NEW FRONTIERS

A.A. of the Niagara Frontier

March2023

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



The Big Book Words Obsession and Craving

Sometimes the word "recovered" causes a bit of confusion. We call this plain insanity.

by Bob S.

The clear-cut Twelve Step directions are discussed in the first 103 pages of the Big Book. Here the words "obsession" and "craving" are used in a special and technical sense:

- Physical Allergy—the phenomenon of craving—after the first drink: No recovery possible.
- Mental Obsession—Cannot see/act on the truth in drink—before the first drink: Recovery is possible.

It is implied that the word "craving" happens only after we take a drink of alcohol, and the word "obsession" applies before we take it. This knowledge defines Step One.

However, this is not the case in the Personal Stories sections of the Big Book. On page 181, in *Dr. Bob's Nightmare*, Bob mentions a "craving" for liquor years after he sobered up. The two terms obsession and craving are intermixed in the *story section* of the Big Book.

Not so in the first 103 pages, where the Twelve Steps are explained in a more technical sense.

Sometimes the word "recovered" causes a bit of confusion. To avoid this problem, the word "release" is often much better communicated; A.A. Number Three, Bill D., uses this term on page 191. Interestingly, the Big Book uses the word "recovered" 11 times in the first 164 pages and seven times afterwards.

An unrecovered alcoholic is powerless both before and after the first drink. Consequently:

- Obsession—when the lie overcomes the truth.
- Recovered—when truth overcomes the lie.

Sanity and Insanity

Step Two: Came to believe that a power greater than ourselves could restore us to sanity.

Before making a study of the Big Book, I took the written words "sanity" and "insanity" to be in the context of the usual dictionary definitions e.g.: "Soundness of mind, etc." and this is sometimes true in the Big Book usage of this word. However, I believe many times Bill W. was more specific with these words. On page 37—discussing Jim pouring whisky into his milkhe writes: "Whatever the precise definition of the word may be, we call this plain insanity." Numerous examples of the same can be discovered throughout in the first 103 pages. I have come to generally accept these two Big Book words as meaning:

- Sanity—when an alcoholic can see and act on the truth about drinking.
- Insanity—when an alcoholic cannot see and act on the truth of drinking.

From "The Point"; March 2017



Shoveling the Snow

A woman comes to understand the Fourth Step through winter's responsibilities.

My final geographical cure took place in Connecticut during the height of the winter. It was December 21, 2004 when I finally understood that I could never have just one drink. I was introduced to the Big Book and the Twelve Steps and began working the Steps with a sponsor.

I was eager to complete Steps 4 and 5 since they seemed to be the "big girl" steps. Instead, I have learned that these two steps cannot be rushed because they require willingness and diligence in order to properly complete. And for me, willingness and diligence have occurred

differently throughout my sobriety.



When I look back over the years, I liken working Step Four to shoveling after a Connecticut blizzard. The top layer of snow is the largest layer but it is also light and fluffy and easy to handle. And that is how my first Fourth Step happened. I wrote down and confided details of my life that were close to the surface and easy to share. Although I was honest, I omitted the darker truths because Iwas imprisoned by self-fear and self-loathing. Predictably, I ended up slogging through sobriety for several years, celebrating anniversaries with a heaviness that I could not fathom.

When scooping snow, the second layer is very compact and there is not as much of it. Because it's dense, it requires more effort to remove, similar to how my next Fourth Step was. I dug deeper and harder and wrote about skeletons that I believed would never see the light of day. When I met with my sponsor, I was petrified and could not start. She finally suggested we hold hands and say the Serenity Prayer together. This gesture released my tongue and I was able to further clear my path in recovery by disclosing dark secrets that were received in a loving and nonjudgmental manner. When I left, I finally understood the phrase "burden of self" because for the first time, I had expunged the past and began to experience lightness of the spirit.

The final layer of any snowstorm is the layer of ice that forms on the ground. It is the most difficult to remove and sometimes you can slip on it because it is not visible. In my recovery, I have chosen to be excruciatingly honest and confront reality through Fourth Steps dealing with family, work, relationships, and illness. My life today doesnot look at all the way I imagined it would. I live more simply, quietly, and gratefully.

However, I do not want to slip so I deal with that ominous ice that represents unrevealed secrets and realities. Many people throw salt onto the path they have shoveled to melt the ice. I often think the tears I've shed have been the salt instrumental to a healthy recovery as I do yet another Fourth Step.

Today, I still write a Step Four when it seems necessary or is suggested by my sponsor. I have also been entrusted with the privilege of listening to other women's Fourth Steps. I continue to be amazed at the peace that can be derived by purging the past. Before AA, my life had been a series of storms. Alcohol never allowed me toexcavate my-self and I became trapped by self-deception, resentments, and secrets. Becoming physically soberand working all the Steps have been necessary for my recovery. However, Steps Four and Five continue to be crucial tools I use to maintain my emotional and spiritual sobriety. Today, I keep my AA shovel nearby because I can never predict when I will need to use it – just like theone I have for those Connecticut snow storms.

—Teri H., Bloomfield, Conn.Reprinted with permission, AA Grapevine, Online Edition March 2014

	New Frontiers ~ March 2025
	<u>MarchHistory</u>
Mar-36	AA had 10 members staying sober. At end of 1936 A.A. had 15 members.
March- May 1938	Bill begins writing the book Alcoholics Anonymous. Works Publishing Inc established to support writing and printing of the book.
Mar-40	Mort J. came to LA from Denver; started custom of reading Chapter 5 Big Book at Cecil group.
Mar-41	Second printing of Big Book.
Mar-41	1st Prison AA Group formed at San Quentin.
Mar-46	The March of Time film is produced by NY AA office.
Mar-49	Dr. Bob considers idea of AA conference premature.
Mar-51	American Weekly publishes memorial article for Dr. Bob.
1-Mar-39	Readers Digest fails to write article on AA.
1-Mar-41	Jack Alexander's Saturday Evening Post article published and membership jumped from 2,000 to 8,000 by years end.
March 3 1947	Nell Wing started work at Alcoholic Foundation 415 Lexington Avenue.
March 4, 1891	Lois W is born.
5-Mar-45	Time Magazine reports Detroit radio broadcasts of AA members.
7-Mar-40	Bill and Lois visited the Philadelphia AA group.
7-Mar-41	Boston newspaper reported that any drunk who wanted to get well was more than welcome at the AA meeting at 115 Newbury St., at 8 PM Wednesdays.
9-Mar-41	Wichita Beacon reports AA member from NY who wants to form a group in Wichita.
10-Mar-44	New York Intergroup was established.
11-Mar-49	The Calix Society, an association of Roman Catholic alcoholics who are maintaining their sobriety through participation in Alcoholics Anonymous, was formed in Minneapolis by five Catholic AA members.
March 14,	South Orange, NJ, AA group held an anniversary dinner with Bill W as guest speaker
15-Mar-41	1st AA group formed in New Haven, Connecticut. Not reported in paper until Oct 1, 1941.
16-Mar-40	Alcoholic Foundation & Works Publishing move from Newark to 30 Vesey St in lower Manhattan – first headquarters of our own.
March 21, 1881	Anne R, Dr Bob's wife, is born.
March 21 1966	Ebby dies.
22-Mar-51	Dr William Duncan Silkworth dies at Towns Hospital.
22-Mar-84	Clarence S, "Home Brewmeister", dies.

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



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

*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

ANNIVERSA MARCH First Step (NF) GROUPS CELEBRATING Acceptance/Welcome Lockport Ladies Jeushaira Robert M. 15_y Aleza O. 2v6_V 10y Mandy W. A Day At A Time: 40y Dionna T. Jerome K. 9v 17_V Roxanne E. 12y Fresh Start Judy H. 15y All Is Well: 7y Rich B. 13y Steven B. 18y Marching Forth Attitude Adjustment: 39y Pat S. 16y Give Me Shelter Ellen H. 13y Big Book/Spiritual Studies:19y Tom McW. 38y Orchard Park Step Joe K. Bodhisattva: 23y Amherst/Snyder Rich B. 8у Clarence Men's Discussion: 43y 13y Kristen H. Coffee Break; 2y 14v Golden Slipper Sheri B. 28y Daily Mainteance; 1y Bob M. Aleza O. 6v **Purpose** Denny O. Lynn D. 2y Dunkirk Monday Nite: 74y 52y **6**y Joe K Cookie B. 11y Patrick F. 9y Friday Night Lights: 9y Eyeopener 12y Inez Lou S. Lisa M. 10y Grand II Joy Of Living: 36y Emily M. 6m Mike R. 16y Ellen H 26y Holland; 28y Ann 1y Anthony R. 21y Arlene P. 44y Just For Today/Albion: 25y Keep It Comin': 25y Jacob D. 2y Harmony Questions & Answers Trey G. 2y Linda A 14y William W. 9y Lake View: 42y Alex M. 4y Greg P 15y Renissaince Life Ahead; 3y Scott M 4y Vivian J 23_v Brandon P. 3m Lockport#1: 76y Marching Forth: 8y 5y 6y 7y 7y 7y 7y 7y 7y 8y 8y 12y Mark C Tina W 33y Luke H 6m How It Works Shaun O'L. Medina Big Book: 26y Medina New Life: 35y Eddie L. Dean G. 32_V Stan W. Remember When 18y Renaissance: 34y Karen Russ B. Gregg P Rigorausly Honest Pat S. Kevin John K. 4y Rise & Shine; 31y 6y Rochester Meeting: 30y Rural Is Plural: 30y Michael M Kaplan H. Patti K. 23y Joanne R. Tom G. Rise & Shine Todd S. Matt C. 5ý Serenity: 60y Brigitte Troy G. Randy S. 4y Set Aside:25y 5y 6y 7y 8y Debbie F 4y 18y Sheridan: 49y Shine at Nine: 2y Sober Saturday: 24y Joe S. Kevin H. Kevin R. Rob S Peter C. Mike H. Steve J. Jess M. 27y Lynn K. Matt C. Serarching For Sober Trail: 46y 9y 9y 9y Dan S. 12y Greg S. Katie 1y Southgate: 46y Steps 1,2 &3: 23y Surrender & Hope:31y Tom S 13y 19y Scott H Joe K. Rich B. 2y 13y Jim H. Joe C. Anthony R. 21y Ed R. Serenity The Absolutes: 9y 25y Tyler D Jane M 39y The Grove: 13y John S. Sheridan Pat S. Fred P. 28y Rich B. 13_y Thruway: 50y 16y 35_y Tom M. Steve J. 15_y Unity: 49y 48ý Pete W. Ray O. 16_y Jim M 24_v 28ý Eyeopener South Tom C. Sheri B. Please remember to Tom M. 25_y Jim E. 54y have the anniversaries 1у Sunday Morning B. Dave R. Bill D Tom O 29_v submitted by 35y 29y the 12th Jim K. Ralph B. 1y END OF BUSINESS DAY 4:00 PM The Grove Michele V. Зу Bob L. 45y Albert P 6у 6m Indepence William W. Dena A of the month Greant R. 9m Aaron M. 9y 6_V previous Ironhorse Shannon K. Richard B. 13y Pati Z. WHEN WE ONE AND YBODY W Rick A. 19y 4y Nick T 1y HELP AIP. Jav F 20y 6y Carol L 1y Ralph B. 29v Kurt S. Katie V. 7v1v Martha S 8y Зý 32ý Kristen H. Terrin B



Barb G-W

Thruway

Debby K.

David N.

Williamsville

Keith D

Msry K

Jim S.

.losh

Dean C

Pat L.

9ý

9y

9ý

Alcoholics Anonymous

program by myself

a selfhelp I cant do

17y

17y

35v

9m

20y

28y

18y

32y

41y

Kathy R.

Kensington

Peaches R

Life Ahead

Ann D. Just For Today 32y

Ann D.

Joe K

Rich B.

Fireside

Andreas

Alex M

Kelly G

Tom D.

Tom S

Scott M.

Kristin C.

Joan G.

Sandy L

Susan Y.

5y 5y 5y

7y 7y 9y

11y

17y

24y

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.buffaloaany.org

March 2023

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:

- NEW GROUP: <u>Language Of The Heart; Women's</u>, Sunday's, 4:00 PM, Eden United Methodist Church, 2820 East Church St., Eden 14057.
- <u>Cayuga Wake Up Call</u> has changed it's name to Delaware Park Men's Discussion.
- <u>Friday Night Light</u> 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.
- <u>Renaissance Group</u> on Wed. is now a hybrid meeting. Resumed in person . 103 Knowlton Ave., Kenmore 14217. Masks required. BYOD.
- <u>Cayuga Wake Up Call</u> has moved to St. George Orthodox Church; 2 Nottingham Terrace, Bflo North
- 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 <u>10am</u>
- Purpose Group, Sat., 10 am, <u>has moved</u>; First Presbyterian Church, Tonawanda 14150
- On Awakening Men's Zoom meeting; No Longer Meets.
- <u>Living Clean Group @</u> 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.
- <u>Serenity Trails</u>, Has resumed, <u>Sat. 7:30PM</u>. Now <u>Serenity Trails Men's</u> Diss. Turning Point House, 9136
 Sandrock Rd. Eden. Medical Bldg. OS, the last week.
- <u>Living Sober Group</u> has resumed. Wed. 6PM, Kenmore Methodist Church, 110 Westgate Rd., Kenmore 14217
- <u>Lakeview Group</u> 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.
- <u>Recovery In The Park;</u> Has Moved to VFW Post, 112
 Caledonia St., Lockport 14094. Thurs. 7 PM
- So Blessed: Thursday's @ Amity Club, No Longer
 Mosts
- Tri-County Group; Has resumed. Sat. 8PM: Gowanda.
- Men Who Trudge meets Monday Saturday.@7:30am, Sunday. @ 10am.
- <u>Tuesday Men's Disc.</u> Has expanded to Thursday's also.
 Group name for Thurs. is <u>Recovered.</u>
- <u>Lock City Group</u> 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.
- <u>Step Action Group</u> 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.
- <u>Living Sober Group</u> 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
- <u>Sunrise Court Group</u> 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
- Come As You Are; Wed. Zoom Meeting: NO LONGER MEETS

•

SERVICE OPPORTUNITIES: COMMITTEE MEETINGS

~ Mar. 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://buffaloaany.

Convention Committee
Feb .1st.: 7:00 PM
Basement, 111 Crocker St.
Sloan ,NY 14212

All Is Well Group

7 th Anniversary Celebration

Saturday, March 18 @ 10:30 am

Refreshments, snacks, and pastries provided

Fellowship Wesleyan Church 1645 Southwestern Blvd West Seneca

Guest Speaker

Phil A.

from Long Island, N.Y

The All Is Well Group invites you to join us every Saturday at 10:30 am where we have Beginners, Discussion, Big Book Read 'n Talk, tables.

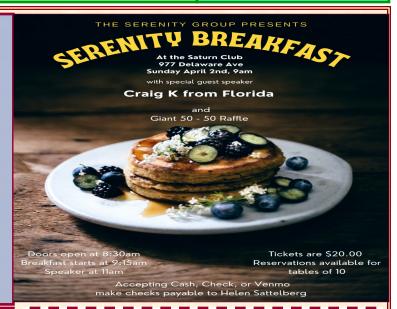
12th ANNUAL WNY AREA 50 ARCHIVES BREAKFAST

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



Boulevard Helping Hands Anniversary Brunch!!!









Saturday May 6th

Wheatfield Community Center: 2800 Church Rd (off Ward Rd) -next to Town Hall

Doors Open 9 AM - Speaker 10 AM - Food & Fellowship to follow

Basket Auction (donations welcome) & 50/50 - in spirit of the 7th Tradition

Oven Baked Omelettes, Eggs, Homefries, Sausage, French toast casserole.... Coffee, Tea, Juice...

Come help us celebrate!!!!!!! Cost: Requesting \$5 Donation

Please -Bring a pastry to share during the speaker if you can



Central Committee Minutes February 5th, 2023

The meeting opened at 7:00 PM by Chairperson Dave with a moment of silence followed by the Serenity Prayer. Volunteers read the preamble by Diane, purpose of Central Committee by Stephanie, and the 12 Traditions by Patrick. Julie from Matt Talbot presented on Tradition Two. Nick from Room to Grow will present in March.

Motion to accept the minutes from the January meeting were accepted.

The following 19 groups were represented:

Lovejoy, Carry the Message, Lakeshore, Daily Maintenance, Abbott Men's Discussion, Matt Talbot, Orchard Park Step, 10-11-12 Group, Chapter IX, Depth & Weight, Easy Does It, Step Action Group, Room to Grow, The Gatehouse, Lockport Ladies, Big Book @ Brothers, Clarence Men's Discussion, Renewal, and Williamsville. There was one new representative present. Area Delegate Denise and Area 50 accessibility chair Rebecca were also present.

Reports:

Envelope System: Terry presented on behalf of Chairperson Pat. The envelope system brought in \$1204 for January.

Steering Committee: New Steering Chairperson Steve gave report. There were 5 matters discussed in the Steering Committee meeting held prior to Central Committee, nothing is needed to be brought to Central Committee at this time.

<u>Financial Report: December</u> 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.

7th tradition\$51.83

<u>Treatment:</u> Chairperson Julie provided report. Treatment met prior to Central Committee and went well. We are looking for information regarding a treatment meeting held at Humboldt House prior to Covid and would appreciate anyone who has information to be in contact with Treatment.

Central Office: Jan. Central office: TOTAL CALL'S INCLUDING AFTER-HOUR'S; 124, Total 12STEP: 9, Also had 644 emails.

~Need Updated Contact from;, Westminster-1, Sobriety On The Lake-5, Holiday Village -6, Life Today-4

*NEXT MEETING: Mar. 5th, 2023

Corrections: Chairperson Alan D. gave report. 1. I was sick for December and January Meetings. 2. NYS has OK'd AA meetings to open again. 3. Financials: Literature \$180.00, Bank Charge \$3.00, Balance \$3330.60

<u>Night-Watch:</u> Chairperson Dave gave report. Night watch had four members in attendance with one new group representative. March and April commitments are filled. Two presentations are set up this month for two new groups to take commitments. Commitments are possibly booked until September.

Ad hoc Night watch Dave gave report. We put together all our information to write up a written report to bring to the body next month. **Education& Participation:** Chairperson needed

Internet Presence: No report

PIC/CPC: Chairperson Dave presented. Committee members are needed.

Convention 2023: Chairperson Diane gave report. The Buffalo Fall Convention will be held on Oct. 6, 7, and 8 on 2023 at the M Hotel on 2040 Walden Ave (former Millennium Hotel). The theme is a "Faith That Works." The banquet speaker is Juanita W. from Akron, OH. Registration forms will be available in March 2023. New feature this year is a comedian on Friday night. Look for info in the New Frontiers and on AA Facebook page.

GSA Liaison: Area Committee meeting was held on Jan. 23rd where Officers give their reports and DCM's share what's going on in their districts. Lots of discussion on our Area 50 inventory efforts and how to continue the momentum to get the lights turned on in Area 50 and how to make it more attractive to get AA members active in General Service. There are only 8 Districts up and running out of 22 so we still have a lot of work to do. Denise our Delegate is preparing for the General Service Conference in April and in late Feb. to mid March she will prepare a summary of background information and the Delegates Questionnaire for your Homegroup to use in the development of its informed group conscience regarding specific items on the General Service Conference Agenda. The questionnaire will be distributed to your group's GSR's email in mid March. The questionnaire is due back by April 18th. Please make sure any new GSR fills out a change form and email P72corrsecretary@area50wny.org with the current email address so it can be added to the distribution list. Next ACM is February 18th @ 10am-Noon via Zoom only ID#99342724284. If you want to know what is going on in Area 50 visit area50wny.org and click on events. Yours in Service; Laurie H.GSA Liaison

Archives: The 12th Annual Area 50 Archives Breakfast will be held April 29, 2023 at the Matthew Glab Post, 1965 Abbott Rd., Lackawanna, NY 14218. Tickets are \$22, presale only. Patty S. from Rochester, NY is the speaker. Please contact Dave G. 716.866.6612 or Joe V. 716.465.9327 for tickets or questions.

Old Business:

Steering Committee Zone 7 is STILL OPEN.

New Business:

Nick will now be Ad Hoc Committee Chairperson to review bylaws and rules for the Buffalo Fall Convention.

Announcements:

Next Central Committee Meeting will be held on March 5th, 2023.

Motion to close accepted. Meeting closed at 7:43pm

Yours In Service, Molly R.





WE NEED YOUR HELP

The GSA Area 50 (WNY) Accessibility Committee needs your help. One of our projects is an attempt to create a comprehensive list of Wheel Chair accessible meetings as defined by the AA guidelines for meetings in Area 50. We hope to be able to Identify meetings $\,$ that are fully accessible including rest rooms as well as meeting spaces that are accessible even if the rest room is not.

Please complete one "Summary Wheel Chair Access Checklist for Meetings and Groups" on the reverse of this form for each meeting you are a member of or regularly attend. You may copy this checklist or obtain additional copies from the Accessibilities Committee at the e-mail or address below or at the Buffalo Central Office.

We would appreciate a response even if completion of the checklist determines that the meeting is not accessible. This information will be provided to the intergroups within Area 50 to be included in their schedules. The completed checklist should be returned

By e-mail to:

By USPS mail to:

p72accessibility@area50wny.org

General Service Area 50 Accessibility Chairperson 5999 South Park Avenue # 103 Hamburg, NY 14075

SU	MMARY WHEEL CHAIR A	CCESS CHECKLIS	ST FOR MEETINGS AND	GKOUPS	
PARKING: [] Yes [] Is an adequate numb the path to the entra sidewalk?	No er of handicap spaces ava nce in good repair, free o	ilable, of suffici f obstructions?	ent size (space 9' wide) Are there curb cutouts	and close to entrai to facilitate access	nces? Is to the
ROUTE of TRAVEL: [Is there a clear route at night is the path w grade and railings or	of travel to the entrance ell lit? If there are stairs	that does not h or other obstruc	ave stairs or other obst tions is there a ramp w	ructions? If the me ith a sufficiently sha	eting is allow
ENTRANCE: [] Yes Does the entrance ha width (32")? Can the the door?	[] No ave steps, a threshold or door be opened by some	other physical b cone in a wheel	arrier? Does the entran chair or will there be so	ce door have adequ meone available to	uate open
Is the meeting on the	LDING to the MEETING S e same level as the entra g? (Note a stairway lift cl nce?	ice? If not, are t	here ramps or an opera	ational elevator to e doorways have at	enable least 32"
The MEEETING SPAC Are chairs set up wit person in a wheel ch	h sufficient aisle space? I	s lighting adequ	ate? Is the refreshment	service accessible	for a
wheelchair to mane	person restroom are the uver in the restroom or s turns.) Are there grab ba	all? (44' for for	ward movement and a !	5' diameter or T sha	pe of
Group Name					
Meeting day(s)					
Notes:					
l 					
Return to: P72acce	ssibility@area50wny.org	or General	Service Area 50		
		Accessit	pility Chairperson		
		5999 So	uth Park Ave. # 103		

Hamburg, NY 14075

Cash Flow Statement	Jan-23
Beg Bal Cash on hand	45,060.03
Contributions Groups	7,514.68
Central Committee 7th tradition	48.00
Envelope System	1,204.00
New Frontiers Subs	43.00
Literature/Medallions/Pins	2,315.15
Literature Sales Tax	167.72
Literature Postage	-
Income (+)	
Archives Room Rent:	340.00
Committee Meetings	19.00
Misc	
Transfer from PR	
Conventions/Day of Sharing	
Monthly Income	11,651.55
Expenses	
Building Rent/Utilities	1,000.00
Central Com. Rent	35.00
Payroll Gross	3,435.94
Employment Taxes	335.00
Unemployment Surchar	(18.04)
NYS Sales Tax	
Insurance	
State Ins Fund(Travelers	
Health	635.16
D&O Insurance	1,080.00
Liability	
Legal Fees	
Postage	369.95
Phone/internet	177.96
Accounting	1,200.00
Paychex	268.89
Advt	
Dex YP	102.65
Local Edge	
Literature Expenses	
Grapevine	2 707 00
World Services Inc	2,707.30
Hazeldon	
Printers Modallians	
Medallions Office Supplies	74.95
Onice Supplies	14.33
Copies/ service contract	161.00
Copier Lease	101.00
Bank Fee's including credit ca	88.64
Expense /Balance (-)	50.04
GSA Host	
Workshop	
Seminar	
Monthly Expenses	11,654.40
Monthly Income (Loss)	(2.85)
moonie (Loss)	(2.65)
End Balance	45,057.18
Petty Cash	3,000.00
Total Balance	48,057.18
PRUDENT RESERVE	28,180.39
Assets: Literature& Medallions	18,187.80
iterature Receivable:(outstanding)	266.51
Removed from Stock	
Corrections Facilities	3,513.60
Contributions	3,513.00
Bank Fee's	3.00
Expenses	180.00
Balance	3,330.60
Desidile.	3,330.00
	1 192 60
Treatment Facilities	1,192.60
Treatment Facilities Contributions	345.00
Treatment Facilities	

YTD: 2022

7,514.68 48.00 1,204.00 43.00 2,315.15 167.72 -340.00 19.00

11,651.55

1,000.00 35.00 3,435.94 335.00 (18.04) --635.16 1,080.00 -369.95 177.96 1,200.00 268.89

> -2,707.30 ---74.95 -161.00

102.65

88.64 -

11,654.40

Tradition Three: The only requirement for AA membership is a desire to stop drinking.

- In my mind, do I prejudge some new AA members as losers?
- Is there some kind of alcoholic whom I privately do not want in my AA group?
- Do I set myself up as a judge of whether a newcomer is sincere or phony?
- Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
- Am I over impressed by a celebrity? By a doctor, a clergyman, and ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
- When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

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.



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?

	Group Contribuitons						
	GROUP		TRAL		ECTIONS		ATMENT
Zo	ne	JAN	YEAR	JAN	YEAR	JAN	YEAR
4	10-11-12 Group		0.00		0.00		0.00
6	11:45 Noon		0.00		0.00		0.00
	12 Steps/12 Traditions		0.00		0.00		0.00
	4th Step Stumblers/F.U.N. 6th Step		0.00		0.00		0.00
	7 Clan		0.00		0.00		0.00
	A Day At A Time	72.00	72.00		0.00		0.00
-	A Vision For You Abbott Corners		0.00		0.00		0.00
_	Abbott Men's		0.00		0.00		0.00
	Acceptance/Welcome		0.00		0.00		0.00
_	Achievement		0.00		0.00		0.00
-	Action Alexander		0.00		0.00		0.00
	All is Well		0.00		0.00		0.00
8	Amherst Snyder		0.00		0.00		0.00
_	Another Chance		0.00		0.00		0.00
	Any Age Any Lengths	30.00	0.00 30.00		0.00		0.00
	Arcade/ Yorkshire	50.00	0.00		0.00		0.00
_	As Bill Sees It	250.00	250.00		0.00		0.00
	Attitude Adjustment(Williams	ville)	0.00		0.00		0.00
_	Attraction Backdoor		0.00		0.00		0.00
-	Beginnings (NF)		0.00		0.00		0.00
	Beginning's Women	100.00	100.00		0.00		0.00
	Big Book @ Brothers		0.00		0.00		0.00
6	Big Book- Lockport Big Book Study		0.00		0.00		0.00
_	BB Spiritual Studies		0.00		0.00		0.00
	Blasdell		0.00		0.00		0.00
	Blasdell Monday		0.00		0.00		0.00
	Blasdell Saturday Bodhisattva		0.00		0.00		0.00
_	Boulevard Helping Hand		0.00		0.00	9 (0.00
	Boulevard Women	30.00	30.00		0.00		0.00
_	Brass		0.00		0.00		0.00
7	Buffalo Group Buffalo Early Birds		0.00		0.00		0.00
	Buffalo First		0.00		0.00		0.00
3	By the Wayside		0.00		0.00	5 3	0.00
3	By the Book		0.00		0.00		0.00
6	Came To Believe Carry the Message		0.00		0.00		0.00
	Cayuga Wake- Up Call		0.00		0.00	2 3	0.00
	Central City Café'		0.00		0.00		0.00
	Central Park		0.00		0.00		0.00
	Changing Our Way's Chapter IX		0.00		0.00		0.00
	Cheektowaga	150.00	150.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
4	Come As You Are	400.00	400.00		0.00		0.00
1	Commitment/ Working Contempory Women		0.00		0.00		0.00
3	Courage		0.00		0.00	§ 1	0.00
	Daily Reflections		0.00		0.00		0.00
_	Daily Reprieve		0.00		0.00		0.00
	Depth & Weight Derby	1	0.00		0.00		0.00
	Desire	100.00	100.00		0.00		0.00
	Downtown Men's	1	0.00		0.00		0.00
	Dunkirk Monday Night		0.00		0.00		0.00
	East Amherst East Amherst Traditions		0.00		0.00		0.00
_	East Aurora	8	0.00		0.00	3	0.00
	Early Bird Big Book		0.00		0.00		0.00
	Easy Does It		0.00		0.00		0.00
	Ellicottville Eternal Vigilance	80.00	0.00 80.00		0.00	3	0.00
	Everybody's	300.00	300.00		0.00		0.00
2	Excellent Adventure	200.00	200.00		0.00	1	0.00
	Eyeopener	655.43	655.43		0.00		0.00
	Eyeopener South Fireside	326.36	0.00 326.36		0.00		0.00
	Fireside PM	200.00	200.00		0.00		0.00
	First Step (NF)		0.00		0.00		0.00
	Forestville In The Solution		0.00		0.00		0.00
	Fore stville Sunday Serenity Fredonia Discussion		0.00		0.00		0.00
_	Freedom Seekers		0.00		0.00		0.00
_	Fresh Start		0.00		0.00		0.00

Tiriday Night Lights			Ū	GROUP		TRAL	-	ECTIONS		ATMENT
The street of	NT				JAN	YEAR	JAN	YEAR	JAN	YEAR
1										0.00
1 GAY & BI MEN LINING SOBER						-				0.00
0.00										0.00
Setting Better			-	CONTRACTOR OF THE PARTY OF THE						0.00
Give Mr. Shie Life M. 133.00 133.00 0.00				Getting Better		0.00		0.00		0.00
Septiment				GIVE ME SHELTER		0.00		0.00		0.00
Solden Sipper	-		6	Go to Any Length	133.00					0.00
1 Grace & Digmity					190000000					0.00
2 Grand II Joy of Living										0.00
2 Grateful	0.00					100000000000000000000000000000000000000				0.00
Section Sect	The second second									0.00
Tharmony			_							0.00
B High Noon										0.00
B High Yew										0.00
A Hilbilly 0.00 0	The second second									0.00
6 Holdary Village										0.00
1.00						0.00		0.00		0.00
0.00						0.00		0.00		0.00
IAM Responsible S2.00 S2.00 0	0.00					0.00				0.00
0.00			2							0.00
0.00			Ц		52.00					0.00
0.00	-									0.00
0.00			-	Market Ma						0.00
0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.0	-									0.00
0.00										0.00
0.00	-									0.00
0.00			4	Keep It Simple Sister	110.00	-				0.00
0.00										0.00
0.00	-		8	Kensington		0.00		0.00		0.00
0.00			5	KITCHEN TABLE AA		0.00		0.00		0.00
0.00				The state of the s						0.00
0.00										0.00
0.00										0.00
0.00			5							0.00
0.00	0.00		2				_			0.00
0.00	0.00		-							0.00
1000 1000			,							0.00
8 Lighten UP 180.00 180.00 0.00 30.00 30.00 30.00 0.00 0.00 0			4	Annual Control of the						0.00
2 Living in the Solution					180.00				30.00	30.00
Living Sober 0.00										0.00
Society Soci				Living Sober		0.00		0.00		0.00
S						0.00		0.00		0.00
Society Soci			5	Lockport #1						0.00
Society Soci	0.00				50.00					0.00
0.00	0.00									0.00
LOST & FOUND 0.00			5	Lockport Tuesday			_			0.00
7 Love			5							0.00
10			7							0.00
Section Sect										0.00
S Lower River S Lower										0.00
S LUNCH BUNCH ALBION 0.00 0.0										0.00
1 Main and High			_							0.00
Name			-							0.00
3 Marching Forth 0.00 0.			_					-		0.00
10										0.00
Name										0.00
0.00			_		40.00					0.00
0.00 0.00			-							0.00
S MEDINA STEP WORK/BIG BOOK 0.00 0.0							-			0.00
MEN WHO TRUDGE 300.00 300.00 0.00					OK.			-		0.00
Merry Vindo Report Substitute Substitu			3							0.00
MONDAY NIGHT SOLUTION 0.00	0.00		R		500.00					0.00
0.00 0.00 <td< td=""><td></td><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td>0.00</td></td<>			-							0.00
0.00 0.00 <td< td=""><td></td><td></td><td>2</td><td></td><td></td><td></td><td></td><td></td><td></td><td>0.00</td></td<>			2							0.00
3 NEW LIFE (ALDEN) 0.00										0.00
0.00 0.00			_	-						0.00
0.00 5 Niagara Frontier Men's Disc. 86.00 86.00 0.00										0.00
0.00 5 Niagara Frontier Men's Disc. 0.00			5	Niagara Frontier Men's Disc.	86.00					0.00
0.00 2 North Buffalo 0.00					1000000					0.00
0.00 6 North Evans Men's 30.00 30.00 0.00 0.00 0.00 4 North Java Monday 0.00 0.00 0.00 0.00 0.00 1 ON AWAKENING/ Men 0.00 0.00 0.00 0.00 0.00 1 ODAT 0.00 0.00 0.00 0.00			_		12/20/14					0.00
0.00 1 ON AWAKENING/ Men 0.00 0.00 0. 0.00 1 ODAT 0.00 0.00 0.			-		30.00					0.00
0.00 1.0 1 ODAT 0.00 0.00 0.							-			0.00
10 10 10 10 10 10 10 10 10 10 10 10 10 1			-							0.00
0.00 IU 4 Orchard Park Step 108.50 108.50 0.00 50.00 50.		10	-	ODA I Orchard Park Step	108.50	108.50		0.00	50.00	0.00 50.00

GROUP	JAN	YEAR	JAN	YEAR	JAN	YEAR
OUR CHARGE	JAN	0.00	JAN	0.00	JAN	TEAR 0.0
Pause & get Calm		0.00		0.00		0.0
Peaceful Tuesday	100.00	100.00		0.00		0.0
PERSEVERANCE		0.00		0.00	- 1	0.0
Point of No Return		0.00		0.00		0.0
Primary Purpose		0.00		0.00		0.0
Principles Bef. Personalities	20.00	20.00		0.00		0.0
Purpose/Tonawanda		0.00		0.00		0.0
Questions & Answers	50.00	50.00		0.00		0.0
Ray Of Hope Read It, Live It		0.00		0.00		0.0
Recovery Near the Gardens	19.01	19.01		0.00		0.0
REMEMBER WHEN	13.01	0.00		0.00		0.0
Remember When		0.00		0.00		0.0
Renaissance		0.00		0.00		0.0
Renaissance Women		0.00		0.00		0.0
Renewal		0.00		0.00		0.0
Ridge	135.00	135.00		0.00	135.00	135.0
RIGOROUSLYHONEST		0.00		0.00		0.
Rise and Shine		0.00		0.00		0.
Rochester		0.00		0.00		0.
ROOM TO GROW		0.00		0.00		0.
Rural is Plural		0.00		0.00		0.
Sally Saturday Night Alivo		0.00		0.00		0.
Saturday Night Alive		0.00		0.00		0.
Sat. Nite Sober Searching For Serenity		0.00		0.00		0.
Second Chance		0.00		0.00		0.
Serenity Serenity		0.00		0.00		0.
Serenity in the Park		0.00		0.00		0.
Serenity on the Lake		0.00		0.00		0.
Serenity Trails		0.00		0.00		0.
Setaside		0.00		0.00		0.
Shelter From The Storm		0.00		0.00		0.
Sheridan		0.00		0.00		0.
Silvercreek Friendship		0.00		0.00		0.
Simplicity		0.00		0.00		0.
SOBER ON SENECA	2	0.00		0.00		0.
Sober Saturday		0.00		0.00		0.
SOBER SUNDAY		0.00		0.00		0.
Sober Trails Sober Train		0.00		0.00	_	0.
Sober Winners	69.16	69.16		0.00		0.
Sobriety Men's Disc.	03.10	0.00		0.00		0.
Sobriety On The Canal		0.00		0.00		0.
Sobriety on the Lake	5	0.00		0.00		0.
Social Distancing	173.00	173.00		0.00		0.
Soul Purpose	26.83	26.83		0.00		0.
SOUTH BUFFALO		0.00		0.00		0.
Southgate	7	0.00		0.00		0.
Southwestern		0.00		0.00		0.
Sparks Of Hope		0.00		0.00		0.
Spiritual Progress		0.00		0.00		0.
Springville New Life		0.00		0.00		0.
Springville Sat Afternoon		0.00		0.00		0.
Springville Tues. Night		0.00		0.00		0.
Springville Wed. Noon Sprout II	100.00	100.00		0.00		0.
St. Barnabas	100.00	0.00		0.00		0.
St. Mark's	250.00	250.00		0.00		0.
Staying Sober	200.00	0.00		0.00		0.
Step Action Group	55.22	55.22		0.00		0.
Step it Up (Wehrle)		0.00		0.00		0.
Steps 1, 2 & 3		0.00		0.00		0.
Sunday Morning Breakfast		0.00		0.00		0.
Sunday's Best		0.00		0.00		0.
Sunday in Cattarugas		0.00		0.00		0.
Sunrise Court		0.00		0.00		0.
SUNY Amherst Campus	30.64	30.64		0.00		0.
Surrender and Hope TGIF		0.00		0.00		0.
Thankful		0.00		0.00		0.
Thankful Hart		0.00		0.00		0.
The Absolutes		0.00		0.00		0.
The Anonymous	20.00	20.00		0.00		0.
The Beginnings Of Recovery		0.00		0.00		0.
The CPR		0.00		0.00		0.
The Derby Lunch		0.00		0.00		0.
THE GATEHOUSE		0.00		0.00		0.
The Grove	100.00	100.00		0.00		0.
The Journey		0.00		0.00		0.
The KEYS OF THE KINGDOM	3	0.00		0.00		0.
The Noon Meeting	750.00	750.00		0.00		0.
THE NORTH COLLINS	9	0.00		0.00		0.
Thruway		0.00		0.00		0.
TnT	3	0.00		0.00		0.
Today				0.00		

1	GROUP	CEN	CENTRAL		CORRECTIONS		TREATMENT	
Zc	one	JAN	YEAR	JAN	YEAR	JAN	YEAR	
3	Try Again		0.00		0.00	2	0.00	
3	TUESDAY WOMEN'S DISCU	SSION	0.00		0.00		0.00	
4	Tuesday Men's AM		0.00		0.00		0.00	
	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		0.00		0.00		0.00	
6	TWO PONDS		0.00		0.00		0.00	
8	Unity		0.00		0.00		0.0	
2	UV MEN'S		0.00		0.00		0.0	
3	Valley		0.00		0.00		0.0	
3	Victory	130.00	130.00		0.00	130.00	130.0	
	Victory Women's		0.00		0.00		0.00	
	Wake Up Call		0.00		0.00		0.00	
	WE BELIEVE		0.00		0.00		0.00	
8	We Care		0.00		0.00		0.0	
_	WE HAVE RECOVERED		0.00		0.00		0.0	
5	WE READ	1	0.00		0.00		0.00	
-	We Share	20.00	20.00		0.00		0.0	
1	Westminster	20.00	0.00		0.00		0.0	
	WE(Women's Experience)		0.00		0.00		0.00	
-	West Middle burt		0.00		0.00		0.0	
	WE SHARE		0.00		0.00		0.00	
я	Williamsville		0.00		0.00		0.0	
	Willing To Grow		0.00		0.00		0.0	
	Wilson Group	50.00	50.00		0.00		0.0	
	Women Making the Effort	00.00	0.00		0.00		0.0	
Ť	WOMAN OF AA WINTER RET	REAT	0.00		0.00		0.0	
3	WOMEN'S BIG BOOK-3	T.	0.00		0.00		0.00	
	Women's West Side		0.00		0.00		0.00	
÷	Women's Day Of Sharing	_	0.00		0.00		0.00	
_	YORKSHIRE SATURDAY NIG	нт	0.00		0.00		0.00	
7,	one	JAN	YEAR	JAN	YEAR	JAN	YEAR	
	Anthony M.	3.03	3.03	Section	0.00	3744	0.00	
	Anthony R.	70.00	70.00		0.00		0.00	
	Bernadette M.	40.00	40.00		0.00		0.0	
	Bernard C.	600.00	600.00		0.00		0.0	
	Donna H	10.00	10.00		0.00		0.0	
	Kathleen M.	10.00	10.00		0.00		0.0	
	Lila M.	5.00	5.00		0.00		0.0	
	Lisa S.	500.00	500.00		0.00		0.0	
	Michael D.	10.00	10.00		0.00		0.0	
	Mike H.	91.50	91.50		0.00		0.0	
	Robert G.	31.00	31.00		0.00		0.00	
-	Sus an V.	62.00	62.00		0.00		0.00	
	TOTALS	7514.68	7,514.68	0.00		345.00	345.00	

A.A. was founded on the premise that it would be self-supported through member contributions.

For over 50 years, contributing a single dollar has almost become a tradition. But will just one dollar per person per meeting sustain us today?







1960....26c 2016....\$8.00

1960....10c 2016....\$1.00

1960....28c 2016....\$2.16

Today's dollar has only 19 cents of the purchasing power of a 1960 dollar!





Please help keep A.A. selfsupporting. Do what you can-and if you can, DOIT.

No change of circumstances can repair a defect of character.

IN MEMORIAM Things We Can Not Change

To all of our members who have lost family and loved ones Perry C.; 20 years~ North Buffalo Group David K; 38 years~ Sunrise Court Our thoughts and prayers are with you



Non Profit
Organization
U.S. Postage
PAID
Buffalo, NY
Permit No. 53

RETURN SERVICE REQUESTED



Interested in receiving the <u>NEW FRONTIERS?</u> Mail To: NAME:

ADDRESS:

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

Annual Subscription:

1 Copy	\$10	20 Copies	\$57
2 Copies	\$13	30 Copies	\$75
5 Copies	\$24	40 Copies	\$95
10 Copies	\$33	50 Copies	\$120
15 Copies	\$43	60 Copies	\$135

