

NEW FRONTIERS

A.A. of the Niagara Frontier

SEPTEMBER 2012

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

We request that this newsletter be kept within the Fellowship to ensure anonymity



Amends Are Rough on the Ego ...

The Ninth Step is where we do our best to put right past wrongs. Before getting into any of my own ideas and experiences, I'd like to touch briefly on some points the Big Book makes about the Step, which have been useful to me.

- A) We don't recover and then take the Ninth Step. We take the Step in order that we might recover.
- B) There is more danger in waiting too long to take it than there is in taking it too soon. The early members of A.A. didn't wait ten months or three years before they started making amends. Dr. Bob spent the first day of his sobriety personally seeing his patients and making the very difficult amends an alcoholic physician would have to make.
- C) The purpose of the Ninth Step is to clean our side of the street. We don't criticize or take the other man's inventory.
- D) The amend in the situation involving wrong on both sides is as important for us to make as the one in which we are totally wrong.

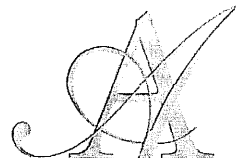
The Ninth Step is a spiritual process but, in some respects, it is a lot like getting in condition to play a sport or having an infection drained. The end result of each process is a healing or strengthening, and in each case we have to sit still for a controlled, limited amount of pain before we can enjoy the result. Before getting into serious Ninth Step work it is well to understand something of the results of this process and the difficulties. The results are these: peace of mind; the ability to look the world in the eye and weather life's storms one day at a time; and sobriety.

Now, the difficulties:

Interestingly, all that suffers in this process is the ego, my oversensitive little image of me—nothing else. The statement, "Boy, that Ninth Step sure is tough!" is only a half truth. It is tough on the ego, and is intended to be so. All of us as alcoholics are too wrapped up in petty self-concern. Possibly the basic purpose of the Twelve Steps is to reduce this excessive egocentricity. So the Ninth Step is not unique; it is just perhaps a bit more obvious than some of the others in its action of assaulting and reducing this harmful false self-absorption. When it comes to the real self, though, this Step is the opposite of rough. It releases us from the prison of our false selves and gives us the freedom to get sober, get sane, get closer to God, and get interested in trying to help someone besides ourselves.

Discretion is necessary in approaching certain touchy amend situations, but this is a razor's edge because it can so easily degenerate into an excuse for procrastination. Since there are no pat formulas, the advice of a sponsor or another experienced A.A. friend in the confusing situation is usually the best way to a good solution.

The help of my sponsor and other A.A. friends has meant more to me on the Ninth Step than any other Step. When I became willing to make amends, I had some very definite ideas as to how I should go about it. My ideas seemed quite plausible to me. In each case, I had thought them out carefully. Yet, often my ideas



(Continued on page 2)

(Continued from page 1)

were wrong. Had I stuck to them, I might still be in deep trouble. One of these amends was a money amend. Under false pretenses, I had taken several hundred dollars from an employer. My idea was to send the employer an elaborate letter of apology. I did, and he sent me a short reply indicating his willingness to accept monthly installments of eighteen dollars as an alternative to prosecuting me. My ego's tail feathers were ruffled by such a cold, unfeeling answer. He didn't understand the extenuating circumstances, the stringency of my present financial position. Nevertheless, I started to pay. Then and only then did relief come from the guilt, confusion and resentment this situation had given birth to.

Of all the amends I owed when I first came into the program, in only one case did I really want to make the amend. The people involved had been injured by my selfishness and phoniness. As soon as I started to get on my feet in the program, I wanted in the worst way to contact them somehow and explain away my actions on the basis of my "disease". When I discussed the matter with my sponsor, he made two points. First, because of the nature of the difficulty, there was no way I could re-enter these people's lives without causing them further pain and, second, the basis of my urge to get in touch with them was not so much a desire to put right past wrongs as it was that my ego was hurting because I supposed these people (quite naturally) thought me a first-class heel for the way I had acted, and I wanted them to think well of me. What my sponsor said went down hard, but it was true. In facing this truth, though, I found relief from the pain of this situation. I also learned that even where direct amends are not in order, very effective indirect amends can be made by praying for the people involved and remaining open to make further amends if circumstances should ever permit.

As one whose life before A.A. was subject to periodic depressive spells and who still has to watch this tendency in himself, I am deeply grateful for the relief, comfort and strength which have come into my life as a result of working with the Ninth Step.

T. P., Jr. Hankins, New York

~ Reprinted with permission ~ A.A. Grapevine ~ February 1967 ~ Vol. 23 No. 9 ~



"Gratitude should go forward rather than backward." ~ Bill Wilson, 1959

Celebrate your anniversary by making a tax deductible contribution using the envelope system ~ something for each year that you have been blessed with your sobriety ~ you probably wouldn't have ANY money without it!

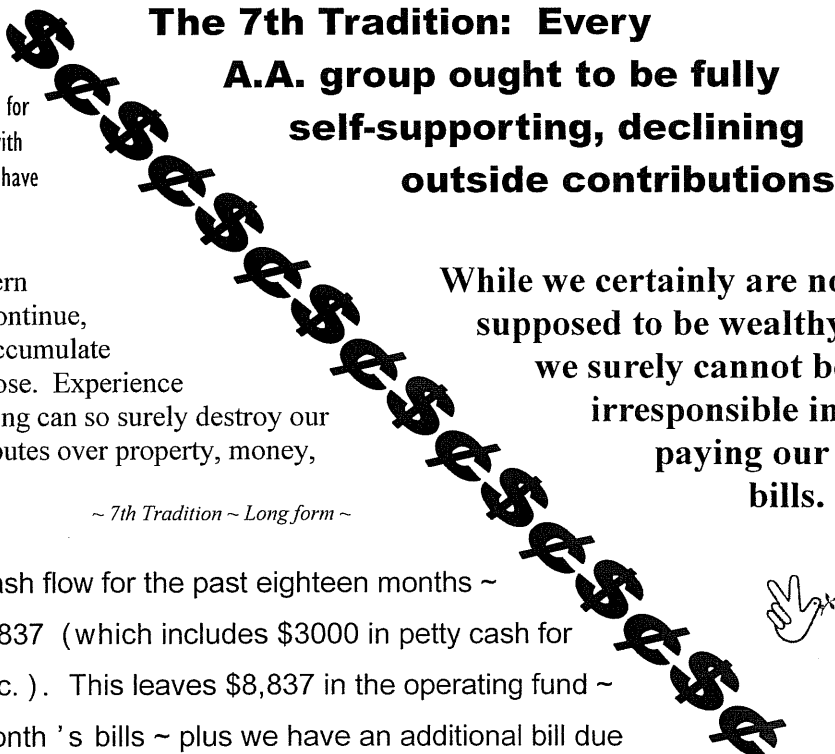
The 7th Tradition: Every A.A. group ought to be fully self-supporting, declining outside contributions.

"... we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority."

~ 7th Tradition ~ Long form ~

While we certainly are not supposed to be wealthy ~ we surely cannot be irresponsible in paying our bills.

We have had a negative cash flow for the past eighteen months ~ our current balance is \$11,837 (which includes \$3000 in petty cash for office supplies, postage, etc.). This leaves \$8,837 in the operating fund ~ \$100 less than this past month 's bills ~ plus we have an additional bill due of \$2000 for the new schedules currently being printed.



archives

a collection of documents
such as letters, official papers, photographs, or recorded material,
kept for their historical interest



This Month in A.A. ~ Bob D.

Alcoholic Anonymous founders Bill Wilson and Dr. Bob Smith were as desperate as the patient when they pulled up chairs next to Bill Dotson's hospital bed in late June of 1935.

Bill W. and Dr. Bob knew that helping another alcoholic was crucial to sustaining their own sobriety, yet previous efforts failed to produce successful results. They needed to keep trying, to discover if they truly possessed a solution to alcoholism. And they feared that unless they could help others get sober they were ultimately destined to drink again.

A nurse at Akron City Hospital recommended they take their approach to the bedside of Dotson, a detox patient hospitalized for the eighth time in six months. Dotson was a prominent attorney and a councilman and unable to sustain anything but short bursts of abstinence. He might go a week here and a week there but that was about it. He'd return to the bottle in short order and quickly drink himself into oblivion.

Dotson had been without a drink since entering the hospital on June 26, 1935. At the suggestion of his wife he met with Bill and Dr. Bob two days later and quickly identified with their stories as they told of their own trials with the bottle. But there was also, Dotson noticed, a peculiar tack to their approach.

"All the other people that talked to me wanted to help ME, and my pride prevented me from listening to them and caused only resentment on my part," he recalled years later. "But I felt as if I would be a real stinker if I did not listen to a couple of fellows for a short time if that would cure THEM."



How powerful was the message? Dotson never drank again and totaled more than 19 years of continuous sobriety before his death on Sept. 17, 1954. He was 62. Given he was the first success of Bill W. and Dr. Bob working in tandem, it's fitting to remember Dotson on the anniversary of his death.

"That is, people say he died, but he really didn't," Bill Wilson later wrote. "His spirit and works are today alive in the hearts of uncounted A.A.s, and who can doubt that Bill already dwells in one of those many mansions in the great beyond."

A depiction of that first meeting has become one of the more recognizable images within the ranks of A.A. Painted by member Robert W., a volunteer illustrator for the *Grapevine*, the work was originally titled "Came to Believe" and was first published in the December 1955 issue of the *Grapevine*. When a book entitled "Came to Believe" was released in 1973, the painting's title was changed to "Man on the Bed".

Whatever it's name, many an A.A. member would agree that it captures the essence of the fellowship. Bill and Dr. Bob wanted to stay sober. Bill Dotson thought he had no chance of achieving any degree of worthwhile sobriety. He was desperate and hopeless and probably headed for an early death or an institution before Bill and Dr. Bob visited and shared their experience, strength and hope.

"We told him what we had done," wrote Bill Wilson, "how we got honest with ourselves as never before, how we had talked our problems out with each other in confidence, how we tried to make amends for harm done others, how we had then been miraculously released from the desire to drink as soon as we had humbly asked God, as we understood him, for guidance and protection."

In Dotson's obituary, written by the Associated Press, his recovery was identified as "the turning point of Alcoholics Anonymous". Not only did that visit enable Dotson to get sober, his recovery verified for Bill W. and Dr. Bob that they had indeed come upon a way to free alcoholics from the shackles of alcoholism.



Editorial: On the 9th Tradition

"Each A.A. Group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large Metropolitan area their central or intergroup committee, which often employs a full-time secretary. The Trustees of The Alcoholic Foundation are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office in New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, "The A.A. Grapevine". All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of A.A. who is for simplicity. Terrified of anything organized, he tells us that A.A. is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals and that clubs only coddle slippees. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon simplicity is the A.A. promotor. Left to himself he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great A.A. hospitals, batteries of paid organizers and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoters dream. "Yes sir," he would bark, "My two year plan calls for one million A.A. members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the A.A. movement never gets over organized. But the promotor will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of A.A.

We shall, naturally, take the firm and safe middle course. A.A. has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain special services; mostly those absolutely necessary to effective and plentiful 12th Step work.

If, for instance, an A.A. group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a Foundation, a General Office or a *Grapevine*, then we are organized for service. The A.A. book and pamphlets, our meeting places and clubs, our dinners and regional assemblies—these are services too. Nor can we secure good hospital connections, properly sponsor new prospects and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services has our spiritual or social activity, the great current of A.A., ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor; for our service expenses are trifling.

With such assurances, we shall without doubt, continue to improve and extend our vital lifelines of special service; to better carry out our A.A. message to others; to make for ourselves a finer greater society and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

Bill W.



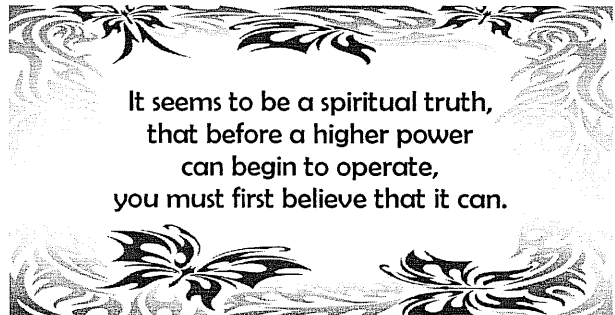
BEFORE YOU TAKE THAT NEXT DRINK OF ALCOHOL:

- 1) **POSTPONE THE DRINK** ~ You have undoubtedly had character defects such as procrastination, sloth, laziness, denial and fear. So, USE THEM right now in a constructive way by postponing that drink. You know you can hold off for 10 minutes, an hour, or even more. And, while you are delaying the destroyer, take the remedies listed below.
- 2) **STAY AWAY FROM ALCOHOL** ~ If you are in a bar or a place where liquor is available to you, go somewhere else where there is no booze for a while, at least.
- 3) **PRAY** ~ Ask God to keep alcohol from entering your body and to remove the obsession to drink. This action can and should be done repeatedly while you are following the rest of this survival plan.
- 4) **CALL SOBER PEOPLE** ~ Tell them that you want to take a drink. Give your sponsor a chance to relieve the insanity of taking a drink. Or, call anybody who can help, even Central Office. In anticipation of finding a lifeguard, hopefully you have been collecting phone numbers and saving phone lists from meetings. If you are in a strange town, Alcoholics Anonymous is usually listed in the white pages of the phone book.
- 5) **GO TO AN A.A. PLACE** ~ Head for a meeting or an A.A. gathering place, such as a clubhouse, a sober living house, or an after-meeting hangout. Sometimes a church or parish will help.
- 6) **READ A.A. LITERATURE** ~ Try the Big Book (Alcoholics Anonymous) chapter 2, the 12&12, pamphlets or other material.
- 7) **VISIT SOBER.ORG** ~ Download and read step guides. Visit sobriety chat rooms. Go to Google.com and search on “stay sober” (107K hits), sobriety (97.5K hits), or “sober” (344K hits), for example.
- 8) **WRITE A GRATITUDE LIST** ~ We get so hung up on what we don’t have or want to get rid of, we fail to “count our blessings”, which we have in abundance.
- 9) **WRITE A HARMS PREDICTION** ~ If you drink, who is going to get hurt? Besides yourself, how about your family, your work, and those who depend upon or respect you?
- 10) **WRITE A “REWARDS FROM RELAPSE” LIST** ~ If you are or might be alcoholic, you have reasons to not drink alcohol. If you are gripped by the desire to drink, put the burden of proof on that drink. What is it going to do for you that is worthwhile? How long will that benefit last? How much are those desired moments of ease and comfort worth? Are you really ready to throw away your sobriety for a drink?
- 11) **DO AN ANONYMOUS KINDNESS**
- 12) **DO WHATEVER YOUR SPONSOR SAYS HE/SHE DOES WHEN THE URGE TO DRINK ARISES** ~ How do you know what that is? Ask!

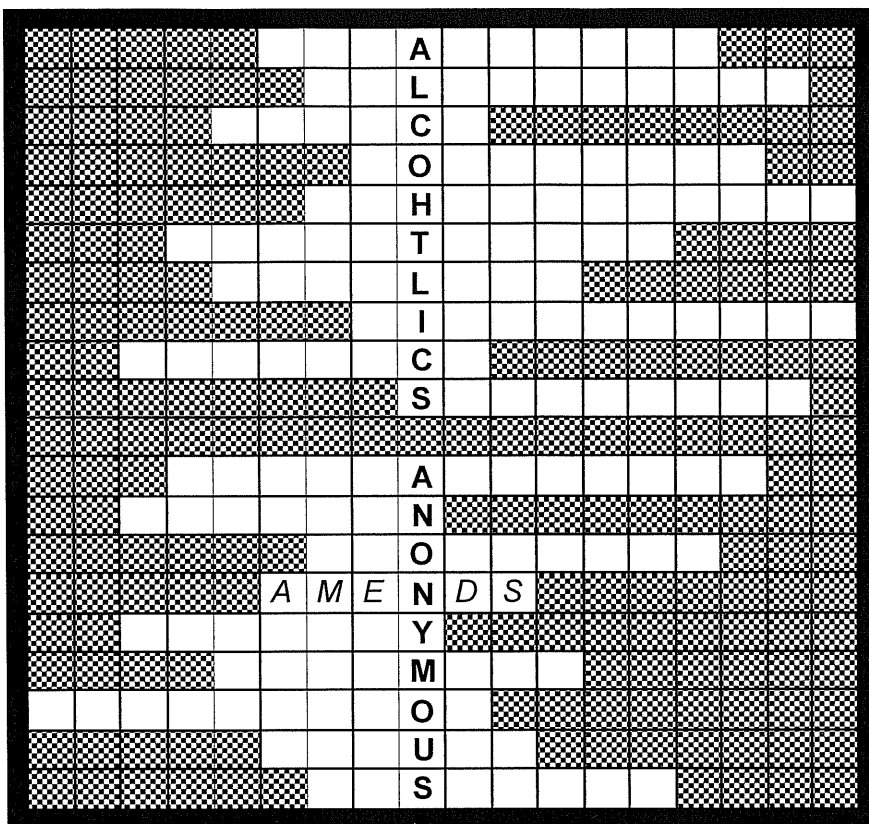
~ With permission ~ *Serenity News* ~ September 2008 ~
~ Lake/Sumter (Fl) Intergroup ~ Thanks, Joanne~

“I do not need to make amends on my hands and knees; I need to walk tall, without false pride. When I go in humility and sincerely ask people to forgive me, this will remove the burden from my shoulders.”

Reynoldsburg, Ohio, September 1979 ~ From “Persons We Had Harmed” ~ *AA Grapevine* ~ Quote of the Day ~



Step Nine Puzzle - If you are baffled, you know where you can find the answers!

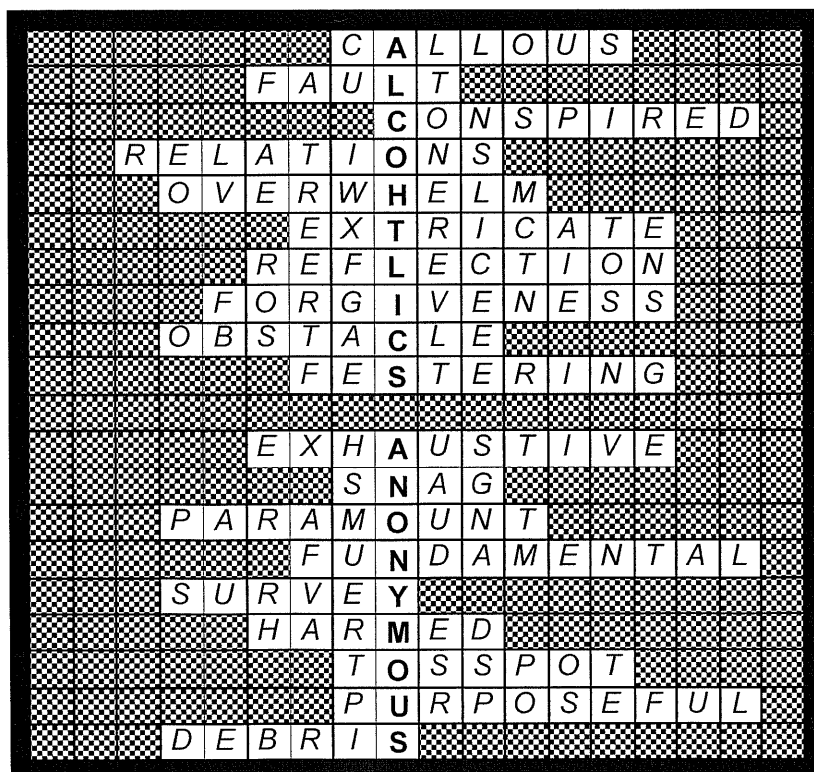


Use each letter in one word across

- Always wanting more, impossible to satisfy
- Binding duties or indebtedness
- Straightforward and personal
- Possessing ability, judgement and resources
- Causing happiness, excitement and liveliness
- Compensation for loss, damage or injury
- Fiercely attacking verbally
- Revelations of previously secret information
- Caution, good judgment and sensitivity
- Doubtful, tending not to believe or accept

- Postpone doing something
- Avoidance of something unpleasant
- Statements expressing guilt or regret
- Changes for the better, making up for*
- Important and having serious consequences
- Opinion formed after careful consideration
- Individual choice or judgment
- Cause offence, distress or damage
- Capable of happening

Step Eight Puzzle - Answers



- Hardhearted; showing no concern
- Responsible for mistake, failure or wrongdoing
- Planned secretly; plotted
- Meaningful connections; associations
- Make completely emotionally powerless
- Free from difficulty; disentangle
- Careful thought; reconsideration
- Giving up a resentment
- Something standing in the way
- Becoming increasingly tense or worse

- Covering all possibilities
- Small problem; inconvenience
- Having great importance; most significant
- Primary; basic; essential
- Very detailed critical examination
- Caused physical, mental or moral injury*
- Drunkard
- Clearly determined; intentional
- Fragments or pieces left behind

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.

9th Concept ~ Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

IN MEMORIAM

Things We Can Not Change

- ~ Paul V ~ Living in the Solution ~ 39 yrs ~
- ~ Carol K ~ Courage ~ 12+ yrs ~
- ~ Rita K ~ Lovejoy ~ 19 yrs ~

To all of our members who have lost family and loved ones ~
Our thoughts and prayers are with you



Area 50 Archives WNY has acquired a short video which highlights the invited participation of Alcoholics Anonymous members in the post 9/11 tragedy. The Buffalo/Niagara Frontier A.A. Central Committee is pleased to have the Archives Committee present this program at the next Central Committee meeting on Sunday, September 9th, at 7pm, at Buffalo Central Office, 681 Seneca Street, Buffalo, NY. All A.A. members are cordially invited to attend the program, as well as attend the Central Committee meeting which will immediately follow.

Share your Experience, Strength and Hope

Please submit your announcements by the 12th for next month's issue

Articles can be submitted at any time

e-mail address: buffaloA.A.@hotmail.com

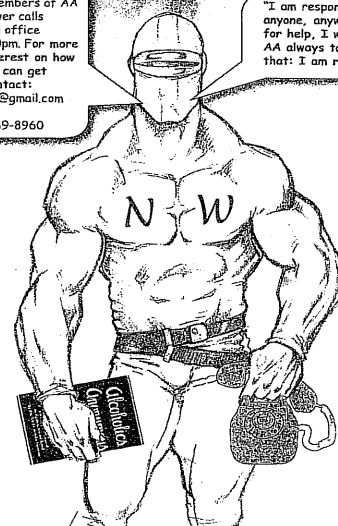
or mail to

**Buffalo Central Office
681 Seneca St (lower)
Buffalo, New York 14210**

The Central Office of Western New York publishes the *New Frontiers* monthly. We are supported by your subscriptions and Central Office donations. The *New Frontiers* presents the experience and opinions of members of Alcoholics Anonymous on the disease of alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply the endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: quotations from "Alcoholics Anonymous", "Twelve Steps and Twelve Traditions" and other A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Articles reprinted with permission of A.A. Grapevine, Inc. are subject to Grapevine copyright.)

COMING SOON

The Buffalo Central Committee is starting up a new phone answering service known as NIGHTWATCH. Where members of AA will be able to answer calls coming into central office directly after 4:30pm. For more information or interest on how you or your group can get involved please contact: nightwatchbuffalo@gmail.com or call Jason D. at 716-289-8960



NIGHTWATCH!

please contact nightwatchbuffalo@gmail.com or call Jason D. at 289-8960 for more information or to get involved!

PLEASE READ AT YOUR MEETING...HELP KEEP EVERYONE INFORMED

BUFFALO CENTRAL OFFICE

681 SENECA STREET (Lower)

AUGUST 2012

MEETING CHANGES

NEW GROUP:Blasdell Saturday Night, Blasdell Lutheran Church, corner of Arthur & Salsburg, Blasdell, 14219. Closed , 8PM.

NEW GROUP: Saturday Night Alive; The Hope Center, 781 Maple Rd.Amherst, 14221@ 6PM.Closed.

The Beginnings Women's Group, St. Patrick's Episcopal Church, 1395 George Urban Blvd @ Dick Rd. Will be **starting a Step Table** on Sept. 3rd. Please Join Us.

Rigorous Honesty Women's; No Longer Meets. Saturdays, 1PM, 144 Mill St., Buffalo.

Women in Recovery, now meets at Research Institute, 1021 Main st rm 132C (between North & Goodrich) **Rm 132C** , same day & time Wednesdays 6PM free parking on Main st

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

COMING EVENTS

~ **Women in Recovery Group**: In anticipation of our 2nd group anniversary join us every Wednesday during August & September for a Speaker & Sharing meeting , 6PM @ 1021 Main st Buffalo between E North & Goodrich, park free on main Women *In* Recovery.

~ Sep 9, **Steering Committee**, SUNDAY 5:30 PM, Central Office, 681 Seneca

~ Sep 9, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office(Hosted by WE-Women's Experience Group)

~ Sep 4," **Nightwatch" Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca

- ~ Sep 10, **Public Information Committee meeting**, Monday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Sep 8, **71st Buffalo Fall Convention Planning Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street
- ~ Sep 8, **Archives Committee Meeting**, SATURDAY, 10 AM, Buffalo Central Office, 681 Seneca Street
- ~ Sep 17, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting
- ~ Sep 23, **Corrections Committee Meeting**, last SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .
- ~ Sept 7,8 & 9, **Dunnville Convention & Campout**. Byng Conservation Park, 4969 Haldimand Rd. 20, Dunnville ON N1A 2W3 Reservatin- Daily \$8. Weekend \$15. Meetings under the tent. Friday fish fry & campfire talk-a-thon. Saturday night dance. For More Info call Kim F (907) 957-2905 or Paul M. (907)701-1135.
- ~ Sep 9, **General Service Assembly**, SUNDAY ,12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Sep. 26, **Beginnings Women's 26th Anniversary**. Please Come help us celebrate.
- ~ Oct 5-7, **FALL SPIRITUAL WOMEN'S RETREAT**: Saint Columban Center (Derby, NY). Speakers, groups, spiritual advisors & lots of food, fun & fellowship. Cost: \$135 (inc. meals & lodging). Contact person: Marilyn 799-4094.
- ~ Oct 26,27 & 28, **71st. BUFFALO FALL CONVENTION**: Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst.

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9th CONCEPT; Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

PLEASE SUPPORT THE ENVELOPE SYSTEM...

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

SEPTEMBER ANNIVERSARIES

Alexander

Bob M. 2y
 Jim S. 3y
 John R. 4y
 Mark C. 5y

Amherst/Snyder

David Z. 8y
 Dennis K. 28y
 Dan J. 36y

Big Book Lockport

Maureen M. 11y
 Joe W. 41y

Courage

John W. 4y

Dawn Of Hope

Dawn P. 6m
 Maura L. 3y
 Mark C. 7y
 Phil G. 25y

Easy Does It

Veronica J. 8y
 Theresa B. 17y
 Joe E. 23y

Eyeopener

John N. 1y
 Lisa S. 1y
 Dan B. 1y
 Mike R. 3y
 Dana 3y
 Amy 4y
 Jimmy 4y
 Marilyn 10y
 David F. 12y
 Jim K. 15y
 Kari Li 19y
 Steve B. 21y
 Bob A. 25y

Fresh Start

Reggie 16y
 Margaret 34y

Golden Slipper

Jim S. 5y
 Bob A. 25y

H.A.N.D.

Dennis S. 5y

Helping Hand

Andy Z. 1y
 Francis 22y

Holland

Kerri O. 2y
 Jim F. 49y

How It Works

Jeff F. 3y
 John W. 3y
 Kamron A. 5y
 Gary B. 9y
 John T. 20y
 Adolf I. 22y
 Bill L. 32y

Ironhorse

Brandon B. 5y
 Mike B. 14y
 John H. 14y

Just For Today

Dennis S. 5y
 Russ Q. 42y

Lakeshore

Bob D. 3y
 John H. 32y
 Dan J. 36y

Lockport #1

J.R. 11y

LoveJoy

Harry P. 27y

Main & High

Larry A. 5y
 Neil D. 5y

Matt Talbot

John S. 9m
 Paul R. 3y
 Mike G. 3y
 Brayton M. 17y
 Julie D. 24y

North Buffalo

Mark 2y
 Todd N. 2y
 Eric D. 2y
 Chris W. 2y
 Ryan P. 2y
 Todd S. 2y
 Charles D. 3y
 Jeff H. 4y
 Rob P. 4y
 Tony R. 23y

Orchard Park Step

Cheryl 3m
 Laura D. 12y

Remember When

Wendy A. 4y
 Randy H. 12y
 Annette L. 18y

Renaissance

John L. 1y
 Chere R. 3y

Serenity

Paul R. 3y

Sheridan

Chere' R. 3y
 Betsy E. 12y
 Dan M. 22y
 Jean M. 27y
 Butch H. 32y

Springville Tuesday

Steve H. 24y
 Larry S. 31y

Spiritual Progress

Helene 2y

TGIF

Chris K. 10y

The Journey

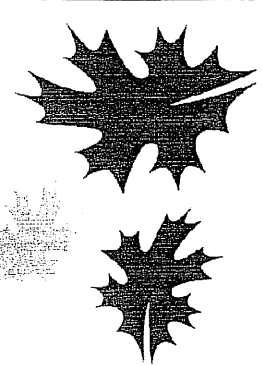
Gregory H. 1y
 Paul R. 3y
 Wendy A. 4y
 Juliette I. 4y
 Chris B. 6y
 Ammabelle L. 7y
 Kelly S. 11y
 John Q. 12y
 Mathew W. 14y
 Tut R. 21y
 Tony R. 23y
 Joe R. 34y

Thruway

Paul P. 3y
 Tiffany G. 4y
 Leo 24y

Williamsville

Larry W. 2y
 Deborah D. 4y
 Keith L. 20y
 Chris R. 27y



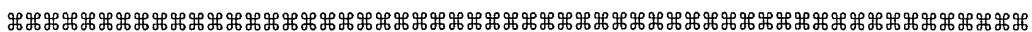
Group Anniversaries

11:45 Noon; 14y
 Acceptance; 37y
 Action; 43y
 Arcade; 19y
 Boulevard Women's; 45y
 Cathedral Park; 23y
 Complanters; 39y
 Easier Softer Way; 19y
 Fireside PM; 30y
 Fredonia Discussion; 41y
 Fresh Start; 29y
 Frontier; 45y
 Golden Slipper; 38y
 H.A.N.D.; 30y
 Honesty; 38y
 Iron Horse
 North Buffalo; 71y
 Orchard Park Step; 24y
 Renewal; 40y
 Step Work; 22y
 Sobriety For Women; 12y
 South Town; 28y
 Today's Women; 17y
 Women In Recovery; 2y

Please remember to
 have the anniversaries

**submitted by
 the 12th**

**END OF BUSINESS DAY 4:30!
 of the month
 previous**



BUFFALO CENTRAL COMMITTEE MINUTES

August 5th, 2012

Pete E. Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Annie (Lakeshore) read the Preamble, John (Sunday Morning Breakfast) read the Purpose of Central Committee, Sean (Step Action) read the Twelve Traditions. It was moved by John (Saturday Morning Breakfast) and seconded by Derek (Lockport No. 1) to accept the July minutes. Refreshments were Provided by The WE group (Next month they will be provided by Derby Group). New groups were greeted and 31 groups were represented: Dist. #1 Giving Group, Main and High Dist. #2 Any Age, Brass, How it Works Men's, Questions and Answers, Sheridan, Step Action, Three Legacies, University Men's Dist. #3 Courage, HOW, Iron Horse, Ridge, Sunday Morning Breakfast, Dist. #5 Lockport No.1, Simplicity, Dist. #6 As Bill Sees it, Carrying the Message, Derby, Lakeshore, Sobriety Men's Discussion, WE Group, Dist. #7 Cold Spring, Fresh Start Dist. #8 Amherst Snyder, Eye Opener, Fireside PM, Highview, It Group.

COMMITTEE REPORTS:

•**ENVELOPE SYSTEM:** No Report

•**STEERING COMMITTEE-** Verbal report (Sue Finance Chair)

•**FINANCIAL REPORT:** Income- We received \$7595.44 in income. We were \$1500 below average in literature sales this month. The balance for accounts receivable is \$1248.07, of which one group is over 90 days. Their amount is \$122.67. Expense- Our monthly expenses were \$8781.42. We are now up to date on Health insurance. The payroll company had switched carriers and we did not have to pay last month. Either at the end of this month or next month we will have to dip into our prudent reserve, based on the income to expense pattern. In the first seven month our expenses have exceeded our income by over \$4700.00. Balances- General Operating is \$8837.65. Corrections is \$1,300.34 including contributions of 293.22 and expenses of 82.00. Treatment is \$3079.96 including contributions of \$150. There were no PIC expenses for this month. Respectfully submitted, yours in AA, Sue B. Finance Secretary.

•**TREATMENT:** All treatment facility meetings are covered. We continue to drop off books and literature. The meeting for treatment committee is cancelled for August 20th. I would like to thank the groups for their contributions and service. Yours respectfully Milt B.

•**CORRECTIONS:** No Report

•**CENTRAL OFFICE:** JULY OFFICE REPORT

AAINFO:155,12-STEP:3,ALANON:5 ,VISITORS:110,VOLUNTEERS: 4.

GROUPS WE ARE IN NEED OF CONTACTS FROM ARE; HIGHER POWERED 7, POWERLESS- 7, VIP-2 I will be passing on the Central Office Seminar this year. Schedules are at the Printer's. Concerned over current 12 step list. (Only has 16 people on it.)

Yours in the fellowship of the Spirit...Terry B.

•**NEW FRONTIERS:** No Report

PIC: No report.

•**Night Watch:** No Report

• **CONVENTION:** No Report

• **GSA LIASON:** We will not be having a booth at the Erie County Fair this year because our treasury is only about \$2,000 and the booth is \$950. I attended the final State Convention which was the best service convention almost nobody attended. Aug. 17-19 we will be hosting the NYS Informational Workshop at Stella Niagara, walk in registrations welcome. Our next meeting will be Sept 9.2012 at Hamburg Town Hall at 12:00pm. Yours in service John C.

• **ARCHIVES:** AREA 50 ARCHIVES CHAIRMAN'S REPORT

August 1, 2012 We thank you for the honor and privilege of serving you this past month. We continue to attend or report to the four intergroup areas of Area 50 and participate in convention and workshop meetings. We have had four work nights at Central Office in July and continue to encourage groups to send pictures of your home group meetings for our power points presentation of home groups. We presented displays in July at the Main-High/Spirit of Hope Day of Sharing and at the New York State Convention in Albany. It was a short drive after the convention in Albany to view Ebby's gravesite at the Albany Rural Cemetery. Our history literally comes alive in a rural cemetery. We will put together a display with the pictures we took and information on Ebby.

We have two displays in August. The first is at the New York State Informational Workshop at Stella Niagara in Lewiston, NY. This is August 17th to 19th. There are panels with presentations from the service committees and questions and answers following. After the dinner Saturday evening, a member from a young persons group will talk about AA in the Digital Age. Anyone can show up and register on-site.

We will also have a display August 25th at the District 6 Day of Sharing. This will be held at The Hope Center, 781 Maple Rd., Amherst, NY from 11 am - 3:30 pm. This past month we received contributions from the Iron Horse Group, New International Group and the Main-High Group. We depend upon your support to continue the work we do. Please send contributions to: Area 50 Archives, c/o Buffalo Central Office, 681 Seneca Street, Buffalo, New York 14210. Thank you for your continued support.

Yours in Service, Wally Eick Area 50 Panel 62 Archives Chair

• **AD HOC:** Verbal Report

• **OLD BUSINESS:** No Old Business

• **NEW BUSINESS:** John (Sunday Morning Breakfast) makes a motion in response to Steering committee recommendation to "move \$5,000.00 from prudent reserve to operating funds." Paul Fireside PM seconds motion. 27- in favor, 2- opposed, 1-abstain. Minority opinion did not affect the initial vote.

Derek (Lockport No. 1) made motion to "have archives committee give a short 9-11 presentation before next month's central committee meeting." (Unanimously voted in.)

NEXT MEETING: September 9th, 2012 at 7pm.

Derby Group will be providing refreshments at next month's meeting.

It was moved by Derek (Lockport No. 1) and seconded by Paul (Fireside PM) that we adjourn; adopted. Meeting closed with the Lord's Prayer at 8:18 p.m.

Respectfully submitted Zach F., Recording Secretary Three Legacies Group.

Income Statement	May-12	Jun-12	Jul-12	YTD
Beg Bal Cash on hand	11,310.31	11,678.41	10,023.63	
Contributions				
Groups	4,275.08	4,297.65	3,626.41	27,143.00
Joint Meeting	38.96	47.00	31.75	291.46
Envelope System	137.00	269.00	792.00	3,871.00
New Frontiers Subs	40.00	23.00	148.00	372.00
Literature/Medallions/Pins	4,382.44	2,807.55	2,698.40	25,485.12
Literature Sales Tax	223.23	246.82	223.95	1,836.59
Literature Postage	33.57	19.95	31.93	211.71
Sales+/-		19.46		(48.64)
Archives Room Rent	200.00			400.00
Com. Meetings at CO	15.00	31.00	18.00	149.00
Mail/Misc.	50.00	50.00	25.00	180.00
Returns				
NSF Bank fees collected				
"Gratitude Month" (NOV)				-
Conventions/Day of Sharing				-
Monthly Income	9,395.28	7,811.43	7,595.44	59,910.10
Expenses				
Office Rent	891.82	892.23	892.23	6,246.02
Electric	90.00	90.00	90.00	630.00
Payroll Gross	2,571.40	2,569.00	2,571.40	19,274.70
Employment Taxes	196.70	196.70	196.70	1,648.77
Unemployment Surcharge				-
Payroll Tax Deposits				-
Federal				-
State				-
NYS Sales Tax		780.88		1,488.61
Insurance				
State Ins Fund(Travelers)		60.00	(2.40)	364.60
Health	626.08		1,252.16	4,382.56
Liability				1,235.23
Postage		783.14	1.35	1,828.40
Phone	166.57	167.98	168.09	1,166.87
Accounting		1,600.00		1,600.00
Paychex	74.18	74.18	83.13	640.59
Advt				
Talking Phone Book		660.00		
Super Media	328.30	164.15	165.15	1,148.55
website				-
white directory				-
Yellow Pages	(99.00)			-
Literature Expenses				
Grapevine		498.47		498.47
World Services Inc	3,061.60	264.10	2,024.00	14,675.55
Hazeldon			602.75	1,394.56
Printers				1,620.00
Medallions		82.41		82.41
PINS				-
Petty Cash				-
Office Supplies	567.83	20.52	174.31	1,144.21
Answering service	178.70	189.45	189.55	1,230.95
Copier leasing	209.00	209.00	209.00	1,463.00
Copies/ service contract	161.00	161.00	161.00	1,127.00
PIC				52.62
Bank Fee's	3.00	3.00	3.00	45.00
Prudent Reserve				-
Seed \$\$				-
Seminar				-
Monthly Expenses	9,027.18	9,466.21	8,781.42	65,648.67
Monthly Income (Loss)	368.10	(1,654.78)	(1,185.98)	(\$5,738.57)
End Balance	11,678.41	10,023.63	8,837.65	
Petty Cash	3,000.00	3,000.00	3,000.00	
Total Balance	14,678.41	13,023.63	11,837.65	
PRUDENT RESERVE	28,100.58	28,101.74	28,102.86	+
Assets: Literature & Medallions	11,961.08	10,844.91	11,492.50	
Literature Receivable:(outstanding)	432.56	1,104.94	1,248.07	
Corrections Facilities	621.62	839.97	1,092.12	
Contributions	301.35	255.15	293.22	2,013.39
Bank Fee's	3.00	3.00	3.00	21.00
Expenses	80.00	82.00	82.00	1,538.75
Balance	839.97	1,092.12	1,300.34	495.64
Treatment Facilities	3,915.96	2,875.96	2,932.96	
Contributions	50.00	60.00	150.00	675.00
Expenses	1,087.00			1,352.75
Bank Fee's	3.00	3.00	3.00	21.00
Balance	2,875.96	2,932.96	3,079.96	1,373.75
				(677.75)

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		JULY	YEAR	JULY	YEAR	JULY	YEAR
6	11:45		0.00		0.00		0.00
6	12 Steps/12 Traditions		135.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		0.00		0.00		0.00
5	6th Step		125.00		0.00		0.00
4	A Day At A Time		0.00		0.00		0.00
3	Abbott Corners		0.00		0.00		0.00
3	Abbott Men's		0.00		0.00		0.00
2	Acceptance/Welcoming		0.00		0.00		0.00
4	Achievement		200.00		0.00		0.00
4	Action		0.00		0.00		0.00
2	Age Doesn't Matter		0.00		0.00		0.00
8	Akron Awareness		0.00		0.00		0.00
5	Albion New Beginnings		12.50		0.00		0.00
3	Alexander		0.00		0.00		0.00
6	Arnhers/Snyder	200.00	518.96		0.00		0.00
6	Armsdell Lakeshore		0.00		0.00		0.00
2	Any Age		250.00		0.00		0.00
3	Any Length	35.00	245.00		30.00		30.00
4	Arcade		0.00		0.00		0.00
6	As Bill Sees It		227.00		127.00		0.00
8	Attitude Adjustment(Williamsville)		0.00		0.00		0.00
5	Attitude Adjustment(NF)		50.00		25.00		25.00
6	Attraction		33.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
8	Back To Basics		0.00		0.00		0.00
5	Beginners Group (NF)		0.00		0.00		0.00
7	Beginning in Sobriety II		0.00		0.00		0.00
8	Beginning's Women		0.00		0.00		0.00
5	Big Book Lockport		100.00		0.00		0.00
5	BB Spiritual Studies		0.00		0.00		0.00
6	Big Book Study	30.00	30.00		0.00		0.00
3	Blasdell		0.00		0.00		0.00
1	Blasdell Monday Night		0.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand		0.00		0.00		0.00
2	Boulevard Women		0.00		0.00		0.00
2	Brass		0.00		0.00		0.00
3	Building Hope		0.00		0.00		0.00
3	By The Book		0.00		0.00		0.00
6	By The Wayside		25.00		0.00		0.00
6	Carry the Message		50.00		0.00		0.00
7	Castling		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake-Up Call		450.00		0.00		0.00
3	Caz Manor		50.00		0.00		0.00
7	Central City Cafe		50.00		0.00		0.00
2	Chapter IX		171.24		50.00		50.00
3	Cheektowaga	150.00	765.00		0.00		0.00
6	Changing Our Way's		100.00		0.00		0.00
6	Clarence Men's		0.00		0.00		0.00
8	Clarence Men's II		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
2	Common Bond		0.00		0.00		0.00
1	Common Solution		0.00		0.00		0.00
1	Committed		0.00		0.00		0.00
1	Complanters		40.00		0.00		0.00
3	Courage	30.00	30.00		0.00		0.00
2	Daily Reflections		100.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Dawn of Hope		50.00		0.00		0.00
6	Derby		200.00		0.00		0.00
6	Derby Lunch		0.00		0.00		0.00
6	Desire		0.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's	14.00	46.83		0.00		0.00
6	Dunkirk Monday Night		0.00		0.00		0.00
4	Early Bird South		0.00		0.00		0.00
5	Early Rising Obliging		0.00		0.00		0.00
6	East Amherst		570.00		0.00		0.00
6	East Amherst Traditions	160.00	160.00		0.00		0.00
4	East Aurora		300.00		0.00		0.00
2	Easy Does it	40.00	220.00	30.00	210.00	30.00	210.00
4	Elicotville		0.00		0.00		0.00
6	Everybody's		0.00		0.00		0.00
1	Express		6.00		0.00		0.00
8	Eyeopener	251.39	1360.05		0.00		0.00
4	Eyeopener South		1209.00		302.00		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		0.00		0.00		0.00
8	Fireside	75.00	959.00		0.00		0.00
6	First Things First		100.00		0.00		0.00
6	Forestville Sunday Serenity		75.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom	200.00	300.00	100.00	0.00		0.00
7	Fresh Start		90.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		JULY	YEAR	JULY	YEAR	JULY	YEAR
2	Friends of Bill W.		50.00		75.00		0.00
1	Frontier(New)	40.28	217.14		0.00		0.00
3	Gardenville		125.00		0.00		0.00
6	Georgetown		200.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
6	Gettin With It		129.90		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		400.00	100.00		100.00	
5	Golden Slipper		200.00		0.00		0.00
2	Grand		155.00		0.00		0.00
2	Grand II Joy of Living		50.00		0.00		0.00
2	Grateful		50.00		0.00		0.00
3	H.O.W.		0.00		0.00		0.00
6	Hamburg		6.73		0.00		0.00
6	Hamburg Early Bird		0.00		0.00		0.00
8	Hand		40.00		0.00		10.00
7	Harmony	45.00	78.00		0.00		0.00
3	Helping Hand	25.00	150.00		0.00		0.00
8	High Noon		125.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power	40.00	40.00		0.00		0.00
4	Hilbilly		0.00		0.00		0.00
6	Holiday Village	200.00	300.00		0.00		0.00
4	Holland		100.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honesty		90.00		0.00		0.00
8	Hope's Horizon		100.00		0.00		0.00
2	How It Works/Men's	125.00	500.00		0.00	120.00	120.00
3	Inspiration		0.00		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse	102.51	871.52	13.22	112.39		0.00
8	IT		75.00		0.00		0.00
1	Journey		100.00		0.00		0.00
3	Just For Today/ Cheektowaga		40.00		0.00		0.00
5	Just For Today/ Albion	20.00	20.00		0.00		0.00
4	Keep It Simple Sister		40.00		0.00		0.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
6	Kensington		0.00		0.00		0.00
6	Lake Shore	75.00	525.00	75.00	75.00		25.00
6	Lakeview	75.00	150.00		0.00		0.00
3	Lancaster Dailey Reprieve		0.00		0.00		0.00
5	LewPort		0.00		0.00		0.00
2	Liberty Women		100.00		0.00		0.00
4	Life Today		64.21		0.00		0.00
8	Lighten UP		1.06		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living In the Solution		0.00		0.00		0.00
2	Living Sober		0.00		0.00		0.00
5	Lock City		100.00		0.00		0.00
5	Lockport #1		250.00		50.00		0.00
5	Lockport Discussion		0.00		0.00		0.00
5	Lockport Ladies		50.00		0.00		0.00
5	Lockport Tuesday		80.00		0.00		0.00
5	Lockview		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		50.00		50.00		0.00
5	Lower River		0.00		0.00		0.00
1	Main and High		21.00		7.00		0.00
4	Main Street		240.00		0.00		0.00
8	Maple		0.00		0.00		0.00
4	Manila	50.00	220.00		0.00		0.00
3	Matt Talbot	10.48	215.48		0.00		0.00
6	McKinley Winners		0.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		20.00		0.00		0.00
5	Medina New Life		0.00		0.00		0.00
6	Mercy		0.00		0.00		0.00
3	Mid-day	67.00	237.00		0.00		0.00
8	Midnight Discussion		0.00		0.00		0.00
5	Miracle Happen		0.00		0.00		0.00
5	Monday Big Book		0.00		0.00		0.00
2	Morning After	100.00	300.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Beginnings/St Vincent		30.00		0.00		0.00
5	New International		0.00		0.00		0.00
3	New Life		40.00		10.00		0.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		30.00		0.00		0.00
5	Niagara Frontier Men's Disc.	39.00	64.00		0.00		0.00
2	North Buffalo	200.00	900.00		0.00		0.00

RETURN SERVICE REQUESTED

681 Seneca St. (Lower)
Buffalo, NY 14210

NON-PROFIT ORG.
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PERMIT # 53
BUFFALO, NY

**Have The New Frontier's delivered
To your home every month**



NAME: _____

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CITY: _____ **STATE:** _____ **ZIP** _____

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