

NEW FRONTIERS

A.A. of the Niagara Frontier

March 2020

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



Made A Decision...

Ok. The Big Book is filled with lifesaving advice and information," I told my sponsor early in my trudging. "But nowhere in it does it say exactly 'how' to turn it over." "You're right," he agreed. "It doesn't. "So what am I supposed to do?" "Do what the third step tells you to do." "It says to turn it over. But how? How do I turn over my will and my life to God? It doesn't tell me how."

My sponsor gave me the smile he reserved for the recently sober and other with single digit IQs. I knew I was in trouble when he handed me a Big Book and told me to "show me exactly where it tells you to turn it over." I fumbled a minute or so, but then found it on page 59, in Chapter 5, *How it Works*.

"See. Right here. It says 'Made a decision to turn our will and our lives over to the care of God as we understand Him.'" "No, what it says is "Make a decision to turn it over.' You do know how to make a decision... Don't you?"

"Oh..."

One of the things that I had believed that I needed to do in early sobriety — as well as in the late years of my drinking — was to turn over all responsibilities to someone else: wife, boss, sponsor, whatever. All I knew for sure was that I had totally screwed up my life and that I couldn't be trusted with it. I didn't want to be trusted with it because I knew I would screw it up again. So the thought of being able to "turn it over" appealed to me. If I could do that, then my sobriety, my life, became someone else's — God's— responsibility.

Honestly making a decision, however, requires taking responsibility. Handing a \$100 bill to the first needy person you see is just turning that \$100 bill over. Deciding who most needs it requires some thought and effort...and you are responsible for making the right choice.

It also forced me to think about what I was really choosing to do and what was being asked.

("Suggested," my sponsor would smirk.) As I thought about it — even prayed about it — I began to realize that that decision also meant that I had to trust God. I feared God. I even kind of loved Him...to the best of my abilities as a newly sober, insane, egotistical manipulator. But trust Him? Trust is different. What if God wanted me to do something that I didn't want to do? Or something that was hard? Or something that might make me look foolish?

That's when my sponsor pointed out the word "care." I needed to put myself in God's care because God actually does care about me. In fact, He cares about me more than I ever did. You don't treat yourself the way a drunk treats himself if you

have any sense of if you think you are being cared for.

Today I work Steps 1 & 2, even before I get out of change my mind to trust God back," I try to decision to turn it



value or worth; or are worthy of be-

again. On a typical day I may decide to turn something over and then decide to take it back time after time after time. Any day that it's still in God's hands when I go to bed is a good one.

But it all starts with the decision to turn my life — wife, kids, job, politics, the economy, price of gas...everything - to the care of a God who does care for me; cares for me more than I care for myself. And when I begin to doubt that, I look at the long list of miracles in my life [starting off with sobriety] and the even longer list of gifts He has given me.

...And all you have to do is make a decision. You do know how to make a decision...Don't you?



My name is... and I'm an alcoholic

It's a phrase heard in A.A. meetings around the world. But where does it come from? Why do we say it? And should we keep doing so?



“public” way at A.A. meetings.

Bill wrote convincingly about allowing the newcomer as much freedom as possible in deciding just how and when he or she might identify as an alcoholic, noting in a 1946 essay written for the Grapevine, titled “*Who Is a Member of Alcoholics Anonymous?*” — an article which later formed the foundation of Tradition Three: “*That is why we judge the newcomer less and less. If alcohol is an uncontrollable problem to him and he wishes to do something about it, that is enough for us... Nowadays, in most groups, he doesn't even have to admit that he is an alcoholic. He can join A.A. on the mere suspicion that he may be one, that he may already show the fatal symptoms of our malady.*”

Bill clarified further, as referred to in the “*Twelve Traditions Illustrated*” pamphlet in the section on Tradition Three: “*Who determines whether or not newcomers qualify, whether they do want to stop drinking? Obviously nobody except the newcomers themselves; everybody else simply has to take their word for it. In fact, they don't even have to say it aloud. And that's fortunate for many of us who arrived at A.A. with only a halfhearted desire to stay sober. We are alive because the A.A. road stayed open to us.*”

Bill rarely, if ever, introduced himself from the podium specifically as an alcoholic, and there is nothing in A.A. Conference-approved literature indicating how members should introduce themselves at A.A. meetings or whether it is necessary to do so at all.

Yet, in today's A.A. environment, tense moments often follow in meetings when people don't introduce themselves as alcoholics or, conversely, over identify themselves with phrases like “*I am a cross-addicted alcoholic,*” or “*I'm chemically dependent.*”

Many A.A. members feel this second case is the more concerning, threatening our unity and singleness of purpose. “*When I say at an A.A. function that 'I'm a drug addict and an alcoholic' or 'I'm a cross-addicted alcoholic,'*” wrote Rosemary P., a past delegate from Pittsford, New York, in an enduring article in the January 1990 Grapevine, “*I am telling you that I'm a special kind of alky — my case of alcoholism is different from yours! I add an extra dimension to my disease — one that, because of our singleness of purpose, should not be addressed at an A.A. meeting. I have just cut our common bond in half and, more importantly, have diluted my own purpose for being there.*”

So, where did this custom of self-identification come from and how did it etch itself so indelibly into the A.A. landscape of the 21st century?

Like many things in A.A., nobody is really sure just where it came from, and with only a few of the Fellowship's early-timers left, not many are able to provide plausible theories, leaving little more than speculation to go on.

However, according to an early friend of A.A., the late Henrietta Seiberling, the expression dates back to meetings of A.A.'s forerunner, the Oxford Group Movement, which had its heyday in the early 1930s. Mrs. Seiberling, a nonalcoholic who had sought spiritual help in the Oxford Group meetings, was the person who introduced Bill W. to A.A.'s other cofounder, Dr. Bob, who was then struggling to deal with his drinking by attending Oxford Group meetings in Akron.

At small meetings, the members knew one another and didn't need to identify themselves. But in the large “public” meetings, where there was “*witnessing*” along the lines of an A.A. talk today, personal identification became necessary. Chances are that someone at some time said, “*I am an alcoholic,*” but Mrs. Seiberling couldn't be sure. Nor did she remember that the phrase was used at early A.A. meetings in Akron, before publication of the Big Book.

One early New York A.A. does recall hearing the expression, however, sometime after World War II, in 1945 or 1946; and it is a matter of record that in 1947 a documentary film entitled “*I Am an Alcoholic*” was produced by RKO Pathe, lending further credence to the notion that the phrase was recognizable in recovery circles even then.

Growing from there, it has now become an almost obligatory part of the lexicon of recovery and, with its various alternatives and self-revelatory permutations, a somewhat controversial way of introducing oneself at meetings.

Today, there are many who feel that resolution of the conflict they feel when members introduce themselves as “*addicts*” or with some other categorization beyond simply “*alcoholic,*” lies within the Fellowship. Suggested Rosemary P., “*Isn't it the responsibility of each of us to keep our program intact, to pass it on to the newcomer as it was given to us? Importantly, can we do this with Box 4-5-9, Spring 2012 3 'My name is... and I'm an alcoholic' patient explanation, tolerance toward differences — and more patient explanation? I believe we can, through committed sponsorship, strong home groups and active service. That way, our new members will learn how to be a part of A.A., not a fragment of it.*”

Others feel it is important to be honest and reflective of “*who they really are*” in their introductions at meetings, while many feel it is important to separate our issues and take them individually to the programs designed to address them: Narcotics Anonymous for drug addiction; Overeaters Anonymous for addiction to food, and so on. And still others feel that it is less important how we identify ourselves, either as “*addicts*” or “*alcoholics,*” and offer an introduction at meetings simply as “*a member of A.A.*”

Finding a balance among these approaches is an ongoing exercise in humility, trust and acceptance within the Fellowship, as members seek to be inclusive yet cognizant of the singular bonds of alcoholism that keep us all connected.

As expressed in the Big Book, in the Chapter “*Into Action,*” “*We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.*”

By Box 4-5-9 Spring 2012

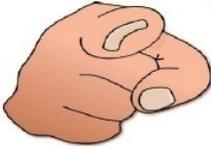
Featured Committee of the Month

About Nightwatch

Will your group help?

Sign up for One Month!

Everyone had a first contact. You can be someone's lifeline.



Our program is one of Recovery, Unity, and Service.



Someone was there for you... be there for someone else!

It takes so little to give so much... Our primary purpose is to stay sober and to HELP other alcoholics to achieve sobriety.

12-Step Calls

Buffalo Central Committee's primary purpose is to carry the message of Alcoholics Anonymous to the still suffering alcoholic when they call for help.

Your voice is often the first, and sometimes the only contact a problem drinker will have with A.A. A calm and gentle manner can instill trust in a newcomer. That first call is a difficult one for a problem drinker to make, be compassionate and understanding. A caller may only have a vague idea why they are calling us. Often that they only know they are in trouble and that A.A. may be able to help them. If the caller is in distress, give comfort and support and let the caller know that you will get someone near their area to call them. Briefly share your experience, strength, and hope.

The dual necessity for diplomacy and speed is difficult to attain. The situation usually dictates the methods. Experience will develop in a volunteer a feeling for each caller and his or her circumstances.

If you need additional help with a caller, utilize your home-group's phone list for help during the nighttime hours.

Nightwatch

111 Crocker Ave (Franklin St. Door)
Room's 105-107
Sloan, NY 14212
716-853-0388
www.buffaloaany.org

Buffalo Central Office

Tel: 716-853-0388

NIGHTWATCH

I am responsible.

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

And for that: *I am responsible.*



Nightwatch Program

What is Nightwatch?

The Nightwatch program gives groups the opportunity to be of service in A.A. Nightwatch volunteers answer evening and weekend telephone calls from people who might need twelfth-step help.

How can my group take part in Nightwatch?

There are two ways a group may choose to participate in Nightwatch.

First, by taking a one month telephone commitment, where the members of the group take turns answering the phones (at home) after the office is closed and on weekends and holidays.

Second, by providing a list of twelfth-step contacts. The twelfth-step contact list is used by both office and by the Nightwatch volunteers to contact A.A. members who are willing to take twelfth-step referrals. This may be to simply call a still suffering alcoholic or perhaps to take them to an A.A. meeting.

What are the requirements to take part in Nightwatch?

It is suggested that telephone volunteers and twelfth step contacts have at least one year of continuous sobriety.

How many people would my group need to cover the phone answering commitment?

Usually, the commitment is spread among five (5) group members, but fewer or more people could participate.

Our group is very small, can we still participate?

Yes, as long as the member's of your group can fulfill the monthly commitment.

Where are the Nightwatch calls answered?

The calls are answered wherever the volunteer is. The volunteer's number is NEVER given out. Callers dial the intergroup office number, and calls are automatically forwarded to the volunteer's phone.

Will the phone ring all night long?

No. Most calls will come in before midnight, however occasionally there may be some calls in the middle of the night. It is important to keep your phone within reach at all hours during your volunteer hours.

What are the hours of the telephone answering commitment?

The group members sign up to answer the phones each week of the month. The commitments are split by week (Monday pm- Monday am), with the group selecting a #1, #2, & #3 volunteer to answer the phone per week.

***Please note:** During all shifts it is very important for the volunteer be able to answer calls.

What types of calls will I receive?

Calls will come in for meeting information, Al-Anon, committee meetings, and more. Some calls will need twelfth-step referrals. The referral is handled by taking the callers name, location, and phone number. Then, the volunteer looks in the manual

for a same sex twelfth-step contact near the caller's location. Next, the volunteer calls the twelfth-step contact. The contact then calls the caller back. The Twelfth-step contact's number is NEVER given to the caller.

How will I know what to say to the caller?

Intergroup provides volunteers with a Nightwatch Manual. The manual has guidelines and procedures for handling all types of calls along with a list of Twelfth-step contacts by zip code.

Is training required for members taking the commitment?

A brief presentation will be given to your home group prior to the group's commitment. The only other training that most members will need involves taking a half hour or so before their shift begins to read the "Guidelines and Procedures" section of the Nightwatch Manual, and.... **your experience, strength, and hope!**

How does my group begin?

Call the Central Office! The hours are Monday through Friday from 9:00 am until 12:30 pm and 2:00 PM until 4:00PM.



MARCH ANNIVERSARIES

Acceptance/Welcomer

Norm W. 3y
 Roxanne E. 9y
 Rich B. 10y
 Ginny K. 30y
 David K. 32y
 Tom Mac. 35y

Alexander

Jerry M. 22y

All Is Well

Laura B. 2y
 Mary L. 3y
 Jim G. 16y

Amherst/Snyder

Aaron T. 3y
 Jim E. 8y
 Elle B. 11y
 Bob M. 16y

All is Well

Mary L. 3y
 Laura B. 10y
 Jim G. 16y

Any Lengths

Beth H. 9m

Awareness

Ryan H. 2y

Cold Springs

Dorothy S. 25y
 Albert C. 29y

Daily Reflections

Pat L. 24y

Derby

Peter C. 4y
 Brian B. 8y
 Tony M. 9y
 Cathy S. 34y

East Amherst

Aiden 7y
 Judy H. 12y
 Joan 21y
 Bill M. 32y

Easy Does It

Suzan E. 5y
 Eric A. 4y
 Mark C. 4y
 Diane B. 5y
 Peter M. 9y
 Heather A. 13y
 Lin D. 19y
 Gina L. 26y
 Jim S. 31y

Eyeopener

John R. 3m
 Jordan W. 6m
 Sue A. 6m
 Danielle S. 6m
 Dereck S. 6m
 Chuck O. 6m
 Thomas H. 9m
 Gail P. 9m
 Cherie C. 9m
 Alex M. 1y
 Scott M. 1y
 Mark C. 2y
 Dean G. 3y
 Stan W. 3y
 Karen 4y
 Kevin 4y
 Jordon W. 4y
 Michael M. 4y
 Eileen B. 4y
 Joanne R. 4y
 Brigitte 4y
 Troy G. 4y
 Joe S. 4y
 Rob S. 5y
 Mike H. 5y
 Lynn K. 9y
 Dan S. 9y
 Tom S. 10y
 Jim H. 16y
 Anthony R. 18y
 John S. 22y
 Fred P. 25y
 Tom M. 32y

Eyeopener South

Amy P. 6m
 Dennis G. 1y
 Alden H. 2y
 Charles D. 2y
 Aaron M. 3y
 Michael W. 4y
 Bob O. 6y
 Richard B. 10y
 Jay F. 17y
 Ralph B. 26y
 Martha S. 29y

Fireside

Alex M. 2y
 Kelly G. 2y
 Sandy L. 2y
 Tom D. 4y
 Susan Y. 4y
 Tom S. 6y
 Kristin C. 14y
 Joan G. 21y

First Step (NF)

Andy M. 1y
 Brett H. 2y
 Bob H. 12y
 Jerome K. 14y

Fresh Start

Steven B. 15y

Golden Slipper

Joe D. 2y
 Will S. 2y
 Cookie B. 8y
 Lou S. 9y
 Mike R. 13y
 Anthony R. 18y

H.A.N.D.

Mary K. 15y

Harmony

Linda A. 11y
 Greg P. 12y
 Vivian J. 20y
 Tina W. 30y

Helping Hand

Dan B. 17y

Ironhorse

Dave M. 3m
 Shannon K. 1y
 Dave C. 1y
 Al P. 3y
 Kurt S. 4y
 Kristen H. 5y
 Peter M. 10y
 Kathy R. 15y
 Ann D. 29y

Just For Today

Dan S. 29y

Kensington

Peaches R. 38y

Lewport

Jeff E. 6y
 Bill B. 8y

Lockport Ladies

Mandy W. 6y
 Judy H. 12y

Marching Forth

Joe 6m
 Ryon 6m
 Ellen H. 10y

Marilla

Frank H. 34y

North Buffalo

Garrot A. 3y
 Michael N. 3y
 Pat N. 4y
 Sharon T. 5y
 Perry C. 17y
 Harvey S. 32y
 Joan K. 37y

Orchard Park Step

Mark J. 5y
 Jenny B. 7y
 Rachel T. 9y
 Gerry S. 31y

Questions & Answers

Cheryl M. 2y
 William W. 6y

Remember When

Greg P. 15y

Renaissance

Ron M. 9m
 James P. 2y
 Michelle D. 2y
 Patrice P. 2y
 Diane D. 7y
 Ollie K. 10y
 Eddie L. 29y
 Bob M. 33y

Rise & Shine

Tracey T. 9m
 Owen J. 1y
 Debbie E. 1y
 Andrew S. 3y
 Kevin R. 15y
 Sean M. 18y

Sheridan

Pat S. 13y
 Jim M. 21y
 Sheri B. 25y
 Jim E. 51y

Sunday Morning B.

Nick A. 18y
 Dave R. 32y

Swormsville

Aidan 7y
 Judy H. 12y
 Joan O. 21y
 Bill M. 32y

Thankful

Russ 4y

The Grove

Daniel W. 2y
 Sal V. 2y
 Bill Y. 3y
 Kate B. 3y
 Stephanie S. 3y
 Terry W. 4y
 mark U. 5y
 Donna W. 9y
 Paul G. 11y
 Pat L. 25y

Tri County

Carmen M. 6y

Thruway

Keith D. 6y
 Debby K. 6y
 Ray O. 45y

Unity

Debby K. 6y
 Tom S. 6y

Williamsville

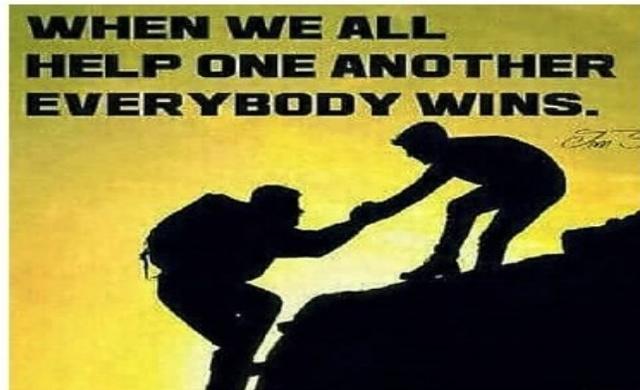
Bobby B. 3m
 Chuck P. 6y
 Dean C. 17y

GROUPS CELEBRATING

A Day At A Time: 37y
 All Is Well: 4y
 Attitude Adjustment: 36y
 Big Book/Spiritual Studies: 16y
 Bodhisattva: 20y
 Clarence Men's Discussion: 40y
 Dunkirk Monday Nite: 71y
 Eden: 5y
 Forestville Serenity: 36y
 Friday Night Lights: 6y
 Grand II Joy Of Living: 33y
 Holland: 25y
 Just For Today/Albion: 22y
 Keep On Comin': 22y
 Lake View: 39y
 Lockport#1: 73y
 Marching Forth: 5y
 Medina Big Book: 23y
 Medina New Life: 32y
 Renaissance: 31y
 Rise & Shine: 28y
 Rochester Meeting: 27y
 Rural Is Plural: 27y
 Serenity: 57y
 Set Aside: 22y
 Sheridan: 46y
 Sober Saturday: 21y
 Sober Trail: 43y
 Southgate: 43y
 Steps 1,2 & 3: 20y
 Surrender & Hope: 28y
 The Absolutes: 6y
 The Grove: 10y
 Thruway: 47y
 Unity: 46y

Please remember to have the anniversaries submitted by the 12th

END OF BUSINESS DAY 4:00 P.M. of the month previous



PLEASE READ AT YOUR MEETING...HELP KEEP EVERYONE INFORMED :-)

BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388
9:00 AM- 12:30PM, 2:00 PM- 4:00 PM

111 Crocker (Franklin St. Entrance)
SLOAN, NEW YORK 14212
Fax: 853-0389
buffaloaa@hotmail.com

Real-Time schedule? Check your website: www.buffaloany.org

March 2020

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

MEETING CHANGES

- **Sobriety Sisters have changed Day & Place:** Feb.1st will start meeting on Wed. at 7:30 PM. United Methodist Church, 474 East Main St., Springville, NY 14141.
- * **Giving Group** on Saturday's, **NO LONGER MEETS**
- ***Lighthouse** Meeting on Tuesday's, **NO LONGER MEETS**
- **NEW GROUP: Women's Big Book;** TUESDAY, 1030 AM, Salem Lutheran Church, 10 McClellan Circle (Ring Doorbell) Bflo, South 14220.
- **Lockport #1 has Moved:** FRIDAY, 8:00 PM, SAVE THE MICHAELS, 81 Walnut St., Lockport 14094, Room not available until 7:30 PM.
- **Giving Group Has Moved.** Sedita Apartments, 335 Summer St., Bflo West 14222.
- **New Group, Excellent Adventure.** O, SATURDAY, 10:00 AM, Zion United Christian Church, 15 Koenig Circle, 14150.
- **New Group, The After Hours Group.** OD, FRIDAY, 10:00 PM, Grove St. Christian Church, 85 Grove St., Tonawanda, 14150.
- **New Group, On Awakening/ Men.** OD, WEDNESDAY, 7:30 PM, Westminster Presbyterian Church, 724 Westminster Ave, Bflo West, 14209.
- **All is Well Group** is now a Closed Meeting.
- **New starting time** for the Wednesday **THE HERD** meeting will be 10:30 AM. NOTE: The Friday THE HERD starting time remains unchanged at 11:30 AM
- **New Group, Nueva Esperanza (New Hope). Spanish.** OD, Monday's 6:00 PM. "Save The Michael's". 737 Delaware Ave, Suite 101. Downtown Bflo. 14209.
- **All The Absolutes Group meetings** are now "**closed**" meetings.
- **New Group: Peaceful Tuesday's Bookwork.** Tuesday's 6:30 PM. St. Stephen R.C. Church, Grand Island, 14072.
- **Renaissance group has moved.** 2005 Sheridan Drive. , Town of Tonawanda
- **Contemporary Woman's** is now a Closed Women's Group; Open Discussion the last Tuesday of the month.
- **Maple Group** has **Added** a Wed. meeting @ 10:30 PM. The Hope Center; 781 Maple Rd., Amherst, NY 14221.

March 1 , Committee Meeting that meet prior to Central Committee 5:30 PM

St. Andrew's Church Parish, 111 Crocker & Reiman, Sloan, 14212,

Steering Committee (5:30 PM)

Public Information Committee meeting

Treatment Facilities Committee

Corrections Committee (6:00 PM)

Education & Participation

Nightwatch Committee

Envelope System (6:30 PM)

Followed By Central Committee 7:00 PM:

(Hosted by Derby Group)

~ Mar. 1, **Internet Presence Committee Meeting.** Central Office, 5:30 PM, 111 Crocker , Sloan, 14212

~ Mar. 2, **Convention Committee Planning Meeting,** St. Andrew's Church Parish, 111 Crocker & Reiman, Sloan, 14212

COMING EVENTS

- ~ Feb. 29, **2020- Zone #7 Picnic Planning Information Meeting**. Last Saturday each month at 11:30 am @ The Remember When Group, 200 East Eagle St. (near Michigan Ave), Buffalo, NY 14204 All are welcome, please come help us plan :)
- ~Mar 14, **All Is Well Group is celebrating it's 4th Anniversary**. Speaker, Food, Archives, Fellowship Wesleyan Church, 1645 Southwestern Blvd, West Seneca 14224.
- ~ **Mar. 22-24, 11th Annual Cataract City Convention**. Sheraton at the Falls, 300 Third St., NF 14303. Registration only; \$20, Registration w/ Banquet \$55.
- ~ Mar. 23, **Dunkirk Monday Night Group 71st Anniversary**. Pot Luck Dinner at 7 pm, Pulled Pork provided. Please bring a dish to share. 8 pm, Speaker. 50/50 Drawing, Door Prizes .First United Presbyterian Church , 19 W. 4th Street, Dunkirk 14048.
- ~ **Forestville Sunday Serenity** Group Anniversary Potluck, 7pm. Speaker @ 8 , open meeting. Forestville United Methodist, 5 Park Street, Forestville 14062.
- ~ Apr. 5, **Annual Serenity Palm Sunday Breakfast**; The Saturn Club, 977 Delaware Ave, Buffalo, 14209. Doors open at 9am, breakfast served at 9:30 am, Speaker at 11 am. Tickets \$16. PRESALE TICKETS ONLY. NO TICKETS WILL BE HELD AT THE DOOR OR AVAILABLE FOR PURCHASE AT THE DOOR. (There are a limited number of tickets that will be available to ensure that everyone is able to view and hear the speaker).
- ~ May 2, **Area 50 Archives Breakfast**, Leonard VFW Post 6251, 2450 Walden Ave., Buffalo, 14225. \$20.00, Doors open 9am, Eat at 10am, Speaker at 11am. Limited quantity of tickets.
- ~ **July 17-19: Women's Retreat: A DESIGN FOR LIVING \$145** at Christ the King Seminary –East Aurora
ALL single rooms, beautiful setting including a lakeside trail, and our own chapel & lounge. Speakers, groups, outdoor yoga and sober fun. Saturday afternoon car pool adventures planned to Vidlers and Sat night a lakeside bonfire. We have an intimate and special experience planned for you! **Full refund available for cancelations up to June 26**. \$145. Meals included: lite dinner Friday, 3 meals Sat, and Sunday brunch. For info please email: retreatnewsaa@gmail.com or call 716-799-4094.Registration forms will also available on Buffalo AA website under events.
- ~ Oct. 23-25 , **79th Buffalo Fall Convention**. Millennium Hotel, 2040 Walden Ave, Cheektowaga 14225. Flyers & info will be posted when they become available.

We Now Have a Donate Button on our Website!!!

3rd STEP: "Made a decision to turn our will and our lives over to the care of God as we understood him."

3rd TRADITION: "The only requirement for A.A. membership is a desire to stop drinking."

3-CONCEPT: To insure effective leadership, we should endow each element of A.A.- the conference, the General Service Board and its service corporations, staff, committees, and executives- with a traditional "Right of Decision."

General Service Assembly

- ~ Mar. 7, 1:00-4:00, **GSA Pre-Conference Workshop**, Districts 6-7-8, The Hope Center, 781 Maple Rd., Amherst, NY 14221.
- ~ Mar. 8, 1:00-4:00, **GSA Pre-Conference Workshop**, Districts 14, 16 & 20, Watermark Wesleyan South Campus, 2063 South Creek Rd, Eden, 14057
- ~ Mar. 28th (Sat.)10:00 AM, **General Service Pre- Assembly Conference**
- ~ Mar. 6, **GSA District 5 meets** (1st Sat.)12 PM, St. Marks Episcopal Church, 61 Payne Ave.,
- ~ Mar. 8, **District 11,** (2nd Sunday) 5:15, Unitarian Universalist Church, 695 Elmwood Ave, Buffalo, 14222.
- ~ Mar. 9 & 23, **Archives work nights** @ New Office, @ 6:30pm. The monthly meeting details are available by sending an email to ARCHIVES@AREA50WNY.ORG
- ~ Mar. 10, **GSA District 15 meets** (2nd Tuesday) at St. John Lutheran Church, 4536 South Buffalo St., Orchard Park, 14127.
- ~ Mar. 16, **Archives Committee Meeting**;(3rd Monday)6:30 PM@ Buffalo Central Office, 111 Crocker St.(Franklin St. Entrance), Sloan 14212.
WORKNIGHTS; 2nd & 4th Monday's, 6:30 pm.
- ~ Mar. 25., **GSA District 16 (Southtown's) Meeting**. 7:00 PM (4th Wednesday), at 2063 Southcreek Rd., Eden 14057.

Envelope System *"personally helping to ensure AA for the future"*

"Every A.A. wants to make sure of his survival from alcoholism, and his spiritual well-being afterward. This is just as it should be. He also wants to do what he can for the survival and well-being of his fellow alcoholics. Therefore he is bound to have a vital interest in the permanence and well-being of A.A. itself."

Bill W., *Language of the Heart*, p. 166
originally published in the April 1958 Grapevine
reprinted with permission of The A.A. Grapevine, Inc

Central Committee Minutes February 9th, 2020

I am Responsible When anyone, anywhere reaches out for help
I want the hand of AA to be there,
And for that, I Am Responsible

Our chair, Bob G., started the meeting at 7PM. We opened with the responsibility statement, followed by a moment of silence and the serenity prayer. The readings read included the AA preamble, the purpose of central committee, and the 12 traditions. A motion was made and seconded to accept last month's minutes. Joe D. spoke on tradition 2. Matthew H. will speak on Tradition 3.

30 Groups were represented: The groups in attendance are broken down by zones as follows. Zone 1- Buffalo, Rise and Shine, Room to Grow. Zone 2- Acceptance/Welcome, Brass, Chapter IX, Depth and Weight, Easy Does it, North Buffalo, Step Action, Three Legacies. Zone 3- Abbott Men's, All is Well, Matt Talbot, Thruway, Try Again. Zone 4-Tuesday Men's Discussion. Zone 5- No representation. Zone 6- Carrying the Message, Derby Group, Lakeshore, North Evans Mens, Sobriety Men's Discussion. Zone 7- Fresh Start. Zone 8- Amherst Snyder, Clarence Men's discussion (non-voting rep), Clarence Men's discussion II (non-voting rep), Mercy (non-voting rep), Renewal (non-voting rep), Williamsville, Women Making the Effort.

*Education and Participation Committee gave a presentation before the reports, in an effort to introduce new reps to the way in which central committee operates.

Committee reports

Envelope system: The total amount of funds received by the envelope system for January 2020 is \$1,842. Currently, there are 53 members. (Report given by Allen D.)

Steering committee: The steering committee had a quorum. They announced that there will not be a Central Committee meeting in April. A recommended motion was submitted by the committee which reads: "That central committee establish a policy of providing \$300 seed money to each zone, for a concerted activity of all of A.A. groups in the zone (eg. A day of sharing, a panel presentation, a retreat) once every 2 years." (Report given by Jason)

Financial report: See detailed report in this publication given by Joe D.

Treatment: 11 People were in attendance, with 3 reports given via text. Check out New Frontiers, which featured TFC as committee of the month! Books and schedules are ready to go into ECMC. A report was made that a lock was broken in rehab locker. A new lock will be provided by committee to ensure security. Due to not meeting in April, the committee is planning to meet at the Try Again Group, although there are no definite plans. Fire side PM, which covers 3rd Sunday of the month, at rehab, is stepping down. TFC will cover this until it is covered. New group contacted TFC for a commitment. Books were dispersed to Terrace House and Salvation Army (Report given by David M).

Corrections: Five members were in attendance. Previous chair Dave is stepping down from handling Thursday commitment. Brian from Room to Grow group will transition in. Committee is putting together meeting packets for our volunteers to take in, which include, How it Works, preamble, and promises laminated. They discussed correspondence with inmates. Chair showed them the letter he got from GSO with guidelines. Chair emailed Sherriff waiting to get current list as there are so many inactive people on there. They will be contacting every person for availability or if they are even active any longer. Committee got 3 cases of big books, one for each of women's meetings, and one for Alden men's. They also purchased 50 meeting schedules which we will be passed out to inmates. The committee voted to get 25 meetings in a pocket. They have a little rack of pamphlets on sign in table if you need any info about corrections or correspondence (report given by Matthew H.)

Central office: TOTAL CALLS INCLUDING AFTER-HOURS ; AA Calls: 205, 12-STEP:7, ALANON:1 VISITORS: 321, VOLUNTEERS: 7, Email:604. GROUPS WE ARE IN NEED OF CONTACTS FROM ARE: None? MAJOR ANNOUNCEMENT: Due to circumstances beyond our control, in April there will not be any Committee Meetings or Central Committee meeting. The Convention Meeting can still meet because its not on a Sunday. FYI... We do not mail to meeting facilities or PO boxes. Each group is responsible to have an actual contact person and their information. Yours in the fellowship of the Spirit:Terry B.

Nightwatch: no report

PIC/CPC: no report

Education and Participation: Had an informal meeting. Future plans were talked about. A pamphlet was read and approved. Chair reminded members that the committee is available to give educational orientations to anyone wanting to learn more about Central Committee and how it operates. This is offered at 6:15 prior to central committee meeting.

Internet presence: No report

Current convention: All convention committee meetings will be on the Monday after central committee meeting. The meeting will be at 6 PM in the same hall central committee meets in. This month, the meeting was held on February 10th. Committee is still in need of members to help with merchandise, greeters, and alkathon. The convention will be held October 23rd-25th, at the Millennium Hotel on Walden Ave. in Cheektowaga, NY. (Report given by Diane D.)

~ Continued on next page

(Central Committee Minutes Continued...)

Liaison GSA: GSA Districts 6, 7 and 8 will hold a Pre-Pre-Conference on Saturday March 7 at the Hope Center from 1-4 to discuss the upcoming topics for the Pre-Conference. Individuals are strongly urged to attend this meeting. Topics which will be discussed will be in preparation for the Pre-Conference. We can individually be given the opportunity to express our feelings toward the great number of topics on the Table. The Pre-conference will be held on March 28 at a time and location to be announced. The Pre-Conference is likely the most important Assembly for GSA Area 50 for the year. During this conference individuals and GSRs from participating Home Groups can air their thoughts toward issues the upcoming Delegate Conference in NYC. Hank K. needs to hear your thoughts and feelings in order to develop an Area 50 Conscience. Please Attend Both Meetings and Encourage your Home Group members to attend also. Very Importantly- please contact Lila if your Home Group can Host this Conference on March 28 (Report given by Dean C.)

Archives: I attended the Niagara intergroup. I electronically sent reports to Genesee /Wyoming and NY-PENN intergroups. Our upcoming displays are: Lakeshore group on February 24th, All is well group on March 14th Cataract city convention on March 20th- 22nd. We would be honored to the archives display to your group or event with 30 days advance notice. Our work nights are the 2nd and 4th Monday of every month at 6 :30pm at our archive's repository at central office. Our monthly archives committee meetings are held the 3rd Monday of each month at 6 3pm at our archive's repository at central office. Our 10th annual archives breakfast will be held on May 2nd at the VFW Leonard Post located at 2450 Walden Ave. Cheektowaga NY 14225. Tickets are \$20 and are available now along with flyers. Our archives page is getting great reviews. If you'd like to be added please let me know. Our vision for 2020 is to keep the lights on just as they've been for decades!!!! (report given by David G.)

Old Business:

No old business

New Business:

Steering Committee made the following motion: "That central committee establish a policy of providing \$300 seed money to each zone, for a concerted activity of all of A.A. groups in the zone (eg. A day of sharing, a panel presentation, a retreat) once every 2 years." The motion was discussed and voted on, 13 in favor, 11 not in favor. Minority opinion did not change anybody's vote. Therefore, the motion passed.

Announcements:

- Archives will have a display at the Lakeshore group on Feb 24th.
- The Cataract City Convention will be held March 20th to March 22nd. It will be held at the Sheraton @ The Falls. 300 3rd street, Niagara Falls, NY 14303. Registration opens Friday at 2pm. There will be speakers, panels, and archives among other activities.
- The Derby Group is providing snacks in March.

Motion to Close

79th
Buffalo Fall Convention

Save the Dates

October 23rd-25th, 2020

Helping Others...

Chair:
Larry H.
(716)
598-
2652

Millennium Hotel
2040 Walden Ave.
Cheektowaga, NY 14225

IN MEMORIAM
Things We Can Not Change

To all of our members who have lost family and loved ones

Jack (John) R.; 30+years
Jeff P.; Holiday Village Group: 30+ years
Mark N.; Lewport: 17 years

Our thoughts and prayers are with you

EVERTONES GROWTH LOOKS DIFFERENT.

Newcomer: "I've noticed that all the meetings here serve coffee, but not tea. Why?"

Old-timer: "Alcoholics have a hard time with tea."

Newcomer: "Any kind of tea?"

Old-timer: "Sure. Like ... humility, sanity, honesty, integrity, responsibility, dependability"

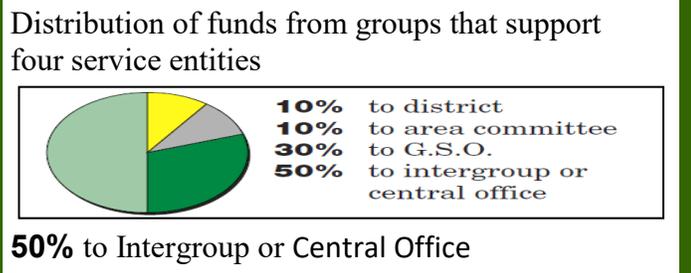
2020

Cash Flow Statement		Jan-20	YTD: 2019
Beg Bal Cash on hand		35,266.68	
Contributions			6,818.24
Groups		6,818.24	68.00
Central Committee 7th tradition		68.00	1,842.00
Envelope System		1,842.00	-
New Frontiers Subs			4,875.61
Literature/Medallions/Pins		4,875.61	290.90
Literature Sales Tax		290.90	28.06
Literature Postage		28.06	(49.58)
Sales+/-		50.42	19.00
Archives Room Rent:			-
Committee Meetings		19.00	-
Misc			-
Transfer from PR			-
Conventions/Day of Sharing			-
Monthly Income		13,992.23	13,992.23
Expenses			
Building Rent/Utilities		1,000.00	35.00
Central Com. Rent		35.00	3,146.46
Payroll Gross		3,146.46	259.58
Employment Taxes		259.58	(10.90)
Unemployment Surchar		(10.90)	-
NYS Sales Tax			-
Insurance			-
State Ins Fund(Travelers)			-
Health		713.38	713.38
D&O Insurance			-
Liability		863.86	863.86
Postage		384.93	384.93
Phone/internet		166.96	166.96
Accounting			-
Paychex		248.21	248.21
Advt			-
Dex YP		137.15	137.15
Local Edge			-
Literature Expenses			-
Grapevine		927.40	927.40
World Services Inc		5,059.20	5,059.20
Hazelton			-
Printers			-
Medallions		183.86	183.86
Office Supplies		483.83	483.83
Copies/ service contract		161.00	161.00
Copier Lease		129.00	129.00
Bank Fee's including credit c		89.04	89.04
GSA Host			-
Workshop			-
Seminar			-
Monthly Expenses		13,977.96	13,977.96
Monthly Income (Loss)		14.27	14.27
End Balance		35,280.95	
Petty Cash		3,000.00	
Total Balance		38,280.95	
PRUDENT RESERVE		28,158.90	
Assets: Literature& Medallions		18,101.98	
Literature Receivable:(outstanding)		1,487.59	
Removed from Stock			
Corrections Facilities		4,713.50	
Contributions		70.00	
Bank Fee's		3.00	
Expenses		620.00	
Balance		4,160.50	##
Treatment Facilities		1,054.64	
Contributions		148.88	
Expenses		410.00	
Bank Fee's		3.00	
Balance		790.52	###

Intergroup wants to express our appreciation for those groups and individuals who have made generous financial contributions, and give a special thank you to all the members who have volunteered their time this year to help the sick and suffering alcoholic.

Bill W. wrote of Intergroup Offices, "Though not costly, these agencies are absolutely essential to our continued expansion—to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that A.A. must everywhere function in full strength—and that, under our Tradition of self-support, we are all going to foot the bill."
"Self-Support: Where Money and Spirituality Mix" pamphlet

Examples of Group Contributions to A.A. Service Entities



"We commenced to make many fast friends and a fellowship has grown up among us of which it is a wonderful thing to feel a part of."
 -Bill W.

Concept III: To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

- Do we understand what is meant by the "Right of Decision"?
- Do we grant it at all levels of service or do we "instruct"?
- Do we trust our trusted servants ?

A Declaration of Unity

This we owe to A.A.'s future:
 To place our common welfare first;
 To keep our fellowship united.
 For on A.A. unity depend our lives,

New Frontiers ~ March 2020

GROUP CONTRIBUTIONS 2020

Ann	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		JAN	YEAR	JAN	YEAR	JAN	YEAR
5	12 Steps/12 Traditions		0.00		0.00		0.00
1	4th Step Stumblers/F.U.N.	90.00	90.00		0.00		0.00
5	6th Step		0.00		0.00		0.00
5	7 Clan		0.00		0.00		0.00
4	A Day At A Time		0.00		0.00		0.00
3	A Vision For You	33.00	33.00		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/Welcome		0.00		0.00		0.00
8	Achievement	150.00	150.00		0.00		0.00
4	Action		0.00		0.00		0.00
5	Albion Sunday Grapevine		0.00		0.00		0.00
5	ALBION NEW BEGINNINGS		0.00		0.00		0.00
3	Alexander		0.00		0.00		0.00
3	All Is Well	125.00	125.00		0.00		0.00
2	AM Big Book		0.00		0.00		0.00
8	Amherst Snyder		0.00		0.00		0.00
6	Amsdell Step	100.00	100.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Lengths	30.00	30.00		0.00		0.00
4	Arcade/ Yorkshire		0.00		0.00		0.00
6	ARCHIVES		0.00		0.00		0.00
6	As Bill Sees It		0.00		0.00		0.00
6	Attitude Adjustment(Williamsville)		0.00		0.00		0.00
6	Attraction	100.00	100.00		0.00		0.00
3	Awareness		0.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
3	Beginnings (NF)		0.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women	100.00	100.00		0.00		0.00
5	Big Book Lockport		0.00		0.00		0.00
6	Big Book Study		0.00		0.00		0.00
3	Blasdel		0.00		0.00		0.00
3	Blasdel Monday		0.00		0.00		0.00
3	Blasdel Saturday		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
7	Buffalo Group		0.00		0.00		0.00
3	Buffalo Creek		0.00		0.00		0.00
3	By the Wayside		0.00		0.00		0.00
3	By the Book		0.00		0.00		0.00
6	Carry the Message		0.00		0.00		0.00
7	Casting		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake- Up Call	125.00	125.00		0.00		0.00
7	Central City Café		0.00		0.00		0.00
2	Central Park		0.00		0.00		0.00
6	Changing Our Way's		0.00		0.00		0.00
2	Chapter IX	150.00	150.00		0.00	25.00	25.00
3	Cheektowaga	80.00	80.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
1	Commitment		0.00		0.00		0.00
1	Contemporary Women		0.00		0.00		0.00
1	Cornplanters		0.00		0.00		0.00
3	Courage		0.00		0.00		0.00
	Daily Reflections	65.00	65.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Depth & Weight		0.00		0.00		0.00
6	Derby	110.00	110.00		0.00		0.00
6	Desire		0.00		0.00		0.00
1	Downtown Men's		0.00		0.00		0.00
6	Dunkirk Monday Night		0.00		0.00		0.00
8	East Amherst		0.00		0.00		0.00
8	East Amherst Traditions		0.00		0.00		0.00
4	East Aurora	350.00	350.00		0.00		0.00
	Early Bird Big Book	34.00	34.00		0.00		0.00
2	Easy Does It	60.00	60.00	20.00	20.00	40.00	40.00
6	Eden		0.00		0.00		0.00
4	Ellicottville		0.00		0.00		0.00
6	Everybody's		0.00		0.00		0.00
2	Excellent Adventure		0.00		0.00		0.00
1	Express		0.00		0.00		0.00
8	Eyeopener	508.54	508.54		0.00		0.00
4	Eyeopener South		0.00		0.00		0.00
8	Fireside		0.00		0.00		0.00
8	Fireside PM		0.00		0.00		0.00
5	First Step (NF)		0.00		0.00		0.00
	Forestville In The Solution		0.00		0.00		0.00
6	Forestville Sunday Serenity	100.00	100.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		0.00		0.00		0.00
3	Freedom Seekers		0.00		0.00		0.00
7	Fresh Start		0.00		0.00		0.00
1	Friday Night Lights		0.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS 2020

Ann	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		JAN	YEAR	JAN	YEAR	JAN	YEAR
3	Gardenville		0.00		0.00		0.00
1	GAY & BI MEN LIVING SOBER		0.00		0.00		0.00
8	Georgetown		0.00		0.00		0.00
	Getting Better		0.00		0.00		0.00
6	Gettin With It		0.00		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		0.00		0.00		0.00
5	Golden Slipper		0.00		0.00		0.00
1	Grace & Dignity		0.00		0.00		0.00
2	Grand		0.00		0.00		0.00
2	Grand II Joy of Living	50.00	50.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
8	H.A.N.D.		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
1	HAPPY HOUR		0.00		0.00		0.00
7	Harmony		0.00		0.00		0.00
4	Helping Hand	30.00	30.00	30.00	30.00	30.00	30.00
8	High Noon		0.00		0.00		0.00
8	High View		0.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
6	Holiday Village		0.00		0.00		0.00
4	Holland		0.00		0.00		0.00
2	Honesty		0.00		0.00		0.00
	Hope's Horizon		0.00		0.00		0.00
2	How It Works/Men's	200.00	200.00		0.00		0.00
	I Am Responsible	20.00	20.00		0.00		0.00
3	IF HE WERE SOUGHT		0.00		0.00		0.00
	Independence (NF)		0.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse	115.80	115.80		0.00	8.88	8.88
8	IT		0.00		0.00		0.00
5	Just For Today/ Albion		0.00		0.00		0.00
3	Just For Today/ Cheektowaga		0.00		0.00		0.00
2	Keep IT Comin'		0.00		0.00		0.00
4	Keep It Simple Sister		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		0.00		0.00		0.00
5	KITCHEN TABLE AA		0.00		0.00		0.00
6	Lakeview	75.00	75.00		0.00		0.00
6	Lakeshore		0.00		0.00		0.00
3	Lancaster Dailey Reprieve	20.00	20.00	20.00	20.00	20.00	20.00
	Lasalle		0.00		0.00		0.00
	Lawyer's		0.00		0.00		0.00
2	Led From The Scene		0.00		0.00		0.00
5	LewPort		0.00		0.00		0.00
2	Liberty Women		0.00		0.00		0.00
4	Life Today		0.00		0.00		0.00
8	Lighten UP		0.00		0.00		0.00
2	LIGHTHOUSE		0.00		0.00		0.00
1	Living Clean		0.00		0.00		0.00
2	Living in the Solution		0.00		0.00		0.00
	Living Sober		0.00		0.00		0.00
5	Lock City		0.00		0.00		0.00
5	Lockport #1		0.00		0.00		0.00
5	Lockport Discussion		0.00		0.00		0.00
5	Lockport Ladies	150.00	150.00		0.00		0.00
5	Lockport Tuesday	80.00	80.00		0.00		0.00
5	Lockview	100.00	100.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		0.00		0.00		0.00
3	LOW BOTTOM		0.00		0.00		0.00
5	Lower River		0.00		0.00		0.00
1	LUNCH BUNCH ALBION		0.00		0.00		0.00
1	Main and High		0.00		0.00		0.00
4	Main Street		0.00		0.00		0.00
8	Maple		0.00		0.00		0.00
3	Marching Forth		0.00		0.00		0.00
4	Manilla	50.00	50.00		0.00		0.00
3	Matt Talbot	100.00	100.00		0.00		0.00
6	McKinley Winners	50.00	50.00		0.00		0.00
5	Medina New Life		0.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
3	Mid-day		0.00		0.00		0.00
8	Midnight Discussion		0.00		0.00		0.00
2	Morning After		0.00		0.00		0.00
3	New Beginnings/St. Vincent		0.00		0.00		0.00
5	Newfane Living Sober		0.00		0.00		0.00
5	New Freedom		0.00		0.00		0.00
3	NEW LIFE (ALDEN)		0.00		0.00		0.00
1	New Westside		0.00		0.00		0.00
5	Niagara Frontier Men's Disc.	114.00	114.00		0.00		0.00



Buffalo Central Office
 111 Crocker St. (Franklin St. Entrance; Rm 105-107)
 Sloan, NY 14212

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 Sloan, NY 14212

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ADDRESS: _____

Enclosed is a check or money order made payable to Buffalo Central Office earmarked the "New Frontiers" for \$ _____ for _____ copies.

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15 Copies	\$43	60 Copies	\$135