

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

Inside This Issue

Topic: Easy Does It

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Newsletter Editor Pat H.

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

SEPTEMBER IS RECOVERY MONTH

What are you doing to help your recovery
and help others in need find our program?

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

Alternate Delegate

The *Forum* needs sharings from men on their experience, strength and hope as husbands, partners, fathers, brothers, and sons from which others could benefit. Check out the article in the June issue (p.22) regarding the discontinuation of CAL (Conference Approved Literature) and whether it can still be used in meetings. It can.

As far as expectations go, I have always had them. I expected that when I bought a pair of name brand walking shoes they would be made of leather. I was surprised when they were not. When I got married, I expected to have that one-family, white house with the white picket fence around it. My husband would work every day and come rushing home after work for his supper with my children and I. (I grew up in the era of "Father Knows Best.") The truth was we rented an apartment, and he would go to the local bars to "wind down" after working. There was one child, which I am very grateful to have given birth and only one whose life was affected by the active disease of alcoholism. As time allows me now, I am cleaning out my garage. As I take each bag to the curb, my expectation of having been a classroom teacher goes with it. The program continues to help me with all my expectations, which sometimes are realistic and sometimes unrealistic. I know that expectations lead to resentment. I try to keep any expectations that I have to be for today only. I try to let go of the things which may be beyond my control, but to have faith that things will work out the way my Higher Power wants them to. Most of the expectations I may experience come from thinking that others should have the same values and commitments that I practice. Therefore, I need to remember that I am the only me on this earth. I am unique.

Helen H.

Immediate Past Delegate

First of all I would like to thank all of the members of our groups who volunteered to help man the Public Outreach Booth at the State Fair!

Our purpose for having the Booth is to carry the message of Al-anon and that it is available to families and friends who are affected by a relationship with an alcoholic. I will be sharing the final information, in my report at the Fall Assembly, on the number of visitors and comments that we received .

We also thank groups who increased the support financially to cover some of the cost of this event (if you haven't given, please add to your regular contribution because we cannot earmark contributions for specific events)

Thanks to all of my Fair Committee who stepped forward this year and who came up with some new Ideas and who helped me to stay calm and to take it a step at a time! I will also continue leading the New GR Meeting at the Assembly and I am looking forward to meeting you all!

If you are attending please register as a new GR in order to let me know how many will be attending. This is important so that I will have enough folders with important Information for you!

I will also be attending NYNAC this year after a two year absence. I am looking forward to meeting these smart and fun new teens and to reconnect with their wonderful Sponsors! See you at the Fall Assembly!

Diane C.



Chairperson

Dear NYN Friends,

The AWSC meeting was held on August 10th. The purpose was to set the agenda for the Fall Assembly which will be held on Saturday, September 21. I'm writing to give you all an idea of what is on the agenda for September.

The budget for NYN for next year 2020 will be presented and voted on. There are no big changes to next year's budget. Also, we will be discussing and voting on our yearly donation to WSO. Traditionally we have sent 10% of the proceeds from the Spring Assembly/Convention. In the past few years thinking we have been able to exceed that 10%.

We will be hearing more about Zoom and whether this is a program NYN wants to pursue. Alateen has been using this program for a while to hold committee interest meetings.

A large part of the assembly will be discussion and hopefully voting to approve the Alateen guidelines. They were presented at the Spring Assembly but voting was tabled until the fall. A number of points were brought up. Since then, those working on the guidelines have reviewed these points and some revisions were made.

The revised Alateen guidelines have been posted on the NYN website. It is important that you and other members of your group review these before the Assembly. I am really hoping that they can be approved this time. NYN has been working on these revisions for a long time.

There will be a few other items on the agenda. The agenda will be posted on the NYN website at least 2 weeks before the assembly.

This brings me to my final point. I want to remind all members that all officer and coordinator reports, the proposed budget and other items will be posted on the NYN website 2 weeks before the Assembly. For a number of years now we have asked members to visit the website and to download and make copies of these reports. If you have a tablet, laptop or a smart phone you can use that during the assembly to pull up those same reports. For those who cannot do this there will be a few copies for reports available (guidelines are 5 copies). The reports will also be projected on the wall while they are being given.

This month's theme is expectations. I know for me I have to stay away from expectations. If I don't, I get myself in trouble. My expectations are what I think should be said or done or felt. I cannot project my expectations on someone else. There was a time with one of the alcoholics in my life that I couldn't seem to detach, I couldn't let go and because of this I felt a lot of pain. Once I began to realize that it was my expectations of what this person should be doing that was getting in the way things began to get better.

I never liked what he was doing but it wasn't my business. I could not impose my expectations on him. I could set my boundaries for me and follow them. Things became better. He was still drinking but I knew it was not my business. Things became much better. I try to follow this in all areas of my life now. Gratefully in Service,

Ruth S.

Group Records

An expectation is the firm belief that I know how someone will react, that I know what will happen if I behave a certain way, that I know what I can achieve or that I am doomed to certain failure. In other words I am playing God.

If I continue to believe that I know the outcome of any situation I will be consistently hurt and disappointed. When I am tired of being hurt and disappointed I can “Let Go and Let God” and live a balanced life...One Day at a Time.

Patti M.

Literature Coordinator

The summer has certainly been a toasty one, so when the winter weather comes calling, I will remind myself of that. I have been using the past few months to familiarize myself with as many CAL pieces as I possibly can. I am helping my district create a series of poster board displays using many of our popular pamphlets and books to spread the message of Al-Anon. Members will get together at the tail end of the process and assemble these displays for distribution at the meetings in our area. I will let you know how we make out as public outreach becomes a major priority for our area of New York North.

This month’s topic for the newsletter is “Expectations”. As Charles Dickens once quoted in his classic novel, “Great expectations lead to major disappointments. ” That certainly fit my life’s story prior to entering the rooms of Al-Anon. I was always expecting my son to overcome his addictions and clean up his act. I

had many “discussions” (most people would call them knock-down-drag-outs) with my son, and he always promised me that this was it, and was done with the drugs and the alcohol. Being the educated educator, I had to take what he said at face value; I was continually disappointed when he returned to the scene of the crime and did what he promised he would not do again. My late wife had the right idea; she had no expectations, and she guaranteed that our son would screw up again. If only I could have realized that back then.

Thanks to the program, I have a new outlook when it comes to expectations. I realize that things happen for a reason, and I cannot take it to heart when things do not go according to plan. I can let go and let God take care of that. I do have high hopes; call them expectations if you want to. I hope that my son’s outlook on life continues to improve as it has in the past few years. I hope that our relationship will continue to grow, as it has flourished recently since his incarceration. I can hope, and he can expect to have a father who will love him unconditionally.

I hope you enjoy the remainder of this season, and I look forward to seeing you at the Fall Assembly in Syracuse. Thanks for your best wishes and prayers, and I have “great expectations” of being your loving friend in Al-Anon.

With love,

Mike R.





Public Outreach

Hello NYN Family,

I am forwarding a message from Vali F., Executive Director at the World Service Office. Many have questions about members and prospective members that come to meetings because of a loved one dealing with drug addiction. Where is our focus?

We are all messengers of Al-Anon's purpose and have the responsibility to accurately communicate it to avoid confusion, misperception, or dilution of our program.

The 2018 Membership Survey states that 35% of members came to our program specifically because of someone's use of drugs. The survey also showed that 78% of these members eventually came to realize that someone else's drinking had also affected their lives.

When developing and implementing public outreach activities, members are urged to keep Al-Anon's Twelve Traditions in mind. This includes reviewing the words of the Traditions in their entirety. The following summary of applicable Traditions may assist your communication efforts with members, newcomers, professionals, and the media:

1. Tradition Three states that "the only requirement for [Al-Anon] membership is that there be a problem of alcoholism in a relative or friend."
2. Tradition Four tells us that "each group should be autonomous, except in

matters affecting another group or Al-Anon or AA as a whole."

3. Tradition Five clarifies that we have "but one purpose: to help families of alcoholics."
4. Tradition Ten tells us that "the Al-Anon Family Groups have no opinion on outside issues."

According to a statement on page 131 in Al-Anon's Conference-approved "Digest of Al-Anon and Alateen Policies," "Our responsibility is to ensure Al-Anon's survival as a resource for families and friends of alcoholics. By focusing on these drug-related problems, we risk being diverted from Al-Anon's primary aim."

Therefore, conveying that Al-Anon is for families and friends of alcoholics and drug addicts in local- or Area-produced public outreach materials is an expansion and misrepresentation of Al-Anon's purpose (see Tradition Five). This includes but is not limited to posters, flyers, websites, etc. We appreciate your efforts to support the families and friends of alcoholics and maintain our Traditions and primary purpose.

Al-Anon materials for further reference:

- 2018-2021 Al-Anon/Alateen Service Manual (P-24/27), page 131, "Families with Related Problems"
- Al-Anon/Alateen Is & Is Not Bookmark (M-44)
- 2018 Membership Survey
- 2019 World Service Conference Summary (P-46), page 62

Expectations can lead me to resentments which can lead me to another growth experience. It's always good to learn and grow. Not everyone thinks the way I do...and that's a blessing! I see how I would like things to work out and then I remember from past experience that my Higher Power ALWAYS has a better plan. The best I can do is educate myself and share experience, strength and hope.

See you in September at the Fall Assembly...

Connie D.

Web Coordinator

www.nynafg.com

September Self EXPECTATIONS:

- I would know what the agenda items were for our Fall Assembly following my attendance at the August Fall ASWC Meeting
- I will attend all the Fall Assembly Meetings in my district (21) to plan the Fall Assembly hoping to accomplish the business of Al-Anon and some fellowship and fun with other members during the weekend.
- Attend the State Fair to participate at the Al-Anon booth, letting others know about the hope and encouragement Al-Anon offers those who have a relative or friend suffering from the disease of alcoholism.

September Website EXPECTATIONS:

- Members/groups will go to our NYN Website <http://www.nynafg.com> /to read the **NYN NEWSFLASH** section where Officer/Coordinator reports, updated Alateen Guidelines, AWSC Agenda, minutes of the Fall AWSC meeting are located now.
- Two weeks before the Fall Assembly on <http://www.nynafg.com/> - **NYN NEWSFLASH** will be updated to reflect the same reports for the Fall Assembly. This is how we keep members informed of the business of Al-Anon in New York North Area.

My hope is to see as many members as possible at the 2019 Fall Assembly on **September 20 - 22, 2019!**

In service,

Nancy P.

Newsletter Editor

The definition of expectations is a strong belief that something will happen or be the case in the future or a belief that someone will or should achieve something.

I believe that there are different types of expectations. Expectations of ourselves can help us accomplish goals. But, the trap I fall into is having expectations of others and many times am disappointed. I need to allow others to work on their own issues and come to a conclusion that is appropriate for them.

The Serenity Prayer is valuable when I try to put my expectations on others.

Sorry, I will not be available to attend the Fall Assembly but have a wonderful weekend.

In Service,
Pat H.

District 18 News

Hello friends!

This is to remind you that our next District 18 meeting will be a week from this coming Sunday, September 8, 2019 at 6:00 pm at the Fellowship Hall, 135 Walters Drive, Syracuse, NY 13206 (Eastwood) just prior to the 7:00 pm Fellowship Sunday Al-Anon Meeting.

We will be going over the agenda for the 2019 New York North Area Fall Assembly Meeting being held on September 21, 2019 at the Comfort Inn and Suites on Buckley Rd. in North Syracuse. We will also be holding elections for District 18 Representative, Alternate District Representative, Secretary and Treasurer and we will begin to plan the 2020 District 18 Day of Sharing which will be held in May 2020 in Fayetteville.

Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

Fall 2019 Districts 4 & 21
September 20-22, 2019
Comfort Inn and Suites,
North Syracuse

More information on the Fall Assembly can be found on the New York North website under area events

- (http://www.nynafg.com/area_events.html)

Spring 2020 Districts 22 & 8
May 29-31, 2020
Hilton Garden Inn
Troy, NY

Fall 2020 District 18
September 25-27, 2020
Comfort Inn and Suites,
North Syracuse

Spring 2021 [Could this be your District?? Please think about it. You don't have to do it alone, you have the Experience, Strength and Hope of NYN.](#)

Looking for host for 2021. Please ask your district if they are willing to host a Convention/Assembly. Time seems to be flying by and 2021 will be here in no time.

Early in recovery I heard the old adage "expectation are premeditated resentments." It took me awhile to really grasp that (was not in touch with my HP so always irritable and unreasonable without knowing it). After being in the rooms awhile, working the steps, and doing service, I began to see how I got irritable (unspoken resentments) when things did not go as I expected them to (i.e. my way). Once I became aware of how an expectation was leading my irritability, I worked on accepting

that most situations are not black and white and there is a lot of gray. Today, when the words "I expect or I/you should" leaves my mouth (which it still does, progress not perfection), I stop and try to reword whatever I was saying without having an expectation. I am more flexible in my planning, I leave room for the gray. This has led to being more happy, joyous, and free.

Yours in Service,

Kevin M. convention@nynafg.com

NYN Alateen Coordinator

We have had Alateen Interest Meetings (AIM) via Zoom in July and August. Much of our focus has been on the proposed revisions of the Alateen Guidelines and suggested amendments. We hope the NYN Fall Assembly will be successful in passing the Guidelines on September 21.

A new Alateen meeting in Oneonta was registered July 17 2019. That is in district 9 and the name of the group is Tuesday at 2 Alateen.

There are also AI-Anon members ready to register as AMIAS, and start an Alateen meeting in district 22.

Recently I received all the Alateen update information from the WSO. Many thanks to Mary D. our new AAPP for relaying to me in an organized form. At the first go through, it basically shows NYN has 18 active Alateen groups and 13 that are inactive. One new group was registered in 2018 and Two groups so far in 2019.

There will be an AMIAS training session at the AIM on Sunday, September 22 the weekend of the Fall Assembly. AMIAS who can't be at the Assembly are invited to attend via Zoom.

Together We Can Make It!

Expectations

Expectations can lead me to disappointments and resentments. My expectations can be of others or myself. One way or the other I can develop negative attitudes of mistrust, insecurity, or low self esteem. However, I can enjoy feelings of anticipation as long as I am open to whatever the outcome is. Contentment is another feeling I like to foster.

In Recovery

Sandy A.

NYNAC

There have been a couple changes to this year's NYNAC (New York North Alateen Conference) event.

- Location change: We have moved from Vanderkamp (Cleveland, NY) to Casowasco (Moravia, NY). This was necessary due to the down payment at Vanderkamp exceeding our seed money.
- Proof of Insurance: Casowasco does not require us to produce a Certificate Of Insurance (per my discussion with Mike Huber, Program Director). The fact that NYN has insurance was all he needed to know.
- Date: Instead of the Columbus Day Weekend in October NYNAC will be September 13th, 14th and 15th this year. Columbus Day Weekend was not available at Casowasco.

- Linens are extra: Everyone must bring a set of sheets for a twin bed and a pillowcase. If you want linens from Casowasco, please bring \$9.00. I will need to let them know in advance.

The registration fee is \$154.00. This includes the price of the facilities we will be using, meals and one t-shirt per registrant. If anyone wants extra t-shirts or is not going and wants a t-shirt, the cost is \$8.00, which is what Action Printware is charging us for S – XL. Larger shirts are \$10.00. Please let me know if you are interested in a shirt or an extra shirt. The shirt order will be placed August 15th.

The registration fee does not cover hospitality. Each group is asked to please bring items for the hospitality table, and several left-over hospitality items were donated to NYNAC by the Spring Assembly. Stars of Hope is our hospitality group.

New Hope for Teens has the program section well under control, but there has been no "reveal" yet. I have been contacted by them and it looks like we may require some items for the "workshop" session, also not included in the registration fee. There's Always Tomorrow Alateen will help with this.

There's Always Tomorrow has the Creative section, will be making the Friday Night Fuzzies tonight (08/09/19).

Ithaca Keep It Simple has entertainment. I heard a rumor there will be a Karaoke machine.

I will be going to Casowasco for one last site visit on August 23rd. We will be discussing set up in our main lodge and assuring everything will be there for us when we arrive. This entire experience with Casowasco has been wonderful. Registration begins at 4pm. Please get in touch with me if you can come early and help set up.

Respectfully submitted,

Leslie C.

Treasurers Report

NYN AREA ASSEMBLY – APRIL 2019

Receipts	Group #	Amount
St Rose Wed AM	54087	\$91.00
East Aurora Changing What I Can		\$17.50
Healing Circle		\$120.75
Healing Circle		\$121.00
Courage to Change	30691441	\$84.00
Queensbury	9765	\$30.00
Serenity On Saturday	64625	\$25.00
Tuesday Noon Courage AFG	48141	\$45.00
District # 10 AFG	Dist 10	\$100.00
Stepping Into Recovery	30663345	\$10.00
Serenity Seekers	30576552	\$25.00
District # 17 AFG	Dist 17	\$50.00
Westenders - Syracuse	10326	\$6.00
Ogdensburg Monday Night	30561495	\$25.00
Wednesday Morning Step AFG	9612	\$30.00
Canandaigua Monday Noon AFG	24271	\$50.00
A Power Greater than Ourselves	30704763	\$30.00
Calm In the Storm	30503839	\$30.00
New Beginnings - Jamestown	39872	\$70.00
Concord AFG	62569	\$22.00
Evening Serenity AFG	9676	\$15.00
Faith & Hope	030375	\$20.00
Niskayuna AFG	38472	\$15.00
Fayetteville AFG	9742	\$45.00
Progress Not Perfection	30606210	\$27.00
Northern Hi-Lights		\$ 7.50
Total		\$1,111.75

Expenses	Ck#	Amount
Chairman- Spring Assembly	1423	\$60.00
AWSC Meeting Expense	1424	\$50.00
Newsletter Printing	1425	\$48.00
Alateen Area Process Person	1426	\$55.00
Treasurer - Spring Assembly	1427	\$60.00
NYS Fair Booth Rental	Cashier Ck	\$868.75
Fee for Cashier Check	Bank Charge	\$5.00
Total		\$1,146.75

NYN AREA ASSEMBLY – MAY 2019

Receipts	Group #	Amount
Sherrill Hope Group	?????	\$50.00
Cortland 12 & 12	065730	\$60.00
Serenity Seekers	501783	\$15.00
Niskayuna AFG	38472	\$15.00
Tuesday Night North Syracuse	10139	\$75.00
Thursday Night Survivors AFG	502903	\$100.00
Spiritual Awakenings AFG	27134	\$75.00
Member	xxxxxxx	\$20.00
Westenders -Syracuse	10326	\$6.00
Thursday Bolivar Discussion AFG	502378	\$25.00
Fri 10 AM AFG	9828	\$30.00
Williamsville Friday Morning AFG	9710	\$40.00
Courage For Serenity Greece AFG	503929	\$100.00
Roommates Share of Room for Assembly	xxxxxxx	\$600.00
Total		\$1,211.00

Expenses	Ck#	Amount
Trusted Servants Rooms RIT Inn & Conf Center	1428	\$2,725.00
Nerd - IPD	1429	\$283.81
NYS Fair	1429	\$427.96
IPD	1429	\$169.39
Total		\$3,606.16

**SENDING
DONATIONS
TO NYN**
 Please send by check or money
 order.
DO NOT SEND CASH!!

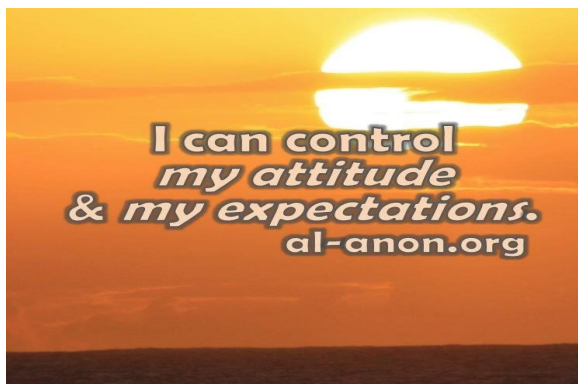
 Make payable to: NYN Area
 Assembly
 P.O. Box 2183 Syracuse, NY 13220

*Please include group's registered
 name and
 Group's ID Number*

NYN AREA ASSEMBLY – JUNE 2019

Receipts	Group #	Amount
Tuesday Noon Courage	48141	\$10.00
Angola Awakenings AFG	30615135	\$25.00
Hamburg Area	63806	\$25.00
Cortland AFG	009696	\$50.00
Circle of Grace Thurs Night	30590270	\$50.00
Sat Morning Serenity Seekers	500955	\$50.00
Homer AFG	040863	\$80.00
East Side AFG	9722	\$100.00
District #29	Dist 29	\$50.00
Joy Is Our Birthright	30692218	\$50.00
Serenity Hamilton	30521550	\$20.00
Sunday Serenity - Newark	30613221	\$10.00
Wed Lunch Bunch Buffalo	9636	\$10.00
Cortland 12 & 12	65730	\$60.00
Living Today - Baldwinsville	32150	\$35.00
Niskayuna	38472	\$15.00
East Aurora - Changing What I Can	27835	\$25.00
Hamlin-Sunday Night	9783	\$20.00
Works In Progress Liverpool	47322	\$50.00
Ogdensburg Monday Night	3056195	\$25.00
Northern Hi Lights		\$21.00
Total		\$781.00

Expenses	Ck#	Amount
Newsletter Publishing - May	1430	\$46.00
Convention Coordinator	1431	\$99.12
Total		\$145.12



NYN AREA ASSEMBLY – JULY 2019

Receipts	Group #	Amount
Roommate Reimbursement		\$109.00
Serenity Seekers - Rotterdam Area	??????	\$25.00
Friday Night Alive	37324	\$50.00
Let it Begin With Me- Clifton Park	30702163	\$15.00
Path To Serenity	30734	\$80.00
Serenity AFG - Tonawanda	501324	\$50.00
A Power Greater Than Ourselves	30704763	\$30.00
Gowanda Area	30567260	\$15.00
Hope For Today	53134	\$50.00
Concord AFG	625690	\$46.00
Evening Serenity	9676	\$10.00
Sherrill Thursday AM	10296	\$50.00
Calm In the Storm	30503839	\$30.00
Saratoga Springs Area	040786	\$50.00
Clifton Springs AFG	9682	\$75.00
Growing Circle AFG	063365	\$30.00
Hudson Falls Area	30691441	\$58.00
Madison/Irving AFG	455551	\$40.00
Thursday Evening Serenity	30580948	\$50.00
Stepping Into Recovery	30663345	\$10.00
Canandaigua AFG	0024271	\$50.00
Healing Steps Beginner's Meeting	30710233	\$30.00
Monday Night Fly Rd	30529340	\$40.00
AFG Friday	9828	\$30.00
Progress Not Perfection Sat AM	30606210	\$27.00
Serenity Seekers	501783	\$15.00
Strength In Numbers AFG	30658818	\$50.00
Niskayuna	38472	\$15.00
Keep Coming Back	0010276	\$70.00
Pittsford Area	064625	\$30.00
Live & Let Live	00503200	\$97.00
Northern Hi Lights		\$42.50
Total		\$1,369.50

Expenses	Ck#	Amount
NYS Fair Expense	1432	\$553.95
Alateen Coordinator	1433	\$51.20
Newsletter Publishing - June	1434	\$46.00
Presentation Coordinator	1435	\$143.80
Presentation Committee Supplies	1435	\$165.68
Public Outreach Coordinator	1436	\$134.25
Total Expenses		\$1,094.88



NEW YORK NORTH AL·ANON FAMILY GROUPS
2019 FALL ASSEMBLY

September 20 - 22

Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

SCHEDULE OF MEETING & EVENTS

FRIDAY, SEPTEMBER 20
3 pm-9 pm Registration
7:30 pm "Soaring with Fun"

SATURDAY, SEPTEMBER 21
7:30 am-1:00 pm Registration
8:00 am AWSC Meeting
8:00 am New GR Meeting
9:30 am Assembly Morning Session
12:00 pm Lunch on your own
1:00 pm Assembly Afternoon Session
6:30 pm Buffet Banquet
8:00 pm Keynote AI-Anon Speaker
9:00 pm "Serenity Walk"

SUNDAY, SEPTEMBER 22
8:00 am Alateen Interest Meeting 9:30
am Spirituality Panel

HOTEL RESERVATIONS

ROOM RESERVATION DEADLINE—August 26, 2019
To make your reservation, call (315) 457-4000 or (800) 424-2423 (800-4CHOICE). Ask for New York North Area Assembly to get the courtesy rate.
To pay by check, make checks payable and mail to:
Comfort Inn and Suites
6701 Buckley Road
North Syracuse, NY 13212

Room rate is \$107.35 (tax included) per night for 1, 2, 3, or 4 people per room. Suites are \$134.47 per night (tax included). Check in is 3:00 PM and check out is 11:00 AM. A room reservation is required for the hotel's free continental breakfast. Others may pay \$5 for breakfast and \$1 for coffee (tickets available at the front desk.)

Directions: From NYS Thruway I-90, take exit 36 and travel south on I-81 to the 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.

ASSEMBLY AND BANQUET REGISTRATION FORM—Please Register by August 23, 2019

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____
Email: _____

PLEASE MAKE CHECKS PAYABLE TO:

"NYN 2019 Fall Assembly"

Mail registration form and payment to:

NYN Fall Assembly 2019
PO Box 664
Mexico, NY 13114

AL-ANON REGISTRATION (\$20 by August 23
or \$25 after August 23 and at the door) _____

ALATEEN REGISTRATION (\$12) _____

SATURDAY EVENING BANQUET (\$28) _____
(before August 23 only)

HOSPITALITY ROOM DONATION: _____

TOTAL ENCLOSED _____

Is this your first Al-Anon Assembly? _____

Are you a New GR? _____

Are you a New DR? _____

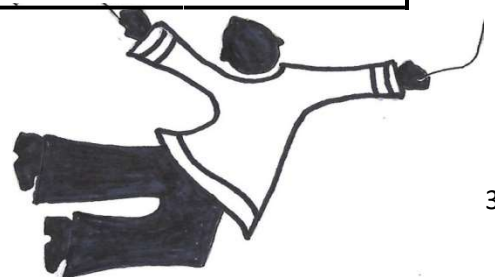
Registration Questions? Contact Nancy B. 315-963-8593

E-Mail — speakez54@hotmail.com

More information available at www.nynafg.com

ALATEENS MUST HAVE ADULT SUPERVISION, NOTARIZED PARENTAL

PERMISSION SLIPS, AND MEDICAL RELEASE FORMS





NYN AFG Fall Assembly

Hosted by Districts 21 & 4

September 20 – 22, 2019

Help Needed!

- **Basket Raffle**

- The Basket Raffle is one of the most important fundraisers for the Assembly.
- Baskets are donated by AFG groups or individuals.
- Please remember to include only Conference Approved Literature (CAL).

Any questions about Baskets, please contact Kathi D. at kathid.afg@gmail.com.

- **Hospitality Room**

- We are in need of food items – baked goods, fruit, vegetables, cheese, crackers, and single packaged snacks & beverages
- In keeping with the 7th Traditions, please consider making a donation to the Hospitality room for the NYN AFG 2019 Fall Assembly.

Any question about donations to the Hospitality Room, please contact Mary Anne H. at mary_oswego@hotmail.com.



**Stepping our way to Peace
and Happiness**

Al-Anon's District 2 Day of Sharing

**Please join us for a fun filled inspirational day
with small group discussions, Al-Anon and AA Speakers,
food, and fellowship!**

Date: Saturday Sept. 28th

Time: 9:30am-2pm

**Location: Chili First Presbyterian Church-3600 Chili Ave.
Rochester NY**

Cost: Suggested Donation of \$3 and a dish to pass.

****raffle at 1pm**

Literature table too!!

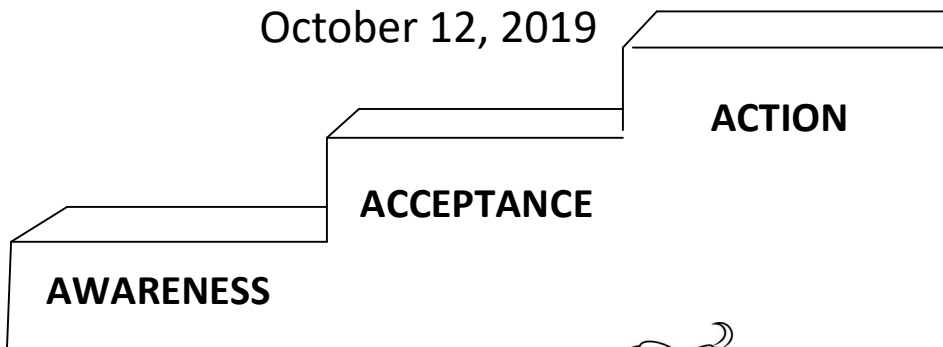
STEPPING UP TO SERVICE

NYNAFG District 17

49th Annual One Day of Al-Anon



October 12, 2019



United Presbyterian Church
186 Main Street, Randolph, NY



Registration 8:30 - 8:55 AM

9 AM - 10 AM. Newcomer Panel

10 AM - 11 AM. Longtimer Panel

11 AM - 12 PM. AA Panel

Lunch. Bring a dish to pass

1 PM - 2 PM. Double Winner Panel

2 PM. Main Speaker

Suggested donation \$5.00

Group Raffle Basket

50 - 50 Raffle

Just for Tonight

An Al-Anon Day of Sharing –
Hosted by District-25

Saturday, October 12, 2019

10 a.m. to 2 p.m.

Fairport United Methodist
Church Basement
31 W. Church St.

\$5 Donation

(if you can't afford it, please ask)

Schedule

10 a.m. Meet/registration/hospitality
10:15 Welcome & warm-up
10:30 Choice: Writing & Acting Workshop
Or Traditional Al-Anon Group
11:45 Pizza & Salad Lunch
12:45 p.m. AA & Al-Anon Speakers
1:15 Skit (from morning workshop)
1:45 Announce Basket & Raffle winners

There will be Baskets, 50/50 Raffle & Literature Table

Newcomers Welcome

Any questions?

Please contact: Sally at 585-342-8292



NORTHERN HIGHLIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Highlights but in keeping with the Seventh Tradition of being self-supporting **a donation of \$10 per year for a paper copy is suggested** to help pay production costs.

All AI-Anon members are encouraged to subscribe to the Northern Highlights electronically.

There is no cost for an electronic copy.

Is this a new subscription

renewal

I would like a paper copy mailed to me (please consider a \$10 donation)

NHL e-mailed to me (no cost)

Name of person receiving NHL _____

E-mail address _____

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City _____ State _____ ZIP _____

If Group Subscription

Group Name _____

WSO # _____ District # _____

Mail Subscription donations to:

NYN AREA ASSEMBLY, PO BOX 2183, SYRACUSE, NY 13220

For address changes or updates

Mail to: Group Records, 5082 Clifton Dr., N. Syracuse, NY 13212

Or e-mail: records@nynafg.com

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> Pam A. treasurer@nynafg.com	<u>Alateen</u> Sandy A. alateen@nynafg.com	<u>Secretary</u> Kathleen M. secretary@nynafg.com	<u>Convention</u> Kevin M. convention@nynafg.com
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<u>Panel 43 Past Delegate</u> Connie D. Delegate43@nynafg.com	<u>Panel 40 Past Delegate</u> Anne F. Delegate40@nynafg.com	<u>Panel 37 Past Delegate</u> LaVaughn R. Delegate37@nynafg.com	<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. mgregory@roadrunner.com	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com	<u>Panel 4 Past Delegate</u> Helen Sohl

Northern Hi Lights
5082 Clifton Dr
N Syracuse, NY 13212