



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

Inside This Issue

Topic: *Patience*

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Newsletter Editor Pat H.
Proofreaders: Jack H., John O.

Northern Hi Lights

Al-Anon News from New York North Area

Immediate Past Delegate

Summer is here and many of us are relaxing by the pool, attending festivals or in my case the International Al-Anon Convention in Baltimore. But we all know the summer goes by fast and we forget that the New York State Fair (August 22- Sept. 3, 2018) will be coming soon and we would not want to miss an opportunity to share our message of hope to the family and friends of a problem drinkers.

As of June 1 you have had the opportunity to go to the New York North area website (www.nynafg.com) to sign up to volunteer for **three hours** at the Al-Anon Family Groups Public Outreach Booth at the New York State Fair. When you sign up you will be asked to give your full name, address, telephone number and email address in order for us to mail you your free admission ticket to the Fair. This information will ONLY be seen by myself and our web technician Kathy G.

PLEASE ask a Friend and Consider Volunteering and make it a Day of Fun as well! *(cont'd next page)*

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 2014 Service Manual). **Announcements should be submitted at least 6 weeks before event.**

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

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

(Immediate Past Delegate cont'd)

NOTE If you live close by the immediate Syracuse area, would you please consider volunteering for the late afternoon and evening shifts in order to give people from out of town an opportunity to come from a long distance and still be able to get home.

This project was voted by the NYN Assembly and many people volunteered to support this financially as well as physically. Your group can help by sending an additional amount of money to New York North along with your regular contribution to support this effort. We ask that you do not earmark any funds specifically for the Fair Project (it is against NYN Policy) . The cost of this effort is approximately \$2500 each year and we are confident that you would be willing to help to defray this cost.

Please copy the flyer that will be in this Northern Highlights and give it to your group members in order for them to get excited and volunteer. Thanks for your help in Carrying the Message of Hope!

Diane C.

Newsletter Editor

Now that summer is half over we can really look forward to the Assembly in September. I hope to be able to meet many new people and put faces with the names I've now seen a number of times. Patience being this month's theme reminds me to thank everyone for their patience as I continue to learn and remember what I'm supposed to be doing to get this newsletter out.

See you in September in Syracuse!

Pat H.

NYN AWSC MEETING **SATURDAY,** **AUGUST 18, 2018**

Location: 210 S. Main St, NSEA Building
(corner S. Main St. & Palmer Ave.)
N. Syracuse, NY 13212

Time: 11:00AM – 4:00PM

Bring your own lunch and a snack to share.
The agenda will be posted on the NYN website
within 2 weeks of the AWSC meeting

Submissions for September Northern Hi Lights

Due by: August 15
Topic: Problem-solving

Chairperson

Dear NYN Friends,

I hope you are all enjoying your summer. I know I have! Over the 4th of July weekend I was in Baltimore, Maryland attending Al-Anon's sixth International Convention. I have been very lucky to be able to attend 3 out of the 6 internationals. What a gift!

I was able to see old friends, to make new friends and to spend time with people I usually don't get enough time with. I really did meet people from all over the world. The next international will be held in 2023 in Albuquerque, New Mexico.

With the June newsletter I wrote about the need for a new Alternate Delegate. I asked for people to think about stepping up to service, to consult with your Higher Power and contact me if you were interested. To date I have had one person contact me. While this person has a number of qualifications for the position they do not meet all qualifications.

I have let them know that at this point I am not ready to make a determination. For all that Al-Anon has given me over the years I feel that when someone stands for a position they need to be able to fulfill all duties and responsibilities. I am not saying they have to be perfect immediately but rather need to be able to grow into all duties and responsibilities. I have seen in my own service journey that while I may not have had all skills at the beginning, I was able to grow into the position with the help of other Al-Anon members.

This month's theme is "Patience". I have talked this over with my service sponsor and I feel this is one principle I need to be using now. I am again asking people to look at the position of Alternate Delegate, talk it over with you sponsor, with your Higher Power, pray on it and see if you can step forward for the position of Alternate Delegate. Responsibilities and duties are listed on the NYN website, read them over. Again, during the next 2 ½ years you will be able to grow in the position. If you

are interested or have any questions please contact me at chairperson@nynafg.com.

NYN will be talking about this at the AWSC meeting on Saturday, August 18th. It will be held at the NSEA Building, 210 S. Main St, N. Syracuse, NY 13212.

Gratefully in Service,

Ruth S.

DEAR FELLOW NYN TRUSTED SERVANTS,

I AM WRITING ABOUT AN ISSUE THAT HAS BEEN BROUGHT TO MY ATTENTION. AS NYN CHAIRPERSON I FEEL I MUST ADDRESS THIS ISSUE. AS YOU KNOW THERE ARE RESPONSIBILITIES THAT ALL OFFICERS AND COORDINATORS ARE REQUIRED TO MEET. ONE OF THESE IS THAT AS A MEMBER OF THE AWSC YOU ARE REQUIRED TO BE REGISTERED AS AN AMIAS (AL-ANON MEMBER INVOLVED IN ALATEEN SERVICE). I HAVE BEEN TOLD THAT THERE MAY BE OFFICERS/COORDINATORS WHO ARE NOT REGISTERED AS AN AMIAS. I HOPE THIS IS NOT TRUE, THAT ALL HAVE TAKEN THEIR RESPONSIBILITIES SERIOUSLY. IF FOR SOME REASON YOU ARE NOT AN AMIAS PLEASE TAKE THE TIME NOW TO BE REGISTERED. THE FORMS ARE ON THE NYN WEBSITE. IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT ME.

GRATEFULLY IN SERVICE,

Ruth S.



Public Outreach Coordinator

Hello NYN Family!

Summer is definitely upon us and the New York State Fair is quickly approaching. The dates are August 22- September 3. Have you ever attended the fair? Now is your chance to do three hours of service and spend the rest of the day enjoying the sights at the Fair. This is our largest Area Public Outreach project. Please support it with your attendance and participation.

The newest pamphlet , (P-94) *Hope & Understanding for Parents and Grandparents* is a wonderful tool for reaching out to families with children who struggle with alcoholism. District 22 & 8 do an Al-Anon meeting at a home for young people who are struggling with addictions. This is a great opportunity to use this info to help families understand how Al-Anon can help. It can be offered to doctors, school counselors, counseling services, and prevention counsels. Where would you use it?

Has your Group/District/ AIS ordered *Al-Anon Faces Alcoholism* (AFA's) 2019? They should be arriving in August. Where do you distribute them? What kind of response or feedback do you get? Do you follow up when you distribute the AFA? Is local contact information and a meeting schedule provided?

I have two kits for helping Native Americans to start meetings on reservations. If you are interested in more information, please contact me at <po@nynafg.com>. I will have one kit at the Fall Assembly.

Our topic of patience for this issue is one thing I still struggle with quite often. Sometimes it is lack of patience with myself. I know what I want to accomplish, but trying to make it as close to perfect, slows me up. I want others to jump on the bandwagon with as much enthusiasm as I feel. Doesn't always work! I have to remember that I can only put out the information, be available and work my part of the project. I need to remember that

there is nothing wrong with baby steps, as long as I continue to move forward. Everyone has the right to work at his or her own pace.

Look forward to seeing many of you at the Fall Assembly in September.

Love In Service,

Connie D.

Al-Anon Area Process Person

As of this writing, most of the 86 AMIAS recertification forms sent out in April have been returned. Most AMIAS' wish to continue to be of service in Alateen. WSO requires that AMIAS recertification forms are processed by the last day in June.

Al-Anon Members in Alateen Service (AMIAS) are critical for Alateen. Without these adults, Alateen does not exist. Thank you so much for continuing to support our teens.

Patience is an important part of my program and position. There are times when the computer does not do as I think it should. If HALT is part of the equation, it is better that I step away and try another time. I need to "cut myself some slack." I find that the more patient I am with myself, the more patient I am with others. All of my relationships are smoother when I can practice patience.

Yours in service,

Mary Beth G.

SENDING DONATIONS TO NYN

Please send by check or money order.
DO NOT SEND CASH!!

Make payable to: NYN Area Assembly
P.O. Box 2183 Syracuse, NY 13220

Please include group's registered name and
Group's ID Number

NYN Alateen Coordinator

It was good to meet more Alateen sponsors and AMIAS at the Spring Convention. We discussed ways to attract more teens and how to start a new Alateen meeting.

NYN Alateen business has been pretty quiet this summer.

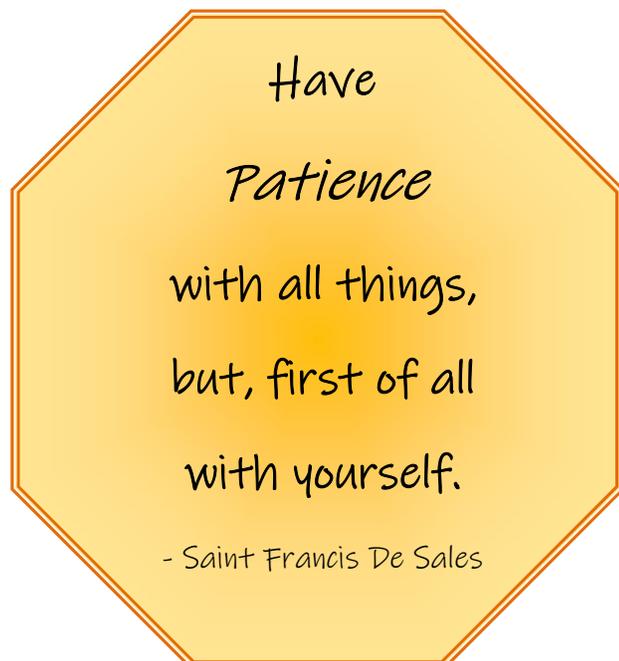
Locally, we registered one new AMIAS for our Sunday Strength Alateen, AFG. Now we have a deeper bench of AMIAS' for sponsor back up when we send out Alateen information letters and packets to local school personnel.

As to the topic of Patience:

For the past 30+ years I have been learning to live One Day at a Time. I know that my recovery is a process. My spiritual path of improvement consists of many tiny steps. Situations and habits lived with for most of my life don't change quickly. In working my program I have learned to have more patience with myself. This has helped me have more patience with other people and the unfolding of life (which is very rarely according to my timetable).

Progress, not perfection,

Sandy A.



NYNAC Coordinator

I would like to thank the groups and individual Al-Anon members for all the support they have shown for NYNAC as a whole. After a review of the policies and guidelines, I have found that fundraising by the NYNAC coordinator is not part of their job duties. Any future donations and contributions sent to the NYNAC coordinator will be returned to the sender(s).

This does not mean that Al-Anon members may not support Alateens and NYNAC. The teens and Alateen groups are encouraged to do fund-raising so that they can defray their costs to attend NYNAC. The individual's cost to attend NYNAC is based on the cost of the facility, meals, insurance and incidentals. This figure is then divided by the number of people attending. It appears for the 2018 NYNAC the individual cost will be \$130.00-\$135.00.

Alateen groups may conduct their own fund-raisers such as spaghetti suppers, pancake breakfasts, ice cream socials or even a bake sale (they are encouraged to do so). Members supporting these activities are supporting NYNAC. Individuals, groups or districts may wish to support Alateens by sending donations to individual Alateen groups in their district. If there is no Alateen group in your district you may chose to support an Alateen group that is close to you.

Again, I want to say thank you for all the support NYN has given to NYNAC, I hope that you will continue to do so.

Leslie C.

Archives Coordinator

Hello NYN Al-Anon members,

I have come to the realization that I am a person doing...A Lot.

I would like to say I am making great inroads in learning and finding what I should be doing for NYN Archives...Thank goodness this is a three-year term.

I am looking forward to doing some research in scanner rentals with the option to put archives into digital format...I need to be patient especially when it comes to my service in Al-Anon. I want to learn and also enjoy this stage of spiritual growth, I am shooting for the long run here. So practicing patience is a key to my success...

Thank you for this opportunity,

Yours in service,

Susan J.



Web Coordinator

Patience for me is intertwined with *Letting Go!* On the day of the Spring AWSC meeting, the laptop I brought to the meeting did not work with the A/V equipment in the room. I tried all the problem-solving techniques I knew, and I could not get the computer to work. I called the secretary that uses this computer station and she was helpful. By the time the last reports were given, I got their setup working. When I became overwhelmed and very impatient, I walked away to clear my head, *Letting Go* of the multitude of procedures that did not work. Then I accepted that I might not get to do my part in the AWSC meeting. Once I did this and cleared my thoughts I succeeded in getting the computer and A/V equipment working.

I would like to thank Kathi D. for stepping up when I could not attend the Spring Assembly/Convention and was out of town for a month. I am so very grateful for our "we" program. I could go away knowing that Kathi would do everything that needed to be done for the NYN Website. Thank you, Kathi!

The months of June and July only brought in a few inquires for meeting locations, an inquiry about donations to NYN, and an inquiry about a Group Contact Information. The Fall AWSC meeting was added to the Events Calendar. Kathi handled officer reports for the Spring Assembly/Convention.

The Web Committee will meet at 10:00 am before the AWSC meeting on August 18.

Nancy P.

Convention Coordinator

Hey NYN members,

Here are the upcoming conventions and host Districts.

Fall 2018 District 15 - September 21-23, 2018, Comfort Inn and Suites, North Syracuse

- Spring 2019 Districts 29 & 26 - May 17-19, 2019, Rochester, New York
- Fall 2019 District 21 - Comfort Inn and Suites, North Syracuse
- Spring 2020 Districts 22&8

Always looking for host districts. You don't have to do it alone, you can pair up with another district and have the ESH (experience, strength and hope) of NYN. There are some guidelines on the NYN website that lay out some of the basics. We are all here to support each other.

Spring Convention/Assembly is typically held in the host District or nearby. Fall Assembly is held in the Syracuse area. If you are interested in hosting a Spring or Fall Convention or have any questions about it, just send an email and I will be happy to share my ESH on it.

Recovery has taught me much about patience. Everything in HPs time frame and not mine. And boy do I have a different time frame (I want it NOW!). I remember having conversations with the person whose drinking bothered me, about 6 months after we were both "working" our programs, why weren't we better? We SHOULD be further along. We SHOULD not be having these issues. We were focused on where we SHOULD be and not where we were. I know that stunted my recovery. When our relationship ended and I lost my job, I was ready to sell everything and move to Hawaii (that would solve all my problems!!!). Thanks to the recovery people around me, I was able to see the insanity of that. I had to be patient. I was unemployed for almost a year and used that time to grow in my recovery. (HP does for me, what I cannot do for myself). I finally

did get a job offer in wonderful Albany, NY. Because I was patient and waited for HP to show me the right path, I did a geographical, but at HP's direction, not mine. The move was the best thing for my recovery. I found a new family here and living pretty close to happy, joyous and free. I am writing this while at the 2018 Al-Anon International Convention, where I will be moderating a panel. Two things I could never have imagined a few years ago. All because I waited for HP to show me his will and I did not follow mine.

Yours in Service

Kevin M.



Treasurer's Report

April 2018		
NYN Income & Expenses		
Receipts	Group #	
Clifton Springs	??	\$75.00
Andes AFG	3066311	\$100.00
Cortland AFG	09696	\$50.00
AFG Friday	09828	\$30.00
Wed AM Binghamton	09612	\$15.00
Sunday Night Parents Group	32379	\$100.00
Spiritual Awakenings Sunday AM	27134	\$30.00
Niskayuna NY	??	\$15.00
Friday Night Alive	08G037324	\$50.00
Group 9763	9763	\$30.00
Serenity Seekers AFG	30576552	\$25.00
West Enders AFG	10326	\$6.00
Evening Serenity	9676	\$30.00
Keep It Simple Sodus - Closing	10302	\$10.00
Group 9618	9618	\$15.00
Tuesday Night Bemus Point	30524821	\$45.00
District 29	D-29	\$100.00
District 10	D-10	\$100.00
Friday Mornings	009710	\$60.00
Anonymous	??	\$13.85
Return of NYNAC Coordinator Spring Reg.		\$50.00
Otisco Valley AFG	??	\$50.00
Misc. Income - Roommate \$ from 2017		\$89.00
Northern Hi-Lights		\$77.50
Total		\$1,166.35
Disbursements	Check #	
Account Review	1306	\$350.00
Newsletter Publishing - March April	1307	\$95.00
Newsletter Coordinator	1308	\$40.00
NYS FAIR -Exhibitor Fee	Bank Check	\$297.75

NYS FAIR -Booth Setup Expense	Bank Check	\$237.96
Delegate	1309	\$26.05
Misc. Expense Web Co 2017	1309	\$74.99
Total		\$1,121.75
May 2018		
NYN Income & Expenses		
Receipts	Group #	
Task AFG	9640	\$50.00
District 19	D-19	\$75.00
District 21	D-21	\$100.00
District 17	D-17	\$50.00
New Beginnings Jamestown	39872	\$70.00
Serenity Seekers	501783	\$10.00
??	3062245	\$22.00
Stepping into Recovery Thursday	??	\$20.00
??	625690	\$50.00
Serenity on Sat	064625	\$25.00
Faith & Hope	030375	\$7.00
Tuesday Cobbleskill	30509030	\$25.00
Calm in the Storm	30503839	\$30.00
AFG Small Steps	32360	\$27.50
Saturday Mornings AFG	00500955	\$66.61
Simple Beginnings	44964	\$90.00
Keep it Simple	0666096	\$15.00
Northern Hi-Lights		\$10.00
Total		\$743.11
Disbursements	Ck #	
High Peaks	1310	\$3,190.00
Chairman	1311	\$56.85
Tax Filing Fee	1312	\$25.00
Newsletter Publishing	1313	\$46.00
Alternate Delegate	1313	\$81.00
Alateen Coord	1314	\$17.35
Presentation Coord	1315	\$114.47
Voided Check	1316	\$0.00
Public Outreach Coord	1317	\$116.48
Web Technical	1318	\$80.50
Total		\$3,727.65



FELLOWSHIP!

ALL ARE WELCOME!

DISTRICT 18 ANNUAL PICNIC!

Join us on Sunday, August 5, 2018

\$3 person/\$5 family Donation appreciated

Proceeds to benefit the District 18 Treasury

9:00 AM – 2:00 PM

At Cedar Bay Park, Dewitt, NY

Fellowship found here!

Coffee, Water, Burgers and Hotdogs Provided

Bring a Dish to Pass

Raffles

Open Al-Anon Meeting at 10:00 AM

Spirituality Panel @ 12:30 PM

We'll See You There!



Please Join District 25 for a Day of Sharing: Fall into Recovery 10/13/18 @ Fairport, NY



A day of fellowship and growth in Al-Anon, featuring:

- AA & Al-Anon guest speakers
- Ice breaker
- Break out groups
- Lunch
- 50/50 & basket raffles

Program:	12:10	Lunch & fellowship
10 am Registration	1:10	AA & Al-Anon Speakers
10:25 Welcome	2:10	Raffle winners announced
10:30 Ice breaker	2:30	Closing
11:00 Break out [traditional, writing workshop or labyrinth]		

Date/Time: Saturday, October 13, 2018 @ 10 am to 2:30 pm

Place: Fairport United Methodist Church Basement
31 W. Church Street ✦ Fairport, NY 14450

Suggested donation: \$5

Refreshments: Soup, salad, a baked potato bar & beverages will be provided.
Please bring a dessert to share if you wish.

Questions? Please call or text Sally



"Growing the Circle of Service"

**NEW YORK NORTH
AL-ANON FAMILY GROUPS
2018 FALL ASSEMBLY**

September 21-23, 2018
Comfort Inn and Suites
6701 Buckley Road, North Syracuse, NY 13212

Hosted by District 15

The courtesy room rate is \$107.35 (tax included) per night
for single, double, triple, or quad occupancy.

Suites are \$134.47 per night (tax included).

Room reservations must be made by **August 17, 2018**

Assembly registration deadline is
August 24, 2018.

For more information, please contact Cathy.



"Growing the Circle of Service"

**NEW YORK NORTH AL-ANON FAMILY GROUPS
2018 FALL ASSEMBLY**

September 21 - 23, 2018

Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Hosted by District 15

SCHEDULE OF MEETINGS & EVENTS

FRIDAY, SEPTEMBER 21

3pm-9pm Registration
7:30 pm "Growing the Circle of Service"

SATURDAY, SEPTEMBER 22

7:30am - 1:00 pm Registration
8 am AWSC Meeting
8 am New GR Meeting
9:30 am Assembly Morning Session
12 pm Lunch on your own
1 pm Assembly Afternoon Session
6:30 pm Buffet Banquet
8 pm Keynote Al-Anon Speaker
9 pm "Hugs for Healing"

SUNDAY, SEPTEMBER 23

8 am Alateen Interest Meeting
9:30 am Spirituality Panel

HOTEL RESERVATIONS

ROOM RESERVATION DEADLINE: August 17, 2018

To make your reservation, call (315) 457-4000 or (800) 424-2423 (800-4CHOICE). Ask for **New York North Area Assembly** to get the courtesy rate.

To pay by check, make checks payable and mail to:

Comfort Inn and Suites
6701 Buckley Road
North Syracuse, NY 13212

Room rate is \$107.35 (tax included) per night for 1, 2, 3 or 4 people per room. **Suites are \$134.47 per night (tax included)**. Check in is 3:00 pm and check out is 11:00 am. A room reservation is required for the hotel's free continental breakfast. Others may pay \$5 for breakfast and \$2 for coffee (tickets available at the front desk).

Directions: From NYS Thruway I-90, take exit 36 and travel south on I-81 to the 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 1/4 mile down on the left.

ASSEMBLY AND BANQUET REGISTRATION FORM - Please Register by August 24, 2018

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____
Email: _____

PLEASE MAKE CHECKS PAYABLE TO:
"NYN 2018 Fall Assembly"
Mail registration form and payment to:
NYN 2018 Fall Assembly
PO Box 15591
Syracuse, NY 13215

AL-ANON REGISTRATION (\$20 BY August 24 OR \$25 after August 24 AND AT THE DOOR) _____
ALATEEN REGISTRATION (\$12) _____
SATURDAY EVENING BANQUET (\$26) _____
HOSPITALITY ROOM DONATION _____
TOTAL ENCLOSED _____
Is this your first Al-Anon Assembly? _____
Are you a New GR? _____
Are you a New DR? _____

More information available at www.nynafg.com

ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS.



"Growing the Circle of Service"

Enter for your chance to win a
\$250 gift card

Just in time for the holidays or to pamper yourself!

Drawing will take place on

Saturday, September 22, 2018

You don't have to be present to win.

All proceeds from this raffle to go to NYN AFG.

DR's can obtain tickets to sell in their District at the
AWSC Meeting in August

Tickets will be sold at the
2018 Fall Assembly



AUGUST 22- SEPT 3, 2018

10 A.M. THRU 10 P.M.

AL-ANON INFORMATION BOOTH

**SCIENCE * TECHNOLOGY BUILDING
BOOTH 30**

(Enter off Miller Court)

**Largest Public Outreach Project for
New York North**

**We Need
Your Help**

Please Be willing to
Volunteer for a 3 Hour
Shift!

You will be given a
Free Ticket to the Fair!

Parking on your own
but there is Park &
Ride
Options Available!

NEW YORK NORTH AFG

Sign Up on our
website at:

NYNAFG.COM
starting June 1, 2018

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

<u>Delegate</u> Molly C delegate@nynafg.com	<u>Alternate Delegate</u> altdelegate@nynafg.com	<u>Immed.Past Delegate</u> Diane C ipd@nynafg.com	<u>Chairperson</u> Ruth S chairperson@nynafg.com
<u>Treasurer</u> Pam A treasurer@nynafg.com	<u>Alateen</u> Sandy A alateen@nynafg.com	<u>Secretary</u> Kathleen M secretary@nynafg.com	<u>Convention</u> Kevin M convention@nynafg.com
<u>Group Records</u> Patti M records@nynafg.com	<u>Literature</u> Michael R lit@nynafg.com	<u>NYNAC</u> Leslie C nynac@nynafg.com	<u>Public Outreach</u> Connie D po@nynafg.com
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<u>Panel 43 Past Delegate</u> Connie D Delegate43@nynafg.com	<u>Panel 40 Past Delegate</u> Anne F Delegate40@nynafg.com	<u>Panel 37 Past Delegate</u> LaVaughn R Delegate37@nynafg.com <u>Panel 34 Past Delegate</u> Sherry B <u>Panel 31 Past Delegate</u> Arlene M (Deceased)	<u>Panel 28 Past Delegate</u> Mary G mgregory@roadrunner.com <u>Panel 25 Past Delegate</u> Marcia J <u>Panel 22 Past Delegate</u> William S Wrsill533@aol.com <u>Panel 4 Past Delegate</u> Helen S



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, 106 Beley Avenue, Mattydale, NY 13211

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

Name _____ Title (GR, Sponsor, Individual, DR, etc.) _____

E-Mail Address _____

Address _____ Phone () _____

City _____ State _____ Zip _____

If Group Subscription, Group

Name _____

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, 5082 Clifton Dr., N Syracuse, NY 13212

or Email: records@nynafg.com

Northern Hi Lights
5082 Clifton Dr
N Syracuse, NY 13212