

NEW FRONTIERS

February 2008

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.

Principle - I am an Alcoholic

{We are continuing in the series based on Fr. John Doe's book "The Golden Book Of Principles"}

The first principle that Fr. Ralph addresses is I am an Alcoholic. It is the most important principle; he called it the primary principle. So what does that mean - most A.A.'s response to that would be, "duh, HELLO!?!"

Defined by Webster's New World Dictionary; an alcoholic is "a person who has chronic alcoholism or who habitually drinks alcoholic liquor to excess. Alcoholism is "the habitual drinking of alcoholic liquor to excess, or a disease caused by this."

The Big Book states that the real alcoholic "...at some stage of his drinking career he begins to lose all control of his liquor consumption, once he starts to drink {p. 21:1}." Further, "we know that no real alcoholic ever recovers control {p. 30:3}." That is our problem - loss of control.

Add to that the fact that we have an obsession (well, at least one): "somehow, someday he will control and enjoy his drinking...many pursue it into the gates of insanity or death {p. 30:1}."

This is what makes us different from other people. On the one hand, if we are real alcoholics, we will never control our drinking again. On the other, we have an obsession that we will. Outside of the alcoholic problem, there really is no difference between the alcoholic and a non-alcoholic person.

We in A.A. generally further refine the definition. We use words like compulsion and allergy. We could not stop or break this compulsion on our own through any of the countless ways we tried.

We don't add to the definition, either. We don't add morally degenerate, willful drunk, or even completely insane. We are simply sick people, spiritually, mentally, and physically.

As long as we think we're not like "those people" or "I don't need help," it is extremely hard to stop drinking, let alone think clearly or begin to live a sober life. Until we found out what was going on inside those church basements, our concept of what A.A. was really about was far from reality. When was the last time a newcomer said, "This is exactly what I expected?"

We get here because *nothing else worked*. All of us were finally

at the point where we could get help when we admitted this fact: I am an alcoholic. Not the other person, who we may think A.A. could help. Regardless of why (that comes later in the steps), we finally realize we are like those in A.A. by hearing others describe the same things we have gone through. Physically there may have been differences, like how much or how often we drank. Emotionally we were at the same place - the bottom.

Regardless of our age, length of time drinking, past wreckage, rich or poor, amount drank, frequency of getting inebriated, or heritage, it is the one truth that we all agree. Everyone who calls himself or herself a "member of A.A." should have the desire to stop drinking. That's all it takes to join our organization. Desire is not in the past tense, but present. That means we have that desire *now*. Fr. Ralph: "When tomorrow gets here, it will still be *now*. Not was, not ex-alcoholic, not cured. This fact is obvious when we practice the first step on a daily, hourly, or minute-by-minute time frame. I need the program, because I am an alcoholic."

What if we don't practice this principle? Fr. Ralph says, "Refusal to accept and/or practice this principle we found was the

chief obstacle to sobriety, to happiness, to adjustment to life."

Are you just not drinking? Still dealing with the aggravating compulsion? Still think you can take *one* drink, *ever*? Maybe your life seems a bit of a bore {same *stuff*, different day}. Have you accepted being an alcoholic? Is that your primary purpose now?

How is this done? Fr. Ralph applies this principle to various aspects in our life, specifically for the alcoholic.

In Our Home Life

Mere sobriety is not enough to give to our family. "I'm sober, aren't I" will not cut it.

Fr. Ralph: "Since other than alcohol, we are no different than others, we owe our families the same consideration, kindness, etc., that is part of ALL family life, whether one is an alcoholic or not.

"We don't just give them back 'what we owe,' but all of those things, big and little, that would contribute to their happiness. That is loving, *and* living as a grateful recovered alcoholic at home.

"Keep in mind it may take a lifetime of making amends to our family for our drinking."

Should we keep and or serve alcohol in our homes? The motive must be considered.

If the motive is honest - charity or a social necessity - experience has shown it would not cause difficulty. If we want to "build our willpower" and toy with the presence of booze, we are jeopardizing our own life.

In Our Social Life

Fr. Ralph: "We use and practice this principle by honestly admitting the fact {I am an alcoholic}, not using it as an excuse."

We start on the road to becoming social people, not remaining anti-social by using the "I'm an alcoholic" as an excuse from attending social functions.

We do not attend everything we're invited to (or find out about). As time goes on, we no longer fear what could happen, and when the motive is right, we can attend social functions, even if alcohol is being served.

Fr. Ralph also says, "we do not use the lie - albeit in some people's minds a 'white' one - that we do not drink 'because of a bad stomach' or some other such untruth. We do not drink for one reason: we are alcoholics and can not handle alcohol."

We have a program of honesty. "No thanks, I am an alcoholic and found I simply can not handle alcohol" is the suggested answer. How many of us are secure enough with ourselves to say that when offered alcohol?

In Our Business Life

Brace yourselves. Fr. Ralph says we should tell our em-

From The Editor

I was recently asked, "What will you do when someone submits a story?" I thought that all the readers should hear the answer to this question.

I considered what my answer should be. After a *nano*-second, I said, "print it, unless it is way off our purpose. If it is, I'd talk to whoever submitted it, to see if they could change it so we could print it."

So we're all on the same page, the purpose of this newsletter, especially the first section, is threefold: To help other alcoholics achieve sobriety; To build each other up; To feature stores from around Western New York (Area 50).

This is not *my* newsletter. It is not *Terry's*. It is not the "*Central Office's*" newsletter. It is **OUR** newsletter. It belongs to all the A.A. members in Western New York.

I get to go to meetings in Niagara County, Erie County, sometimes in Jamestown, and at times in Cleveland, OH. There are many, **many** personal stories I've heard that are worthy of publishing here.

There are others that have a vast knowledge of our own A.A. history here in WNY. A few are working on bringing some of our history to print at this time.

I intend on seeking out some of those stories, and bringing them to others in our A.A. program. If that means I have to make a choice between someone's submitted article and one I wrote, and the submitted article is better, my writing takes a back seat.

We print 800 copies of the newsletter every month. There is a small crew of volunteers that do all the work (including Terry) - printing, folding, sorting, mailing. Over 600 of these are mailed out every month. Some groups get 50 of them at once. Others get the extras at our Central Office.

If you like reading this, and have the financial means, I'd suggest subscribing. It is one way we defray some of the costs associated with operating our Central Office. See the back cover for the subscription form.

As editor, I will constantly be seeking your comments and suggestions. I do not have all the answers, and welcome your input for our newsletter.

Chip R.

ployer we are alcoholic. Have you? No, my current employer doesn't know I'm in the program, either.

The secondary principle behind his position is absolute honesty. We need to be honest. If we don't disclose to our employer who we are, we are in fact hiding something, and being less than honest. We all know where one lie usually leads. We also found that keeping secrets is dangerous territory, and not in our best interest.

Fr. Ralph: "The fact that we are alcoholic, and our 'rugged' past, may have little or no bearing on people we meet in business, provided they also know we are doing something about it. There is something about that simple admission without pretense, 'I am an alcoholic,' that fascinates and attracts people. After all, TRUTH is always attractive; DISHONESTY is repulsive [emphasis Fr. Ralph]."

In our regular work environment, it is usually better to tell an employer about something, before they find out about it. We have been in that situation. The boss finds out we goofed something up. We had the opportunity to say something before they found out, but for whatever reason, did not say anything. Then it is worse. They are usually double-upset, first for the mistake itself, and second because they "found out" and weren't told.

In Our Financial Affairs

Provided we are honestly working the program, we are just as secure as the next person. We also have the advantage of

God's grace being a co-worker. This doesn't mean we're going to become wealthy. It does mean we are like the rest of the 'earth' people.

We should become prudent with our finances. Family comes first; then our future.

We may become a little "tight" with money. To balance this tendency, we should practice giving and sharing of our material goods.

In Our Emotional Life

Fr. Ralph: "We can not permit ourselves to indulge in emotional upsets very frequently or for any prolonged period of time. If we do we will set off that compulsion to drink.

"Resentments, self-pity and the like will be constantly gotten rid of FAST by the one who PRACTICES the principle that he IS AN ALCOHOLIC [emphasis Fr. Ralph]."

When we got here, we realized we needed to find a way to deal with emotional troubles - our way wasn't working. We found the way that others dealt with these emotions is transferable - we could do the same thing they did. It starts with talking to another alcoholic about what's going on inside our mind.

In Our Physical Life

Everyone knows H.A.L.T. Practice that. Halt stands for "hungry, angry, lonely, tired."

Fr. Ralph: "...avoid certain physical reactions that will set off - sometimes automatically -

the compulsion to drink. These reactions are: becoming OVERTIRED, becoming OVERHUNGRY, becoming OVERTHIRSTY. Again, we do not know why, but we do know that such indulgences can cause the alcoholic to crave liquor."

We will use the medical profession for help when needed. Keeping honesty in mind, we inform our health care professionals that we are alcoholics.

In Our Thought Life

Negative, "stinking" thinking is not for us. This includes conflict and indecision.

Mental conflicts turn into stinking thinking, and some of us know first hand that turns into drinking. Practicing this principle means these thoughts are to be avoided. Certainly do NOT decide to wage a conflict inside your own mind. The same goes for reviewing all your problems, by yourself. It's like waking up neck deep in quicksand.

Yes, at times our thinking goes "stinking". This is where talking to our Higher Power and another alcoholic gets our thinking back into its proper perspective. No member I know can say their thinking has been perfect since they joined A.A.

In Our Spiritual Life

We always approach our Higher Power as an alcoholic, and not just one of "His children." Why?

The simple answer is if we do not, sooner or later we will forget who we are. If we forget that

we are alcoholic, then we will drink again.

We need to ask our Higher Power for his help, and the strength to stay sober, for whatever time period, not longer than today. Fr. Ralph: "We have seen many stay sober for a time with-out doing this; but we have never met a person who slipped after having done this." Is he giving us a hint on how to stay away from the next drink? Is it the same as something I read somewhere, "rarely have we seen a person fail...who was *making coffee?*"

No matter how "spiritual" we get, we can never forget this principle. Fr. Ralph: "Let us not forget that even if an alcoholic becomes a saint - and takes that

first drink - he will get drunk." We are powerless over alcohol. Any of us can say this - one drink and we will be drunk.

In Our A.A. Life

We do not brag. We are humbly grateful to God. We carry the message in all our affairs by our example. We remember we are just like the A.A. member sitting next to us, not better, not worse.

Fr. Ralph: "Our example is by using ALL of the twelve steps and keeping ALL of the twelve traditions. We freely give of what we have learned. We have found that if we do not give, we do not receive. That 'rule' makes no sense logically, but it

is the way our Higher Power has set it up for us to live."

Summary

Lets' practice this each day, day in and day out, and work toward mastering this principle. Fr. Ralph believes we can, or he wouldn't have written about it. Without it, we're bound to drink again. Without it, we LOSE.

Chip R. - Grand II & Holiday Village Groups

Sources: "The Golden Book Of Principles", by A Member of Alcoholics Anonymous, ©1954 The SMT Guild pp. 13, 35-41; "Alcoholics Anonymous" p. 21, 30

Do you have some ideas for the New Frontiers? Perhaps you have a story to pass along, or a topic we should address? Would you like to join our committee? We would like to know.

Committee members are: Chip R. (Grand II & Holiday Village), Chuck D. (Eye Opener), Don B. (Eye Opener), Mike K. (Valley), Tom C. (Sheridan)

You can email the Central office at buffaloaa@hotmail.com, or directly to the New Frontiers committee at newfrontiers@roadrunner.com.

Fall Convention Update:
Oct 31 - Nov 2, 2008

Planning meetings are ongoing: The third Saturday of each month at 12:00 noon, at the Central Office. The next meeting as of press time will be February 16th.

For more information, or to get involved, call our Convention Chairman, John C., at (716) 884-0962 {home} or (716) 308-0951 {cell}.

He is VERY interested in your ideas. If you had the chance, what would you want done at the convention? Let him know!

MIKESpace.AA – VIEW FROM THE YOUNG AND SOBER

Greetings

My friend Jen is one of few AA members I've encountered in the rooms that I'd known while we were "out there." She's impressed me ever since we've reconnected. I thought that before I shared my story it would be good to focus on someone whose practice of the A.A. principles I aspire to. Mike K, Valley group

My name is Jennifer and my sobriety date is August 12, 2004. I was introduced to A.A. four months after I turned 21 and I immediately knew that I was finally home.

I truly believe that God puts people in our paths for a reason. It is no coincidence that I am my "father's daughter" because he has been sober in A.A. for 26 years. From his example I learned that A.A. truly does work. My father has been an amazing power of example in my life and I believe it is because of this that I was able to find A.A. at such a young age.

I started drinking heavily when I was 18 years old and continued to misuse and abuse alcohol right through college. I used to think that drinking is what every college kid was doing and that it was "normal" to be drinking every day before class, to study drunk, to take tests drunk, and to basically do everything drunk.

To me, being sober was like being in hell. If I wasn't drinking, you could bet I was obsessing about it. Surprisingly enough I finished the last semester of my junior year of college, and also the last semester of my drinking career, with a 3.5 grade point average. I guess you could say that I was one of those "functional alcoholics", whatever that means!

Maybe you're wondering how a girl who just turned 21 wound up in A.A. I hit rock bottom. While everything looked good on the outside, inside I was dying. I was

an emotional and spiritual wreck. I could not keep up the façade one is expected to maintain to hide the fact that he or she is a real alcoholic. After a bad night of heavy drinking I had a moment of clarity and God gave me the gift of desperation. I couldn't live with the person that I had become; I hated the person I turned out to be.

I ran to my father for help crying, "Daddy, I don't know who I am anymore." He responded with the dreaded words no alcoholic ever wants to hear, "You have to quit drinking and go to meetings. Everything will be ok". For the first time in my life I trusted my father when he told me that drinking was my problem. I ceased fighting my disease and turned it over to God, although I didn't know at the time that this is what I was doing.

There are no words to describe what my life has been like since I have become an active member of A.A. Sure I could say things like it's amazing, exhilarating, and beyond my wildest dreams, but I still feel that these words do not fully describe the incredible gifts I've been given as a result of working this program.

I immediately joined a home group when I got here as well as a found a sponsor, who guided me through the Twelve Steps of Alcoholics Anonymous.

I built a relationship with a power greater than myself based on faith and trust that he will never give me more than I can handle in one day.

I also built friendships with people in A.A. of all ages. I learned to "stick with the winners" and I began to surround myself with people who were working the program and truly sincere about getting and staying sober. As a result of doing these things and many more, I got sober in spite of myself.

Being young and being in A.A. can be a difficult thing, but only if I make it difficult. I learned that if I want to get sober, and have an honest desire to do so, than I am going to get sober. I joined AA because I didn't know how to live my life anymore. A.A. has taught me a new way of living that has allowed me to overcome anything that comes my way, good and bad.

My age has never been an obstacle in this program. In the beginning, I thought that my life was over, and would consist of hanging out at meetings with men and women my father's age talking about how we couldn't drink anymore. What I have found out is just the opposite. A.A. is made up of a wide variety of people both young and old. I found out that my life didn't end when I came into A.A.; it began!

Within weeks I had formed friendships with people close to my age in A.A. We went to meetings together, met up afterwards and went bowling or played cards till 3 or 4 in the morning! We went to dinner, the movies, and many other things. We even went to concerts!

While these activities may not seem like big events, they did to me! At the end of my drinking I never left the house except when I had to go to school. I couldn't function without the use of alcohol. When I started drinking, usually I didn't want to go anywhere for fear that I would embarrass myself as a result of my atrocious, drunken, behavior.

When I got sober, I began living. I entered the world of reality where people went out and did things for fun instead of sitting at home drinking and watching reality TV. I learned that I could finally be a part of something while being sober and I didn't need to get my doses of reality from the television anymore!

In the three and a half years that I have been in recovery I have lived through so much! I graduated from college with a Bachelor's degree when I turned 22. I have formed relationships with people that mean the world to me.

I have even been granted the privilege to begin sponsoring other women in this program. Currently, I am working with two women who are also a part of our "young people in A.A." group. One is 25 and the other is 27. Both women have home groups and are currently working the steps of A.A. Sponsorship is one of the best gifts I have received from A.A.

My journey through sobriety has not been a cakewalk either. I have gone through trials and

tribulations while in recovery. On July 21, 2005, my mother lost her fight with cancer. I was 22 and clueless about how I was going to survive without my mother. Her funeral was the worst day of my life. A.A. surrounded me with love and told me that I didn't have to go it alone. When we had the memorial service for my mom, more than half of the people there were from A.A. I have not found it necessary to drink over this and I owe it to becoming an active member of this fellowship.

My experience in A.A. has shown me thus far that no matter what I go through, good or bad, I have no excuse to drink again. When I walked into the doors of A.A. as a sick, scared, and confused 21-year-old woman, I left any excuse I had to drink outside.

There is no doubt in my mind that I never have to drink again, provided that I maintain my commitment to A.A. and keep God and the steps close to my heart.

My message to the younger members of A.A. who may be struggling in this program because of their age is that it doesn't matter how old you are. A.A. will work if you want it and work it. As a result, your life will be better than you've ever imagined. To every young A.A. member I say to you, "Don't leave before the miracle happens, it will be beyond your wildest dreams!"

Jennifer T. - Desire Group

IN MEMORIAM

Things We Can Not Change

Mike R. - Serenity Shack

Ron McQ- Lockport #1- 35 years

Father John R.- North Buffalo, 30+ years

To all our members who have lost family & loved ones our prayers are with you.

Share your Experience, Strength and Hope.

Please submit your announcements by the 12th for next months issue. Articles should be submitted by the 8th of the month for the next month's issue, space permitting.

Buffalo Central Office
681 SENECA STREET
(LOWER)
Buffalo, New York 14210

Or

E-Mail address: buffalooa@hotmail.com
and newfrontiers@roadrunner.com

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.)

FEBRUARY ANNIVERSARIES



Amherst/Snyder

Andrew B. 3y
 Jamie A. 4y
 Patti B. 4y
 Paul B. 4y
 Jen R. 5y
 Bill H. 7y
 Gary P. 11y
 Bob G. 19y
 Dave H. 19y
 Beverly B. 26y

Cold Springs

Willie H. 29y

Courage Group

Julie S. 23y
 Beverly K. 25y
 Jane Marie B. 32y

Fireside

Tom B. 15y
 George V. 20y
 Liz O. 20y

Fresh Start

Laurie A. 3y
 Constance W. 9y
 Peter A. 22y

Golden Slipper

Andrew B. 5y
 Dominic V. 6y
 Roger K. 27y
 Jim R. 28y

Holiday Village

Mike B. 2y
 Steve H. 2y
 Bob M. 2y

Holland

Joe G. 3y

Ironhorse

Bruce B. 10y
 Dick Mc. 18y
 Bill S. 19y

Lakeshore

Mark S. 11y

Lighten-Up

Dan P. 9m
 Charlie S. 2y
 Barb H. 3y
 Gary U. 3y
 Doug M. 6y
 Laurie M. 9y

Living Clean

Diane W. 8y

Lockport #1

Dick D. 22y

Lovejoy

Vinnie K. 3m
 Kevin D. 3m
 Tim G. 6m
 Dave B. 6m
 Jeff W. 9m
 Tim P. 21y

North Buffalo

Paul S. 2y
 Megan M. 2y
 Peter N. 6y
 Ed O. 14y
 Walter W. 17y

Rise & Shine

Jason H. 3m
 Bill L. 3m
 Kim M. 3m
 Kim M. 3m
 Marie L. 9m
 Derrick D. 9m
 James B. 9m
 Amanda M. 1y
 Tyra L. 1y
 Kenny P. 1y
 George S. 2y
 Caryn H. 2y
 Paula P. 4y
 Tom H. 5y
 Melissa M. 7y
 Ed B. 7y
 Pat C. 12y
 Celia D. 12y
 Lawrence B. 12y
 Ava P. 18y

Spirit of Hope

Antwan D. 10y

Sun. Morning

Breakfast

Eric K. 4y
 Carol K. 8y
 Max W. 21y

Surrender & Hope

Joe K. 2y
 Ruth C. 11y
 Tim R-M 14y
 Al Z. 25y

Thruway

Lynda M. 6m
 Sharon O. 4y
 Elizabeth O. 20y
 Joyce T. 21y
 Dan T. 24y
 Jane Marie B. 32y

Valley

Tim R. 1y
 Michael B. 1y


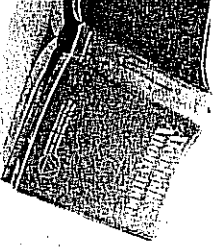
GROUPS CELEBRATING

6th Step: 31y
 B.S.C.: 1y
 Backdoor: 4y
 By the Book: 9y
 Clarence Men's Disc II: 18y
 Common Problem: 25y
 Daily Reflections: 12y
 Early Bird: 17y
 Everybody's Group: 24y
 Grateful: 33y
 Handicappers: 24y
 Harmony: 30y
 Kensington: 38y
 Lake Shore: 46y
 Love: 8y
 Recovery Near
 The Gardens: 7y
 Thankful: 38y
 Threshing Floor: 2y
 Tri County: 40y
 Wake-Up Call: 16y



have the anniversaries
 submitted by
 the **12th**
 of the month
 previous



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>3</p> <p>Keep your sobriety first to make it last.</p>	<p>4 <u>Special Needs Committee</u>, 6:30 PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore.</p> <p>*1981: First issue of <i>AA Archives</i> newsletter, "Markings," is published "to give the Fellowship a sense of its own past and the opportunity to study it."</p>	<p>5 <u>Steering Committee</u>, 6 PM, Central Office, 681 Seneca St.</p>	<p>6 ASH WEDNESDAY</p> <p>*1943: <i>San Francisco Bulletin</i> reporter Marsh Mashine interviews Alvarado, a San Quentin Prison AA group member.</p>	<p>7</p>  <p>STINKIN' THINKIN' leads to DRINKIN'</p>	<p>1</p> <p>*1939: Dr. Harry Theobald becomes the first psychiatrist to endorse AA and use the AA principles in his practice.</p>	<p>2 GROUNDHOG DAY</p> <p>1942: Bill W. pays tribute to Ruth Hook, AA's first paid secretary, who resigned to get married. Ruth signed 15,000 letters to drunks who wrote the New York AA office asking for help.</p>
<p>10 <u>Central Committee Meeting</u>, 7 pm, <u>Corrections Committee Meeting</u>, 6:00 PM, Buffalo Central Office, 681 Seneca St</p> <p>**1958: <i>Twenty-Four Hours a Day</i> by Richard W. is the #2 best-seller after <i>The Big Book</i>.</p>	<p>11 <u>Treatment Facilities Committee</u>, 6 PM, Buffalo Central Office, 681 Seneca St.</p> <p>1938: Clarence S. has his last drink.</p>	<p>12 LINCOLN'S BIRTHDAY</p>	<p>13</p> <p><u>Website Committee Meeting</u>, 7:30 PM, Kenmore Methodist Church, 32 Landers Rd., Kenmore.</p>	<p>14 VALENTINE'S DAY</p> <p>2007: Neil Wing dies. Neil was Bill Wilson's longtime assistant.</p> <p>1971: AA groups worldwide hold a memorial service for Bill W.</p>	<p>15</p> <p>1940: Bill W., Dr. Bob, and six other AAs ask 60 rich friends of John D. Rockefeller Jr. for money at the Union Club in New York. They get \$2,000.</p>	<p>16 68th Buffalo Fall Convention Meeting, NOON Buffalo Central Office, 681 Seneca St</p> <p>1941: <i>Baritone Sunday Sun</i> reports the city's first AA group, began in 1940, has grown from three to 40 members, with five being women.</p>
<p>17</p> 	<p>18 PRESIDENTS' DAY</p> <p>1943: AAs are granted the right to use cars for "twelfth step work in emergency cases despite WWII gas rationing."</p>	<p>19</p> <p>1967: Father "John Doe," the first Catholic priest to join AA, dies.</p>	<p>20 <u>Public Information Committee meeting</u>, Buffalo Central Office, 7PM.</p> <p>1941: <i>The Toledo Blade</i> publishes the first of three articles on AA by Seymour Rothman.</p>	<p>21</p> <p>1939: 400 copies of <i>The Big Book</i> manuscript are sent to doctors, judges, psychiatrists, and others for comment. This was the "multilith" Big Book</p>	<p>22 WASHINGTON'S BIRTHDAY</p> <p>1942: Abe Lincoln addresses the Washington Temperance Society in Springfield, Ill.</p>	<p>23 <u>Archives Committee Meeting</u>, 9 am, Buffalo Central Office, 681 Seneca St</p> <p>*1946: <i>AA Tribune</i>, Des Moines, reports 36 new members since Marty has been there.</p>
<p>24</p> <p>Yesterday and tomorrow are two days we need not worry about</p>	<p>25</p>	<p>26 <u>Kensington Group 38th Anniversary</u>, Cleveland Hill Lutheran Church, 261 Cleveland Dr. Cheektowaga, 7:45 PM.</p> <p>*1946: Pueblo, Colo., now has a second group composed of alcoholic State hospital patients.</p>	<p>27</p> <p>Carry the message—not the alcoholic.</p>	<p>28</p> <p>*1941: <i>Pittsburgh Telegraph</i> reports the first AA group meeting on Friday nights with a dozen "Former Hopeless Drunks."</p>	<p>29</p>	

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

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.ny-aa.org &
www.Buffaloaany.org*

*681 SENECA STREET (Lower)
BUFFALO, NEW YORK 14210
Fax: 853-0389
www.buffaloaany.org
buffalooa@hotmail.com*

FEBRUARY 2008

MEETING CHANGES:

- **Pride Group** has changed it's **starting time to 7:45 PM**. Monday's@ Pride Center of WNY, 18 Trinity Place, Buffalo.
- **Central Park Group** (Friday's ay 9 PM, Main & Lisbon, Buffalo) will be suspended until further notice.
- **NEW Group; Dawn Of Hope**, 116 Broad St., Tonawanda. Tue. & Fri. 7:30 PM.
- **Lockport (not yet named) group**, STILL MEETS. Horizon's Health Center, 63 East Ave, Lockport. Disregard last months report.
- **Lockport Nooners**, NO LONGER MEETS. 178 Transit Rd. Lockport.
- **Sober & Proud Group** will now start at 8 PM. Friday's at Pride Center, 18 Trinity Place. Buffalo.

COMING EVENTS:

- ~ Feb. 4, **Special Needs Committee**, 6:30 PM, The Kenilworth Church of Christ Church, 45 Dalton St., Kenmore.
- ~ Feb. 5, **Steering Committee**, 6 PM, Central Office, 681 Seneca Street.
- ~ Feb 9, **Any Age presents the 22nd 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. Smoke ONLY in your vehicles & please keep butts in the car.
- ~ Feb. 10, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street. (Hosted by Lockport #1)
- ~ Feb. 10, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower).

- ~ Feb. 11, **Treatment Facilities Committee**, MONDAY, 6 PM, Buffalo Central Office, 681 Seneca Street.
- ~ Feb. 13, **Website Committee Meeting**. Wednesday, 7:30 PM, Kenmore Methodist Church, 32 Landers Rd., Kenmore.
- ~ Feb. 16, **68th Buffalo Fall Convention Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street All are welcome.
- ~ Feb. 20, **Public Information Committee meeting**, Wednesday, Anyone interested in helping the community understand who we are, what we do, and what we are not do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 7 PM.
- ~ Feb. 22, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).
- ~ Feb 22-24, **2008, NERAASA**, West Atlantic City, New Jersey. Flyers and registration forms available at Central Office.
- ~ Feb. 26, **Kensington Group 38th Anniversary**. Speaker, pizza and pop. Cleveland Hill Lutheran Church, 261 Cleveland Dr. Cheektowaga, 7:45 PM.
- ~ April 25-27 GSA Spring Convention, Day's Inn, 443 Main St., Niagara Falls. Registration Only-\$15, with Banquet; \$40. Forms at Buffalo Central Office.
- ~ Sept.11-14, **2008, National Archives Workshop**. History Lights the Way, Hosted by WNYGSA (area 50). Days Inn (Niagara Resorts) 443 Main Street, Niagara Falls. More info will be coming soon.
- ~ Oct. 31- Nov. 2, **67th .BUFFALO FALL CONVENTION**: Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst.

2nd STEP: "Came to believe that a power greater than ourselves could restore us to sanity."

2nd TRADITION: " For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

2nd CONCEPT: To insure effective leadership, we should endow each element of AA- 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... Terry B..... Executive Secretary

Buffalo Central Committee Minutes

JANUARY 6, 2008

Jay H., North Buffalo Group, Committee Chair, opened the meeting at 7:00 pm with a moment of silence and the Serenity Prayer. Ron, Carry the Message Group, read the Preamble. Bob, Co-Chair, from Williamsville Group read the Purpose of the Central Committee. Jack, from Lockport #1 Group read the Twelve Traditions. A motion was made to accept October's minutes as written by John H., Recording Secretary, from Sunday Morning Breakfast Group, seconded by Gary, Sheridan Group. Motion passed.

29 Groups were represented: **Dist. 1:** No representatives; **Dist. 2:** Get Freedom, Grand II Joy of Living, Living Sober, North Buffalo, Sheridan, Three Legacies, Step Action; **Dist. 3:** Courage, Abbott Men's Disc., Ironhorse, Southgate, Sunday Morning Breakfast, Valley; **Dist. 4:** Hillbilly; **Dist. 5:** Lockport #1; **Dist. 6:** As Bill Sees It, Carrying The Message, Going To Any Lengths, Lakeshore, Serenity On The Lake, Sobriety Men's Disc.; **Dist. 7:** Fresh Start, Lovejoy, Solidarity, Spirit of Hope; **Dist. 8:** Eye Opener, Wehrle, Williamsville, Women Making The Effort.

COMMITTEE REPORTS

ENVELOPE SYSTEM: No report

STEERING COMMITTEE: Jake J., Three Legacies Group: Steering committee meeting was held on January 3 at 6:00 p.m. Districts represented: 2, 3, 4, 5, 6, 7, 8; Executive Secretary, Treasurer, Co-Chair. Executive Secretary Report – no report. Finance Report: Discussion on ways to get contributions; talk more about the spiritual significance; Dist. 8: put together questionnaire with some basic information for groups in her district; will have them next month; After much discussion, it was unanimously decided that we table the issue of committee inventory.

FINANCIAL REPORT: Financial Secretary not present. Terry B., gave report

TREATMENT: Laura, As Bill Sees It: Meeting was held on December 17, 2007. Patti S. stepped down as TFC Chairperson and George W. took over as Chairperson. All meetings are covered. New Bridging the Gap brochures are being distributed to treatment facilities.

CORRECTIONS: No report.

SCREENERS: Jean Marie, Orchard Park Step Group, explained the purpose of Screeners Committee; she also mentioned pamphlet on Screeners Committee is available; committee is working hard to get volunteers to cover all areas and groups.

CENTRAL OFFICE: AA INFO; 177; 12-STEP: 1; ALANON:2; PIC: 0; VISITORS: 124; VOLUNTEERS: 13
The quarterly's have been filed as well as the W3 and W2's. Year end Group contribution letters will go out with the next mailing. February meeting moved back 1 week to February 10 to avoid Superbowl Sunday.
Yours in the fellowship of the Spirit
Terry B., Executive Secretary

NEW FRONTIER: Chip S., Editor, Grand II Joy of Living: New Frontiers committee is formed with 5 members; 3 past editors offered help as needed. Central Committee standing committees may use New Frontiers as a tool for recruiting for membership and qualifications.

PIC: No report.

PAST CONVENTION: Gary, Chairman, Final figures on convention; seed money received \$1300.00; seed money returned \$1001.30; convention loss \$298.70.

CURRENT CONVENTION: John C., Chairman , Courage Group; first meeting was held Dec. 15, 2007. Generally a 'meet and greet'; ideas were put out for a theme and colors; some ideas for gifts and favors were discussed; the next meeting will be Jan. 19, 2008 at the Central Office at 12:00 p.m. We hope to set our theme and colors; we will also discuss other plans for the convention; convention set for October 31 – November 2, 2008 at the Marriott Hotel.

AD-HOC COMMITTEES:

INCORPORATION: No report.

WEBSITE: No report.

PAST CONVENTION CHAIR ADVISORY COMMITTEE: Charles L., Chairman, Spirit Of Hope Group, stated nothing new to report.

GSA LIAISON: No report.

CPC: No report.

ARCHIVES: Tom B., Archivist: Happy New Year to everyone! My name is Tom and I'm an Alcoholic, also I serve as Archivist area 50. We meet at the Central Office on the 4th Saturday of every month at 9:00 a.m.; we also have National Archives Workshop Planning meeting at 10:00; everything is going well; I'd like to thank the Three Legacies Group, Thruway Group, Southgate Group and Lovejoy Group for their donations; you can have the Archives displayed at your group function with a 30 day notice.

RECAP: John H., Sunday Morning Breakfast Group, Financial Report for November in the New Frontiers lists assets, literature and medallions balance at \$176,929.05. Terry B., Exec. Secretary, corrected balance to read \$17,929.05.

Jack, Lockport 1, for New Frontiers, asked for names of committee members. Editor replied with members names.

OLD BUSINESS: None

NEW BUSINESS: Coffee makers for 2008 were named.

Motion to adjourn by Jack, Lockport 1 Group, seconded by John H., Sunday Morning Breakfast Group. Meeting adjourned at 7:45 pm with The Lord's Prayer.

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

GROUP CONTRIBUTIONS

GROUP CONTRIBUTIONS

BRNCH	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
	11:45		100.00		0.00		0.00
	12 Step		0.00		0.00		0.00
	12 Steps/12 Traditions		30.00		0.00		0.00
1	4th Step Stumblers		0.00		0.00		0.00
5	6th Step		15.00		0.00		0.00
4	A Day At A Time		0.00		0.00		0.00
3	Abbott Men's	410.00		410.00		410.00	
2	Acceptance/Welcoming		200.00		0.00		0.00
5	Achievement		0.00		0.00		0.00
4	Action		100.00		0.00		0.00
2	Age Doesn't Matter	53.50	154.05	25.00	25.00	25.00	75.00
	Albion		15.00		0.00		0.00
3	Alexander		100.00		0.00		0.00
5	Amherst/ Snyder		1073.35		0.00		0.00
5	Amsdell Lakeshore		140.00		0.00		0.00
2	Any Age	30.00	30.00	10.00	10.00	10.00	10.00
3	Any Length		330.00		110.00		100.00
4	Arcade		20.00		0.00		0.00
5	As Bill Sees It	25.00	175.00		0.00		0.00
5	Attitude Adjustment		100.00		50.00		50.00
5	Attraction	100.00	400.00		0.00		0.00
5	Backdoor		0.00		0.00		0.00
5	Back To Basics		0.00		0.00		0.00
7	Beginning In Sobriety II		449.25		0.00		0.00
2	Beginning's Women		0.00		0.00		0.00
1	Bldwell Monday		150.00		0.00		0.00
5	Big Book Lockport		200.00		0.00		0.00
5	BB Spiritual Awakening		0.00		0.00		0.00
5	Big Book Study		50.00		0.00		0.00
5	Big Book Workshop	237.61	263.61		0.00		0.00
3	Blasdell		0.00		0.00		0.00
1	Blasdell Monday Night		60.00		0.00		0.00
1	Bodhisattva	25.00	25.00		0.00		0.00
5	Boulevard Helping Hand		0.00		0.00		0.00
2	Boulevard Women		0.00		0.00		0.00
2	Brass		60.00		0.00		0.00
3	By The Book		0.00		0.00		0.00
6	Carry the Message		321.00		79.50		79.50
7	Castling		350.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
5	Cayuga Wake- Up Call		595.35		0.00		0.00
3	Caz Manor	25.00	325.00		0.00		0.00
7	Central Park		0.00		0.00		0.00
2	Chapter IX		120.00		100.00		100.00
3	Cheektowaga		700.00		0.00		0.00
2	Chevy #1		0.00		0.00		0.00
5	Clarence Men's		50.00		0.00		0.00
5	Clarence Men's II		0.00		0.00		0.00
7	Cold Spring		0.00		0.00		0.00
2	Common Bond		0.00		0.00		0.00
1	Commitment		432.00		0.00		0.00
4	Constant Vigilance(Varysburg)		5.00		0.00		0.00
1	Complaners		0.00		0.00		0.00
3	Courage		125.00	10.00	18.00		0.00
2	Daily Reflections		185.00		0.00		0.00
2	Daily Reprieve		0.00		0.00		0.00
5	Derby		120.00		0.00		0.00
6	Desire		272.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's		0.00		0.00		0.00
5	Dunkirk Monday Night		0.00		0.00		0.00
2	Early Bird		0.00		0.00		0.00
5	Early Bird Step		0.00		0.00		0.00
5	Early Rising Obliging		0.00		0.00		0.00
5	East Amherst		100.00		0.00		0.00
4	East Aurora		400.00		0.00		0.00
2	Easy Does It	25.00	300.00	25.00	50.00		0.00
7	Ellicott		66.00		0.00		0.00
4	Ellicottville		0.00		0.00		0.00
1	Emergency		0.00		0.00		0.00
5	Everybody's		0.00		0.00		0.00
1	Express		310.00		0.00		0.00
5	Eyeopener	67.98	1507.39		0.00		0.00
4	Eyeopener South	175.00	1680.00		31.25		31.25
1	F.U.N.		0.00		0.00		0.00
1	Faith		0.00		0.00		0.00
3	Father Baker		100.00		0.00		0.00
2	Feelings		50.00		0.00		0.00
5	Fireside	46.00	839.16		50.00		50.00
5	First Things First		200.00		0.00		0.00
5	Forestville Sunday Serenity		0.00		0.00		0.00
5	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		300.00		0.00		0.00
7	Fresh Start		180.00		0.00		0.00
5	Friendly		25.36		0.00		0.00

BRNCH	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		DEC	YEAR	DEC	YEAR	DEC	YEAR
1	Frontier(New)		1000.00		0.00		0.00
5	GAHA: DAGOH #1		0.00		0.00		0.00
	Gahada Gon(Good Shepard)		0.00		0.00		0.00
3	Gardenville		20.00		20.00		20.00
5	Georgetown		0.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
1	Giving		8.50		0.00		0.00
5	Go to Any Length		937.00		68.00		45.00
5	Golden Slipper		109.00		0.00		0.00
2	Grand		150.00		0.00		0.00
2	Grand II Joy of Living		160.00		0.00		0.00
2	Grateful	50.00	100.00		0.00		0.00
3	H.O.W.		0.00		0.00		0.00
5	Hamburg		209.00		0.00		0.00
5	Hand		0.00		0.00		0.00
2	Handicappers		0.00		0.00		0.00
1	Happy Hour II		0.00		0.00		0.00
7	Harmony		400.00		100.00		100.00
3	Helping Hand		150.00		0.00		0.00
5	High Noon		350.00		0.00		0.00
5	High View		300.00		0.00		0.00
7	Higher Power		75.00		0.00		0.00
4	Hillbilly	150.00	400.00		25.00		25.00
5	Holiday Village	200.00	2600.00	25.00	100.00		25.00
4	Holland		0.00		0.00		0.00
5	Honest Solutions		0.00		0.00		0.00
2	Honesty	30.00	120.00		0.00		0.00
2	How It Works/Men's	75.00	1125.00		0.00		0.00
7	Inner City		100.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
3	Intoxicated on Life		0.00		0.00		0.00
5	Ironhorse	1000.00	2699.60		170.95		170.95
5	IT		0.00		0.00		0.00
5	Johnson Creek Big Book	50.00	180.00		40.00		40.00
1	Journey		40.00		0.00		0.00
2	Just Do It		0.00		0.00		0.00
5	Just For Today/ Albion		0.00		0.00		0.00
3	Just For Today/Cheek		300.00		0.00		0.00
4	Keep It Simple Sister		45.00		35.00		35.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmore		0.00		0.00		0.00
5	Kensington		25.00		0.00		0.00
5	Ladies Nite Sober		0.00		0.00		0.00
5	Lake Shore	750.00	25.00	175.00	150.00		150.00
5	Lakeview		225.00		0.00		0.00
7	Last Days Fellowship		0.00		0.00		0.00
5	Lawyers		750.00		0.00		0.00
5	LawPort		0.00		0.00		0.00
2	Liberty Women		185.00		0.00		0.00
4	Life Today		25.00		0.00		0.00
5	Lighthouse UP		720.00		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		180.00		0.00		0.00
5	Lock City		140.00		0.00		0.00
5	Lockport #1	200.00	820.00		0.00		0.00
5	Lockport Discussion		50.00		0.00		0.00
5	Lockport Ladies	75.00	210.00		0.00		0.00
5	Lockport Tuesday		250.00		0.00		0.00
5	Lockview		850.00		110.00		110.00
5	Look To This Day		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	LoveJoy		150.00		10.00		10.00
5	Lower River		0.00		0.00		0.00
5	Lunch Bunch Albion		0.00		0.00		0.00
1	Main and High	5.00	60.00		10.00		5.00
4	Main Street		0.00		0.00		0.00
5	Maple Men's		50.00		0.00		0.00
4	Manila	30.00	95.00		0.00		0.00
3	Matt Talbot		25.00		0.00		0.00
5	McKinlay Winners		30.00		0.00		0.00
5	Medina Big Book		0.00		0.00		0.00
5	Medina New Life		90.00		0.00		0.00
5	Mercy		0.00		0.00		0.00
3	Mid-day		241.50		0.00		0.00
5	Midnight Discussion	30.00	150.00		0.00		0.00
5	Miracle Happen		0.00		0.00		0.00
2	Morning After		500.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
5	New Freedom (Niagara Falls)		70.00		0.00		0.00
3	New Beginnings/St. Vincent		25.00		0.00		0.00
3	New Life		66.00		0.00		0.00
5	New Outlook		0.00		0.00		0.00
5	Niagara Intergroup		0.00		0.00		0.00
1	New Westside		0.00		0.00		0.00
5	Niagara Frontier Men's Disc.		65.00		0.00		0.00
2	No Human Power		0.00		0.00		0.00
2	North Buffalo	200.00	1200.00	50.00	325.00	50.00	325.00
4	North Java Monday		0.00		0.00		0.00
4	North Java Sunday		0.00		0.00		0.00

A. A. on the Niagara Frontier

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