

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

Inside This Issue

Topic: My Favorite CAL

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Newsletter Editor: John O.

Proofreaders: Gwenne R., Connie D.

Northern Hi Lights

Al-Anon News from New York North Area Area Delegate, Panel 55

Hello NYN,

At the Fall Assembly I asked how we as an Area can help WSO close the deficit gap for the 2014 and the 2015 budget. Many of you suggested that we ask Individual members to contribute more at each meeting they attend, or directly to WSO. It was related to me and to the other delegates that there was a way for those who wanted to, to have money taken directly out of their checking accounts as monthly contributions to WSO. I do remember this being mentioned several years ago but had forgotten it. However, there is a form that can be filled out and taken to your bank, authorizing them to do so. This might sound like an anonymity problem, but it really isn't, because you don't have to tell the bank you are a member of Al-Anon.

I have enclosed a copy of the form, to be included in *Northern Hi Lights*.

A delegate asked if we could make monthly contributions through either PayPal or on our credit cards and the cost was found prohibitive.

(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: 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 Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

- Please consider contributing monthly to WSO, so they can carry the message to others and to serve the world wide fellowship of Al-Anon. Please pass this information on to your groups also.

In Service,

Diane C.

Immediate Past Delegate

Dear NYN Friends,

This month's theme is our favorite piece of CAL. When I first heard the theme I thought my favorite piece is the one I am reading now. I began to think more about it and decided that this answer was a little too flip.

I began to think about what piece of CAL has helped me the most in my recovery that I have gone back to year after year to read study and look for answers. To me the book is *Paths to Recovery, Al-Anon's Steps, Traditions and Concepts*.

I had been in Al-Anon for a few years when my sponsor suggested I try a Step study group. I began to attend a group that studied the Steps and Traditions. The CAL that was used was *Paths to Recovery*. Every week we used this book as the base for our discussions. A couple of years after coming to this group we decided we needed to study the Steps, Traditions and Concepts. We became a Legacy study group.

It has been many years since I came to this group. In all those years *Paths to Recovery* has been the piece of CAL used most often. We have also used the *Blueprint for Progress* and currently *Reaching for Personal Freedom*. I look forward to when we return to *Paths to Recovery*.

My recovery in Al-Anon began the first time I walked into an Al-Anon meeting. In the beginning it was slow. I found that once I began to study the Steps and Traditions and then included the Concepts on a regular basis my growth increased by leaps and bounds. *Paths to Recovery* has been there every step of the way.

I find that when I have questions about Al-Anon or am stressed about something I can often find the answer in *Paths to Recovery*. The sharings give me new insight and the questions often point me in the direction I need to go. I also used this piece of CAL when I am working with a sponsee. I think it helps both of us to focus. I know it helps me.

So for me, my favorite piece of CAL is *Paths to Recovery Al-Anon's Steps, Traditions and Concepts*.

Gratefully in Service,

Ruth S.

Area Chairperson

Hello NYN,

NYN Alateen Conference (NYNAC) took place October 9-11. It was a spectacular weekend weather-wise and scenery-wise in addition to the opportunity to see our future leaders in action. I am so happy that I participated. Having each group be responsible for one of the committees was brilliant. It kept everyone involved and committed to the success of the weekend, and led to eager anticipation of next year's conference since each group left NYNAC with their committee responsibilities chosen by lot. I felt surrounded by the Alateens' love, respect, compassion, and support for everyone who attended and even toward those who couldn't be there.

When I was new in the program, my favorite piece of literature was *An Alcoholic Speaks to the Family*. I kept going back to reread it to understand my situation. I learned compassion for the still suffering alcoholics in my life, and to take care of myself – important lessons I needed to learn. Another favorite piece of literature is the *Conference Summary*. I'm reading the *Conference Summary* a page or two a night and I'm finding all kinds of interesting tidbits such as how the task forces operate at the conference on topics such as attracting new members, welcoming newcomers with various types of isms in their lives, and seeing finances as abundance rather than lack. These topics can be

applied to my group if I'm willing to present them. Right now I'm reading the outgoing conference delegates' sharings. What a diverse group, sharing their experience, strength and hope.

As your Area Chairperson, I'm working on scheduling our next Area World Service Committee meeting in April. By our next newsletter, I will announce the place and time.
In Service,

Susan A.

Alateen Coordinator

Life this past month has been very busy for me. Part was preparing my Alateen Group to attend NYNAC. I am happy to say that it was one awesome weekend with some powerful sharing on the part of the teens. It was also an honor to see our groups working together, each doing a specific function, and then coming together to create a powerful weekend. We also held a special meeting on Saturday with the teens in one room and the sponsors in another room. The groups discussed "What is working in Alateen?", "What is not working in Alateen?", and "Where do we go from here?" Both groups came up with some items that need to be addressed through education. I am truly proud of our teens. They have so much to offer, all we need to do is listen. "KUDOS to our teens." My plan now is to work with another sponsor to compile the feedback we received, then arrange a meeting in the near future with both the teens and sponsors to discuss the results. I look at this meeting as the beginning of working together as a group to improve communication, educate, and develop a strong outreach program.

I also finally wrapped up the Alateen Recertification process on October 17. It has been a challenge at times but we now have the most updated information for every AMIAS in New York North. Here is the breakdown:

38 AMIAS's are attached to a registered group.

16 AMIAS's are certified because of a service position other than a Group Sponsor.

53 Registered as AMIAS's only. (Act as substitutes, transporters, etc.)

137 Inactivated at the AMIAS's request or their failure to reply to all notices sent.

I will be sending each DR a list of all active AMIAS's, along with a list of all inactivated AMIAS's within their district. I will also be sending AMIAS paperwork to all DR's who are not certified as an AMIAS at this time. World Service requires that all District Representatives need to be certified, if they are unable to be an AMIAS's then the alternate DR needs to be certified.

Love in service,

Walt S.

Convention Coordinator

Mark your calendars. Don't want to be left at home while New York North AI-Anons are heading to Albany, May 13-15, 2016. Registration flyer is in this issue. Make copies and hand them out at your meeting. Host Districts 7 & 8 are taking care of all the details so we can experience a wonderful Assembly/Convention weekend. Encourage members to get their own copy of *Northern Hi Lights* e-mailed to them each month, Just e-mail request to records@nynafg.com.

"My favorite CAL" This is a tall order, Mr. Editor. I try not to play favorites in life. With CAL, I usually have to say "it's the one in my hand, the one I am reading at the moment". Currently, at the three different meetings I attend, we are reading **"How AI-Anon Works" B-32** (Best bargain ever-\$6.00). It's the best book to give to a newcomer and introduce them to AI-Anon, and this "newcomer" has probably read it once a year since it was printed in 1995. I just keep learning. But my at-home favorite, that I pick up often is **"As We Understood..." B-11** I just pick it up, read a quote or a paragraph or a page, put it down, continue with my chores, smiling and thinking and thanking.

Nancy H.

Treasurers Report

Hello, NYN Family!!

It's been a busy time since last newsletter article with Fall Assembly and NYNAC having taken place!! Both were remarkable experiences!! Since our last newsletter, the following donations have been received:

Cortland	Gr #9696	\$40.00
Tues Bemus Pt	Gr#3052428	45.00
Clifton Springs	Gr#9682	30.00
Thurs Canandaigua	Gr#3030	10.00
Legacy Study	Gr#4211	100.00
Caring & Sharing	Gr #9763	45.00
Twin City	Gr #10142	25.00
7 th Trad, Fall Ass'y	n/a	254.71
A New Beginning	Gr#3064421	5.00
Serenity Circle	Gr#305215	25.00
Mon Canandaigua	Gr #24271	60.00
7-11	Gr#9676	30.00
Task AFG	Gr#9640	25.00

Thank you ALL for your generous contributions and your continued support of NYN!!

The following expenses have been paid since the last newsletter:

Kevin M (Archivist camera)	\$161.58
Susan A	96.20
Ruth S	247.18
Gwenne R	19.32
Bridget C	55.00
Diane C	187.99
Sarah R	62.03
Walter S	30.91
NYNAC	200.00
Kevin M	60.76
Lynda S	88.20
Gwenne R	94.32

Current balances are as follows:

Checking Account	\$ 8390.02
Reserve Account	8822.90
Sage Ruddy mutual fund	2656.10

I would have to say that my favorite piece of CAL would be the *Paths to Recovery*. It is so helpful in breaking each Step, Tradition, and Concept into easily understood examples, with thought-provoking questions at the end of each to get me thinking outside of the box (most of the time)!

Enjoy the beauty that is so abundant out there this time of year!!

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)

Public Outreach

Happy November Everyone,

My favorite selection of CAL (our topic of the month) has to be *How Al-Anon Works for Families & Friends of Alcoholics*. This book has been important to me right from the beginning. I had been using the soft covered book but recently I went back to my original hard covered book. This book is an old friend, its pages ear marked, its sentences highlighted, starred, underlined, its cover worn. I am grateful that in the groups that I attend, we are able to give this book to our newcomers.

(Public Outreach continued on page 5)

(Public Outreach continued from page 4)

Brian O. is our new Public Outreach Coordinator for Rochester AIS. Deb W., from District 8 Albany area, has also volunteered for the position of Public Outreach Coordinator for her district. I have forwarded to both the guideline "The Best of Public Outreach" as well as other guidelines pertinent to their positions.

In the October *Forum* there are a few articles that I would like to bring to your attention.

1. Part II on Anonymity, page 20.
2. A great article on "carrying the message," page 22 & 23.
3. Members respond, page 25.

I was especially touched by the anonymous writer from MA/CT. Introducing yourself before a meeting to someone that you have never met is a form of outreach. I have had the experience of the writer, the awful feeling of being ignored.

The order form for the second printing of *Al-Anon Faces Alcoholism 2016* is now available on the members' website. The deadline for ordering is Wednesday, February 3rd, 2016.

I just participated in my second conference call with WSO and other outreach coordinators throughout the USA and Canada. December is "Holiday Outreach" and everyone shared how they intend to carry the message using our *Al-Anon Faces Alcoholism 2016*.

The Public Outreach Coordinator from Hawaii intends to ask the members of her home group who take copies of *Al-Anon Faces Alcoholism* "Where did you take them?" Such a simple question! Where will you take AFA copies?

I would love to hear from you. Write me at po@nynafg.com

Together we can make a difference.

Pat H.

Presentation Committee

Hello NYN,

My favorite CAL? Where to start?
First the basics. I think there is no better place for me to go when I'm troubled about anything than the

page on expectations and the chapter on communication in *How Al-Anon Works* (B-22 and B-32). It doesn't matter what the problem is, those two readings almost always clean up my thinking. And of course *Paths To Recovery* (B-24) is the best book for a solid grounding in the Steps, Traditions, and Concepts.

There are some older, less well-known pieces of Al-Anon literature that I love as well. ...*In All Our Affairs: Making Crises Work For You* (B-15) contains members' sharings on their experiences of practicing the principles of the Twelve Steps in a variety of situations. For example, there is a terrific reading in *In All Our Affairs* about someone applying the Steps to his job search. About ten years ago that reading kept me from taking the first job that came along, and enabled me to find something that my HP clearly had in mind for me. Another oldie-but-goodie is the book *As We Understood...* (B-11). I like that book because it's so weird. In it, members share how they came to understand whatever their HPs are, and boy do we have some goofy ways of getting there. My favorite involves a bedspread. I won't give away the punchline.

For discussion meetings, my new favorite is the *Using Al-Anon Principles to Resolve Conflict Kit* (K-70). It includes a fold-out wallet card titled *Loving Interchange to Resolve Conflict* (S-71), a pack of glossy cards titled *Conflict Resolution Using Our Twelve Traditions* (S-72), and a booklet titled *Talk To Each Other—Resolving Conflicts Within Al-Anon* (S-73). The title may say "within Al-Anon," but this packet gives me conflict resolution tools to use *everywhere*.

Finally, I have to put in a plug for the *Al-Anon/Alateen Service Manual* (P-24/27) which you can download for FREE. You may not believe this but that book is full of surprises. Check it out!

Can you guess I'm a real CAL geek? Hmmm this topic gives me an idea for a new presentation... stay tuned...

Sarah R.

Group Records Coordinator

I continue to respond to requests for information about groups and Group Representatives (GR) and Current Mailing Addresses (CMA) as requested. I still have a few groups with bounced emails and other groups which are in no mail status so if you are not receiving information and you believe you should be, please contact me and we can work to fix the situations. Sometimes the mail or email is getting to the person listed but they are no longer part of that group so it is always best to check and contact me as your NYN Group Records Coordinator if in doubt.

The topic of the month is my Favorite CAL. This is a tough one for me as I love all the Conference Approved Literature (CAL) but I can narrow it down to two books for the sake of this article. I love the daily reader, *Hope for Today* for my inspiration on a daily basis as I grew up in an alcoholic home and this reader resonates with me much more directly than the other two readers. My favorite book that has general reading is *How Al-Anon Works...for Family and Friends of Alcoholics*. When I came into the rooms this book was in hard cover only. It was not cheap and I didn't have much money so I saved up for it. When I finally purchased it and read it I had wished that this book had been suggested to me as a first book to purchase. It has so much information in it. I was really glad when WSO and the Conference decided to have this book printed in soft cover and for a much more reasonable price as I believe that once someone is serious about working the program, this is the book to help get an idea of how to start to look at things in a different light to help our own lives improve.

As always, please feel free to contact me with questions about your group information.

Love in Service,

Lynda S.

Archives Coordinator

Hello NYN,

I enjoyed myself at the 2015 Fall Assembly. Thanks to those that put it together. I know it's a lot of work, and I appreciate your service. AR-1 forms were available at the Assembly and I received a few from members in attendance. I also received a few in the mail. So keep them coming. The AR-1 is on the NYN website.

Taking the daily readers out of the option for my favorite piece of CAL, it would be *Opening Our Hearts, Transforming Our Losses*. That book got me through really tough times, and taught me about grieving and realizing there was more than physical losses to grieve (ideas, dreams, expectations). I would recommend it to everyone.

Yours in Service,

Kevin M.

Area Secretary

Secretary Highlights from the 2015 Fall Assembly

67 voting members were present (voting members are Group Representatives)

Approved Districts 18 & 3 as the Host for the Fall 2017 Assembly (2017 will mark NYN's 50th Anniversary)

Approved the 2016 Budget in the amount of \$21,450.00 (a reduction of \$1,100 from 2015).

The NYNAC and Alateen Coordinator's budgets were each increased by \$100.00 as these positions require attendance at the Spring & Fall Assembly, AWSC meetings and NYNAC.

The NYNAC seed money was increased by \$200.00 to a total of \$1,000.00. Seed money is the initial funding (similar to a loan) given as startup money to cover expenses such as deposits on a venue and to cover administrative expenses before income is generated through registration fees and fundraising activities, etc. Seed money is typically returned after an event or activity has been completed.

My favorite piece of CAL is *Paths to Recovery*. As I work on my recovery I find myself continually

referring to the pages in this wonderful piece of Conference Approved Literature. I get to read and study about the meaning of the Steps, Traditions and Concepts of Service, and also read about it from other people's perspectives.

I love how the book takes each Step, Tradition and Concept and relates it to our everyday life. This shows me how to live my life in the legacies of the Al-Anon program and to "practice these principles in all of my affairs." For this am I am truly grateful. I could attend a meeting every week where *Paths to Recovery* is studied, however literature meetings in my locale are few and far between.

No matter how long I'm in the program I can continue to learn and "I" offers me that opportunity. Each time I refer to the book I find something I didn't catch the last time or I am able to see it in a new light.

Together We Can Make It
Pam A.

December 2015 NHL Topic;
Living the Twelve Steps

**Articles are due November 15,
2015.**

**(Then we take a break, until
January 15, 2016)**

District 29

Day of Sharing

November 14, 2015

St Patrick's Church

115 Maple St, Victor, NY14564

10:00 to 3:00PM (9:30 registration)

AA and Al-Anon Speakers

Workshops, literature, laughs

Soup and Salad provided

Desserts, breads and rolls welcomed

Suggested donation: \$7.00

News from the Districts for *Northern Hi
Lights* is

greatly appreciated, in any form, whether
email, phone call, or regular mail.

Let us help publicize your event.

Newsletter Editor

One satisfying thing about this position is on-the-job-training, compliments of my proofreaders and Pat H. of District 2, who pulls me out of the mud on a regular basis. I'm grateful and not quite amazed that I can still learn how to use a word processor, which has never been easy for me. When the newsletter is finished for the month, I feel pretty good about myself.

My favorite CAL is a pamphlet: *A Guide For The Family of an Alcoholic*.

It was my guide for my first few months in the program, and seems to have disappeared from the *Newcomer's Packet*.

Looking back, I now realize that for the first three or four months in Al-Anon, I was obsessed with my son's recovery.

From then on, I've been obsessed with my own recovery.

Going to meetings almost daily for my first year, and using CAL, including the daily readers and the bookmark, gave me the hope I needed to keep coming back.

At that point, I started getting the courage to change, and focusing on what I needed to change.

My son once told me, "It's a long way in, and a long way out." Absolutely true for me. It took me a long time to get so messed up, and there was no quick cure.

I started by doing something my poor self-esteem had kept me from; taking risks. It was the miracle cure for my feelings about myself. It started working almost immediately, and worked so well that I've continued doing it. That's how I ended up with the newsletter. Oops! Fools rush in, and there's no fool like an old fool. It hasn't been easy, but it has been rewarding.

John O.

Instructions: Print this page, fill in completely, and mail to: AFG, Inc., Attention: Director of Business Services, 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454-5617

The banks require a signature on file so, please do not e-mail your information.

This form is for members in the US. Click here if you are looking for the Contribution form for Canada.

AUTHORIZATION AGREEMENT FOR PREAUTHORIZED CONTRIBUTIONS FROM YOUR CHECKING ACCOUNT

TO: AFG, INC.

FEDERAL TAX ID # 13-5636290

I(We) hereby authorize AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454-5617 to initiate a DEBIT entry to my(our) checking account indicated below on a monthly basis in the amount of \$ _____.

INFORMATION ABOUT YOUR BANK*

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BRANCH _____

CITY _____ STATE _____ ZIP _____ ACH ROUTING

_____ ACCOUNT# _____

*If possible please attach a voided check to confirm the information you are submitting.

This authorization is to remain in full force and effect until AFG, Inc. has received written notification from me (or either of us) of its termination in such a time and manner to afford AFG, Inc. and the bank a reasonable opportunity to act on it.

YOUR NAME(S) _____

YOUR SIGNATURE(S) _____ DATE _____

TO INSURE PROPER RECORDING, PLEASE INCLUDE THE FOLLOWING

YOUR AFG IDENTIFICATION # (if available) _____

YOUR TELEPHONE # (_____) _____. If you have any questions or require assistance please call us at 757-563-1600. Our Customer Service department will be pleased to assist you.

SAVE THE DATE!

Friday May 13 – Sunday May 15, 2016

at the Desmond, Albany, New York

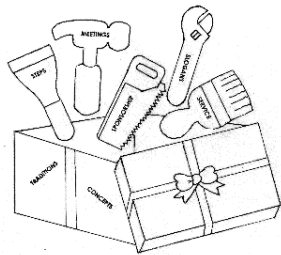


2016 Spring Convention

~hosted by Districts 7 and 8

**Gifts of Recovery:
Using
the Tools
of the Program**





NYN AFG 2016 Spring Assembly

Gifts of Recovery: Using the Tools of the Program

Friday May 13 – Sunday May 15, 2016

Hosted by Districts 7 and 8

The Desmond, 660 Albany Shaker Rd, Albany, NY <http://www.desmondhotelsalbany.com/>

Room Rate: \$124.26 (\$109 per night + 14% tax rate subject to change)

Check-in: 4pm, Check-out: Noon

Directions:

- * **From the North:** I-87 South to Exit 4, left at first traffic light, right at second traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the South:** I-87 North to Exit 24, continue on I-87 North (Adirondack Northway) to Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the West:** I-90 East to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the East:** I-90 West to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.

Reserve your room directly with the Desmond using either of the following methods:

Telephone: 518-869-8100 or 800-448-3500

Please reference “2016 AFG Convention” when making your reservation, and be sure to notify the hotel of any special needs you may have.

Online: <http://bookings.ihotelier.com/bookings.jsp?GroupID=1426780&hotelID=12446>

ROOM RESERVATION DEADLINE: April 26, 2016

NYN AFG 2016 Spring Assembly Registration Form

Advanced Registrations MUST be received by April 15, 2016

Please complete a separate registration form for each person attending. Mail completed form with payment to:

AFG District 8, PO Box 14313, Albany, NY 12212-4313

Name: _____

Address: _____

City, State, Zip: _____

Phone Number (with area code): _____

Email: _____

Are you a: ☐ New GR ☐ New DR

☐ New member of Al-Anon/Alateen (<1 year in program)

*Alateens must have adult supervision, notarized parental permission slips, and medical release forms

Registration fees: On or before After
 04/15/16 04/15/16

<input type="checkbox"/> Al-Anon	\$15	\$20
<input type="checkbox"/> Alateen*	\$12	\$12
<input type="checkbox"/> AA	\$15	\$20
<input type="checkbox"/> Buffet Banquet	\$32	\$37

Donations:

☐ Hospitality Room \$ _____

Total Enclosed: \$ _____

Make checks payable to NYN Spring 2016 Conventi

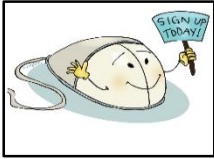
Do you know whom to contact with an AI-Anon issue?

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.

To insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Diane C. delegate@nynafg.com	<u>Alternate Delegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed.Past Delegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> Susan A. chairperson@nynafg.com
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<u>Panel 40 Past Delegate</u> Anne F. <u>Panel 16&19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<u>Panel 37 Past Delegate</u> LaVaughn R. <u>Panel 34 Past Delegate</u> Sherry B.	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased) <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.

PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP*Northern Hi Lights* Subscription Form

While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs. **Make checks payable and mail to:** NYN Area Assembly, PO Box 398, Morrisonville, NY 12962

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

If you need a hard copy, please check type of subscription: () group or () individual; () renewal or () new

Name _____

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

Address _____ Phone () _____

City _____ State _____ Zip _____

If Group Subscription, Group Name _____

WSO# _____ District# _____ If sent to address other than above, please include that name and address, WSO#, in writing on another piece of paper. Mail address changes and updates to: Group Records, 68

Boulderwood Drive, Queensbury, NY 12804, or Email: records@nynafg.com

NYN Area Assembly
Northern Hi Lights
 68 Boulderwood Drive
 Queensbury, NY

