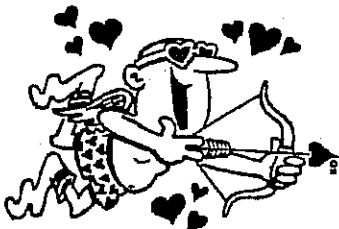
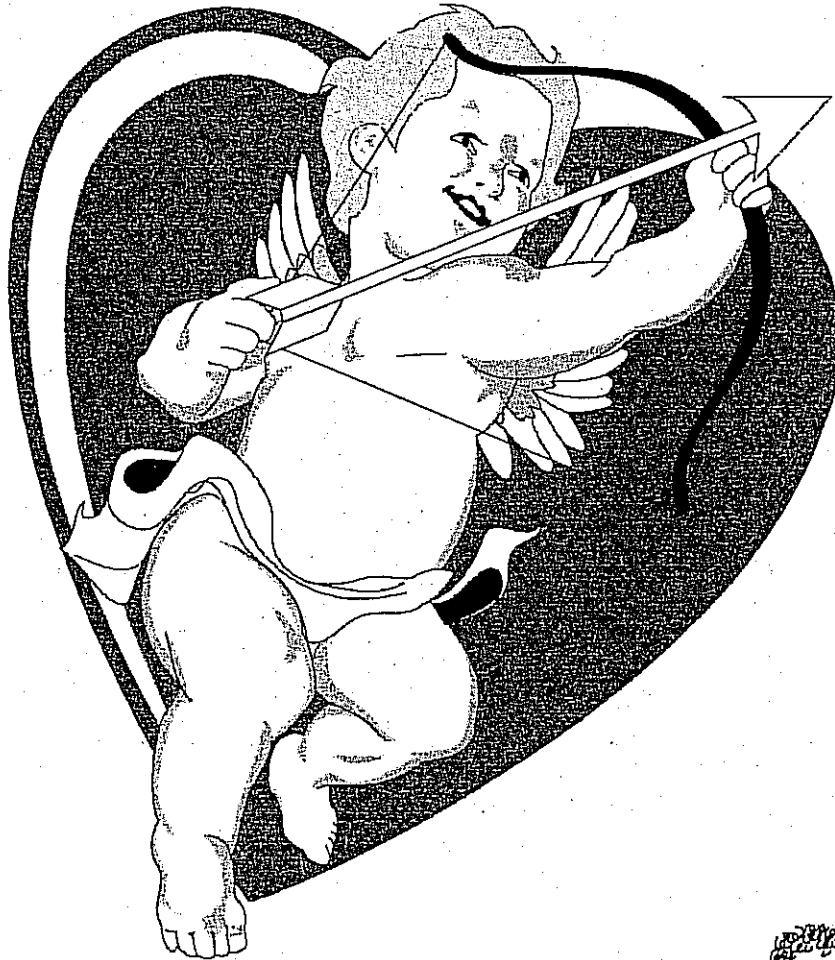


NEW FRONTIERS

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

Happy Valentine's Day





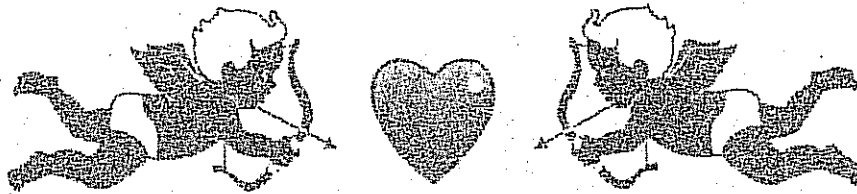
THE HISTORY OF THE SERENITY PRAYER



The original Serenity Prayer was written on a piece of paper by Reinhold Niebuhr as his closing prayer in a church service on Sunday. Afterwards, upon request, he gave it to a friend. The version used at AA meetings is said to have been found in the obituary section of a newspaper. Regardless of how alcoholics came by the particular version they use, The Serenity Prayer has brought help to many recovering people as they attempt to accept their disease, to take an inventory, to make amends, and to accept God's will for their lives, one day at a time.

Another version: God, give us the grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.

Submitted by Helen S.
Thruway Group



SIGNS OF A SPIRITUAL AWAKENING

- An increased tendency to let things happen, rather than make them happen.
 - Frequent attacks of smiling.
 - Feelings of being connected with others and nature.
 - Frequent overwhelming episodes of appreciation.
- A tendency to think and act spontaneously, rather than from fears based on past experience.
 - An unmistakable ability to enjoy each moment.
 - A loss of ability to worry.
 - A loss of interest in conflict.
 - A loss of interest in interpreting the actions of others.
 - A loss of interest in judging others.
 - A loss of interest in judging self.
- Gaining the ability to love, without expecting anything in return.

Taken from the Internet
Soberchef

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

AN INMATE WRITES...

Dear friends in the AA Fellowship,

For the past few years, I have been told that recovery doesn't begin behind these walls. I became defensive and decided to do a mini 4th Step, to see why it affects me when someone makes this statement. After my 4th Step, it dawned on me that maybe the people making such statements do not know what it's like to be an alcoholic. They may not know what it's like to have an unmanageable life, and believe that a power greater than myself could restore me to sanity. I pray for those people, and I continue to read the Big Book.

Let's take a look at my unmanageable life, where drinking was the center of my everyday focus. I drank for every reason under the sun. If I had fears, I thought I could drink them away. If I felt insecure, I drank for security. I dealt with life on my terms and with my bottle in hand. After I landed in prison I thought that, I might have a problem. I felt the pain of what alcoholism had done to me, and my loved ones.

When you hear about pain, at the tables of AA, and how painful recovery can be, believe it to be true. I was sick and tired of living as I was, but I still wanted to drink. Alcohol: cunning baffling and powerful.

One day I decided that I was tired of this pain, and felt an honest desire to change the way I was living. I found the Reformers Group of AA. They welcomed me and I found out that I was not alone

anymore. Oh. By the way, there is booze in prison, not the best, but still deadly to the alcoholic.

I became familiar with the Twelve Steps of AA, and thought I was doing great. Suddenly, I relapsed, and afterwards, I admitted that, I was still doing things my way, not the AA way. Somehow I found my way back to the group. I felt that it was time to be completely honest with myself, and started to work the AA program of recovery.

What a difference it made, when, I became honest, open-minded, and willing. It took lots of work and action! I have to say, the turning point in my life was the Third Step. When I turned my will over to my Higher Power, things began to happen in my life. Fears, insecurities, and anger were slowly leaving me. Now, this alcoholic doesn't have to drink when he feels these things.

My Higher Power released me from my obsession to drink. The minute I admitted that I was powerless over alcohol, and my life was unmanageable, I was on my way to recovery, and I didn't even know it at the time. So the next time you hear about where recovery begins, remember my story, and rest assured that my recovery started in the rooms of the Reformers Group of AA, inside prison.

Timothy M.
Reformers Group of AA
Collins Correctional Facility



MANY THANKS!!!



How about that 1999 New Years Eve dance? To those of us who attended, it was refreshing to see people dancing together. Yes, I said together! The music of the 50's, 60's and 70's plus present day tunes, warmed the hearts of the AA'ers in attendance. The food was good and plentiful. People dressed up in their finest, and put their best foot forward. The only



glitch was the bad weather.

I wish to thank the Thruway Group for sponsoring the event, the Dance Committee, and to the volunteers who helped make it such a success.

The committee for the year 2000 has already been formed, and we hope to make it an annual event. See you and yours next year! Plan to attend.

Editor

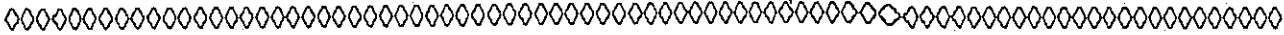


Literature



Don't know what to do with those old Grapevines, the extra copies of the Big Book, 12&12, or any other conference approved literature? We will gladly take them off your hands. The Corrections Committee is on the move for more literature to take into the Corrections Facilities. Thank you for your donation.

Correctional Facility Committee



Things we cannot change...

IN MEMORIAM
Delphine Molnar passed away, January 18, 1999
In a Hospice in Fort Lauderdale, Florida
She was a past member of the Original Twin-Cities Group
With 27 years of sobriety
Rest in peace dear friend



**AA FIRESIDE GROUP PRESENTS
 A DAY OF SHARING**
 Panels, speakers, sharing
 E.C.C. North Campus Cafeteria
 Wherle Dr. & Youngs Rd, Williamsville
 Optional luncheon available for just
 \$5.95 per person
 Saturday, March 13, 1999
 10:00 A.M. to 5:00 P.M.

PLEASE NOTE:

HAPPY HOUR
HOLY CROSS CHURCH
341 SEVENTH STREET
WEST SIDE, BUFFALO
NOW MEETS
MONDAY - FRIDAY
AT 7:00 P.M.



DO YOU JUST BELONG?

- ◆ Are you an active member, the kind that would be missed?
- ◆ Or are you just content that your name is on the anniversary list?
- ◆ Do you attend the meetings and mingle with the flock?
- ◆ Or do you meet in private and criticize and knock?
- ◆ Do you take an active part to help the work along?
- ◆ Or are you satisfied to be the kind that just belongs?
- ◆ Do you work on committees, to this there is no trick;
- ◆ Or do you leave the work to just a few, and talk about the clique?
- ◆ Please come to the meetings often, and help with hand and heart.
- ◆ Don't just be a member but take an active part
- ◆ Think this over, members, you know what's right from wrong.
- ◆ Are you an active member, or do just belong?

Anonymous

AN ALCOHOLIC REMEMBERS....

Sitting at my desk, I looked at my second 10 year pin, and I thought about my other 10 years in AA, and how things have really changed in AA. In the sixty's, it was very simple. The Preamble, the Steps and the Traditions were read from the most recent copy of the Grapevine. (I wish more Groups would show an interest in the Grapevine.) A passage was read from the 24 hour book, reminding each of us of our 24 hour concept. The serenity prayer was read at the end of each meeting, reminding us that ours was a spiritual program.

The old Wendy meeting was an open speaker meeting, and we always gave cigarettes away to get our fellow drunks to attend. My sponsor took me to many meetings. We went to the old Meyer Memorial Hospital, the 'old folks home' and every 'nut house' in our area. We thought nothing of driving to some out of town meeting, with 4 or 5 alkies in the car.

I remember the only way some of us could get any help with our drinking problem, was to get arrested and hope the judge gave us a couple of months, so we could dry out. We would get a shower, some new clothes, shoes, medical help, eat some square meals, and we would feel good for a while, at least.

There were no 28 day rehabs in those days. The hospitals didn't want drunks because they couldn't pay. I remember this because I was there.

I realize today that the principles of AA never really change, our simple Program of one day at a time works just as well today, as it ever did. Thank God for the old-timers, for their patience and perseverance.

All I had to do was admit I was powerless over alcohol, believe in a Higher Power, and become willing to change, and ask God daily to remove the obsession to drink.

The Twelve Steps of AA were the answer then, and still are today. Having had a spiritual awakening, I can now do what is expected of me, carry the message to the alcoholic who still suffers. I know now that if I don't take the first drink, I can't get drunk! When I asked an old-timer how he became an old-timer, he simply said, "We don't drink, and we don't die."

After my first 10 years, I thought I had it made, and yes, I didn't need meetings anymore. I let little things bother me, and didn't know what to do when things went bad. I sat on the pity pot for a long time, I lost everything, including my self respect.

Now, once again, I am a sober member of this Fellowship, I have 10 years of sobriety. My alcoholism has been arrested, but I must remember that I am still allergic to alcohol, and I am promised a daily reprieve, based on my spiritual condition.

Bob W.
Sheridan Group

JUST FOR TODAY! ...LETTING OTHERS CONTROL OUR LIVES

FROM: *Live and Let Live*

"None of us can remember anyone's forcing us to drink alcohol. No one ever tied us down and poured booze down our gullets. Just as no one PHYSICALLY compelled us to drink, now we try to make sure no one will MENTALLY 'drive us to drink', either.

"It is very easy to use other people's actions as an alibi for drinking. We used to be experts at it. But in sobriety, we have learned a new technique: We never let ourselves get so resentful toward someone else that we allow that person to control our lives--especially to the extent of causing us to drink. We have found we have no desire to let any other person run, or ruin, our lives.

Submitted by
Dave W., Asst. Editor

CONCEPTS III and IV

Concept III: As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staff, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

"Concept Three might be called the "Right of Decision." I remember going to business meetings with my group, with my mind made up that I had decided who would be best for secretary for this election, and I was going to vote for Suzy Q. When I got to the meeting and discovered that Suzy just had a slip, or perhaps if it wasn't a slip, she was having problems with her husband, she couldn't get to the meetings regularly, and so on and so forth. Now to refuse to change my vote in the light of newly know facts would have been pretty silly.

So, too, with an elected Delegate. If he is instructed on how to vote, he has no right of decision. He too may learn more on the subject on whom he is voting and wish to change his vote in the light of this greater knowledge, but if he is instructed instead of TRUSTED - he can't.

This Concept applies also to the Trustees. For example, the Trustees do own the

Concept IV: Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportions to the responsibility that each must discharge

"Concept Four is the right of participation. This is a word we all understand. It is one of the first things we learn to do when we come to A.A. - we learn to participate in group activities. We become a part of our individual group's affairs and of group conscience and in this way we become a part of a whole. This principle has been carefully built into our Conference structure, for the charter provides that the Trustees, the Directors of our service corporations, together with their respective staffs, shall always be voting members of the Conference.

It took many years before we saw that we could never put all authority in one group and

service entities - A.A. World Service and the A.A. Grapevine. They can hire and fire, their authority is final, but if the Trustees were constantly to exert this full and absolute authority, if they were to attest to manage these operating entities in detail, the staff members would quickly become demoralized. There would be only the choice of either to rebel and resign or to submit and not. That's a direct quote from Concept Three. They, too, have a right of decision. So a trusted servant is the solution. Our entire A.A. program rests squarely upon the principle of mutual trust. We trust God, we trust A.A. and we trust each other. Therefore, we cannot do less than trust our leaders in service. The right of decision that we offer them is not only the practical means by which they may act and meet effectively, but it is also the symbol of our implicit confidence."

virtually all responsibility on another, and expect either efficiency of operation or harmony. There is another good reason for participation, and this one has to do with our spiritual need. All of us deeply desire to belong. We want an A.A. relationship of brotherly partnership. It is our shining ideal that the spiritual corporation of A.A. should never include any members who are regarded as "second class." The right of participation assures us that we are truly the trusted servants described in A.A.'s Tradition Two."

Eve M.
4th NYS Convention
submitted by Cindy N.

A CALL FOR OUTSIDE SPEAKERS

I've had the pleasure of meeting a few "Civilian AA'ers" during my incarceration. I have been to hundreds of AA meetings in here, but only a few outside speaker meetings. Our group hasn't had an outside speaker in a year. I have written to local intergroups requesting outside speakers, and have never received any responses.

Outside speakers have played a vital role in my recovery. They showed me the first of many rewards, hope, instead of desperation. They told us about a sober world out there, if we want it. By their stories, you would have mistaken them for convicts. We could identify with them.

Why aren't there more outside speakers coming into Correctional Facilities? This is my

first time in prison, and I hope, my last. I am sober today by the grace of God. I found this wonderful program in prison, and I do everything in my power to not let it slip away. When I am released, I plan on giving back to the Facilities what was so freely given to me.

We alcoholic/convicts need to know what it is like in AA on the outside. What activities do you have? Tell us about the picnics and the dances, give us hope.

Call your Corrections Committee or any Volunteer Services Coordinator at any Facility, and they will tell you how you can get to an AA meeting, in the "Big House"

*Matthew Y.
Mid State Correctional Facility.*

THE DIFFERENCE BETWEEN ORDINARY AND EXTRAORDINARY IS THE LITTLE EXTRA.



POINTS TO PONDER



- ⇒ If you take an oriental person and spin him around several times, does he become disoriented?
- ⇒ If people from Poland are called "poles", why aren't people from Holland called "holes"?
- ⇒ If love is blind, why is lingerie so popular?
- ⇒ When cheese gets its picture taken, what does it say?
- ⇒ Why isn't 11 pronounced onety one?
- ⇒ When someone asks you "a penny for your thoughts", and you put your two cents in, what happens to the other penny?
- ⇒ Do Roman paramedics refer to IV's as "4's"?

*Submitted by Glen S.
Matt Talbot Group*

God has promised forgiveness to your repentance, but he has not promised tomorrow to your procrastination

St. Augustine



FEBRUARY 1999 ANNIVERSARIES

AMHERST/SNYDER

Mark L. 3 mos.
 Mike S. 3 mos.
 Chuck N. 6 mos.
 Gary W. 6 mos.
 Dave Za. 1 yr.
 Dave Z. 1 yr.
 James W. 2 yrs.
 David M. 2 yrs.
 Neil S. 3 yrs.
 Tom B. 4 yrs.
 John R. 8 yrs.
 Sharon L. 9 yrs.
 Dave H. 10 yrs.
 Bob G. 10 yrs.
 Jim C. 14 yrs.
 Jim S. 15 yrs.

COLD SPRING

Aaron C. 3 mos.
 Odessa A. 6 mos.
 Jennell A. 9 mos.
 Harvey A. 9 mos.

COURAGE

Beverly K. 2 yrs.
 April S. 5 yrs.
 Julie S. 13 yrs.
 Beverly K. 15 yrs.
 Florence F. 19 yrs.

DECISIONS, CHOICES & CHANCES

Clarence H. 4 yrs.
 Roosevelt M. 5 yrs.

ELLCOTT

Robert R. 2 yrs.

HAND

Sean G. 1 yr.

HAPPY HOUR

Mike S. 9 mos.
 David O. 1 yr.
 Sheila B. 2 yrs.
 Andrew S. 3 yrs.
 Lorraine S. 3 yrs.
 Lawrence B. 4 yrs.
 Kevin H. 4 yrs.
 Lisa S. 4 yrs.
 Bruni G. 5 yrs.
 Miriam G. 6 yrs.
 April S. 6 yrs.
 David W. 6 yrs.
 Bill M. 7 yrs.

HAPPY HOUR (CONT)

Esperanza K. 8 yrs.
 Bob K. 9 yrs.
 Ava P. 9 yrs.
 Oliver H. 12 yrs.
 Sherry H. 22 yrs.

IRONHORSE

Darby M. 3 mos.
 Scott H. 6 mos.
 Dan T. 1 yr.
 Tom K. 1 yr.
 Bryan H. 2 yrs.
 Dawn F. 2 yrs.
 Jeff K. 2 yrs.
 Rich S. 2 yrs.

KENSINGTON

Neil 7 yrs.

MAIN & HIGH

Rosetta A. 3 mos.
 Geraldine D. 6 yrs.

MATT TALBOTT

Jim M. 3 mos.
 Brian C. 6 mos.
 Dick A. 9 mos.
 Andy S. 2 yrs.
 Charlie V. 2 yrs.
 James H. 2 yrs.
 Roger M. 3 yrs.
 Rich L. 3 yrs.
 Dave K. 3 yrs.
 Matt B. 5 yrs.
 Larry B. 6 yrs.
 Pat W. 6 yrs.
 M. Brant 7 yrs.
 James H. 10 yrs.
 Dave R. 10 yrs.
 Liz O. 11 yrs.

NORTH BUFFALO

John K. 3 mos.
 David G. 6 mos.
 Bob H. 6 mos.
 Scott M. 6 mos.
 Sean M. 1 yr.
 John S. 1 yr.
 Ed O. 5 yrs.
 David S. 5 yrs.
 Walter W. 8 yrs.
 Lyn T. 10 yrs.
 Rick L. 10 yrs.
 Michael B. 12 yrs.
 Wes K. 19 yrs.

REMEMBER WHEN

Sandy N. 3 mos.
 Sylvia M. 3 mos.
 Rosetta A. 3 mos.
 Susan B. 1 yr.
 Sharon G. 3 yrs.
 Gregory J. 3 yrs.
 Madonna B. 3 yrs.
 David W. 6 yrs.
 Ava P. 9 yrs.
 Floydell H. 11 yrs.
 Portia J. 11 yrs.

RISE & SHINE

Velvet J. 6 mos.
 Linette S. 6 mos.
 Bill P. 9 mos.
 Faith T. 9 mos.
 Pat C. 3 yrs.
 Celia D. 3 mos.
 Linda R. 4 yrs.

SUNDAY

MORN. BREAKFAST

Joann B. 6 mos.
 Heide S. 6 mos.
 Max W. 12 yrs.
 Beverly K. 16 yrs.

SUNRISE COURT

Danna S. 6 mos.
 Karen K. 6 mos.
 Jimmy 2 yrs.
 Dave 3 yrs.
 Martha M. 3 yrs.
 Chris R. 3 yrs.
 Mary W. 4 yrs.
 Harrison H. 5 yrs.
 April S. 6 yrs.
 Kim K. 10 yrs.

THRUWAY

Darryl D. 3 mos.
 Liza B. 6 mos.
 Jenn H. 1 yr.
 Jonathan B. 1 yr.

WE CARE

Tom P. 1 yr.
 Bryan D. 3 yrs.
 Bill L. 4 yrs.
 Tim P. 4 yrs.
 Delores K. 17 yrs.

WOMEN'S WESTSIDE DISC.

Brandy L. 3 mos.
 Sandra Y. 9 mos.
 Tara L. 9 mos.
 Joyce P. 9 mos.
 Sally H. 9 mos.
 Dora 2 yrs.
 Norma F. 2 yrs.
 Harriet R. 2 yrs.
 Flora 3 yrs.
 Tonja A. 3 yrs.
 Julie C. 7 yrs.
 Judy T. 9 yrs.
 Sue V. 17 yrs.



REMEMBER:
MARCH 1999
ANNIVERSARIES
MUST BE IN THE
CENTRAL OFFICE
IN WRITING BY
FEBRUARY 10, 1999.



BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
295 MAIN STREET
ROOM 845, ELLICOTT SQUARE BUILDING
BUFFALO, NEW YORK 14203
(716) 853-0388

FEBRUARY 1999

Twenty-Four Hours a Day - The cost of this publication is now \$8.

NEW MEETINGS

By The Book - Tuesday 6:15 pm Open Big Book Study, Non-Smoking, Wheel Chair Accessible, 11 West Main Street, Lancaster, Closed Holidays.

How It Works - Tuesday 7 pm Open Discussion, Non-Smoking, Wheel Chair Accessible; Buffalo Psychiatric, 400 Forest Avenue, Strozz Building, Winkelstein Conference Room.

Positively Living III - Saturday 8:30 am Open Discussion, 1280 Main Street, No Smoking, Wheel Chair Accessible.

PLEASE NOTE

Primary Purpose, Tuesdays and Thursdays - Needs your support. Please come and share your experience, strength and hope. 12 Noon, St. Mary's Episcopal Church on Center and School Street, Gowanda, New York.

Kensington, Tuesdays - Needs your support. 261 Cleveland Drive, Cheektowaga.

COMING EVENTS

February 6 - Saturday - 14th Annual Blizzard Ball - will be held by the Any Age Group at St. Andrews Church Hall, Elmwood at Sheridan. Doors open at 7 pm; no children under 13; tickets are \$5 per person; food and beverage will be provided; guest speaker at 8 pm.

February 7, Sunday, Central Committee Meeting, 80 Goodrich 7 pm.

February 7, Sunday, Correctional Facility Committee, 80 Goodrich 5:30 pm.

February 13 - Saturday - MOD/Living in the Solution - will hold their 3rd Annual Valentine's Day Dance to support the CENTRAL OFFICE. It will start at 8 pm with a Special "Old Timers" Panel on the 12th Step. Live entertainment featuring the Buddy Hinds Band; food; bring a dish to share; donation \$5; check slinger for more details or call Bob K. at 883-4883.

Feb. 13, Sat, Coop.w/Prof.Community, Maryvale Pres. Ch., 425 Maryvale Dr. 9 pm.

Feb. 19, Friday, Treatment Facility Committee, St. Simon's, 200 Cazenovia 7:30 pm.

February 21 - Sunday - '99 Fall Convention Committee Meeting, Marriott Hotel, Millersport Highway, 6:00 pm, check monitors for room.

February 23 - Tuesday - Tuesday Women's Discussion celebrates their 16th anniversary with a speaker, eating-meeting. Bring a dish. OLV Hospital Conference Room, Melroy at Ridge Road, Lackawanna.

February 23 - Tuesday - Come help Kensington celebrate their 29th anniversary. Speaker 7:45, 261 Cleveland Drive, Cheektowaga.

February 25 - Thursday - Decision, Choices, Changes is celebrating their 5th group anniversary at Deaconess Hospital at 7 pm; speaker, bring a dish.

February 27 Saturday - The Tri-County Group of Gowanda is celebrating the group's 39th anniversary. Please join us in carrying the message! Doors open at 7 pm; speaker at 8 pm; food and 50/50's at 9 pm. Bring a dish to share - St. Joseph's Church basement, East Main Street, Gowanda.

March 7, Sunday - Central Committee Meeting - 80 Goodrich 7 pm.

March 7, Sunday, Correctional Facility Committee, 80 Goodrich 5:30 pm.

Mar. 13, Sat, Coop.w/Prof.Community, Maryvale Pres. Ch., 425 Maryvale Dr. 9 pm.

March 13, Saturday - Fireside Group presents a Day of Sharing: 10-5, Panels, Speakers, Sharing; Luncheon Available \$5.95, E.C.C. North Campus Cafeteria, Wehrle Drive and Youngs Road, Williamsville.

March 14, Sunday, General Service Assembly, Hamburg Town Hall 1 pm.

March 19, Friday, Treatment Facility Committee, St. Simon's, 200 Cazenovia 7:30 pm.

March 28, Sunday - Serenity Group Anniversary Brunch, Holiday Inn, 1881 Niagara Falls Boulevard, Meeting 9 am, Speaker 11 am. \$8 per person.

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

2nd Month - 2nd Step - "CAME TO BELIEVE A POWER GREATER THAN OURSELVES
COULD RESTORE US TO SANITY."

2nd Month - 2nd Tradition - "FOR OUR GROUP PURPOSE, THERE IS BUT ONE
AUTHORITY - A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP
CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT