

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

# Northern Hi Lights

*Al-Anon News from New York North*

## Thoughts From Our Area Chair:

Hello NYN,

By the time you read this article, the Spring AWSC meeting (April 6) will be about to occur, where the agenda for the Spring Assembly/Convention will be prepared. There isn't much time this year between the AWSC meeting and the Spring Assembly/Convention, May 10 - 12. The newsletter for May will be just coming out as we pack our bags to go to Lake Placid.

***It's important for the Officers and Coordinators to have their reports available on the website for the members of NYN to review prior to the Assembly.***

I hope to have the agenda up on the website not long after the AWSC meeting. District Representatives also attend the AWSC meeting and should also have updates for you on what to expect at the Spring Assembly. Keep checking back on the website for all the reports.

The purpose of the Spring Assembly/Convention, as stated in our NYN policy document, ***"is to provide a forum for the Group Representative to fulfill their responsibility to hear the Delegate's report and to conduct Area business..."*** (Continued on next page....)

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NHL Editor: Gwenne R.

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Web Version Proofreader: Connie D.

**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](mailto:newsletter@nynafg.com)

Groups are requested to pay for a subscription at \$7.50 per year. A copy is sent to the Group Representative of each group on record with the Group Records Coordinator unless we have specific instructions about a Group Mailing Address. The address label is on the back page.

For more information visit the following websites:

New York North: [www.nynafg.com](http://www.nynafg.com)

WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

***at the Assembly meeting and to provide an Al-Anon program for the rest of the participants.”***

At the Spring Assembly meeting, Ruth S., our Delegate, will report on the activities of the World Service Conference held in April, and our Coordinators will present ‘two-minute’ ‘Hot Topic’ reports. Our Presentation Committee is planning a workshop on Knowledge Based Decision Making (KBDM). I encourage each Al-Anon/Alateen Family Group to send a representative to the Assembly, where every group in the Area has a voice and a vote in Area business through their representative. Sending your Group Representatives (GRs) to the Assembly is your group’s direct link and connection to the Al-Anon Worldwide Fellowship. The *Service Manual* states the following, “A group that fails to have a Group Representative denies the members a voice and causes a break in the link of communications.” All Al-Anon/Alateen members are invited to attend the Assembly meeting; however each group has only one vote in Area business. I hope you haven’t forgotten about the statement I made in my last newsletter article about entering you in a raffle for the *Forum* if you tell me at the Assembly that you read my article.

Our Web Coordinator, Emily, has given her resignation. NYN is currently looking to fill the position of Web Coordinator for the remainder of the Panel 52 term, which ends in Dec 2014. Thank you, Emily, for your service to NYN. I have asked Diane C., our Alternate Delegate, to respond to the web inquiries until we are able to find a replacement for Emily. Kathi D. will handle the technical aspects of the position. If you or someone you know within NYN is interested in the position, please contact me at [chairperson@nynafg.com](mailto:chairperson@nynafg.com). Responsibilities/Qualifications can be found on our website under: **Area Information & Forms / NYN Policies and Guidelines / NYN Area Officer/Coordinator Job Descriptions** or @ [http://nynafg.com/job\\_descp.html](http://nynafg.com/job_descp.html).

For this month’s topic I chose to share on ***Tradition Four: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*** Tradition Four speaks to me about freedom and responsibility; the freedom each group has, while at the same time it’s responsibility to uphold the traditions of the worldwide fellowship as a whole. Each group has the freedom to choose when and where it will meet, if it will be an open or closed meeting, what topics they’ll discuss, if they’ll use the daily readers or study the steps and traditions. Each group has the

freedom to choose how it wishes to open and close. Some groups choose to close with a prayer, while others might choose the Al-Anon Declaration or a moment of silence. All of these choices are entirely up to the membership of each individual group as long as the decisions of the group have been reached by a group conscience. The second part of Tradition Four speaks about each group’s responsibility to the worldwide fellowship. By adhering to the traditions of the program adopted from AA and laid out for us by our co-founders, each group can assure it will not stray from the program’s basic principles. If a group is using non-conference approved literature, discussing non Al-Anon related topics or promoting self help philosophies; that dilutes from the primary purpose and unity of the fellowship and has a direct affect on Al-Anon Family Groups as a whole.

***I’d like to end this article with a special thanks to Gwenne (Newsletter Editor) for assigning topics to write about. I continue to learn and grow with each new topic.***

“Let it Begin with Me,”

**Pam A.**

## **Alateen Coordinator:**

Hello my NYN Family,

I just received the World Service Office (WSO) paperwork for the Annual Alateen Re-certification. If you know of any Al-Anon Members Involved in Alateen Service (AMIAS) who are no longer involved with Alateen please let me know.

At present we do not have a re-certification procedure/process in our NYN Guidelines and I am hoping to get more input for this process. **My one thought is to implement a training session for Alateen Sponsors.** I have a base to work with, but **I would love to have feedback from people as to what they would like covered in the training;** and in order to do that we all need to practice Concept Four, which just happens to be the topic for our newsletter articles.

I hope we can all work together to make this an AMIAS/Sponsor training workshop. We all need to be on the same page to keep our Alateens safe.

Love in Service,

**Lynda S.**

## Area Delegate, Panel 52:

Dear NYN Friends,

This month's theme is either Tradition Four or Concept Four. I have chosen **Concept Four**, "Participation is the Key to Harmony." For me this has been a wonderful gift of Al-Anon. When I participate, I am a part of the whole: For so long before Al-Anon I didn't feel a part of anything. This belonging has been a spiritual experience for me.

In *Paths to Recovery*, p. 273, Lois W. is quoted: "Anyone can start something, but it takes many people to keep it going." I know this is true and have seen it work over my years in service. This past weekend I went to my first Northeast Regional Delegate (NERD) meeting of current and past NERDs. I can't begin to express how warm and caring a group of Al-Anon members this was; men and woman with years of service in Al-Anon. Next year will be my last year attending the World Service Conference (WSC), but I know that I will always be a NERD. This is a shining example of Concept Four.

Many of you have taken part in NYN's **adoption of groups in NYS** the past few months. Whether your group or District was able to send a couple hundred dollars worth of CAL or just a couple of daily readers, it was another example of Concept Four; **the idea that in giving we receive**. All who have taken part have been able to help fellow Al-Anon members on their journey of recovery. If you, or your group or District, have not taken part in this membership outreach project, **there is still plenty of need. I have been hearing from groups in NYS who have only just begun meeting again. Not only did they lose their literature with Hurricane Sandy, but also their meeting place**. Please contact me at [delegate@nynafg.com](mailto:delegate@nynafg.com) or call me (my number is on the last page) and I will provide contact information.

Lastly, I wanted to write a few words about the **search for Regional Trustee**. Last month there was a notice about a one-year appointment of a Northeast Regional Trustee. There was a very short time-line to apply for this position, as it will be filled at this year's World Service Conference in April. The normal term of Regional Trustee is three years. Once the Trustee is appointed to the one-year term, the process to appoint a Northeast Regional Trustee for the last two years of this three-year term will begin. Anyone interested in this two-year term as Northeast Regional Trustee will need to complete a resume. The NYN resumes will be reviewed and voted on at our Spring Assembly/Convention this May in Lake Placid. The resume for NYN's candidate for Northeast Regional Trustee must then be submitted to WSO by August 15, 2013, with the appointment taking place at the WSC in 2014. If this is of interest to you, you can contact me at [delegate@nynafg.com](mailto:delegate@nynafg.com) or contact the World Service Office for more information and a resume form.

Concept Four: "Participation is the Key to Harmony." There are so many ways that we can each practice this concept.

Gratefully in Service,

**Ruth S.**

### *Service Manual*

### **SCAVENGER HUNT**

**Challenge #6:** Does Al-Anon's principle of anonymity mean that members should not share their last names within the fellowship?

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

## Immediate Past Delegate:

**“When a member is new, nothing is expected except his or her own healing; but as time passes, the whirling emotions settle and it is vital to do service for the progress of Al-Anon. Doing service can contribute to our personal growth and development. In this way, we can express our gratitude and repay some of the huge debt we owe to Al-Anon.” –Texas, United States, p. 26, *As We Understood*.**

The first time I heard this reading, I was attending the opening dinner for my first year as your NYN delegate at the World Service Conference. These were the words that the chairperson of the Conference had chosen to include in her opening remarks, and they truly resonated with me. I also see a clear connection to the Fourth Concept: Participation is the Key to Harmony.

Early in my recovery I was introduced to service beyond the group level. I was asked to stand in for a Group Representative (GR) who was unable to go to the Area Spring Assembly for a group I had been attending. My eyes were opened to Al-Anon beyond my immediate surroundings and I was hooked on doing more. Soon the group was looking for a representative to the local Al-Anon Information Service, and I was willing to represent the group at the monthly meetings and bring back the information. From here, I went on to fill various positions as GR and District Representative (DR) and eventually, a number of positions at the Area level; each one of these positions allowed me to be a part of Al-Anon and to grow and heal in ways that I could not have imagined when I first entered the rooms of Al-Anon. Today I know I am a better person because I was given the chance to recover in Al-anon. Learning to live by the Twelve Steps, Traditions and Concepts in my life allows me to slowly become the me I wish to be.

As I study the word “participation,” the dictionary tells me it means “the state of being related to the larger whole.” **In Al-Anon, the groups are the ultimate authority.** It is here that we first learn about participation. For a meeting to happen, chairs need to be set up, literature needs to be set out and the hot water for coffee or tea started. When those arriving early pitch in and do these chores, the meeting can be started on time. When there is a problem that needs to be discussed, the group agrees to a group conscience meeting to discuss the matter, and after a thorough discussion of the matter with all the members of the group, we can

have a vote on how to proceed that is best for the group as a whole. **This process is followed at all levels of the Al-Anon program and is seen at its ultimate at the World Service Conference, which is known as the largest group conscience;** area delegates along with the members of the Board of Trustees, the Executive Committee and the members of the World Service Office Staff meet annually for the purpose of doing Al-Anon’s business.

Whether it’s at the group level or at the World Service Conference, we all have a need to belong and to participate. Al-Anon affords us this opportunity to become part of the group by giving of ourselves and also including others. We learn how to treat others as we would have them treat us. This is often referred to as the Golden Rule, a rule many of us may have struggled with in our alcoholic up-bringing. It is often said that in order to have to give it away. I find great delight in observing a sponsee take on a position and blossom in amazing ways. Al-Anon is a spiritual program; each of us has a belief in the God of our own understanding; and with that belief to turn to, we find that most of what we do happens with harmony. When I participate, I am spiritually nourished. I feel good about myself and am renewed.



Grateful to be in service,

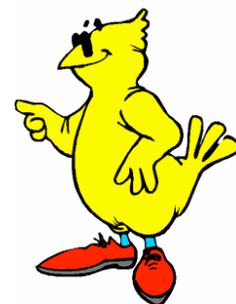
**Elaine R.**

*Deadline for submissions to the*  
**May 2013 issue of NHL is**  
**April 15, 2013**  
*Topic: Fifth Tradition or Concept*

***Don't forget:***

**AWSC Meeting  
 April 6**

***See March NHL for details***



## NYNAC Coordinator:

I am so excited about this year's New York North Alateen Conference (NYNAC)! 'The Stars of Hope' Alateen Group have some fun and interesting ideas planned. I am looking forward to seeing all the teens and sponsors.

What can we do to reach out and support Alateen? Let's keep our Alateen meetings active! There are so many teens that can benefit from our program. Is there an Alateen meeting in your district? Have you thought about becoming a sponsor? Are you involved in Alateen? Have you thought about becoming an Al-Anon Member Involved in Alateen Service (AMIAS)? If you are an AMIAS, have you thought about attending an Alateen meeting?

Don't miss out on one of the most rewarding experiences ever!

Love in Service,

Lynda C.



## ARE YOU READY TO SURRENDER?

That's the theme for this year's NYNAC!  
Are you going?  
What are the Alateen groups in your area doing for fundraisers?  
How is attendance in your meetings?

Are Al-Anon and AA groups aware of Alateen?  
Did you go last year? Share with everyone what an awesome time you had!

NYNAC is held in October - a beautiful time of the year at a peaceful and quiet retreat center. Please come and experience fun, sharing, dancing, tears and laughter.  
Hope to see you there!

## Convention Coordinator:

The committee working on updating, "How to Plan a Convention/Assembly" has been busy with the updates. We hope to have a draft by the AWSC meeting on April 6, 2013. It is definitely a work in progress. If anyone has any suggestions, please contact me.

The Spring 2013 Assembly/Convention in Lake Placid is rapidly approaching on Mothers' Day weekend, May 10 - 12, 2013. I know some of you make plans for Mothers' Day, but keep in mind that most of the program of the Assembly/Convention is over by noon on Sunday, so there is still time to celebrate with families and friends. 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:

Under Concept Four in our *Service Manual* it says, "The **principle of participation** has been built into our whole service structure..." p.180, and "...there are no superiors and no inferiors..." p. 181. Then, "Participation also responds to our spiritual needs. All of us deeply desire to belong" p.182. I try to keep this in mind when I attend my group meetings. If there is something someone can do to feel a part of the group, I try to get them involved. I remember how hard it was for me to feel a part of any group when I first started coming. Something as simple as being asked to set up the chairs gave me a purpose and helped me to feel connected to the group.

With participation in mind, **would anyone like to help suggest Scavenger Hunt questions for each issue of Northern Hi Lights?** The questions and answers all come from our *Service Manual* and it's a great way to get more familiar with the Al-Anon

fellowship and how its works. Just email me your suggestions at [newsletter@nynafg.com](mailto:newsletter@nynafg.com).

I am continuing to investigate printing options for the *Northern Hi Lights* and hope to have more information ready for the Area World Service Committee (AWSC) meeting on April 6.

Thank you all for your insightful sharings on the topic of the month!

Gwenne R.

## Literature Coordinator:

Hi Everyone,

Happy spring, my favorite season of rebirth and promise. It reminds me of how I have felt at different times in Al-Anon. Our Fourth Concept, "Participation is the Key to Harmony" gives me this gift of promise. It is my chance to be a part of, to contribute, and to sense that I belong. This awakens my spirit and helps me grow. In turn, I am able to offer my hand to someone else, to say, "Come, be a part of; we'll walk together."

The other evening, I participated in a conference call with other Area Literature Coordinators and our facilitator, Tom C., Associate Director of Communication—Literature. Tom shared some exciting news from the World Service Office (WSO). **We have our first e-book (eB-25), "Having Had a Spiritual Awakening."** This book features member sharings, photographs, and artwork from around the globe, reflecting the diversity of Al-Anon members' spiritual experiences. This book is no longer available in print, but is now available through your electronic book provider.

Tom also pointed out that our *Legacies Workbook* has a name; *Reaching for Personal Freedom—Living the Legacies* (P-92). This book is spiral bound and similar in size to our *Blueprint for Progress*. It will be released at the International Convention in Vancouver.

I will have the rest of my report posted on our NYN website in time for our AWSC meeting April 6. I encourage you to come and participate.

Gratefully,

Pat H.

**Scavenger Hunt Answer can be found on page 39 of your Service Manual.**

**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)**

## Alternate Delegate/Forum Coordinator:

The Fourth Tradition states: **Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.** As I read this, I thought of my home group and the other groups in the Worldwide Fellowship. How can we be autonomous but still work for the good of the Fellowship as a whole?

I looked at my Home Group to see how we put this Tradition into practice. One of the things that our group decided to do was to have a six-week series of meetings for the newcomers at the same time as our regular meeting. This gives the newcomers an opportunity to learn about Al-Anon in a smaller group and to be able to ask questions in a more intimate setting. My group also chose to give out Conference Approved Literature (CAL) relating to the topic each week, instead of just one Newcomer Package when they first arrived. Our group decided that we did not want to read from all of the Daily Readers at each meeting, but could refer to them if we wanted to.

However, we still use only CAL in our meetings; and when we do Public Outreach we make sure we are promoting only the Al-Anon/Alateen program. We have invited AA members to join our groups, but ask that they only share on their recovery in the Al-Anon program. However, if they are invited as an AA Speaker at an Anniversary Meeting or Day of Sharing they may share their AA recovery story there.

It is nice to be able to be flexible with our meetings and to do what works for us, such as setting our meeting time, deciding whether we serve coffee and if we have greeters, how we want to spend our finances or how we want to open or close our

meeting. It also nice to know that because we follow Tradition Four, people can come to our meeting and receive the 'Experience, Strength and Hope' that this program gives here and all over the world. In addition, before our group puts anything into practice, we make sure that it will not hurt AA or AI-Anon as a whole. We want AI-Anon to always be there for ourselves and others who need it.

As the *Forum* Coordinator, I ask that you please remember to use the *Forum* in your meetings, encourage members to purchase their own personal copies and share the information about this recovery tool with newcomers. Also, remember that **members are the authors of the *Forum***. It is our responsibility to keep it going by writing something for it and submitting it to WSO. To find out how to write articles for the Forum go to the Members Website at <http://alanon.org/members/forum/> to download the following Forum Service tools.

[F-1 Forum Writing Guidelines](#)

[F-2 Tips for GRs as Forum Representatives](#)

See you at either AWSC or the Spring Assembly/Convention in Lake Placid in May.

Diane C.

## Secretary:

Hello there,

NYNAFG 2013 Spring Assembly & Convention is fast approaching! Put the weekend of May 10-13 on reserve and mark your calendars. The room reservation deadline is April 10. Hope to see you all at the Crowne Plaza Resort in Lake Placid. Remember, as Concept Four states, "Participation is the Key to Harmony."

This month, our editor has given us a choice of topics; the Fourth Tradition or the Fourth Concept. For me, the choice was easy. Many years ago, I had the privilege of serving as co-chair for our Spring Assembly/Convention, where the chosen theme was the Fourth Concept.

Concept Four has helped me apply the spiritual principles of this program to all working relationships in my life. **Participation makes us a part of the group rather than apart from it.** Through AI-Anon, I learned that working in harmony requires that we have respect for one another. We give of ourselves,

our opinions and our time. Over the years, I have participated in AI-Anon in many ways, and because of this continued participation, I continue to grow. Participation in AI-Anon is called service.

**Miracles happen in AI-Anon, and miracles have happened in my family because of our participation in this program.** I know how unhealthy I've been; I also know my recovery is a work in progress.

Gratefully,

Marge R.

### District 4 AA/AI-Anon Convention

#### "How AI-Anon Works"

**Friday May 17 - Sunday May 19, 2013**

Ramada Inn

6300 Arsenal Street, Watertown, NY

Call 315-788-0700 for Hotel Reservations

Mention Event for Special Rate \$75.00 + Tax

**Friday: Doors Open at 3:00 PM**  
Open AI-Anon & AA Meetings

**Saturday: Doors Open at 8:00 AM**  
AI-Anon Panels, Brown Bag Lunch,  
Meeting, Main Speaker

**Sunday: Doors Open at 8:00 AM**  
Open AA Panel & Speaker





COME AND JOIN US FOR OUR 30<sup>TH</sup> ANNIVERSARY

HAMLIN SUNDAY NITERS IS CELEBRATING

DATE: SUNDAY, MAY 5<sup>TH</sup>, 2013

TIME: 7:30 – 8:30 PM

PLACE: United Methodist Church  
1742 Lake Road  
Hamlin, NY 14464  
(near Route 18 on the east side of Rt. #19)

AA and Al-Anon Speakers Refreshments

BRING A FRIEND PASS IT ON

**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.)

**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**



*Don't forget to bring your guitar, drum, singing voice, original poetry, etc.  
 for a 'wonder-filled' talent share Saturday Evening!  
 Also, bring a T-shirt if you want a "Restore My Capacity for Wonder" iron-on.*

**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.**

**\*\*\* 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

*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](http://www.lakeplacidcp.com)> to see menus and photos of hotel.*

### "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 Al-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	<b>Panel 4</b> Helen S <b>Panel 13</b> Ruth F <b>Panel 16/19</b> Maxine M. B <b>Panel 22</b> William S  <b>Panel 25</b> Marcia J <b>Panel 28</b> Mary G  <b>Panel 31</b> Arlene M (deceased) <b>Panel 34</b> Sherry B <b>Panel 37</b> LaVaughn R  <b>Panel 40</b> Anne F  <b>Panel 43</b> Connie D  <b>Panel 46</b> Bob C
<u>Chairperson:</u> Pam A  chairperson@nynafg.com	<u>Secretary:</u> Marge R  secretary@nynafg.com	<u>Treasurer:</u> Loretta P.  treasurer@nynafg.com	
<u>Alateen:</u> Lynda S  alateen@nynafg.com	<u>Archives:</u> Kathy M  archives@nynafg.com	<u>Conventions:</u> Maureen K  convention@nynafg.com	
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<u>Newsletter Editor:</u> Gwenne R  newsletter@nynafg.com	<u>NYNAC:</u> Lynda C  nynac@nynafg.com	<u>Home Page:</u> Emily K  <a href="http://web@nynafg.com">web@nynafg.com</a>	
<u>Spanish Contact:</u> Cira B  spanish@nynafg.com		<b>Panel 49</b> Elaine R	

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

**Deadline for the  
May 2013 Issue  
is April 15, 2013**  
**Topic: Tradition Five or Concept Five**

  
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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: Group Records,