

SEPTEMBER 1995

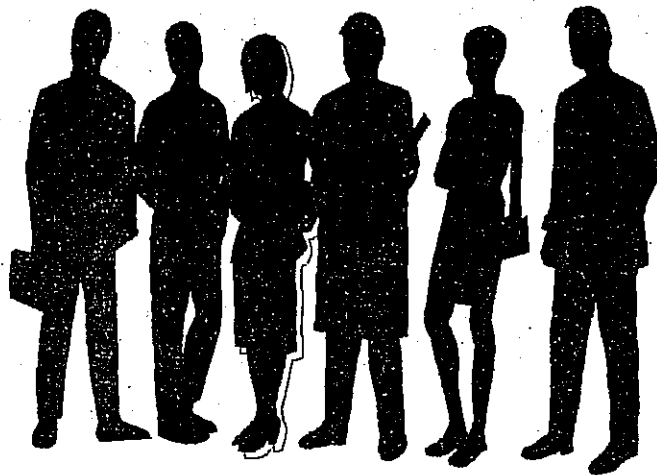
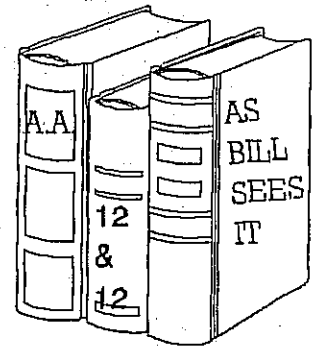
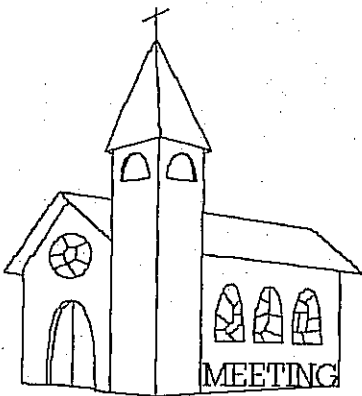
NEW FRONTIERS

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

Alcoholics

HIGHER
POWER

Anonymous



STORIES OF OUR PERSONAL RECOVERY...
ONE DAY AT A TIME

SHARING OUR EXPERIENCE, STRENGTH
AND HOPE... IN PRINT



Editor:	John H.
Assistant	
Editors:	Tim P. Ron S.



A MESSAGE FROM THE EDITOR:

As your new editor, I would like to thank Kevin F. for his confidence in my ability to perform the duties of Editor. I am honored to have been chosen to serve in this capacity.

The criteria for the *New Frontier* will basically remain the same, with some changes. I will accept articles from A.A. members regardless of age, sex, race, ethnic origin or length of sobriety on any topic relating to A.A. and recovery. It is my fervent hope that articles written for *New Frontiers* will reflect a broad perception of A.A. in Western New York and throughout the Niagara Frontier. *New Frontiers* will be a journal for articles which express the varied and often divergent opinions of A.A. The *New Frontiers* should also include current A.A. experiences with recovery, unity and service. No single viewpoint or philosophy will dominate its pages and in determining editorial content as editor I will rely on the principles of the Twelve Traditions. It should include help for the newcomer and I seek the wisdom of the 'old timers.'

Group anniversaries, meeting changes or updates, new meetings and members' anniversaries will continue to be published. I will also include an obituary column that will include the members' name, group name, length of sobriety and date of death.

I strongly discourage articles where the total content is a "drunk-a-log."

All articles and notices must be in the Central Office no later than the 10th of each month for the following month's publication. Any notices received after that date will be considered for the next issue. Articles should be mailed to A.A. Central Office, 295 Main Street, Ellicott Square Bldg., Room 845, Buffalo, NY 14203 Attn.: New Frontiers.

All articles submitted become the property of *New Frontiers* and no article will be returned. I welcome any criticism and/or suggestions on how to improve the *New Frontiers*.

Remember, the *New Frontiers* can only be as exciting and informative as the articles submitted.



I welcome new writers and strongly encourage you to submit articles.

Open your hearts and minds and express your feelings in print. Write it, print it, type it, just do it!

In fairness to all writers and due to limited space, multiple articles by the same writer for the same issue of *New Frontiers* may not all be published. The editor reserves the right to edit articles, contingent upon space in *New Frontiers*.

Keep in mind that *New Frontiers* is everyone's publication.

Respectfully,
John H.
We Care

IF YOU FIND MISTAKES IN THIS NEWSLETTER, PLEASE CONSIDER THAT THEY ARE THERE FOR A PURPOSE. WE PUBLISH SOMETHING FOR EVERYONE, AND SOME PEOPLE ARE ALWAYS LOOKING FOR MISTAKES.

A MESSAGE FROM A FRIEND FAR AWAY

To the editor,

I would respectfully request you print this letter if you feel its message will help someone. (Even me.) I've been really hurt by what I'm addressing. Please send it back to me, if you choose not to use it.

Thank you, Gina C., Missouri City, Texas

I've been sober three and one half years now and I have what I consider to be an important message...one I hope you will print...in case somewhere, someone in AA may be experiencing this same problem and know that people stop believing in you or when you hear through the "AA grapevine" others are wondering how you haven't drank yet, you know it's a greater power than yourself. It's OK to continue to do the best you can and struggle through whatever character defects you're left with once the alcohol is removed.

Somewhere in the Big Book it speaks to laughing petty rivalry and gossip out of existence. That is the core of AA, unity and belief in one another.

How many times have we heard it's a 'We' program, 'AA Unity'. When others judge you, and they may, it hurts, it stings, and it can stir up a lot of old baggage. Remember, we are all sick people, trying to get better. I try not to judge because I know how much it hurts, but in all honesty, I have, too.



I go to the Big Book and just read about the way the program is suppose to be and try to get back on track.

But if people, even those in AA, have given up on you or wonder how you haven't taken a drink just let them know it wasn't you at all. It's a power greater than yourself.

Please don't use these things as excuses to stay away from meetings or think everyone in AA is like that, they're not!

Don't give up on yourself, no matter how bad or sick you're behaviors are. If you are sincerely trying to work the program. . . recovery takes time.

And more importantly, don't give up on AA. It does work, through the grace of God, it has kept me sober. Thanks for letting me share.

Gina C.

Houston, Texas

Fireside, "My home away from home"

PRINCIPLES BEFORE PERSONALITIES



YES, GOD KNOWS by Kim C.

You see God knew,
What I needed
When I gave up.
I was totally defeated.

I was afraid of her
For the second time.
Keeping it simple,
Didn't cost no dime.

I really hurts
To walk this walk.
I'm not alone.
Along the way, we talk.

Today I'm asking God
If I can be myself.
I'm not some book
Still stuck on a shelf.

I couldn't run away
and very well hide.
He saw the child
That was deep down inside.

I wanted her out.
I want to be
This person
Who was never free.

God knows exactly
What I'm all about
I put my hand in his
Without a doubt.

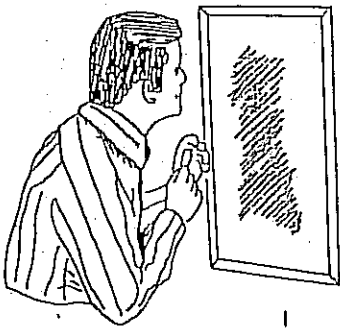
This time it's gone.
Yet, there'll be pain
I have to go through.
I won't go insane.

I just couldn't no longer
Or "try" to be
All He wanted
Was what He saw in me.

When I surrendered
He took my hand.
He's still walking with me
Barefooted in the sand.

I want to make it,
and this time be strong.
I'll be with my god
to correct my wrong.

For God knows who I am,
By what he had done.
I know in my heart
Me and Him are just one!



“Do I have to go to these meetings
the rest of my life?”

REFLECTIONS

by Tom M., *We Believe*

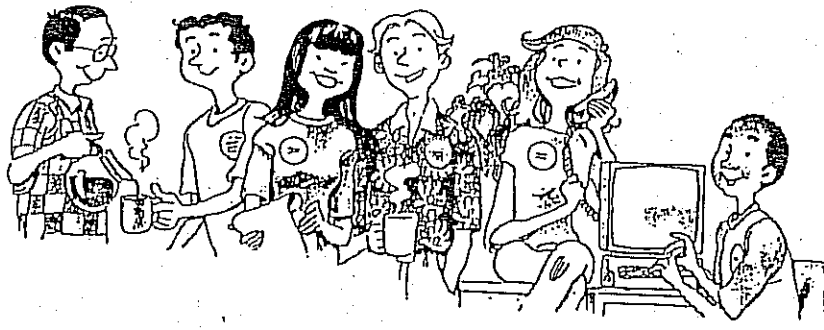
I have gone through many changes in 7 years of sobriety. I came into AA with a feeling of absolute hopelessness and despair and could see no purpose to life. I now am able to count hope as one of my strongest gifts and I believe that, while things do not always work out the way I would like them to. They always work out the way they are supposed to. I learned that I have no more right to condemn myself than I have to condemn other people. I have gone from self-loathing to self acceptance; from dwelling on the faults of others, to looking for the good that is in all of us; from literally cringing every time I heard the word God at a meeting, to the absolute connection that there is a power greater than myself that loves me and will guide me, if I let it; from severe depression in the last year of my drinking and the early part of my sobriety to feeling good most of the time. I have learned the importance of trying to place principles before personalities, although I don't always succeed in doing so. I've gone from mental confusion to relative stability and from being literally at the mercy of my emotions, to a sense of peace most of the time. I have learned not to try to fix something that already works. I remember some of the thoughts that used to run through my head at meetings during the first six months of my sobriety: Thoughts like “Well, maybe I'm really not an alcoholic after all, I drank mostly beer and every one knows that alcoholics are hooked on bourbon” and “Do I have to go to these meetings the rest of my life?” I finally

decided it didn't matter whether I was an alcoholic or not. I knew I couldn't drink. I wondered if staying sober was really worth it, but I can say now that I have never regretted one minute of my sobriety and every year sober has been better than the year before. I remember being sober five months and very confused, thinking that if I couldn't find out what made me an alcoholic, I would drink again. There was an old timer around who recognized my hang ups. Every time he saw me he would say two things to me, “alcoholism is caused by drinking alcohol” and “if you do not drink, you won't get drunk.” That is all he would say to me. I reached the point where I would look for that man as soon as I walked into a meeting so I could avoid him. I did not want to hear what he had to say. Then, about the 101st time he said it to me, everything fell into place. All I needed to do was not drink and go to meetings and things would be revealed to me. I learned that I could solve my drinking problems by not drinking and that my other problems might or might not get resolved by that. As long as I did not drink, I had one less problem to worry about. I did not leap to embrace the steps. I was motivated into action on every one of the steps when the pain of not doing them became too much to bear. There are no shortcuts. AA is indeed a way of life and is aptly described in the Big Book as a fellowship of the spirit. With every passing day, my debt to the fellowship becomes greater.

Thousands of drinks
Thousands of miles
Running
Dying
A loving God
12 steps and you
A thousand: thank you's isn't enough
Action

A very grateful member of Living Sober Group.

IT IS EASY TO SIT UP
AND TAKE NOTICE...
WHAT IS DIFFICULT IS
TO GET UP AND TAKE
ACTION.



TO YOUNG PEOPLE IN A.A.

MYTH: A.A. IS FOR BUMS AND OLD PEOPLE

TRUTH: THE ILLNESS OF ALCOHOLISM STRIKES PEOPLE OF ALL AGES, RACES AND ECONOMIC SITUATIONS. MOST ALCOHOLICS ARE FROM THE MAINSTREAM OF SOCIETY.

TOO YOUNG?

We all felt the same when we came to A.A. -- that we were too young to be alcoholics. Some of us hadn't been drinking that long. Some of us didn't drink hard liquor. Some of us didn't fall down or have memory lapses.

"Just sit down and listen," we were told. "You can always go back to drinking if you want. But first try some A.A. meeting, because you wouldn't be here at all if you didn't have a drinking problem."

Soon we heard that it doesn't matter how much you drink, where you drink, what you drink, or how old

you are -- what matters is what alcohol does to you inside. You are the best judge of whether or not you have a problem. And you know this from your gut -- whether you feel guilty, lonely, ashamed; whether alcohol is interfering in your life.

All of us felt strange about going to A.A. But we've come to see that A.A. saved our lives and gave us a new beginning -- it is the best thing that ever happened to us.

Reprinted from the pamphlet, "Young People in AA,"
Alcoholics Anonymous World Services, Inc.

WANTED: Young people, The New Frontiers wants to hear from you! Share your unique experience of being young and being sober. Send your comments to the New Frontiers, 295 Main Street, Suite 845, Ellicott Square Bldg., Buffalo, New York 14203. Attn.: Editor

MY MIND

By William H.; "A Vision For You"

I sit here alone - lost in my mind;
Befuddled by thought of where I can find-
love, peace, and contentment - of a kind.
Looking out into space, and up into the sky -
I think of my maker, and the, I ask Him "why?"

I am just an old (man, woman)
with a young heart and mind.
When I sit, or when I stand -
my heart goes forward, not behind!

My kindness is of "His Holy Spirit," -
which you shall never know;
'Til you listen - and hear it -
then you too, shall start to grow!

My thoughts are blind -
I cannot see.
The world - I find -
is yet to be!



Through the past several years I have been diagnosed with three incurable diseases; two are treatable. I began treatment for one in January, 1981, and it has become routine and self-administered, monthly.

Treatment began for the second on 3/23/85 when I was assisted to a VA hospital and admitted, for the first time, that I was an alcoholic. This treatment has also been self-administered through the intervention of a God that I understand and the "we" of the first step of Alcoholics Anonymous.

Regular AA meetings, conversing with alkies on a daily basis and frequent golf lessons from other alkies make the other two incurables tolerable and my life more and more fulfilled each day.

A recent couple of days introducing my 1-1/2 year old grandson to Lake Erie is but one example of this fulfillment. Try to explain the surf or sea shells to a kid of this age and walk down the beach holding his hand and you will know what I mean.

The ten years of sobriety celebrated last March have made life worth living, once again, just a Day at a Time.

Jack R.
Southgate Group

FOOD FOR THOUGHT

Keep your words sweet...you may have to eat them.

Swallowing pride is non-fattening.

God gives us the ingredients for our daily bread...but he expects us to do the baking.

THE ORIGIN OF THE SERENITY PRAYER

The Serenity Prayer was actually written by Dr. Reinhold Niebuhr of the Union Theological Seminary, New York City, in about 1932.

It came to the attention of an early AA in 1947. He read it in an obituary notice in the New York Tribune. He liked it so much he brought it in to the little office on Vessey Street for Bill W. to read. When Bill and the staff read the little prayer, they felt that it particularly suited the needs of AA. Thus, the simple little prayer became part of the AA movement.

The prayer, as written by Dr. Niebuhr, is as follows:

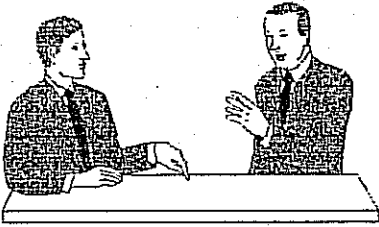
- 1.) God, give me the Serenity to accept things which cannot be changed;
- 2.) Give me courage to change things which must be changed;
- 3.) And the wisdom to distinguish one from the other.
- 4.) Living one day at a time; enjoying one moment at a time; Accepting hardship as the pathway to peace;
- 5.) Taking, as He did, this sinful world as it is, not as I would have it;
- 6.) Trusting that He will make all things right if I surrender to His will;
- 7.) That I may be reasonably happy in this life, and supremely happy with Him forever in the next.

Amen.

Submitted by Rose Mary Z., Early Bird

I AM RESPONSIBLE...

WHEN ANYONE, ANYWHERE, REACHES OUT
FOR HELP, I WANT THE HAND OF AA
ALWAYS TO BE THERE. AND FOR THAT:
I AM RESPONSIBLE



DUNGEONS AND DRUNKS

The longer in recovery, the more I run into a number of people who seem to be engaged in a new role playing game. They play at being sober. It's called "Dungeons & Drunks". You know them. they hang on to sobriety for a month or so, then "slip". OOPS! Time to hit the reset button and go back into AA for another round at recovery.

As recovering alcoholics working the Steps and Traditions, should we stand by and let this continue? The 12th step suggests carrying the message to other suffering alcoholics. Although the program is based on strength and hope of thousands, always remember this: it's only your suggestion this suffering alcoholic hears; sometimes it's not wanted.

When sponsoring, the responsibility of guiding the new person into the Steps and Traditions is clear, but what do you do about role playing behavior?

The old time sponsorship of hard-nosed attitude needs to be dusted off and used in this

situation. The role player must be brought to his senses fast, or you'll lose him. Alcoholism untreated leads to insanity or death. That's what *Alcoholics Anonymous* says in "There is a Solution" on page 24. Consider role playing as untreated alcoholism.

Thank God I've experienced only one slip in recovery. That was planned months in advance and executed flawlessly. Role playing at being sober resulted in high blood pressure, almost killing me. After this, my sponsor took a hard line, making me check in daily, work my steps on (his) schedule, and study *Alcoholics Anonymous*. No longer having time to play at being sober, I became sober. It's worked for over five years and there's not enough thanks in the world for him.

If you're faced with this kind of sponsee behavior, grow thick skin. Get hard-nosed, but NOT intolerant. In "Dungeons & Drunks" death is the only winner.

Al A.

St. Cloud Group

Reprinted from SERENITY NEWS, Leesburg, Florida (May 1995)

WOULD YOU LIKE TO HAVE *NEW FRONTIERS* MAILED TO YOUR HOME?
FILL IN THE SUBSCRIPTION FORM BELOW AND MAIL IT TO THE CENTRAL OFFICE.

PLEASE TYPE OR PRINT CLEARLY YEARLY SUBSCRIPTION: \$7.00 PER COPY/PER YEAR
(12 ISSUES)

YES, PLEASE SEND ME _____ COPY(COPIES) OF THE *NEW FRONTIERS* @\$7.00 PER COPY

I HAVE ENCLOSED \$ _____

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GROUP NAME _____

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CITY _____ STATE _____ ZIP CODE _____

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295 MAIN STREET
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BUFFALO, NEW YORK 14203

SEPTEMBER ANNIVERSARIES

AMHERST-SNYDER

Norbert D. 3 mos.
 Matthew S. 3 mos.
 Martin P. 3 mos.
 Gary W. 6 mos.
 Lynn S. 9 mos.
 Joe T. 1 yr.
 Maureen M. 5 yrs.
 Herb S. 8 yrs.
 Ronda H. 9 yrs.
 Nance F. 10 yrs.
 Toni F. 11 yrs.
 Jim W. 11 yrs.
 Joe R. 17 yrs.
 Jack S. 18 yrs.
 Dan J. 19 yrs.
 George D. 23 yrs.
 Russell Q. 24 yrs.

ANY LENGTHS

Pat McG. 3 mos.
 Judy G. 6 mos.
 Carl K. 1 yr.

BIDWELL MONDAY DISC.

Rob C. 2 yrs.
 Daryll M. 3 yrs.
 Scott M. 3 yrs.
 Valerie B. 4 yrs.
 Sue P. 4 yrs.
 Larry C. 5 yrs.
 Tony R. 6 yrs.
 Paul E. 6 yrs.

CAZENOVIA

Judy M. 3 mos.
 Christopher G. 3 mos.
 Frank P. 3 mos.
 Felix R. 6 mos.
 Gary G. 9 mos.
 Ron W. 1 yr.
 Alan P. 8 yrs.

COLD SPRING

Cybil R. 1 yr.
 Loretta H. 3 yrs.
 Steve H. 5 yrs.
 Reggie L. 6 yrs.
 Elizabeth G. 23 yrs.

EYE OPENER

Jim C. 3 mos.
 Beth D. 6 mos.
 Tim D. 6 mos.
 Bill H. 6 mos.
 Chuck Z. 6 mos.
 Kevin T. 9 mos.
 Linda A. 1 yr.
 Henry E. 1 yr.
 Dwayne W. 1 yr.
 Paul M. 1 yr.
 Laurie M. 1 yr.
 Ken B. 1 yr.
 Brendan D. 1 yr.
 Tim W. 1 yr.
 Ken R. 1 yr.
 Doug L. 2 yrs.
 Becky McL. 2 yrs.

EYE OPENER(CON'T)

Ron H. 2 yrs.
 Curtis J. 2 yrs.
 Carol B. 3 yrs.
 Dan B. 3 yrs.
 Sangita V. 3 yrs.
 Scott S. 4 yrs.
 Pat W. 4 yrs.
 Mike E. 6 yrs.
 Don W. 6 yrs.
 Tom C. 7 yrs.
 Bob A. 8 yrs.
 Laura R. 10 yrs.
 Don K. 10 yrs.
 Larry F. 16 yrs.

FATHER BAKER

Wayne W. 2 yrs.
 John S. 6 yrs.
 Franny F. 14 yrs.

FIRESIDE

Peter M. 3 mos.
 Nick K. 6 mos.
 Joe S. 6 mos.
 Robbie E. 9 mos.
 Kregg K. 9 mos.
 Charlie N. 1 yr.
 Aaron R. 1 yr.
 Robert S. 2 yrs.
 Bob H. 3 yrs.
 Gail L. 3 yrs.
 Keith L. 3 yrs.
 Carl M. 3 yrs.
 Will M. 3 yrs.
 Pat N. 5 yrs.
 Al F. 6 yrs.
 Tony R. 6 yrs.
 David S. 6 yrs.
 Mike B. 8 yrs.
 Herb S. 8 yrs.
 Don K. 10 yrs.
 Chris R. 10 yrs.
 Charlie S. 15 yrs.

HAPPY HOUR

JULY:
 Toni S. 3 mos.
 Edward W. 6 mos.
 Samuel R. 9 mos.
 George K. 9 mos.
 David D. 1 yr.
 Willene F. 1 yr.
 Brian D. 1 yr.
 Carol C. 1 yr.
 John C. 2 yrs.
 Jack G. 2 yrs.
 Bill C. 2 yrs.
 Loretta D. 2 yrs.
 Gerald R. 3 yrs.
 Priscilla L. 3 yrs.
 Don J. 3 yrs.
 Willie T. 3 yrs.
 Roxanne E. 5 yrs.
 Diane D. 13 yrs.
 Joe V. 37 yrs.

AUGUST:

HAPPY HOUR(CON'T)

Alma S. 3 mos.
 Carrel C. 6 mos.
 Francine S. 6 mos.
 Lawrence B. 6 mos.
 Carlos C. 9 mos.
 Maria O. 9 mos.
 Harry G. 2 yrs.
 Nance C. 3 yrs.
 Edward C. 3 yrs.
 Ramona I. 3 yrs.
 Ed C. 4 yrs.
 John H. 4 yrs.
 Kim S. 6 yrs.
 Fran R. 7 yrs.
 Dolores R. 14 yrs.
 Jeanie A. 20 yrs.

HARMONY

Fred S. 2 yrs.
 Mary L. 2 yrs.
 Jim B. 3 yrs.
 Art N. 3 yrs.
 George M. 7 yrs.
 Bill R. 7 yrs.
 Reggie W. 7 yrs.
 Sue G. 12 yrs.
 Martin L. 25 yrs.

IRON HORSE

Jeff R. 3 mos.
 Kevin H. 6 mos.
 PJ G. 6 mos.
 Daryl B. 9 mos.
 Gary G. 9 mos.
 Joe T. 1 yr.
 Dan B. 1 yr.
 Bill B. 1 yr.
 Bill W. 1 yr.
 Wayne W. 2 yrs.
 Bob S. 5 yrs.
 Al S. 6 yrs.
 Marcy M. 9 yrs.
 Don O. 10 yrs.
 Mike K. 13 yrs.

MATT TALBOT

Ron T. 1 yr.
 Jack B. 2 yrs.
 Bernie D. 2 yrs.
 Darlene C. 3 yrs.
 Jerry P. 4 yrs.
 Robin S. 5 yrs.
 Sherry R. 6 yrs.
 Rick S. 7 yrs.

NORTH BUFFALO

William M. 3 mos.
 David Z. 3 mos.
 Jeffrey M. 1 yr.
 Bev. B. 2 yrs.
 Robert M. 2 yrs.
 Fred S. 2 yrs.
 Bill T. 2 yrs.
 Yvonne D. 9 yrs.
 Norma F. 12 yrs.

POWERLESS

Wayne W. 2 yrs.

SHERIDAN

Jonathan L. 3 mos.
 Milke M. 6 mos.
 Sherri B. 6 mos.
 Sean P. 1 yr.
 Jesse S. 1 yr.
 John C. 2 yrs.
 Dan M. 5 yrs.
 Jean M. 10 yrs.
 Butch H. 15 yrs.
 Jack S. 18 yrs.
 Fred C. 20 yrs.

SUNDAY MORNING

BREAKFAST

Dan M. 6 mos.
 Marveen M. 5 yrs.
 Dan J. 19 yrs.

WE CARE

Walter W. 3 mos.
 Don B. 6 mos.
 Jack M. 8 yrs.
 Jack R. 13 yrs.

WOMEN'S WESTSIDE

DISC.

Suzi D. 3 mos.
 Colleen C. 1 yr.
 Millie S. 1 yr.
 Barbara S. 2 yrs.
 Sherrie W. 2 yrs.
 Tina C. 2 yrs.
 Sangita U. 3 yrs.
 Eve W. 4 yrs.
 Laurie S. 6 yrs.
 Glenda B. 7 yrs.
 Debbie B. 8 yrs.
 Robin H. 8 yrs.
 Valerie J. 8 yrs.
 Lynn S. 10 yrs.
 Norma F. 12 yrs.

**REMINDER:
 OCTOBER
 ANNIVERSARIES
 MUST BE IN THE
 CENTRAL OFFICE NO
 LATER THAN
 SEPTEMBER 10, 1995.**



**BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
295 MAIN STREET
ROOM 845 ELLICOTT SQUARE BUILDING
BUFFALO, NEW YORK 14203
853-0388**

SEPTEMBER 1995

ANY ARTICLES, ANNIVERSARIES OR ANNOUNCEMENTS MUST BE IN BY THE 10TH OF THE MONTH PRECEDING THE MONTH YOU WISH THE ARTICLE TO APPEAR.

NEW MEETINGS:

ANYBODY'S - FRIDAY - 8:00PM - Open Discussion - Tri-County Hospital - Rehab, 100 Memorial Dr, Gowanda. Wheelchair accessible Smoking is allowed

NEED SUPPORT:

WEDNESDAY - AMSDELL LAKESHORE - 10:30AM meets at the Amsdell Wayside Presbyterian Church on S 5017 Lakeshore Road in Hamburg. **Needs support.**

PLEASE NOTE:

LIBERTY WOMEN'S - FRIDAY - is updating the membership file. Please contact the group if you are still an active member.

COMMITTEE MEETINGS: YOU DO NOT HAVE TO BE ON A COMMITTEE TO ATTEND ANYONE INTERESTED IN HOW A COMMITTEE WORKS IS WELCOME!!!

TREATMENT FACILITIES COMMITTEE - 3RD SATURDAY of the month - 10AM - 675 Abbott Rd, Woodside Methodist Church

CORRECTIONAL FACILITIES COMMITTEE - SUNDAY preceding the Central Committee Meeting at 80 Goodrich - 5:30PM

SCREENERS COMMITTEE & 12 STEPPERS COMMITTEE - 3rd Tuesday of each month. 570 Ellicott Square Bldg - 6:00PM

COMING EVENTS:

SEPTEMBER 2 - 4 - LABOR DAY WEEKEND - CAMP OUT sponsored by the NEW FREEDOM group. It will be held at Don Miller Park, 1601 Sweeney Street, North Tonawanda. \$10 person for weekend pass - \$5 per person for just one day. See slinger for more information.

SEPTEMBER 3 - SUNDAY - CENTRAL COMMITTEE MEETING - 7:00PM - 80 GOODRICH

SEPTEMBER 16 & OCTOBER 28 - SATURDAY - GIVING group will not meet.

SEPTEMBER 16 - SATURDAY - KEEP ON COMIN' is having its' 2nd Annual Octoberfest in Sheridan Park on Sheridan Drive in Tonawanda, Shelter#2 from 11AM till dusk. Please bring a dish to share. Some food will be provided

SEPTEMBER 17 - SUNDAY - RENEWAL will be having its' 23rd Group Anniversary. It is being held at the Brothers of Mercy Nursing Home located at 10500 Bertod Road. at 7:30 PM. There will be a guest speaker.

SEPTEMBER 23 - SATURDAY - A VISION FOR YOU and Miss Buffalo welcome you to a private charter - three hours of SOBER SAILING. Buffet Dinner - three speakers - dancing. Boarding at 7:30PM til 11PM - 125 tickets available - \$20 per person. For more information call Carolyn C 443-8484

SEPTEMBER 24 - SUNDAY - ACTION will have an ANNIVERSARY MEETING at the Village Hall (basement), 4295 S Buffalo Street in Orchard Park. It will be an Eating Meeting beginning at 10:30AM. Bring a dish if you wish.

SEPTEMBER 25 - TUESDAY - H.A.N.D. Group will be celebrating their 14th Anniversary at 10AM with a speaker with lunch to follow. Bring a dish if you wish. You will find us at the Cleveland Hill Lutheran Church, 261 Cleveland Dr.

OCTOBER 1 - SUNDAY - CENTRAL COMMITTEE MEETING - 7:00PM - 80 GOODRICH

OCTOBER 20, 21, 22, - BUFFALO FALL CONVENTION

OCTOBER 27 - FRIDAY - SILVERCREEK-FRIENDSHIP will celebrate its' 26th Group Anniversary at 8:30PM 1st United Methodist Church, 31 Main Street. Speaker meeting followed by an eating meeting. Please bring a dish to pass. Come and bring a friend.

54TH BUFFALO FALL CONVENTION

OCTOBER 20, 21, 22, 1995

"FELLOWSHIP OF THE SPIRIT"

**BUFFALO HARRIOTT HOTEL, 1340 MILLERSPORT HWY,
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For room information call: 1-800-334-4040 1-716-689-6900
For ticket information call the Central Office: 716-853-0388

ONCE MORE IT'S TIME TO START THINKING ABOUT RESERVING YOUR BANQUET TABLES. THE ARRANGEMENTS WILL BE THE SAME AS LAST YEAR FOR THOSE WHO WISH TO PAY ON A TIME PLAN - PLEASE CALL THE OFFICE AT 853-0388 & SPEAK WITH DELPHINE COST WILL BE THE SAME AS LAST YEAR - \$35 per person/registration & banquet. FOR DIRECT CORRESPONDENCE WITH THE COMMITTEE - WRITE: PO BOX 58 PLEASE SEND HOSPITALITY DONATIONS TO THIS ADDRESS: ORCHARD PARK NY 14127

The Central Office has a Floor Plan of the Banquet Room, if you care to come and pick out your own seats. Table reservations have been coming so get your group organized and make you arrangements soon as possible!!!!!!

9TH MONTH - 9TH STEP "MAKE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS."

9TH MONTH - 9TH TRADITION "A.A., AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE."

YOURS IN THE SPIRIT OF A.A.
Delphine

CENTRAL COMMITTEE

SEPTEMBER 1, 1995

Larry S, Chairman , opened the meeting with a moment of silence followed with the Serenity Prayer Preamble was read by Mildred McC of the Higher Powered Group. Purpose of the Central Committee was read by Glenn P, Southgate Group and the Traditions were read by Dennis G of the Kenmore Group

Motion to accept the minutes was made by John H of We Care, seconded by Ron S of the Powerless Group

28 GROUPS IN ATTENDANCE

- DIST#1** - EASIER, SOFTER WAY, SUNDAY NITERS, THE JOURNEY
- DIST#2** - KEEP ON COMIN', KENMORE, NORTH BUFFALO, WHY
- DIST#3** - ABBOTT MEN'S, FATHER BAKER, IRON HORSE, MATT TALBOT, POWERLESS, RAINBOW, RIDGE, SOUTH BUFFALO, SOUTHGATE, URBAN, WE CARE
- DIST#4** - **DIST#5** - **DIST#6** -
- DIST#7** - COLD SPRINGS, ELLICOTT, FRESH START, HARMONY, HIGHER POWERED, KENSINGTON, LOVEJOY, SPIRIT OF HOPE.
- DIST#8** - AMHERST SNYDER, RENEWAL
- DIST#9** **DIST#10**

COMMITTEE REPORTS

ENVELOPE SYSTEM

AUGUST receipts	<u>1994</u>	<u>1995</u>
Average monthly receipts (per month) for the previous 3 months	\$ 407 00 262.67	\$490 00 434.00

STEERING COMMITTEE MEETING - TINA F - The Journey

The meeting was opened at 6:10pm by Tina F with the Serenity Prayer Present were Tom McM, District#2, Delphine H, and Tina F of District#1. Guests - Lisa Y and Adam B.

Item 1: Fall Convention Co-chairman for 1996 from District #6 - Letters were sent to the secretaries of each group in District 6. There was now response. We have a few people in mind and will begin to approach them.

Item 2: Delphine motioned the Steering Committee suggest to the Central Committee Chairman to appoint Adam B as Co-chairman of the Screeners Committee. Seconded By Tina F and carried

Meeting closed at 6:30PM with the Lord's Prayer.

FINANCIAL REPORT - Gary S, Matt Talbot - see attached

TREATMENT FACILITIES - none

CORRECTIONAL FACILITIES - Ron S, Chairman, Powerless

Meeting started at 6:00PM on Sunday, September 1st with the Serenity Prayer. We discussed new recruits for Erie County Correctional Facility. Cindy requested Big Book, 24 Hours a Day, and Daily Reflections books. She thanked the Committee for the books she received last month.

Meeting adjourned at 6:10PM with the Lord's Prayer.

SCREENERS - LISA Y North Buffalo

1. Called Answering Service and reminded them of the hours the Screeners are available after three members received odd hour calls.

2. Called Answering Service about circulating the June '95 revised Screeners list.

3. Inquired about overlapping with the Treatment Facility Committee regarding making connections with those alcoholics exiting treatment - was researched and there is a part of AA which deals with this issue "Bridging the Gap".

4. Screeners Committee is looking into setting up a table at the Buffalo Fall Convention on Saturday from 10AM to 3PM.

CENTRAL OFFICE: Delphine H

AUGUST '95

AA information	375	12 Step	3
PIC	3	literature requests	35
CPC		Refer to other agencies	6
Alanon	12	Refer from other agencies	16
Alateen	2	Central office	
ACOA	2	Outgoing calls	145
Answering Service		Mail costs	\$210.61
Incoming calls 537 - Out going 81		Visitors	80

NEW FRONTIER -John H, We Care

Articles, anniversaries, etc must be in the Central Office by the 10th of each month.

Everyone was encourage to write an article.

54th FALL CONVENTION '95 - none

COURTESY REPORTS:

GENERAL SERVICE ASSEMBLY -

PIC - none

C.P.C. - none

RE-CAP:

Treatment Facility Committee - now meets on the third Friday of each month at St. Simon's at 200 Cazenovia at 7pm.

Screeners Committee - Wayne of the Iron Horse Group questioned what a screener does. Lisa Y responded.

Fall Convention Committee - Mel L of the Renewal Group noted that this was the second month in a row there was no Convention report. Please request their presence at the next Central Committee meeting.

GSA - Elvester McR of Cold Springs reminded everyone that election for the General Service Assembly will take place at the next meeting on Sunday, September 24, at 1PM at the Town Hall in Orchard Park.

Mildred C of Higher Power stated that because some groups have not registered with the registrar, Gary B. They may not be allowed to vote.

OLD BUSINESS: none

NEW BUSINESS:

John H, we Care, Asked that everyone take one packet of "New Frontiers" at Central Committee and if there is any leftover the may take more.

Larry S appointed Adam B as Co-chairman of the Screeners Committee of the Voted on for approval and passed.

Motion to adjourn was made by Ron S, Powerless and seconded by John H We Care. Meeting ended in the usual manner with the Lord's Prayer.

Respectfully Submitted,

Lisa Y. North Buffalo

Pg 2		Correctional Facilities		Treatment Facilities		
GROUP	SEPT '95	Accum.	SEPT '95	Accum.	SEPT '95	Accum.
Broadway-Balley		75.00				
Brooklyn Discussion						
But for the Grace of	20.00	116.25		5.00		5.00
By The Book-Buffalo						
Came To Believe		106.70				20.00
Campus (Buff State)						
Casting		40.00				
Cathedral Park	38.00	152.70				
Caz Manor		37.50		37.50		37.50
Çazenovia	12.50	80.00	6.25	45.50	6.25	45.50
Central Park						
Central Park II						
Chapter IX		120.00		120.00		120.00
Cheektowaga	50.00	100.00				
Chevy #1						
Clarence Men's Disc		300.00				
Clarence Men's Disc II						
Cold Springs		25.00				
Common Problem		100.00		24.00		
Community Center		45.00				
Cornplanters Again						
Courage		50.00		12.50		12.50
Delaware Discussion						
Derby	50.00	175.00				
Design For Living						
Desire						
DeVeaux Discussion						
Discovery						
Downtown Discussion						
Downtown Men's Dis						
Dunkirk		10.00				
Early Bird						
East Amherst						
East Aurora	40.00	370.00			10.00	90.00
Easy Does It		85.00				
Eden-North Collins		240.00				
Ellicott		100.00				
Ellicottville						

GROUP	Correctional Facilities		Treatment Facilities	
	SEPT '95	Accum.	SEPT '95	Accum.
1st Step				
3rd Step				
6th Step				
7 Clan *			10.00	
12 Step-Holiday Village				
A.A.F.U.N.				
A Day At A Time				
Abbott Mens Disc	20.00	70.00	10.00	20.00
Acceptance/Welcome		350.00		
Achievement				
Action		200.00		
Age Doesn't Matter		50.00		
Albion				
Alexander				
All Women				
Amherst Snyder	283.75	768.87	35.00	40.00
Amherst Tree of Life				
Amsdell Lakeshore				
Any Age		300.00	100.00	100.00
Any Length		40.00		
Arcade				
As Bill Sees It				
Attitude Adjustment				
Attraction		280.00		
Awakening				
Beginner's Table				
Beginning in Sobriety I				
Beginning in Sobriety II				
Beginnings-Women's		100.00		
Better Days (Bilingual)				
Bidwell				
Bidwell Monday Disc				
Big Book -- Lockport				
Big Book Study (Thur Nite)		25.00		
Big Book Workshop				
Blasdell				
Blasdell Monday Nite				
Blissfully Sober				
Boulevard Women's		45.00		
Brass		20.00		

PG 3 GROUP	Correctional Facilities		Treatment Facilities	
	SEPT '95	Accum.	SEPT '95	Accum.
Emergency				
Eternal Vigilance		200.00		50.00
Everybody's		120.00		20.00
Eye Opener		827.02		
Faith				
Faith in Action				
Father Baker		600.00	100.00	
Feelings		225.51		
Fellowship in the Spirit				
Fireside	153.36	2021.74	50.00	25.00
Fireside P.M.		50.00		
First Things First	50.00	200.00		
First Ward				
Fredonia Discussion				
Freedom	50.00	450.00	225.00	225.00
Fresh Start			26.44	26.44
Friday Nite Discu				
Friday Noon Meeting				
Friday Step Beginners				
Friendship				
Friendly		50.00		
Friendship Fireside				
Frontier				
Gardenville	50.00	100.00		
Gay, Lesbian, Sober & Proud				
Getting Better				
Giving		40.00		
Going to Any Length				100.00
Golden Slipper	75.00	175.00	20.00	39.22
Good Life				
Grand				
Grand II Joy Of Living		100.00		
Grateful				
Guiding Light				
H.A.N.D.		100.00		
H.O.W.		75.00		
Half & Half				
Hamburg				

P6 4						
GROUP	SEPT '95	Accum.	Correctional Facilities		Treatment Facilities	
			SEPT '95	Accum.	SEPT '95	Accum.
Hamburg Big Book						
Handicappers		50.00				
Happy Hour		70.00		70.00		
Harmony						70.00
Helping Hand		60.00				
High View		150.00				
Higher Powered		50.00		72.82		25.00
Hill Billy		70.00		25.00		25.00
Hold On						
Holiday Village	450.00	1512.50	50.00	125.00		75.00
Honest Desire		10.00				
Honesty	30.00	240.00		80.00		
Hora de Reflección						
How It Works		350.00				
Humbly Willing						
Ignatia						
Inner City						
Inspiration		60.00				
Iron Horse	23.00	241.00	23.00	241.00	23.00	341.00
IT						
It's About Time						
Just for Today						
Keep It Simple, Sister						
Keep on Comin'						
Kenmore	40.00	120.00				
Kensington		50.00				
Ladies Night						
Lake Shore		20.00				
Lake View						20.00
Let Go & Let God		85.00				
Lew-port						
Liberty Women's		115.00				
Life Today	82.00	82.00				
Lighten Up	30.00	180.00				
Live and Let Live	60.00	200.00				
Living Sober	35.00	245.00				
Lock City		100.00				
Lockport #1		160.00		127.00		60.00
Lockport Discussion	50.00	75.00		5.71		

PG 5 GROUP			Corroctional Facilities		Treatment Facilities	
	SEPT '95	Accum.	SEPT '95	Accum.	SEPT '95	Accum.
Lockport Ladies						60.00
Lockview		90.00	15.97	57.48		
Lovejoy						
Lower River						
Lunch-Bunch						
Main Street						
Marilla		180.00				
Matt Talbot	40.00	345.00		25.00		
Mc Kinley Winners						
Medina New Life						
Mercy						
Mid-day		47.75				
Midnight						
Miracle						
MOD (Serenity Rm)						
Morning After/We Admitted		30.00		30.00		20.00
Never Too Late						
New Awakening						
New Beginnings		25.00				
New Freedom						
New Frontier						
New Frontier Womens						
New Hope (institu)				20.00		
New Life	10.00	110.00	10.00	60.00		
New Life - New Beginning		100.00				
New Westside		25.00				
Niagara Frontier Men's		150.00				
Nile People						
North Buffalo	200.00	1000.00	50.00	250.00	50.00	250.00
North Java		55.00				
One Day at a Time(ODAT)		160.00				
Open Arms						
Open Mind	60.00	60.00				
Opportunity						
Orchard Park Step		150.00				
Page 30						
Pass It On	120.00	270.00				

pg 6			Correctional Facilities		Treatment Facilities	
GROUP	SEPT '95	Accum.	SEPT '95	Accum.	SEPT '95	Accum.
Patchin						
Pathway to Peace						
Pendleton-Chapter V						
Perry						
Positively Living II		100.00				
Positively Living III						
Powerless		60.00		287.82		
Primary Purpose						
Progress						
Purpose		150.00				
Rainbow		70.00		25.00		50.00
Ray of Hope		50.00				
Remember When						
Renaissance I		100.00				
Renaissance II						
Renewal		75.00				
Ridge		150.00				
Ripley's "Believe It Or Not"						
Rise & Shine		255.00		50.00		
Rochester Meeting	50.00	110.00				40.00
Rur-al Is Plural						
Rush Hour						
Sally						
Salvation Army						
Saratoga						
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity		100.00				
Second Chance						
Security						
Seneca 12 & 12						
Serenity	60.00	240.00				
Serenity Circle		72.00				
Serenity Trail						
Sheridan	10.00	90.00				
Silver Creek Friendship						

pg 7			Corroctional Facilities		Treatment Facilities	
GROUP	SEPT '95	Accum.	SEPT '95	Accum.	SEPT '95	Accum.
Sober Trail						
Sober Winners						
Sobriety Men's Disc						
Somerset						
South Buffalo	40.00	100.00	40.00	100.00	40.00	100.00
South Town		100.00				20.00
South Town Women	10.00	40.00	5.00	10.00	5.00	10.00
Southgate		32.00				
Southwestern		20.00		9.00		
Spirit of H.O.P.E.		5.00		5.00		5.00
Spiritual Progress						
Spiritual Progress(wo)						
Springville	120.00	120.00				
Springville Sat Aft						
St. Barnabas	60.00	120.00				
St. Mark's		60.00				
Starting Over						
Step						
Stepping Stones						
Suburban		55.00				
Sunday Morning Bkf	32.25	532.25		150.00		150.00
Sunday Nilers						
Sunday Third						
Sunrise Court		300.00		75.00		75.00
SUNY-Amherst Campus						
Surrender & Hope		100.00				
Survivors						
T'nT		290.00				
TGIF		100.00				
Thankful		160.00				
The Journey		211.00				
The Way						
Thruway	300.00	1700.00	20.00	140.00	20.00	140.00

pg 8			Correctional Facilities		Treatment Facilities	
GROUP	SEPT '95	Accum.	SEPT '95	Accum.	SEPT '95	Accum.
Thursday Aft Disc	75.00	300.00				
Today						
Tri-County						
Tri-Step Beginners						
Try Again		100.00				
Tuesday Men's Disc						
Tuesday Women's Disc.		20.00				
Turning Point		30.00				
T.P.H.						
Twin Cities		260.00				
Twin Cities II						
Unity		60.00				
University	150.00	1350.00			20.00	140.00
Urban	30.00	30.00				
V.I.P.		10.00				
Valley						
Varysburg		30.00				
Veterans						
Victory		40.00		20.00		20.00
Vision of Hope (women's)						
Wake Up Call		239.50				
We Are Not Saints						
We Care	30.00	270.00	10.00	90.00	20.00	180.00
We Choose Life		50.00				
We Need You						
Wehrle				10.00		10.00
Welcome Home						
West Seneca Sat. Nite						
Westfield						
Westminster						
WHY	132.00	207.00	22.00	37.00	22.00	37.00
Williamsville	150.00	400.00		30.00		20.00
Willing To Grow		200.00				
Wilson						
Women's Strength thru Unity			241.00	241.00		
Women's Westside Disc.		75.00		75.00		75.00
Working						
You'll Never Walk Alone						
Youngstown	30.00	30.00				
Rob't D		150.00				
Dennis B		20.00				
	3401.86	26543.29	549.66	3433.99	251.25	3203.50
43 Groups-SEPTEMBER '95		3401.86		549.66		251.25
Last months accum total		23141.43		2884.33		2752.25
Year to date totals		26543.29		3433.99		3003.50

CENTRAL COMMITTEE		*504-771-7	8/25/95-9/25/95		
RECEIPTS					
	43 Groups contributed			3401.86	
	Joint Meeting (expenses-\$20.50)			5.30	
	New Frontier subscriptions			14.00	
	Envelope System			470.00	
	Literature			2346.62	
Miscellaneous:	Convention cash			240.00	
				6477.78	
		Total receipts			
DISBURSEMENTS					
#10 Ellicott Square Court Corp	rent			608.00	
Community Mental Health Ctr	rent			35.00	
David F Williamson, Inc.	UPS charges			58.75	
M & T Bank	Federal Withholding Tax			571.92	
Happy Spring Water				19.45	
Secrephone	answer serv			176.80	
AA World Services, Inc	literature			779.00	
NYNEX				198.07	
Buffalo Fall Convention (cash)				240.00	
AT&T.				5.41	
Salaries				1712.04	
Petty Cash				50.00	
Bank Charges				71.87	
		Disbursements		4526.31	
Balance pr checkbook	8/25/95			1106.54	
Add Receipts	8/25/95-9/25/95			6477.78	
Deduct expenses	8/25/95-9/25/95			-4526.31	
Balance per checkbook	9/25/95			3058.01	
Operating credit for	9/25/95	1951.47			
MONEY MARKET		4538.45	14914.73	savings	
CERT OF DEPOSIT		10376.28	3058.01	checking	
		14914.73	17972.74		

RE-CAP		8/25/95-9/25/95			
CORRECTIONAL FACILITIES ACCOUNT		*484-185-4			
EXPENSES		CHECK#			
AA Central Office - Erie County C		116	355.00		
AA Central Office - Wyoming		117.00	65.00		
			420.00		
Balance pr checkbook 8/25/95				1010.64	
Add Receipts 8/25/95-9/25/95				559.66	
Deduct expenses 8/25/95-9/25/95				-420.00	
Balance per checkbook 9/25/95				1150.30	
operating credit for 9/25/95		139.66			
TREATMENT FACILITIES ACCOUNT		*602-089-5			
EXPENSES		CHECK#			
AA Central Office		304	140.00		
AA Central Office		305	325.00		
			465.00		
Balance pr checkbook 8/25/95				471.05	
Add Receipts 8/25/95-9/25/95				251.22	
Deduct expenses 8/25/95-9/25/95				-465.00	
Balance per checkbook 9/25/95				257.27	
Operating debit for 9/25/95		(-213.78)			