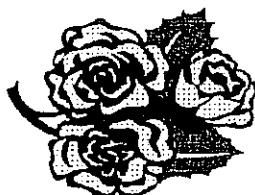


# NEW FRONTIERS

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

## HAPPY MOTHER'S DAY



# EXPERIENCE STRENGTH AND HOPE

BY CINDY N., STAFF REPORTER



STEP 5: "Admitted to God, to ourselves, and another human being the exact nature of our wrongs."

Oh yeah! First you want me to put it down on paper, NOW you want me to tell someone about it. Such

thoughts were pretty common for me in the beginning. A little taste of sobriety, and the relief coupled with the warmth that had evaded me all my life, and you couldn't get me to shut up. (Some think I still haven't.)

I have done numerous 4<sup>th</sup> and 5<sup>th</sup> steps, each with an ever-increasing amount of freedom. I attended a 4<sup>th</sup> and 5<sup>th</sup> Step workshop at Mt. Carmel in Canada, and for the first time I heard the words, "*and the exact nature of our wrongs.*" Now my eyes were opened, instead of taking all the blame, I started accepting only my part in the wrongdoing, understanding the part I played, spilling it out and going on with my life.

Sharing with another human being, even a little at first can be frightening. Good sponsors are wonderful listeners, and have already done this Step, so

why do we fight it? We entertain the notion that no one has ever done this before us. Getting through your first 5<sup>th</sup> Step is difficult, but then you get to look back and wonder what all the sweats were about. Try to remember why you were so reluctant to work this Step. Believe in your Higher Power, go ahead and take this Step, and have faith - it works!

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

I find it amazing that so many people with a little sobriety will try to change the very thing that got them sober, after so many vain attempts at sobriety. There are many 12 Step Programs out there, you can find help for everything and anything. So, lets leave AA what it has always been, Alcoholics Anonymous! AA got us sober, and I want it to be there for the still sick and suffering alcoholic who has yet to come to our Fellowship. A friend of mine said "I was a fall in the gutter, wet my pants, vomit on myself, falling down drunk. and the 12 Steps and 12 Traditions saved my life." Will AA be there for the alcoholics yet to come? For that I am responsible.

Spring has sprung! Don't just sit there, grab a friend and go someplace, do something. Enjoy your sobriety. Lots of things to do. Summer's here, do some traveling, cut costs, take a friend.

District 19's 50<sup>th</sup> Anniversary, June 13<sup>th</sup> and 14<sup>th</sup>, Warren Pa..

Western Mass. Young People's. AA Conference, June 26-28, Westfield, Mass.

NYPENN Workshop, June 27<sup>th</sup>, Bradford, Pa.,

NYS Convention, July 17-19, Terrytown, NY.

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## This is my version of sober

Norm K., Rainbow Group

Staying  
Off  
Booze  
Enables  
Recovery

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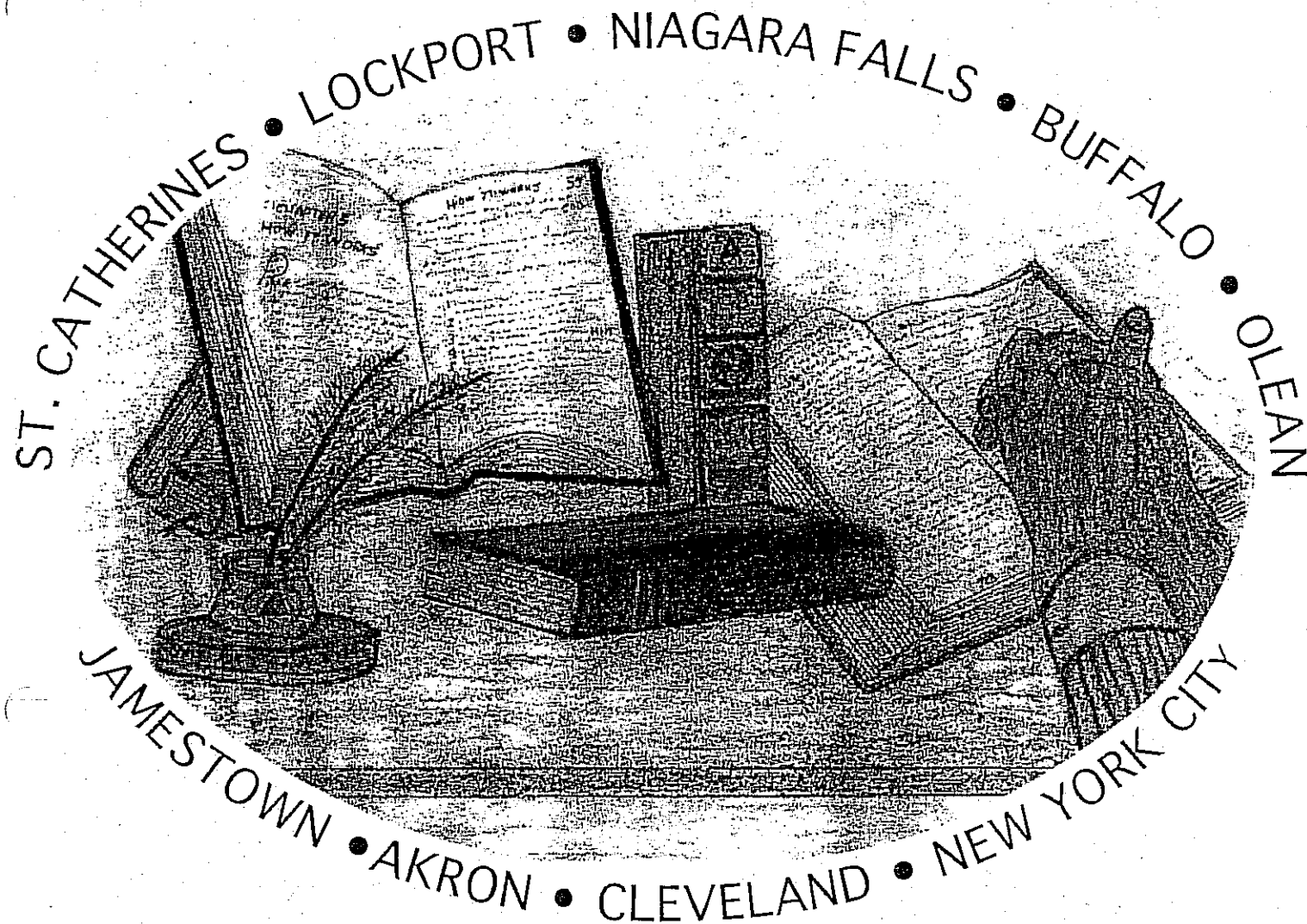
The *New Frontiers* is published monthly by the Central Office of Western New York. We are self-supporting by your subscriptions and Central Office donations. The *New Frontiers* presents the experience and opinions of members of Alcoholics Anonymous on the disease of Alcoholism. The staff reserves the 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

# HISTORY LITES THE WAY



Hosted by WNY GSA Archives Committee  
Saturday, June 13, 1998 - 9:00 am to 3:00 pm

Infant of Prague School  
921 Cleveland Dr., Cheektowaga, NY

**GUEST SPEAKER:**

**GSO ARCHIVIST JUDITH SANTON**

SPEAKERS, VIDEO TAPES, AUDIO TAPES,  
ARCHIVES DISPLAYS, COFFEE!

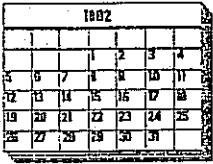
\$12.00 Donation (includes Deluxe Buffet) - Limited Seating  
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FOR MORE INFORMATION CALL: John M. 833-1579 or Bill C. 655-2291

## ONE YEAR AT A TIME

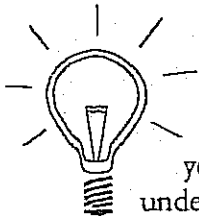


I gave myself a wonderful anniversary gift this year. It required some self-discipline and a little ego deflation. It all began on my 8<sup>th</sup> anniversary. I didn't like the feeling of competition about "time" that I had felt on occasion in AA. I decided that until my next anniversary I would only say that I had 8 years. I never said, I have 8 and a quarter, 8 and some change, 8 and a half, 8 and three-quarters or almost 9. I said none of these things I'd often said to stretch a number to its limits. The gift was this, on my anniversary I received a medallion for 9 years of sobriety. It felt fresh and new...I didn't feel that I had worn out my 9<sup>th</sup> year before it even began! Most of all, I felt that living "one year at a time" had better taught me to live "one day at a time." In one more way my mind, not allowed to race into the months ahead, left me feeling a little more steadied on that broad highway.

Darlyne S., Matt Talbot Group



## WHERE THE ANSWERS ARE



My name is Guy and I'm an alcoholic. Currently I am an inmate at the Collins Correctional Facility. In May 1998, I will have 2 years of sobriety. Today I understand where the answers are to all my problems. The answers are in the Big Book of Alcoholics Anonymous. I am what you might call a Big Book thumper.

I remember my first time in recovery. I never opened the Big Book. I threw some pretty strange looks at those who did. I didn't believe there was anything wrong with me, I went to AA to keep other people happy. Big mistake! I was one who had to hit bottom twice in order to open my eyes. I now read this wonderful book.

Thus far in my sobriety, I have never found myself in a situation where the answer was not found in the Big Book. AA is not just meetings and

Steps, it's a way of life. I used to hear this from the old-timers, and thought they were crazy. Well if you knew me in 1995, I was crazy! But the old-timers were sober. I now believe that AA is a way of life, and when I need some answers I simply open the book and read. The Big Book has all the answers I need to remain sober, one day at a time.

What surprises me today, is how many people will not open the Big Book. If 20 people shouted at me "Hey you're on fire", you better believe I'd be looking for some water. I may be in prison today, but my life is better. Today I am free from the bondage of alcohol. I thank God, AA and the Big Book for showing me a better way to live.

Guy Z. 96b2081  
Collins Correctional Facility  
P.O. Box 340  
Collins N.Y. 14034-0340

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**"When we encountered AA, the fallacy of our defiance was revealed. At no time had we asked what God's will was for us; instead we had been telling Him what it ought to be. No man, we saw, could believe in God and deny Him, too. Belief meant reliance, not defiance. In AA we saw the fruits of this belief: men and women spared from alcohol's final catastrophe. We saw them meet and transcend their other pains and trials. We saw them calmly accept impossible situations, seeking neither to run nor to recriminate. This was not only faith; it was faith that worked under all conditions. We soon concluded that whatever price in humility we must pay, we would pay."**

Page 31; Twelve Steps and Twelve Traditions.



Do it **"BY THE BOOK" ...**  
Meditation

The "BIG BOOK (*Alcoholics Anonymous*)" gives us some excellent points to think about while we meditate. When you meditate and think of these things with a clear mind you may quickly realize what action you need to take. An outline for meditation can be found on page 86, second paragraph.

*"When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken."*

When I meditate and try to clear thoughts from my mind, and then go over these questions,

it is usually apparent what is bothering me, and I could have done better throughout the day. Sometimes I get answers to questions I did not even know to ask.

The "BIG BOOK" goes on to discuss some ideas for a morning meditation.

*"On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."*

We read on and get another one of the many promises.

*"Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives"...*

I don't know about you, but I'm ready to have my thoughts placed on a higher plane. It has not been on a very good plane otherwise! But don't take my word for it.

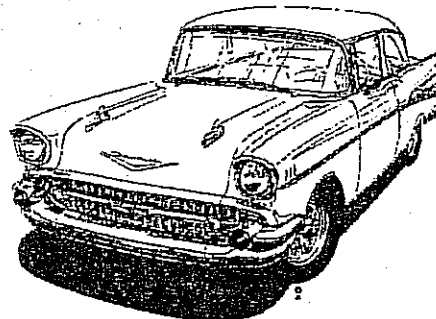
**READ THE BOOK!!**

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**ATTENTION ALL DRIVERS**

**Rumor has it, that a Patty K. has been issued a valid New York State drivers' license. She was spotted by one of our keen reporters in the village of Lancaster. She is easily recognized by the Nashville tee-shirt, and sunglasses. Reportedly her car screams with a sort of banal sound to the tune of Riders In The Sky, Rollin', Rollin', Rollin'. If you see her, please give her lots of room, and ignore her jungle like shrieks.**

**Shamefully Anonymous**



## TRADITIONS CHECKLIST

*From the AA Grapevine*



These questions were originally published in the AA Grapevine in conjunctions with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Practice These Principles...

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

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



*Welcome to my home - Thank you for my life!*

"In our first conversation I bore down heavily on the medical hopelessness of Dr. Bob's case, freely using Dr. Silkworth's words describing the alcoholic's dilemma, the "obsession plus allergy" theme. Though Bob was a doctor, this was news to him, bad news. Always better versed in spiritual matters than I am, he had paid little attention to that aspect of my story. Even though he could not make them work, he already knew what the spiritual answers were. What really did hit him hard was the medical business, the verdict of inevitable annihilation. And the fact that I was an alcoholic

and knew what I was talking about from personal experience made the blow a shattering one.

...it was not any spiritual teaching of mine, rather it was those twin ogres of madness and death, the allergy plus the obsession, that triggered him into a new life. It was Dr. Silkworth's idea, confirmed by William James that struck him at great depth.

You see, our talk was a completely mutual thing. I had quit preaching. I knew that I needed this alcoholic as much as he needed me. This was it ... This was how to carry the message.

BILL W., ALCOHOLICS ANONYMOUS COMES OF AGE - pp. 69, 70

## MAY 1998 ANNIVERSARIES

### AMHERST/SNYDER

Joanne K. 3 mos.  
 Timothy K. 1 yr.  
 Mary McD. 4 yrs.  
 John O. 7 yrs.  
 Dawn W. 7 yrs.  
 Mary Ellen M. 13 yrs.  
 Dick M. 15 yrs.  
 Betty C. 17 yrs.  
 Richard M. 19 yrs.  
 Frank D. 40 yrs.  
 Virginia O. 44 yrs.

### ANY LENGTHS

Rich N. 2 yrs.

### COLD SPRING

Pearl B. 4 yrs.  
 Denise R. 5 yrs.

### COURAGE

Patricia S. 7 yrs.  
 Erika F. 11 yrs.

### FIRESIDE

Ann H. 9 mos.  
 Mary Ann H. 1 yr.  
 Lil B. 1 yr.  
 Fred B. 1 yr.  
 Patty W. 1 yr.  
 Mike B. 2 yrs.  
 Cindy D. 3 yrs.  
 Maura G. 3 yrs.  
 Kevin B. 5 yrs.  
 Gretchen F. 7 yrs.  
 Scott S. 9 yrs.  
 Karen O. 10 yrs.  
 Mark P. 13 yrs.  
 Catherine P. 14 yrs.  
 Doris S. 15 yrs.  
 Terry A. 15 yrs.  
 Carol S. 18 yrs.  
 Walter K. 18 yrs.

### GIVING

Tony T. 9 mos.  
 Rodney S. 1 yr.  
 Mike T. 2 yrs.

### H.A.N.D.

Jim L. 7 yrs.

### HAPPY HOUR

Victor C. 6 mos.  
 Antjuan D. 6 mos.  
 Charles M. 6 mos.  
 Leeha R. 6 mos.  
 Sandra R. 1 yr.  
 Luis R. 1 yr.  
 Louise R. 2 yrs.  
 Akmal S. 3 yrs.  
 Bob O. 4 yrs.

### HAPPY HOUR(CONT.)

John C. 5 yrs.  
 Chris M. 7 yrs.  
 Linda M. 9 yrs.  
 Elvis R. 9 yrs.  
 Chris B. 10 yrs.  
 Marcus W. 12 yrs.

### LET GO & LET GOD

Elvis R. 9 yrs.  
 Bill L. 10 yrs.  
 Markus W. 12 yrs.

### MAIN & HIGH

Rosetta A. 3 mos.  
 Sharon H. 1 yr.  
 Pearl B. 4 yrs.  
 Winston F. 6 yrs.

### NORTH BUFFALO

Salli B. 3 mos.  
 John S. 3 mos.  
 Carla B. 1 yr.  
 Bev. B. 1 yr.  
 Brenda B. 1 yr.  
 Joe N. 2 yrs.  
 Bob S. 4 yrs.  
 Carol B. 5 yrs.  
 Liz S. 6 yrs.  
 Don H. 8 yrs.  
 Terry A. 15 yrs.  
 Roger P. 17 yrs.  
 David P. 19 yrs.  
 Mel R. 21 yrs.

### REFORMERS(COLLINS)

Ted B. 2 yrs.  
 Guy Z. 2 yrs.

### REMEMBER WHEN

Joyce E. 3 mos.  
 Earnest A. 3 mos.  
 Rita G. 3 mos.  
 James M. 6 mos.  
 Anthony P. 2 yrs.  
 Antionette B. 2 yrs.  
 Sonia C. 3 yrs.  
 Michael C. 5 yrs.  
 Leo H. 6 yrs.  
 Brunie M. 6 yrs.  
 Ralph W. 7 yrs.  
 Bernadette W. 8 yrs.  
 Arthur E. 8 yrs.  
 Lula R. 9 yrs.  
 Jerry C. 9 yrs.  
 Sylvester T. 9 yrs.  
 Chris B. 10 yrs.  
 Bob J. 18 yrs.

### RIDGE

Cheryl D. 3 mos.  
 Megan R. 6 mos.

### RIDGE (CONT.)

Tom T. 6 mos.  
 Shaun H. 6 mos.  
 Larry B. 6 mos.  
 Beth D. 7 yrs.

### RISE & SHINE

Johnny F. 3 mos.  
 Robert F. 6 mos.  
 James J. 6 mos.  
 Tangey F. 9 mos.  
 Michelle G. 9 mos.  
 Dorothea A. 2 yrs.  
 Rose A. 2 yrs.  
 Vickey W. 2 yrs.  
 Renee P. 2 yrs.  
 Jerome H. 3 yrs.  
 Rebia B. 3 yrs.  
 John M. 4 yrs.  
 Donna D. 4 yrs.  
 Louis M. 4 yrs.  
 Robert D. 6 yrs.  
 Willie D. 8 yrs.  
 Elvis R. 9 yrs.  
 Willie G. 9 yrs.

### SOUTH BUFFALO

Rob S. 1 yr.  
 Randy S. 2 yrs.  
 Felix R. 2 yrs.  
 Clarence B. 6 yrs.  
 Arthur T. 7 yrs.  
 Jennifer M. 8 yrs.  
 Marge G. 16 yrs.  
 Joe W. 18 yrs.

### SUN. MORN.BREAKFAST

Gary C. 6 mos.  
 Roy G. 6 mos.  
 Maryann H. 6 mos.  
 Gene K. 9 mos.  
 Donna Z. 1 yr.  
 Vicki W. 2 yrs.  
 Jeff K. 7 yrs.

### THRUWAY

Jonathan B. 3 mos.  
 Darryl D. 3 mos.  
 Chris M. 3 mos.  
 Eugene K. 9 mos.  
 Wayne B. 9 mos.  
 Jason L. 9 mos.  
 David W. 1 yr.  
 Cherie W. 2 yrs.  
 Mark M. 2 yrs.  
 Kevin B. 2 yrs.  
 Gary G. 4 yrs.  
 Rick S. 4 yrs.  
 Mike B. 4 yrs.  
 Keith A. 6 yrs.  
 Sue M. 7 yrs.  
 Diane LaV. 10 yrs.

### THRUWAY (CONT.)

Diane Z. 13 yrs.  
 Mark P. 13 yrs.  
 George L. 14 yrs.  
 Mike B. 14 yrs.  
 Judy F. 18 yrs.

### WILLIAMSVILLE

Tim O. 9 mos.  
 Ron H. 9 mos.  
 Mike D. 1 yr.  
 Randy R. 1 yr.  
 Kelly Q. 1 yr.  
 Jack B. 1 yr.  
 Pat M. 3 yrs.  
 Jay W. 4 yrs.  
 Scott F. 5 yrs.  
 Glen G. 5 yrs.  
 Mike B. 6 yrs.  
 Bill D. 10 yrs.  
 Teresfe A. 15 yrs.  
 Jim L. 16 yrs.  
 Don W. 18 yrs.

### REMINDER:

**JUNE 1998  
 ANNIVERSARIES  
 MUST BE IN THE  
 CENTRAL OFFICE, IN  
 WRITING, NO LATER  
 THAN MAY 10, 1998.**





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

**MAY 1998**

**MEETING CHANGES OR CORRECTIONS:**

BEGINNING IN SOBRIETY I - TUESDAY - 1:00PM - Centennial Church 127 Doat Street near Genesee Street and Bailey. This meeting has been reopened. Please give it support.

BY HIS GRACE - SATURDAY - - no longer meets

DIVINITY - DAILY - no longer meets.

HUMBLY WILLING - TUESDAY - no longer meets.

**PLEASE NOTE**

COLD SPRINGS is updating their membership list. If you consider yourself a member please attend the meeting and let the Chairperson know.

SENECA-BABCOCK - THURSDAY - Seneca United Methodist Church, 1218 Seneca at Imson Street, needs support. It is an 8:00pm Open discussion meeting.

LIVE AND LET LIVE - FRIDAY - is updating their membership list. If you consider yourself a member of the group, please come to the meeting and see the secretary, Mike S.

T.G.I.F. with 20 years in existence is a great group to attend! Improve your sobriety and join us! Our Lady of Peace, 10950 Main Street in Clarence across from Antique World every Friday at 8:00pm.

The TREATMENT FACILITIES COMMITTEE has a SPANISH SPEAKING meeting at 291 Elm Street Tuesday evenings at 7:00pm. They are asking for Spanish speaking and bi-lingual people to attend.

**SEASONAL MEETING:**

SERENITY IN THE PARK - MONDAY - 7:00PM, Delaware Park Rose Garden. - STARTING IN MAY.

**FOR SECRETARIES AND TREASURERS, ETC**

Any correspondence with GSA ( General Service Assembly of Western New York should be sent to their Post Office Box and put it to the attention of \_\_\_\_\_  
GSA - WNY SUITE 103, 5999 SOUTH PARK AV, HAMBURG NY 14075

**COMING EVENTS:**

**MAY 3 - SUNDAY - CENTRAL COMMITTEE - 80 GOODRICH - 7:00PM**

MAY 2 - SATURDAY - WHEATFIELD BLVD HELPING HANDS GROUP - is celebrating its' First Year Anniversary, the Wheatfield Town Hall, 2800 Church Road in North Tonawanda. This is a 10:00am meeting.

MAY 9 - SATURDAY - MOD/LIVING IN THE SOLUTION will be holding their 2nd Anniversary Dance at the Amity Club, 340 Military Road. Speaker at 8:00pm. Dance following. (No regular meeting this evening) \$3.00 donation Pizza and cake will be served.

