



May, 1994

## Captivity vs. Freedom

For over five years, I have never been guilty of not going to meetings, not contacting my sponsor, or not being active in my group, or AA as a whole. I was guilty of not being on the highroad to a new freedom. I was untreated, resentful, fearful, self-sufficient, restless, irritable, discontented, and without a drink for five years. Much of that time involved continued exertion of my power into areas of my life where I hadn't any. At times I felt as though I was regaining control, but my human resources, as marshalled by the will, were not sufficient. My resources failed utterly. Consequently, I was exposed to the fatal nature of my alcoholism. I found myself in a position where there was no middle-of-the-road solution. I had to accept spiritual help, or be doomed to an alcoholic death.

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"I found myself in a position where there was no middle-of-the-road solution. I had to accept spiritual help, or be doomed to an alcoholic death."

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The simple kit of spiritual tools were laid at my feet. Beginning with the cover page, through the first step, the hopeless condition of my body and mind were revealed to me, and my solution must be spiritual. In the chapter to the Agnostic, the fallacy of my faith was exposed. Where was I going in life? Who was I? Why hasn't God shown Himself to me? Yet, in other moments, I found myself enchanted by the beauty and majesty of Allegheny State Park, the Grand Canyon, Niagara Falls, and I would wonder Who was their creator? Who could comprehend that power anyhow? But, faced with alcoholic destruction, I soon became open-minded to the possible existence of a creative intelligence that underlies the totality of things. In Step Three, (little did I realize I was opening a healing environment,) I abandoned myself to this power. I began an inventory to discover the obstacles in my path to a conscious relationship with this power. I illuminated every twist of character, every dark cranny of the past to God, myself, and another human being.

Withholding nothing, I began to feel the nearness of my Creator. My fears fell, and for the first time in my recovery, I felt as though the drink problem had disappeared. The spiritual beliefs I had were replaced with the infancy of a spiritual experience. I evaluated my work in Step Six, and closed the healing environment in Step Seven. My inventory provided the skeleton for my amends list, which I used to repair the damage done out of my effort to live life under my own power.

My spirit was healed, ready for the experience. As I met my fellows with whom I owed an amends, I admitted my faults, and asked if I had left something out. After I was told how they felt about it, I asked for a way in which I could right my wrongs. Returning home, I felt release, a release that was whole and complete. A release that freed me from all things worldly and material. A release from self and all its forms of resentment, fear and delusion. I knew truth for the first time in my entire life. I had stepped from the bridge to the desired shore of faith. I had stepped into the sunlight of the spirit. God revealed Himself to me, because in Steps 1-9 I asked and demonstrated my willingness. That warmth gently faded into the clamors of day-to-day living. But, the certainty that I am on the broad highway walking hand-in-hand with the spirit of the universe remains because I continue to maintain the fit condition of my spirit with Steps 10, 11 and 12.

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"...because I continue to maintain the fit condition of my spirit...freedom of life is mine to enjoy and pass it on."

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I don't sell flowers, I don't distribute pamphlets, I've never seen a burning bush, and I've never considered wearing a white robe. But, my hopeless conditions was removed, and my mind was returned to me. Freedom of life is mine to enjoy and pass it on.

Jasen M. Abbott, Men's

## My Favorite Slogans

I have a "Keep It Simple" bumper sticker on the frig door in my kitchen. I stuck it there because I knew that I'd see it there more than on the back of my car. Like most alcoholics, I'm plagued by compulsive, obsessive, slightly neurotic behaviors and thinking patterns. But, I've toned them down. This means I can take any one of a thousand daily decisions, moments, telephone calls and turn them into problems that would send Einstein running for the hills. Seeing my bumper sticker brings me back to earth when my mind or emotions have overreacted and flown in a thousand direction at once.

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"On my best days, I do the next thing in front of my nose, and try not to project too much, or kill myself getting the job done. As my sponsor says, 'it's amazing how the waters part when one simply keeps moving forward.'"

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For me, the slogan "Easy Does It" is the compliment to "Keep It Simple." I think that a new AA coin should be minted with these slogans on each side. I seldom work one slogan without the other. The days when I do move calmly and simply from one task to the next are the same days when that feeling of easy doing it is with me. When I keep things simple, they're easy. Although some of my days are long and tiring, (up to 15 hours may elapse between when I leave in the morning and when I arrive home at night,) I can still move through a full day without feeling that nerve-racking fear that used to drive my daily living. On my best days, I do the next thing in front of my nose, and try not to project too much, or kill myself getting the job done. As my sponsor says, "it's amazing how the waters part when one simply keeps moving forward."

The most important slogan for maintaining my perspective and gratitude is "Remember When." Sometimes, if I'm feeling the blahs, I'll drive in the

country, preferably on a rainy night with my favorite space music playing. I'll give a lead and do a "Remember When." I'll recount to myself in full, living Technicolor the week that I literally lost my mind. For an entire week, I wandered around my parents' house in the throws of psychotic delusion, convinced that I was a member of a secret underground South American organization. My bedroom closet doubled as a transport chamber, and I could beam myself back and forth between my bedroom and various foreign operations. I can joke about it now, but that episode was one of the most horrific weeks of my life, and it is only one of a seemingly endless list of "Remember Whens" resulting from my alcoholism. It's amazing though, how running through a few "Remember Whens" always increases my gratitude, and often makes my current daily problems seem relatively small by comparison. I don't dwell on my past, I simply use it to minimize the possibility that my worst memories be ever repeated.

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"...running through a few 'Remember Whens' always increases my gratitude, and often makes my current daily problems seem relatively small by comparison. I don't dwell on my past, I simply use it to minimize the possibility that my worst memories be ever repeated."

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I don't think that it's any accident that I hear these three slogans a lot at meetings. They're often repeated because they apply so well to such broad, familiar territory. They help me reel my mind back when life's daily ups and downs arouse my common fears and frailities. Developing the habit of not just thinking of, but actually feeling the appropriate slogan in times of trouble certainly doesn't help solve all of life's complex problems, but someday it sure does help.

Tony H.  
Living Sober  
Westminster



## "My Problem's Not Alcohol"

(I recently heard that statement at a meeting, made by two members with fairly long-term sobriety.)

The April '94 issue of Grapevine was one of the most disappointing I have ever read. The so-called "Spirituality" issue was extremely lacking in spirituality, and presented a lot of "change," which now seems the norm. This is the thrust of the "New Program" as opposed to the "Old" Spiritual Fellowship. Why would anyone want to change the foundation that was responsible for freedom from the most devastating problem alcoholics ever experienced? I would rather be sober than politically correct.

Everything in the Big Book must be right. How else would I know which is correct, and which is wrong? If I choose to add, or delete text, what is to stop the entire book from eventually being altered? Then I would have my program, which never worked because I was drunk all the time.

My problem today is not a "living problem," which is so readily expounded upon at meetings, and in print. My problem is I have lost the ability to control my drinking!

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"All the problems I had when actively drinking are gone, and amazingly I'm still alcoholic. If the solving of 'living problems' were the criteria, once achieved I could drink again...the miracle is not that I don't drink, the miracle is I have experienced a profound personality change."

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All the problems I had when actively drinking are gone, and amazingly I'm still an alcoholic. If the solving of "living problems" were the criteria, once achieved I could drink again. I can't. I have a disease known as alcoholism, which is arrested on a daily basis in direct proportion to my spiritual condition. The miracle is not that I don't drink, the miracle is I have experienced a profound personality change.

My spiritual condition is only maintained by practicing the principles of the fellowship of Alcoholics Anonymous as expressed in the text Alcoholics Anonymous. I don't have "problems" today, what I have is God's will in my life. If I'm practicing the principle of having "made the decision" to turn my will and life over to His care, I must logically assume an all-



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"When I'm not attempting to remain God-conscious by praying, or living only for 'the knowledge of His will, and the power to carry it out,' then I'm in the process of creating problems...I'm responsible for my spiritual condition..."

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loving, omnipotent, supernatural Being.

When I'm not attempting to remain God-conscious by praying, or living only for "the knowledge of His will, and the power to carry it out," then I'm in the process of creating problems by the depletion of my spiritual condition. I'm not responsible for my recovery, God and the fellowship are. I'm responsible for my spiritual condition, which is contingent on what I'm taught within the fellowship.

I can't imagine any hope, freedom, or life without the forgiveness and love of a Higher Power, the foundation of the spiritual principles of AA. In fact, there would be no living, (but, that would never stop me from taking a drink.)

The article "Afraid of the Night," in the Feb. '94 issue of Grapevine, in my opinion, was one of the best, and most spiritual I have ever read. It summed up my problem, "I was using alcohol to cure alcoholism." Today my solution is am "using" God, and the fellowship to "cure" alcoholism, my problem.



Capt. John  
Internationalist

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

MAY 1994

**MEETING CHANGES:**

ALL MEETINGS AT THE ALCOHOLIC CLINIC, 1280 MAIN STREET, ARE NON-SMOKING  
DOWNTOWN MEN'S DISCUSSION, RISE & SHINE, POSITIVELY LIVING  
WESTMINSTER - MONDAY - 8:30PM - is now NON-SMOKING

**PLEASE NOTE:**

MAY 2 - MONDAY - SERENITY IN THE PARK - 7PM - will start another season.  
JUNE 4 - SATURDAY - MARINA - 8PM - meeting site will again be at the  
pavilion in front of the Miss Buffalo Dock next to the Naval Park. Bring  
your own coffee and/or refreshments.

MONDAY - COLUMBUS HOSPITAL - TFC meeting has been cancelled.

THURSDAY - AMHERST TREE OF LIFE - which meets at 8PM in the Benderson  
Bldg of the Suburban Jewish Community Ctr, 2640 N Forest Rd in Getzville  
needs support. It is about one mile west of Millersport highway.

**COMING EVENTS:**

MAY 1 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM

MAY 13 - FRIDAY - LOCKPORT #1 group will be celebrating their 47TH  
Anniversary at the Grace Episcopal Ch, 100 Genesee St, corner of Cottage, in  
Lockport. Eats 6:30PM "Bring a dish to share"-Speaker at 8PM. See You There!!

MAY 14 - SATURDAY - SPRINGVILLE TUESDAY NIGHT - is sponsoring its  
3RD ANNUAL SPRING DANCE, at St Al's Church Hall in Springville. Speaker at  
7:30PM, dancing at 8:30 - 12:30. Tickets \$5.00. Buffet/bring a dish.

MAY 14 - SATURDAY - THURSDAY BIG BOOK STUDY - is sponsoring a 4TH Step  
Workshop from 1PM to 5PM at the Amity at 340 Military Road corner of  
Hertel. \$3.00 Donation. Doors open at 12:30 noon.

MAY 25 - WEDNESDAY - LIVING SOBER is celebrating their 26th Anniversary  
with a guest speaker. Please come and celebrate with us at the Kenmore  
Methodist Ch, 150 Delaware Rd at 8:30PM.

MAY 31 - TUESDAY - PERRY DISC will be celebrating their 8th Anniversary  
with an eating meeting and speaker. Meeting is at 12:15 noon at 344 Perry.

JUNE 4 - SATURDAY - NORTH JAVA will be having their 6TH ANNIVERSARY  
DINNER - Roast Beef and Chicken. Donation \$6.00. St Nicholas, Rte 98 in  
North Java. 6PM Doors open-7PM Dinner-8PM Speaker. WELCOME!!!

JUNE 4 - SATURDAY - MATT TALBOT is sponsoring an AA TRADITION DAY at St.  
John's Luthern Church, 67 Litchfield Dr, Depew. 10AM to 4PM.

JUNE 5 - SUNDAY - DAY AT A TIME - 2nd Annual Picnic. Springbrook Park,  
Shelter #5, Foot Rd off Rte 240, Glenwood, NY. Begins at 8AM. The regularly  
scheduled meeting will not be held at the hospital taht day.

JUNE 5 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM

JUNE 17-19 - LONERS INTERNATIONAL CONFERENCE will be held in Akron, Ohio  
at Akron University. For information write LIM Conference,

JUNE 17 - FRIDAY - TGIF ANNIVERSARY NIGHT AND CELEBRATION starting at  
8:30PM including a speaker, followed by a buffet - bring a dish to share.  
Place: Our Lady of Peace, 10950 Main St, Clarence.  
216-252-4416 Columbus, Ohio 43236

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 OCTOBER 28, 29, 30 - 53RD BUFFALO FALL CONVENTION - MARRIOTT HOTEL  
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If you'd like to go but feel you can't afford it - Could you put aside \$1.25 a week for the Registration/Dance or \$.35 a week for Registration for the coming 30 weeks? Call or come to the Central Office and we'll set you up with a working plan. Groups wanting to get whole tables (10 at a table) can start by putting a deposit down. We hope to have a floor plan soon for you to pick your own seating arrangements. Questions about any of these arrangements should be referred to Delphine

5TH MONTH - 5TH STEP "ADMITTED TO GOD, TO OURSELVES, AND 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."

YOURS IN THE SPIRIT OF A.A. -- DELPHINE

**Central Committee Of The Niagara Frontier**  
*Presents*  
**The 53rd Buffalo AA Fall Convention**  
 Friday, Saturday & Sunday  
 October 28, 29, 30 1994  
 Banquet Speaker  
**Don P. - Pine Bluff, North Carolina**

**Buffalo Marriott Hotel**  
 1340 Millersport Hwy.  
 Amherst, N.Y. 14226

**Phone**  
 1-800-334-4040  
 1-716-688-6900

**Registration/Hospitality Rooms Open Friday 2:00 p.m.**  
**Early Bird Speakers 4:00 p.m.**

	<u>AA/Al-anon</u>	<u>Alateen</u>
<b>Registration</b>	<b>\$10.00</b>	<b>\$3.00</b>
<b>Registration Banquet</b>	<b>\$35.00</b>	<b>\$25.00</b>

**For Registration and Hotel Information**  
 Write to: Chairman  
 P.O. Box 237  
 Buffalo, N.Y. 14240-0237

Sorry to hear the news of Burr E.'s death last month. Burr did an excellent job, and got a lot of satisfaction from it. He will be difficult to replace.

I really enjoy the "New Frontier." Lots of controversial articles in there! Glad to see so many individual stories and articles being submitted.

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"I'm so grateful that I received the AA message in Western New York..."

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I'm so grateful that I received the AA message in Western New York and have enjoyed sobriety now for 12 years. It hasn't always been easy, but that is one reason why I'm grateful.

Perhaps I will see you in the fall.

Yours in AA,  
Helen K.  
Formerly of  
Derby Group

[Helen presently resides in Florida.]

When I first came to AA I kept hearing "you will not be alone anymore." I thought "who are you trying to kid!"

A few weeks ago, I fell and broke my hip and wrist. I was in my hospital room watching TV, when I heard a woman's voice asking if she could come in. I looked and there was a lady I had nicknamed "Sgt. Major" with flowers. I had a lot of visitors from AA, phone calls, and I also got my medallion. "When you get out of the hospital call us so we can take you to a meeting," they insisted. I was there for five weeks. I never saw any of my old drinking buddies. The AA people offered to help my wife in case she needed anything. Also, if I desired something they told me not to hesitate to give them a call. It proves that you are not alone in AA, with the help of your Higher Power.

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"Sending a card, or making a phone call might help you with our primary purpose, helping to keep another alcoholic sober. It did for me."

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I received mail and cards from my Loner AA friends. A card, or a phone call can make your day better. So call someone you've not seen at a meeting lately. Sending a card, or making a phone call just might help you with our primary purpose, helping to keep another alcoholic sober. It did for me.

Now I know how much a card or letter means to a recovered alcoholic, and I'm grateful I live where AA is all around me. Being able to call or write might help you one day at a time. The more you give away, the stronger your sobriety gets. Give it a go. You will be surprised by helping others what



My name is Steve, and I'm a recovering alcoholic. I'm currently in rehab at Renaissance House. I wrote this letter to my disease, and I think others could benefit from it. Would you please print it in "New Frontiers?"

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"My name is Steve, and I'm a recovering alcoholic...my God kept me from dying... He loves me."

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True Love

What more do you want? You've taken all I have. You left me here to die, not to get better. But look now, I've changed, you're not so much a part of me anymore. I don't need you. You can keep the family you took, the one I have now is bigger and stronger. You won't hurt them the way you hurt me. So don't try.

My God kept me from dying when you pushed me off the ledge. He won't let you hurt me. He has given me the strength to recover. I'm not afraid of you. You're so much weaker than you let on to be. No, you do have a power, but evil can't last long as we don't let it. You turned me into something I wasn't. You promised me freedom, and captured my soul. I won't let you hurt me, Satan! You have worn out your welcome, and you're the one without the choice now.

I'm still powerless over your demons, but my God is not. You are powerless over Him, and He won't let you hurt me any more. Because unlike you, He loves me.



*A desire fulfilled is  
sweet to the soul....*

The great paradox of AA is that I know I can't keep the precious gift of sobriety unless I give it away. My primary purpose is to stay sober. In AA I have no other goal, and the importance of this is a matter of life or death for me. If I veer from this purpose I lose.

But AA is not only for me, it's for the "alcoholic who still suffers." The legion of recovered alcoholics stay sober by sharing with fellow alcoholics. The way to my recovery is to show others in AA that when I share with them, we both grow in the Grace of the Higher Power, and both of us are on the road to a "happy destiny."

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"The way to my recovery is to show others in AA that when I share with them, we both grow in the Grace of the Higher Power..."

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AA groups exist to help alcoholics achieve sobriety. Large or small, firmly established, or brand new, discussions, or book study, each group has but one reason for being: "to carry the message" to still suffering alcoholics.

Groups exist so that the alcoholic can find a new way of abundant life in happiness, joy, and freedom. To recover, most alcoholics need support of a group of other alcoholics. In my case it's me.

Tom McM.

The Irish ego, being what it is, and having enjoyed recent submissions by two other self-appointed spiritual giants, I feel compelled to take pen in hand and take a similar shot at AA literary fame and fortune. Rumor has it that being paid for these articles is just around the corner.

The occasion is dictated by reflection upon the celebration of another anniversary in our God given fellowship this past weekend. When I accepted a pin for my first year anniversary several springs ago, I wondered aloud, "why are we rewarded by a program that is in the process of saving our lives?"

My brain cells were in the rejuvenation stage at the time, and not ready to consider the only sound reason for this practice. My first sponsor was quick to point out that it showed new people that the program really works. And so it does.

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"...as the progression of sobriety continues, the obligation to 'pass it on' should also progress. This has been a deficiency in the quality of this drunk's sobriety."

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But, as the progression of sobriety continues, the obligation to "pass it on" should also progress. This has been a deficiency in the quality of this drunk's sobriety. So, periodically, I submit items for publication in order to hopefully influence a larger audience.

It was my good fortune to have Bob G. as the main speaker at the recent celebration of my anniversary. Bob, of the North Buffalo Group, has become a very good example to me in the past few years, and helped keep me alive during a recent unfortunate period of unemployment.

In his lead, he drew an interesting analogy between an industrial accident that became a resentment for him and the disease which is the primary resentment for most of us. The disease of alcoholism and the accident certainly play no favorites and seek no particular victims. Resenting and feeling sorry that they have affected us will only get us drunk if we dwell upon them.

So thank you Bob, Mike, family and friends, alky and non-alky alike, and oh yeah, you too, Tom.

Over the six years I've been sober I've worked intensively with other alcoholics. Becoming involved with delivering the message to alcoholics in treatment facilities has brought many experiences, some of which I would like to share with you.

For about five years, my primary reason for working with others was to insure my sobriety, which felt tiring. However, since having begun the work involved on the highroad to a new freedom, this avocation has taken on a new vibrant and energizing meaning.

I hadn't done the spiritual work outlined in our text, hadn't recovered, but was trying to present the best image I had. My experience up to the last year consisted of a few incomplete inventories, and fifth steps, a couple of sixth and seventh steps, and only that part of step twelve which says "carry the message." It is painstakingly obvious to me now why twelfth step work felt so burdensome. I was trying to convey a twelve step message which I hadn't experienced myself. The only truthful message I could carry was how to incompletely do some of the steps.

"It is painstakingly obvious to me now why twelfth step work felt so burdensome. I was trying to convey a twelve step message which I hadn't experienced myself."



Twelfth step work enables me to share with the newcomer my experience of taking the twelve steps, and the strengths that have arisen. That is the message I am supposed to carry. I no longer tell the newcomer how to deal with, or how to cope with things that got them institutionalized. Because I've done the work outlined in our text, I no longer carry an inoperative, misrepresentative experience of AA. This experience has given me a power and strength with which I've never known. In the face of collapse and despair, in the face of total failure of my human resources, I've stood in the presence of Infinite Power and Love. When I humbly offered myself to my Maker, and followed instructions, then I knew. I did the work, drew close to Him, and He disclosed Himself to me. A lifetime of uncertainty and doubt fell from me the moment I completed the arch of steps 1-9. These revelations were gradual, while doing the work. This is my experience. Bill W. states that "we had to find a power by which we could live...a power greater than yourself which will solve your problem." I have successfully used the simple kit of spiritual tools, and passed this message of freedom and hope to others. I've watched them recover, approach other sick ones. I have watched them find God, and in finding God they had found themselves.



At the conclusion of the foreward to the first edition, Bill W. states "recovery begins when one alcoholic talks with another alcoholic sharing experience, strength and hope." This has been true to my experience since taking the instructions contained in our text. Being freed from the power of alcohol, and restored to my right mind, the purpose of twelfth step work is no longer to insure my sobriety. My sobriety is insured by the work I've done in steps 1-9. My purpose for doing twelfth step work has been to pass on the same freedom. "To watch loneliness vanish, to see a fellowship grow...and to have a host of friends."

"A lifetime of uncertainty and doubt fell from me the moment I completed the arch of steps 1-9...I have successfully used the simple kit of spiritual tools, and passed this message of freedom and hope to others."

Watching others step into the sunlight of a new freedom is much more fulfilling than offering them ways to use AA like self-help. "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance, that principle is contempt prior to investigation." (AA, p.570)

Jasen M.



# the AA member- Medications & other Drugs



When I came into the AA program nine years ago, some members took the position that no one in the fellowship should take any medication. While this position prevented relapses for some, it spelled disaster for others.

I have an injury so severe, it requires surgery. My physician has prescribed painkillers in order for me to get about comfortably. This has caused problems with my thinking and actions.

"Around the fellowship, I witness other people zonked out on medication. Many of these individuals struggle to achieve sobriety...I immediately consulted my sponsor to see if under the use of medication I could maintain my sobriety."

Around the fellowship, I witness other people zonked out on medication. Many of these individuals struggle to achieve sobriety, sometimes to develop just as serious a problem with a different drug. In some cases, the drug affects the body in the same way as alcohol. This is especially true of sedatives, barbiturates, valium, and librium. The use of these medications becomes an automatic response for many alcoholics.

I immediately consulted my sponsor to see if the under the use of medication I could maintain my sobriety. My sponsor, with the help of my co-sponsor, (combined sobriety of 76 years) declared that if I'm working and living the AA program as written in the Big Book on a daily basis, I need not fear over medicating myself.

In my desire to be perfectly honest regarding this problem, I'm aware no AA member plays doctor. My physician would never over medicate me, nor would a hospital. In an effort to get out of the pain and into fantasy, I would take more than the prescribed dosage. This could lead to readdiction.

"I'm aware no AA member plays doctor. My physician would never over medicate me, nor would a hospital. In an effort to get out of pain and into fantasy, I would take more than the prescribed dosage. This could lead to readdiction."

Trusting in God, and cleaning house, it becomes increasingly clear I have nothing to fear. From the pamphlet entitled "The AA Member-Medications and Other Drugs," I quote:

"...it is wrong to enable or support any alcoholic to become readdicted to any drug, it's equally wrong to deprive any alcoholic of medication which can alleviate or control other disabling physical and/or emotional problems."

Those of us with physical ailments and injuries, who are living the AA program don't have to live with not being honest. Those that abuse street drugs, over-the-counter medications, sleeping pills, and the like must live with themselves.

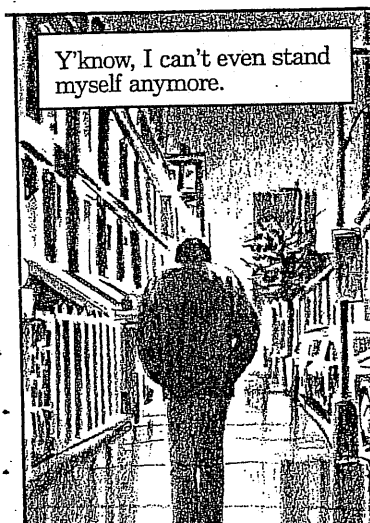
Paul R.  
Freedom Group

## New Frontiers Staff

Interim Editor --- Kevin H.

Co-Editor ----- Tim B.

Printing ----- Delphine W.



Early D., beloved member  
of Cold Springs Group passed  
away April 23, 1994

Best known in Eastside A.A. groups,  
his influence extended far beyond  
other cities in the U.S. Here in W.N.Y.  
we mourn his loss, and offer  
prayers of condolence to his

Family. Arrangements

will take place at  
Calvary Baptist Church,

1148 Genesee Street,

Saturday, April 30<sup>th</sup>,

from

10:00 a.m. to 11:00 a.m.

## The Awakening

I wake of thrist in mid of night  
So familiar is this awful sight.

Sick from drunkenness, sick from despair  
My life appeared beyond repair.

I close my eyes, the nightmares start  
I want to die during those parts.

Too scared to live, too scared to die  
I wake each day and live a lie.

Mirror, mirror on the wall  
Who knows what's best for this ole gal?

Why YOU say I  
And winks good-bye.

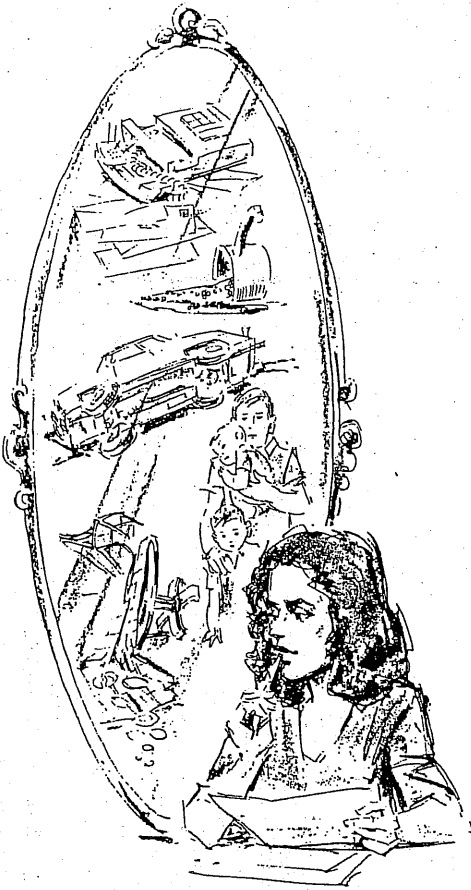
And out the door, to a new sunrise  
Only to invent more rational lies.

But how do I stop? Where do I turn?  
I believe I can no longer learn.

My mind is gone, drugs did me in  
I'll go to hell for all my sins.

I did not care, right at that point  
For I was sure I was headed straight for the joint.

Grasping at straws, and my last plea  
If I was to live, I had to flee.



The road was not easy, and my patience wore thin  
But I had to remember where I had been.

This kept me sober, one day at a time  
But I didn't remove those character defects of mine.

It took the people, here in AA  
To show me that working the steps could take them away.

I live life now, with some serenity  
Knowing I've been given the "GIFT" of "SOBRIETY"

I can look in the mirror now, and not want to curse  
And made a big change in that old poem's verse.

Mirror, mirror on the wall  
Who knows what's best for this ole gal?

NOT you say I  
With a great BIG sigh.

My life's in GOD'S hands, I no longer pretend  
And my love for my God, I need never defend.

For I know now what I didn't know then  
That I really am a part of God's plan.

I need not know what His plan is for me  
The comfort comes in knowing HE set me free.

-Sophia K.



# Anniversaries May, 1994

<u>Amberst-Snyder</u>	Don E.	6 mo.	Wall C.	9 mo.	<u>Rise and Shine</u>	Jim C.	3 mo.
Joe T.	Jim V.	1 yr.	Shawn A.	9 mo.	Daniel D.	3 mo.	
Paul B.	Laurie M.	3 yrs.	Loretta D.	9 mo.	Diane	6 mo.	
John D.	Brian B.	3 yrs.	Jack G.	1 yr.	Elijah S.	6 mo.	
Dawn W.	Carol B.	6 yrs.	Rerry L.	1 yr.	Anna P.	6 mo.	
Kate M.	Ted	7 yrs.	John G.	2 yrs.	Pam	6 mo.	
Chair S.	Michael W.	7 yrs.	Andrea S.	3 yrs.	Kenny B.	6 mo.	
Roy H.	Karen M.	7 yrs.	Pat W.	3 yrs.	Jose	9 mo.	
Don B. Jr.	Ann H.	8 yrs.	Jim E.	3 yrs.	Jack G.	9 mo.	
Maryellen M.	Scott F.	9 yrs.	Brenda P.	3 yrs.	Bruce G.	7 yrs.	
Dick M.	Trish B.	11 yrs.	Clayden N.	4 yrs.	<u>Sheridan</u>	3 mo.	
Edmund L.	Robert R.	12 yrs.	Gloria H.	4 yrs.	David M.	1 yr.	
Betty C.	Mike Y.	13 yrs.	David M.	4 yrs.	Tom M.	4 yrs.	
Richard M.	Wendy W.	15 yrs.	Patricia L.	4 yrs.	Mark H.	7 yrs.	
Donnette K.	Brian M.	18 yrs.	Harmony	4 yrs.	Chris B.	12 yrs.	
Frank D.	Arlene S.	36 yrs.	April	4 yrs.	Carol R.	23 yrs.	
Virginia D.	Joan T.	40 yrs.	Tony B.	3 mo.	John T.		
	Leslie K.		May		<u>Sunday Morning Breakfast</u>		
<u>Bidwell Monday Disc.</u>	Sam P.	6 mo.	Davyd H.	6 mo.	April	3 mo.	
Jeff N.	Rick K.	6 mo.	Wanda K.	2 yrs.	Jonathan S.	6 mo.	
Steve N.	Dan V.	9 mo.	Julene R.	5 yrs.	Bobbie L.	9 mo.	
Mike D.	Helen Z.	2 yrs.	Clifford S.	5 yrs.	Mark M.	1 yr.	
Kathleen L.	Peter K.	3 yrs.	Jerry C.	9 yrs.	Dale W.	1 yr.	
Dave H.	Pat H.	3 yrs.	Jim L.	5 yrs.	Christine L.	1 yr.	
Floyd N.	Mark S.	3 yrs.	<u>Let Go and Let God</u>	6 yrs.	Bud S.	2 yrs.	
Cherry S.	Beth D.	3 yrs.	Elvis R.	8 yrs.	Randy C.	6 mo.	
Jimmy S.	Karen S.	4 yrs.	Bill L.	5 yrs.	May	9 mo.	
Tom S.	Ernie J.	4 yrs.	Marcus G.	3 mo.	Dawn L.	3 yrs.	
Elizabeth D.	Robert S.	4 yrs.	Liberty Women's	2 yrs.	Joe K.	17 yrs.	
	Doug P.	5 yrs.	Ann Marie P.	5 yrs.	Jeff K.	18 yrs.	
<u>Cazanovia</u>	Terry L.	8 yrs.	Joan S.	14 yrs.	Kitty C.	6 mo.	
Jean R.	Edward Z.	8 yrs.	Carole O.	14 yrs.	Mary R.	9 mo.	
Cordell P.	Jim L.	12 yrs.	Sue R.	26 yrs.	<u>Thruway</u>		
Teresa B.	Giving		Robin T.		Tom M.	3 mo.	
	April	3 mo.	Isabel F.	3 mo.	Margaret H.	1 yr.	
<u>Cold Springs</u>	Eddie C.	6 mo.	<u>North Buffalo</u>	6 mo.	Keith A.	2 yrs.	
Joseph C.	Eric B.	2 yrs.	Robert B.	3 mo.	Sue M.	6 yrs.	
Sonja C.	Larry S.	3 mo.	James H.	6 mo.	Diane L.	9 yrs.	
Edith H.	May	3 mo.	Jay H.	2 yrs.	Diane Z.	9 yrs.	
Barbara H.	Jacki M.	3 mo.	Jerome H.	3 yrs.	Mark P.	10 yrs.	
Althea M.	Happy Hour	3 mo.	Liz S.	3 yrs.	George L.	14 yrs.	
Bill H.	Raymond W.	3 mo.	Monique R.	4 yrs.	Judy F.	14 yrs.	
James L.	Darrell D.	3 mo.	Stanley W.	4 yrs.	Mary Ellen S.	14 yrs.	
Betty R.	Robert C.	3 mo.	Chris F.	9 yrs.	<u>We Care</u>		
Lynn C.	Patrina S.	3 mo.	Donald H.	11 yrs.	Wayne R.	1 yr.	
	Willene F.	6 mo.	Dennis L.	13 yrs.			
<u>Eye Opener</u>	Stanley R.	6 mo.	Ferry A.	15 yrs.			
Rich H.	Paul F.	6 mo.	Roger P.	17 yrs.	<u>Why</u>		
Pat T.	Eddie C.	9 mo.	David P.		Paul B.	1 yr.	
Tom O.	Sullivan J.	9 mo.	Mel R.		Barb A.	2 yrs.	
Jim C.	Doug G.	9 mo.			Robin T.	4 yrs.	
Tom K.					Fred R.	6 yrs.	
Bud N.					John W.	7 yrs.	



Miracles do happen!

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

**MAY 1994**

**MEETING CHANGES:**

ALL MEETINGS AT THE ALCOHOLIC CLINIC, 1280 MAIN STREET, ARE NON-SMOKING  
DOWNTOWN MEN'S DISCUSSION, RISE & SHINE, POSITIVELY LIVING  
WESTMINSTER - MONDAY - 8:30PM - is now NON-SMOKING

**PLEASE NOTE:**

MAY 2 - MONDAY - SERENITY IN THE PARK - 7PM - will start another season.  
JUNE 4 - SATURDAY - MARINA - 8PM - meeting site will again be at the pavilion in front of the Miss Buffalo Dock next to the Naval Park. Bring your own coffee and/or refreshments.  
MONDAY - COLUMBUS HOSPITAL - TFC meeting has been cancelled.  
THURSDAY - AMHERST TREE OF LIFE - which meets at 8PM in the Benderson Bldg of the Suburban Jewish Community Ctr, 2640 N Forest Rd in Getzville needs support. It is about one mile west of Millersport highway.

**COMING EVENTS:**

MAY 1 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM  
MAY 13 - FRIDAY - LOCKPORT #1 group will be celebrating their 47TH Anniversary at the Grace Episcopal Ch, 100 Genesee St, corner of Cottage, in Lockport. Eats 6:30PM "Bring a dish to share"-Speaker at 8PM. See You There!!  
MAY 14 - SATURDAY - SPRINGVILLE TUESDAY NIGHT - is sponsoring its 3RD ANNUAL SPRING DANCE, at St Al's Church Hall in Springville. Speaker at 7:30PM, dancing at 8:30 - 12:30. Tickets \$5.00. Buffet/bring a dish.  
MAY 14 - SATURDAY - THURSDAY BIG BOOK STUDY - is sponsoring a 4th Step Workshop from 1PM to 5PM at the Amity at 340 Military Road corner of Hertel. \$3.00 Donation. Doors open at 12:30 noon.  
MAY 25 - WEDNESDAY - LIVING SOBER is celebrating their 26th Anniversary with a guest speaker. Please come and celebrate with us at the Kenmore Methodist Ch, 150 Delaware Rd at 8:30PM.  
MAY 31 - TUESDAY - PERRY DISC will be celebrating their 8th Anniversary with an eating meeting and speaker. Meeting is at 12:15 noon at 344 Perry.  
JUNE 4 - SATURDAY - NORTH JAVA will be having their 6TH ANNIVERSARY DINNER - Roast Beef and Chicken. Donation \$6.00. St Nicholas, Rte 98 in North Java. 6PM Doors open-7PM Dinner-8PM Speaker. WELCOME!!!  
JUNE 4 - SATURDAY - MATT TALBOT is sponsoring an AA TRADITION DAY at St. John's Luthern Church, 67 Litchfield Dr, Depew. 10AM to 4PM.  
JUNE 5 - SUNDAY - DAY AT A TIME - 2nd Annual Picnic. Springbrook Park, Shelter #5, Foot Rd off Rte 240, Glenwood, NY. Begins at 8AM. The regularly scheduled meeting will not be held at the hospital that day.  
JUNE 5 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM  
JUNE 17-19 - LONERS INTERNATIONAL CONFERENCE will be held in Akron, Ohio at Akron University. For information write LIM Conference,  
JUNE 17 - FRIDAY - TGIF ANNIVERSARY NIGHT AND CELEBRATION starting at 8:30PM including a speaker, followed by a buffet - bring a dish to share. Place: Our Lady of Peace, 10950 Main St, Clarence.  
P O Box 360446, Columbus, Ohio, 43236  
JULY 15 - 17 - 28TH NEW YORK STATE CONVENTION - CASTLE INN & CONFERENCE CT  
BOULEVARD 112 WEST STATE ROAD, CLEON, NEW YORK

\*\*\*\*\*  
 OCTOBER 28, 29, 30 - 53RD BUFFALO FALL CONVENTION - MARRIOTT HOTEL  
 \*\*\*\*\*

If you'd like to go but feel you can't afford it - Could you put aside \$1.25 a week for the Registration/Dance or \$.35 a week for Registration for the coming 30 weeks? Call or come to the Central Office and we'll set you up with a working plan. Groups wanting to get whole tables (10 at a table) can start by putting a deposit down. We hope to have a floor plan soon for you to pick your own seating arrangements. Questions about any of these arrangements should be referred to Delphine

5TH MONTH\* - 5TH STEP "ADMITTED TO GOD, TO OURSELVES, AND 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."

YOURS IN THE SPIRIT OF A.A. -- DELPHINE

**Central Committee Of The Niagara Frontier**  
*Presents*  
**The 53rd Buffalo AA Fall Convention**  
*Friday, Saturday & Sunday*  
**October 28, 29, 30 1994**  
**Banquet Speaker**  
**Don P. - Pine Bluff, North Carolina**

**Buffalo Marriott Hotel**  
 1340 Millersport Hwy.  
 Amherst, N.Y. 14226

**Phone**  
 1-800-334-4040  
 1-716-688-6900

**Registration/Hospitality Rooms Open Friday 2:00 p.m.**  
**Early Bird Speakers 4:00 p.m.**

	<u>AA/Al-anon</u>	<u>Alateen</u>
<b>Registration</b>	<b>\$10.00</b>	<b>\$3.00</b>
<b>Registration Banquet</b>	<b>\$35.00</b>	<b>\$25.00</b>

**For Registration and Hotel Information**  
 Write to: **Chairman**  
**P.O. Box 237**  
**Buffalo, N.Y. 14240-0237**

The meeting was opened with a moment of silence followed by the Serenity Prayer. Purpose of Central Committee was read by Margaret R. Rise and Shine Group. Traditions were read by Jan C. Sunday Morning Breakfast. The Chairman read Preamble. A motion to dispense reading of the minutes was called for by the Chairman, motion seconded by Ron E and was approved.

**29 GROUPS--Dist#1-Delaware Disc, Rise & Shine, Second Chance Dist#2, Renaissance I, WHY Dist#3 Abbott Men's, Abbott Women's, Cazenovia, Ellicott, Inner City, Iron Horse, Higher Powered, Lovejoy, Powerless, Rainbow, Seneca 12&12, South Buffalo, Southgate Dist#4-Action, Dist#5 We Admitted, Dist#6, Dist#7 Amherst Snyder, Cold Springs, Honesty, Kensington Disc, VIP Dist#8 Eye Opener, New Life, Sunday Morning Bkft, T'n'T.**

### COMMITTEE REPORTS

**ENVELOPE SYSTEM: none**

### STEERING COMMITTEE MEETING - APRIL 26, 1994

The meeting was opened at 6:22PM with the Serenity Prayer by chairman Al C. Present were Delphine H, Al C-Dist#8, Sonny J-Dist#3, Bill D-Dist#4, Tina F-Dist#1, Margaret H-Dist#7, Jerome D.

Business:

1. Screener Committee Chairman - appointment of Ralph K. To be approved by Central Committee on Sunday.
2. Envelope System Chairman - suggestion of Mel L who volunteered his services. He will be recommended for appointment to the Central Committee Chairman and Central Committees approval.
3. Correctional Facilities Chairman - The question was asked if Larry S would be able to take over as Chair being that he is co-chair of Central Committee. Sonny J suggested Larry S take over until he moves into the Central Committee Chairmans' position in '95 and then to find a new chairman and co-chair for the Correctional Committee.

Meeting adjourned at 7:05PM in the usual manner with the Lord's Prayer.

**FINANCIAL REPORT - Jerome D - as attached.**

### TREATMENT FACILITIES - Brian B

1. Horizon Services is opening a long term facility in Niagara County this month. We will be running a weekly meeting as soon as they are up and running.
2. Groups are encouraged to send a representative to the (TFC) Treatment Facility's Committee meeting on the 3rd Saturday of each month at 10 AM at the Woodside Methodist Church, 675 Abbott Road.
3. Our meetings can use support. They are listed in the schedule as TFC 12 Step Call.
4. Columbus Hospital - Monday at 7PM is not open to the general AA public.

### CORRECTIONAL FACILITIES: Frank M. - Chairman Larry S - Co-Chairman

1. For April no books were given out.
2. The Corrections Panel of the Spring Convention was held on Saturday, April 2. Present were Sonny J, Barbara C, Larry S and myself. I believe we had a good turn out. Each of us shared a little about ourselves and say we are on the Corrections Committee. After we had questions from the people who attended which I believe opened a few eyes as to what we are trying to do. Also, it brought people in who hopefully will join us in our project for a very worth while cause. We are looking forward to their support.

A special thanks for Barb C who shared much more than needed when yours truly became tongue tied and forgot what I wanted to say.

My year has ended as your Corrections Chairman. Replacing me will be the Co-chairman Larry S.

This year has taught me many things as far as prison work goes and how worthwhile going into the prisons and sharing really is-but most of all it kept me sober. I was told that I have to be in AA not around it.

Turning the Committee over to Larry S will not be easy but my time is due and I know that he is capable of carrying on, besides I can always return at a later date if needed.

I would take this time to thank God for giving me strength, Central Committee for giving me the opportunity to serve, you people for putting up with me and Toni H from Iron Horse for leading me to you.

A special thanks to Sonny J from General Service for being there for help and guidance this past year. In our case Central Committee and General Service can and do work together.

**SCREENERS:** No report

**CENTRAL OFFICE: Delphine H**

AA information	580	12 Step	12
PIC	6	literature requests	192
CPC		Refer to other agencies	42
Alanon	35	Refer from other agencies	70
Alateen	2	<i>Central office</i>	
ACOA	8	Outgoing calls	73
<i>Answering Service</i>		Mail costs	\$222.34
Incoming calls 320 - Out going 35		Visitors	145

**NEW FRONTIER:** no report

**FALL CONVENTION '94 - KEVIN G. PROGRAM CHAIRMAN (CO-CHAIR, JIM F), BOTH SO BFLO.**

1. Speakers: Panel narrators and panelists selected.
2. 6 speakers: 2 earlybird (local) Anne S, Cold Springs, Tom H, Powerless  
Keynote: Al H, Saskatoon, Saskatchewan  
Banquet: Don P, Pine Bluff, North Carolina  
Saturday afternoon: Annamarie N, Raynham, Massachusetts  
Closing: Martina S, Cleveland, Ohio
3. 14 Panels: a) Cleveland, Jamestown, Toronto. b) All Topics - steps, Big Book and chapter titles.
4. Guidelines: stg on topic - stg on time - program of attraction rather than promotion - Primary Purpose.

**COURTESY REPORTS:**

**GENERAL SERVICE - MARCIA W - ALTERNATE DELEGATE**

1. Last meeting in Niagara Falls NY - Workshop and regular reports of Committees.
2. Next meeting - Alfred NY - Alfred for Sobriety Group - Union Universalist Church, Church St - 1PM
3. State Convention, July 15, 16, 17, 1994 in Olean - Castile Inn

**RECAP - NONE**

**OLD BUSINESS:** none

**NEW BUSINESS:**

Central Committee Chairman thanked Frank M for a job well done as Chairman of the Correctional Facility Committee.

He appointed Larry S to move into the position from co-chair to Chairman with the unanimous approval of the Central Committee with Barb C as the appointed Co-



GROUP	Correctional Facil		Treatment Ctrs	
	MAY '94	Accum.	MAY '94	Accum.
1st Step				
3rd Step				
6th Step				
A Day At A Time				
Abbott Mens Discussion	10.00	10.00		
Abbott Women's	6.00	6.00		
Acceptance				
Achievement				
Action	50.00	50.00		
Age Doesn't Matter				
Albion				
Alexander				
All Women				
Amherst Tree of Life	109.00	218.00		
Amherst Snyder	50.00	50.00	15.00	15.00
Amsdell Lakeshore				
Any Age				
Arcade				
As Bill Sees It				
Attitude Adjustment				
Attraction	100.00	200.00		
Awakening				
Beginner's Table				
Beginning in Sobriety I				
Beginning in Sobriety II				
Beginnings-Women's		66.00	68.00	66.00
Better Days (Bilingual)				
Bidwell				
Bidwell Monday Disc				
Big Book		25.00		
Big Book Study (Thursday Night)				
Big Book Workshop				
Blasdell				
Blasdell Monday Night	20.00	120.00	15.00	25.00
Blissfully Sober				
Boulevard Women's				
Brass		40.00		
Broadway-Bailey		25.00		
Brocton Discussion				
But for the Grace of God		81.50	33.00	33.00
By The Book-Buffalo				

The Chairman appointed Ralph K as Chairman of the Screeners Committee. It was approved unanimously.

The next appointment was that of Mel L, as Chairman of the Envelope System Chairman. Approved unanimously.

Elvester, past delegate, brought up the question - Why hasn't Central Committee bought their own coffee? Discussion followed. To be Discussed at Steering Committee meeting.

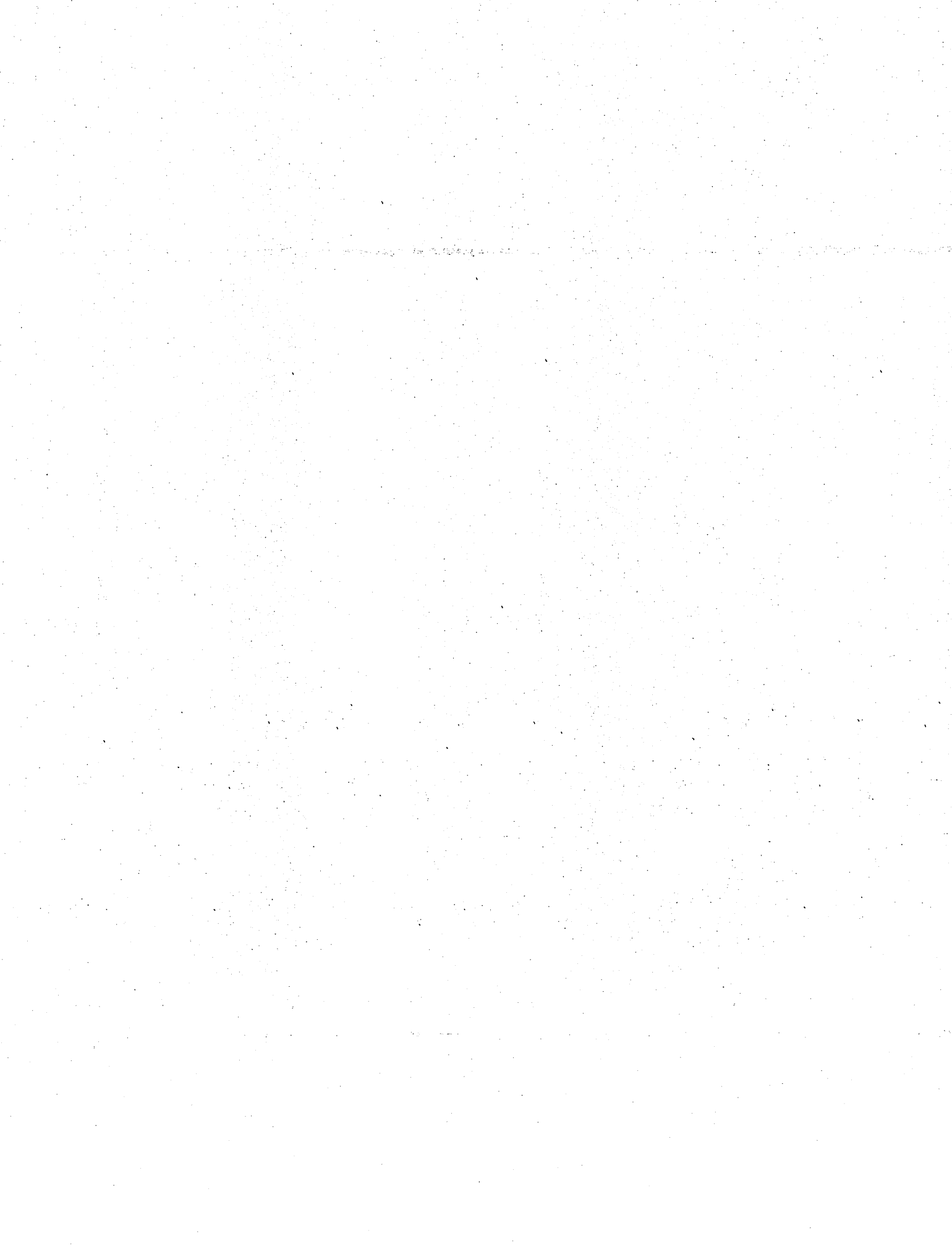
A letter was read written by the late Early D, concerning the Operating Procedures in using the words "by-laws" chairman acknowledged such and said the useage of the words "by-laws" will be voted on at a later date. Discussion followed. To be continued at next months Central Committee meeting.

Central Committee Chairman re-emphasized that Central Committee is separate from General Service in that at Central Committee each group is represented by a representative.

Motion to adjourn was made and seconded.Meeting closed wiht the Lord's Prayer.

Respectfully Submitted,

Blane H (Cold Springs)  
Central Committee Secretary



GROUP			Correctional Facil		Treatment Ctrs	
	MAY '94	Accum.	MAY '94	Accum.	MAY '94	Accum.
pg. 2						
Came To Believe	28.81	71.21			25.00	50.00
Campus (Buffalo State College)						
Casting		40.00				
Cathedral Park	35.00	120.85				
Caz Manor						
Cazenovia						
Central Park		20.00				
Chapter IX		40.00		40.00		
Cheektowaga		50.00				
Chevy #1						
Clarence Men's Disc II						
Clarence Men's Discsion		400.00				
Cold Springs				25.00		
Common Problem		50.00				
Community Center				25.00		
Cornplanters Again						
Courage						
Delaware Discussion						
Derby						
Desire						
DeVeaux Discussion						
Downtown Discussion						
Downtown Men's Discussion						
Dunkirk						
Early Bird						
Earlybird - Saturday						
East Amherst	80	80	10.00	10.00	10.00	10.00
East Aurora	40.00	200.00			10.00	50.00
Easy Does It						
Eden-North Collins						
Ellicott	15.00	40.00				
Ellicottville						
Emergency						
Eternal Vigilance						
Everybody's		40.00				
Eye Opener	50.00	270.00				
Face to Face (women's)						
Faith						
Faith in Action						
Father Baker						

GROUP	Correctional Facil		Treatment Ctrs	
	MAY '94	Accum.	MAY '94	Accum.
pg.3				
Feelings				
Fireside	124.00	644.00	50.00	125.00
Fireside P.M.		200.00		
First Things First				
First Ward				
Fredonia Discussion				
Freedom	25.00	125.00	75.00	150.00
Fresh Start				
Friday Nite Discussion				
Friday Noon Meeting				
Friday Step Beginners				
Friendly				
Friendship				
Friendship Fireside				
Frontier				
Gah Nee Goin Geh (Of the Mind)				
Gardenville				
Gay, Lesbian, Sober & Proud				
Giving		25.00		
Golden Slipper				
Good Life				
Grand		30.00		
Grand II Joy Of Living				
Grateful				
Guiding Light		50.00		
H.A.N.D.		325.00		
H.O.W.				
Half & Half		25.00		
Hamburg				
Hamburg Big Book		20.00		
Handicappers Sat. Nite				
Happy Hour		50.00	50.00	50.00
Harmony	10.00	50.00		
Helping Hand		40.00		
High Noon				
High View				
Higher Powered				
Hilly Billy		60.00	20.00	20.00
Holiday Village		232.35		
Honest Desire				

GROUP			Correctional Facil		Treatment Ctr	
	MAY '94	Accum.	MAY '94	Accum.	MAY '94	Accum.
pg. 4						
Honesty	30.00	150.00	10.00	50.00		
Hora de Reflección (Spanish)						
How It Works		30.00				
Humbly Willing						
Ignatia		10.00				
Inner City						
Inspiration		30.00				
Iron Horse	45.00	45.00	45.00	45.00		
1st Step						
IT						
It's About Time						
Just for Today						
Keep It Simple, Sister		30.00				
Keep on Comin'						
Kenmore						
Kensington		25.00		25.00		
Ladies Night						
Lakeshore						
Lakeview						
Let Go & Let God		20.00				
Lew-port						
Liberty Women's		91.00		25.00		
Life Today						
Lighten Up	60.00	60.00				
Live and Let Live		80.00				
Living Sober	35.00	175.00				
Lock City						
Lockport #1						
Lockport Discussion		175.00				
Lockport Ladies						
Lockview		418.00				
Lovejoy						
Lower River						
Lunch Bunch						
Main Street						
Marilla	30.00	60.00				
Matt Talbot	25.00	100.00				
Medina New Life						
Mercy						
Mid-day						

GROUP			Correctional Facil		Treatment Ctrs	
	MAY '94	Accum.	MAY '94	Accum.	MAY '94	Accum.
pg. 5						
Midnight						
Miracle						
MOD (Serenity Room)						
Morning After	5.00	20.00	5.00	15.00		
Never Too Late						
New Awakening						
New Beginnings		25.00		10.00		10.00
New Freedom						
New Frontier						
New Frontier Womens						
New Life	10.00	40.00	5.00	20.00		
New Life - New Beginning	50.00	100.00				
New Westside						
Niagara Frontier Men's						
Nite People						
North Buffalo	100.00	500.00	25.00	125.00	25.00	125.00
North Java-Monday						
North Java-Sunday						
One Day at a Time(ODAT)		25.00				25.00
Open Arms						
Open Mind						
Opportunity						
Orchard Park Step						
Pass It On	50.00	75.00				
Patchin						
Pathway to Peace						
Pendleton-Chapter V						
Perry						
Positively Living II		50.00				
Positively Living III						
Powerless						
Primary Purpose						
Progress		44.00				
Purpose	40.00	160.00				
Rainbow						
Ray of Hope		100.00				
Remember When						
Renaissance I	100.00	100				
Renaissance II						
Renewal		75.00		25.00		

GROUP			Correctional Facil		Treatment Ctr	
	MAY '94	Accum.	MAY '94	Accum.	MAY '94	Accum.
pg. 6						
Ridge		50.00		50.00		50.00
Ripley's "Believe It Or Not"						
Rise & Shine	10.00	20.00				
Rochester Meeting						
Rur-al Is Plural						
Rush Hour						
S.S. Sobriety						
Sally						
Salvation Army						
Saratoga						
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity						
Second Chance		30.00		10.00		10.00
Security						
Seneca 12 & 12		5.00				
Serenity	60.00	180.00				
Serenity Circle		40.00				
Serenity Trail						
Sheridan	10.00	50.00				
Silver Creek Friendship						
Sober Trail						
Sober Winners						
Sobriety Men's Disc						
Somerset						
South Buffalo		70.00				
South Town		35.00				
South Town Women's		40.00		40.00		40.00
Southgate	13.60	35.40				
Southwestern		36.00				
Spirit of H.O.P.E.		10.00				
Spiritual Progress						
Spiritual Progress(women's)						
Springville						
Springville Saturday Afternoon						
St. Barnabas						
St. Mark's						
Starting Over						
Step						
Stepping Stones						



GROUP			Correctional Facil		Treatment Ctrs	
	MAY '94	Accum.	MAY '94	Accum.	MAY '94	Accum.
pg. 7						
Suburban		14.00				
Sunday Morning Bkft.		125.00		50.00		75.00
Sunday Nlters	<b>20.00</b>	60.00		20.00		10.00
Sunday Third		15.00				
Sunrise Court						
SUNY-Amherst Campus						
Surrender & Hope						
Survivors						
Swinging Door						
TnT						
T.P.H.						
TGIF	<b>50.00</b>	50.00	<b>25.00</b>	25.00	<b>25.00</b>	25.00
Thankful		70.00				
The Journey	<b>5.00</b>	25.00				
The Way						
Thruway	<b>200.00</b>	1200.00	<b>20.00</b>	90.00		
Thursday Afternoon Disc	<b>100.00</b>	150.00				
Today						
Town Hall(Going to Any Length)					<b>90.00</b>	190.00
Tri-County						
Try Again						
Tuesday Men's Disc	<b>50.00</b>	100.00				
Tuesday Women's Disc.		15.00				10.00
Turning Point		25.00				10.00
Twin Cities		45.00				
United Brotherhood						
Unity		60.00				
University	<b>150.00</b>	600.00			<b>20.00</b>	100.00
Urban						
V.I.P.		21.50				
Valley						
Varysburg		15.00				
Veterans						
Victory						
Villa	<b>25.00</b>	45.00				
Vision of Hope						
Wake Up Call	<b>33.60</b>	100.90				
We Amitted	<b>5.00</b>	20.00	<b>5.00</b>	15.00		
We Are Not Saints						
We Care	<b>30.00</b>	120.00	<b>10.00</b>	40.00	<b>20.00</b>	80.00

GROUP			Correctional Facil		Treatment Ctr	
	MAY '94	Accum.	MAY '94	Accum.	MAY '94	Accum.
pg. 8						
We Choose Life		60.50				
We Need You						
Wehrle						
Welcome						
Welcome Home						
West Seneca Sat. Nite						
Westfield						
Westminster						
WHY		75.00				
Williamsville		50.00				
Willing To Grow		150.00				
Wilson						
Women's Westside Disc.		50.00		25.00		25.00
Working		20.00				
You'll Never Walk Alone						
Youngstown						
Youth Gone Wild						
Groups - MAY '94	<b>2015.01</b>		<b>265.00</b>		<b>350.00</b>	
Last month accum totals	<b>8843.80</b>		<b>1001.00</b>		<b>1089.00</b>	
Year to date totals	<b>10858.81</b>		<b>1266.00</b>		<b>1439.00</b>	

CENTRAL COMMITTEE #504-771-7		MONTHLY REPORT			
RECEIPTS	4/25/94 - 5/25/94				
Groups contributed			2015.01		
Joint meeting (expenses)			32.45		
New Frontier Subscriptions			103.00		
Envelope System			328.00		
Literature			2999.14		
Miscellaneous :In Memorial			30.00		
	<b>Total Receipts</b>		<b>5527.60</b>		
<b>DISBURSEMENTS</b>					
* 10 Ellicott Sq Ct Corp				578.00	
Community Mental Health Ctr				35.00	
The Paper Shop				20.65	
US Postmaster	mt rfl			500.00	
Happy Spring Water				28.35	
* 10 Ellicott Square Court Corp				30.00	
NYS Department of Taxation and Finances				20.12	
M & T Bank				771.86	
Image Office Equipment, Inc				4.21	
The Message Connection				132.55	
AT & T				1.30	
NYNEX				160.63	
Salaries & Ins				3145.67	
Petty Cash				50.00	
Bank Charge				67.84	
				5546.18	
Balance per checkbook 4/25/94				2787.92	
Add receipts 4/25/94-5/25/94				5527.60	
Deduct expenses 4/25/94-5/25/94				-5546.18	
Balance per check book 5/25/94				2769.34	
Operating debit for MAY 1994		(18.58)			

RECAP		4/25/94 - 5/25/94				
<b>CORRECTIONAL FACILITIES ACCOUNT *484-185-4</b>						
<b>Expenses</b>		<b>Check#</b>	<b>Amount</b>			
AA Central Office - Niagara County		1088	132.00			
Balance per checkbook 4/25/94				515.18		
Add Receipts 4/25/94 - 5/25/94				265.00		
Deduct expenses 4/25/94 - 5/25/94				<u>-132.00</u>		
Balance per checkbook 5/25/94				648.18		
Operating credit for 5/25/94		133.00				
<b>TREATMENT FACILITIES ACCOUNT *602-089-5</b>						
<b>Expenses</b>		<b>Check#</b>	<b>Amount</b>			
AA Central Office	Horizons	263	66.00			
AA Central Office	Renaissance	264	121.00			
AA Central Office	ECMC	265	121.00			
AA Central Office	Horizons	266	121.00			
AA Central Office	assortment	267	<u>157.11</u>			
			586.11			
Balance per checkbook 4/25/94				697.99		
Add Receipts 4/25/94 - 5/25/94				350.00		
Deduct expenses 4/25/94 - 5/25/94				<u>-586.11</u>		
Balance per checkbook 5/25/94				461.88		
Operating debit for 5/25/94		(-236.11)				