

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

Northern Hi Lights

Al-Anon News from New York North

Action Required Concerning Your NHL Subscription:

All members and groups wishing to **CONTINUE** to receive *Northern Hi Lights* as a hard copy mailed to them, must send their contact information to: Northern Hi Lights, 34 Ellison Ave., Rochester, NY 14625, or email: records@nynafg.com

Effective October 1, 2013

Northern Hi Lights will be distributed by electronic means unless an individual or group requests to continue to receive it in hard copy by sending your Name, Group Name & Number (if applicable), and contact information to the address above.

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Thoughts From Our Area Chair:

Hello NYN,

This time last week I was in Lake Placid at the Spring Assembly/ Convention. What a beautiful weekend. The theme was "Restore My Capacity for Wonder." Not long after my arrival late Thursday afternoon my "Capacity for Wonder" was truly restored when I had the pleasure of seeing two double rainbows within a few hours of each other over Mirror Lake in the beautiful (Continued on next page)

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

NHL Editor: Gwenne R.

Proofreaders: Stephanie R. and Connie D.

Web Version Proofreader: Connie D.

Adirondack Mountains. That was the beginning of a wonderful weekend where I was able to reconnect with old friends and make new ones as well. Thank you District 5 and 22 for a great job as hosts.

During the Assembly we heard the Delegate's report on the happenings of the 2013 World Service Conference (WSC). A few of the items in the report that left an impression on me were:

- If the groups that did not contribute to AI-Anon Family Groups Inc. would each contribute just \$1.00 a month/ \$12.00 a year, that would account for a \$75,000.00 increase in contributions; and that if the groups that do contribute would each give an additional \$12.00 per year to AI-Anon Family Groups Inc., that would account for approximately \$113,000.00 in added revenue.
- The other was related to the policy changes regarding Anonymity and Public Relations. I see the policy changes as a direct impact of the changing world around us.

The two Chosen Agenda Items at the Conference also resonated with me. They were:

- "How can we get districts without District Representatives (DRs) and few Group Representatives (GRs) to become re-involved in participating in Assemblies and the Area World Service Committee (AWSC)? How do we reach out to registered groups who do not attend Area events?
- The other was that, AI-Anon is not growing due to not retaining newcomers and the attrition of old-timers.

During the assembly, New York North (NYN):

- Formed a task force to address one of the Chosen Agenda Items, and several members agreed to work on the task force to reach out to districts that are not active in the NYN Area Assembly.
- We filled our Website Coordinator and Public Outreach Coordinator positions and found a host for the spring 2015 Assembly/Convention. John O. from District 2 is our new Website Coordinator and Marie N. from District 5 is our new Public Outreach Coordinator. Congratulations to both on their new service positions and thanks for stepping up to service at the Area level.
- Thank you goes out to District 10 for volunteering to host our Spring 2015 Assembly/Convention.
- The GRs voted to adopt "Opting in to receive the hardcopy of the newsletter." The motion

was: to publish in three consecutive newsletters that if groups and individuals want to continue to receive the hard copy of the *Northern Hi Lights* they would need to notify NYN and also confirm their mailing address. (See notice on page 1 in this newsletter.)

Our Presentation Committee did a great job presenting Knowledge-Based Decision Making (KBDM). They used the newsletter delivery method as an example of how KBDM and Framing work. Special thanks go out to all the new Group Representatives for participating in the presentation. Participation is truly the key to harmony.

This Assembly marked the middle of the term for Panel 52, and NYN policy states: "An Area Inventory will be done once every three years at the second Spring Convention/Assembly after elections (middle of term) to look at the Area's character defects, what needs to be improved and to take action." Copies of the inventory form were distributed at the Spring Assembly. Results will be compiled and reported on for the Fall Assembly and published on the website.

If you weren't able to attend the Assembly, check the website for reports from the Officers and Coordinators. The presentation on KBDM is also available on the website.

Sharing this month is on "Principles above Personalities." Tradition Twelve states, "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities." To me, principles above personalities means not worrying about where or who the message comes from. It's about "hearing the message." It's about not judging a book by its cover. It's about the contents of the book or "the message." In AI-Anon we come together to share our experience strength and hope in dealing with the disease of alcoholism. It doesn't matter if the person I hear the message from is someone I would have never crossed paths with outside of AI-Anon. It doesn't matter if I dislike like the person or if my views on life are different from theirs. I can place principles above personalities by being honest, open and willing to listen and learn. I can embrace our differences and know that we share a common bond, the affects of alcoholism.

"Let it Begin with Me,"

Pam A.

Area Delegate, Panel 52:

Dear NYN Friends,

Well, the Spring Assembly/Convention in Lake Placid was a week ago. It has taken me the better part of this week to rest from the weekend. It was a great weekend! There were so many people I only get to see twice a year. I met many new people who were attending their first Assembly. The Committee did a great job. Meeting both old and new friends was a wonderful treat.

I wanted to thank everyone for so patiently listening to my report. It was long, and there was a lot on information to pass on to those in attendance. I was so nervous last year, my first report, but this year I was much more comfortable. Next year's report should be a breeze.

I have two things I want to follow up on from my report last weekend:

1. A Thought Force was formed to look at how the Area can reach out to those "Dim and Dark" Districts in the Area and welcome them back into Area activities. There were nine of you who volunteered for this Thought Force. While I have contact information for many of you, there are a couple of you whom I do not have contact information for. Please, if I don't have your contact info send it to me at delegate@nynafg.com. I will be contacting everyone in a week or so to begin working on our task. Thank you all for volunteering.
2. During my report, I shared that the World Service Office (WSO) was going to be conducting another survey of members. This survey would be to measure members' level of involvement in service work. I now have more information I would like to share with all of you. **The survey, "Readiness for Step Twelve" will be open from May 13, 2013, 12:00 AM – July 21, 2013, 11:59 PM ET. The WSO is seeking participation from both members involved in service, and those who are not.** A few notes about the survey:
 - The survey will be open to Al-Anon members in the U.S., Canada, Puerto Rico, and Bermuda.
 - It will be posted on the Members' Web site, www.al-anon.alateen.org/members, in English, French and Spanish.
 - Members' anonymity and confidentiality of their e-mail addresses will be protected.
 - Results will be available in September 2013 and posted on the Members' Web site.

Further information on this survey will be found in the *Forum*. I took the survey a few days ago; it was easy and took less than 15 minutes. I hope all will take part in this survey.

This month's theme is "principles above personalities." I began to really look at and use this concept when I first became involved in service. I began to have some healthier relationships and to learn to work towards a common goal rather than reacting in a negative way when someone "pushed my buttons." At one point early in my service path, I was working on a project with someone who did "push all my buttons." Every trip I made to and from our meeting, my mantra was "principles above personalities." This went on for over a year while we worked together. It worked, we were able to meet our goal and be successful on the project. I can't say that this person still doesn't "push my buttons;" that's my issue, but I don't think she ever knew it. I always try to remember all those trips in the car and my mantra of "principles above personalities."

Gratefully in Service,
Ruth S.

Service Manual

SCAVENGER HUNT

Challenge #7: The Al-Anon World Service Conference Charter is "an informal agreement made between" what two entities?

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

Alateen Coordinator:

1. We had great participation in The Alateen Interest meeting on Sunday morning of the Convention/ Assembly last week. I will be getting back to you all soon.
2. There will be a conference call with the World Service Office (WSO) on June 8th with subjects of the newsletter, *Alateen Talks*, Alateen Public Outreach, and thought and tasks forces that WSO is putting together. If you have questions please email or call ASAP.
3. As always, any questions about the Alateen Guidelines and Requirements are always welcome.

This month's topic is principles above personalities. This used to be a hard idea for me to grasp. I believe that I had to really grow in the program before this one made any sense to me. I started to get an inkling of what it might really mean when I heard it in the AI-Anon suggested closing put this way, "After a while, you'll discover that though you may not like all of us, you'll love us in a very special way – the same way we already love you." People can rub any of us the wrong way. They may not mean to or they may not even be aware that this is indeed the case. Our program teaches us that we all need to practice acceptance. When I first came to meetings in New York North, lots of people didn't like me. One special person took the time to get to know me and show me, through example, some of the errors of my thinking. I still have a lot to learn and I still make mistakes all the time.

I believe that the principles over personalities idea is that we can all go to assemblies, conventions, meetings and other AI-Anon events and even if we do not care for someone else's opinion, or behavior, the challenge for us is to listen with an open mind and give them the dignity to be themselves. I have learned in AI-Anon that even a newcomer can be the messenger, as long as my mind is open and willing to listen.

Love in Service,

Lynda S.

**Harvesting the Fruits of Recovery, 2013 NYN Area
Fall Assembly, September 20-23, 2013**
Help Wanted! Volunteers Welcome! Service Opportunity!
Let It Begin With Me! Help Support the Assembly!
Needed: Raffle Baskets, Raffle Items, Donations for the
Hospitality Room.

NYNAC Coordinator:

Hello Everyone,

It was nice to see all my friends at the Spring Assembly! What a beautiful area Lake Placid is! Thank you to all who put this convention together.

- Packets are ready and have been distributed at the Spring Assembly. I will be sending out packets to all the current Alateen groups in June.
 - If you are a new Alateen group please email me an address so that I can send out a packet for you to attend New York North Alateen Conference (NYNAC) 2013.
 - If you are planning on attending this year's NYNAC please remember that you must fill out an AMIAS (AI-Anon member involved in Alateen Service) form to attend. If you do not have a form you may contact myself, Lynda S., our Alateen Coordinator or your District Representative.
- As of this Month I may still be in need of a Nurse or Medic interested in Attending NYNAC 2013.

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 AI-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:

As I thought about this month's topic, "principles above personalities;" the first question I had was, what are these principles? So, I went on my usual hunt through our literature to uncover this information. My search took me to three of our hard covered books, two of which are no longer in print as hard covered. The first book that I looked at was *Paths to Recovery*, which for me has become my go-to book on the Steps, the Traditions and the Concepts. It is here that I believe we can begin to uncover the principles of the AI-Anon program. In two specific places I found a direct reference to the principles of the program. The chapter on Step Twelve speaks about "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs." In a member's sharing on page 123, the following principles are identified: honesty, compassion, love, trust, humility, willingness, forgiveness and freedom. In the "Introduction to the Twelve Concepts" on page 248, the key principles found in the Concepts are: ultimate responsibility, delegated authority, leadership, participation, acknowledgment, rights, delegation, balance, and spirituality.

A further search in *AI-Anon Faces Alcoholism* reveals a section entitled, "The Working Principles." Contained in this section: The Nature of the Fellowship, The Twelve Steps and the Twelve Traditions of AI-Anon and Alateen and other tools of the program including the slogans, the serenity prayer, sponsorship and conference approved literature (CAL). And then, in *Having Had a Spiritual Awakening* on page 173, "The Working Principles of AI-Anon." The principles listed here include: acknowledgement of a dependence on a Supreme Being, love of our fellow man, an awareness of the need to improve ourselves, and a willingness to help others.

These are but the main principles we uncover as we read and discuss the Twelve Steps, the Twelve

Traditions and the Twelve Concepts. It is when we apply the meanings found within these principles to the problems within each of our lives that we truly come to understand their benefit in changing our lives for the better. Changing our attitudes and thinking in relation to others is what is key in the use of these principles. ***It is in placing the principles which I am learning about in this program above the personalities of each of the persons that I am brought into contact with that will aid me in becoming a better person.***

This is not something that happens overnight, but rather is an ongoing, everyday effort on my part to study, absorb and then put into practice what I am learning.

My ability to accomplish these changes is dependent upon my willingness to attend my AI-Anon meetings, to read the literature, particularly on the Three Legacies, and to have conversation with members who are also trying to bring about these changes in their lives. I believe my willingness to do service will provide me with opportunities to see and understand how these principles can work in my life. I look forward to our new workbook on the Three Legacies, *Reaching for Personal Freedom – Living the Legacies* due out this coming July. This will be a new aide in helping us understand these principles and having changed attitudes.

Practicing the "principles" of the AI-Anon program is what keeps me coming back. When I look back on where I came from to where I am today; I am able to see my need to continue this beautiful journey of recovery. Today I like who I am becoming; happy, joyous and loving.

Grateful to be in service,

Elaine R.

Deadline for submissions to the
July/August 2013 issue of NHL is June 15, 2013
Topic: Step 6

Literature Coordinator:

Hi Everyone,

Thank you to Districts 5 and 22 for a wonderful Assembly/Convention in Lake Placid. I loved looking out at those mountains and Mirror Lake every morning and am grateful to have seen the double rainbow on my first night there.

I will highlight what I went over in my report at the Assembly and will start with the most recent news that I received this week from WSO:

- It was announced at Conference that as a follow-up to the ***Having Had a Spiritual Awakening*** e-book (eB-25), an e-book edition of ***How Al-Anon Works for Families and Friends of Alcoholics*** is planned to be available this summer through electronic book providers. An audio version of this book is also planned to be available this summer in MP3 format through electronic audio providers. I have been told that since 2012 the World Service Office (WSO) has gathered substantial data that electronic literature does not impact the sale of hard copy books. Nonetheless, the WSO will continue to monitor the sales of the electronic and hard copy version of this book to determine whether there is a negative impact on the fellowship. The WSO hopes that on the contrary, the electronic version of ***How Al-Anon Works*** will bring more awareness of the program to the public and those in need.

- Another new service tool, **Conflict Resolution Cards Using Our Twelve Traditions (S-72)** is \$4. They can be ordered now. They just arrived at WSO from the printer and they will be shipped as soon as they are assembled.

- There is a price increase on some of our Literature effective May 1st. This increase will be on most items, including previously free items. Our last price increase was in 2006. The most recent order forms (S-15) can be found on the Members' site, www.al-al-anon.org/members

- Our Legacies Workbook has a name; ***Reaching for Personal Freedom—Living the Legacies*** (P-92). This book is spiral bound and similar in size to our ***Blueprint for Progress*** but longer, 176 pages. It will be available after the International Convention in Vancouver and the cost will be \$15.

- Our ***Service Manual*** 2014-2017 (P24/27) will be coming out in early 2014.

The sharing sheet for ***INTIMACY IN ALCOHOLIC RELATIONSHIPS*** (working title) can be found on the NYN website nynafg.com or at the Members' site under "Submit a Personal Sharing." Please encourage more

members to share on the many types of intimacy, including sexual intimacy. There is no deadline for these sharings at this time.

- Please remind members that the soft cover edition of ***How Al-Anon Works (B-32)*** is intended for members and groups to give to newcomers. The cost of this book is now \$6.

Our topic for this month is "Principles above Personalities." I like the reading in ***Hope for Today*** on p. 356 on our 12th Tradition, "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities." This Tradition means that "We are all equals—experts only in sharing our personal experience, strength, and hope. Remaining anonymous about my economic class, social status, or current employment helps me maintain that sense of equality." Further on: "Freed of worldly constraints, our principles, as practiced in the meetings, provide a secure environment where we can heal and grow spiritually as equals." I find this to be a particularly important, humbling experience. The last paragraph in this reading is something I also find important. It says, "If I'm not looking eye-level at my fellow members, it's time for me to take a look at myself." And finally, "Anonymity unifies our fellowship by removing individual status so we can listen to the message rather than the messenger." This is the challenge—principles above personalities!

If you should have any questions about any of this information please email me at lit@nynafg.com

Gratefully,

Pat H.

Scavenger Hunt Answer can be found on page 207 of your Service Manual.

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)

Archives Coordinator:

Greetings,

Having returned home with a new sense of "WONDER" from four serene days in Lake Placid, I sit here writing to you about Archives from the perspective of the World Service Office (WSO).

My goal is to link you to the WSO website and to the Archives material.

This month, I would like to highlight the [AR-9](#) Request for Research feature...a feature I hope to have up and running for New York North (NYN) in September.

Below is the information stating the purpose of Archives at our WSO level of service:

Look to the Past to Protect the Future—Al-Anon's World Service Office Archives

"...It is so important to keep Al-Anon alive and to keep past growth as well as future growth," Lois W., Al-Anon Co-founder.

The WSO Archives is the repository of the documented historical record of Al-Anon fellowship. The historical record starts at the beginning of the movement and documents the milestones of growth towards the presence of the fellowship today in countries around the world. Special emphasis is placed on preserving the records of Al-Anon's founders, early groups, beginning days of the [Clearinghouse](#) and the organization of Al-Anon Family Group Headquarters, Inc.

The theme for this month's *Northern Hi Lights* is "Principles Above Personalities."

From (P-78) *When I Got Busy, I Got Better*, p.28-29, I am reminded that..."when I am able to focus on common tasks without being distracted by individual differences in personality or opinion...and concentrate on simply doing the best I can without glorifying my successes or failures, I am living a lesson of acceptance."

In giving...I receive,

Kathy M.

Web Coordinator:

(Welcome to John--our new Web Coordinator)

Taking risks was something I didn't do before Al-Anon, because I was very good at projecting the outcome. Not feeling good about myself, it was always bad. Hearing at a meeting that I shouldn't project was quite a revelation. Al-Anon was the perfect place to start taking little risks. For the first

year-and-a-half, I went to meetings almost daily, because I found hope there, which kept me coming back. My thinking was; "If I had a headache every day, I wouldn't take an aspirin once a week."

After six months, I was ready to be an Area Information Services (AIS) Representative, but Alice S., the District 14 District Representative (DR), told me, "This meeting needs a Group Representative (GR), and I think you would make a good GR." I was treated so well at my first District Meeting that I thought; "I'd pay to have this job." The three-year commitment seemed like nothing.

Nine months later, Alice, also the AIS Chair, needed an AIS Alateen Chair, and I volunteered. My first call as Alateen Chair was from an Alateen Sponsor, Mary Jane M. Twenty-one months later, we were married! That was almost twenty-three years ago, and we both are still active in Al-Anon, our home.

John O.

Public Outreach Coordinator:

(Welcome to Marie--our new Public Outreach Coordinator)

Hello Everyone,

Please note the following regarding public outreach projects:

- Don't forget to place your orders for the first printing of *Al-Anon Faces Alcoholism 2014* by 5 PM on July 10, 2013.
- The member website provides access to Public Service Announcements (PSAs) available for distribution. I can provide a list of TV stations that have already aired PSAs.
- There has been an extensive revision regarding public outreach which will be published in the new *Service Manual* coming out in January 2014.

The recent Area Convention/Assembly in Lake Placid was simply amazing! Service work has been important to me in my recovery program and I want to express my gratitude as I take on the Public Outreach Coordinator position confirmed in Lake Placid. For me, service has been absolutely essential in learning to place principles above personalities. It isn't always easy for me to be patient with myself and others or to presume goodwill, and attending Area events has been extremely helpful to me in this regard. Service work give me ample opportunities to focus on myself.

When I place principles above personalities, I have more serenity and free myself up to have healthier and more intimate relationships with my fellow AI-Anon members. I look forward to great personal growth as I serve the Area and thank you all for this wonderful opportunity!

Yours in service,

Marie N.

Newsletter Coordinator:

ACTION REQUIRED Concerning Your Newsletter Subscription: I will be posting a notice in this issue (see front page) and the next two issues of this newsletter stating that members or Groups who wish to continue to receive the *Northern Hi Lights* as a hard copy by mail, must send Group Records a request with your name, Group name and number (if applicable) and current contact information. With the newsletter being the largest part of our New York North (NYN) budget, we need to determine an accurate number of hard copies to be mailed (we know there are some duplicates and outdated addresses being sent a newsletter) before we can look into cost saving methods. **As of October 1, 2013, the newsletter will be sent electronically unless you have specifically requested to continue to receive a hard copy.**

I had the most wonderful time at our Spring Assembly/Convention in Lake Placid this past weekend, and hope you all did too. In retrospect, I realize that this was mostly because I was very involved, both with the Planning Committee, and as Newsletter Coordinator (in particular, being a part of the Powerpoint presentation on **Knowledge Based Decision Making** with Connie, Bob and Anne). I loved seeing how KBDM and "Framing" could be applied to help us come to a vote on "Opt in for hard copy" for the newsletter. Practicing "Principles Above Personalities" as part of this process allowed us to make sure everyone was heard. I realize that no matter how the vote had turned out, I would have felt good about the process.

I can't say enough about how important service work has been to my recovery from hopelessness and sadness to having a sense of wonder and joy. In that regard, I am very grateful to those in the program who believed I could do a job when I didn't yet believe in myself.

Gratefully,

Gwenne R.

Past Delegate, Panel 43:

Hi NYN Family,

It was great to see everyone in Lake Placid. I hope that you were restored in some way by the experience of the weekend. The theme of placing principles above personalities seemed to be working at the Convention and Assembly. Through the years, My patience is often tested (and I am sure that I try others' patience) but when I think of the diversity of our membership and how we are able to come together and accomplish the business of AI-Anon, I am amazed. We use the principles of our program to complete business. At my very first Assembly, many years ago, I listened and learned about strong personalities, and in the end decisions were made that were best for NYN AI-Anon. Sometimes my enthusiasm can be interpreted as intimidation. I try to be aware of that when I am in a discussion.

I hope that the presentation on **Knowledge Based Decision Making** and Framing was helpful. I faced a fear and with the help of others, feel that we provided the information needed for the newsletter "Opt in for hard copy" vote. I feel as though each time a topic is brought up that needs discussion, KBDM will be of great help. The powerpoint is on the NYN website. I will be sending a copy of the the Framing and five questions for KBDM, as well as a sheet with the footnotes that go with the slides. I hope that you will try this out when discussions come up at Group or District level. It is so helpful to provide information instead of opinions. It is a chance to apply principles above personalities.

I have been a little slow in placing the presentation for last fall on "Responsibility" on the web. I will be working on that this week. Please check both presentations out. I would love to hear some input from members on whether it was useful or not. If you have used either, please let me know what you did and how it worked.

Love in Service,

Connie D. Past Delegate Panel 43

District 18 Annual Picnic
Saturday, August 11, 2013, 10am-2:30pm
 Cedar Bay Park, Dewitt, NY, (Park is located on Cedar Bay Road between Kinne Rd. and N. Burdick St. (Kinne Rd. is off Erie Blvd. by Shoppingtown Mall).
 10am meeting, fellowship, spirituality panel.
 Hot Dogs, Burgers & Coffee provided. \$3 person/\$5 family donation. Proceeds to benefit NYNAC.

Treasurer's Report April 2013

Contributions	1107.87
Expenditures	3654.48
Balance April 30, 2013	6296.35
Reserve Fund Balance 4/1/2013	7735.94
Interest	0.96
Reserve Fund Balance 4/30/2013	7736.9
Mutual Fund Balance (est.)	2589.65

Contributions	ID#	Amount
Tues. Noon AFG	65578	25
Scotsville AFG	46849	30
Spiritual Awakening AFG	27134	20
Serenity Seekers AFG	501783	10
Chittenango AFG	9677	7
Friday AFG	9828	45
Healing Circle AFG		125
Monday Night AFG	10385	25
Tues. Nite Fayetteville AFG	9742	25
New Beginning AFG	39872	60
Caring & Sharing AFG	9763	45
Tuesday Night AFG	66230	10
Experience Strength & Hope AFG		100
District 29		75
Thursday Morning Keep It Simple AFG	Waterford ?	40
District 10		30
Tuesday 12 Steppers AFG	10378	25
East Amherst AFG	9711	50
Hamburg Courage to Change AFG	63806	25
Madison Irving AFG	45551	33.1
Roads to Recovery AFG	30503119	25
Circle of Hope AFG	54280	87.89
AWSC Meeting		57.38
Room Spring		60
Northern Hi Lights Subscriptions		72.5
Total		1107.87

Expenditures	Check #	Amount
Immaculate Conception	190	50
Delegate	191	146.85
Convention Coord.	194	83.62
NYNAC Coord.	195	52
Group Records Coord.	196	104
Group Records Coord.	197	31
Crowne Plaza	198	2136
Treasurer	199	52
Crowne Plaza	200	267
Mailbox Inc. Newsletter	201	608.12
Alateen Coord.	202	87
NYNAC Coord.	203	36.89
Total		3654.48

2013 NEW YORK NORTH AREA FALL ASSEMBLY
September 20, 21, and 22, 2013
Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212
"Harvesting the Fruits of Recovery"
Hosted by Districts 15 and 18

TENTATIVE SCHEDULE OF EVENTS

FRIDAY 9/20 Registration 3:00 pm – 10:00 pm "Harvesting the Fruits of Recovery" (7:30 pm)	SATURDAY 9/21 Registration 7:00 am – 3:00 pm A.W.S.C. Meeting (8:00 am) New G.R. Meeting (8:30 am) Assembly Morning Session (9:30 am) Lunch Break (Noon) D.R. Luncheon (Noon) Assembly Afternoon Session (1:00 pm) Banquet (6:15 pm) Main Al-Anon Speaker (8:30 pm) "Lois and the Pioneers" (9:30 pm)	SUNDAY 9/22 Alateen Interest Meeting (8:00am) Spiritual Panel (9:30 am)
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HOTEL RESERVATIONS - NYN AFG 2013 FALL ASSEMBLY
ROOM RESERVATION DEADLINE: August 19, 2013

CALL TO RESERVE A ROOM ON YOUR CREDIT CARD: 315-457-4000 or 800-424-2423 (800-4CHOICE)
<http://www.syrhotel.com/> e-mail CIS@Tramzhotels.com

ROOM RATE WILL BE \$99.00 (plus \$12.87 tax = \$111.87) FOR SINGLE, DOUBLE, TRIPLE, OR QUAD OCCUPANCY, PER NIGHT. ROOM RESERVATION REQUIRED FOR FREE CONTINENTAL BREAKFAST. ROOM RESERVATIONS MUST BE MADE BY August 19, 2013.

Check in: 3:00 PM / Check out: 11:00 AM. If you are paying by check, please make checks payable and mail to: Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Directions:

From NYS Thruway I-90, take exit 36 and travel south on I-81 to first exit, 7th North Street (exit 25). Take a right at the light at the end of the exit and another right at the light at Buckley Road. The hotel is about ¼ mile down on the left.

2013 NEW YORK NORTH FALL ASSEMBLY REGISTRATION FORM

NAME: _____	AL-ANON REGISTRATION (\$18):

ADDRESS: _____	ALATEEN REGISTRATION (\$12):

CITY/STATE/ZIP: _____	SATURDAY BUFFET (\$26):

PHONE #: _____	HOSPITALITY ROOM DONATION:

	TOTAL ENCLOSED:

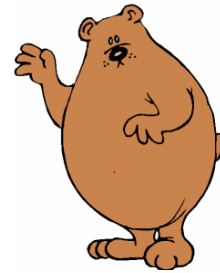
MAIL TO:
2013 NYN Fall Assembly
P.O. Box 87
Minoa, NY 13116-0087

Is this your first Al-Anon Assembly? _____
 Are you a New GR? _____
 Are you a New DR? _____

PLEASE MAKE CHECKS PAYABLE TO: NYN Fall Assembly 2013. MEAL AND ASSEMBLY REGISTRATION DEADLINE IS September 3, 2013. ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS. YOU CAN ALSO REGISTER FOR THE ASSEMBLY AT THE DOOR.

More information available at www.nynafg.com

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




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<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 Panel 25 Marcia J Panel 28 Mary G Panel 31 Arlene M (deceased) Panel 34 Sherry B Panel 37 LaVaughn R Panel 40 Anne F Panel 43 Connie D Panel 46 Bob C
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NYN Area Assembly
Northern Hi Lights
34 Ellison Ave.
Rochester, NY 14625

**Deadline for the
July/August 2013 Issue
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Topic: Step 6**


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WSO# _____ District.# _____ If sent to address other than above, please include that name and address, WSO #, in writing on another piece of paper. **Make checks payable (beginning January 2012) to: Northern Hi Lights. Mail to: New York North Area Assembly, PO Box 196, Westons Mills, NY 14788-0196.** Mail Address Changes and Updates to: Group Records, _____, 34 Ellison Ave., Rochester, NY 14625.