

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

Inside This Issue

Topic Spiritual Awakening

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area



Members should go to the
NYN website (nynafg.com)
to register for
the Fall Assembly

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

HEAR YE HEAR YE

**Al-Anon Family
Groups**
The Official mobile app of the
Al-Anon Family Groups

is coming ...

Use the WSO site map to find an image of what to look for and a guide for the mobile app on the Apple App Store. The app is also available on Google.

Exciting news!!!

Molly C.

Chairperson

Dear NYN Friends,

New York North's first virtual AWSC meeting was held on Saturday, 8/1. It was a success. There were a number of people in attendance, both members of the AWSC (officers, coordinators, AIS reps and DRs) there were also members who came to observe. I want to say a special thank you to Ellen V, the electronic meeting host and to her two helpers, Mary S. & Laura R. The three of them helped to make this first attempt at a virtual AWSC meeting run smoothly.

Needless to say, the Fall Election Assembly this year will also be virtual. This pandemic has made us be very flexible and creative. I am sure it will run even more smoothly than our 8/1 AWSC did.

Normally the schedule would include a few different meetings. Because our time is short, they would all be held on the same day, some of them pretty early in the morning. Because we are doing things virtually, we have a little more freedom in our scheduling.

The New GR meeting is usually held at 8:00 AM on Saturday. This year the virtual meeting will be held on Saturday, 9/12 at 11:00 AM. This is open to any new GR, others who are interested may also attend.

The AWSC meeting is usually held at 8:00 AM on Saturday morning. This is held for any last-minute additions to the assembly agenda. It will be held virtually this year on Wednesday, 9/23 at 7:00 PM. This is open to all officers, coordinators, AIS reps and DRs. Any other members are welcome to attend.

Finally, the Assembly itself will be held on Saturday, 9/26 from 9:30-4:00. There will be a couple of breaks during the day in addition to a lunch break.

With all of these meetings you will need to register. This will give you the link that you need to enter the meeting and the password. You will be able to register on the NYN website. Once registered you will be sent information on how to sign in. There will also be a practice session on Friday, 9/25 from 6:00-7:00 PM.

I look forward to our Fall Election Assembly. Think about a service position that you might be interested. Step forward to new experience in your road to recovery. The gifts of our program are many, we just need to be open to them.

Gratefully in Service,

Ruth S.

IMPORTANT UPCOMING DATES

New GR Meeting

September 12, 2020, 11:00 am, Saturday

AWSC

September 23, 2020, 7:00 pm, Wednesday

Fall Assembly

September 26, 2020, 9:30am - 4:00 pm, Saturday

District 18 News

2020 District 18 Day of Sharing – We are still hoping to be able to hold our 22nd^t Annual District 18 Day of Sharing in March of 2021 at Immaculate Conception Church, Dwyer Hall, Fayetteville, NY if possible due to the COVID-19 pandemic. 2021 is also Al-Anon's 70th Birthday which may also be our theme.

contact Jim M. 315-491-5954

sponsorjim@yahoo.com

Immediate Past Delegate

In my July – August board I mentioned that there is some Al-Anon literature that is available to members who are interested in service.

Here is a list of items that are available through your Literature Depot or through the NYN website. We want you all to be successful and these might help you.

- Links of service S– 28
- Joy of service S-57
- Guidelines -Group Representatives G – 11
- Service Sponsorship P-88
- Seventh Tradition S– 21
- Why conference Approved Literature P – 35
- Al-Anon Spoken Here P – 53
- Al-Anon Registration/Group Records Change Forms (free Download from WSO Literature Webpage)
- When I Got Busy I Got Better – P 78
- Al-Anon Alateen service manual P – 24/27

These items were previously given to all new Group Representatives that attended either the fall or spring assembly, however due to the fact that we will be having a virtual assembly this year I will not be able to personally get these to you. If the new GR needs copies of these please contact me through my website which is: IPD@NYNAFG.COM.

Service has been a part of my recovery since practically day one I do hope that some of these items will give you confidence in your journey and also to help you encourage others in your meetings to step up to service at the fall assembly

Hope to “SEE” some of you at the New Group Representatives Meeting on September 12th and others at the Fall Assembly on September 26th.

ATTENTION NEW ZOOM GROUP REPRESENTATIVE MEETING SATURDAY SEPTEMBER 12, 2020 11:00-1:00 P.M.

Join Zoom Meeting

<https://zoom.us/j/99950249250?pwd=SjUyRHFRzI0a2Q3TlhBaGJERFJOZz09>

Meeting ID: 999 5024 9250

Passcode: 1891

**IF YOU DO NOT HAVE A COMPUTER PLEASE
CONSIDER ASKING A MEMBER OF YOUR GROUP TO
HELP YOU TO ACCESS THIS.**

**Items to be Discussed & a Chance to Meet the Officers
& Coordinators of New York North**

- What to expect at the Zoom Assembly Meeting
- How to report Changes in your Group Records
- Forum Magazine
- How to access information on the New York North Website (i.e. Treasures Report, Agendas, New York North Policies, Alateen Guidelines etc.)

**You will also be shown Al-Anon Literature that will
give you confidence to carry out your responsibilities
as a GR.**

SEE YOU THERE!!!!

Diane C.



AAPP

Alternate Delegate

F Y I: The Forum is the "voice of the Fellowship"

- ✓ It contains fresh, contemporary, sharings each issue
- ✓ It contains Al-Anon and Alateen meeting topics
- ✓ It shares World Service Office news.
- ✓ It is a "meeting in your pocket".

The Twelfth Step states, "Having had a spiritual awakening as the result of these steps, etc" Thus we are assured that we will have a spiritual awakening.... When I started the program and read that, I wondered what it would be like. I am not even sure I wanted to have one. After the fog settled a little bit, I was willing to accept that it might happen after I finished the last step.. Would it be a burning bush or some other type of great fanfare or would it be a quiet acceptance of the principles of the program or a slow developing experience.

For Lois, it happened when she threw that shoe across the room at Bill and said, "Damned your old meetings."

My spiritual awakening came gradually as I continued to go to meetings and heard what the program was teaching. I am easily bored and on occasion would find a different meeting to attend where I could hear a new and different slant on a familiar topic. In the Syracuse area, we are divided into 5 districts, so I had many opportunities to attend meetings. I have spent a few years in service, which has taken me to conventions and assemblies and new people with new stories. The spiritual awakening happened in the midst of all that experience, where I accepted the disease of alcoholism and everyone in my little corner of the world affected by it. I stopped trying to control the entire world and realized my Higher Power was in charge. It has and will be a lifetime job to apply the steps to my everyday life.

Helen H.



How Al-Anon Service has helped me in my daily Al-Anon service has made me more aware of my character defects.

Service has reminded me of the many tools of the program that can be used in my daily routine and the many options available to me through the Al-Anon program.

The topics of 'tolerance and patience' and 'thine will not my will' have been utilized by me on a regular basis in view of the covid 19 pandemic . I am a person who likes control but as much as I would like to complete a task it is not always possible due to unforeseen circumstances.

The covid 19 pandemic disrupted and interrupted the lives of many people.

Doing paper work for AMIAS certification in Al-Anon isn't a priority when one's living situation is disrupted.

Accepting that I am powerless over completion of the AMIAS's paper work and cannot make something happen, relieves me of the burdens that deplete my energy and serenity.

Conclusion to 'patience and tolerance' and 'thine will not my will' for me is accepting life on its terms is definitely freeing.

Mary Doss

Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

- **Fall 2020:** Will be held virtually.
- **Spring 2021:** District 22– May 14 – 16, 2021, Hilton Garden Inn, Troy, NY
- **Fall 2021:** District 18 – Sept 17 – 19, 2021, Comfort Inn and Suites, North Syracuse

(Note will officially vote on Spring and Fall at Fall 2020 Virtual Assembly)

Still looking for hosts for 2022 and beyond. Without you there can be no conventions/assembly. Please discuss within your district. Hosting is vital to the health of Al-Anon in our area. It helps to carry the message to others, and to practice these principles in all our affairs.

Yours in Service

Kevin M., convention@nynafg.com

Public Outreach

Hello NYN Family,

There is a feeling of Fall in the air. We are into September and soon the virtual Fall Assembly. This is an opportunity for your group to be represented without the expense of hotel and travel. Check the NYNAFG website for instructions on how to register. For some a virtual meeting is old hat and for others a new experience. Support your GR and sit in on the meeting. It is important as this is an election assembly. If you have questions about Public Outreach, please feel free to contact me.

As you may know, we are not doing the State Fair table this year. I would love to hear about other Outreach ideas that our Area could be doing. We have sections of our Area that could work on projects. Buffalo/Rochester/Syracuse/Capital District and North have many groups that have done projects before.

Outreach to professionals could be one focus. WSO has a connection that can be used to increase awareness: al-anon.org/LinkedIn

Reports will be online prior to the Assembly. If you have questions, please contact me.

With everything happening in today's world, I will be forever grateful for Al-Anon helping me to find a spiritual path to follow. It carries me through the difficult days. I know that I am never alone! Please consider stepping up to service. It has helped me to focus my energy on positive projects, instead of worrying about what the next day will bring.

Sending a virtual hug to everyone.

Love in Service,
Connie D.
NYN PO
Coordinator



Literature Coordinator

The past few months have certainly been filled with fear and uncertainty. Thanks to the program of Al-Anon, we can approach each day with a common purpose and focus: to live one day at a time and trust in a Higher Power in which we can let go and let God take care of us and everyone we love and cherish in our lives.

This month's article is devoted to a Spiritual Awakening. Even though I was born and raised as a Catholic, I did not find my true spirituality until I entered the rooms of Al-Anon ten years ago. I needed to find something to hope for and to rely on, and this program provided me with what I needed. The experience, strength, and hope that I gained from the many members whom I count amongst my Al-Anon Family have been my rock and my source of strength over the years.

I found this post on Facebook a year or so ago, and its message about a spiritual awakening says it best:

12 Symptoms of a Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of interest in conflict.
8. A loss of interest in interpreting the actions of others.
9. A loss of interest in judging others.
10. A loss of interest in judging self.
11. Gaining the ability to love without expecting anything in return.

I wish everyone the best as we get ready to gather together for this year's Fall Assembly on Zoom. Even though we cannot be in the same room in the traditional sense, we can share our hopes and dreams in this virtual way.

Thanks again to everyone for their love and support!

With love and gratitude,
Mike R.

NYNAC

This year there will be no “physical” NYNAC. A wise decision was made to protect our sponsors and teens and hold a “virtual” NYNAC this year. We are all hoping to be able to get together in 2021. We will be holding the 2020 NYNAC two days, instead of three, and will be our traditional Columbus Day weekend, October 11th and 12th. The artwork is done, and t-shirts can be ordered at cost for anyone who would like one. The shirts will be eight or nine dollars. Please plan on postage on top of the shirt cost. I will need to have a count as soon as possible. I will send a copy of the artwork to Nancy P. and ask to have it posted on the website.

This is also the last year for the present NYNAC panel. Please consider standing up for NYNAC Coordinator. This is a great way to do service in Al-Anon. This position is not something you have to do alone. There is plenty of help available from the teens and other Al-Anon members. The work involved putting the annual NYNAC event is divided up among other groups, lightening the load for everyone! I will also be available to help in any way I can. The rewards of this position are many. Fill out your resume and send it in. You will not be alone. Here is a quick synopsis of the position:

Basic knowledge of bookkeeping and accounting skills helpful. Must be honest, organized, and keep good, neat records. Should become familiar with G-20, Guidelines for Al-Anon/Alateen Area Conventions. Be familiar with NYNAC Guidelines. Experience as an Alateen sponsor is recommended.

RESPONSIBILITIES:

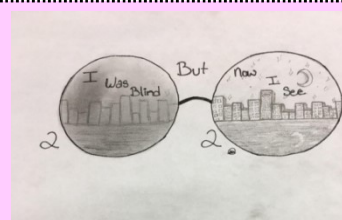
1. Act as liaison between the New York North Area Assembly, the NYNAC host committee, and the convention facility. Answer questions, provide assistance, keep Delegate and Chairman well informed of any problems that may arise. Set up committees for assistance.
2. Maintain the financial records for NYNAC. This includes receiving registration fees, paying major convention expenses, and maintaining accurate records which clearly show attendance numbers, income, and expenses.
3. Submit complete report to the Area Treasurer by March 1st following each year's convention.

Return excess funds to the Treasurer with this report. Cooperate with the Area Treasurer for annual compilation of financial records, by an outside auditor if necessary.

4. Arrange with the Area Treasurer for co-signing of checks. Checks must be signed by two parties.
5. Attend Area World Service Committee meetings.
6. Attend Area Assembly meetings.
7. Present verbal up-dated summary report at AWSC and Assembly meetings, written report of same to Assembly Secretary.
8. Write monthly article for *Northern Hi Lights* area newsletter.
9. Ensure that the NYNAC scrapbook ideas, suggestions, etc is updated and passed on to each succeeding host committee.
10. Conduct a service workshop or presentation relative to position once during the 3-year term.
11. Participate as an active member and give report regarding NYNAC to the Action Committee assigned to.

SUGGESTION:

1. The coordinator and the host committee sponsor cooperate to facilitate room assignments and other necessary duties.
2. The incoming NYNAC Coordinator attend NYNAC with the outgoing Coordinator during the election year at the Area's expense.



Virtual Event During
COVID - 19 Pandemic
October 10th and 12th, 2020

Leslie C.
NYNAC Coordinator

Electronic Meetings

Hello Al-Anon! I am so impressed with our response to the covid crisis and how we handled keeping our meetings going in the way we feel was best. Each meeting is autonomous and can decide the best way to handle things for itself. I have been enjoying the opportunity to go to meetings in other districts, counties, states and even other parts of the world. I have met many new friends!

As we think about going back to face to face meetings, safety comes to mind for me. Below is a list of things to consider when meeting again:

- 1 – Wear masks while inside and practice safe social distancing*
- 2 – Provide hand sanitizer, disinfectant, maybe have extra gloves and masks on hand*
- 3 – Ventilation – open windows if possible – I have heard of some meetings turning a fan on, and another meeting not recommending it.*
- 4 - Keep an attendance list for covid tracing purposes. First names and phone numbers should be included.*
- 5 – Leave the basket, calendar and other materials on an accessible table – instead of passing them around the room.*

If you have any questions/comments/suggestions regarding online meetings please contact Ellen V at e-meetinghost@nynafg.com

Ellen V.

Archives

At the Fall Assembly in September 2020, NYN will be rotating service positions, (wow that was fast). Please review the link for the G-30 Guidelines for NYN Area Archive Coordinator. <https://al-anon.org/pdf/G30.pdf>

I found this position a valuable and rewarding experience for a first timer stepping up to the area level of service. I did it to the best of my ability, which thank goodness I did not have to do it perfectly or alone. I had loving support of fellow Al-Anon members and great online resources. I did not perform perfectly (I may not have even got a passing grade if this was being graded). I thank my HP that this position allowed lots of wiggle room. I was able to consolidate & purge

some of the many boxes, and yet I did not have as much free time as I had hoped, plus the fact that the Archives were stored in the previous archivist's home. I am sure the next archivist will enjoy the history as much as I did. I did have time to research and have conversations with scanning equipment retailers and leasers near me and found that it is cost prohibitive to rent or buy a machine that could handle the volume of NYN's archives. Maybe digitizing a portion of the Archives would be great for the next Archivist or an Archives Committee. Just a suggestion, you can do it your way and to the best of your abilities. This service position has been such a blessing for my recovery. Although, I was mostly a non contributor to the writing portion of the position in the Northern Highlights it was something I did enjoy doing when I would remember or had the time to submit. I would really encourage you dear Al-Anon Member to consider standing for this position at NYN this September, especially as a newcomer to the NY area level of service. It's a wonderful way to give back to Al-Anon what Al-Anon gives so freely to me...

Yours Truly in Gratitude,

Susan J.

NYN Area Archives.

Newsletter Editor

As Fall approaches, we look forward to our Virtual Fall Assembly. Please take note and register on the New York North website (nynafg.com). I'm sure it will be interesting as well as informative doing the Assembly on Zoom.

Please consider any position to stand for to help Al-Anon continue into the future as such a welcoming group.

Spiritual Awakening for me is an ongoing process that changes each day under different circumstances. We need to accept what is being given to us and figure out/learn how to deal with our challenges and blessings.

I hope to "see" you all at the Zoom Assembly this month.

Pat H.

Alateen Coordinator

In August the Plattsburgh Alateen group became inactive. So now NYN Alateen has only 16 active Alateen groups. Also, several AMIAS have chosen not to recertify. That has resulted in a couple of Alateen groups losing a Sponsor. If you have an interest in being of service to Alateen, check with your nearest Alateen group and consider becoming an AMIAS. All groups could use the support. Contact NYN AAPP, Mary D. about the process.

Our August AIM by zoom is scheduled for Monday the 17th from 6:30 until 7:30 PM. We will be learning more about the plans for a virtual NYNAC.

There will be no face-to-face Alateen interest meeting on Sunday morning after the New York North assembly because the assembly is virtual. Instead, the regular monthly zoom AIM will be from 6:30 until 7:30 PM on Thursday, September 17th. If you are interested in joining the meeting please call me at 585-331-1235, give me your email address so I can send you the date and send you the link for Zoom. Thank you for your consideration.

Together We Can Make It,
Sandy A.

Spiritual Awakening

My first spiritual awakening came after I had been in Al-Anon about a year. I was going through a divorce and trying to develop a closer relationship with my Higher Power. My prayers became more about seeking God's will for me than telling him what I wanted. I spent less time trying to force my solutions, and more time being grateful for what I had. As this process went on I realized I was happier and more productive in my life.

In service,
Sandy A.

AIM
(Alateen Interest Meeting)
via Zoom
September 17, 2020
6:30-7:30 PM

For information, contact Sandy A.

Group Records

The Fall Assembly is almost here! I have been Group Records Coordinator for almost 3 years. How time flies!! My latest request to all DR's and GR's is to check your group's information on the Online Group Records. Your DR should be able to view the records and get you the information. If you find information that should be corrected please fill out the Al-Anon Group Records Change Form that is on the WSO site. Your form will be sent directly to me.

Having Had A Spiritual Awakening is our topic this month. I never imagined that I would have a spiritual awakening. My life was one of isolation and independence. I never asked for help, I never expected help...I could do it all. But doing it all is a tiring job and when I arrived in the rooms of Al-Anon I was tired and worn out from being everything to everyone in my life. The slogan "Let Go and Let God" made me aware that there could possibly be a Higher Power who could take care of me. I had reached a point where my life was out of control and I was scared and confused. I had nothing to lose so I just let go of the steering wheel. As crisis after crisis occurred I found that if I stepped out of the way and let my Higher Power take over things worked themselves out. Time after time I was taken care of and there was no mistaking that I was being taken care of. My spiritual awakening had begun and continues each day.

Patti M.

Web Coordinator

Web Address: <http://www.nynafg.com/>

Since last month's article I have been busy getting the 2020 Fall AWSC Officer/Coordinator reports posted to a folder on our New York North Website. You can find the reports at <http://www.nynafg.com/news.html>

I attended our area's first virtual AWSC meeting and want to congratulate Ellen and her helpers for a job well done with both the training sessions on using Zoom, registration for the AWSC meeting and hosting the AWSC virtual meeting. It was exciting to learn a new way to do the business of our area when we could not meet face to face.

I am looking forward to our first virtual Fall Assembly this September. I encourage all our members to familiarize themselves with the Web Coordinator

position for the Fall Election Assembly. You can get the Job Description by clicking on the following link: <http://www.nynafg.com/pdf/jobDesc.pdf>. Please read the general responsibilities of Officers/Coordinators then scroll down to page 13 of this document to see what the NYN Web Coordinator does. If you meet all the qualifications, please stand for this position. It is a chance to communicate with both our members and to be part of public outreach to those looking for hope and encouragement.

Our theme this month is Spiritual Awakening. Service in New York North has been a spiritual experience for me. I have met many new people from across our state and depended on them for their shared experiences to help me be successful in my service positions. Giving encouragement and hope through the New York North Website is a spiritual experience coming from a love of this program. We get to experience our program through service to others.

Nancy P.

Treasurer

June 2020

NYN Financial Statement

Beginning Balance 5/31/20	\$30,997.29
Receipts	\$955.50
Bank Service Fee June	(\$2.00)
Disbursements	(\$233.51)
Ending Balance 06/30/20	\$31,717.28
Reserve Fund 5/31/20	\$10,701.20
Bank Service Fee June 2020	(\$2.00)
Reserve Fund Balance 6/30/20	\$10,699.20
Mutual Funds Est 6/30/2010	\$2,665.65

Receipts	Group #	Amount
Amherst Fri. Morning	9710	\$40.00
Niskayuna AFG	38472	\$15.00
Ithaca Friday	9828	\$30.00
Rochester Area	?????	\$20.00
Simple Beginnings	44964	\$60.00
Queensbury Area - Cash	9763	\$15.00
FM Morning	037943	\$23.00

Monday Courage to Change	63806	\$25.00
Cortland AFG	9696	\$10.00
District 6	Dist 6	\$50.00
Oneonta Area	30688765	\$22.00
Faith Group Cicero	9679	\$100.00
Mattydale AFG	066548	\$40.00
Serenity Circle	30521550	\$20.00
District 17	Dist 17	\$50.00
Sidney Group	?????	\$10.00
District 10	Dist 10	\$100.00
Group 040786	040786	\$50.00
Queensbury Area - Cash	9763	\$30.00
Schenectady Area	062668	\$78.00
Thursday Night Serenity	30580948	\$25.00
District 21	Dist 21	\$75.00
Strength In Numbers Saranac Lake	30658818	\$50.00
Northern HiLights		\$17.50
		\$955.50

Expenses	Ck#	Amount
Newsletter Publishing June	1686	\$49.00
Not used for Purposes Intended	1687	\$0.00
Walter S - Alateen Guidelines	1688	\$45.40
AAPP	1689	\$139.11
Total Expenses		\$233.51

Pam A.

Invitation

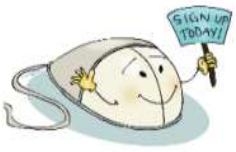
**MISSOURI AREA
AL-ANON/ALATEEN
52nd ANNUAL CONVENTION
With AA Participation**

The Missouri Area would like to invite the New York North Area to our 52nd Annual Convention which will be held on Zoom.

**Seeing Clearly in 2020
Saturday, September 26, 2020
9:00 am - 10:00 pm (Central time)**

Registration required
<https://us02web.zoom.us/meeting/register/tZlvdeCp-pjgiGNadqHj-9fO7Xrv25T14K8jz>

A;-Anon, AA speakers, Alateen panel, mini meetings.
Questions? Concerns? Email:
moareaafgevents@gmail.com



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 Al-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 _____

Mailing address _____

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.

<u>Delegate</u> Molly C. delegate@nynafg.com	<u>Alternate Delegate</u> Helen H. altdelegate@nynafg.com	<u>Immed. Past Delegate</u> Diane C. ipd@nynafg.com	<u>Chairperson</u> Ruth S. chairperson@nynafg.com
<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 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 S.

**Submissions for
October
Northern Hi Lights**

Due by: September 15
Topic: **Service**

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