

NEW FRONTIERS

June 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.

"It's Not About Me"

The freedom of getting out of the way.

I recall sitting near the back of one of my first AA meetings watching people go up to get different sobriety chips. I guess I'm supposed to do that too, I thought. The next evening, when the chair asked, "Is there anyone here who has a desire to stop drinking?" in my mind I yelled, "I do." But my feet felt glued to the floor. A large ball formed in my throat and I began getting all choked up. Tears began to run down my face. I'd seen people hugging here, so I made sure I was real still and quiet. I said to myself, "You chicken, you idiot, you fool! Get off your butt and get a chip." When the meeting was over, I waited until I saw the chairperson alone and asked for a chip. When he gave it to me, he told me to keep coming back and hugged me. That was awful. Now everyone knew. Why couldn't he just sneak the thing to me? Two days later I drank, took the chip in my hand, and flung it away. A lot of good that did.

When finally I had a whole month of sobriety under my belt, there was another chip. (I never did go up for another desire chip.) I struggled with going for it until my new friend, Susan, said to me, "Janis, it's not about you. It's about the new person who may be too shy. That person may need to see someone like you show that it really works." During the next few months and especially my first year, I constantly repeated, "It's not about me!"

Five years later, I rediscovered "It's not about me." What a glorious freedom. I was in a relationship of six years with a man who was in another twelve step program, and neither one of us knew how to have a relationship. I'd get real down on myself because he wasn't acting the way I thought he should. Then I realized that he would act the way he did no matter what woman was in his life. That helped me not take things so personally and get hurt. AA had taught me that I'm powerless. I have no control over him. It's not about me. We have a great relationship today.

The last three years at my job, I worked with a guy I wouldn't wish upon anyone. At first, I really questioned myself, my abilities, and my sanity. I talked to my sponsors and close AA friends about this. I had sleepless nights over his childish, ridiculous ways. There were times I wanted to smack him upside the head. I prayed instead. I prayed for him even when I didn't mean it. I thanked God for putting this seemingly obnoxious person in my life. Once again, I realized "It's not about me." He would act this way no matter who his co-worker was. I had nothing to do with his mannerisms, except to help his emotions flare up once in a while. I needed to make only progress, not perfection.

The Twelve Steps are amazing. They help build my self-confidence and self-esteem and, at the exact same time, knock down my pride and my ego. They have helped free me from the bondage of self, from being selfish, self-seeking, self-absorbed, self-centered.

Life is not all about me. What a freedom.

How to respond to those Summer Party invitations

From: *As Bill Sees It*, p. 77

Usually, we do not avoid a place where there is drinking - if we have a legitimate reason for being there. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary parties.

You will take note that we have made an important qualification. Therefore, ask yourself, "Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere?" Then go or stay away, whichever seems better. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it.

If you are shaky, you had better work with another alcoholic instead!

So just what are these "principles before personalities" and how do we acquire them? ... **We take the Steps!!**

Step One ~ Acceptance

Step Two ~ Faith

Step Three ~ Surrender & Trust

Step Four ~ Honesty

Step Five ~ Courage

Step Six ~ Willingness

Step Seven ~ Humility

Step Eight ~ Forgiveness

Step Nine ~ Freedom

Step Ten ~ Perseverance

Step Eleven ~ Patience

Step Twelve ~ Charity & Love

... "and to practice these principles in all our affairs."

Singleness of Purpose and Problems Other Than Alcohol

Alcoholism and drug addiction are often referred to as "substance abuse" or "chemical dependency." Alcoholics and non-alcoholics are, therefore, sometimes introduced to AA and encouraged to attend AA meetings. Anyone may attend *open* AA meetings. But only those with a *drinking* problem may attend *closed* meetings or become AA members. People with problems other than alcoholism are eligible for AA membership *only* if they have a drinking problem.

George E. Vaillant, M.D., non-alcoholic trustee of the AA General Service Board, made the following statement: "Singleness of purpose is essential to the effective treatment of alcoholism. The reason for such exaggerated focus is to overcome denial. The denial associated with alcoholism is cunning, baffling, and powerful and affects the patient, helper, and the community. Unless alcoholism is kept relentlessly in the foreground, other issues will usurp everybody's attention."

From a letter to professionals from AA World Services in NY

Thanks from the IAAWC.

The 40th International Women's Conference held in Buffalo in February was a success! The women (and men) of Western New York really came through for us. It was 21/2 years of hard work but as in all events in AA, it was well worth it!

A special thanks to the Steering Committee. Janet N-K was a tenacious Treasurer; every cent was accounted for. Pat M. had the gargantuan task of organizing the registration table. Charmaine D. and Dawn R. efficiently set up an extensive program which was very well received. Sue B. was the on-site trouble shooter. Margaret H. sang an inspirational Amazing Grace. Karen S. ran a most hospitable, hospitality room.

Others who contributed greatly to our success are:

Cookie L., Secretary and the printed program	Kathy T., Gifts
Sally W., Coupon table	Mary Lou R., Meditation
Betty C., Souvenirs	Barbara W., Coupons
Lucy L. and Joanne Z. fix-it	Nancy T., Volunteers and Alkathons
Julie S., musician	Nora B., Website
Mary Jo S., musician	Cheryl A. and Phyllis S., Literature
Cindy B., Greeters	Hilda H., Special Needs
Jane M., Information	Donna D., Program Logistics, signs
Linda K., Runner	Margie B., Skit
Amber T., Co-Treasurer	Helen B., Invocation
Bob K., Runner	Mary P. and Donna P., Raffles
Nancy H., Archives	Beth D., Hostess
Debi C., Publicity	Andrea P., Logo
Terry B., Central Office	Norma F., Caller
Carol R., Long-timers	Debbie M., Hospitality
Frank M. and Tom B., Archives	Sue M., Logistics
Donna B., Mailings	Judy T., Count Down
Alice B. and Margo P., Decorations	Binghamton Ladies, Badge Holders
Patty S., Banquet	Marilyn M., Interpreters
Sally Ann C., Announcements	Erie Ladies, Fundraisers
	Sandy M., Facilities

The staffs of the Convention Bureau, Convention Center, the Hyatt Regency and all who contributed in any way.

Joanne McC. Chair

Acceptance and surrender are the two attitudes that open all doors to us in the AA way of living. Yet they are the most difficult for many of us to acquire. No matter how badly we think life has beaten us, we still cling to the idea that acceptance and surrender are a kind of hopeless giving-in, a weakness of character. Not so! Acceptance means simply admitting there are things we cannot change. Accepting them puts an end to our futile struggles and frees our thought and energy to work on things that can be changed. Surrender means relinquishing our self-will and accepting God's will and His help.

From: "One Day at a Time in Al-Anon" Pg. 76
Submitted by O2 Tom

Sobriety

Finding sobriety was no easy task
I had to put down the bottle and take off the mask.
Facing reality will sometimes make you sigh
But it's surely healthier than living a lie
When you start your journey down the sobriety road
You have to face life on its terms; you must be bold

Yes it's a struggle, one day at a time
But the rewards are worth it even though you may wine
You'll find a new person that's deep inside you
The person you find, will not be sad or blue
Things that used to baffle you now you will understand
It's a new freedom, with your Higher Power lending a hand

Life can be wonderful if only you give it a chance
You have to be grateful; it could be gone in a glance
This magnificent program will show you tools you can use
They may determine your life, whether you win or loose
Turning over your will is not an easy thing for us
It's an everyday chore but definitely worth all the fuss.

Bruce C. ~ Living Proof

Heard at a meeting:

"God grant me the serenity to accept the people I cannot change...the courage to change the one I can ... and the wisdom to know it's me."

You can't speed up your recovery, but you sure can slow it down.

Unless I accept my virtues, I will be overwhelmed with my faults.

Pray daily, God is easier to talk to than most people.

It is easier to stay sober than to get sober.

RULE 62

Dear God, I have a problem, it's me.

There is no key to happiness. The door is always open.

Do the math ... count your blessings.

Faith is the ability to not panic.

If you worry, you didn't pray ... If you pray, don't worry.

When we get tangled up in our problems, be still. God wants us to be still so He can untangle the knot.

RIP "Smitty"

Posted on Sat, Apr. 24, 2004

A.A. co-founder's son is dead

Akron native Robert Ripley Smith Jr., 85, was proud that local program had global impact

By Carol Billczyk Beacon Journal staff writer

As a child, "Smitty" came home to find a drunk in his bed, his house filled with alcoholics. Such was Robert Ripley Smith Jr.'s start in life as the son of the august — and eventually revered — co-founder of Alcoholics Anonymous.

In 1998, Bob Smith Jr. told the Akron Beacon Journal that he and his sister were eyewitnesses to history as they saw A.A. unfold in their Akron home to become a worldwide organization with millions of members. "I loved it," he said. "The first 17 years of my life I lived with active alcoholism, now there was recovery." Mr. Smith died Thursday at St. Francis Hospital in Memphis, Tenn., of congestive heart failure. He was 85. He was the only son of Dr. Robert and Anna Smith, who lived at a modest bungalow with three bedrooms at 855 Ardmore Ave. in Akron. The son was there on Mother's Day in 1935 when his father, an Akron physician, and New York stockbroker Bill Wilson co-founded what would become A.A. The organization flourished and its 12-step foundation has been used by more than 250 other kinds of recovery groups that combat gambling, prostitution, drugs and more.

As for Mr. Smith, he became a pilot in World War II, hunting submarines off the coast of Africa. After the war, he worked as a commercial pilot and in the oil industry, settling in Nocona, Texas, about 20 miles from the Oklahoma border. He was elected to the City Council from 1984 to 1991 and was mayor of the town of 3,000 from 1991 to 1993, recalled Minnie Walker, then the city secretary and now the city manager. "He was a fun man, a real cut-up," she said. "He told me every year how many people he gained for Alcoholics Anonymous, and I'd tell him, 'Look you're not making any progress here.'"

Mr. Smith joined Al-Anon, a recovery program for spouses and loved ones of alcoholics, when his wife, Betty, began attending A.A. meetings in the 1970s. It was then that he began to realize the enormity of his father's contributions to the disease of alcoholism. He began to speak at A.A. and Al-Anon meetings across the country, most recently just three weeks ago in northern Indiana. "They don't invite me for who I am. They invite me for who I know," he said. He would relate the stories of growing up in the Smith household, home to A.A. meetings that approached 70 people before they were moved to the King School building. He and his late sister, Sue Smith Windows of Akron, captured their memories in a book called *Children of the Healer: The Story of Dr. Bob's Kids* in 1992. "For the many friends I have met and know as a result of 12-step programs," he wrote on the dedication page. "You have taught me a way of life in these programs that I never would have figured out by myself. I am truly grateful." His Akron home is revered now as a national, state and local landmark and is something of a shrine to A.A. devotees who return there in an annual pilgrimage each year. "He was a kind man, he loved his father," said Don C. of Cleveland, who is chairman of the board of the nonprofit Dr. Bob's House, which has been restored to the way it looked in 1935, complete with many of the Smith family's original furnishings. In keeping with A.A. tradition, group members only use the first letter of their last names. Mr. Smith's first wife and a son died several years ago. He leaves his current wife, Mona Sides-Smith of Memphis; son Todd Smith of Vernon, Texas, and daughters Penny Umberfino of Phoenix and Judy Edmiston of Dallas; three stepdaughters and one granddaughter. Services will be at 2 p.m. Sunday at the Memphis Funeral Home's Poplar Chapel in Memphis.

Submitted by Bill O'D. — Valley Group

Step Six ~ Were entirely ready to have God remove all these defects of character.

At the beginning we sacrificed alcohol. We had to, or it would have killed us. But we couldn't get rid of alcohol unless we made other sacrifices. We had to toss self-justification, self-pity, and anger right out the window. We had to quit the crazy contest for personal prestige and big bank balances. We had to take personal responsibility for our sorry state and quit blaming others for it.

Were these sacrifices? Yes they were. To gain enough humility and self-respect to stay alive at all, we had to give up what had really been our dearest possessions – our ambition and our illegitimate pride.

AA Comes of Age p. 287

How to translate a right mental attitude into a right emotional result, and so into easy, happy, and good living, is the problem of life itself.

Grapevine, Jan 1958

Looking at these defects we are unwilling to give up, we ought to erase the hard and fast lines that we have drawn. Perhaps in some cases we shall say, "This I cannot give up yet ..." But we should not say to ourselves, "This I will never give up!"

The moment we say, "No, never!" our minds close against the grace of God. Such rebellion may be fatal. Instead, we should abandon limited objectives and begin to move toward God's will for us.

Twelve and Twelve pp. 68-69

Some will object to many of the questions that should be answered in a moral inventory, because they think their own character defects have not been so glaring. To these, it can be suggested that a conscientious examination is likely to reveal the very defects the objectionable questions are concerned with. Because of our surface record hasn't looked too bad, we have frequently been abashed to find that this is so simply because we have buried these selfsame defects deep down in us under thick layers of self-justification. Those were the defects that finally ambushed us into alcoholism and misery.

12 & 12 pp. 53-54

Tradition Six ~ An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

The primary purpose of A.A. is to carry its message of recovery to the alcoholic seeking help. Almost every alcoholism treatment tries to help the alcoholic maintain sobriety. Regardless of the road we follow, we all head for the same destination, recovery of the alcoholic person. Together, we can do what none of us could accomplish alone. We can serve as a source of personal experience and be an ongoing support system for recovering alcoholics.

'Information on Alcoholics Anonymous' (letter from AA World Services, Inc. Conclusion)

SELF-PITY

Self Pity is not generally regarded by alcoholics as a particularly harmful emotion. We have all indulged in varied forms of self-pity, the most common being the type experienced while enduring the tortures of a hangover. Other forms of self-pity involve resentment and hatred brought on by real or fancied wrongs, by acts of God, by ill luck or by disease.

Self Pity is often outright rebellion against circumstances of our own making where we feel sorry for ourselves and assume a negative attitude toward life.

It is not until we see in this emotion evidence of resentment and until we realize that it gives us the wrong attitude toward life and toward those with whom we associate, that we understand the necessity for its elimination.

The alcoholic must free himself from all forms of resentments; his happiness in life depends on his attitude and service towards others. He cannot afford to subject himself to self-pity because of its relationship to resentments and inferiority. It also retards his recovery from alcoholism by closing his mind to the wholesome helpful opportunities about him and directs mental effort inward that should be centered in cooperative action with a **POWER GREATER THAN HIMSELF.**

Experience has taught us that maturity in AA growth is stunted by self-pity. As we live and learn, we gain understanding of the value of stifling self-interest in our own miseries by taking to heart the problems of others.

The cure for self-pity is simple. It is within our reach. Look about you for somebody who has greater troubles than your own, and help him in overcoming them. The benefits will be twofold and your problem will eliminate itself as you gain new strength in aiding a fellow sufferer solve his troubles.

Anonymous in Fond Du Lac WI

IN MEMORIAM
Things We Can Not Change

Robert Ripley Smith Jr., "Smitty" (Dr Bob's Son)
died 4/22/2004 at St. Francis Hospital in Memphis, Tenn., of congestive heart failure. He was 85.

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

Share your Experience, Strength and Hope.

Please submit your articles by the 12th for next months issue.

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

or

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.)

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Buffalo Central Office
 845 *Ellicott Square Building*
 295 *Main Street*
Buffalo, New York 14203-2445
 (716) 853-0388
buffaloda@hotmail.com

6 Central Committee Meeting, 7 pm, 651 Washington Street, St. Michael's Parish.
Corrections 6:00 PM

1979 - AA gives 2 millionth Big Book to Joseph Callano, presented by Lois W. in New York.

13
 I'm not sure about love, but I know money can't buy sobriety.

20 FATHERS DAY
Lowelov Group
Fathers Day Picnic
 Como Park- Shelter #1, Please Bring-A-Dish, 11:00 AM-??, Speaker at 1:00 PM.
 The smartest thing an Aaer can say is "God help me."

27
 * June 1981 - Switzerland AA held its 25th Anniversary Convention, Lois W. and Neil Who I've had things up.

1
 "...nothing will so much insure immunity from drinking as extensive work with other alcoholics."
 BB, p.89


7
 1941 - St. Paul, MN, AA group is founded.

14 FLAG DAY
 1946 - "The March of Time", alcoholism documentary film is released. The movie respects all Aaers anonymously in the film by not showing their faces, except Mary M.

21
 1944 - 1st Issue of *The AA Grapevine* is published.


28
 Rebirthing Women's Anniversary, Monday, 8:00 PM, St. Michael's of All Angels Church, corner of Burke @ Huntley Sts. Near Kensington in Buffalo. All women are welcome.

2
 The symbol of FRIENDS, as rendered in Chinese calligraphy.



8
 1941 - 3 AA's start group in Kalamazoo, Michigan.

15
Treatment Facilities Committee, 9 PM, after the Ironhorse Group, St. Paul's United Church, 49 Indian Church Rd., South Buffalo.

22
 "Slips" are NOT part of the AA program."


29
 They will be done... and if you don't get your act together you will be done!

3
 * June 1948 - A subscription to *The AA Grapevine* was donated to the Beloit Wisconsin Public Library, by local AA member.

9
 "Flies carry disease, keep yours zipped up."
 ...Dr Bob

16
 1938 - Jim B. (Big Book story "Vicious Cycle"), sobers up.

23
63rd Buffalo Fall Convention Meeting, 7:00 PM @ Holy Trinity Lutheran Church, 1080 Main Street, Buffalo.

30
 Springville Tuesday Meeting Annual AA PICNIC, 7:00 PM, St. Paul's Episcopal Church, 591 East Main Springville. Speaker at 8:00 PM. Please bring a dish to share.

4
 "I'm not going to drink today and if you stick with me, maybe you won't either."

10 A.A. FOUNDERS' DAY
 1935 - Bill W. and Dr. Bob found the AA Fellowship in Akron, Ohio.

17
New Frontiers Committee, 7:00 PM, St. Michael's Parish Center, Electric And Warsaw, Lakewood.
 1942 - New York AA groups sponsor 1st annual NY area meeting. 424 hear Dr. Silkworth and other AA speakers.

24
Gahada Gon 3rd Anniversary, 7 PM
 Eating followed at 8 PM
 Speaker: Please bring a dish if you wish.
 1938 - Two Rockefeller associates tell press about Big Book "Not to bear any author's name but to be by 'Alcoholics Anonymous.'"

1941 - New York Aaer discovers the Serenity Prayer! AA adopts it readily.

5
 1940 - Eddy T. takes Jr. the NY World's Fair.

11
 1971 - Emle G., AA's #4 dies.

18
 Call your sponsor before (not after) the first drink.

25
 1939 - *New York Times* reviewer writes that *The Big Book* is "more soundly based psychologically than any other treatment I have ever come upon."

1942 - Columnist Earl W. reports NYC Police Chief sent 6 cops to AA they sobered up. "There are fewer suicides in my f... he commented."

12
 Peace, a purpose, respect, and all that wants from me is a drink away from, Ha scorned, and suicide

19
 1942 - Columnist Earl W. reports NYC Police Chief sent 6 cops to AA they sobered up. "There are fewer suicides in my f... he commented."

26
Archives Committee Meeting, 9 am, Mary Presbyterian Church, 4 Maryvale Dr., Cheektowage.
 1935 - Bill D., AA's #3, his last detox and his first of sobriety.

26
Archives Committee Meeting, 9 am, Mary Presbyterian Church, 4 Maryvale Dr., Cheektowage.
 1935 - Bill D., AA's #3, his last detox and his first of sobriety.

26
Archives Committee Meeting, 9 am, Mary Presbyterian Church, 4 Maryvale Dr., Cheektowage.
 1935 - Bill D., AA's #3, his last detox and his first of sobriety.

BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388

845 ELLICOTT SQUARE
295 MAIN STREET
BUFFALO, NEW YORK 14203

Schedule on line at ny-aa.org

buffalooa@hotmail.com

JUNE 2004

MEETING CHANGES;

PROGRESS MEN'S, that meets in East Aurora on Thursday mornings badly needs support. First Presbyterian Church, 9 Paine St., 3rd floor.

POSITIVELY LIVING GROUP has expanded to 5 days, Monday thru Friday. Ascension Church, Linwood & North at 12:30 PM.

NEW MEETING: TRAIL BLAZER, Wednesday at 5:30-PM, W.N.Y. Independent Living Project (rear), 3108 Main St. by Highgate, North Buffalo. Open Meeting. Room 214.

STAYIN ALIVE GROUP, TUESDAY & WEDNESDAY ONLY has moved to the, 75 Main St., Town of Tonawanda. Sunday is still at the Church.

NEW BEGINNINGS Group, Sunday's in Springbrook, St. Vincent De Paul Church Hall, 6441 Seneca will have a delayed start. On the first Sunday of the month it will start at 9:00 PM.

JUST FOR TODAY, Albion, has changed time and place, now meets at 7:45 PM at the 1st Baptist Church, corner of Liberty & Beaver.

SOBER TRAILS; Monday's at 8PM in Irving, **NO LONGER MEETS.**

ONE DAY AT A TIME (ODAT), Tuesday's has moved to Lafayette Presbyterian Church at 7:30 PM.

NEW MEETING: Kenilworth, Thursday's, 8:00 PM, Kenilworth United Church of Christ, 45 Dalton Rd., Tonawanda, Closed Meeting.

LET GO & LET GOD, Thursday's, 8:30 PM, 416 Louisiana Street, Needs Support.

NEW MEETING: REFLECTIONS ON RECOVERY, Thursday's, 8 PM, Lockport Memorial Hospital, Kenan-James Building, 521 East Ave, Lockport. Open Discussion.

NEW MEETING: STAY IN THE DAY, Tuesday's, 4:30 PM, Friendship House, 264 Ridge Rd., Lackawanna, Open Meeting.

NEW MEETING: EARLY BIRD'S MEN'S, Monday's, 7 AM, Episcopal Church, corner of Main & Maple. East Aurora. Closed Meeting.

COLD SPRINGS, HAS MOVED to The Friends Of the Elderly Center, 118 East Utica, Buffalo East, Open Meeting, Monday's 8 PM.

PLEASE NOTE

- DEAD LINE DATES HAVE CHANGED TO THE 12TH OF EACH MONTH FOR ALL PUBLICATIONS, this is to insure the group mailings are received in a timely manner. Thank-you.
- 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:

- ~ June 6, Central Committee Meeting, 7 pm, 651 Washington Street, St. Michael's Parish. (Hosted by Going To Any Lengths).
- ~ June 6, Corrections Committee Meeting, 6:00 PM, 651 Washington Street, St. Michael's Parish.
- ~ June 15, Treatment Facilities Committee, 9 PM, after the Ironhorse Group, St. Paul's United Church, 49 Indian Church Rd., South Buffalo.
- ~ June 17, New Frontiers Committee, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.
- ~ June 24, 63rd Buffalo Fall Convention Meeting, 2nd Meeting, Thursday, 7:00 PM @. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo.
- ~ June 26, Archives Committee Meeting, 9 am, Maryvale Presbyterian Church, 425 Maryvale Dr., Cheektowaga.

COMING EVENTS

- ~ June 20, Sunday, Lovejoy Group Fathers Day Picnic, Como Park- Shelter #1, Please - Bring-A-Dish. 11:00 AM- ?? . Speaker at 1:00 PM.
- ~ June 24, Gahada Gon Group's 3rd Anniversary, 7 PM Eating followed at 8 PM Speaker. Please bring a dish if you wish.
- ~ June 29, Springville Tuesday Night Meeting will be celebrating their group anniversary with an Annual AA PICNIC, 7:00 PM, St. Paul's Episcopal Church, 591 East Main Springville. Speaker at 8:00 PM. Please bring a dish to pass.
- ~ June 28 Beginning Women's Group is celebrating their 18th Anniversary, Monday, 8:00 PM. St. Michael's of All Angels Church, corner of Burke @ Huntley Sts. Near Kensington in Buffalo. There will be a Panel of 3 Speakers. We will be serving snacks and desserts. All women are welcome.
- ~ July 16-18, "The Joy of Living" AA Men's Spiritual Weekend. Speakers, Meetings, Fellowship, Great Food, Campfire. Registration Fee \$120, \$25 Deposit, flyers included or @ Central Office.
- ~ July 23-25, AA New York STATE CONVENTION, Buffalo- Amherst Holiday Inn, hosted by Area 50, WNY. "Our Singleness of Purpose". Registration: \$15, Banquet: \$25. Flyer available at Central Office.
- ~ July 31, 7th Anniversary, Main & High Group Day Of Sharing, Saturday, 9:00 AM- 3:30 PM. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo. Panels & Speaker - 50/50 - Hot Meal - Refreshments - Registration \$6.00.
- ~ July 30-31, Aug. 1, Any Age Annual Campout: speakers, sharing and fellowship. \$8 per day/\$15 for the weekend. Bring a dish to pass, hot dogs, hamburgers pop and coffee will be provided. Don Miller Park, 1601 Sweeney NT
- ~ August 6-8, 25th ANNUAL NY STATE INFORMATIONAL WORKSHOP, Daemen College, 4380 Main Street, Buffalo. Rooms available, Registration \$15. Flyer available at Central Office.
- ~ Nov. 5,6 &7, 63rd.BUFFALO FALL CONVENTION: Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst. Registration: \$20, Registration & Banquet: \$45. For information call, Registration Chair: John C. or Email: johnjczermerys@adelphia.net or Convention Chair: Jim R. (716) 491-8301. Coffee donations may be sent to: P. O. Box 747 Station C., Buffalo, NY 14209.

6th STEP: "Were entirely ready to have God remove all these defects of character."

6th TRADITION: "An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

6th CONCEPT; The Conference recognizes that chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

GROUP CONTRIBUTIONS

Income Statement	29-Feb-04	31-Mar-04	30-Apr-04
Beg Bal Cash on hand	4,981.86	6,125.56	6,338.84
Contributions			
Groups	3,910.51	4,104.22	5,376.94
Joint Meeting	47.45	51.50	52.01
Envelope System	459.00	327.00	340.00
New Frontiers Subs	85.00	74.00	22.00
Literature	3,523.16	3,479.42	2,217.47
Mail/Misc.		29.00	
Conventions/Day of Sharing		533.53	12,000.00
Monthly Income	8,025.12	8,598.67	12,008.42
Expenses			
Office Rent	636.00	636.00	636.00
Meeting Room Rent	35.00	35.00	35.00
Payroll			
Salaries (Net)	1,696.16	2,120.20	2,120.20
Federal Withholdings	588.60	735.75	735.75
NYS Withholdings			365.81
Insurance			
State Ins Fund	286.79		
Health	304.00	304.00	304.00
Liability			
Postage	238.45	564.48	396.54
Phone	115.64	109.10	121.80
Accounting			
Advt			
PIC Lit.			
Talking Phone Book			
Verizon	75.25	75.25	163.00
website			
white directory			
Yellow Pages	296.00		
Literature Expenses			
Grapevine		347.50	317.50
World Services Inc	1,971.28	1,333.95	890.20
Hazelton		668.56	408.10
"In All Our Affairs"			
Printers			
Office Supplies	189.60	86.59	114.46
Answering service	101.97	107.06	104.14
Minolta leasing (copier)	260.45	260.45	260.45
Minolta Copies	71.73		13.28
Crystal Rock (water)	14.50	14.50	15.00
computer		987.00	
Bank Charges			
Monthly Expenses	6,881.42	8,385.39	7,001.23
Monthly Income (Loss)	1,143.70	213.28	13,007.19
CD			
End Bal. Cash on hand	6,125.56	6,338.84	6,807.95
Literature Assals:	3,696.32	4,801.95	4,500.75
Literature Receivable:(outstanding)	1,081.27	519.33	453.62
Corrections Facilities	1,248.30	1,074.80	819.90
Donations	270.25	233.85	1,194.54
Expenses	443.75	488.75	
Bank Charges			
Balance	1,074.80	819.90	2,014.44
Treatment Facilities	825.16	832.99	971.93
Donation	177.25	243.85	1,159.54
Expenses			
AT & T Bridging The Gap	60.92	32.21	43.89
AAA Abott Answering Service	48.50	39.75	36.75
Literature	60.00	32.95	
Bank Charges			
Balance	832.99	971.93	2,050.83

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	APRIL	YEAR	APRIL	YEAR	APRIL	YEAR
11:45		0.00		0.00		0.00
12 Step		0.00		0.00		0.00
4th Step Sharelens		0.00		0.00		0.00
6th Step		0.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbot Men's		165.00		165.00		165.00
Acceptance/Welcom		0.00		0.00		0.00
Achievement		150.00		0.00		0.00
Action	50.00	50.00	25.00	50.00	25.00	50.00
After Midnight		0.00		0.00		0.00
Age Doesn't Matter		75.00		0.00		0.00
Alexander		100.00		0.00		0.00
Amherst Snyder	70.00	346.88		0.00		0.00
Arnold Lakeshore	20.00	80.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	30.00	90.00		0.00		0.00
Anybody's		0.00		0.00		0.00
As It Goes II	25.00	25.00		0.00		0.00
Attitude Adjustment		50.00	25.00	25.00	25.00	25.00
Attraction	100.00	308.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		35.00		0.00		0.00
Bidwell Monday		225.00		0.00		0.00
Big Book Lockport	75.00	75.00		0.00		0.00
Big Book Awakening	5.00	5.00		0.00		0.00
Big Book Study		30.00		0.00		0.00
Big Book Workshop	70.00	70.00		0.00		0.00
Blasdel		0.00		0.00		0.00
Blasdel Monday Night	20.00	20.00		0.00		0.00
Buckshire		150.00		0.00		0.00
Buckley's Helping Hand		0.00		0.00		0.00
Buckley's Women	75.00	75.00		0.00		0.00
Buss		50.00		0.00		0.00
Buxton AA		0.00		0.00		0.00
Brownhoppers		0.00		0.00		0.00
Buffalo Group	1.00	4.00		0.00		0.00
But For the Grace of God	90.00	90.00		0.00		0.00
By The Book		0.00		0.00		0.00
Casting	40.00	40.00	13.00	13.00	13.00	13.00
Cathedral Park		33.35		15.00		15.00
Cas Manor		80.00		25.00		25.00
Cazenovia		0.00		0.00		0.00
Cardinal Park		0.00		0.00		0.00
Charles IX		0.00		0.00		0.00
Checkmate		0.00		0.00		0.00
Chevy #1		0.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		0.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Common Problem		0.00		0.00		0.00
Conformity		0.00		0.00		0.00
Community Center		0.00		0.00		0.00
Conspirators		0.00		0.00		0.00
Courage		100.00		50.00		50.00
Arts		0.00		0.00		0.00
Crossroads		74.00		0.00		0.00
Cross Talk The Book	30.00	60.00	10.00	20.00		0.00
Daily Reflections		200.00		0.00		0.00
Daily Respite		0.00		0.00		0.00
DaVince Discussion		0.00		0.00		0.00
Deby		0.00		0.00		0.00
Desire		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Durkin Monday Night		0.00		0.00		0.00
Early Bird		0.00		0.00		0.00
Early Rising Outing		0.00		0.00		0.00
Easter Boker Way		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora		60.00		0.00		0.00
Easy Does It	25.00	125.00		0.00		0.00
Elbow		0.00		0.00		0.00
Elmhurst		0.00		0.00		0.00
Emergency		0.00		0.00		0.00
Eternal Vigilance		0.00		0.00		0.00
Everybody's	80.00	90.00		0.00		0.00
Express		322.00		0.00		0.00
Eyesore		204.00		0.00		0.00
F.U.N.		0.00		0.00		0.00
Faith		0.00		0.00		0.00
Father Baker	200.00	400.00		0.00		0.00
Feeling's		0.00		0.00		0.00
Fezika		306.00		37.50		37.50
First Things First		0.00		0.00		0.00
Fraser's Discussion		0.00		0.00		0.00
Fraser's Friday Even		0.00		0.00		0.00
Freedom		100.00		0.00		0.00
Fresh Start		5.00		5.00		5.00
Friendly		0.00		0.00		0.00
Friend(Hew)		140.00		0.00		0.00
GAHADA DOH		0.00		0.00		0.00
Danderville		100.00		0.00		0.00
Georgetown		0.00		0.00		0.00
Getting Better		0.00		0.00		0.00
Gift		0.00		0.00		0.00
Go to Amy Length		0.00		0.00		0.00
Golden Skipper		100.00		0.00		0.00
Grand		0.00		0.00		0.00
Grand II Joy of Living		0.00		0.00		0.00
Gratch	50.00	50.00		0.00		0.00
Growing Light		0.00		0.00		0.00
H.B.W.		15.00		0.00		0.00
Hew		0.00		0.00		0.00

Buffalo Central Committee
May 2, 2004

John, Committee Chair opened the meeting at 7:07 PM, with a moment of silence and the Serenity Prayer. Shawn, Journey Group, read The Purpose of the Central Committee. Pat, Rainbow Group read the Traditions. Motion to dispense with reading of last months' minutes, motion by Pat, Rainbow Group, second, Reggie, Fresh Start Group.

One New Central Committee Representative, Sue from Spiritual Progress.

36 Groups Attended: District # 1-Journey, Main and High, New West Side, Sunday Niter's, Sunrise Court. District # 2-Early Bird, Living Sober, North Buffalo, Spiritual Progress, Three Legacies. District#3-Abbott Men's Discussion, Cazenovia, Courage, Gardenville, Iron Horse, Rainbow, Ridge, Southtown, Southgate, Sunday Morning Breakfast, Valley, Victory. District#4- Action, Patchin, Springville Tues. Night, Springville Wed. Noon, Springville Sat. Afternoon. District # 5-Big Book Lockport, Niagara Frontier Men's. District # 6- Amsdell Lakeshore, Go To Any Lengths, Lakeshore. District # 7- Buffalo, Fresh Start, Let Go And Let God, Love, Spirit of Hope. District # 8- Eye Opener.

COMMITTEE REPORTS:

ENVELOPE SYSTEM: Brendan \$327.00

STEERING COMMITTEE : Jake Dist #5 Lockport #1:Day of sharing in Fall 2004 to be announced.

Executive Secretary- Terry: Fax machine problem, help is coming.

Terry Vacation May 27, 28 and June 1st. Nothing on Incorporation. Moving Central Office: Larkin Bldg. 1st floor. Ad Hoc Committee Report: 1643 sq. ft. 2 yr. lease. \$5.50 sq. ft. \$753.00 per month. Electric not included. One month Security deposit. Availability June 30st. Motion to include Steering Committee Chair, John H in negotiations Motioned Frank Dist #4, second by Patti S. Motion passed. Marty Dist #8, Motioned to recommend the current Ad-Hoc committee suggested move, to the Larkin Bldg. Second Mark Dist #6 opposed Patti S. (Financial Secretary). Passed

Old Business: Day of Sharing Dist #6 Very Successful. New Business: Gary- Co Chair Central Committee -Volunteers in Central Office. Sam B. (Coffee Chair Fall 2004) invited to address Steering Committee next month.

FINANCIAL REPORT:

Income

March	March	Variance	%	YTD	YTD	Variance	%
2003	2004		Change	2003	2004		Change
Avg.	Actual			Avg.	Actual		
\$7,461.00	\$8,599.00	\$1,138.00	15.25%	\$22,383.00	\$24,679.00	\$2,296.00	10.26%

Narrative

1.)March Increase attributed to unplanned income from the March 27 Day of Sharing In Hamburg.

Expenses

March	March	Variance	%	YTD	YTD	Variance	%
2003	2004		Change	2003	2004		Change
Avg.	Actual			Avg.	Actual		
\$7,989.00	\$8,386.00	\$397.00	4.97%	\$23,967.00	\$23,741.00	(\$226.00)	-0.95%

Narrative

Unplanned purchase expense for new Dell computer for the Central Office.

TREATMENT: Tom reports all meetings are covered. Lockport Memorial Hospital-No longer registered. Lighthouse-Lakeshore Tuesday 2:00pm suspended.

Old Business: ECMC issue to be brought before the GSA by it's TFC Chair.

New Business: Volunteers are beginning to fill up the list for manning the TFC Literature at the NY State Convention. BTG call 12. NY City TFC Rep. will share/exchange information with this TFC Rep.

CORRECTIONS: Andrew reports-We are currently sending out roughly 800 flyers to all the groups and representatives, which will be sent out in the New Frontiers (5/12/04). Other than that things are running smoothly. We have a lot of new volunteer applications in and many new volunteers on file for this program and getting orientations, ID cards basically showing a greater commitment and enthusiasm. We are still looking for more volunteers and are available for any questions following the meeting.

SCREENERS: No Report.

CENTRAL OFFICE: AA INFO: 192, 12-STEP: 8, ALANON: 8, VISITORS: 42, VOLUNTEERS: 12

The office is about back to normal, with the exception of the fax machine. The age of the fax machine, even with the drivers loaded from HP to go with windows XP, gives an error message stating are fax machine is not an HP 3100 (which it is), and does not support this machine. It prints find but I cannot receive faxes.

As you can see our number of volunteers are up. This has helped a lot this month. I am taking 3 of my vacation days at the end of this Month, May 27th, 28th & June 1st, as I will be out of town watching our daughter graduate from Hartwick College. I am also scheduling a vacation Day of July 2nd. Volenteers are arranged.

The 1st quarter, state and federal have been filed. I talked to the bank about putting \$10,000 into a CD. They had a suggestion (which is a good one) to open it at the beginning of June. We change signatures in January each year, the CD renews every 6 months, this puts signature changes in the corresponding time frame. A reminder to groups of our singleness of purpose and non-affiliation. This includes the type of announcements made at meeting. I received a couple calls about individuals announcing activity's of "Alcoholics Victorious"(a church group) at an AA meeting.

PIC : No Report.

NEW FRONTIER: Debi stated no report.

2004 CONVENTION: 4th Convention meeting June 24, last Thursday of Month at 7pm 1080 Main Street. There will be sweatshirts red with white trim at the Convention. 63rd Fall Convention Coffee Fund, PO Box 747, Station C., Buffalo NY 14209.

AD-HOC COMMITTEE: Lee, Early Bird Group reports about moving Central Office to 701 Seneca Street.

COURTESY REPORTS:

ARCHIVES: Frank M. -Chairman reports the Archive Committee would like to thank the International AA Women's Conference for their generous donation to the Archives.

GSA: Tom, Lovejoy and Chairman for the NY State Informational workshop gave a verbal report.

OLD BUSINESS: No old business

RECAP and NEW BUSINESS: Corrections-Pat, Rainbow Group questioned about Women's Group. Contact Gary S for the information. Convention 2004-Kathy states that the representatives should go back to their groups for donations for the coffee fund.

AD HOC- discussion of the locations to move the Central Office. Pro and Cons of Larkin Building because of issue of electricity being an additional cost which was given in the Steering Committee Report. Joanne, Action Group, motions to accept and follow recommendation of Steering Committee even if there is an electric issue. Reggie, seconds. Representatives voted. One opposed, 2 obsessions. Motion passed.

Coffee Makers for June-Going to Any Lengths and July- Main and High.

Motion to close Lee, Early Bird and seconded by Shawn, Journey.

Thank you for the 7th Tradition.

Thank you for giving me this opportunity to serve AA, Kim E.

JUNE ANNIVERSARIES

Amherst/Snyder

Juan R. 3m
 Ray Charles 3m
 Ken M. 3m
 Bob M. 3m
 Tim K. 6m
 Rene VC 9m
 Lauren L. 9m
 Chip R. 1y
 John L. 1y
 Beth U. 2y
 Jen Alyn 2y
 Scott C. 2y
 Christina C. 3y
 Amy M. 5y
 Cindy A. 5y
 Kathy R. 6y
 Dan R. 7y
 John B. 8y
 Richard C. 9y
 Martin P. 9y
 Elizabeth S. 11y
 David L. 15y
 Whitney D. 21y
 Kate K. 21y
 Sandy S. 21y
 Bob G. 21y
 Linda G. 21y
 Bill O'C 24y
 Mary Ann C. 25y

Cold Springs

Kedra S. 3m
 Christina F. 10y
 Arnold S. 13y
 James W. 18y

Courage Group

Rudy B. 14y
 Peter F. 16y
 Roger H. 20y
 Mary Jo S. 21y
 Bill O. C. 24y
 Donna B.R. 29y

Fireside

Cindy A. 5y
 Tarrie K. 5y
 Kathleen P. 6y
 John B. 8y
 Jim H. 14y
 John S. 16y
 Marlene C. 22y

Gahada Gon

Diana M. 3y
Gardenville
 Cheryl P. 6m
 Lou R. 6m
 Bob M. 18y

Giving

Karen S. 3M
 TJ H. 9M
 Denise H. 7Y

Holland

Chad J. 1Y
 Bill O. 19Y

Ironhorse

George L. 9M
 Mark R. PM
 Herold S. 1Y
 Mark Mc 4Y
 Dorothy K. 7Y

Lakeshore

Maggie McC 1y
 Alan P 1y
 Tom B. 32y

Living Sober

Kate R. 1y
 Donna M. 4y
 Jim B. 7y
 Walter S. 11y

LoveJoy

Lisa G 3m
 Robert S. 6m
 Charlie S. 1y
 Dave B. 1y
 Paul D. 1y
 Bille L. 2y
 Paul G. 27y

Rise & Shine

Bridget M. 3m
 Lorenzo B. 3m
 Tangry F. 6m
 Roberta R. 6m
 Jonathon D. 6m
 Jeanine M. 9m
 Larry M. 9m
 Dennis C. 1y
 Cheryl S. 1y
 James E. 2y
 Dean M. 2y
 Holly K. 3y
 Mark J. 3y

Jerry G. 4y
 Sandra C. 5y
 Joe A. 7y
 James Q. 8y
 Rosa A. 8y
 Sean S. 8y
 Shirley J. 9y
 Wanda R. 9y
 Floyd C. 9y
 Jerry S. 10y
 Darryl L. 10y
 Walter C. 11y
 Orlando D. 12y
 James M. 14y
 Haywood E. 28y
 Bob C. 28y

Positively Living

A.J. 6m
 Larry A. 9m
 Lisa G. 9m

Southtowns

Bob T 3m
 Nelson G. 12y

Thruway

John B. 8y
 Jim Mc. 14y
 Donna F. 21y

Sun. Morning Br.

Pamela H. 3m
 Carl G. 6m
 Colleen H. 1y
 Jim McN. 14y
 Cookie L. 19y

Victory

Annie H. 31y

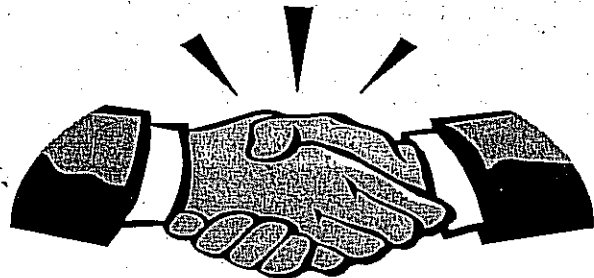
We Care

Bob M. 18y

Group Anniversaries

Spiritual Progress
 Sunrise court
 Helping Hand
 DeVeaux Disc.
 Kenmore
 Chevy #1
 Downtown Men's
 Lovejoy
 Beginner's Table
 Beginnings Women's
 Let Go and Let God
 Mercy
 No. Java Mon.
 No. Java Sun.
 We Choose Life
 Golden Slipper
 Victory
 Guiding Light
 High Noon
 Starting Over (pm)
 No. Java Morning After
 Matt Talbot
 Any Age
 Springville Tues Night
 Spirit of Hope

KEEP COMIN'



Welcome!

AA. of the Niagara Frontier
 845 Ellicott Square Building
 295 Main Street
 Buffalo, NY 14203-2412

Non Profit
 Organization
 U.S. Postage
 PAID
 Buffalo, NY
 Permit No. 53

Interested in receiving the NEW FRONTIERS?

Mail to the

Central Office:

NAME: _____

845 Ellicott Square Building

ADDRESS: _____

295 Main Street

Buffalo, New York 14203-2412

Enclosed is a check or money order made payable to
 the "New Frontiers" for \$ _____ for _____ copies.

Central Office earmarked

Annual Subscription:

1 Copy	\$10	20 Copies	\$57
2 Copies	\$13	30 Copies	\$75
5 Copies	\$24	40 Copies	\$95
10 Copies	\$33	50 Copies	\$120
15 Copies	\$43	60 Copies	\$135



TIME TO CHANGE?

Renewal

New Subscription

Address Change*

Remove Name