



**Volume 2 Edition 3
News Highlights
January, 2025
Winter Events**

General Service Assembly;
Kickoff Assembly

- **Date:** January 11, 2025 10:00 am – 2:00 pm
- **Venue:** Windham Community Church
- **Categories:** [Area](#)

GSR Virtual Coffee Hour

Event Details

This event is running from January 2, 2025 until December 4, 2025. This quarter it is occurring January 2, February 5 and March 6 at 7:00 p.m.,

- **Categories:** [Area](#)
- **Upcoming Dates:**
- February 5 - 7:00 pm – 8:00 pm
- March 6 - 7:00 pm - 8:00 pm

<https://us06web.zoom.us/j/89305735161?pwd=2SwjOdCRadPUXptdfqEYLTKVYdtAVr.1>

Meeting ID: 893 0573 5161
Passcode: 356695



NERAASA

Event Details

- **February 21 -23, 2025**
- **Categories:** [Area](#), [Misc Events](#), [Regional](#)

The annual North East Regional Alcoholics Anonymous Service Assembly (NERAASA) is for any AA member who would like to learn more about general service on the state, national and international level. This year NERAASA is being held virtually. Registration is online at:

NERAASA 2025

<https://area45snjaa.org/neraasa-2025/>

All members of AA can attend NERAASA

This is an opportunity to learn about service outside the home group and to get a picture of the work that is done at the General Service Conference. All members of District 4 are encouraged to attend. Hope to see you online at NERAASA this February.

Cataract City Convention

Event Details

- **Date:** March 14, 2025 2:00 pm – 16, 2025 12:00 pm
- **Venue:** [Sheraton at the Falls](#)



Quotes from Gary M (The Men Who Trudge)

"All your life, you will be faced with a choice. You can choose love or hate...I choose love."— Johnny Cash

"We live in a perpetually burning building, and what we must save from it, all the time, is love."- Tennessee Williams

"They say love is the best investment; the more you give, the more you get in return."- Audrey Hepburn

Develop a good heart that longs for other beings to find lasting happiness, and acts to secure that happiness. Nourish and practice kindness.--Rigpa Glimpse

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is a spiritual experience of living every moment with love, grace and gratitude."— Dennis Waitely

"It's so nice to get flowers while you can still smell the fragrance."- Lena Horne

"If you carry joy in your heart, you can heal any moment."— Carlos Santana

"A good head and a good heart are always a formidable combination."- Nelson Mandela

"No matter what happens, if I get pushed down, I'm going to come right back up."Doris Day-

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."— Mother Theresa

"It takes courage to grow up and become who you really are."— E.E. Cummings

"Don't let yesterday use up too much of today."—Will Rogers

"Maximize your productive time by focusing on positive outcomes."—unknown

"Simple joys are holy."Francis of Assisi

"Have no fear of perfection - you'll never reach it."— Salvador Dali



Love. Grow. Serve.

Contact Us

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.

ONE DAY AT A TIME

Plain Language Big Book

November 1, 2024 marked a new era in the annals of AA literature. The Plain Language Big Book was released for sale to the members of AA. Created amidst a maelstrom of controversy within the Fellowship, the PLBB presents the principles and concepts of the AA program of recovery in a simpler, easier to read form that can make the program accessible to AA Members who struggle understanding the language in the Fourth Edition. Reading through the PLBB, there should be no concerns that the Fourth (or Fifth) Edition of the Big Book will be replaced by the PLBB. It seems to me that the PLBB is like the Good News Bible, a version of the Bible written in language that is easier to understand and generally carries the same message to members of Christian religions. The Good News Bible will never be mistaken for or replace the King James Version of the Bible but it has many readers who are able to better understand the values and principles of Christianity because the Good News Bible was written. The PLBB can open the door and bring the message of recovery to Alcoholics for whom the Big Book is too difficult to understand. Hopefully, alcoholics who struggle with reading comprehension have a book that might open the door to recovery for them. How great is that!!!
Chuck B, P68, CPC

DCM's CORNER

I'm excited for the work we will be doing in District 4 this year. We will continue to work with the unrepresented groups in our District to encourage them to get a voice in AA affairs by electing a GSR who can vote at the District Committee meetings and Area 50 assemblies.

We are planning a day of sharing and, of course, our Third Annual Chili Cook Off in the fall.

Mary Jo C, District 4 DCM.



DISTRICT 4 OFFICERS

DCM: Mary Jo C

Daily Reflections

Email: p74district4@area50wny.org

Alt DCM: Denny M - Men Who Trudge
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Secretary: Katie L

Easy Does It

Email: kathrynlyons3459@gmail.com

Accessibility: Ann J

marjac0628@gmail.com

Archives: seeking candidate

Corrections: seeking candidate

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

Treatment: seeking candidate

Treasurer: Steve G

Men Who Trudge

Email: captaininsanity0@gmail.com

Places of Worship seeking candidate

CPC Chair: seeking candidate

WEB Chair: Tom C -The Men Who
Trudge

Email: tom.cholewa195@gmail.com



District 4 – GSRs

Acceptance/Welcome: unknown
 Any Age: unknown
 Chapter IX: unknown
 Daily Reflections: Nancy G
 Daily Reprieve: unknown
 Easy Does It: Katie L
 Grateful: unknown
 How It Works: David N
 Keep It Coming: unknown
 Kenmore: unknown
 Life Ahead:
 Living Sober:
 Men Who Trudge (online only) Denny M
 Renaissance:
 Searching For Serenity: unknown
 Serenity: unknown
 Spiritual Progress: Sue L
 Surrender & Hope: 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

7:00 pm “Grateful”

Church of the Nativity 1530 Colvin Blvd.

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 Comin’

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

6:00 pm “Surrender & Hope”

Deerhurst Presbyterian Church 257

Deerhurst Park Blvd. 14223



A THOUGHT FOR THE DAY

“Our Serenity Prayer ... brings a new light to us that can dissipate our old-time and nearly fatal habit of fooling ourselves.”

AA Co-Founder, Bill W., March 1962, “What Is Acceptance?”, The Language of the Heart

