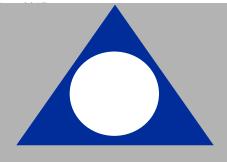
Northern Hi Lights Volume 45 Issue 5



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

Inside This Issue

Topics: Various

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Northern Hi Lights

Al-Anon News from New York North Area Area Delegate

Hello NYN,

It was nice to see so many group representatives at the Spring 2017 Assembly in Buffalo. I do hope that you enjoyed hearing my delegates' report, and for those who weren't there, it's available on our website at: www.nynafg.com. I noted in my report that New York North groups gave a total of \$20,703, which comes to an average of \$118.93 per group. I also noted that only 58.8% of our groups gave. The average groups contribution throughout the USA/Canada is \$116.46, but this is 64.7 percent of groups. Our percentage of groups is lower, but we average about the same per group. We were also told the average cost per group for services from WSO is \$261.10. This includes Al-Anon and Alateen groups. How did they come up with this amount? Let me share with you:

Total Expenses: Less donated non-cash services Less literature distribution services Adjusted total expenses

\$5,142,214. (187,767) (806,716) 4,147,731

(Delegate, continued on page 2)

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: <u>newsletter@nynafg.com</u> 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 2014Service 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 onrecord 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: <u>www.nynafg.com</u> WSO: <u>www.al-anon.alateen.org</u>

Less Forum expenses:	
Postage	\$99,225
Printing	69,384
Forum before overhead	168,609
Estimated Overhead	82,197
Total Forum Expense	250,806
Estimated cost of group services	3,896,925
Number of US & Canada Groups:	14,925
Cost Per Group: \$261	

Please share this with your group! Is your group contributing to help carry the message? **Think Abundantly.** Love in service,

Diane C.

Public Outreach Coordinator

Hi Everyone,

Thank you to District 12 for a wonderful Spring Assembly/Convention. As usual, it is so nice to see friends that I haven't seen in awhile, and to make new friends.

I mentioned in my report at Assembly that my term is up at the end of this year. We have accomplished so much together so let's keep it going! Consider stepping up for this rewarding position so we can continue sharing our wonderful program to those in need.

- Time to order Al-Anon Faces Alcoholism 2018.(AFA) Deadline is July 5th, 2017. On the 2018 AFA, you will notice a new cover design: the heading emphasizes Al-Anon's purpose. Title and year of the magazine is now the cover's bottom line. Also, there will be more space on the back cover to fill in local Al-Anon contact information.
- The WSO is excited to announce that they are expanding Alateen social media outreach to include Twitter. It can be found at twitter.com/Alateen_WSO or by following the links at al-anon.org
- The NY State Fair, our largest outreach event, is 8/23-9/4/2017.
- The new PSA's are out on the WSO website. I have sent the listing of TV and radio stations that have aired our PSAs' in the past to the DRs' and our public outreach

coordinators in NYN, along with a guideline that I put together explaining the procedure for contacting the stations. Please remember that when we see or hear these PSAs', it's important to send a thank you note to the stations airing them.

Let me know what is happening in your district. Together we can make a difference,

Pat H.

Alateen Coordinator

As I write this article I am preparing to attend the NYN Assembly in Cheektowaga. I can't believe I am in my last year of service as the Alateen Coordinator; time has surely flown by.

Currently, Mary Beth G. my assistant for this year's AMIAS (Al-Anon Members Involved In Alateen Service) recertification is busy processing the certification forms being returned by AMIASs. If you have not sent in your form please do so now; failure to do so can result in being inactivated. Also, all Alateen Group CMA (Current Mailing Address) AMIASs must return the yearly Alateen Group Update Form to my attention ASAP. It is important that we have the most updated information on file for all Alateen Groups. Most importantly, what AMIASs are attending the group on a regular basis. I have also established an Alateen Guideline Review Committee of six people made up of all registered AMIASs serving in different areas within NYN. We are starting with the NYNAC Guidelines; once completed we will forward them on to our NYN Delegate for her input before presenting them to NYN Area World Service Conference.

I love the topic for this month "My Future In Al-Anon." It didn't take a lot of thought because I know deep inside that this program will always be a vital part of my life. I hope to continue doing service such as being a personal sponsor to another member, being a group representative or volunteer at my local AIS Office. Most important I want to continue to grow, become a better person and continue growing closer to my Higher Power. I wish everyone a safe and fun-filled summer. Love in service,

Walt S.

Area Chairperson

Hello NYN,

Well, it's June so the Spring Assembly is over and we're getting ready for the Fall Assembly. I am getting ready to schedule the Fall AWSC meeting. Make sure any new District Reps know that they are responsible for attending this meeting and taking the information back to the groups in their districts.

How important is it? Good question!

Resumes, resumes, resumes!

How important are resumes? Only as important as you want your recovery to be in the program. If you didn't pick one up at the Spring Assembly, you can find it on the <u>nynafg.com</u> website. You can also go there to find out about the necessary experience you need in order to serve at the area level. There are many varied opportunities to serve in the NYN area. When someone takes the risk to stand for a position, we all benefit. Please consider standing for a position or giving someone a nudge to let them know that you think they would be a good fit for the position.

Susan A.

Group Records Coordinator

Hello Everyone,

Our topic this month is How Important is It? Well for me in relation to Group Records it is very important. We have 9 groups in some form of noncommunication with WSO and New York North. Please check to see if your group is one of them or if you know the contact information for any of them. District #1 Amherst Adult Children AFG No mail status

District #2 Scottsville AFG No mail status District # 7 Joy in Recovery AFG No mail status District # 10 Progress not Perfection AFG No mail status

District # 10 Weekend 9:00 AM AFG No mail status

District # 13 7 Clan AFG Bounced email statusDistrict # 17 One Step at a Time AFG Bounced email status District # 17 Happy Steps to Recovery AFG Bounced email status District # 18 Madison Irving AFG Bounced email status We also have one group in the status of reported not meeting. It is: District # 26 AFG c/o Adam B. I sent a letter and it came back undeliverable to a PO Box. Thanks for any information you can provide. Love in Service,

Lynda S.

LiteratureCoordinator/ Alternate Delegate/ *Forum* Coordinator

Dear NYN,

I am copying to you the latest news from WSO's Associate Director of Literature, Tom Coffey. 2018 Calendar Quotations: For the last five years, the WSO has provided CAL quotations that could be used by service arms in fundraising calendars without seeking written permission. The WSO posted 20 quotations for use in 2018 calendars in March on the Announcements Community of AFG Connects. If service arms submit reprint permission requests for use in calendars, they will be asked to select from the 20 quotations instead.

PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title): In January, the WSO selected a freelance writer/editor for the parents and grandparents pamphlet. The writer/editor, having read the 240 sharings submitted, has completed the first draft of the pamphlet, which the Literature Committee is in the process of reviewing. We hope for the pamphlet to be introduced at the 2018 World Service Conference in English, French, and Spanish.

INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title): The WSO also selected a freelance

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writer/editor for the intimacy book in January, who has read the 1,272 sharings submitted, and selected those to be included. Introductory text for the six sections of the book is currently being drafted. We expect a first draft of the entire book to be ready for review by the Literature Committee in May. If completed on schedule, the book will be available in English at the 2018 Al-Anon International Convention in Baltimore.

NEW DAILY READER (working title): We've received over 10,682 sharings so far for the daily reader. The January issue of *The Forum* included an "Inside Al-Anon Family Groups" article describing the differences between a daily reader sharing and a sharing for *The Forum*, in hopes of clarifying this for the fellowship and attracting more sharings. Provided that members continue to submit additional sharings, we hope to begin looking for a writer/editor for this project by the end of this year. No deadline has been set at this point for submitting sharings, and no publication date has been proposed.

New Addition to *The Forum*: In January, *The Forum* began adding several questions about the Step of the month to the "Instant Meeting" department of the magazine to encourage discussion when used as a meeting topic.

Requests for More Sharings for *The Forum*: The Forum continues to be in shortage of sharings about each of the Steps, Traditions and Concepts of Service for use in the back pages of the magazine. Because of the need for Canadian sharings, in April the WSO staff contacted Canadian *Forum* Coordinators and Delegates to encourage them to hold *Forum* Workshops in their Areas.

THE FORUM BOOK (working title): So far, members have sent in over 441 titles and publication dates of Forum articles that they consider the best of recent years. Please keep encouraging members to let the WSO know which Forum stories they want to see included in this book. And don't forget to send in your own selections!

Gwenne R.

June 2017

Newsletter Editor

Hello NYN,

My age is catching up with me, or maybe it's just bad habits, like relying on my memory. I sent out at least two topics at different times for June's *Northern Hi Lights*. The first one I didn't think I'd sent, and couldn't find where I'd sent it. It was sent alright, and then I sent another, and maybe another. So there it was to confuse all the officers and coordinators, and humble me.

One of the topics sent was "How important is it?" It sure seemed appropriate when I realized what I'd done. It shouldn't be that important, should it? With other errors made, maybe doing this before, I was able to keep itin perspective. The worst part was getting articles on different topics, and feeling responsible for others looking like it was their fault, and what to do about it. Ultimately, I know that no one will make a big deal out of it, except me, of course.

John O.

Northern Hi Lights

Topic for July 2017 issue is:

Meet Me at The Fair

Articles are due June15th, 2017

Treasurer's Report

Dear NYN Family!

I hope to have seen many of you in Cheektowaga!! I always look forward to putting faces to the names on checks when I receive Area Donations!! THANK YOU for your continued support of NYN!!

Since my last report, the following donations have been received in April:

<u>Gr Name</u>	<u>Gr #</u>	<u>Amt</u>
Faith & Hope	30375	21.50
Fayetteville	9742	25.00
UNK	32150	15.00
Chittenango	9677	15.00
Concord	62569	53.00
Tues Bemus Pt	30524821	45.00
AWSC 7 th Tradition	n/a	72.00
District 19	n/a	150.00
Waddington	38657	25.00
Amherst	9577	200.00
Serenity Seekers	30576552	25.00
District 8	n/a	200.00
Tues Survivors	48141	5.00
Josephine L	Individual	30.00
Keep It Simple	66096	60.00
Movin' On	49835	11.00
District 22	n/a	75.00
District 10	n/a	100.00
Woman's 12@12	66032	25.00
Friday	9828	30.00

There were FOUR paid subscriptions for the *Northern Hi Lights* during April.

5

The following expenses have been last reported:	paid	since I
Gwenne R	\$	56.00
Millenium Hotel	3	900.00
Kathleen M		17.88
Walter S		170.01
John O (print & mail newsletter)		47.00
Current Balances are as follows:		
Regular Checking	\$13	,378.55
Reserve Checking	9	,750.20
Sage Rutty Mut Fund	2	,955.40

This month's topic is "My Future in Al-Anon." I cannot BEGIN to express my gratitude for EVERYTHING that the AI-Anon program has given to me!! For all the ways that Al-Anon has changed my life for the better, I will keep coming back for as long as I can!! My family cannot understand why I continue to attend AI-Anon since I am no longer living with alcoholism. I try to explain how very important AI-Anon is in EVERY ASPECT of my life. I have learned so much about myself, and plan to continue to peel the layers of myself to obtain that ever-deeper understanding....understanding that I will never be perfect....that I will always be a work in progress!! THANK YOU, AL-ANON!! Hugs,

Linda 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 and Group's ID Number (Very Important) Hello NYN,

There's a Big Opportunity awaiting that special **District** that steps up and says;

"Yes, we can host the 2019 Spring Assembly/Convention. So what are the steps?" you say.

After thinking it over, check the nynafg.com home page and click on **Area Information and Forms**. Halfway down the screen, click on **NYN Area Convention Guidelines.** Nine pages on how to Host an Assembly/Convention.

After discussing with your District and everyone says, "Let's go for it!" contact me, and at the August AWSC meeting we will surely approve of taking your motion to 2017 September Fall Assembly for a positive YES vote. When approved, the first step is to secure a hotel. If you have a couple of members available this summer, they could look at what hotels there are in your district, and check them out. Not to minimize it, but the only cost would be their time.

Yes, it is a big job, but it really can be fun, and for me always a great learning experience and a time to bond with my district members.

And of course, all of NYN members who spent May 19-21 in The Millennium Hotel in Buffalo area are saying Thank you, thank you to District 12. Awesome!!

2017 Fall Assembly (flyer in newsletter & on WEB) hosts say make your hotel reservations ASAP. Big activity in Syracuse that weekend.

My Future in Al-Anon: When you get to be one of the "elderly" we definitely take it **One Day at a Time,** but that's what my sponsor told me many years ago and it works, so I guess that's what I'll keep doing. Just about the best suggestion I have ever been given.

Immediate Past Delegate

Dear NYN Friends,

Signups for the New York State Fair booth will begin on or about June 1st. As in the past all you have to do is visit the New York North website,

<u>www.nynafg.com</u>. There will be a link to the Signup.com website. You will be able to sign up there for whatever day and time you wish.

As I have said before this year's fair has been expanded to 13 days. It will run from Wednesday, August 23^{rd} through Monday, September 4th. As in the past we are looking for two people to man the booth during the 4 shifts per day. Again the shifts are 10:00 AM – 1:00 PM, 1:00 PM – 4:00 PM, 4:00 PM – 7:00 PM and 7:00 PM – 10:00 PM.

This is a great public outreach project for New York North. It will only work if people volunteer to man the booth. Please sign up for a shift (or more). Try to sign up early but by August 1st at the latest. We need to mail your entrance ticket to you in a timely manner.

When you sign up please make sure to provide your name and address, it's the only way I know to mail your ticket to you. You can always contact me with that information, send to <u>ipd@nynafg.com</u>.

I can't wait to see you all at the fair. We will have lots of fun!

This month's theme is, "My future in Al-Anon." I have to admit I hadn't really thought about my future in Al-Anon, I just think of it as a part of my life now and in the future. I can't see a point where Al-Anon is not a part of my life.

I know for me my meetings are a big part of my daily life as are my Al-Anon friends. I try very hard to live a 12 Step life. Sometimes I do it better than other times but I know that is progress, not perfection.

I want to continue in service. Since Al-Anon has made such great changes in my life, I want to do all that I can so that it is there for others. There may come a time when I think I have done enough service and step back, but for now I can't see it. Gratefully in Service,

Ruth S.

Nancy H.

Archives Coordinator

Hope everyone enjoyed the Spring Assembly/Convention. Thanks to District 12 for hosting. Wanted to pass along some info sent from Diane, the NYN Delegate. In this month's I *Group eNews*, there are instructions on how to download a free audio file of an interview recorded in 1982 with Lois W. (Al-Anon's cofounder), Henrietta S. (the first General Secretary of the World Service Office), and Margaret D. (the first editor of *The Forum*). You can find it by following these steps:

- Go to <u>http://www.al-</u> anon.alateen.org/members/user-login
- Enter your group name, followed by AFG as your password. (Example: Easy Does It AFG or mondayafg).
- Click on "WSO" on the home page choices.
- Click on "Inside the WSO."
- Click on "History of the WSO and Al-Anon."
- Under "Archives," click on "Lois W. and the Pioneers Audio Interview."

I'm looking for photos and longtime members' questionnaires. In general, contact me if you have anything you think would be a good addition to the NYN archives before bringing to an assembly or other event, to ensure they are appropriate. This month's topic is "My future in Al-Anon?" I am not sure what my future will be or where my recovery will take me. Five years ago, if you told me I would be living in Albany, NY and be NYN Archives Coordinator, I would have said you were 100% wrong. No way would I be living anywhere but Washington. HP had other plans for me. As I work the program, I am seeing my recovery grow and change. I used to go to 5 to 6 12

Step meetings a week. I worked and studied the Steps with my Sponsor. Today I do not go to as many meetings as I used to. My recovery is coming from Service and Sponsorship. I am working the Steps and studying the Traditions with my sponsor. I get so much recovery from being a sponsor. This is where my recovery is at right now. I believe my recovery will keep me in service and I will hopefully have the opportunity to do many service positions. I get so much growth in that. I don't actually know what my future will be in AI-Anon, but I know recovery is a journey and I am open to where HP will take me.

Kevin M.

Al-Anon Acronyms

AAPP – Area Alateen Process Person AFG – Al-Anon Family Groups AIS – AI-Anon Information Service AMIAS – Al-Anon Member Involved in Alateen Service AWSC - Area World Service Committee (made up of officers, coordinators, and district representatives of an area, such as ours, New York North) **CAL-** Conference Approved Literature **CMA** – Current Mailing Address **DR** – District Representative **GR** – Group Representative **KBDM** – Knowledge-Based Decision Making LDC – Literature Distribution Center (local) Legacy – The Al-Anon legacies are the Steps, Traditions, and Concepts **NERD** – Northeast Region Delegates Northern Hi Lights - NYN Newsletter NYN – New York North Area NYNAC- New York North Alateen Conference PO/CPC - Public Outreach / Cooperating with the Professional Community **RSS** – Regional Service Seminar **TEAM** – Together Empowering Al-Anon Members WSO - World Service Office WSC - World Service Conference

Northern Hi Lights Volume 45 Issue 5 Around New York North

"Searching For Serenity" will celebrate their 21st Anniversary on Thursday, June 1st, from 6 to 7PM, at United Methodist Church, 92 Main Street, Brockport. There will be Al-Anon and AA speakers, fellowship, and good desserts and coffee.

"Evening Serenity," (formerly 7-11) will celebrate their 34th Anniversary at 7PM Friday, June 16th, at 1st Presbyterian Church, 3600 Chili Avenue, Chili. Al-Anon and AA speakers. Refreshments at 7, and the meeting starts at 7:30.

District 15's picnic will be August 27th from Noon to 5 at Veterans Memorial Park at Gillie Lake, Camillus, Pavilion #3. Bring a dish to pass for approximately 20 people. Grilling time is 12:30 to 1:30. Hamburgers, hot dogs, rolls, condiments, water, and iced tea provided.

Directions: Gillie Lake is formally listed as the Veteran's Memorial Park at Gillie Lake on Sands

Road and Gillie Brook Road in Camillus (in case you want to look up directions).

- From Syracuse, take I-690 West to I-695 and stay to the right to get on the Rt. 5 extension toward Auburn.
- Go to the end of the highway (last exit is for Rt. 5 West). The road continues as the old Rt. 5 toward Auburn.
- (or you can stay on W. Genesee St. Rt. 5 all the way through the village of Camillus to where the expressway ends)
- Continue straight on Rt. 5 for ½ mile to the first right. There is a golf course on the left.
- Turn right onto Ike Dixon Road. Go about 2 miles to the end.
- Turn right onto Sands Road. The driveway into the park is on the left. (look for signs)

Penn Yan AFG will celebrate their 14th Anniversary June 13th at 7 PM at St. Paul's Lutheran Church, 135 Hamilton Street, Penn Yan. There will be Al-Anon and AA speakers, desserts and refreshments.



June 2017

JOIN THE FUN

VOLUNTEER AT THE NYN BOOTH AT THE NY STATE FAIR

August 23rd through September 4th

Visit nynafg.com

Click on the NY State Fair Booth Information

Sign up for your spot at the Fair

Great Public Outreach for Al-Anon in New York

2017 NEW YORK NORTH AREA FALL ELECTION ASSEMBLY

Celebrating 50 Years of the New York North Area

September 22, 23, and 24, 2017

Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

"Celebrating 50 Years of Al-Anon in New York North"

HOSTED BY DISTRICTS 3 & 18

FRIDAY 9/22	SATURDAY 9/23	SUNDAY 9/24
Registration 3:00 pm –9:00 pm	Registration 7:00 am – 3:00 pm	Alateen Interest Meeting (8:00am)
Committee Meetings (7:00 pm)	A.W.S.C. Meeting (8:00 am)	Spiritual Panel (9:30 am)
NYN Birthday Meeting (7:00 pm)	New G.R. Meeting (8:30 am)	
50 Years of NYN (8:30 pm)	Assembly Morning Session (9:15	am)
	Lunch Break (Noon)	
	Election Assembly (1:00 pm)	
	Banquet & Gag Gifts (6:00 pm)	
	Main Al-Anon Speaker (7:30 pm)	
	Musical Chairs Gratitude Meeting	(8:30 pm)

HOTEL RESERVATIONS - NYN AFG 2017 FALL ELECTION ASSEMBLY ROOM RESERVATION DEADLINE: August 31, 2017

CALL TO RESERVE A ROOM ON YOUR CREDIT CARD: 315-457-4000 or 1 800-4CHOICE www.syrhotel.com or e-mail <u>CIS@Tramzhotels.com</u> <u>TELL THE HOTEL YOU ARE WITH THE NEW YORK</u> <u>NORTH AREA ASSEMBLY TO GET THE CONVENTION ROOM RATE.</u> ROOM RATE WILL BE \$89.00 (plus \$11.57 tax = \$100.57) FOR SINGLE, DOUBLE, TRIPLE, OR QUAD OCCUPANCY, PER NIGHT. <u>SUITES</u> <u>WILL BE \$109.00 plus tax per night.</u> ROOM RESERVATION REQUIRED FOR FREE CONTINENTAL BREAKFAST. <u>ROOM RESERVATIONS MUST BE MADE BY August 31, 2017</u>. Check in: 3:00pm / Check out: 11:00 am. Make your checks payable and mail to: Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Directions:

From NYS Thruway I-90, take exit 36 and travel south on I-81 to first exit, 7th North street. (Exit 25) Take a right at the light at the end of the exit then and another right at the light at Buckley Road. Hotel is about ¼ mile down on the left.

2017 NEW YORK NORTH FALL ELECTION ASSEMBLY REGISTRATION FORM

NAME:	AL-ANON REGISTRATION (\$18/\$20 at Door):
ADDRESS:	ALATEEN REGISTRATION (Free): *
CITY/STATE/ZIP:	SATURDAY BUFFET (\$29):
Roasted	(Please Pre-Register)(Entrees include London Broil, Herb
PHONE #:	Chicken, & Eggplant Parmesan (Gluten Free)
E-mail Address:	HOSPITALITY ROOM DONATION:
MAIL TO:	TOTAL ENCLOSED:
2017 NYN Fall Assembly	Is this your first Al-Anon Assembly?
P.O. Box 2183	Are you a New GR?
Syracuse, NY 13220	Are you a New DR?
	Are you willing to volunteer to help out at the Assembly

PLEASE MAKE CHECKS PAYABLE TO: 2017 NYN FALL ASSEMBLY. MEAL AND ASSEMBLY PRE-REGISTRATION DEADLINE IS September 9, 2017. * ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS. YOU CAN ALSO REGISTER FOR THE ASSEMBLY AT THE DOOR, HOWEVER MEAL REGISTRATIONS ARE NOT ALWAYS AVAILABLE.

Unless this is a personal subscription, this copy belongs to your group. Please share it with them, and make each issue available at your meeting.			
	anonymity, tear off this pa		
<u>Delegate</u>	<u>AlternateDelegate</u>	Immed.PastDelegate	<u>Chairperson</u>
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		<u>m</u>	
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Panel 16&19 Past Del.	Panel 34 Past Delegate	Panel 28 Past Delegate	Panel 22 Past Delegate
Maxine B.	Sherry B.	Mary G.	William S.
Panel 13 Past Delegate			
Ruth F.			Panel 4 Past Delegate
			Helen S.

Northern Hi Lights Volum	e 45 Issue 5		June 2017
	Please pass this n	EWSLETTER ON TO OTHERS IN	YOUR GROUP
GIGN UM	Northe	ern HiLights Subscription Form	
C C C C	While there is no specified charge for <i>NHL</i> subscriptions,		
	in keeping with the Se	eventh Tradition of being fully	self-supporting,
a donation	of \$10 per year is sugges	sted, when possible, to help the	Area pay for production costs.
Make chee	ks payable and mail to:	NYN Area Assembly, PO Box	398, Morrisonville, NY 12962
All Al-Anon member	s are encouraged to subscr	ibe to the Northern HiLights ele	ectronically; just e-mail your request with
	your r	name to: records@nynafg.com	
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