



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

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# Northern Hi Lights

*Al-Anon News from New York North Area*

## Thoughts From Our Area Chair:

"Courage to Change the Things We Can." Before attending Al-Anon, I thought that if I had the courage to change things, that was all that mattered, and I could change anything. I struggled with the things that didn't change, even though I was sure I had tried my hardest to make them change. I had the courage to face things and try to force the solutions that I was certain should happen. Why wasn't anything changing? *As I look back, I can see there was always something missing; and it's one of the biggest lessons I have learned in Al-Anon. That missing piece was Wisdom, the Wisdom to know the difference in what I could change and what I couldn't change.*

Today, I am gaining the wisdom to examine things in a different manner. I look at situations I'm struggling with and ask myself; "Is this something that I can change because I want it to change, or can I change something in myself that will make a difference in the outcome?". I have learned that it's fruitless to try to change some things just so they can be the way I want them. True courage is to know what wisdom is and understand what is mine to change. This thinking hasn't happened overnight, and doesn't happen every day. I have to continue to do the footwork by consciously examining myself and my motives. I ask myself, "Am I trying to change this because it's not the way I think it should be? What's the payoff? Do I want the change for selfish reasons?" Other questions I try to ask myself are, "Is it worth it? Would I rather be happy or right?" Today I choose to be happy as much as possible. I can share my thoughts on why I think something should be changed

*Continued on next page.....*

**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](mailto: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](http://www.nynafg.com)  
WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

and leave the rest up to the Higher Power. I haven't mastered it perfectly, sometimes it still takes a few times of me sharing my thoughts or reasons why I think change should occur; however, those times are becoming fewer and fewer. *Service in Al-Anon has helped me learn something very valuable, and that's wisdom.*

**2014 is the final year of Panel 52 in New York North (NYN). We have a busy year ahead of us:**

\* Many of the Officers & Coordinators will be doing their Service Position Presentations at the Spring Assembly.



\* We have a committee working on updating the Service Position Descriptions, and have come up with a Service Resume to be used for the elections in the fall.

\* As an Area, we also need to decide how we would like to proceed into the next panel regarding presentations.

\* I will be working on the inventory results and have them posted to the website prior to the Spring Assembly. Hopefully we will have a chance to discuss the results in Niagara Falls.

\* We also need to finalize discussions relevant to the **NYN Alateen Requirements & Guidelines** and get the final updates placed into policy. Please take the time to review and provide your feedback sooner rather than waiting until the Spring Assembly so questions and concerns can be clarified, worked on and resolved. Some of the current Requirements & Guidelines have been in place as far back as 1999.

**\* DRs (District Representatives), please begin discussing the proposed Alateen Requirements & Guidelines at your District Meetings. No voting member should arrive at the Spring Assembly unaware of what has been proposed or had a chance to share their thoughts prior to the Spring Assembly.**

Use your links of service: contact your DR who can reach out to the AWSC (Area World Service Committee) or the NYN Alateen Coordinator to answer your questions and express your thoughts and concerns, or contact the NYN Alateen Coordinator directly. You can feel free to reach out directly to me, and I will get the answers to your questions, relay your concerns, etc., etc... to the committee. As an Area, we need talk to each other and reason things out while having mutual respect for one another. We can achieve this by bringing the Higher Power into the discussions, by placing

principles above personalities and by looking to the Traditions for the answers. I remember Ruth told us in her Delegate's Report from the 2013 World Service Conference (WSC) that the Delegates were continually reminded to keep three points in mind during discussions and decision making at the Conference. Those three points were:

***Is it accurate?***

***Does it provide clarity?***

***Can we live with it?***

As an Area, we need to ask ourselves these questions as we put the updated Requirements & Guidelines into place to protect the Alateen members, Alateen group sponsors, AMIASs, as well as NYN and Alateen as a whole.

***The proposed Alateen Requirements & Guidelines updates can be found on the website at: <http://www.nynafg.com/pdf/2013/0921-alateenGuid.pdf>***

I wish you all the best in 2014.

Together We Can Make It,

**Pam A.**

**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,

Happy New Year to all. January is one of my favorite months: It's my Anniversary month. Over the years, I find myself reflecting during this time of year on where I was when I came to Al-Anon, and where I am now. One reason is to remember what I was like before Al-Anon. This is important to me because I never want to go back to that place. Only in remembering what I was like can I insure I do all that I can to stay healthy, to attend meetings, to read Conference Approved Literature (CAL), to talk with my sponsor and other members and to use the Twelve Steps and Traditions in all areas of my life.

This month's theme is "Courage to Change the Things We Can." What a great tool to help me with my reflection. When I walked into my first meeting, I was a mess; everything in my life was falling apart. Like the juggler on a TV show, I had so many plates spinning -- my role as a wife, a mother, a daughter and an employee, to name a few.

At the time, I knew who I was by the roles that I played; that was my identity. Back on that early day in January all those plates began to fall. One after another they came crashing down. I was devastated; I had no idea who I was anymore. For so long I had been able to keep everything spinning, and now they were all laying broken at my feet. I had no idea what to do.

By chance, I came to my first meeting that night. Not because I thought it would help; in fact, the only reason I was going to this meeting was to show people who were recommending Al-Anon to me that I did not need to be there.

I will tell you I did not remember much of what was said in that first meeting; I wasn't listening. I went home and told the alcoholic in my life (who was in recovery) that I did not need Al-Anon, I wasn't like those people and I wasn't going back! I held out for a month. During that time I did nothing but cry. My life had fallen apart, no matter how hard I had tried. Also, during that time, I did think about that meeting; I thought about how happy the people in that meeting were. I longed to be happy. Gradually, I began to think that maybe if I went back to that Al-Anon meeting they could tell me how to be happy again.

After a month, I went back. I began to listen to what people said. I learned that I was more than the roles I had played all my life; that I had to let go of a lot of things and people. I learned that I could be as happy as I chose to be, but in order to do so, I was going to have to look at what I could change and what I could not change in my life. The one thing I could change was myself. I knew I wanted to change, that my goal was to be happy. My courage came with the help of my Home Group and with the help of my sponsor. Their sharing their own experience, strength and hope helped give me that courage to change.

Again, I love to reflect this time of year, on where I was when I came into these rooms and where I am now. With the help of the fellowship, and the strength and love of my Higher Power, I will not go back to where I was before that cold January evening.

As many of you know, New York North (NYN) put in a bid to host the July 2014 "Meet and Greet with the Board of Trustees." We were one of 31 Areas that put in a bid, and we were not chosen for this first "Meet and Greet." The event will be held July 19, 2014 in the Newfoundland/Labrador Area. Hopefully, the Board of Directors will decide to make this an annual event. I'm sure if that happens NYN will submit another bid.

Gratefully in Service,

**Ruth S.**

*Deadline for submissions to the March 2014 issue of NHL is  
February 15, 2014  
Topic: "Asking for Help"*

## Immediate Past Delegate:

One of the first things I learned in Al-Anon was the Serenity Prayer; and for some time it was the tool that I went to when something was going on that I was trying to deal with--three simple lines to remind me that there was much over which I had no control; that the only person I could change was me; and that if I did that, it would be possible for me to have some peace in my life.

The theme for this issue of the *Northern Hi Lights (NHL)* is, "Courage to Change the Things We Can." When I think about the meaning of this phrase, I know that whatever it is that I need to change, I need to hold it up to the light of the Twelve Steps.

In the first three Steps, I admit my powerlessness; I acknowledge a belief in a power greater than myself; and I come to know that with dependence on my Higher Power it will be possible to change whatever it is that I need to change. The next six Steps allow me to begin to uncover the defects of character which have caused me trouble, but have given me an opportunity to begin to change my behavior and to make amends for the wrongs I have done. The Tenth Step encourages me to continue the process of a daily self-examination, and the making of amends to help keep my slate clean. Now, in Steps Eleven and Twelve, I am encouraged to work on my relationship with my Higher Power, or the God of my understanding, and to practice the principles which I am learning in ALL of my affairs.

How I do this is something that has evolved over time. One of the things I try to do on a daily basis is read from our daily readers. In particular, I do a reading on pages 214-15 in, *As We Understood*. For me, this reading is like a walk through the Twelve Steps. At any time during the course of a day when I am having difficulty with a situation, I can go back and reread it. Some of the other tools of the program that I use include going to meetings, talking to my sponsor or other trusted members in the program and reading various pieces of our Conference Approved Literature (CAL). These are the places where I begin to find my answers, and where I find the courage to begin to "change the things I can."

Simply doing my morning readings, I was struck by how the reading on page 349 in *Hope for Today* addressed this very topic; this is just a sample of how and where I find the courage to change the things I can. Most importantly, it is my connection to the God of my understanding that allows me to figure out what it is I need to change and how I can change what needs to be changed. Without my

Higher Power's involvement, little if anything is possible.

Another factor that aides me in having the courage to change is my involvement in service. *For me, service comes out of my love for what the Al-Anon program has given me.* Frequently, the things I am asked to do in service take me to places where I need to work on my various defects of character. In the process, I am challenged to find new ways of doing specific tasks; and this is possible when I pick up the tools that the Al-Anon program has given me and I put them into practice.

"Courage to change the things I can" comes when I connect with the God of my understanding through prayer and meditation, as suggested in the Eleventh Step, and I ask for the courage to hear and to follow the direction of my Higher Power. We may not always do this successfully; but as we see it work in our lives and the lives of others, we are encouraged to continue to work on this process of prayer and meditation and reaching out to our Higher Power.

*Simply saying the Serenity Prayer may be all I need to do to know if there is something I need to change.*

Grateful to be in service,

**Elaine R.**

## Newsletter Coordinator:

This issue of your newsletter is the first issue to be printed, labeled, and mailed out by John O., our Web Coordinator.

When John read my last report showing that it was costing the New York North Area \$5 each for us to print and mail out approximately 31 copies of the newsletter (now that we have fallen below the bulk mailing rate), he generously volunteered to give it a try. Thank you John! I see this as one example of "Courage to Change the Things We Can."

One of the things I, personally, am hoping to change in this new year is to let go of anything that doesn't serve or support me. I will be asking my Higher Power to help me know what these things are. Besides just physical "stuff," these things will most likely include attitude shifts about myself and others, and the natural world around me.

With gratitude,

**Gwenne R.**

**Area Treasurer:**

Greetings to My NYN Family!

It seems that all Treasury materials now appear to be in one location. As promised in the last newsletter, I would like to acknowledge receipts from the Groups and Districts since September through December, 2013. Thank you so much for your faithful contributions!

Searching for Serenity #60736	20.00
District 19	100.00
Thurs, Skan #30590270	20.00
District 10	30.00
Days of Healing #040786	65.00
Spiritual Awakening #27134	20.00
Wed Morn Step #009612	10.00
Keep It Simple #10307	10.00
Tonawanda Serenity #00501324	20.00
Circle of Hope #054280	19.75
Madison Irving #045551	31.00
Fri Night Alive #037324	25.00
Serenity on Sat #064625	25.00
Woman's 12 & 12 #066032	75.00
District 8	200.00
District 18	125.00
District 3	50.00
Canan Mon Noon #0024271	30.00
Circle of Hope #054280	13.00
District 6	40.00
Group #00062001	10.00
Living for Today #0032150	12.00
Ithaca Sun Morn #066231	7.50
Fresh Start #053282	25.00
Sherrill Thurs Morn #10296	50.00
Sat Morn #00500955	35.00
New Beginnings #000039782	60.00
Tues #066230	15.00
The Hope Ctr #30582963	33.60
Penn Yan #010087	20.00

THANK YOU!!

This month's topic is "Courage to Change." When I came into Al-Anon, I had no courage to say anything. Through the Al-Anon program, I found the courage to say what I mean, mean what I say, and (HOPEFULLY) not say it mean. I just love the Al-Anon program and all the gifts it has given me. I am truly blessed!

Best Wishes for 2014!  
In Service,

**Linda A.**

## Alternate Delegate/ Forum Coordinator:



January 2014 marks the **60<sup>th</sup> Anniversary of Alanon's Forum** magazine.

**To honor this milestone, everyone is invited to suggest a favorite Forum sharing for possible reprint during the coming year.**

Send the title of the sharing, and the month and year that it was published. The *Forum* will reprint one or two in each issue beginning January 2014 through December 2014. Send this information to The *Forum* Committee at the WSO (World Service Office). Let us celebrate 60 years of sharing recovery, unity, and service!

Other ways you can celebrate:

- Have a *Forum* Writing Workshop during your "Days of Sharing" and send all of the submissions into the WSO.
- Have a Birthday Party. Give everyone a ticket to have a chance to win a free subscription to the *Forum* (you can do this by taking up a collection at each meeting until you have enough to cover the cost) and present it to that person. (Have balloons, confetti, etc., as they do when the "Millionth Shopper" wins something at the super market).
- Have people read the pages about the history of the *Forum* from the book, *Many Voices One Journey, Al-Anon Family Groups (B-31)*. After this is done, type up a quiz and do a trivia contest with it. Give a copy of the *Forum* to the winner.

Wishing you all a wonderful year of recovery!

**Diane C.**

## Web Coordinator:

It has been a quiet month for inquiries from our website. Chances are, people are able to navigate it, find what they need, and not have many questions for me.

This month's topic, "Courage to Change the Things We Can," makes me grateful I found my way to AI-Anon. Courage was not my strong suit. It takes good self-esteem to have that courage, hard to find in dysfunctional families. I feel lucky, and amazed, that I made the right decisions early on in AI-Anon. At first, it was hard for me to just go to a meeting and be surrounded by women, with my fear of them. I realized that if I wanted to recover, I had to do it. Along the way, a member came back from a seminar, and said she had learned that FEAR stood for "Face Everything And Recover." Is there any other way?

It is frustrating at times, trying to get members to volunteer. Maybe they aren't as needy as I was. I just volunteered for a couple of new duties, out of love of the program, and of myself. I want to be happy. It doesn't come naturally to me, so I have to work at it. When I reach out to others, I am being proactive, making progress in the battle to be happy.

John O.

### SCAVENGER HUNT

**CHALLENGE #12:** Do the Trustees have a legal right of veto over the Conference?

**ANSWER:** See pg. 197 in your *Service Manual*.

## Archives Coordinator:

Greetings,

This month's topic is "Courage to Change." In reviewing the topic and reflecting upon "*change*" in my life during the past 10 years, I know that I have learned *patience* through *acceptance*; the acceptance that change, for me, is a permanent, full-time task that only I can put into practice. I try to remember to accept what I am able to accomplish without getting discouraged. My goal is always "*Progress not Perfection.*" I appreciate, with "*Gratitude,*" when Program friends compliment me on my growth. **Continued in next column...**

Our Archives remain in the Syracuse AIS basement, and we have been adding items that members have been sending us. January usually brings resolutions. For many of us it also means the beginning of a year devoted to pairing down, giving away or discarding items we may no longer want or need. If you find yourself in that position and have something you feel may be of value to NYN (New York North) Archives, feel free to contact me. You will find my contact information in the *Northern Hi Lights*.

***Please contact me via phone, letter or email before dropping off or sending anything to Archives. Sometimes the articles you have may be more valuable to another place such as your local Area or even World Service.***

Wishing you and yours a "Peace and Joy" in 2014,

Kathy M.

## Convention Coordinator:

Happy New Year everyone. I hope you all had a wonderful Holiday Season.

Now, to get back to business. It is time to start planning for the Spring Convention/Assembly if you haven't already done so. When I give my report at a Convention/Assembly, I always stress the importance of deadlines. This is never more important than for the 2014 Spring Convention/Assembly in Niagara Falls.

### ***Important Notice:***

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

The theme this month is "Courage to Change the Things We Can." We can all do this by adhering to the set deadlines. It will help the Planning Committee with all the work they need to do. If you have any questions or concerns, please contact me at [convention@nynafg.com](mailto:convention@nynafg.com). I will help you in any way I can.

Yours in Service,

Maureen K.

## NYNAC Coordinator:

As a new year approaches, I have begun to think about ways to bridge the gap between Al-Anon and Alateen. Here in the Buffalo area we are forming an Alateen task force which will meet in January. We hope to build on areas of interest with Alateen. What can your group do to bridge the gap between Al-Anon and Alateen? *One simple way is to use Alateen literature as a meeting topic in your home group.* Is there is an Alateen meeting where your meeting is held? Take some time and talk to the teens. They are so interesting, fun and intelligent. That's how I became interested in becoming a Sponsor.

Changing the Things We Can: I cannot change people, places or things.

Here are some of the things I can change:

My attitude

My thinking

How I treat others

How I treat myself

How I listen to others

My relationship with my Higher Power

What I say and what I don't say

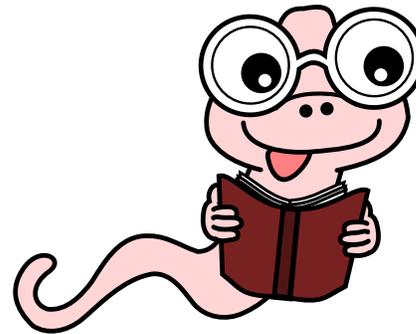
Where I go and what I do

Lynda C.

## Literature Coordinator:

Hi Everyone,

It has been snowing here in the Finger Lakes, as well as the rest of New York North (NYN), for a couple of days now, and when it is like this I am going nowhere except for a walk. I just came back from my walk, and it was so quiet with the snow falling and almost no wind. I could hear the snow geese overhead and the crunch of the snow beneath my sneakers. This, for me, is peace and serenity, prayer and meditation, a time to think about our topic for this month – "Courage to Change the Things We Can."



***Our new Service Manual, 2014-2017 (P-24/27) is available on the Members' Website, [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members).***

***Complimentary printed copies will be mailed to groups very soon.***

When I came back into the program twelve years ago, I didn't have much peace or serenity. I knew I needed help and I knew where to go for that help, back to Al-Anon. I was ready for a change. I felt afraid many times in my life and slowly, very slowly, Al-Anon is helping me work through my fears and to have the "courage to change the things I can," (which comes down to changing myself.) Being involved in service is helping me with responsibility, communicating, and working with others – which I love. It all makes me feel better about myself.

In this New Year, a reminder: ***We have two pieces of literature that are in the works, a pamphlet to address "parents and grandparents whose children (teenagers and young adults) are problem drinkers," and a new piece on "intimacy."*** Both sharing sheets are available on the Members' Website and the NYN Website.

Happy New Year to all and the courage to change what "we" can!

Gratefully,

Pat H.

## Alateen Coordinator:

Our topic this month is "Courage to Change the Things We Can." That means me. I have a lot of things to change about myself, and the thing that I most need to change, I can't seem to get willing to do right now. I need to pray on this and trust that my Higher Power will help me to accomplish this. My two obstacles seem to be fear and lack of trust that it will be okay. Since the new year will be here when this article comes out, maybe I will have been able to trust my Higher Power and do it anyway despite my fear.

We, as an Area, will also need to face changes in this coming year.

***We will be discussing the Alateen Requirements and Guidelines, hopefully before the Assembly, but definitely at the Area World Service Conference (AWSC) and the Spring Assembly/Convention.***

We encourage Alateens to come and have a voice, but remember you have to be a GR (Group Representative) to have a vote. We can talk things over and reason things out. We might be surprised that we all want the same things, but are just viewing them from different perspectives.



Alateen Requirements came from World Service in order to help us all be safe, and they are New York North (NYN) Policy. **The Alateen Requirements and Guidelines are on the <http://www.nynafg.com> website under "policies and guidelines."** These are the old ones. The new ones with updated wording are under "NYN Newsflash" (it is near the bottom of that page.) **The green type is what was added; the red type are the items to be removed.** Print them both off so you can compare and talk about it at your District Meeting. **If you would like to see the actual World Service Office (WSO) motion involving Alateen, it is listed under WSO Policies and Communications and as WSO Alateen Policy.** If you have any questions, please call or e-mail me (my information is on the last page of the *NHL-Northern Hi Lights*).

This new year also means that it is the last term for your trusted servants, so keep in mind the opportunity to stand for an Area position. You can be an AI-Anon member to do any position other than Officer positions. You have to be a past or present District Representative (DR) to be an Officer. Consider an Area position for a three-year term and remember, we do not have to do it alone; there are others who have done the job before and will be more than happy to guide us, as we all grow together. That is what service is all about. It is learning to work with others and trying new things. We all do things differently and, believe me, when we do it wrong we can apologize and try again.

**Lynda S.**

*New York North's 2014 Spring Convention*

*May 16-18<sup>th</sup>, 2014*

Group rate is available from May 14—19, 2014  
Group rate cut-off is 4/16/2014 and is subject to availability.

*Sheraton at the Falls*

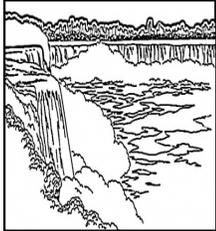
*300 Third, Niagara Falls, NY 14303*

*Please ask your groups to donate baskets for the raffle.  
Also, if you would like to make a cash donation to Hospitality you can do so  
individually on the registration form or if your group would like to donate to  
hospitality, please make checks out to:*

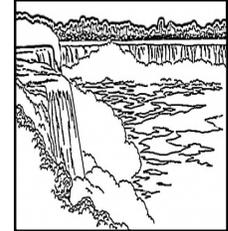
**NYN Area Assembly/2014 Spring Assembly and send to:**

NYN AFG 2014 Spring Assembly/Convention  
PO Box 126,  
Depew, NY 14043  
Attention: Hospitality

**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**  
 Or visit website listed below

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



**Room Rate: \$126.44 per night**  
 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**  
 And is subject to availability

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 approv-  
 al. 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 Area Assembly/2014 Spring Assembly

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	\$
	Donation to Hospitality:	\$
Phone #: (     )		
E-mail:	<b>TOTAL ENCLOSED</b>	

**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 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
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