



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

**Inside This Issue**

Topic: Acceptance

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Newsletter Editor Pat H.

Proofreaders: Jack H., John O

# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*

## Delegate

### Acceptance

Whew, this is constant learning principle in my life. I remember one of the instances my Higher Power was helping me to see where I needed acceptance. I was struggling with one of our foster children. When I asked for guidance, I closed my eyes and opened my book to a section on acceptance. It resonated so much I threw the book across the room. Haha. I've come to learn in my process, that when I'm struggling usually I'm needing to give up control and accept the reality of what is happening and not what I want to happen or think should happen. I can get defensive and angry in this process. Once humility sets in, I am able to really see what my Higher Power is showing me. Currently I'm working to accept my imperfection in being a trusted servant, doing what I can, and letting go of perfectionism. Thank God for your help!

**Emily K.**

### 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](mailto: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

For more information visit the following websites:

New York North: [www.nynafg.com](http://www.nynafg.com) WSO:

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

## Chairperson

I want to start by expressing my sincere gratitude to John O who has been a trusted servant to NYN for many years. His dedication to AI-Anon and NYN has been immeasurable. John has stepped down from his position as Treasurer and I respect his decision to focus on self-care at this time. Thank you, John!

We will hold an election for the Treasure's position at the Spring Assembly in May 2022 and Betty G. has agreed to stand for it. I have appointed her as Interim Treasurer until we hold the election. Betty is a GR from District 23 and has been serving as Chair of the Finance Committee. Please help me welcome Betty G. to Panel 61.

The officers and coordinators will be meeting this month to look at our policies, guidelines and job descriptions with respect to Concepts 3 and 10. We will look at our ability to make decisions and the authority to make purchases to carry out our respective responsibilities as we incorporate new technology into the way we conduct business.

I've been very busy this month participating on the different committees and thought forces. I'm learning to accept that we are all volunteers who are committed to making sure that our AI-Anon groups are well supported and represented but we all have busy personal lives as well and our time is limited. It can be frustrating when I want to get things done. I am practicing enjoying the "doing" and accepting the present moment as it is, which is often, undone and in process. I'm accepting things as they are instead of how I think they "should" be and more importantly, I'm learning to accept myself as I am, and not how I believe I "should" be. What a beautiful gift to receive from AI-Anon this holiday season.

Gratefully growing through service,

**Carol C.**



## Public Outreach

Hello My NYN Family of Choice,

I first need to apologize for not writing articles the last two months. I have been struggling with Acceptance and that is the topic of the Month. I know my personal struggles are not an excuse

For not fulfilling my duties. I could have said I had nothing to report so I will work harder on this going forward. Thanks for listening.

As for a Public Outreach report, I have not received news of any projects from members or requests to assist in any projects of distribution of literature left over from the State Fair materials. If you hear of anything or need my assistance, please reach out to me so I can share it with the area.

Here is my process of learning acceptance recently. I was at first unable to accept the reality of my situation as I thought I had found my soulmate and after three months it ended. I go angry at first Because there was no explanation and of course being the good AI-Anoner that I am I wanted to fix it. As we all know we cannot change another person, place or thing, so I sat in my anger for a while.

Then I tried to bargain with the situation. By that I mean that I thought there was something I could do about it and I vacillated between that and the realization there was nothing I could do. What I am realizing is that this is all part of the grief process and that I ultimately needed to feel the feelings and now finally at the point where I am ready to let it go and accept reality for what it is.

In the middle of this process my sister informed me that My Mother was getting worse with her Alzheimer's disease. I cleared my schedule and made the trip back home. I am realizing that I went through this same process when I saw Mother in her disease, and it was not only difficult, it was painful to see your mother like this. She has become very angry. I am learning that this is part of that disease especially at night with sundowner's syndrome, which I had never heard of before.

All of this is to say that since my journey through these two events ties into the topic of Acceptance, I thought I would share it with you, in the hopes of being able to help someone else.

Yours in Service

**Lynda (Lynn) S.**

## Group Records

The definition of acceptance has certainly changed for me in my lifetime. As a teenager in high school, acceptance meant fitting in to my peer group. As a high school graduate acceptance meant being able to choose college. As a college graduate applying for a job and becoming employed meant my education paid off and I began to get a paycheck. Acceptance in my 20's meant I found a partner, I was loved, I was joined with someone else who needed to be accepted.

This partnership over the course of 40 years certainly re-defined the meaning of acceptance as a wife and mother married to my addicted loved one. The definition changed immensely when my life had become unmanageable, and I sought out Al-Anon. Initially, Acceptance became a word I felt I had to give to another, not be the recipient of a fun, loving adventure. Being in Al-Anon I totally put in gear a whole new meaning of this word. Why did I do it? So, I could understand the effects of this disease on me and where it fit into my life. Acceptance was easier said than done. I had to believe in my program, believe that I was making good choices for me. By doing so, I learned a great deal about myself. And after many years of focusing on accepting the behavior of my addict, I began to accept myself. This was and continues to be a very freeing and spiritual journey.

Respectfully,

**Joan L.**

### Help Wanted

Still searching for a Newsletter Editor  
and someone to print and mail the newsletter to  
approximately 50 subscribers.

### Reminders

Articles for the February issue are due  
January 15th - Topic: Attitudes  
There will be NO January issue.

## Newsletter Editor

The basic definitions that I was able to find regarding accept(ance) were (1) to receive and (2) to give approval. This made me really think about using the word acceptance.

I am truly grateful to accept the help and fellowship of our wonderful program.

To give approval gives me pause since using acceptance in this way somewhat goes against what I think. I like to think that I have accepted my life the way it is. I can accept the fact that I am powerless over alcohol and what my alcoholic son is doing (or not doing). This certainly doesn't mean approval. I guess this is something I will continue to struggle with as time goes along.

In service,

**Pat H.**

## AAPP

"I don't like that diagnosis". "I don't want her to drink". "I don't like what happened".

So often things aren't going my way. Then comes the struggle to try to decide what to do. But why do I feel that I have to change it?

Since being in Al-Anon, I have found I don't have to try to change anything except myself. We have choices. I can let go and let God or surrender. What a solution! Now I may not like any of my choices and to do nothing is also a choice. Surrender doesn't take effort just release as to let go and let God. When I surrender I am not a pushover or a doormat. I am simply accepting the situation as it is. Just let it be. Live life on life's terms.

Alcoholism is a disease, cancer is a disease. I don't have to like the diseases just accept them. But I can continue to love the person.

In Al-Anon I am never alone. The program has tools, fellowship, hope and love.

Acceptance gives me the freedom to feel comfortable in my own skin. Take what I want and leave the rest.

**Mary D.**

## Alternate Delegate/Forum

“Caught in the Web of Alcoholism” is the topic for November’s issue of *The Forum*. This ties in nicely with December’s *Northern HiLights* topic - Acceptance. I quickly latched on to the concept of acceptance. However, it took many more years to put it into practice and even longer before I was able to apply it to myself! I recall many years ago, having a conversation with my best friend, also an Al-Anon member, in which she was complaining about her alcoholic ex’s actions. My suggestion of acceptance was rebuffed with “I can’t accept it”. This was likely the first time it really occurred to me that acceptance was more than a concept. It was an action! By not accepting the reality of the situation she was causing pain to herself and her child. How many times did I say to myself, I can’t accept so and so? Did my non-acceptance change the situation? Of course not! By not accepting the reality of the situation, I was only prolonging how long I remained stuck in it. Finally, I realized that I needed to accept something before I could engage in meaningful action. Today when I think about acceptance it is more about me than accepting an outside situation. I have spent much of my life denying myself due to being ‘caught in the web of alcoholism’. I am learning to accept my values as worthy. Acceptance of my loved one’s disease does not mean that I must accept living with the daily chaos that it brings. It is okay for me to find living with disease unacceptable. It’s taken me nearly twenty years to accept that I cannot live with the person I love. To accept that we are on diverging paths; likely to never converge again and the best I can hope for are parallel paths. Today, acceptance for me is an inside job!

**Kathi D.**

To help promote *The Forum*, NYN will be giving you the opportunity to win a subscription with each issue of the *Northern Hi Lights*. Go to the [WSO website](http://www.alanon.org) (al-anon.org), locate *The Forum*’s page and read at least one of the member sharings from November 2021. Send an email to [altdelegate@nynafg.com](mailto:altdelegate@nynafg.com) with the article’s title and the author’s name. On November 31<sup>st</sup>, one of the correct entries will be randomly selected. The winner will be sent an email and announced in the next issue of the *Northern Hi Lights*.

## Presentation Coordinator

Acceptance is acknowledging that everyone and everything around me is just the way it should be. Often I may want to change the way the things are, often I want to change another’s behavior. It can be uncomfortable to stop myself from adjusting my surroundings to my own specific requirements.

The comfort in acceptance comes from trusting my Higher Power to take care of me and those around me.

**Patti M.**

## Treasurer's Report

Hello everyone, my name is Betty G, I have been serving as the Chair of the Finance Committee this year, and I am now the Interim Treasurer for NYN. John is providing me with support as we transition.

The mailing address for donations remains the same. It is: NYN Area Assembly, P.O. Box 64176, Rochester, NY 14624.

### Donations:

Wednesday Halfmoon	\$50.00
Sunday, Clifton Park	\$15.00
Circle of Hope	\$36.90
Peterboro	\$36.00
Power Greater Than Ourselves	\$30.00
Thursday’s Hope	\$25.00
Serenity Seekers	\$10.00
Women’s 12 @ 12	\$50.00
Small Steps	\$370.00
FM Thursday AM	\$45.00
Group # 30590270	\$100.00

### Expenses:

Joan L, Records Coordinator	\$122.19
John O, Newsletter, print & mail	\$48.00
Lynda S, Public Outreach	\$37.00
Alliance – Insurance	\$650.00

Generosity brings happiness at every stage of its expression. We experience joy in forming the intention to be generous.

We experience joy in the actual giving something.

And we experience joy in remembering the fact that we have given.

- The Buddha

**Betty G.**

## Alateen Coordinator

Acceptance. The first thing I needed to accept was that I am powerless over everything except myself. Second, I needed to keep coming back. Then I found the pamphlet the *Joy of Service*.

Alateen Interest Meetings were started for members to gather information on Alateen in the NY North Area at the two assemblies. It has evolved into a Sponsor and AMIAS networking group that meets virtually on the second Tuesday of each month. Please refer to the Events Calendar on the NYN website for details or contact [alateen@nynafg.com](mailto:alateen@nynafg.com) or [amias@nynafg.com](mailto:amias@nynafg.com) for additional information about Alateen.

Many districts are in need of registered AMIAS (Al-Anon Members Involved in Alateen Service). If you are looking for a service opportunity, join us at our next meeting on Tuesday, December 14. Together We Can Make It,

**Mary S.**

## E-Meeting Host

(October Article)

I hope everyone is doing well these days. Progress and not perfection is the best we can hope for.

As I have mentioned in previous issues, I continue to be a part of the Zoom meetings that are a part of the Alateen Interest Group. My contributions to the offerings on AFG Connects have been beneficial for my personal recovery, and I have been active in my district's outreach efforts through literature initiatives and PSAs.

The topic for this month's issue is Compassion. Before I entered the rooms of Al-Anon, I had none when it came to my son's addictions. I had run out of ideas to help him clean up his act, and the well of compassion had run dry. The only way I could deal with him was through isolation, self-denial, and resentment.

My program has helped me realize that everyone is entitled to a second chance. The door of opportunity has opened wide, and the relationship I now have with my son is a rewarding one for both of us. I can love him unconditionally and make peace with the past. The best is yet to come, thanks to the people in Al-Anon who have supported us every step of the way.

I hope you enjoy the days to come as we see the changes in the weather. Al-Anon is the one stabilizing force that we can all rely on one day at a time.

With love and gratitude,

(November Article)

Now that the cold weather has definitely moved into our area, it is time for us to find some warmth (both figuratively and literally) through attendance at meetings, reading of our daily readers, and participation in the life-saving fellowship of Al-Anon. Even though our local meetings are a smattering of online, hybrid and face to face meetings, it is so good to have that connection to our loving members once again. I hope this letter of encouragement will also be a source of invigoration as we head into the holiday season.

This month's topic is Acceptance. Before entering the rooms of Al-Anon, I had an extreme amount of difficulty wrapping my head around this concept. I was filled with so much negativity and resentment toward my son and his addictions, I could not fathom the idea that I could find any degree of acceptance in our relationship or circumstances.

Eleven years later, I look back on those dark days and wonder why I could not see the forest for the trees. Al-Anon taught me to understand such slogans as "How important is it?" and "Let Go and Let God". I came to the realization that love and support would serve me much better, and the first thing I had to do on this journey was to accept the plan that my Higher Power had for me and for my son. While it took a while for us to get together and embrace the love that was hidden beneath the morass of anger and hate, we can now loudly proclaim at the top of our lungs that we truly love each other and accept each other for who we really are.

I wish everyone best wishes for the holiday season. Take care, and thank you for the love and support you have given me over this past year.

With an attitude of gratitude,

**Mike R.**



Happy Holidays

# Convention Coordinator

The New York North Area 2022 Spring Convention and Assembly is scheduled to be held virtually over Zoom on May 20, 21, and 22, 2022. District 14, from Rochester, has agreed to host the virtual 2022 Spring Convention and Assembly. **Thank You Cindy R. and District 14!** As recently posted on [www.nynafg.com](http://www.nynafg.com), on Friday, May 20<sup>th</sup> at 6:30pm will be the Assembly Icebreaker, followed at 7:30 pm by the AWSC Meeting. On Saturday, May 21<sup>st</sup> at 8:00 am will be the New GR meeting, followed at 9:15 am with the Spring Assembly Meeting, which will run until about 4:00 pm with a break for lunch. On Sunday May 22<sup>nd</sup> there will be an Alateen Interest Meeting at 9:00 am followed by Spiritual Speakers at 10:00 am. Members will be able to register online at [www.nynafg.com](http://www.nynafg.com) in advance for the Spring Assembly starting in April of 2022.

The 2022 New York North Area Fall Assembly is tentatively scheduled for September, 16, 17, and 18, 2022. These dates would be for a virtual Fall Assembly. If the 2022 Fall Assembly is held in person or in hybrid form at a hotel or another such venue, it is possible that those dates may change. A Host District or Districts are still needed for the Fall Assembly 2022. What is needed from the host districts is to come up with virtual or in person or hybrid non-business-related programming such as a panel, workshop, or ice breaker event for Friday evening of the convention as well as to put together a Spiritual Panel of speakers from AA, Al-Anon, and Alateen for Sunday Morning. **Would your District please consider hosting the 2022 Fall Assembly?**

## Convention/Assembly 2010 - 2021

Convention/Assembly	Host Districts	Registrations & Banquets	Profit to NYN
2021 Fall Assembly - <b>Virtual</b>	10 & 18	43 registered 30 voting	N/A
2021 Spring Convention - <b>Virtual</b>	8 & 22	51 registered 31 voting	N/A
2020 Fall Election Assembly- <b>Virtual</b>	10 & 18	79 registered 53 voting	N/A
2020 Spring	8 &	(Postponed)	N/A

Convention (Postponed)	22	)	
2019 Fall Assembly	21	99 / 71	\$2687.53
2019 Spring Convention	2,14, & 25	201 / 111	\$5055.30
2018 Fall Assembly	15	85 / 53	\$1553.48
2018 Spring Convention	5	???	\$3836.64
2017 Fall Election Assembly	3 & 18	102 / 77	\$1091.36
2017 Spring Convention	12	???	\$6284.94
2016 Fall Assembly	22	84	\$1455.26
2016 Spring Convention	7 & 8	200	\$5348.03
2015 Fall Assembly	2 & 29	98	\$1594.38
2015 Spring Convention	10	187	\$3925.17
2014 Fall Election Assembly	14 & 18	129 / 85	\$2262.51
2014 Spring Convention	1	252	\$5859.42
2013 Fall Assembly	15 & 18	107 / 75	\$1307.33
2013 Spring Convention	5 & 22	178	\$2300.90
2012 Fall Assembly	3 & 21	135 / 70	\$1,307.33
2012 Spring Convention	17	217 / 211	\$4448.43
2011 Fall Election Assembly	6 & 18	103 / 61	\$1,663.01
2011 Spring Convention	24	149	\$3111.70
2010 Fall Assembly	25	104 / 72	\$2584.21
2010 Spring Convention	10	200 / 125	\$4610.25

I hope this information will assist your District in deciding whether to host a Spring Convention or Fall Assembly in the future.

Our topic for this month is Acceptance. When I first entered the rooms of Al-Anon, I did not even know that I needed to learn acceptance. In my dealings with my alcoholic loved ones, I could not accept that they acted the way that they did, and that they were continually ignoring my perfectly sound unsolicited advice to them as to how they could stop drinking and

drugging and making my life miserable. I have since learned in Al-Anon that true acceptance of my powerlessness is not a failure of my actions or a personality defect of character, but rather it is a letting go of my desire to change a person, situation, or any element of my reality, which then allows me to become open and receptive to the courage to change what I can in myself and to love those in my life just as they are, and not try to remake them in my own image.

Love in Al-Anon Service,  
**Jim M.**



asked my husband what he thought and would he ever consider moving to Virginia. Amazingly, he said, “You should go for it.” I was stunned. I had a good job, friends, family, Al-Anon groups, a Sponsor, people that I sponsored, and service opportunities. But I was missing the opportunity to be part of my granddaughters’ lives. And the thought of working at the WSO was beyond my wildest dreams.

On our way home from Virginia, I felt my Higher Power working overtime to guide me in this decision. An Al-Anon friend encouraged me to apply for the job. My program work and service experience gave me the courage. One short month and three interviews later, I accepted the position of Group Services Specialist at the WSO.

Then the panic set in. There was so much to do, and it was the holidays! I gave notice to my longtime employer, sold the house and packed our belongings in 10 days, and with the help of many friends, family members, and my Higher Power, we completed the move.

While this new opportunity has at times been daunting, as new jobs often are, I am grateful to be connecting with and of service to Al-Anon members and newcomers every day. Time with my youngest son and his family is a bonus!

*By Anne P., Group Services Specialist  
The Forum, November 2021*

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New Feature **From the Forum**

**Grateful for My Journey to the World Service Office**

It amazes me how quickly Al-Anon service changed my life. I began my service journey as Secretary of my home group, and the support I received from those members helped me to accept and believe in myself. With growing confidence and self-esteem, I progressed to Group Representative, District Representative, and on to Area Group Records Coordinator.

In October 2020, my husband and I headed to Norfolk, Virginia, for a long overdue visit with my son’s family. With my husband driving, I read a news posting from In The Loop, the World Service Office (WSO) electronic newsletter, for the Group Services Staff position at the WSO. Assuming I knew the answer, I



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

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Mail to: Group Records, 135 Berry Road, Fredonia, NY 14063

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<u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S.	<u>Panel 4 Past Delegate</u> Helen S.

PANEL 61 2021-2023

**Submissions for  
February  
Northern Hi Lights**

Due by: January 15

Topic: **Attitude**

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