

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

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Topic: Focusing On Ourselves

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# Northern Hi Lights

*Al-Anon News from New York North Area*

## Area Delegate, Panel 55

Since my March *Northern Hi Lights* article, things have gotten busier. I have received many e-mails from the WSO regarding things that have to be reviewed, and that I will have to be ready to vote on at the conference. Some of these are; the Annual Report for 2014, the Annual Budget for 2015, chosen agenda items, and who will be seated at the conference, other than the delegates. I had to submit my travel plan receipts for reimbursement, submit area highlights, and my thoughts on updating the wording of Concepts 8 and 11 for clarity.

I was also assigned to a task force on meetings, and will have to review what they have done.

I have been in contact with several officers, coordinators, and district representatives regarding updating their contact information. **Please be aware that any changes in who holds these positions needs to be sent to me, in order for me to inform World Service.**

Without correct addresses, you will not have a connection to e-communities, and the district will not receive current information to share with groups.

On the weekend of March 13-15, I attended the *Northeast Regional Delegate Conference* in Cromwell, Connecticut. This is a conference that is held to inform incoming and returning delegates of what to expect at the World Service Conference in April. (continued pg.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](mailto: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](http://www.nynafg.com)

WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Tips were given about how things operate, what to wear, how the schedule works, and how the task forces we will be participating in work. We had a workshop on the *Universal Understanding of Recovery* that the Board of Directors are working on. This document will be used by professionals in the field of alcoholism. We heard a report from the Northeast Regional Trustee about finances, literature sales and a former delegate lead a workshop on the "Spiritual Principals of Al-Anon." We also had fun participating in a game of Al-Anon Jeopardy and a Yankee Swap (I will explain to you when I see you at the Assembly). It was enjoyable to be a part of this group of very special trusted servants, who call themselves NERDS, but are in no way the nerdy. Thanks to Ruth S., LeVaughn R. and Elaine R. for helping me feel welcome, and for being my traveling partners. I am also asking for "love gifts", small tokens to be shared with the other delegates during the conference. They can be favors left from your group or district days of sharing, a workshop, or anniversaries. They can be something your group or district decides to make now.

I would also appreciate cards from your groups, or you individually. However, please mail them after April thirteenth, because the hotel doesn't have storage room for a lot of packages.

My address will be:

Diane (last name) (hold for WSC 4/19 2015)  
Wyndham Virginia Beach Oceanfront  
5700 Atlantic Avenue,  
Virginia Beach, Va. 23451  
(To be on the safe side, use my home address from the contact information in *Northern Hi Lights* in the return address field, so I'll still get it if it's late.)

Thank you for the opportunity to serve.

**Diane C.**

## Alternate Delegate

Hello NYN,

I have sent a welcome letter to the second new group since January: District 8, "Sunday Steps to Freedom AFG" at St. Paul's Lutheran Church, 475 State Street, Albany, NY, Sundays at 4 pm.

Here is my monthly, **Did You Know this about *The Forum* magazine?**

In its statement of purpose it says, "*The Forum* is an **international** monthly publication of Al-Anon Family Groups (it includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference (WSC) and World Service Office (WSO). There are some articles that you have permission to reprint on your Web site or in your newsletter as long as you use this credit line: "Reprinted with permission of *The Forum*, Al-Anon Family Group Hdqtrs., Inc., Virginia Beach, VA.

"Focusing on myself" is something I have been thinking about lately. I used to focus on myself in a fearful, unhealthy way and not be aware of others' needs, but now I have learned that my peace comes from listening to and being considerate of others. The challenge for me now is to focus on myself in a loving, healthy way. For example, not losing my grounding when someone else is louder or needier. I find that it has historically been very easy for me to perhaps not even recognize my needs, and/or abandon them in the face of someone else's needs. So, I am working on giving myself permission to let all that buzz just slide on by unless it is something that is mine to deal with right that minute. I can't be good to anyone else if I am not good to myself.

**Gwenne R.**

## Convention Coordinator

The first thing I remember hearing in Al-Anon was the Three Cs: We didn't cause it. We can't control it. We can't cure it. But as I worked through the steps with my sponsor I had to admit I frequently "influenced the situation". In spending many hours, days, years sharing and *listening* about her life experiences in keeping the focus on herself, - her actions, thoughts, and reactions, she shared how her life got dramatically better, happier & more fulfilling. And I said to myself, "Nancy, try it her way. Maybe it'll work for me too". And when I focus on self, I usually get the same results my blessed sponsor gets- *Peace and Serenity.*

Don't miss out on our 2015 Spring Assembly/Convention May 29-31 hosted by District 10.

It's been a long cold winter, but May is Spring and we'll be heading South. Surely it's going to be beautiful on the river.

One of the fun activities at the NYNAFG gatherings are **RAFFLE BASKETS.**



It's been suggested that we should be humble, but it sure makes us proud

when people start hoping they will win **our** group basket. BE CREATIVE and give everyone in your group opportunity to contribute and HAVE FUN! And don't forget to register early (4/15/15) and save \$5.00 (Registration form is in this issue. Also in past issue of *Northern Hi Lights* Newsletter on [nynafg.com](http://nynafg.com))

District 2 is busy making plans for 2015 Fall Assembly in Syracuse September 18-20 and in the Spring 2016 we will all surely be traveling to the Albany community to enjoy the Assembly/ Convention with all our Al-Anon/Alateen family hosted by Districts 7 & 8. So mark your calendars and post those flyers in your group, and make plans. Don't get left behind.

Get friendly with [nynafg.com](http://nynafg.com) Home page. There is a wealth of information and much of it prepares us to be more informed when we go to Assembly. The AWSC minutes, the Officers and Coordinators' reports. Take a look, read, and even consider printing some. It always helps me when I get to the Assembly. Assembly is fun... but it's also our responsibility to be informed.

Nancy H.



## Public Outreach Coordinator

Hi Everyone,

Happy spring! I hope things are well with you. Our topic this month is “focusing on ourselves.” Having a topic to think about for a couple of weeks, similar to signing up to share at a future meeting, gives one time to think about the topic and apply it to daily life. This particular topic, for me, has helped remind me to mind my own business, to pay attention to what I’m doing, not to what others are doing. An important tool because, when I use it I feel better.

I’m also using this concept with my home group regarding public outreach. When I think about “focusing on ourselves”, I think “What can we do as a group in our community?” First of all, I asked for a group conscience to talk about public outreach and asked the group if they were willing to work together to carry the message of Al-Anon beyond our home group. Overwhelmingly, everyone wanted to participate.

We are working with our local library regarding April being alcohol awareness month. Our group is also offering a subscription of the *Forum* to the library and hoping to make Al-Anon literature and information available at the library all year long. Another member is locating the various health-related sites in the community and making Al-Anon information available there.

An Al-Anon member and I have collaborated on creating a flyer with the outreach bookmark, along with tear off sheets at the bottom that list our meeting and our local AIS website and phone number. Listed also is the WSO’s phone number along with their website—per WSO’s request. Our group divided up the responsibility to place these flyers. We are also putting a listing of our meeting in the local newspaper (a free public service announcement.)

We will meet again in another month to see how things are going and to plan where else we can carry the message of Al-Anon in our community. For now, a sense of promise, like spring, is in our local Al-Anon air.

Do consider having a conversation with your groups to see what you can do. It really is amazing what we can accomplish together. If you would like help with a flyer, let me know, I am more than happy to work with you. The WSO’s guidelines regarding these flyers and signs make it pretty simple. Let me know what you are doing in your area so we can share ideas and learn from one another.

Personal thanks to John, our NYN newsletter editor, for the topic. It has helped me “keep my focus” and to accomplish some good things, with the help of others, along the way. Check out p. 3 in the March *Forum*, “Remember to ‘forget’,” and the last sentence of the article, a quote from Lois.

April is the month that we submit our request to be a part of the NYS fair. The public outreach committee will keep us informed regarding that exciting prospect.

Together we can make a difference,

**Pat H.**

## ***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 May, 2015 issue of *NHL*  
is April 15, 2015. The Topic is: Newcomers

## **Presentation Coordinator**

Hi NYN,

I'm learning in Al-Anon that I need to slow down and start doing things that are good for me. Eating three nutritious meals, going to bed on time, and exercising are activities that are surprisingly important to my recovery. I'm also learning to take time to nourish myself spiritually. The section on "Our Spiritual Health" in *How Al-Anon Works* talks about seeking spiritual nourishment throughout the day much like we eat breakfast, lunch, dinner, and snacks for physical nourishment.

Love in Service,

**Sarah R.**

## Immediate Past Delegate

Dear NYN Friends,

This past weekend I travelled to Cromwell, Connecticut with 3 other NYN Delegates. Diane C, our current Delegate and Elaine R and LaVaughn R, past Delegates. We attended NERD weekend. It was a wonderful weekend.

The primary purpose was to prepare the new Delegates from the North East Region for the World Service Conference in April. We also heard from our current Northeast Regional Trustee, Joan S. There was a lot of good discussion on topics of interest to Areas within the North East Region. As always there was great fellowship throughout the weekend.

I was privileged to introduce NYN's new Delegate, Diane C. I'm sure she has a lot to share about NERD in her article this month.

This month's theme is "keeping the focus on ourselves". I have to admit this can be hard for me. I can easily fall back on to my old behaviors of looking out for everyone else and not looking at myself. Over the years I have gotten better at it but still have room for improvement. One mantra I have used over the years is "it's not my business". When I find myself focusing on someone else, usually my son, I have to start repeating this mantra to myself. For me it works.

Gratefully in Service,

**Ruth S.**

## Area Secretary

Hello NYN,

I don't have anything to report from the Secretary front. Our first Panel 55 AWSC meeting is scheduled for the end of March. In the next newsletter I hope to be able to provide you some bullet points from that meeting so you are all aware of what is happening and what to be prepared for at the Spring Assembly in May. The meeting minutes from the Fall AWSC and Fall Assembly meetings should be available on the NYN website for your review.

Focusing on ourselves sounds simple doesn't it? I know for me that focusing on self is a very a hard thing to do. I spent so much time worrying about what everyone else was doing and thinking and I was so sure I knew what they should be doing to make their life better. I never gave much thought to focusing on myself. What do I do to focus on myself now? I read conference approved literature. I go to meetings. I supplement CAL with other inspirational literature and positive affirmation Apps that I get on my tablet and computer. I also spend time daily doing things I like, just for me. I found I have a few hobbies that I like very much. Focusing on myself is an inside job. I still have thoughts that all this focusing on me is selfish, however as time goes by it's getting easier to do.

*"Together we can make it".*

Thanks

**Pam A.**

# Treasurers Report

Hello, NYN Family!!

Thank you all so much for your faithful, continued support of our Area!! You are AWESOME!! Since the last newsletter, we have received the following donations:

Fayetteville	\$ 25.00
Wed Night Binghamton	50.00
Hope for Today	25.00
Discovery Choices	20.00
District 10	100.00
Free to Be Me	25.00
Woman's 12 & 12	25.00
Searching for Serenity	20.00
Days of Healing	60.00
Spiritual Awakening	45.00
Circle of Hope	77.32
Louise F.	10.00
Cortland	30.00

Additionally, there were 3 subscriptions to NHL paid for.

There were no paid out expenses since the last report.

Current Balances are as follows:

Checking Acct	\$13,667.76
Reserve Acct	\$ 8,822.90
Save Ratty Mutual	\$ 2,736.40

. The topic for this month is "Focusing on Ourselves." I love this concept! Probably because that is when I feel that my recovery really began....when I started to KEEP the focus on myself! Life is so much easier in my world, and I have a much closer relationship with my Higher Power when I am keeping the focus on me, rather than everybody and everything else around me. Not to mention the fact that everybody else around me likes it so much better when I'm not fiddling around in their business! It's so much easier to keep MY side of the street clean, and life is good thanks to the Al-Anon program!

Looking forward to seeing some of you at the AWSCmeeting!

Hugs

**Linda A.**

# Area Chairperson

Hello NYN

I am gearing up for the Area World Service Committee (AWSC) meeting to be held March 29th. We will be planning the agenda for the May Area Assembly meeting during the convention in Owego. By the time you read this, the agenda will be ready and I'll report highlights in the May newsletter. I'm leaning on Pam, the past chairperson of NYN, to guide me through my first few months of this service position so that I remember what to do and when to do it.

Keeping the focus me is important for me during this early time of Panel 55 as we're all learning our jobs and could easily focus on what others are doing or not doing. By maintaining my focus on my own responsibilities, I can maintain my serenity.

**Susan 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

A Day of Sharing will be held Saturday, April 18<sup>th</sup>, from 11AM until 3PM at Henrietta United Church of Christ, 1400 Lehigh Station Road, Henrietta. (Rochester) “*Reaching For Personal Freedom*”, based on the Al-Anon book, is the theme. There will be AA and Al-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 25<sup>th</sup>. The first, by District 3 at the NSEA building in North Syracuse at 9:30. Their theme is; “Blooming in Al-Anon-Progress not Perfection”.

District 12’s Day of Sharing April 25<sup>th</sup> 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! Get your AMIAS application in and approved! Mark your calendar!**

## Alateen Coordinator

I am so glad to see spring finally getting closer, and the snow piles melting down. On Sunday March first, along with several Sponsors and Alateen members, we sat down and started our educational review of the WSO Alateen Guidelines and Requirements. We began by reading and discussing the Alateen Policies published in the Al-Anon Service Manual. Our next session is scheduled for Sunday March 22, at the home of our Ithaca Alateen Group Sponsor, where we will review and discuss the guidelines for becoming an Alateen Sponsor.

I am happy to say that everyone involved felt the first session was very informative. Once we’ve completed this process, I hope to have a core group of sponsors to assist me in educating all current and prospective sponsors.

When I heard that this month’s topic is “Focusing on Ourselves”, my first thought was how I apply this to my position as Alateen Coordinator. I started thinking that I need to make sure that I am taking care of myself mentally, spiritually and physically. This includes not taking on more than I can handle, including my Higher Power in all of my affairs, and pacing myself between service, career, and personal life. This includes making sure that I am getting appropriate rest, eat healthy, exercise and take time for having fun.

Love in Service

**Walt S.**



## Newsletter Editor

Whew! Thankfully, the hardest part of this new position seems to be behind me, although I'm still grateful for the help of the proofreaders and my local angel, Pat, who is a whiz with this version of Word. Along with the new position, I've had some health scares, which turned out to be just that, scares. I seem to be following in my mother's footsteps, who is over one hundred now, with no foreseeable issues to keep me from a very long life. Although I was admitted to the hospital in January for two nights, it had been over sixty years since my last stay.

Thanks to this program, neither of my stays were in a funny farm. When I got to my first meeting, like everyone else, I was obsessed with someone else's life. Luckily, I was aware of how "different" (crazy?) I was, and made a decision to use this program to recover, especially considering the price. I went every night, after my first few meetings, throwing a dollar in the basket, definitely a bargain-basement guy.

After a couple of months of obsessing on my son's disease, I realized I was powerless over his problem, and that I couldn't prevent him from harming himself, and that I needed to get the focus on myself. Looking back, it seems getting the same message of hope so many days in a row speeded up my awareness, so that I could detach with love. That was the case. I still loved him, but accepted my inability to fix him. Without my assistance, after a couple of years he sobered up, and has had a remarkable recovery. Mine is still ongoing, and taking risks through service has been the best thing I've ever done for myself.

**John O.**

### **NYNAC Coordinator**

Hello Lovely Al-Anon Members,

First I would like to apologize for missing last month's deadline and not giving an update on NYNAC. Bear with me as I am so new at holding a

NYNAC position. I am thrilled to be the new voice for NYNAC and have been working slowly at building communication with the Alateen groups in NYN. This month we are asked to share on acceptance. Wow, what a tough one when you become the coordinator for something you have attended since you were a child. I attended NYNAC as an Alateen member, as a sponsor, and now as the coordinator. So as you can imagine, the acceptance has been very different for me each time. In the few short months I have learned as NYNAC Coordinator that acceptance is key to my success with NYNAC. I have learned that I can extend and reach out to sponsors, groups, and teens, and that it's okay if they do not all respond in the way I *feel* they should. I like to think of the three A's whenever Acceptance is talked about. I like to always be Aware of what's going on, I like to think before I take the Action of solving what's in front of me, and then Acceptance of what is to come, or the outcome of any situation. It teaches me that I only have control over myself, and my actions. It keeps me grounded.

In October at our kick out meeting, the teens and sponsors voted on a change for NYNAC. Seeing how attendance is very low, it is difficult to keep electing the same groups to be the host group. So we all came to a decision that we would break up host group responsibilities between all attending groups. If you have ever attended an Al-Anon convention, you will see the conventions are made up of committees, not just one group that is responsible. So what we are trying to do is create committees. I really would like to have Sponsors from every Alateen group contact me, even if you do not have teens at the moment attending!

As of right now:

Stars of Hope Alateen Group from Buffalo has taken the Entertainment committee.

There is Always Tomorrow Alateen from Syracuse is coming up with the weekend theme and design. We still need a Program Committee and a Hospitality Committee.

I am working on acceptance that things will fall into place and groups will come together when the time is right, but I also have learned to give my prayers feet, and I need to do the foot work.

Together we can make it! So let's do this together!

Love and Peace in the Program, **Bridget C.**

# NYNAC

October 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> 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 19<sup>th</sup> 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](http://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**

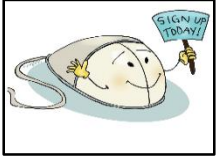
Alateens must have adult supervision, notarized parental permission slips and medical release forms.

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. <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> Gwenne R. <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed.Past Delegate</u> Ruth S. <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Susan A. <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
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