

NEW FRONTIERS

OCTOBER 2010

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.

WHATS OUR MESSAGE

What did I hear when I first came to AA?

You have a disease that an incurable.

The disease will progress and lead you to jail, mental institutions or death.

We stay sober one day at a time.

We should join a home group and get a sponsor.

We must do the 12 steps.

We must find a relationship with a Higher Power.

We must get involved in service to others.

Bill W. told us that we have a daily reprieve based upon our spiritual condition.

Why did Bill W. and the early members of AA tell us, we need to serve others?

When I focus on myself everything about me is magnified. I weigh everything from my point of view. I judge my disease based on my feelings. I judge acts and comments by others as to how they affect me. I judge fairness on how I'm treated. I'm so self-centered that I judge the whole world on how I feel and think at any given moment.

Early AA members suggested we serve others so we can take the focus off ourselves.

Kevin N., Jim W. and myself ran the 9:00 speaker meeting at the MICA unit in Buffalo General Hospital. During the meeting I'm reminded of my last days of drinking. I focus on the lessons learned while doing the 12 steps. I'm reminded of the importance of knowing that I need help and can't do it alone. I realize the necessity of going to meetings and participating when asked to take on a job. As the three of us drive home together we always seem to focus on our gratitude to God and AA for all that we have received.

I don't recall meeting Leo S. but I was told that he considered it an honor anytime God placed a still suffering alcoholic in his path. Leo never concerned himself with how this person got here. His only concern was to share his story of recovery in hopes that the God would open up this persons mind and bring him to the conclusion that he also suffered from a disease called alcoholism.

We all hope and pray that this will be the time that they recognize the need for help and decide to come to AA.

Don H., Amherst Snyder Group; Written in the early '70's

Complacency Is Insidious

The older, more experienced members of A.A. tell us that complacency is one of the greatest single enemies of sobriety, and that once started, it progresses as rapidly and insidiously as alcoholism itself. Very often, unfortunately, complacency first takes root in the non-alcoholic mate. I'd like to try to bring out how easily complacency can steal upon us; how once it gets a foothold, it changes our entire mental attitude, not only toward the alcoholic, but toward A.A. itself; the havoc complacency brings in its wake; and finally, what measures we can take to guard against it.

Which class of non-alcoholic wife is liable to become infected with complacency? Certainly not the wife whose husband is new to A.A., nor the wife whose husband has had repeated trouble in trying to get the Program. Generally, it's the wife whose husband has managed to roll up a substantial period of sobriety behind him. Yes, perversely enough, it is ourselves, the lucky wives, who stand in most danger of complacency. And it all can happen quite simply!

As the first year or two of sobriety roll along, we know that certain changes take place in the habits and temperament of the problem drinker. It is our job, as non-alcoholic wives, to adjust ourselves happily and safely to these changes. When the pressure of worry from drink has been removed for a considerable period of time, we are immeasurably relieved and delighted. We are grateful to the Higher Power, to A.A., and to our husbands! That awful feeling of insecurity has been replaced by a new and wonderful feeling of confidence. These reactions are natural, just, and right. They are the first tangible results of the A.A. Program in action.

Right here, at this psychological point, our defenses must go up! We must guard ourselves carefully, for unless we do, our confidence might easily become over-confidence. This is a hairline distinction, I know, but the right selection of attitude here might mean the difference to us between continued sobriety for our husbands, or complete disintegration of everything we've achieved thus far!

The early marks of over-confidence, or complacency, are pretty obvious to all but the woman afflicted. The older wives simply quake in their boots when they hear the complacent wife suddenly begin to complain about everything and anything in A.A. . . . The speakers bore her, the meetings are too long, the seats are too hard, the people she meets there are dull and uninteresting. . . . The older wives step in here and attempt to readjust her perspective. Sometimes we find it useless to remind this wife that a year or so ago she was begging for help from A.A.; that she'd have sat on a picket fence, if that would have gained her husband's sobriety; that the speakers are in no way concerned with her entertainment; and finally, that there's a little thing, called gratitude to A.A., which is best expressed by helping others!

Complacency, like alcoholism, progresses swiftly. In no time at all, the complaining wife is missing open meetings on any pretext whatsoever. In her mind she is planning a new life. Now, at long last, she is going to do the thing she always wanted to do, but couldn't because of her husband's drinking. In this new life, there's little, if any place for A.A. Oh, of course, she assures herself, we'll go to meetings now and then, just to be on the safe side.

At this stage, the complacent wife has not only withdrawn in spirit from A.A., but, perhaps to soothe her conscience, she has become openly critical of it. And worse than that, she begins to criticize her husband for the amount of time he still spends on A.A. activity.

The result of such an attitude is pretty disastrous, whichever effect she has on her husband. If he catches complacency from her, he's on the way out, and no one here today needs a crystal ball to forecast the future of that twosome! If, on the other hand, he is shocked, confused, and hurt by this sudden change of attitude; if her constant criticism gets him so low that discouragement sets in, his sobriety may be lost. If, however, he is strong enough to maintain his sobriety despite the domestic crisis, he reminds himself grimly that no one or nothing is going to stand in the way of his recovery. He redoubles his efforts at A.A. because he has to, with the result that more and more time is spent away from the home.

His wife thinks he's doing this just to be nasty, so quarrels, misunderstandings, and sullen silences take the place of the peace and contentment they should both be sharing as a result of his prolonged sobriety. A wedge is driven between this couple, a wedge so wide and deep that it's felt the rest of their lives!

All of these things can happen, do happen, and have happened as a result of complacency in the non-alcoholic wife. Certainly none of us in our right mind ever want to see our husbands return to drinking again. How then can we guard ourselves against complacency?

Simply by *hearing*, *believing*, and *accepting* the words of the older, experienced members of A.A., who have maintained years of sound sobriety. How often have we heard them state from the platform: "If I am going to maintain my sobriety, I must be ever vigilant; I must never relax my guard; I must never take my sobriety for granted; I must never become complacent."

If these members feel that way about their sobriety, dare we, the non-alcoholic wives feel differently? Dare we become complacent? No. Rather, when we first experience that new and wonderful feeling of confidence, let's cherish and enjoy it to the fullest. But at the same time, in gratitude for the gifts received, let's turn to the newer non-alcoholic wife and try to give her some of our warmth, and hope, and comfort. For only when we give unselfishly and fully all we have received is the magic circle of A.A. complete; that magic, safe, and charmed circle wherein we wish to spend the rest of our lives!

Why should we wish to leave this circle? Here we acquire that richness of spirit, which only comes from helping others; here, with our best and truest friends we safeguard our husband's sobriety; and here, we really find the golden treasure which all men seek--contentment and peace of mind!

C.P.
Buffalo, New York

July 1949
Vol. 6 No. 2



October AA History

Local news reports 1st AA Group in New Haven, CT - October 1, 1941

Alcoholics Anonymous Comes of Age is published October 1, 1957

National Comm. for Education on Alcoholism formed - October 2, 1944

AA Grapevine adopted as national publication of AA - October 3, 1945

900 dine at Cleveland dinner for Bill D, AA #3 - October 6, 1941

Lois W, Bills wife and a co-founder of Al-Anon, dies at age 97 - October 6, 1988

Memorial Service for Lois W at Stepping Stones, NY - October 8, 1988

6 of 1st 9 AA's attend clubhouse anniversary in Toledo - October 10, 1943

Lois reads "Bills Last Message annual dinner in NY - October 10, 1970

Lois is buried next to Bill in Manchester, Vermont - October 10, 1988

Bill W. gets his drivers license - October 13, 1939

"The Melbourne Group" held its first meeting in Australia - October 13, 1947

Marty M, early AA woman, is born in Chicago - October 15, 1904

Ebby T, Bills sponsor, moves in with Bill and Lois - October 17, 1935

Lasker Award presented to AA in San Francisco - October 1951

Cleveland Plain Dealer begins series on AA by Eldrick B. Davis - October 21, 1939

E M Jellinek, alcoholism educator and AA friend dies - October 22, 1963

Florence R, AA's 1st sober woman, begins drinking again, commits suicide - October 23, 1949

L.A. Times reports AA groups in 14 California cities - October 24, 1942

Trustee's Archives Committee of AA has its 1st meeting - October 24, 1973

National Council on Alcoholism and Drug Dependence celebrates 50 years - October 28, 1994

1st issue of *Cleveland Central Bulletin* is published - October 1942

Playhouse 90 TV airs "The Days of Wine and Roses" - October 1957

A Tenth Step Prayer

I pray I may continue: to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willfulness in check; to always remember I need your help; to keep love and tolerance of others as my code; and to continue asking in daily prayer how I can best serve you, my God

TRADITION TEN

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Tradition 10 Contemplation Questions

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this tradition? Where would I be?
6. Do I breach this or any of its supporting traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this tradition in my personal life outside AA? Inside AA?

—Originally published in the *AA Grapevine*

CONCEPT TEN

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

With permission of A.A. World Services, Inc.

57 Varieties of Self-pity

SELF-PITY SOUNDS like an unmanly defect, yet statistics show that men commit suicide ten times as often as women, and surely self-pity is well represented in that figure. Most men are quick to admit anger, rage, and resentment (sometimes seeming to equate them with some kind of backhanded virtue), and I have spent many hours listening to stories about fights, altercations, and brutal beatings. Though I am not unfamiliar with these emotions, I know I drank to drown my sorrow. In the fight for life, self-pity almost buried me.

I was sober 122 days in Alcoholics Anonymous when I went on a five-day binge following a deep personal disappointment. The morning I sobered up over coffee and a rather shaky game of endless solitaire, I knew for an absolute certainty that unless I overcame self-pity, I was destined to die drunk. I also knew that I would have to go to *any length* to overcome this defect if I was ever to live sober, and so I began to read, to inquire, to study, and to pray over this thing in an attempt to eradicate it from my thoughts and from my life. Though I was fifty-five years old at the time, no one had ever told me, directly, that I would have to learn to control my thoughts and not just my actions.

One day on my lunch hour, I found myself tossing a quarter to a legless beggar. Later, I thought this through. I pitied the beggar because I had good legs and he had none, and so I looked down on him physically and mentally. Moving this argument over to myself, I could see that when I pitied myself I looked down on myself: I saw myself as pitiful. And that in a nutshell was the cause of my poor self-image, my inferiority complex if you will. When I did this, I robbed myself of my God-given self-confidence, and without self-confidence, all my fears and anxieties immediately rose to the surface. I could see that allowing the self-indulgence of self-pity could turn me from a reasonably confident man to a bowl of jelly in a matter of minutes. The progression is simple: Self-pity leads to a poor self-image; a poor self-image leads to a lack of confidence; a lack of confidence allows all my fears and anxieties to surface and turn me into an emotional cripple. I believe this way of looking at self-pity, this personal understanding, was a spiritual experience.

I later discovered that self-pity is like Heinz soup: It comes in fifty-seven varieties. When I was lonesome, I was feeling sorry for myself because I was alone. When I was envious, I was feeling sorry for myself because someone had something I didn't. Overall, self-pity played a role in many other character defects, and I had to learn to recognize that role. I had to expose the impostor!

Following this illumination, I began to seek ways and means of combating what for me was a terrible mental illness. I once said to a friend that we should start a special group for people who suffered from self-pity. He replied, "Where would we hold the meetings, Rich Stadium?" (Buffalo's professional football stadium seats 85,000 people.) I found that I really had to get tough with myself. I quit playing certain records and frequenting certain places; in a nutshell, I avoided the

occasions of self-pity. I burned or otherwise destroyed any memento that had the effect of making me feel sad. Self-pity was a way of romanticizing my condition, which made it easy to put the blame on others. I began to romanticize my sobriety and the inner toughness I was developing as a result of my fight with self-pity.

Over the years (there are now eight sober ones behind me), I have found that working with others (especially new people), making a herculean effort to be grateful, seeking fellowship when I want most to be alone (to lick my wounds), and reading light and exciting novels and adventure stories (if I have no choice but to be alone) have allowed me to overcome self-pity to the point where I do not have to drink.

If we are willing to recognize this defect in ourselves and admit its existence, and are willing to go to any length to overcome it, God will give us a handle on it. This overcoming will change our personalities. The me that used to drink would always drink; I had to become another person to stay sober.

D. O.
Tonawanda, New York
April 1985
Vol. 41 No.

<p>IN MEMORIAM</p> <p>Things We Can Not Change</p> <p>Gary M; Niagara Frontier Men's- 46+ years</p> <p>Gene N.- Sobriety on the Canal-32years</p> <p>To all our members who have lost family & loved ones our prayers are with you.</p>
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Share your Experience, Strength and Hope

Please submit your announcements by the **12th** for next month's issue.
Articles can be submitted at any time.

Buffalo Central Office

681 Seneca St (Lower)
Buffalo, New York 14210

<p><u>E-Mail Address...</u></p> <p><u>buffalooa@hotmail.com</u></p>
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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.)



Welcome to the area 50 Archives

The Archives committee is enhancing your Archives collection and we need your help we are asking groups in area 50 to take pictures of your home group,(meeting place) example: photos of the building ,your entrance, literature table, where you have your coffee pot, a few photo's that would identify your meeting place. Remember no photos of members. These photos will be saved for posterity, and will also be used for an Archives presentation to be announced at a future date.

So please help us out and include your homegroup in our presentation.

You can drop them off or mail them to:

Central Office

681 Seneca St. (lower)

Att;Archives

Buffalo,NY. 14210

Or better yet you can bring them to an Archives meeting and see what's going on, and how we are trying to better your Archives collection. We meet the 4th. Sat. of every month at central Office at 9:00am.

Whenever a society or civilization perishes there is always one condition present, they forgot where they came from

-Carl Sandburg

Thank you Your Area 50 Archives Committee

OCTOBER ANNIVERSARIES

Alexander

Chris H. 7y
Joe T. 19y

Amherst Snyder

Ray M. 6m
Mike E. 9m
Mike C. 1y
Dave P. 9y
Judy O. 12y
Kevin N. 22y
George F. 23y
Jim M. 24y
Beverly S. 38y

Any Lengths

Rich M. 7y
Paul C. 12y
Mark S. 12y
Joe M. 16y
Dick K. 19y

Cold Springs

Juanita D. 17y
Andrew P. 21y
Stanley B. 27y
Lena S. 36y

Courage

Marion D. 12y
Justin G. 19y
Paul K. 26y

Easy Does It

Liz L. 3m
Joey G. 3m
Jerome G. 7y
John M. 26y

Eyeopener

Jimmy 2y
Judee 2y
Tim F. 2y
Mark 2y
Molly 2y
Jamie 4y
Rvis 6y
Marilynn 8y
Mary K. 12y
Jim K. 13y
Chris G. 14y
Bill D. 17y
Kali O. 17y
Steve B. 19y
Bob A. 23y

Fireside AM

Jennifer P. 3y
Tim D. 4y
Mike A. 4y
Dan R. 5y
Cary S. 7y
Tom F. 16y
Joe K. 23y
Bill P. 31y

Fresh Start

Cheryl C. 17y

Giving

Eric B. 17y

H.A.N.D.

Chris R. 9m
Michelle D. 17y

Harmony

Tamika J. 2y
Jackie H. 2y
Manny W. 2y
Yvette S. 3y
Valmarie L. 3y
Julie L. 3y
Joe D. 10y
Patrick F. 9y
Bettie C. 14y
John H. 24y
John M. 25y

Helping Hand

Chris E. 12y

Holland

Paul Sz. 22y

How It Works

Mike M. 3m
Ron S. 6m
Sean G. 1y
Don O. 1y
Aaron S. 5y
Mark B. 6y
Dan M. 6y
Bob C. 6y
Jim C. 7y
Tim B. 7y
Todd B. 8y
Tony B. 20y

Ironhorse

Suzie F. 16y

Kensington

Charlie P. 27y
Lighten-Up
Jennie P. 5y
Christine G. 6y
Melanie H. 7y
Cary S. 7y
Jack H. 16y
Peter L. 16y

Lockport#1

Mike H. 1y
Doug P. 4y
Sonja D. 8y
Jim Y. 21y

Lockport Ladies

Donna 5y
Lisa S. 27y

Main & High

Joe D. 10y

NEW LIFE

ALEX S. 6Y
DIANE 7Y

North Buffalo

James S. 5y
Joe V. 5y
Patrick K. 5y
John L. 5y
Emmett C. 5y
Eric V. 5y
Dragica 6y
Pamela P. 7y
Burt H. 10y
Jerry C. 10y
Jebb T. 10y
Tod J. 11y
John J. 23y

Remember When

Walter H. 1y
Kevin R. 1y
David M. 1y
Jerome C. 2y
Henry F. 19y

Rise & Shine

Tom C. 3m
Kim D. 1y
Amanda S. 1y
Calisha M. 3y
Kevin M. 10y

Sheridan

Jean McG. 3y
Mary Di 3y
Bert S. 5y
Alex S. 10y
Gary B. 16y
Mike R. 22y
Paul H. 25y

Spiritual Progress

MeMi 2y
Antoinette 5y
Anne 13y

Surrender & Hope

Mark S. 3y
Paul H. 25y

Thruway

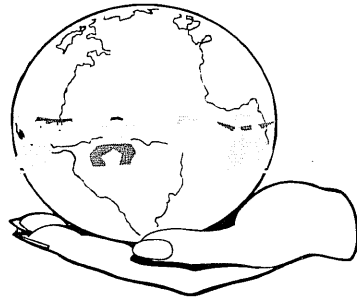
Kate A. 1y
Kim F. 3y
Jim R. 9y
Helen S. 29y
Bud G. 30y

Turning Point

Bert S. 5y
Greg W. 21y

Wehrle

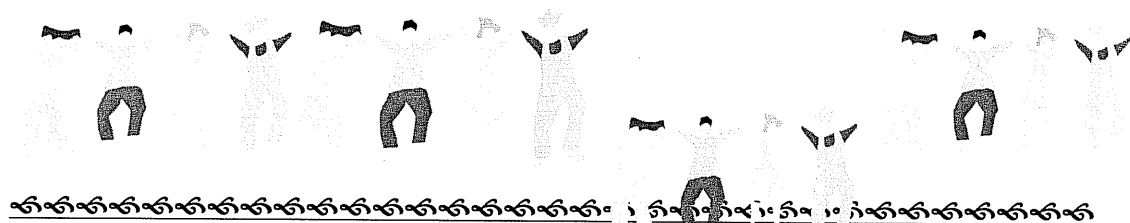
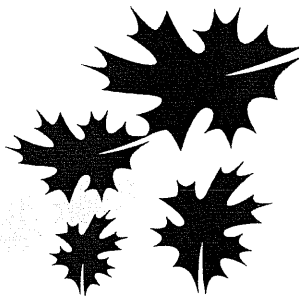
Donna E. 23y



Group Anniversaries

Amsdell-Lakeshore; 45y
Early Bird Step; 5y
Hamburg; 49y
Lighten-Up; 21y
Lockport Nooners; 5y
Maple Men's; 4y
Open Mind; 33y
Patchin; 34y
Ridge; 13y
Silver Creek Friendship; 41y
Spingville New Life; 7y
St. Mark's; 21y
We Don't Know; 6y
Wehrle; 18y

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



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

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

*681 SENECA STREET (Lower)
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www.buffaloaany.org
buffalooa@hotmail.com*

OCTOBER 2010

MEETING CHANGES

- **New Meeting: Women in Recovery;** Stuyvesant Apts, Community Room, 245 Elmwood, Buffalo, 6:00 pm, closed meeting, open last week of the month. Wednesday's @ 6:00 PM.
- **ST.Mark's** meeting on Saturday's; **HAS RESUMED.** St. Marks Episcopal Church, 6596 E. Quaker Rd., Orchard Park.8 PM.
- **Gahada Goh,** Tuesday's & Thursday's, 8 PM, **has Resumed.** 12698 Southwestern Blvd(Rt. 20).
- **NEW MEETING; Abbott Corners,** Lakeshore Behavioral Health Building, 3176 Abbott Rd, Bldg A., Orchard Park. Wednesday's at 12 Noon..
- **NEW MEETING; Angola Early Bird,** Most Precious Blood Church, 192 Prospect St.(off Lake St.), Angola. Thursday's 7 AM.
- **Main & High Group needs fellowship support.** Thursday's 6PM. Lifetime Health Care Center. 876 Main St. Buffalo(between Carlton & Virginia St's).
- **Honest Solutions Group** in Gowanda that closed after flooding is **resuming.** Meet in the St. Mary's Rectory behind church. Monday's & Friday's. 12 Noon.
- **IF YOUR GROUP IS NOT MEETING, PLEASE INFORM THE CENTRAL OFFICE. THIS ALSO INCLUDES THOSE MEETING DAYS WHEN YOUR SITE IS CLOSED FOR A HOLIDAY.**

COMING EVENTS

- ~Oct 1-3, **Women's Fall Spiritual Weekend Retreat;** We will be back at the Columbian Center, Derby, NY. We will enjoy a weekend centered around the AA Promises. More information to follow. Contact: Ruthie M. 825-5642 or Laurie M. 480-9680
- ~ Oct. 3, **Steering Committee,** SUNDAY 5 PM, Central Office, 681 Seneca

- ~ Oct. 3, **Central Committee Meeting**, SUNDAY, 7 pm, Buffalo Central Office, (hosted by Courage Group)
- ~ Oct. 3, **Corrections Committee Meeting**, SUNDAY, 6:00 PM, Buffalo Central Office, 681 Seneca
- ~ Oct. 6, **An Introduction To the 12 Steps Workshop**. To acquaint members with the 12 Steps in 5- 1-hour sessions. Sponsored by East Aurora Group, 8 PM., St Matthias Episcopal Church, 374 Main Street @ Maple. Journey through the 12 steps in 5/ 1 hr sessions. Oct. 6, 13, 20, 27 & Nov 3.
- ~ Oct 10, **General Service Assembly**, 12 Noon. Hamburg Town Hall, 711 Club in Jamestown.
- ~ Oct. 11, **GSA, Area 50, District 11 Business Meeting**, Monday, 5 p.m. – 6 p.m. Niagara Branch Library, 280 Porter Ave, Buffalo. Contact Maureen M., 716-310-5885 for more info.
- ~ Oct. 19, **Public Information Committee meeting**, Tuesday, Anyone interested in helping the community understand who we are, what we do, and what we are not to do, PLEASE come out and get involved. Help keep A.A. around for your children. Buffalo Central Office, 6 PM.
- ~ Oct __, **Archives Committee Meeting**, SATURDAY, 9 am, Buffalo Central Office.
- ~ Oct 22-24, **Jamestown 65th AA Anniversary Weekend**. Clarion Hotel, 150 W. 4th St., Jamestown. For more info; George: 983-5505.
- ~ Oct 29-31, **69th. BUFFALO FALL CONVENTION**: Buffalo Marriott Hotel, 1340 Millersport Hwy. Amherst.
- ~ Dec 24, Friends of AA Annual Christmas Vigil; 291 High St, Moot Senior center. Doors open at 4 PM. Donations accepted. Children's toys, Dinner at 6PM, Santa at 7:30 PM. Contact Charles Lloyd, Mona W.:510-5636 or Blaine H.:553-1504. Open Mic.

10th STEP: “Continued to take personal inventory and when we were wrong promptly admitted it.”

10th TRADITION: “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be draw into public controversy.”

10th CONCEPT; Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined

PLEASE SUPPORT THE ENVELOPE SYSTEM...

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

Buffalo Central Committee Minutes
September 12, 2010

Cindy Orchard Park Step Committee Chair opened the meeting at 7:00 PM with a moment of silence and the Serenity Prayer. Sharon Valley Group read the Preamble, Tina Amherst Snyder read the Purpose of Central Committee and Dean Williamsville Group read the Twelve Traditions. It was moved by Joann Action Group and seconded by Kathy Lakeshore to accept the August minutes as written by MaryKate Three Legacies Group. New Groups were greeted and 27 groups were represented: Dist #1; Dist #2 How It Works-Men, North Buffalo, Sober Train, Step Action, Three Legacies, Common Solution, Friends of Bill W; Dist #3 Courage, Iron Horse, New Life, Ridge, Sober Saturday, Thruway, Valley; Dist #4 Action; Dist #5 Big Book Lockport; Dist #6 Derby, Lakeshore, Serenity on the Lake, Sobriety Men's Disc, We; Dist #7 Coldspring, Fresh Start; Dist #8 Amherst Snyder, Eyeopener, Williamsville, Women Making the Effort.

COMMITTEE REPORTS

- ENVELOPE SYSTEM:** Jennifer reported that \$567.00 was brought in by Envelope System.
- STEERING COMMITTEE:** Chris reported that all districts were present except for Dist 3 and 7. Committee Chair, Co-Chair, Executive Secretary and Financial Chair were also present. Pete from Dist #6 reported that the Day of Sharing is on the 18th of Sept. at St. John Bosco Fellowship Hall in the Town of Sheridan. Registration is at 8:30 am and first speaker at 9:30 am. A letter of concern was brought to the Steering Committee, the issue was that a recent meeting a speaker was being taped during his lead without his consent. During the recap the issue was addressed and resolved with the group's Central Committee Rep.
- FINANCIAL REPORT:** Rick reported that after a thorough review of the monthly statements of the Executive Secretary's spreadsheet various corrections have been made. Currently the cash reported is short \$336.03 of actual. Certain checks(a computerized accounting system) to point out these errors should be implemented.
- CORRECTIONS:** Milt reported there will be a Day of Sharing for Dist #11 on Sept. 18th. Wende Correctional Facility will be having Anniversary meeting 10-8-10, there will be 3 speakers. Corrections will have a table at the Buffalo Fall Convention. Come and help out.
- SCREENERS:** Not present
- CENTRAL COMMITTEE:** AA Info: 197, 12-Step:1, Alanon: 2, PIC: 0, Visitors: 109, Volunteers: 17. Groups we are in need of contacts from are, Boulevard Women-2, Look to this Day-6, University Men's-2, Threshing Floor-1 Living in the Solution-2, Harmony-7, Women in Recovery-1. Central Office Intergroup seminar will be from Sept. 22-27th.
- NEW FRONTIERS:** No report
- PIC:** Dean reported that a letter was sent by PIC to the Buffalo News regarding us assisting The News with an article of AA. PIC is participating in a Health Fair Oct 16th, 9 am – 1 pm at Eggertsville Youth Community Center. Table cloth for AA display at Health Fairs is underway. Lockport #1 is doing the embroidery.

A "Letter to the Courts" is near completion as part of CPC efforts. Special PIC meeting was held 9/7 to review powerpoint presentation to be presented in the Buffalo Public Schools and Adult Learning Center. We meet the 3rd Tuesday of each month at the Central Office at 6 pm, all interested are welcome.

- CURRENT CONVENTION:** Anne reported that everything is going great! Registrations are coming in steady. Committee is announcing at meetings. The programs are just about ready for printing. Next meeting is Oct 2nd at noon. The final meeting is at the Marriot on Oct 16th. Terry is working on the flyer to be posted on the website. This was a concern due to many people get a registration form this way. It is also in this month's Grapevine with reference to our website.
- TREATMENT:** Brian reported that TFC will have a table at the Buffalo Fall Convention. New meetings at Paradise House and Transitional Services are up and running.
- AD HOC COMMITTEE:** Not present
- GSA LIASON:** Not present
- ARCHIVES:** Pat reported that since our last meeting Archives made a purchase of a 32" LCD HDTV, to replace our old TV. We are in the process of making more purchases to preserve our history. Upcoming displays are at Day of Sharing for Dist #11 on Sept 18th, Action Group 42 Anniversary on Sept 26th, Jamestown Convention Oct 23rd and the Buffalo Fall Convention Oct 29th to the 31st. Our Archivist will be attending the National Archives Workshop in Macon, Ga. from Sept 23rd to 26th. We'd like to thank all the groups that have contributed to the Archives. As always we need 30 days notice from groups to make sure we will be available that day.
- OLD BUSINESS:** Co-Chair for 2011 Convention was voted on, Stanley Coldsprings is new Co-Chair. Executive Secretary's 2% Raise was voted on In Favor-17, Opposed-6, motion carries.
- NEW BUSINESS:** Pete Sobriety Men's Discussion made motion to start 2% pay raise, retroactive as of review and seconded by Diane New Life, In Favor-18, Opposed-1, motion carries.
- ANNOUNCEMENTS:** The next GSA meeting is the 2nd Sunday in October at the Hamburg Town Hall.

Cindy Orchard Park Step Committee Chair thanked Sobriety Men's Disc for this month's refreshments and October's to be provided by Courage Group.

NEXT MEETING OCTOBER 3RD, 2010

It was moved by Gil Try It Again Group and seconded by Jennifer Amherst Snyder Group that we adjourn; adopted. Meeting closed with The Lord's Prayer at 7:36 PM.

Respectfully submitted by MaryKate Recording Secretary Three Legacies Group

Income Statement		Jun-10	Jul-10	Aug-10	YTD
End Bal Cash on hand		30,082.43	26,724.64	22,561.38	
Contributions					
	Groups	5,346.02	5,652.26	3,705.77	42,724.56
	Joint Meeting	49.00	60.00	59.54	424.87
	Envelope System	352.00	202.00	567.00	4,041.00
	New Frontiers Subs	101.00	131.00	30.00	541.00
	Literature/Medallions/Pins	5,580.05	2,693.25	2,573.60	34,806.43
	Literature Sales Tax	322.22	192.66	199.59	2,323.68
	Literature Postage	3.95	45.40	24.30	94.92
	Archives Room Rent	50.00	50.00		350.00
	Meetings at CO	44.10	67.00	35.00	347.72
	Mail/Misc.	25.00	201.07	25.00	306.07
	US Treasury				-
	"Gratitude Month" (NOV)				54.00
	Conventions/Day of Sharing				981.86
Monthly Income		11,873.34	9,294.64	7,219.80	86,996.11
Expenses					
	Office Rent	904.36	907.44	907.44	7,085.34
	Electric	90.00	90.00	90.00	720.00
	Payroll				
	Salaries - gross	2,520.40	3,150.50	2,520.40	21,423.40
	Federal Withholdings	(463.12)	(567.79)	(457.89)	(3,883.97)
	NYS Withholdings	(112.96)	(138.96)	(112.96)	(955.41)
	Disability Insurance	(3.00)	(3.60)	(2.40)	(24.60)
	Payroll Tax Deposits				
	Federal	683.04	683.04	895.57	5,898.15
	State			503.67	1,449.76
	NYS Sales Tax	1,008.31			1,803.46
	Insurance				
	State Ins Fund				301.56
	Health	354.00	354.00	354.00	2,832.00
	Liability				1,220.13
	Postage	630.73	47.37	347.05	2,659.94
	Phone	137.32	152.00	166.62	1,251.71
	Accounting	1,975.00			1,975.00
	Advt				
	Talking Phone Book				
	Verizon; Idearc Media website	157.30	158.80	158.80	1,259.90
	white directory				540.00
	Yellow Pages				-
	Literature Expenses				
	Grapevine		307.80		706.40
	World Services Inc	2,015.83	1,033.00	1,464.88	12,036.72
	Hazeldon	589.00			2,103.72
	Printers	940.00	2,160.00		5,242.00
	Medallions		341.62		426.59
	PINS				-
	Office Supplies	18.69	237.13	267.25	1,271.45
	Answering service	158.83	161.55	166.06	1,339.70
	Minolta leasing (copier)	223.00	223.00	223.00	1,784.00
	Minolta Copies/ service contract	161.00	161.00	161.00	1,226.00
	PIC				227.00
	Prudent Reserve	3,243.40	4,000.00		7,243.40
	Seed \$\$			250.00	450.00
	Seminar				515.75
	Depreciation	100.00	100.00	100.00	800.00
Monthly Expenses		15,331.13	13,557.90	8,002.39	80,929.10
Monthly Income (Loss)		(3,457.79)	(4,263.26)	(782.59)	\$6,067.01
	Depreciation add back (non-cash)	100.00	100.00	100.00	800.00
End Bal Cash on hand		26,724.64	22,561.38	21,878.79	
PRUDENT RESERVE		24,000.00	28,000.00	27,960.79	
Assets: Literature & Medallions		15,251.87	14,763.81	13,781.72	
Literature Receivable: (outstanding)		909.39	802.11	343.17	
Corrections Facilities		1,420.38	623.92	1,078.42	
	Contributions	319.60	454.50	520.00	2,422.80
	Expenses	1,116.06		155.75	3,571.83
Balance		623.92	1,078.42	1,442.67	(1,149.03)
Treatment Facilities		1,523.58	1,773.18	1,750.11	
	Contributions	249.60	489.43	445.00	2,321.73
	Expenses		512.50		1,232.50
	AT & T Bridging The Gap				-
	AAA Abott Answering Service				-
Balance		1,773.18	1,750.11	2,195.11	1,232.50
					1,089.23

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	AUGUST	YEAR	AUGUST	YEAR	AUGUST	YEAR
11:45		60.00		0.00		0.00
12 Step		0.00		0.00		0.00
12 Steps/12 Traditions		150.00		0.00		0.00
4th Step Stumblers/F. U. N.		0.00		0.00		0.00
6th Step		37.50		0.00		0.00
A Day At A Time		48.00		0.00		0.00
Abbott Men's		535.00		230.00		230.00
Acceptance/Welcoming		0.00		0.00		0.00
Achievement		0.00		0.00		0.00
Action		50.00		25.00		25.00
Age Doesn't Matter	50.00	50.00	50.00	50.00	50.00	50.00
Akron Awareness		0.00		0.00		0.00
Alexander		0.00		0.00		0.00
Amherst/ Snyder		650.00		0.00		0.00
Armsdell Lakeshore		250.00		0.00		0.00
Any Age		0.00		0.00		0.00
Any Length	35.00	310.00	15.00	105.00	15.00	105.00
Arcade		50.00		0.00		0.00
As Bill Sees It	120.00	370.00	10.00	93.00	10.00	30.00
Attitude Adjustment		50.00		25.00		25.00
Attraction		300.00		0.00		0.00
Backdoor		0.00		0.00		0.00
Back To Basics		60.00		0.00		0.00
Beginners Group (NF)		20.00		0.00		0.00
Beginning in Sobriety II		0.00		0.00		0.00
Beginning's Women		150.00		75.00		75.00
Big Book Lockport		275.00		0.00		0.00
BB Spiritual Studies		0.00		0.00		0.00
Big Book Study		60.00		0.00		0.00
Blasdell		0.00		0.00		0.00
Blasdell Monday Night		0.00		0.00		0.00
Bodhisattva		0.00		0.00		0.00
Boulevard Helping Hand		0.00		0.00		0.00
Boulevard Women		0.00		0.00		0.00
Brass		0.00		0.00		0.00
Building Hope		50.00		0.00		0.00
By The Book		0.00		0.00		0.00
Carry the Message		200.00		0.00		0.00
Casting		0.00		0.00		0.00
Cathedral Park		0.00		0.00		0.00
Cayuga Wake- Up Call		660.00		35.00		20.00
Caz Manor		215.00		0.00		0.00
Central City Café		15.00		0.00		0.00
Chapter IX		0.00		0.00		0.00
Cheektowaga		425.00		0.00		0.00
Clarence Men's		0.00		0.00		0.00
Clarence Men's II		0.00		0.00		0.00
Cold Spring		0.00		0.00		0.00
Common Bond		0.00		0.00		0.00
Commitment		300.00		0.00		0.00
Constant Vigilance(Varysburg)		0.00		0.00		0.00
Complanters		0.00		0.00		0.00
Courage	125.00	225.00		0.00		0.00
Daily Reflections		0.00		0.00		0.00
Daily Reprieve		100.00		0.00		0.00
Dawn of Hope		50.00		0.00		0.00
Derby	100.00	280.00		0.00		0.00
Derby Lunch		0.00		0.00		0.00
Desire		500.00		0.00		0.00
Desperate		0.00		0.00		0.00
Downtown Men's		0.00		0.00		0.00
Dunkirk Monday Night		100.00		0.00		0.00
Eagle Street		0.00		0.00		0.00
Early Bird South		93.42		0.00		0.00
Early Bird Step		0.00		0.00		0.00
Early Rising Obliging		0.00		0.00		0.00
East Amherst		0.00		0.00		0.00
East Aurora		300.00	200.00	200.00	200.00	200.00
Easy Does It	30.00	310.00	30.00	210.00	30.00	210.00
Ellicottville		25.00		0.00		0.00
Everybody's		0.00		0.00		0.00
Express		14.00		0.00		0.00
Eyeopener	273.66	1492.94		0.00		0.00
Eyeopener South		475.00		75.00		0.00
Father Baker		0.00		0.00		0.00
Feelings		0.00		0.00		0.00
Fireside PM	200.00	200.00		0.00		0.00
Fireside	109.00	1102.50		0.00		0.00
First Things First	200.00	450.00		0.00		0.00
Forestville Sunday Serenity		0.00		0.00		0.00
Fredonia Discussion		0.00		0.00		0.00
Freedom		250.00		0.00		0.00
Fresh Start	45.00	135.00		0.00		0.00
Friendly		0.00		0.00		0.00

GROUP CONTRIBUTIONS

GROUP	CENTRAL		CORRECTIONS		TREATMENT	
	AUGUST	YEAR	AUGUST	YEAR	AUGUST	YEAR
2 Friends of Bill W.	20.00	20.00		0.00		0.00
1 Frontier(New)	96.06	1931.84		0.00		0.00
3 Gardenville		220.00		0.00		0.00
8 Georgetown		0.00		0.00		0.00
2 Getting Better		0.00		0.00		0.00
6 Gettin With It		38.00		0.00		0.00
7 Gifted		0.00		0.00		0.00
1 Giving		0.00		0.00		0.00
6 Go to Any Length		921.50		61.43		61.4
5 Golden Slipper		50.00		0.00		0.00
2 Grand		70.00		0.00		0.00
2 Grand II Joy of Living		62.22		0.00		0.00
2 Grateful		50.00		0.00		0.00
3 H.O.V.		0.00		0.00		0.00
6 Hamburg		0.00		0.00		0.00
6 Hamburg Early Bird		0.00		0.00		0.00
8 Hand	40.00	120.00		0.00	10.00	30.00
2 Handicappers		150.00		0.00		0.00
1 Happy Faces		0.00		0.00		0.00
7 Harmony		0.00		0.00		0.00
3 Helping Hand	25.00	100.00		0.00		0.00
8 High Noon		950.00		0.00		0.00
8 High View		300.00		0.00		0.00
7 Higher Power		0.00		0.00		0.00
4 Hillbilly		360.00		0.00		0.00
6 Holiday Village		1325.00		125.00		100.00
4 Holland		120.00		0.00		0.00
6 Honest Solutions		0.00		0.00		0.00
2 Honesty		105.00		0.00		0.00
2 How It Works/Men's	525.00	997.00	105.00	105.00	105.00	105.00
7 Humbolt		0.00		0.00		0.00
3 Inspiration		0.00		0.00		0.00
5 Intoxicated on Life		0.00		0.00		0.00
3 Ironhorse		708.00		70.80		70.80
8 IT		0.00		0.00		0.00
5 Johnson Creek Big Book		0.00		0.00		0.00
1 Journey		300.00		0.00		0.00
3 Just For Today/ Cheektowaga		100.00		0.00		0.00
5 Just For Today Albion		15.00		0.00		0.00
4 Keep It Simple Sister		60.00		0.00		0.00
2 Keep On Coming		0.00		0.00		0.00
2 Kenmore		50.00		0.00		0.00
8 Kensington		0.00		0.00		0.00
6 Lake Shore	100.00	350.00	50.00	100.00		0.00
6 Lakeview		230.00		0.00		0.00
3 Lancaster Dailey Reprieve	35.42	148.67		0.00		0.00
Lawyers		0.00		0.00		0.00
5 LewPort		0.00		0.00		0.00
2 Liberty Women		160.00		0.00		0.00
4 Life Today	77.00	102.00		0.00		0.00
8 Lighten UP		300.00		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		300.00		0.00		0.00
5 Lockport #1		500.00		50.00		50.00
5 Lockport Discussion		50.00		0.00		0.00
5 Lockport Ladies		50.00		0.00		0.00
5 Lockport Tuesday	48.00	198.00		48.00		0.00
5 Lockview		736.00		112.00		112.00
6 Look To This Day		0.00		0.00		0.00
7 Love		0.00		0.00		0.00
7 Lovejoy	50.00	75.00	25.00	25.00	25.00	25.00
5 Lower River		0.00		0.00		0.00
1 Main and High	5.00	51.84		0.00		0.00
4 Main Street		390.00		0.00		0.00
8 Maple Men's		0.00		0.00		0.00
4 Marilla		145.00		0.00		0.00
3 Matt Talbot	50.00	460.00		0.00		0.00
6 McKinley Winners	30.00	90.00		0.00		0.00
5 MEDINA STEP WORK/BIG BOOK		0.00		0.00		0.00
5 Medina New Life	10.00	40.00		0.00		0.00
8 Mercy		100.00		0.00		0.00
3 Mid-day	66.13	148.13		0.00		0.00
8 Midnight Discussion		0.00		0.00		0.00
5 Miracle Happen		0.00		0.00		0.00
7 Monday CO		105.05		0.00		0.00
5 Monday Big Book		0.00		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 Beginnings/St. Vincent		30.00		0.00		0.00
New Freedom		25.00		0.00		0.00
New Hope		25.00		0.00		0.00
5 New International	20.00	40.00		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		0.00		0.00		0.00
5 Niagara Frontier Men's Disc.		120.00		0.00		0.00
2 North Buffalo	150.00	950.00		200.00		200.00
4 North Java Monday		0.00		0.00		0.00
4 North Java Sunday		0.00		0.00		0.00

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