

NEW FRONTIERS

November 2000

THE CENTRAL COMMITTEE NEWSLETTER FOR ALL A.A. MEMBERS OF
WESTERN NEW YORK AND THE NIAGARA FRONTIER
We request that this newsletter be kept within the Fellowship to insure anonymity.

Let Go

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off; it's the realization I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to change or blame another. It's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be protective; it's to permit another to face reality.

To "let go" is not to be in the middle arranging all the outcomes, but to allow others to affect their destinies.

To "let go" is not to deny, but to accept.

To "let go" is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires, but to take each day as it comes, and cherish myself in it.

To "let go" is not to criticize and to regulate any body, but to try to become what I dream I can be.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is to fear less, and love more.

Resentment (Alcoholics Anonymous, Second edition, 1955)

"Resentment is the "number one" offender. It destroys more alcoholics than anything else." (Alcoholics Anonymous, page 64)

"...If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for every thing you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it, and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you will feel compassionate understanding and love..." (Freedom from Bondage, page 561)

Submitted by
Marilyn L.
Kensington Discussion Group

Awareness of God

As I remember from childhood, I was forced to go to church and bible study to learn about religion and the God concept.

However, in my mind I did not believe in anything I could not see. I remained to believe that way for many years, as I was drinking as a hopeless drunk. It was until I had near death experience did I believe that there was a God and that I was not the greatest power of all! Since then, I have been able to pray to God for direction and guidance to perform Gods will not mine, and today I believe that Gods will is to help others without recognition or anything else in return.

I am now aware that everything that everything happens in Gods time not mine, also that God speaks to me through others, in this wonderful fellowship which God has guided me to!

Chris F.
Any Age

AA ONLINE

Hi everyone my name is Terry and I am an Alcoholic. I am also the area 50 PIC chairman and a member of the Lakeshore group. I am also here a little late to explain about the official web site approved through the Central Committee. For the groups that are not aware of it, our schedule is already online. It has been there for over a year. It is an unofficial web site that along with our schedule presents many things like poems, etc., that are not AA and not within our traditions.

As the public information committee, it is our job to state to the public what AA is and is not. We represent Alcoholics Anonymous as a whole not as individuals. The web site is one of these public forums. After getting the experience from other areas and talking to BILL A. GSO PI representative, we learned that AA as a whole is not anonymous, its members are.

The web site presents a way for the drunk to find us. Having an official site knocks out the unofficial site in most search engines. Everything is presented in a manner that stays within our traditions. We are also joining another official web site that represents a large portion of N Y State so that "anyone that journeys may find the hand of AA". For those that might be interested in where the site is it is www.ny-aa.org. As soon as all the data is entered and the kinks worked out we will be up and running. Do not be fooled we are already on line; it will not swamp your meetings with people it will just be presented in an official manner.

Thank you for allowing me to serve,
Terry B.
Area 50 PIC Chair

The *New Frontiers* is published monthly by the Central Office of Western New York. We are supported 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 will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply the endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS and other AA books and pamphlets are reprinted with permission of AA World Services, Inc. Articles reprinted with permission of AA Grapevine, Inc. Are subject to the GRAPEVINE copyright.)

Tradition Eleven:

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

There happens to be at least one thing in this that does not need to be constantly advertised. That thing is sobriety. The prospect of it offers certain attractiveness to us when we have bought into a life of drunkenness. There is a certain peacefulness and joy that alcohol seemed to always to promise but never delivered. The attraction to this new life is the basis of our policy and continues to work today.

In these times of instant communication and AA chat rooms, the second part of this tradition appears redundant, yet anonymity at these levels insures that we do not succumb to using advertising as a way to promote the program and thus contradict the policy already established.

Marie S., Live and Let Live

Interested in receiving the New Frontiers?

NAME: _____

ADDRESS: _____

Enclosed is a check or money order made payable to the AA Central Office earmarked the “New Frontiers” for \$_____ for _____ copies.

Rates:

1	copy	\$7.00	20 copies	\$54.00
2	copies	10.00	30 copies	72.00
5	copies	21.00	40 copies	90.00
10	copies	30.00	50 copies	113.00
15	copies	40.00	60 copies	130.00

Mail to the Central Office
845 Ellicott Square Building
295 Main Street
Buffalo, New York 14203-2412

God help me to set aside all I think I know about my disease, these steps, God, and my concept of spiritual principals in favor of a new experience.

Help me to set aside all I think I know

STEP II

SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD HIM, PRAYING ONLY FOR THE KNOWLEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT

My whole life I looked for someplace to belong to feel comfortable when this happens I am usually trying to find it myself. Those barriers, walls I put there myself are Gods way of telling me which way are you going to take yours or ours? Like I said those are doors with questions: suggestions: Gods will, my will if I am not careful and choose the wrong door the path I may take may lead me to a drink. Then "illustration" grapevine cartoon when the drunk wants a drink something that prevents him from walking into that bar "a sign from God" I quickly remove myself from the way – pray! God what would have me do? Thy will not mine be done! My answer will come. I put those walls up because I like to have the choice of the kind of life I would like to have. It is the kind of life that God laid out before me, higher power not the power of choice. "That one is God may you find him now."

Carl K., Downtown Men

MY MEMORIES OF SOME OLD TIMERS

Al I. was a member of the Cheektowaga group. When he died a few years ago, he was continuously sober for over 30 years. One night upon my arrival at the Common Problems meeting place, Al, without even a "hello" greeting looked me right in the eye and asked, "DO YOU BELIEVE IN GOD?" My response was "Al you know that I believe in God." Al continued: No, No, No. That is not what I asked: "DO YOU BELIEVE IN GOD?" Quite a difference! That night I learned another lesson in spirituality.

Most people, if not all, who met Jesse S remember him. His "pity pot" is somewhat of a local legend. My first encounter with Jesse was around the Mid Seventies. He was moderating the discussion at the Mod group. When it came my turn to share experience, I was all set to preach eloquently. After about 30 to 60 seconds, he shut me, down with one simple word –"NEXT." At the time, I was irritated. After some reflection, I came to realize that Jesse was not really attacking me personally, rather, he was trying to tell me that it is impossible to share experience that I had not yet acquired. Thank you Jesse and God bless you.

Early D. was a member of the Cold Springs group at the time of his death a few years ago. My memories of Early go back to the year 1972 these include:

- ❖ Much loving care at the Serenity Group including his giving good leads several times over the years.
- ❖ Good fellowship at the old Four Seasons Restaurant (the building was torn down a few years ago) at Harlem and Kensington, after the Amherst-Snyder meeting.
- ❖ Much loving service via The Central Committee.

Art I. died a few years ago he had a nickname "Tom." One day back in the 1980's, Tom, and I were sitting at the counter of the old Four Seasons Restaurant having coffee and making small talk when in walks another member of our fellowship. He rushes up to the counter with a nervous and distraught look about him and hurriedly tells us that he had called the Central Office in search of a meeting and was told that there was none taking place at that particular moment. He was also told that a lot of AA's hang out at the restaurant that we were in. Hence, he shows up. I don't recall what was said during the meeting that the three of us had that day. I very much recall the meeting we had, right at the coffee shop counter: opening with the Serenity Prayer, introducing ourselves via first name and our usual universal last name and our closing with the "Lords Prayer". Another successful meeting.

An anonymous member of AA in Western New York

Remember the Envelope System for information call the Central Office 853-0388

Do you remember...

Do you remember your very first drink and how you felt? Do you remember your very first meeting and how it made you feel? I remember them both. Ironically as first experiences, for me there were a lot of similarities. I didn't like what I felt initially and as time went on, I grew to love the process.

Active addiction for me began after my high school graduation. I drank beer with my sister-in-laws as an attempt to fit in to a group in which I never belonged. The drink of choice was beer and I didn't even like beer, but I later acquired a taste for it, just because I kept trying. Life for me changed back there my drinking increased.

Family and friends who loved me would attempt to steer me in an appropriate direction to get some help. Other people would just avoid me as much as humanly possible. I never realized most of the negative consequences that began surfacing on a regular basis were directly linked to my drinking patterns. In addiction I lied, stole, and cheated to protect my need to drink. The next day I would always feel guilty and alone, I started making promises to myself that I would do things differently from now I on. The only problem with the promises is that I did not know how to keep them. My obsession to drink was much more powerful than my will to keep the promises. My family quickly tired of my behavior and the impact it was having on them and told me I could not come back to their house until I got some help. I did.

It was a long process for me because I wasn't good at looking myself or asking for help, or attempting to change anything. Although I didn't want to be were I was, I knew I needed to change something in my life or I would die. The process began for me at Clearview meeting many years ago. It was a slow process for me but I am another one of God's miracles. The individual standing at the podium was sharing about his long history of alcohol abuse and I was amazed at what I heard. Now I didn't like the idea that I was sitting at an AA meeting, nor could appreciate the changes that were about to happen to me. *I felt like drinking and I wanted to leave.* Much of what he shared sounded much like the feelings I experienced during most of my life. His story helped me look at the measures I had been taking over the years to get high off alcohol and the many steps to protect my alcoholism. The drinking, lying, and stealing were symptoms of my disease and I learned through AA ways to arrest my alcoholism One Day At A Time.

I stayed dry through this process for three and half years, I stopped attending meetings, and stopped talking to people in recovery about the return of the obsession to drink. I drank. However, I returned to AA and the same people were here to help me. I recently celebrated Four years of continuous and I thank God and the fellowship of AA for saving my life.

Mae H. Faith Group

Freedom from – Freedom to

For me the impact of AA on my life is one of Gods biggest miracles. In the seven years before I came into AA which is July 12,1993, I had two bleeding ulcers and I kept drinking. I had two perforated ulcers and I kept drinking. I had my stomach removed and I kept drinking. I had the lower part of my food pipe removed and I kept drinking. I had a fistula (hole in the small intestine) and I kept drinking. I totaled two cars and I kept drinking. The medical Profession was very interested in me when I would be hospitalized because I had survived these things. Twice either my family or I was told that they had done all they could do and it was in God's hands. I tried many times to stop drinking on my own and never lasted longer than a month. I remember deciding that I could not and would not quit. In July of 93 I was hospitalized for an inflamed Pancreas knowing that I was mentally trapped in the bottle in spite of all that happened to me I wanted to something about my drinking for a few months in order to give my Pancreas a chance to heal. I wanted so desperately to regain control of my drinking before it was to late. I sought help for the first time my life. I had a few drinks on the weekend I was released from the hospital but I signed up for a program (I.R.I.S.) that mandated AA meetings.

From my first AA meeting seven years ago, I have not had a drink since. Everyday over 30 days is a record for me and everyday over three months, which was game plan, is a miracle for me. I have learned that being mentally free of accepting death in the bottle is the greatest gift I could have because of all the wonderful things that are happening in my life of recovery are a direct result of this mental freedom.

...Continued next page...

Life for me before AA was a struggle to keep alcohol on hand, avoid eviction, and the utilities being shut off. In my last seven years of life in AA, my most wonderful dreams have been outdone. I have actually flown and piloted the Goodyear blimp (I have pictures). I have fulfilled my dreams of traveling worldwide. My life and my life style are constantly improving my wildest dreams. I attend AA meetings daily because I understand that I have to do my part to stay free. I remember wanting to drink, no matter how miserable it made me or life around me. I need AA to help me stay free of that trap. I cannot count on another miracle.

Jack G. Rise and Shine

From: "The steps are the Program."

...The word HEAL means to make whole. The aim of AA is to help a shattered, fragmented human being find wholeness, direction, and freedom. This begins with from our compulsion to drink and through our use of the Twelve Steps, gradually moves into growing freedom from fear, depression, anxiety, and the overwhelming self- concern that characterized life before AA.

"Each Step of the Twelve is connected to every other step, and they work as a unity"...

c. 1985 Best of the Grapevine, pages 125 & 127

The gifts of service

When I came into AA over 13 years ago, I only thought of one person... ME! I had no concept of doing things for others unless there was something in it for me. I was so full of fear of failing that I would do nothing and blame others for not helping me feel better. When I came into AA the first thing they said at my home group is that you are going to make Coffee I said I don't know how they said don't worry about that that there would be people there to show me how and there were. Why not just to show me how to make Coffee but to start to show me that by being of service to the group I just might start feeling good about myself and not have to rely on others to make me feel good about me. From that simple beginning of making Coffee at my home group and helping setup the meeting for others I have come to understand and am still learning about Love and service to God and others. That I don't need to depend on what others think of me to make me feel good about myself. The gift of service are many: I can look in the mirror and not be ashamed of what is looking back, I have true friends, and a sense of belonging to the human race. I can attempt new things although I have fears. It is through service work that I learned to have faith in God and believe in the group conscience. The people that God placed in my path when I came into AA and still does today are people that take their sobriety seriously yet still wear it loose because of Love and Service to god and the fellowship of Alcoholics Anonymous.

John B.

Lakeshore Group

Alcoholic Aphorisms☺

“Sobriety is leading cause of relapse”

A treatment center is where you go and pay \$15,000 to find out that AA meetings are free.

This is one day at a time program. If you are clean and sober today, you are tied for first place in AA

If drinking is interfering with your work, you are probably a heavy drinker. If work is interfering with your drinking, you are probably an alcoholic.

I often obsessively pursue feeling good...no matter how bad it makes me feel

When I was new, I didn't think I had any obsessions, until I started thinking about it. Then it was all I could think about.

How come if alcohol kills millions of brain cells, it never killed the ones that made want to drink.

It's not old behavior if I'm still doing it.

From a newcomer reading the “Promises” for the first time: “We will comprehend the word cemetery and we will know peace”

If God were small enough to understand He wouldn't be big enough to be God!

If you want to quit drinking you have to quit drinking

Newcomer: How many meeting should I attend a week?
Oldtimer: gradually cut back until you drink then you'll know.

If you are looking to have an image in AA, look around the meetings you go to and take a look at who you are trying to impress.

I would rather go through life sober, believing I'm an alcoholic, than go through life drunk, trying to convince myself that I am not.

An alcoholic is a person who wants to be held while he is isolating

Resentments are like stray cats they will go away if you don't feed them.

The difference between a problem drinker and an alcoholic is that: (A) if take the alcohol away from the problem drinker the problem goes away.(B) when the alcohol is taken away from the Alcoholic the problem

begins.

Sponsee: When will I get a job?

Sponsor: When you are ready.

Sponsee: How will I know I'm ready?

Sponsor: You'll have a job.

If I'm not the problem, then there is no solution.

Before I came into AA I was dead, but I didn't know enough to lay down.

It is the great obsession of every Al-Anon, that someday he or she will learn to control and enjoy their drinker.

I drank when I was happy, I drank when I was unhappy. Actually, I am a reason to drink.

You don't have to be sick to want to get well. But if you don't get well you are sick.

I cant do his will my way

In order to change the way we feel we need to change the way we act

There's only one way to coast, and that's downhill

The good news is you get your emotions back, the bad news is you get emotions back

All we ask is that you completely change your attitude as soon as possible.

Don't be a Pigeon. If you tie a message to a Pigeon's foot and send him to Denver, the guy in Denver will get the message, but the Pigeon won't

I have held many things in my hands and I have lost them all; but what ever I place in God's hands, I still possess.

Without memory, there is no healing.
Without forgiveness, there is no future

Our business is doing God's business. As long, we do God's business whatever happens to us is none of our business. That's Gods business

Fellowship Announcements

The Just Do It Group which meets every Friday night at 11:00 PM at Faith United Presbyterian Church, 3150 Elmwood Ave. Tonawanda (in the church basement) could use some support.

November 10-12
59TH BUFFALO FALL CONVENTION, Millersport Marriott.

December 4, Monday

Members of the Alden-New Life Group are celebrating the group's 25th anniversary . Nourishment meeting. We welcome any nourishing dish you wish to honor us with. St. Aidan's Episcopal Church, 13021 W. Main Street, Alden. Nourishments at 7 pm, speaker at 8 PM.

Come Fellowship with us
December 20th, 2000
At the Main and High 3rd Annual Christmas Vigil
7:00 PM - 1:00 AM
Gratitude, Fellowship, Speaker, and Discussion
Bring a dish to share

Does your newfound sobriety feel more like a pressure cooker than a cool breeze?

On Thursday nights at 8:00 PM, The 1110 Group is hosting an on going beginner's meeting. The open discussion format allows for topics that deal with early sobriety.

So grab a friend, come out to the convenient Food Mart Plaza at the corner of Kenmore Ave and Colvin Blvd this Thursday night, and stop stewing.

This is a smoking meeting

The Buffalo Central Committee has voted to officially place our schedule on-line. In accordance with Tradition Four regarding each group's autonomy, you are asked to contact Terry B. at 549-7068 if your group's conscience is not to be listed on-line. Your decision is needed by October 31.

ANNIVERSARIES

Acceptance

Phillis H. 3 m
Linda V. 1 y
Frank Kl. 2 y
Mike C. 2 y
Pat H. 9 y
Greg P. 20 y

Any Age

Joe C. 6 m
Chuck T. 9 m
Mark W. 9 m
Mike ☺ 2 y
Midge 3 y

Cold Springs

Blane H. 10 y
Major A. 15 y
Ralph P. 21 y

Courage

Patti K. 17 y
Marie T. 22 y

Easier, Softer Way

Diane W. 9 m

Ellicott

Doris J. 8 y

Eyeopener

Carolyn W. 6 m
Joe F. 6 m
Ann L. 9 m
Mark S. 1 y
Dennis T. 1 y
Sean G. 3 y
John M. 3 y
Paula D. 3 y
Phil H. 3 y
Jim A. 4 y
Jan J. 4 y
Jackie H. 4 y
Mike A. 4 y
Dave W. 4 y
Rich W. 4 y
Stanley M. 4 y
Dave W. 5 y

Mike B. 5 y
Tom B. 6 y
George K. 6 y
Christine M. 6 y
Ron s. 6 y
Bev B. 6 y
Joe V. 6 y
Vince H. 7 y
Ray M. 7 y
Bud N. 7 y
John B. 9 y
Dana T. 9 y
Justine G. 9 y
Mike E. 16 y

Fireside

Sharon N. 1 y
Steve M. 6 y
Brian S. 8 y
Dick D. 10 y
Pat C. 23 y

Inner City

Quint R. 10 y
Edward W. 17 y
Eleanor A. 20 y
Rosemarie 26 y

Iron Horse

Mary S. 9 m
Jack W. 4 y
Cindy G. 6 y
Mike N. 7 y
John S. 18 y

Let Go & Let Gof

Frank R. 11 y

Main & High

Pat H. 3 m
Dorothea A. 6 m
John J. 7 y

North Buffalo

Sue M. 10 y
David C. 20 y

Powerless

Linda S. 8 y
Tom H. 11 y

Reformers

Bryon B. 3 m
William O. 3 m
Terry H. 3 m
Maurice B. 9 m

Renewal

Lisa D. 3 m
Mike E. 16 y
Kurt R. 19 y
Judy T. 21 y

Ridge

Andy J. 3 m
Henry M. 9 m
Mary 9 m
Steve K. 9 m
Leo W. 9 m
Lynette G. 4 y

Rise & Shine

Ronald W. 6 m
Leon W. 1 y
James J. 3 y
Robert F. 3 y
Willie B. 4 y
Ben W. 4 y
Greg W. 6 y
Michael R. 6 y
Darlene T. 6 y
Linda S. 8 y
Greg J. 8 Y

Sheridan

Hal M. 3 y
Tim D. 4 y
Joe T. 5 y
Cindy G. 6 y
Ron E. 6 y
Chris C. 6 y
Brian C. 7 y
Bob W. 12 y
Dave C. 20 y

Sober Saturday

Marcy M. 6 m
Denise B. 9 y

Sunday Morning

Breakfast

Stacy L. 6 m
Phyllis N. 1 y
Betty R. 2 y
Andy B. 2 y
Maggie P. 5 y
Dawn D. 7 y
Rich M. 8 y
Jan C. 9 y
Pepe 16 y

Sunrise Court

Greg 8 y
Ernie 12 y
Leon S. 15 y
Marie T. 22 y
Ralph K. 36 y

Thruway

Julieann H. 9 m
Eileen V. 7 y
Rich M. 8 y
Jim K. 11 y
Kathy H. 11 y
Jane B. 12 y
Patricia C. 23 y

We Care

Darlyn 6 m
Mary Ann J. 9 m
Joe G. 1 Y
Mike T. 1 y
George N. 3 y
Kathy H. 11 y
Rich M. 15 y
Shirley M. 19 y

Why

Darren H. 3 m
John M. 9 m
Danny 7 y
John J. 7 y

BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
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845 ELLICOTT SQUARE
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BUFFALO, NEW YORK 14203

NOVEMBER 2000

PLEASE NOTE

ACHIEVEMENT – Wednesdays, 8 pm, is relocating back to St. Paul's Lutheran Church, 4007 Main Street

TREATMENT FACILITY COMMITTEE, Tuesdays St. Paul's, 49 Indian Church effective December 18 will meet at 7 pm

1110 GROUP – Thursdays, 8 pm, Beginner's Meeting for those with one year or less.

* **BODHISATTVA** – Wednesday, 8 pm, Out Patient Clinic/Auditorium, 80 Goodrich

HOLIDAY VILLAGE – Monday through Friday, 12:30 will be moving to 4390 Quinby Road, Hamburg, effective November 1

HONESTY GROUP – Sat., 1 pm, will not meet November 11, (**only**) due to a church function

INSPIRATION - St. Barnabas Parish, Thursday, 10:00 am, 2049 George Urban Blvd., would love to see you, and have you share you experience, hope and strength

JOURNEY – Monday, moved to 6:30 and is now meeting at the Little White House on Medaille College Grounds.

JUST DO IT – Friday, 11 pm, 3150 Elmwood, Faith United, needs support

MAIN STREET – Monday, 8:30 pm, SS Peter & Paul RC Church, (Rte 39), Arcade

* **NIGHTSHIFT** – Saturday, 8 pm, 340 Military, Amity Club

* **MEN'S STAG MEETING** – Mon., 8 pm, 266 Sanders Rd., N. Buffalo Community Center

SERENITY ON THE LAKE – now meets on Wednesday at 8 pm at St. Anthony's Church, Route 249, Farnham

SPRINGVILLE SATURDAY AFTERNOON has moved to 474 E. Main St., 1st United Methodist

* **SOBRIETY FOR WOMEN** – Thursday, 7:30 pm, Cazenovia Manor, 486 N. Legion Drive, Closed Meeting – open last

SUNDAY MORNING ASCENSION - is now **SUNDAY AFTERNOON ASCENSION**, Sunday, 4:00 pm, Ascension Church, Linwood and North

COMING EVENTS

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

~ Nov. 5, Sunday, **CENTRAL COMMITTEE MEETING**, St. Michael's Church Hall, 7 pm, 651 Washington Street.

* New Meeting

*** Please note that the Public Information Committee has moved to the second Saturday of the month.

- ~ Nov. 5, Sunday, Correctional Facility Committee, St. Michael's Church Hall, 6 pm, 651 Washington Street.
- ~ Nov. 10-12, **BUFFALO 59TH FALL CONVENTION**, Marriott Hotel, Millersport Hwy.
- ~ Nov. 11, Sat., New Frontier Committee, Central Office, 845 Ellicott Square, 10 am.
- ~ Nov. 11, **Coop.w/Prof.Community**, will meet at the Buffalo Fall Convention, nonsmoking hospitality room at 9 am.
- ***~ Nov. 11, Sat., **Public Information Committee**, will meet at the Buffalo Fall Convention, nonsmoking hospitality room at 10 am
- ~ November 12, General Service Assembly, Hamburg Town Hall, S6100 South Park Avenue, Hamburg, 1:00 pm.
- ~ Nov. 21, Tues., Treatment Facility Committee, St. Paul's, 49 Indian Church 6:30 pm.
- ~ Nov. 25, Sat. **Archives Committee**, Maryvale Pres. Church, 425 Maryvale Dr. 9 am.
- ~ December 3, Sunday, CENTRAL COMMITTEE MEETING, St. Michael's Church Hall, 7 pm, 651 Washington Street.
- ~December 3, Sunday, Correctional Facility Committee, St. Michael's Church Hall, 6 pm, 651 Washington Street.
- ~ December 2, Sat., members of the **1110 Group** are sponsoring their 4th Annual Old Timer's Panel, eating meeting starts at 6:00 pm followed by the panel at 8 pm.
- ~ December 4, Monday, members of the **Alden-New Life Group** are celebrating the group's 25th anniversary . Nourishment meeting. We welcome any nourishing dish you wish to honor us with. St. Aidan's Episcopal Church, 13021 W, Main Street, Alden. Nourishments at 7 pm, speaker at 8 pm.
- ~ December 9, Sat., **Public Information Committee Meeting**, Church of the Holy Communion, S5381 Old Lake Shore Road/Route 5, 10 am.
- ~ December 9, Coop.w/Prof.Community, Maryvale Pres. Ch., 425 Maryvale Dr. 9 am.
- ~ December 15, Friday, members of the **Silvercreek Friendship Group** are having a Christmas Party at 8:30 with a speaker meeting followed by an eating meeting. Please bring a dish to share. There will be a \$5 unwrapped gift table available for everyone that brings one. Everyone welcome.
- ~ December 16, Sat., New Frontier Committee, Central Office, 845 Ellicott Sq., 10 am.
- ~ December 18, Tues., Treatment Facility Committee, St. Paul's, 49 Indian Ch., 7 pm.
- ~ December 20, Wednesday, members of the **Main & High Group** invite you to join them for their 3rd Annual Christmas Vigil, 7 pm – 1 am, please bring a dish to share.
- ~ December 23, Sat. **Archives Committee**, Maryvale Pres. Ch., 425 Maryvale Dr. 9 am.

BUFFALO CENTRAL COMMITTEE

Minutes of Meeting, Nov. 5, 2000

Dick L. opened the meeting at 7:04 with a moment of silence followed by the serenity prayer. The reading of the pre-ambles, Purpose of Central Committee, and the twelve traditions were all read. The minutes from the Aug 6th meeting were not read, they were dispensed. The motion to accept the minutes as written was made Jim B. and seconded by Jim L. Terry B. noted a change needed in the Public Information, which was accepted unanimously.

41 GROUPS ATTENDED: District #1: Downtown Men's, Easier Softer Way, Giving, Journey, Main and High, Miracle, Primary Purpose, Sunday Nighters, Sunrise Court. District #2: Age Doesn't Matter, Chapter IX, Early Bird, Handicappers-Sat night, Honesty, Living in the Solution, Living Sober, North Buffalo, Why. District #3: Iron Horse, Rainbow, Ridge, Southgate, Victory, We Care. District #4: Action, The Lakeshore Group and St. Mark's. District #5: Grand, Lockport #1, Niagara Frontier Men's. District #6: Dunkirk District #7: Cold Spring, Ellicott, Let Go & Let God, Spirit of Hope, We Are Not Saints. District #8: Eye opener, Kensington, Renewal, and Williamsville. District #9: Anybody's District #10: No groups in attendance.

Tom B. of Lovejoy and our Archive Chairman gave a ten-minute presentation on what our Archives Committee is about. He stated his responsibilities and noted the work it takes to maintain the Archives. Jobs that need to be filled on the committee are: Secretary and Alternate, Audio & Video tech., someone to report to the New Frontiers, an Archival intern to fill Ben W. position and a Central Committee liaison.

COMMITTEE REPORTS:

- 1) ENVELOPE SYSTEM: Karen of the Ridge Group read the report. \$576.00 was received for the month of Oct. 2000. That made the total for the year 2000 of \$5,194.00. A comparison of October's total to prior months and to 1999 and 1998 can be seen in the chart below:

	2000	2000 ytd	1999	1999 ytd	1998	1998 ytd
January	\$1,319.00	\$1,319.00	1,540.00	1,540.00	1,795.00	1,795.00
February	981.00	2,300.00	337.00	1,877.00	580.00	2,375.00
March	169.00	2,469.00	469.00	2,346.00	592.00	2,967.00
April	407.00	2,876.00	538.00	2,884.00	540.00	3,507.00
May	242.00	3,118.00	572.00	3,456.00	388.00	3,895.00
June	339.00	3,457.00	263.00	3,719.00	134.00	4,029.00
July	534.00	3,991.00	783.00	4,502.00	772.00	4,801.00
August	294.00	4,285.00	282.00	4,784.00	540.00	5,341.00
September	333.00	4,618.00	527.00	5,311.00	373.00	5,714.00
October	576.00	5,194.00	375.00	5,686.00	356.00	6,070.00
November			154.00	5,840.00	817.00	6,887.00
December			418.00	6,258.00	341.00	7,228.00
TOTAL	\$5,194.00	\$5,194.00	\$6,258.00	\$6,258.00	7,228.00	7,228.00

- 2) STEERING COMMITTEE: The meeting took place before the Central Committee meeting at 6:00 pm. Eight people attended. Discussed were the topic of groups holding benefits to raise money for AA and how this money is distributed. Our Traditions were discussed and the Central committee's group conscience stated that fundraisers would not be supported. The issue will be brought up before the entire body. John H. of District #3 resigned as of immediately.

- 3) TREATMENT FACILITIES COMMITTEE: Pete F., Courage Group, Chairman of the committee read the report. The committee met on Aug. 15th at 6:30 pm at St Paul's Church, on Indian Church Road, South

Buffalo, where the Iron Horse group meets. Eleven (11) people attended. The status of the regular meetings at treatment facilities is as follows:

Sunday	ECMC - 3:45 pm	ok
Sunday	VAMC - 7:00 pm	ok
Monday	Sheehan- 7.00 pm	ok
Monday	Salvation Army - 8:00 pm	ok
Tuesday	ECMC - 7:00 pm	ok
Tuesday	VAMC - 1:00 pm	ok
Thursday	ECMC - 7:00 pm	ok
Thursday	Lockport Memorial Hosp.- 8:00 pm	ok
Friday	ECMC - 7:00 pm	ok
Saturday	ECMC - 7:00 pm	ok.

Bridging the Gap: received 3 calls for the first three weeks of September.

Old Business: None

New Business: TFC committee meeting will be held at 7:00 pm instead of 6:30 pm, starting in December. The committee voted that if "Bridging the Gap" is expanded to all of Area 50, and is done through General Service, then we should provide financial contributions.

4) FINANCIAL REPORT: The full report with all the details is available in writing attached to the minutes.

5) CORRECTIONAL FACILITIES COMMITTEE: Jim B. gave the report. The meeting was held November 5th at 6:05 pm, prior to the Central Committee meeting. There will be a table at the Convention. Could use some help.

Attica	OK
Erie County Men's	OK
Erie County Women's	OK
Gowanda	OK
Wende	Needs Help
Lakeview Shock	Nothing
Niagara County	OK
Wyoming	No Report

Volunteers are needed to carry the message inside the prisons and jails. If you are interested in helping Corrections, please call Bill's @ 824-2246

6) SCREENERS: No Report.

7) CENTRAL OFFICE: Cindy N. gave the report. "AA Around the World" is now available. Wonderful stories from all over the world showing how similar we really are.

AA Information	492	<u>Mail</u>	
PIC	0	527 Pieces	
CPC	0	\$489.39 Total Mail Cost	
Al Anon	33		
Ala Teen	4	<u>Answering Service</u>	
ACOA	3	Incoming Calls	250
12 Step	8	Outgoing Calls	73
Literature Requests	3		
Fax In	0	Visitors	76
Fax Out	7	Volunteers	46

8) NEW FRONTIER: John B. of Lakeshore, and chairman gave the report. The committee met at the day of sharing held in October. Went over articles to be placed in the November issue. Also discussed was how to get more articles for the New Frontiers. One idea was to give help to anyone interested in writing an article. Another idea was to have the committee members write articles about their experience in service. The next meeting will be held at the Fall Convention.

9) PAST CONVENTION (FALL 1999): No Report.

10) PRESENT CONVENTION: The Committee met October 15, 2000 at the Marriott Hotel. Everything is in place for this weekend

GENERAL SERVICE COURTESY REPORTS:

- 1) GENERAL SERVICE ASSEMBLY: No Report.
- 2) PUBLIC INFORMATION COMMITTEE; Terry B. PIC Chairperson gave the report. The meeting was held on October 13, 2000, six people attended. Progress has been made on open meeting schedules being placed into area colleges. Members of the committee have started contacting local papers to inquire about public service announcements. Currently we have weekly commitments in the Hamburg Sun, and Artvoice. The Buffalo News has stated they will have it in a weekly column on Tuesday evening called "Health Notes". The ad being placed is the one from the Public Information Handbook: "If you want to drink that's your business, if you want to stop that's ours". As for the website, there are only six groups who don't wish to be included. The information is being entered and will hopefully be up and running soon. An article in the New Frontiers further explains why for having a website. On November 16th there will be four presentations at Sweet Home High School. Have a lead on a contact person for all public service announcements made on all radio stations in the Jamestown area. Will be contacting her to see what can be done. Next meeting will be at the convention.
- 3) COOPERATION WITH PROFESSIONAL COMMITTEE: No written report was given.
- 4) ARCHIVES: A meeting was held on October 28, 2000. There was a display at The Downtown Men's (Heartbeat of AA, the Home group) on October 14th. Ben talked about what he has learned at the Archives Convention in Seattle. We are ready for the Fall Convention. The Committee asks for at least 30 days before coming out for group functions. We are looking for help as we have two outings in December The Cold Springs 39th Anniversary and the Primary Purpose group Vigil. The

next meeting will be held on November 18th instead of the fourth weekend, before the Courage groups regular meeting at 9:00 am, 425 Maryvale Drove Cheektowaga.

- 5) AD HOC: District #1 sponsored a mini convention. 45 people attended. The day broke even, and the seed money was appreciated.

RECAP

OLD BUSINESS:

NEW BUSINESS: We need a District #3 steering committee representative, also a Screeners chairperson. Nominations for Chairperson and Recording Secretary are to be taken. Also to be discussed are amendments to the bylaws regarding co-chair responsibilities and content of by-law. We will nominate and elect Treatment committee chair next month. A motion was made to nominate Lee M. of Downtown Men's for chairman by Andy of the Iron Horse group. Joanne seconded the motion; all were in favor. Rich F. of Iron Horse nominated Andy B. for Recording Secretary. Joanne seconded the motion and it was accepted by all. Scott T of Lakeshore made a motion to amend by-laws to state co-chairperson's responsibilities and other pertinent information it was seconded by Pat.

A motion to adjourn was made and seconded. The meeting closed with the Lord's Prayer.

Respectfully submitted,
Mark S., Lakeshore Group
Recording Secretary

GROUP CONTRIBUTIONS FOR THE MONTH OF NOVEMBER 2000

GROUP	Central	Accum.	CFC	Accum.	TFC	Accum.
6 th Step				25.00		
Abbott Men	60.00	375.00	60.00	375.00	60.00	375.00
Acceptance/Welcome	493.00	1,193.00		50.00		50.00
Achievement		1,000.00				
Action		160.00				
After Midnight		20.00				
Age Doesn't Matter		130.00		10.00		10.00
Amherst/Snyder	108.00	766.15				
Amsdell/Lakeshore	25.00	232.65				
Any Age		250.00				
Any Length		240.00				
Anybody's Group	40.00	180.00				
Attitude Adjustment	37.50	262.50				
Attraction		300.00				
Beginning In Sobriety II				30.00		
Beginning Women		150.00		25.00		25.00
Bidwell Monday Nite	200.00	350.00		75.00		75.00
Big Book/Lockport		50.00				
Blasdell Monday Nite		65.00				
Boulevard Women		300.00				
Brass	25.00	105.00				
But For The Grace of God		35.00				
Came To Believe		14.75				
Casting		190.00		10.00		10.00
Cathedral Park		65.63		15.00		15.00
Caz		64.00				
Chapter IX		40.00		40.00		40.00
Cheektowaga		160.00		50.00		
Chevy		100.00				
Clarence Men's Disc. Wed.		100.00				
Common Problem		50.00				
Community Center	15.00	15.00				
Courage		495.00		56.25		56.25
Crossroads		217.50				
Crosstalk Big Book		78.00				
Daily Reflections		125.50				
Derby		75.00				
Downtown Men		25.00				
East Aurora		100.00				
Easy Does It		25.00				
Ellicott		90.00		10.00		10.00
Emergency		20.00				
Eternal Vigilance		250.00				
Everybody's	40.00	165.00				
Express		176.00				

GROUP CONTRIBUTIONS FOR THE MONTH OF NOVEMBER 2000

GROUP	Central	Accum.	CFC	Accum.	TFC	Accum.
Eyeopener		646.00				
Father Baker		600.00				
Fireside	69.00	1,496.12				125.00
Fireside PM		700.00				
First Things First		220.00				
Fredonia Discussion		60.00				
Freedom	50.00	250.00				
Frontier/New Frontier		262.00				
Gardenville		150.00				
Georgetown	200.00	1,000.00				
Getting Better		7.00				
Giving	50.00	50.00		72.02		
Going To Any Length		100.00				
Golden Slipper		50.00				
Grand Group		80.00				
Grand II Joy of Living		100.00				
Grateful		100.00		40.00		40.00
H.A.N.D		230.00				
Hamburg		75.00		25.00		25.00
Handicappers		150.00				100.00
Harmony		300.00		30.00		30.00
Helping Hand		120.00				
High Noon		350.00				
HillBilly		150.00		25.00		25.00
Holiday Village	100.00	1,180.00				
Holland		150.00				
Honesty	30.00	330.00	10.00	110.00		
Hope-Big Book Study		10.00				
How It Works/Men		150.00		150.00		150.00
Inspiration		50.00		25.00		25.00
Intoxicated On Life		50.00		10.00		10.00
Ironhorse		501.50		79.05		79.05
IT		30.00				
Johnson Creek Big Book	60.00	60.00				
Journey		265.00				
Just For Today/Albion		5.00				
Just For Today/Cheektowaga		100.00				
Keep It Simple, Sister		115.00		30.00		30.00
Kensington Discussion		40.00				
Lake Shore	20.00	155.00	20.00	141.00	20.00	115.00
Lakeview		75.00				
Let Go and Let God	20.00	90.00				
Life Today	125.00	125.00				
Lighten Up		802.50				
Live and Let Live		120.00				

GROUP CONTRIBUTIONS FOR THE MONTH OF NOVEMBER 2000

GROUP	Central	Accum.	CFC	Accum.	TFC	Accum.
Living In The Solution		700.00				
Living Sober	10.00	10.00				
Lock City	100.00	160.00				
Lockport Ladies		66.50				
Lockview	210.00	360.00	150.00	150.00		
Lovejoy		60.00		10.00		30.00
Main & High		60.00				
Main Street/Arcade/Monday	200.00	250.00				
Marilla		200.00				
Matt Talbot		350.00				
Medina New Life		110.00				
Miracle		20.00				
Morning After		75.00				
New Beginnings		55.00				
New Outlook/Albion		60.00				
Niagara Frontier Men's		300.00				
North Buffalo	100.00	1,100.00	25.00	275.00	25.00	275.00
North Java Groups		80.00				
North Java Mornin' After		10.00				
One Day At A Time		275.00				
Open Minded	50.00	50.00				
Orchard Park Step		250.00				
Pathway To Peace		40.00				
Perry Discussion		40.00				
Pioneer		60.00				
Positively Living/Linwood		44.20				
Positively Living/Renaissance I		1,500.00				
Powerless	15.00	40.00				
Progress		55.00				
Purpose		400.00				
Rainbow	25.00	150.00		50.00	25.00	100.00
Ray of Hope		140.00				
Reformers (Prison)				30.00		
Remember When		95.00				
Renewal	100.00	400.00				
Ridge		302.00		81.11		75.00
Rochester Group		300.00				
Rural Is Plural		100.00		10.00		10.00
Searching for Serenity	100.00	450.00				
Serenity		365.65				
Serenity Circle	10.00	81.00		2.00		2.00
Serenity Trail		27.50				
Sheridan	20.00	200.00				
Sober Saturday		24.60				
Sobriety For Women	4.00	4.00				

GROUP CONTRIBUTIONS FOR THE MONTH OF NOVEMBER 2000

GROUP	Central	Accum.	CFC	Accum.	TFC	Accum.
Sobriety on a Saturday Night		50.00				
Southgate		10.00		30.08		10.00
Southtown Women's		122.50				
Southwestern		220.25				
Spirit of Hope		24.00		8.00		8.00
Spiritual Progress		150.00				
Starting Over		216.40				
Staying Alive		25.00				
Stepping Stones/Gowanda		200.00				
Stepping Stones/Williamsville		54.00				
Suburban	10.00	150.00				
Sunday Morning Breakfast		450.00		150.00		150.00
Sunday Third/Sheridan		105.00				
Sunrise Court		100.00		8.90		
Surrender & Hope		350.00		25.00		
T.G.I.F.	35.00	35.00				
Thankful		50.00				
The Book Meeting		71.62				
Those, Too	5.00	35.00				
Thruway		1,865.00	20.00	220.00	20.00	220.00
Thursday Afternoon Discussion		500.00				
Today's Women		10.00				
Trail's End		45.00				
TriCounty/Gowanda		150.00				
Try Again				25.00		
Tuesday Men's Discussion		140.00				
Tuesday Women	10.00	130.00	10.00	80.00	10.00	80.00
Unity		420.00				
University Men's Discussion		750.00				
Valley		30.00				
Varieties of Spiritual Experience	25.00	199.00				
Victory		30.00		30.00		30.00
Wake Up Call		36.00				
We Are Not Saints		30.00		10.00		10.00
We Care	30.00	200.00	10.00	100.00	20.00	200.00
Wehrle		50.00		10.00		
Westfield		81.00				
Westminster		60.00				
Why		90.00		15.00		15.00
Williamsville		345.00				
Willing to Grow		200.00				
Wilson	25.00	100.00	25.00	50.00		
Wilson Smith University Alumni		120.00				
Women's West Side Discussion		47.50				
Working		237.00				

GROUP CONTRIBUTIONS FOR THE MONTH OF NOVEMBER 2000

GROUP	Central	Accum.	CFC	Accum.	TFC	Accum.
You'll Never Walk Alone						
ick's Tees		10.00				
Pink Can			6.00	104.93		
Memoriam BK				20.00		
Memoriam RH	75.00	75.00				
Anonymous		55.00				
Back To Basics/Canada		10.00				
Perry Wed. Night Meeting		20.00				
Group Contribution Total	\$2,926.50	\$38,330.52*	\$ 336.00	\$3,003.34	\$ 180.00	\$2,635.30

* This number was inflated by \$25 last month, the group numbers were correct, it was just the accumulated total was incorrect by \$25.

	Current	Sub Total	Working Balance	Final Total
Beginning Balance 10/26/00			\$1,384.25	
RECEIPTS				
41 Groups Contributed	\$2,926.50			
Joint Meeting 11/5/00	45.14			
New Frontier Subscriptions	21.00			
Envelope System	226.00			
Literature	\$1,362.67			
Mail/Copies	32.42			
Memoriam Richard H.	75.00	\$4,688.73	\$6,072.98	
EXPENSES:				
#10 Ellicott Court Corporation <i>Office Rent</i>	\$636.00			
St. Michael's Parish <i>Meeting Room Rent</i>	35.00			
Salaries	2,077.30			
Charter One/Federal Withholding	716.			
Health Insurance	141.20			
New York State Employment Taxes	314.80			
Image Office/Copies	53.63			
Secrephone (Answering Service)	112.80			
Minolta Leasing/Copier	187.00			
Verizon	292.91			
Vermont Pure Springs	32.35			
Grapevine	112.50			
State Insurance Fund	21.85			
Office Depot	205.30			
Neopost/Postage	400.00			
Bank Charge	12.25	(\$5,350.89)	722.09	
Balance 11/25/00				722.09
Money Market 10/26/00	\$1,119.01			
Interest Credit	6.99			
Balance 11/25/00				1,126.00
Certificate of Deposit				8,000.00
Outstanding Invoices				1,045.52
TOTAL CENTRAL OFFICE				\$10,893.61

<i>Correctional Facilities 10/25/00</i>	\$624.64			
<i>Donations 10/26/00 - 11/25/00</i>	320.00			
<i>Expenses</i>		592.70		
<i>Bank Charge</i>		8.00		
<i>Balance 10/25/00</i>				\$343.94
<i>Treatment Facilities 10/25/00</i>	\$166.54			
<i>Donation 9/26/00- 10/25/00</i>	170.00			
<i>Expenses</i>		186.83		
<i>Bank Charge</i>		8.00		
<i>Balance 10/25/00</i>				\$141.71

I declare this statement to be true subject to review. James Brumbaugh, Financial Secretary.