

THE FRONTIERS

Volume 4

No. 11

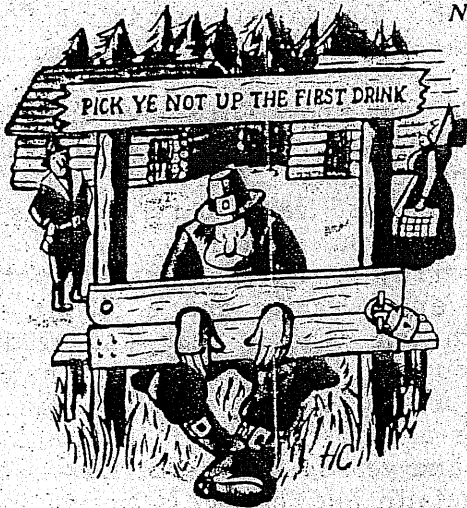
NOVEMBER 1990

CLASSIC GRAPEVINE

November 1973

THE KEY IS SIMPLICITY

BY J.B., Toledo, Ohio
April 1980



With bottle in one hand and book in the other, I sought the "ultimate reality" of the universe. I was an intelligent chap, with no doubt that if one looked long enough and studied hard enough, he would find the metaphysical principle that tied together the loose strings of the universe. Drugs and alcohol were my indispensable partners in this quest. I pursued many avenues of thought.

"Cunning, baffling, powerful!" The Big Book says, and I will personally attest to that. Slowly but surely, I was lured into the clutches of insanity that alcohol guarantees. Where once there was comfort, now was mental anguish; where once there was friendship, now was enmity; where once there was companionship now was that hideous monkey on my back. At one time, alcohol had provided a sanctuary where I could run and hide from my thinking and theorizing; now, I could not escape from that brilliant reasoning I so prided myself on. The more I would drink, the more I would think. Crazy, irrational, frightening ideas. Death, hopelessness, despair, hatred. I couldn't drink it away, I couldn't drug it away, I couldn't sleep it away.

Somewhere, a loving God was watching all this and He decided that this kid had had enough for right now. He decided to give this scared, lonely, confuse young alcoholic another chance. Three days after literally screaming out for help, I was at my first AA meeting. Three days after that, I had a spiritual awakening. The First, Second, and Third Steps "happened" to me; I did not reason or think them out. I did not even know what the Twelve Steps were at that time.

God moved in my life because I was totally incapable of doing it myself. God has seen fit to provide direction in my life through the fellowship of AA. The answers that I sought for so long are coming. Today, I have no need for discourses on the source of the universe, no need to comprehend the "ultimate reality," no need to debate philosophy or religion. I don't claim to understand God today; I just believe and try to keep it simple.

—That a loving God exists is evidence by these facts: I have fourteen months' continuous sobriety; the promises on pages 84-85 of the Big Book are being fulfilled in my life; I have real, loving, caring friends in AA; today, I have a little peace of mind. If I choose to theorize and philosophize, I can; if I choose not to, I don't have to. Today, I prefer not to! With God in one hand and AA in the other, I have found what I was searching for all along. Thank you!

THIS MONTH THEME : PRAYER

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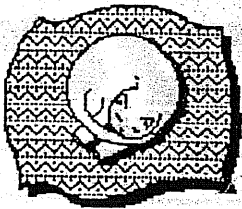
WE WELCOME YOU...

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

- December; Pass it on!
- January: Honesty
- February: Hope
- March: Faith

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

Helen's Corner ...



We, as recovering alcoholics, may ask why we need to pray? The answer lies in the fact that prayer has the power to change us inwardly.

Consider the following three excerpts from the chapter 'We Agnostics' in the Big Book...

- To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face. But after a while we had to face the fact that we must find a spiritual basis of life - or else.

- When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did.

- When many hundreds of people are able to say that the consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith.

Prayer is as essential to our spiritual well-being as food, water and air are to our physical well-being. The purpose of prayer lies in the answer to the question - 'Who benefits the most from our saying our prayers?' Of course, the answer is we do. In prayer we ask to be given qualities of character we do not possess but wish to cultivate, such as courage, wisdom, serenity, acceptance, a forgiving nature, etc. Changing of our inner natures is the bottom line. We need to change our point of view from "I can handle it" to "God and I, together, can handle whatever happens."

February 1982



"To whom it may concern..."

I offer two entries from the 'Twenty-Four Hours a Day' book which clearly express my thoughts about God and prayer:

August 5 - "We in AA are offering a spiritual program. The fundamental basis of AA is belief in some Power greater than ourselves. This belief takes us off the center of the universe and allows us to transfer our problems to some power outside of ourselves. God is your healer and your strength. You do not have to ask Him to come to you. He is always with you in spirit. At your moment of need He is there to help you. Could you know God's love and His desire to help you, you would know that He needs no pleading for help. Your need is God's opportunity. You must learn to rely on God's strength whenever you need it."

October 8 - "Pray - and keep praying until it brings peace and serenity and a feeling of communion with One who is near and ready to help. The thought of God is balm for our hates and fears. In praying to God, we find healing for hurt feelings and resentments. In thinking of God, doubts and fears, there will flow into our hearts such faith and love as is beyond the power of material things to give, and such peace as the world can neither give nor take away. And with God, we can have the tolerance to live and let live."

Remember: Our greatest strength is a grateful heart. To be thankful for the gift of sobriety, which offers us a second chance to live a useful and productive life, is no small miracle. God must love us unconditionally to grant us this precious gift. How blessed we all are.

Yours in the Spirit of AA
Helen S.

WALK WITH GOD

Make my feet swift and sure, Lord,
To stay upon the path;
Tune my heart and tone my muscles
that I might be fit to serve you;
Let me run the race with
diligence and persistence;
Renew my spirit with enthusiasm
when I feel like turning back;
Keep the road free and clear from
distractions, and guard my steps
safety;
Keep my eyes fixed securely on the
goal;
And when I've completed all my laps,
Let me rest in your arms of love.

Page 3

NO GRADUATION
BY R.T., Danielsville, Ga
GRAPEVINE - January 1979

It is said there are no graduates in AA. Nevertheless, from time to time, a so-called old-timer whose very life was centered in the program quietly retires from it. This recently happened to a close friend, a man with many twenty-four hours of sobriety, and the epitome of a good solid AA.

We discussed his "graduation" with him to no avail. He said simply, "I have no problem any longer." Since he knows the program as well as I do, or perhaps even better, I did not try to force my opinion on him; I finally accepted his opinion as one of those things I cannot change.

But his decision disturbed me. First, I was concerned for his sobriety and his happiness. Obviously, I was unable to do anything about that at the time. Then, I began wondering about the validity of his decision. Having been gifted with a few more twenty-four hours of sobriety than he had, I thought, "Is there something wrong with me that I still cling to AA like the life line it has always been? Maybe I, too, should just quietly drift away. Life is good now, and I haven't been tempted to take a drink for years."

My sponsor had advised me never to have an unfinished thought. Accordingly, I determined to make a decision one way or the other, and I jotted down what I would be giving up, should I give up AA. I would be giving up....

1) Regular association with my dearest friends.

2) The opportunities to be of help to others.

3) The continuing awareness of, and efforts to rectify, my many defects of character.

4) The joy of seeing the suffering alcoholic reborn, renewed, and respected.

5) The daily reminder of my reliance on my Higher Power.

6) The opportunity to repay some of the debt I owe AA.

7) The inspiration and warmth of frank, personal discussions that I find comfortable only with AA members.

8) The simple ability to enjoy food and beauty and to eat and sleep normally and wake up glad to be alive.

9) The ability to face whatever life may dish out.

10) And finally - perhaps even my sobriety.

Thus, the decision was made for me. When I first came to the program, I was told that AA is a journey, not a destination. So I want no graduation, no journey's end for the peace, security and happiness that I know.

I deeply regret the decision of my friend. I feel his loss is AA's as well, for as John Donne put it: "No man is an island, entire of itself; every man is a piece of the continent, a part of the main; if a clod be washed away by the sea, Europe is the less..."

For my friend, myself, and all AAs, I pray for continued participation and never graduation.

TODAY

BY A.O.
GRAPEVINE - JULY 1953

At my third AA meeting, when I was able to realize that total abstinence was included in the program, three insurmountable obstacles immediately sprang into my mind:

1) The following Saturday afternoon, at which time I had promised to visit certain members of my family. How to gracefully refuse a drink and whether or not to mention AA were very real problems to me.

2) New Year's Eve, which was still several months away. I could not visualize the New Year's Eve without drinking, nor did I feel I could ever ask or expect my husband to spend that holiday without the customary cheer, and lots of it.

3) My son's marriage.

I did maintain my sobriety and presented myself at my relative's home that Saturday without having resolved the problems whirling through my brain.

Nothing alcoholic happened to be served that day, so I had no reason for refusal or the graceful(?) excuses I had prepared. Neither did I feel called upon to mention AA at that time. I might add that when the subject did come up, I received nothing but approval for having turned to AA for help, and I've never heard anything but good spoken of our fine Fellowship.

By the time the New Year rolled around and I had been enthusiastically on the program for several months, my husband was so delighted with my sobriety, and so grateful to AA for the new and better way we were finding to live, that he escorted me to our local AA New Year's Eve party.

As for our son's marriage - he's just nine now, and I keep trying to use our Twelve Steps in all my affairs and take care of each day as it comes along, I don't think it will matter whether we serve champagne or not.



MEETINGS

MEETINGS

MEETINGS

NEW MEETINGS:

V.I.P. SUNDAY GROUP - SUNDAY -
2:00 PM - VA Hospital, 3495 Bailey Ave.

DIVINE GRACE - SATURDAY - 10:00 AM
- Mother of Divine Grace-school base-
ment., 120 Old Maryvale Drive and
Rosary Road, Cheektowaga. Accom-
modations for smokers and non-smok-
ers.

MEETING CHANGES:

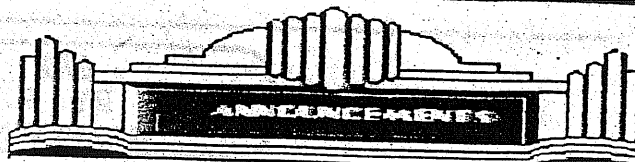
6TH STEP - TUESDAY - 8:00 PM - is
moving back to St. Mark's Church,
Payne and Tremont Streets, North
Tonawanda, NY. Last Tuesday of the
month is an open discussion - all other
meetings are closed. Membership is
being updated for this group please
contact Marcy H.

RENAISSANCE - Wednesday - 12:00
NOON - will now meet at 2625 Delaware
Ave. near Avery.

LOCKPORT #1 - Friday - 21 East St.,
Lockport, now meets at 8:00 PM and is
NON-SMOKING.

HILL BILLY - Friday - 9:00 PM and
ACTION - Sunday - 10:30 AM - now
meet at the Recreation Building, Yates
Park at Green Lake, Orchard Park,
Take South Buffalo St. to North Lake
Drive. Building looks like a red stable.

SENECA 12 & 12 - SATURDAY - 8:00 PM
- St. Theresa's RC Church Hall, Seneca
and Hayden Streets - OD - Speaker the
last Saturday of the month. Being a
new group we would encourage you to
come, participate and join. This is the
only group which meets in South
Buffalo on Saturday night.



PLEASE NOTE:

SCREENING COMMITTEE wishes that
anyone on the 12 Step List with
change of phone number please let the
Central Office know so we can keep the
list up to date and eliminate a lot of
wasteful calling to numbers no longer
service.

AGE DOESN'T MATTER - Friday - is up-
dating their group membership. If you
wish to remain a member please con-
tact the secretary - Beth P.

MATT TALBOT - is updating their anni-
versary list. Anyone interested in being
put on the list please contact the
chairperson or the secretary at the
meeting.

OF INTEREST...

EASTERN CANADA REGIONAL FORUM
NOVEMBER 16, 17 & 18.
AMERICANA RESORT, LUNDY'S LANE
NIAGARA FALLS, ONTARIO.

Any AA member is welcome, whether
they are directly involved in service work or
not.

There is no registration fee - The Gen-
eral Service board covers the expenses of the
hotel meeting rooms as well as transporta-
tion & lodgings for its board & staff personnel.

The Forum is the brainchild of the late Dr
"Jack" Norris (Class A - Nonalcoholic Trust-
tee). The Forum is a 'mini-Conference'
which allows those who attend to experience
a conference without being a Delegate.

Forums provide a unique opportunity to
share valuable AA experience, ask questions
& spark new ideas concerning ways to carry
the message to alcoholics.

FRIDAY: Registration 2 - 5 PM.
AA Meeting 3 - 4:30 PM.
Open Session 7 - 10 PM.

SATURDAY: Session Continues
7:30 AM - 10 PM
Lunch 12 - 2 PM

SUNDAY: Dinner 5:30 - 7:30 PM
FINAL SESSION
9:30 AM - NOON



NOVEMBER 2, 3, 4

49TH BUFFALO FALL CONVENTION - Hyatt Regency - Main at Genesee.

NOVEMBER 9 - FRIDAY

TWIN CITIES - will not be meeting.

NOVEMBER 9 - FRIDAY

HAPPY HOUR GROUP will celebrate its' 3rd Anniversary with an eating meeting and guest speaker. bring a dish if you wish.

NOVEMBER 11 - SUNDAY

SUNDAY BREAKFAST GROUP - which meets at the Air Ways Hotel, Genesee/Airport Drive in Cheektowaga will be celebrating its' First Anniversary at 11:00 AM. The speaker will be Norm K. Refreshments will be served.

NOVEMBER 23 - FRIDAY

AMHERST-SNYDER will celebrate its' 31st Anniversary with a speaker at 7:30; Buffet at 8:30, and dance at 9:30 till 1:00AM. Tickets are \$4.00 for the Dance. Admission is limited to 200. Buy your tickets in advance.

DECEMBER 1 - SATURDAY

SATURDAY NITE DISC - is sponsoring a dance at the Amity Club, Hertel at Military Rd. Doors open at 7:30 PM, Music starts 8:00 PM till 1:00 AM. Come and Rock n' Roll. Buffet at 10 PM to 11 PM. Bring a dish if you wish. \$6.00 per person \$11.00 per couple.

DECEMBER 8 - FRIDAY

NEW FRONTIER - 6th Annual Christmas Party -St. Gerards' Hall, 2535 Bailey Avenue at Delavan. Donation of \$5.00.

WHAT IS TIME

Time has varying characteristics. When I first met you, the foolishness about "one day at a time" seemed a ploy of madmen. The days dragged.

Today, I thought of a person whom I have not seen for a short while asked myself, "How short? Well, not since I've been in the program. That's three years. Let's see..." And soon I realized it has been five years - a short time. What is time? Who cares?

And so I come to this: Because of the beauty that is the AA life, time has no limiting dimension. Days speed by, yet a pleasant Sunday afternoon seems to have no end; a humble, honest AA talk is over in a wink, yet a statistical "you alcoholics" talk lasts for weeks. Time is meaningless, yet all-important, when one is trying to practice these principles at all times.

Vigorous practice of the AA program gives life a spiritual dimension that transcends time. Recall the tedious, dull, repetitive, boring life that led to AA. Recall the pain and suffering of meeting the reality of pain and suffering. Look about at today. Look about at joy, zest, and timelessness of reality.

Living one day at a time, not taking the first drink, using the AA suggestions, seeing beauty around you - all these are so much a part of you, it seems improbable that once life was not like this. But how long ago was it, really, when life was not like this? Yesterday? A century ago?

What is this feeling of timelessness? How do you explain it? Again, like so much of AA, it can't be explained; time must be experienced. It is a fact that I sense the infinite beauty of His will, and this feeling is indeed timeless. When did it begin? In a way, just now. In a way, beyond memory. No beginning, no end - only now. Thus, the oneness of being at one with One.

God, through AA, brought serenity to my tortured should and mind. With that peace of mind, time itself becomes spiritual, and the urgency of being human is met. The blessing is to live exactly in the will of God now.

CENTRAL COMMITTEE
MEETING

REMEMBER

SUNDAYS - November 4 and December 2, 7:00 PM. at 80 Goodrich Street behind Buffalo General.

Everyone Welcome.

IN GRATITUDE

Dear Friends of AA in Buffalo:

I have made a decision to move out of Buffalo, to move to Colorado in a small town called Fort Collins. I came to AA very sick in, October 1984, in Ohio after alot of pain and suffering from this illness that almost killed me before I had time to live life, one day at a time. When I came back to my home town of Buffalo to try to get sober and face the facts about my illness of alcoholism.

You people of Alcoholics Anonymous in Buffalo have helped me in a great many ways that I am very grateful to the help that was given to me for free without anything in return. When we come to AA, hopeless states of minds because of drinking, I was not sure that I could live sober. I had some hard times getting sober at first, I stayed sober at first, I stayed sober for three years an two months.

On one day in December 1987 I drank and found that I was a true Alcoholic. It took me two weeks to admit to my fellow alcoholics that I drank again it was a very humbling time for me. I talk to Fred T. about me drinking again. He just told me something very simple. He said; let go and get on with recovery. From that day on December 17, 1987 till today I have not had to drink again.

This fellowship of people that God has put in my path has been great for me. There is a man Bill R. that seen me on Elmwood in 1985 with my head down, he put his arm around my shoulder and said to me, that I could make it each day as long as I was willing to go to any length. I did not understand him at that time because I was mentally sick at that time. But today I understand what that means.

I never would think that God could do all this for this man. But he has given me that new freedom from alcoholism, one day at a time. I have been to Akron, Ohio this past year after being around AA for six years. It was very interesting to go to Dr. Bob's home and sit on the bed of our founder of AA.

I would hope that AA Frontiers new would put this letter in our monthly news-letter. I want to thank everyone in AA that has helped me to stay sober. My home Group was 'You'll Never Walk Alone' and 'Cornplainers'. Those groups were the best groups for beginners, I haven't seen one like it in AA here in Fort Collins. I have been asked to Chair a meeting on Saturday nights for two weeks, we have some very good meetings here with a lot of young people, there are two clubs here that some old timers with wisdom that has helped me already. The people here are very helpful. But I am very grateful to my friends in AA in Buffalo. You have given me the choice to live my life. I went up to the central office last year before I went on my first vacation in my sober life. Delphine told me something that I use today she told me to go and live and enjoy life. She told me to experience this new freedom. I was fearful of going on my first vacation being sober. But when I got here, I found that God was with me at all times, if I keep on praying for his strength and wisdom.

I arrived in Denver and called AA right away because I needed a meeting. When I left the phone booth, I went to walk to the meeting. No knowing that I had left my bus ticket in the phone booth. Fear and anger came into me again, because I was starting to run on self-will again. I said to myself that what I am going to do if I do not find the ticket, drink again. But, I remember to pray after that AA has suggested to me when in trouble. I then walked about 10 long blocks back to the bus station. I started to pull out my key for my Buffalo, New York. Thank you very much to all of you people. I will miss you who have been special to me and will pray for my friends in AA in Buffalo. Thank you for helping me live.

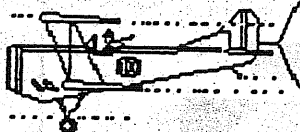
Your friend in AA,
Patrick K.

P.S. If you would like to write, please contact central office.

VICTOR E.

February 1975





Movin' On In Sobriety

<u>NEW FRONTIER</u>	<u>EYEOPENER</u>	<u>INNER CITY</u>	<u>AMHERST</u>	<u>AGE DOESN'T</u>
Cindy D. 4yr.	John M. 13yr.	John Y. 21yr.	<u>SNYDER</u>	<u>MATTER</u>
Gary K. 2yr.	Mike E. 6yr.	Rose M. 16yr.	George G. 20yr.	Ralph K. 26yr.
John B, Jr. 2yr.	Cam G. 5yr.	Paul C. 16yr.	Joan B. 13yr.	Bill G. 11yr.
Jan D. 2yr.	Jan D. 2yr.	James L. 12yr.	Jane A. 10yr.	Jim G. 8yr.
Bill O'B. 2yr.	Dennis H. 1yr.	Gussie G. 10yr.	Harriet W. 9yr.	Richard B. 8yr.
Don D. 1yr.	Dave W. 1yr.	Elanore A. 10yr.	Sister Mark 9yr.	Alan F. 3yr.
Ron B. 1yr.	Gene B. 9mo.	Lillian M. 8yr.	Patrick L. 8yr.	Ray P. 3yr.
Peter B. 1yr.	Dick B. 9mo.	Edward W. 7yr.	Tish R. 8yr.	Darlene G. 2yr.
Ken H. 1yr.	Sue C. 9mo.	Dennis D. 6yr.	Pat V. 7yr.	Norm 1yr.
David L.T. 1yr.	Carol P. 9mo.	Bobby J. 5yr.	Lynanne C. 2yr.	Mike 9mo.
Eugene C. 9mo.	Bob S. 6mo.	Lester A. 5yr.	Monica M. 2yr.	Charlie K. 9mo.
Bill W. 9mo.	Jim C. 3mo.	John F. 4yr.	Jennifer S. 2yr.	Mark N. 6mo.
Jim L. 6mo.	Otto D. 3mo.	Lottie M. 4yr.	Mike P. 2yr.	
	Ray F. 3mo.	Chris B. 4yr.	Tom M. 1yr.	<u>SENECA 12&12</u>
<u>CHAPTER IX</u>	Scott G. 3mo.	Dorothy H. 4yr.	John B. 1yr.	<u>OCTOBER</u>
Jean C. 8yr.	Gene K. 3mo.	Len G. 4yr.	Steven S. 1yr.	Ray B. 1yr.
John N. 3yr.	Sean M. 3mo.	James S. 2yr.	Bill S. 9mo.	Pete M. 1yr.
Scott A. 3yr.	Jeff S. 3mo.	Vicky M. 2yr.	Michael R. 9mo.	Tom K. 6mo.
Bill A. 1yr.	Skip S. 3mo.	Ernest J. 1yr.	Jessica M. 9mo.	Bill C. 3mo.
Tina M. 6mo.	Ed W. 3mo.		Sharon L. 9mo.	Michael R. 3mo.
Frank D. 6mo.		<u>COLD SPRING</u>	Glenn H. 9mo.	Diane T. 3mo.
Joe R. 3mo.	<u>THRUWAY</u>	Freddie R. 15yr.	Ron K. 6mo.	Diane V. 3mo.
John H. 3mo.	Bob P. 10yr.	Ralph P. 11yr.	Mark F. 6mo.	<u>NOVEMBER</u>
Deb S. 3mo.	Dick F. 9yr.	Louise B. 9yr.	Gary F. 6mo.	Jack I. 9mo.
	Norma F. 9yr.	Nick S. 7yr.	Al C. 6mo.	Jerry C. 6mo.
<u>SHERIDAN</u>	Jack H. 6yr.	Yvonne S. 6yr.	Richard D. 3mo.	
<u>HONESTY</u>	Jim B. 5yr.	Helene R. 6yr.	Jim L. 3mo.	<u>HAPPY HOUR</u>
<u>OCTOBER</u>	Ellie K. 5yr.	Phyllis W. 4yr.	Charles S. 3mo.	Mark P. 3yr.
Kay S. 36yr.	Susan K. 4yr.	Mark P. 3yr.		Joe E. 1yr.
Wallace M. 27yr.	Jane B. 2yr.	Narcellus L. 2yr.	<u>IRON HORSE</u>	Irine P. 9mo.
Gregory L. 9yr.	Jim M. 1yr.	Ava B. 9mo.	Jim M. 8yr.	Oliver H. 9mo.
Helen S. 9yr.	Carol H. 6mo.	Betty R. 6mo.	Jim C. 6yr.	Denise W. 9mo.
Jim T. 6yr.	Sue S. 6mo.	Bejamin S. 6mo.	Bob H. 1yr.	Keith W. 9mo.
Paul H. 5yr.		Cecelie O. 6mo.	Dale L. 1yr.	MaryAnn B. 9mo.
Kevin N. 2yr.	<u>SOUTH</u>	Charles H. 3mo.	Pat D. 1yr.	Robin T. 6mo.
Joseph C. 2yr.	<u>BUFFALO</u>		Tim P. 9mo.	Mary C. 6mo.
Allison N. 1yr.	Krystyna T. 6yr.	<u>WE CARE</u>	Dan M. 6mo.	Teddie Q. 3mo.
Lou D. 1yr.	Don R. 5yr.	<u>OCTOBER</u>	Mike L. 3mo.	Shirley J. 3mo.
Joe K. 1yr.	Chris P. 2yr.	Paul K. 6yr.	Nancy S. 3mo.	Theodore T. 3mo.
<u>NOVEMBER</u>	Bob C. 1yr.	<u>NOVEMBER</u>	Tommie S. 3mo.	Edward C. 3mo.
David C. 10yr.	Al E. 6mo.	Shirley McC. 9yr.	Lisa D. 3mo.	Karen L. 3mo.
Alice S. 8yr.	Ray H. 6mo.	Jackie W. 5yr.		
Patricia V. 7yr.		Larry B. 6mo.		
Keith B. 4yr.	<u>LOVEJOY</u>	Mary K. 3mo.		
Timothy L. 3yr.	Ed P. 6yr.			
Lori H. 3yr.	Paul S. 2yr.	<u>FREEDOM</u>		
Darleen G. 2yr.	Jim K. 1yr.	<u>OCTOBER</u>		
Robert W. 2yr.	Nancy W. 1yr.	Kay S. 36yr.		
Paul M. 1yr.	Debi K. 9mo.	Walley M. 27yr.		
	Nancy D. 6mo.	Floyd C. 9mo.		
<u>WHY</u>	Jim S. 6mo.			
<u>OCTOBER</u>	Doug P. 3mo.	<u>NEW ZION</u>		
Gert K. 23yr.	Sherri S. 3mo.	Elizabeth P. 9yr.		
<u>NOVEMBER</u>	Wayne B. 3mo.	Sally C. 5yr.		
Jack McK. 3yr.		David M. 5yr.		
Leslie C. 1yr.		Susan M. 4yr.		

Techniques for Thinking

- 1) Keep Life Simple.
- 2) Practice Being Satisfied.
- 3) Beware of Indecision.
- 4) Practice Cheerfulness.
- 5) Learn to Like People.
- 6) Live and Let Live.
- 7) Use Adversity.
- 8) Don't Take Yourself So Seriously.
- 9) Have a Sense of Humor.
- 10) Practice Objectivity
- 11) Tolerate Your Own Mistakes.
- 12) Forgive Yourself.

AA CENTRAL OFFICE

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

(716)853-0388

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

CENTRAL COMMITTEE

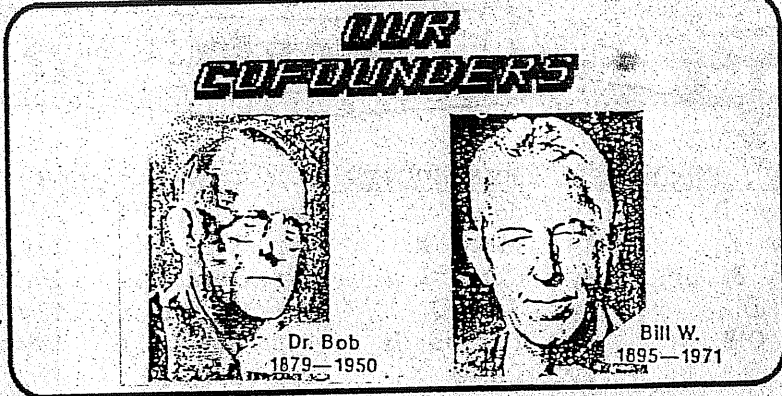
Chairman - Lynn C.
Recording Secretary - Lue S.
Financial Secretary - Roger P.

SUB-COMMITTEES OF THE CENTRAL COMMITTEE

Correctional Facilities - Martha C. and Toni H.
Treatment Facilities - Don H.
Buffalo Fall Convention - Joe H.
Screeners - Norma F.
New Frontiers - Larry B.
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3 - South Buffalo:	Gigi P.
4 - Southtowns:	Scott T.
5 - Northern Tier:	Paul H.
6 - Southern Tier:	George B.
7 - Northeast Buffalo:	Carol R.
8 - Eastern Tier:	Bernie A.



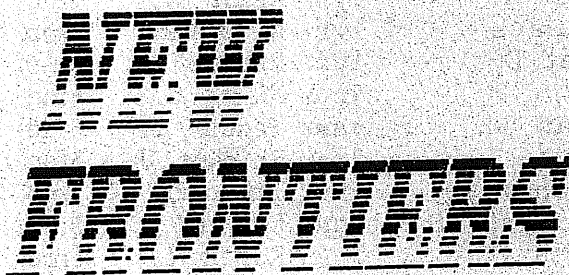
Central Committee meets on the first Sunday of every month at 7:00 PM at the COMMUNITY HEALTH CENTER, 80 Goodrich Street (behind Buffalo General Hospital).

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

REMEMBER: WE ARE RESPONSIBLE.

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

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



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

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