



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

Inside This Issue

Topic: Finding The Courage To Change

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Northern Hi Lights

Al-Anon News from New York North Area Delegate

I am grateful that spring is on its way! I hope all of you in New York North were safe, and you didn't hurt yourself shoveling. On March eleventh, I traveled to Palisades, New York, with Ruth, the Immediate Past Delegate, to attend the North East Regional Delegates meeting.(NERD) This is a gathering of all current , new, and past delegates each year to introduce and help the new delegates learn about attending their first world service conference and to hear the Northeast Trustees Report. . We also have timely topics that relate to Al-Anon as a whole and that we can use in our area. This year's timely topic was:"Is Al-Anon/Alateen welcoming to family and friends of drug addicted people?" Is this reflected in our literature and our outreach efforts? Several people mentioned that we are welcoming in our meetings, but our literature does not reflect this. We are welcoming when newcomers visit our meeting, but our public outreach continues to reflect our primary purpose, which is to aid family and friends of problem drinkers. Many felt that there are ways that we can be welcoming and not judgmental of families of addicts. I do think this is a subject that Al-Anon and Alateen needs to consider at WSO, Area, District, and Group levels, because Al-Anon's message of hope is what these people need most, in my opinion, and where else are they to turn?

(Delegate continued on page 2)

Mission Statement

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

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

When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014Service 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

We learned at NERD about new technologies that can be used to enhance the work of our Area, our Website, and managing events. If you are interested, contact Ruth or me.

On April 22nd I will be traveling to Virginia Beach, VA. , to attend the 2017 World Service Conference. We will be discussing the 2016 Annual Report, the 2017 budget, participation in the Task Force: *Spirituality in District Money Discussions*, I'll be giving a three-minute talk regarding my story and how it relates to this year's theme, *Our members: Our Hope for the Future*. Stay tuned for future reports on this event, and my report at the Spring Assembly in Buffalo. (May 19-21, 2017) For those groups or individuals who would like to send me a card or love gifts while I am there, please use the following address:

Diane L. C.
(Hold for WSC 4/22/4/28, 2017)
Wyndham Virginia Beach -
Oceanfront
5700 Atlantic Ave.
Virginia Beach, VA 23451

(For the return address, please use my name and address found on the inside back page of this *Northern Hi Lights*)
Love in service,

Diane C.

Public Outreach Coordinator

Hi Everyone,

As I sit at my desk and listen to the wind, and watch the blowing snow, I'm considering our topic for this month: "Finding the Courage to Change." What strikes me today is my attitude. I notice that I am feeling a little sad and not wanting to write this article. Last week I was experiencing the promise of spring, snowdrops in bloom, daffodils, tulips pushing through, and specks of green on bushes. Today in New York we are buried in snow.

The program works in quiet ways. Once I sat down and started to write, I noticed my attitude changing. "Finding the Courage to Change" for me often times is being open, willing, and honest. Getting outside of myself and doing something for someone else changes me. So today I am following through with

this responsibility, which makes me feel good about myself. Then I will fix a nice dinner for my husband and me. Nothing stays the same, we are always changing: I am grateful when I experience that quiet courage which accepts this.

- I just received information from WSO that there was record-breaking participation in the Al-Anon Faces Alcoholism (AFA) public outreach magazine project. US, Canada, Puerto Rico and Bermuda members ordered a total of **184,675 copies of the AFA 2017 magazines** for the second printing. This number exceeds the previous second printing record of **184,500 AFA magazines, achieved in 2012.**
- The World Service Office (WSO) will be shipping orders to members this month. We are encouraged to include a local meeting schedule, as well as attach a sticker with local Al-Anon service arm contact information on the AFA magazines. This information makes it easier for professionals to request additional copies of AFA magazines and to learn more about the Al-Anon/Alateen program from local members.
- I have ordered a case of AFA's (400) for our NYN area. I have an outreach idea and am looking for participation from the districts. My idea is to offer 8 districts 50 copies each of the AFA's and have them decide how to use these AFA's in their district. Reports as to how they were distributed will be shared by me with the rest of NYN. If more than 8 districts want to participate, I will draw the 8 districts "from a hat." I will be bringing the AFA's to our AWSC mtg. on April 8th. I sent out an email to all DR's last week and asked them to let me know if they would like to participate by March 25th.
- The new PSAs' are on the members' site. I just received the distribution lists for TV and radio stations and will be getting that information out.
- We have a health fair coming up at St. Rose College in Albany on Monday April 10th.
- Brian and Sheila S-F, from Rochester, did a presentation for directors, clinicians and staff at Anthony Jordan Medical Center. The Medical Center serves primarily an inner city African American and Hispanic population. The purpose of reaching out

was to make more of an effort to increase racial/ethnic diversity in the rooms. Both Sheila and Brian have had subsequent contact with one of the staff that has connections with African American faith leaders in Rochester. They will be setting up another meeting to follow up on this as well as bringing a meeting to the Anthony Jordan Medical Center.

- Brian also had a meeting with the director of GAGV-Gay Alliance of Genesee Valley to discuss an Al-Anon presentation. The meeting went very well, and the director shared with Brian that many didn't feel safe or welcome in meetings. Brian was able to speak to this on a personal level and assured him that Al-Anon is a safe place for all people regardless of sexual orientation or gender identity/expression. Members will be doing a presentation at one of their monthly "Inquiry" events on the 11th of April. Brian is also writing an article about Al-Anon for the newspaper *The Empty Closet* which is Western New York's oldest LGBT publication.

With April being "Alcohol Awareness Month", let me know what is happening in your community. Together we can make a difference.

Pat H.

Alateen Coordinator

Happy Spring Everyone!

We've made it through another Upstate New York winter. Just as spring arrives this time each year it is also time for the yearly recertification of all Al-Anon Members Involved In Alateen Service (AMIAS). Mary Beth and I recently took part in the annual recertification conference call with World Service. According to the list received from World Service, we currently have 116 active AMIASs' registered in NYN. The list only shows AMIASs' who signed up to serve in Alateen effective December 31, 2016 and prior. Mary Beth and I are working to send out the recertification form by April 1st. Every AMIAS will receive a form in the mail along with a cover letter detailing instructions. We

are asking that all forms be returned to the address indicated no later than May 31, 2017

Also, World Service will be mailing out the annual Alateen Group Update Form to all Alateen Group sponsors listed as the Current Mailing Address for the group. This form must also be reviewed for any changes within the group, signed and returned to me in the envelope provided by World Service. It is important that this form be returned so that we can make certain that all Alateen Group information is accurate.

I want to thank Molly C. the NYN Website Coordinator, in helping me get all of our Alateen Groups listed on the NYN Website as part of our Alateen Outreach Project. We have a strong committee made up of Sponsors and teens working together to carry the message of Alateen to teens who are still suffering from the effects of living in an alcoholic home. All members are welcome to participate in this project; you don't need to be a registered AMIAS to help with outreach. I will be putting together a small group of committee members to work with Kathi D. to design an Alateen page on NYN Website that will provide ample information for teens seeking help. If you would like to assist with this project please drop me an email to Alateen@nynafg.com and I will put you on our committee list. As they say "Many hands make for lighter work."

The topic this month is "Courage to Change." It took me quite some time to get to the point of change. I was so damaged and hurt that I felt like I didn't even know how to begin to change. It was through the time and patience of my first sponsor that I began to change. She would look at me and ask "How long do you want to carry this stuff around." She would also say to me "Change takes time; it is a process in which we need to be patient and gentle with ourselves." Eventually I reached a point where I didn't want to carry around the big suitcase, I just wanted a wallet. Once I started building up my trust levels and came to know that my Higher Power was not my enemy, and not out to persecute me for my wrong doings, I started to let go of the pain and hurt. Over time, my anxiety and fears began to diminish, and I began to smile and see the beauty of things around me. (Alateen continued on page 4)

Change for me is a work in progress; even after all of these years in the program I am still working on change.

Love in Service

Walt S.

Group Records Coordinator

Hello Everyone,

I look forward to seeing some of you at the upcoming AWSC meeting. It is always good to reconnect after the winter. I look forward to seeing even more of you at the Spring Convention/Assembly. I always get a special spiritual boost after spending time with my family of choice.... all the members of Al-Anon. There is something so wonderful and supportive when we all work together to support each other and for the unity of this wonderful program.

This leads me to our topic of the month; finding the courage to change. If it wasn't for the support, encouragement, and determination of my friends in Al-Anon, I would not have continued on this journey. I was a strongly opinionated person when I first came into the rooms. I thought I knew all the answers. One very special person took me under her wing and tried to see me as God sees me. It took a lot of persistence to break my ego, as I really had a lot to learn. This unconditional love was what saved me from me. Watching someone take the time and energy to get to know me was an amazing experience, in and of itself. I needed a large amount of this kind of attention in order to start the process of trust in her and the group.

I was encouraged to get involved in my own life by the example of other members sharing their experience, strength and hope. As I let go of the need to do things perfectly, I started to explore new opportunities to "get out of my comfort zone." This spiritual stretching of myself has led me in all kinds of pursuits, in and out of Al-Anon. Allowing myself to try without expectations has taught me that I can try anything and either continue with that path or make another choice. Discovering that I have choices has enabled me to get the courage to change,

Love in Service,

Lynda S.

Area Chairperson

Hello NYN,

Finding the courage to change:

At the time that I was learning Al-Anon's principles as a new member, I also struggled with depression. While applying the Steps and Traditions to my life, I began to notice that in changing the things I could about myself, my depression often lifted for a while. Then it came back and I changed something else, and the depression lifted again. So I formulated a "theory by Susan." When I felt depressed, it meant that I had already subconsciously recognized that I was soon to lose an old habit. So I was mourning the loss in advance. Once I found that theory, if I felt depressed, I would look with eager anticipation for another inch my higher power would bestow to restore me to sanity. Soon, I would know what I could change and the depression would diminish. Today I am happy to report that thanks in part to Al-Anon, I have been free of depression for the last 15 years.

I will be sending a link to a survey to give District Reps an opportunity to discuss topics at the AWSC meeting that are important to them.

Susan A.

Northern Hi Lights Topic for
May 2017 issue is:

Living One Day At A Time

Articles are due April 15th, 2017

Treasurer's Report

Countdown to Spring Assembly/Convention in Cheektowaga!! Hope to see many of you there!!

In the month of February, the following donations were received:

<u>Group Name</u>	<u>Gr #</u>	<u>Amt</u>
Chittenango	9677	27.00
NiagFalls 12&12	44226	100.00
Circle of Hope	54280	90.11
Tuesday	66230	50.00
Christ the King	103?8	17.53
SimpleBeginnings	44964	50.00
Dryden Fri	UNK	10.00
UNK	10366	25.00
Cortland	UNK	50.00
Acceptance AAC	503803	50.00
Chng'g What I Can	27835	25.00

Thank you for your continued support of New York North!!

There was ONE paid subscription to NHL.

The following expenses have been paid since the last NHL article:

John O	\$ 46.00
Web Host	89.50

Current Balances are as follows:

Regular Checking	\$17,603.20
Reserve Checking	\$ 9,750.20
Sage Ruty Mutual Fund	\$ 2,893.11

This month's topic is "Finding the Courage to Change." Boy, can I relate to this!! First thing I'd

like to say about change is that, IF NOTHING CHANGES, NOTHING CHANGES. And that was me many 24 hours ago!! I accepted unacceptable behavior for faaaaaar tooooo long!! People kept telling me, "You need to leave," "you've put up with more than anyone else ever would," "start taking care of yourself." But, like I said, nothing changes if nothing changes...and I wasn't changing. It took my heart a long time to find the courage I needed to change my unacceptable situation. But little by little, the realization came to me...by constant attendance at meetings, constant contact with my Al-Anon family members between meetings, and using the tools (CAL, slogans, Serenity Prayer, to mention a few) that Al-Anon has given me to use, I could make a better life for myself, and also my children!! Alcoholism is a Family Disease...but so is RECOVERY a cure for this Family Disease!! And I have Al-Anon to thank for that!! So, thank you from the bottom of my heart!!

Looking forward to seeing many of you in Cheektowaga!!
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 and Group's ID Number (Very Important)

Alternate Delegate

Hello

NYN,

I have welcomed two new groups in March:

The Equality Group AFG in District #6, held at Faxton Hospital, 1676 Sunset Ave., Utica NY 13502; and

Recovering Survivors Adult Children AFG in District #25, that meets Monday nights at 7:30pm at E. Rochester United Church.

Please drop in if you live nearby, or are in the area, and help welcome them to our program.

Inside The Forum: Did you notice that there is a new 12-part series of articles from members of our Board of Trustees that starts with this March 2017 issue on page 16? The article is titled, 'What does leadership mean to me?' by Debbie G., Chairperson of the Board of Trustees. In her article, Debbie talks about how leadership is more about being willing to accept that we don't know, than about being perfect or an expert, and she shares how following the process of informed decision making helped her overcome her procrastination.

Also in the March 2017 *Forum*, a member shares how being accepted without judgment in Al-Anon was the beginning of being able to let go of self-righteous behavior. Other sharings tell how Al-Anon helped a member learn to live in the moment; how to be a friend and have a friend; how to recognize when we have had enough; how to stop believing that we have to live in servitude to others; the miracle of finding *me*, etc., etc.

What a treasure trove of inspiring and informative articles in each *Forum*!

Gwenne R.

NYNAC Coordinator

Hello NYN,

I read this out loud to my sister who happens to be a grateful recovering member of a sister program. Her immediate comment was that "as soon as I find the willingness". Well, I never really thought of it that way, but it sure makes sense. If I keep

resisting, that means I am unwilling and not trying. Resisting is tiring. So why do I keep resisting? Change is frightening, which is why I suppose it takes courage, which takes willingness. It doesn't mean I have to do it all in one day!

I have to work at it, but not obsess over it. Little baby steps, not gigantic Sasquatch steps. If I take little bits of the work and get it done, soon an entire big project is done. I am a big project, and there will always be work. I have often heard (and said) "there is no graduation from this program". I am a project that will never be done, but I will keep improving, and I cannot do that without the help of my higher power. I think that is where I can and will "**find**" the courage. I just need to let it happen. Yours in service,

Leslie C.

Newsletter Editor

Hi NYN,

When I finally got to Al-Anon, I knew I needed to change, and liked the prices. Two books for \$20, and drop a dollar in the basket each night. Because I went every night after a short time, it didn't take long to get the focus on myself, and the program became the center of my life. I was one needy dude, after separating from my wife four years earlier, and having no social life since, I was afraid of social contact. Going to meetings was hard, because it was almost all women, and from my upbringing, I expected them to be critical, since that is what I witnessed between my parents as a child. My father couldn't do anything right, and I thought that would be my fate, if I married.

Although I got involved as a GR, and volunteered for other service, I was afraid to chair a meeting, because at that time I would have had to ask people to share, and I was afraid they would say "no," rejecting me. About 15 months into the program, I took the risk, and every time I asked someone to share, it was like a miracle was happening. I chaired for about three months, and the change in me was obvious to everyone, especially me. I then determined to keep taking

risks, and have taken a heap of them over the years, and continue to benefit. My latest risk was driving a rental car in Sicily, which was my kind of fun, and I can't wait to do it again. Being newsletter editor, and having my errors out there for you to see, gives me confidence to volunteer again for another position at the Fall Assembly. I'm now confident that if I really screw up the newsletter, or whatever, you'll still accept me. Looking forward to new challenges optimistically has become a way of life, as has Al-Anon.

John O.

Convention Coordinator

2017 Spring Assembly/Convention May 19-21

Registration form and details in this newsletter.

Surely you are planning on coming. Don't want to miss out on a wonderful celebration. Making Hotel room reservations has been extended to **April 19th**.

A bargain, only \$130 per night and you can't beat that if you share with 2-3 others. (and it's fun!) So make your hotel reservations **TODAY**. Your credit card will not be charged until the day you check-in.

District 12 members are keeping plenty busy to make it a super celebration weekend as we celebrate **50 years of New York North Area Al-Anon Family Groups. Don't miss out.**

Mark your calendar now - Don't forget and be left out.

2017 Fall Assembly **September 22-24**

hosts: Districts 3 & 18 Syracuse **Elections**

2018 Spring Assembly/Convention **May 4-6**

hosts: Districts 5 & 26 Lake Placid

2018 Fall Assembly hosts: District 15

Syracuse

2019 Spring Assembly/Convention **When,**

Where, Who - Is it your District??

2019 Fall Assembly is always in Syracuse area **but who is stepping up to Host??**

Has it been a while since your district has Hosted? Check out nynafg.com, area information & forms, nyn Policies & Guidelines, nyn area Convention guidelines. Nine pages of how to do it. And you

can always check with **Convention Coordinator** convention@nynafg.com

Courage to Change....

Mine is on my bookshelf read every year for years. But it takes more than a great book for me to recognize that change might really help me and courage comes to me from many sources including watching and listening to you all share what works for you. And often I am awake enough to think, "Oh, if I try life that way, maybe it will work for me too." So thanks to all who share at meetings, contribute to writing our books and The Forum, to stepping up to service in our groups and Districts, and Area, and World Service. Thanks for your willingness to serve and be an example to me to take the **Courage to Change. And Life sure is Good!**

Nancy H.

Immediate Past Delegate

Dear NYN Friends,

I was in Palisades, NY this past weekend for the 39th NERD. My traveling companion was our current Delegate, Diane C. I know she will be sharing information from the weekend with you so I'll let her do that. I just want to say that it was a great weekend.

This month's theme is "Finding the Courage to Change". I have to say when I first came to Al-Anon I had no plans to change. I didn't need to. I was not the one with the problem that was the alcoholic in my life! He was the one who needed a program and he had one in AA.

The one thing that was going on with me was that I was so very unhappy. Even with the alcoholic being in AA and sober for 2 years my life was a mess. I went to my first meeting not expecting anything from it. In fact I knew I was only going to be able to say that I did not need to go back. I admit that is what I did. My life was on a downward spiral and my unhappiness grew worse.

During this time I kept thinking about that Al-Anon meeting that I went to, how happy the people at that meeting were. Gradually I began to think that maybe if I went back to that meeting and just

listened I could find out how to be happy again. After a month I finally went back. I did sit and listen. One of the first things I heard was about being powerless. I heard about the only person I had any control over was myself, that my business was only about me. Slowly I began to understand that I needed to let go. To put my trust and faith in my Higher Power. I kept thinking if the people and that group could be so happy by doing these things maybe I could too. I didn't think about needing courage to change just that maybe it could work for me. With those baby steps I have grown.

Things are progressing nicely with the Fair, nothing new to report right now. I will have more information at the Spring Assembly. Gratefully in Service,

Ruth S.

Archives Coordinator

Hey NYN members,

With some help from my friends (I learned to ask for help in this program, yeah recovery!!), I am working on something for the Spring Assembly/Convention. Nothing extravagant, but some information to show the history of the NYN area. In doing so, I have found an item that has me puzzled. I will bring it to the Spring Assembly/Convention to show, and ask for any information.

This month's topic is "Finding the Courage to Change." When I think about it, I'm reminded of before I found recovery, I believed that people my age didn't change. Once out of college, you had done your growth, and you are who you are. Recovery changed that belief. I now know that with the willingness and help from a Higher Power, people can change. I can change. I would like to say I had the Courage to Change, but I don't look at it that way. You may think, "well you had courage to go to your first Al-Anon meeting." Nope, I went because I was told to. (It took me 2 years in the rooms to finally get step 1). My change happened slowly and out of desperation. After my ex-wife left,

I was in such despair, all I knew to do was go to meetings. And that is what I did. The message of the program slowly sank in. I can say the courage part did come with having to "break up with" (that's what it felt like) my first sponsor. It wasn't working for me, and I needed something different. That was scary and hard. I didn't want to hurt his feeling. Then I had to have the courage to ask the person I wanted to be my sponsor (again it was like asking a girl you like on a date, scary!! What if I get rejected?). But I did it. Once I got the right sponsor and got steps 1, 2, 3, with the meetings, my sponsor, and my HP, I started to change. At times it's hard to see this change and that's the beauty of having a sponsor to point it out. At this year's District 8 Day of Sharing, there was a workshop on the "Gifts of Al-Anon" (pg 267, *from Survival to Recovery*). I was amazed as I wrote about each gift, how many I have actually received and how I have changed.

Yours in Service,

Kevin M.

Around New York North

District 2 will have a **Day of Sharing** Saturday April 1st from 10 AM to 2 PM at The First Congregational Church, 65 Church Street, in Spencerport. There will be an Al-Anon "Fact or Fiction" game, fun small group discussions, and an Al-Anon and an AA speaker. Please bring a dish to pass. Suggested donation is \$3.

(Around NYN, continued on page 9)

(Around NYN, continued)

Bloom in Al-Anon,

Progress Not Perfection

District 3 will hold a **Day of Sharing** Saturday April 22nd from 9:30 to 2:30 at the N.S.E.A. office, 210 Main Street, North Syracuse. (There will be extra parking across Main St. at the Early Education/Main St. School lot.)

(Around NYN continued on page 9)

(Around NYN continued from page 8)

Discussion groups, Al-Anon and an AA speaker. Raffle baskets, 50/50 Raffle, a Literature table. A Light Breakfast will be provided. Please bring a dish to pass for a potluck lunch, enough for six.

Suggested donation: \$4.

Hotel reservations for the Spring Assembly and Convention have a later deadline. They have to be in by April 19th, not the first.

Al-Anon Acronyms

AAPP –Area Alateen Process Person

AFG – Al-Anon Family Groups

AIS – Al-Anon Information Service

AMIAS – Al-Anon Member Involved in Alateen Service

AWSC – Area World Service Committee (made up of officers, coordinators, and district representatives of an area, such as ours, New York North)

CAL- Conference Approved Literature

CMA – Current Mailing Address

DR – District Representative

GR – Group Representative

KBDM – Knowledge-Based Decision Making

LDC – Literature Distribution Center (local)

Legacy – The Al-Anon legacies are the Steps, Traditions, and Concepts

NERD – Northeast Region Delegates

Northern Hi Lights – NYN Newsletter

NYN – New York North Area

NYNAC– New York North Alateen Conference

PO/CPC – Public Outreach / Cooperating with the Professional Community

RSS – Regional Service Seminar

TEAM – Together Empowering Al-Anon Members

WSO – World Service Office

WSC – World Service Conference

**NEW YORK NORTH AREA 39
AWSC MEETING April 6, 2017
12:00 pm**

- Call to Order/Moment of Silence/Serenity Prayer
- Traditions/Concepts/Warranties
- Welcome and Informational Items
- Roll Call

Agenda Items

- Secretary's Report
- Treasurer's Report
- Delegate's Report
- Officers & Coordinators (Here's a new approach to our officer and coordinator reports. Please only report any new information coming from the WSO that is immediate or directly relating to the assembly agenda. Please let Susan know your thoughts about this approach.) • AIS Reports and Ad-Hoc Committee Reports
 - Buffalo
 - Rochester
 - Syracuse
 - Insurance
 - Finance
 - Web
 - Policy Review
 - Expanding our Vision of AWSC and discussion topics
- Procedure for placing groups on "Inactive" status. Should it be determined by whether they participated in an active district, are considered Inactive by WSO, or some other criteria?
- NYN Officers & Coordinators Requirements to be AMIAS
- Split the Alateen Coordinator position into two separate positions

Voting Items • 2017 Budget

- Host of Assembly/Convention
- Election of Literature Coordinator

Additional Items

- District Updates (unless it can wait until the Assembly)
- Announcements

Adjournment

Closing

AI-Anon Alateen Declaration – Let it begin with me. When anyone, anywhere reaches out for help, let the hand of AI-Anon and Alateen always be there and let it begin with me.

Committee meetings

Convention Interest (for those district reps who wonder what the Convention Chair job entails) 11:00 Finance: 11:00
4:00 PM Making AWSC better.

NYN AFG 2017 Spring Assembly & Convention (with AA participation)

May 19-21, 2017 @ the Millennium Hotel, 2040 Walden Ave. Buffalo NY 14225

Hosted by District 12 (Buffalo South)

The Golden Years: Celebrating 50 Years of Serenity through Self-Discovery

Featuring Mary G. the current (Interim) Executive Director of Al-Anon Family Groups, Inc., and former long-time Western NY member who has served in many capacities over the years

Room rate/per room: \$147.88 (\$130.00 + \$17.88 tax per night 13.75%), extra nights same rate

Reservation deadline April 19 (800)323-3331 Specify NYN AFG convention

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull-out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

if possible give roommates' names when calling, or at least make them aware that you will be having one or more roommates, 1 night's deposit by check or credit card required to confirm/hold reservation; all rooms have internet, cable TV, mini-fridge, coffee & tea making facilities, radio alarm clock, irons and hair dryers

Check in 4pm, check out 11 am

****Alateens must have notarized permission & medical release forms and adult supervision****

Walk-in registrations are always welcome, but pre-registration is preferred

For more information email NYNAFG2017springconvntnbuffalo@gmail.com

FYI the hotel is less than two miles from the Amtrak passenger train station for anyone interested in checking out the train schedule

.....
.....

NYN AFG 2017 Spring Assembly & Convention Registration Form

PLEASE submit a separate registration form for EACH person attending

Make checks payable to NYN 2017 Spring Convention

Mail completed form to: NYN AFG Spring 2017 Convention, P. O. Box 1013, Buffalo NY 14220

REGISTRATION & BANQUET

Name: _____

Early registration (by 4/15/17) **\$15**

Address: _____

Full registration (after 4/15/17) **\$20**

Alateen Registration **\$5** \$ _____

Phone: _____

Are you registering as Al-Anon or AA?

email: _____

Are you attending the Assembly meeting or Convention Panels?

Banquet (family style/by 5/1/17) **\$35.00** \$ _____

Donation to Hospitality (greatly appreciated) \$ _____

We will confirm receipt of your registration by email

Are you a NEW Group Rep? _____

TOTAL ENCLOSED \$ _____

NEW District Rep? _____

PLEASE ADVISE OF SPECIAL NEEDS HERE:

We hope you'll **"SAVE THE DATE"** for the
NYN AFG Spring Assembly/Convention May 19-21, 2017
With AA and Alateen participation
Hosted by District 12, Buffalo South & part of Southern Erie County, with the help of many!

Featuring Mary G. as our banquet speaker, the current (Interim) Executive Director of Al-Anon Family Groups, Inc., a former long-time Western NY and District 12 member, who has served as GR, DR, Chairperson of the WNY AIS, Newsletter Editor for NYN, Chairman for NYN, Delegate for NYN, WSO Trustee (Conference Chair, Literature Chair, Policy Chair, Chairman of the IAGSM, International Coordination Committee Chair, Member of Finance Committee) and member of the WSO Executive Committee

the **Golden Years**:



The lamp of knowledge

Celebrating

50 Years of **Serenity** through **Self-Discovery!**

To be held at the **Millennium Hotel** Buffalo, located in Cheektowaga NY 14225

Room rate: \$147.88 (\$130 plus \$17.88 (13.75%) tax per night), extra nights same rate

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

Right next to the Thruway (I-90) and Galleria Mall, and only 2 miles from the Amtrak passenger station in Depew NY if you prefer a relaxing train ride instead of driving!

nynafg2017springconvntnbuffalo@gmail.com



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 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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PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP



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