

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

Inside This Issue

Topic: My First Service Position

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Northern Hi Lights

Al-Anon News from New York North Area Area Delegate, Panel 55

Hello NYN,

Many of us have served as group representatives, district representatives, area officers or coordinators, and have felt we have done all we can for Al-Anon. Or we have never served in one of these positions, but want to share our talents with Al-Anon in some other way.

There is more we can do, if we are willing to be open to it. I have received an **Open Call for At Large Members of Committees to serve at WSO**. I am enclosing the letter for you to read, (page 10) and if you are interested in submitting a resume, please contact me for directions to submit it electronically to WSO. The letter gives the purpose of the committee, and the requirements to be considered for membership. It also gives the criteria for appointment. Over the years, we have had members of NYN serve on these at large committees, and it has been a blessing in their lives, beyond their wildest dreams.

It was so nice to see all of you at the Spring Assembly, and I wanted to share with you some of the dreams you wanted either for yourself, New York North, or Al-Anon as a whole. (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 2014 Service Manual). **Announcements should be submitted at least 6 weeks before event.**

Subscriptions: Suggested donation of \$10/year when possible (see back page):
All Al-Anon members are encouraged to subscribe (**electronically if possible**) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

(Delegate's report, continued from page 1.)
Let's do the footwork, and Let Go and Let God!

- More participation of members in service, in the groups, to have Al-Anon known as the best source of recovery for family & friends of problem drinkers (sooner not later).
- Alateen meetings in every community where there is an Al-Anon meeting or AA meeting.
- That Alateens be welcome in every Al-Anon meeting, and that they are respected for the experience, strength and hope that they share with all of us.
- A large poster or billboard showing "AL-Anon/Alateen is here for you."
- For NYN and WSO to offer a two week in-depth summer course on the Steps, Traditions, history of Al-Anon, and the Concepts. Would like it to be financed by WSO, and a certificate at the end of each course.
- New York North to host a WSO or International Event
- That the State Fair Public Outreach Project be fully financed each year by all of the groups.
- All New York members think about the positive effects that Al-Anon has on their lives, and to be willing to give back abundantly through finance and service. Thank you for participating in this exercise and continue to dream. Your higher power knows no limits.

Diane C.

Alternate Delegate

Hello NYN,

After welcoming eight new groups since the beginning of the year, this month has been quiet.

We all had a wonderful time at the Spring Assembly/Convention in Owego on May 29 - 31. The Presentation Committee's workshop on Service Monsters was interactive, informative and a lot of fun. It made me think of my first service position which was as a Group

Representative. My service monsters were fear of commitment and fear of failure. I remember wanting to hide under the table when I was later nominated to be a District Representative. I still wanted to please others, though, to be accepted, so I said yes to doing service. I was able to 'feel the fear and do it anyway' because I wanted to get better and I wanted the pain to go away.

Both of these things happened slowly through continuing to take on any service position offered to me, including speaking, sponsoring, serving on several Convention Committees, serving at the Area level as a District Representative, Newsletter Coordinator and now as Alternate Delegate/Forum Coordinator. Every position has offered new growth for me in how to apply The Steps, Traditions and Concepts to all areas of my life. Speaking of which...

The Forum: Did You Know?

In the May 2015 issue of *The Forum*, the CAL (Conference Approved Literature) Corner focuses on our new workbook, *Reaching for Personal Freedom*. This study guide covers all the legacies: the Steps, Traditions and Concepts, and helps us see how we can apply them to make all aspects of our daily lives better, not just in dealing with alcoholism. One member shares about how using this workbook as a group study guide for three months has lessened their guilt and allowed them to relax and not rush their progress.

I encourage you to look through *The Forum*. It contains lots of ideas for group topics and is great **between-meeting reading**. Oh wow! That rhymes (smile).
With gratitude for all Al-Anon offers,

Gwenne R.

Convention Coordinator

My calendar says spring is almost gone and summer is coming in like a heatwave.... at least in Nashville, Tn, where I am relaxing for the month of June. I hope you are also taking time for self and enjoying each day. But some Districts are already gearing up for the **2015 Fall Assembly** which will be at The Comfort Inn, North Syracuse, **September 18-20th**. Thanks to our Host Committee, District 2, with help from District 29, we can all rest assured that it will be a wonderful event. Mark your calendars; get registered early.... That really helps the planners (see this issue of *Northern Hi Lights* for registration form). And make plans for a trip to Albany in *Spring* 2016 thanks to Districts 7 & 8.

Hmmm, my first service position??? My home group was BIG on SERVICE... and so was my Sponsor!! After 2-3 meetings we had a job. It might be to get there early and set up, or stay after and clean up. Wash the ashtrays and coffee cups (ugh! Glad that has changed). Be a greeter. Stand at the door and give out hugs. There were lots of opportunities to serve within the group, as well as in our District and Intergroup, and also the Area level. But what saved me, kept me coming back, and gaining that wonderful peace and serenity, was from that second meeting on feeling part of.... I was not a visitor. I was part of the family, and expected to do my part.... And it was wonderful! My sponsor taught me, by example that Al-Anon is a "yes" program. When asked, just say YES. If your Higher Power thinks otherwise, then the word will come; "Thanks anyway, Nancy we'll get you another time."

"When I Got Busy, I got Better!"

Nancy H.

Public Outreach

Hello Everyone,

Thank you District 10 for a wonderful weekend at Serenity Island! I enjoy seeing friends that I've met over the years but only get to see a few times throughout the year.

While at the NYN Assembly a couple of people let me know what was happening in their districts regarding public outreach. Connie D. and Lynda S., from District 22, participated in a Health Fair in South Glens Falls School. They shared with me their interaction with students, teachers, and other people from the various other tables, and how alcoholism has affected their lives. District 22 had plenty of outreach literature, (*Forums*, and *Al-Anon Faces Alcoholism*) to give away, along with schedules and business cards.

Maria S., from the Albany area, approached me and offered to call TV stations in her area regarding PSA's, (public service announcements). I also received an email just before coming to Owego from Linda O., in Syracuse, offering to call the TV stations in her area.

Susan A., from Oneonta District 9, told me about their Day of Sharing in early June. Susan mentioned that one of the group's members knew all the media contacts and set up appointments to meet with them. Because this member was concerned about anonymity, Susan did all the talking! They brought informational pamphlets from Al-Anon regarding anonymity, working with the media, etc. An article was published in one of the weekly papers regarding the Day of Sharing as well as what Al-Anon is all about. Pretty cool stuff!

Ann T., web coordinator for Rochester AIS, continues to help with the outreach flyers. Ann recently personalized a flyer for the Oneonta area.

And a very special thanks to my service sponsor, Elaine, for her generous help and guidance regarding public outreach.

Without all of this help, my public outreach position would be impossible. I so appreciate everyone's willingness to reach out and work for our common good.

Our topic for this time around is "my first service position"— I remember it well.

I had just come back into the program and a new women's meeting was starting about an hour from my home. I signed up for three months to set up for the meeting, get hot water ready, and set out the literature. I was excited to be able to contribute and be a part of this new group. It felt good to be able to give back for what I was beginning to experience. Little did I know where all of this would lead me! A couple of things that I would like you to be aware of:

If you haven't ordered the new *Al-Anon Faces Alcoholism 2016* you still have time. The deadline is July 8th, 2015 at 5 p.m. Orders will be shipped by AFG, Inc. before September 1st, 2015.

- I continue to work with DRs and public outreach coordinators in regard to TV stations playing our PSAs. I just received a listing of radio stations and will be in contact with DR's and others that are helping in this endeavor. If you would like to help, please contact me at po@nynafg.com
- The public outreach committee for the NYN State Fair has met and we are moving right along. We have another meeting in August. Ruth has more details.
- September is National Recovery Month. Please continue to place the outreach flyers, with local information, in your libraries, doctors' offices, etc. At this time of year I seem to have several medical appointments. I bring the AFAs (*Al-Anon Faces Alcoholism 2015*) with me, hand them to the doctor and explain what Al-Anon is, hoping they will be passed along to their patients. I also mention how much this program means to me and how helpful it has been. I realize that I have been shy in the past and wasn't able to have the conversation that I am able to have now. I call this growth and am grateful for it.

Thank you for your help and support. We are all excited about having an Al-Anon booth at the upcoming State Fair. Hopefully this will be the first of many years there. Maybe I'll see you at the booth. Have a good summer!

Pat H.

Immediate Past Delegate

Dear NYN Friends,

As I said last month, NYN is going to the State Fair. We will have a booth in the Arts & Home Center. When I wrote last month's article I wasn't sure of how signups would work but I am now.

In order to sign up to volunteer at the fair you just need to visit the NYN website, nynafg.com. On that home page in the banner you will see "NY State Fair Booth Information" just click on that phrase. You will be taken to a second page that will give you all the information you need, including shift times, dates etc.. At the bottom of the page, it will say to click on the button below, [VolunteerSpot](#). When you click on that button, you will enter your email address and then be able to register for whatever spots you wish.

This page lists the August dates, to find September dates at the bottom of the page click on September. I say this only because while a number of people have signed up for August no one has signed up for any September dates.

After you have signed up on [VolunteerSpot](#) you only need to do one more thing. Email me at ipd@nynafg.com. In order to mail you your ticket I need your name and address. There are a few people who have registered and not sent me their mailing address. Please make sure you send me this information.

Also if you are interested in being a sub, should we have any cancellations, please email me at ipd@nynafg.com. Life happens, and people have to cancel sometimes. With this sub list we should still be able to man the booth smoothly.

One great piece of news came with the contract for the fair. Because New York North is a not for profit and we will be an information only booth we received a 75% discount on our booth rent. Instead of having to pay \$1300+ we will be paying \$330. This is great news for our budget. Please remember that with all the literature we will have available, signage and tickets for volunteers, this is still a lot of money for New York North. If you,

your group, or your District, can help financially you can send your donations to the NYN Treasurer.

I am so excited about this public outreach project. I really hope that all of you will be as excited, will volunteer, support and just stop in and visit if you are at the fair.

This month's theme is "your first service position." I spent so much time on the fair that I will try and keep this brief. I had not been in AI-Anon a year when a man in my group was talking to me after a meeting. He said that he was the AI-Anon chairperson for the Salt City Midwinter Roundup that year. They needed a secretary for the committee and he knew I would do a good job. How could I say no? The committee needed me and knew I would do a good job.

I said yes, of course. This was my first service position. One thing I have learned from that first time is how important that invitation to serve is. I try to remember how I felt with that first invitation. I think many of us are just waiting for that first invitation.

Gratefully in Service,

Ruth 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 398,
Morrisonville, NY 12962

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

Alateen Coordinator

When I heard that this month's topic is "My First Service Position" I had to really sit down and think. I started my service in AI-Anon as a group ISR (Information Service Representative)/Alternate Group Representative. In this position I attended bi-monthly AI-Anon Information Service Meetings, acting as a liaison between my group and our local AIS. I would come back and report to my group all upcoming AIS activities. I was only in program less than two years, but I can honestly say that I truly began to learn that I had skills which for the longest time I thought never existed. It was the start of tearing down my shell of shame and insecurity and from there I became a sponsor in Alateen. I am so grateful to AI-Anon and the many people who helped me along my path.

I wish to thank all Group Contact Sponsors for returning their Alateen Group Update forms and all Sponsors/AMIASs for submitting their recertification forms.

As your Alateen Coordinator/Alateen Area Process Person, it is my responsibility to make sure that all group and sponsor information is kept up to date, and I need your help to do this. If your Alateen Group moves, changes their meeting time, has a change in sponsors or the contact mailing address for the group changes, the group needs to complete the GR-3 Alateen Registration/Group Records Change Form. The form must be submitted to both your District Rep. and me.

The same holds true for any Group Sponsor/AMIAS who moves, or changes their last name, must complete an AI-Anon Member Involved In Alateen Service Form and submit a copy to both your District Rep. and myself. Keeping our records up to date helps make lighter work for all involved.

Walt S.

Treasurer's Report

Hello, NYN Family!!

It certainly looks like Area groups and districts have stepped up to the plate regarding the request to increase our donations to the Area, if at all possible, due to the additional expense of our presence at the NY State Fair this August-September!! Thank you ALL!! Remember: NO AMOUNT is too small (or too large--hehehe!!)!!

Group Name	Amount	Group #
Fri AM Baptist Church	25.00	9710
Schoharie Thursday	20.00	38067
East Amherst	50.00	9711
Recovery In Action	5.00	30614153
Keep It Simple	10.00	?????
Bemus Point Tues.	50.00	30524821
A Better Life	50.00	25635
Diane R.	31.00	
Assembly 7 th Tradition	167.06	
Living Today AFG	15.00	32150
Cortland	40.00	9696
Hudson Falls Thurs.	20.00	9815
Monday Chittenango	12.00	9677
Hope For Today	25.00	66500
A New Beginning	10.00	30644421
Exp. Strength & Hope	50.00	62668
Thurs Morn Sherrill	50.00	10296
Live And Let Live	20.00	30516146
District 5	100.00	
District 17	50.00	
Recovery In Action	40.00	30614153

There were 5 paid subscriptions for the newsletter since the last publication.

Please Include your groups name and groups number, for your groups own satisfaction of being able to see their group name and number in print! Thank You!

The following expenses have been paid since our last newsletter:

Cindy C., NYN Spring	47.00
Ruth S.	40.15
Bridget C.	90.41
Public Outreach printing	80.50
Susan A.	112.78
Lynda S.	105.42
Kevin M.	88.18
Webhosting services	89.50
Walter S. AMIAS expense	73.50
Sarah R.	254.14
John O.	260.31
Walter S.	79.30
Insurance for NYS Fair	116.00
NYS Fair Booth Rental	335.75

This month's topic is "my first service position," which was as my home group treasurer. When asked if anyone would be interested in assuming the duties, I reluctantly raised my hand. I don't know why I was reluctant....maybe more scared that I would do something wrong!! But I have to say that service is certainly one of the VERY BEST recovery tools available within our fellowship!! One of our local members said, "I'm sorry, but I just don't have time for service." Service is not just what everyone thinks about being in service positions...this particular member makes the absolute BEST cakes for our anniversary meetings!! To me, that's some of the best service!! (YUM!!) Service can take on many forms: sharing at a meeting, welcoming a newcomer, helping set up the meeting room, helping put our materials away after the meeting, answering the telephone...the list goes on and on...saying "yes" to speaking at a convention (YIKES!! What was I thinking????). But I have to say that every single time I do AI-Anon service (at whatever level), I feel good and take pride in the recovery it provides me!! Have a Great summer!! Stay safe!

Linda A.

Volunteering For the AI-Anon Booth at the New York State Fair?

Now we are able to go to our website, www.nynafg.com, and sign up for a day and shift of three hours, to represent AI-Anon at the New York State Fair! The Fair has about a million visitors a year, many of whom could benefit from our program, I betcha. Go gettum!

Group Records

I was scheduled for left knee surgery on Monday, but as HP would have it, I woke up with a severe sore throat on Saturday beforehand, showing once again that I am **NOT** in charge. All the group records reports were either mailed out or given to those at the Assembly. Please check them over carefully, and submit any changes to me so I can take care of them to keep our records up to date.

Any questions about receiving the *Northern Hi Lights* should also be addressed to me, whether it is hard copy or electronically. I had two hard copies returned to me recently, so please make sure your address is correct with me. I send that list out to John so he has an up-to-date list from which to send out the hard copies.

The topic of the month is “**My first service position.**” When I first came back to stay, I was in a bad way emotionally and physically. I was loved until I could start to love myself. They gave me the

awesome job of making coffee in one of those old percolator type coffee makers. That was 18 years ago. I was glad to do it as I was socially very shy and uncomfortable talking to other people. (Bet you can't believe that now!) It was a great way to observe how others behaved and kept me from having to say anything. I did not have any self-confidence or feeling of worth. My first marriage had failed and financially I had failed and basically I felt like a failure in all areas of my life.

Service in Al-Anon has shown me that though I do not always do things correctly, I can learn from my mistakes and do better next time. It is not about perfection anyway. That is not to be had in this physical world. It is about the journey. Thank you HP for allowing me to learn how to participate in my own life in the healthiest way I know at any given time. The growth comes in the striving to do better.

Lynda S.

Al-Anon Acronyms

WSO is our World Service Office, and WSC is our World Service Conference. NYN is our Area, New York North. Every three years we elect a Delegate from our Area to represent us at the World Service Conference. One qualification to be a Delegate is prior service as a District Representative. Our structure, from Group to WSC, is explained in our *Service Manual*, starting on page 62. Basic terms and acronyms used in Al-Anon are covered starting on page 70 of the *Service Manual*, such as: Group Representative (GR), Current Mailing Address (CMA), District Representative (DR), Al-Anon Information Service (AIS), and Conference Approved Literature (CAL). After being elected Delegate, you are recognized as a NERD. (Don't ask.) Our newest acronym is KBDM, which stands for Knowledge-Based Decision Making. (How Un-American, to be required to be knowledgeable about a subject before voting!)

(A. Nony Mous)

Deadline for September *Northern Hi Lights* is **August 15, 2015.**

The Topic is: Letting Go and Letting God.

Secretary

Hello NYN,

The first service position I held was as Group Treasurer. That was also the first Area position I held. Having that first service position made me accountable for a commitment that I made. It made me show up for meetings because I had a job to do, collect the monies placed in the basket. It gave me a reason to show up. I had always had issues with staying committed to anything I ever did or said I was going to do. Accepting that position helped me to begin to work on one of my many character defects. I'm still working on that and service helps me to do what I say I am going to do, sometimes not always on schedule, but when I say I'm going to do something now, I do it. I'm still working on the time frame/deadline part of the commitments though. I learned that I could choose to do the job the way I wanted to. All I had to do was tell the group what my thoughts were, and present the report on what funds were in the treasury. Some before me had paid the rent up to 6 months in advance. I told the group that I didn't think we should be doing that. After all, do you pay your mortgage or rent that far in advance? We had several discussions on how much to give the GR to attend assemblies. Some said only \$50 and that it needed to be voted on whether we wanted to give that much and that we would also need to vote if we wanted to pay for food and gas to attend the assembly. I didn't think that was right because I had read the GRs expenses should be a top priority right after paying the rent. At first I thought I was doing something wrong, because I thought that all members that had more time in the program knew all. That issue about paying the GR's expenses still rears its ugly head sometimes, but now I know I have the *Service Manual* to back me up. I wanted to learn more about how groups worked and what they meant when they announced there were AIS meetings and Assemblies. So, I decided to go to the local AIS meeting. After that first AIS meeting I haven't looked back. I have been active in some type of service since then. Sometimes I found myself involved in too much and had to take a step or two back. Doing service is still a commitment that keeps me coming back.

"Together we can make it,"

Pam A.

Archives Coordinator

Greetings New York North,

This year's Spring Assembly and Convention was my first as an Area Coordinator. It was a wonderful time. Although it is nerve racking for me to get up in front of the Assembly and give my report (however brief) it also is very rewarding. With my service positions now, I try to push myself into the uncomfortable. It's how I grow, which is far from my first service position. My first service position was group secretary. I couldn't control anything at home so thought I could be in charge of (*cough* control *cough*) something in my home group. I quickly learned that really isn't how it works. Even in service, the group Higher Power is expressed through the group conscience. I remember wanting to change the notebook and how notes were done. I thought I could just go buy what I wanted. I'm the secretary and I was going to pay for it. I learned I had to bring it to the business meeting for a group conscience. It was the principle that we are fully self-supporting so the money had to be agreed on, and all the members get an equal say on how we define the service position. That was important for me to learn. That is certainly one way doing service has helped my recovery: it keeps reinforcing that my way is not always right, and I need to listen to others. Al-Anon has a booklet, *When I got Busy, I Got Better*, and that is so true for me. Service has been and always will be a huge part of my recovery.

Kevin M.

Web Coordinator

I was invited to begin my first service position as AIS Representative for my home group. I never saw a service manual and had no idea what to do. I went to the first meeting and someone there told me what he did. The same thing has happened for almost every service position after that – invited to serve, not knowing what the position entailed, then getting help from members who have served before.

When I finally heard about the service manual and found out there were guidelines for the different positions, it was much easier.

I was overwhelmed at the 2015 Spring Assembly/Convention in Owego, the first under my term. The one person who really knows this job was not able to come. I did not know if I could do the job. Al-Anon has taught me **I am never alone, ask for help** and **accept I am human** and before everything - **PRAY**. It worked out as it always does.

I am trying to prevent some delays and gaps in the transfer of changes in Group information to the web site "Find A Meeting" page and all the entities that need the change.

If your CMA (current mailing address) is not receiving the group copy of the *Northern Hi Lights* it may be due to a delay of information. Please request the type of copy you need for your group and send the email or postal address to the Group Records Coordinator, asking her to verify the subscription address on file.

Hugs and Peace in Service,

Molly C

Presentations Coordinator

I have never taken a service position for the "right" reason. The "right" reason is all that stuff about gratitude in action and spirituality and whatnot. My reasons always involve resentments, or ego gratification, or a sense of guilt.

Nevertheless, I find that regardless of my motivation, service is the source of my most profound spiritual lessons in recovery.

My first service position is a great example: the first service I did was signing up to chair a meeting for a month. I only signed up because it really drove me crazy that the meeting didn't start on time. I only had one hour to focus on Al-Anon, and starting late was wasting my precious Al-Anon time. You better believe we started on time during the month I chaired that meeting. I wasn't very spiritual, but I sure was prompt.

The thing was, in that particular group, the person who chaired the meeting also chaired the business meeting for that month. So I ended up sitting in on my first business meeting. As I looked around the room, I recognized the people in the business meeting were the people whom I privately thought of as "having their act together" in the regular meeting. These were the people who routinely spoke about the Steps and Traditions in their sharing. They referred to pages in Conference Approved Literature that they'd found helpful. They talked about sponsorship. These people seemed to have solutions, and I wanted what they had.

Someone had told me "stick with the winners." Well, all the "winners" were showing up at the business meeting. So I started showing up at business meetings. At the business meeting, people used the Steps, Traditions, and Concepts in their dealings with each other. I saw someone promptly admit that he was wrong. I saw another member make amends. I saw someone who deeply disagreed with a decision of the group. Instead of stomping out of the meeting and never coming back, that person said, "this group has a loving HP which was expressed through this group conscience, and I trust that Power will provide personal progress for the greatest number." I continue to take service positions for all the wrong reasons, and I continue to experience greater benefits than I ever dreamed possible. And I still start meetings on time when I chair.

Sarah R.

World Service Office Committee Résumé for Anon Family Group Headquarters Inc.

COMMITTEES WITH AT-LARGE MEMBERS

Alateen Advisory: addresses the needs of Alateen members and encourages Alateen group sponsorship.

Audit: works with the auditor to ensure that the financial affairs and business controls of AFG Inc. are in order. At large members of the Audit Committee are required to have financial expertise including an understanding of generally accepted auditing principles, accounting standards, as well as an understanding of internal controls and procedures for financial reporting.

Forum Editorial Advisory: recommends editorial policies for our monthly magazine; considers articles for publication and seeks to place *The Forum* in the hands of every Al-Anon and Alateen member.

Literature Committee: seeks to aid recovery by creating new and revised Conference Approved Literature (CAL) and seek ways to encourage members to enhance their recovery through increased awareness and use of our literature and service materials.

Public Outreach: assists in the development of educational tools for our members to use with a variety of outside audiences and to oversee national and international public outreach projects to enhance Al-Anon's public image with the media, general public, and professionals.

REQUIREMENTS FOR AT-LARGE COMMITTEE MEMBERSHIP

Continuous active Al-Anon membership for at least the last five (5) years or continuous active Alateen membership for at least the last one (1) year and at least 13 years old. The at-large Committee members are appointed to serve one year terms up to a maximum of six years. These Committee members may divide these terms between one or more Committees but may serve on only one Committee at a time. Trustee or Delegate service on these Committees does not count towards the maximum. Past WSO staff may serve on Committees after three years from the date of departure. However, past staff members may not serve on the same or similar Committees nor any Committee within the same department in which they worked.

Family members may not serve on the same Committee.

A member of Al-Anon Family Groups who is also a member of Alcoholics Anonymous may not serve in these positions.

The ability to send and receive e-mail and attend meetings via telephone conference calls four to eight days per year, including evenings and weekends.

Time and ability to complete projects in a timely manner.

WSO Committee members are required to relinquish information service, literature distribution center, or area world service positions (GRs and alternate DRs may serve provided they do not serve in another area capacity). At-large members of all Committees may come from anywhere in the World Service Conference structure and must be fluent in written and spoken English.

CRITERIA FOR APPOINTMENT

At-large Committee members must represent geographic diversity and no more than one member per region may serve. Current Delegates are not included in determining geographic diversity because that is factored in by the Associate Director of Member Services—Conference when they are appointed. Past Delegates may serve on Committees but in honoring the links of service, only one past Delegate may serve at a time per Committee and when appointed initially, if possible, not from the same Area as a current Delegate member.

Area Chairperson

What a refreshing convention we just had! I am thoroughly inspired to continue giving service to Al-Anon and Alateen based on all that I heard at our Spring Convention. We held informative committee meetings in the Finance, Web, Insurance, and Service committees, heard Diane's inspiring delegate's report at the Assembly, and got caught up on what the various coordinators are doing. Although I didn't attend any of the convention workshops, I heard that they were fun, interesting, and enlightening.

I think my favorite part of the weekend was the workshop, "What's so scary about service?" not because I was afraid of service, but because I sat at a table with eight people who inspired me with their sharings and capabilities reminding me that I don't have to go it alone with all these very capable people surrounding me.

My first experience in doing service was in my first year of Al-Anon. Our new group representative said that she would accept the position but she didn't drive. Another member offered her car but said that she didn't drive in the city. So I volunteered to be the driver. The three of us drove around the district attending district meetings, having a meeting in the car, and learning about Al-Anon beyond our own neighborhood. It was fun, inspiring, and helped lift me from a belief in my insignificance, to one of someone who was useful and contributory.

Susan A.

Newsletter Editor

Hello NYN,

This edition of the newsletter has been quite an experience, and I hope I have learned from my mistakes. Amazing, but I still feel good about this service, knowing that I've gained by doing it, mistakes and all. I chose the topic of "My first service position" because it was so important in my recovery. With just six months in the program, our District Rep, Alice S., came to our meeting, determined that we would have a GR when she left. I had decided that I would be the AIS Rep, but she said that the meeting needed a GR, and that she thought I would be a good one. I remember my first district meeting, and how nice everyone was to me, which was just what I needed. I thought to myself at the time that I would pay to do this job! The three year term wasn't a drawback. That first district meeting was in April, and I was encouraged to attend the Spring Assembly, but couldn't muster the courage. I did attend the Fall one though, and talked to the guy next to me, Bill S., who turned out to be a Trustee! Alice soon became the AIS Chair, as well as DR, and encouraged me to attend AIS meetings. In December of that year, she needed an Alateen Chair for AIS, and I volunteered. I'm sitting here with tears in my eyes, because it was that important to my recovery, which is still taking place, after only twenty-seven years. Boy, did I need it!

John O.

Final Notice—Applications Due July 12, 2015

Northeast Regional Trustee Candidates

Dear Group Representative,

RE: Regional Trustee Candidate

Each Assembly Area in the US Northeast Region has been invited to name a Regional Trustee candidate. Your group will want to participate, and here is the way it can:

If your group has a member who is qualified and has the available time required of a Regional Trustee, please ask that member to consider submitting a résumé for the consideration of the other GRs in your district. Each district within our Assembly Area may submit one name for consideration through the District Representative. The groups in your district are encouraged to ask qualified members to submit a résumé, since it is beneficial to the decision-making process for each Assembly to submit a candidate.

The selection of our Area's candidate will be made through the Area World Service Committee. They will review the résumés submitted by the districts and select our Area's candidate.

The requirements and application for Trustee can be found on the www.nynafg.com website under Area Information and Forms/WSO Policies and Communications/Trustee Resume.



JOIN US

**At the 2015 NEW YORK NORTH
AFG AREA FALL ASSEMBLY**

2015 NEW YORK NORTH AFG AREA FALL ASSEMBLY

Friday – Sunday, September 18, 19, and 20, 2015

Comfort Inn and Suites

6701 Buckley Road, North Syracuse, NY 13212

JOIN US for “SPIRITUAL ABUNDANCE”

Hosted by District 2 & District 29



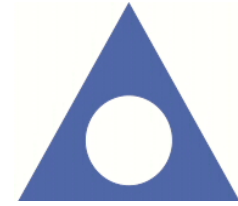


2015 NYN AFG FALL ASSEMBLY

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“SPIRITUAL ABUNDANCE”

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SEPTEMBER 18, 19 & 20, 2015



For more information
 visit: www.nynafg.com

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 the exit, 7th North Street, (Exit 25). Take a right at the light at the end of the exit then another right at the light at Buckley Road. Hotel is about ¼ mile down on the left.

Reserve your room directly with the Comfort Inn: Room Reservation Deadline: AUGUST 18, 2015

Phone 1-315-457-4000 or 1-800-4CHOICE or <http://www.syrhotel.com> or email CIS@Tramzhotels.com

Tell the Hotel you are with the New York North Fall Assembly, EVENT #E05489-E05491 to get the Convention Room Rate. Room Rate will be \$99.00 (plus tax \$12.87 tax) = **\$111.87 per night.**

Check in 3:00pm / Check out 11:00 am. Make checks payable and mail to: Comfort Inn and Suites.

Room reservations required for Free Continental Breakfast.

Assembly Registration begins Friday, September 18, 2015 at 4:00 pm

Pre-Registration is encouraged but walk-in Registrations are welcome. Banquet reservations may not be available.

2015 NYN AFG FALL ASSEMBLY REGISTRATION FORM
(Please submit a separate registration form for each person attending)

Make checks payable to NYN AFG 2015 FALL ASSEMBLY

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

MAIL completed form to: NYN AFG 2015 FALL ASSEMBLY, P.O. BOX 26771, Rochester, NY 14626

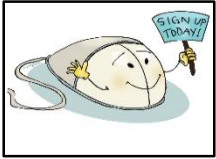
NAME and ADDRESS	REGISTRATION and BUFFET DINNER	COST
Name:	Early Registration by: 08/21/2015 \$15 Full Registration by: _____ \$20 Alateen Registration: _____ \$12 Are you registering as? Al-Anon _____ / Alateen _____ / or AA _____	\$ _____
Address:	Buffet Dinner Saturday, September 19, 2015 Reservation Deadline: _____ \$27	\$ _____
Phone with area code:	District Rep (DR) Luncheon \$10	\$ _____
Email:	Donation to the Hospitality Room	\$ _____
Are you a: New Group Rep (GR)? _____ New District Rep (DR)? _____	TOTAL COST ENCLOSED:	\$ _____

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

Unless this is a personal subscription, this copy belongs to your group.
Please share it with them, and make each issue available at your meeting.
To insure anonymity, tear off this part before leaving it with your group.

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<u>Treasurer</u> Linda A. treasurer@nynafg.com	<u>Alateen</u> Walt S. alateen@nynafg.com	<u>Secretary</u> Pam A. secretary@nynafg.com	<u>Convention</u> Nancy H. convention@nynafg.com
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<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R.	<u>Panel 46 Past Delegate</u> Robert M. C.	<u>Panel 43 Past Delegate</u> Connie D.
<u>Panel 40 Past Delegate</u> Anne F. <u>Panel 16&19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<u>Panel 37 Past Delegate</u> LaVaughn R. <u>Panel 34 Past Delegate</u> Sherry B.	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased) <u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. <u>Panel 4 Past Delegate</u> Helen S.

PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP



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