

# NEW FRONTIERS

A.A. of the Niagara Frontier

February 2024

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



Dr. Bob & Bill W.



Dr. William Silkworth



Towns Hospital



Bill W. & Ebby T.

## ALCOHOLICS ANONYMOUS

### HISTORICAL DATA

AA had its beginning in 1935 at Akron, Ohio, as the outcome of a meeting between Bill W., a New York broker and Dr. Bob S. an Akron surgeon, both hopeless drunks.

When Dr. Bob and Bill met the effect on the doctor was immediate. This time, he found himself face to face with a fellow sufferer who had made good under the spiritual influence of clergyman Dr. Samuel Shoemaker and help from and old time friend Ebby T.

**Bill emphasized that alcoholism was a malady of mind, emotions and body.** This all important fact he had learned from Dr. William Silkworth of Towns Hospital in New York, where Bill had often been a patient. **Though a physician, Dr. Bob had not known alcoholism to be a disease.** Responding to Bill's convincing ideas, he soon got sober, never to drink again. Thus the founding spark of AA had been Stuck





## The Phenomenon of Craving

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 crew 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 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 experience specializing in the treatment of alcoholics and drug addicts, wrote this in the late 1930's. 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.

Alcoholics make up about 12% of the population. The body of the alcoholic is physically different than the body of someone who is not an alcoholic. The liver and pancreas of the alcoholic process alcohol at one-third to one-tenth the rate of a normal pancreas and liver. As alcohol enters the body, it breaks down into its 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 quickly through the system 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!

On top of THAT (like it's not bad enough already), 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 that 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 alcoholic's mental obsession or our powerlessness), and if I'm NOT spiritually fit I can't STAND being sober because my thinking and emotions are too uncomfortable (otherwise known as the spiritual malady or our unmanageability). So whether they're drinking or not an alcoholic is powerless over alcohol, because of the mind and the body; and their life is unmanageable, especially their INNER life, because of their spiritual condition. Coincidentally, the Steps deal DIRECTLY and EFFECTIVELY with both our spiritual condition and with the mental obsession. BUT, the way the alcoholic's body handles alcohol will ONLY get worse as time passes, so there is NOTHING we can do about the physical feature of alcoholism except staying away from the first drink.

So that's the simple definition of what it means to be an alcoholic - we can't handle DRINKING (because of the mental obsession and the physical allergy) and we can't handle NOT drinking (because of the spiritual malady).

Barefoot Bill



PROF. DR. C. G. JUNG

KÜSNACHT-ZÜRICH  
SEESTRASSE 22B

January 30, 1961

Mr. William G. Wilson  
Alcoholics Anonymous  
Box 459 Grand Central Station  
New York 17, N.Y.

Dear Mr. Wilson,  
your letter has been very welcome indeed.  
I had no news from Roland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason ~~was~~, that I could not tell him everything, ~~was that~~ those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. But what I really thought about, was the result of many experiences with men of his kind.  
His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in mediaeval language: the union with God.<sup>1)</sup>  
How could one formulate such an insight in a language that is not misunderstood in our days?  
The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happen to you when you walk on a path, which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was, under the circumstances, obviously the best one.  
I am strongly convinced that the evil principle prevailing in this world, leads the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouse so many mistakes that one can only keep aloof from them as much as possible.  
These are the reasons why I could not give a full and sufficient explanation to Roland H. but I am risking it with you, because I conclude from your very decent and honest letter, that you have acquired a point of view above the misleading platitudes, one usually hears about alcoholism.  
You see, Alcohol in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.

Thanking you again for your kind letter

I remain

yours sincerely

C.G. Jung.

<sup>1)</sup> "As the hart panteth after the water brooks, so  
panteth my soul after thee, O God." (Psalm 42,1)

## FEBRUARY ANNIVERSARIES

**Acceptance/Welcome**

Candice W. 3y  
 Marc B. 4y  
 John K. 5y  
 Joe K. 18y

**Any Lengths**

Joe L. 21y

**Bflo Early Bird**

Melanie 1y  
 Anna 1y  
 Karen 2y  
 Judy 2y  
 Tonja 2y  
 Christopher 3y  
 Kimberly 21y  
 John 37y

**Courage**

Jim P. 14y

**East Amherst**

Susan F. 7y

**Eyeopener**

Dan M. 3m  
 Mark S. 6m  
 Clare K. 6m  
 Sarah S. 9m  
 Gavin P. 9m  
 David K. 9m  
 George H. 1y  
 George H. 1y  
 Chris H. 1y  
 Chris H. 1y  
 Michael C. 2y  
 Sue C. 4y  
 Tim A. 6y  
 Bill E. 11y  
 Brian A. 13y  
 Jim C. 14y  
 Kelly Ann M. 20y  
 Tom B. 31y  
 Liz O. 36y  
 Terry M. 47y

**Eyeopener South**

Sally K. 6m  
 Jennifer B. 1y  
 Ron B. 2y  
 Bridget A. 3y  
 David S. 8y  
 Rob M. 12y  
 Patty B. 12y  
 Chris G. 13y  
 John Mc. 33y

**Fireside**

Rachel C. 3m  
 Michele L. 1y  
 Mary M. 2y  
 Chris K. 5y  
 Larry P. 37y

**Fresh Start**

Laurie A. 19y  
 Romona D. 26y  
 Antwan D. 26y  
 Sebastian W. 28y  
 Peter A. 39y

**Give Me Shelter**

Mark B. 4y  
 Peter F. 5y  
 Janet K. 46

**Golden Slipper**

Missy H. 4y  
 Jim R. 44y

**How It Works**

Neil D. 2y  
 Kaplan H. 6y  
 Tom B. 6y  
 Matt C. 9y  
 Joe C. 10y  
 John M. 11y  
 Herb G. 14y  
 Dan S. 15y  
 Pete W. 17y

**Ironhorse**

Mike R. 4y  
 Dorothea S. 25y

**Key's to the Kingdom**

Nicole F. 6m

**Lakeshore**

Rachel S. 8y  
 Brendan M. 13y

**Life Ahead**

Jeff 4y  
 Mark B. 4y  
 Janet K. 6y  
 Joe C. 10y

**Lockport Ladies**

Allison W. 11y

**Marching Forth**

Joe W. 12y

**Wade B.**

Wade B. 15y

**New Life (Alden)**

Joe W. 12y

**North Evans Men's**

Tim H. 5y

Brian B. 13y

Tony M. 14y

**Orchard Park Step**

Mike W. 6y  
 Tom K. 8y  
 Bob B. 11y

**Purpose**

Steve S. 30y  
 Mark B. 4y  
 Janet K. 6y  
 Craig K. 14y  
 Joe K. 18y

**Questions & Answers**

Mike K. 3m  
 Nicole F. 6m  
 Winnie S. 21y

**Remember When**

Stephen M. 14y  
 Vernon A. 19y  
 Ava P. 34y

**Renaissance**

Debra G. 1y  
 Nicole G. 2y  
 Nancy S. 7y  
 Stephen H. 22y  
 Larry P. 36y

**Rigorously Honest**

Doug A. 37y

**Searching for Serenity**

Mark B. 4y  
 Michelle D. 5y  
 Janet K. 6y  
 Jim W. 6y

**Serenity**

Joe K. 18y

**Sheridan**

David S. 30y

**Sober Winners**

Roger K. 43y

**Sun, Morning****Breakfast**

Max W. 37y

**The Grove**

Tanner D. 6m

Jonny M. 6m

Sharon B. 9m

Michael H. 9m

Christopher P. 9m

Jessica C. 1y

Jimmy R. 1y

Danielle M. 1y

Carl P. 2y

Mary M. 2y

Matt W. 3y

Sue C. 3y

Tom B. Sr. 4y

Tom B. 6y

Felecia N. 10y

Kim G. 21y

Don T. 49y

**Thruway**

Michael Z. 9m

Chris B. 2y

Joyce T. 37y

**Williamsville**

Steve R. 3m

Jenn M. 4y

Jim C. 39y

**GROUPS CELEBRATING**

6th Step: 48y

Clarence Men's Disc :34y

Daily Reflections: 28y

Everybody's Group: 40y

Grateful: 49y

Harmony: 46y

Kensington: 54y

Lake Shore:62y

Love: 24y

Recovery Near

The Gardens: 23y

Saturday Night Alive: 12y

Sobriety On A Sat. Night: 9y

Spiritual Progress: 31y

Sunday's In the Solution; 17y

SUNY-Amherst; 41y

Thankful: 55y

The Herd:11y

Tri-County; 66y

Wake-Up Call: 32y

Wed. Night Lights: 3y

Please remember to

have the anniversaries

submitted by

the **12th**

END OF BUSINESS DAY 4:00 PM

of the month previous



It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics. There is no religious or spiritual requirement for membership. No demands are made on anyone. An experience is offered which members may accept or reject. That is up to them.

— Bill W. —

AZ QUOTES



**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  
buffalooaa@hotmail.com

Real-Time schedule? Check your website: [www.buffaloany.org](http://www.buffaloany.org)

## February 2024

**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: Since new Paper Schedule :)

- **Sober On Seneca** no longer meets on Sunday's.
- **New Destiny Women's** Online Zoom meeting has updated it's info; ID: 860 3794 9220, PW: 6BBS7C.
- **Big Book @ Brothers & Renewal Groups**, have updated directions to their meeting place. 4530 Ransom Rd : Turn @ Brothers of Mercy Campus sign. Down driveway left turn @ first stop sign. White double doors @ red brick building.
- **Another Chance Group meets** Tues & Thursday's @ 4:30 PM, Sat @ 1PM.
- **Low Bottom group** has moved to, Grace Lutheran Church, 174 Cazenovia St., S. Buffalo.
- **Commitment Group; No longer Meets**
- **Maple Group; No Longer Meets.**
- **Springville New Life** has moved to St. Paul's Episcopal Church, 591 E. Main St.
- **Brass Group**, Now meets on Tues. 6PM at the Hope Center; Does Not meet the 1st Tues. of the month.
- **New Group: Fredonia Thursday;** Thursday 's 7PM, St. Paul Lutheran Church, OD.
- **North Collins Group has moved to 1st Congregational Church, 10385 Main St.**
- **Secular AA for Free Thinking; No Longer Meets.**
- **Victory Women's** is changing their start time to 5:30 PM.
- **NEW GROUP: Hope In Recovery**, Monday 6PM, Polish Cadets, 927 Grant St. Buffalo, 14207
- **The Herd Group has** resumed, Thursday's 5:30 PM. Horizon Health Services, 2563 Union Rd, @Losson, behind Rite-Aid, Cheektowaga, 14227
- **Made A Decision Gr. No Longer Meets.**
- **A Vision For You Has moved to;** St. Teresa's RC Church, 1974 Seneca St., S. Buffalo
- **Albion Big Book Study** now meets on Thurs. 7PM.
- **New Group: Morning Glory**, Mon-Sat, 10 AM. Next to Emergency Pizza, 1864 Seneca St. Bflo South 14220.
- **Grace & Dignity** has moved to the Unitarian Church, 695 Elmwood Ave, Buffalo 14222. Sat. 6PM.
- **Eden Group** has resumed. At Sunday's, 7:30 PM @ St. John's Community Church, 2871 East Church St., Eden 14057. OD.
- **Honesty Group;** has moved & resumed. Zion United Church of Christ, Enter at side door off parking lot. Parker & Koenig Cir., Tonawanda, 14150. Saturday's 1PM.
- **10-11-12 Group, No Longer Meets**
- **Amsdell Step** meeting on Wed. 10:30 in Hamburg, Has resumed.
- **Rigorously Honest** Group is Wheelchair Accessible
- **Kiss Group** in East Aurora will change it's starting time to 7PM.
- **North Buffalo Group**, has resumed in person meeting on Sunday, no longer on Zoom. 8PM.
- **Shine At Nine**, Now only meets on Saturday, 9 AM.
- **Step Action Group;** No Longer Meets
- **Checking in Group;** Tues. 7PM, on Lovejoy, has resumed.
- **New Group: Monday Women's;** Unitarian Church, 695 Elmwood Ave, Buffalo 14222 Monday, 11:00 AM
- **Matt Talbot Group starts** at 8:00 PM on Wed., 8:30 Pm on Sat.
- **South Buffalo Group has moved** to Bethel Presbyterian Church, 7PM, 682 Ridge Rd., Lackawanna, 14218
- **Sober Saturday has moved** to St. Simons, 7PM, 200 Cazenovia St., Bflo South 14210.
- **Valley Group has moved** to St. Simons, 7PM, 200 Cazenovia St., Bflo South 14210.
- **Lock City Group** (Sunday @ 6:30PM in Lockport NY) has resumed.
- **Sprouts II** meets at the Revive Wesleyan Church across the street from St. Mathias., East Aurora.
- **Shelter Fr. The Storm** has gone back to St. Andrews Church in Sloan
- **ODAT** has moved back to St. John's Grace, 51 Colonial Cir., Buffalo, 14222
- **Just For Today Albion** now starts @ 7 PM.
- **Sober Trails** has changed it's start time to 7 PM.
- **We Read Online meeting** will not meet for the summer months.
- **New Group: ROCettes;** Monday's 6 PM. Women's OD. Rural Outreach Center, 730 Olean Rd., East Aurora, 14052
- **New Group: East Amherst Into Action;** Monday's 5PM. Horizons Health, 6495 Transit Rd, East Amherst 14051. OD.
- **Albion Big Book Study** has resumed.
- **Ironhorse** has incorrect time in the print schedule... they start @ 8:00 PM.
- **NEW GROUP: Language Of The Heart; Women's, Sunday's, 4:00 PM,** Eden United Methodist Church, 2820 East Church St., Eden 14057.
- **Cayuga Wake Up Call has changed it's name to Delaware Park Men's Discussion.**
- **Serenity In the Park** is inactive for the winter...in spring, it's changing its time to 6:30 PM. at the Rose Garden in Delaware Park, Buffalo.

## SERVICE OPPORTUNITIES: COMMITTEE MEETINGS

~ February 4th : **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**

**Wednesday; Feb.7;**

**7:15PM**

**Basement, 111 Crocker St.**

**Sloan ,NY 14212**

The Any Age Group presents  
Country Western Blizzard Ball  
**Saturday, February 3, 2024**

Join us in your western boots and hat

St. Andrews Church, Donovan Center  
1525 Sheridan Drive, Kenmore, NY 14217

Doors open at 5:30pm Dinner at 6:00 pm  
Speaker at 7:00 pm Dancing at 8:00 pm  
Basket Raffle and Giant 50/50

Presale tickets: \$22.00  
Tickets at the door: \$25 (limited dinner tickets)

For tickets contact Debbie at 716-359-2370  
Venmo, CashApp and Zelle available  
No one under 16 years of age allowed



☐ Convention Room Rate:  
\$99.00 per nite excl. taxes etc.  
Reservation cut off date 02/16/24  
Reservation Liason at Hotel:  
Cierra Duck (716) 278-2695  
[mention Cataract City Convention]

☐ Online reservations are preferred!  
Reservation Link:

[www.sheratonatthefalls.com/group/cataractcityconvention2024](https://www.sheratonatthefalls.com/group/cataractcityconvention2024)

For questions or special needs contact Alan T. @ 716-345-0250 (registration Chair) or Matt B. @ 716-523-4217 (Co-Chair). Banquet is Buffet Style with no reserved tables. Make checks payable to Cataract City Convention (US funds only) and mail to: P.O. Box 734, Niagara Falls, NY, 14304. There are no refunds. Please be sure your checks are for the total of all registration forms being mailed together.

Pre-Registration Deadline for Dinner is February 26, 2024 - One Registration Form Per

Registration ONLY:	<input type="radio"/> AA- \$30	<input type="radio"/> Al-Anon- \$30	<input type="radio"/> Alateen- \$15	\$ _____
Registration w/ Banquet:	<input type="radio"/> AA- \$75	<input type="radio"/> Al-Anon- \$75	<input type="radio"/> Alateen- \$60	\$ _____
Banquet ONLY:			<input type="radio"/> \$45	\$ _____
Commemorative Souvenir Mug:			<input type="radio"/> \$5	\$ _____
			Total Enclosed	\$ _____

NAME TO APPEAR ON CONVENTION BADGE: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE #: \_\_\_\_\_

Sheraton at the Falls  
300 Third Street  
Niagara Falls, NY 14303  
Registration Opens Friday @ 2pm

**6 SPEAKERS! 5 PANELS!  
FRIDAY NIGHT ALKATHON!  
HOSPITALITY ROOM!**

☐ Friday Early Bird Speaker  
4pm - Shannon G.

☐ Saturday Night Banquet  
Followed by the DJ DANCE!

☐ Raffles & Archive Display

☐ Al-Anon Participation

☐ Souvenir Mugs for Sale



## Central Committee Minutes January 7th 2024

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

The meeting opened at 7:00 by Chairperson SamL. with a moment of silence followed by the Responsibility Declaration and the Serenity Prayer. Volunteers read the Preamble by Leo, The Purpose of Central Committee by Wally, and the 12 Traditions by Joe. Diane presented on the First Tradition. Andy will present on Tradition 2 in February.

A motion to accept the Dec2023 meeting minutes was made and accepted.

The following 26 Groups were represented: Fourth Step Stumblers/Fun, Buffalo, The Gatehouse, Lockport #1 Group, Lockport Ladies, Orchard Park Step, Tuesday Men's Discussion, Any Lengths Group, Ironhorse, Matt Talbot, Thruway, Carry the Message, Changing Our Ways, Daily Maintenance, Lakeshore, Silver Creek Friendship, Big Book @ Brothers, Clarence Men's Discussion, Renewal, Williams-ville, Women Making the Effort, Brass, Chapter IX, North Buffalo, Questions and Answers, and Sober Train.

Seventh Tradition brought in \$71.

### Reports:

Envelope System: Pat with her final report. Took in \$516 for Dec2023. \$8,372 for FY2023. See Dean for signing up for future Envelope queries. Dean optimistic to increase cash inflow and will be visiting home/meeting groups to encourage envelope participation. Recently, envelope participation has been declining, looking to reverse this trend.

Steering Committee: Steve reported. Nothing new to report.

Financial Report: This is the reconciled report

November: This is the reconciled report

**December 2023;** our Starting Checkbook balance was \$50,133.07. We took in \$ 6,964.57 (which is **way up**) in Contributions from Groups and individuals. The Envelope System took in: \$516.00. Literature, Tax & shipping came to \$2,551.42 (which is **about the same**). New Frontiers Subscriptions was \$50.00. Joint meeting (Central Committee) was \$61.00. Our Total income of **\$10,142.99** (which is **up**).

Our expenses totaled **\$8,256.78** (which is **down**). This means, we took in **\$1,886.21 more** than our expenses this month. **YTD we are up \$6,959. 25 more than our current expenses for 2023.** Final checkbook balance is \$52,019.28.

Corrections beginning balance was \$2,126.60. Income= \$50. Expenses; \$658.00 and a \$3.00 Bank Fee, for a balance of **\$1,515.60**.

Treatment beginning balance was \$2,068.07. Contribution's totaled \$155.33. Expenses: \$277.28 plus a \$3.00 bank fee, for a final balance of **\$1,943.12**.

Central Office: Central Office: Dec. Central office: TOTAL CALL'S INCLUDING AFTER-HOUR'S; 234, Total 12-STEP: 22, Also had 1126 emails.

Executive Secretary Report: CONTACT PERSON NEEDED: Name, Address, Phone and Email

~Need Updated Contact from; CENTRAL PARK- 2, MORNING GLORY-3, MONDAY AFTERNOON -2, RECOVERY IN THE PARK -5, Sobriety On The Lake-5 ,

Annual PCI DSS Compliance ( Payment Card Industry Data Security Standard) has been completed

Going to be cleaning up the schedule ( web & paper) as well as database of groups that have not resumed (inactive) after Covid.

\*\*\* On our Website & Meeting guide app that draws from Intergroup web schedules, I have been informed that Groups registered with more than one intergroup are creating Sync Errors in the Meeting Guide App.

From our By-laws:

**Section 2.02 Structure and Participation**

**A. Membership/Representatives**

... Any A.A. group in the Area which is not affiliated with any other Central Committee or Intergroup may participate in the affairs and proceedings of this Central Committee by electing, appointing or authorizing a volunteer to serve as ...

The days of being able to be listed in multiple schedules and intergroups can NO LONGER HAPPEN. Meetings listed in Niagara Falls Intergroup, NY-Penn Intergroup, Rochester Intergroup or any other; NOW they need to be only in one area schedule. They cannot be in both!!!! With more and more accessing the schedule online & the Meeting Guide App, their groups still will be found in their area!!!

**NEXT MEETING: February 4th, 2024**

Treatment: Dorothy TFC recording secretary; \$1,943.12 final balance. If you send a check to Central Office and you want to direct funds to Treatment ("TFC"), you need to specify that you want it directed accordingly. New treatment reps/groups at the turn of the year. Bridging the Gap covers all six counties. The New Chairperson, Vanessa, gave presentations on new ways to communicate with treatment facilities and patients. **Note: When you want to contribute \$ to a specific entity (treatment or corrections), checks have to be made specifically to treatment or corrections with the home group name on the check.**

*~ continued next page*



**Groups are strongly encouraged  
to send a representative  
to monthly Intergroup meetings.**



*~continued from previous page*

**Corrections:** Chairperson Alan reported. Literature is being used in correctional facilities. 10 Delaware remains closed. Please consider donating to Corrections again at your group business meeting.

**Night Watch:** Stephanie, chairperson was not present but will provide an update next month

**Education& Participation:** Chairperson needed

**Internet Presence:** No report

**PIC/CPC :**Joe as chairperson, continues to work on contact information with high schools as per last month's report. He hopes to make contact with all of the targeted high schools to determine their needs and see if AA can assist.

**Convention 2024.** In process of starting to plan for 2024 Convention.

**GSA Liaison:** GSA met on January 6<sup>th</sup> at Holy Trinity Lutheran Church 1080 Main Street Buffalo where the first GSA for Panel 74 was a huge success. There were over one hundred people who attended in person and quite a few on Zoom. It started with Panel 74 introductions of the Officers, Service Committee Chairs, GSA Education, GSR Orientation, Area Liaison, DCMC, DCM's and Intergroup Liaisons. There are eleven districts up and running out of 22 in Area 50. If your Home Group doesn't have a GSR, you may want to consider appointing one so your group's voice has a vote when it comes time to review and provide feedback on the agenda items that will be available to us at the end of January/early February, so Steve our Delegate knows how to vote for Area 50 when he attends the General Service Conference in April. Steve also has a questionnaire to be completed by groups on How We Should Treat AA Founders' writings. Brian B. Ad Hoc Committee Chair of the Area 50 Inventory presented "A Vision from You". Together we can clarify the roles of the Area Committee, the GSA, the Groups and the membership in carrying out our mission. Increase outreach to and encourage participation by the membership and homegroups in all aspects of General Service including GSA itself. Enhance the functioning and visibility of the Area Service Committees. Increase cooperation and coordination with the Intergroups in Area 50 particularly around service activities. Re-Imagine the structure and functions of GSA meetings. Revive and revise the District Structure. After lunch there was a Service Committee Fair where GSR's and all who attended had an opportunity to sign up to serve on service committees. Next ACM is Monday January 22<sup>nd</sup> 7pm-9pm via Zoom ID#99342724284 GSR Virtual Coffee Hour is the first Thursday of every month 7pm-8pm via Zoom ID#5079243980, Passcode: area50gsr.

Joe D. to work with Laurie H. as GSA Liaison.

**Archives :** Archives will have a display at the Cataract City Convention in March. Archives breakfast will be held on Saturday, April 27<sup>th</sup> at the Matthew Glabb Post in Lackawanna and will have TWO food lines. There will be a great Archivist speaker.

Archives will hold Work Nights on the first and third Wednesday of each month at 6pm at the Archives Repository at the Buffalo Central Committee Office. We'd love to have you join us and learn more about the important materials we have in the Archive repository.

### **Old Business:**

**Steering Committee** Still have some zones (1,5,7) open for steering committee.

### **New Business:** **Announcements:**

- The Brass Meeting has moved to Tuesdays at 6pm at the Hope Center. Attendance has been weak, so encourage all to attend.
- Central Office will be keep office hours on Monday evenings 5:30 to 7:30. Nick will man the office for these hours.
- Women in Sobriety – Women's retreat Jan 27<sup>th</sup> 9-3. Deadline for tickets is 12Jan2024.

Snacks for Central Committee for 2024 as followed:

February 4- Williamsville

March 3-Tuesday Men's Discussion

April 7-Daily Maintenance

May 5-Lockport Ladies

June 2- Carry The Message

July 7-Gatehouse August 4-Easy Does It

September 8-Ironhorse

October 6-Lockport #1

November 3-Language of the Heart

December 1-Room to Grow

*"The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous."*

*~Page 25 Alcoholics Anonymous*

*"Here was something at work in a human heart which had done the impossible. My ideas about miracles were drastically revised right then. Never mind the musty past; here sat a miracle directly across the kitchen table. He shouted great tidings."*

*~Alcoholics Anonymous, page 11*



2023

<b>Cash Flow Statement</b>	Oct-23	Nov-23	Dec-23
Beg Bal Cash on hand	45,937.69	53,943.73	50,133.07
<b>Contributions</b>			
Groups	5,378.77	4,502.00	6,964.57
Central Committee 7th tradition	39.00	90.00	61.00
Envelope System	497.00	718.00	516.00
New Frontiers Subs	56.00	56.00	50.00
Literature/Medallions/Pins	2,544.05	2,629.95	2,422.00
Literature Sales Tax	177.95	118.39	129.42
Literature Postage	-		
Income (+)			
Archives Room Rent:	340.00		
Committee Meetings	25.00		
Misc			
Transfer from PR			
Conventions/Day of Sharing	6,111.02	122.88	
<b>Monthly Income</b>	<b>15,168.79</b>	<b>8,237.22</b>	<b>10,142.99</b>
<b>Expenses</b>			
Building Rent/Utilities	1,000.00	1,000.00	1,000.00
Central Com. Rent	35.00	35.00	35.00
Payroll Gross	3,539.00	3,539.00	3,539.00
Employment Taxes	319.59	319.60	319.60
Unemployment Surchar	(7.36)	(7.36)	(7.36)
NYS Sales Tax			
Insurance			
State Ins Fund(Travelers)			
Health	635.16	684.07	737.64
D&O Insurance			
Liability			
Legal Fees			
Postage		200.00	418.97
Phone/Internet	177.96	177.96	177.96
Accounting			1,200.00
Payroll Service			92.00
Advt			
Dex YP			
Local Edge			
Literature Expenses			
Grapevine		638.67	
World Services Inc		4,984.93	
Hazeldon			
Printers			
Medallions	66.56		
Office Supplies	1,155.81	224.27	285.14
Copies/ service contract	161.00	161.00	161.00
Copier Lease			
Bank Fee's including credit ca	100.03	90.75	297.83
Expense /Balance (-)	(20.00)	(0.01)	
GSA Host			
Workshop			
Seminar			
<b>Monthly Expenses</b>	<b>7,162.75</b>	<b>12,047.88</b>	<b>8,256.78</b>
<b>Monthly Income (Loss)</b>	<b>8,006.04</b>	<b>(3,810.66)</b>	<b>1,886.21</b>
<b>End Balance</b>	<b>53,943.73</b>	<b>50,133.07</b>	<b>52,019.28</b>
Petty Cash	3,000.00	3,000.00	3,000.00
<b>Total Balance</b>	<b>56,943.73</b>	<b>53,133.07</b>	<b>55,019.28</b>
<b>PRUDENT RESERVE</b>	<b>28,190.95</b>	<b>28,192.11</b>	<b>28,193.31</b>
Assets: Literature& Medallions	16,636.40	20,250.57	18,312.63
Literature Receivable:(outstanding)	62.29	(15.74)	84.29
PIC Removed from Stock			
<b>Corrections Facilities</b>	<b>2,564.10</b>	<b>2,471.10</b>	<b>2,126.60</b>
Contributions	10.00		50.00
Bank Fee's	3.00	3.00	3.00
Expenses	100.00	341.50	658.00
<b>Balance</b>	<b>2,471.10</b>	<b>2,126.60</b>	<b>1,515.60</b>
<b>Treatment Facilities</b>	<b>2,032.07</b>	<b>2,545.07</b>	<b>2,068.07</b>
Contributions	516.00	150.00	155.33
Bank Fee's	3.00	3.00	3.00
Expenses		624.00	277.28
<b>Balance</b>	<b>2,545.07</b>	<b>2,068.07</b>	<b>1,943.12</b>

YTD: 2022

**70,791.41**

704.83

8,888.00

598.00

29,964.96

1,945.27

51.18

766.39

1,020.00

221.77

-

-

6,233.90

**121,185.71**

12,000.00

420.00

45,337.11

4,221.04

51.68

1,875.24

-

288.00

7,773.31

1,080.00

1,013.75

-

2,655.70

2,135.52

2,400.00

1,261.49

-

1,429.90

1,100.00

1,036.88

17,951.48

598.50

2,535.93

917.58

2,915.44

-

1,932.00

-

1,380.16

(84.25)

-

-

**114,226.46**

**6,959.25**



**Tradition Two: For our group purpose there is but one ultimate authority—a loving GOD as HE may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

- Do I criticize or do I trust and support my group officers, AA committees, and office workers? New-comers? Old-timers?
- Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- Do I look for credit in my AA jobs? Praise for my AA ideas?
- Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- Although I have been sober a few years, am I willing to serve my turn at AA chores?
- In group discussions, do I sound off about matters on which I have no experience and little knowledge?



**Concept II:** The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs. .

- Does our group have a general service representative (Do we have an understanding of the history of the General Service Conference (the "Conference")?)
- What is a Conference Advisory Action? Does our home group's G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
- Is our group meeting its wider Seventh Tradition responsibilities?



## Group Contributions

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
4	10-11-12 Group		0.00		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.		10.00		0.00		40.00
5	6th Step		0.00		0.00		0.00
5	7 Clan		0.00		0.00		0.00
4	A Day At A Time	42.00	234.00		0.00		0.00
3	A Vision For You		0.00		0.00		0.00
3	Abbott Corners	150.00	250.00		0.00		0.00
3	Abbott Men's		0.00		0.00		117.00
2	Acceptance/Welcoming	200.00	1,360.00		0.00		0.00
8	Achievement		0.00		0.00		0.00
4	Action		330.00	30.00			125.00
3	Alexander		0.00		0.00		0.00
3	All Is Well		382.87		0.00		0.00
6	Amsdell Step	25.00	25.00		0.00		0.00
8	Amherst Snyder		200.00		0.00		0.00
	Another Chance		0.00		0.00		0.00
2	Any Age	70.00	70.00		0.00	50.00	50.00
3	Any Lengths	30.00	360.00		0.00		0.00
4	Arcade/ Yorkshire		188.00		0.00		0.00
6	As Bill Sees It		400.00		0.00		0.00
8	Attitude Adjustment(Williamsville)		200.00		0.00		100.00
6	Attraction	200.00	600.00		0.00		0.00
3	Awareness		87.00		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		151.00		0.00		0.00
	Big Book- Lockport		0.00		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		142.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand		610.00		0.00		0.00
2	Boulevard Women		235.00		0.00		0.00
2	Brass	10.00	35.00		0.00		0.00
	Brockton		100.00		0.00		0.00
7	Buffalo Group		0.00		0.00		0.00
	Buffalo Early Birds		1,647.08		0.00		209.59
	Buffalo First		575.00		0.00		0.00
3	By the Wayside		0.00		0.00		0.00
3	By the Book		0.00		0.00		0.00
	Came To Believe		0.00		0.00		0.00
6	Carry the Message		50.00		0.00		0.00
8	Cayuga Wake- Up Call		200.00		0.00		0.00
7	Central City Café		200.00		0.00		0.00
2	Central Park		0.00		0.00		0.00
6	Changing Our Way's		400.00		0.00		0.00
2	Chapter IX		150.00		0.00		0.00
3	Cheektowaga		975.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
	Come As You Are		400.00		0.00		0.00
1	Commitment/ Working		245.00		0.00		0.00
	Contemporary Women		0.00		0.00		0.00
3	Courage		200.00		0.00		0.00
2	Daily Reflections		0.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
	Delaware Park Men's		100.00		0.00		0.00
2	Depth & Weight		0.00		0.00		135.00
6	Derby	200.00	650.00		0.00		0.00
6	Desire		100.00		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		300.00		0.00		600.00
8	East Amherst Into Action		50.00		0.00		0.00
4	East Aurora		430.00		0.00		0.00
	Early Bird Big Book		0.00		0.00		0.00
2	Easy Does It		300.00		0.00		0.00
4	Ellicottville		300.00		0.00		0.00
6	Eternal Vigilance		635.00		0.00		0.00
6	Everybody's		1,000.00		0.00		0.00
2	Excellent Adventure		671.00		0.00		0.00
8	Eyeopener	20.00	3,095.43		0.00		0.00
4	Eyeopener South		1,841.52		0.00		0.00
8	Fireside		1,310.04		0.00		0.00
8	Fireside PM		200.00		0.00		0.00
5	First Step (NF)		125.00		0.00		0.00
6	Forestville In The Solution		0.00		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		300.00		0.00		0.00

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
1	Friday Night Lights		0.00		0.00		0.00
5	Friendly		0.00		0.00		0.00
3	Gardenville		400.00		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
	GIVE ME SHELTER		0.00		0.00		0.00
6	Go to Any Length		536.00		0.00		0.00
5	Golden Slipper		200.00		0.00		0.00
1	Grace & Dignity		75.00		0.00		0.00
2	Grand		150.00		0.00		0.00
2	Grand II Joy of Living		100.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
7	Harmony		500.00		0.00		0.00
8	High Noon	100.00	325.00		0.00		0.00
8	High View	100.00	300.00		0.00		0.00
4	Hillbilly		1,000.00		0.00		0.00
6	Holiday Village		2,000.00		0.00		50.00
4	Holland		600.00		0.00		0.00
	Holley Friday Night		20.00		0.00		0.00
2	Honesty		50.00		0.00		0.00
2	How It Works/Men's	75.00	375.00		0.00		0.00
	I Am Responsible	29.50	391.15		0.00		0.00
5	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse	293.26	711.06		0.00	21.33	51.66
8	IT		0.00		0.00		0.00
5	Just For Today/ Albion		50.00		0.00		0.00
3	Just For Today/ Cheektowaga		90.00		0.00		0.00
2	Keep It Comin'		0.00		0.00		0.00
4	Keep It Simple Sister		160.00		0.00		0.00
2	Kenmore		100.00		0.00		0.00
8	Kensington		0.00		0.00		0.00
5	KITCHEN TABLE AA	123.00	123.00		0.00		0.00
6	Lakeview		275.00		0.00		0.00
6	Lakeshore	50.00	250.00		0.00		125.00
3	Lancaster Dailey Reprieve		360.00		0.00		240.00
5	Lasalle		27.56		0.00		0.00
	Lawyer's		300.00		0.00		0.00
2	Led From The Scene		0.00		0.00		0.00
5	LewPort		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		1,320.00		0.00		220.00
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		300.00		0.00		0.00
5	Lockport Discussion	50.00	250.00		0.00		0.00
5	Lockport Ladies		200.00		0.00		0.00
5	Lockport Tuesday		0.00		0.00		0.00
5	Lockview		300.00		0.00		0.00
	LOST & FOUND	200.00	350.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovejoy	150.00	275.00		0.00		0.00
3	LOW BOTTOM		150.00		0.00		0.00
5	Lower River	50.00	50.00		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		120.00		0.00		0.00
8	Maple		0.00		0.00		0.00
3	Marching Forth		100.00		0.00		0.00
4	Marilla	50.00	290.00		0.00		0.00
3	Matt Talbot	42.00	279.20		0.00	14.00	69.00
6	McKinley Winners	300.00	500.00		0.00		0.00
5	Medina New Life		25.00		0.00		0.00
5	MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
	MEN WHO TRUDGE	400.00	2,200.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
	MONDAY NIGHT SOLUTION		400.00		0.00		0.00
2	Morning After		0.00		0.00		0.00
	Morning Glory		25.00		0.00		0.00
5	Newfane Living Sober		0.00		0.00		0.00
3	NEW LIFE (ALDEN)	102.00	102.00		0.00		0.00
3	New Life		0.00		0.00		0.00
5	Niagara Frontier Men's Disc.		207.00		0.00		0.00
2	North Buffalo		600.00		0.00		0.00
6	North Evans Men's		90.00		0.00		0.00
4	North Java Monday		500.00		0.00		0.00
1	ON AWAKENING/ Men		0.00		0.00		0.00
1	ODAT		0.00		0.00		0.00
4	Orchard Park Step		514.50		0.00		100.00



# New Frontiers ~ February 2024

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
8	OUR CHARGE		0.00		0.00		0.00
	Pause & get Calm		0.00		0.00		0.00
2	Peaceful Tuesday		300.00		0.00		0.00
3	PERSEVERANCE		0.00		0.00		0.00
5	Point of No Return		0.00		0.00		0.00
1	Primary Purpose		350.00		0.00		0.00
4	Principles Bef. Personalities		50.00		0.00		0.00
2	Purpose/Tonawanda		0.00		0.00		0.00
2	Questions & Answers		100.00		0.00		0.00
4	Ray Of Hope	20.00	120.00		0.00		0.00
	Read It, Live It		0.00		0.00		0.00
3	Recovery Near the Gardens		29.01		0.00		0.00
7	REMEMBER WHEN		25.00		0.00		0.00
7	Remember When	25.00	75.00		0.00		0.00
1	Renaissance	240.00	650.00	50.00	150.00	50.00	150.00
3	Renaissance Women		0.00		0.00		0.00
8	Renewal		683.00		0.00		0.00
3	Ridge		135.00		0.00		135.00
2	RIGOROUSLY HONEST		300.00		0.00		20.00
1	Rise and Shine		850.00		0.00		0.00
7	Rochester		0.00		0.00		0.00
1	ROOM TO GROW		130.00		0.00		70.00
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		200.00		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		55.00		0.00		0.00
1	Setaside		0.00		0.00		0.00
	Shelter From The Storm		418.00	22.00	213.00		0.00
2	Sheridan		0.00		0.00		0.00
6	Silvercreek Friendship	300.00	610.60		0.00		0.00
5	Simplicity		0.00		0.00		0.00
	SOBER ON SENECA		50.00		0.00		0.00
3	Sober Saturday		200.00		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		190.00		0.00		0.00
5	Sober Winners	50.00	169.16		0.00		0.00
4	SOBRIETY @ THE STABLES		150.00		0.00		0.00
6	Sobriety Men's Disc.		500.00		0.00		0.00
5	Sobriety On The Canal	50.00	700.00		0.00		0.00
5	Sobriety on the Lake		0.00		0.00		0.00
	Social Distancing		173.00		0.00		0.00
5	SOLUTIONS		25.00		0.00		0.00
2	Soul Purpose	31.53	401.97		0.00		0.00
3	SOUTH BUFFALO		0.00		0.00		0.00
3	Southgate		50.00		0.00		0.00
4	Southwestern		50.00		0.00		0.00
6	Sparks Of Hope	150.00	505.00		0.00		0.00
2	Spiritual Progress		0.00	50.00	50.00		0.00
4	Springville New Life		0.00		0.00		0.00
4	Springville Sat Afternoon		471.00		0.00		0.00
4	Springville Tues. Night		0.00		0.00		0.00
4	Springville Wed. Noon		20.00		0.00		0.00
	Sprout II		300.00		0.00		0.00
8	St. Barnabas		0.00		0.00		0.00
4	St. Mark's		705.12		0.00		0.00
	Staying Sober		550.00		0.00		0.00
2	Step Action Group		318.81		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	100.00	500.00		0.00		0.00
1	Sunday's Best		0.00		0.00		0.00
6	Sunday in Cattaraugus		0.00		0.00		0.00
1	Sunrise Court		183.00		0.00		0.00
8	SUNY Amherst Campus		142.12		0.00		0.00
2	Surrender and Hope		0.00		0.00		0.00
8	TGIF		53.20		0.00		0.00
4	Thankful		200.00		0.00		0.00
	Thankful Hart		0.00		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		784.00		0.00		20.00
6	The Derby Lunch		0.00		0.00		0.00
1	THE GATEHOUSE		75.00		0.00		75.00
2	The Grove	50.00	600.00		0.00		0.00
1	The Journey	250.00	370.00		0.00		0.00
2	The KEYS OF THE KINGDOM		0.00		0.00		0.00
8	The Noon Meeting		1,600.00		0.00		0.00
6	THE NORTH COLLINS	120.00	240.00		0.00		0.00
	THE SOLUTIONS	25.00	25.00		0.00		0.00
3	Thruway		100.00		0.00		0.00
2	Thursday Women's Literature		358.36		0.00		0.00
8	T'nT		540.00		0.00		0.00
5	Today		175.00		0.00		0.00
6	Tri County		0.00		0.00		0.00

Zone	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
3	Try Again		153.00		0.00		0.00
3	TUESDAY WOMEN'S DISCUSSION		0.00		0.00		0.00
4	Tuesday Men's AM		300.00		0.00		0.00
	Tuesday Afternoon		0.00		0.00		0.00
2	Tuesday Women's		250.00		0.00		0.00
2	Turning Point		32.27		0.00		0.00
1	Twin Cities	150.00	325.00		0.00		0.00
6	TWO PONDS		20.00		0.00		0.00
8	Unity		0.00		0.00		0.00
2	UV MEN'S		500.00		0.00		100.00
3	Valley		0.00		0.00		0.00
3	Victory		130.00		0.00		130.00
3	Victory Women's		370.00		0.00		0.00
1	Wake Up Call		200.00		0.00		0.00
2	WE BELIEVE		0.00		0.00		0.00
8	We Care	5.00	1,005.00		0.00		0.00
	WE HAVE RECOVERED		400.00		0.00		0.00
5	WE READ		15.00		0.00		0.00
	We Share		35.00		0.00		0.00
1	Westminster		0.00		0.00		0.00
6	WE (Women's Experience)		200.00		0.00		0.00
	Westfield		75.00		0.00		0.00
	West Middleburt		0.00		0.00		0.00
	WE SHARE		20.00		0.00		0.00
8	Williamsville		450.00		0.00		0.00
6	Willing To Grow		280.00		0.00		0.00
5	Wilson Group	20.00	155.00		0.00		0.00
	Winners Circle		0.00		0.00		0.00
8	Women Making the Effort		444.75		0.00		139.50
	Women's Meeting		50.00		0.00		0.00
	WOMAN OF AA RETREAT		250.00		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
1	Working		0.00		0.00		0.00
	YORKSHIRE SATURDAY NIGHT		0.00		0.00		0.00
Zone		DEC	YEAR	DEC	YEAR	DEC	YEAR
	Anonymous		224.04		0.00		0.00
	Anthony M.		3.03		0.00		0.00
	Anthony R.	150.00	610.00		0.00		0.00
	Barbara C.	10.00	50.00		0.00		0.00
	Bernadette M.		40.00		0.00		0.00
	Betsy E.		19.78		0.00		0.00
	Brian S.		200.00		0.00		0.00
	Cindy M.		200.00		0.00		0.00
	David K.		50.00		0.00		0.00
	Donna H.	10.00	120.00		0.00		0.00
	James S.		150.00		0.00		0.00
	Joanne F.	1000.00	1,000.00		0.00		0.00
	Jennifer L.		10.00		0.00		0.00
	Joe D.		500.00		0.00		0.00
	Kathleen M.		40.00		0.00		0.00
	Kevin N.		100.00		0.00		0.00
	Kristen F.		10.00		0.00		0.00
	Lee M.	50.00	100.00		0.00		0.00
	Lib M.	5.00	60.00		0.00		0.00
	Linda R.	1000.00	1,000.00		0.00		0.00
	Lisa S.		500.00		0.00		0.00
	Maureen M.		190.00		0.00		0.00
	Michael D.		70.00		0.00		0.00
	Mike H.		91.50		0.00		0.00
	Patti S.		32.00		0.00		0.00
	Peter R.		5.00		0.00		0.00
	Rebecca D.		130.00		0.00		0.00
	Robert G.	31.00	372.00		0.00		0.00
	Rose V.		350.00		0.00		0.00
	Susan V.	60.28	742.28		0.00		0.00
	TOTALS	6,964.57	70,791.41	50.00	252.00	135.33	3,456.75

## 7th tradition self-support contribution

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. self-supporting. Do what you can-and if you can, DOIT.

## IN MEMORIAM Things We Can Not Change

To all of our members who have lost family and loved ones  
Alexander "Sasha" H.; 12 years~ Central Park Group  
Our thoughts and prayers are with you





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