



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

Northern Hi Lights

Al-Anon News from New York North Area

Thoughts From Our Area Chair:

Hello NYN,

In working the Steps little by little, my life has changed. These changes occurred over time; they didn't happen overnight. I can see the change by looking back, but not staying there. I had to go to lots of meetings and read lots of Conference Approved Literature (CAL) to be able to begin working the Steps. I find going to Step meetings has helped enormously. Being able to be honest with others without fear of judgment and criticism has been a freeing experience. As a member of the human race, I am finding out that I'm no different than any other human being.

Recently, I was at a 4th Step meeting and was able to identify a shortcoming that I have been ignoring. We read from *Paths to Recovery* and then go around the group, read a question and give our response. During that meeting, when it was my turn to share, guess what, the question I got was the one I really needed. I found myself doing the 5th Step by admitting to God, myself and other human beings the exact nature of my wrongs. I am continuing to examine that shortcoming and have come to the conclusion that I know God can remove the behavior and I have asked him to do so. I asked him to help me become a better person and to change my ways. I will continue to pray and meditate on that shortcoming. My changed

Area Chair continued on next page...

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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 *Service Manual*). **Announcements should be submitted at least 6 weeks before Event.**

Subscriptions: Suggested donation of \$10/year when possible (see back page):

All Al-Anon members are encouraged to subscribe (**electronically if possible**) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

behavior will be the amends that are needed. I find that sometimes I don't have to make amends to anyone but myself. I can just try my hardest with the help of my Higher Power to change my behavior. Each time I study a Step, I peel down another layer of my being. I have a spiritual awakening and try to become a better person.

"I believe these few words to be representative of the Steps: Acceptance, Trust, Honesty, Willingness, Faith and Gratitude."

I relate to words like this. I accept that I can't do it alone. I Trust that with my Higher Power's help I can take an honest look at my closet, clean out the things that don't fit anymore and be willing to actually get rid of them. I can say I'm sorry and in the future do things differently. Through my relationship with my Higher Power, I have Faith that what I'm doing is His will for me and continue doing the next right thing. I share my gratitude with others.

Be sure to read my next article for news from the 2014 Spring Assembly.

Let It Begin With Me,

Pam A.

Newsletter Coordinator:

The invoice from John O. for printing and mailing the last three issues of the *Northern Hi Lights (NHL)* was as follows: J/F \$29, Mar. \$30 and April \$32, at \$1 a copy. In addition, we are currently sending out 443 email subscriptions for donation only.

I have a request in to our Technology Coordinator, Kathi D., to see if the *NHL* can be sent out from newsletter@nynafg.com instead of from my private email, to protect the editor from spam and viruses. I am also seeking from Ruth S., our Delegate, up-to-date email addresses for District Representatives so that I can add them to my email list for *NHL* deadlines, in hopes that they will share some of their District Doings.

Since the last AWSC meeting, I have made changes to the "Submissions" area on the front page of the *NHL* to clarify that prior written permission from The World Service Office (WSO) is needed to quote from Conference Approved Literature in our Area Reports to the *NHL*.

I would like the Web Committee to revisit the idea of providing a link on the web page for subscribing to the *NHL*. I will report on this at the next Area World Service Committee (AWSC) meeting.

Thank you,

Gwenne R.

Archivist:

Greetings from the New York North (NYN) Archives,

In preparing what to share with you this month, two things immediately came to mind.

1. The upcoming move from Syracuse AIS to an, as yet, TBD new location. The topic for this month's newsletter is "Working the Steps" and I find myself in a very different state of mind than I often found myself on issues like this before. Somehow my Higher Power has instilled in me a trust I have not known previously that it will all turn out for the best, whatever the decision is in the end.
2. The other issue for me is to open my mind and heart to many of the suggestions others have made concerning the storage of the NYN Archives. I recognize fully and accept that I am the Trusted Servant of our history for a three-year period and that what occurs after that is not mine to own.
3. ***So I ask you all to give some thought to both points and to make your feelings and suggestions known.***
4. My time in Archives will be coming to an end soon...ask your Higher Power what part you might play.

In giving, I receive...

Kathy M.

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 & the Group's ID Number (Very Important)

Area Delegate, Panel 52:

Dear NYN Friends,

By the time you read this the 2014 Spring Assembly/Convention will be over. I hope if you went you enjoyed the weekend. I also hope you share what you heard with those who were not able to attend. For those of you who did not attend, you should be able to find most if not all of the reports given on the New York North (NYN) website. I know you will find my report.

I just received words from the World Service Office (WSO) that *One Day at a Time (B-6)* is now available as an audio book. It is currently on sale at Audible.com, and it will shortly be on Amazon.com and at the Apple iTunes Store. There is a sample chapter available on those websites. The listening length is 7 hours and 48 minutes. The book is narrated by anonymous AI-Anon members whose willingness to participate in this service made the audio book possible.

I didn't get this information into my report. The WSO is looking for people who can translate English into French or Spanish. This would be to translate the written word. If your skills are good and you might want to try this service opportunity please contact the WSO.

This month's theme is "Working the Steps." I have just a few short thoughts; after spending the last two weeks writing my Delegate's report my brain is a little fried. Anyway, here are some of the things that come to mind when I think about "Working the Steps." I really didn't start to "work the Steps" until I got a sponsor and began work with her. Before that I heard the Steps and sometimes was able to use a Step or two by luck, but I needed to reason things out with someone else before I could really "work" them. I began to attend a Step and Tradition study meeting. That every-week concentration on each Step and Tradition was what I needed to really begin to understand them and be able to apply them in every aspect of my life. This is my Home Group and we are now a Legacy Study group.

*"At this point in my life; whenever I have a problem
or when I just feel off, maybe angry, sad or frightened, I look to the Steps.
Where does this feeling come from, what can I do to navigate through these feelings?
That's how I use the Steps today."*

Those are my brief thoughts.

Gratefully in Service,

Ruth S.

AI-Anon Games Available

Four games were created by a Task Force at the 2014 World Service Conference:

- 1) Service Manual Quiz
- 2) SMINGO (Service Manual Bingo)
- 3) As the Group Turns
- 4) AI-Anopoly

All games are on e-communities and available through our Delegate, Ruth S.

*Deadline for submissions to the July/August 2014 issue of NHTL is
June 15, 2014
Topic: "Spiritual Awakening"*

Immediate Past Delegate:

We have all heard the term “working the Steps.” So, what does that mean to me? The short answer to that question is that it means that I have progressed through the Twelve Steps and am now ready to do what the Twelfth Step suggests; to practice all the principles that I have learned in the previous eleven Steps in all my affairs. Next question: What are these principles? As suggested in *Paths to Recovery (B-24)* on page 123, they are the common principles of honesty, compassion, love, trust, humility, willingness, forgiveness and freedom. These are but a few of the principles which Al-Anon has helped me nurture as I have grown and done service in the program. In other words, I share my experience, strength and hope using these principles as I progress in Al-Anon and live a life with less stress and chaos.

In late September, we will be holding our Election Assembly for the purpose of electing our Area’s new trusted servants to the various officer and coordinator positions. For me, that will mean I will be looking at what new role I can take in our Area Assembly. Does that mean I might be looking to fill one of these Area positions? No, my hope is to continue to be a part of the NYN Area Assembly and to find a meaningful way of sharing some of what has been given to me.

For me, “working the Steps” needs to include doing service, for this is how I grow in the Al-Anon program.

Today, as I was looking for a particular piece of Al-Anon literature, I came across an Alateen flyer that talked about “RECYCLE YOUR PROGRAM.” It went on to say that this is one way of sharing our experience, strength and hope. So, the next thing I did was to look in the dictionary for the meaning of “recycle.” To pass through a series of changes or to adapt to new uses, were two of the ideas suggested. I believe that this is what I do when I “work the Steps.” I pass through a series of changes as I work to find new ways of improving the way I participate in my life situations while working my Al-Anon program. To do this, I need to continually attend meetings, talk with my Al-Anon friends, read Al-Anon literature and be involved in service.

So, come January 2015, I will be working at “RECYCLING MY PROGRAM” so that I can continue to grow and change to be a better me. I need to be willing to give back some of what this program has given to me. Most importantly, I will do this with the help of my Higher Power leading the

way; and in order to do this I must work the first three Steps. I can’t; He can; so why not let Him? The next three Steps will help me uncover the defects of character which need my attention; and I will be led by my Higher as to how to do this. Steps Seven through Nine will give me the guidance of my Higher Power, the opportunity to make any amends and to begin to find new behaviors. The Tenth through the Twelfth Step will provide me with the opportunity to take a daily inventory of my behavior and to continue to improve my conscious contact with the God of my understanding. Finally, I am to use these new behaviors as I share my experience, strength and hope in whatever way I am directed.

“Are you looking for ways to “work the Steps” in your program? Why not consider stepping up to service in your Group, District or at the Area? Take a look at the leaflets, “Joy of Service” (S-57) and “Links of Service” (S-28) to see if there isn’t a place for you to add service to your Al-Anon program, an opportunity for you to give back some of what has been given to you and a way to “work the Steps” in a most rewarding way.”

Grateful to be in service,

Elaine R.

Resumes: All New York North Members

This Fall Assembly is our Election Assembly, where we will be looking to fill our next panel of Officers and Coordinators for a 3-year term. **Please fill out a resume even if you are not sure you wish to stand for a position.** Resume forms are on the NYN website under “Information and Forms.” When completed, email or snail mail to Area Chairperson (address is on page 11) prior to the Assembly.

SCAVENGER HUNT

CHALLENGE #14: How many Groups does a state, province or territory need before they can petition the World Service Conference to divide and send an additional Delegate to the Conference?

ANSWER: See pg.142 in your 2014-17 Al-Anon/Alateen Service Manual.

Area Treasurer

Hello to my NYN Family!

Thank you sooooo much for your continued generosity! Since the last newsletter, the following donations have been received:

| | |
|-------------------------------|----------|
| Canaan Mon Noon #24271 | \$ 30.00 |
| Ithaca Sat #32895 | \$ 19.72 |
| Days of Healing #40786 | \$ 60.00 |
| Temple of Concord #62569 | \$ 62.27 |
| Serenity on Saturday #64625 | \$ 25.00 |
| Mon Night Fly Rd #30529340 | \$ 50.00 |
| District 21 | \$ 75.00 |
| Sat Morn #500955 | \$ 55.00 |
| Courage to Change #41553 | \$ 50.00 |
| Keep it Simple #66230 | \$ 15.00 |
| Caring & Sharing #9763 | \$ 45.00 |
| Tues Night Bemus Pt #30524821 | \$ 45.00 |
| Healing Circle #500370 | \$ 87.50 |
| Chittenango #9677 | \$ 15.00 |

There was one *NHL* subscription for \$10.00 during this time.

Expenses Paid:

| | |
|------------------------|-----------|
| Jerry Warsaw, Web Host | \$ 89.50 |
| Elaine R | \$ 200.03 |
| John O | \$ 91.00 |

Current Total:

| | |
|-------------|------------|
| Checking | \$ 6368.67 |
| Reserve | \$ 8220.86 |
| Mutual Fund | \$ 2700.20 |

The topic for this month is "Working the Steps." The Steps are one of Al-Anon's best tools for me! There are days that I have to admit my powerlessness over any number of things. Sometimes I will take Step One several times over the same thing! Whatever is bothering me, there is a Step that can help me deal with it and help me to find the answers I seek. I really like the new workbook, *Reaching for Personal Freedom*. It is a great tool in directing me how to work the Steps, just as the *Blueprint for Progress* is wonderful direction in working Step Four. I can't carry the message while I am carrying the mess, so working the steps over and over again helps me to keep MY side of the street clean!

In Al-Anon Service,

Linda A.

Literature Coordinator:



Hi Everyone,

As I write this article for the June newsletter, I realize this year's Spring Assembly will be my last as Literature Coordinator for New York North (NYN). (If you are thinking of standing for this position in the fall and have questions, please email me at lit@nynafg.com.)

How Al-Anon Works for Families & Friends of Alcoholics (B-22) is featured through June on both the Public Outreach site, www.al-anon.org and the Members' site, www.al-anon.org/members. The softcover edition (B-32) is only \$6 so that Groups and members have an affordable way to pay their gratitude forward by giving the book to newcomers. The World Service Office (WSO) encourages us to do this if possible.

For a listing of what literature is available as an e-book, an audio book, and the electronic version of *The Forum*, take a look at the **Electronic CAL Fact Sheet** available on the NYN website nynafg.com. Information regarding how to purchase those items appears there as well.

This month our topic is "Working the Steps." When I came back into the program years ago I was told, "the answers are in the Steps." I felt they were making light of my situation. Thank goodness I have had caring, enthusiastic, and encouraging sponsors to guide me through the Steps. I have learned, yes, "the answers **are** in the Steps!"

Our new *Service Manual 2014-2017*, and also the "Sponsorship" bookmark (M-78), suggest an acceptance of four primary ideas. These ideas are: accepting powerlessness, turning over our wills and lives to the God of our understanding, changing ourselves, and sharing what we have received.

Today I am better able to live with a loved one's alcoholism; to have a better understanding of myself and the alcoholic. In return, I am able to offer to others what has been given to me, which is how it works.

Gratefully,

Pat H.

Alateen Coordinator:

By the time you will read this, our Spring Assembly/Convention will be over. I hope everyone had a good time and participated in your recovery by doing service. I hope some of our Alateens were able to participate in the online survey from the World Service Office (WSO). I will update you next month on any progress we have made on the updating of the *Alateen Requirements and Guidelines*. Please be thinking of gearing up your own personal recovery by standing for the Alateen Coordinator position. The Fall Election Assembly will be here before you know it. If you have any questions about this position, please do not hesitate to contact me. I will be happy to help.

Our Topic this month is "Working the Steps." It seems I work Steps One, Two and Three all the time, but as I have finished school now, I realize that I am beginning to know myself better and starting to peel the onion to even deeper levels. I, like everyone else, have good qualities and some warts that need a lot of work. The beauty of this program is that when I find a defect, I can flash a bright light on it, and together with my sponsor and my friends in the program, I can ask for help in getting to the "exact nature of my wrongs" so that the defect can no longer hide in the darkness and I can use the knowledge to make it a positive experience instead of beating myself up over it like I have done in the past.

*"I am beginning to see that I need both
the darkness and the light
to become whole."*

Love in Service,

Lynda S.

DID YOU KNOW?

On the new, updated members' website www.al-anon.alateen.org/members there is an *Alateen Service e-manual* that can answer many of your questions if you are thinking about starting an Alateen group.

NYNAC Coordinator:

**Save the Date: NYNAC October 10-12, 2014
Hosted by the Camillus, Liverpool, and Fulton
Alateen Groups**

The Theme for the New York North Alateen Conference (NYNAC) 2014 is "Surrender is the Answer." Completed Flyers will be going out in July.

The finance committee and I worked together this past weekend at the Assembly. We looked at how NYNAC's finances have been planned in the past and what we can do to improve them in the future. This is a very important process and I am very grateful to the committee members.

Thank you Bill and Lois for the best way of Life Ever! The Steps are truly a blessing. I work them as best I can. Each year is different. I love that all the meetings I attend focus on the Steps. I find it so amazing that we start the Steps in January which is a new year "admitting we are powerless" and ending in December with "a spiritual awakening."

Love in Service,

Lynda C.

Public Outreach:



Dear NYN Family,

Working the Steps reminds me of three slogans: "Let it Begin with Me," "First Things First" and "Progress Not Perfection." I love, and use, all three of our Legacies with myself, my family and my community. When we first come to a meeting, we learn to focus on ourselves, not the alcoholic. We have to "Let it Begin with Me" and learn about ourselves. The Steps help me learn about my deepest thoughts, feelings and emotions; and let go of my secrets. I need to understand how I think and feel before I can use the Traditions and Concepts to relate to others.

By the time you read this, the Spring Assembly/Convention 2014 will be over. I hope we all have a wonderful time interacting with each other with a lot of new ideas. I am working on answering a request from The World Service Office (WSO) and sorting through some of the literature passed on to me. I hope to get acclimated to serving you all once again soon.

Love in Service,

Sherry S.

Presentation Committee:

Hello NYN Family,

Our Spring Assembly & Convention 2014 is over. It was great to have so many new Group Reps and District Reps. Also, a thank you to those Al-Anon Members Involved in Alateen Service (AMIAS) who brought Alateen members. Thank you to those younger members who shared their thoughts at the mic during the Alateen discussion at Assembly. This is what Al-Anon Family Groups is all about...working together to find the solution that works for all.

Working the Steps, our topic for discussion this month, allows me to remember where I was before gaining some recovery and where I am today. Looking at myself was not my favorite pastime, but it has allowed me to grow and weed out what is no longer useful. I would not have come to understand the Steps without the help of sponsors and many other members willing to share their experience, strength, and hope. This includes listening to teens in meetings and at their Conference. We learn from each other when we share. **To share in a meeting, as equals, no matter what the member's age is, is a true gift.** Often, in my home group, we have shared from the workbook, *Reaching For Personal Freedom*. Even newcomers can relate to the personal sharing, whether or not they are at that particular Step. There are so many pieces of literature, such as *The Forum*, *Paths to Recovery*, and *How it Works*, that have personal sharing from members about how they applied the Steps in their own lives.

I would have liked all our Officers and Coordinators to share about their fears and fun growth they have gained in participating at the Area level of service. It was powerful and humbling to see the emotion that some felt as they shared. Gratitude in action! When we are willing to take a step out of our comfort zone, the growth we gain is amazing. It is one more opportunity to use the Steps along with our other two Legacies. We support each other and our network of family grows. There is so much more to Al-Anon Family Groups than just our home group.

It has been challenging and fun to be a part of the Presentation Committee. If you are interested in this new position or need more information, I can be contacted at: presentation@nynafg.com I will be working on gathering the sharing from the Officers and Coordinators and putting them online soon. Resume forms were handed out at the Assembly. We will be using them for the Election Assembly. The form can be found on the NYN website and downloaded. If you are considering standing for an Area position, please check the

updated service position document. Both documents are on the Area Information & Forms page. Check out the booklet, *When I Got Busy I Got Better*.

Love in Service,

Connie D.

Web Coordinator:



This position has turned out to be much simpler than the title. When people click on "contact us" on our website, their emails are redirected to me. If they need to be sent on to an officer or coordinator, they are. If they're just asking about meeting information, I happily reply.

It is great interacting with newcomers, whether face-to-face, or by email. That's what makes this position put a smile on my mug. The other major duty is posting on our Events Calendar, which involves following a simple printed procedure. Officers and Coordinators send me their reports, I forward them to Kathi D., and she posts them on our website. I do know where the "Forward" button is, thankfully.

In eleven months, I've had one hundred and forty-four New York North (NYN) emails, about twelve a month, and have answered most of them promptly. Being retired, I'm always grateful to get a letter, snail or otherwise. I am the guy on stage in front of the curtain, getting the applause. Behind the curtain is the brains of the outfit, Kathi D.

I believe in service rotation, so I will be happy if someone else steps forward when my shortened term is up in December. If they don't, I'll hang around for another term, because there is nothing I'd rather do than help a newcomer connect with our program. You guessed it; I'll miss this duty a lot.

On the topic of "Working the Steps," maybe I'm superstitious. My journey in Al-Anon has been long and fruitful, and I don't dare stray from that path. Like many in Al-Anon, the benefits of this program are too important to me to risk being anything but what I am, a "life-er."

I don't need to hear the "Promises." I arrived in that promised land quite a few years ago, and know that living the 12 Steps allows me to continue to be happier than I ever dreamed, even though it is a battle to stay that way.

John O.

NYN Calendar of Events

Please check website for more information @
www.nynafg.com

(Important: be sure to type in the "www." first)

June 7, 2014 @ 12 noon-5pm, "Jump Into Summer" Day of Sharing and Potluck Lunch, Elm Park Methodist Church, 401 Chestnut Street, Oneonta, NY

June 13, 2014 @ 7pm, Chili 7-11's 31st Anniversary, First Presbyterian Church of Chili, 3600 Chili Avenue, Chili, NY. Speakers, snacks and fellowship

June 17, 2014 @ 7pm, Penn Yan AFG is celebrating their 11th Anniversary. St. Paul's Lutheran Church, 135 Hamilton St., Penn Yan, N.Y.

July 4-6, 2014 First Ever Latin Al-Anon/Alateen Convention, New Jersey, NY. See website for more information: www.convencionlatinaalanonalateen.com or email convencionlatina2014@gmail.com

July 13, 2014 @ 10am-4pm, District 10 Picnic, Dorchester Park, 5469 State Rt 26, Whitney Point, NY 13862. Please bring place-setting, food/meat dish to pass, games

Sept. 26-28, 2014 NYN AFG Fall Election Assembly, Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Oct. 10-12, 2014 New York North Alateen Conference (NYNAC), Hosted by the Camillus, Liverpool and Fulton Alateen Groups

Oct. 18, 2014 @ 9am, District 1, One Day, "Masks to Miracles," Brighton Community Church, Brighton & Parker, Tonawanda, NY

OnGoing:

Fourth Step Inventory with the Courage to Change Group. Last Monday of each month 7-8 pm, following the regular Group meeting at Christ our Light Church, One Maria Drive, Colonie, NY

First-Ever Latin Al-Anon/Alateen Convention

4th of July weekend, 2014, New Jersey, NY

Dear Friends in Al-Anon/Alateen,

I may know some of you from either my Alateen days or from my service as a past Delegate for New York South, Panel 42. I am currently chairing our first-ever Latin Al-Anon/Alateen Convention, US and Spanish-speaking countries, which will be held in New Jersey, during the 4th of July weekend this year. Both the NJ and the NY Hispanic Intergroups have come together to make this convention a reality. This convention is an off-shoot of our annual National Hispanic Al-Anon/Alateen Convention which rotates to a state where there is a Spanish AIS.

Please share this upcoming event with your members and if you can add it to your calendar of events, we greatly appreciate it.

Rick B., our Executive Director, will join us and it will be a treat to our friends who will travel from Latin structures who are either employed or do service in their mini WSOs back home (known as General Service Offices or GSOs). Here is our website which is in Spanish: www.convencionlatinaalanonalateen.com. We have an English flyer posted under "More."

Please feel free to reach out at this email convencionlatina2014@gmail.com if you have questions or need help understanding the site.

The registration forms are online, and we offer a few different ways for registering. We will be able to accept credit cards now and at the convention.

We are planning many fun side events, such as a visit to Stepping Stones (Bill and Lois' home), a NYC tour, and a closing Sunday lunch cruise around NY/NJ harbors with skyline views of the city including the Statue of Liberty.

En servicio, con gratitud y amor, (I know you can figure this out!)

Elizabeth S.
Panel 42
New York South

2014 NYN FALL ELECTION ASSEMBLY

“Service: You Get More Than You Give”

The 2014 New York North Fall Election Assembly will be held on September 26, 27, and 28, 2014, at the Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212. The Election Assembly is held every three years and is being hosted by Districts 18 and 19.

Registration rate for AI-Anon members will be \$18.00. **Alateens can register for free but will also will need a Notarized Parental Permission Slip and Medical Release Form which is available from their Group Alateen Sponsor or from the NYN Area Alateen Coordinator** at alateen@nynafg.com. Assembly Registration forms will be available at your local AI-Anon or Alateen meeting or on the New York North Area AI-Anon web-site at www.nynafg.com

Programming provided for the weekend will start on **Friday 9/26/14** with " Service: You get more than you give" followed by an Open Alateen Meeting hosted by the There's Always Tomorrow Camillus Alateen Group.

Saturday's programming on 9/27/14 will include the AWSC Meeting, the New GR Meeting, the Election Assembly Morning Session, the DR Luncheon, the Election Assembly Afternoon Session, and the Banquet and Gag Gifts. The Main AI-Anon Speaker will be our Outgoing NYN Delegate Ruth S. We close out the day with an AI-Anon and Alateen Family Gratitude Meeting.

Sunday's program for 9/28/14 will include the Alateen Interest Meeting and finally, our Spiritual Panel, which will feature AA, AI-Anon, and the Alateen Spiritual speakers.

The **Banquet Buffet** will cost \$27.00 this year and will consist of London Broil, Roasted Turkey, Eggplant Parmesan, Oven Roasted Potatoes, Green Beans Almondine, Caesar Salad, Fresh Fruit Salad, Cheese Cake with Strawberry Topping on the side, Triple Layer Chocolate Cake, rolls and butter, and Coffee Service.

Room reservations at the Comfort Inn and Suites will be \$99.00 (plus \$12.87 tax = \$111.87) for single, double, triple, or quad occupancy, per night, and **must be made before August 25, 2014 (the final cut-off date)**. You can call the hotel at 315-457-4000 or 1 800-4CHOICE and reserve a room on your credit card (mention that you are with the North Area Assembly) or online at <http://www.syrhotel.com/>

While the Fall Assembly is being put on as a combined effort of Districts 18 and 19, several members are assisting us in special areas: Gail D. with registrations, Jerry C. will be doing literature, Marci D. with baskets and raffles, Diane C., will be our greeter's chair, Kathy S. will be getting our speakers' gifts and organizing the DR luncheon, and Lucy J. and Alison J. will do the decorations. Jim M. is the chair of the 2014 Election Assembly, and Lucy J is the co-chair. Mary D. is treasurer, and Louise F. is secretary for the 2014 NYN Election Assembly.

***We will be having a Hospitality Room open during the weekend.
To help support this we will need donations of food, cold beverages and cash.
We are also looking for donations of Theme Baskets for the Raffle Tables.***

Please ask the members of your AI-Anon or Alateen group to help in the following ways:

- 1) Food Supplies: fruit, veggies, dips, cheese and crackers, baked goods, small sandwiches, nuts, donuts, other finger foods, and drinks such as soda, water, apple cider and fruit punch.
- 2) Cash donations for coffee, tea, hot chocolate, paper supplies, etc.
- 3) Theme Raffle Baskets (These are used to help with the cost of putting on the convention): handmade crafts, Conference Approved Literature, Forum subscriptions, and other AI-Anon related Items.

We thank you for your support in making this an enjoyable Assembly for all.

2014 NEW YORK NORTH AREA FALL ELECTION ASSEMBLY
September 26, 27, and 28, 2014
Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212
"Service: You get more than you give"
HOSTED BY DISTRICTS 18 & 19

| | | |
|--------------------------------|---|-----------------------------------|
| FRIDAY 9/26 | SATURDAY 9/27 | SUNDAY 9/28 |
| Registration 3:00 pm –9:00 pm | Registration 7:00 am – 3:00 pm | Alateen Interest Meeting (8:00am) |
| Al-Anon Workshop (7:00 pm) | A.W.S.C. Meeting (8:00 am) | Spiritual Panel (9:30 am) |
| Open Alateen Meeting (8:30 pm) | New G.R. Meeting (8:30 am) | |
| | Assembly Morning Session (9:30 am) | |
| | Lunch Break | |
| | D.R. Luncheon (Noon) | |
| | Election Assembly (1:00 pm) | |
| | Banquet & Gag Gifts (6:00 pm) | |
| | Main Al-Anon Speaker (7:30 pm) | |
| | Al-Anon/Alateen Gratitude Meeting (8:30 pm) | |

HOTEL RESERVATIONS - NYN AFG 2014 FALL ELECTION ASSEMBLY
ROOM RESERVATION DEADLINE: August 14, 2014

CALL TO RESERVE A ROOM ON YOUR CREDIT CARD: 315-457-4000 or 1 800-4CHOICE
<http://www.syrhotel.com/> e-mail CIS@Tramzhotels.com **TELL THE HOTEL YOU ARE WITH THE NORTH AREA ASSEMBLY. EVENT # E-04307 TO GET THE CONVENTION ROOM RATE. ROOM RATE WILL BE \$99.00 (plus \$12.87 tax = \$111.87) FOR SINGLE, DOUBLE, TRIPLE, OR QUAD OCCUPANCY, PER NIGHT. ROOM RESERVATION REQUIRED FOR FREE CONTINENTAL BREAKFAST. ROOM RESERVATIONS MUST BE MADE BY August 14, 2014.**
 Check in: 3:00pm / Check out: 11:00 am Make checks payable and mail to: Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Directions:
 From NYS Thruway I-90, take exit 36 and travel south on I-81 to first exit, 7th North street. (Exit 25) Take a right at the light at the end of the exit then and another right at the light at Buckley Road. Hotel is about ¼ mile down on the left.

2014 NEW YORK NORTH FALL ELECTION ASSEMBLY REGISTRATION FORM

NAME: _____ AL-ANON REGISTRATION (\$18): _____

ADDRESS: _____ ALATEEN REGISTRATION (Free): _____*

CITY/STATE/ZIP: _____ SATURDAY BUFFET (\$27): _____
 (Please Pre-Register if you will be attending Saturday Night Buffet)

PHONE #: _____ D. R. LUNCHEON (\$10): _____
 (Please Pre-Register if you will be attending DR Luncheon)

E-mail Address: _____ HOSPITALITY ROOM DONATION: _____

MAIL TO: _____ **TOTAL ENCLOSED:** _____

2014 NYN Fall Assembly Is this your first Al-Anon Assembly? _____
P.O. Box 5695 Are you a New GR? _____
Syracuse, NY 13220 Are you a New DR? _____
 Are you willing to volunteer to help out at the Assembly _____

PLEASE MAKE CHECKS PAYABLE TO :2014 NYN FALL ASSEMBLY. MEAL AND ASSEMBLY REGISTRATION DEADLINE IS September 3, 2014. * ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS. YOU CAN ALSO REGISTER FOR THE ASSEMBLY AT THE DOOR, HOWEVER MEAL REGISTRATIONS ARE NOT ALWAYS AVAILABLE.

More information available at www.nynafg.com

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



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 | <u>Panel 4</u> Helen S. <u>Panel 13</u> Ruth F. <u>Panel 16/19</u> Maxine B. |
| <u>Chairperson:</u> Pam A. chairperson@nynafg.com | <u>Secretary:</u> Marge R. secretary@nynafg.com | <u>Treasurer:</u> Linda A. treasurer@nynafg.com | <u>Panel 22</u> William S. <u>Panel 25</u> Marcia J. |
| <u>Alateen:</u> Lynda S. alateen@nynafg.com | <u>Archives:</u> Kathy M. archives@nynafg.com | <u>Conventions:</u> Maureen K. convention@nynafg.com | <u>Panel 28</u> Mary G. <u>Panel 31</u> Arlene M. <u>Panel 34</u> Sherry B. |
| <u>Group Records:</u> George S. records@nynafg.com | <u>Public Outreach:</u> Sherry S. pi@nynafg.com | <u>Literature:</u> Pat H. lit@nynafg.com | <u>Panel 37</u> LaVaughn R. <u>Panel 40</u> Anne F. |
| <u>Newsletter:</u> Gwenne R. newsletter@nynafg.com | <u>NYNAC:</u> Lynda C. nynac@nynafg.com | <u>Web:</u> John O. web@nynafg.com | <u>Panel 43</u> Connie D. <u>Panel 46</u> Robert C. <u>Panel 49</u> Elaine R. |
| <u>Spanish Contact:</u> Cira B. spanish@nynafg.com | | | |

Have you considered using *NHL* as a meeting topic?

Northern Hi Lights Subscription Form



While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs.

Make checks payable, and mail to: NYN Area Assembly, PO Box 398, Morrisonville, NY 12962.

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

If you need a hard copy, please Check Type of Subscription: () Group or () Individual, () Renewal or () New

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

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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.

Mail address changes and updates to: Group Records, 144 Seymour Rd., Rochester, NY 14609, or
Email: records@nynafg.com

NYN Area Assembly
Northern Hi Lights
144 Seymour Rd.
Rochester, NY 14609