



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

Northern Hi Lights

Al-Anon News from New York North

Action Required Concerning Your NHL Subscription:

All members and groups wishing to **CONTINUE** to receive *Northern Hi Lights* as a hard copy mailed to them, must send their contact information to: Northern Hi Lights, 34 Ellison Ave., Rochester, NY 14625, or email: records@nynafg.com

Effective October 1, 2013

Northern Hi Lights will be distributed by electronic means unless an individual or group requests to continue to receive it in hard copy by sending your Name, Group Name & Number (if applicable), and contact information to the address above.

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Thoughts From Our Area Chair:

Hello NYN,

Not much news to report since the last newsletter. The **Fall Assembly** is in a few months, and we will begin some of our **Officer and Coordinator Service Position presentations in preparation for the 2014 Fall Elections**. These folks have a variety of things planned to get your attention and peak your interest in wanting to take over their position when election time comes. Stepping up to service

Northern Hi Lights is the monthly service publication of the New York North AFG Assembly Area. It is intended to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels in between Assemblies. It will not contain poetry or personal recovery stories. Content of each issue will include service reports from the Delegate, Officers, and Coordinators of the Area and pertinent service topics from the World Service Office. Reports from Districts and Information Services will be included as space allows. *Announcements should be submitted at least 6 weeks before Event.* *Northern Hi Lights* is not copyrighted. It is not conference approved literature.

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

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

For more information visit the following websites:

New York North: www.nynafg.com
WSO: www.al-anon.alateen.org

NHL Editor: Gwenne R.
Proofreaders: Stephanie R. and Connie D.
Web Version Proofreader: Connie D.

at the Area level has really had a positive impact on my recovery. You don't have to do any service position alone in NYN. We are blessed to have so many people who remain active in Area service and are willing to act as mentors or service sponsors. All you have to do is reach out and ask for help; it's there.

Connie D. wrote an article about preparing for service titled, "Thinking about Service." It's on the website under * Area Information and Forms - NYN Policies and Guidelines. Take a look at it and then think about:

- How long have I been in AI-Anon?
- Do I have a Home Group?
- Do I practice the 7th Step in support of the Group? (not just financial support)
- What type of service have I done? At the Group level, District level, Area level?
- Do I have specific experience which would help me to serve in certain positions?

"Were entirely ready to have God remove all these defects of character:" When I meditate on Step Six, what I hear is that I don't have to know every single defect of character and hurry up and get rid of them all at once and become a different person altogether. It simply tells me to be entirely ready to want to be rid of these defects of character. As I look a little more deeply into the Steps, I realize that I can continue practicing Step Six on a regular basis once I recognize a defect and want to have it removed because it's no longer useful to me. After I identify a defect, I ponder on if it's truly a defect; and, if the answer is yes, I mediate on what kind of payoff I will get if I want to continue on with it versus what kind of payoff I will get if I let it go. Once I know that I no longer want or need a specific defect is when I'm entirely ready to have God remove it. I continue to be surprised when God has another plan because he doesn't think the same way as I do. Sometimes what I think is a defect He may not see as one. What I think is an attribute, God may see as a defect. When I know I'm truly ready to change, I have to have faith and trust in my Higher Power. At that point, I move from thinking and meditating in Step Six to the action in Step Seven, where I humbly ask him to remove the defects He feels are necessary to be removed. I say things like this: "I don't always understand why I behave a certain way, but I know you understand why; I'm ready for you to step in and change things for me." Then I humbly ask him to do just that.

Together We Can Make It,

Pam A.

Alternate Delegate/Forum:

Hope your summer is filled with wonderful things to do and that your Recovery helps you to enjoy them. As I sit here composing this article, I am preparing to attend the **International AI-Anon/Alateen Convention in Vancouver, BC, Canada**. When I first heard about this Convention (in 2008 in Pittsburgh, PA), I thought to myself that this was too far from Syracuse and would be too expensive to attend. Well, my Higher Power knew I would love to attend; knew my doubts. One day in December 2011, someone asked me what I was doing with my accumulated Vacation Pay that I would receive upon retirement. I said I thought I would not receive any money because I thought I had to use all my vacation time before January 4. I was informed that this was not true and that I would receive four weeks of pay. My Higher Power shared with me that I could use this money to cover the cost to go to the International in Vancouver! He provided me with inspiration, time and money: that was all I needed. Thank You Higher Power! I am looking forward to meeting so many people from all around the World, and hearing their Experience, Strength and Hope. I am also looking forward to visiting such a wonderful and new place that I would have never thought I could. I promise that I will share something about this event in my next article for the *Northern Hi Lights*.

It has been reported to me that there have been about four new meetings added to the New York North Family. WELCOME!!!! Please feel free to reach out to all of the Trusted Servants in this Wonderful Fellowship, who are willing to share information with you through this Newsletter. You can also meet us in person if you attend the **Fall Assembly in Syracuse this September** (see registration flier in this issue), The Assembly is a wonderful way to learn about AI-Anon and how you can make your meetings better so that AI-Anon will always be there for others.

At the Spring Assembly in Lake Placid, Darlene B.D. from Florida won the Free Subscription of *The Forum*. Congratulations !!! She had come to New York to visit her sister, and they attended the Assembly together. As a result, she was eligible to enter the drawing and became a winner. You all will have another chance to enter the **Free Forum Drawing** at the Fall Assembly in Syracuse in September. Best of Luck!

In Service,

Diane C.

Delegate:

Dear NYN Friends,

We are all used to contacting Group Records to make changes when there is a new Group Representative (GR) or Contact Mailing Address (CMA). The same is true if there is any change in a meeting time, location, etc. This is not the case when there are any changes with District Representatives (DRs). These changes need to be sent to the Delegate. One of my job duties as Delegate is to notify WSO of these changes.

Right now I am not sure how up-to-date the list of District Representatives for NYN is. There have been a couple of instances in the past few months where I have learned that who was listed as DR in a District was no longer the DR. Since this affects how well Districts in the area receive information from the WSO, it is very important that the correct contact information is available.

I am asking DRs in the Area to send me their current contact information so that I can double check and make sure I have everything correct.

You can email me your name, address, phone number and email address to delegate@nynafg.com. You can also call me or write me: my contact information is on the last page of this newsletter. Thank you in advance for taking the time to help me with this.

The WSO is now able to provide automated meeting information via the toll free number (1-888-4AL-ANON/1-888-425-2666), twenty-four hours a day and seven days a week. During regular business hours (Monday-Friday 8am-6pm eastern time) callers seeking meeting information will still be able to choose to speak with a staff member. This service will be in English, Spanish and French for meetings in the U.S., Canada and Puerto Rico. A caller will be prompted for the following information:

- Enter or say the zip code for the desired meeting location (city & province for Canada)
- Select daytime, nighttime, or no preference
- Select weekday, weekend, or no preference

The system will perform a 25-mile radius search using the requested location information and return the closest and soonest available meeting. If unable to locate a meeting, the system will direct the caller to call back during regular business hours.

This month's theme is Step Six, "Were entirely ready to have God remove all these defects of character." My Home Group is a Legacy Study Group and we use *Paths to Recovery*. There are some great thoughts about Step Six in this book. One of my favorite readings is about the vacuum cleaner -- you have to plug it in for it to work. The idea is that with Step Six I have to allow my Higher Power to guide me; I need to plug into my Higher Power. As with so many things in my life I have to let go and trust. When I think of Step Six, my first thought is always of the word willingness. It seems to be such a gentle easy word.

Gratefully in Service,

Ruth S.

Service Manual

SCAVENGER HUNT

CHALLENGE #8: In relation to AI-Anon's World Service Conference (WSC), what is the value of each Group having a Group Representative?

THE ANSWER can be found on page 62 in your *Service Manual*.

Alateen Coordinator:-

The latest news is that I have Completed the NYN Alateen Recertification this past week. This is the paperwork part of my job. As always, please keep me informed of changes and contact information for your Groups and Al-Anon Members Involved in Alateen Service (AMIAS) persons.

▪ I had a conference call last Saturday, and some interesting things are coming up soon. **The World Service Office (WSO) is in the process of updating the members' website and making it user friendly. There will be a section for Alateen with guidelines and safety issues for AMIASS and Alateens as part of the service e-manual that will be located there. This is projected to be up by the end of June or the first couple weeks of July.**

▪ **WSO is looking for Alateens to participate in a thought and task force at local events.** They are looking for about six Alateens, who would be willing to give up about two hours of their time at an event such as NYNAC. The purpose is to sit with WSO members to talk about improving Alateen and how to reach new members. What a wonderful opportunity to make a difference. If Alateens are interested you can fill out the resume form that Lynda C. or I have. Please let us know.

▪ **WSO is always looking for Alateen and Alateen Sponsor sharings for the *Alateen Talk* newsletter.**

Our topic for this month is Step Six. The June issue of *The Forum* had a great article that I have read a couple of times. I used to think that we had to have God actually REMOVE all of our defects of character. This implies the idea of perfection, which we all know is not attainable. The sense I got from this article was that through working our fourth and fifth steps we realize that our defects have caused pain, not only to ourselves but also to the people in our lives. I see all the steps as a way to become aware of what is affecting us and our relationships and to become willing to change ourselves to be the best we can be. We will never be perfect, but we can strive to be better people to ourselves and our families and friends.

Progress not Perfection,

Lynda S.

NYNAC Coordinator:

- Forms were mailed out 6/15/13 to all active Alateen Groups.
- Welcome back to the "Keep It Simple" Alateen Group.
- **Reminder: When sending checks to support ANY Alateen Group please send the check to your District. Please include a note or write directly on the check what the funds are to be used for. I cannot accept checks that are to be given to Area Alateen Groups.**
- NYNAC is only three months away! Has your Alateen Group planned any fundraisers? There are many great ways to help raise money. If your Group is small, keep it simple. It is still a way to make money. The "Stars of Hope" Alateen Group has a day of fun and talent planned for August 10th, starting at 12:00 pm.
- If there is an Alateen meeting in your District that has planned a fundraiser, please try to attend and show your support. It's also a great way to see what Alateen is all about!!!

Love in Service,

Lynda C.



**ARE YOU READY
TO SURRENDER?**

That's the theme for this year's **NYNAC (New York North Alateen Conference)**.

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

Hope to see you there!

Immediate Past Delegate:

The theme for this issue is the Sixth Step: "Were entirely ready to have God remove all these defects of character." By the time we have reached the Sixth Step, we are on our way to beginning recovery in the Al-Anon program. The first Three Steps have opened us up to an understanding that we are powerless over other people and that the only person we can change is ourselves. We have also come to an understanding that there is a Power greater than ourselves who can aid us in our search for sanity. This Power greater than ourselves is an individual choice of what each of us refers to as our Higher Power or God. Having reached this point in our recovery, we are ready to begin the process of our Fourth and Fifth Steps, where we are asked to make a searching and fearless moral inventory of ourselves and to share this inventory with the God of our understanding, ourselves and another person.

As we progress to this point in our recovery, we are becoming aware of our defects of character, those things we do which make us uncomfortable and not able to be the person we want to be. The Sixth Step asks us to become ENTIRELY READY to have all these defects of character removed, with the help of God; the God of our understanding. Here, we are asked to "Let Go and Let God." He can and will help us if we are willing to let Him. This is about ACCEPTANCE. Acceptance that we are not in charge but that someone or something called God or Higher Power is in charge, and if we are willing to follow the direction of this Higher Power we can begin to have sanity in our lives. At this point TRUST in the Higher Power is most important. We need to believe that the Higher Power can and will do for us what we alone are not able to do for ourselves.

For the God of my understanding to work in my life I need to constantly be aware of my need to turn my life and my will over to the God of my understanding on a regular basis. I try to do this on a regular basis each morning by reading from my Al-Anon literature, and in particular by reading and meditating on a prayer found in, *As We Understood*, pg. 214-15.

Some days I may need to repeat this process, depending upon where my will and God's will is for me. When I am in tune with God's will for me; my day flows; when I am not, I need to stop and get in step with God's will for me.

I believe that my involvement in service is one of the ways that I keep tuned into the will of my Higher Power. It has allowed me to work on my character defects in such a way that by doing the project, I am able to improve my ability to do things that I once saw as being beyond my capabilities. The program also offers me a safe and loving environment in which to do this.

When I look at our Al-Anon logo, I am reminded of the importance of my Higher Power in my life; the God of my understanding needs to be at the center of my life. Along with the aid of the Steps, the Traditions and the Concepts, my life will continue to get better and sanity will continue to be a part of my life.

Remember to "Let go and Let God."

Grateful to be in Service,

Elaine R.

SENDING DONATIONS TO NEW YORK NORTH
Donations should be sent by check or money order.
DO NOT SEND CASH!!

Make payable to:

NYN Area Assembly

PO Box 196

Westons Mills, NY 14788-0196

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

Deadline for submissions to the
September 2013 issue of NHL is August 15, 2013
Topic: Concept Nine

Literature Coordinator:

Hi Everyone,

I would like to remind everyone of a few things that I mentioned in my article last month.

- There is a price increase on some of our Literature. Our last price increase was in 2006. The most recent order forms can be found on the Members' site, www.al-anon.org/members
- Our *Legacies Workbook* has a name: *Reaching for Personal Freedom—Living the Legacies* (P-92). This book is spiral bound and similar in size to our *Blueprint for Progress*, but longer (176 pages). It will be available after the International Convention in Vancouver and the cost will be \$15.
- A new service tool, ***Conflict Resolution Cards Using Our Twelve Traditions (S-72)*** is \$4. They can be ordered now.
- ***Having Had a Spiritual Awakening*** will be available as an e-book this summer through electronic book providers. An audio version of this book is also planned to be available this summer in MP3 format through electronic audio providers.
- **The 2011 World Service Conference gave conceptual approval for “a new piece of literature on intimacy in general, including sexual intimacy, in alcoholic relationships.” The Literature Committee is seeking sharings from Al-Anon/Alateen members for possible use in this piece.** For more details on the project and a series of questions that may inspire your sharing, please visit the Members' Web site at www.al-anon.org/members Click on “submit a personal sharing.”

Remember to order your *Al-Anon Faces Alcoholism 2014*; the deadline is 5 p.m. ET, July 10, 2013.

This month our topic is the 6th Step: “Were entirely ready to have God remove all these defects of character.” In *Hope for Today*, p.169, is the definition of the word remove: “A distancing or separation of one person or thing from another.” It also says that “nowhere in the definition did it say there would be a complete disappearance of the person or thing.” This makes sense to me; this is what I experience. I am grateful for this distancing; I consider this a gift from a power greater than myself and the work of the first Five Steps. This distancing

gives me a chance to see myself honestly and to do things differently with the help of my Higher Power.

Thank you, and I hope everyone has a good summer. I'll see you in September!

Gratefully,

Pat H.

Archives Coordinator:

Greetings,

As I pondered what to write about concerning the Archives and Step Six, I decided to attend the meeting where I received my first sponsor. Often I attend that meeting as a special treat to myself when I need a refresher. Amazingly, the topic was on Spiritual Awakening, which for me brings to mind the opening of a flower...petal by petal.

I found this to be interesting, since Monday will be the first day I have dedicated only to Archive's work where I plan to be letting my Higher Power guide me to remove a defect of character--that of “procrastination,” one petal at a time.

Upon further exploration of this topic, I found myself reading in *Hope for Today*, p. 305, that a necessary step in my awakening has to do with humility. Looking out at the beautiful sunny day, I am reminded that I am given the opportunity to explore on Archive's Days...wonder, excitement and surprise...*Hope for Today*, p. 299; at the historical record of Al-Anon created by donors like you. I am gifted with the job of sharing those wonders with you.

Beginning with the September issue of *Northern Hi Lights*, expect to find one example each month of something from Archives to cause you to wonder, excite or surprise you.

In giving...I receive,

Kathy M.

Web Coordinator:

As someone in the other program said, “It's a long ways in, and a long ways out.” I didn't understand what my first Homegroup Representative meant when she said, “Al-Anon is a process.” She could have added, “an ongoing process.” Con't on next pg...

After all these years, there are still defects to deal with. The nice thing is the feeling of making progress, still. Becoming a District Representative after twenty-three years in the program, half of them as a senior citizen, I thought that would be my "swan song." However, after being sold on the idea that being Web Coordinator was not too difficult by Dan H., who was sitting next to me, I stood up. There are some things to learn, but I have a good teacher in Kathi D., who also provides me with a safety net. I feel great about having taken the challenge, and more enthused than I ever have about fulfilling my duties as a trusted servant.

John O.

Newsletter Coordinator:

ACTION REQUIRED Concerning Your Newsletter Subscription:

I will be posting a notice in this issue (see front page) and the next issue of this newsletter stating that Members or Groups who need to receive the *Northern Hi Lights* as a hard copy by mail, must send Group Records a request with your updated contact information. With the newsletter being the largest part of our New York North (NYN) budget, we are trying to update information to eliminate hard copies being duplicated or being sent to addresses that are no longer viable. Please make sure your information is updated, whether you are an individual or Group receiving hard copy or email.

As of October 1, 2013, this newsletter will be sent electronically unless you have specifically requested to continue to receive a hard copy.

A discussion of the content of *Northern Hi Lights* is currently on the Agenda for the Area World Service Conference (AWSC) in August, 2013. I am looking forward to an enlightening discussion about what the purpose and content of our newsletter should be. It says on the front page that it will not contain poetry or personal recovery stories. How do we share on the topic of the month without it becoming a personal recovery story? What are our guidelines for quoting from Conference Approved Literature (CAL)? These are a couple of questions that I hope will be covered. Can you think of any others?

Gwenne R.

Secretary:

Hello There,

I want to thank Districts 5 and 22 for hosting a great weekend at Lake Placid! We accomplished so much at the Assembly. I am very excited as secretary to share this important fact. We took two roll calls on Saturday. The first at the opening meeting and the second in the afternoon before voting began. We had the exact same number of voting members at each roll call! Congratulations to all the Group Representatives who attended this Assembly.

This month the topic is Step Six, "Were entirely ready to have God remove all these defects of character." For me, the key word in this Step is ready. Step Six points out that we have become ready to let go of ALL, not just a selected few, of our defects of character. We identified these defects in our Fourth Step and admitted them in our Fifth Step. **This Step does not get rid of all these defects, it only asks us to become ready.** By the time I was working on this Step, I had developed a trusting relationship with my Higher Power. I realized I could not complete this Step on my own, I needed my Group, my Sponsor and most of all a Power greater than myself. My Sponsor pointed out that when something is removed it can be filled with something else. I could replace my defects, but I could not accomplish this by sheer will power. I had to allow my Higher Power to guide me. **I realized I did not need to fix myself; all I had to do was be ready for my Higher Power to remove these defects of character.**

Since I joined Al-anon many years ago, I have allowed myself to find a friend within me. I used to beat myself up, often. I have learned to love me, even though I still make mistakes. I have faith today in my ability to face the problems of today and continue to depend on my Higher Power to guide me.

Gratefully,

Marge R.

**Harvesting the Fruits of Recovery
2013 NYN Area Fall Assembly
September 20-23, 2013**

Help Wanted! Volunteers Welcome!

Service Opportunity!

Let It Begin With Me!

Help Support the Assembly!

Needed: Raffle Baskets, Raffle Items,
Donations for the Hospitality Room.

**District 18 Annual Picnic
Saturday, August 11, 2013
10am-2:30pm
10 am meeting, fellowship
spirituality panel.**

Cedar Bay Park, Dewitt, NY,
(Park is located on Cedar Bay Road between Kinne
Rd. and N. Burdick St.
(Kinne Rd. is off Erie Blvd. by Shoppingtown Mall).

Hot Dogs, Burgers & Coffee provided.
\$3 person/\$5 family donation.

Proceeds to benefit NYNAC.

**5th Annual There's Always Tomorrow
Alateen Spaghetti Dinner
NYNAC Scholarship Fundraiser
Saturday, August 24, 2013**

St. Michaels Lutheran Church
West Genesee St. & Hinsdale Rd.
Camillus, NY

5pm AA, Al-Anon speakers
6:15pm Alateen speakers

\$5.00 Adults \$3.00 Children & Seniors

13TH ANNIVERSARY
SERENITY ON SATURDAY

KEEP
IT
SIMPLE

Join us for a celebration of fellowship
with Al-Anon and AA speakers,
sharing, food and fun.

EXPERIENCE. STRENGTH AND HOPE

IMMANUEL BAPTIST CHURCH
815 PARK AVENUE
(AT THE INTERSECTION OF CULVER ROAD)

SATURDAY
JULY 20TH at 9^{AM}

Rochester, NY

Come join District One for their annual AFG "family reunion!"

Potluck for Recovery!

Brighton Community Church

1225 Brighton Road

Tonawanda, NY 14150

October 19, 2013 → 9:00 – 3:00 PM

\$4 Donation

Pack your favorite Potluck to share for lunch!



★ Basket Raffles ★ 50/50 ★

Speakers and More!!

Try a New Recipe...Fun, Fellowship & Recovery!

What are your meat & potatoes of the Program?

"By feeding others, we are feeding ourselves."

Come and be a part of your Al-Anon Family Reunion!

Love you all in a very special way, District One

PS...Theme Baskets gratefully accepted!





12 Step Study Weekend



October 18-20th, 2013

Step work is an important tool in recovery in Al-anon Family Groups. During this weekend you will complete an intensive 12 step study, while relaxing in a beautiful environment, enjoying picturesque walking paths, serene ponds and conversing next to a warm fireplace. This weekend will be limited to thirty attendees for a comfortable atmosphere to share our experience, strength and hope.

For information regarding registration, special needs, dietary requirements, scholarships or to volunteer during the weekend, contact Evie at:

Please see Al-Anon members' emailed version of NHL for contact info.

- \$240 Four person room
- \$290 Double room
- \$345 Single room
- Six Meals
- Pillows, blankets & bed linens provided.
- Bring towels and toiletries
- **Register Early!**
Deadline 9/6/13

The 12 Step

Study Weekend will be held at:

The Country Place

Retreat and

Conference Center

45 Country Place Lane in

White Haven, Pa.

2 hours from NYC or

Philadelphia.

Check it out online:

www.retreatpa.com

Please duplicate this flier and distribute at your local Alanon meetings

2013 NEW YORK NORTH AREA FALL ASSEMBLY
September 20, 21, and 22, 2013
Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212
"Harvesting the Fruits of Recovery"
Hosted by Districts 15 and 18

TENTATIVE SCHEDULE OF EVENTS

FRIDAY 9/20

Registration 3:00 pm – 10:00 pm
"Harvesting the Fruits of Recovery" (7:30 pm)

SATURDAY 9/21

Registration 7:00 am – 3:00 pm
A.W.S.C. Meeting (8:00 am)
New G.R. Meeting (8:30 am)
Assembly Morning Session (9:30 am)
Lunch Break (Noon)
D.R. Luncheon (Noon)
Assembly Afternoon Session (1:00 pm)
Banquet (6:15 pm)
Main Al-Anon Speaker (8:30 pm)
"Lois and the Pioneers" (9:30 pm)

SUNDAY 9/22

Alateen Interest Meeting (8:00am)
Spiritual Panel (9:30 am)

HOTEL RESERVATIONS - NYN AFG 2013 FALL ASSEMBLY
ROOM RESERVATION DEADLINE: August 19, 2013

CALL TO RESERVE A ROOM ON YOUR CREDIT CARD: 315-457-4000 or 800-424-2423 (800-4CHOICE)
<http://www.syrhotel.com/> e-mail CIS@Tramzhotels.com

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 19, 2013.

Check in: 3:00 PM / Check out: 11:00 AM. If you are paying by check, please 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 and another right at the light at Buckley Road. The hotel is about ¼ mile down on the left.

2013 NEW YORK NORTH FALL ASSEMBLY REGISTRATION FORM

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

ADDRESS: _____ ALATEEN REGISTRATION (\$12):

CITY/STATE/ZIP: _____ SATURDAY BUFFET (\$26):

PHONE #: _____ HOSPITALITY ROOM DONATION:

TOTAL ENCLOSED:

MAIL TO:

2013 NYN Fall Assembly
P.O. Box 87
Minoa, NY 13116-0087

Is this your first Al-Anon Assembly? _____
Are you a New GR? _____
Are you a New DR? _____

PLEASE MAKE CHECKS PAYABLE TO: NYN Fall Assembly 2013. MEAL AND ASSEMBLY REGISTRATION DEADLINE IS September 3, 2013. ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS. YOU CAN ALSO REGISTER FOR THE ASSEMBLY AT THE DOOR.

Registration Questions?

Please see www.nynafg.com or Al-Anon members' emailed version of NHL for more info.

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



Unless this is a personal subscription, this copy belongs to your group. Please share it with them; make each issue available at your meeting ***TO INSURE ANONYMITY, TEAR OFF THIS PART BEFORE LEAVING IT WITH YOUR GROUPS***

NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
<p><u>Delegate:</u> Ruth S delegate@nynafg.com</p>	<p><u>Immediate Past Delegate</u> Elaine R ipd@nynafg.com</p>	<p><u>Alternate Delegate:</u> Diane C altdelegate@nynafg.com</p>	<p>Panel 4 Helen S Panel 13 Ruth F Panel 16/19 Maxine M. B Panel 22 William S</p>
<p><u>Chairperson:</u> Pam A chairperson@nynafg.com</p>	<p><u>Secretary:</u> Marge R secretary@nynafg.com</p>	<p><u>Treasurer:</u> Loretta P treasurer@nynafg.com</p>	
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<p>Panel 40 Anne F</p>			<p>Panel 43 Connie D</p>
<p>Panel 46 Bob C</p>			<p>Panel 49 Elaine R</p>

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