

# NEW FRONTIERS

January 2005

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.

from the May 1993 Grapevine, another point of view is as follows:

## Flight Pattern

Next fall when you see geese heading south for the winter, flying along in a V formation, you might like to consider what science has discovered about why geese fly this way.

It has been learned that as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a V formation, the whole flock adds at least seventy-one percent greater flying range than if each bird flew on its own.

People who share a common direction and sense of community can get where they are going quicker and easier, because they are traveling on the uplift of one another.

When a goose falls out of formation, it immediately feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.

When the lead goose gets tired, it rotates back in the formation and another goose flies point.

It pays to take turns doing hard jobs.

Geese honk from behind to encourage those up front to keep up their speed.

We too say something when we "honk from behind."

Finally (now I want you to get this), when a goose gets sick or is wounded by gunshots and falls out, two geese fall out of formation and follow it down to help and protect it. They stay with the ailing goose until it is either able to fly or until it dies; then they launch out on their own or with another formation to catch up with the group.

If we have the simple sense of a goose, we will stand by each other like that.

Anonymous Surrey, British Columbia

The moral might be: "Don't cook your goose this holiday season; ask him to be your sponsor."

## Today I Pray

That I may receive strength in the knowledge that God never gives us more than we can bear, that I can always, somehow, endure present pain, whereas the trials of a life time, condensed into one disastrous moment, would surely overcome me. Thanks be to God for giving us only what we can those tribulations which are in proportion to our strength, never destroying us in our frailty. May I remember that fortitude grows out of suffering.

Anonymous

## Gratitude... more than just "Thank-you"

"Gratitude", for me, is an action word. In its simplest form, it might be saying "thank-you" or "I appreciate you", etc. A real measure of gratitude is evident when your life has been restored, as mine was.

I can now distinguish, in large measure, the truth from the false. If I cannot, I have the Fellowship, sponsor and recovery literature to help. Most of all, I have God to pray to and ask for guidance. Gratitude is knowing I can't do this by myself, and I don't have to.

My character defects include confusing gratitude with taking for granted. I have not been thankful for arising in the morning or the ability to lay down the night before. I now know tomorrow is not a promise. Gratitude and thanks for each day is an obligation. Thanking God for the day at night and that His will be done in the morning, is my daily routine.

Sharing the principles of the 12-steps is gratitude, as is fellowship with other group members. Making coffee, sweeping up cigarette butts and more are all actions of gratitude. True acts of gratitude are done without expectation of anything in return, and done anonymously, if possible. Buying a 'Big Book' for the newcomer, sponsoring others and taking them through the steps, and trying to practice the principles in all my affairs are more ways to show my gratitude. Each time I work the steps it makes my personal commitment that much stronger and for that I am grateful.

Kenneth E. ~ Nashville, TN

## The Light

One day I wandered into the woods with a bottle in my hands. My journey went deep into the woods. Days turned into weeks, months and even years. Then one day I noticed a light. As I drew closer to the light, it became brighter. Finally, I recognized the light as being that of my Spirit, which I had left at the edge of the woods years ago.

Ed B. ~ White House Group ~ Nashville TN

## Love & Service

(reprinted from the Ottawa Area Intergroup newsletter *Our Primary Purpose*)

I continue to meet people who remind me that nothing will so much insure immunity from drinking as intensive work with other alcoholics.

Very early in sobriety, I was told two things: 1) I may be the only copy of the Big Book someone ever sees; and 2) service will keep me from the demons racing in my head, and my mind can be a very dangerous place, if I forget to walk the AA walk.

Bill W. had strong views about the importance of service: "*Faith without works is dead*. How appallingly true for this alcoholic! For if an alcoholic fails to perfect and enlarge his spiritual life through work and self-sacrifice for others, he cannot survive the certain trials and low spots ahead. If he does not work, he will surely drink again and if he drinks, he will surely die. *Then faith will be dead indeed.*" Big Book, pp. 14-15. Our co founder, Dr. Bob, had this to say at a conference shortly before his death in 1950: "*Our Twelve Steps, when simmered down to the last, resolve themselves into the words, Love and Service.*"

Today I understand what Love is and I understand what Service is. So, let's bear those two things in mind. Let us also remember to guard that erring member, the tongue and, if we must use it, let us use it with kindness and consideration and tolerance. And one more thing: I would not be here today if somebody hadn't taken the time to explain things to me, to give me a pat on the back, to take me to a meeting or two, to have done numerous little kindnesses and thoughtful acts.

For this alcoholic, love means giving those active in Service the benefit of the doubt when their motivation is questioned. I only have the wisdom to know the secrets of my own heart and I'm still struggling with progress, not perfection. It also means the freedom and joy of living.

Ben D. Ayler Sunday Morning - Gtineau Quebec

## Simple from: "A Flower of the South"

"The words of Dr. Bob and Bill are with me all the time. Dr. Bob said, 'Love and service keep us dry,' and Bill said, 'Always we must remember that our first duty is face-to-face help for the alcoholic who still suffers.' Dr. Bob tells about keeping it simple and not to louse it up. It's the last thing I ever heard him say, and I think there are some of us who, at times, try to read extra messages and complexities into the Steps. To me, A.A. is within reach of every alcoholic...."

c. 2003, *Experience, Strength and Hope - Stories from the First Three Editions of Alcoholics Anonymous*, page 342

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

### **Other Subject for discussion**

Grapevine Vol 10 Issue 11 April 1954

"WHAT does 'unmanageable' mean? I'm not certain that my life has become unmanageable. And I sure don't like that word 'alcoholic.' "

Jerry, the new prospect, was putting the old timers on the intellectual alert in the closed meeting devoted to Step One. It was not strange that he had questions about words. Non-alcoholics disagree about definitions. That is one reason for dictionaries.

What Jerry had to learn was that manageability is a relative matter like order and disorder.

An orderly house to one woman is sheer chaos to another. Jerry did not lose three homes, four wives and nineteen jobs because of alcohol. He just lived in a state of semi-jitters until five o'clock and in semi-hilarity from five until he poured himself into bed in a semi-stupor. He awoke the next morning with remorse, facing another day with fear and trembling. He never really wanted to get drunk. He just wanted to get "rosy" but too often he ended up getting what he called "tight."

Was this the kind of life he wanted? Of course not! Then why doesn't he change it? Because he can't. He knows he can't. He's tried a hundred times!

Manageable? Why quibble about words? How does Jerry like himself as he is now? Is his life in the kind of order that satisfies him? Does he want to do something about himself? Has not experience, time and again, demonstrated that he can't do it alone? Then why not go along for a while with those who have had some success and hope that the answers will reveal themselves in time?

The same delaying action can be directed to the word "alcoholic." No one likes unpleasant labels that have a close personal application. You can buy fire insurance on your house and collision insurance on your car, but when you try to buy death insurance on yourself you find they have changed the name to "life insurance." It sells better that way. Not being salesmen we have not sugared up our jargon. If Jerry wants to know what an alcoholic is he might look in the dictionary which speaks of one using alcohol "habitually to excess."

What is wrong with that definition? Does Jerry habitually use alcohol to excess? Only he can answer that question satisfactorily. Suppose he says "Yes" and suppose he still cannot see himself as an alcoholic? Then why doesn't he stop worrying about words for a while and do something about his non-alcoholic heavy drinking?

It may be a bit of a paradox to say that one has to take the first step before he can get the rest of the program but many alcoholics also have to get some AA before they can take Step One!

Jerry may take Step One after his fifth meeting. Then he will really begin to progress, for as many an old timer knows, "This is a battle in which victory begins with surrender."

## **Tradition 1 ~ Our common welfare should come first; personal recovery depends upon A.A. unity.**

Editorial: On the 1st Tradition *Grapevine* Volume 4 Issue 7 December 1947

*"Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward."*

Our whole A.A. program is securely founded on the principle of humility--that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are--"a small part of a great whole." Seeing our fellows thus, we shall enjoy group harmony. That is why A.A. Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in A.A. the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few A.A. groups impose penalties on anyone for non-conformity. We do suggest, but we don't discipline. Instead, compliance or non-compliance with any principle of A.A. is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "Judge not," we observe most literally.

"But," some will argue, "if A.A. has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we A.A.s cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must; we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no A.A., and that without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but "a small part of a great whole."

Bill W

## *Freedom From Fear Some are even afraid to get well*

Grapevine Volume 9 Issue 10 March 1953

ALCOHOLICS are dominated by fear. Our civilization, education and materialistic thinking tends, increasingly, to produce fear-ridden individuals. We constantly seek to remove the cause of our fears rather than conquer them. Many fears are normal and can be faced and understood. . . even used for growth. People without resources of spiritual power, with excess intellectual skepticism, with no strong religious conviction or firm philosophy of life, seem to distrust life itself. These people are powerless over their fears. The alcoholic who boasts of no fear of "God, man nor the devil" is, usually, afraid of man, the devil and God. His way of removing, temporarily, the cause of his fears, is to drown them in "hooch." Poor man! He is so full of fears, most of the time he doesn't know who or what it is he is afraid of, or why. His favorite fear seems to be of running out of his particular brand of alcoholic poison; and so, has to face his fear even of himself. Some have been known to hesitate to come to AA for fear of upsetting their alcoholism; without which, to them, life would be simply impossible. Pitiful, eh?

Fear breeds dishonesty, intolerance, selfishness and self-pity. It destroys humility and love. The alcoholic has all these personality defects, and yet, alcoholics are known and noted for their 'likableness.' "He is just a good-natured, harmless drunk," is often said of them. Is not this paradox a pathetic thing?

How is the alcoholic to get rid of his great burden of fear? The answer can only be discussed from personal experience. "Nothing can be helpful to others which has not been demonstrated for oneself." Also, "all originality is relative." Ideas come from where they come from. They become mine only when I make use of them. Quoting Emerson, "Thought is the property of him who can entertain it," and truly, "The Kingdom of Heaven must begin within oneself." AA presents a kit of spiritual tools to help us. The tools are of no good to one unless he makes use of them. It seems to me the Third step (*made a decision to turn our will and our lives over to the care of God as we understood him*) is the way and the Fourth (*made a searching and fearless moral inventory of ourselves*) the place to unload one's fears. The feeling of need for alcohol should and does disappear after taking these Steps.

Personally, fear brought me to the admittance stage of Step One (*we admitted we were powerless over alcohol and our lives have become unmanageable*). Great need and desire strengthened my belief and willingness to advance to and through Step Two (*as we came to believe that a power greater than ourselves could restore us to sanity*). Step Three has been the pay-off. That is when and where wonderful things began to happen with me, as with many others.

As I have used the tools, so has my answer been given. I know I am building, not only for the now and here, but forever afterwards and for God as I humbly understand him.

T. W. Opp, Alabama

## *Heard at a meeting:*

We are attracted to people who share in our growth and progress and lose interest in those who don't.

If you're not enjoying this program, maybe you're not working it right. (Pat H.)

If you find working the steps too hard, try living them instead...that's where the real joy in the program lies. (Pat H.)

Our defects of character are the bars of a cage. The central point is not to study the bars, but to get out of the cage.

I don't yet know the key to success, but the key to failure is trying to please everybody.

When nothing in my world seems to measure up, there is something wrong with the yardstick.

Acceptance is realizing that one of the things I cannot change is the truth of the Serenity Prayer.

## **Rule 62**

Every path has some puddles.

When I don't ask for help, & I handle it myself, it's nothing more than a Drunk talking to a Madman. (Tim C.)

The Truth will set you free, but first it will piss you off. (Cam M.)

Our Higher Power gives us many gifts in sobriety. We just have to remember to unwrap them. (Wendy B.)

I didn't make it all the way to the beach to drown in the sand.

On relapse: "I never did anything in moderation...except maybe the steps."

You cannot save your ass and your face at the same time. (Dennis K.)

Fear is a darkroom for developing negatives.

### IN MEMORIAM

#### Things We Can Not Change

Rita K. ~ 30+ yrs ~ Honesty & Mod Groups

Let us remember her and all our other members who have passed in our prayers.

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

Please submit your articles by the 12<sup>th</sup> for next months issue.

**Buffalo Central Office**  
**681 SENECA STREET**  
**BUILDING 1-H (LOWER)**  
**Buffalo, New York 14210**

or

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.)

# JANUARY ANNIVERSARIES



## Amherst/Snyder

Farra 9m  
 Janet T. 9m  
 Jessica K. 9m  
 Chris T. 9m  
 Chris T. 9m  
 David M. 9m  
 Steve K. 9m  
 Brandy 1y  
 David S. 1y  
 Willie C. 2y  
 Glen G. 3y  
 Jay M. 3y  
 Jay M. 4y  
 Barbara B. 5y  
 Gene H. 20y  
 Lou B. 22y  
 Alice B. 25y  
 Helen H. 30y  
Cold Springs  
 Brady P. 11y  
 Willie D. 11y  
 Al E. 25y  
Community Center  
 Henrietta W. 36y  
Courage  
 Lucy M. 3y  
 Andy S. 9y  
 Pat M. 16y  
 Leo K. 18y  
 Robin A. 19y  
 Joanne F. 19y  
 Agnes H. 22y  
Fireside  
 Mike M. 4y  
 Eileen D. 5y  
 Bret B. 6y  
Giving  
 John O. 3y  
 Bernadette S. 7y  
Holland  
 Joe G. 3m  
 Kevin O. 2y  
 Carolann U. 6y

## Kensington

Marilyn L. 25y  
Lakeshore  
 Scott T. 24y  
Living Sober  
 Kim V. 1y  
 Dean B. 2y  
 David D. 4y  
 Kevin N. 6y  
 Keith C. 7y  
 Walter W. 12y  
 Brian McC. 21y  
 Bob Y. 25y  
Lockport #1  
 Jack P. 2y  
 Dave J. 3y  
 Randy W. 5y  
 Gary S. 5y  
 Richard M. 7y  
 Derek H. 7y  
Main & High  
 Susan O. 6m  
 Joe D. 3y  
North Buffalo  
 Paul S. 3m  
 Jeffery 3m  
 Mark C. 6m  
 Preg R. 6m  
 Pam C. 6m  
 Lewis S. 1y  
 Dennis J. 1y  
 Dick H. 1y  
 Brian M. 2y  
 Jim W. 7y  
 Walter P. 9y  
 Dan G. 14y  
 Roger R. 16y  
 Michelle L. 18y  
 Frank C. 20y

## Rise & Shine

Charlana M. 3m  
 Renea P. 3m  
 Chris S. 3m  
 Mike V. 6m  
 Polly B. 6m  
 Sandra L. 9m  
 Kenneth T. 1y  
 Theresa B. 1y  
 Eddie T. 2y  
 Joann T. 3y  
 Gary C. 3y  
 Yvone P. 3y  
 Mary L. 4y  
 Douglas W. 4y  
 Sandra C. 5y  
Sun. Morning  
Breakfast  
 Norm K. 20y  
 Gayle H. 21y  
Thruway  
 Nancy H. 3m  
 Donna O. 3m  
 David D. 4y  
 Tom B. 7y  
 Kathy K. 18y  
 Micky G. 25y  
 Ellen M. 30y  
Women's  
Westside  
 Robin A. 6m  
 Pat C. 1y  
 Verbie P. 7y

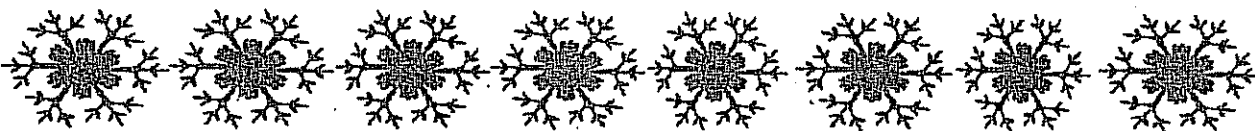
## GROUPS CELEBRATING

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  
 New West Side  
 Ellicott  
 Daily Reprieve  
 Varysburg

*Please remember to  
 have the anniversaries  
 submitted by  
 the 12th  
 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.



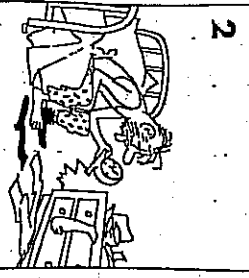
sunday      monday      tuesday      wednesday      thursday      friday      saturday

**Buffalo Central Office**  
**701 Seneca Street**  
**Buffalo, New York 14210**  
**(716) 853-0588**

**First the man takes a drink...  
 Then the drink takes a drink...  
 Then the drink takes the man...**

—Chinese proverb 2000 B.C.

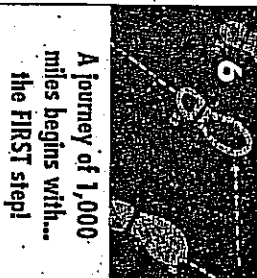
**1**  
**NEW YEAR'S DAY**  
 1943: Columbus Dispatch reports first anniversary of Central Ohio AA group.



**2**  
**3**  
 1941: Jack Alexander tells Bill W. that the Oxford Group will be in his *Saturday Evening Post* article on AA.

**4**  
 1941: Bill and Lois W. drive to Bedford Hills to see Stepping Stones and break in through an unlocked window.


**5**  
 1941: Bill W. tells Jack Alexander that Jack will be "The toast of AA— in Coca-Cola, of course."



**6**  
**7**  
 A journey of 1,000 miles begins with... the FIRST step!  
 \*Jan. 1984: "Pass It On," the story of Bill W. and how the AA message reached the world was published.




**9**  
 \*Jan. 1942: *Drunks are Square* Page 15 published.

**10**  
 "We're just a bunch of nameless drunks..."  


**11**  
 \*\*1940: San Quentin Prison AAs called newcomers "fish."

**12**  
 1943: The press reports about the first AA group in Pontiac, Michigan.


**13**  
 2003: Dr. Earle M. sober for 49 years, author of *Physician Heal Thyself*, died.

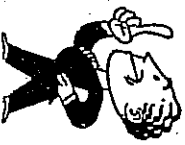
**14**  
  
 THINK!

**15**  
 1948: Polk Health Center Alcoholic Clinic for Negroes starts operation with 14 willing subjects. The Washington Negro Group of AA is cooperating with the clinic.

**16**  
 \*Jan. 1938: Jim B., a former atheist, gives AA "Gods" as understand him."

**17**  
 MARTIN J. BURR JR. JR. DIED  
 1971: Bill W. dies in Michigan.

**18**  
  
 After 90 days in jail you might want to try 90 meetings in 90 days.

**19**  


**20**  
 1954: Hank P., early-AA member who helped Bill W. start the NY office, dies in Pennington, NJ.

**21**  
 \*\*1965: "I attempted suicide four times... damn near killed myself." Jack S., early WV Ader.


**22**  
 \*\*1940's: Pat C. in California gets sober "sober" by reading the Big Book.

**23** 1961: Bill W. sends an appreciation letter which he considers long overdue, to Dr. Carl Jung for his contribution to AA.

**25**  
 1971: Bill and Lois W. marry in Michigan.

**26**  
 1971: *The New York Times* publishes Bill Wilson's obituary on page one.

**27**  
 \*Jan. 1940: 1st AA meeting not in a home meets at King School, Akron, Ohio.

**28**  


**29**  
 \*Jan. 1951: *The AA Grapevine* publishes a memorial issue on Dr. Bob.

\* OCCURRED SOME TIME DURING THE MONTH \*\* OCCURRED SOME TIME DURING THE YEAR

**BUFFALO CENTRAL OFFICE**  
**ALCOHOLICS ANONYMOUS**  
(716) 853-0388  
9:00 AM- 4:30 PM  
Schedule on line at [ny-aa.org](http://ny-aa.org)

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## **JANUARY 2005**

### **MEETING CHANGES:**

**Big Book Spiritual Studies** group in Albion, Monday's has changed starting time to 7:30 PM. 1<sup>st</sup> Presbyterian Church, 20 East Street.

**Page 69,** Sunday's at 7:30 PM, Cleveland Heights Church, 4774 Union Rd., Cheektowaga. **NO LONGER MEETS.**

**RENEWAL GROUP** is now a NON SMOKING MEETING at the directions of the landlord.

**NEW MEETING, LIVING CLEAN,** Sisters Hospital, Merillac Room, 1<sup>st</sup> Floor, 2157 Main St., Buffalo. Closed Meeting, 7 PM.

**EVERYBODY'S GROUP,** Wednesday's at L.K. Painter Center, Rt. 39 in Collins still meets.

**CAYUGA WAKE UP CALL,** Open Discussion, Tuesday & Thursday, 7:30 AM, Calvary Episcopal Church, 20 Milton Street, Williamsville.

**SUNDAY GRAPEVINE,** 1st United Methodist Church, Rt. 20 in Sheridan. 8:00 PM, Closed meeting, open speaker the 3<sup>rd</sup> Sunday. **NEEDS SUPPORT.**

**DOWNTOWN MEN'S GROUP,** Thursday's at 7:30 PM, Holy Trinity Church, 1080 Main Street **NEEDS SUPPORT.**

**SOBER SATURDAY** has changed to a **CLOSED** meeting Open the last week of the month. 8 PM. St. John's Church, 2315 Seneca St. & Cazenovia, South Buffalo.

**NEW MEETINGS AT CENTRAL OFFICE:** 681 Seneca Street, Buffalo

- **WE DON'T KNOW;** Tuesday's & Thursday's at 12:15 PM. **NEEDS SUPPORT**
- **THURSDAY EVENING BIG BOOK,** will start at 7:00 PM until 9:00 PM break in middle.

**IS ANYONE INTERESTED IN RUNNING AN AFTER WORK MEETING (5:15??) AT THE CENTRAL OFFICE? IF INTERESTED GIVE TERRY A CALL!!!**

## **Service Opportunities:**

~ Jan. 2, Central Committee Meeting, 7 pm, Buffalo Central Office, 681 Seneca Street (lower), (Hosted by Lakeshore).

~ Jan. 2, Corrections Committee Meeting, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).

~ Jan. 17, Treatment Facilities Committee, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.

~ Jan. 19, New Frontiers Committee, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.

~ Jan. 22, Archives Committee Meeting, 9 am, Buffalo Central Office, 681 Seneca Street (lower).

## **COMING EVENTS:**

~ Feb. 1, Any Age Blizzard Ball, St. Andrew's RC Church (corner of Sheridan & Elmwood, parking lot off Elmwood at Lowell Rd.) 1525 Sheridan Dr., Kenmore. Doors open at 7 pm, Music and dancing from 8 pm- 1 am. Tickets \$10.00 in advance/\$8.00 at the door. Pizza-Coffee-Tea- Pop- 50/50. No Children under 12.

**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."

**1<sup>st</sup> 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  
December 5, 2004

John, Committee Chair opened the meeting at 7:02 PM, with a moment of silence, the Serenity Prayer and the Preamble. Bob D., Eye Opener Group, read The Purpose of the Central Committee. Andrew, 3 Legacies Group read the Traditions. Motion to dispense with reading of last months' minutes, motion by Lee, Early Bird Group, seconded by Reggie, Fresh Start Group. One new representative: 36 Groups were represented: **District #1** Complanters, Downtown Men's, Main and High, Sunday Niter's **District # 2** Age Doesn't Matter, Early Bird, Living Sober, North Buffalo, Three Legacies. **District #3** Abbott Men's Disc., Gardenville, Iron Horse, Ridge, Southtown, Southgate, Sunday Morning Breakfast, Valley, Victory. **District #4** Action, Patchin, Rural is Plural, Springville Tues. Night. **District #5** Big Book Lockport, Lockport #1., Niagara Frontier Men's **District # 6** Amsdell Lakeshore, Go To Any Lengths, Lakeshore, Serenity on the Lake.

**District # 7** Community Center, Fresh Start, Hope Big Book Study, Lovejoy, Spirit of Hope.

**District #8** Amherst Snyder, Eye Opener, Williamsville.

**COMMITTEE REPORTS:**

**ENVELOPE SYSTEM:** Karen reports in Month of Nov. \$407.00 was collected. YTD \$5252.00

**STEERING COMMITTEE :** Executive Secretary report: CD rolls over Friday. \$39.22 interest brings total to \$8039.22. New literature price list should accommodate, NY adding shipping charges, NY may further increase prices, minimum order of \$3.95. Must literature up \$.50, pamphlets up \$.05. Group contributions were better this month. Syracuse intergroup asked for \$100-200 to help cover State Fair. We won't act on this due to not having a prudent reserve.

Extensive discussion about non donating groups. District 5 rep went to his groups and it turned out a lot of groups had members that didn't know where to send donations. "Fireside" Saturday and Sunday were locked out of ECC. Terry will contact ECC Administration to resolve issue.

ECC apparently thought the group no longer meets. New Group guidelines proposed to qualify, new groups to be listed w/ Central Office. Will be mailed to groups to be added to procedures for Central Office. To be voted on next month. "90 Day" requirement change down from 6 months allows group to make next schedule printing. To be presented tonight.

**FINANCIAL REPORT:**

<i>Income</i>	October	October	Variance	%	YTD	YTD	Variance	%
	2003	2004		Change	2003	2004		Change
	Avg.	Actual			Avg.	Actual		
	\$7,461.00	\$6,363.27	(\$1,097.73)	-14.71%	\$74,610.00	\$76,346.91	\$1,736.91	2.33%

<i>Expense</i>	October	October	Variance	%	YTD	YTD	Variance	%
	2003	2004		Change	2003	2004		Change
	Avg.	Actual			Avg.	Actual		
	\$7,989.00	\$7,536.21	(\$452.79)	-5.67%	\$79,900.00	\$79,215.38	(\$684.62)	-0.86%

Thank you for allowing me to serve.

Respectfully, Patti S., Going To any Lengths Group

**TREATMENT:** Tom states that the 3<sup>rd</sup> week and the 2<sup>nd</sup> Tuesday at the V.A.M.C. needs coverage. The 5<sup>th</sup> Thursday at the Military Salvation Army needs coverage-all others are currently covered) The Lakeshore Lighthouse will resume it's 20m meeting on the first Tuesday in January 2005. New Business: A new TFC chair will begin a One Year Term of service, in January of 2005. GSA report" BTG calls have dropped to 3-5 per month due to the rise of drug abuse patients. One a personal note, I would like to thank this body and the GSA for allowing me to serve you and other alcoholics Thank you, Yours in the fellowship of the Spirit, Tom. Treatment

Facility Committee meets the 3<sup>rd</sup> Tuesday of the month at St. Paul's United Church, (Iron Horse Group) at 7:00pm.

**CORRECTIONS:** Andrew reports Wende Friday, November 26<sup>th</sup> at 6:30pm was an awesome meeting with lots of sobriety. Saturday 1:30pm small meeting. Collins needs volunteers.

**SCREENERS:** No report.

**CENTRAL OFFICE: AA INFO: 244, 12-STEP: 2, ALANON: 6, VISITORS: 28, VOLUNTEERS: 7**  
The schedules are at the printers, should have them in around the 1<sup>st</sup> of 2005. Donations were up this month, but we are still in tight spot with both schedules (\$2000.00) and accountants (\$1000.00) coming due in January. In January the new Literature prices will be in affect. This new price list will be sent with the mailings. Our CD rolls over this week, we have made \$39.22 in interest. The only donation received for gratitude month was my own.

**PIC:** No report.

**NEW FRONTIER:** No report.

**2004 CONVENTION:** Jim, Spirit of Hope reports there will be a 12/15 7:00 rap up meeting at Central Office.

**AD-HOC COMMITTEE:**

**COURTESY REPORTS:**

**ARCHIVES:** Archive Chair, Frank M. reports that our last displays were Buffalo Fall Convention and Amherst Snyder Group Anniversaries. Our next display will be at the Cold Springs Group Anniversary Monday, December 13, 2004. Because the 4<sup>th</sup> Saturday in December falls on Christmas Day our Archive Committee meeting will be held on Dec. 18<sup>th</sup> at 9:00am in Central Office and anyone in AA is welcome to attend.

**GSA:** No report

**RECAP:**

**OLD BUSINESS:** Kim states that we need to nominate Treatment, Screeners, District #6 representative and vote on the nominations for Co-Chair Central Office. Frank M., Patchin Group and Jim G., Age Doesn't Matter Group gave a brief description of their service work for AA. John H. Sunday Morning Breakfast motions that the votes are completed with Roll Call of Reps. attending meeting. Reps. voted in Frank M. Treatment: Lee nominates Tom for another term and he accepts. Screeners: Lee nominates Jim G. Age Doesn't Matter Group and he accepts. District #6 Representative is now Willie, Serenity on the Lake.

**NEW BUSINESS:** John H. states thank you for being the Dist #3 rep and the Steering Committee Chair. Frank M. states thank you for being the Dist# 4 Steering Committee Rep. Terry will have the guidelines for the schedules and this body will have to approve or disapprove them next month. She will be going on vacation Jan 10-15<sup>th</sup> for her 1<sup>st</sup> week of vacation. Kim, recording secretary thanks the body for her term and mentions for the last time in term that the groups coffeemakers are for January Lakeshore and February Sunday Morning Breakfast. Thank you for the 7<sup>th</sup> Tradition. Motion to adjourn, Lee, Early Bird Group. Seconded Bill O, Valley Group. And for the last time in term, Thank you for giving me this wonderful opportunity to serve AA, Kim E.



GROUP CONTRIBUTIONS

2004

GROUP	CENTRAL	CORRECTIONS	TREATMENT
Harmony	50.00	50.00	0.00
Helping Hand	25.00	180.00	0.00
High Noon	70.00	770.00	0.00
High View		120.00	0.00
Higher Power	0.00	0.00	0.00
Hobby	300.00	0.00	0.00
Holiday Wings	1225.00	0.00	0.00
Holland	129.00	0.00	0.00
Honest Solutions	0.00	0.00	0.00
Honesty	180.00	0.00	0.00
Hope Big Book Study	20.00	0.00	0.00
How It Works	0.00	0.00	0.00
How It Works/Men's	500.00	500.00	0.00
Innet City	0.00	0.00	0.00
Innovation	0.00	0.00	0.00
In The Solution	0.00	0.00	0.00
Indicated on Life	40.00	29.00	0.00
Ironhorse	25.00	307.10	10.00
IT	25.00	0.00	0.00
Jamestown Circus	0.00	0.00	0.00
Johnson Creek Big Book	80.00	0.00	0.00
Journey	118.58	0.00	0.00
Just Do It	0.00	0.00	0.00
Just For Today/Abn.	5.00	0.00	0.00
Just For Today/Chk	0.00	0.00	0.00
Keep It Simple Sister	105.00	10.00	10.00
Keep On Coming	0.00	0.00	0.00
Karamos	0.00	0.00	0.00
Karrington	0.00	0.00	0.00
Lake Shore	726.00	76.00	75.00
Lakewood	230.00	0.00	0.00
Last Days Fellowship	19.00	0.00	0.00
Lawyers	146.00	0.00	0.00
Lawyer	0.00	0.00	0.00
Let Go and Let God	0.00	0.00	0.00
Liberty Women	40.00	0.00	0.00
Life Today	0.00	0.00	0.00
Lighten UP	1200.00	0.00	0.00
Live and Let Live	0.00	0.00	0.00
Living In The Solution	7.00	0.00	0.00
Living Sober	30.00	116.00	0.00
Lock City	0.00	0.00	0.00
Lockport #1	610.00	55.00	55.00
Lockport (no name)	0.00	0.00	0.00
Lockport Discussion	29.00	0.00	0.00
Lockport Ladies	0.00	0.00	0.00
Lockport	100.00	750.00	0.00
Lock To This Day	0.00	0.00	0.00
Lone	50.00	0.00	0.00
Lovely	60.00	0.00	0.00
Lower River	0.00	0.00	0.00
Main and High	46.00	0.00	29.50
Main Street	0.00	0.00	0.00
Maine Meditations	23.88	0.00	0.00
Mainline	80.00	0.00	0.00
Mail Tabot	200.00	0.00	0.00
McKinley Winery	75.00	0.00	0.00
Madras Bay Beach	25.00	0.00	0.00
Madras New Life	30.00	120.00	40.00
Mary	100.00	0.00	0.00
Mary	143.65	0.00	0.00
Midnight	0.00	0.00	0.00
Midnight Discussion	0.00	0.00	0.00
Miracle	0.00	0.00	0.00
Miracle	300.00	0.00	0.00
Miracle	0.00	0.00	0.00
New Frontier	0.00	0.00	0.00
New Beginnings, Present	25.00	0.00	0.00
New Life	0.00	0.00	0.00
New Life	0.00	0.00	0.00
New Outlook	0.00	0.00	0.00
Newspaper Intergroup	0.00	0.00	0.00
New Wine	0.00	0.00	0.00
New Wine	160.00	0.00	0.00
Niagara Frontier Men's Disc.	200.00	1450.00	50.00
North Buffalo	0.00	200.00	50.00
North Java Monday	25.00	0.00	0.00
North Java Sunday	0.00	0.00	0.00
One Day At A Time	75.00	0.00	0.00
Open Arms	0.00	0.00	0.00
Open Mind	68.50	473.00	0.00
Orchard Park Step	0.00	0.00	0.00
Pass It On	200.00	0.00	0.00
Patchin	0.00	0.00	0.00
Pathway to Peace	0.00	0.00	0.00
Pendleton Chapter Five	0.00	0.00	0.00
Phonics	0.00	0.00	0.00
Positively Living/Ret.	500.00	1550.00	0.00
Powerless	200.00	0.00	0.00
Pride	10.00	20.00	0.00
Primary Purpose	0.00	0.00	0.00
Principles of Personality	0.00	0.00	0.00
Progress	0.00	0.00	0.00
Purpose/Promises	300.00	400.00	0.00
Questions & Answers	25.00	0.00	0.00
Rainbow	60.00	25.00	85.00
Ray of Hope	75.00	421.55	0.00
Race, Women in the BB.	0.00	0.00	0.00
Recovery Near the Garden	60.00	0.00	0.00
Reckless	0.00	0.00	0.00
Remember When	25.00	0.00	0.00
Renewal	0.00	0.00	0.00
Ride Sober	50.00	0.00	0.00
Ridge	200.00	860.00	50.00
Rise and Shine	0.00	0.00	0.00
Rochester	100.00	0.00	0.00
Roland	0.00	0.00	0.00
Rural in the Plural	0.00	0.00	0.00
Sally	0.00	0.00	0.00
Saratoga	0.00	0.00	0.00
Sal. Light in Recovery	0.00	0.00	0.00
Sal. Life Sober	0.00	0.00	0.00
Sal. Midnights	0.00	0.00	0.00

GROUP	CENTRAL	CORRECTIONS	TREATMENT
Searching For Serenity	100.00	300.00	0.00
Second Chance	0.00	0.00	0.00
Serene	170.00	0.00	0.00
Serene Circle	27.00	0.00	0.00
Serene In the Park	0.00	0.00	0.00
Serene on the Lake	0.00	0.00	0.00
Serene Shack	10.00	0.00	0.00
Serene Trails	0.00	0.00	0.00
Settable	0.00	0.00	0.00
Shelton	260.00	0.00	0.00
Shelton Friendship	0.00	0.00	0.00
Shelton and Prud	0.00	0.00	0.00
Shelton Saturday	387.00	50.00	50.00
Shelton Trail	0.00	0.00	0.00
Shelton Winery	0.00	0.00	0.00
Sibley Comes First	0.00	0.00	0.00
Sibley For Women	0.00	0.00	0.00
Sibley Men's Disc.	317.00	81.00	25.00
Sibley On The Canal	10.00	60.00	0.00
Sibley on a Hot Night	0.00	0.00	0.00
Sibley on the Lake	0.00	0.00	0.00
Silverado	0.00	0.00	0.00
South Buffalo	0.00	0.00	0.00
South Town	25.00	25.00	25.00
Southgate	100.00	0.00	0.00
Southtown Women's	0.00	0.00	0.00
Southwest	51.00	101.00	0.00
Sight of Hope	100.00	300.00	0.00
Spiritual Progress	0.00	170.00	0.00
Springville Sat. Afternoon	60.00	0.00	0.00
Springville Thru. Night	60.00	0.00	0.00
Springville Wed. Noon	0.00	-0.00	0.00
Springville New Life	0.00	0.00	0.00
St. Barnabas	180.00	0.00	0.00
St. Mark's	447.65	0.00	0.00
Staring Over	29.00	0.00	0.00
Staring Over	0.00	0.00	0.00
Step Work	0.00	0.00	0.00
Stepping Stones/Chk.	0.00	0.00	0.00
Stepping Stones/Wk.	50.00	75.00	0.00
Suburban	0.00	50.00	0.00
Sunday Afternoon Assembly	0.00	0.00	0.00
Sunday Morning Breakfast	200.00	1000.00	50.00
Sunday Night	75.00	0.00	25.00
Sunday Night	0.00	0.00	0.00
Sunday Third Group	100.00	250.00	10.00
Sunrise Court	0.00	0.00	0.00
SUNNY Afternoon Carous	100.00	475.00	50.00
Survivor and Hope	0.00	0.00	0.00
Survivors	0.00	0.00	0.00
TJIF	0.00	0.00	0.00
Thankful	50.00	195.00	0.00
The Book Meeting	0.00	0.00	0.00
Therapeutic	0.00	161.13	86.13
Therapeutic	0.00	65.00	0.00
Therapeutic	5.00	0.00	0.00
Thursday	75.00	825.00	20.00
Thursday	0.00	0.00	0.00
Thursday	0.00	0.00	0.00
Thursday PM Discussion	600.00	0.00	0.00
Today	0.00	0.00	0.00
Today's Women	90.00	0.00	0.00
Tol County	310.00	0.00	0.00
Tri-Step Bagpipers	335.00	375.00	25.00
Tri-Step	75.00	375.00	0.00
Tri-Step	200.00	0.00	0.00
Tuesday Men's AM	60.00	0.00	0.00
Tuesday Women	60.00	0.00	0.00
Tuesday	60.00	0.00	0.00
Tuesday	200.00	400.00	0.00
Twin Cities	200.00	0.00	0.00
Unity	110.00	1066.95	0.00
University Men's Disc.	0.00	0.00	0.00
Valley	0.00	0.00	0.00
Valley of Spiritual Expec.	15.00	0.00	0.00
Varysburg	5.00	0.00	0.00
Victory	580.00	0.00	0.00
Wake Up Call	0.00	0.00	0.00
We Are Not Back	0.00	0.00	0.00
We Care	270.00	10.00	28.00
We Choose Life	0.00	0.00	0.00
We're	90.00	0.00	0.00
Wellness	0.00	0.00	0.00
Westfield	0.00	0.00	0.00
Westminster	0.00	0.00	0.00
Why	0.00	0.00	0.00
Williamsville	500.00	1500.00	0.00
Wings To Grow	325.00	64.00	25.00
Wilson Circus	125.00	0.00	0.00
Wilson Smith Akard	100.00	0.00	0.00
Worship West Side	0.00	0.00	0.00
Working	260.00	0.00	0.00
You'll Never Walk Alone	0.00	0.00	0.00
Young at Heart	0.00	0.00	0.00
Youngstown	0.00	0.00	0.00
Yuletide	44.00	0.00	0.00
Zion	0.00	0.00	0.00
Frank B.	130.00	0.00	0.00
Amesbury	150.00	0.00	0.00
Charles C.	60.00	0.00	0.00
Jameson	80.00	0.00	0.00
Bandra L.	100.00	0.00	0.00
John H.	50.00	0.00	0.00
Kathleen	5.00	0.00	0.00
Bruce C.	5.00	0.00	0.00
Peter D.	8.85	0.00	0.00
Mike J.	50.00	0.00	0.00
Paul H.	280.00	0.00	0.00
Paul S.	25.00	0.00	0.00
AA St. Peter's	100.00	0.00	0.00
Ed O'D	72.50	0.00	0.00
Kevin P.	20.00	0.00	0.00
Dale M.	8.20	0.00	0.00
James N.	6.00	0.00	0.00
IRS	17.01	0.00	0.00
TOTALS	6383.84	43178.28	2360.63

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