



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

Northern Hi Lights

Al-Anon News from New York North

Thoughts From Our Area Chair:

Hello NYN,

As I sit here composing this article, I find myself thinking about our Delegate Ruth, as she attends the World Service Conference (WSC) in Virginia Beach. I can't wait to get to Lake Placid and hear Ruth report on the happenings of the 53rd WSC.

In addition to hearing the Delegate's report, we have a few items on the agenda. Before I tell you what those agenda items are, I just want to remind you once again that the purpose of the Spring Assembly/Convention as stated in our NYN policy document, **"is to provide a forum for the Group Representative to fulfill their responsibility to hear the Delegate's report and to conduct Area business at the Assembly meeting and to provide an Al-Anon program for the rest of the participants."** I encourage each Al-Anon/Alateen Family Group to send a Representative to the Assembly, where every Group in the Area has a voice and a vote in Area business through their Representative. Sending your Group Representatives (GRs) to the Assembly is your Group's direct link and connection to the Al-Anon Worldwide Fellowship. The *Service Manual* states the following: **"A group that fails to have a Group Representative denies the members a voice and causes a break on the link of communications."**

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Northern Hi Lights is the monthly service publication of the New York North AFG Assembly Area. It is intended to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels in between Assemblies. It will not contain poetry or personal recovery stories. Content of each issue will include service reports from the Delegate, Officers, and Coordinators of the Area and pertinent service topics from the World Service Office. Reports from Districts and Information Services will be included as space allows. *Announcements should be submitted at least 6 weeks before Event.* **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

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

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

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

All Al-Anon/Alateen members are invited to attend the Assembly meeting; however each Group has only one vote in Area business.

On to the agenda items. In addition to the reports given by the officers and coordinators and the various committees in place, we will have a presentation on Knowledge Based Decision Making (KBDM).

Voting items will include:

1. fill Website Coordinator and Public Outreach Coordinator positions
2. find a host for the Spring 2015 Assembly/ Convention
3. opting-in to receive the hardcopy of the NHL Newsletter

Check the website for reports from the Officers and Coordinators and for the Assembly agenda.

My sharing this month is on **Tradition Five: “Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.”**

Tradition Five sums up Al-Anon’s purpose, which is to “Help families of alcoholics,” and how that is achieved.

How do we help families of alcoholics?

By practicing the twelve steps of AA ourselves: Practicing the steps is essential to my progress in this program. Practicing the steps allows me to look at myself and take the focus off of the alcoholic. I need to help myself before I can be of any help to others. By looking at myself I can see my part in the family disease of alcoholism. I have gained a new perspective on life by working the steps.

By encouraging and understanding our alcoholic relatives: This can be difficult for many of us. Over time I have come to understand that alcoholism is a disease, and that was hard for me to grasp. I have to really work hard on separating the alcohol from the person. I sometimes still struggle and have difficulty doing this. Open AA meetings have helped me gain insight from an Alcoholic’s perspective. After many meetings I have come to understand the alcoholic wasn’t doing everything they did to intentionally hurt me; that it wasn’t all about me. Today I can have compassion for alcoholics. I have come to the realization that alcoholic or not we are all individuals, worthy of love.

By welcoming and giving comfort to families of alcoholics: How do I this? By showing up at meetings. By speaking to a newcomer. By sharing my experience strength and hope with others. By offering my hand in service. By making sure the Al-Anon program remains available for future generations and by making sure as Groups we adhere to Al-Anon’s Traditions and Concepts. By offering myself and my family members the patience and understanding I offer others - because, after all, we too are “families of alcoholics and need to treat ourselves as gentle and kind as we would treat a newcomer.

“Let it Begin with Me,”

Pam A.

Area Secretary:

Hello There,

Tradition Five has three separate areas to work on: to work the steps for myself, to express kindness for the alcoholics and to have compassion for those who come to Al-Anon. What I find amazing is the amount of love in this tradition. I learn to love myself enough to try to heal and grow by working the Twelve Steps. Then I call upon the wisdom I have gained to love those I believed were enemies, now believing they had a terrible disease. Then I am able to show love to those who are on a similar journey, the families and friends of alcoholics. As I practiced this, I realized that every in-law and every relative I have is the family of an alcoholic. I also realized I am the family of an alcoholic!! Through working this tradition, I have learned to accept myself where I am at this time and to accept others where they are today.

What does this say to us who are willing to try to meet the challenges in this Tradition? It says that Al-Anon is a loving program. ***When I accepted the position of Area Secretary I had not anticipated how this service would be such a growth experience for me. I always believed being active in service would be a growing experience, but I now know that fact to be true.***

Gratefully,

Marge R.

Area Delegate, Panel 52:

Dear NYN Friends,

As I am writing this article, there are only three days before I leave for the 53rd World Service Conference (WSC) on: Our Legacies: The Spiritual Journey of Changing “Me” to “We.” I am very excited to be going. This year I know what to expect and I know many people who will be there, so while the excitement is there, I am not nervous (or at least not too much). I know this will be a very busy week and I will be bringing back a lot of information to share with you all, both at the Spring Assembly/Convention, May 10-12 in Lake Placid, and in the coming months in my *Northern Hi Lights* articles.

If you read my report for the AWSC meeting on April 6, you know that the resumes for the special one-year term of Northeast Regional Trustee have been presented, scored and passed on to the Nominating Committee. New York North (NYN) did not have a candidate for this position. A trustee’s term is a three-year term under normal circumstances. Originally Anne F., who was our candidate and our current Northeast Regional Trustee, had been approved and presented to the Board of Trustees. At that time Anne chose to withdraw her name. This resulted in the need for the special one-year term and the need to quickly act to have a candidate chosen and ultimately appointed.

Now there is a need to fill the final two years of that original three-year term. I spoke about this at the AWSC meeting. If anyone is interested in putting their name forward as a possible candidate for Northeast Regional Trustee please contact me about requirements, job duties and a copy of the resume that needs to be completed. Any candidates that NYN might have will need to be considered and voted on at this Spring Assembly/Convention. The chosen candidate’s resume will then be submitted to the World Service Office (WSO) by August 2013.

All candidates for the two-year term will have their resumes scored by Delegates from the Northeast Region and passed on to the Nominating Committee of the Board of Trustees to make their final choices. Two candidates will be presented to the Board of Trustees in their January meeting for their final selection. The candidate chosen will be presented to the WSC in April 2014 for traditional approval. It seems like it’s a long way off, but those were my thoughts last year and the time has flown by. Again, if you are interested please contact me, or if you know someone whom you think would make a good candidate talk to them about it. Sometimes it takes someone else’s suggestion to steer us in a new direction.

The theme for this month is either the 5th Tradition or 5th Concept. I have chosen the 5th Tradition. I have to admit that there was a time in my recovery when I struggled with “encouraging and understanding (my) alcoholic relatives.” It wasn’t that I didn’t want to “encourage and understand,” but rather, that my desire to help one of the alcoholics in my life get sober was not a “help;” it was a hindrance. It took me a few years with a lot of help from my friends in these rooms to get out of the way of this person. It took a number of years more for them to find recovery, but when they did it was without me. I wasn’t enabling, and it was totally their own program. I am so grateful that I finally came to understand Tradition Five.

Gratefully in Service,
Ruth S.

Service Manual **SCAVENGER HUNT**

Challenge #6: Does Al-Anon’s principle of Anonymity mean that members’ last names cannot be shared within the fellowship?

The *Service Manual* page on which **THE ANSWER** can be found is listed elsewhere in this issue (another scavenger hunt!).

Alateen Coordinator:

It was good to see some of you at the Area World Service Committee (AWSC) meeting, and I am so looking forward to the Spring Assembly/Convention in Lake Placid. I am beginning to work on the recertification of Al-Anon Members Involved in Alateen Service (AMIAS). I will have lists for each District Representative (DR) of currently listed AMIAS. If you know of people no longer active in Alateen who desire to come off the list, please let me know; by the same token, if you know of someone who is not on the list please let me know that as well.

Our topic this month is Tradition or Concept number Five. I have chosen Tradition Five. To me, it is about taking care of myself, being compassionate with those who have the disease of alcoholism and giving comfort to those who have been affected by the family disease of alcoholism. ***One of the things that, for me, was the worse part of being affected by the disease of alcoholism, was that I felt like there was no love for me by members of my own family.*** Everyone was too busy with the alcoholic or other family members. I felt that if I melted into the wall no one would notice. I was not a popular teenager. When I finally got to Al-Anon, people were able to love me until I could love myself. It took me awhile to understand that, as there is always something I would like to change. To me, this means that I can accept love and know that I am a child of a Higher Power. My part is to work the Steps myself, to try to understand and be compassionate to others who suffer and, when newcomers arrive, to try to offer the hope and love that was given to me. I love to give hugs, so that part is easy for me. I have the hardest time working on myself. Thank God it is Progress not Perfection.

Love in Service,

Lynda S.

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 196

Westons Mills, NY 14788-0196

Add Group's registered name & the Group's ID Number (Very Important)

NYNAC Coordinator:

I am still working on a budget that is best for all the Alateens. In years past the amount to attend NYNAC was very inexpensive, and we had many Groups with as many as 30 or more attending per Group. Things have changed and it is challenging to come up with the correct amount. Last year we had a total of only 61 in attendance. I believe we will have at least that many attending this year.

If you are interested in Alateen, planning on starting a group, or are a trusted servant and would like to know why I chose this service position, come to NYNAC. The rewards are way more than anything you can imagine. I remember my first time going to NYNAC as a member of Al-Anon. I was asked to drive teens from the Liverpool group. NYNAC was a conference like no other I had ever attended. I would encourage members to attend so that you can better understand and feel what it's like.

Love in Service,

Lynda C.



ARE YOU READY TO SURRENDER?

That's the theme for this year's NYNAC.

Are you going?

What are the Alateen Groups in your area doing for fundraisers?

How is attendance in your meetings?

Are Al-Anon and AA Groups aware of Alateen?

Did you go last year? Share with everyone what an awesome time you had!

NYNAC is held in October - a beautiful time of the year at a peaceful and quiet retreat center.

Please come and experience fun, sharing, dancing, tears and laughter.

Hope to see you there!

Immediate Past Delegate:

Concept Five: "The rights of appeal and petition protect minorities and insure that they be heard." When I stop and think about this Concept, I am overwhelmed by all that it implies. It is Open Mindedness, which is tolerance rooted in love. It is Humility, the quality or state of being humble; it is Respect, the refraining from interfering with; it is Honesty, fairness and straight forwardness of conduct; it is Transparency, free from pretense or descent; and it is Integrity, a firm adherence to a code of moral values. To have all of these qualities and for them to be working in our lives may seem more than humanly possible, but with the Al-Anon program, I have learned that I can begin to attain some degree of any or all of these qualities. Some days I can do it better than others.

Of all the qualities listed here, humility is perhaps the most important in working this Concept. From page 16 in *Hope for Today*, "Humility frees me from the outside pressures and allows me to learn at any time from anyone or any experience." This quote actually comes from page 137 of *Courage to Be Me*, an Alateen book. And from *Courage to Change*, page 142, "Humility will help us see ourselves in true perspective and keep our minds open to the truth."

From the time we begin in Al-Anon, we are asked to be open, honest and willing if we want the tools of the program to work in our lives. Beginning with the first three Steps of the Twelve Steps we begin to move forward in this regard. We admit that we are powerless and that our lives are unmanageable. We acknowledge a Higher Power and then become willing to turn our will and our lives over to the care of this Higher Power. This is the beginning of being able to do any of the things called for as I move on through the Steps, Traditions and Concepts.

To the extent that I am open, honest and willing; the Al-Anon program will work for me, and I am able to learn new ways of dealing with the many problems which brought me to Al-Anon. To do this I need to study and work the Steps, Traditions and Concepts. I love the story of the orange from *Paths to Recovery* on page 279. It is an illustration of Concept Five in action. When we take the time to hear each of the person's thoughts on a given topic and to give ALL of the information careful consideration, we can many times have the best possible solution. This Concept is also very much in line with our use of Knowledge Based Decision Making for an informed group conscience, also known as KBDM.

Does your Group study the Traditions and Concepts? If not, why not? We now have a great many sources of literature on both the Traditions and Concepts. A great way to begin is by using the readings found in the *Forum*. Each month the Step, Tradition and Concept are written about. *Paths to Recovery* B-24 is a wonderful book on our Three Legacies as they relate to our personal lives. The questions at the end of each chapter provide for great Group discussion. Soon we will have a new workbook titled *Reaching for Personal Freedom* using the Steps, Traditions and Concepts in our personal lives.

One of the questions at the end of the chapter on Concept Five asks: How can I extend consideration to those with whom I disagree? I need to be willing and open to allow each of these persons the time to voice their views and then to be mindful of my reactions to their views. I should not condemn, criticize or taunt what they say. **My behavior is as important as what I say.** I may need to evaluate how these minority thoughts and ideas might fit into the best possible solution.

Grateful to be in service,

Elaine R.

Deadline for submissions to the
**June 2013 issue of NHL is
May 15, 2013**

Topic: Principles Above Personalities

Literature Coordinator:

Hi Everyone,
I am looking forward to our Spring Assembly/ Convention in Lake Placid in a few days. I have many fond memories of camping and skiing with my family in the Lake Placid area over the years. If you have never been before, I think you will be in awe of the beauty of the Adirondacks.

Last month I mentioned that **we have our first e-book (eB-25), "Having Had a Spiritual Awakening."** It is \$9.99 and is available through your electronic book provider. This book was chosen because it is no longer available in

hardcover, and therefore its sale as an e-book will have no financial impact on the Area Information Services (AIS's) and Literature Distribution Centers (LDCs) .

Our new book, "**Reaching for Personal Freedom—Living the Legacies**" (P-92), will be released at the International Convention in July in Vancouver. This book is spiral bound and similar in size to our *Blueprint for Progress* but longer—180 pages.

Our topic for this month is the Fifth Tradition or the Fifth Concept. I have chosen the Fifth Concept which states, "**The rights of appeal and petition protect minorities and insure that they be heard.**" For me this is connected to Knowledge Based Decision Making (KBDM). I am learning about this through my service work in NYN. As stated in "**How Al-Anon Works**," p.133 & p.134: "Whenever we have a decision to make, it is important to remain open-minded. Minority opinions are not always strong or vocal. Often they can be timid and shy, lacking the confidence and sense of safety that comes when numbers of people agree on a position or point of view. It is for everyone's benefit that we encourage anyone with a minority opinion to speak up."

That "speaking up" has always been a scary prospect for me, but the beauty of the Al-Anon program is that one is encouraged to try to do things differently. I'm learning to risk such effort because I have Al-Anon to show me the way, and our three Legacies to back me up!

Gratefully,

Pat H.

Scavenger Hunt Answer can be found on page 39 of your Service Manual.

Alternate Delegate/Forum Coordinator:

As a member of Al-Anon, the Fifth Tradition has given me both comfort and a sense of responsibility. Comfort comes from the words, "**by welcoming and giving comfort to families of alcoholics.**" Since my first meeting, I have felt that welcome. The day I came to my first meeting I was full of grief and fear for the person I wanted to help. I was very anxious. I wanted to stop the pain I was feeling. My group was there to share their experience strength and hope. They were willing to listen to me; they did

not criticize me or tell me what to do. That felt so good and was probably one of the first times in a long time I felt at peace. As a suggestion, your Group might want to appoint someone to act as a Greeter at the door, making sure everyone who comes in is said hello to and maybe even given a hug.

As Alternate Delegate, I have sent letters to new Groups and shared with them how they are welcomed into our New York North Area. I do hope to see some of these Groups send a Representative to the Spring and Fall Assembly this year. I will be wearing a red and blue baseball cap and will give you a hug and a warm welcome.

My responsibility is in "**practicing the twelve steps, encouraging and understanding our alcoholic relatives and giving comfort to other families of Alcoholics.**" I have a responsibility to learn about the effects that Alcoholism has had on my life and how this has formed my thoughts and ideas. This can be done by studying the Twelve Steps, by doing an Inventory, sharing honestly and through prayer and meditation on a daily basis. I can be more understanding of my family or friends by learning that alcoholism is a disease and not a character flaw. I can give understanding by not taking this as a personal affront against me. I can give comfort to the newcomer by giving a hug, sharing my phone number or just listening. I can share my story in a meeting, at a Day of Sharing or an Anniversary meeting. I can also do this by writing an article in the *Forum* or other Al-Anon Literature. By doing this, I have learned that people can relate and do not feel so terminally unique or alone.

Please be reminded that as Group Representatives (GRs) it is our reasonability to encourage our members to subscribe to the *Forum*. I will be bringing to the Assembly copies of "tips for GRs to promote the *Forum*." I will also have order forms that you can pass out to your members. The *Forum* is only \$11.00 per year and is a wonderful source of Recovery.

In addition, one person attending the Spring Assembly/ Convention will have the opportunity to WIN a FREE Copy of the *Forum* for himself or herself. Look on the *Forum* display table for more information when you get there.

See you in Lake Placid,

Diane C.

Treasurer's Report January 2013

Balance January 1, 2013	6012.66
Contributions	405.12
Expenditures	706.28
Balance January 31, 2013	5711.5
Reserve Fund Balance 1/1/2013	7735.94
Interest	0.33
Reserve Fund Balance 1/31/2013	7736.27
Mutual Fund Balance (est.)	

Contributions	ID#	Amount
Sat. Morn AFG	500955	25
Thurs. Nite AFG	500601	20
Caring & Sharing AFG	9763	45
Concord AFG	62569	46.2
Tuesday Group AFG	66230	10
Courage To Be Me AFG	30562795	5
Next to New AFG	AFG 9568	25
Tues. Nite Queensbury AFG	9765	30
Tully Hill AFG		25
Paths To Recovery AFG	30518677	50
Mon. B'ville AFG	9593	5.84
District 10		30
Courage To Change AFG	43327	20
Oswego Mon. Nite AFG	10167	50
Northern Hi-Lights Subscriptions		17.5
Checking Acct. Int.		0.25
Reserve Interest		0.33
Total		405.12

Expenditures	Check #	Amount
The Mailbox	187	314.28
Delegate/NERD	185	92
Delegate/Personal	186	300
Total		706.28

Balance February 1, 2013	5711.5
Contributions	2859.97
Expenditures	13.75
Balance February 28, 2013	2846.72
Reserve Fund Balance 2/1/2013	7736.27
Interest	0.3
Reserve Fund Balance 2/28/2013	7736.57
Mutual Fund Balance (est.)	

Contributions	ID#	Amount
Tues. Nite Fayetteville AFG	9742	25
Scotsville AFG	46849	30
Fulton AFG	9752	15
Voohresville AFG	10366	25
Women 12 @12	66032	75
District 21 Day of Sharing		25
Victor Parents AFG	10365	100
Petersboro AFG	10188	30
Tues. Nite Queensbury AFG	9765	50
Happy Steps To Recovery AFG	30567258	20
District 12		75
Canandaigua Mon. Noon AFG	24271	30
Simple Beginning AFG	49964	40
Save Our Sanity AFG AFG	62001	50
Cuba AFG	64766	25
Thurs. AM Fayetteville AFG	37943	30
Homer AFG	40863	30
Fri. Nite Family AFG	500491	20
Northern Hi Lights Subscriptions		45
Misc.		62.1
Fall 2012 Seed		750
Fall 2012 Proceeds		1307.33
Checking Acct. Int.		0.24
Reserve Interest		0.3

Total

Expenditures	Check #	Amount
Bank Check Charge		13.75
Total		13.75

Newsletter Coordinator:

I love Concept Five: "The rights of appeal and petition protect minorities and insure that they be heard." To me, this is the healing essence of Al-Anon. Like many of us growing up in alcoholic homes, I never felt I had a voice, and certainly didn't think my ideas were as important as others'. This Concept, however, actually encourages me to have an opinion and share it. This democratic spirit of Al-Anon heals me, but also insures that all pertinent information is heard before Al-Anon decisions are made - thus keeping Al-Anon healthy, too. Sometimes the majority can be wrong. Sometimes the loud annoying voices can be right. Al-Anon encourages us through this Concept to open ourselves to all ideas.

I am busy working with Connie D. and Bob C. to develop a Knowledge Based Decision Making (KBDM) workshop around the *Northern Hi Lights (NHL)* for the upcoming Spring Assembly. In its current format, our newsletter is the largest portion of our New York North (NYN) budget.

Please be thinking about how we can keep the NHL sustainable and vital as a service tool; and bring your ideas to the Assembly.

Love in Service,

Gwenne R.

Al-Anon Women's Serenity Weekend

Stepping Into Serenity

presents:

June 7, 8, & 9, 2013

St. Columbian Center
6892 Old Lake Shore Road, Derby, NY 14047
Arrival on the 7th at 6pm- Departure on the 9th at 1pm. Registration includes 5 meals 3 Saturday and 2 Sunday with 2 nights accommodations \$145.00 per person.

Day trippers for Saturday and 3 meals \$50.00 per person.

Registration due no later than Friday, May 17, 2013

Sorry no walk ins

Make checks payable to: Madeline D. and mail payment in full to 403 Wheatfield Street North Tonawanda, NY 14120 no later than May 17th.

Name: _____ Phone: _____

Address: _____

Email: _____ Special Needs: _____

Pioneer Day

(In honor of Al-Anon's founder, Lois W.)

May 5, 2013

Meet 11am at cemetery

Noon Potluck Lunch

Speaker at 1pm

Wilson House in East Dorset, VT.

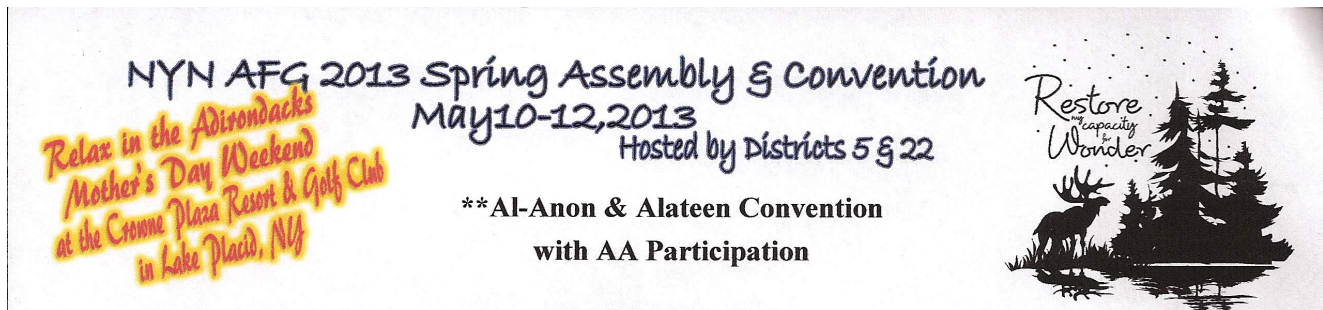
(Bring a salad, main dish or dessert to share)

District 10 Picnic

Sunday July 14, 2013

**Dorchester Park
in Whitney Point**

10-4 at the North Pavilion
(There will be balloons visible.)



DIRECTIONS: Take Exit 30 off I-87N (Adirondack Northway) for US-9 toward NY-73. Left @ US-9 N. Left @ NY-73 W. Left @ Main St. Left @ Olympic Dr. Hotel is on top of the hill on left. And/Or: **The Crowne Plaza Hotel is located @ 101 Olympic Dr. in the center of the village.** If you are driving into Lake Placid from the east or southeast via Route 86 or 73, look for the Olympic Arena complex on your left. Olympic Dr. is the first street on the left past the Olympic Arenas. The hotel is located at the top of the hill on your left. If you are arriving from the northwest via Route 86, drive into town and look for the municipal parking lot on your right hand side as Main St. begins to curve to the right. Olympic Dr. is the first right turn after the parking lot. There is a hotel sign at the end of the parking lot at the corner of Olympic Dr. and Main St.

Go to: <www.lakeplacidcp.com> to see menus and photos of hotel.

***New York North combines its Spring Assembly with our Convention. **All members are free to attend any meetings.** In the spring, our Delegate gives a report from the World Service Conference at the **Assembly**. We have a workshop, hear reports from our coordinators and vote on various issues. **Group Representatives are the voting members in our Assembly.** You are here to participate along with our Officers, Coordinators and District Representatives.

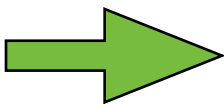
Our **Convention** includes participation of Al-Anon members (including Alateen) and AA. Workshop/Panels will be throughout Saturday. **If you are representing your Group, please attend the ENTIRE ASSEMBLY MEETING.** You will have an opportunity to hear speakers and meet others throughout the weekend. Prior to the weekend, we will post the program on our NYNAFG.com website.

**Registration at the door for Al-Anon and AA is \$20
Alateens with required forms.* \$15.**

*(**Any person 19 years or under** must have notarized permission/medical release forms and adult supervision to attend any functions of the NYN Assembly/Convention. For forms, go to NYN Website: nynafg.com, click on Area Information and Forms, NYN Policies and Guidelines, NYN Alateen Guidelines, and download PDF (forms at end).

Looking forward to seeing you...Host Committee...Districts 5 & 22.

**Questions?? Call 518-578-1532
Email: Spring AFG 2013@gmail.com**



Please note that it may be May, but it is Lake Placid and could be chilly.

**Hospitality will be strictly finger foods, No meals.
Hotel has extended themselves letting us have our own snacks.**

"Restore My Capacity for Wonder" Workshop Titles

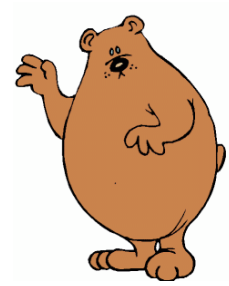
I Wonder...How Al-Anon Works / Through the Looking Glass - Using Sponsorship to Change Our Perception / From Building Walls to Creating Walkways / The Wonder of a Youthful Viewpoint - Looking Back to Move Forward

'Wonder-Filled' Talent Share Saturday Evening

Bring your own guitar, drum, singing voice, original poetry, etc.

**Also bring: coffee mug, water bottle, donations of baskets to raffle
and hospitality room finger foods**

Do you know whom to contact with an Al-Anon related question?




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

NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
<u>Delegate:</u> Ruth S delegate@nynafg.com	<u>Immediate Past Delegate</u> Elaine R ipd@nynafg.com	<u>Alternate Delegate:</u> Diane C altdelegate@nynafg.com	Panel 4 Helen S Panel 13 Ruth F Panel 16/19 Maxine M. B Panel 22 William S
<u>Chairperson:</u> Pam A chairperson@nynafg.com	<u>Secretary:</u> Marge R secretary@nynafg.com	<u>Treasurer:</u> Loretta P treasurer@nynafg.com	Panel 25 Marcia J Panel 28 Mary G Panel 31 Arlene M (deceased) Panel 34 Sherry B Panel 37 LaVaughn R
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