

NEW FRONTIERS

March 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.

Cling to AA

AROUND THE TABLES, there is an abundance of proof of our saying "If you make a call to AA, you belong." I am a newcomer in more ways than one, but it is absolutely amazing how often now I have more 24 hours than most others at our meetings. How can this be? In a nutshell--the grace of God, and that alone.

At my home group, there are twenty-six, and only four have more time in AA than I. One of the twenty-six is back, back from the hospitals and the rooms that lock on the outside. And he was one who greeted me when I first came to AA. *But for the grace of God.* Another of the twenty-six is back, too. She once asked me, "What happened to you?" And she came to meetings for a while and then went away about fourteen months ago. Now she wants sobriety no matter what.

On and on it goes around the tables. Some stay, some don't. Why? The grace of God. I reread the 91st Psalm, and the last section came home forcibly: "Because he clings to Me, I will deliver him."

Cling--that is what I have been doing, clinging to my Higher Power. By the grace of God, I have followed your example. One day at a time, I have clung. And I am delivered each day. Don't take the first drink, and *cling*. Hang on, baby. It gets better.

In the Twelve and Twelve, Bill W. says, "Our answer is in still more spiritual development. Only by this means can we improve our chances for really happy and useful living." The AAs who demonstrate "really happy and useful living" have *clung*. "If you want what we have," cling. "Rarely have we seen a person fail who has thoroughly followed our path"--who has clung. "Let go," and cling--not really a paradox. It is difficult to say "How It Works," but cling, and it does work.

As I listen, the description of the horror chamber repeats, the anxiety repeats, the questions repeat, "Oh God, help me. I want what these people have. But how?" On and on it goes, the incomprehension of what it is that the happy AAs have. You and you alone *must* want sobriety. That you *need* it is beyond question if you have by any means or method contacted AA or have caused someone else to contact AA for you. I needed it for years before I wanted it. Now I still need AA, more than ever, but I also want it and I *cling* to it.

Chapter 5 says it--*if you want*, then there are certain steps to be taken. Simply put: Don't take the first drink, and *cling*. If that is done, the result will be a spiritual awakening, which leads to development, which brings a happy and useful life. It is so damn simple that it escapes most of us for too long. But it is said and demonstrated in AA that life will and must get better if you don't take the first drink, and then cling. How to cling? Grab some happy AAs and follow them till you find that a whole bunch of crazy, mixed-up drunks are holding on to *you*. Then you'll know how to cling.

Step Three ~ Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

Step 3 - As outlined in a flyer from Dr. Bob's house.

(This is the written outline - more specific 'action' instructions are provided when visiting in person.)

(REVIEW)

*** (Step One) - Yes or No:**

Have you learned and have you fully conceded to your innermost self that you are an alcoholic?

*** (Step Two) - Yes or No:**

Do you believe, or are you even willing to believe, that there is a power greater than you?

*** (Step Three) - Yes or No:**

(a) Are you convinced about steps one and two?

(b) Are you convinced that any life run on self-will can hardly be a success?

(c) Are you convinced that your troubles are basically of your own making, and that they arise out of you and that you are an extreme example of self will run riot?

(d) Are you convinced that you must be rid of this selfishness?

(e) Are you convinced that your selfishness is killing you?

(f) Are you convinced that there is often no way of entirely getting rid of self without a higher-power's aid?

(g) Are you convinced that you have to have a higher power's help?

(h) Are you convinced that you have to quit playing the role of a higher power - that it never worked?

(i) Are you convinced that a higher power is going to be your director, principle, father and employer?

(j) Are you convinced that you have thought well about taking this step?

(k) Are you convinced that you can at last abandon yourself utterly to a higher power?

Are You Ready To Take Step Three ?

God I offer myself to Thee - to build with me and do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!

Tradition Three ~ The only requirement for AA membership is a desire to stop drinking.

A Not Misunderstandable Way

The day I arrived hopeless in the AA world with the absolute desire to stop drinking, I met some people who became my friends. ~~I was told in a not-misunderstandable way~~ how all of them struggled with the same disease--alcoholism--and that with the strong desire to stop drinking on one side and regular meeting participation on the other side I could have the guarantee for a new life.

I listened carefully, made up my mind and the unbelievable became the true reality: I started my second life on this planet. I became sober.

AA saved my life. The only thing I can do to thank the Fellowship is to help in scattering the message.

Pierre F. Kalmthout ~ *Grapevine* Volume 47 Issue 9 February 1991

Words of Wisdom

Charlie W. hadn't achieved forty-six years of sobriety without developing a strong sense of the Steps and Traditions, and the intuitive thought described in our Promises.

Jack, the newspaper editor in Charlie's small hometown in Oklahoma, had proved himself an enthusiastic--if uninformed--friend and admirer of AA. He kept pressing Charlie to share his years of accumulated wisdom with readers through an interview--anonymously, of course.

Charlie continued to refuse the interview, contending he couldn't speak for AA, or even for his Laid Back Group. But the editor continued to plead until, one day, Charlie relented.

"Here," Charlie said, "is the wisdom I've gathered from forty-six years of active and sober participation in the program of Alcoholics Anonymous."

And he leaned forward with great confidentiality.

"Alcoholics Anonymous, Jack, is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. . . ."

Jack's pen scribbled furiously on his notepad.

"The only requirement for membership is a desire to stop drinking."

The pen flew.

"There are no dues or fees for AA membership, Jack; we are self-supporting through our own contributions."

Jack's jaw was going slack with the wisdom of this man.

"You see, Jack, Alcoholics Anonymous is not allied with any sect, denomination, politics, organization, or institution. It does not wish to engage in any controversy, neither endorses nor opposes any causes.

"Our primary purpose, Jack, is to stay sober and help other alcoholics to achieve sobriety."

Wow! Away ran Jack with his interview, and, meticulously guarding the anonymity of the old-timer, he ran the interview in full.

AA members read the story in belly-laughing admiration of the adroitness of the old-timer. The general public got a straight-from-the-book definition of what AA is and is not.

And Charlie W. sat back with a quiet prayer of gratitude that his group recited the AA Preamble from memory at the beginning of every meeting.

Ralph M. Heavener, Oklahoma ~ *Grapevine* Volume 54 Issue 12 May 1998

Surrender

My ego hates to surrender. No not hate, despises the very notion. To surrender is to admit defeat. I do not believe my ego even knows what surrender means.

Let me give you an example of this difficulty my ego has. Almost four years ago I was having trouble with drugs and alcohol. That is to say my life came crashing down around me, and I was (am) addicted to drugs and alcohol. So I tell myself "No big deal, I will get out of this. I will learn everything there is to learn about addiction. I will turn to God. I will do everything other addicts have done to beat this."

Now this seemed perfectly reasonable to me. I mean hadn't my ego gotten me out of every tight spot I had ever been in? It got me through twelve years in prison. It got me through two divorces. My ego taught me how to fight, how to deal with anger, even how to deal with stress and pain. All this it has done with research and willpower. The only problem that I didn't know at the time was that my ego was the cause of all those problems. That is why it failed me this time, that and a far greater reason which will become self evident as my story unfolds.

The logical place to learn about addiction for me was the largest fellowship in the World of Addicts – or as they prefer to be called – Alcoholics Anonymous. Here is where I immediately ran into a wall that took me three and a half years to recognize. Step One – we admitted we were powerless over alcohol, and that our lives had become unmanageable. My ego loved this at first sight. For one it said *we were*, not *we are*. Which meant it could get the power. This also meant I have an excuse to relapse; after all I am powerless.

Most importantly it gave my ego an outside enemy to focus on – alcohol. As long as the problem was outside myself I would not have to look too hard at my ego itself. This was beautiful for an ego that was (is) desperate to keep the power it has always had.

Talk about too smart for the program, all that just from Step One.

Now my ego is very cunning, it proceeded through the rest of the steps, even staying clean for as long as six months at a time, getting frustrated, miserable, and more insane with each failure. But of course it must fail with a Step One foundation like it was standing on.

More importantly my ego doesn't want to stop.

Most importantly my ego, not alcohol, is the problem.

My ego wasn't going insane because it couldn't stop drinking. My ego was going insane because it was trying to do the impossible. It was trying to replace God!

I used to think that drugs and alcohol were the Higher Power that I must put before the spirit of God, before that it was lust for women, and before that money, material gains, anger, and lust for violence. As I set one down another always took its place. However, none were really my Higher Power, they were merely sacrifices to my false God – my ego.

In my awareness of this and especially through humility, I set the spirit of God free in my heart. Through God's grace I am free of my worst addiction – my ego – just for today.

So now I feel ready to deal with this insane disease – on to Step Two.

Daniel – South Buffalo Group

First Day

In the kitchen, at the back of the church basement, I was clutching my Styrofoam coffee cup, seeking warmth. "Drip, drip, drip," went the taps, and when I got up to tighten the faucets, someone explained that they were open so the pipes would not, once again, freeze. I shivered and pulled my coat tighter around my neck.

The other people in the room were much more at ease with the arctic environment of the kitchen, most of them wearing light sweaters. One man sported a colorful t-shirt and his muscled arms were covered with tattoos.

The sun was bright, though, and I began considering this to be a positive sign as someone read rules that came down to "no rules" except for the desire to stop drinking and the showing of mutual respect.

Then we went around the table suggesting topics. Some of the topics, such as "Step Two", made little sense to me although I could guess at what topics like "easy does it" and "gratitude" meant. When it came to my turn I shrugged, looked to the person on my left but then surprised myself by squeaking out "hope."

"That's a great topic!" someone boomed.

"Yeah, right," I said to myself unkindly, while smiling back. Now I had to think something up, and I had only about half an hour to organize my thoughts. What was I doing here, I thought, working up a sweat despite the deepfreeze of that room? I should be sitting at my desk, working on that note that had to go to my boss before COB (close of business). Better to be a workaholic than a recovering alcoholic?

But then I knew that wasn't true at all my life was out of control because of my addiction to alcohol. I had recently done the John Hopkins questionnaire, a score of 14 out of 20 must mean something! Besides, I knew in my heart that 35 years of steady drinking and periodicsprees was doing me no good and it was hurting others.

Someone began to speak. "I'm G____ and I'm an alcoholic." I was mentally engaged in preparing my speech on hope, barely paying attention to his first few sentences.

Then an odd thing happened. I began to listen to G____. I write short stories and once finished what I thought was a decent but unpublishable novel. What did my writing lack? Could it have been spirit? But G____ was not lacking in spirit. He was throwing his heart and mind and guts into his personal battle against alcohol and against his dark thoughts, and he was finding serenity here in this little kitchen. He had followed an utterly different path in life than had I, except for our encounters with booze. Yet I could identify with almost everything he said. These were my thoughts too, my desires to find courage.

The next person to speak had been sober and coming to AA for about 15 years and her story was just as fresh and compelling as if she had just turned the corner on her recovery. I felt there was a personal message for me in what she said, a welcoming, an understanding, a foundation for hope.

And so it went. As others spoke I listened, connecting with their words as if they were coming from inside of me rather than from the lips of others.

There was about five minutes left and the room was silent. I looked around. Newcomer that I was, no one was looking at me, no one applying pressure. I was exhausted yet amazed, and realized I had not given a further thought to my topic.

My vice, when I raised it, seemed to belong to someone else. "I'm Ralph and I'm an alcoholic." "Hi Ralph!" everyone said merrily.

I am not sure exactly what I said. I know I did talk about hope, about how I tried other "remedies," mostly self-imposed periods of abstinence, and I hoped by walking into this kitchen, with the help of those in the group, I could discover the path to sobriety that others had found. And, yes, I hoped that I could receive spiritual help in this quest, although this would be hard for me as I had long been out of touch with the spiritual side of life. I finished by telling the group that, on this first day, my feeling was one of hope and I wanted to become a member of AA.

The meeting was formally over. I was amazed by other coming over to shake my hand and to say something encouraging. I joined the circle for the Serenity Prayer and enjoyed the warm feeling it gave me, even though I did not then know the words.

At the writing of this, I am now approaching three months in the program and I remain sober. I am working on the steps. The happy pink cloud of the first two months has dissipated somewhat. Although it needs renewal every day, the great hope that, with my group and through AA, I will recover.

Ralph S. Gatineau, Quebec

Third Legacy ~ Service

Some of us still ask, "Just what is this Third Legacy business anyhow? And just how much territory does 'service' take in?"

Let's begin with my own sponsor, Ebby. When Ebby heard how serious my drinking was, he resolved to visit me. He was in New York; I was in Brooklyn. His resolve was not enough; he had to take action and he had to spend money. He called me on the phone and then got into the subway; total cost, ten cents. At the level of the telephone booth and subway turnstile, spirituality and money began to mix. One without the other would have amounted to nothing at all. Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money.

Bill W.

Heard at a meeting:

Serenity is not the absence of disturbance, it is being okay with that disturbance.

Trust is belief that my decisions will work.

Faith is belief that the results will be beneficial.

The pain caused by getting sober is preferable to the pain of staying sick. (Steve G.)

Until you make peace with who you are, you'll never be content with what you have. (Burt B.)

Rule 62

God won't give me more today than I can handle, but He didn't count on me piling on yesterday and tomorrow.

Facts are often stubborn things - they can't be ignored for long.

Too many people offer God prayers with claw marks all over them.

IN MEMORIAM Things We Can Not Change

Let's remember all our members who have lost friends & family members in our prayers.

Share your Experience, Strength and Hope.

Please submit your articles by the 12th 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

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.)

MARCH ANNIVERSARIES



Alexander
 Dave S. 1y
 Bob H. 5y
 Jerry M. 7y
 Bob B. 7y
 Brad S. 8y
 Dean S. 18y
 Mary T. 19y
Amherst/Snyder
 Laverne W. 3m
 Marty S. 3m
 Michele 3m
 Joelle K. 3m
 Scott K. 6m
 Harold R. 6m
 John G. 9m
 Bob M. 1y
 JoEllen H. 2y
 Brian R. 2y
 Patty C. 5y
 Randy McK. 5y
 Wesley B. 6y
 Bob S. 7y
 Dennis G. 7y
 Ken L. 12y
 Alan H. 14y
 Lydia G. 18y
 Richard W. 22y
 Nancy J. 28y
Casting
 Gary C. 3y
 Fred H. 3y
 Carmen J. 14y
 Thomas A. 15y
 Archie O. 17y
 Albert McC. 18y
 Doloras 23y
 Cecil M. 27y
 Bob P. 28y
 Kenny C. 32y
 Eddie J. 35y
Cold Springs
 Kenny B. 12y
 Al C. Jr 14y
 Elvester McR. 29y
Courage Group
 John W. 6m
 Martha K.S. 14y
Ellicott
 Robert R. 8y
Fireside
 Joan G. 6y
 Peter M. 9y

Gahada Gon
 Tina 3y
 Jim M. 14y
 Gary S. 15y
 Carrie W. 18y-
Giving
 Edwin R. 3m
 Amy C. 3m
 Keshia B. 6m
 Karen S. 1y
 Lori B. 3y
 Pat W. 5y
 Jim E. 36y
Holland
 Joe G. 6m
IRONHORSE
GEANNINE N. 9M
BRIAN O. 9M
GARY K. 9Y
ANN D. 14Y
KENSINGTON
PEACHES 23Y
Lakeshore
 Jim G. 1y
 Jim McS. 14y
 Les T. 25y
Living Sober
 Tim C. 5y
 Ron M. 5y
 Neal L. 9y
 Tom D. 17y
 Neal L. 19y
 Helen B. 32y
Lockport #1
 Dave H. 12y
Lovejoy
 Ralph K. 6m
 Lisa G. 1y
 Steve C. 2y
 Chris B. 15y
Main & High
 Mechella H. 6m
 Tony D. 9m
Marilla
 J. Frank H. 19y

North Buffalo
 Kedra S. 3m
 Terrance H. 3m
 Dragia M. 6m
 Tom L. 6m
 Jim McC. 6m
 Diane D. 6m
 Dennis J. 1y
 Brian P. 2y
 Karen Z. 2y
 Bob B. 2y
 Perry C. 3y
 Jerry S. 8y
 Harvey S. 17y
 Peter B. 18y
 Janet T. 18y
Rise & Shine
 Sean M. 3y
 Vincent D. 3y
 Johnnie C. 3y
 Patti M. 3y
 Denise C. 4y
 Kenneth T. 4y
 Linda W. 4y
 Linda B. 4y
 Jennifer L. 4y
 Mitchell J. 4y
 Mark K. 7y
 Myrcis S. 8y
 Pam L. 8y
 Darryl S. 9y
 Blaire D. 9y
 Issiah W. 15y
 Joe H. 31y
Sunday Morning Breakfast
 Ed A. 2y
 Onie D. 19y
Thruway
 Pete R. 3m
 Ryan F. 6m
 Rosalie P. 10y
 Jim S. 18y
 Bob M. 18y
 Elvire W. 19y
 Ray O. 30y
Valley
 Grace C. 1y
 Fran P. 1y
 John P. 3y
Women's Westside
 Joyce Q. 3m
 Christine L. 6m
 Veronica J. 6m
 Lynna H. 1y



GROUPS CELEBRATING

A Day At A Time
 Attitude Adjustment
 Bodhisattva
 Brocton Discussion
 Casting
 Clarence Men's Discussion
 Common Problem
 Dunkirk Monday Nite
 Grand II Joy Of Living
 Higher Powered
 Holland
 Just For Today/Albion
 Keep On Comin'
 Lake View
 Medina Big Book
 Medina New Life
 Powerless
 Renaissance I
 Rochester Meeting
 Rural Is Plural
 Serenity
 Set Aside
 Sheridan
 Sober Saturday
 Sober Trail
 Southgate
 Stayin' Alive
 Sunday Third
 Surrender And Hope
 The Book Meeting
 Thruway
 Tri-County
 Unity
 Women On The Rise

*Please remember to
 have the anniversaries
 submitted by
 the **12th**
 of the month
 previous*



sunday

monday

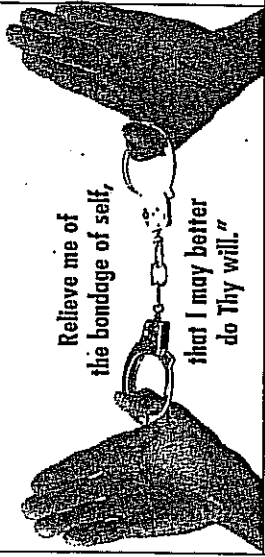
tuesday

wednesday

thursday

friday

saturday



7

6 Central Committee Corrections Committee Meeting, 6:00 PM, Buffalo Central Office
1935: The circle and triangle symbol was adopted by GSC but was later dropped from all AA literature after AA became entangled in lawsuits, a clear violation of AA 12 traditions.

14

General Service Assembly 1 PM, Hamburg Town Hall, 5999 South Park Ave., Hamburg
1941: 50th Orange W, AA holds anniversary dinner at Hotel Suburban with Bill W. as the guest speaker.

20

21 Treatment Facilities Committee, 6 PM, Buffalo Central Office
1946: Dr. Bob's will is signed
1966: Roy T. Bill W.'s sponsor dies
1968: Jack R. gets sober

28

1940: The Alcoholic Foundation publishes the first AA Bulletin.

27

EASTER

1

1941: Jack Alexander's Saturday Evening Post article on AA creates national sensation. AA membership will quadruple in one year from 2,000 to 8,000.

8

Staying on the first three steps is a decision NOT to do the rest of the steps.

15

1941: 1st AA group founded in Newhaven, Connecticut

22

1946: Dr. Bob's will is signed
1966: Roy T. Bill W.'s sponsor dies
1968: Jack R. gets sober

29

1943: Charleston Mail, WV, reports Bill W. talked at St. John's Parish House.

2

Anonymous is so important it's half our name.

9

1941: Wichita Beacon reports arrival of New York AA group who wants to start a Wichita, KS, AA group

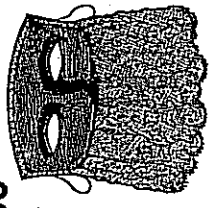
16

1940: Alcoholic Foundation of America moves from 17-19 Williams St., N.Y. to 30 Vesey St., N.Y.

23

1936: Bill and Lois visit Fliz M., "Our Southern Friend," in Maryland.

30



3

1947: Nell Wing, Bill's secretary and 1st archivist of AA Archives, starts work at the Alcoholic Foundation Office in NY

10

1944: The New York Times reports that the AA office is established.

17

New Frontiers Committee, 7:00 PM, St. Michaels Parish Center, Electric And Warsaw, Lackawanna
64th Buffalo Full Convention Meeting, 7:00 PM @ Holy Trinity Lutheran Church, 1080 Main Street, Buffalo, NY

24

1941: Cleveland, Ohio, has first AA women's group meeting.

31

We should respect other's anonymity at all times. Our own is our choice.

4

1891: Lals W. is born.

11

2001: Historical 30 Vesey St., N.Y. is almost destroyed by fire.

18

Lockport #1, 58th Group Anniversary, Grace Episcopal Church, 100 Genesee Street, Lockport

25

AA = attitude adjustment
GOOD FRIDAY

5

Tri-County Group Anniversary, of Gowanda, St. Joseph's Catholic Church on East Main Street.

Staying Alive Group invite you to Celebrate Sobriety Dance

12

1940: Ebby T., Bill's boyhood friend and AA sponsor, is reported sober again.

19

**Summer 1939: Midwest AA members break away from the Oxford Group.

26

Archives Committee Meeting, 9 am, Buffalo Central Office
Castings Group 31st Anniversary
*March 1945: The Jefferson Barracks AA group in MO is thought to be the 1st ever in a military installation.

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

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210
Fax: 853-0389*

buffalooa@hotmail.com

MARCH 2005

MEETING CHANGES:

New Meeting: Friday's at 6:45 PM in Fredonia. **"The Women's Meeting"**, closed woman's group at 56 Mattison (Van Burren).

CAZENOVIA GROUP has changed their meeting time from 8:30 PM to 8:00 PM. Thursday. Harvest House, 1782 Seneca Street, South Buffalo.

PLEASE NOTE:

MARRILLA GROUP, Friday's 8PM, Marilla Methodist Church, S-1910 Two Rod Rd & West, **NEEDS SUPPORT!**

SUBURBAN GROUP, Saturday's at 8 PM, Community Baptist Church, 1225 Brighton Rd., Tonawanda, **NEEDS SUPPORT!**

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

Service Opportunities:

~ March 6, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street (Hosted by Living Sober).

~ March 6, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).

~ March 13, **General Service Assembly**, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg. (Hosted by North Buffalo Group)

~ March 21, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.

~ March. 17, **New Frontiers Committee**, THURSDAY, 7:00 PM. St. Michaels Parish Center, Electric And Warsaw, Lackawanna, before the Victory meeting.

~ March 26, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).

~ March 17, 64th Buffalo Fall Convention Meeting, Thursday, 7:00 PM @. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo. E-mail address 2005BuffaloFallConvention@gmail.com. Website(Still under construction) please send comments/suggestions): <http://mysite.verizon.net/vzeeivob/>

COMING EVENTS:

~ **March 5, Tri-County Group** of Gowanda which meets at St. Joseph's Catholic Church on East Main Street will be celebrating their **Group Anniversary**. Doors will open at 7:30 pm, Speaker at 8:30 pm, with food and refreshments to follow. Group is providing roast beef sandwiches, coffee, and soda. Please bring a dish if you wish to share. Please come and join us in fellowship as we celebrate.

~ **March 5, Staying Alive Group** invite you to **Celebrate Sobriety Dance**, Doors open at 6:30 pm. Speaker at 7 pm, followed by Sound System. Please bring finger foods to share.

~ **March 18, Lockport #1, 58th Group Anniversary**, Friday, Fellowship starting at 7 PM, Speaker (Charlie B. from Watertown, NY) at 8 PM Meal to follow. Grace Episcopal Church, 100 Genesee Street, Lockport.

~ **March 14, Dunkirk Monday Night Group** will be celebrating its **56th Anniversary**. Dinner at 7:00 pm, followed by a speaker @ 8:00 PM. Jim M. of the North Buffalo Group, will be the speaker. Bring a dish if you wish.

~ **March 26, Castings Group** will be celebrating its **31st Anniversary**. Eating Meeting. Bring a dish if you wish!! We will also celebrating 11 individual anniversaries. Come help us celebrate.

~ **April 22, Women's Spring Spiritual Weekend Retreat**, Held at the St. Colombian Center/Derby, NY. Focus is on the 12 steps- speakers, groups, spiritual advisors, meditation, lots of food, fun and sobriety. Registration forms now available and should be mailed on but NOT before March 16th to give all interested an equal opportunity to attend. Cost is \$105-includes lodging, meals and endless coffee. For more information- contact person: Marilyn S. 694-2805

3rd STEP: "Made a decision to turn our will and our lives over to the care of God as we understood him."

3rd TRADITION: "The only requirement for A.A. membership is a desire to stop drinking."

3rd CONCEPT: To insure effective leadership, we should endow each element of A.A.- the conference, the General Service Board and its service corporations, staff, committees, and executives- with a traditional "Right of Decision."

PLEASE SUPPORT THE ENVELOPE SYSTEM

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

Buffalo Central Committee
FEBRUARY 2005

Gary J., Committee Chair opened the meeting at 7:00 PM, with a moment of silence, the Serenity Prayer and the Preamble. Andy K., Three Legacies Group, read The Purpose of the Central Committee. Joe S., Living Sober Group, read the Traditions. Motion to dispense with the reading of last months' minutes, motion by Bill O., Valley Group, seconded by Sean, Journey Group.

17 Groups were represented: : **District 1:** Cornplanters Again, Journey, Main and High, Sunday Niter's; **District 2:** Living Sober, Three Legacies; **District 3:** South Town, Southgate, Sunday Morning Breakfast, Valley, Victory; **District 4:** No representation; **District 5:** Lockport #1; **District 6:** Go To Any Lengths, Lakeshore; **District 7:** Fresh Start, Community Center; **District 8:** Williamsville

COMMITTEE REPORTS

ENVELOPE SYSTEM: No representative present. \$617.00 as per financial statement.

STEERING COMMITTEE: No written report. District #4 needs a representative.

FINANCIAL REPORT:

Income

January 2004	January 2005	Variance	% Change	YTD 2004	YTD 2005	Variance	% Change
Avg	Actual			Avg	Actual		
\$7,565.00	\$6,876.00	-\$689.00	-9.11%	\$7,565.00	\$6,876.00	-\$689.00	-9.11%

Narrative

- Literature sales decrease from average \$1144.00

Expenses

January 2004	January 2005	Variance	% Change	YTD 2004	YTD 2005	Variance	% Change
Avg	Actual			Avg	Actual		
\$7,586.00	\$8,947.00	\$1,361.00	17.94%	\$7,586.00	\$8,947.00	\$1,361.00	15.21%

Narrative

- Yearly budget incurred in January for schedule printing \$2233.00

Thank you for allowing me to serve.

Respectfully, Patti S., Going To Any Lengths Group

TREATMENT: No representative present

CORRECTIONS: Andy K., Chair – no written report

CENTRAL OFFICE: AA INFO:229; 12-STEP:5; ALANON: 7; VISITORS:32; VOLUNTEERS:13

Yours in the fellowship of the Spirit

Terry B., Executive Secretary

PIC: No representative present.

NEW FRONTIERS: Debbie C., Editor present - No report

CONVENTION COMMITTEE: No representative present. January 3, 2005 was the first meeting. Meetings will be the 3rd Thursday of each month at 7:00 p.m. at 1080 Main Street, Buffalo.

COURTESY REPORTS:

ARCHIVES: Our last display was at the Main and High Group Anniversary on January 25, 2005. Our next display will be at the Lakeshore Group Anniversary on Monday, February 28, 2005 at 8:30 p.m.

Secretary/Treasurer
Kim E., Southtowns Group

GSA: ECMC Monday 7:00 PM - 4th Monday needs coverage; VAMC Tuesday 1:00 PM - 3rd Tuesday needs coverage; Sheehan Hospital Monday 7:00 PM - 2nd and 4th Monday needs coverage. Lighthouse-Lakeshore Tuesday is doing well. Tom suggests that TFC should back away from ECMC/Dr. Blondell's 12th Step call due to controversies that may be against AA traditions.

RECAP: None

OLD BUSINESS: None

NEW BUSINESS: Kevin S., Southgate Group, questioned the Central Committees' decision to refuse to accept the nomination from Buffalo Group for Treatment Facility Committee Chair. Kevin stated Tradition 3: "The only requirement for membership is a desire to stop drinking." Kevin was reminded that AA membership was not in question. The Buffalo Group is no longer listed in our AA meeting schedule as an AA group. The procedures for nomination for Treatment Facilities Committee Chair require that an individual be a member of a recognized AA Group in Area 50 and that he or she should be a representative at Central Committee. Experience in service and sobriety requirements are also necessary. Much discussion followed with comments from Deb C., New Frontiers Editor, John H., Recording Secretary, John C., Cornplanters Again, Derick H., Lockport #1. Central Committee Chairman, Gary J. ended the discussion by referring to the group conscience decision made at a previous meeting and the decision stands firm.

Motion to adjourn by John H., seconded by Sean, Journey Group. Meeting closed at 7:30 PM with The Lord's Prayer.

Minutes respectfully submitted by:
Recording Secretary, John H., Sunday Morning Breakfast.

Income Statement		31-Jan-05
Beg Bal Cash on hand		4,397.21
Contributions		
	Groups	4,231.86
	Joint Meeting	42.05
	Envelope System	617.00
	New Frontiers Subs	106.00
	Literature	1,678.57
	Archives Room Rent	50.00
	Meetings at CO	150.00
	Mall/Misc.	
	"Gratitude Month" (NOV)	
	Conventions/Day of Sharing	1,190.89
Monthly Income		8,066.37
Expenses		
	Office Rent	753.04
	Electric	90.00
	Payroll	
	Salaries (Net)	1,696.16
	Federal Withholdings	588.60
	NYS Withholdings	365.81
	Insurance	
	State Ins Fund	
	Health	304.00
	Liability	973.73
	Postage	248.83
	Phone	104.98
	Accounting	
	Advt	
	PIC Lit.	
	Talking Phone Book	
	Verizon	98.50
	website	
	white directory	
	Yellow Pages	
Literature Expenses		
	Grapevine	
	World Services Inc	1,028.85
	Hazeldon	
	"In All Our Affairs"	
	Printers	2,232.50
Office Supplies		
	Answering service	119.29
	Minolta leasing (copier)	260.46
	Minolta Copies	80.90
	Seminar	
Monthly Expenses		8,945.04
Monthly Income (Loss)		(878.67)
CD		8,039.22
End Bal Cash on hand		4,981.86
Literature Assets:		
		9,350.98
Literature Receivable:(outstanding)		8,881.09
Corrections Facilites		
		835.45
Donations		153.27
Expenses		
Balance		988.72
Treatment Facilities		
		385.79
Donation		178.27
Expenses		
AT & T Bridging The Gap		35.15
AAA Abott Answering Service		42.00
Literature		13.50
Balance		473.41

A	L	C	O	H	O	L	I	C	S	R	W	J	F	M
L	X	Y	M	K	E	T	Y	Q	A	B	D	V	U	Z
C	T	A	L	C	O	H	O	L	I	C	S	M	R	X
O	B	R	Z	M	A	L	C	O	H	O	L	I	C	S
H	U	S	C	I	L	O	H	O	C	L	A	P	R	K
O	C	I	L	O	H	O	C	L	A	Y	N	W	J	B
L	A	L	C	O	H	O	L	I	C	S	M	F	I	K
I	N	D	L	S	C	I	L	O	H	O	C	L	A	T
C	P	I	A	Z	Q	R	E	T	U	Y	D	H	G	J
S	C	I	L	O	H	O	C	L	A	R	W	S	U	G
S	T	E	J	K	B	T	A	S	E	C	Q	I	F	C
S	C	I	L	O	H	O	C	L	A	P	T	U	B	L

How many Aleoholics can you find? There are 10 total



ANSWER:

				V	T	C	O	H	O	T	I	C	S	
														S
				V	T	C	O	H	O	T	I	C	S	
														C
		V	T	C	O	H	O	T	I	C	S	T		I
				S	C	I	L	O	H	O	C	L	A	T
				V	T	C	O	H	O	T	I	C	O	
		V	T	C	O	H	O	T	I	C	S			H
S	C	I	L	O	H	O	C	L	A	P	T	U	B	L
			S	C	I	L	O	H	O	C	L	A	T	
				V										T
				S	C	I	L	O	H	O	C	L	A	T

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	JAN	YEAR	JAN	YEAR	JAN	YEAR
15		0.00		0.00		0.00
12 Step		0.00		0.00		0.00
4th Step Stumblers		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	56.44	56.44	56.44	56.44	56.44	56.44
Acceptance/Welcom		0.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		0.00		0.00		0.00
Age Doesn't Matter		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amhers/ Snyder	146.53	146.53		0.00		0.00
Amsdell Lakeshore	20.00	20.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	30.00	30.00		0.00		0.00
As Bill Sees It	25.00	25.00		0.00		0.00
Attitude Adjustment		0.00		0.00		0.00
Attraction	200.00	200.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Batavia Friday Night		0.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		0.00		0.00		0.00
Bidwell Monday		0.00		0.00		0.00
Big Book Lockport		0.00		0.00		0.00
BB Spiritual Awakening		0.00		0.00		0.00
Big Book Study		0.00		0.00		0.00
Big Book Workshop		0.00		0.00		0.00
Blasdel		0.00		0.00		0.00
Blasdel Monday Night		0.00		0.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women	50.00	50.00		0.00		0.00
Brass		0.00		0.00		0.00
Brocton AA		0.00		0.00		0.00
But For The Grace of God		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Came To Believe		0.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Caz Manor	40.00	40.00		0.00		0.00
Cazenovia		0.00		0.00		0.00
Central Park		0.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheekowaga	100.00	100.00		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
Common Solution		0.00		0.00		0.00
Commitment		0.00		0.00		0.00
Community Center		0.00		0.00		0.00
Complanters		0.00		0.00		0.00
Courage		0.00		0.00		0.00
Arcade		0.00		0.00		0.00
Crossroads		0.00		0.00		0.00
Cross Talk Big Book		0.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Derby		0.00		0.00		0.00
Desire		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night	100.00	100.00		0.00		0.00
Early Bird		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
Easter Softer Way		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora		0.00		0.00		0.00
Easy Does It		0.00		0.00		0.00
Ellicott		0.00		0.00		0.00
Ellicottville		0.00		0.00		0.00
Emergency		0.00		0.00		0.00
Eternal Vigilance	100.00	100.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		0.00		0.00		0.00
Eyeopener	101.40	101.40		0.00		0.00
F.U.N.		0.00		0.00		0.00
Faith		0.00		0.00		0.00
Father Baker	100.00	100.00		0.00		0.00
Feelings		0.00		0.00		0.00
Fireside	235.61	235.61		0.00	25.00	25.00
First Things First		0.00		0.00		0.00
Frederonia Discussion		0.00		0.00		0.00
Freedom		0.00		0.00		0.00
Fresh Start		0.00		0.00		0.00
Friendly		0.00		0.00		0.00
Frontier(New)		0.00		0.00		0.00
GAHADA GON		0.00		0.00		0.00
Gardenville		0.00		0.00		0.00
Georgetown		0.00		0.00		0.00

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	JAN	YEAR	JAN	YEAR	JAN	YEAR
Getting Better		0.00		0.00		0.00
Giving		0.00		0.00		0.00
Go to Any Length		0.00		0.00		0.00
Golden Slipper	500.00	500.00		0.00		0.00
Grand		0.00		0.00		0.00
Grand II Joy of Living	50.00	50.00		0.00		0.00
Grateful		0.00		0.00		0.00
Guiding Light		0.00		0.00		0.00
H.O.W.		0.00		0.00		0.00
Hamburg		0.00		0.00		0.00
Hand		0.00		0.00		0.00
Handicappers	200.00	200.00		0.00		0.00
Happy Hour		0.00		0.00		0.00
Harmony		0.00		0.00		0.00
Helping Hand		0.00		0.00		0.00
High Noon	70.00	70.00		0.00		0.00
High View		0.00		0.00		0.00
Higher Power		0.00		0.00		0.00
Hillbilly		0.00		0.00		0.00
Holiday Village		0.00		0.00		0.00
Holland		0.00		0.00		0.00
Honest Solutions		0.00		0.00		0.00
Honesty		0.00		0.00		0.00
Hope Big Book Study		0.00		0.00		0.00
How It Works		0.00		0.00		0.00
How It Works/Men's		0.00		0.00		0.00
Inner City		0.00		0.00		0.00
Inspiration		0.00		0.00		0.00
In The Solution		0.00		0.00		0.00
Innocated on Life		0.00		0.00		0.00
Ironhorse	19.25	19.25	7.70	7.70	7.70	7.70
IT		0.00		0.00		0.00
Jamestown Groups		0.00		0.00		0.00
Johnson Creek Big Book	60.00	60.00		0.00		0.00
Journey		0.00		0.00		0.00
Just Do It		0.00		0.00		0.00
Just For Today/ Ablon		0.00		0.00		0.00
Just For Today/Cheek		0.00		0.00		0.00
Keep It Simple Sister	40.00	40.00	10.00	10.00	10.00	10.00
Keep On Coming		0.00		0.00		0.00
Kenmore		0.00		0.00		0.00
Kensington		0.00		0.00		0.00
Lake Shore		0.00		0.00		0.00
Lakeview		0.00		0.00		0.00
Last Days Fellowship	5.00	5.00		0.00		0.00
Lawyers		0.00		0.00		0.00
LewPort		0.00		0.00		0.00
Let Go and Let God		0.00		0.00		0.00
Liberty Women		0.00		0.00		0.00
Life Today		0.00		0.00		0.00
Lighten UP		0.00		0.00		0.00
Live and Let Live		0.00		0.00		0.00
Living in the Solution		0.00		0.00		0.00
Living Sober		0.00		0.00		0.00
Lock City		0.00		0.00		0.00
Lockport #1		0.00		0.00		0.00
Lockport (no name)		0.00		0.00		0.00
Lockport Discussion		0.00		0.00		0.00
Lockport Ladies		0.00		0.00		0.00
Lockview		0.00		0.00		0.00
Look To This Day		0.00		0.00		0.00
Love		0.00		0.00		0.00
Lovejoy		0.00		0.00		0.00
Lower River		0.00		0.00		0.00
Main and High		0.00		0.00		0.00
Main Street		0.00		0.00		0.00
Maple Meditations		0.00		0.00		0.00
Manila		0.00		0.00		0.00
Matt Talbot		0.00		0.00		0.00
McKinley Winners	100.00	100.00		0.00		0.00
Medina Big Book		0.00		0.00		0.00
Medina New Life		0.00		0.00		0.00
Mercy		0.00		0.00		0.00
Mid-day	54.50	54.50		0.00		0.00
Midnight Discussion		0.00		0.00		0.00
Miracle		0.00		0.00		0.00
Morning After		0.00		0.00		0.00
New Awakening		0.00		0.00		0.00
New Frontier		0.00		0.00		0.00
New Beginnings/St. Vincent		0.00		0.00		0.00
New Life		0.00		0.00		0.00
New Outlook		0.00		0.00		0.00
Niagara Intergrup		0.00		0.00		0.00
New Westside		0.00		0.00		0.00
Niagara Frontier Men's Disc.		0.00		0.00		0.00
North Buffalo	100.00	100.00	25.00	25.00	25.00	25.00
North Java Monday		0.00		0.00		0.00
North Java Sunday		0.00		0.00		0.00
One Day At A Time		0.00		0.00		0.00
Open Arms		0.00		0.00		0.00
Open Mind		0.00		0.00		0.00
Orchard Park Step	70.00	70.00		0.00		0.00
Pass It On		0.00		0.00		0.00
Patchin		0.00		0.00		0.00

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