

BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
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OCTOBER 1999

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

NEW MEETINGS

NEW OUTLOOK - Wednesday 8 pm Open Discussion, 438 West Avenue, Albion.

POWERLESS II - Monday 8:30 pm, 310 Starin at Wingate, N. Buffalo, Open.

SUNRISE COURT - Begins anew on Sunday October 3, 10 am, New City Court Building, Part II, Second Floor, 50 Delaware Avenue, Buffalo.

SEASONAL

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

PLEASE NOTE

4th STEP STUMBLERS, will show Conference Approved Videos on the 5th Sunday of the month (of course, those months containing 5 Sundays). 7 pm at the West Avenue Pres. Church. This month: Bill W. Discusses the 12 Traditions.

DECISIONS, CHOICES, CHANGES - now meets at 6 pm on Thursdays at Deaconness Hospital, 1001 Humboldt Parkway.

HAPPY HOUR Will meet one day a week - Friday at 5 pm at 341 Seventh Street, Holy Cross School.

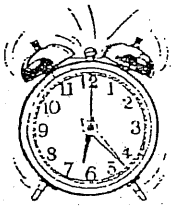
PASS IT ON - has purged its files, if you are a member please confirm with the group secretary. Also, please note that this is a non-smoking meeting.

SENECA 12 & 12 - Saturdays at 8 pm no longer meets.

The Archives Committee will not meet November and December.

COMING EVENTS

- ~ Oct. 1-3, The members of University Men, is having a Spiritual Weekend, \$95, contact John Rucharski, 400 Wheatfield, N. Tonawanda, NY 14120.
- ~ Oct. 1-3; Hamilton Autumn Leaf contact Central Office
- ~ Oct. 3, Sunday, CENTRAL COMMITTEE MEETING, St. Michael's Church Hall, 7 pm, 651 Washington Street.
- ~ Oct. 3, Sunday, Correctional Facility Committee, St. Michael's Church Hall, 6 pm, 651 Washington Street.



THE CLOCK OF LIFE

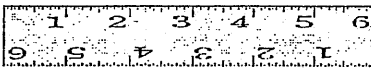
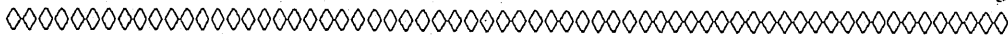


Those were the best of times, but they were the worst of reality. When I reflect on those "experiences", this is the main impression that I am left with. At those times, a verse that my late Mother gave me comes to mind.

"The 'Clock of Life' is wound but once. No man has the power or knowledge to foretell just when the hands will stop, neither at a late or early hour. Now is the only time you own. Let live, pray, toil, and be well. Place no faith in tomorrow for the 'Clock' may then be still."

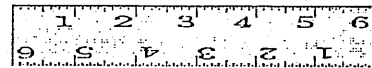
I treasure my friendships, and put my fate in the Hands of the Almighty. I am certain that my end resolve will be a favorable one.

*Anonymous'
Eye Opener Group*



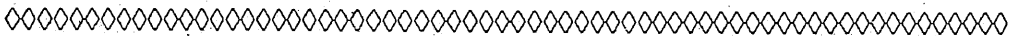
MEASURE OF A MAN

By Grady Poulard



The measure of a man is not determined by his show of outward strength, or the volume of his voice, or the thunder of his action. It is to be seen, rather, in terms of the nature and depth of his commitments, the genuineness of his friendships, the sincerity of his purpose, the quiet courage of his convictions, his capacity to suffer, and his willingness to continue "growing up."

*SUBMITTED BY
Helen S.
Thruway Group*



Often I sit and ponder, looking back over my past. I've been here a few days by the Grace of God and the application of AA's 12 principles. I am often awed by the things I retained in early recovery.

Things like, 'say a prayer, go to a meeting and don't pick up.' After of couple of years I really began to hear the principles riveting through my soul, yet I couldn't quite connect them to the fact that they were instructions for living my way into good thinking.

Being of the pompous intellectual variety, I felt that these steps were below me

and couldn't possibly inform me of something I didn't already know. So I'd try to drift towards people who I felt better than, after all I needed an ego charge. Then you people told me my ego would 'ease God out'. But this was not important because, I was self-reliant, independent and self-sufficient and still quite drunk. A day at a time, by no will of my own, I must keep coming back to understanding that if it were not for a loving caring God and a room full of imperfect drunks I should have been dead if given what I deserved!

Anonymous

PRACTICING ALCOHOLICS ARE THE ONLY PEOPLE WHO GET TO CHOOSE THE DISEASE THEY WILL DIE FROM.

THIS IS ALCOHOLICS ANONYMOUS?

My name is John and I'm an alcoholic. By the grace of God and Alcoholics Anonymous, I am sober today. In recent years I began to feel more and more confused, and out of step at some AA meetings. I hear things that don't pertain to the Big Book, the Twelve Steps, or the Twelve Traditions. Apparently, some AA's would rather live in the problem than in the solution. I attend a wide variety of meetings in this area, and the disturbing new mood is prevalent in many AA groups.

Are we diluting AA a little bit each year? There are clearly more people attending AA meetings than ever before, but they don't stay, a couple of weeks, 6 months and they're gone. Do we, as recovering alcoholics, carry the true message of AA? Have we forgotten what it was like for us? Twelfth Step calls are history. We have resigned from our Twelfth Step responsibilities, and turned them over to professionals. We might as well have said: "you take the drunks for thirty days. Be sure and clean them up, and then maybe, just maybe--we'll work with them."

I hear subjects discussed in AA meetings that have no relationship whatsoever to the Program of Alcoholics Anonymous. Gone are the days when the meeting moderator would bring the topic back to alcoholism.

I watch members of AA who have been sober for years, refuse to welcome new-comers, introduce themselves or even sit down and listen to the frightened new-comer. Are we "too busy"--too wrapped up in ourselves and our own worlds? Wasn't it our own selfishness and self-centeredness that got us here in the first place?

What would I have done if there hadn't been people at my first meeting who cared whether I stayed sober? These people allowed their concern for me to show, and they took the time and effort to insure that I was given a proper sponsor and a copy of the AA Big Book.

Isn't this a 'we' program? There are experienced AA's who are afraid to tell the newcomers what they need to hear. Tough love is gone. Some of us don't want to hurt the newcomers delicate little feelings. Adios, tough love, which dependably worked wonders before it was deported. Alcoholism left untreated is fatal!

I have seen the headhunters from treatment centers come into AA meetings and salivate when they hear that a newcomer has insurance. They are quickly whisked away to some treatment center. More and more they are hospitalizing alcoholics who don't need hospitalization.

Here's a terminal case of rudeness: those people who come to the meeting late and walk in front of the speaker to get their coffee, and then carry on a conversation with their friends. Thank God I was taught the simplest of manners.

How about the AA groups and committees that, in effect, are sponsoring Alanon groups, ACOA groups, NA groups, and other varieties of codependence groups? (and God only knows what else by affiliation.)

Our 6th Tradition very clearly states: "An AA group ought endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, and prestige divert us from our primary purpose." I personally don't care what organization one belongs to, just stop dragging them into my AA meetings! The name of the meeting I attend is Alcoholics Anonymous. I'm an alcoholic, that's why I show up. My dog is codependent, too. He'd probably starve if I didn't feed him. But he doesn't belong at an AA meeting.

How many AA newcomers are told about the history of Alcoholics Anonymous, Some seem to believe that AA sprang up complete, and totally developed. Hard work and a belief in a Higher Power strengthened the early pioneers of our Fellowship. Those early members kept groups alive for us, will we be able to keep it alive for those yet to come?

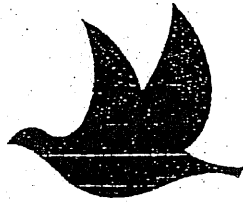
I ask each of you to read this: Look to your own conscience. Reevaluate your own participation in Alcoholics Anonymous. My sponsor told me: "if you were dragged into a court of law and accused of being a member of AA, would there be enough evidence to convict you?" Bill W. said: "This will not become our vocation, but our avocation." I beg of you don't let AA die, let's keep it pure for the millions of people who will follow us. Do your part to insure AA's survival. Are you doing your part? Are you---really?

*John H.
Editor*

"In music, in the sea, in a leaf, in an act of kindness...
I see what people call God in all these things."

Pablo Casals

The Third Step refers to "God as we understood Him." The pathways to meeting our Higher Power and to our spiritual awakening are all around. Every tree and every leaf on every tree, as it rustles in the wind, expresses God in our lives. When the little bird flies overhead or when it comes to visit the feeder we are being visited by a spirit. When the sky boils with a storm, when lightning and thunder crash, we are witness to a power greater than ourselves with a history beyond the centuries. The beautiful works of art created by our fellow human travelers on this journey through life are expressions of their courage to reach out



and create something. A line of music moves us and we feel the spirit.

A child makes a drawing and gives it away. A neighbor helps you start your car. You treat the clerk at the checkout counter like a real person. Whatever word we use for God, if we decide to be open and receptive, we find God in the little details of our lives. Spiritual awakening is a wonderful daily occurrence.

God, open my senses to take in your presence more fully.

Touchstones
By Anonymous
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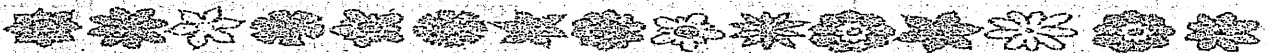
RANDOM THOUGHTS

Ever wonder if illiterate people get the full effect of alphabet soup?

I always wanted to be somebody, but I should have been more specific.

I am in shape, round is a shape!

The statistics on sanity are that one out of four Americans is suffering from some sort of mental illness. Think of your three best friends. If they are okay, then it's you.



DAY TO DAY

BY ANONYMOUS

Go along getting the most out of life on a day-to-day basis. Don't worry about tomorrow, and don't care about what happened yesterday. Once you start thinking about life and its problems, and begin worrying over the future or regretting the past, you're likely to become confused about today. If a person does their work well and extracts all they can from the present, they'll have as happy a life as they are supposed to have.

Every morning you are handed twenty-four golden hours. They are one of the few things in this world that you can get free of charge. If you had all the money in this world, you couldn't buy an extra hour. What will you do with this priceless treasure?

Remember, you must use it, as it is given only once. Once wasted you cannot get it back.

*Submitted by Helen S.
Thruway Group.*