

NEW FRONTIERS

November 2005

THE CENTRAL COMMITTEE NEWSLETTER IS FOR ALL A.A. MEMBERS OF WESTERN NEW YORK AND THE NIAGARA FRONTIER
We request that this newsletter be kept within the Fellowship to insure anonymity.

November = Gratitude Month

The following is an excerpt from *box 459* Vol. 51, No. 5 / October-November 2005

Looking for ways to say, "Thank you, AA," Babs soon learned about Gratitude month, celebrated by U.S. AA's in November (by Canadians in October) with special Traditions meetings and contributions to the General Service Office for its world services. Some members take time out for reflection; others accelerate their Twelfth-Stepping activities. As AA co-founder Bill W. wrote in 1959, "Gratitude should go forward, rather than backward ... If you carry the message to still others, you will be making the best possible repayment for the help given to you." (*As Bill Sees It*, p.29)

Increasingly members have found that collectively they can say thank you all year long with the AA Birthday Plan. It provides a way for members to celebrate their individual and group anniversaries by setting aside a dollar or more for each year of sobriety and sending it off to G.S.O., their local intergroup/central office or area committee.

Gratitude... more than just "Thank-you"

"Gratitude", for me, is an action word. In its simplest form, it might be saying "thank-you" or "I appreciate you", etc. A real measure of gratitude is evident when your life has been restored, as mine was.

I can now distinguish, in large measure, the truth from the false. If I cannot, I have the Fellowship, a sponsor and recovery literature to help. Most of all, I have God to pray to and ask for guidance. Gratitude is knowing I can't do this by myself, and I don't have to.

My character defects include confusing gratitude with taking for granted. I have not been thankful for arising in the morning or the ability to lay down the night before. I now know tomorrow is not a promise. Gratitude and thanks for each day is an obligation. Thanking God for the day at night and that His will be done in the morning, is my daily routine.

Sharing the principles of the 12-steps is gratitude, as is fellowship with other group members. Making coffee, sweeping up cigarette butts and more are all actions of gratitude. True acts of gratitude are done without expectation of anything in return, and done anonymously, if possible. Buying a 'Big Book' for the newcomer, sponsoring others and taking them through the steps, and trying to practice the principles in all my affairs are more ways to show my gratitude. Each time I work the steps it makes my personal commitment that much stronger and for that I am grateful.

Kenneth E. ~ Nashville, TN

Subject: Gratitude

When God brought me to Alcoholics Anonymous the concept of gratitude was a foreign as the idea of stopping drinking. The idea of looking for what I had instead of what I didn't have was completely out of character. I knew every sad and bad thing that had ever happened to me and to those I loved. I could recite chapter and verse every tragic wrong done to me or by me. I was overwhelmed by lack, emptiness, fear, resentment and shame. At one of my first meetings, I heard the idea of gratitude and became instantly unwilling to consider that I had anything for which I was grateful. Although I was happy to be in AA, the darkness of alcoholic thinking permeated every thought.

Fast forward a few months. I now have a sponsor who is happy "all the time", is always talking about how grateful he is, and doesn't take my problems very seriously. When I run to him with some new crisis, he calmly says "Well, Doll, keep coming, you'll get better". At first I resisted his simple response to my dilemma. One day I actually complain to him loud and clear about something and he tells me to write a daily gratitude list: ten things I am grateful for, No items could be repeated until I reached 100 (ten whole days). At first, I had to be helped to find things to put on my list. I would call him and he would say, "Can you see, hear, walk? Did you eat today? Have you had a drink today? Have you thought of the people who have reached out to you in AA?" All so simple, but so removed from my immediate awareness.

Slowly, I began to get the hang of this gratitude thing. Sometimes however, I didn't feel grateful and I would once again call him with my tale of woe. Calmly he told me that gratitude had nothing to do with feelings. Gratitude was an action, and one that would make me happier every day I made the decision to look for what was working in my life. My gratitude began to increase with each passing day, and as the days increased in number, I began to feel the amazing healing power of blessing what I had so wonderfully received though out my life, good and bad.

The real test for gratitude came not in the early days of sobriety, but at 12 years, I was struck by a near fatal illness, which affected not only my body but also my mind. Gratitude could not be called up from anywhere. Despair, hopelessness, terror became my constant companions and nothing anyone said or did relieved me of the bondage of self. I was at a lower bottom than ever. One day, while I was in hospice, an AA member visited me and through my drugged haze, I heard her say that I should be grateful. There was that idea again. Now here I am in my darkest day, and she is telling me to be grateful. Somewhere deep inside the idea came to life that I could find one thing I appreciated each day. I did not feel grateful, but I did remember the concept that feelings are not facts and dug each day for one thing I could just appreciate. I didn't want to do it, I did it anyway. I felt not one whit better. AA had given me the ability to do something I didn't feel like doing.

Today, I have an overwhelming sense of gratitude. I walk around seeing blessings in everything, every situation. I also seem to have developed that 6th sense that tells me when I can't find something good in a situation, then the problem is with my perception and connecting with my Higher Power can reframe my thoughts and feelings. Each day I am aware of the phenomenal life I lead, I find my life full of humor and joy. I can be grateful for someone else when they are in the darkness. My deepest gratitude is for the awareness that when I put my relationship with a Higher Power before everything else in my life and ask that Power to reveal Itself to me, all is well and all shall be well. Thank you AA for giving me a life.

The Light

One day I wandered into the woods with a bottle in my hands. My journey went deep into the woods. Days turned into weeks, months and even years. Then one day I noticed a light. As I drew closer to the light, it became brighter. Finally, I recognized the light as being that of my Spirit, which I had left at the edge of the woods years ago.

Ed B. ~ White House Group ~ Nashville TN

HOW THE HELL DID I DO THAT?

It is a dull rainy Monday afternoon. I'm in a calming down mode after a week of Emotions Getting Overruled. One of the gifts of living our twelve step way of life for me is developing self control, at least outwardly. One of the promises is 'We will intuitively know how to handle situations which used to baffle us.'

My wife died three years ago and my father-in law left this life last week. Due to anger issues held on to by two of my sons, I decided not to go to the wake or funeral mass. 'The bull in a china shop' in my mind said to go and go boldly and to Hell with anyone who objected. The Serenity Prayer, the 7th and 11th step prayers and two special friends in AA said to show love, not anger and to show respect instead of stubbornness. Don't get even, get on with life.

I called the funeral home and got permission to come at a different time to say my good bye to Dad. I never thought I'd need to sneak into a funeral home but it was more important for all of my kids to be together with their Grandma at that time. I had to find the serenity to show them the respect that I want to get. I've tried to make peace and have a sense of mutual forgiveness with the two angry sons, oh well, in God's good time.

When I got home that afternoon, I had another challenge of the heart. My ex-boyfriend called and wanted to see me again. I've been out of the closet for years. I still love him and wish we could be a part of each other's lives but he's in the same situation and taking chances that are risky behaviors. My heart screamed to be held and I would have loved to lay my head on his shoulder at that time, but I said "No." I needed to be careful for all the people in his life and mine. My heart agreed with my head and I said "No." After I hung up the phone, I shuddered and said out loud "How the Hell did I do that?"

God gave me the serenity to love the ones I cannot hold, the courage to care safely for the careless and the wisdom to be at peace.

Eddie L. ~ Pride & Fun Groups

Safe

from: "Good Housekeeping" article, 1954

"When you stand outside a room where a group of Alcoholics Anonymous is meeting, the most frequent sound you hear is laughter. Mellow laughter, which can come only from people who have looked destruction and catastrophe in the face, not once but continuously over long years, and now are free and unafraid. The laughter, in short, of people who hold God's hand and feel safe."

Step Eleven ~ 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.

Distilled Spirits

The AA program is not about religion, but it does involve a relationship--the one between my Higher Power and I. All good relationships are based on strong communication, both parties involved verbally with one another. Step Eleven affords me the opportunity to do my end of the sharing with the Higher Power, and the rooms of AA are where he gets the chance to share back with me.

Penny W. Alexandria, Virginia *Grapevine* Volume 50 Issue 2 July 1993

Tradition Eleven ~ 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.

Eleventh Tradition: Brake on Us Power Drivers?

OUR BOOK *Twelve Steps and Twelve Traditions* reminds us of the reason for the origin of Tradition Eleven: to discourage the power-driver, the status-seeker. No one knows this better than I do, having achieved a position of some stature in my part of the country. During my drinking days, my ego combined with alcohol placed me squarely in the middle of skid row. There, thank God, I received some ego-deflation at depth. I saw for myself what "self-will run riot" could do. By the grace of God and the principles in our Twelve Steps, I have been able to rise to a position of dignity and service to my fellowman, both in the Fellowship and outside it. The Tradition of anonymity has safeguarded me from feeling that this AA outfit could not operate without me. Maybe we could call it humility or self-knowledge based on truth.

Anonymity at the public level is our assurance to newcomers that their membership in AA will not be disclosed by others, nor will they ever be required to disclose it themselves. It will be up to them to tell those they think should know, when and if they choose. More importantly, in the long run, the principle of personal anonymity helps discourage drives for power, profit, and prestige, which could divert us from our primary purpose: *staying sober and helping other alcoholics achieve sobriety*. Thus, anonymity at the public level assures us that no individual AA member will be publicly acknowledged as a spokesman or leader. Within our Traditions, members do not use their membership to further their careers, to promote their products or services, or to give weight to their arguments in public controversy.

As our Traditions remind us, anonymity is more than a denial of self-seeking; it is a constant and practical reminder that personal ambition has no place in AA. I feel that any digression from the original motive for this Tradition cannot be justified on any grounds, least of all that we must keep abreast of changing times. The active alcoholic of today is the same as the poor, suffering alcoholic of yesterday. So I believe we should safeguard a Tradition which has been tried and proven good. It may well be the one principle that can prevent us from becoming wheeler-dealers.

P. A. G. W. Oakville, Ontario Volume 25 Issue 4 September 1968

Cry Uncle

Surrender, give-up, I quit, or crying uncle; these are the facts that brought me to utter defeat. I am a product of the 60's. My needs, as well as many of my wants were met. I graduated from High School in 1972, won a scholarship to Fisk University, within a week of starting school found out my girl friend was pregnant, and one month before commencement ceremonies, I was participating in a matrimonial ceremony. Next was a position with South-Central Bell.

Having control of my life and being a "man", I started joining my peers for drinks after work. Over the next two years, my work became inconsistent and my grade point averages in school declined. With a second child recently arrived, I entered the military upon dismissal from my job which required me to leave my wife and family.

Being in the military gave me the opportunity to increase my consumption of alcohol and drugs. By this time, I had no moral compass in my life. Somehow, I seemed to maintain some appearance of normalcy.

During the final year of my enlistment, my wife was once again pregnant – with twins. After my Honorable Discharge, I was once again full of my own self worth, got a job with GMAC and was introduced to crack cocaine. At this point, my wife, family and position all left together.

Feeling betrayed and victimized, I started dating. Never bothering to change my attitudes, actions or behaviors, I remarried.

Amazingly, I found a job and was financially stable for a short time. Still in the whirlpool of my insanity, I manipulated every situation and person I knew for drink or drug. I stole from friends and family, even my own mother.

Finally, after losing my car and having my house taken, I ended up in the mission for three months. Realizing that God was, and is still there, I let my mother and family convince me to get detoxed and went into a recovery treatment program.

That was the point where I surrendered, gave-up, said "I quit" and cried "uncle." I now had it re-affirmed through my own experience that God loves me and He is in charge. God runs the world and everything in it.

I have stopped trying to play God and run my life or anything else. I have surrendered to His will. I've given up making decisions without counsel. I have quit trying to control my environment and the people in it. I have joined the winning team, doing what those who stay sober do today.

Kenny E., Nashville taken from *The Messenger* August 04

MEMO FROM GOD (as we understood Him)

To: YOU
Date: TODAY
From: GOD - The Boss!
Subject: YOURSELF
Reference: LIFE

This is God. Today I will be handling All of your problems for you. I do Not need your help. So, have a nice day.

I love you.
GOD

P.S. And, remember.... If life happens to deliver a situation to you that you can not handle, do Not attempt to resolve it yourself !! Kindly put it in the SFGTD (something for God to do) box. I will get to it in MY TIME. All situations will be resolved, but in My time, not yours.

P.P.S. Once the matter is placed into the box, do not hold onto it by worrying about it. Instead, focus on all the wonderful things that are present in your life now.

Heard at a meeting:

A pencil, paper and a Big Book can straighten out a whole nest of mind snakes.

There are no chemical solutions to spiritual problems.

Everybody makes mistakes. Fools repeat them, the weak excuse them, only the wise admit and profit from them.

S. I. T. ~ STAY IN TODAY!!!

If you can't get what you want, learn to want what you get.

Serenity isn't freedom from the storm; it is peace within the storm.

Rule 62

When insanity knocks, you DON'T have to answer.

The only weapon that becomes sharper with constant use is the tongue.

When I get tangled up in my problems, I just need to be still so God can untie the knots.

A hangover is the "wrath of grapes."

I don't want to drink again because my bottom may be six feet under.

One nice thing about egotists - they don't talk about other people.

IN MEMORIAM
Things We Can Not Change

Ralph P. ~ Cold Spring Group ~ 25 years

Donna B. ~ Courage Group ~ 30 years

Herman ~ Southgate Group

Let's remember them and all the others who passed on in our prayers.

Share your Experience, Strength and Hope.

Please submit your articles by the 12th for next months issue.

Buffalo Central Office
681 SENECA STREET
BUILDING 1-H (LOWER)
Buffalo, New York 14210

or
E-Mail address: buffalooa@hotmail.com

New Frontiers committee meets the 3rd Thursday of every month - 7:00pm -
St Michaels, corner of Warsaw & Electric in Lackawanna.

The Central Office of Western New York publishes the *New Frontiers* monthly. We are supported by your subscriptions and Central Office donations. The *New Frontiers* presents the experience and opinions of members of Alcoholics Anonymous on the disease of Alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply the endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS and other AA books and pamphlets are reprinted with permission of AA World Services, Inc. Articles reprinted with permission of AA Grapevine, Inc. Are subject to the GRAPEVINE copyright.)

NOVEMBER ANNIVERSARIES

Alexander

Dick C. 22y
Fran A. 34y

Amherst/Snyder

Jennifer T. 2y
Michael S. 3y
David M. 4y
Johnny P. 4y
Jim K. 4y
Julia V. 5y
Scott P. 5y
Mike S. 7y
Mark S. 8y
Mark W. 9y
Carol K. 9y
David W. 16y
Pat K. 22y
Sister Mark 24y
Jane A. 25y
Buz R. 49y

Big Book

Jay H. 1y

Coldspring

Neal V. 7y
Blaine H. 15y

Courage Group

Chris B. 3y
Patti K. 22y
Marie T. 27y

Fireside

Sharon P. 6y
Richard D. 15y

Giving

Paul W. 6m
Charley A. 9m
Eric Mc 9m
James T. 9m
Terry H. 9m
Danioel R. 1y

Holland

Josh H. 1y
Mike S. 21y

How It Works Men's

Mike H. 6m
Dave Z. 6m
Karl R. 1y
Ira C. 2y
Gary J. 8y
Dave W. 16y
Leon S. 21y
Jerry S. 32y

Ironhorse

Mike W. 12y
Wally C. 15y

Kenmore

Johnathon Q. 6y
Paul H. 20y
Kay S. 51y

Lakeshore

Marc L. 4y
Mike M. 7y

Lakeview

Doug B. 4y
Dave S. 7y
Rick G. 17y

Living Sober

Chris B. 2y
Bruce C. 5y
Jeffery R. 10y
Paul S. 20y

Lockport #1

Joseph F. 3y
Dave P. 20y

LoveJoy

Mike L. 2y
Lisa G. 2y

North Buffalo

Mel F. 1y
Alan P. 2y
Larry J. 5y
Jay H. 12y

Main & High

John J. 12y

Spirit of Hope

Jim R. 14y
Charles L. 15y

Rise & Shine

Latisha R. 3m
Andre G. 1y
Louis W. 1y
Gayle C. 1y
Stephanie J. 2y
Kyle M. 3y
Madonna B. 3y
Linda O. 3y
Terry M. 4y
Debra K. 4y
Leon W. 6y
Anthony G. 7y
James J. 8y
Willie B. 9y
Ben W. 9y
Greg W. 11y
Michelle R. 11y
Darlene T. 11y
Linda S. 13y
Greg J. 13y
Shawn Mck. 19y
Linda H. 22y
Mary L. 27y

Thruway

Lisa B. 4y
Tom H. 4y
Rich M. 13y
Suzanne M. 15y
Tom H. 16y
Jim K. 16y
Jennifer B. 21y

Spirit of Hope

Jim R. 15y
Charles L. 16y

Sun. Morning Br.

Diana S. 3m
Tim T. 3m
Jan C. 14y

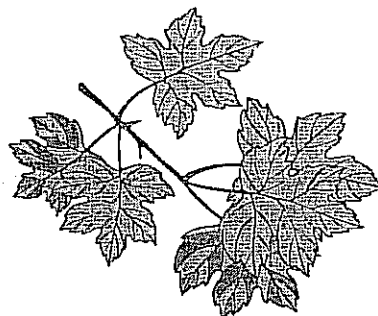
Victory

Jeremy S. 2y
Fran 2y

Womens

Westside

Marguerite J. 27y



Group Anniversaries

4th Step Stumbers
Amherst Snyder
Any Lenghts
Blasdel
Easy Does It
Eternal Vigilance
Happy Hour
JC Big Book
Keep it Simple Sister
Live & Let Live
Lockveiw
Lower River
McKinley Winners
Miracle
Chapter V
Positively Living II
Stepping Stones
Sunday AM Breakfast
Sunday Niters
T.P.H.
Today
Turning Point
Twin Cities
Women's Westside

N. F. Policy:
*Anniversaries must
be submitted by
the 12th
of the
month previous*



sunday

monday

tuesday

wednesday

thursday

friday

saturday



Are you willing to let God take away your garbage?

6 Central Committee Meeting, SUNDAY, 7 pm, Corrections

Committee Meeting, SUNDAY, 6:00 PM, Buffalo Central Office

* Nov. 1947: Keltavik, Iceland, reports, "we are now two."

13 General Service Assembly, 1 PM, Hamburg Town Hall, 5999 South Park Ave., Hamburg

1939: NY AAs urge Bill W. to stay on as a Fellowship leader and not hunt for a job, despite money problems.



14 Special Needs Committee, 6:00 PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore

1939: First west coast AA meeting in San Francisco. But DO II.

21 Treatment Facilities Committee, MONDAY, 6 PM, Buffalo Central Office

1941: Fresno, CA Bee reports 28 newcomers asking for help in the local group's first week.

1

1947: Anchorage has the first Alaskan AA group.

8

*Nov. 1936: Fitz M. leaves Towns Hospital to become NY's AA #3. Bill D. and Hank P. are the other two.

15

1955: 1st appearance of AA on TV One Day at a Time appeared on ABC, Tuesday at 9:30 p.m. on the Cavalcade Theater, starring James Daly.

22

*Nov 1963: Lois W. attends Desert Roundup AA Conv. in California. Her days as a motor-cycle "holer" won her an honorary membership in the AA Motorcycle Club.

2

Did you ask God to keep you sober today?

9

*Nov. 1975: General Service Board officials announce the Archives will be celebrating the 50th anniversary of AA's founding.

16

1950: Dr. B. ... dies from ...

23

1943: NY AA celebrates 9th anniversary with a dinner attended by 800.

3



10

*Nov. 1946: An AA intergroup ... foundation money.

17

1950: Dr. B. ... dies from ...

24

THANKSGIVING 1942: Dr. Harry Emerson Fosdick is speaker at Manhattan AA group's 8th anniversary dinner. He gave the first positive review of the Big Book.

4

64th BUFFALO FALL CONVENTION: Buffalo Marriott Hotel, 1340 Millersport Hwy., Amherst.

11

VETERANS DAY 1939: Bill and Lois W. visit Cleveland AA founder Clarence S. ...

18

Nov. 1963: The Big Book is published in paperback.

25

* Nov. 1966: The Big Book is published in paperback.

5

AA began with a phone call and a cup of coffee. It still works.

12

Trying to pray is praying.

19

Nov. 1934: Ethyl T. surrenders ... to God at the Calvary Episcopal Church Mission run by ...

26

1893: Bill W. is born in Dorset, Vermont.

27

1939: Cleveland Plain Dealer runs first of a series of articles on AA. Cleveland soon has more AAs than any other U.S. city.

28

"We claim spiritual progress rather than spiritual perfection." —The Big Book, p. 60.

29

1941: Columbus, Ohio, press reports 25 active members in the local Friday night AA group.

30

1943: 800 NY AAs celebrate their 9th anniversary, with guest speaker Dr. Norman Vincent Peal.

Buffalo Central Office
681 Seneca Street Lower
Buffalo, New York 14210
(716) 853-0388

* OCCURRED SOME TIME DURING THE MONTH ** OCCURRED SOME TIME DURING THE YEAR

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388
9:00 AM- 4:30 PM
Schedule on-line at ny-aa.org*

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210
Fax: 853-0389*

buffalooa@hotmail.com

NOVEMBER 2005 (GRATITUDE MONTH)

MEETING CHANGES:

Cross Talk Big Book; Monday's @ 6:30 PM, Faith United Methodist, 5505 Broadway in Lancaster, **NEEDS SUPPORT.**

Cayuga Wake Up Call, 7:30 AM, Tuesday's & Thursday's has moved to 455 Cayuga Rd, suite 600.

Emergency Group; Thursday's @ First Presbyterian Church, 1 Symphony Circle, **NO LONGER MEETS.**

Eternal Vigilance Group; Wed., Our Lady of Sacred Heart Church, Orchard Park, **NO LONGER MEETS.**

Holland Group has changed their format. Closed discussion table & 12 step table 8:00 p.m. Last Wednesday of each month will be an open speaker meeting. Individual anniversaries will be acknowledged this night.

New Meeting: The Road Less Traveled, St. Francis Cultural Center off Rt 5 in Hamburg, NY Fridays @ 8:00pm, Open Discussion.

3 Legacies Group, Monday's & Thursday's, 8 PM is MOVING to: Kenilworth United Church of Christ, 45 Dalton, Kenmore. Take Niagara Falls Blvd to Decator (near Kenmore Ave).

Rochester Group, Tuesday's at 5:00 PM has moved until after Thanksgiving to Wholesale Florist, corner of Ellicott & Genesee,

Love Group, Friday's at 1:00 PM has moved until after Thanksgiving to the Lafayette Hotel, corner of Washington and Clinton Streets. 1st floor, look for heart on the doorway.

Open Mind Group, Wednesday's at 8:00 PM, has moved to The Pride Center of WNY, 18 Trinity Place.

Express Group, Wednesday's at 12:00 Noon, Rm 1906, Liberty Building (19th floor), Buffalo, Closed Meeting, **NEEDS SUPPORPT.**

Trail Blazers, Wednesday's at 5:30 PM, 3108 Main @ Highgate, **NO LONGER MEETS.**

COMING EVENTS:

~ Nov. 4-6, **64th BUFFALO FALL CONVENTION:** Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst. Registration: \$20, Banquet: \$33. For more information check their website: 2005BuffaloFallConvention@gmail.com

~ Nov. 6, **Central Committee Meeting,** SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street (Hosted by Patchin Group).

~ Nov. 6, **Corrections Committee Meeting,** SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).

~ Nov. 13, **General Service Assembly,** 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg. (Hosted by Morganville)

~ Nov. 14, Special Needs Committee, 6#) PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore. The Special Needs Committee has focused on defining handicap accessibility for our area and then making sure those individuals with special needs have the appropriate information when it comes to handicap accessible meetings. If you are interested come join us at our meeting. If you have any concerns that you would like to bring to the committee but are unable to attend please contact one of our members.

~ Nov. 17, New Frontiers Committee, THURSDAY, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.

~ Nov. 21, Treatment Facilities Committee, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.

~ Nov. 26, Archives Committee Meeting, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).

~ Dec. 16, SILVERCREEK FRIENDSHIP GROUP CHRISTMAS PARTY- 8:30 pm, Speaker meeting followed by an eating meeting. Please bring a dish to pass. Also, please bring a \$5.00 unwrapped gift for gift exchange if you wish. Everyone is welcome. No one is obligated to bring a gift.

~ May 26-28, 2006, East Area Convention of Young People in Alcoholics Anonymous (EACYPAA) Adam's Mark Hotel, Downtown Buffalo, For Info Call Jay M. (716) 812-2489, Deric McH. (716) 983-7102, Jen T. (716) 523-5554, or e-mail at EACYPAABuffalo@hotmail.com

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 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."

11th CONCEPT; The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

HAVE YOU HEARD OF THE ENVELOPE SYSTEM??

PLEASE REMEMBER GRATITUDE MONTH!!

... Yours in the Fellowship of the Spirit...

Terry Bateman... Executive Secretary

Buffalo Central Committee Minutes
OCTOBER 2, 2005

Frank M., Committee Co-Chair opened the meeting at 7:00 PM, with a moment of silence, the Serenity Prayer and the Preamble. Beth read The Purpose of the Central Committee. Melinda read the Traditions. Motion to dispense with the reading of last months' minutes by Joe S, Living Sober Group, seconded by Steve, Iron Horse. Motion passed.

28 Groups were represented: **District 1:** Complanters Again, Main and High, Sunday Niter's; **District 2:** Living Sober, North Buffalo, Serenity; **District 3:** Abbott Men's Disc., Father Baker, Iron Horse, Rainbow, Ridge, Southgate, Sunday Morning Breakfast, Thurs. Afternoon Disc., Valley, Victory; **District 4:** Action; **District 5:** Grand I, Lockport #1, Niagara Frontier Men's; **District 6:** Amsdell Lakeshore, Go To Any Lengths, McKinley Winners; **District 7:** Fresh Start, Lovejoy, Spirit of Hope; **District 8:** Amherst Snyder, Williamsville.

COMMITTEE REPORTS:

ENVELOPE SYSTEM: No representative present

STEERING COMMITTEE: The meeting was opened with the Serenity Prayer. There were 9 in attendance. There were no District Reports. The Convention Financial Guidelines are almost complete. Groups to be voted into schedules as per guidelines for groups are: Victory Women's, Carrying The Message, Happy Hour Too, We Are People 2.

FINANCIAL REPORT: Written report given by Patti S., Financial Secretary

TREATMENT: Good turn out from previous month's phone calls. Would like to invite anyone covering a treatment facility meeting to join us at our November TFC meeting on the 21st. Ink stamp was purchased and all books have been stamped. Will work on stamping all literature. Literature at the Veteran's Hospital are kept at the nurses' station. We do not have locked cabinet. All racks are short on Bridging the Gap pamphlets. Chairman will make sure all locations are restocked. Meeting chairperson's are asked to refill as needed from locket cabinet. Ken P. will call Central Office with info on remainder of year 12th Step Call.

CORRECTIONS: Report given by Andy, Chairperson - Gowanda Correctional Facility is having an outdoor cook-out on Wednesday, October 19th at 6:00 p.m. Please make a response before Wednesday, October 12th if you want to attend - call 532-0177. Wende Correctional Facility is having an anniversary party on Sunday, October 23rd from 9:00 a.m. to 2:00 p.m. with pizza and wings and speaker. Anyone who has attended a meeting at Wende is welcomed. If you are interested in attending any of the facilities, see the Corrections Chairperson. Buffalo work release needs support and meets every Tuesday at 8:00 p.m. (behind Wende - called Buffalo Corrections).

SCREENERS: No representative present

CENTRAL OFFICE: No report

PIC: No representative present

NEW FRONTIERS: Report given by Debi C., Editor. As always, articles are needed.

CONVENTION COMMITTEE: Convention is going great. We are all excited about the program. All speakers are in place. We are encouraging registration volunteers, for hospitality, greeters and registration, as well. Young people's panel is ready.

COURTESY REPORTS:

ARCHIVES: Tom B., Archivist: Archives meeting – 4th Saturday of every month. We are ready for the Fall Convention next month.

GSA: Joanne C., Elections will be held at the next meeting on October 9th hosted by Abbott Men's.

PIC: No representative present

CPC: No representative present

RECAP: No recap.

OLD BUSINESS: Tabled motion removed – Co-chair requirements and necessary sobriety added to procedures and accepted. Absence of Chair of Central Committee discussed and Co-Chair, Frank M. will continue to assume the Chair's duties until November elections.

NEW BUSINESS: Nominations for the following positions: Co-Chair, Central Committee – with 5 years continuous sobriety; Financial Secretary – with 5 years continuous sobriety; Recording Secretary – with 2 years continuous sobriety; and Steering Committee representatives for Districts 1, 2, 4, 5, 7 and 8 – with 3 years continuous sobriety; also Committee positions: Corrections Chair, PIC, CPC, New Frontiers Editor, Envelope System, Screener Chair.

Motion to adjourn by Bob H, Williamsville Group, seconded by Bill O., Valley Group. Meeting adjourned at 7:45 PM with The Lord's Prayer.

Minutes respectfully submitted by:

Recording Secretary, John H., Sunday Morning Breakfast.

Income Statement	30-Jun-05	31-Jul-05	31-Aug-04	30-Sep-04
Bag Bal Cash on hand	7,168.52	9,148.43	5,420.08	5,399.12
Contributions				
Groups	5,360.01	2,683.19	3,854.36	4,954.50
Joint Meeting	36.50	23.26	33.75	37.25
Envelope System	569.00	365.00	484.00	670.00
New Frontiers Subs	23.00	30.00	30.00	67.00
Literature	3,134.10	1,877.75	2,621.46	3,852.35
Literature Postage			80.87	79.79
Archives Room Rent	50.00	50.00	50.00	50.00
Meetings at CO	123.00	85.00	99.00	89.00
Mail/Misc.	50.00		25.00	5.69
"Gratitude Month" (NOV)				
Conventions/Day of Sharing		75.00		
Monthly Income	9,345.61	5,189.20	7,278.44	9,805.58
Expenses				
Office Rent	768.47	768.47	768.47	768.47
Electric	90.00	90.00	90.00	90.00
Payroll				
Salaries - gross	2,196.92	2,801.05	2,240.84	2,801.05
Federal Withholdings	(146.36)	(106.95)	(85.56)	(106.95)
NYS Withholdings	(79.60)	(153.95)	(123.16)	(153.95)
Disability Insurance	(2.40)	(3.00)	(2.40)	(3.00)
Payroll Tax Deposits				
Federal	588.60	611.20	688.00	660.00
State		365.81		
Insurance				
State Ins Fund	55.82			
Health	304.00	304.00	304.00	304.00
Liability				
Postage	55.60	598.55	54.94	256.01
Phone	105.02	105.02	105.02	105.02
Accounting				
Advt				
PIC Lit				
Talking Phone Book				
Verizon	102.75	102.75	107.75	105.25
website				
white directory		68.00		
Yellow Pages		198.00		182.00
Literature Expenses				
Grapevine		.90.00		
World Services Inc	2,192.40	626.00	1,677.65	1,083.20
Hazelton			379.14	
"In All Our Affairs"	379.14			
Printers		1,988.00		
Office Supplies	372.84	15.47	427.35	204.80
Answering service	122.05	114.75	116.91	128.22
Minolta leasing (copier)	260.45	260.45	260.45	260.45
Minolta Copies		57.93		
Seminar		20.00	190.00	315.96
Depreciation	100.00	100.00	100.00	100.00
Monthly Expenses	7,465.70	8,917.55	7,299.40	7,210.53
Monthly Income (Loss)	1,879.91	(3,728.35)	(209.96)	2,595.05
Depreciation add back (non-cash)	100.00	100.00	100.00	100.00
End Bal Cash on hand	9,148.43	5,420.08	5,399.12	7,994.17
GD	8,088.78	8,088.78	8,088.78	8,088.78
Literature Assets:	8,832.95	10,908.60	9,383.60	9,283.30
Literature Receivable:(outstanding)	340.80	831.45	1,302.55	582.40
Corrections Facilites	1,490.04	2,119.43	2,304.87	2,049.37
Donations	629.39	185.44	295.50	248.00
Expenses			551.00	198.00
Balance	2,119.43	2,304.87	2,049.37	2,097.37
Treatment Facilities	1,147.71	1,617.12	456.74	636.39
Donation	544.38	355.44	305.50	160.00
Expenses				18.39
AT & T Bridging The Gap	31.22	28.07	33.10	38.26
AAA About Answering Service	43.75	40.00	42.75	40.00
Literature		1,447.75	50.00	
Balance	1,617.12	456.74	636.39	699.74

In Alcoholics Anonymous, the month of November has been set aside as "Gratitude Month".

It is this time of year that we as members of Alcoholics Anonymous, take inventory of our lives and are thankful for our sobriety, family and friends. We also realize that we as alcoholics are our greatest hope. This fact is attested to by our 7th tradition which simply states: "every AA group ought to be fully self-supporting, declining outside contributions."

We know that the benefits of sobriety are incalculable. When our higher power endowed us with sobriety, we were also given a responsibility To reach out to those who still suffer. Many of us express our gratitude through our 12th step work and through personal financial contributions, and we discover that by doing so we enlarge our own lives.

This thanksgiving season your finance committee solicits your financial support to continue the operation of your central office and to assure that alcoholics 'yet to come', have the precious gift of sobriety available to them.

We would take this opportunity to express our gratitude for your financial support in the past and for what we know will be your generous response.

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
		0.00		0.00		0.00
11:45		0.00		0.00		0.00
12 Step		0.00		0.00		0.00
4th Step Stumblers		0.00		0.00		0.00
5th Step		75.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbott Men's	48.00	340.47	48.00	340.47	48.00	340.47
Acceptance/Welcoming		750.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		260.00		20.00		20.00
Age Doesn't Matter		100.00		0.00		0.00
Albion Lunchbunch		0.00		0.00		0.00
Alexander		100.00		0.00		0.00
Amherst/ Snyder		030.65		0.00		0.00
Amsdell Lakeshore	20.00	140.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	30.00	255.00		0.00		0.00
Arcade	100.00	100.00		0.00		0.00
As Bill Sees It	15.00	130.00		0.00		0.00
Attitude Adjustment		200.00		75.00		75.00
Attraction		300.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Batavia Friday Night		50.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		0.00		0.00		0.00
Bidwell Monday	66.50	116.50		50.00		50.00
Big Book Lockport		150.00		30.00		0.00
BB Spiritual Awakening		0.00		0.00		0.00
Big Book Study		25.00		0.00		0.00
Big Book Workshop		0.00		0.00		0.00
Blasdale		0.00		0.00		0.00
Blasdale Monday Night	10.00	30.00	10.00	10.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women		130.00		0.00		0.00
Brass		75.00		0.00		0.00
Broclon AA		0.00		0.00		0.00
But For the Grace of God		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Came To Believe		0.00		0.00		0.00
Casting		150.00		20.00		30.00
Cathedral Park		0.00		0.00		0.00
Caz Manor	25.00	106.00		0.00		0.00
Cazenovia		0.00		0.00		0.00
Central Park		0.00		0.00		0.00
Chapler IX		80.00		80.00		80.00
Cheektowaga		700.00		0.00		0.00
Chevy #1		0.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		15.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Problem		0.00		0.00		0.00
Common Solution		0.00		0.00		0.00
Commitment	200.00	200.00		0.00		0.00
Community Center		0.00		0.00		0.00
Complainers		0.00		0.00		0.00
Courage		80.00		40.00		30.00
Arcade		0.00		0.00		0.00
Crossroads		75.00		0.00		0.00
Cross Talk Big Book		50.00		0.00		0.00
Daily Reflections		250.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Derby	150.00	150.00		0.00		0.00
Desire		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night		100.00		0.00		0.00
Early Bird		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
Easier Softer Way		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora	100.00	660.00		0.00		0.00
Easy Does It	25.00	200.00		0.00		0.00
Ellicott		0.00		0.00		0.00
Ellicottville		0.00		0.00		0.00
Emergency		0.00		0.00		0.00
Elemental Vigilance		100.00		0.00		0.00
Everybody's		40.00		0.00		0.00
Express		450.00		0.00		0.00
Eyeopener	64.50	1143.39		0.00		0.00
F.U.N.		0.00		0.00		0.00
Faith		0.00		0.00		0.00
Father Baker		300.00		0.00		0.00
Feelings		100.00		0.00		0.00
Fireside	97.40	1503.42	25.00	75.00		125.00
First Things First		135.55		0.00		0.00
Fredonia Discussion		0.00		0.00		0.00
Freedom		200.00		0.00		0.00
Fresh Start	30.00	135.00		0.00		0.00
Friendly		0.00		0.00		0.00
Frontier(New)		560.00		0.00		0.00
GAHADA GON		0.00		0.00		0.00
Gardenville		100.00		50.00		50.00
Georgetown		0.00		0.00		0.00

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
Getting Better		0.00		0.00		0.00
Giving		100.00		0.00		50.00
Go to Any Length		200.00		200.00		200.00
Golden Slipper		500.00		0.00		0.00
Grand		148.00		0.00		0.00
Grant II Joy of Living		60.00		0.00		0.00
Grateful		0.00		0.00		0.00
Guiding Light		0.00		0.00		0.00
H.O.W.		0.00		0.00		0.00
Hamburg		107.75		0.00		0.00
Hand		0.00		0.00		0.00
Handicappers		200.00		0.00		0.00
Happy Hour		0.00		0.00		0.00
Harmony		0.00		0.00		0.00
Helping Hand	25.00	150.00		0.00		0.00
High Noon	70.00	700.00		0.00		0.00
High View		0.00		0.00		0.00
Higher Power		0.00		0.00		0.00
Hillbilly		250.00		30.00		30.00
Holiday Village	150.00	1250.00		0.00		0.00
Holland		60.00		0.00		0.00
Honest Solutions		0.00		0.00		0.00
Honestly		130.00		0.00		0.00
Hope Big Book Study		20.00		0.00		0.00
How It Works		0.00		0.00		0.00
How It Works/Men's	300.00	800.00		100.00		100.00
Inner City		0.00		0.00		0.00
Inspirallon		0.00		0.00		0.00
In The Solution		0.00		0.00		0.00
Inloacted on Life		65.00		0.00		20.00
Ironhorse	114.00	251.35	12.00	67.50	12.00	67.50
IT		0.00		0.00		0.00
Jamesstown Groups		0.00		0.00		0.00
Johnson Creek Big Book		180.00		0.00		0.00
Journey		0.00		0.00		0.00
Just Do It		0.00		0.00		0.00
Just For Today/ Albion		26.05		0.00		0.00
Just For Today/Cheek		100.00		0.00		0.00
Keep It Simple Sister	20.00	80.00	20.00	50.00	20.00	50.00
Keep On Coming		0.00		0.00		0.00
Kenmore		0.00		0.00		0.00
Kensington		0.00		0.00		0.00
Lake Shore	200.00	610.00	51.00	121.00		120.00
Lakeview		155.00		0.00		0.00
Last Days Fellowship		5.00		0.00		0.00
Lawyers		380.00		0.00		0.00
LewPort		0.00		0.00		0.00
Let Go and Let God		0.00		0.00		0.00
Liberty Women		50.00		0.00		0.00
Life Today		0.00		0.00		0.00
Lighten UP	600.00	600.00		0.00		0.00
Live and Let Live		0.00		0.00		0.00
Living in the Solution		120.00		0.00		0.00
Living Sober	20.00	40.00		0.00		0.00
Lock City		0.00		0.00		0.00
Lockport #1	250.00	1350.00	25.00	135.00	25.00	135.00
Lockport (no name)		0.00		0.00		0.00
Lockport Discussion		0.00		0.00		0.00
Lockport Ladies	25.00	50.00		0.00		0.00
Lockview	200.00	900.00		0.00		0.00
Look To This Day		0.00		0.00		0.00
Love		0.00		0.00		0.00
Lovejoy		70.00		0.00		0.00
Lower River		0.00		0.00		0.00
Lunch Bunch Albion		0.00		0.00		0.00
Main and High		10.00		0.00		75.00
Main Street		0.00		0.00		0.00
Maple Meditations		0.00		0.00		0.00
Manila		40.00		0.00		0.00
Mail Talbot		150.00		0.00		0.00
McKinley Winners	50.00	300.00		0.00		0.00
Medina Big Book		0.00		0.00		0.00
Medina New Life		40.00		0.00		0.00
Mercy		0.00		0.00		0.00
Mid-day	26.05	114.10		0.00		0.00
Midnight Discussion		0.00		0.00		0.00
Miracle		0.00		0.00		0.00
Morning After		0.00		0.00		0.00
New Awakening		0.00		0.00		0.00
New Frontier		0.00		0.00		0.00
New Beginnings/St. Vincent		0.00		0.00		0.00
New Life		0.00		0.00		0.00
New Outlook		0.00		0.00		0.00
Niagara Intergroup		0.00		0.00		0.00
New Westside		0.00		0.00		0.00
Niagara Frontier Men's Disc.		145.00		0.00		0.00
North Buffalo		800.00		200.00		200.00
North Java Monday		0.00		0.00		0.00
North Java Sunday		0.00		0.00		0.00
One Day At A Time		0.00		0.00		0.00
Open Arms		100.00		0.00		0.00
Open Mind		0.00		0.00		0.00
Orchard Park Step	53.00	527.00		0.00		0.00
Pass It On		0.00		0.00		0.00
Patchin		0.00		0.00		0.00

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