

NEWSLETTER

FOR THE UGLIES

Volume 4

No. 10

OCTOBER 1990

CLASSIC GRAPEVINE

THE UGLIES

by M.P., Manhattan, N.Y.
October 1971

After fifteen and a half years in AA, I have once again had the exciting experience of remembering a long-forgotten teaching of my early days in AA.

Life had been good to me. I am sober, healthy, happily married, financially secure. But because I am human, I am also subject to all of the human frailties - anxiety, projection, resentment, self-delusion, and more.

A few days ago, a very hurtful thing happened to me. It is unnecessary to go into gymnastics and, more important, a few facts that I, in my squirrel cage, had overlooked. The weight of the "uglies" - comparing myself to others, insecurities, confusion and terrible bafflement - was becoming unbearable.

I suffered. Until today. Today, my very smart husband, also a member of AA, gave me his inscrutable, before-lowering-the-boom look and referred to my "troubled and agonized soul." I simply sat down and laughed until I ached.

There it was. I had forgotten "Take the program seriously, but don't take yourself seriously!" The great gift of being able to laugh at myself had been my only source of sanity during all my drinking years and had helped me again when I entered the world of AA.

I had forgotten to take my problems with myself seriously, but not me.

My very smart husband then asked me whether I really believed I was so maladjusted. My lovely batch of insecurities rose instantly, clamoring so loud that I felt compelled to to the dictionary for authoritative definitions of "adjusted, adjustment" etc. To my great delight, I found many of the definitions related to a great many things I have been able to accomplish through AA. I discovered that, for me, I am more adjusted than maladjusted.

So now I shall try to list facts on one side and emotions on the other. When I face facts, in most cases my emotion surrounding the facts must fade, being unrelated, overreactive, and in the end really quite funny. If an unrelated emotion is sustained, I will delve further and work hard at laying this emotional ghost of my past hangovers. Just as important as further delving and work is a renewal of my God-given ability to see and recognize those wasteful emotions of mine that are truly funny.

My problem is still me. But "me" is also a human being filled with a marvelous sense of the ridiculous; one who has been able to see herself with some sort of perspective; one who loves living every day and keeping the concentration on self at a profitable and comfortable level.

The "uglies" will get licked - at least as many as possible in a lifetime - though not as fast as some people can lick them or would like me to, including my patient and amused husband.

They will get licked - but never again, I pray, at the expense of the glorious freedom of laughter-at-me.

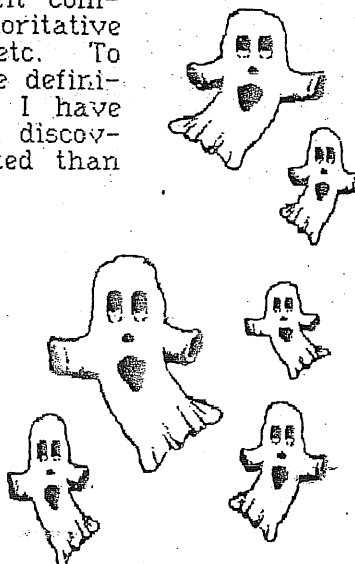
So once again AA and its teachings have come to my rescue. Thank God and you, my dear friends in the program, which I take with life-or-death seriousness. But do I take me that way? It's to laugh.

WE WELCOME YOU....

The following are the Themes for the coming issues of newsletter.

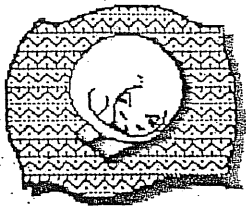
November: Prayer
December; Pass it on!

We hope that this will spur you to think about writing an article or some other demonstration of your thoughts on these Topics.



THIS MONTH : THEME : WHO ME?

Helen's Corner	.. 2 ..
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Are you under constant strain because of "too much to do and too little time to do it?"

Stress and tension seem to be a part of modern living, with too much to be done, no time to relax, and everybody in a hurry. Here are some simple rules given by doctors to help ease your tensions - or at least, help you live with them.

Do one thing at a time. This is how to work your way out from under a load that seems too heavy. When you are tense, even ordinary jobs seem too much to handle.

Do the most urgent jobs one at a time, forgetting about the rest until later. Once these are finished things won't look so bad and the other tasks will go more easily.

If you feel nothing can wait until later, you had better stop and reconsider. Are you sure you aren't giving too much importance to the things you do? Perhaps you think you are too important. Nobody is totally indispensable - so take it easy!

Don't set impossible goals for yourself. The Superman urge - the desire to be perfect in everything - causes worry and anxiety. Wherever you are going or whatever you are doing, start in time so you won't have to hurry.

Learn how to say "no" and when to say "yes". Because our time is always limited, we need to learn to put first things first. Don't try to do everything.

Decide, too, which things you do well and put your major effort into these. As for the others, don't get upset if the job isn't perfect.

Life, in spite of its responsibilities, is to be enjoyed - so have some good times.

Remember the words you said when someone suggested you may have a drinking problem - "Who me, a drinking problem? You've got to be kidding? I can handle it!" Handling it was an important delusion for us. A saying that accurately described this delusion is, "A man took a drink, a drink took a drink, a drink took a man."

I've come to know the 'who me's' as the red flag words I use when I'm denying something that is apparent to other people. The fact still remains that I can still be the victim of my own cons. Fortunately, AA people care about me and don't hesitate to tell me about it. Not that I'm particularly thrilled to hear whatever it is but, I am grateful.

After the 'who me's' come the 'why me's'. I call this the 'messy bog' stage during this phase we can get down and dirty calling ourselves every name in the book. We vainly try to discover the reasons we are alcoholics. We try blaming our sad childhood; our unsatisfying marriages; the unkind deals life has handed us; etc. - surely, the reason for our being alcoholics must lie outside us. At some point we stop rationalizing and realize we are alcoholics because our use of alcohol became abuse and just saying no didn't work.

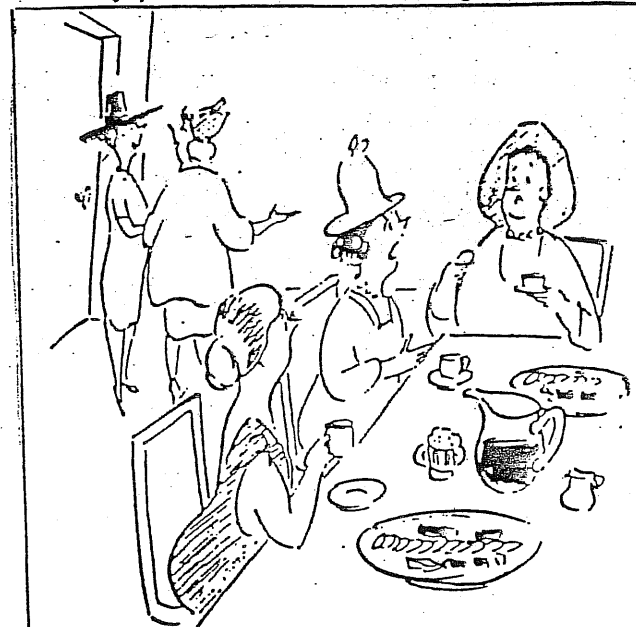
After the 'who me's' and the 'why me's' comes the 'what if's'. We can 'what if' ourselves into a state of mental exhaustion which resembles a limp gummy. A classic question from newcomers is, "What if my family doesn't like a sober me?" The 'what if's' are a mess of questions without answers.

There is one emotion at the bottom of all this and it is fear. Fear ruled our lives. We feared everything and everybody, including ourselves. We had been running scared for so long it had become a habit. We may even have purposely clung to our fears to avoid making decisions or taking responsibility for our lives. Fear expressed keeps us safe from risk-taking.

The remedy to our dilemma remains in turning our life and will over to God, the AA program, the Twelve Steps especially the 3rd Step, and our sponsors.

It is possible, one day at a time, to learn to live life on life's terms, without the 'who me's' the 'why me's' and the 'what if's'. All that it takes is the willingness to spend the time and patience required to endure.

Yours in the Spirit of AA - Helen S.



"He's had a complete personality change. From a quiet, pleasant simple drunk to a sober, vindictive, loud-mouthed know-it-all!"

Spiritual Experiences (Continued from page 11)

So nowadays when AAs come to me, hoping to find out how one comes to those sudden experiences, I simply tell them that in all probability they have had one just as good - and that theirs is identical excepting it has been strung out over a longer period of time.

Then I go on to say that if their transformation in AA extended over six months had been condensed into six minutes - well, they then might have seen stars, too!

In consequence of these observations I fail to see any great difference between the sudden experiences and the more gradual ones - They are certainly all of the same piece. And there is one sure test of them all: "By their fruits, ye shall know them."

This is why I think we should question no one's transformation - whether it be sudden or gradual. Nor should we demand anyone's special type for ourselves, because our own experience suggests that we're apt to receive whatever may be most useful for our needs.

MIRACLE FOR A RELUCTANT DRUNK
BY J.O., WINNIPEG, MAN.
GRAPEVINE, OCTOBER, 1983.

I was, am, and probably always will be a reluctant drunk. I did not come to AA because I wanted to, but because I ran out of options. I did not agree to chair a meeting because I wanted to, but out of a feeling of obligation. I did not take the Steps because I wanted to, but because the alternative was too hard to face. I did not get involved in service because I wanted to, but because my group felt it was good for me.

Nothing that has happened to me since coming through the doors of AA has happened because I wanted it to. But the things I need have been looked after in spite of me and what I want.

If I had been given everything I wanted, I would have been dead. None of it has been in my hands, yet here I find myself sober and healthy. What is this but a miracle - and for someone who couldn't, wouldn't believe?

Closet Atheist
BY C.C., SACRAMENTO, CALIF
GRAPEVINE, APRIL, 1978

Twenty-seven years ago, I called AA. I told the girl who answered that I had a problem.

"What's your problem, alcohol?" she asked.

"Of course," I answered, "but I'm an atheist."

She said just the right words: "Oh, that's alright; we have lots of atheists in AA."

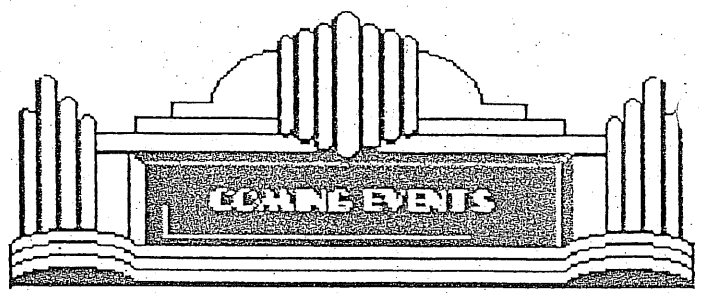
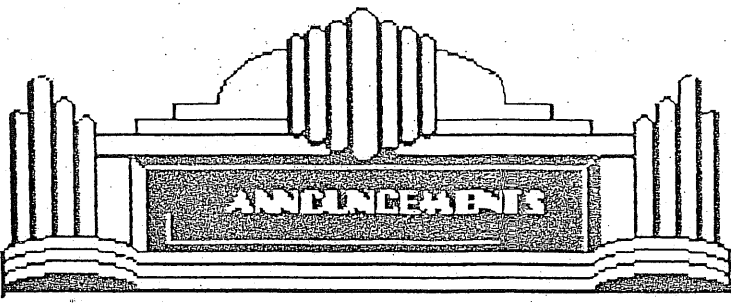
To run me off, all she would have needed to say was, "Aw, you're not an atheist; surely you believe in some kind of higher power."

This was a while back, when AA was smaller, and she may have passed the word that there was going to be a new man, and let's take it easy on the spiritual. In any event, not much in the way of God was stressed at the early meetings I attended.

The members told me that I could use any concept of a higher power I liked. In Step Two, maybe it does make sense to believe that the power to restore my sanity is the power of the group, and that in Step Three, maybe the group could do something with me if I turned my will and my life over to it. But it didn't make much sense to me. Then came Step Five. How do I admit my shortcomings to a God or something I do not believe in? Six and Seven required some mental skirmishing. I concluded, within eight or nine months, that if I couldn't reconcile my beliefs I couldn't stay sober on the program.

Since I had been a Catholic in my youth, I went to church for my instruction. For nine months, once and sometimes twice a week, a priest labored with me explaining Genesis. I argued Darwin to him. After nine months, he (and I) thought I now believed in God and the theory of creation. Because of a series of marriages and divorces, the church allowed me to attend Mass but not to take the sacraments; this made me a second class Catholic. Talk about resentments!

But I stayed sober. For five years. Then I blew it. After a short stay on skid row and with the help of Goodwill, I got back uptown and back on the program. I recently celebrated my 20th AA birthday.



MEETINGS

MEETINGS

MEETINGS

NEW MEETINGS:

KEEP IT SIMPLE, SISTER! - THURSDAY 7:30 PM WOMENS CLOSED DISCUSSION- IMMANUEL LUTHERAN CHURCH, PINE & FILLMORE, EAST AURORA. Non-Smoking, wheel-chair accessible.

PLEASE NOTE:

The following groups are updating their active membership lists: GIVING, LIVING SOBER, LOVEJOY and TURNING POINT. If you wish to be listed, please contact a group member, or better yet, go to your group's meeting.

BLISSFULLY SOBER - SATURDAY -8:00 PM, Bliss Baptist Church, Main Street, Bliss, N.Y. needs your support.

WE CHOOSE LIFE - will not meet on WEDNESDAY, February 14th, due to Church activities, this evening only.

McKINLEY WINNERS - WEDNESDAY, St. Matthew's Ch., 5289 McKinley Pkwy., Hamburg meets at 10:30 AM, not 10:00 AM, as listed in the schedule.

MEETING CHANGES:

FEELINGS - WEDNESDAY - 7:30 PM - CLOSED DISCUSSION has moved to the First Presbyterian Ch., 149 Broad St., Tonawanda - by the Donut Shop and across from St. Francis.

PURPOSE - SATURDAY - 10:00 AM and SERENITY - SUNDAY - 11:00 AM which meet at Mount Saint Mary Academy, 3756 Delaware Avenue, Kenmore are now NON-SMOKING.

FEBRUARY 9 - FRIDAY - BIDWELL MONDAY DISCUSSION will sponsor a Valentine Day Dance at the Amvets Post #13, 25 Review Place, Buffalo. Doors open at 7:30 PM. Buffet at 8:00 PM. Dancing from 9:00 PM - 1:00 AM. \$3.00 per person.

FEBRUARY 18 - SUNDAY - NIAGARA FALLS #1 - will celebrate its group's Anniversary at 8:00 PM at the Porta-Niagara Girls' Club, Portage Road and Niagara Street, Niagara Falls.

FEBRUARY 24 - SATURDAY - The Gay & Lesbian Groups of Buffalo will sponsor their First A.A. Dance - 9 'til 1:00 am - refreshments, D.J. Donation \$4.00. Unitarian Church, Elmwood and West Ferry. All are welcome.

FEBRUARY 26 - MONDAY - HARMONY group will celebrate their 8th Anniversary at 10:00 AM at the Evangelical Lutheran Church, 987 Kensington Avenue. Come and help us celebrate together. Guest speaker, food, 50/50.

FEBRUARY 28 - WEDNESDAY - EVERYBODY'S 6th group Anniversary at 8:00 PM at the Gowanda Psych. Center, Grey Bldg. #86, Main Floor Ward 53, Day Room, Gowanda.

MARCH 3 - SATURDAY - SATURDAY NITE DISCUSSION Group is sponsoring A Dinner-Dance, Amvets Post #13, 25 Review Place, Buffalo. Doors open at 7:30 PM. Speakers: 8:00 PM - 9:00 PM, George S. & Bob H. 9:00 PM Music MD Productions, Mark L. 10:00 - 11:00 PM Western style barbarque buffet 50/50 Donation: \$7.00 per person, \$12.00 per couple.

MARCH 27 - TUESDAY - NEW ZION - 6th group Anniversary at Temple Beth Zion, 805 Delaware Avenue at Barker at 8:00 PM. Special guest speaker - desserts and beverages - 50/50.

COURAGE GROUP will have its Annual St. Patrick's Day Dance.

HOW IT WAS!

WHAT HAPPENED!

WHAT IT'S LIKE NOW!

September 1991 marks the fiftieth anniversary of A.A. in Western New York. The Fiftieth Anniversary Committee is charged with compiling a history and presenting it at a gathering to celebrate this milestone. If you have any information about the events or occurrences that were the growth of AA in the area or would like to help in the creation of the celebration. Please contact the Committee through Central Office.

Are you grateful?

I have often heard it at meetings; "I am grateful to AA for my sobriety." I have also heard it said at meetings that gratitude is an action word. So here is an appeal to you out there to put the action into your gratitude.

People are needed to be on the 12 Step list. Those of you who have never done this work will find much reward to your own sobriety. If you would like to do some and start to gain the kind of sobriety for which we all have a desire.

Please contact Central Office at 853-0388, and give us your name and phone number and you will be put on the list. Perhaps your group would like to be on the list you might want to bring this up at your next group business meeting.

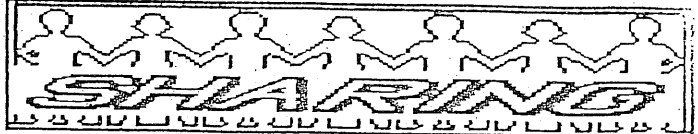


REMEMBER



CENTRAL COMMITTEE MEETING

SUNDAYS - Feb 4 and Mar 4, 7:00 PM. at 80 Goodrich Street behind Buffalo General. Everyone Welcome.



The Correctional Facilities Committee would like to take this opportunity to invite each and everyone of you to get involved in service by volunteering to share at a correctional facility meeting. What better way to express your gratitude and love, than to carry the message to another alcoholic who is "behind the walls."

The following is a list of the institution names, meeting days and meeting times. Please call Central Office for the name and phone number of the contact person involved in the meeting you would like to attend. Remember what the Big Book says: "You can help when no one else can."

- Wende - Maximum Security
 - Friday: 7-8:30PM
 - Saturday: 1:30 - 3:00PM
- Wende - Erie County
 - Wednesday: 8-9:30PM
- Attica - Beacon Group
 - Wednesday: 6-8:30PM
- Collins *1
 - Sunday: 6:30-8:30PM
 - Tuesday: 6:30-8:30PM
 - Saturday: 8:30-10:00AM
- Collins *2
 - Sunday: 6:30-8:30PM
 - Tuesday: 6:30-8:30PM
 - Saturday: 8:30-10:00AM
- Wyoming
 - Wednesday: 7:00PM
 - Annex: 7:00PM
 - Saturday: 7:00PM

TIME TO CHANGE

by Mary Alice Hood

Things have changed and so must
 The word has been here
 long before me,
 and may continue long after me.
 I believe I've gotten so caught up,
 in wanting to leave my mark,
 something that the world will
 remember me by,
 that I can't even see today,
 And constantly going over what I
 did or didn't do yesterday,
 so I make tomorrow better.
 I believe memories and dreams
 are an important part of life,
 but not to the extent
 that they wipe out
 all the possibilities of today
 for if we don't live just
 for today
 The memories of yesterday will
 mean nothing
 and the dreams of tomorrow may
 never come.

I think what keeps me sober more than anything else is the AA preamble: "Alcoholics Anonymous is a fellowship of men and women who share their experience strength and hope with each other that they may solve their common problem..." That I can buy, and I do buy it.

I'm a "closet atheist." I join in the Lord's Prayer, knowing it doesn't harm me, anymore than it harms a Catholic to add "for thine is the kingdom," etc. When any spiritual question is under discussion, I usually pass when called upon to speak. I don't proselytize inside or outside of AA; I'm not trying to convert anyone to my way of thinking. I'd just ask some well-meaning, enthusiastic members not to come down so hard on the God question. There are atheists in them there foxholes; there are atheists in AA.

So let's have a little tolerance - tolerance perhaps of the unexpressed secret beliefs of the person next to you. We'll never know why that new member didn't come back. It's unpopular to be an atheist, and not every atheist admits it openly. So let's not run the agnostic or the rationalist off, back to the world of drinking.

I'm glad they didn't run me off!

PRECIOUS TIME

BY DEBBIE AVERY

Don't waste precious time
worrying about
what you should have done...
But rather, focus your attention
on what you are doing now,
and what you want to do
in the future
Don't concentrate
on any mistakes that might
have been made,
but learn from them.

ONE STEP
BY DIANE WESTLAKE

*Whatever the struggle
continue to climb
it may be only
one step to the summit.*

SERVICE SPONSORSHIP IS AN IDEA WHOSE TIME HAS COME

RECOPIED FROM THE OCT/NOV ISSUE
BOX 459

The concept of sponsorship is as old as AA itself. Co-founders Bill W. and Dr Bob sponsored each other and, ever since, countless AA's have passed the message on to newcomers as their sponsors passed it to them - face to face. For most of them, however, Twelfth-Step work seldom extends beyond interpersonal sharing with a fellow alcoholic.

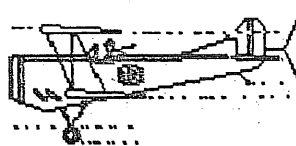
As the fellowship grows, there is an increasing need for another kind of sponsor - one who introduces the new member to the broad world of service in AA. To further awareness of this need, Peter R., general service representative of Group 1 in Sacramento, California, prepared a "Service Sponsorship" guideline for presentation at the district committee meeting.

The guideline explains that service sponsors are to service work what a personal recovery sponsor is to the Steps. They show sponsees that both the Steps and the Traditions can be applied to all areas of their lives, and share their own experience, strength and hope in relation to service participation. Specifically, they explain how each aspect of service - from the home group to the district level on to the area assembly and the General Service Conference - affects AA as a whole and is vital to our unity and survival. They also encourage their sponsees, after an appropriate length of sobriety, to hold home group office; volunteer for service at their local intergroup or central office; and attend area workshops, forums and roundups.

Some AA's are guided into service by their recovery sponsors. However, the guideline suggests, others may need a separate sponsor if the recovery sponsor has no experience in service.

The guideline reminds us of Dr. Bob's four stated reasons for serving as a sponsor: "(1) sense of duty; (2) it is a pleasure; (3) because in doing so, I am paying my debt to the man who took the time to pass it on to me; and (4) because every time I do it, I take out a little more insurance for myself against a possible slip.

Like Dr. Bob, the guideline concludes, "service sponsors can show their sponsees the pleasure of involvement in the work of AA. This is best done by stressing the spiritual nature of service work and by pointing out the usefulness of footwork and faith.



MOVIE ON IN SOCIETY

FREEDOM

Walley M. 27yr.
Floyd E. 9mo.

NEW FRONTIERS

Alison W. 4yr.
Paul S. 4yr.
Ellen F. 4yr.
Donna E. 3yr.
Tom H. 3yr.
Gary R. 3yr.
Robin H. 3yr.
Tom D,** 2yr.
Don J. 2yr.
Steve P. 2yr.
Jerry M. 2yr.
Mike T. 2yr.
Bill O. 2yr.
Fred F. 6mo.

SOUTH BUFFALO

SEPTEMBER

Mary D. 18yr.
Mike K. 3yr.
Alex S. 1yr.
Nancy H. 6mo.
Micky W. 6mo.

OCTOBER

Gordon C. 30yr.
Harry D. 29yr.
Ron P. 10yr.
Al L. 10yr.
Mary Ann C. 8yr.
Kathy M. 5yr.
Jim W. 2yr.
George F. 3yr.
Tom O. 3yr.
Jim W. 2yr.
Colleen D. 2yr.
Craig S. 1yr.
Henry M. 9mo.
John Z. 9mo.
Tom M. 9mo.
Rita A. 9mo.
Don A. 9mo.
Mary B. 6mo.
Mark B. 6mo.

CAZENOVIA

Dick Q. 6yr.
Alan P. 3yr.
Paul M. 3yr.
Steve P. 2yr.
Chris R. 1yr.
Joe O. 1yr.
Craig S. 1yr.
Alex S. 1yr.
Rita E. 1yr.
Carolyn O. 1yr.
Tim R. 9mo.
David E. 9mo.

AMHERST/

SNYDER

Beverly S. 19yr.
John N. 9yr.
David R. 8yr.
Elmer B. 8yr.
Ellen S. 8yr.
Darlene C. 4yr.
Jim M. 4yr.
Ty S. 3yr.
Ken T. 3yr.
Bill C. 3yr.
Mike C. 2yr.
Elizabeth G. 2yr.
Paul B. 2yr.
Paul S. 2yr.
Tom B. 2yr.
Erica G. 2yr.
Tom S. 2yr.
Shari P. 2yr.
John L. 1yr.
Eric G. 1yr.
Al G. 1yr.
Valerie R. 1yr.
Kathy H. 1yr.
Barbra B. 9mo.
Richard O. 9mo.
Carl W. 9mo.
Dottie K. 9mo.
Brian M. 3mo.
Brian M. 3mo.
George C. 3mo.
Cecelia L. 3mo.

GIVING

Ra' W. 7yr.
Dan T. 5yr.
Pam S. 4yr.
Lawrence S. 2yr.
Judy T. 9mo.

NEW ZION

Dave F. 7yr.
Mike McG. 3yr.
Micahel B. 2yr.
Jim M. 2yr.

WESTSIDE

WOMEN'S

Judy D. 4yr.
Savannah W. 4yr.
Ellen F. 4yr.
Alison H. 4yr.
Pam S. 4yr.
Ann J. 3yr.
Patty S. 2yr.
Mae S. 1yr.
Myra D. 9mo.
Dottie A. 9mo.
Joan H. 6mo.
Beverly C. 6mo.
Joyce F. 6mo.

COLD SPRINGS

Annie S. 18yr.
Lena S. 17yr.
Joseph K. 15yr.
Alvin E. 10yr.
Stanley B. 7yr.
James M. 5yr.
Sandra H. 4yr.
Pam S. 4yr.
Gregory J. 2yr.
Willie R. 2yr.
Arthur C. 1yr.
Michael M. 1yr.
William G. 1yr.
Andrew G. 1yr.
Willie A. 1yr.
Walter H. 9mo.
Ed J. 9mo.
Sharon G. 9mo.
Henry J. 9mo.
Frank R. 9mo.
Henry T. 9mo.
Bob C. 9mo.
Anthony C. 6mo.
Dwain S. 6mo.
Carl S. 6mo.
Tom B. 6mo.
Linda W. 3mo.
Robin P. 3mo.

NORTH BUFFALO

John H. 37yr.
Carol H. 33yr.
Lynn H. 12yr.
Connie C. 9yr.
Scott C. 9yr.
Mike C. 5yr.
Margaret S. 4yr.
Randy S. 2yr.
Joe B. 2yr.
Betty G. 2yr.
Sam F. 2yr.
Terry C. 2yr.
Larry S. 2yr.
Barry H. 2yr.
Nathan M. 1yr.
Hubie O. 1yr.
Mike S. 1yr.
Mike C. 1yr.
Sergio M. 6mo.
Kevin O. 6mo.
David D. 3mo.

LOVEJOY

Kate C. 9mo.
Steve D. 3mo.
David M. 3mo.

WHY GROUP

Gert K. 23yr.

KENSINGTON

Savannah W. 4yr.
Judy D. 4yr.
Paul B. 2yr.
Tony B. 6mo.

KENMORE

Gloria N. 9yr.
Steve J. 2yr.
Joe K. 1yr.
Joe V. 3mo.

BRASS GROUP

Diane 8yr.
Paul 5yr.
Mike 2yr.
Will 2yr.
Joe K. 1yr.

MORNING AFTER & WE ADMITTED

Ron M. 2yr.
Paul H. 2yr.
Don J. 6mo.
Annette W. 6mo.

CHAPTER IX

Dave T. 7yr.
Paul H. 5yr.
Tim L. 4yr.
Kevin K. 3yr.
Dick S. 3yr.
Dave K. 1yr.
Joe K. 1yr.
Dave C. 1yr.
Craig G. 9mo.
Annette W. 6mo.
Judy S. 6mo.
Phil C. 6mo.
Tom L. 3mo.
Jesse C. 3mo.
Joe V. 3mo.

HAPPY HOUR

Valerie R. 1yr.
Greg W. 1yr.
Paul A. 9mo.
Scott C. 9mo.
LaMaurice W. 9mo.
Gloria H. 6mo.
Clay N. 6mo.
Tennivee H. 3mo.
Michelle L. 3mo.
Edward C. 3mo.
Karen L. 3mo.
William 3mo.

IRON HORSE

Jim S. 11yr.
Debbie M. 6yr.
Steve A. 6yr.
Tom H. 3yr.
Dennis S. 2yr.
Joe B. 1yr.
Ted B. 1yr.
Paul B. 1yr.
Gary B. 9mo.
Cheryl G. 6mo.

ONE DAY

**EASY AT A
DOES IT TIME**

AA CENTRAL OFFICE

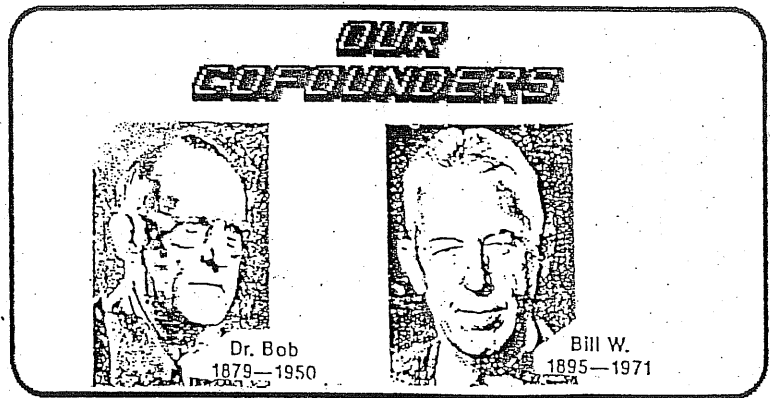
845 Ellicott Square Bldg
295 Main Street
Buffalo, New York 14203

(716)853-0388

Executive Secretary - Delphine H.
Clerical - Helen B. and Mary Ellen S.

CENTRAL COMMITTEE

Chairman - Lynn C.
Recording Secretary - Lue S.
Financial Secretary - Roger P.



Central Committee meets on the first Sunday of every month at 7:00 PM at the COMMUNITY HEALTH CENTER, 80 Goodrich Street (behind Buffalo General Hospital).

SUB-COMMITTEES OF THE CENTRAL COMMITTEE

Correctional Facilities - Martha C. and Toni H.
Treatment Facilities - Don H.
Buffalo Fall Convention - Joe H.
Screeners - Norma F.
New Frontiers - Larry B.
Editorial - Helen S.
Envelope System - Roger P.

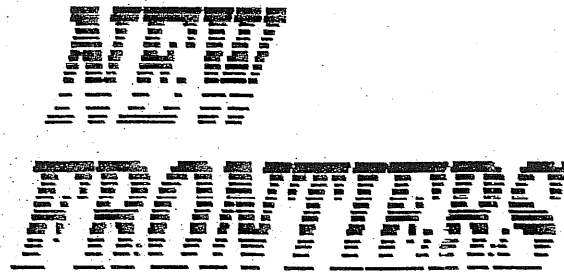
AA MEMBERS are encouraged to share the fellowship by volunteering for any of these committees. Call the Central Office at 853-0388.

REMEMBER: WE ARE RESPONSIBLE.

STEERING COMMITTEE

- District 1 - Central Buffalo: Jack C.
- 2 - Northwest Buffalo: Bryan McK.
- 3 - South Buffalo: Gigi P.
- 4 - Southtowns: Scott T.
- 5 - Northern Tier: Paul H.
- 6 - Southern Tier: George B.
- 7 - Northeast Buffalo: Carol R.
- 8 - Eastern Tier: Bernie A.

WESTERN NEW YORK GENERAL SERVICE meets the last Sunday of February, June, September and November. Meetings are held at the ORCHARD PARK MUNICIPAL BUILDING at 2:00 PM. June meeting will be in Jamestown. **EVERYONE IS WELCOME TO ATTEND THE GSO MEETINGS.**



The NEW FRONTIERS is your AA newsletter. Our purpose is to present personal stories and subjects directly related to the recovery from alcoholism. For inclusion in the next issue, material must reach the Central Office by **October 15th** for inclusion in the **November** issue. Your artwork, poems, articles etc. are also welcome. **NEXT MONTH'S THEME : Prayer**

The NEW FRONTIERS will be mailed to you monthly for a yearly cost of \$6.00. To subscribe EITHER 1) call the Central Office at 853-0388 OR 2) fill out this form (please print). Make checks or money orders payable in American funds to Alcoholics Anonymous and send to the Central Office.:

c/o NEW FRONTIERS
845 Ellicott Square Bldg.
295 Main Street
Buffalo, NY 14203-2545.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BUFFALO CENTRAL OFFICE
716-853-0388

ROOM 845
ELLICOTT SQUARE BUILDING

295 MAIN STREET
BUFFALO, N.Y. 14203

FEBRUARY 1, 1989

NEW MEETINGS:

HUMBLY WILLING - TUESDAY - 7:00 P.M. Native American Center, 1042 Grant Street, Rear, Buffalo. Closed Discussion.

MEETING CHANGES:

Due to new church regulations the DERBY meeting which meets TUESDAY nites in the Town of Evans, 8:00 P.M., is forced to be a NON-SMOKING meeting.

MATT TALBOT will be meeting on TUESDAYS, instead of Wednesdays, during Lent, beginning on February 7, to March 21, 1989. Closed Discussion meeting at 8:00 P.M., Open Speaker meeting at 9:00 P.M.

PLEASE NOTE:

The NEVER TOO LATE group, which meets at 7:30 P.M. at the Erie County Home & Infirmary, 11580 Walden on THURSDAY is NOT an Institution meeting.

NATIVE AMERICAN group, Tuesday nights NO longer meets.

COMING EVENTS:

FEB. 5 SUNDAY - CENTRAL COMMITTEE MEETING - 80 Goodrich - 7:00 P.M. Nominations for Steering Committee Representative from District #5, NORTHERN TIER, and District #6, SOUTHERN TIER.

FEB. 18 SATURDAY - 3RD ANNUAL VALENTINE DINNER DANCE - sponsored by the FIRESIDE group. E.C.C. Student Center, Wehrle Drive & Youngs Road, Williamsville. Dine & Dance to the music of THE GLASS MENAGERIE. Details in the enclosed slinger.

FEB. 22 WEDNESDAY LUNCHEON group Anniversary - 12:30 P.M. Ellicott Square Building, Downtown Buffalo, Room 841. Guest Speaker, eating meeting, 50/50 - Come and help us celebrate!

FEB. 27 MONDAY - LAKE SHORE group will be celebrating its 27TH Anniversary. It will be a Speaker meeting, followed by a buffet. Bring a dish to share, if you wish. Help us celebrate at 9:00P.M. at the Church of the Holy Communion, Route 5 and Old Lake Shore Road, Lakeview.

MARCH 5 SUNDAY - CENTRAL COMMITTEE MEETING - 80 Goodrich - 7:00 P.M. Elections of Steering Committee Representatives.

MARCH 11 - SATURDAY - COURAGE group's ANNUAL ST. PATRICK'S DAY DANCE. Details in March's bulletin.

MARCH 17,18,19 BIG BOOK SEMINAR - sponsored by the FEELINGS group. Ramada Inn, 6643 Transit Road, Williamsville. Please see enclosed slinger for details.

COMING EVENTS: (Continued)

MARCH 19 SUNDAY - SERENITY group's 26th Anniversary will be celebrated at the Holiday Inn, 1881 Niagara Falls Blvd., Amherst. Breakfast: 9:30 A.M. until 11:00 A.M. Donation: \$6.00, 50/50, door prizes. Speaker at 11:00 A.M.

GENERAL SERVICE is compiling material for a DAILY REFLECTION book based on sharing from A.A. members, on the Steps, Traditions, or writings by Bill from any Conference-approved literature, including Bill W.'s and Dr. Bob's writings in the GRAPEVINE.

Anyone who would like to submit a manuscript for consideration - the guidelines for doing so have been included in this mailing, or call the Central Office.

2ND MONTH - 2ND STEP

"CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY."

2ND MONTH - 2ND TRADITION

"FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY-A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN."

PLEASE SUPPORT THE ENVELOPE SYSTEM!!!

YOURS in the SPIRIT of A.A.,

DELPHINE A. HOY
Executive Secretary

Chairman Lynn C. opened the meeting with a moment of silence, followed by the Serenity Prayer. The Preamble, Purpose of Central Committee, and the Twelve Traditions were read. It was moved by Larry B., and seconded by Bernie A. to wave reading of the minutes.

48 GROUPS WERE REPRESENTED:

ABBOTT MENS DISC	HIGH NOON	NORTH BUFFALO
AGE DOESN'T MATTER	IGNATIA	NORTH JAVA
AS BILL SEES IT	INNER CITY	ORCHARD PARK STEP
BIDWELL	IRON HORSE	PERRY DISC
BIDWELL MONDAY DISC	KENMORE	RUSH HALL
BOULEVARD WOMENS	LAKE SHORE	SHERIDAN
BRASS	LIVING SOBER	SOUTH BUFFALO
CASTING	LOVEJOY	SOUTHGATE
CHAPTER IX	MATT TALBOT	SUNRISE COURT
COLD SPRINGS	NEW AWAKENING	UNITED BROTHERHOOD
COMMON PROBLEMS	NEW BEGINNINGS	URBAN
EARLY BIRD	NEW FRONTIER	WE ADMITTED
FORD	NEW FRONTIER WOMENS	WESTMINSTER
GIVING	NEW LIFE	WHY
HAPPY HOUR	NEW WESTSIDE	WILLIAMSVILLE
HARMONY	NEW ZION	WOMENS WESTSIDE DISC

The Chairman called for the various reports:

ENVELOPE SYSTEM: Roger P.

	1989	1990	
JANUARY	\$ 1,551.00	\$ 1,389.00	\$ 162.00 (10.4%) DECREASE

STEERING COMMITTEE MEETING January 30, 1990 - Bernie A.
 Present were: Jack C., Lynne C., Delphine H., Sue G., Gary H., and Bernie A. Meeting opened at 6:10 p.m. with the Serenity Prayer.
 Fall Convention: Joe H. has not brought Annie S., Co-Chairperson designate to be confirmed, as listed in the Central Committee Procedures. Jack C. will contact Joe. Hotel still not picked, but Hilton is unavailable. Sheehan Hospital can not have an Open A.A. meeting because the room is not available to the public. Mini-Convention: District #1 is working on it. George B. appointed Steering Committee Representative for District #6-Southern Tier. Security and liability insurance should be considered for all A.A. sponsored events. Al-Anon requested to rent space in our office. Turned down because of non-affiliation tradition. Answering Service is working well with new system. 12 Step list is being updated with mailings to groups and will be integrated in to the office computer. Happy Hour group problem discussed.

FINANCIAL REPORT: Roger P. (See Attached)

TREATMENT FACILITIES: Don H.

1. TFC met on 1/16/90, 7:00PM at the meeting room, next to the Central Office, in the Ellicott Square Building. 17 Western N.Y. AA members attended, along with 4 members from the Olean Treatment Facility Committee. The following topics were discussed: 2. A. Delphine presented the new open meeting schedule. We are trying to direct people who don't want to come to AA meeting, but are forced, to open meetings.

B. We discussed the importance of unity for the TFC, and what it is trying to accomplish. C. We discussed what constitutes a group and a meeting. D. We discussed the importance of outside members attending TF meetings. We are in sad need of experienced AA members at all these meetings. 3. A motion was passed to end the purchase of cigarettes for ECMC. 4. A motion was passed not to alter any existing TF meetings. This committee will focus on new orientation meetings at Treatment Facilities. The TFC will be involved when existing meetings or Treatment Facilities wish to change or alter present meetings. 5. We have started an orientation meeting for the detox patients at Bry-Lin. The meeting is Thursday at 7:30 PM. It is closed to outside members. E. Delphine H. and Don H. met with Mark Cooper, Director of Sheehan Treatment Facility. A report will be given by Delphine on this matter. Mark does not want an AA meeting at Sheehan. He would like some members to visit, on occasion, and talk to patients. 7. A current list of TF meetings has been delivered to Delphine, for her records. 8. Our 2 Orientation meetings will add additional opportunities for members to speak.

CORRECTIONAL FACILITIES: Toni H.

All meetings are running smoothly. If you wish to attend a Correctional Facility meeting, please call Central Office.

SCREENERS REPORT: Norma F.

Every former Screener was contacted by me, in January. A new list was compiled of those continuing to screen, and additional volunteers were added. I requested suggestions of each one, as to how we could improve and simplify our services. Those will be incorporated into our new listing, to be mailed out to Screeners this month. I went over the entire 12 Step list, with Delphine, in January. A new list of those members, plus additional volunteers will also be mailed this month. I sincerely want to thank Delphine and every Screener I had the privilege to talk to. It was a pleasure "visiting" over the phone. Hopefully a new "network of cooperation" has had a beginning.

CENTRAL OFFICE: Delphine H.

A. A. INFORMATION	822		
PIC	5	12 STEP	19
CPC		LITERATURE REQUESTS	81
ALANON	41	REFERRAL TO OTHER AGENCIES	30
ALATEEN	6	REFERRAL FROM OTHER AGENCIES	30
ACOA	25		
McLEANS SERVICE GROUP		CENTRAL OFFICE	
OUTGOING CALLS	170	OUTGOING CALLS	196
INCOMING CALLS	721	OUTGOING MAIL	\$243.25
		VISITORS	221

NEW FRONTIERS: Larry B.

We continue to solicit more local articles for submission on suggested editorial topics, or any topics having to do with sobriety.

BUFFALO FALL CONVENTION: Joe H.

The Buffalo Fall Convention will take place at the Hyatt Hotel in downtown Buffalo, November 2,3,4, 1990. The reason for the later date is because of a second booking at the Hilton Hotel that wiped us out of the anticipated October dates. The Co-Chairperson for this Convention is Annie S., of the Cold Springs. In the words of a wise woman I have heard today, "We're in the right place."

FIFTIETH ANNIVERSARY: Ron W.

Nothing new to report, at this time.

COURTESY REPORTS:

G.S.A. - GENERAL SERVICE ASSEMBLY Area #50 Elvester McR.
The 1990 Spring Convention will take place at the Park Inn International, Olean, N.Y. on April 20,21,22, 1990. Registration: \$10.00-Banquet: \$15.00-Registration & Banquet \$25.00-Alateen: \$3.00.

P.I.C. - PUBLIC INFORMATION COMMITTEE: Marcia W.
Past 12/27/89-V.A. Outpatient Center-phamplets needed.
Please always contact the Central Office with information concerning individual PIC reports, as we have the Guidelines and literature needed. 1/29/90-The Villa Maria High School "Mental Health Day" cancelled as no one signed up for AA. 3/28/90-Lake Shore Central School District Health Fair-already assigned.

C.P.C. - COOPERATION WITH THE PROFESSIONAL COMMUNITY: Bernie A.
Bernie A. Chairman-Art L. Treatment Facilities & Referral Agencies-Bill L. Financial Community-Irv C. Medical Profession-Mike M. Legal Profession-Larry S. Minority Community-Larry B. Liaison with Treatment Facilities Committee. First meeting will be held on 2/11/90 to set goals and ways of achieving them on the Niagara Frontier. Have been unable to contact with party at St. Augustine's Center to set up program to speak with counselors.

RE-CAP

ENVELOPE SYSTEM:

Larry B. suggested a spot in the New Frontiers to canvas for new members.

OLD BUSINESS: None.

NEW BUSINESS:

District #6 has an opening on the Steering Committee. George B.'s name was suggested and approved by the committee. District #4 nominations will be accepted at the March, 1990 meeting.

NEW FRONTIERS:

Elvester McK. suggested a greater number of New Frontiers be printed. Delphine responded that the present copier would not tolerate greater volume.

A vote of confidence by acclamation was given to Annie S. as Co-Chair of the Buffalo Fall Convention. Statement: Don H. suggested that if a Facility Group needs support the committee should be called. It was moved by Hiram S., and seconded by Ralph K. to close the meeting. The meeting was closed with the Lord's Prayer.

Respected Submitted,
Lue Summers
Cold Springs Group

Treatment Center Account Financial Statement		602-089-5	Jan. 25, 1990 -Feb. 25, 1990		
		This Month	Check Number	Expenses	Accum Totals
Amherst Snyder		10.00			20.00
Broadway Bailey					5.00
East Aurora		10.00			20.00
Hill Billy		60.00			60.00
New Zion					50.00
South Buffalo					10.00
Sunday Niters					10.00
TGIF					25.00
Tuesday Women's Disc					10.00
Turning Point					50.00
Twin Cities		30.00			30.00
University Mens		20.00			40.00
We Care					20.00
Why		50.00			50.00
	Receipts	180.00			400.00
			121	Void	
	Central Office - ECMC - Books		122	205.00	
	Expenses			205.00	
RE-CAP					
Balance Pr Checkbook 1/25/90			460.85		
Add Receipts 1/25/90-2/25/90			180.00		640.85
Deduct Expenses 1/25/90-2/25/90					205.00
Balance Pr Checkbook 2/25/90					435.85
	Operating deficit for 2/25/90	(25.00)			

Correctional Facilities		Financial Statement-#484-185-4		Jan. 25 '90 - Feb. 25, '90	
		This Month	Check #	Expenses	Accum. Totals
Amherst Snyder		15.00			30.00
Broadway Bailey					5.00
Chapter IX		15.00			30.00
Hill Billy		60.00			60.00
Honesty		10.00			15.00
Kenmore		25.00			25.00
New Zion					50.00
North Buffalo		10.00			20.00
Sheridan		10.00			20.00
South Buffalo					10.00
Tuesday Women's Disc					10.00
Turning Point					50.00
Twins Cities		30.00			30.00
We Care					10.00
Why		110.00			110.00
Anonymous					5.00
RECEIPTS		285.00			480.00
EXPENSES	Central Office - lit.- Collins		411	74.50	
RE-CAP					
Balance Pr Checkbook	1/25/90		157.92		
Add Receipts	1/25/90-2/25/90		285.00		442.92
Deduct expenses	1/25/90-2/25/90				74.50
Balance Pr Checkbook	2/25/90				368.42
Operating credit for	2/25/90	210.50			

GROUP			Clarence Mens Disc	300.00	300.00	Golden Slipper		
1st Step			Cold Springs	25.00	25.00	Good Life		
11th Step			Common Hour			Grand		
1st. Things 1st.			Common Problem			Grand II Joy Of Living		
3rd Step			Common Problems at VA			Grateful		
6th Step			Community Center	25.00	25.00	H.A.N.D		60.00
A Day At A Time			Cornplanters Again			Half & Half		
A Helping Hand			Courage		120.00	Hamburg		
Abbott Mens at VA			Delaware Discussion			Handicappers Sat. Nite		
Abbott Mens Discussion	25.00	25.00	Derby	30.00	60.00	Happy Hour	20.00	40.00
Acceptance			Desire			Harmony		
Achievement			DeVeaux Discussion			High View		
Action			Downtown Discussion			Hill Billy	360.00	360.00
Active Achievement			Downtown Men's Disc.			Honesty	30.00	60.00
Age Doesn't Matter			Dunkirk			Humbly Willing		
Albion			E.C.M.C.			Ignatia		
All Women			Early Beginnings			Inner City		20.00
Amherst Snyder			Early Bird			Inspiration		50.00
Amherst Tree of Life			Early Start			Iron Horse		
Amsdell Lakeshore			Easier Softer Way			Kenmore	25.00	25.00
Any Age	100.00	100.00	East Amherst			Kensington Disc		
Arcade			East Aurora	35.00	70.00	Ladies Night		
Attitude Adjustment						Lakeshore		
Attraction			Eden-North Collins	120.00	120.00	Lakeview		
Awakening			Ellicott		25.00	Lazy Bee Ranch		
Beginner's Table			Ellicottville			Let Go & Let God	25.00	25.00
Beginnings			Emergency			Lew-port		
Bidwell	60.00	60.00	Eternal Vigilance			Liberty Women's	75.00	75.00
Bidwell Monday Disc.			Everybody's			Live and Let Live		85.00
Big Book	20.00	20.00	Eye Opener			Living Sober	30.00	60.00
Blasdell			Eye Opener			Lock City		
Boulevard Women's		20.00	Father Baker			Lockport #1		20.00
Brass	30.00	30.00	Faith & Action			Lockport Discussion		
Broadway-Bailey		10.00	Feelings			Lockport Ladies		
Brocton Discussion			Fireside			Lockview		
By The Book		5.00	Fireside PM			Lovejoy		
Came to Believe	50.00	50.00	Ford			Lower River		10.00
Campus			Fredonia Bkft. Meeting			Main View Manor		
Casting		45.00	Fredonia Discussion	30.00	30.00	Marilla		
Cathedral Park			Freedom	25.00	50.00	Matt Talbot		30.00
Caz Manor			Fresh Start			McKinley Winners		
Cazenovia			Friday Nite Disc.			Medina		
Central Park			Friendly			Medina Sunday		
Chapter IX	15.00	30.00	Friendship Fireside					
Chapter V-Bflo			Frontier					
Chapter V-Pendellon			Gardenville		40.00			
Cheektowaga			Getting it Together					
Chevy #1			Giving	30.00	30.00			

Mercy	60.00	60.00	Saturday Night Disc		20.00	University Men's	150.00	300.00
Mid-day			Saturday Night Alive			Urban		30.00
			Saturday Nite Live	20.00	20.00	V.I.P.		
Midnite			Second Chance			Valley		
Miracle			Security			Veteran's Hospital		
Mod			Serendipity			Victory		
Monday Nite			Serenity		25.00	We Admitted		
Morning After			Sheridan	30.00	60.00	We Are Not Saints		
NDH-Tonawanda Forge			Silver Creek			We Care		40.00
Never Too Late			Sober Trail			We Choose Life		
						We Have A Dream		20.00
New Awakening						We Need You		
New Beginnings			Sobriety Men's Disc			Wed. Lunchtime	10.00	22.00
New Direction			Somerset			Welcome		
New Frontier			South Buffalo		25.00	Welcome Home		
New Frontier Womans			South Town	100.00	160.00	West Seneca Sat. Nite		50.00
New Life		10.00	Southgate			West Valley		
New Westside			Southwestern			Westfield		
New Zion		400.00	Spirit of H.O.P.E.			Westminster		
Niagara Frontier Men's			Springville			Why	100.00	100.00
North Buffalo	90.00	180.00	Springville-no smoking			Williamsville		
North Java			St. Barnabus			Wilson		
One Day at a Time (ODAT)			Step			Women's Westside Dis	50.00	50.00
Open Arms			Stepping Stones		10.00	Working		
Open Mind		30.00				You'll Never Walk Alone		
Pass It On			Sunday Niters		20.00	Youngstown		
Patchin			Sunday Third	30.00	30.00			
Peaceful			Sunrise Court	50.00	50.00	39 Groups Contributed	2319.56	
Perry			SUNY - Amherst Campus					
Positively Living			Surburban			Last Mo.	3062.00	
Positively Living II			Swinging Door			Accum. total	5381.56	
Primary Purpose			T'n'T					
Progress			TGIF		75.00			
Purpose			Thankful					
Rainbow		20.00	The Way					
Ray of Hope		50.00	Thru-way		900.00			
Remember When			Thursday Afternoon Disc	50.00	50.00			
Renewal		100.00	Thursday Nonsmoking					
Rush Hall	25.00	50.00	Today					
			Tri-County					
Rush Manor			Trinity Monday Night					
S. S. Sobriety	34.56	34.56	Tuesday Men's Disc.					
Salamanca			Tuesday Women's Disc.		10.00			
Salamanca Freedom			Turning Point		50.00			
Sally Group	10.00	10.00	Twin Cities	25.00	50.00			
Salvation Army			United Brotherhood					
Saratoga			Unity		60.00			

Central Committee Account		Financial Statement #504-771-7		JAN. 25, '90 - FEB. 25, '90	
39 Groups Contributed				2319.56	
Joint Meeting (9.46 expenses)				31.69	
New Frontiers Subscription				54.00	
Envelope System				516.00	
Literature				5284.27	
Miscellaneous - Vigil - Why grp			25.00		
	Printing		20.00		
	In memory - Derby - Bill McC.		75.00		
	State Tax refund		75.00	195.00	
		Total Receipts		8400.52	
DISBURSEMENTS					
	# 10 Ellicott Square Court Corp - mth rt				431.00
	Community Mental Health Center - mth rt				35.00
	Mary Ellen Strachura				49.01
	Helen J. Brady				112.80
	Delphine A. Hoy				294.29
	Buffalo News - mth bl				266.40
	BJ's Wholesale Club				48.60
	A.A. World Services, Inc - Box 459 Sub.				28.00
	Mary Ellen Stachura				73.69
	Helen J. Brady				112.80
	Delphine A. Hoy				294.29
	Copies, Inc - Meter overage				65.66
	Deer Park Spring Water, Inc				15.50
	Hazelden - shipping chg				107.10
	M & T Bank - Fed. Withhold. Tax				546.74
	Mary Ellen Stachura				49.01
	Helen J. Brady				112.80
	Delphine A. Hoy				294.29
	U.S. Postmaster - Meter refill				500.00
	Microsoft Works Update				80.50
	NYS Dept. of Taxation & Finance				3.00
	Mary Ellen Stachura				49.01
	Helen J. Brady				112.80
	Delphine A. Hoy				294.29
	McLean Service Group - mth bl				148.70
	New York Telephone				132.60
	Petty cash				50.00
		Total Disbursements			4307.88
Balance Pr Checkbook 1/25/90			7314.25		
Add Receipts 1/25/90 - 2/25/90			8400.52		15714.77
Deduct Expenses 1/25/90 - 2/25/90					4307.88
Balance Pr Checkbook 2/25/90					11406.89
	Operating credit for 2/25/90			4092.64	
		M&T Savings Accounts		19544.70	
		M&T Checking Accounts		11406.89	
		Total Monetary Assets		30951.59	
		Projected Prudent Reserve-1yr.		-36000.00	

To: Central Committee

Feb 4, 1990

From: Treatment Facility Committee

Ref: January Report

1. TFC met on Jan 16, 1990, 7:00PM at the meeting room next to Central Office in the Ellicott Square Building. 17 Western NY AA members attended along with 4 members from the Olean Treatment Facility Committee.

2. The following topics were discussed:

A. Delphine presented the new open meeting schedule. We are trying to direct people who don't want to come to AA meeting, but are forced, to open meetings.

B. We discussed the importance of unity for the TFC and what it is trying to accomplish.

C. We discussed what constitutes a group and a meeting.

D. We discussed the importance of outside members attending TF meetings. We are in sad need of experienced AA members at all these meetings.

3. A motion was passed to end the purchase of cigarettes for ECMC.

4. A motion was passed not to alter any existing TF meeting. This committee will focus on new orientation meetings at TF. The TFC will be involved when existing meetings or TF wish to change or alter present meetings.

5. We have started an orientation meeting for the detox patients at Bry-Lin. The meeting is Thursday evening at 7:30PM. Its closed to outside members.

6. Delphine H. and Don H. met with Mark Cooper, Director of Sheehan TF. A report will be given by Delphine on this matter. *MARK DOES NOT WANT AN AA MEETING AT SHEEHAN. HE WOULD LIKE SOME MEMBERS TO VISIT ON OCCASION & TALK TO PATIENTS.*

7. ACCIDENT LIST OF TF MEETINGS HAS BEEN DELIVERED TO DELPHINE FOR HER RECORDS.

DON HARVEY

8. OUR 2 ORIENTATION MEETINGS WILL ADD 104 ADDITIONAL OPPORTUNITIES FOR MEMBERS TO SPEAK.

Cooperation with the Professional Community Committee

Bernie A. Chairman
Art L. Treatment Facilities and Referral Agencies
Bill L. Financial Community
Irv C. Medical Profession
Mike M. Legal Profession
Larry S. Minority Community
Larry B. Liaison with Treatment Facilities Committee.

First meeting will be held on Feb. 11, 1990 to set goals and ways of achieving them on the Niagara Frontier.

Have been unable to make contact with Party at St Augustine's Center to set up program to speak with counselors.

January 90

A.A. INFORMATION — 822

(b)

P.I.C. — 5
 C.P.C. —
 ALANON — 41
 ALATEEN — 6
 ACOA — 25
 12 STEP — 19
 LITERATURE — 81
 REFERRAL TO — 30
 " FROM — 30

McLEANS ANSWERING SERVICE

OUTGOING CALLS — 170
 INCOMING CALLS — 721

OFFICE

OUTGOING CALLS — 196
 " MAIL — 243.25
 VISITORS — 221