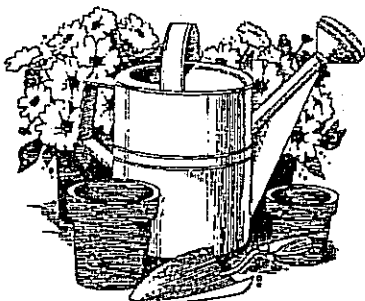


NEW FRONTIERS

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



In my journey of sobriety, it has been my good fortune to have known many people who truly lived the principles of the program. One of them was John K., better known as 'page 30.' He was nicknamed this because in every lead he gave, he would read, word for word out of the Big Book, page 30 and 31. "The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it to the gates of insanity or death." Pg 30.

He died 10 years ago this April, with 15 years of sobriety. Unfortunately, he should have had many more years, but he was known as a six month wonder. That's a slipper who can't stay

sober past a certain amount of time. Until he realized he was a victim of his own deceptions he couldn't stay sober. "By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule, therefore nonalcoholic." Pg 31.

He truly believed the program, the fellowship and the Big Book would work miracles in anyone's life if they used them. His message of sobriety remains with me. Thank you John, for being one of the lights on my walk of sobriety.

Yours in the spirit of AA
Helen S.
Thruway

Group

THINGS WE CANNOT CHANGE...

IN MEMORIAM

Margaret Gawronski
Passed away on March 17, 1999
A member of the South Buffalo Group of AA,
With 17 years of sobriety
Rest in peace dear friend,
you will be missed..

IN MEMORIAM

Jean Nowak
Passed away recently.
She was a member of
The Brass Group.
Rest in peace dear friend,
you will be missed.

IN MEMORIAM

Thomas McCarthy
Passed away on March 21, 1999
A member of the Downtown Men's
Discussion Group of A.A.
Rest in peace dear friend,
you will be missed.

IN MEMORIAM

Norm Murszewski
Passed away on March 26, 1999
A member of the Rainbow Group of AA,
With 11 years of sobriety
Rest in peace dear friend,
you will be missed.

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 should be approximately 250 words. We do not accept poetry. 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

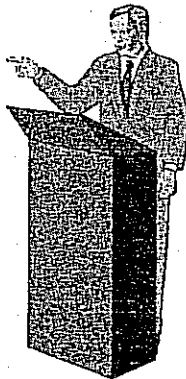
THE TREATMENT FACILITIES COMMITTEE
NOW MEETS AT ST. PAULS UNITED CHURCH
49 INDIAN CHURCH RD. (IRON HORSE)
3RD TUESDAY OF EACH MONTH, AT 6:30 PM

MY FELLOW AA's

Just a few words to thank Jim B. of the Corrections Committee for attending the Sunday Night Meeting of the Reformers Group of AA, here at the Collins Correctional Facility. Jim shared his story with our group, and his honesty touched us all.

Prison life is depressing and I rely on God to get me through the rough spots. I was reminded by Jim's story of just how bad my life was before I found AA, truly a gift from God. God's power and love never ceases to amaze me, He's always there for me when I need Him.

The Reformers Group would also like to thank all the groups who donate to the Correction Committee fund. Your generosity insures that any inmate who wants to read the



message of AA, is able to do so. What a great feeling it is to be able to hand out the Big Book to someone who really wants to read it.

In a recent issue of the New Frontiers, Matt Y. a former member of our group, expressed his concern about the lack of outside speakers. We invite outside members of AA to contact the Corrections Committee, and inquire about attending AA meetings in local Prisons.

Speaking for the Reformers Group, we have great coffee! Remember the Twelfth Step.. "carry this message to other alcoholics." We would like to see you here. (As a guest of course!)

*In the spirit, Guy Z.
The Reformers Group*



SOLUTIONS

The solutions to problems are not necessarily found in new and brilliant ideas. They are sometimes discovered by making proven ideas work, such as: an honest days work, respect for the given word, living within your income, and the willingness to make sacrifices to attain a worthwhile goal.

*Submitted by
Helen S., Thruway Group*

FINDING THE SOLUTION & RELEASE FROM THE STRUGGLE

Having recovered from a hopeless state of mind, I need to continually, (one day at a time) search out the resource that helped me understand that alcohol was, and is not the solution.

Hi, my name is Linda and by the mercies and grace of God, and a bunch of caring and understanding drunks, I have been sober since November 3rd, 1992. I have not found it necessary, or a remedy to, any issue or situation, to pick up a drink.

Today, with the 12 suggested Steps, a loving and caring God, and service oriented individuals, I've found that through giving of

oneself often eliminates or reduces whatever I think my issue is, and produces a life on life's terms solution.

It's not the plan I would have put into place, after all, my plans never had reliable endings. Yet, insane I am! For today, I'm truly grateful that my plan to slowly eliminate myself was waylaid, it landed me beat-up, but able to stand up today without outside validations. I continue to live in the solution, and service to others.

*Linda
Harmony Group*

THREE TIMELESS TRUTHS

Here are three timeless truths that I share with you from my life, in the hope that they will be as meaningful and helpful to you as they have been to me, Think on these things:

1. **Failure is not fatal.** Failure should be our teacher, not our undertaker. It should challenge us to new heights of accomplishments, not pull us to new depths of despair. Failure is a temporary detour, not a dead-end street. Remember, the greatest failure is the failure to try.
2. **Delays are not deadly.** Too often we equate delay with defeat. Frequently the best thing that can happen to us is a wise delay in our plans. If it's worth having, it's worth waiting for...and often its value is enhanced by delay. Delays are often God's way of teaching us the virtue of patience. And patience is more than a virtue; it is a required course in the school of life.
3. **Pressures are not permanent.** Some of the most comforting words in the Bible are these, "And it came to pass." Problems and pressures do not come to stay...they come to pass. They are temporary, transitory, and like many of the irritations and vexations which we all have experienced, will evaporate when we realize that our internal resources are much stronger than the external pressures.

Truly, greater is the power within you, than any other power on earth.

*Author Unknown
From the Allison Group
Hamilton, Ontario*

Y2K IS COMING!

Have you made your plans for New Year's Eve yet? Stay tuned to future issues of the **NEW FRONTIERS** for more information!

THE BUCK STOPS HERE

Few AA's would argue with the First Tradition, which states (in long form) "each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live, or most of us will surely die. Hence our common welfare should come first..." And yet, writes B.R. in *Unity*, the newsletter of the Dayton, (Ohio) Intergroup, "everywhere I go, groups are struggling to fill their service positions. This group hasn't seen its treasurer in six months; that one can't get a volunteer to make coffee; the group down the street folded because no one was showing up to open the meeting. Why is this happening? Because too many people think the responsibility belongs to someone else or to some vague, nebulous concept called "the group."

The problem, B.R. says, "doesn't end there. Hospitals and jails are asking for meetings but getting none. Service boards such as intergroup and the area assembly are lucky to get 20 or 30 representatives at a meeting that should draw hundreds. I know. I attend these meetings, serve on these boards, chair a committee and I am sick of hearing 'no report' from one committee after another, simply because none are willing to give back to A.A. what was so freely given to them. People are dying out there, but too few of us seem to care. Our common welfare is not coming first, Why?"

In looking for answers, B.R. says, he turned to his own experience and concluded that sponsorship had played a vital role. "My sponsor didn't suggest A.A. service work to me," he remembers, "he demanded it as

vital and necessary part of my recovery. And he made it attractive to me by being a steadfast example. I learned responsibility, I learned to be dependable. From small beginnings, such as serving coffee, I learned lessons that enabled me to rejoin society as a contributing member instead of an unwanted leech."

The same holds true, B.R. suggests, when it comes to being "a part of general service." The benefits are countless, but to give a single example: If I had to move suddenly to Cincinnati or Cleveland, I would know members there by name. I have friends all over Ohio and beyond whom I'd never have met but for being involved in intergroup and area activities. There are countless ways to be a part of the solution instead of the problem. Ask your group: Are there any positions that need to be filled? Attend an intergroup meeting or an area assembly. Ask your sponsor. *Be a sponsor. Participate!*

"We cannot look to 'the group' to place the common welfare of A.A. first—we must do it for ourselves because it is vital to our own recovery, to our very survival. It is the only way to insure that the hand of A.A. will be there for you, for me, for that poor soul stumbling along out there, dying of alcoholism."

BOX 459

AUGUST-SEPTEMBER 1998

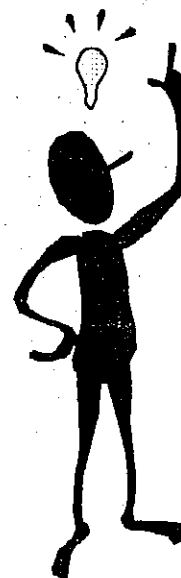
Submitted by Mike K.

Positively Living III



TECHNIQUES FOR THINKING

1. Keep life simple
2. Practice being satisfied
3. Beware of indecision
4. Practice cheerfulness
5. Learn to like people
6. Live and let live
7. Use adversity
8. Don't take yourself so seriously
9. Have a sense of humor
10. Practice objectivity
11. Tolerate your own mistakes
12. Forgive yourself



**"I BELIEVE THE GREATEST POSITIVE EVENT OF THE 20TH CENTURY
OCCURRED IN AKRON, OHIO ON JUNE 10, 1935, WHEN BILL W. AND DR. BOB
CONVENED THE FIRST AA MEETING."**

From "Further Along The Road Less Traveled" by M. Scott Peck

ALCOHOLICS ANONYMOUS AND IMPERFECTION

Sometime in the 1930's, Bill Wilson was quoted as saying: "It seems absolutely necessary for most of us to get over the idea that man is God." We, in AA, are brought to this realization quickly through the hitting of a bottom and the subsequent acceptance of our shortcomings. The great wisdom of Alcoholics Anonymous is the necessity of accepting our imperfection. In some ways this is a radical departure from what most of us were taught; perfection was the goal and we were to strive for it unremittingly. Most of us fell so miserably short that to face ourselves became impossible. With the advent of Alcoholics Anonymous, not only a solution for the awful hopelessness of uncontrolled drinking was offered, but also a way of living that includes our acknowledgment of our shortcomings as a cornerstone to deep and profound serenity. We are made to understand that to deny our imperfection is to disown ourselves and to lose our most certain path to God.

Spirituality is rooted in, and revealed to each of us through uncertainty, inadequacy, helplessness, the inability to control ourselves and others. Nothing spiritual happens for any of us until we are brought up short with the realization that something is "wrong" with us. We feel out of kilter, off base; full of self loathing. The miracle of sobriety is that this very darkness binds us together heart to heart, soul to soul and frees us for the real work of life, being human with other human beings, in a "state of reasonable happiness." We are able to use our weakness for service to others.

The beauty of the Twelve Steps of Alcoholics Anonymous, is a way of life that allows us to survive our imperfections. When we fall short, as we all do, AA gives us a way of living that allows us to make peace with ourselves and others and to move on. Healing

happens in the recognition of shortcoming, the willingness to, as much as humanly possible, make things right and then to surrender to a Higher Power.

In my quest for sobriety, year after year of prayer, meetings, sponsorship and service work have brought me more clearly face to face with my imperfection, and have given me the marvelous gift of acceptance. Slowly, but steadily, I continue to learn through trial and error that what is human is incurable through human efforts. In my deepest soul I have been brought to my knees over and over, saying, "Higher Power, God, Angels, Beings of Light, Buddha, Mother Mary, save me whether I like it or not." The grace of making peace with who we are, of accepting responsibility for our behavior in a mature way, is the stuff of sobriety that is its own reward.

Bill Wilson wrote in one of his letters that, "Alcoholics Anonymous is a terribly imperfect society because it is made up of very imperfect people. We are all dedicated to an ideal of which, because we are very human and very sick, we often fall short. I know because I constantly fall short myself." It is this making of peace with imperfection that spawns the growth of compassion, the recognition that mine and others' weaknesses render us more alike than different, and provide us a bond of fellowship difficult to describe in words.

M.Scott Peck has been quoted as saying that the twentieth century will not be remembered for space travel or the development of nuclear energy, but rather for the fellowship of Alcoholics Anonymous. What a marvelous gift to be privileged to live, one day at a time.

Charmaine D.
Courage Group

APRIL 1999 ANNIVERSARIES

AMHERST/SNYDER

David P. 6 mos.
 Rich H. 6 mos.
 Judy O. 6 mos.
 Larry B. 6 mos.
 Kevin B. 9 mos.
 MaryAnn L. 9 mos.
 Doug C. 2 yrs.
 Bill R. 2 yrs.
 Mona A. 3 yrs.
 Tony B. 4 yrs.
 Kate C. 5 yrs.
 Jeff R. 6 yrs.
 Eva H. 8 yrs.
 Michaela B. 9 yrs.
 Amy H. 9 yrs.
 Jerry B. 10 yrs.
 Chris T. 10 yrs.
 Bruce G. 12 yrs.
 Fred S. 12 yrs.
 Rita F. 25 yrs.
 Al C. 32 yrs.

HAPPY HOUR(CONT.)

Julie P. 2 yrs.
 Walter S. 2 yrs.
 Deborah V. 2 yrs.
 Candita R. 3 yrs.
 Angel S. 3 yrs.
 Elizabeth T. 3 yrs.
 Antonia S. 4 yrs.
 McKinley D. 4 yrs.
 Joan H. 9 yrs.
 Carmen G. 10 yrs.

HARMONY

Julienne 6 yrs.

INNER CITY

Daryl 4 mos.
 Johnny 12 yrs.
 Hattie S. 18 yrs.
 Cleo 29 yrs.
 John B. 29 yrs.

JOURNEY

Tom G. 3 mos.
 Phil W. 3 mos.
 Parker O. 3 mos.
 Dave H. 9 mos.
 Pat W. 8 yrs.

LOVEJOY

Tom B. 3 mos.
 David A. 3 mos.
 Debbie K. 2 yrs.

MAIN & HIGH

Wallace G. 2 yrs
 Larry H. 11 yrs.

NORTH BUFFALO

Tom C. 3 mos.
 Dan C. 3 mos.
 Marty R. 6 mos.
 Perry C. 6 mos.
 John M. 3 yrs.
 Jennifer D. 5 yrs.
 Mark H. 5 yrs.
 James S. 6 yrs.
 Trish P. 6 yrs.
 Dan L. 7 yrs.
 Christopher T. 13 yrs.
 Peter B. 16 yrs.
 Jim M. 26 yrs.

POSITIVELY LIVING II

Lorne J. 3 mos.
 Joe D. 3 mos.

POSITIVELY LIVING II

Paula B. 3 mos.
 David S. 3 mos.
 Joe S. 8 yrs.

REMEMBER WHEN

Earnest A. 3 mos.
 Melisha G. 3 mos.
 Sandy N. 3 mos.
 Terri A. 3 mos.
 Antonette B. 3 yrs.
 Jerry C. 3 yrs.
 Brunie M. 7 yrs.
 Ralph W. 8 yrs.
 Bernadette W. 9 yrs.
 Sylvester T. 10 yrs.
 Lula R. 10 yrs.
 Bob J. 18 yrs.

RISE & SHINE

Racquel F. 9 mos.
 Stephanie R. 9 mos.
 Johnny F. 9 mos.
 Tangry F. 9 mos.
 Charles F. 2 yrs.
 Dorothy F. 2 yrs.
 Ted J. 2 yrs.
 Therese B. 3 yrs.
 Teresa W. 3 yrs.
 Linette S. 3 yrs.
 Jean D. 3 yrs.
 Carol S. 4 yrs.
 Patricia K. 5 yrs.
 Bruce G. 12 yrs.

SOBER SATURDAY

JoAnne R. 1 yr.

SUNDAY

MORN.BREAKFAST

Daniel K. 6 mos.
 Chris B. 9 mos.
 Mark O. 2 yrs.
 Becky B. 2 yrs.
 Kenneth P. 8 yrs.
 Dan W. 11 yrs.

SUNRISE COURT

Lorne J. 3 mos.
 Becky S. 1 yr.
 Willis C. 1 yr.
 Cindy F. 2 yrs.
 Dave D. 4 yrs.
 John G. 4 yrs.
 Jennifer 6 yrs.
 Bo D. 8 yrs.

SUNRISE COURT(CONT)

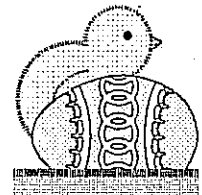
Bruce 12 yrs.
 Larry B. 17 yrs.

WE CARE

Frank O. 1 yr.
 Tim F. 1 yr.
 Greg D. 2 yrs.
 Neal O. 2 yrs.
 Elmer M. 19 yrs.

WOMEN'S WESTSIDE DISC.

Cheryl T. 3 mos.
 Lorien 3 mos.
 Denise 9 mos.
 Micki 2 yrs.
 Mona 3 yrs.



REMEMBER:

MAY 1999
ANNIVERSARIES
MUST BE IN THE
CENTRAL OFFICE
IN WRITING BY
APRIL 10, 1999.



ATTITUDE ADJUSTMENT

Jennifer D. 5 yrs.
 Rob R. 11 yrs.
 Day W. 11 yrs.

COLD SPRING

Shirley L. 1 yr.
 Ron D. 11 yrs.

COURAGE

Marie D. 5 yrs.

ELLICOTT

Robert K. 2 yrs.
 Lily S. 5 yrs.

GIVING

Becky S. 3 mos.
 Thomas F. 9 mos.
 Kevin S. 2 yrs.
 Joe H. 3 yrs.

H.A.N.D.

Lisa B. 6 mos.
 Mark M. 1 yr.
 Joe R. 3 yrs.
 Bryant G. 14 yrs.

HAPPY HOUR

Averi A. 2 yrs.
 Angel B. 2 yrs.
 Jackie B. 2 yrs.

BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388

295 MAIN STREET
845 ELLICOTT SQUARE
BUFFALO, NEW YORK 14203

Bulletin For
APRIL 1999

**PLEASE NOTE: ALL COMMITTEE MEETINGS OF ALCOHOLICS
ANONYMOUS ARE OPEN TO ANYONE IN THE FELLOWSHIP.**

**WANT TO KNOW ABOUT ANY COMMITTEE?
PLEASE CALL CENTRAL OFFICE**

NEW MEETINGS

BROWN BAGGERS - Friday Noon Open Discussion, 101 East Main Street, Westfield.

LOWER MOUNTAIN WOMEN - Thursday 10 am Starts April 15, Closed Women,
United Church of Christ, 4045 Lower Mountain Road.

NO TURNING BACK - Friday - 8 pm Closed, Wesleyan Church of Hamburg, S-4999
McKinley Parkway, Hamburg.

NOTHIN' BUT THE BOOK - Friday 8 pm Closed Big Book Study, St. Rita/Pat's
Church, Fillmore at S. Division.

ST. ANTHONY'S - Friday 7 pm Open, 306 Ingham Avenue, Lackawanna.

SERENITY IN THE PARK - Monday 7pm Will start May 3rd, Delaware Rose Garden.

PLEASE NOTE

ATTITUDE ADJUSTMENT HOUR - Monday 6pm Is moving May 1st to the Unitarian
Universalist Church, 6320 Main Street, Williamsville.

CAZENOVIA - Thursday - 8:30 pm Starting April 8 will be located at Harvest House,
1782 Seneca (Corner Seneca and Juniata). NO SMOKING ON PREMISES.

LIGHTEN UP - Wednesday and Friday 6 pm Starting April 7 will be located at 4949
Harlem Road at Sheridan, Sisters' Hospital-Amherst Health Care Center

MATT TALBOT Meets on Tuesdays during Lent and will resume its Wednesday
schedule after Easter.

SARATOGA - Thursday 8 pm Needs support, 350 Saratoga at Harlem Road, Christ United Methodist Church.

SOUTH BUFFALO - Monday 8 pm, Friday 9 pm Moved to Woodside Methodist Church, 675 Abbott Road.

COMING EVENTS

April 4, Sunday - Central Committee Meeting - 80 Goodrich 7 pm.

April 4, Sunday, Correctional Facility Committee, 80 Goodrich 5:30 pm.

April 5, Monday, South Buffalo - 675 Abbott Road, Woodside Methodist Church. Come join us, Guest Speaker 8 pm. Eating Meeting, Bring a Dish.

Apr. 10, Sat, Coop.w/Prof.Community, Maryvale Pres. Ch., 425 Maryvale Dr. 9 am.

April 10, Saturday, 1110 Group 2nd Anniversary - Eating meeting, Bring a Dish 6 pm; speaker at 8.

April 20, Tues., Treatment Facility Committee, St. Paul's, 49 Indian Church 6:30 pm.

April 18, Sunday - 57th Fall Convention Committee, 1 pm, Marriott Hotel, 1340 Millersport Highway, Check monitors or front desk for meeting location.

April 23-25 Blossom Time - 35th Annual, Ameri-Cana, NF, Ont.; \$15 Registration.

April 27, Tuesday, Archives Committee, Maryvale Pres. Ch., 425 Maryvale Dr. 7 pm.

May 2, Sunday - Central Committee Meeting - 80 Goodrich 7 pm.

May 2, Sunday, Correctional Facility Committee, 80 Goodrich 5:30 pm.

May 8, Sat, Coop.w/Prof.Community, Maryvale Pres. Ch., 425 Maryvale Dr. 9 am.

May 21, Friday, Treatment Facility Committee, TBD 7:30 pm.

May 16, Sunday - 57th Fall Convention Committee, 1 pm, Marriott Hotel, 1340 Millersport Highway, Check monitors or front desk for meeting location.

June 24, Thursday Kenmore Group 32nd Anniversary, Ernie K. and Don M. (original group members) will share at 8, eats at 7.