



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

Inside This Issue

Topic: Living One Day At A Time

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Northern Hi Lights

Al-Anon News from New York North Area Area Delegate

Hello NYN,

It's hard for me to believe that as you read this article, I will have just returned from the 2017 World Service Conference. Some of the items that we discussed are:

- The 2016 Annual Report
- The 2017 Annual Budget
- Policies relating to financial matters, and announcing events at meeting (these will be changes made to wording and to our *Service Manual*.)
- The "Prayer for Today," (how it was presented to our areas, and what their responses were.)
- The difference between Open Meetings and Closed Meetings, and how our members and newcomers perceive the differences in terminology.
- 3 Chosen Agenda Items
 1. How can we effectively cooperate with AA, enhancing a relationship with those members and their friends who are already (Delegate, continued on page 2)

Mission Statement

Northern Hi Lights is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com

When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your *2014Service Manual*).

Announcements should be submitted at least 6 weeks before event.

Subscriptions: Suggested donation of \$10/year when possible (see back page): All Al-Anon members are encouraged to subscribe (**electronically if possible**) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

1. already aware of the positive impact of the 12 Step Program.
2. Promoting the need for Service Sponsors, so that newcomers understand the necessity of filling open service positions
3. Welcoming and supporting newcomers to Al-Anon who are dealing with drug addiction, while staying true to our three Legacies

I participated in a Task Force Presentation entitled: "Spirituality at District Money Discussions."

As a third-year Delegate, I shared a two minute Talk on; "Our Members: Our Hope for the Future."

I am looking forward to seeing you at the **Spring Assembly** at the Millennium Hotel in Buffalo on May 19 through the 21st 2017.

If I have piqued your interest, come listen as I give my full report at the Assembly.

Thank You for the Opportunity to Serve.
[Love in service,](#)

Diane C.

Public Outreach Coordinator

Happy Spring Everyone,

It was delightful to see so many of you at our recent AWSC meeting in Syracuse. I look forward to seeing many more of you at our Spring Assembly/Convention in Buffalo in a couple of weeks.

- **Al-Anon Faces Alcoholism 2018** is ready to order. The deadline is Wednesday, July 5th, 2017 by 5 p.m. ET. Orders will be shipped by September 1st, 2017.

- I ordered a case of the **2017 Al-Anon faces Alcoholism** and will be bringing them to our Assembly/Convention for you to take back to your groups and share in your community. I will have them available on the public outreach table.
- Gwenne R. and Connie D., from district 22, attended a Community Coalition Health Fair in South Glens Falls on March 18th. They handed out AFAs' along with a meeting schedule and business card. Attendance was minimal, so they decided to introduce themselves to the other presenters. Some had an awareness of Al-Anon, and others did not. It was an opportunity to carry the message and to make many connections. Gwenne also shared information with U.S. Army recruiters, and with the Saratoga County Sheriff's Deputies. They did not know what Al-Anon was and took business cards to hand out, if the situation appeared appropriate, to the families of those arrested for drunk driving. District 22 has a Public Outreach Coordinator, and her name is Shirley T. Thank you Shirley, Gwenne, and Connie for your service.

We continue our public outreach with professionals across NYN; we are just beginning to work with the TV and Radio stations regarding the new PSA's from WSO. This is all "One Day at a Time," our theme for this month. My hope is that we continue what we have started, pass on what we have accomplished to the next person, and invite others in to be a part of what we have experienced. All "One Day at a Time."

What's happening in your District?

Together we can make a difference.

Pat H.

Alateen Coordinator

On April 1st we conducted an Alateen Sponsors Outreach Meeting in Rochester. We reviewed what was happening in each group, and I provided the attendees with a presentation of the Alateen Education Module. We made some minor changes, but in all it was overwhelmingly received as concise and informative. All AI-Anon Members Involved In Alateen Service recertification letters and Alateen Group Update Forms have been mailed out and **must be returned no later than May 31st.**

This month's topic "Living One Day At A Time" is exactly where I am at this moment. I have several different critical things on my plate that I need to attend to, but I can only do what time allows me. This is also where the slogan "First Things First" comes in. I need to remember that yesterday is a memory, tomorrow is a dream and today is a gift. If I try to live in two different time periods my life becomes crazy and I lose sight of the gift "TODAY."

Love In Service,

Walt S.

Area Chairperson

Hello NYN,

We had a very productive Area World Service Committee meeting (AWSC) in April. The DR discussion topics were interesting and useful to me as a district representative. We also found a willing volunteer (Gwenne R.) to finish out the Literature Coordinator's term. We will be voting

to approve her leadership in this position at the Spring Assembly.

Speaking of volunteers, our current Panel 55 term ends in December and we will need to fill the officer and coordinator positions at the Fall Assembly.

I encourage all district representatives, current, incoming and outgoing, to complete the NYN AI-Anon Service Resume ([nynafg.com/Area information and forms/Service Resume](http://nynafg.com/Area%20information%20and%20forms/Service%20Resume)), and send it to me by September 1, 2017. When everyone is willing, our service work for NYN is so much more effective. "Concept Four – Participation is the key to harmony."

At the Spring Assembly, we will hear what's happening at the World Service Office and what exciting news came out of the World Service Conference with Diane C.'s report. I'm looking forward to hearing her report.

The way I live one day at a time is by strong faith. For one entire year recently, I chanted twice a day to strengthen my faith. In the process, the situations that went my way without me doing, thinking or praying for anything increased dramatically. When my faith is strong, the universe unfolds as it should and I see wonderful results that further my strong faith. It's a self-perpetuating situation. Things may not happen in my time, but they always happen at the right time. **As an example, I'm still looking for a roommate at the Spring Convention.** And I'm waiting to see who appears.

Susan A.

Group Records Coordinator

Hello Everyone,

There really isn't anything to report except to say that any and all changes are greatly appreciated as soon as possible, so I can send out correct information to the requests I receive. This includes electronic newsletter requests and address changes for the hardcopy subscriptions.

Our topic this month is Living One Day at a Time. This was a tall order when I first came into program. I was, and sometimes still am, a control freak. I needed to know the why, when, how, where and what of every situation that crossed my path. In working the program, I gradually realized that I had no control and was powerless to change anything except myself. This became very clear to me when my husband passed away. I had to relearn that I could only live in the moment, as the stress of grief and shock was so strong I could only accomplish one small task a day. Gradually as time went on, I realized that things were going to happen the way they were supposed to happen, whether I liked it or not. All I had control of was my reaction to the events as they happened. I had to live one day at a time, as the past was gone and the future was uncertain. What a burden was lifted off my shoulders once I understood this. Of course, I am human, and I still go to those controlling thoughts but at least I am aware of it sooner than before and can pull myself back to the moment a lot sooner.

Lynda S.

Literature Coordinator

Dear NYN,

I am still getting up to speed as Literature Coordinator, so this report will be short and sweet.

- 1) Sharings are still needed for the **new daily reader** (1070 received so far).
- 2) ***Paths to Recovery Workbook (P-93)***, which was introduced in January, has been so well received it is in its second printing. French and Spanish versions will be available in April. The workbook includes the same questions as the *Paths to Recovery (B-24)* book, along with space to write; and is three-hole punched, so if more room is needed for writing, it can be placed in a three-ring binder with extra paper.
- 3) **"CAL Corner"**: Each month, the "CAL Corner" feature in The Forum includes members' sharings on how a particular piece of our literature has enhanced their recovery. The April articles feature *Reaching for Personal Freedom (P-92)*. The May articles are about *Opening Our Hearts, Transforming Our Losses (B-29)*.
- 4) **Sharings are needed for "CAL Corner"** - how CAL has helped you with your recovery. Especially needed are articles about *Opening Our Hearts, Transforming Our Losses (B-29)*, *Alateen's 4th Step Inventory (P-64)*, *Hope for Today (B-27)*, and *The Dilemma of the Alcoholic Marriage (B-4)*.

Gwenne R.

NYNAC Coordinator

Hello NYN,

“Living one day at a time.” Just exactly what does that mean to me? Well, it means I try to minimize the negatives (we all have them) and maximize the positives, or focus on those things that make my life better and as enjoyable as possible. I do not need to be everything to everyone. I need to attend to my responsibilities, and stay out of everyone else’s way, every day, one day at a time.

For me it means I try to remember that my parents did the best they knew how, and they are not to blame for my choices today. I forgive myself for my past (less than stellar) choices and try not to repeat them today. I know now that every day is a new opportunity to practice the Steps and Traditions. The Serenity Prayer is a great way to begin each new day, and if necessary, reminds me that “I can’t, He can, I think I’ll let Him” during the day.

I breathe; give thanks; give forgiveness (especially to myself). I remember that judgment of others is not my job. Everyone has a higher power, and I am not it. I do service work when the opportunity presents itself, and look for the enrichment it provides in my day.

All the little things this program has given to me help me to “Live One Day At a Time” to the best of my ability. Without my past, I would not be who I am today. One day at a time is wonderful. This program has taught me to like myself by living one day at a time.

Leslie C.

Newsletter Editor

Hello NYN,

Being a work in progress, I still need to live one day at a time. Going back to the basics applies in much of my life, and maybe that’s normal for most. It is good that I finally learned how to live in Al-Anon, and now have a life that is pretty much free of fear, and lets me attempt things that I wouldn’t have before this program.

The other day, at my granddaughter’s urging, I slid down a tube-slide at a local playground, for the first time in my eighty years. Was I scared? Not until I was half-way down and felt I was going to fly out of the tube, out of control. Luckily, it was designed well, and I stopped right at the end. That was never on my bucket list. I’ve also started riding my bicycle, which was scary at first, but is becoming easier each time, again at a granddaughter’s urging. (I’m a young eighty!)

Life, or more honestly I, can get crazy at times. The good part is that I believe now that these episodes won’t last long, with the help of Al-Anon. It puts things in perspective, so that I don’t overreact, and make mountains out of molehills. I still rely on the slogans, but even more on being active in service, going to meetings for good mental health, and to be happy most of the time, which I never expected before Al-Anon.

Love in service,

John O.

Northern Hi Lights
Topic for June 2017 issue is:
How Important Is It?
Articles are due May 15th, 2017

Treasurer's Report

Dear NYN Family,

By the time you read this, we will be very close to meeting for the Spring Assembly in Cheektowaga!! Looking forward to seeing many of you there!! Please come up to me and introduce yourselves!! THANK YOU for your continuing generous contributions to NYN to enable us to carry out our functions!!

Since the last newsletter, the following donations have been received in the month of March:

<u>GROUP NAME</u>	<u>GR #</u>	<u>AMT</u>
Otisco Valley	503315	10.00
Sun Nite AAC	30660903	40.00
Exp,Strength&Hope	UNK	50.00
Thurs Eastwood	UNK	25.00
Chittenango	9677	15.00
Sun Serenity	502623	25.00
Guardian Angels	10237	8.00
Bolivar Discussion	502378	30.00
Waddington	38657	25.00
SatSerenitySeekers	500955	104.87
Healing Circle	UNK	84.50
Tues Survivors	48141	10.00
UNK	9763	45.00
UNK	UNK	15.00
Westenders	10326	5.25
Keep It Simple	10307	10.00
Cour To Change	63806	25.00
Webster Mon	UNK	25.00
Peterboro	10188	36.00
Clifton Springs	UNK	50.00
Canandaigua Mon	24271	30.00

There were FOUR paid subscriptions to the *Northern Hi Lights* since last report.

The following expenses have been paid:

Ruth S. (NERD)	\$411.08
H & R Block (tax ret)	350.00
NYS Off of Atty Gen'l (fee)	25.00
John O. (March NHL)	45.00

Ruth S. (Spring reg & banq)	50.00
NSEA (AWSC room use)	50.00
NYN Spring Assy (PamA reg&banq)	50.00
NYN Spring Assy (Leslie reg&banq)	50.00
NYN Spring Assy (WaltS reg&banq)	50.00

Current balances are as follows:

Regular Checking	\$ 17,489.87
Reserve Checking	\$ 9,750.20
Sage Ruddy Mutual Fund	\$ 2,955.40

The topic for this month's newsletter is "**LIVING ONE DAY AT A TIME.**" I absolutely LOVE this topic!! It was one of the first slogans that made any sense to me. It made me realize that I did not have to worry about what MIGHT happen tomorrow, and that I couldn't change anything that had already happened yesterday. It helped me to keep my head where my feet were...in TODAY. Sometimes, one DAY at a time was too much for me to handle, at which point, I would break it down to one HOUR at a time. And if the one hour at a time was too much, I could break it down even further to, "Please get me through the next minute!" I have come a long way since those days!! But I will be forever grateful for this special tool that this AMAZING program has given me, and for your help in showing me how to use it!! Hope to see many of you in Cheektowaga next month!!

Hugs,

Linda A.

SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order. DO NOT SEND CASH!! Make payable to: NYN Area Assembly, PO Box 398, Morrisonville, NY 12962
Add Group's registered name and Group's ID Number (Very Important)

Alternate Delegate

I have welcomed two new groups in March: on 3/1/17, "The Equality Group AFG" in Utica, District #6; and on 3/14/17, "Recovering Survivors Adult Children AFG" in E. Rochester, District #25.

I have recently received the following *Forum* news from WSO's Tom Coffey, Associate Director of Literature:

- 5) **The Forum still needs more sharings!** - especially about the Three Legacies, and in particular, Steps Five through Twelve, all Twelve Traditions and Concepts of Service. Also needed are sharings from Canada and from Alateen members.
- 6) **The Forum Writing Guideline (F-1)** is being revised and will be posted as a .pdf once it has been designed.
- 7) **The Forum Book** is still looking for your suggestions of the best of recent years' *Forum* articles. In particular, from the first quarter of 2017. Please encourage members to let the WSO know which *Forum* stories they want to see included in this book.
- 8) **Instant Step Meetings:** Beginning in January, the "Instant Meeting" feature of *The Forum* began to include, in addition to the two or three brief sharings on the Step of the month, several thought-provoking questions to get the conversations started. *The WSO would love to hear feedback to know if this addition is helpful in encouraging conversation.*
- 9) **An easier way to find the e-magazine version!** You can now find direct links for ordering the electronic version of *The Forum* magazine on the Al-Anon Online Store at al-anon.org/onlinestore under the "Electronic Literature" category.

On Topic: "Living One Day at a Time"

I like to ask my Higher Power for direction as often as I can every day and try to remember that I will receive very specific directions if I listen closely. That helps me to avoid thinking too far ahead and stressing about how to make things happen 'my way.'

Gwenne R.

Convention Coordinator

2017 Spring Assembly/Convention May 19-21. It's just about here. You say you never registered. Do it now.... Or you can always show up and walk-in & register. Maybe there is no "bed in the Inn" but there might be a motel nearby. Be adventurous. Have fun. Remember, it's the Al-Anon Family Groups that are gathering. And we all need YOU. Celebrate 50 years of New York North Area Al-Anon Family Groups. Don't miss out.

Mark your calendar now –

2017 Fall Assembly **September 22-24**
hosts: Districts 3 & 18 Syracuse Elections
2018 Spring Assembly/Convention **May 4-6** hosts:
Districts 5 & 26 Lake Placid.
2018 Fall Assembly hosts: District 15 Syracuse
OK. Batter up! Who is steppin' up to the plate and "yes, our District can do it."
2019 Spring Assembly/Convention & 2019 Fall Assembly **need you!** Check out nynafg.com, area information & forms, NYN Policies and Guidelines, NYN Area Convention Guidelines. Nine pages of how to do it. And you can always check with the Convention Coordinator.

convention@nynafg.com

"Living One Day at a Time" When I first heard the word Al-Anon, I didn't know how to pronounce it, much less know how it was supposed to help poor pitiful me. Talk about unmanageable. Ugh! I was very busy worrying about yesterday and trying to figure out solutions for tomorrow. But when I made it to my first meeting, met a gal who immediately became my sponsor and gave me a book titled *One Day at a Time*, gave me a schedule of all the meetings in my area, gave me her phone number and asked for mine. She said, "The meeting is about to start. Just listen & learn. It's just one hour. Then we'll talk about the rest of the evening. Tomorrow will take care of itself." Wow, such wisdom... and love. So that's what I try to keep doing, one day at a time. Oh, I keep a calendar book with me at all times. I plan ahead. I try to keep up with my commitments. But I start each day asking my Higher Power "What's the plan for today?" At the end of the day, I thank my Higher Power and ask for peace and rest and "let's talk about tomorrow in the morning." It works if I work it, One Day at a Time.

Nancy H.

Immediate Past Delegate

Dear NYN Friends,

Spring is here, and that means summer is not too far behind. While I don't want to wish my life away, I am looking forward to late August. It means the State Fair will be here. For NYN that means the biggest public outreach project we do. For 13 days, from August 23rd through September 4th, NYN will have a booth at the fair. We will need 104 people to volunteer during that time to man the booth.

As we are still in spring I won't go into more details, but I do hope you will begin to think about taking part in this great public outreach. I will have more information about when signups begin, how to signup, etc. at the Spring Assembly and in the next *Northern Hi Lights*. Please watch for those details.

This month's theme is "Living One Day at a Time." You might think that after reading the first couple of paragraphs of this article that I don't live one day at a time. That I think only of what is happening in the future but that is not true. Being able to live just one day at a time has been a great gift for me. I don't have to be constantly obsessing about what will happen next week, next month or even next year. I can focus on the here and now. Believe me, before AI-Anon I was always obsessing on what was going to happen and missed all the good that was with me that day.

Along with living one day at a time, I learned that there were times when I did have to plan, that I had to look at the future. Something like the fair takes a lot of planning. We can't expect that we'll just show up on opening day and get started. There are lots of forms that need to be completed, fees to be paid, how signups will be done, etc., to be successful.

The key for me is balance, one of the biggest gifts of my program. I have to balance what needs to be done in the way of planning, with staying in the day. When I keep that balance I am able to live one day at a time.

Gratefully in Service,

Ruth S.

Archives Coordinator

Hey NYN members,

AS I was looking through the archives, I came across a few notebooks from old meetings. These notebooks contained a weekly account of the meeting, attendance, topic, and general thoughts expressed during the meeting. What an awesome idea! It has been interesting reading the topics they discussed and thoughts they had. I think this is a great way to keep a history of the meeting. And what a wonderful service position to offer. **I would like to hear if any groups are currently doing something like this.** I will be bringing the notebooks to the Spring Assembly/Convention for you to peruse.

This month's topic is "Living One Day at a Time." This was so hard for me to get. Before, and early on in recovery, I always lived in the future. Lots of futurecasting. I would plan how to react if X happened, and I did that in all the scenarios I could think of. I also just moved through life from one thing to the next. As I was doing Y, I was thinking about Z. When I finally heard the message of the program, I made a conscious effort to focus on what I was doing. Reading the daily reader *Courage to Change* helped. I only read one page a day. I remember being at a meeting after a couple of years in the program, and someone mentioned how they futurecast. I noticed at that time I had not done that in quite some time. I just took time working the program (meetings, working steps with a sponsor, service). Today, I don't do it perfectly, but I do my best at living one day at a time. This doesn't mean I don't plan for the future or make plans months in advance. To me it means, I try to be present in the current moment, and to those I'm with. I take in what I am doing, and don't think about the next thing.

Yours in Service,

Kevin M.

Around New York North

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

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

Driving directions to Cheektowaga/Buffalo Assembly/Convention

Destination Millennium Hotel 2040 Walden Ave. Cheektowaga/Buffalo NY 14225

EXIT 52E (Walden Ave. EAST, Cheektowaga/Depew) from either direction, the directions are identical:

If coming from west/south, exit 52E on your right, but in the **left** of two lanes, you have the option of making a left at the next signal after the exit signal (in the **right of the two left turning lanes**) which goes into the Walden Galleria Mall and there is a small Millennium hotel sign & access immediately to your right into the side parking lot of the hotel, **or** go to the next signal and make a left, and you can access the hotel’s side parking lot on your left. Both parking lots give you access to the front of the hotel.

When coming from the east/north, when you exit, merge to the far left; after the first signal, you have the option of making a left at the next signal (in the **right of the two left turning lanes**) which goes into the Walden Galleria Mall and there is a Millennium hotel sign & access immediately to your right into the side parking lot of the hotel, **or** go to the next signal and make a left, and you can access the hotel’s side parking lot on your left. Both parking lots give you access to the front of the hotel.

Al-Anon Acronyms

AAPP –Area Alateen Process Person

AFG – Al-Anon Family Groups

AIS – Al-Anon Information Service

AMIAS – Al-Anon Member Involved in Alateen Service

AWSC – Area World Service Committee
(made up of officers, coordinators, and district representatives of an area, such as ours, New York North)

CAL- Conference Approved Literature

CMA – Current Mailing Address

DR – District Representative

GR – Group Representative

KBDM – Knowledge-Based Decision Making

LDC – Literature Distribution Center (local)

Legacy – The Al-Anon legacies are the Steps, Traditions, and Concepts

NERD – Northeast Region Delegates

Northern Hi Lights – NYN Newsletter

NYN – New York North Area

NYNAC– New York North Alateen Conference

PO/CPC – Public Outreach / Cooperating with the Professional Community

RSS – Regional Service Seminar

TEAM – Together Empowering Al-Anon Members

WSO – World Service Office

WSC – World Service Conference

NYN AFG 2017 Spring Assembly & Convention (with AA participation)

May 19-21, 2017 @ the Millennium Hotel, 2040 Walden Ave. Buffalo NY 14225

Hosted by District 12 (Buffalo South)

The Golden Years: Celebrating 50 Years of Serenity through Self-Discovery

Featuring Mary G. the current (Interim) Executive Director of Al-Anon Family Groups, Inc., and former long-time Western NY member who has served in many capacities over the years

Room rate/per room: \$147.88 (\$130.00 + \$17.88 tax per night 13.75%), extra nights same rate

Reservation deadline April 19 (800)323-3331 Specify NYN AFG convention

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull-out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

if possible give roommates' names when calling, or at least make them aware that you will be having one or more roommates, 1 night's deposit by check or credit card required to confirm/hold reservation; all rooms have internet, cable TV, mini-fridge, coffee & tea making facilities, radio alarm clock, irons and hair dryers

Check in 4pm, check out 11 am

****Alateens must have notarized permission & medical release forms and adult supervision****

Walk-in registrations are always welcome, but pre-registration is preferred

For more information email NYNAFG2017springconvntnbuffalo@gmail.com

FYI the hotel is less than two miles from the Amtrak passenger train station for anyone interested in checking out the train schedule

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NYN AFG 2017 Spring Assembly & Convention Registration Form

PLEASE submit a separate registration form for EACH person attending

Make checks payable to NYN 2017 Spring Convention

Mail completed form to: NYN AFG Spring 2017 Convention, P. O. Box 1013, Buffalo NY 14220

REGISTRATION & BANQUET

Name: _____

Early registration (by 4/15/17) **\$15**

Address: _____

Full registration (after 4/15/17) **\$20**

Alateen Registration **\$5** \$ _____

Phone: _____

Are you registering as Al-Anon or AA?

email: _____

Are you attending the Assembly meeting or Convention Panels?

Banquet (family style/by 5/1/17) **\$35.00** \$ _____

Donation to Hospitality (greatly appreciated) \$ _____

We will confirm receipt of your registration by email

Are you a NEW Group Rep? _____

TOTAL ENCLOSED \$ _____

NEW District Rep? _____

PLEASE ADVISE OF SPECIAL NEEDS HERE:

We hope you'll **"SAVE THE DATE"** for the
NYN AFG Spring Assembly/Convention May 19-21, 2017
With AA and Alateen participation
Hosted by District 12, Buffalo South & part of Southern Erie County, with the help of many!

Featuring **Mary G.** as our banquet speaker, the current (Interim) Executive Director of **Al-Anon Family Groups, Inc.**, a former long-time Western NY and District 12 member, who has served as GR, DR, Chairperson of the WNY AIS, Newsletter Editor for NYN, Chairman for NYN, Delegate for NYN, WSO Trustee (Conference Chair, Literature Chair, Policy Chair, Chairman of the IAGSM, International Coordination Committee Chair, Member of Finance Committee) and member of the WSO Executive Committee

the **Golden Years:**



The lamp of knowledge

Celebrating

50 Years of **Serenity** through **Self-Discovery!**

To be held at the **Millennium Hotel** Buffalo, located in Cheektowaga NY 14225

Room rate: \$147.88 (\$130 plus \$17.88 (13.75%) tax per night), extra nights same rate

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

Right next to the Thruway (I-90) and Galleria Mall, and only 2 miles from the Amtrak passenger station in Depew NY if you prefer a relaxing train ride instead of driving!

nynafg2017springconvntnbuffalo@gmail.com



Unless this is a personal subscription, this copy belongs to your group.
 Please share it with them, and make each issue available at your meeting.
 To insure anonymity, tear off this part before leaving it with your group.

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