

District 4

AA in Western New York

Volume 1, Edition 2
News Highlights
October, 2023
Fall Events



October

7th-9th Buffalo Fall Convention
14th Area Committee Meeting
October 14, 2023 10:00 am – 12:00 pm

<https://zoom.us/j/99342724284>

Meeting ID: 993 4272 4284

District 4

Chili Cook Off and Day of Sharing
OCTOBER 21, 2023 1-4 PM
St. Andrew's Church
1545 Sheridan Drive, Tonawanda

District 11 Day Of Sharing

Speaker Paul M. \$10

Date: Oct. 28, 2023 9:00 am – 2:00 pm

Venue: [St Georges Church](#)

November

4 – General Service Assembly

Date: November 4, 2023 10:00 am – 12:00 pm

Venue: [UU Church of Amherst](#) 6320 Main St, Buffalo, NY 14221



Q. Why did the accountant do so well in AA?

A. He was already a friend of Bills.

Aphorisms Curated by Gary M.

"The highest reward for a person's toil is not what they get for it, but what they become by it." **John Furskin**

"Imagination is the highest kite one can fly." **Lauren Bacall**

"Almost everything will work again if you unplug it for a few minutes, including you." **Anne Lamott**

"Pursue some path, however narrow and crooked, in which you can walk with love and reverence." **Henry David Thoreau**

"Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape." **Bell Hooks**

"The measure of achievement is not winning awards. It's doing something that you appreciate, something you believe is worthwhile." **Julia Child**

"Happiness is a direction, not a place."

Sydney J. Harris

"Time is too slow for those who wait, too swift for those who fear, too long for

those who grieve, too short for those who rejoice, but for those who love, time is eternity." **Henry Van Dyke**
"No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself."

- **Madonna Ciccone**



Contact Us

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.

WHY GENERAL SERVICE?

CPC (Cooperation with the Professional Community)

I joined CPC (Cooperation with the Professional Community) last fall as the District 4 representative. My home group is How it Works.

CPC began in 1970 as an outgrowth of the PIC (Public Information Committee). CPC committees inform professionals and future professionals about AA -- what we are, where we are, what we can do, and what we cannot do. We attempt to establish better communication between AAs and professionals, and to find simple, effective ways of cooperating without

affiliating.

Since joining the committee I have attended monthly zoom meetings, held the second Wednesday of the month. There are about 6 to 8 active committee members. Our chair is Matthew T. Among the activities I have participated in is meeting with two Niagara County judges, meeting with the Friends of the Night People, and a zoom meeting with about 8 Best Self counselors. Other actions I am aware of but did not participate in are meetings with Sisters Hospital staff, and outreach to Cazenovia Recovery Systems staff.

If any District 4 group would like to sponsor a meeting at Friends of the Night People, that would be very welcome by their staff. If any District 4 group or member would like us to contact any professional in our district, feel free to contact me at dhuntnelson@yahoo.com
585-455-4712.

Yours in service,
David Nelson

DCM's CORNER

Welcome all readers of our District 4 Newsletter.

There is a lot going on in District 4 and Area 50. Live AA has bounced back from the Covid isolation. Meetings in District 4 are full, participation is at the highest level ever and it seems to be growing every day. We are carrying the message to the sick and suffering alcoholics in District 4. How great is that!!!

On October 21 District 4 will host the first annual District 4 Battle of the

Bowls and AA Workshop. We are having a Chili Cookoff among the groups in District 4. All groups are invited to participate. In addition to sampling all the Chili's, we will also have a workshop workshop led by the Area 50 GSR Orientation Chair which will cover the role and duties of the GSR. I know that It will be an interesting, informative and inspirational day. Don't miss it. October 21, 1-4 p.m. at St. Andrews Church at the corner of Elmwood Ave and Sheridan Dr. Bring your best taste buds.

The other event of truly great importance is the District 4 Panel 74 Elections. Our elections will be held at the DCM Meeting on October 10. This will be a virtual meeting starting at 6:30 p.m. We will be electing a DCM, Alt-DCM, Secretary, Treasurer and Archives, Accessibility, CPC, PIC and Website Chairs. This is a wonderful opportunity to get involved at the District level of service. The districts are the glue that connect our groups with the Area and AA World Services. Please consider standing for a position on October 10. In order to thrive, District 4 needs all its groups to participate. I hope to see many new faces at the election. If you have any questions, please contact me at: p72district4@area50wny.Org.

My term will be completed on December 31. I will be rotating on to another service opportunity. This has been one of the most fulfilling service positions that I've held. Get involved with AA at the District

Level, I know that you will enjoy every minute of your service.

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

PIC(Public Information Committee)

The Area 50 PIC Committee is in full swing. Over this past spring, our Committee members have been manning AA literature tables at various colleges and health fairs in the area. We have also engaged in digital outreach on the internet for several months which unfortunately came to a halt due to new NYS advertising regulations regarding addiction.

A continuing endeavor is the airing of AA public service announcements (PSAs) aired on local radio stations. To date, there are about 6 stations that either read a live AA script or utilize one of the audio PSA (public service announcement) recordings posted in the aa.org's Media Library.

Our Committee has recently engaged in having "bus tails" posted on the rear of NFTA buses in the Buffalo area. This campaign has been running daily since September 5th and will run through December 25th . The buses originate from the Buffalo Frontier station which makes its daily runs throughout downtown Buffalo, Buffalo's East and West Sides, along with North and South Buffalo and Riverside. Lamar is the advertising agency we are utilizing and whom we have worked with in the past

on various outreach modalities, such as public service announcements on billboards and in Buffalo's metrorail system.

Finally, since school has resumed, our Committee members will once again be manning tables at UB and Buffalo State College with hopefully more to follow. We are also reaching out to high schools and elementary schools to place AA literature in their health and guidance offices, and are continuing to distribute literature in doctor's offices, law enforcement agencies, libraries, places of worship, and senior centers. If anyone is interested in joining or helping out with our public information activities, you may email me at p72pic@area50wny.org. You may also wish to attend our Area Committee meeting. We meet virtually every second Wednesday of each month at 6:30pm. Login: ID 847 7034 8618 Passcode 366342



District 4 – GSRs

- Acceptance & Welcome GSR:
- Any Age GSR:
- Chapter IX GSR:
- Daily Reflections GSR: Genie E., alt-GSR: Kim S
- Daily Reprieve GSR:
- Easy Does It GSR: Katie L
- Grateful GSR:
- How It Works GSR: Andrew P
- Keep it Coming GSR:
- Kenmore GSR:

Life Ahead GSR: Mike K.
 Living Sober Group GSR:
 Men Who Trudge GSR: John H
 New Destiny Women GSR: Jill K.
 Renaissance GSR: Pat B
 Searching for Serenity GSR:
 Serenity GSR:
 Spiritual Progress GSR: Sue L
 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.
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 “Easy Does It”
 Parkside Lutheran Church
 2 Wallace Ave. , Buffalo 14214
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

7:00 pm New Destiny

Virtual Meeting

Meeting ID 860 3794 9220

Passcode 6BBS7C

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

6:00 pm "Surrender & Hope"

Deerhurst Presbyterian Church 257

Deerhurst Park Blvd. 14223



A THOUGHT FOR THE DAY

Desiderata: Original Text

This is the original text from the book where Desiderata was first published.

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you

compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

by Max Ehrmann ©1927

Spiritual Thermometer

Higher Powered

- 1) Joy/Knowledge/Empowerment/
Freedom/Love
- 2) Passion
- 3) Enthusiasm/Eagerness/Happiness
- 4) Positive Expectation/Belief
- 5) Optimism
- 6) Hopefulness
- 7) Contentment

Lower Powered

- 1) Boredom
- 2) Pessimism
- 3) Frustration/Irritation/Impatience
- 4) Overwhelmed
- 5) Disappointment
- 6) Doubt
- 7) Worry
- 8) Blame
- 9) Discouragement
- 10) Anger
- 11) Revenge
- 12) Hatred/Rage
- 13) Jealousy
- 14) Insecurity/Guilt/Unworthiness
- 15) Fear/Grief/Depression/Despair/
Powerlessness