



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

Northern Hi Lights

Al-Anon News from New York North Area

Thoughts From Our Area Chair:

Hello NYN,

I don't have much to report in this article. The Fall Election Assembly is in two weeks and I have been preparing the agenda for the Area World Service Committee (AWSC) and Assembly meetings. At the August AWSC meeting our Delegate, Ruth, gave copies of the *2014 World Service Conference Summary* to the Officers and Coordinators. I have been reading the happenings from the 2014 World Service Conference (WSC). The *Conference Summary* is available to download on the members' website and it's worth taking a look at. You can find it at <http://www.al-anon.alateen.org/> then click on "MEMBER?" Then click YES when asked if you are looking for the members' website. You will be asked for your password, which is the name of your Home Group followed by AFG. Example= FaithAFG. The *Conference Summary* is listed under "Individuals" then "Members' Recourses" then go down and find "Conference Summary."

On to the monthly topic, obsession. Various online dictionaries define obsession as a state in which someone thinks about someone or something constantly. If I'm obsessing that means I'm doing a lot of stuff I shouldn't be doing. It means that I'm not staying in the moment, because I can obsess about something that hasn't even happened or about something in the past. Sometimes it

Area Chair continued on next page...

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

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Web Version Proofreader: Connie D.

means I'm not minding my business. It means I'm not taking care of me. Often times it means I'm trying to force a solution. If I'm obsessing that usually means I am trying to figure out a way to make something happen or trying to figure out the outcome.

Every time we are given a topic I ponder it for a few weeks and then begin to write. I don't know if it's the power of suggestion, but just about every topic I've been given to write about I end up experiencing that topic firsthand. Not sure - if it's just the awareness of what I'm doing and now I have a specific name I can put on it.

How do I manage to free myself from obsession? I go to more meetings. I pick up the phone (being active in service is a great excuse to pick up the phone). I use the index in the back of our Conference Approved Literature. The biggest thing I can do, and I think it's the best thing I can do, is to ask my Higher Power to be there with me as I work through the obsession. I have to turn it over to him on a daily basis and sometimes multiple times in a 24-hour period. I remind myself to keep the focus on myself, to stay in the day and to stay in my own business. I tell myself I only need to worry about my side of the street and that it's not my job to take care of others and their needs. I find when I can eventually turn it over, the only thing I need to obsess on is TRUST. Trust that my Higher Power is working to help me, and with him things will be just the way they should be. I have to trust that the solution will be in his time not my time. I have to trust that there will be a lesson in everything I struggle with, and sometimes that lesson might not be mine to learn; it might be something for others to learn. I have to trust that my Higher Power is not doing things *to* me, he is doing things *for* me; things that will make me a better person. Check out my next newsletter article for updates on the Fall Assembly.

"Participation is The Key to Harmony,"

Pam A.

Convention Coordinator:

By the time you read this, the Fall Election Assembly will be a memory. There will be a new slate of Officers and Coordinators to assist and guide you on your new journey. I wish all of the new slate a very rewarding and enlightening experience.

When planning a convention/assembly please remember to use the guidelines on the New York North (NYN) website. These guidelines were recently updated and all the information you need is in the document. If you have questions or concerns, please contact the Convention Coordinator.

If you are attending a convention or assembly please remember to make your hotel reservations as soon as possible. The hotel needs these numbers in order to plan for staff in the hotel and in the restaurants.

This journey has been an amazing experience for me. I have learned so much about how the fellowship works at the Area level, but more important, I learned a lot about myself. I have grown in ways I never could have imagined.

I want to thank everyone at the Area level, the District level and more important at the Group level for believing in me when I couldn't believe in myself. If you have any questions or concerns, please contact me at convention@nynafg.com. I will help you in any way I can.

Yours in Service,

Maureen K.

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 &
the Group's ID Number (Very Important)**

Area Delegate, Panel 52:

Dear NYN Friends,

This month's theme is "obsession." I have been thinking a lot about this since I first learned this would be our theme. One thing I knew as soon as I saw the theme is that it is hard-wired in me. I have always found something to obsess about. What I have found in Al-Anon is that I can put the obsessions aside when I am working my program. Sometimes it lasts for a while and other times it is only moments. The important thing is that I can recognize that I am obsessing and take steps to stop it.

I did a little looking in some Conference Approved Literature (CAL) so see what was said about obsession. Both *Courage to Change* and *Hope for Today* had a number of readings on this topic. Each reading lead to a slogan: "Think," "How Important is it" and "Let Go and Let God" were some of those slogans. The book, *How Al-Anon Works* had many references to obsessions, again many of these lead to our slogans and how to use them. I am glad I did some reading to refresh those lessons I have learned over the years.

I need to be reminded again and again about what I need to do to get out of the way and let life happen as it is supposed to, and not ask for what I think should happen. This summer I have been struggling with obsessions. One of the alcoholics in my life chose not to go to meetings. My obsession kicked in and my mind raced with what I could say to get them back to meetings, how to say it and when would be the best time. I have to admit that at first not only did I think about it but then I said some things. After they said to me that I was stressing them out with my comments, I realized that I was stepping into territory that was not my business. I did stop saying my thoughts out loud; I knew it wasn't my business but the thoughts were still there.

I am hard wired. My program has taught me to recognize what is and what is not my business. Using the slogans, I worked to let those thoughts go when they would pop into my mind. Regardless of whether or not the alcoholic was going to meetings, I could get out of the way. I could "Let Go and Let God." What a wonderful gift.

The end of summer was so much better. I was able to not only not say anything, but also to have long periods of not thinking about it! Then, the alcoholic started to go back to meetings. As I said, I am hard wired to obsess. It popped into my head to ask why the alcoholic was going back to meetings. I didn't ask. I saw that this was part of my obsession. I thanked my Higher Power and their Higher Power and let it go. I need this program, I can't be away from it or I will slip back into all those unhealthy thoughts and actions.

Those are my thoughts on this month's theme, "obsessions." I want to congratulate all those who stood for positions at the Fall Election Assembly. How exciting; the next three years are wide open before us.

Gratefully in Service,

Ruth S.

Deadline for submissions to the November, 2014 issue of NHL is

October 15, 2014

Topic: "Tradition Two"

Immediate Past Delegate:

I am intrigued by the topic for this month's newsletter article, "obsession." According to my dictionary this means, "a persistent disturbing preoccupation with an often unreasonable idea or feeling; excessive often to an unreasonable degree" (*Webster's Ninth New Collegiate Dictionary*, Merriam-Webster, 1986, pages 815-16.) I was also amazed to find this topic listed in the index of several of our Al-Anon books. But then, as I thought about it some more I asked myself the question, "isn't obsession what brought me to Al-Anon and isn't it what keeps me coming back?" The answer is simply "yes." I came because I was "obsessed" with someone else's drinking and I thought I could make him change. So the first thing you taught me where the three "Cs:" I didn't Cause the drinking, I couldn't Control the drinking and I certainly couldn't Cure the drinking.

As I worked to understand the concept of the three "Cs" I also learned that if I would focus on myself and not on the alcoholic my life could and would get better, even if the alcoholic continued on his path of drinking. The most difficult part of this process is understanding that alcoholism is a disease and is recognized as such by the American Medical Association. It meets all the necessary criteria to be recognized as such. Once I was able to understand alcoholism as a disease I was better able to move forward in my recovery, but this did not mean that I did not continue to "obsess;" so the task before me was to work on changing behaviors that were not productive.

Even today after many twenty-four hours in this program I can sometimes find myself obsessing about something, but I don't stay there as long as I once did. Today I have a number of program tools to help me leave my obsessing and move on to more productive behaviors. The first thing I go to are one or more of the slogans such as "Let go and let God" or "How important is it?" When these simple tools don't work the next place I go are to the first three Steps. I begin with I can't, He (HP) can; so why don't I let Him.

Whenever I am obsessing about something, I am probably trying to control or fix something over which I am powerless. When I am able to recognize this, I have taken the first step in recognizing what I can and cannot change. I am now into the three A's of Awareness, Acceptance and Action. As I work through these three A's I can come to a decision as to whether there is a part for me or not. When I have determined whether or not there is something I can change, only then do I need to be ready to take any action and to determine what that action might

be. Sometimes I just need to be quiet and pray to my Higher Power about the situation.

I recently ran across a plaque with the following quote, "When I Let Go of What I Am; I Become What I Might Be." This quote reminds me that when I get into behaviors of obsessing I can't become the person I was meant to be. Is obsessing keeping you from becoming the person you were meant to be?

Grateful to be in service,

Elaine R.

NYNAC Coordinator:

This will be my last year as New York North Alateen Conference (NYNAC) Coordinator. I love Alateen! Being around the teens as a sponsor and as NYNAC Coordinator has given me a lot of growth and love. I feel like I grew up in Alateen. As a sponsor I learned so much about myself, who I was and what I was feeling. When it came time for me to step aside I was ready to move forward and grow more in my Al-Anon program. Becoming NYNAC Coordinator has helped me continue to grow. I feel like I faced a lot of challenges that brought out character defects that I need to look more closely at. However, it is a start.

I will always remember my very first experience at NYNAC in 1987. We had over one hundred teens and sponsors. The meetings were very intense and the dance was non-stop for hours and hours. Things have changed since then. Alateen attendance is declining more and more. I don't have any answers and I keep waiting for things to change. "Step Two" reminds me that this will be in God's time and everything happens for a reason.

If you have not considered becoming involved with Alateen whether it is becoming a sponsor, an Al-Anon Member Involved in Alateen Service (AMIAS) or NYNAC Coordinator, I would urge you to look to your higher power or talk to members of our program and ask yourself if this is something you would like to do. The rewards are endless!

I would like to thank everyone for their support and encouragement.

Love in Service,

Lynda C.

Area Treasurer

Greetings, NYN Family!

Hope you all are enjoying the early Fall weather and packing your bags for the Fall Voting Assembly! Once again, I would like to extend a sincere THANK YOU to each and every Group, District & AIS that continues to support OUR Area!

Donations since last reported, include:

AWSC 7th Tradition	\$93.75
Serenity on Sat Gr #64625	25.00
New Beginnings Gr #39872	70.00
Acceptance AAC Gr #503803	40.00
District 12	100.00
Ithaca Sun Morn Gr #66231	36.00
Spring Ass'y Profits	5859.42
Cortland Gr #9696	30.00
Caring & Sharing Gr #9763	45.00
Mon Serenity Gr #64623	20.00
Tues Bemus Pt Gr #30524821	45.00
Syracuse AIS	100.00

Expenses:

Diane C	\$161.96
Ruth S	170.00
NSEA (room/AWSC)	50.00
NYN Fall Ass'y	55.00
Connie D	190.00
Lynda S	290.29
Comfort Inn	2574.00
John O	20.00
John O	33.00

The topic for this month is obsession. I have to say that when I first came in to Al-Anon, about the only thing that was constantly occupying space in my head was being a people pleaser! I wanted...no, I NEEDED...everyone to like me. I was obsessed with being liked by everyone. Little did I know (until after quite a few 24 hours in the program) that what I was doing was being a door mat. I was letting everyone else walk all over me. I was going around walking on eggshells. I was stuffing my feelings (if, in fact, I could even identify what I was feeling). I was working overtime trying to make everything right for everybody else. Finally, when doing these things started to make me physically ill (headaches, stomach problems, high blood pressure, etc, etc), I started to realize that I needed to do something differently. That was when I traded my "people pleasing" obsession, with the "keeping the focus on myself" obsession. Today, I am in a so much better place...physically, emotionally, and spiritually!

Hugs,

Linda A.

Area Secretary:

Hello There,

It is hard for me to believe my term as New York North Secretary is coming to an end. I feel so privileged to have had the opportunity to serve in this capacity. This has been an amazing growing experience for me. I want to thank all the Officers for their support. By the time this issue is printed a new secretary will have been elected. I want to encourage this person to always remember, as the secretary before me did, IT IS PROGRESS NOT PERFECTION!

I put a lot of thought and research into writing an article; just to be really honest about this, I do not enjoy writing. I do have a journal which I do write in---almost every day, but, that is only for me to read. The writing of these articles became an "obsession." It excessively preoccupied my mind! Or, as the dictionary says, obsession is "a persistent disturbing preoccupation with an often unreasonable idea or feeling," *Merriam-Webster's Collegiate Dictionary, 11th Edition, Merriam-Webster, Inc. 2004, page 857.* As I usually do, I "researched" some of our literature and did not find "obsession" in the index in our early publications.

As I "obsessed" about this I recognized I was as obsessed with my alcoholic as he was to the alcohol. I had cried over, to, for and with him for so many years, I thought I had no tears left. I did everything in my power for him. I thought I would even die for him. Then he found sobriety and AA. I was led, directed, sent to Al-Anon. I began to attend as many meetings as possible. This program was my means of survival. Obsession was replaced with faith and living in the present; and fears with positive thoughts, slogans, and the Serenity Prayer. I tried to treat myself as well as I had treated my alcoholic. I began to heal. Healing did not take place overnight. I still have obsessions, but I am able to recognize them and deal with them in a much healthier manner. I attend meetings, and put the Steps to work in my daily life, and incorporate a strong spiritual life into my program. If there is one tool that helped me to overcome my obsession with other people, it was service work. I will always be grateful, and remember that happiness and knowledge increase only as we share it with others.

Gratefully,

Marge R.

Literature Coordinator:



Hi Everyone,

I attended our District 29 meeting the other day and our 400 **AI-Anon Faces Alcoholism 2015** that we ordered had arrived. As we have been doing each year, we will soon be printing labels with our local Area Information Service (AIS) phone number and website, as well as the New York North (NYN) website. We invite members from all of our Groups to help put these labels on and this work is done in no time. It is a great way to get people involved in service.

- From the WSO: The 2014 World Service Conference gave conceptual approval for a new daily reader that will reflect the AI-Anon program and its members as they are now. This reader will cover a wide range of topics from a variety of members throughout our fellowship. Your sharing will help assure that our new daily reader will reflect our fellowship as it is today, just as **One Day at a Time in AI-Anon** did 45 years ago, and **Courage to Change** did 20 years ago. Please take a look on pages 23-25 of the *2014 World Service Conference Summary* to learn more. Also check out the NYN website, www.nynafg.com, for this sharing sheet and information on how to submit sharings for World Service Office (WSO) publications.

We will be talking more about the new daily reader at the Fall Assembly. As I gain new information, I will pass it along.

- Also from WSO: Remember to look for our latest service tool, **(S-73) Talk to Each Other—Resolving Conflicts within AI-Anon**. The cost of this piece is \$4.50.

- **CAL** (Conference Approved Literature) **Sample Chapter:** From October through December, you can read a chapter of **From Survival to Recovery (B-21)**.

- **Sharings Needed for “CAL Corner”:** just a reminder that if this feature of **The Forum** is to continue, we need more sharings on how CAL has helped members with their recovery. Please urge members to write. We could especially use articles about **Opening Our Hearts, Transforming Our Losses (B-29), Having had a Spiritual Awakening (eB-25), Many Voices, One Journey (B31), and Living Today in Alateen (B-26)**.

Our topic for this month is “obsession.” I went to the dictionary: “to haunt or trouble in mind, esp. to an abnormal degree; preoccupy greatly; a persistent idea, desire, emotion, etc. esp. one that cannot be gotten rid of by reasoning,” *Webster’s New World College Dictionary, Fourth Edition*, Wiley Publishing, Inc. 2007, page 996. Well, I wish it

wasn’t true but I still have such “hauntings.” I will say, though, that reasoning my thoughts out with another AI-Anon member or my sponsor makes a difference. I try to shed light on what I am ruminating about and ask for help. If I’m troubled so in the middle of the night, I get up and read a piece of CAL and/or say the Serenity Prayer. Today I have tools to work with and they make a difference. A sense of humor about all this helps me too. After all, I am a work in progress.

Gratefully,

Pat H.

Archives:

Greetings from The NYN Archives,

The topic for this month is Obsession. For months I have been obsessing over the move Syracuse Area Information Service (AIS) has been anticipating from one side of Syracuse to the other. Will it be large enough; will the folks who move the New York North (NYN) Archives be careful enough; will I have open access to them, etc. I will not bore you with the details of some of my scariest dreams during those months!

Well, August 1st came and went and the move was made. No, we are not in our permanent rooms in the new location and will not be for some time. Is the space large enough...No, not at present. Did we get more than we could hope for in some respects? Yes! (Like a full bath complete with tub and shower for instance instead of having to go up several flights of stairs to use the bathroom at our former location.) It is all good!

And the Archives, you may be wondering. Well my Higher Power (HP) saw fit to give me 24-hour access, provided careful packing and a safe move by some wonderful members, including my spouse to our garage for the time being.

And so, I know you are thinking my obsession with Archives has been lifted from my shoulders. Think again...as my newest obsession is the Fall Assembly next weekend and who will stand for Archives. Talk to your HP, reason things out and explore the possibility of you as the NYN Archivist.

This service experience has provided me with such a wonderful Spiritual experience. I am grateful to all of you for your faith and trust in me during my term.

In giving, I receive...

Kathy M.

Presentation Coordinator:

Hello NYN Family,

As I write this article, I realize that a new Panel 55 will have been selected and will be stepping into their positions in January 2015. It is always exciting to me to see new faces and wonder what Higher Power (HP) has in the plan for New York North.

I will continue with my position until December 31, 2014. We have a transition meeting, usually in November, to hand over materials to the new Officers and Coordinators. As outgoing Panel 52, we have a responsibility to offer our experience, strength and hope as **service sponsors**. It doesn't mean that we tell the incoming panel how to do their jobs, only suggest what worked for us.

I will have all the presentations to date on the website by the end of this year. I hope that members are encouraged to use these workshops to better inform Districts and Groups and to offer this information as more tools for recovery.

Our topic this month is *obsession*. In the family disease of alcoholism, I was totally obsessed with everything about the alcoholic and what he/she was doing. When I was told that I come to this program for help for myself, I was both relieved and confused. How can I help, if I am not directing everyone to follow the "right" path. As I began to step away from that process, allowing others the same dignity of choice that I wanted for myself, my obsession changed. Now I obsessed over doing commitments perfectly. If I was given a "job," then others must expect me to know all the answers. When I felt overwhelmed and my attempts at perfection were exhausting me, I would finally realize that others could help...if I asked. Little by little, I have learned that my HP has placed me exactly where I need to be. I have tools that I can use when I feel myself obsessing over anything. I can talk to my sponsor, my service sponsor or use my phone list to call another member. I have slogans, the Serenity prayer and the Legacies. There are many pieces of literature that give me insight into obsession. The first word of Step One is "**WE**." I can obsess or I can reach out to the hand of Al-Anon. With gratitude, it was always there for me...even when I was busy obsessing!

Let It Begin With Me,

Connie D.

Alateen Coordinator:

The elections will have taken place by the time you are reading this article. I will be looking forward to working with the new Alateen Coordinator in the transition period and being their service sponsor. Thank God we never have to do anything alone in this program. The Alateen-elect Coordinator will also be attending NYNAC (New York North Alateen Conference) with me to observe and participate. I have sent in my registration for NYNAC and am looking forward to my time there. The teens are so awesome in the fact that they are able to face their emotions and fears that I personally had buried and denied for so many years.

This month's topic is Obsession. By the dictionary's definition obsession means, "the domination of one's thoughts or feelings by a persistent idea, image, desire, etc." (*Random House Webster's College Dictionary, Second Edition New York, 1998, pg. 902.*) For me it was the fallacy of believing that I needed to fix everything for everyone. In reality it was the manipulation of denial, as it was so much easier to look at other people and what they were doing wrong then to look at myself and my part in the chaos of my life. It took me a long time to realize that my reactions and behaviors were the basis of a lot of my troubles. As I came out of denial, the obsession began to lessen and I realized that I and everyone else wanted to live life as we chose. Who was I to deny them their, or my, dignity? Life is about choices, good, bad or indifferent. When the consequences of bad choices make us hit our bottom, we become sick and tired of being sick and tired and we have to take responsibility for making changes in our lives. I realize that this is easier said than done, but it is one of the best ways I know to move from obsession and denial to healthy living.

Love in Service,

Lynda S.

SCAVENGER HUNT

CHALLENGE #17: "What items can be raffled off at meetings and other Al-Anon gatherings?"

ANSWER: See pg. 97 under "Avoiding Commercialism" in your *Al-Anon/Alateen Service Manual 2014 - 2017*.

Newsletter Coordinator:

Please note that if you use a quote from a dictionary in your *Northern Hi Lights* articles it is necessary to provide the full name of the dictionary, the place and date it was published, and the page the quote was taken from so that it can be referenced properly. Thank you.

I used to obsess about fearful thoughts so much that I could not go to sleep at night. In Al-Anon I learned to replace my fear with love, for myself and then for others. I found that when I am able to feel my Higher Power's love I am not afraid and I can let my thoughts go. Saying an Al-Anon slogan or remembering to feel gratitude for whatever I can, have also been very helpful. I first felt my Higher Power's love for me from those in my Group and my sponsor; then as I volunteered for Service work, from Al-Anon members in my District and Area. Working the Steps (especially Step Four)

helped me to see that while I am not perfect, I am perfectly human and so is everyone else.

I am so grateful for the life I have been given through Al-Anon.

Gwenne R.

“First let’s remember that our service structure rests on the dedication and ability of thousands of Group Representatives (GRs), District Representatives (DRs), and Delegates. These are the direct agents of the Al-Anon groups; these are the indispensable links between our fellowship and its world service; these are the primary representatives of Al-Anon’s group conscience,” Al-Anon Alateen Service Manual 2014-2017, Concept Nine, page 249.

NYN Calendar of Events

Please check website for more information @ www.nynafg.com
(Please note: be sure to type in the "www." first)

Ongoing: @ 9am, Al-Anon Meeting Interpreted for the Deaf, Second Sat every month.
Immanuel Baptist Church, 815 Park Ave., Rochester, NY, (corner of Park and Culver).

Sept. 26-28, 2014 NYN AFG Fall Election Assembly, Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Oct. 11, 2014 @ 8:30am-3:30pm, District 17, One Day, Randolph United Presyterian Church, 186 Main St., Randolph, NY

Oct. 10-12, 2014 New York North Alateen Conference (NYNAC)

Oct. 18, 2014 @ 9am, District 1, One Day, Brighton Community Church, Brighton & Parker, Tonawanda, NY

Nov. 8, 2014 @ 10am - 3pm, District 29 Day of Sharing, St. Patrick's Church, 115 Maple Ave., Victor, NY 14564. Soup and salad provided. Donations of desserts, breads, rolls welcome.

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

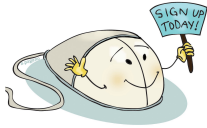


Unless this is a personal subscription, this copy belongs to your group. Please share it with them; make each issue available at your meeting ***TO INSURE ANONYMITY, TEAR OFF THIS PART BEFORE LEAVING IT WITH YOUR GROUPS***

NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
<u>Delegate:</u> Ruth S. delegate@nynafg.com	<u>Immediate Past Delegate:</u> Elaine R. ipd@nynafg.com	<u>Alternate Delegate:</u> Diane C. altdelegate@nynafg.com	<u>Panel 4</u> Helen S. <u>Panel 13</u> Ruth F. <u>Panel 16/19</u> Maxine B.
<u>Chairperson:</u> Pam A. chairperson@nynafg.com	<u>Secretary:</u> Marge R. secretary@nynafg.com	<u>Treasurer:</u> Linda A. treasurer@nynafg.com	<u>Panel 22</u> William S. <u>Panel 25</u> Marcia J.
<u>Alateen:</u> Lynda S. alateen@nynafg.com	<u>Archives:</u> Kathy M. archives@nynafg.com	<u>Conventions:</u> Maureen K. convention@nynafg.com	<u>Panel 28</u> Mary G. <u>Panel 31</u> Arlene M. <u>Panel 34</u> Sherry B.
<u>Group Records:</u> George S. records@nynafg.com	<u>Public Outreach:</u> Sherry S. po@nynafg.com	<u>Literature:</u> Pat H. lit@nynafg.com	<u>Panel 37</u> LaVaughn R. <u>Panel 40</u> Anne F.
<u>Newsletter:</u> Gwenne R. newsletter@nynafg.com	<u>NYNAC:</u> Lynda C. nynac@nynafg.com	<u>Web:</u> John O. web@nynafg.com	<u>Panel 43</u> Connie D. <u>Panel 46</u> Robert C.
<u>Spanish Contact:</u> Cira B. spanish@nynafg.com	<u>Presentation Coordinator:</u> Connie D. presentation@nynafg.com		<u>Panel 49</u> Elaine R.

Please pass this newsletter on to others in your Group

Northern Hi Lights Subscription Form



While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs.

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