

District 4

AA in Western New York

Volume 1, Edition 1 News Highlights July, 2023

SUMMER EVENTS

July 11 – District 4
District Committee meeting
6:30 p.m.
Virtual – ID 863 7353 3658
PC – 230403

July 15 – Area Committee Meeting
10:00 a.m.
Virtual – ID 993 4272 4284

July 28 – 30
New York State Information Workshop
Daemon College, Buffalo, NY

August 9 – District 4
District Committee meeting
6:30 p.m.
Virtual – ID 863 7353 3658
PC – 230403

August 21 - Area Committee Meeting
7:00 p.m.
Virtual – ID 993 4272 4284

September 12 - District 4
District Committee meeting
6:30 p.m.
Virtual – ID 863 7353 3658
PC – 230403

September 16 – General Service Assembly
Panel 74 - Elections
10:00 a.m.
Windom Community Church
3766 Abbott Rd. Orchard Park, NY 14217
Virtual – ID 993 4272 4284



"We are like islands in the sea, separate on the surface but connected in the deep."-William James

"Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours."-Vera Nazarian

"Every problem has a solution. You just have to be creative enough to find it." -Travis Kalanick

"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."- Judy Garland

"The reward for work well done is the opportunity to do more."- Jonas Salk

"A champion is someone who gets up when he can't."- Jack Dempsey

"Only a life lived for others is a life worthwhile."

ALBERT EINSTEIN

"The formula for success is simple—practice and concentration, then more practice and more concentration."- Babe Didrikson Zaharias



Visit our website: www.district4.area50wny.org for information about activities, groups and meetings, and service committee opportunities in the District. If you have any questions about District 4 please contact us directly through our website: p72district4@area50wny.org.

message to the 90% of the people in the US and Canada who don't even know that AA exists. Do yourself a favor, ask your GSR what general service is about. You can be freed from the bondage of self. In love and service,
Chuck B
P68, Area 50, CPC

WHY GENERAL SERVICE?

Alcoholics Anonymous guided me to a Power that has relieved me and millions of alcoholics from the insanity of taking the first drink. I have willpower for sure, but my willpower is weak in comparison to the Power of Alcohol. I wish it was the liquid in the bottle that is more powerful than me. I have an allergy to that - when I have a drink that contains alcohol, I can't stop drinking. If that was my only problem, I would just stop drinking. AA tells us our problem is in our mind. Alcohol is a Power, a force, like the wind and gravity, its voice is seductive, punishing, shaming. It tells me that I am less than or better than or different from everyone else. It tells me I don't belong. It makes me restless, irritable and discontented. If I feel that way for any period of time, I will take a drink because my mind thinks that it will take that feeling away. Even though I know that that first drink 1. will create a craving inside of me and I will not be able to stop drinking; 2. I will hurt myself and others and 3. I will end up isolated and alone, I will still take that first drink. That is insanity.

The way out is a spiritual solution. Through self-examination, meditation and prayer I can remove the restlessness, irritability and discontentedness that Alcohol generates inside me by willingly serving others. In short, my self-centeredness (bondage of self) is replaced with the thought of others and what I can do help meet their needs (p.20). When I do that, the pain goes away and I don't take the first drink. A power greater than alcohol has intervened and restored me to sanity. As we learn in Appendix II – our spiritual awakening is marked by a profound alteration in our reaction to life. There is no question that thinking of others rather than thinking of myself is a profound alteration.

General Service gives us the opportunity to get outside of ourselves by carrying the

DCM's CORNER

Welcome all readers to our District 4 Newsletter. I am delighted to report that enthusiasm for General Service is on the rise in District 4 and throughout Area 50. How great is that!

You might be asking yourself, what is Area 50 or what is a District? District 4 consists of groups in the Ken Ton area. It is a part of Area 50 in the AA General Service Structure. A map of District 4 is set out on page 5 of this Newsletter. Each group located within the boundaries of District 4 is entitled to representation in the District and the Area by electing a General Service Representative (GSR). If your group doesn't have a GSR, talk to a GSR from District 4 (the list is set out below) and learn how you or someone from your group can become a GSR.

As a District our Vision is to have literature in every school, hospital, library, courthouse, place of custody, place of worship and medical offices and institutions and speakers available to share their experience, strength and hope when schools and professionals ask us to educate pupils, clients and professionals ask us about AA. Our goal is to have a GSR from every group in District 4 to help us make our Vision become a reality.

Think of how many more recovering alcoholics will be able to practice our 5th Tradition by carrying the message to the alcoholic who is still suffering. Imagine how many more people suffering from alcoholism will be reached if every group participates.

This is an exciting time for AA in District 4. Come to our days of sharing, to our District 4 picnic or contact one of our Officers or GSRs to learn what General Service is all about and how you can contribute to the growth of AA in District 4. Come, join us now. AA needs your help.

In love of service,
Sue B,
DCM, District 4



DISTRICT 4 OFFICERS

DCM: *Sue B*

Renaissance

Email: p72district4@area50wny.org

Alt DCM: Sue L

Spiritual Progress

Email: slandel123@gmail.com

Secretary: Amy H

Step Action

Email: amy1hardick@gmail.com

Treasurer: Steve G

Men Who Trudge

Email: captaininsanity0@gmail.com

PIC Chair: Anne J

Daily Reflection

Email: p72picchair@area50wny.org

Places of Worship Co-Chairs:

Andrew P

How It Works

Email: andrewp63@verizon.net

Kathryn L

Easy Does It

Email: kathrynlyons3459@gmail.com

CPC Chair: Dave Nelson

How It Works

Email: dhuntnelson@yahoo.com

WEB Chair: Genie E

Daily Reflections

Email: thebestisyettocomeaa@gmail.com

District 4 – GSRs

Acceptance & Welcome	GSR:
Any Age	GSR:
Chapter IX	GSR:
Daily Reflections	GSR:
Daily Reprieve	GSR:
Easy Does It	GSR: Kathryn L
Grateful	GSR:
How It Works	GSR: Andrew P
Keep it Coming	GSR:
Kenmore	GSR:
Life Ahead	GSR:
Living Sober Group	GSR: Mike K
Men Who Trudge	GSR: John H
Renaissance	GSR: Pat B
Searching for Serenity	GSR:
Serenity	GSR:
Spiritual Progress	GSR: Sue L
Step Action	GSR: Amy H
Surrender & Hope	GSR:
We Believe	GSR:



Sunday

10:00 am “Men Who Trudge” (Men’s)

Virtual Meeting

ZOOM ID: 321 960 646

Passcode: 080713

11:00 am “Serenity”

Kenmore Mercy Hospital

2950 Elmwood Ave. 14217 1st fl. conf. rm.

2:00 pm “Daily Reflections”

Faith United Presbyterian Church

3150 Elmwood Ave. 14217

Monday

7:30 am “Men Who Trudge” (Men’s)

Virtual Meeting

ZOOM ID: 321 960 646

Passcode: 080713

6:00 pm “Searching for Serenity”

Deerhurst Presbyterian Church

257 Deerhurst Park Blvd. 14223



6:00 pm “Spiritual Progress” (Women’s)
Church of the Advent 54 Delaware Rd. 14217

Tuesday

7:30 am “Men Who Trudge” (Men’s)

Virtual Meeting
ZOOM ID: 321 960 646
Passcode: 080713

10:00 am “Acceptance & Welcome”
Church of the Nativity 1530 Colvin Blvd. 14150

3:00 pm “Renaissance”
Virtual Meeting:
ZOOM ID: 857-6674 3532

Passcode: 690828
5:30 pm “Life Ahead”
Deerhurst Presbyterian Church 257
Deerhurst Park Blvd. 14223

8:00 pm “Chapter IX”
Deerhurst Presbyterian Church 257
Deerhurst Park Blvd. 14223

Wednesday

7:30 am “Men Who Trudge” (Men’s)

Virtual Meeting
ZOOM ID: 321 960 646
Passcode: 080713

10:00 am “We Believe”

Faith United Presbyterian Church
3150 Elmwood Ave. 14217

12:00 pm “Renaissance”

HYBRID
ZOOM ID: 857-6674 3532
Passcode: 690828
2005 Sheridan Dr., Tonawanda, NY 14223

6:00 pm “Living Sober Group”
Kenmore Methodist Church
110 Westgate Rd. 14217

6:30 pm “Step Action”
Virtual Meeting
ZOOM Meeting ID: 829 2265 8615
Passcode: 12steps

6:30 pm “Easy Does It”
Parkside Lutheran Church
2 Wallace Ave. , Buffalo 14214

6:30 pm “Easy Does It”
Virtual Meeting
ZOOM Meeting ID: 574 162 4545
Passcode: Billw1935

7:00 pm “Grateful”

Church of the Nativity 1530 Colvin Blvd. 14150

8:00 pm “Any Age”
St. Andrew’s Church 1525 Sheridan Dr. 14217

Thursday

7:30 am “Men Who Trudge” (Men’s)

Virtual Meeting
ZOOM ID: 321 960 646
Passcode: 080713

2:00 pm “Daily Reprieve”
Faith United Presbyterian Church 3150 Elmwood
Ave. 14217

5:30 pm “Life Ahead”
Deerhurst Presbyterian Church 257 Deerhurst Park
Blvd. 14223

8:00 pm “Kenmore”
Deerhurst Presbyterian Church 257 Deerhurst Park
Blvd. 14223

Friday

7:30 am “Men Who Trudge” (Men’s)

Virtual Meeting
ZOOM ID: 321 960 646
Passcode: 080713

10:00 am “Acceptance & Welcome”
Church of the Nativity
1530 Colvin Blvd. 14150

12:00 pm “Renaissance”
HYBRID
ZOOM ID: 857-6674 3532
Passcode: 690828
2005 Sheridan Dr., Tonawanda, NY 14223

4:00 pm “Keep it Coming”
Faith United Presbyterian Church
3150 Elmwood Ave. 14217

Saturday

7:30 am “How It Works” (Men’s)

Deerhurst Presbyterian Church
257 Deerhurst Park Blvd. 14223

7:30 am “Men Who Trudge” (Men’s)

Virtual Meeting
ZOOM ID: 321 960 646
Passcode: 080713

10:00 am “Easy Does It”
Parkside Lutheran Church 2 Wallace Ave. 14214

10:00 am “Easy Does It”
Zoom Meeting
Meeting ID: 574 162 4545
Passcode: Billw1935

6:00 pm “Surrender & Hope”
Deerhurst Presbyterian Church 257 Deerhurst Park
Blvd. 14223

A THOUGHT FOR THE DAY

What are the four freedoms that AA gives us?

Steps 1 & 2 - Freedom from the obsession to drink.

Steps 3 – 7 - Freedom from the bondage of self

Steps 8 & 9 - Freedom from the fear of others

Steps 10 & 11- Freedom from fear of the hereafter



The Ships of AA

Keep in mind the three ships of AA:

Fellowship – to welcome any alcoholic who wants what we have;

Sponsorship – to guide those who are willing to go to any length to get what we have.

Relationship – what we get when we use the steps of the program to recover from a seemingly hopeless state of mind and body.

Live one day at a time
and make it a masterpiece
Dalai Lama

Avoid negative sources, people, places and habits
Believe in yourself
Consider things from every angle
Don't give up and don't give in
Everything you're looking for lies behind the mask you wear
Family and friends are hidden treasures, seek them and enjoy their riches
Give more than you planned to
Hang on to your dreams
If opportunity doesn't knock, build a door
Judge your success by what you had to give up in order to get it
Keep trying no matter how hard it seems
Love yourself
Make it happen
Never lie, steal or cheat
Open your arms to change, but don't let go of your values
Practice makes perfect
Quality not quantity in anything you do
Remember that silence is sometimes the best answer
Stop procrastinating
Take control of your own destiny
Understand yourself in order to better understand others
You are unique, nothing can replace you
Zero in on your target and go for it

A to ZEN of Life