

NEW FRONTIERS

A.A. of the Niagara Frontier

MAY 2012

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

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



The Big Hump ...

There is a mountain in one of our Western states which is not often climbed. Any old veteran of parts thereabouts will give this reason: "The first part goes easy. But about one-third of the way up most of 'em turn around and come back. There's sheer walls and jagged rocks, deep crevices and poor footing. Right there most folks quit. Odd thing, too. When you've passed that big hump you've got it made. The rest is a climb all right, but the worst is over."

The Twelve Steps of Alcoholics Anonymous are like that mountain. There's a big hump on the way up—*Step Five*: "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Right here some folks give up.

I must have a "Fifth-Step face". As a counselor I have often been asked to be the other human being referred to in this Step. And my date book with its broken engagements is mute testimony that it is easy to approach this part of the mountain and then turn back.

In my work as a minister I have seen good Fifth Steps and bad ones; long Fifth Steps and short ones; Fifth Steps scribbled on brown wrapping paper and those neatly typed with a secretary's perfection. In listening to men and women, young and old, some long on A.A. and some who tackled this part of the mountain before they were ready, I have noticed that there were always some things in common among those who were successful.

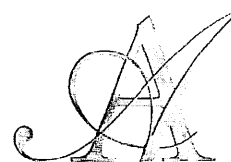
What are the secrets of a good Fifth Step? Let us take a look at the basic ingredients, then the mechanics, and finally the places where the going is roughest. The following is based entirely on my own experience and observations on the receiving end of the Fifth Step and is intended as a possible guide for those seeking suggestions as to how to go about taking the Fifth Step.

Three Basic Ingredients

- *Belief in a forgiving God ...* In my opinion, this concept of a forgiving God is needed for a thorough Fifth Step.
- *One must want to take it ...* Before going further, I want to explain that as a non-alcoholic I have taken this step myself and I recommend it heartily for those who are not in A.A. I have experienced the soul-struggle which it requires. I know the humiliation which accompanies it. I also know the deep peace which follows in its wake.
- *Take the Fourth Step ...* This Step is a basic preliminary, and may be even rougher than Step Five.

Three Suggestions

1. *Determine to make it thorough ...* Most of us have a section where we locked the door and threw the key away. But the monoxide fumes seep under the sill and poison our whole life. Until you want to find all the keys and open all the locked chambers, you're not ready. Decide that you will make it complete.
2. *Take plenty of time ...* An enthusiastic new member of A.A. rushed in and said, "I've just got twenty minutes before I'm due back at work. I'd like to take my Fifth Step." ... I explained that he had been twenty years getting into this and twenty minutes wasn't adequate. It may take six weeks, six months, or longer—take your time.
3. *Write it out ...* Word for word, page for page, sentence after horrible sentence, put it all down. Experience has taught me that the best Fifth Steps are written down, and many of us who are sought out by A.A.s as



(Continued on page 3)



Dear Friends ...

To put the “plug in the jug” is only the beginning. The trials of the first year are NOT to be underestimated. It requires putting your whole self, complete and worthy, as a Child of the Universe, into keeping that “plug in the jug”. Often, it takes months or more for the fog to lift, the roller coaster of emotions to slow down and the constant chatter to even begin to subside. Anything less than diving with both feet first into the program of A.A., symbolized by the three sides of the triangle within a circle, will probably leave you muddled. I’ve seen plenty of that and while it does sadden and confuse me, I too remember when I believed I had no other option but to blot out life with my previous master, alcohol.

It was only by clinging to “fearless and thorough” that I had the courage to face the continuing fact of my existence. I had failed utterly and completely to solve my alcohol problem. Nothing *I* could or would do ever worked.

Alcoholics Anonymous, the program of action as set down in our text, meetings, literature and the collection of pamphlets, kept me sober that first year along with some “WE” involved. In subsequent years, contacts with other alcoholics, a phone list built through the years, have kept me sober and somewhat rational through some hard, and many good, times.

It’s my experience that I can be fearful, nervous or grieving and yet still KNOW deep inside that “I AM alright.” Always! Without question! No matter what has come my way—uncertainty, loss of friends, disability, hardship. I know I am still alright and am able to face all of this with the “We” of the program, provided I put forth the effort.

I have those “... grave emotional and mental disorders” and always identified and felt victimized by that fact. Entering my fourth year, I am no longer a victim or a survivor. I continue to hear that part, but now identify and HEAR in my heart the next part of the sentence, “... DO recover IF they have the capacity to be honest”. Recovering one day at a time through the Twelve Steps and the other tools I’ve been given is my own proof that I no

longer exist enslaved by alcoholism or survive with these disorders, but rather, do live a useful and productive life in spite of them.

Honesty. Honest about my powerlessness over the first drink without my Higher Power, honest and thorough as I can be in both the Fourth step and in my thoughts; clarity has taken time! Practicing honesty and courage in the Fifth step, and now, as kindly and gently as I am able, honesty with all my relations. I’m still human.

Working the first eleven steps brought me to a place in my life that I had only dreamed of and wished I could have before I came into these rooms. They told me, “Don’t leave before the miracle happens.” I didn’t believe them and I was wrong. One of my sponsors told me, “You know why your spiritual awakening will be better than mine?” I answered, “No, why?” He replied, “Because it WILL happen to you!” I couldn’t imagine what and was skeptical. Again, I was wrong. This is the truth of my spiritual awakening.

It’s taken continuous, sometimes strenuous, effort—following the suggestions or at least attempting them, attending meetings, reading the literature and pamphlets, and maintaining contact with other alcoholics outside the rooms. I’ve also been taught to keep in the forefront of my mind the question of what I can do for God and all my fellows. This will keep my recovery moving forward. Sometimes ever so slightly. Patient improvement is a reassuring thought. Recovery is a process and a lifelong journey that assures me this: I’ll get better even if things around me don’t.

For those who are new or newly coming back, it’s my prayer that you are desperate enough to stay and wait for your miracle. And to all of those who have supported me in countless ways, a heartfelt thank you. I know I’ll always have a chair, a cup of coffee, and a warm smile waiting for me.

I’ll always continue to try to “give back what has so freely been given me”, however it will be but a scratch on the surface.

With Love and tears,

~ Paul G. ~ Cheektowaga, NY ~

The Circle-Triangle Symbol

~ my response to a query about the meaning of the symbol ~

The Sobriety Circle & Triangle Symbol is the symbol used by Alcoholics Anonymous. The equilateral triangle represents the three-part answer—unity, recovery and service—to a three part disease—physical, mental and spiritual, while the circle represents wholeness or oneness. The body should be triangular, stable, the mind circular, open.

The triangle represents the means for generation of good energy, and is the most stable physical posture. The circle symbolizes serenity and perfection, and the source of unlimited potential. Together they represent the perfect union of mind and body.

It has been used in many native cultures. The priests, medicine men and seers of antiquity regarded the circle enclosing the triangle as a means of warding off spirits of evil, and A.A.’s circle and triangle of Recovery, Unity and Service has certainly meant all of that to those of us in recovery and much more.

Love and Peace. Barefoot Windwalker

~ With permission ~ Barefoot Bob @ www.barefootsworld.net ~

(Continued from page 1)

counselors make it a rule to wait until the member has done this.

Here are some reasons why the best results are obtained when it is written down:

- ◇ More permanent effects. In my experience those who take the Fifth Step this way have not had a slip again.
- ◇ It can be added to. Double or triple-space it. As you recall one old memory another will raise its head ... this can be written between the lines.
- ◇ It can be read out loud with the person you have chosen. This saves time for both of you ... and most important, you actually feel you are getting it out of your system.
- ◇ It helps you see in black and white what's troubling you. The voice cannot be seen but the written word can be clearly viewed.
- ◇ It helps you to organize your problem and attach your troubles to particular incidents ...
- ◇ You can burn your paper or give it to your counselor for his disposal. Thus you feel that you get rid of your past and all the things which have been disturbing you.

Many people suppose that only those things they ever did wrong should enter into Fourth and Fifth Steps. This is a mistake, it seems to me, since myriad other factors go to make us what we are. Here are some general areas where you might find your number-one inner enemy.

- ⇒ *Your early home life* ... Is it only coincidence that a large percentage of the alcoholics I have known are crosswise with one or the other of their parents? Put it all down in black and white. Your counselor will help you put the pieces together.
- ⇒ *Shock* ... Your insecurity may date back to a distant day when you suddenly thought all your world was falling apart. Write it out in great detail. The mere transfer from your harried soul to the paper will do you more good than you can imagine beforehand.
- ⇒ *Disappointment* ... Perhaps this is the place where you decided the universe wasn't friendly and God loved somebody else more than you. Maybe those I-feel-sorry-for-me hours go back to this experience, or others like it.

- ⇒ *Hatred, resentment, grudge.* Make a list of those who have done you wrong and how you feel about them. Add to the list those whom you do not like, and why ...
- ⇒ *Guilt complex* ... You may attempt to laugh it off and treat it lightly. But we are all moral creatures, and there is something sacred in us which, when tampered with, comes back one day to beat a haunting tattoo on the deep-toned drums of the soul. This may be the hardest thing you ever did: write it down. Don't be afraid. God ... knows our frailty. He gave us our instincts ... Your counselor will help you here, and you will help yourself if you list them, one-two-three.
- ⇒ *Selfishness.* Are you number one on your agenda? Oddly enough, it may be two opposite ends of the same pole that made you that way. You may have had too much when you were little. Thus you thought that life was designed to please you. Or maybe you didn't have the things that all the other kids accepted as commonplace. Therefore you decided that one day you would put yourself in a spot where you could really be nice to you ... Life is for service, not self-service, and when you see yourself on paper you may discover a big flaw in your thinking.

There are many other areas of your background too, which will be revealing ... I have suggested a few of those most common. Take your time, be honest, write it all down in great detail.

When you have completed your inventory, make a date with the person you have chosen and have it over as soon as possible ... Select a listener you can trust ... But whoever it is, believe in him completely. Have confidence that he can help you put the pieces together. You should also believe that he has enough of the love of God in his heart to share some of it with you. It also helps if your counselor has been over this part of the rocky pass ahead of you, although there are exceptions to this generalization.

Good climbing! It's a tough mountain but the view is worth it from the top, once you get by The Hump.

Dr. Charlie Shedd

~ Reprinted with permission ~ A.A. Grapevine ~ January 1955 ~ Vol. 21 No. 5 ~

What Is A.A. Worth To You?

Exactly what is A.A. worth to you? Have you ever figured that out? Make a written list sometime of the benefits you have derived from your sobriety. Try hard to make an honest evaluation of what it would be worth to you in dollars and cents. How much have you benefited mentally, spiritually, physically, financially, socially?



Then make another list—how much has A.A. benefited by your membership? Are you trying to give as much as you have received? If not, you are getting something for nothing *and that isn't honest.* You can never square the debt but you can probably give it a little better try than you have been doing.

~ Naples Area Intergroup, Inc. ~ Courier ~ March 2012 ~

archives

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



This Month in A.A. ~ Bob D.

We all have our stories of how it was we came to our first Alcoholics Anonymous Meeting. Most of us, it seems safe to say, arrived out of a sense of desperation. Nothing we tried on our own solved our alcohol problem. We needed help. We needed guidance. And we also needed understanding, whether we first realized it or not.

A.A. newcomers are often urged not to compare, but to identify. Are there similarities in our stories and the stories others are sharing at the meeting tables? Are the thoughts that riddled the minds of other alcoholics similar to those that we are experiencing? The answer to both questions is typically "yes". As a result, when we share our own experiences and thoughts it's the norm for heads around the meeting tables to nod knowingly. No one can come close to understanding an alcoholic's behavior like another alcoholic.

This fundamental truth of the fellowship dates to 77 years ago this month. It was on May 11, 1935 that Bill W. made a phone call from Akron's Mayflower Hotel that would put him in the company of fellow A.A. co-founder Dr. Bob. Craving both a drink and the power to abstain, Bill called one of the ministers listed on the directory in the hotel lobby—Dr. Walter Tunks. Dr. Tunks put Bill in contact with Norman Sheppard, who in turn steered him to Henrietta Sieberling. It was she who arranged for Bill W. to meet Dr. Bob after Bill explained his need to work with another alcoholic.

Their meeting took place the next day, on May 12, 1935. Drunk and irritable, Bob, accompanied by his wife Anne, agreed to meet with Bill only out of loyalty to his friend Henrietta.

"On the way, I extracted a solemn promise from Anne that 15 minutes of this stuff would be tops," Bob said in "Dr. Bob and the Good Oldtimers". "I didn't want to talk to this mug or anybody else, and we'd really make it snappy, I said. Now these are the actual facts: We got there at five o'clock and it was 11:15 when we left."

The two talked and were immediately united by their shared experience and their ability to identify with the plight of the other.

"I had quit preaching," Bill said. "I knew that I needed this alcoholic as much as he needed me. *This was it.* And this mutual give-and-take is at the very heart of A.A.'s Twelfth Step work today."

Dr. Bob was intrigued by Bill's talk of a spiritual remedy. He, too, had tried to find a solution through spiritual means.

"Of far more importance," Dr. Bob said, "was the fact that he was the first living human with whom I had ever talked who knew what he was talking about in regard to alcoholism from actual experience. In other words, he talked my language. He knew all the answers, and certainly not because he had picked them up in his reading."

The recollections of Bill and Dr. Bob reinforce why meetings play a vital role in the sustained recovery of alcoholics. It's by hearing the experiences of others that the newcomer comes to realize that he or she is not unique. And it is by sharing our experiences, strength and hope that recovered alcoholics are able to sustain sobriety by helping another alcoholic and remembering the dark days from which we have emerged.

"Important to (Bob) was that another alcoholic was telling him," it's written in "Dr. Bob and the Oldtimers". "If (non-alcoholics) had been doing the talking it would have been just another lecture."

After that May meeting at the home of Henrietta Sieberling, Bill and Dr. Bob began to "carry the message". Within no more than two weeks Bill wrote a letter to his wife Lois noting he was working with a Dr. Smith "who had my trouble".

"Dr. Smith is helping me to change a Dr. M., once the most prominent surgeon in town, who developed into a terrific rake and drunk."

The two were—for their own good—wasting no time in reaching out to other alcoholics. The founding principles of Alcoholics Anonymous were beginning to play out.



Editorial: On the 5th Tradition

“Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.”

Says the old proverb, “Shoemaker, stick to thy last.” Trite, yes. But very true for us of A.A. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not, ever be diverted from its primary purpose.

Temptation to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that A.A. is a brand new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: “The first shall be last and the last shall be first.” Fantastic, you say. Yet some of our well-wishers have begun to say such things.

Fortunately most of us are convinced that these are perilous speculations, alluring ingredients of that new heady wine we are now being offered, each bottle marked “Success”!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the Grace of God—on borrowed time; that anonymity is better than acclaim; that for us as a movement poverty is better than wealth.

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of A.A.—*“That of carrying its message to the alcoholic who still suffers alcoholism.”*

Bill W.

~ With permission ~ A.A. Grapevine ~ April 1948 ~ Vol. 4 No. 11 ~

THE KNOTS PRAYER

Dear God ~ Please untie the knots that are in my mind, my heart and my life.
 Remove the have nots, the can nots and the do nots that I have in my mind.
 Erase the will nots, may nots and might nots that find a home in my heart.
 Release me from the could nots, would nots and should nots that obstruct my life.
 And most of all, dear God, I ask that you remove from my mind, my heart and my life
 All of the am nots that I have allowed to hold me back,
 Especially the thought that I am not good enough. Amen

~ Anonymous ~ ~ Thanks, Deb ~ O.P. Step ~

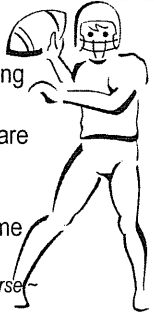
Heard @ a Meeting

~ Thanks, Sherry ~

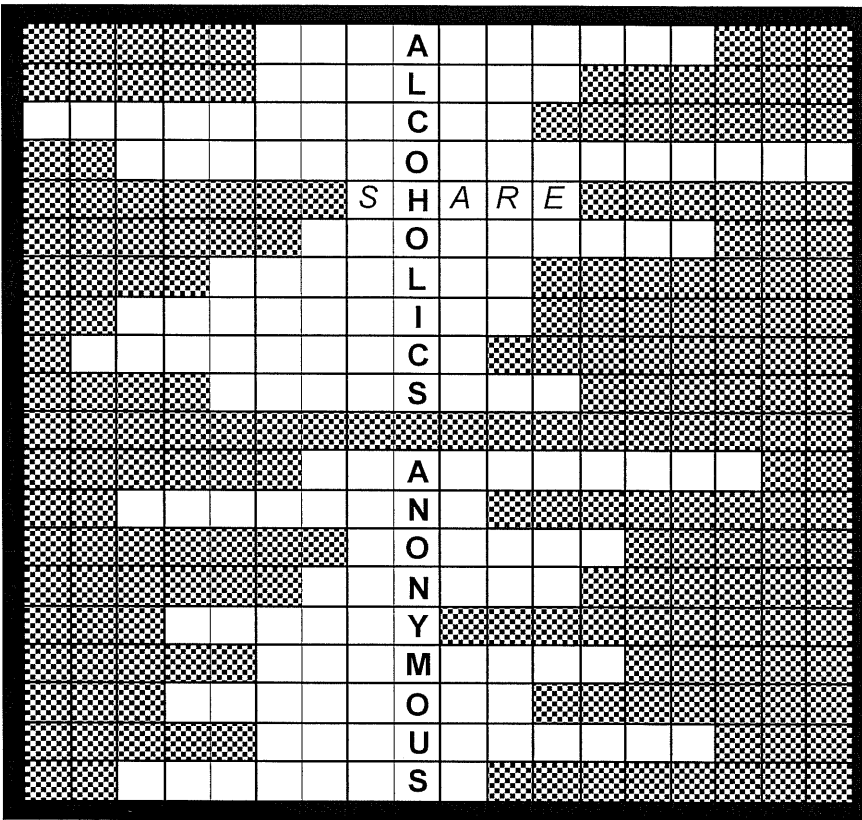
I'd like to say that I have an issue with trust
 ~ but actually ~
 I think I have a subscription!

- It's 2nd & 7 but I'm thinking of punting
- I'm crushed by the weight of the absolute nothing
- Everywhere I go I find myself there
- There seems to be no one with whom I can share
- I'm violently tackled down into the ground
- I feel utterly lost but they say that I'm found
- There's a big difference between life and a game
- How foolish I was to treat them both the same

~ John D ~ Iron Horse ~



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

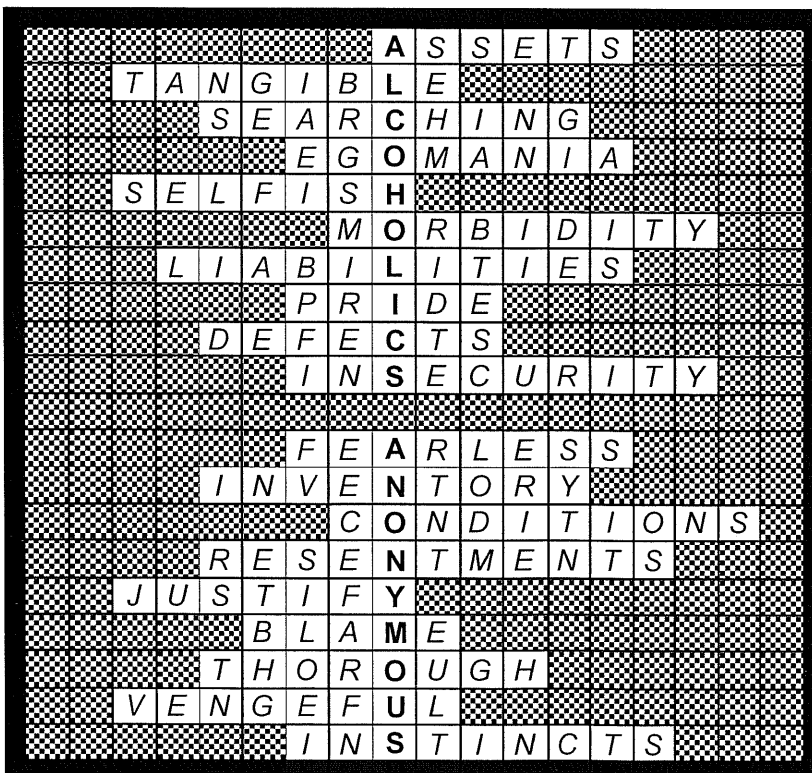


Use each letter in one word across

- Incapable of making a mistake
- Cause loss of confidence or self-assurance
- Dealing with speculation rather than practical
- Impromptu, not planned beforehand
- Express something to another person
- Feeling of being alone, separated from others
- Confused, misleading or unintelligible
- Trusting another with your secrets
- Power to affect another's thinking or action
- False or mistaken belief or idea

- Overstate something
- Giving insufficient attention or effort
- Beginner, having acquired little skill
- Honesty or directness
- Away from the right path
- Successfully deal with a difficulty
- Involving exposure to very great danger
- Unwillingness or lack of enthusiasm
- Form an opinion about merit or quality

Step Four Puzzle - Answers



- Valuable and useful resources
- Able to be realized
- Penetrating or probing
- Obsessive self-preoccupation
- Putting own needs and interests first
- Gloomy or unhealthy state
- Debts, disadvantages or burdens
- Satisfaction with self
- Flaws or inadequacies, imperfections
- Unsafe feeling

- Courageously facing unpleasant situations
- Itemized list
- Factors or circumstances affecting situation
- Ill feelings, annoyances or indignations
- Make something seem reasonable
- Assign responsibility, criticize
- Complete, carried out with care
- Desiring to punish in retaliation
- Strong natural impulses or drives

5th Step ~ Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

5th Tradition ~ Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

5th Concept ~ Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

IN MEMORIAM

Things We Can Not Change

Fred R.– Beginnings In Sobriety Group– 21y
Charmaine D.– High Noon Group– 29y

To all of our members who have lost family and loved ones ~



Motion presented to Central Committee on April 1, 2012 ... Please discuss with your group so your rep can vote your group conscience at the May 6th Central committee meeting

Central Committee to approve and authorize funding to the Public Information Committee (PIC) to obtain two (2) billboards from Lamar Advertising to be placed at the discretion of the PIC committee

PIC is designed to provide as much information to the public as possible. There are many ways to do this and I have tried to come up with new ideas for this purpose. We are doing the staple duties as far as libraries, PSA announcements and Health Fairs. There are more imaginative ways of doing this which I've tried to incorporate into the PIC format. The idea is to get as much information out there as possible, and I propose a billboard with vital information to the sick and suffering alcoholic and their families. I have been in touch with Lamar advertising about a billboard. The information we provide will be seen by approximately 30, 180 people per week. This will be a short term announcement due to the expense. Lamar offers non-profits a 2 for 1 bonus program. We get to choose the location and time for one. We also get to choose the time slot for the second, but Lamar chooses the location. An example of this proposed sign is Main and Dodge Street in the city. We will get two signs in the B1 area for \$1090 plus one \$159 for the artwork. This comes to approximately \$1400. According to our traditions we avoid sensational advertising. Our message is straightforward and to the point: **“If you want to drink that’s your business. If you want to stop we can help.”** Alcoholics Anonymous; Phone #; Website ... Judy, OP Step, PIC Chair

Share your Experience, Strength and Hope

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

Articles can be submitted at any time

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

or mail to

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

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

COMING SOON

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

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

NIGHTWATCH!

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

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

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS*

(716) 853-0388

9:00 AM- 12:30PM, 2:00 PM- 4:30 PM

Schedule on line at: www.buffaloaany.org

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210*

Fax: 853-0389

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buffalooa@hotmail.com

MAY 2012

MEETING CHANGES

- **New Group; Sobriety Sisters**, Monday's 7 PM. St. Paul Lutheran Church, Rt. 219, Ellicottville, NY 14731. Women's Closed Meeting.
- **Women in Recovery**, will **no longer meets** at 245 Elmwood new Location to be announced .
- **Victory Women's Group** will NOT be meeting on **Wednesday May 2nd** due to a parish event.
- **Step 1,2 &3 (Wednesday's) & 12 Steps &12 Traditions (Friday's) Groups** at Horizon Health Center, 63 East Ave, Lockport have **changed their start to 10:30 AM.**
- **New Meeting, SENSE OF DUTY**, Tuesday, 7:30 PM, Closed. Kenilworth United Church of Christ, 45 Dalton St., Buffalo, 14223.
- **New Meeting, PRIDE IN RECOVERY**, Saturday, 6:00 PM. Open. Unitarian Church, 6320 Main St., Williamsville.
- **New Meeting, THE NOON MEETING**; Monday & Friday at Noon. Open Meeting. The Hope Center, 781 Maple Rd, Williamsville, 14221.
- **Starting Over(Thursday) & By The Book (Tuesday) Groups** have **moved their location** to: Kalieda Health Center, 5087 Broadway in Depew
- **Humbolt Group**, Thursday's; **NO LONGER MEETS.**
- **Elmwood Group** has **added** to their meeting hours to include, Friday, Saturday & Sunday's at 7 PM. Friends of Bill W., 2590 Elmwood Ave, Buffalo.
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

COMING EVENTS

- ~ May 5, **WNY Area 50- 2nd Annual Archives Breakfast," History Lights The Way"**. \$10. Doors open at 9AM, Breakfast at 10AM, Speaker at 11AM. Gateway Center, 31 Water Street, Jamestown, NY. For more info contact via email; Wally E.; waaly1985@aol.com or Tom B.: Tombat44@aol.com, Phone 895-8461. Deadline to mail registration is April 25th.
- ~ May 5, **Boulevard Helping Hands Group Annual Anniversary Breakfast**. Saturday, 9-12am. Speaker, Breakfast & Archives. Wheatfield Senior Bldg. 2800 Church Rd. (off Ward Rd)
- ~ May 6, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ May 6, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office(Hosted by Amherst Snyder).
- ~ May 12, **71th Buffalo Fall Convention Planning Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street
- ~ May 12, **Archives Committee Meeting**, SATURDAY, 10 AM, Buffalo Central Office
- ~ May 14, **Public Information Committee meeting**, Monday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ May 21, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting
- ~ May 27, **Corrections Committee Meeting**, last SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .
- ~ May 14, 21, 28, Jun 4 & 11; **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Monday's 2PM. Sponsored by Southwestern Group, St John Vianney Church, 2950 Southwestern Blvd, Orchard Park. Journey through the 12 steps in 5/ 1 hr sessions
- ~ May 26, **Ironhorse Annual Picnic**, Chestnut Ridge Park; McKinnon Shelter. 9 am-8pm, Speaker @ 1:00 PM. Please bring a dish to share.
- ~ May 27, "**Nightwatch" Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca
- ~ Jul 14, **Carrying The Message- "Spirit of Hope"**, 14th Anniversary, sponsored by Main & High group. 9:30 am-3:45 pm, Holy Trinity Lutheran Church, 1080 Main Street (across from Wendy's). Panels & Speakers, 50/50, Hot Lunch, Refreshments. Registration: \$6, Alateen: \$5.

5th STEP: "Admitted to God, to ourselves, and another human being the exact nature of our wrongs."

5th TRADITION: " Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

5th CONCEPT; throughout our structure, a traditional Right of Appeal" ought to prevail, so that the minority opinion will be heard and personal grievances receive careful consideration.

PLEASE SUPPORT THE ENVELOPE SYSTEM...

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

Alexander

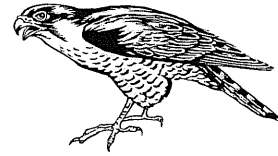
Matt S. 6y
Amherst Snyder
 Jason S. 6m
 Jeanie J. 6m
 Salena C. 6y
 Ted M. 6y
 Don L. 7y
 Terry B. 10y
 Betty C. 31y
As Bill See's It
 Terry B. 9y
 Patti S. 21y
 Bill H. 22y
Any Age
 Faith L. 1y
 Josh O. 1y
Cold Springs
 Lernezo B. 15y
Courage
 Kathy M. 12y
 Marie D. 18y
Eyeopener
 Rob M. 1y
 Inez 1y
 Steve G. 3y
 Louis T. 3y
 Christine G. 4y
 Judy 7y
 Mark H. 9y
 Peter S. 10y
 Frank C. 11y
 Karen M. 11y
 Jim K. 10y
 Christine S. 14y
 Amy O. 19y
 Ivan 29y
 Nick M. 29y
Fireside
 Ciny M. 4y
 Nick R. 5y
 Jack M. 13y
 Jill J. 15y
 Mark P. 27y
Fresh Start
 Sandra B. 8y
Giving
 Tom E. 12y

Golden Slipper

Anthony A 3y
Helping Hand
 Terri P. 2y
 Andy Z. 4y
 Johnny J. 11y
Holland
 Don S. 22y
How It Works
 Chuck K. 7y
 David Z. 7y
 Dudley G. 7y
 Mike H. 7y
 Dan S. 8y
 Mike H. 11y
 Don McH. 30y
 Dan G. 33y
 Dave Pf. 32y
Ironhorse
 Cheryl Z 6y
 Peter K 6y
 Mike M 7y
 Bill R. 19y
 Dave C. 20y
Kensington
 Ron W. 35y
Lakeshore
 Cheryl H. 3y
 Milt B. 6y
Lighten Up
 Dan P. 5y
 Judi S. 7y
 Jack M. 13y
Living In The Solution
 Amy D. 1y
 Leroy K. 12y
Lockport Ladies
 Virginia 5y
 Carrienne J 5y
 Kathy K 18y
Main & High
 Winston F. 20y
Matt Talbot
 David B. 10y
 Katheen M. 14y

North Buffalo

Pam C. 6y
 Thomas E. 6y
 Elizabeth M. 6y
 Dave R. 7y
 Maureen M. 8y
 Brenda S. 8y
 Gary S. 9y
 Liz S. 20y
 Catherine P. 28y
 Terry A. 29y
 David P. 33y
Orchard Park Step
 Tina B. 6m
 Ben G. 3y
 Bob M. 25y
Rise & Shine
 Pam A. 4y
 Tom H. 4y
 Cathy W. 6y
 Lily M. 6y
 Jack M. 13y
 Bill P. 14y
 Vicky W. 16y
 Ivan O. 27y
Remember
When
 Alicia W. 11y
 Sonia C. 17y
 Jerry C. 19y
 Arthur E. 22y
 Ivan O. 30y
Serenity
 Patti S. 15y
 Russ W. 24y
Sheridan
 Stephanie J. 2y
Simplicity
 Jerry J. 43y
Sober Train
 Nick M. 4y
Spiritual Progress
 Maggie M. 3m
 Tina S. 6m
 Theresa B. 2y
 Mary V. 2y
 Mary Z. 10y
Sun. Morning Br.
 Mike W. 4y
Surrender & Hope
 Sal A. 12y



Group Anniversaries

BOULEVARD HELPING HAND: 15y
 CARRYING THE MESSAGE: 7y
 COMMON BOND: 12y
 FIRESIDE: 32y
 HIGH VIEW: 26y
 HOLIDAY VILLAGE: 19y
 JUST FOR TODAY: 13y
 LIBERTY WOMEN: 25y
 LIVING SOBER: 44y
 MIDNIGHT DISCUSSION: 12y
 MORNING AFTER: 33y
 REEDEEMERS: 9y
 REMEMBER WHEN: 49y
 SEARCHING FOR SERENITY: 23y
 SOBRIETY MEN'S DISC.: 36y
 SOUTH BUFFALO: 67y
 SPRINGVILLE WED. NOON: 16y
 T.G.I.F.: 23y
 THURSDAY NIGHT STEPPERS: 19y
 T'nT: 5y
 UNIVERSITY MEN'S DISC.: 43y
 WE: 5y
 WHY: 38y

Please remember to
 have the anniversaries
 submitted by
 the 12th

END OF BUSINESS DAY 4:30
 of the month
 previous



BUFFALO CENTRAL COMMITTEE MINUTES

April 1st, 2012

Pete E. Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Brian (Eye Opener) read the Preamble, Milt (Lakeshore) read the Purpose of Central Committee, Janice (Go to Any Length) read the Twelve Traditions. It was moved by John (Saturday Morning Breakfast) and seconded by Janice (Go to Any Length) to accept the March minutes. Refreshments were Provided by Amherst Snyder (Next month they will be provided by Orchard Park Step). New groups were greeted and 27 groups were represented: Dist. #1 Main and High Dist. #2 Any Age, North Buffalo, Questions and Answers, Sheridan, Three Legacies, Friends of Bill W. Dist. #3 Abbott Men's Discussion, Courage, Iron Horse, Sunday Morning Breakfast, Thruway Dist. #4 Orchard Park Step, Dist. #5 Lockport No.1, Simplicity, Dist. #6 Carry the Message, Derby, Go to Any Length, Lakeshore, Sobriety Men's Disc, Women's Experience Dist. #7 Cold Spring, Fresh Start Dist. #8 Amherst Snyder, Eye Opener, Midnight Discussion, Williamsville Group.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** Tina (Amherst Snyder) "Took in \$87.00"

•**STEERING COMMITTEE-** No Report (Not enough representatives present to make a quorum.)

•**FINANCIAL REPORT:** Chip (Co-Chair of Central Committee) read report.

Finance Report 04/01/12 Comparing the 1st quarter of 2012 to 2011, donations are down \$1,300 between group donations and the envelope system. We are experiencing a downward trend in donations overall. If it continues at this pace we will be forced to dip into the prudent reserves within the next quarter. My recommendation is to increase the schedules to \$1.00 and also increase the book prices to the cost of last year, prior to the decrease.

Although World Services is planning to open an online store it will still be more cost efficient for the groups to purchase from us due to shipping costs. Another thought is to have the district reps visit their group to express the importance of the 7th tradition or do what has been previously suggested and hold a 7th tradition workshop. The accounts receivable balance of \$638.90 is primarily current with only one over 30 days. The balance in our main account is 12,315.05, corrections is 417.17, treatment is 3,888.96 and prudent reserve is 28,096.73. There has been one problem brought to my attention. A donation was received and incorrectly deposited in the main account. An emailed copy of the check showed that a portion should have been deposited into treatment. I do not think this is an egregious error, but would like to eliminate it from happening again. Please write a note describing how you would like your donation to be allocated or even simpler write out 2 or more checks.

Overall, Terry has been doing a fine job of adjusting to QuickBooks and has even corrected my flawed logic on more than one occasion. Respectfully submitted, yours in AA, Sue Benner

•**TREATMENT:** No Report

•**CORRECTIONS:** Matt (Sobriety Men's) Jim S. has resigned from corrections. I make this report as acting co-chair. I would like to thank Iron Horse for taking on the County Lock-up for the month of January 2013. We are in desperate need for those who are approved to take meetings into Wendy on Friday nights. We need to be there at 6. Marty from Sobriety Men's Discussion is thinking of taking on the responsibility of the Bridging the Gap Program which is a daytime commitment. We are still in need of committee members. Respectfully submitted, Matt D. Co-chair.

•**CENTRAL OFFICE:** APRIL OFFICE REPORT 4/1/12

AAINFO:126,12-STEP:2,ALANON:2,PIC:1,VISITORS:124,VOLUNTEERS: 4.

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE; BIG BOOK , SPIRITUAL STUDIES-5, FORESTVILLE SUNDAY SERENITY-6, HIGHER POWERED 7, NEW OUTLOOK 5, ON THE CLIFFS-6, POWERLESS- 7, VIP-2

I will be taking vacation day's on May 22, 23, 24 & 25.

Yours in the fellowship of the Spirit...Terry B.

•**NEW FRONTIERS:** No Report

***PIC:** Judy (Orchard Park Step)

PIC report April 1st. Health fair April 4th at Lafayette High School. Libraries continue to be stocked with literature and big books by PIC members. Business cards that give the information, Alcoholics Anonymous,

address, phone number, web address, and email are being placed on public message boards. As far as I'm aware public service announcements (Metro News/ Buffalo Evening News) are still in place. I have information on pricing from Lamar Advertising for the billboards.

•**Night Watch:** No report.

•**CONVENTION:** No Report

•**GSA LIASON:** Verbal Report

•**ARCHIVES:** Wally (Lockport No. 1)

Thank you for the privilege of allowing us to serve you. We have had a productive month with the archives committee. On March 6th we had an oral history workshop at Buffalo Central Office. We explored the different paperwork in preparation for an interview and then interviewed a past delegate. Our monthly meeting was on March 10th at Buffalo Central Office. We attended the NYS information workshop, the Niagara Intergroup meeting, and the NY-Penn Intergroup meeting. We had displays at the 4th Cataract Convention and the 65th anniversary of the Lockport #1 Group. We are continuing to schedule work nights on Tuesdays and encourage oral histories, group histories, and pictures from home groups. Contributions were received this month from Surrender and Hope, the Genesee-Wyoming Intergroup, Lakeshore Group, and Thruway Group. We rely on contributions from the groups and ask that donations to archives be sent to WNY Area 50 Archives, c/o Buffalo Central Office, 681 Seneca St. Buffalo, NY 14210. Thank you for your continued support. Our second annual Area 50 Archives Breakfast will be May 5th in Jamestown at the Gateway Center, 31 Water St. Doors open at 9 AM, Breakfast at 10AM and speaker at 11AM. Please plan to attend and get your tickets early so we can pre-order with the chef. Tickets are available from committee members, or the flyer form can be used to secure your ticket. There is an announcement and flyer from the Boulevard Helping Hands Group that Archives will be displaying on May 5th. We regret that we will not be able to be there on the same day as our annual breakfast. We would welcome an opportunity for a display and presentation another time with a suggested notification of thirty days. Yours in Service, Wally Eick, Panel 62 Archives Chair

•**RECAP:** GSA: Terry inquired about updating GSA website meeting list.

•**OLD BUSINESS:** No old Business.

•**NEW BUSINESS:** Rick (Simplicity) made a motion "In order to save mailing expenses and printing expenses of New Frontiers, no group that contributes less than \$10 should get it mailed to them." Motion was seconded by Pat (Thruway) Motion was invalid per Section 2.02.D of the Bylaws stating "Any A.A. group in the area may avail itself of the services offered by and through the Central Office regardless whether it is an active or inactive Member of the Central Committee."

Jamie (Three Legacies) made a motion "for a Central Committee group inventory to be conducted by itself."

Tim (North Buffalo) seconded the motion. Janice (Go to Any Length) motioned for an amendment of the motion to read "for a Central Committee group inventory." (conducted by itself was removed from the initial motion). John (Sunday Morning Breakfast) seconded the amendment. **VOTE In Favor: 23**

Opposed: 0 Abstained: 0 Motion was unanimously passed.

Jamie (Three Legacies) was appointed chairman of ad hoc committee to explore group inventory options.

Judy (Orchard Park Step) made a motion "To approve and authorize funding to the PIC to obtain two billboards from Lamar Advertising to be placed at the discretion of the PIC." Motion was seconded by Brian (Abbott Men's) Motion was tabled by Chairman to be brought back to the groups to be informed.

Brian (Abbott Men's) made a motion "to stop buying anything from Hazelden." Motion was not seconded.

Milt (Lakeshore) was appointed chairman of Treatment committee.

Matt (Sobriety Men's) was appointed chairman of Corrections committee.

NEXT MEETING: May 6th, 2012 at 7pm.

Orchard Park Step will be providing refreshments at next month's meeting.

It was moved by Tim (North Buffalo) and seconded by Brian (Abbott Men's Discussion) that we adjourn; adopted. Meeting closed with the Lord's Prayer at 8:40 p.m.

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

Income Statement	Jan-12	Feb-12	Mar-12
Beg Bal Cash on hand	14,576.22	16,001.84	13,907.64
Contributions			
Groups	5,220.70	2,879.13	3,627.67
Joint Meeting	41.75	37.00	40.00
Envelope System	1,292.00	372.00	87.00
New Frontiers Subs	54.00	20.00	84.00
Literature/Medallions/Pins	3,650.99	3,657.55	4,064.51
Literature Sales Tax	258.28	288.69	258.61
Literature Postage	21.75	32.54	37.02
Sales+/-	(56.00)		
Archives Room Rent			200.00
Com. Meetings at CO	21.00	13.00	36.00
Mail/Misc.			30.00
Returns	(1.14)		
"Gratitude Month" (NOV)			
Conventions/Day of Sharing			
Monthly Income	10,503.33	7,299.91	8,464.81
Expenses			
Office Rent	892.64	892.64	892.64
Electric	90.00	90.00	90.00
Payroll Gross	2,571.40	2,569.00	3,853.50
Employment Taxes	235.26	235.26	352.89
Unemployment Surcharge			
Payroll Tax Deposits			
Federal			
State			
NYS Sales Tax			707.73
Insurance			
State Ins Fund(Travelers)			307.00
Health	626.08	626.08	626.08
Liability	1,235.23		
Postage	205.12	355.00	283.79
Phone	162.55	167.19	166.44
Accounting			
Paychex	151.06	87.04	79.53
Advt			
Talking Phone Book			
Super Media	163.15	164.15	163.65
website			
white directory			
Yellow Pages			
Literature Expenses			
Grapevine			
World Services Inc	1,947.90	3,009.75	3,373.20
Hazeldon		520.55	
Printers			1,620.00
Medallions			
PINS			
Petty Cash			
Office Supplies	240.00	133.25	
Answering service	167.05	167.20	167.95
Copier leasing	209.00	209.00	209.00
Copies/ service contract	161.00	161.00	161.00
PIC	17.27		
Bank Fee's	3.00	7.00	3.00
Prudent Reserve			
Seed \$\$			
Seminar			
Depreciation			
Monthly Expenses	9,077.71	9,394.11	13,057.40
Monthly Income (Loss)	1,425.62	(2,094.20)	(4,592.59)
Depreciation add back(non-cash)			
End Balance	16,001.84	13,907.64	9,315.05
Petty Cash	3,000.00	3,000.00	3,000.00
Total Balance	19,001.84	16,907.64	12,315.05
PRUDENT RESERVE	28,092.65	28,094.97	28,096.73
Assets: Literature& Medallions	11,218.16	12,307.67	14,249.89
Literature Receiveable:(outstanding)	972.77	692.58	638.90
Corrections Facilites	846.70	1,086.95	1,044.62
Contributions	485.30	180.92	105.00
Bank Fee's	3.00	3.00	3.00
Expenses	242.05	220.25	729.45
Balance	1,086.95	1,044.62	417.17
Treatment Facilities	3,778.71	3,885.71	4,027.71
Contributions	110.00	145.00	130.00
Expenses			265.75
Bank Fee's	3.00	3.00	3.00
Balance	3,885.71	4,027.71	3,888.96

YTD

11,727.50
118.75
1,751.00
158.00
11,373.05
805.58
91.31
(56.00)
200.00
70.00
30.00
-
-
26,268.05
2,677.92
270.00
8,993.90
823.41
-
-
-
707.73
307.00
1,878.24
1,235.23
843.91
496.18
-
317.63
-
490.95
-
-
-
-
8,330.85
520.55
1,620.00
-
-
-
373.25
502.20
627.00
483.00
17.27
13.00
-
-
-
-
31,529.22
(\$5,261.17)
-
771.22
9.00
1,191.75
(411.53)
385.00
265.75
9.00
274.75
119.25

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		MARCH	YEAR	MARCH	YEAR	APRIL	YEAR
6	11:45		0.00		0.00		0.00
5	12 Steps/12 Traditions		50.00		0.00		0.00
1	4th Step Stumblers/F. U.N.		0.00		0.00		0.00
5	6th Step		75.00		0.00		0.00
4	A Day At A Time		0.00		0.00		0.00
3	Abbott Corners		0.00		0.00		0.00
3	Abbott Men's		0.00		0.00		0.00
2	Acceptance/Welcome		0.00		0.00		0.00
8	Achievement	200.00	200.00		0.00		0.00
4	Action		0.00		0.00		0.00
2	Age Doesn't Matter		0.00		0.00		0.00
8	Akron Awareness		0.00		0.00		0.00
5	Albion New Beginnings		0.00		0.00		0.00
3	Alexander		0.00		0.00		0.00
8	Amherst/ Snyder		318.06		0.00		0.00
6	Amsdell Lakeshore		0.00		0.00		0.00
2	Any Age	250.00	250.00		0.00		0.00
3	Any Length	35.00	105.00		30.00		30.00
4	Arcade		0.00		0.00		0.00
6	As Bill Sees It		100.00		0.00		0.00
8	Attitude Adjustment(Williamsville)		0.00		0.00		0.00
5	Attitude Adjustment(NF)	50.00	50.00	25.00	25.00		25.00
6	Attraction		0.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
8	Back To Basics		0.00		0.00		0.00
5	Beginners Group (NF)		0.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women		0.00		0.00		0.00
5	Big Book Lockport	50.00	50.00		0.00		0.00
5	BB Spiritual Studies		0.00		0.00		0.00
6	Big Book Study		0.00		0.00		0.00
3	Blasdell		0.00		0.00		0.00
3	Blasdell Monday Night		0.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand		0.00		0.00		0.00
2	Boulevard Women		0.00		0.00		0.00
2	Brass		0.00		0.00		0.00
	Building Hope		0.00		0.00		0.00
3	By The Book		0.00		0.00		0.00
6	Carry the Message		0.00		0.00		0.00
7	Casting		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake- Up Call	225.00	225.00		0.00		0.00
3	Caz Manor		25.00		0.00		0.00
7	Central City Café'		0.00		0.00		0.00
2	Chapter IX		100.00		50.00		50.00
3	Cheektowaga		100.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
8	Clarence Men's II		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
2	Common Bond		0.00		0.00		0.00
	Common Solution		0.00		0.00		0.00
1	Commitment		0.00		0.00		0.00
4	Constant Vigilance(Varysburg)		0.00		0.00		0.00
1	Complanters		40.00		0.00		0.00
3	Courage		0.00		0.00		0.00
2	Daily Reflections	171.78	171.78		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Dawn of Hope		25.00		0.00		0.00
6	Derby		120.00		0.00		0.00
6	Derby Lunch		0.00		0.00		0.00
6	Desire		0.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's	1.03	31.03		0.00		0.00
6	Dunkirk Monday Night		0.00		0.00		0.00
4	Early Bird South		0.00		0.00		0.00
5	Early Rising Obliging		0.00		0.00		0.00
8	East Amherst		150.00		0.00		0.00
	East Amherst Traditions		0.00		0.00		0.00
4	East Aurora		0.00		0.00		0.00
2	Easy Does It	30.00	90.00	30.00	90.00		90.00
4	Ellicottville		0.00		0.00		0.00
6	Everybody's		0.00		0.00		0.00
1	Express		0.00		0.00		0.00
8	Eyeopener		1108.66		0.00		0.00
4	Eyeopener South		240.00		60.00		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		0.00		0.00		0.00
8	Fireside	97.00	422.00		0.00		0.00
6	First Things First		0.00		0.00		0.00
6	Forestville Sunday Serenity		0.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		100.00		100.00		0.00
7	Fresh Start		0.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		MARCH	YEAR	MARCH	YEAR	APRIL	YEAR
2	Friends of Bill W.		0.00		0.00		0.00
1	Frontier(New)	39.56	78.21		0.00		0.00
3	Gardenville		125.00		0.00		0.00
8	Georgetown		200.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		94.90		0.00		0.00
7	Gifted		0.00		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		400.00		100.00		100.00
5	Golden Slipper		0.00		0.00		0.00
2	Grand		0.00		0.00		0.00
2	Grand II Joy of Living	50.00	50.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
3	H.O.W.		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
6	Hamburg Early Bird		0.00		0.00		0.00
8	Hand		0.00		0.00		0.00
2	Handicappers		0.00		0.00		0.00
1	Happy Faces		0.00		0.00		0.00
7	Harmony		33.00		0.00		0.00
6	Helping Hand	25.00	50.00		0.00		0.00
8	High Noon		50.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power		0.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
6	Holiday Village		0.00		0.00		0.00
4	Holland		0.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honesty		30.00		0.00		0.00
	Hope's Horizon	50.00	100.00		0.00		0.00
2	How It Works/Men's		275.00		0.00		0.00
7	Humbolt		0.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse		358.51		46.22		0.00
8	IT		0.00		0.00		0.00
5	Johnson Creek Big Book		0.00		0.00		0.00
1	Journey		100.00		0.00		0.00
3	Just For Today/ Cheektowaga		0.00		0.00		0.00
5	Just For Today/ Albion		0.00		0.00		0.00
4	Keep It Simple Sister		40.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		0.00		0.00		0.00
6	Lake Shore	100.00	100.00		0.00		25.00
6	Lakeview		0.00		0.00		0.00
3	Lancaster Dailey Reprieve		0.00		0.00		0.00
5	LewPort		0.00		0.00		0.00
2	Liberty Women		50.00		0.00		0.00
4	Life Today		24.21		0.00		0.00
8	Lighten UP		1.06		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution		0.00		0.00		0.00
2	Living Sober		0.00		0.00		0.00
5	Lock City	50.00	50.00		0.00		0.00
5	Lockport #1	300.00	250.00		50.00		0.00
5	Lockport Discussion		0.00		0.00		0.00
5	Lockport Ladies		0.00		0.00		0.00
5	Lockport Tuesday		40.00		0.00		0.00
5	Lockview		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		25.00		50.00		0.00
5	Lower River		0.00		0.00		0.00
1	Main and High		14.00		0.00		0.00
4	Main Street		0.00		0.00		0.00
8	Maple Men's		0.00		0.00		0.00
4	Marilla	30.00	60.00		0.00		0.00
3	Matt Talbot	90.00	165.00		0.00		0.00
6	McKinley Winners		0.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		20.00		0.00		0.00
5	Medina New Life		0.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
3	Mid-day	65.00	115.00		0.00		0.00
8	Midnight Discussion		0.00		0.00		0.00
5	Miracle Happen		0.00		0.00		0.00
5	Monday Big Book		0.00		0.00		0.00
2	Morning After		100.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Beginnings/St. Vincent		30.00		0.00		0.00
5	New International		0.00		0.00		0.00
3	New Life		0.00		0.00		0.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		30.00		0.00		0.00
5	Niagara Frontier Men's Disc.		25.00		0.00		0.00
2	North Buffalo	200.00	400.00		0.00		0.00
4	North Java Monday		0.00		0.00		0.00
4	North Java Sunday		0.00		0.00		0.00

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