

The 3 BT's for May

CHAPTER 4 - WE AGNOSTICS

- 1) What is the main object of this book?
- 2) What turned us off from God?
- 3) Why does everyone accept, for example, that theories about electricity?
- 4) Why were American newspapers afraid to print the account of the right brothers' Kittyhawk Flight?
- 5) Could we say the universe just happened by accident?
- 6) Where is God?
- 7) Do we all have a sudden spiritual experience?

**Answers to be found on
announcement page**

WE WELCOME YOU....

The following are the Themes for the coming issues of newsletter.

June: Unity
July: Freedom
August: Humor
September: Simplicity
October: Trust
November: Secrets
December: Forgiveness

We hope that this will spur you to think about writing an article or some other demonstration of your thoughts on these Topics.

THIS MONTH : THEME : EXPECTATIONS

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PATIENCE

by C.C., North Hollywood, Calif.
Grapevine - June 1980

In AA action is a magic word. But, does that mean we have no reason to be patient?

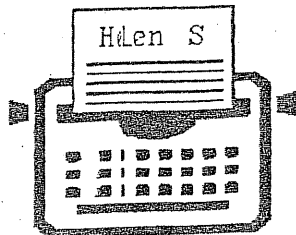
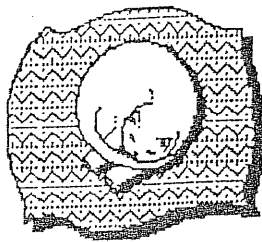
Life for us in recovery sometimes must ebb if it is to flow fully. AA tells us that no matter how much we want, we must be content with what we receive. This balance helps us to escape the compulsive thinking that leads to drinking.

If ever any segment of society needed restraint on excessiveness, it is alcoholics - even in recovery.

We may come into AA scoffing at patience, sure that the search is the only way to find emotional growth. Yet, quite early in recovery, we are impressed by slogans that tell us, "Easy Does It", and advise us to "Turn It Over" and "Let Go And Let God".

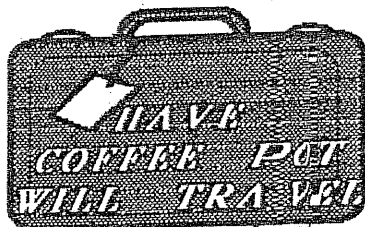
How right others were when they told me that principles of AA come to us slowly. "That way," I heard, "they sink in deeper and better." At first, I didn't like discovering that there are no fast elevators in the AA program - only the Twelve Steps that I must climb surely, safely, and slowly to avoid slipping.

(Continued Pg 7)

Helen's Corner ...

As children our expectations are created for us by other people. They come in various forms from how we are to behave to the promises made to us.

I remember, as a very young girl, sitting on a stool, at the feet of my grandmother, she told me that one that one day; just the two of us, would travel first to Salt Lake where we would swim in a lake that you couldn't drown in because the salt would make you float and secondly, we would go to Disneyland in California. My excitement and delight filled many of my daydreams as I anticipated an adventure that we would share. I really believed that some day we would go. I dreamed and waited and believed.

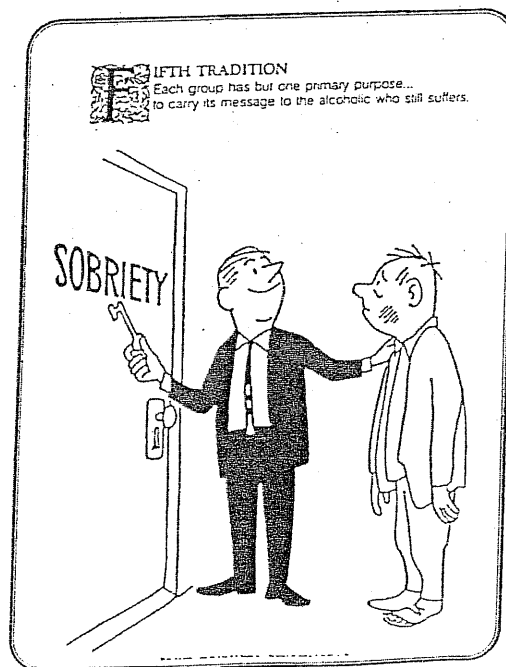


DO YOU KNOW SOMEONE WHO IS EITHER ILL IN THE HOSPITAL OR HOUSERIDEN FOR SOME REASON, I WOULD LIKE TO START A MOBILE MEETING WITH THE ASSIST OF OTHERS TO TAKE A MEETING TO THESE PEOPLE. I ALSO WOULD LIKE IF YOU ARE INTERESTED THAT YOU JOIN ME. IF YOU HAVE INTEREST OR KNOW SOMEONE WE CAN SERVE THIS WAY CALL ME AND HOPEFULLY WE CAN GET SOMETHING STARTED
CALL LARRY B. - 668 8215
LEAVE MESSAGE

When my grandmother died I was nine and I remember feeling cheated and lied to about going to Salt Lake and Disneyland. In all honesty I don't think I've ever gotten over the disappointment. I never did go to Salt Lake or Disneyland.

Nowadays, I view expectations differently. AA has promised me a new freedom and happiness; no regrets over the past; an understanding of serenity and peace; self respect; a feeling of usefulness and purpose; a change in my attitude and outlook upon life; freedom from fear and economic insecurity; knowledge of how to handle situations; and most importantly a faith and a reliance upon a God of my understanding. AA tells me I can have all of this and more if and only if I work for them. "They will always materialize if we work for them!" Pg 84, BB. The only one responsible is me. The work I need to do is to use the steps on a daily basis; not only attend but pay attention at meetings; accept my reliance upon God; seek progress not perfection in myself and others; and keep on keeping on.

Yours in the Spirit of AA,
 Helen S.



Patience opened textbooks on gratitude, humility, and openmindedness for me. In learning to cope with life without alcohol, I found that the great-teacher was time.

Patience vanishes when we make the mistake of believing that we don't have the time to wait for solid answers.

Patience signifies the beginning of something new and rewarding. It nourishes a desire to change. So simply do we make a true start toward spiritual growth. The start would be false if we demanded instant action without well thought out plans. Patient people are not just standing and suffering; they are preparing for constructive action.

Patience basically is coupled with acceptance. It tells us that we cannot pull strings and make things happen when and as we want them to. It is easy to grow complacent if we believe that acceptance, in itself is enough to form a basis for sobriety. Patience, because it breeds constructiveness, will raise acceptance to the level of coping.

Through patience, I was able to find Higher Power. Not until I became aware that God's delay is not necessarily God's denial of prayer, was I willing to let a power greater than myself determine how and when I was to receive the things truly needed, rather than the things for which I howled.

One thing is sure for many of us recovering alcoholics: If ever we want to have a perfect example of patience in operation, we need only remember our families when we were drinking.

Patient people are not just standing and suffering; they are preparing for constructive action.

Patience vanishes when we make the mistake of believing that we don't have the time to wait for solid answers.

MIB
by Kim A.C.

I'm the adult.
I'm a little bit scared.
I'm a little bit disabled.
I'm hearing impaired.
I'm also a disfunction.
I'm a recovering drunk.
A grown up child
Not some street gang punk.
I come here to live
One day at a time
Come here to stay sober;
Doesn't cost me a dime.
I come here to listen
and sometimes talk.
I come here to learn
and practice the walk
I come here with faith
and receive His grace.
I'm honest and true,
and talk straight to your face.
I'm the person
That's so open and kind.
I'm this here woman,
I'm just beginning to find.
I'm beginning to find her
Open and free.
Starting to feel
I'm really me.
I'm starting to believe
That I understand myself
I'm not some book
Still stuck on the shelf.
I'm just a person.
God's child to be.
I am the real
The one thats starting to see!!

G.S.O.'s New Address

**475 Riverside Drive
New York, NY 10115
Telephone (212) 870-3400**

Mail address will continue to be:
Box 459, Grand Central Station,
New York, NY 10163

AA CENTRAL OFFICE

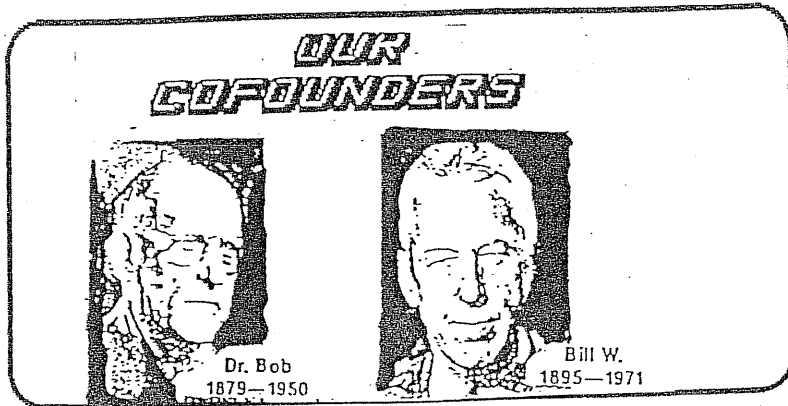
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Buffalo, New York 14203

(716)853-0388

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CENTRAL COMMITTEE

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Recording Secretary - James W.
Financial Secretary - Larry B.



Central Committee meets on the first Sunday of every month at 7:00 PM at the COMMUNITY HEALTH CENTER, 80 Goodrich Street (behind Buffalo General Hospital).
OPEN TO ALL AA MEMBERS.

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Correctional Facilities - Toni H.
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New Frontiers - Larry B.
Editorial - Helen S.
Envelope System - Burr E.

AA MEMBERS are encouraged to share the fellowship by volunteering for any of these committees. Call the Central Office at 853-0388.

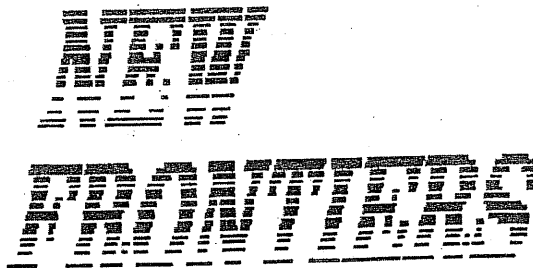
REMEMBER: WE ARE RESPONSIBLE.

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4 - Southtowns:	John B.
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6 - Southern Tier:	Mike B.
7 - Northeast Buffalo:	Kevin C.
8 - Eastern Tier:	Bill M.

WESTERN NEW YORK GENERAL SERVICE meets Sundays of February, March, May, June, August, September, October and November. For place of meeting refer to meeting schedule.

EVERYONE IS WELCOME TO ATTEND THE GSA MEETINGS.



The NEW FRONTIERS is your AA newsletter. Our purpose is to present personal stories and subjects directly related to the recovery from alcoholism. For inclusion in the next issue, material must reach the Central Office by **May 15th** for inclusion in the June issue. Your artwork, poems, articles etc. are also welcome.
NEXT MONTH'S THEME : "Unity"

The NEW FRONTIERS will be mailed to you monthly for a yearly cost of \$7.00. To subscribe EITHER 1) call the Central Office at 853-0388 OR 2) fill out this form (please print). Make checks or money orders payable in American funds to Alcoholics Anonymous and send to the Central Office.:

c/o NEW FRONTIERS
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