

NEW FRONTIERS

A.A. of the Niagara Frontier

April 2020

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



The Middle Steps In a Timely Manner

Luckily, my sponsor, Carl, allowed me almost no *"let me think it over"* time as we approached my initial middle step process. No time for fear or hesitation was available!

Only minutes after praying the Third Step request for God's help, he had me start a process I call *"spontaneous writing"* which provided substantive and honest Fourth Step information. I was warned not to write good things about myself because that would take too many pages. Ha!

This spontaneous writing process started on a Saturday, *"at once,"* per page 64 instructions, and we then completed the Step Four instructions the following Saturday. Carl then helped me actually *"read and do"* the Fourth Step process directly from the Big Book (p 64-71). This process lasted about one hour.

The Step Five process of reporting my newly found character defects, etc., began just a few minutes after finishing Step Four (First opportunity, p. 74), and Step Six began, *"then,"* (p. 76) and Step Seven was prayed at *"When ready"* (p. 76). Steps Four through Seven, were completed in a few hours that last Saturday.

Doctor Carl Jung has written *"People will do anything to avoid facing their own soul."* Thankfully, my sponsor didn't give me time to back out. He followed the Big Book timetable!

Over the years, as I watch newcomers too often disappear between Steps Three and Four, I have become much more appreciative of the Big Book's timetable for the middle steps. I believe too much in-between time allows fear and doubt to take over; then, even the sincerest Third Step decision will often deteriorate into indecision and inaction.

Sometimes I hear: *"God will show me when to start my inventory,"* or, *"I plan to take my time and do it right"* . . . and so on. I believe it is good to explain, at this point, that what is missed in Step Four can always be taken care of in Step Ten—even years later when they crop up.

Step Ten is continually redoing of the mid-steps of the *"learning"* process above! First of all, I had to learn how to do the mid-steps—only then could I actually put them into action by following these clear-cut Step Ten directions on page 84:

- We continue to watch for selfishness, dishonesty, resentment and fear. (Step Four)
- When these crop up we ask God at once to remove them. (Steps Six and Seven)
- We discuss them with someone immediately. (Step Five)
- Make amends quickly if we have harmed anyone. (Steps Eight and Nine)

Speaking of a *"timely manner"* as in the title of this article, I believe it is important to realize that as I go through my day, to remember that the step Ten instructions include the phrases: *"at once," "immediately"* and *"quickly."* Of course, these phrases are to be used in sensible context, for the Big Book infers that God gave me brains to use! For instance, not to phone my sponsor at work, simply, because I have some trivial concern or small problem.

Early on, I thought the above directions were to be done only before going to bed at night. Of course, that came from a misreading of the first full paragraph of page 86 which is Step Eleven. I now realize that Step Ten is to be done throughout each day. Living these middle steps, via Step Ten, continually provides relief from the anxiety and fear of my drinking days. But I need to remember that AA is a program of action!

By Bob S.

Cleveland Newsletter



Is “Attraction” Spelled With Four Letters?

Does profanity at meetings unite us or divide us? And what does the outside world think? One AA gives his opinion

I was recently in an open speaker meeting of Alcoholics Anonymous. The speaker had the whole room engaged—total unity!

Then the profanity started. At first, there were a couple of small words and then the big one. In a matter of seconds, two thirds of the room was silent while the other third was full of applause and laughter. I was offended, as were many at my table. I sat wondering if those who had laughed were sitting there before the profanity started, thinking: “I can’t wait to hear some profanity!”

Was the profanity necessary or did it divide the group, destroy the unity?

This meeting was in a church and I know some of the church members. I hate to

think how they would feel about us if they heard us using this kind of language in their home. Would they want us using their facility?

My home group is a large open speaker meeting. This meeting is thriving with newcomers and long-timers, young and old. Our speakers tell their stories in a general way. We ask them to refrain from using profanity, as this meeting is also in a church. The old pastor of this church was very impressed by what we are doing and how we speak. He loved the stories! He would often come to the meeting and sit in the front row and say: “This is where I get to see God in action!”

Now, the first person that suggested AA to me was not an alcoholic. She was someone’s grandmother. I often wonder what her first exposure to AA was like. Whatever it was, it was a good one. She lit up when she started talking to me about Alcoholics Anonymous. She even convinced me to go to a meeting...not because I thought I was an alcoholic, but because she thought something there might help me. Although I wasn’t as convinced, I did believe that *she* believed. So I went and it saved my life. Better yet,

it gave me a life worth living. What if her exposure to AA had been one of disgust because of four-letter words?

When I was a newcomer and first saw these well-dressed people in AA, I thought I was so different. I had spent 20 years on the waterfront and had a mouth to prove it. After a short time listening to them tell their stories, I realized they had actually been where I had been. But they looked and spoke so differently than me. They didn’t need to tell me they had had a spiritual experience. The evidence was overwhelming.

In the famous Jack Alexander *Saturday Evening Post* story about AA (reprinted in the GSO pamphlet “The Jack Alexander Article About AA,” the opening paragraph talks about the very same thing. Alexander writes of watching two alcoholics approach a man in a hospital bed. He says: “The only thing that was noteworthy about the callers, except for the obvious contrast between their well-groomed appearances and that of the patient, was the fact that each had been through the defogging process many times himself.”

What would the story have been if Bill and Bob were not well-groomed and had used profanity at that critical meeting?

Our 11th Tradition talks of how our public relations should be guided by the principle of attraction rather than promotion. Today, I don’t use profanity, in or out of AA. I want to be the best example of Alcoholics Anonymous that I can be. I found I can engage alcoholics and still be respectful of others. No one yet has ever seemed offended that I do *not* use any profanity at meetings. And, after all, I never know when someone’s grandmother, pastor or doctor is listening.

Jim A., Redwood City, Calif.—10.16
Reprinted with permission: AAGrapevine.org



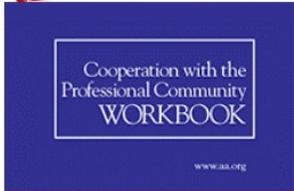
We do it better when we do it together.

Not one of us has been given a torch big enough to lead the drunks of the world out of the darkness and into the light. Instead, each of us has been given a candle that burns for a short while with a flickering flame. If we stand together, the light will outshine the greatest torch. If we argue and bicker and blow at each other’s candle so that each of us starts shielding our own little flame, then the alcoholics of the world will continue to suffer in darkness - and so will we.

...Gerry F. Western Canada regional trustee (from the 1995 Final Report of the General Service Conference)



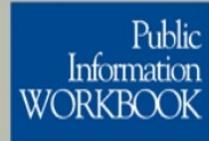
Featured Committee of the Month



Alcoholics Anonymous as an entity is NOT Anonymous... It's MEMBERS Are!!!

Public Information and Cooperation with the Professional Community

- What Is A.A.?
- Singleness of Purpose and Problems Other Than Alcohol
- What Does A.A. Do?
- What A.A. Does Not Do ?



What We Do

A.A. Public Information (PI) has one ultimate goal. We share the same goal as every A.A. group and every type of service work in A.A.: To carry the message to the alcoholic who still suffers. We try to reach potential alcoholics directly, as well as indirectly in three ways:

1. Informing the general public about the A.A. program.
2. Informing "the third person" who may come in contact with the active alcoholic.
3. By keeping the fellowship of A.A. informed, to members and groups may carry the message more effectively.

Why We Do It

We recognize some of the public has not had the opportunity to find out how the A.A. program works; because of this we understand there might be some confusion regarding A.A. amongst the public.

How We Do It

The methods we use to reach the public are many and vary. They include:

- Letters and phone calls
- Panels
- Presentations
- Literature

We place literature in:

- Court Houses
- Police Stations
- Libraries
- Hospitals
- Schools
- Doctor's Offices
- Hotels and Motels

The public can include:

- Students
- Senior Citizens
- Parent Groups
- Church Groups
- Health Fair Organizations
- Youth Groups/Organizations
- Neighborhood Organizations

Alcoholics Anonymous Pamphlets Suggested for the Public....

- Is A.A. for You?*
- A Newcomer Asks*
- Do You Think You're Different?*
- Too Young*
- Is There An Alcoholic in Your Life?*
- Problems Other Than Alcohol (Excerpts)*
- Information on Alcoholics Anonymous*
- Understanding Anonymity*
- This is A.A.*

Services That We Offer:

The following is a list of possible services that the Public Information Committee can offer you:

- Upon request, help to stock public libraries with A.A. literature
- Place literature racks in high schools, colleges, police stations, libraries, and hospitals, while making sure the rack continues to be stocked with appropriate A.A. literature and meeting schedules
- Send a letter to high schools, offering A.A. literature and/or a presentation on A.A. —sharing about what A.A. does and what A.A. does not do.
- List open A.A. meetings in newspapers in the local area
- Place a small announcement in newspapers around the holidays
- Work with newspapers, informing them about our tradition of anonymity
- Respond to speaking requests at non-A.A. meetings
- Place public service announcements with radio and television stations.
- Put meeting schedules behind the front desks at hotels, motels, and bed and breakfasts
- Participate in various A.A. seminars and conventions

APRIL ANNIVERSARIES

Alexander		Helping Hand		Renaissance	
Greg F.	25y	Nancy T.	39y	Maggie T.	6m
Vicki B.	29y	Holland		Kristin R.	6m
Ron B.	33y	Julie Ann K.	4y	Monique A.	9m
Acceptance/Welcome		Eyeopenetr South		Steve H.	1y
Gabby S.	2y	Scott S.	3y	Tatiana S.	2y
Darleen L.	7y	Brady B.	3y	Gabby S.	2y
Starla M.	7y	Joanne G.	3y	Don K.	5y
Linda C.	8y	Bev S.	4y	Caitlin H.	6y
Julia W.	10y	Steve G.	4y	Velvet J.	6y
Joseph O.	12y	Susan B.	5y	Darleen L.	7y
Harold S.	14y	Tony V.	10y	Bob M.	8y
All Is Well		Fireside		Harold S.	24y
Linda J.	3y	Barb B.	4y	Kate B.	30y
Larry F.	9y	Erica J.	4y	Jim B.	33y
Tony V.	10y	First Step		Dick G.	43y
Amherst Snyder		Jaci C.	1y	Rise & Shine	
Tim J.	1y	Joey M.	1y	Jen G.	6m
Jeff R.	27y	Howard R.	10y	Nathaniel H.	6m
Marty M.	39y	Fresh Start		Gary Z.	6m
Any Lengths		Sandria B.	16y	James L.	9m
David S.	3m	Golden Slipper		Rachael L.	1y
Tom C.	9m	Paul H.	27y	Robert	3y
Peter V.	1y	Kurt K.	38y	Tina A.	5y
David L.	2y	Ironhorse		Tom C.	8y
Brian M.	3y	Peter D.	1y	Ed P.	18y
Blvd Women		Justin G.	4y	Sue S.	37y
Liz C.	3y	Shannon P.	4y	Sheridan	
Coldspring		Just For Today		Caitlin H.	6y
Wally G.	23y	Paul C.	25y	Jesse D.	6y
Courage Group		Dave M.	31y	Mark H.	26y
Kathy M.	20y	Rita F.	46y	Swornsville	
Eyeopenetr		Kensington		Ron S.	4y
Ron D.	3m	Tim H.	4y	Tom F.	5y
Susie V.	6m	Rita F.	46y	Cindy M.	11y
Andrew B.	6m	Lakeshore		Lisa M.	27y
Danielle F.	6m	Walter W.	11y	The Grove	
Nadine D.	6m	Terry B.	33y	Kyle L.	1y
Cally G.	6m	Life Ahead		Paul R.	1y
Sean L.	9m	Kevin C.	19y	Peter L.	1y
Peter N.	9m	Lockport #1		Star L.	1y
Sonora G.P.	3y	Laurie H.	16y	Ray R.	1y
Dave C.	3y	Wally E.	35y	Nathan K.	1y
Karen K.	4y	Al McC.	49y	Erica E.	2y
Barb B.	4y	Main & High		Chris M.	2y
Dan Z.	8y	Larry H.	32y	Mark F.	2y
Jim S.	10y	Marching Forth		JoAnn M.	4y
Kevin	15y	Kay G.	34y	Sandie Q.	7y
Susan Y.	19y	Marching Forth		Ed W.	30y
Rick H.	27y	Kay G.	34y	Jerry S.	45y
Bill F.	29y	Marilla		Thruway	
Alan C.	31y	Shirley	33y	Fred S.	33y
Emmet C.	36y	New Life		Bryant G.	35y
Tammy M.	37y	Roger	32y	Williamsville	
Eyeopener South		North Evans Men's		Derek H.	6m
Stan W.	6m	Hank K.	9y	Ryan L.	21y
Mike G.	1y	Purpose			
Ashlee H.	2y	Ashley W.	3y		
Scott S.	3y	Kevin C.	18y		
Joanne G.	3y	Harold S.	23y		
Steve G.	4y	Dick B.	36y		
Tony V.	10y	Jack G.	41y		
Dean T.	26y	Questions & Answers			
John W.	38y	Glenys B.	2y		

AA is the only place where you can walk into a room full of strangers and reminisce.

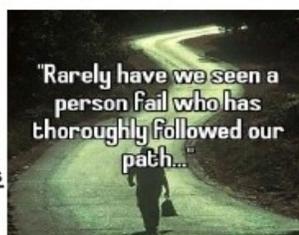
GROUPS CELEBRATING

Acceptance/Welcome- 48y
 Attraction-50y
 Big Book Study- 19y
 Buffalo:23y
 Casting-46y
 Cheektowaga- 63y
 Contemporary Women-5y
 East Amherst- 46y
 First Step; 49y
 H.I.P.-7y
 Led From The Scene: 1y
 Lewport- 62y
 Our Charge: 1y
 Purpose- 45y
 Ray of Hope- 39y
 Serenity on the Lake- 21y
 Sparks Of Hope: 2y
 Victory Women's-15y

In the late stages of our drinking, the will to resist has fled. Yet when we admit complete defeat and when we become entirely ready to try A.A. principles, our obsession leaves us and we enter a new dimension-freedom under God as we understand Him
Bill W. Letter 1966
 Came to Believe Copyright 1973
 AAWS Inc.

What is the Big Book about?

"Its main object is to enable you to find a Power greater than yourself which will solve your problem."
 "That means we have written a book which we believe to be spiritual as well as moral. And it means, of course, that we are going to talk about God". Page 45



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

April 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

- **All meetings at the VA are temporarily suspended due to Coronavirus :(**
- **Sally Group: Changed starting time to 7 PM**, Thur., Salvation Army, 1080 Military, Kenmore
- **TFC-12 Step Call: Changed starting time to 7 PM**, Mon., Salvation Army, 1080 Military, Kenmore
- **New Group; Life Ahead**, Tue. & Thur. 5:15. Open Discussion, Knox Church, 2595 Elmwood Ave., Kenmore, 14223
- **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.
- **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.
- **NEW GROUP: Our Charge;** Monday's, 8:00 PM. The Hope Center, 781 Maple Rd., Buffalo 14221

May 3rd, 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 Kitchen Table Group)

~ Apr. 6, **Convention Committee Planning Meeting**, St. Andrew's Church Parish, 111 Crocker & Reiman, Sloan, 14212

~ May 3, **Internet Presence Committee Meeting**, Central Office, 5:30 PM, 111 Crocker, Sloan, 14212

COMING EVENTS

- ~ 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).
- ~ Apr. 17-19, **47th Women in AA Spring Spiritual Retreat**, Stella Niagara Center for Renewal, 4421 Lower River Rd. Stella Niagara 14144. \$170, \$70 Deposit, \$100 due on check-in. Checks are not accepted the day of registration. For more information email ; WomensRetreat2020WNY@gmail.com.
- ~ 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.
- ~ May 8-9 **2020 Spiritual Weekend for MEN of AA**. Christ the King Retreat, 103 Fuller Ave, Tonawanda, 14150. \$165 per person, complete with meals Sat, & Sun. For information call Gary W. 578-3365, Jeff L. 533-3035 or Irv P. 634-4716.

~ May 9, **Boulevard Helping Hands Anniversary Brunch**, Oven Baked Omelet's, Eggs, Home fries, Sausage, French toast casserole....Coffee, Tea, Juice... Basket Auction (donations welcome) & 50/50 !!**Come help us celebrate!**

Wheatfield Community Center: 2800 Church Rd (off Ward Rd)

Cost: Requesting \$3 donation

~ **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

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

4th STEP: "Made a searching and fearless moral inventory of ourselves."

4th TRADITION: "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

4th CONCEPT: At all responsible levels, we ought to maintain a traditional "right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

General Service Assembly

~ Mar. 28th (Sat.)10:00 AM, **General Service Pre- Assembly Conference**, 1419 Falls St. Niagara Falls 14303.

~ Apr. 4, **GSA District 5 meets** (1st Sat.)12 PM, St. Marks Episcopal Church, 61 Payne Ave.,

~ Apr. 12, **District 11**, (2nd Sunday) 5:15, Unitarian Universalist Church, 695 Elmwood Ave, Buffalo, 14222.

~ Apr. 13 & 27, **Archives work nights** @ New Office, @ 6:30pm. The monthly meeting details are available by sending an email to ARCHIVES@AREA50WNY.ORG

~ Apr. 14, **GSA District 15 meets** (2nd Tuesday) at St. John Lutheran Church, 4536 South Buffalo St., Orchard Park, 14127.

~ Apr. 20, **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.

~ Apr. 22**GSA District 16 (Southtown's) Meeting**. 7:00 PM (4th Wednesday), at 2063 Southcreek Rd., Eden 14057.

~ Apr. 26, **GSA District 8 Meeting**, 5:00 PM, (last Sunday) The Hope Center, 781 Maple Rd. @ N. Forest, Amherst, 14113.

~ Apr. 27, **GSA District 14 Meeting** (last Monday) 6:30 PM, 1866 Seneca St, Buffalo

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
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Central Committee Minutes March 1st, 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. Matthew H. spoke on tradition 2. Marykate B. will speak on Tradition 5.

35 Groups were represented: The groups in attendance are broken down by zones as follows. Zone 1- Buffalo, Main and High, Set aside, The Gatehouse, The Journey, Wake Up Call, Room to Grow. Zone 2- Acceptance/Welcome, Brass, Depth and Weight, Easy Does it, How it works Men's Discussion, North Buffalo, Questions and Answers, Three Legacies. Zone 3- Iron Horse, All is Well, Matt Talbot, Southgate, Thruway, Valley. Zone 4-Tuesday Men's Discussion, Zone 5- Kitchen Table, Lock City, Niagara Frontier Men's Discussion. Zone 6- Derby Group, Lakeview, Sobriety Men's discussion. Zone 7- Fresh Start, LoveJoy. Zone 8- Amherst Snyder, fireside, Lighten-up, Step it up, Williamsville, Women Making the Effort.

Committee reports

Envelope system: The envelope system collected 1,325.00 for the month. There are currently 41 members. (Report given by Allen D.)

Steering committee: There was no quorum. **There will be no central committee meeting in April.** (Report given by Jason)

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

Treatment: The committee met at 5:30 and closed at 6:15. 11 people were in attendance. Bought a new lock at ECMC, rehab side. Schedules and books will be distributed to Terrace House and Stuzman's. A motion to buy a case of pocket books with stories was brought forward and passed for \$480. The first Sunday rehab was missed. Group will elect a new rep. The committee would like to order another 100 open meetings schedules. (Report given by David M).

Corrections: We printed PDFs of 9th & 10th Step Promises, long & short from of Traditions, How It Works & AA Preamble. The new Catch & Release program has significantly hurt ladies downtown meeting. Many emails to sheriff which I thought he wasn't responding to were going into my junk box. So now we have contact. List purge we are working to speak to all volunteers on list to find out who can still commit and what day they are available. New members. We have a bunch of new apps to be submitted. We got permission from Chief Harris to bring a tote into Alden with books and PDFs. This is purchased and going in on Wednesday. We are tossing around the idea around about organizing a corrections event in conjunction with area committee.

We are going to try to have a phone meeting next month.

(report given by Matthew H)

Central office: TOTAL CALL's INCLUDING AFTER-HOUR'S; AA Call's: 195, 12-STEP:4, ALANON:5 VISITORS: 354, VOLUNTEERS: 7, Email's:657. GROUPS WE ARE IN NEED OF CONTACTS FROM ARE: Lovejoy-7 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 it's not on the 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. When you come in for literature, please bring your own bag :) Yours in the fellowship of the Spirit... Terry B.

Night-watch: no report

PIC/CPC: The chair is new to the committee. Is looking for members and ready to start learning more about the position. Any suggestions are welcome. (Report given by Kayleh)

Education and Participation: verbal report given

Internet presence: The committee is in need of more hands to help with editing, updating meetings and general design help. You don't necessarily need to be a geek to help. You do not necessarily need to be part of the committee to be an editor. The committee meeting has been moved to 5:30 PM prior to the Central Committee meeting, please consider joining us. Most updates to meetings have been done and published, please use the contact form on the website to request updates. We also encourage all groups to update their contact information including email addresses. Working on setting up a mailing list that can be subscribed to so that updates and other information can be sent out on a regular basis to those that wish to receive them in their email. We have a fairly large number of mailing lists available in our contract so we could set up more of them for specific information, the New Frontiers delivery for example. We just need to get the subscription confirmation emails working. There were 26,789 views in January with 7,015 Visitors. There were 22,696 views in February with 6,411 Visitors. (Report given by Tom C.)

~ Continued on next page

(Central Committee Minutes Continued...)

Current convention: The 79th annual Buffalo fall convention for 2020 will be held on Oct 23rd-25th. The next convention committee meeting will be held on March 2nd at 6:00 pm. At last month's meeting we came up with a theme for the convention and it was "helping others". The registration forms will be coming out in April.

Liaison GSA: GSA Districts 6, 7 and 8 will hold a Northern area Pre-Pre-Conference on Saturday March 7 at the Hope Center from 1-4 to discuss the upcoming topics for the GSA Pre-Conference. Additionally, a Southern Pre-Pre-Conference will be held March 8 from 1-4 at the Watermark Wesleyan South Campus, 2063 South Creek Road Eden NY 14057. 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 the Pre-Pre Conference and the Pre Conference this month and encourage your Home Group members to attend also. Thank You! Dean C.

Archives: I electronically sent reports to NY-PENN, Genesee /Wyoming and Niagara intergroups. Our upcoming displays are: All is well on March 14th, Cataract City Convention on March 20-22, Holland group on March 25th and First Step group on April 24th. We would be honored to bring the archives display to your home group or event with at least 30 days advance notice! Our work nights are the 2nd and 4th Monday of every month at 6:30PM at the archives repository at central office. Our monthly archives committee meetings are held the 3rd Monday of each month also at the archive's repository at the central office at 6:30PM. Our 10th annual archives breakfast will be held May 2nd 2020 at the VFW Leonard Post located at 2450 Walden Avenue Cheektowaga NY 14225. Tickets are \$20 and are available now for purchase. Tickets this year are also available for purchase at our central office. Thank you, Terry. Our archives Facebook page is up and running well. If you'd like to be added please let me or Tom B. Our area 50 archivist know. Our vision for 2020 is to keep the lights on just as they've been for decades!!!!....Dave G.

Old Business:

No old business

New Business:

No new business

Announcements:

Announcements: 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.

Kitchen Table will provide snacks for meeting in May!

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

Peter D. ~25years ~Tuesday Men's Group

Ann B. ~30years ~Georgetown Group

Shawn C. :40years ~ Abbott Men's Group

Bill L. ~ We Care & Ironhorse ~25 years

"Butch" A. : 20 yrs ~ Living In The Solution

Our thoughts and prayers are with you

*It's not what you get from a meeting,
it's what you take to a meeting.*

"Walk Softly and Carry a Big Book"

2020

Cash Flow Statement	Jan-20	Feb-20	
Beg Bal Cash on hand	35,266.68	35,280.95	
Contributions			
Groups	6,818.24	4,000.32	10,818.56
Central Committee 7th tradition	68.00	59.20	127.20
Envelope System	1,842.00	1,325.00	3,167.00
New Frontiers Subs		141.00	141.00
Literature/Medallions/Pins	4,875.61	3,079.50	7,955.11
Literature Sales Tax	290.90	182.65	473.55
Literature Postage	28.06	14.61	42.67
Sales+/-	50.42	203.49	153.91
Archives Room Rent			-
Committee Meetings	19.00		19.00
Misc			-
Transfer from PR			-
Conventions/Day of Sharing			-
Monthly Income	13,992.23	9,005.77	22,998.00
Expenses			
Building Rent/Utilities	1,000.00	1,000.00	2,000.00
Central Com. Rent	35.00	35.00	70.00
Payroll Gross	3,146.46	3,146.46	6,292.92
Employment Taxes	259.58	259.58	519.16
Unemployment Surchar	(10.90)	(10.90)	(21.80)
NYS Sales Tax			-
Insurance			-
State Ins Fund(Travelers)			-
Health	713.38	713.38	1,426.76
D&O Insurance		1,080.00	1,080.00
Liability	863.86	(7.06)	856.80
Postage	384.93	176.93	561.86
Phone/internet	166.96	166.96	333.92
Accounting			-
Paychex	248.21	62.74	310.95
Advt			-
Dex YP	137.15	0.03	137.18
Local Edge			-
Literature Expenses			-
Grapevine	927.40		927.40
World Services Inc	5,059.20	593.88	5,653.08
Hazeldon			-
Printers			-
Medallions	183.86	10.86	194.72
Office Supplies	483.83	77.62	561.45
Copies/ service contract	161.00	161.00	322.00
Copier Lease	129.00	129.00	258.00
Bank Fee's including credit c	89.04	92.27	181.31
GSA Host			-
Workshop		300.00	300.00
Seminar			-
Monthly Expenses	13,977.96	7,987.75	21,965.71
Monthly Income (Loss)	14.27	1,018.02	1,032.29
End Balance	35,280.95	36,298.97	
Petty Cash	3,000.00	3,000.00	
Total Balance	38,280.95	39,298.97	
PRUDENT RESERVE	28,158.90	28,159.35	
Assets: Literature& Medallions	18,101.98	16,455.52	
Literature Receivable:(outstanding)	1,487.59	1,006.73	
Removed from Stock			
Corrections Facilities	4,713.50	4,160.50	
Contributions	70.00	295.59	
Bank Fee's	3.00	3.00	
Expenses	620.00	57.00	
Balance	4,160.50	4,396.09	##
Treatment Facilities	1,054.64	790.52	
Contributions	148.88	365.65	
Expenses	410.00		
Bank Fee's	3.00	3.00	
Balance	790.52	1,153.17	###

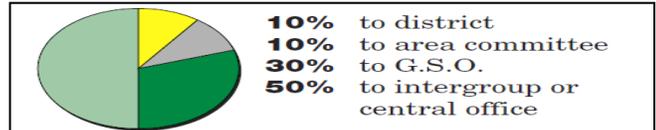
Intergroup wants to express our appreciation for those groups and individuals who have made generous financial contributions, and give a special thank you to all the members who have volunteered their time this year to help the sick and suffering alcoholic.

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

Distribution of funds from groups that support four service entities



50% to Intergroup or Central Office

"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 IV: At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

- Do we understand the spiritual principles underlying the "Right of Participation"?
- What does "in reasonable proportion" mean? Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
- Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?

Spirituality and Money

"While the work of the group treasurer often involves many details, it is important to remember that the money the treasurer oversees serves a spiritual purpose: it enables each group to fulfill its primary purpose of carrying the A.A. message to the alcoholic who still suffers. This is the fundamental work of A.A. and to continue it the group must keep its doors open. The group treasurer is an important part of this Twelfth Step work."

New Frontiers ~ April 2020

GROUP CONTRIBUTIONS 2020

Ann	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		FEB	YEAR	FEB	YEAR	FEB	YEAR
5	12 Steps/12 Traditions		0.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		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		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/Welome	100.00	100.00		0.00		0.00
5	Achievement		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		0.00		0.00
2	AM Big Book		0.00		0.00		0.00
5	Amherst Snyder		0.00		0.00		0.00
5	Amsdell Step		100.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Lengths	30.00	60.00		0.00		0.00
4	Arcade/ Yorkshire		0.00		0.00		0.00
	ARCHIVES		0.00		0.00		0.00
5	As Bill Sees It	100.00	100.00		0.00		0.00
5	Attitude Adjustment(Williamsville)		0.00		0.00		0.00
5	Attraction		100.00		0.00		0.00
3	Awareness		0.00		0.00		0.00
5	Backdoor		0.00		0.00		0.00
5	Beginnings (NF)		0.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
5	Beginning's Women		100.00		0.00		0.00
5	Big Book Lockport		0.00		0.00		0.00
5	Big Book Study		0.00		0.00		0.00
3	Blasdell		0.00		0.00		0.00
3	Blasdell Monday		0.00		0.00		0.00
3	Blasdell 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	25.00	25.00		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
5	Carry the Message	50.00	50.00		0.00		0.00
7	Casting		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
5	Cayuga Wake- Up Call		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
5	Changing Our Way's		0.00		0.00		0.00
2	Chapter IX		150.00	25.00	25.00		25.00
3	Cheektowaga		80.00		0.00		0.00
5	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	350.00	350.00		0.00		0.00
1	Cornplanters		0.00		0.00		0.00
3	Courage		0.00		0.00		0.00
	Daily Reflections		65.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Depth & Weight	180.00	180.00		0.00	180.00	180.00
5	Derby		110.00		0.00		0.00
5	Desire		0.00		0.00		0.00
1	Downtown Men's		0.00		0.00		0.00
5	Dunkirk Monday Night		0.00		0.00		0.00
5	East Amherst		0.00		0.00		0.00
5	East Amherst Traditions	120.00	120.00		0.00		0.00
4	East Aurora		350.00		0.00		0.00
	Early Bird Big Book		34.00		0.00		0.00
2	Easy Does It	60.00	120.00		20.00	40.00	80.00
5	Eden		0.00		0.00		0.00
4	Ellicottville		0.00		0.00		0.00
5	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
5	Eyeopener	343.82	852.36		0.00		0.00
4	Eyeopener South	468.04	468.04	200.59	200.59		0.00
5	Fireside		0.00		0.00		0.00
5	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
5	Forestville Sunday Serenity		100.00		0.00		0.00
5	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		0.00		0.00		0.00
5	Freedom Seekers		0.00		0.00		0.00
7	Fresh Start	75.00	75.00		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	
		FEB	YEAR	FEB	YEAR	FEB	YEAR
3	Gardenville	150.00	150.00		0.00		0.00
1	GAY & BI MEN LIVING SOBER		0.00		0.00		0.00
5	Georgetown		0.00		0.00		0.00
	Getting Better	15.00	15.00		0.00		0.00
5	Gettin With It		0.00		0.00		0.00
1	Giving		0.00		0.00		0.00
5	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		0.00		0.00
2	Grateful		0.00		0.00		0.00
5	H.A.N.D.		0.00		0.00		0.00
5	Hamburg	100.00	100.00		0.00		0.00
1	HAPPY HOUR		0.00		0.00		0.00
7	Harmony	11.30	11.30		0.00		0.00
4	Helping Hand		30.00		30.00		30.00
5	High Noon		0.00		0.00		0.00
5	High View		0.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
5	Holiday Village	500.00	500.00		0.00		0.00
4	Holland	100.00	100.00		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		0.00		0.00
1	I Am Responsible		20.00		0.00		0.00
3	IF HE WERE SOUGHT		0.00		0.00		0.00
	Indepence (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	77.79	193.59		0.00	5.65	14.53
5	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
5	Kensington		0.00		0.00		0.00
5	KITCHEN TABLE AA		0.00		0.00		0.00
5	Lakeview		75.00		0.00		0.00
5	Lakeshore		0.00		0.00		0.00
3	Lancaster Dailey Reprieve		20.00		20.00		20.00
5	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
5	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		0.00		0.00
5	Lockport Tuesday		80.00		0.00		0.00
5	Lockview		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
5	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
5	Maple		0.00		0.00		0.00
3	Marching Forth	35.00	35.00		0.00		0.00
4	Manilla	50.00	100.00		0.00		0.00
3	Matt Talbot		100.00		0.00	50.00	50.00
5	McKinley Winners		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
5	Mercy		0.00		0.00		0.00
3	Mid-day	50.00	50.00		0.00	40.00	40.00
5	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		0.00		0.00



Buffalo Central Office
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 Sloan, NY 14212

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