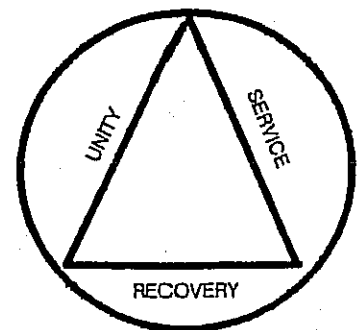
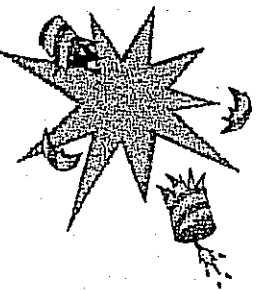
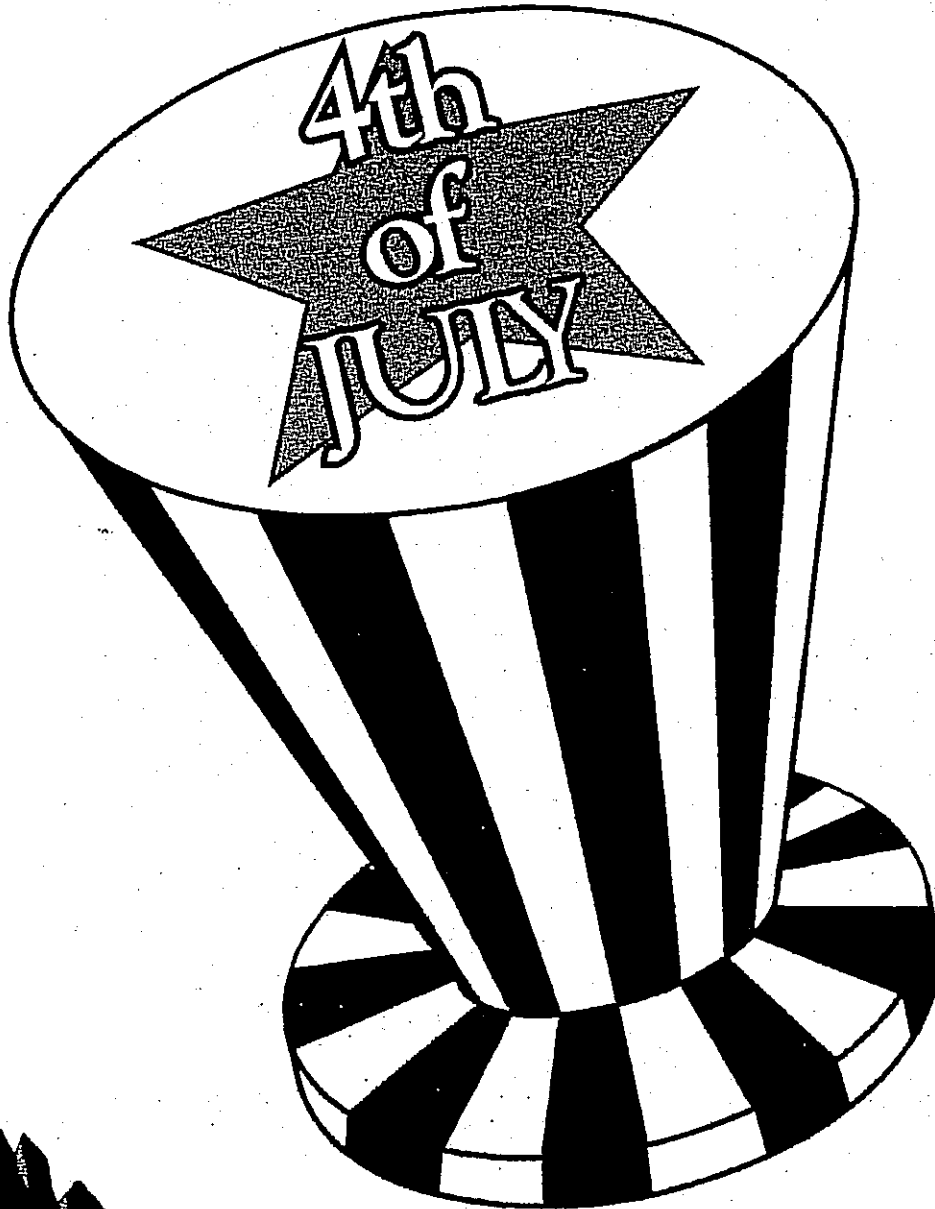


NEW FRONTIERS

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



Dear Friends;

My name is Tim and I'm an alcoholic. I am 32 years old.

I have been here at Collins Correctional Facility since September 1996. I have been attending 'In house' AA meetings since February 1997.

We have 4 meetings a week. Big Book, 12& 12, Open discussion and literature meetings. At these meetings I have never seen "friends" from the outside! We need you! If you can't come in person--write to us, we will be here. We need to hear from people who are staying sober, outside these walls. We need books and pamphlets,

Grapevines, any AA material that will help us stay sober!

Our meetings are Sunday, Tuesday, and Thursday nights from 6:00 pm to 8:00pm and Saturday mornings from 8:00 am to 10:00 am.

The Correctional Facilities Committee meets the 1st Sunday of every month at 5:30 pm at 80 Goodrich St., Buffalo, N.Y. Please get involved!!

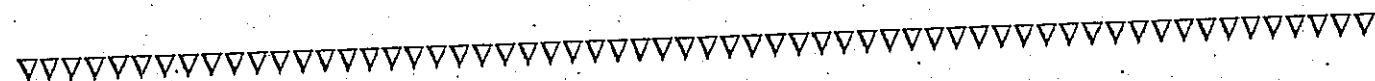
In closing, I would like to say once again, we need your help! I will be leaving here July 1, 1997, but my "friends" need some new " friends." Will you help us?

Tim W.
New Reformers Group
Collins, N.Y.

Contact: Robin C. 94B0970, Collins C.F. #1, P.O. Box 340, Collins, N.Y. 14034-0340 CHAIRMAN.

RESPONSIBILITY DECLARATION

I am responsible. When anyone, anywhere, reaches out for help,
I want the hand of AA always to be there. And for that;
I am responsible.



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

PROMISES IN REVERSE

- ◆ If we are lackadaisical about this phase of our relapse, we will be cynical before we are halfway through.
- ◆ We are going to an old bondage and a deeper humiliation.
- ◆ We will regret the past, and deny any responsibility for it.
- ◆ We will comprehend the word frustration and we will know turmoil.
- ◆ No matter how far down the ladder we have gone, we will think our experience is much worse than anyone else's.
- ◆ That feeling of uselessness and self-pity will haunt us again.
- ◆ We will lose interest in helpful things and gain interest only in ourselves.
- ◆ Abstinence will slip away and self-seeking will stick like glue.
- ◆ Our whole attitude on life will remain self-centered.
- ◆ Fear of people and economic insecurity will settle in.
- ◆ We won't intuitively know anything, and we'll be baffled in every situation.
- ◆ We will slowly realize that we have no Higher Power, and when we need help, we'll never ask anybody.
- ◆ Are these extravagant promises? We think not. They are being fulfilled among us- sometimes quickly, sometimes slowly. They will always materialize if we don't work the program.

America On-line: JAVA509
Submitted by Dave W.
Giving Group



??

Reading the New Frontier? Where did you get your copy? Your Home Group? Why not? Do you have a Central Committee Representative? Why not? If your Home Group does have a Central Committee Representative and he/she is not going to Central Committee Meetings. Why not? Does your Home Group have a General Service Representative? Why not? Does he/she go to the General Service Assembly? Does he/she report back to your Home Group with information on what's happening in your area? Why not? How is your Group contributing to the common good of AA? Does your Home Group contribute to the Central Office? Why not? What District do you belong to? Don't know? Why not? Does your District have a District Committee Member? Who is it? Don't know? Why not? Do you have any answers to any of these questions? Why not?

Cindy N.
Sunrise Court

Rx.....DENIAL

My name is Nelson and I'm an alcoholic. I am also afflicted with clinical depression, for which I take medication on a daily basis. I would like to share the following experience with you. I pray that I might help another AA who has to take medication for their mental or physical well being, whatever their affliction might be.



As far back as I can remember, I have had trouble dealing with emotions, and working through depression. However, it was not until I became an adult, that I would understand what was happening in my mind. By this time I was a full blown alcoholic. Because of my denial of both of my afflictions, I would go on and suffer undercover. This went on for almost 30 years.

After numerous attempts to stop drinking, (through Rehabs) I found it difficult to recover. After 5 years of sobriety, I still had my depression lows. This depression lead me back to the insanity of drinking.

Approximately 2 years ago, while in Rehab, I sincerely reached out for help with both my addictions. At that time I was prescribed and started taking anti-depressants. To my astonishment they relieved my depression, which helped me focus on AA's 12 Step Program.

For the first time in my life I was able to communicate and reach out to God and other people, for me this was a revelation!

Of course, being an alcoholic, I had to complicate this simple solution to my problems. I

was still in denial of my chemical imbalance (which causes depression). I decided to talk to my doctor concerning the length of time I would need this treatment. He suggested that I should begin to wean myself off of this medication, and to contact him if I had any difficulty. After about a month and a half off the medication, I fell into a deep depression! I did not or could not see it coming. I became more and more isolated and withdrawn. After almost 2 years sober, I got drunk!!

I thank God every day for my sponsor, who was with my family at home after an overnight binge. Seeing and talking to him helped me understand what had happened to me. I immediately called my doctor and he renewed my prescription for anti-depressants! I have not had a drink since!

Although I gave up 2 years sober, I gained a better understanding of my recovery needs. I can only contribute this to the grace and mercy of a loving God.

One door closed in my life and another door opened with a new vision of a sober life. So, with this new vision and the Fellowship of AA, I can live life on life's terms, one day at a time and go on to take my medication the same way. No more S.A.D. in my life!

Stress

Anxiety

Depression

Nelson Y.
Harmony Group



**PRACTICING ALCOHOLICS ARE THE ONLY PEOPLE WHO
GET TO CHOOSE THE DISEASE THEY WILL DIE FROM.**

SERVICE CORNER

Central Committee - Sub-Committee Meetings

Treatment Facilities Committee (TFC)

3rd Friday of the month--7:30 P.M.
St. Simons, 200 Cazenovia St.
Bob K. Southgate Chair 825-7343

Correctional Facilities Committee (CFC)

1st Sunday of the month--5:30 P.M.
preceding the Central Committee Meeting
80 Goodrich St.
Ron E. Common Problem, Chair

General Service Assembly Committees (GSA)

Public Information Committee (PIC)

1st Friday of the month 7:00 P.M.
St. Simons, 200 Cazenovia St.
Guy H. Chair 871-0664

Corrections Facilities Committee (CFC)

1st Sunday of the month 5:30 P.M.
.Preceding the Central Committee meeting
80 Goodrich St.
Cindy N. Chair 883--5079

Cooperation with the Professional Community (CPC)

2nd Saturday of the month 9:00 A.M.
Maryvale Presbyterian Church
425 Maryvale Drive, Cheektowaga, N.Y.
Dave B. Chair 873-7784

Treatment Facilities Committee (TFC)

3rd Friday of the month 7:30 P.M.
St. Simon Church, 200 Cazenovia St.
Mike B. Chair--492--2808

Anyone with at least one year of sobriety, and interested in being added to the list of speakers at Wende Correctional AA meetings....call Jim K. 891--9059

General Service Meeting

Sunday, August 10 Th., 1997 1:00 pm
Hamburg Town Hall
6100 South Park Ave.
Hamburg, N.Y.
Hosted by The Sunrise Court Group

Service gets us out of the center of the universe, which often gets to be a crowded place. It enables us to fulfill our real purpose, "to be of maximum service to God and the people about us." (Big Book, p.77)

It is this spirit of service that separates A.A. from other secular hierarchies. As Tradition Two concludes,



"Our leaders are but trusted servants; they do not govern." Service is an essential component of our recovery from alcoholism. Countless opportunities for spiritual growth exist for all at the group, intergroup, district, area, and world service levels, with a tradition of service as our guide.

TRADITION FIVE.....

"Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

I hope to shed a little light on Tradition Five, and help you to understand why this Tradition is the bedrock to AA's continued existence.

Tradition Five is our singleness of purpose. We cannot be everything to everybody. "SHOEMAKER, stick to thy last!better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our Society gathers in unity. The very life of our Fellowship requires the preservation of this principle." 12&12 p 150.

We in Alcoholics Anonymous cannot effectively administer to people with problems other than alcohol, and in doing so we are actually doing a disservice to individuals suffering from other addictions. But more importantly, in trying to serve the masses we are losing sight of the alcoholic who is still suffering and rapidly becoming more and more confused about the purpose of Alcoholics Anonymous. Alcoholics who are new, come to an AA meeting and

frequently hear more about other maladies than alcoholism.

Let us go back to basics and begin once again sharing our experience, strength, and hope with alcohol. Let us be of service to the suffering masses by sending them to where they can hear experience, strength, and hope about their respective maladies.

Alcoholics Anonymous is a program of recovery for alcoholics. Anything that hinders us from our primary purpose, which is to help the alcoholic who still suffers, erodes the very thing that has saved the lives of so many of us who were once dying from the disease of alcoholism.

Other addictions are irrelevant at AA meetings! We violate our singleness of purpose if we allow this to happen. The Traditions of AA, and our singleness of purpose are what they are! Not what we want them to be. To permeate AA meetings with talk of the "other drugs" is a gross abuse of the hospitality of the Fellowship of Alcoholics Anonymous.

John H.
We Care Group



Carrying the Message to Young People

How much have we changed in AA in our attitude towards the young alcoholics? Twenty years ago, we said to the young alcoholic, "I spilled more on my tie than you ever drank," or no time was spent talking to the young person because the advice was, "You haven't finished drinking yet." Some took that advice to go out, to drink, and to die.

My observation has been that young people are loving people, trying to get sober. Eventually we all die; aren't the young people in AA our hope for the future, carrying the banner of sobriety to still others yet to come? To tell someone, young or old to go out and

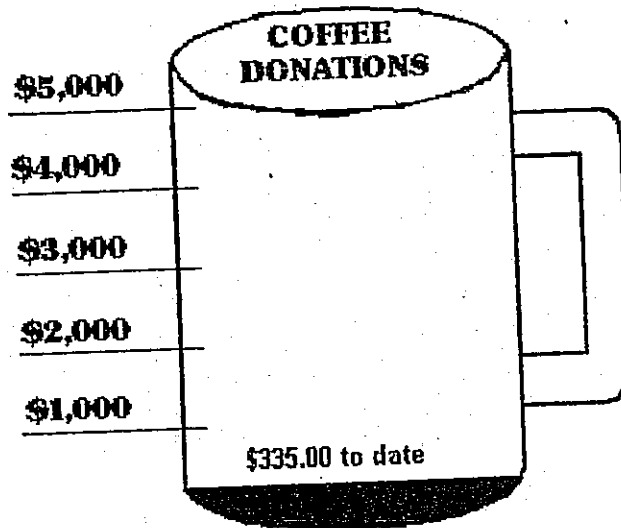
drink some more is akin to signing that persons' death warrant!

Surely less criticism and more love and understanding should be given to the young people in AA. Young people are a blessing to the fellowship, certainly not be feared. Take note of their young laughter and bubbling enthusiasm. Take a young person under your wing. Give back what was so freely given to you. Guide them, and give them love and understanding, not criticism.

A Grateful Old-Timer

THE 56TH BUFFALO AA FALL CONVENTION "THE JOURNEY"

PLEASE FILL THE CUP. . . We need \$5,000.00 to insure a bottomless cup of coffee at this years' Fall Convention. As you can see by the graphic below, our total as of this printing is only \$335.00. Has your group sent in their contribution? We will continue to print this information with monthly updates. Let's get together and fill the cup to the brim, with donations!



For contributions to the Coffee Fund, make checks payable to:
56th Buffalo Fall Convention
P.O. Box 1364
Buffalo, NY 14215



Late Breaking News

NEW STAFF REPORTER.....



The New Frontiers is proud and happy to announce the appointment of Cindy N. as staff reporter. Cindy brings with her 11 years of sobriety, and a positive approach to recovery in the

fellowship of Alcoholics Anonymous. A faithful member of the Sunrise Court Group, and Corrections Chairperson for GSA, her dedication to service has not gone unnoticed. Cindy will give us her views as an alcoholic and as a woman, reporting on various issues on the Niagara Frontier. Welcome aboard Cindy!!!!

New Frontiers

JULY ANNIVERSARIES

AMHERST/SNYDER

Doug C. 3 mos.
 Bill R. 3 mos.
 Eva R. 3 mos.
 Mary O. 6 mos.
 Chris P. 6 mos.
 Walter S. 9 mos.
 John McG. 9 mos.
 Carl H. 9 mos.
 Diane H. 1 yr.
 George P. 3 yrs.
 Dave Y. 3 yrs.
 Rick S. 3 yrs.
 Dave P. 3 yrs.
 Roxanne H. 7 yrs.
 Holly M. 8 yrs.
 Guy M. 10 yrs.
 Bill F. 10 yrs.
 Bob L. 12 yrs.
 Dave F. 14 yrs.
 Rich H. 16 yrs.
 Don H. 25 yrs.

ANY LENGTHS

Paul K. 6 mos.
 Jim B. 2 yrs.
 Alan C. 2 yrs.
 Tim S. 4 yrs.
 Ben H. 5 yrs.
 Diane Z. 6 yrs.
 Ralph D. 14 yrs.

COLD SPRING

Darnella J. 6 mos.
 Carla S. 6 mos.
 Evander H. 6 mos.
 Larry T. 9 mos.
 Jerome G. 9 mos.
 Jenette M. 2 yrs.
 Donald W. 5 yrs.
 Kevin S. 7 yrs.
 Larry S. 13 yrs.
 Dan E. 21 yrs.

DISCOVERY

Roxanne E. 7 yrs.

ELLCOTT

Bobby C. 9 yrs.
 Ron D. 10 yrs.
 Mary M. 20 yrs.

EYEOPENER

Hope H. 3 mos.
 Michael W. 3 mos.
 Sean G. 6 mos.
 Kathy R. 6 mos.
 Peter K. 6 mos.
 Michael R. 6 mos.
 Kevin D. 9 mos.
 Josh S. 9 mos.
 Karen A. 9 mos.

EYEOPENER (CONT.)

Chris G. 9 mos.
 Bill K. 9 mos.
 Ted B. 1 yr.
 Ed F. 1 yr.
 Mike S. 1 yr.
 Beth M. 1 yr.
 Allison S. 2 yrs.
 Michael B. 2 yrs.
 Tom P. 2 yrs.
 Joe V. 3 yrs.
 John E. 3 yrs.
 Bob P. 3 yrs.
 Thomas W. 5 yrs.
 Julie M. 7 yrs.
 Jim C. 7 yrs.
 Ken Z. 7 yrs.
 William W. 9 yrs.

FIRESIDE

Sal A. 3 mos.
 Kregg K. 6 mos.
 Scott M. 6 mos.
 Spero D. 1 yr.
 Corey S. 1 yr.
 Mary Ann H. 2 yrs.
 Don J. 2 yrs.
 Karen C. 3 yrs.
 Raymond P. 3 yrs.
 Dunbar S. 4 yrs.
 Mark P. 7 yrs.
 Ken M. 9 yrs.
 Roseanne P. 11 yrs.
 Lucille K. 12 yrs.
 Jack W. 17 yrs.
 Dorothy F. 18 yrs.

GIVING

Kevin S. 3 mos.

H.A.N.D.

Bill S. 9 mos.
 Dorothy F. 18 yrs.

LET GO & LET GOD

Mike A. 3 yrs.
 Pat S. 21 yrs.

MATT TALBOT

Dave B. 3 mos.
 Julian W. 9 mos.
 Joe S. 1 yr.
 Rich R. 1 yr.
 Jim M. 1 yr.
 Diane B. 1 yr.
 Mike H. 4 yrs.
 Taite A. 4 yrs.
 Linda S. 5 yrs.
 Ben H. 5 yrs.
 Gerry L. 7 yrs.
 Paul V. 8 yrs.
 Tom K. 8 yrs.

MATT TALBOT (CONT.)

Rick S. 9 yrs.
 Randy K. 9 yrs.
 Pat K. 11 yrs.
 Skip W. 11 yrs.
 Ed 12 yrs.
 Ralph D. 14 yrs.
 Gary B. 14 yrs.
 Gladys C. 15 yrs.

NORTH BUFFALO

Luther W. 6 mos.
 David C. 6 mos.
 Amy H. 6 mos.
 Lee J. 1 yr.
 Pat L. 1 yr.
 Jim F. 1 yr.
 Larry D. 1 yr.
 Varney G. 6 yrs.
 Fay W. 7 yrs.
 Karen R. 13 yrs.
 Joanne W. 16 yrs.
 Bob D. 17 yrs.

POWERLESS

Mike W. 3 yrs.
 Ron S. 10 yrs.

RISE & SHINE

Angel B. 3 mos.
 Ted J. 3 mos.
 Charles F. 3 mos.
 Paul F. 6 mos.
 Carrie S. 9 mos.
 Tonya E. 9 mos.
 Curtis R. 9 mos.
 Baham P. 9 mos.
 Ben W. 9 mos.
 Lonnie W. 1 yr.
 Faith B. 1 yr.
 Johnny W. 1 yr.
 Kevin F. 1 yr.
 Schandra S. 1 yr.
 Ray C. 2 yrs.
 Celestine 2 yrs.
 Jonathan A. 3 yrs.
 Marcus C. 4 yrs.
 Jack G. 4 yrs.
 Doug G. 4 yrs.
 Tony C. 6 yrs.
 Robert M. 6 yrs.
 Kim C. 10 yrs.

SHERIDAN

Teresa 1 yr.
 Pam 1 yr.
 Matt 2 yrs.
 Robert 2 yrs.

SUN. MORN. BREAKFAST

Joe B. 3 mos.
 Amy H. 6 mos.

SUN. MORN. BREAKFAST

Mark C. 6 mos.
 Michael G. 9 mos.
 Steve D. 1 yr.
 Donna E. 10 yrs.
 Hilda H. 15 yrs.

THRUWAY

Alan F. 3 mos.
 Stacy G. 6 mos.
 Carole A. 6 mos.
 Ruth K. 6 mos.
 Colleen D. 9 mos.
 Chris M. 1 yr.
 David D. 2 yrs.
 Lori D. 3 yrs.
 Joel S. 4 yrs.
 Tom K. 5 yrs.
 Fred Z. 7 yrs.
 Pat F. 10 yrs.
 Tod D. 10 yrs.
 Ed C. 10 yrs.
 Mary Ellen R. 10 yrs.
 John M. 10 yrs.
 Helen A. 11 yrs.
 Linda H. 11 yrs.
 Sandra W. 11 yrs.
 Carol G. 11 yrs.
 Ed P. 12 yrs.
 Kathy M. 12 yrs.
 Dennis F. 13 yrs.
 Izzy B. 14 yrs.
 Kevin P. 15 yrs.
 Mary G. 15 yrs.
 Charlie G. 16 yrs.
 Dorothy F. 18 yrs.
 Richard S. 24 yrs.

WE CARE

Neal O. 3 mos.
 Mary Ann J. 6 mos.
 Marty N. 1 yr.
 Tom S. 1 yr.
 Alan C. 2 yrs.
 Mary K. 7 yrs.
 John Mcl. 8 yrs.

WHY

John N. 6 mos.
 Dave H. 7 yrs.

WOMEN'S WESTSIDE DISC.

Tanya F. 3 yrs.
 Shondra P. 3 yrs.
 Daria P. 7 yrs.
 Mary Alice H. 8 yrs.

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

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

JULY 1997

NEW MEETING:

SATURDAY - BY HIS GRACE - 11:00AM - Open discussion - Non-smoking
Meets at the Refreshing Springs Tabernacle, 34 Elam Place in Buffalo.

WEDNESDAY - NORTH JAVA-MORNING AFTER - 11:30AM - This is an open
discussion meeting held at the St Nick's Convent in North Java on Route 98.

MEETING CHANGES:

SATURDAY NIGHT MIDNIGHT MEETING at 1526 Main Street will not be meeting
SATURDAY - GAY, LESBIAN, SOBER & PROUD - Meets at 10:30PM at St Paul's &
St. Mark's United Church of Christ, 185 Niagara Street,

SATURDAY - GOOD LIFE - 7:30PM which meets at First Presbyterian Church,
80 North Main Street in Oakfield is an open speaker meeting the last Saturday of
the month

PLEASE NOTE

GRAND - THURSDAY - This group meets at 10:00AM at the Presbyterian Church,
1822 Huth Road on Grand Island. They are updating their membership at present
and need support. There is available an Easy Pass which will cost you \$.13 to
cross the bridge. For information about this pass, ask at the toll booth.

HONEST DESIRE - THURSDAY - 8:00PM - This is a SMOKING MEETING, also
wheelchair accessible which meets at the Kolbe Center at 176 Clark Street (down
the street from the Broadway Market) It is to be noted that they serve hot
chocolate.

SOUTH TOWN WOMEN'S - TUESDAY - 7:15PM - This closed discussion meeting is
at the Southern Erie Clinic at 517 Sunset Drive in Hamburg. It is in need of
support.

COMING EVENTS

JULY 6 - SUNDAY - CENTRAL COMMITTEE - 80 GOODRICH - 7:00PM

JULY 12 - SATURDAY - GAY, LESBIAN, SOBER & PROUD Group is celebrating its'
6th Year Anniversary with a Dessert Night and a speaker. Desserts at 9 PM.
Speaker at 10PM. Everyone is welcome. This meeting is at St Paul & St Mark's
Church, 185 Niagara Street.

JULY 18,19 20 - STATE CONVENTION - HOWARD JOHNSON - ALBANY, NY

JULY 26 - SATURDAY - THRUWAY GROUP'S PICNIC Cheektowaga Town Park, Shelter
#7. Noon til the food runs out Games for the kids. Please bring a dish to share

JULY 25,26,27 - ANY AGE is sponsoring a LIVING SOBER WEEKEND Don Miller
Park. 1600 Sweeney Street in North Tonawanda (near the Robinson Street bridge)

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

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

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

THE 56TH BUFFALO FALL CONVENTION

NOVEMBER 21, 22, & 23 1997

Buffalo Marriott Hotel, 1340 Millersport Hwy

7TH MONTH - 7TH STEP "HUMBLY ASKED HIM TO REMOVE ALL OUR SHORTCOMINGS."

7TH MONTH - 7TH TRADITION "EVERY AA GROUP OUGHT TO BE FULLY SELF SUPPORTING,
DECLINING OUTSIDE CONTRIBUTIONS.."

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