



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

Northern Hi Lights

Al-Anon News from New York North

Late Breaking News:

Needed: Nominees for NYN Candidates for US NE Regional Trustee for a Special One-Year Term.

**AWSC members to vote by email
before March 25, 2013.**

At the January Board of Trustees meeting, the Board chose not to present a candidate for the three-year position of US Northeast Regional Trustee at this time. **Instead, each Area in the Northeast region is being asked to nominate a candidate for a special one-year position by March 25, 2013.** The timeline for this action is very tight, as the Board would like the new Trustee to begin their appointment immediately after the Annual Meeting on Friday, April 19, 2013. With this in mind, our course of action will be as follows:

1. **Any member of NYN who is interested in completing a resume and being considered for NYN's candidate for Northeast Regional Trustee for this special one-year term, needs to contact me at delegate@nynafg.com. ALL resumes must be returned to me no later than March 15, 2013 by 11:59 PM.**
2. Once all resumes are received, Pam A. Chairperson will email information about the potential candidates to all members of the

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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. 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

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

WSO: www.al-anon.alateen.org

AWSC including all District Representatives, Officers and Coordinators. **Based on the information provided, each member of the AWSC will be asked to vote for their choice before March 25, 2013** by emailing either Pam A. at chairperson@nynafg.com or me at delegate@nynafg.com. We will then compile the results and send to WSO the resume of NYN's chosen candidate for Northeast Regional Trustee. Should no one step forward, then there will be no candidate from NYN for this one-year appointment.

In late March, a packet containing information regarding the remaining two-year appointment for the Northeast Regional Trustee will be sent. I will be talking about this at the April 6 AWSC meeting. The deadline for submitting resumes for the two-year appointment is August 15, 2013.

Thank you,

Ruth S.

Thoughts From Our Area Chair:

Hello NYN,

Spring is almost here, and that means **it's time for our spring Area World Service Committee (AWSC) meeting, which will be held on April 6.** Additional information regarding the location, time and agenda can be found on page 10 in this issue of the *Northern Hi-Lights*, or on the NYN AFG website. One of the primary purposes of the AWSC meeting is to set the agenda for the Spring Assembly. The voting members of the AWSC consist of the NYN Officers and Coordinators, District Representatives and past NYN Delegates and Trustees. All Al-Anon members are welcome to attend.

Just a reminder, the 2013 World Service Conference (WSC) is also rapidly approaching. **Please remember Ruth S., our NYN Delegate, by sending her a card or note of support as she attends her second WSC, April 14-18, 2013.** See details in Delegate's Report on page 3.

Marie N. from District 5 has been appointed to complete the Panel 52 term of NYN Public Outreach Coordinator. Marie's appointment will be brought before the AWSC at the April meeting and to the full Assembly for vote at the Spring Assembly/Convention in Lake Placid. Please join me in congratulating Marie on her new position. Thanks for stepping up for service, Marie.

Our committees are working on the Alateen Guideline updates, the Website re-design and the Assembly Voting Procedures; and will report on their progress at the AWSC meeting and at the Spring Assembly. **Additional members are still needed to begin work on the Finance Committee. If you have an interest please contact me.**

The Presentation Committee is planning something for the Spring Assembly/Convention. At the Fall 2011 Assembly, the Group Representatives voted to replace the Action Committees with "presentations, etc.," Your feedback, suggestions, ideas and participation are welcomed and encouraged. **Please share your specific ideas with me on what type of presentations, workshops, hot topics you would like to discuss, or specific projects you would like to work on, so plans for the upcoming Assemblies can be made.** Ask your Higher Power for guidance and "Let It Begin with Me." I encourage all members to ease into service by participating in one of our committees. I started stepping out of my comfort zone when I began attending NYN Assemblies and AWSC meetings. Once I felt comfortable about just showing up for the Assembly, I was able to begin participating in the Action Committees. There, I found others who had the same appreciation for Al-Anon that I did. I have grown so much by this participation. I have formed new friendships and my recovery has soared. When I attended my first Al-Anon meeting, I never imagined that I would someday be involved in Al-Anon Service.

This month our Newsletter Editor gave us a choice of topics to write about. The Third Step, Third Tradition or Third Concept. I chose **Concept Three: "The Right of Decision Makes Effective Leadership Possible."** This Concept speaks to me about mutual trust. Without this Concept, there would be little to no decisions made in the Al-Anon organization, since every decision would need to be referred back to the Groups. As Groups, we elect Group Representatives (GRs) to represent us; the GRs elect District Representatives (DRs) to represent the Groups at the AWSC (Area World Service Committee); and the GRs elect the Delegates to represent the Area at the WSC (World Service Conference). The Al-Anon members whom we elect are called "Trusted Servants." We **"Trust"** that they will **"Serve"** the fellowship by making appropriate and informed decisions with the information they have available to them. By electing our Trusted Servants, we have placed our

trust in them to make decisions for us; that's what makes the effective leadership possible.

As the reading on Concept Three in *P-57* states, ***"This trust must always be recognized as a privilege."*** It also goes on to say that if the trust placed in them is abused - they can be removed from office as a result of action taken through a Group Conscience. ***"Our leaders are always accountable to those they serve."*** If you have the chance, take the time to read more about Concept Three in *Paths to Recovery*, in the *AI-Anon Alateen Service Manual* and in the pamphlet, *The Concepts (P-57)*.

I'm getting excited about the Spring Assembly/Convention in Lake Placid (I've never been there) and hope to see many of you there. **When I see you in Lake Placid, if you tell me that you have read this article I will enter you in a drawing for a personal subscription to the *Forum*.** So, let me know you are reading our NYN Newsletter for your chance to win.

In *Paths to Recovery*, the chapter on Concept Three ends by saying, ***"We trust God, we trust AI-Anon and we trust one another."***

"Let It Begin With Me,"

Pam A.

Area Delegate, Panel 52:

Dear NYN Friends,

I want to thank all of you - individuals, Groups and Districts that have taken part in the Membership Outreach Project to adopt a Group in New York South (NYS) that lost Conference Approved Literature (CAL) due to "Sandy." I don't have an exact figure as to how much has been sent, but it is well over \$700 worth of CAL!

For those who would still like to take part in this project, you, your Group or your District can purchase any CAL that you wish from your local Literature Distribution Center (LDC) or from the World Service Office (WSO). You can contact me at delegate@nynafg.com or call me (my number is on the last page of this newsletter), and I will provide you with the name and address of a District Representative (DR) in NYS to whom you can mail the materials. They will then be distributed to Groups in need in NYS.

The **World Service Conference** is fast approaching. On Sunday, April 14, there will be a number of Committee, Task Force and Thought Force meetings. **With this in mind, I will be arriving on Saturday, April 13 and will be traveling home on Friday, April 19.** Earlier this month I received my communication packet from the WSO. It has a lot of information about my travel, the hotel, a tentative agenda; even a map of the hotel and a guideline for tipping while at the hotel and traveling. I have to say that WSO does all they can to make this as easy as possible (something to think about next year when elections take place: You can do this traveling).

As you know, Delegates bring **"Love Gifts"** to share with other Delegates, who in turn bring them home to their Areas to share with the membership. These are just little tokens -- if you have favors left from an Anniversary Celebration or a Day of Sharing, please send them. **Because space is limited at the hotel, please do not mail anything before April 9.** Mail "Love Gifts" to: **Name (Hold for WSC April 14-18, 2013), Wyndham Virginia Beach Oceanfront, 5700 Atlantic Avenue, Virginia Beach, Virginia 23451. Please put my return address on the package** (located on the last page of this newsletter) in case the mail is delayed.

I would also like to ask for cards while I am at Conference. One of the greatest pleasures last year was checking my mail every day and finding cards from members in New York North (NYN). After a long day, it was heaven to go back to my room and read those cards and know I was never alone while at Conference.

Thank you for all your love and care,

Ruth S.

Service Manual SCAVENGER HUNT

Challenge #5: Can an Alateen GR serve as a Delegate?

The *Service Manual* page on which **THE ANSWER** can be found is listed elsewhere in this issue (another scavenger hunt!).

Immediate Past Delegate:

I love that our Newsletter Editor is giving us options for the topic of our article this month. The focus could be on either the Third Step, the Third Tradition or the Third Concept. As I have thought about this over the past several weeks, I have considered several different directions in which I might go. For me, there is frequently a correlation between the Step, the Tradition and the Concept, whichever the number.

With the Third Step "Made a decision to turn our will and our lives over to the care of God as we *understood Him*," I am asked, as a result of doing the first two Steps, to TRUST that the God or Higher Power of my understanding will do for me what I have not been able to do for myself -- if I am willing to "Let go, and Let God." I will tell you that, for me, this did not happen overnight. It took time and working the program for me to feel comfortable turning things over to the God of my understanding, but it did happen. Today, I do it with less hesitation, and I need to be mindful daily of the need to turn things over, so that my Higher Power can work in my life.

With the Third Tradition "The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend," the essence is UNITY, a singleness of purpose, a need for recovery from the effects of living or having lived with the effects of another's alcoholism. This singleness of purpose allows us to keep our focus on our recovery.

With the Third Concept "The right of decision makes effective leadership possible," I am again at a place where TRUST is the key to understanding this Concept. This is not surprising to me, because as I look back over the things I had lost as a result of living with the disease of alcoholism, TRUST was one of the major components. It stands to reason that TRUST would be difficult to rebuild in my life, and that I would be given many opportunities to do so as I practiced the Three Legacies: the Steps, the Traditions and the Concepts.

I begin in the Steps by first admitting my insanity caused by the disease; then I acknowledge that maybe a Higher Power may be capable of restoring me to sanity, and then I become willing to turn my will and my life over to this Higher Power as I

understand that Higher Power to be. This is my first attempt at rebuilding TRUST. As I work these three Steps and gain knowledge and experience, I become ready to move on to the remaining Steps and Traditions, and eventually the Concepts. In the Third Concept "The right of decision makes effective leadership possible," I learn how to develop TRUST on a deeper level. We have given authority to various groups of people to do specific jobs for our fellowship, and in doing this, we have placed a level of TRUST in each of these people that they will do the job set before them to the best of their abilities. We TRUST them to make decisions which will be within the bounds laid out for them and for the good of the fellowship. These people are known as our Trusted Servants, the people who do the jobs to keep our program moving ahead. Do you remember the first time you attended an Al-Anon function and were amazed at how everything somehow seemed to fall into place? Maybe it was a Group Anniversary or a District "Day of Sharing;" whatever the event, people volunteered to do the various jobs necessary to help make the event happen. With a minimum of direction, each volunteer did their job to the best of their ability, and a successful event occurred. We TRUSTED one another to do what we said we would do.

Although the Concepts were originally thought to be necessary only for the service structure of our Al-Anon Family Groups, we have since learned that the principles embodied in them are also applicable in our personal life. The longer I am in the program and spend time studying the Concepts, the more I become aware of how they can be applied in my daily life. **It wasn't until 1984 that the Concepts were accorded the same stature as the Twelve Steps and the Twelve Traditions.** Since that time they have been placed in the back of our daily readers as new editions were sent to press.

As I study the Steps, the Traditions and the Concepts, I can continue to grow in my program. It is important to me that the Groups I attend have an emphasis on our Three Legacies, since this is the place where I learn how others are able to use these in their lives. **I also look forward to the new workbook on the Three Legacies, which will be revealed at the International Convention in Vancouver this summer.**

Grateful to be in service,

Elaine R.

Alateen Coordinator:

Hello My NYN Al-Anon Family,

I have been busy with college, but I still find time to get the various requests from the World Service Office (WSO) to the appropriate District Representative (DR), and am still getting paperwork that needs processing and filing. I received notification today from WSO that they will soon be sending out the Al-Anon Members Involved in Alateen Service (AMIAS) Re-Certification Forms and paperwork that will need to be completed in a couple of months. I will try to be in touch with as many AMIAS's as I can. **I am hoping to get people who are no longer active as AMIAS's to please let me know so I can fill out the appropriate form and submit it to WSO.**

Our topic this month is to choose one of Al-Anon's Three Legacies for the third month (Third Step, Tradition or Concept). I am choosing to write on Tradition Three. This Tradition states, "The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend."

When I finally came into Al-Anon to stay and started to work the program, I had a time when I felt like I didn't belong, since no one in my life was actively drinking. (My dad, who was the first heavy drinker in my life, had been deceased for many years.) I knew that I related to the feelings expressed in the rooms, but everyone seemed to have more serious problems than I. Fortunately, when my sponsor and I discussed this, she said something like, "You have been affected by someone else's drinking, right? Then, you belong." I was still crazy from all the "stinking thinking" that continually played in my head. I was then living with a "dry drunk" without a program, and I was easily affected by unhealthy behaviors. I needed this program to take off my "rose-colored glasses" and start to take responsibility for my life. It hasn't been an easy journey, and I still have a long way to go. I am glad that it is about the journey and not the destination, because that means that everyday I can make choices and learn from the experiences.

Love in Service,

Lynda S.

NYNAC Coordinator:

It is time to start planning for NYNAC 2013. This year's host group is THE STARS OF HOPE ALATEEN FROM BUFFALO NEW YORK. I met with them a few weeks ago, and they have some awesome topics planned. The theme this year will be SURRENDER. **Look for a flyer in the next issue of *Northern Hi Lights*.**

NYNAC OCTOBER 11-13, 2013

If your group is planning on going to NYNAC this year please think about some fundraisers to help with the cost to attend. I should have the cost for this year's NYNAC Conference by next month. Is there an Alateen meeting in your Area? Talk with your Groups and see how you can get more involved. If you are a member of Al-Anon, does your child attend Alateen? Any teen who has lived with the disease of Alcoholism has been affected. Being a part of Alateen is as helpful to them as our own Al-Anon meetings. **PLEASE SPREAD THE WORD AND KEEP OUR ALATEEN MEETINGS GOING!!**

Just a reminder: **When sending donations to NYNAC to help sponsor a teen, send all donations to your District.** The District will then have the funds available when needed.

Love in Service,

Lynda C.

Convention Coordinator:

I hope everyone had a wonderful Holiday and a very good start to the New Year. It is now time to concentrate on the **2013 NYN Spring Assembly/Convention in Lake Placid on Mothers' Day weekend, May 11-12.** I know some of you make plans for Mothers' Day, but keep in mind that Mothers' Day is Sunday, and most of the festivities of the Assembly/Convention are over by noon on Sunday, so there is still time to celebrate with families and friends. As of this writing, there were only 14 registrations received. **Please get your reservations in so the committees can plan accordingly.** Planning for the 2013 Fall Election Assembly is also well underway. There will be more information in the *Northern Hi Lights* shortly. The Planning Committee for the 2014 Spring Assembly/

Convention had their first meeting. I will update you on their progress as soon as I have more information.

When planning to attend an Assembly and/or Convention, please keep in mind that we are still trying to keep it green. Remember to bring your reusable bottles for water, etc.

Yours in service,

Maureen K.

Newsletter Coordinator:

I didn't think I had anything to write about this month, but I have gotten feedback from readers that they enjoy reading about the topics in *NHL* articles and sharing them in their meetings, even if they are not involved in Service work for AI-Anon.

I am also finding that having a topic to focus on (this month it's the Third Step, Tradition or Concept) can make writing my article a gift to myself. For example, I was inspired for this article to look up every reading on the Third Step in *Hope For Today*. I was surprised to read, and be reminded of, so many gifts that can come from this simple Step: "Made a decision to turn our will and our lives over to the care of God as we understood Him."

First I asked myself, "What does it mean to turn things over?" I was reminded on page 20 that "it is as much an attitude as it is an action;" it's a choice I make. On page 98 I read that this Step can give me freedom from worry. Page 157 reminds me that "I need only turn myself over one minute, one hour, one day at a time." When I do this I learn to live in the present moment. I slowly learn to build trust, and eventually faith, in my Higher Power. Step Three helps me to stop minding other people's business (Page 230). Step Three can give me real "Love, Peace, Serenity" (page 338) when I truly surrender.

Okay, so how do I turn things over? On page 338 I read about the tools of a "God box" and a basketball net, and on page 365 I am given a quote I can ask myself every day to put myself in the right attitude: "God, what would you have me say and do today?" Through prayer and meditation I can learn to listen to the answers (page 98).

All is well,

Gwenne R.

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 196

Westons Mills, NY 14788-0196

Add Group's registered name & the Group's ID Number (Very Important)

Have Your Own
"Restore My Capacity for
Wonder" t-shirt

at the 2013 Spring
Assembly/Convention
in Lake Placid, New York

We are REEEEEALLY excited
to be able to offer you this
opportunity!

All you need to do is
bring your favorite solid,
white or light-colored t-shirt
and \$5.00 for the transfer.

And, of course, "Restore My Capacity
for Wonder" water bottles
will also be available for purchase
to match your new t-shirt!

Please also consider bringing your own
coffee/travel mug to use
for the entire weekend; and your guitar,
singing voice, etc. for the talent share
Saturday evening!

Literature Coordinator:

Hi Everyone,

On the 13th of this month, I will be taking part in another Conference Call with other Literature Coordinators, and I will keep you informed.

Each quarter, the World Service Office (WSO) posts a "Sample Chapter of Conference Approved Literature" on both the Public Outreach site, www.al-anon.org and the Members' site, www.al-anon.org/members. From January through March, the chapter is from **The Dilemma of the Alcoholic Marriage** (B-4). March's article in "CAL Corner," from the *Forum*, is also focusing on this book.

We still need sharings on intimacy. The sharing sheet for **INTIMACY IN ALCOHOLIC RELATIONSHIPS** (working title) can be found on our NYN website. Members can submit sharings on-line at the Members' site, www.al-anon.org/members under "Submit a Personal Sharing." Please encourage more members to share on the many types of intimacy, including sexual intimacy. At this time, there is no deadline for these sharings.

This month our Newsletter Editor, Gwenne, gave us a choice. We could write about the Third Step, Third Tradition, or Third Concept. I have decided on the Third Tradition: "The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend."

When I first came into Al-Anon I didn't know if a loved one was an alcoholic, but I knew that their drinking was causing me problems. The simplicity of "troubled by someone else's drinking" is clear, direct, and was most useful to me then in my state of confusion. Today, I know that leaving our other affiliations at the door, likewise helps us keep our focus on Al-Anon and what our primary purpose is -- helping families and friends of alcoholics. One of my favorite books, **Paths to Recovery** (B-24), has some great readings on the Third Tradition on pages 154 and 157.

I look forward to seeing many of you at our Area World Service Committee (AWSC) meeting in April. Be well.

Gratefully,

Pat H.

Alternate Delegate/Forum Coordinator:

As Alternate Delegate, it is my duty to send Welcome Letters to all newly registered Groups to NYN and share with them information about the *Forum*, upcoming Assemblies/Conventions and whom to contact as their District Representative. Last year there were five new Groups to NYN, but none so far this year.

My other duty as *Forum* Coordinator is to inform Groups about the *Forum* and to ask them to share it with the newcomer and use it in their meetings. I also try to encourage members to purchase a personal subscription or renew their current subscription. I do hope that you all are taking advantage of the *Forum* to enhance your personal recovery and to make it available to those who need our program.

On a personal note, I have been struggling with some issues regarding my Home Group meeting and have not known what to do about it. I have not been able to figure out what my part in it has been. I have talked to others in my Group, read literature about the Traditions and Service and talked to my Higher Power about it. In January, I opened the *Forum*, and to my surprise there was an article about taking a **Group Inventory**. I went to a meeting where the topic was about what we get from our meetings and from Al-Anon. I shared truthfully and from my heart, and as a result, someone suggested that we take a Group Inventory.

I am grateful that Al-Anon has two Group Inventory Guidelines (G8a and G8b). You can find a copy of these Guidelines on the members' page of the World Service Office (WSO) under Group Services. They can be downloaded and photocopied. There are several parts to the Inventory (G8a) to look at, such as: What is My Part as a Group Member?; My Views of our Weekly Al-anon /Alateen meeting; and Additional questions for Alateen members and Alateen sponsors. This form gives us instructions on how to conduct an inventory (i.e., during a special meeting, giving each person one question each to answer and then passing it along for someone else to read, doing a section a week or whatever way you want that works for your Group). **Sample questions are:** Do I attend meetings regularly?; Do I make telephone calls for my personal recovery?; Do I help others rather than complain about it?; Do I have a sponsor and do I sponsor newcomers?; Do we have Conference Approved Literature displayed?; Does our Group keep our meetings fresh and interesting

in order to retain long-time members? At the end of this Inventory, it asks us to share what I plan to do to carry out what I have learned in our inventory.

I do hope that you take advantage of these Group Inventory Guidelines to make your Group the best that it can be, so it will continue to be there for all of us "Family and Friends of Alcoholics."

Let It Begin With Me!

Diane C.

Deadline for the next issue of Northern Hi Lights is March 15, 2013

Topic: Fourth Concept or Tradition

Scavenger Hunt Answer
See page 133 in your *Service Manual*.

"TOGETHER WE CAN DO WHAT WE CAN NOT DO ALONE"

Al-Anon's 28th Annual

Cabin Fever Workshop

March 16, 2013 9:00 am – 3:30 pm

Second Congregational Church, Hillside Street, Bennington, Vermont

Welcome and Breakfast 9:00 am – 9:30 am

Speaker: 9:30 am – 10:30 am

Morning Workshops: 10:35 am – 11:35 am

- Talk to each other and reason things out
- I have a choice
- Living with my qualifier
- Alateen- Living with my qualifier

Pot Luck Lunch and Raffle: 11:40 am – 12:50 pm

Afternoon Workshops: 1:00 pm – 2:00 pm

- Why I keep coming back to 12 step meetings
- AA and Alanon, we recover together
- Using the tools daily
- Alateen- You are not alone

Closing Sharing: 2:00 pm – 3:00 pm

Clean Up: 3:00 pm – 3:30 pm

Directions: from the North take VT 7 South. Two blocks past the intersection of 7 & 9 turn left on Hillside Street. From the South take VT 7 North. Just after Friendly's restaurant turn right on Hillside Street. The church is the modern building on your right.



Al-Anon's 2013 International Convention
Vancouver, British Columbia, Canada
July 5 – 7, 2013

For all the details, please visit the International Convention Web site at
www.al-anoninternationalconvention.org

Let's celebrate our recovery together and make memories that will last a lifetime!

Trillium is

Al-Anon Area 86 presents
The 21st Annual Trillium 2013 Convention
with full Alateen and AA programs

June 21-23,
Holiday Inn Toronto Airport
970 Dixon Rd. Toronto ON

Be ready to hear awesome speakers!

Confirmed Al-anon Speakers:
Carl H from California
Liz T from Pennsylvania
Peter M from New Jersey

Confirmed AA Speakers:
Joe N. from Alabama
Bobby M. from Cleveland

Participate in :
* Workshops
* Meditation & Candlelight meetings
* Dance and Entertainment

For Trillium updates see the Ontario South website at www.al-anon.alateen.on.ca
For questions about registration, email: trillium2013registering@gmail.com

For room reservations
416 675-7611 / 800-524-8436
Use Code "Trillium - A13"

New Location !!!
Trillium 2013 has been moved to a new venue the
Holiday Inn Airport at 970 Dixon Rd. Toronto.
(if you take 427 north and exit at Dixon Rd, you'll drive straight into the Holiday Inn parking lot!!)

Early Bird Pricing
Booked up to Jan 31st.

Share a room with a Friend and pay \$\$\$ /pp/night

*all Room Rates subject To 13% HST
[See how your room reservation helps Trillium >>> see over >](#)

Room	Early
Single	\$110
Double	\$110

Al-Anon or AA \$20.00 *Early-bird* Up to Jan 31st

Al-Anon \$30.00 Starting Feb 1st

Alateen* \$5.00

Friend \$30.00

AA \$30.00

*see information about required Alateen forms on the back.

Al-Anon or AA \$20.00 *Early-bird* Up to Jan 31st
 Al-Anon \$30.00 Starting Feb 1st
 Alateen* \$5.00
 Friend \$30.00
 AA \$30.00

Name: _____ Email: _____
 Telephone: (____) _____ ext. _____ Group Name: _____

Are you booking a hotel room? Yes _____ No _____

Group Location: _____ District # _____
 (City or Town)

Send registration form along with cheque to: **Trillium c/o 40-2755 Windwood Dr. Mississauga ON L5N 2C8**

**FINDING SERENITY
THROUGH GRATITUDE**



**Al-Anon Day of Sharing
Hosted by District 2
Saturday, March 9, 2013
10 a.m. till 2 p.m.**

**Hamlin United Methodist Church
1742 Lake Rd, Hamlin, NY 14464**

**Al-Anon and AA speakers
50/50
Basket Raffle
Lunch at 12:00
Please bring a dish to share**

**\$3 Suggested Donation
All are welcome - No one turned away**

**DISTRICT 10
DAY OF SHARING**

SATURDAY, APRIL 6, 2013

**AT ST. MARK'S EPISCOPAL
CHURCH
CHENANGO BRIDGE, N.Y.**



**Al-Anon Family Groups - District 5
2013 Day of Sharing
Saturday, April 20, 2013
9:00 - 3:00**

**Recovery is a journey,
not a destination**

**Speaker, Workshops in the morning and afternoon,
Lunch and Raffles (50/50 and baskets)**

CVPH Medical Center, Beekman Street, Plattsburgh, NY
Parking is on the side of the hospital.
Use front entrance and follow the overhead signs to the auditoriums.
There will be a registration table set up outside of the door to the auditorium.

**Come for the whole day, or part of the day.
We will order lunch at 10:30. If you arrive after 10:30,
please provide your own lunch.**
Coffee, tea, water and lunch will be provided.
BRING COOKIES OR BARS TO SHARE.
\$6.00 donation to cover supplies and lunch.

DISTRICT # 3 ANNUAL DAY OF SHARING



**BLOOM IN AL-ANON:
PROGRESS NOT PERFECTION
Saturday, April 20, 2013
9:30 a.m.-3:00 p.m.
Donation \$3.00**

N.S.E.A. OFFICE, 210 S. MAIN ST., N.SYRACUSE 13212

DISCUSSION GROUPS, AL-ANON & A. A. SPEAKERS,
CRAFTS/RAFFLES, LITERATURE TABLE, & 50/50 RAFFLE

Light Breakfast Provided

Pot Luck Lunch (Bring a dish to pass-Enough to feed 6 people)

South (Take 81 North to Mattydale-Exit 26. Keep left to take US-11 N. Continue straight to take ramp towards US-11N. Turn left onto Brewerton Rd./US-11 N. Continue to follow US-11 N. 210 South Main St. is on the left.)

North (Take 81 South. Merge onto 481-N. Via Exit 29-N. towards N.Syracuse/Oswego. Take Circle Drive Exit toward US-11/N. Syracuse. Turn left onto Circle Drive East. Turn left onto Brewerton Rd. /US-11. 210 S. Main St. is on the right.)

NEW YORK NORTH AWSC MEETING

When: APRIL 6, 2013 - 11:00 AM until done – approx. 4PM

Where: Immaculate Conception Church - Dwyer Hall, 400 Salt Springs Rd,
Fayetteville, NY

*This is a required meeting for all officers, coordinators and district representatives of NYN.
All Al-Anon and Alateen members are welcome.*

AGENDA ITEMS:

*Delegate Update: Ruth S
Two Minute Hot Topic Reports: Officers & Coordinators
Committee reports
Set Agenda for Spring Assembly
Newsletter Delivery Method*

OFFICERS & COORDINATORS: *Please email a copy of your full report to the Secretary and the Web Coordinator and bring approximately 5 - 10 hard copies of your report.*

BRING:

*Lunch for yourself and snacks to share, if desired and your "Service Manual"
Check the Website for Officer & Coordinator reports*

Any questions can be directed to chairperson@nynafg.com or by phone at 315-455-1608.

DIRECTIONS:

Exit NYS Thruway (I-90) at exit 34A. Proceed through toll gate on to Route 481 South. Take exit 3E (Fayetteville) to Route 5 East. Stay on Route 5; road will fork after 1.0 mile - Stay in Left Lane. Continue on Route 5 approximately 1/8th of a mile into village of Fayetteville. There will be a Hess gas station on the left. Bear to the right at the small park in center intersection. Continue on Salt Springs Road. Church entrance will be on right - 0.6 miles. Follow long driveway to church.

**Please Note: This is a required meeting for all Officers,
Coordinators and District Representatives of NYN.**

All Al-Anon and Alateen members are welcome.

NYN AFG 2013 Spring Assembly & Convention
MAY 10-12, 2013
 Hosted by Districts 5 & 22

*Relax in the Adirondacks
 Mother's Day Weekend
 at the Crowne Plaza Resort & Golf Club
 in Lake Placid, NY*

****Al-Anon & Alateen Convention
 with AA Participation**



Hotel Reservations

Room Reservation Deadline **April 10, 2013**

Crowne Plaza Resort & Golf Club, 101 Olympic Drive, Lake Placid, NY 13212

Room Rate: Two-night minimum: \$89+\$9.58 (tax)per nite **** If only staying one night the room rate is higher :\$109+\$11.72(tax) **To confirm reservation, 1 night's deposit by check or credit card is required. Please list roommates' names.**

Extra night(s) Thursday and /or Monday \$89+ \$9.58 (tax) per night ****Rate is per room/1-4 people** ****All rooms have fridge, microwave & coffee pot**

For reservations call 1-518 523-2556 or 1-800 874-1980(Mention New York North AFG for rate)

Checkin: 4PM

Checkout: 11AM

****Alateens must have notarized permission/medicalrelease forms and adult supervision****

Registration Form Detach below and mail to address @bottom of form

NYN AFG 2013 Spring Assembly / Convention Registration Form

Make Checks Payable to : NYN AFG 2013 Spring Assembly /Convention

Name: _____ Early Registration (before 3/30/13):\$15----- _____
 Address: _____ Full Registration (after 3/30/13): \$20----- _____
 City/State/Zip: _____ Alateen Registration:\$12----- _____
 Phone #: () _____ Dinner Banquet:\$32(Deadline 5/3/13)----- _____
 Email: _____ Chicken ___ Beef ___ Vegetarian ___
 Donation to Hospitality:----- _____
 Total enclosed: _____

Are you a new Group Representative? _____

Are you a new District Representative? _____

Are you registering as Al-Anon _____;Alateen _____;AA _____

Are you here to attend the Convention? _____

Are you here to attend the Assembly? (GRs, DRs, Officers, Coordinators) _____

****All are welcome to attend Assembly meetings.****

Mail to: NYN AFG 2013 Spring Assembly & Convention

PO Box 398

Morrisonville, NY 12962

Questions??

Call: 518 578-1532

Email: Spring AFG 2013 @gmail.com

Join us for a 'wonder-filled' informal talent share Saturday Evening!

Don't forget to bring your guitar, singing voice, original poetry, and/or other talent to share.

DIRECTIONS: Take Exit 30 off I-87 N (Adirondack Northway) for US-9 toward NY-73. Left @ US-9 N. Left @ NY-73 W. Left @ Main St. Left @ Olympic Dr. Hotel is on top of the hill on left. and/or The Crowne Plaza Hotel is located @ 101 Olympic Dr. in the center of the village. If you are driving into Lake Placid from the east or southeast via Route 86 or 73, look for the Olympic Arena complex on your left. Olympic Dr. is the first street on the left past the Olympic Arenas. The hotel is located at the top of the hill on your left. If you are arriving from the northwest via Route 86, drive into town and look for the municipal parking lot on your right hand side as Main St. begins to curve to the right. Olympic Dr. is the first right turn after the parking lot. There is a hotel sign at the end of the parking lot at the corner of Olympic Dr. and Main St..

ROOM DESCRIPTIONS

- Traditional rooms have 2 double beds or 1 king bed -- hotel's choice, based on room occupancy.
- Rollaway beds are available upon request at a nightly charge of \$15.00+ tax
- Specialty rooms available, please ask your hotel reservationist for room types and rates.

RESERVATION POLICIES

- Reservations received after the conference room block is full or after Wednesday, 4/10/13 will be accepted on an availability basis.
- Cancellations must be received by Friday, 4/26/13.
- Deposits will not be refunded after Friday, 4/26/13.
- Check in time is 4PM - Check out time is 11AM.
- All reservations must be guaranteed by a major Credit Card.
- Reservations will be guaranteed from date of arrival to date of departure, as confirmed and Credit will not be given for Early Check-outs.
- Payment arrangements for your stay will be required upon arrival in the form of Cash or major Credit Card.
- Rates for Arrival before Thursday, 5/09/13 or for Departure after Monday, 5/13/13 will be quoted upon request, subject to availability and cannot be guaranteed at the Conference rate.
- Confirmation of your Reservation will be e-mailed, faxed, or mailed using the information provided on this form.

**Needed:
Donations of Baskets to Raffle and
Hospitality Room finger foods.**

The hotel has included the room descriptions and reservation policies noted at the left. If you have special needs, please let them know when making your reservation.

Please let us know if you have special dietary needs if attending the banquet on Saturday night.. All other meals are on your own.

The hotel restaurant offers a Breakfast Buffett from 7AM-10AM @\$11.95.

Lunch is available (order from the menu) from 11AM-2PM and dinner from 5PM-9PM.

If you are staying at the hotel, a \$5 off coupon for dinner @ The Boathouse Restaurant is offered along with a shuttle to and from the location.(Across the lake)

There is a wide variety of dining options within walking distance of the hotel.

Go to : <www.lakeplacidcp.com> to see menus and photos of hotel.

***** New York North combines it's Spring Assembly with our Convention. All members are free to attend any meetings. In the Spring, our Delegate gives a report from the World Service Conference at the Assembly. We have a workshop, hear reports from our coordinators and vote on various issues. Group Representatives are the voting members in our Assembly. You are here to participate along with our Officers, Coordinators and District Representatives.**

*Our Convention includes participation of Al-Anon members(including Alateen) and AA. Panels will be throughout Saturday. **If you are representing your group, please attend the ENTIRE ASSEMBLY MEETING.** You will have an opportunity to hear speakers and meet others throughout the weekend. Prior to the weekend, we will post the program on our NYNAFG.com website.*

Look forward to seeing you ...Host Committee....Districts 5 & 22

"Restore My Capacity for Wonder" Workshop Titles

I Wonder...How Al-Anon Works / Through the Looking Glass - Using Sponsorship to Change Our Perception
From Building Walls to Creating Walkways / The Wonder of a Youthful Viewpoint - Looking Back to Move Forward

Do you know who to contact if you have an AI-Anon related question?



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
<u>Delegate:</u> Ruth S delegate@nynafg.com	<u>Immediate Past Delegate</u> Elaine R ipd@nynafg.com	<u>Alternate Delegate:</u> Diane C altdelegate@nynafg.com	Panel 4 Helen S Panel 13 Ruth F Panel 16/19 Maxine M. B Panel 22 William S
<u>Chairperson:</u> Pam A chairperson@nynafg.com	<u>Secretary:</u> Marge R secretary@nynafg.com	<u>Treasurer:</u> Loretta P treasurer@nynafg.com	Panel 25 Marcia J Panel 28 Mary G
<u>Alateen:</u> Lynda S alateen@nynafg.com	<u>Archives:</u> Kathy M archives@nynafg.com	<u>Conventions:</u> Maureen K convention@nynafg.com	Panel 31 Arlene M (deceased) Panel 34 Sherry B Panel 37 LaVaughn R
<u>Group Records:</u> George S records@nynafg.com	<u>Public Outreach:</u> pi@nynafg.com	<u>Literature:</u> Pat H lit@nynafg.com	Panel 40 Anne F
<u>Newsletter Editor:</u> Gwenne R newsletter@nynafg.com	<u>NYNAC:</u> Lynda C nynac@nynafg.com	<u>Home Page:</u> Emily K web@nynafg.com	Panel 43 Connie D Panel 46 Bob C
<u>Spanish Contact:</u> Cira B spanish@nynafg.com		Panel 49 Elaine R	

NYN Area Assembly
Northern Hi Lights
34 Ellison Ave.
Rochester, NY 14625

**Deadline for the
April 2013 Issue
is March 15, 2013**
Topic: Fourth Concept or Tradition


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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. **Make checks payable (beginning January 2012) to: Northern Hi Lights. Mail to: New York North Area Assembly, PO Box 196, Westons Mills, NY 14788-0196.** Mail Address Changes and Updates to: records@nynafg.com