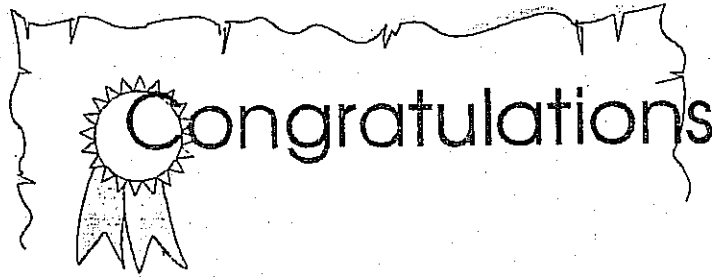


# NEW FRONTIERS

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

*Happy* **NEW** *Year*

*We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.*



Here are your Central Committee Officers for 1999:

- **Chairperson** Charles L., Spirit of Hope Group
- **Co-chairperson** Mike E., Sunday Nitters Group
- **Executive Secretary** Cindy N., Sunrise Court Group
- **Financial Secretary** John H., We care Group
- **Recording Secretary** Christine F., Cold Springs Group

Our officers are in place, and your Central Committee would like to see more groups represented at meetings. We meet on the first Sunday of every month, at 80 Goodrich St. Buffalo, N.Y. Our meetings begin at 7:00 p.m. Does your group have a Central Committee Representative? Why not?



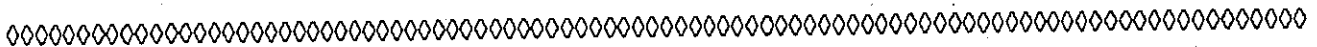
### A SPECIAL GOODBYE, AND A WARM WELCOME

On December 6<sup>th</sup>, 1998, Delphine H. attended her last Central Committee meeting as our Executive Secretary. On January 1<sup>st</sup>, 1999, Cindy N. of Sunrise Court will be our new Executive Secretary.

For 19 years, Delphine has done an exemplary job of managing our Central Office. We wish her a wonderful retirement, and continued success, in whatever endeavor she chooses. She will be missed.

Now we have Cindy who appears to have an endless supply of energy and has demonstrated her love of service work on many occasions. The Central Office is in responsible, and caring hands with Cindy!

Delphine, enjoy your retirement. And to Cindy, go get em tiger!



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 23<sup>RD</sup> 1/2 PSALM

By Anonymous

The Lord is my sponsor! I shall not want.

He maketh me to go to many meetings

He leadeth me to sit back, relax, and listen with an open mind.

He restoreth my soul, my sanity, and my health.

He leadeth me in the paths of sobriety, serenity, and fellowship for my own sake.

He teacheth me to think, to take it easy, to live and let live, and to do first things first.

He maketh me honest, humble and grateful.

He teacheth me to accept the things I cannot change, to change the things I can, and giveth me the wisdom to know the difference.

Yea, though I walk through the valley of despair, frustrations, guilt and remorse, I will fear no evil, for thou art with me; the Program, thy way of life, the Twelve Steps, they comfort me.

Thou prepareth a table before me in the presence of mine enemies: rationalization, fear, anxiety, self-pity and resentment.

Thou annointest my confused mind and jangled nerves with knowledge, understanding and hope. No longer am I alone; neither am I afraid, nor sick, nor helpless, nor hopeless. My cup runneth over.

Surely sobriety and serenity shall follow me every day of my life, twenty-four hours at a time, as I surrender my will to thine, and carry the message to others; I will dwell in the house of my Higher Power, as I understand Him, daily. Forever and ever.

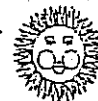
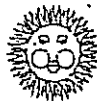
Submitted by Helen S.

Thruway Group.

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### SOMETHING TO THINK ABOUT

- ❖ **To handle yourself, use your head; to handle others use your heart.**
- ❖ **Anger is only one letter short of danger.**
- ❖ **If someone betrays you once, it's his fault; if he betrays you twice, it's your fault.**
- ❖ **Great minds discuss ideas; average minds discuss events; small minds discuss people.**
- ❖ **God gives every bird its food, but He does not throw it into its nest.**
- ❖ **Learn from the mistakes of others. You can't live long enough to make them all yourself.**
- ❖ **The tongue weighs practically nothing, but few people can hold it.**



### FOOD FOR THOUGHT

- Atheism is a non-prophet organization.
- If a parsley farmer is sued, will they garnish his wages?
- Is there another word for synonym?
- Do they sterilize the needles for lethal injections?
- If a turtle doesn't have a shell, is he homeless or naked?

## THE CONCEPTS

*Like anything else in our Fellowship, I needed to go to the experienced to learn, which is why I have taken Eve M.'s thoughts that were shared by her at the 4<sup>th</sup> New York State Convention, regarding the Concepts.*

*Cindy N.*

"The Third Leg of our Triangle of recovery, unity and service, is service. The broad scopes of the Concepts of service and the relationships in our service entities are outlined in the Twelve Concepts.

**Concept One, The final responsibility and ultimate authority for AA World Services should always reside in the collective conscience of our whole Fellowship.** *The collective conscience is the Conference. Isn't this an extension of our Second Tradition? For, is this any different from the familiar application of the group conscience in the conduct of our own business affairs? Of course, when the Conference, which has become the conscience for all AA was first thought of, there were the familiar fears at the start, fears that politics, confusion expense and strife would be the results. But Tradition Two, like all A.A.'s Traditions, is the voice of experience, and the main principles of Tradition Two are crystal clear that AA groups are to be the final authority. And, it was soon apparent that the same principles applied to selecting any Trusted Servant, whether it be a secretary or a Delegate. The entire world today is witnessing the breakdown of "group conscience." It has always been the hope of Democratic nations, that their citizens would be enlightened enough, moral enough and responsible enough to manage their own affairs, through their chosen representatives. But in many cases we now see the inroads of ignorance, apathy and power seeking upon democratic systems. The spiritual resources of right purpose and collective intelligence are waning. But for us in AA, there seems little prospect of such a calamity, for the life of each individual in each group is built around the Twelve Steps and Twelve Traditions, and the compelling love that we have for our fellow members and the principles upon which our lives are founded now. This*

*insures that our democracy of world service can rely on our group conscience and can rely on our trusted servants.*

*If that were all, it would be easy, but that is just Concept One.*

**Concept Two, When in 1955, the AA groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in article 12 of the Conference Charter—the actual voice and the effective conscience for our whole society.** *Our group conscience cannot be heard unless a properly chosen Conference were fully trusted to speak for it, respecting most matters of AA World Service. Here again, our personal experience with Tradition Two comes into action. I used to be a little mad and resentful when I first came to AA that the group I belonged to wasn't doing things that I thought it should—you know, they just weren't running it my way. But I wasn't letting myself be a part of the group conscience. I didn't want to be on the wrong side of the team. I didn't want to be rejected for my views; I didn't want to communicate. So, there must be a mechanism established to provide communication, so that the voices of AA's trusted servants can be heard. And, Concept Two simply states, "when the AA groups conferred a pertinent charter for the General Service Conference, they thereby delegated to the Conference complete authority of the maintenance of our world services and thereby made the Conference the actual voice and the effective group conscience for our whole society."*

*Eve M.*

*Submitted by Cindy N.  
Executive Secretary*

## IS 12 STEP WORK OBSOLETE?

Because of the generous and selfless work of the treatment community, along with contemporary AA members, 12 step work has become obsolete. Now, you need only deliver and transfer prospects to the nearest drying out place, where paid professionals will guide and escort them through rehabilitative therapy.

In addition, they can access other support agencies, such as Social Services and cutting-edge Psychotherapy, which AA's 'Spiritual Program of Recovery', is not equipped to do. Just put your prospects on the rehabilitation assembly line, and your work is accomplished. Better yet, let them discover their own personal innovative way to recovery, so you can have more time to luxuriate in the benefits of sobriety.

Recovery certainly has come a long way! We no longer have to waste valuable hours of our personal time outlining the AA Program of recovery, and how it's application has brought about a 'Spiritual Awakening', that has relieved our alcohol obsession. We really don't need to know anything about the AA Program of Recovery. We can outline the path of least resistance, through the nearest recovery agency. For those who came before us and had to actually go out to some drunk's home, along with the rest of that distasteful service work, we are grateful that you were able to hang on until we were able to develop this more efficient system of recovery.

Now that the need for 12 Step work has virtually been eliminated, we should examine the rest of the AA Program for other inefficient practices that could be abolished. There certainly isn't any need for prayer and meditation, when we have counseling and medication. What need is there for a daily inventory when others continue to ignore our personal needs? Wouldn't sensitivity groups plus process/feeling groups better serve our personal needs? You know, the more you think about it, this whole idea of personal recovery through service to others, is highly overrated!

Maybe we should just eliminate AA? Who really needs to build character in today's day and age?? Modern technological devices such as the "Internet", gives way to thousands of unique methods to create and modify our personal program of recovery.

In order to eliminate AA, we probably don't have to do anything different than we are already doing. We simply need to keep justifying our refusal to do AA service work, or contribute to the Central Office and the General Service Office. We can continue and persevere to ignore and neglect our singleness of purpose, and try to become and develop a clearing house for all social disorders. If we continue to put our personal comfort above the needs of others, our Fellowship will fall! WAKE UP AND SMELL THE COFFEE!

*Christopher, Cazenovia Group*

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**LAUGHTER IS A TRANQUILIZER WITH NO SIDE EFFECTS**

### CHARACTER BUILDING

Demands made upon other people for too much attention, protection, and love can only invite domination or revulsion.

TWELVE STEPS AND TWELVE TRADITIONS, p 44

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**"If you are looking down, you may miss a rainbow  
or a beautiful sunset."**

## FROM THE PAGES OF THE AA GRAPEVINE

The November 1995 Grapevine contains an article in the **Looking Back** section from the January 47' Grapevine. It quotes Dr. Silkworth and talks about the mystery of slips. Below are portions of that article.

*"The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who has restored himself to a dignified place among his fellow men and continued dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple.*

*People are inclined to say, "There is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their old ways. You never can be sure."*

*This is largely twaddle. The alcoholic is a sick person. Under the techniques of Alcoholics Anonymous he gets well—that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is something weird about a person who has arrested diabetes.*

*Let's get it clear, once and for all, that alcoholics are human beings. That we can safeguard ourselves intelligently against most slips.*

*In both professional and lay circles, there is a tendency to label everything that an alcoholic does as 'alcoholic behavior.' The truth is, it is simply human nature."*

The article goes on to point out that slips are the result of forgetting who and what we are. WE get disdainful of our disease. Forgetting that it is ready

for us to forget. Further in the article Dr. Silkworth says,

*"No one is startled by the fact that relapses are not uncommon among arrested tubercular patients. But here is a startling fact—the cause is often the same...as for the alcoholic. It happens this way: when a...patient recovers sufficiently to be released...the doctor gives him careful instructions for the way he is to live...he must obey other stringent rules.*

*For the first several...follows instructions. But as his strength increases and he feels fully recovered, he becomes slack. Then comes the night he stays up... nothing happens. Soon he is disregarding the directions given him...Eventually he has a relapse."*

Think about it. Is not that the story we so often hear? Quit going to meetings, stopped working the steps, forgot about the fellowship, forgot about **unity, service, recovery.**

Get the magazine and read that article. In the long run it stresses our responsibility for our own actions.

### **A UNIQUE PROGRAM**

"I believe that Alcoholics Anonymous stands alone in the treatment of alcoholism because it is based solely on the principle of one alcoholic sharing with another alcoholic. This is what makes the program unique. When I decided that I wanted to stay sober, I called a woman who I knew was sober member of AA, and she carried the message of Alcoholics Anonymous to me. She received no monetary compensation, but rather was paid by staying sober another day herself. Today I could ask for no payment other than another day free of alcohol, so in that respect, I am generously paid for my labor."

*Daily Reflections, p252*

### **TOLERANCE**

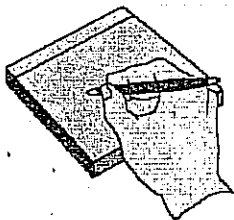
**The most loveable quality anyone can possess is tolerance. It is the vision that enables one to see things from another's viewpoint. It is the generosity that concedes to others the right to their own opinion and their own peculiarities. It is the bigness that enables us to let people be happy in their own way, instead of our way.**

## AA HISTORY DID YOU KNOW?

- ✓ AA existed for four full years before the steps were put in their final form. During that time, the program consisted of two parts: A six step word- of-mouth program, and the practice of the four absolutes--absolute honesty, absolute unselfishness, absolute purity, absolute love, as taken from the Oxford Group, the Evangelical Christian Movement, out of which AA was conceived.
- ✓ In the early days, there was no talk of suggestions. The basic points of the program were regarded by all the older members as direction--indispensable essentials and were passed on as such. When Bill W. formulated the 12 steps, he called them directions, not suggestions.
- ✓ When the Big Book was published in April of 1939, there were only two groups, and we had no name. Bill called us the "nameless bunch of drunks."
- ✓ Jim B., the former atheist, and Fritz M. strongly religious, were responsible for the phrase, "God as we understood Him."
- ✓ The custom of "passing the hat" at meetings to cover expenses was begun in late 1940. The groups were asked to contribute \$1.00 per member twice a year to support AA Headquarters in New York in 1941.
- ✓ In 1948, the *Grapevine* shifted the emphasis from "drunk stories" to "you are not drinking; now what?" "How valuable is your sobriety to you?"
- ✓ In 1970, the host committee in Miami raised \$10,000 to provide complimentary coffee for the convention. The coffee was consumed before the afternoon was over, on the first day of the convention!

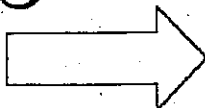


## WANTED STORIES ABOUT PERSONAL RECOVERY

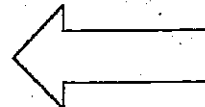


Every Alcoholic has his/her story to tell. Although basically the same, they are personal stories of recovery that we of AA need to share. I am certain there are many AA's out there who would like to share, but are a little hesitant or need a kick in the pants to

get going. Consider this your kick. The New Frontiers has, and always will be, YOUR NEWSLETTER. There are many talented writers out there, we need your help in delivering a newsletter that is indicative to our region. Come on you people, I know you have a story to tell, why not do it? You may just save the life of someone who is still struggling. Are we responsible?



TOWARD HONESTY



"The perverse wish to hide a bad motive underneath a good one permeates human affairs from top to bottom.

This subtle and elusive kind of self-righteousness can underlie the smallest act or thought.

Learning daily to spot, admit, and correct these flaws is the essence of character- building and good living."

AS BILL SEES IT

# JANUARY 1999 ANNIVERSARIES

## AMHERST/SNYDER

Larry B. 3 mos.  
 Mary Ann L. 6 mos.  
 Kevin B. 6 mos.  
 Joanne K. 6 mos.  
 Kenneth J. 9 mos.  
 Judy O. 1 yr.  
 Mark P. 1 yr.  
 Carl H. 1 yr.  
 Russ M. 2 yrs.  
 Mary O. 2 yrs.  
 Ann P. 7 yrs.  
 Barbara B. 9 yrs.  
 Gene H. 14 yrs.  
 Don B. 18 yrs.  
 Alice B. 19 yrs.  
 Helen H. 24 yrs.

## ANY LENGTHS

Mark S. 3 mos.  
 Kevin P. 1 yr.  
 Ray F. 1 yr.  
 DeAun D. 3 yrs.

## COLD SPRING

Shirley L. 9 mos.  
 Sherbil A. 1 yr.  
 Brady P. 5 yrs.  
 James F. 5 yrs.  
 Willie J. 5 yrs.  
 Heneritta W. 28 yrs.

## ELLCOTT

Jimmy D. 6 mos.  
 Richard M. 1 yr.

## FRESH START

Tyrone H. 7 yrs.

## HAND

Lisa B. 3 mos.  
 Mark O. 2 yrs.

## HAPPY HOUR

Vemeeda K. 1 yr.  
 Dick S. 1 yr.  
 Andy A. 2 yrs.  
 Maira F. 3 yrs.  
 John J. 3 yrs.  
 Shewood K. 3 yrs.  
 Henrietta N. 3 yrs.  
 Betty K. 5 yrs.  
 Scott C. 9 yrs.  
 Terry H. 12 yrs.  
 Jim H. 12 yrs.  
 Carol A. 23 yrs.

## JOURNEY

Rich M. 1 yr.  
 Mary O. 2 yrs.  
 Dennise L. 2 yrs.  
 Patty O. 8 yrs.  
 Charlie M. 17 yrs.

## KENSINGTON

Robert H. 2 yrs.  
 Patty O. 9 yrs.

## LET GO & LET GOD

Carol B. 6 yrs.

## NORTH BUFFALO

Luther W. 3 mos.  
 Pete N. 3 mos.  
 Peter H. 6 mos.  
 Chuck B. 6 mos.  
 George B. 6 mos.  
 Perry C. 1 yr.  
 Mike S. 1 yr.  
 David C. 2 yrs.  
 Amy H. 2 yrs.  
 Walter P. 3 yrs.  
 Phillip S. 5 yrs.  
 Mike K. 5 yrs.  
 Roger R. 10 yrs.  
 Pat S. 11 yrs.  
 Michelle L. 12 yrs.  
 Larry W. 14 yrs.  
 Frank C. 14 yrs.  
 Jim S. 15 yrs.

## RAINBOW

Pat M. 10 yrs.  
 Norm M. 10 yrs.  
 Norman K. 14 yrs.  
 Gerry T. 15 yrs.

## STAYIN' ALIVE

Dawn T. 6 mos.

## SUNDAY

**MORN. BREAKFAST**  
 Daniel K. 3 mos.  
 Chris B. 6 mos.  
 Amy H. 1 yr.  
 Mark C. 1 yr.  
 Norm K. 14 yrs.  
 Gayle H. 15 yrs.  
 Beverly K. 16 yrs.

## THRUWAY

Doug G. 6 mos.  
 Judy G. 1 yr.

## THRUWAY (CONT)

Tom B. 1 yr.  
 James M. 7 yrs.  
 Mickey G. 19 yrs.  
 Ellen McN. 24 yrs.

## TRY AGAIN

Joe D. 3 mos.  
 Don S. 3 mos.  
 Alida L. 6 mos.  
 Larry J. 9 mos.

## WE CARE

James J. 8 yrs.  
 Bill G. 13 yrs.  
 Jim L. 17 yrs.  
 Agnes H. 17 yrs.

## WOMEN'S

### WESTSIDE DISC.

Joanne L. 6 mos.  
 Lynn S. 6 mos.  
 Denise C. 6 mos.  
 Verbie P. 1 yr.  
 Jane F. 2 yrs.  
 Lisbeth C. 3 yrs.  
 Sandy B. 4 yrs.  
 Carol P. 8 yrs.

## REMEMBER:

**FEBRUARY 1999  
 ANNIVERSARIES  
 MUST BE IN THE  
 CENTRAL OFFICE  
 IN WRITING BY  
 JANUARY 10, 1999.**

