



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:

When I hear the word “sponsorship,” I think of **three different types of sponsorship in Al-Anon: Personal Sponsorship, Service Sponsorship and Alateen Group Sponsorship.**

Personal Sponsors share their experience, strength and hope (ESH) with those they sponsor. A sponsor can't work your program for you but they can offer their guidance in working the steps. They can offer their personal ESH gained through working their program. With a personal sponsor you can share specific details, things that you don't share at meetings. I remember when Bob C. was our Delegate and was giving his report from the World Service Conference (WSC). He told us about one of the topics of discussion that year related to an **unhealthy kind of sponsorship called “Pyramid Sponsorship.”** I had never heard that term before and wasn't sure what it meant. What I found out was that part of Pyramid Sponsorship was tiered relationships, such as sponsee, sponsor, grand-sponsor, great-grand-sponsor, etc. They often wear the same shirts when they travel to conventions and assemblies. Some even sit in the order they were sponsored. They have special requirements in order to join them. They can be controlling, and they make demands of those they sponsor. If the sponsored person doesn't stick to the rules they are given they are dropped. They prey on newcomers who are seeking help and acceptance at any cost. The discussions from the 2006 WSC in conjunction with a January 2006 article in the *Forum* related to Pyramid Sponsorship prompted the need for the World Service Office (WSO) to develop a sponsorship bookmark. For more

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Northern Hi Lights is the monthly service publication of the New York North AFG Assembly Area. It is intended to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels in between Assemblies. It will not contain poetry or personal recovery stories. 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 and Information Services will be included as space allows. *Announcements should be submitted at least 6 weeks before Event.* **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

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

Groups are requested to pay for a subscription at \$7.50 per year. A copy is sent to the Group Representative of each group on record with the Group Records Coordinator unless we have specific instructions about a Group Mailing Address. The address label is on the back page.

For more information visit the following websites:

New York North: www.nynafg.com
WSO: www.al-anon.alateen.org

NHL Editor: Gwenne R.
Proofreaders: Stephanie R. and Connie D.
Web Version Proofreader: Connie D.

information regarding Pyramid Sponsorship, check out the *2005 & 2006 WSC Summary* available on the World Service Member's website. Also on the website, you can find a copy of **Lois's talk to the 1967 WSC on sponsorship**. Bill W. also addressed the 1967 WSC on the topic of sponsorship as well. Along with those two pieces is the entire **1967 Sponsor Workshop presentation from the WSC**.

Al-Anon has given me choices that enable me to choose a sponsor who is right for me for today, and the freedom to make changes if I see the need. For that I am grateful.

Alateen Group Sponsorship - An Alateen Group Sponsor's role is twofold: to provide [safety in the meeting](#) and to help the Alateens keep the meeting focused on the Al-Anon/Alateen program of recovery. Alateens are encouraged to find a personal sponsor for that one-on-one relationship. The group sponsor should not act in that capacity nor should they take on the parental role. For the safety of Alateen members, minimum requirements for Alateen service has been set up by the WSO and additional requirements are often set by the individual states and provinces the meetings are located in.

Service Sponsor - I feel a Service Sponsor is essential for a member doing service. They help keep you focused on the Traditions and Concepts and offer guidance and share the ESH they gained from doing service. At the Area level, I have found it's a good idea to maintain a relationship with the member you succeeded in service. They can offer insight on what the job entails and help to ease some of apprehension that might come with the position. You don't have to feel alone in service because they have been there too. On a personal level, I don't know where I would be without the love and support of my Service Sponsor, a very special person in my life.

Here is a brief **update from the 2013 Fall Assembly**: For details ask your Group Representative or District Representative to provide more in-depth information.

▮ In preparation for 2014 election of a new panel of NYN Officers and Coordinators, several current Officer & Coordinators gave presentations on "What I Do."

▮ The Group Representatives voted to approve the Assembly & Voting Procedures that detail how we conduct Area business.

- ▮ The 2014 Area budget was approved, in the amount of \$21,740.00.
- ▮ A donation of \$420.00 to the WSO was approved.
- ▮ District 2 was approved as the 2015 Fall Assembly host.
- ▮ Linda A. from District 5 was elected as NYN Treasurer to complete the remainder of the Panel 52 Treasurer's term, which ends in December of 2014. Congratulations Linda.
- ▮ Our NYN mailing address will be changing as well.

In my last article I mentioned some of the following, and I feel it warrants being repeated:

If you are receiving this newsletter on behalf of your Al-Anon Family Group, please share it at your meetings.

*Instead of just passing the newsletter around, take the time to read an article or two each week to the group during the announcement time allotted in each meeting. **Our newsletter offers not only service updates but also experience, strength and hope in recovery. The monthly topics can be used at your meetings as discussion topics.***

Please invite the members in your groups to sign up to receive their own electronic version of the newsletter delivered to their personal email address.

Together We Can Make It,

Pam A.



Notice: New Address

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 past weekend was NYNAC, (New York North Alateen Conference). I had a wonderful time. There were a little over 50 people, most Alateens with sponsors and Al-Anon Members Involved in Alateen Service (AMIAS). I'm sure you will hear much from the NYNAC Coordinator, Lynda C. I just wanted to let you all know what a great weekend this was.

I was so impressed by the Alateens. They are so giving, caring and honest. This was their weekend, and they made the most of it. The sharings at the meetings were honest, true and sincere. Because it was their weekend, they all worked hard to make it a good experience for all. The host committee went above and beyond.

I have to admit when I thought about spending the weekend with 35 or so teens, I did cringe a little. I am not often around teens, and my experiences over the years have not always been good. I can't say enough to let you know how these teens have changed my opinions for the better.

I do not want to leave out the sponsors and AMIAS who were there and provided the support and guidance that was sometimes needed. I am grateful that I am involved in a program that works so well because of the wonderful people who are there to see it work.

In the upcoming months, there will be much conversation about NYNAC. I believe that it will come through some of the problems it is now having, even stronger than it is. How can it not, with the hard work and effort of the teens, their sponsors and AMIAS that are involved?

This month's topic is Sponsorship. It seems that sometimes this is a topic not talked about as much as it should be. I go to meetings, and there is no mention of sponsorship. I find this sad.

For me, having a sponsor has been one of the best gifts of this program. It took me a while to find a sponsor when I first began in Al-Anon. I'm not sure why, most likely fear. I had been coming for about 2 years when I did finally get a sponsor. I did at that point because my life had reached a new low. My child came forward and admitted to having an addiction. As bad as things had been when I first came to Al-Anon, this was even worse. I felt I had totally failed! I knew I needed to start all over. I must begin at the beginning and I must use ALL the tools of the program, including getting and working with a sponsor.

This was one of the best things I have done for myself in this program. The "one-on-one" relationship has been a blessing. The honesty that we have shared over the years has been important. We have continued our relationship for many years. Sometimes there have been some role reversals as circumstances have changed for both of us.

Now, when someone asks me to be their sponsor I always say I am willing. I do let them know what I can give and what I cannot. I ask them to let me know what they are looking for; what their expectations are. When working with someone, I always try to keep in mind what my sponsor would have done, not because I want to be her clone, but because she was a very good teacher, and I want to be also.

There is some good information about sponsorship in our CAL (Conference Approved Literature). The bookmark, *M-78*, and pamphlets, *P-31 Sponsorship, What It's All About* and *P-88 Service Sponsorship- Working Smarter, Not Harder*.

Gratefully in Service,

Ruth S.

Deadline for submissions to the
December 2013 issue of *NHL* is November 15, 2013

Topic: Alateen is Al-Anon

Immediate Past Delegate:

Sponsorship, What It's All About (P-31) is one of several Conference Approved Literature (CAL) pieces on the topic of sponsorship--this month's topic. This piece answers many of the questions the newcomer has about how this tool of sponsorship can work in our lives. What we quickly learn in Al-Anon is that there are a number of tools at our disposal which will help us progress in the program, and a sponsor is that human link to working the program. The how and when is an individual choice.

There are two other pieces of CAL that also focus on sponsorship. First, is *Sponsorship Working Together to Recover (M-78)* and *Service Sponsorship – Working Smarter, Not Harder (P-88)*. These two pieces expand upon the many questions on sponsorship. The first is a bookmark which serves as a quick reference on sponsorship, and the second piece addresses the questions surrounding service in the program and the value of having a sponsor when we become involved in service in the Al-Anon program.

Last fall, the District in which I have done service asked if I would help with the program portion of the day's event. With another member, we planned several activities to engage the participants. One of those activities was a gallery walk based on the topic of "sponsorship." We posted a series of questions taken from the two pamphlets mentioned above, divided the attendees into groups and had them pass from question to question in a timed fashion. This was followed up by summarizing the responses. It was a great way to get a roomful of members talking about sponsorship and its importance in our recovery.

One of the comments I heard at this event was "I never heard of Service Sponsor." I was surprised by the remark but happy we had enlightened a member about the value of having a service sponsor when doing service in this program. As the title of the pamphlet states, "Working Smarter, Not Harder," this I think is what is an important element of sponsorship. We need that human element, another person, to help us make the changes that we realize will aid us in our recovery. Service allows us to give back some of what has been given to us, but it also allows us to grow in this program. Many of the changes I have been able to make in my life have been the result of having had loving sponsors who helped me "walk the walk." These are the people who have what I have wanted in my life and have been willing to share that with me and help me to bring these things into my life.

As I serve the Area, it has been my pleasure to introduce the new GRs (Group Representatives) attending their first Assembly to what they can

expect and how they can be successful in their position of GR. One of the tools I stress to them is the use of a service sponsor. This may be their personal sponsor if this person is, or has been, involved in service, or it may be the person who last held the position. What is important is that we have someone to go to to help answer our many questions.

For me, the other important part of sponsoring is what I get back in being willing to sponsor another member; whether it's as their personal sponsor or as a service sponsor, or a combination of both. Invariably, I find that when a sponsee has a question, concern or something that they are working their way through, I am many times taken to a place where I also need to focus. As the relationship between sponsor and sponsee develops, many times a new friendship develops, and we find that we not only have a connection in program; we also have a real, warm, loving relationship of a good friend; again that human connection.

I particularly like the idea expressed on the bookmark, *Sponsorship – Working Together to Recover (M-78)* that states that sponsorship is a bond focused on Al-Anon's four primary ideas:

- We are powerless over the problem of alcoholism.
- We can turn our lives over to a Power greater than ourselves.
- We need to change both our attitude and our actions.
- We keep Al-Anon's gifts by sharing them with others. (pgs. 23-24 2010-2013 *Service Manual*)

Grateful to be in Service,

Elaine R.

Alternate Delegate/Forum:

While working with the New York North Thought Force: Dark & Dim Districts, I discovered that several groups that I was responsible to visit had the status from the World Service Office (WSO) as "NO MAIL." I thought I knew what this represented, but checked anyway and found that this meant a lot in relationship to why groups might not be receiving their *Forum* subscriptions. If WSO sends mail to the listed Current Mailing Address (CMA), or address listed on your GR 1 Form, and it is returned to them, TWO TIMES, your group will be placed on the "NO MAIL" Status. Your group will no longer receive any mail from WSO. I heard of several groups who had not received any mail for years, but were still meeting.

Continued on next page....

Group Representatives: Please contact your District Representative (or your Group Records Coordinator) TO CHECK ON YOUR MAIL STATUS. WSO sends other things to groups such as e-newsletters, quarterly appeal letters and your updated Service Manual when it is published. You will not receive these wonderful pieces of Service tools and updated information if they do not have your correct CMA. Do not let your group miss out.

As you read this article, I will have attended the Fall Assembly in Syracuse. I gave my report to the Assembly. You can read it on the New York North Website (nynafg.com). I also gave out copies of Forum Sharing Sheets, Order Forms and also gave people a chance to win a Free Subscription to *The Forum*. I will announce the winner in next month's article.

If you are interested in learning how to conduct a Forum Writing Workshop, please contact me and I will direct you to information that will help you.

In Service,

Diane C.

SCAVENGER HUNT

CHALLENGE #10: Who is the Assembly for and what is its main purpose?

Find THE ANSWER on pg. 124 in your *Service Manual*.

Literature Coordinator:

Hi Everyone,

Thank you Districts 15 and 18 for hosting the Fall Assembly, it was a wonderful weekend. It is always nice to see old friends and to make new friends.

Our topic for this month is sponsorship. For me, sponsorship is one of the most important tools of the Al-Anon program. I feel lucky to have heard early on how important it is to have a sponsor. I had many questions when I came into Al-Anon and I wanted to know how this program worked. In our pamphlet, ***Sponsorship, What It's All About (P-31)*** it says "the need for sponsorship is like being lost in the woods: If we find someone else who is lost, it is comforting when that person says, "I'm lost, too. Let's see if we can find our way out together." It is also comforting to find someone who says, "I was lost, but I was helped to find my way. Come, take my hand and I'll show you the path."

Because of the love, trust and intimacy that has developed over the years with my sponsor I have been able to offer what I have received to others in our program. What a gift!

A few reminders:

- We need sharings for **Parents and Grandparents of Young Problem Drinkers** (working title); so far only one sharing has come in.
- We still need sharings on **Intimacy in Alcoholic Relationships** (working title). There have been about 900 sharings so far, but World Service Office (WSO) would like to see more. No deadline at this time. The sharing sheets for both are on our NYN website nynafg.com
- **How Al-Anon Works for Families and Friends of Alcoholics** is available as an audio book. It is being sold as a downloadable MP3 file, not as a set of CDs, because we can't protect the CD format from being copied. This audio book is available through Audible.com, Amazon.com and the Apple iTunes Store, rather than directly from Al-Anon, because these vendors have the technology that can provide copyright protection for our literature.

Thanks to my sponsor, I have been reading our **Conference Summary 2013 (P-46), The Spiritual Journey of Changing "Me" to "We"**. On pg. 60, Task Force: Workshop on Importance of CAL in Meetings and on pg. 35, Topic: Improving the retention of newcomers and experienced Al-Anon members. This is great information to bring back to our groups; let me know what you think.

Gratefully,

Pat H.

Alateen Coordinator:

I just got back from the New York North Alateen Conference (NYNAC). An awesome weekend of recovery was had by all. The Alateens are amazing. The struggles of the Alateen Conference were expressed and made known to both the sponsors and the teens. There will be lots of discussion and Knowledge Based Decision Making (KBDM) to be done at the Spring Convention. Let us work together to reason things out. I know we can do it as, "Together we can make it."

It is obvious that the numbers of Alateens who are attending meetings is declining. There are only 9 truly active Alateen groups in NYN, with a total of 69 (highest number listed, attending). We had 35 Alateens show up for

NYNAC. Please be thinking of ways to get the word out about Alateen without breaking our traditions.

Our Topic this month is Sponsorship. I know that without a sponsor I would have no clue about how things work in the District, Area or at WSO (World Service Office). I need my sponsor to talk over the things that frustrate me from time to time but that are not appropriate to take up meeting time for. **Having a sponsor is a great way to develop a close relationship with another person in the program and learn how to trust again.** I had to grow-up emotionally, as I came in with black and white thinking along with rose colored glasses. I have gone many places and done lots of things because of having a sponsor that let me tag along. I have laughed until I cried. I have cried until I laughed. I have learned to be there for another human being with no strings attached. We have gone through both ups and downs together and somehow we pull through to the other side as stronger individuals.

I have also been an Alateen sponsor. That has been an amazing experience, as I was in denial about the true effects of growing up in an alcoholic home. The teens are so honest. They get right to the point. When I am struggling with issues they are supporting and truly know how to give unconditional love.

Love in Service,

Lynda S.

NYNAC Coordinator:

Hello Everyone!

I just got back from the best weekend ever! NYNAC 2013 was awesome. The Stars of Hope Group had some great hands-on meetings. My favorites were the bonfire meeting and the morning meditation meeting at 9am by the lake. Thanks again to our Host Group! In our sponsors' meeting, and also at the kick-out meeting, we discussed the issues plaguing NYNAC. I thought we made progress during both meetings. Many opinions were expressed by both sponsors and teens.

I love that our topic this month is Sponsorship. Here are a few questions from pamphlet *S-27, Alateen Sponsorship Is It For You?*

1. Are you looking for service work that is rewarding, loving and exciting?
2. Can you listen with an open mind, giving Alateen members the freedom to express themselves?
3. Is there an Alateen meeting in your town?
4. Can you make a commitment to be at an Alateen meeting every week for the next six months?

These are just some of the

questions that I hope our readers will ask themselves. **Alateen meetings are declining. Please consider becoming an Alateen sponsor or AMIAS (AI-Anon member involved in Alateen Service).** It takes courage and it can be scary to share with the Alateens. It is also the most rewarding experience you can have.

It was great to see some of our Officers and Coordinators at NYNAC. I hope you enjoyed yourselves.

Love in service,

Lynda C.

Web Coordinator:

My duties as Web Coordinator have been light for the last month; a good thing, because other obligations haven't been. I am very slowly learning to use Excel, which I need to fully do this position. Fortunately, I have Kathi D. taking up my slack, and correcting my errors.

On the topic of sponsorship, it was hard for me, as a male with low self-esteem, to ask someone to sponsor me, and I didn't find anyone who was anxious to take me on. About three years into the program, I married one. My wife has been in AI-Anon about five years longer than I have. If she had known what she had gotten herself into, she might have had second thoughts too. She kept me coming back to AI-Anon during those periods where I might have slacked off.

Over the years, a few men have asked me to be their sponsor, but most didn't get any further. Recently, someone asked me who has taken the program, and me, seriously. He and I share a lot of the same background. I have benefited a lot from being involved in Service, and thought he would, also. He has told me he is willing to do just that; and I see an opportunity on the horizon for the two of us to get involved at the AIS level.

John O.

Convention Coordinator:

This is a follow-up to the Fall Assembly. The duties of making room reservations for the Officers and Coordinators has been passed on to the Convention Coordinator. This is partially to alleviate some of the pressures of the Treasurer's position.

When I give my report at the Conventions/Assemblies, I always stress the importance of deadlines. This is never more important than for

Everyone is aware that Niagara Falls is a popular vacation spot. Rooms will sell out very quickly. If there is a possibility of you attending the Convention/Assembly, please make your reservations; you will be able to cancel if you cannot attend.

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.

Area Treasurer:

Hello from your new Treasurer. I would like to thank all of you who voted for me at the Fall Assembly for your vote of confidence! I will do my very best to earn it.

With a new treasurer, you get a **new mailing address**, which is:

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

(see also box on page 2)

If this address looks familiar, that's because it is! It is the same address we had for registrations for the 2013 Spring Assembly! HOWEVER, as in the past, **when donations are sent, please make sure to include your Group's registered name and your Group's ID Number** [found on all mailings from World Service Office (WSO)]. Also remember that **all donations should be by check or money order ONLY--please no cash!** Additionally, if you would like an email confirming that your donation or other correspondence has been received, please provide an email with your letter, and I will gladly let you know.

On the topic of **sponsorship**, I would like to share an acronym that I got a number of years ago. It says: "My sponsor Offers Me...**Serenity**...**Progress**...**Open arms**...**Nurturing**...**Spirituality**...**Open-mindedness**...**Recovery**." I look for these qualities in my sponsor, and I try to promote these qualities in my sponsees.

Love in Service,

Linda A.

Newsletter Coordinator:

Soon, I will be contacting those who expressed an interest in serving on a thought force committee for the *Northern Hi Lights (NHL)* to set a date for our first meeting. This thought force's purpose is to:

- a) help update *NHL's* stated purpose,
- b) set up guidelines for officer and coordinator articles,
- c) look at how to make subscribing and unsubscribing to *NHL* easier, and
- d) generally offer suggestions and ideas for content and layout to help keep *NHL* relevant and interesting.
- e) continue to explore options for distributing *NHL*

If anyone else is interested in joining our thought force committee, please contact me. My contact information is on the next to last page of this newsletter.

We have just published our first newsletter since asking for opt-in for hard copies printed and mailed. The overall cost is about \$100 less per month, but expensive for only 31 copies. We are continuing to explore other options for printing and mailing. **Please have an e-buddy print a copy of the NHL for you if it is at all possible, instead of having it mailed to you.** It has been suggested that perhaps the person who prints a copy for the group can use that as their donation for the group.

On the topic of **sponsorship**:

Choosing my first sponsor was a scary thing for me. My first sponsor was the person who always gave me a hug and made me finally feel like I belonged at Al-Anon. She is still there for me and still my sponsor, even though I chose another sponsor to help me work the Steps. My Step sponsor was much tougher on me, and sometimes I was not happy with things she said, but I knew it was what I needed to hear. It wasn't until my sponsor worked me through Step 1, where I had to write down exactly how my own life had become unmanageable, that I began to believe alcoholism had directly affected my life.

I think it is easy to forget that the main focus of Al-Anon recovery is to work the Steps with a sponsor.

Gwenne R.

Area Secretary:

It has been a few weeks since the Fall Assembly, and I am proud to say, much was accomplished. We had 70 voting members in attendance, including 9 new GRs (Group Representatives). A new treasurer was elected, Linda A.; welcome! The proposed NYN

(New York North) Assembly & AWSC (Area World Service Committee) voting procedures were passed by the membership. Everyone should familiarize themselves with these new proposals as elections will take place at the Fall 2014 Assembly. These are available on the web.

I look forward to the Spring Convention; See you in Niagara Falls.

The topic this month is **sponsorship**. Our *Service Manual* states that an AI-Anon personal sponsor is someone with whom a member can confidentially discuss personal problems or questions and someone who willingly shares the experience, strength and hope of the AI-Anon program. Attendance at meetings is just the start of our journey to recovery. **The primary responsibility of sponsors is to help their sponsees work the Twelve Steps by providing explanation, guidance and encouragement.** A sponsor is a safe person whom we can learn to trust, perhaps the first person we have trusted in a very long time! A sponsor is available, not only in times of crisis, but on a daily basis, perhaps, just to “chat.” A sponsor reminds us to apply the Twelve Step principals in our lives. A sponsor models the Twelve Step program of recovery.

When I began my search for a sponsor many 24 hours ago, I had been in AI-Anon for several months. I was attending five meetings a week; yet my life was still unmanageable! I realized I needed help; I needed a sponsor. There was a lady who attended some of the same meetings; we had many things in common. One night after a meeting I approached her and asked if she would be willing to be my sponsor. She said yes! So began our relationship and today we are so much more than sponsor and sponsee; we are best of friends. We still attend meetings together. I cannot imagine my life today without the guidance, love and acceptance of my sponsor. Working the Steps would have been impossible for me without the inspiration I received from my sponsor. She quickly helped me to see when and where I was getting off track. She seldom gave me advice but often shared how she had dealt with a similar situation, It was up to me to decide which of the suggestions I was willing to try. But the more I followed her suggestions, the better my life became.

I read in *How AI-Anon Works*, that recovery is a process, not an event. I have come to believe that healthy people continue to grow throughout their lives. I clearly remember the day a member asked me to be their sponsor. Suddenly my inadequacies seemed unimportant as I realized that someone saw me as a healthy and valuable human being. Those I sponsor have helped me feel loved and needed. It's been a privilege and a joy to give

back a small part of what I have received from my Higher Power and from the AI-Anon program of recovery. In 1967, when Lois spoke to the World Service Conference, she said, “Sponsorship is a practice which has been greatly neglected in AI-Anon.” She added, “When we aid newcomers to live by the AI-Anon program, we are not only benefiting them but strengthening ourselves as well.”

Gratefully,

Marge R.

Archives Coordinator:

The topic for this month is sponsorship. Currently, I hold the service position of Archives in New York North (NYN) for a three-year term. In thinking about the topic, my mind went back to my first experience with service in AI-Anon. At our group level, the need for someone to attend a meeting at the Area Information Service (AIS) level came up. I inquired about it, very concerned that no one else had expressed interest in attending. Our Group Representative (a very wise person) suggested that I attend to find out first hand. **“Many a service sponsor has been known to say as they make plans to attend a district or area function, “Get in the car and come with us to see how AI-Anon works”. (Paths to Recovery-p. 257)**

It was at that meeting that I made the acquaintance of an AI-Anon member who was to profoundly affect my recovery. Giving moral support and helping another find the path we have found; that is one of the ways in which AI-Anon works. I discovered at that meeting that participating in service means that I never have to do my job alone. It has brought me balance and taught me to accept more and judge less. I could not have done that without a service sponsor.

As I grew in service, I came to understand that there are reasons for placing term limits on positions. I will be serving one more year in this position, and I urge anyone who thinks they would like to learn more about Archives to contact me.

It was a great pleasure to bring a sample of our living, breathing past to share with those of you who were able to attend the Fall Assembly. The experience was a joyful one for me! My plan is to blow the dust off more of our treasures for the Spring Convention. Spring brings new life in many forms and I hope to do just that!

In Giving, I Receive...

Kathy M.

Calendar of Events

More information available at www.nynafg.com

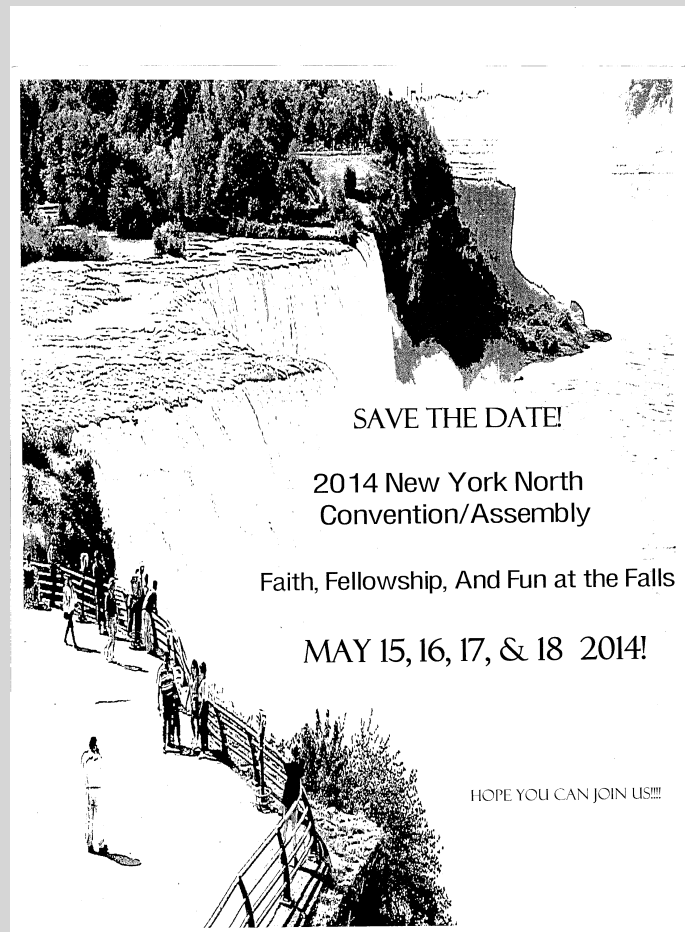
Nov. 1-3, 2013 HMB Convention (AA with AI-Anon participation),
Hotel Utica, 102 Lafayette St., Utica, NY. hmbconvention@aahmbny.org

Nov. 2, 2013 Queensbury Tuesday Night “Fun With the *Forum*,” Caldwell Presbyterian Church, 71 Montcalm St., Lake George, NY. 9-2:30 p.m.

Nov. 2, 2013 District 29 “AI-Anon: How it Works,” St. Patrick’s Church, 115 Maple Ave., Victor, NY 14564. 10 a.m. - 3 p.m. Speakers, workshops. \$5 donation, plus a dessert to pass. Lunch provided.

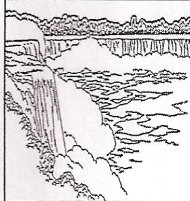
Nov. 19, 2013 “Simple Serenity,” United Church of Christ, 26 Church Street, Fairport, NY 14450. Speakers, food and friends. 12 noon.

May 16-18, 2014 New York North 2014 Spring Convention, Sheraton at the Falls, 300 Third St., Niagara Falls, NY 14303.

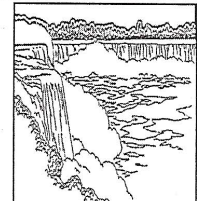


NOTICE: Rooms are going fast!
Reserve early to be sure you have a room.

NYN AFG 2014 Spring Assembly & Convention
 Al-Anon & Alateen Convention w/ AA Participation
May 16–18, 2014
 (Hosted by District #1)



**Faith, Fellowship & Fun
 At the Falls**



Sheraton at the Falls

300 Third St.
 Niagara Falls, NY 14303 (USA)

For Hotel Reservations:
1-866-961-3780

If anyone is going to Canada, a Passport or
Enhanced Drivers License is required.

QUESTIONS:

Room Rate: \$109 per night
 (Plus estimated fees & taxes of 16.24%)
 For those wanting to spend extra time
 in Niagara Falls, the group rate is
 available from May 14–19, 2014
**Hotel Group Rate Reservation
 cut-off is 4/16/2014**

Located minutes from Interstate I-90, and only footsteps away from the Falls.
 For directions and on-line hotel reservations visit
<https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1304152819&key=B2C69>
 Hotel Guest Parking in adjacent city lot—\$5 per night w/ unlimited in & out privileges
 Check in is 3pm and Check out is 12 noon. Guest reservations need to be secured by a credit card at the time the reservation is made and final payment can be made by credit card, cash, or check (checks only if received 10 business days prior to the arrival date. **Checks will not be accepted on-site**). If payment needs to be made by purchase order, individuals must submit purchase order prior to arrival for approval. Purchase order payment is only valid if approved by hotel accounting office in advance.

NYN AFG 2014 Spring Assembly/Convention Registration Form
 Make Checks Payable to: NYN AFG 2014 Spring Assembly/Convention

Name:	Early Registration (before 3/30/2014) \$15.00	\$
	Full Registration (after 3/30/2014) \$20	\$
Address:	Alateen Registration: \$12	\$
	Family Style	
City/State/Zip:	Dinner Banquet : (Deadline 5/5/2014) \$ 32	\$
Phone #: () _____ - _____	Donation to Hospitality:	\$
E-mail:	TOTAL ENCLOSED	
Mail To: NYN AFG 2014 Spring Assembly/Convention PO Box 126 Depew, NY 14043	Are you a new Group Representative _____? Are you a new District Representative _____? Are you registering as Al-Anon _____, Alateen _____ or AA _____? Are you here to attend the Convention? _____ or the Assembly _____? (Assembly is attended by GRs, DRs, Officers, Coordinators and anyone interested).	

Do you know whom to contact with an Al-Anon related question?



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NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates	
<p><u>Delegate:</u> Ruth S delegate@nynafg.com</p>	<p><u>Immediate Past Delegate</u> Elaine R ipd@nynafg.com</p>	<p><u>Alternate Delegate:</u> Diane C altdelegate@nynafg.com</p>	<p>Panel 4 Helen S Panel 13 Ruth F Panel 16/19 Maxine M. B Panel 22 William S</p> <p>Panel 25 Marcia J Panel 28 Mary G</p> <p>Panel 31 Arlene M (deceased) Panel 34 Sherry B Panel 37 LaVaughn R</p> <p>Panel 40 Anne F</p> <p>Panel 43 Connie D</p> <p>Panel 46 Bob C</p>	
<p><u>Chairperson:</u> Pam A chairperson@nynafg.com</p>	<p><u>Secretary:</u> Marge R secretary@nynafg.com</p>	<p><u>Treasurer:</u> Linda A. treasurer@nynafg.com</p>		
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<p><u>Spanish Contact:</u> Cira B spanish@nynafg.com</p>				<p>Panel 49 Elaine R</p>

NYN Area Assembly
Northern Hi Lights
34 Ellison Ave.
Rochester, NY 14625

**Deadline for the
December 2013 Issue
is November 15, 2013
Topic: Alateen is AI-Anon**

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