



**Volume 2 Edition 1
News Highlights
June, 2025
Summer Events**

General Service Assembly;
Post Conference

- **Date:** June 1, 2024 10:00 am – 2:00 pm
- **Venue:** [First United Methodist Church](#)
- **Categories:** [Area](#)

June 6th

GSR Virtual Coffee Hour

Event Details

This event is running from 4 January 2024 until 5 December 2024. It is next occurring on June 6, 2024 7:00 pm

- **Categories:** [Area](#)
- **Upcoming Dates:**
 - June 6, 2024 7:00 pm – 8:00 pm

Meeting ID: 507 924 3980 / Passcode:
area50gsr
<https://zoom.us/j/5079243980?pwd=SXdvbmVrYys0dUxLbTloUXdUT3Zpdz09>

June 7th

Founders Day

Event Details

- **Date:** June 7, 2024 4:00 pm – 9, 2024 12:00 pm

<https://foundersday.org/>

July

NYSIW, Area 47

Event Details

- **Date:** July 26, 2024 3:30 pm – 28, 2024 4:30 pm
- **Venue:** [Hobart and William Smith College](#)
- **Categories:** [Area](#), [Misc Events](#), [Regional](#)

New York State Informational Workshop (NYSIW) is for any AA member who would like to learn more about general service in New York State.

August 1st

GSR Virtual Coffee Hour

Event Details

This event is running from 4 January 2024 until 5 December 2024. It is next occurring on June 6, 2024 7:00 pm

- **Categories:** [Area](#)
- **Upcoming Dates:**
 - June 6, 2024 7:00 pm – 8:00 pm

Meeting ID: 507 924 3980 / Passcode:
area50gsr
<https://zoom.us/j/5079243980?pwd=SXdvbmVrYys0dUxLbTloUXdUT3Zpdz09>





Quotes from Gary M (The Men Who Trudge)

"All your life, you will be faced with a choice. You can choose love or hate...I choose love."— Johnny Cash

"We live in a perpetually burning building, and what we must save from it, all the time, is love."- Tennessee Williams

"They say love is the best investment; the more you give, the more you get in return."- Audrey Hepburn

Develop a good heart that longs for other beings to find lasting happiness, and acts to secure that happiness. Nourish and practice kindness.--Rigpa Glimpse

"Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is a spiritual experience of living every moment with love, grace and gratitude."— Dennis Waitely

"It's so nice to get flowers while you can still smell the fragrance."- Lena Horne

"If you carry joy in your heart, you can heal any moment."— Carlos Santana

"A good head and a good heart are always a formidable combination."- Nelson Mandela

"No matter what happens, if I get pushed down, I'm going to come right back up."Doris Day-

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."— Mother Theresa

"It takes courage to grow up and become who you really are."— E.E. Cummings

"Don't let yesterday use up too much of today."—Will Rogers

"Maximize your productive time by focusing on positive outcomes."—unknown

"Simple joys are holy."Francis of Assisi

"Have no fear of perfection - you'll never reach it."— Salvador Dal



Love. Grow. Serve.

Contact Us

Visit our 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.

WHY GENERAL SERVICE?

I have found that like so many "coincidences" in AA, service keeps me sober. Sometimes I drift and need to be reminded, humbled, forced to pause. The more I do, the closer I am to the spirit. The more involved I am, the further I am from a drink, and the closer I am to being at peace.

~Steve G D4 Treasurer

DCM's CORNER

I would like to thank everyone for this opportunity to be DCM of District 4. I have been doing service outside of my homegroup for about 6 years and I love it! My goal for District 4 is to keep the same vision of Genie's, continue to go to meetings in district 4, try to get others involved with service outside of their homegroup!! And welcome the next sick and suffering Alcoholics . Love and service Mary Jo District 4 DCM.



DISTRICT 4 OFFICERS

DCM: Mary Jo

Daily Reflections

Email: p74district4@area50wny.org

Alt DCM:

seeking candidate

Secretary: Katie L

Easy Does It

Email: kathrynlyons3459@gmail.com

Accessibility: Jill K

Archives: seeking candidate

Corrections: John H.

Public Information (PI) & Cooperation with Professional Community (CPC):
Ann J.

Treatment: seeking candidate

Treasurer: Steve G

Men Who Trudge

Email: captaininsanity0@gmail.com

PIC Chair: Ann J

marjac0628@gmail.com

Daily Reflection Genie E

thebestisyettocomeaa@gmail.com

Places of Worship

Andrew P

How It Works

Email: andrewp63@verizon.net

CPC Chair: Dave Nelson

How It Works

Email: dhuntnelson@yahoo.com

WEB Chair: Martin W & Tom C -The Men Who Trudge



District 4 – GSRs

Acceptance/Welcome: unknown

Any Age: unknown

Chapter IX: unknown

Daily Reflections: Nancy G

Daily Reprieve: unknown

Easy Does It: Katie L Alternate: Andrew S

Grateful: unknown

How It Works: David N

Keep It Coming: unknown

Kenmore: unknown

Life Ahead: Mike K

Living Sober: Andrew L

Men Who Trudge (online only) Denny M

New Destiny: Jill K

Renaissance: Mary Jo C

Searching For Serenity: unknown

Serenity: unknown

Spiritual Progress: Sue L

Surrender & Hope: unknown

We Believe: 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

6:30 pm "Easy Does It"

Parkside Lutheran Church

2 Wallace Ave. , Buffalo 14214

7:00 pm "Grateful"

Church of the Nativity 1530 Colvin Blvd.

14150

8:00 pm "Any Age"

St. Andrew's Church 1525 Sheridan Dr.

14217

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 Coming”
Faith United Presbyterian Church
3150 Elmwood Ave. 14217

7:00 pm New Destiny
Virtual Meeting
Meeting ID 860 3794 9220
Passcode 6BBS7C

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

“After you have exhausted what there is in business, politics, conviviality, love, and so on—have found that none of these finally satisfy, or permanently wear—what remains? Nature remains; to bring out from their torpid recesses, the affinities of a man or woman with the open air, the trees, fields, the changes of seasons—the sun by day and the stars of heaven by night.”— [Walt Whitman](#)

TWELVE STEPS and TWELVE TRADITIONS

Step Six

“Were entirely ready to have God remove all these defects of character.”

“THIS is the Step that separates the men from the boys.” So declares a well-loved clergyman who happens to be one of A.A.’s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—*without any reservations whatever*—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

