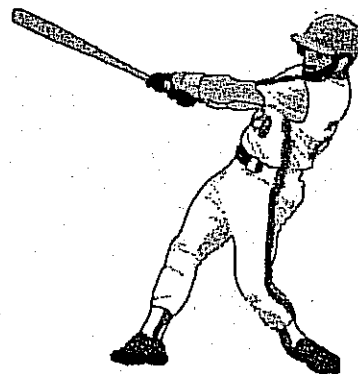
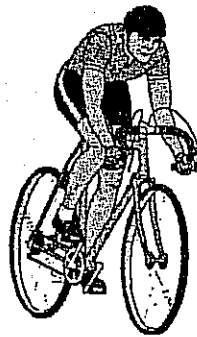
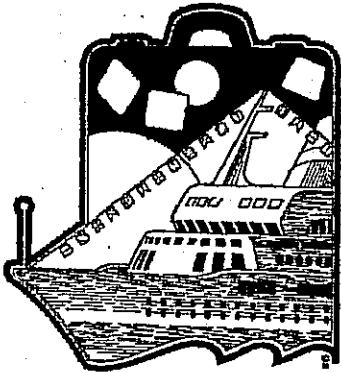


NEW FRONTIERS

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

*Roll out those lazy, hazy,
crazy days of summer!*



...but don't forget your meetings !!!.



SINKING DOWN THE POUR

I had twelve bottles of whiskey in the house, and my wife told me to empty the contents of each bottle in the sink, or else; so I proceeded with the unpleasant task. I withdrew the cork from the first bottle and poured the contents down the sink, with the exception of one glass, which I drank. I withdrew the cork from the second bottle and did likewise, with the exception of one glass, which I drank. I withdrew the cork from the third bottle, and poured the whiskey down the sink, with the exception of one glass, which I drank.



I pulled the cork from the fourth sink and poured the bottle down the glass, which I drank. I pulled the bottle from the cork of the next and drank the sink out of it, and threw the rest down the glass. I took the sink out of the glass, bottled the drink, and drank the pour. When I had everything emptied, I steadied the house with one hand, and with the other four hands, I counted the bottles, corks, glasses, and sink, and as the house came by, I counted them. I finally had all the houses in one bottle, which I drank.

I'm not half so thick as you might think, but I fool so foolish that the drunker I stand here the longer I get.

L.M.

Reprinted from the November 1963 Grapevine

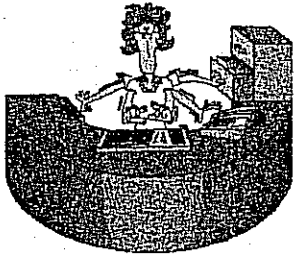
Only one in ten alcoholics dies sober. Beat the odds!

FIFTH TRADITION CHECKLIST

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me?"
2. Am I willing to explain firmly to newcomers the limitations of AA help, even if they get mad at me for not giving them material aid?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelve-step the next newcomer without regard to who he or she is or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose? Does my group carry the message, or do we expect people to come and get it?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

The New Frontiers is published monthly by the Central Office of Western New York. We are self-supporting by your subscriptions and Central Office donations. The New Frontiers presents the experience and opinions of members of Alcoholics Anonymous on the disease of Alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS and other A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Art and articles reprinted with permission of A.A. Grapevine, Inc. are subject to the GRAPEVINE copyright.)

John H., We Care, Editor Dave W., Giving, Assistant Editor Cindy N., Sunrise Court, Staff Reporter



"EXPERIENCE, STRENGTH AND HOPE....."

by
CINDY N., SUNRISE COURT
Staff Reporter

I recently attended the North East Regional Forum, sponsored by the General Service Office, held in Tarrytown, N.Y. It was truly, a marvelous experience. There were workshops and presentations, and everyone was afforded the opportunity to share their experience, strength and hope. It was a forum for asking questions, and sharing concerns. I learned that everyone's voice is heard.

To make a case in point -- Harold G. of Annapolis, Md. related this wonderful example: In the early 1990's after the Berlin Wall came down, GSO was busy translating our Big Book into Eastern Bloc languages. At the NERF in 1992, GSO reported on their progress in this area. When the report was finished, a voice was heard! A gentleman by the name of Abongo asked GSO when they were going to start translating into African languages, such as Swahili? Well folks, this started the wheels in motion. Eighteen months later, on Abongo's

eight anniversary, Harold presented him the first edition of our Big Book, translated into Swahili.

I get the shivers every time I tell that story, and believe me it was a pistol trying to type it. The point is--yes! your voice is heard, **But**, the trick is, you have to attend your Home Group business meetings, your Central Committee meetings, and your GSA meetings, in order that your voice may be heard, instead of sitting in the background grumbling. I have always felt that if you do not like the way things are done, put yourself in a position to make the change. Use your voice in AA, make it happen!

Thanks for listening. Oh, by the way, the New York State Informational Workshop is being held at Ithaca College this year, August 1-3, Chautauqua, August 22-24, or HMB Convention, October 17-19 in Utica, N.Y.



WILL POWER AND CHOICE

We AA's know the futility of trying to break the drinking obsession by will power alone. However, we do know that it takes willingness to adopt A.A.'s Twelve Steps as a way of life that can restore us to sanity.

"No matter how grievous the alcohol obsession, we happily find that other vital choices can still be made. For example, we can choose to admit that we are personally powerless over alcohol; that dependence upon a 'Higher Power' is a necessity, even if this be simple dependence upon an AA group. Then we can choose to try for a life of honesty and humility, of selfless service to our fellows and to 'God as we understand Him'.

As we continue to make these choices and so move toward these high aspirations, our sanity returns and the compulsion to drink vanishes."

Letter, As Bill Sees It, p.88

CHOOSE HAPPINESS
From Fairfield, Ohio

Not too long ago, I had one of those down in the dumps days. I knew I should read the Big Book, go to a meeting, and call my sponsor. And, lo and behold, that's what I did.



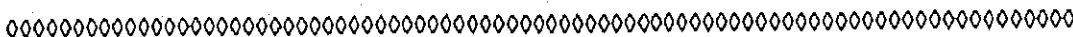
By the day's end, the gloom was lifting, and I was reminded that I have a choice (most of the time) as to how I want to make my days. Lately, I have been making a special effort to choose

happiness when I get out of bed. I work on this throughout the day.

Someone reminded me that Bill W. suffered from severe bouts of depression. Bill suggested working with another alcoholic as a way out. I have made an effort to do this more often, and the bouts of depression have definitely lessened.

This all works if I work it.

Joy B.



THE TWO DRINKS



On the pantry shelf I saw the bottle of clear liquor. At the time, I was six or seven and knew I had no business touching it. Curious and tempted, I sampled it. The sensation, the feeling I received from that mouthful of liquor would stay with me. I remembered how quickly the

warmth rose from my stomach up to my head. I felt a bit dizzy and unsteady, but at the same time somehow good! Sometime later, I visited the pantry again.

Many years later, I came to in a stuffed chair, unable to think clearly. I was very weak and shaky, unable to move from my slumped position. Somehow, I reached the phone, and after much dialling and fumbling, I managed to get my kid brother on the phone. I was desperate. I begged him. My whole being cried out for the only thing that would help. Disgustedly, and half-heartedly, he said he would try to find me some whiskey, though it was early in the morning and most of the world was asleep.

Hours later, my brother Jimmy stood in the open doorway with the familiar shape of a fifth in his hand. It was only about one-third full.

Relieved, but disappointed, I said, "Jimmy, is that all you could find?" That amount of whiskey, I knew, wouldn't last long. It was only a temporary solution. For the time being, everything would be well. He found an unbroken water glass and emptied the liquor into it. He told me to put my head back in the chair. I obediently responded, then he poured the whiskey down my throat. That was to be my last drink.

Later, I came to again. But this time my feelings were somehow different. I had the curious feeling that the fight was over. I truly was defeated. I couldn't go on.

That day, Oct. 17, 1975, I was hospitalized once again, but I felt different this time. I was strangely obedient and cooperative. There, I was introduced to A.A. For the first time in my life, I willingly followed directions, and sincerely asked for help.

Since then, my life had undergone vast, and improved changes. God, who I came to know has blessed me with health, sanity, sobriety, self-respect, and many real friends. Although I feel that these 'gifts' are undeserved, I will be eternally grateful to a loving God who graced me with them. Once I was deemed 'hopeless,' but that has changed. Life for me is now meaningful, hopeful and often joyous.

Jerry J.



DON'T KNOW WHAT TO DO WITH THOSE OLD GRAPEVINES, THE EXTRA COPIES OF THE BIG BOOK, 12 & 12, OR ANY OTHER CONFERENCE APPROVED LITERATURE? WE WILL GLADLY TAKE THEM OFF YOUR HANDS. THE CORRECTIONS COMMITTEE IS ON THE MOVE FOR LITERATURE TO TAKE INTO THE CORRECTIONAL FACILITIES. THANK YOU FOR YOUR CONTRIBUTIONS.
CORRECTIONAL FACILITY COMMITTEE.

LIVING WITHOUT ALCOHOL

There are at least three reasons why people who drink heavily, often don't realize how tired they are. The reasons are three characteristics of alcohol: 1) It is full of calories, which give instant energy; 2) It numbs the central nervous system, so that one cannot fully feel body discomfort; 3) After its anesthetic effect wears off, it produces agitation that feels like a nervous energy.

After we stop drinking, the agitating effect may persist for a while, leading to jumpiness and insomnia. We may suddenly become aware of our fatigue and feel worn-out and lethargic. These two conditions may alternate. Either is a normal reaction that thousands of us have had at the beginning of our sobriety, in degrees, depending on our previous drinking history and general state of health. Both taper off sooner or later and need not cause any alarm.

It is very important to get plenty of rest when we stop drinking, because the notion of



having a drink seems to arrive with greater severity when we are tired. Many of us have wondered why we suddenly feel like taking a drink, for no

apparent reason. When we examine the situation, usually we find that we are feeling exhausted and hadn't realized it. Chances are, we have used up too much energy and have not had enough rest. Generally, a snack of some kind or a little nap can change our feelings completely, and the thought of a drink vanishes. Even if we can't fall asleep, just a few minutes lying down, or relaxing in a chair or a tub, takes the edge off the fatigue.

It's even better, of course, to get our lives on a healthy schedule which permits a sufficient regular rest period every 24 hours.

Gordon L. Edmorton, AB
from "The Bracer"
Nevada Intergroup



"SOUGHT THROUGH PRAYER AND MEDITATION..." RELAX !!!!

Trying to relax the mind whenever a person begins to practice meditation is usually a very

frustrating experience. When we let down the barriers and resistance in our minds, ideas flow freely. This is a great sensation and when we cannot get it immediately, it is easy to get frustrated. (imagine that!)

Try not to let your mind stray from the area you are concentrating on. As you concentrate, you may feel an itch in your right arm. You remember the last time you got poison ivy and itched all over. You wonder if this is poison ivy; if it is, will you get it all over; will you have to take off from work; if you do, how will you pay for that vacation you want to take. Then you wonder if you make enough money on your job, should you get another

**When we let down the barriers
and resistance in our minds,
ideas can flow freely.**

job? Are you smart enough to get another job; did you buy bread for dinner; do you need a haircut; etc. There you are, rambling in outer

space, which will never help make you peaceful, relaxed and centered.

When you find that you forgot that you are meditating, do not get angry at yourself, but bring yourself back to a state of relaxation. (At first, I could only meditate for about twenty seconds before I forgot that I was meditating to begin with!)

After each meditation session I was pleased that my ability to keep my mind clear increased each time. I still worry about everything in my life while I am meditating, but it gets easier to focus every day!

Doug M.
Phoenix, Arizona

CONVENTIONS....

WHY DO I HAVE TO PAY?

Most associations like to hold conventions. But in AA, a convention is an important opportunity to share the AA experience in a broad way.

There are many AA conventions held around the world, and one of the most common misconceptions of these gatherings is that they are AA meetings, and since 'there are no dues or fees for AA membership....' there should be no fees to attend. Conventions are special events, not regular meetings. They require months of planning, preparation and money to present. Since most events are held in hotels, there is a charge for the use of the facilities. Along with facility charge, the hotel will

require that the group purchase coffee and food from the hotel. Other expenses include travel and lodging for convention speakers, printing of flyers and schedules, postage and supplies. A large event requires a substantial amount of money.

The convention is self-supporting. The cost of the event is paid for through the registration fees. The ideal for any committee of such an event is to break even; the registration cost is nominal compared to a weekends worth of entertainment anywhere else. Attendance is voluntary and as responsible AA members, we 'pay our own way.'

WANT TO GET INVOLVED WITH THE 56th BUFFALO AA FALL CONVENTION NOVEMBER 21, 22, 23, 1997?

Here are a couple of Committees that need help....

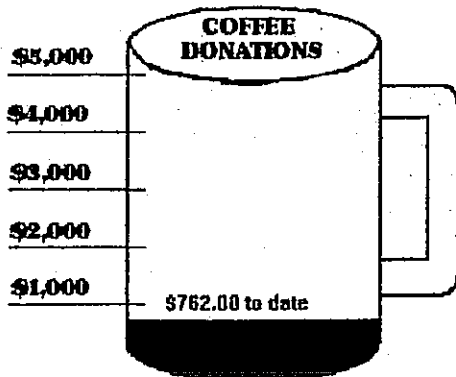
Hospitality Committee...Mona W.Hospitality Chair..882-3253

Greeter Committee.....Joe F.....Greeter Chair...649-7066

MEETING THE CHALLENGE

The Challenge is to fill the cup to the top. We need \$5,000.00 to insure a "bottomless" cup of coffee at this year's convention. As you can see, we are still quite short of the total. Please consider a group or individual donation.

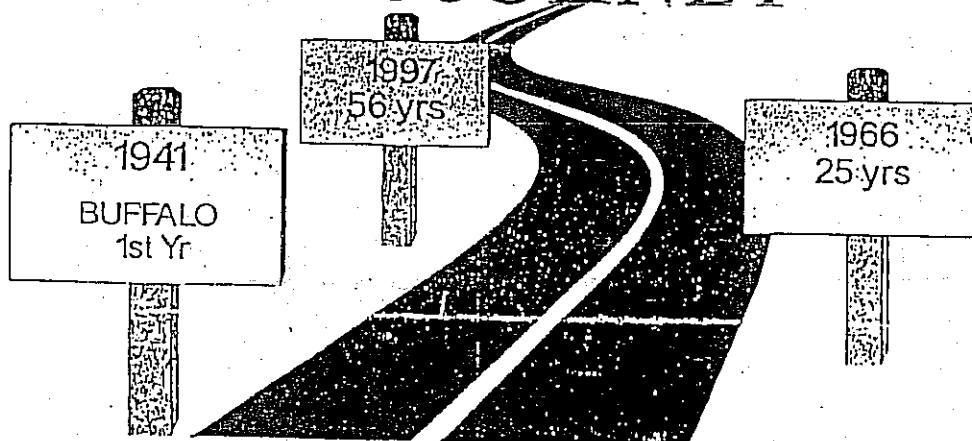
Thanks to the following groups and/or individuals for their generous donations:



A Friend
AA Friend Bob K.
Amherst/Snyder
Anonymous
C & D & L
Cheektowaga (1st donation)
Cheektowaga (2nd donation)
Cindy N. & Griff N.
Cold Spring
Gardenville Group
Harmony
H.A.N.D
Inspiration Group

Joanne M. F.
Joanne & Kenneth C.
Lakeshore Group
Marilla Group
Rainbow (1st donation)
Rainbow (2nd donation)
Ray of Hope Group
Richard S.
Robert H. W.
Spirit of Hope
Sunday Morning
Thruway Group
We Care

ALCOHOLICS ANONYMOUS "THE JOURNEY"



"JOIN US ON THE HIGH ROAD TO A NEW FREEDOM"

Speakers Will Include:

Liz B., Hollis, NY

Corky B., 7 Clan Group

Reggie A., Bellevue, NE

Burns B., Louisville, KY

Paulie G., Rochester, NY

Central Committee of the Niagara Frontier
PRESENTS

The 56th Buffalo AA Fall Convention

Friday, Saturday & Sunday

November 21, 22 & 23, 1997

Al-Anon - Panels - Fellowship - Dances - Alateen

Buffalo Marriott Hotel
1340 Millersport Hwy.
Amherst, NY 14226

For Hotel Reservations call the Buffalo Marriott Hotel
Phone 1-800-334-4040 (716) 689-6900
Cut-Off Date for Reservations is 10/31/97

Registration Hospitality Rooms Open Friday..... 2:00 PM
Early Bird Speaker 4:00 PM

Admission to Dances Included with Registration

	AA / Al-Anon	Alateen
Registration	\$12.00	\$5.00
Registration Banquet	\$38.00	\$30.00

For more detailed information please write to:
56th Buffalo Fall Convention
PO Box 522
Amherst, NY 14226-0522.

Or Call: Registration Chairman
John H. (716) 668-0848

Registration & Banquet (U.S. FUNDS)

Name: _____ AA/AL-Anon = \$38.00 x _____ = _____
Address: _____ Alateen = \$30.00 x _____ = _____
Phone: () _____ Guest = \$38.00 x _____ = _____
() Banquet Table of Ten (10) _____ TOTAL = _____
() Special Diet _____
() YES...I would like to volunteer.

Registration only (U.S. FUNDS)

AA/AL-Anon = \$12.00 x _____ = _____
Alateen = \$ 5.00 x _____ = _____
TOTAL = _____

Dances will be \$6 per event for all unregistered guests on Friday and Saturday

For Registration make checks payable to:
56th Buffalo Fall Convention
PO Box 522
Amherst, NY 14226-0522

For Contributions to Coffee Fund make checks payable to
56th Buffalo Fall Convention
PO Box 1364
Buffalo, NY 14215

Please include a self-addressed, stamped envelope for return of your tickets.

AUGUST ANNIVERSARIES

AMHERST/SNYDER

David M. 6 mos.
 Mark W. 9 mos.
 Carol K. 9 mos.
 Rachel N. 9 mos.
 Brad C. 9 mos.
 Mike Z. 9 mos.
 Ralph M. 1 yr.
 Ed M. 2 yrs.
 Mike E. 5 yrs.
 Paul J. 5 yrs.
 Mickey G. 7 yrs.
 Peter S. 8 yrs.
 Lisa N. 9 yrs.
 Julie J. 11 yrs.
 John L. 14 yrs.
 Tom C. 15 yrs.
 Bernie A. 17 yrs.
 Elliot L. 37 yrs.
 Frank L. 49 yrs.

ANY LENGTHS

Stan B. 9 mos.

COLD SPRING

Michael S. 3 mos.
 Richard M. 9 mos.
 Kenneth M. 9 mos.
 Edith H. 4 yrs.
 Barbara H. 4 yrs.
 Winston M. 5 yrs.
 Dorothy M. 5 yrs.
 Carmen J. 7 yrs.
 Barbara B. 11 yrs.

DISCOVERY

A.J. 3 yrs.

EYEOPENER

Debbie S. 3 mos.
 Connie S. 3 mos.
 Joanne C. 3 mos.
 Bill L. 6 mos.
 Ken L. 6 mos.
 Dave U. 6 mos.
 Tim G. 6 mos.
 Jackie H. 9 mos.
 David W. 9 mos.
 Mike A. 9 mos.
 Stanley M. 9 mos.
 Doug B. 1 yr.
 Stephen G. 1 yr.
 Lauren P. 1 yr.
 Eric S. 1 yr.
 Mike G. 1 yr.
 Archie A. 1 yr.
 Rachael E. 2 yrs.
 Ken S. 2 yrs.
 Dennis D. 2 yrs.
 Pete S. 2 yrs.
 Gregg C. 2 yrs.
 Dave T. 2 yrs.
 Judee F. 2 yrs.
 Marshall F. 3 yrs.
 Debbie K. 3 yrs.
 Tom S. 3 yrs.
 Brendan D. 3 yrs.
 John M. 3 yrs.
 Steve A. 3 yrs.
 Brian B. 4 yrs.
 Dennis M. 4 yrs.

EYEOPENER (CONT.)

Eric T. 5 yrs.
 Scot S. 5 yrs.
 Randy M. 6 yrs.
 John O. 8 yrs.
 Ellen H. 9 yrs.
 Paul B. 10 yrs.
 Raymond L. 12 yrs.
 Joe G. 13 yrs.
 John L. 14 yrs.

EVERYBODY'S

George S. 13 yrs.
 Al C. 13 yrs.

FIRESIDE

Sue M. 3 mos.
 Lil B. 1 yr.
 Patty W. 1 yr.
 Gregg C. 2 yrs.
 Judy M. 2 yrs.
 Dan V. 2 yrs.
 Gary W. 4 yrs.
 Susan S. 7 yrs.
 Ed M. 9 yrs.
 Paul H. 10 yrs.

GIVING

Mike M. 6 mos.

IRONHORSE

James K. 3 mos.
 Brian McC. 3 mos.
 Dawn F. 6 mos.
 Grace A. 6 mos.
 Jeffrey K. 6 mos.
 Brian McC. 9 mos.
 Katie R. 9 mos.
 John F. 1 yr.
 Gilbert H. 1 yr.
 Dana G. 3 yrs.
 Molly B. 3 yrs.
 Richard F. 3 yrs.
 Terrance J. 4 yrs.
 Rich T. 4 yrs.
 Frank M. 10 yrs.
 Katie K. 14 yrs.

MATT TALBOT

Mary L. 3 mos.
 Charlie V. 6 mos.
 James H. 6 mos.
 Cindy B. 2 yrs.
 Dan V. 2 yrs.
 Ron T. 3 yrs.
 Jack B. 4 yrs.
 Bernie D. 4 yrs.
 Darlene C. 5 yrs.
 Jerry P. 6 yrs.
 Robin S. 7 yrs.
 Rich S. 9 yrs.

MOD LIVING IN SOLUTION

Ron D. 6 mos.
 Mike B. 6 mos.
 Jon S. 6 mos.
 Bill H. 2 yrs.
 George B. 2 yrs.
 Kevin C. 7 yrs.
 Craig M. 12 yrs.
 Polly S. 20 yrs.

NORTH BUFFALO

Perry C. 3 mos.
 Carla B. 3 mos.
 Lisa Y. 6 yrs.
 Kathy T. 7 yrs.
 Chuck B. 8 yrs.
 John O'B. 8 yrs.
 Bernie R. 8 yrs.
 Martha H. 11 yrs.
 Kevin C. 14 yrs.
 Sidney R. 21 yrs.
 Barbara B. 24 yrs.

REFORMERS

(COLLINS CORRECTIONS)

Ray S. 9 mos.
 Stan R. 1 yr.
 Ron K. 1 yr.
 Joe L. 18 mos.
 Juan F. 4 yrs.

RISE & SHINE

Walter J. 3 mos.
 Beatrice F. 6 mos.
 Crystal S. 6 mos.
 Victor V. 1 yr.
 Teresa L. 1 yr.
 Robert S. 1 yr.
 Randy B. 1 yr.
 Marion S. 2 yrs.
 Derrick D. 2 yrs.
 Bennie P. 2 yrs.
 Tammie C. 2 yrs.
 Michael A. 3 yrs.
 Theresa B. 3 yrs.
 Kim K. 3 yrs.
 Barbara H. 4 yrs.
 Chris M. 6 yrs.

SHERIDAN

Joseph K. 6 mos.
 Hal M. 6 mos.
 Andrea R. 1 yr.
 Lynda W. 1 yr.
 Vinny B. 1 yr.
 Sidney R. 2 yrs.
 George B. 2 yrs.
 Anthony R. 2 yrs.
 Bob G. 3 yrs.
 Dave P. 3 yrs.
 Will M. 5 yrs.
 Tina L. 12 yrs.
 Debbie M. 18 yrs.
 Lucky W. 21 yrs.

SUN. MORN. BREAKFAST

Chantel R. 6 mos.
 Kevin D. 6 mos.
 Carmen E. 6 mos.
 Bill G. 6 mos.
 David P. 1 yr.
 Jim P. 1 yr.
 Bob R. 2 yrs.
 Brad B. 3 yrs.
 Jim K. 3 yrs.

THRUWAY

Nancy H. 6 mos.
 Gerry R. 9 mos.
 Mark W. 2 yrs.
 Bob K. 7 yrs.

THRUWAY (CONT)

Bryan D. 8 yrs.
 Peter S. 8 yrs.
 Lisa N. 9 yrs.
 Perry L. 10 yrs.
 Mary Jane M. 11 yrs.
 Dick S. 14 yrs.
 Lee R. 17 yrs.
 Edwin R. 18 yrs.
 Dave B. 19 yrs.
 Bernie S. 25 yrs.

WE CARE

Philip G. 2 yrs.
 Marci S. 11 yrs.

WOMEN'S WESTSIDE DISC.

Norma F. 6 mos.
 Dora 6 mos.
 Teresa 1 yr.
 Karen H. 1 yr.
 Anginell 1 yr.
 Mary A. 1 yr.
 Minnie D. 1 yr.
 Bernice D. 1 yr.
 Ellen F. 4 yrs.
 Jenny S. 5 yrs.
 Jodie O. 6 yrs.
 Belinda S. 8 yrs.
 Candy C. 10 yrs.

**SEPTEMBER 1997
 ANNIVERSARIES MUST BE
 IN THE CENTRAL OFFICE,
 IN WRITING,
 NO LATER THAN
 AUGUST 10, 1997**

PLEASE REMEMBER TO INCLUDE YOUR GROUP NAME ON ANNIVERSARIES SENT TO THE CENTRAL OFFICE. ALSO, PLEASE TYPE OR PRINT NEATLY. SOME ADMISSIONS HAVE BEEN RECEIVED WHICH ARE NOT CLEARLY LEGIBLE. YOUR COOPERATION IS GREATLY APPRECIATED.

**BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
295 MAIN STREET
ROOM 845 ELLICOTT SQUARE BUILDING
BUFFALO, NEW YORK 14203
853-0388**

AUGUST 1997

NEW MEETING:

THURSDAY - VARIETIES OF SPIRITUAL EXPERIENCES - 8:00 PM, Trinity Episcopal Church, 371 Delaware Avenue. This is an Open Discussion, Non-smoking meeting.

TUESDAY - SENECA-BABCOCK - 8:00PM - Open Discussion - Seneca United Methodist Church, 1218 Seneca Street corner of Imson Street. There will be a speaker on the last Tuesday of the month.

MEETING CHANGES:

SATURDAY - SOBRIETY ON SATURDAY NIGHT - This Lockport meeting has changed its time to 7:00pm.

FRIDAY - THE PRESENT II - is changing their meeting time to 7:00pm. It meets at St Martin in the Field, 2587 Baseline Road, Grand Island.

PLEASE NOTE

TREATMENT FACILITIES COMMITTEE - (TEC) meets on the third Friday of the month at St Simon's, 200 Cazenovia at 7:30pm.

PUBLIC INFORMATION COMMITTEE - (PIC) meets the first Thursday of the month at St Simon's, 200 Cazenovia at 7:30pm.

COMING EVENTS:

AUGUST 3 -SUNDAY - CENTRAL COMMITTEE - 80 GOODRICH - 7:00PM

AUGUST 17 - SUNDAY - TRI-COUNTY, PRIMARY PURPOSE, and ANYBODY'S groups invite you to their ANNUAL PICNIC at the Firemen's Park on Sand Hill Road (300 feet from McDonald's). Noon til dark - "A Day of Sober Fun in the Sun". Kids welcome. Please bring a dish to share - donations accepted. There will be an open discussion meeting at dusk.

AUGUST 22 - 24 - 44TH ANNUAL TRI-STATE ASSEMBLY at CHAUTAUQUA INSTITUTION, Route 394, Chautauqua, New York. Pre-registration - \$8 or \$10 at the gate. For additional information call 676-3530.

AUGUST 24 - SUNDAY - PASS IT ON's Second Picnic at Houghton Park, 1755 Clinton Street. Bring a dish if you wish. Fun for all!! Swimming!

AUGUST 24 - SUNDAY - KEEP ON COMIN' Group is having its' Annual Giant SUMMER PICNIC at Sheridan Park, Shelter #4, from 11am to dusk. Food - fun - games will be provided. Please bring a dish to share.

AUGUST 30-31, SEPTEMBER 1 - MOD/LIVING IN THE SOLUTION presents SPIRITUAL 12 STEP CAMPOUT "97" - Don Miller Park, 1601 Sweeney Road in North Tonawanda. Bring a dish to share. Adults: \$15.00 weekend/\$6.00 a day. Children 12-17: \$4.00 weekend/\$2.00 a day. Tickets are available at 340 Military Road after 5:00pm

SEPTEMBER 6 - SATURDAY - CENTRAL COMMITTEE DISTRICT #9 will be holding its' SECOND ANNUAL DAY OF SHARING at the L K Painter Center in Collins, New York. There will be speakers, panels and different Committees. No registration fee. Lunch may be purchased for \$3.75. Come share with us. Donations to the Day of Sharing can be sent to: PO Box 37, Perry, New York, 14129. Doors will open at 8:00AM.

SEPTEMBER 7 - SUNDAY - CENTRAL COMMITTEE - 80 GOODRICH - 7:00PM

SEPTEMBER 13 - SATURDAY - NY-PENN INTERGROUP presents its' ANNUAL SERVICE WORKSHOP at the Weston Mills Fire Hall, Rt. 417 in Weston Mill, New York. Starts at 9:00am. Pre-registration is \$2.50, at the door \$3.00

SEPTEMBER 30 - TUESDAY - H.A.N.D. Group's 15th ANNIVERSARY will be celebrated with a guest speaker, Patsy N, from Sunrise Court. Cake and coffee will be served. Bring a dish to share if you please. This is a 10am meeting at the Cleveland Hill Lutheran Church, 261 Cleveland Drive

OCTOBER 4 - SATURDAY - OPEN MIND Group is celebrating its' 20th Anniversary with a Dinner and Dance at the Unitarian Church Hall, 695 Elmwood Avenue. Dinner at 6:30pm, Speaker at 8:00pm, Dancing at 9:30pm. Tickets are \$7 Dance only - \$4. For advance sale - call 497-0822

THE 56TH BUFFALO FALL CONVENTION NOVEMBER 21, 22, & 23 1997

Buffalo Marriott Hotel, 1340 Millersport Hwy

8TH MONTH - 8TH STEP "MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL."

8TH MONTH - 8TH TRADITION "ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS."

YOURS IN THE SPIRIT OF A.A.
DELPHINE
EXECUTIVE SECRETARY

SUPPORT THE ENVELOPE SYSTEM

AS AN INDIVIDUAL MEMBER, SUPPORT YOUR CENTRAL OFFICE BY DONATING TO IT DIRECTLY THROUGH THE ENVELOPE SYSTEM IF YOU DO NOT KNOW HOW IT WORKS CALL THE OFFICE AT 853-0388

John H, Co-Chairperson opened the meeting at 7:05PM with a moment of silence followed with the Serenity Prayer. Cindy N from Sunrise Court read the Preamble. Delphine read the Purpose of the Central Committee and the Traditions were read by Bob K from Abbott Men's, *Southgate*.

Motion to dispense with the reading of the minutes was made by Jim B of Ridge seconded by Ralph K, Sunrise Court.

27 GROUPS ATTENDED - DISTRICT #1 - Gay Lesbian Sober & Proud, Sunrise Court, The Journey DISTRICT #2 - North Buffalo, University. DISTRICT#3 - Abbott Men's, Cheektowaga, Rainbow, Ridge, Southgate, Sunday Morning Bkft, Try Again, Urban, Victory, We Care DISTRICTS#4, Lake Shore #5,#6 - DISTRICT#7 - Cold Springs, Lovejoy, Powerless, Spirit of Hope - DISTRICT #8 - Amherst-Snyder, Common Problem, Fireside, H.A.N.D., Saratoga, Stepping Stones, Williamsville - DISTRICT #9 - Everybody's & DISTRICT #10

COMMITTEE REPORTS:

ENVELOPE SYSTEM - Cindy N of Sunrise Court

	<u>1997</u>	<u>1997</u>		<u>1997</u>	<u>1996</u>
January	920.00	692.00	April	799.00	374.00
February	670.00	652.00	May	976.00	588.00
March	335.00	825.00	June	521.00	477.60
April	799.00	374.00	July	463.00	503.00
			Year to date	\$4,643.00	\$4111.60

TEERING COMMITTEE - Pat M, Rainbow

Meeting opened at 6:30PM by Dick L with the Serenity Prayer. Present were John H, Central Committee Co-Chairperson, Rick S, District#8, Kevin C, treasurer, Dick L, District #9, Pat M, District #3, Joe F, District #4 & Delphine, Executive Secretary. Guests - Mark S, Lakeshore, Bradley C, The Journey

Discussion on the "Prudent Reserve". Kevin C made a motion to suggest that the "Prudent Reserve" be set as \$25,000 for a four month period. Second by John H. Motion was passed to be presented to Central Committee.

Open meeting Schedules: John H motioned that we charge \$.10 for the open schedules. Second by Dick L. Passed.

A meeting is scheduled to meet with the Intergroup Chairperson of Niagar and NY -Penn. We will try to contact the Genesee-Wyoming Intergroup, also.

The meeting was closed at 6:50pm with the Lord's Prayer.

FINANCIAL REPORT - Kevin C of North Buffalo - read attached

TREATMENT FACILITIES COMMITTEE - Bob K, Southgate

I was unable to attend our business meeting this month, but it was held and I did receive the information that we are in much need of schedules for the people in these facilities. At the Informational Workshop we talked about having a "Beginner's Packet" for people. I am going to approach the Treatment Committee in regards to this idea and see if they would like to try it.

We have just started a meeting at the Lockport Memorial Hospital. It is closed for patients only because it is a locked up ward.

We need Central Committee Reps to go back to your groups and get people involved in carrying the message to these facilities. We need people to take one meeting a month for one hour only! A small price to pay for something that was freely given to us.

SCREENERS - Jim K, Powerless - New lists will be submitted for printing.

CORRECTIONAL FACILITIES COMMITTEE - Jim B - Ridge Grp

Meeting was held on August 3rd at 5:50pm. Present were Jim B, chairman, Cindy N, GSA Chairperson, and Charles L.

Ron E, who has worked very long, very hard and very unselfishly on this committee has painfully decided that he no longer can fulfill his commitment as Chairman and has asked Jim B to rotate from Co-chair to Chair until elections in December. Ron will stay with the committee but his participation will be greatly decreased. Ron has served as an inspiration to us all. An article will be submitted to the "New Frontiers" announcing Ron's rotating out.

Buffalo Work Release: Working out well. Getting speakers.

Erie County Correctional Facility for Women: Kathy W has agreed to sponsor the meeting on Saturday morning.

Gowanda: Wednesday good rotation. This group is now listed with GSO as the "Beginner, Day at a Time" Group

Brocton: No contact in July.

Wende: Needs a sponsor for Friday's speaker meeting.

The Committee has been asked to participate in a Day of Learning to be held at the L K Painter Center in Collins on September 6th.

Informational Workshop: Report to be read at the appropriate time.

Our immediate difficulties stem from lack of AA members willing to bring our message to inmate.

CENTRAL OFFICE - Delphine H.

JULY '97

AA Information	341	12 Step	1
PIC	1	Literature requests	28
CPC		Referred to other agency	19
Al Anon	16	Referred from other agency	2
Ala Teen	5	<i>CENTRAL OFFICE</i>	
ACOA	5	Outgoing Calls	91
<i>ANSWERING SERVICE</i>		Mailing cost	\$200.32 (490 pieces)
Incoming Calls 431 outgoing 78		Visitors	71

NEW FRONTIER - John H, We Care

As usual, the Staff of the "New Frontiers" needs articles. We know you're out there. How about sharing your experience strength and hope with us?

56TH FALL CONVENTION - Charles L - Hospitality

The flyers for the Convention are out.

We are still looking for coffee money.

COURTESY REPORTS -

GENERAL SERVICE ASSEMBLY - Bernie A.

There was no meeting in July.

COOPERATION WITH THE PROFESSIONAL COMMUNITY (CPC) - Elvester McR

Next meeting will be August 9th at 9am at 425 Maryvale Drive.

They will have a table at the Erie County Fair. There are slots that still need
ing.

ARCHIVES COMMITTEE - John McC - minutes from 7/12/97 meeting

Old Business: June 14 - Day of Learning, Little Valley. John McC gave a short history of AA in Western New York. More than 60 in attendance.

June 15 - Father's Day - Sunrise Court. Bill C gave the history

June 27 - TGIF - 25th Anniversary - John McC gave history

Computer scanner tabled.

New Business: State Convention, Albany NY, July 18-19-20

August 17 - 7 Clan - Day of Sharing - awaiting conformation from the groups.

September 6 - Day of Sharing - L K Painter Center, Rt 39, Collins

September 26/28 - Second Archives Committee Convention in Akron, Ohio.

To be brought up at the next GSA meeting,

November 21/23rd - Buffalo Fall Convention

11:45 - 3:30pm work on Archives Displays. Next meeting is September 13 at the Maryvale Presbyterian Church, 425 Maryvale Drive at 9am.

RECAP - FINANCIAL REPORT - Question: "What are the bank charges for?"

Delphine explained that there is an a service charge of \$12.50 for each of the 4 checking accounts. Then there are added costs per cashed check, deposit, etc.

CORRECTIONAL FACILITIES COMMITTEE - Question: "Why aren't names that were submitted being used?" Ans by Jim B

GREENERS - Question: "What is meant by telephone guidelines?" Jim K clarified.

OLD BUSINESS: none

NEW BUSINESS:

ANNOUNCEMENTS - Cindy N, stated that there would be a "Correction Connection in Auburn, New York on September 25th.

NY STATE INFORMATIONAL WORKSHOP - report was given and submitted by Jim B of the Correctional Committee. (It is available to be read at the Central Office).

PRUDENT RESERVE - Kevin C, Financial Chairperson, reported that Steering Committee recommends that the Prudent Reserve be set at \$25,000 for operating costs for a period of four months. Leon S, University, made a motion to accept the suggested amount, second by Rick S, Amherst Snyder. Vote taken - one opposed,

Suggestion by Bob K, Abbott Men's, to change the minutes to "no one in Attendance" instead of "no report given" Motion passed.

Leon S, University, suggested we investigate the cost and implementing of sending cards to meetings that do not attend Central Committee. Second by Mark W. This issue was tabled.

Meeting adjourned, by a motion made by Kevin C, with the Lord's Prayer.

Yours in AA,

Cindy H, Central Committee Secretary

pg 1		Correctional Facilities		Treatment Facilities		
GROUP	AUGUST '97	Accum.	AUGUST '97	Accum.	AUGUST '97	Accum.
12 Step - Holiday Village						
12 Step - Medina						
3rd Step						
4th Step Stumblers						
6th Step						
AA Lunchtime						
A Day At A Time						
A Vision for You						
Abbott Mens Discussi	20.00	90.00	20.00	90.00	20.00	90.00
Acceptance/Welcome	100.00	801.00	10.00	20.00	10.00	20.00
Achievement		100.00				
Action		100.00				
Age Doesn't Matter		200.00				
Albion		12.00				
Alexander						
Amherst Snyder	138.00	669.00				
Armsdell Lakeshore		25.00				
Any Age		500.00				
Any Length		240.00		15.00		15.00
Anybody's Group						
Arcade						
As Bill Sees It		20.00				
Attitude Adjustment						
Attraction	70.00	170.00				
Awakening						
Beginner's Table						
Beginning In Sobriety I						
Beginning in Sobriety II						
Beginnings-Women's		75.00				
Better Days (Bilingual)						
Bidwell						
Bidwell Monday Disc		75.00		25.00		25.00
Big Book - Lockport						
Big Book Workshop						
Blasdell						
Blasdell Monday Nite						
Boulevard Women's	100.00	175.00				
Brass		200.00				
Broadway-Balley		15.00				
Brocton Discussion		75.00				
But for the Grace of G	50.00	125.00				
Came To Believe						

pg 2			Correctional Facilities		Treatment Facilities	
GROUP	AUGUST '97	Accum.	AUGUST '97	Accum.	AUGUST '97	Accum.
Cassadaga						
Castling	50.00	100.00				
Cathedral Park	10.00	115.30				
Caz Manor				25.00		25.00
Cazenovia		155.00				
Central Park						
Chapter IX				40.00		40.00
Cheektowaga	150.00	350.00		110.00		
Chevy #1		200.00				
Clarence Men's Disc II						
Clarence Men's Discsion		400.00				
Cold Springs	25.00	175.00		12.00		
Common Problem		50.00				
Community Center						
Cornplanters Again						
Courage	100.00	250.00		10.00		10.00
Crossroads		40.00				
Decision, Choices, Changes						
Delaware Discussion						
Derby		130.00				
Design For Living						
Desire						
DeVeaux Discussion						
Discovery		48.00				
Downtown Men's Disc	50.00	50.00				
Dunkirk		45.00				
Early Bird						
Easter Softer Way						
East Amherst						
East Aurora		55.00				
Easy Does It		80.00		5.00		5.00
Eden-North Collins	100.00	100.00				
Ellicott		90.00				
Ellicottville						
Emergency						
Eternal Vigilance		300.00				
Everybody's	20.00	120.00				
Express		122.00				
Eye Opener	289.20	358.45	25.00	25.00	25.00	25.00
F.U.N.						
Faith						
Faith In Action						
Father Baker	40.00	432.00	10.00	158.00	10.00	158.00
Feelings						

pg 3			Correctional Facilities		Treatment Facilities	
GROUP	AUGUST '97	Accum.	AUGUST '97	Accum.	AUGUST '97	Accum.
Fireside	20.04	1113.99	50.00	100.00	25.00	175.00
Fireside P.M.						
First Things First	50.00	225.00				
Fredonia Discussion						
Freedom	50.00	225.00				
Fresh Start						
Friendly		25.00				
Friendship						
Frontier		100.00				
Gardenville		50.00				
Gay, Lesbian, Sober & Proud		30.00				
Getting Better		30.00				
Giving		70.00				
Go to Any Length		170.00				
Golden Slipper		100.00				
Good Life		31.00				
Grand	15.00	75.00				
Grand II Joy Of Living		175.00				
Grateful						
Guiding Light						
H.A.N.D.		400.00				
H.O.W.						
Half & Half		50.00				
Hamburg						
Hamburg Literature Study Group						
Handicappers Sat. Nite						
Happy Hour						
Harmony		30.00		10.00		10.00
Helping Hand		40.00				
High Noon						
High View		40.00				15.00
Higher Powered						
Hill Billy		120.00		15.00		15.00
Hold On						
Holiday Village		800.00				
Holland						
Honest Desire						
Honesty	30.00	240.00	10.00	70.00		
Hope - Big Book Study						
Horizon Sunset						
How It Works	120.00	308.00				
Humbly Willing						
In the Solution						
Inner City						

pg 4			Correctional Facilities		Treatment Facilities	
GROUP	AUGUST '97	Accum.	AUGUST '97	Accum.	AUGUST '97	Accum.
Inspiration		50.00				
Intoxicated on Life						
Iron Horse	99.00	639.50	10.00	64.00	10.00	64.00
1st Step						
IT		25.00				
It's About Time						
Just for Today		50.00				
Keep It Simple, Sister	50.00	110.00				
Keep on Comin'						
Kenmore		375.00		75.00		75.00
Kensington		75.00				
Lake Shore	20.00	85.00	30.00	500.00	20.00	55.00
Lake View						
Let Go & Let God		20.00				
Leuname Women's AA						
Lew-port 5						
Liberty Women's	100.00	300.00				
Life Today...						
Lighten Up		360.00				
Live and Let Live	50.00	50.00				
Living Sober	20.00	60.00				
Lock City						
Lockport #1						
Lockport Discussion						
Lockport Ladies		100.00				
Lockview		180.00				
Lovejoy		200.00				
Lower River						
Main Street						
Marilla		125.00				
Matt Talbot		275.00				
Mc Kinley Winners		100.00				
Medina New Life						
Mercy						
Mid-day						
Midnight						
Miracle						
MOD/Living in the Solution		1015.00		20.00		20.00
Morning After						
New Awakening						
New Beginnings		25.00				
New Frontier		120.00				
New Frontier Womens						
New Life						

pg 5		Correctional Facilities		Treatment Facilities		
GROUP	AUGUST '97	Accum.	AUGUST '97	Accum.	AUGUST '97	Accum.
New Life - New Beginning		50.00				
New Westside		50.00		33.00		
Niagara Frontier Men's		60.00				
North Buffalo		1100.00		200.00		200.00
North Java		40.00				
One Day at a Time (C)	75.00	375.00	25.00	50.00	25.00	100.00
Open Arms						
Open Mind				10.00		
Opportunity						
Orchard Park Step		100.00				
Pass It On						
Patchin		100.00				
Pathway to Peace						
Pendleton-Chapter V						
Perry						
Pioneer						
Positively Living III						
Powerless				20.00		
Primary Purpose						
Progress	10.00	20.00				
Purpose		100.00				
Rainbow		60.00		25.00		25.00
Ray of Hope		80.00				
Remember When						
Renaissance/Post Livil		1500.00				
Renewal		150.00		10.00		10.00
Ridge	100.00	445.00		55.00		30.00
Ripley's "Believe It Or Not"						
Rise & Shine		90.00				
Rochester Meeting						
Rur-al is Plural		60.00				
Sally						
Salvation Army						
Saratoga		288.00				
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity		45.00				
Second Chance						
Seneca 12 & 12						
Serenity						

pg 6	Correctional Facilities		Treatment Facilities			
GROUP	AUGUST '97	Accum	AUGUST '97	Accum.	AUGUST '97	Accum.
Serenity Circle		25.00				
Serenity Trail						
Sheridan		80.00				
Silver Creek Friends	50.00	50.00				
Sober Trail						
Sober Winners						
Sobriety Men's Disc		35.00				
Sobriety on the Lake		20.00				
South Buffalo	30.00	240.00	30.00	240.00	30.00	240.00
South Town	20.00	40.00				
South Town Women's		55.00		10.00		10.00
Southgate		70.00		10.00		10.00
Southwestern	100.00	180.00	20.00	20.00	20.00	20.00
Spirit of H.O.P.E.						
Spiritual Progress-women's		200.00				
Springville						
Springville Saturday Afternoon		60.00				
Springville Wed Noon						
St. Barnabas		100.00		50.00		50.00
St. Mark's		180.00				
Starting Over		70.00		40.00		40.00
Step						
Stepping Stones		84.00				
Stepping Stones-Tri C	80.00	320.00				
Suburban						
Sunday Morning Bkft.		300.00		100.00		50.00
Sunday Niters						
Sunday Third						
Sunrise Court	50.00	251.25				
SUNY-Amherst Campus						
Surrender & Hope		45.00				
Survivors		50.00				
T'n'T	200.00	288.00	50.00	50.00		
T.P.H.						
TGIF						
Thankful	55.00	190.00				
The Book Meeting		43.00				
The Journey						
The Present		25.00				
There's A Solution						
Thruway		1050.00		80.00		80.00
Thursday Afternoon C	50.00	350.00				
Today						
Today's Woman						
Tonawanda						

pg 7			Correctional Facilities		Treatment Facilities	
GROUP	AUGUST '97	Accum.	AUGUST '97	Accum.	AUGUST '97	Accum.
Trail's End		25.00				
Tri-County	10.00	105.00				
Tri-Step Beginners		100.00				
Try Again		50.00		12.50		12.50
Tuesday Men's Disc		60.00				
Tuesday Women's Disc.		50.00				
Turning Point		25.00				
Twin Cities		150.00				
Twin Cities II		135.00				
Unity		160.00				
University		840.00				70.00
Urban		60.00				
V.I.P.		90.00				
Valley		85.00				
Varysburg		20.00				
Veterans						
Victory		70.00		30.00		30.00
Vision of Hope (women's)						
Wake Up Call		54.00				
We Admitted						
We Are Not Saints						
We Care	30.00	240.00	10.00	80.00	20.00	160.00
We Choose Life						
Wehrle	10.00	40.00				
Welcome						
Welcome Home						
Westfield						
Westminster						
WHY		40.00				
Williamsville	100.00	700.00				
Willing To Grow		450.00				
Wilson		25.00				
Wilson Smith University Alumni		50.00				
Women's Westside Disc.		100.00				
Working						
You'll Never Walk Alone						
Youngstown		20.00				
44 Grps contri	2906.24	29088.49	300.00	2514.50	215.00	1979.50
		-2906.24		-300.00		-215.00
Total as of 7/25/97		26182.25		2214.50		1764.50

CENTRAL COMMITTEE		*504-771-7	7/25/97-8/25/97		
RECEIPTS					
44 Groups contributed				2906.24	
Joint Meeting	expenses			41.20	
New Frontiers subscriptions				94.00	
Envelope System				598.00	
Literature				2100.96	
Miscellaneous -	Anonymous			100.00	
				Total Receipts	5840.40
*10 Ellcott Court Corporation	rent			598.00	
Community Mental Health Center	rent			35.00	
Gould & Swanson PC	Tax preparers			885.00	
Robert K	Informational Workshop			110.00	
Jim B	Informational Workshop			110.00	
Vermont Pure Spring Inc				20.95	
The Talking Phone Book	Listing			153.00	
David F Williamson Inc	UPS chgs			6.29	
Office Max	office supplies			173.67	
M & T Bank	Fed WithholdTax			627.28	
Secrephone/Mediphone	Ans Serv			168.23	
Images Office Equipment Inc	Maintainance Contract			1675.00	
US Postal Service	Meter refill			300.00	
NYNEX				170.00	
Salary				1837.24	
cash				50.00	
Bank Charges				64.91	
	Disbursements			6984.57	
Balance pr checkbook 7/25/97				6128.16	
Add Receipts 7/25/97-8/25/97				5840.40	
				11968.56	
Deduct expenses 7/25/97-8/25/97				-6984.57	
Balance per checkbook 8/25/97				4983.99	
Operating debit for 8/25/97	(-1144.17)				
MONEY MARKET	4761.34			11086.39	savings
CERT OF DEPOSIT	6325.05			4983.99	checking
	11086.39			16070.38	

At the August Central Committee meeting a figure of \$25,000 was adopted by the Representatives present as our desired Prudent Reserve. This would be a three month amount for operating the Central Office. At this time, August 25, 1997, we are (-\$8,929.62) short of our goal.

RE-CAP		7/25/97-8/25/97			
CORRECTIONAL FACILITIES ACCOUNT *484-185-4					
EXPENSES		CHECK#			
Central Office		1164	114.00		
Cash for Grapevines			20.00		
			134.00		
Balance pr checkbook	7/25/97			316.30	
Add Receipts	7/25/97-8/25/97			300.00	
				616.30	
Deduct expenses	7/25/97-8/25/97			-134.00	
Balance per checkbook	8/25/97			482.30	
Operating credit for	8/25/97	166.00			
TREATMENT FACILITIES ACCOUNT *602-089-5					
EXPENSES		CHECK#			
Central Office	phamplets / TFC	359	168.00		
Balance per checkbook	7/25/97			271.88	
Add receipts	7/25/97- 8/25/97			215.00	
				486.88	
Deduct expenses	7/25/97-8/25/97			-168.00	
Balance per checkbook	8/25/97			318.88	
Operating debit for	8/25/97	(-47.00)			