



**Volume 3 Edition 4
Volume 4 Edition 1
News Highlights
April - September, 2025
Spring/Summer Events**

District 4 Committee Meeting:

- June 10 - 7:00 pm – 8:00 pm
- July 8 - 7:00 pm – 8:00 pm
- Aug 12 - 7:00 pm – 8:00 pm
- Sept 9 - 7:00 pm - 8:00 pm

To join in person, please meet us at
Deerhurst Presbyterian 257 Deerhurst
Park Blvd. at 7 pm.

To join by video, please meet us here:
Meeting ID: 8576 6743 532 password:
690828

GSR Virtual Coffee Hour

Event Details

This event is running from January 2, 2025 until
December 4, 2025. The Coffee hour is held the
first Thursday of the month at 7:00 p.m. It will
not be held in July.

- **Categories:** [Area](#)
- **Upcoming Dates:**
- June 5, Aug. 7 and Sept. 4

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

Meeting ID: 893 0573 5161
Passcode: 356695



NYSIW

Event Details

- **August 8,9,10, 2025**
- **Categories:** [Area](#), [Misc Events](#),
[Regional](#)

The annual New York State Informational
Workshop is for any AA member who would
like to learn more about general service on
the state level. This year NYSIW is being
held at **Mirror Lake Retreat House** in the
Adirondacks. Registration is online at:

NYSIW

<https://www.eventbrite.com/e/new-york-state-informational-workshop-tickets-1242880542159>

All members of AA can attend NYSIW

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 at the workshop in August.



Quotes from Gary M
(The Men Who Trudge)

**"I believe things cannot make
themselves impossible."**—

Stephen Hawking

**"Love is something that you can leave
behind you when you die. It's that
powerful."** --John (Fire) Lane Deer,

**"I have found that among its
other benefits, giving liberates
the soul of the giver."**— Maya
Angelou

"Life is mostly about service."-Yogananda.

"First do what is necessary, then do what
is possible, and suddenly you find yourself
doing the impossible."-Francis of Assisi

**"Don't be afraid to cry. It will free your
mind of sorrowful thoughts"**--Don
Talayesva

It is healthy to be reminded that the
strongest might weaken and the wisest
might err. - Mahatma Ghandi

"The secret of genius is to carry the
spirit of the child into old age, which
means never losing your
enthusiasm."—Aldous Huxley



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**

Delegate's Reflections on Service to AA after attending the 75th General Service Conference

District 4,
Thank you for the opportunity to share this with you and kudos to your District Jeopardy get together, great fellowship, camaraderie and spirit, a beautiful day.

My experience as delegate for Area 50 Panel 74 enriches my heart with events such as this. AA at its core, as written beautifully by Milton Maxwell GSB chair in 1980 wrote: "AA Unity is not based on Authority but upon accepting differences, allowing freedom, and keeping our focus on the primary purpose of helping one another achieve and maintain sobriety"

He goes on to write that "Basically the spiritual part of the program means an unselfish-centered approach to everything. Not insisting on having our own way but accepting what is best for AA as a whole. The AA way is to give each individual his dignity and freedom, each group its dignity and each country or region its dignity and freedom"

I keep this with me and read it before each AA event that I attend. It reminds me, I know very little about what's important to the members of AA. To share my experiences with AA in a manner that conveys not only the

spiritual experience we share along with the knowledge and faith that if I listen intently with an open mind, there's a guarantee I will learn something new from you all.

AA in Area 50 is strong, District 4 highlights this, always has been and growing stronger. We have an almost innate understanding of what the new comer and the alcoholic who still suffers craves. Making this available, understanding our primary purpose with the knowledge that together with compassion, understanding and love anyone can be successful in our community.

The growth of the service structure in Area 50 (by the way, all of AA is service in some form or another!) continues. When asked what my goal was for the Area At the beginning of my Panel, I said 100 GSR's. While we're not at the number, which was a line in the sand, we are trending in that direction! Who knows we may get there by Panel 76.

Keeping the district work going, other districts will emulate your work and grow in their own way. It is the natural progression once the groups are established and familiar with the service structure.

As a fellow member of the conference, along with all of you, the conference taught me to be a better steward of AA, to make it attractive and to truly put my faith into actions that benefit all of AA. I have been

spiritually rearranged, never expected, yet eternally grateful. It is my sincerest hope that we all have the opportunity to see what God has in store for us all. Together we can.

**Steve J,
Panel 75, Corrections**

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 had a fun and informative day with Our First Day of AA Jeopardy. Everyone had a great time watching and competing. We are looking forward to our Third Annual Chili Cook Off in the fall.

If your group is in District 4 (See next column for a list of District GSR's) and you don't have a GSR, contact me or come to our next District Meeting. We meet on the second Tuesday at Deerpark Presbyterian Church at 6:30 p.m.

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
dennymazurjr@gmail.com

Secretary: Katie L

Easy Does It

Email: kathrynlyons3459@gmail.com

Treasurer: Dave N

How It Works

Email: dhuntnelson@yahoo.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

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: 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

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

“If humility can expel the obsession to drink alcohol, then surely humility can be our antidote for that subtle wine called success.”

AA Co-Founder, Bill W., October 1947, “Traditions Stressed in Memphis Talk”, The Language of the Heart