

# NEW FRONTIERS

THE CENTRAL COMMITTEE NEWSLETTER FOR ALL A.A. MEMBERS OF  
WESTERN NEW YORK AND THE NIAGARA FRONTIER  
This newsletter is to be kept within the Fellowship

## HAPPY 64TH BIRTHDAY

### ALCOHOLICS ANONYMOUS

#### The Twelve Steps To Recovery

1. **We** ADMITTED WE WERE POWERLESS OVER ALCOHOL - THAT OUR LIVES HAD BECOME UNMANAGEABLE.
2. **Came** TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.
3. **Made** A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.
4. **Made** A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.
5. **Admitted** TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.
6. **Were** ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.
7. **Humbly** ASKED HIM TO REMOVE OUR SHORTCOMINGS.
8. **Made** A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.
9. **Made** DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.
10. **Continued** TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.
11. **Sought** THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.
12. **Having** HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

## Alcoholism Is Disease That May Be Cured Wife of AA founder says 'Higher Power' Help in Solving problem

By Hazel Holly

"Is it worse to be married to a drunk or to a reformed drunk?" I asked 'Mrs. Bill'- wife of the founder of Alcoholics Anonymous--when she and her husband arrived in San Francisco this week for a series of meetings with local groups of "AA's"

'Mrs. Bill' just grinned.

"I don't know", she said, "because I've never been married to a reformed drunk. 'AA's' aren't 'reformed'; there is practically nothing worse than a reformed drunk. The men and women of Alcoholics Anonymous have been alcoholics, and being an alcoholic is a disease. They just don't drink anymore, because they have found out they can have a much better time if they don't drink."

Alcoholics Anonymous has a post office box in almost every city. Here the P.O. is 4492. Their work has received national publicity, but what I wanted to find out was what the wife of an alcoholic does, while her husband is drinking, and after he stops drinking.

This is what 'Mrs. Bill' had to say. She is a small, attractive, forty-ish woman with bright, merry eyes. She has nothing of the so-called "Reformers" point of view.

"Bill began drinking in the last war," she said, "and almost immediately he was a drunkard. That went on for seventeen years. I believed that a wife's love could do almost everything, but it didn't; I tried to get him away from liquor. I had to take over all financial responsibility. I had come to

the conclusion that I would have to support him the rest of his life."

"Then, Bill talked to another drunken friend who, for the first time in years, was sober. He hadn't been 'cured'; he simply had gone through a spiritual experience which proved to him that drinking was no longer a problem if he put it in the hands of a higher power--call it what you will."

That was the beginning of the "AA's" and that oddly enough, was the hardest time for 'Mrs. Bill.'

"My nose was definitely out of joint for awhile," she said. "Here I'd been doing everything for Bill, and he now could do everything for himself. That phase of adjustment for 'AA' wives is often the most difficult. That's why 'AA' wives see to it that other wives know what the organization means and does.

"An increasing number of "AA's" in the past few years are women," 'Mrs. Bill' says, "and often, women drunks are much more difficult."

"They're more crafty, and more subtle about their drinking," she says, "but Alcoholics Anonymous does the job for them, as it does for men."

"Bill," like all AA's, just doesn't drink anymore. 'Mrs. Bill', on occasion, drinks a couple of cocktails, as she always has. "But we have so much more FUN, now," she says, and having lived with an alcoholic for seventeen years, she should know.

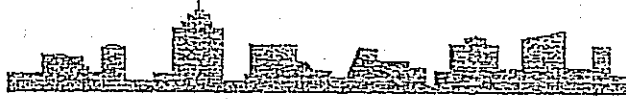


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John H., We Care, Editor

Dave W., Giving, Assistant Editor

# BITS AND PIECES OF AA AROUND WESTERN NEW YORK



INSPIRATION GROUP--On Thursday, 4/1/99, 15 people shared the 'NEWCOMERS' table, Tom was recognized as being 30 days sober.

HONESTY GROUP--On Saturday, 4/3/99, there were 15 of us that experienced one of the first 'outdoor' meetings of the season- a beautiful day filled with sunshine--a great backdrop for a lively discussion on the subject of "ACCEPTANCE."

SOUTH BUFFALO GROUP--On Monday evening, 4/5/99, the first meeting at the new location, 675 Abbott Rd., took place. Over 100 people attended. Jay, of the 'Seven-Clan Group', shared his message of 31 years of sober living, including a most beautiful explanation of his Native American heritage experiences and convictions on spirituality, as they related to his alcoholism recovery program. A great party, including pizza, wings, subs, salad and pop followed, one great evening!

POSITIVELY LIVING GROUP--Between 12:30 & 1:30 pm on Monday, 4/12/99, approximately 45 people participated in this 'open discussion' meeting. 10 minutes of reading AA material by several persons, 8 people shared their experiences. Chairman closed the meeting promptly at 1:30pm, a big help to those in attendance who had other commitments that day.

STARTING OVER GROUP--13 people participated in a "newcomers" discussion, on the subject of "progress", at the 12:00 noon meeting Thursday, 4/29/99. Dave chaired the meeting, Jim read "How it Works", and Greg read the "Promises." Mike received a 30 day chip, (he's actually sober 5 weeks) he expressed gratitude for support, Joe received a 2 Month chip and said, "thanks a lot, I feel great!"

THRUWAY GROUP--On Friday, 4/30/99 there were 4 tables:

Newcomers table

General discussion table

Tradition table, (because it was the last Friday of the Month, other Fridays, this is a step table)

Big Book table read part of "Into Action" chapter, then discussed same. A total of 24 people attended.

Respectfully submitted by an AA member residing in Western New York. 5/3/99

## EXCERPTED FROM THE AA SERVICE MANUAL

*"The main purpose of the Archives, consistent with AA's primary purpose, is to keep the record straight so that myth does not predominate over fact as to the history of the Fellowship. The function of the Archives is to give the Fellowship a sense of it's own past and an opportunity to study it."*

# LANDMARKS IN AA HISTORY

1934	Summer	Dr. William D. Silkworth pronounces Bill W. 'hopeless.'
1934	November	Ebby T. visits Bill, describes how he sobered up on 'spiritual principles.'
1934	December 11	Bills spiritual experience in Towns Hospital.
1935	May (Mothers Day)	Dr. Bob and Bill meet in Akron.
1935	June 10	Dr. Bob has his last drink; Alcoholics Anonymous is founded.
1937	December	'The Twelve Steps', come into being.
1938	May	General Service Board established as a trusteeship for AA.
1939	April	The 'Big Book' published
1939	August	Dr. Bob and Sister Ignatia begin hospital work in Akron, Ohio.
1940	February	First 'AA World Service' opened in New York City
1941	March	Saturday Evening Post article jumps membership of 2,000 to 8,000.
1944	June	First issue of the AA Grapevine was published.
1946		Twelve Traditions' formulated, first published in the Grapevine.
1950	June	The Twelve Traditions adopted.
1950	November	Dr. Bobs death.
1953	June	The book, Twelve Steps and Twelve Traditions published.
1955	July	Presentation of the Three Legacies (Recovery, Unity and Service)
1965		Responsibility Declaration adopted: "I am responsible, when anyone, anywhere, reaches out for help, I want the hand of AA to be there. And for that: I am responsible."
1970	July	Unity Declaration adopted. "This we owe to AA's future: to place our common welfare first, to keep our Fellowship united. For on AA unity depend our lives, and the lives of those to come."
1971	January	Bill's Death.

Submitted by  
Helen S., Thruway Group

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## WHY YOU SHOULD VOLUNTEER TO BE YOUR GROUPS' CENTRAL COMMITTEE REPRESENTATIVE

- ✓ You won't have to make the coffee!
- ✓ The Monthly Committee Meetings are mildly entertaining.
- ✓ You've dreamed of the Central Committee and you don't know why.
- ✓ You want to carry the message and other things.
- ✓ You feel like getting involved, but you aren't ready for a relationship yet.
- ✓ You need an outlet for your creativity, repressed anger, codependency or whatever else pops up.
- ✓ You'll expand your AA horizons and find out that there's more to AA than your home group.
- ✓ You will meet people of action.
- ✓ WE need you and your Groups input on how WE can better help YOU to carry the message of AA to the community and the alcoholic who still suffers. If your group does not have a Central Committee Rep, we ask that they elect, appoint or otherwise coerce a member to attend the Monthly meetings.



This is the substance of a revealing letter which Bill Wilson wrote in about 1949 to a close friend who had troubles with depression. The letter appeared in the "Grapevine" January 1958. Bill suffered from acute chronic depressions for the first 14 years of his sobriety.

## EMOTIONAL SOBRIETY

"I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible and how very painful to discover, finally, that, all along, we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result and so into easy, happy and good living? Well, that's not only the neurotic's problem, it's the problem of Life itself for all of us who have got to the point of real willingness to hew to the right principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to and it's a hell of a spot, literally. How shall our unconscious, from which so many our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want? How to convince our dumb, raging, and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I began to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depression, it wasn't a bright prospect.

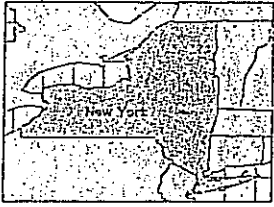
I kept asking myself, "Why can't the twelve steps work to release depression?" By the hour I stared at the St. Francis prayer "It is better to comfort than to be comforted." Here was the formula, all right, but why didn't it work?

Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security and the like. Failing to get these things according to my perfectionistic dreams and specifications, I had fought for them and when defeat came, so did my depression.

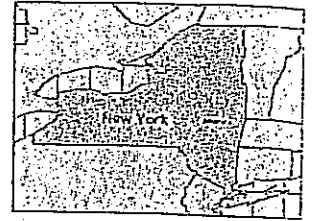
There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Reinforced by what grace I could find in prayer, I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people and upon circumstances. Then only could I be free to love as Francis had loved."

Bill W.



## NEW YORK STATE CONVENTION



The Western New York G.S.A., is hosting The 32<sup>nd</sup> Annual New York State Convention on July 16, 17 & 18, 1999. It will be held at the Clarion (soon to be The Holiday Inn Select) in Niagara Falls, New York. This presents a great opportunity for WNY AA'ers to meet and interact with other AA's from our State. If you have never attended a State Convention, this is one event you won't want to miss.

There will be an old-timers' meeting, a banquet and a dance. The Cost is \$10:00 for registration only, \$ 30:00 for banquet and dance.

Donations for the Hospitality Room may be sent to:

New York State Convention  
P.O. Box 341  
Lockport, New York, 14095



### GREAT WILLINGNESS

*We thought "conditions" drove us to drink, and when we tried to correct these conditions and found that we couldn't to our satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were.*

*But in AA we slowly learned that something had to be done about our vengeful RESENTMENTS, self-pity, and unwarranted pride. We had to see that every time we played the big shot, we turned people against us. We had to see that when we harbored grudges, and planned revenge for such defeats, we were really beating ourselves with the club of anger we had intended to use on others. We learned that if we were seriously disturbed, our first need was to quiet that disturbance, regardless of who or what we thought caused it.*

*To see how erratic emotions victimized us often took a long time. We could perceive them quickly in others, but only slowly in ourselves. First of all, we had to admit that we had many of these defects, even though such disclosures were painful and humiliating. Where other people were concerned we had to drop the word "blame" from our speech and thought. This required great willingness even to begin.*

*Twelve and Twelve, p.47*

# JUNE 1999 ANNIVERSARIES

## AMHERST/SNYDER

John O. 3 mos.  
 Don F. 6 mos.  
 Ed S. 9 mos.  
 Dan R. 2 yrs.  
 Keith C. 2 yrs.  
 Michael B. 2 yrs.  
 Tom K. 2 yrs.  
 Richard C. 4 yrs.  
 Chris H. 4 yrs.  
 Marty P. 4 yrs.  
 Elizabeth S. 6 yrs.  
 Dave L. 10 yrs.  
 Patti S. 11 yrs.  
 Barb McC. 16 yrs.  
 Harlet G. 16 yrs.  
 Whitey D. 16 yrs.  
 Bill O'C 19 yrs.  
 MaryAnn C. 20 yrs.

## COLD SPRING

Christine F. 5 yrs.  
 Arnold S. 8 yrs.  
 Mona W. 9 yrs.  
 Fannie B. 9 yrs.  
 James W. 13 yrs.

## COURAGE

Don B. 6 mos.  
 Wayne L. 6 mos.  
 Mark Z. 9 mos.  
 Lauren L. 9 mos.  
 Rudy B. 9 yrs.  
 Peter F. 11 yrs.  
 Roger H. 15 yrs.  
 MaryJo S. 16 yrs.  
 Bill O. 19 yrs.  
 Donna B. 24 yrs.

## GIVING

Eli 6 mos.  
 Kristen H. 6 mos.  
 Terry P. 9 mos.

## HAPPY HOUR

Gerald B. 9 mos.  
 Carlos V. 1 yr.  
 Elizabeth T. 2 yrs.  
 Paul M. 4 yrs.  
 Harold W. 6 yrs.

## KENSINGTON

Jeff L. 11 yrs.  
 Jerry M. 15 yrs.

## LOVEJOY

Tom B. 6 mos.  
 David A. 6 mos.  
 Kevin D. 6 mos.  
 Tom K. 3 yrs.  
 Frank P. 3 yrs.  
 Kathy W. 6 yrs.  
 Jim M. 9 yrs.  
 Paul G. 22 yrs.

## MAIN & HIGH

Deartis B. 9 mos.  
 Kim S. 9 mos.  
 Elsie W. 2 yrs.  
 Alicia H. 6 yrs.

## MOD/LIVING

John M. 3 mos.  
 Connie D. 9 mos.  
 Donna C. 9 mos.  
 Gary H. 9 mos.

## NORTH BUFFALO

Colleen N. 2 yrs.  
 Judy P. 2 yrs.

## NORTH BUFFALO

Kathy M. 3 yrs.  
 Frank Z. 7 yrs.  
 Nelson G. 7 yrs.  
 Gerry S. 10 yrs.  
 Barb M. 14 yrs.  
 Peter M. 17 yrs.  
 Bob G. 23 yrs.

## RISE & SHINE

Theresa H. 1 yr.  
 Robert G. 1 yr.  
 Francine F. 3 yrs.  
 Linda C. 4 yrs.  
 Darrell M. 7 yrs.

## SUBURBAN

Bill R. 17 yrs.  
 Jack H. 27 yrs.

## SUNDAY MORNING

**BREAKFAST**  
 Bob H. 6 mos.  
 Kenny G. 1 yr.  
 Rudy B. 9 yrs.

## SUNRISE COURT

Alan T. 2 yrs.  
 Jerry R. 2 yrs.  
 Bill T. 3 yrs.  
 John B. 3 yrs.  
 Ruth D. 5 yrs.

## THRUWAY

Dennis Y. 6 mos.  
 Barry McQ. 9 mos.  
 Edwin K. 1 yr.  
 Kimberly K. 1 yr.  
 Liz R. 1 yr.  
 Diane H. 4 yrs.  
 Jim Mc. 9 yrs.

## THRUWAY(CONT)

Donna F. 16 yrs.

## WE CARE

Karen D. 3 mos.  
 John W. 2 yrs.  
 James M. 12 yrs.  
 Bob M. 13 yrs.

## WILLIAMSVILLE

Kathy R. 1 yr.  
 Mary B. 2 yrs.  
 Sandra W. 2 yrs.  
 Patrick S. 2 yrs.  
 Pat L. 3 yrs.  
 Vicky H. 3 yrs.  
 Adam H. 3 yrs.  
 Bonnie W. 3 yrs.  
 Roger H. 10 yrs.  
 Sally M. 11 yrs.  
 Joel R. 13 yrs.  
 Bob H. 17 yrs.  
 Bob F. 24 yrs.

## WOMEN'S WESTSIDE DISCUSSION

Patty M. 6 mos.  
 Michele M. 6 mos.  
 Dawn S. 9 mos.  
 Maisha S. 9 mos.  
 Elaine R. 1 yr.  
 Kathy P. 2 yrs.

## REMEMBER:

JULY 1999  
 ANNIVERSARIES  
 MUST BE IN THE  
 CENTRAL OFFICE  
 IN WRITING BY  
JUNE 10, 1999.

IF YOU DON'T SEE YOUR GROUPS'  
 ANNIVERSARIES HERE, LET YOUR GROUP  
 SECRETARY KNOW.

# HAPPY FATHER'S DAY

CENTRAL COMMITTEE MEETING, 1ST SUNDAY OF THE MONTH IS MOVING TO  
ST. MICHAEL'S, 651 WASHINGTON STREET, BUFFALO  
JULY 4TH 1999

BUFFALO CENTRAL OFFICE  
ALCOHOLICS ANONYMOUS  
(716) 853-0388  
(716) 853-0389 FAX

295 MAIN STREET  
845 ELLICOTT SQUARE  
BUFFALO, NEW YORK 14203

JUNE 1999

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

NEW MEETINGS

JUST FOR TODAY Saturday 7:30 pm, St. Joseph's School, Main and Beaver Streets, Albion; Closed Discussion, open last Saturday of the month.

SERENITY ON THE LAKE Thursday 8 pm Derby, Tri County Out Patient, 6776 Erie Road, Open.

SEASONAL

SERENITY IN THE PARK - Monday 7pm Delaware Rose Garden.

PLEASE NOTE

LAKEVIEW is alive and going strong, please visit us and share your experience strength and hope, 2052 Lakeview Rd., Lady of Perpetual Help, Fridays at 8 pm.

PASS IT ON is updating their group list. If you are a member please inform your group secretary.

UNITY GROUP Wednesday, 5480 Main Street, SS Peter & Paul, 10 am; now meets in the Newman Room of church basement across the parking lot from school. Please Join Us!

WHY is updating their group list. If you are a member please inform your group secretary. Come share with us - Sundays, 8:30 pm, 2771 Delaware Ave.

COMING EVENTS

- ~ June 6, Sunday - CENTRAL COMMITTEE MEETING - 80 Goodrich 7 pm.
- ~ June 6, Sunday, Correctional Facility Committee, 80 Goodrich 5:30 pm.
- ~ June 6, Sunday, Spring Convention 2000 Committee Meeting, 1 pm, 511 East Second Street, Jamestown.

- ~ June 12, Sat, Coop.w/Prof.Community, Maryvale Pres. Ch., 425 Maryvale Dr. 9 am.
- ~ June 13, **General Service Assembly** 511 Club, 511 E. Second St., Jamestown 2 pm.
- ~ June 15, Tues., Treatment Facility Committee, St. Paul's, 49 Indian Church 6:30 pm.
- ~ June 20, Sunday, **Lovejoy Group Family Picnic**, Como Park-Lancaster Shelter, This is a BAD (Bring-A-Dish) picnic; lots of food, fellowship and frolic.
- ~ June 20, Sunday - 58th Fall Convention Planning Meeting, 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.
- ~ June 28, Monday **Beginnings Women's Group** celebrating its 13th Anniversary, panel on steps 10, 11 and 12; snacks, Women Only; St. Michael's at Burke & Huntley, 8 pm.
- ~ July 4 Sunday, CENTRAL COMMITTEE MEETING, St. Michael's Church Hall, 7 pm, 651 Washington Street.
- ~ July 4, Sunday, Correctional Facility Committee, St. Michael's Church Hall, 6 pm, 651 Washington Street.
- ~ July 10, Sat, Coop.w/Prof.Community, Maryvale Pres. Ch., 425 Maryvale Dr. 9 am.
- ~ July 10, Saturday **Main & High's 2nd Annual Day of Sharing** - "Spiritual Progress", Salvation Army, 960 Main Street, 9-5, \$6.
- ~ July 11, Sunday, **Niagara Intergroup**, Picnic, Shelter 3L - Oppenheim Park 11-4, \$3, Bring a Dish, more info call 285 6378 or 282 1852.
- ~ July 16 - 18, **New York State Convention**, Niagara Falls, NY; Clarion Hotel; Oldtimers meeting, Archives, AA Films, Speakers, Panels, Sober Space!!
- ~ July 20, Tues., Treatment Facility Committee, St. Paul's, 49 Indian Church 6:30 pm.
- ~ August 6-8, Troy, New York **1999 NYS Informational Workshop**, full package \$125 Single or \$105 pp double.
- ~ August 6-8, **Any Age** annual camp-out at Don Miller Park, \$5/day; \$8/week-end.
- ~ August 15, Sunday, **7 Clan Day of Sharing**; Bring a Dish; Speakers start at 9; plenty of fellowship, fresh air, open air, shade, corn, etc. Don't forget camping on Saturday nite.
- ~ August 15, **General Service Assembly**, Town Hall, Hamburg 1:00 pm.
- ~ August 27-29, **46th Tri-State Assembly**, Chautauqua.

*Sixth Month-Sixth Step: Were entirely ready to have God remove all these defects of character.*

*Sixth Tradition: An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.*