

NEW FRONTIERS

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



M
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R

*is for the many things she gave me
means only that she's growing old
is for the tears she shed to save me
is for her heart of purest gold
is for her eyes, with love-light shining
means right, and right she'll always be*

*Put them all together, they spell MOTHER...
a word that means the world to me.*





ATTENTION

To all members of the Central Committee and AA visitors: The meeting place for Central Committee has been changed. Beginning with the July meeting, we will meet at St. Michael's Church. The address is 651 Washington Street in Buffalo, see you there!

NEW YORK STATE CONVENTION
From Joanne McC, Publicity Chair

Western New York GSA is hosting the New York State Convention on July 16, 17, and 18, 1999. It will be held at the Clarion (soon to be the Holiday Inn Select) in Niagara Falls, New York.

This is an opportunity for WNY AA's to meet and interact with other AA's from our State. There will be an Old-timers' meeting, a Banquet and Dance. The cost is \$30:00 for Banquet and Registration, and \$10:00 for Registration only.

Donations for the Hospitality Room may be sent to: NYS Convention
P.O. Box 341
Lockport, New York, 14095

THINGS WE CANNOT CHANGE...

IN MEMORIAM

John Ward

March 13, 1999

**A faithful and long time member
of the Lockport #1 group
Rest in peace dear friend
You will be missed**

CARD OF THANKS...

Pat M., of Rainbow Group, wishes to extend her sincere appreciation for all the prayers, letters, cards and support during her time of need after the passing of her husband, Norm

ANONYMITY ON A PERSON TO PERSON BASIS
(excerpted from "UNDERSTANDING ANONYMITY")

"From its earliest days, A.A. has promised anonymity to all who attend its meetings. Because its founders and first members were recovering alcoholics themselves, they knew from their own experience how ashamed most alcoholics are about their drinking, how fearful they are of public exposure. The social stigma of alcoholism was great, and those early AA

members recognized that a firm assurance of confidentiality was imperative if they were to succeed in attracting and helping other alcoholics to achieve sobriety. Over the years, anonymity has proved to be one of the greatest gifts that AA offers the suffering alcoholic. Without it many would never attend their first meeting."

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.)

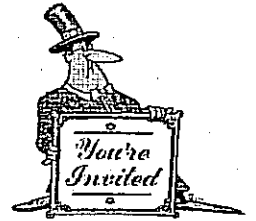
John H., We Care, Editor

Dave W., Giving, Assistant Editor

COME CELEBRATE WITH US



The Lockport #1 Group is celebrating its 52nd Anniversary on Friday, May 21st, 1999. We meet at the Grace Episcopal Church, 100 Genesee Street, Lockport, N.Y. We will have a special speaker, and a Group History. Come help us celebrate! Eats after the meeting.



Sally W.
Lockport #1



THE EGO AND I

"The assumption that one has all the answers, and the contrary, that one needs no answers, but just to follow AA, are two indicators of trouble. In both cases open-mindedness is notably absent.

Perhaps the most common manifestation of the return of the ego is witnessed in the individual who falls from his pink cloud, a state of mind familiar to you all.

The blissful pink cloud state is a logical aftermath of surrender. The ego, which is full of striving, just quits, and the individual senses peace and quiet within. The result is an enormous feeling of release, and the person flies right up to his pink cloud and thinks he has found heaven on earth.

Everyone knows he is doomed for a fall. But it is perhaps not equally clear, that it is the ego slowly making its comeback which forces the descent from the pink cloud into the arena of life, where, with the help of AA, he can learn how to become a sober person and not an angel.

I could go on with many more examples familiar to you all, to show you the danger of ever assuming that the ego is dead and buried. Its capacity for rebirth is utterly astounding and must never be forgotten."

From a speech by Dr. Harry Tiebout
A good friend of Bill W. and AA
At the St. Louis AA Convention in July 1955



Just for today...

Just for today... I will exercise my soul in three ways:

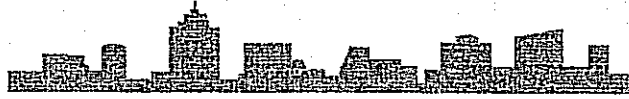
1. I will do somebody a good turn and not get found out; if anybody knows of it, it will not count.
2. I will do at least three things that I don't want to do... just for exercise.
3. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

NEWS FROM THE PAST...

THE TWIN CITY GROUP WILL HOLD A PARTY APRIL 23RD, 1960 WITH DANCING, GAMES, LIVE MUSIC AND REFRESHMENTS. ADMISSION WILL BE 50 CENTS PER PERSON OR 75 CENTS FOR A COUPLE. EVERYONE WELCOME.

From the "Frontiersman"
April 1960

BITS AND PIECES OF AA AROUND WESTERN NEW YORK



EASIER SOFTER WAY GROUP (1985) On Wednesday 3/3/99 Christene shared her perception of how eight of our slogans are helping her to live her recovery program.

NEW FRONTIER GROUP - Dan, 53 days sober on Saturday, 3/6/99, read "How it works"

1110 GROUP - An interesting happening towards the end of the meeting--"the marble system" check it out, meetings are daily. I was there on Monday, 3/8/99.

EAST AURORA GROUP - On Saturday, 3/13/99, Scott, in his words, was just coming back after "testing the waters." We're glad that you were able to make it back Scott. Keep coming!

ACCEPTANCE GROUP - It was good to see Joe O. whose wife, Maureen, recently passed away, at the meeting on Tuesday morning, 3/16/99.

NORTH BUFFALO GROUP - Tradition Two was discussed on Wednesday night, 3/17/99 among ten people. A tradition discussion happens every Wednesday night - try it, you may like it.

SARATOGA GROUP - (corner of Harlem and Saratoga in Snyder) The third start-up meeting occurred on Thursday, 3/25/99. Six people in attendance.

SETASIDE GROUP - The "Big Book" step study/ discussion on Friday morning was good, solid AA. (Arrive early, and stay late to take in the Jewish Museum --fascinating.)

SERENITY GROUP - 36th group anniversary celebrated with breakfast and speaker on Sunday, 3/28/99 - great fellowship, good food, an excellent message from Stony (currently residing in Jamestown, and a member of the Sunrise Court Group.)

COLD SPRINGS GROUP - Anniversary night happened on Monday, 3/29/99. Kenny B., 6 years, Elvester McR. 23 years, Vernon G. 37 years. Couple this with all the people in attendance, including delegations from Lockport, and St. Catharines, and you find a fine testimony to our AA unity.

Respectfully submitted by an AA member residing in Western New York. 3/31/99.



EACH MAN'S VISION

"Beyond a Higher Power, as each of us may vision Him, AA must never, as a society, enter the field of dogma or theology. We can never become a religion in that sense, lest we kill our usefulness by getting bogged down in theological contention."

From AS BILL SEES IT

Page 116



THE (ACTIVE) ALCOHOLIC'S TWELVE STEPS

ONE

I decided I could handle my alcoholism, if other people would just quit trying to run my life.

TWO

I firmly believe that there is no greater power than myself, and anyone who says so is insane.

THREE

I made a decision to remove my will and my life from God, who didn't understand me anyhow.

FOUR

I made a searching and moral inventory of everyone I know, so they couldn't fool me and take advantage of my good nature.

FIVE

I sought these people out and tried to get them to admit to me the exact nature of their wrongs.

SIX

I became willing to help these people get rid of these defects of character.

SEVEN

I was humble enough to ask these people to remove their shortcomings.

EIGHT

I kept a list of all the people who had harmed me and waited patiently to get even with them.

NINE

I got even with these people whenever possible, except when to do so would get me into trouble.

TEN

I continued to take people's inventory, and when they were wrong, I promptly made them admit it.

ELEVEN

I sought through the concentration of my will power to get God, who didn't understand me anyhow. To see that my ideas were best and He ought to give me the power to carry them out.

TWELVE

Having maintained my alcoholism with these steps, I can thoroughly recommend them to others who don't want to lose their hard-earned status, but wish to be left alone to practice their alcoholism in everything they do for the rest of the days of their lives.

Submitted by
Helen S., Thruway Group

PSYCHIC CHANGE

"Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks — drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well known stages of a spree, emerging remorseful, with a firm resolution

not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is little hope of his recovery. On the other hand- and strange as it may seem to those who do not understand- once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules."

from The Doctors Opinion.
BB pg xxvi

WE AREN'T A GLUM LOT



"WE HAVE BEEN SPEAKING TO YOU OF SERIOUS, SOMETIMES TRAGIC THINGS: WE HAVE BEEN DEALING WITH ALCOHOL IN ITS

WORST ASPECT. BUT WE AREN'T A GLUM LOT. IF NEWCOMERS COULD SEE NO JOY OR FUN IN OUR EXISTENCE, THEY WOULDN'T WANT IT. WE ABSOLUTELY INSIST ON ENJOYING LIFE. WE TRY NOT TO INDULGE IN CYNICISM OVER THE STATE OF THE NATIONS, NOR DO WE CARRY THE WORLD'S TROUBLES ON OUR SHOULDERS.

WHEN WE SEE A MAN SINKING INTO THE MIRE THAT IS ALCOHOLISM, WE GIVE HIM FIRST AID AND PLACE WHAT WE HAVE AT HIS DISPOSAL. FOR HIS SAKE WE DO RECOUNT AND ALMOST RELIVE THE HORRORS OF OUR PAST. BUT THOSE OF US WHO HAVE TRIED TO SHOULDER THE ENTIRE BURDEN AND TROUBLE OF OTHERS FIND WE ARE SOON OVERCOME BY THEM. SO WE THINK CHEERFULNESS AND LAUGHTER MAKE FOR USEFULNESS. OUTSIDERS ARE SOMETIMES SHOCKED WHEN WE BURST INTO MERRIMENT OVER A SEEMINGLY TRAGIC EXPERIENCE OUT OF OUR PAST. BUT WHY SHOULDN'T WE LAUGH? WE HAVE RECOVERED, AND HAVE BEEN GIVEN THE POWER TO HELP OTHERS. EVERYBODY KNOWS THAT THOSE WHO SELDOM PLAY DO NOT LAUGH MUCH. SO LET EACH FAMILY PLAY TOGETHER OR SEPARATELY, AS MUCH AS THEIR CIRCUMSTANCES WARRANT.

WE ARE SURE GOD WANTS US TO BE HAPPY, JOYOUS AND FREE. WE CANNOT SUBSCRIBE TO THE BELIEF THAT THIS LIFE IS A VALE OF TEARS, THOUGH IT ONCE WAS JUST THAT FOR MANY OF US. BUT IT IS CLEAR THAT WE MADE OUR OWN MISERY. GOD DIDN'T DO IT. AVOID THEN, THE DELIBERATE MANUFACTURE OF MISERY, BUT IF TROUBLE COMES, CHEERFULLY CAPITALIZE ON IT AS AN OPPORTUNITY TO DEMONSTRATE HIS OMNIPOTENCE.

Alcoholics Anonymous, pp 132-133

HONESTY

IT REQUIRES RIGOROUS HONESTY TO ADMIT WE ARE POWERLESS OVER ALCOHOL. THE FIRST STEP TOWARDS RECOVERY FROM ALCOHOLISM. WE HAVE A REASONABLE THINKING ABILITY; TO EVALUATE RISKS AND CHOOSE TO DRINK OR NOT TO DRINK. BECAUSE OUR NATURE INCLUDES AN ABILITY TO MAKE DECISIONS, WE NEED TO BE HONEST IN DECIDING THAT WE ARE POWERLESS OVER ALCOHOL. ALCOHOL IS AN ANESTHETIC AND IT IMMOBILIZES OUR BRAIN AND TWISTS AND IMPAIRS OUR THINKING, LEAVING US DYSFUNCTIONAL EVEN WHEN WE SOBER UP. STEP ONE CAN ONLY BE SUCCESSFUL WHEN WE ARE TOTALLY HONEST WITH OURSELVES. STEPS TOWARD LIBERATION AND STRENGTH WILL NOT BE SUCCESSFUL UNLESS WE ACCEPT ABSOLUTE HUMILIATION AND DEFEAT AND THEN ADMIT OUR POWERLESSNESS OVER ALCOHOL. THIS ADMISSION AND ACCEPTANCE IS THE CORNERSTONE OF OUR SOBRIETY.

AS IN A MAGIC SHOW, WE USED DECEPTION AND ILLUSIONS TO CONCEAL OUR TRUE PERSONALITY. WE TRIED TO APPEAR KIND, CONSIDERATE, AND GENEROUS. IN REALITY WE DRUNKS USED OUR CRAFTY AND SLY SKILLS TO CAMOUFLAGE OUR REAL, EGOTISTIC, AND DISHONEST PERSONALITIES. THIS IS WHY WE NEED TO BE RIGOROUSLY HONEST ABOUT OURSELVES. WITHOUT THAT HONESTY, OUR AA RECOVERY WILL BE GOVERNED BY SELF-DELUSION. WE STRIVE FOR IMPROVEMENT NOT PERFECTION. HONESTY IS SOMETHING WE MUST ALL WORK ON, FOR THE REST OF OUR LIVES.

Editor

THE COURSE IN MIRACLES

OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE. IT IS OUR LIGHT NOT OUR DARKNESS THAT MOST FRIGHTENS US. WE ASK OURSELVES, "WHO AM I TO BE BRILLIANT, GORGEOUS, TALENTED AND FABULOUS?" ACTUALLY, WHO ARE YOU NOT TO BE? YOU ARE A CHILD OF GOD. YOUR PLAYING SMALL DOES NOT SERVICE THE WORLD. THERE IS NOTHING ENLIGHTENING ABOUT PEOPLE SHRINKING SO THAT OTHER PEOPLE WILL NOT FEEL INSECURE AROUND YOU. WE ARE BORN TO MAKE MANIFEST THE GLORY OF GOD THAT IS WITHIN US. IT IS IN EVERYONE. AND AS WE LET OUR LIGHT SHINE WE UNCONSCIOUSLY GIVE OTHER PEOPLE PERMISSION TO DO THE SAME. AS WE ARE LIBERATED FROM OUR OWN FEAR, OUR PRESENCE AUTOMATICLY LIBERATES OTHERS.

Nelson Mandella

WATCH THIS SPACE FOR EXCITING
NEWS ABOUT THE NEW YEAR'S EVE
PARTY!

MAY 1999 ANNIVERSARIES

AMHERST/SNYDER

Mark L. 3 mos.
 Jerry S. 3 mos.
 Don F. 3 mos.
 Tom S. 6 mos.
 Mark L. 6 mos.
 Mike S. 6 mos.
 Chuck N. 9 mos.
 Gary W. 9 mos.
 Tim K. 2 yrs.
 Mary McD. 5 yrs.
 John D. 8 yrs.
 Daun W. 8 yrs.
 Maryellen M. 14 yrs.
 Dick M. 16 yrs.
 Betty C. 18 yrs.
 Richard C. 20 yrs.
 Virginia 45 yrs.

ANY LENGTHS

Paul K. 6 mos.
 Ted W. 1 yr.
 Rich N. 3 yrs.

COLD SPRING

Odessa A. 9 mos.
 Lynette S. 9 mos.
 Harvey A. 1 yr.
 Pearl B. 5 yrs.
 Denise R. 6 yrs.
 Willie G. 10 yrs.

COURAGE

Patricia S. 8 yrs.
 Erika F. 12 yrs.

FIRESIDE

Connie S. 9 mos.
 Jill N. 2 yrs.
 Mary L. 2 yrs.
 Susan M. 2 yrs.

FIRESIDE(CONT)

John L. 2 yrs.
 Mike B. 3 yrs.
 Maura G. 4 yrs.
 Gretchen F. 8 yrs.
 Mark P. 14 yrs.
 Catherine P. 15 yrs.
 Terry A. 16 yrs.
 Carol S. 19 yrs.

GIVING

Dale D. 6 mos.
 Roxanne P. 1 yr.
 Mike T. 3 yrs.
 Sarah S. 9 yrs.

HAPPY HOUR

Bennie P. 6 mos.
 Mike S. 1 yr.
 Sandra R. 2 yrs.
 Luis R. 2 yrs.
 Louis R. 3 yrs.
 Akmal S. 4 yrs.
 Bob O. 5 yrs.
 John C. 6 yrs.
 Chris M. 8 yrs.
 Linda M. 10 yrs.
 Elvis R. 10 yrs.
 Chris B. 11 yrs.
 Marcus W. 13 yrs.

KENSINGTON

George 18 yrs.
 Ron W. 22 yrs.
 John T. 28 yrs.

LET GO & LET GOD

Elvis R. 10 yrs.
 Bill L. 11 yrs.
 Marcus W. 13 yrs.

LOVEJOY

Tim P. 3 mos.

Chris B. 3 mos.
 Mark W. 3 mos.
 Mark D. 2 yrs.
 Derek B. 2 yrs.

MAIN & HIGH

Kim A. 3 mos.
 Rosetta A. 6 mos.
 Geraldine H. 6 mos.
 Lew P. 6 mos.
 Winston F. 7 yrs.

NORTH BUFFALO

Luther W. 3 mos.
 John G. 3 mos.
 Neil V. 6 mos.
 John K. 6 mos.
 Amy G. 1 yr.
 Bev B. 2 yrs.
 Brenda B. 2 yrs.
 Bob S. 5 yrs.
 Jack W. 6 yrs.
 Liz S. 7 yrs.
 Terry A. 16 yrs.
 Roger P. 18 yrs.
 David P. 20 yrs.
 Mel R. 22 yrs.

POWERLESS

Josephine K. 2 yrs.
 Walter H. 8 yrs.

REFORMERS

Guy Z. 3 yrs.

REMEMBER WHEN

Deborah T. 6 mos.
 Sonia C. 4 yrs.
 Michael D. 6 yrs.

REMEMBER WHEN

Leo H. 6 yrs.
 Jerry C. 6 yrs.

Arthur E. 9 yrs.
 Chris B. 11 yrs.

RENEWAL

Randy R. 2 yrs.
 David F. 6 yrs.
 Jackie P. 8 yrs.

THRUWAY

Yogi J. 3 mos.
 Liza B. 9 mos.
 Mike B. 5 yrs.
 Suzanne M. 8 yrs.
 George L. 15 yrs.
 Mary Ellen S. 19 yrs.
 Judy F. 19 yrs.

WOMEN'S WESTSIDE DISC.

Gail 3 mos.
 Brandy 6 mos.
 Valerie 6 mos.
 Marge M. 2 yrs.
 Kathy 3 yrs.
 Beth D. 3 yrs.
 Sarah S. 9 yrs.
 Lynette T. 9 yrs.

REMEMBER:

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

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

Happy Mother's Day

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

BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388

295 MAIN STREET
845 ELLICOTT SQUARE
BUFFALO, NEW YORK 14203

MAY 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

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.

PLEASE NOTE

ALL MEETING SCHEDULE CHANGES, ADDITIONS, DELETIONS, ETC., ARE TO BE
SUBMITTED TO CENTRAL OFFICE BY JUNE 1ST FOR THE JULY PRINTING.

ATTITUDE ADJUSTMENT is moving May 1 to 6320 Main Street, Williamsville.

SATURDAY EARLY BIRD GROUP, will no longer meet after May 29.

WEDNESDAY EARLY BIRD Group would like to see your smiling sober faces.

GOOD LIFE - Saturday 7:30 PM Oakfield, no longer meets.

LISTED LAST MONTH AS A FRIDAY MEETING, THIS IS A THURSDAY MEETING:
NOTHIN' BUT THE BOOK - Thursday 8 pm Closed Big Book Study, St. Rita/Pat's
Church, Fillmore at S. Division.

SOUTHTOWN WOMEN Tuesday, 7 pm. Needs Support. Spring is in the air, take a
field trip - Hamburg - 517 Sunset Drive, Southern Erie Clinic.

COMING EVENTS

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

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

May 2, **Spring 2000 Convention Planning Meeting** 1 p, 511 Club Jamestown

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

May 8, Saturday **Helping Hands 2nd Anniversary**, eating meeting, Wheatfield Town Hall, 2800 Church Road, Wheatfield, 10:00 a.m.

May 16, Sunday - **58th Fall Convention Committee**, 1 pm, Marriott Hotel, 1340 Millersport Highway, Check monitors or front desk for meeting location.

May 21, Friday **Lockport #1 Group** is celebrating its 52nd anniversary. Episcopal Church, 100 Genesee Street, 8 pm; come help us celebrate; eats after the meeting

May 25, Tuesday **Faith Group 7th Anniversary**, Eating Meeting; St. John Baptist Church, 184 Goodell at Michigan, 7pm.

May 28, Tues., **Treatment Facility Committee**, St. Paul's, 49 Indian Church 6:30 pm.

June 6, Sunday - **Central Committee Meeting** - 80 Goodrich 7 pm.

June 6, Sunday, **Correctional Facility Committee**, 80 Goodrich 5:30 pm.

June 12, Sat, **Coop.w/Prof.Community**, Maryvale Pres. Ch., 425 Maryvale Dr. 9 am.

June 13, **General Service Assembly** 511 Club, Jamestown 2:00 pm

June 15, Tues., **Treatment Facility Committee**, St. Paul's, 49 Indian Church 6:30 pm.

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

July 10, Saturday **Main & High's 2nd Annual Day of Sharing** - "Spiritual Progress", Salvation Army, 960 Main Street, 9-5, \$6.

August 15, **General Service Assembly** Town Hall, Hamburg 1:00

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