



## Chasing Fear With Faith

"Good judgment, a careful sense of timing, courage and prudence- these are the qualities we shall need when we take step nine." (12 & 12). Because I am a normal alcoholic, my first response to step 9 was to postpone doing it, but I also had a tendency to turn the rest of the program into an obstacle course. However, despite having to negotiate this obstacle course of my own making, I had already experienced some of the miracles that is Alcoholics Anonymous. I had somehow managed the impossible: stopping drinking one-day-at-a-time. I had been around long enough to know that perhaps I was not hopeless. I knew that I was willing, and had a conscious desire to be open-minded and honest. I knew that I was committed. In fact, I was prepared to go to any length to get what the program had to offer. Eventually, I found myself facing the very real challenge of making amends.

I would like at this point to share something with you which accurately illustrates some of what it was like for me.

**"There was a period during my drinking when my family stopped talking directly to me, and in fact addressed what they wanted to say to me with one another... There was a clue, however, everyone referred to me as 'it.'"**

There was a period during my drinking when my family stopped talking directly to me, and in fact addressed what they wanted to say to me with one another. Being a drunk is confusing enough without having to decide what comments were in fact meant for me. There was a clue, however, everyone referred to me as "it." The conversation would go a little like this: "How does she put up with it?" Or in reference to the question "How does he keep his job?" the answer would come "Never mind, it will kill itself in its car one of these days."

When the people from AA came to our house one night they were met at the front door by my wife and were informed: "It is in the third bedroom." by God's grace "it" stumbled into AA and stood on the threshold of step nine. There could be no more evasion. The time had come to accept the full consequences of past acts. What was the real fear? Rejection, or maybe just embarrassment? Who would believe me anyhow? Had it not all happened before? I had said I'm sorry a thousand times and promised to change. Would I be able to affect this change?

**"When the people from AA came to our house one night they were met at the front door by my wife and were informed: 'It is in the third bedroom.'"**

The Big Book says you have to live the spiritual program. If we are painstaking about this phase. We will have a new peace and a new happiness- two commodities that had been absent from my life for many years. But the real stumbling block was my older sister died when I was 18 years old. I still remember visiting my sister in different hospitals. I could never go there with out a couple of drinks. I remember that most of the time I didnt spend the whole visiting period with her. I didn't have the time. She died before I came to AA. Over the years, I have come to terms with this. But in those quiet secret moments I share with God, the hurt remains.

The other amends sometimes seemed not to matter as much. But I had to examine the real purpose of step nine, to try to do something about right relations in my life. The major portion of my amends were owed to my sister. Disappointment and regrets had made me self-pitying and stubbornly angry. The real risk might only be ridicule and dented pride. But AA demands of me a manner of living which requires rigorous honesty, self-survey, confession and restitution, in that order. Get down on your knees and ask God's forgiveness. He will forgive you.

## An Attitude of Gratitude

Gratitude shows growth in AA. It's the cultivating process by which our garden of sobriety matures. We, as members of AA, have neither the time, nor the luxury to sit on our laurels and congratulate ourselves on our sobriety.

Our sobriety is a God-given gift, one that must not be taken for granted. A gift for which we must be unselfishly grateful. The time-worn adage that tells us "in order to keep our sobriety, we must give it away" has as much significance today as it had in 1935, when it all began.

We must be dilligently active in our home groups's affairs, doing whatever we can to freely repay what has been given to us- sobriety. Gratitude is doing even the most menial tasks that are asked of us, picking up ashtrays, making coffee, moderating a table. Let's not forget that gratitude can also have a monetary value in the group. When baskets are passed, we must offer our support as an insurance policy that the doors of our AA group will never be closed. HOW MUCH DID WE SPEND ON BOOZE? We must be grateful to have been given the privilege of serving the fellowship of AA in these capacities.



**"We must be diligently active in our home group's affairs, doing whatever we can to freely repay what has been given to us- sobriety."**

As we distance ourselves from our last drunk, complacency sets in for some of us. That "let someone else do it" syndrome strikes. How easily we forget!

The Big Book, Twelve Steps and Twelve Traditions clearly point out our responsibility to ourselves, to each other and to AA as a whole. The words "I am responsible" have a profound and emphatic meaning. They must be put into practice daily. Not just when it's convenient for us to do so.

The Fifth Tradition states: "Each group has -but one- primary purpose- to carry its message to the alcoholic who still suffers." Helping others is the mortar that bonds the cornerstones of our recovery.

*John Hughes*  
John H.

We in AA, when presented with the facts of alcoholism, must recognize and be grateful for every method that has been tried to solve the problems of the alcoholic, whether it be religion, medicine, or research. To them, we send the timeless gratitude of AA. After years of cynicism, the American Medical Association has finally, officially recognized alcoholism as a progressive, incurable disease.

In showing our gratitude for the gift of sobriety, no task is too difficult, no effort too overwhelming. From Dr. Bob's last talk, July 30, 1950:

"Let us also remember to guard against that erring member- the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

"And one more thing: none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend, or attempt to, that help which has been so beneficial to us, to our less fortunate brothers."

Action is the magic word in the Fellowship of AA. Once we act on our disease and achieve some measure of success with the help and belief in a Higher Power, we must show our gratitude for that precious gift of life.

**"Helping others is the mortar that bonds the cornerstones of our recovery."**

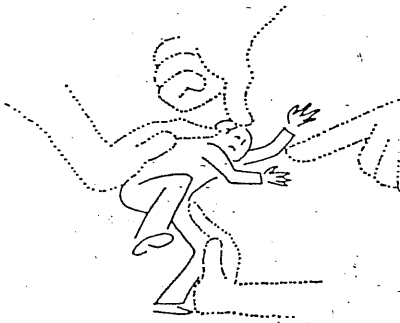


I didn't have the spiritual experience of Bill W. My sobriety is an arduous journey. I realize I have to meet the devils before I was sober enough to embrace the angels.

My still being afraid is a lack of the steps in my life, a lack of these principles in all my affairs. For how could I be afraid within the holiness of AA?

As Bill W. wrote, "thus I was convinced that God is concerned with us humans when we want Him enough. For a brief moment, I needed and wanted God...and He came. But soon the sense of His presence had been blotted out by worldly clamors, mostly those things within myself."

I don't have to be afraid anymore. I need and want God, who will take care of me. I found Him in AA, in the



Cayuga Correctional  
PO Box 1186  
Moravia, NY 13118  
October 2, 1994

Dear Friends:

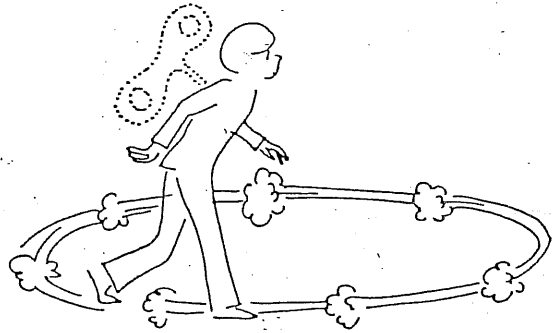
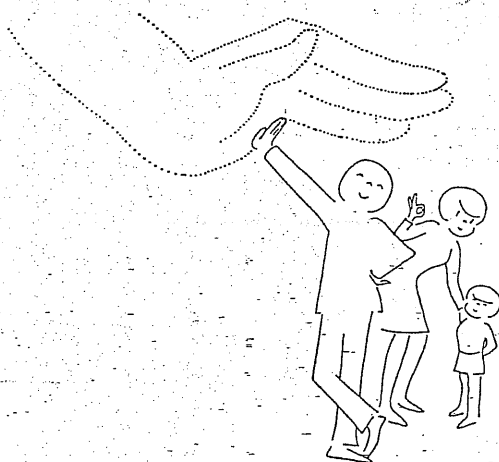
With my one year sobriety date approaching, I've been reflecting about the past year. I've been able to move on from the self-defeating self-pity and self-centeredness that my bottom caused. Thanks to your willingness to help me apply the principles of the 12 steps into my life. I couldn't have done it without your help and I will be forever grateful.

Yes, there's been many ups and downs since the last year in prison serving a 5-10 sentence. All a direct result of my last drink. But many wonderful things are happening in my life, because of your willingness to share with me the love AA has to offer.

There's a lot I still have to learn. But I do know this: without AA I would have never made it this far. Your letters, visits, and phonecalls are greatly appreciated.

I've enclosed a poem I wrote. I hope it encourages anyone out there who thinks they have no reason to live, because of what alcohol has done to them, to try one more day, one more meeting, one more talk with your sponsor. Because it works. Believe me, I know.

In love and fellowship,  
Robin C.  
94-B-0970  
Living Sober Group



### Someplace to Turn

When a lifetime of living  
Is gone in a single day  
And the oceans of alcohol  
Has washed your dreams away.  
On the shore of memories  
Empty-handed you stand.  
When you've got nothing left but AA  
You've got enough to start another day.

When those you have loved a lifetime  
Turn and choose another way,  
You're left to face reality  
Down in your heart it hurts too much to pray  
When your reputation's been stained  
And in your mind you won't understand  
When you've got nothing left but AA  
You've got enough to start another day.

When you've got nothing left but AA  
O nothing, nothing left but AA  
Well you still got enough to live a better way  
And no matter what alcohol has taken  
Sometimes it takes everything  
We've got right out of our hands.

But when you've got nothing left but AA  
Don't forget this:  
O when you've got nothing left but AA  
You've got enough to start another day.  
No matter what others do  
No matter what alcohol has done  
When you've got AA remember this:

You can start another day

A few thoughts  
 on our very wonderful  
 simple program  
 Joe  
 Joe W



BUFFALO CENTRAL OFF  
 ALCOHOLICS ANONYM  
 295 MAIN STREET  
 ROOM 845 ELLICOTT SQUARE B  
 BUFFALO, NEW YORK 14  
 853-0388



IF MY FAMILY AND MY BOSS AND RELIGION AND  
 POLITICIANS WOULD LEAVE ME ALONE I COULD QUIT  
 DRINKING AND PULL MY LIFE TOGETHER!!

CAMPUS BUFFALO STATE COLLEGE - MEETS IN ROOM #210  
DUNKIRK - MONDAY - 8PM - now meets at the First United Methodist Church  
at the corner of 6TH and Washington. It is now a non-smoking meeting.  
GARDENVILLE - SATURDAY - is now non-smoking  
POWERLESS - MONDAY - will be meeting at 5:30PM starting the first Monday  
On November 7TH.

VILLA - FRIDAY - is no longer meeting.  
DOWNTOWN MEN'S DISCUSSION GROUP - THURSDAY - 7:30PM - NS - will now meet  
at Holy Trinity Lutheran Church, 1080 Main St. Buffalo. The day has changed  
from Tuesday to Thursday.

WILLING TO GROW - FRIDAY - is changing there format to an OPEN  
DISCUSSION

GAH NEE GOIN GEH - THURSDAY - no longer meets

#### NEW MEETINGS:

FELLOWSHIP IN THE SPIRIT - SUNDAY - 7PM - Closed; Open the last Sunday  
of the month - Covenant United Methodist Church, 839 Main St. West Seneca

#### PLEASE NOTE:

MID-DAY - MONDAY - 12:30PM which meets at the Mid-Erie Clinic, 1520  
Walden Av. needs the support of members with sobriety to help carry the  
message to the newcomer.

FIRST WARD - WEDNESDAY - 7:30PM - 82 Republic St. needs support. Please  
use the Vincennes St entrance.

#### COMING EVENTS:

NOVEMBER 6 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM  
Nomination of Central Committee Officers for 1995.

NOVEMBER 11 - FRIDAY - AMHERST-SNYDER will celebrate their  
36th ANNIVERSARY at their regular meeting with a special guest speaker  
followed by a buffet. Bring a dish if you wish. They meet at the Cleveland  
Hill Lutheran Church, 261 Cleveland Drive in Cheektowaga at 8:30PM.

NOVEMBER 12 - SATURDAY - INNER CITY - will be celebrating their GROUP  
ANNIVERSARY with an eating meeting. Bring a dish if you wish. Place -  
608 William Time - 8:00PM.

NOVEMBER 19 - SATURDAY - GIVING will not be meeting on this night.

NOVEMBER 19 - SATURDAY - FIRST THINGS FIRST-TRINITY MONDAY NIGHT BIG  
BOOK - THE WAY - will jointly be celebrating their Group Anniversary's at the  
Trinity Episcopal Church, 261 Main St in Hamburg. Dinner/6PM Speaker-Mary  
D. Rochester, NY/8PM. Come share and enjoy the fellowship. Bring a dish if  
you care to.

NOVEMBER 24 - THURSDAY - INSPIRATION, which meets at St Barnabas  
Church, 2099 George Urban Blvd at 10AM will have a special two hour meeting -  
CALIFORNIA STYLE - lots of food. Bring a dish if you wish.

NOVEMBER 26 - SATURDAY - LOCKPORT LADIES 12 STEP DISCUSSION GROUP  
invites AA's to join in celebrating their 10th Anniversary this day with an  
open speaker meeting from 10:00-11:30AM at the Lockport Savings Bank  
Community Room (56 East Av. Lockport - across the street from the Lockport  
Savings Bank) followed by a buffet lunch. Bring a dish to pass.

NOVEMBER 28 - MONDAY - BLASDELL MONDAY NIGHT - 6TH Anniversary  
Speaker/Pizza & Wings to celebrate. Bring a dish if you wish. 7PM - 67 Lake  
Avenue. Speaker at 8PM.

DECEMBER 4 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM

INTERNATIONAL CONVENTION ALCOHOLICS ANONYMOUS - JUNE 29-JULY 2, 1995  
SAN DIEGO, CALIFORNIA The Central Office now has registration forms.

Dear Friends in AA:

It's been one year since my mom, and your friend, Sue C. from Fireside Group was suddenly and violently taken from us. It is on this anniversary of my mom's passing that I wanted to send this letter to all of you.

Many of you knew my mom when she first joined AA five years ago. I was lucky enough to give my mom her two year pin at Fireside in 1991, where I met a few of you. Unfortunately, I didn't get to meet many of mom's friends in AA until her wake last year. It was there that it came to light what mom meant to your lives, and more importantly, what you meant to her's. My sisters and I were always aware of how AA changed mom's life. The change was like a beautiful painting that has become blurred and dulled, and AA made it clear and brilliant again.

"To me, AA always meant 'a group' or an organization, something I knew and heard about, but was never a part of it...until I met...all of you!"

To me AA always meant "a group" or an organization, something I knew and heard about, but was never a part of it. That was until I met its heart-all of you! Each of you helped make my mom's painting brilliant again. I felt your support in her, and your strength gave her the courage and motivation to become stronger. It was evident in the daily struggle my mom went through to stay sober, and to begin the process of reparation and rebuilding in her life.

My sisters and I spent many years helplessly watching something we couldn't control. We watched mom's alcoholism control her. Although we loved her with our whole hearts and souls, we had no idea how to fight her disease. But when she came to AA, God and you started the healing process for our family.

It was so important for mom to get to meetings. Oftentimes, when we came over for dinner, she would duck out to go to AA. "Honey, do you mind if I go to a meeting? I'll be right back," she would say. She would return home in time for dessert. How could we mind? Never had mom been so committed to something.

Mom often talked about the steps, and which one she was working on. I told her I wished everyone in the world had an organization like AA to belong to.

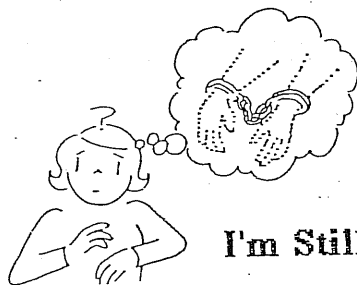
So to each and every one of you in AA, my sisters Kelly and Holly, along with myself would like to send our unending thanks for your part in my mom's life. With God's guidance, you were given the strength to help my mom fight through a difficult and sometimes unhappy life. But I know her years as a member of AA were the most meaningful period of her life. This is a gift beyond value.

And now, our beloved mom's struggle is over. Be reassured she is happy and at home with God, and keep her alive in your thoughts always. Let that be her gift to you. From the depths of our hearts, my sisters and I thank you.

With Much Love,  
Beth



*The Miracle of  
Mindfulness*



## I'm Still Afraid

"Fear is a character defect because we don't have to be afraid anymore." I spoke those words at a prison meeting the other night and have been thinking about them ever since.

I try to believe what I say, "walk-the-walk," instead of just sounding "good" at meetings. So something bothered me about that statement. If those words were true, why was I still afraid? What fears have I held on to and why?

I imagine my greatest overt fear is of the future. My life situation is very precarious, at present, mainly due to the financial conditions that exist, (or should I say don't exist). I constantly worry about what is going to happen at the end of this month, or the beginning of the next.

Another predominant fear is of the nature "is that all there is?" The perceived boredom and self-pity is nothing more than being normal, being ordinary. The fear is I don't want to be ordinary, I want the artificial excitement.

### "The underlying fear, the root of all fears, is why can't I do 'it' right... Why don't I just do it?"

The underlying fear, the root of all fears, is why can't I do "it" right? Why can't I do the right thing? When I know what to do, or what I should be doing. Why don't I just do it?

Fear is disorienting me. It depletes serenity. It lets emotions dominate over intellect. I react instead of evaluating decisions. I overcome fear with anger. And anger is the breeding ground for resentment. Fear is the opposite of the foundation of all spirituality- trust. Because trust is humility.

I did not have a drink today and since I have the disease of alcoholism, I must drink. With my whole heart, and all that I have learned and believed in the Fellowship I know the only reason I didn't drink today is due to my spiritual condition. Fear will destroy that spiritual condition.

When I reduce the emotion of fear to the simplest form I realize what fear really is: lack of humility, ingratitude, perfectionism, wanting and most importantly, lack of trust!

God has brought me to AA. For His purpose, not for my selfish or self-centered well being. I didn't come to AA, I was invited by a Higher Power to be part of His plan. God's love requires a response, whether it be in communication (prayer), in adoration (religious services), or in service (the sharing of pain with other alcoholic sufferers). In carrying His

How can I respond if I don't trust, if I'm afraid? Fear is the emotion of self-centeredness, fear is pride in reverse. How dare I worry about the materialistic tomorrow! If I had remained in the materialistic realm of active alcoholism I wouldn't have had any tomorrows.

How can I wish to be somebody, to relish the artificial excitement, the limelight? How could I imagine that living the lie was any more satisfying than being ordinary? Was I ever satisfied? No matter what I got, no matter what the materialistic gain or accomplishment, it was never enough. It was never fulfillment it was the void.

I never wanted a drink, a beer with a pizza, a glass of wine with dinner. I wanted to be drunk. I wanted the effect, either the lack of feelings, or the counterfeit feelings of selfish egotism.

"Just do it!" When did I decide I'm perfect? At what meeting did I hear I had to be perfect? Again, maybe not on the surface, but in the action and thinking, I want to be God.

Today I did do it! I didn't have a drink and that behavior for me is a profound personality change. I'm an alcoholic, I must take a drink.

So now, with the intellect, overriding the emotion, I know the salient word in the third step is care. My Higher Power's care is His plan in my life, and if I trust His care, fear will subside, fear will vanish.



The first evidence of this change in the personality of the recovering alcoholic is the slow, fearful, but persistent offering of ourselves to the still sick and suffering alcoholic. Alcoholics are charter members of the great "gimmies" of the world. "Gimmie" a chance, "gimmie" a job, "gimmie" a break. In AA, these same "gimmies" should ultimately become givers, unselfishly carrying the AA message, in the manner AA was once presented to us.

In conclusion, we must feel gratitude rather than self-satisfaction. Gratitude that we have been relieved from the bondage of alcoholism, gratitude that the miracle of recovery has been awarded to us from above, gratitude for the privilege of helping other alcoholics, and gratitude for the camaraderie which binds us together in this fellowship of miracles. Our misfortune has now become our good fortune!

To maintain our sobriety, an attitude of gratitude is, not only suggested, but ultimately paramount in our recovery.

THANK YOU

# Anniversaries November

<u>Amberst-Snyder</u>	Dave K.	6 mo.	Paul F.	1 yr.	George H.	1 yr.	Judy S.	7 yrs.
Mary M.	Mark H.	6 mo.	Edward C.	1 yr.	Jay H.	1 yr.	Helen Mck.	9 yrs.
Kathleen W.	Barbara W.	6 mo.	J.R.C.	1 yr.	Chris C.	3 yrs.	Mary Ann S.	11 yrs.
Rick G.	Pat	6 mo.	Joe C.	2 yrs.	Tom W.	4 yrs.	Art C.	15 yrs.
David W.	Brian O'B.	9 mo.	Manuel W.	2 yrs.	Jay B.	5 yrs.		
Mike P. 6 yrs.	Vince H.	1 yr.	Johnny L.	2 yrs.	Leslie C.	5 yrs.	<u>Sunday Morning Breakfast</u>	
Rob B.	Bud N.	1 yr.	Kathleen C.	2 yrs.	Tom H.	5 yrs.	Thomas M.	1 yr.
Pat V.	David B.	2 yrs.	Jose M.	3 yrs.	Sharon V.	5 yrs.	Dawn L.	1 yr.
Fish R.	Nadine E.	2 yrs.	Paul K.	3 yrs.	Sean G.	6 yrs.	Rich M.	2 yrs.
Sister Mark	Chuck B.	2 yrs.	Sherri L.	3 yrs.	Kathy S.	6 yrs.	Jan C.	3 yrs.
Jane A.	Barbara H.	3 yrs.	Lonnie C.	3 yrs.	Bill G.	15 yrs.	Carole C.	4 yrs.
Bus R.	John B.	3 yrs.	Brian D.	4 yrs.			Peter B.	5 yrs.
	Leo H.	3 yrs.	Kevin T.	4 yrs.	<u>Powerless</u>		Ed P.	10 yrs.
	Donald S.	3 yrs.	Barbara C.	4 yrs.	Jim R.	3 yrs.		
<u>Bigwell Monday Disc.</u>	Ed A.	3 yrs.	Magaret K.	6 yrs.	Tom H.	5 yrs.		
Ray D.	Paul B.	4 yrs.	Jewel F.	6 yrs.			<u>Thruway</u>	
Kevin C.	Roger F.	4 yrs.	Tommy C.	6 yrs.	Rainbow		Darryl D.	3 mo.
Steve N.	Dave Z.	4 yrs.	Nadia N.	6 yrs.	David W.	8 yrs.	Gary G.	6 mo.
Don R.	Eric M.	4 yrs.	John M.	10 yrs.	Mike W.	9 yrs.	Rick S.	6 mo.
Sonia J.	Dennis H.	5 yrs.			Pepe E.	10 yrs.	Tom M.	9 mo.
Larry W.	Jan D.	6 yrs.	Honesty	14 yrs.	Mike E.	10 yrs.	Joe K.	1 yr.
Ed Z.	Ken G.	9 yrs.	Dave C.		Mike W.	16 yrs.	Dawn L.	1 yr.
Marie T.	Cam G.	9 yrs.					Dave M.	1 yr.
	Mike E.	10 yrs.	<u>Inner City</u>		<u>Rise 'N' Shine</u>		Ellen V.	1 yr.
<u>Cazanovia</u>	John M.	17 yrs.	Jerry W.	1 yr.	Tina A.	3 mo.	Rich M.	2 yrs.
Dan M.		9 mo.	Quentin R.	4 yrs.	Christy C.	3 mo.	Nancy M.	2 yrs.
Melissa M.		1 yr.	Dorothy H.	8 yrs.	James F.	9 mo.	Maggie M.	4 yrs.
Jenn R.	<u>Flreside</u>	1 yr.	David J.	10 yrs.	Elijah S.	1 yr.	Dick D.	4 yrs.
Mike D.	Phil R.	9 mo.	Edward W.	11 yrs.	Carter	4 yrs.	Jim M.	5 yrs.
	Skip B.	1 yr.	Jerome D.	14 yrs.			Penny K.	5 yrs.
	Dick O.	1 yr.	John Y.	25 yrs.	<u>Seneca 12 &amp; 12</u>		Kathy H.	5 yrs.
	Eric B.	2 yrs.			Joe R.	3 mo.	Jane B.	6 yrs.
<u>Cold Springs</u>	Patricia L.	2 yrs.	<u>Iron Horse</u>		Mike S.	9 mo.	Susan K.	8 yrs.
Benjamin S.	Brian S.	3 yrs.	Linda J.	3 mo.	Carol A.	1 yr.	Jim B.	9 yrs.
Venessa M.	Toni R.G.	3 yrs.	Garry U.	6 mo.	Jerry	2 yrs.	Dick F.	13 yrs.
Shirley V.	Dick D.	4 yrs.	Larry H.	6 mo.			Norma F.	14 yrs.
Roy B.	Kathy H.	4 yrs.	Dale L.	5 yrs.	<u>Sheridan</u>		Bob P.	14 yrs.
Barbara W.	Dave B.	5 yrs.	John S.	12 yrs.	Dave P.	3 mo.		
William D.	John M.	7 yrs.			Bob W.	1 yr.	<u>We Care</u>	
Arnon C.		17 yrs.			Dav C.	6 yrs.	Pat Z.	6 mo.
Robert R.						14 yrs.	Jerome Z.	6 mo.
Carolyn J.	<u>Giving</u>	2 yrs.					Kelth B.	6 mo.
Willie M.	Rudy T.	3 yrs.					Darryl H.	6 mo.
Blane H.	Linda H.	4 yrs.					Jackie W.	9 yrs.
Phyllis W.		8 yrs.					Shirley Mcc.	13 yrs.
Major A.		9 yrs.						
Ralph P.		15 yrs.					<u>Women's Westside Disc.</u>	
	<u>Happy Hour</u>							
	Willene F.	3 mo.	<u>Liberty Women's</u>		<u>South Bflo.</u>			
	Nadine L.	6 mo.	Ann Marie P.	9 mo.	Jimmie B.	3 mo.		
	Barry S.	6 mo.	Kathleen F.	3 yrs.	Jack B.	6 mo.		
	Jeanette A.	6 mo.	Leslie C.	5 yrs.	Mark B.	1 yr.		
	Patrina S.	9 mo.	Estelle D.	6 yrs.	Kristlin S.	1 yr.		
	Robert C.	9 mo.	Terry H.	11 yrs.	Gary P.	1 yr.		
	Darrel D.	9 mo.	Jeanne E.	23 yrs.	Gary T.	1 yr.		
	Stanley R.	9 mo.			John D.	4 yrs.		
	Becky W.	1 yr.	<u>No. Bflo.</u>		Ed G.	5 yrs.		
			Robert S.	6 mo.	Marilyn R.	6 yrs.		
			Stan W.	6 mo.	Steven M.	6 yrs.		
			Robert B.	6 mo.	William K.	7 yrs.		





Left off!

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

NOVEMBER 1994

**MEETING CHANGES:**

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**NEW MEETINGS:**

FELLOWSHIP IN THE SPIRIT - SUNDAY - 7PM - Closed; Open the last sunday  
of the month - Covenant United Methodist Church, 539 Main St, West Seneca

**PLEASE NOTE:**

MID-DAY - MONDAY - 12:30PM which meets at the Mid-Erie Clinic, 1520  
Walden Av, needs the support of members with sobriety to help carry the  
message to the newcomer.  
FIRST WARD - WEDNESDAY - 7:30PM - 62 Republic St, needs support. Please  
use the Vincennes St entrance.

**COMMITTEE MEETINGS:**

Treatment Facility Committee Meeting - 3rd Saturday of the month - 10AM  
- 675 Abbott Rd, Woodside Methodist Church.  
Correctional Facility Committee Meeting - Sunday preceding the Central  
Committee Meeting at 80 Goodrich - 5:30PM

**GENERAL SERVICE**

Public Information Committee - PIC - meets one hour before the General  
Service Assembly meetings as listed in the first page of the schedules.

**COMING EVENTS:**

NOVEMBER 6 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM  
Nomination of Central Committee Officers for 1995.

NOVEMBER 11 - FRIDAY - AMHERST-SNYDER will celebrate their  
36th ANNIVERSARY at their regular meeting with a special guest speaker  
followed by a buffett. Bring a dish is you wish. They meet at the Cleveland  
Hill Lutheran Church, 261 Cleveland Drive in Cheektowaga at 8:30PM.

NOVEMBER 12 - SATURDAY - INNER CITY - will be celebrating their GROUP  
ANNIVERSARY with an eating meeting. Bring a dish if you wish. Place -  
608 William Time - 8:00PM.

NOVEMBER 19 - SATURDAY - GIVING will not be meeting on this night.

NOVEMBER 19 - SATURDAY - FIRST THINGS FIRST-TRINITY MONDAY NIGHT BIG BOOK - THE WAY - will jointly be celebrating their Group Anniversary's at the Trinity Episcopal Church, 261 Main St in Hamburg. Dinner/6PM Speaker-Mary D, Rochester, NY/8PM. Come share and enjoy the fellowship. Bring a dish if you care to.

NOVEMBER 24 - THURSDAY - INSPIRATION, which meets at St Barnabas Church, 2099 George Urban Blvd at 10AM will have a special two hour meeting - CALIFORNIA STYLE - lots of food. Bring a dish if you wish.

NOVEMBER 26 - SATURDAY - LOCKPORT LADIES 12 STEP DISCUSSION GROUP invites AA's to join in celebrating their 10th Anniversary this day with an open speaker meeting from 10:00-11:30AM at the Lockport Savings Bank Community Room (56 East Av, Lockport - across the street from the Lockport Savings Bank) followed by a buffet lunch. Bring a dish to pass.

NOVEMBER 28 - MONDAY - BLASDELL MONDAY NIGHT - 6TH Anniversary Speaker/Pizza & Wings to celebrate. Bring a dish if you wish. 7PM - 67 Lake Avenue. Speaker at 8PM.

DECEMBER 4 - SUNDAY - CENTRAL COMMITTEE MEETING - 80 GOODRICH - 7PM

INTERNATIONAL CONVENTION ALCOHOLICS ANONYMOUS - JUNE 29-JULY 2, 1995  
SAN DIEGO, CALIFORNIA. The Central Office now has registration forms.

11TH MONTH - 11TH STEP "Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

11TH MONTH - 11TH TRADITION "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

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

The meeting was opened by Bill M with a moment of silence followed by the Serenity Prayer. Purpose of Central Committee and the traditions were read by Powerless Group Preamble was read by

Correction to last months minutes - Mel L pointed out that his question as to how much BryLin Hospital owes us for literature they purchased. The answer being \$1860.

The minutes were accepted as corrected.

**32 GROUPS**--**Dist#1**-Delaware Disc, Gay, Lesbian, Sober & Proud, Live & Let Live, Open Mind, Sunday Nitters, Sunrise Court, The Journey, Women's Westside **Dist#2**, Kenmore, Living Sober, WHY **Dist#3** Abbott Men's, Cazenovia, Ellicott, Father Baker, Higher Powered, Inner City, Iron Horse, Lovejoy, Powerless, Rainbow, Seneca 12 & 12, South Buffalo, Southgate, Urban **Dist#4**, **Dist#5**, DeVeaux, Morning After **Dist#6**, Main Street **Dist#7** Amherst Snyder, Cold Springs, Kensington, Let Go & Let God, North Buffalo **Dist#8** Common Problem, Matt Talbot, Renewal, Sunday Morning Bkft.

### COMMITTEE REPORTS

#### ENVELOPE SYSTEM - Mel L -

October receipts	<u>1993</u>	<u>1994</u>
	\$394.33	\$432.00
Average monthly receipts (per month) for the previous 3 months	580.00	600.00

#### STEERING COMMITTEE MEETING - NOVEMBER 1, 1994

The meeting was opened at 6:15PM with the Serenity Prayer by Sonny J-Dist#3. Present were Bill D-Dist#4, Tom MoM-Dist#5, Denny O-Dist#6, Central Committee Co-chairman, Larry S and Delphine H.

Subjects:

1. Possible candidates for officers of the 1994 Central Committee - discussed and will be presented to Central Committee.
2. District meetings: Larry S motioned to invite all newly elected and appointed officers to Steering Committee meeting in January 1995 to inform them of plans for workshops on officers positions in February 1995. Bill D, seconded the motion

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

#### FINANCIAL REPORT - Jerome D - see attached.

#### TREATMENT FACILITIES - John D - Minutes from Oct 15th Committee meeting:

- 1) No minutes of last month's meeting.
- 2) We need a person to report to the Central Committee Meeting for the TFC. John D and Mike K agreed to share the job.
- 3) TFC spent \$130 on Big Books and Schedules for the Research Institute.
- 4) John D requested Big Books and schedules for the Vet's Hospital meeting. Warren H requested pamphlets for the ECMC meeting.
- 5) Sally T from Lockport requested literature and Big Books from the TFC. Teh TFC is willing to give literature and books to these meetings if they would be willing to fall under the TFC Group Conscience. This is necessary because TFC us responsible for the money that groups donate to us.
- 6) The Committee has decided to put and announcement in the Central Committeee Monthly Bulletin asking groups if they would like to sponsor a future TFC meeting at their location. Announcement to be written by Jim R.

#### CORRECTIONAL FACILITIES - RON S - CO-CHAIRMAN - Minutes from Committee meeting of November 6th.

Chairmans schedules are completed for the facilities.

Chairmans schedules are completed for the facilities. If you have any questions of the facilities call Ron S 897-3439 or Sonny

**SCREENERS - Patty V** for Ralph  
Wants to set up a meeting with Delphine.

**CENTRAL OFFICE: Delphine H**

AA information	521	12 Step	3
PIC	3	literature requests	150
CPC	2	Refer to other agencies	89
Alanon	72	Refer from other agencies	112
Alateen		Central office	
ACOA	31	Outgoing calls	140
Answering Service		Mail costs	\$189.55
Incoming calls 344 - Out going 65		Visitors	92

**NEW FRONTIER: no report**

**FALL CONVENTION '94 - JACK B, CHAIRMAN, SOUTHGATE GRP**

Banquet Registration - 622 total including the Head table - sell out!  
Total registration 1495. \*Includes partial AA, Al-anon and hardships along with Alateen.

Our Registration Chairman, Mitch D thanks Delphine and Central Office personnel for their help and assistance this past year.

We should have a complete financial report at the December meeting.

I wish to thank the Central Intergroup Committee for allowing me to be your trusted servant as the 1994 Convention Chairman.

I wish to personally thank all the Committee Chairs and their Committees -- as well as -- all the Panel Moderators and their panelists for a job well done!

**COURTESY REPORTS:**

**GENERAL SERVICE - NO reports**

**RE-CAP** - Elizabeth wanted to know more about the group thought to be cult like.

**OLD BUSINESS:**

**NEW BUSINESS:**

Nominations: Central Committee Co-Chairman - Ron E, Common Problems, Patrick H, Gay, Lesbian Sober and Proud.

Secretary: none

Treasurer: Gary S, Matt Talbot

**OTHER TOPICS DISCUSSED:**

A new 12 step list should be compiled. This will be discussed with the Screening Committee.

Rides should be arranged to get to the Fall Convention. It was suggested by the Chairman that the people who have this need get involved with the Convention Committee and make this possible

Our prudent reserve dropping off each month. Group contributions are at an all time low.

Respectfully Submitted,

Tina F (The Journey)

GROUP	Correctional Facil		Treatment Ctrs	
	NOV' 94	Accum.	NOV' 94	Accum.
1st Step				
3rd Step				
6th Step				
A Day At A Time				
Abbott Mens Discussion		10.00		10.00
Abbott Women's		6.00		
Acceptance/Welcom		200.00		
Achievement		216.00		
Action		50.00		
Age Doesn't Matter				
Albion				
Alexander				
Amherst Tree of Life		218.00		
Amherst Snyder		322.11	65.00	150.00
Amsdell Lakeshore				
Any Age	150.00	150.00		100.00
Arcade				
As Bill Sees It				
Attitude Adjustment				
Attraction		300.00		
Awakening				
Beginner's Table				
Beginning in Sobriety I				
Beginning in Sobriety II				
Beginnings-Women's		132.00	136.00	136.00
Better Days (Bilingual)				
Bidwell				
Bidwell Monday Disc				
Big Book - Lockport		50.00		
Big Book Study (Thursday Night)				
Big Book Workshop				
Blasdell				
Blasdell Monday Night		130.00	35.00	35.00
Blissfully Sober				
Boulevard Women's				
Brass		100.00		
Broadway-Bailey		25.00		
Brocton Discussion		25.00		
But for the Grace of God		90.50	42.00	42.00
By The Book-Buffalo				

GROUP			Correctional Facil		Treatment Ctr	
	NOV' 94	Accum.	NOV' 94	Accum.	NOV' 94	Accum.
pg 2						
Came To Believe		128.31				50.00
Campus (Buffalo State College)						
Casting		90.00				
Cathedral Park		212.85				
Caz Manor						
Cazenovia		10.00		20.00		20.00
Central Park		20.00				
Chapter IX		40.00		80.00		40.00
Cheektowaga		50.00				
Chevy #1						
Clarence Men's Disc II						
Clarence Men's Discsion		400.00				
Cold Springs		20.00		25.00		
Common Problem		150.00				
Community Center		45.00		25.00		
Cornplanters Again		270.00				
Courage	<b>25.00</b>	25.00				
Delaware Discussion		270.00				
Derby	<b>40.00</b>	90.00				
Desire		75.00				
DeVeaux Discussion						
Downtown Discussion						
Downtown Men's Discussion						
Dunkirk		10.00				
Early Bird						
Earlybird - Saturday						
East Amherst		80.00		10.00		10.00
East Aurora	<b>40.00</b>	420.00			<b>10.00</b>	100.00
Easy Does It		55.00				
Eden-North Collins		149.50				
Ellicott		70.00				
Ellicottville						
Emergency						
Eternal Vigilance		200.00		50.00		50.00
Everybody's		60.00				
Eye Opener	<b>25.00</b>	505.00				
Face to Face (women's)						
Faith						
Faith in Action						
Father Baker		200.00		100.00		100.00

GROUP			Correctional Facil		Treatment Ctrs	
	NOV' 94	Accum.	NOV' 94	Accum.	NOV' 94	Accum.
pg.3						
Feelings						
Fifth Tradition	10.00	10.00				
Fireside	35.00	1059.00		100.00	25.00	200.00
Fireside P.M.		268.35				
First Things First		75.00				
First Ward						
Fredonia Discussion		60.00				
Freedom	25.00	275.00	75.00	300.00	75.00	300.00
Fresh Start						
Friday Nite Discussion						
Friday Noon Meeting						
Friday Step Beginners						
Friendly	20.00	45.00				
Friendship						
Friendship Fireside		25.00				
Frontier		50.00				
Gardenville	50.00	50.00				
Gay, Lesbian, Sober & Proud		10.00				
Giving		50.00				
Golden Slipper		150.00				
Good Life						
Grand	25.00	55.00				
Grand II Joy Of Living		60.00				
Grateful						
Guiding Light		50.00				
H.A.N.D.		385.00				100.00
H.O.W.						
Half & Half		25.00				
Hamburg		25.00				
Hamburg Big Book		60.00				
Handicappers Sat. Nite						
Happy Hour		110.00		100.00		100.00
Harmony		70.00				
Helping Hand		80.00				
High Noon						
High View						
Higher Powered		25.00		25.00		25.00
Hilly Billy		60.00		20.00		20.00
Holiday Village		444.35				
Honest Desire		87.00				

GDAUD			Correctional Facil		Treatment Ctr	
	NOV' 94	Accum.	NOV' 94	Accum.	NOV' 94	Accum.
pg. 4						
Honesty	30.00	330.00	10.00	110.00		
Hora de Reflección (Spanish)						
How It Works	60.00	90.00				30.00
Humbly Willing						
Ignatia		10.00				
Inner City		25.00				
Inspiration		30.00				
Iron Horse		70.00		70.00		25.00
1st Step						
IT						
It's About Time						
Just for Today		50.00				
Keep It Simple, Sister		35.00				
Keep on Comin'						
Kenmore		25.00		25.00		75.00
Kensington		50.00		50.00		
Ladies Night						
Lakeshore						
Lakeview						
Let Go & Let God		60.00				
Lew-port						
Liberty Women's		135.40		50.00		
Life Today		70.00				
Lighten Up		180.00				
Live and Let Live		220.00				
Living Sober	35.00	385.00				
Lock City						
Lockport #1		75.00		75.00		75.00
Lockport Discussion		286.00				
Lockport Ladies						
Lockview		418.00				
Lovejoy						
Lower River						
Lunch Bunch		10.00				
Main Street						
Marilla	25.00	115.00				
Matt Talbot	25.00	250.00				
Medina New Life						
Mercy						
Mid-day						



GROUP			Correctional Facil		Treatment Ctrs	
	NOV' 94	Accum.	NOV' 94	Accum.	NOV' 94	Accum.
pg. 5						
Midnight						
Miracle						
MOD (Serenity Room)						
Never Too Late	15.50	15.50				
New Awakening						
New Beginnings		50.00		10.00		10.00
New Freedom						
New Frontier						
New Frontier Womens						
New Life		115.00		45.00		
New Life - New Beginning		200.00				
New Westside						
Niagara Frontier Men's		25.00				
Nite People						
North Buffalo	100.00	1100.00	25.00	275.00	25.00	275.00
North Java-Monday						55.00
North Java-Sunday						
One Day at a Time(ODAT)		139.00		57.00		82.00
Open Arms						
Open Mind						
Opportunity						
Orchard Park Step						
Pass It On		140.00				
Patchin		100.00				
Pathway to Peace		35.00				
Pendleton-Chapter V						
Perry		30.00				
Positively Living II		50.00				
Positively Living III						
Powerless						
Primary Purpose						
Progress		44.00				
Purpose	40.00	360.00				
Rainbow		22.00				
Ray of Hope		150.00				
Remember When						
Renaissance I		100.00				
Renaissance II						
Renewal		125.00		25.00		

GROUP			Correctional Facil		Treatment Ctr	
	NOV' 94	Accum.	NOV' 94	Accum.	NOV' 94	Accum.
pg. 6						
Ridge	100.00	175.00		75.00		75.00
Ripley's "Believe It Or Not"						
Rise & Shine	25.00	145.00				
Rochester Meeting		100.00				50.00
Rur-al is Plural	60.00	80.00				
Rush Hour						
Sally						
Salvation Army						
Saratoga						
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity		35.00		35.00		100.00
Second Chance		85.00		20.00		20.00
Security						
Seneca 12 & 12		5.00				
Serenity	60.00	300.00				
Serenity Circle	10.00	90.00				
Serenity Trail						
Sheridan	10.00	110.00				
Silver Creek Friendship						
Sober Trail						
Sober Winners						
Sobriety Men's Disc						
Somerset						
South Buffalo		70.00				
South Town		35.00				
South Town Women's		50.00		70.00		60.00
Southgate		45.40				
Southwestern		84.00				
Spirit of H.O.P.E.		10.00				
Spiritual Progress						
Spiritual Progress(women's)						
Springville		300.00				
Springville Saturday Afternoon						
St. Barnabas		60.00		25.00		25.00
St. Mark's		60.00				
Starting Over						
Step						
Stepping Stones						

GROUP			Correctional Facil		Treatment Ctrs	
	NOV' 94	Accum.	NOV' 94	Accum.	NOV' 94	Accum.
pg. 7						
Suburban		21.00				
Sunday Morning Bkft.		250.00		250.00		300.00
Sunday Niters		60.00		20.00		10.00
Sunday Third		15.00				
Sunrise Court		50.00				
SUNY-Amherst Campus						
Surrender & Hope						
Survivors						160.00
Swinging Door						
T'n'T		406.00				
T.P.H.	<b>25.00</b>	25.00				
TGIF	<b>50.00</b>	150.00		75.00		75.00
Thankful		130.00				
The Journey	<b>60.00</b>	140.00				
The Way						
Thruway	<b>300.00</b>	2800.00	<b>20.00</b>	190.00	<b>20.00</b>	60.00
Thursday Afternoon Disc		225.00				
Today						
Town Hall(Going to Any Length)		60.00				340.00
Tri-County						
Try Again						
Tuesday Men's Disc		100.00				
Tuesday Women's Disc.	<b>35.00</b>	75.00				10.00
Turning Point		57.50				10.00
Twin Cities		105.00				
Unity		120.00				
University	<b>150.00</b>	1450.00			<b>20.00</b>	200.00
Urban		50.00		5.00		5.00
V.I.P.		21.50				
Valley						
Varysburg		45.00				
Veterans						
Victory						
Villa		45.00				
Wake Up Call	<b>30.00</b>	253.00				
We Amitted/Morning after		110.00		100.00		50.00
We Are Not Saints						
We Care	<b>30.00</b>	360.00	<b>10.00</b>	210.00	<b>20.00</b>	220.00

GROUP			Correctional Facil		Treatment Ctr	
	NOV' 94	Accum.	NOV' 94	Accum.	NOV' 94	Accum.
pg. 8						
We Choose Life	50.00	110.50				
We Need You						
Wehrle						
Welcome Home						
West Seneca Sat. Nite						
Westfield						
Westminster						
WHY		175.00		25.00		
Williamsville	100.00	350.00				
Willing To Grow		225.00				
Wilson						
Women's Westside Disc.		50.00		25.00		25.00
Working		20.00		3050.00		
You'll Never Walk Alone		24947.77				
Youngstown						
Youth Gone Wild						
35 Groups - NOV '94	1870.50		140.00		195.00	
Last month accum totals	23077.27 *		2910.00 *		3815.00	0.00
Year to date totals	24947.77		3050.00		4010.00	
				*adjusted		

CENTRAL COMMITTEE #504-771-7		MONTHLY REPORT	
RECEIPTS	10/25/94 - 11/25/94		
35 Groups contributed		1870.50	
Joint meeting (expenses-6.38)		26.70	
New Frontier Subscriptions		21.00	
Envelope System		481.00	
Literature		4602.02	
	<b>Total Receipts</b>	<b>7001.22</b>	
<b>DISBURSEMENTS</b>			
# 10 Ellicott Sq Ct Corp		608.00	
Community Mental Health Ctr		35.00	
Happy Spring Water		13.50	
M & T Bank - Federal Withholding Tax		569.20	
Message Connection - Ans Serv		150.00	
NYNEX		184.82	
AT & T		1.18	
Salaries/health ins		3207.40	
Petty Cash		50.00	
Bank Charge		99.59	
	<b>Disbursements</b>	<b>4918.69</b>	
Balance per checkbook 10/25/94		<b>1165.04</b>	
Add receipts 10/25/94-11/25/94		<b>7001.22</b>	
Deduct expenses 10/25/94-11/25/94		<b>-4918.69</b>	
Balance per check book 11/25/94		<b>3247.57</b>	
Operating credit for NOV 1994	2082.53		

RECAP		10/25/94-11/25/94	
<b>CORRECTIONAL FACILITIES ACCOUNT *484-185-4</b>			
Expenses	Check#	Amount	
AA Central Office Bks-Attica	1096	127.60	
Frank M - Re-emburse phone bill	1097	5.75	
AA Central Office - Spanish Bks-Collins	1098	84.00	
		217.35	
Balance per checkbook 10/25/94		216.70	
Add Receipts 10/25/94 - 11/25/94		140.00	
Deduct expenses 10/25/94 -11/25/94		-217.35	
Balance per checkbook 11/25/94		139.35	
Operating debit for 11/25/94	(-77.35)		
<b>TREATMENT FACILITIES ACCOUNT *602-089-5</b>			
Expenses	Check#	Amount	
AA Central Office-ECMC	285	126.06	
AA Central Office-Sister's Hosp.Renais:	286	359.65	
		485.71	
Balance per checkbook 10/25/94		767.51	
Add Receipts 10/25/94 - 11/25/94		195.00	
Deduct expenses 10/25/94 -11/25/94		-485.71	
Balance per checkbook 11/25/94		476.80	
Operating debit for 11/25/94	(-290.71)		