



Recovery Through the Steps
Through the Traditions
Through the Concepts

Unity
Service

Inside This Issue

Topic: My Gratitude List

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Newsletter Editor: John O.

Proofreaders: Gwenne R.,
Connie D.

Technical Support: Pat H., District 2

Northern Hi Lights

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

Hello NYN,

Is your group represented at the assemblies? Does your group get information back from the assembly? Does your group have a Group Representative? There are several districts that have not had a DR or GR attending in the last five years. I ask myself these questions as to why:

Is it because they have no Group Representative?

Do they know when the assemblies are held?

Are they getting information from a district representative?

Is it the cost?

Is it the distance?

Is it fear?

If it is any of the above, please let me know.

I will be working with a group of willing volunteers, contacting groups to see how we can increase service participation.

This will be either by a personal visit, a phone call to your CMA, or by letter or e-mail.

Please consider stepping up for your group to attend the Fall Assembly in Syracuse this September (page 10 in *Northern Hi Lights*). If there is any way I can answer your questions or fears, please let me know!

(Delegate continued on page 2)

Mission Statement

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

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

When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 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 continued from page 1)

If it's fear, may I suggest you read CAL; *When I Got Busy I Got Better*.

I did, and it helped me to step up to service when I am asked!

As district and area representatives and officers, we will reach out our hand to you if you reach out to us.

Love in service,

Diane C.

Alternate Delegate

Hello NYN,

I have not welcomed any new Al-Anon or Alateen groups to our NYN Area this month.

WSO Needs Your Help With a New Forum Book.

Have you read an article in *The Forum* recently that struck you as especially helpful or insightful?

I received a notice from Tom Coffey at the WSO asking for submissions of your favorite **recent Forum** story for *The Forum Book*, a new publication. They need to know the title of the article, the month, and year in which it appeared in the magazine. Go to the Member's Website at al-anon.org/members. Click on "Individuals," "Featured Publications," "*The Forum*," then "*The Forum Book*" (working title).

This new *Forum* book will replace and update what many of you may remember as the previous *Forum Favorites* that have been discontinued. Please help if you can. WSO says "thanks for all your help!"

My gratitude list has grown a lot since I joined Al-Anon almost 13 years ago. I do not remember consciously thinking about being grateful for much of anything, before. Now, I make it a daily practice to think of something to be grateful for wherever I am or whatever I am doing. I am even learning to be grateful for the things I thought were problems or drudgery before. I know now that it is only my thinking that makes something unpleasant. An 'attitude of gratitude' has helped me to keep my focus on the positive and avoid building resentments. I would say that my gratitude list is my most important Al-Anon tool!

Gwenne R.

Public Outreach Coordinator

Hi Everyone,

Our big public outreach event is coming up at the NY State Fair from August 25th through September 5th. If you haven't signed up yet, please go to our nynafg.com website to do so. Think about coming with an Al-Anon friend. This is a wonderful chance to give back and to bring someone new into service.

Just a couple of reminders and current information:

- AFA's (Al-Anon Faces Alcoholism) 2017 orders must be in by Wednesday, July 6th, 2016.
- Check out the June e news for professionals on the WSO's website. There is some interesting information regarding new members' concerns and resistance to Al-Anon and our response.
- Spanish PSA's will be released toward the end of 2016.
- The position of AIS Public Outreach Committee Chair for Syracuse and Buffalo is open. Please let me know if you might be interested in helping carry the message of Al-Anon Family Groups.
- September is National Recovery Month. There will be a two day event at the Hilton Garden Inn of Troy. The dates are Wednesday, August 31st, and Thursday, September 1st. We are still learning more about this event.
- In the Rochester area a meeting is being brought in to "Jennifer's House" every other month. "Jennifer's House" is a place for women who have been released from prison. Some of the women are coming to Al-Anon meetings in the community.
- Recently we had an Al-Anon table at a local high school where "Family Recovery Network" sponsored an event. Many professionals stopped by to gather materials

to take back to their offices and to learn about Al-Anon.

- Brian, our AIS outreach chair, spoke with someone from Rochester Regional Health, regarding having a presentation brought in for family members of clients. Brian also made contact with the chair of Human Services at a local college about an Al-Anon presentation there.
- Recently I received an email from a friend who is living in the Lake George area for the summer. In their local newspaper she found an Al-Anon meeting listed and mentioned to me how helpful that was. Such a simple thing; please think about listing your meeting in your local newspaper. Public service announcements are free!

I am grateful for your help in carrying the message of Al-Anon. Please keep me informed as to what you are doing in your communities I hope you have a good summer. Together we can make a difference.

Pat H.

po@nynafg.com

Alateen Coordinator

I hope that everyone is enjoying their summer. It feels so good to see the sunshine, flowers blooming and hear the birds sing. As I write this I am at the tail end of recertifying all of our sponsors and Alateen Groups. I would like to express my sincere gratitude for all the words of encouragement that I received from various sponsors within NYN. It is nice to know that our efforts are truly appreciated by others.

Mary Beth from the Friday Night Camillus Alateen Group and myself have begun reviewing and updating the Alateen Education Module published by World Service. I am hoping to have the module updated with our current guidelines and present a preview at the Fall Assembly. We will be conducting mandatory Sponsor training classes throughout NYN before next spring's recertification

begins. One of the other events that I am planning is an Alateen Outreach meeting sometime in July. I will be reaching all sponsors by mail with a date and location. I am hoping many of our teens will attend this meeting because we need their input. They know best how to reach other teens.

I am grateful for the opportunity to work with some wonderful people, so many of whom are like family. My life has been blessed and transformed by the Al-Anon program and especially by the teens. My life is so enriched by the unconditional love that I receive each day from my Higher Power, my Al-Anon family and the teens who allow me to be a teen all over again. I hope everyone has a safe and happy summer.

Love in service,

Walt S.

Group Records Coordinator

Hello NYN,

There really isn't anything new to report. It is good to stay connected with you all through proper addresses, emails and phone numbers. Keep all the changes coming.

Our topic this month is Our Gratitude list. Well I am grateful for all I do have in my home and in my friends. The more I continue in packing up my home the more I realize that I had taken a lot of things for granted. I found out that when you get your house ready to sell, you have to fix all the things you have been putting off doing. This is what my procrastination has done for me. I am however grateful to have a house to sell. My HP has set me on a path to start a new journey, for that I am grateful.

Love in Service,

Lynda S.

Treasurer's Report

Hello NYN Family!!

I hope when you read this, each and every one of you is enjoying the beautiful weather and the coming of summer!!

Since the last report, the following donations have been received:

Group Name	Gr #	Amt
District 18	n/a	100.00
Hudson Falls	9815	25.00
7 th Trad AWSC	n/a	77.00
Chittenango	9677	15.00
Healing Circle	UNK	125.00
Hope for Today	66500	25.00
Queensbury	UNK	30.00
District 17	n/a	50.00
A Better Life	25635	50.00
Mattydale	66548	40.00
Friday	9828	30.00
UNK	9763	45.00
New Beginnings	39872	70.00
Calm in the Storm	30503839	12.00
Simple Beginnings	UNK	30.00
Faith & Hope	30375	37.00
Small Steps	32360	75.00
District 10	n/a	100.00
Spiritual Awaken'g	27134	25.00
Sunday Serenity	502623	25.00
S'wedg Seren Seek	30646347	20.00
UNK	UNK	50.00
Path to Recovery	3051818677	50.00
UNK	9710	60.00
UNK	9710	67.00
Henrietta	UNK	8.00

AWESOME!!! Keep up the good job, NYN!!!

The following expenses have been paid since the last newsletter:

To Reserve Acct	\$392.50
½ NYS Fair Booth Rental	149.38
Gwenne R	\$ 68.90
Susan A	169.76
Sarah R	123.64
Walter S	135.65
John O - Newsletter	46.00
John O	23.50
NYS Fair Adm passes	298.00
Lynda S	71.65
Diane C	96.97

Current Balances are as follows:

Regular Checking	\$10,981.28
Reserve Checking	9,215.40
Sage Ruddy Mutual Fund	2,738.23

This month's topic is My Gratitude List. I was a little leary when I first started preparing a gratitude list. My first one was short. But I have found the longer I am around the rooms of Al-Anon, the more I have to be grateful for. I've learned that gratitude begets more gratitude and it allows me to turn whatever I might have into enough. I am most grateful for the blessings I have in my life and have found in these rooms!! And I am grateful for each and every one of YOU!! THANK YOU!!

Hugs,

Linda A.

SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order. DO NOT SEND CASH!! Make payable to:

NYN Area Assembly, PO Box 398, Morrisonville,
NY 12962

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

Area Chairperson

Hello NYN.

Since we're all going to be on vacation for the next two months, I want to make sure that you are aware of our next AWSC meeting on Saturday, August 20th at the North Syracuse Education Association (NSEA), 210 South Main Street, North Syracuse, NY 13212. The meeting will be held from 12 noon until 4 pm with breakout sessions for committee meetings before and after the main meeting.

There are so many things to report, that I hardly know where to start! I have appointed two new coordinators, Leslie C. will be picking up the NYNAC responsibilities as Bridget is not able to continue. We sincerely appreciate Bridget's efforts to make NYNAC a reality for the Alateens in 2015, snatching it from the jaws of oblivion in short order. Nancy R. will be our Literature Coordinator as Cindy has had to take a leave of absence. Please help Leslie and Nancy make an easy transition to their new assignments.

I have completed compiling the thirty seven responses to the Area Assembly Inventory from the 2016 Spring Assembly, and will send the complete results to the committee working on Expanding the AWSC Vision. I will also ask Molly to post them on our NYNAFG.com website. I thought the comments were thoughtful, positive, and helpful in the suggestions that were offered. On the first question, "Does our area actively practice "Principles above Personalities?" the results were mixed. About three-quarters said yes and one-quarter felt that this was something that needed improvement due to use of sarcasm, hurtful comments, and strong personalities. I will highlight some of the results here in coming issues of *Northern Hi Lights*.

My gratitude list evolves daily as I write a list of five gratefuls at the end of every day. Another person and I share our gratitude list with each other and encourage each other when our list is less than positive. Most of the time mine is optimistic and I think my faith is the reason. Every morning and

afternoon when I chant my prayers, I focus first on appreciation to the universe for all the good that comes to me without any effort on my part. This sets my attitude right so that I begin and end my day in a positive way. I rarely have bad days and today I am able to quickly turn my thoughts away from the squirrel cage of anxiety to confident faith. A good example of this was last weekend. I had had a very busy week and Saturday was our District 9 Day of Sharing – Keys to Serenity. Although we had met a few times to plan the event, it looked like some key people might not show up. I did think to invite a back-up speaker, but the rest of the event was not very clear to me. As I started to feel the anxiety turning around and around in my mind, I reminded myself that I would feel grateful for the opportunity to be with Al-Anon members from across our district and it would work out just the way it was supposed to. And it did! And I had something to add to my gratitude list that night.

Susan A.

Archives Coordinator

Hey NYN members,

Everything is going well with archives. I'm Still looking for extra *Forums* (2008 and on) and photos from NYN events. If you have anything you would like to donate to the archives, just email me at; archives@nynafg.com.

When thinking about this month's topic, "My Gratitude List," I am reminded how much I struggled with gratitude when I first entered the rooms. I was intellectually grateful for Al-Anon, for my sponsor, for the fellowship I found, but I could not feel it inside. I tried keeping a gratitude journal when I started journaling in general, to start or end with things I was grateful for. This would only last a week or so, then I would "forget" about doing it. Only after reaching my bottom and finally getting Step 1, did I understand why. The alcoholic in my life was my HP. Once I was able to get in contact with my true HP, I really felt true gratitude for everything I had been saying I was grateful for. Today, if I'm having trouble sleeping or my mind is racing, along with my 3rd Step Prayer, I will do an

alphabetic gratitude list (something that starts with A I'm grateful for, B, C etc.). One person that always makes my list, is the person whose drinking got me into Al-Anon. It was really tough, and I went through lots of pain, but I am where I am in part because of her. And I like who and where I am today.

Kevin M.

Immediate Past Delegate

Dear NYN Friends,

The signup for the State Fair has begun. We need you to volunteer to be a part of this great public outreach project. The fair runs for 12 days, from August 25 through September 5th. The booth needs to be manned from 10:00 AM to 10:00 PM daily.

Please visit nynafg.com to begin the registration process. Click on the link "New York State Fair Booth Information." This will take you to the information page. It will give you all the information you need to pick a spot or two. At the bottom of the page click on the "Volunteerspot" link.

From here you can pick your day and your shift time. Please be sure to include your name and mailing address. In order to have your ticket mailed to you we do need this information.

Last year's experience at the fair was great. This year with the new location (the Science & Industry Building) it should be even better. Come join the fun.

I want to say that I am truly grateful to everyone who has signed up for this project in the past and for all who will sign up for this year. Who knows how many of those suffering from the affects of the disease of alcoholism we will reach. Gratefully in Service,

Ruth S.

Around New York North

Canandaigua Monday Noon AFG will celebrate their 33rd Anniversay on August 15th at United Churches of Canandaigua, on the corner of Main Street and Gibson Street. There will be AA and Al-

Anon speakers, plus delicious finger foods and beverages.

District 18 will have their picnic Sunday, August 14th, from 9 to 2 at Carrier Park in East Syracuse. Bring your own lemonade.

Building Bridges Al-Anon Group, an open meeting, has restarted at the Al-Anon Service Center, 1112 Lancaster Place, Syracuse 13210, Saturdays from 12 to 1PM, beginning June 4th.

Literature Coordinator

Hello to all of you!

This is my first article as Literature Coordinator. I have been reading the guidelines, general responsibilities, and anything else I can find to learn about this position. Please be patient with me until I get my feet wet! I love Al-Anon literature and know there's quite a variety of it available. I look forward to doing a lot of reading and rereading. One pamphlet I happen to have on hand is *Al-Anon Sharings from Adult Children (P-47)*. I remember years ago when I read the very first sentence: "Alcoholism is a family disease." I felt a relaxing of the tension I had carried with me since childhood. There is a lot of good reading in this pamphlet, which includes several personal stories and also sharings on each step. If you haven't read it yet, check it out, it's a good one.

Regarding this month's topic, at the top of my gratitude list is being thankful for finding the Al-Anon program. I can't imagine where I would be without it. Because I am in Al-Anon, many positive changes have occurred in my life. Of course I experience lots of challenging situations as well, but handle things much better than I did before the program. I am also grateful for Al-Anon literature, because that is where I learned that alcoholism is a family disease, as I mentioned above. That one fact has helped me to heal and move forward toward a better way of life. There are other items on

my list, but I'll stop here and simply say this: thank you Al-Anon and thanks to all of you who keep coming back and keep the program alive and working!

Nancy R.

NYNAC Coordinator

Hello NYN,

We have a NYNAC theme! It is COURAGE. What a great theme. Thank you Ithaca Alateens. Just what is "courage"? It is a noun. *The Merriam-Webster's Learner's Dictionary* defines it as "the ability to do something that you know is difficult or dangerous".

For me, I think it is about the "trying" as much as the "doing". Taking that first step can be so hard. Just doing it is easy to say, but it doesn't get done without trying. In Al-Anon I have learned that I am never really alone if I have the courage to reach out to other members. As an Alateen sponsor, this is the message I try to carry to the teens. It is so important for them to know that there is support out there for them, and often times it is with each other. The power of discussion to help reason things out is enormous. When I hear something out loud that has been floating around in my head, it can become clearer, and often times, smaller. It is not the problem I first thought it was. It somehow manages to get put into a different perspective. It takes courage to get it out in the open and work on finding solutions instead of living in the problem.

Work continues on the NYNAC issues. I have received a new contract based on a smaller number of attendees. I have received offers of help from former NYNAC coordinators to get this year's NYNAC off the ground. With a lot of help from this support group, we will get it done.

Leslie C.

Presentation Coordinator

When I was new in the program I heard someone talking about making a gratitude list by listing three things she was grateful for, for every letter of the alphabet. For instance, for "A" she listed Apples, Al-Anon, and her Alcoholic. I thought it was the cheesiest idea I'd ever heard.

Several months later, someone I love was in a terribly dangerous situation. I couldn't sleep at night worrying about him and what might be happening to him. I remembered that member's sharing about the gratitude list and decided to try it at 2:00 in the morning. I don't know if I bored myself to sleep or if the gratitude list had a soothing effect, but I never made it past "H."

These days I still sometimes do an ABC gratitude list when I'm having trouble falling asleep. I still think it's cheesy, but it works.

Our Fall 2016 presentation is going to require some actors! Here's our chance to let our inner drama queens express themselves in an appropriate way! Please contact me if you are interested in acting!

In service,

Sarah R.

Convention Coordinator

Make sure you have marked your calendar, September 23-25 2016, for Fall Assembly. While we're out playing in the sun, District 22 members are busy making plans. (registration form in this newsletter. Also go to nynafg.com home page and click [nyn events](#)).

The theme title sounds really challenging. ***“What am I doing with what I’ve got?”***

Remember, if you register before **August 23** you save \$5 on registration and \$5 on banquet ticket. Now that's a bargain....and it is also a big help to those making all the planning details so we all will have a great Assembly!

Also, all officers and coordinators: remember if you are staying the night I will make your room reservations, so start thinking of roommates. I'll send you the usual letter and form soon.

My Gratitude List: Sounds like another challenge from our Editor. I could make a list that would fill this whole newsletter, but know you want me to leave room for everyone else so I will just tell you about what I am most grateful for. My gratitude list would be a very long list of names of those Al-Anon members who were here when I 'arrived' (and keep coming). They answered the phone when I called crying. They wrote so very much wonderful literature (I bought it all). They made sure the room was unlocked and the lights were on and someone was there to greet me). They did (and still do) everything that's needed to be there when that newcomer reaches out seeking solutions, just wanting peace and serenity. So top of my list is all those who **Step Up To Service, whatever and wherever it is needed**. Sometimes it's cleaning our meeting room and nobody knows you do it. Sometimes it's being appointed or elected and you have to mark your calendar and travel. I am filled with gratitude for all the Al-Anon members who just say 'yes' and

“when & where” and just charge ahead in Service!

And I thank my Higher Power for each of you

Nancy H.

Newsletter Editor

Hello NYN,

It's nice to be learning how to get around in this word processor, not needing to say any bad words.

Now that's something to be grateful for.

I volunteered for this position at an age when it is hard to learn, or so they say. Lately I read it is good for us older folks to continue to learn, and I am feeling good about it. The reason I volunteered was that early on in the program I realized that I was not a risk-taker, and that I needed to take risks if I wanted to recover. Al-Anon has been a great place for me to take risks by volunteering for service positions, and I've had my share, lots of times when no one else wanted a position. Unfortunately, I've never taken a position where there was another candidate. To me, these positions are plums, and I'm thrilled to take a risk and step up for a service task. The risk that I benefited the most from was chairing a meeting when I'd been in the program about 15 months. The difficult part was that as chairperson, I had to ask others to share, with the chance they'd refuse, and I'd feel rejected. It changed me forever, and I thought a miracle was happening, and maybe it was. My self-esteem took a big jump in a positive direction, and I learned a lot about myself, and that I needed to keep volunteering, and growing.

There doesn't seem to be a down side, and the upside is gratitude for achieving what seemed impossible at the beginning.

The most important gratitude is what I have to look forward to in the coming years, and that is the great relationships that I now have with grandchildren, one of whom was born today.

John O.

Receiving *Group e-News*?

The following message was received recently from WSO, and is condensed for the newsletter:

Please help to enrich members' recovery experience by making sure they are receiving ***Group e-News***. About **65 percent** of the groups receive ***Group e-News***, because the **rest don't have a contact person** with an email address. Talk with your groups about the importance of the CMA role in distributing timely information. Unfortunately, only about **50 percent** of those receiving ***Group e-News*** bother to open it. Please encourage your groups to choose a willing member for the role of **CMA. (Current Mailing Address.)**

The percentage of members who receive ***Group e-News*** through their CMA is not known.

Suggest easy ways for CMAs to distribute ***Group e-News*** to members.

1. **By email**

- Create a list of e-mail addresses of interested members.
- Forward the e-mail containing Group e-News, each month, to the list of e-mail addresses.
- Maintain the list of e-mail addresses when members come and go.

2. **By Print**

- Print the publication and pass around at meetings.

AI-Anon Acronyms

AAPP –Area Alateen Process Person

AFG – AI-Anon Family Groups

AIS – AI-Anon Information Service

AMIAS – AI-Anon Member Involved in Alateen Service

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

CAL- Conference Approved Literature

CMA – Current Mailing Address

DR – District Representative

GR – Group Representative

KBDM – Knowledge-Based Decision Making

LDC – Literature Distribution Center (local)

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

NERD – Northeast Region Delegates

Northern Hi Lights – NYN Newsletter

NYN – New York North Area

NYNAC– New York North Alateen Conference

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

RSS – Regional Service Seminar

TEAM – Together Empowering AI-Anon Members

WSO – World Service Office

WSC – World Service Conference



**NEW YORK NORTH FALL ASSEMBLY
SEPTEMBER 23-25, 2016**

"What am I doing with what I've got?"

Hosted by District 22

COMFORT INN & SUITES / 6701 BUCKLEY RD., NO. SYRACUSE, NY 13212

Directions: From NYS Thruway I-90, take Exit 36, head on to I-81 south to the first exit (Exit 25) 7th North St. Take a right at the light at the end of the exit and then another right at the light at Buckley Rd. Hotel is about 1/4 mile down the road on the left.

Reserve your room directly with the Comfort Inn: Group Rate Room Reservation Deadline: 9/1/2016

Phone (315)703-7950 Mention the group name "NYNorth Area Assembly" to get the group rate.

Online : www.syrhotel.com

Room Rate is *\$89/ night plus 13% tax: \$100.57 total (1-4 people in a room)

Complimentary Hot Breakfast Buffet / Indoor Pool and Fitness Center / WiFi included with room

Check In 3:00 PM / Check out 11:00 AM Make room checks payable and mail to: *Comfort Inn and Suites*

2016 NYN AFG FALL ASSEMBLY REGISTRATION FORM

(Please submit a separate registration form for each person attending)

Make registration checks payable to: NYN AFG 2016 FALL ASSEMBLY

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

Mail completed form and payment to: NYN AFG 2016 FALL ASSEMBLY

Need Info:
fall2016assembly@outlook.com
518 791-5549

P.O. Box 4574
QUEENSBURY, NY 12804

Name: _____ Early Registration by 8/23/16 \$15 _____

Address: _____ Registration after 8/23/16 \$20 _____

City/State/Zip: _____ Alateen Registration \$12 _____

Phone # /Area Code: _____ Banquet by 8/23/16 \$32 _____

Email: _____ Banquet after 8/23/16 \$37 _____

DR Luncheon * \$5 _____

Are you a: New Group Rep (GR) _____
New District Rep (DR) _____ Hospitality Donation \$ _____

Total Amount Enclosed \$ _____

**Regarding the DR Luncheon, we will provide Pizza and Tossed Salad (available in the Hospitality Room.) You may get lunch on your own or have pizza / salad to bring to the assembly meeting room at lunch time, for a get together of DRs and interested members.
Thank you. District 22 Host Group*

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.

<u>Delegate</u> Diane C. delegate@nynafg.com	<u>AlternateDelegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed.PastDelegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> Susan A. chairperson@nynafg.com
<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
<u>GroupRecords</u> Lynda S. records@nynafg.com	<u>Literature</u> Nancy R. lit@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>PublicOutreach</u> Pat H. po@nynafg.com
<u>Presentation</u> Sarah R. presentation@nynafg.com	<u>WebCoordinator</u> Molly C. web@nynafg.com	<u>Newsletter</u> John O. newsletter@nynafg.com	<u>SpanishContact</u> Cira B. Spanish@nynafg.com
<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.
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