

# NEW FRONTIERS

NOVEMBER 2010

## A.A. of the Niagara Frontier

THE CENTRAL COMMITTEE NEWSLETTER 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.

### Ultimate Communicator

How do we communicate? Have you ever meditated on that subject? What are the various methods we use to communicate, as well as our failures to communicate well? I'm sure you have tried to make a point at a table and found yourself not being able to. Has someone ever said something to you and you received a completely different message?

One communication method we use is writing – this article is an example. In A.A. we have the books and literature about our Program and Fellowship. The A.A. publications are the treasure chest at the end of the rainbow for living sober. We also have newspapers, newsletters and magazines which carry the message and keep us fresh. In the last 20 years technology has added numerous methods of written communication, such as text messaging and e-mail, all for the most part to read what someone else has written.

Can the written word alone keep us sober? What if all you had was some books and literature, and you were 500 miles from civilization, with no cable, satellite, phone or people, but booze was available? Take a soldier someplace in a war zone or special ops, with no other A.A. members in his area. It has and will keep him sober, as well as those who are handicapped or otherwise have trouble getting out. For most of us, written communication is valuable. Its most valuable asset is it is not dependent on our memory. Except in special cases, the written word alone just isn't enough.

Then there is the speaking. Listening to audio CDs of panels and speakers, radio, music and talking on the phone would be included in this category. A diet of just phone calls and tapes/CDs can be a good thing. We get to hear people telling their story. Verbal communication has a place in our recovery. A phone call has saved thousands of us from picking up the first drink. Can we stay sober just on spoken words? For most of us the answer is also no. It is better than written communication, but even both combined still may leave a vacuum in our lives.

The real question is, "why can't most of us stay sober just on those two forms of communication?" Put another way, why do we have meetings, and why do we go to them? The answer starts with how communication works, and what 'full' communication really is.

A long time ago I learned the golden rule in communication, which I think still applies today: 10% of full communication is written. 30% is the spoken word, where we can also detect moods, how words are said (add the emotional content), and in some cases what *isn't* being said. The grand leader is the visual aspect – over 50% of full communication is VISUAL. That means face to face meetings – whether a meeting of two at Spot coffee, a video conference, a step table of 11 people, or a lead given in

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front of 200 people. Generally speaking most humans get over half of their messages through visual cues.

Examine for a moment Bill & Bob's first meeting. Granted, telephones were probably crank-operated, there was no TV or computers or all the other "communication enhancing devices" we have now. They met face to face. I wonder what would have happened if they simply wrote letters to each other, which was a popular form of communication in their day. Would A.A. even exist? In fact, why did Bill not settle for simply talking to a *complete stranger* on the phone in an *unfamiliar city*? Was it something Bill learned from Ebby, the Oxford Group, or simple common sense, based on the fact that he was staying sober by trying to help others with a problem with alcohol?

Because communication and travel was rather cumbersome when A.A. started (I think they had cars then <g>), meetings were vitally important, and still are today, especially for someone who doesn't know about A.A. and needs help. When A.A. started in a town, generally a group formed and they had meetings once a week. What you may not know is that they didn't just see each other once a week then ignored each other the other 6 days and 23 hours. They got together several times during the week at members homes. Most of us don't do that now, but we also have an average of 55 meetings a day here in WNY. Instead of meeting at houses, we tend to go to *another* meeting.

Today we can communicate in a multitude of different ways and live video phone calls has come to life (if you have the new iPhone). With all these ways to exchange information with other people, is meeting face to face still as important? Or are these other methods of communication, while suggesting or leading us to think our communication is enhanced, really *pulling us apart*, and in a subtle way diluting our individual programs?

My experience says that there is no substitute for meetings, which means face to face contact with other A.A. members. It's a given fact in my past, when I average a meeting a day each month, I don't think about drinking. For you it may be 3 a day, for others it may be 2 meetings a week. Find what works for you and stick with it.

I'm also going to suggest *another* form of communication takes place when we meet, that does not happen with any other form of communication, and rarely happens when one of the 'written, verbal, or visual' pieces is missing. This form is what makes A.A. meetings for an alcoholic far better than any other form of communication.

You have heard people saying "I got what I needed today," or "That was a great meeting." Maybe you have said my favorite, "I hope I listened to what I said, because I think I needed to hear what I said more than everyone else." How about the "I made no sense whatsoever at the table today" thought in your head, then at the end of the meeting someone comes up and thanks you for what you said, because it really helped them. Coincidence?

What causes this? Is it the presence of a Higher Power? Believing in one is not a requirement, so is it something happens through a group conscious? Why are some meetings (to me, not everyone) dull as a never-sharpened 28 year old butter knife, and yet others the air seems to be charged with something different and you can *feel* it?

Something else happens at meetings besides 'human' communication. I still find it difficult to describe it, but the best phrase I can use is "*heart to heart* communication." An example – I get much more reading a step at a step table than if I'm reading it at home. Why? Is it simply because I'm hearing

other people's experiences with that step? If so, then why can't I get the same thing from "replaying the tape from past meetings" and mentally hearing the same stories? That isn't it.

Is it because I got off my arse and went to a meeting, taking some type of action? Not completely. Or after I've gone to enough meetings, do I realize that the meeting is a *safe place* to actually open up and tell someone else what is taking place on the inside? Is that it? Maybe.

Is it because humans were designed to interact with each other face to face, not only to survive, but to **thrive**? That face to face meetings are by far the best way we learn and practice our principles that keep us sober? Is it the only sure way I can be available to help another when needed? Could be.

Defining **heart to heart** communication is not the purpose here. My definition might not match your experience. Suffice to say that if you take full human communication (including the emotions, body language, etc.) and a Higher Power's (or group conscious') influence, you might have it. Like our own stories, it is something you have to experience to appreciate it – and if you haven't experienced it yet, don't give up!

I would hate to be learning the English language and then try to understand the definition of "heart." I've found 43 definitions online. We even have a book, The Language of the Heart. My alcoholism squashed any real knowledge of or ability to communicate **heart to heart**. I thought I knew, but as it turns out, I really was clueless. My heart had become a stone, and to make matters worse I lost track of where the stone was! I learned here in A.A.– over the course of years, not weeks or months – that a heart can truly be changed from stone to living, from dead to active. It can happen to you, too! Sometimes quickly, sometimes slowly.

My experience says that **heart to heart** communication (that helps me recover from alcoholism) takes place only when I am meeting with at least one other alcoholic – when I am face to face discussing our triumphs and disasters and how we stay sober. It is a byproduct of sharing personal experience with each other. It also comes in different forms – sometimes it is a person sharing, another time it is just a warm handshake or a smile. It may be that feeling I get when walking into a meeting – *I'm home*. It also might be that I hear the truth in these rooms, about my alcoholism and about me.

**Heart to heart** communication usually goes one of two ways: It can build another person up, or it can tear another down. Truth *without* love is cruel, and how the receiver of the truth spoken interprets the information is vitally important. Golden rule of communication #2 is if the receiver got the wrong message, the sender didn't properly do their job. If you feel led to tell a newcomer, "You're not ready yet, here's a \$20, go back out and try some more," make sure you are doing it with the right attitude – not a righteous "I know it" one. Better yet, tell them that one on one – not across a table full of people. Wouldn't it even be better if at the same time you gave that person your phone number (with the cash), or got their number and *called them*?

Continuously seek out **heart to heart** communication. If you are new or not there yet, keep at it. Make it one of your top priorities. Set your life's target to "**THRIVE**." Be patient, because there is no fast track or quick study way to recognize or participate in it. Besides, your path to get there will probably be a little different than others. When **heart to heart** communication happens regularly in your life, you will be amazed at what you can go through and not drink, how much you can help another person stay sober and begin to have peace in your life. **Truly Amazed!**

## Life's Burden's

When explaining stress management to an audience, the lecturer raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranged from one to five pounds.

The lecturer then told the audience, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. "

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden if it hasn't gone away."

"Whatever burdens you're carrying now, let them down for a moment if you can. Don't pick it up again until after you've rested a while."

Here are some ways of dealing with the burdens of life:

\* Accept that some days you're the pigeon, and some days you're the statue.

\* Always keep your words soft and sweet, just in case you have to eat them. If you can't be kind, at least have the decency to be vague.

\* If you lend someone \$20 and never see that person again, it was probably worth it.

\* It may be that your sole purpose in life is simply to be kind to others.

\* Nobody cares if you can't dance well. Just *get up and dance*.

\* When everything's coming your way, you're in the wrong lane.

\* You may be only one person in the world, but you may also be the world to one person.

\* Some mistakes are too much fun to *only make once*.

\* A truly happy person is one who can enjoy the scenery on a detour.

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What's the best way for a member of A.A. to lay a burden down, even temporarily? It is simple if you have been a member for a while; we practice it at every meeting. The answer? "We tell someone else about our burden. We tell our Higher Power if we believe in one & we tell another alcoholic."

If you don't feel somewhat refreshed after sharing your burden with another member of A.A., maybe that means you have to tell another person, and still another person after that. It also might mean you need to get the pad and pen and write it out. In still other cases it may

be that you need to carry it longer, because just like exercising, your endurance is being improved in the process.

Refreshed is not the same as *relieved* – the burden is still there, as in the illustration; you are just taking a break from it. Relieved tends to mean ‘free from,’ ‘reduction of,’ or ‘something becomes easier.’ Refreshed, the key word here, means ‘make fresh again,’ ‘provide with new vigor or energy,’ ‘to stimulate,’ or ‘to cheer up.’ Refreshed does not mean we give the burden to someone else to carry — instead, we received added strength to carry it ourselves. Sometimes that added strength comes from a ‘source unknown’; other times it comes when I hear someone successfully carrying a burden much larger (in my eyes) than mine. I’ve yet to find a burden I can simply give to someone else to carry — has it been the same in your life? It seems like most of my prayers to relieve the burden came back with the answer “you need to

carry it, so find someone to refresh you” or “I’m trying to carry it for you, why are you still picking it back up?”

This was probably the most important lesson I learned in A.A. in the beginning of my sobriety: I don’t have to carry the whole load (or be a martyr) continuously. I can choose to do that, but now I have an option I did not have before. When I became willing to follow this principle and share my burdens with the God of *my understanding* and other A.A. members I began to receive some refreshment from those burdens. An unexpected thing also happened as I put this principle into action — the thought of picking up became less frequent and the compulsion to drink, or to escape from my present circumstances, left. I found I can carry the burdens I have in my life, as long as I have a way to be refreshed, until those burdens no longer exist.

*Story borrowed from “another” source  
Chip R.  
Grand II Joy of Living Group*

IN MEMORIAM

**Things We Can Not Change**

To all our members who have lost family & loved ones our prayers are with you.

Share your Experience, Strength and Hope

Please submit your announcements by the **12<sup>th</sup>** for next month's issue.

Articles can be submitted at any time.

**Buffalo Central Office**

681 Seneca St (Lower)  
Buffalo, New York 14210

E-Mail Address...

[buffalooa@hotmail.com](mailto:buffalooa@hotmail.com)

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

*"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.*

## **A Eleventh Step Prayer**

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.' "  
(p. 87-8 BB)

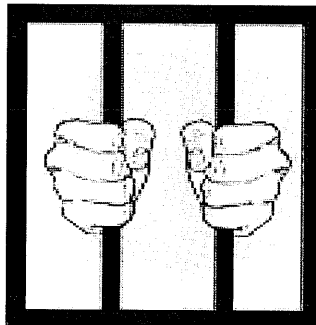
God, I'm agitated and doubtful right now. Help me to stop and remember that I've made a decision to let You be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self-pity or foolish decisions that Your will not mine be done. AMEN

## **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."*

## **Corrections Connection**

You are invited to this highly anticipated informative workshop with presentations by members of Alcoholics Anonymous and by employees of the New York State Department of Corrections. Of interest to anyone interested in carrying the message of recovery behind the walls. Experience is welcomed but not required.



**Date:** October 29, 2010

**Location:** 3579 Franklin Street Road, Auburn, NY

**Registration, continental breakfast:** 8:00 AM

**Panels:** 8:30-3:00

**Lunch will be served**

**Cost:** Free, however our 7th tradition is gratefully observed

**Space is limited.**

**Reservations requested. Call Mark H. at 585-703-7778**

# NOVEMBER ANNIVERSARIES

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## Alexander

Lisa S. 4y

## Amherst/Snyder

Sarah M. 1y

Chris B. 1y

Ruby A. 4y

Jennifer T. 7y

David M. 9y

Susan M. 20y

David W. 21y

Sister Marc 29y

## Coldspring

Neal V. 12y

Blaine H. 21y

## Courage

Chris B. 8y

Patty K. 27y

## Easy does It

Steve B. 3y

Carey A. 11y

Charles L. 11y

Mary K. 27y

## Fireside

Julie S. 3y

Sharon P. 11y

Dick D. 20y

## Freedom

Wayne H. 3y

## Helping Hand

Chris E. 12y

## Holland

Mike S. 26y

## How It Works Men's

Keith C. 3m

Rob M. 3m

Joe Z. 1y

Jeff F. 2y

Don McG. 3y

Brendan D. 4y

Sean H. 6y

Dave W. 21y

Leon S. 26y

Jerry S. 37y

## Ironhorse

Mike Z. 3y

Margaret A. 4y

Mike N. 17y

John S. 28y

## Kenmore

Jonathon Q. 10y

Paul H. 24y

Kay S. 55y

## Kensington

Terese R. 4y

## Lakeshore

Marc L. 9y

Mike M. 12y

## Lakeview

Doug B. 8y

Dave S. 11y

## Lovejoy

Gary G. 9m

Michelle K. 9m

## New Life

Eric 1y

Mark 20y

Sue 21y

## North Buffalo

Chris L. 3m

Jennifer P. 3m

Michelle L. 3m

Tracy R. 3m

Sarah M. 3m

MJ 6m

Peter W. 6m

Jilda V. 6m

Asleey A. 6m

Emily O. 6m

Josh S. 6m

James S. 1y

Joette M. 1y

Michael P. 1y

Todd S. 1y

Paul A. 1y

Mark G. 1y

Theresa B. 1y

Janet J. 2y

Gary W. 2y

Jerry S. 2y

Tony P. 3y

Kayle H. 3y

Ivan F. 3y

Don M. 3y

Greg McC. 4y

Dave H. 6y

Elizabeth G. 9y

Dave K. 14y

Jay H. 16y

Gary H. 23y

## Orchard Park Step

Cory B. 9m

Jen B. 1y

Kathleen K. 12y

Barb S. 23y

## Remember When

Carol S. 2y

Terry M. 9y

Maria S. 3y

Wakissa 2y

## Rise & Shine

Elaine E. 3m

Peter Z. 2y

Jeff F. 2y

Kim M. 3y

Tim L. 3y

Anthony P. 3y

Jason H. 3y

Tom L. 4y

Neil L. 4y

Torrie L. 5y

Terry M. 9y

Michael R. 16y

Greg J. 18y

Mary Lou Z. 32y

## Sheridan

Brian 5y

Suzette W. 7y

Tim D. 14y

Jim C. 26y

Dave C. 30y

## Spingville Tuesday

Dave H. 37y

## Spirit of Hope

Jim R. 20y

Charles L. 21y

## Spiritual Progress

Beth Ann 2y

Sally Ann 25y

## Sun. Morning Br.

Janice C. 19y

## Surrender & Hope

Shawn McK 24y

Midge S. 40y

## Thruway

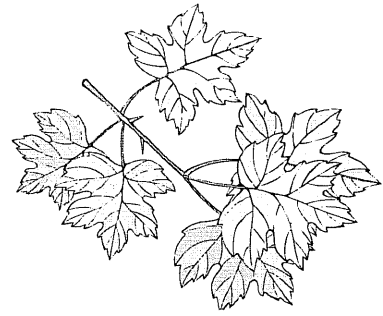
Rich M. 18y

Tom H. 20y

## Turning Point

Susan F. 2y

John G. 26y



## **Group Anniversaries**

**4th Step Stumbers; 14y**

**Amherst Snyder; 50y**

**Any Lengths; 16y**

**Blasdel; 43y**

**Easy Does It; 20y**

**Eyeopener; 27y**

**JC Big Book; 11y**

**Keep it Simple Sister; 21y**

**Lockveiw; 23y**

**Lower River; 21y**

**McKinley Winners; 31y**

**Chapter V; 21y**

**Reflections; 7y**

**Stepping Stones Gowanda; 22y**

**Sunday AM Breakfast; 21y**

**Sunday Niters; 29y**

**Turning Point; 26y**

**Twin Cities; 67y**

**Women's Westside; 21y**

N. F. Policy:

*Anniversaries must*

*be submitted by*

**the 12th**

*of the*

*month previous*



## Gratitude Month - November

*Our Chance to Say "Thank You!"*

One of the most satisfying things we receive in AA is humble gratitude that slowly fills our hearts as we continue, day-by-day, to live our program of recovery. Our return is rich. The seed we have planted is small -- merely a willingness to be helped and in turn to help others. Our useless lives become useful. Our fears give way to serenity. Confusion is replaced with purpose. Wishes become actions. Existence becomes a daily adventure in living.

Maintenance of our Buffalo Niagara Frontier Intergroup Central Office is costly. There are many expenses connected with running our office -- so that we can continue to provide a service to those in need. Even with ongoing contributions received from area AA groups, our office has difficulty meeting our operational expenses.

**Gratitude Month** - Was first officially recognized in 1956. As Bill W. urged in a letter, "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."

**This Is Our Appeal** - Consider making a special donation to assist the Buffalo Central Office in continuing to provide a service which is so important to our own sobriety and to those still suffering. There are some who can't give at this time. There are others who will be able to give much more. But no matter whether your contribution is large or small, it will be welcomed. And it will give each of us a tangible outlet to show the gratitude welling up in our hearts for the good life we are enjoying.

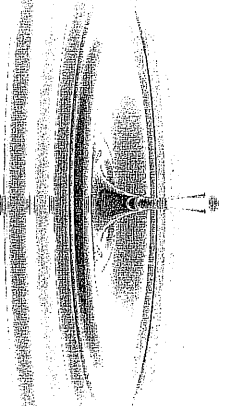
**Each Week During November** - An envelope will be circulated at those group meetings who wish to participate in this effort. Please consider making an extra donation for this purpose. Whether your contribution is small or large - it will greatly be appreciated.

(716) 853-0388

Buffalo Central Office (B&C)  
681 Seneca St., Buffalo, NY 14210  
buffalocaa@hotmail.com

www.buffalocaa.org

*We are filling an ocean with hope*



## Your 2009 contributions made possible:

Distribution of 13,000 schedules of meeting sites

Distribution of 9,500 Newsletters

Advertising in the Talking Phone Book & Verizon Phone Book  
-Erie County, Niagara County, Lockport, Medina, Olean, Chautauqua-

Answering of over 2,500 phone inquiries

Supplying over 800 Literature requests

Welcomed over 1,500 visitors to our Central Office

Orchestrated meetings in Treatment & Correctional Facilities

Servicing over 300 area wide groups

## One contribution at a time

In exchange for your generous contributions, the Central Office &

Central Committee promises

To continue to work hard, spend wisely

And never forget that we are accountable

To you: the groups & its members, affected by alcoholism



PLEASE READ AT YOUR MEETING...HELP KEEP EVERYONE INFORMED:-)

*BUFFALO CENTRAL OFFICE  
ALCOHOLICS ANONYMOUS  
(716) 853-0388  
9:00 AM- 12:30PM, 2:00 PM- 4:30 PM  
Schedule on line at: [www.ny-aa.org](http://www.ny-aa.org) &  
[www.buffaloany.org](http://www.buffaloany.org)*

*681 SENECA STREET (Lower)  
BUFFALO, NEW YORK 14210  
Fax: 853-0389  
[www.buffaloany.org](http://www.buffaloany.org)  
[buffalooa@hotmail.com](mailto:buffalooa@hotmail.com)*

## **NOVEMBER 2010**

### **MEETING CHANGES**

- **Sprout into Sobriety, has changed its starting time to 2pm**, Living Faith Church, 1907 Center Rd. (corner of Center & Seneca), West Seneca. Open Discussion.
- **Lakeview Group, Friday's 8:30PM, has moved.** Now meet at St. Paul Rectory on Southcreek Rd
- **Second Chance Group has changed both its time & place.** 6 PM- 7:30 PM. LBJ Apts, inside Community Room, 167 W. Humboldt..
- **Ellicottville Lunch Bunch, No Longer Meets.**
- **Lockport Nooners & Monday Big Book, No longer Meet.**
- **Spirit of Hope Group**, Saturday , 10 Am, Bissonette House, 335 Grider St.; **NEEDS SUPPORT.**
- **New Meeting: Simplicity**, Royalton Center United Methodist Church, 6309 Royalton Center Rd., Middleton. Monday's 8 PM. Closed Meeting :)
- **Eagle Street Group: No Longer Meets**, merged with Fredonia Discussion Group, Wednesday's 8 :30 PM. Now has babysitting available. 1st week of the month will have a women's table.
- **New Meeting: Women in Recovery**; Stuyvesant Apts, Community Room, 245 Elmwood, Buffalo, 6:00 pm, closed meeting, open last week of the month. Wednesday's @ 6:00 PM.
- **ST.Mark's** meeting on Saturday's; **HAS RESUMED.** St. Marks Episcopal Church, 6596 E. Quaker Rd., Orchard Park.8 PM.
- **Gahada Goh**, Tuesday's & Thursday's, 8 PM, **has Resumed.** 12698 Southwestern Blvd(Rt. 20).
- **NEW MEETING; Abbott Corners**, Lakeshore Behavioral Heath Building, 3176 Abbott Rd, Bldg A., Orchard Park. Wednesday's at 12 Noon..
- **NEW MEETING; Angola Early Bird**, Most Precious Blood Church, 192 Prospect St.( off Lake St.), Angola. Thursday's 7 AM.
- **Main & High Group needs fellowship support.** Thursday's 6PM. Lifetime Health Care Center. 876 Main St. Buffalo(between Carlton & Virginia St's).
- **Honest Solutions Group** in Gowanda that closed after flooding is **resuming.** Meet in the St. Mary's Rectory behind church. Monday's & Friday's. 12 Noon.
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

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# **COMING EVENTS**

- ~ Oct 22-24, **Jamestown 65th AA Anniversary Weekend**. Clarion Hotel, 150 W. 4th St., Jamestown. For more info; George: 983-5505.
- ~ Oct 29-31, **69th. BUFFALO FALL CONVENTION:** Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst.
- ~ Nov 7, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Nov 7, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, (hosted by As Bill See's It Group)
- ~ Nov 7, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca
- ~ Nov 9- Dec.7, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Tuesday's; 7:15 PM- 8:15 PM. Sponsored by Holiday Village Group, 8 PM., Southern Erie Clinic, 4390 Quimby Drive, Hamburg. Journey through the 12 steps in 5/ 1 hr sessions. Oct. 6, 13, 20, 27 & Nov 3.
- ~ Nov 14, **General Service Assembly**, 12 Noon. Hamburg Town Hall, 711 Club in Jamestown.
- ~ Nov 15, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Nov 15, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting
- ~ Nov 16, **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Nov 19, Amherst Snyder Group will be celebrating its 50th Anniversary with an eating meeting. Starts at 8:30 PM with a speaker. Cleveland Drive Presbyterian Church, 735 Cleveland Dr., Cheektowaga. Please bring a dish to share.
- ~ Nov 27, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ Dec. 6, **New Life Group's 35th Anniversary**. St. Aidans Episcopal Church, 13021 West Main St., Alden. Pot luck dinner at 7 PM, Anniversaries & Speaker at 8 PM. All are welcome, Please bring a dish if you wish .
- ~ Dec.15, **Main & High Groups Annual Christmas Vigil**. 6:00 PM- 9:00 pm. Holy Trinity Lutheran Church, 1080 Main St. Please come fellowship with us. Bring and dish to share.
- ~Dec 24, **Friends of AA Annual Christmas Vigil;** 291 High St, Moot Senior center. Doors open at 4 PM. Donations accepted. Children's toys, Dinner at 6PM, Santa at 7:30 PM. Contact Charles Lloyd, Mona W.:510-5636 or Blaine H.:553-1504. Open Mic.
- ~ Feb. 19-21, **Retreat For Men in A.A.**, "Road to Recovery", St. Columban Center, 6892 Old Lakeshore Rd., Derby. Cost \$125, meals included. To register call Daryl B.; 553-3785. All Men welcome. Scholarships available. Donations toward scholarships greatly appreciated.

**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."**

**11<sup>th</sup> 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.**

## **PLEASE SUPPORT THE ENVELOPE SYSTEM...**

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

Buffalo Central Committee Minutes  
October 3<sup>rd</sup>, 2010

Jake Three Legacies Group Committee Co-Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Joe Sober Train read the Preamble, Jackson Sober Train read the Purpose of Central Committee and Kristine Three Legacies Group read the Twelve Traditions. It was moved by Tom North Buffalo Group and seconded by Gilbert Try It Again Group to accept the September minutes as written by MaryKate Three Legacies Group.

New Groups were greeted and 26 groups were represented: Dist #1; Dist #2 Living Sober, North Buffalo, Sober Train, Three Legacies, Common Solution, Friends of Bill W; Dist #3 Abbott Men's Discussion, Courage, Iron Horse, South Buffalo, Thruway, Valley; Dist #4 Action; Dist #5 Big Book Lockport, Golden Slipper, Lockport #1, Lower River, Simplicity; Dist #6 Carrying the Message, Lakeshore, WE; Dist #7 Fresh Start; Dist #8 Amherst Snyder, Eyeopener, Williamsville, Women Making the Effort.

**COMMITTEE REPORTS:**

- ENVELOPE SYSTEM:** Jennifer reported that \$282.00 was brought in by Envelope System.
- STEERING COMMITTEE:** Gilbert reported that the Executive Secretary, the Co-Chair, the Financial Chair and Districts 1, 2, 3, 4, 5, 6 and 8 were present. The Committee Chair and Dist #7 were absent. Pete from Dist #6 wanted to let everyone know that the day of sharing was a tremendous success.
- FINANCIAL REPORT:** Rick reported that the monthly income \$495.85 will increase next month because of big increase in Literature Receivables of \$1900.00. I believe the sales +/- is due to an unrecorded group donation of \$250. When November's New Frontier comes out please have all group Treasurers check the contributions report to make sure that current and year to date amounts are correct.
- CORRECTIONS:** not present
- TREATMENT:** not present
- SCREENERS:** no report
- CENTRAL OFFICE:** AA Info: 171, 12-Step: 2, Alanon: 2, PIC: 0, Visitors: 114, Volunteers: 15. Groups we are in need of contacts from are, Look to this Day-6, University Men's-2, Threshing Floor-1 and Harmony-7. Details for the November Elections are on display case. Up for nominations are; Co-Chair, Recording Secretary, Steering Committee Reps for districts 1,4,5 and 6. PIC Chairperson and Screeners Chairperson. Seminar Report is separate.
- NEW FRONTIERS:** Terry reported that all articles in the last two issues have been from local members.
- PIC:** Patrick reported that PIC will be having a table at this year's Buffalo Fall Convention. Upcoming Health Fairs are Oct. 16<sup>th</sup> at the Eggertsville Community Center. We need volunteers to assist with the morning health fairs. We are working on a letter to the courts to inform the judicial system about what AA does and does not do.
- CURRENT CONVENTION:** Anne reported that everything is going along on schedule. Registrations are coming in steady. Banquet is filling up, please

encourage people to register early for banquet. Contributions for scholarships will be accepted. We have one more committee meeting at the hotel on 10/16.

- AD HOC COMMITTEE:** Presentation was given by members of Ad Hoc Committee. Further discussion on new phone system during Old Business.
- GSA LIASON:** Not present but announcement made that next GSA meeting is October 10<sup>th</sup>, 2010 at Hamburg Town Hall.
- ARCHIVES:** Pat reported that Archives made some purchases of a printer, scanner and laptop. Tom B. is working on a power point presentation. He would like Home Group's photos of your meeting. Please no pictures of members in them. Please send them to Archives at the Buffalo Central Office. Marty our area Archivist went to Macon, GA. for the National Workshop. He said that he learned a lot about previewing and new copy right laws. He will give a report at a later time. We would like to thank the groups who donated to us. Please make checks payable to WNY Archives. Reminder we need a 30 day notice for a display. Upcoming displays are at the Jamestown Convention and Buffalo Fall Convention.
- OLD BUSINESS:** Pete Sobriety Men's Discussion withdrew his motion to change the name of Central Office. AA on the Niagara Frontier will be removed from the return address on all future mailings. Kathy Lakeshore made motion to use new phone system and seconded by Paul Iron Horse. Motion was tabled to take back to home groups for further discussion.
- NEW BUSINESS:** Central Committee in need of new GSA Liason, Randy Common Solution volunteered.
- ANNOUNCEMENTS:** Pete Dist #6 Steering Committee Rep would like to thank PIC, Corrections and Terry for all the help with Sheridan Day of Sharing.

Jake Three Legacies Group Committee Co-Chair thanked Courage Group for this month's refreshments and November's to be provided by As Bill Sees It.

### **NEXT MEETING NOVEMBER 7<sup>TH</sup>, 2010**

It was moved by Tom North Buffalo Group and seconded by Josh South Buffalo Group that we adjourn; adopted. Meeting closed with The Lord's Prayer at 8:01 PM.

Respectfully submitted by MaryKate Recording Secretary Three Legacies Group

Income Statement	Jun-10	Jul-10	Aug-10	Sep-10	YTD
Beq Bal Cash on hand	30,082.43	26,724.64	22,561.38	21,883.92	
Contributions					
Groups	5,346.02	5,652.26	3,705.77	5,205.36	47,929.92
Joint Meeting	49.00	60.00	59.54	49.00	473.87
Envelope System	352.00	202.00	567.00	282.00	4,323.00
New Frontiers Subs	101.00	131.00	30.00	43.00	584.00
Literature/Medallions/Pins	5,580.05	2,693.25	2,573.60	3,573.07	38,379.50
Literature Sales Tax	322.22	192.66	199.59	245.68	2,569.36
Literature Postage	3.95	45.40	24.30	8.61	103.53
Sales+/-				250.61	
Archives Room Rent	50.00	50.00		100.00	450.00
Meetings at CO	44.10	67.00	35.00	62.50	410.22
Mail/Misc.	25.00	201.07	25.00	25.00	331.07
US Treasury					-
"Gratitude Month" (NOV)					54.00
Conventions/Day of Sharing					981.86
<b>Monthly Income</b>	<b>11,873.34</b>	<b>9,294.64</b>	<b>7,219.80</b>	<b>9,844.83</b>	<b>96,840.94</b>
Expenses					
Office Rent	904.36	907.44	907.44	907.44	7,992.78
Electric	90.00	90.00	90.00	90.00	810.00
Payroll					
Salaries - gross	2,520.40	3,150.50	2,520.40	2,520.40	23,943.80
Federal Withholdings	(463.12)	(567.79)	(463.12)	(463.12)	(4,352.22)
NYS Withholdings	(112.96)	(138.96)	(112.96)	(112.96)	(1,068.37)
Disability Insurance	(3.00)	(3.60)	(2.40)	(2.40)	(27.00)
Payroll Tax Deposits					
Federal	683.04	683.04	895.57	956.12	6,854.27
State			503.67		1,449.76
NYS Sales Tax	1,008.31			675.63	2,479.09
Insurance					
State Ins Fund					301.56
Health	354.00	354.00	354.00	354.00	3,186.00
Liability					1,220.13
Postage	630.73	47.37	347.05	200.00	2,859.94
Phone	137.32	152.00	166.62	168.85	1,420.56
Accounting	1,975.00				1,975.00
Advt					
Talking Phone Book					
Verizon; Idearc Media website	157.30	158.80	158.80	158.80	1,418.70
white directory				121.00	661.00
Yellow Pages					-
Literature Expenses					
Grapevine		307.80			706.40
World Services Inc	2,015.83	1,033.00	1,464.88	2,394.70	14,431.42
Hazeldon	589.00				2,103.72
Printers	940.00	2,160.00			5,242.00
Medallions		341.62			426.59
PINS					-
Office Supplies	18.69	237.13	267.25		1,271.45
Answering service	158.83	161.55	166.06	161.55	1,501.25
Minolta leasing (copier)	223.00	223.00	223.00	223.00	2,007.00
Minolta Copies/ service contract	161.00	161.00	161.00	161.00	1,387.00
PIC				38.55	265.55
Prudent Reserve	3,243.40	4,000.00			7,243.40
Seed \$\$			250.00		450.00
Seminar				696.42	1,212.17
Depreciation	100.00	100.00	100.00	100.00	900.00
<b>Monthly Expenses</b>	<b>15,331.13</b>	<b>13,557.90</b>	<b>7,997.26</b>	<b>9,348.98</b>	<b>90,272.95</b>
<b>Monthly Income (Loss)</b>	<b>(3,457.79)</b>	<b>(4,263.26)</b>	<b>(777.46)</b>	<b>495.85</b>	<b>\$6,567.99</b>
Depreciation add back(non-cash)	100.00	100.00	100.00	100.00	900.00
<b>End Bal Cash on hand</b>	<b>26,724.64</b>	<b>22,561.38</b>	<b>21,883.92</b>	<b>22,479.77</b>	
<b>PRUDENT RESERVE</b>	<b>24,000.00</b>	<b>28,000.00</b>	<b>27,960.79</b>	<b>28,017.01</b>	
Assets: Literature& Medallions	15,251.87	14,763.81	13,781.72	13,035.42	
Literature Receiveable:(outstanding)	909.39	802.11	343.17	2,218.47	
<b>Corrections Facilites</b>	<b>1,420.38</b>	<b>623.92</b>	<b>1,078.42</b>	<b>1,442.67</b>	
Contributions	319.60	454.50	520.00	522.56	2,945.36
Expenses	1,116.06		155.75	256.25	3,828.08
<b>Balance</b>	<b>623.92</b>	<b>1,078.42</b>	<b>1,442.67</b>	<b>1,708.98</b>	<b>(882.72)</b>
<b>Treatment Facilities</b>	<b>1,523.58</b>	<b>1,773.18</b>	<b>1,750.11</b>	<b>2,195.11</b>	
Contributions	249.60	489.43	445.00	507.56	2,829.29
Expenses		512.50			1,232.50
AT & T Bridging The Gap					-
AAA Abott Answering Service					-
<b>Balance</b>	<b>1,773.18</b>	<b>1,750.11</b>	<b>2,195.11</b>	<b>2,702.67</b>	<b>1,232.50</b>
					<b>1,596.79</b>

GROUP CONTRIBUTIONS

GROUP CONTRIBUTIONS

TRACT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
	11:45		60.00		0.00		0.00
	12 Step		0.00		0.00		0.00
	12 Steps/12 Traditions		150.00		0.00		0.00
	4th Step Stumblers/F.U.N.		0.00		0.00		0.00
	6th Step		37.50		0.00		0.00
	A Day At A Time		48.00		0.00		0.00
	Abbott Men's	100.00	635.00	100.00	330.00	100.00	330.00
	Acceptance/Welcoming		0.00		0.00		0.00
	Achievement		0.00		0.00		0.00
	Action		50.00		25.00		25.00
	Age Doesn't Matter		50.00		50.00		50.00
	Akron Awareness		0.00		0.00		0.00
	Alexander		0.00		0.00		0.00
	Amherst/ Snyder		650.00		0.00		0.00
	Amsdell Lakeshore	100.00	350.00		0.00		0.00
	Any Age		0.00		0.00		0.00
	Any Length	35.00	345.00	15.00	120.00	15.00	120.00
	Arcade		50.00		0.00		0.00
	As Bill Sees It		370.00		93.00		30.00
	Attitude Adjustment		50.00		25.00		25.00
	Attraction		300.00		0.00		0.00
	Backdoor		0.00		0.00		0.00
	Back To Basics		60.00		0.00		0.00
	Beginners Group (NF)	20.00	40.00		0.00		0.00
	Beginning In Sobriety II		0.00		0.00		0.00
	Beginning's Women		150.00		75.00		75.00
	Big Book Lockport		275.00		0.00		0.00
	BB Spiritual Studies		0.00		0.00		0.00
	Big Book Study	30.00	90.00		0.00		0.00
	Blasdel		0.00		0.00		0.00
	Blasdel Monday Night		0.00		0.00		0.00
	Bodhisattva		0.00		0.00		0.00
	Boulevard Helping Hand		0.00		0.00		0.00
	Boulevard Women		0.00		0.00		0.00
	Brass		0.00		0.00		0.00
	Building Hope		50.00		0.00		0.00
	By The Book		0.00		0.00		0.00
	Carry the Message	130.00	330.00		0.00		0.00
	Casting		0.00		0.00		0.00
	Cathedral Park		0.00		0.00		0.00
	Cayuga Wake- Up Call		660.00		35.00		20.00
	Caz Manor	50.00	265.00		0.00		0.00
	Central City Cafe'		15.00		0.00		0.00
	Chapter IX		0.00		0.00		0.00
	Cheektowaga	125.00	550.00		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		0.00		0.00		0.00
	Common Bond		0.00		0.00		0.00
	Common Solution	12.00	12.00		0.00		0.00
	Commitment		300.00		0.00		0.00
	Constant Vigilance(Varysburg)		0.00		0.00		0.00
	Complanters		0.00		0.00		0.00
	Courage		225.00		0.00		0.00
	Daily Reflections		0.00		0.00		0.00
	Daily Reprieve		100.00		0.00		0.00
	Dawn of Hope	25.00	75.00		0.00		0.00
	Derby		280.00		0.00		0.00
	Derby Lunch		0.00		0.00		0.00
	Desire		500.00		0.00		0.00
	Desperate		0.00		0.00		0.00
	Downtown Men's		0.00		0.00		0.00
	Dunkirk Monday Night		100.00		0.00		0.00
	Eagle Street		0.00		0.00		0.00
	Early Bird South		93.42		0.00		0.00
	Early Bird Step		0.00		0.00		0.00
	Early Rising Obliging		0.00		0.00		0.00
	East Amherst		0.00		0.00		0.00
	East Aurora		300.00		200.00		200.00
	Easy Does It	30.00	340.00	30.00	240.00	30.00	240.00
	Ellicottville		25.00		0.00		0.00
	Everybody's		0.00		0.00		0.00
	Express		14.00		0.00		0.00
	Eyeopener	191.70	1684.64		0.00		0.00
	Eyeopener South	125.00	600.00	25.00	100.00		0.00
	Father Baker		0.00		0.00		0.00
	Feelings	105.00	105.00		0.00		0.00
	Fireside PM		200.00		0.00		0.00
	Fireside	214.00	1316.50		0.00		0.00
	First Things First		450.00		0.00		0.00
	Forestville Sunday Serenity		0.00		0.00		0.00
	Fredonia Discussion		0.00		0.00		0.00
	Freedom	200.00	450.00		0.00		0.00
	Fresh Start		135.00		0.00		0.00
	Friendly		0.00		0.00		0.00

TRACT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
2	Friends of Bill W.	30	50.00		0.00		0.00
1	Frontier(New)	42.36	1974.20		0.00		0.00
3	Gardenville		220.00		0.00		0.00
8	Georgetown		0.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		38.00		0.00		0.00
7	Gifted		0.00		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		921.50		61.43		61.43
5	Golden Slipper	50.00	100.00		0.00		0.00
2	Grand		70.00		0.00		0.00
2	Grand II Joy of Living	50.00	112.22		0.00		0.00
2	Grateful	50.00	100.00		0.00		0.00
3	H.O.W.		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
6	Hamburg Early Bird		0.00		0.00		0.00
8	Hand	40.00	160.00		0.00	10.00	40.00
2	Handicappers		150.00		0.00		0.00
1	Happy Faces		0.00		0.00		0.00
7	Harmony		0.00		0.00		0.00
3	Helping Hand		100.00		0.00		0.00
8	High Noon		950.00		0.00		0.00
8	High View		300.00		0.00		0.00
7	Higher Power		0.00		0.00		0.00
4	Hillbilly		360.00		0.00		0.00
6	Holiday Village	450.00	1775.00	50.00	175.00	50.00	150.00
4	Holland		120.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honesty		105.00		0.00		0.00
2	How It Works/Men's		997.00		105.00		105.00
7	Humbolt		0.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse	215.11	923.11	17.56	88.36	17.56	88.36
8	IT		0.00		0.00		0.00
5	Johnson Creek Big Book		0.00		0.00		0.00
1	Journey		300.00		0.00		0.00
3	Just For Today/ Cheektowaga	50.00	150.00		0.00		0.00
5	Just For Today/ Albion		15.00		0.00		0.00
4	Keep It Simple Sister	30.00	90.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		50.00		0.00		0.00
8	Kensington		0.00		0.00		0.00
8	Lake Shore		0.00		0.00		0.00
6	Lakeview		350.00		100.00		0.00
3	Lancaster Dailey Reprieve	44.70	193.37		0.00		0.00
	Lawyers		0.00		0.00		0.00
5	LewPort		0.00		0.00		0.00
2	Liberty Women	50.00	210.00		0.00		0.00
4	Life Today		102.00		0.00		0.00
8	Lighten UP		300.00		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution	100.00	100.00		0.00		0.00
2	Living Sober		0.00		0.00		0.00
5	Lock City		300.00		0.00		0.00
5	Lockport #1		500.00		50.00		50.00
5	Lockport Discussion		50.00		0.00		0.00
5	Lockport Ladies		50.00		0.00		0.00
5	Lockport Tuesday		198.00		48.00		0.00
5	Lockview	480.00	1216.00	80.00	192.00	80.00	192.00
6	Look To This Day		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		75.00		25.00		25.00
5	Lower River		0.00		0.00		0.00
1	Main and High		51.84		0.00		0.00
4	Main Street		390.00		0.00		0.00
8	Maple Men's		0.00		0.00		0.00
4	Marilla	50.00	195.00		0.00		0.00
3	Matt Talbot		460.00		0.00		0.00
6	McKinley Winners		90.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5	Medina New Life	10.00	50.00		0.00		0.00
8	Mercy		100.00		0.00		0.00
3	Mid-day		146.13		0.00		0.00
8	Midnight Discussion		0.00		0.00		0.00
5	Miracle Happen		0.00		0.00		0.00
7	Monday CO	5.00	110.05		0.00		0.00
5	Monday Big Book		0.00		0.00		0.00
2	Morning After		200.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Beginnings/St. Vincent		30.00		0.00		0.00
	New Freedom		25.00		0.00		0.00
	New Hope		25.00		0.00		0.00
5	New International		40.00		0.00		0.00
3	New Life		100.00		0.00		0.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		0.00		0.00		0.00
5	Niagara Frontier Men's Disc.		120.00		0.00		0.00
2	North Buffalo		950.00		200.00		200.00
4	North Java Monday		0.00		0.00		0.00
4	North Java Sunday		0.00		0.00		0.00



RETURN SERVICE REQUESTED

681 Seneca St. (Lower)  
Buffalo, NY 14210  
buffalooa@hotmail.com

NON-PROFIT ORG.  
US POSTAGE PAID  
PERMIT # 53  
BUFFALO, NY

**Have The New Frontier's delivered  
To your home every month**



**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**ANNUAL SUBSCRIPTIONS;**

**MAKE CHECKS PAYABLE TO: BUFFALO CENTRAL OFFICE, 681 SENECA ST.,  
BUFFALO, NY 14210**

1 Copy	\$10	20 Copies	\$57
2 Copies	\$13	30 Copies	\$75
5 Copies	\$24	40 Copies	\$95
10 Copies	\$33	50 Copies	\$120