

## Inside This Issue

Topic: My Serenity

Table of Contents:

1. Area Delegate
2. Alternate Delegate, Area Chairperson
3. Public Outreach Coordinator
4. Treasurers Report
5. Convention Coordinator, Archives Coordinator
6. Alateen Coordinator, Group Records Coordinator
7. Around New York North, Newsletter Editor
8. Presentation Coordinator, Area Secretary
9. Immediate Past Delegate, Receiving Group e-News?
10. Spring Assembly/Convention Flyer
11. Spring Assembly Registration Form
12. Al-Anon Acroyms
13. Contact Information
14. Subscription Form

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# Northern Hi Lights

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

Hello NYN,

Last month at this time, I was preparing to attend the 2016 World Service Conference in Virginia Beach, Va. I had a wonderful and spiritual time. Thank you for the privilege of representing you.

Some of the interesting items we discussed were:

- Finances of World Service (operating at a \$233,000 deficit for 2015)
- How much does WSO spend on each group?
- Task Forces on Acceptance of Communities, Cultures and Beliefs (Do our innate biases keep our groups from growing?)
- Task Force on Meeting Types (Getting out of the rut of topic meetings.)
- Task Force on Technology and Anonymity.
- Task Force on Communication and Strengthening the Links of Service Team Events.
- Meet The Board Presentation. (Do we want to consider hosting one of these events?)  
**(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](mailto: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](http://www.nynafg.com)  
WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

**(Delegate continued from page 1)**

- Welcoming incoming Panel 56, and saying farewell to Panel 54.

If you want to know more about these topics (and others) please attend the Spring Assembly and Convention, May 13<sup>th</sup> to 15<sup>th</sup> in Albany. (See the registration form in previous *Northern Hi Lights*, or on our website, [www.nynafg.com](http://www.nynafg.com).)

**Diane C.****Alternate Delegate**

Hello NYN,

I have welcomed three new groups this year to date, two in District 18 and one in District 8. I sent in my AMIAS Recertification Form to the Alateen Coordinator, Walter S. I attended the AWSC meeting on April 2, 2016 in Syracuse. I am serving on the AWSC Revisioning Committee - an exciting new committee that is looking at how we can best use our time together at our meetings.

The most exciting news is that I just returned from a trip to Virginia Beach to attend the WSO open house to celebrate the 65th anniversary of AI-Anon. We attended a banquet where there were two speakers (one was a member of AI-Anon since 1957!) We were given a tour of the WSO headquarters and met all of the employees, who seemed to love their jobs. I was impressed with the design of the building and the architectural details that incorporated our logo. There was even a quiet room for employees to go to whenever they needed a break. I left feeling very impressed with the organization of AI-Anon. It was a long drive (14 hours with stops) but we made it fun with a return trip via the Virginia shore to see the wild ponies on Chincoteague Island.

While I was on the tour of the WSO building, I was asked to let others know about Group e-News and to be sure that your group has supplied an email address to WSO so that you can access this wonderful information for your groups.

**Gwenne R.****Area Chairperson**

Hello NYN,

At the AWSC meeting in April, we set the agenda for the Spring Convention. Most important is Diane's Delegate Report of what she learned at the World Service Conference. I got a sneak preview, and we're going to hear some fantastic news for NYN and AI-Anon as a whole. We'll also vote on the location for the 2018 Fall Assembly, hear reports from the coordinators, learn more about doing Public Outreach at the State Fair, and participate in a fun Presentation on the Concepts. Please plan to attend the Assembly on Saturday, May 14 at 9:30 am at the Desmond Hotel in Albany and find out what the future holds for our wonderful fellowship. When I first came to AI-Anon, I had no serenity. I fussed and worried, fantasized and controlled. Not much happened that made me feel serene. I think the first tool that I latched on to was the Just for Today pamphlet. It was small, handy, and calmed me when I was feeling low. "Most people are as happy as they make up their minds to be." Really!?!?! What a revelation! "I can do something for twelve hours that would appall me if I had to keep it up for a lifetime." Fantastic! I started learning to apply these short sentences to my situation. Life got better. Serenity came more often and stayed longer. Today I find that serenity is easiest when I'm feeling patient, relaxed, and compassionate. I make up my mind to be happy every morning when I write in my journal. I can do something for a lifetime when I have serenity.

**Susan A.**

## Public Outreach Coordinator

Hi Everyone,

I am looking forward to being with you, in Albany, at our Spring Convention/Assembly. For me, this is a chance to meet new people involved in service, to see the many friends that I have made over the years, to share information, and to hear our Delegate's report.

Recently I was informed that our public outreach committee chair for Syracuse, Carla, will be moving out West. I will miss working with Carla and I know the people in Syracuse will miss her as well. We need someone to step up to this position.

Before Carla's departure, she helped set up a meeting with employees of a Syracuse Health Center. It was decided to give the DVD, ***Al-Anon and Alateen's Role in Family Recovery (AV-31)*** to the Center so the families seeking recovery could view it. Everyone feels that this DVD is a wonderful tool and will help get the word across to all of the family groups. It would have been difficult to organize speakers for the short amount of time the families have together. The cost of this DVD is only \$5 and is available through WSO.

We need an official public outreach committee chair for the Buffalo area. Kelli, the AIS chair for Buffalo, told me about a treatment center with 14 locations looking for presentations to families on a regular basis. Kelli and other members are looking into this. I'll keep you informed.

In April there were two health fair's in NYN, one at Nazareth College in Rochester, and one at St. Rose College in Albany. Thank you Mike H. and Deb W. for your help.

In Rochester we are being asked, through one of the local churches, to bring a meeting to residents of three different recovery houses. As I learn more, I will pass that information on.

E news for professionals didn't get posted to the WSO website due to an internal error. Distribution occurred only to the professionals' mailing list. The Feb/March newsletter will be posted soon. You can find it by going to [www.al-anon.org](http://www.al-anon.org). Click on professionals and you will see it at the bottom of the page.

Our State Fair this year will run from August 25 through September 5<sup>th</sup>. Sign up will be like last year beginning June 1<sup>st</sup>. We will be in the same building as the AA booth, the Science and Technology building. Ruth, our committee chair, will keep all of us informed.

September is National Recovery Month and I have received information from Claire R. from WSO about a two day event in Troy. The dates are Wednesday, August 31<sup>st</sup>, 5 pm to 9 pm, and Thursday, September 1<sup>st</sup>, 9 am to 6 pm. The New York Credentialing Board (NYCB) of the Association for Substance Abuse Providers (ASAP) will host this 2016 event. This event will be held at the Hilton Garden Inn of Troy. With momentum growing across the country to curb addiction and better support recovery, New York is paving the way with innovation and collaboration. This Conference & Celebration will bring together the many different initiatives making an impact throughout the state, NY's first state-wide recovery conference. Since Recovery Month is a celebration of individual and family "recovery" from alcoholism or drug addiction, many of the events are fun in nature such as a picnic, a race, an art show, or a walk. Having an Al-Anon presence at a local Recovery Month activity is a way to show attendees that recovery is as important for the family as it is for the alcoholic. I have passed this information on to Bob C., DR for District 7. As Bob and I learn more about this event, and our role, we will keep you informed.

Our topic this month is "My Serenity." As I think about this topic I realize that when I am experiencing serenity, it isn't "mine." it's a gift. In a real sense I'm powerless over it. What I notice about myself is that when I take care of my responsibilities, I feel almost serene. In fact, I'm feeling that right now as I complete my article! Together we can make a difference.

**Pat H.**

**Deadline for Northern Hi Lights**

**Articles is May 15, 2016**

**Topic is:**

**My Favorite Slogan**

# Treasurer's Report

Greetings to my NYN Family!!

I do believe that Spring has arrived!! By the time this is published, we should be very close to meeting for the Spring Assembly/Convention in Albany!! Soooo exciting!!

The following donations were received in the month of March:

Gr Name	Gr #	Amt	Circle
of Hope	54280	46.73	
UNK	27134	25.00	
District 15	n/a	25.00	
Thurs Men's	UNK	40.00	
St. Rose	54087	60.00	
Exp,Strength,Hope	44775	50.00	
Chittenango	9677	15.00	
Cortland	9696	50.00	
Westenders	UNK	4.50	
Keep It Simple,Ithaca	66230	10.00	
District 25	n/a	50.00	
Live & Let Live	503200	20.00	
Courage to Change	63806	25.00	
District 5	n/a	100.00	
Mon Canandaigua	24271	30.00	
This New Day AAC	33001	20.00	
Thurs Eastwood	UNK	25.00	
Path to Recovery	3051818677	50.00	
UNK	9612	15.00	
Serenity Circle	30521550	20.00	
Bolivar Discussion	502378	25.00	
Hope For Today	53134	24.00	
District 22	n/a	25.00	

There were three paid subscriptions to *Northern Hi Lights*.

The following expenses were paid since the last newsletter:

H & R Block	\$ 350.00
Ruth S (NERD)	284.78

AFG, Inc (10% of Spring)	\$ 400.00
NYN Spring '16 Conv	15.00
NYN Spring '16 Conv	47.00
Arline K (Fair signage)	101.05
NSEA (room use-AWSC)	50.00
Pam A	191.27
Molly C	90.33
Lynda S	85.00
John O	158.50
Ruth S.	56.72

Current balances are as follows:

Checking Account	\$12,105.38
Reserve Account	8,822.90
Sage Ruddy Mutual Fund	2,735.42

THANK YOU FOR SUPPORTING YOUR AREA!!!!

The topic this month is "My Serenity." WOW!! This is something that was sorely lacking in my life when I first came into the rooms!! With a new husband, two children under 6 and three new step-children, I needed serenity desperately, and did NOT know how or where to find it!! After many 24 hours of saying the Serenity Prayer up to 50+ times a day, and handing my Serenity over to whomever (like they were asking me to pass them the salt!), listening at meetings, doing my readings, practicing taking many a deep breath, and walking away from chaos, arguing, or any of a number of things that detracted from my serenity, I finally began to feel little twinges of some peace...THIS WAS IT!! I had found small pockets of Serenity...and I wanted MORE !! Taking note of how those twinges came about, I started to practice detaching a little more often, and found the MORE that I was looking for!! Today, I guard My Serenity with all of my being...it is that important to me!! Thank you, Al-Anon, for helping me find this priceless gift!!

Hugs,

**Linda A.**

## Convention Coordinator

My calendar says spring has arrived. I sure am hoping the atmosphere and the clouds know it. I am looking for the buds and the birds to start blooming and singing....and with it will bring a beautiful weekend for all NYN AFGs/Alateens to gather in Albany for 2016 Spring Assembly and Convention. (Registration form is on NYNAFG.com webpage). I can't imagine what my recovery journey would have been like if I hadn't started attending two assemblies a year that very first year.... and the beat goes on. Such memories, such friends, such wisdom shared, such a journey in recovery. So mark your calendar for the next two years. Don't miss out.... And never take the trip alone. Invite a newcomer! **Get your pencil & calendar:** May 13-15, 2016 The Desmond Hotel, Albany ( Districts 7 & 8 hosts) September 23-25, 2016 Comfort Inn & Suites, North Syracuse (District 22 hosts) May 19-21, 2017 Milenium Hotel, Buffalo (District 12 hosts) September 22-24, 2017 Comfort Inn & Suites, North Syracuse (Districts 3 & 18 hosts) May 2018 hmmm-when & where?? Rumor has it that two districts are ready to say "yes." Our Editor's question of the month is, **"How can we promote service in our district?"** How many of our members that keep coming to weekly Al-Anon & Alateen meetings even know what District, Area, or WSO mean, much less what district we are in and what does it do? During the meetings I attend each week, the chair reads "Donations are used for rent, Group Representative expenses to attend area assemblies, literature, donations to District 10, New York North Area, and World Service Office. Alateen donations may be placed in Alateen collection "can".

Chair also reads, "District 10 meeting is First Sunday of month, 3:00-4:00 pm at Binghamton General Hospital. All Al-Anon members are welcome to attend. Diane B. is our GR (Group Representative) Diane, do you have any comments?"  
But how about 'attraction rather than promotion?'

Talk to each other after the meeting. Call a member, invite the member to join you, just for the ride. They can 'listen and learn'... and maybe they will learn that the server benefits as much as the one being served. Have a great day!

**Nancy H.**

## Archives Coordinator

Hey NYN members,

I am continuing to receive Longtime Members' Questionnaires. Thank you for sending them in and keep them coming. I think it's a good way to capture the history of NYN from a member's perspective. The questionnaire can be found on the NYN website under Area Info ([http://www.nynafg.com/area\\_info.html](http://www.nynafg.com/area_info.html)). You can email them in or send them in the mail. Contact information is at end of the newsletter.

I have been busy working on the 2016 Spring NYN Assembly/Convention, as Co-Chair. I am hoping to have a small archives display there. Not quite sure what it will look like, but have ideas percolating. I hope everyone can attend the event (registration form is in this newsletter).

On this month's topic, serenity to me is small rolling hills of ups and down, not the large jagged peaks that dominated my life before recovery. It took years of working the Al-Anon program to get to that place, and I don't want to go back, so I try to make my serenity a priority. If I am not serene, it's hard to be present and useful to anyone else. To maintain my serenity, I go to meetings, do service work, and work with my Sponsor. I try to incorporate the Steps, Traditions, and Concepts in my life. I make sure to give things freely, no strings or expectation attached. When I choose to do something it's for me, that way I avoid resentments. It's not always easy and I don't do it perfectly, but as long as I focus on myself, the serenity comes.  
Yours in Service,

**Kevin M.** [archives@nynafg.com](mailto:archives@nynafg.com)

## Alateen Coordinator

In my last two articles I listed what the teens and sponsors feel is working and not working in Alateen. This month I am listing where the sponsors think we need to go from here. Due to the amount of time we spent on what's not working with the teens, we did not have the time to pose the third question.

The sponsors responded:

- Attracting Younger sponsors
- How to help Alateens transition to Al-Anon
- Training for Sponsors
- Ways we can outreach.
- Difference between promotion and outreach
- Utilize young AMIAS's with Alateen experience when reaching out to Al-Anon and AA.
- Empower teens
- Alateen Group GR's
- NYN and Local websites lacking Alateen information.

I want to thank all of the teens and sponsors for their honesty, openness and cooperation. I am so proud of our teens because they gave Bridget (NYNAC Coordinator), Jean R. (Ithaca Alateen Sponsor) and me a lot respect and patience during this workshop. **OUR TEENS ROCK.**

Since my last article the annual Alateen Recertification Process has started again. Each AMIAS in NYN has received a recertification form in the mail that must be completed and returned to me no later than May 31<sup>st</sup>. (If you are an AMIAS and did not receive Meetings listed. I will be contacting our Website Coordinator to have them published.

My other goal is to pull together our Alateen Guideline Review Committee again to begin updating our Alateen Guidelines. I am currently reaching out and posing questions to other Alateen Coordinators and Area Alateen Process Persons about their recertification requirements, AMIAS training, and who in their area is required to be certified. We will start first with the NYNAC Guidelines. If it is in my Higher Powers will I hope to have them updated and completed by this fall. I am looking forward to working with the committee and will keep all of you updated as we go along. Thank you everyone for your support and guidance. I am reminded every day that I don't have to do it alone and that gives me so much serenity.

In April, World Service also mailed the Annual Alateen Group Update form to every Alateen Group Contact Sponsor. Please make certain that you review the document, make any necessary changes and drop it in the mail to my attention by May 31<sup>st</sup>.

I recently had the opportunity to attend a meeting with the Irondequoit Saturday Morning Alateen Sponsors. I was accompanied by Diane C. our NYN Delegate and two young men from the Friday Night Camillus Alateen Group. We discussed several different topics from outreach, meeting format and safety.

My primary goal is to have all Alateen Meetings listed on the NYN Website meeting list by Mid-May. I have noticed that a couple districts do not have their Alateen Love in Service,

**Walt S.**

## Group Records Coordinator

I did a presentation of how DR's can access their District information at the AWSC meeting April 2, 2016. If you do not understand it or were unable to attend the AWSC meeting or just want more information please, do not hesitate to call, email or write me. I will do my best to help you through it. Our topic for the month is; my serenity. For me, serenity is the environment which I create for myself that is peaceful and safe. I no longer put up with unacceptable behavior, either physically, emotionally or spiritually. I remove myself from toxic situations. Another way I find my serenity is to totally accept my powerlessness and surrender to my HP's guidance and care. When I get out of the way, many amazing things happen.

Love in service,

**Lynda S.**

## Around New York North

'Hamlin Sunday Niters' invite you to their 33<sup>rd</sup> Anniversary Meeting, May 22<sup>nd</sup> at 7:30 PM. It will be at United Methodist Church, 1742 Lake Rd. North, in Hamlin. They'll have AA and Al-Anon speakers, and refreshments. They invite you to bring a friend, and celebrate the arrival of spring.

Fayetteville Tuesday is planning their 50<sup>th</sup> Anniversary, and we'll tell you about it when we have details.

Up North in Toronto, they're having 'The Trillium Weekend' at the Sheraton Parkway Toronto North Hotel. (1-877-772-3297) The hotel rate is \$120 including tax, in US funds. The alternate hotel, across the street is Best Western, and their rate is \$101 US, tax incl. Their phone is 1-800-668-0101. They limit registrations, so contact their treasurer first. ([trilliumtreasurer@gmail.com](mailto:trilliumtreasurer@gmail.com))

Pat's Public Outreach report, page 3, is loaded with news about New York North, and is a good source of Al-Anon information for us all.

## Newsletter Editor

Hello NYN,

Is spring sprung? The grass is riz. This is the seventh issue since our Fall Assembly/Convention, and it is still a learning process for me, although slower than I'd like. Progress Not Perfection, for sure. I've been told that around the end of my term, I'll be competent. That means I can help the next volunteer. I'll like that. Before becoming editor, I volunteered to print and mail *Northern Hi Lights* for \$1.00 a copy, which is about my cost for stamps and all materials. Last month I sent 44 copies, and it seems to increase slightly in number, which is okay.

Picking the topic is one of my duties, and not the easiest, although not so puzzling as a word processor program. **John O.**

My serenity is amazing. Where did it come from? Lots of meetings and lots of time is the only answer. Where did all that fear go? Finding the courage to take risks in Al-Anon paid big dividends fairly early, and that taught me that I had to continue taking those risks if I wanted more. Not every risk paid off, but the journey has been amazing. So many things I've attempted since my first meeting, when I felt my life had been a tragedy, makes me want to keep coming back. I'm already thinking about what service I'll do in Al-Anon after my term as editor, because I will keep truckin.

**John O.**

### 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)

## Presentation Coordinator

My Serenity” ebbs and flows in direct proportion to the actions I am willing to take to nurture my physical, mental, and spiritual health. Physical is easy: did I go to bed at a reasonable hour? Eat healthy food? Get some exercise? If I spend all day drinking coffee and eating candy, my serenity tanks. Mental is more complicated: did I meditate? Go to a meeting? Work on a step, tradition, or concept? If I start the day on Facebook, get into some work gossip, and skip meetings, my serenity suffers. The hardest one for me is spiritual: did I get in touch with my HP? Read some Al-Anon literature? Stay in the moment? Reach out to another member? My serenity really depends on my connection with something bigger than me, and if I spend the day wrapped up in my problems, I’m not nurturing my own serenity. On the other hand, if I take some simple actions to feed my physical, mental, and spiritual well-being, the words and behavior of other people do not have the power to shake my serenity.

I have reason to believe the Presentation at Assembly will involve glitter glue and a lot of noise. Stay tuned.

In Service,

**Sarah R.**

## Area Secretary

Hello NYN,

When I think of serenity I think of being calm and peaceful. I can be pretty serene when I’m staying in my own stuff and living for the moment. How do I describe serenity? Serenity feels like a calming breeze on a sunny beach. It’s the feeling that comes over me when I can truly relax and feel what is going on right now. It’s clearing the mind of thoughts. It’s the sound of ocean waves in the early morning, just after the sun comes up, and before the beach becomes a mass of people with beach towels and umbrellas. It’s the feeling

of calm I get from hearing the sound of Niagara Falls from a distance, as I see the evening illumination.

Serenity can happen to me when I allow my Higher Power to take over, when I truly have faith and turn everything over. When I start to lose my serenity is when I need to increase my meetings. It’s when I need to focus on my program, and not what is going on around me. I never really thought much about serenity before Al-Anon. Do I like the feeling of serenity? I sure do. Do I feel it all the time? No, I don’t. What I know today is that finding my serenity is my very own job. It’s no one else’s job. It’s mine and mine alone. Hope to see you all at the Spring Assembly/Convention.

*“Together We Can Make It”*

**Pam A.**

## Immediate Past Delegate

Dear NYN Friends,

As I said last month, NYN will be an exhibitor at the New York State Fair again this year. I will have more information at the Spring Assembly/Convention and in *Northern Hi Lights* articles in the future. For now, please just keep the fair in mind. We will need 96 volunteers this year, the same as last year. Mark your calendars, the fair runs August 25<sup>th</sup> – September 5<sup>th</sup>. When registration opens please sign up for a spot.

This month's theme is "My Serenity". It's funny but I was just thinking about this when I was driving to my Saturday morning meeting. This is my home group, and has been for a very long time. I was thinking about all the times that I have driven that same route to get to that meeting.

Over the years there have been so many things going through my mind on that drive, so many emotions running through me during this drive. I have been so very happy, so very sad and many times just kind of in an okay place. Whatever I have been feeling, the one thing I knew was that I was going to the place where I always ended up feeling serene.

I always make that 20 minute drive knowing that no matter what we were talking about I would hear something I really needed to hear. That I would be sharing my thoughts and feelings with people that I care about and they would be sharing with me.. That I was indeed going home.

I guess what I'm trying to say is that for me, "My Serenity" is wrapped in the warmth of my home group.

Gratefully in service,

**Ruth S.**

## Receiving Group e-News?

The following message was received recently from WSO, and is condensed for the newsletter:

Please help to enrich members' recovery experience by making sure they are receiving **Group e-News**. About **65 percent** of the groups receive **Group e-News**, because the **rest don't have a contact person** with an email address. Talk with your groups about the importance of the CMA role in distributing timely information. Unfortunately, only about **50 percent** of those receiving **Group e-News** bother to open it. Please encourage your groups to choose a willing member for the role of **CMA. (Current Mailing Address.)**

The percentage of members who receive **Group e-News** through their CMA is not known.

Suggest easy ways for CMAs to distribute **Group e-News** to members.

### 1. By email

- Create a list of e-mail addresses of interested members.
- Forward the e-mail containing Group e-News, each month, to the list of e-mail addresses.
- Maintain the list of e-mail addresses when members come and go.

2. Print the publication and pass around at meetings.

# Still Time to Register

You missed the deadline for convention discount rates, but  
**PRE-REGISTRATION AND WALK-IN registrations are still possible!**

**Come to convention!**

**See the registration form for more information.**



**Friday, May 13 - Sunday, May  
15, 2016**

**at The Desmond, Albany, NY**

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



**AFG New York North**

[www.nynafg.com](http://www.nynafg.com)

**2016 Spring Convention & Assembly**

*~ hosted by Districts 7 and 8*

**We've planned a wonderful program, and lots of fellowship, and fun. The banquet will be scrumptious and the entertainment, unforgettable. And, of course, there will be lots of raffle baskets and AA participation.**

# 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**

## NYNAFG 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 AI-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

- AI-Anon ..... \$15 ..... \$20
- Alateen\* ..... \$12 ..... \$12
- AA ..... \$15 ..... \$20
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**SERVICE IN AL-ANON**

**AAPP** - Area Alateen Process Person

**AFG** - Al-Anon/ Alateen Family Groups

**AIS** - Al-Anon Information Service

**AMIAS** - Al-Anon Member

Involved in Alateen Service

**AWSC** - Area World Service Committee

**CAL** - Conference Approved Literature

**CMA** - Current Mailing Address

**DR** - District Representative

**GR** - Group Representative **ISR** -  
Information Service Rep.

**KBDM** - Knowledge Based

Decision Making

**LDC** - Literature Distribution Center

**NORTHERN HI-LIGHTS** -

NYN Newsletter

**NYN AREA** - New York North Area

**NYNAC** - New York North

Alateen Conference

**PO/CPC** - Public Outreach/

Cooperating with the

Professional Community

**TEAM** - Together Empowering

Al-Anon Members

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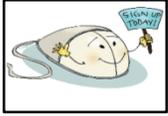
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