

NEW FRONTIERS

NOVEMBER 2011

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.
to insure anonymity.

Our Design For Living Is Not A One Way Street

“Our design for living is not a one-way street.”

Pg81;this line popped out.

I have learned and read that the Big Book is designed for a new way of life, and I have gotten that over the little time that I have been sober.

Since getting sober with the gift of Fellowship of AA, the Steps and Traditions, I have found out I am the example in this walk of life in my family.

So I had better be doing what I have been given, and if I don't guess where you will find me then. Yes I am on page 62 second paragraph, especially the last line.

Selfish—self-centeredness!

That, we think is the root of our troubles.

Driven by a hundred forms of fear, self-delusion, self-seeking, self-pity,

we step on the toes of our fellows and they retaliate.

Sometimes they hurt, seemingly without provocation,

but we invariably find that at some time in the past

**we have made decisions based on self
which later placed us in a position to be hurt.**

So going back to Page 81, I actually have thought it was a one way street. For awhile, I thought I had the gift while on the street, when I was out there it was my street, get it. So there is some progress for me right there. Now, reading further, I See how “the alcoholic is like a tornado roaring his way through the lives of others”. And boy can I relate to that. If I don't practice this daily, I will be that tornado in everyone's life. Alcoholism waits for me to stop praying in the morning, stop going to my weekly scheduled meetings, stop helping the women who are willing to stay sober, stop taking a daily inventory, stop talking to my sponsor and start rationalizing my thinking.

I have learned I have to live my way into right thinking it just doesn't happen. And this is all found within the “Into Action” chapter for me. Of course all the important stuff is in there about the spiritual life is not a theory and so on and I am not minimizing that. But there are other instructions on how not to criticize our family, how to clean house with the family, and how their defects our growing. But of course I have a part in that, admitting my wrongs PROMPTLY. And I am loud about that because, if I don't admit my wrongs right away, the committee in my head starts. By the end of that day it says, “oh, they owe you an amends” or “can't they see what a great person I am” and “all I do for them”. Then this thinking is brought out of my home and into the Fellowship and then I walk out there recruiting others on my thinking disease.

Good thing we have HALT to practice all day: I know in my soul when I did something wrong or I am going down the wrong path. This is where I have ceased fighting, as well as, behave sanely. Ha, I never thought that would happen but I actually like being sane today, and in order to develop this way of life, I can turn to page 84 then the Big Book tells me “our next function is to grow in understanding and effectiveness.” Now that is something...huh!?

So for me, it is a daily reprieve which I'm developing along the way one day at a time. I have conscious contact every day and all day with my Creator.

Thanks AA!

By Cindy L — Final Frontier

Akron Intergroup News, November 2010

NOVEMBER IS *GRATITUDE MONTH* IN AA
GRATEFUL (SEE PAGES 53, 128, 191, 192)
THANKFUL / APPRECIATIVE OF BENEFITS
RECEIVED / EXPRESSING
GRATITUDE

The Battle between Gratitude and Fear

By: Karen H.

I'm sober: I'm GRATEFUL

I'm unemployed and broke:

I'm AFRAID

This is my inner war. I know I should be GRATEFUL, but all of my attention is being drawn to FEAR. It attracts me as a nail to a magnet, like a moth to

a flame. I can't see the good....only the bad.

My mind spins, filled with dread, of all the possible "what if's" and "what then"...none of them good. I can't eat. I can't sleep. I'm making myself sick. I times like these, it's difficult to remember "Acceptance is the answer to all my problems today."

(I don't want to ACCEPT!)

"I'm exactly where I'm supposed to be." I don't want to be HERE!)

Whoever wrote that COULDN'T have been having troubles, or that thought would never have

crossed their mind. Or COULD it?

I'm trying to remind myself: "God didn't bring me this far to just drop me!" (RIGHT?!?!?!?)

Ok. I have food & warm clothes. I still have somewhere to live, a warm shower and clean clothes. I still have my car and gas.

My kids still love me. I have a family that loves me and is helping me out. Even my birds still like me, so long as I feed them.

God is placing people in my life who care and help me in my job search. I am not alone. I have family and friends. I can swallow my pride and ask for help.

God has a plan for me. I just don't know what it is....PATIENCE, FAITH.

My job is to do the footwork and God will do the rest. To be grateful for the good in my life.

To have faith that it all will work according to God's plan.

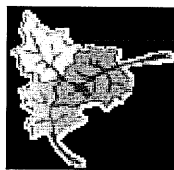
In His time, Not mine.

I DO have a job: to have FAITH in God's plan, to live with a GRATEFUL heart and to stay SOBER!!

If I do my job everyday, God will fill my life with more and more things to be GRATEFUL for....FEAR has lost the battle!

See!! My cup is half full already

Temecula Valley/ Gratitude Gazette Nov. 2009



The Baby of the Family

I was born in nineteen sixty-one. The Youngest of six, two brothers and three sisters. I was born and raised on the east side of Buffalo. My mother, a single parent raised us Catholic. All six of us attended Catholic grammar and high schools. We all graduated with high school diplomas. College was available to all six of us. Most of us decided to further our education.

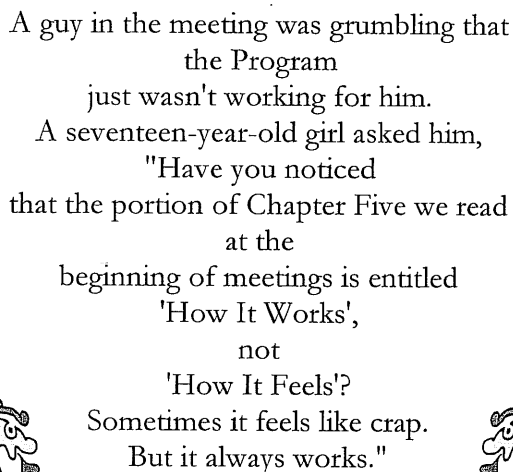
Growing up on the east side of Buffalo was fun, challenging at other times. The first place I lived seemed to set the pattern of struggle in my life. After a year we moved we moved and resided there until I went to college. After attending college, I moved in with my girlfriend. Within that year we married. The marriage didn't last, we divorced.

I moved back to my mother's home. Working mostly landscaping and construction jobs, I had plenty of money to continue my career as a party animal. Having already had a good start, I completed my apprenticeship program in partying. With that came all the things associated with that lifestyle. Alcohol, Drugs, Unhealthy relationships, Fights, Bad associations, ect. This was a pattern that would continue throughout my life.

The violence where I lived got so bad that it made some of the things I did small in comparison. Because of this my mother and I moved. Things were better so I thought. I forgot to live my lifestyle behind me, in the city. You can take the boy out of the city but you can't take the city out of the boy. The same problems continued in my life, like I didn't skip a beat. This went on for another 15 years until my lifestyle caught up with me. I got into a legal situation I always knew would eventually come. This major event in my life changed everything and I turned my life around. I changed my thinking and everything that went with it.

Today I am blessed with a newfound freedom thanks to my higher power and the help of Alcoholics Anonymous.

Paul D.; 2008



A guy in the meeting was grumbling that
the Program
just wasn't working for him.
A seventeen-year-old girl asked him,
"Have you noticed
that the portion of Chapter Five we read
at the
beginning of meetings is entitled
'How It Works',
not
'How It Feels?'
Sometimes it feels like crap.
But it always works."

Heard @ a Meeting:

- **It is when you act on faith that you actually have it.**
- **If I forget 'what' I am, it doesn't matter 'who' I am.**
- **It is not what I know that keeps me sober, it's what I DO!**
- **I came for my drinking and stayed for my thinking!**
- **I was always the black sheep of the family. I came to AA and found the rest of the herd!**

AA Is Not Big Business

In gratitude, Bill explains a plan to preserve AA. . .but not to rule it!

THANKSGIVING is coming. And with it, Tradition Week. I never felt happier.

Our traditions are set down on paper. But they were written first in our hearts. For each of us knows, instinctively I think, that AA is not ours to do with as we please. We are but caretakers to preserve the spiritual quality of our fellowship; keep it whole for those who will come after us and have need of what has so generously been given to us.

We learned our lesson about money early. We feared organization lest we solidify and destroy ourselves as a *movement!* At the same time we faced the moral and humane obligation to make our program instantly available to all who asked for it. And they came in ever increasing numbers.

Yes, we've had need of money and we've had to provide services. But we've resolved never to allow either money or the management of our necessary affairs to obscure our spiritual aims. The same loving God whose Divine Wisdom has shown us that one desperate and shaky drunk, fumbling for a nickel to call for help, looms larger than any 'organization' we shall ever have, or need!

At Cleveland, July last, 7000 AAs set their approval to the Twelve Traditions of Alcoholics Anonymous. We took our destiny by the hand. Alcoholics Anonymous had grown up.

Three of those Traditions define the "Services" of Alcoholics Anonymous and outline our collective responsibility for them--management responsibility and money responsibility. The Tradition also says that our trusted servants shall never govern; that they shall always be directly accountable to those they serve.

Last month I broadcast to you the members of Alcoholics Anonymous--an urgent appeal. It was a plea that you take full money responsibility for your AA Headquarters--the Alcoholic Foundation and its AA General Service Office at New York. We who work in your Headquarters are delighted with the result. Groups who never helped before have now done so. New groups, very small groups, institutional groups not really under any obligation, have made sacrifices. If this keeps up, our deficit at Headquarters will be a thing of the past. Never have I been so encouraged about the future of our Services. Your generous and responsible action makes a fitting setting for the news I am about to give you.

For twelve years, warmly aided by great friends, Dr. Bob and I have stood sentinel over your Headquarters. We have been holding these valuable assets in trust for you--your General Service Office, your book "Alcoholics Anonymous", your principal magazine *The A.A. Grapevine*, your public relations, your common funds. We have never asked you to take any direct responsibility for them. But times have changed. Alcoholics Anonymous is now grown. Its founders are perishable. We cannot be your guardians always.

So the hour is come when you must take these things into your own keeping. We ask that you guard them well for the future of Alcoholics Anonymous may much depend on how you maintain and support these life-giving Arms of Service.

Anticipating that you will happily accept this new responsibility, the Trustees, Dr. Bob and I propose *The General Service Conference of Alcoholics Anonymous*; a body of State and Provincial representatives who will sit yearly with our Foundation Trustees as their traditional guide. We have long considered and will soon present a detailed plan designed to bring this great change about.

Alcoholics Anonymous *has* come of age. It's a great Thanksgiving!

Reprints by permission AA Grapevine Inc./ November 1950

**** Highlight in our history this month. Robert Holbrook Smith (Dr. Bob) our co-founder moved out of sight and out of sound on November 16, 1950 at 11:30AM, at his home, 855 Ardmore Ave, Akron, Ohio. Dr. Bob began his medical practice in Akron March, 1912. He graduated from Dartmouth College; intern at City Hospital, Akron after his pre-med at University of Michigan and MD at Rush Medical College, Chicago. Dr. Bob married his life-long partner Anne Robinson Ripley, January 25, 1915. A.A.'s birthday considered to be the date of Dr. Bob's last drink June 10, 1935. Anne died the year before him. Dr. Bob was laid to rest next to her, Mount Peace Cemetery, Akron. Their home on Nov. 5, 1985 became a state historical site and a national historical landmark. November.03 Dates ****

IN MEMORIAM

Things We Can Not Change
Charles L- Spirit of Hope ; 22years
Justin G.- Courage Group; 20+years

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 12th for next month's issue.
 Articles can be submitted at any time.

E-Mail Address...

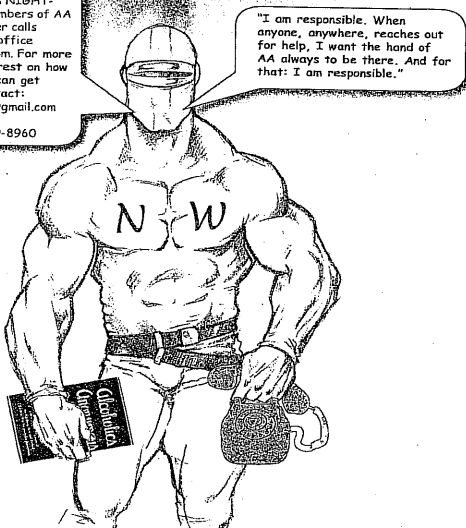
buffalooa@hotmail.com

Buffalo Central Office 681 Seneca St (Lower), Buffalo, New York 14210

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.)

COMING SOON

The Buffalo Central Committee is starting up a new phone answering service known as NIGHTWATCH. Where members of AA will be able to answer calls coming into central office directly after 4:30pm. For more information or interest on how you or your group can get involved please contact: nightwatchbuffalo@gmail.com or call Jason D. at 716-289-8960



NIGHTWATCH!

please contact nightwatchbuffalo@gmail.com or call Jason D. at 289-8960 for more information or to get involved

"Everyone is a genius but if you judge a fish by its ability to climb a tree it will spend its whole life believing it is stupid." Einstein

Information on Alcoholics Anonymous

For Anyone New Coming to A.A.

For Anyone Referring People to A.A.

This information is both for people who may have a drinking problem and for those in contact with people who have, or are suspected of having, a problem. Most of the information is available in more detail in literature published by A.A. World

Services, Inc. This sheet tells what to expect from Alcoholics Anonymous. It describes what A.A. is, what A.A. does, and what A.A. does *not* do.

What Is A.A.?

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements.

Membership is open to anyone who wants to do something about his or her drinking problem.

Singleness of Purpose and Problems Other Than Alcohol

Some professionals refer to alcoholism and drug addiction as “substance abuse” or “chemical dependency.”

Nonalcoholics are,

therefore, sometimes introduced to A.A. and encouraged to attend A.A. meetings. Anyone may attend *open* A.A. meetings, but

only those with a *drinking* problem may attend *closed* meetings.

A renowned psychiatrist, who served as a nonalcoholic trustee of the A.A. General Service Board, made the following statement:

“Singleness of purpose is essential to the effective treatment of alcoholism. The reason for such exaggerated focus is to

overcome denial. The denial associated with alcoholism is cunning, baffling, and powerful and affects the patient, helper, and

the community. Unless alcoholism is kept relentlessly in the foreground, other issues will usurp everybody’s attention.”

What Does A.A. Do?

1. A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service

or “sponsorship” to the alcoholic coming to A.A. from any source.

2. The A.A. program, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol.

3. This program is discussed at A.A. group meetings.

a. Open *speaker* meetings — open to alcoholics and nonalcoholics. (Attendance at an open A.A. meeting is the best way

to learn what A.A. is, what it does, and what it does not do.) At speaker meetings, A.A. members “tell their stories.” They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of

Alcoholics Anonymous.

b. Open *discussion* meetings — one member speaks briefly about his or her drinking experience, and then leads a discussion

on A.A. recovery or any drinking-related problem anyone brings up. (*Closed meetings are for A.A.s or anyone who may have a drinking problem.*)

c. Closed discussion meetings — conducted just as open discussions are, but for alcoholics or prospective A.A.s only.

d. Step meetings (usually closed) — discussion of one of the Twelve Steps.

e. A.A. members also take meetings into correctional and treatment facilities.

f. A.A. members may be asked to conduct the informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety

Action Project) and D.W.I. (Driving While Intoxicated) programs. These meetings *about A.A.* are *not* regular A.A. group meetings.

What A.A. Does Not Do

A.A. does not:

1. Furnish initial motivation for alcoholics to recover
2. Solicit members
3. Engage in or sponsor research
4. Keep attendance records or case histories
5. Join “councils” of social agencies
6. Follow up or try to control its members
7. Make medical or psychological diagnoses or prognoses
8. Provide drying-out or nursing services, hospitalization, drugs, or any medical or psychiatric treatment
9. Offer religious services or host/sponsor retreats.
10. Engage in education about alcohol
11. Provide housing, food, clothing, jobs, money, or any other welfare or social services
12. Provide domestic or vocational counseling
13. Accept any money for its services, or any contributions from non-A.A. sources
14. Provide letters of reference to parole boards, lawyers, court officials, social agencies, employers, etc.

Members From Court Programs and Treatment Facilities

In recent years, A.A. groups have welcomed many new members from court programs and treatment facilities. Some have come to A.A. voluntarily; others, under a degree of pressure. In our pamphlet “How A.A. Members Cooperate,” the following appears:

We cannot discriminate against any prospective A.A. member, even if he or she comes to us under pressure from a court, an employer, or any other agency.

Although the strength of our program lies in the voluntary nature of membership in A.A., many of us first attended meetings because we were forced to, either by someone else or by inner discomfort. But continual exposure to A.A. educated us to the true nature of the illness.... Who made the referral to A.A. is not what A.A. is interested in. It is the problem drinker who is our concern.... We cannot predict who will recover, nor have we the authority to decide how recovery should be sought by any other alcoholic.

Proof of Attendance at Meetings

Sometimes, courts ask for proof of attendance at A.A. meetings.

Some groups, with the consent of the prospective member, have the A.A. group secretary sign or initial a slip that has been furnished by the court together with a self-addressed court envelope. The referred person supplies identification

and mails the slip back to the court as proof of attendance.

Other groups cooperate in different ways. There is no set procedure. The nature and extent of any group’s involvement

in this process is entirely up to the individual group.

This proof of attendance at meetings is *not* part of A.A.’s procedure. Each group is autonomous and has the right to choose whether or not to sign court slips. In some areas the attendees report on themselves, at the request of the referring agency, and thus alleviate breaking A.A. members’ anonymity.

Literature

A.A. Conference-approved literature is available in French and Spanish. For additional copies of this paper, or for a literature catalog please write or call the General Service Office.

The A.A. Grapevine, a monthly international journal — also known as “our meeting in print” — features many interesting stories about recovery from alcoholism written primarily by members of A.A. It is a useful introduction and ongoing link to A.A.’s diverse fellowship and wealth of recovery experience. The Spanish-language magazine La Viña, is published bimonthly.

For Grapevine information or to order a subscription to either the AA Grapevine or La Viña: (212) 870-3404; fax (212) 870-3301; Web site: www.aagrapevine.org.

Conclusion

The primary purpose of A.A. is to carry its message of recovery to the alcoholic seeking help. Almost every alcoholism treatment tries to help the alcoholic maintain sobriety. Regardless of the road we follow, we all head for the same destination, recovery of the alcoholic person. Together, we can do what none of us could accomplish alone.

We can serve as a source of personal experience and be an ongoing support system for recovering alcoholics.

A.A. World Services, Inc., Box 459, Grand Central Station,
New York, NY 10163. Tel. (212) 870-3400. www.aa.org

F-2 300M 12/08 (RP) Revised per 53rd Conference

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.buffaloaany.org

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BUFFALO, NEW YORK 14210*

Fax: 853-0389

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buffalooa@hotmail.com

NOVEMBER 2011

MEETING CHANGES

- Women's Westside Discussion Group has resumed meeting at a new time--7:00, NOT 7:30 as in the past. Casa Di Vita House, 200 Albany St., Buffalo.
- **Victory Group**, Thursday's in Lackawanna, **Has Resumed**. Thursday', 8 PM.. Queen of Angels Church, 144 Warsaw at Electric, Lackawanna.
- **Albion New Beginnings** has **changed their start time** to 8:00 PM on Wednesday's.
- **Springville Saturday Afternoon Group** on Oct. 8th & 22nd, Nov. 5th & 19th, will meet at 2:30 PM at Bertrand- Chaffee hospital in the Cafeteria. After this will return to the normal meeting time and place.
- **Miracles Happen Group**, Wed. 10 AM, North Point Clinic, 66 Mead St., N. Tonawanda, **NO LONGER MEETS**.
- **Thankful Group**, Friday's 2 PM **needs someone to take over running the group**. If not, the group will close Nov.1st. Must be 3 years sober to take over the treasury.
- **Powerless Group now meets on Holiday's**. Monday's at 5:30 PM. 176 Clark St.
- **Sprout into Sobriety Thursdays @ 2 pm need support**. Living Faith Church 1907 Center Road West Seneca
- **Living Clean Group needs support**. Tuesday's 7 PM, Sisters Hospital (parking \$1) 3rd floor, conference room C.
- **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.**

COMING EVENTS

- ~ Oct 21-23, **70th. BUFFALO FALL CONVENTION:** Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst
- ~ Oct. 29, **Easy Does It and Sober Train Groups' 4th Annual Halloween Party**, Saturday from 8 to 11 following Sober Train's 7 o'clock meeting. Central Park Methodist Church, 216 Beard Avenue, 14214. Food, DJ, dancing. \$5 donation suggested. Costumes optional.
- ~ Nov 6, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca
- ~ Nov 6, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office(Hosted by Courage Group).
- ~ Nov 14, **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 1 & 5; **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Tuesday's; 6:00 PM. Sponsored by Caz Manor Group, 486 N. Legion Drive, Buffalo. Journey through the 12 steps in 5/ 1 hr sessions
- ~ Nov 12, District 11 Day of Sharing, "Is AA Self-Supporting?". 4:00 PM - 7:00 PM, Lafayette Presbyterian Church, 875 Elmwood Ave. Speaker, Panel, Discussion, Food.
- ~ Nov 17, Dec 1,8,15 & 22; **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Thursday's; 7:30-8:30 PM. Sponsored by Serenity Trail's Group, 9136 Sandrock Rd., Eden. Journey through the 12 steps in 5/ 1 hr sessions
- ~ Nov 20, **Corrections Committee Meeting**, 3rd SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca
- ~ Nov 21, **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 22, **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 22, "**Nightwatch**" **Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca
- ~ Nov 26, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ Nov. 11, **Amherst Snyder 51st Group Anniversary**. Speaker, Bring a dish if you wish :).Friday, 8:30 PM, Cleveland Drive Presbyterian Church, 735 Cleveland Drive in Cheektowaga.
- ~ Nov 13, **General Service Assembly**, 12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Dec 23, **Lovejoy Group Christmas Eve Vigil. 10:00 AM-10 PM. Immanuel Lutheran Church, 1084 Lovejoy St. Buffalo. Speaker's at 12:30PM, 4 PM & 8 PM...Food, fun & great fellowship. Bring a dish if you wish.**
- ~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:602-5037, Mona W.:510-5636 or Blaine H.:553-1504 or Leslie S.: 553-6298. Open Mic.
- ~ Feb. 17- 19th, "Road to Recovery", A.A. Men's' Spiritual Retreat. St. Columban Center, 6892 Lakeshore Road, in Derby, NY. Cost is \$125.00, includes room and board. Scholarships are available. To sign up or for further information, please contact Joe G. at 602-8712 or Lou C. at 674-4896.

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.

PLEASE SUPPORT THE ENVELOPE SYSTEM...

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

NOVEMBER ANNIVERSARIES

Amherst/Snyder

Sarah M. 2y
Chris B. 2y
Ruby A. 5y
Jennifer T. 8y
David M. 10y
Susan M. 21y
David W. 22y
Sister Marc 30y

As Bill See's It

Paul M. 5y
Scott 9y

Courage

Chris B. 9y
Patty K. 28y

Easy does It

Steve B. 4y
Carey A. 12y
Charles L. 12y
Mary K. 28y

Dawn Of Hope

Mike A. 6m

Eyeopener

Joe 1y
Beth 2y
Elizabeth 2y
Suzanne 3y
Lori 3y
Paul V. 3y
Deb M. 5y
Jeff 5y
Mike C. 5y
Mark P. 8y
Bernie A. 10y
Ivona 11y
Jay W. 11y
Joe E. 12y
Kathleen 20y
Paul G. 23y
Tom C. 23y
Jay 28y

Fireside

Julie S. 4y
Sharon P. 12y
Dick D. 21y

Giving

Kevin K. 1y
Jeff G. 1y
Mark R. 2y
David J. 2y
Mike M. 4y
Mike B. 4y
Don M. 4y
Tim S. 6y
Daniel R. 7y
Billy R. 43y

Helping Hand

Chris E. 13y

Holland

Mike S. 27y

How It Works Men's

Joe Z. 2y
Jeff F. 3y
Don McG. 4y
Brendan D. 5y
Sean H. 7y
Dave W. 22y
Leon S. 27y
Jerry S. 38y

Ironhorse

Mike Z. 4y
Margaret A. 5y
Mike N. 18y
John S. 29y

Just For Today(Cheek)

Jim K. 22y

Kensington

Terese R. 5y

Lakeshore

Jenifer B. 2y
Marc L. 10y
Mike M. 13y

Lakeview

Doug B. 9y
Dave S. 12y

Main & High

John L. 8y

North Buffalo

Dennis R. 3m
MJ B. 3m
Robin 3m
Kayla 3m
Megan K. 1y
Maria C. 1y
Ember 1y
Pauel A. 2y
James S. 2y
Gary W. 3y
Janet J. 3y
Tony P. 4y
Dave H. 7y
Elizabeth G. 10y
Dave K. 15y
Jay H. 18y

Orchard Park Step

Sandy M. 3m

Remember When

William W. 1y
Antoinette 1y
Whitney 1y
Louis 1y
Terry M. 10y

Rise & Shine

Steven B. 3m
Elaine E. 3m
Kevin O. 6m
Peter Z. 3y
Jeff F. 3y
Kim M. 4y
Tim L. 4y
Anthony P. 4y
Jason H. 4y
Tom L. 5y
Neil L. 5y
Torrie L. 6y
Terry M. 10y
Michael R. 17y
Greg J. 19y
Mary Lou Z. 33y

Serenity

SallyAnn C. 26y
Linda H. 28y

Sheridan

Jim C. 27y
Dave C. 31y

Spirit of Hope

Jim R. 21y
Charles L. 22y

Spiritual Progress

Beth Ann 3y
Sally Ann 26y

Sun. Morning Br.

Janice C. 20y

Surrender & Hope

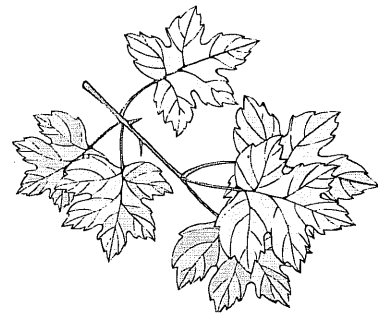
Tom W. 6m
Shawn Mck 25y
Midge S. 41y

TGIF

Dennis M. 31y

Thruway

Rich M. 19y
Tom H. 21y

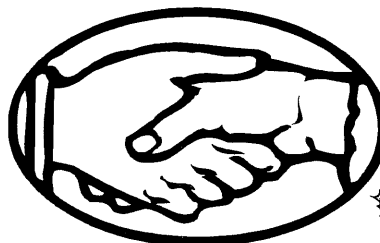


Group Anniversaries

4th Step Stumbers; 15y
Amherst Snyder; 51y
Any Lengths; 17y
Blasdel; 44y
Easy Does It; 21y
Eyeopener; 28y
JC Big Book; 12y
Keep it Simple Sister; 22y
Lockveiw; 24y
Lower River; 22y
McKinley Winners; 32y
Chapter V; 22y
Reflections; 8y
Stepping Stones Gowanda; 23y
Sunday AM Breakfast; 22y
Turning Point; 27y
Twin Cities; 68y
Women's Westside; 22y

Please remember to
have the anniversaries
submitted by
the 12th

END OF BUSINESS DAY 4:30
of the month
previous



BUFFALO CENTRAL COMMITTEE MINUTES

October 2nd, 2011

Jake J. Committee Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Tina Amherst Snyder read the Preamble, Gilbert Try Again Group read the Purpose of Central Committee Zach Three Legacies read the Twelve Traditions.

It was moved by Kim Lovejoy and seconded by Tina Amherst Snyder to accept the September minutes as written by Annie Lakeshore Group.

New groups were greeted and 21 groups were represented: Dist #1 Main & High Dist #2 How It Works Men's, North Buffalo, Three Legacies Dist #3 Abbott Men's, Courage, Iron Horse Dist #4 Action, Orchard Park Step; Dist #5 Lockport #1 Dist #6 Carrying The Message, Derby, Sobriety Men's Disc., Lakeshore, WE Group; Dist #7 Coldspring, Lovejoy Dist #8 Amherst Snyder, Eyeopener, Williamsville, Women Making The Effort.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** No Report

•**STEERING COMMITTEE-** Jeanmarie reported Districts 1, 2, 3,4,5,6, Financial Secretary, Chairperson and Co-Chair were present. We are reviewing group concerns of finances, literature purchases and contact information. Also discussing the differentiation of groups and meeting. To clarify possible confusion regarding the Executive Secretary review process, we use a five-point scoring system, of which a five (5) would be excellent, three (3), would be a good rating, and a (1) would be poor. A rating of three (3) or better would be considered worthy of a merit-based salary increase.

From our bylaws (Article 5, section E-2) we are charged to evaluate the Executive Secretary's performance on criteria and characteristics deemed relevant by our committee, and prepare such a confidential review in writing. We are also to present an oral general summary of this evaluation to the Central Committee and report if there are areas of serious concern or unsatisfactory performance.

Areas reviewed in this year's process were: Quality of work; Teamwork; Initiative; Communication; Time management; Organization; Knowledge; Productivity; Attendance; Attitude; and Judgment. A rating of two (2) or lower for specific areas were given if a topic has been deficient for more than one review.

The overall rating by the steering committee for the past twelve (12) months for the Executive Secretary's position is a two (2).

•**FINANCIAL REPORT:** Rick reported this month was closed out on September 22nd because Terry's seminar and time needed to prepare necessary documents for this meeting. Several monthly bills weren't submitted by this date so extra charges will be in next month's expenses (est. \$400). Also group donations are down for the year by \$10,700. Donations from September 2010 were \$47,900 from September 2011 they are at \$37,200. This loss was covered by our operating account which now stands at \$18,519.

•**TREATMENT:** No Report

•**CORRECTIONS** Matt Reported the committee met on 9/18/11 there were 3 members present. The corrections committee will have a table at the fall convention on Friday 2 to 8 and Saturday 8am to 6pm. On Saturday October 8th we will have volunteers attending

the 24th anniversary of the meeting at Wende State Correctional Facility. I would like to thank the volunteers for speaking. Thank you for your donations.

•**CENTRAL OFFICE:** No Report.

•**NEW FRONTIERS:** No report

PIC: No Report

Night Watch: Jason D reported The Nightwatch committee met on September 27th 2011. There were four committee members present. Topics discussed were: We are continuing to put together the binders that volunteers will be using to assist them in making phone calls. Jaime S. from Abbott Men's was voted in as Committee Secretary. If your home group is interested in getting involved we would be happy to attend your group business meeting to explain the NightWatch program in detail. Anyone interested can contact Jason at nightwatchbuffalo@gmail.com or 716-289-8960. Our next committee meeting will be held on October 25th, 2011 at 6pm at Buffalo Central Office.

•**CONVENTION:** No Report

•**GSA LIASON:** No Report

•**ARCHIVES:** Joanne

If you want to bring our display for any AA event please give us at least a 30 day notice. You can email us at the Area 50 WNY.org website look for archives. Our upcoming displays are Matt Talbot Traditions Day and at the NYPENN Day of Learning, The Buffalo Fall Convention and Main & High's Vigil. Group histories and pictures of meeting places are greatly appreciated. You may e-mail them or send them to the Central Office. Please mark on the envelopes "Archives".

•**OLD BUSINESS:** PIC is still looking for a chairperson. The recommendation by steering committee for the 0% increase in compensation for the Executive Secretary was voted on 17 in favor, 2 opposed and 2 abstentions the motion was passed.

•**NEW BUSINESS:** There was a motion made by Cheryl from Lakeshore to revise the by-laws regarding Article IV, Section 4.09, Convention Committee. The change would involve the Co-chair position to not only have a minimum of ten (10) years of sobriety but also the nominee must have at least two (2) years experience on a previous Convention Committee. This issue will be voted on next month please see the insert in the new frontiers and bring this information to your groups. Central Committee elections will take place next month. **NEXT MEETING: November 6th, 2011.**

Jake J. thanked The Courage Group for this month's refreshments and reminded The Derby Group of their commitment for next month.

It was moved by Tina Amherst Snyder and seconded by Gilbert Try Again that we adjourn; adopted. Meeting closed with the Lord's Prayer at 7:31pm

Respectfully submitted by Annie D. Recording Secretary Lakeshore Group.

Income Statement	Jun-11	Jul-11	Aug-11	Sep-11
Beq Bal Cash on hand	23,096.96	21,593.98	20,642.24	19,405.23
Contributions				
Groups	4,180.86	4,986.32	4,249.03	3,819.38
Joint Meeting	40.00	29.51	50.20	30.46
Envelope System	362.00	193.00	364.00	830.00
New Frontiers Subs	56.00	30.00	67.00	34.00
Literature/Medallions/Pins	2,984.65	3,186.05	2,753.10	2,466.90
Literature Sales Tax	217.72	202.12	239.80	172.96
Literature Postage	7.90	32.06	21.29	24.92
Sales+/-	93.80	8.21	6.24	(18.66)
Archives Room Rent	200.00			
Meetings at CO	16.00	6.00	10.00	5.25
Mail/Misc.	55.00			
"Gratitude Month" (NOV)				
Conventions/Day of Sharing				
Monthly Income	8,213.93	8,673.27	7,760.66	7,365.21
Expenses				
Office Rent	892.64	892.64	892.64	877.84
Electric	90.00	90.00	90.00	90.00
Payroll Gross	2,569.00	2,569.00	2,569.00	2,569.00
Employment Taxes	196.70	196.70	196.70	196.70
Unemployment Surcharge		89.88		
Payroll Tax Deposits				
Federal				51.15
State				542.53
NYS Sales Tax	875.53			624.52
Insurance				
State Ins Fund(Travelers)	53.49			355.49
Health		638.89	1,277.78	638.89
Liability				1,227.18
Postage	283.14	300.00	4.95	483.14
Phone	161.74	161.77	161.60	161.75
Accounting	1,980.00			1,980.00
Paychex	65.72	74.67	65.72	65.72
Advt				
Talking Phone Book				
Super Media	160.85	161.85	161.85	
website				1,287.80
white directory		612.00		612.00
Yellow Pages				
Literature Expenses				
Grapevine				923.68
World Services Inc	1,876.40	2,460.00	947.20	882.00
Hazeldon				15,878.13
Printers				1,104.17
Medallions			1,393.88	5,082.00
PINS				1,820.41
Petty Cash				
Office Supplies	3.69	348.54	452.95	4.48
Answering service	158.01	177.32	173.40	157.20
Minolta leasing (copier)		223.00	446.00	
Copies/ service contract	322.00	161.00	161.00	161.00
PIC				1,474.00
Bank Fee's	3.00	3.00	3.00	3.00
Prudent Reserve				33.00
Seed \$\$				
Seminar	25.00	464.75		
Depreciation	100.00	100.00	100.00	100.00
Monthly Expenses	9,816.91	9,725.01	9,097.67	8,851.24
Monthly Income (Loss)	(1,602.98)	(1,051.74)	(1,337.01)	(1,486.03)
Depreciation add back(non-cash)	100.00	100.00	100.00	100.00
End Balance	21,593.98	20,642.24	19,405.23	18,019.20
Petty Cash	500.00	500.00	500.00	500.00
Total Balance	22,093.98	21,142.24	19,905.23	18,519.20
PRUDENT RESERVE	28,069.90	28,074.35	28,078.36	28,081.67
Assets: Literature& Medallions	12,234.89	13,946.35	15,119.78	15,218.85
Literature Receiveable:(outstanding)	929.98	893.38	850.46	1,309.44
Corrections Facilites	1,540.45	1,617.45	1,415.20	1,623.69
Contributions	261.00	668.25	211.49	228.95
Bank Fee's	3.00	3.00	3.00	3.00
Expenses	181.00	867.50		
Balance	1,617.45	1,415.20	1,623.69	1,849.64
Treatment Facilities	3,589.79	3,437.79	3,547.79	3,672.28
Contributions	171.00	113.00	151.49	238.95
Expenses	320.00		24.00	
Bank Fee's	3.00	3.00	3.00	3.00
Balance	3,437.79	3,547.79	3,672.28	3,908.23

YTD

37,217.71

360.67
4,637.00
418.00
29,242.05
2,127.30
228.56
92.34
500.00
108.75
155.00

75,087.38

8,063.36
810.00

23,763.10
1,946.94
89.88

51.15
542.53
2,183.64

355.49
6,388.90
1,227.18
2,963.45
1,505.43
1,980.00
652.15

1,287.80

612.00

923.68
15,878.13
1,104.17

5,082.00
1,820.41

2,102.61
1,504.50
1,598.00
1,474.00

33.00

1,028.66
1,000.00

87,972.16
(\$12,884.78)

1,000.00

3,116.71

33.00

2,693.60

456.11

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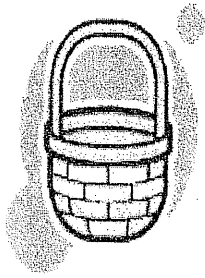
716.00

33.00

749.00

1,179.46

November is Gratitude Month



Gratitude is an Action!

*"Our groups, our areas,
and A.A. as a whole will
not function unless our
services are sufficient
and our bills are paid."
(Bill W., 1957)*

Many groups pass a second basket to support our Central Office at each of their November meetings. Some also make Gratitude Month a time to focus attention on A.A.'s Twelve Traditions.

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