

NEW FRONTIERS

January 2004

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.

Shalom

From Jerusalem, Israel:

The two Moslem gentleman were neatly dressed and very shy; they sat quietly through the entire Friday afternoon meeting of the Jerusalem Shalom AA Group while the rest of us caught up with each other after the trials and celebrations of the Easter/Passover holiday. Our chairman, a young Jew who had come into AA as an alcoholic child, noticed that they hadn't spoken and asked them if they wanted to say anything before the meeting closed.

They did, and despite some difficulty with English, they told their stories. Living far from AA meetings and hesitant to approach the mainly Jewish meetings in Jerusalem, they had gotten sober reading AA books, but now they realized they also needed the fellowship of other alcoholics to stay sober. So they gathered their courage and came to ask if they could be a part of our meeting.

The response was a heartfelt outpouring of warmth and love, which almost overwhelmed them. We had Arabic literature waiting for the first people who might need it. A Catholic nurse offered to help set up an Arabic language meeting, and I volunteered to participate since I live on the West Bank. We closed with the serenity prayer, which is posted in English, Hebrew and Arabic in our meeting room, and I stood holding hands with a Moslem on one side and an Orthodox Jew on the other. The Moslems asked for telephone numbers, and nearly everyone in the room gave them theirs. When I left, the two men were exchanging numbers with a grizzled Jewish West Bank settler.

I've been reading a lot about AA in North America, where the trend seems to be toward fission: AA for atheists, AA for women, AA for Christians, etc. Here, because we are so few, we move toward fusion. We know we have to hang together in order to remain viable. We have only 400 AA members in all of Israel, two in the Palestine areas, and a couple more in Jordan, both of them Loners. (There must be more drunks in the area - and in fact there are - but with all the division of culture, religion, and ethnicity in our region, reaching out is very limited and difficult.) As a result, we've needed to learn tolerance and acceptance of one another. We've discovered it can be done and have been enriched by the discovery. We've learned that God is indeed operating in Jerusalem meetings and doesn't seem to care much whether we call him God or Allah or HaShem. So why should we? Perhaps this is a lesson that can be used elsewhere, even when the divisions among people are not so great as they are here.

*World Convention In Toronto 2005 Frequently Asked Questions
-Registration, Hotels & Transportation- from www.aa.org*

In a little less than two years, the International Convention will celebrate A.A.'s 70th Anniversary, June 30-July 3, 2005, in Toronto, Canada. With a theme of "I Am Responsible," A.A.s from around the world will converge on Toronto to celebrate sobriety, and share experience, strength and hope in meetings, panels and workshops at the Metro Toronto Convention Center, the SkyDome Stadium, and at other locations throughout that beautiful city. Members of the Fellowship, as always, are now gearing up for this wonderful event and the General Service Office is beginning to receive inquiries. So here are some answers to the most frequently asked questions regarding the Convention.

Registration

Q When will registration forms be available?

A Registration forms and housing information will be mailed in August of 2004 to all G.S.R.s, Central Offices and Intergroups and international G.S.O.s.

Q What about on-site registration?

A On-site registration will be set up in the South Building of the Metro Toronto Convention Center. Registration will open on Wednesday morning, June 29, 2005.

Q Will I be able to register over the Internet?

A Yes. There will be links to forms to register and sign up for housing on the G.S.O. Web site.

Q How much will registration cost?

A Registration fees will be established in 2004.

Q Must everyone register? I thought I didn't have to pay to go to an A.A. event.

A Yes. Everyone must register. Attendance at this special celebration is voluntary and, as responsible A.A. members, "we pay our own way."

Q Can travel agents register groups or individuals?

A Payments from travel agencies to register groups will not be accepted. Individuals must register themselves.

Housing

Q When can I register for my hotel room?

A Once we have received your registration form and fee, a housing form will be sent to you.

Q Can members contact hotels themselves?

A No. To make the process as fair as possible, all housing requests will be processed through the official Housing Bureau. As was done in Minneapolis, hotel rooms will be assigned through a lottery, taking into consideration, as best as can be done, individual preferences. We need your help in cooperating with this housing process.

Q What are the main hotels?

A The headquarter hotels will be within walking distance of the convention center and the SkyDome and, aside from the Royal York, are as yet to be determined.

Q Can travel agents make room reservations?

A Room reservations can only be made in individual

people's names. Rooms available through the Housing Bureau, at specially-negotiated Convention rates, are not commissionable to travel agents. Once hotels have been assigned by the Housing Bureau, confirmation will be sent to you by the hotels.

Q Can we request a room in the same hotel with friends?

A Yes, if you submit your housing forms together, in the same envelope with the same hotel choices and deposits, every effort will be made to house you together.

Q If 50 of us are coming together from the same area, can we be in the same hotel?

A We do make an effort to accommodate group housing requests. There is a separate procedure for this to ensure fairness while trying to meet your needs. Contact the G.S.O. International Convention Coordinator for information on procedures for groups of 25 or more at 212-870-AAAA or 2005IC@aa.org

Transportation

Q Will local transportation be available?

A A.A. will provide transportation to and from most A.A.-assigned hotels and motels. This will be at no additional cost to the attendee. Toronto has an excellent and easy to use public transportation system and their routes can also be used (there may be a nominal charge for this service). Of the 13,000 rooms AA has blocked, nearly 8000 rooms are in downtown Toronto, so many members will be in walking distance or a short ride on public transportation from their accommodations. All housing blocked for this event is less than a 45 minute ride from the convention center and stadium.

Q What about special airline rates?

A As at other International Conventions, there will be special fares available. That information will be available with the August 2004 registration information mailing.

Q Where can I find information about crossing the border into Canada for this event?

A On the A.A. G.S.O. Web site www.aa.org there is another service piece called Frequently Asked Questions About Travel to Canada for the A.A. 2005 International Convention which provides information on many border crossing matters.

Q Where do I obtain more information about the 2005 International Convention?

A More information will be available throughout 2004 and 2005 in Box 4-5-9 and on G.S.O.'s website www.aa.org. All necessary information will be included in the registration packet which will be available August 2004. This packet will also list special telephone numbers to call for answers to specific questions about housing, the program, tours, etc. A.A.'s website will be updated as more information becomes available.

We hope to see you in Toronto, Canada to celebrate A.A.'s 70th Birthday

Are You A Carrot, An Egg, or a Coffee Bean?

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved a new one arose.

Her mother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil without saying a word.

In about 20 minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and place it in a bowl. Turning to her daughter, she asked, "Tell me, what do you see?"

"Carrots, eggs and coffee," she replied.

The mother brought her closer and asked her to feel the carrots. She did and noted they were soft. The mother then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally she was asked to sip the coffee. The daughter smiled as she tasted its rich aroma, and asked, "What's the point Mother?"

Her mother explained that each of these objects had faced the same adversity - boiling water - but each reacted differently. The carrot went in strong, hard and unrelenting, but after being subjected to the boiling water, it softened and became weak. The egg had been fragile, its thin outer shell protecting its liquid interior. But after sitting in the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in boiling water, they had changed the water. "Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong but with pain and adversity I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough, with a stiff spirit and a hardened heart?

Or am I like the coffee beans, changing the very circumstance that brings the pain? When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is darkest and trials are their greatest, do you elevate to another level?

Author Unknown

Don't let life discourage you; everyone who got where he is had to begin where he was. (RL Evans)

Why Support your Central Office? Editorial

AA Central Offices are on the front lines in the effort to carry the AA message to individuals, groups, and the public at large. It wasn't always so, however. In AA's early years, questions from alcoholics or their families were directed to "headquarters" in New York City. Bill W. and a few others answered the mail. Remember Dr. Bob was in Akron, OH treating thousands of sick men at St. Thomas Hospital, and Bill W., although a frequent visitor to Akron, was in NYC. Early articles in *The Plain Dealer* helped to spread the news of a way to recover. Letters came from all over the country asking for more information. As the Fellowship grew, so did the need for local offices to handle requests. As Bill later put it, "Goaded by the sheer necessity of the situation, responsible old-timers in such areas would often hire a small office and a paid secretary."

Ringing off the hook: Central Offices are on the front lines of carrying the message to the alcoholic who still suffers. Central Office phones are not only a direct link to the Fellowship for the still suffering alcoholic but also a lifeline for the traveler alone in a strange town and for those needing a meeting at an unforeseen time or place. In addition to telephone information, Central Office offers a complex fabric of services. Printing and mailings of Newsletters & announcements as well as compiling information for the newcomers most important piece of literature – the meeting schedule.

One of the challenges of running the Central Office is that the Central Office can't generate income as an ordinary business does. Our Seventh Tradition clearly states that we are 'self supporting' through our own contributions. Our Central Office must rely on contributions from groups and individuals. Contributions are voluntary, and a contribution is not a requirement for being listed in the meeting schedule or for receiving any of the other services provided.

Please the next time your group has paid all the bills for your meeting hall, coffee etc. send an extra to Central Office. We cannot continue to run in the red! We as individuals and groups are 'RESPONSIBLE when anyone anywhere reaches out for help' that the hand of AA be there.

How many of us didn't know where to turn, made the phone call and the person on the other end helped us to find a meeting, a detox or rehab? Twelfth Step work lies at the heart of every Central Office, as it does throughout the entire fellowship. It's the wet drunk and the newcomer who renew AA's purpose.

Love & Laughter

"When you stand outside a room where a group of Alcoholics Anonymous is meeting, the most frequent sound you hear is laughter. Mellow laughter, which can come only from people who have looked destruction and catastrophe in the face, not once but continuously over long years, and now are free and unafraid. The laughter, in short, of people who hold God's hand and feel safe."

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388
(716) 853-0389 FAX: 9-4:00 Monday - Friday*

*845 ELLICOTT SQUARE
295 MAIN STREET
BUFFALO, NEW YORK 14203
Schedule on line at ny-aa.org
buffalooa@hotmail.com*

JANUARY 2004

MEETING CHANGES:

SATURDAY NITE SOBER; Dunkirk now meets at 8:00 PM, St Elisabeth & Setton Church, 328 Washington Ave.

A STRONG DESIRE, Monday's at 9:00 AM, at High Hopes Club, 2969 Bailey, **NO LONGER MEETS.**

NORTH JAVA SUNDAY, meets at 8:00 Pm at St. Nicholas Convent on Route 98. Closed Meeting.

WE CHOOSE LIFE; Wed. at 5:30 PM @ St. John's Grace Episcopal Church, 51 Colony Court, **NO LONGER MEETS.**

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

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

NEEDS SUPPORT, RIDE SOBER GROUP; meets 9:00 AM Saturday's, Victory Assembly Church at 688 Tonawanda Street, across from the fire hall in Riverside.

LOVE GROUP; Friday's, 1:00 PM, St. Michael's Parish, 651 Washington Street, well attended but has a **Need for Members.**

LAST DAY'S FELLOWSHIP, Friday's, 7:00 PM, Wind Ministries Motor Club Coffee House, Corner of Bailey & Clinton, **NEEDS SUPPORT.**

PLEASE NOTE

- **MUGS** from the convention are available at the office, \$2 while supplies last.
- **FYI,** any and all events in our mailings must feature an **A.A.** meeting or workshop. Example: a speaker followed by a dinner or dance.
- **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:

- ~ Jan. 4, **Central Committee Meeting**, 7 pm, 651 Washington Street, St. Michael's Parish. (Hosted by).
- ~ Jan. 4, **Corrections Committee Meeting**, 6:00 PM, 651 Washington Street, St. Michael's Parish.
- ~ Jan 8, **International AA Women's Conference**, large planning meeting. Thursday, 6:00 PM, Maryvale Presbyterian Church, 425 Maryvale Drive, Cheektowaga.
- ~ Jan. 11, **General Service Assembly**, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Jan. 22, **New Frontiers Committee**, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.
- ~ Jan. 24 **Public Information Committee** will meet at Deerhurst Presbyterian Church at 9:00 am.
- ~ Jan. 24; **Archives Committee Meeting**, Archives are still available for group functions or Anniversaries, with 30 days notice.
- ~ Jan. 29, **63rd Buffalo Fall Convention Meeting**, 1st Meeting, Thursday, 7:00 PM @. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo

COMING EVENTS

- ~ 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 bring a dish to share.
- ~ Jan 20, **Main & High, 5th Group Anniversary**, 7:00 PM, Speaker, Eating Meeting; Please bring a dish if you wish. 960 Main Street (Entrance to back of Bldg. 121 Pearl St.)
- ~ February 19-22, **40th Annual International AA Women's Conference**, Buffalo Convention Center. Flyers available at the office.

1st STEP: "We admitted we were powerless over alcohol—that our lives had become unmanageable."

1st TRADITION: "Our common welfare should come first; personal recovery depends on A.A. unity."

1st CONCEPT: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

PLEASE SUPPORT THE ENVELOPE SYSTEM

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

Terry Bateman.... Executive Secretary

Buffalo Central Committee
January 4, 2004

John opened the meeting at 7:00PM, with a moment of silence and the Serenity Prayer. Pete from the Courage Group read the Purpose of the Central Committee. Sean from the Journey Group read the Traditions. Motion to dispense with reading of last month's minutes, motion by Pat from the Rainbow Group, second, by Sean of the Journey Group.

38 Groups Attended: **District #1:** 4th Step Stumbers, Downtown Men's, Journey, Main and High, New West Side, Sunday Niters, Sunrise Court, Those Too. **District #2:** Chapter IX, Early Bird, Living Sober, North Buffalo, Three Legacies, Welcome. **District #3:** Abbott Men's, Cazenovia, Courage, Father Baker, Gardenville, Iron Horse, Rainbow, Ridge, South Town, Southgate, Sunday Morning Breakfast, Victory. **District #4:** Action, Keep it Simple Sister, Springville Tues. Night **District # 6:** Amsdell Lakeshore, Lakeshore. **District #7:** Buffalo, Ellicott, Fresh Start, Let Go and Let God, Spirit of Hope. **District #8:** Amherst Snyder, Williamsville.

COMMITTEE REPORTS:

ENVELOPE SYSTEM: Read by Terry B. due to Karen's absence.
Nov. 14th - Dec. 29th \$727.00

Year to date \$5,537.00. It has been a wonderful experience serving as the Envelope Chair these past 3 1/2 years. It is with some sadness that I step down. I turn it over to Brendon, knowing that he is quite capable. Yours in the spirit. Karen

STEERING COMMITTEE

Non-profit mailing status was approved. \$362.50 savings for November. CPC call Réhabs to encourage clients to contribute.

Motion to have a speaker each month speak on the Tradition and passed.

FINANCIAL REPORT: Patty S gave the report. 12/29/03 discussed with Joanne the bank statement receipts. 11/15-11/30/03 15 groups contributed \$1350.00.

TREATMENT -V.A.M.C. Sunday 7:00pm 1st Sunday needs coverage. V.A.M.C. Tuesday 1:00PM 3rd and 4th need coverage: Lighthouse-Lakeshore Tuesday 2:00pm 2nd, 3rd and 4th need at the end of January. TFC needs more help to cover the 12th step calls at ECMC.

CORRECTIONS: Bob, Welcome Group. Currently have meetings at the following State Facilities: Attica, Buffalo Work Release (Alden), Collins 2, Gowanda and Wende. Help is needed at Wende 6:30pm Friday 1:00pm Saturday. Spanish speakers would be particularly helpful. Applications and contact names/numbers are available- Call Bob Linsey for more information (716) 876-1932. Meetings at Erie and Niagara County

Facilities are for both men and women. Currently during "Orange" security alert, entry into the state facilities has been restricted though applications are still being processed.

SCREENERS: No report.

CENTRAL OFFICE: Terry B. gave the report. AA Info: 208 12-step: 4 Alanon: 10, Visitors: 31, Volunteers: 5. Financially, the office has less than one month's operating expenses. This is a desperate situation. Sign up for Envelope system. The dollar in the basket cannot support our fellowship anymore. We are self-supporting through our own contributions, we cannot accept outside help; we each one of us need to help ourselves! The non-profit bulk mail status came through for last month's mailings. The new rate \$.13 X 342 pcs. = \$45.10, at 1st class the same mailing would have been \$1.06pc, costing 362.52 Savings of 317.42. I have cut back in every area in the office I can think of and still function efficiently. WE NEED HELP!!!

If you have just taken over as a chairperson, please let me know information for bulletin about time and places for committee meetings.

PIC: Jake gave report.

NEW FRONTIER: Debi C. no report

2004 CONVENTION: Jim, Spirit of Hope. Meetings at 7:00pm 1/29 and 2/26/04

AD-HOC COMMITTEE: Lee stated about moving the Central office-speak to lawyer in negotiations, will be completed this month. Cost will be discussed next month. Lease is up in June.

COURTESY REPORTS:

ARCHIVES: No report.

GSA: John B. next meeting Sunday, January 11 at 1pm.

NYS Convention: Peter L. Current Chair 2004. 7/23-25. Committee chairs have been appointed & are looking for volunteers. Call 772-7644 or 523-1712 (Pete L)

RECAP: Discussion about sending out letters stating that Central Office needs help. Discussion about needing help with 12th Step Calls. Joanne thanks Debi for supporting the Women's Convention in the New Frontiers.

OLD BUSINESS: None

NEW BUSINESS: Discussion that ECMC 12th step need more help.

John H, motions that the presentation of the Traditions of Month for 5 minutes be accepted. Voted and passed.

Coffeemakers for CCMeeting: Feb-Lakeshore, March-Williamsville, April-Cazenovia, May-Action, June-Going to Any Lengths, July-Main & High, August-Living Sober, Sept.-Fresh Start, Oct-Sunday Morning Breakfast, Nov. Three Legacies, Dec-Fresh Start.

Motion to close: Lee and Sean seconds.

Thank you for the 7th tradition. Thank you for allowing me to serve. Kim E.

Step 1 ~ We admitted we were powerless over alcohol – that our lives had become unmanageable.

From As Bill Sees It

Alike When the Chips Are Down: In the beginning, it was four whole years before AA brought permanent sobriety to even one alcoholic woman. Like the 'high bottoms,' the women said they were different; AA couldn't be for them. But as the communication was perfected, mostly by the women themselves, the picture changed. ... This process of identification and transmission has gone on and on. The Skid-Rower said he was different. Even more loudly, the socialite (or Park Avenue stumblebum) said the same – so did the artists and professional people, the rich, the poor, the religious, the agnostic, the Indians and the Eskimos, the veterans and the prisoners. ... But nowadays all of these, and legions more, soberly talk about how very much alike all of us alcoholics are when we admit that the chips are finally down.

Grapevine, 10/1959

Will Power and Choice: We AA's know the futility of trying to break the drinking obsession by will power alone. However, we do know that it takes great willingness to adopt AA's Twelve Steps as a way of life. That can restore us to sanity. ... No matter how grievous the alcohol obsession, we happily find that other vital choices can still be made. For example, we can choose to admit that we are personally powerless over alcohol; that dependence upon a 'Higher Power' is a necessity, even if this be simply dependence upon an AA group. Then we can choose to try for a life of honesty and humility, of selfless service to our fellows and to 'God as we understand him.' ... As we continue to make these choices and so move toward these high aspirations, our sanity returns and the compulsion to drink vanishes.

Letter 1966

Tradition 2 ~ Our common welfare should come first; personal recovery depends upon A.A. unity.

Heard at a meeting:

We don't "have to" – we "get to."

About Thanksgiving ... For us in AA, giving thanks is not just a day but an action to be taken every day for the rest of our lives.

Get the last word in – apologize.

Happiness will not dock at the pier of bitterness.

Never mistake motion for action. - (Frank N.)

Relationship: Really, Exciting, Love, Affair, Turns, Into, Outrageous, Nightmare, Sobriety, Hangs, In Peril. - (Mickey J.)

RULE 62

A grudge is a heavy thing to carry.

To make a long story short – don't tell it.

Look back at your past but don't stare. -
(Danielle M.)

Here is a test to find whether your mission on earth is finished: If you're alive, it isn't.

When everything is coming your way, you may be in the wrong lane.

Jumping to conclusions is bad exercise.

IAAWC is Almost here!!

Tentative Program for the 2004 IAAWC at a Glance

Thursday – February 19th

Noon to 8:00 pm Registration
 1:00 pm to 7:00 pm Archives
 Literature
 Hospitality Room
 1:00 pm to 2:30 pm Meditation and
 other Activities
 @ Hyatt Regency
 3:00 pm to 4:30 pm Panels and Early
 Bird Mtg.
 7:00 pm Welcome,
 Announcements
 Skit – "Divine
 Promises of the
 AA Sisterhood"
 7:30 pm to 9:30 pm Speaker Meeting
 10:00pm to 1:00am Alkathons @
 Hyatt Regency &
 Adams Mark

Friday – February 20th

7:30 am to 8:00 am Guided Meditation
 Yoga
 @ Hyatt Regency
 & Adams Mark
 7:30 am to 5:00 pm Hospitality Room
 8:00 am to 7:30 pm Registration
 8:30 am to 5:00 pm Archives
 Literature
 8:30 am to 10:00 am Panels/Workshops
 10:30 am to noon Panels/Workshops
 1:00 pm to 2:30 pm How to Bid on an
 IAAWC
 Panels/Workshops
 3:00 to 4:30 pm Panels/Workshops
 5:00 pm Banquet
 6:15 pm Non-Banquet
 Seating
 6:30 pm Entertainment
 7:30 pm State Roll Call
 8:00 pm Speaker Meeting
 9:00 pm to 10:00 pm Hospitality Room
 9:30 pm Regional Meetings

10:00pm to 1:00am Alkathons @
 Hyatt Regency &
 Adams Mark

Saturday, February 21st

7:30 am to 8:00 am Guided Meditation
 Yoga
 @ Hyatt Regency
 & Adams Mark
 7:30 am to 5:00 pm Hospitality Room
 8:00 am to 7:30 pm Registration
 8:30 am to 5:00 pm Archives
 Literature
 8:30 am to 10:00 am Panels/Workshops
 8:30 am to 10:00 am Bid Presentations
 10:30 am to noon Panels/Workshops
 1:00 pm to 2:30 pm Panels/Workshops
 3:00 to 4:30 pm Panels/Workshops
 5:00 pm Banquet
 6:15 pm Non-Banquet
 Seating
 6:45 pm Sobriety
 Countdown
 7:30 pm to 9:00pm Speaker Meeting
 9:00 to midnight Dance
 9:30 pm to 11:30 pm Hospitality Room
 10:00pm to 1:00am Alkathons @
 Hyatt Regency &
 Adams Mark

Sunday, February 22nd

7:30 am to 8:00 am Guided Meditation
 Yoga
 @ Hyatt Regency
 & Adams Mark
 7:30 am to 9:30 pm Hospitality Room
 8:30am to 9:30 am Breakfast Buffet
 9:15 am Doors open for
 noon-buffet
 seating
 9:30 am to 11:am Speaker Meeting
 11:15 Wrap-up and intro
 of Las Vegas
 Chair
 12: noon Conference ends

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.

Annual Rates:

1	Copy	\$10.00	20 Copies	\$57.00
2	Copies	13.00	30 Copies	75.00
5	Copies	24.00	40 Copies	95.00
10	Copies	33.00	50 Copies	120.00
15	Copies	43.00	60 Copies	135.00

Mail to the Central Office:

845 Ellicott Square Building
295 Main Street
Buffalo, New York 14203-2412

IN MEMORIAM
Things We Can Not Change

To all our members who have lost family or loved ones, our prayers are with you.

Let's remember them and all the others who passed on in our prayers

Share your Experience, Strength and Hope.

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

E-Mail address: buffalooa@hotmail.com

New Frontiers committee meets the 3rd 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.)

JANUARY ANNIVERSARIES

Amherst/Snyder

Tony S. 3m
 Jaymes M. 6m
 Leon W. 6m
 Sheila H. 6m
 Jenny G. 9m
 Glen G. 2y
 Jay M. 2y
 Chris S. 3y
 Michael M. 3y
 Jamey W. 3y
 Jim S.Jr. 3y
 Krystna T. 3y
 Brain M. 3y
 Amy B. 3y
 Donna D. 4y
 Russ M. 7y
 Ann P. 12y
 Barbara B. 14y
 Gene H. 19y
 Lou B. 21y
 Don B. 23y
 Alice B. 24y
 Helen H. 29y
Cold Springs
 Brady P. 10y
 Willie D. 10y
 Al E. 24y
Community Center
 Henrietta W. 35y
Courage Group
 Lucy M. 3y
 Andy S. 8y
 Pat M. 15y
 Leo K. 17y
 Robin A. 19y
 Marie G. 22y
 Agnes H. 22y
Fireside
 Mike M. 3y
 Patty T. 4y
 Bret B. 5y
 Denise O. 6y
 Katie S. 10y
Giving
 John O. 2y
 Bernadette S. 6y
Holland
 Kevin O. 1y
 Ron B. 1y
 Carolann V. 5y

Ironhorse

Bob W. 3m
 Kery K. 9m
 Jim K. 2y
 Patty S. 3y
 Tom C. 9y
 Dan Mc 14y
 Jim W. 18y
Journey
 Amy B. 1y
 Sandy L. 1y
Kensington
 Jack 4y
 Marilyn L. 23y
Lakeshore
 Scott T. 23y
 Danny E. 23y
Living Sober
 Dean B. 1y
 David D. 3y
 Kevin N. 5y
 Keith C. 6y
 Walter W. 11y
 Brian McC. 20y
 Bob Y. 24y
Lockport #1
 Jack P. 1y
 Dave J. 2y
 Randy W. 4y
 Gary S. 4y
 Richard M. 6y
 Derek H. 6y
Lovejoy
 Russ A. 6m
 John M. 6m
 Julie R. 6m
 Jesse C. 9m
 Holly G. 6y
 Eugene G. 20y
Main & High
 Felix W. 3m
 Joe D. 2y
North Buffalo
 Tammy C. 3m
 Tom L. 3m
 Alan P. 6m
 Melissa B. 6m
 Brian M. 1y
 Jim W. 6y
 Walter W. 8y
 Dan G. 13y
 Roger R. 15y
 Michelle L. 17y
 Frank 19y
 Jim S. 20y

Rise & Shine

Rene O. 3m
 Kevin M. 3m
 Junius B. 3m
 Matt G. 6m
 Mike M. 6m
 Bianca S. 6m
 Eric D. 6m
 April J. 6m
 Laurie J. 6m
 Justin B. 9m
 Linda K. 9m
 Valjean G. 1y
 Eddie T. 1y
 Joann T. 2y
 Gary C. 2y
 Yvone P. 2y
 Diane C. 2y
 Mary L. 3y
 Douglas W. 3y
 Sandra C. 4y
Southtowns
 Kimberly D. 9m
 Nikki S. 9m
 Willie S. 1y
Sun. Morning
Breakfast
 Linda B. 3m
 Janet T. 3m
 Sandy Z. 6m
 Joyce P. 2y
 Bernadette 6y
 Norm K. 19y
 Gayle H. 20y
 Dennis B. 25y
Victory
 Dennis E. 1y
Women's
Westside
 Lewisjean 3m
 Tresa G. 6m
 Shannon R. 9m
 Kathleen L. 1y
 Verbie P. 6y

GROUPS CELEBRATING

Father Baker
 Williamsville
 New Awakening
 Survivors
 Somerset
 Cazenvoia
 Tuesday Men's Disc.
 It
 Life Today
 Try Again
 Starting Over
 F.U.N.
 Main and High
 Brown Baggers
 New West Side
 Ellicott
 Daily Reprieve
 Varysburg

*Please remember to
 have the anniversaries
 submitted by
 the 15th
 of the month
 previous*



God Grant Me The Serenity
 To Accept the things I cannot Change,
 Courage to change the things I can,
 and the Wisdom to know the difference.

