



Volume 4 Edition 3

**News Highlights  
January – March 2026  
Winter Events**

**Archives Worknight 1st Saturday**

This event is running from 1 November 2025 until 3 January 2026. It is next occurring on January 3, 2026 10:00 am

- Venue: Buffalo Central Office
- Upcoming Dates:
- January 3, 2026 10:00 am – 12:00 pm

**Archives Worknights**

Join us at for organizing and sorting fun! See some things you've not seen before! Come one, come ALL! We will be meeting the 3rd Wednesday (6pm) and 1st Saturday (10am) of each month. 111 Crocker St (Franklin St Entrance Rm 105-107) Sloan, NY 14212

**District 4 Business Meeting**

**Event Details**

This event is running from 9 December 2025 until 8 December 2026. It is next occurring on January 13, 2026 7:00 pm

- Venue: Deerhurst Presbyterian Church
- Categories: District
- Upcoming Dates:
- January 13, 2026 7:00 pm – 8:00 pm

- February 10, 2026 7:00 pm – 8:00 pm
- March 10, 2026 7:00 pm – 8:00 pm
- April 14, 2026 7:00 pm – 8:00 pm
- May 12, 2026 7:00 pm – 8:00 pm

**GSR Virtual Coffee Hour**

**Event Details**

This event is running from 1 January 2026 until 3 December 2026. It is next occurring on January 8, 2026 7:00 pm

- Categories: Area
- Upcoming Dates:
- January 8, 2026 7:00 pm – 8:00 pm
- February 5, 2026 7:00 pm – 8:00 pm
- March 5, 2026 7:00 pm – 8:00 pm
- April 2, 2026 7:00 pm – 8:00 pm
- May 7, 2026 7:00 pm – 8:00 pm
- Show More

This is a monthly meet & greet and educational meeting for any General Service Representatives or ANYONE interested in service. Please bring your questions, experience and ideas. We will meet the first Thursday of every month at 7pm.

Join Zoom Meeting

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

Meeting ID: 893 0573 5161

Passcode: 356695

## **GSR Orientation Committee**

### **Event Details**

This event is running from 18 January 2026 until 20 December 2026. It is next occurring on January 18, 2026 7:00 pm

- Categories: Area

### **Committee**

- Upcoming Dates:
  - January 18, 2026 7:00 pm – 8:00 pm
  - February 15, 2026 7:00 pm – 8:00 pm
  - March 15, 2026 7:00 pm – 8:00 pm
  - April 19, 2026 7:00 pm – 8:00 pm
  - May 17, 2026 7:00 pm – 8:00 pm
  - Show More

The GSR Orientation Committee will hold a monthly planning meeting on the third Sunday of each month to discuss and plan the upcoming GSR coffee hour meeting at the beginning of the next month. If you have experience as a GSR, your expertise is greatly needed. Also welcome is ANYONE interested in Area 50 service. Please join us!

### Join Zoom Meeting

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

Meeting ID: 893 0573 5161

Passcode: 356695

## **Kickoff General Service Assembly**

### **Event Details**

- Date: January 24, 2026 9:30 am – 3:00 pm
- Categories: Area

### **Join Zoom**

Meeting <https://us06web.zoom.us/j/9342724284?pwd=qTbALBOppYplveJiPbw6WbeqLQOVal.1>

Meeting ID: 993 4272 4284 Passcode: 026826

## **NERAASA**

### **Event Details**

- Date: February 20, 2026 3:00 pm – 22, 2026 11:30 am
- Categories: Regional

## **35th annual Northeast Regional AA Service Assembly, hosted by Area 28 – Maine**

February 20-22, 2026 at the Holiday Inn by the Bay in Portland, ME Event registration and hotel registration available at

[www.nerasa.org](http://www.nerasa.org)

At this point no mention of online options is listed. More info will be posted as known

## **Area 50 Grapevine Committee Meeting**

### **Event Details**

This event is running from 15 October 2025 until 16 September 2026. It is next occurring on December 17, 2025 7:30 pm

- Categories: Area

Committee

- Upcoming Dates:
  - December 17, 2025 7:30 pm – 8:30 pm
  - January 21, 2026 7:30 pm – 8:30 pm
  - February 18, 2026 7:30 pm – 8:30 pm

- March 18, 2026 7:30 pm – 8:30 pm
  - April 15, 2026 7:30 pm – 8:30 pm
    - Show More

Join Zoom Meeting

<https://us02web.zoom.us/j/83368699465?pwd=TZ7fWQNovMsYvinVaVlopLavIKq1Gq.1>

Meeting ID: 833 6869 9465

Passcode: grapevine

Website/Technology Committee – Area 50

Event Details

This event is running from 7 January 2026 until 2 December 2026. It is next occurring on January 7, 2026

7:00 pm

- Categories: Area Committee
- Upcoming Dates:
- January 7, 2026 7:00 pm – 8:00 pm

- February 4, 2026 7:00 pm – 8:00 pm

- March 4, 2026 7:00 pm – 8:00 pm

- April 1, 2026 7:00 pm – 8:00 pm

- May 6, 2026 7:00 pm – 8:00 pm

- Show More

**Website/Technology Committee – Area 50**

Event Details

This event is running from 7 January 2026 until 2 December 2026. It is next occurring on January 7, 2026

7:00 pm

- Categories: AreaCommittee
- Upcoming Dates:
- January 7, 2026 7:00 pm – 8:00 pm

- February 4, 2026 7:00 pm – 8:00 pm

- March 4, 2026 7:00 pm – 8:00 pm

- April 1, 2026 7:00 pm – 8:00 pm

- May 6, 2026 7:00 pm – 8:00 pm

- Show More

The Website/Technology Committee meets monthly to discuss issues, concerns and projects concerning the Area 50 website and technology. We will meet the first Wednesday of each month at 7pm

Anyone interested can attend the meeting or contact me directly by email at

[p76webchair@area50wny.org](mailto:p76webchair@area50wny.org)

Thanks Dan, S

Join Zoom Meeting

Dan S. is inviting you to a scheduled Zoom meeting.

Topic: **Website Committee Area 50**

Join Zoom

Meeting <https://us02web.zoom.us/j/84898613367?pwd=6cOEW6RnQGte6PyTL1cSXwNc6hnaq0.1>

Meeting ID: 848 9861

3367 Passcode: 008337

## Area 50 Grapevine Committee Meeting

### Event Details

This event is running from 15 October 2025 until 16 September 2026. It is next occurring on December 17, 2025 7:30 pm

- Categories: Area Committee

- Upcoming Dates:
  - December 17, 2025 7:30 pm – 8:30 pm
  - January 21, 2026 7:30 pm – 8:30 pm
  - February 18, 2026 7:30 pm – 8:30 pm
  - March 18, 2026 7:30 pm – 8:30 pm
  - April 15, 2026 7:30 pm – 8:30 pm
  - Show More

### Join Zoom Meeting

<https://us02web.zoom.us/j/83368699465?pwd=TZ7fWQNovMsYvinVaVlopLavIKq1Gq.1>

Meeting ID: 833 6869 9465

Passcode: grapevine

### Area Committee Meeting

#### Event Details

- Date: March 21, 2026 10:00 am – 11:00 am
- Categories: Area Committee

#### Join Zoom

Meeting <https://us06web.zoom.us/j/9342724284?pwd=qTbALBOppYplveJiPbw6WbeqLQOVal.1>

Meeting ID: 993 4272

4284 Passcode: 026826



### 2025 Chili Cook off winner!

The Chili cookoff. Rigorously Honest was the winner; Life Ahead was second; Setaside was third.



### Quotes from Gary M (The Men Who Trudge)

"Choose being kind over being right and you'll be right every time."—Richard Carlson

"Real happiness in life starts when you begin to cherish others." —Lama Zopa Rinpoche

"Love is the most powerful force in all of creation, and the least understood."—Pierre Teilhard de Chardin

"Be silent, if you choose; but when it is necessary, speak—and speak in such a way that people will remember it." - Wolfgang Amadeus Mozart

"We are more fulfilled when we are involved in something bigger than ourselves."— John Glenn

"Hearts are the strongest when they beat in response to noble ideals." - Ralph Bunche

"When we take things for granted we forget life is a gift."—unknown

"Love is a gift to yourself."—unknown



**Love. Grow. Serve.**

### Contact Us

Website: [www.district4.area50wny.org](http://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**

Editors note:

I have been observing and participating in the area/district for a decade now. It

has been incredible to watch the community grow. We are bustling, things are happening, we are NOT a glum lot. Thank you all for your service and keeping the hand of AA available.

~Steve G.

From Your Panel 76 Delegate:

Warmest Holiday Greetings, District 4! I'm Ryan, and I'm an alcoholic. My home group is the Williamsville Group, which is part of District 6/7. I have served in various positions in Area 50 general service since 2012. For the next two years, I have the honor and pleasure to serve as your Area 50, Panel 76 Delegate! I am incredibly excited and grateful to be able to serve Area 50 and Alcoholics Anonymous in this role. I truly look forward to working with you to ever more effectively carry the message of hope and recovery to the suffering alcoholic in Area 50. Using the words of Dr. Bob Smith, we do this for four reasons:

1. Sense of duty.
2. It is a pleasure.
3. Because in so doing, we are paying our debt to those who took time to pass it on to us.
4. Because every time we do it, we take out a little more insurance for ourselves against a possible slip.

Let's Go 5-0!

Yours in Love & Service,  
Ryan L.  
Email: [P76delegate@area50wny.com](mailto:P76delegate@area50wny.com)

### **DCM's CORNER (Requested)**

It is an honor to serve as DCM of District 4. I endeavor to bring back the fun in service, something you look forward to. As DCM, I look forward to growing the district, and to garner more service positions and GSRs. I plan on communicating directly with groups, and attending every meeting in the district at least once. I also look forward to continuing district 4's tradition of "Day of Sharing" entertaining events and speakers. I was born to be a "DCM" as they are my literal initials. I hope to serve the district to the best of my abilities, and look forward to an invigorating journey with our new panel.

Denny M (Group is the Men Who Trudge)



### **DISTRICT 4 OFFICERS**

DCM-Denny M - DCM  
Men Who Trudge  
[Dennymazurjr@gmail.com](mailto:Dennymazurjr@gmail.com)

Treasurer David N - How It Works  
Email: [dhuntnelson@yahoo.com](mailto:dhuntnelson@yahoo.com)  
Secretary: Katie L  
Easy Does It  
Email: [kathrynllyons3459@gmail.com](mailto:kathrynllyons3459@gmail.com)  
WEB Chair: Tom C -The Men Who Trudge  
Email: [tom.cholewa195@gmail.com](mailto:tom.cholewa195@gmail.com)  
Accessibility: Ann J  
[marjac0628@gmail.com](mailto:marjac0628@gmail.com)  
Archives: seeking candidate  
Corrections: seeking candidate  
Public Information (PI) & Cooperation with Professional Community (CPC): seeking candidate  
Treatment: seeking candidate  
Places of Worship seeking candidate  
CPC Chair: seeking candidate

### **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: Dan S  
Keep It Coming: unknown  
Kenmore:unknown  
Life Ahead: Debbie  
Living Sober: unknown  
Men Who Trudge (online only)Rob S  
Renaissance: Cathy R  
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  
**10:00 am** "Hertel Discussion"  
Rise Coffeehouse  
1643 Hertel Ave., Buffalo, NY 14216  
**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

## **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**

**TOWARD EMOTIONAL FREEDOM**

[\*\*Marcus Aurelius thought for the day\*\*](#) is to focus on your inner world: "You have power over your mind – not outside events. Realize this, and you will find strength," reminding us our happiness comes from our judgments, not what happens to us, and to be virtuous, helpful, and accept what we can't change, focusing on being the good we want to see, rather than arguing about it.