

NEW FRONTIERS

January 2007

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 ALL STARTS WITH THE CONCEPT OF ONE

Alcoholics Anonymous is most successful because of its simplicity. The concept of one is easiest for complicated persons

- Stay away from "One" drink
- For "One" day
- Get "One" Sponsor
- Join "One" home group
- AA has only "One" purpose (singular)
- Live in "One" day (today)
- Have a personal relationship with "One" God –Yours

Do I Have a Defense Against the First Drink?

This site deals only with questions about A.A. Depending who you ask that question to you would likely get many different answers. Here, however, we will try to answer the question from the AA perspective as the subject is discussed in A.A. literature, specifically The Big Book, the main text of the fellowship.

So then, as seen from our perspective, you can have a defense against the first drink if you are a moderate drinker or a hard drinker as described on Page 21 of *Alcoholics Anonymous* (The Big Book).

On the other hand, the real alcoholic described on that same page and on other pages in the Big Book does not have a defense against the first drink. Consider the words beginning at the bottom of Page 24: *"The tragic truth is that if the man be a real alcoholic...he has lost control. At a certain point in the drinking of every alcoholic, he passes into a state where the most powerful desire to stop drinking is of absolutely no avail. This tragic situation has already arrived in practically every case long before it is suspected."*

"The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink."

For a chronic alcoholic, William D. Silkworth, M.D. said the only defense for an alcoholic is to take steps that produce "an entire psychic change." In his considered opinion, "once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol,

the only effort necessary being that required to follow a few simple rules." (page xxix)

Sigmund Freud's protégé, Carl Jung, M.D., said recovery from alcoholism requires *"huge emotional displacements and rearrangements. Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them."* (page 27)

In the view of alcoholics who recovered using the A.A. program of recovery, the goal is to have the obsession to drink lifted by having a spiritual experience or a spiritual awakening. Steps 4-9, the action steps of the 12-step program, have produced the desired results for countless millions of real alcoholics.

Page 89 also gives this advice for those looking for a defense against the first drink: *"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics (The Anonymous Press)*

ONE DAY AT A TIME" IS NOT IN THE MAIN TEXT OF THE BIG BOOK."

The phrase does appear at the very end of The Oxford Group pamphlet called *The Four Absolutes.*

That booklet ends with this paragraph:

Remember our four questions, "Is it true or false?", "Is it right or wrong?", "How will this affect the other fellow?", and "Is it ugly or beautiful?". Answering these queries every day with absolute integrity, and following the dictates of those answers one day at a time, will surely lead us well on our journey toward absorbing and applying the Absolutes.

AA grew out of The Oxford Group and the pamphlet pre-dates the beginning of AA, so this would seem a likely source for the phrase.

"One Day At A Time" does appear in many personal stories published in The Big Book and appears in other AA literature as well. It can be found in *As Bill Sees It* and *Twelve Concepts for World Service* among other books and pamphlets.

Sponsorship

(excerpted from "The Primary Purpose Website")

Since the writing of the 12 & 12 in the 1950's, one of the greatest challenges to the sponsorship system and to AA as a whole occurred during the "Treatment Center Boom" of the 1970's & 1980's. Recovery centers based on AA's Twelve Step Program sprang up all over the country and began dumping 30, 60 and 90 day sober alcoholics and non-alcoholic addicts into AA meetings. AA's membership increased dramatically and many new groups were formed. This would at first glance seem to be a good thing. However, for the first time in AA history, large numbers of newcomers were showing up who were physically recovered and feeling good about themselves. This removed one of the most effective tools we

have in working with a newcomer – the feeling of hopelessness coupled with a desire to do anything to get over it. Many of these newcomers had worked the first 5 steps with the help of their counselors and arrived with the feeling that they had already done the steps. Many had acquired many non-AA therapies mixed with the Twelve Steps and brought this into the program. Most arrived far less teachable than they ever had in the past. Most were not assigned sponsors, but told to find someone they could “relate to” and call them to talk about their problems.

In many groups sponsorship has become optional, with newcomers instead using the group as a sponsor, coming to discussion meetings and vomiting their problems on all those in attendance. In these groups, who open their meetings by asking “Does anyone have a problem or topic they would like to hear discussed?”, AA has become a sort of group therapy focused more on the problem than the solution. The effect has been to allow the program of recovery to be determined by the newest and most problem-ridden members in the group. The effect has been to weaken the importance of the sponsor-ponsee relationship in working out solutions to these problems.

The pamphlet, “Questions and Answers on Sponsorship” published by AAWS, gives many suggestions of what a sponsor does and does not do. Strangely enough, one thing it does not mention is that the sponsor helps the newcomer take the actions described by the steps. It only suggests that the sponsor “goes over the meaning of the steps and helps the newcomer understand their importance.” Hmmm...

What has become apparent to many of us who love AA is that where there is strong sponsorship, there is strong AA, where there is weak sponsorship, there is weak AA.

It's that GROUP

(Anonymous)

It isn't the size of the GROUP that counts
Or the way it's run by a few,
Or the way the members act sometimes,
It isn't the GROUP... It's YOU.
It isn't the way they sponsor someone
Or the way they do what they do:
Remember, their way got you dry,
It isn't the GROUP...It's YOU.
If you keep on griping and finding fault
And criticizing what THEY all do:
Watch out, you lug, you'll reach for that jug:
Not the GROUP...but YOU

One Day At A Time

There are two days in every week about which we should not worry. One of those days is yesterday, with its' heartaches, losses and missed opportunities. Yesterday has passed forever beyond our control. The second day about which we should not worry is tomorrow as it is yet

unborn. Tomorrow will arrive in its due either with a blazing sunrise or a cloudy sky but it is a time that is beyond our reach. There is only one day in which we have any stake, that day is today. Any man (woman) can carry the burdens of only one day. It is only when we try to merge those two uncaring eternities, yesterday and tomorrow, that we break down. Therefore, let us learn to live but one day at a time. (anonymous)

A Higher Power of your own understanding

Spirituality with or without God.

What is spirituality? One definition is that it is the seeking of truth. This definition is closest to an Eastern definition. If God is part of the truth of the Universe, then certainly God plays a big role in spirituality.

But to the discriminating individual who only believes in truth, it may be difficult to believe in God, because it is not clear that it is the truth. Sure, it is a superstition, it is a belief. Almost every culture, every little tribe on the planet seems to have independently arrived at some superstitions about the existence of such an all-powerful being and structured their lives accordingly. What has often driven these people to God is fear. If God is angry he may withhold the rain, he may strike me with illness. So, if I please God he may give me good health. So many tribes came up with the notion of a human-like being who controls all the things that are beyond human control.

It is also possible that what has driven these people to God is wisdom and insight. Maybe there are elevated humans in every spiritual tradition that truly "see" God and experience God as the ultimate truth. On the other hand, maybe these people are suffering from hallucination. From where you are standing, you can't tell. That is O.K. You don't have to decide.

The belief in such an all-powerful figure who holds your entire life in His hands can be comforting to some, and it can certainly provide a motivation and a vessel for holding the recovery process. "God wants me to be sober," is a powerful idea that can stop people from drinking.

As the character Henry says in the movie Barfly (a story from Charles Buchowski) "In this world, the more crap you believe the better off you are!" This is certainly true of AA. The more stuff you believe like "God loves me," and "If I turn everything over to God, he will make sure that it all works out!" and ""God will never give me more than I can handle!" or "God has a plan for me!"... the more such stuff you believe, the better off you are. Truly.

Ultimately it is not what you believe that matters but how it impacts your existence today. Some of these beliefs serve the purpose of reducing anxiety, giving us clarity on how to behave and go with the flow rather than frantically trying to control the outcome of every endeavour. If your beliefs work for you, then by all means keep them.

But what if you cannot bring yourself to believe this stuff? By the way, if you are offended by our earlier use of the word "crap" (it is Buchowski's word, anyway) than this web site is not for you. You have a set of beliefs that are working for you and they are keeping you sober. Don't listen to our blasphemous drivel. If your

beliefs are keeping you sober, more power to them, and God bless you! We are not interested in tearing down your beliefs and taking you along our path. But if these beliefs are not something you can bring yourself to accept, then come along with us and we will still show you a spiritual path to recovery. One that does not require belief in any "stuff."

It is only the western religions—Christianity, Judaism and Islam (religions connected with the Old Testament)—that push belief and feel threatened by individuals who question the purported word of God. The Eastern religious traditions, on the other hand, invite you to question and ponder and seek your own answers. The notion of one person enforcing their spiritual beliefs on another seems laughable. On the other hand, the seeker will closely examine the ideas held by others, especially those held by so-called "wise men." But ultimately there is no mediator between the individual and God. Each of us is directly connected to God. As someone in AA put it, "God has no grandchildren!"

God is used in the Eastern traditions in a mystical sense. So is it in mystical Christianity or in Sufi traditions (the spirit side of Islam) , and especially so in Judaism. So throw away anything about God your parents or your priest told you, reject the notion of God as pressed upon you by overeager AA members, and come to your own definition of your Higher Power. This is what the program asks you to do.

There is a difference in believing in God and knowing God. Anyone can believe in God just because someone told them God exists. But knowing God requires a sustained practice of meditation, contemplation and prayer, and that may be your reward at the end of your journey. It certainly is not a prerequisite to starting it.
(universa1aa.com)

The Lord's Prayer

This is in response from the GSO to inquiries on the issue of sectarianism in AA:

- "The decision of how to conduct A.A. meetings is one which the group conscience needs to make, based upon their understanding of A.A. Traditions. The General Service Office takes no position on group issues and does not set policy for groups to follow. We are simply the repository of the shared experience of the A.A. Fellowship. In A.A., customs differ from region to region and sometimes from community to community in the same city.

As you are no doubt aware, the latest version of the A.A. Group pamphlet says on p. 13:

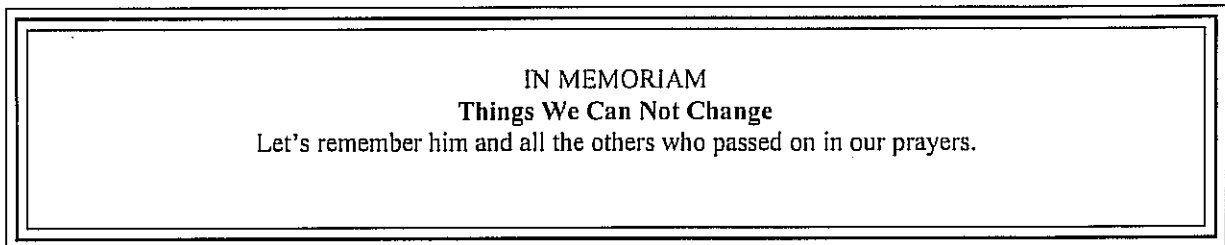
- "Many meetings close with members joining in a moment of silence followed by a prayer, or perhaps by reciting the Responsibility Declaration or other A.A. text."

Our co-founder Bill W. wrote a letter to a member in 1959 about the Lord's Prayer, and he stated:

- This practice probably came from the Oxford Groups who were influential in the early days of A.A. You have probably noted in A.A. Comes of Age what the connection of these people with A.A. really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore it quite easily got shifted into a general custom among us."

I have found that one of the most important comments in our Literature that focuses on this issue is a footnote that Bill W. added to page 232 in "Alcoholics Anonymous Comes of Age". It reads as follows:

- 'Speaking for Dr. Bob and myself I would like to say that there has never been the slightest intent, on his part or on mine, of trying to found a new religious denomination. Dr. Bob held certain religious convictions and so do I. This is, or course, the personal privilege of every A.A. member
- Nothing, however, could be so unfortunate for A.A.'s future as an attempt to incorporate any of our personal theological views into A.A. teaching, practice or tradition. Were Dr. Bob still with us, I am positive that he would agree that we could never be too emphatic about this matter."



Share your Experience, Strength and Hope.

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

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Buffalo, New York 14210

or

E-Mail address: buffalooa@hotmail.com

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The Buffalo Central Office is Located at 681 Seneca St, Buffalo, New York 14210. Telephone # (716) 853-0388. Hours of Operation are Monday through Friday from 9AM to 12:30PM and from 2pm to 4:30PM.

JANUARY ANNIVERSARIES

Alexander

David S. 3y
 Brad S. 3y
 Dean S. 20y
 Mary T. 21y

Amherst/Snyder

Lori B. 9m
 Pat G. 2y
 Trisha B. 2y
 John K. 2y
 Brandy N. 3y
 Ava D. 4y
 Jay M. 6y
 Helen H. 13y
 Barbara B. 17y
 Gene H. 22y
 Lou B. 24y

Cold Springs

Shevis A. 2y
 Brady P. 13y
 Willie D. 13y

Community Center

Henrietta W. 38y

Courage

John W. 3y
 Andy S. 12y
 Leo K. 20y
 JoAnne S. 22y
 Agnes H. 25y

Fireside

Mike M. 6y
 Bret B. 8y

Fresh Start

Ralph W. 12y
 Tyron H. 15y

Giving

John O. 3y
 Bernadette S. 9y

Holland

Kevin O. 3y
 Carol Ann U. 7y

How It Works

Max C. 2y
 Steve G. 3y
 Brian McD. 4y
 Jay M. 5y
 JD H. 5y
 Mike M. 6y
 Joe K. 7y
 Dan G. 16y
 Roger R. 18y
 Guy H. 19y
 Frank W. 20y
 Franck C. 22y

HOLLAND

CAROLANN A 8Y HOLLIDAY VILLAGE

KIM R. 3M
 KAY 9M
 LORRIE M. 9M
 CRAIG M. 9M
 CORY R. 9M
 JIM A. 9M
 CINDY T. 1Y
 COLLEEN B. 2Y
 TOM W. 4Y
 CARLA H. 4Y
 GINNY J. 7Y
 JEAN S. 7Y
 LYNN R. 17Y

Ironhorse

Dan McC. 17y
 Joanne F. 21y
 Dee R. 29y
 Sheilla D. 30y

Kensington

Mary B. 1y
 Marilyn L. 27y

Lakeshore

Scott T. 26y

Living Sober

Kim V. 3y
 Dean B. 4y
 David D. 6y
 Kevin N. 8y
 Keith C. 9y
 Walter W. 14y
 Brian McC. 23y
 Bob Y. 27y

Lockport#1

Jeff H. 2y
 John C. 2y
 Steve C. 3y
 Jack P. 4y
 Gary S. 7y
 Derek H. 9y
 Rich M. 9y

Lockveiw

Gary S. 7y
 Dianne P.F. 15y

Main & High

Tom C. 9y

North Buffalo

Kristopher D. 3m
 Brazier T. 6m
 Greg V. 6m
 Karen M. 1y
 Lanee B. 1y
 Kevin P. 1y
 Gitti B. 2y
 Debbie P. 2y
 Ava D. 4y
 Walter P.. 11y
 Pam G. 16y
 Frank C. 22y

Rainbow

Pat T. 18y
 Norman K. 22y
 Gall H. 23y
 Gerry T. 23y

Rise & Shine

Denise H. 6m
 Megann B. 6m
 Theresa H. 1y
 Debbie H. 1y
 Wendy P. 1y
 Dani H. 1y
 Jackie H. 1y
 Melissa B. 2y
 Trisha B. 2y
 Tyra L. 2y
 Jeff F. 2y
 Kenneth T. 3y
 Theresa B. 3y
 Eddie T. 4y
 Joann T. 5y
 Gary C. 5y
 Yvone P. 5y
 Mary L. 6y
 Douglas W. 6y
 Sandra C. 7y
 Joe R. 11y

Sun. Morning

Breakfast

Karen M. 3m
 Charlie C. 20y
 Norm K. 22y
 Gayle H. 23y
 Micky G. 27y

Surrender & Hope

Marty G. 2y

Thruway

Margaret A. 6m
 David D. 6y
 Tom B. 9y
 Kathy K. 20y
 Ellen M. 32y

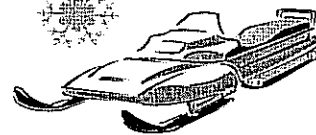
Valley G.

Mike B. 3m
 Mitchell S. 1y
 Jamie 1y
 Mike C. 8y
 Kitty E. 25y

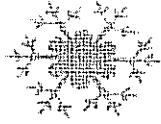
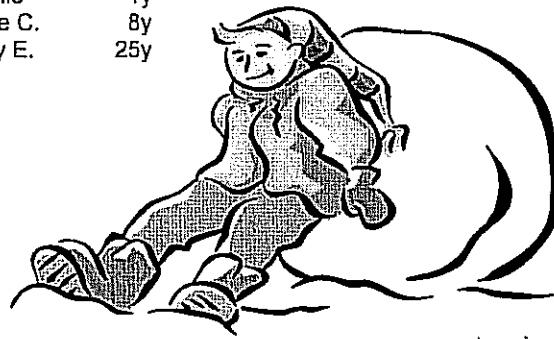
GROUPS CELEBRATING

Father Baker: 26y
 Williamsville: 54y
 New Awakening: 28y
 Survivors: 23y
 Somerset: 20y
 Cazenvoia
 Tuesday Men's Disc.: 19y
 It: 16y
 Life Today: 16y
 Try Again: 14y
 Starting Over : 13y
 F.U.N.: 12y
 Main and High: 9y
 New West Side: 8y
 Ellicott: 27y
 Daily Repreive: 7y
 Varysburg: 11y
 Living Clean: 2y
 Early Rising Obliging: 5y


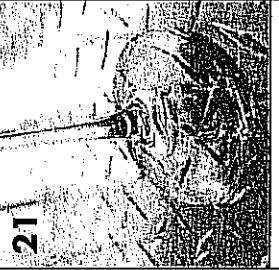
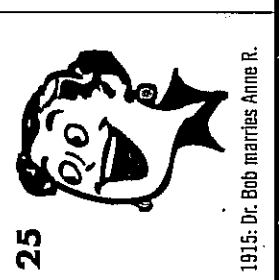
*Please remember to
 have the anniversaries
 submitted by
 the 12th
 of the month
 previous*



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**

	<p>1 NEW YEAR'S DAY</p> <p>1943: <i>Columbus Dispatch</i> reports first anniversary of Central Ohio AA group.</p>	<p>2 <u>Steering Committee</u>, 6 PM, Central Office, 681 Seneca Street.</p>	<p>3 <u>66th Buffalo Fall Convention Meeting</u>, Wednesday, 6:00 PM @ Kenmore Methodist Church, 32 Landers Rd., Kenmore.</p> <p>1941: Jack Alexander tells Bill W. that the Oxford Group will be in his <i>Saturday Evening Post</i> article on AA.</p>	<p>4</p> <p>1941: Bill and Lois W. drive to Bedford Hills to see Stepping Stones and break in through an unlocked window.</p>	<p>5</p> <p>1941: Bill W. tells Jack Alexander that Jack will be "The toast of AA—in Coca-Cola, of course."</p>	<p>6</p> <p>A journey of 1,000 miles begins with... the FIRST step!</p>
<p>7 <u>Central Committee Meeting</u>, 7 pm</p> <p><u>Corrections Committee Meeting</u>, 6:00 PM,</p> <p><u>New Frontiers Committee Meeting</u>, 6:00 PM, Buffalo Central Office</p>	<p>8 <u>Special Needs Committee</u>, 6:30 PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore.</p>	<p>9</p> <p>*1942: <i>Drinks Are Square Pegs</i> is published.</p>	<p>10</p> <p>"We're just a bunch of nameless drunks..."</p>	<p>11</p> <p>**1940: San Quentin Prison AAs call newcomers "fish."</p>	<p>12</p> <p>1943: The press reports about the first AA group in Pontiac, Mich.</p>	<p>13</p> <p>2003: Dr. Earle M., sober for 49 years, author of <i>Physician Heal Thyself</i>, dies.</p>
<p>14 <u>General Service Assembly</u>, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg.</p>	<p>15 <u>Treatment Facilities Committee</u>, 6 PM, Buffalo Central Office</p> <p>3 <u>Legacies Group</u> is having a <u>Friends & Family Meeting</u>. Food at 6:30 PM followed at 8 PM Speakers Kenilworth Church of Christ, 45 Dalton St., Buffalo.</p>	<p>16</p> <p>*1938: Jim B., a former atheist, gives AA "God as we understand Him."</p>	<p>17</p> <p>"After 90 days in jail you might want to try 90 meetings in 90 days."</p>	<p>18</p> <p>1954: Hank P., early AA member who helped Bill W. start the New York office, dies in Pennington, NJ.</p>	<p>19</p> <p>**1965: "I attempted suicide four times...damn near killed myself." —Jack S., early West Virginia AAs.</p>	<p>20 MUHARRAM</p>
<p>21</p> 	<p>22</p> <p>**1940: Pat C. in California gets sober "solo" by reading <i>The Big Book</i>.</p>	<p>23</p> <p>1961: Bill W. sends an appreciation letter, which he considers long overdue, to Dr. Carl Jung for his contribution to AA.</p>	<p>24</p> <p>1918: Bill and Lois marry.</p> <p>1971: Bill W. dies in Miami.</p>	<p>25</p>  <p>1915: Dr. Bob marries Anne R.</p>	<p>26</p> <p>1971: <i>The New York Times</i> publishes Bill Wilson's obituary on page one.</p>	<p>27 <u>Archives Committee Meeting</u>, 9 am, Buffalo Central Office</p> <p>*1940: First AA meeting not in a home meets at King School, Akron, Ohio.</p>
<p>28</p> <p><u>Try Again Group 14th Anniversary</u>. Starts @ 7:30 PM, Speaker followed by Eals.</p>	<p>29</p> <p>*1951: <i>The AA Grapevine</i> publishes a memorial issue on Dr. Bob.</p>	<p>30</p> <p>1961: Dr. Carl Jung answers Bill W.'s letter with "Spiritus Contra Spiritum" (Spirit against the ravages of spirits).</p>	<p>31</p> <p>THINK! THINK! THINK!</p>	<p>BUFFALO CENTRAL OFFICE</p> <p>681 SENECA STREET</p> <p>BUFFALO, NY 14210</p>		

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

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388
9:00 AM- 12:30PM, 2:00 PM- 4:30 PM
Schedule on line at ny-aa.org*

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JANUARY 2007

MEETING CHANGES:

- Jan. 1, **Any Age Group** will return to **original meeting place**; St. Andrew's Church, 1525 Sheridan @ Elmwood, Kenmore. 8 PM.
- **Ironhorse Group, HAS MOVED; PLACE & DAY.** Now Meets on Thursday's at New Hope Methodist, 2846 Seneca St., West Seneca, 8 PM.
- **Positively Living Group**, now meets, Tuesday, Wednesday & Thursday, Ascension Church, 16 Linwood @ North. Buffalo.
- **Midnight Discussion Group also now meets on Wednesday's.** All Saints Episcopal Church, 781 Maple Rd., Amherst.
- **Any Age Group, Has MOVED** to, St. Timothy's, 565 East Park Dr. @ Ensinger, Wednesday's, 8 PM.
- **Lockport Nooner's, HAS MOVED** to a Private Home, 178 S. Transit St., Lockport, side door, 12 Noon.
- **The Road Less Traveled Group**, Friday's, 8 PM., St. Francis Cultural Center off Rt 5 in Hamburg, Open Discussion.

COMING EVENTS:

- ~ Dec. 31, **Tri County Group Annual New Year's Eve Party,** St. Joseph's Church, Gowanda. Doors open at 7 PM, Speaker at 8:30 PM, music and fellowship into the New Year. Please come and share. Donations welcome. Please bring a dish to pass.
- ~ Jan. 2, **Steering Committee,** 6 PM, Central Office, 681 Seneca Street.
- ~ Jan. 3, **66th Buffalo Fall Convention Meeting,** Wednesday, 6:00 PM @ Kenmore Methodist Church, 32 Landers Rd., Kenmore. All are welcome.

- ~ Jan. 7, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street (Hosted by Lakeshore).
- ~ Jan. 7, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).
- ~ Jan. 7, **New Frontiers Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).
- ~ Jan. 8, **Special Needs Committee**, 6:30 PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore.
- ~ Jan. 14, **General Service Assembly**, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg. (Hosted by Amherst Snyder)
- ~ Jan. 15, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Jan. 15, **3 Legacies Group** is having a **Friends & Family Meeting**. Food at 6:30 PM followed at 8 PM Speakers(AA & Alanon).Open Meeting. Kenilworth Church of Christ, 45 Dalton St., Buffalo. Any questions call Jake J.: 444-1410 or Melissa: 570-9780
- ~ Jan. 27, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).
- ~ Jan 28, **Try Again Group 14th Anniversary**. Starts @ 7:30 PM, Speaker followed by Eats. Bring a dish if you wish.
- ~ 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 6 pm, Speaker @ 7 PM. Music and dancing from 8 pm- 1 am. Tickets \$8.00 in advance/ \$10.00 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.”

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

PLEASE SUPPORT THE ENVELOPE SYSTEM

... Yours in the Fellowship of the Spirit... Terry Bateman... Executive Secretary

Buffalo Central Committee Minutes
December 3, 2006

Frank M., Committee Chair, opened the meeting at 7:00 PM, with a moment of silence, the Serenity Prayer and the Preamble. Charlie H., Amsdell Lakeshore Group, read The Purpose of the Central Committee. Donna E., Wehrle Group, read the Traditions. Motion to dispense with the reading of last months' minutes by John C., Courage Group, seconded by John H., Sunday Morning Breakfast Group. Motion passed.

19 Groups were represented: **Dist. 1:** Main and High; **Dist. 2:** North Buffalo; **Dist. 3:** Abbott Men's Disc., Courage, Iron Horse, Southgate, Sunday Morning Breakfast, Try Again, Valley; **Dist. 4:** Orchard Park Step; **Dist. 5:** Lockport #1; **Dist. 6:** Amsdell Lakeshore, Lakeshore; **Dist. 7:** Fresh Start, Solidarity, Spirit of Hope; **Dist. 8:** Amherst Snyder, Midnight Discussion, Wehrle.

COMMITTEE REPORTS:

ENVELOPE SYSTEM: No report.

STEERING COMMITTEE: Bill O. asked for help on website. A committee should be formed with people who know computers and AA Traditions. A suggestion that the green card about self support should be read at all meetings. Steering Committee District 4 needs a representative.

FINANCIAL REPORT: Scott T., Financial Secretary read report. He commented on the lack of support for Central Office by many groups.

TREATMENT: Meeting held on 12/3/06 at Central Office. Topics discussed: 1.) In January two meetings will be open at Vets. 5th Sunday at 7:00 pm and 1st Tuesday at 1:00 pm. Anyone interested in joining TFC please contact Central Office who can let me know. 2.) TFC Committee is in the process of completing a group conscious. We have met twice in November and the next meeting is scheduled for December 9 at the Central Office at 9:00 am. There has been a small turnout of about 12 people given that TFC has 54 people facilitating meetings so if you are a member and can make it your input would be appreciated.

Respectfully Submitted: Patti S. Going to Any Lengths Group

CORRECTIONS: No report.

SCREENERS: Patti resigned as chair, per John H., Recording Secretary.

CENTRAL OFFICE: AA INFO: 227, 12-STEP: 0, ALANON: 5; VISITORS: 91; VOLUNTEERS: 9
My last 2 vacation days this year will be December 8 and December 26. My ½ day for Christmas Eve will be taken on Friday, Dec. 22.

Yours in the fellowship of the Spirit
Terry B., Exec. Secretary

NEW FRONTIERS: Shawn C. gave the report. The December meeting was cancelled

PIC: No report.

CONVENTION COMMITTEE: Winston F., Chairman, 2006 Fall Convention: It has been a pleasure serving you all over the past two years, both as Co-chairperson and then as Chairperson of our Fall Convention. The committee members worked hard and long hours to serve you to the best of our ability,

and we are forever grateful to you for giving us that opportunity. We thank you! We thank the members from different home groups in Erie and Niagara counties for their help in service. You made it much easier for the committee. We thank the AA members that came from afar to participate along with our locals to make this a memorable convention. We thank Central Office for its assistance and support to the committee when needed. In addition to my last report we had 730 registrations. The treasurer is unable to complete his report because of checks not yet cashed, a bounce check that we'll have to credit to our expenses, and the final bank statement not yet received but we're completely out of the red. Thank you for making this a wonderful convention.

AD-HOC COMMITTEE:

Website: No report.

Incorporation: Terry B. read a letter from our attorney on incorporation.

COURTESY REPORTS:

ARCHIVES: Tom B., Archivist: The Archives had a display at the Amherst Snyder 47th Anniversary and we would like to thank them for their contribution and support. John D. and I went to look at another hotel in the Falls for our upcoming National Archives workshop in 2008. We are in the process of setting up an appointment for more hotels. I will be putting articles in the Canadian newsletters about our workshop also. With the help of Walt E., of Lockport #1 we are starting to put some of our many cassette recordings on CD as to help protect our collection. Our next meeting will be at the Central Office on December 23 at 9:00 a.m. We are always looking for new people on our committee.

GSA: No report.

CPC: No report.

AREA 50 PIC: No report.

RECAP: For Treatment: Jay H., North Buffalo, suggested that large print Big Book be made available to patients at ECMC as the small print is difficult to read.

OLD BUSINESS: Cindy R., Orchard Park Step Group, was nominated to District 4 Steering Committee. No opposition, elected to position.

NEW BUSINESS: Frank M., Chair, Central Committee, thanked the Committee for allowing him to serve. John H., Recording Secretary, also thanked the Committee for the honor of serving as Recording Secretary.

Motion to adjourn by John C., Courage Group, seconded by Bill O., Valley Group. Meeting adjourned at 7:40 p.m. with The Lord's Prayer.

Minutes respectfully submitted by:

Recording Secretary, John H., Sunday Morning Breakfast.

Income Statement	30-Sep-05	31-Oct-05	30-Nov-05
Beg Bal Cash on hand	8,869.51	8,936.59	8,841.21
Contributions			
Groups	3,892.60	2,992.16	2,591.25
Joint Meeting	42.50	34.88	45.50
Envelope System	300.00	591.00	473.00
New Frontiers Subs	10.00	150.00	40.00
Literature	2,117.20	3,239.50	3,494.17
Literature Postage	47.65	49.55	22.53
Archives Room Rent	50.00	50.00	50.00
Meetings at CO	115.25	169.00	153.30
Mail/Misc.	25.00		
US Treasury			
Reconcille			
"Gratitude Month" (NOV)			
Conventions/Day of Sharing			
Monthly Income	6,600.20	7,276.09	6,869.75
Expenses			
Office Rent	772.29	772.29	772.29
Electric	90.00	90.00	90.00
Payroll			
Salaries - gross	2,941.10	2,352.88	2,352.88
Federal Withholdings	(63.30)	(50.64)	(50.64)
NYS Withholdings	(116.00)	(92.80)	92.80
Disability Insurance	(3.00)	(2.40)	(2.40)
Payroll Tax Deposits			
Federal	632.28	505.84	505.80
State		416.31	
Insurance			
State Ins Fund			
Health	354.00	354.00	354.00
Liability			
Postage	458.43	56.81	58.72
Phone	134.23	135.61	135.48
Accounting			
Advt			
PIC Lit.			
Talking Phone Book			
Verizon	128.45	128.45	128.45
website			
white directory			
Yellow Pages			
Literature Expenses			
Grapevine			276.00
World Services Inc	637.90	1,502.62	834.60
Hazeldon			514.31
"In All Our Affairs"			
Printers			
Office Supplies	50.47	313.76	238.14
Answering service	125.82	141.32	122.02
Minolta leasing (copier)	260.45	260.45	260.45
Minolta Copies/ service contract	130.00	130.00	- 130.00
CD			
Seminar		356.97	
Depreciation	100.00	100.00	100.00
Monthly Expenses	6,633.12	7,471.47	6,912.90
Monthly Income (Loss)	(32.92)	(195.38)	(43.15)
Depreciation add back(non-cash)	100.00	100.00	100.00
End Bal Cash on hand	8,936.59	8,841.21	8,898.06
CD	PRUDENT	8,353.28	8,374.28
CD#2	RESERVE	6,117.88	6,138.30
Literature Assets:	9,174.30	10,545.80	12,614.05
Literature Receivable:(outstanding)	601.40	607.50	670.38
Corrections Facilltes	3,545.30	3,548.30	3,805.27
Contributions	194.00	292.07	173.75
Expenses	191.00	35.10	727.00
Balance	3,548.30	3,805.27	3,252.02
Treatment Facilities	1,572.59	1,798.85	1,147.97
Contributions	278.76	130.00	248.75
Expenses			
AT & T Bridging The Gap		75.62	36.70
AAA Abbott Answering Service	52.50	48.50	48.75
Literature		656.76	
Balance	1,798.85	1,147.97	1,311.27

GROUP CONTRIBUTIONS

	GROUP	CENTRAL	CORRECTIONS	TREATMENT
3	"Not Yet Named"	0.00	0.00	0.00
3	OLV Women's	0.00	0.00	0.00
1	One Day AIA Time	200.00	0.00	0.00
8	Open Arms	150.00	0.00	0.00
1	Open Mind	0.00	0.00	0.00
4	Orchard Park Step	530.00	0.00	0.00
7	Pass It On	0.00	0.00	0.00
4	Paichin	5.00	0.00	0.00
1	Pathway to Peace	0.00	0.00	0.00
5	Pandleton Chapler Five	0.00	0.00	0.00
1	Positively Living/Ret./Guiding Light	1450.00	0.00	0.00
7	Powerless	45.00	0.00	0.00
1	Pride	92.00	0.00	0.00
1	Primary Purpose	10.00	0.00	0.00
4	Principles Bef. Personalities	150.00	0.00	0.00
4	Progress	0.00	0.00	0.00
2	Purpose/Tonawanda	0.00	0.00	0.00
5	Questions & Answers	50.00	0.00	0.00
3	Rainbow	75.00	0.00	0.00
4	Ray of Hope	340.00	0.00	0.00
1	Reco. Women in the BB	0.00	0.00	0.00
3	Recovery Near the Gardens	10.00	0.00	0.00
2	Redeemers	0.00	0.00	0.00
1	Reflections	0.00	0.00	0.00
5	Reflections on Recovery	0.00	0.00	0.00
7	Remember When	40.00	0.00	0.00
8	Renewal	0.00	0.00	0.00
2	Ride Sober	100.00	0.00	0.00
1	Ridge	0.00	0.00	0.00
1	Rise and Shine	0.00	0.00	0.00
7	Rochester	0.00	0.00	0.00
3	Roland	0.00	0.00	0.00
4	Rural is Plural	50.00	0.00	0.00
2	Sally	0.00	0.00	0.00
8	Saratoga	0.00	0.00	0.00
7	Sat. Night in Recovery	0.00	0.00	0.00
8	Sat. Nite Sober	0.00	0.00	0.00
	Sat. Midnights	0.00	0.00	0.00
2	Searching For Serenity	300.00	150.00	150.00
7	Second Chance	0.00	0.00	0.00
2	Serenity	100.00	220.00	0.00
1	Serenity Circle	50.00	0.00	0.00
	Serinity in the Park	0.00	0.00	0.00
8	Serenity on the Lake	0.00	0.00	0.00
2	Serenity Shack Nooners	0.00	0.00	0.00
8	Serenity Trails	0.00	0.00	0.00
1	Selaside	100.00	100.00	0.00
2	Sheridan	240.00	0.00	0.00
8	Silvercreek Friendship	5.00	0.00	0.00
1	Sober and Proud	0.00	0.00	0.00
3	Sober Saturday	200.00	50.00	50.00
6	Sober Trails	0.00	0.00	0.00
5	Sober Winners	0.00	0.00	0.00
5	Sobriety Comes First	0.00	0.00	0.00
3	Sobriety for Women	0.00	0.00	0.00
6	Sobriety Men's Disc.	127.34	125.33	86.33
5	Sobriety On The Canal	70.00	0.00	0.00
5	Sobriety on a Sat. Night	0.00	0.00	0.00
5	Sobriety on the Lake	0.00	0.00	0.00
7	Solidarity	Meetings @ Central Office/ Financial Report		
5	Somerset	0.00	0.00	0.00
3	South Buffalo	0.00	0.00	0.00
3	South Town	6.00	0.00	0.00
3	Southgate	70.00	10.00	10.00
4	Southwestern	102.00	0.00	0.00
7	Spirit of Hope	200.00	0.00	0.00
2	Spiritual Progress	90.00	180.00	0.00
4	Springville Sat. Afternoon	60.00	0.00	0.00
4	Springville Tues. Night	120.00	0.00	0.00
4	Springville Wed. Noon	20.00	30.00	0.00
4	Springville New Life	40.00	0.00	0.00
8	St. Barnabas	0.00	0.00	0.00
4	St. Mark's	0.00	0.00	0.00
3	Starting Over	50.00	509.55	0.00
2	Staying Alive	0.00	0.00	0.00
5	Step Work	0.00	0.00	0.00
8	Stepping Stones/Gow.	0.00	0.00	0.00
8	Stepping Stones/Will.	50.00	100.00	0.00
1	Sunday Afternoon Ascension	0.00	0.00	0.00
3	Sunday Morning Breakfast	1100.00	0.00	0.00
8	Sunday @ 8:00	150.00	250.00	25.00
1	Sunday Nites	0.00	0.00	0.00
	Sunday Third Group	0.00	0.00	0.00
1	Sunrise Court	600.00	40.00	40.00
8	SUNY Amherst Campus	40.00	0.00	0.00
2	Surrender and Hope	100.00	400.00	25.00
2	Survivors	0.00	0.00	0.00
8	TGIF	0.00	0.00	0.00
4	Thankful	290.00	0.00	0.00
3	The Book Meeting	0.00	0.00	0.00
2	Three Legacies	43.75	190.70	43.75
1	Those Too	53.31	0.00	0.00
3	Thruway	250.00	1500.00	20.00
7	Thurs. Nite Steppers	0.00	0.00	0.00
1	Thursday PM Discussion	300.00	0.00	0.00
3	Today	0.00	0.00	0.00

	GROUP	CENTRAL	CORRECTIONS	TREATMENT
8	Today's Woman	95.00	0.00	0.00
8	Tri County	60.00	0.00	60.00
8	Tri-Step Beginners	0.00	0.00	0.00
3	Try Again	100.00	10.00	10.00
4	Tuesday Men's AM	100.00	300.00	0.00
2	Turning Point	64.30	0.00	0.00
5	Twin Cilles	100.00	0.00	0.00
8	Unity	0.00	0.00	0.00
2	University Men's Disc.	0.00	0.00	0.00
3	Valley	100.00	0.00	0.00
1	Varities of Spiritual Exper.	0.00	0.00	0.00
4	Varysburg	5.00	0.00	0.00
3	Victory	200.00	0.00	0.00
3	Victory Women's	100.00	0.00	0.00
1	Wake Up Call	0.00	0.00	0.00
7	We Are Not Saints	0.00	0.00	0.00
3	We Care	210.00	70.00	140.00
7	We Don't Know	Meetings @ Central Office/ Financial Report		
4	Wehrle	110.00	0.00	0.00
8	Westfield	40.00	0.00	0.00
1	Westminster	0.00	0.00	0.00
2	Why	25.00	0.00	0.00
8	Williamsville	0.00	0.00	0.00
8	Willing To Grow	510.00	0.00	0.00
1	Wilson Group	43.30	30.00	0.00
8	Wilson Smith Alumni	0.00	0.00	0.00
8	Women In Sobriety	0.00	0.00	0.00
1	Women's West Side	0.00	0.00	0.00
1	Working	0.00	0.00	0.00
1	You'll Never Walk Alone	0.00	0.00	0.00
8	Young at Heart	0.00	0.00	0.00
1	Youngstown	0.00	0.00	0.00
	Anonymous	217.50	37.07	0.00
	Frank & Marjie P.	45.00	0.00	0.00
	John H.	25.00	0.00	0.00
	Della R.	19.95	0.00	0.00
	Don K.	2.05	0.00	0.00
	Dick G.	10.00	0.00	0.00
	Robert K.	10.00	0.00	0.00
	Tim F.	25.00	0.00	0.00
	Melvin R.	250.00	0.00	0.00
	Margarette A.	25.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00
		0.00	0.00	0.00
	TOTALS	2591.25	40194.71	173.75
			2761.65	248.75
				2708.79
	ATTENDED CENTRAL COMMITTEE			

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