

# NEW FRONTIERS

May 2009

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.

## Open Your Tool Kit

When I entered the program of Alcoholics Anonymous, ending my relationship with King Alcohol, I discovered I had a serious problem. I now had to deal with all the difficulties of the real world, and I had no practical set of tools to get by on a daily basis. The prospect of being happy, joyous, and free was not yet a reality. It appeared, and I accepted, that life without the numbing effects of alcohol was going to be scary and miserable. At least, I wasn't gagging in the morning and peeing in my pants. As difficult as early recovery was for me, it was clear that the tornado of my alcoholism had ended and new damage inflicted on others had stopped.

What I realize now, and what I think is so very important for newcomers to understand, is that the whole world of Alcoholics Anonymous--meaning the Twelve Step program, the fellowship, the service work, and the path to a personal higher power--provides us with a full set of tools that allows us to go through life without finding it necessary to take a drink. Think about that. To be able to get through all of life's realities without finding it necessary to take a drink! Births, deaths, weddings, funerals, getting a job, losing a job, promotions, demotions, hurt feelings, good feelings, going on vacation, staying home sick, making a friend, losing a friend, arguments, nice long talks on the beach, Cubs games, business trips. . . That's a lot of reality for me to feel in its fullest without escaping through artificial numbing. So what are these new tools I was given as a free gift in the program of Alcoholics Anonymous? This is what I've learned.

1. Share your feelings. When things hurt on the inside (fear, frustration, anger, etc.) pick up the phone and call someone and honestly tell them what the problem is. When you're confused

and trying to figure something out by yourself for hours or days, do yourself a favor and call someone and ask them for help. If you start to consider the pluses and minuses of taking a drink, act with the same sense of urgency that you would if your house was burning down--i.e., go immediately to a meeting or call anyone in AA, and tell these people what you're thinking. The 911 attitude is called for.

2. Remember, it's progress not perfection. One day I was struggling with something I knew I needed to do but couldn't get the courage to take action on. I beat myself up continually for not doing it and had a miserable day. I called my sponsor, Lenny, and he started telling me about something that he couldn't do that day but was likely he would get to tomorrow. There was acceptance and peace in his voice on this subject and I knew I'd found a powerful tool. Maybe I can't do it today but maybe I'll be able to tomorrow. I'm a human being who's going to make a lot of mistakes; the sooner I realize and accept this, the better my life will become.

3. Make new friends. It became very clear to me, after some pain and learning, that if I'm going to travel this new path of recovery, it will be much easier and more enjoyable if I'm in the company of a bunch of people going down the same road. We need people who understand what we're talking about and who want to live a life that is happy, joyous, and free--and are willing to take the necessary steps to get there. I have to get rid of my old ways and ideas, and it will be much harder if I continue to hang around my old gang. We need to find new friends and do things with them that celebrate our road to freedom.

4. Let go and let God. My friends in my home group taught me to find a friend in God. They said, "you'd better find a relationship with him so when you're alone in some new environment you have someone to talk to--someone who cares about you and whom you can tell your problems to." Here is the big key for me: I do believe there is a God of the universe, all-powerful and loving; the question is, do I trust him? Do I talk about turning everything over to him and then in my thoughts and actions continue to play God myself? Unfortunately for me, I like playing God most of the time. Heck, I've done it for a long time, it feels comfortable. But you know what? Yesterday it became crystal clear to me, God is a much better manager than I am. The sooner I really turn things over, the sooner I will receive serenity. Powerful tool!

5. Help somebody. Really, anyone will do. In my old life I was convinced that the more I did for myself, the happier I would be. Wrong! Selfishness and self-centeredness are the root of my problem. The words from the Big Book sink deep into my heart: the cure for the problem is to help others. I particularly find it useful when I spend time with a new member of AA, especially one who is crying from the pain. Humility and gratitude seep in and all my "big problems" shrink in a matter of minutes. It's really interesting, isn't it? Help others and you help yourself. One day I was going to work and a lady was having a hard time getting her kids through a revolving door. As always, I was in a hurry. But I stopped and helped her and she gave me a smile and said, "Thank you very much." I keep thinking that this twenty-second action was the most important thing I did that day, maybe

that week. When you are into yourself, your problems and your world, pull this one out of your tool bag. It's a beauty.

As we walk down the road of recovery, we will undoubtedly run into life's struggles. We can get through these

bumps if we remember to open our AA tool bags and find some tools, are willing to use them, and humbly share them with others.

Anonymous, Roselle IL

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## Advanced Techniques for Sponsorship Avoidance

When I entered the sanctuary of Alcoholics Anonymous I was full of arrogance, rage, and self-pity. And all of these defects were battling for supremacy. No wonder I stayed confused and combative most of the time.

At eight months sober, I was "fired" by my first sponsor because I had a bad case of the "yes buts." She explained to me that I was interfering with her serenity and if I was not going to follow a few suggestions, then she knew other women who needed her help. She told me that she loved me and hoped that I would find someone with whom I could relate. What I heard was "You're not good enough" and "You've failed to meet my expectations." So I made a point to tell everyone at my women's meeting how wrongly I had been treated.

Why weren't they getting angry with me? Why weren't they agreeing with me? Why were they laughing?

I've always been able to manipulate people to my way of thinking. But they were taking her side. And why were they offering to temporarily sponsor me until I found a new sponsor? Didn't they know that I wanted them to shun this woman, treat her as an outcast, make her pay for my humiliation?

I've had three other sponsors since then and am just now understanding why my first sponsor had to let go of me. Over the course of six years, I've sponsored several women, and I know how frustrating it can be on this side of the "yes buts" and the excuses.

Here is my list of recommended ways to treat your sponsor if you don't want to develop the level of trust necessary for working a thorough and cleansing Fifth Step with her:

1. Call her after all major decisions in your life and tell her how well you've managed by yourself.
2. Avoid calling her when you feel angry because you know she will help you look for your part in it.
3. Tell her only what you think she needs to hear, omitting the details that you consider unimportant and slanting the story in your favor.
4. Avoid attending meetings where she might be, and tell her that you still go to a lot of meetings--they just happen to be on the other side of town.
5. Call her at home in the middle of the day (knowing that she has a daytime job) and leave a message on her answering machine requesting a call back, putting the "ball in her court" and giving yourself some time to "work it out yourself" (along with a ready-made excuse of "well, I called").

6. Give her credit for all of your new decisions and behaviors, telling everyone that "my sponsor recommends," whether she actually did so or not.

7. Screen your phone calls, answering only those that you are in the mood to talk to.

8. If you don't like the suggestions your sponsor makes, keep checking with other AA members until you find one who gives you the answer you want.

9. Remember the character defects that your sponsor has shared over time and throw them up to her when she's helping you discover your own defects.

These are actual behaviors that I've leveraged against my sponsors over the last six years. Today I know that I am responsible--not my sponsor--for my sobriety. So when I play these avoidance games, I'm only hindering my own growth. I must take an active part in my own recovery process.

My new sponsor and I have been together since April of last year [1997], and I've done two Fifth Steps with her. Much of the discussion during these Fifth Steps has been on the level of expectations and acceptance of my own sponsees. If I allow excuses to interfere with my Twelfth Step work then I'm enabling the fantasy that self-will is sufficient for a happy and sober life.

It's hard to ask for help, but even harder to accept that help and do the action recommended. My favorite phrase in the Serenity Prayer is "courage to change the things I can." It takes courage to admit I'm wrong, courage to agree that my way causes me pain and misery, courage to accept help, and courage to change habits that have been forty-one years in the cultivation.

By practicing courage daily, I gain strength. And now I have the second ingredient necessary for relating to another alcoholic. When I share my experience, strength, and hope with other alcoholics, I make sure I tell them about my first sponsor firing me because I was too afraid to make the necessary changes.

Today, I actively seek out my sponsor at the meetings I know she attends regularly. I make sure that I honestly tell her how I am feeling today. I pick up that one-hundred-pound phone and call her when I'm confused and into self-will. And I try to act on her recommendations even if I'm convinced that they won't work. My sponsor isn't a sounding board, just waiting to catch my whining. She's someone whose sobriety I respect and who has spent more years living sober than I have. She is someone who has what I want--courage.

Jacqui H.; Lago Vista, TX

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**Rule 62: Caption This Photo**, from the AA Grapevine.  
See page 5 for what their readers sent in:

## Doctor Calls "Slip" More Normal Than Alcoholic

*Written in 1947 – keep that in mind when reading! Gene O. also addressed this topic back in November 2008.*

THE mystery of slips is not so deep as may appear. While it does seem odd that an alcoholic who has restored himself to a dignified place among his fellow-men, and continued 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 very simple.

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

This is largely twaddle [empty talk, nonsense]. The alcoholic is a sick person. Under the techniques 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 just like other human beings--then we can safeguard ourselves intelligently against most of the slips.

Both in professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simply human nature!

It is very wrong to consider many of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them--yet those same quirks can be found among non-alcoholics, too. *Actually they are symptoms of mankind!*

Of course, the alcoholic himself tends to think of himself as different; someone special, with unique tendencies and reactions. Many psychiatrists, doctors and therapists

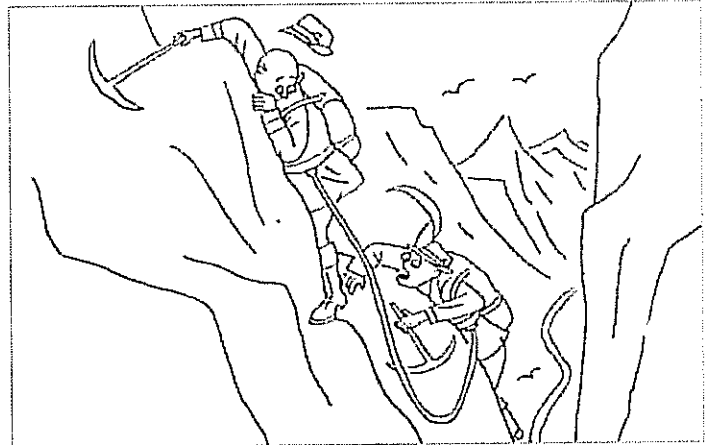
carry the same idea to extremes in their analyses and treatment of alcoholics. Sometimes they make a complicated mystery of a condition which is found in all human beings, whether they drink whiskey or buttermilk.

To be sure, alcoholism like every other disease does manifest itself in some unique ways. It does have a number of baffling peculiarities which differ from all other diseases. At the same time, many of the symptoms and much of the behavior of alcoholism are closely paralleled and even duplicated in other diseases.

The alcoholic "slip," as it is known in Alcoholics Anonymous, furnishes a perfect example of how human nature can be mistaken for alcoholic behavior.

The "slip" is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A. program of recovery. "Slips" usually occur in the early stages of the alcoholic's A.A. indoctrination, before he has had time to learn enough of the A.A. technique and A.A. philosophy to give him solid footing. But "slips" may also occur after an alcoholic has been a member of A.A. for many months, or even several years, and it is in this kind, above all, that one finds a marked similarity between the alcoholic's behavior and "normal" victims of other diseases.

No one is startled by the fact that relapses are not uncommon among arrested tubercular (TB) patients. But here is a startling fact--the cause is often the same as the cause, which leads to "slips" for the alcoholic. It happens this way:



When a (TB) patient recovers sufficiently to be released from the sanitarium, the doctor gives him careful directions for the way he is to live when he gets home. He must be in bed every night by, say, 8 o'clock. He must drink plenty of milk. He must refrain from smoking. He must obey other stringent rules.

For the first several months, perhaps for several years the patient follows directions. But as his strength increases and he feels fully recovered, he becomes slack. There may come the night when he decides he can stay up until 10 p.m. When he does this, nothing untoward happens. The next day he still feels good. He does it again. Soon he is disregarding the directions given him when he left the sanitarium. *Eventually he has a relapse!*

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rest schedule. Frightened, he naturally follows directions obediently for a long time. He, too, goes to bed early, avoids exercise such as walking up stairs, quits smoking and leads a Spartan life. Eventually, though, there comes a day after he has been feeling good for months, or several years, when he feels he has regained his strength and has also recovered from his fright. If the elevator is out of repair one day, he walks up the three flights of stairs. Or, he decides to go to a party--or do just a little smoking--or take a cocktail or two. If no serious after-effects follow the first departure from the rigorous schedule prescribed he may try it again, until *he* suffers a relapse.

In both cardiac and the TB cases, the acts that led to the relapses were preceded by wrong thinking. The patient in each case rationalized himself out of a sense of his own perilous reality. He deliberately turned away from this knowledge of the fact he had been the victim of a serious disease. He grew overconfident. He decided he didn't have to follow directions.

Now that is precisely what happens with the alcoholic--the arrested alcoholic, or the alcoholic in A.A.--who has a "slip." Obviously he decides again to take a drink sometime before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a "slip."

There is no more reason to charge the "slip" to alcoholic behavior than there is to lay a TB relapse to tubercular behavior or a second heart attack to cardiac behavior.

The alcoholic "slip" is not a symptom of a psychotic condition. There's nothing "screwy" about it at all.

The patient simply didn't follow directions.

*And that's human nature! It's life! It's happening all the time, not merely among alcoholics but among all kinds of people.*

The preventative is plain. The patient must have full knowledge of his condition, keep in mind the facts of his case and the nature of his disease and follow directions.

For the alcoholic, A.A. offers the directions. A vital factor, or ingredient, of the preventative, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the technique or the mechanics of A.A. but misses the philosophy or the spirit may get tired of following directions--not because he is alcoholic but because he is human. Rules and regulations irk almost anyone, because they are restraining, prohibitive & negative. The philosophy of A.A., however, is positive and provides ample sustained emotion--a sustained desire to follow directions voluntarily.

In any event, the psychology of the alcoholic is not as different as some

people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has developed nervous frustrations. But, in many instances, there is no more reason to be talking about "the alcoholic mind" than there is to try to describe something called "the cardiac mind" or "the TB mind."

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being--afflicted with human nature!

Dr. William Duncan Silkworth

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## A Vision For You

Sound familiar? We just had a convention last fall with that theme - "Living Our Vision." I think some of what I learned from that convention distilled out a couple of weeks ago.

I'm sure that you are all aware of this chapter in the Big Book (Eleven). I had the chance to reacquaint myself to this chapter (at a Big Book table, of all places!) And, I had one of those "when did they add those sentences" moments as we were reading the chapter. I'll get to that part in a minute.

While we were reading, I was mentally traveling back to when I was 2 days sober, remembering what it felt like. That damned relentless compulsion to drink; physically shaking 24/7; racing thoughts & no 'off' switch. A three quarter cup of coffee was enough for me - otherwise part of it would be spilled.

All I wanted was to stop shaking. I wanted to remember what people said at the meeting at least 4 hours later. I knew that to drink was to die, but my insides were screaming for another pint. They were still telling me "only one, and it will be different this time."

I also started a new job at around the same time. Two weeks sober and everything changes (for the

better, as history has shown). The only good thing about that was that for 8 hours a day, my mind wasn't completely focused on my desire to drink. I also found a meeting at lunchtime, which really saved my life - just 3 miles from where I was working in Hamburg.

I mentally shifted gears (why I don't know) and now am thinking about how we begin our A.A. meetings in WNY. The group conscious decides how their meeting is run, and there are some differences in our area. Almost all read the Preamble and How It Works. The rest are read at some meetings, not read at others (in my un-scientific survey), which include the Promises; Tradition of the month (or all the Traditions); I Am Responsible; The Daily Reflections reading for the day; The Open/Closed meeting card; The Slogans; and then there are a few others which I've missed, like the statement on anonymity.

What did I, the new guy with zero self-esteem, think about these? The Promises were nice, but I'll never get there (I thought). Half the time I couldn't remember anything about the Daily Reflections reading 10 minutes later. I didn't have a clue what we needed The Traditions for, and How It Works was something I needed to hear daily.

Then, at that Big Book table, I heard again "for the first time" what The Vision is. And, I wonder why we don't read part of this at the beginning of our meetings. It was something I needed to hear daily. I needed to have "a vision" of where I could be, someday. The place I was at then was horrible, and the rest of my life being like that was not something I was looking forward to.

So, I'd like to suggest you have a look at that chapter in the Big Book. And, if you feel like it should be something read at your home group, why not bring up the idea at your next business meeting, or as a topic at a table? Following is an example:

"We have shown how we got out from under [alcoholism]. You say, "Yes, I'm willing. But am I to be consigned to a life where I shall be stupid, boring and glum, like some righteous people I see? I know I must get along without liquor, but how can I? Have you a sufficient substitute?"

"Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

"You are going to meet these new friends in your own community. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of "Love thy neighbor as thyself."

Chip R

Grand II Joy of Living Group

THE PSYCHIATRIST SAYS to the 40-year-old alky: "So, tell me about your childhood—  
that is, your life *up until now*." Reprinted with permission, AA Grapevine, © May 1966

Caption This Photo top entries:

1. "I *am* willing to go to any lengths! I'm just saying I hope they have coffee at this meeting!" — *Jeanne F., Jacksonville, FL*
2. "Are you sure they said we needed to find a 'Power Higher'?" — *Tim K., Lancaster, OH*
3. "Okay, so I'm balking, I'm balking! Can't we just go back to the car and drive to a different meeting?" — *Fred F., SadBadGlad Group, Albany, NY*
4. "Let's take a break and yodel the Serenity Prayer." — *Mike M., Watertown, NY*
5. "I'm tired! I gotta 'Let Go and Let God.' You don't mind, do you?" — *Carolyn*
6. "I don't mind doing the footwork, but this is ridiculous!" — *Gary*
7. "Couldn't we have jaywalked, just this once?" — *Sean E., Los Angeles, CA*
8. "Uh, I think I feel a 'slip' coming on!" — *Anonymous, North Platte, NE*
9. "They told me the elevator didn't go up; you had to use the Steps!" — *Jerry, Albuquerque, NM*
10. "Quick, Bob — should I be tying a knot in the rope and hanging on, or letting go and letting God?" — *Linda C., Westboro Forge Group, Westboro, MA*
11. "Easier, softer way? I don't think this is easier than Step 4!" — *Cliff O., Caneyville, KY*
12. "I told you, rock climbing is just like AA. If you miss the First Step you'll never make it the rest of the way!" — *Pete D., Cleveland, OH*
13. Winner: "I know they said to 'Keep Coming Back,' but this *Hilltoppers* group is a real pain to get to!" — *Dave S., Speedway, IN*
14. "Okay, I was exaggerating. The mountain I climbed for my last drink was not \*gasp\* this steep! Can we please go to a different meeting?" — *Kaitlyn J.*
15. "I don't think this is what they meant by 'he'll move mountains, but you have to bring a shovel!'" — *Jenni G., Remus, MI*
16. "You're giving me too much rope!" — *Anonymous*
17. "You're absolutely positive that the plaque said 'Queasy Does It'?" — *Brad P., Bellevue, ID*

The Devil and A.A.

I was listening to a radio show by Father John Corapi where he was telling a startling true story about what alcohol can do. Before he became a priest, he was a multi-millionaire real estate tycoon, living in mansions, racing around the "Hollywood Hills" in his Ferrari, packing a .45 automatic and dating gorgeous starlets and celebrities. He became addicted to alcohol, cocaine and heroin and lost everything. He became a homeless street bum and spent a year in a mental hospital until a miraculous chain of events saved his life and restored his health and sanity. He is not a member of A.A., but praises our program and all 12-Step programs as God's tools for recovery.

Fr. Corapi told how he accompanied a detective who was summoned to an alley behind a seedy nightclub in Hollywood's red-light district. There, in a dumpster, was the body of a 14-year-old prostitute who had been brutally murdered by her pimp. Her parents were alcoholic/addicts. She was sexually abused and ran away at age 11. She was very pretty and dreamed of becoming a movie star, like so many others. When she got off a bus in Hollywood, a pimp was waiting for her.

He was nice to her until he got her addicted to heroin and forced her to become a street hooker.

Fr. Corapi strongly declares: "Make no mistake about it. The Devil is the author of addictions! He wants to see you and your children dead in a dumpster, destroyed in body, mind and soul!"

Now, you are probably wondering why I'm telling this story. Back in 1948, when I was 21 and an A.A. newcomer, I heard the legendary Vince M, an A.A. pioneer, on a spiritual panel, strongly voice his opinion: "The Devil knows our weaknesses and preys upon them. He is a fallen angel with supernatural power and intelligence. He hates God and all that is good. He and his demons know that if they can get you to take one drink or whatever triggers your addictions, they can move on to greener pastures and you will destroy yourself, body, mind and soul. But with every temptation, God provides an escape!"

Gene O., First Step group

IN MEMORIAM

**Things We Can Not Change**

Patrick D.- Valley Group

Mark P.-8y-Friendly Group/ Lockport

Judy T.-29years-T.G.I.F. Group

John F.- Ironhorse Group

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 12<sup>th</sup> for next months issue.

Articles can be submitted at any time.

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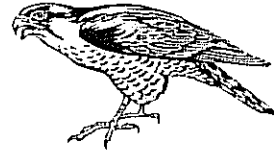
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# MAY ANNIVERSARIES

**Alexander**  
 Matt S. 3y  
 Lee Ann B. 5y  
**Amherst Snyder**  
 Tim D. 2y  
 Falena C. 3y  
 Ted M. 3y  
 Don L. 4y  
 William G. 4y  
 Kathleen K. 5y  
 Chris F. 7y  
 Joe S. 7y  
 Karen W. 9y  
 Mark C. 9y  
 Leroy J. 9y  
 Roger A. 10y  
 Michelle S. 10y  
 Jeannie F. 14y  
 Gretchen L. 18y  
 Mary Ellen M. 24y  
 Betty C. 28y  
**As Bill See's It**  
 Terry B. 6y  
 Patti S. 18y  
 Bill H. 19y  
**Cold Springs**  
 Lernezo B. 12y  
**Courage**  
 John C. 12y  
**Eyeopener**  
 Mike L. 5y  
 Mark C. 6y  
 Robert G. 6y  
 Robert G. 6y  
 Linda K. 7y  
 Peter S. 7y  
 Joan K. 7y  
 Karen M. 8y  
 Frank C. 8y  
 Judee F. 9y  
 Carolyn W. 9y  
 Judee F. 10y  
 Jack M. 10y  
 Kathy K. 11y  
 Jim C. 11y  
 Debbie S. 12y  
 Joanne C. 12y  
 Barry R. 13y  
 Tom B. 14y  
 Cindy D. 14y  
 Sue S. 14y  
 Barb F. 15y  
 Mark H. 15y  
 Barbara W. 15y  
 Michelle S. 17y  
 Terrence L. 20y  
 Doug P. 20y  
 Ivan 24y  
 Bill K. 24y  
 Dennis L. 24y  
 Dianne C. 26y  
 Jim L. 27y  
**Fireside**  
 James A. 2y  
 Nick R. 2y  
 Jack M. 10y  
 Jill J. 12y  
 Mark P. 24y  
 Kathryn P. 25y

**Fresh Start**  
 Sandra B. 5y  
**Giving**  
 Mike T. 13y  
**Golden Slipper**  
 George W. 5y  
 Ron D. 8y  
 Tom 10y  
 Jerry J. 40y  
**Holland**  
 Don S. 19y  
**How It Works**  
 Chuck K. 4y  
 David Z. 4y  
 Dudley G. 4y  
 Mike H. 4y  
 Dan S. 5y  
 Mike H. 8y  
 Don McH. 27y  
 Dan G. 30y  
 Dave Pf. 29y  
**Ironhorse**  
 Suzette N. 6m  
**Amy J.**  
 Cheryl Z 3y  
 Peter K 3y  
 Mike M 4y  
 Bill R. 16y  
 Dave C. 17y  
**Kensington**  
 Ron W. 32y  
**Lakeshore**  
 Mill B. 3y  
**Lighten Up**  
 Dan P. 2y  
 Judi S. 4y  
 Jack M. 10y  
**Living Sober**  
 Joe Z. 5y  
 Jim M. 5y  
 Lauel K. 13y  
 Barbara C. 30y  
**Lockport #1**  
 Tim G. 2y  
 Pete L. 3y  
**Lockport Ladies**  
 Virginia 2y  
 Carrienne J 2y  
 Kathy K 15y  
**LoveJoy**  
 Jeff W. 2y  
 Mark M. 3y  
 Cheryl Z. 3y  
 Tim G. 3y  
 Bill M 3y  
 Jim R. 19y  
 Pat M. 20y  
**Main & High**  
 Winston F. 17y

**North Buffalo**  
 Pam C. 3y  
 Thomas E. 3y  
 Elizabeth M. 3y  
 Dave R. 4y  
 Maureen M. 5y  
 Brenda S. 5y  
 Gary S. 6y  
 Liz S. 17y  
 Catherine P. 25y  
 Terry A. 26y  
 David P. 30y  
**Orchard Park Step**  
 Bob M. 22y  
**Rise & Shine**  
 Toccara H. 3m  
 Jeff F. 6m  
 Trane C. 9m  
 Pam A. 1y  
 Tom H. 1y  
 Cathy W. 3y  
 Lily M. 3y  
 Jack M. 10y  
 Bill P. 11y  
 Vicky W. 13y  
 Ivan O. 24y  
**Remember**  
**When**  
 Alicia W. 7y  
 Cadillac M. 14y  
 Jerry C. 16y  
 Arthur E. 19y  
 Chris B. 22y  
**Thruway**  
 Chris W. 6m  
 Nick Z. 1y  
 Nick M. 1y  
 Paul L. 3y  
 MaryEllen S. 29y  
**Sheridan**  
 Alex O. 6m  
**Sober Train**  
 Nick M. 1y  
**Sobriety On**  
**the Canal**  
 Sandy Z. 4y  
 Gino N. 30y  
**Spiritual Progress**  
 Mary Z. 7y  
**Sun. Morning Br.**  
 Mike W. 1y  
**Surrender & Hope**  
 Sal A. 9y  
 Joe C. 9y

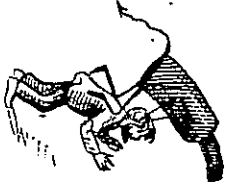
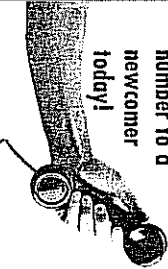



## Group Anniversaries

BOULEVARD HELPING HAND: 12y  
 CARRYING THE MESSAGE: 4y  
 COMMON BOND: 9y  
 FIRESIDE: 29y  
 HAPPY HOUR II: 4y  
 HIGH VIEW: 23y  
 HOLIDAY VILLAGE: 16y  
 JUST FOR TODAY: 10y  
 LIBERTY WOMEN: 22y  
 LIVING SOBER: 41y  
 MIDNIGHT DISCUSSION: 9y  
 MORNING AFTER: 30y  
 REEDEEMERS: 6y  
 REMEMBER WHEN: 46y  
 SEARCHING FOR SERENITY: 20y  
 SOBRIETY MEN'S DISC.: 33y  
 SOUTH BUFFALO: 64y  
 SPRINGVILLE WED. NOON: 13y  
 T.G.I.F.: 20y  
 THURSDAY NIGHT STEPPERS: 16y  
 T'nT: 2y  
 UNIVERSITY MEN'S DISC.: 40y  
 WE: 2y  
 WHY: 35y

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



sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p><b>3</b></p> <p>Steering Committee, 5 PM, Central Office, 681 Seneca Street. <b>Central Committee Meeting, 7 pm, Corrections Committee Meeting, 6:00 PM</b></p>	<p><b>4</b></p> <p>1946: Marty M. explains Alcoholics Anonymous and the National Committee for Education on Alcoholism on the <i>We the People</i> radio show.</p>	<p><b>5 CINCO DE MAYO</b></p> <p>1940: <i>Washington</i> (D.C.) <i>Sunday Star</i> reports formation of first AA group in the nation's capital.</p>	<p><b>6</b></p> <p>1946: Long form of Twelve Traditions published in <i>AA Grapevine</i> for the first time.</p>		<p><b>1 MAY DAY</b></p> <p>1941: First Wisconsin AA meeting is held in a Milwaukee hotel.</p>	<p><b>2</b></p> <p>1941: Jacksonville, Fla., newspaper reports the start of a new AA group.</p>
<p><b>10 MOTHER'S DAY</b></p> <p>Give your phone number to a new comer today!</p> 	<p><b>11</b></p> <p>1935: From the Mayflower Hotel, Bill W. calls Walter Funk, who refers him to Henrietta Selberling, who introduces Bill to Dr. Bob.</p>	<p><b>12</b></p> <p>1935: Bill W. and Dr. Bob meet for the first time in Akron, Ohio, at the home of Henrietta Selberling.</p>	<p><b>13</b></p> <p>*1933: Clarence S. of Cleveland tells Dr. Bob, his sponsor, he won't be back to the Oxford Group meetings in Akron and will start an AA meeting in Cleveland.</p>	<p><b>14</b></p> <p>1948: Long Beach, Calif., Central Office is opened.</p>	<p><b>15</b></p> <p>1961: Bill W.'s mother, Dr. Emily Strahel, dies.</p>	<p><b>16 ARMED FORCES DAY</b></p> <p>*1951: Al-Anon is founded by Lois W. and Anne B.</p>
<p><b>17</b></p> <p>NERRASSA Planning Committee Meeting, Orchard Park Town Hall, 12 Noon. 1942: <i>The Journal-Herald</i> in Dayton, Ohio, runs a huge story on AA with photos of members in Halloween masks to protect their anonymity.</p>	<p><b>18</b></p> <p><u>Public Information Committee meeting</u>, Buffalo Central Office, 6 PM.</p>	<p><b>19</b></p> <p>2000: Dr. Paul O. dies. He was the subject of "Doctor, Alcoholic, Addict" story in The Big Book, third edition.</p>	<p><b>20</b></p> <p><b>SPONSORS:</b> have one... use one... be one...</p> 	<p><b>21</b></p> <p>*1946: <i>The AA Grapevine</i> announces, "The one-man group in Vermilion, Ohio, is doing fine."</p>	<p><b>22</b></p> <p>1948: The Atlantic City Group celebrates its second anniversary with Dr. C. Nelson Davis of St. Luke's Hospital from Philadelphia and other Aasers speaking.</p>	<p><b>23</b></p> <p>Archives Committee Meeting, 9 am, Buffalo Central Office</p> <p><b>I'm not going to drink today and if you stick with me, maybe you won't either.</b></p>
<p><b>24</b></p>	<p><b>25 MEMORIAL DAY</b></p>	<p><b>26</b></p> <p>"Helping others is the foundation stone of your recovery." —The Big Book</p>	<p><b>27</b></p> <p>*1948: <i>The AA Grapevine</i> reports \$2 sent to the General Service Headquarters of AA in New York, asking "...for a bottle of ... Alcoholics Anonymous."</p>	<p><b>28</b></p> <p>1974: The first World Service meeting of AA outside America is held in London.</p>	<p><b>29</b></p> <p>1980: <i>Dr. Bob and the Good Old-Timers</i>, an AAMS biography of our founder and a history of early Midwest AA, is published.</p>	<p><b>30</b></p> <p>68th Buffalo Fall Convention Meeting, 12 NOON Buffalo Central Office</p>
<p><b>31</b></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](http://www.ny-aa.org) &  
[www.Buffaloaany.org](http://www.Buffaloaany.org)*

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

**MAY 2009**

**MEETING CHANGES:**

- 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.
- IF YOUR GROUP IS NOT RECEIVING THE BULLETIN (New Frontiers), PLEASE CALL THE CENTRAL OFFICE TO UPDATE THE GROUP CONTACTS. THANK-YOU.
- **We Care group** is changing its format to having an **Open Speaker** meeting the last week of the month. In celebrating that change, in **May, June & July** they will be having **hotdogs** on the grill. 7:30 Pm, New Hope Church, 358 Reiman St @ Michael, in Sloan
  - **The FUN Group** has a few **IMPORTANT** decisions to make... Any past or present - regular attendees, Group members, boring and glum lots or old friends are welcome to attend our business meeting on June 2nd at 7:30pm to help us make these decisions.
  - **Easy Does It** group has started a meeting on **Wednesday** at 6:30 p.m., at the Parkside Lutheran Church, 2 Wallace Ave., corner of Depew and Linden. It is an open discussion meeting.
  - **Sober Train** is a newer **young peoples meeting** in the area and we are looking for **members and support**. We meet on Sat. nights at 7 pm at the Central Park United Methodist Church, which is located at 216 Beard Ave. which is located near the intersection of Wesley and Beard. Please come out and give us support
  - **NEW Group; Dawn Of Hope**, Fellowship of the Word Church, 116 Broad St. @ Seymour, Tonawanda. Tue. & Thurs. 7:30 PM. Closed meeting.
  - **Caz Manor** group has resumed on Mondays, Wednesdays & Fridays only. 486 N. Legion Drive, south Buffalo, 10 AM. Main entrance, upstairs in dining room.
  - **Main Street Group** in Arcade meets at 8 PM, Monday's at St. Mary's, 417 W. Main (Route 39).
  - **Surrender & Hope** group, Saturday's 6PM, will now have an open speaker meeting the last week of each month. 257 Deerhurst @ Colvin.
  - **Helping Hand Group** will be **moving** May 16 To: St John Vianny Church, 2950 Southwestern, Orchard Park. Wednesday, 4 PM.
  - **Second Chance**, Monday's time is listed wrong in new schedule. They start at 6 PM. SS Columa-Brigid, 75 Hickory @ Eagle, Buffalo.
  - **Amherst Snyder Group**, Thursday night meeting effective April 16<sup>th</sup> will **NO LONGER MEET**. Monday's @ 8 PM remains the same. **INSTEAD Friday will re-start** its open meeting on April 17<sup>th</sup> at 8:30 pm at Cleveland Drive Presbyterian Church, 735 Cleveland Drive in Cheektowaga.

## **COMING EVENTS**

- ~ **Special Needs Committee**, meets before "As Bill See's It Group", 6:30 PM, Hamburg Presbyterian Church, 117 Main St., Hamburg
- ~ May 3, **Steering Committee**, SUNDAY 5 PM, Central Office, 681 Seneca Street.
- ~ May 3, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street.
- ~ May 3, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street
- ~ May 9, **WNY GSA Correction Day of Sharing**, Adult Learning Center, 3108 Main St., Buffalo. 11am- 7:30pm. Speakers & Panels. Refreshments & Coffee (bring a dish if you wish).
- ~ May 17, **NERRASSA Planning Committee Meeting**, Sunday, Orchard Park Town Hall. 12 Noon.
- ~ May 18, **Public Information Committee meeting**, Tuesday, 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, 6 PM.
- ~ May 23, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office, 681 Seneca Street (lower).
- ~ May 30, **68th Buffalo Fall Convention Meeting**, Saturday, 12 NOON Buffalo Central Office, 681 Seneca Street All are welcome.
- ~ June 1, **General Service Assembly**, 12 Noon. Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ July 11, **11<sup>th</sup> Anniversary, Main & High & Spirit of Hope Groups Day Of Sharing**, Saturday, 9:30 AM- 3:15 PM. Holy Trinity Lutheran Church, 1080 Main Street, Buffalo. Panels & Speaker - 50/50 - Hot Meal – Refreshments - Registration \$7.00.
- ~ July 17-19, **"The Age of Miracles" AA Men's Spiritual Weekend**. Speakers, Meetings, Fellowship, Great Food, Campfire. Registration Fee \$140, \$25 Deposit, if you have any special needs or questions, contact: Scott N.: 563-3366.
- ~ July 24-26, **41<sup>st</sup> NY State Convention**, Grand Island Holiday Inn, 100 Whitehaven Rd., Grand Island. Registration; \$20, with Banquet; \$45. Flyers available @ Central Office. For more info call Ted Z; (716) 998-2587 or Barbara W.; (716) 990-2820.
- ~ Nov. 6-8, **68th. BUFFALO FALL CONVENTION**: Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst. Move info to come☺

**5th STEP: "Admitted to God, to ourselves, and another human being the exact nature of our wrongs."**

**5th TRADITION: " Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."**

**5<sup>th</sup> CONCEPT; throughout our structure, a traditional Right of Appeal" ought to prevail, so that the minority opinion will be heard and personal grievances receive careful consideration.**

**PLEASE SUPPORT THE ENVELOPE SYSTEM...**

*Yours in the Fellowship of the Spirit...Terry B..... Executive Secretary*

## Buffalo Central Committee Minutes April 5, 2009

Joli B. Lakeshore Group Committee Chair opened the meeting at 7 PM with a moment of silence and the Serenity Prayer. Tina Amherst Snyder Group read the preamble, Jake Three Legacies Group read the Purpose of the Central Committee, and Gilbert Try Again Group read the Twelve Traditions. It was moved by David Orchard Park Step Group, and seconded by Pat Go To Any Lengths Group to accept the March minutes as written by Cathy S. Lovejoy Group; adopted.

New Groups were greeted and 33 groups were represented: Dist #1 Journey, Main And High; Dist #2 Grand II Joy Of Living, Living Sober, North Buffalo, Redeemers, Turning Point, University Men's Disc; Dist #3 Abbott Men's Disc, Courage, Iron Horse, South Buffalo, Try Again, Valley; Dist #4: Orchard Park Step; Dist #5: Lockport #1, Lockview; Dist #6: As Bill Sees It, Derby, Go To Any Lengths, Lakeshore, Serenity On The Lake; Dist #7: Fresh Start, Solidarity, Spirit Of Hope, Thursday Night Steppers, Reflections; Dist #8: Amherst Snyder, East Amherst, Lighten-Up, Midnight Discussion, Wehrle, Women Making The Effort.

### COMMITTEE REPORTS

- **ENVELOPE SYSTEM:** no report.

**STEERING COMMITTEE:** Joli B. Lakeshore Group read the report of their meeting. Rep of Dist. 1 is still vacant. A letter was drafted by this group for District Reps to read at each meeting that they attend, it reads as follows:

My name is \_\_\_\_\_ and I am an alcoholic. I am the Steering Committee rep. for district \_\_\_\_\_, of which this group is a part. The Steering Committee is a part of the Buffalo Central Committee, which represents the Buffalo area. All members of AA are invited to attend Central Committee meetings and all groups are encouraged to send representatives. Active participation by individual group representation ensures that the message of recovery continues to be available to the alcoholic who still suffers.

The Steering Committee's purpose is to oversee AA matters where the individual group action may affect either groups in the area or AA as a whole. We report directly to the Central Committee, which is made up of representatives from all of the area groups.

As a result of concerns recently raised in our area regarding non-alcoholic participation in AA meetings, members of the Steering Committee have been asked to visit their respective groups to reiterate AA's Third Tradition which states that the only requirement for AA membership is the desire to stop drinking, and the Fifth Tradition which states that each group has but one primary purpose- to carry it's message to the alcoholic who still suffers.

From Bill W.'s pamphlet "Problems other than Alcoholism"  
"Sobriety—freedom from alcohol—through the teaching and practice of the twelve steps is the sole purpose of an AA group.

"We must accept the fact that no nonalcoholic, whatever his affliction, can be converted into an alcoholic AA member."

..."But, like anyone else, they should be able to attend certain open AA meetings, provided of course, that the groups themselves are willing.

He goes on to say, "In AA, the group has strict limitations, but the individual has scarcely any." End quote.

It is ultimately the responsibility of the group's membership to ensure that AA as a whole continues to be protected by these guiding principles.

I would be pleased to attend this group's business meeting to elaborate or to answer any questions or concerns.

- **FINANCIAL REPORT:** no report
- **TREATMENT:** George W. Wilson Smith Group read the report. 1) Next TFC meeting to be held 6/15/09 at Central Office 6 PM. 2) New Meetings: both the Renaissance House and City Mission have not set up times to meet with the TFC Chair and volunteers, to discuss the possibility of a new meeting. 3) Group conscience is that if new meeting is done to proceed as follows: meet with facility to ensure ground rules set, commit to 1 meeting per month to start, give it a trial period before the meeting becomes listed, have meeting

staffed by existing TFC members prior to delegation to new volunteers. Proceed slowly to guarantee growth support. 4) A volatile "loose cannon" incident at an ECMC meeting was averted by Tracy C of Iron Horse, however ECMC staff advised calling Security in the future. 5) Laura D. Co-Chair will attempt to attend 3 to 4 TFC meetings to assess quality assurance. 6) Salvation Army needs a north town group one Monday per month

- **CORRECTIONS**: Dan gave a report that Molly K. and Collins I & II will arrange to restart their meetings. 4/22/09 at Gowanda for early release program, all meetings being covered. Comments, concerns or interest, come to committee meeting 1<sup>st</sup> Sunday every month before Central Committee meeting at Central Office. He asked for groups to donate their old copies of the Grapevine for the prison's use.
- **SCREENERS**: Jeanmarie C. Orchard Park Step no report.
- **CENTRAL OFFICE**: Terry B. reported AA INFO 201; 12-STEP 0; ALANON 1; VISITORS 120; VOLUNTEERS 19. Her vacation days are 4/22- 24 & 5/22. Reminder that literature costs are going up 7/1/09 to reflect increases from GSO World Services. The list is getting smaller for **GROUPS IN NEED OF CONTACTS ARE**: EARLY BIRD STEP – 6, F.U.N. –1, FREEDOM GROUP-2, GETTING BETTER – 2, HAPPY HOUR II – 1, IT – 8, LOOK TO THIS DAY – 6, NEW OUTLOOK – 5, RECOVERING WOMEN & THE BIG BOOK – 1, REFLECTIONS – 1, SOMERSET – 5, DUNKIRK WOMEN'S MEETING – 6, TUESDAY WOMEN'S – 3. *Just a reminder we do not send mailings to the church or facility. We need an actual contact person to mail to, as well as a current phone number.*
- **NEW FRONTIERS**: Chair Chip R reviewed future topics of local AA interest for publishing, and a need for a consistent monthly column written by AA women for AA women. Article refusal is rare, and the copy quality is being addressed. Your involvement in publishing is welcomed.
- **PIC**: Patrick K. North Buffalo Group reported that libraries in Erie, Niagara and Cattaraugus counties are still being serviced. In working with CPC (Cooperation with the Professional Community), a booth at the Erie Co. Fair and information to area high schools, is being reviewed. A call from Beacon Center was referred to the TFC Chair.
- **CURRENT CONVENTION**: Frank Patchin Group reported that Friday's agenda is complete, with the balance to follow, and that graphics are in the works; next meeting is 4/25 at noon.
- **AD HOC COMMITTEES**:
  - **INCORPORATION**: no report
  - **WEBSITE**: no report
  - **INTERGROUP FORMAT**: no report
- **GSA LIASON**: Jack P. Lockport #1 will have full report next month.
- **ARCHIVES**: Marty Area 50 Chair Downtown Men's Disc, read from the Archives Handbook the requirements of a new Area 50 Archivist, which will be appointed by GSA and approved by this committee. Interested persons should attend the next Archives meeting 4/25 at 9 AM. The next scheduled display will be at Corrections Day Of Sharing 5/9.
- **RECAP**: discussion on Steering Committee's recommended letter and clarification, the increased costs on literature and PIC's supplies.
- **OLD BUSINESS**: Steering Committee Rep. Dist 1 is still vacant on that committee.
- **NEW BUSINESS**: Steering Committee is canvassing for a representative required from Dist #6 to be Co-Chair for the 2010 Convention, applications are open until 5/3 with a vote by Central Committee 6/7. Two new groups were proposed: Saturday 12 & 12, 66 Englewood, Buffalo, moved by Gilbert Try Again Group and seconded by Jeff Sobriety Men's, and another new group Derby Lunch Group Erie Rd Derby, moved by Tina Amherst Snyder Group seconded by Terry Serenity On The Lake Group.
- **ANNOUNCEMENTS**: Joli B. Committee Chair thanked Try Again Group for the refreshments and May's meeting will be provided by North Buffalo Group.

It was moved by Dave Orchard Park Step Group and seconded by Tom Turning Point Group that we adjourn; adopted. Meeting closed with The Lord's Prayer at 7:54 PM.

Respectfully submitted by Cathy S. Recording Secretary Lovejoy Group



GROUP CONTRIBUTIONS

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		MARCH	YEAR	MARCH	YEAR	MARCH	YEAR
			0.00		0.00		0.00
6	11.45		0.00		0.00		0.00
6	12 Step		0.00		0.00		0.00
5	12 Steps/12 Traditions	100.00	100.00		0.00		0.00
1	4In Step Stumblers		0.00		0.00		0.00
5	6th Step		0.00		0.00		0.00
4	A Day At A Time		0.00		0.00		0.00
3	Abbott Men's		65.00		65.00		65.00
2	Acceptance/Welcomes		0.00		0.00		0.00
8	Achievement		0.00		0.00		0.00
4	Action		0.00		0.00		0.00
2	Age Doesn't Matter		0.00		0.00		0.00
5	Akron Awareness		0.00		0.00		0.00
3	Albion		0.00		0.00		0.00
3	Alexander		0.00		0.00		0.00
8	Amhers/ Snyder	243.00	243.00		0.00		0.00
6	Amsdell Lakeshore	65.00	125.00		0.00		0.00
2	Any Age		0.00		0.00		0.00
3	Any Length	35.00	95.00	15.00	35.00	15.00	35.00
4	Arcade	100.00	100.00		0.00		0.00
6	As Bill Sees It	180.00	180.00		0.00		0.00
4	Atira		0.00		0.00		0.00
4	Attica Big Book		0.00		0.00		0.00
8	Attitude Adjustment		0.00		0.00		0.00
6	Attraction		100.00		0.00		0.00
6	Backdoor		0.00		0.00		0.00
8	Back To Basics		0.00		0.00		0.00
7	Back To Basics Office		0.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women		0.00		0.00		0.00
5	Big Book Lockport		50.00		0.00		0.00
5	BB Spiritual Awakening		0.00		0.00		0.00
6	Big Book Study		0.00		0.00		0.00
3	Blasdel		0.00		0.00		0.00
3	Blasdel Monday Night		0.00		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
5	Boulevard Helping Hand		0.00		0.00		0.00
2	Boulevard Women		0.00		0.00		0.00
7	Brass		0.00		0.00		0.00
1	B.S.C.		10.00		0.00		0.00
	Buffalo		1.00		0.00		0.00
3	By The Book		0.00		0.00		0.00
6	Carry the Message		366.21		0.00		0.00
7	Casting		0.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake-Up Call	300.50	300.50		0.00		0.00
3	Caz Manor	99.31	268.31		0.00		0.00
2	Chapler IX		0.00		0.00		0.00
3	Cheektowaga	100.00	200.00		0.00		0.00
2	Chevy #1		0.00		0.00		0.00
8	Clarence Men's		0.00		0.00		0.00
8	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		200.00		0.00		0.00
4	Constant Vigilance(Varysburg)		0.00		0.00		0.00
1	Complanters		0.00		0.00		0.00
3	Courage		0.00		0.00		0.00
2	Daily Reflections		50.00		0.00		0.00
2	Daily Reprieve		70.00		0.00		0.00
6	Derby		70.00		0.00		0.00
6	Desire	90.00	135.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's		0.00		0.00		0.00
6	Dunkirk Monday Night		100.00		0.00		0.00
2	Early Bird		0.00		0.00		0.00
6	Early Bird Step		0.00		100.00		0.00
5	Early Rising Obliging		0.00		0.00		0.00
5	East Amherst		0.00		0.00		0.00
4	East Aurora	25.00	100.00		0.00		0.00
2	Easy Does It	50.00	150.00	50.00	75.00	50.00	75.00
4	Ellicottville		0.00		0.00		0.00
1	Emergency		0.00		0.00		0.00
6	Everybody's		100.00		0.00		0.00
5	Express	6.00	473.00		0.00		0.00
8	Eyeopener		158.33		0.00		0.00
4	Eyeopener South		50.00		0.00		0.00
1	F.U.N.		0.00		0.00		0.00
1	Faith		0.00		0.00		0.00
3	Father Baker		0.00		0.00		0.00
2	Feelings		0.00		0.00		0.00
8	Fireside PM		200.00		0.00		0.00
8	Fireside	167.00	499.50		0.00		0.00
6	First Things First	140.00	390.00		0.00		0.00
6	Fbrestville Sunday Serenity		0.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
7	Freedom		50.00		0.00		0.00
7	Fresh Start		0.00		0.00		0.00
5	Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		MARCH	YEAR	MARCH	YEAR	MARCH	YEAR
1	Frontier(New)		600.00		0.00		0.00
8	GAHA DAGOH #1		0.00		0.00		0.00
3	Gardenville		0.00		0.00		0.00
8	Georgetown		0.00		0.00		0.00
7	Getting Better		0.00		0.00		0.00
7	Getting With It		83.95		0.00		0.00
1	Giving		0.00		0.00		0.00
6	Go to Any Length		265.00		25.00		25.00
5	Golden Slipper		100.00		0.00		0.00
7	Grand		0.00		0.00		0.00
2	Grand II Joy of Living		0.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
3	H.O.W.		0.00		0.00		0.00
6	Hamburg		0.00		0.00		0.00
8	Hamburg Early Bird		0.00		0.00		0.00
8	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		100.00		0.00		0.00
3	Helping Hand	25.00	50.00		0.00		0.00
8	High Noon	150.00	150.00		0.00		0.00
8	High View		150.00		0.00		0.00
7	Higher Power	50.00	50.00		0.00		0.00
4	Hillbilly		0.00		0.00		0.00
6	Holiday Village	200.00	625.00	25.00	100.00		0.00
4	Holland		0.00		0.00		0.00
6	Honest Solutions		0.00		0.00		0.00
2	Honesty		376.00		0.00		0.00
2	How It Works/Men's	100.00	200.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
3	Intoxicated on Life		135.00		0.00		0.00
3	Ironhorse	141.00	602.45	14.10	60.25	14.10	60.25
8	IT		0.00		0.00		0.00
5	Johnson Creek Big Book		0.00		0.00		0.00
5	Journey		0.00		0.00		0.00
1	Just For Today/Albion	20.00	20.00		0.00		0.00
3	Just For Today/Cheek		0.00		0.00		0.00
4	Keep It Simple Sister		30.00		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	100.00	100.00		0.00		0.00
6	Lakeview		50.00		0.00		0.00
7	Last Days Fellowship		0.00		0.00		0.00
	Lawyers		360.00		0.00		0.00
5	LewPort		10.00		0.00		0.00
2	Liberty Women		0.00		0.00		0.00
4	Life Today		0.00		0.00		0.00
8	Lighten UP	60.00	120.00		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		40.00		0.00		0.00
5	Lockport #1		0.00		0.00		0.00
5	Lockport Discussion		0.00		0.00		0.00
5	Lockport Ladies		50.00		0.00		0.00
5	Lockport Tuesday		50.00		0.00		0.00
5	Lockview		0.00		0.00		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	50.00	50.00	50.00
5	Lower River		0.00		0.00		0.00
5	Lunch Bunch Albion		0.00		0.00		0.00
1	Main and High	10.00	10.00	5.00	5.00		0.00
4	Main Street		225.00		0.00		0.00
8	Maple Men's		0.00		0.00		0.00
4	Manila	30.00	83.00		0.00		0.00
3	Matt Talbot	50.00	100.00		0.00		56.00
6	McKinley Winners		0.60		0.00		0.00
5	MEDINA STEP WORKING BOOK	30.00	30.00		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		49.55		0.00		0.00
1	Midnight Discussion	15.00	45.00		0.00		0.00
5	Miracle Happen		0.00		0.00		0.00
	Monday CO	45.00	148.29		0.00		0.00
5	Monday Big Book		0.00		0.00		0.00
7	Morning After		100.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
	New Freedom (Niagara Falls)		0.00		0.00		0.00
3	New Beginnings/St. Vincent		25.00		0.00		0.00
	New Hope		25.00		0.00		0.00
3	New Life		0.00		0.00		0.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		0.00		0.00		0.00
5	Niagara Frontier Men's Disc		50.00		0.00		0.00
2	North Buffalo		200.00		50.00		50.00
4	North Java Monday		0.00		0.00		0.00
4	North Java Sunday		0.00		0.00		0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL	CORRECTIONS	TREATMENT
1 Not Yet Named	0.00	0.00	0.00
1 One Day At A Time	0.00	0.00	0.00
6 On The Cliffs	0.00	0.00	0.00
5 Open Arms	150.00	150.00	0.00
1 Open Mind	0.00	0.00	0.00
1 Opportunity	0.00	0.00	0.00
4 Orchard Park Step	232.00	25.00	25.00
7 Pass It On	0.00	0.00	0.00
4 Patchin	0.00	0.00	0.00
1 Pathway to Peace	0.00	0.00	0.00
5 Pendleton Chapter Five	0.00	0.00	0.00
5 Point of No Return	0.00	0.00	0.00
1 Positively Living/Recovery/Guiding Light	0.00	0.00	0.00
7 Powerless	20.00	0.00	0.00
1 Pride	0.00	0.00	0.00
1 Primary Purpose	0.00	0.00	0.00
4 Principles Bel. Personalities	30.00	0.00	0.00
4 Progress	0.00	0.00	0.00
2 Purpose/Tonawanda	0.00	0.00	0.00
2 Questions & Answers	26.00	101.00	0.00
4 Ray of Hope	0.00	0.00	0.00
1 Rec. Women in the BB	0.00	0.00	0.00
3 Recovery Near the Gardens	10.00	0.00	0.00
7 Redeemers	0.00	0.00	0.00
1 Reflections	0.00	0.00	0.00
3 Reflections on Recovery	0.00	0.00	0.00
7 Remember When	0.00	0.00	0.00
8 Renewal	0.00	0.00	0.00
2 Ride Sober	0.00	0.00	0.00
3 Ridge	0.00	0.00	0.00
1 Rise and Shine	20.00	0.00	0.00
7 Rochester	0.00	0.00	0.00
3 Roland	0.00	0.00	0.00
4 Rural is Plural	0.00	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
6 Sat. Nite Sober	0.00	0.00	0.00
2 Searching For Serenity	0.00	0.00	0.00
7 Second Chance	0.00	0.00	0.00
2 Serenity	0.00	0.00	0.00
1 Serenity Circle	0.00	0.00	0.00
6 Serenity on the Lake	0.00	30.00	30.00
2 Serenity Shack Nooners	10.00	0.00	0.00
6 Serenity Trails	0.00	0.00	0.00
1 Setaside	0.00	0.00	0.00
2 Sheridan	0.00	0.00	0.00
8 Silvercreek Friendship	25.00	25.00	0.00
1 Sober and Proud	0.00	0.00	0.00
3 Sober Saturday	150.00	0.00	0.00
6 Sober Trails	40.00	40.00	0.00
2 Sober Train	0.00	0.00	0.00
5 Sober Winners	0.00	0.00	0.00
6 Sobriety Comes First	0.00	0.00	0.00
3 Sobriety for Women	0.00	0.00	0.00
6 Sobriety Men's Disc	0.00	0.00	0.00
5 Sobriety On The Canal	0.00	0.00	0.00
5 Sobriety on a Sat. Night	0.00	0.00	0.00
8 Sobriety on the Lake	0.00	0.00	0.00
7 Solidarity	72.00	184.00	0.00
8 Somerset	0.00	0.00	0.00
3 South Buffalo	100.00	0.00	0.00
3 South Town	80.00	140.00	0.00
3 Southtown Earlybird	20.00	0.00	0.00
3 Southgate	0.00	0.00	0.00
4 Southwestern	60.00	0.00	0.00
7 Spirit of Hope	50.00	50.00	0.00
2 Spiritual Progress	20.00	60.00	0.00
4 Springville Sat. Afternoon	0.00	0.00	0.00
4 Springville Tues. Night	0.00	0.00	0.00
4 Springville Wed. Noon	25.00	55.00	0.00
4 Springville New Life	0.00	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	100.00	100.00	0.00
2 Staying Alive	0.00	0.00	0.00
2 Step Action Group	129.95	0.00	0.00
6 Stepping Stones/Gow	0.00	0.00	0.00
6 Stepping Stones/Wilt	25.00	25.00	0.00
1 Sunday Afternoon Ascension	0.00	0.00	0.00
6 Sunday in Cattaraugus	0.00	0.00	0.00
3 Sunday Morning Breakfast	300.00	0.00	0.00
6 Sunday @ 8:00	0.00	0.00	0.00
1 Sunday Nites	0.00	0.00	0.00
1 Sunday Third Group	0.00	0.00	0.00
1 Sunrise Court	200.00	10.00	10.00
8 SUNY Amherst Campus	12.00	12.00	0.00
2 Surrender and Hope	100.00	150.00	0.00
2 TFC-12 Step Call	0.00	0.00	0.00
4 TGIF	0.00	0.00	0.00
4 Thankful	0.00	0.00	0.00
2 Three Legacies	0.00	0.00	0.00
1 Those Too	0.00	0.00	0.00
3 Thruway	200.00	200.00	20.00
7 Thurs Nite Sleepers	0.00	0.00	0.00
3 Thursday Big Book	0.00	0.00	0.00
3 Thursday PM Discussion	0.00	0.00	0.00
8 TNT	60.00	120.00	0.00
5 Today	0.00	0.00	0.00

GROUP	CENTRAL	CORRECTIONS	TREATMENT
1 Today's Woman	0.00	0.00	0.00
6 To County	0.00	0.00	0.00
6 To-Step Beginners	0.00	0.00	0.00
3 Try Again	140.00	10.00	10.00
4 Tuesday Men's AM	50.00	50.00	0.00
3 Tuesday Women's	0.00	0.00	0.00
2 Turning Point	0.00	0.00	0.00
8 Twin Cities	0.00	0.00	0.00
6 Unity	0.00	0.00	0.00
2 University Men's Disc	125.00	426.50	25.00
3 Valley	0.00	0.00	0.00
3 Victory	0.00	0.00	0.00
3 Victory Women's	0.00	0.00	0.00
1 Wake Up Call	25.00	0.00	0.00
6 WE	0.00	0.00	0.00
7 We Are Not Saints	0.00	0.00	0.00
3 We Care	0.00	0.00	0.00
7 We Don't Know	44.00	126.90	0.00
8 Wehrie	0.00	0.00	0.00
6 Westfield	0.00	0.00	0.00
1 Westminster	0.00	0.00	0.00
7 Why	0.00	0.00	0.00
2 Williamsville	50.00	0.00	0.00
6 Willing To Grow	0.00	0.00	0.00
3 Wilson Group	4.00	40.68	23.07
6 Wilson Smith Alumni	0.00	0.00	0.00
5 Women in Sobriety	0.00	0.00	0.00
7 Women Making the Effort	0.00	0.00	0.00
1 Women's West Side	0.00	0.00	0.00
1 Working	200.00	0.00	0.00
6 Young at Heart	0.00	0.00	0.00
3 Youngstown	0.00	0.00	0.00
1 Terry B.	80.00	0.00	0.00
1 Fireman Phil	50.00	0.00	0.00
1 Marce P.	52.00	0.00	0.00
TOTALS	3985.81	14322.82	214.10

ATTENDED CENTRAL COMMITTEE



THE 41<sup>ST</sup> NEW YORK STATE CONVENTION  
JULY 24TH - 26TH, 2009

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EVENTS

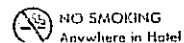
AA Panels and Workshops	Friday:	Concepts Workshop
AA Videos and Archives		Welcome Meeting
Al-Anon Meetings	Saturday:	Old-Timers
Alkathons		Banquet and Meeting
Hospitality Room	Sunday:	Young People's Meeting
Saturday Night Dance		Spiritual Meeting
ASL Interpretation (upon request with pre-registration)		

For more information please contact - NYS Convention Chair - maryjo@pioneeravenue.org.  
Ted Z. at (716) 990-2507 or Barbara W. at (716) 990-2820

CONVENTION REGISTRATION FORM  
PRE-REGISTRATION DEADLINE: JULY 17, 2009

AA \_\_\_ Al-Anon/Alateen \_\_\_ Other \_\_\_\_\_ (Please Specify) \_\_\_\_\_ Convention/Dance only ..... \$15.00  
 \_\_\_\_\_ Convention/Dance/Banquet ..... \$55.00  
 (Please Select One) \_\_\_ Chicken \_\_\_ Beef \_\_\_ Vegetarian  
 Special Dietary Needs? (Please specify) \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Do you need ASL Interpretation: Yes No  
 Special Needs (please specify) \_\_\_\_\_  
 Old-timer with 25+ years? \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 (Month / Day / Year)  
 If you want to be seated with a specific person (or persons) at the banquet, mail your registration forms on the same envelope.

ONE FORM PER PERSON  
PLEASE MAKE COPIES FOR EACH REGISTRANT



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