

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

Inside This Issue

Topic: What I decided to change

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Newsletter Editor: John O.

Proofreaders: Gwenne R.,
Connie D.

Technical Support: Pat H., (Dist. 2)

Northern Hi Lights

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

Hello NYN,

It was so nice to see our GRs, District Representatives, Officers and Coordinators at the Fall Assembly on Sept. 19th. For those who did not have a chance to attend, please read our reports online at the New York North website. (nynafg.com)

I am concerned that there were many groups and districts not represented.

I wonder if there is a problem, and is it that these groups do not have a GR?

Maybe the groups don't know that they need to send their GRs to district and assembly meetings. Is it a matter of lack of communication, or are members just not interested in service? These are questions we need to look at as Al-Anon Family Group members.

So that all registered groups in our New York North Area know what the function of a group representative is, I am quoting from the 2014-2017 World Service Manual Pages 47-48.

Group Representative* (GR):

- Acts as liaison between the Group and the District, and between the Group and the Assembly.
- (Delegate, continued on page 2)

Mission Statement

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

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

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

- Familiarizes themselves with the current copy of the Al-Anon/ Alateen Service Manual (P-24/27), and encourages its use among group members.

- Works through the district in helping to initiate public outreach projects.

- Encourages Alateen sponsorship in accordance with Area Alateen Safety and Behavioral Requirements.

- Serves as local representative of the Al-Anon/Alateen magazine - *The Forum*, by:

- Acquainting members with its usefulness.

- Suggesting personal subscriptions.

- Submitting group subscriptions to the WSO

- Encouraging members to write articles.

- Al-Anon and Alateen members who are also members of A.A. may not serve as GR or Alternate GR. See "Digest of Al-Anon and Alateen Policies,

" . Is elected for a three-year term.

- Encourages election of an Alternate GR.

My experience as a Group Representative helped my Recovery to soar, and to discover what it means to be a trusted servant. It gave me an opportunity to meet people who put the Traditions, Steps, and Concepts into practice as they worked for the good of their group. I am grateful for this opportunity to serve, and for the many spiritual blessings I have received because I had stepped up. I wanted my group to continue to have a voice in the greater group conscience, and to continue to learn and grow from the many voices of Al-Anon. The united experience, strength and hope from the groups in my district and area continue to give me understanding as to the benefits of being a member of this wonderful fellowship.

Diane C.

Immediate Past Delegate

Dear NYN Friends,

Labor Day has passed and with it the 2015 New York State Fair. NYN had our first booth in many, many years. There were some ups and downs but on the whole I think it was a great experience. I will give a report at the Fall Assembly so you can see that report on the NYN website. You can also talk with your GR or DR for more information but I will give a few highlights here.

The booth was located in the Arts & Home Center. It was a very nice building and the booth looked good. The location did have a challenge in

that the traffic pattern meant most people never even saw our booth, they turned right when walking in the door and we were to the left of the door. With that being said we did have 596 people who turned left and did visit our booth. We had some great comments and some of the volunteers had really good conversations with the visitors. Who knows what seeds were sown in those 12 days?

The volunteers were great. There were 96 slots to fill and all were filled. Some people volunteered for more than one shift, some for more than one day and we even had an Alateen volunteer. This could not have been done without those members who stepped forward to volunteer. I can only speak for myself but I got so much out of being part of this public outreach. I hope the Assembly will decide to return to the fair next year.

I am having a problem with this month's theme, not that it isn't a good topic but rather I don't remember that I made a conscience decision to change. Then I talked this over with my son (who is in his own 12 step program) and he asked what made me return after my first meeting. I said, "I just wanted to be happy". His response, "There you go".

That was my conscience decision. I knew the people in those rooms were happy; I had heard their laughter and seen their joy at my first meeting. As I let my misery consume me for the next month I kept thinking about the happiness in that room, I finally thought that maybe if I went back and listened I could learn how to be happy again. It's been many 24 hours since then; I can say that I have learned how to be happy.

Gratefully in Service,

Ruth S.

Alternate Delegate

Hello NYN,

I have welcomed 9 new Al-Anon groups (including one Alateen group) since January, 2015.

I would like to remind GRs that you are the *Forum* representatives for your groups. Please encourage members to read *The Forum* and use it as an outreach tool for new members. A subscription could be given to your local library. Old issues could be left at prisons, doctor's offices, etc., with permission. Some groups pass around a jar for donations and when they get \$11 they have a drawing for a subscription to *The Forum*.

Also, think about submitting an article for *The Forum*. The Writing Guidelines are available online. Go to <al-anon.alateen.org/members; login

with *yourgroupnameafg* [small case letters/no spaces]; click on *Service structure*; click on *Guidelines*; locate G-32 and click on it.

Please note that although they are about the same size, *Al-Anon Faces Alcoholism* has a different focus than *The Forum*. *Al-Anon Faces Alcoholism* is directed to the Professional, whereas *The Forum* is directed to individuals.

The Forum is now more widely available online:

- 1) on Amazon and Kobo for \$1.49, individual issues only
- 2) on Apple iTunes for \$1.99, individual issues only
- 3) from *Nook*, the Barnes and Noble electronic bookstore for \$1.49 per issue or \$11 for an annual subscription (12 issues per year).

I have a drawing for a free subscription to *The Forum* at every NYN Assembly.

The topic for the month is, “the way I decided to change after getting the focus on myself.” Once I realized that I had both a right and a responsibility to take care of myself and no one else, I had a lot more time for myself. I decided to change by saying yes whenever I was asked to do service for Al-Anon. That is how I got to be a Group Representative, then a District Representative, the Area *Northern Hi Lights Editor*, and Alternate Delegate. The wonderful outcome is that I have become a happy person through having the courage to make myself available to do my Higher Power’s wishes.

Gwenne R.

Convention Coordinator

As I write this article we have not had the Fall Assembly (September 18-20) as yet but as you read this issue I feel certain many will be reflecting back a few weeks and remembering all the people you met and the things you learned and just the good packed filled 3 days (or maybe only 1 day). I know I can safely say our hosts, District 2 with help from District 29, did a fantastic job. And here’s a big shout-out, **THANK YOU!**

Now we look ahead to **Spring- May 13-15 2016** when we will gather together for the **2016 Spring**

Assembly/Convention. Districts 7 & 8 have been working out all the plans and details and I am sure it will be a wonderful weekend at **The Desmond Hotel in Albany**. Remember, it’s usually easier to complete a ‘task’ early. So if you know you are going, when you first see the registration form in the Northern Hi Lights newsletter, fill out the form and send it in. You’ll have one more thing to do off your list, and the committee will thank you. And why not reserve your hotel room early also. You can always find your roommates later.

Looking beyond Spring 2016, we have District 22 hosting the Fall 2016 Assembly.

2017 is the 50th Anniversary of New York North Al-Anon

District 12 hosting Spring 2017 and District 18 hosting Fall 2017

And then it’s on to 2018..... will it be your District stepping up and saying, “Yes, we can do it”

Questions, ideas, ??? Let’s talk. Just call me. E-mail me....or grab me as I walk by. And our fantastic editor, Mr. John, has once again challenged us to think & share:

“The way I decided to change after getting the focus on myself.”

For me, it was easy. Well, maybe not quite that easy. Of course I walked into the rooms of Al-Anon wanting your instructions on how to fix him. Everyone said, “No, we don’t have that list. We’re just trying to find our own peace and serenity.” And I said, “How do I do that?” The answer has never changed. “Go to meetings. Read the literature daily. Get a sponsor. Work the Steps with your sponsor. Use the telephone. Call your sponsor... and others. And keep connected with your Higher Power.” It’s simple.... But not always easy. It works if I work it. One day at a time. So I keep coming back.

Nancy H.

Area Secretary

Hello NYN,

As Secretary of NYN I have been very busy this last month getting my notes in order from the 2015 Spring Assembly/Convention and the August AWSC meeting and turning them into minutes. Both sets of minutes were distributed to the District Representatives, Officers and Coordinators (that I have email addresses for) prior to the Fall Assembly.

It was discussed at the AWSC meeting for all Officers and Coordinators to have their reports to the Secretary & Web Coordinator for posting prior to the Assembly so that everyone would have the necessary information and know what would be happening at the assembly.

In the last newsletter I reported that the GR's would vote on the following at the 2015 Fall Assembly.

- Host for 2017 NYN Fall Election Assembly
- Host for 2018 NYN Spring Convention and Assembly
- Approve the 2016 Budget

In the next newsletter I will publish those results. Our Newsletter Coordinator, John, gave us or at least for me a hard topic to write about, *"The way I decided to change, after getting the focus on myself"*.

I don't think I ever made any conscious decision to change. For me my changes occurred over time through the process of osmosis by working the steps, going to meetings and listening to others share their ESH. Little by little changes occurred in me when I continued to put the focus on myself. Putting the focus on myself occurred in baby steps. So did the changes that occurred in me as a result. I still need to make a conscious effort to keep the focus on myself, and in finding the balance when doing so. I think that will continue to be the case for me because I'm not recovered, I'm in recovery. I believe that recovery is a life long journey, and I'm not even close to the final destination.

"Together We Can Make It"

Pam A.

Area Chairperson

By now we have had the Area Assembly meeting and we can move forward with lots of new information. Do you feel uncomfortable, depressed, angry or resentful about something? Now is the time to change! Take the challenge to do some public outreach, read different literature, subscribe to the Forum, or support another meeting.

The way I decide to change is to first recognize that I'm feeling uncomfortable, depressed, angry, or resentful about something. Then I admit my powerlessness and work my way through the Steps.

When I first joined Al-Anon, I exempted myself from various aspects of the program rationalizing that my spouse wasn't yet in AA so I didn't have to do all the recovery steps. Luckily for me, the group I attended studied a Step, Tradition, and Concept each month and I soon learned that if I wanted to feel better, I had to change. And I had all the tools I needed.

Once I recognize that I'm telling myself some ridiculous reason for those feelings like how awful it is that [insert drama here], I change the thoughts in my head and think about using my faith and acceptance to enjoy the next great adventure that's coming along as a result of what's going on.

The Steps always help me find a path out of my despair. And when I follow the Steps, Traditions, and Concepts, I can look outside of myself and find serenity on the path to carrying the message to those who still suffer from the effects of a loved one's alcoholism.

I will be attending NYNAC in a few weeks and I will have a report in the next newsletter.

Susan A.

Alateen Coordinator

Time is surely flying for me. It seems like I just attended the Spring Assembly and we are going into October. It has been a beautiful summer and I enjoyed spending time with family and friends here in Central New York as well as in Pennsylvania. I am currently preparing to attend NYNAC this month and always look forward to hearing our teens share their experience, strength and hope. I always find that I come home with a great feeling of gratitude because I had the opportunity to experience some

very in-depth sharings, watch them grow and feel the love that each of them so readily share. Shortly after NYNAC I will be pulling together the Alateen Guidelines Committee to continue our review of the guidelines and responsibilities established by World Service. This has proven to be a great educational experience for the sponsors as well as for the Alateens who participate. I stress strongly that this program belongs to the Alateens and that their input counts.

As many of you may know we are losing more and more of our Alateen members and groups throughout the United States. I am asking every Al-Anon member reading this article to take a moment to think about the following questions.

1. Does your Al-Anon Group display the Alateen Tent Card on your meeting table? "Has Al-Anon helped you? Then why wouldn't you want to give that gift to your child?"
2. Do you share with the newcomers that Alateen is a place for their child or teen to receive the gift of recovery?
3. Does my group invite local Alateens to speak at our meeting or event?
4. Does my Al-Anon group mention in our weekly announcements the location of the nearest Alateen group?

Please think about taking a moment to bring these questions up at your next Al-Anon meeting. Change was something that was hard for me in the beginning of my program. It was after many tears, times spent on the pity pot and feeling like I couldn't relax that I decided I didn't want to live this way any longer. My sponsor at that time would say to me "How long do you intend to carry this around?" "Do you find that this is working for you?" That's when I took the bull by the horns and started to really look at my actions and my part in the chaos. I found that I was trying to control and change something that I had no control over and was not my business. I decided it was time to change my attitude and behavior. I changed by learning to mind my own business and allow others to take responsibility for themselves. I didn't need to fix everything and everybody; I just needed to take care of my own affairs. I still don't do it perfectly, but I do it one day at a time.

Love in Service

Walt S.

Public Outreach Coordinator

Happy Fall Everyone,

Thank you to Districts 2 and 29 for hosting our Fall Assembly. I feel fortunate to have been a part of the planning committee and working with people that I've never met before. I now have new friends, all part of the "spiritual abundance" of Al-Anon.

Our topic this month is: "The way I decided to change, after getting the focus on myself". I had to think about this for some time and I realized I didn't decide to change, but when I put the focus on myself I discovered I was beginning to change. This reminds me of the slogan "Let it Begin with Me".

- Our new *Al-Anon Faces Alcoholism 2016* has arrived. Since 46% of members were referred to Al-Anon by a professional and 64% of them actually decided to join Al-Anon, let's work together on taking *Al-Anon Faces Alcoholism* booklets to professionals. On our NYN website, under my report, there is a listing of possible ways to reach professionals using the G-29 guideline.
- A reminder that in October there will be a new power point on "Anonymity" to show to our fellowship and for use as an educational tool. When I hear more about this I will pass it on.
- In our September Forum, on p. 18, there is an article on "Anonymity." It is an inventory about our personal anonymity, check it out.
- Also, in the September Forum on p. 22 there is an article regarding Lois's Story (AV-1) and Lois W. & the Pioneers (AV-24) available now in DVD format for rental from WSO. You can download the S-35 order form from the Al-Anon Online Store and mail or fax it to the WSO. Consider using one or both for your Day of Sharing.
- Our public outreach coordinator, for the Buffalo area, Paul G. has stepped down—"too much on my plate". I am hopeful that someone will step forward to help carry the message of Al-Anon and I look forward to working with him or her.

In my guidelines it is suggested that we create a Public Outreach Committee within the District or AIS. Do you have a committee in your district or area? I welcome your thoughts on this.

We continue to reach out to TV and radio stations asking them to play our PSAs. A member let me know that her friend's son heard our PSA on "The Rebel", radio station 105.9, in Syracuse. Yeah! I am hopeful that DR's will pass this information regarding PSAs on to their groups, and ask for help. However I can be of help to you, let me know. Together we can make a difference.

Pat H.

Treasurers Report

Greetings, NYN Family!!!

By the time this article appears, the State Fair will be over and we will have attended the Fall Assembly in Syracuse. I must tell you ALL how very impressed I was at the response to the request for additional donations (if at all possible) for the New York State Fair!! Way to go, NYN!! Where has the summer gone?

Since the last newsletter, I will list the donations for August, which are not all of the donations to date. But, as July, there are a LOT to list with your overwhelming response to the State Fair appeal!

Frida 10AM	Gr#9828	\$30.00
Cloverleaf	Gr #10339	10.00
Small Steps	Gr #32360	55.00
Serenity Seekers	Gr#30576552	25.00
Tues 12 Stepper	#10338	25.00
Bolivar Discussion	#502378	25.00
Geneva Sat Morn	# UNK	15.00
Roads to Recovery	Gr # UNK	50.00
Tues Owego Closeout	Gr #3052	134.55
Oswego Serenity	Gr #10167	40.00
Woman's 12@12	Gr #66032	50.00
Hamlin Sun Niters	Gr #9783	20.00
New Beginnings	Gr #39872	70.00
Temple Concord	Gr # UNK	75.00
Spring Conv Proceeds		3,925.17
Keep Coming Back	Gr #10276	20.00
Circle of Hope	Gr #54280	20.00
Circle of Hope	Gr #54280	100.00
Sunday Serenity	Gr #502623	20.00
St Mary's Elmira	Gr #9729	30.00
AWSC 7 th Trad (NYNAC)		58.00

Since the last newsletter, the following expenses have been paid:

NYNAC (Walt's regis) \$ 120.00

Ruth S (NYS Fair + Fall regis)	288.60
Al-Anon Fam Groups (NYS Fair ship)	34.94
Arc of Yates (PO copies)	9.60
No Onon Pub Lib (Rm use Mar & Aug)	100.00
Gwenne R (AWSC exp)	38.00
Kevin M (AWSC exp)	42.90
AFG Inc (Del Eq Exp)	1,950.00
NYNAC (seed money)	750.00
Comfort Inn & Suites (Fall rooms)	2,079.00
NYN Fall Assy (Pam A)	42.00
NYNAC (Linda's regis)	120.00
John O (Sept NHL print & mail)	39.00
NYNAC (Bridget's regis)	120.00
NYNAC (rest of seed money)	50.00
US Postal Svc (box rent & stamps)	69.60
Current Balances:	

Checking Account:	\$ 9,435.73
Reserve Account:	8,822.90
Sage Ruddy mutual fund:	2,762.23

This month's topic is "The Way I Decided to Change..." Let me begin by saying that when I first came into the rooms, the idea of keeping the focus on myself was not emphasized in meetings as it is today. I can't begin to tell you how important keeping the focus on myself is to my recovery today!! I don't believe it was ME who decided how I was going to change after getting that focus on me, but rather, my Higher Power, with my help! There is no way that I would be able to maintain the positive attitude, the laid-back existence (How Important Is It?), the freedom from despair, finding the joy in life, laughing, and making the best of everything in every way that I can, without my Higher Power being so much more a part of my life....thanks to Al-Anon!!!

Hugs, **Linda A**

SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order. DO NOT SEND CASH!! Make payable to:

NYN Area Assembly, PO Box 398,
Morrisonville, NY 12962

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

Deadline for submissions to the November 2015 issue of *Northern Hi Lights* is October 15th. The topic is: “My Favorite CAL.”

Newsletter Editor

I chose this topic because I had a fear of chairing a meeting during my first year in Al-Anon, since the chairperson had to ask people to share, and I was afraid I would be rejected, because of my low self-esteem. When I did get up the nerve, I chaired for three months, and felt like a miracle was happening to me. It was. I was feeling much better about myself as a result of taking the risk, and realized that was what I needed to keep doing, taking risks. I continue to do it, because it still helps my recovery.

John O.

Presentations Coordinator

Hello NYN

By the time you see this you'll have had the opportunity to play “SERVICE MANUAL? ...OR BALONEY?” Here's hoping you received an excellent (and scrumptious) prize! If you missed it – don't worry, we're already cooking up a presentation for Spring Assembly 2016. See you there!

The topic this month is how I decided to change, once I got the focus on myself. Getting the focus on myself means getting serious about working the Steps. Steps 6 & 7 prepare me for my Higher Power to change me. The hardest thing about these steps is getting used to the idea that I'm not in charge of that change. My HP may realize I'm not emotionally ready to handle life without a particular defect. My HP may still be using one of my shortcomings. I don't get to decide when those go away. All I get to do is show up and do the next indicated thing. So what did I change? I got willing. I have to get willing each time I greet a new day, and trust that my HP is changing just exactly what needs to be changed today.

Sarah R.

Archives Coordinator

Hello NYN

Last month I went through some of the Archives in order to put a small display together for the 2015 Fall Assembly. It consisted of items from 25 years ago in Al-Anon. There was a complete set of *Forums* from the year 1990 (really?!?! 1990 was 25 years ago?!?!?), a 1990 World Service Conference Summary, and flyers from the Spring and Fall Assemblies. The theme of the Spring Conventions was *Personal Power Tools*, with panels and workshop around Al-Anon's tool of recovery. Still very relevant today. The AR-1 Longtime Member Questionnaire was also available for members with 25 years or more in Al-Anon. It has questions regarding the members early years in the program, their experience with twelve step work, sponsorship, and how things have changed for them. The form can be found on the NYN website at http://www.nynafg.com/awsc_minutes-150808.html.

It is also included in the newsletter. If you have 25+ years, fill out and send to me archives@nynafg.com. I look forward to reading about NYN history directly from its members and will pass the history along.

This month's topic is “The way I decided to change, after getting the focus on myself.” Once I focused on myself, the change I work hardest on, was not getting into other people's business. I don't need to solve everyone's problems especially since they are not even asking. Now, I sit, listen and offer my support. They will let me know what they need from me. This has made my life more content and keeps my focus on me.

Yours in Service

Kevin M.

Literature Coordinator

Since its' founding in 1951, Al-Anon Family Groups has published more than 100 books and pamphlets that share a single purpose; to help family and friends recover from the effects of somebody else's drinking.

This literature supplements the face-to-face meetings, where Al-Anon members share their insights and experiences with each other. It is only one tool of the Al-Anon/Alateen program.

When used in conjunction with other program tools, Al-Anon/Alateen approved literature can strengthen your recovery, but these publications cannot replace the help and healing that takes place at Al-Anon meetings in the context of a complete recovery program.

Many areas have their own literature distribution centers. Literature is also for purchase at Al-Anons online store. Books may be available to borrow from your local public library.

Not sure what to buy? Each quarter, a chapter from one of the Al-Anon books is posted on the store site, along with additional information about the topic covered in the sample chapter. Three articles are posted each month from the current issue of *The Forum*. You may check copies of various publications at your local group meetings, or view detailed information about each conference approved publication at the online store. Read. Learn more, Do more, Read!

Respectfully submitted,

Cindy C.

Website Coordinator

"The way I decided to change, after getting the focus on myself" is primarily by keeping my mouth closed and listening the best way I can. Something I did not do prior to coming to Al-Anon. I worried too much about having an answer or response before I knew what the subject was.

I have learned to look at the speaker and try to sit still at the tables in the meetings I attend. Before I speak, I ask God for honesty and humility.

This has helped me in all my affairs in and out of Al-Anon, including my current service position as NYN Web Coordinator. I sit still, I say a prayer and focus on the task ahead. I'm amazed how my mind can clear and I'll have an idea of where to look for an answer, what to do or who to contact for direction if needed.

Peace...

Molly C

Group Records Coordinator

I received a memo from WSO (World Service Office) stating that they are attempting to clean up the meeting location instructions field due to duplications, unclear or lengthy information. They have asked Group Records Coordinators to inform and educate District Representatives and members in the area about what kind of information goes in this field. They ask that this information be clear and uniform.

In an attempt to clean up the data base, the WSO has listed what type of information needs to go in this field. The list consists of meeting format, Room or suite number, floor; Specific instructions about the meeting location, Alateen meeting at the same time, not weekly meeting, or not meeting on specific days of the year, example: meeting doesn't meet during school vacations or school snow days.

I will do my best to catch this type of confusion, but should you discover some as well, please let me know so I can update our (NYN) information with that which is available to WSO.

Our topic for the month ("The way I decided to change, after getting the focus on myself") is a struggle for me to comment on. I have done various things over the years and then let that change slip away. One thing I have had bit of success with is;being aware when I am sticking my nose in other peoples' business, instead of my own. Thank God my program is about progress not perfection and I am a work in progress and can keep trying; one day at a time.

Love in Service,

Lynda S.

SAVE THE DATE!

Friday May 13 – Sunday May 15, 2016

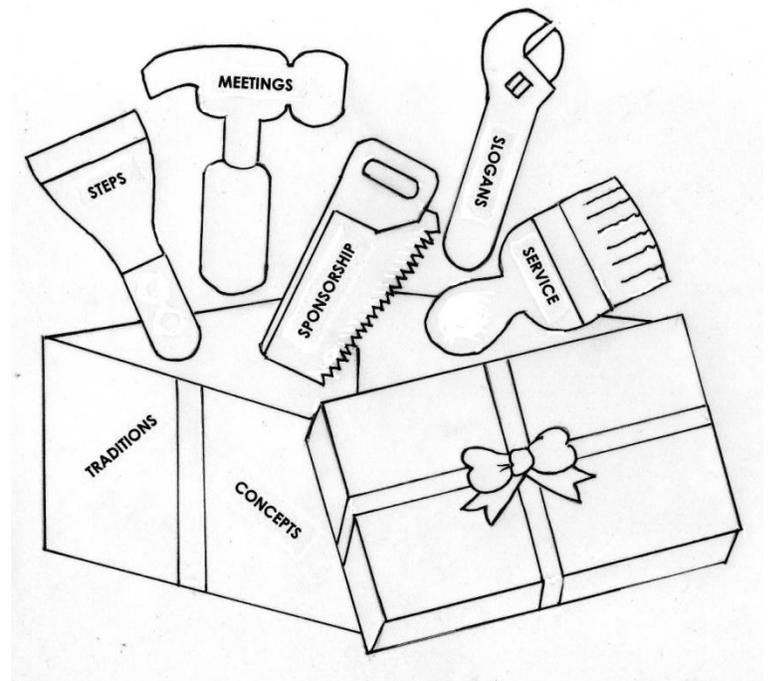
at the Desmond, Albany, New York

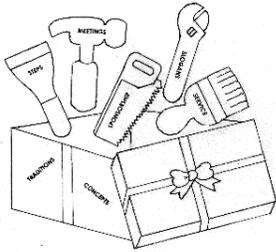


2016 Spring Convention

~hosted by Districts 7 and 8

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





NYN AFG 2016 Spring Assembly Gifts of Recovery: Using the Tools of the Program

Friday May 13 – Sunday May 15, 2016

Hosted by Districts 7 and 8

The Desmond, 660 Albany Shaker Rd, Albany, NY <http://www.desmondhotelsalbany.com/>

Room Rate: \$124.26 (\$109 per night + 14% tax rate subject to change)

Check-in: 4pm, Check-out: Noon

Directions:

- * **From the North:** I-87 South to Exit 4, left at first traffic light, right at second traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the South:** I-87 North to Exit 24, continue on I-87 North (Adirondack Northway) to Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the West:** I-90 East to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the East:** I-90 West to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.

Reserve your room directly with the Desmond using either of the following methods:

Telephone: 518-869-8100 or 800-448-3500

Please reference “2016 AFG Convention” when making your reservation, and be sure to notify the hotel of any special needs you may have.

Online: <http://bookings.ihotelier.com/bookings.jsp?GroupID=1426780&hotelID=12446>

ROOM RESERVATION DEADLINE: April 26, 2016

NYN AFG 2016 Spring Assembly Registration Form Advanced Registrations MUST be received by April 15, 2016

Please complete a separate registration form for each person attending. Mail completed form with payment to:

AFG District 8, PO Box 14313, Albany, NY 12212-4313

Name: _____

Address: _____

City, State, Zip: _____

Phone Number (with area code): _____

Email: _____

Registration fees:	On or before	After
	04/15/16	04/15/16
<input type="checkbox"/> Al-Anon	\$15	\$20
<input type="checkbox"/> Alateen*	\$12	\$12
<input type="checkbox"/> AA	\$15	\$20
<input type="checkbox"/> Buffet Banquet	\$32	\$37

Are you a: New GR New DR

New member of Al-Anon/Alateen (<1 year in program)

Donations:

Hospitality Room \$ _____

Total Enclosed: \$ _____

*Alateens must have adult supervision, notarized parental permission slips, and medical release forms

Make checks payable to NYN Spring 2016 Convention



AL-ANON LONGTIME MEMBER QUESTIONNAIRE

In keeping with the archival concept of *Look to the Past to Protect the Future*, this questionnaire is a guide for area archivists to use when interviewing or obtaining written information from longtime members (25 years or more in the Program). Please feel free to write your answers on separate sheets of paper and attach to this form.

Note: Please send a copy to the World Service Office Archives only if the member attended meetings before 1955.

INTRODUCTION TO AL-ANON

First Name: _____ Last Initial: _____

How did you first hear about Al-Anon? Why did you start going to meetings? If you had obstacles in attending meetings, please explain.

EARLY ATTENDANCE

Name and location of your original home group. Who started the group? When did it start? Where and how often were meetings held?

What was the format (topic/discussion, speaker, step study, etc.)? How many members attended? Men? Women? All wives?

When was the first time you applied an Al-Anon principle to your life and you became aware the program was working for you?

Is the group still in existence and if so, do you attend this group? If not, what is the name and location of your present group?

PERSONAL EXPERIENCES IN AL-ANON

Do you have family members in Al-Anon/Alateen or AA? If so, what are their relationships to you?

AL-ANON'S IMAGE IN YOUR EARLY PROGRAM DAYS

Describe your first impression of Al-Anon: Did your group have any special problems? What changes have taken place in your meetings since you began attending Al-Anon?

TWELVE STEP WORK

How did the group attract new members? Did your group receive cooperation of local community agencies or professionals such as ministers or doctors? If so, which ones? How was Twelfth Step work done?

SERVICE WORK

If you participated in service work, describe your involvement.

SPONSORSHIP

How did you choose your first sponsor? Do you have a sponsor today? Is he/she your original sponsor? If not, why did you change sponsors? Are you a sponsor? What have you learned from someone you sponsored?

ALATEEN

Did your children go to Alateen? Was there an Alateen group nearby? Did your group sponsor an Alateen group? How did your group encourage and assist Alateen? Did your children continue in Al-Anon?

ALCOHOLICS ANONYMOUS (AA)

Was there an AA group nearby? How did your group cooperate with AA?

REFLECTIONS

What are some of the things that have changed in your life since coming to Al-Anon? What things have remained the same? How have Al-Anon's Twelve Traditions helped you? What would you like to share with a new member today?

Look to the Past to Protect the Future

Compiled by
Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454
Phone: (757) 563-1600 Fax: (757) 536-1655

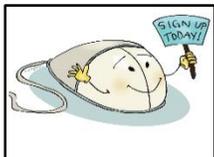
AR-1

Do you know whom to contact with an Al-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> Diane C. delegate@nynafg.com	<u>Alternate Delegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed.Past Delegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> Susan A. chairperson@nynafg.com
<u>Treasurer</u> Linda A. treasurer@nynafg.com	<u>Alateen</u> Walt S. alateen@nynafg.com	<u>Secretary</u> Pam A. secretary@nynafg.com	<u>Convention</u> Nancy H. convention@nynafg.com
<u>Group Records</u> Lynda S. records@nynafg.com	<u>Literature</u> Cindy C. lit@nynafg.com	<u>NYNAC</u> Bridget C. nynac@nynafg.com	<u>Public Outreach</u> Pat H. po@nynafg.com
<u>Presentation</u> Sarah R. presentation@nynafg.com	<u>Web Coordinator</u> Molly C. web@nynafg.com	<u>Newsletter</u> John O. newsletter@nynafg.com	<u>Spanish Contact</u> Cira B. Spanish@nynafg.com
<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R.	<u>Panel 46 Past Delegate</u> Robert C.	<u>Panel 43 Past Delegate</u> Connie D.
<u>Panel 40 Past Delegate</u> Anne F. <u>Panel 16&19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<u>Panel 37 Past Delegate</u> LaVaughn R. <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.	<u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. <u>Panel 4 Past Delegate</u> Helen S.

PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP



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

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Name _____

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

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NYN Area Assembly
Northern Hi Lights
68 Boulderwood Drive
Queensbury, NY