



Topic: ... **"Awareness,
Acceptance, Action"**

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Calendar: * * *

See reports and flyers below for details

- **March 5-7, 2023**
Flower City Convention,
"Together We Recover"
Rochester, NY
- **April 22, 2023,**
District 12, Day of Sharing,
"Reconnecting in Recovery"
Hamburg, NY
- **April 22, 2023,**
District 10, Day of Sharing,
"Recovery: A Time to Grow"
Dryden, NY
- **May 19 - 21, 2023,**
NYN AWSC &
Spring Assembly
- **▲▲▲ June 29 - July 2, 2023 ▲▲▲**
AL-ANON INTERNATIONAL
CONVENTION
Albuquerque, NM
- **September 29 - Oct. 1, 2023,**
NYN AWSC &
Fall Assembly

Mission Statement*

Northern Hi Lights is the monthly publication (10 issues) of the New York North AFG Assembly Area, and is not conference approved literature (CAL). CAL quotes must have prior written permission from WSO (re: *Service Manual*). Submissions by 15th of the month to: newsletter@nynafg.com. *Announcements submitted 6 weeks prior.* Subscriptions on back page.

* **For the full newsletter mission statement and more info,** refer to past issues, and New York North: www.nynafg.com
WSO: www.al-anon.alateen.org

**NYNAC Convention
2022 – A Success!!!**

– Leslie C, NYNAC Coordinator

The 2022 NYNAC event was held in person at Casowasco Camp and Retreat Center in Moravia, NY. This year's theme was from the first tradition; "Our common welfare should come first ..." The topics for the weekend meetings were taken from the first tradition, as well. This is the first "in person" NYNAC in three years. (2020 and 2021 were both virtual due to the pandemic.)

Six sponsors/AMIAs and eight Alateen members attended. This low turnout resulted from previously committed individuals unable to keep that commitment due to changing circumstances and created a funding shortfall.

**Mountain of Paper is
Missing but not
Forgotten!!!**

– Maria S, NYN Archives Coordinator
Hello to my fellow Al-Anon Trusted Servants and Members. The Archives Task Force continues for its last year! (Thanks to the TF members who have been kind enough to assist with scanning.)

Spring Assembly

– Jim M, Convention Coordinator
The 2023 NYN Spring Assembly will be held May, 19, 20, and 21, 2023 at Dwyer Hall, Immaculate Conception Church, 400 Salt Springs St., Fayetteville, NY 13066 and on Zoom.

District 18 and local Syracuse area members are hosting the event and looking for help on Saturday, May 20, with Hospitality (food and drink), Registration at the door, selling Al-Anon literature, and greeting and orienting attendees. -- See the "Save the Date" Flyer and Volunteer Sign-up Sheet later in this newsletter.

– Tentative Agenda –

"Spring into Recovery"
2023 NEW YORK NORTH AREA
SPRING ASSEMBLY
May 18, 19, 20, and 21, 2023

Fundraising efforts will be made to help defray the overruns. – To start with, NYNAC tee shirts are available for \$20 each. Anyone interested in purchasing a tee shirt should **contact me** for details for ordering one, nynac@nynafg.com.

The artwork was done by one of our teens, and the hand printed lettering was done by another. These kids are great at putting ideas together and working together toward a common goal. It was awesome to see. I will keep you posted on other ideas as they emerge.

Everyone who attended said they thought it was a positive experience. The general consensus is to have another NYNAC next year. We would expect to hold it the second or third weekend in October, 2023. Our hope is that we have attracted more teens to the program and therefore an interest in attending NYNAC.

Please take a look—the link is on the "Area Information" page and is labeled "NYN Archives". It is in black text and can be found in the middle of the page: https://drive.google.com/drive/folders/1vwLiOb2ALZX2mvdVgD_dYLLdVEkI4CIa Also, if anyone at any time goes into the Archives and sees something that does not look right, or if anyone has any Archives questions, please email me at archives@nynafg.com.

THURSDAY, MAY 18, 2023
(ZOOM ONLY)

- **7- 8 pm - New GR's (Molly C.)**
- **7:30- 8:30 pm - Alateen's Interest (A.I.M) (Mary S.)**

FRIDAY, MAY 19, 2023 (VIRTUAL OR HYBRID)

- **6:30-7:30 pm Icebreaker**
- **7:30-8:30 pm A.W.S.C. Meeting**

SATURDAY, MAY 20, 2023 - ASSEMBLY (HYBRID)

- **9:15am-Noon, AM Session**
- **12:1:00 pm Lunch**
- **1:15-5pm, PM Session**
- ***Possible event After the Assembly -***

SUNDAY, MAY 21, 2023 (ZOOM ONLY)

- **9-10am SPIRITUAL PANEL**

(Cont'd from previous page)

The 2023 NYN Fall Election Assembly will be held September 29, 30 and October 1, 2023 at the Embassy Suites Hotel on Carrier Circle, 6646 Old Collamer Road S, East Syracuse, NY 13057. Chairperson

Ruth S. and her committee are hard at work. Their theme is "Together Again". -- **Looking ahead to 2024** -- we will need a District or Districts to Host the 2024 NYN **Spring** Convention and Assembly and the 2024 NYN **Fall** Assembly.

▶▶▶ Would your District please consider Hosting or Co-Hosting one of these events??? -- Help is always available in Al-Anon.

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Registration is Open for 2023 Al-Anon International Convention!

- **Registration for the 2023 Al-Anon International Convention with A.A. participation, in Albuquerque, New Mexico, USA, June 29-July 02, IS OPEN!**

- For best results, **WE RECOMMEND USING A LAPTOP/DESKTOP COMPUTER TO REGISTER.**

▶▶▶ Contact: events@al-anon.org or call 757-563-1600.

Registration fees:

Prior to May 10, 2023 -\$200
After May 10, 2023 -\$225

Register Now!

Housing is available, group rates \$124 US to \$189 US a night. Info will be provided with registration.

Registration includes access to most events, Thursday thru Saturday.



AVAILABLE ADD-ONS, FOR A FEE:

- **Day of Connecting** (Thurs), workshops and speakers celebrating service, \$55 w/lunch.
- **Trailblazers Breakfast on Route 66!** (Sat. am), celebrating Al-Anon's Trailblazers - \$75 -- includes breakfast.

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Topic of the Month - "Awareness, Acceptance, Action"

The "Three A's" ...as they are known, remind me that my recovery is a process, and that it takes time. Prior to coming to Al-Anon, when I became aware of a problem, concern, crisis, feeling, or some new change in my life, my thought process was always to jump right to solving the problem or trying to avoid the feeling or making the change that I needed to make in my life because feelings and change are uncomfortable & I did not want to feel that way. I would do anything to avoid accepting change or any uncomfortable feelings. The part that I would skip over was acceptance. Whatever the issue, I learned in Al-Anon that I needed to take time to process the new element in my life & allow myself to let go, and accept things that I could not change, & then move on to take action on the things that I can change, & let go of what I could not.

- Jim M.

On the topic of the "Three A's," I would say that any kind of unease in my life cannot be resolved without the Three A's. Unless I am **Aware** of what is **REALLY** bothering me, I can't address it, & things will just spin. I need to pause & ask my HP for help. Once I am aware of the issue, I can **Accept** that this situation is in my life right now & then, with my HP's help, I can determine the best **Action** to take. Sometimes, I don't need to take an action, but there is action in not taking an action -- **Maria S.**

The three A's - awareness, acceptance, and action. What a timely topic for the start of the new year!

There were only two A's before Al-Anon - awareness and action. In my childhood home as soon as you were aware of something 'bad' you needed to leap into action to 'fix it'. I'm not sure how well this worked for my parents but I certainly know that it didn't work well for me. Leaping into action resulted in making rash decisions. Decisions that normally felt good now but never addressed the underlying issue. Therefore, the same issues continued to

recur throughout my life. Over the years I've learned that until I truly accept a situation/issue any action taken will eventually cause me more pain.

I'm writing this article while in my previous home district - where I first came to Al-Anon. I'm standing at a laundromat counter typing away while doing my son's laundry. Spending time with my son is like standing next to someone holding a hand grenade. I never know when the pin will be pulled. So why am I here?

Awareness and acceptance have provided a small measure of patience to deal with him. He has a plethora of issues - cognitive delay, mental illness, substance abuse, and learned behaviors from growing up around the disease of alcoholism. Each interaction with him requires me to use all the tools in my Al-Anon toolbox - starting with the 'Three A's'.

Chauffeur him around is an action I can do. Leaving him in the car with the dog while I do his laundry leads to a better outcome than to make him come in to do it himself. Other situations have taken a long time to accept before an appropriate action (appropriate for me) - leaving him in jail, calling the police when my safety is

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at risk, refusing to take his phone calls, learning to keep my mouth shut when he speaks words or ideas I find offensive.

I share this with you as a gift that was recently given to me by other Panel 61 delegates – that no matter how long we have in the program there will always be challenges to face. Learning of the challenges other delegates have faced or continue to face blasted the terminal unique fallacy right out of my brain allowing a new view of how we all keep applying the ‘3-As’.

- Kathi D

Awareness, Acceptance, Action ...

Pretty logical. But not always easy to do. Three simple words acknowledging how to change. = Awareness, acceptance & action.

Discussing the disease of alcoholism with a sponsee and discussing the 3A's the sponsee talked about her fear of crowds. The proper term for fear of

crowds is enochlophobia. So this person was uncomfortable going to an in person Al-Anon meeting.

In discussing her situation she was able to identify her fear and believed that she accepted her fear. To take action on it was not quite so easy. We do have zoom Al-Anon meetings. Perhaps that could be an introductory step to the meeting.

The action will hopefully be comfortable and eventually she may attend the meeting in person. The outcome is unknown at this time.

When dealing with the alcoholic I was aware of the drinking problem and that the drinking affected his behavior which very much bothered me. So I was aware. It was more difficult for me to accept the alcohol/drinking problem as objectively as the person with enochlophobia. I had to accept that alcoholism is a disease.

It was like alcoholism was a personal offense rather than a disease so the tools of Al-Anon had to be put to work.

Action was taken by regular attendance at meetings, using the tools, reading Al-Anon literature and talking to Al-Anon members on a regular basis. Eventually I was able to see the disease of alcoholism as an illness and not as a personal offense. I learned to trust in a higher power.

This was very enlightening to me. To be able to stand back and see how I could be more objective with the sponsee than I could with my husband. There were years of trust issues and resentments toward my husband while the sponsee is a person interested in Al-Anon and has a fear of crowds. For me, there is emotional intimacy with fellow Al-Anon members but it's not personalized as can be in relationships. So the 3A's may be easier or harder to work depending upon our situation.

Thank you, Lois, and all for the Al-Anon program.

- Mary D.

The topic for this month is "Awareness, Acceptance, and Action."

This three-pronged approach to recovery enables us to reflect on our journey and share our personal experience, strength, and hope that might aid someone else in their quest to find the path to serenity.

Awareness is defined as "the knowledge or perception of a situation or fact". That being said, it is unbelievably difficult to apply this concept to your personal life when you are wallowing in the throes of someone suffering from addiction. It can be as plain and evident as the nose on your face, but acknowledging there is a problem can be a tough pill to swallow. It is even more challenging to do something about it. That is what Al-Anon taught me; and now I can honestly say that I am aware of the problem, and I have the tools of my program to help me fix it.

Before entering the rooms of Al-Anon, I had an extreme amount of difficulty wrapping my head around the concept of acceptance. 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.

Thirteen years later, I look back on those dark days and wonder why I could not see the forest for 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.

The final leg of this symbolic triangle is Action, defined as "a manner or style of doing something to achieve an aim". For too many years, my mantra revolved around the exact opposite – inaction. I sat back and allowed things to unfold or simply did nothing to alter the course of our relationship. I was on the slow boat to nowhere, and my fellow passengers on this voyage were grief, resentment, anger, and despair.

I entered the rooms of Al-Anon for the first time on April 3, 2010, and since that fateful encounter I have taken action to steer away from the maelstrom of hopelessness. I took control of my own life, chose to let my son handle his own recovery (with all of its ups and downs), and now both of us have found peace, contentment, and love in each other's lives. That is the beauty of Al-Anon. Through awareness, acceptance, & action, anything is possible!

- Mike R

I have been a student of Al-Anon

since 2015 and I have never really studied the 3 A's until given this assignment. I took the time to read the passages in all 3 of our books. What stood out in one of the articles was saying that dealing with a problem, awareness is often followed by a period of acceptance before one can act. Which one of my young children would be affected by their mother and father's ridiculous dancing?

I distinctly followed a pattern when a problem arose. I think I followed these steps perfectly as anticipated, yet unconsciously habitual. Because most of my married life was lived walking on eggshells, even when I was baited into an argument, I still followed the 3 A's chronologically. If I didn't and reacted to the problem, a worse argument would ensue, and a resolution would never occur. This made for a miserable life.

As I grew with my program, in retrospect, I slowed down my thought process and knee jerk reactions before I acted, if at all! My alcoholic became antagonized with my delayed reactions and would try to punish me verbally, more. But I didn't let anything interfere with implementing my tool usage and consequently I unlearned my past behavior and response and became less baited. In fact, the whole baiting and dancing lessened.

- Joan L.

Business Section

January Treasurer's Report

– Betty G.M, Treasurer

Two deposits made in December, & one deposit waiting in the P.O. Box.

Account Totals on January Statements, (Generated 12-31-22)

- Main Account: \$23,637.38
- Reserve: \$11,170.20
- NYNAC: \$2,897.90

▶▶▶ *Spring Assembly is around the corner, consider*

Stepping Up to be the NYN AREA TREASURER. *I'm happy to provide support to whoever steps forward.* ◀◀◀

- Please email me with any questions at:

Treasurer@nynafg.com

Deposits:

Check Date	Group #	Group Name	Check	NYN Donation
11/12/2022	D 29	District 29	337	\$100
11/15/2022	64625	Sunday on Serenity AFG	206	\$78
12/15/2022	9612	Wed AM AFG Binghamton	1566	\$30
12/15/2022	9612	Wed AM AFG Binghamton	1570	\$275
12/8/2022	10139	Tuesday Night Syracuse AFG	4610	\$50
12/12/2022	38151	We Are Not Alone		\$10(*)
	63806	Monday Courage to Change	MO	\$25
12/6/2022	501783	Serenity Seekers AFG	1705	\$20
12/7/2022	10296	Thursday Morning Sherrill AFG	2767	\$50
5/24/2022	9696	Cortland AFG	1279	\$11(*)
12/7/2022	9783	Hamlin Sunday Niters	5865-2157	\$20
12/11/2022	3060-6210	Progress Not Perfection	MO	\$30
12/10/2022	51509	Courage to Change	MO	\$30
Total Donations Am'ts				\$729

NOTE: (*) next to amt. indicates NYN Subscription.

Bills and reimbursements through December 10, 2022

Date	Check #	Expense	Amount
10/31/2022	1739	Group Rec - ink	\$296.69
10/31/2022	1750	Alateen Coordinator	\$180.00
11/10/2022	1751	Archives	\$160.15
11/26/2022	1752	Treasurer	\$99.14
12/10/2022	1753	Fall Assembly Immaculate Conception Parish	\$100.00
12/19/2022	1754	AFG Inc. (WSC Equalized Expense Payment)	\$2,687.10
1/2/2023	1755	U.S. Postal Service – P.O. Box Annual Fee	\$166.00
1/2/2023	1756	Delegate	\$204.01
1/5/2023	1757	NYN Fall Assembly 2023 (seed money)	\$1,000.00
1/7/2023	1758	AFG Inc. (NYN Donation to WSO)	\$5,000.00
Total Expenses			\$9,893.09

February Treasurer's Report

Deposits: One in January.

Check Date	Group #	Group Name	Check#	Donat'n
12/27/2022	30669070	Wednesday 6PM Crescent	9887	\$75.
12/24/2022	30702163	Sunday Clifton Park	9890	\$50
12/31/2022	30529340	Monday Night Fly Rd AFG	1650	\$10
12/31/2022	9679	Faith AFG	1151	\$20
12/29/2022	40786	Days of Healing AFG	110	\$10
12/19/2022	30524821	Tuesday Night AFG of Bemus Point	416	\$45
1/3/2023	37943	Fayetteville Thursday Morning AFG	4792	\$34
1/1/2023	30576552	Serenity Seekers AFG	342	\$25
12/27/2022	9763	Caring and Sharing AFG	161	\$45
1/9/2023	9640	Task AFG	1514	\$10(*)
Total Donations Deposited on 1/18/23				\$324

NOTE: (*) next to amt. indicates NYN Subscription

Bills and reimbursements through January 31, 2023

Date	Ck #	Transaction	Debit
1/9/2023		Transfer to Reserve	\$5,771.44
1/31/2023	N/A	Stop Payment Cost for Check #1757 – lost in mail	\$36.00

▶▶▶ Our 2023 budget is \$20,000, and we have estimated donations will be \$8,000. The excess amount was transferred to reserve so that the primary account would start the year with a balance of \$12,000. The primary account should cover our budget.

▶▶▶ Account Totals on February Statements, Generated 1-31-22

Primary Checking Account Balance January 31, 2023	\$ 13,492.01
Reserve Account Balance January 31, 2023	\$ 16,941.64
NYNAC Balance January 31, 2023	\$ 2,996.90
Total Funds	\$ 33,430.55

▶▶▶ Sage Ruddy Mutual Funds Balance December 31, 2022, Statement: \$2,478.95

“Group Finance Guidelines” – (Shall be published in the January NHL each year):

The Suggested Guidelines for Group Treasurers (which includes NYN mailing address) should be published in the Area newsletter each January.

Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions

In keeping with Tradition Seven, A group's membership is the source of its funds. Assistance from sources outside of Al-Anon or Alateen violates this Tradition. There are no dues or fees to attend Al-Anon or Alateen meetings. . . . Group

funds are used to support Al-Anon's purpose of carrying its message of help and hope to those who still suffer.

Group contributions support all levels of Al-Anon service including the District, the local Al-Anon Information Service (AIS/Intergroup), the Area, and the World Service Office (WSO).

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Groups are within their autonomy to create a financial budget to plan for the purchase of literature, refreshments, the group's trust servants' expenses to attend business meetings, purchasing *Al-Anon Faces Alcoholism* as a public outreach project and contributions to the service arms. Some groups take additional collections for special local projects within the District or Area. If necessary, groups can add to the voluntary contributions by having fund-raising events. (See "Financial Matters" in the "Digest of Al-Anon and Alateen Policies" section of the *Al-Anon/Alateen Service Manual*.)

Warranty One: That only sufficient operating funds, including an ample reserve, be its prudent financial principle.

The spiritual principle of prudence suggests that groups avoid accumulating money beyond current needs and a small but ample reserve, with just enough funds to pay the GR expenses to Assembly and group expenses for a couple of months. This can be decided by making an informed group conscience decision. (See *Reserve Fund Guidelines* [G-41]).

Group expenses may include:

- Rent (may include insurance) for a meeting place. If necessary NYN carries a policy that covers groups.

- To request a certificate of insurance, go to:
<http://www.nynafg.com/pdf/coi.pdf>
- GR's expenses to attend and participate at District and Area Assembly meetings.
- Al-Anon Information Service (AIS/Intergroups) Representative (ISR) expenses to attend and participate at the AIS meetings.
- Conference Approved Literature, including Al-Anon and Alateen books and pamphlets for sale to members. Most groups offer low-priced pamphlets and leaflets to newcomers and members at no charge.
- Miscellaneous expenses agreed to by the group conscience such as babysitting, public outreach activities, refreshments, etc.

The Group supports Al-Anon/Alateen financially at all levels of service by contributing to:

- Their District
- Al-Anon Information Service (AIS/Intergroup)
- World Service Area (state/Province) structure that serves the group:
NYN Al-Anon Family Groups
P.O. Box 64176
1485 Howard Road
Rochester, NY 14624

- World Service Office (WSO) which serves all groups.

Excerpt pages 55-56, Al-Anon/Alateen Service Manual 2018-2021

Officers & Coordinators of NYN – Contact with any questions or concerns you have.

Officer:	Name:	Email
Chairperson	Carol C.	chairperson@nynafg.com
Treasurer	Betty GM.	treasurer@nynafg.com
Secretary	Cathy W.	secretary@nynafg.com
Delegate (&Forum)	Kathi D.	delegate@nynafg.com
Alt. Delegate	Emily K.	altdelegate@nynafg.com
Immediate Past Delegate	Molly C.	ipd@nynafg.com
Alateen	Mary S.	alateen@nynafg.com
AAPP	Mary D.	amias@nynafg.com
NYNAC	Leslie C.	nynac@nynafg.com
Conventions	Jim M.	convention@nynafg.com
Group Records	Joan L.	records@nynafg.com
Archives	Maria S.	archives@nynafg.com
Literature	Diane C.	lit@nynafg.com
Newsletter	David N.	newsletter@nynafg.com
Web Coor- dinator	Ellen V.	web@nynafg.com
E-Meeting Host	Michael R.	emeetinghost@nynafg.com
Public Outreach	OPEN	
Presentation	OPEN	

PANEL 61 2021-2023

**Speakers!
Panels!
Activities!
Snacks!
Coffee!
Basket
Raffles!
50/50!**

**Saturday, April 22,
2023**

**Dryden
Fire Hall,
26 North
Main
Street,
Dryden,
NY 13053**

**Recovery:
A Time to
Grow**

**Day of
Sharing**

District 10

**Registration
8:30am to
9am**

**Sharing 9am
to 1pm**

Donation: \$3

**Hosts:
Ithaca,
Dryden,
Cortland AFG**

2023 Al-Anon Calendar

Fundraiser to benefit the
Al-Anon portion of the
Flower City Fellowship Convention
March 3-4-5, 2023
Rochester, NY

\$15 each

Paypal, Venmo, credit cards accepted

<https://tinyurl.com/2023AlAnonCalendar>
<https://tinyurl.com/AlAnonCalendar2023>

For more information: fcfcalanon@gmail.com



NEW LOCATION!
DoubleTree by Hilton
1111 Jefferson Rd Rochester, NY 14623

AA and Al-Anon
Meetings
Speakers
Panels
and
more!

NOTE: Banquet
Registration NOT
accepted after
2/3/2023

Register before 1/20/2023
for discounted pricing!

FLOWER CITY FELLOWSHIP CONVENTION

March 3-5, 2023

For more Al-Anon information:
email: FCFCAlanon@gmail.com
or go to AISRochester.org

**FREE
Parking!**

Register here: <https://www.rochesteraa.org/2023-convention-information>

SAVE THE DATE!!!

2023 NEW YORK NORTH AREA HYBRID SPRING ASSEMBLY

May 19, 20, and 21, 2023

IN PERSON DATE: May 20, 2023

Immaculate Conception Church
Dwyer Hall
400 Salt Springs Street
Fayetteville, New York 13066
(Entrance and parking are in the back of the church, off Sheffield Ln.)



HELP WANTED!

Would you be interested in helping us out?
You and your Group can help make a difference
And, you get back much more than you give.

Volunteer for an hour or two for the following areas **(no registration required)**

Hospitality Area—Volunteer to help with the ongoing refreshments or donations of food

Registration—Help register people Saturday and meet you fellow Al-Anon members

Literature—Help sell Al-Anon and Alateen literature and meet your fellow Al-Anon members

Greeters--welcome and help orient members when they arrive on Saturday at Dwyer Hall

Are you unsure of what you'd like to do but are willing to help out? Ask any Committee Member.

NO EXPERIENCE NECESSARY!

TO VOLUNTEER OR FOR MORE INFORMATION, CONTACT Jim M. at convention@nynafg.com

AL-ANON / ALATEEN VOLUNTEER SIGN-UP SHEET

2023 New York North Area Spring Assembly

SATURDAY, MAY 20, 2023 HYBRID - IN-PERSON AND ZOOM

REGISTRATION	HOSPITALITY	BASKETS/50-50	LITERATURE	GREETERS

QUESTIONS? Jim M. 315-491-5954 sponsorjim@yahoo.com



NORTHERN HI LIGHTS SUBSCRIPTION FORM

- **NO COST** for an **ELECTRONIC COPY**
- (*) Please consider \$10/yr. donation for mailed copies.

DELIVERY: ☐ Email, or ☐ *Snail-Mail **TYPE:** ☐ New, or ☐ Renewal

Name (or Group Name): _____

Email: _____

Address: _____

If applicable: Group WSO # _____ District # _____

➤ **Mail Subscription donations to:**

NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY 14624

➤ **For subscriptions, address changes or updates:**

➤ **Mail:** Group Records, 135 Berry Road, Fredonia, NY 14063

➤ **Or e-mail:** records@nynafg.com

Submissions for **March** Northern Hi Lights Due by: **February 15**, Topic: **"Service"**

SENDING DONATIONS TO NYN: Please send by check or money order. -- DO NOT SEND CASH!!

Make payable TO: -NYN Area Assembly, PO Box 64176, Rochester, NY 14624 -- Please include Group's registered Name and Group's ID



DISTRICT 12 : DAY OF SHARING RECONNECTING IN RECOVERY

Saturday, April 22, 2023
9:30am - 3:00pm

Registration: 9:30am
Program starts at 10:00am

Suggested Donation: \$5.00

Hamburg United Methodist Church
116 Union St., Hamburg, NY 14075
parking available in the back



WHAT'S NEEDED?

Consider Donating a Basket



50/50 | Basket Raffle | Speakers | Breakfast & Lunch

Questions or interested in Volunteering?
Please contact: wnydistrict12@gmail.com

Northern Hi Lights
135 Berry Road
Fredonia, NY 14063