

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

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Northern Hi Lights

Al-Anon News from New York North Area

Area Delegate, Panel 55

January and February were busy months. I received many communications regarding the World Service Conference, travel arrangements, agenda items, schedules, and what to expect when I get there. I chose three task forces I was interested in serving on. There is information coming about financial reports, Board of Trustee reports, and timely topics. February seventh I was privileged to participate in a conference call with new delegates regarding how the conference works, schedules, about our trip to Stepping Stones, and the use of KBDM to make sound and informed decisions. Many of us had fears and questions. We're grateful our conference coordinators took time to share their experience with us, and made our initial introduction the best possible experience. I look forward to serving as New York North's Delegate.

In March, I will be attending the Northeast Regional Delegate Conference in Connecticut. This will give me a chance to meet with other Incoming, past and present Delegates, and to learn from their experience, strength and hope, about the World Service Conference. I will give a report at the AWSC Meeting on March 29 in North Syracuse, and will share with you in next month's *Northern Hi Lights*.

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

Area Delegate

I've learned that communications within the e-communities is not as easy for some as we would like. WSO asked the Delegates to query our Officers, Coordinators and District Representatives on their experiences using e-communities, and many of you responded. I compiled and forwarded your responses to the Executive Director Ric. B., who will be meeting with a vendor to address our concerns and to see what can be done to make e-communities a more useful and positive tool.

One of the duties of the Delegate is to keep an updated AWSC roster containing current Officers, Coordinators & District Representatives. I have to send a copy to WSO when any of this information changes. If you have had any elections of New District Representatives that you have not reported to me, please do so as soon as possible after the elections. However, any changes in CMA's, Group Representatives or meeting information, continues to go to our Group Records Coordinator, and updates for Alateen go to our Alateen Coordinator. You can contact us through our addresses on the Website.

Thanks to all who participated in the latest WSO Survey that runs from January 23-February 22. Surveys conducted by WSO help make good choices about what Services work to carry the message of Al-Anon to Professionals, to Families of Problem Drinkers, and to the Fellowship. The results of this survey will appear in a future article.

Diane C.

Website Coordinator

There's not a lot to report this month. I am still in the learning process and of course, I will be everyday of my life. I was a bit overwhelmed at the thought of being "THE" contact for NYN Area Al-Anon. But prayers to my Higher Power tamed that and I have begun.

As expected, I have communicated with non-members and members of Al-Anon, Professionals and our own Service people. Accepting that I don't need to be perfect and trusting in my Higher Power, I have found whatever I needed for each inquiry that I've encountered. If I don't have an answer, I have found where to get it. I have learned about e-communities and many more resources on the WSO website. This has also helped me in my service to my local district as well.

Why am I continuously surprised that when I accept my feelings, then use the tools of the program things work out so well? I don't know but it is a new beam of light in my life and brings me much joy.

Hugs and Peace in Service,

Molly C.

Public Outreach Coordinator

Hi Everyone,

A change is upon us—the early signs of spring are here, more light in the day, migration of waterfowl and other birds, the swelling of buds on the trees. When I see these changes I get excited, but I'm aware that these changes come slowly and I need to be patient. This is where “acceptance” comes in, our topic of the month.

As Public Outreach Coordinator for NYN, I am experiencing the importance of “accepting” the way things are right now. Like the season, I am just developing. I am learning about the guidelines and how things work. I have lots of questions, and through asking questions I am reaching out to others and developing new friendships. I'm learning through this service position to accept that I need to be patient, that things, in due time, will unfold. Slowness can be a good thing. It just doesn't feel that way sometimes!

Already in my new service position I have met two very enthusiastic people: Carla, the Public Outreach Coordinator for Syracuse AIS, and Paul, the Public Outreach Coordinator for Buffalo AIS. They have shared with me some of their ideas and as they develop I will pass those along.

I have heard from District #22 and they have come up with a couple of good ideas.

1. The District has purchased a cell phone and has set up, with guidelines, an Al-Anon/Alateen hotline for their counties (Warren, Washington, Saratoga, and Schenectady). A member will keep the phone for 3 months, keeping track of calls received, if the person is new to Al-Anon, and how they found the hotline number. I am told that things are working very well and that the cost is minimal.
2. District #22 is also using a QR (Quick Response) Code on their flyers, posters, business cards etc. This code, similar to a bar code, takes you to District 8's website, which lists meeting schedules, contact information for 4 Districts (7, 8, 22, and 24,) and other information about Al-Anon/Alateen. Free QR code generators can be found on the web.

A reminder: March 4th is Lois W.'s birthday. Traditionally, we celebrate her birthday by leaving a piece of literature at medical facilities, professionals' offices, break rooms, waiting rooms, and other public places.

Finally, April is “Alcohol Awareness” month. Last month I suggested working with a library in your community to see if it would be possible to set up a display of public outreach material. Please talk with your groups to see if they would be willing to participate. The following is a list of suggested pieces of literature. Please consider having Spanish and/or French translations for your display, if appropriate.

- Troubled by Someone's Drinking? Al-Anon Is For You! (S-17)
- Did You Grow Up With a Problem Drinker? (S-25)
- Has Your Life Been Affected by Someone's Drinking? (S-20)
- Fact Sheet for Professionals (S-37)
- How Can I Help My Children? (P-9)
- To Parents of Alcoholics (P-16)
- Al-Anon Faces Alcoholism magazine
- “When You Don't Know Where To Turn” outreach bookmark (M-75)

Sometimes the question of “attraction” vs “promotion” comes up. Tradition Eleven states that “our public relations policy is based on attraction rather than promotion.” So, what’s the difference between these two? In the guidelines for my position (The Best of Public Outreach) there are some examples on pages 4 & 5:

Attraction – “sharing information, generating goodwill, cooperating with professionals and the media, and explaining how Al-Anon/Alateen works in our lives.”

Promotion – “using pressure tactics, making promises, making comparisons to or criticizing self-help or professional programs for families, and exaggerating or misrepresenting Al-Anon’s purpose—that we can help everyone.”

In our *Service Manual 2014-2017*, on pages 109-116, there is more detailed information on this topic.

Let me know what is happening in your District and any ideas that you might have.

Together We Can Make a Difference,

Pat H.

Literature Coordinator

Having survived several ambulance rides to the hospital, including one where my car broke down, hospital stays for both my husband and me, a flood in my kitchen from frozen pipes, a second leak in the living room from roof damage, workmen trampling in and out spreading debris and plaster dust, and a car that is still unfixed after 38 days, I have an expanded understanding of this month's topic, Acceptance. With the help and guidance of my higher power, support and rides from my friends in Al-Anon, and working my program, I am striving to adapt with a quiet mind to what is possible and attainable. Hopefully, the worst is behind me, and I will be able to devote more of my time and focus to my Al-Anon service work. Thank you for the opportunity to serve as your Literature Coordinator. Al-Anon literature brought me to my first meeting. Literature is important not only because it enables us, and helps us work our personal programs, but also because it is a means to carry Al-Anon's message of hope to others who are suffering from a loved one's alcoholism.

Since I also do Public Outreach on a district level, I was excited to discover Al-Anon's presence on Facebook. We participate in twelfth step work by distributing WSO pamphlets and literature. We also share Al-Anon's message of hope when we “share” and “like” our Facebook pages and posts. You can find Al-Anon on Facebook by searching for “Al-Anon wso”.

- Current info from WSO includes: *Why Anonymity in Al-Anon?* (P33) (A major revision of this pamphlet that covers many aspects, including anonymity on the internet, and sells for 35 cents.)
- *Alateen---Hope for children of Alcoholics* (eB-3) (Our first alateen ebook, out for awhile, worth mentioning for those who may have missed it, available through eproviders, 190 pages.)
- *Having Had a Spiritual Awakening* (eB-25) (No longer in print, just as an ebook)
- *One Day At a Time* is available as an audiobook. eA-6, (available from eproviders as an MP3 file)

In March, I will be participating in a literature conference call with WSO and report on it next month.

Gratefully,

Cindy C.

The Forum and Al-Anon Faces Alcoholism, Two very different purposes!

Many of us had to overcome challenges before we were ready to give Al-Anon Family Groups a try. We had to overcome denial that there was a problem with a loved one's drinking. Some of us didn't want to ask for help because it was embarrassing, and we didn't want anyone to know what was going on at home. Even if we were aware that Al-Anon existed, perhaps the misconception that it's a religious group kept us away. Still, others believed that no one could possibly understand what they were going through.

Al-Anon Faces Alcoholism is designed to address those challenges. Members write about their own denial, or share how to overcome the fear of reaching out. Most of all, members share hope and understanding, and compassion with the newcomer.

In ***The Forum***, members share how the various tools of the program including the Twelve Steps, Traditions, and Concepts of Service have helped them find--and keep recovery!

Even the newcomer walking through the door for the first time, someone who has already overcome the challenge of reaching out for help, could benefit from reading the experience strength, and hope that we share in The Forum. They may be confused by our Legacies, and even some of the language we use, but Al-Anon and Alateen members will be there to help. Imagine how daunting it could be for a potential member, someone who may never have ever heard of Al-Anon, to read about the Concept Three, or Tradition Five for example.

With that in mind, please encourage members and groups in your Area to share ***The Forum*** with one another, and share ***Al-Anon Faces Alcoholism*** with their community.

Deadline for submissions to the April, 2015 issue of *NHL* is March 15, 2015. The Topic is: Focusing on Myself

Presentation Coordinator

Acceptance...that's the one between Awareness and Action, right? I have so much trouble with Acceptance because as soon as I become aware of a problem I want to jump right into action. Instead, Acceptance tells me to sit with my discomfort, feel some feelings, trust my HP a little.

The section on Expectations in How Al-Anon Works always helps me get back on track. It reminds me that when I'm grumpy, sad, or feeling put-upon, it's because I've attached my well-being to some person, place, or thing being different from what it is. Every drop of my serenity comes from realizing that what is, just is. Once I truly attach my well-being to my HP where it belongs, my mood shifts back to the positive.

Can I accept how the first workshop will go at Assembly? Did I mention it involves monsters? Is there any way this will ever work? Come and find out!

Yours in Service,

Sarah R.

Immediate Past Delegate

Dear NYN Friends,

In a little less than a month I will be attending NERD, North East Regional Delegates. I will be introducing our new Delegate, Diane C., to the other Delegates in the North East. This will give Diane a chance to meet some of the current Delegates before the WSC. It's always good to see a familiar face when your someplace for the first time.

Diane and the other new Delegates from the region will also be given information about the Conference. It's always a help to get tips from those who have been there before you.

For me it will be good to be there and share with the other past Delegates. I may no longer be Delegate but I will always be a NERD. This month's theme is "Acceptance." For many years at my home group there was a member who always said that "acceptance was the key." For me, I have found this to be so very true. Once I have reached acceptance, everything else seems to fall into place.

When I was thinking about this month's theme I thought I should look up acceptance in some CAL. The first book I picked up was *Courage to Change*, in the index I found 8 readings on acceptance.

The first is on page 83. What surprised me when I turned to this page was that it was the reading for March 23rd. In the reading is the phrase, "pain is inevitable but suffering is optional." This has been one of my favorite sayings in Al-Anon. It has helped me to understand acceptance. For me I don't have to fight acceptance. I know I was torn in the beginning, I thought if I accepted something it meant I approved. Now I know

that isn't true. My accepting has nothing to do with approval. I don't have to like what is happening; I just need to know it is what it is. When bad things happen I feel the pain, I no longer wallow in it.

Gratefully in Service,

Ruth S.

Alternate Delegate

Hello NYN,

Thank you John for one of my favorite topics. Of the three A's (Awareness, Acceptance and Action), I have been told in the program that *acceptance* (of the truth of whatever situation I am in) is the key that opens the door to healing. Once I *accept* that my life has become unmanageable, I can relax and be open to learning a new way. Once I *accept* that alcoholism is a disease, I can stop trying to fix it and start learning how to cope with it. Once I *accept* that I cannot do it alone, the hard part is done, and I become teachable. Once I *accept* that my article for *Northern Hi Lights (NHL)* is not going to materialize until I write it, then it gets done (smile).

As Alternate Delegate, since last month, I have composed and sent out one letter of welcome to a new group, Alex Bay AFG in Alexandria Bay, NY. I am continuing to read *Conference Summaries* from past years as a way to become more informed about World Service Conference doings, and I am also investigating all that the World Service Office website offers.

As *Forum* Coordinator, I am going to do a Did You Know? question for each NHL article.

Here is this month's: Did you know that inside the front cover of every *Forum* is a list of topic ideas for meetings, called "Meeting Suggestions?"

Gwenne R.

Group Records Coordinator

I have been contacting District Representatives about notices of No Mail status and bounced email status notices from WSO. I have been handling requests from other Officers and Coordinators to help them do their job more efficiently. I am here to help our fellowship to be in communication with each other. I have participated in one conference call and one training session for my position. We are all here to help each other as the teens' slogan says "Together we can make it." Things change so fast in groups' CMA (Current Mailing address) and GR's (Group Representatives) that keeping on top of it can be a challenge. If you have any new information with your group, please send it to me or WSO (World Service Office) so we can keep in touch with each other.

Our Topic this month is Acceptance. This basic principle of Al-Anon has helped me to realize that most things, other than me, are not in my power to change and therefore technically none of my business. I can make suggestions if asked but we are all on our own journey. I had to learn everything the hard way for it to make an impression on me. My problem stems from when I want to fix others so they don't suffer as much as I did. In essence this would take away the other persons' process of learning and dignity because I interfered. That is not my job.

Love in Service

Lynda S.

Area Secretary

Hello NYN

Acceptance is what I do when I come to the realization that I have to surrender to what is. I know that if I don't accept, I can't move forward. Acceptance doesn't mean I have to like whatever it is, it just means I have no control over it and "it is what it is." I have to accept it for what it is. To me there are different types of acceptance. There's acceptance of a situation, acceptance of another person's behaviors and choices and acceptance of myself and the way I am.

When I'm struggling to accept things I recite the Serenity Prayer over and over again in my head trying to figure out if this is something I can change. I get confused because in certain situations I may need to do the footwork if I feel something isn't right. The confusion comes in knowing when enough is enough of me getting involved and knowing when I did my part and now I have to accept. I spend a lot of time telling myself that I know I have no control over this or that. When I'm struggling to accept, it means I'm not trusting my Higher Power. I always try to remember that even though I have accepted, it doesn't mean I agree or like whatever I have inevitably accepted. It means I need to move forward and relinquish the control the situation has on me.

I have no real news to report on my position. My duties as secretary really won't start until we have our first AWSC meeting at the end of March. I do have a request for NYN Officers and Coordinators and any committee chair or District Rep. that might have a report to present at the AWSC or Assembly: please send me a copy of your report for AWSC and Assembly so I can attach it to the minutes and insure that I don't miss anything you have reported on. Please send to secretary@nynafg.com. Going forward I plan on sharing bullets from the meeting minutes via the *Northern Hi-Lights*. "Together we can make it."

Thanks

Pam A.

Treasurers Report

Hope everyone is keeping warm in these frigid temperatures! I know one place I can always find ways to my warm heart...and that is at an Al-Anon meeting!!

Since our last newsletter, NYN has received the following donations:

Simple Beginnings	\$ 25.00
Clifton Springs	\$ 50.00
Days of Healing	60.00
Serenity Circle	40.00
Tues Noon Frewsburg	25.00
Small Steps	40.00
Spiritual Awakening	30.00
Friday Ithaca	30.00
Weekend 9AM	161.07
Serenity Seekers	10.00
Temple Concord	32.74
District 29	100.00
Keep It Simple	15.00
Chili 7-11	15.00
District 5	100.00
Work In Progress	50.00

Thank you for ALL your donations!!

Since the last newsletter, the following expenses have been paid:

Diane C. \$405.00

Current Balances are as follows:

NYN Checking Account	\$13,326.07
NYN Reserve Account	8,822.90

Sage Ruddy Investment Account 2,736.40

This month's topic is ACCEPTANCE. The *Serenity Prayer* is the first thing that comes to mind...Accepting the things I cannot change. For the longest time, I only paid lip service to those words, but when I began to feel and accept those words, my life changed in ways I could not begin to imagine! That's about the time that I learned of the 3A's: Awareness, Acceptance, and Action. Becoming aware of certain behaviors I had, behaviors others had, situations I wasn't comfortable with, etc., was the first step for me in accepting these things in my life, and then using the tools I have learned in the program to take the action to change the things I can. Today I am much more accepting of other people, other opinions, and myself, because of the people in our program! Thank you all for being a part of my life!
Hugs,

Linda 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 &

Group's ID Number (Very Important)

Around New York North

District 9 will have a Day of Sharing March 7th from Noon until five at Elm Park Methodist Church, 401 Chestnut Street, in Oneonta. Bring a dish to pass, then sit down for lunch. After lunch, there will be speakers, workshops, and an AI-Anon meeting.

District 18's Day of Sharing is Saturday, March 21st from 10 to 2:30 in Fayetteville, at Immaculate Conception Church.

Rochester's Annual Tureen Supper will be Sunday March 22 from Noon until 4, at Guardian Angels Church, 2061 East Henrietta Rd, It's billed as a fund raiser, but it is also an opportunity to renew old friendships gained through service. You are invited to bring a dish to pass. \$5.00 is the suggested donation.

A Day of Sharing will be held Saturday, April 18th, from 11AM until 3PM at Henrietta United Church of Christ, 1400 Lehigh Station Road, Henrietta. (Rochester) "*Reaching For Personal Freedom*", based on the AI-Anon book, is the theme. There will be AA and AI-Anon speakers, a provided lunch of soup and salad, and you are welcome to bring desserts. The suggested donation is \$5.

There will be a Day of Sharing in Plattsburgh at CVPH Medical Center, 75 Beekman Street, on April 18th from 9AM to 3PM. Be there by 10:30 AM, when lunches will be ordered, or brown bag it. The theme is "Lightening Our Load" Suggested offering, including lunch, is \$6. Desserts gratefully accepted.

There will be two Days of Sharing Saturday, April 25th. The first, by District 3 at the NSEA building in North Syracuse at 9:30. Their theme is; "Blooming in AI-Anon-Progress not Perfection".

District 12's Day of Sharing April 25th will be in Hamburg, at St James United Church of Christ. Their theme will be "The Common Thread That Connects Us".

What's on the menu? Eggplant parmesan, that's what, at the Fall Convention banquet, thanks to Connie D. the only responder to a request for feedback on the menu. No pun intended.

District 29 voted to co-host the fall 2015 Assembly/Convention, so District 2 won't have to go it alone. Thanks to all the GR's and others in District 29.

NYNAC will be from October 9 until 11. Don't miss it! Mark your calendar!

Archives Coordinator

It's my first article for the *Norther Hi Lights*, and to be honest, any article, anywhere. I have only recently picked up the archives from the previous Archivist. I am still grooving into the position as Archive Coordinator. I look forward to going through the boxes and thinking about what kinds of displays I might put together. I will try to include here anything interesting I may find. Thank you for the opportunity to give back to AI-Anon. If you have anything you might want to be included in the archives, shoot me an email, so we can discuss it.

Yours in service

Kevin M.

Area Chairperson

Hello NYN

It's time to plan the AWSC agenda and deal with other area business. The AWSC meeting will be held Sunday, March 29th from noon until 5 pm at the Northern Onondaga Public Library meeting room, 100 Trolley Barn Lane, N. Syracuse, NY 13212 (315-458-6184). I will have hot water available for coffee or tea, and cups and napkins. Please bring your own lunch if you require one. All are welcome to attend.

Susan A.

Alateen Coordinator

I hope that everyone is staying warm and enjoying the snow and cold. (LOL) Since my last article I had the opportunity to be a part of three conference calls with the WSO introducing me to the responsibilities of being the Alateen Coordinator and Area Alateen Process Person. I was also educated on how to navigate and make updates to Alateen Group and AMIAS records on the Online Group Record pages. I have already started receiving and following up on numerous emails forwarded to me from the WSO regarding inquiries about Alateen from schools and medical counselors.

When I heard the topic was acceptance, I started looking back at the fears I felt when I ran for this position. I felt inadequate and afraid that maybe I was taking on more than I could handle. I needed to pray and meditate asking my Higher Power to help me remove these fears and come to understand his will for me. I needed to accept that I am exactly where my Higher Power wants me to be, and that he has plans for me that I don't fully understand. All I need to do is trust.

I looked at everything I'm currently doing that pertains to service, and decided where I truly need to focus my attention. After being the primary sponsor in my Alateen Group for over six years, I had to accept that I needed to do some additional letting go, and let the other sponsors within the group take on responsibilities, as they so willingly did. It's always been hard for me to ask for or accept help because as a child I was made to feel inadequate or a failure when I asked for assistance. Thanks to the program I have come to learn that it's okay to accept help. Acceptance has taught me how to be humble and that my Higher Power is always willing to help. All I need to do is ask. I now know that if I am to focus on my responsibilities as Alateen Coordinator, I need to let go.

After much thought and discussion with different sponsors I decided that it was time for a whole new set of eyes to sit down and begin reviewing the World Services Policies and guidelines pertaining to Alateen. Accepting that I don't have to do anything alone, I asked numerous sponsors and teens who are actively attending the Alateen rooms each week to be part of my review committee. I feel that it's important for the teens to be a part of this review group, this will allow them to have a voice in their own program and become aware of why we have guidelines and how they are meant to protect them. My goal for this group is that they know the policies and guidelines before we begin reviewing and updating our NYN Alateen Guidelines. We will keep you informed as we grow in knowledge.

I look forward to seeing everyone in March at the AWSC Meeting.

Love in service

Walt S.

Convention Coordinator



asking for help.

Have you ever had that "foggy mind" feeling? You remember, when we couldn't even say we were **aware** of the troubles in our life? So **acceptance** was slow in coming for me, even though I usually jumped right into **action**. ugh... the fall hurts. Because of the principles of the 12 Steps, CAL, asking others for help and listening as you share what worked for you, my life gets more peaceful each day. It helps if I take life One Day at a Time. I guess, for me, each day I have to realize that there is no reason to do 'it' all by myself and to accept the gift of

District 10 accepted hosting the **2015 NYNAFG Spring Assembly/Convention "Return to Serenity Island", May 29-31 2015 at the Treadway Inn, Owego NY** and is now busy taking the action. Yes, Spring will come with those beautiful sunny days and y'all will be heading south, **Returning to Serenity Island** in Owego. Plan to leave the boots, mittens, scarfs, and heavy coats at home. Unpack those beautiful Hawaiian shirts and dresses, wild shorts, flowers for your hair. Break out the rainbow colors. The grey/white long dark days will be gone (we hope). Plan now to join us at Serenity Island. Registration form in this newsletter and on WEB. nynafg.com.

I am accepting the things I cannot change, weather being one of many, but I can look to a new day when the sun will shine!



Nancy H.

Newsletter Editor

Getting out my first issue of *Northern Hi Lights* was quite an experience, one I'm glad to have behind me. Without the former editor, Gwenne, and a friend in District 2 named Pat, it wouldn't have happened. It is hard for me to get excited about learning a word processing program, but once I was up to my neck in the process, it was learn or sink. So, I started learning.

Acceptance is like a diamond, with many facets. Thinking about it took me back to my days as an Alateen sponsor. As a sponsor, I was the adult bystander who was necessary for the teens to have a meeting, and didn't have a whole lot to add, except safety. What I learned there was how wonderful the program was as a place for teens to heal and gain self-esteem. The teens didn't need my acceptance, or want it. They needed and got it from their peers. My belief is that is the heart and soul of the program. I now have a granddaughter too young for Alateen, but when she is old enough, I hope it is there for her.

John O.

NYNAC

October 9th, 10th, and 11th 2015

New York North Alateen Conference



Mark your calendars friends!

This year's NYNAC is something you

DO NOT want to miss!

Meetings and Workshops



To help you grow in
Recovery

Fun, Friends, and Fellowship!

Lots of fun activities like leadership
workshops, dances, and a talent
show.



AFG 2015 SPRING CONVENTION
Owego, New York

May 29, 30, 31

(SAVE THE DATE)

This is not Memorial Day weekend

Return to “Serenity Island”

Owego Treadway Inn
Hosted by District 10

Owego is a small, historic village located on the Susquehanna River. It has a walkable artsy shopping district, tree lined streets, where you can shop for unique gifts, and view beautiful 19th century homes and architecture.

Come join us!

WE WILL CONTINUE THE THEME BASKET RAFFLES

Return to Serenity Island

Hosted by District 10

May 29-31, 2015

Owego Treadway

1100 State Route 17C (exit 65 off Interstate 17/86)
Owego, NY 13827

Owego was named the "2009 Coolest Small Town in America". The Owego Treadway overlooks the beautiful Susquehanna River.

Come join us on "Serenity Island".

Reserve your room directly with the Owego Treadway.

Room reservation deadline: April 29, 2015

Phone: 800-750-0466 or 607-687-4500; Fax: 607-687-2456. For additional information: www.owegotreadway.com

Note: The Owego Treadway also owns the Hampton Inn and Holiday Inn Express.

Book early to get the best rate at the Owego Treadway. Rates are shown below.

Room cost: Owego Treadway: \$125.95 per night plus 12% tax

Hampton Inn & Holiday Inn Express: \$145.95 plus 12% tax (includes breakfast, reward points can be used, if applicable)

*If paying by check, check must be received a minimum of **15** business days prior to check-in.*

Hotel Check-In: 4:00pm Hotel Check-out: 12:00 noon

Hotel amenities include: Hair dryers, irons and ironing boards, in-room coffee makers, free cable television and HBO, free local phone calls, indoor heated pool and fitness center, free coffee in the lobby each morning.

CONVENTION REGISTRATION begins Friday, May 29 at 4:00pm

Walk-in registrations welcome, but pre-registration is preferred.

NYN AFG 2015 Spring Convention/Assembly Registration Form

(Please submit a separate registration form for each person attending)

Make checks payable to NYN Spring 2015 Convention

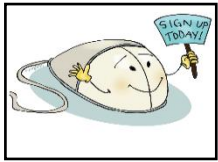
Alateens must have adult supervision, notarized parental permission slips and medical release forms.

Mail this completed form to: NYN AFG Spring 2015 Convention
PO Box 1384
Binghamton, NY 13902

NAME and ADDRESS	REGISTRATION/BANQUET	YOUR COST
Name:	Early Registration (by 4/15/15) \$15 Full Registration (after 4/15/15) \$20 Alateen Registration \$12 Are you registering as? Al-anon _____ Alateen _____ or AA _____	\$ _____
Mailing address:	Banquet Cost (deadline 5/19/15) \$32 PLEASE SELECT ONE: Boneless prime rib _____ Chicken piccata _____ Vegetarian _____	\$ _____
Phone: Email:	Donation to Hospitality	\$ _____
Are you a: new Group Rep? _____ new District Rep? _____	Total Enclosed	\$ _____

<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> Susan A. chairperson@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 Meriwether (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 Hi Lights 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

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