

NEW FRONTIERS

A.A. of the Niagara Frontier

November 2013

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 ensure anonymity



Getting Sober . . . Staying Sober

My name is John, and yes I'm an Alcoholic who hasn't found it necessary to drink today! I have had many sober days, as I practice the AA Program of recovery. But no matter how many days or years I have, I believe that the farther away I am from my last drink, the closer I am to the possibility of my next drink. One reason . . . complacency. Yes, if I forget where I came from and settle for a meeting a week or so, skip getting involved in service work, take the, "Let the other guy do it", or "I did that before" attitude, I place my sobriety at serious risk. Come inside the program and get involved, it's the AA way. I humbled myself, sought and found a God of my understanding, for without divine intervention I fail in my quest for a sober life. My disease tolerantly waits for me to forget what it was like; the physical and emotional pain, one drink! Yes one drink is all it takes, and my sobriety is lost! Frightening isn't it?

A relapse can be avoided by attending meetings often and practicing the Twelve Steps and placing our trust in a God of our understanding. Early sobriety is a bizarre place to be and my mind was spinning with questions that wanted to be answered, and I pushed my sponsor to the edge of his pa-

tience. I slowly began to recover. Let's understand that a sponsor has no power to get anyone sober. He or she just becomes a power of example to guide us through those insane days. Think of a sponsor as a best friend, one who can identify with our problems with alcohol, and can offer his or her experience on how to overcome them.

I soon learned that participation, I mean complete participation, was necessary for my recovery to begin. Sound familiar? It works if you work it. The old familiar phrase "get a sponsor, join a home group" is as true today as it was 70 years ago. Get involved in some kind of service work, at group or intergroup level. In order to have a friend you need to be a friend. The doors of AA are always open to anyone even remotely willing to change. If you struggled in the past, try again; come join me. Living sober, things will happen to you that you never dreamed of in your wildest dreams. It's here; if you want it, give it a chance. Get a sponsor and see you at a meeting. OK?

**John H.
Sunday Morning Breakfast
Group**



BE GRATEFUL YOUR NOT ON FIRE

A few days after I came into AA I was at a meeting and the topic was gratitude. With just a couple of days sobriety I was still full of anger, resentment, shame, guilt and fear. I felt the world had failed to give me what I felt it owed me and everyone in it had let me down. Life was painful and hopeless. I absolutely did not feel grateful for anything!

When it came my turn to share I said "My name is Regan, and I have nothing to be grateful for so I'll just pass." The long timer next to me leaned over and whispered in my ear "Be grateful your not on fire!" What the heck did THAT mean?! I turned and glared at him with the meanest look I could muster, but he just smiled at me. That old man and his comment made me even more angry! I thought about him and his irritating statement for a couple of days, and stewed and chewed on it. I still continued going to meetings, listening and trying to figure out what people were talking about. It took a few weeks, but eventually I began to understand what that old man had been trying to tell me.

The day he said that to me, I was totally focused on all the "bad" things in my life. I was pretty much homeless and had been sleeping in cockroach infested abandoned buildings and even a dumpster before coming back to AA. I had no job, no money, lots of legal and financial problems, some of which I was looking at jail time for. I had abandoned my son, destroyed my marriage, and my father had told me if I ever came near the family again they would call the police. There was nobody who understood how I felt or who even wanted to be around me let alone help me! Now here I was living in some halfway house in a town I didn't even like, and sitting in this stupid AA meeting with all these losers! How could anyone be

grateful for any of that??

But gradually, after a few weeks of listening to others in meetings share their experience strength and hope I began to see that good things had started happening in my life. True, I still had no job, failed marriage, was not with my son, I had no money, and lots of legal problems yet to face including jail time. But I was sober! I had a roof over my head and a warm bed to sleep in. I had food to eat and clothes to wear. I was surrounded by people who really understood me and were willing to help me, expecting nothing in return. These might seem like little things, but from where I had come from, they were huge. I had a chance to start a new life. I believe this is what that old man was saying to me. No matter what is going on in my life, no matter how bad things seem, I can always find SOMETHING in my life to be grateful for if I am just willing to look hard enough. I have never seen a sober alcoholic with gratitude in their heart go out and get drunk.

Even now, many years later, I can still put myself in a place that seems utterly hopeless with seemingly unbearable circumstances that I am sure I will not survive! Then I remember what that old man said and I know there has to be something to be grateful for if I am only willing to change my attitude and look for it. I might have to start with just being grateful I am not on fire, but I can always build from there!

Regan G.
Mesa, AZ

Reprinted w/permission: NO BOOZE NEWS; East Valley Intergroup, NM

SIMPLE IDEAS

During my visit to Myrtle Beach, SC I learned some ideas that we should consider in Western New York.

1. When they open their meetings they ask everyone to refrain from using foul language out of courtesy to the Church we are meeting in.
2. When they have a speaker they ask all members to get their drinks and refrain from getting up while the speaker is talking.
3. When I was asked to speak at a meeting I was asked if I had a sport coat or a suit. He also asked if I had a tie. He would be glad to loan me one. I soon noticed that all speakers male and female were well dressed.

These are simple ways we can show our respect to others.

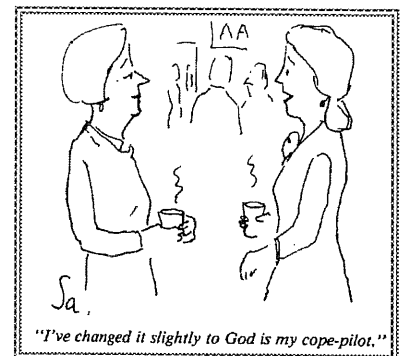
Don H. ~ Williamsville Group

Small Problem, Small Book?

One day a woman walked into our intergroup office who had been "sentenced" (her word) to AA in order to get her children back. We explained, of course, that AA is not punishment and that most of us, after some initial hurdles, come to AA because we want to. Well, we have a literature displayed in the office, and she pointed out Alcoholics Anonymous and asked what it was. "That's what we call the Big Book," said one AA volunteer. "The first 164 pages contain the program of AA, followed by some personal stories that might help you identify as an alcoholic." The woman then pointed to the smaller "Twelve and Twelve" and asked about that. "Those are essays by our co-founder Bill W. on each of the Steps and Traditions. It too is very helpful, but in general we'd recommend that you get the Big Book, since that's where the program can be found." Our visitor replied, "Well, I just have a small problem with alcohol, so all I really need is a small book." Without missing a beat, the volunteer handed her the new miniature edition of the Big Book, saying, "Well, this is the smallest book we have."

Marnie L. Phoenix, Arizona

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From the Archives: When Bill Got the Message

On a gray day in November of 1934, Bill W. was dying. He was dying from drinking, and nothing he knew of could save him. He'd tried too many times to quit, and he didn't have any more ways to try. Promises to his beloved wife Lois didn't work, no matter how much he meant them. Hospital rehab didn't work, even when a doctor there explained to him that he was ill; knowledge about his alcoholism didn't stop it from devastating him. For a little while, fear seemed like it would work—fear of losing either his life or his freedom. But that didn't either. The smartest guy in just about any room, the leader of soldiers in war, the man big enough to survive the Wall Street crash was losing it all to alcohol. With no cure, and nothing but the end in sight, he kept drinking. He was beaten. And no power on earth could save him.

Bill and Lois were living in a Brooklyn brownstone, one of a bunch of adjoining houses on Clinton Street. These days, it's the kind of upscale place that someone on Wall Street might buy, but they moved there out of complete desperation, to live with her father until he passed. You can even see its modern kitchen online—a bright room filled with expensive appliances. But, on that day, we can imagine it dim, with almost nothing in the cupboards or on the counters, not even any bottles, since Bill's were hidden around the house. He might have preferred it with the lights off, too. Lois probably didn't, but she might have been too tired to care. She was working at a department store, barely making anything, and trying to either save Bill's life or get used to his coming death. When Ebby T., Bill's old friend, called to ask if he could visit, she said yes.

Ebby had known Bill since they were young and in school together. They weren't very close friends. They were both alcoholics, so they'd stayed something to each other that mattered more than close friends: drinking buddies. In 1929, they'd chartered a plane to fly to an airfield just opening near Bill's home town, and Bill's version of that event says it all:

Somehow, our rather tipsy pilot set us down on the field. A large crowd, including the village band and a welcoming committee, lustily cheered his feat. The pilot then deplaned. But nothing else happened, nothing at all. The onlookers stood in puzzled silence. Where were Ebby and Bill? Then the horrible discovery was made—we were both slumped in the rear of the cockpit, completely passed out! Kind friends lifted us down and stood us upon the ground. Whereupon we history-makers fell flat on our faces. ("In Remembrance of Ebby," *The Language of the Heart*) They were alike. They lived to drink. So when Bill got a call from Ebby announcing that he was on his way, he knew what to expect. Ebby wouldn't preach at him, or try to talk him out of anything he couldn't stop doing anyway. Ebby would help him feel dying just a little bit less.

But Bill didn't know what Ebby had been through since their last drunk together. Ebby had found a way to stay sober without fighting the urge to drink. It started with him getting a visit from old drinking buddies himself, in the summer of 1934. Cebra and Shep had come to tell him about the Oxford Group, a spiritual movement that was helping them stay sober. It revolved partly around turning the will over to God. He thought he could buy that part, but he still couldn't stop drinking. And when he drank, he got into trouble with the law. When he went to court, he was met by his two friends and a third man, Rowland Hazard, whose attempt to get help from Carl Jung is described in the Big Book. They persuaded the judge, Cebra's father, to release Ebby into their care, and there his journey with the Oxford Group really started. He learned to practice the group's spiritual program. Then, he had a message to carry to someone else who really needed it. He set out to find his partner in crime (*Bill W. and Dr. Bob Speak*).

When Ebby walked into the Wilsons' kitchen that day, he brought a gift that Bill had never gotten: real understanding. Everyone else who had tried to help Bill could only give love, facts, and sometimes a locked room. Ebby had the same doom that Bill did, but, that day, he was free of it. From the start, even before he turned down the drink Bill offered, he looked different. He had a light about him. And he talked in a different way from everyone who'd preached at Bill before. He simply shared what was keeping him sober, which Mel B. sums up as "personal moral inventory, admission to another person of wrongs done, making amends and restitution, and an effort to be of real service to others" (*Ebby: The Man Who Sponsored Bill W.*).

In that list, we can hear the beginnings of the Twelve Steps. But the part that really started Bill on a spiritual path was when Ebby told him that he could rely on his own conception of God, not anyone else's. He could do that, and the light he saw in Ebby started to flicker on in him. He found a new hope at that kitchen table, and that hope keeps growing, for so many, 79 years later.

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: buffaloA.A.@hotmail.com

or mail to

**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 Grapevine copyright.)

Heard @ a Meeting

*Expectations are resentments
waiting to happen.*

Things We Can Not Change

*To all of our members who have lost family and loved ones ~
David Y.: Midnight Discussion ~ 19y
O2 Tom G.: Valley ~ 32y
Sally W.: Lockport #1 ~ 29y
Our thoughts and prayers are with you*

NOVEMBER ANNIVERSARIES

Amherst/Snyder

Laura C. 3m
 Dave G. 3m
 Clayton S. 6m
 Joe F. 9m
 Valerie G. 1y
 Kevin K. 2y
 Sarah McC. 4y
 Christopher B. 4y
 Linda D. 6y
 Ruby A. 7y
 David McC. 12y
 Susan M. 23y
 David W. 24y
 Sister Mark 32y

Any Lengths

Tom W. 6y
 Stan B. 17y
 Dave J. 19y

Boulavard Helping Hands

Doug P. 3y
 Sharon P. 14y
 Walt S. 31y

Boulavard Women's

Sue G. 3m
 Jamie H. 3m
 Annie O. 26y
 Gloria G. 26y

Coldsprings

Blaine H. 23y

Courage

Chris B. 11y
 Susan S. 24y
 Patty K. 30y

Eyeopener

Bernie A. 2y
 Joe 2y

Mike 2y

Evan 3y

Jim 3y

Beth 4y

Dave M. 4y

Elizabeth 4y

Suzanne 5y

Lori 5y

Paul V. 5y

Deb M. 7y

Jeff 7y

Mike C. 7y

Mark P. 10y

Ivona 13y

Jay W. 13y

Joe E. 14y

Kathleen 22y

Paul G. 25y

Tom C. 25y

Jay 30y

Fireside

Teresa T. 4y
 Steve W. 4y
 Gary U. 5y
 Iwona 13y
 Sharon P. 14y
 Mike R. 23y
 Liz E. 23y
 Dick D. 23y

Helping Hand

Chris E. 15y

Holiday Village

Dan S. 6m
 Darlene T. 9m
 Joseph S. 9m
 Don M. 4y

Holland

Chris P. 25y
 Mike S. 28y

Ironhorse

John W. 1y
 Tom M. 1y
 Mike Z. 6y
 Fred S. 8y
 Mike N. 20y
 John S. 31y

Just For Today(Cheek)

Jim K. 24y
 Jim C. 29y

Kensington

Terese R. 7y

Lakeshore

Jeff W. 1y
 Sloan N. 1y
 Marc L. 12y
 Mike M. 15y

North Buffalo

Gary P. 3m

Dave U. 3m

Matt F. 3m

Michelle C. 3m

Serena 3m

David I. 6m

Luke D. 6m

Mimi S. 6m

John T. 6m

Tony P. 1y

Kim V. 1y

Melanie J. 1y

Wendy U. 1y

Ryan R. 1y

Jame S. 1y

Todd S. 2y

Mel D. 2y

Joe H. 3y

Jay H. 20y

Gerry H. 26y

Orchard Park Step

Katie R. 9m
 Tim W. 9m
 Carolina S. 4y

Renaissance

Tom M. 1y
 Mary K. 30y
 Ralph K. 49y

Remember When

Alfonso A. 14y

Rise & Shine

M. M. 3m
 Megan W. 1y
 Amanda M. 3y
 Peter Z. 5y
 Kim M. 6y
 Tim L. 6y
 Tom L. 7y
 Neil M. 7y
 Torrie L. 8y
 Terry M. 12y
 Michael R. 19y
 Mary Lou Z. 35y

Serenity

SallyAnn C. 28y
 Linda H. 30y

Sheridan

Kristen L. 2y
 Jim C. 29y
 Dave C. 33y

Spiritual Progress

Carol M. 3y
 Therese B. 4y
 Beth V. 5y
 Sally Ann C. 18y

Surrender & Hope

Sean M. 27y
 Midge S. 43y

The Journey

Bridgette M. 5y
 Mark A. 6y
 Sue E. 10y
 Christopher 11y
 Jeff F. 11y
 Dave M. 12y

Turning Point

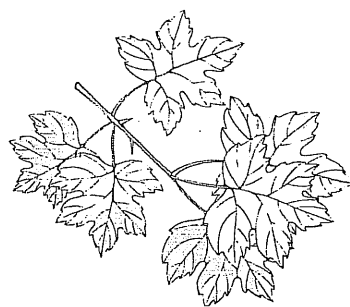
John G. 29y

WE- Women's

Susan F. 3m
 Sherry S. 6m
 Cassie 9m
 Nancy K. 1y

Williamsville

Bill G. 2y
 Andy R. 7y
 Tom 23y



Group Anniversaries

4th Step Stumbers; 17y
Amherst Snyder; 53y
Any Lengths; 19y
Blasdell; 46y
Easy Does It; 23y
Eyeopener; 30y
JC Big Book; 14y
Keep it Simple Sister; 24y
Lockveiw; 26y
Lower River; 24y
McKinley Winners; 34y
Chapter V; 24y
Reflections; 10y
Stepping Stones Gowanda; 25y
Sunday AM Breakfast; 24y
The Journey-21y(belated)
Turning Point; 29y
Twin Cities; 70y
Women's Westside; 24y

Please remember to
 have the anniversaries
 submitted by

the 12th

END OF BUSINESS DAY 4:30 PM

of the month
 previous



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*

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210
Fax: 853-0389
www.buffaloaany.org
buffalooa@hotmail.com*

NOVEMBER 2013

MEETING CHANGES

- I've figured out how to add flyers for Upcoming Events (local) to the website... If I receive one, I should be able to put it on the Website :)
- WOMEN IN RECOVERY will NO LONGER MEET as of Dec.18,2013
- KENMORE BIG BOOK is Changing it's name. It will now be Grace Point .
- PRIMARY PURPOSE GROUP has Moved to 1285 Main St., 8:30 PM.
- SPIRIT OF HOPE GROUP; No Longer Meets.
- Starting Jan.1st, ALDEN NEW LIFE Group will start @ 8PM.
- New Group; First Step Group; Niagara Falls Memorial Medical Center, 621 Tenth St., Niagara Falls, 14302. Friday's, 8 PM. Open Meeting.
- New Group; THE BEGINNING OF RECOVERY; New Beginnings Halfway House, 376 Dewitt, Buffalo 14213. Open Meeting; 6:30 PM Tuesday's.
- Boulevard Women's Group, Wednesday's @ 9:30 AM, Now has Baby Sitting. First Trinity Church, 1570 Niagara Falls Blvd.
- Both Lockport Discussion Group (10 AM Monday) & Lockview Group (6:30 PM Friday) have moved across the street to the Emmanuel Methodist Church, 75 East Ave @ Washburn in Lockport.
- Bodhisattva Group has Moved. Thursday's, 8 PM. Unitarian Universalist Church, 695 Elmwood @ W. Ferry, Buffalo West, 14222
- Sobriety On The Canal will now be starting at 5:45 PM, Sunday's at the Methodist Church, 65 Main St. @ Tremont, N. Tonawanda, 14120.
- Positively Living, No Longer Meets, Monday, 12:30 PM, 193 Elk St, Buffalo.
- Sunday's Best has temporarily moved; Now meet at St. John's Grace, 51 Colonial Circle, Buffalo West, 14222.
- Main & High Group, Thursday's, has changed its time & location. Now meets at 5:30 PM, Stuyvesant Apt Community Room, 245 Elmwood Ave, Buffalo, NY 14222. Closed on Holiday's. You can get to the parking lot from 191 North St. or Elmwood Ave. Entrance in Back.
- **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

- ~ Nov 3, Central Committee Meeting, SUNDAY, 7 pm, Buffalo Central Office (Hosted by Lakeshore Group)
- ~ Nov 9, Archives Committee Meeting, Tuesday, 7 pm, Buffalo Central Office, 681 Seneca Street
- ~ Nov 10, General Service Assembly, SUNDAY ,12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Nov 11, Public Information Committee meeting, Monday, 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 17, Corrections Committee Meeting, 3rd-SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Nov 17, Special Needs Committee Meeting, 3rd-SUNDAY, 3:30PM, Buffalo Central Office, 681 Seneca Street.
- ~ Nov 18, 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
- ~ Dec 2, 2014 Convention Committee Meeting, 1st-MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Dec 8, 2013 Buffalo Fall Convention Wrap-Up Meeting, Sunday, Buffalo Central Office, 681 Seneca Street.
- ~ Dec 24, Friends of AA Annual Christmas Vigil; 291 High St, Moot Senior center.
Donations of toys accepted. Speakers. Children's toys, 2 PM-7 PM. Contact Charles L.:602-5037, Mona W.:247-3690. Linda S.:893-1175 or Big Jim:491-8301.
- ~ Feb 15, Mark your calendars; Celebrate Valentine's Day at the Annual Blizzard Ball. More Information to follow.

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

BUFFALO CENTRAL COMMITTEE MINUTES
October 6th, 2013

Chip R. Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Sue (Women's Experience group) read the Preamble, Felix (Carry the Message group) read the Purpose of Central Committee, Pat (Women Making the Effort group) read the Twelve Traditions. Refreshments were provided by the Courage group (next month they will be provided by the Lakeshore group). New groups were greeted and 27 groups were represented: Zone #1: HIP (Hope Is Promised) group. Zone #2: Acceptance, Brass, Elmwood, Kenmore Book Study, North Buffalo, Questions & Answers, Sober Train, Step Action group, Three Legacies, Welcome. Zone #3: Abbott Men's Discussion group, Iron Horse, South Buffalo, Thruway. Zone #4: Action group, Orchard Park Step, New Life (Alden). Zone #5: Lockport #1. Zone #6: As Bill Sees It, Carry the Message, Changing Our Ways, Lakeshore, Women's Experience. Zone #7: Zone #8:, Beginnings-women's, Eyeopener, Women Making the Effort.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** No Report.

•**STEERING COMMITTEE-** Present: Chair, Co-chair, Financial, Zones # 1, 6, 7 and 8. For November election consideration: Zone # 2 (North Buffalo zone) resigned, Zone # 3 (South Buffalo zone) resigned. Zone # 5 (Lockport area) has been open. Submitted, Dianne D.

•**FINANCIAL REPORT:**

Financial Report for September 2013

For ease of reporting, most figures have been rounded except for checking balances.

Income

We received \$10,020 in income this month, both group contributions and the sales increased. Eight groups who had not previously given this year, have now contributed. For the current year, we have total loss of \$3,639.

Expense

Our expenses for the month totaled \$10,008. There were no unusual expenses this month, although we did pay sales tax this month. Next month, we will see literature expenses increase.

Our current checking balance for Central Office is \$16,464.64 and our Prudent Reserve is \$23,117.45.

Accounts Receivable

The accounts receivable total is \$1,490, the majority being current, 4 invoices over 30 days, 1 over 60 days and two groups have a small credit. The largest amount was from the Zone 6 Day Of Sharing which has been paid at the beginning of October. This is the highest total we have had this year. This prompts me to again remind all groups that we do accept credit cards for purchases.

Corrections

Contributions of \$149 and expenses of \$573.00 resulting in a checking balance of \$794.85.

Treatment

Contributions of \$115.00 and expenses of \$3.00 resulting in a checking balance of \$1,478.54.

Yours in AA,

Sue B.

Financial Secretary

•**TREATMENT:** The Treatment Committee met and discussed how to get more groups/members involved in our treatment center meetings. We would like to follow our traditions and have a spirit of rotation but we are having a hard time getting volunteers. We would also like to have all groups or persons taking a meeting into the 3 treatment centers attend our committee meeting to share ideas and their concerns, if any, with the treatment center meeting, staff or facilities. We will have a table at the Fall Convention. If you want to volunteer please attend our committee meeting on October 21st. We would like to thank our volunteers and the groups that are supporting the treatment center meetings.

Sincerely, Milt

•**CORRECTIONS:** There will be a sign up table at the Fall Convention for County State Prisons (Erie and Niagara). Next meeting Sunday, October 3rd.

Respectfully, Alan D.

•**CENTRAL OFFICE:**

TOTAL CALL'S INCLUDING AFTER-HOURS:

AA INFO: 237, 12-STEP: 31, ALANON: 2, PIC: 0, VISITORS: 114, VOLUNTEERS: 2

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE: A NEW LIFE-1, KISS-1, RENAISSANCE-2, THRESHING FLOOR-2, TODAY-5, VIP-2

Yours in the fellowship of the Spirit... Terry B.

•**NEW FRONTIERS:** No Report.

•**PIC/CPC:** We met last on 9/9/13. We discussed upcoming presentations. Our presentation with the clergy will be postponed to a later date due to a miscommunication about contacting our committee. We gave a presentation to nursing students at Erie Boces. We also have an upcoming presentation with medical students at UB. We will be participating in a health fair at Daemen College later this month. Our next committee meeting will be held on 10/14/13 at 6 pm at the Central Office.

Yours in Service, Zach F.

•**NIGHTWATCH:** The Nightwatch program continues to operate as planned. I would like to thank the WE group for taking the September commitment. Amherst Snyder is taking the October commitment and Sober Train is taking the November commitment. If your group is interested in serving on Nightwatch you can contact Jason D, 289-8960, or Jake J, 381-6447.

Yours in service, Jason D

• **2013 BUFFALO FALL CONVENTION:**

- 1) The program is now online.
- 2) Next meeting October 16th at 6pm at central office.

Respectfully, Alan D.

• **GSA LIAISON:** There was a meeting held today in Hamburg. District 14 is having a day of sharing on Oct. 12th at the location where Iron Horse meets. A discussion was held on the Pre and Post Conference location. These are the positions that were filled at today's meeting:

Secretary – Helene.

Registrar appointed: Jim R.

PIC: open. Corrections: open. Treatment: open. Archivist: none appointed.

It is important that all groups send their GSRs to the November 10th meeting at 12:00pm at the Hamburg Town Hall. We will be voting on next years' budget and changes to the guidelines, this way your group has a say to what's happening in our General Service Assembly Area 50.

Yours in Service, Pat M., GSA Liaison.

• **ARCHIVES:** We thank you for the honor and privilege of serving you this past month. We attended and reported to Buffalo, NY-Penn, Genesee-Wyoming, and Niagara Intergroups this month. We attended planning meetings of the Buffalo Fall Convention, the Cataract Convention and the NY-Penn Day of Learning.

We had three displays in September. The first was at the 45th Group Anniversary of the Action Group in Orchard Park on September 22nd. The next was the third anniversary of Women in Recovery in Buffalo September 25th. The last one was at the 30th Group anniversary of the Fresh Start Group in Buffalo September 29th.

Our September monthly Archives Committee meeting was held September 21st. This was a week later than usual and allowed three committee members to attend the National Alcoholics Anonymous Archives Workshop in Springfield, Illinois the previous weekend. It was a great opportunity to network with other archives enthusiasts from all over the United States and Canada. There were many fine presentations and workshops on Preservation, conservation, and our history. At our monthly meeting, we voted to go ahead with the purchase of a digital projector. This should allow us to enhance our displays and add some variety to what we do.

We have upcoming displays at the NY-Penn Day of Learning in Olean October 5th; at the Buffalo Fall Convention at the Adams Mark Hotel in Buffalo October 25th – 27th; at the District 11 Day of Sharing November 2nd at St. Johns Grace Church from 2 – 5 pm.; and at the Beginners Group in Niagara Falls November 14th. We encourage invitations to display your archives at your group anniversaries or special events with a suggested thirty day notification. Please call 716-998-1745, or e-mail at waaly1985@aol.com.

We received donations in September from the Iron Horse Group, Action Group, Tuesday Women's Discussion Group, and Women Making the Effort Group. We are an autonomous committee dependent upon group contributions and special events to fund the committees work. Please send your donations to Area 50 Archives Committee, c/o Buffalo Central Office, 681 Seneca Street, Buffalo, NY 14210. We thank you for your continued support.

I would be remiss if I didn't extend a special thank you to the members of the archives committee. It was an unusual week with three displays, three event planning meetings and our usual Tuesday work night within an eight day period. Their dedication and willingness to participate are second to none. I am blessed to work with such a great committee.

Yours in service,

Wally E., Area 50 Archives Chair

• **AD HOC - Inventory:** No Report.

• **AD HOC – 12 Step call:** We will have a sign up table in the hospitality room at the 2013 Buffalo Fall convention. We are hoping to build the list of willing AA members who will "help carry the message" by responding to an Alcoholic looking for help getting to a meeting.

• **RECAP:**

• **OLD BUSINESS:** Next month there will be nominations for many positions here at Central Committee.

• **NEW BUSINESS:**

- The Special Needs Committee presented at the beginning of Central Committee today. The Special Needs Committee helps in a number of ways, including bringing meetings to homebound AA members across area 50. They are looking for both volunteers as well as people in need of a meeting brought to them. Please contact the committee via email: accessibilityarea50@gmail.com
- GSA asked for permission to have a table at the Buffalo Fall Convention. Alan will ask for approval.

NEXT MEETING: November 3rd, 2013 at 7pm.

It was moved by Sean (Step Action) and seconded by Jason (Lakeshore) that we adjourn; adopted. Meeting closed with the Lord's Prayer.

Respectfully submitted Nadav W., Recording Secretary, How It Works.

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
5	12 Steps/12 Traditions		110.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		0.00		0.00		0.00
5	6th Step	60.00	60.00		0.00		0.00
4	A Day At A Time		180.00		0.00		0.00
3	Abbott Corners		0.00		0.00		0.00
3	Abbott Men's	110.00	210.00		0.00		0.00
2	Acceptance/Welcoming		200.00		0.00		0.00
8	Achievement		100.00	100.00		100.00	
4	Action		50.00		0.00		0.00
2	Age Doesn't Matter		0.00		0.00		0.00
8	Akron Awareness		0.00		0.00		0.00
5	Albion Grapevine		20.00		0.00		0.00
5	Albion New Beginnings	15.00	15.00		0.00		0.00
3	Alexander		0.00		0.00		0.00
8	Amhers/ Snyder		453.04		0.00		0.00
6	Amsdell Lakeshore		100.00		0.00		0.00
	Angola Early Bird		25.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Length	35.00	315.00	10.00	30.00	10.00	45.00
4	Arcade		40.00		0.00		0.00
6	As Bill Sees It		104.00		104.00		0.00
8	Attitude Adjustment(Williamsville)		50.00		25.00		25.00
6	Attraction		102.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women		25.00		0.00		0.00
5	Big Book Lockport		0.00		0.00		0.00
5	BB Spiritual Studies		0.00		0.00		0.00
6	Big Book Study		110.00		0.00		0.00
3	Blasdel		0.00		0.00		0.00
3	Blasdel Monday Night		0.00		0.00		0.00
	Blasdel Saturday		81.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand		50.00		0.00		0.00
2	Boulevard Women	50.00	100.00		0.00		0.00
2	Brass	15.00	48.00		0.00		0.00
	Building Hope		0.00		0.00		0.00
7	Buffalo Group		5.00		0.00		0.00
3	By the Wayside		50.00		0.00		0.00
6	Carry the Message		150.00		0.00		0.00
7	Casting		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake- Up Call		450.00		0.00		0.00
3	Caz Manor		200.00		0.00		0.00
7	Central City Cafe'		100.00		0.00		0.00
2	Chapter IX		0.00		0.00		0.00
3	Cheektowaga	120.00	795.00		0.00		0.00
5	Changing Our Way's		0.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
8	Clarence Men's II		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
2	Common Bond		0.00		0.00		0.00
	Common Solution		0.00		0.00		0.00
1	Commitment		150.00		0.00		0.00
3	Complanters	30.00	76.89		0.00		0.00
3	Courage		295.00		0.00		0.00
2	Daily Reflections		300.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Dawn of Hope		75.00		0.00		0.00
6	Derby		400.00		0.00		0.00
6	Desire		500.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's	40.00	105.65		0.00		0.00
6	Dunkirk Monday Night	30.00	30.00		0.00		0.00
6	Eagle Street		0.00		0.00		0.00
6	Early Bird Step		0.00		0.00		0.00
8	East Amherst		100.00		0.00		0.00
	East Amherst Traditions	40.00	181.72		0.00		0.00
4	East Aurora		300.00		0.00		0.00
2	Easy Does It	80.00	480.00	60.00	210.00	60.00	210.00
4	Ellicottville		100.00		0.00		0.00
2	Elmwood		70.00		0.00		0.00
6	Everybody's		100.00		0.00		0.00
1	Express		0.00		0.00		0.00
8	Eyeopener	235.98	1871.89		0.00		0.00
4	Eyeopener South		449.00		161.40		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		336.27		0.00		0.00
8	Fireside		606.21		0.00		0.00
6	First Things First	100.00	300.00		0.00		0.00
5	First Step (NF)		50.00		0.00		0.00
6	Forestville Sunday Serenity	75.00	75.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		400.00		0.00		0.00
7	Fresh Start		90.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
2	Friends of Bill W.		75.00		25.00		0.00
1	Frontier(New)	20.64	105.60		0.00		0.00
3	Gardenville		110.00		0.00		0.00
8	Georgetown		300.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		148.55		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		329.54	228.00		228.00	
5	Golden Slipper		400.00		0.00		0.00
2	Grand		0.00		0.00		0.00
2	Grand II Joy of Living		105.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
3	H.O.V.		10.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
8	H.A.N.D.		0.00		0.00		0.00
7	Harmony		70.00		0.00		0.00
3	Helping Hand	25.00	175.00		0.00		0.00
8	High Noon		50.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power		0.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
1	H.I.P.		15.00		0.00		0.00
6	Holiday Village	200.00	1500.00		0.00		0.00
4	Holland		0.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honestly		50.00		0.00		0.00
	Hope's Horizon		200.00		0.00		0.00
2	How It Works/Men's	100.00	425.00		0.00		0.00
3	Inspiration		3.30		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse	264.01	1286.98	34.04	192.06		0.00
8	IT		0.00		0.00		0.00
2	Just Do It		0.00		0.00		0.00
3	Just For Today/ Cheektowaga		50.00		0.00		0.00
4	Keep It Simple Sister		0.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		50.00		0.00		0.00
6	Ladies Nite Sober		0.00		0.00		0.00
6	Lake Shore		1000.00		0.00		0.00
3	Lancaster Dailey Reprieve		192.47		0.00		0.00
	Lawyer's		0.00		0.00		0.00
2	Liberty Women	50.00	165.00		0.00		0.00
4	Life Today		45.00		0.00		0.00
8	Lighten UP		240.00		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution		0.00		0.00		0.00
2	Living Sober		50.00		25.00		0.00
5	Lock City		0.00		0.00		0.00
5	Lockport #1		240.00		0.00		0.00
5	Lockport Discussion		80.00		0.00		0.00
5	Lockport Ladies		100.00		0.00		0.00
5	Lockport Tuesday		140.00		0.00		0.00
5	Lockview		200.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy	25.00	75.00		0.00		0.00
5	Lower River		0.00		0.00		0.00
1	Main and High		45.00		0.00		0.00
4	Main Street		300.00		0.00		0.00
8	Maple		0.00		0.00		0.00
4	Marilla	50.00	400.00		0.00		0.00
3	Matt Talbot	50.00	105.59		0.00		0.00
6	McKinley Winners		0.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
8	Medina New Life		0.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
3	Mid-day		166.13		0.00		0.00
8	Midnight Discussion	90.00	295.00		0.00		0.00
2	Morning After	150.00	650.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Beginnings/St. Vincent		140.00		0.00		0.00
5	Newfane Living Sober		0.00		0.00		0.00
5	New International		0.00		0.00		0.00
3	New Life		40.00		0.00		10.00
5	New Outlook		0.00		0.00		0.00
1	New Westside	30.00	60.00		0.00		0.00
5	Niagara Frontier Men's Disc.		93.50		0.00		0.00
2	North Buffalo	200.00	1100.00		0.00		0.00

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