

NEW FRONTIERS

IN A.A. - NOVEMBER IS GRATITUDE MONTH

FOR MANY DECADES NOW, WE IN THE FELLOWSHIP HAVE FORMALLY CARVED OUT FROM THE CALENDAR THE MONTH OF NOVEMBER AS A TIME TO EXPRESS OUR COLLECTIVE GRATITUDE FOR OUR INDIVIDUAL SOBRIETY. INTERESTINGLY, NO ONE IS EXACTLY SURE WHY THAT MONTH WAS ORIGINALLY CHOSEN, THOUGH ITS CONNECTION WITH THANKSGIVING SEEMS OBVIOUS. A.A. COFOUNDER, BILL W., THOUGHT FOR A WHILE THAT HIS SOBRIETY HAD BEGUN IN NOVEMBER, BUT LATER CALCULATIONS ESTABLISHED THE DATE OF HIS NEW BEGINNINGS AS DECEMBER 11.

MISTY ORIGINS NOTWITHSTANDING, GRATITUDE MONTH HAS, SINCE THE 1940'S, BEEN NOVEMBER AND OUR SHARED THANKFULNESS OVER THE YEARS HAS TAKEN MANY FORMS AND WILL CONTINUE TO DO SO AS OUR MEMBERSHIP WIDENS.

Reprinted from the October 1994 Box 4-5-9.

HOW GRATEFUL ARE WE?

GRATITUDE IS NOT PASSIVE!

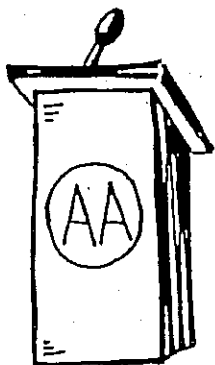
"We could thus reinforce our faith in the future by these prudent works; we could show that we deserve to go on receiving that priceless gift of oneness which God in his wisdom has so freely given to us of Alcoholics Anonymous in the precious years of our infancy." Bill W.



ATTEND BUSINESS MEETINGS, VOLUNTEER FOR COMMITTEES



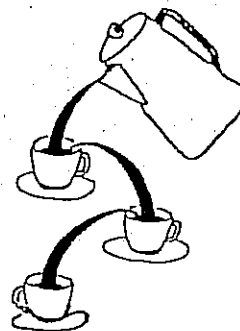
SPONSORSHIP, CARRY THE MESSAGE



GIVE A LEAD, CHAIR A MEETING



SUPPORT YOUR HOME GROUP, SUPPORT THE CENTRAL OFFICE



MAKE THE COFFEE, WELCOME THE NEWCOMER

THE GRATEFUL ALCOHOLIC

*"...I began to understand that it was sobriety
that people were talking about gratefully..."*

When I first started on the program, I heard people say "I'm a grateful alcoholic." I would cringe and forget about it. This went on for several years until I finally heard someone say "I'm a grateful sober alcoholic."

This struck a chord with a brand new meaning. I had assumed that people were grateful to be alcoholics. When the clouds began to clear, and I began to understand that it was *sobriety* that people were talking about gratefully, I realized that I had drawn premature conclusions.

Today, nearly twenty years later, I can state that I am a "grateful sober alcoholic." I can watch other people going through the same misconceptions that I had as they question the sanity of those saying "I'm a grateful alcoholic" and leaving out the word "sober." It makes me wonder how many other preconceived notions I still carry around – and when the next one is going to be dispelled!

John R., N.O.C.

Reprinted from the Anonymous Times
Fullerton, CA, October 1995

HUMILITY

**Humility is perpetual quietness of heart.
It is to have no trouble.
It never to be fretted or vexed,
irritable or sore;
to wonder at nothing that is done to me,
to feel nothing against me...
It is to be at rest when nobody praises me,
and when I am blamed or despised,
it is to have a blessed home in myself
where I can go in and shut the door,
and kneel to my Higher Power in secret,
and be at peace, as in a deep sea
of calmness when all around
and about is seeming trouble.**

Inscription on Dr. Bob's desk

The New Frontiers is published monthly by the Central Office of Western New York. We are self-supporting by your subscriptions. The New Frontiers presents the experience and opinions of members of Alcoholics Anonymous on the disease {illness} of alcoholism. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply 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. Art and articles reprinted with permission of A.A. Grapevine, Inc. are subject to the GRAPEVINE copyright.)

John H., Editor, We Care

Ron S., Assistant Editor, Powerless

ABILITY, NOT DISABILITY

"It is a person's abilities that count, not disabilities."

When a physically disabled person comes to A.A. and stops drinking, he or she still remains physically disabled. Sobriety does not alleviate disabilities, but it does enable a person to seek out and find abilities. It is a person's *abilities* that count, not disabilities.

In life, perhaps it is not the lamed leg or the halted speech or the crippled hand that is the worst misfortunes. These trials that afflict our brothers and sisters are readily seen and we often marvel at the ingenious ways people overcome them; but there are other handicaps, insidious and unseen.

Loneliness can become a dark cave in which a soul can become lost. Hopelessness can become a sinking pit into which a soul can slowly disappear. The loss of self worth can

take the sun from the sky and take the warmth from our lives. However, A.A. can light up the dark caverns of loneliness. It can pull a person out of the pit of despair. It can bring the warmth of God's grace that can instill a person's life with imperishable worth.

"A.A. CAN LIGHT UP THE DARK CAVERNS OF LONELINESS."



A.A. cannot make the crippled walk or the blind to see. It can make the spirit of a wheelchair bound person soar through the grandeur of creation. It can make a sightless person perceive the wonders of the God of his understanding.

Anonymous

**SERVICE IS THE RENT WE PAY FOR ALL OUR BENEFITS FROM A.A.
...GRAPEVINE, May, '56**

SO YOU DON'T CARE ABOUT SERVICE WORK?

Yeah, I know you. There are a lot of you out there. I see you show up about a minute before the meeting starts. You sit in the back. Maybe you don't pay attention to "How It Works." After all, you have a very important conversation to carry on with the guy next to you.

When the secretary asks for announcement, you slip off to the bathroom, or the break-out room...any place but where they're TELLING you something. (As an alcoholic, you never let anybody tell you anything...that's why you lost your last sponsor.)

In the meeting, you share about your girl-or-boyfriend splitting up with you. No reference to alcohol, sobriety or gratitude. Singleness of purpose is for the wimpy folks who don't know what it's like out where you are.

They pass the basket. Everybody's looking at you. So, you slowly reach into your pocket and pick out a crumpled, mangy-looking dollar bill and flick it in. Damn, you think, I needed that money.

As soon as the Lord's Prayer is said, you scoot out

the door. Wouldn't want someone to nab you for clean up duty. And while everybody else does the work, on you go, partner, just goin' your merry way. Sure glad it's a "selfish program," aren't you? Or else how could you be in it?

If anyone recognizes him/herself above, just remember, if you're working a program and you're not pitching in to help out, the program you're working isn't A.A. (More like ME-ME).

Practice the principles, Brother, or Sister. Consider that next alcoholic. He needs something you can provide. What he needs is to see and hear the real A.A. in action.

You'd be surprised at how much you can impress someone by getting inside a dirty coffee pot. Or by sharing the real message of A.A. — recovery, sobriety and serenity. If you do it today, somebody else might do it for you when it's you who needs it.

Anonymous
Reprinted from 20/20 VISION, Sept/Oct 1995
Charlotte, North Carolina

LOSS/ACCEPTANCE

"We are peacefully detached from the chaos of life, and find serenity in the surrender of saying, "Not my will but Thine be done."

Loss of any type produces great emotional pain and grief. The depth of pain depends, in part, on how severe the loss. Loss may come in many forms: through death, or a conscious, deliberate decision to hurt, on the part of one person towards another.

The word rejection means to be cast aside, thrown away, as having no worth. To be rejected means to be told, "I don't want you, you have no value, you're not what I want." This is often very painful. It also has the ability to set into motion a variety of different feelings or responses.

In A.A., we are taught that resentment is the number one killer. Our resentments, fancied or real, can kill us. Below the surface of ego lies resentment, anger, rage, hurt, and our greatest enemy, fear.

Further below our fear of loneliness, abandonment, rejection, being alone, is the all encompassing fear that our Higher Power will not have the power to take care of us. The opposite of fear is faith.

So we submit to being actors in a play. Whether our behavior is meant for harm or for good, we want control. We fight everything and everyone seeking to maintain control of our lives. But we soon see that a life run by self will (what I want, what I think I need, what I need from you) soon has its bottom.

We now reach a crossroads; do we continue to fight? Or do we fearlessly surrender to the loving arms of a Higher Power, who promises us a life of abundant happiness. Do we allow ourselves to be propelled by a loving Higher Power or do we seek to carry the reins again only to our own demise.

Acceptance, to me, means we have

come to a place where we cease to fight. We are peacefully detached from the chaos of life, and find serenity in the surrender of saying, "Not my will but Thine be done."

Acceptance is the willingness to forgive those people in our lives who have hurt or harmed us, knowingly or unknowingly. We attempt to see them with eyes of compassion. Hurting people hurt other people. We see that they, too, like us, are driven by a hundred forms of fear and spiritual depravity; and so powerless, but with a willing heart we begin to take the steps to love in spite of ourselves; to love unconditionally.

We have been loved by our Higher Power, who by his grace and mercy is ever able to receive those into his arms who humbly admit their powerlessness.

Sometimes truly loving yourself and others may indicate a need to remove yourself from harms way. In this way, you are not playing God and you're depriving your ego the opportunity to control a situation or person.

Acceptance is letting go and letting God. It's keeping it simple. It's the end of fighting. It's giving God the opportunity to work.



From the Big Book, pg. 63: "God, I offer myself to Thee--to build with me and to do with me as thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"

Mary Jo S.
Lunch Bunch

AN ATTITUDE OF GRATITUDE

Gratitude shows growth in A.A. It's the cultivating process by which our garden of sobriety matures. We, as members of A.A., have neither the time, nor 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 diligently active in our home group's affairs, doing whatever we can to repay, freely, 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 us 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 on our A.A. 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 A.A. in these capacities.

As we distance ourselves from our last drunk, for some of us, complacency sets in. 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 A.A. as a whole. 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 corner stones of our recovery.

We in A.A., 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, education, or research. To them, we send the timeless gratitude of Alcoholics Anonymous. After years of cynicism, the American Medical Association has finally, officially recognized alcoholism as a progressive, incurable disease.

"Helping others is the mortar that bonds the corner stones of our recovery."

In showing our gratitude for the gift of sobriety, no task is too difficult; no effort is too overwhelming.

From Doctor 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 take 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 Alcoholics Anonymous. 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.

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 "gimmes" of the world. "Gimme" a chance, "gimme" a job, "gimme" a break. In A.A., these same "gimmes" should ultimately become givers, unselfishly carrying the A.A. message, in the manner A.A. was once presented to us.


In conclusion, we must feel gratitude rather than self-satisfaction -- gratitude that we had been relieved from the bondage of alcoholism, gratitude that the miracle of recovery had 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 had now become our good fortune!

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

John H.
Editor

**IF I GO TO AA MEETINGS THE REST OF MY LIFE,
I'LL HAVE THE REST OF MY LIFE.**

A LETTER TO MY DISEASE...



I would like to start off by telling you I have no further use for you. That's right, it's farewell, old friend. Over the past 6 or 7 years you have really made a mess of my life. Because of you I have an unstable work history, many lost romances and

relationships. Because of you I have lost the trust of family members. I have wasted a small fortune in my efforts, chasing behind you. The pain you caused me was unbearable. The key word in that sentence is was. That's right, was, as in the past tense. I no longer love you. I have something more intense than you working for me now. As much as I hate to admit it, I once loved you more than I loved myself, because I put you before my own needs and wants a lot of times. I hurt deep down when I look back and dwell on what I could have had, had I not fallen in love with you.

Now, realizing that you have many lovers, I found our relationship too dangerous. You never cared for me at

all. In fact, you tried to kill me on at least two occasions. With that, you lowered my self-esteem, stripped me of my pride, and left me to die slowly. However, you did not finish me off. I have a new love in my life, one that is far more powerful than you. That's right, I have found a Higher Power. Whom I chose to call God. He has allowed me to pick myself up off the ground, not to wallow in my pity. He gives me love, unconditional love. All He asks of me in return is to let Him love me, which is teaching me to love myself, then I can learn to love others. Also, He has allowed me to connect with others who have fallen into your clutches. Together we will defeat you. So, good-bye, farewell, may we never meet again.

I can't,

WE can,

I think I will let Him!

Glenn L.

Reprinted from the 20/20 VISION
Sept/Oct 1995; Charlotte, North Carolina

"NEARLY" SOBER

"This stuff won't hurt you!" reasoned my friend Ted. "Read the words out so you can get it through your thick head - 'nonalcoholic!'"

My "friend" put the ice-cold brew in my hand. I watched as the sweat formed on the brown bottle. It looked and felt like so many other real beers I had downed. A hot wind blew over my farm with the odor of hay that had just been put up in the barn. I looked at the label on the bottle and read "one half of one percent of alcohol." How in the world could such a little bit of alcohol hurt me? Didn't I have three years of sobriety? Surely this miniscule amount of liquor would be no match for the mighty bulwark of sobriety I had built up inside me. (Unfortunately, I hadn't been to an AA meeting in over a year.) Calming my justifiable fears, I inhaled the first one, coming up for air only once. I had another later, feeling pretty good about myself. At last, I thought, here was a way that I could be socially acceptable in my old circle of friends.

Within six months, I was back in a treatment center. I am an alcoholic. I am allergic to even the smallest amount of alcohol. Within two weeks of drinking "near-beer," I had picked up on my drinking right where I had left off three years before.

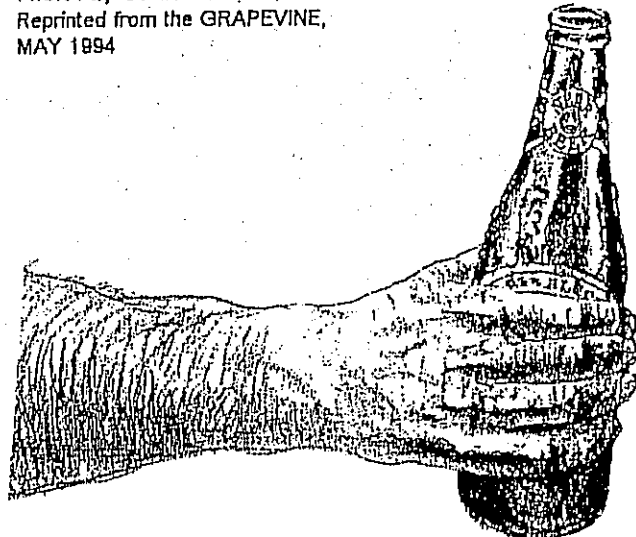
The next two years were a roller coaster ride I hop I don't soon forget. My sobriety, as the Big Book states, was "precarious." Two or three months dry and then back out there. I lost numerous good jobs, as well as a marriage of eight years.

Something happened in March 1992. My Higher Power once again restored the gift of sobriety in my life. The past seventeen months have proved the faithfulness of my favorite promise over and over. God is doing for me what I cannot do for myself. I covet the gift now and maintain it with many meetings and close sponsorship.

I have an allergy of the body and mind called alcoholism. When I leave the "sleeping giant" alone, I am safe. When I awaken it with the smallest amount of alcohol, the physiological craving takes over. Total and complete abstinence remains my only hope of recovery over this incredibly patient disease.

Rick R., Grandview Mo.

Reprinted from the GRAPEVINE,
MAY 1994



Tired of being told like it is?
Still looking for that easier, softer way?
Had enough of that same old time-tested direction?
THEN YOU'RE READY FOR...



RENT - A - SPONSOR



****No Reading! **No Writing! **No Deadlines!**

Standard Features Include:

- Listening to your sniveling without constant reference to the Steps.
 - Co-signing your excuses and rationalizations.
- Working only the Steps you want, in the order you choose.



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REMEMBER: LESS IS MORE!

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A Subsidiary of Outside Enterprises, Inc.
Submitted by Don K., Fireside

Thirteenth Step?
From Columbus, Ohio:

I've just come from one of my favorite AA meetings, and I have an old familiar feeling - resentment! Two new gals (young and attractive) were there. Do you know, I had a hard time trying to talk with them, because the men in the group were surrounding them. I went through the same thing for a while, and believe me, it doesn't help the new gal. I don't hate men. In fact, I think they're great! But may I please ask the men in the program to just give us AA gals a chance to help the new, attractive women who come to AA for help? When I was new, I thought the gals were wonderful, but some of the men really seemed godlike to me. The hero-worship bit just might cause some serious problems, especially if either the new gal or the AA man or both are married. The spouses are usually pretty mixed up, sometimes fed up, and pretty well sick of it all. They just can't and won't take too well to any more complications. They don't need any more problems.

So please, fellas, at least most of the time let us try to carry the message and hopefully help the new gal. Okay?

B.S.

Reprinted from the Twelve Step Times, Edmonton, Alberta

NOVEMBER ANNIVERSARIES

AMHERST/SNYDER

Ed M. 3 mos.
 John L. 6 mos.
 Tom B. 9 mos.
 Kathleen W. 4 yrs.
 Rick G. 5 yrs.
 David W. 6 yrs.
 Mike P. 7 yrs.
 Rob B. 7 yrs.
 Pat V. 12 yrs.
 Tish R. 13 yrs.
 Sister Mark 14 yrs.
 Jane A. 15 yrs.
 Bus R. 38 yrs.

EYE OPENER

Judee F. 3 mos.
 Dave T. 3 mos.
 Tom B. 3 mos.
 Cindy D. 3 mos.
 Bob M. 9 mos.
 Thomas S. 9 mos.
 Ken R. 9 mos.
 Laurie M. 9 mos.
 Ron S. 1 yr.
 Christine M. 1 yr.
 George K. 1 yr.
 Tom B. 1 yr.
 Joe V. 1 yr.
 Bud N. 2 yrs.
 Vince H. 2 yrs.
 Ray M. 2 yrs.
 John B. 4 yrs.
 Jim K. 8 yrs.
 Jan D. 7 yrs.
 Cam G. 10 yrs.
 Ken G. 10 yrs.
 Mike E. 11 yrs.
 John M., Sr. 18 yrs.

ANY LENGTHS

Mark M. 9 mos.
 Ted W. 9 mos.
 Kevin L. 1 yr.

BIDWELL MONDAY DISC.

Bill D. 3 mos.
 John R. 8 mos.
 Mike W. 9 mos.
 Lino R. 9 mos.
 Ray D. 1 yr.
 Angela C. 1 yr.
 Jeff N. 2 yrs.
 Steve N. 2 yrs.
 Kevin C. 2 yrs.
 Don R. 3 yrs.

CAZENOVIA

Marlan M. 9 mos.
 Mike D. 3 yrs.

COLD SPRING

Albert McF. 6 mos.
 Tracey W. 9 mos.
 Darlene T. 1 yr.
 Carolyn J. 3 yrs.
 Willie M. 4 yrs.
 Blaine H. 5 yrs.
 Phyllis W. 9 yrs.
 Major A. 10 yrs.
 Ralph P. 18 yrs.

ELLICOTT GROUP

Dots J. 3 yrs.
 Jimmie J. 4 yrs.

FRESH START

Michael R. 1 yr.
 Linda S. 3 yrs.

GIVING GROUP

Rudy T. 3 yrs.
 Suzanne P. 5 yrs.
 Linda H. 12 yrs.

HAPPY HOUR

Aronal S. 6 mos.
 Mary 9 mos.
 Lawrence B. 9 mos.
 Francine S. 9 mos.
 Carlos C. 1 yr.
 Martha O. 1 yr.
 J.R. 2 yrs.
 John B. 3 yrs.
 Martha L. 3 yrs.
 Sue M. 5 yrs.
 Marie T. 17 yrs.

HARMONY

Wanda W. 2 yrs.
 Danny C. 3 yrs.
 Edwin C. 4 yrs.
 Charles L. 6 yrs.

INNER CITY

Jerry W. 2 yrs.
 Quint R. 5 yrs.
 Dorothy H. 9 yrs.
 Edward W. 12 yrs.
 Jerome D. 15 yrs.
 Elenore A. 15 yrs.
 Rose Marie 21 yrs.
 John Y. 28 yrs.

IRON HORSE

Ed O. 3 mos.
 Mike B. 6 mos.
 Jim S. 6 mos.
 Willie S. 6 mos.
 Bill H. 6 os.
 Ern H. 9 mos.
 Tim O. 9 mos.
 John A. 9 mos.
 Scott G. 9 mos.
 Jim K. 9 mos.
 Chris L. 9 mos.
 Kathi H. 1 yr.

IRONHORSE (CONT)

Jack W. 1 yr.
 Mike M. 1 yr.
 Joe A. 1 yr.
 Mike N. 2 yrs.
 Dale L. 6 yrs.
 Bob C. 6 yrs.
 John S. 13 yrs.
 Jim M. 13 yrs.

JOURNEY

Rick B. 5 yrs.

LIBERTY WOMEN'S

Kathleen F. 4 yrs.

LOVEJOY

Mark H. 3 mos.
 Tom P. 3 mos.
 Joe D. 8 mos.
 Kate C. 8 mos.
 Joe H. 8 mos.
 Denise S. 9 mos.
 John L. 9 mos.
 Andy S. 1 yr.
 John F. 2 yrs.
 Don R. 3 yrs.
 Rich 4 yrs.
 Kate C. 5 yrs.
 Wayne B. 5 yrs.
 Kathleen M. 5 yrs.
 Chris P. 7 yrs.
 Ed Pepe 11 yrs.

MATT TALBOT

Karl A. 2 yrs.
 Jerry M. 2 yrs.
 Jerry H. 3 yrs.
 Mike D. 3 yrs.
 Pat M. 4 yrs.
 Jodi A. 5 yrs.
 Frank E. 5 yrs.
 8 yrs.

NORTH BUFFALO

Maggie P. 3 os.
 George D. 6 mos.
 Linda F. 1 yr.
 Stan K. 1 yr.
 Jay H. 2 yrs.
 Kathleen F. 4 yrs.
 Leslie C. 6 yrs.

NORTH BUFFALO (CONT)

Sharon V. 6 yrs.
 Kathy S. 7 yrs.
 Bill G. 16 yrs.

POWERLESS

OCTOBER: 5 yrs.
 Effen A. 5 yrs.
 NOVEMBER: 5 yrs.
 Jim R. 5 yrs.
 Tom H. 6 yrs.

RAINBOW

Ted S. 3 mos.
 David W. 9 yrs.
 Mike W. 10 yrs.
 Ed Pep 11 yrs.
 Mike M. 17 yrs.

RENEWAL

Dan S. 3 mos.
 Ray M. 2 yrs.
 Mike E. 14 yrs.
 Kurt R. 14 yrs.
 Judy T. 16 yrs.

SENECA 12 & 12

OCTOBER: 6 mos.
 Gralg S. 8 mos.
 Thomas B. 8 mos.
 Lisa M. 9 mos.
 Debbie N. 9 mos.
 Don B. 9 mos.
 Joe C. 1 yr.
 Mike S. 4 yrs.
 Tony M. 5 yrs.

SHERIDAN

Robert S. 9 mos.
 Jeff S. 9 mos.
 Bob W. 7 yrs.
 Dave C. 15 yrs.

SOUTHTOWNS

OCTOBER: 1 yr.
 Pat H. 1 yr.
 Russ C. 5 yrs.

SUNDAY MORNING

BREAKFAST OCTOBER: 6 mos.
 Andy B.

SUNDAY MORNING BREAKFAST (CONT)

Mike L. 6 mos.
 Art B. 9 mos.
 Jeff S. 9 mos.
 Dave McN. 1 yr.
 Bobbie L. 2 yrs.
 Steve B. 3 yrs.
 Bruce B. 4 yrs.
 Shelley G. 5 yrs.
 Kathy F. 7 yrs.
 Eddie K. 8 yrs.
 Helen S. 14 yrs.

NOVEMBER:

Dan W. 3 mos.
 Kevin O. 9 mos.
 Candy B. 9 mos.
 Larry B. 9 mos.
 Chris G. 1 yr.
 Darlene B. 1 yr.
 Rich M. 3 yrs.
 Jan C. 4 yrs.
 Ed Pepe 11 yrs.

THRUWAY

Gerald S. 1 yr.
 Joe K. 2 yrs.
 Dawn L. 2 yrs.
 Dave M. 2 yrs.
 Eileen V. 2 yrs.
 Nancy M. 3 yrs.
 Rich M. 3 yrs.
 Maggie M. 5 yrs.
 Dick D. 5 yrs.
 Penny K. 6 yrs.
 Jim M. 6 yrs.
 Kathy H. 6 yrs.
 Jane B. 7 yrs.
 Susan K. 9 yrs.
 Jim B. 10 yrs.
 Dick F. 14 yrs.
 Bob P. 15 yrs.

WE CARE

Stephen P. 6 mos.
 Bill L. 9 mos.
 Shirley McC. 14 yrs.

REMEMBER:
 DECEMBER ANNIVERSARIES
 MUST BE IN THE CENTRAL
 OFFICE NO LATER THAN
 NOVEMBER 10, 1995.

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

NOVEMBER 1995

ANY ARTICLES, ANNIVERSARIES OR ANNOUNCEMENTS MUST BE IN BY THE 10TH OF THE MONTH PRECEDING THE MONTH YOU WISH THE ARTICLE TO APPEAR.

MEETING CHANGES:

SATURDAY - GETTING BETTER - BryLin Hospital, 1263 Delaware Av, room 450
This meeting now starts at 1:30PM.

THURSDAY - DISCOVERY - will be an OPEN meeting the last Thursday of the month. Church of Christ, 350 Kenmore Avenue at Englewood at 8PM.

SATURDAY - BLISSFULLY SOBER - is not meeting till further notice.

MONDAY & WEDNESDAY - HAPPY HOUR - 5:00PM - Holy Cross School at Niagara at Maryland will be having a SPANISH SPEAKING MEETING.

SATURDAY - S.S.SOBRIETY - 10AM - C - Newman Ctr, Temple St Fredonia - has still been meeting.

WEDNESDAY - RENAISSANCE I & THURSDAY - RENAISSANCE II - MONDAY - SPIRITUAL PROGRESS will not be meeting at the clinic in the Video Factory Plaza, 2625 Delaware Avenue. We date we do not have new meeting locations or if the groups will continue. (ALL meetings at the clinic must relocate)

NEW MEETINGS:

TUESDAY - TODAY'S WOMAN - 7:00PM - closed women's meeting at the Georgetown Plaza, 5225 Sheridan Drive, Williamsville. Non-smoking and Wheelchair accessible.

SATURDAY - THE PAX GROUP - 1:30PM - Stepping Stones, 920 Harlem Road, West Seneca. It is non-smoking and wheelchair accessible. This is a Big Book and Step meeting.

TUESDAY - RESTORED TO SANITY - 1PM - Salvation Army, Grant Street. This is a revision of the old meeting.

PLEASE NOTE:

MONDAY through FRIDAY - HOLIDAY VILLAGE - is updating their membership. If you belong to the Holiday Group please call Bob at 648-7052 or Howard at 627-2922.

SATURDAY - SUBURBAN - is updating their membership file. Please contact the group if you wish to remain an active member.

ARCHIVES - Our General Service Archivist, Bill C of the Thruway Group, is looking for artifacts to add to our collection. Anyone who has material that they feel might be appropriate please give Bill a call at 897-2558. If you wish to send anything the address is 107 Brinkman, Buffalo, NY, 14211

COMMITTEE MEETINGS: ANYONE WELCOME

TREATMENT FACILITIES COMMITTEE - 3RD FRIDAY of the month - 7:30PM -
St. Simon's, 200 Cazenovia.

CORRECTIONAL FACILITIES COMMITTEE - SUNDAY preceding the Central
Committee Meeting at 80 Goodrich - 5:30PM

SCREENERS COMMITTEE & 12 STEPPERS COMMITTEE - 3rd Tuesday of each month.
1071 Ellicott Square Bldg - 6:00PM

COMING EVENTS:

NOVEMBER 5 - SUNDAY - CENTRAL COMMITTEE MEETING - COMMUNITY MENTAL
HEALTH CENTER - 80 GOODRICH, BUFFALO. We will be nominating officers for the
1996 Central Committee (Chairman, co-chairman and secretary) as well as
representatives from District #1, Buffalo West, District#8, Northeast Erie
County and District#10, Genesee and Wyoming County.

NOVEMBER 11 - SATURDAY - INNER CITY will be celebrating the Group
27th Anniversary at the Jesse Nash Health Center, 608 William at 8PM. There
will be a speaker with buffet to follow.

NOVEMBER 11 - SATURDAY - THE WAY - FIRST THINGS FIRST - HAMBURG BIG BOOK
GROUPS will jointly hold a 14th Anniversary Celebration for The Way Group at
the Trinity Episcopal Church, 261 East Main Street in Hamburg. Dinner will
be at 7PM with a speaker to follow. Come join us in the sharing. If you so
wish bring a dish.

NOVEMBER 11 - SATURDAY - THURSDAY NIGHT BIG BOOK STUDY & CHEVY#1 GROUPS
are sponsoring their 5th ANNUAL 4TH STEP WORKSHOP at the U.A.W. Local#774,
2939 Niagara Street near Vulcan in the Town of Tonawanda. \$4 donation at the
door or by mail, for workshop materials and refreshments.

NOVEMBER 13 - MONDAY - VETERAN'S DAY - OFFICE CLOSED

NOVEMBER 18 - SATURDAY - HAPPY HOUR will be having a DAY OF SHARING.
THEME: "AN ATTITUDE OF GRATITUDE" It will start at 1PM until Midnight. The
location is Holy Cross Church Hall, 341 7th Street and Maryland off Niagara.

NOVEMBER 23 - THURSDAY - HAPPY THANKSGIVING - OFFICE CLOSED

DECEMBER 2 - SATURDAY - GIVING will meet in the Student Center across
from Madonna Hall.

DECEMBER 3 - SUNDAY - CENTRAL COMMITTEE MEETING - COMMUNITY MENTAL
HEALTH CENTER - 80 GOODRICH, BUFFALO. We will be voting officers for the 1996
Central Committee (Chairman, co-chairman and secretary) as well as
representatives from District #1, Buffalo West, District#8, Northeast Erie
County and District#10, Genesee and Wyoming County.

DECEMBER 31 - SUNDAY - ARCADE will be having their' ANNUAL NEW YEAR'S EVE
PARTY - watch for more details next month.

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

CENTRAL COMMITTEE

NOVEMBER 5, 1995

Larry S. Chairman . opened the meeting at 7PM with a moment of silence followed with the Serenity Prayer and the reading of the Preamble The Traditions were read by Tina F of the Journey Group

Motion to accept the minutes was made by John H of the We Care Group . seconded by Sonny J of Powerless

29 GROUPS IN ATTENDANCE

DIST#1 - DELAWARE DISC, EASIER, SOFTEP WAY, SUNDAY NITERS, SUNRISE COUPT, THE JOURNEY

DIST#2 - GRATEFUL NORTH BUFFALO

DIST#3 - ABBOTT MEN'S, FATHER BAKER, MATT TALBOT, POWERLESS, RAINBOW, RIDGE, SOUTH BUFFALO, SOUTHGATE, SUNDAY MORNING BKFT, URBAN, WE CARE

DIST#4 - SPIRITUAL AWAKENING

DIST#5 - A VISION FOR YOU **DIST#6** -

DIST#7 - COLD SPRINGS, FRESH START, HIGHER POWERED, LOVEJOY, SPIRIT OF HOPE.

DIST#8 - AMHERST SNYDER, COMMON PROBLEM, EYE OPENER, RENEWAL

DIST#9 **DIST#10**

COMMITTEE REPORTS**ENVELOPE SYSTEM - Mel L**

OCTOBER receipts	1994	1995
Average monthly receipts (per month) for the previous 3 months	\$600.00 432 00	\$600.00 520 00

STEERING COMMITTEE MEETING - TINA F - The Journey

The meeting was opened at 6:05pm by Sonny J with the Serenity Prayer . Present were Tom MoM, District #4, Tina F, District #1, Sonny J District#3, Gary S, treasurer, Larry S, Central Committee Chairman and Delphine H, Executive Secretary.

Item #1: We discussed the Districts that will be voted on for new representatives and a replaoment for Sonny J in District #3.

Item #2: Columbus Hospital meeting was found to be involation of traditions 3, 5, and 10. Delphine motioned that we recommend to the Central Committee to close the meeting in that facility. Second by Larry S Motion carried

Gary S motioned to ajourn and Larry S second. Meeting closed at 6:30PM with the Lord's Prayer.

FINANCIAL REPORT - Gary S, Matt Talbot - see attached**TREATMENT FACILITIES COMMITTEE MEETING MINUTES - none****CORRECTIONAL FACILITIES - Ron S, Chairman, Powerless**

Meeting opened at 5:45pm in the usual manner.

The Committee is looking for any old literature - Big Books, Grapevines, etc - for the inmates. Contact Ron S at 897-3439 if you have anything to be picked up.

Sonny J is leaving the area. Jim K is taking over as outside sponsor for Wende. Efren is now General Service Chairman for Corrections.

We are taking books to Attica, Wende, & Erie County Correctional, men & women.

Wayne W has been appointed to and accepted the position of Corrections Co-chair Meeting ended at 6PM with the Lord's Prayer

SCREENERS - none**CENTRAL OFFICE: Delphine H****OCTOBER '95**

AA information	492	12 Step	3
PIC	3	literature requests	32
CPC		Refer to other agencies	16
Alanon	16	Refer from other agencies	5
Alateen	3	Central office	
ACOA	9	Outgoing calls	210
Answering Service		Mail costs	\$159.42
Incoming calls 497 - Out going 57		Visitors	105

NEW FRONTIER - John H. We Care

The Committee Heads were asked to write in commenting on Committee activities, needs, etc. We would like to feature a Committee a month.

Articles, anniversaries, etc must be in the Central Office by the 10th of each month. Everyone is encouraged to write an article.

54th FALL CONVENTION '95 - SCOTT T - CHAIRMAN

1. 1482 people officially registered.
2. 643 people at the banquet.
3. Bill to the hotel is paid. John B will be giving a complete Financial Statement soon.
4. Deposit of \$250 was made to the hotel for 1996 Convention. This came out of the \$1000 seed money that will be forwarded to Chairperson Cindy in January.
5. Problems with no coffee on Saturday night for approximately 3 hours was discussed with hotel and they knocked \$300 off our bill.
6. Also discussed with the hotel was the meal at the banquet which was felt to be unsatisfactory. The hotel will work with Cindy to address and solve this problem.
7. More mugs are being ordered for people who served as the Committee and didn't receive one as yet.
8. Final wrap up meeting will be held at St Simon's on the 3rd Thursday of the month at 7PM.

I would like to thank the fellowship of the Niagara Frontier for the opportunity to serve them as the Chairman for the '95 Convention and also thank the small army of volunteers who donated their time on various committees to make this an affordable and enjoyable convention.

John B, the treasurer gave a brief run down of the convention funds. There are a few more bills to be paid and then he will have a complete accounting.

COURTESY REPORTS:

GENERAL SERVICE ASSEMBLY - none

PIC - none

C.P.C. - none

RE-CAP:

FALL CONVENTION - MEL L, RENEWAL Group, stated that there was nothing wrong with making money (Don't we pray "give us this day our daily bread"?)

OLD BUSINESS:

Elizabeth asked about the meeting at Columbus Hospital. Tina reread the minutes of the Steering Committee's motion of recommendation. Elizabeth, Delaware Discussion, motioned that we accept the Steering Committee's findings. Dave of Amherst Snyder seconded the motion. Mel L of Renewal felt we should leave the door open as Alcoholic Anonymous has the facility to carry the message through committees as CPC, etc. Motion carried.

Jim R, TFC Chairman will be notified of the decision.

NEW BUSINESS:

Nominations were called for **1996 CHAIRMAN**

Tina, The Journey nominated by Sonny J, Powerless. Second from Ron S of Powerless. Nominations closed.

Nominations for **CO-CHAIRMAN**

Joanne McC, Action nominated by Pat M. Rainbow. Seconded by Gerry S. Urban.

Dick McG of Iron Horse was nominated by John H, We Care and seconded by Brian B of Abbott Men's.

Nominations for RECORDING SECRETARY -

Liza Y. North Buffalo nominated by John H, We Care Seconded by Dave of mherst Snyder.

Andrea S. Fresh Start nominated by Jerome D of Fresh Start seconded by Ron S. Powerless.

STEERING COMMITTEE REPRESENTATIVES

DISTRICT I - Buffalo, West - Janice O. ODAT, nominated by Tina F, Journey Seconded by Cindy D. Sunrise Court.

DISTRICT 8 - Erie County-northeast - NONE

DISTRICT 10 - Genesee - Wyoming County - NONE

Sonny J. Powerless, motioned to adjourn. Lynne C. Sunrise Court second. Meeting adjourned with the Lord's Prayer

Respectfully Submitted,

Delphine

DC-CAD		10/26/06-11/26/06	
CORRECTIONAL FACILITIES ACCOUNT		*484-185-4	
EXPENSES		CHECK #	
AA Central Office - Collins - lit	119		122.50
AA Central Office - Attica - lit	120		170.00
			292.50
Balance pr checkbook 10/25/95			1156.55
Add Receipts 10/25/95-11/25/95			481.50
Deduct expenses 10/25/95-11/25/95			-292.50
Balance per checkbook 11/25/95			1345.55
operating credit for 11/25/95	189.00		
TREATMENT FACILITIES ACCOUNT		*602-089-5	
EXPENSES		CHECK #	
AA Central Office books	306		121.00
AA Central Office books	307		230.00
			351.00
Balance pr checkbook 10/25/95			496.27
Add Receipts 10/25/95-11/25/95			495.50
Deduct expenses 10/25/95-11/25/95			-351.00
Balance per checkbook 11/25/95			640.77
Operating credit for 11/25/95	144.50		

CENTRAL COMMITTEE #504-771-7		10/25/95-11/25/95	
RECEIPTS			
41 Groups contributed			2513.50
Joint Meeting (expenses-\$.00)			21.00
New Frontier subscriptions			30.00
Envelope System			625.00
Literature			2701.46
	Total Receipts		5890.96
DISBURSEMENTS			
*10 Ellcott Square Court Corp	rent		608.00
Community Mental Health Ctr	rent		35.00
David F Williamson, Co, Inc	UPS		15.52
Secrephone	Answer Service		156.93
M & T Bank	federal withhold tax		571.92
World Services, Inc	Books		716.30
AT&T	long distance		5.53
World Services, Inc	Books		818.90
Happy Spring Water			19.45
NYNEX			192.49
The Paper Shop			118.75
Salaries & seminar reimbursment			2740.05
cash			50.00
Bank Charges			77.90
	Disbursements		6126.74
Balance pr checkbook 10/25/95			2804.65
Add Receipts 10/25/95-11/25/95			5890.96
Deduct expenses 10/25/95-11/25/95			-6126.74
Balance per checkbook 11/25/95			2568.87
Operating debit for 11/25/95		(-235.78)	

GROUP	NOV '95	Accum.	Correctional Facilities		Treatment Facilities	
			NOV '95	Accum.	NOV '95	Accum.
1st Step						
3rd Step						
6th Step						
7 Clan				10.00		
12 Step-Holiday Village						
A.A.F.U.N.						
A Day At A Time						
Abbott Mens Disc		70.00		20.00		20.00
Acceptance/Welcome		350.00				
Achievement						
Action		200.00				
Age Doesn't Matter		50.00				
Albion						
Alexander						
All Women						
Amherst Snyder		768.87		35.00		40.00
Amherst Tree of Lil	50.00	50.00				
Amsdell Lakeshore						
Any Age		300.00		100.00		100.00
Any Length	20.00	80.00				
Arcade						
As Bill Sees It						
Attitude Adjustment						
Attraction		280.00				
Awakening						
Beginner's Table						
Beginning in Sobriety I						
Beginning in Sobriety II						
Beginnings-Women's		200.00				
Better Days (Bilingual)						
Bidwell						
Bidwell Monday Disc						
Big Book - Lockport						
Big Book Study (Thur Nite)		25.00				
Big Book Workshop						
Blasdell						
Blasdell Monday Nite						
Boulevard Women's		65.00				
Brass	50.00	70.00				

pg 2			Correctional Facilities		Treatment Facilities	
GROUP	NOV '95	Accum.	NOV '95	Accum.	NOV '95	Accum.
Broadway-Balley		75.00				
Brocton Discussion						
But for the Grace of	25.00	176.25		5.00		5.00
By The Book-Buffalo						
Came To Believe		106.70				20.00
Campus (Buff State)						
Casting		40.00				
Cathedral Park	30.00	216.70				
Caz Manor		37.50		37.50		37.50
Cazenovia	15.00	95.00	7.50	53.00	7.50	53.00
Central Park						
Central Park II						
Chapter IX		160.00		160.00		160.00
Cheektowaga		100.00				
Chevy #1						
Clarence Men's Disc		300.00				
Clarence Men's Disc II						
Cold Springs		25.00				
Common Problem		100.00		24.00		
Community Center		45.00				
Cornplanters Again						
Courage		50.00		12.50		12.50
Delaware Discussion						
Derby		175.00				
Design For Living						
Desire						
DeVeaux Discussion						
Discovery						
Downtown Discussion						
Downtown Men's Dis						
Dunkirk		10.00				
Early Bird						
East Amherst						
East Aurora		370.00				90.00
Easy Does It	40.00	125.00				
Eden-North Collins		240.00				
Ellicott		100.00				
Ellicottville						

P6 4			Correctional Facilities		Treatment Facilities	
GROUP	NOV '95	Accum.	NOV '95	Accum.	NOV '95	Accum.
Hamburg Big Book						
Handicappers		50.00				
Happy Hour		70.00		70.00		70.00
Harmony						
Helping Hand		60.00				
High View		150.00				
Higher Powered	25.00	75.00	25.00	114.82	25.00	50.00
Hill Billy		70.00		25.00		25.00
Hold On						
Holiday Village		1719.05		150.00		75.00
Honest Desire		10.00				
Honesty	30.00	300.00	10.00	100.00		
Hora de Reflección						
How It Works	75.00	425.00	75.00	75.00	75.00	75.00
Humbly Willing						
Ignatia						
Inner City						
Inspiration		60.00				
Iron Horse	50.00	330.00	50.00	330.00	50.00	330.00
IT						
It's About Time						
Just for Today						
Keep It Simple, Sister						
Keep on Comin'						
Kenmore	40.00	160.00				
Kensington		50.00				
Ladies Night						
Lake Shore	30.00	50.00				20.00
Lake View						
Let Go & Let God		85.00				
Lew-port						
Liberty Women's		115.00				
Life Today		82.00				
Lighten Up	180.00	360.00				
Live and Let Live		200.00				
Living Sober		245.00				
Lock City		100.00				
Lockport * 1		160.00		127.00		60.00
Lockport Discussion		75.00		5.71		

DA 3 GROUP			Correctional Facilities		Treatment Facilities	
	NOV '95	Accum.	NOV '95	Accum.	NOV '95	Accum.
Emergency						
Eternal Vigilance		200.00		50.00		50.00
Everybody's		140.00				20.00
Eye Opener	212.00	1039.02				
Faith						
Faith in Action						
Father Baker	100.00	700.00	100.00	200.00	100.00	100.00
Feelings		225.51				
Fellowship in the Spirit						
Fireside	243.50	2431.55		50.00	25.00	250.00
Fireside P.M.		50.00				
First Things First		200.00				
First Ward						
Frederonia Discussion						
Freedom	50.00	550.00	25.00	250.00	25.00	250.00
Fresh Start				26.44		
Friday Nite Discu						
Friday Noon Meeting						
Friday Step Beginners						
Friendship						
Friendly		75.00				
Friendship Fireside						
Frontier						
Gardenville		100.00				
Gay, Lesbian, Sober & Proud						
Getting Better						
Giving		40.00				
Going to Any Length						100.00
Golden Slipper		175.00		39.22		
Good Life						
Grand						
Grand II Joy Of Living		100.00				
Grateful						
Guiding Light						
H.A.N.D.		100.00				
H.O.W.	23.00	98.00	23.00	23.00	23.00	23.00
Half & Half						
Hamburg						

DC 6 GROUP			Correctional Facilities		Treatment Facilities	
	NOV '95	Accum.	NOV '95	Accum.	NOV '95	Accum.
Lockport Ladies						60.00
Lockview	24.00	114.00	6.00	63.48		
Lovejoy						
Lower River		15.00				
Lunch Bunch						
Main Street						
Marilla		205.00				
Matt Talbot	40.00	425.00		25.00		
Mc Kinley Winners						
Medina New Life						
Mercy						
Mid-day		47.75				
Midnight						
Miracle						
MOD (Serenity Rm)						
Morning After/We Admitted		30.00		30.00		20.00
Never Too Late						
New Awakening						
New Beginnings		25.00				
New Freedom						
New Frontier						
New Frontier Womens						
New Hope (institu)				20.00		
New Life	10.00	135.00	5.00	65.00		
New Life - New Beginning		100.00				
New Westside		25.00				
Niagara Frontier Men's		150.00				
Nite People						
North Buffalo		1000.00		250.00		250.00
North Java		55.00				
One Day at a Time((94.00	254.00				
Open Arms						
Open Mind		60.00				
Opportunity						
Orchard Park Step	40.00	190.00				
Page 30						
Pass It On		270.00				

pg 6			Correctional Facilities		Treatment Facilities	
GROUP	NOV '95	Accum.	NOV '95	Accum.	NOV '95	Accum.
Patchin						
Pathway to Peace						
Pendleton-Chapter V						
Perry						
Positively Living II	100.00	200.00				
Positively Living III						
Powerless	25.00	85.00	55.00	408.07	15.00	15.00
Primary Purpose						
Progress	5.00	5.00				
Purpose		150.00				
Rainbow	20.00	90.00		25.00	20.00	70.00
Ray of Hope		50.00				
Remember When						
Renaissance I		100.00				
Renaissance II						
Renewal		75.00				
Ridge		150.00				
Ripley's "Believe It Or Not"						
Rise & Shine		255.00		50.00		
Rochester Meeting		110.00				40.00
Rur-al Is Plural	37.00	37.00				
Rush Hour						
Sally						
Salvation Army						
Saratoga						
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity		100.00				
Second Chance						
Security						
Seneca 12 & 12						
Serenity	60.00	300.00				
Serenity Circle	10.00	82.00				
Serenity Trail						
Sheridan	20.00	130.00				
Silver Creek Friendship						

PG 7			Correctional Facilities		Treatment Facilities	
GROUP	NOV '95	Accum.	NOV '95	Accum.	NOV '95	Accum.
Sober Trail						
Sober Winners						
Sobriety Men's Disc						
Somerset						
South Buffalo	20.00	140.00	20.00	140.00	20.00	140.00
South Town		100.00				20.00
South Town Women's		50.00		15.00		15.00
Southgate		37.00				
Southwestern		20.00		9.00		
Spirit of H.O.P.E.		5.00		5.00		5.00
Spiritual Progress						
Spiritual Progress(wo)						
Springville		120.00				
Springville Sat Aft.						
St. Barnabas		120.00				
St. Mark's		60.00				
Starting Over						
Step						
Stepping Stones						
Suburban		55.00				
Sunday Morning Bkft.		682.25		200.00		200.00
Sunday Niters						
Sunday Third						
Sunrise Court	200.00	500.00	50.00	125.00	50.00	125.00
SUNY-Amherst Campus						
Surrender & Hope		100.00				
Survivors						
T'nT		290.00				
TGIF		100.00				
Thankful	70.00	230.00				
The Journey		251.00				
The Way						
Thruway	232.00	2132.00	20.00	180.00	20.00	180.00

pg 8			Correctional Facilities		Treatment Facilities	
GROUP	NOV '95	Accum.	NOV '95	Accum.	NOV '95	Accum.
Thursday Aft Disc		300.00				
Today						
Tri-County						
Tri-Step Beginners						
Try Again		100.00				
Tuesday Men's Disc						
Tuesday Women's D	20.00	40.00				
Turning Point		30.00				
T.P.H.						
Twin Cities		260.00				
Twin Cities II						
Unity		130.00				
University	150.00	1650.00			20.00	180.00
Urban		30.00				
V.I.P.		10.00				
Valley						
Varysburg		40.00				
Veterans						
Victory		40.00		20.00		20.00
Vision of Hope (women's)						
Wake Up Call	18.00	283.26				
We Are Not Saints						
We Care	30.00	300.00	10.00	100.00	20.00	200.00
We Choose Life		50.00				
We Need You						
Wehrle				10.00		10.00
Welcome Home						
West Seneca Sat. Nite						
Westfield						
Westminster						
WHY		207.00		37.00		37.00
Williamsville		500.00		60.00		40.00
Willing To Grow		200.00				
Wilson						
Women's Strength thru Unity				241.00		
Women's Westside Disc.		75.00		75.00		75.00
Working						
You'll Never Walk Alone						
Youngstown		30.00				
Rob't D		150.00				
Dennis B		20.00				
	2513.50	30738.41	481.50	4236.74	495.50	3738.00
40 Groups - NOVEMBER '95		2513.50		481.50		495.50
Last months accum total		28224.91		3755.24		3242.50
Year to date totals		30738.41		4236.74		3738.00