



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

Inside This Issue

Topic: Keep Coming Back

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Newsletter Editor Pat H.
 Proofreaders: Jack H., John O.

Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Delegate

In the past month, I've been assigned and met with my WSC (World Service Conference) mentor, Karla. Karla is from Tennessee. Last year was her first WSC, which meant that we will both be experiencing our first physical WSC meeting. As we spoke I realized that there is clearly a higher power. We both have a computer operator and programming background! She is gracious and kind and we are both tri-lingual (English, geek-speak, and Al-Anonese).

The Chairman of the Board (COB) presentation was on February 12th. The COB presentation occurs four times per year and consists of the COB letter plus other committee reports. I missed the presentation but have read through the summaries and will listen to it as soon as the link is made available. I've already placed the remaining three dates on my calendar. To the best of my knowledge, I cannot share any information from the COB until all documents are translated

On a more positive note, our Annual Area Highlights sharing was submitted on time. The Annual Area Highlights is used prior to the official start of the WSC at the Delegates meeting. The sharing is limited to 250 words. We were asked to answer the following questions:

(cont'd 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

For more information visit the following websites:

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

(cont'd from page 1)

- o How did your Area respond to the challenges of this year?
- o What creative solutions did your Area implement to support our primary purpose?
- o How have you grown personally?

The submission is included at the end of my article. *

This month’s topic, “Keep coming back”, was something that took me a while to ‘buy’ into. I attended my first Al-Anon meeting on a Monday evening - June 1991, which happened to be a speaker’s meeting. I arrived late and quickly determined that the person speaking was clearly a fool for taking 17 years to accept that his wife was an alcoholic. After all, I had clearly identified that within 17 seconds of listening to his ‘story’. It wasn’t until during their strange closing ritual (you know holding hands and giving out hugs) that they realized this was my first meeting. He then said the most incomprehensible thing, “If I’d known that this was your first meeting, I would have shared differently.” Huh?!? All I could think was what did he have a different story; a different wife? After all, I had lots of imagined lives - all of them much better than my actual life. The group graciously gave me an ODAT book and told me that I could pay for it next week.

I attended my second meeting sometime that year in September. I had just sought out counseling through the local Council on Alcoholism and the counselor suggested that I should give Al-Anon another try before determining if it was for me. Well of course it wasn’t for me! I went to another couple of meetings before announcing my decision. It wasn’t until sometime in November that I returned to Al-Anon and started to ‘keep coming back’. My return was under duress. My case was transferred to a different counselor, who happened to be a card-carrying member of the other fellowship. If I wanted to attend sessions with him I needed to attend Al-Anon. He was not buying my ‘but it’s not for me’!

He was right. I hadn’t really given Al-Anon a fair chance. It took me many Al-Anon meetings and quite a few heated sessions with him before I really kept coming back. All that I have today is due to Al-Anon. Al-Anon gave me a loving relationship with a higher power. Al-Anon gave me the tools to mend my relationship with both of my parents, to stand up for myself, permission to change my mind, and to take risks. Al-Anon gave me grace, tolerance, a voice.

I am so grateful that you allowed me to ‘keep coming back’ until I really wanted to ‘keep coming back.’

~~~~~  
\* WSC 2022 Area Highlights - Area 39

New York North has continued to hold virtual business meetings. Some are eager to start holding Assemblies and Conventions in person but understand that not all members are comfortable attending large functions. We are currently exploring what changes are needed to hold a successful hybrid Assembly.

Our Finance Committee is doing a deep dive into the Area’s past income and expenses. Additionally, they are working on updating our banking and reimbursement procedures to provide better financial support to trusted servants - especially when unexpected expenses arise.

Although the issue that prompted how Area funds can be spent has not been resolved, it resulted in our first non-AWSC Officers and Coordinators meeting. It was evident from sharings that many felt unsupported. This open exchange led the Area to start holding monthly meetings.

In November and December we held two virtual town hall meetings - open to all interested Al-Anon members. The focus was the upcoming Thought Force survey on accepting non-geographic registered electronic Al-Anon meetings into the NYN Area. This provided an opportunity to better explain the purpose of the thought force and how the newly created Area for these meetings could potentially impact our Area. Many members learned of the policy that allows meetings outside of our Area boundaries to become part of NYN.

How have I personally grown? I stepped into this position on January 1st. Since that time, I have created a new slogan for myself, ‘Listen more; talk less’.

**Kathi D.**



## Chairperson

What does it take to be a member of Al-Anon? Our third tradition says that this is a program of mutual aid, and membership is up to me. It's my responsibility to make the assessment of my problem and my responsibility to join. I was welcomed into the program, and I was invited to **keep coming back**. It was my choice. Before Al-anon I felt lonely and left out. I needed to be included and feel like I belonged. Even in my early years of Al-Anon, I kept **coming back** and attending meetings, but I didn't feel like I was a "member". I was waiting for an invitation to join in. Service is the invitation. When I'm asked to fill a service position, I'm being invited to join in. I don't have to do it perfectly; I just have to be willing to try. When I say yes, I make a commitment and I take responsibility for belonging. The serenity and peace of mind that I receive through the program allows me to give back through service. I know now, what it takes to belong and know that it's up to me. I just have to say yes to the invitation. It's a commitment I make not only to you for the program, it's also a commitment I make to and for myself. I'm so grateful for everything I receive through working this program. I **want to keep coming back**. It is up to me to make sure there is something to keep coming back to.

I'd like to express my gratitude to Joan for her tireless service as Group Records Coordinator. Joan is stepping back to tend to her health needs. Please take care of yourself, Joan. I like working with you and want to see you back!

I'm happy to announce some new members joining us in service:

New District Representative for District 2 – Ellen V  
New District Representative for District 25 – Brenda L

We have the following open positions, please invite your friends to come and join us:

Area Newsletter Editor

Area Literature Coordinator

Area Group Records Coordinator.

We also need DR's for the following districts: 1, 4,5, 11, 15, 19, 20, 22, 28

**Carol C.**



## Public Outreach

Hello my New York North Family,

I have nothing to report. There will be a Conference call coming up but I am going to have to miss it so I will update you when I get the notes from the meeting.

Our topic this month is Keep Coming Back. When I first came to Al-Anon it was such a welcome phrase. It meant that you thought I belonged and you wanted me here. I was so lost and confused it was good to hear. I had no clue as to how sick and alone I really was. For me at first, it was a social thing to do to be out and meet new people. I had totally isolated myself except for my husband. I had no self-esteem and I did not feel good enough in anything I tried to do or that my life was worth anything. Thank God, I listened to the people in the rooms of Al-Anon and I kept coming back. I struggled for a long time with lots of the principles of the program and especially fought the Higher Power idea. I was in control and unfortunately I thought I was doing a good job. Eventually I got out of myself enough to try new things and sat on an ecumenical council for my church and then a retired English Professor was teaching a literature course at the local library and since I liked short stories I thought I would try my hand at that, Well the first subject matter was poetry. I stuck with it despite my lack of conviction that I could do it, never mind do it well. I was totally surprised when I actually started having fun in the class and actually started to become slightly proud of my work. When we got to writing I found my passion as I now love to write. I eventually went back to school, got my associates degree and then my Bachelor's degree. This process I started at age 53. I was a late bloomer. Now I have discovered a special side of myself that I had buried since I was a child. I am a very Spiritual person and now that is the foundation of my life and my program. So I think I will continue to Keep Coming Back. Who knows what other doors will open up for me in my journey to discovering who I am meant to be,

Best Regards and Keep Coming Back

**Lynda (Lynn) S.**

## Group Records

It would be so easy to slide into complacency with my Al-Anon program. I could use the excuse that my loved one has passed, and therefore the direct effects of alcohol don't live with me anymore. I could believe that I could travel on my journey for serenity all by myself. I could find many excuses to bypass meetings. I could, I could, I could.....but I WON'T! I will KEEP COMING BACK every day, every week every chance I get. I don't think outsiders understand the need for our program. I try to explain to my family that I am a student as well as a teacher at any time. The program is about ME. I am still learning, working the STEPS, and rely heavily on a power greater than myself. I have to keep coming back. There is no guilt, there is no selfishness, there is nothing to prove about my continuation. I love my small fellowship and I need my friends. We share a mutual respect, trust and bond that develops at each meeting. I get back so much from every meeting. I remember at my first meeting I was told that something will stand out from each meeting, something someone said. This may not click with me until hours after the meeting. Honestly, this happens after every meeting. Someone shares and their words are profound, their coping skills plentiful. I want to learn from them. And the only way to learn is by coming back!

Respectfully,

**Joan L.**



## E-Meeting Host

I hope everyone is staying positive and testing negative in this "flurry" of cold weather we have been having lately. The ups and downs of 2022 have already tested our patience, but thanks to our experience, strength, and hope, we will continue to take life one day at a time, have the courage to change, and look for hope for today in everything we hold precious and dear to our hearts.

For myself, I continue to attend the meetings in our district, even though some of them have gone hybrid or completely virtual again due to recent rising cases of COVID-19 in our area. The sharing of our stories and the connections we have made in the rooms of Al-Anon have been a saving grace for most of us, and I look forward to the days when we can all see each other face to face in all of our Al-Anon meetings. Until that time comes, we must do whatever we have to do to reach out and keep in touch with the members of our life-saving fellowship.

This month's newsletter topic is "Keep Coming Back." I know that this simple phrase can be extremely frustrating to a newcomer, and I was one of those individuals when I first entered the rooms of Al-Anon almost twelve years ago. It was hard to imagine getting through the next twenty-four hours, let alone planning on getting to the next meeting.

Anyone who has heard this phrase knows the important message behind it: keep coming back so you can heal yourself and then pay the message forward to someone who is in need of it sometime down the road. When we keep coming back, we reinforce the relationships we have established in our fellowship, and we form bonds of adamant steel that can never be broken again. The love and support that we bestow on each other is conveyed in that simple portion of our closing – "Keep coming back...it works if you work it, and you're worth it!"

I look forward to seeing everyone sometime in the near future, hopefully at the Spring Assembly on Zoom in May 2022. Until then, take care and be safe.

With an attitude of gratitude,

**Mike R.**

## Presentation Coordinator

Why do I keep coming back? The answer to this question has changed and grown over my years in Al-Anon.

When I was new to Al-Anon it took me a while to realize how uncomfortable I felt between weekly meetings. Then I realized that I could go to more than one meeting a week. What a genius idea! Along the way, 2 meetings a week became 3. I now know that to maintain my sanity and grow in Al-Anon I need to keep Al-Anon as a priority in my life.

I also need to keep coming back because no matter how smoothly my life may be running today I never know when things can go sideways. I need to keep coming back because life happens.

And most importantly I keep coming back because Al-Anon members were there when I came in. They were there to share their experience, strength and hope with me. They were there to show me that I could find a better way to live. I show up at meetings even on a good day because someone might need to hear my experience, strength and hope and find a way to serenity.

**Patti M.**

## AAPP

Prior to Al-Anon life was very busy and I had answers for most questions. I'm sure my responses were important for others to hear, too.

It makes me wonder if anyone wanted me back because hearing "keep coming back" in Al-Anon was all new to me.

Keep coming back sounded and felt warm, welcoming and safe. So I did and will continue to do so. The folks at my early meetings weren't always the same ones each week but I got to know them. Listening was important for me and then I started sharing. Expressions like "close your mouth and open your ears" or "utilize don't analyze" were used.

So as meetings continued, newcomers would frequently arrive. Then I too would fondly say "keep coming back". As years went on, a member would say it was so supportive to think people would welcome them back. I understood. The sharing of experience, strength and hope were always at the meeting if I kept coming back.

**Mary D.**

## Alateen Coordinator

I heard this slogan at my first Al-Anon meeting and I continue to hear it from my Sponsor, from many members of my home group and from meetings I have been to via Zoom across our Area. Why do I keep coming back? As I studied the Steps, Traditions and Concepts, worked with a Sponsor and continued going to meetings, I learned I could live a life filled with hope, gratitude, and serenity. In service, I am making new friends who share their experiences and demonstrate how to apply the Traditions and Concepts to my life. I will continue to go back to develop new friendships, to listen to the experiences of others, to help families of alcoholics and to continue to receive unconditional love from a place I now call home.

There are currently 16 active Alateen groups in NYN. If you know a teen that would benefit from Alateen but there is not a group in your town contact Mary S. or Mary D. who can offer some temporary options. If you would like to know if there is an Alateen group in your district contact your DR or email [alateen@nynafg.com](mailto:alateen@nynafg.com) or [amias@nynafg.com](mailto:amias@nynafg.com).

Join myself and other AMIAS at our Alateen Networking Group meetings held the second Tuesday of each month. Zoom information can be found on the Events Calendar on the New York North website [nynafg.com](http://nynafg.com) or by contacting [alateen@nynafg.com](mailto:alateen@nynafg.com). Learn about how you can be an Al-Anon Member Involved in Alateen Service and then you will be able to say to a teen "Keep Coming Back". Together We Can Make It,

**Mary S.**



## Help Wanted

### POSITIONS AVAILABLE

- **Newsletter Editor**
- **Print and mail the newsletter to approximately 50 subscribers.**
  - **Literature Coordinator**
  - **Group Records Coordinator**

## Treasurer's Report

Thank you everyone for your donations. I made one deposit and there were no bills this month.

**Some mail continues to be sent to the old address in Syracuse and then forwarded Rochester.** The current NYN mailing address is: NYN Area Assembly, P.O. Box 64176, Rochester, NY 14624.

| Group Number | Group Name                     | Amount           |
|--------------|--------------------------------|------------------|
| 9765         | Queensbury AFG                 | \$ 30.00         |
| 9828         | Friday 10 am                   | \$ 30.00         |
| 30518677     | Paths to Recovery AFG          | \$ 50.00         |
| 50249        | Unity Through Recovery AFG     | \$ 33.00         |
| 30524821     | Tuesday Night AFG of Bemus     | \$ 45.00         |
| 49865        | Thursday Adult Children Oswego | \$ 25.00         |
| 10163        | Oneonta AFG                    | \$ 10.00         |
| 9679         | Faith AFG Cicero               | \$ 100.00        |
|              | Manlius ?? *see note           | \$ 28.00         |
| 66096        | Keep it Simple AFG             | \$ 100.00        |
| District 22  | District 22                    | \$ 200.00        |
|              | <b>Total Deposit</b>           | <b>\$ 651.00</b> |

\*The check said Manlius. There are two groups in Manlius. If it was your group, please reach out via email to: [treasurer@nynafg.com](mailto:treasurer@nynafg.com)

The current NYN mailing address is:  
**NYN Area Assembly**  
**P.O. Box 64176**  
**Rochester, NY 14624.**

**Betty G.M.**



## Archives

Hello to my fellow Al-Anon Trusted Servants and Members,

I have made quite a bit of progress searching through/sorting through all the Archives boxes. I also home-scanned and emailed a few precious Lois documents to Ellen, our Website Coordinator. Before our March AWSC meeting, I will research multi-page document scanning costs from Staples, etc. I am setting aside documents that I think the appropriate Coordinators should review to decide if they need to be saved (such as Alateen and NYNAC). I am thinking in August or September I could schedule a meet-up and deliver them to Syracuse and/or Rochester (I am in Albany).

On the topic of "Keep Coming Back", I have found that my recovery is in layers. For me, I keep coming back not only to meetings, but also to service. My recovery would be nowhere near what it is now if I had not served as a GR and other positions at the District and now New York North levels. I keep learning/recovering with the help of those who have gone before me. As our blue "How Al-Anon Works" book, page 390, says, "I didn't know it at the time, but service proved to be an essential part of the process of rebuilding my sense of self-worth."

Respectfully submitted,

**Maria S.**



March 20, 2022

## Convention Coordinator

The New York North Area 2022 Spring Convention and Assembly is scheduled to be held virtually over Zoom on May 20, 21, and 22, 2022. District 14, from Rochester, has agreed to host the virtual 2022 Spring Convention and Assembly. **Thank You Cindy R. and District 14!** As recently posted on [www.nynafg.com](http://www.nynafg.com), on Thursday, May 19<sup>th</sup> at 7:00pm will be the new Group Rep meeting. Friday, May 20<sup>th</sup> at 6:30pm will be the Assembly Icebreaker, followed at 7:30pm by the AWSC Meeting. On Saturday, May 21<sup>st</sup> at 9:00am the Spring Assembly Meeting, which will run until about 4:00pm with a break for lunch. On Sunday May 22<sup>nd</sup> there will be an Alateen Interest Meeting at 9:00 am followed by Spiritual Speakers at 10:00 am. Members will be able to register online at [www.nynafg.com](http://www.nynafg.com) in advance for the Spring Assembly starting in April of 2022.

The 2022 New York North Area Fall Assembly is tentatively scheduled for September, 16, 17, and 18, 2022. These dates would be for a virtual Fall Assembly. If the 2022 Fall Assembly is held in person or in hybrid form at a hotel or another such venue, there would be additional work needed to contract with a hotel and begin planning for the logistics of putting on an in-person convention. Either way we hold it, a Host District or Districts are still needed for the 2022 New York North Area Fall Assembly whether it will be held virtually, in person or in Hybrid form. What is needed from the host districts is to come up with virtual or in person or hybrid non-business-related programming such as a panel, workshop, or ice breaker event for Friday evening of the convention as well as to put together a Spiritual Panel of speakers from AA, Al-Anon, and Alateen for Sunday Morning. **Would your District please consider hosting the 2022 Fall Assembly?**

We will also need a host District or Districts for the 2023 NYN Spring Convention and Assembly and the 2023 Fall Election Assembly. At this time it is unknown if these events will be held in person at a hotel, or if they will be held virtually on Zoom. **Would your District please consider hosting the 2023 Spring Convention or the 2023 Fall Assembly?**

I would like to make a couple of corrections to my report from the December, 2021 issue of the Northern Hi Lights. On my chart of past convention

information, I incorrectly reported that 2019 Spring Convention was Hosted by Districts 2, 14, and 25. District 2 did not participate. It was hosted by Districts 14, 25, and 29. For the 2010 Fall Assembly, District 29 Hosted, not District 25. The profit to NYN that year from the 2010 Fall Assembly was \$2870.28, not \$2584.21.

Our topic for this month is "Keep Coming Back". I first heard this phrase at my first Al-Anon meeting 32 years ago and at the time I needed the encouragement for me to do so. My life was in such a tailspin at the time that Al-Anon was literally a life line for me and the warm welcome and support of members in that first meeting was enough to get me to attend that meeting the next week, and then the week after that and gradually I worked my way up to 5 to 6 meetings a week. They encouraged me to also read the literature and get a sponsor, both of which I did. Even in the tough times that I have had over the past 32 years, I kept coming back to Al-Anon, even when I wanted to quit the program because other members were spreading vicious lies about me, I kept coming back and with the help of the program and my late sponsor, I was able to heal and forgive. None of my growth in recovery would have been possible if I had not "Kept Coming Back".

Love in Al-Anon Service,  
**Jim M.**

## Newsletter Editor

Keep Coming Back is such an important motto to have. If I had based my opinion of Al Anon on my first meeting, I wouldn't be here 14 years later! I knew I needed something and that was definitely the welcome and love and support I received when I tried again at another meeting. I learn something new at every meeting that helps me grow in the program and in life

In service,  
**Pat H.**





## Dates to Remember

### SATURDAY, MARCH 19TH, 9:00 AM - AWSC

This will be a virtual meeting held on Zoom. You MUST register on the website (NYN Events AWSC Assembly Page) to receive the log on information. This meeting is for all DR's, Coordinators, Officers, AIS Reps, Past Delegates and Trustees. Here is the link for registration: [Area Events \(nynafg.com\)](http://nynafg.com/area_events.html).

- ✓ Officers, Coordinators & AIS Reps - please submit your written AWSC reports by Wednesday, March 9th to Ellen V ([web@nynafg.com](mailto:web@nynafg.com)) copied to Carla, Kathi and Carol ([secretary@nynafg.com](mailto:secretary@nynafg.com), [delegate@nynafg.com](mailto:delegate@nynafg.com), [chairperson@nynafg.com](mailto:chairperson@nynafg.com)). The reports will be posted on the website Newsflash page ([NYN Newsflash \(nynafg.com\)](http://nynafg.com)) by Mar 13th. It is expected that everyone attending will read all the reports before the meeting. Officers and Coordinators will answer questions after they give an abbreviated report. Please come prepared with your questions.

New Format for reports - please save your reports using the following format when you name the document: **Report Year Month Event Position** For example when I save my report for the March AWSC Meeting I will save it like this: Report 2022 March AWSC Chairperson. I will save my Assembly report like this: Report 2022 May Spring Assembly Chairperson

### MAY 19TH - 22ND, 2022 SPRING CONVENTION/ASSEMBLY

It will be a virtual meeting held on Zoom. You must register on the website (NYN Events - Spring Assembly Page) to receive the log on information. Here is the link for registration: [http://nynafg.com/area\\_events.html](http://nynafg.com/area_events.html) This meeting is for all GR's, DR's, Coordinators, Officers, AIS Reps, Past Delegates and Trustees. See the schedule below. A flyer is attached. Please share and distribute this information to all GR's. Invite and encourage all new GR's to the New GR Meeting on May 19th at 7:00pm.

- ✓ Officers, Coordinators & AIS Reps - please submit your written Assembly reports by Wednesday, May 4th to Ellen V ([web@nynafg.com](mailto:web@nynafg.com)) copied to Carla, Kathi and Carol ([secretary@nynafg.com](mailto:secretary@nynafg.com), [delegate@nynafg.com](mailto:delegate@nynafg.com), [chairperson@nynafg.com](mailto:chairperson@nynafg.com)). The reports will be posted on the website Newsflash page ([NYN Newsflash \(nynafg.com\)](http://nynafg.com)) by May 8th. It is expected that everyone attending will read the reports before the meeting. Please come prepared with your questions.

### NEW GR MEETING - THURSDAY, MAY 19TH @ 7PM

register at [http://nynafg.com/area\\_events.html](http://nynafg.com/area_events.html)

### ICEBREAKER - FRIDAY, MAY 20TH @ 6:30PM

### SPRING AWSC MEETING - FRIDAY, MAY 20TH @ 7:30PM

### SPRING ASSEMBLY - SATURDAY, MAY 21ST @ 9AM

### ALATEEN INTEREST MEETING - SUNDAY, MAY 22ND @ 9AM

### SPIRITUAL SPEAKER - SUNDAY, MAY 22ND @ 10AM



# HOPE FOR TODAY



Hosted by District 14

## NYN AFG Spring Assembly/Convention

May 19 - 20 - 21 - 22, 2022

Thursday, May 19th 7 pm New GR Meeting

Friday, May 20th 6:30 pm Assembly Icebreaker

Friday, May 20th 7:30 pm AWSC Meeting

(Officers/Coordinators, DR's and Past Delegates & Trustees)

Saturday, May 21st 9:15 am - 4 pm Spring Assembly

(Officers/Coordinators, DR's , GR's and Past Delegates & Trustees)

Sunday, May 22nd 9 am Alateen Interest Meeting

Sunday, May 22nd 10 am Spiritual Speakers

*The convention will be held virtually this year*

*Visit [nynafg.com/area\\_events.html](http://nynafg.com/area_events.html) to register*

The **Area Assembly** is the business meeting where the groups send their representatives (GR's) to express a voice and vote on behalf of the group. During an Assembly, the Delegate reports the activities of the World Service Conference.

### **Area World Service Committee**

In between Assemblies, Area World Service Committee (AWSC) meetings are held, attended by the Assembly officers, all District Representatives and Al-Anon Information Service Liaisons, and the Area Coordinators of special services. At these meetings, the Assembly agenda is planned, information and reports are conveyed, and decisions may be made that cannot wait until the next Assembly.



# NORTHERN HI LIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Hi Lights but in keeping with the Seventh Tradition of being self-supporting **a donation of \$10 per year for a paper copy is suggested** to help pay production costs.

All Al-Anon members are encouraged to subscribe to the Northern Hi Lights electronically.

There is no cost for an electronic copy.

Is this  a new subscription  
 renewal

I would like  a paper copy mailed to me (please consider a \$10 donation)  
 NHL e-mailed to me (no cost)

Name of person receiving NHL \_\_\_\_\_

E-mail address \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

### If Group Subscription

Group Name \_\_\_\_\_

WSO # \_\_\_\_\_ District # \_\_\_\_\_

### Mail Subscription donations to:

NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY 14624

### For address changes or updates

Mail to: Group Records, 135 Berry Road, Fredonia, NY 14063

Or e-mail: [records@nynafg.com](mailto:records@nynafg.com)

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

|                                                                                                         |                                                                                                            |                                                                                                 |                                                                                                      |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
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|                                                                                                         |                                                                                                            |                                                                                                 |                                                                                                      |

PANEL 61 2021-2023

**Submissions for  
April  
Northern Hi Lights**

**Due by: March 15  
Topic: Wisdom**

**Upcoming Topics:  
Decisions  
due April 15  
Keep an Open Mind  
due May 15**

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