



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,

As 2014 comes to a close, so does New York North's (NYN's) Panel 52 Officers' and Coordinators' term. It's been a great ride and one I have thoroughly enjoyed. It's been my pleasure serving with such a great bunch of people who care about the future of Al-Anon and Alateen. These last three years have seen many changes in the world as well as in NYN. We began the term by instituting a **Presentation Committee to replace our Action Committees**. We **purchased a projector** that has served multiple purposes. The Presentation Committee uses it for their presentations, and we began using the projector to have reports and minutes projected during the Assembly. Utilizing the projector helped us reduce the costs of printing multiple reports.

We learned about **KBDM** (Knowledge Based Decision Making) and framing our discussions. We used KBDM and voted to move to **electronic delivery of our newsletter**. The move to electronic delivery drastically reduced the number of hardcopies of the newsletter mailed out on a monthly basis, affording a substantial savings in printing and mailing charges. NYN still offers the ability to receive the newsletter in hardcopy format.

Service takes us literally to places beyond our wildest dreams. The locations of our Spring Assembly/Conventions were all places I

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 - 2017 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

Inside This Issue

Topic: "Intimacy"

- 1 Thoughts From Our Area Chair
- 2 Scavenger Hunt
Sending Donations to NYN
- 3 Area Delegate, Panel 52
Alt. Del./Forum Coordinator
- 4 Immediate Past Delegate
Submissions Deadline/Topic
- 5 Area Treasurer
- 6 Suggested Financial Reminder
NYN Calendar of Events
- 7 Literature Coordinator
Alateen Coordinator
NYNAC Coordinator
- 8 Webpage Coordinator
Presentation Coordinator
Newsletter Coordinator
- 9 Officers' and Coordinators'
Contact Information
- 10 NHL Subscription Form

NHL Editor: Gwenne R.

Proofreaders: Stephanie R. and Connie D.

Web Version Proofreader: Connie D.

had never been to, and probably wouldn't have had the opportunity to visit if I hadn't been active in NYN Area service. What a great job our host committees did in working to find these great locations (Chautauqua, Lake Placid & Niagara Falls, NY, at affordable prices.

Some other highlights of the last three years include: voting to adopt Assembly & Area World Service Committee (AWSC) **Voting Procedures**. NYN never had a formal document outlining Assembly & AWSC procedures. This document put everything in black and white. We also voted on a three-year trial period to allow the use of **personal electronic devices to view reports and for note taking during Assemblies**. We formed committees to work on **updating the guidelines for hosting the Spring Assembly/Convention and Fall Assemblies** and updating the **Alateen guidelines**.

NYN took topics introduced at the World Service Conference (WSC) and brought them back to the Area level. We created committees/task forces to work to **bring "Dim and Dark Districts" back into Area activities**. The committee identified four districts that hadn't been active in the Area structure in a long time, and members of the committee visited meetings in those Districts. Two of those Districts have since been represented at the Assembly.

We also formed a **committee entitled "Members Involved in Service Work Who Are Unable to Effectively Fulfill the Responsibility of the Position."** This committee set some goals to help our Trusted Servants succeed in their positions. They **updated the Officer/Coordinator job descriptions** and published a document titled, "NYN Service Position Descriptions." They also **introduced "A Service Resume"** – a tool designed to help members prepare to share their service experience and skills (and why they're interested in a particular Area position) with the voting members at the Election Assembly. The committee plans to document a procedure to address non-performance of Trusted Servants.

NYN also put bids into the World Service Office (WSO) to **host a "Meet the Board" event** during the Board of Trustees' July meeting. We are still waiting to hear back on the decision for the 2015 Board Meeting.

We currently have a few members researching the possibility of **NYN hosting a "Team Event."** At our last Assembly, members voted to submit an **application for a booth at the 2015 New York State Fair as a Public Outreach opportunity**. We won't hear back from New York State until after April 2015. I'm hopeful our Higher Power has

plans for the members of NYN to be able to participate and reach the many individuals out there who haven't yet heard about Al-Anon Family Groups.

Just a few thoughts on the topic of the month, "Intimacy." I understand intimacy to mean having a personal closeness with another. To me it means being able to share your thoughts and feelings no matter what they are with someone else. I think the key to be able to be intimate is acceptance and trust. It's about accepting each other for the way we are. It's about trusting another with your innermost thoughts. Trust has never come easy for me; however, as I continue to work my program one day at a time I have been given the chance to start to build trust in myself, my Higher Power and other individuals; which has allowed me to experience intimacy. I'm a work in progress.

I wish you all a Great Holiday Season and Happiness for 2015. Congratulations to all the newly elected NYN Panel 55 Trusted Servants. Thanks for the opportunity to serve NYN on Panel 52.

"Participation is the Key to Harmony,"

Pam A.

SCAVENGER HUNT

CHALLENGE #19: Why are there 3 years between our Panel numbers? (For example, we just had Area elections, and our outgoing panel of Officers and Coordinators was Panel #52, but the incoming Panel is #55).

ANSWER: See pg. 133 in your *2014-2017 Al-Anon/Alateen Service Manual*.

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,

Well, this is my last *Nothern Hi Lights* article as New York North (NYN) Delegate. I cannot believe how quickly these three years have gone by. This has been a real gift for me, and I want to thank you all for your support and love during this time.

I will miss many aspects of being Delegate. I know Diane C. will do a great job. I look forward to my new duties as Immediate Past Delegate, in particular the new Group Representative (GR) meetings on Saturday mornings at Assemblies. Of course, I will continue writing an article for the Area Newsletter.

This month's theme is, "intimacy." I know that Al-Anon has taught me that intimacy is much more than the physical. I know that for most of my life before Al-Anon I felt that I was always on the outside looking in. When I saw people being happy together, I wished I could have that. I wanted to have friends to share with and know that we could count on each other. I couldn't do it though; I couldn't open myself to others; I knew they would find me lacking.

When I started Al-Anon, it was great to be part of the Group. I looked forward to my meetings and seeing the people who went to that meeting. I began to share myself in those meetings. For a couple of years this was enough for me, but as time went by I knew I needed more.

I saw that beyond the Group, beyond the phone calls, there was more. The intimacy and sharing with a sponsor was what I was lacking. It did take me a while to find a sponsor, but when I did it opened a whole new definition of intimacy for me. I have been able to share with her all my secrets. We have shared with each other our joys, excitements, our tears and sorrows over the years. I am no longer on the outside looking in.

I also found a new dimension to the relationship when I became a sponsor. Again, the depths of this intimacy have been amazing. I have been so blessed.

In *Courage to Change* on page 363, December 28, there is a great reading about sponsorship and the gift of intimacy given. I hope you'll pull out your *Courage to Change* and read it.

Gratefully in service,

Ruth S.

Alt. Del./Forum Coordinator:

As the Alternate Delegate/*Forum* Coordinator, it has been a privilege to serve. I have grown in my recovery and have learned many things about myself that will carry me through my future service journey.

I do hope that you have learned more about *The Forum* magazine, and that you realize what a wonderful tool it is to "carry the Message" to yourself, to your Group and to other families who are suffering from the effects of alcohol in their lives. I hope my enthusiasm will encourage you to purchase a personal copy, to read it at home or share in a meeting. Remember that your Group receives a free copy, but in order for this to keep happening it would be a good thing to send a donation to the World Service Office to cover the cost of that free copy (\$11.00 per year.) **If you are thinking of giving a gift to yourself, a friend or your sponsor this Holiday Season, why not give a subscription to *The Forum*?** It would be like getting a gift each month from a friend.

I also hope that all of the new meetings that I have been able to welcome during this term will begin to feel the warmth of other members of New York North. I hope you will reach out to your District Representative and other Groups to learn of the many District and Area events that you can participate in. I know I have experienced the love of this program as I have met so many wonderful people in Al-Anon throughout this country. I have learned that this disease is worldwide, but the healing process of this program is what gets us through. What a miracle!

I will wear my NEW HAT (have not made one yet though) as the New York North Delegate with the same enthusiasm as I have before, knowing that the strength of Al-Anon and New York North will be with me at all times. You are my continuing gift. Thank you for this opportunity.

Diane C.

Immediate Past Delegate:

In preparation for this month's topic, "intimacy," I found myself doing a fair amount of reading in our literature. Our first two daily readers had only one reading. *Hope for Today*, our third daily reader, had seven readings and I found these readings most helpful. For me, one of the first places I came upon the topic was in my study of the Fourth Step. Eventually, I found a few members in one of my meetings willing to approach the topic. Many of us arrive in the rooms of Al-Anon bruised and battered from the effects of someone else's drinking, and our survival techniques have helped us place a shield around ourselves so that intimacy is a difficult thing for us to achieve. Many of us fear it because we don't want to feel the pain which we associate with it.

But, as we begin to grow and heal using the tools the Al-Anon program gives us, we can begin to understand what true intimacy is and how it is achievable if we take the time to work on ourselves and our relationships with those we want to have a relationship with. As I look at what intimacy is, I find several phrases that help define what it means to me. They include: a feeling of belonging together, an interpersonal relationship, and a close or warm friendship or relationship. This may be a relationship with a spouse, other family members or friends. To have an intimate relationship, I need to be willing to work on the relationship.

For a relationship or closeness to exist there are some qualities that are necessary. Top among them are honesty, respect, trust, willingness and availability. There is also a need for two-way communication, boundaries, a willingness to share about one's self, and an acceptance of one's part in the relationship. The Al-Anon program provides us with some simple means by which we can accomplish this. First is the suggestion of having a sponsor, someone who has been in the program longer and who has had some success in working the program. A sponsor is someone who has qualities that we aspire to have and who is willing to work with us to help us acquire these qualities. A sponsor is someone in whom we can trust and learn how to reveal ourselves without fear of being betrayed.

As we learn how to have a close relationship with a sponsor, we learn skills that will eventually allow us to begin to do this with others with whom we wish to have an intimate relationship or friendship. Also, as I work the program and do service, I find that the things I learn to do in service help re-enforce such things as trust, responsibility, boundaries, willingness and honesty. As these qualities are

strengthened within me, I am in a better place to open myself up to an intimate friendship with a fellow Al-Anon friend; someone I am happy to have in my life. And I am also finding that I can have this same kind of friendship with those outside of the program.

*"It is truly a beautiful journey
that I am on.
Thanks Al-Anon for showing me
the way."*

I would like to finish my thoughts this month with the following suggestion: that **when you are struggling with intimacy, you consider reading page 128, May 7th in, *Hope for Today***. It reminds me of one of my early realizations in the program - that I need to take responsibility for my own life and allow others to do the same. And with the help of those in the program with whom I have an intimate relationship, I will be able to make the hard decisions that move me forward. I hope that you have, and will continue to have, many joy filled moments as you progress in this beautiful program.

Grateful to be in service,

Elaine R.

Deadline for
submissions to the
Jan/Feb, 2015 issue of
NHL is
January 15, 2015
Topic: "New
Beginnings"

Area Treasurer

Hello NYN Family Members!

It's getting to be that time of year for special family times, so I would like to wish for my AI-Anon family a very blessed and loving holiday season! I am so blessed to have each and every one of you in my life!

Since the last newsletter, we have received the following contributions:

Friday Ithaca	Gr#9828	\$ 30.00
Tuesday Group	Gr#66230	15.00
Tues Night Q'bury	Gr#9765	60.00
AFG 12 & 12	Gr#44226	50.00
Happy Steps to Recov	Gr#30567260	10.00
Bolivar Discussion	Gr#502378	25.00
Cour to Change	Gr#43327	20.00
District 10		100.00
Twin City	Gr#10142	50.00
Thurs Hudson Falls	Gr#9815	20.00
Temple Concord	Gr#62569	62.08
Free to Be Me	Gr#30588130	25.00
Fall Ass'y Proceeds		2262.51
Ret of Fall Seed Money		1000.00
Jamestown	Gr#9830	60.00
Serenity on Sat	Gr#64625	25.00
Growing Circle	Gr#63365	50.00
Faith AIG	Gr#9679	25.00
Searching for Seren	Gr#60736	20.00
Sat Ithaca	Gr#32895	84.44
Work in Progress	Gr#43410	25.00
Courage to Be Me	Gr#30562795	5.00

THANK YOU to all the groups and Districts for your contributions!

There were 3 Northern Hi Lights subscriptions paid for.

The following expenses were paid since the last newsletter:

Donation to WSO	\$ 600.00
Delegate's Equalized Exp	1850.00
Lynda C.	46.70
Reserve Fund dep (10% of Spring)	585.00

On the next page is a copy of the Suggested Financial Expense sheet. I hope your group finds it helpful!

This month's topic is intimacy. Wow.....when I first came in to AI-Anon, the only intimacy I knew about was sexual intimacy. I had no idea, whatsoever, that there was any other kind! Through growth in the rooms, I have learned that intimacy can take so many other forms....and my intimate needs of identifying feelings, expressing feelings, being heard (NOT just listened to, but actually heard and acknowledged!), being cared about, being loved with all my flaws without telling me I need to change, being accepted just the way I am, being able to speak without being judged, are met by my AI-Anon family. I've heard intimacy broken down as "Into Me See." I really have to thank my chosen family members for helping me do that!

I hope everyone has a wonderful holiday, and I hope to see you all soon!

Love and Hugs,

Linda A.

SUGGESTED FINANCIAL REMINDER

All Al-Anon services are supported through the voluntary contributions of its members. Since each group and area may operate differently, you can use this chart as a tracking system or create one of your own.

Obligations	Date Due	Amount	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec
Group: Rent for group meeting Supplies Literature PO Box Rental Group Representative's Expenses Miscellaneous														
District: Contribution Newsletter														
Al-Anon Information Services: Contribution														
Area: Contribution Newsletter														
World Service Office: *Contribution AFG, Inc. 1600 Corporate Landing Parkway Virginia Beach, VA 23454-5617 FORUM AFG, Inc. 1600 Corporate Landing Pkwy Virginia Beach, VA 23454-5617	* = Quarterly Appeal			*			*			*			*	
		U.S., PUERTO RICO, BERMUDA: \$11 CANADA & OTHER COUNTRIES: \$23												

* Groups usually make donations to the WSO on a regular basis without limit.

****QUARTERLY APPEAL:** Individual members are requested to contribute at this time. The Group Treasurer may forward these contributions to the WSO. Add group ID number to all forwarded checks.

AFG, Inc. Feb-03
L:\GroupBinders\Al-Anon\1123.DOC

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).

SAVE THE DATE: 2015 NYN Spring Assembly/Convention "Return to Serenity Island"

Hosted by District 10 May 29-31, 2015

Owego Treadway, 1100 State Route 17C (Exit 65 off Interstate 17/86), Owego NY 13827

Reserve your room directly with the Owego Treadway. **Room Reservation deadline: April 29, 2015,**

Phone: 800-750-0466 or 607-687-4500 www.owegotreadway.com

Note: The Owego Treadway also owns the Hampton Inn and Holiday Inn Express. **Book early to get the best rate at the Owego Treadway.** Room cost: Owego Treadway: \$125.95 per night plus 12% tax
Hampton Inn & Holiday Inn Express: \$145.95 plus 12% tax (includes breakfast, reward points can be used, if applicable).

Literature Coordinator:



In the November *Forum*, we received the writing guideline for our new daily reader, along with the new Al-Anon Focus/Declaration Table Card (S-24). Please take the time to mention these two new pieces in your meetings. This Table Card will also be available through your local Literature Distribution Center or the World Service Office (WSO) inline store for \$1.50.

There is a great article in the November *Forum* written by Tom C., Associate Director of Communications—Literature, regarding our new daily reader. It is on page 18. So far, we have 5 sharings.

A couple of things that I learned from my Conference call on October 29th:

The piece, ***Intimacy in Alcoholic Relationships (Working title)***, has about 1100 sharings so far.

The sharings for ***Parents and Grandparents of Young Problem Drinkers (Working title)*** have been slow. These sharing sheets are available on our New York North (NYN) website, nynafg.com.

Our topic this month is “**Intimacy**,” a great topic. One of the questions raised on the sharing sheet on intimacy is; “*How has building a relationship with my Sponsor and learning to trust helped me expand my capacity for intimacy?*” Time and practice with my sponsor is what first comes to mind. Our relationship is an open sharing of fears and insecurities along with open, honest, loving conversations. With this practice, I have become more willing to reveal myself and bring what I have learned to my loved ones and those I sponsor.

Something else I think of in regards to intimacy is anonymity. It too builds relationships and trust. Who we see in meetings, what we hear in meetings, stays in the meeting. We learn mutual respect for one another and we learn to trust.

Happy holidays to all my friends in New York North (NYN), and thank you for this wonderful opportunity to serve as your Literature Coordinator for these past three years.

Gratefully,

Pat H.

Alateen Coordinator:

Thank you New York North (NYN) for allowing me to grow through my position as Alateen Coordinator and Area Alateen Process Person (AAPP). The elections were held in September, and Walt S. will

be filling this position for the next three years. I have so much to be grateful for, and I have grown in my recovery through this position. I look forward to serving the New York North (NYN) Area as your Group Records Coordinator.

Our topic this month is intimacy. I have grown in understanding what this word means. When I first came into Al-Anon, I believed it was the closeness that a couple shares in the privacy of their home. Then I grew to see it as the honest and deep sharing with my sponsor.

“It (intimacy) has now grown into the speaking of one's truth in all relationships, without trying to change other peoples' opinions.”

I was asked to do a workshop for Alateen and also be the Main Speaker for a Day of Sharing out in Lockport, NY. I spoke from the heart without any notes, and I feel that this was my first time being intimate with my story to a lot of people I had not known until that day.

The growth in this program is amazing. I was told I would be unable to drive on the Northway (I-87) when I first moved to upstate NY. I soon learned I could, and not only that; I have taken two trips driving all alone to distant places. This trip to Lockport was roughly six hours each way. I drove out Friday night and home again Saturday. I am proud of all I have accomplished with the help of Al-Anon members and my Higher Power, and I look forward to where this journey will take me.

Love in Service,

Lynda S.

NYNAC Coordinator:

Wow, my last article for the *Northern Hi Lights!* I love the teens and I loved coming to the New York North Alateen Conference (NYNAC). I hope to come and visit sometime. Please welcome our incoming NYNAC coordinator, Bridget C. She is going to be an awesome NYNAC Coordinator as displayed by all her amazing ideas and love for the teens.

I would like to thank everyone for all their support. All the Host Groups were such a blessing to me. They stepped up to the plate with great ideas and were always there when needed. It was a pleasure working with all of them.

I will miss everyone. Currently I am helping with the Stars of Hope Alateen meeting every third Thursday of the month. I hope to become a sponsor once again. I just cannot stay too far away from the teens. They bring so much to my recovery!

Best wishes to all the incoming Coordinators; I know they will do an awesome job!

Love in Service,

Lynda C.

Presentation Coordinator:

Can you believe we are into December? Where does the time go? This is my last article as an Area Coordinator. It has been such a wonderful learning experience for me. Every position I have been blessed to hold has taught me many humbling lessons.

The Presentation Notebook is complete with all six presentations that were done for the past three years. These presentations are on the website and our new Coordinator has them on a memory stick. Once again, I ask that you consider using some of these in your Districts.

At the Election Assembly weekend, some of us were having dinner together on Friday night. We were talking about the topics for the newsletter and that it was a great idea to have topics. Somehow, the topic of intimacy came up, and we joked that it would be a good last topic for the newsletter...and probably more people would read it!

Maybe the topic of intimacy does not come up frequently, if ever; but for me, as I sit in my meetings and we share...that is the beginning of an intimate relationship with my Al-Anon family. For so many years, I was afraid to be myself. You helped me to find out who I am, because you listened. Until I found my voice, you accepted me and my silence. I like the thought, "Intimacy—In-to-me-see." Until I could learn to look at myself and explore and accept who I was and who I am, I listened and talked with you. You knew me better than my biological family. I have a lot more growing to do. My relationships with others is improving because I don't need to try to be the person you expect me to be. I am who I am, and who I am is OK...a work in progress. Practice makes progress and progress not perfection. I'll keep coming back. Thank you again for allowing me to serve and grow.

Let it Begin With Me,

Connie D.

Webpage Coordinator:

Web contacts continue at a light pace, so I am always happy to receive them and act on them. Today I had a couple of pleasant phone calls to make in response to a man who drove one hour to a meeting he missed because of an outdated, printed, meeting list. Good changes may come from this.

Intimacy is a tough subject for me, but an important part of my struggle to recover in Al-Anon. Growing up in a family where my mother was, from the beginning, totally unhappy with my father; and in a house with thin walls, "intimacy" seemed just for men to enjoy. It's hard to unlearn, especially if your first try at marriage is equally unhappy, as mine was.

Once out of that marriage, and then into Al-Anon, and wanting to recover; I totally immersed myself in this program. For eighteen months I went to meetings daily, and was a Group Representative (GR) within six months. It wasn't easy. Most meetings I was the only male, and I had a real fear of women, but realized this is what I had to do to recover.

So-called little risks I took in Al-Anon gave me something I was dearly lacking; self-esteem. They didn't seem little at the time, but were the best medicine I ever took; and the result seemed miraculous. Wanting a happy ending, I met my wife-to-be in Al-Anon, and when I had about two years in the program, we were married. At that time, and still, I was a work in progress. Luckily, she stuck by me, and I by her.

I'm not the same as when we were married, which is good for both of us, because it is hard to have good relationships if you don't feel good about yourself. I now feel I am a lovable person, and try to act accordingly.

John O.

Newsletter Coordinator:

I am feeling a lot of gratitude for you all. I have loved (almost) every minute of being your *Northern Hi Lights* editor. I am looking forward to growing in intimacy, personal integrity and honesty during the next three years as your Alternate Delegate/*Forum* Coordinator.

Wishing everyone a wonderful holiday season and New Year as we look forward to "New Beginnings."

Gwenne R.

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

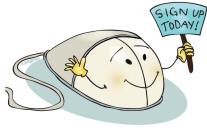


Unless this is a personal subscription, this copy belongs to your group. Please share it with them; make each issue available at your meeting ***TO INSURE ANONYMITY, TEAR OFF THIS PART BEFORE LEAVING IT WITH YOUR GROUPS***

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	Panel 4 Helen S. Panel 13 Ruth F. Panel 16/19 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	Panel 22 William S. Panel 25 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	Panel 28 Mary G. Panel 31 Arlene M. Panel 34 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	Panel 37 La Vaughn R. Panel 40 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	Panel 43 Connie D. Panel 46 Robert C.
<u>Spanish Contact:</u> Cira B. spanish@nynafg.com	<u>Presentation Coordinator:</u> Connie D. presentation@nynafg.com		Panel 49 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.

Make checks payable, and mail to: NYN Area Assembly, PO Box 398, Morrisonville, NY 12962.

All AI-Anon members are encouraged to subscribe to the *Northern Hi Lights* electronically; just e-mail your request with your name to: records@nynafg.com

If you need a hard copy, please Check Type of Subscription: () Group or () Individual, () Renewal or () New

Name _____

Title (GR, Sponsor, Individual, DR, etc.) _____ E-Mail Address _____

Address _____ Phone () _____

City _____ State _____ Zip _____

If Group Subscription, Group Name _____

WSO# _____ District# _____ If sent to address other than above, please include that name and address, WSO#, in writing on another piece of paper.

Mail address changes and updates to: Group Records, 144 Seymour Rd., Rochester, NY 14609, or
Email: records@nynafg.com

NYN Area Assembly
Northern Hi Lights
144 Seymour Rd.
Rochester, NY 14609