

NEW FRONTIERS

CLASSIC GRAPEVINE

WHAT ABOUT THIS 24-HR PLAN?
by B.P., Manhattan, N.Y.
January 1968

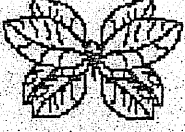
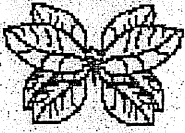


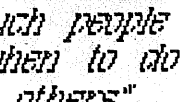
What does the 24 hour plan say? It says, "Take your life one day at a time. Whether it be staying away from a drink or conducting any other activity in life, don't let yesterday or tomorrow distract you from what you can do today."

It is the art of living where you can act, of focusing our energies down to the pinpoint of time in which we can perform - this living instant. This is the only instant in which I can do anything about drinking or refusing to drink, the only instant in which I can do anything about carrying the message or, for that matter, do anything about any activity in my life.

Why does the 24 hour plan work? It has worked for me because it breaks life down into manageable segments - one at a time. Another reason the 24 hour program has worked for me is that it offers emotional rewards for success. If I say that I shall never take another drink as long as I live, I shall have to be on my deathbed before I know whether I made it. And if I get hit by a truck, I'll never know. So life has become an endless reaching for a goal which I may never have the satisfaction of knowing I reached. But if I decide I will not have a drink today, I know at the end of the day that I've made it. This is an achievement and, like all achievements, yields satisfaction. I do the same day after day, and I am piling achievement on achievement and building an equity that becomes more precious - and therefore one I am less likely to give up - with every passing day.

I had to make the 24 hour plan a habit. I would tie it to something everyday - taking a shower for instance. Every morning in the shower I would set the structure for the 24 hour plan of that day.

[Continued Pg. 3]

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BASIC PRINCIPLES: STEP 9		
Discipline		
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"Made direct amends to such people wherever possible, except when to do so would injure them or others."

SUBMISSIONS

We were asked at the Central Committee meeting to print the Topics for the Coming issues of this paper for the next few months. Here they are:

October: Perseverance
November: Awareness of God
December: Service

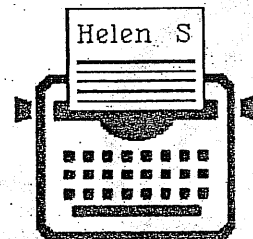
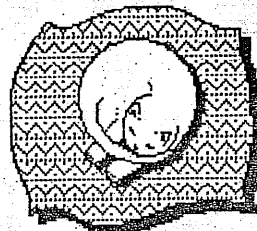
We hope that this will spur each of you to think about writing an article or some other demonstration of your

Helen's Corner ...

Discipline. My first reaction was -YUCK- I don't even want to consider this. Discipline has always meant forcing myself to do something I have no desire to do. Usually to avoid the D word I just let things slide. There is a saying not to choose is still choosing.

Finally, I figured there had to be more to the D word than what I thought so I consulted Webster and found out it also means "a course of study". This is a definition to which I can relate. For the last eight years I have studied and practiced the hows and whys of being sober. This has not been a simple or easy process for me. I've made plenty of mistakes but the most important fact is that I've learned from everything good or bad I've chalked it all up to experience.

This month I came across a short sentence which turned a light on in my head. It hit me between the eyes - a bullseye; I said yes that's what I have been doing. The sentence is, "Our addictions were external solutions; we were living from the outside in." I admit I've judged myself by comparing myself, my thoughts, acts, life - to TV shows, other peoples lives, the status quo. The insanity of doing this is that I can't possibly measure up to the outside world in my mind.



Up till eight years ago my solutions to escape from my feelings of inadequacy was to use and abuse alcohol and drugs. The reason a light lit in my head is I realized I have continued, in the last eight years, to compare my insides to the outside world. When I didn't measure up my solution has been to deny my feelings and keep silent, not telling anyone. I have up to reading that sentence living by the code - "Don't speak, don't feel, don't trust." What an awful, painful way to live. If it had not been for this AA course of study and my desire to change I would not have read that sentence nor become aware of how I've been reacting to my life. So what is my next step -

Well it's up to me to practice, one day at a time, speaking and trusting to others the hows and whys of my insides. I know some days I will be more willing to share than others but the important point is now I am consciously aware of what I've been doing. I believe I've made an important discovery about myself. With the support of AAers and meetings I know I will keep on learning more about myself. I remain yours in the spirit of AA. Thank you.

BE GOOD TO YOURSELF

by L.A., Vally Stream, NY
Grapvine - May 1978

I always wanted to be a really good person. Today, I have some different ideas to add to my idea of being good. I literally wallowed in guilt and self-hatred during my drinking days. This habit has been hard to break in sobriety. In a strange way, I thought that if I paid enough homage to the gods of guilt, I would some day be forgiven, and that lashing myself with my faults was what God wanted of me, to teach me humility and somehow to let me pay for all my wrong doings when I was drinking.

Now, I think there can be healthy guilt feelings if they are used in a healthy way. That sudden rush of dismay I feel when I do something wrong is my conscience prodding me to take a good look, to be honest, and to try to do better next time.

But when I spend a great deal of time dwelling on my faults until I am defeated and without hope, what am I really doing? I am saying to God, "You may love me, but I don't."

I will serve another God today, and when I have made myself sufficiently miserable, I will infect all those around me.

I will deny anyone else's love for me as well, and become angry, cranky full of anxiety and negative thinking, so that my loved ones and friends will absorb these feelings, too."

If we really believe that we are the children of a loving God, can't you almost hear Him saying, "What are you doing to my child today?" Would you be so cruel to your own children as to follow them around for hours or days reciting to them every fault and wrongdoing of their lives? Would you build on their insecurity by telling them over and over that they can't make it?

Being a good person means to me that you are good to yourself in a healthy way, distorting neither your faults nor your virtues. The "balance of nature" we read about includes a balance in natural feelings, and I don't think serving the devils of self-hatred and guilt is serving God at all.

CAUGHT IN HATELAND

BY R.S., LAVERNE, CALIF.
GRAPEVINE DECEMBER 1966

During my drinking years I was a general all-around expert on all subjects. Now I feel that my experience qualifies me as an expert on only two, resentments and rationalizations.

Although there is a relationship between them, resentments are developed against people and situations which we think are the cause of our trouble. My mind was one big total resentment against the world and everything in it. I didn't know how to think any other way. My thoughts were automatically resentful.

On looking back, I can see that during my whole life before AA, I believed that I judged other people objectively. What I believed, was to my mind, fact. It never occurred to me that the 'facts' might be wrong. Many years of rationalizing kept forcing me to turn the (n)ful spotlight away from me and onto others.

After about eight months of effort on the 4th and 10th steps, the only sudden thing that ever happened to me in AA happened.

In one flash of insight I saw that if I were to wait for all the other people to shape up, I was going to get drunk and stay drunk for a long time. In that instant I saw all the things I had considered facts, were not facts at all, but my own thoughts. And that this was very fortunate, because I could do something about changing my thoughts but nothing about changing the people around me.

I think the most important factor in eliminating resentments is to know you have them. You can't fix something if you don't know what's wrong. As time passed, I recognized resentments more readily, and began to learn little devices that helped me in getting rid of them.

For instance, I learned to reason about them this way: A resentment is made up of two parts; 1) the facts, and 2) the emotional content. As to the facts, I may be right or I may be wrong, but that's not important right now. As soon as I can, I will review them and try to find out the actual truth of the matter.

And then there is another very powerful little thing you can do, if you have made just a little progress in the life of the spirit, and that is to say to yourself, about whomever you feel the resentment, "God bless you." And really mean it. If you don't feel quite that spiritual, you can at least say "I wish you well."

As you practice you learn may tactics in fighting resentments. And you can be absolutely certain that your handling of them will keep improving just as long as you keep practicing.

[24 HOUR PLAN

Continued from Pg.1]

The program goes something like this:

1) First, I thank God for my sobriety during the preceding day.

2) Next, I search my mind for something in the preceding day that I did better than I would have done before. Some little victory over a character defect - some little application of something I have learned in AA. And I thank God for it.

3) Third, I say to myself that I am an alcoholic. I know that the human mind reflexively dims down unpleasant memories. And I am resolved to counteract this reflex, lest I could ever think I can safely drink again.

4) Fourth, I decide not to take a drink during the coming day and ask God's help in carrying out this decision.

5) Last, I decide on "Today's Special." Each morning I pick out one fault or character defect that I am going to concentrate on for that day, and I ask God's help in making progress.

The 24 hour plan is a discipline whose yield is freedom. In my own efforts to apply the 24 hour plan, I have been so bold as to do violence to the Serenity Prayer:

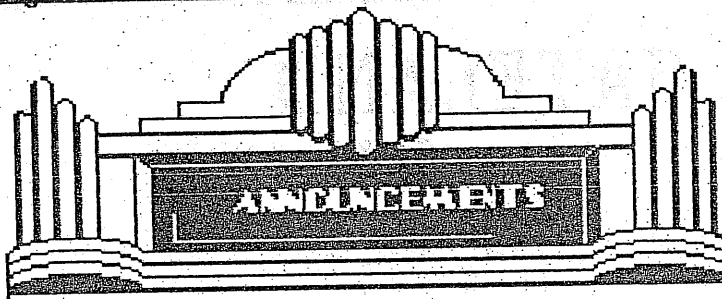
**GOD GRANT ME THE
SERENITY TODAY TO
ACCEPT THE THINGS
I CANNOT CHANGE
TODAY.**

**COURAGE TODAY TO
CHANGE THE THE
THINGS I CAN TO-
DAY.**

**AND THE WISDOM
TODAY TO KNOW THE**

So this is the prescription for productivity, serenity and therefore happiness that AA has given me. And this is the reason I can say from the bottom of my heart, "Thank God I am an alcoholic."





MEETINGS, MEETINGS, MEETINGS.

NEW MEETINGS:

ALEXANDER - THURSDAY - 8:30 PM - Open - United Methodist Church, 10540 Main St. Alexander, NY (New in our Central Committee)

ST. THOMAS GROUP - THURSDAY - 7:00 PM - Open Discussion - St. Thomas Episcopal Ch 537 South Park Avenue,

AS BILL SEES IT - WEDNESDAY - 7:30 PM - Closed Discussion - Hamburg Presbyterian Church, 177 Main Street, Hamburg. This meeting is NON-SMOKING.

RUSH HOUR - TUESDAY - 4:00 PM - Open Discussion - Michael Hall, 2nd Floor on the Main Street Campus of the University of Buffalo.

PLEASE NOTE:

HILBERT COLLEGE GROUP - SUNDAY - 8:30 PM, Campus Center, 5200 South Park Avenue, Hamburg - Open Discussion, open speaker last week of the month. This group is now meeting. (closed June and July)

WHY - SUNDAY - 8:30 PM - is updating their records for those wanting to receive their anniversary pins at the group, if so, please talk to the secretary at the meeting.

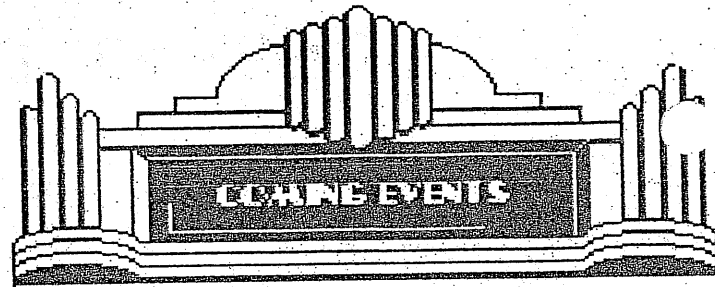
MEETING CHANGE

STEPPING STONES - THURSDAY - 7:30 PM - Tri-County Hospital, Gowanda is now a NON-SMOKING MEETING.

HIGH NOON - SUNDAY - 1:00 PM - will now meet at the West Avenue Presbyterian Church at 104 West Ferry.

11TH STEP GROUP - TUESDAY - 10:00 AM - 8760 Transit Road in East Amherst no longer meets.

LIBERTY WOMENS' - FRIDAY - 8:00 PM - which meets at the Church of the Advent, 521 Delaware Road, will be an open speaker meeting the last week of the month.



SEPTEMBER 4 - MONDAY - CATHEDRAL PARK GROUP will be closed for the holiday.

SEPTEMBER 8 - FRIDAY - THANKFUL GROUP - will be celebrating its' 20th Anniversary at 10:00 AM, 651 Oakwood, East Aurora, NY. This will be an open meeting only. Guest speaker - Bill T. - Miracle Group. Lunch and goodies served. Bring a dish if you wish. Come and help us celebrate.

SEPTEMBER 10 - SUNDAY - SOUTH BUFFALO GROUP ANNUAL FAMILY PICNIC at McKenna Shelter, Chestnut Ridge Park. Noon til dark. Games and food. Bring yourself and a dish to share.

SEPTEMBER 17 - SUNDAY - RUSH HOUR - will celebrate its' First year Anniversary with a speaker and refreshment at Harriman Hall in the Red Room on the second floor of the University of Buffalo Main Street Campus. The Hall is near Diefendorf Loop.

SEPTEMBER 24 - SUNDAY - FRESH START - will celebrate its' 6th Anniversary with an eating meeting at Our Lady of Lourdes Church, 1107 Main Street near Best at 9:00 PM.

OCTOBER 20, 21, 22 - BUFFALO FALL CONVENTION - BUFFALO HILTON

JULY 5-8, 1990 - 55 YEARS-ONE DAY AT A TIME-INTERNATIONAL CONVENTION, SEATTLE, WASHINGTON. Registration forms will be out soon. There are two groups of individuals organizing group trips. One tour has already been negotiated through the Greyhound Bus Co. which includes the bus fare, lodging one night in Minneapolis Minnesota and one in Billings, Montana to and from Seattle; lodging in Seattle and transportation to and from the meetings.

- 1 to a room - \$895.00
- 2 in a room - \$690.00
- 3 in a room - \$625.00
- 4 in a room - \$585.00

Call Elizabeth G. 852-5760 or Henrietta W. 884-9014



DINING EVENTS

An other group is negotiating air fares to Seattle. In order to obtain the best possible price (\$300-\$400 round trip) they need to know how many seats will be needed. A \$15.00 refundable deposit is needed by September 30, 1989. If you are interested call John L. 632-0452 or Bill L. 838-4135.

9TH STEP *"Made direct amends to such people wherever possible, except when to do so would injure them or others."*

9TH TRADITION *"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."*

PLEASE SUPPORT THE ENVELOPE SYSTEM.

48TH BUFFALO FALL CONVENTION

AS MANY OF YOU KNOW, PREPARATIONS ARE BEING MADE FOR THE BUFFALO FALL CONVENTION. THIS YEAR THE CONVENTION WILL BE HELD AT THE BUFFALO WATERFRONT HILTON. THE MAIN DINING ROOM OF THE HILTON CAN ACCOMODATE 500 PEOPLE FOR THE SATURDAY NIGHT BANQUET/SPEAKER. ARRANGEMENTS HAVE BEEN MADE FOR AN ADJACENT ROOM WHICH WILL HOLD AN ADDITIONAL 250 PEOPLE. IN THIS ROOM CLOSED CIRCUIT TELEVISION SETS WILL BE SET UP SO THE SPEAKER CAN BE EASILY SEEN AND HEARD.

IT IS RECOMMENDED THAT GROUPS AND/OR INDIVIDUALS MAKE THEIR RESERVATIONS AS SOON AS POSSIBLE TO BEST MEET THEIR PERSONAL PREFERENCES.

OCTOBER 20TH, 22ND, AND 23RD,
1989

ACTION AND MORE ACTION

GRAPEVINE, JANUARY 1978

The one thing that pops into my mind most often when I think of the Big Book of Alcoholics Anonymous is the incredible number of times it mentions giving this program away to keep it. I like the way Bill and Dr. Bob, co-founders of AA, carried the message to the third member. On page 186, they say, "We have a program whereby we think we can stay sober. Part of that program is that we take it to someone else, that needs it and wants it." In fact, I was guilty of saying that a number of times until I read Dr. Bob's story. He says on page 180, "I spend a great deal of time passing on what I learned to others who want and need it badly." I am aware that not too many members care to go out on Twelfth Step calls. One of the reasons I hear is "I gave up after a few tries. I guess they weren't ready yet." The chapter "A Vision for You" tells how early AAs experienced a few distressing failures, but knew they must help other alcoholics if they wanted to remain sober.

I keep involved in the AA program, trying to give back a little of what I have recieved so freely. Whenever I go to a meeting, I like to arrive early and stay late. I like the face-to-face sharing before and after the meetings. That way, I get to meet the new members and give them a warm welcome, a handshake, and a smile.

The Big Book's Chapter "Working with Others" says on page 89, "Carry this message to other alcoholics! ... Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of new friends - this is an experience you must not miss." It is these things that keep me going back for more, because each one of them has happened before my eyes.

If you really want to get into action, and you have already taken Steps One, Two, and Three, and you honestly know that you should do Step Four, but you keep putting it off (the way I did), I suggest that you get moving right now. Open the Big Book and start from the bottom of page 63: "We launched out on a course of vigorous action." For those who say, "Oh, I've taken the Steps" turn to page 88, where it says, "But this is not all. There is action and more action." For me, that's what this program is all about. That's the magic word - ACTION!

REMEMBER

CENTRAL COMMITTEE MEETING
SUNDAYS - Sept 3 and Oct 2, 7:00 PM. at
80 Goodrich Street behind Buffalo General.

HEART OF THE FELLOWSHIP

The bulletin you see in the next two columns is reprinted from a slinger sent out by General Service. It is printed here to draw your attention to how you can carry the message.

There is much need for everyone to participate at whatever level they can. Not only for the groups' sake but for the individual's sake himself(herself).

It has been our observance that people within the fellowship either are not being led into service or do not think it is important to give into the Fellowship in gratitude some sort of service for all that has been given them and so that they may continue to stay sober and gain all of the spiritual gifts of the program.

We have many Area Committees to which an individual can give some energy and find his(her) sobriety and serenity much increased. You will find these Committees listed on the back page of this newsletter. We hope you will find one or more to which either yourself or someone you are sponsoring might like to participate in.

Next to this writing, you will find a form it asks for your name and phone number and some other information which will be helpful in connecting you or you sponsee with the Committee person responsible for the actions of said committee. Please fill out and mail in to the Central Office or call Central Office with the same information. Both address and phone are on the back page.

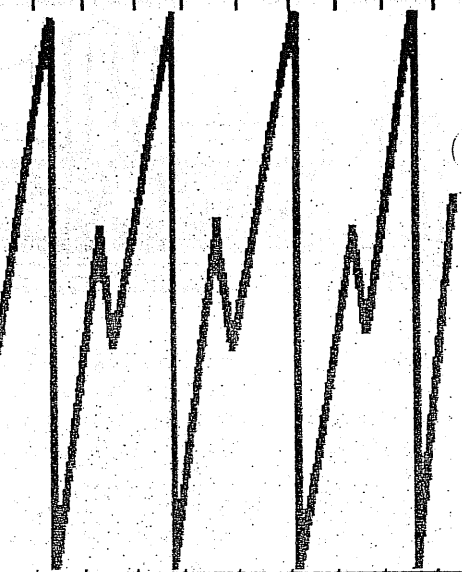
HEART OF THE FELLOWSHIP

WHAT MAKES IT BEAT?

CARRYING THE MESSAGE

SERVICE: From G.S.R. to the group secretary, service is simply getting involved and giving back in any way we can. And this giving back is helping to carry the AA message to our fellow alcoholics.

LITERATURE: More than 12 million pieces of AA literature, distributed annually, has but one goal, to carry AA's message of hope to alcoholics, both within or to those looking for our Fellowship.



CONTRIBUTIONS: From dollars in the basket at our home groups to writing a check to intergroups, C.O.s areas and districts or G.S.O.; every time we give we are helping to carry the message of hope to alcoholics everywhere.

PARTICIPATION: Attending a meeting, putting out hand. Simply being there. That's participation. Calling a fellow drunk. Twelfth step calls. That's participation. And all participation has but one goal: to carry AA's message to other alcoholics - both within or to those looking for our Fellowship. And so that we may stay sober ourselves.

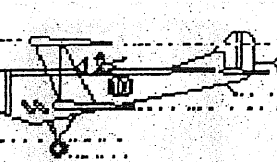
"When anyone, anywhere reaches out for help
I want the hand of AA always to be there"

NAME _____

HOME GROUP _____

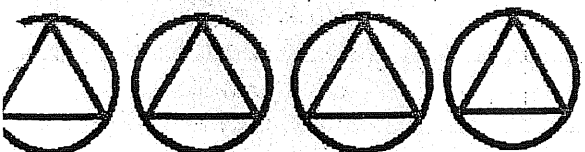
PHONE _____

COMMITTEE YOU WANT TO PARTICIPATE IN _____



Movin' On In Sobriety

<u>RTH</u>	<u>N. JAVA</u>	<u>CHAPTER IX</u>	<u>EYEOPENER</u>	<u>HAPPY HOUR</u>
<u>UFFALO</u>	<u>AUGUST</u>	Bill G. 5yr.	Jack C. 7yr.	Delores R. 8yr.
orma F. 6yr.	Tom McG. 6yr.	Bernie H. 3yr.	Jane C. 6yr.	Yvonne D. 3yr.
ohn E. 6yr.	Leon K. 2yr.	Tim K. 3yr.	William W. 4yr.	Roy P. 2yr.
ussell P. 3yr.	Jim McN. 1yr.	Bryan McK. 2yr.	Darrell B. 4yr.	Walter P. 2yr.
assie C. 2yr.	Deanne Y. 1yr.	Karen P. 2yr.	Don K. 4yr.	Charie H. 2yr.
urt M. 2yr.	Buzz W. 9mo.	Jack S. 2yr.	Greg K. 3yr.	John L. 1yr.
onique R. 1yr.	Dean M. 9mo.	Bob W. 2yr.	Mark G. 2yr.	Joshua F. 1yr.
bbert K. 1yr.	Bruce G. 9mo.	Eileen T. 2yr.	Charles P. 2yr.	Valerie J. 1yr.
an R. 1yr.	Mike P. 9mo.	Dave D. 1yr.	Bob A. 2yr.	Tina W. 6mo.
avid H. 1yr.	Mike C. 6mo.	Paul C. 1yr.	Jim S. 2yr.	Michael C. 6mo.
z L. 1yr.	<u>SEPTEMBER</u>	John H. 9mo.	John K. 2yr.	Bill W. 6mo.
ictor C. 6mo.	Cindi C. 2yr.	James K. 9mo.	Simon G. 1yr.	Jerome H. 6mo.
runk C. 6mo.	Deidre McM. 9mo.	Mike M. 6mo.	Earl H. 1yr.	Dave C. 6mo.
ward S. 6mo.	Fran E. 9mo.	<u>WOMEN'S</u>	John H. 1yr.	MaryEllen 8mo.
<u>OVEJOY</u>	<u>GIVING</u>	<u>WESTSIDE</u>	Mike N. 1yr.	Edward S. 3mo.
ernie S. 17yr.	Dan W. 6yr.	<u>DISC.</u>	George W. 9mo.	Pat A. 3mo.
udy M. 6yr.	Beth B. 6mo.	Norma F. 6yr.	Rob M. 9mo.	Norman S. 3mo.
ark G. 2yr.	<u>HARMONY</u>	Lynn S. 4yr.	Michael H. 9mo.	<u>FIRESIDE</u>
aul C. 2yr.	James S. 1yr.	Rhonda H. 3yr.	Brad R. 9mo.	Charlie J. 9yr.
enry Z. 2yr.	George Mc. 9mo.	Lottie 3yr.	Paul R. 6mo.	Jack C. 7yr.
oe T. 1yr.	<u>SHERIDAN/</u>	Judy D. 3yr.	Herb Z. 6mo.	Jack G. 7yr.
aul S. 9mo.	<u>HONESTY</u>	Robin H. 2yr.	Laurie M. 6mo.	Doris R. 6yr.
ohn M. 6mo.	Fred C. 14yr.	Debbie B. 2yr.	John V. 6mo.	Darrell B. 4yr.
eff W. 6mo.	John S. 12yr.	Valerie J. 2yr.	Gus S. 6mo.	Don K. 4yr.
rt McG. 6mo.	John M. 11yr.	Glenda B. 1yr.	Pat B. 3mo.	Chris R. 4yr.
oe T. 6mo.	Dal H. 9yr.	Blaire D. 9mo.	Bill R. 3mo.	AnnMarie K. 3yr.
ie V. 6mo.	William N. 9yr.	Erlene R. 9mo.	<u>FREEDOM</u>	Michael B. 2yr.
ames H. 3mo.	Glenda F. 5yr.	Tara S. 9mo.	Antonia F. 5yr.	Rick C. 2yr.
orge H. 3mo.	Jean M. 4yr.	Edna P. 6mo.	Jean M. 4yr.	Donald D. 2yr.
<u>RAND</u>	Anne S. 3yr.	Diana F. 6mo.	Dudley D. 1yr.	Dudley J. 2yr.
ary M. 10yr.	Molly McC. 2yr.	<u>COLD SPRINGS</u>	Rose McN. 1yr.	John K. 2yr.
ll K. 9yr.	Brian McK. 2yr.	Elizabeth G. 17yr.	Sandy P. 1yr.	Donald W. 2yr.
arry H. 8yr.	Paul C. 1yr.	Margaret A. 11yr.	Lee C. 9mo.	John N. 1yr.
eggy M. 6yr.	Dale J.P. 1yr.	Lottie M. 3yr.	Joe McK. 9mo.	Sean K. 1yr.
rian C. 4yr.	Dale L.P. 1yr.	Bernice L. 1yr.	Stanley G. 6mo.	Ward B. 9mo.
bttle L. 2yr.	Rose McN. 1yr.	Narcellus L. 9mo.	<u>DERBY</u>	Steven M. 9mo.
erb S. 2yr.	Greg W. 6mo.	Karen Z. 6mo.	Bill D. 14yr.	John G. 6mo.
ail G. 2yr.	Dennis W. 6mo.	<u>WED. LUNCH</u>	Jim S. 2yr.	Marlene H. 6mo.
<u>ENSINGTON</u>	Darlyn T. 6mo.	Morris T. 9mo.	Bill F. 1yr.	Bill R. 3mo.
orma F. 6yr.	Sophia K. 6mo.	Jeanette S. 6mo.	<u>WHY</u>	<u>BRASS</u>
am S. 3yr.	<u>KENMORE</u>	Robin G. 6mo.	George E. 15yr.	Terry 8yr.
evin N. 1yr.	Maureen G. 2yr.	John D. 6mo.	John W. 6yr.	Jean N. 5yr.
lene 9mo.	Bryan McK. 2yr.	Dale M. 3mo.	Wendy W. 5yr.	Paul 2yr.
<u>OUTH</u>	Roxanne L. 1yr.	<u>CAZENOVIA</u>	Bernie H. 3yr.	<u>WE CARE</u>
<u>UFFALO</u>	Paul C. 1yr.	Allen P. 2yr.	Bryan McK. 2yr.	Jack R. 7yr.
ary D. 17yr.	Jim K. 9mo.	Jim D. 1yr.	Phyllis W. 1yr.	Carl K. 2yr.
ike K. 2yr.	Mike M. 6mo.	Tom C. 1yr.	Scott P. 1yr.	Bill G. 6mo.
retta H. 6mo.	Eddie A. 3mo.	Steve P. 1yr.	David D. 1yr.	<u>NEW WESTSIDE</u>
nuck O.Jr. 3mo.	<u>LAKESHORE</u>	Katrina C. 6mo.	Paul C. 1yr.	Tom D. 4yr.
	Betty B. 1yr.	Larry L. 6mo.	<u>FRESH START</u>	Kevin C. 6mo.
	Trina W. 6mo.	Megan P. 6mo.	Margaret A. 11yr.	
	Mike L. 3mo.	Mike L. 3mo.		



AA CENTRAL OFFICE

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

(716)853-0388

Executive Secretary - Delphine H.
Clerical - Helen B.

Our Co-Founders



Dr. Bob
1879-1950



Bill W.
1895-1971

CENTRAL COMMITTEE

Chairman - Larry B.
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). **OPEN TO ALL AA MEMBERS.**

SUB-COMMITTEES OF THE CENTRAL COMMITTEE

Correctional Facilities - Martha C.
Treatment Facilities - Dan M.
Buffalo Fall Convention - Lloyd E.
Screeners - Lynn C.
New Frontiers - Larry B.
Editorial - Helen S. and Don H.
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: Sue G.
3 - South Buffalo: GIGI P.
4 - Southtowns: Gary H.

DISTRICT 5 - Northern Tier: Paul H.
6 - Southern Tier: Dick L.
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 **September 15th** for inclusion in the October issue. Your artwork, poems, articles etc. are also welcome.

NEXT MONTH'S THEME : Step 10 - Perseverance

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)
and send to the Central Office.

Make checks or money orders payable in
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NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____

c/o Alcoholics Anonymous
845 Ellicott Square Bldg
295 Main Street
Buffalo, NY 14203-2545

Chairman, Larry B. 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. Corrections to minutes of August 6, 1989 were:

1. ENVELOPE SYSTEM - year to date for 1989 should be \$4,950, instead of \$4,283.
2. BUFFALO FALL CONVENTION - Ron W. stated that he requested a vote of confidence, contingent upon monthly reports from that committee.

It was moved by Elizabeth G., and seconded by Harold W. to accept the minutes as read and corrected.

53 GROUPS WERE REPRESENTED:

AGE DOESN'T MATTER	FRESH START	NEW WESTSIDE
AS BILL SEES IT	GIVING	NEW ZION
ATTITUDE ADJUSTMENT	HAPPY HOUR	NORTH BUFFALO
BIDWELL	HARMONY	NORTH JAVA
B.M.D. BIDWELL MONDAY	HIGH NOON	OPEN MIND
BOULEVARD WOMENS	HONESTY	RUSH HALL
CASTING	IGNATIA	SECURITY
CAZENOVIA	IRON HORSE	SHERIDAN
CHAPTER IX	KEEP ON COMIN'	SOUTH BUFFALO
COLD SPRINGS	KENMORE	SUNDAY NITERS
COMMON PROBLEMS	KENSINGTON DISC	SUNRISE COURT
DELAWARE DISC	LET GO & LET GOD	UNIVERSITY MENS
DERBY	LOCKVIEW	URBAN
EARLY BEGINNINGS	LOVEJOY	WEDNESDAY LUNCH
EARLY BIRD	MATT TALBOT	WESTMINSTER
FEELINGS	McKINLEY WINNERS	WHY
FORD	MIRACLE	WILLIAMSVILLE
FREEDOM	NEW LIFE	

The Chairman called for the various reports:

ENVELOPE SYSTEM:		Helen B.	
	1988	1989	
AUGUST	\$ 585.00	\$ 516.00	\$ 69.00 (11.8%) DECREASE
YEAR TO DATE	\$6,146.00	\$5,466.00	\$680.00 (11.1%) DECREASE

STEERING COMMITTEE: Bernie A.

Meeting opened at 6:00 PM with the Serenity Prayer. Present: Larry B., Bernie A., Sue G., Gigi P., Carol R., and Helen B.

OLD BUSINESS:

1. Treatment Facility Workshop date is Tuesday, October 3, 1989, at the Sheraton East. A \$15.00 registration, including lunch, coffee, and danish, starts at 8:00 A.M. A.A., N.A., Al-Anon, and Professional panels - Purpose is to try to get some sort of understanding between facilities and the 12 step programs.
2. Report of guidelines for signing slips for court is left up to the group conscience. One solution was to give out cards with the group's name on it (not individual member's names) Suggested that groups discuss in group conscience meetings the possible drawback of giving slips with individual names.

3. Twelve Step list needs to be updated. Mentioned in article in the NEW FRONTIERS. Volunteers are being sought.
4. Delphine has been working on an open meeting schedule for distribution to treatment centers, etc. This is a possible way to deal with people who attend meetings, who don't necessarily have an alcohol problem.
5. Convention Guidelines - problems identified with some of the guidelines will have to be worked out. One idea is to seek out a five year contract with one hotel. Another idea is to bring the overall price down is to charge a nominal fee for attendance at the Saturday night dance.
6. Listing an event in the Central Office bulletin - the guideline is: if the event is sponsored by a group it maybe listed. If Central Committee feels that is too loose a guideline, new guidelines will have to be drawn up.

FINANCIAL REPORT: Helen B. (See Attached)

TREATMENT CENTERS: Bernie A.

An update was presented regarding the Treatment Facility Workshop, which will take place on Tuesday, October 3, 1989. The professional panel has been chosen. An A.A. group is being formed at Sheehan Hospital.

CORRECTIONAL FACILITIES: Toni H.

All meetings are running smoothly. Anyone wishing to attend a Correctional Facility meeting, please call the Central Office.

SCREENERS REPORT: No Report.

CENTRAL OFFICE Helen B.

A.A. INFORMATION 736

PIC		12 STEP	16
CPC		LITERATURE REQUESTS	107
ALANON	76	REFERRAL TO OTHER AGENCIES	46
ALATEEN	7	REFFERAL FROM OTHER AGENCIES	18
ACOA	44		
McCALLS SERVICE GROUP		CENTRAL OFFICE	

OUTGOING CALLS	51	OUTGOING CALLS	138
INCOMING CALLS	491	OUTGOING MAIL	\$168.88
		VISITORS	191

NEW FRONTIERS: Larry B

Attention was brought to the volunteer form for anyone who wishes to participate in a Central Committee sub-committee.

BUFFALO FALL CONVENTION: Joe H.

Lloyd E. will get information to the Central Office on Tuesday, September 6th., regarding tickets, availability of tables, etc. Members are invited to attend the September 5th meeting at the Hilton Hotel. The banquet speaker, John Vicaire, has passed away. Program outline will be given to Larry B. for printing in the NEW FRONTIERS. Still suggest to register early. 500 seats -main ballroom, 250 seats in other room.

CHRISTMAS VIGIL:

No Report.

COURTESY REPORTS:

G.S.A. - GENERAL SERVICE ASSEMBLY: Elizabeth G., Grapevine Chairperson

The full body G.S.A. meeting will be held on September 24, 1989 at 2:00 P.M. at the Orchard Park Town Hall. Elections of officers will be held.

P.I.C. - PUBLIC INFORMATION COMMITTEE: No Report.

C.P.C. - COOPERATION WITH THE PROFESSIONAL COMMUNITY: NO REPORT.

RE-CAP

OLD BUSINESS;

1. Treatment Facility: Marcia W. suggested that profits from the Mini-Convention be turned over to Central Committee, as we provided seed money.
2. Elizabeth G. questioned the existence of A.A. meetings at Sheehan Hospital. Bernie stated the meetings will not be sponsored by this committee. Ron E. wants to form a new group. Helen B. explained the difference a meeting and a group. Harold W. suggested inviting Ron E. to a Central Committee meeting.
3. Buffalo Fall Convention: Bob H. asked whether there will be live music at both dances. Joe H. said yes.

NEW BUSINESS:

1. Joe K. requested input regarding problems which need to be ironed out at a new group in Tonawanda. Complaints will be sent to the Steering Committee for recommendations.
2. Mike S. stated that the High Noon group will meet at 2:00 pm from now on instead of 1:00 p.m.
3. Bob H. suggested that all representatives report to their groups the importance of sending contributions for the Buffalo Fall Convention, Hospitality and coffee funds.

A motion was made by Ralph K. and seconded by Helene R. to close the meeting. The meeting was closed with the Lord's Prayer.

Respectfully Submitted,
Lue Summers,
Recording Secretary
Cold Springs Group

Central Committee Account Financial Statement #504-771-7 AUGUST 25, '89 - SEPT. 25, '89			
45 Groups Contributed			2156.20
Joint Meeting (expenses 9.10)			31.50
New Frontiers Subscription			36.00
Envelope System			433.00
Literature			1538.38
		Total receipts	4195.08
DISBURSEMENTS			
	# 10 Ellicott Square Court Corp - mth rt		431.00
	Community Mental Health Center - mth rt		35.00
	McLean Service Group		171.20
	Helen J. Brady		107.44
	Delphine A. Hoy		281.00
	Helen J. Brady		165.64
	Delphine A. Hoy		281.00
	Collins Correctional Facility - A.A Grp (money dep. in wrng acc't)		75.00
	The Buffalo News - mth bl		250.80
	Deer Park Spring Water, Inc		57.95
	Helen J. Brady		107.44
	Delphine A. Hoy		281.00
	New York Telephone		125.75
	A.A. World Services, Inc.- lit		944.58
	M & T Bank - fed. withhold tax		489.44
	Helen J. Brady		107.44
	Delphine A. Hoy		281.00
	The Grapevine - Bks		400.00
	U.S. Postmaster - mtr. rl.		400.00
	McLean Service Group - Mth bl		139.60
	Petty Cash		50.00
		Disbursements	5182.28
RE-CAP			
	Balance Pr Checkbook 8/25/89	11515.89	
	Add Receipts 7/25/89 - 8/25/89	4195.08	15710.97
	Deduct Expenses 7/25/89 - 8/25/89		-5182.28
	Balance Pr Checkbook 7/25/89 - 8/25/89		10528.69
	Operating debit for 8/25/89	(987.20)	
	M&T Savings Accounts		18983.47
	M&T Checking Accounts		10528.69
	Total Monetary Assets		29512.16
	Projected Prudent Reserve-1yr.		-36000.00
	Reserve debit		-6487.84

GROUP			Common Hour			Giving		
1st Step		40.00						
11th Step		47.50	Common Problem	49.20	236.55	Golden Slipper		400.00
1st. Things 1st.		45.00	Common Problems at VA			Good Life		
3rd Step			Community Center		75.00	Grand		
6th Step			Cornplanters Again	50.00	110.00	Grand II Joy Of Living		60.00
A Day At A Time		150.00	Courage		375.00	Grateful		75.00
A Helping Hand		22.50	Delaware Discussion	75.00	245.00	H.A.N.D.		245.00
Abbott Mens at VA			Derby	30.00	255.00	Half & Half		
Abbott Mens Discussion		60.00	Desire		85.00	Hamburg	175.00	175.00
Acceptance		375.00	DeVeaux Discussion		25.00	Handicappers Sat. Nite		50.00
Achievement		210.00	Downtown Discussion		60.00	Happy Hour		140.00
Action		50.00	Downtown Men's Disc.		45.00	Harmony	5.00	30.00
Active Achievement			Dunkirk		20.00	High View		
Age Doesn't Matter			E.C.M.C.			Hill Billy		480.00
Albion			Early Beginnings		25.00	Honesty		270.00
All Women			Early Bird			Humbly Willing		
Amherst Snyder		500.00	Early Start			Ignatia		20.00
Amherst Tree of Life		60.00	Easier Softer Way			Inner City		160.00
Amsdell Lakeshore			East Amherst			Inspiration		100.00
Any Age	25.00	25.00	East Aurora	35.00	315.00	Iron Horse		95.00
Arcade			East Aurora		25.00			
Attitude Adjustment			Eden-North Collins		240.00	Kenmore		100.00
Attraction	15.00	205.00	Ellicott	25.00	190.00	Kensington	20.00	100.00
Beginner's Table			Ellicottville			Ladies Night		
Beginnings			Emergency			Lakeshore	20.00	90.00
Bidwell	30.00	70.00	Eternal Vigilance	50.00	115.00	Lakeview		60.00
Bidwell Monday Disc.			Everybody's		40.00	Lazy Bee Ranch		
Big Book			Eye Opener		125.00	Let Go & Let God		150.00
Blasdell						Lew-port		20.00
Boulevard Women's		60.00	Father Baker		90.00	Liberty Women's	52.00	52.00
Brass		60.00	Feelings			Live and Let Live	130.00	325.00
Broadway-Bailey	20.00	90.00	Fireside	135.00	2355.00	Living Sober	25.00	225.00
Brocton Discussion		30.00	Fireside PM	25.00	101.00	Lock City	100.00	100.00
Came to Believe		212.00	Ford		300.00	Lockport #1		
Campus			Fredonia Bkft. Meeting			Lockport Discussion		
Casting	50.00	100.00	Fredonia Discussion			Lockport Ladies		
Cathedral Park		80.00	Freedom	25.00	200.00	Lockview		200.00
Caz Manor		50.00	Fresh Start			Lovejoy		20.00
Cazenovia		110.00	Friday Nite Disc.			Main View Manor		45.00
Central Park			Friendly		275.00	Marilla		
Chapter IX		100.00	Friendship Fireside			Matt Talbot	15.00	120.00
Chapter V								
Cheektowaga		120.00	Frontier		100.00			
Chevy #1						Mc Kinley Winners		80.00
Clarence Men's Dis		180.00	Gardenville		200.00	Medina		
Cold Springs		125.00	Getting it Together			Medina Sunday		

Flarcy		60.00	Saturday Night Disc	20.00	20.00	University Men's	150.00	1350.00
Mid-day			Saturday Night Alive			Urban		60.00
Mid-Erie AA Grp.	4.00	4.00	Saturday Nite Live			V.I.P		
Midnite			Second Chance			Valley		
Miracle			Security			Veteran's Hospital		
MOD			Serendipity			Victory		
Monday Nite			Serenity		100.00	We Admitted		50.00
Morning After			Sheridan	30.00	270.00	We Are Not Saints		
NDH-Tonawanda Forge			Silver Creek			We Care		200.00
Never Too Late			Sober Trail			We Choose Life		
New Awakening						We Need You		
New Beginnings		50.00	Sobriety Men's Disc			Wed. Lunchtime	20.00	144.65
New Direction			Somerset			Welcome		
New Frontier		100.00	South Buffalo		200.00	Welcome Home		
New Frontier Womans		25.00	South Town		240.00	West Seneca Sat. Nite	50.00	450.00
New Life	10.00	40.00	Southgate		18.00	West Valley		
New Westside			Southwestern		80.00	Westfield	60.00	120.00
New Zion		500.00	Spirit of H.O.P.E.		30.00	Westminster		
Niagara Frontier Men's		20.00	Springville		90.00	WHY	120.00	260.00
North Buffalo	80.00	720.00	Springville-no smoking	5.00	5.00	Williamsville		134.00
North Java			St. Barnabus		160.00	Wilson		
One Day at a Time (ODAT)			Step		40.00	Women's Westside Dis	100.00	150.00
Open Arms			Stepping Stones		60.00	Working		
Open Mind		80.00	Strozzi			You'll Never Walk Alone		
Pass It On	20.00	40.00	Sunday Niters	40.00	140.00	Youngstown		30.00
Patchin		100.00	Sunday Third		15.00	Native American		22.21
Peaceful			Sunrise Court		50.00	45 GRPS CONTRI.	2156.20	25370.91
Perry		50.00	SUNY - Amherst Campus		50.00			
Positively Living			Suburban					23214.71
Positively Living II			Swinging Door		50.00			2156.20
Primary Purpose			T'n'T			ACCUM: TOTAL		25370.91
Progress		600.00	TGIF		150.00			
Purpose		187.00	Thankful	36.00	181.00			
Rainbow		80.00	The Way		170.00			
Ray of Hope		210.00	Thru-way	120.00	2220.00			
Remember When		50.00	Thursday Afternoon Disc.					
Renewal			Thursday Nonsmoking					
Rush Hall	25.00	225.00	Today					
			Tri-County					
Rush Manor		150.00	Trinity Monday Night		425.00			
S. S. Sobriety		98.50	Tuesday Men's Disc.					
Salamanca			Tuesday Women's Disc.		20.00			
Salamanca Freedom			Turning Point		50.00			
Sally Group			Twin Cities	25.00	250.00			
Salvation Army			United Brotherhood					
Saratoga		200.00	Unity	60.00	280.00			