

# NEW FRONTIERS

A.A. of the Niagara Frontier

February 2023

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



Excerpt from "AS BILL SEES IT" *reprinted with permission*

More than most people, I think Alcoholics want to know who they are, what this life is about, whether they have a divine origin and an appointed destiny, and whether there is a system of cosmic justice and ♥

I saw the universe to be lighted by God's ♥

I was alone no more. The ♥ of God and man we

understand not at all. Let us always ♥ the best in others; and never fear their

worst. We are not living

just to be sober, we

are living to learn, to

serve and to ♥

We never thought of

making honesty, tolerance, and true

♥ of man and God the daily basis of

living. We found the dependence upon His

perfect justice, forgive- ness, and ♥ was healthy,

and that it would work where nothing else would.

Punishment never heals. Only ♥ can heal. Most surely,

there can be no trust where there is no ♥ nor can there be

real ♥ where distrust holds it's malign sway. It is

intended that we try to grow, and that we try to help our

fellow travelers to grow in the kind of ♥ that makes

no demands. Perhaps the secret of their power lies in the

fact that these life giving communications spring out of

living experience and are rooted in ♥

**A**

**LOVE LOVE  
LOVE LOVE  
LOVE LOVE  
LOVE LOVE**

**A**

**A**

## The Phenomenon of Alcohol Craving: The Case for Total Abstinence

The Big Book on page xxiv (The Doctor's Opinion) says that an alcoholic has an "allergy to alcohol." An allergy is an abnormal reaction to any food, liquid, or substance. If nine out of ten people have one reaction and one out of ten people have a different reaction, then the reaction of the one out of ten is abnormal.

It also says on page xxvi that "the action of alcohol on an alcoholic is a manifestation of an allergy; that the **phenomenon of craving** is *limited* to this class and *never* occurs in the average temperate drinker." (A phenomenon is something that you can see but can't explain.) "These allergic types can *never* safely use alcohol in *any form at all*."

Then on page 22, "We know that while the alcoholic keeps away from a drink, as he may do for months or years, he reacts much like other men. We are equally positive that once he takes *any alcohol whatever* into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop." This includes substances that contain alcohol like mouthwash, cold remedies, some chocolates, food prepared with alcohol, etc. Your body doesn't know if you are having a drink or taking Nyquil for a cold, it only senses alcohol and begins to process it.

It also says on page xxviii that, "all the different classifications of alcoholics have *one* symptom in common: they *cannot* start drinking without developing the phenomenon of craving. This phenomenon may be the manifestation of an allergy which differentiates these people, and sets them apart as a distinct entity." Dr. William D. Silkworth, M.D. who at that time had nine years of experience specializing in the treatment of alcoholics and drug addicts, wrote this in the late 1930s. He called it a "phenomenon of craving" because at that time there was no way to study metabolism. Since then, science has proven his theory as correct.

The following is an explanation of what happens when alcoholics put alcohol into their bodies, and how it is a completely different experience compared to non-alcoholics. No wonder why non-alcoholics can't relate and make statements like, "Can't you just stop after one or two drinks?" It shows why alcoholics can use their willpower against everything *except* alcohol.

## What Happens When Alcoholics Take Alcohol: The Role of Acetate in Alcohol Cravings

Alcoholics make up about 12% of the population. The body of the alcoholic is physically different. **The liver and pancreas of the alcoholic** process alcohol at one-third to one-tenth the rate of a normal pancreas and liver.

Now as alcohol enters the body, it breaks down into various components, one of which is acetate. We know now that acetate triggers a craving for more acetate. In a normal drinker, the acetate moves through the system quickly and exits. But that doesn't happen in an alcoholic. In alcoholics, the acetate of the first drink is barely processed out, so by staying in their body, it triggers a craving for more acetate. The alcoholic then has a second drink, now adding to most of the acetate of the first drink, and that makes them want a drink twice as much as the normal drinker. So they have another. Then, having almost three times the craving as a normal drinker, they have another.

You can see from that point how alcoholics have no control over how much they drink. The craving cycle has begun and they have no choice but to keep drinking. Once the acetate accumulates in their body, and that begins to happen with only *one* drink, they will crave another. And how many times does an alcoholic think it would be nice to have *just one* drink to relax, but has many more? Now you see why. *And this can never change.*

## How the Progressive Nature of Alcoholism Plays a Part

On top of *that* (like so far it's not bad enough), alcohol is a poison because it destroys human tissue. The two organs that alcohol damages the most are the **liver and the pancreas**. So the more the alcoholic drinks as time passes (or doesn't drink, because the liver and pancreas also deteriorate naturally as we age), the less their body is able to process the acetate. *That* is why alcoholism is a progressive, fatal illness.

Bill W. says on page 30, "We are convinced to a man that alcoholics of our type are in the grip of a **progressive illness**. Over any considerable period, we get worse, never better." Pretty revealing, huh? It explains many things I never before understood.

But if you think about it, we never have to deal with *any* of this if we *don't* put alcohol into our bodies in the first place. So the *main* problem of the alcoholic centers in their mind and in their spiritual condition. My mind tells me it's okay to *take* the first drink and doesn't see that what I'm about to do is harmful (otherwise known as the obsession or powerlessness), and if I'm *not* spiritually fit I can't *stand* being sober because it's too uncomfortable (otherwise known as unmanageability). Coincidentally, the **12-Steps deal directly and effectively** with both.

So that's what it means to be an alcoholic – I can't handle drinking and I can't handle not drinking.

Reprinted with permission: Barefoot Bill, <https://www.soberrecovery.com/addiction/an-aa-explanation-of-craving/>

## February History

Feb-08	Bill made boomerang.
Feb-16	Hazing incident Norwich University, Bill & sophomore class suspended
Feb-38	Rockefeller gives \$5,000 to AA. Saves AA from professionalization.
Feb-39	Dr Harry Tiebout, 1st Psychiatrist to endorse AA and use it in his practice.
Feb-39	Dr Howard of Montclair, NJ suggests swapping "you musts" for "we ought" in the Big Book.
Feb-40	1st AA clubhouse opens at 334-1/2 West 24th Street, NYC.
Feb-51	Fortune magazine article about AA. New York reprints in pamphlet form for many years.
Feb-63	Harpers carries article critical of AA.
Feb-81	1st issue of "Markings" AA Archives Newsletter is published.
Feb 1 or 2, 1942	Ruth Hock, AA's 1st paid secretary, resigns to get married.
8-Feb-40	Rockefeller dinner.
8-Feb-40	Houston Press ran first of 6 anonymous articles on AA by Larry J.
9-Feb-02	Sue Smith Windows, Dr Bob's daughter died.
11-Feb-37	First New Jersey meeting was held at the home of Hank P ("The Unbeliever" in the 1st edition). Some sources report this as happening Feb 13, 1937
11-Feb-38	Clarence S. ("Home Brewmeister" 1st-3rd edition) sobriety date.
14-Feb-71	AA groups worldwide hold memorial service for Bill W.
14-Feb-00	William Y., "California Bill" dies in Winston Salem, NC.
15-Feb-18	Sue Smith Windows, Dr. Bob's adopted daughter, was born.
15-Feb-41	Baltimore Sunday Sun reported that the city's first AA group, begun in June 1940, had grown from 3 to 40 members.
Feb 17,	Jim B contacted Charlie B, whom he had met once, some two years before, at a New York AA meeting.
18-Feb-43	During gas rationing in WWII, AA's are granted the right to use cars for 12th step work in emergency cases.
19-Feb-67	Father "John Doe" (Ralph P), 1st Catholic Priest in AA dies.
20-Feb-41	The Toledo Blade published first of three articles on AA by Seymour Rothman.
23-Feb-59	AA granted "Recording for the Blind" permission to tape the Big Book.
28-Feb-40	First organization meeting of Philadelphia AA was held at McCready Huston's room at 2209 Delancy Street.

**Currently we have no active committee or chairperson for these committee's...  
Anyone want to get involved!!!**

## EDUCATION & PARTICIPATION COMMITTEE

The purpose of this committee is to foster and encourage group participation in the Buffalo Area Central Committee and to provide training to facilitate participation.

### What We Do

The Education & Participation committee is responsible for fostering and encouraging group participation at the Buffalo Area Intergroup. This is done by providing training to new Intergroup

*WHAT SEEMED AT FIRST A  
flimsy reed, has proved  
TO BE THE LOVING AND  
powerful hand of god. a  
NEW LIFE HAS BEEN GIVEN  
us or, if you prefer,  
"A DESIGN FOR LIVING"  
that really works. (28)*

### Corrections News:

Meetings have resumed at the Erie County Holding Center and the Erie County Correctional Facility at Alden after a 2-1/2 year break. Members on the outside are needed to take meetings into these facilities!

- \*Erie County Holding Center-Mondays at 6:30 PM
- \*Alden Men's meeting-Wednesdays at 6:30 PM
- \*Alden Women's meeting-Saturdays at 10 AM

A background check is needed before any of us are permitted entrance into these locations.

Are you working a good program? Do you have a sponsor? Have you worked or are engaged in working the steps of AA? This is important and gratifying service work!

Contact me for information and to help you to get the process started.

[suzipunk211@gmail.com](mailto:suzipunk211@gmail.com)

## FEBRUARY ANNIVERSARIES

### Acceptance/Welcome

Candice W. 2y  
John K. 4y  
Joe K. 17y  
John W. 34y

### Alexander

Gene Z. 46y

### Amherst Snyder

Dave H. 34y  
Jim C. 38y

### Any Lengths

Joe L. 20y

### Kensington Disc.

Joe L. 20y

### Courage

Jim P. 13y  
Beverly K. 40y

### East Amherst

Susan F. 6y

### Eyeopener

Michael C. 1y  
Sue C. 3y  
B.J. 4y  
Erika K. 4y  
Mark A. 5y  
Jim H. 5y  
Tim A. 5y  
Christopher Z. 5y  
Jill Z. 6y  
Brian G. 6y  
Susan N. 6y  
Jason I. 7y  
Tom W. 7y  
Joe S. 9y  
Bill E. 10y  
Justin M. 11y  
Brian A. 12y  
Peter F. 15y  
Jim C. 15y  
Russ A. 18y  
Kelly Ann M. 19y  
Leo E. 25y  
Bryan D. 28y  
Bill R. 28y  
Tom B. 30y  
Liz O. 35y  
Jim S. 39y  
Terry M. 46y

### Eyeopener South

Matt K. 6m  
Geoff S. 6m  
Ron B. 2y  
Bridget C. 3y  
JJ K. 3y  
Rob M. 11y  
Patty B. 11y  
Chris G. 12y  
John M. 32y

### Fireside

Mary M. 1y  
Chris K. 4y  
Larry P. 36y

### Fresh Start

Laurie A. 18y  
Romona D. 25y  
Antwan D. 25y  
Sebastian W. 27y  
Peter A. 38y

### Give Me Shelter

Mark B. 3y  
Peter F. 4y  
Janet K. 45

### Golden Slipper

Missy H. 3y  
Leslie A. 11y  
Jim R. 43y

### Ironhorse

Mike R. 3y  
Dorothea S. 24y

### Kensington

Mike O. 38

### Lakeshore

Brendan M. 13y

### Life Ahead

Jeff 3y  
Erika K. 3y  
Janet K. 5y  
Joe C. 9y

### Lockport Ladies

Corine A. 5y  
Allison W. 10y

### New Life (Alden)

Joe W. 11y

### North Evans Men's

Tim H. 4y  
Brian B. 12y  
Tony M. 13y

### Orchard Park Step

Mike W. 5y  
Tom K. 7y  
Bob B. 10y  
Steve S. 29y

### Purpose

Mark B. 3y  
Janet K. 5y  
Craig K. 13y  
Joe K. 17y

### Questions & Answers

Jennifer K. 11y  
Winnie S. 20y

### Remember When

Stephen M. 13y  
Vernon A. 18y  
Ava P. 33y

### Renaissance

Lou Ann N. 3m  
Joe S. 6m  
Tia P. 1y  
Nicole G. 1y  
Nancy S. 6y  
Stephen H. 21y  
Larry P. 35y

### Rise & Shine

Vanessa R. 2y  
Leah P. 4y  
Jim G. 9y  
Jeff M. 11y  
James H. 15y  
George S. 17y  
Tom H. 21y  
Lawrence B. 28y  
John R. 32y  
Ava P. 33y

### Searching for Serenity

Mark B. 3y  
Michelle D. 4y  
Janet K. 5y  
Jim W. 5y

### Serenity

Steve C. 6y  
Joe K. 17y

### Sheridan

David S. 29y

### Sober Winners

Roger K. 42y

### Sun. Morning

### Breakfast

Max W. 36y

### The Grove

Eric B. 3m  
Ron R. 6m  
Monica Q. 6m  
Joe C. 6m  
Jared C. 9m  
Jerald V. 9m  
Paul Z. 9m  
Carl P. 1y  
Mary M. 1y  
Matt W. 2y  
Sue C. 2y  
Tom B. Sr. 3y  
Mark I. 8y  
Felecia N. 9y  
Kim G. 20y  
Don T. 48y

### Tues. Men's

Dick M. 32y

### Thruway

Chris B. 1y  
Joyce T. 36y

### Williamsville

Nick S. 9m  
Jenn M. 3y  
Jim C. 38y



### **GROUPS CELEBRATING**

6th Step: 47y  
Backdoor: 19y  
Clarence Men's Disc :33y  
Daily Reflections: 27y  
Everybody's Group: 39y  
Grateful: 48y  
Harmony: 45y  
Kensington: 53y  
Lake Shore: 61y  
Love: 23y  
Recovery Near

The Gardens: 22y  
Saturday Night Alive: 11y  
Sobriety On A Sat. Night: 8y  
Spiritual Progress: 30y  
Sunday's In the Solution: 16y  
SUNY-Amherst: 40y  
Thankful: 54y  
Tri-County: 65y  
Wake-Up Call: 31y  
Wed. Night Lights: 2y

Please remember to  
have the anniversaries  
submitted by  
the **12th**

END OF BUSINESS DAY 4:00 PM  
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](http://www.buffaloany.org)

## February 2022

**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:

- Cayuga Wake Up Call has changed it's name to Delaware Park Men's Discussion.
- Friday Night Light has moved, Evergreen Health, 206 S. Elmwood Ave.
- We (Women's Experience) Group, Now only meet on Zoom. Thurs. 7:15pm.ID: 863 9055 3337 PW: 298944.
- First 164 Big Book Study in Akron, No Longer Meet.
- Renaissance Group on Wed. is now a hybrid meeting. Resumed in person . 103 Knowlton Ave., Kenmore 14217. Masks required. BYOD.
- Cayuga Wake Up Call has moved to St. George Orthodox Church; 2 Nottingham Terrace, Bflo North 14216
- Trans/GNC Literature Group; No longer Meets
- Gone To The Dogs, Online Meeting: No Longer Meets
- Beginners Group, Friday's is listed in the paper schedule at the wrong time; it should be 10am
- Purpose Group, Sat., 10 am, has moved; First Presbyterian Church, First Presbyterian Church, Tonawanda 14150
- On Awakening Men's Zoom meeting; No Longer Meets.
- Living Clean Group @ Sisters Hospital; No Longer Meets.
- Midnight Discussion Group; No Longer Meets.
- NEW GROUP: Checking In, Tues. 7PM. Lovejoy Art Connection, 1217 E. Lovejoy St., Bflo East, 14206.
- Getting Better Group; No Longer Meets.
- Thankful Heart zoom meeting has changed it's...ID: 6351057456. PW; thankful.. 10am & 8pm.
- Pause N Get Calm Zoom meeting; No Longer Meets.
- North Buffalo Group is Zoom only on Sundays. Wed. is in person.
- Serenity Trails, Has resumed, Sat. 7:30PM. Now Serenity Trails Men's Diss. Turning Point House, 9136 Sandrock Rd. Eden. Medical Bldg. OS, the last week.
- Living Sober Group has resumed. Wed. 6PM, Kenmore Methodist Church, 110 Westgate Rd., Kenmore 14217
- Lakeview Group meets on Friday's at 8:30 PM, St. John Paul II Church, 2052 Lakeview Rd., Lake View, 14085.
- Shelter from the Storm has moved back to St. Andrews Church, 111 Crocker St., Sloan 14212. Wed. 6:00 PM.
- Saturday Night Sober is Temporarily Closed.
- Recovery In The Park; Has Moved to VFW Post, 112 Caledonia St., Lockport 14094. Thurs. 7 PM
- So Blessed; Thursday's @ Amity Club, No Longer Meets.
- Tri-County Group; Has resumed. Sat. 8PM: Gowanda.
- Men Who Trudge meets Monday- Saturday. @7:30am, Sunday. @ 10am.
- Tuesday Men's Disc. Has expanded to Thursday's also. Group name for Thurs. is Recovered.
- Lock City Group has resumed; Sunday, 6:30 PM. VFW Post 2535, 112 Caledonia St., Lockport 14094
- Why Group; No Longer Meets
- Forestville Sunday Serenity; No Longer Meets.
- Coldspring Group has resumed. Monday's 7 PM.
- Stayin' Sober Group on Thursday's, starts at 6:30 PM.
- Step Action Group will resume meeting in person & on Zoom.
- NEW GROUP: 10-11-12; Friday, 7:30 PM, Windom Community Church, 3766 Abbott Rd., Orchard Park, 14127. Open Discussion. WC.
- Living Sober Group in Kenmore will be resuming with a new start time of 6 PM. 110 Westgate Rd., Kenmore 14217
- Sunday Morning Breakfast, Will now be an Open Discussion Group with a Speaker the last Sunday of the month. Sunday's @ 11 am
- The Derby Lunch Group has resumed. Monday's @ Noon.
- Love Joy Group has resumed Wed. Evening only. 7 PM
- Sunrise Court Group has Returned to the City Court Building. Sun. @ 9 am
- Serenity On The Lake, has resumed. Wed. @ 8PM.
- The Grove Meeting is changing it's start time to 6:00 PM, Daily
- The Principals; Daily Zoom Meeting; NO LONGER MEETS
- Come As You Are; Wed. Zoom Meeting: NO LONGER MEETS

## SERVICE OPPORTUNITIES: COMMITTEE MEETINGS

~ Feb. 5th : **Committee Meetings**

that meet prior to **Central Committee 5:30 PM**

**St. Andrew's Church Parish, (Corner of Crocker & Reiman) , Sloan, 14212,**

Steering Committee (5:30 PM) in CO, Public Information Committee meeting,

Treatment Facilities Committee, Corrections Committee

Education & Participation, Need a Committee & Chair, Nightwatch Committee

**Followed By Central Committee 7:00 PM**

**COMING EVENTS:** Please submit your upcoming events for future issues, also flyers can be uploaded to our website: <https://buffaloany.com>.

### Convention Committee

Feb .1st.: 7:00 PM

Basement, 111 Crocker St.

Sloan ,NY 14212

Any Age Group Presents

# ROARING 20'S BLIZZARD BALL

A ROARING 20S THEME PARTY YOU WON'T FORGET!

**February 4, 2023**

St. Andrew's RC Church, 1525 Sheridan Drive, Kenmore, NY 14217

**Donovan Hall**

**TWENTIES STYLE DRESS**

Doors open at 5:30 p.m. Dinner at 6:00 p.m.

Speaker Jay A. from Toronto, Canada at 7:00 p.m.

Dancing at 8:00 p.m.

TICKETS \$20.00 PRESALE OR \$25.00 AT THE DOOR

Giant 50/50 Basket Raffle

FOR TICKETS CONTACT  
Debbie 716-359-2370 or Tom 716-692-7858  
Accepting Cash, Venmo, Cash App or Zelle

Sheraton at the Falls  
300 3rd Street  
Niagara Falls, NY  
14303

For Reservations:  
1-866-961-3780  
Mention Convention  
when calling

6 Speakers  
5 Panels  
Archives Display  
Hospitality Room  
Souvenirs for Sale  
Hangover Free Event!

**Attitude  
of  
gratitude**

The 15<sup>th</sup> Annual  
Cataract City  
Convention  
March 3-5, 2023  
Registration Opens  
Friday @ 2 pm  
Early Bird Speaker  
David G @ 4 pm

Convention Room  
Rate: \$94.00 +  
taxes/fees  
Room Rate Deadline:  
February 3, 2023  
To lock in the rate

Friday Night  
Fellowship  
Saturday Night  
DJ the Dee Jay Dance  
Banquet & Speaker  
Al-Anon  
Participation  
Raffles

For questions or special needs contact Dan K. @716.479.8074 (Registration Chair) or Jeff B (Co-Chair) @206.999.7221. Banquet is Buffet Style; Sorry, no reserved tables. Make checks payable to Cataract City Convention--U.S. funds only. Mail to P.O. Box 734, Niagara Falls, N.Y. 14304.

## JOIN US FOR FOOD, FUN, & FROLIC!

Pre-registration deadline for dinner is **February 17, 2023**

Registration Only	AA--\$25.00	Al-Anon--\$25.00	Alateen--\$10.00	\$ _____
Registration w/Banquet	AA--\$65.00	Al-Anon--\$65.00	Alateen--\$50.00	\$ _____
Banquet Only	AA--\$40	Al-Anon--\$40	Alateen--\$40.00	\$ _____
Total Enclosed (Remember: 1 form per person)				\$ _____
Name to Appear on Convention Badge _____				
First Name _____ Last Name _____				
Mailing Address _____				
Phone Number _____ Email: _____				

### 12th ANNUAL WNY AREA 50 ARCHIVES BREAKFAST

April 29, 2023 - \$22, Pre-Sale Only  
Doors Open at 9:00 am, Breakfast  
Starts at 10 am

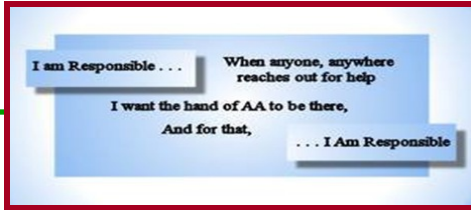
Matthew Glab Post, 1965 Abbott Rd.  
Lackawanna, NY 14218

Featuring Speaker Patty S., Rochester, NY



Contact Dave G. 716.866.6612 or  
Joe V. 716.465.9327  
for Tickets or Questions

## Central Committee Minutes January 8th, 2023



Meeting opened at 7:00 Pm by Chairperson Dave with the responsibility declaration followed by a moment of silence followed by the serenity prayer. Volunteers read the preamble by Jan, purpose of Central Committee by Bob, and the 12 Traditions by Courtney. Aiyana from Lakeshore presented on the First Tradition. Julie from Matt Talbot volunteered to present for February.

The following 27 groups were represented: Big Book @ Brothers, Clarence Men Discussion, Lighten-Up, Renewal, Soul Purpose, Williamsville Group, Southgate, Thruway, Valley, Buffalo Group, Room to Grow, The Gatehouse, Chapter IX, Daily Reflections, Depth & Weight, Easy Does It, North Buffalo, Sober Train, Orchard Park Step, 10-11-12 Group, Kitchen Table, Lockport #1 Group, Lockport Ladies, Monday Night, Lakeshore, Daily Maintenance, Sunday Morning Breakfast, and Lovejoy. 9 new Central Committee Reps present- Amanda, Meredith, Kevin, Chad, Mary Claire, Brenna, Kathy, Garrett, Julie Motion to accept prior meeting minutes.

### Reports:

**Envelope System:** Pat reported 2022 year end total of \$9729. December 2022 total \$659.

**Steering Committee:** Steering Committee Member Jesse reported 2 zone members were present along with financial and Central Office Secretary. Central office will be lowering the cost of the Big Book by \$1 for as long as it is financially capable.

**Financial Report: December** our Starting Checkbook balance was \$45,932.02. We took in \$8,758.73 (which **down**) in Contributions from Groups and individuals. The Envelope System took in: \$658.00. Literature, Tax & shipping came to \$1796.71 (which is **down**). New Frontiers Subscriptions was \$33.00. Joint meeting (Central Committee) was \$49.00. Total income of **\$8,758.73** (which is **down**).

Our expenses totaled **\$9,630.72** (which is **about same**). This means, we took in **\$871.99 less** than our expenses this month. **YTD \$10,986.29 more than our expenses!!!!** Final checkbook balance is \$45,060.03.

\***Corrections** beginning balance was \$3,513.60. Income was \$.00, A \$3.00 Bank Fee, for a balance of \$3,513.60.

\***Treatment** beginning balance was \$751.60. Contribution's totaled \$444.00, a \$3.00 bank fee for a final balance of \$1,192.60.

**Treatment:** Treatment Committee Meeting Minutes 1/8/2023 Meeting opens at approximately 5:30pm with The Serenity Prayer 13 people in attendance for the meeting - Important part of today's TFC meeting will be nominations for chair, co chair, and recording secretary positions - Ashlee H. reports there are big books, pamphlets, and QR codes for facilities/for members to bring into facilities - Conduct introductions of all in attendance for TFC, review trying to get a hold of another member to fill a commitment if our groups cannot fill it, review how each facility has been going Ashlee H. reports working to find out if How It Works group has been attending their commitment at Reflections, reports they have 3rd Monday and Thursday and 1st Monday and Thursday of each month, but have not been able to confirm if still attending the facility Review commitment at Humbolt House is starting this month, Williamsville Group is starting and will fill 4th Thursday of the month for next three months Will put in another order for big books Brian B. from Abbott Men's Group reports that an individual from Caz Manor had reached out to him and reported interest in TFC going into their facility - Ashlee H. reports she would like the new chair person nominated tonight to reach out to them, to get experience regarding coordination with facilities Paul from Buffalo Group reports there is not currently progress on going into Renaissance House, identifies that their contact is now affiliated with Kids Escaping Drugs - Nominations are held for TFC positions chair, co chair, and recording secretary. Julie from Matt Talbot is nominated for chair position and accepts, Garrett from Room to Grow is nominated for co chair position and accepts, and Dorothy from Iron Horse is nominated for recording secretary position and accepts - Ashlee H. reports she will email each person with new position and will send email regarding contact person for each facility - Review that chair typically stays for Central Office meeting afterwards to provide report TFC current balance is \$1,192.60 Next TFC meeting will be held on 2/5/2023

### Courtesy Report

**Archives:** Dave announced the 12th Annual Archives Breakfast will be held on April 29th and will be \$22 presale only.

**Central Office Dec. Central office:** TOTAL CALL'S INCLUDING AFTER-HOUR'S: 133, Total 12STEP: 13, Also had 640 emails.

~Need Updated Contact from:, Westminster-1, Sobriety On The Lake-5

\*NEXT MEETING: Feb. 5<sup>th</sup>, 2023

**Corrections:** No Report

**Night-Watch:** David M. presented. Three members were in attendance for the Night Watch meeting on 1/8/23. Dave is currently getting numbers for remainder of January. Nightwatch is going to call groups that had commitments in 2022 to ask if they would like to renew their commitment and fill in new groups as needed

Ad Hoc Nightwatch: David presented. Gaining more information and will bring more to the Body next month.

**Education & Participation:** Current No Chair. Looking for new Chair.

**Internet Presence:** No Report

**PIC/CPC:** Joe and Ann will have more info coming forth next month

**Convention 2023:** absent- absent- Next Convention meeting will be held on Wednesday, Feb. 1st at 7 pm in basement.

**GSA Liaison:** ACM met on 12/19/22. Area 50 will be hosting the NYSIW July 28th-30th and secured a location at Daemen College. Need people to sign up for their committee. GSA met yesterday 1/7/23 at St. Andrews Church in Kenmore. Denise our Delegate is preparing for the next General Service Conference in April and will be consolidating the 184 agenda items and in late Feb.-mid March she will prepare a summary of the back-ground info and the Delegates questionnaire for your Homegroup to use in the development of its informed group conscience regarding specific agenda items. The questionnaire will be emailed to your group GSR. Reminder that NERAASA is being held in Albany Feb. 23rd-26th.

Visit [www.neraasa.org/register](http://www.neraasa.org/register). Nikki O. from Area 28 our Area 50 Inventory Facilitator gave the Inventory report and outlined recommendations for Area 50 to work towards achieving the six goals outlined in the **Archives:** No Report.

### Old Business:

Steering Committee Zone Rep is still needed for Zone 7 as it is still open.

### New Business:

Chairperson Dave has appointed and Ad Hoc committee to review the bylaws and guidelines for the Fall Convention only. Jesse has been appointed the chairperson.

### Announcements:

Lockport Ladies are on Snack Commitment for February. .  
Closed with the Our Father.

## When My Desperation Outweighed My Denial



Alcoholism is often referred to as a disease of perception. And, oh, how I find that statement to be true!

Like most Alcoholics, early in my drinking days, I did not have a problem. I was single and had no one to answer to, and it was perfectly normal to go directly from work to the barroom and spend the evening pouring alcohol down my throat.

It was fun, and I did a lot of foolish things in those days. As my tolerance for alcohol grew, I developed a pattern of drinking where I could open a bar at 6:00 a.m. and close it at 2:00 a.m. You could not tell that I had been drinking unless you smelled the alcohol on my breath. I reached the pinnacle, but that lasted only for a while.

Next, I developed a pattern of forgetting what happened the night before (blackout drinking) and when people started telling me about things I did during blackouts, it was not flattering. Normal drinkers do not have those kinds of experiences.

Then came the DUIs, the nights in jail, the wrecked cars, the broken knuckles, marriage, divorce and... I could go on forever.

When I was in the throes of this disease, I was living by the dictates of my ego to bolster my pride. And it was telling me that I did not have a problem. But normal drinkers must not wake each morning to face the "hideous Four Horsemen, Terror, Bewilderment, Frustration, and Despair," as the Big Book puts it. (p. 151)

For me, at that time, alcohol seemed to be the solution to my problems and to abandon it would be more horrifying. My perception was that, if I quit drinking, I would spend the rest of my life waking up in that emotional pit. I did everything in my power to deny my condition.

The progression of the malady varies in each individual due to environmental issues. Some people can drink into their 60s and 70s before they come to Alcoholics Anonymous.

Yet as the progression wore on, one by one, I was running out of options. Drinking could no longer mask the deception of it all, and I was backed into the corner of life. What could I do?

On October 15, 1969, my desperation outweighed my denial. I dialed the telephone operator and asked for the number of Alcoholics Anonymous. She gave me the number of a local AA club in a little house about six miles from my apartment. I showed up there to be greeted by three people sitting on a bench in the front yard. Within ten minutes of talking to them, and seeing the compassion and empathy in their eyes, I laid down in the grass, covered my eyes with my forearm and thought to myself, "Thank God, this nightmare is over!" And it was.

Ever since that moment, I have never drunk, nor wanted to drink, alcohol.

I was 28 years old at the time. Most of the members of that group were older than 40. They referred to me as the fortunate one, and I was.

From that moment on, I have done a 180 degree turn in my thinking and embraced the program of AA in its entirety, which has evolved into a life of peace and serenity that I could not have imagined when I showed up on that lawn in 1969. Right now, as I am trying to explain this miracle, I am wiping tears of joy from my eyes just thinking about it. Go figure.

*By Rick R.*

<https://www.aacle.org/a-disease-of-perception/>



## Group Contributions

GROUP CONTRIBUTIONS 2022

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
4	10-11-12 Group		97.00		0.00		0.00
6	11:45 Noon		0.00		0.00		0.00
5	12 Steps/12 Traditions		0.00		0.00		0.00
1	4th Step Stumblers/F.U.N.		0.00		0.00		0.00
5	6th Step		50.00		0.00		0.00
5	7 Clan		0.00		0.00		0.00
4	A Day At A Time		139.00		0.00		0.00
3	A Vision For You		0.00		0.00		0.00
3	Abbott Corners		0.00		0.00		0.00
3	Abbott Men's		0.00		0.00	253.00	
2	Acceptance/Welcome	100.00	300.00		0.00		0.00
8	Achievement		0.00		0.00		0.00
4	Action		365.00		0.00	70.00	
3	Alexander		0.00		0.00		0.00
3	All Is Well		400.00		0.00		0.00
8	Amherst Snyder		300.00		0.00		0.00
	Another Chance		0.00		0.00		0.00
2	Any Age		0.00		0.00	100.00	100.00
3	Any Lengths	30.00	360.00		0.00		0.00
4	Arcade/ Yorkshire		0.00		0.00		0.00
6	As Bill Sees It		0.00		0.00		0.00
8	Attitude Adjustment/Williams	100.00	500.00	100.00	50.00	150.00	
6	Attraction		315.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
5	Beginnings (NF)		0.00		0.00		0.00
8	Beginning's Women		400.00		0.00		0.00
	Big Book @ Brothers		0.00		0.00		0.00
	Big Book- Lockport		125.00		0.00		0.00
6	Big Book Study		0.00		0.00		0.00
5	BB Spiritual Studies		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		125.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand	450.00	1,425.00		0.00		0.00
2	Boulevard Women	50.00	330.00		0.00		0.00
2	Brass		0.00		0.00		0.00
7	Buffalo Group		0.00		0.00		0.00
	Buffalo Early Birds		2,400.00		0.00		0.00
	Buffalo First		350.00		0.00		0.00
3	By the Wayside		100.00		0.00		0.00
3	By the Book		0.00		0.00		0.00
	Came To Believe	50.00	50.00		0.00		0.00
6	Carry the Message		100.00		0.00		0.00
8	Cayuga Wake- Up Call		140.00		0.00		0.00
7	Central City Café		75.00		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		0.00		0.00		0.00
3	Cheektowaga	100.00	1,400.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
1	Commitment/ Working		250.00		0.00		0.00
	Contemporary Women		0.00		0.00		0.00
3	Courage		100.00		0.00		0.00
2	Daily Reflections		0.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
2	Depth & Weight		0.00		0.00		0.00
6	Derby		180.00		0.00		0.00
6	Desire		300.00		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	150.00	450.00		0.00		0.00
8	East Amherst Traditions		0.00		0.00		0.00
4	East Aurora		260.00		0.00		0.00
	Early Bird Big Book		0.00		0.00		0.00
2	Easy Does It		0.00		0.00	100.00	
4	Ellicottville	50.00	250.00		0.00		0.00
6	Eternal Vigilance	100.00	474.00		0.00		0.00
6	Everybody's		200.00		0.00		0.00
8	Eyeopener		2,224.98		0.00		0.00
4	Eyeopener South		1,728.43		0.00		0.00
8	Fireside		1,288.68		0.00		0.00
5	First Step (NF)		100.00		0.00		0.00
	Forestville In The Solution		0.00		0.00		0.00
6	Forestville Sunday Serenity		60.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
5	Freedom Seekers		0.00		0.00		0.00
7	Fresh Start		245.00		0.00		0.00

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
1	Friday Night Lights		100.00		0.00		0.00
5	Friendly		0.00		0.00		0.00
3	Gardenville	150.00	800.00		0.00		0.00
1	GAY & BI MEN LIVING SOBER		0.00		0.00		0.00
6	Gettin With It		0.00		0.00		0.00
	Getting Better		11.85		0.00		0.00
	GIVE ME SHELTER		0.00		0.00		0.00
6	Go to Any Length		480.00		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	200.00	200.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
7	Harmony		1,263.00		0.00		0.00
8	High Noon		575.00		0.00		0.00
8	High View	150.00	300.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
6	Holiday Village		1,300.00		0.00		0.00
4	Holland		1,050.00		0.00		0.00
2	Honesty		200.00		0.00		0.00
2	How It Works/Men's		800.00		0.00		0.00
	I Am Responsible	26.75	509.12		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse		396.58		0.00	28.84	
8	IT		0.00		0.00		0.00
5	Just For Today/ Albion		0.00		0.00		0.00
3	Just For Today/ Cheektowaga		40.00		0.00		0.00
2	Keep IT Comin'		0.00		0.00		0.00
4	Keep It Simple Sister		200.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
8	Kensington		250.00		0.00		0.00
5	KITCHEN TABLE AA		0.00		0.00		0.00
6	Lakeview		200.00		0.00		0.00
6	Lakeshore		525.00		0.00	125.00	
3	Lancaster Dailey Reprieve	75.00	75.00		0.00		0.00
5	Lasalle		45.00		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	50.00	150.00		0.00		0.00
	Life Ahead		0.00		0.00		0.00
4	Life Today		0.00		0.00		0.00
8	Lighten UP	120.00	1,385.00		130.00	20.00	245.00
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		250.00		25.00	100.00	125.00
5	Lockport Discussion		150.00		0.00		0.00
5	Lockport Ladies		200.00		0.00		0.00
5	Lockport Tuesday		0.00		0.00		0.00
5	Lockview		200.00		0.00		0.00
	LOST & FOUND		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy		0.00		0.00		0.00
3	LOW BOTTOM		545.00		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		141.00		0.00		0.00
4	Main Street		200.00		0.00		0.00
8	Maple		0.00		0.00		0.00
3	Marching Forth		210.00		0.00		0.00
4	Marilla		259.00		0.00		0.00
3	Matt Talbot		390.00		0.00		190.00
6	McKinley Winners	100.00	810.00		0.00		0.00
5	Medina New Life		50.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		25.00		0.00		0.00
	MEN WHO TRUDGE	300.00	2,500.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
	MONDAY NIGHT SOLUTION	110.00	385.00		0.00		0.00
2	Morning After		0.00		0.00		0.00
5	Newfane Living Sober		0.00		0.00		0.00
3	NEW LIFE (ALDEN)	60.00	160.00		0.00		0.00
3	New Life		0.00		0.00		0.00
5	Niagara Frontier Men's Disc.		59.00		0.00		0.00
5	Niagara Frontier Men's Disc.		100.00		0.00		0.00
2	North Buffalo		0.00		0.00		0.00
6	North Evans Men's		40.00		0.00		0.00
4	North Java Monday		500.00		0.00		0.00
1	ON AWAKENING/ Men		2,130.00		0.00		0.00
1	ODAT		0.00		0.00		0.00
4	Orchard Park Step		609.75		50.00		0.00

# New Frontiers ~ February 2023

GROUP CONTRIBUTIONS 2022

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
8	OUR CHARGE		0.00		0.00		0.00
	Pause & get Calm		4.00		0.00		0.00
2	Peaceful Tuesday		450.00		0.00		0.00
3	PERSEVERANCE		0.00		0.00		0.00
5	Point of No Return		100.00		0.00		0.00
1	Primary Purpose		400.00		0.00		0.00
4	Principles Bef. Personalities		60.00		0.00		0.00
2	Purpose/Tonawanda		90.00		0.00		0.00
2	Questions & Answers		150.00		0.00		0.00
4	Ray Of Hope		0.00		0.00		0.00
	Read It, Live It		75.00		0.00		0.00
3	Recovery Near the Gardens		31.50		0.00		0.00
7	REMEMBER WHEN		75.00		0.00		0.00
7	Remember When		0.00		0.00		0.00
1	Renaissance		290.00		50.00		50.00
3	Renaissance Women		0.00		0.00		0.00
8	Renewal		0.00		0.00		0.00
3	Ridge		150.00		0.00		150.00
2	RIGOROUSLY HONEST		40.00		0.00		0.00
1	Rise and Shine		2,150.00		0.00		0.00
7	Rochester		0.00		0.00		0.00
1	ROOM TO GROW	100.00	200.00		0.00	50.00	150.00
4	Rural is Plural		0.00		0.00		0.00
2	Sally		0.00		0.00		0.00
8	Saturday Night Alive		0.00		0.00		0.00
6	Sat. Nite Sober		0.00		0.00		0.00
2	Searching For Serenity		0.00		0.00		0.00
7	Second Chance		0.00		0.00		0.00
2	Serenity		0.00		0.00		0.00
	Serenity in the Park		0.00		0.00		0.00
6	Serenity on the Lake		0.00		0.00		0.00
6	Serenity Trails		0.00		0.00		0.00
1	Setaside		720.00		0.00		0.00
	Shelter From The Storm		296.00		30.00		30.00
2	Sheridan		140.00		0.00		0.00
6	Silvercreek Friendship		260.00		0.00		0.00
5	Simplicity		0.00		0.00		0.00
	SOBER ON SENECA		0.00		0.00		0.00
3	Sober Saturday		250.00		0.00		0.00
3	SOBER SUNDAY		0.00		0.00		0.00
6	Sober Trails		0.00		0.00		0.00
2	Sober Train		185.00		0.00		0.00
5	Sober Winners		150.00		0.00		0.00
6	Sobriety Men's Disc.		942.00		0.00		0.00
5	Sobriety On The Canal		600.00		0.00		0.00
5	Sobriety on the Lake		0.00		0.00		0.00
2	Soul Purpose	36.00	530.39		0.00		0.00
3	SOUTH BUFFALO		125.00		0.00		0.00
3	Southgate		200.00		0.00		0.00
4	Southwestern	50.00	50.00		0.00	50.00	50.00
6	Sparks Of Hope	100.00	400.00		0.00		0.00
2	Spiritual Progress		100.00		0.00		50.00
4	Springville New Life		0.00		0.00		0.00
4	Springville Sat Afternoon		298.00		0.00		0.00
4	Springville Tues. Night		0.00		0.00		0.00
4	Springville Wed. Noon		15.00		0.00		0.00
	Sprout II		350.00		0.00		0.00
8	St. Barnabas		0.00		0.00		0.00
4	St. Mark's		656.13		0.00		187.00
	Staying Sober	50.00	100.00		0.00		0.00
2	Step Action Group		50.33		0.00		0.00
8	Step it Up (Wehrle)		0.00		0.00		0.00
5	Steps 1, 2 & 3		0.00		0.00		0.00
3	Sunday Morning Breakfast		900.00		0.00		0.00
1	Sunday's Best		100.00		0.00		0.00
6	Sunday in Cattaraugus		50.00		0.00		0.00
1	Sunrise Court		0.00		0.00		0.00
8	SUNY Amherst Campus	44.23	136.71		0.00		0.00
2	Surrender and Hope	500.00	500.00		0.00		0.00
8	TGIF		0.00		0.00		0.00
4	Thankful		200.00		0.00		0.00
	Thankful Hart		10.00		0.00		0.00
7	The Absolutes		0.00		0.00		0.00
	The Anonymous		20.00		0.00		0.00
1	The Beginnings Of Recovery		0.00		0.00		0.00
	The CPR	50.00	225.07		0.00		0.00
6	The Derby Lunch		0.00		0.00		0.00
1	THE GATEHOUSE		0.00		0.00		0.00
2	The Grove		100.00		0.00		0.00
1	The Journey		0.00		0.00		0.00
2	The KEYS OF THE KINGDOM		50.00		0.00		0.00
8	The Noon Meeting		400.00		0.00		0.00
6	THE NORTH COLLINS		180.00		0.00		0.00
3	Thruway		50.00		0.00		0.00
8	TnT	180.00	180.00		0.00		0.00
5	Today	50.00	450.00		0.00		0.00
6	Tri County		0.00		0.00		0.00

GROUP CONTRIBUTIONS 2022

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
3	Try Again		240.00		0.00		0.00
3	TUESDAY WOMEN'S DISCUSSION		100.00		0.00		0.00
4	Tuesday Men's AM		400.00		0.00		200.00
	Tuesday Afternoon		0.00		0.00		0.00
3	Tuesday Women's		0.00		0.00		0.00
2	Turning Point		0.00		0.00		0.00
5	Twin Cities	200.00	325.00		0.00		0.00
6	TWO PONDS		0.00		0.00		0.00
8	Unity		100.00		0.00		0.00
2	UV MEN'S		0.00		0.00		0.00
3	Valley		0.00		0.00		0.00
3	Victory		0.00		0.00		0.00
3	Victory Women's		400.00		0.00		0.00
1	Wake Up Call	85.00	385.00		0.00		0.00
2	WE BELIEVE		0.00		0.00		0.00
8	We Care		2,300.00		0.00		0.00
	WE HAVE RECOVERED		600.00		0.00		0.00
5	WE READ		20.00		0.00		0.00
1	Westminster		0.00		0.00		0.00
6	WE( Women's Experience )		0.00		0.00		0.00
	West Middle burt		25.00		0.00		0.00
	WE SHARE		40.00		0.00		0.00
8	Williamsville		350.00		0.00		0.00
6	Willing To Grow		700.00		0.00		0.00
5	Wilson Group		90.00		0.00		0.00
8	Women Making the Effort	399.00	784.00		0.00	74.00	145.50
	WOMAN OF AA WINTER RETREAT		100.00		0.00		0.00
3	WOMEN'S BIG BOOK- 3		0.00		0.00		0.00
1	Women's West Side		0.00		0.00		0.00
	Women's Day Of Sharing		500.00		0.00		0.00
	YORKSHIRE SATURDAY NIGHT		0.00		0.00		0.00
Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
	Anonymous		564.00		0.00		200.00
	Anthony B.	1000.00	1,000.00		0.00		0.00
	Anthony R.		610.00		0.00		0.00
	Barbara C.	10.00	20.00		0.00		0.00
	Barbara R.		25.00		0.00		0.00
	Bill H.		102.82		0.00		0.00
	Brian M.		300.00		0.00		0.00
	Catherine N.		20.00		0.00		0.00
	Christopher E.		30.00		0.00		0.00
	Dennis Wayne R.		70.00		0.00		0.00
	Donna H.	10.00	120.00		0.00		0.00
	Eileen L.		100.00		0.00		0.00
	Eliot G.		75.00		0.00		0.00
	Elizabeth D.		100.00		0.00		0.00
	Elizabeth M.		30.00		0.00		0.00
	Fran B.		417.54		0.00		0.00
	Gina L.		50.00		0.00		0.00
	Glen N.		0.00		0.00		0.00
	Gotiska S.	262.00	362.00		0.00		0.00
	Harry & Maruerite		3,441.53		0.00		0.00
	Ian H.	150.00	325.00		0.00		0.00
	Jack S.		900.00		0.00		0.00
	James R.		0.00		0.00		70.00
	Jane Marie B.		20.00		0.00		0.00
	Jennifer R.	256.04	834.84		0.00		0.00
	Joanne F.		1,000.00		0.00		0.00
	John L.		90.00		0.00		0.00
	Joy G.		10.00		0.00		0.00
	Karlen C.		40.00		0.00		0.00
	Kathleen M.	10.00	120.00		0.00		0.00
	Kevin N.		200.00		0.00		0.00
	Laura N.		20.00		0.00		0.00
	Lila M.	5.00	60.00		0.00		0.00
	Lisa S.		100.00		0.00		0.00
	Lorraine M.		10.00		0.00		0.00
	Mark L.		57.00		0.00		0.00
	Maureen M.		171.00		0.00		0.00
	Michael D.	10.00	80.00		0.00		0.00
	Nancy O.	50.00	50.00		0.00		0.00
	Pat M.		10.00		0.00		0.00
	Patricia G.		100.00		0.00		0.00
	Rebecca D.		10.00		0.00		0.00
	Robert G.	31.00	372.00		0.00		0.00
	Ronald R.		180.00		0.00		0.00
	Sandra W.		100.00		0.00		0.00
	Scott P.		25.00		0.00		0.00
	Susan J.		20.00		0.00		0.00
	Susan V.	62.00	744.00		0.00		0.00
	Therese H.		45.00		0.00		0.00
TOTALS		6,222.02	73,752.25	0.00	385.00	444.00	2,669.34

No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol was my master

- Big Book

## IN MEMORIAM Things We Can Not Change

To all of our members who have lost family and loved ones  
Monique A.; 3years ~ Renaissance Group  
John (Spoke) C.; 52 years ~ Eyeopener Group  
Our thoughts and prayers are with you



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