



Volume 5 Edition 1

**News Highlights
July-September 2026
Summer Events**

**MONTHLY ~Recurring*
District 4 Business Meeting**

Event Details

This event is running from 9 December 2025 until 8 December 2026. It is next occurring on July 14th, 2026 7:00 pm
Venue: Deerhurst Presbyterian Church

Categories: District

Upcoming Dates:

Aug 11, 2026 7:00 pm – 8:00 pm

Sept 8, 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 July 9 th, 2026 7:00 pm

Categories: Area

Upcoming Dates:

Aug 6 7:00 pm – 8:00 pm

Sept 3, 2026 7:00 pm – 8:00 pm

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.

Join Zoom Meeting

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

Meeting ID: 893 0573 5161

Passcode: 356695

GSR Orientation Committee

Event Details

July 19 7:00 pm – 8:00 pm

Aug 16 7:00 pm – 8:00 pm

Sept 20 7:00 pm - 8:00 pm

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



Area 50 Grapevine Committee Meeting

Event Details

This event is running from 15 October 2025 until 16 September 2026.

- Categories: Area Committee
- Upcoming Dates:
 - July 15, 2026 7:30 pm – 8:30 pm
 - August 19, 2026 7:30 pm – 8:30 pm
 - Sept 16, 2026 7:30 pm – 8:30 pm

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.

- Categories: Area Committee
- Upcoming Dates:
 - July , 2026 7:00 pm – 8:00 pm
 - June 2, 2026 7:00 pm – 8:00 pm

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

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

NEW BIZ!

New York State Informational Workshop
Event Details

Date: July 10 – 12, 2026

2026 New York State Informational Workshop

July 10 – 12, 2026

Stony Point Center, 17 Cricketown Rd,
Stony Point, NY 10980

Hosted by Area 49 Southeastern New York (SENY)

For more information and to register visit nysiw.org

Men Who Trudge Picnic

August 22nd

1:00 - 4:00 PM

264 Silver Rd. East Bethany, NY 14054

Signup Form

<https://bit.ly/MWTPicnicSignup>



DCM corner:

District 4 & 5 Newsletter Update

District 4 has temporarily picked up District 5, as District 5 has not had a DCM in place. It also makes sense at this time because District 4 lost four meetings this year after Deerhurst Presbyterian raised its rent, which created a shift in where and how some groups are meeting.

Right now, District 4 & 5 are finding their way together. We are working on filling open service positions, visiting more meetings, and helping groups stay connected to general service.

There has also been discussion about possibly hosting the November Assembly. If that does not come together, we are considering holding a Day of Sharing instead, with the theme **"How We Used to Live and How We Live Now."**

Overall, this is a time of rebuilding, reconnecting, and showing up. The district is moving forward one step at a time, with a focus on service, unity, and carrying the message.

~Deny M.

Quotes from Gary M (The Men Who Trudge)

We are here to love and serve one another!
May it be so for you and me today!--David R

Each day provides its own gifts. --- Ruth
D. Freedman

"You have to believe in yourself when no one else does—that makes you a winner right there."- Venus Williams

"Feelings are everywhere — be gentle."—J.
Masai

"The older I grow, the more I listen to people who don't say much."—German G. Gladden

Today, my recovery, my spiritual condition, my relationship with others and with a loving God are things worth working on! -David R

I pray that I may have a calm and sane mind.
I pray that I may look up, around, and away from myself.

God: The Ultimate Solution for Life's
Messses-Assisi

"Spiritual results begin as subtle transformations in the consciousness of the inner being.--Yogananda

"Knowing that you are a child of God, make up your mind to be calm no matter what happens.--Yogananda

"The bitterest tears shed over graves are for words left unsaid and deeds left undone."-
Harriet Beech

"The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for."—Zig Ziglar

"A quiet hour is worth more to you than anything you can do in it."—Sara One
Jewess



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

Editors note:

These warm days will pass by very quickly and we will be faced with a dark, cold, winter soon enough. I am ever grateful for being able to live fully, and appreciate these days, here and now! I hope that you are able to experience these days in full, clear and sober. ~Steve G



DISTRICT 4 OFFICERS

DCM: Denny M -

Men Who Trudge

Dennymazurjr@gmail.com

Treasurer: David N - How It Works

Email: dhuntnelson@yahoo.com

Secretary: Cathy R

cmroland71471@gmail.com

716-771-4843

WEB Chair: Tom C -The Men Who

Trudge

Email: tom.cholewa195@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

Places of Worship: seeking candidate

CPC Chair: seeking candidate

District 4 – GSRs

How It Works:

Christian T

Chrisotdti@gmail.com

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Men Who Trudge (online only)

Jimmy Carlo

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Life Ahead:

Michael S

Schian3141@gmail.com

585-331-9323

Hertel Discussion Group

Mike K

michael.g.kirst@gmail.com

Daily Reflections:

Nancy G

ngierman113@gmail.com

Renaissance:

Sue B

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716-725-5226

Spiritual Progress:Sue L

Sue L

slandel123@gmail.com

Keys to the Kingdom :

Tujan

Trizeq979@gmail.com

716-598-1838

Acceptance/Welcome: unknown

Any Age: unknown

Chapter IX: unknown

Daily Reprieve:unknown

Easy Does It:unknown

Grateful:unknown

Keep It Coming: unknown

Kenmore:unknown

Life Ahead: Debbie

Living Sober: unknown

Searching For Serenity:unknown

Serenity:unknown

Surrender & Hope:unknown

We Believe:unknown



Sunday

10 am “Men Who Trudge” (Men’s)

Zoom Meeting

Meeting ID: 321 960 646

Passcode: 080713

11 am “Serenity”

Kenmore Mercy Hospital 2950

Elmwood Ave. 14217

1st fl. conf. rm.

2 pm “Daily Reflections”

Faith United Presbyterian Church

3150 Elmwood Ave. 14217

Monday

7:30 am “Men Who Trudge” (Men’s)

Zoom Meeting

Meeting ID: 321 960 646

Passcode: 080713

10:00 am “Hertel Discussion”

1643 Hertel Ave., Buffalo, NY

6 pm “Dr. Alcoholic Addict”

Kenmore Methodist Church 32

Landers Rd., Kenmore 14217

Tuesday

7:30 am “Men Who Trudge” (Men’s)

Zoom Meeting

Meeting ID: 321 960 646

Passcode: 080713

10 am "Acceptance & Welcome"
Church of the Nativity 1530 Colvin
Blvd. 14150

5:30 pm "Life Ahead"
Faith United Presbyterian Church
3150 Elmwood Ave. 14217

Wednesday
7:30 am "Men Who Trudge" (Men's)
Zoom Meeting
Meeting ID: 321 960 646
Passcode: 080713

10 am "We Believe"
Faith United Presbyterian Church
3150 Elmwood Ave. 14217

12 pm "Renaissance"
Hybrid Meeting
2005 Sheridan Dr. 14223
Zoom Meeting ID: 857 6674 3532
Password: 690828

6 pm "Living Sober Group"
Kenmore Methodist Church 110
Westgate Rd. 14217

7 pm "Grateful"
Church of the Nativity 1530 Colvin
Blvd. 14150

Thursday
7:30 am "Men Who Trudge" (Men's)
Zoom Meeting
Meeting ID: 321 960 646
Passcode: 080713

2 pm "Daily Reprieve"

Faith United Presbyterian Church
3150 Elmwood Ave. 14217

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

Friday
7:30 am "Men Who Trudge" (Men's)
Zoom Meeting
Meeting ID: 321 960 646
Passcode: 080713

10 am "Acceptance & Welcome"
Church of the Nativity 1530 Colvin
Blvd. 14150

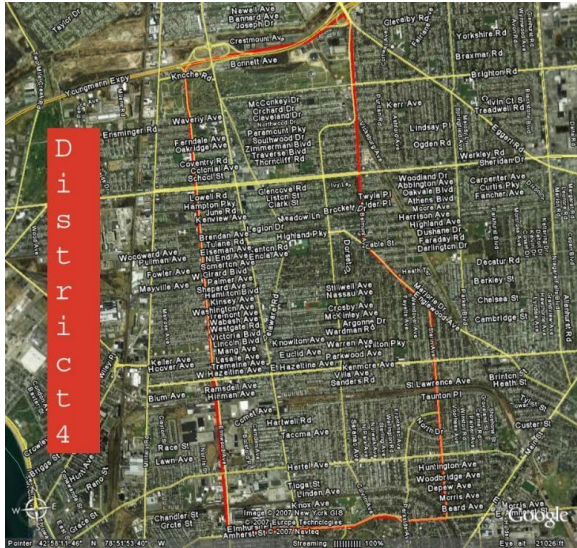
12 pm "Renaissance"
Hybrid Meeting
2005 Sheridan Dr. 14223
Zoom Meeting ID: 857 6674 3532
Password: 690828

4 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)
Zoom Meeting
Meeting ID: 321 960 646
Passcode: 080713

10 am "Easy Does It"
Parkside Lutheran Church 2 Wallace
Ave. 14214



A THOUGHT FOR THE DAY TOWARD EMOTIONAL FREEDOM

Daily Reflections

AND LETTING GO OF IT

. . . primarily fear that we would lose something we already possessed or would fail to get something we demanded. Living upon a basis of unsatisfied demands, we were in a state of continual disturbance and frustration. Therefore, no peace was to be had unless we could find a means of reducing these demands. The difference between a demand and a simple request is plain to anyone.

TWELVE STEPS AND TWELVE TRADITIONS, p. 76

Peace is possible for me only when I let go of expectations. When I'm trapped in thoughts about what I want and what should be coming to me, I'm in a state of fear or anxious anticipation and this is not conducive to emotional sobriety. I must surrender---over and over---to the reality of my dependence on God, for

then I find peace, gratitude and spiritual security.

From the book Daily Reflections

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As Bill Sees It

Self-Respect Through Sacrifice

At the beginning we sacrificed alcohol. We had to, or it would have killed us. But we couldn't get rid of alcohol unless we made other sacrifices. We had to toss self-justification, self-pity, and anger right out the window. We had to quit the crazy contest for personal prestige and big bank balances. We had to take personal responsibility for our sorry state and quit blaming others for it. Were these sacrifices? Yes, they were. To gain enough humility and self-respect to stay alive at all, we had to give up what had really been our dearest possessions—our ambition and our illegitimate pride.

Quote from: A.A. COMES OF AGE, P. 287

