

# NEW FRONTIERS

A.A. of the Niagara Frontier

October 2016

THE CENTRAL COMMITTEE NEWSLETTER FOR ALL A.A. MEMBERS OF WESTERN NEW YORK AND THE NIAGARA FRONTIER



CELEBRATING  
**75**  
YEARS

*Buffalo Fall Convention*

*Be Part Of*

*History In The Making*

**Yes this is a celebration of 75 years of recovery & fellowship...**

**"Things to look forward to" at the 75th Fall Convention**

~Speakers, Panels, Archives, Dicobe Media, Committee Info, Alanon, Banquet~

**Beyond the always exciting program**

T-shirts, sweatshirts, coffee mugs & travel mugs, wristbands & magnets for sale, literature sale, 50/50 raffle (2 drawings 1 Friday & 1 Saturday), 3 book set raffle on Saturday after banquet, DJ – Friday Night, Entertainment on Saturday Night w/Photo Booth, and Discount Breakfast Buffet Tickets available. No meals at Hospitality just snacks, all day meeting room and a different floor plan.

Archive panel on the "Beginnings of AA in Buffalo", possibly an artist depiction of the first meeting, and Archives mention of the first convention in Buffalo with Bill W.

Saturday Banquet will be attended by our former Executive Secretary Delphine H. who served our fellowship almost 1/3<sup>rd</sup> of this 75 years!!! She retired in 2000.

Credit cards accepted for registration, banquets (if available), merchandise and literature with no extra fee.



**TWELFTH TRADITION....."Ever reminding us to place principles before personalities."**

Gossip in AA has reached epidemic proportions. When persons are new in AA they want to feel they belong and they want to be thought of as being in the know. At this point, gossip is expected and perfectly normal as new members navigate the murky waters of early sobriety. At some point, as they begin to recover, they should know that their problems are of their own making and no amount of highlighting the alleged shortcomings of others will solve their feelings of inadequacy in the world. Only persistent effort at identifying and being rid of their own failings will bring them the needed sense of belonging.

There are two essential elements to gossip, a communicator whose own inadequacies require that they attack the character of persons they feel inferior to, and a receiver (who may in turn become a communicator) who feels powerless to stop the communicator. Everyone I have ever met has gossiped at some point, they usually correct themselves and attempt to repair the damage as soon as they are aware of it. Most have been the object of gossip and know first hand the spiritual damage set in motion by ill intentioned revealing's by persons who think they will be held in higher regard if they reveal "ALLEGED" shortcomings of another. They generally report 3<sup>rd</sup> and 4<sup>th</sup> hand information to feed an ego agenda, never going to the actual person involved and requesting direct confirmation as the danger is they will be told off in spades, as another persons life is truly none of their business. The receiver is absolutely complicit in this process and would be well advised to respond by saying something like, "I am not comfortable talking about people who are not present to defend themselves. Shall we call them and invite them to discuss this over coffee." Claiming intimate knowledge of the person being talked about and going on to discuss their alleged behavior, or making excuses for them in the 3<sup>rd</sup> person is still simply GOSSIP. Which is simply character assassination. Trying to re-frame the experience of another so it supports your own sense of righteousness is still character assassination and is as unacceptable as the direct story teller.

The answer to gossiping is to work the steps on your own shortcomings. When you are fully aware of your own shortcomings you will be less likely to talk about others.

Anonymous

[The 10th Step Promises](#)

**And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.**

*Alcoholics Anonymous* pp.84-85

**!!!ATTENTION !!!**



Our monthly  
**Central Committee**  
meeting **HAS MOVED** to:  
St. Michael's Parish  
651 Washington Street  
Buffalo, NY 14203

**Buffalo Central Office**



**HELP  
WANTED!**

**Needs  
Support**



# archives



OCTOBER	
10/2/1928	Oct. 20, Bill signed a pledge in the family Bible: "To my beloved wife that has endured so much, let this stand as evidence to you that I have finished with drink forever." On Thanksgiving, Bill pledged again in the family Bible: "My strength is renewed a thousand fold in my love for you." ( <i>Pass It On</i> , p. 81)
10/1938	Bill's recollection of the first use of the term <i>Alcoholics Anonymous</i> . ( <i>AA Comes Of Age</i> , page 165, <i>Pass It On</i> page 202)
10/22/1939	The first NJ meeting was held in the South Orange Community Center. <i>NJ AA Historical Landmarks Display, Northern NJ History and Archives Committee</i> .
October 1944	MANHATTAN MEMBER 12TH-STEPS ON CORNER . . . John B. can be found every Sunday around noon at the corner of 207th Street and Broadway. Hard by are several gin mills. In his own words, John was for years "one of the worst rummies" of that 95 per cent Irish district. He knows everybody, everybody knows him and that he is now sober because he is in A.A. John stands and waits. He never approaches any of the jittery men waiting for the bars to open at 1 P.M. He waits for them to come to him. They do. Many of them. Result: John gets all the 12th-step work he can handle--right there on that corner ( <i>AA Grapevine</i> , October 1944).
10/20/1945	Dr. William Duncan Silkworth was hired as director of alcoholic treatment at the Knickerbocker Hospital in NYC. He worked at both the Towns and Knickerbocker Hospitals until his death in 1951. Alcoholics were referred to the "AA Ward" at Knickerbocker Hospital by the NY Intergroup Association. (Silkworth - the Little Doctor Who Loved Drunks, by Dale Mitchell page 83, <i>AA Comes Of Age</i> page 206)
10/1954	The <i>Alcoholic Foundation Inc.</i> was renamed to the <i>General Service Board of AA Inc.</i> ( <i>Comes Of Age</i> page ix, <i>Not God</i> , by Ernest Kurtz page 131)
10/1957	<i>AA Comes of Age</i> was published. Although guised as a 3-day diary of the 1955 Convention, it amounted to an entire history of AA up to 1955. (AACOA page ix, PIO pages 354, 359)
Oct 9-11, 1969	<i>The first World Service Meeting was held in NYC with delegates from 14 countries.</i> (AACOA x)
10/5/1988	Lois Burnham Wilson (age 97) co-founder of Al-Anon Family Groups, died. (AACOA xi)

**10th STEP:**  
**"Continued to take personal inventory  
 and when we were wrong promptly admitted it.**

**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: buffaloaa@hotmail.com**

or mail to:  
**Buffalo Central Office**  
**681 Seneca St (lower)**  
**Buffalo, New York 14210**

**Heard @ a Meeting**

"Nobody argued about  
 whose Higher Power  
 was higher."

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.)

**IN MEMORIAM**  
**Things We Can Not Change**

*To all of our members who have lost family and loved ones*

*John R.; McKinley Winners Group ~ 30years*

*Our thoughts and prayers are with you*

# OCTOBER ANNIVERSARIES

## Acceptance/Welcome

Kevin P. 5y  
 Frank A. 6y  
 Jim T. 6y  
 Pete D. 7y  
 Dan A. 8y  
 Jamie O. 10y  
 Peyton R. 10y  
 Mark T. 17y  
 Don K. 18y  
 Ron S. 21y  
 Don S. 21y  
 Kevin N. 28y

## Alexander

Joe T. 25y

## Bldv. Women

Susan D. 2y

## Eyeopener

Dawn P. 1y  
 John N. 1y  
 Tony B. 2y  
 Jamie O. 10y  
 MaryKay B. 18y  
 Bill B. 23y

## Eyeopener South

Scott S. 6m  
 Tom L. 6m  
 Bev S. 6m  
 Steve G. 6m  
 Eric P. 1y  
 Jason L. 1y  
 CJ A. 3y  
 Susan C. 9y  
 Kevin K. 21y

## Fireside

Todd 9y  
 Tom F. 21y  
 Bill P. 36y

## First Step

Ed D. 1y  
 Leo S. 40y

## Golden Slipper

Dave G. 9y  
**H.A.N.D.**  
 Michelle D. 23y  
**Harmony**  
 Natalie W. 4y  
 Manny W. 8y  
 Patrick 17y  
 Quentin B. 23y

## Holland

Paul S. 28y

## How It Works

John B. 1y  
 John W. 1y  
 Eddie G. 1y  
 Jason F. 3y  
 Dave R. 5y  
 Mark A. 9y  
 Mike B. 11y  
 Tim B. 13y  
 Tony B. 26y

## Ironhorse

Thomas C. 3y

## Just For Today

Tom L. 24y

## Lakeshore

Bob M. 18y  
 John H. 36y

## Lockview

Nate C. 3y  
 Kristen D. 4y  
 Bill H. 5y  
 Wendy O. 6y  
 Justin H. 6y  
 Nick G. 6y  
 Laura K. 7y  
 Pete M. 8y

## Orchard Park Step

Adam B. 1y  
 Nathan M. 27y  
 Al L. 36y

## Renaissance

Robin D. 3m  
 Mary W. 3m  
 Kathy F. 9m  
 Gabrielle W. 9m  
 John K. 9m  
 Pat S. 9m  
 Danielle H. 1y  
 Ann K. 19y  
 Sue B. 27y

## Remember When

David G. 1y  
 Kim T. 4y  
 Susan D. 4y  
 Alfonso A. 8y

## Sheridan

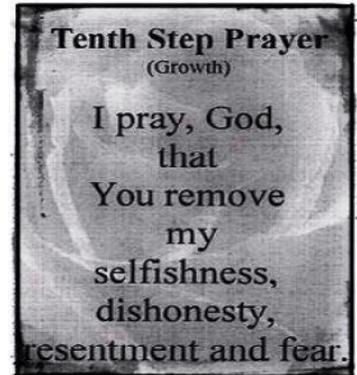
Christine M. 2y  
 Cindy S. 9y  
 Gary B. 22y

## Spiritual Progress

Erica 6m  
 Caitlin L. 9m  
 Kristen 1y  
 Tracy H. 4y  
 Kim T. 5y  
 Anoinette L. 11y  
 Bettye Ann 12y

## The Grove

Jeremy P. 1y  
 Mike P. 1y  
 Billy C. 1y  
 Pat K. 2y  
 Angel L. 8y  
 John H. 21y  
 Gary B. 22y



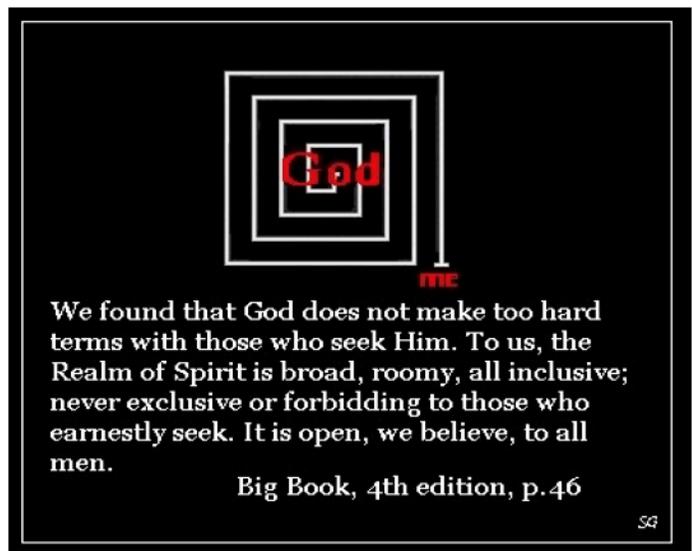
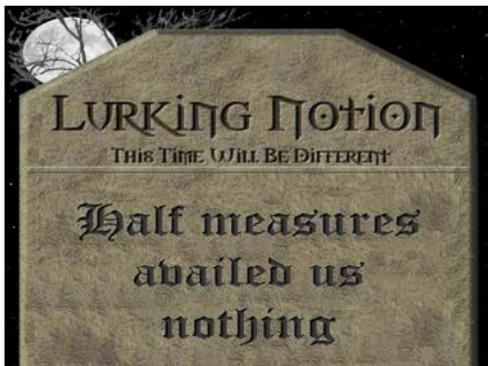
## Group Anniversaries

Amsdell-Lakeshore; 51y  
 Freshstart; 33y  
 Hamburg; 55y  
 Lighten-Up; 27y  
 Lockport Nooners; 11y  
 Maple; 10y  
 Open Mind; 39y  
 Ridge; 19y  
 Step It Up; 24y  
 Silver Creek Friendship; 47y  
 Spingville New Life; 13y  
 St. Mark's; 27y  
 We Don't Know; 12y

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**

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

*Real-Time schedule? Check your website: [www.buffalooany.org](http://www.buffalooany.org)*

## October 2016

**IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

### MEETING CHANGES

- **Solidarity Group**, Sunday, 1:00 PM, Buffalo Central Office, **No Longer Meets.**
- **New Meeting; Hoover Group**; Wed. & Fri at 2 PM, Private Residence, 101 Hoover Ave., Kenmore 14217. Open Meeting
- **Buffalo Creek Group** has moved to the Genesis Center, 2161 Seneca St Buffalo 14210, Thursday's, 1PM.
- **New Group; AA on Broadway**, Friday's 4:00 PM, Help Buffalo, 384 Broadway, Buffalo, 14204

### **Support AA through the Envelope System:**

This is another way to help carry the AA message by making a personal donation.  
Please call Central Office for more details; 853-0388

### SERVICE OPPORTUNITIES: COMMITTEE MEETINGS

~ Oct 1, **General Service Assembly, SATURDAY ,12 Noon** First Presbyterian Church, Westminster Hall, Corner of 4th and Eagle Streets, Dunkirk, NY 14048

~ Oct. 2, **Committees that meet prior to Central Committee 5:30 PM**

**St. Michael's Parish, 651 Washington St., Buffalo 14203**

Steering Committee (4:30 PM)

Corrections Committee Meeting

Public Information Committee meeting

Treatment Facilities Committee

Nightwatch Committee

**Followed By Central Committee Meeting @7:00 PM**

**St. Michael's Parish, 651 Washington St., Buffalo 14203**

(Hosted by Carry The Message Group)

~ Oct. 7, **Envelope System Meeting; FRIDAY**, 4:00 PM, Tim Horton's 1750 Niagara Falls Blvd. Tonawanda

~ Oct. 8, **Archives Committee Meeting; 2nd SATURDAY**, 9 AM, Buffalo Central Office

# COMING EVENTS

~ Oct. 14-16, **75th Buffalo Fall Convention**, Adam's Mark Hotel. 120 Church St, Buffalo, 14202. Info & flyers on the website; [www.buffaloaaany.org](http://www.buffaloaaany.org) (under Events)

~ Nov 19th; **Zone 6 Day of Sharing**. First Church of Evans Community House, 7431 Erie Rd. (Rt. 5) at Sturgeon Point Rd., Derby 14047. More Info Soon :)

**10th STEP: Continued to take personal inventory and when we were wrong promptly admitted it.**  
**10th TRADITION: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be draw into public controversy.**  
**10th CONCEPT: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.**

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

## NIGHTWATCH

### Will your group help?

#### Sign up for One Month!

Everyone had a first contact. You can be someone's lifeline.



Contact the Nightwatch Committee

## A Declaration of Unity

This we owe to A.A.'s future:  
To place our common welfare first;  
To keep our fellowship united.  
For on A.A. unity depend our lives,



# 75th Buffalo Fall Convention



## October 14th - 16th 2016

Amazing Archives Display & Speakers  
*Meeting-A-Thon* room all weekend!  
All day topic & interest panels, Comfortable new floor plan  
Speaker CDs, New Literature Table, Raffles & 50/50's  
Saturday Night Banquet & Fellowship - Live Entertainment

Our guests this year:

Don M. - KY, Polly P. - FL, Tina A. - CA  
With Al-Anon and Oldtimers Panels!



## Envelope

## System

*“personally helping to ensure AA for the future”*

**Central Committee Minutes September 11, 2016**

Meeting was opened at 7pm sharp with a recitation of the responsibility statement.

Pat read the Preamble, Jenny read the 12 Traditions, Jill read "The Purpose of Central Committee"

Tony T (Depth and Weight) spoke in regard to the 9<sup>th</sup> Tradition. Next month Pete (How It Works) will speak in regard to the 10<sup>th</sup> Tradition.

There were 26 home groups represented – Zone 1: Contemporary Women's, Main & High, Journey. Zone 2: Depth & Weight, How It Works, Liberty Women, Questions & Answers, Renaissance, Spiritual Progress, Step Action, Three Legacies. Zone 3: Buffalo, Matt Talbot, Thruway, Tuesday Women's Discussion. Zone 4: Action, OP Step, Tuesday Men's Discussion. Zone 5: Twin Cities. Zone 6: Carrying the Message, Changing our Ways, Derby, Lakeshore, Sobriety Men's Discussion. Zone 7: None. Zone 8: Amherst Snyder, Williamsville.

Dave motioned to accept the minutes of last month's meeting, which was seconded by Alan.

**Courtesy Reports**

**Envelope System** - The envelope committee met on Friday September 9th 2016. In attendance was Diane D., Pete p., and Pat G. The topic was to report on our progress with envelope system presentations to aa groups. Pete has made announcements at every meeting he attends and explains how to use the purple envelope system form. He has distributed these forms to five groups. Pat has appointments for the business meetings of Spiritual Progress, Boulevard Helping Hands and Questions and Answers. Diane is making presentations to Depth & Weight and the Eye Opener.

Diane shared How concerned she is about the Financial situation in central office. The committee feels it is necessary that home groups who are not contributing step up to do their part.

The committee will speak to Terry about the following concerns:

1. how does the charge show up on a person's credit card statement?
2. We need more purple envelope system forms printed.
3. Please make it possible to enable envelope system payments to be made directly on our website.

The committee is appealing to everyone here to consider doing service work by joining our committee. Our next meeting is Friday September 30th 4 o'clock Tim Hortons 1750 Niagara Falls Boulevard.

Yours in gratitude, pat g.

**Steering** – Randy – They met but nothing of consequence – was discussed, and no written report was provided.

**Treatment** – Jessie – No written report provided

**Corrections** – Christine – No written report provided

**Central Office** – Terry - **TOTAL CALL'S INCLUDING AFTER-HOURS ; AA Call's: 433, 12-STEP: 15, ALANON: 6, VISITORS: 102, VOLUNTEERS: 5, Email's: 375 , Website Hit's: 104,206/ of them 8,171 Unique Visitors, Total number of visits: 17,845; Number of forms received to add to our 12th Step List: 0**

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE: **A VISION FOR YOU-6, Orchard Park Step-4, Morning After-2. Reminder**, If a group goes a year without a contact person, they will be removed from the schedule.

**Night watch** – Raeanne – The committee met tonight at 5:30. There were two people in attendance. We talked about recruiting more 12-step volunteers, organizing the way we present information to groups and how to best send information packets to groups. We have an upcoming presentation this month at 3 Legacies. We currently have the months of October, November and January covered. Anyone interested in joining our committee and/or taking a night watch commitment, please see me after the meeting or call me.

**PIC/CPC** – Ryan – Met today at 5:30 with 2 people in attendance. In the process of spreading our AA contact flyers around town and making them available to other AA members to get a hold of through Terry. Sending letters to local high schools and colleges inquiring about possible presentation and literature needs. We're attending a senior health and wellness fair on October 22 from 9-12. We're waiting on our contact with Horizon Health Services to establish a presentation for their staff. We're waiting to hear back from our liaison at UB to set dates for future presentation to their students. We did our usual ECMC presentation for the rehab on 8/9/16 and have another one this Tuesday.

**Convention** – Sue - Our committee met again on August 18, 2016. We finalized what we could which included a discussion of a painting representing the first AA meeting in Buffalo, a three book raffle on Saturday evening and the photo booth Saturday evening. As a result of that meeting, 3 committee chairs and an out of town speaker were replaced much to my disappointment.

After an unbelievable start the well has run dry. People have approached me and asked what they could do to help. To help, one option is to come and eat at the banquet, secondly just come to the convention and greet or help with hospitality or coffee, and thirdly just attend thus helping to support our area's convention.

I still continue to receive out of town phone calls and our block of rooms has sold out which is encouraging. I'm speaking with the hotel on Monday to see if we can increase the number of rooms.

Our final meeting is this Thursday the fifteenth for a walk through at the Adam's Mark hotel. I plan on bringing up the idea of extending the cut-off date to October 7<sup>th</sup> for the discounted prices of \$60 for the banquet and \$20 for convention only. The door cost is \$65 for the banquet and \$25 for the convention.

**GSA Liaison – Open position**

*New Frontiers ~ October 2016*

(Central Committee Minutes Continued...)

**Archives** – Joanne – Lila M (Archives Chair) attended the national archives workshop in California. We are developing a poster for the Fall Convention which shows early meeting places in the Buffalo area. We are also having a panel at the convention which will feature previous chairs of the convention.

**Accessibility** – Pat – I would like to thank groups that take meetings to their members that cannot attend a meeting. I would also like to thank members that go to Nursing homes. We need people to take meetings to more nursing homes.

**Recap**

**Finance** – Marty asked about the statement by the finance chair of the need to raise money but no talk of cutting costs.

A: The only opportunity to cut costs would be to only print schedules on an annual basis. There are no other cost cutting opportunities.

Q: Pete asked about a deficit listed of over \$2k YTD, and asked if that includes the \$5k that was taken from prudent reserve.

A: Yes

**Treatment** – Terry asked who do we contact regarding the Bridging the Gap program.

A: That comes from GSA area right now and to contact Nadav W. at the Innergroup level we are just building a list and will eventually move to organize it.

**Central Office** – Pat asked if an alcoholic can leave money to AA; if so is there a dollar limit?

A: Yes, and the limit is \$3,000.

Q: Pete asked what the total rent would be for 2016.

A: \$17,872.92

**Night watch** – Zack asked what happened to the elected chair of Night watch.

A: Raeanne stated that she didn't know.

Q: what is the available month to work with Nightwatch.

A: February.

**Convention** –

Q: What help do you need?

A: General support, like greeters etc.

Q: How many banquets have we sold?

A: We'll discuss that at our next meeting.

\$83.30 was collected in the 7<sup>th</sup> Tradition basket

**Old Business**

We had an opening for 2017 Convention Co-Chair. John B. (Lakeshore Group) Stood for this position and after an exhaustive delineation of his qualifications he was elected unanimously.

**New Business**

A motion was brought by Pat to move the Central Committee meetings back to Central Office on Seneca St beginning in November. There was quite a bit of discussion extolling the advantages of both locations, there was even a motion to table the discussion until next month if you can believe that! The motion to table was defeated 21 against, 1 for, and 3 abstentions. Eventually the originally motion was defeated 13 opposed, 7 for, and 1 abstention. There was no minority opinion provided.

Pete (Thursday Men's Discussion) didn't bring a motion but a long impassioned diatribe about the cost of maintaining the current location for the Central Office, with no real point provided. Luckily the Chair eventually decided to create an Ad Hoc committee though what the charter of this committee will be is fairly vague, and was never specifically provided. If I were to guess, I would say that the charter is to identify more viable options for a central Office location.

Carry the Message is tasked with providing snacks for the October meeting.

Next month we will be voting on a bi-law change.

At precisely 8:37 a motion to close the meeting was brought and seconded, at which time we closed in our typical fashion.

**PROPOSED CHANGE TO THE BY-LAWS**

“All time requirements [are to be] subject to overrule by a simple majority of the body”

New Frontiers ~ October 2016

Cash Flow Statement	May-16	Jun-16	Jul-16	Aug-16
<b>Begin Bal Cash on hand</b>	<b>17,677.81</b>	<b>19,086.15</b>	<b>16,176.35</b>	<b>13,210.23</b>
<b>Contributions</b>				
Groups	4,227.40	3,117.93	7,027.41	4,650.15
Joint Meeting	71.00	68.10	66.00	80.00
Envelope System	637.00	702.00	527.00	440.00
New Frontiers Subs	90.00	70.00	20.00	40.00
Literature/Medallions/Pins	4,663.31	3,238.39	2,312.40	4,110.45
Literature Sales Tax	330.41	161.81	166.60	276.77
Literature Postage	21.12	49.64	33.95	22.32
Sales+/-	10.00	78.99	2.04	
Archives Room Rent	270.00			
Com. Meetings at CO	24.00	11.00	18.00	24.00
Mail/Misc				
Acc Credit(Described in letter 6/23/16, Code Drc		186.25		
Tax Returns				
Transfer from PR				
Income Transfer				
"Gratitude Month" (NOV)				
Conventions/Day of Sharing				
<b>Monthly Income</b>	<b>10,344.24</b>	<b>7,684.11</b>	<b>10,173.40</b>	<b>9,643.69</b>
<b>Expenses</b>				
Building Rent/Utilities	1,312.49	1,489.41	1,489.41	1,489.41
St.Michaels Rent			35.00	35.00
Payroll Gross	2,769.24	2,796.93	4,236.93	2,824.62
Employment Taxes	211.86	213.97	324.12	216.08
Unemployment Surchar	(2.40)	57.60	(3.60)	(2.40)
NYS Sales Tax		896.84		
Insurance				
State Ins Fund(Travelers)		60.00		
Health	535.30	535.30	535.30	535.30
D&O Insurance				
Liability				
Postage	400.96	420.00		204.23
Phone/Internet	138.53	138.53	138.84	138.84
Accounting	1,175.00			
Paychex	119.48	119.48	189.17	119.48
Advt				
Talking Phone Book				
Dex Media	133.05	181.55	181.55	181.55
website				
Local Edge	612.00		165.00	
Yellow Pages				
Literature Expenses				
Grapevine		461.36		
World Services Inc	647.40	1,727.20	1,705.04	2,037.40
Hazeldon				418.95
Printers		500.00	3,108.75	
Medallions		448.33	9.85	
Petty Cash				
Office Supplies	445.55	101.98	123.61	410.91
Copier leasing	209.00	209.00	209.00	209.00
Copies/ service contract	161.00	161.00	161.00	161.00
Bank Fee's including credit c	67.44	75.43	66.85	62.93
literature returns reimbursement				
Convention				55.00
CO Seminar			463.70	
<b>Monthly Expenses</b>	<b>8,935.90</b>	<b>10,593.91</b>	<b>13,139.52</b>	<b>9,097.30</b>
<b>Monthly Income (Loss)</b>	<b>1,408.34</b>	<b>(2,909.80)</b>	<b>(2,966.12)</b>	<b>546.39</b>
<b>End Balance</b>	<b>19,086.15</b>	<b>16,176.35</b>	<b>13,210.23</b>	<b>13,756.62</b>
Petty Cash	3,000.00	3,000.00	3,000.00	3,000.00
<b>Total Balance</b>	<b>22,086.15</b>	<b>19,176.35</b>	<b>16,210.23</b>	<b>16,756.62</b>
<b>PRUDENT RESERVE</b>	<b>23,139.95</b>	<b>23,140.33</b>	<b>23,140.72</b>	<b>23,141.11</b>
Assets: Literature & Medallions	11,851.86	10,757.52	13,572.86	13,196.70
Literature Receivable:(outstanding)	333.87	315.14	795.53	703.76
PIC - Removed from Stock	11.95			
<b>Corrections Facilities</b>	<b>2,516.15</b>	<b>2,378.15</b>	<b>2,321.55</b>	<b>2,388.55</b>
Contributions	145.00	203.40	70.00	90.00
Acc Credit(Described in letter 6/23/16, Code Drcr)		23.00		
Bank Fee's	3.00	3.00	3.00	3.00
Expenses	280.00	280.00		280.00
<b>Balance</b>	<b>2,378.15</b>	<b>2,321.55</b>	<b>2,388.55</b>	<b>2,195.55</b>
<b>Treatment Facilities</b>	<b>652.92</b>	<b>739.92</b>	<b>670.60</b>	<b>884.95</b>
Contributions	370.00	138.68	217.35	137.00
Acc Credit(Described in letter 6/23/16, Code Drcr)		75.00		
Expenses	280.00	280.00		280.00
Bank Fee's	3.00	3.00	3.00	3.00
<b>Balance</b>	<b>739.92</b>	<b>670.60</b>	<b>884.95</b>	<b>738.95</b>

YTD: 2015

36,421.07  
542.50  
4,957.00  
449.00  
28,850.47  
1,900.90  
205.30  
321.43  
270.00  
149.00  
5,000.00  
79,252.92  
10,973.28  
23,704.68  
2,017.54  
39.60  
3,905.46  
372.00  
4,301.77  
1,071.00  
1,103.15  
2,071.90  
1,154.76  
1,175.00  
1,100.08  
1,554.15  
1,068.60  
671.36  
11,140.48  
1,440.08  
5,883.75  
573.52  
1,845.79  
1,672.00  
1,288.00  
712.92  
155.00  
463.70  
81,529.57  
(2,276.65)

**Intergroup wants to express our appreciation** for those groups and individuals who have made generous financial contributions, and give a **special thank you** to all the members who have volunteered their time this year to help the sick and suffering alcoholic.

*Bill W. wrote of Intergroup Offices, "Though not costly, these agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength—and that, under our Tradition of self-support, we are all going to foot the bill"*  
*"Self-Support: Where Money and Spirituality Mix" pamphlet*

**??? Food For Thought ???**  
Bob D. (Las Vegas) says we can experience all of the 9th step promises and fail to stay sober without the 10th step promise that says "the problem has been removed".  
**!!!!WOW!!!!**

**"This is the baffling feature of alcoholism as we know it – this utter inability to leave it alone, no matter how great the necessity or the wish."**  
B.B pg 34

**Concept X: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.**

- Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates? 4
- Why is delegation of "authority" so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of "authority"?

New Frontiers ~ October 2016

GROUP CONTRIBUTIONS 2016

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	AUGUST	YEAR	AUGUST	YEAR	AUGUST	YEAR
		0.00		0.00		0.00
5 7 Clans		0.00		0.00		0.00
5 12 Steps/12 Traditions		0.00		0.00		0.00
1 4th Step Stumblers/F.U.N.		0.00		0.00		0.00
5 6th Step		0.00		0.00		0.00
5 5th Tradition (Youngstown)		0.00		0.00		0.00
2 AA BREAKFAST		0.00		0.00		0.00
4 A Day At A Time		140.00		0.00		0.00
6 A VISION FOR YOU		0.00		0.00		0.00
3 Abbott Corners		50.00		0.00		0.00
3 Abbott Men's	70.00	170.00		0.00		100.00
2 Acceptance/Welcomer		200.00		0.00		0.00
8 Achievement		75.00		0.00		75.00
4 Action		100.00		25.00		25.00
2 Age Doesn't Matter		0.00		0.00		0.00
5 Albion Grapevine		0.00		0.00		0.00
5 Albion New Beginnings		0.00		0.00		0.00
3 Alexander		0.00		0.00		0.00
All Is Well		50.00		0.00		0.00
8 Amherst Snyder	56.30	219.07		0.00		0.00
6 Amsdell Step		150.00		0.00		0.00
6 Angola Early Bird		67.00		0.00		0.00
2 Any Age		0.00		0.00		0.00
3 Any Length	30.00	240.00		0.00		0.00
4 Arcade		0.00		0.00		0.00
6 As Bill Sees It		230.00		0.00		0.00
8 Attitude Adjustment(Williamsville)		100.00		50.00		50.00
5 Attitude Adjustment(NF)		0.00		0.00		0.00
6 Attraction	50.00	230.00		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		0.00		0.00		0.00
5 Big Book Lockport		50.00		0.00		0.00
6 Big Book Study		40.00		0.00		0.00
3 Blasdell		0.00		0.00		0.00
3 Blasdell Saturday		90.00		0.00		0.00
1 Bodhisattva		0.00		0.00		0.00
5 Boulevard Helping Hand		0.00		0.00		0.00
2 Boulevard Women	50.00	75.00		0.00		0.00
2 Brass		10.00		0.00		0.00
7 Buffalo Group		0.00		0.00		0.00
3 Buffalo Creek		40.00		0.00		0.00
3 By the Wayside		175.00		0.00		0.00
6 Carry the Message		50.00		0.00		0.00
7 Casting		0.00		0.00		0.00
Castile		60.00		0.00		0.00
1 Cathedral Park		0.00		0.00		0.00
8 Cayuga Wake-Up Call		650.00		0.00		0.00
3 Caz Manor		0.00		0.00		0.00
3 Caz Manor Sunday		300.00		0.00		0.00
7 Central City Café		153.00		0.00		0.00
6 Changing Our Way's		0.00		0.00		0.00
2 Chapter IX		0.00		0.00		0.00
3 Cheektowaga	195.00	570.00		0.00		0.00
6 Changing Our Way's		100.00		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
1 Commitment		140.00		0.00		0.00
8 Common Problem		0.00		0.00		0.00
1 Complanters		0.00		0.00		0.00
3 Courage		50.00		0.00		0.00
2 Daily Reflections	155.00	355.50		0.00		0.00
2 Daily Reprieve		0.00		0.00		0.00
2 Dawn of Hope		0.00		0.00		0.00
2 Depth & Weight	15.00	105.00		0.00		0.00
6 Derby		495.00		0.00		0.00
6 Derby Lunch	30.00	80.00		0.00		0.00
6 Desire		0.00		0.00		0.00
2 Desperate		0.00		0.00		0.00
1 Downtown Men's		0.00		0.00		0.00
6 Dunkirk Monday Night		0.00		0.00		0.00
6 Early Bird Step		0.00		0.00		0.00
5 Early Rising Obliging		0.00		0.00		0.00
8 East Amherst		100.00		0.00		0.00
8 East Amherst Traditions		157.37		10.00		10.00
4 East Aurora		400.00		0.00		0.00
2 Easy Does It	130.00	340.00		150.00	30.00	240.00
6 Eden		90.00		0.00		0.00
4 Ellicottville		100.00		0.00		0.00
2 Elmwood		0.00		0.00		0.00
6 Everybody's	19.52	152.52		0.00		0.00
1 Express		0.00		0.00		0.00
8 Eyeopener	592.80	1871.60		0.00		0.00
4 Eyeopener South		1216.00		486.40		0.00
2 Feelings		0.00		0.00		0.00
8 Fireside PM	200.00	350.00		0.00		0.00
8 Fireside		597.00		0.00		0.00
5 First Step (NF)		50.00		0.00		0.00
6 Forestville Sunday Serenity		150.00		0.00		0.00
6 Fredonia Discussion		0.00		0.00		0.00
2 Freedom		150.00		0.00		0.00
7 Fresh Start	55.00	185.00		0.00		0.00
1 Friday Night Lights		0.00		0.00		0.00
5 Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS 2016

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	AUGUST	YEAR	AUGUST	YEAR	AUGUST	YEAR
2 Friends of Bill W.		100.00		50.00		50.00
3 Gardenville		220.00		0.00		0.00
8 Georgetown		0.00		0.00		0.00
Getting Better		9.00		0.00		0.00
6 Gettin With It		0.00		0.00		0.00
1 Giving		0.00		0.00		0.00
6 Go to Any Length		1583.50		0.00		0.00
5 Golden Slipper		150.00		0.00		0.00
2 Grace Point		0.00		0.00		0.00
2 Grand		0.00		0.00		0.00
2 Grand II Joy of Living	50.00	150.00		0.00		0.00
2 Grateful		25.00		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	29.00	44.00		0.00		0.00
4 Helping Hand	25.00	100.00		0.00		0.00
8 High Noon	200.00	900.00		0.00		0.00
8 High View		0.00		0.00		0.00
4 Hillbilly		100.00		40.00		50.00
1 H.I.P.		0.00		0.00		0.00
6 Holiday Village	100.00	100.00		0.00		0.00
4 Holland	100.00	100.00		0.00		0.00
6 Honest Solutions		90.00		0.00		0.00
2 Honesty		0.00		0.00		0.00
Hope's Horizon		0.00		0.00		0.00
2 How It Works/Men's		325.00		0.00		0.00
1 HUDSON & WADSWORTH		0.00		0.00		0.00
3 IF HE WERE SOUGHT		0.00		0.00		0.00
Independence (NF)		50.00		0.00		0.00
3 Inspiration		0.00		0.00		0.00
5 Intoxicated on Life		0.00		0.00		0.00
3 Ironhorse	232.00	1040.00		0.00	17.00	47.00
8 IT		0.00		0.00		0.00
3 Just For Today/ Cheektowaga		210.00		0.00		0.00
5 Just For Today/ Albion		0.00		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		0.00		0.00		0.00
6 Lakeshore	50.00	830.00		0.00		10.00
6 Lakeview		75.00		0.00		0.00
3 Lancaster Dailey Reprieve		50.00		0.00		0.00
Lawyer's		200.00		0.00		0.00
5 LewPort		0.00		0.00		0.00
2 Liberty Women		125.00		0.00		0.00
4 Life Today		0.00		0.00		0.00
8 Lighten UP		200.00		0.00		0.00
1 Living Clean		0.00		0.00		0.00
2 Living in the Solution		0.00		0.00		0.00
Living Sober	20.00	70.00		0.00		0.00
5 Lock City		0.00		0.00		0.00
5 Lockport #1	180.00	280.00	90.00	90.00	90.00	290.00
5 Lockport Discussion		0.00		0.00		0.00
5 Lockport Ladies	100.00	200.00		0.00		0.00
5 Lockport Tuesday		0.00		0.00		0.00
5 Lockview		0.00		0.00		0.00
7 Love		55.00		0.00		0.00
7 Lovejoy		0.00		0.00		0.00
5 Lower River		150.00		0.00		0.00
1 Main and High		60.00		0.00		0.00
4 Main Street	100.00	200.00		0.00		0.00
8 Maple		0.00		0.00		0.00
3 Marching Forth		50.00		0.00		0.00
4 Marilla	35.00	265.00		0.00		0.00
3 Matt Talbot	120.00	695.98		0.00		0.00
6 Mckinley Winners		0.00		0.00		0.00
5 MEDINA STEP WORK/BIG BOOK		20.00		0.00		0.00
5 Medina New Life		0.00		0.00		0.00
8 Mercy		0.00		0.00		0.00
3 Mid-day		50.00		0.00		0.00
8 Midnight Discussion		0.00		0.00		0.00
2 Morning After		600.00		0.00		0.00
2 Mustard Seed II		0.00		0.00		0.00
3 New Beginnings/St. Vincent		0.00		0.00		0.00
5 Newfane Living Sober		25.00		0.00		0.00
5 New Freedom		0.00		0.00		0.00
5 New International		0.00		0.00		0.00
3 New Life		160.00		0.00		0.00
5 New Outlook		0.00		0.00		0.00
1 New Westside		0.00		0.00		0.00
Niagara Falls Convention		500.00		0.00		0.00
5 Niagara Frontier Men's Disc.		105.00		0.00		0.00
2 North Buffalo	288.00	398.00		0.00		0.00

New Frontiers ~ October 2016

GROUP CONTRIBUTIONS 2016				
GROUP	CENTRAL	CORRECTIONS	TREATMENT	
4 North Java Monday	0.00	0.00	0.00	0.00
4 North Java Sunday	0.00	0.00	0.00	0.00
1 One Day At A Time	0.00	0.00	0.00	0.00
5 Open Arms	0.00	0.00	0.00	0.00
1 Open Mind	0.00	0.00	0.00	0.00
4 Orchard Park Step	659.27	25.00	50.00	
8 Our Meeting @ the VA	0.00	0.00	0.00	0.00
5 Pendleton Chapter Five	0.00	0.00	0.00	0.00
5 Point of No Return	40.00	0.00	0.00	0.00
7 Powerless	0.00	0.00	0.00	0.00
1 Pride	10.00	0.00	0.00	0.00
1 Primary Purpose	46.00	0.00	0.00	0.00
4 Principles Bef. Personalities	30.00	60.00	0.00	0.00
2 Purpose/Tonawanda	540.00	90.00	90.00	
2 Questions & Answers	250.00	0.00	0.00	0.00
6 Quitting Time	300.00	0.00	0.00	0.00
1 Quo Vadis	0.00	0.00	0.00	0.00
4 Ray of Hope	0.00	0.00	0.00	0.00
3 Recovery Near the Gardens	66.46	0.00	0.00	0.00
1 Reflections	0.00	0.00	0.00	0.00
5 Reflections on Recovery	0.00	0.00	0.00	0.00
7 Remember When	20.60	365.94	0.00	0.00
1 Renaissance	100.00	800.00	0.00	0.00
3 Renaissance Women	0.00	0.00	0.00	0.00
8 Renewal	0.00	0.00	0.00	0.00
3 Ridge	0.00	0.00	0.00	0.00
1 Rise and Shine	20.00	0.00	0.00	0.00
7 Rochester	0.00	0.00	0.00	0.00
4 Rural is Plural	0.00	0.00	0.00	0.00
2 Sally	0.00	0.00	0.00	0.00
8 Saratoga	0.00	0.00	0.00	0.00
2 Saturday 12 & 12	0.00	0.00	0.00	0.00
8 Saturday Night Alive	0.00	0.00	0.00	0.00
6 Sat. Nite Sober	0.00	0.00	0.00	0.00
2 Searching For Serenity	200.00	0.00	0.00	0.00
7 Second Chance	0.00	0.00	0.00	0.00
2 Serenity	300.00	0.00	0.00	0.00
6 Serenity on the Lake	0.00	0.00	0.00	0.00
8 Serenity Sister's	0.00	0.00	0.00	0.00
6 Serenity Trails	0.00	0.00	0.00	0.00
1 Setaside	329.25	0.00	0.00	0.00
2 Sheridan	50.00	150.00	0.00	0.00
6 Silvercreek Friendship	0.00	100.00	0.00	0.00
5 Simplicity	0.00	0.00	0.00	0.00
5 Sister's & Brother's	39.64	39.64	0.00	0.00
3 Sober Saturday	200.00	0.00	0.00	0.00
6 Sober Trails	0.00	0.00	0.00	0.00
2 Sober Train	0.00	0.00	0.00	0.00
5 Sober Winners	50.00	150.00	0.00	0.00
6 Sobriety Men's Disc.	206.00	0.00	0.00	0.00
5 Sobriety On The Canal	125.00	0.00	0.00	0.00
5 Sobriety on a Sat. Night	0.00	0.00	0.00	0.00
5 Sobriety on the Lake	0.00	0.00	0.00	0.00
8 Sobriety Sisters	82.00	0.00	0.00	0.00
7 Solidarity	56.88	0.00	0.00	0.00
5 Somerset	0.00	0.00	0.00	0.00
3 South Buffalo	1116.97	25.00	61.35	
3 South Town	225.00	0.00	0.00	0.00
3 Southgate	30.00	0.00	0.00	0.00
4 Southwestern	0.00	0.00	0.00	0.00
2 Spiritual Progress	40.00	140.00	0.00	0.00
4 Springville Sat. Afternoon	0.00	0.00	0.00	0.00
4 Springville Tues. Night	50.00	50.00	50.00	50.00
4 Springville Wed. Noon	10.00	55.00	0.00	0.00
4 Springville New Life	0.00	0.00	0.00	0.00
3 Sprout into Sobriety	0.00	0.00	0.00	0.00
8 St. Barnabas	0.00	0.00	0.00	0.00
4 St. Mark's	0.00	0.00	0.00	0.00
8 Stargazers	0.00	0.00	0.00	0.00
3 Starting Over/By The Book	400.00	600.00	0.00	0.00
2 Step Action Group	254.00	0.00	254.00	
8 Step it Up (Wehrle)	40.00	0.00	0.00	0.00
8 Stepping Stones/Will.	50.00	0.00	0.00	0.00
5 Steps 1, 2 & 3	265.00	0.00	0.00	0.00
6 Sunday @ 8:00	0.00	0.00	0.00	0.00
5 Sunday Grapevine	0.00	0.00	0.00	0.00
1 Sunday's Best	0.00	0.00	0.00	0.00
6 Sunday in Cattaraugus	120.71	248.69	0.00	0.00
3 Sunday Morning Breakfast	550.00	0.00	50.00	
1 Sunrise Court	400.00	0.00	0.00	0.00
8 SUNY Amherst Campus	78.08	0.00	0.00	0.00
2 Surrender and Hope	0.00	0.00	0.00	0.00
8 TGIF	0.00	0.00	0.00	0.00
4 Thankful	0.00	0.00	0.00	0.00
7 The Absolutes	0.00	0.00	0.00	0.00
1 The Beginnings Of Recovery	75.00	0.00	25.00	
6 The Derby Lunch	0.00	0.00	0.00	0.00
3 The Herd	0.00	0.00	0.00	0.00
1 The Journey	78.50	0.00	0.00	0.00
2 The New Group	0.00	0.00	0.00	0.00
8 The Noon Meeting	500.00	0.00	0.00	0.00
2 Three Legacies	113.57	0.00	0.00	0.00
3 Thruway	10.00	0.00	0.00	0.00
7 Thurs. Nite Steppers	0.00	0.00	0.00	0.00
8 T'nT	120.00	360.00	0.00	0.00
5 Today	60.00	0.00	0.00	0.00

GROUP CONTRIBUTIONS 2016						
GROUP	CENTRAL	CORRECTIONS	TREATMENT			
6 Tri County	90.00	0.00	0.00	0.00		
6 Tri-Step Beginners	0.00	0.00	0.00	0.00		
3 Try Again	110.00	0.00	20.00			
4 Tuesday Men's AM	100.00	0.00	0.00	0.00		
4 Tuesday Afternoon	0.00	0.00	0.00	0.00		
3 Tuesday Women's	200.00	0.00	0.00	0.00		
2 Turning Point	100.00	0.00	0.00	0.00		
5 Twin Cities	100.00	0.00	0.00	0.00		
6 TWO PONDS	0.00	0.00	0.00	0.00		
8 Unity	60.00	0.00	0.00	0.00		
2 University Men's Disc.	300.00	0.00	0.00	0.00		
3 Valley	0.00	0.00	0.00	0.00		
3 Victory	0.00	0.00	0.00	0.00		
3 Victory Women's	102.00	0.00	0.00	0.00		
1 VIP	0.00	0.00	0.00	0.00		
1 Wake Up Call	81.00	0.00	0.00	0.00		
6 WE( Women's Experience)	100.00	0.00	0.00	0.00		
2 WE BELIEVE	200.00	0.00	0.00	0.00		
3 We Care	300.00	0.00	0.00	0.00		
7 We Don't Know	14.00	126.70	0.00	0.00		
Westfield	100.00	0.00	0.00	0.00		
1 Westminster	0.00	0.00	0.00	0.00		
1 What's Going On	0.00	0.00	0.00	0.00		
2 Why	10.00	0.00	0.00	0.00		
8 Williamsville	100.00	0.00	0.00	0.00		
6 Willing To Grow	0.00	0.00	0.00	0.00		
5 Wilson Group	50.00	0.00	0.00	0.00		
6 Wilson Smith Alumni	0.00	0.00	0.00	0.00		
1 Women In Recovery	0.00	0.00	0.00	0.00		
5 Women In Sobriety	0.00	0.00	0.00	0.00		
8 Women Making the Effort	300.00	40.00	40.00			
1 Women's West Side	0.00	0.00	0.00	0.00		
Anonymous	20.00	0.00	0.00	0.00		
Anonymous	20.00	0.00	0.00	0.00		
Anonymous	10.00	0.00	0.00	0.00		
Anonymous	10.00	0.00	0.00	0.00		
Donna F.	100.00	0.00	0.00	0.00		
Victor	5.00	0.00	0.00	0.00		
Bank Credit	0.00	23.00	0.00	0.00		
Anonymous	500.00	0.00	0.00	0.00		
Robert H.	150.00	0.00	0.00	0.00		
Anonymous	34.00	0.00	0.00	0.00		
Randal M.	27.58	27.58	0.00	0.00		
Anonymous	50.00	0.00	0.00	0.00		
	0.00	0.00	0.00	0.00		
	0.00	0.00	0.00	0.00		
	0.00	0.00	0.00	0.00		
TOTALS	4650.15	35458.49	90.00	1131.40	137.00	1587.35

**Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.**

- Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
- Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
- What in AA history gave rise to our Tenth Tradition?
- Have I had a similar experience in my own AA life?
- What would AA be without this Tradition? Where would I be?
- Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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