



Volume 4 Edition 4

**News Highlights
October-December, 2025
Fall Events**

District 4 Business Meeting

Event Details

This event is running from 13 February 2024 until 9 December 2025. I

- Venue: Deerhurst Presbyterian Church
- Categories: District
- Upcoming Dates:

September 9, 2025 7:00 pm – 8:00 pm

October 14, 2025 7:00 pm – 8:00 pm

November 11, 2025 7:00 pm – 8:00 pm

December 9, 2025 7:00 pm – 8:00 pm

GSR Virtual Coffee Hour

Event Details

This event is running from 4 January 2024 until 4 December 2025. It is next occurring on August 7, 2025 7:00 pm

- Categories: Area
- Upcoming Dates:

September 4, 2025 7:00 pm – 8:00 pm

October 2, 2025 7:00 pm – 8:00 pm

November 6, 2025 7:00 pm – 8:00 pm

December 4, 2025 7:00 pm – 8:00 pm

Buffalo Central Committee Meeting

Event Details

This event is running from 5 January 2025 until 7 December 2025. It is next occurring on August 3, 2025 7:00 pm

- Venue: Buffalo Central Office
- Categories: Area Committee
- Upcoming Dates:

September 7, 2025 7:00 pm – 8:00 pm

October 5, 2025 7:00 pm – 8:00 pm

November 2, 2025 7:00 pm – 8:00 pm

December 7, 2025 7:00 pm – 8:00 pm

84th Annual Buffalo Fall Convention

Event Details

- Date: October 24, 2025 4:00 pm – 26, 2025 12:00 pm
- Categories: Misc

Events

General Service Assembly

Event Details

- Date: November 8, 2025 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



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

"Blessed are the hearts that can bend; they shall never be broken." – Albert Camus

. It is only when we believe things to be permanent that we shut off the possibility of learning from change.--Glimpse

"Make a pledge to yourself right now, to declare that you are worth your time and energy." – Deborah Day

"Truth is for earnest seekers, not for those of idle curiosity."-Babaji

"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."-- Mother Theresa

As you begin your day, remember that patience has powerful spiritual purpose—it refines and strengthens our character through waiting.

"Act as if what you do makes a difference. It does." – William James

"Celebrate the life you had, not the life you could've had."- Earvin "Magic" Johnson

"You don't have to become something you're not to be better than you were." – Sidney Poitier

"Just for the record darling, not all positive change feels positive in the beginning." – S.C. Lourie



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**

**REFLECTIONS ON ALCOHOLICS
ANONYMOUS INTERNATIONAL
CONVENTION IN VANCOUVER, BC,
CANADA**

JULY 3-6, 2025

Thirty-five thousand people from around the world descended on Vancouver to celebrate AA's 90th birthday and the Language of the Heart. The throng was greeted by beautiful weather as well as by the smiles and good graces of some 6000 volunteers.

For those who arrived on Thursday there was a Block party and dancing offered in the convention center plaza as well as in its enormous ballrooms. For many, Thursday afternoon and evening were spent sightseeing in Vancouver or resting up after long travel from the east coast.

Many members from District 4 of the WNY contingent had signed up to work as volunteers and were put to work greeting and with registration responsibilities first thing Friday morning. Friday afternoon they were free to visit hospitality suites sponsored by service organizations, drop into one of the twenty nine marathon meetings or to attend topic or workshop meetings of their choice. Ninety two different sessions were offered during the day on Friday on topics ranging from AA in Remote Communities to Young People

in AA, AA in Correctional Facilities, Online Meetings, AA in the Clergy, the History of Love and Service and Finding a Higher Power, to mention a few.

The opening flag ceremony and big meeting took place Friday night at BC Place, an arena with a capacity large enough to accommodate all of us. Sixty nine countries were represented and proudly displayed their flags for all to appreciate. Scott H., chairman of the General Service Board, served as MC for the meeting and introduced the panel of three speakers from the US, Canada and Scandinavia. The speakers were terrific.

Saturday the convention offered another 92 sessions beginning at 9:00 a.m. including panels in various foreign languages, panels for persons with disabilities and a variety of topics on subjects from One Day at a Time to A Sense of Belonging. Saturday night at BC Place the Chair of AAWS, Bob W. reported the state of AA in 2025. Bob's message was straight from the heart and left us with a sense of a bright and hopeful future. The rest of the night was devoted to the Old Timers panel, a very special event. Attendees with 50 or more years of sobriety (204 members), were given a special section on the floor of the Arena next to the stage. After the Big Meeting was opened, 12 names were drawn from the hat and each was given 5 minutes to share their experience, strength and hope. The talks were witty and inspirational. They touched our hearts in an unforgettable way.

Sunday morning was also at BC Place for the closing ceremonies. The 43rd Millionth copy of the Big Book was presented to the warden of the Dorchester New Brunswick Penitentiary for its early and long standing support of in-prison AA meetings. Three AA talks were followed by a heartfelt message from Scott H. reminding all of us our obligation to continue to carry the message of recovery as payback for what we have been so freely given. After the meeting closed with the Serenity Prayer we all began the long trip back to Buffalo. Tired, wired and inspired.

Dave P.

DCM's CORNER

Exciting events forthcoming in fall! Keep posted for Chili Cook Off, Area Service positions available and elections as well as our BFLO Fall convention. See you there!



DISTRICT 4 OFFICERS

DCM: Mary Jo C

Daily Reflections

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Alt DCM: Denny M - Men Who Trudge
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Easy Does It

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Treasurer: Dave N

How It Works

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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

TOWARD EMOTIONAL FREEDOM

August 20

Since defective relations with other human beings have nearly always been the immediate cause of our woes, including our alcoholism, no field of investigation could yield more satisfying and valuable rewards than this one.