



**Volume 1, Edition 4
News Highlights
March, 2025
Spring Events**

**March
NERD**

Date: March 8, 2024 2:30 pm – 10, 2024 4:30 pm

Categories: [Area](#), [Regional](#)

16th Annual Cataract City Convention

Date: March 15, 2024 3:00 pm – 17, 2024 12:00 pm

Venue: [Sheraton at the Falls](#)

Area Committee Meeting

Date: March 18, 2024 7:00 pm – 9:00 pm

Join Zoom Meeting

<https://us06web.zoom.us/j/99342724284?pwd=qTbALB0ppYplveJiPbw6WbeqLQOVal.1>

Meeting ID: 993 4272 4284

Passcode: 026826

APRIL

Pre-Conference General Service Assembly

Date: April 6, 2024 10:00 am – 2:00 pm

Venue: [Windom Community Church](#)

Categories: [Area](#)

General Service Assembly Planning

When: April 6th 10-2pm

Where: Windom Community Church 3766 Abbott Road, Orchard Park, 14127

Who: Hosted by Tuesday Men’s Discussion (District 15) Contact: Dave Gelyon

What/Why: Pre-Conference Assembly

Join Zoom Meeting

<https://us06web.zoom.us/j/99342724284?pwd=qTbALB0ppYplveJiPbw6WbeqLQOVal.1>

Meeting ID: 993 4272 4284

Passcode: 026826

74th General Service Conference, NY

Date: April 14, 2024 3:30 pm – 20, 2024 4:30 pm

Area Committee Meeting

Date: April 15, 2024 7:00 pm – 9:00 pm

Categories: [Area Committee](#)

Join Zoom Meeting

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

Meeting ID: 993 4272 4284

One tap mobile

+19292056099,,99342724284# US (New York)

2024 Archives Breakfast

2024 ARCHIVES BREAKFAST

Saturday, April 27
Matthew Glab Post
1965 Abbott Road
Lackawanna, NY 14218

Doors open at 9 a.m.
Breakfast starts at 10 a.m. with speaker Jim Burns (Akron, Ohio’s Conservator) to follow

Tickets: \$23

- Cash, check, or Venmo
- Contact any Archives Committee member or Archivist Dave Gelyon (716-866-6612)
- Venmo: @David-Gelyon

The 2024 Archives Breakfast is a fundraiser for the Archives Committee’s newest project: fully digitizing all historical materials connected to the Area 50 AA community. For more information or to get involved, see any Committee member or contact Dave Gelyon.

Post-Conference General Service Assembly

Date: June 1, 2024 10:00 am – 2:00 pm

Categories: [Area](#)

Join Zoom Meeting

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

Meeting ID: 993 4272 4284

One tap mobile

+19292056099,,99342724284# US





Quotes from Gary M (The Men Who Trudge)

In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.-Buddha

Only the gentle are ever really strong."- James Dean

"Material success may result in the accumulation of possessions; but only spiritual success will enable you to enjoy them."—Nido Qubein

"A man never discloses his own character so clearly as when he describes another's."—Johann Paul Richter

Simple Wisdom for a Profound Life

This precious life grows shorter by the day.

"Let there be room left in your heart for the unimaginable ~ serendipity has a way of showing itself just when you feel like giving up."— Nikki Rowe

"Love makes your soul crawl out from its hiding place."— Zora Neale Hurston

"Don't talk unless you can improve the silence."—Laurence Couglin

"Accept yourself: flaws, quirks, talents, secret thoughts, all of it, and experience true liberation."— Amy Leigh Mercree



Love. Grow. Serve.

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?

Service Helped Save Me

It was in May or June of 2021, I was less than 3 months sober on my second time around A.A. My circumstances and especially my sobriety were very precarious and fragile. This overwhelming feeling that I just knew that I was going to pick a drink again and start the vicious cycle all over again. That was when my home group asked if someone would volunteer to be the group secretary. A light bulb went off and I thought to myself, "if I am the secretary then someone may contact me outside of the usual meeting times and I certainly can't be drunk if they do". This was my introduction to service and really my introduction to being a real part of the fellowship of A.A. and working on a solution to my disease; rather than just hanging around the edges of A.A. afraid to move forward.

Of course, I can not say what would have happened if I had not raised my hand to volunteer that day in May 3 years ago. But I can say that my initial act of service has begun my journey in the service aspect of Alcoholics Anonymous. I'm one of our virtual meeting greeters at my home group

and I help with our home group membership and anniversary committee. These positions have opened more service doors and I am now involved with our Area 50 Public Information Committee and I continue to meet new alcoholics along the way who show me new ways to be of service. Being a greeter, setting up for meetings, making coffee or having any formal service positions have made me new friends, kept me safe in the middle of A.A. and allowed me to work on the development of my relationship with my Higher Power. Service work is just one more reason I am so grateful to A.A. and all its members.

Jim C

DCM's CORNER

Greetings District 4. I've had an exciting introduction to General Service at this level. They say that if you want to see the Traditions in action (and to know how well they are working within your own life) to attend a business meeting of Alcoholics Anonymous. I've had the opportunity to participate in several in just these first few weeks as District Committee Member and I have to say that Area 50 is action-packed with so many enthusiastic and committed servants who all have exciting ideas about how to carry the AA message. Time marches on toward the General Service Conference in April and our Delegate Steve is working hard to compile all the information our home groups will need to share their group conscience so they can be part of changes that will affect AA as a whole in the years to come. Be on the lookout for that and also for a Literature Survey to share your opinions about whether and how to alter our Founders' writings. This is important stuff! Let's not forget though that "we are not a glum lot." There are plenty of opportunities for learning, fellowship and fun. Make sure to check out the Area 50 and District 4 websites, as well as the newly-created Area 50 Private Facebook Group to keep abreast

of all that is going on! If you have any questions or want to know how the District can help YOUR home group, please don't hesitate to reach out to me at p74district4@area50wny.org Yours in Service, Genie E



DISTRICT 4 OFFICERS

DCM: Genie E

Daily Reflections

Email: p74district4@area50wny.org

Alt DCM:

seeking candidate

Secretary: Katie L

Easy Does It

Email: kathrynlyons3459@gmail.com

Accessibility: Jill K

Archives: seeking candidate

Corrections: John H.

Public Information (PI) & Cooperation with Professional Community (CPC):

Ann J.

Treatment: seeking candidate

Treasurer: Steve G

Men Who Trudge

Email: captaininsanity0@gmail.com

PIC Chair: Ann J

marjac0628@gmail.com

Daily Reflection Genie E

thebestisyettocomeaa@gmail.com

Places of Worship

Andrew P

How It Works

Email: andrewp63@verizon.net

CPC Chair: Dave Nelson

How It Works

Email: dhuntnelson@yahoo.com

WEB Chair: Martin W & Tom C -The Men Who Trudge



District 4 – GSRs

Acceptance/Welcome: unknown

Any Age: unknown

Chapter IX: unknown

Daily Reflections: Nancy G

Daily Reprieve: unknown

Easy Does It: Katie L Alternate: Andrew S

Grateful: unknown

How It Works: David N

Keep It Coming: unknown

Kenmore: unknown

Life Ahead: Mike K

Living Sober: Andrew L

Men Who Trudge (online only) Denny M

New Destiny: Jill K

Renaissance: Mary Jo C

Searching For Serenity: unknown

Serenity: unknown

Spiritual Progress: Sue L

Surrender & Hope: unknown

We Believe: unknown

We Believe: unknown



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
Thought for Today (Stephen T)(The Men Who Trudge)

God, I'm agitated and doubtful right now. Help me to stop and remember that I've made a decision to let You be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self-pity or foolish decisions that Your will not mine be done.

TWELVE STEPS and TWELVE TRADITIONS
 Tradition Nine (pgs 172-173)

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

WHEN Tradition Nine was first written, it said that “Alcoholics Anonymous needs the least possible organization.” In years since then, we have changed our minds about that. Today, we are able to say with assurance that Alcoholics Anonymous—A.A. as a whole—should never be organized at all. Then, in seeming

contradiction, we proceed to create special service boards and committees which in themselves are organized. How, then, can we have an unorganized movement which can and does create a service organization for itself? Scanning this puzzler, people say, “What do they mean, no organization?”

Well, let’s see. Did anyone ever hear of a nation, a church, a political party, even a benevolent association that had no membership rules? Did anyone ever hear of a society which couldn’t somehow discipline its members and enforce obedience to necessary rules and regulations? Doesn’t nearly every society on earth give authority to some of its members to impose obedience upon the rest and to punish or expel offenders? Therefore, every nation, in fact every form of society, has to be a government administered by human beings. Power to direct or govern is the essence of organization everywhere.

Yet Alcoholics Anonymous is an exception. It does not conform to this pattern. Neither its General Service Conference, its Foundation Board*, nor the humblest group committee can issue a single directive to an A.A. member and make it stick, let alone mete out any punishment. We’ve tried it lots of times, but utter failure is always the result. Groups have tried to expel members, but the banished have come back to sit in the meeting place, saying, “This is life for us; you can’t keep us out.” Committees have instructed many an A.A. to stop working on a chronic backslider, only to be told: “How I do my Twelfth Step work is my business. Who are you to judge?” This

doesn't mean an A.A. won't take advice or suggestions from more experienced members, but he surely won't take orders. Who is more unpopular than the oldtime A.A., full of wisdom, who moves to another area and tries to tell the group there how to run its business? He and all like him who "view with alarm for the good of A.A." meet the most stubborn resistance or, worse still, laughter.

* In 1954, the name of the Alcoholic Foundation, Inc., was changed to the General Service Board of Alcoholics Anonymous, Inc., and the Foundation office is now the General Service Office.