

NEW FRONTIERS

A.A. of the Niagara Frontier

JANUARY 2012

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 ensure anonymity



Central Office Notes ~ The Honolulu Story ...

Jan. 7, 1944 Shop—Pearl Harbor

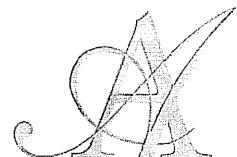
Dear Central Office:

Received your letter of Dec. 27 and the list of groups yesterday, and your letter of Dec. 29 with the clippings, today. You have no idea how much your letters mean. ... I was feeling very low yesterday. All has not been clear sailing in Honolulu. On Thursday, Dec. 30, we had a meeting—5 people present out of 9 expected. Two phoned in good reasons, but 2 more were unaccounted for. However, we all felt pretty confident; then things began to happen the very next day.

One of the 5 started drinking again. We'll call him B—and I really like the fellow a great deal. He has a university education, and has traveled all over the world. He stopped off in Honolulu 14 years ago, after a trip to the Far East, for a 2-week vacation, and started on a binge that didn't end until he was broke and stranded here. He became a typical tropical tramp: 14 years of drinking, jails, hospitals, and getting fired from one job after another. For a year before the war he slept on a lauhala mat on a platform built in a banyan tree. The war, with blackout and curfew, chased him out of his aerial roost, and with jobs plentiful he began to make sincere efforts to beat the jinx. So far he's lost every bout, but some of us who have been successful so far in A.A. have won his confidence, and he has the two main requisites for sobriety: he freely admits he's alcoholic (has read and studied all he could find on his problem), and he sincerely wants to quit. As he's asking for help, we'll naturally continue to do everything we can for him.

Next I heard another member, whom I'll call D, was off. This really hurt. It was he who instituted our dinners together, and we all had high hopes for him. When we contacted him first he was fresh off a binge ... didn't have money for room rent or even the next meal. We helped him out and he went to work. He repaid us, not only the money we had loaned him, but he was the making of the organization here; his enthusiasm seemed contagious to the rest of us. You can imagine my disappointment when I heard he was drinking. He'd been a professional man with a fine educational background, including postgraduate work in Europe ... once a leader in his field in a Western city. There he became alcoholic. He had himself committed to a state mental hospital, and after his release managed to get an appointment with a C.C.C. outfit—but started drinking their medical alcohol and was discharged. More hospitals and sanitoriums—more jobs lost—then the war started and he volunteered for work in the Islands. Men in his profession were so badly needed his record was overlooked, but a month or so passed and he started drinking again. Of course the day soon came when he couldn't trust himself on the job. Flown to Honolulu, to the Territorial Mental Health Clinic, he sobered up temporarily—but for the last 15 months he's been around here pulling one drunk after another. He's worked as a painter, a cab driver (till he smashed the cab on a bender), a common laborer, or anything else he could pick up in his sober intervals.

Well, that left 3 from the meeting of 5: Pete, Dick, and me. Meanwhile I'd checked on one of the unaccounted ones, a boy called H. After being dry 6 weeks, he'd talked himself into the idea that it would be O.K. to put a little whiskey in some hot lemonade he was drinking for a cold. With that start he landed in the hospital in bad shape. I went to see him. He told me he knew A.A. had the right answers for him and had been analyzing himself with the help of the doctor and nurses (they're all cooperating with us in that hospital) to see where



(continued on page 2)

(Continued from page 1)

he'd failed to apply the program correctly. I left my copy of the book with him, and went back to see him yesterday—found him with 2 other alkie deeply absorbed in a discussion of the book. One of them said he'd be out and at our next meeting—the other was a woman.

I am especially pleased about the woman. She'd read the book through, and told me her story. It seems she started drinking heavily while still in her teens, and—became an alcoholic in her twenties. She became a connoisseur of sanitoriums all over the U.S. Came here, hoping to quit by changing localities. Has sobered up in almost every hospital in Honolulu, some of them several times. Recently quit for a couple of months and thought she had it licked ... but soon was feeling too good, took that fatal first drink and then went ahead and drank herself back in the hospital. She says she'll be at the meeting next week, so maybe we've made a start among the lady alcoholics in Honolulu.

However, even after that visit, I wasn't feeling too well. I was too discouraged. I even had some vague idea of calling up the others and telling them our next meeting was off. So I went back and talked with Pete. He works with me now, and there's one alkie who's really going to town in A.A. He was afraid that I'd start drinking over the disappointments ... he reminded me of the little white card you sent me and told me I should pray for the serenity to accept things I couldn't change. He said we were playing for too high stakes personally to let the failure of others throw us too ...

I am now living in the Central Y.M.C.A. and our meetings are held in the same building. I went there and waited in the lobby. D came in first, a little the worse for wear, but still sure A.A. had his answer and still determined to find it. Then the second unaccounted-for absentee from our last meeting came in, sober but shaky. Pete and Dick came in. They felt that, although it was too bad about the others, the program was working swell for them, and they thought the rest would soon be finding their way around too. And the new man who had met H in the hospital came too. In all we were 6, and we really had an inspiring meeting.

All the A.A.s in Honolulu say Aloha, E.G.

Jan. 12, 1944 Shop—Pearl Harbor

Dear Central Office:

A big part of the troubles I told you of have been ironed out. We're back on the beam and overloaded with inquiries and calls for help. In fact we're overworked and delighted. I can count up 15 people who are definitely under the influence of A.A., and I'm so thrilled at the progress we're making that if I don't shut myself off, this letter will turn into another one of those manuscripts. And I must get my sleep. I can sleep now, thanks to A.A.

Yours, E.G.

~ Reprinted with permission ~ A.A. Grapevine ~ July 1944 ~ Vol. 1; No. 2 ~

*We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic **ever** recovers control. All of us felt at times that we were regaining control, but such intervals—usually brief—were inevitably followed by still less control ... Despite all we can say, many who are real alcoholics are not going to believe they are in that class. By every form of self-deception and experimentation, they will try to prove themselves exceptions to the rule ...*

~ "Alcoholics Anonymous" ~ pp. 30-31 ~

SLIPS AND HUMAN NATURE ~ By William D. "Silky" Silkworth, M.D.

The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who has restored himself to a dignified place among his fellowmen and continues dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple.

People are inclined to say, "There is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their own ways. You can never be sure."

This is largely twaddle. The alcoholic is a sick person. Under the technique of Alcoholics Anonymous he gets well—that is to say, his disease is **arrested**. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings. Then we can safeguard ourselves intelligently against most slips.

Reprinted with permission ~ A.A. Grapevine ~ January 1947

How to get from THERE to HERE

Obviously you can't get from HERE to THERE, because just when you think you have arrived, THERE is just another HERE. The only way is to get from THERE to HERE.

~ Reprinted with permission ~ Barefoot Bob ~ www.barefootsworld.net ~

When I got sober [February 28th, 1974] it was normal and customary to give the new comer a card with these questions to answer. We don't see them much around A.A. anymore but I still find them valuable to the newcomer. Maybe they will help you answer your questions.

~ Love and Peace, Barefoot ~

20 Questions That Only You Can Answer ~ Are You An Alcoholic?

To find out, ask yourself the following questions, and answer them as honestly as you can:

1. Do you lose time from work due to drinking?	Y	N
2. Is drinking making your home life unhappy?	Y	N
3. Do you drink because you are shy with other people?	Y	N
4. Is drinking affecting your reputation?	Y	N
5. Have you ever felt remorse after drinking?	Y	N
6. Have you gotten into financial difficulties as a result of drinking?	Y	N
7. Do you turn to lower companions and an inferior environment when drinking?	Y	N
8. Does your drinking make you careless of your family's welfare?	Y	N
9. Has your ambition decreased since drinking?	Y	N
10. Do you crave a drink at a definite time daily?	Y	N
11. Do you want a drink the next morning?	Y	N
12. Does drinking cause you to have difficulty in sleeping?	Y	N
13. Has your efficiency decreased since drinking?	Y	N
14. Is drinking jeopardizing your job or business?	Y	N
15. Do you drink to escape from worries or trouble?	Y	N
16. Do you drink alone?	Y	N
17. Have you ever had a complete loss of memory as a result of drinking?	Y	N
18. Has your physician ever treated you for drinking?	Y	N
19. Do you drink to build up your self-confidence?	Y	N
20. Have you ever been to a hospital or institution on account of drinking?	Y	N

To find out how you did, count your "YES" answers.

Are you an alcoholic?

If you answered YES to one of the questions, this is a warning that you may be an alcoholic.

If you answered YES to any two, there's a good chance that you are an alcoholic.

If you answered YES to three or more, you are definitely an alcoholic.

Source: *The Twenty Questions: Are you an alcoholic?* was developed in the 1930s by Dr. Robert Seliger, Department of Psychiatry, Johns Hopkins Hospital, and intended as a self-assessment questionnaire to determine the extent of one's alcohol abuse.

Don't Sweat It!

Most of us, by the time we get around to answering these questions, average more than 15 yes answers ...
I got all 20 ... after my sponsor pointed out that jails are institutions.

Just Go to A.A.!!

~ Reprinted with permission ~ Barefoot Bob ~ www.barefootsworld.net ~ Recovery Pages ~

**"THE CLOCK IS RUNNING MAKE THE MOST OF TODAY TIME WAITS FOR NO MAN
YESTERDAY IS HISTORY TOMORROW IS A MYSTERY TODAY IS A GIFT
THAT'S WHY IT IS CALLED THE PRESENT!"**

~ Alice Morse Earle ~



Editorial: On the 1st Tradition

"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?"

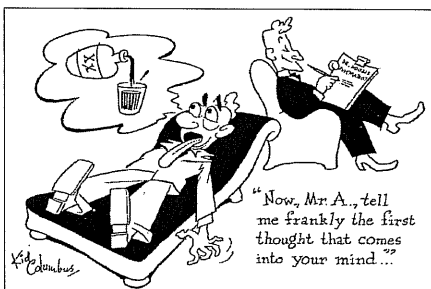
The answer seems to be that we A.A.s cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our 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.

~ Reprinted with permission ~ A.A. Grapevine ~ December 1947 ~ Vol. 4; No. 7 ~



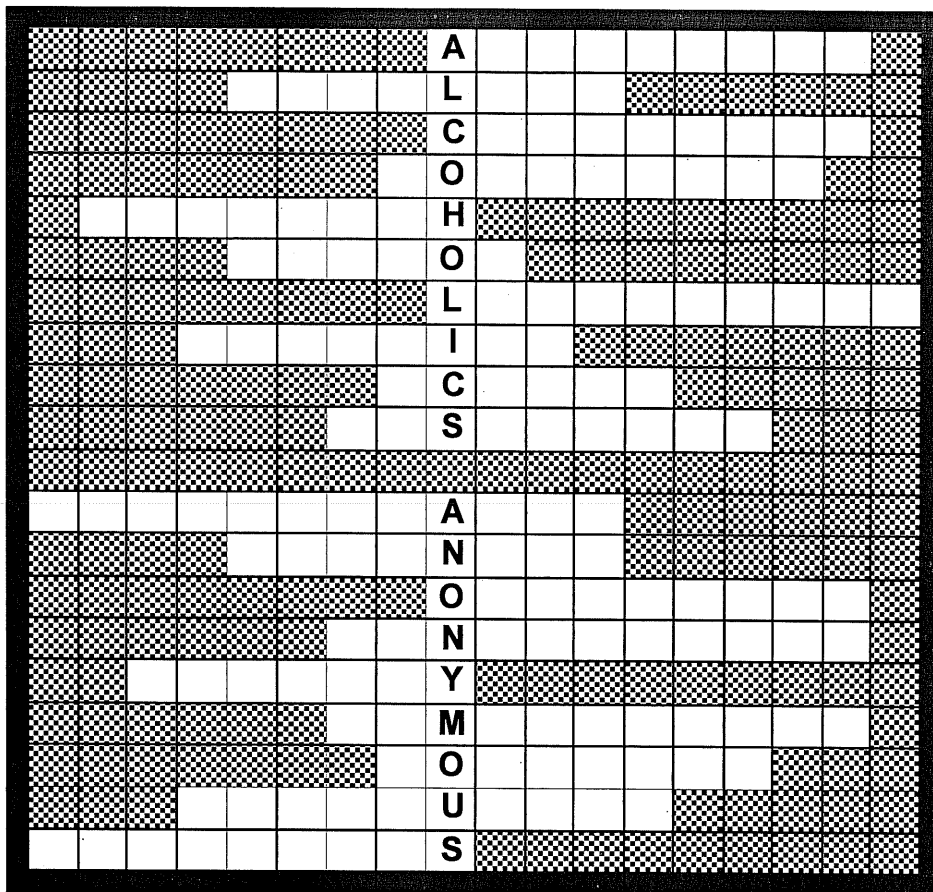
~ Reprinted with permission ~ A.A. Grapevine ~ July 1946 ~

It was discovered that when one alcoholic had planted in the mind of another the true nature of his malady, that person could never be the same again.

~ "As Bill Sees It" ~ p. 209 ~

<p>I feel ALIVE today Each minute and hour along the way</p> <p>I am not thinking about the past Or about how long the high will last</p> <p>I am thanking God I didn't have one more I could have died by walking out that door</p> <p>I feel a part of something today I'm really glad I found A.A.</p> <p>Without it, I could not get a day</p> <p>My life wasn't worth a dime Now I have been blessed with time</p>	<p>Time to spend with my children My family and friends</p> <p>Time to pray and to thank Him For each and every day clean</p> <p>With my God, life is serene</p> <p>I remember who I was when I drank Blindfolded and walking down the plank</p> <p>Today is different I'm a new me</p> <p>When I look in the mirror I'm happy with who I see</p> <p>~ Crystal H ~ Iron Horse ~</p>
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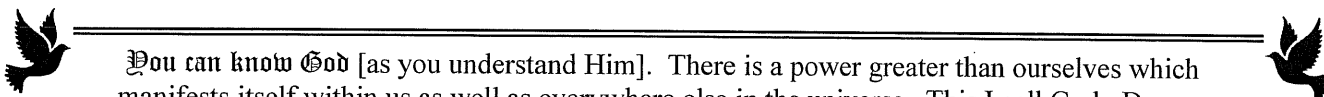
Step One Puzzle - If you get stuck, you know where you can find the answers!



Use each letter in one word across

- Acknowledgement of truth
- Feeling unable to succeed or improve
- Being sure or certain
- Lacking strength or effectiveness
- Source of support
- The lowest point
- Being set free
- Modesty or respectfulness
- Process of doing
- In great need
- Difficult to control
- Lack of strength, power or determination
- Idea completely occupying the mind
- Result of action(s)
- Hypersensitivity to a substance
- Loss of dignity or pride
- Quality of clear-headedness
- Complete lack of a particular quality
- Personal views, feelings or opinions

Frequently, we read by rote—the mechanical repetition of something so that it is remembered, often without real understanding of its meaning or significance—or, as we have heard so many times, “doing the same thing, in the same way, and getting the same results”. It might be fun to add another dimension by looking at the Twelve Steps from the inside out, one step at a time. Your answers will be found, of course, in “The Twelve Steps and Twelve Traditions”—and also in next month’s issue of *New Frontiers*.



You can know God [as you understand Him]. There is a power greater than ourselves which manifests itself within us as well as everywhere else in the universe. This I call God. Do you know what it is to know God—to have God’s constant guidance—a constant awareness of God’s presence? To know God is to reflect love toward all people and all creations. To know God is to feel peace within—a calmness, a serenity, an unshakeableness which enables you to face any situation. To know God is to be so filled with joy that it bubbles over and goes forth to bless the world. I have only one desire now—to do God’s will for me—there is no conflict. When God guides me to walk a pilgrimage I do it gladly. When God guides me to do other things I do them just as gladly. If what I do brings criticism upon me I take it with head unbowed. If what I do brings me praise, I pass it immediately along to God, for I am only the little instrument through which God does the work. When God guides me to do something I am given strength, I am given supply, I am shown the way, I am given the words to speak. Whether the path is easy or hard I walk in the light of God’s love and peace and joy, and I turn to God with psalms of thanksgiving and praise. This it is to know God. And knowing God is not reserved for the great ones. It is for little folks like you and me. God is always seeking you—every one of you. You can find God if you will only seek—by obeying divine laws, by loving people, by relinquishing self-will, attachments, negative thoughts and feelings. And when you find God, it will be in the stillness. You will find God within.

~ Peace Pilgrim ~ “Steps Toward Inner Peace” ~

~ Reprinted with permission ~

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 upon 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.

IN MEMORIAM

Things We Can Not Change

~ ~ ~ ~ ~

To all of our members who have lost family and loved ones ~
Our thoughts and prayers are with you



We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.

~ "Alcoholics Anonymous" ~ p. 30 ~

SLIP OF THE LIPS

"We admitted we were powerless over alcohol—that our lives had become unimaginable."

~ Reprinted with permission ~ A.A. Grapevine ~ September 1990 ~

Share your Experience, Strength and Hope

Please submit your announcements by the **12th** for next month's issue

Articles can be submitted at any time

e-mail address: buffaloA.A.@hotmail.com

or mail to

**Buffalo Central Office
681 Seneca St (lower)
Buffalo, New York 14210**

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 A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Articles reprinted with permission of A.A. Grapevine, Inc. are subject to Grapevine copyright.)

COMING SOON

The Buffalo Central Committee is starting up a new phone answering service known as NIGHTWATCH. Where members of AA will be able to answer calls coming into central office directly after 4:30pm. For more information or interest on how you or your group can get involved please contact: nightwatchbuffalo@gmail.com or call Jason D. at 716-289-8960

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

NIGHTWATCH!

please contact nightwatchbuffalo@gmail.com or call Jason D. at 289-8960 for more information or to get involved

JANUARY ANNIVERSARIES

Alexander

Dave S. 7y
 Brad S. 15y
 Dean S. 25y
 Mary T. 26y

Amherst/Snyder

Paul S. 4y
 Cindy G. 4y
 David J. 6y
 John K. 7y
 David S. 8y
 Barbara B. 22y
 Gene H. 27y
 Lou B. 29y

Carry the Message

Mary H. 12y
 Dan E. 31y

Courage

Andy S. 16y
 JoAnne F. 26y
 Agnes H. 29y

Dawn of Hope

Mark F. 14y

Eyeopener

Mary Lou 2y
 Jerry R. 2y
 Melissa 3y
 Chris M. 3y
 Susan B. 4y
 Anne 5y
 Mark R. 5y
 John L. 5y
 Gregg 11y
 Art B. 22y
 Dave G. 24y
 John S. 25y
 Len S. 26y

Fireside

Becky B. 7y
 Brett S. 10y
 Mike M. 11y
 Bob S. 15y

Fresh Start

Ralph W. 17y
 Tyron H. 20y

Giving

Andre G. 1y
 Chavez 3y
 Bernadette S. 14y
 Ed M. 30y

Golden Slipper

Melissa G. 13y
 Mike N. 21y

H.A.N.D.

Chris R. 2y

Helping Hand

Rose P. 1y
 Dave S. 20y
 Bob B. 20y
 Ruth C. 20y
 Doug S. 26y

How It Works

Mike S. 2y
 Kevin W. 2y
 Bill B. 5y
 Eric T. 5y
 Jay M. 10y
 JD H. 10y
 Derek M. 10y
 Mike M. 11y
 Mark D. 17y
 Dan D. 21y
 Roger R. 23y
 John S. 25y
 Franck C. 27y

Ironhorse

Paul D. 4y
 Kurt S. 4y
 Dan McC. 22y
 Sheilla D. 34y

Lakeshore

Mitch A. 2y
 Scott T. 31y

Lighten-Up

Colleen H. 5y
 Michael M. 5y
 Cindy W. 10y
 Dan McC. 11y
 John I. 21y

Lockport#1

Steve C. 8y
 Jack P. 9y
 Gary S. 12y
 Derek H. 14y

Matt Talbot

Paul K. 3m
 John C. 6m
 Gerry B. 13y

North Buffalo

Scott L. 3m
 Charles M. 3m
 Kyle H. 3m
 David F. 3m
 Stephen A. 6m
 Vinny M. 6m
 Jeff W. 6m
 Andrew M. 5y
 Sara O. 5y
 Walter P. 16y
 Dan G. 21y
 Frank C. 27y

Orchard

Park Step

Jeanmarie 9y
 Mary H. 12y
 Joli B. 16y

Remember

When

Andrew S. 1y
 Gen B. 4y
 Robert N. 6y
 Portia J. 24y

Rise & Shine

Sue A. 3y
 Greg L. 4y
 Peter Z. 4y
 Raymond S. 4y
 Velvet J. 5y
 Kimberly P. 5y
 Lynn L. 5y
 Theresa H. 6y
 Debbie H. 6y
 Jackie D. 6y
 Melissa B. 7y
 Kenneth T. 8y
 Theresa B. 8y
 Eddie T. 9y
 Joann T. 9y
 Gary C. 10y
 Joe R. 16y

Serenity

Don K. 4y
 Walter W. 19y
 Paula O. 24y

Sheridan

Chris M. 1y
 Garry S. 22y
 Larry Z. 26y

Spiritual Progress

Sally S. 3m
 Stacy R. 1y
 Kristen 5y

Surrender & Hope

Marty G. 7y

Thruway

Tom B. 14y
 Pat M. 23y
 Kathy K. 25y
 Robin A. 27y
 Ellen M. 37y

Turning Point

Paul M. 3y
 Angelo D. 9y
 Jeff P. 27y

We Care

Bernadette S. 14y
 Agnes H. 30y
 Jim L. 30y

Women In Recovery

Valencia L. 1y
 Sylvia W. 12y

GROUPS CELEBRATING

Back To Basics: 5y
 Central City Café: 5y
 Constant Vigilance: 16y
 Daily Reprieve: 12y
 Early Rising Obliging: 10y
 Father Baker: 31y
 It: 21y
 Life Today: 21y
 Main and High: 14y
 New Awakening: 33y
 New West Side on Serenity: 13y
 Rigorous Honesty: 1y
 Second Chance: 11y
 Solidarity: 6y
 Somerset: 25y
 Starting Over: 18y
 Tuesday Men's Disc.: 24y
 Try Again: 19y
 Williamsville: 59y

*Please remember to
 have the anniversaries
 submitted by
 the 12th
 END OF BUSINESS DAY 5:00 PM
 of the month
 previous*



PLEASE READ AT YOUR MEETING...HELP KEEP EVERYONE INFORMED:-)

*BUFFALO CENTRAL OFFICE
ALCOHOLICS ANONYMOUS
(716) 853-0388*

9:00 AM- 12:30PM, 2:00 PM- 4:30 PM

Schedule on line at: www.buffaloaany.org

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210*

Fax: 853-0389

www.buffaloaany.org

buffalooa@hotmail.com

JANUARY 2012

MEETING CHANGES

- **New Meeting, Love-N-Tolerance**, Amity Club, **Saturday's at 6PM**. 340 Military Rd, Buffalo, 14207
- **Elmwood Group**, 2590 Elmwood Ave, Kenmore, now **only meet at 9AM, 1PM & 4PM** (daily).
- **Patchin Group**, is **changing it's start time to 8:30 PM**. Church Memorial Church, 8019 Route 391, Boston, 14025.
- **Roland Group**, Saturday's @Roland Methodist Church, 168 Roland, Lackawanna, **NO LONGER MEETS** until further notice.
- **Victory Women's Group** Wednesday; 6:30 PM at OLV Basilica, Lackawanna, Needs Support.
- **NEW MEETING; Changing Our Way's**, All Saints Church, 6065 South Park Ave, Hamburg, 14075. Open Discussion, 10PM, Friday's.
- **Thankful Group**, Friday's 2 PM **will continue meeting as per schedule :)**
- **Sunday's Best Group** will be meeting **Christmas Sunday** from 1-2:30 PM. They are also in need of support. 875 Elmwood Ave, Buffalo.
- **Dunkirk Monday Nite**, 8pm....**change address** to.... Presbyterian Church, Lark St., Dunkirk.
- **Fredonia the woman's meeting change in time...** 5:15-6:15 pm
- **Backdoor**, Thursday's meeting at 8:30 in Dunkirk, did not change it's meeting place. They still meet at, United Methodist Church, corner of 6th & Washington St.'s.
- **Rigorous Honesty Woman's Group**, is **in need of support** we meet every Saturday at 1P 144 Mills St Open meeting
- **Women in Recovery Group**, Wednesday 6pm 245 Elmwood (use back entrance) calling all women in recovery, your **support is needed**.
- **Progress Men's Group** in East Aurora is Closing. **Their last meeting** will be Thanksgiving. All are welcome including ladies. 10:30 AM, St. Mathias, corner of Main & Maple.
- **Staying Sober**, Thursday's 12:15 PM at Buffalo State College, **NO LONGER MEETS**.
- **Women's Westside Discussion Group** **has resumed** meeting at a new time--7:00, NOT 7:30 as in the past. Casa Di Vita House, 200 Albany St., Buffalo.
- **Victory Group**, Thursday's in Lackawanna, **Has Resumed**. Thursday', 8 PM.. Queen of Angels Church, 144 Warsaw at Electric, Lackawanna.
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

COMING EVENTS

~ Jan 8, **Steering Committee**, SUNDAY 5 PM. Central Office 681 Seneca

- ~ Jan 8, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office(Hosted by Abbott Men's Group).
- ~ Jan 8, **General Service Assembly**, 12 Noon., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ ???, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Jan 14, **Archives Committee Meeting**, SATURDAY, 10 AM, Buffalo Central Office.
- ~ Jan 15, **Corrections Committee Meeting**, 3rd SUNDAY, 7:00 PM, Buffalo Central Office, 681 Seneca .
- ~ Jan 16, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office,681 Seneca Street. Please if you or your group are taking a meeting into a treatment facility , could you please send a rep to this meeting
- ~ Jan 17, **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Jan 24, "**Nightwatch**" **Committee Meeting**, Tuesday, 6 PM , Central Office, 681 Seneca
- ~ Jan 4,11,18,25 & Feb1; **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Wednesday 8-9:15 PM. Sponsored by East Aurora Group, St. Mathias Episcopal Church, 374 Main St. @ Maple.. Journey through the 12 steps in 5/ 1 hr sessions
- ~ Jan 19, **Main & High 14th Group Anniversary**, 6 PM. Bring a dish if you wish. 899 Main St. near Carlton St.- Parking in the rear (Washington Street).Speaker; Tina D..
- ~ Feb. 17- 19th, "Road to Recovery", A.A. Men's' Spiritual Retreat. St. Columban Center, 6892 Lakeshore Road, in Derby, NY. Cost is \$125.00, includes room and board. Scholarships are available. To sign up or for further information, please contact Joe G. at 602-8712 or Lou C. at 674-4896.
- ~ Feb 18, **Any Age presents the 32nd 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 \$9.00 in advance/ \$11.00 at the door. Pizza-Coffee-Tea- Pop- 50/50. No Children under 12.Smoke ONLY in your vehicles & please keep butts in the car.
- ~ March 2-4, **NERAASA 2012**, Hudson-Mohawk-Berkshire HMB~Area 48, Albany, NY. Registration \$20. Flyer @ Central Office.
- April 13-15th, **Women's Spring Spiritual Weekend Retreat** will be held at Stella Niagara. The focus is on the 12 steps & includes speakers, groups, spiritual advisors -along with a lot of food, fun & fellowship. More info is upcoming. Contact person: Marilyn S. 799-4094

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 Executive Secretary

70th Buffalo Fall Convention

2011 Buffalo Fall Convention
Final Report
12/4/11

October 21, 22 & 23, 2011

Friday, Saturday and Sunday at the
Marriott Buffalo/Niagara
1340 Millersport Highway, Amherst, NY 14221
(See back of this flyer for convention and hotel rates)

REGISTRATION OPENS

1:00 p.m. Friday
8:00 a.m. Saturday

EARLY BIRD SPEAKER

4:30 p.m. Friday

ALTERNATE BANQUET SPEAKER

(For those not attending Banquet)



DANCES

Friday and Saturday Nights

ALKATHONS

Friday and Saturday Nights

ARCHIVES DISPLAY

SERVICE PANELS

Speakers

Friday Early Bird - Rosemary T., Rochester, NY
Friday Night - Dick S., Atlanta, Georgia
Saturday Afternoon - Ernie R., Potomac, Maryland

Banquet - John H., Hilton Head, South Carolina
Alternate - Margaret H., Buffalo, NY
Sunday Spiritual Speaker - Mike L., Indianapolis, IN

Donations

Any individual or group wishing to make a donation to the convention for coffee, hospitality or scholarships. You may specify what the donation is for. Please mail donations to Buffalo Fall Convention, P.O. Box 686, Williamsville, NY 14231.

Registration Badges

are required to attend all functions (panels, speakers, banquet, alkathons and dances).

NO EXCEPTIONS

Visit our web site at www.Buffaloaa.org

Dear Central Committee,

It was a pleasure to serve, as your 2011 convention chairman, this body and Alcoholics Anonymous in the western New York as a whole. This year's convention was a success by all measures. We experienced a high number of weekend registrations (between 950 and 1000) and completely filled the banquet hall for the Saturday dinner and speaker (530). This year's addition of a decorating committee made for a festive and socially conducive atmosphere.

The program committee didn't spare any expense to bring in speakers from various parts of the country to carry their message of hope to convention goers. The panels were well attended and informative.

Approximately 10% of convention goers filled out an evaluation sheet. The comments ranged from detailing areas in need of improvement as well as many which stated positive feedback. When asked to rate the convention, 90% said above average or excellent. From the survey sample about 10% were first time attendees.

The convention brought in a surplus of \$1640. (See attached balance sheet).

Chairman's comments: I believe we may have outgrown the Marriott hotel. Many of the comments offered on the evaluation forms stated the need for something "bigger" whether it be the dance floor, hospitality room, parking or hallway space. Many people want to attend the banquet speaker without having to attend the dinner, which we can't accommodate due to fire codes restrictions. While I know that it is the responsibility of each convention chairperson to secure a hotel, it might be beneficial for the central committee chairperson to appoint an ad hoc committee to look into accommodations and pricing at other area venues.

Once again, and as always, it is my pleasure to serve AA in WNY.

Yours-in-service,

Mark S.

Lakeshore Group - District 6

2011 Buffalo Fall Convention
Financial Report

<u>Expenses</u>	<u>Total</u>	<u>Income</u>	
DJ	\$ 700.00	Seed Money	\$ 1,980.54
Printing	\$ 775.00	committee 7th trad	\$ 188.50
Mugs	\$ 1,006.44	T-shirt/mugs	\$ 4,300.00
Hospitality	\$ 450.00	Coffee	\$ 1,455.00
Decorating	\$ 203.06	50/50	\$ 292.50
Coins 24hr	\$ 170.11	Refund Mugs	\$ 80.98
T-Shirts	\$ 2,102.96	Hospitality	\$ 114.44
Audio	\$ 70.00	Coffee Donation	\$ 178.00
Gifts	\$ 142.87	Scholarships	\$ 515.00
Speaker	\$ 1,641.78	Fees credit	\$ 19.98
Registration	\$ 617.23	Refund Hotel	\$ 25.35
PO Box	\$ 129.00	Registration	\$ 36,406.00
Bank Fees	\$ 52.98		
Return check/fee	\$ 60.75		
Seed Money	\$ 1,980.54		
Hotel Deposite	\$ 1,000.00		
Hotel Final Bill	\$32,814.46		
Total	\$43,917.18		
			\$ 45,556.29

* AI Anon Donated Food for Hospitality worth \$246

Remaining \$ 1,630.11

BUFFALO CENTRAL COMMITTEE MINUTES
December 4th, 2011

Jake J. Committee Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer Jean Marie Orchard Park Step read the Preamble Brian Abbott Men's read the Purpose of Central Committee. Judy Orchard Park Step read the Twelve Traditions. It was moved by Tina Amherst Snyder and seconded by Gilbert Try Again to accept the October minutes as written by Annie Lakeshore Group.

New groups were greeted and 22 groups were represented: Dist #1 Dist #2 How It Works Men's, North Buffalo, Questions & Answers, Sober Train, Three Legacies, Friends of Bill W. Dist #3 Abbott Men's, Courage, Iron Horse, Ridge, Thruway Dist #4 Action, Orchard Park Step #5 Lockport #1 Dist #6 As Bill Sees It, Carrying The Message, Derby, Lakeshore, Sobriety Men's Disc, WE; Dist #7 Freshstart Dist #8 Amherst Snyder, Eyeopener.

COMMITTEE REPORTS:

• **ENVELOPE SYSTEM:** No Report

• **STEERING COMMITTEE-** Jean Marie reported Districts 1-7 were present along with , Executive Secretary, Financial Secretary, Chairperson and Co-Chair were present. After the review of the copier terms & conditions we have decided to go ahead with the lease. The Steering Committee recommends a written misconduct warning resulting from the publication of an editorial article in the December 2011 New Frontiers.

• **FINANCIAL REPORT:** Rick reported we established a \$2,500 (min. balance) account so the Executive Secretary can use the debit card without dual signatures for access to total operating account funds. The group "Recovery Near The Garden" contributed \$13.03 in April raising contributions by that amount and lowering sales= +/- by a corresponding amount. The month of November was our lowest amount of contributions this year. The envelope system brought in \$109.00. Our loss for November was \$2253.00 which was covered by operating account which is \$16,110.00. Our outstanding invoices over 30 days old totals \$530.00.

• **TREATMENT:** No Report

• **CORRECTIONS:** No Report

• **CENTRAL OFFICE:** AA INFO: 201, 12- STEP:1, ALANON:2,PIC:0,VISITORS:56, VOLUNTEERS:17. Groups we are in need of contact from are; New Outlook-5, Powerless-7, Recovering Women & The Big Book-7, Renaissance I-2, Threshing Floor-2, Spiritual Studies-5, Sunday Serenity-6, Higher Powered-7.

• **NEW FRONTIERS:** No report

PIC: No Report

Night Watch: No Report

• **CONVENTION:** Please see insert in New Frontiers.

•**GSA LIASON:** No Report

•**ARCHIVES:** Pat reported we are now working on our 2nd Annual Breakfast for 2012 it will be held in the Jamestown Area further details will be coming. We set up work days for December 6th and 13th at 7pm at the Buffalo Central Office. Our new meeting date is the second Saturday of the month at 10am at the Buffalo Central Office. Our first meeting will be January 14th 2012. Everyone is welcome to come and give us a helping hand. This month our new chairperson is having an organization meeting on December 10th at 10am. He is looking for anyone who is interested in joining us.

We have been checking our equipment and it looks like our computer needs to be fixed. We also just purchased new shelves to store your history and some first edition and second edition books we received.

If you want to bring our display for any AA event please give us at least a 30 day notice. You can email us at the Area 50 WNY.org website look for archives. Our upcoming displays are Tuesday Women's on Feb. 28th, Main & High's Vigil, Cataract Convention, and Main & High Day of Sharing in 2012. We would like to thank the Thruway Group for their donation. Please make checks payable to Western New York Archives. There is no meeting this month, but we will meet in January on the 2nd Saturday at 10am at Buffalo Central Office all are welcome.

•**OLD BUSINESS:** The proposed amendment to the By-Laws was passed by a two thirds majority vote. 14 out of 20 voters were for the amendment.

Intergroup positions for 2012 are as follows: Committee Chair- Pete E. Committee Co-Chair- Chip R., Financial Chair- Sue B., Steering Committee Representative Dist. 2- Pat K., Dist.3- Suzie F. from Iron Horse, Envelope System- Tina D. from Amherst Snyder, Corrections- Jim S. from AS Bill Sees It, GSA Liaison- John from Courage Group, New Frontiers Editor- Sally, Recording Secretary- Zach F. Three Legacies, PIC Chairperson- Judy from Orchard Park Step we are still looking for a Dist. 7 steering committee representative.

•**NEW BUSINESS:** The recommendation made by the Steering Committee for a written misconduct warning for the Executive Secretary resulting from the publication of an editorial article in the December 2011 New Frontiers was passed.

NEXT MEETING: January 8th 2011.

Pete E. the new 2012 Committee Chair thanked As Bill Sees It for this month's refreshments and reminded Abbott Men's of their commitment for next month.

It was moved by Sue Courage Group and seconded by Gilbert Try Again that we adjourn; adopted. Meeting closed with the Lord's Prayer at 8:20pm.

Respectfully submitted by Annie D. Recording Secretary Lakeshore Group.

GROUP CONTRIBUTIONS

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	NOV	YEAR	NOV	YEAR	NOV	YEAR
11:45		0.00		0.00		0.00
12 Steps/12 Traditions		230.00		0.00		0.00
4th Step Stumblers/F.U.N.		0.00		2.00		0.00
6th Step		100.00		0.00		0.00
A Day At A Time		0.00		0.00		0.00
Abbott Men's		100.00	72.00	425.00		100.00
Acceptance/Welcome	100.00	200.00		0.00		0.00
Achievement		250.00		125.00		125.00
Action		0.00		0.00		0.00
Age Doesn't Matter		0.00		0.00		0.00
Akron Awareness		0.00		0.00		0.00
Albion New Beginnings		12.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amherst/ Snyder		456.00		0.00		0.00
Amsdell Lakeshore		0.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	35.00	385.00	15.00	165.00	15.00	165.00
Arcade	180.00	180.00		0.00		0.00
As Bill Sees It	74.00	349.00		60.00		60.00
Attica		50.00		0.00		0.00
Attitude Adjustment(Williamsville)		50.00		25.00		25.00
Attitude Adjustment(NF)		20.00		5.00		5.00
Attraction		500.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Back To Basics		61.00		0.00		0.00
Beginners Group (NF)		20.00		0.00		0.00
Beginning In Sobriety II		0.00		0.00		0.00
Beginning's Women		0.00		0.00		0.00
Big Book Lockport		200.00		0.00		0.00
BB Spiritual Studies		0.00		0.00		0.00
Big Book Study		60.00		0.00		0.00
Blasdell		15.00		0.00		0.00
Blasdell Monday Night		0.00		0.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		20.00		0.00		0.00
Boulevard Women		0.00		0.00		0.00
Brass		0.00		0.00		0.00
Building Hope		0.00		0.00		0.00
By The Book		0.00		0.00		0.00
Carry the Message	25.00	150.00		0.00		0.00
Casting		0.00		0.00		0.00
Castile		50.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Cayuga Wake- Up Call	225.00	985.00		0.00		0.00
Caz Manor		370.00		0.00		0.00
Central City Cafe'		20.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga	150.00	725.00		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 Solution		0.00		0.00		0.00
Commitment		0.00		0.00		0.00
Constant Vigilance(Varysburg)		0.00		0.00		0.00
Complanters		0.00		0.00		0.00
Courage		100.00		0.00		0.00
Daily Reflections	100.00	100.00		0.00		0.00
Daily Reprieve		0.00		0.00		0.00
Dawn of Hope		50.00		0.00		0.00
Derby		200.00		0.00		0.00
Derby Lunch		0.00		0.00		0.00
Desire		500.00		0.00		0.00
Desperate		0.00		0.00		0.00
Downtown Men's		0.20		0.00		0.00
Dunkirk Monday Night		0.00		0.00		0.00
Early Bird South		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
East Amherst		500.00		0.00		0.00
East Amherst Traditions		378.00		0.00		0.00
East Aurora		300.00		100.00		100.00
Easy Does It	30.00	430.00	30.00	430.00	30.00	330.00
Ellicottville		50.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		0.00		0.00		0.00
Eyeopener		1618.80		0.00		0.00
Eyeopener South		1150.00		410.00		0.00
Father Baker		125.00		0.00		0.00
Feelings		0.00		0.00		0.00
Fireside PM		200.00		0.00		0.00
Fireside		1369.00		0.00		0.00
First Things First		360.00		0.00		0.00
Forestville Sunday Serenity		0.00		0.00		0.00
Fredonia Discussion		33.00		0.00		0.00
Freedom		475.00		100.00		0.00
Fresh Start	30.00	165.00		0.00		0.00
Friendly		0.00		0.00		0.00

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	NOV	YEAR	NOV	YEAR	NOV	YEAR
2 Friends of Bill W.		50.00		0.00		0.00
1 Frontier(New)	30.79	338.60		0.00		0.00
3 Gardenville		55.65		0.00		0.00
8 Georgetown		175.00		0.00		0.00
2 Getting Better		0.00		0.00		0.00
8 Gettin With It		15.00		0.00		0.00
7 Gifted		0.00		0.00		0.00
1 Giving		0.00		0.00		0.00
6 Go to Any Length		892.50		35.30		35.30
5 Golden Slipper		250.00		0.00		0.00
2 Grand		0.00		0.00		0.00
2 Grand II Joy of Living		50.00		0.00		0.00
2 Grateful		100.00		0.00		0.00
3 H.O.W.		0.00		0.00		0.00
6 Hamburg		0.00		0.00		0.00
6 Hamburg Early Bird		0.00		0.00		0.00
8 Hand		160.00		0.00		40.00
2 Handicappers		0.00		0.00		0.00
1 Happy Faces		0.00		0.00		0.00
7 Harmony		0.00		0.00		0.00
3 Helping Hand		200.00		0.00		0.00
8 High Noon		0.00		0.00		0.00
8 High View		150.00		0.00		0.00
7 Higher Power		60.00		0.00		0.00
4 Hillbilly		250.00		25.00		25.00
6 Holiday Village		1400.00		100.00		100.00
4 Holland		0.00		0.00		0.00
6 Honest Solutions		0.00		0.00		0.00
2 Honesty		60.00		0.00		0.00
Hope's Horizon		50.00		0.00		0.00
2 How it Works/Men's	150.00	1425.00	25.00	100.00	25.00	75.00
7 Humbolt		0.00		0.00		0.00
3 Inspiration		0.00		0.00		0.00
5 Intoxicated on Life		480.00		0.00		0.00
3 Ironhorse	44.40	627.74	4.43	55.23	4.43	54.98
8 IT		0.00		0.00		0.00
5 Johnson Creek Big Book		0.00		0.00		0.00
1 Journey		0.00		0.00		0.00
3 Just For Today/ Cheektowaga		25.00		0.00		0.00
5 Just For Today/ Albion		65.00		0.00		0.00
4 Keep It Simple Sister		125.00		0.00		0.00
2 Keep On Coming		0.00		0.00		0.00
2 Kenmore		0.00		0.00		0.00
8 Kensington		0.00		0.00		0.00
6 Lake Shore		450.00		0.00		0.00
6 Lakeview		200.00		0.00		0.00
3 Lancaster Dailey Reprieve		0.00		0.00		0.00
5 LewPort		20.00		0.00		0.00
2 Liberty Women		225.00		0.00		0.00
4 Life Today	25.00	69.00		0.00		0.00
8 Lighten UP		150.00		0.00		0.00
1 Living Clean		0.00		0.00		0.00
2 Living in the Solution		0.00		0.00		0.00
2 Living Sober		0.00		0.00		0.00
5 Lock City		200.00		0.00		0.00
5 Lockport #1	250.00	800.00	25.00	80.00	25.00	80.00
5 Lockport Discussion		50.00		0.00		0.00
5 Lockport Ladies		100.00		0.00		0.00
5 Lockport Tuesday		130.00		0.00		0.00
5 Lockview		480.00		120.00		0.00
6 Look To This Day		0.00		0.00		0.00
7 Love		0.00		0.00		0.00
7 Lovejoy		50.00		50.00		50.00
5 Lower River		0.00		0.00		0.00
1 Main and High		38.87		7.00		7.00
4 Main Street		300.00		0.00		0.00
8 Maple Men's		0.00		0.00		0.00
4 Marilla	30.00	432.00		0.00		0.00
3 Matt Talbot	120.00	510.00		0.00		0.00
5 McKinley Winners		180.00		0.00		0.00
5 MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5 Medina New Life		0.00		0.00		0.00
8 Mercy		0.00		0.00		0.00
3 Mid-day	50.00	188.39		0.00		0.00
8 Midnight Discussion		0.00		0.00		0.00
5 Miracle Happen		75.00		0.00		0.00
7 Monday CO		10.00		0.00		0.00
5 Monday Big Book		0.00		0.00		0.00
2 Morning After		400.00		0.00		0.00
7 New Awakening		0.00		0.00		0.00
3 New Beginnings/St. Vincent		30.00		0.00		0.00
New Freedom		0.00		0.00		0.00
New Hope		0.00		0.00		0.00
5 New International		0.00		0.00		0.00
3 New Life		30.00		0.00		0.00
5 New Outlook		0.00		0.00		0.00
1 New Westside		0.84		0.00		0.00
5 Niagara Frontier Men's Disc.		40.00		0.00		0.00
2 North Buffalo	200.00	1200.00		100.00		50.00
4 North Java Monday		0.00		0.00		0.00
4 North Java Sunday		0.00		0.00		0.00

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