

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

Northern Hi Lights

Al-Anon News from New York North Area

Thoughts From Our Area Chair:

Did you know that March 4th is Lois W.'s birthday? Take the time to honor Lois by "Marching Forth" and leaving a piece of literature in a public place for someone to find. It could lead someone to their first Al-Anon meeting.

I can't wait for spring to get here. I'm excited about going to Niagara Falls. Before our Spring Convention/Assembly, our Area World Service Committee (AWSC) will meet with the primary purpose of setting the

agenda for the Spring Assembly. The AWSC consists of the New York North (NYN) Officers and Coordinators, District Representatives, NYN past Delegates and Area Information Service (AIS) liaisons; however, all Al-Anon members are welcome to attend. The AWSC meeting will be held on April 5th. Additional information regarding the location and time can be found on the website, or look for the flyer in this issue of the *Northern Hi-Lights*.

Did you also know that April is Alcoholism Awareness month? It's not too late for your group or district or even you as an individual to plan a Public Outreach project to bring awareness of the help available for the families and friends of problems drinkers and the understanding and support that can be found at Al-Anon meetings.

Area Chair continued on next page...

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Northern Hi Lights is the monthly service publication of the New York North AFG Assembly Area. It is intended to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels in between Assemblies. It will not contain poetry or personal recovery stories. 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 and Information Services will be included as space allows. *Announcements should be submitted at least 6 weeks before Event.* **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

Email submissions by the 15th of the month prior, to: newsletter@nynafg.com

Groups are requested to pay for a subscription at \$7.50 per year. A copy is sent to the Group Representative of each group on record with the Group Records Coordinator unless we have specific instructions about a Group Mailing Address. The address label is on the back page.

For more information visit the following websites:

New York North: www.nynafg.com
WSO: www.al-anon.alateen.org

I invite you to visit the WSO website @ www.al-anon.alateen.org to find more information on Public Outreach. Both the public site and the members' site includes information on Public Outreach. The Members' site has been revamped and is designed to be more user friendly. It's categorized by sections that drop-down to provide more information on the following:

Individuals - Groups - Service Structure - WSO - Public Outreach - Alateen.

The home page of the Members site features Al-Anon's new workbook: *Reaching for Personal Freedom - Living the Legacies, The 2014-2017 Al-Anon/Alateen Service Manual* and the *Alateen Service e-manual*. You can access the Members' site as follows: www.al-anon.alateen.org then click on the tab labeled: **Member?** This message will appear: **Are you looking for the Members' site?** Click on the **yes** box and a screen will appear stating: **You have reached the Al-Anon/Alateen Member site.** This is a password protected site for Al-Anon and Alateen members. Please enter the name of your home group followed by "afg" in the password box.

This month our topic is, "**Asking for Help.**" Al-Anon service has helped my recovery soar. Before I became active in service, I thought that asking for help with anything was a sign of weakness. Today I can say that asking for help is strength. It means I have grown so much and am comfortable with saying, "I don't know everything, I can't do it alone and I require help." I started out by asking my Higher Power for help and trusting in the outcome. Having that faith in my Higher Power gave me the courage to ask for help from others. Many times over my term as NYN Chairman I have had to ask for help from other members. Guess what? The response was overwhelming. We worked together and resolved the issue at hand. All I had to do was reach-out and ask and they were there to help. This newfound trust in others is starting to take shape in all of my affairs.

In my last article, I wrote about the need to finalize discussions relevant to the *NYN Alateen Requirements & Guidelines* and get the final updates placed into policy. I feel this topic warrants being repeated, so all voting members of the NYN Area Assembly have full knowledge of the proposed changes and updates and our discussion can occur at the Spring Assembly.

If you remember, our presentation last spring was centered around, "Reaching an Informed Group Conscience Using Knowledge-Based Decision Making (KBDM)."

The four basic elements of KBDM are:

- Open communication between leadership and membership
- All decision makers have common access to full information
- Dialogue before deliberation
- We exist in a culture of trust.

The committee has worked on the *NYN Alateen Requirements and Guidelines* updates and provided the information regarding the proposed changes. Now it's time for the Assembly members to review and be ready for discussion. The proposed updates can be found on the website at: <http://www.nynafg.com/pdf/2013/0921-alateenGuid.pdf>

Please begin discussions at the group and district level relevant to the proposed *NYN Alateen Requirements & Guidelines*. Use your links of service: contact your District Rep (DR) who can reach out to the AWSC or the NYN Alateen Coordinator to answer your questions and express your thoughts and concerns, or contact the NYN Alateen Coordinator directly. You can feel free to reach out directly to me, and I will get the answers to your questions, relay your concerns, etc. to the committee.

As an Area, we need to talk to each other and reason things out while having mutual respect for one another. We can achieve this by bringing the Higher Power into the discussions, by placing principles above personalities, by looking to the Traditions for the answers and by keeping these 3 points in mind:

**Is it accurate? Does it provide clarity?
Can we live with it?**

Let's ask ourselves these questions as we put the updated *NYN Alateen Requirements & Guidelines* into place to protect the Alateen members, Alateen groups sponsors and AMIAS's, as well as NYN and Alateen as a whole.

Together We Can Make It,

Pam A.

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 &
the Group's ID Number (Very Important)

Area Delegate, Panel 52:

Dear NYN Friends,

I'm going to take this month's article to update you on a few things. If I'm not too wordy, I'll also share a little on this month's theme, "Asking for help."

First, I want to let you know that the new *2014-2017 Al-Anon/Alateen Service Manuals* are in the mail. Each registered group will receive a free copy of the *Service Manual*. It will be sent to your Certified Mailing Address (CMA). Each group will also receive a copy of "Groups at Work." These will be mailed with the March issue of *The Forum*, also to the group's CMA.

Second, the revision of the Members' Website has been completed. The member's website is www.al-anon.org/members. As in the past, the password is the name of your group followed by afg. The new look is great and should be easier to navigate. If you haven't visited the members' website yet, please take a minute and do so. There is a lot of great information available to you.

My third item is the **World Service Conference**. It is coming soon. I have been receiving a lot of mail from the World Service Office (WSO) about this year's Conference to be held **April 25th – April 29th**, at the Wyndham Virginia Beach Oceanfront in Virginia Beach, Virginia. **This year's theme is "World Service Conference: Our Spiritual Principles in Action."** I have made my flight reservations and am doing a lot of reading to prepare for this year's Conference. As this is my final Conference as New York North (NYN) Delegate, I also had to write my 3-minute talk and submit it to the WSO. I am so glad that task is done; now I'll just have to present it sometime during the Conference.

As this month's theme is "asking for help," I am going to do so now. I have told you before how much the cards you mail mean to me while I am at Conference. The warm thoughts and love you send are a real gift.

I am asking if you, your group and your district will remember me while I am at the Conference and send me a card. I am also asking for "**Love**" gifts. These are just small tokens that will be shared with the other Delegates during Conference in the Hospitality Room. They can be favors left from your group or district's Day of Sharing, a workshop or Anniversary Celebration. They can be something your group or district decides to make now to send as a "love" gift. I have some favors from the 2013 Spring Assembly/Convention and the 2013 Fall Assembly now. I am hoping you will hear me asking for help and send your "love" gifts.

When mailing to me at the World Service Conference please use the following address:

My Name (Hold for WSC April 25-29, 2014)
Wyndham Virginia Beach Oceanfront
5700 Atlantic Avenue
Virginia Beach, Virginia 23451.

While the hotel will hold mail that comes before the Conference, they will not begin to do so until April 21st. Please time your mailing accordingly. To be on the safe side, use my home address in the return address field so that if it arrives late I will still receive it. You can find my address on the last page of the *Northern Hi Lights*.

Well, I see I have gone on to page 2 of my document. That means I have gotten wordy and need to stop.

Gratefully in Service,

Ruth S.

Deadline for submissions to the April 2014 issue of NHL is
 March 15, 2014
 Topic: "Fully Self Supporting"

Alateen Coordinator:

There is a section in the new *Service Manual* entitled, "Alateen Policy" which starts on page 87 and continues on to page 94. But more importantly, on the new, updated members' website www.al-anon.alateen.org/members there is an *Alateen Service e-manual* that can answer many of your questions if you are thinking about starting an Alateen group. Included are some of the concerns and other helpful ideas from the World Service Office (WSO). Just remember that each area has their own requirements and guidelines. Speaking of which, our New York North (NYN) Area revised *Alateen Guidelines and Requirements* are on the New York North website under newsflash. The black lettering is the original wording, red lettering is removed text and green lettering is the revised or reworded text as needed.

Please print these off so you can review them with your district, groups, and yourself as we will be addressing these at the Assembly this spring. Now is the time to bring up things that you are unclear about, or ask questions or otherwise familiarize yourself with the proposed revision. Let's talk things over and reason things out together to keep Alateen a safe place for our Alateen Group Sponsors and our Alateens. We need to send WSO a copy of our requirements this year, as they have requested us to do so.

On Topic: "Asking for Help." The first step through the doors of Al-Anon was my very first attempt at asking for help. I did not realize it at the time; I just had not had any success with any of my other attempts to deal with the disease of alcoholism. When I had been in Al-Anon for awhile, I realized that I needed to get a sponsor, which entailed humbling myself enough to reach out and ask. ***The best lesson for me of asking for help has been being involved in service to Al-Anon.*** There were things I did not know how to do, or needed a better way to accomplish what I was attempting to do; the old ways didn't work so well anymore. Learning that other people had done these jobs before and were available to help me find my path through new territory, was both humbling and joyful. Because I had to ask for help, the realization dawned that we never have to do these things alone, as long as we ask.

Love in service,

Lynda S.

KEEPING ALATEENS SAFE

Our New York North (NYN) Area revised ***Alateen Guidelines and Requirements*** are on the New York North website under newsflash. The black lettering is the original wording, red lettering is removed text and green lettering is the revised or reworded text as needed.

Please print these off so you can review them with your district, groups, and yourself as we will be addressing these at the Assembly this spring.

On the new, updated members' website www.al-anon.alateen.org/members there is an *Alateen Service e-manual* that can answer many of your questions if you are thinking about starting an Alateen group.

NYN Calendar of Events

Please check website for more information
@ www.nynafg.org

March 4, 2014 Lois W.'s Birthday. "March Forth" and leave some Al-Anon literature in a public place.

April 5, 2014 District #3 Annual Day of Sharing
9:30 am - 3:00 pm N. Syracuse, NY 13212

April 5, 2014 District #10 Day of Sharing 9:30 am - 3:00 pm Dryden, NY 13053

April 21, 2014 Day to begin sending LOVE GIFTS to our Delegate at the World Service Conference

May 3, 2014 District #5 Day of Fun & Fellowship
9:00 am - 3:00 pm Plattsburgh, NY

May 16 - 18, 2014 NYN AFG Spring Assembly and Convention, Niagara Falls, NY

Area Treasurer:

Hello NYN Family,

The support of the Area by the groups and districts is truly amazing! Your donations are greatly appreciated, and I would like to acknowledge

Donations received since the last newsletter through Jan 31, 2014:

Cortland 12 & 12 #65730	\$100.00
Mon Night E Syr #30529340	\$ 15.00
Homer #40863	\$ 30.00
Leonard D, Individual	\$ 25.00
Wed Morn Step #9612	\$ 10.00
Bemus Pt Tues #30524821	\$ 45.00
This New Day AAC #33001	\$ 25.00
Dryden #503160	\$ 25.00
Chittenango #9677	\$ 7.00
District 10	\$100.00
Mon Cour to Chng #43327	\$ 20.00
Concord Fri Noon #62569	\$ 71.91
Syr Healing Circle #500370	\$ 75.00
Fairport Eastside #9722	\$ 30.00
Chittenango #9677	\$ 7.00
Beginning Today #60706	\$ 40.00
Canan Mon Noon #24271	\$ 30.00
Path to Serenity #30734	\$150.00
Springville Fri Night #67287	\$ 10.00
Ithaca Fri Morn #9828	\$ 45.00
Clifton Springs #9682	\$ 50.00
Small Steps #32360	\$ 40.00
Sunday Serenity #30517568	\$ 25.00
Serenity on Sat #64625	\$ 25.00
District 15	\$100.00
Serenity Circle #30521550	\$ 60.00
Montour Falls Sat AM #32895	\$ 59.48
There were also 8 subscriptions paid to <i>Northern Hi Lights</i> from Dec 15, 2013 -- Jan 31, 2014.	

Expenses paid Dec 15, 2013 -- Jan 31, 2014:

The Mailbox	\$153.40
Patricia H	\$148.75
Ruth S	\$300.00
Connie D	\$133.06

Balance as of January 31, 2014: \$7631.99

THANK YOU!

Don't forget to use the current mailing address of PO Box 398, Morrisonville NY 12962.

In Service,

Linda A.

Area Treasurer on Topic:

This month's topic is "Asking for Help." This is something I had a LOT of difficulty with when I first came into the rooms. It took me quite some time in the program to develop the courage to be able to even express myself, let alone ask for help.

The first time I gathered the courage to ask someone for help, I found that it was not nearly as frightening as I thought it would be. Nobody laughed at me. Nobody belittled me that I couldn't figure it out (or handle it) on my own. As scared as I was, having a program person on the other end of the phone or across the table from me definitely put me at ease. And, eventually, it became easier and easier to ASK. When people tell me to ask if there is anything they can do, now I do. I have much to thank the Al-Anon program for!

Linda A.

NYNAC Coordinator:

I got a chance to spend time with many of the Alateens and Sponsors when I attended the Salt City Mid-Winter Round-up in Syracuse. Our Host groups, FULTON, CAMILIUS AND LIVERPOOL are very excited about the 2014 New York North Alateen Conference (NYNAC). They have a theme picked out and are working on the artwork. I love that all three groups are working together.

I sent a down payment of \$500.00 dollars to Vander Kamp to secure our date in October. I really like Vander Kamp, and I hope we can continue to have our NYNAC conference there. When I was in Syracuse, I heard there were a few new meetings starting! GREAT! The numbers from last year at NYNAC were low, and this gives me hope that more will be attending in October. My greatest challenge these past two years has been covering the expenses needed to put on our NYNAC conference.

Many times during the Roundup convention, members of Al-Anon and Alateen spoke of the importance of getting Alateens to come to Alateen meetings, when either speaking or introducing someone from a panel. Please remember to "talk up" Alateen at your meetings and during District Meetings!

Love in Service,

Lynda C.

Web Coordinator:

Inquiries from our website have been fairly light since I started answering them last June. This job is about dealing with newcomers in a lot of pain, just as we all were once. It is very gratifying to deal with newcomers one-on-one, to be the first to greet them, and help ease them into the program.

One of these days, I will have to give up this post, but I'm not looking forward to it. On the other hand, I believe in rotation of service, and am glad for the opportunities that have helped me progress. When my term is up, I hope to pass it on, so others can also grow in this program.

I just did my first shift in the Area Information Service (AIS) office in a long time, and talked to a newcomer about the suitability of AI-Anon for her, the mother of an addict. I am not the gatekeeper. I am a "true believer" in this program, and can't think of a soul it wouldn't benefit.

This month's topic is "Asking For Help." When I arrived in AI-Anon, the idea of asking for help was out of the question. Just thinking about it would make me resentful, because I projected refusal. At work, it seemed dog-eat-dog, and asking would be a sign of weakness to be used against me. There were exceptions, a few friends I could ask. But, as I progressed in the program, there were more people I could ask, knowing they would help me. Learning to ask for help was part of the process of AI-Anon, like a layer of an onion to be peeled away.

I've learned that asking for help in AI-Anon can also benefit those who are asked, because it makes them feel important to the program, which they are. A general plea to the membership doesn't get much of a response, but one-on-one is both a compliment and harder to refuse. Just ask me.

John O.

Immediate Past Delegate:

As I think about this month's topic "asking for help," I come away with the conclusion that most of what I learn in the AI-Anon program is tied to "asking for help." When we reach the rooms of AI-Anon, we quickly learn that what we have been doing is not working and we are hopeful that you will give us the quick fix and we can get on with our lives. However, those of us who stay to get the complete answer quickly learn that it is not an overnight fix but rather, a life long journey of changing ourselves into the person we wish to be.

It's about learning to work a set of principles contained in the Twelve Steps, the Twelve Traditions and the Twelve Concepts. Whether we work these

Steps, Traditions and Concepts vertically or horizontally; the principles embodied here are reminding us of a dependence on a Higher Power and the help of other AI-Anon members if we are to have a successful recovery. My first clue that I need to "ask for help."

As I looked at our AI-Anon literature, I was struck by the number of readings on this very topic in *Courage to Change* and *Hope for Today*. The other source on this topic I found in *Paths to Recovery B-24*, which is a wonderful discussion of using the Steps, Traditions and Concepts in our daily lives.

An essential ingredient in my ability to ask for help is humility, and I particularly like the quote on page 142 in *Courage to Change*, "Humility will help us see ourselves in true perspective and keep our minds open to the truth" (from *Alcoholism, The Family Disease*). A second ingredient necessary when "asking for help" is willingness. Without these two ingredients of humility and willingness, I will have little chance of success with "asking for help."

More important than these two essential ingredients is a belief in a Higher Power. I need to have developed a relationship with the God of my understanding and be willing to allow that God or Higher Power to give me direction in how I attempt to live my life out. With daily prayer and meditation with the God of my understanding I am daily asking for help in living out the challenges that face me. To aide me in my daily quest for knowledge of my Higher Power's will for me, I find helpful the prayer found on pages 214-15 of *As We Understood B-11*.

Service in the AI-Anon program has been one of the main ways in which I have been successful in "asking for help," which then encourages me to reach out and "ask for help" in other areas of my life. When we take on a job or a project in AI-Anon, we are frequently encouraged to ask others to join us in carrying out the project. This can be a very rewarding way of learning new things and making new friends. Expanding our horizons can be a result of "asking for help."

So, with the help of my Higher Power whom I reach out to in daily prayer and meditation; willingness to recover and humility, I can "ask for help" and be open to new possibilities to occur in my life. This process involves not only my Higher Power but my fellow AI-Anon members, my sponsor and the many tools this program provides me with for having a better life. I am reminded to be open to the possibilities that will take me to places beyond my wildest dreams. "Asking for help" is not always easy but it's better than staying stuck. Grateful to be in service,

Elaine R.

Alternate Delegate/ Forum Coordinator:

For those of us who have moved into the Electronic Age of receiving information the following notice from WSO's Communication Director will be good news to us.

**"The Forum is now
available electronically!**

Al-Anon's monthly magazine, The Forum, is now available from Nook.com, the Barnes & Noble electronic book store. The cost of an annual electronic subscription is \$11. Individual electronic copies are available for \$1.49.

Subscribers will be able to read the electronic version of *The Forum* on Nook e-readers. With a free Nook app, the magazine will also be accessible on iPads, iPhones, iPod touch handhelds, Android phones (version 2.1 and later), Android tablets, Windows PCs, Mac, and via Web browsers.

Al-Anon does not endorse Nook or any outside enterprise. Although the electronic version of *The Forum* will be available only from Nook at the current time, Al-Anon may offer the electronic version of *The Forum* through other e-book vendors at a later date. " (received through District Representative e communities Jan. 14, 2014)

The Forum continues to be available in hard copy by subscription, for \$11.00 per year.

Also, remember if you or your groups have later additions of *The Forum*, please pass them on to others. This is our way of "Carrying the Message."

Diane C.

SCAVENGER HUNT

CHALLENGE #13: Which CAL pamphlet should GRs make sure is available at every meeting?

ANSWER: See pg.157 in your 2014 *Service Manual*.

Area Secretary:

Hello There,

The New York North 2014 Spring Convention will be held on May 16 – 18, at the Sheraton at the Falls in Niagara Falls, NY. I hope you all are making plans to attend!

Topic this month: "Asking for Help." In my life before Al-Anon it never occurred to me that I ever needed help. After all, I was the "rock" and "foundation" upon which my family relied. Here, I took the risk to love myself enough to ask for help. Thanks to my Higher Power, when I do have a task that seems overwhelming, I can ask for help. Surprisingly, the work gets done even when I'm not the one doing it. In the past, I tried reaching out for help to friends and family members who did not understand the disease of alcoholism. These experiences left me feeling guilty, ashamed and determined to do "it" myself. A key element of my recovery has been to become willing to seek and accept help from others. Before I began my recovery, I expected those close to me to know I needed -- even expected their help! I could not understand why I did not get any responses. I no longer expect you to read my mind. Today I treat the people in my life with respect, and I am learning to ask for what I need.

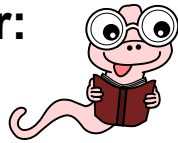
The most difficult relationship I have right now, is the one I have with me. Each day I must remind myself to stop and ask for my Higher Power's help and direction. I lay awake just the other night, trying to find a solution to a family problem. I got out of bed and sat quietly in the dark on a rocking chair which has been in my family for generations. As I sat there, a sense of peace came over me, and the answer became clear: It was not my problem, I needed to do nothing. **Sometimes doing nothing is doing something.** I smiled, got back in bed and slept peacefully the rest of the night. The next morning I took time to thank my Higher Power. When we ask, He always answers.

Gratefully,

Marge R.

Spring Convention Reminder :
Group Representatives (GRs), please
COME PREPARED to vote. That means,
Familiarize yourself with the
NYN Alateen Requirements & Guidelines.
These can also be found on the web.

Literature Coordinator:



Hi Everyone,

Happy March, the month of Lois's birthday. Remember on March 4th to leave a piece of Al-Anon/Alateen literature in a public place or at organizations that serve families of alcoholics in honor of our cofounder.

Our new *Service Manual, 2014-2017* (P-24/27) should be arriving to the groups any time now. At our Area World Service Committee (AWSC) meeting on April 5th I will try and have the new *Service Manuals* with me for you to purchase.

Each quarter the World Service Office (WSO) posts a sample chapter of Conference Approved Literature (CAL) on both the Public Outreach site, www.al-anon.org and the Members' site, www.al-anon.org/members. Through March the chapter is from*In All Our Affairs* (B-15).

Each month, the "CAL Corner" feature in *The Forum* includes members' sharings on how a particular piece of our literature has enhanced their recovery. March's article will focus on ***Courage to Change*** (B-16).

Sharings are needed for "CAL Corner": We always need more sharings about how CAL has helped members with their recovery. We could especially use articles about ***When I Got Busy, I Got Better*** (P-78), ***Alateen—Hope for Children*** (B-3), ***To Parents of Alcoholics*** (P-16), ***the Parents of Alcoholics reprint*** (R-18), and ***Many Voices, One Journey*** (B-31). A sharing sheet for "CAL Corner" is on the members' website, www.al-anon.org/members (go to submit a personal sharing).

Our topic for this month is "asking for help." I have to laugh because so often I feel the need for help. Now I know where to go, to my friends in Al-Anon and to our beautiful literature. In ***Opening our Hearts, Transforming our Losses*** (B-29), p. 143-145, there is a section on this very topic—take a look. For each service position I have held, I have needed to ask for help. Such asking helps me in all aspects of my life. It is a practice, asking for help, a risk worth taking.

If I can be of help to you, please email me at lit@nynafg.com

Gratefully,

Pat H.

Newsletter Coordinator:

When I asked for feedback on the content of *Northern Hi Lights* (NHL), here is what Bryan G. shared: "From my own personal experience, the largest one thing I always scan for in the newsletter is the Treasurer's Report. I like to see what our current assets and liabilities are at the end of the each month. Then I like to see a somewhat detailed report of income and expenses. For example, I like to see a recording of my group's contributions to New York North (NYN) to make sure they have been received. Then, I also like to be able to review expenses to make sure they seem somewhat reasonable. I also like to add up the numbers to make sure it all makes sense and proves out each month. I also like as complete a calendar of events as can be assembled, to help me keep up to date and plan my year. In general, I like to know what the officers and coordinators are doing, what they have been successful in doing, what they have been struggling to accomplish, what they need help with."

I have also gotten a question about an answer to the Scavenger Hunt from Mark J., a Group Representative (GR) for a local Al-Anon group who says, "At our monthly District Meeting we look up the "Scavenger Hunt" questions in the Al-Anon Service Manual. This month's question was, "Do The Trustees have a legal right of veto over the conference?" I know that the answer is yes, as the Manual states on p. 197, "The Trustees have a legal right of veto over the Conference when, in rare cases, they feel it should be used." I asked my group for examples of such cases where the Trustees would exercise this veto power. They were unsure and asked me to forward the question to Northern Hi Lights for clarification." **I was very happy to know that the Scavenger Hunt was being used as a Service Tool.** I didn't know the answer myself, but was able to "Ask for Help" from our Area Chair, Pam A. and our recent New York North (NYN) Trustee, Anne F.

John O. did a fabulous job of printing out and mailing the hardcopies of the J/F 2014 issue of NHL, saving the Area much needed funds. Thank you John for your willingness and hard work. On another note, I am still investigating where our NHL mission statement originated. Neither Lavaughn R. nor Mary G. were sure, as it was already in place when they were editors of NHL.

Gwenne R.

New York North's 2014 Spring Convention

May 16-18th, 2014

Group rate is available from May 14—19, 2014
Group rate cut-off is 4/16/2014 and is subject to availability.

Sheraton at the Falls

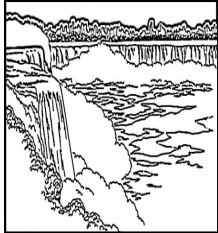
300 Third, Niagara Falls, NY 14303

*Please ask your groups to donate baskets for the raffle.
Also, if you would like to make a cash donation to Hospitality you can do so
individually on the registration form or if your group would like to donate to
hospitality, please make checks out to:*

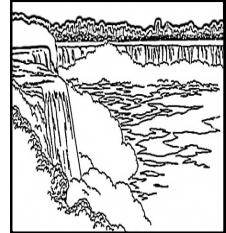
NYN Area Assembly/2014 Spring Assembly and send to:

NYN AFG 2014 Spring Assembly/Convention
PO Box 126,
Depew, NY 14043
Attention: Hospitality

NYN AFG 2014 Spring Assembly & Convention
 Al-Anon & Alateen Convention w/ AA Participation
May 16–18, 2014
 (Hosted by District #1)



Faith, Fellowship & Fun
At the Falls



Sheraton at the Falls

300 Third St.
 Niagara Falls, NY 14303 (USA)

For Hotel Reservations:
1-866-961-3780
 Or visit website listed below

If anyone is going to Canada, a Passport or
Enhanced Drivers License is required.

Room Rate: \$126.44 per night
 For those wanting to spend extra time
 in Niagara Falls, the group rate is
 available from May 14–19, 2014
Hotel Group Rate Reservation
cut-off is 4/16/2014
 And is subject to availability

Located minutes from Interstate I-90, and only footsteps away from the Falls.
 For directions and on-line hotel reservations visit
<https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1304152819&key=B2C69>
 Hotel Guest Parking in adjacent city lot—\$5 per night w/ unlimited in & out privileges
 Check in is 3pm and Check out is 12 noon. Guest reservations need to be secured by a credit card at the time the reservation is made and
 final payment can be made by credit card, cash, or check (checks only if received 10 business days prior to the arrival date. **Checks will not
 be accepted on-site**). If payment needs to be made by purchase order, individuals must submit purchase order prior to arrival for approval.
 Purchase order payment is only valid if approved by hotel accounting office in advance.

NYN AFG 2014 Spring Assembly/Convention Registration Form
 Make Checks Payable to: NYN Area Assembly/2014 Spring Assembly

Name:	Early Registration (before 3/30/2014) \$15.00	\$
	Full Registration (after 3/30/2014) \$20	\$
Address:	Alateen Registration: \$12	\$
	Family Style	
City/State/Zip:	Dinner Banquet : (Deadline 5/5/2014) \$ 32	\$
	Donation to Hospitality:	\$
Phone #: ()		
E-mail:	TOTAL ENCLOSED	

Mail To:
 NYN AFG 2014 Spring Assembly/Convention
 PO Box 126
 Depew, NY 14043

Are you a new Group Representative _____?
 Are you a new District Representative _____?
 Are you registering as Al-Anon____, Alateen____ or AA____?
 Are you here to attend the Convention? _____ or the Assembly _____?
 (Assembly is attended by GRs, DRs, Officers, Coordinators and anyone interested).

Do you know whom to contact with an AI-Anon related issue?



Unless this is a personal subscription, this copy belongs to your group. Please share it with them; make each issue available at your meeting ***TO INSURE ANONYMITY, TEAR OFF THIS PART BEFORE LEAVING IT WITH YOUR GROUPS***

NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
<u>Delegate:</u> Ruth S. delegate@nynafg.com	<u>Immediate Past Delegate:</u> Elaine R. ipd@nynafg.com	<u>Alternate Delegate:</u> Diane C. altdelegate@nynafg.com	<u>Panel 4</u> Helen S. <u>Panel 13</u> Ruth F. <u>Panel 16/19</u> Maxine B.
<u>Chairperson:</u> Pam A. chairperson@nynafg.com	<u>Secretary:</u> Marge R. secretary@nynafg.com	<u>Treasurer:</u> Linda A. treasurer@nynafg.com	<u>Panel 22</u> William S. <u>Panel 25</u> Marcia J.
<u>Alateen:</u> Lynda S. alateen@nynafg.com	<u>Archives:</u> Kathy M. archives@nynafg.com	<u>Conventions:</u> Maureen K. convention@nynafg.com	<u>Panel 28</u> Mary G. <u>Panel 31</u> Arlene M. <u>Panel 34</u> Sherry B.
<u>Group Records:</u> George S. records@nynafg.com	<u>Public Outreach:</u> Marie N. pi@nynafg.com	<u>Literature:</u> Pat H. lit@nynafg.com	<u>Panel 37</u> LaVaughn R. <u>Panel 40</u> Anne F.
<u>Newsletter:</u> Gwenne R. newsletter@nynafg.com	<u>NYNAC:</u> Lynda C. nynac@nynafg.com	<u>Web:</u> John O. web@nynafg.com	<u>Panel 43</u> Connie D. <u>Panel 46</u> Robert C. <u>Panel 49</u> Elaine R,
<u>Spanish Contact:</u> Cira B. spanish@nynafg.com			

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