

AAW FRONTIERS

Volume 4

No.9

SEPTEMBER 1990

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CLASSIC GRAPEVINE

THE SIX S'S

by C.J., Pleasant Hill, Calif.
June 1971

Unquestionably, I needed AA. Those wonderfully simple truths from the Big Book and the emotional support of friends around the tables were for me. However, this was strange ground—not just a matter of getting my life back on the track, but of finding specific rewards and purposes to give it meaning again. I had seen others fail because they chose the wrong subject for research: Would that first drink really throw them? So I decided instead to research the plus factors in being an AA member. "Sure, I need it," I told myself. Then I asked, "But is that enough? Where is the challenge, and what are the rewards?"

Basically, I have found; the challenge is the discovery of a new and better way of life. For me, AA provides rewards and bonuses I would not have believed possible in my drinking days. My life has been greatly enriched by what I choose to call the Six S's: sobriety, sanity, serenity, spiritual growth, sharing and service.

Sobriety is the foundation on which all the rest are built. A clear head helps me learn to cope with life's problems rather than to aggravate them.

Sanity returns slowly with sobriety, depending largely on how confused one has become. Persistent working of the Twelve Steps on a day-to-day basis is essential. It is unrealistic to expect an immediate return to sanity; only with time can we put all things into perspective. Gradually, new patterns of thinking must be established and adhered to. I learned to encourage good thoughts to replace that stinking thinking.

Serenity has been called "a step beyond sanity." It is the ability to live comfortably with oneself and others in the world as it exists, whether or not that is the world of one's choice. The Serenity Prayer is an invaluable tool in making possible this high degree of acceptance of things as they are. Attaining the serenity to accept things (and people) I cannot change, the courage to change the things I can (including myself), and the wisdom to know the difference is a large order, requiring God's help.

Spiritual growth is a byproduct of the search for serenity by means of prayer and meditation.

Sharing the bounty of sobriety with those who still suffer is necessary in order to maintain the spiritual quality of sobriety. Gradually, we become willing to participate and to try to help others as we had been helped. Each experiences this need to share in his own way; it is akin to his need to be understood.

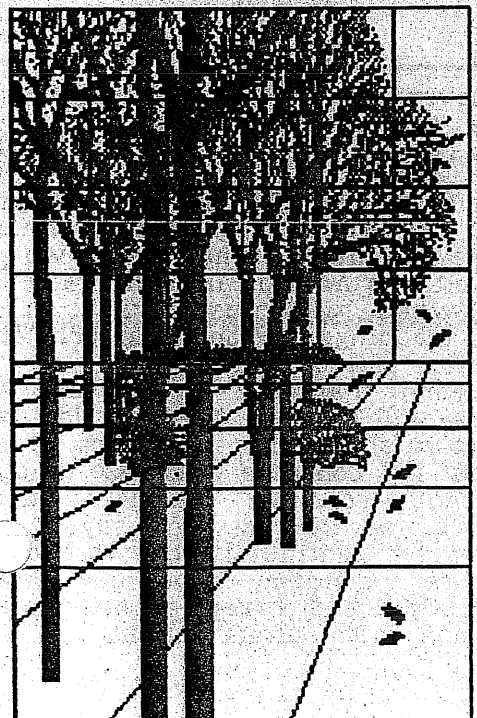
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WE WELCOME YOU....

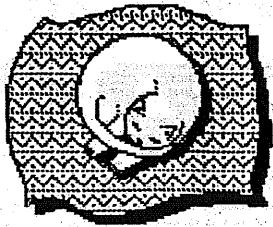
The following are the Themes for the coming issues of newsletter.

- October: Who me?
- 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.



Helen's Corner ...



Imagine you're home alone, one night. A terrible thunderstorm is raging outside. The wind is shaking branches against the window panes while the lights keep flicking on and off. Suddenly, your doorbell rings. Good God, you think, who would be out on a night like this. Scared stiff you summon the courage to ask, "Who is it?" A voice, accompanied by the storm and music from the Twilight Zone, says, "I've got a Godgram for you!" There is only one question to ask yourself, at a time like this, "Should you open the door?" There is one thing you're sure of and that is you are no longer scared stiff, oh no, your feelings have gone to sheer terror. Again the voice says, "I've got a Godgram for YOU!" Why you do it you don't know but, you find your hand on the doorknob. Slowly turning the knob you open the door and.....

Actually, I thought of calling this article - "Everything you ever wanted to know about Godgrams, but were afraid to ask!" Then it dawned on me that maybe very few have ever heard of a Godgram. It certainly doesn't come up in everyday conversations. So what is a Godgram?

A Godgram is the answer God gives us in response to our asking for help. The answer may not be what we want or expect to our asking but God does answer us. We don't have to approve of the answer but, we do have to come to terms with it and accept it.

PRINCIPLES AND PERSONALITIES

by J.C. Enfield, Conn.
Grapevine, June 1971

My name is Joe C., I have been sober four years now, and the last three have been happy years, though my first was miserable. I never want to live through that year again, and, if I don't pick up that first drink, I won't have to.

Recently, an AA friend of mine got drunk. I was crushed! He had been sober for two years. I liked him. Too much! I took his slip personally. It really bothered me. He came back to meetings after the drunk, but his attitude had changed. We spoke together after the meetings, but it wasn't the same.

My feelings were deeply hurt. I got mad at him for letting me down. I didn't for one minute consider his feelings - his guilt, remorse, heart-sickness. I thought not of his wife, children or father. I dwelled on only my own hurt. What self-centeredness and ego!

Since that time and after much deliberation, I understand the meaning of "principles before personalities." My friend's misfortune has helped me gain greater insight into the AA philosophy, I hope.

How do we receive a Godgram? The simplest way would be for God to send a messenger with a Godgram which would spell out exactly what his will for us is and what actions we are to take. Unfortunately, this will not happen. We receive Godgrams by listening to and observing other people. Ask yourself how many times has someone been put in your path who says or does something which gives us an answer to the problem we have been praying for help with. Well, that's a Godgram!

How many times have you experienced a co-incidence? Actually it isn't a co-incidence at all but a God-incidence. I believe God, at times, intervenes quickly in our lives, we mistakenly label this a lucky break but it isn't luck at all. It is in reality a Godgram we didn't ask for but one God felt we needed to have. God is the only one who has the over all big picture we only see and know a little picture, like the size of a TV screen. To be dependent on God means we believe that there are three things that only God knows - 1) the beginning of things 2) the cause of things and 3) the end of things. Our duty is to keep our ego out of God's business.

The way to be ready for a Godgram is explained in the Twelve and Twelve on page 26 "All you really need is a truly open mind. Resign from the debating society and quit bothering yourself with such deep questions as whether it was the hen or the egg that came first. Again I say, all you need is the open mind." An open mind knows it doesn't have all the answers and is ready to receive a messenger bearing a Godgram.

I must never again allow personalities to play so large a role in my sobriety.

Sober AA's are the finest people in the world in my opinion. The fellowships, the friendships and acquaintances are a tremendous benefit to our program - but they are not enough! There are many times when we are on our own, with no AAs to talk with, and this is the time when we must draw on AA principles and teachings. People can err; time tested principles cannot.

I must learn that any of us can, and probably always will fall by the wayside, and that I must not be shaken by these slips. It will not be easy, but if I continue to realize that my sobriety is a "daily reprieve" contingent on my spiritual growth (as the Big Book says), "AA principles must continually be worked" and that I must remember to put Joe second then and only then can I replace my egotism with compassion and understanding.

(Continued from Page 1)

Service not only gives us a sense of rejoining the human race, but fills that awful gap left by the absent bottle. Like happiness, service is where we find it - in making coffee, emptying ashtrays, doing Twelfth Step work, meeting with alcoholics in hospitals and institutions, being on committees, or taking part in AA meetings-whatever the challenge. To be able to give freely of self is the ultimate in happiness.

If the concern for these Six S's seem selfish, perhaps it is. Self-centered, it is not. Here is a chance to be at peace with ourselves again. We cannot accept such rewards without a true sense of humility when we remember how God searches out that one lost sheep. If I had not been so lost, I might never have known the joy of finding a spiritual home in AA.

THE TWELVE REWARDS

- 1) Hope, instead of desparation.
- 2) Faith, instead of despair.
- 3) Courage, instead of fear.
- 4) Peace of mind, instead of confusion.
- 5) Self respect, instead of self contempt.
- 6) Self confidence, instead of helplessness.
- 7) The respect of others, instead of their pity and contempt.
- 8) A clean conscience, instead of a sense of guilt.
- 9) Real friendships, instead of loneliness.
- 10) A clean pattern of life, instead of a purposeless existence.
- 11) The love and understanding of our family, instead of their doubts and fears.
- 12) The freedom of a happy life, instead of the bondage of alcoholic obsession.

THOUGHT FOR THE DAY

We find comfort among those who agree with us - growth among those who don't.

I'VE GOT HUMILITY AND NOW!

By Anonymous, Nonviolent Ward
Grapevine, July 1955

It took me quite a while to figure out this humility deal.. but, brother, I've sure got it now! My humility is so thick, you can cut it with a butter knife.

It's a well-known fact that I've got more humility than any other member of our group - and, what's more important, they realize it. Whenever this subject comes up in a closed meeting, everybody looks to me to explain what humility is - and how to get that way. The rest of them sit like dumb clucks and don't have anything to say.

"If I can do it, you can do it." I always tell them. Then I explain how humility is just the art of acting like you don't know it all and not being an egotistical S.O.B. like some members I could name. (Yes, I have named them, too. I believe in calling a spade a spade, which is the honest part of the program.)

Some of the older members of our group have started calling me "Mr. Humility", which goes to show how they recognize my superiority in this respect. Naturally, a couple of them are jealous because I have so much more humility than they have, and I explain it so much better.

Now and then, a newcomer sticks his head in the noose by sounding off with some dumb question about humility, at our closed meetings.

"How long have you been around AA?" I ask. That flatters them. They don't realize that, after so many years of alcoholic thinking, you don't get real quality humility right off the bat. However, I always believe in holding out some hope to the newcomer.

"Just act like me, bub," I tell him, "and it won't take you long to catch on."

I've been around AA a couple of years now, and I've seen 'em come and go. Slips? Well, I've had a few, mostly in recent months... but you can hardly call them slips. You see I've been trying to prove something. I know the mill-ran of alcoholics can't touch that first drink - the hoi-polloi, so to speak - but I'm different.

I'll admit I'm trying to taper off a bender right now. I admit I have a drinking problem. I don't know all there is to know about the Twelve Steps and all that other malarkey.

But don't you see? That's the very basis of my humility - I admit these things! I may not have as much continuous sobriety as some of the stuffed shirts I know. But I've got more damn humility than the whole pack of them put together!

**MEETINGS****MEETINGS****MEETINGS****NEW MEETINGS:**

WILLING TO GROW - Friday - 7:30 PM Closed Discussion, non-smoking, wheelchair accessible meeting at The Southern Erie Clinic, Camp & Sunset Roads, Hamburg, NY. Last Friday of month is an Open Speaker meeting.

MEETING CHANGES:

The MORNING AFTER & WE ADMITTED Groups - Broad Street Baptist Church, 116 Broad Street, Tonawanda, NY - 10:00 AM Monday & Wednesday are now one group. We are updating our membership list. Please contact the group, if you wish to stay a member.

ORCHARD PARK STEP - Tuesday 8:00 PM Orchard Park United Presbyterian Church, 4369 South Buffalo Street, Orchard Park, NY is now NON-SMOKING.

PATCHIN - Wednesday 9:00 PM - Churchill Memorial Church, 8019 Route 391, Boston, NY is now NON-SMOKING.

PLEASE NOTE:

NEW ZION - TUESDAY 8:00 PM - Temple Beth Zion, 805 Delaware Avenue, Buffalo, NY is WHEELCHAIR ACCESSIBLE.

RESTORED TO SANITY GROUP - WEDNESDAY - now meets at 7:00 PM - needs support. Salvation Army, 187 Grant Street, Buffalo, NY.

EAST AMHERST group needs support from its members and is updating their membership list. Please contact Ed S. at 634-6868 or come to the meeting at St. Mary Church, 6919 Transit Road, Swarmsville, NY at 8:30 PM on THURSDAY.

Both WEDNESDAY & SATURDAY EARLY BIRD groups need support. Open Discussion, smoking meetings at 10:00 AM in the basement of the United Methodist Church, Ontario & Tonawanda Streets, Buffalo, NY.

ATTITUDE ADJUSTMENT at 6:00 PM Mondays would like to remind all AA's that in order to keep sobriety we must give it away. Come and join us soon at St. John Maron's Church, 2040 Wehrle Drive, Williamsville, NY.

SEPTEMBER 2 - SUNDAY - WE NEED YOU Group is sponsoring a Dance at the Amity Club, 340 Military Road at Hertel Avenue, Buffalo, NY. Doors open at 7:30 PM, Music at 8:00 PM-1:00 AM, Buffet 10:00 PM-11:00 PM. Door prizes - Bring a dish, if you wish. Rock'n Roll to the Music of the 70's, 80's & 90's. Donation: \$6.00 per person, \$10.00 per couple. Meeting will be held at 8:30 PM in the Serenity Room.

SEPTEMBER 7 - FRIDAY - THANKFUL Group of East Aurora will be celebrating their 11th Anniversary at 10:00 AM. Open meeting with Guest Speaker, Ralph K., Sunrise Court group. Lunch & goodies, 50/50. Bring a dish, if you wish. Recreation Center, 651 Oakwood Avenue, East Aurora, NY.

SEPTEMBER 15 - SATURDAY - HUMBLY WILLING Group will sponsor a Musical Extravaganza at the St. John's Grace Church, 51 Colonial Circle at Lafayette & Bidwell, Buffalo, NY at 8:00 PM. Doors open at 7:00 PM. Open microphone for AA's participation.

SEPTEMBER 15- SATURDAY - NY-PENN INTER-GROUP WORKSHOP - First Presbyterian Church, 212 Laurens St., Olean, NY. \$2 registration and panels begin at 8 AM - 5:30 PM. Bring a dish Buffet 6 - 7 PM. Janet N. of Niagara Falls Intergroup as guest speaker. Pre-registration fee and coffee donations to: Inter-Group Workshop Treasurer, PO Box 1606, Olean, NY 14760.

SEPTEMBER 22 - SATURDAY - WNY GSA Presents: A TRADITIONS DAY, Our Strength in the Past...Is Our Hope in the Future! Holiday Inn, 5440 Camp Road, Rte. 75., Hamburg, NY. Panels begin at 8:30 AM. Banquet speaker: John S., N.E. Regional Trustee. Registration: \$3.00 with banquet \$15.00.

SEPTEMBER 22 - SATURDAY - H.A.N.D. Group - will be celebrating its 8th Anniversary with buffet and live band featuring the "Boomers"! Held at St. Aloysius School, 157 Cleveland Dr., Cheektowaga, NY. Doors open at 7:30 PM, buffet at 8 PM, dancing and live band from 9 PM - 1 AM. Tickets in advance and at the door \$8 donation. No admittance without a ticket - 300 limit. Giant 50/50. Come and help us celebrate and enjoy the fun!



G.S.A. SPONSOR'S TRADITIONS DAY

SEPTEMBER 25 - TUESDAY - ORCHARD PARK STEP Group - will be celebrating its One Year Anniversary with a speaker meeting. Come join us and enjoy pizza and refreshments. This is now a non-smoking meeting.

SEPTEMBER 29 - SATURDAY - ACTION Group - will be celebrating its 22nd Anniversary at 4414 S. Buffalo Rd., Orchard Park, NY - dinner 6-8 PM - speaker 8-9 PM followed by dancing from 9-1 AM. Donation \$10 for dinner and dancing - Donation \$3 for dancing only.

SEPTEMBER 30 - SUNDAY - FRESH START Group - will be celebrating its 7th Anniversary at 9 PM at Our Lady of Lourdes, 1107 Main St., Buffalo with a speaker and eating meeting.

NOVEMBER 2,3,4 - 49TH BUFFALO FALL CONVENTION - Hyatt Regency - the 49th Annual Buffalo Fall Convention is fast approaching. *Donations to the convention coffee fund would be appreciated - make payable to AA Buffalo Fall Convention and remitted to P.O. Box 525, Buffalo, NY 14215. Thank you.*

The three legacies left to us by the Founders of AA are Recovery, Unity and Service. The recovery program is expressed through the 12 Steps. This is how, we as individuals learn how to live a life free from alcohol.

We know the value of the 12 Steps in our AA life. Many in AA aren't aware of the importance of the 12 Traditions. As the forward of the 12 and 12 indicates, "AA's Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which AA maintains its unity and relates itself to the world about it the way it lives and grows."

The 12 Traditions are the glue which keeps the AA fellowship together. They are to the groups what the steps are to the individual. The Traditions promote the unity necessary to keep the doors of AA open, for those who come after.

It is through the Traditions that we emphasize our common welfare, group conscience, being a trusted servant, singleness of purpose, dealing with outside groups, public relations, and the principle of anonymity.

To learn more about how our fellowship works, we urge you to attend GSA's Traditions Day, September 22, 1990 at the Holiday Inn, Camp Road, in Hamburg. Registration is \$3.00 and the banquet and registration are \$15.00. The banquet speaker will be John S. our Northeast Regional Trustee. Panels begin at 8:30 a.m.

Come and learn more about how the General Service Board works and how our trusted servants carry on the worldwide work of AA.

Joanne McC. Co-Chairperson
688-2760



**CENTRAL COMMITTEE
MEETING
REMEMBER**



SUNDAYS - September 2 and October 7,
7:00 PM. at 80 Goodrich Street behind
Buffalo General. **Everyone Welcome.**

KEEP THOSE SEATS FILLED
by B.G., Philadelphia, PA.
Grapevine -- October 1980

Are you going to a meeting tonight? Nothing could please King Barleycorn better than if you stay home. The disease persuades one man that he has a headache and keeps him from a meeting and gets another to visit some old friends. The disease persuades a good many men and women to think they aren't feeling well enough to go out, although they will be at their businesses tomorrow even if they feel worse than they do tonight. The disease uses every weakness to help provide empty seats at the meetings. It's either raining or too hot to venture out.

I'm going to a meeting tonight to cheat my disease out of my empty seat. If everybody goes, it will be a great meeting, with no empty seats

THOUGHT FOR THE DAY

We discover that we receive guidance in our lives to just about the extent that we stop making demands upon God to give it to us on our order and on our terms. In praying, we ask simply throughout the day God place in us the best understanding of His will that we can have for that day, and that we be given the grace by which we may carry it out.

SHARING SHARING SHARING

Correction Facilities

The Correctional Facilities Committee invites 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 | Wende - Erie County |
| Friday: 7-8:30PM | Wednesday: 8-9:30PM |
| Saturday: 1:30 - 3:00PM | Collins #1 |
| Attica - Beacon Group | Sunday: 6:30-8:30PM |
| Wednesday: 6-8:30PM | Tuesday: 6:30-8:30PM |
| Wyoming | Saturday: 8:30-10:00AM |
| Wednesday: 7:00PM | Collins #2 |
| Annex: 7:00PM | Sunday: 6:30-8:30PM |
| Saturday: 7:00PM | Tuesday: 6:30-8:30PM |
| | Saturday: 8:30-10:00AM |

Treatment Facilities

The Treatment Facility Committee runs meetings at the Erie County Medical Center and would like to ask for some members to show up and participate in our discussion meetings. The following meetings need your support:

- Monday, 7:00 PM Discussion Meeting
- Wednesday, 7:00 PM Discussion Meeting
- Thursday, 7:00 PM Discussion Meeting
- Friday, 7:00 PM Discussion Meeting
- Saturday, 7:00 PM Discussion Meeting
- Sunday, 3:45 PM Speaker/Discussion Meeting

The Sunday meeting is well attended. ECMC is looking for a larger room to accommodate the rapid growing size of this meeting. Once we move we encourage all of you to visit this meeting. All meetings are in Room 981 of the Hospital.

ACTION BEGINS - 4TH STEP

by Don H., Treatment Chairperson

Many new members who come to us from Treatment Centers are telling us they have already completed the 4th and 5th steps. They need to understand that any use of our steps outside of Alcoholics Anonymous is not the same as doing our 12 Steps once you are committed to the AA recovery program.

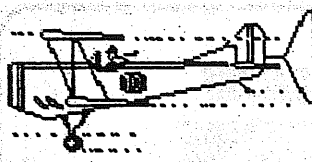
Alcoholics Anonymous 12 Steps are also coupled with our 12 Traditions. Our recovery program does not follow a time schedule and is guided by the ever present Higher Power.

During the first 3 steps a new member hears a lot about getting a sponsor. Once a person starts thinking about the 4th step they begin to realize the necessity for a sponsor. Thus, the recovery process begins.

A 4th step opens us up to the reality of our history and the moral issues that have such a crippling effect on us. The 5th step with our sponsor helps us admit to our past deeds and accept that we bare a responsibility for our actions. A good sponsor helps us identify our defects of character and those areas where we have harmed others. Once we have seen the hurt we have caused, we then identify those persons who we have harmed. Next the sponsor and sponsee work out a plan to make amends. The days, weeks and months that follow are close times for a sponsor and sponsee. They continue to meet and work their way through the recovery process. The bonding between these two people have lead to life long friendships.

The 28 days spent in a Treatment Center is mostly devoted to the discovery of what is wrong with us. Alcoholics Anonymous recovery program is life long and has the purpose of teaching us to live one day at a time without the need for alcohol. We should return to a normal life.





Movin' On In Sobriety

WE CARE

AUGUST
 Marcie S. 4yr.
 Bryan W.D. 1yr.
 Robert B. 6mo.
 Sheila D. 6mo.
 Timothy F. 3mo.
 SEPTEMBER
 Jack R. 8yr.
 Larry B. 6mo.

SHERIDAN/ HONESTY

Fred C. 15yr.
 John S. 13yr.
 John M. 12yr.
 Butch H. 10yr.
 William N. 10yr.
 Jean M. 5yr.
 Annie S. 4yr.
 Molly McC. 3yr.
 Brian McK. 3yr.
 Rose McN. 2yr.
 Dale P. 2yr.
 Dale J.P. 2yr.
 Paul C. 2yr.

N. BUFFALO

Norma F. 7yr.
 John E. 7yr.
 Russell P. 4yr.
 Kurt M. 3yr.
 Cassie C. 3yr.
 Liz L. 2yr.
 David H. 2yr.
 Dan R. 2yr.
 Monique R. 2yr.
 Dan G. 1yr.
 Mike M. 1yr.
 Frank C. 1yr.
 Francis M. 1yr.
 Christopher K. 1yr.
 Marilyn M. 1yr.
 Joe E. 1yr.
 Michael J. 1yr.
 Kenny P. 6mo.
 Sally H. 6mo.
 Ed S. 6mo.

NEW FRONTIER

Valerie J. 3yr.
 Debbie M. 3yr.
 Mike 2yr.
 Alfred J. 1yr.
 James M. 3mo.

LOVEJOY

Joyce A. 7yr.
 Geri H. 3yr.
 Chuck J. 3yr.
 Dave B. 9mo.
 Steve F. 6mo.
 Dave W. 6mo.
 Ralph K. 6mo.
 Mary G. 6mo.
 Chuck M. 3mo.
 Toni J. 3mo.
 Brian W. 3mo.

CHAPTER IX

Bill G. 6yr.
 Bernie H. 4yr.
 Tim K. 4yr.
 Bryan McK. 3yr.
 Karen P. 3yr.
 Jack S. 3yr.
 Bob W. 3yr.
 Eileen T. 3yr.
 Paul C. 2yr.
 Dave D. 2yr.
 Rita M. 1yr.
 Tim M. 9mo.
 John H. 6mo.
 Bob K. 6mo.
 Marion F. 3mo.
 Dan C. 3mo.

MORNING AFTER/ WE ADMITTED

Jack S. 13yr.
 Barbara H. 5yr.
 Bernie H. 4yr.
 Herb S. 3yr.
 Dottie L. 3yr.
 Betty H. 1yr.
 Lynn H. 6mo.
 Paul M. 6mo.

FREEDOM GROUP

Toni F. 6 yr.
 Jean M. 5yr.
 Rose McN 2yr.
 Sandy P. 2yr.

HARMONY

Herbert P. 3yr.
 Bill R. 2yr.
 George Mc. 2yr.
 Kathleen B. 1yr.
 Maureen H. 6mo.

EYE OPENER

Darrell B. 5yr.
 Don K. 5yr.
 Bob A. 3yr.
 Jim S. 3yr.
 John K. 3yr.
 John H. 2yr.
 Mike N. 2yr.
 Mike E. 1yr.
 Tony R. 1yr.
 Pete S. 1yr.
 Bill H. 1yr.
 Richard W. 1yr.
 Barbara 1yr.
 Don W. 1yr.
 John B. 1yr.
 Bob A. 9mo.
 Dave H. 9mo.
 Richard McC. 9mo.
 John A. 3mo.
 Pat W. 3mo.

GIVING

Murray G. 23yr.
 Sharon P. 5yr.
 Yvonne D. 4yr.
 Sheila H. 2yr.
 Paul E. 1yr.

COLD SPRINGS

Elizabeth G. 18yr.
 Lottie M. 4yr.
 Jerry L. 3yr.
 Glen McD. 2yr.
 Howard W. 1yr.
 Reggie L. 1yr.
 Darwin D. 9mo.
 Janet P. 9mo.
 Edward W. 6mo.
 Lionel T. 6mo.
 Bobby D. 6mo.
 Isiah W. 6mo.
 Mona W. 3mo.
 Val F. 3mo.
 Keith P. 3mo.

LET GO & LET GOD

Ernie J. 1yr.

FRESH START

Margaret A. 12yr.

WOMEN'S WESTSIDE

Norma F. 7yr.
 Lynn S. 5yr.
 Rhonda H. 4yr.
 Lottie 4yr.
 Robin H. 3yr.
 Valerie J. 3yr.
 Debbie B. 3yr.
 Glenda B. 2yr.
 Laurie S. 1yr.
 Alice O. 9mo.
 Paige R. 6mo.
 Melody M. 6mo.
 Diane A. 3mo.

WHY

George E. 16yr.
 Bernie H. 4yr.
 Brian M. 3yr.
 David D. 2yr.
 Paul C. 2yr.
 Dave P. 1yr.

KENMORE

George 16yr.
 Brian M. 3yr.
 Maureen G. 3yr.
 Michael M. 3yr.
 Paul C. 2yr.
 Roxanne L. 2yr.
 Mike C. 2yr.
 Dennis B. 1yr.
 James S. 1yr.
 Carol F. 1yr.
 Rita M. 1yr.
 Heather R. 9mo.
 Richard P. 9mo.
 Michelle M. 6mo.
 Gordon S. 6mo.
 Sam F. 6mo.
 Joe G. 6mo.
 Dan R. 6mo.
 Joe V. 3mo.

LIVE AND LET LIVE

ONE DAY AT A TIME.

EASY DOES IT

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

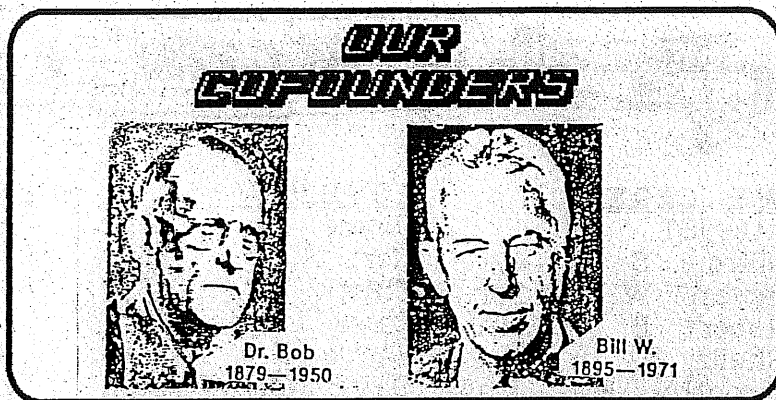
Chairman - Lynn C.
Recording Secretary - Lue S.
Financial Secretary - Roger P.

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.

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.



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).

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.

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 : Who Me?**

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
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