



Volume 5 Edition 2

News Highlights
October -December 2026
Fall Events

MONTHLY ~Recurring*
District 4 Business Meeting

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

Venue: Deerhurst Presbyterian Church
Categories: District
Upcoming Dates:

October 13, 2026 7:00 pm – 8:00 pm
November 10, 2026 7:00 pm – 8:00 pm
December 8, 2026 7:00 pm – 8:00 pm

GSR Virtual Coffee Hour

Event Details

This event is running from 9 July 2026 until 3 December 2026. It is next occurring on October 1, 2026 7:00 pm

Categories: Area
Upcoming Dates:

October 1, 2026 7:00 pm – 8:00 pm
November 5, 2026 7:00 pm – 8:00 pm
December 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 Meeting

Event Details

This event is running from 15 February 2026 until 20 December 2026. It is next occurring on October 1820, 2026 7:00 pm

Categories: Area Committee
Upcoming Dates:

November 15, 2026 7:00 pm – 8:00 pm
December 20, 2026 7:00 pm – 8:00 pm



Website/Technology Committee – Area 50

Event Details

This event is running from 7 January 2026 until 2 December 2026.

- Categories: Area Committee

- Upcoming Dates:

Oct 6, 2026 7:00 pm - 8:00 pm

Nov 3, 2026 7:00 pm - 8:00 pm

Dec 1, 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!

General Service Assembly

Event Details

- Date: November 7, 2026

9:30 am – 2:00 pm

- Categories: Area

Join Zoom

Meeting <https://us06web.zoom.us/j/99342724284?pwd=qTbALBOppYplveJiPbw6WbeqLQOVal.1>

Meeting ID: 993 4272 4284 Passcode: 026826

Location – TBD



Past Delegate: It's been a busy summer full of fun, fellowship and business in Area50 and Districts 4/5. Several annual picnics on the waterfront and the island capped by the now famous Sunday Morning Hot Dog Breakfast provided many opportunities for AA'ers to get to know one another in a relaxed atmosphere and for newcomers to experience social settings where they can relax and have fun and actually remember the day. Proof that there is life after the drink goes away.

On the business side of AA, our delegate Ryan L made several post-conference presentations around the area sharing his experience at the 76th General Service Conference in NYC. Ryan brought the conference to life for those who attended the General Service Assembly in May. The business of AA is real. Area 50 is fortunate to have a dedicated servant representing us at the Conference. The September General Service Assembly was dedicated to setting the schedule and presenting the proposed budget for 2027 and 2028. Both items will be voted on at the November Assembly. Make sure that your GSR attends so that your voice can be heard. The high point of the assembly was a presentation by Ken T, our North East Regional Trustee (NERT). Ken is rotating on next May. His successor will be elected at the Conference next April. Denise M has been nominated by Area 50 to stand for Trustee. Best of luck Denise. If elected, Denise will be an outstanding Trustee.

If anyone was wondering, AA is alive and well in Area 50. Come to District 4/5's Day of Sharing on October 24. It is sure to be a fun time.

Chuck B
P68, CPC

Quotes from Gary M (The Men Who Trudge)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.—Ephesians 4:32

A meaningful and happy life is not found in the narrow orbit of self-concern, but in becoming a vessel of love in service to God and to others. We come from love, we are made for love, and we fulfill our deepest destiny by letting that love pass through us—until, little by little, we ourselves become love."Life is mostly about service."---Yogananda

"So often in life, things that you regard as an impediment turn out to be great, good fortune."- Ruth Bader Ginsburg

"If wrinkles must be written on our brow, let them not be written on our heart. The spirit should not grow old."— James Garfield

And if a man's self is not kept clean and bright, his glimpse of God will be blurred. - C. S. Lewis

"I think the one lesson I have learned is that there is no substitute for paying attention."
—Diane Sawyer

Love doesn't make the world go around.
Love is what makes the ride worthwhile. ---
Franklin Jones

"We all have our time machines, don't we. Those that take us back are memories ... And those that carry us forward, are dreams." HG Wells

Offer up every joy, be awake at all moments, to "the news that is always arriving out of silence."--Rigpa Glimpse

An eye for an eye only ends up making the whole world blind.—Mahatma Gandhi



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

Editor's note:

The summer months have evaporated like gasoline soaked pavement on a 90 degree day. Oh to be sober! At least I can remember some shred of what was a blur of these summer months. Now fall and winter seem to be ebbing forward quickly. I have found myself repairing exterior shingles, fabricating a plow for the snow, and painting exposed wood to prepare for what weather I expect will soon be here. Much the same, I prepare for the next drink or abstinence from same, by going to meetings, working with others, and continually working the steps. I don't know what kind of weather is coming this winter but, I know I have a sound foundation to weather the storm thanks to all of you and our solid area 50 service structure. "I am because you are"

~Steve G

**DISTRICT 4 OFFICERS**

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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

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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**



Daily Reflections

EXACTLY ALIKE

September 29

Frequent contact with newcomers and with each other is the bright spot of our lives.

ALCOHOLICS ANONYMOUS, p. 89

A man came to the meeting drunk, interrupted the speakers, stood up and took his shirt off, staggered loudly back and forth for coffee, demanded to talk, and eventually called the group's secretary an unquotable name and walked out. I was glad he was there – once again I saw what I had been like. But I also saw what I still am, and what I still could be. I don't have to be drunk to want to be the exception and the center of attention. I have often felt abused and responded abusively when I was simply being treated as a garden variety human being. The more the man tried to insist he was different, the more I realized that he and I were exactly alike.

From the book Daily Reflections

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World Services, Inc



As Bill Sees It

“Life takes on new meaning in A.A. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience not to be missed.”

— A.A. World Services Inc., *As Bill Sees It*

