

NEW FRONTIERS

November 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.

The Necessity of Meditation

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Meditation:

From Webster: to reflect upon; study; ponder; To plan for or intend; To think deeply and continuously; Reflect; Muse.
From Encarta, the emptying of the mind of thoughts, or concentration of the mind on just one thing, in order to aid mental or spiritual development, contemplation, or relaxation; The act of thinking about something deeply and carefully, or an instance of such thinking; An extended and serious study of a particular topic.

Prayer:

From Webster: An earnest request; entreaty; supplication; A humble and sincere request to God or a god; an utterance to God in praise, thanksgiving, confession, etc. From Encarta, a spoken or unspoken communication with God, a deity, or a saint; The act or practice of making spoken or unspoken communication with God, a deity, or a saint; An earnest request for something; Something that is wanted or hoped for very much; A slight chance or hope.

Step Eleven is considered one of the "maintenance" steps, which also include Steps Ten and Twelve. Our article here deals mainly with meditation, and why we need to practice it.

Two "key spokes" on the action wheel of Step Eleven are prayer and meditation. We talk so little about meditation. Is meditation that hard that only the long-timer can figure it out? Or is it something that we think we can ignore, for whatever reason?

Have you met any long-timers who do NOT meditate?

What is meditation?

The definitions on the left begin to describe what prayer and meditation are. I think we in A.A. further refine the definition. Do they both go together, like the duo (powerlessness and unmanageability) in Step One? It sure looks that way.

Here's an example: You can be having a nice conversation with your sponsor. You are telling him what is going on in your life, where you have questions, what you need help with, and probably meeting some of his or her needs at the same time. As your conversation progresses, your sponsor says some things which stop your thought process, and your thinking goes off on a tangent for a time.

That simplistic example contains prayer (communication) and meditation (reflection). The same thing can be done with our Higher Power.

Another way of describing meditation: The activity of mulling something over in your mind in such a way that it begins to speak into your soul. Yet another: Chew on some truth until it begins to influence your way of thinking and behaving, because it has penetrated to the *core* of your being.

The simple truth is that all of us meditate - regularly. You may call it something different.

Some examples: Your thought process on purchasing a car, house, etc; trying to understand just about anything; your first encounter with "step 13"; when you hear or read something so powerful that you just have to take a time-out; what you are thinking as the police officer approaches; where your mind wanders to occasionally when someone is sharing or speaking.

Where do we start? Fr. Ralph says, "An alcoholic is a sad 'critter.' Confused, fearful, mistrusting, arrogant, proud, vain, empty, he frantically avoids ever looking within himself. He doesn't dare! For, 'with desolation is the land made desolate because there are none who thinketh in their hearts.

"Then comes A.A. We clean house. And 'in prayer and meditation...' we find clarity, and faith, and trust, and humility, and modesty, and a full heart and a full life giving, day in and day out, hour in and hour out, minute in and minute out, RELAXATION, AND PEACE, AND COURAGE, AND SERENITY, AND HAPPINESS.

"Many of us used this before in our lives at sometime or other. **BUT WE LOST THE SENSE OF NEED OF IT.** And, finally, the only time we meditated was when we had to -- at the end of a binge. Remember? What a meditation! 'Nightmare' would be the better term."

The Twelve and Twelve states, "Perhaps the real trouble was our almost total inability to point imagination toward the right objectives. ... Meditation helps to envision our spiritual objective before we try to move toward it."

Since there is nothing "super-spiritual" about meditation, and we're doing it regularly (when does your mind ever really shut off when your sober and awake), the critical issue is *what* we are choosing to mull over and process, which then sinks into the core of our beings.

If we meditate on all the "good times" we are missing because we can't drink anymore, guess where we will end up? Or meditate on how to get my own way, or my problems, or all those other things we call "stinking thinking." If I keep recycling that material in my mind, which I can choose not to, I'll meditate myself right back to a bottle.

If we meditate on the A.A. Principles and Steps - what we read, what we hear from A.A. members - and that starts sinking into our "soul",

and the head "knowledge" about a particular principle or step starts to fill the heart - and our behavior begins to change without us trying to change it on our own power alone.

If you are trying to change your life, and are not having any success, and do not regularly practice meditation, could this be the reason why?

Notice the format in the Big Book (pages 85 to 88). It tells us what they did - in the morning, evening, and even during the day. Did you notice they combined three things, which they also do in the Twelve & Twelve - self-examination, prayer and meditation? Is it possible that not only is prayer and meditation inseparable, but Steps Ten and Eleven are also complementary?

Then near the end of the Step Eleven discussion in the Big Book it says, "It works - it really does.

"We alcoholics are undisciplined. So we let God discipline us in the simple way we have just outlined."

Did you catch that? Undisciplined? Ouch! Do we discipline ourselves? Do we grit our teeth and say, "I'm going to do this if it kills me?" Does willpower work? Did it work with alcohol? No, generally it does not. It is recommended that we follow some simple instructions, and let the God as we understand Him lead and train us.

Fr. Ralph finishes his writing on this topic with this, "But now we learn, and learn to keep, the CONVICTION OF THE TRUTH: *THE ONE WHO MEDITATES EVERY DAY WILL NEVER HAVE THE DAY COME WHEN HE HAS TO MEDITATE.* Repeat and repeat and repeat -- PRACTICE meditation, day in and day out, hour in and hour out, minute in and minute out."

Barriers to Watch For

Is it possible that we can't simply do this step unless we've done Steps One through Ten first, and have established enough communication with the God as we understand Him, to believe that all we REALLY need to be asking for is "His will for us and the power to carry that out." Or, does it take those Steps One through Ten to get humble enough to practice Step Eleven?

What blocks us from practicing this step? One thing for sure that will block it is a lack of confidence in our own thinking. I don't want my brain wandering off too far in any direction, because I don't trust it yet. I'm better off following directions from my sponsor.

I have found no real excuse for not attempting this "conscious contact" with God. In the beginning I'll probably try many different ways, just like I tried more than a few ways to quit drinking prior to A.A. When it comes down to the truth, I have to try some of these ways so I will accept Step Eleven's only two choices for improving this contact. Until then, I'm asking for a lot of things, because my life is anything but serene just yet.

Meditation is deeply personal. The "one size for all" guide to meditation doesn't exist, nor can what one person does be simply transferred to another. This is one of the reasons why it can be a vague area (like the concept of a Higher Power), and is one that we learn by doing.

The Twelve and Twelve states, "...it is essentially an individual adventure, something which each one of us works out in his own way. But its object is always the same: to improve our conscious contact with God, with His grace, wisdom, and love. And let's always remember that meditation is in reality intensely practical. One of its first fruits is emotional balance."

Who can't use a little more emotional balance?

It also states, "Meditation is something that can always be further developed. It has no boundaries, either of width or height."

My particular method(s) of meditation will most likely NOT work for you. We come from one common starting point - a

desire to practice these A.A. principles in all our affairs.

You may someday be able to say what I now say - I get rather agitated when I miss my meditation time. Of course, I reward myself during it with some Cookie Dough ice cream after it...

If you are not meditating now, why not give it a try? A few moments someplace quiet - follow the guide in the Twelve and Twelve to start. Use the 90 day rule - try it for 90 days.

One of the greatest rewards of both prayer and meditation is "the sense of belonging that comes to us." Also, "There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life."

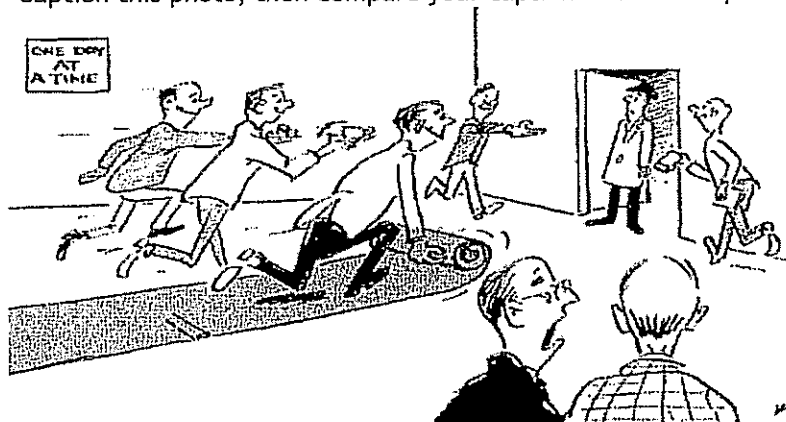
Who can't use an unshakable foundation for life?

Chip R.
Grand II Joy of Living Group

The Golden Book of Principles by Father John Doe, ©1954 The SMT Guild, Inc., pp. 23-24. Webster's New World Dictionary, ©1986, Prentice Hall Press. Encarta® World English Dictionary, ©1999 Microsoft Corporation. All rights reserved. Developed for Microsoft by Bloomsbury Publishing Plc. Good News for Those Trying Harder by Alan Kraft, ©2008 David C. Cook, publisher, p. 130-132. Alcoholics Anonymous, 3rd edition ©1976, Alcoholics Anonymous World Services, pp. 85-88. Twelve Steps and Twelve Traditions, ©1953, Alcoholics Anonymous World Services, pp. 96-106.

Rule #62: Don't take yourself too damn seriously!

Caption this photo, then compare your caption to what Grapevine subscribers sent in - found on page 6



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WHY SO MANY RELAPSES?

In recent months, I have witnessed more relapses of A.A. members than I can remember in so short a period, and I am wondering why. Some are individuals who had years of abstinence. I say abstinence because there is a big difference between genuine A.A. Sobriety and just staying "dry." True Sobriety requires A.A. thinking and behavior.

Remember that, "The only requirement for membership is a desire to stop drinking." When you drink, you forfeit your membership until you regain that desire. That is between you, your conscience, and God. I can only speculate and try not to judge because we all are vulnerable; but there are ways to protect ourselves.

I think that a big difficulty for many is dual addiction. To overcome alcohol, narcotics and other addictive chemicals requires a miracle

of God's grace, and our cooperation with that grace. We do have a choice. The A.A. door swings both ways—in and out—but you have to push it.

A major problem, in my opinion, is that so many newcomers are being "*sentenced*" to A.A. by the courts, spouses, relatives or employers. That is weak motivation. A.A. is not a penal colony! Also, their anonymity is broken by the newspapers. A poor start, but at least they are exposed to the good life A.A. has to offer, free for the taking.

On the other hand, many alcoholics are in denial when they arrive. They want to keep on drinking but without the bad consequences. They want to "get off the hook" and just play a game until that happens, with no intention of permanent abstinence.

"Old-timers" are subject to

egotism, resentments, anger, self-pity, complacency, and destructive relationships. We have to guard against the next think as well as the next drink!

Without daily prayer and communion with our Higher Power, I don't know how anybody can stay sober for long. Mere physical attendance at meetings will not bring permanent, contented sobriety.

If you ignore any of the Twelve Steps to Recovery, you are short-changing yourself. You are delaying your own serenity, as well as peace of mind. Quality counts more than quantity!

A.A. is not for those who need it, or even for those who want it. A.A. is for those who DO IT!

Gene O.
First Step Group, Niagara Falls, NY

AN ALCOHOLIC'S WIFE upon joining Al-Anon was told that she should not scold and scream at her husband when he drank and did not return home until the wee small hours.

She decided not to nag him anymore but to try kindness instead. One night he came home loaded. His wife was waiting for him at the door. "Hello, dear" she said. "Have a drink and then go upstairs to bed." He looked at her tipsily, "O.K. I might as well, I'll get hell when I get home anyway."

The Golden Gater
California
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Our Eleventh Step

AROUND THE TABLES, I have now listened to thousands of discussions related to the new concepts of God, which are part of the recovery process. The change from an angry, vengeful, punishing God to a loving, forgiving, generous God is the normal course for the newcomer as time passes without the first drink. It was a joyful experience when I went through it, and it is a joy to feel this growth in others as they come to believe in a Power greater than themselves.

But as our years in AA go by, how much effort is given to obtaining a still better understanding of God? Recently, hoping to enrich my own experience, I began to question others. In day-to-day living, what portion of the day was being given over to studying God? Our Eleventh Step directs itself to Improving our conscious contact with God. Isn't that a suggestion to exert effort?

I don't think I can increase my understanding of God by immersing myself in lofty books filled with doctrine and dogma and deep theories. Prayer and meditation seem the best way, but some books dealing with spiritual matters do help to keep me working on a better understanding, not only of God, but of myself.

If reading the Big Book, the "Twelve and Twelve," the Grapevine, and other AA literature was so good for me in the beginning of my sobriety, it should be even more beneficial now, as the program continues to change my personality. I find life giving more and more to me. So I must give more and more of myself to the AA Fellowship, or I won't have any understanding of God. If I want to understand God better, I must use the program to even greater advantage.

A.A. Grapevine, Feb 1976 issue

Central Office still is working on a shoestring budget. Some months we're positive, more are negative. If your home group regularly contributes to Central Committee (as well as treatment, corrections, GSO or other groups), please think about increasing your contribution toward our expenses.

The other alternative should you wish to help defray our Central Office's expenses is to contribute directly, via The Envelope System. Yes, that mysterious (NOT!) system we have had for many years that some members currently use is designed to receive direct contributions from members toward operating our office. Most groups have some literature about The Envelope System, usually collecting dust. If you have any questions on how "it works", contact Terry at the office. ;-) Editor

If each member gave a little it would add up to a lot. Please consider that the price of a drink today is about \$3.00 if each of us gave that amount to the Envelope System. It would help to support the Central Office, and us in the long run to carry the message to the next suffering Alcoholic.

I know that the price of everything is going up but prices were going up when we were drinking and it didn't bother us then to come up with price of a drink.

An easy way to do it would be to set aside the price of a drink once a month and gave it to the Envelope System. We all know or have heard that "I am responsible to carry the message to the next suffering alcoholic" well here is another way to do it only anonymously.

Respectfully submitted,
John B., Lakeshore Group

LETTERS: NATIONAL ARCHIVES WORKSHOP

We had the opportunity this past Sept. 11 to Sept. 14, to see another miracle in our Program unfold. Four years ago, our archivist Tom B. envisioned bringing the National Archives Workshop to WNY. The next year, Hurricane Katrina intervened so Tom had to wait one year to bid for the workshop. He succeeded and the Workshop was held this year. It was truly an historical event. It showed how individuals can come together from all over the US and Canada and share their knowledge and experience. One hundred ninety attendees observed WNY hospitality. Congratulations to Tom and the committee for a job well done.

Joanne McC

Archives seminar - a *tremendous* success. It was the second largest show (190 attended) since they've been doing it. More than a few that attended from out of town were very appreciative of the hospitality they received when they were here. Thanks to all who attended and helped out! ;-) Editor

You may get the WNY Archives display for your group function. All they ask is that you give the Archives Committee 30 days notice.

Cartoon Captions:

1. "I wish those guys had the same enthusiasm to do Step 5!" Joe H., Vancouver, BC
2. "Phil's trained his sponsee well!" Dave B., Sherwood Park Group, AB
3. "Look Bill, there they go trying to save another one." Jay P., New Attitudes Group, Ocala, FL
4. "He owns the local donut shop." Anonymous
5. "Isn't that the guy who shared last week about feeling he didn't quite belong?" J.W., Boynton Beach, FL
6. "Hey, last week you told me I was the most important person here!" Doug V., Westland, MI
7. "Oh great, the coffee maker finally got here!" Kevin L., A New Freedom Group, Holyoke, MA
8. "I know the newcomer's important ... but that's just ridiculous." Brent G., Gut Level Group, Springville, CA

IN MEMORIAM

Things We Can Not Change

Doloris McC; 28 years- Silvercreek

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
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(LOWER)
Buffalo, New York 14210

Or

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

New Frontiers Committee Members: Chip R., Mike K., Chuck D., Gene O. (Honorary), Tom C., Don B.

The Central Office of Western New York publishes the *New Frontiers* monthly. We are supported by your subscriptions and Central Office donations. The *New Frontiers* presents the experience and opinions of members of Alcoholics Anonymous on the disease of Alcoholism. The staff reserves the right to edit any article for clarity and length. Articles will not be returned. Opinions expressed here are not those of Alcoholics Anonymous as a whole, nor does publication of any article imply the endorsement by the Central Office of Western New York or Alcoholics Anonymous. (Exceptions: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS AND TWELVE TRADITIONS and other A.A. books and pamphlets are reprinted with permission of A.A. World Services, Inc. Articles reprinted with permission of A.A. Grapevine, Inc., are subject to the GRAPEVINE copyright.)

NOVEMBER ANNIVERSARIES

Alexander

Lisa S. 2y
Chris H. 5y
Dick C. 25y

Amherst/Snyder

Jose G. 6m
Paul 6m
Colleen Z. 6m
Francisco S. 2y
Tim G. 2y
Ruby A. 2y
Dan G. 3y
Bill W. 3y
Jennifer T. 5y
David M. 7y
Julia V. 8y
Susan M. 18y
Tom H. 19y
David W. 19y
Sister Mark 27y

Coldspring

Neal V. 10y
Blaine H. 19y

Courage

Chris B. 6y
Patty K. 25y

Easy does It

Alyssa G. 6m
Jon M. 6m
Steve B. 1y
Carey A. 9y
Mary K. 25y

Fireside

Paul M. 3m
Chris K. 6m
Karen Mac 9m
Julie S. 1y
Sharon P. 9y
Dick D. 18y

Freedom

Alan B. 6m
Wayne H. 1y

Fresh Start

Johnnie L. 21y

Golden Slipper

Yvette T. 7y

Holland

Josh H. 4y
Mike S. 24y

How It Works Men's

Karl R. 4y
Ira C. 5y
Gary J. 11y
Dave W. 19y
Leon S. 24y
Jerry S. 35y

Ironhorse

Mike L. 9m
Mike Z. 1y
Mike N. 15y
John S. 26y

Kenmore

Johnathon Q. 8y
Paul H. 22y
Kay S. 53y

Kensington

Terese R. 2y

Lakeshore

Paul C. 2y
Marc L. 7y
Mike M. 10y

Lakeview

Doug B. 6y
Dave S. 9y

Lighten-Up

Michelle M. 3y
Katie S. 13y
Maria D. 18y
Bill G. 22y

Living in

the Solution

C.J. 3m
John P. 1y

Lockport #1

Jack Y. 9y
Sally W. 25y

North Buffalo

Ann L. 3y
Kathleen M. 4y
Pam 6y
Jay H. 15y

Main & High

John J. 15y
Remember When
Perry M. 7y
Noemi B. 8y

Rise & Shine

Tom L. 2y
Neil L. 2y
Torrie L. 3y
Stephanie J. 5y
Terry M. 7y
Debra K. 7y
Leon W. 9y
James T. 11y
Willie B. 12y
Ben W. 12y
Greg W. 14y
Michael R. 14y
Darlene T. 14y
Greg J. 16y
Michael W. 22y
Shawn M. 22y
Linda H. 25y
Mary Lou Z. 30y

Thruway

Dan T. 3m
Tom H. 7y
Rich M. 16y
Suzanne M. 18y
Tom H. 19y
Jim K. 19y

Spirit of Hope

Jim R. 18y
Charles L. 19y

Sun. Morning Br.

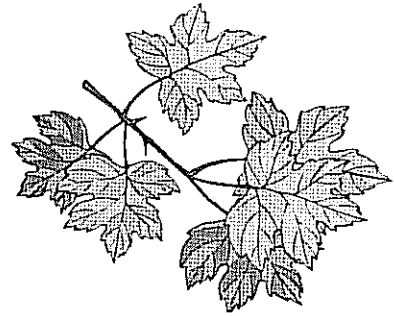
Gene W. 3y
Jan C. 17y

Surrender & Hope

Shawn Mck 22y
Midge S. 38y

Valley

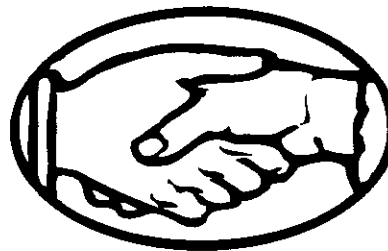
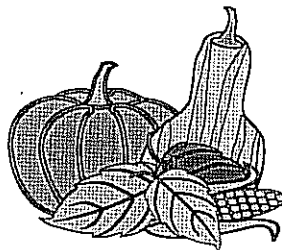
Michael K. 2y



Group Anniversaries

4th Step Stumbers; 12y
Amherst Snyder; 48y
Any Lenghts; 14y
Blasdell; 41y
Easy Does It; 18y
Eyeopener; 25y
JC Big Book; 9y
Keep it Simple Sister; 19y
Lockveiw; 21y
Lower River; 19y
McKinley Winners; 29y
Chapter V; 19y
Reflections; 5y
Stepping Stones Gowanda; 20y
Sunday AM Breakfast; 19y
Sunday Niters; 27y
Turning Point; 24y
Twin Cities; 65y
Women's Westside; 19y

N. F. Policy:
*Anniversaries must
be submitted by
the 12th
of the
month previous*



sunday

monday

tuesday

wednesday

thursday

friday

saturday

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2 DAYLIGHT SAVING TIME
 ENDS

Central Committee Meeting, 7
 pm, Buffalo Central Office,
 Corrections Committee
 Meeting, 6:00 PM, Buffalo
 Central Office, 681 Seneca

3

Are you willing
 to let God take away
 your garbage?

4 ELECTION DAY

5

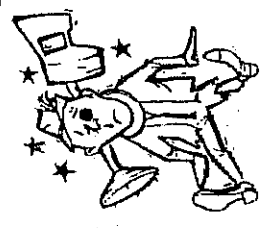


Did you ask God to keep
 you sober today?

6

*1947: Keflavik, Iceland,
 reports, "We are now two."

7



1940: The first AA group meet-
 ing in San Diego is held in an
 apartment at 3229 Adams Ave.

8

16th Annual 4th Step
 Workshop sponsored by "
 Living in the Solution" Group.
 10am- 4pm-Amity Club, 340
 Military Rd. (corner of Heriel).
 \$5 donation (to cover the cost
 of workshop & food)

1947: Anchorage has the first
 Alaskan AA group.

9

General Service Assembly, 1
 PM., Hamburg Town Hall, 5999
 South Park Ave., Hamburg.

*1975: General Service Board
 officially opens the GSO
 AA Archives with a ribbon cutting.

10 VETERANS DAY
 (OBSERVED)

*1946: An AA intergroup Office
 demands accounting of all
 Alcoholic Foundation money.

11 VETERANS DAY

12

1939: Bill and Lois W. visit
 Cleveland AA founder Clarence S.

13

1939: New York AAs urge Bill
 W. to stay on as a Fellowship
 leader and not hunt for a job,
 despite money problems.

14

15

1955: First appearance of AA on
 TV. *One Day at a Time* appeared
 on ABC Tuesday at 9:30 p.m. on
 the Cavalcade Theater, starring
 James Daly.

16

1950: Dr. Bob, AA cofounder,
 dies of cancer.

17

*1940: The first AA group in
 Minneapolis is formed.

18

*1934: Ebby T. surrenders
 his life to God at the Calvary
 Episcopal Church Mission run
 by Sam Shoemaker.

19

20

1941: Fresno, Calif., *Bee* reports
 28 newcomers asking for help
 in the local group's first week.

21

1939: First West Coast AA
 meeting in San Francisco.

22

*1963: Lois W. attends Desert
 Roundup AA Convention in
 California. Her days as a
 motorcycle "hobo" won her an
 honorary membership in the
 AA Motorcycle Club.

23

*1943: 800 NY AAs cel-
 ebrate their ninth anniver-
 sary, with guest speaker
 Dr. Norman Vincent Peale.

24

1942: Dr. Harry Emerson Fosdick
 is speaker at Manhattan AA
 group's eighth anniversary din-
 ner. He gave the first positive
 review of the Big Book.

25

*1966: The Big Book is
 published in paperback.

26

1895: Bill W. is born in East
 Dorset, Vt.

27 THANKSGIVING

28

Retreat For Men in A.A., St.
 Columban Center, 6892 Old
 Lakeshore Rd., Derby, Cost
 \$125, meals included. To
 register call Tony B.: 923-3385.
 All Men welcome.

29

1941: Columbus, Ohio, press
 reports 25 active members in
 the local Friday night AA group.

* 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
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www.Buffaloaany.org*

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buffalooa@hotmail.com*

NOVEMBER 2008

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, PLEASE CALL THE CENTRAL OFFICE TO UPDATE THE GROUP CONTACTS. THANK-YOU.
- **New Group: Lancaster Daily Reprieve**, Monday's @ 6:15, Faith United Methodist Church, 5505 Broadway, Lancaster. Big Book Open Discussion.
- **New Group: 4th Dimension Big Book Study**, Tuesday's @ 7PM, Hamburg, 116 Union St.
- **Amherst Snyder Group is MOVING** to St. Aloysius Church, 157 Cleveland Drive. Monday's @ 8 PM. **Friday's meeting is moving to THURSDAY'S @ 8 PM.**
- **Cayuga Wake Up Call has moved** to Cleveland Heights Church, 4774 Union Rd., Cheektowaga. Tuesday's & Thursday's 7:30 AM. Men's Group.
- **H.A.N.D.**, Tuesday's @ 10 AM, **has moved** to St. Stephen Bethlehem Church, 750 Werhle Dr., Cheektowaga.
- **Big Book- Lockport Group**; Tuesday's @8 PM, 160 Chestnut: **NO LONGER MEETS.**
- **New Group: Akron Awareness**, Saturday's, 8 PM, Dee Wright Community Center, Corner of Church @ John St., Akron.
- **New Meeting; Suburban (High Hopes)**, Brighten Community Baptist Church, 1225 Brighten Rd. @ Parkside, Tonawanda, 14150. Wed. 6 PM & Sat. 8 PM. Open Discussion.
- **New Group: SOBER TRAIN (Young Peoples)**, Saturday's, 7 PM. Central Park United Methodist Church, 216 Beard Ave, Buffalo, North. Open Meeting.

- **Kensington Group has moved** to Christ United Methodist Church, 350 Saratoga Rd. @ Harlem, Cheektowaga. Tuesday's, 7:45 PM.

COMING EVENTS

- ~ **Special Needs Committee**, before "As Bill See's It Group", 6:30 PM, Hamburg Presbyterian Church, 117 Main St., Hamburg
- ~ Oct. 31- Nov. 2, **67th. BUFFALO FALL CONVENTION:** Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst.
- ~ Oct 31, **Sunday Ascension is sponsoring a Halloween Party.** 7- 10 PM, doors open @ 6. \$5 in advance, \$6 at the door. Speaker, food, music & prizes for best costume.
- ~ Oct 28, **Steering Committee**, 6 PM, Central Office, 681 Seneca Street.
- ~ Nov 2, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, 681 Seneca Street. (Hosted by)
- ~ Nov 2, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca Street (lower)
- ~ Nov 8, **16th Annual 4th Step Workshop** sponsored by " Living in the Solution" Group. 10am- 4pm. Amity Club, 340 Military Rd. (corner of Hertel). \$5 donation (to cover the cost of workshop & food) Limited seating.
- ~ Nov 9, **General Service Assembly**, 1 PM., Hamburg Town Hall, 5999 South Park Ave., Hamburg.
- ~ Nov. 28-30, **Retreat For Men in A.A.**, St. Columban Center, 6892 Old Lakeshore Rd., Derby. Cost \$125, meals included. To register call Tony B.; 923-3385. All Men welcome.
- ~ Dec 19, **Silvercreek Friendship Group** 8:30 pm, Speaker meeting followed by an eating meeting. Please bring a dish to pass. Also, please bring a \$5.00 unwrapped gift for gift exchange if you wish. Everyone is welcome. No one is obligated to bring a gift.
- ~ Dec 24, **Annual Christmas Vigil**, 292 High St., Buffalo. Open Mic Speakers, Doors open at 4PM, Dinner at 6 PM. All donations welcome... Food, toys, cash & Volunteers. Group donations accepted at Coldsprings Group, 118 E. & Jesse Nash Center, 608 William St. For more info, Contact, Blane H. 553-1504, Mona W. 982-2162, Mae H. 903-4071, Big Jim 491-8301.

11th STEP: "Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out."

11th TRADITION: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

11th CONCEPT; The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

PLEASE SUPPORT THE ENVELOPE SYSTEM

Buffalo Central Committee Minutes

October 5, 2008

Jay H., Committee Chair, opened the meeting at 7:00 pm with a moment of silence and the Serenity Prayer. Rodney, Lockport #1 Group, read the Preamble, Tom O., from Turning Point Group read the Purpose of the Central Committee. Constance W., from Fresh Start Group read the Twelve Traditions. A motion was made to accept September's minutes as written by John H., from Sunday Morning Breakfast Group; motion was seconded and passed.

25 Groups were represented: Dist. #1: Journey; Dist. #2: Grand II Joy of Living, Living Sober, North Buffalo, Turning Point, Step Action; Dist. #3: Abbott Men's Disc., Courage, Iron Horse, Sunday Morning Breakfast; Dist. #4: Action, Hillbilly; Dist. #5: Lock City, Lockview; Dist. #6: As Bill Sees It, Carrying the Message, Go To Any Lengths, Hamburg; Dist. #7: Fresh Start, Lovejoy, Solidarity, Spirit of Hope; Dist. #8: Amherst Snyder, Maple Men's, Williamsville.

COMMITTEE REPORTS

ENVELOPE SYSTEM: No report.

STEERING COMMITTEE: Report by Jake, Dist. #2: Present: Executive Secretary, Financial Chair, Districts #, 4, 5, 6 and 7 and the Central Committee Chair. Executive Secretary gave a report. Financial Chair gave a report. District #4 reported theft of a groups' treasury and inquired about having 2 or more signatures on checks. District #5 recognized the hard work the committee put into to make the Archives workshop a success. There was much discussion on procedure in electing officers and holding effective order at Central Committee. There was discussion on connecting new CCR's with their District member to guide them and introduce them to principles. There was talk of reorganizing our priorities and getting back to the active alcoholic who has yet found a way out.

FINANCIAL REPORT: Mark, Financial Secretary, read the report

TREATMENT: No report.

CORRECTIONS: No report.

SCREENERS: Report give by Jeanmarie: I am inviting group representatives and anyone looking for service opportunities to join us and help build our 12 Step call list. There is much to do and only 2 people to do it. Please contact Jeanmarie through the Central Office and spread the word. We are approaching a new year and we have many meetings to cover.

CENTRAL OFFICE: AA INFO: 187; 12-STEP: 1; ALONON: 4; VISITORS: 112; VOLUNTEERS: 13

The number of calls are up this month, as well as visitors to the office are both up this month. The number of volunteers this month is down. I have the Seminar report attached.

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

NEW FRONTIER: No report.

PIC: No report.

PAST CONVENTION: No report.

CURRENT CONVENTION: John C., Chairman, stated there was a slow response to registrations and banquet reservations. Committee needs financial support, cash flow.

AD-HOC COMMITTEES:

INCORPORATION: No report.

WEBSITE: No report.

GSA LIAISON: No report.

CPC: No report.

ARCHIVES: Report given by Tom B., Archivist: I would like to thank everyone including all 4 Inter-group areas for their support of the 12th National archives Workshop our area hosted in Niagara Falls last month. Because of all your help it was a success. Also for their continued support the Archives would like to thank the following Groups: Thruway, Lovejoy, Three Legacies, Courage, Ironhorse, Action, Sobriety Men's Discussion, Orchard Park Women's as well as Debbie C. We did have our travel display at Action Group's 40th anniversary April 28th. We will be at North Buffalo Group anniversary on October 12 and Buffalo Fall convention October 31 – November 2. You can have the Archives at your group anniversary; we just ask for a 30 day notice if possible. We continue to meet at the Central Office on the 4th Saturday of every month at 9:00 a.m. Please attend.

RECAP: Archives: Joanne McC., Action Group, congratulated Tom B. on the hard work and success of the Archives National Workshop. **Current convention:** John C. stated web site has all the information about convention, panels, speakers, etc. Also, he stated banquet cut off date was October 10th. Chairman, Jay H., asked for additional time for banquet registrations. Much discussion followed.

OLD BUSINESS: Motion to form an ad-hoc committee for intergroup option for Central Office was taken off the table for discussion. Much discussion followed. A vote was called for. 16 yes, 9 no, motion carried. Chairman Jay H. appointed Randy from Carry The Message Group as chairman of ad-hoc committee. Other volunteers for committee Patti S., Tom B., Shawn C., and Chris.

NEW BUSINESS: 1. Charmaine D., Amherst Snyder Group, stated she wished to return as District 8 Steering Committee representative. The reason she resigned was her work schedule and that has changed. Jay H., stated that she resigned and flyers have gone out advertising the position as open. He referred the request to the November nomination meeting. Much discussion followed. Chairman Jay H. ended discussion. 2. John C., Convention Chair, statement that convention banquet ticket sales would close on October 10th, prompted much discussion. Shawn C., Abbott Men's Group, motioned to underwrite the unsold convention banquet tickets. Motion seconded by Tina, Amherst Snyder Group. After much discussion, a vote was taken – 16 yes, 1 no, 4 abstained. Minority opinion stated by Patrick H. cited Tradition 6: "An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose." No change in vote.

Motion to adjourn by Shawn C., Abbott Men's Group, seconded by Cindy, Orchard Park Step Group. Meeting adjourned at 8:45 pm with The Lord's Prayer.

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

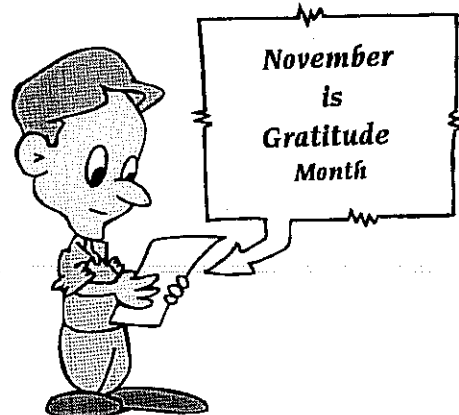
YTD

Income Statement	Jul-08	Aug-08	Sep-08
Beg Bal Cash on hand	8,833.60	9,199.35	8,698.88
Contributions			
Groups	4,184.18	2,823.93	4,852.85
Joint Meeting	45.00	55.00	59.65
Envelope System	634.00	405.00	247.00
New Frontiers Subs	54.00	30.00	73.00
Literature/Medallions/Pins	2,974.45	2,094.35	3,986.47
Literature Postage	84.37	56.31	49.75
Archives Room Rent	50.00	50.00	50.00
Meetings at CO	51.00	35.00	49.73
Mall/Misc.		25.00	25.00
US Treasury			
Reconcile			
"Gratitude Month" (NOV)			
Conventions/Day of Sharing	157.09		
Monthly Income	8,244.09	5,574.59	9,393.45
Expenses			
Office Rent	869.94	869.94	869.94
Electric	90.00	90.00	90.00
Payroll			
Salaries - gross	2,520.40	3,150.50	2,520.40
Federal Withholdings	(418.68)	(523.35)	(418.68)
NYS Withholdings	(104.00)	(130.00)	(104.00)
Disability Insurance	(3.00)	(3.00)	(2.40)
Payroll Tax Deposits			
Federal	582.80	611.48	611.48
State	398.64		
Insurance			
State Ins Fund			
Health	354.00	354.00	354.00
Liability			
Postage	701.82	49.87	348.33
Phone	166.88	166.83	166.88
Accounting			
Advt			
PIC Lit.			
Talking Phone Book			
Verizon; Idearc Media website	140.85	140.85	141.25
white directory			
Yellow Pages			
Literature Expenses			180.00
Grapevine			
World Services Inc		464.01	3,050.40
Hazeldon	609.48		
"In All Our Affairs"			
Printers			1,787.00
Medallions		286.36	
PINS			
Office Supplies	84.93	33.13	
Answering service	153.28	161.44	156.00
Minolta leasing (copier)	1,595.00	223.00	223.00
Minolta Copies/ service contract	130.00	130.00	130.00
PIC			160.00
Convention/Day of Sharing Seed \$	6.00		200.00
Seminar			526.03
Depreciation	100.00	100.00	100.00
Monthly Expenses	7,978.34	6,175.06	11,089.63
Monthly income (Loss)	265.75	(600.47)	(1,696.18)
Depreciation add back(non-cash)	100.00	100.00	100.00
End Bal Cash on hand	9,199.35	8,698.88	7,102.70
CD PRUDENT	6,482.43	6,490.61	6,498.81
CD#2 RESERVE	8,937.04	8,946.46	8,955.88
Assets: Literature & Medallions	15,197.40	14,076.30	14,971.95
Literature Receivable:(outstanding)	953.91	575.44	2,352.05
Corrections Facilites	1,792.34	1,672.46	1,693.64
Contributions	190.00	171.18	229.50
Expenses	309.88	150.00	225.00
Balance	1,672.46	1,693.64	1,698.14
Treatment Facilities	2,437.42	2,627.42	2,773.60
Contributions	190.00	146.18	234.50
Expenses			
AT & T Bridging The Gap			
AAA Abott Answering Service			
Literature			
Balance	2,627.42	2,773.60	3,008.10

37,635.59
552.90
4,637.00
453.00
506.22
500.00
430.20
50.00
96.32
233.62
45,094.85
7,809.55
810.00
23,943.92
(3,943.81)
(962.00)
(24.00)
5,844.87
1,185.92
289.52
3,186.00
1,161.99
2,553.92
1,285.89
1,965.00
1,248.80
507.60
389.99
504.00
11,450.07
2,052.92
3,787.00
593.82
316.50
1,245.46
1,448.52
4,626.00
1,170.00
1,404.20
1,449.34
900.00
78,360.99
(\$4,942.53)
900.00
2,165.00
1,542.38
622.62
2,122.34
233.55
300.00
533.55
1,588.79

"Our biggest fear is not that we are inadequate; our biggest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves: 'Who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your 'playing small' doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are born to make manifest the glory of God that is within us. It's not just within some of us - it is within everyone! And as we let our own light shine, we consciously give to other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Nelson Mandela
Inaugural speech - May 1994



GROUP CONTRIBUTIONS

2008

DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
5	11:45		50.00		0.00		0.00
6	12 Step		0.00		0.00		0.00
5	12 Steps/12 Traditions		200.00		0.00		0.00
1	4th 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
1	Abolition Men's		105.00		105.00		105.00
2	Acceptance/Welcoming		100.00		0.00		0.00
8	Achievement		0.00		0.00		0.00
4	Action		100.00		0.00		0.00
2	Age Doesn't Matter	50.00	50.00	50.00	50.00	50.00	50.00
3	Albion		0.00		0.00		0.00
3	Alexander		100.00		0.00		0.00
8	Amhers/ Snyder		928.20		0.00		0.00
8	Amsdell Lakeshore	40.00	160.00		0.00		0.00
2	Any Age		30.00		10.00		10.00
3	Any Length	30.00	240.00	10.00	80.00	10.00	80.00
4	Arcade		0.00		0.00		0.00
8	As Bill Sees It	120.00	320.00	15.00	27.17		0.00
8	Attica Big Book		5.00		0.00		0.00
8	Attitude Adjustment		50.00		25.00		25.00
8	Attraction		400.00		0.00		0.00
8	Backdoor		0.00		0.00		0.00
8	Back To Basics		0.00		0.00		0.00
8	Back To Basics Office		18.00		0.00		0.00
7	Beginning In Sobriety II		0.00		0.00		0.00
8	Beginning's Women		100.00		25.00		25.00
5	Big Book Lockport	50.00	225.00		0.00		0.00
5	BB Spiritual Awakening		0.00		0.00		0.00
8	Big Book Study		0.00		0.00		0.00
3	Blasdel		0.00		0.00		0.00
3	Blasdel Monday Night		120.10		0.00		0.00
1	Bodhisattva		0.00		0.00		0.00
6	Boulevard Helping Hand		0.00		0.00		0.00
2	Boulevard Women		0.00		0.00		0.00
2	Brass		50.00		0.00		0.00
1	B.S.C.		20.00		10.00		10.00
3	By The Book		0.00		0.00		0.00
8	Carry the Message		208.60		10.00		10.00
7	Casting		100.00		0.00		0.00
1	Cathedral Park		0.00		0.00		0.00
8	Cayuga Wake-Up Call	300.00	885.00		0.00		0.00
3	Cez Manor	25.00	265.25		0.00		0.00
2	Chapter IX		120.00		120.00		120.00
3	Cheeklowaga	100.00	700.00		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		0.00		0.00		0.00
4	Constant Vigilance (Varysburg)		5.00		0.00		0.00
1	Complainers		0.00		0.00		0.00
3	Courage	75.00	117.50		0.00		0.00
2	Daily Reflections	25.00	25.00		0.00		0.00
7	Daily Reprieve		0.00		0.00		0.00
6	Derby		100.00		0.00		0.00
8	Desire	40.00	265.00		0.00		0.00
2	Desperate		0.00		0.00		0.00
1	Downtown Men's		100.00		0.00		0.00
8	Dunkirk Monday Night		0.00		0.00		0.00
7	Early Bird		0.00		0.00		0.00
6	Early Bird Step		35.00		0.00		0.00
3	Early Rising Obliging		0.00		0.00		0.00
8	East Amherst		0.05		0.00		0.00
4	East Aurora	100.00	250.00		0.00		0.00
2	Easy Does It		259.00	50.00	159.00	25.00	35.00
4	Ellicottville		0.00		0.00		0.00
1	Emergency		0.00		0.00		0.00
8	Everybody's		0.00		0.00		0.00
1	Express		0.00		0.00		0.00
4	Eyeopener	172.80	603.61		0.00		0.00
4	Eyeopener South	125.00	645.00		0.00		0.00
1	F.U.N.		0.00		0.00		0.00
1	Faith		0.00		0.00		0.00
3	Falher Baker		100.00		0.00		0.00
2	Feelings		50.00		0.00		0.00
8	Fireside	102.00	1089.40		0.00		0.00
8	First Things First		288.55		0.00		0.00
6	Forestville Sunday Serenity		50.00		0.00		0.00
6	Fredonia Discussion		0.00		0.00		0.00
2	Freedom		225.00		0.00		0.00
7	Fresh Start		60.00		0.00		0.00
5	Friendly		50.00		0.00		0.00

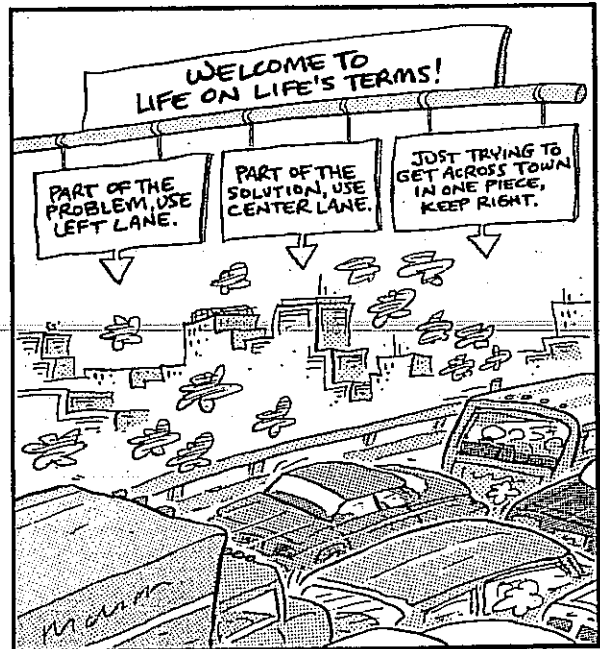
DISTRICT	GROUP	CENTRAL		CORRECTIONS		TREATMENT	
		SEPT	YEAR	SEPT	YEAR	SEPT	YEAR
1	Frontier(New)		100.00		0.00		0.00
8	GAHA: DAGOH #1		0.00		0.00		0.00
3	Gardenville		4.00		0.00		0.00
8	Georgetown		0.00		0.00		0.00
2	Getting Better		0.00		0.00		0.00
1	Getting With It		80.30		0.00		0.00
1	Giving		50.00		0.00		0.00
8	Go to Any Length	170.00	808.00	15.00	80.00	15.00	80.00
5	Golden Slipper		50.00		0.00		0.00
2	Grand	100.00	150.00		0.00		0.00
2	Grand If Joy of Living		130.00		0.00		0.00
2	Grateful		0.00		0.00		0.00
3	H.O.W.		0.00		0.00		0.00
8	Hamburg		150.00		0.00		0.00
8	Hamburg Early Bird		0.00		0.00		0.00
8	Hand		0.00		0.00		0.00
3	Handicappers		0.00		0.00		0.00
1	Happy Hour II		0.00		0.00		0.00
7	Harmony	120.00	320.00		0.00		0.00
3	Helping Hand	25.00	150.00		0.00		0.00
8	High Noon		0.00		0.00		0.00
8	High View		250.00		0.00		0.00
7	Higher Power		0.00		0.00		0.00
4	Hillbilly		150.00		50.00		50.00
8	Holiday Village	200.00	1800.00		75.00	25.00	75.00
4	Holland		0.00		0.00		0.00
8	Honest Solutions		0.00		0.00		0.00
2	Honesty	50.00	110.00		0.00		0.00
2	How It Works/Men's	100.00	775.00		0.00		0.00
3	Inspiration		0.00		0.00		0.00
8	Intoxicated on Life		0.00		0.00		0.00
3	Ironhorse	145.03	932.13	14.50	93.21	14.50	93.21
8	IT		0.00		0.00		0.00
5	Johnson Creek Big Book		120.00		0.00		0.00
1	Journey		72.00		0.00		0.00
2	Just Do It		0.00		0.00		0.00
5	Just For Today/Albion		30.00		0.00		0.00
3	Just For Today/Cheek		300.00		0.00		0.00
4	Keep It Simple Sister	25.00	75.00	25.00	25.00	25.00	25.00
2	Keep On Coming		0.00		0.00		0.00
2	Kenmare		0.00		0.00		0.00
8	Kensington		25.00		0.00		0.00
8	Ladies Nile Sober		0.00		0.00		0.00
8	Lake Shore		465.00		50.00		50.00
6	Lakeview	75.00	150.00		0.00		0.00
7	Last Days Fellowship		2.00		0.00		0.00
8	Lawyers		0.00		0.00		0.00
8	LewPort		10.00		0.00		0.00
2	Liberty Women		70.00		0.00		0.00
4	Life Today		22.00		0.00		0.00
8	Lighten UP		496.25		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	35.00	125.00		0.00		0.00
5	Lock City		100.00		0.00		0.00
5	Lockport #1		500.00		50.00		50.00
5	Lockport Discussion		0.00		0.00		0.00
5	Lockport Ladies	50.00	125.00		0.00		0.00
5	Lockport Tuesday	50.00	190.00		20.00		20.00
5	Lockview		720.00		120.00		120.00
6	Look To This Day		0.00		0.00		0.00
7	Love		0.00		0.00		0.00
7	Lovesjoy		150.00		50.00		50.00
5	Lower River		0.00		0.00		0.00
5	Lunch Bunch Albion		0.00		0.00		0.00
3	Main and High		50.00		0.00		0.00
4	Main Street		150.00		0.00		0.00
8	Maple Men's		25.00		0.00		0.00
4	Marilla		126.05		0.00		0.00
3	Matt Tailbot		50.00		0.00		0.00
8	McKinley Winners		0.00		0.00		0.00
5	Medina Big Book		0.00		0.00		0.00
5	Medina New Life		90.00		0.00		0.00
8	Mercy		0.00		0.00		0.00
3	Mid-day	50.00	165.00		0.00		0.00
8	Midnight Discussion	60.00	290.00		0.00		0.00
5	Miracle Happen		0.00		0.00		0.00
8	Monday Big Book	32.00	114.00		0.00		0.00
2	Morning After	100.00	200.00		0.00		0.00
7	New Awakening		0.00		0.00		0.00
3	New Freedom (Niagara Falls)		75.00		0.00		0.00
3	New Beginnings/St. Vincent		25.00		0.00		0.00
3	New Life		100.00		0.00		0.00
5	New Outlook		0.00		0.00		0.00
1	New Westside		50.00		0.00		0.00
5	Niagara Frontier Men's Disc.		230.00		0.00		0.00
2	North Buffalo		800.00		200.00		200.00
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
5	"Not Yet Named"	100.00	200.00	0.00
1	One Day At A Time		0.00	0.00
6	On The Cliffs		0.00	0.00
6	Open Arms	200.00	0.00	0.00
1	Open Mind		0.00	0.00
4	Opportunity	50.00	0.00	0.00
4	Orchard Park Step	594.50	75.00	75.00
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
3	Point of No Return	0.00	0.00	0.00
1	Positively Living/Ret./Guiding Light	550.00	1650.00	0.00
7	Powerless		45.00	0.00
1	Pride		40.00	5.00
1	Primary Purpose		0.00	0.00
1	Principles Bef. Personalities	20.00	75.00	0.00
4	Progress		0.00	0.00
2	Purpose/Tonawanda		400.00	0.00
2	Questions & Answers	30.00	100.00	0.00
3	Rainbow		0.00	0.00
4	Ray of Hope		80.00	0.00
1	Rec. Women in the BB		0.00	0.00
3	Recovery Near the Gardens		10.00	0.00
2	Redeemers		30.00	0.00
1	Reflections		0.00	0.00
5	Reflections on Recovery		0.00	0.00
7	Remember When		15.00	0.00
4	Renewal		0.00	0.00
2	Ride Sober		0.00	0.00
3	Ridge		40.00	20.00
1	Rise and Shine	10.00	80.10	0.00
7	Rochester		0.00	0.00
3	Roland		0.00	0.00
4	Rural is Plural		0.00	0.00
2	Sally		0.00	0.00
8	Saratoga		0.00	0.00
7	Sat. Night In Recovery		0.00	0.00
6	Sat. Nite Sober		0.00	0.00
2	Sat. Midnights		0.00	0.00
2	Searching For Serenity		0.00	0.00
7	Second Chance		0.00	0.00
2	Serenity		450.00	0.00
1	Serenity Circle		0.00	0.00
6	Serinity in the Park		0.00	0.00
6	Serenity on the Lake	10.00	80.00	0.00
2	Serenity Shack Nooners		0.00	0.00
6	Serenity Trails		0.00	0.00
1	Selaside		0.00	0.00
2	Sheridan		40.00	0.00
6	Silvercreek Friendship		30.00	0.00
1	Sober and Proud		0.00	0.00
3	Sober Saturday		250.00	50.00
6	Sober Trails		40.00	0.00
3	Sober Winners		0.00	0.00
5	Sobriety Comes First		0.00	0.00
3	Sobriety for Women		0.00	0.00
8	Sobriety Men's Disc.	50.00	135.00	50.00
5	Sobriety On The Canal		100.00	0.00
5	Sobriety on a Sat. Night		40.00	0.00
5	Sobriety on the Lake		0.00	0.00
7	Solidarity	76.40	512.19	0.00
5	Somerset		0.00	0.00
3	South Buffalo	250.00	850.00	0.00
2	South Town	100.00	385.00	0.00
3	Southgate		0.00	0.00
4	Southwestern		130.00	0.00
7	Spirit of Hope		100.00	0.00
2	Spiritual Progress		165.00	0.00
4	Springville Sat. Afternoon		78.00	0.00
4	Springville Tues. Night	120.00	240.00	0.00
4	Springville Wed. Noon	15.00	100.00	0.00
4	Springville New Life		20.00	0.00
8	St. Barnabas		0.00	0.00
4	St. Mark's		0.00	0.00
3	Starting Over	50.10	550.10	0.00
2	Staying Alive		0.00	0.00
2	Step Action Group		600.00	0.00
5	Step Work		30.00	0.00
6	Stepping Stones/Gow.	20.00	20.00	0.00
8	Stepping Stones/Will		0.00	0.00
1	Sunday Afternoon Ascension		0.00	0.00
6	Sunday In Cattaraugus		0.00	0.00
3	Sunday Morning Breakfast	100.00	650.90	0.00
6	Sunday @ 8:00		0.00	0.00
1	Sunday Niters		0.00	0.00
1	Sunday Third Group		0.00	0.00
1	Sunrise Court		445.00	100.00
8	SUNY Amherst Campus	61.00	95.85	0.00
2	Surrender and Hope		250.00	70.00
2	Survivors		0.00	0.00
2	TFC-12 Step Call		0.00	0.00
8	TGIF		0.00	0.00
4	Thankful		40.00	0.00
3	The Book Meeting		0.00	0.00
2	Three Legacies		58.19	7.63
1	Those Too		0.00	0.00
3	Thruway	250.00	575.00	20.00
7	Thurs. Nite Steppers		0.00	0.00
1	Thursday Big Book		384.00	0.00
3	Thursday PM Discussion		100.00	0.00
8	T.N.T.		180.00	0.00
8	Today		0.00	0.00

	GROUP	CENTRAL	CORRECTIONS	TREATMENT
8	Today's Woman		10.00	0.00
6	Tri County		72.00	36.00
6	Tri-Step Beginners		0.00	0.00
2	Try Again		200.00	20.00
4	Tuesday Men's AM	50.00	100.00	0.00
3	Tuesday Women's		100.00	100.00
2	Turning Point		100.00	25.00
3	Twin Cities		100.00	0.00
8	Unity		0.00	0.00
2	University Men's Disc.		0.00	0.00
3	Valley		300.00	0.00
3	Victory		100.00	0.00
3	Victory Women's		50.00	0.00
1	Wake Up Call		25.00	0.00
6	WE		58.00	4.00
7	We Are Not Saints		0.00	0.00
3	We Care		150.00	50.00
7	We Don't Know	46.02	814.92	0.00
8	Wehrle	60.00	120.00	0.00
6	Westfield		0.00	0.00
1	Westminster		0.00	0.00
2	Why		-0.00	0.00
8	Williamsville	50.00	125.00	0.00
6	Willing To Grow		400.00	0.00
5	Wilson Group		77.95	17.49
6	Wilson Smith Alumni		150.00	0.00
5	Women In Sobriety		0.00	0.00
7	Women Making the Effort	40.00	198.00	15.50
5	Women's Step Action		0.00	0.00
1	Women's West Side		0.00	0.00
1	Working		0.00	0.00
6	Young at Heart		0.00	0.00
5	Youngstown		0.00	0.00
	Anonymous	1.50	101.50	0.00
	Frank & Margie P.		50.00	0.00
	Gary K.		62.00	0.00
	John F. H.		22.00	0.00
	Edward O'D.		80.00	0.00
	Hannetta W.		50.00	0.00
	Fran T.		150.00	0.00
	Arthur		100.00	0.00
	Martha M.		50.00	0.00
	Terry B.	40.00	40.00	0.00
	Chuck B.	1.00	1.00	0.00
			0.00	0.00
	TOTALS	4852.85	37635.59	229.50
			2165.00	234.50
				2122.34

ATTENDED CENTRAL COMMITTEE



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SEMINAR 2008 REPORT

Our theme for this Seminar was "Communication & Participation: the Key to Unity & Self Support" This is also the theme of the general service conference.

The purpose of the Seminar is to foster, through the exchange of ideas and experiences, greater unity among A.A. members, groups, areas, regions, and service boards; and to provide an opportunity for representatives to the Seminar to discuss the relevant A.A. and office operations issues. It is intended that the activities of the Seminar and its committees will also foster AA's Three Legacies; Unity, Service, and Recovery. Hence, the Seminar shall never be a policy-making, or oversight body, except as to the location of the Seminar and procedures of the Seminar itself; rather the Seminar will limit its substantive activities to exchanges, discussions, and brainstorming.

We accomplish this with the help of those who have attended and participated in prior seminars - we may not solve all of our common problems, but we find the support to endure them, learn from them and pass on our experiences to those yet to experience this supportive weekend.

The seminar was stated by AAWS in 1986. Our Central Office was represented at that Seminar by Delphine, and every seminar since, except in 2001, when we had no Executive Secretary.

This year's Seminar was very productive. There were workshops on; *Contributions, Balancing Attraction & Promotions, Communications, Ring-A-Ling, Office Procedures, Websites/Email, Volunteers, Personalities & Principles, Literature, Link to Outside Agencies, Twelve Step Lists, Cooperation with Service Committees, Newsletters, Meeting Schedules & Archives.*

Beyond the workshops on Friday evening, there was a panel of speakers from GSO, speaking on what's new in A.A. World. Our GSO office is undergoing renovations. Greg Muth the Office Manager is retiring. Many of the Board of trustees are also rotating. We were informed that by July of 2009 literature costs would be going up. Grapevine literature will also be going up. The website; www.aa.org, has been updated. Really is sharp looking. It has many member services online, as well as Public Information Announcements. Most our pamphlets, the Big Book and Twelve & Twelve.

On Saturday evening, a Presentation by AAWS & Grapevine, followed by an Open Microphone Forum.

Some highlights:

On the Contributions Panel, we talked about ways to try to reduce costs. What has been observed is that contributions are down all across the country. In discussing ways to increase contributions we talked about income from events, making ourselves more visible. Our relations with the groups, leaving out contributions. We talked about Anniversary Clubs, where members contribute annually for their sober anniversary. One group has an annual open house at the Central Office. Many areas have an annual fund drive with "Gratitude" boxes sent to the groups to be passed around at the groups for the month of November, then returned to the Central Office. Different areas receive between

\$6,000- \$13,000 from these boxes. Also one office talked about members making their United Way Contribution to be specified for their office, releasing member information, so it can be received.

In the Office Procedures Workshop there was discussion on ways to back up our office computers. Also talked about locating form templates for taxes. We talked about Accounting, planning for disasters & emergencies as well as managing in a tough economy.

On the literature panel, as well as talking to many long time office managers, I learned about selling "at cost", the cost to keep our offices open for the next suffering alcoholic that calls. The literature serves this purpose from the General Service Office on down to Central Offices throughout the country. Many offices sell medallions & drunk junk, with mark-ups to help keep the cost of literature down. We also talked about credit cards and getting our bookstores online.

In the Personalities & Principles workshop we mostly worked on people skills.

This year, I took with me for exchange, our schedules, and the pamphlet on the Envelope System & 2 months New Frontiers. I returned with: 3- Financial budgets, 2- Prudent Reserve Policies, 2- Fact Sheets & Agendas, 1- Access Database template, 23- Newsletters, 1 GSR Handbook, Various intergroup made bookmarks, 2- Birthday Club Envelopes, 1- Faithful Fiver Pamphlet, 1- 20 Question Pamphlet, 14- Central Office Pamphlets, 4- Court Ordered pamphlets, 9- Beginners Pamphlets, 3- Meeting in a Pocket Booklets, 5- beginners Packets, 1- Phone manual, 4- flyers about Central Office, 2- History pamphlets, 1 set of By-Laws, many business cards & 20 schedules.

The 2009 seminar is in Rochester, NY. I would encourage everyone involved in anyway of service to attend this, being so close. In 2010 it will be in St. Louis, Missouri.

Yours In the Spirit of the Fellowship

Terry Bateman

Executive Secretary

November 2nd, 2008: Nominations For The Following Positions

Co-Chair Person for Central Committee

Recording Secretary and

Steering Committee Representatives for districts 1, 4, 5, 6 (8 needs

Replacement to complete 1 year of existing term)

The Requirements for each position are as Follows:

Section 1a. Co-CHAIRPERSON

The Chairperson shall be elected by a simple majority vote of the Central Committee representatives present and voting at the meeting designated for the election of officers. Qualifications for Chairperson shall be that he or she be a member of Alcoholics Anonymous having a minimum of five (5) continuous years of sobriety immediately preceding the date of the election. The Co- Chairperson shall hold office for one (1) year. Upon conclusion of the CO-Chairperson's year in service, that officer shall move into the office of Chairperson in the month of January.

Section 1b. RECORDING SECRETARY

The Recording Secretary shall be elected by a simple majority vote of the Central Committee representatives present and voting at the meeting designated for the election of officers. Qualifications for Recording Secretary shall be that he or she be a member of Alcoholics Anonymous having a minimum of two (2) years of continuous sobriety immediately preceding the date of the election. The Recording Secretary shall hold office for one (1) year but may be eligible for re-election.

Section 2 RECORDING SECRETARY

1. It shall be the duty of the Recording Secretary to transmit to the Central Committee all resolutions or other communications pertaining to the business of the Central Committee.
2. The minutes of all meetings of the Central Committee shall be noted, transcribed and reported by the Recording Secretary.

Section 1. STEERING COMMITTEE

This committee shall be composed of eight (8) members. Each member shall represent a designated number of groups based upon geographic boundaries as drawn by the Chairperson of the Central Committee with the advice and consent of the Central Committee.

Section 1a.

Qualifications for membership shall be that he or she be a member of Alcoholics Anonymous having a minimum of three (3) continuous years of sobriety preceding the date of election. These members should be elected from their own districts.

Section 1b.

The term of office for each member shall be two (2) calendar years from the date of the member's election. Members can be re-elected at a later date. Nominations for membership on this committee are to be made at the Central Committee meetings held in the months of January, March, July and November. Elections are to be held at the Central Committee meetings in the months of February, April, August and December. Elected members are to assume office immediately. Whenever vacancies occur on the Committee for any reason, such unexpired term or terms shall be filled by a qualified member of AA named by the Steering Committee and subject to the approval of the Central Committee. ~~Upon fulfillment of this unexpired term, the appointee shall be~~ eligible for election to the Steering Committee.

Section 2a.

The Steering Committee's primary purpose is to oversee AA matters where the individual groups' action may affect either groups in the area or AA as a whole. It also follows through with any recommendations made by the Central Committee and make suggestions and recommendations to the Central Committee.

ALSO: Committee Positions Up for Nominations:

Public Information Chairperson

Screeners Chairperson

General Service Liaison

Elections On December 7, 2008