is put on the defensive and consequently has developed frustrations. But in many instances, there is no more reason to be talking about "the alcoholic mind" than there is to talk about "the cardiac mind" or "the TB mind."

I think we'll help the alcoholic more if we can first recognize he is primarily a human being - afflicted with human nature.

CONTENTMENT

Grapevine October 1980

Around the tables, as the fog lifts, one can see people and hear sounds that seem both strange and vaguely familiar. At least, that is the only way I can explain my own transition: on approaching my first AA meeting, abject terror; on leaving it, a longing to be at the next meeting.

As my sobriety has lengthened, I know now that those sights and sounds were related to coming home - home to the spiritual world. Much of my sickness prior to AA was in reality a longing for something that I had left behind - exactly when I am not sure. Time is no longer important. Today's realization of my Higher Power is what counts. As that awareness grows, my life is surrounded by beauty that I could not perceive in those early days.

By adhering to AA principles, I have come home to joy, happiness, contentment, and all the other emotional attributes of sobriety. And I know, each meeting night, this has to be true of all alcoholics who have accepted the AA way. I thank you because you made it possible for me to be there with you.

THE PROMISE

Grapevine October 1975

Around the tables, as newcomers, we may see in the Big Book's "God could and would if He were sought" (page 60) the promise of only one miracle: not taking the first drink. I can't speak directly for anyone else, but I know that was my attitude when I arrived at AA. I was listening to old ideas (mostly mine), and all those ideas limited my vision.

Lo and behold, AA said, straighten out that I wasn't going to do very well unless I got rid of old ideas. As I struggled to achieve dryness, my life was indeed chaotic - the twilight zone between being just an alcoholic and being an AA is not pleasant. But when I surrendered to God, my life changed dramatically, and I began to let go of old ideas.

Both the limiting and the liberating ideas have come to me from others - my parents, siblings, playmates, teachers, the media, and fellow AAs. Through AA, God has shown me that I can dispense with the limiting of ideas. Think of your own case; remember how bad things were when you were boxed in by alcoholic thinking, and how good things became when you were freed by AA principles. Clearly, the astonishing fact of our sobriety should convince us that nothing is impossible. Since this is so, why limit ourselves?

PRACTICE THE PRINCIPLES

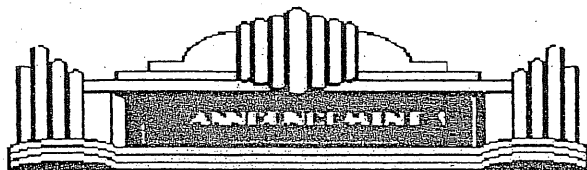
Grapevine May 1978

Around the tables, with lengthening sobriety, I find full and substantial evidence that happiness is merely a matter of working the AA program. As I have listened to the sharing of others, my life has become enriched almost beyond imagination set forth in the Big Book.

The Twelve Steps are a must if a sick alcoholic, like me, is ever to obtain happiness through sobriety. The Twelfth Step drives home with utmost simplicity the cardinal advice "to practice these principles in all our affairs." The longer my sobriety, the more I work on the Steps. I use them in daily living, and the results are marvelous.

How others regard what I am doing, I now know, is unimportant. Here is what really matters; Upon honest comparison, how will what I am doing square with the standards set in these Twelve Steps? Step Ten requires me to admit when I am wrong and to check myself to see how I can change. And the other steps are just for fundamental happiness.

Now I am certain, as never before, that the way of the founders is truly the easiest, softest way in the long run - and in the short run as well. It is the way for this happy, joyous AA.



MEETINGS

MEETINGS

MEETINGS

NEW MEETINGS: MARK YOUR NEW SCHEDULES !!!

SATURDAY EARLY BIRD - SATURDAY - 10:00 AM- OD - United Methodist Ch., Ontario & Tonawanda Sts.

THE ROAD TO RECOVERY - WEDNESDAY - 2:00 PM - C - Lockport Salvation Army, 50 Cottage St., Lockport, NY. Non-smoking and wheelchair accessible. This will be a Big Book Study Group.

BACK TO REALITY - SUNDAY - 1:00 - 5:00 PM - OD - American Rescue Workers, 95 Johnson Park.

SEASONAL MEETING

SERENITY IN THE PARK - MONDAY - 7:00 PM - DELAWARE PARK ROSE GARDEN - this group will start meeting May 7th.

PLEASE NOTE:

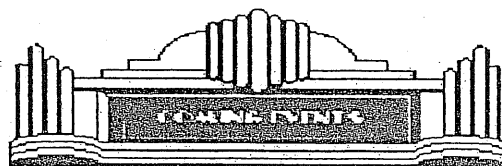
COMMON PROBLEM AT VA - SUNDAY - no longer meets due to lack of interest at this time.

SPIRITUALLY WILLING - SUNDAY - is no longer meeting.

RUSH MANOR - 11438 GENESEE ST., ALDEN, NY. Visitors cannot smoke at this facility, therefore all meetings there are non-smoking.

INTERNATIONAL CONVENTION - SEATTLE, WASHINGTON - there is still room on the flight to Seattle on July 2nd - returning on the 9th. \$340.00 roundtrip. If interested call John L. at 632-0452 or Bill L. at 838-4135.

FAITH AND ACTION - FRIDAY - which meets at the Central Park Plaza at 1:30 PM - Red Cross Bldg., needs support from members with good traditional A.A. sobriety.



MAY 5 - SATURDAY - SATURDAY NITE DISC. - is sponsoring a dance at the Amity Club, 340 Military Road. Start - 8:00 PM - 1:00 AM / Buffet at 10:00 PM / Door Prizes / New Sound System. \$5.00 per person - \$9.00 per couple.

MAY 8 - TUESDAY - PERRY - will be celebrating its' 4th Group Anniversary with an eatin' meetin'. Guest speaker. Bring a dish to share. We meet at 12:15 PM, 344 Perry St.

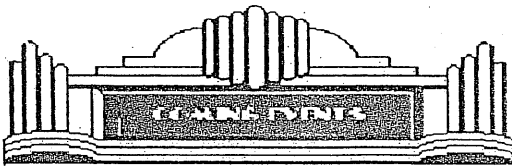
MAY 12 - SATURDAY - COMMON PROBLEM 4TH Annual 50-60'S DANCE - St. Aloysius Church Hall, 157 Cleveland Drive at Highview. Food & refreshments all night Dance Contest Music by "Dancing Sound" - Adult Dance. Donation \$7.00. See slinger for further info.

MAY 13 - SUNDAY - HIGH NOON - at the West Presbyterian Church, West Ferry and West, will be celebrating their one year group anniversary. Speaker - 2:00 PM, food and fellowship afterwards. All are welcome.

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

MAY 18 - FRIDAY - LIBERTY WOMEN - meeting at the Church of the Advent, 54 Delaware Road, Kenmore, NY will be celebrating its' 3rd Group Anniversary with an open speaker meeting followed by coffee and dessert. All are welcome to attend.

MAY 19 - SATURDAY - FREEDOM GROUP - will sponsor a SPRING DANCE at St. Amelia's, 2999 Eggert Rd, Tonawanda-Bingò Hall (please use rear entrance - St. Amelia Dr.) Dinner - 7:00 PM; Speaker 8:00 PM - Debbi W., Willowdale Grp, Toronto, Canada. Dancing 9-1 AM. Music by Quality Sound. 200 tickets will be sold. No tickets at the door. There will be no regular meeting this evening.



MAY 23 - WEDNESDAY - LIVING SOBER - cordially extends an invitation to everyone to help them celebrate their 22nd anniversary with an Open Speaker, eating meeting. See you at the Kenmore Methodist Church, 150 Delaware at Landers Rds, Kenmore. Speaker - Tom K. Saratoga Springs, NY.

MAY 27 - SUNDAY - THE IRON HORSE GROUP - it's ANNUAL PICNIC at McKinnon Shelter Chestnut Ridge Park, Orchard Park, NY - *Start the Summer Picnic Season with last years best.*

JUNE 1 - FRIDAY - LOVEJOY - is celebrating its 6th Anniversary on Friday afternoon, 12:30 PM. We will be having Al S. with 48 years from Onoville, NY. as the speaker. Come help us celebrate. Bring a dish to go along with the hot dogs being served.

JUNE 3 - SUNDAY - WHY - will be celebrating their 16th Anniversary at 8:30 PM. This will be an "eatin' meeting" with a guest speaker.

JUNE 16 - SATURDAY - NEW FRONTIER'S 6TH Annual Banquet - Dance Commemorating A.A.'s 55th Birthday. St. Gerard's Lyceum, 2535 Bailey at Delevan Ave. Speaker - 6:00 PM, Dinner - 7:00 PM, 8:00 PM Speaker, 9:00 PM to 1:00 AM Dancing. Donation \$8.00.

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



REMEMBER



CENTRAL COMMITTEE
MEETING

SUNDAYS - June 3 and July 1, 7:00 PM. at 80 Goodrich Street behind Buffalo General.
Everyone
Welcome.



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

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

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

"Admitted to God..."

Provided we hold back nothing in taking the Fifth Step, your sense of relief will mount from minute to minute. The dammed-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed.

As the pain subsides, a healing tranquillity takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur.

Many an AA, once agnostic or atheist, tells us that it was during this stage of Step Five that he first actually felt the presence of God. And even those who already had faith often become conscious of God as they never were before.



The Envelope System provides a way for you to make direct contributions to the work of our Central Office...the first point of AA contact for hundreds of alcoholics seeking sobriety.

By helping to keep its phone lines in service and the office door open, the Envelope System makes the hand of AA evermore accessible to those in need.

HOW IT WORKS!!!

When you enroll in the Envelope System, you are...

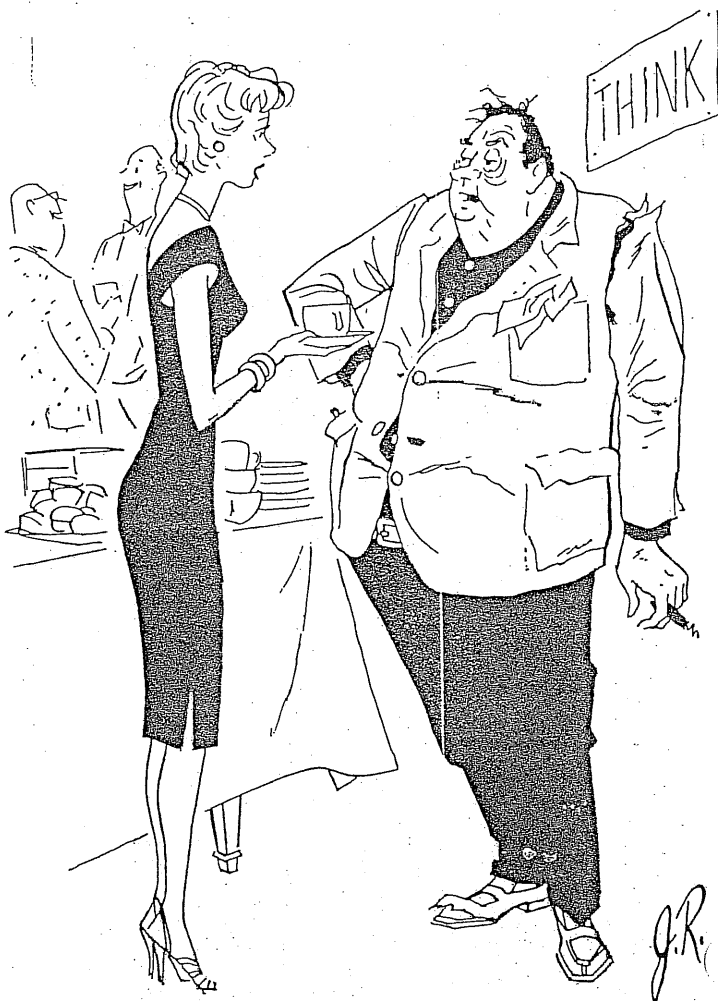
- (1) assigned an account number
- (2) sent your personal payment record/receipt form and
- (3) a self addressed stamped return envelope

You check the form to show your contribution preference and return it with your first donation.

Your form will be receipted and automatically mailed back to you on or about the first of the month in which your next donation is due.

You enclose the form each time you make a contribution.

At the end of the year, the completed form is returned for your records, together with a new form for use during the next year.



"I'm not a newcomer. This is my eighteenth first year."

BIG BOOK

BY S.T., LIBERTYVILLE, ILL.
Grapevine - March 1979

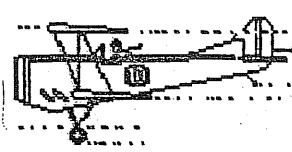
My first introduction to the importance of the Big Book came to me in the local coffee shop after a noontime meeting. It came by way of an old-timer on the AA program who told me of various things: "guideposts" and "must"; learning to read, in order to read to learn; and learning to understand, in order to understand to learn. Needless to say, I thought the chap was a bit daffy. But, wanting desperately to hold on to my new found sobriety, I trudged off home to read the book ALCOHOLICS ANONYMOUS. Little did I know that I was entering into a journey that would lift the compulsion to drink and would restore some order and sanity to my life. Today, through reading the Big Book, I have found three excellent reasons to continue doing

On Page 20, the book states: "If you are an alcoholic who wants to get over it, you may already be asking — 'What do I have to do?' It is the purpose of this book to answer such questions specifically."

Not bad for starters, but let's continue to page 29, where it says: "Further on, clear-cut directions are given showing how we recovered." The book not only answers my questions specifically, but also gives me clear-cut directions.

Finally, on page 45: "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how we were able to find this Power? Well, that's exactly what this book is about. Its main objective is to enable you to find a Power greater than yourself which will solve your problem."

The Big Book states three powerful reasons why I should continue to read and reread it



MOVING ON IN SOBRIETY

ENSINGTON

DISC.
 John T. 19yr.
 Ron W. 13yr.
 George I. 9yr.
 Joanne B. 2yr.

WE CARE

APRIL
 Elmer M. 10yr.
 John Mcl. 9yr.
MAY
 Betty C. 1yr.
 Bryan D. 9mo.
 Robert B. 3mo.

COLD SPRING

Lynn C. 9yr.
 Kevin F. 4yr.
 Ray H. 2yr.
 Robert A. 1yr.
 Willie G. 1yr.

TORNPLANTER'S

GAIN

MAY
 David S. 6mo.
 Jeff M. 6mo.

JUNE

Tom B. 6yr.
 Gerry M. 1yr.
 Paul E. 9mo.
 Frank J. 6mo.

HARMONY

Neal F. 1yr.
 Clifford S. 1yr.
 Katherine B. 9mo.
 Martin C. 6mo.

WHY

George W. 14yr.
 Geno N. 12yr.
 Ellen W. 12yr.
 Sue G. 6yr.
 John W. 2yr.
 Fred R. 2yr.
 ave G. 9mo.
 Jim M. 9mo.

NORTH JAVA

Joe M. 1yr.

AMHERST

SNYDER
 Frank D. 32yr.
 Donnette K. 14yr.
 Richard M. 11yr.
 Betty C. 9yr.
 Carol R. 8yr.
 Edmund L. 8yr.
 Richard M. 7yr.
 John B. 6yr.
 MaryEllen M. 5yr.
 Don B., Jr. 4yr.
 Linda B. 4yr.
 Dave C. 4yr.
 Smitty S. 3yr.
 Roy H. 3yr.
 Tom 2yr.
 Beth I. 2yr.
 Don S. 2yr.
 Charlie B. 2yr.
 Scott H. 1yr.
 Carl C. 9mo.
 Mike M. 9mo.
 Randy W. 9mo.
 Tom M. 6mo.
 John B. 6mo.
 Chris Mc. 6mo.
 Bill S. 3mo.
 Sharon L. 3mo.

WEDNESDAY LUNCH

Marie B. 4yr.
 Bill S. 4yr.
 Neal F. 1yr.
 Clifford S. 1yr.
 Kathleen B. 9mo.

COMMUNITY CENTER

Robert G. 5yr.
 Robert J. 3mo.

FREEDOM

John G. 7yr.
 Glen N. 4yr.
 Pat M. 6mo.

BIDWELL MON. DISC.

Betty D. 3yr.
 Nancy H. 1yr.

NEW ZION

APRIL
 Mable H. 44yr.
 Joe B. 19yr.
 Larry B. 8yr.
 Tammy Z. 7yr.
 Penny R. 7yr.
 Barbara W. 4yr.
 Karen G. 2yr.
 John S. 2yr.
 James W. 2yr.
 Greg B. 9mo.
 Bob C. 6mo.
 Valerie R. 6mo.

EARLY BIRD

Ellen W. 10yr.
 Harry E. 3yr.
 Bruce McP. 1yr.
 Pete D. 9mo.
 Maggie M. 6mo.

GIVING

Bonnie G. 10yr.
 Donna B. 9yr.
 Lynne C. 9yr.
 Tracy K. 2yr.

BEGINNING IN SOBRIETY

Leon H. 3yr.
 Fred B. 3mo.
 Jessie Y. 3mo.

FIRESIDE

Donette K. 14yr.
 Walter K. 8yr.
 Terry A. 7yr.
 Doris S. 7yr.
 Ron Z. 7yr.
 Mark P. 5yr.
 Darrell M. 3yr.
 Pat B. 2yr.
 Joe K. 2yr.
 Karen O. 2yr.
 Ed Z. 2yr.
 Tracy B. 1yr.
 Paul K. 1yr.
 Sandy M. 1yr.
 Morgan M. 9mo.
 Pete W. 9mo.
 Dick W. 6mo.
 Katherine H. 6mo.
 Dennis H. 6mo.

THRUWAY

MaryEllen S. 10yr.
 Judy F. 10yr.
 Ross D. 7yr.
 Brian J. 6yr.
 George L. 6yr.
 Mark P. 5yr.
 Diane Z. 5yr.
 Joann C. 4yr.
 Wesley M. 3yr.
 Lee M. 3yr.
 Mildred M. 2yr.
 Debra S. 2yr.
 Diane L. 2yr.
 William S. 2yr.
 J.R. [assoc.] 2yr.
 Jim M. 6mo.

HAPPY HOUR

Cheri L. 7yr.
 Mike C. 4yr.
 Chapman D. 4yr.
 Marcus G. 4yr.
 Rich S. 4yr.

Linda D. 3yr.
 Frank G. 3yr.
 David S. 2yr.
 Tracy K. 2yr.
 Catherine S. 2yr.
 Lorenzo R. 2yr.
 Gary M. 2yr.
 Willie G. 1yr.
 Bill W. 1yr.
 Joanne W. 9mo.
 John S. 9mo.
 Donald A. 9mo.
 Randolph P. 9mo.
 Robert T. 9mo.

LOVEJOY

Linda M. 6mo.
 Andrew G. 6mo.
 Denise W. 6mo.
 Joe E. 6mo.
 Otis M. 6mo.
 Darryl R. 6mo.
 Robert C. 6mo.
 Keith W. 3mo.
 John H. 3mo.
 Bob H. 5yr.
 Linda S. 4yr.
 Jim C. 1yr.
 Thomas R. 3mo.

SOUTH BUFFALO

Rita E. 16yr.
 Joe W. 10yr.
 Margaret G. 7yr.
 Harold C. 6yr.
 Jack McB. 4yr.
 Bob C. 6mo.
 MaryEllen S. 10yr.
 Jim L. 8yr.
 Ed Z. 4yr.
 Ron T. 1yr.
 Joan C. 9mo.
 Robert C. 6mo.
 Karen S. 6mo.
 Trish S. 6mo.
 David W. 6mo.

NORTH BUFFALO

Richard A. 3mo.
 Richard B. 3mo.
 Chet F. 3mo.
 Dick W. 23yr.
 Mel R. 13yr.
 Dave P. 11yr.
 Tom B. 11yr.
 Roger P. 9yr.
 Christine G. 4yr.
 Katie M. 2yr.
 Dennis G. 2yr.
 Leslie C. 6mo.
 Michael C. 6mo.
 David S. 6mo.
 David M. 6mo.

SHERIDAN/HONESTY

Lynn C. 15yr.
 Tom B. 11yr.
 Carol R. 8yr.
 James S. 4yr.
 Christian B. 3yr.
 Daniel G. 2yr.
 Tina H. 1yr.
 Gregory F. 1yr.
 Brian Mc. 1yr.

KEEP IT SIMPLE!

AA CENTRAL OFFICE

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

(716)853-0388

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

CENTRAL COMMITTEE

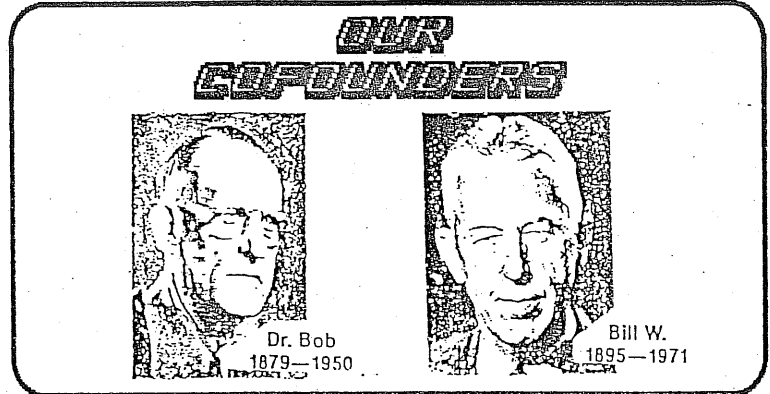
Chairman - Lynn C.
Recording Secretary - Lue S.
Financial Secretary - Roger P.

SUB-COMMITTEES OF THE CENTRAL COMMITTEE

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

STEERING COMMITTEE

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

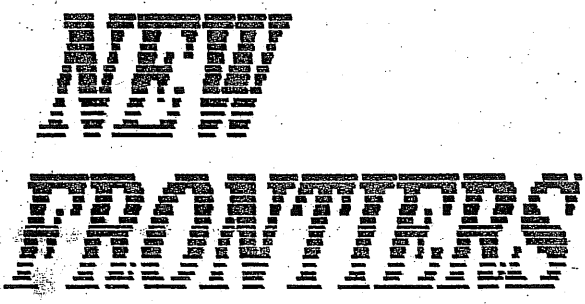


Central Committee meets on the first Sunday of every month at 7:00 PM at the COMMUNITY HEALTH CENTER, 80 Goodrich Street (behind Buffalo General Hospital).

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

REMEMBER: WE ARE RESPONSIBLE.

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



The NEW FRONTIERS is your AA newsletter. Our purpose is to present personal stories and subjects directly related to the recovery from alcoholism. For inclusion in the next issue, material must reach the Central Office by **May 15th** for inclusion in the **June** issue. Your artwork, poems, articles etc. are also welcome. **NEXT MONTH'S THEME : Let Go and Let God**

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

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

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

ALCOHOLICS ANONYMOUS

ALCOHOLICS ANONYMOUS

BUFFALO-CENTRAL OFFICE

853-0388

Room 845
Ellicott Square Building

295 Main Street
Buffalo, New York 14203

MAY 1, 1989

NEW MEETINGS:

SUNDAY 1:00 PM - HIGH NOON - Metropolitan Community Church, 370 S. Elmwood Avenue, Buffalo. Smoke-free Closed Discussion for gay men and women. Last Sunday of the month, there will be a Big Book Table.

THURSDAY 7:00 PM - EXPERIENCE, STRENGTH AND HOPE - Salvation Army, 1080 Military Rd., Kenmore. Non-smoking Open Speaker meeting.

NEEDS SUPPORT:

WE ADMITTED - 10:00 AM WEDNESDAY - Broad Street Baptist Church, 116 Broad St., Tonawanda. Baby-sitter available.

RENEWAL - 7:30 PM SUNDAY - Diocesan Renewal Center, Strickler Road, Clarence Center.

CHEVY #1 - 8:30 PM FRIDAY - Chevy Plant, River Road, Tonawanda. Please come and elp keep this meeting alive.

EARLYBIRD - 10:00 AM - WEDNESDAY - United Methodist Church, Ontario and Tonawanda Streets, Buffalo.

On Monday, May 1st, SERENITY IN THE PARK will start meeting at the Rose Garden, in Delaware Park at 7:00 PM.

COMING EVENTS:

MAY 7 - SUNDAY-CENTRAL COMMITTEE MEETING - 80 GOODRICH, 7:00 PM

MAY 9 - WEDNESDAY - NEW ZION - 8:00 PM for this meeting only, they will meet in the Jewish Center, Delaware and Summer, Buffalo.

MAY 13 - SATURDAY - BIDWELL group will celebrate its 40th Anniversary with an eating meeting at 8:00 PM, at St. John-Grace Episcopal Ch., 496 Lafayette Avenue at Bidwell. Lloyd E. is the guest speaker. Come and join our celebration. Bring a dish, if you wish.

MAY 13 - SATURDAY - FREEDOM group will hold its 3rd Annual Spring Dance at St. Amelia's School, 2999 Eggert Road, Tonawanda. Buffet: 7:00 P.M., Speaker: 8:00 P.M. Jim O'K, Waterloo, Ontario, Dancing: 9:00 P.M. - 1:00 A.M. Donation: \$6.00. Only 200 tickets will be available. There will be no regularly scheduled meeting this evening.

MAY 16 - TUESDAY - PERRY DISCUSSION group will celebrate its 3rd Anniversary with an eating, open speaker meeting at 12:15 NOON at 341 Perry Street, Buffalo. Guest Speaker is Frank L., Amherst Snyder group.

MAY 19 - FRIDAY - LIBERTY WOMENS' group is celebrating their 2nd Anniversary w an special open]meeting. Guest Speaker, cake and coffee. Come, help us celebrate at the Church of the Advent, 54 Delaware Road, Kenmore at 8:00 P.M.

MAY 20 - SATURDAY - COMMON PROBLEMS 3rd Annual 50-60's Dance. Queen of Heaven Church Hall, 839 Mill Rd, West Seneca. Donation: \$6.00. Dancing from 8:00 PM till ? Dance Contest, Door Prizes, raffle, 50/50, food, refreshments.

MAY 24 - WEDNESDAY - LIVING SOBER group cordially extends an invitation to everyone to help them celebrate their 21st Anniversary. Maureen H., Bidwell Monday Discussion group, is the Guest Speaker. This evening will include refreshments and excellent fellowship. See you at the Kenmore Methodist Church, 150 Delaware Road at Landers Road, Kenmore at 8:30 PM.

MAY 27 - SATURDAY - REMEMBER WHEN group's 26th Anniversary and individual anniversaries will be celebrated at 11:00 AM at 291 Elm Street. Please come and share with us, bring a dish to help, if you can.

MAY 28 - SUNDAY - IRON HORSE group's Annual Picnic will be held at Chestnut Ridge Park, McKenna Shelter from 12 NOON to 7:00 PM. Games, food, softball. Come and share with us. Bring a dish, if you wish.

MAY 29 - MONDAY - CATHEDRAL PARK will not be meeting.

MAY 29 - MONDAY - The Central Office will be closed

JUNE 2 - FRIDAY - SOUTH BUFFALO will celebrate its 44th group Anniversary at 8:00 PM. Speaker, food, music, dancing. Bring a dish, if you wish. Come, help us celebrate

JUNE 4 - CENTRAL COMMITTEE - 80 Goodrich - 7:00 PM

JUNE 9 - FRIDAY - 2nd Annual "Spring Into Summer Dance". Doors open at 7:00 P.M., Buffet: 7:30 PM-8:30 PM, Dancing: 9:00 PM-1:00 AM Giant 50/50. Bring a dish, if you wish. Cazenovia Group, St. Simons Ch., 200 Cazenovia St., South Buffalo. Donation: \$4.00 per person

JUNE 25 - SUNDAY - FIRESIDE'S 9th Group Anniversary will be celebrated with an open speaker meeting. Brunch donation will be \$5.00 - advance reservation required.

5TH MONTH - 5TH STEP

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

5TH MONTH - 5TH TRADITION

"Each group has but one primary purpose --to carry its message to the alcoholic who still suffers."

PLEASE SUPPORT THE ENVELOPE SYSTEM.

Yours in the Spirit of A.A.;

DELPHINE A. HOY
Executive Secretary

Chairperson, Lynn C., opened the meeting at 7:04 PM, with a moment of silence, followed by the Serenity Prayer. The Preamble, Purpose of Central Committee, and the Twelve Traditions were read. It was moved by Larry B. and seconded by John B. to waive the reading of the minutes from the last meeting.

59 GROUPS WERE REPRESENTED:

DISTRICT #1

Bidwell
 Bidwell Mon Nite
 Delaware Discussion
 Giving
 High Noon
 Live & Let Live
 New Awakening
 New Westside
 Open Mind
 Remember When
 Rush Hall
 Sunday Niters
 Sunrise Court
 Westminster
 Working

DISTRICT #2

Age Doesn't Matter
 Brass
 Campus
 Chapter IX
 Kenmore
 Living Sober
 New Frontier
 New Frontier Women's
 Why

DISTRICT #3

Abbott Men's Disc.
 Casting
 Cazenovia
 Ellicott
 Father Baker
 Inner City
 Iron Horse
 Lovejoy
 Pass It On
 Rainbow
 Security
 South Buffalo
 Southgate
 Tuesday Womens Disc
 Urban

DISTRICT #4

Lake Shore
 Orchard Park Step

DISTRICT #5

Sixth Step
 Turning Point
 Twin Cities
 We Admitted

DISTRICT #6DISTRICT #7

Boulevard Womens'
 Cold Springs
 Feelings
 Harmony
 High View
 Honesty
 Sheridan
 United Brotherhood
DISTRICT #8
 Attitude Adjustmen
 Common Problem
 New Life
 Sun Morning Bkfas
 T.G.I.F
 Williamsville

The Chair called for the various reports:

ENVELOPE SYSTEM: Roger P.

| | 1989 | 1990 | |
|--------------|------------|------------|--------------------------|
| APRIL | \$ 567.00 | \$ 622.00 | \$ 55.00 (9.7%) INCREASE |
| YEAR TO DATE | \$3,315.00 | \$3,207.00 | \$108.00 (3.3%) DECREASE |

Roger presented the new display kits with instructions, envelopes and applications.

STEERING COMMITTEE MEETING: Bernie A. May 1, 1990

Meeting opened at 6:15 PM with the Serenity Prayer. Present - George B., Jack C., Bernie A., and Delphine H. Topics discussed: 1. North Buffalo Spring Fling 2. Problem with Half & Half group in Fredonia, N.Y. - Group becoming a dominantly an N.A. meeting. A letter will be drafted by the Steering Committee and sent, stating A.A. Traditions and Singleness of Purpose. 3. 50th Anniversary of A.A. in Western New York was discussed. We need a Chairperson, and it might be nice to have a one night dinner, with Black Tie: and instead of a speaker have someone do a history of local A.A. Meeting closed at 7:05 PM, with the Lord's Prayer.

FINANCIAL REPORT: Roger P. (See Attached)

TREATMENT FACILITIES: Dave F. for Donald H.

1. On April 25th we had a TFC meeting at the Ellicott Square Building. Approximately 20 people attended. A. We will be evaluating a request from Rush Manor in Alden to start an Orientation/speaker meeting. B. We would like to encourage members to attend the Friday evening (7:00 PM) meeting at ECMC. C. It's important for the fellowship to realize that the TFC is much more active than before, and is using more literature. Our cost is up. The Treatment Facility fund is now in the negative. D. The committee is comfortable with our progress so far this year.

CORRECTIONAL FACILITIES: Toni H.

All meetings are running smoothly. Please advise your groups to call Central Office to arrange to go to a Correctional Facility meeting. Arrangements must be made, at least a week in advance to obtain a gate pass.

SCREENERS REPORT: Marcia W. for Norma F.

There have been no additions or corrections since the April report, for Screeners or the 12 Step list volunteer. Mailings are complete.

CENTRAL OFFICE: Helen B. for Delphine H.

| | | | |
|------------------------|-----|------------------------------|----------|
| A.A. INFORMATION | 640 | | |
| PIC | 7 | 12 STEP | 13 |
| CPC | | LITERATURE REQUESTS | 62 |
| AL-ANON | 72 | REFERRAL TO OTHER AGENCIES | 24 |
| AL-ATEEN | 3 | REFERRAL FROM OTHER AGENCIES | 31 |
| ACOA | 32 | | |
| McLEAN'S SERVICE GROUP | | CENTRAL OFFICE | |
| OUTGOING CALLS | 52 | OUTGOING CALLS | 129 |
| INCOMING CALLS | 386 | OUTGOING MAIL | \$153.24 |
| | | VISITORS. | 185 |

NEW FRONTIERS: Larry B.

Everything is going fine. We are still always open for input of any kind having to do with sobriety. How we get here and how we stay here. This is your newsletter. Sponsors, encourage your sponsees to share of themselves in a general way their stories and their sobrieties.

BUFFALO FALL CONVENTION: Bill L. for Joe H.

Program committee has rounded out the program. A draft of the program will be available by the first of July, 1990. Flyers go to the printers tomorrow. They will be available soon, through the Central Office. There will be designated smoking areas at both the meetings and banquet. We're also looking for names of people interested in getting involved.

FIFTIETH ANNIVERSARY: No Report.

COURTESY REPORTS

G.S.A. - GENERAL SERVICE ASSEMBLY Area 50 Elvester McR.

1. World Convention is 70% sold out. 2. All Treatment Facility and Correctional Facility calls should go thru those Committees designated for such, and not be done on an individual basis.

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

4/8 Ripley Memorial United Methodist Church-Young People- 7:00 PM-15 people present.
4/26 Call from Columbus Hospital Alcohol & Drug Unit (new) - Thursday A.A. meeting already set up thru Treatment Facilities Committee. Passed on to a friend in N.A. the need for an N.A. meeting for drug unit - N.A. meeting now on Tuesdays.
5/19 Ken Ton Coalition "Alternatives Fair" 10:00 AM-4:00 PM at Kenmore East -2 young members have agreed to go.
5/24 Parents Without Partners at 8:00 PM - should be around 12 people.
5/29 Grand Island High School - 5 "Health & Human" classes 7:45 AM-1:15 PM Approximately 100 students - 2 people handling this.
6/1 Orchard Park High School - 1 Health class at 10:55 AM - 2 people going.
Update on 3/8 at Akron Central PTA - asked us for comments on setting up next year.

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

Contact has been made with D'Youville College. Letters are going out to the Human Resource Directors of the Financial Community in Area 50 letting them know we are available for assistance. This will be followed by a mailing to the area Employee Assistant Program Directors. AA literature is also sent along, explaining what we do and don't do. A copy of the letter was read, and is on file at the Central Office.

RE-CAP

ENVELOPE SYSTEM: Roger P. stated that 25 displays are now available, with more coming. Please sign sheet for your group, if a display is taken.

FINANCIAL REPORT: Larry B. stated that funds are down for Correctional & Treatment Facilities Committees. Please encourage groups to contribute.

TREATMENT FACILITIES: Bernie A. asked what the expenditure for "3 shades" meant. Dave answered that there were portable displays of the Steps & Traditions.

GENERAL SERVICE: Elvester McR said that PIC & CPC should also be contacted thru committees only, and not individually.

OLD BUSINESS: Larry B. reminded us that we need a new Chairperson for the 50th Anniversary of AA in Western New York. Lynn C. suggested that Larry B. be considered, and that we take it back to the groups for ideas and others who might wish to participate.

NEW BUSINESS: Ralph K.- Sunrise Court annual Fathers' Breakfast & 36th group Anniversary will be Sunday, June 17, 1990 at \$10 per person. Tickets now available. Meeting adjourned by a motion by Bernie A., and seconded by Les McC. at 7:50 PM, and closed with the Lord's Prayer.

Respectfully Submitted,
Marcia Walker, North Buffalo group
(for Lue Summers)

| Correctional Facilities | | Financial Statement--#484-184 | | 4 APRIL 25, '90 - MAY 25, '90 | |
|---------------------------------|--|-------------------------------|---------|-------------------------------|---------------|
| | | This Month | Check # | Expenses | Accum. Totals |
| Abbott Men's Disc | | | | | 30.00 |
| Acceptance | | 100.00 | | | 100.00 |
| Action | | 50.00 | | | 50.00 |
| Amherst Snyder | | 15.00 | | | 90.00 |
| Broadway Bailey | | | | | 5.00 |
| Chapter IX | | 15.00 | | | 60.00 |
| Delaware Disc. | | | | | 15.00 |
| East Aurora | | | | | 20.00 |
| Eternal Vigilance | | 10.00 | | | 10.00 |
| Father Baker | | 100.00 | | | 100.00 |
| Fireside | | | | | 50.00 |
| Hill Billy | | | | | 60.00 |
| Honesty | | 10.00 | | | 45.00 |
| Kenmore | | | | | 50.00 |
| Lakeshore | | 5.00 | | | 10.00 |
| New Zion | | | | | 50.00 |
| North Buffalo | | 10.00 | | | 50.00 |
| Rainbow | | | | | 25.00 |
| Sheridan | | 10.00 | | | 50.00 |
| South Buffalo | | 10.00 | | | 30.00 |
| Spirit of Hope | | | | | 5.00 |
| Sunday Niters | | | | | 30.00 |
| Thruway | | | | | 10.00 |
| Tuesday Women's Disc | | 10.00 | | | 20.00 |
| Turning Point | | | | | 50.00 |
| Twin Cities | | | | | 30.00 |
| We Care | | 20.00 | | | 50.00 |
| Why | | | | | 110.00 |
| Working | | | | | 150.00 |
| Anonymous | | | | | 5.00 |
| RECEIPTS | | 365.00 | | | 1360.00 |
| EXPENSES | | | NONE | | |
| RE-CAP | | | | | |
| Balance Pr Checkbook 4/25/90 | | | (14.08) | | |
| Add Receipts 4/25/90 - 5/25/90 | | | 365.00 | | 350.92 |
| Deduct expenses 4/25/90-5/25/90 | | | | | ----- |
| Balance Pr Checkbook 5/25/90 | | | | | 350.92 |
| Operating credit for 5/25/90 | | 365.00 | | | |

| Treatment Center Account | | Financial Statement | 602-089-5 | April 25, 1990 - May 25, 1990 | |
|---------------------------------|---------------------------------|---------------------|--------------|-------------------------------|--------------|
| | | This Month | Check Number | Expenses | Accum Totals |
| Abbott Men's Disc | | | | | 30.00 |
| Acceptance | | 100.00 | | | 100.00 |
| Action | | 50.00 | | | 50.00 |
| Amherst Snyder | | 10.00 | | | 50.00 |
| Broadway Bailey | | | | | 20.00 |
| Chapter 9 | | 15.00 | | | 15.00 |
| Delaware Disc | | | | | 15.00 |
| East Aurora | | 10.00 | | | 50.00 |
| Eternal Vigilance | | 10.00 | | | 10.00 |
| Father Baker | | 100.00 | | | 100.00 |
| Fireside | | 25.00 | | | 100.00 |
| Hill Billy | | | | | 60.00 |
| Kenmore | | | | | 25.00 |
| Lakeshore | | 5.00 | | | 10.00 |
| New Zion | | | | | 50.00 |
| Sobriety | | 20.00 | | | 20.00 |
| South Buffalo | | 10.00 | | | 30.00 |
| Spirit of Hope | | | | | 5.00 |
| Sunday Niters | | 10.00 | | | 30.00 |
| TGIF | | | | | 25.00 |
| Thruway | | | | | 10.00 |
| Tuesday Women's Disc | | | | | 10.00 |
| Turning Point | | | | | 50.00 |
| Twin Cities | | | | | 30.00 |
| University Mens | | 20.00 | | | 100.00 |
| We Care | | 30.00 | | | 85.00 |
| Why | | | | | 50.00 |
| | Receipts | 415.00 | | | 1130.00 |
| Expenses | Void | | 129 | | |
| | Central Office - Lit - Brylin | | 130 | 34.32 | |
| | Central Office - TFC wkbks | | 131 | 49.00 | |
| | Central Office - Lit - Columbus | | 132 | 25.00 | |
| | Central Office - Lit - ECMC | | 133 | 300.00 | |
| | | | | 408.32 | |
| RE-CAP | | | | | |
| Balance Pr Checkbook 4/25/90 | | | (116.20) | | |
| Add Receipts 4/25/90-5/25/90 | | | 415.00 | | 298.80 |
| Deduct Expenses 4/25/90-5/25/90 | | | | | -408.32 |
| Balance Pr Checkbook 5/25/90 | | | | | (109.52) |
| | Operating credit for 5/25/90 | | 6.68 | | |

| Central Committee Account | | Financial Statement #504-771- | | April 25, '90 - May 25, '90 | |
|---|--|-------------------------------|----------------|-----------------------------|----------|
| 57 Groups Contributed | | | | | 3149.75 |
| Joint Meeting (expenses 12.07) | | | | | 27.25 |
| New Frontiers Subscription | | | | | 30.00 |
| Envelope System | | | | | 318.00 |
| Literature | | | | | 2721.44 |
| Miscellaneous - Fall Convention Hospitality | | | | | 150.00 |
| | | Total Receipts | | | 6396.44 |
| DISBURSEMENTS | | | | | |
| | #10 Ellicott Square Court Corp - mth rt | | | | 431.00 |
| | Community Mental Health Center - Cen Com | | | | 35.00 |
| | Mary Ellen Stachura | | | | 116.95 |
| | Helen J. Brady | | | | 112.80 |
| | Delphine A. Hoy | | | | 294.29 |
| | Mary Ellen Stachura | | | | 116.95 |
| | Helen J. Brady | | | | 137.55 |
| | Delphine A. Hoy | | | | 294.29 |
| | Mary Ellen Stachura | | | | 132.37 |
| | Helen J. Brady | | | | 167.33 |
| | Delphine A. Hoy | | | | 294.29 |
| | Helen J. Brady | | | | 112.80 |
| | Mary Ellen Stachura | | | | 55.94 |
| | Delphine A. Hoy | | | | 294.29 |
| | Happy Spring Water - mth bl | | | | 25.47 |
| | Buffalo News - mth bl | | | | 266.40 |
| | New York Telephone - mth bl | | | | 129.13 |
| | M & T Bank - Fed Withhold tax | | | | 556.36 |
| | Copies, Inc. - Drum - PM Kit | | | | 439.90 |
| | Metrocomm (McLean Service Grp) - mth bl | | | | 142.45 |
| | Delphine A. Hoy - Blue Shield | | | | 705.00 |
| | Mary Ellen Stachura | | | | 55.94 |
| | Helen J. Brady | | | | 112.80 |
| | Delphine A. Hoy | | | | 294.29 |
| | A.A. World Services, Inc | | | | 2157.80 |
| | Petty Cash | | | | 50.00 |
| | | Total Disbursements | | | 7531.39 |
| | | | Bank Checks | | 43.00 |
| | | | Bank Chgs-3 mo | | 42.14 |
| | | | Canadian mo. | | 1.19 |
| | | | | | 7617.72 |
| Balance Pr Checkbook 4/25/90 | | 11111.47 | | | |
| Add Receipts 4/25/90 - 5/25/90 | | 6396.44 | | | 17507.91 |
| Deduct Expenses 4/25/90 - 5/25/90 | | | | | 7617.72 |
| Balance Pr Checkbook 5/25/90 | | | | | 9890.19 |
| | Operating debit for 5/25/90 | (1221.28) | | | |
| | M&T Savings Accounts | | 20015.07 | | |
| | M&T Checking Accounts | | 9890.19 | | |
| | Total Monetary Assets | | 29905.26 | | |
| | Projected Prudent Reserve-1yr. | | 36000.00 | | |
| | Reserve debit | | -6094.74 | | |

| | | | | | | | | |
|------------------------|--------|--------|------------------------|--------|---------|------------------------|-------|--------|
| GROUP | | | Clarence Mens Disc | | 300.00 | Golden Slipper | | |
| 1st Step | | | Cold Springs | 25.00 | 110.00 | Good Life | | |
| 11th Step | | | Common Hour | | | Grand | | |
| 1st. Things 1st. | | 15.00 | Common Problem | | | Grand II Joy Of Living | | |
| 3rd Step | | | Common Problems at VA | | | Grateful | | |
| 6th Step | | 50.00 | Community Center | | 55.00 | H.A.N.D | | 60.00 |
| A Day At A Time | | 90.00 | Cornplanters Again | 64.00 | 87.75 | Half & Half | | |
| A Helping Hand | | | Courage | | 120.00 | Hamburg | | 225.00 |
| Abbott Mens at VA | | | Delaware Discussion | 47.75 | 87.75 | Handicappers Sat. Nite | | |
| Abbott Mens Discussion | | 75.00 | Derby | | 120.00 | Happy Hour | | 60.00 |
| Acceptance | 120.00 | 120.00 | Desire | | 100.00 | Harmony | 10.00 | 15.00 |
| Achievement | | | DeVeaux Discussion | | 25.00 | High View | | |
| Action | 150.00 | 150.00 | Downtown Discussion | | | Hill Billy | | 360.00 |
| Active Achievement | | | Downtown Men's Disc. | | 30.00 | Honesty | 30.00 | 150.00 |
| Age Doesn't Matter | | | Dunkirk | | | Humbly Willing | | |
| Albion | | | E.C.M.C. | | | Ignatia | | |
| All Women | | | Early Beginnings | | | Inner City | | 120.00 |
| Amherst Snyder | 50.00 | 150.00 | Early Bird | | 10.00 | Inspiration | 50.00 | 150.00 |
| Amherst Tree of Life | | | Early Start | | | Iron Horse | | 20.00 |
| Amsdell Lakeshore | | | Easier Softer Way | | | Kenmore | | 50.00 |
| Any Age | | 100.00 | East Amherst | | | Kensington Disc | 25.00 | 25.00 |
| Arcade | | | East Aurora | 35.00 | 175.00 | Ladies Night | | |
| Attitude Adjustment | | | Eden-North Collins | | 120.00 | Lakeshore | 20.00 | 40.00 |
| Attraction | | | Ellicott | 25.00 | 125.00 | Lakeview | | |
| Awakening | | | Ellicottville | | | Lazy Bee Ranch | | |
| Beginner's Table | | | Emergency | | | Let Go & Let God | | 50.00 |
| Beginnings | | | Eternal Vigilance | | | Lew-port | | |
| Bidwell | 30.00 | 150.00 | Everybody's | 20.00 | 20.00 | Liberty Women's | | 75.00 |
| Bidwell Monday Disc. | | | Eye Opener | | 120.00 | Lighten Up | | 20.00 |
| Big Book | | 20.00 | Eye Opener | | | Live and Let Live | 50.00 | 135.00 |
| Blasdell | | | Father Baker | 200.00 | 200.00 | Living Sober | 30.00 | 150.00 |
| Boulevard Women's | 20.00 | 40.00 | Faith & Action | | 33.00 | Lock City | | |
| Brass | | 40.00 | Feelings | | | Lockport #1 | | 20.00 |
| Broadway-Bailey | | 40.00 | Fireside | 330.00 | 1260.00 | Lockport Discussion | | |
| Brocton Discussion | | | Fireside PM | | | Lockport Ladies | | |
| By The Book | | 5.00 | Ford | | 100.00 | Lockview | | |
| Came to Believe | | 50.00 | Fredonia Bkft. Meeting | | | Lovejoy | | |
| Campus | | | Fredonia Discussion | | 30.00 | Lower River | | 59.75 |
| Casting | | 45.00 | Freedom | 25.00 | 125.00 | Main View Manor | | |
| Cathedral Park | | | Fresh Start | | | Marilla | | |
| Caz Manor | | | Friday Nite Disc. | | | Matt Talbot | 30.00 | 120.00 |
| Cazenovia | | | Friendly | 80.00 | 80.00 | McKinley Winners | | |
| Central Park | | | Friendship Fireside | | | Medina New Life | | 30.00 |
| Chapter IX | 15.00 | 70.00 | Frontier | | | Medina Sunday | | |
| Chapter V-Bflo | | | Gardenville | | 40.00 | | | |
| Chapter V-Pendelton | | | Getting it Together | | | | | |
| Cheektowaga | | | Giving | | 30.00 | Keep It Simple Sisti | 20.00 | 20.00 |
| Chevy #1 | | | | | | As Bill Sees it | 10.00 | 10.00 |

| | | | | | | | | |
|--------------------------|-------|--------|--------------------------|--------|---------|-------------------------|---------|----------|
| Mercy | | 60.00 | Saturday Night Disc | 20.00 | 80.00 | University Men's | 150.00 | 750.00 |
| Mid-day | | | Saturday Night Alive | | | Urban | 30.00 | 60.00 |
| Midnite | | | Saturday Nite Live | | 20.00 | V.I.P. | | |
| Miracle | | | Second Chance | | | Valley | | |
| Mod | | | Security | | | Veteran's Hospital | | |
| Monday Nite | | | Serendipity | | | Victory | | |
| Morning After | | | Serenity | 25.00 | 75.00 | We Admitted | | |
| NDH-Tonawanda Forge | | | Sheridan | 30.00 | 150.00 | We Are Not Saints | | |
| Never Too Late | | | Silver Creek | | | We Care | 30.00 | 160.00 |
| New Awakening | | | Sober Trail | 10.00 | 10.00 | We Choose Life | | |
| New Beginnings | 50.00 | 50.00 | Sobriety Men's Disc | 55.00 | 75.00 | We Have A Dream | | 40.00 |
| New Direction | | | Somerset | | | We Need You | | |
| New Frontier | | | South Buffalo | 50.00 | 105.00 | Wed. Lunchtime | 20.00 | 62.00 |
| New Frontier Womans | | | South Town | 100.00 | 285.00 | Welcome | | |
| New Life | 5.00 | 15.00 | Southgate | 9.00 | 9.00 | Welcome Home | 175.00 | 175.00 |
| New Westside | | | Southwestern | 40.00 | 40.00 | West Seneca Sat. Ni | 50.00 | 100.00 |
| New Zion | | 400.00 | Spirit of H.O.P.E. | | 10.00 | West Valley | | |
| Niagara Frontier Men's | | | Springville | | | Westfield | 60.00 | 60.00 |
| North Buffalo | 90.00 | 450.00 | Springville-no smoking | | 20.00 | Westminster | | |
| North Java | | | St. Barnabus | 60.00 | 60.00 | Why | | 100.00 |
| One Day at a Time (ODAT) | | | Step | | | Williamsville | | 120.00 |
| Open Arms | | | Stepping Stones | 10.00 | 40.00 | Wilson | | |
| Open Mind | | 60.00 | Sunday Breakfast | | 20.00 | Women's Westside Disc. | | 100.00 |
| Pass It On | | | Sunday Niters | 20.00 | 100.00 | Working | | 50.00 |
| Patchin | | | Sunday Third | | 30.00 | You'll Never Walk Alone | | 75.00 |
| Peaceful | | | Sunrise Court | | 50.00 | Youngstown | | |
| Perry | 25.00 | 25.00 | SUNY - Amherst Campus | | 100.00 | | 3149.75 | 14060.81 |
| Positively Living | | | Surburban | | | | | |
| Positively Living II | | | Swinging Door | | | 57 Groups contributed | | 3149.75 |
| Primary Purpose | | | T'n'T | | | Accum total last Mo. | | 10911.06 |
| Progress | | | TGIF | | 75.00 | Accum. total 5/25/90 | | 14060.81 |
| Purpose | | | Thankful | 54.00 | 104.00 | | | |
| Rainbow | 25.00 | 120.00 | The Way | | 40.00 | | | |
| Ray of Hope | | 100.00 | Thru-way | 300.00 | 1800.00 | | | |
| Remember When | | | Thursday Afternoon Disc. | | 50.00 | | | |
| Renewal | | 100.00 | Thursday Nonsmoking | | | | | |
| Rush Hall | 25.00 | 125.00 | Today | | | | | |
| Rush Manor | | 100.00 | Tri-County | 25.00 | 25.00 | | | |
| S. S. Sobriety | | 34.56 | Trinity Monday Night | | 75.00 | | | |
| Salamanca | | | Tuesday Men's Disc. | | 35.00 | | | |
| Salamanca Freedom | | | Tuesday Women's Disc. | 10.00 | 30.00 | | | |
| Sally Group | | 23.00 | Turning Point | | 50.00 | | | |
| Salvation Army | | | Twin Cities | 25.00 | 125.00 | | | |
| Saratoga | | | United Brotherhood | | | | | |
| | | | Unity | 60.00 | 180.00 | | | |

May 1990

Human Resources Director
Employee Assistance Program

Dear Director,

This letter is to let you know that there is a committee in Alcoholics Anonymous that cooperates with the Professional Community. Our purpose is to assist you in understanding what Alcoholics Anonymous is about. We know from our own experience that the most common characteristic of the alcoholic is denial. Denial that there is a problem.

We are enclosing some of our material to help you understand our program. If you would like to speak with someone on our committee, we can be reached through a telephone call to our Central office 716-853-0388. Just request to have someone from the CPC Committee contact you.

Very truly yours,
Professional Community Committee
Alcoholics Anonymous