

# NEW FRONTIERS

December 2003

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.

## ~ Thank-You ~

Two years ago (boy that flew by) I was asked to serve as the editor for the New Frontiers. It has been a very rewarding experience to serve you, the AA's of WNY. Let me share with you a little part of it.

When I celebrated one year of sobriety my home group elected me to be the central committee representative for our group. Having already served as greeter, speaker seeker, clean up and chairperson I was anxious to learn more about service work. So off to central committee I went, right in the middle of executive secretary changes, there were sometimes very animated discussions (those groups who were there may think that an understatement) I began to wonder how anything ever got done.

Anyway, the then editor, John B., stood & said he could use some help with the New Frontiers. That Saturday I went down to the Central Office to volunteer, I had never been there before and wasn't sure what to expect. But I can type and proof read so .....

In January 2002 John stepped down and I was elected editor - I had less than 2 years sobriety and had just accepted a 2-year position! Had to be a little nuts, right? No! God knows just what I need.

I thought it might be fun to put in the Step & Tradition for the month (there's 12 months too, ever notice that?) Well, I was having trouble moving on from Step Three to Step Four (can anyone relate?) I had no experience to share. So while looking for material I read the Big Book, 12 & 12, *As Bill Sees It* and any other AA literature I could find relating to the current months Step & Tradition. Guess what happened? I was finally able to make the leap from 3 to 4 and continue to take the steps as the next months issue was being researched. See, I told you God knows just what I need!

Now my term has been renewed. I will do my best to continue to serve God & AA. You see I feel being asked to serve another term was God's way of telling me I'm right where I should be. I could use your help though please submit articles, you will find the guidelines for writing one inside, think of it as a way to serve this great fellowship for all it has given you!

Once again, thank you all for the opportunity to be of service.

Debi C. ~ Victory Group  
Editor

# THE TWELVE TOP SECRETS OF AA

## (Or How The Twelve Traditions Helped Me Get Sober)

I first stumbled through the doors of AA with the help of a friend who just so happened to be an extremely active member of AA. Thank-you "Bob Cohern", God rest his soul ... (No, I did not break anyone's anonymity) ... Contempt prior to investigation will get you every time!!! As with most new AA's there came a time when I had all these questions and suggestions on just how to improve Alcoholics Anonymous. (You can stop laughing now ... the insanity of a newcomer.)

It seemed every time I had a question or idea, Bob would take me out to his car and open the trunk, reach in and take out an "AA Pamphlet" and say, "ALL of those questions were answered long before you got your sorry ass into AA." (His trunk looked like a literature table at an AA convention.) I felt he could have been a little more tactful about it, didn't he realize just how sensitive I was?

Then he had the nerve to drag my sorry butt to a "Traditions Table" at least once a month. He kept it real simple for me saying, "The TWELVE STEPS is what I MUST DO to GET SOBER, and the TWELVE TRADITIONS are what I MUST NOT DO if I wanted to STAY SOBER!! Hey, I thought it must be true, cause they put both into one book right?"

Over time I came to realize that the 12 Steps and 12 traditions were linked together, Step 1 was linked to Tradition 1 and so on. ... Told Bob the next day. ... Should have neeever done that - all he said was, "Well it took you long enough!"

Step 1 ... We Admitted (WE not ME)	Tradition 1 ... Our Common Welfare (Us not Me)
Step 2 ... Came to Believe (GOD)	Tradition 2 ... One Ultimate authority (God)
Step 3 ... To The Care Of (GOD)	Tradition 3 ... Only Requirement (Stop Drinking)
Step 4 ... Moral Inventory (ME)	Tradition 4 ... Matter Affecting (Group)
Step 5 ... Admitted to God (To Stay Sober)	Tradition 5 ... One Primary Purpose (Alcoholism)
Step 6 ... Ready to ask God (Defects)	Tradition 6 ... Never Endorse (Ego)
Step 7 ... Humbly ask God (Remove Defects)	Tradition 7 ... Self-Supporting (Us & God Only!)
Step 8 ... Made a list (We had harmed)	Tradition 8 ... Non-Professional (So as Not to Harm Others)
Step 9 ... Made Direct Amends (To Those we Harmed)	Tradition 9 ... Directly Responsible (To Those They Serve)
Step 10 ... Personal Inventory (Admit When Wrong)	Tradition 10 ... No Opinion (No Outside Controversy)
Step 11 ... Conscious Contact (God As We Understood)	Tradition 11 ... Public Relations (Rather than Promotion)
Step 12 ... Spiritual Awakening	Tradition 12 ... Spiritual Foundation

It has become my earnest belief, with the experience, understanding and direction given so FREELY to me by my "Higher Power and AA Old-timers" that you can't LIVE one without LIVING the other. "God got me here, God keeps me here."

Yours in the Fellowship of God & AA ~ Glen S. ~ Matt Talbot Group

# A NOTE FROM OUR OFFICE...

Our resources are now at an all time low. In the spirit of thanksgiving and grace we ask each and every member for their help. Our traditions place our financial responsibility solely in our own hands. "We are self supporting through our own contributions." We cannot depend on any one else.

I present a challenge ... we have an incurable disease for which A.A. has given us a daily reprieve ... did we ever just drink, one drink, yet that's what I'm proposing ... at our meeting's put in the basket the current cost of your drink of choice - most run \$2-\$3. Or if you want, you could join the envelope system and send a drink a day to the office directly.

At my early beginner's tables I was told that anything I put before A.A., I could put on the bar, eventually I'd lose them. We know times are tight ... for all of us. We cannot drink on what it cost for drinks in the 1950's and we cannot run the office and our meetings on the dollar of the '50's either. We all have a responsibility to help ensure our message; a meeting place and a place to contact will be there in the future as it was for ourselves.

As Bill W. put it in 1957, "Our spiritual way of life is safe for the future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility --- one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills paid.

When we meet and defeat the temptation to take large gifts, we are only being prudent. But when we are generous with the hat we give a token that we are grateful for our blessings and evidence that we are eager to share what we have found with all those who still suffer." ... (The Language of the Heart, p. 221)

**2**  
**Months**  
until  
**IWAAC**

The International Women's Convention will be here in a few short months. We remind all women that they should register before January 1st in order to save \$5 on the registration fee. This will also help the committee in planning for the Convention. We have two raffles, one a split raffle and one for a weekend at the Convention. Members of the Committee are selling these. There will also be a theme basket raffle at the Convention. Donations from groups are also welcomed for scholarships. The Convention will begin on

Thursday, February 19th at 3:00 PM with an Early Bird meeting and end on Sunday, February 22nd at Noon after the Spiritual Speaker. There will be speakers on Thursday, Friday, Saturday nights and Sunday morning. There will be a combination of 12 panels, workshops and discussions going on simultaneously at 4 different sessions on Friday and Saturday. You may purchase one, two or all three of the meals at the Convention. You will have the opportunity to interact with women from all over the U.S. and Canada on a wide variety of topics prepared by the Program Committee. Don't miss this once in a lifetime opportunity. Help is always welcomed as greeters, for registration, and all other venues. You can help at 15 different venues.

Remember this is your Convention! Let's do Western New York proud!

Joanne Mc

## **"When anyone, anywhere..."**

AA's history of cooperation with our friends in the medical community is well documented in our literature and accounts for many of us finding an answer to alcoholism through AA.

Recently doctors treating patients in the detox unit at ECMC have reached out asking us to make 12 Step calls on certain patients that they believe qualify for AA and that may be receptive to hearing our message. Often due to the serious circumstances of their lives (car wrecks or whatever jackpot they are in) the prospect is often unusually receptive to our message of Hope. If the patient agrees to see us, the doctor will contact us giving us the pertinent information.

Because the window of opportunity is quite brief, it is imperative that we respond promptly, preferably with two AA's on the first visit. In order to do this, we need *many* people to volunteer to be on our contact list. This is serious and vital classic 12 Step work. The need is great and the rewards are greater.

If you are interested in becoming involved, interested in increasing your Gratitude or interested in re-paying what was freely given to you – come to the 9<sup>th</sup> floor of ECMC on Wednesday January 28<sup>th</sup> at 7:30 pm or contact the Central Office or attend the Treatment Facilities Committee meeting the third Tuesday of the month after the Ironhorse Group's meeting.

*Practically every A.A. member declares that no satisfaction has been deeper and no joy greater than in a Twelfth Step job well done. To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning, to see whole families reassembled, to see the alcoholic outcast received back into his community in full citizenship, and above all to watch these people awoken to the presence of a loving God in their lives – these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic ..... 12 & 12 pg. 110*

## **Guidelines for writing *New Frontiers* articles**

**Format:** If possible, manuscripts should be typed. If you don't have a typewriter or computer just write clearly and legibly, on one side of the paper only. If you quote from AA literature (or another source) in your article, please give the correct name of the source, along with the page number.

**Length:** Maybe you heard a one-liner at a meeting that you'd like to pass along, or maybe you just want to relate one short but sweet incident, or maybe you really want to go in depth on a particular subject – no matter how long or short, the important thing is that you say what you want to say. Please keep articles to one typewritten page since space is limited.

**What We Do Not Publish:** Personal prayers, tributes to individual AA's, drama, anything not related to Alcoholics Anonymous (such as articles about the field of alcoholism treatment, legislation, medical advances, etc.).

*Anger is the wind that blocks out the light of all reason. ... Grapevine 1966*

*Step Twelve* ~ 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.

This is a 3 part step

- a.) **Spiritual Awakening** ... the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms. ... He finally realizes that he has undergone a profound alteration in his reaction to life, that such a change could hardly have been brought about by himself alone. ... 'Big Book' Appendix II
- b.) **Carry this message to alcoholics** ... Life will take on new meaning. To watch people recover; to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss. ... *Alcoholics Anonymous* pg 82.
- c.) **Practice these principles in all our affairs** ... "We found that the principles of tolerance and love had to be emphasized in actual practice. We can never say (or insinuate) to anyone that he must agree to our formula or be excommunicated. The atheist may stand up in an AA meeting still denying the Deity, yet reporting how vastly he has changed in attitude and outlook. Much experience tells us he will presently change his mind about God, but nobody tells him he must do so. In order to carry the principle of inclusiveness and tolerance still further, we make no religious requirement of anyone. All people having an alcoholic problem, who wish to get rid of it and so make a happy adjustment with the circumstances of their lives, become AA members by simply associating with us. Nothing but sincerity is needed. But we do not demand even this.  
In such an atmosphere the orthodox, the unorthodox, and the unbeliever mix happily and usefully together. An opportunity for spiritual growth is open to all." ... Bill W. ~ Letter 1940

**The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole society has sprung and flowered. ... 12 & 12, pp 21-22**

*Tradition Twelve* ~ Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

"Why A.A. Is Anonymous" by Bill W.

"In our Twelve Traditions we have set our faces against nearly every trend in the outside world. We have denied ourselves personal government, professionalism, and the right to say who our members shall be. We have abandoned do-goodism, reform, and paternalism. We refuse outside charitable money and have decided to pay our own way. We will cooperate with practically everybody, yet we decline to marry our Society to anyone. We abstain from public controversy and will not quarrel among ourselves about those things that so rip society asunder: religion, politics, and reform. We have but one purpose, to carry the A.A. message to the sick alcoholic who wants it."

## Service Opportunity Available

My name is Bob L. I'm an Alcoholic and a member of the Welcome Group. I would like to take this chance to describe a service opportunity that I've been blessed with in hopes that others will seize upon the same opportunity, as it has been a central part of my quest for continuing and growing sobriety!

I regularly attend AA meetings at the Wende Correctional Facility, a maximum security State prison that is located in Alden on Wende Road (just south of Walden Avenue). There are two meetings every week, one on Friday evening and another on Saturday afternoon. We are attempting to start up a third meeting during the week.

When I first heard a member of my home group inviting participation in these meetings I was terrified and, as was my practice back then, I avoided eye contact with him. *I've come to learn that this fear was a sure sign of some action that I needed to take in my recovery.* My fear was driven not so much by worries of being caught up in some sort of prison uprising – there are better odds of winning the lottery – but rather my old bug-a-boo; *what will these people think of me.* While my path into AA didn't include jail time, loss of driving privileges or of employment, etc. – facts that I long seized upon to deny my alcoholism – I have thankfully learned that these are all *not yet*s for me. A fellow AA – one who had spent time in such a facility – once told me that inmates weren't looking for me to tell them how to navigate prison life – they're figuring that out on their own – but rather how to live life without alcohol; *that's something I have been shown how to do one day at a time since I landed in Alcoholics Anonymous!*

Many inmates attending these meetings will eventually rejoin society, others will not. What their particular crimes are is not relevant to me and I don't ask as they share only what they feel like sharing. They run the meetings themselves with a group structure and format much the same as we have on the outside. They don't have the benefits of many things that we in AA take for granted such as the ability to attend daily meetings, telephone contact with sponsors and other AA's and the experience, strength and hope of a wide cross-section of recovering alcoholics. At present only three of us are attending these meetings from the outside. Each of us shares but one path and one way of working the twelve steps into our daily lives. The more outsiders that attend, the more effective our program can be in this facility.

I urge everyone to avail himself of this opportunity. It has been a valuable part of my sobriety for several years now. While I attend several times a month when I am in town, it would be useful if people could commit to just one meeting per month or just to attend when they can. The meetings are on Friday from 7:00 to 9:00 PM and Saturday from 1:30 to 3:30 PM. We have to arrive a half-hour early for security clearances.

Applications are available which need to be completed in order to gain admittance. If you want to attend regularly an orientation program (a half-day event) will be scheduled after your application is approved. Otherwise, anyone can attend up to three meetings, accompanied by a cleared member, without going through the orientation. This would be a good opportunity to see if these meetings are a good fit for your program without going through the orientation. If you are interested, please give me a call (716-876-1932) and I will get an application to you. I can also answer questions or you can call the prison directly. Donna Wolanczyk is the Supervisor of Volunteer Services and can be reached at 716-937-4000.

Thank you for letting me share this service opportunity with you.

Bob L. – Welcome Group

## ONE DAY AT A TIME

(as explained by Bill W.)

Vision is, I think, the ability to make good estimates, both for the immediate and for the more distant future. Some might feel this sort of striving to be heresy against 'one day at a time.' But that valuable principle really refers to our mental and emotional lives and means chiefly that we are not foolishly to repine over the past nor wishfully to daydream about the future. ... Twelve Concepts, p40

## The Christmas Prayer

God, bless all the alcoholics, wherever they may be.  
Bless those unfortunates who are in most need of sobriety.  
Look upon them with compassion and mercy, and lead them on to  
this wonderful fellowship, that only through You, it may help them  
as it has helped me and thousands of others.

Bless those that are sober today.  
Give Grace to those who are on the way; but, God, please show  
compassion and mercy to those who may never come.

Box 459 Nov 1991

### *Heard at a meeting:*

Alcoholics are like flowers; we're either  
growin' or dyin'. - (Austin from North London)

There are only three possible outcomes  
for alcoholics: Locked up, Covered up,  
or Sobered up

A couple of "Don'ts" ... Don't allow  
people too rent space in your head, and,  
Don't have a 'relationship' with anger.

I can't say that my worst day sober was  
better than my best day drinking, but it  
was sure better than my last day  
drinking.

Everything is always okay in the end, if  
it's not, then it's not the end.

### **RULE 62**

Lord help me to be the man my dog thinks  
I am. - (Andy A. - Australia)

If you going through hell, don't stop!!!

Sometimes I think I understand  
everything, and then I regain  
consciousness.

If you feel like you're sinking - DROP  
THE ROCK!

A girl on the street is pointing up at the  
sky. 'Look an Angell!' she yells. Passerby  
laughs, 'You fool, that's only a cloud.' How  
wonderful it would be to see Angels where  
there are only clouds. How sad it would be  
to see clouds where there are Angels.

\*\*\*\*\*

### **Share your Experience, Strength and Hope.**

Please submit your articles to Central Office by the 15<sup>th</sup> for next months issue.

E-Mail address: [buffalooa@hotmail.com](mailto:buffalooa@hotmail.com)

*New Frontiers* committee meets the 3<sup>rd</sup> Thursday of every month - 7:00pm - St Michaels,  
corner of Warsaw & Electric in Lackawanna.

The Central Office of Western New York publishes the *New Frontiers* monthly. 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.)

## DECEMBER ANNIVERSARIES

### Acceptance

Tom G. 4y  
Shawn 17y  
Pete P. 36y

### Amherst/Snyder

Lauren L. 3m  
René VC 3m  
Chip R. 6m  
Brian R. 9m  
Colleen H. 9m  
Kim S. 3y  
Joë F. 3y  
Rich J. 4y  
Haley D. 4y  
Cecile M. 4y  
Dan M. 4y  
Leah N. 4y  
Colleen D. 4y  
Don F. 4y  
Paul B. 6y  
Gary S. 7y  
Emily H. 11y  
Bob G. 14y  
Sr. Kathleen 15y  
Chuck W. 16y  
Kevan G. 17y  
Anne P. 18y  
Don Mc.G. 20y  
Mark S. 22y  
Mike E. 29y

### Basic

Ruth Z. 25y

### Cold Springs

Hoarance M. 17y  
Gigi P. 33y  
Robert B. 37y

### Courage Group

Kim Y. 9m  
Joe H. 1y  
Joy W. 1y  
Debbie McE. 3y  
Julie H. 3y  
Dave K. 15y  
Cathy S. 20y  
Cathy E. 24y

### Fireside

Brian R. 9m  
Joe W. 9m  
Margie J. 2y  
Ray W. 2y  
Margie Z. 2y  
Victor J. 10y  
Maria D. 13y  
Bill G. 17y

### Giving

Harry G. 2y  
Jeffery M. 15y

### Holland

Chad J. 6m  
Ron B. 1y  
Ray B. 3y  
Fred T. 15y  
Dan S. 19y

### Ironhorse

Bob D. 3m  
George L. 3m  
Mark R. 3m  
Ken L. 3m

### Kensington

Fritz L. 25y

### Lakeshore

Mike D. 1y  
George M. 31y

### Lakeveiw

Randy B. 5y  
Dick J. 21y

### Living Sober

Mike P. 1y  
Bob G. 3y  
Tom C. 11y

### Main & High

Tom C. 6y

### North Buffalo

Rob P. 3m  
Tom S. 6m  
Maggie M. 6m  
Karen M. 1y  
Judy S. 16y  
Bill K. 16y

### Renewal

Mel L. 31y

### Rise & Shine

Glen D. 3m  
Larry M. 3m  
Johnathan D. 6m  
Cheryl S. 6m  
Anthony W. 9m  
Liz B. 1y  
Fernando H. 1y  
Tonya E. 2y  
Amie J. 2y  
Amie J. 2y  
Rubbin C. 3y  
Kevin T. 3y  
Lynn H. 3y  
Steve M. 3y  
Annette N. 3y  
Earnest H. 6y  
Karen S. 6y  
James S. 7y

### Southtown

Magalean 3m  
Nick G. 6m  
Mark K. 6m  
Dave B. 9m  
Willie. 9m  
Maria M. 1y

### Sunday Morning

#### Breakfast

Colleen H. 6m  
Ed A. 9m  
Andrew B. 1y  
Annette N. 3y  
Bob H. 5y  
Joy P. 10y

#### Thruway

Mike H. 9m  
Dennis W. 2y  
Matt L. 3y  
Louise F. 12y  
Bill Y. 21y  
Irene C. 22y  
Cathy E. 24y  
Mike H. 24y  
Fritz L. 25y

#### Victory

Paul K. 3y  
Barry R. 17y

#### Welcome

Mike C. 4y  
Mary M. 6y  
Chuck 12y  
Peter C. 21y  
Mark L. 21y  
John R. 25y

#### Women's

#### Westside

Tresa G. 3m  
Yoll 9m  
Tracy G. 1y  
Susan W. 1y  
Terri S. 1y  
Joyce Q. 14y



### GROUPS CELEBRATING

Abbott Men's  
Achievement  
Coldspring  
Georgetown  
Intoxicated on Life  
Pass It On  
Pathway to Peace  
Sally  
Sober Winners  
Sobriety on Saturday Night  
Those, Too  
Tri-Step  
Wilson



HAPPY HOLIDAYS





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## **DECEMBER 2003**

### **MEETING CHANGES:**

**RAINBOW GROUP** will NOT meet on Dec. 24 or Dec. 31<sup>st</sup>, 2003

**NEW MEETING; WOMEN'S BOOK STUDY GROUP**, closed discussion, Thursday's at 7:15 PM, Southern Erie Clinical Services, 4390 Quinby Dr.

**LIVE & LET LIVE, NEEDS SUPPORT**, Friday's at St. John's Grace, 51 Colony Circle, Buffalo, 8:30 PM.

**SARATOGA GROUP; NEEDS SUPPORT**, Thursday's at 8:00 PM, Christ United Methodist Church, Saratoga Rd. @ Harlem, Snyder.

**TRI COUNTY GROUP** is now an open speaker the last Saturday of the month. St. Joseph's Church, East Main St., Gowanda.

**TPH Men's Discussion**, Monday's, at 11:00 AM in Eden; **NO LONGER MEETS.**

**SERENITY TRAIL'S**, Tuesday's at 8 PM, at Turning Point House in Eden, 9136 Sandrock Rd., Needs Support.

**NEW MEETING; Reflections**, Wednesday's at 7 PM, 176 Clark Street, Buffalo, Open Discussion.

### **PLEASE NOTE**

- To whom ever called about a new meeting at Daemen College please call back. The information we received is incomplete. Thank you.
- **MUGS** from the convention are available at the office, \$2 while supplies last.
- **MOBILE MEETING- ARE YOU, OR SOMEONE YOU KNOW, HOMEBOUND OR CONFINED IN A NURSING HOME AND UNABLE TO GET TO A MEETING? IF SO, AND YOU WANT A MEETING BROUGHT TO YOU, CALL CENTRAL OFFICE AND LEAVE YOUR NAME AND NUMBER, SOMEONE WILL GET IN TOUCH WITH YOU TO MAKE THE NECESSARY ARRANGEMENTS.**

### **SERVICE OPPORTUNITIES:**

~ Dec. 7, **Central Committee Meeting**, 7 pm, 651 Washington Street, St. Michael's Parish. (Hosted by Welcome Group).

~ Dec. 7, **Corrections Committee Meeting**, 6:00 PM, 651 Washington Street, St. Michael's Parish.

~ Dec. 11, **International AA Women's Conference**, large planning meeting. Thursday, 6:00 PM, Maryvale Presbyterian Church, 425 Maryvale Drive, Cheektowaga.

- ~ Dec. 18, **New Frontiers Committee**, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.
- ~ Dec. 27 **Public Information Committee** will meet at Deerhurst Presbyterian Church at 9:00 am.
- ~ Dec. 27, **Archives Committee Meeting**, Archives are still available for group functions or Anniversaries, with 30 days notice.

## **COMING EVENTS**

- ~ Dec. 4, **THE MIRACLE GROUP** will be celebrating 42 years ,Trinity Parish Hall,371 Delaware Ave. Food will be at 7:00 PM, Old Timers Panel at 8:00 PM. Bring a dish if you wish.
- ~ Dec. 19, **SILVERCREEK FRIENDSHIP GROUP CHRISTMAS PARTY**- 8:30 pm, Speaker meeting followed by an eating meeting. Please bring a dish to pass. Also, please bring a \$5.00 unwrapped gift for gift exchange if you wish. Everyone is welcome. No one is obligated to bring a gift.
- ~ Dec. 22, **THRUWAY GROUP ANNUAL XMAS PARTY**; Monday, 10:00 AM, Infant of Prague Church, Cheektowaga. Speaker; Barb S. M. from Sobriety on the Canal. Lunch to follow. Bring a dish to share. All Welcome!!
- ~ Dec. 23, **Main & High Groups 6<sup>th</sup> Annual Christmas Vigil**. 7:00 pm- 10:30 pm. Speakers at 7:30 and 9:30. 121 N. Pearl St. (is the rear entrance to the Salvation Army, Main & High Streets). Bring and dish to share. Please come fellowship with us.
- ~ Dec. 31, **BOULEVARD HELPING HANDS NEW YEAR'S EVE PARTY**, Gratwick Hose Fire Hall, Ward Rd, N. Tonawanda. Speaker w/ Buffet dinner and dancing. Tickets \$15.
- ~ Dec. 31, **Tri County Group Annual New Year's Eve Party**, St. Joseph's Church, Gowanda. Doors open at 7:30 PM, Speaker at 8:30 PM, music and fellowship into the New Year. Please come and share.
- ~ February 19-22, **40<sup>th</sup> Annual International AA Women's Conference**, Buffalo Convention Center. Flyers available at the office.

**12<sup>th</sup> STEP:** "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."

**12<sup>th</sup> TRADITION:** " Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principals before personalities."

**12<sup>th</sup> CONCEPT;** The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

**PLEASE SUPPORT THE ENVELOPE SYSTEM**

*... Yours in the Fellowship of the Spirit...*

*Terry Bateman.... Executive Secretary*

## Buffalo Central Committee

December 7, 2003

Mike D. opened the meeting at 7:00 PM, with a moment of silence and the Serenity Prayer. Charles from Remember When read the Purpose of the Central Committee. Sean M. from Journey read the traditions. Motion to dispense with reading of last months minutes, motion by John H., second, Lee M. Welcome to new Central Committee members, Annette of Sunday Morning Breakfast and Sean from HAND.

39 Groups Attended: **District #1:** Cornplanters Again, Downtown Men's, Journey, Main and High, New West Side, ODAT, Sunday Neters, Sunrise Court, Those Too. **District #2:** Acceptance, Chapter IX, Early Bird, Living Sober, Three Legacies, Welcome. **District #3:** Abbott Men's, Cazenovia, Courage, Father Baker, Gardenville, Rainbow, Ridge, South Town, Southgate, Sunday Morning Breakfast, The Book Meeting, Victory. **District #4:** Holland, Patchin. **District #5:** None. **District # 6:** Amsdell Lakeshore, Lakeshore. **District #7:** Buffalo, Community Center, Ellicott, Fresh Start, Lovejoy, Remember When, Spirit of Hope. **District #8:** Amherst Snyder.

### COMMITTEE REPORTS:

**ENVELOPE SYSTEM:** No report

**STEERING COMMITTEE:** Parker O., Fun Group, gave this report. Committee Representatives from Districts #1, #2, #3 and #4 were present; also, the Chair, Co-chair, and the Executive Secretary. After consultation with GSO, events such as dances, picnics etc., sponsored by groups, or members of AA, will not be listed in, nor flyers distributed with, the announcements unless it is clearly an AA event, meaning there must be a speaker. Also, Steering Committee will recommend to Central Committee that the term for chairpersons of Corrections, Treatment, New Frontiers and other such positions be two years.

**FINANCIAL REPORT:** Terry B. gave the report for Joanne.

**TREATMENT:** Tom C. gave this report. All meetings covered except the 4<sup>th</sup> week at VAMC on Tuesday afternoon. The TFC voted to endorse organized 12<sup>th</sup> step calls at ECMC.

**CORRECTIONS:** Andrew gave the report.

**SCREENERS:** No report.

**CENTRAL OFFICE:** Terry B. gave the report. AA: 261; 12<sup>th</sup> step: 9 calls Al-Anon 13; Volunteers: 13. Thank you. No update on postal issue. Office has less than one months operating expenses in checkbook. Accounting has been modified to have all financial reports at the end of the month.

**PIC:** Adolph I. gave this report.

**NEW FRONTIER:** Debi C. present, no report.

**2003 CONVENTION:** Waiting for final balance in checkbook.

**AD-HOC COMMITTEE:** No report.

**COURTESY REPORTS:**

**ARCHIVES:** Frank M. gave report.

**GSA:** No report.

**RECAP:** No questions on recap.

**OLD BUSINESS:** Elections were as follows: Steering Committee – District #1, Mike E., Sunday Niters. District #2, Will M., Living Sober District #7 Ron D., Fresh Start. District #8, Marty P., Amherst Snyder. Central Committee positions: Co-Chair: Gary J.; Financial Secretary: Patti S.; Recording Secretary: Kim E.; New Frontiers, Debbie C. Envelope System, Brendan F., Corrections: Andrew F.; PIC: Jake J. Following elections, there was discussion and a vote to return the guideline for conventions to the previous wording, in effect, allowing solicitation for a coffee fund for the Fall Convention. The vote was 30 to return to the original wording, 4 to stay as is with 3 abstentions. Mike D. thanked the body for the opportunity to be of service and passed the gavel to John C., the incoming Chairman.

**NEW BUSINESS:** Motion was made to verify that the terms of office for TFC, CFC, New Frontiers, Envelope System and other such chairs are two years. The motion passed.

Motion to close, Mike D., 2<sup>nd</sup>, Lee M. Thank you for the 7<sup>th</sup> tradition. Thanks for allowing me to serve. Charmaine D.



Ⓢ	CO	Cumulative	Treatment	Cumulative	Corrections	Cumulative	Ⓢ	CO	Cumulative	Treatment	Cumulative	Corrections	Cumulative
Kensington	25.00	25.00					Remember When	25.00	75.00				
Ladies Night							Renewal						
Lake Shore		795.00		50.00		111.00	Ride Sober						
Lakeview	50.00	200.00					Ridge		450.00		25.00	3.00	50.72
Last Days Fellowship		3.00					Rise and Shine		50.00				10.00
Lawyers		293.00					Rochester						
LewPort							Roland						
Let Go and Let God		10.00		5.00		5.00	Rural is Plural						
Liberty Women		90.00					Safy						
Life Today		300.00					Saratoga						
Lighten UP	82.40	834.80					Searching For Serenity	100.00	350.00				50.00
Live and Let Live							Second Chance						
Living in the Solution		100.00		50.00		50.00	Serenity		220.00				
Living Sober		110.00					Serenity Circle		60.00				
Lock City	150.00	400.00					Serenity on the Lake						
Lockport #1		910.00		95.00		112.36	Serenity Trails						
Lockport Discussion							Seaside						
Lockport Ladies		13.47					Sheridan		140.00				
Lockview		450.00				5.00	Silvercreek Friendship						
Look To This Day							Sober and Proud	20.00	60.00				
Love							Sober Saturday	100.00	350.00	50.00	50.00		
Lovejoy		90.00		50.00		20.00	Sober Trail						
Lower River							Sober Winners	15.00	150.00				
Lunch Time							Sobriety for Women						
Main and High	5.00	45.00					Sobriety Men's Disc.		220.00		40.00		40.00
Main Street							Sobriety On The Canal		50.00				
Marilla	25.00	125.00					Sobriety on a Sat. Night						
Matt Tabot		450.00					Sobriety on the Lake						
Mayville Uplown Group							Somerset						
Medina Grapevine							South Buffalo						
McKinley Winners		100.00					South Town		100.00				
Medina Big Book							Southgate		120.00				
Medina New Life		80.00					Southtown Women's						
Mercy							Southwestern		200.00				
Mid-day		73.56					Spirit of Hope		150.00				
Miracle							Spiritual Progress		60.00				
Morning After		75.00					Springville SaLA/Afternoon		60.00				
Monday Morning Lockport							Springville Tues. Night	60.00	180.00				
New Awakening							Springville Wed. Noon						
New Frontier		680.00					St. Barnabas						
New Beginnings/St. Vincent							St. Mark's		100.00				
New Life		20.00					Starting Over	50.00	341.45				
New Outlook							Staying Alive						
Niagara Intergroup							Step Work						
New Westside							Stepping Stones/Gov.		75.00				
Niagara Frontier Men's Disc.		135.00					Stepping Stones/Wil.		328.00				
Nightshift							Suburban	10.00	120.00				
North Buffalo		900.00		225.00		2700.00	Sunday Afternoon Ascension						
North Java Monday							Sunday Morning Breakfast	100.00	1000.00		125.00		125.00
North Java Morning After							Sunday Nites		50.00				
North Java Sunday							Sunday Third Group		10.00				
One Day At A Time		50.00					Sunrise Court		300.00				
Open Arms							SUNY Amherst Campus						
Open Mind							Surrender and Hope		300.00		100.00		150.00
Orchard Park Step		435.00					Survivors						
P.B.P. Big Book Study							T.P.H.						
Pass It On							TGIF						
Patchin							Thankful		105.00				
Pathway to Peace							The Book Meeting		40.00				
Pendleton Chapter Five							The Moonshiners						
Perry Discussion		10.00		15.00		25.00	There's A Solution						
Pink Can							Three Legacies	18.82	68.82	18.82	68.82	18.82	68.82
Pioneer							Those Too	5.00	55.00				
Positively Living/Rena.	400.00	1900.00					Thruway	100.00	1950.00	20.00	240.00	20.00	220.00
Powerless		10.00					Thursday PM Discussion		\$ 400.00				
Primary Purpose		50.00					Today						
Principles Bel. Personalities							Today's Woman		121.00		10.00		10.00
Progress		150.00					Tri County		360.00				
Purpose/Tonawanda		250.00					Tri-Step Beginners						
Rainbow		125.00		50.00		50.00	Try Again		400.00		200.00		
Ray of Hope		265.00					Tuesday Men's AM		250.00				
Recovery Near the Gardens		105.00					Tuesday Women	20.00	180.00	10.00	80.00	10.00	90.00
Redeemers	10.00	20.00					Turning Point		83.50				

GROUP CONTRIBUTIONS

DECEMBER

Ⓢ	ATTENDED C.C.	CO	Cummulative	Treatment	Cummulative	Corrections	Cummulative	Ⓢ	ATTENDED C.C.	CO	Cummulative	Treatment	Cummulative	Corrections	Cumlat
	5th Tradition								Dunkirk Monday Night	30.00	90.00				
	11:45								Early Bird		50.00				
	12 Step								Easier Solter Way						
	4th Step Stumblers								East Amherst		30.00				
	6th Step								East Aurora	100.00	500.00				
	A Day At A Time		60.00						Easy Does It	25.50	200.50				
	A Little Bit of Everything								Elcott		80.00		30.00		3
	A New Freedom								Ellicottville						
	A Strong Desire								Emergency						
	Abbott Men's		470.00		470.00		470.00		Eternal Vigilance		200.00		10.00		
	Acceptance/Welcme	200.00	1914.50						Everybody's		210.00				
	Achievement		500.00				100.00		Express		413.00				
	Action	50.00	550.00	25.00	200.00	25.00	200.00		Eyeopener		1481.30				
	After Midnight								F.U.N.		10.00				
	Age Doesn't Matter		200.00						Faith						
	Alexander		200.00						Father Baker		600.00				
	Amherst/ Snyder		1074.16						Feelings						
	Amsdell Lakeshore	20.00	260.00						Fireside		1039.00		375.00		
	Another Chance		26.00						Fireside PM						
	Any Age								First Things First		189.55				
	Any Length	30.00	270.00						Fredonia Discussion						
	Anybody's								Fredonia Friday Noon						
	As Bit Sees It		405.00						Freedom	100.00	475.00				
	Attitude Adjustment		200.00						Freedom Now				5.00	5.00	
	AW Group								Fresh Start						
	Attraction		680.00						Friendly		100.00				
	Beginner's Table								Frontier(New)	200.00	700.00				
	Beginning In Sobriety II		40.00						Gardenville		200.00				
	Beginning's Women		100.00		25.00		25.00		Georgetown		187.50				
	Blowell Monday		125.00		125.00		125.00		Getting Better		17.66				
	Big Book Lockport	75.00	125.00						Giving		10.00				
	Big Book Study(Fr)		60.00						Go to Any Length	35.00	635.00	20.00	70.00	20.00	
	Big Book Workshop								Golden Slipper		200.00				
	Blasdel								Grand	100.00	300.00				
	Blasdel Monday Night	20.00	80.00						Grand II Joy of Living		180.00		10.00		
	Bodhisatva		34.00						Grateful		140.00				
	Boulevard Helping Hand								Guiding Light						
	Boulevard Women	50.00	325.00						H.O.W.						
	Brass		100.00						Half and Half						
	Broadway Bailey								Hamburg	50.00	100.00				
	Brocton AA								Hand						
	Brownbaggers								Handcappers		500.00				
	Buffalo Group	1.00	7.00						Happy Hour						
	But For the Grace of God		110.00						Harmony		120.00				
	By The Book								Helping Hand		175.00				
	Came To Believe								High Noon	70.00	870.00				
	Casting		170.00		30.00		30.00		High View		300.00				
	Cathedral Park		163.26		60.00		60.00		Higher Power						
	Caz Manor	25.00	38.00						Hilbity		100.00		50.00		
	Cazenovia		65.00		45.00		45.00		Holiday Village		1475.00				
	Central Park								Holland		60.00				
	Chapter IX	100.00	220.00	100.00	160.00	100.00	160.00		Honesty	30.00	340.00				10.00
	Cheektowaga								Horizon						
	Chevy #1								Hope Big Book Study		25.00				
	Clarence Men's		50.00						How It Works						
	Clarence Men's II								How It Works/Men's		155.03		12.92		
	Cold Spring		30.00						Humboldt Riley						
	Common Bond								Inner City						
	Common Problem								Inspiration		100.00				
	Community Center		30.00		5.00		5.00		Intoxicated on Life		110.00				
	Complanters								Ironhorse	47.00	337.50	18.80	134.00	18.80	
	Courage		214.00		113.00		113.00		IT		20.00				
	Arcade								Jamestown Groups						
	Crossroads		247.00						Johnson Creek Big Book		280.00				
	Cross Talk Big Book	25.00	180.00				10.00	50.00	Journey		304.00		10.00		
	Daily Reflections		110.00						Just Do It						
	Daily Reprieve								Just For Today/ Ablon		10.00				
	DeVeaux Discussion								Just For Today/Check						
	Derby		150.00						Keep It Simple Sister		50.00				
	Desire								Keep On Coming						
	Downtown Men's			2.00					Kenmore						

Group	CO	Cumulative	Treatment	Cumulative	Corrections	Cumulative
Twin Cities		300.00				
Unity		47.85				
University Men's Disc.		612.00				90.00
Valley		30.00		20.00		20.00
Varieties of Spiritual Exper.		45.00				
Warysburg		10.00				
Victory		550.00		200.00		200.00
Wake Up Call						
We Are Not Saints		21.72				
We Care	60.00	270.00	40.00	200.00	20.00	100.00
We Choose Life						
Wehrle		110.00				
Welcome						
Westfield		50.00				
Westminster						
Why		60.00		10.00		10.00
Williamsville	300.00	500.00				
Willing To Grow		240.00				
Wilson Group	50.00	125.00			25.00	100.00
Wilson Smith Alumni						
Women on the Rise						
Women's West Side		100.00				
Working		380.00				
You'll Never Walk Alone						
Youngstown						
In The Solution		20.00				
Maryanne B.		12.30				
Barbara B.		100.00				
Jimerson		55.00				
Anon.	100.00	317.04		150.00		
Michael S.		25.00				
Mike G.		5.00				
Adolph L.	150.00	150.00				
Tom	5.00	5.00				
Kathleen T.		60.00				
Pat S.	10.00	10.00				
<b>TOTAL</b>	<b>3,429.72</b>	<b>47,831.47</b>	<b>302.62</b>	<b>3,998.74</b>	<b>280.62</b>	<b>6,328.82</b>

ATTENDED CENTRAL COMMITTEE



Income Statement	15-Jul-03	15-Aug-03	15-Sep-03	15-Oct-03	3-Nov-03	11/15-30/03	31-Dec-03
Beg Bal Cash on hand	12,283.68	14,733.78	12,125.13	11,671.35	8,819.80	5,874.56	5,914.99
Contributions							
Groups	5,105.36	3,834.59	2,904.50	3,213.17	3,419.00	1,350.00	3,429.72
Joint Meeting	68.00	69.07	43.00	66.50	68.22		54.71
Envelope System	735.00	277.00	235.00	262.00	442.00		727.00
New Frontiers Subs	10.00	173.00	96.00		30.00		40.00
Literature	2,873.99	2,681.36	3,036.97	1,797.70	2,817.74	1,121.29	2,007.06
Misc.		79.00	311.97	85.00	50.00		788.88
Monthly Income	8,792.35	7,114.02	6,627.44	5,424.37	6,826.96	2,471.29	7,047.37
Expenses							
Office Rent	885.16	636.00	636.00	636.00	636.00		636.00
Meeting Room Rent	35.00	35.00	35.00	35.00	35.00	35.00	35.00
Payroll							
Salaries (Net)	1,696.16	1,696.16	1,696.16	1,696.16	2,120.20	848.08	2,120.20
Federal Withholdings	588.60	588.60	588.60	588.60	735.75	294.30	735.75
NYS Withholdings	274.91				365.81		
Insurance							
State Ins Fund							
Health	304.00	304.00	304.00	304.00	304.00	304.00	304.00
Liability							
Postage			800.00	600.00	600.00		430.00
Phone	98.73	102.47	121.28	136.26	132.97	114.03	113.22
Accounting		1,015.00		985.00			
Advt							
PIC Lit.							
Talking Phone Book							364.65
Verizon	72.75	72.75	72.75	72.75	74.50	75.25	75.25
website							
white directory		201.45					364.65
Yellow Pages		296.00			159.00		
Literature Expenses							
Grapevine					365.75		
World Services Inc	525.08	1,321.00	2,277.52	2,161.20	486.00	760.20	1,479.80
Hazeldon	522.72				644.96		
"In All Our Affairs"			90.00				
Printers		2,203.00					
Office Supplies	431.75	353.57	11.98	412.67			70.63
Answering service	630.89	552.42		386.83	106.68		122.54
Minolta leasing (copier)	187.00	304.95	245.00	245.00	260.45		
Minolta Copies			180.23		245.00		260.45
Crystal Rock (water)	14.50	40.30	22.70	16.25	16.25		27.40
Convention					2,483.88		262.93
Bank Charges	75.00						
Monthly Expenses	6,342.25	9,722.67	7,081.22	8,275.92	9,772.20	2,430.86	7,402.47
Monthly Income (Loss)	2,450.10	(2,608.65)	(453.78)	(2,851.55)	(2,945.24)	40.43	(355.10)
End Bal Cash on hand	14,733.78	12,125.13	11,671.35	8,819.80	5,874.56	5,914.99	5,559.89
Literature Assets	7,053.04	5,588.08	5,317.48	5,910.22	5,163.65		4,371.60
Literature Receivable (outstanding)	721.10	545.05	648.80	1,924.50	844.55	802.70	418.24
Corrections-Facilities	1,779.98	1,538.68	1,256.79	1,086.04	1,393.54	1,426.04	1,531.04
Donations	137.70	302.00	307.00	305.50	177.00	105.00	280.62
Expenses	304.00	583.89	475.75		144.50		303.75
Bank Charges	75.00						
Balance	1,538.68	1,256.79	1,086.04	1,393.54	1,426.04	1,426.04	1,507.91
Treatment Facilities	1,162.67	1,358.22	1,056.75	948.20	1,160.21	723.17	928.17
Donation	352.70	297.00	463.50	285.50	155.00	205.00	302.62
Expenses		25.00					
AT & T Bridging The Gap	47.65	41.97	42.30	38.49	43.79		61.94
AAA Aboit Answering Service	34.50	42.50	39.25	35.00	43.25		37.00
Literature		489.00	490.50		505.00		
Bank Charges	75.00						
Balance	1,358.22	1,056.75	948.20	1,160.21	1,235.17	1,228.17	1,131.85