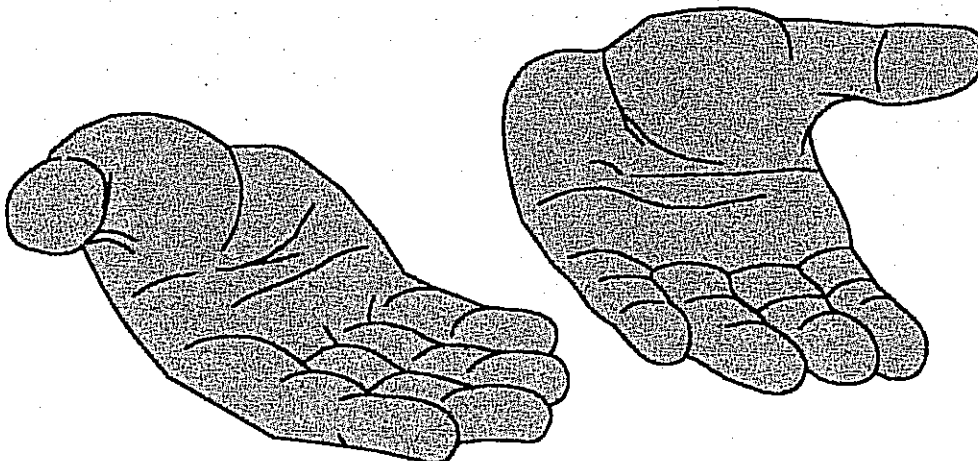


# NEW FRONTIERS

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

"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."

RESPONSIBILITY DECLARATION





## RECOVERING...ONE DAY AT A TIME

Hello, my name is Dan R., (#94R4801), and I'm a grateful recovering alcoholic. I'm also an active member of the "Hear Today, Gone Tomorrow" group at the Groveland Correctional Facility Camp.

My first experience with alcohol was at the age of four. My father would give me small doses of whatever he was drinking at the time. Well, needless to say, it wasn't long before I would swipe and guzzle down beers of my own, stolen from my father's supply. This daily habit progressed through the years, and I found comfort in alcohol.

Next, the physical abuse began, as a result of my fathers drunken tirades. By the time I was fifteen, I was a full-blown alcoholic, sentenced to five years in a juvenile home. After my release in 1985, my drinking and rebelliousness progressed until 1988. I was sentenced to five years probation, and forced into recovery at E.C.M.C. by the courts. This was my first introduction to AA. I must say, that I had no idea of what AA was all about, or how to go about staying sober!

After nine months of half-stepping, being dishonest, and feeling like a hypocrite, along with

procrastination, I left the rooms of AA, vowing never to return. Well, it has taken me ten years, with five times in prison, to hit my bottom. Hitting my bottom, along with accepting the fact that I am powerless over alcohol, has given me fourteen months and nine days of honest sobriety. There are some who will say, "you can't get sober in prison," - that is a fallacy.

I began hitting the books of AA, in June 1997, at Orleans Correctional Facility. I decided to, "Let go and let God." I'm in my fourth week of getting the fourth step down on paper. Many thanks to the Fellowship of AA, and my Higher Power. I read pg. 457 of the Big Book, and took great comfort from the story, "A Five Time Loser Wins!" I'm sober today and I'm applying the Steps to my life, One Day At A Time. Thanks for letting me share.

Dan R. 94R4801  
Hear Today, Gone Tomorrow Group  
Groveland Correctional Facility



### "...COURAGE TO CHANGE THE THINGS I CAN..."

After being beat down, chewed up, and spit out by alcohol for nearly twenty years, I have finally surrendered and accepted the fact that I cannot tolerate alcohol. Thank God for the AA Program, the people, and this whole new enjoyable way of life.

Every day, I see the absolute necessity of changing my attitude and behavior, so I won't just be a "dry jerk." When I catch myself in my 'old ways', I stop and ask God, to help me practice new things. Some examples are: using clean language instead of profanity, admitting my wrongs instead of blaming others, looking for work instead of complaining about the economy. Smiling and shaking hands with everyone at a meeting, rather than grabbing my coffee and

donut and sitting in a corner by myself. The list is endless.

My old ways clearly led me to sadness, anger, self-centeredness and always back to drinking.

All of these 'new ways' you AA's have shown me, are very foreign to someone like me who lived in a shell for so long. That's why I need 'courage', in order to keep trying to live more in the solution every day, and less in the problem. Anything is possible in sobriety, even changing a stubborn, closed-minded, immature, out of control nut like myself, into a useful, caring, sensible, and respectful person. NOT DRINKING HELPS A LOT!

Paul C.  
Just For Today Group

# Experience, Strength and Hope

By Cindy N.

## **Step Nine-"Made direct amends to such people wherever possible, except when to do so would injure them or others."**

Don't put those lists away. Do it whatever way you can but this step as all others, needs to be taken. Start with a little amend if you have to, the way has been cleared, and now it's time. I did stupid things with this step also. I made amends to my mother, as she lay on the gurney for open-heart surgery. Swift I ain't. My big fear was that she would hate me, but that didn't happen. She smiled at me (a little groggy) and said she knew all that I had done, and that I didn't need her forgiveness, and that I should talk to God. She seemed to understand. Whether she did or not, it was a start.

For me, the bottom line of this step was not to prostrate myself before people, but to come to terms with myself and a God of my understanding. That was needed for me to become humble enough to understand the wrongs I had done, and to ask what I could do to repair them.

There have been as many varied answers to that question as there were people who had been approached. Hat in hand, God at my side, I moved along the list, sometimes with great trepidation until I remembered that I was not alone in all of this.

Of course, there are those too, who I could never reveal myself to, for fear of destroying a marriage or causing someone to lose their public standing. I need to address each one very carefully, and decide what my motives are [gut level motives]. There is no need for me to tell a wife about the time I spent with her husband, if it is just to show her that I had the upper hand.

Check your motives. Check your ego. Check your sponsor. Look to those with words of wisdom and experience. Don't throw away what others before you have learned. There is strength in those survivors, use them. We will find that many times our Higher Power has put those people we really need to speak to, directly in our path. When those times happen, we must move quickly to do what needs to be done.

There were times when people couldn't get away from me fast enough, but that was ok. I remembered that she was living with and dealing with someone just like me. With a Higher Power we can do anything, and again the feeling is always warming when I am on the right path.

---

## **Tradition Nine-"AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."**

The General Service Conference, the Board of Trustees, and Group Committees cannot issue directives to AA members or groups. AA's can't be dictated to-individually or collectively. .. Absence of coercion works because unless each AA follows the suggested Steps to recovery, he signs his own death warrant. The same conditions apply to groups. Suffering and Love are AA's discipline. The difference between spirit of authority and the spirit of service is our goal. Our aim in services is to bring sobriety within reach of all who want it. It appears to me that this is just a long way of saying, these are suggestions, don't take them and we will refund your misery. There are no dictates in AA, but rather hard-earned sage advice, grown from years of experience in this program.

As Chairperson of the Corrections Committee, I have found it arduous work searching

for members who wish to become service oriented. On the other hand, those who have freely given themselves to service work, are the most steadfast people, full of enthusiasm, with a twinkle in their eyes. There is a certain drive, and clearly, cool sobriety that shines out from under those service baskets.

Having had the opportunity to attend NERAASA (North East Region Alcoholics Anonymous Service Assembly), NERF (North East Region Forum), NERC (North East Region Conference) and to be an actual part of the proceeding. Being one of the votes that was counted, I found that being a part of the process, for the good of AA, brought it all home. It was truly a thrilling experience and I shall go again, as long as I can.

## **"WHEN WE ARE DISTURBED...THERE IS SOMETHING WRONG WITH US."**

*("a spiritual axiom")*

Letting other people grow, develop, and live their own experiences as they must, takes courage and acceptance. It is my responsibility in this life to take care of my own healthy development, and not try to control someone else's. It hasn't been easy for me to let go of someone with whom I share a particular path in life, however no two of us are destined for exactly the same conduct and moral values.

I cannot control anyone's behavior, yet I still try. The more I try, the greater the barriers between us become. When I persist long and hard enough, I eventually drive them away to the point of no contact. It's not easy, and never has been, for me to accept errant conduct from people I love or care about. It's funny, strangers and non-acquaintances, are another situation, that bunch I can accept. Now, if I could only assume the same basic attitude towards the people I care about as I do with non-acquaintances, my acceptance of those I love and care about, would be more mature and realistic.

In the final analysis, my value to my loved ones would be greater and my serenity would be near perfect—"What an order!" I have the faith that such is possible for me, for I have experienced it.

My source of direction came from the story, *"Freedom from Bondage."* While it suggests two weeks of daily prayer to reach peace of mind regarding other people, I found that my time requirement was more like six weeks, but it finally did work. Only then was I given the Grace to fully accept the errant conduct of people I loved. The result was that I could be with these people, talk to them, dine with them, and I was unable to pass any critical judgement upon their choice of behavior. Suddenly, I was free of the need to judge! I don't mean that I condoned it, it was just no longer my assignment in life. God, alone, can make such final conclusions.

I believe that I encounter the experiences I need in my life. It's sometimes hard to call upon that belief when I'm consumed with disappointment, anger or the inability to have what I want. Yet everything that comes into my life is necessary or a condition needed for my personal growth. I need always to review and re-inforce that principle, for without it, I cannot have the peace of mind and serenity that I need and cherish.

John H.  
We Care Group

---



---

### MORE ON TRADITION NINE...

Our Service Boards and Committees have to have some semblance of order, and directives to operate efficiently in order to maintain a positive spirit of service for the Fellowship. As responsible servants, who do not govern, we remain humble by following the AA principles. As Bill W. said, "Love and Tolerance is our code", and we keep the purpose intact by using rotating leadership. We need not be organized, but we do need to keep the Fellowship united for our lives and the lives of those to come.

## WHEN I LOST MY BEST FRIEND

Oh, what a day it was, when I said goodbye to who I thought was my best friend - 'the bottle.' I know now, that his departure from my life is a fact. I knew my feelings told me that I shouldn't look back, but the bottle said, "in the past I was your best friend, yet, today I know you're not my friend." As the holes in my body and soul started to heal, I knew at this point that I needed to find a Higher Power for a friend.

Today, my one purpose in life is to stay away from that nasty stuff! Alcohol, you'll use me no more, as you did in the past. I must remember that you will be watching me. I know you, C2H5OH, you're alcohol!

All I have to do is pick you up and you'll do the rest. You will take away my life, my wife and yes, even my soul. I know you're out there, waiting and hoping that I'll take the wrong track.

I gave up all my 'best friends' at the bar, and took the AA shuttle to a much better place. With Gods' help, I hope never to return to my old lifestyle. Today I have many friends in the Fellowship of AA, and they will help me when I need it the most. Remember, don't drink, say a prayer and go to a meeting.

*Your friend in AA  
Mark W., Williamsville Group*

\*\*\*\*\*

## FALL CONVENTION COFFEE FUND

THE AA BUFFALO FALL CONVENTION IS FAST APPROACHING. THE COST FOR THE COFFEE THIS YEAR IS \$ 4,300. WE ARE \$ 3,096 AWAY FROM OUR GOAL. ALL GROUP AND INDIVIDUAL DONATIONS CAN BE SENT TO:



COFFEE FUND  
57<sup>TH</sup> AA FALL CONVENTION  
P.O. BOX 425  
BUFFALO, N.Y. 14223--9998



As of July 28<sup>th</sup>, 1998 the following groups and individuals have already made contributions. The Convention Committee would like to thank them for sending their donations in early. It's truly appreciated!

- |                      |                                |               |
|----------------------|--------------------------------|---------------|
| ➤ AFG GROUP          | LOCKPORT FRIENDLY GROUP        | TREASURER     |
| ➤ AMHERST- SNYDER    | LOCKVIEW GROUP                 | UNITY         |
| ➤ ANONYMOUS          | McKINLEY WINNERS               | WE CARE       |
| ➤ ANONYMOUS          | NEW LIFE                       | WESTMINISTER  |
| ➤ ANONYMOUS          | PATCHIN GROUP                  | WILLIAM B.O.  |
| ➤ ANONYMOUS          | POWERLESS GROUP                | WILLIAMSVILLE |
| ➤ ANY LENGTHS        | PURPOSE GROUP                  | WORKING       |
| ➤ CHAPTER 9          | RAINBOW GROUP                  | ZIGGY         |
| ➤ CHARLES & DORIS L. | RAY OF HOPE GROUP              |               |
| ➤ CINDY & GRIFF N.   | SETASIDE GROUP                 |               |
| ➤ COLD SPRINGS GROUP | SPIRIT OF HOPE GROUP           |               |
| ➤ HELPING HAND GROUP | SPRINGVILLE SATURDAY AFTERNOON |               |
| ➤ INSPIRATION GROUP  | SPRINGVILLE TUESDAY NIGHT      |               |
| ➤ LARRY & BETH P.    | STEPPING STONES GROUP          |               |
| ➤ LIGHTEN UP GROUP   | THRUWAY GROUP                  |               |
| ➤ LOCKPORT CITY      | TUESDAY NIGHT MEN'S            |               |

## SERVICE OPPORTUNITIES

<b>HELP WANTED</b> M/F 4 vacancies TFC-12 Step Call Bry-Lin Hospital 4 <sup>th</sup> Floor 1263 Delaware Ave. 3:30 PM - 4:30 PM Every Wednesday	<b>HELP WANTED</b> M/F 2 Vacancies VIP TFC 12 Step Veterans Hospital Room 1006A 3495 Bailey Ave. 1:00 PM - 2:00 PM Every Tuesday	<b>HELP WANTED</b> M/F 1 vacancy TFC12 Step Call ECMC Room 981 462 Grider St. 3:45 PM - 4:45 PM Every Sunday	<b>HELP WANTED</b> M/F 3 vacancies TFC 12 Step Call ECMC Room 981 462 Grider St. 7:00 PM - 8:00 PM Daily, except Sunday
--	---	---	--

If you are ready for some service work, here's your chance to begin. You can help us carry the message to the alcoholic who still suffers. Call the TFC Chairperson, Ed K. at 821-9916. (We suggest a 6 Month to 1 year commitment in each facility).

*Remember, "But for the Grace of God."*

### NEW FRONTIERS SUBSCRIPTION ORDER FORM

(NEW FRONTIERS will be mailed in a sealed envelope to protect anonymity.)

Subscription rates per year are as follows:

1 copy	\$ 7.00	20 copies	\$ 54.00
2 copies	10.00	30 copies	72.00
5 copies	21.00	40 copies	90.00
10 copies	30.00	50 copies	113.00
15 copies	40.00	60 copies	130.00

Group quantities will be mailed by parcel post each month to the group's mailing address, unless otherwise requested.

YES, PLEASE SEND ME \_\_\_\_\_ COPY (COPIES) OF THE NEW FRONTIERS

I HAVE ENCLOSED \$ \_\_\_\_\_ (Make check or money order payable to AA Central Office)

NAME \_\_\_\_\_

GROUP NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MAIL TO:  
 NEW FRONTIERS  
 AA CENTRAL OFFICE  
 845 ELLICOTT SQUARE BLDG.  
 295 MAIN STREET  
 BUFFALO, NY 14203-2412

**SEPTEMBER 1998 ANNIVERSARIES**

**AMHERST/SNYDER**

Bob S. 6 mos.  
 Dennis G. 6 mos.  
 Jon O. 9 mos.  
 Paul B. 9 mos.  
 Gary W. 1 yr.  
 Mark L. 2 yrs.  
 Frank J. 3 yrs.  
 Maureen M. 8 yrs.  
 Tom C. 10 yrs.  
 Rhonda H. 12 yrs.  
 Nancy F. 13 yrs.  
 Toni F. 14 yrs.  
 Joe R. 20 yrs.  
 Jack S. 21 yrs.  
 Dan J. 22 yrs.  
 George D. 26 yrs.  
 Russell Q. 27 yrs.

**ANY LENGTHS**

Kelly O'C. 3 yrs.

**COLD SPRING**

Ron T. 6 mos.  
 Malik K. 9 mos.  
 Sherbil A. 9 mos.  
 Francise F. 2 yrs.  
 Loretta H. 6 yrs.  
 Elizabeth G. 26 yrs.

**COURAGE**

Laura L. 4 yrs.  
 Russ C. 6 yrs.  
 Leo M. 10 yrs.

**ELLICOTT**

Yvonne D. 12 yrs.

**FRESH START**

Beverly S. 4 yrs.  
 Wilber M. 18 yrs.  
 Margaret H. 20 yrs.

**GIVING**

Derrick W. 3 mos.  
 Janice B. 9 mos.  
 Tyrenza E. 9 mos.

**HAPPY HOUR**

Kenneth S. 6 mos.  
 Anthone P. 9 mos.  
 Angie W. 9 mos.  
 Eleanor V. 1 yr.  
 Shirley J. 2 yrs.  
 Ramon S. 2 yrs.  
 Jill C. 3 yrs.  
 Terry C. 3 yrs.  
 Valerie M. 3 yrs.  
 Carl W. 4 yrs.  
 Jay W. 6 yrs.  
 Elizabeth R. 7 yrs.

**HARMONY**

Tom 1 yr.  
 Neil 6 yrs.  
 Van R. 6 yrs.  
 Bob A. 6 yrs.  
 Cynthia D. 8 yrs.  
 Herbert P. 11 yrs.

**LET GO & LET GOD**

Ernie J. 9 yrs.

**MOD**

Steve F. 6 mos.  
 Chris B. 1 yr.

**MONDAY NIITE BIDWELL**

Dan G. 6 mos.  
 Pat R. 9 mos.  
 Darrell H. 9 mos.  
 Brenda H. 9 mos.  
 Henry G. 9 mos.  
 Steve B. 9 mos.  
 Dunbar 9 mos.  
 Michelle C. 9 mos.  
 Chris B. 1 yr.  
 Randy M. 3 yrs.  
 Bill S. 3 yrs.  
 Paul E. 9 yrs.  
 Paul S. 11 yrs.

**NORTH BUFFALO**

Henry B. 3 mos.  
 John D. 6 mos.  
 Becky S. 6 mos.  
 William H. 6 mos.  
 Dan B. 1 yr.  
 Pattie B. 3 yrs.  
 Kari Li J. 5 yrs.  
 Damian C. 8 yrs.  
 Norma F. 15 yrs.

**REMEMBER WHEN**

Sharon H. 9 mos.  
 Rosemary P. 1 yr.  
 Danielle D. 2 yrs.  
 Yvonne O. 2 yrs.  
 Robert H. 3 yrs.  
 Randy B. 3 yrs.  
 Harold A. 3 yrs.  
 Annette L. 5 yrs.  
 Clarence H. 7 yrs.  
 Conrad H. 7 yrs.  
 Kim S. 9 yrs.  
 Donald Y. 13 yrs.

**RIDGE**

Alesha S. 3 mos.  
 Donna C. 6 mos.  
 Phil R. 9 mos.  
 Marla J. 2 yrs.  
 Dan A. 2 yrs.  
 Rich W. 11 yrs.

**RISE & SHINE**

Mark K. 6 mos.  
 Otis B. 6 mos.  
 Jonathan J. 9 mos.  
 Robert G. 1 yr.  
 Sadie A. 1 yr.  
 Theresa H. 1 yr.  
 Charles B. 2 yrs.  
 Chris L. 2 yrs.  
 Curtis W. 2 yrs.  
 Francine F. 2 yrs.  
 Gloria D. 2 yrs.

**RISE & SHINE (CONT)**

Mark S. 2 yrs.  
 Anthony T. 3 yrs.  
 Linda C. 3 yrs.  
 Mary G. 3 yrs.  
 Darrell M. 6 yrs.

**SHERIDAN**

Sam V. 6 mos.  
 Jerry G. 3 yrs.  
 John C. 5 yrs.  
 Dan M. 8 yrs.  
 Joe E. 9 yrs.  
 Jean M. 13 yrs.  
 Butch H. 18 yrs.

**SUN. MORN. BREAKFAST**

Kenny G. 3 mos.  
 Kevin D. 6 mos.  
 Jeffrey J. 9 mos.  
 Rich W. 1 yr.  
 Dan J. 22 yrs.

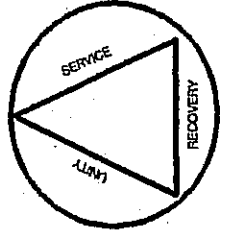
**SUNRISE COURT**

Lucy A. 9 mos.  
 Pete 1 yr.  
 Venus 1 yr.  
 Chris B. 1 yr.  
 Darrell M. 6 yrs.  
 Yvonne D. 12 yrs.  
 Dave K. 13 yrs.

**WE CARE**

Michelle 2 yrs.

**PLEASE REMEMBER: OCTOBER 1998 ANNIVERSARIES MUST BE IN THE CENTRAL OFFICE (IN WRITING) NO LATER THAN SEPTEMBER 10, 1998. THE STAFF RESPECTFULLY REQUESTS THAT YOU TYPE OR PRINT CLEARLY TO INSURE CORRECT SPELLING OF NAMES SUBMITTED. THANK YOU.**





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

**SEPTEMBER 1998**

**MEETING CHANGES OR CORRECTIONS:**

THERE IS A SOLUTION - SATURDAY - has moved their 7:00pm meeting to the Presbyterian Church on Mead Road past the Tribal Office on the Tonawanda Indian Reservation.

SARATOGA - THURSDAY - SNYDER - No longer meets.

EXPERIENCE, STRENGTH & HOPE - SATURDAY - Ashford Hollow - no longer meets

**PLEASE NOTE:**

EARLY BIRD - WEDNESDAY - 10:00AM - United Methodist Church, corner of Ontario and Tonawanda Streets would like to welcome NEW COMERS to their "Beginners Table".

EARLY BIRD on SATURDAY is announcing a Big Book and 12 & 12 Discussion the last two Saturdays of the month. They could use your support. Same time and place as on Wednesday. United Methodist Church, Ontario and Tonawanda Streets.

**COMING EVENTS:**

**SEPTEMBER 6 - SUNDAY - CENTRAL COMMITTEE - 80 GOODRICH - 7:00PM**

SEPTEMBER 12 - SATURDAY - A VISION FOR YOU is sponsoring a "Sober Cruise and Dance" 8:00pm to 11:00pm. Near the Naval & Servicemen's Park, 79 Marine Drive. Lighthouse Buffet. All for \$21.00. Information and tickets call Carolyn C at 443-8484.

SEPTEMBER 27 - SUNDAY - FRESH START is celebrating their 15th Anniversary with a speaker meeting followed by refreshments. They meet at 9:00pm at the Triedstone Baptist Church, 559 Woodlawn at Humboldt Pkwy.

SEPTEMBER 29 - TUESDAY - H.A.N.D. Group, which meets at the Cleveland Hill Lutheran Church, 261 Cleveland Drive in Cheektowaga will be celebrating its 16th Anniversary with a Speaker Meeting. Al Z, from Searching for Serenity, will be the speaker. Lunch, Cake and coffee to follow.

**OCTOBER 4 - SUNDAY - CENTRAL COMMITTEE - 80 GOODRICH - 7:00PM**

OCTOBER - THURSDAY - HAMBURG - Watch for their group anniversary next month.

