

NEW FRONTIERS

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

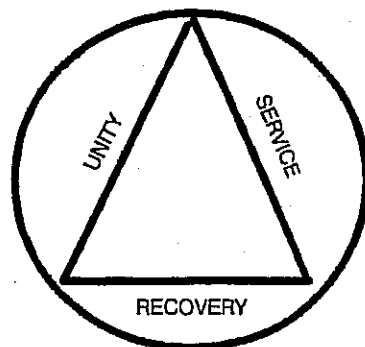
Gratitude

Random House Dictionary describes it as, 'deep thankfulness'

We can show our thankfulness for our precious Gift of Sobriety by carrying the message of Alcoholics Anonymous, to the still sick and suffering alcoholic. The best means of communication with the newcomer is the power of example. In helping the newcomer up the mountain of recovery, we get closer to the top as well.

Recipe For Recovery (no half measures, please):

- Start with a generous helping of acceptance.
 - Add abstinence and marinate.
- Add a power greater than yourself (any brand of your choosing will do).
 - Divide into Twelve Steps, and distribute evenly and thoroughly.
 - Knead the Steps thoroughly, making them easy to work.
 - Add a pinch of self esteem.(no ego please)
 - A heaping amount of gratitude.
 - Tolerance to taste.(patience may be used as a substitute).
 - Set timer for God's will.
 - Sit back and pray.
 - Service work (for serenity and a taste of the real world)
- (Note: do not close mind; closed minds will result in returning to acceptance.)
 - Any problems, call I-800-Sponsor. If line is busy, call GOD anytime.



TO THE 'NEW FRONTIERS':

This small note is written in the spirit of AA. I would ask your readers to consider writing cards and letters to a friend of AA. For many years he tried the best he could to carry the message to the newcomer, the relapse oriented, and the person who was just coming back.

He tried to make us believe he was a grizzly bear, but for those of us who really knew him he was just a teddy bear with a warm heart.

He needs your cards and letters now. This man knows what loneliness is all about now. Let us remember this man, who has touched so many lives.

Very soon this man will celebrate 28 years of sobriety. He has given me permission to use his full name. Let's remember him, AA'ers.

Yours in the spirit of AA,
George L., Thruway Group

MANOR CARE
ALZHEIMER EVALUATION DIVISION
JESSE A. SHIELDS
200 SECOND STREET
KINGSTON, PENNSYLVANIA 18704

GLADITUDE!

For years I felt a little out of step at meetings when the subject was gratitude. I didn't *feel* grateful - therefore I must not *be* grateful.

This began to change recently when a friend suggested I make a gratitude list of *little* things - like having warm blankets and a roof that doesn't leak. I found that making these lists after getting into bed at night helped me wind down and go to sleep. It felt good. It surely *was* nice that the bed was warm and the roof didn't leak. If I woke during the night, this same practice and the good feelings it brought would help me fall back to sleep.

But what about the big things? I still didn't feel grateful. Not in proportion to what God had given me. My lack of true gratitude not only made me feel awkward at meetings, but also awkward with God.

A little progress called out for more. I went to my sponsor and shared the wonderful tip my friend had given me. It was making me feel good.

But I still felt a little guilty for not responding properly to God's blessings. He said, "Is there anything you are glad about?" "Well, sure," I told him. "There is lots of stuff I'm glad about, but I'm not grateful. Or not grateful enough."

"Well, if you are glad about something," he said, "then put it on your list and stick with that for awhile. Worry about gratitude later."

Well, that's just what I'm doing. And it works! I'm glad about so much. I am so blessed by all God has made possible in my life. After sharing these insights at a meeting recently, and how glad I was to have them, my friend Ron nodded, then said, "Yes... gladitude!"

I like it, Ron. Gladitude! And I'm going to use it.

Bob H., Long Beach, Calif.
from the AA Grapevine, Dec., 1993

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

AN OLD-TIMER REMEMBERS.....



I started going to AA meetings in 1972, but I didn't get sober until 1974. During those two years, I spent most of my time banging my head against the wall. The first Sunday of each month I would try to stay sober, because, that day, had a special significance. It was the

day the Central Committee met at the Statler Hilton Hotel in downtown Buffalo. It was quite an event!

Each month a different group would sponsor the meeting. The meeting would start at 7:00 pm in a large room on the mezzanine. Central Committee Reps were seated on the left side of the room, visitors and guests on the right side.

Central Committee meetings were always exciting. The large number of reps that attended, were very business like, (with a keen sense of humor), and often interrupted by the gallery of guests and visitors. When someone had something to say, they said it! When they objected to a vote on a business issue, everyone knew it! After the business meeting, there was a 10-15 minute intermission, which became the social event of the week.

At 8:00 pm, the speaker meeting began. The sponsoring group was responsible for engaging the speaker, arranging the meeting with the hotel, purchasing the coffee etc. (I seem to recall the cost, being \$55.00 per session.) Group members opened and closed the meeting, read the Preamble, How It Works, provided a gift for the speaker, and had greeters at the top and bottom of the stairs and escalators. Their final duty was to pick up the real cups, saucers and spoons, clean ashtrays and dump the trash.

People came early, and stayed late --- another social event. It was a time when everyone dressed in their best, whatever their best was. Shoes were shined, hair was combed, everyone wanted to look their best! They took pride in their appearance. They wore their sobriety!

Tom B., Ed M. and myself used to call the Central Committee our home group, because it was the place to be, and it was the meeting we always attended. When I finally sobered up in 1974, I got involved in AA. My home group was the 'Miracle Group' and any time we sponsored the Central Committee meeting I was involved.

Thanks AA, for these beautiful memories.

Joe H.
Giving Group



Inscription from plaque on Dr. Bob's desk which, to him, best described.....

HUMILITY

"Perpetual quietness of the heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore, to wonder at nothing that is done to me, to feel nothing done against me.

It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

Submitted by Dave W.
Giving Group

"We could thus reinforce our faith in the future by these prudent works; we could show that we deserve to go on receiving that priceless gift of oneness which God in his wisdom has so freely given to us of Alcoholics Anonymous in the precious years of our infancy."

Bill W.

POWER OF EXAMPLE

I'm a long time member of Alcoholics Anonymous. What I love about AA is the amazing tolerance, compassion and acceptance as evidenced in our Fellowship. Recently, I noticed something I found to be disquieting, if not downright disturbing. I attended several meetings where experience, strength and hope were not being shared, instead they were replaced by lectures and interpretations of the Big Book by some self-appointed guru's in AA.

I have suffered from large doses of arrogance, and as a result, my sobriety and my very sanity were at risk. Nowhere in our literature does it say we are exhorted to become scholars and impart our information and knowledge to others. We are guided to share our experience, strength and hope, to keep us humble and able to serve by Power of Example.

There seems to be a one-upmanship at tables, implying that those of us who have not become scholars and don't know the Big Book have a somewhat inferior brand of sobriety. Remember, our founders were people who suffered from great struggles with the ego and the quality of grandiosity.

We are all sober by the grace of God, not because we can interpret the Big Book or have a certain amount of knowledge. Sobriety

is more mystical than knowledge. It is a combination of the practical, spiritual, emotional and the unknown. The way appears to be comprised of, all of us fumbling our way in an effort to stay sober, and become what God would have us be.



When I was a newcomer to AA, others listened to my ramblings and insanity. They taught me by Power of Example how to do the Steps and live a new life. What saved my life was my ability to identify with the suffering of those who shared their stories. I experienced joy at little triumphs, my own and others in

**"We are all sober by the grace of God,
not because we can interpret
the Big Book or have a
certain amount of knowledge."**

sobriety. The everyday ritual of meetings and the celebration of anniversaries carried me through the early days. Let us share the pain and the joy of those in any stage of recovery, and put our judgments aside.

Our sobriety is a sacred trust, and God chooses how we serve, often in ways that absolutely confound us. I will make a bigger effort to keep my sharing at meetings to be a true reflection of my experience, not of my knowledge. I will examine my own conscience in an effort to keep the idea of attraction, rather than promotion, the essence of the AA message.

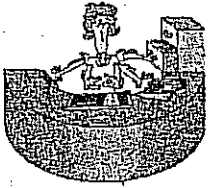
Charmaine D.
Courage Group


**"Our first problem is to accept
our present circumstances as they are,
ourselves as we are,
and the people about us as they are."**

Bill W., March 1962 Grapevine

EXPERIENCE, STRENGTH AND HOPE

by Cindy N., Staff Reporter



Well, the elections are over, but two vacancies remain. The General Service Assembly still needs a secretary, and a CPC Chairperson. Please search your soul and consider one of these positions. GSA meets November 9th at the Hamburg Town Hall, S-6100 South Park Avenue at 1:00pm. Anyone with two years of sobriety may be nominated and elected.

Did you know that anyone can attend a Central Committee or a General Service Meeting? You may participate in the discussions, but you can't vote, unless you are your groups representative.

I can remember a time when no one wanted me to do anything, much less be around. Today, I can give back what was so freely given to me. My service work comforts me in the knowledge that I do it not for personal gain, but because I owe this Program my life. Yes, I have a life today, a new husband, child, job, and family responsibilities. I would not have these things if it weren't for AA.

Service work can be time consuming at times but how much time did I waste saying 'I'll do it tomorrow'. Well tomorrow never came, today is here folks, and I owe big time.

Early in my career of denial, I remember how I "got it over" the judge when my ex told him I was a drunk. I explained to the judge my work load: school full time (deans list), full time job, part-time job, new baby and my own business. The judge looked at that and told my ex that I had no time to drink! As you and I both know, we made the time. So why not take some time out of this "I have a new life" and give back.

Idea : Why not have your home group do a letter for the New Frontiers? Don't forget, Fall Convention, Nov. 21-23, 1997 at Buffalo Marriott Hotel. Road trip? Try Riga, Latvia for their Ninth anniversary? Sorry, that is a little more than a road trip. Something closer? Fitchburg, MA for their 34th Annual State Conference. Bye.

GRATITUDE

*"In showing our gratitude for the gift of sobriety,
no task should be too difficult, no effort too overwhelming."*

Gratitude shows growth in the Fellowship of Alcoholics Anonymous. It's the cultivating process by which our garden of sobriety grows. We, as members of AA, have neither the time nor luxury, to sit on our laurels, and congratulate ourselves on our sobriety.

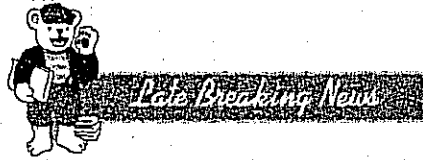
Sobriety is a God given gift, a gift that must not be taken for granted, a gift for which we must be unselfishly grateful. Are we diligently active in our home group? One form of gratitude is making the coffee. Making coffee is an extraordinarily difficult task for many of us. One would have to be at the meeting an hour earlier, (the nerve of some people). "Do these people know who we are?" is the attitude of many members. As we distance ourselves from our last drunk, for some of us, complacency sets in. We become infected with the, "Let someone else do it" syndrome, (a fatal disease in itself.)

In showing our gratitude for the gift of sobriety, no task should be too difficult, no effort too

overwhelming. Let's take a time out, and go over the AA game plan. The time worn adage that tells us, "in order to keep our sobriety, we must give it away," has as much significance today as it had in 1935, when it all began. Let's skip the meetings at the United Nations Assembly, forget the ozone layer, and someone has already saved the whales. We've been given the gift of sobriety, and it's time to pay back what was so freely given to us. Let's show our gratitude, not just talk about it! Maybe, just maybe, we might even get someone to volunteer to represent your group at Central Committee or GSA. Action is the key word in the Fellowship of AA.

We must feel gratitude rather than self-satisfaction, gratitude that we have been relieved from the bondage of Alcoholism, and grateful for the privilege of helping others. Gratitude is, not only suggested, but ultimately paramount in our recovery.

John H.
Editor



The **SUNRISE COURT** meeting which meets in the City Court Building on Sunday mornings at 10:00 a.m. is now **NON-SMOKING**.

Below is a sample of the many letters we have received in support of the Coffee Fund for the Buffalo Fall Convention. Thanks to all who contributed.

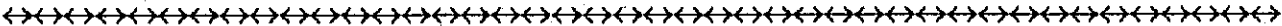
"To those who carry the message:

I've been taught that I have to give back to A.A., not only in service and time, but contributions as well. I plagued Buffalo for over 17 years, but a certain few not only reached their hands out but prayed for me in the worst and best of times and have continued to do so.

I owe A.A. big time. I hope this small contribution helps. It helps me."

*Respectfully,
Stony J.*

**TABLES ARE GOING FAST FOR THE BANQUET....
HAVE YOUR RESERVED YOUR SEAT YET?**



WOULD YOU LIKE TO HAVE NEW FRONTIERS MAILED TO YOUR HOME OR GROUP?
FILL IN THE SUBSCRIPTION FORM BELOW AND MAIL IT TO THE CENTRAL OFFICE.

CALL THE CENTRAL OFFICE FOR SPECIAL MULTIPLE ISSUE RATES!!!!

PLEASE TYPE OR PRINT CLEARLY YEARLY SUBSCRIPTION: \$7.00 PER COPY/PER YEAR
(12 ISSUES)

YES, PLEASE SEND ME _____ COPY (COPIES) OF THE NEW FRONTIERS @\$7.00 PER COPY

I HAVE ENCLOSED \$ _____

NAME _____

GROUP NAME _____

ADDRESS _____

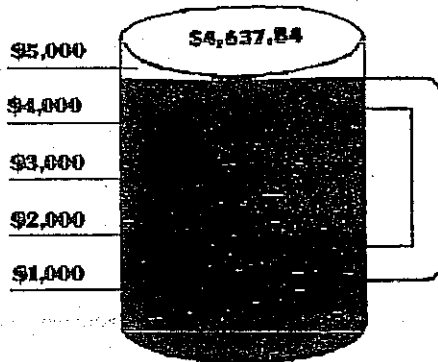
CITY _____

STATE _____

ZIP _____

MAIL TO: NEW FRONTIERS
295 MAIN STREET
ELLCOTT SQUARE BUILDING, ROOM 845
BUFFALO, NY 14203

REPORT ON THE COFFEE DONATIONS



Below is a list of the donations received for our Coffee Fund for the Buffalo Fall Convention as of October 26, 1997. As you can see, we are just \$362.16 short of our goal of \$5,000.00. Will your group send in the donation that carries us over the top? There are still three weeks until the convention. Let's make this coffee cup overflow with donations!

A Friend	Fred G.	Mod Group	Sunrise Court Group (1st donation)
AA Friend Bob K.	Freedom Group	New Frontier Group	Sunrise Court Group (2nd donation)
Amherst-Snyder (1st donation)	Gardenville Group	Niagara Falls Big Book	Sunrise Court Group (3rd donation)
Amherst/Snyder (2nd donation)	Golden Slipper	Niagara Frontier Group	Sunrise Court Group (4th donation)
Anonymous	Grand Group	Niagara Intergroup	Sunrise Court Group (5th donation)
Any Lengths Group (1st donation)	Half & Half	Norman H., Sr.	Sunrise Court Group (6th donation)
Any Lengths Group (2nd donation)	Happy Hour	North Buffalo Group	Sunrise Court Group (7th donation)
A. W. Group	Harmony	November 15, 1989	Sun. Morn. Breakfast (1st donation)
Bldwell Monday Night Discussion	Higher Power	Orchard Park Step	Sun. Morn. Breakfast (2nd donation)
C & D & L	Highview Group	Perry Discussion	Sun. Morn. Breakfast (3rd donation)
Cassadaga Monday Night	Hillbilly Group	Powerless Group	Thruway Group
Caslings Group	How It Works	P. French	Tony C.
Chapter 9 Group	H.A.N.D. (1st donation)	Rainbow Group (1st donation)	Tri County
Charles & Doris L.	H.A.N.D. (2nd donation)	Rainbow Group (2nd donation)	Try Again Group
Cheektowaga (1st donation)	Inspiration Group (1st donation)	Rainbow Group (3rd donation)	Tuesday Night Big Book Group
Cheektowaga (2nd donation)	Inspiration Group (2nd donation)	Ray of Hope Group	Tuesday ODAT Group
Cheektowaga (3rd donation)	James P. M.	RGH	Tuesday Woman's Discussion
Cindy N. & Griff N.	Jeanne M.	Richard S.	Tues. Men's Discussion
Clarence Men's Group	Joanne & Kenneth C.	Ridge Group	T.G.I.F. Group
Cold Spring	Journey Group (1st donation)	Robert H. W.	Unity Group
Community Center	Journey Group (2nd donation)	Robert W.	University Discussion
Courage Group	Kensington Group	Roger H.	Valley Group
Dan S.	Lake Shore Group(1st donation)	Saratoga Group	Varysburg
Derby Group (1st donation)	Lakeshore Group (2nd donation)	Saturday Early Bird	Victory Group
Derby Group (2nd donation)	Lakeshore Group (3rd donation)	Seneca Babcock Group	We Care Group (1st donation)
Don K.	Let Go & Let God	Sober Trails	We Care Group (2nd donation)
Ellicott Group	Lighten Up Group	Sober Winners	Wed. Night Speakers
Eternal Vigilance	Living Sober Group	Sober & Proud Group	Wherle Group (1st donation)
Everybody's Group	Lockport 1	Southwestern Group	Wherle Group (2nd donation)
Father Baker Group (1st donation)	Lovejoy Group(1st donation)	Spirit of Hope	Williamsville Group
Father Baker Group (2nd donation)	Lovejoy Group(2nd donation)	Spiritual Progress	Women's Westside Discussion
Fireside Group	Marle G.	Starting Over Group	
First Things First	Marilla Group	Stony J.	

NOVEMBER ANNIVERSARIES

ANY LENGTHS

Steve S. 3 mos.
 Dave S. 3 mos.
 Greg D. 6 mos.
 Stan B. 1 yr.
 Joe K. 2 yrs.

COLD SPRING

Cecil R. 9 mos.
 Roscoe R. 9 mos.
 Kenneth M. 1 yr.
 Blane H. 7 yrs.
 Major A. 12 yrs.
 Ralph P. 17 yrs.

COURAGE

Susie D. 3 mos.
 Tim D. 6 mos.
 Judy K. 1 yr.

ELLCOTT

Doris J. 5 yrs.
 Jimmie J. 6 yrs.

EVERYBODY'S

Shelden R. 3 yrs.
 Ernie S. 13 yrs.

EYEOPENER

Matt L. 3 mos.
 Ron H. 3 mos.
 Debbie S. 6 mos.
 Marion P. 6 mos.
 Connie S. 6 mos.
 Joanne C. 6 mos.
 Teresa T. 9 mos.
 Bill L. 9 mos.
 Ken L. 9 mos.
 Dave U. 9 mos.
 Annette L. 9 mos.
 Tina G. 9 mos.
 Jim A. 1 yr.
 Jan J. 1 yr.
 Jackie H. 1 yr.
 Mike A. 1 yr.
 Dave W. 1 yr.
 Stanley M. 1 yr.
 Rich W. 1 yr.
 Lil B. 1 yr.
 Dave W. 2 yrs.
 Mike B., Sr. 2 yrs.
 Ron S. 3 yrs.
 Christine M. 3 yrs.
 George K. 3 yrs.
 Joe V. 3 yrs.
 Bev B. 3 yrs.
 Tom B. 3 yrs.
 Ray M. 4 yrs.
 Vince H. 4 yrs.
 Bud N. 4 yrs.
 John B. 6 yrs.
 Dana T. 6 yrs.
 Justin G. 6 yrs.
 Mike E. 13 yrs.

GIVING

Mike M. 9 mos.
 David B. 2 yrs.
 Rudy T. 5 yrs.
 Linda H. 14 yrs.

HONESTY

David C. 17 yrs.

INNERCITY

James C. 1 yr.
 Terry C. 1 yr.
 Hansel 2 yrs.
 Jerry W. 4 yrs.
 Quent R. 7 yrs.
 Dorothy H. 11 yrs.
 Edward W. 14 yrs.
 Elenore A. 17 yrs.
 Rose Marie 23 yrs.
 John Y. 28 yrs.

IRONHORSE

Brian M. 6 mos.
 Jim K. 6 mos.
 Jeffrey K. 9 mos.
 Dawn F. 9 mos.
 Katie R. 1 yr.
 Cindy E. 1 yr.
 George F. 2 yrs.
 Mike N. 4 yrs.
 Bob C. 8 yrs.
 John S. 15 yrs.

LET GO & LET GOD

Angis S. 3 yrs.

MATT TALBOT

Allison C. 3 mos.
 Bill T. 3 mos.
 Charlie V. 9 mos.
 James H. 9 mos.
 Gregg K. 2 yrs.
 Chuck O. 2 yrs.
 Dave W. 2 yrs.
 Dave J. 3 yrs.

MIDDAY

Jim K. 8 yrs.

MOD/LIVING IN SOLUTION

Sue D. 3 mos.
 Donna C. 3 mos.
 Kevin C. 6 mos.
 Cretia 6 mos.
 Jon S. 9 mos.
 Mike B. 9 mos.
 Hector 9 mos.
 Bruce M. 1 yr.

MON. NIGHT BIDWELL

Kenny B. 3 mos.
 Norris M. 6 mos.
 Donald B. 6 mos.
 Cynthia T. 6 mos.
 Marianne B. 9 mos.
 Jimmy J. 9 mos.
 Jim A. 1 yr.
 Jack K. 1 yr.
 Scott B. 1 yr.
 Steve C. 1 yr.
 Dave J. 1 yr.
 Joe S. 2 yrs.
 Tony G. 2 yrs.
 George F. 2 yrs.

NORTH BUFFALO

Barbara C. 3 mos.
 Mansfield M. 3 mos.
 Carla B. 6 mos.
 Bev B. 6 mos.
 Vanessa S. 2 yrs.
 Ted H. 3 yrs.
 Jay H. 4 yrs.
 Kathleen F. 6 yrs.
 Leslie C. 8 yrs.
 Shawn McK. 11 yrs.
 Bill G. 18 yrs.

POWERLESS

Linda S. 5 yrs.
 Jim R. 7 yrs.
 Tom H. 8 yrs.

REMEMBER WHEN

Deborah T. 6 mos.
 Marcus D. 6 mos.
 Clarence B. 5 yrs.
 Cedrick M. 5 yrs.
 Jeanette S. 6 yrs.
 Jerry W. 6 yrs.
 Blane H. 7 yrs.

RISE & SHINE

Michelle C. 3 mos.
 Tom G. 3 mos.
 Walter J. 6 mos.
 Myrdles J. 9 mos.
 Pam L. 9 mos.
 Dorthy F. 9 mos.
 Willie B. 1 yr.
 James M. 1 yr.
 Ben W. 1 yr.
 Robin H. 2 yrs.
 Darlene T. 3 yrs.
 Michael R. 3 yrs.
 Greg W. 3 yrs.
 Linda S. 5 yrs.

SHERIDAN

Dean B. 6 mos.
 Joe T. 2 yrs.
 Chris C. 2 yrs.
 Cindy G. 3 yrs.
 Bryan C. 4 yrs.
 Bob W. 9 yrs.
 Dave C. 17 yrs.

SPIRIT OF HOPE

Mike R. 3 yrs.
 Phil B. 3 yrs.
 Wanda K. 4 yrs.
 Danny C. 5 yrs.
 Art N. 5 yrs.
 Linda S. 5 yrs.
 Edwin C. 6 yrs.
 Jim R. 7 yrs.
 Charles L. 8 yrs.

SUN. MORN. BREAKFAST

Carmen E. 9 mos.
 Kevin D. 9 mos.
 Bill G. 9 mos.
 Chantel R. 9 mos.
 Dawn L. 4 yrs.
 Rich M. 5 yrs.

SUN. MORN BREAKFAST

Jan C. 6 yrs.
 Ed P. 13 yrs.

THRUWAY

Nancy H. 9 mos.
 Gerry R. 1 yr.
 Dennis W. 2 yrs.
 Marge K. 2 yrs.
 Gerald S. 3 yrs.
 Joe K. 4 yrs.
 Dawn L. 4 yrs.
 Dave M. 4 yrs.
 Eileen V. 4 yrs.
 Nancy M. 5 yrs.
 Rich M. 5 yrs.
 Maggie M. 7 yrs.
 Dick D. 7 yrs.
 Penny K. 8 yrs.
 Jim M. 8 yrs.
 Kathy H. 8 yrs.
 Jane B. 9 yrs.
 Susan K. 11 yrs.
 Jim B. 12 yrs.
 Dick F. 16 yrs.
 Bob P. 17 yrs.

WE CARE

Cathy H. 8 yrs.
 Shirley McC. 16 yrs.

WILLIAMSVILLE

Ron H. 3 mos.
 Jack B. 6 mos.
 Randy R. 6 mos.
 Kelly Q. 6 mos.
 Tim S. 9 mos.
 Mark K. 1 yr.
 Cynthia U. 1 yr.
 Mark W. 1 yr.
 Bob M. 3 yrs.
 Susan W. 3 yrs.
 Howie L. 4 yrs.
 Mike B. 5 yrs.
 Tom R. 7 yrs.
 Mal B. 25 yrs.
 Joe R. 48 yrs.

WOMEN'S WESTSIDE DISC.

Jenny S. 3 mos.
 Norma 9 mos.
 Dora 9 mos.
 Harriet 9 mos.
 Janice H. 2 yrs.
 Sherry M. 2 yrs.
 Karen H. 3 yrs.
 Pam M. 4 yrs.
 Liz W. 7 yrs.

**DECEMBER 1997
 ANNIVERSARIES MUST BE
 IN THE CENTRAL OFFICE,
 IN WRITING,
 NO LATER THAN
 NOVEMBER 10, 1997**

Joanne McC, Chairperson opened the meeting at 7:10PM with a moment of silence followed with the Serenity Prayer. Elizabeth G of the Cold Springs group read the Preamble. Brad C from The Journey read the Purpose of the Central Committee and the Traditions were read by Tom H, Cheektowaga.

Motion to dispense with the reading of the minutes was made by Kevin C of North Buffalo, seconded by Tom H, Cheektowaga.

40 GROUPS ATTENDED - DISTRICT #1 - Bidwell Monday Night, Delaware, Giving, Positively Living III, Sunrise Court, The Journey DISTRICT #2 - MOD/Living in the Solution, North Buffalo, Serenity, Sheridan, University DISTRICT#3 - Abbott Men's, Cheektowaga, Iron Horse, Matt Talbot, Rainbow, Ridge, Southgate, Sunday Morning Bkft, Try Again, Urban, Victory, We Care DISTRICTS#4, Action, Lake Shore DISTRICT#5 - Sobriety on Saturday Night#6 - DISTRICT# 7 - Broadway Bailey, Cold Springs, Hold on, Honest Desire, Lovejoy, Remember When, Spirit of Hope - DISTRICT #8 - Amherst-Snyder, Beginnings, Common Problem, Saratoga, Williamsville - DISTRICT #9 - Everybody's DISTRICT #10

COMMITTEE REPORTS:

ENVELOPE SYSTEM - Cindy N of Sunrise Court

	<u>1997</u>	<u>1996</u>		<u>1997</u>	<u>1996</u>
January	920.00	692.00	June	521.00	477.60
February	670.00	652.00	July	463.00	503.00
March	335.00	825.00	August	598.00	522.00
April	799.00	374.00	September	545.00	722.00
May	976.00	588.00	<u>October</u>	<u>442.00</u>	<u>270.00</u>
			Year to date	\$6,228.00	\$5,625.60

STEERING COMMITTEE - Pat M - Rainbow

Meeting opened at 6:35PM by Dick L with the Serenity Prayer. Present were Joanne McC, Chairperson, John H, Central Committee Co-Chairperson, Rick S, District#8, Dick L, District #9, Pat M, District #3, Larry S, District #7, Joe F, District #4, Kevin C, Financial Chairman & Delphine, Executive Secretary

1. Response to groups that are out of our General Service Area. Suggestion was made to put them in the back of the schedule as outlying area meetings.

2. Suggestions for nominations of officers for 1998 Central Committee Officers. Secretary: Cindy H, Beginnings. Co-chairperson: No names Steering Committee needs representatives for Districts 1, 2, 4, 7 & 8

3. Discussion on having the Northeast Regional Conference here at the in conjunction with our Fall Convention in the year 2000

The meeting was closed at 6:55pm with the Lord's Prayer.

FINANCIAL REPORT - Kevin C, Financial Secretary, North Buffalo

Attached Corrections made to financial statement:

MONEY MARKET 11,106.16 Take out 24 hr bks/Bell Atlantic
CERT OF DEPOSIT 4095.48

\$15,201.64 (October's statement)

TREATMENT FACILITIES COMMITTEE - Bob K, Southgate

TFC is going to be sharing a table at the Fall Convention with the Corrections Committee to inform people what we do in Treatment and to get volunteers to chair meetings in treatment.

We are looking for a Treatment Facilities Chairperson for '98.

There will be no TFC meeting in November because of the Convention.

REPORT FROM WORKSHOP IN NEW JERSEY:

We were greeted there by their hospitality Committee and taken to dinner and a meeting on Friday night with other area chairpersons.

Saturday we got down to business and Kathy B from SENY and I had a brief discussion on the nice Treatment Booklet and we are going to approach our committees with some ideas and then I will bring this to our Delegate and see if we can get some changes and other ideas for NERASA in February. They said it would be interesting to see a booklet with more information and what we can do to stay in some of these facilities that are closing their 28 day program. My comment to him was to go see if there was a detox in there and talk to the director of the Facility. We were on the Panel with Steve M, Area 11 from Connecticut, Roger K, Area 12 Delaware, Calvin J, Area 29, Maryland, Chaz C, Area 49 SENY, and myself Bob K, Area 50, WNY. Roger K is trying to get people in GSA and Intergroup to get involved in Treatment.

SCREENERS - Jim K, Powerless

We have now received 23 postcards back from the screeners. We will make up new lists accordingly.

CORRECTIONAL FACILITIES COMMITTEE - Jim B - Ridge Grp

Meeting was held on November 2nd at 5:45pm. Present were Jim B, chairman, Cindy N, GSA Chairperson and five others.

Buffalo Work Release: Went well in October. One speaker seeker may be stepping aside. Tom H has volunteered to help fill in.

Erie County Correctional Facility for Women.

Gowanda: making adjustments with fourth meeting of the month, Dana N looking into. Also, permanent clearance appointment needed for after business hours.

Collins I going well

Brocton Men/Women - Women - Meeting scheduled for November 3rd

Men - No October meetings None scheduled for November as yet

Wende: - celebrated 13 years of AA last Friday. Going well on Friday and Saturday.

Niagara Women: - Sally B is the new sponsor

GSA Fall Day of Learning - 2 volunteers signed up 1 male, 1 female

Spring Convention - C.F.C. volunteered to cover a time slot for hospitality.

New Business - Kathy from Iron Horse asked how the Pink Caris worked
Answer: Group conscience.

Jim K asked if CFC could rise funds with a one act play "A Night with Bill W."
Idea was tabled pending further discussion.

Meeting closed at 6:30pm with the Lord's Prayer.

CENTRAL OFFICE - Delphine H.		OCTOBER '97	
AA Information	494	12 Step	3
PIC	3	Literature requests	62
CPC		Referred to other agency	12
Al Anon.	22	Referred from other agency	9
Ala Teen	3	CENTRAL OFFICE	
ACOA	1	Outgoing Calls	154
ANSWERING SERVICE		Mailing cost	\$ 223.58 (524 pieces)
Incoming Calls 410 outgoing 65		Visitors	98

NEW FRONTIER - John H, We Care

When submitting an article from another publication, please identify your source. Copyright laws are very clear on this issue. How about writing an article of your own? In the November issue of the "New Frontier" we have some great articles from first time writers. Try it, you may like it.

56TH FALL CONVENTION - Larry S, Cold Springs, Chairman

FALL CONVENTION AD HOC COMMITTEE - John H - Chairperson

COURTESY REPORTS - GENERAL SERVICE ASSEMBLY

Next meeting is Sunday, November 9 at the Hamburg Town Hall.

PUBLIC INFORMATION COMMITTEE - GLENN P, SOUTHGATE

Next meeting will be 7:00pm, Thursday November 6th.

CO-OPERATION WITH THE PROFESSIONAL COMMUNITY - Elvester McC

Next meeting at the Maryvale Presbyterian Church, 425 Maryvale Drive in Cheektowaga at 9am, November 8th.

ARCHIVES - John McC

Display shown - Action Grp	9-26
St Ann's, St Catherines, Ont	10-10
Marilla	10-17
Day of Learning-East Aurora	10-25
Victory	10-26
511 Group's 52nd Anniv, Jamestown	11-1

Bill C and I spent the weekend of September 26th, 27th, 28th in Akron, Ohio for the 2nd Annual Archives Workshop. Many phone numbers were exchanges and it was a great learning experience for both Bill and myself. We now have leads to local help in setting up an archives through the Library Research Counsel - - -

November's Events: On the 8th - Committee meeting at 9am, at the Courage Group - On the 15th - Working meeting at Bill C's house to rework the display for the Fall Convention on the 21st, 22st, 23rd.

Archive Committee may be reached through Delphine at the Central Office, 853-0388, Bill C, 897-2558, John McC, 833-1579.

We need more committee members and more donations to the Archives.

RECAP -

STEERING COMMITTEE - Discussion regarding the Fall Convention and NERC in the year 2000.

SCREENERS COMMITTEE - Jim K responded to question about how we know the way the Answering Service is responding to calls

CONVENTION COMMITTEE - Larry S was asked to name the members of his committee. Next meeting will be at the Marriott on the 4th at 7pm.

AD HOC COMMITTEE (future Conventions) - Elizabeth G stated that the Convention Center calls her to host our conventions. She requested that the Committee bring in figures from the Center for future Conventions.

NEW FRONTIER - there is a request for stories to be submitted for the 4th Edition of the Big Book. Procedures are available.

OLD BUSINESS:

Delphine reported on the Intergroup Seminar she attended in Columbus, Ohio with 160 other offices represented.

Response from the yellow slips being sent to the groups not at Central Committee - one attended as a result as far as we know. Leon, University, stated that yellow slips would go out for three months before a Visitation Committee goes to the group

NEW BUSINESS:

NOMINATIONS FOR '98 OFFICERS:

Motion made by Kevin C, North Buffalo, to postpone nomination for Steering Committee until December. Second by Leon, University. Passed. Delphine will send letters to Districts 1,2,4 and 8 regarding nominations.

Cindy H, Beginnings, nominated for Central Committee Secretary by John H, We Care. Second by Pat M, Rainbow. Unanimously accepted.

Omar M, Hold On, nominated Charles L, Spirit of Hope, for Co-chairperson of Central Committee. Rich second. Passed.

SCHEDULES - Cindy N, Sunrise Court, stated the we would be needing to reprint schedules and that she had been working on it to get them camera ready. She had checked and received quotes from \$.34 to \$.75 a booklet for 46 pages, 5,000 copies. \$.29 was the current price, however, not being camera ready brought them up to \$.43.

Delphine and Cindy will go to Print Plus to investigate their camera ready requirements for the \$.29 bid.

Tom H, Positively Living III, spoke of the inadequate service he got from Answering over the Labor Day Weekend and spoke of the benefits of having AA people man the phone 24 hours a day. He made a motion for an Exploratory Committee. No second. Motion amended to request the Screener Chairperson to have the Committee man a Hotline for 24 Hours. Linda Z, Common Problem second. Discussion followed. Vote taken- 4 in favor 6 opposed

Bob H, Saratoga, Made a motion that any expenditures outside of the "ordinary course of business" not be made till the prudent reserve is met. Leon, University second. Discussion followed. Vote taken. 3 in favor - 15

Meeting adjourned at 8:55pm with the Lord's Prayer after a motion made by Kevin C L, North Buffalo, and second by Charles L, Spirit of Hope.

Yours in AA,

Cindy H,
Central Committee Secretary

pg 1 GROUP	Correctional Facilities		Treatment Facilities	
	NOVEMBER'97	Accum.	NOVEMBER'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 Discussion		115.00		115.00
Acceptance/Welcome		901.00		30.00
Achievement		100.00		
Action		100.00		
Age Doesn't Matter		400.00		
Albion		12.00		
Alexander				
Amherst Snyder		821.00		
Amsdell Lakeshore	25.00	75.00		
Any Age		500.00		
Any Length		520.00		15.00
Anybody's Group				
Arcade				
As Bill Sees It		20.00		
Attitude Adjustment				
Attraction	75.00	305.00		
Awakening				
Beginner's Table				
Beginning in Sobriety II				
Beginnings-Women's		75.00		
Bidwell Monday Disc	25.00	100.00	25.00	50.00
Big Book - Lockport				
Big Book Workshop				
Blasdell				
Blasdell Monday Nite				
Boulevard Women's		250.00		
Brass		200.00		
Broadway-Bailey		15.00		
Brocton Discussion		75.00		
But for the Grace of God		125.00		
Came To Believe				

pg 2			Correctional Facilities		Treatment Facilities	
GROUP	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.
Cassadaga		50.00				
Casting		100.00				
Cathedral Park		121.30				
Caz Manor				25.00		25.00
Cazenovia	25.00	205.00				
Central Park						
Chapter IX				40.00		40.00
Cheeklowaga		350.00		110.00		
Chevy #1		200.00				
Clarence Men's Disc II						
Clarence Men's Disc		400.00				
Cold Springs	15.00	240.00		22.00		
Common Problem		50.00				
Community Center						
Cornplanters Again						
Courage		260.00		110.00		10.00
Crossroads		40.00				
Decision, Choices, Changes						
Delaware Discussion		20.00				
Derby	50.00	180.00				
Design For Living						
Desire						
DeVeaux Discussion						
Discovery		48.00				
Downtown Men's Dis		50.00				
Dunkirk		65.00				
Early Bird						
Easier Softer Way						
East Amherst						
East Aurora		80.00				
Easy Does It	25.00	155.00		5.00		5.00
Eden-North Collins		100.00				
Ellicott		115.00				
Ellicottville						
Emergency						
Eternal Vigilance		300.00				
Everybody's	20.00	160.00				
Express		234.00				
Eye Opener	45.28	888.53		75.00		75.00
F.U.N.						
Faith						
Faith In Action						
Father Baker	30.00	524.00		178.00		178.00
Feelings						

pg 3						
GROUP	NOVEMBER'97	Accum.	Correctional Facilities		Treatment Facilities	
			NOVEMBER'97	Accum.	NOVEMBER'97	Accum.
Fireside	97.85	1456.49		100.00	25.00	250.00
Fireside P.M.						
First Things First		275.00				
Fredonia Discussion						
Freedom	75.00	350.00				
Fresh Start						
Friendly		25.00				
Friendship						
Frontier	30.00	130.00				
Gardenville		50.00				
Gay, Lesbian, Sober & Proud		30.00				
Getting Better		40.00		10.00		10.00
Giving		70.00				
Go to Any Length		170.00				
Golden Slipper		100.00				
Good Life		31.00				
Grand	15.00	105.00				
Grand II Joy Of Living		175.00				
Grateful						
Guiding Light						
H.A.M.D.		520.00				
H.O.W.						
Half & Half		100.00				
Hamburg						
Hamburg Literature Study Group						
Handicappers Sat. Nite						
Happy Hour						
Harmony		30.00		10.00		10.00
Helping Hand		60.00				
High Noon						
High View	25.00	65.00			25.00	40.00
Higher Powered						
Hill Billy		120.00		15.00		15.00
Hold On						
Holiday Village		900.00				
Holland						
Honesty	30.00	300.00	10.00	90.00		
Hope - Big Book Study						
Horizon Sunset						
How It Works	90.00	398.00				
Humbly Willing						
In the Solution						
Inner City						

pg 4			Correctional Facilities		Treatment Facilities	
GROUP	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.
Inspiration		50.00	10.00	10.00		
Intoxicated on Life						
Iron Horse		836.50		84.00		83.00
1st Step						
IT		25.00				
It's About Time		31.50				
Just for Today		50.00				
Keep It Simple, Sister		110.00				
Keep on Comin'						
Kenmore		375.00		75.00		75.00
Kensington		75.00				
Lake Shore		115.00		500.00		55.00
Lake View						
Let Go & Let God		40.00				
Leunam Women's AA						
Lew-port 5						
Liberty Women's		300.00				
Life Today		108.00				
Lighten Up	120.00	600.00				
Live and Let Live		50.00				
Living Sober		100.00				
Lock City						
Lockport #1						
Lockport Discussion		40.00				
Lockport Ladies		100.00				
Lockview	60.00	240.00				
Lovejoy		250.00				
Lower River						
Main Street						
Marilla	25.00	175.00				
Matt Talbot		275.00				
Mc Kinley Winners		200.00				
Medina New Life						
Mercy						
Mid-day						
Midnight						
Miracle						
MOD/Living in the Solution		1115.00		20.00		20.00
Morning After						
New Awakening						
New Beginnings		25.00				
Frontier		120.00				
Frontier Womens						
New Life						

pg 5			Correctional Facilities		Treatment Facilities	
GROUP	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.
New Life - New Beginning		50.00				
New Westside		50.00		48.00		
Niagara Frontler Men's		100.00				
North Buffalo		1300.00		250.00		250.00
North Java		40.00				
One Day at a Time (ODAT)		438.00		81.50		131.50
Open Arms						
Open Mind		100.00		10.00		
Opportunity						
Orchard Park Step		150.00				
Pass It On						
Patchin		100.00				
Pathway to Peace						
Pendleton-Chapter V						
Perry		25.00				
Pioneer		25.00				
Positively Living III						
Powerless		50.00		20.00		
Primary Purpose						
Progress		20.00				
Purpose		100.00				
Rainbow	25.00	110.00	25.00	50.00	25.00	50.00
Ray of Hope	25.00	130.00				
Remember When		25.00				
Renaissance/Post Liv	500.00	2000.00				
Renewal		150.00		10.00		10.00
Ridge	50.00	495.00	50.00	105.00		30.00
Ripley's "Believe It Or Not"						
Rise & Shine		90.00				
Rochester Meeting						
Rur-al Is Plural		85.00				
Sally						
Salvation Army						
Saratoga		338.00				
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity		45.00				
Second Chance						
Seneca 12 & 12		25.00				
Serenity						

pg 6			Correctional Facilities		Treatment Facilities	
GROUP	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.
Serenity Circle		35.00				
Serenity Trail						
Sheridan	20.00	270.00		10.00		
Silver Creek Friendship		50.00				
Sober Trail						
Sober Winners		75.00				
Sobriety Men's Disc		35.00				
Sobriety on the Lake		20.00				
Sobriety Sat Night	30.00	30.00				
South Buffalo	30.00	330.00	30.00	330.00	30.00	330.00
South Town		40.00				
South Town Women's		55.00		10.00		10.00
Southgate		80.00		20.00		20.00
Southwestern		180.00		20.00		20.00
Spirit of H.O.P.E.						
Spiritual Progress-women's		200.00				
Springville	120.00	120.00				
Springville Saturday Afternoon		60.00				
Springville Wed Noon						
St. Barnabas		200.00		50.00		50.00
St. Mark's		300.00				
Starting Over	10.00	90.00	10.00	60.00	10.00	60.00
Step						
Stepping Stones		84.00				
Stepping Stones-Tri County		320.00				
Suburban		25.00				
Sunday Morning Bkft.		450.00		150.00		50.00
Sunday Niters						
Sunday Third						
Sunrise Court		251.25				
SUNY-Amherst Campus						
Surrender & Hope		45.00				
Survivors		125.00				
TnT		288.00		50.00		
T.P.H.						
TGIF		200.00				
Thankful	21.50	241.50				
The Book Meeting		63.00				
The Journey						
The Present		25.00				
There's A Solution						
Thruway	300.00	1750.00	20.00	120.00	20.00	120.00
Thursday Afternoon Disc		450.00				
Today						
Today's Woman						
Tonawanda						

pg 6			Correctional Facilities		Treatment Facilities	
GROUP	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.	NOVEMBER'97	Accum.
Trail's End		25.00				
Tri-County		125.00				
Tri-Step Beginners		100.00				
Try Again		50.00		12.50		12.50
Tuesday Men's Disc	25.00	85.00				
Tuesday Women's Dis	25.00	75.00				
Turning Point		56.35				
Twin Cities		150.00				
Twin Cities II		135.00				
Unity	100.00	260.00				
University	120.00	1200.00			10.00	100.00
Urban		60.00				
V.I.P.		90.00				
Valley		85.00				
Varysburg		30.00				
Veterans						
Victory		90.00		40.00		40.00
Vision of Hope (women's)						
Wake Up Call	24.48	112.38				
We Admitted						
We Are Not Saints						
We Care	30.00	330.00	10.00	110.00	20.00	220.00
We Choose Life						
Wehrle	10.00	50.00				
Welcome Home						
Westfield	125.00	125.00				
Westminster						
WHY		40.00				
Williamsville	100.00	1000.00				
Willing To Grow		450.00				
Wilson	25.00	75.00				
Wilson Smith University Alumni		50.00				
Women's Westside Disc.		100.00				
Working						
You'll Never Walk Alone						
Youngstown		20.00				
41 Grps contri	2619.11	38048.80	190.00	3246.00	190.00	2605.00
		<u>-2619.11</u>		<u>-190.00</u>		<u>-190.00</u>
Total as of 10/25/97		35429.69		3056.00		2415.00

RE-CAP		10/25/97-11/25/97			
CORRECTIONAL FACILITIES ACCOUNT		*484-185-4			
Balance pr checkbook	10/25/97			245.35	
Add Receipts	10/25/97-11/25/97			190.00	
				435.35	
Deduct expenses	10/25/97-11/25/97				
Balance per checkbook	11/25/97			435.35	
Operating credit for	11/25/97	190.00			
TREATMENT FACILITIES ACCOUNT		*602-089-5			
Balance per checkbook	10/25/97			117.00	
Add receipts	10/25/97- 11/25/97			190.00	
				307.00	
Deduct expenses	10/25/97-11/25/97				
Balance per checkbook	11/25/97			307.00	
Operating debit for	11/25/97	190.00			

CENTRAL COMMITTEE		*504-771-7	10/25/97 - 11/25/97	
RECEIPTS				
41 Groups contributed				
Joint Meeting expenses			2619.11	
New Frontiers subscriptions			45.00	
Envelope System			24.00	
Literature			398.00	
Miscellaneous		Robt K - re-emb	2.00	2.00
			Total Receipt	4691.69
				4691.69
				-1603.58
				3088.11 Receipts
				without literature
*10 Ellicott Court Corporation		rent	598.00	
Community Mental Health Center		rent	35.00	
The Talking Phone Book		Ads	180.00	
M & T Bank		fed withhold	784.10	
David F Williamson Co Inc		UPS chg	3.64	
Vermont Pure Spring Water			20.95	
World Services Inc		Bg Bks	1333.32	1333.32
Secrephone		Answering	156.50	
Bell Atlantic			199.59	
United States Postal Service		mt rfl	300.00	
Hazelden		24 Hr Bks	260.63	260.63
Salary & Seminar re-embursement			2417.56	
cash			50.00	
Bank Charges			66.99	
		Disbursements	6406.28	1593.95
			-1593.95	literature
			4812.33	office expenses
Balance pr checkbook 10/25/97			4095.48	
Add Receipts 10/25/97-11/25/97			4691.69	
			8787.17	
Deduct expenses 10/25/97-11/25/97			-6406.28	
Balance per checkbook 11/25/97			2380.89	
Operating debit for 11/25/97		(-1714.59)		
MONEY MARKET		4792.09	11272.93	savings
CERT OF DEPOSIT		6480.84	2380.89	checking
		11272.93	13653.82	

At the August '97 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, November 25, 1997, we are **(-\$11,346.18)** short of our goal.