

NEW FRONTIERS

A.A. of the Niagara Frontier

May 2016

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



“ACCEPTANCE” ...Where Recovery Starts!

Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. This is to adopt a realistic humility without which no genuine advance can even begin. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives. Provided we strenuously avoid turning these realistic surveys of the facts of life into unrealistic alibis for apathy or defeatism, they can be the sure foundation upon which increased emotional health and therefore spiritual progress can be built.

AS BILL SEES IT, p 44

Why do I need to be reminded of this so often?

I think of myself as a fairly intelligent person, why can't I remember this?

Why do I need to go insane having expectations of others? Why won't they do it right?

I don't really enjoy the insanity of resentment, but somehow, it seems that it is necessary for me to get into it occasionally. I guess I need the reminder of what I used to do all the time.

After years and years of dealing with recovering people, it would seem that I would accept that they are just like everyone else.

We speak of the "normies," but all that means is they can tolerate alcohol differently than us alcoholics.

Why do I expect us to react differently than them?

My main benefit is I don't have to stay in the craziness that I create. I have learned in recovery that I may get angry, but I don't have to stay there. If I have expectations of you, and you don't live up to them, I don't have to have a resentment over it.

If I am obsessed for today, it is only for today, and I can choose to change my attitude at any time.

I think one of the greatest gifts of the program is the gift of choice.

I can choose my attitude at any time. You no longer "Do it to me." If I am angry, it is my fault, and not yours. If it is my responsibility than I can change it.

You no longer control my feelings.

Just for today I can feel as good as I set my mind to.

(Anonymous Submittal)



A Decision of the Heart

The Big Book tells me that if I was even *willing* to believe, I would commence to get results (p. 46). But then, *believing* was no problem for a person such as I, who was absolutely terrified of taking that next drink—when I read Step Two, I ex-claimed: ***I believe! I believe!*** I considered my simple choice:

Believe and get sober
Don't believe and get drunk

Someone asked: “How does an alcoholic become ***willing to believe?***” Answer: “*Just drink enough hooch, and you'll get willing!*” I certainly batted one-hundred on that score! So, Step Two was no great shakes for yours truly—but was believing enough? The Devil believed in God, and look where he ended up!

My sponsor, Carl, pointed out that the ABCs on page 60, amount to: I can't, but God can! The next paragraph says: “Being convinced, *we are now at step Three.*” . . . and that the operative word was ***NOW!*** Immediate action was necessary—after all, if faith without works is dead, then *willingness* without action is fantasy! I had lived in alcoholic fantasy quite sufficient, thank you. But to whom should I pray for help? My concepts of God changed day by day; each conclusion would seem more logical than the previous one. However, it was explained that this life-saving power was not to be found by a ***conclusion of the mind***, but by making a ***decision of the heart*** . . . and also, that this power was not far away. The Big Book tells us: “*We found the Great Reality deep down within us. In the last analysis it is only there it can be found*” (p. 55). It was further explained that the capitalized ‘***Great Reality***’ was that power to whom I should pray for help, and no further ‘*conclusions of the mind*’ would be necessary.

I was told that if I continued with the Twelve Steps I would most likely develop a conscious contact with said Great Reality deep within (God), resulting in a real possibility for a release from that terrifying mental obsession. This was an offer I couldn't refuse, so I humored my sponsor and tried it—guess what? Some months later, a blessed release *did* come over me which has been continuous for many years. I have not had to drink since my first A.A. meeting. It works—it really does.

Bob S., Richmond, Indiana;
w/permission: Digital News Reporter; Washington Area Intergroup; May 2014

I keep seeing and hearing an over simplification of principles contained in the steps. I need to remember that the steps are a summary of the program of action. There are many spiritual principles throughout the program. If you break down spiritual principle by definition it means; spiritual-to relate to God. Principle-truth that is the foundation of behavior (actions). Relate- being connected.

So a spiritual principle is any action based in truth that connects me to God.

Jake J.~ Depth & Weight Group



!!!ATTENTION !!!
Our monthly
Central Committee
meeting is moving starting
July 11th to:
St. Michael's Parish
651 Washington Street

Buffalo Central Office



Needs Support



It was in May of 1935 that Dr. Bob and Bill met for the first time in Akron Ohio. There they started their journey together. It was a journey that would eventually become AA and the journey of countless others.

The following is Bill's account of that meeting as listed in the book A.A. Comes of Age, on pages 67-68.

"This was the man who was to be my partner and founder of Akron's Group Number One. With the remarkable Sister Ignatia, he was to care for 5,000 cases of alcoholism in the time when A.A. was still very young. This was the wonderful friend with whom I was never to have a hard word. This was Dr. Bob, A.A.'s co-founder-to-be.

But at five o'clock that Sunday afternoon Bob did not look much like a founder. He was shaking badly. Un-easily he told us that he could stay only about fifteen minutes. Though embarrassed, he brightened a little when I said I thought he needed a drink. After dinner, which he did not eat, Henrietta discreetly put us off in her little library. There Bob and I talked until eleven o'clock.

Just before leaving for Akron, Dr. Silkworth had given me a great piece of advice. Without it, A.A. might never have been born. "Look, Bill," he had said, "you're having nothing but failure because you are preaching at these alcoholics. You are talking to them about the Oxford Group precepts of being absolutely honest, absolutely pure, absolutely unselfish, and absolutely loving. This is a very big order. Then you top it off by harping on this mysterious spiritual experience of yours. No wonder they point their finger to their heads and go out and get drunk. Why don't you turn your strategy the other way around?"

Bill, you've got the cart before the horse. You've got to deflate these people first. So give them the medical business, and give it to them hard. Pour it right into them about the obsession that condemns them to drink and the physical sensitivity or allergy of the body that condemns them to go mad or die if they keep on drinking. Coming from another alcoholic, one alcoholic talking to another, maybe that will crack those tough egos deep down. Only then can you begin to try out your other medicine, the ethical principles you have picked up from the Oxford Groups."

Now-talking with Dr. Bob, I remembered all that Dr. Silkworth had said. So I went very slowly on the fire-works of religious experience. I just talked away about my own case until he got a good identification with me, until he began to say, "Yes, that's me, I'm like that."

Much thanks to Dr. Silkworth for his influence on Bill and thereby on that most important day.

David C. Orchard Park Step Group
Submitted by Lila M. (Area 50 Archives Chair)



5th STEP:

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

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@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.)

Heard @ a Meeting

**"We recover by the steps
we take, not the meetings
we make."**

IN MEMORIAM Things We Can Not Change

To all of our members who have lost family and loved ones
Mike B. (past delegate) North Java Group ~ 29y
Judge W.: Harmony Group ~ 19y
Paul K. ~ Derby Group ~ 31y
Roberta R.
Our thoughts and prayers are with you

MAY ANNIVERSARIES

Acceptance/Welcome

Christtine G. 2y
 Sue V. 3y
 Mike F. 3y
 Tom M. 11y
 Paul M. 19y
 Jan S. 29y
 Erika F. 29y
 Barb C. 37y

Alexander

Matt S. 10y

Bldv Helping Hand

Ben C. 17y
 Mark P. 31y

Courage

Jeff C. 7y
 John C. 19y

Eyeopener

Ron 3y
 Henry 3y
 Susan V. 5y
 Bob M. 5y
 Inez 5y
 Jim K. 6y
 Steve G. 7y
 Louis T. 7y
 Christie G. 7y
 Judy 11y
 Mark H. 13y
 Peter S. 14y
 Frank C. 15y
 Karen M. 15y
 Christine S. 18y
 Barry R. 20y
 Amy O. 23y
 Ivan 33y
 Nick M. 33y

Eyeopener South

Christie H. 6m
 Brian W. 6m
 Steve G. 6m
 Chuck K. 11y

Fireside

Jack M. 15y
 Mark P. 31y

Friends Of Bill W.

Tyrone S.
Harmony
 Robert G. 4y
 Alicia W. 15y
 Jim L. 31y

Holiday Village

Mary Z. 4y
 Barbara C. 4y
 Rob S. 11y

How It Works

Bill Q. 1y
 Jim S. 2y
 Steve W. 4y
 Nort L. 4y
 Nadav W. 6y
 Douglas K. 28y

Ironhorse

Paul Z 8y
 Mike S. 8y
 Peter K. 10y
 Bill R. 23y

Lockport #1

Adam B. 2y
 Jerry J. 47y

Lockview

Ed K. 2y
 Tyrone S. 2y
 Mary A. 3y
 Bobby S. 6y
 Jeanine F. 21y

Main & High

Gerold W. 2y
 Winston F. 24y

Orchard Park Step

Aleks M. 4y
 Jim L. 13y

Remember

When
 Odell K. 4y
 Arthur H. 6y
 Freda N. 6y
 Alicia W. 15y
 Arthur E. 26y
 Ivan O. 34y

Renaissance

Jane K. 6m
 Nancy O. 1y
 Josh O. 5y
 Kevin O 5y
 Mike K 34y

Sheridan

Falena 10y
 Cindy M. 15y

Thruway

Mary Ellen S. 36y

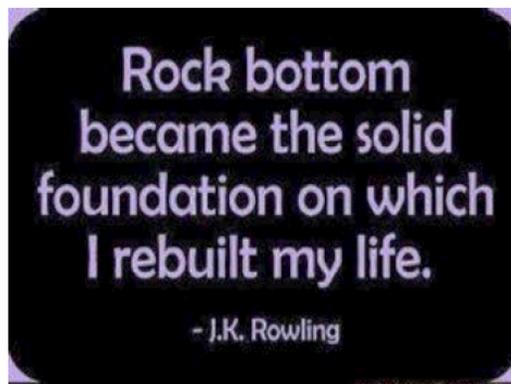
Williamsville

Kyle M. 3m
 Laura M. 3m
 Sara U. 1y
 Chris C. 1y
 Barbara C. 37y



Group Anniversaries

BOULEVARD HELPING HAND: 19y
 CARRYING THE MESSAGE: 11y
 COMMON BOND: 16y
 FIRESIDE: 36y
 FIRST STEP (NF): 45y
 HIGH VIEW: 30y
 HOLIDAY VILLAGE: 23y
 JUST FOR TODAY: 17y
 LIBERTY WOMEN: 29y
 LIVING SOBER: 48y
 MIDNIGHT DISCUSSION: 15y
 MORNING AFTER: 37y
 REMEMBER WHEN: 53y
 SEARCHING FOR SERENITY: 27y
 SOBRIETY MEN'S DISC.: 40y
 SOUTH BUFFALO: 71y
 SPRINGVILLE WED. NOON: 20y
 T.G.I.F.: 27y
 THURSDAY NIGHT STEPPERS: 23y
 TnT: 9y
 UNIVERSITY MEN'S DISC.: 47y
 WE: 9y
 WHY: 42y



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



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

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

Real-Time schedule? Check your website: www.buffaloany.org

May 2016

IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.

MEETING CHANGES

- **June 3rd, Lockview Group** will be **moving** across the street on **Friday's** to the same location they meet on Monday's. United Church of Christ Church, 98 East Ave, Lockport 14094.
- **If He Were Sought** now meets **Tuesday, Thursday, & Saturday's, 10PM**, Never Alone Club, 1864 Seneca St., Bflo South, 14210. Open Discussion.
- **New Group; More Friends of Bill W.;** **Friday 6:30 AM**. WNY Counseling, 388 Evans St, Williams-ville, 14221. Open Discussion.
- **New Group; All Is Well, Saturday, 10:30 AM**. 1645 Southwestern Blvd, (Across from YMCA) West Seneca, 14224. Open Discussion.
- Through the end of September 2016, **Sunday Morning Breakfast** Group will **not be meeting at Cheektowaga Town Park**. We will instead be **meeting at the Alexander Community Center**, 275 Alexander, Cheektowaga. The building is diagonally across the back area from the current meeting. The meeting will continue to meet from 11AM-Noon.
- **Angola Early Birds** will **no longer Meet on Mondays**, Thursday's will continue to meet. Most Precious Blood Church, 192 Prospect St. (off Lake St.) 14006
- **Elmwood Group NO LONGER MEETS**. 2590 Elmwood Ave., Kenmore, NY 14217

Support AA through the Envelope

SERVICE OPPORTUNITIES: COMMITTEE MEETINGS

- ~ May 1, **Central Committee Meeting, SUNDAY, 7 PM**, Buffalo Central Office (**Hosted by**).
- ~ May 1,, **Steering Committee; SUNDAY, 5:30 PM**, Buffalo Central Office
- ~ May 9, **Public Information Committee meeting, 2nd-MONDAY**, Anyone interested in helping the community understand who we are, what we do, and what do not, PLEASE come out and get involved. Help keep A.A. around for your children. 6 PM, Buffalo Central Office.
- ~ May 14, **Archives Committee Meeting; 2nd SATURDAY, 9 AM**, Buffalo Central Office
- ~ May 15, **Corrections Committee Meeting, 3rd-SUNDAY, 6:00 PM**, Buffalo Central Office, 681 Seneca St.
- ~ May 16, **Treatment Facilities Committee, 3rd-MONDAY, 6 PM**, Buffalo Central Office, 681 Seneca Street. Please, if you or your group is taking a meeting into a treatment facility, could you please send a rep to this meeting?
- ~ May 19, **Convention Committee Meeting, 3rd Thursday, 6 PM**, The Hope Center, 781 Maple, Amherst 14221. 14221.
- ~ Jun 4, **General Service Assembly, SATURDAY ,12 Noon.**, St. John's Lutheran Church, 36 North 4th St., Allegany NY 14706.

COMING EVENTS

- ~ May 20-21, **12 Step Workshop**, hosted by Depth & Weight Speaker Group. Guest Hosts Gary B. - Indy, IN and Bob O. - Denver, CO. Friday: 5PM & Saturday; 9 AM. Food & Coffee provided. Accepting voluntary contributions. 6 focused Sessions. Kenilworth United Church of Christ, 45 Dalton Drive, Buffalo, 14223.
- ~ May 20, **South Buffalo 71st Group Anniversary**. Speaker, Food & Fellowship. Please bring a dish to share.
- ~ Jun 30, **Questions & Answers Group** will be celebrating their **13th Group Anniversary** with a Free Buffet at 6:00pm followed by an Open Speaker Meeting at St. Martin's in the Field 2587 Baseline Rd. Grand Island.
- ~ July 16, **Main & High Day of Sharing**, "A Day of Sharing of Alcoholics Anonymous". 9:30- 3:45PM. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo (across from Anchor Bar) Registration; \$6.00, Alateen \$5. 50/50, Hot Meal & Refreshments.
- ~ Oct. 14-16, **75th Buffalo Fall Convention**, Adam's Mark Hotel. 120 Church St, Buffalo, 14202. Info & flyers coming soon on the website; www.buffaloaany.org (under Events)

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.

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



Resentful?

YES

What role did you play?

NONE

PRAY

Expectations: they should...
 Guilt: I've done this before, too.
 Dishonest: Didnt follow thru on my end
 Afraid: If this.. then...

This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.

Repeat daily for 14 days.

Tradition Five

"Each group has but one primary purpose—

to carry its message to the alcoholic who still suffers."

Rev S 2012

IT'S A INSIDE JOB! LOOK INSIDE

Concept V: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- Do we encourage the minority opinion, the "Right of Appeal," to be heard at our home group, district committee meetings, area assemblies and the Conference?
- What does our group accept as "substantial unanimity"?
- Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- Does our group understand the importance of all points of view being heard before a vote is taken?

Central Committee Minutes April 3 2016

Sorry...No Minutes Submitted

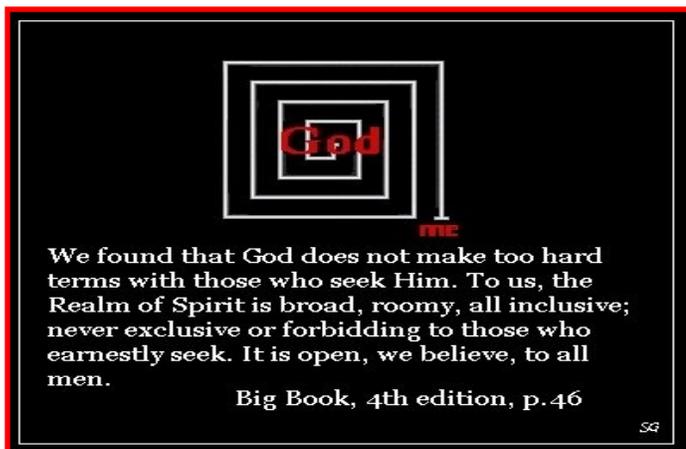
**It Worked for Bill W., it works for me, and it will work for you too.
When all else fails – do service work**

In A.A. we have a set of spiritual tools that help us through life's challenges. But when some of these do not get us back on the beam, there is Twelfth Step work and service when all else fails.

As a member of A.A., I have heard many calls for service opportunities. Normally several thoughts run through my mind – I don't have enough time; I don't have anything to offer; let someone else do it; I don't know how; I don't want to look foolish; I don't have money; I don't have transportation, etc., etc. I have made a startling discovery most of my excuses state with "I" – I am pretty self-centered. Our way of life demands the destruction of self-centeredness. Service is a sure way to get me looking outward and become less self-centered.

Also somebody has to do service in order for A.A. to continue to exist, so why don't I participate? Fear, mostly. Maybe I need a quick Step 10 or an annual Fourth and Fifth Step or most likely some form of service would be beneficial. It took me several years to truly understand the meaning of service and the personal joy I could receive from utilizing service as the cornerstone of my recovery. Others have also experienced this and have commented as seen in the *Grapevine* "Quotes of the Day" in December 2013: "Service made me feel useful. Twelfth Step work taught me to accept my past." And once being of service, "It feels good to be trusted."

Much has been written about service. It is the Third Legacy of our program. It is also highlighted in Step Twelve. Service is the primary tool for long-term, sustained recovery. Bill, Bob and the other old timers passed on to us the tools that will work when all else fails – service. Getting out of myself and helping someone else. Not only is service important for recovery, it is essential to ensure A.A. will continue for those yet to come.
Jeff K.: *Reprinted w/ permission, Digital New Reporter, Washington Area Intergroup, May 2014*



~~ Listening ~~

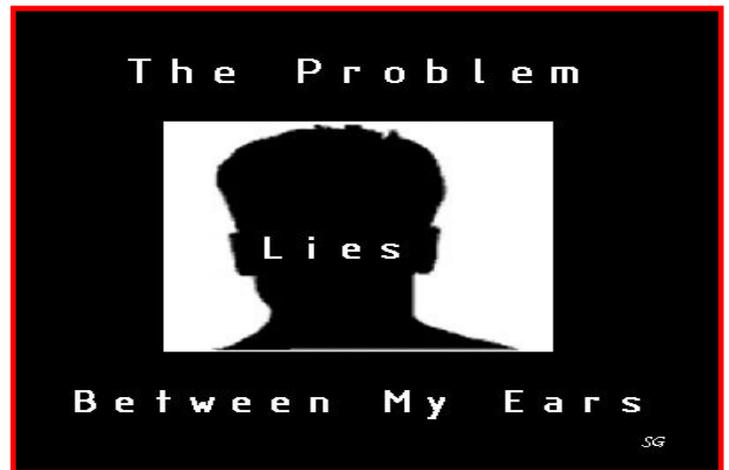
One of the important things we all have to learn is to listen. This is true of all, but is especially true of those who have lived with addiction. Listening was certainly not a part of life in active addiction. Listening is very important for the life of recovery. The truth is, if we are to be successful in recovery and sustain that recovery, becoming a good listener is absolutely essential. To whom must we listen for our recovery? The answer to this is the same one we hear so often. It is necessary to listen to our sisters and brothers, to our God, to our self. However, it is basic to note that early in recovery we certainly should not be listening to self. The reason for this is simple. It was, after all, our thinking that led to such a mess in our lives in the first place. Early on, then, listen to your brothers and sisters, to your God. Do not—do not—listen to yourself. There will be a right time to do that. Early in recovery is not that time.

What benefits there are in listening to our sisters and our brothers! They are a treasure of truth, a wealth of wisdom regarding recovery. Better than that, they are willing, very willing, to share their truth and wisdom. If you listen, you will learn. If you learn, you can change. If you change, you can live. If you live, you can grow.

Listening to sisters and brothers, what learning, living, growing there is. So much is discovered and appreciated! In this process we find the time has come for listening for God and listening to God. This we do often through the guidance and encouragement of sisters and brothers, who themselves have come to know God anew. With guidance they first help us to listen for God. This we can do in many ways.

God is speaking through other people – be they strangers, be they friends, be they enemies. As well God is speaking to us in the quiet of the moment, in the beauty of nature. God is speaking to us in songs we hear, in books we read, in art we see. God speaks to us in His holy scripture and in sacred places. God speaks to us where we work, where we study, where we play. In all these examples and more we will hear God, if we are listening for God. Listen in faith, and you will hear.

An offering from handouts made available at a recent retreat and offered by Father Joe McD; Reprinted w/ permission, Digital New Reporter, Washington Area Intergroup, May 2014



New Frontiers ~ May 2016

Cash Flow Statement	Jan-16	Feb-16	Mar-16
Beg Bal Cash on hand	16,033.27	14,111.56	10,325.75
Contributions			
Groups	3,560.58	3,931.38	5,443.79
Joint Meeting	72.00	46.40	57.00
Envelope System	1,005.00	532.00	667.00
New Frontiers Subs	20.00	59.00	78.00
Literature/Medallions/Pins	3,123.04	3,157.88	4,859.25
Literature Sales Tax	183.54	193.57	361.69
Literature Postage	9.59	18.85	28.92
Sales+/-	98.02	48.59	145.21
Archives Room Rent:			
Com. Meetings at CO	9.00	15.00	24.00
Mail/Misc.			
Tax Returns			
Transfer from PR			5,000.00
Income Transfer			
"Gratitude Month" (NOV)			
Conventions/Day of Sharing			
Monthly Income	8,080.77	8,002.67	16,664.86
Expenses			
Building Rent/Utilities	1,283.79	1,283.79	1,312.49
Payroll Gross	2,769.24	2,769.24	2,769.24
Employment Taxes	270.02	270.02	258.94
Unemployment Surcharge	(2.40)	(2.40)	(2.40)
NYS Sales Tax (ANNUAL)			3,008.62
Insurance			
State Ins Fund(Travelers)		312.00	
Health	554.67	535.30	535.30
D&O Insurance	1,071.00		
Liability	1,103.15		
Postage	171.91	628.92	244.90
Phone/Internet	126.07	196.67	138.64
Accounting			
Paychex	200.90	115.13	115.13
Advt.			
Talking Phone Book			
Dex Media	349.80	175.55	175.55
website			
Local Edge		291.60	
Yellow Pages			
Literature Expenses			
Grapevine		210.00	
World Services Inc	884.76	1,123.03	1,920.80
Hazeldon		1,021.13	
Printers		2,275.00	
Medallions		9.85	105.49
Petty Cash			
Office Supplies	611.59	40.59	36.99
Copier leasing	209.00	209.00	209.00
Copies/ service contract	161.00	161.00	161.00
Bank Fee's including credit cards fee's	237.98	63.06	60.00
literature returns reimbursement			
Convention add to make Seed \$\$		100.00	
CO Seminar			
Monthly Expenses	10,002.48	11,788.48	11,049.69
Monthly Income (Loss)	(1,921.71)	(3,785.81)	5,615.17
End Balance	14,111.56	10,325.75	15,940.92
Petty Cash	3,000.00	3,000.00	3,000.00
Total Balance	17,111.56	13,325.75	18,940.92
PRUDENT RESERVE	28,139.32	28,139.77	23,139.18
Assets: Literature& Medallions	11,787.37	14,156.21	12,935.25
Literature Receivable:(outstanding)	406.50	532.52	726.18
PIC Removed from Stock			
Corrections Facilities	1,928.45	2,047.15	2,149.15
Contributions	270.00	105.00	60.00
Bank Fee's	3.00	3.00	3.00
Expenses	148.30		
Balance	2,047.15	2,149.15	2,206.15
Treatment Facilities	655.60	817.60	645.92
Contributions	165.00	391.32	185.00
Expenses		560.00	
Bank Fee's	3.00	3.00	3.00
Balance	817.60	645.92	827.92

YTD: 2015

12,935.75
175.40
2,204.00
157.00
11,140.17
738.80
57.36
291.82
-
48.00
-
5,000.00
-
-
32,748.30
3,880.07
8,307.72
798.98
(7.20)
3,008.62
312.00
1,625.27
1,071.00
1,103.15
1,045.73
461.38
-
431.16
-
-
700.90
-
291.60
-
210.00
3,928.69
1,021.13
2,275.00
115.34
-
689.17
-
627.00
483.00
-
361.04
-
100.00
-
32,840.65
(92.35)
-

Intergroup wants to express our appreciation for those groups and individuals who have made generous financial contributions, and give a **special thank you** to all the members who have volunteered their time this year to help the sick and suffering alcoholic.

Bill W. wrote of Intergroup Offices, "Though not costly, these agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that AA must everywhere function in full strength—and that, under our Tradition of self-support, we are all going to foot the bill!"

"Self-Support: Where Money and Spirituality Mix" pamphlet

"He had lost everything worthwhile in life and was only living, one might say, to drink."



Alcoholics Anonymous Big Book Pg xxix

April 2016

Proposal to change the By-Laws

1st Proposed change to Section 4.07:

Section 4.07 Envelope System Chairperson

- A. The Envelope System was established to allow A.A. members to directly contribute monies to help defray the costs of operating the Buffalo Central Office, which in turn helps carry the message. Anonymity is kept.
- B. The Central Office Executive Secretary is responsible to accept and record contributions made, send receipts, compile year end statements and give monthly accounting totals to the Envelope System Chairperson to report to Central Committee.
- C. The Committee is responsible to inform/ educate the Membership on what the Envelope System is, how it benefits them and how to contribute.

Submitted by Pat G. Envelope System Chairperson, seconded by Pat M. Thruway Group

2nd Proposed change to the By-Laws:

Wherever the "Envelope System" is referenced, change the name to, "Gratitude Guardians".

Submitted by Pat G. Envelope System Chairperson, seconded by Sue B.; Tuesday Women's Discussion

New Frontiers ~ May 2016

GROUP CONTRIBUTIONS 2016

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		MARCH	YEAR	MARCH	YEAR	MARCH	YEAR
			0.00		0.00		0.00
4	7 Clans		0.00		0.00		0.00
5	12 Steps/12 Traditions		0.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		0.00		0.00		0.00
5	6th Step		0.00		0.00		0.00
5	5th Tradition (Youngstown)		0.00		0.00		0.00
2	AA BREAKFAST		0.00		0.00		0.00
4	A Day At A Time		0.00		0.00		0.00
6	A VISION FOR YOU		0.00		0.00		0.00
3	Abbott Corners		0.00		0.00		0.00
3	Abbott Men's		75.00		0.00		75.00
2	Acceptance/Welcome		100.00		0.00		0.00
8	Achievement	75.00	75.00		0.00	75.00	75.00
4	Action		0.00		0.00		0.00
2	Age Doesn't Matter		0.00		0.00		0.00
5	Albion Grapevine		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		0.00		0.00		0.00
6	Armsdell Step		0.00		0.00		0.00
6	Angola Early Bird		0.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Length	30.00	90.00		0.00		0.00
4	Arcade		0.00		0.00		0.00
6	As Bill Sees It	230.00	230.00		0.00		0.00
8	Attitude Adjustment(Williamsville)		50.00		25.00		25.00
5	Attitude Adjustment(NF)		0.00		0.00		0.00
6	Attraction	30.00	80.00		0.00		0.00
6	Backdoor		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		0.00		0.00
6	Big Book Study		40.00		0.00		0.00
3	Blasdel		0.00		0.00		0.00
3	Blasdel Saturday		30.00		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		10.00		0.00		0.00
7	Buffalo Group		0.00		0.00		0.00
3	Buffalo Creek	20.00	40.00		0.00		0.00
	By the Book		0.00		0.00		0.00
3	By the Wayside		75.00		0.00		0.00
6	Carry the Message		0.00		0.00		0.00
7	Casting		0.00		0.00		0.00
	Castile		60.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake-Up Call		200.00		0.00		0.00
3	Caz Manor		0.00		0.00		0.00
3	Caz Manor Sunday	150.00	150.00		0.00		0.00
7	Central City Café	75.00	75.00		0.00		0.00
6	Changing Our Way's		0.00		0.00		0.00
2	Chapter IX		0.00		0.00		0.00
3	Cheektowaga		0.00		0.00		0.00
6	Changing Our Way's	50.00	50.00		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
1	Commitment		0.00		0.00		0.00
2	Common Problem		0.00		0.00		0.00
1	Complanters		0.00		0.00		0.00
3	Courage		50.00		0.00		0.00
2	Daily Reflections	176.50	176.50		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Dawn of Hope		0.00		0.00		0.00
2	Depth & Weight	15.00	30.00		0.00		0.00
6	Derby		192.00		0.00		0.00
6	Derby Lunch	20.00	20.00		0.00		0.00
6	Desire		0.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's		0.00		0.00		0.00
6	Dunkirk Monday Night		0.00		0.00		0.00
6	Early Bird Step		0.00		0.00		0.00
5	Early Rising Obliging		0.00		0.00		0.00
8	East Amherst		0.00		0.00		0.00
8	East Amherst Traditions	17.37	117.37		0.00		0.00
4	East Aurora		0.00		0.00		0.00
2	Easy Does It	30.00	90.00		60.00	30.00	90.00
6	Eden	90.00	90.00		0.00		0.00
4	Ellicottville	25.00	25.00		0.00		0.00
2	Elmwood		0.00		0.00		0.00
6	Everybody's		100.00		0.00		0.00
1	Express		0.00		0.00		0.00
8	Eyeopener		186.05		0.00		0.00
4	Eyeopener South		200.00		80.00		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		0.00		0.00		0.00
8	Fireside		213.00		0.00		0.00
5	First Step (NF)	50.00	50.00		0.00		0.00
6	Forestville Sunday Serenity		50.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		0.00		0.00		0.00
7	Fresh Start	75.00	75.00		0.00		0.00
1	Friday Night Lights		0.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS 2016

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		MARCH	YEAR	MARCH	YEAR	MARCH	YEAR
2	Friends of Bill W.		50.00		0.00		0.00
3	Gardenville		220.00		0.00		0.00
8	Georgetown		0.00		0.00		0.00
	Getting Better	9.00	9.00		0.00		0.00
6	Gettin With It		0.00		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length	317.00	737.00		0.00		0.00
5	Golden Slipper	150.00	150.00		0.00		0.00
2	Grace Point		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	25.00	25.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
8	H.A.N.D.		0.00		0.00		0.00
7	Harmony	15.00	15.00		0.00		0.00
4	Helping Hand	25.00	25.00		0.00		0.00
8	High Noon		400.00		0.00		0.00
8	High View		0.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
1	H.I.P.		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		90.00		0.00		0.00
2	Honesty		0.00		0.00		0.00
	Hope's Horizon		0.00		0.00		0.00
2	How It Works/Men's		100.00		0.00		0.00
1	HUDSON & WADSWORTH		0.00		0.00		0.00
3	IF HE WERE SOUGHT		0.00		0.00		0.00
	Independence (NF)		50.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse	174.00	393.00		0.00		0.00
8	IT		0.00		0.00		0.00
3	Just For Today/ Cheektowaga	80.00	80.00		0.00		0.00
5	Just For Today/ Albion		0.00		0.00		0.00
4	Keep It Simple Sister		0.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		0.00		0.00		0.00
6	Lakeshore	300.00	300.00		0.00		0.00
6	Lakeview	75.00	75.00		0.00		0.00
3	Lancaster Dailey Reprieve		50.00		0.00		0.00
	Lawyer's		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		0.00		0.00		0.00
8	Lighten UP		0.00		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution		0.00		0.00		0.00
	Living Sober	50.00	50.00		0.00		0.00
5	Lock City		0.00		0.00		0.00
5	Lockport #1		100.00		0.00		200.00
6	Lockport Discussion		0.00		0.00		0.00
5	Lockport Ladies	100.00	100.00		0.00		0.00
5	Lockport Tuesday		0.00		0.00		0.00
5	Lockview		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		0.00		0.00		0.00
5	Lower River		0.00		0.00		0.00
1	Main and High		10.00		0.00		0.00
4	Main Street	100.00	100.00		0.00		0.00
8	Maple		0.00		0.00		0.00
3	Marching Forth		25.00		0.00		0.00
4	Manilla	30.00	90.00		0.00		0.00
3	Matt Talbot		88.98		0.00		0.00
6	McKinley Winners		0.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5	Medina New Life		0.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
3	Mid-day		0.00		0.00		0.00
8	Midnight Discussion		0.00		0.00		0.00
2	Morning After	300.00	300.00		0.00		0.00
2	Mustard Seed II		0.00		0.00		0.00
3	New Beginnings/St. Vincent		0.00		0.00		0.00
5	Newfane Living Sober	25.00	25.00		0.00		0.00
5	New Freedom		0.00		0.00		0.00
5	New International		0.00		0.00		0.00
3	New Life	125.00	125.00		0.00		0.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		0.00		0.00		0.00
5	Niagara Frontier Men's Disc.		35.00		0.00		0.00
2	North Buffalo		100.00		0.00		0.00

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