



Recovery Through the Steps
Unity Through the Traditions
Service Through the Concepts

Inside This Issue

Topic: Service Rewards

Table of Contents:

1. Area Delegate
2. Immediate Past Delegate
3. Area Chairperson,
Area Secretary
4. Public Outreach Coordinator,
Group Records Coordinator
5. Archives Coordinator, Alternate
Delegate
6. Treasurer's Report
7. Convention Coordinator,
Newsletter Editor
8. Around New York North,
Register early, save your Group
\$10!
9. WSO Forum Letter
10. Individual Contribution Form
from your bank to WSO
11. NYN Spring Assembly Call For
Raffle Baskets
12. Assembly/Convention
Registration Form
13. Contact Information
14. Subscription Form

Newsletter Editor: John O.

Proofreaders: Gwenne R.,
Connie D.

Northern Hi Lights

Al-Anon News from New York North Area Area Delegate, Panel 55

Hello NYN,

WOW!!! It seems like a long time ago that I wrote an article for *Northern Hi-Lights* and I don't know where the time went. Along with the holidays and personal family issues, I had a hard time keeping my head above water. I am so grateful that I was able to talk to people from my home group, and to my Higher Power, to get through it. I just wanted to share this with you so that you will be encouraged to "Keep coming back" to see the miracles happen,

Here is some information I would like to share:

- The 65th Anniversary Celebration of Al-Anon will be held Saturday, April 16, 2016 at the Wyndham Virginia Beach Oceanfront Hotel. An open house at the World Service Office will be held that afternoon. To register and learn more about the event, refer to the January issue of the *FORUM*. This is a ticketed event, and there is limited seating, so get your registration in now!!!!!! Hope to see some of you there.
(*Delegate* continued on page 2)

Mission Statement

Northern Hi Lights is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com
When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your *2014 Service Manual*). **Announcements should be submitted at least 6 weeks before event.**

Subscriptions: Suggested donation of \$10/year when possible (see back page):
All Al-Anon members are encouraged to subscribe (**electronically if possible**) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

(Delegate continued from page 1)

- The new *AFG Connects* is up and running, and most officers, coordinators and district representatives receive it. (Some positions do not get it because WSO has made a decision not to include everyone.) It is not available to the general membership, or group representatives.
- Groups registered should have received the December and January *Group E-News*. If you haven't received it, perhaps you haven't updated your information with Group Records. It also can be viewed on the Al-anon members site at www.al-anon/members/groups/group-resources/item
- "Social Media Guidelines for Area and General Service Offices" has been updated on the the Al-Anon webpage. Please look at them.
- I submitted a bid, In September of 2015, for NYN be considered as a place to hold the "WSO Meet the Board" event. We weren't chosen, and it will be held in Arkansas. We can submit a bid for 2017 if we choose, and we will discuss it at the AWSC.
- I am preparing my documents for NERD (Northeast Regional Delegates Conference) in March, and for the World Service Conference in April. I will forward any information on to district representatives when I need their input. If you are a new DR, please let me know, as I need to update my records, and make sure you are connected to WSO, *AFG Connects*, and NYN officers and coordinators can reach you.

Looking forward to a great 2016, with the help of my Higher Power, and the fellowship of New York North AFG. If you have any concerns or ideas, please contact me by email or phone.

Diane C.

Immediate Past Delegate

Dear NYN Friends,

I have been thinking about this month's theme, "Service Rewards" for a while now. I am a couple of days late in submitting my article as I have done more thinking than writing. The one thing that I kept thinking about is that I have gotten so much more back from my service experiences than I could ever give.

Needless to say, being Delegate for NYN and having been to the World Service Conference has been a big reward. It has been an awesome experience that will live with me forever. I'm sure if you talked to any other past Delegate they would say the same thing. After I was elected in 2011, I heard from many Delegates both current and past. They all had the same message; I was in for the ride of my life. How true those words were.

Being able to be part of the Al-Anon presence at the 2015 NY State Fair was another wonderful reward of service. In the Syracuse area we had talked about it for years. To finally see this happen was great. I look forward to NYN being there again this year.

For me, the best reward has been the people I have met and the friendships that have grown from my involvement in service. When I first began service above the group level it required me to travel a little. Going to Assemblies meant driving to different parts of NYN; it meant staying overnight and meals at the hotel and sometimes on the drive. This meant people to drive and room with, people to share a meal with. Through this process I have developed some great friendships. The women that I spent years rooming with continue to be my good friends. This has been a gift of Al-Anon, since I first walked into the rooms.

Gratefully in Service,

Ruth S.

Area Chairperson

Happy New Year NYN!

Not much is happening in the chairperson's position lately. I am getting ready to schedule the small breakout meetings to be held before and after the AWSC meeting on Saturday, April 2, 2016. I will be calling those people chairing these meetings on Insurance, Members Involved in Service Who are Unable to Effectively Fulfill the Responsibilities of the Position, Web design, Expanding Our Vision of AWSC, and Finance.

Regarding our topic of service rewards, I have been involved in service for as long as I have been in Al-Anon. Because I am a solitary person, I have found that right from the start, service involvement has given me a social life. From attending district meetings to becoming NYN Area Chairperson, I have met so many interesting and fun people whom I can call my friends that I might not otherwise have met. Another reward is that being involved in service fast-tracked my understanding of the Steps, Traditions, and Concepts. I felt that in order to carry out my service positions, I needed to use and understand our Legacies. Another benefit is that in going to meetings outside of my regular group, I have had the opportunity to hear additional experience, strength and hope from members in other groups and communities. **As a result of all these benefits, I have recovered to the point of becoming more aware of others, more tolerant of differences, more self-confident, and less self-centered.**

I'm looking forward to our next AWSC meeting and the Spring Convention in May. Time to register for recovery and service!

Susan A.

Area Secretary

Hello NYN,

Service Rewards: Service has helped my recovery in so many ways. If I hadn't gotten active in service, I'm not sure I would still be going to meetings. My first service position was group treasurer and that responsibility gave me the reason to attend the meeting, to make sure

someone was there to count the money and keep it in a safe place. Next came Group Rep, and I felt I needed to attend the meeting just in case something came up for the GR to attend to. It may have been to make an announcement that came in the newsletter, or providing information from the AIS. As GR I started to attend AIS and then the Area events.

My recovery really started to soar when I began to attend area assemblies. My first experience at assembly was scary, but I kept going back because I liked what I saw. The people there had something I wanted. They seemed happy and productive, even though most were living with active alcoholism.

The following words come to mind when I think of service rewards: opportunity, chance, knowledge – based decisions, confidence, leadership, participation, Erie Canal, “presume goodwill,” “principles above personalities,” “participation is the key to harmony,” “mutual respect,” “unity,” “keep an open mind,” “listen and learn,” and friendship. I had the opportunity to grow in my program when I became active in service. I've had a chance to develop skills, gain confidence, learn about leadership, and keep an open mind while staying focused, and able to listen. For me, service has been a safe place to practice what I have learned in an environment that isn't critical and judgmental. One of the biggest rewards service has offered me is the ability to agree to disagree, and still remain on good terms. To be able to have a difference of opinion during a meeting, and then share a meal together afterwards, that's a true reward.

Another reward has to do with the concept of knowledge-based decision-making and the importance of understanding something fully before making choices and decisions. I have learned that a decision doesn't have to be made immediately; I can take my time, so I understand everything involved. Sometimes, making no decision is a decision in itself.

A deeper study and use of the Steps, Traditions, and Concepts has also been a reward, and has helped strengthen my understanding of the Al-Anon program, of myself, and others.

I like to say I have friends all along the Erie Canal, from Albany to Buffalo. I have met the most wonderful people and have had the chance to watch them grow in service as well. What a true reward.
Together We Can Make It.

Pam A.

Public Outreach Coordinator

Happy New Year Everyone,

Our topic for the beginning of this New Year is “service rewards.” There have been many “rewards” in my years in Al-Anon, but I will concentrate on my first year as Public Outreach Coordinator for NYN. Love and joy are the rewards that keep coming through for me. Meeting new people in Al-Anon, like I did at the NY State Fair, and experiencing their love of the program and their willingness to reach out to others is a joy. Receiving a message recently that one of our PSA’s was shown on a Syracuse TV station makes me think happily of Linda O. and her hard work in getting the stations to air these PSA’s. Talking with people on the phone that I have never met and sharing our personal stories while working on public outreach brings me a greater appreciation of the importance of others. When people step forward to outreach positions in the Districts or in the AIS’s, I feel excitement and promise. And so, I look forward to more of this in the New Year!

- A final reminder that February 3rd, 2016 is the final date to order “*Al-Anon Faces Alcoholism*” 2016, (AFA’s). Orders will be shipped by AFG, Inc. before April 1st, 2016.
- March 4th is Lois W.’s birthday. We can celebrate our co-founder by remembering to “forget” as we leave copies of *Al-Anon Faces Alcoholism*, or any other piece of public information, at medical facilities, professionals’ offices, break rooms, waiting rooms, and other public places.
- April is “Alcohol Awareness” month. I know it seems far away but if we start talking and

planning now we will be better prepared. Last year many of us worked in our communities with the libraries and set up a display using our Al-Anon literature and our outreach materials.

- In our December 2015 *Forum* magazine, Claire R., Associate Director of Communications—Professionals, has written another article on Anonymity. It is on pages 16, 17 and 18. This article has to do with using this principle of anonymity outside of Al-Anon.
- *e-News for Professionals* is an electronic newsletter that has returned to a monthly publications schedule, after having been dormant for most of the previous year. If you go to the WSO’s website, you can click on “For Professionals” and scroll down to the bottom of the page. The December 2015 issue is about raising children in homes with an alcoholic parent. This newsletter, which can be subscribed to, informs professionals about current activities that may be of interest.

Thanks to all in NYN that have given so freely of their time and effort to help carry the message of Al-Anon. Keep in touch.

Together We Can Make a Difference

Pat H.

Group Records Coordinator

Hello NYN,

There really isn’t much to report, but if you are having problems with your group mail, email or receipt of *Northern Hi Lights*, please let me know, and we can investigate, and remedy the problem. You get to be an investigator in this position, so if

that is up your alley, consider this position when the next election assembly rolls around.

Our topic this month is "Service Rewards." For me, it has been the courage I have gained to try new things and to stretch my comfort zone. When I first started in service, I knew I was capable, but the fear of failure prevented me from trying. Once I started doing service, I learned I did not have to do it perfectly, but just to try my best. In the program, I was able to ask questions of those who had done it before. As I grew in confidence, I started to get involved in things outside of the rooms. My first such experience was taking a literature class from a retired English professor. When I first met her, I was scared to death by her demeanor. By participating in the class, I learned about her and myself, and literature besides. I have come to love the written word, and especially when it comes from the heart, and has no pretense or judgement. Love in Service,

Lynda S.

Archives Coordinator

Happy New Year!!!!!!

The archives have grown another year older. I'm still thinking about what I can do for the Spring 2016 Convention/Assembly in May in Albany, working on getting my creative juices flowing.

I don't know where to begin on "Service Rewards." Service has been a cornerstone of my recovery from very early on. In the beginning, I took a service position to keep coming back. I also learned I don't get to just do it my way. My first service position was group secretary, and I wanted to replace the notebook we were using with a binder. I planned on just going out and buying one, but was reminded if we needed a binder, everyone gets to have a voice, especially the minority opinion. I moved on to many other service positions, and have learned to practice these principles in all our affairs. Also, in service I learned to place principles above personalities. Service broadens my fellowship circle, and helps me to not

isolate. Along with the Steps and sponsorship, service has been incredibly important to my recovery.

Yours in Service,

Kevin M.

Alternate Delegate

Dear NYN,

The holidays are a busy a time for people and thus, I have not welcomed any new groups since the last *Northern Hi Lights* issue in December, 2015.

One of the primary spiritual truths is that 'Giving Is Receiving.' There is a difference between knowing this in our heads and feeling this in our hearts, however. For me, the opportunity to experience "Service Rewards" is what makes AI-Anon the powerful recovery program it is.

Service can be as simple as greeting a newcomer, making coffee, or chairing a meeting, as well as taking on a position at the Group, Area, or Worldwide level of AI-Anon. Simply being willing to give of ourselves is what opens us to experience the rewards.

Personally, I have seen my fear of public speaking pretty much disappear as I have said YES to opportunities in AI-Anon to get up in front of the microphone. For example, I have shared my story at meetings when asked and been a speaker for our Group's Anniversary Celebration, and I have given reports at the Area level business meetings. The first time I got up to speak before a large group in AI-Anon, I broke into tears because I was overwhelmed that so many people wanted to hear what I had to say.

However, your hugs afterwards gave me the love and encouragement I needed to keep trying. Recently, I even had the courage to join a storytelling group (telling personal stories on stage without any notes) - a very rewarding experience for someone like me, who never felt that I had a voice!

Thank you John for this topic, and reminder that service is a gift to myself.

Gwenne R.

Treasurer's Report

The only expense was the printing and mailing of the Newsletter for two months in the amount of \$86.00 since the last report.

Greetings to NYN Family Members!

Here is hoping that 2016 brings each one of you peace, contentment, serenity, and lots of recovery in the New Year!!

Since the December Newsletter, the following donations have been received:

Group Name	Gr #	Amt
Friday	9828	30.00
Prog Not Perf	30606210	20.00
Acceptance AAC	503803	50.00
Tues Courage	48141	15.00
Tues AM AAC	31686	25.00
District 24	n/a	50.00
Buff Wed Lunch	9636	10.00
District 12	n/a	200.00
F'ville Tues Nite	9742	25.00
District 3	n/a	173.56
Work in Progress	43410	100.00
Westenders	UNK	18.00
Chittenango Mon	9677	10.00
UNK	10296	50.00
UNK	9612	15.00
New Beginnings	39872	70.00
Cortland Thurs	9696	40.00
Keep It Simple	66096	150.00
Q'bury Tues Nite	9765	50.00
Evening Serenity	9676	15.00
Friday AM	9710	25.00
Henrietta	UNK	50.00
Healing Circle	UNK	75.00
Cour to Change	63806	25.00
Homer	40863	180.00
Sun Nite Parents	UNK	90.00
Spirit'l Awakening	27134	25.00
District 29	n/a	100.00
Beginning Today	UNK	40.00

Current Balances

Checking Acct	\$12,036.50
Reserve Acct	\$ 8,822.90
Sage Ruddy MutFd	\$ 2,700.26

Thank you ALL for your faithful contributions to OUR Area!! Another gentle reminder to include your Group # AND your Group's registered name when you submit a donation. Thank you!!

This month's topic is "Service Rewards." I cannot begin to tell you how gratifying it is for me to be involved in service....first at the group level, then at the district level, and now at the area level. Fear accompanied my first service position as group treasurer. But~~really~~I had nothing to dread or fear!! You see, I did NOT have to figure it out for myself....the person who performed the task before me was right there to help and answer any questions I had. I just had to become humble enough to ASK for the help I needed. The working relationship with my mentor was a bond that I had not known in my life before this. Same with all of the other service positions I have held. My most recent service is this position of Area Treasurer!! The prior treasurer has been an absolutely TREMENDOUS help to me (thanks, Pam!! Love you!!), as well as having an amazing working relationship with the Finance Committee!! These service positions have turned my fear into faith, given me a new humility to ask for help, and love and confidence that I am never alone in performing ANY of my service tasks!! Thank you for giving me the opportunity to serve!! Which is actually an opportunity to grow in my recovery!!

With Hugs & MUCH Gratitude,

Linda A.

There were TWO paid subscriptions for the *Northern Hi Lights* during the above time.

Convention Coordinator

I could start with stories of the past two months, but I have learned in Al-Anon that though my story is different than yours, actually our stories are all the same.... and the solution is simple. Not always easy, but simple. (Actually, I hope all your holidays were filled with joy!)

So I'll talk about Assemblies & Conventions.

Surely your calendar is marked in ink:

May 13-15, 2016 NYN AFG Spring

Assembly/Convention

"Gifts of Recovery: Using the Tools of the Program"

Host Districts 7 & 8 have been planning & working very hard for you.

Plan to be at The Desmond, Albany NY

Registration form is in this issue.

Save \$10 if you register early!

And my sponsor said "Always go with a full car!"

Sorry. Host Districts for future Assemblies & Conventions are taken through Fall 2017.

Fall 2016, Spring 2017 and Fall 2017 hosts are already busy making plans that we all will surely enjoy. But your District may step up and say, "We'll take Spring 2018!" Don't panic. There's lots of help available, and a great start is to look at the nynafg.com web site:

Area Information; Policies and Guidelines:

Conventions & Assemblies Guidelines. Questions?-

Give me a call. And don't forget to put May 13-15 **in ink** on your calendar and send in registration.

Okay. What can I say about *Service Rewards*?

Usually I am looking for the rewards in life.... But way back when I walked into an Al-Anon room I certainly was not looking for service, much less rewards. What I wanted was absolute solutions for the pain, fear, and sadness in my life. But what I got from that first week was, "Nancy, we'll pick you up. We're going to..." or "Nancy, we need....we know you can do this." And then there was, "Nancy, don't forget to register for...." Didn't understand it for a long time, but fact is "When I Got Busy, I Got Better!"

Yup. It Works if you Work It!!

Nancy H.

Newsletter Editor

Hello NYN,

After reading the articles submitted on "Service Rewards," I want to contact all the Group Reps, so they can promote service by reading the articles at their meetings.

I can't imagine my recovery in Al-Anon if I hadn't been told, "This meeting needs a GR, and I think you'd be a good one." Thank you, Alice S.

When the Chairperson of AIS Rochester read the opening statement at AIS meetings, I heard "Service is one-third of Recovery." For me, it was more like two-thirds.

Al-Anon gave me the 'Courage to Change,' and I did it by taking little (but not for me) risks, over the years in Al-Anon.

About eight months after becoming a GR, Alice S., now also Chairperson of AIS, announced AIS needed an Alateen Chairperson. No one else stepped up, so I did. I was overwhelmed with emotion. That has happened a number of times since, including at NYN Assemblies, when I volunteered to be Web Coordinator, and then Newsletter Editor.

Sadly, there has never been a rival for any position I desired. The good side of that is that opportunities are there for anyone who wants to grow through service.

It never occurred to me that through service in Al-Anon, I would make many good friends, and even meet my wife-to-be. She was an Alateen Sponsor, and the first to call when I became AIS Rochester Alateen Chairperson.

John O.

Article Deadline

for March 2016 *Northern Hi Lights*
is February 15, 2016.

The topic is "Hugs and Acceptance"

SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order. DO NOT SEND CASH!! Make payable to :

NYN Area Assembly, PO Box 398, Morrisonville, NY 12962

Add Group's registered name and Group's ID Number (Very Important)

Register Early For The Spring Assembly Convention

Save your group \$10 from the discount on registration and banquet!

Around New York North

District 5 will be hosting a Day of Fun & Fellowship on Saturday, April 16, 2016 in Plattsburgh.

Theme: "It's All About the Steps." We invite you to join us experiencing the wealth of information wrapped up in the AI-Anon steps. 8:30 – 9:15 we begin with registration and socializing, followed by a workshop, a speaker, lunch (\$6.00 donation covers lunch), another workshop, pass the basket donations, 50/50 and basket raffles, followed by a closing activity at approximately 2:45. Join us for the whole day or part of the day. Reservations are NOT necessary. For more information, contact Crystal at 518-578-0702, or crystalmeister31@yahoo.com

We would love to have you join us.

District 2 will also have a Day of Sharing on April 16th, from 10AM to 2PM, at Gates Presbyterian Church, Wegman Road, Rochester. Details to follow.

The 36th Annual Tureen Supper, a fundraiser for Rochester AIS, will be held Sunday, March 13th, from Noon to 4PM at Guardian Angels Church in Henrietta.

Up North in the Toronto Ontario area, the AI-Anon Alateen Trillium weekend will take place from May 6th to 8th. The theme is; "The Family Disease of Alcoholism." You can pay your registration fee (\$35 Cdn.) with a cheque or Paypal!

"Nitty Gritty East AFG" meets Wednesday at 5:30 PM at St Paul's Episcopal Cathedral, 310 Montgomery Street in Syracuse. Come early for guaranteed entrance.

The Rochester-wide Alateen Group Conscience will be February 20th. All are welcome, teens especially. We'll start at 1:00 p.m. This meeting will immediately follow the Simple Beginnings AI-Anon meeting (11:30-12:30). Location: Transfiguration Lutheran Church, 3760 Culver Road, Irondequoit, NY 14622

One agenda topic will be that we will have AMIAS (Alateen Member In Alateen Service) forms available for you to become an AMIAS. Any active AI-Anon member or Dual AA/AI-Anon member can become an AMIAS. It's easy! We'll have all the materials you'll need to start the process to become an AMIAS. Hey, you never know when a teen will show up at your meeting. As an AMIAS, you can have an impromptu "breakaway" Alateen meeting just for the teen.

Please keep Alateen Rochester in your prayers for successful rekindling of Rochester Alateen? We know there are teens who can benefit from our AI-Anon-Alateen 12 Step program.

Let's get the word out to all Rochester AA and AI-Anon members that Alateen is here for their teens, and their friends' teens.



Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers

phone: 757.563.1600
fax: 757.563.1656

al-anon.org
wso@al-anon.org

Dear Al-Anon and Alateen group members,

For several years, your group has received a free copy of *The Forum*. This service provided by the World Service Office costs over \$100,000 a year. Due to decreased literature sales and increased costs, your Finance Committee has decided to discontinue sending free copies with the March 2016 issue for a one-year trial. The Committee has a fiscal responsibility to keep a watchful eye on Al-Anon's expenditures and make adjustments when necessary. Budget constraints make this decision necessary.

We are *not* discontinuing the magazine – only the distribution of the free monthly copies to the English-speaking groups. You can continue to read *The Forum* with a paid group subscription. Also, individual members can subscribe electronically for \$1.49 per issue and access the magazine by smart phone or other device. Al-Anon's monthly magazine contains meaningful sharings of experience, strength, and hope from members around the world. Don't miss out!

We are sorry for the necessity of discontinuing free copies, but hope your group has appreciated receiving *The Forum*.

In grateful service,

Jennie M., Treasurer, Al-Anon Family Groups, Inc.,
WSO Finance Committee Chairperson
Al-Anon Family Group Headquarters, Inc.,
1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617
al-anon.org

wso@al-anon.org

Individual contribution form from your bank to WSO

Instructions: Print this page, fill in completely, and mail to: AFG, Inc., Attention: Director of Business Services, 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454-5617

The banks require a signature on file so, please do not e-mail your information.

This form is for members in the US. Click here if you are looking for the Contribution form for Canada.

AUTHORIZATION AGREEMENT FOR PREAUTHORIZED CONTRIBUTIONS FROM YOUR CHECKING ACCOUNT

TO: AFG, INC.
FEDERAL TAX ID # 13-5636290

I(We) hereby authorize AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454-5617 to initiate a DEBIT entry to my(our) checking account indicated below on a monthly basis in the amount of \$ _____.

INFORMATION ABOUT YOUR BANK*

NAME OF YOUR BANK _____

BRANCH _____

CITY _____ STATE _____ ZIP _____ ACH ROUTING

_____ ACCOUNT# _____

*If possible please attach a voided check to confirm the information you are submitting.

This authorization is to remain in full force and effect until AFG, Inc. has received written notification from me (or either of us) of its termination in such a time and manner to afford AFG, Inc. and the bank a reasonable opportunity to act on it.

YOUR NAME(S) _____

YOUR SIGNATURE(S) _____ DATE _____

TO INSURE PROPER RECORDING, PLEASE INCLUDE THE FOLLOWING

YOUR AFG IDENTIFICATION # (if available) _____

YOUR TELEPHONE # (_____) _____

If you have any questions or require assistance please call us at 757-563-1600. Our Customer Service department will be pleased to assist you.

Call for Raffle Baskets

**Gifts of Recovery:
using
the Tools
of the Program**



AFG New York North www.nynafg.com

**2016 Spring Convention & Assembly
Friday, May 13 - Sunday, May 15, 2016
at The Desmond, Albany, NY**

The 2016 Spring Convention & Assembly is coming up. One of the fundraisers at the Convention/Assembly is the basket raffle. We need your groups help.

Please bring a basket to Convention/Assembly to include in the raffle. We welcome baskets of all kinds, large and small, recovery themes, Spring themes, chocolate. Put your head together and see what you can come up with.

The Raffle committee may be contacting GRs with a phone or email as a reminder.

For more information contact the convention chairpersons--

Kevin by email: NYN_2016_Spring@outlook.com or Bob C by phone: 518 258 9517

Hosted by Districts 7 and 8

The Desmond, 660 Albany Shaker Rd, Albany, NY <http://www.desmondhotelsalbany.com/>

Room Rate: \$124.26 (\$109 per night + 14% tax rate subject to change)

Check-in: 4pm, Check-out: Noon

Directions:

- *From the North: I-87 South to Exit 4, left at first traffic light, right at second traffic light onto Albany Shaker Rd, The Desmond is on the left.
- *From the South: I-87 North to Exit 24, continue on I-87 North (Adirondack Northway) to Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- *From the West: I-90 East to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- *From the East: I-90 West to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.

Reserve your room directly with the Desmond using either of the following methods:

Telephone: 518-869-8100 or 800-448-3500

Please reference "2016 AFG Convention" when making your reservation, and be sure to notify the hotel of any special needs you may have.

Online: <http://bookings.ihotelier.com/bookings.jsp?GroupID=1426780&hotelID=12446>

ROOM RESERVATION DEADLINE: April 26, 2016

NYNAFG 2016 Spring Assembly Registration Form
Advanced Registrations MUST be received by April 15, 2016

Please complete a separate registration form for each person attending. Mail completed form with payment to:

AFG District 8, PO Box 14313, Albany, NY 12212-4313

Name: _____

Address: _____

City, State, Zip: _____

Phone Number (with area code): _____

Email: _____

Are you a: New GR New DR

New member of Al-Anon/Alateen (<1 year in program)

*Alateens must have adult supervision, notarized parental permission slips, and medical release forms

Registration fees: On or before After
 04/15/16 04/15/16

- Al-Anon \$15 \$20
- Alateen* \$12 \$12
- AA \$15 \$20
- Buffet Banquet \$32 \$37

Donations:

Hospitality Room \$ _____

Total Enclosed: \$ _____

Make checks payable to NYN Spring 2016 Convention

Unless this is a personal subscription, this copy belongs to your group. Please share it with them, and make each issue available at your meeting. To insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Diane C. delegate@nynafg.com	<u>Alternate Delegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed.Past Delegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> SusanA. hairperson@nynafg.com
<u>Treasurer</u> Linda A. treasurer@nynafg.com	<u>Alateen</u> Walt S. alateen@nynafg.com	<u>Secretary</u> Pam A. secretary@nynafg.com	<u>Convention</u> Nancy H. convention@nynafg.com
<u>Group Records</u> Lynda S. records@nynafg.com	<u>Literature</u> Cindy C. lit@nynafg.com	<u>NYNAC</u> Bridget C. nynac@nynafg.com	<u>Public Outreach</u> Pat H. po@nynafg.com
<u>Presentation</u> Sarah R. presentation@nynafg.com	<u>Web Coordinator</u> Molly C. web@nynafg.com	<u>Newsletter</u> John O. newsletter@nynafg.com	<u>Spanish Contact</u> Cira B. Spanish@nynafg.com
<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R.	<u>Panel 46 Past Delegate</u> Robert M. C.	<u>Panel 43 Past Delegate</u> Connie D.
<u>Panel 40 Past Delegate</u> Anne F. <u>Panel 16&19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<u>Panel 37 Past Delegate</u> LaVaughn R. <u>Panel 34 Past Delegate</u> Sherry B.	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased) <u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. <u>Panel 4 Past Delegate</u> Helen S.

PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP



Northern HiLights Subscription Form

While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting,

a donation of \$10 per year is suggested, when possible, to help the Area pay for production costs.

Make checks payable and mail to: NYN Area Assembly, PO Box 398, Morrisonville, NY 12962

All AI-Anon members are encouraged to subscribe to the *Northern HiLights* electronically; just e-mail your request with your name to: records@nynafg.com

If you need a hard copy, please check type of subscription: () group or () individual; () renewal or () new

Name _____

Title (GR, Sponsor, Individual, DR, etc.) _____ E-Mail Address _____

Address _____ Phone () _____

City _____ State _____ Zip _____

If Group Subscription, Group Name _____

WSO# _____ District# _____ If sent to address other than above, please include that name and

address, WSO#, in writing on another piece of paper. Mail address changes and updates to: Group Records, 68

Boulderwood Drive, Queensbury, NY 12804, or Email: records@nynafg.com

NYN Area Assembly
Northern Hi Lights
68 Boulderwood Drive
Queensbury, NY